

# Moments with Mila

By Mila Bandel, R.N.  
County Health Nurse

## Parents should teach grandparents latest safety guidelines

Most parents are aware that certain steps must be taken to make their homes childproof. Many parents also rely on grandparents as day-care providers and babysitters, so it is important to ensure that they have also taken the steps to provide a safe environment for children.

Grandparents of today did not grow up with the car seats, smoke alarms or bike helmets like the parents of children in day's time have. Parents of young children need to let their own parents know that important changes have been made in childcare.

Accidental injury remains the number one killer of children ages 14 and under, but modern safety devices have contributed to a 43-percent drop in acciden-

tal child deaths from 1987 to 2004.

A grandparent's home might not be "childproofed" with safety gates on the stairs, locks on the cabinets, a fence surrounding the pool and all potential poisons — including medications, cleaning products and alcohol — locked out of reach.

Before a child comes to visit, a relatives who doesn't have young children at home should look at potential hazards at and below a child's eye level. Pick up any small objects that could be a choking hazard, tie the cords of window treatments out of reach and lock up any matches and/or lighters. Safely store all medications, including those in your purse and in daily pill cases.

The Safe Kids Kansas program offers reminders for grandparents who babysit occasionally some tips:

- Always in a car, buckle up

your grandchildren and yourself.

- Set your water heater to 120 degrees F. or below to prevent scald burns.

- Make sure your grandchildren always wear a helmet when riding a bike, scooter, skateboard, or inline skates. Knee and elbow pads are also recommended for skating or scooters.

- If there are firearms in the home, store them unloaded and locked up and lock the ammunition in a separate place.

- Keep the Poison Control Center Hotline number close by telephones, it is 800-222-1222.

- Learn first aid and CPR.

- In any hazardous setting — on a playground, around pools or water, in the kitchen, near traffic, or near stairs — children should always be under active supervision. Inform your relatives of the safety guidelines for young children and let's keep our children safe.



**LARGE SHRUBS** are located on each side of the courthouse property. They have grown so tall that drivers are complaining that they block the view of oncoming traffic. The commissioners tentatively agreed to remove them in the near future.

Herald staff photo by Karen Krien

# Farmers will learn how to diversify at workshop

The Solomon Valley Resource Conservation and Development (RC&D) Area, Inc. is hosting the Solomon Valley Agritourism Workshop on Oct. 9. The workshop begins with registration at 8:30 a.m. at the Rooks County 4-H Building in Stockton.

Agritourism is a method by which farmers can diversify

their farm products and supplement their agricultural incomes. It can be thought of as one alternative for improving the incomes and potential economic viability of small farms and rural communities. Common agritourism activities in Kansas include family outings to pick apples or pumpkins; assisting

with an authentic cattle drive; relaxing at a winery; or going on a fall hunting trip. If you are interested in supplementing your income with an agritourism business you are encouraged to attend the workshop.

Ben Allen, Kansas State University, and Sarah Larison, Kansas Department of Commerce, are experts in the field of agritourism. They will be speaking about agritourism in Kansas, regulations, as well as promotion and advertising. Shawna Oliver with Farm Bureau will discuss insurance. A noon meal will be catered. In the afternoon there will be Virtual Tours of Covert Creek Lodge, Pure Prairie, and Poore Farms Labradors, LLC. The final session of the day will be a panel discussion with all the speakers. Vendors will also be available the day of the workshop.

Prior to Oct. 6, a registration fee can be sent to the Solomon Valley Resource Conservation and Development at 320 South Sixth Street, Stockton, KS 67669. The registration fee on the day of the events is an additional \$5. Vendors can call 785-425-6647 to register for display space.

Registration forms are available at [www.ks.nrcs.usda.gov/news/events.html](http://www.ks.nrcs.usda.gov/news/events.html), scroll to October, and click on the event or call the number above.

