

Wild West District

Make Half Your Grains Whole Grains

By Jane Eisenhauer, SNAP-Ed Nutrition Educator, Wild West Extension District

What are grains? Grains are divided into two subgroups, whole grains and refined grains. Whole grains contain the entire grain kernel – the bran, germ and endosperm. Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas and grits are examples. People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases.

Here are a few tips to help you add more whole grains to your diet.

Make simple switches – To make half of your grains whole grains, replace a refined grain product with a whole grain product. For example, eat 100% whole-wheat bread or bagels instead of white bread or bagels, or brown rice instead of white rice.

Mix it up with whole grains – Use whole grains in mixed dishes, such as barley in vegetable soups or stews and bulgur wheat in casseroles or stir-fries. Try a quinoa salad or pilaf.

Try whole-wheat versions – For a change, try brown rice or whole-wheat pasta. Try

brown rice stuffing in baked green peppers or tomatoes, and whole-wheat macaroni in macaroni and cheese.

Bake up some whole-grain goodness – Experiment by substituting buckwheat, millet or oat flour for up to half of the flour in your favorite pancake or waffle recipes.

Know what to look for on the ingredients list – Read the ingredients list and choose products that name a whole-grain ingredient first on the list. Look for “whole-wheat,” “brown rice,” “bulgur,” “buck-wheat,” “oatmeal,” “Whole-grain cornmeal,” “whole oats,” or “whole rye.”

Be a smart shopper – The color of a food is not an indication that it is a whole-grain food. Foods labeled as “multi-grain,” “stone-ground,” “100% wheat,” “cracked wheat,” “seven-grain,” or “bran” are usually not 100% whole-grain products, and may not contain any whole grain.

Whole grains can be healthy snacks – Popcorn, a whole-grain, can be a healthy snack. Make it with little or no added salt or butter. You might also try whole-wheat or rye crackers.

Be a good role model for children – Set a good example for children by serving and eating whole grains every day with meals or as snacks.

by Gaille Renee Pike



Dear Readers,

I can’t find an official “reasonable occupancy” for my 120 sq. ft. my home office. But I learned this week that sharing my office with 18 animals exceeds any sensible limit or notion of common sense. Because of that killer cold, I’ve had a baker’s dozen chicks and one duckling in a big tub with me for a week. They had been too cute to be anything but a distraction. So, as I began to work it didn’t bother me that I was already outnumbered 14-1, nor did I dream that Lolly and my three cats would conspire with these babies to create a hullabaloo.

I suspected something was amiss when I began transcribing an interview and could barely hear anything over the noise coming out of the tub. Overnight, my brooding babies had gone from sweetly chirping to clamoring like the crowd at Arrowhead Stadium. I tried to tune them out and focus by taking a deep breath. But that didn’t help because even though the I’d cleaned brooder-tub last night right before I put the babies to bed...let’s just say that vocal capacity wasn’t the only volume that had grown overnight.

An hour later as I sat down to work again, Lolly quacked in the living room. My special needs duck requires less attention than she once did, but she has a quack for, “Feed me,” a quack for, “Peas Please,” and a loud, “I’ve gotten myself stuck somewhere. Come help me NOW,” quack, which was the quack I heard now. Usually she falls fast asleep after I rescue her and put her back in her towel bumpered “pen” because she’s worn herself out. But this time, repeatedly, she played possum until I left the room. Then she’d plough over her walls again and I’d barely have started working before she started squawking again. So, I brought her, pen and all, into the office. She continued to jailbreak, but in a space that was more constrained. Her quacking riled up the babies and their chatter egged her on, but at least I wasn’t running hither and yon.

My cats generally ignore Lolly and they showed little curiosity when we brought the babies in the house. So, I was generally surprised when all three made an entrance. And of course, their presence stirred all the birds up. Lolly flopped into a corner. When I went to retrieve her, the cats fought over who would commandeer my chair. And from the babies came not just clamor but fluttering thuds and thumps. When I’d cleaned out the brooder-tub, I didn’t bother putting the screen “topper” on because ten-day old chicks can’t jump 18 inches high. But one COULD jump to the top of the waterer, more than halfway up. From there, to the cheer of her peers, she hopped on up to perched on the edge of the tub, playing Twenty Bird to three, thankfully oblivious, Puddy Tats. I wish I could say I regained control. All I can tell you is that the next morning the babies went back to their big brooder in the shed. So at least that Mayhem was only a one-day show. And if I’m tempted to share my office again, I hope I remember my limits.

Until next week—keep your eyes on the stars and your back to the wind.



GO GREEN!

