



Britany Pettibone, owner of Britany's Natural Therapy, prepared the table in the massage room for her next client last week. She opened the business Aug. 5 at 1616 Main and has been busy ever since.

Photo by Sharon Corcoran/The Goodland Star-News

Massage therapy offered

By Sharon Corcoran
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A Kanorado native has stepped out into her own business, providing massage therapy and acupressure for Goodland and Sherman County.

Britany Pettibone, daughter of Greg and Sally Pettibone of Kanorado, opened Britany's Natural Therapy on Aug. 5 at 1616 Main, the brick office building next to Crazy R's Bar and Grill.

She took a 14-month massage therapy course at Heritage College in Denver, graduating in May 2005, and became a certified massage therapist. She went to a 100-hour seminar on acupuncture in Kansas City, but don't worry about the needles, as she does not puncture the skin.

Pettibone says she uses "Pointer Plus," which provided electronic stimulation and a Tai Chi, one of the classical acupuncture needles, but spring-loaded so it doesn't break the skin.

Acupressure can help with a lot of common ailments, she said, including scar tissue, gout, allergies,

weight loss, stopping smoking, joint pain, headaches and migraines, infertility, menopause and hot flashes, heel spurs and carpal tunnel problems.

That's just a few of the common ones, she said, adding she that has a prescription index that shows body points to help with over 2,000 ailments.

A guy said he didn't believe in it, Pettibone said, but she talked him into giving acupressure a try. Halfway through, she said, his sinuses were more clear, and he could breathe better. Now he believes.

Acupressure works with energy that that goes through your body, she said, called qi (pronounced chee). There are 14 meridian channels that flow through your body, she said, with a different number of points to affect each one. For example, she said, the heart has nine, the stomach 45 and the bladder 69.

"I hope people learn more about what you can do with acupressure," Pettibone said.

She worked at Dr. Sid Unruh's chiropractic clinic until the end of July and went on her own, renting

the office from Rod Cooper. She handled billing, insurance and scheduling appointments for Dr. Unruh.

"I was the office manager," she said. "Now I know how to run my own."

One thing that is different, though, she said, is that she doesn't bill insurance. Acupressure does not require a license in Kansas, she said, and can't be billed to insurance.

"I can't use the word healing," she added, "and use no needles for acupuncture. I'm not supposed to puncture the skin."

She has been busy, though, and has had a lot of referrals from chiropractors.

"I expected my first month to be kind of slow," she said, "but it was better than I expected."

Pettibone said she plans to stay in the area. Besides her parents, her sister Cody lives here. Her fiance, Mike Murray, works for the Kyle Railroad, and his family lives here as well.

corrections

The Goodland Star-News will correct any mistake or misunderstanding in a news story. Please call our office at (785) 899-2338 to report errors. We believe that news should be fair and factual. We want to keep an accurate record and appreciate you calling to our attention any failure to live up to this standard.

Teen wins pageant

By Pat Schiefen
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Senior Brooke Lennington won the 2008 National American Miss Kansas pageant in Wichita in August and says her experiences in competing in pageants has helped her gain confidence and self esteem.

Lennington said each contestant brought either a book or bear that she will give out during her year. She said she has been in contact with Tina Goodwin at Goodland Regional Medical Center to give out bears there. She will give out bears at Wichita hospitals.

The National American Miss Pageants are based on inner beauty, said Lennington, as well as poise and presentation.

She said 30 percent of her score was formal wear modeling, 30 percent was a personal introduction, 30 percent was an interview with each judge and 10 percent community involvement. There is no talent competition or swim suit competition. The pageant wants a conservative look.

The judges vary but can include sports figures and journalists. Lennington said they look for a memorable girl.

Lennington said she was the winner of an optional casual wear modeling and the first runner up in Miss Congeniality. This was her third year to compete in pageants.

Winning the Kansas title allows me, said Lennington, to compete in the national competition to be held in Anaheim, Calif. over Thanksgiving week.

She said she's working on getting the community service award. She passed out flowers to cancer survivors at the Sherman County Relay for Life held on Aug. 15. The following week she helped at Bingo at Wheat Ridge Acres Retirement Community.

Lennington said she needed to do four hours of community service.

She said her mom, Carol Lennington went to all of her pageants but one.