## Lines from Library

By Pat Leibbrandt

The following new books have arrived at the library: *Blue Smoke And Murder* by Elizabeth Lowell; *Faces of Fear* by John Saul; *Being Elizabeth* by Barbara Bradford; *Just Breathe* by Susan Wiggs; *Foreign Body* by Robin Cook; *Off Season* by Anne Rivers Siddon; *Collateral Damage* by Fern Michaels; *A Touch of Grace* by Lauraine Snelling; *Smoke Screen* by Sandra Brown; *The Mercedes Coffin* by Faye Kellerman; *It's all About Him* by Denise Jackson; *The Blair Years* by Alastair Campbell; *Drummer In The Dark* by T. Davis Bunn; *Iran: Desper-*



*ate For God; The Kite Runner* by Khaled Hosseini; *The Gun of Hammer* by Barry Cord; *Hard News* by Jeffery Deaver; *A Cold Hard Trail* by Robert Conley; *Trigger Kid* by Bennett Foster; *Come A-Smokin'* by Nye Nelson and *The O'Keefe Empire* by Jane Colman.

We have the following new books in the children's department: *The Prince Of Butterflies* by Bruce Coville; *The Bugliest Bug* by Carol Shields; *The Leaf Men And The Brave Good Bugs* by William Joyce; *Bee Movie: What's The Buzz* by Judy Katschke; *Strawberry Shortcake And The Butterfly Garden* by Kelli Curry; *Miss Spider's Tea Party* by David Kirk; *Lara Ladybug* by Christine Florie; *Breakout At The Bug Lab* by Ruth Horowitz; *Bug Safari* by Bob Barner.

## Plain Sense

Mental Health Center  
"Olympic Success"

Two of the most talked about United States athletes at the 2008 Olympics were swimmers Michael Phelps, winner of eight gold medals, seven World Records and one Olympic Record, and 41-year-old Dara Torres, winner of two silver medals and one American Record. Their accomplishments in swimming were inspiring, as are the personal challenges that both had to overcome. Michael Phelps suffered from Attention Deficit Hyperactivity Disorder (ADHD) as a child and Dara Torres struggled with bulimia, an eating disorder, in her early years as a college student and competitive swimmer.

The Attention Deficit disorder is one of the most common mental disorders in children and adolescents, most often diagnosed before the age of 7. The disorder is characterized by a child's difficulty in attention, concentration, and impulsivity. If left untreated, children are at risk of academic failure in school and being ostracized or teased by their classmates. According to ADDitude Magazine (April/May 2007), Michael Phelps was diagnosed with this disorder at age 9. His mother

said an inability to concentrate was his biggest challenge and that he would often impulsively grab other students' papers. He did not enjoy reading, and math did not sustain his attention. In fact, he did not like swimming at first because he "hated getting his face wet." Swimming eventually became his motivation for success, as it provided consistent structure for his busy days, an important component for a young person with this disorder. With the support of his family, and their ability to understand the disorder and it's treatment, Michael Phelps was able to move beyond his behavior disorder and ultimately obtained his unprecedented success at the Olympics.

According to an article in the New York Times Magazine, June 29, 2008, Dara Torres became bulimic during her college days at the University of Florida. Bulimia is an eating disorder that is marked by episodes of binge eating, which is the consumption of large amounts of food during a short period of time, followed by inappropriate compensatory behaviors including purging the food by making oneself throw up, or by abusing laxatives. When left untreated, Bulimia frequently

includes physical complications that negatively affect the heart, muscles, and nerve functioning. Torres describes purging as a method she used for keeping her weight down for competitive swimming. This eventually resulted in poor health, fatigue and loss of strength, which affected her performance at the 1988 Olympics. She recognized her problem by then and comments that it took her five years, until 1992, to overcome the purging behaviors. Since then she has experienced success in athletics, as well as in her personal life as the mother of a 2-year-old daughter. Both Phelps and Torres have shown that a mental illness can be successfully overcome, and that it does not have to define a person or limit their ability to succeed.

Contributed by Ken Loos, MS, LMLP, LCP Prevention, Education, and Outreach Department

The views expressed here are those of the individual writer and should not be considered a replacement for seeking professional help.

