### Family

# **Only medical conditions** indicate gluten-free diet

I had someone ask me the other day, how important it was to decrease or eliminate gluten to have a healthy diet. I asked if they had been

diagnosed with celiac disease or gluten sensitivity. She answered "No, I've just heard that it is healthy to go gluten free." I responded

disease or gluten sensitivity, there is no advantage to reducing gluten in her diet. That would be like saying a diet void of peanuts and all peanut products is healthier just because some people are allergic to them.

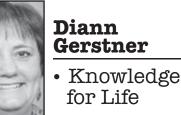
Before you decide to join a nutrition bandwagon, make sure you understand it. First of all we need to know what gluten is and what it is doing in so many of our foods. Gluten is a wonderful protein found in the grains wheat, barley and rye. This strong, sticky, stretchy protein forms when the flour from one of these grains is mixed with water.

It has many functions in foods. It gives elasticity to the dough of baked goods, helping it rise and keep its shape. It helps wheat flour morph into many different foods: al dente pasta, fluffy waffles, crisp pastries, chewy artisan bread and lots more. Because gluten makes foods thick and tasty, it is added to everything from salad dressing to soy sauce to season-

The gluten-free band wagon is rolling at full speed. According to a recent survey, one in three adults is claiming to cut down or avoid gluten in their diets. Consumers are not only avoiding gluten at home, they are requesting gluten-free options at restaurants. Surveys show that consumers are ordering these foods more than twice as often as four years ago. Because of this, restaurants are training staff to answer questions about gluten-free options and placing symbols on menus and menu boards to highlight these options.

Restaurants aren't the only ones to jump to please the latest fad. There are many food labels touting "gluten-free." What you may not realize is that there are many naturally occurring gluten-free foods that have been newly labeled as such, just to take advantage of the gluten-free trend. Anything made exclusively of rice flour (a grain which contains no gluten) for example - like mochi, rice noodles or dumpling wrappers – has always been gluten free.

The same goes for milk, chocolate and potato chips. Of course, there are exceptions. Recently Rice ences agent for the Thomas County Extension office. Krispies came out with a gluten-free label. It is actu-



ally a legitimate claim. The original Rice Krispies recipe, despite being based on rice, does actually contain gluten in the form of barley malt. And there are likely other examples.

The public has also latched on to avoiding gluten as a cure-all for many

that unless a person has been diagnosed with celiac conditions aside from celiac, including migraines, fibromyalgia and chronic fatigue syndrome. While some have found relief, that doesn't mean a glutenfree diet will work in all cases.

> Then there's the idea that a gluten-free diet is the ticket to fast weight loss. But nutrition experts agree that there's nothing magical about a gluten-free diet that will help with weight loss. Some people may see weight loss but it is probably because a gluten-free diet can seriously limit the number of foods that can be eaten. With fewer choices there's less chance to overeat.

> Trying to lose weight by going gluten-free can backfire because gluten-free doesn't mean fat-free or calorie-free. Without gluten to bind food together, food manufacturers often use more fat and sugar to make the product more palatable. Consider pretzels: A serving of regular pretzels has about 110 calories and just one gram of fat. Swap them for glutenfree pretzels and you could get 140 calories and six grams of fat.

> To truly go gluten-free is a major hassle and if you don't do it correctly, you can end up with serious nutritional deficiencies. Research suggests that those who forgo gluten may be more likely to miss out on important nutrients such as iron, B vitamins and fiber.

> A balanced gluten-free diet takes careful meal planning, which may explain why some people feel so good when they go gluten free: They're eating real food instead of ultra-processed packaged fare.

> Make no mistake, celiac disease and gluten intolerance are very serious problems and pose real dietary constraints. Gluten-free products are necessary for these people and will hopefully get better over time. as food scientists continue to make new breakthroughs. But I think those of us who can eat gluten should appreciate what it does to our breads, pizza crusts, bagels, salad dressings and seasonings.

