

What people eat is influenced by how they feel

The relationship between what people eat and how they feel can be very strong. Diet can affect physical health, but there is also a strong link between food and mental well-being.

Some researchers even advise that depression and anxiety can be decreased, based on food consumption and diet.

Most of us are aware that a chunk of a chocolate bar or a luscious dish of dessert, for some reason, makes us feel better.

This is because the consumption



high plains mental health

- plain sense

of sugar can enhance brain chemicals that act as a natural antidepressant. Thus, some people feel better after eating chocolate or any other food rich in sugar, though that improved mood is usually short-lived. According to "The Mind Guide

to Food and Mood" found at www.food-andmood.org, some of the foods which are most likely to affect people's moods include the following:

- Artificial flavorings and preservatives, which can cause a range of food sensitivity reactions in certain people.
- Added sugar that can give a sudden blood sugar rise followed by a

dip in mood and energy later. Sugar sensitivity can produce symptoms of confusion, poor concentration, anxiety, irritability, aggression, fatigue and depression.

- Stimulants such as chocolate or caffeine which can be associated with feelings of anxiety or panic attacks in vulnerable people.

- Wheat or dairy foods, since these are the two most common foods associated with food sensitivities.

Research indicates that eating the right foods can improve mental

health. For example, eating turkey and chicken can help boost brain chemicals that combat depression.

Eating foods and meals that release energy slowly, such as pastas and fruit, also helps keep a person feeling good for longer.

Other foods that are recommended for good mental health are sardines, tuna and salmon, which contain essential fatty acids. These have a direct affect on levels of certain brain chemicals that regulate impulse control, appetite, and induce calm feelings. Maybe that's

why fish have been known through the years as "brain food".

Contributed by Karen Beery, Consultation and Education 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, Consultation and Education Department, 208 East Seventh, Hays, Kan. 67601.

Internet site: www.highplains-mentalhealth.com

Stink bugs have damaged tomatoes

We have been seeing tomatoes with golden-yellow, pink or white spots on the fruit.

This damage is often caused by stink bugs, the shield-shaped insects that emit a foul odor when disturbed.

The stink bug injures fruit by using its mouth parts to probe it. Color development is affected



dana belshe

- ag notebook

wherever probing occurs, which results in the off-color or cloudy spots.

Heavy feeding causes the spots to spread, so tomatoes may develop a golden color. If you

look closely, you can see the pinprick-sized puncture wounds in the middle of the spots.

Hard, whitish, callous tissue develops beneath the skin at the wound.

By the time you notice the spots, the bugs are often gone, so control is impossible.

Gardeners often don't notice the insects. If puncture wounds are found, stink bugs are the cause, but the fruit is OK to eat.

Library receives new books, cassettes and CD's

The Goodland Public Library has the following new books, cassettes and compact disks as of Sept. 1:

In adult fiction: "The Teeth of the Tiger," by Tom Clancy; "Blindside," by Catherine Coulter; "A Place of Hiding," by Elizabeth George.

"The Sinner," by Tess Gerritsen; "Foul Matter," by Martha Grimes; "Sense of Evil," by Kay Hooper; "Love Me," by Garrison Keillor; "Sweet Dreams," by Faye Kellerman.

"The Beloved Enemy," by Gilbert Morris; "Presumption of Death," by Perri O'Shaughnessy; "No Graves as Yet," by Anne Perry; "The Devil's Banker," by Christopher Reich; "Beachcomber," by Karen Robards; "Barracuda 945," by Patrick Robinson; and "Ruby," by Lauraine Snelling.

In adult non-fiction: "Writer's Market — 2004 Edition," "Under the Banner of Heaven," by Jon Krakauer.

"Trail to Wounded Knee," by

Herman Viola; "Best's Agent's Guide to Life-Health Insurance Companies, 2003 Edition;" "Space Shuttle," by Tony Reichhardt; "Where to Retire," by John Howells.

"Basement Planner," by Better Homes and Gardens; "Antiques Roadshow Collectibles," by Carol Prisant; "Decorative Painting Made Easy," by Better Homes and Gardens; "2003 National Football League Record and Fact Book;" "Benjamin Franklin and the Invention of American," by Walter Isaacson; and "Kate Remembered," by A. Scott Berg.

In children's books: "Police on Patrol," by Annie Auerbach; "Three-Alarm Fire," by Annie Auerbach; "The Dump Truck," by Craig Carey; "Amber Brown is Green with Envy," by Paula Danziger.

"All the Stars in the Sky: the Santa Fe Trail Diary," by Megan McDonald; "The Ant or the Grasshopper?" by Toni Morrison; "Haunted Castle on Hallows Eve,"

by Mary Pope Osborne.

"Voyage to the Volcano," by Judith Stammer; "The Perils of Peppermints," by Barbara Brooks Wallace; "Ripley's Believe It or Not! — 2004 Edition," by Mary Packard; and "Ms. Frizzle's Adventures: Medieval Castle," by Joanna Cole.

In audio books: "The Teeth of the Tiger," by Tom Clancy (CD); "Seizure," by Robin Cook (AC); "Blindside," by Catherine Coulter (AC).

"A Place of Hiding," by Elizabeth George (CD); "The Sinner," by Tess Gerritsen (CD); "Benjamin Franklin," by Walter Isaacson (CD).

"Sweet Dreams," by Faye Kellerman (CD); "Presumption of Death," by Perri O'Shaughnessy; "Barracuda 945," by Patrick Robinson (CD).

"Shadows at Sunset," by Anne Stuart (AC); "The Bozeman Trail," by Robert Vaughn (AC); and "The Square Root Murder," by Paul Zindel (AC).