Mail questions to: High Plains Mental Health Center, Plain Sense, Prevention, Education, and Outreach Department (PEO); 208 East 7th, Hays, KS 67601.

## Book Review

A Whole New Light

By Sandra Brown

Cyn McCall knew she could always count on her late husband's friend and business partner, Worth Lansing. He could make her laugh and forget her problems. She could tease him about his many romantic entanglements. The last thing Cyn expected was to find herself longing for a man who could never settle down.

When Worth invites Cyn to a getaway weekend in Acapulco, he doesn't expect to be sharing a room...or to respond to her the way he does to any beautiful woman. While he thinks it's time Cyn stopped mourning and moved forward with her life, he can't escape the feeling he's betraying his friend's memory. But even guilt can't stop the desire that overwhelms him...and ultimately overtakes them both.

Cyn wants to believe their night of passion was sparked by the exotic locale and intoxicating scent of hibiscus. But Worth knows they share something deeper, something that will outlast the Mexican sun. He knows he's finally ready to stop playing games...if only Cyn would open her heart to new possibilities and the promise of love.

## AUCTION

Sat., Oct. 11, 2008 @ 10 am CT

Auction Site: From Bird City, Ks: 4.5 mi. East on HWY 36 to Rd 33, South 3.5 mi. to Rd L, then East 3/4 mi. From McDonald, Ks: 2 mi. West to Rd 35, 3.5 mi. to Rd L, 1-1/4 mi. West

George & Deb Ballinger, Sellers  
PAYLOADERS - TRACTORS - SPRAYER

1999 L70C Volvo Payloader, 3 remotes, Shuttle trans., quick attach, 3 yd. bucket, pallet fork, 20.5-25 tires, 9,967 hrs., SN L70CV15951; 1998 New Holland 8770 Genesis Tractor, Front Wheel Assist, 16 spd. Power Shift trans., 3 hyd., 1000 PTO, 18.4-42 tires, 3,800 hrs., SN D416698; 1996 Case IHC 9370 Tractor, Cummins N14 motor, 12 spd. Power Shift trans, large 1000 PTO, 4 hyd., 24.5-30T tires, 6,400 hrs., SN JEE0037122; 1984 John Deere 8650 Tractor, Quad Range trans., 4 hyd., 3 pnt., 18.4-42 tires, SN RW8650H005418; 1978 John Deere 4440 w/ 158 Loader & Grapple Fork, 8 spd. Power Shift trans., triple hyd., 1000/540 PTO, 3 pnt, axle mount duals, quick hitch, 8,209 hrs., SN 4440P002225R; 1998 Patriot Tyler Sprayer, 787 Wide Trax, 750 gal. Poly Tank, 90, Booms, Raven Motor, GPS, 12.42-42 tires, 2,400 hrs., SN 7732292D02

SEMI TRACTOR - TRAILERS - PICKUPS

1979 Peterbilt 359 Tractor, NTC 400 Cummins, 13 spd. Fuller trans, wet kit, rsn main rebuilt 4,500 mi. ago, 575,125 mi., VIN 116631; 1995 Benson Aluminum Flatbed Trailer, spread axle, 96"x48", VIN 1NUFT28Z0SMNA0339; 1976 Merritt Aluminum Cattle Trailer, VIN P76L1303; 1985 Utility Revo Trailer, 96"x48", VIN 1UYV52481FC245202; 1978 Trailmobile Aluminum Trailer, 32', end dump, VIN S40503; 1994 Shelby Gooseneck Stock Trailer, 6'x18', tandem axle, tack room, VIN 182S18209R1-RF0964; 30, Flatbed Trailer, Gooseneck, homemade, tandem axle; 1998 Chevy Silverado Pickup, 1/2T, Auto. trans, 6.5 diesel, 4x4, 351,000 mi.; 1990 GMC Pickup 2500, Flatbed, 4 spd., 4x4, 350 motor; 1990 Chevy Pickup, 1T, 4 spd., 4x4, newer 350 motor; 1992 Toyota Pickup, 4 spd., 4x4, 22RE motor, 4 cyl., 248,000 mi.

