

Too many think they need to be thin to be happy

Nationally and worldwide, people have become very conscientious of their weight, with most believing that to be happy and successful they must be thin.

Sadly, this message is being taken very seriously by adolescents, who tend to compare their weight and body composition to those of fashionably thin models, actresses and actors.

Even elementary school children have become obsessed with their weight. In 1970, the average age a girl started dieting was 14; by 1990, the average age dropped to 8.



high plains mental health

• plain sense

The media, through the portrayal of movie stars, models, television actors, young singers and others in the entertainment industry, perpetuate the idea that being famous means being a slim, trim female or a physically handsome, buffed out male.

Over the last 30 years, fashion

models, national beauty contestants and magazine centerfolds have grown steadily thinner, while the average weight and percentage of body fat for both women and men in the general population has increased.

Twenty years ago, the average fashion model weighed 8 percent less than the average women; today it is 23 percent less.

The mental health field continu-

ously deals with young adults with eating disorders whose problems began with dieting at a young age and an increasingly negative self-image in regards to their weight.

Such behaviors and beliefs are continually reinforced by today's society, the media and an unrealistic attitude towards fitness and beauty.

Parents also have a great influence on their children's perception of body image and weight. Many children first learn about dieting from a family member, usually a parent.

Studies have shown that parents who display dissatisfaction with their own body are more likely to have children who do the same, particularly in adolescence and young adulthood.

Society will continue to be a strong influence on how people see themselves and others, so it is important to view yourself in a positive manner. Be realistic — the majority of models and actors work out vigorously, diet and endure surgery to look the way they do.

Learn to appreciate your own individuality and uniqueness. Over

time, people are admired and liked for who they are and what they do, not because of what they look like.

Contributed by Karen Beery, manager, 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 E. Seventh, Hays, Kan. 67601. Internet site: www.highplainsmentalhealth.com.

Couple moves near Bird City, brings Clydesdales, carriage business

By Karen Krien

The St. Francis Herald

Need a custom-made carriage or wagon? Maybe a team of Clydesdales?

Michael and Dona McGilvray, now living north of Bird City, can fill the order.

They started moving from Woodrow, Colo., in August and were nearly done by October. They bought the Childers place north of Bird City to make their home.

The McGilvrays have a business that is unusual for this area. Not only do they raise Clydesdales but they also make carriages, hitch wagons, chuck wagons and farm wagons. And they restore horse-drawn wagons and wagon wheels.

About 10 years ago, they needed a hitch wagon but found it would cost a fortune to buy. So they made one. That was the

start of the business.

A hitch wagon is a freight wagon like the Budweiser horses pull. Since making their first wagon, the McGilvrays have made four more.

They figure it takes three to four months to build a hitch wagon. Other wagons take less time.

Mr. McGilvray's favorite wagon is a black hitch wagon. He said it had 3-inch deep shadow panels and \$6,000 to \$8,000 in chrome work. To achieve the right look, he applied 27 coats of black paint. It took 8 gallons of paint.

They began to advertise their business nationally and in an area publication, and the calls started coming in.

They got a call from a man in New York wanting to know if Mr. McGilvray could make a Cinderella carriage to be used for weddings. After several phone calls, the New York man sent money, and work

began on the carriage. It was made of steel in the shape of a pumpkin and had a top which looked like the leaves and vines. When it was finished, it weighed 1,400 pounds and cost around \$17,000.

The seats in the carriage were removable. There were four different sets of seats, each covered in a different color of fabric. An umbrella cover was made to slip over the carriage if it was raining.

There was no plan or pattern for the carriage, so Mr. McGilvray, with a can of spray paint, drew the carriage plan on the side of the garage.

"Many of the plans are in my head," he said.

However, when he makes an authentic-looking carriage or wagon, he goes to the Bird In Hand carriage museum in Pennsylvania where plans are available.

One of the specialties of the busi-

ness is rebuilding wheels. Mr. McGilvray said there are no two wheels alike. People can't just order a wagon wheel and expect it to fit. At one time in the early 1900s, there were over 1,000 wagon makers.

When he makes a set of wheels for a wagon or carriage, he often "improves" the wheel by adding roller bearings. The old wheels were set in cast iron boxings and needed to be greased. Through the years, the boxings wore down, sometimes down to the wood.