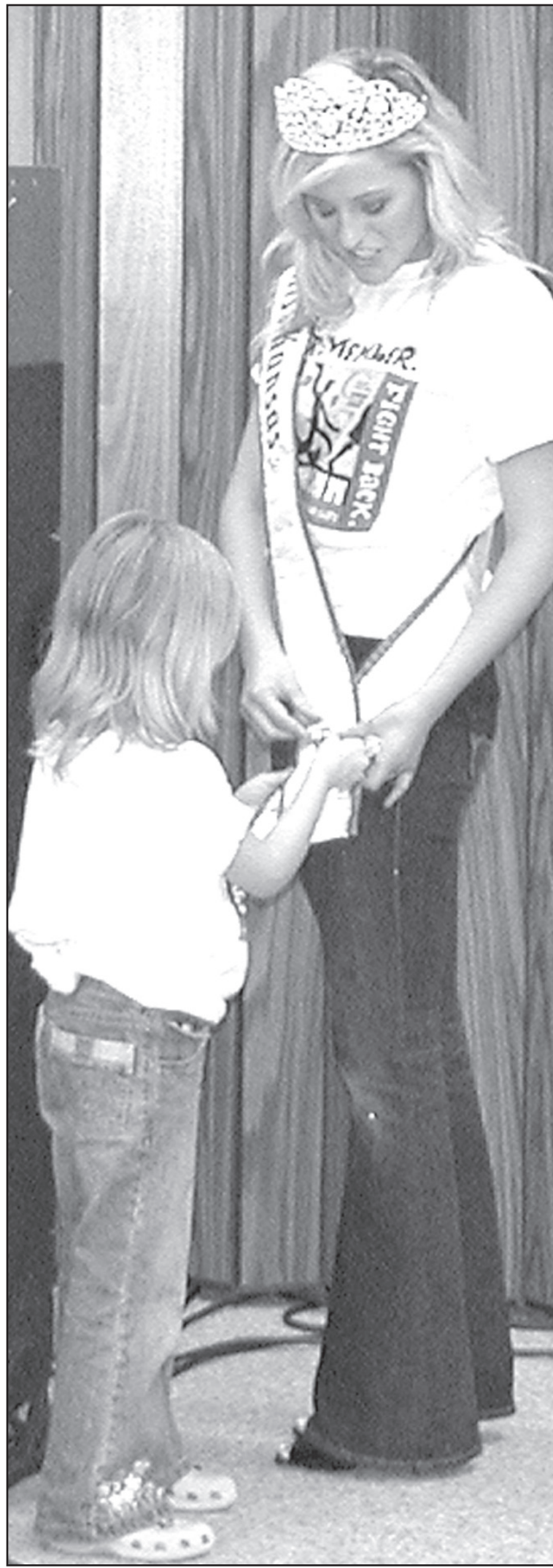
"She has always supported me," said Lennington. "It is very exciting for her. She teases me about being my agent."

She said she had gone to Models and Images modeling school and agency in Wichita. In Actor Model Talent competitions she had had one call back. She did Cover Girl and runway modeling.

"I made some money modeling but it is so hard," Lennington said. "You either have it or don't. I decided it was not my thing."

She said she wanted a more stable lifestyle.

Lennington said she wants to go to Kansas University to major in broadcast journalism. For now she said she is going the normal senior route. Lennington said she is taking physics, composition, precalculus, trigonometry and 21st Century skills.



Brooke Lennington, National American Miss Kansas, showed her sash to a young fan at the Sherman County Relay for Life Friday, Aug. 15. Lennington handed out flowers to cancer survivors at the Relay.

Photo by Pat Schiefen/The Goodland Star-News

"I went out for softball last year," she said. "They nicknamed me 'Barbie'. They found out I was a more down-to-earth girl."

She said she is in the cheerleading squad for football and basketball, president of the senior class, Goodland Athletic Association president and student council vice president.

Lennington said she dances at the Right Combination Dance Studio.

"I started dancing at three and did it until I was 10 and quit," she said. "I

started back as a freshman. It is giving me a better stage presence."

matters of record

District Traffic

The following fines have been paid to the Sherman County District Court. All ages are at the time of the ticket.

July 26: George Carl D Annunzio, 40, Goodland, \$260 for trans-

porting an open container.

July 27: Daniel K. Bray Jr., 29, Cleveland, Ohio, \$134 for speeding, 85/70.

July 28: Jullian Davis, 25, Newport, Ky., \$135 for operating a motor vehicle without a license.

Sherman County Household Hazardous Waste Collection

Saturday, Sept. 13th, 2008
7 a.m. to 11 a.m. Mountain time
HHW Facility

1820 Cherry Street, Goodland, Kansas

For more information please contact Kenny Griffith at 821-1024.

No early drop offs or no drop offs without personnel present.

There will be no **Used Oil** collected at this time.

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Talk About Literature in Kansas

"Where Echoes Live"

Discussion leader:

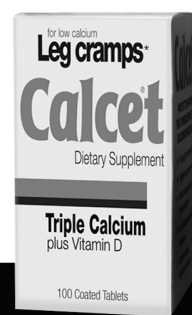
Ann E. Liston

Goodland Public Library
6:30 PM MST

Thursday, September 18, 2008

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UPCOMING EVENTS in Kansas

Brought to you in part by Kansas Department of Commerce Travel & Tourism Division

KC Renaissance Festival

Aug. 30-Oct. 13, weekends, Bonner Springs Family fun set in a 16th century English village. Seven spectacular weekends! (800) 373-0357, www.kcrenifest.com

Power of the Past

September 12-14, Ottawa Annual antique fire engine and tractor show. 600+ tractors on display, auction, demonstrations, parade & more. Forest Park (785) 242-2686, www.powerofthepast.net

Emerson Drive, Julie Roberts Concert

September 13, Garnett 4 bands, food, beer, lawn chair event! Cornstock festival, North Lake Park (785) 448-6767, www.cornstock.net

Grandparents Weekend

September 13-14, Salina Kids get into zoo free with paid grandparent. Rolling Hills Wildlife Adventure (785) 827-9488, www.rollinghillswildlife.com

Ol' Marais Cars Show & River Run

September 19-21, Ottawa Back to the '60s cruise night on Saturday. 1200+ cars on display, Main Street (785) 242-1411, www.olmarais.com

Wild West Show and Bullwhacker Days

September 27-28, Olathe Two arenas of trick riders and cowboy re-enactors, music and more! Mahaffie Stage Coach Stop and Farm Site (913) 961-ARIS, www.OlatheCVB.org

Pumpkin Fest 2008

Sept. 20-Oct. 31, Burns Joins us for Kansas' greatest pumpkin festival. Our weekends will be full of entertainment for all ages. 10 miles north of El Dorado on Hwy 77 www.walterspumpkinpatch.com

Salina's 150th Birthday Bash

September 27, Salina Salina marks its Sesquicentennial! Parade, street dance, tours, food, chili cook-off, entertainment & more! (785) 309-5776, www.salina150.com

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