TILLAGE TOOLS - PLANTER - BALING EQUIP.

2003 Sunflower Land Finisher, 36., w/ harrows, Model 6432-36, SN 06432K20010048; 2003 Sunflower Trash Mulcher w/ Rolling Treaders, 29", 4" Twists, pickers, Model 423223, SN 04232J2000023; 2001 John Deere MaxEmerge Plus Planter, 12 row, 30", VacuMeter, 3 bu. Hoppers, Fertilizer Tanks, newer Blades, Wing Fold, SN AD1760F695122; 9400 John Deere Driller, 6-10 ft., 10" spacing, 60, hyd. transports, steel press wheels, SN N09400H004357; IHC 150 Drills, 2-10", 1-14", hyd., Rubber Press Wheels, Manual Transports; 60' Quinstar Rod Weeder, harrows, Model RD 60, SN 89054622; 30' Miller Flex Rod, Anyhd. Attach., hitch; 18, Miller Offset Disc, triple bar, SN 2H14274; Sunflower KMC 9"x6" Flex King Blade Plow, anyhd. attach., pickers, newer blades, Model 3570-42., SN 3880441; John Deere 915 7 Shank Ripper, 3 pnt, SN N00915X002584; 30' Sunflower Chisel; 12 row KMC Cultivator; Orthman Lift Assist, Model 601-342, SN 5197-38; 30' John Deere Rotary Hoe, 3 pnt; 2007 New Holland 1431 Disc Mower Conditioner, hydra swing, swivel hitch adapter, SN 47B-231180; 2006 New Holland 216 Rake, SN 663139; 2007 John Deere 568 Baler, Megawide Plus-Pushbar Edge Coverage, 1000 PTO, Net Wrap Tub, Auto Chain Oiler, baled 3800 bales, 21.56-16 tires, SN E00568X33658; AgraTec Bale Stoker; Cover Edge Net Wrap, 40 rolls; Oswalt TMR Ruffage Master, 250 w/ scales, 540 PTO, SNL0319; 2005 Spread-All 20T Manure Spreader, tandem axle, 1600 R20 tires, 24" tooth dist., 1 3/4 PTO, Model TR20T, SN 0502643; Flex King 5'x5' Sweeps w/ Pickers; Tandem Axle Dolly, Dual Wheel, 900.20 Tires; 16' John Deere 930 Packer, 3 pnt.; ATVs - MOWERS - SHOP TOOLS - MISC.; 2005 Polaris 500 Sportsman 4-Wheeler, 4x4, 1.812 mi.; 1999 Polaris 500 Sportsman 4-Wheeler, 4x4, 8,400 mi.; 2000 Magnum 325 Polaris, 2WD; Rhino TW96 Mower, 8', 3 pnt., SN 12287; 6414T JD Irrigation Motor, rebuilt; 476T JD Irrigation Motor, for parts; JD Irrigation Motor, for parts; 14' Evason Speedy Mover; 10' Trecker Speedy Mover; 100 gal. Banjo Go-Between; Atlas Tire Machine; Hay Prober; Tank Rack fits 40 Series JD; Anhydrous Hitch; (2) 1500 gal. Com-Bottom Tanks w/ Stands; (2) 1000 gal. Diesel Fuel Tanks; 500 gal. Diesel Tank; Saddle Tanks; Sides for Trucks; Misc. Tires 11.24, 11.22; (2) 16.5L 16.1 Tires w/ JD Wheels; (3) Pickup Propane Tanks, 80-110 gal.; AccuTrak Guidance Hitch; Quick Hitches; JD Old Style Weights; Misc. Parts of All Kinds; (12) New Holland 40K9 Suit Case Weights; Jet Pumps; Hyd. Cylinders; Orthman Rolling Cutters; Orthman Treaders; Cultivator Shanks & Sweeps; Inner Row Ripper Shanks; Radar;

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