

# about our friends

## calendar

**Holiness Festival** — A Holiness Harvest Festival with Terry and Janice Edwards will be held at 7 p.m. tonight and Wednesday at the Church of the Nazarene, 305 Caldwell, Goodland. Bring a friend and plan to experience God.

**Healing Mission** — "Healing Life's Hurts," a beautiful healing mission, will be presented by Sister Bridgid Meierotto and Sister Jan Nattermann from 7-9 p.m. tonight at Our Lady of Perpetual Help Catholic Church in Goodland. Everyone, whether young, old, single or married, is welcome.

**Singles Group** — The Thursday Night Together Christian singles group will meet at 6:30 p.m. Thursday at the Weather Service Office, 920 E. Armory Road, Goodland. Anyone who is interested may attend. For questions, call 899-2733.

**Bike-A-Thon** — There will also be a donation and information table set up at the Flatlander's Festival on Saturday for the St. Jude Bike-A-Thon to raise money for cancer research. The bike-a-thon was not held Sunday because of the cold temperatures. It will be held from 9 a.m. - noon on Saturday, Oct. 7 on the north side of West School. For questions, call Aletha or Kendall Morris at 899-3830.

**Old Schoolhouse Day** — The Sherman County Historical Society will host the 3rd Annual Old Schoolhouse Day in conjunction with the Flatlander Festival. This special celebration will be held from 1-3 p.m. Sunday at the Union School north of the museum. A spelling bee will be held, a short history of the school and its furnishings will be given and one-room school teachers will be present. Teachers (current or retired), school children and adults are invited. Refreshments will be served.

## activities

**Aerobics Classes** — Morning aerobics classes are available at 5:30 a.m. with Tina Tompkins, and at 8 a.m. with Marilyn Imel, Monday, Wednesday, and Friday at the Goodland Activities Center. A senior aerobics class for those who desire a less strenuous workout will be at 8 a.m. Tuesday and Thursday with Marilyn Imel. For questions, call 899-7242.

**Carnegie Arts Center** — Forty-five photos from this year's "A Day in the Life of Sherman County," photography contests will be on display at the Carnegie Arts Center through Sunday. The photos are of a variety of people at work or play and of buildings, landmarks and landscapes in Sherman County. Don't miss this display of local talent. The arts center is open from 10 a.m. - 5 p.m. Tuesday through Friday and from 1-4 p.m. Saturday, Sunday and Monday.

**Water Testing** — A representative

of the Northwest Local Environmental Protection Group will be available for a free well evaluation including testing well water for bacteria and nitrates. If you would like to schedule an evaluation or have other environmental concerns, call the Sherman County Health Department at (785) 899-4888.

## support group

The Multiple Sclerosis Support Group of Burlington, Colo., would like to help. The group meets at 9:30 a.m. on the second Saturday of each month. For questions or personal support, call Della Helzer at 899-2585.

## books for sale

The High Plains Museum in Goodland has received Sherman County Marriage Record books compiled and donated by Marguerite Dupsky. They contain all the marriages of the first six books on file at the courthouse plus some on record in the county clerk's office and the city office. The books cover the years from 1886 to 1923. They can be bought at the museum.

## donations needed

Donations for the new swimming pool in Goodland may be left at the Goodland city office or Chamber of Commerce office. Checks should be made out to Steever Water Park.

Also, donations for the Van Gogh sunflower project may be left with any board member of the Sunflowers USA Association or at the Goodland Chamber of Commerce office.

Donations for the new baseball field may be sent to Scott Weber, president of the Goodland Baseball Commission, at 202 N. Main, Goodland, Kan. 67735, or left at the Sherman County Star or the Goodland Chamber of Commerce office.

## student news

Jessica J. Nelson, Goodland, has pledged the Alpha Gamma Delta sorority this fall at the University of Kansas in Lawrence, where she is a freshman in the college of liberal arts and sciences. Nelson is the daughter of Paul and Nancy Nelson of Goodland.

## school menu

**Wednesday** — Barbecue rib on bun, choice of potato, relish tray, 1/2 banana and milk.

**Thursday** — Turkey-ala-king, broccoli Normandy, muffin, apple salad and milk.

**Friday** — Taco salad, lettuce, tomato, cheese, potato square, chocolate cake and milk.

## hospital report

**Goodland Regional Medical Center**  
Admitted: Monday, none.  
Dismissed: Monday, none.  
Transferred: none.  
Specialists for Wednesday: Dr.

William Inkret, gynecology; Dr. Eric Ouder Kirk, podiatry; Dr. Barry Smith, cardiology.

**Hospital weekly volunteer schedule** — **Wednesday** — Opal Callahan, courtesy; Helen Armstrong, a.m.; Roger Collins, p.m. **Thursday** — Fern Heckman, p.m. **Friday** — Bonnie Daily, a.m. **Sunday** — Jessie Owens, courtesy; Betty Saint, p.m.

## patient updates

**Larry Bohl, Goodland**, is in a hospital in Texas for extensive medical treatment. Cards can be sent to: Larry Bohl, c/o M.D. Anderson, P.O. Box 300206, 1515 Holcombe Blvd., Houston, Texas 77230-4095.

**Leo Hatcher, Goodland**, has been transferred to Denver. He will be there for several weeks. He and Connie would appreciate your prayers. Cards can be sent to: Porter Adventist Hospital, 2525 S. Downing Street, Denver, Colo. 80210.

