

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 that unless a person has been diagnosed with celiac 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 seasonings.

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 Krispies came out with a gluten-free label. It is actu-



Diann Gerstner

• Knowledge for Life

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 conditions aside from celiac, including migraines, fibromyalgia and chronic fatigue syndrome. While some have found relief, that doesn't mean a gluten-free 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 gluten-free 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 sciences agent for the Thomas County Extension office.



Goldwing Express

Goldwing Express onstage Sunday at Goodland High

The Western Plains Arts Association will offer a show of bluegrass, gospel and country at 3 p.m. (Central Time) Sunday at the Goodland High School Auditorium.

Goldwing Express is made up of three Native American brothers and their father. Bob Baldrige, the father, plays mandolin and sings 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 their Indian heritage, as their mother was a full blooded member of the Creek tribe in Oklahoma. Each brother wears his own head-dress, which represents the tribe. Originally from Okmulgee, the family now lives in Branson, Mo. and produces their music show there as well as touring throughout the U.S. and Canada. This year they will do about 250 show performances across the country. They were a guest band for the 2008 "Pickin' on the Plains" in

Colby, so they are no strangers to northwest Kansas.

The band has mix of hard-driving acoustics and heart-felt melodies. From classic Southern Gospel and contemporary country favorites to the historic bluegrass roots, Goldwing Express delivers a mix from lonesome cowboy to hard-riding brave.

Admission is with Western Plains season ticket or at the door, adults \$20, students \$10.

Foster parenting class starts soon

Anyone interested in exploring foster parenthood should register for a free 10-week course starting 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.

Nikki Engel, foster care home resource specialist for St. Francis Community Services, said the county 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 new foster families are needed, she said.

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.st-francis.org.

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 cheerleaders this year are seniors Kylie Jones, Macey Easton and Mikayla Lobato, sophomore Kami Miller and three freshmen, Jessica Koerperich, Gabrielle Schiltz and Kellee Snyder. Jones is this year's captain.

At the camp July 8 to 10, the cheerleaders won first place in all-American cheer, second in extreme

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 into the student body, to be leaders on and off the floor and to develop stunting skills as a squad.

"We should uphold positive attitudes and show integrity to get everyone involved and excited about the events that we are cheering for," said Jones.

Solomon Valley 4-H Club

The Solomon Valley 4-H club gathered June 10 at the 4-H building.

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

decided to have one and a committee was formed. It also decided to paint windows and have a club booth.

The club donated \$250 to the fair board for fairgrounds improvements. Caitlyn Comfort played the song "Highway Don't Care" by Tim McGraw as song leader.

Braden Thummel gave a project talk on the animals he would be taking to fair.

Brett Schroeder demonstrated

how to tie shows really fast. Kurt Schroeder demonstrated how to make an origami star.

Recreation was Trey Stramel. The meeting was adjourned.

For the July meeting, the club gathered July 8 at the 4-H Building for a farm tour of all the families' farms in the club. After the tour everyone went back to the 4-H building and had a brief meeting. There was no meeting in August due to the fair.

- Christian Calliham, reporter

Development Services receives Hansen grant

Developmental Services of Northwest Kansas has received an \$80,000 grant from the Dane G. Hansen Foundation to help replace the roof at the Pioneer Developmental Center in Russell.

"We are forever grateful to the Hansen Foundation for their tre-

mendous support of DSNWK and other organizations throughout northwest Kansas," said Jerry Michaud, Hays, president of the regional agency. "This grant award is a great support to our efforts to continue to provide the highest in quality services for northwest

Kansans with developmental disabilities."

Developmental Services is a private, nonprofit organization serving more than 500 people with developmental disabilities in the 18 counties of northwest Kansas for over 45 years.

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

transcribing error.

☆☆☆☆
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 to us at 462-3963.

Markets

Quotes as of close of previous business day

Hi-Plains Co-op	
Wheat (bushel)	\$6.95
Corn (bushel)	\$4.58
Milo (hundredweight)	\$8.00
Soybeans (bushel)	\$12.12

WANTED
Building to rent or buy in the city of Colby 1,500 to 4,000 sq/ft
Call Brian 785-452-5220

MOBILE BANKING COMING SOON...
Farmers & Merchants Bank of Colby
Member FDIC

PRAIRIE MUSEUM OF ART & HISTORY
1905 S. FRANKLIN, COLBY, KAN. WWW.PRAIRIEMUSEUM.ORG

Party for the Pottys

BARN DANCE & BBQ FUNDRAISER

Fundraiser for Cooper Barn improvements, agricultural programming and a new "High & Dry: Agriculture on the High Plains" exhibit

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. - Maria's Boys Opening Act
10p.m. - Barn 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.

Onesie Sale

Friday & Saturday
9 a.m. - 5:30 p.m.

Buy one get one free (selected fabrics)

Interior Connection & Quilt Cabin
1525 S. Range
785-462-3375