"Only the greatest care goes into the construction or restoration of our wagon wheels," Mr. McGilvray said. "We use only the top grade of material, and our wheels can be tailor made to meet most specifications."

Wagon wheels come in a variety of sizes but are made of hickory wood. The McGilvrays made some

wheels for canons. These wheels were over 50-inches high and 3-inches wide. They weigh 300-400 pounds. The hitch wagon wheels are not quite as big but still weigh about the same.

"The wheels are the major accomplishment of a wagon," he said.

The McGilvrays often refurbish wagons and other horse-drawn equipment. Mr. McGilvray said what most people don't realize is it takes about as long to refurbish equipment than to make it from scratch. Everything needs to be taken apart.

If it is a sleigh, the steel runners need to be filled and sanded. The wood needs to be sanded, filled and repaired. If there are seats, they usually need to be re-upholstered. Often it takes hundreds of hours before the equipment is back to its original state. The lead-based paint makes the sanding hazardous.

Mrs. McGilvray grew up in Brush, Colo. Mr. McGilvray is a third generation farmer, raised near Woodrow, Colo.

Their stallion, Tartan Drummer, has earned many honors including being named Reserve All-American by the *Draft Horse Journal* in 1998. They have shown Clydesdales at the National Western Stock Show in Denver and many other places including those in Utah, Nebraska, New Mexico and Kansas.

The McGilvray's three children, Ben, Megan and Meredith, grew up helping on the farm and with shows.

In the summer, Mr. McGilvray plans to hold a driving school at the Bird City farm. Anyone wanting to know more about having a wagon or carriage built, a wheel repaired or about the Clydesdales, contact them at 785-332-2663 or mcgilvrayfarms@yahoo.com or www.sandhillclydes.com.

matters of record

Municipal Court

These are cases decided by the Goodland Municipal Court:

Nov. 23: Jennifer S. Poole, pedestrian under influence. Total fine \$136.

Lacy J. Carson, battery, disorderly conduct. Total fine \$336.

Jennifer S. Poole, shoplifting. Total fine \$136. Restitution \$8.37.

Kelly Lee Bradford, Lamar, Colo., speeding. Total fine \$92.

Dustin Hays, St. Francis, amended to careless driving, exhibition of speed. Total fine \$196.

Kurt Zupko, disorderly conduct. Total fine \$136, 10 days in jail.

Jennifer Poole, disorderly conduct. Total fine \$136.

Nov. 29: Trinity R. Murray, illegal registration. Total fine \$76.

Dec. 1: John R. Shively, III, diversion fee \$100. Total fine \$36.

Dec. 2: Lisa M. Szarek, Bristol, Ind., speeding, illegal registration. Total fine \$136.

Johnny R. Siruta, minor possessing alcohol, disorderly conduct. Total fine \$336. Drivers license suspended for 30 days.

Dec. 7: Megan A. Murray, St. Francis, illegal registration. Total fine \$76.

Dec. 8: Gary L. Searle, Jr., possession of tobacco by a minor. Total fine \$236.

Real Estate

The following real estate transactions were reported by the Sherman County Register of Deeds:

Kevin L. Butts, Sheriff Sherman County, to secretary of veterans affairs, N10' Lot 11 and Lot 12, Block 33, Beahms addition to the City of Goodland.

Georgia E. Weis to Jennifer E. Mazanec, SE/4, Sec. 8, T10S R37. William R. Gann, Arapahoe County, Colo., to Diana L. Flanders and Brent J. Flanders; N/2 SW/4, Sec. 20, T6S R38W; S/2 NW/4, Sec. 20, T6S R38W except a tract of 60.2 acres; and E/2, Sec. 20, T6S R38W except a tract of 70.9 acres.

Diana L. Flanders and Brent J. Flanders to William R. Gann, Arapahoe County Colo.; S/2 NE/4, Sec. 20, T6S R38W; N/2 SW/4, Sec. 20, T6S R38W; S/2 NW/4, Sec. 20, T6S R38W except a tract of 380 acres.

Geneieve L. Rummel, Fremont County, Colo., to Charles R. Luckert Trust, S/2 SE/4, Sec. 25, T9S R37W.

Byron L. Smith and Patricia J. Smith, Myron L. Smith and Deborah L. Smith, W. Galyn Smith and JoAnn Smith, Gareth M. Noble and Daniel L. Noble to Charles R. Luckert Trust, N/2 SE/4, Sec. 25, T9S R37W.