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Legals

(First published in the Haskell County News on February 27, March 6 and March 13, 2025)

IN THE DISTRICT COURT OF HASKELL COUNTY, KANSAS
JON UNGLES, PLAINTIFF
v. Case No. HS-25-CV-2 GAMBLE-PEREZ AUTO SALES, STATE OF KANSAS, DEPARTMENT OF REVENUE, DIVISION OF MOTOR VEHICLES, and the unknown heirs, executors, administrators, devisees, trustees, creditors and assigns of such of the defendants as may be deceased; the unknown spouses of the defendants; the unknown officers, successors, trustees, creditors and assigns of such of the defendants as are existing, dissolved or dormant corporations; the unknown executors, administrators, devisees, trustees, creditors, successors and assigns of such defendants as are or were partners or in partnership; the unknown guardians, conservators and trustees of such of the defendants as are minors or are in anyway under legal disability; and all other persons who are or may be concerned
DEFENDANTS.

NOTICE OF SUIT
THE STATE OF KANSAS

TO: GAMBLE-PEREZ AUTO SALES, STATE OF KANSAS, DEPARTMENT OF REVENUE, DIVISION OF MOTOR VEHICLES, and the unknown heirs, executors, administrators, devisees, trustees, creditors, successors and assigns of such of the defendants as may be deceased; the unknown spouses of the defendants; the unknown officers, successors, trustees, creditors and assigns of such of the defendants as are existing, dissolved or dormant corporations; the unknown executors, administrators, devisees, trustees, creditors, successors and assigns of such defendants as are or were partners or in partnership; the unknown guardians, conservators and trustees of such of the defendants as are minors or are in anyway under legal disability; and all other persons who are or may be concerned

You are hereby notified that a Petition has been filed in the District Court of Haskell County, Kansas, by JON UNGLES, praying for the Court to quiet Plaintiffs’ title to the personal property, namely the 1936 Chevrolet Standard, bearing VIN# 3FA104021, and praying the Court determine all adverse estates or interests which are claimed in said 1936 Chevrolet Standard, bearing VIN# 3FA104021, and that title thereto be quieted against you and each of you, and that you and all persons claiming by, through or under you, are forever barred and excluded from any right, title, interest, estate, equity or lien in, to, or upon, or claim against the subject 1936 Chevrolet Standard, bearing VIN# 3FA104021 and you are hereby required to answer or otherwise plead to said Petition on or before the 9th day April 2025, at the Haskell County Courthouse in the City of Sublette, Haskell County, Kansas. Should you fail therein, judgment and decree will be entered in due course upon Plaintiff’s Petition.

SUBMITTED AND APPROVED BY:

/S/ Zachary D. Schultz.
Zachary D. Schultz (#25,762) Schultz Law Office, P.A.
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Legals

(First published in the Haskell County News on March 6, March 13 and March 20, 2025)

IN THE DISTRICT COURT, HASKELL COUNTY, KANSAS  
(Pursuant to Chap. 59, K.S.A.)

In the Matter of the Estate of)

)Case No. HS-2024-PR-19  
)MAXINE LOUISE ELLSAESSER,  
)Deceased)

NOTICE OF HEARING  
THE STATE OF KANSAS  
TO ALL PERSONS CONCERNED:

You are hereby notified that on February 26, 2025, a Petition for Final Settlement has been filed in this Court by Genita G. Parr, the duly appointed, qualified and acting Executor of the Estate of Maxine Louise Ellsaesser, deceased, requesting that Petitioner’s acts be approved; account be settled and allowed; the heirs be determined; Estate be assigned to the persons entitled thereto; the Court finds the allowances requested for attorneys’ fees and expenses are reasonable and should be allowed; the costs be determined and ordered paid; the administration of the Estate be closed; upon the filing of receipts the Petitioner be finally discharged as the Executor of the Estate of Maxine Louise Ellsaesser, deceased, and the Petitioner be released from further liability.

You are hereby required to file your written defenses thereto on or before April 1, 2025, at 9:30 a.m. of said day, in said Court, in the City of Sublette, in Haskell County, Kansas, at which time and place said cause will be heard. Should you fail to file your written defenses, judgment and decree will be entered in due course upon said Petition.

Genita G. Parr, Petitioner  
Submitted by:  
STULL, BEVERLIN, NICOLAY & HAAS, LLC  
Julie M. Haas, #19808  
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420 S. Jackson, Suite 100  
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Legals

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DEFENDANTS.

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tors, administrators, devisees, trustees, creditors, successors and assigns of such defendants as are or were partners or in partnership; the unknown guardians, conservators and trustees of such of the defendants as are minors or are in anyway under legal disability; and all other persons who are or may be concerned

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/S/ Zachary D. Schultz.
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