## today in history

In 1900, the west side of Main between Eighth and Ninth was totally destroyed by fire. The area was known as "Smoky Row" and was mostly made up of saloons.

From the Sherman County Historical Society calendar

## animal shelter

Have you lost a pet? Call the Goodland Police Department at 899-4570.

Are you interested in adopting a pet? Call the Northwest Kansas Animal Shelter at 899-6464.

## area events

**Tobacco Support Group** — A tobacco quitters support group will meet from 7-8 p.m., Central Time, every Wednesday in the cafeteria of Citizens' Medical Center in Colby. Anyone who wants to quit or has quit using tobacco is urged to attend. For information, call (785) 462-8152.

**Medical Screenings** — The Nebraska-Western Iowa Health Care System at Grand Island, Neb., will offer a medical screening clinic to all veterans in the area from 8 a.m. to 6 p.m., Central Time, Tuesday, Oct. 3 at the American Legion Club, 1850 W. Fourth, Colby. The clinic will include blood pressure checks; tetanus, pneumonia, and flu shots; wellness education; blood and cholesterol level tests; and eligibility information. For information, call Virginia Pokorski, registered nurse, or Sandy Christiansen, public affairs officer, at (888) 246-8745.

## crimestoppers

If you have any information about any crime, call the Goodland Area Crime Stoppers "Look Line" at 899-5665. Your call will be confidential and you will not be asked your name.

# Eating disorders are form of control



**roxanne burda**

• slice of life

"Normal" eating occurs when one begins to eat when hungry and stops eating when full. "Eating disorders" is a term for several health problems that result when people have lost their sense of using hunger and fullness to guide their food behavior. Instead, they use food to help them control other aspects of their life.

During adolescence, many body changes occur and young people may feel insecure. Children normally gain 40 pounds or more between the ages of 8 and 14. But more than half of teen girls are on a diet or think they should be, even if they do not consider themselves to be overweight.

The reasons why certain people develop an eating disorder are unclear. There seems to be a genetic predispo-

sition. Biological factors such as brain chemical imbalances may contribute to the problem.

Cultural and media influences pressure females in particular to be thin. Personal characteristics such as the drive towards high achievement, obsessiveness and perfectionism seem to play a role as well.

Family and friends can do several things to lessen the chance that an in-

dividual will develop a serious eating disorder.

•Model healthy eating, exercise and coping behaviors. Encourage it, but do not nag.

•Be comfortable with your body and enjoy its abilities, regardless of size and shape.

•Do not criticize your own or another person's appearance.

•Do not label certain foods as "bad". All foods are acceptable in moderation.

•Keep mealtimes pleasant.

•Have fun. Talk about hobbies, abilities, feelings and interests. Do not dwell on foods, weight or diets.

•Avoid buying products that convey messages that appearance makes a person more valuable. Talk about these messages with your adolescents.

•If a person shows signs of having an eating disorder, seek help. Early intervention is best.

Eating disorders usually begin to affect people when they are in their teens and 20s. Approximately 1 percent of teenage girls have anorexia nervosa while 4 percent of college-aged women are diagnosed with bulimia. Males are less likely to have problems with an eating disorder.

Eating disorders are very serious conditions. They can lead to brittle bones, damage vital organs such as the heart and kidneys, and even result in death. With treatment by a medical team, 60 percent of people with eating disorders can expect full recovery.

## 4-h club news

### Sunflower 4-H Club

The monthly meeting of the Sunflower 4-H Club was held on Sept. 18 at the United Methodist Church in Goodland.

The meeting was called to order by President Ashley Cook. The flag salute and 4-H pledge followed. Roll call was "What are you afraid of?" and was answered by 27 members, 12 parents and two leaders. Parker Johnson got the meeting going by leading the group in a song called "The Noble Duke of York."

The business meeting followed. Leader Cris Riebel recognized and congratulated all the members who had items entered in the Kansas State Fair. She also presented the club with the award we received for winning first place on our parade float.

It has been a great year for our club. Members were reminded to thank their project leaders who made the success-

ful year possible.

Leader Diane Krayca announced upcoming important dates. The club then elected officers for the upcoming year.

Following the business meeting, a busy program was held. We learned how to be safe when riding a scooter with Christopher Irvin's health and safety tip on "Scooter Safety." Ashley Cook taught us all about deer ticks in her tip about "Lyme Disease." Derrick Raymer informed us of the ups and downs of raising pigs in his project talk on "Pigs." Jordan Riebel taught us all about the gavel and what the taps meant in his parliamentary procedure tip, called "How to Use the Gavel."

Justin Holloway led the club in the fun toilet paper game "Up and Down."

Delicious ice cream floats were served by the Trachsel family. Our next meeting will be held on Oct. 16.

Christopher Irvin, reporter

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## Sheriff wants order overturned

TOPEKA (AP) — Former Shawnee County Sheriff Dave Meneley wants a judge to overturn a state agency's order that stripped him of the certificate he needs to work as a law enforcement officer in Kansas.

A three-member panel of the Kansas Law Enforcement Training Commission ordered Meneley in July to surrender his law enforcement certificate. The panel said Meneley had "exhibited a lack of good moral character."

At the time, Meneley called the committee a "kangaroo court" playing politics at the behest of Attorney General Carla Stovall.

Meneley filed a request for judicial review of the panel's decision in Shawnee County District Court last week.

## Goodland Church of the Nazarene

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