Ryan J. Weis quitclaim to Kimberly A. Weis, Lot 20, Block 1, Eastridge subdivision of Academy addition to the City of Goodland.

P & M Land Corporation, Minden, Neb., mineral deed to Snapdragon Royalties, LLC, Denver, undivided one-half interest, SW/4,

Sec. 20, T10S R39W.

P & M Land Corporation, Minden, Neb., mineral deed to Snapdragon Royalties, LLC, Denver, undivided twenty-five percent interest, SE/4, NW/4, Sec. 28, T10S R39W; N/2, Sec. 29, T10S R39W; N/2, Sec. 30, T10S R39W.

Judith Vignery mineral deed to Snapdragon Royalties, LLC, Denver, Sec. 19; Lots 1 and 2, T7S R42W.

P & M Land Corporation, Minden, Neb., mineral deed to Snapdragon Royalties, LLC, Denver, undivided fifty percent interest SW/4, Sec. 12, T9S R40W; SW/4, Sec. 4, T8S R40W; NE/4, S/2, Sec. 5, T8S R40W; N/2, Sec. 17, T6S R40W.

Timothy C. Stewart to Partick Timothy McGrath, Lots 23 and 24, Block 62, original Town of Goodland.

Brady E. Stindt and Patricia A. Stindt to Lukas Wolak and Amber Wolak, Lots 6 and N8' Lots 7, Block 5, Kohler addition to the City of Goodland.

Karen Fehrenbach, as personal representative of the estate of Kenneth William Fehrenbach, to Todd K. Fehrenbach, E/2, Sec. 27, T9SR42W.

Edward G. Aaron quitclaim to Arnold R. Scott and Darlene W. Scott, Lots 13 and 14, Block 10, Sharps addition to the Town of Goodland.

Lance Ihrig and Debra A. Ihrig to Lee B. Ihrig and Brandie Ihrig, NE/4, Sec. 2, T8S R39W.

Roy E. Lofland and Joyce Lofland to Shawn Black, S/2, Sec. 31, T7S R38W.

Connie Lee Cole to Jack J. Thrasher, Lot 5, Block 8, Rosewood addition to the City of Goodland.

Walter R. Bradley, United States Marshal District of Kansas, to Rusty and Wendy Fritz, Lots 12 and 13 and the W13' of Lot 14, Block 22, Second addition to the City of Goodland.

Dennis Malsom and Lisa Malsom to B & K Pumping, SW/4 SW/4, Sec. 18, T8S R39W.

Mary Anna Ullrich to Secretary of Transportation of the State of Kansas, NE/4, Sec. 36, T8S R40W.

Mary Anna Ullrich, Ada L. Taylor, Norman E. Sandy and Mary M. Sandy to City of Goodland, 14.72 acres in NE corner NE/4, Sec. 29, T8S R39W.

Karen Kay E. LaMora, Trustee of Wilma M. Fagen Trust, Escondido, Calif., mineral deed to Snapdragon Royalties, LLC, Denver, NW/4, Sec. 26, T7S R40W.

T. R. Baalman and Angeline C. Baalman, Grinnell, to Snapdragon Royalties, LLC, Denver, SW/4, Sec. 5, T6S R41W; SE/4, Sec. 14, T6S R41W; N/2 S/2 NE/4, Sec. 35, T7S R41W; NE/4, Sec. 28, T7S R42W; SE/4, Sec. 18, T10S R37W.

Brent W. Linin and Ginny Linin, Max E. Linin and Brenda Linin, Ginger Frye, Fern Jackson and Alvin Jackson and Judy Linin to the secretary of transportation of the State of Kansas two tracts of land in SE/4, Sec. 25, T8S R40W.

Bryan L. Lankford and Stacey D. Lankford, Reno County, to Paul D. Linn and Kathryn A. Linn W/2 SW/4, Sec. 20, T9S R38W.

Don F. McKenzie and Lori L. McKenzie to Joshua H. McQuitty Lots 1 and 2, Block 1, Auer and Shimeall addition to the City of Goodland.

Rita Ihrig and Larry Ihrig, trustees of the Rita Ihrig Revocable Trust, to Lance Ihrig and Debra A. Ihrig an undivided 1/2 interest N10' of Lot 11, Lot 12, Block 31, Beahm's addition to the City of Goodland.

