

Healthy lifestyle, diet may help prevent diabetes

Sarah Linton, registered and licensed dietitian at Goodland Regional Medical Center and the Goodland Family Health Center, recommends a healthy lifestyle to prevent diabetes or prevent complications for those who have diabetes. Tips for changing are found in issue No. 1 of 2004 of *Everyday Eating*, a magazine published by Nestle.

For those eating on the run, the magazine suggests prepackaged salad mixes and low-fat dressings in pouches, fruit, low-fat chips for snacks, low-fat frozen entrees and low-fat frozen yogurt, ice cream and juice bars. The magazine reminds readers that the ground rules for good nutrition apply at the drive-through window — limit your fat and carbohydrate intake, watch the

salt, eat a variety of foods and eat a reasonably-sized portion. For fast-food eating, the magazine recommends salads with low-fat, low-calorie dressing, such as balsamic or raspberry vinaigrette and grilled chicken; a regular or junior-size sandwich; whole-grain or wheat bread with lean roast beef, ham, turkey or chicken breast; grilled or broiled sandwiches; or

thin-crust vegetable pizza. To get more exercise, the magazine recommends:
• Include routine household activities, such as gardening, laundry or vacuuming, in your plan.
• Choose things you enjoy, like dancing or bowling.
• Be realistic. If you pick an overly ambitious activity, you may get discouraged.

• Take the stairs instead of the elevator.
• Park farther away from the entrance of the grocery or shopping mall.
• Walk to the corner store instead of driving.
• Take a brisk, 10-minute walk after every meal.
• Mix it up. Choose activities you can do alone and with others.

• Join a water aerobics class.
• Enjoy historic walking tours, parades of homes and other activities that get you out walking in a fun atmosphere.
The magazine recommends changing one thing at a time to avoid being overwhelmed, involving family and friends in your goals to have support, and dishing up meals in the kitchen (no seconds).

Who's at risk for getting diabetes?

RISK, from Page 3

- I have a sister or brother with diabetes. Yes, 1. _____
- I have a parent with diabetes. Yes, 1. _____
- My weight is equal to or above that listed in the chart. Yes, 5. _____
- I am under 65 years of age, and I get little or no exercise. Yes, 5. _____

- I am between 45 and 64 years of age. Yes, 5. _____
 - I am 65 years old or older. Yes, 9. _____
- If you scored 10 or more points, you are at high risk for having diabetes.
- Only your health care provider can determine if you have diabetes. At your next office visit, find out for

Weight and height chart for diabetes risk test

Height	Weight	5' 3"	152	5' 10"	188
w/o shoes	w/o clothing	5' 4"	157	5' 11"	193
4' 10"	129	5' 5"	162	6' 0"	199
4' 11"	133	5' 6"	167	6' 1"	204
5' 0"	138	5' 7"	172	6' 2"	210
5' 1"	143	5' 8"	177	6' 3"	216
5' 2"	147	5' 9"	182	6' 4"	221

Abandoned puppy fair winner

DOG, from Page 1

that win in their class get 20-pound bags of dog food, Bryan said, and P.J. ate well on the way home. Bryan said he's still expecting a \$7 check from the fair and thinks he may spend it on a heated water bowl. But he's worried about spoiling the dog. He already sleeps under the covers, Bryan said, and lays on the pil-

low like a human. Bryan said he shared his knowledge about dog training with others at the 4-H open house earlier this month. "I taught kids how to handle a dog properly," he said. Bryan, a sixth grader at North Elementary School, said his favorite subject is spelling. His teacher has fun games for that, he said. He still does arts and crafts for 4-

H and also enters food and sometimes woodworking projects. "I like to cook," he added. It was a skill that came in handy. When his mom and his 17-year-old sister Bailee went to New York in July for Bailee's modeling career, Bryan cooked for himself and his dad, a farmer. He did the laundry and the cooking, Joni said, and he took good care of his dad.

Bait now approved for prairie dogs

BAIT, from Page 1

posed to be spreading the poison on the ground and had to change application methods. Daryl West, director of the Sherman County noxious weed department, said he learned more about prairie dogs and the chemical in the meeting. He said Charles D. Lee, a Kansas State University extension specialist, outlined the habits of prairie dogs. Lee was the expert who conducted the trials of Rozol last spring. "He's been around prairie dogs all his life," West said, "and he told us about their life."

The new label requires the bait to be placed at least six inches down in the prairie dog burrow. It can only be used between Oct. 1 and March 15, before the vegetation gets green. The label says users must store the product away from people and animals and use gloves to handle bait or dead animals. Rozol can only be used on range land and non-crop areas. Most people contact West to help remove the prairie dogs, and he either takes care of the problem himself or sells them the Rozol. Since the bait is not restricted to trained applicators, he said, anyone can use it. Other methods are sometimes

used to help control the rodents, including shooting them, but West said Rozol is the most environmentally friendly chemical. He added that the goal of the meeting was to review ways to control the prairie dog population, not to exterminate all of them or any other animals. "We're not trying to eradicate them," he said, "We're just trying to control them." West said he thinks the meeting gave everyone a greater understanding of the prairie dog problem in northwestern Kansas. "Everyone said it was real interesting and informative," West said.

Celebration lands two in Bastille

The police radio crackled about 7 p.m. Saturday and the sound of a gunshot came over loud and clear as an officer shouted, "Shot fired; I need backup." The people involved said it was a celebration, but both got booked anyway. Goodland police had been called to 619 W. 11th earlier when central dispatch got a 911 report of shots being fired at that location. Officers rushed to the address, but the occupant, Janice Coleman, refused to let them in the door. She was arrested for obstruction

and the officers went into the home. The dispatcher said the reporting party, a daughter, had heard a commotion in the back bedroom, which was off the kitchen. When she heard shots, she ran over to her home in the D'Lao Apartments and called 911. Officers found two bullet holes in the ceiling of the bedroom, but there was no gun and the person with the gun was not in the house. Chief Ray Smee said the officers were out in front of the house when the man suspected of doing the shooting drove by. Officers fol-

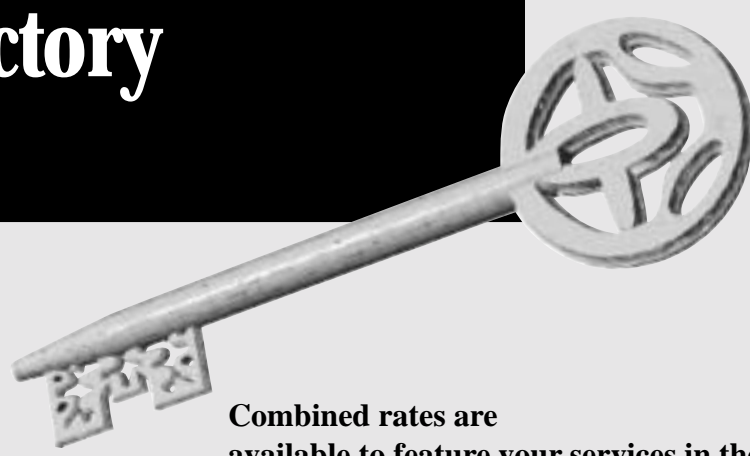
lowed the vehicle to 10th and Texas, where the third shot heard on the radio was fired. Juan R. Hernandez was arrested and charged with discharge of firearm. Both people were taken to the Sherman County Bastille, where they were booked and released on bond. Smee said both were charged in municipal court. "I understand from the officers the shots were in celebration," Smee said, "but I don't know yet what he was celebrating."

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