Plastic surgeon joins specialty clinic

A plastic surgeon from Denver will join the specialty clinic at Goodland Regional Medical Center in September.

Dr. Gregory Buford begins his monthly visits on Sept. 24, and will be in Goodland on the fourth Wednesday of every month. His practice, Center for Plastic and Aesthetic Surgery, is affiliated with HealthOne Swedish Medical Center.

Born in Portland, Ore., Dr. Buford earned his undergraduate degree from the University of California at San Diego and his medical degree from Georgetown Uni-

versity. He completed residencies in general surgery and plastic and reconstructive surgery at the Cleveland Clinic Foundation.

Dr. Buford earned a Fellowship in Cosmetic Surgery at Plastic Surgery Associates in Miami, Fla. There he learned the most up-to-date techniques in face-lifting, dimensional body contouring and muscle-sparing eyelid rejuvenation.

Dr. Buford is an associate fellow of the American College of Surgeons, and a member of the American Society for Laser Medicine and

Surgery, the Arapahoe County and Colorado Medical societies and the Colorado State Society of Plastic and Reconstructive Surgeons.

His services will include breast enhancement (enlargement, reduction, or lift), liposuction, rhinoplasty (nose surgery), spider vein treatment, tattoo removal, chin surgery, scar revision, botox, face and neck lifts, skin lesion and mole excision, various skin care services and many other offerings.

In his spare time, Dr. Buford says he enjoys creative writing, gourmet cooking, and skiing and cycling through the Rocky Mountains.

Call (785) 890-6030 for an appointment.



Buford

Driving course offered for those over 55

Drivers interested in improving their skills and saving on their car insurance can take the American Association of Retired Persons Driver Safety Program course.

The eight-hour course (usually divided into two days) covers the basics of defensive driving and teaches people to protect themselves against crime in parking areas, avoid accidents and deal with aggressive drivers.

The course makes older drivers aware of how changes in vision, hearing and reflexes can affect their driving and helps them improve coping skills.

Though it is aimed primarily for drivers 55 and over, anyone with a drivers' license is welcome to attend.

Completion can result in a savings on your auto insurance. Contact your insurance company for details.

Don't worry about tests — there aren't any. The Driver Safety Course is a mix of discussions, video presentations, self-assessment and instruction by trained senior volunteers. Graduates receive a certificate of completion. There is a fee.

To learn about classes in Goodland, call Don Keihl at 890-6638 or Chet Ross at 899-5982, or call the 55 Alive toll-free number at (888) 227-7669.

Library to enroll children for Story Hour

The Goodland Public Library is enrolling children for Story Hour for the 2003-04 year.

There will be two sessions each week for 4-year-olds, at 10 a.m. Wednesday and 11 a.m. Thursday. Three-year-olds will meet at 10

a.m. Thursday. Each session will last 45 minutes.

The "Born to Read" group, for children under 3 accompanied by an adult, will meet at 10 a.m. Friday.

Story Hour will begin Sept. 10, 11

and 12 and continue through the school year. Groups will not meet on days that school is not held.

Parents are asked to enroll their children now and select the session they prefer. Call Karen Gillihan at 899-5461.

The Goodland Star News Service Directory 785-899-2338

Your KEY to business success.

Have your name up front when a customer needs you.

Repetitive advertising is the key to opening the door to new customers.



Combined rates are available to feature your services in the Daily and The Country Advocate.

We'll always be there for you.

LIFE • HOME • CAR • FARM • BUSINESS



Jim Alcorn, Agent
1624 S. Main Street
Goodland, KS 67735-0727
Business: (785) 899-2553
Home: (785) 899-3974

www.shelterinsurance.com



Sunflower Computer Services

MSBLAST WORM STRIKES IN GOODLAND



Has your computer slowed to a crawl or stopped?
Does it reboot of it's own free will.
These are symptoms of the MSBlast worm.

We make computing easier for you!

Call us. We can help.

I make house calls.
Tel: 785 890-8200

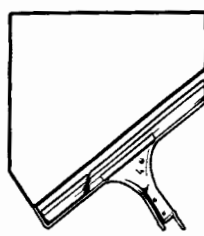
Tech Tip: Download Anti-virus definition updates daily.

Truck Lettering 800-886-2423

AWARD WINNING SIGNS AND PINSTRIPING SINCE 1974

Hot Brush

204 W. 4th Box 309
Bird City, Kan. 67731



NEW SYSTEM Professional WINDOW CLEANING

Colby, Kansas

Commercial - Residential
Free Estimates

No job too big or small

Chris & Beth Lewon

650 N. Grant
785-462-6995 or
1-800-611-6735



OLE GURN'S

BOOT & SHOE REPAIR

OF COLBY, KANSAS

is in Goodland Every Monday.

9:30 to 1:30

North side of Cowboy Loop.
accepts all major credit cards

FINALLY!

Health Insurance for Individuals,
Families and the Self-Employed
at **AFFORDABLE** Rates.

Insurance is Underwritten by The MEGA Life and Health Insurance Company

800-783-9417

M/NATL 0067

D & D Builders

Michael Downing
General Contractor

Concrete Work • Patios & Decks
• Garages & Etc. •
• Remodels & Additions •

785-626-3529 or 785-626-0060



nwkansas.com

With monthly costs as low as
\$14.95 per month!

Call (785) 899-2338 for
information.

PRO FLOOR CARE

HIGH QUALITY
CARPET & UPHOLSTERY
CLEANING
24 HOUR WATER
DAMAGE REMOVAL

462-8313 1-800-473-4138

Owners:

Shawn & Angela Stinemetz