Larry Ihrig and Rita Ihrig, trustees of the Larry Ihrig Revocable Trust, to Lance Ihrig and Debra A. Ihrig an undivided 1/2 interest N10' of Lot 11, Lot 12, Block 31, Beahm's addition to the City of Goodland.

Chalktalk Operating, L.L.C. to The American Trail Foundation, Oakley NW/4 NW/4, Sec. 29, T8S R39W.

Elizabeth A. Harvey and Brad Harvey, Johnson County, Kan. to Doris D. Richardson and Luella Richardson and Roger L. Richardson NE/4, Sec. 35, T7 R42W.

Ted and Marsha Brigham to Edwin Phillips Lots 9 and 10, Block 39, First addition to the City of

Goodland.

Kevin Butts, Sheriff of Sherman County, to Norman R. Zogg and Shirley L. Zogg, trustees of the Norman R. Zogg trust, N50' of Lots 17, 18, 19, 20, 21 and 22, Subdivision of Block 78, original town of Goodland.

E Caruso LLC to Ray T. Isernhagen Family Revocable Trust, SW/4, Sec. 13, T8SR41W less water rights.

E Caruso LLC to E Caruso LLC the water rights of SW/4, Sec. 13, T8S R41.

Ray T. Isernhagen Family Revocable Trust, Mary Lou Isernhagen Trustee, to E Caruso LLC, E 60 acres, NW/4, Sec. 20, T8S R40W.

Ray T. Isernhagen Family Revocable Trust, Mary Lou Isernhagen Trustee to Marcis L. Golden, NE/4, Sec. 20, T8S R40W.

Marcia L. Golden and John H. Golden to Ray T. Isernhagen Family Revocable Trust, SE/4, Sec. 15, T8S R40W.

Dennis J. Bentzinger and Dorthy L. Bentzinger to Arthur Cabral and Mary L. Cabral, a tract of land described as that part of parcel lying in the CK&N addition to the City of Goodland, situated in SE/4, Sec. 19, T8S R39W.

Brewster All-Star Booster Club

Calendar for Jan. 4 - Jan. 10

Thursday - Junior High basketball at Grinnell, 3 p.m.

Friday - Basketball in Tribune against Greeley County, 6:30 p.m.

Monday - Western Kansas Liberty League basketball tournament in Sharon Springs.

Tuesday - Western Kansas Liberty League basketball tournament in Sharon Springs.

The Goodland Star-News

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USD 314

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Crossword Puzzle

1	2	3	4	5	6	7	8	9	10	11	12	13	
14				15					16				
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65						66				67			

CLUES ACROSS

- Chinese cabbage
- Ringworm
- Expectorate
- Materials
- Hydroxyls + 2C, (plural)
- German car
- Agatha Christie mystery, with "A"
- Expungings
- Sweeps
- European fish
- Hang glide
- Humiliated
- Times of day
- Laid-back California county
- Lyric poem
- Rotating disk
- Rubber or pencil
- Womanizer
- Horny projecting jaws of a bird
- Abba _____, Israeli politician
- Fire iron
- Provençal verses
- Most unpleasant
- Shackle
- Irritate
- National capital of Ghana
- Unshod
- Western drink
- Surrounded by
- Pillars
- Subject
- Sheaf
- Fightings
- Tyrant

CLUES DOWN

- Rear
- Miri
- Gnawing animal
- Requests
- IV
- Conclude
- Mind (Greek)
- Measuring unit
- Sign language
- Hunting expedition
- Indian Seaport
- Romantic interlude
- Drawstrings
- ____ O'Neill, playwright
- Narrow ridges (Swedish)
- Geographic region
- Digits
- After prayers
- Pressure unit
- Saddle horses
- Female sibling
- Style of music from Trinidad
- Garget
- Overhang
- Intelligent
- Gambling town
- Final climactic stage
- Neither
- Order
- Denunciation
- Asian country
- Flows
- Unoriginal
- Mount
- Molding
- Overlay with wood
- Morsel
- Community
- Paddles
- Shrubs having oily one-seeded fruits
- Hurry
- Father
- Antelope

The crossword puzzle brought to you by:



dine-in
carry-out
delivery

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