After all, gluten isn't evil, it's just protein.

Diann Gerstner is the family and consumer sci-

### Rexford cheerleaders learn at camp

By Jessica Koerperich

Golden Plains High School The high school cheerleaders at Golden Plains are ready to start off a good year of showing school pride and cheering for all school events.

Last summer, the cheerleaders attended camp in Overton, Neb., practiced cheers and stunting, made posters and developed their dances. The cheerleadand Mikayla Lobato, sophomore Kami Miller and floor and to develop stunting skills as a squad. three freshmen, Jessica Koerperich, Gabrielle Schil-

routine and second in home routine. Jones, Easton and Miller made the camp all-American team.

"The reason we went to a camp was to develop ourselves as cheerleaders and learn skills that will bring pride and excitement to our school," said Jones. "This got all the cheerleaders pepped up for starting a new year of exciting and new things.'

The cheerleaders' goals are to add greater pride ers this year are seniors Kylie Jones, Macayla Easton into the student body, to be leaders on and off the

"We should uphold positive attitudes and show tegrity to get everyone involved and excited about



**Goldwing Express** 

## **Goldwing Express onstage** Sunday at Goodland High

The Western Plains Arts Asbluegrass, gospel and country at mother was a full blooded member torium.

Goldwing Express is made up of three Native American brothers and their father. Bob Baldridge, the father, plays mandolin and there as well as touring throughsings lead. Sons Paul, Steven and Shawn bring guitar, banjo and upright bass fiddle to the mix, along with tenor, baritone and bass vocals.

One segment is dedicated to Colby, so they are no strangers to sociation will offer a show of their Indian heritage, as their northwest Kansas. 3 p.m. (Central Time) Sunday at of the Creek tribe in Oklahoma. driving acoustics and heart-felt the Goodland High School Audi- Each brother wears his own head- melodies. From classic Southern dress, which represents the tribe. Gospel and contemporary country Originally from Okmulgee, the favorites to the historic bluegrass family now lives in Branson, Mo. and produces their music show out the U.S. and Canada. This year they will do about 250 show Plains season ticket or at the door. performances across the country. adults \$20, students \$10. They were a guest band for the 2008 "Pickin' on the Plains" in

The band has mix of hardroots, Goldwing Express delivers a mix from lonesome cowboy to hard-riding brave.

Admission is with Western

Nikki Engel, foster care home resource specialist

has about 10 children in foster care, but more than

half must stay in homes outside the county because

there aren't enough foster families here. At least five

Course participants will be given information

about resources for foster parents, parenting techniques and available support services. To register,

call Engel at (785) 625-6651, ext. 23, or go to www.

new foster families are needed, she said.

### Foster parenting class starts soon

Anyone interested in exploring foster parenthood should register for a free 10-week course starting for St. Francis Community Services, said the county next Wednesday at the Thomas County Office Complex, 350 S. Range Ave. in Colby.

The course, "Partnering for Safety and Permanence - a Model Approach to Partnerships in Parenting," is designed to help people make an informed decision about becoming a resource family for children in foster care or adoption programs.

The state requires all potential foster parents to complete this training.

### Senior health fair here next week

The Kansas Foundation for engagement" survey. Everyone Medical Care plans three senior can get a free statewide health- portunities to connect with local health fairs in western Kansas, care directory, and free health resources that can help people beconnecting Medicare beneficia- screenings will be available. ries, care givers and family mem- "We are excited to connect di- care." bers with health resources, in- rectly with people on Medicare Other fairs will be in Hays next cluding one from 9 a.m. to noon and those who care for them." Thursday, Oct. 3, at the City Lim- said Vanessa Lamoreaux, project Thursday, Oct. 4. For information, its Convention Center, 2227 S. manager. "Getting involved in contact the foundation at(855) Range Ave. in Colby. resource by completing a "health or your overall health.

st-francis.org.

your health care is the best way to 662-6448 or healthengagement@ Those enrolled in Medicare can improve your health, regardless of kfmc.org. receive a free health-care record your age, any chronic conditions

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The Colby Free Press wants to

maintain an accurate record of

our town. Please report any error

or lack of clarity in a news story

transcribing error.

to us at 462-3963.

" These free events offer opcome more engaged in their health

Wednesday and Garden City on

tz and Kellee Snyder. Jones is this year's captain. At the camp July 8 to 10, the cheerleaders won

the events that we are cheering for," said Jones. first place in all-American cheer, second in extreme

#### Solomon Valley 4-H Club

gathered June 10 at the 4-H build-

Trey Stramel and Kurt Schroeder led the American flag and 4-H pledges. Twenty- seven members answered roll call, "What's your favorite summer activity?"

Lisa Strammel, leader, had each family sign up for putt-putt golf or security watch at the fair. Dana Wilson ask the club if they would like to have a club float for this year's fair parade. The club

mittee was formed. It also decided Schroeder demonstrated how to to paint windows and have a club make an origami star. booth

The club donated \$250 to the fair board for fairgrounds improvements. Caitlyn Comfort gathered July 8 at the 4-H Buildplayed the song "Highway Don't ing for a farm tour of all the fami-Care" by Tim McGraw as song lies' farms in the club. After the leader.

talk on the animals he would be ing. There was no meeting in Autaking to fair.

Brett Schroeder demonstrated

The Solomon Valley 4-H club decided to have one and a com- how to tie shows really fast. Kurt

Recreation was Trey Stramel. The meeting was adjourned.

For the July meeting, the club tour everyone went back to the Braden Thummel gave a project 4-H building and had a brief meetgust due to the fair.

- Christian Calliham, reporter

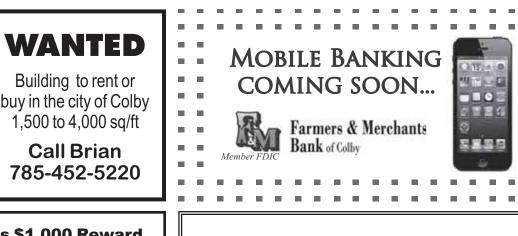
Developmental Services is a

#### Corrections

An article "College attorney to get raise" on Page 1 of the Thursday, Sept. 19, Colby Free Press, had an incorrect figure in the jump on Page 2. Colby Community College has about \$12,300,000 or 85 percent remaining in its \$14,520,000 budget. This was a

#### Markets

Quotes as of close of previous business day **Hi-Plains Co-op** Wheat (bushel) \$6.95 \$4.58 Corn (bushel) \$8.00 Milo (hundredweight) Soybeans (bushel) \$12.12





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#### Development Services receives Hansen grant

Developmental Services of mendous support of DSNWK and Kansans with developmental disan \$80,000 grant from the Dane northwest Kansas," said Jerry Miplace the roof at the Pioneer Developmental Center in Russell.

Northwest Kansas has received other organizations throughout abilities." G. Hansen Foundation to help re- chaud, Hays, president of the re- private, nonprofit organization gional agency. "This grant award serving more than 500 people is a great support to our efforts to with developmental disabilities in "We are forever grateful to the continue to provide the highest the 18 counties of northwest Kan-



Saturday, September 28, 2013 \$20 Includes Ticket + Meal Buy tickets at the door or in advance at the Prairie Museum **Reserved VIP Tables** \$250 seating eight people Does not include admission 6p.m. - BBQ 8p.m. - Mama's Boys Opening Act 10p.m. - Bart Crow Band Headlining Performance Junior Traeger Wood Pellet Grill Drawing, must be present to win

Midwest Energy Offers \$1,000 Reward in Colby Metal Theft

Examples of stolen brass switch gear \$1,000 reward Thomas Co. KS Sheriff / (785) 460-4570



Anyone with information on the theft is encouraged to contact the Det. Mark Finley at Thomas County Sheriff's Office at 785-460-4570. Tips can be made anonymously.