

Stress of adolescence may bring on eating disorder

One of the most stressful times in a person's life is when he enters into adolescence. This is a time when young people begin to discover who they are, become more independent and establish friendships, and their bodies start developing.

For many, entering into puberty can be a very emotional, stressful, confusing and frightening time. Some make the change from childhood into adolescence with only a few minor problems. Others however, may have a more difficult time handling the pressures and some may develop eating disorders as a way to cope.

Some may enter into puberty early and be subjected to teasing by their peers. Many fear the weight that is gained during this time is permanent, will panic and desperately try to take the weight off.

They are not aware that once the physical changes during this time cease, their weight will usually stable off and go to their body's natural set point, without the need for dieting.

Once a teenager starts losing weight, people might compliment him, which makes him feel good. He may start to believe that losing weight will make him happier, but no matter how much weight is lost, it is never enough, and he is never happy.



cris lovington

• prevention center

Going through puberty early can be very upsetting, especially if the teenager is being subjected to sexual advances. These advances can be so upsetting it may cause them to feel ashamed of their bodies.

A girl facing such advances may fear becoming a woman and may try to make her body go back to a child-like appearance through starvation.

Teenagers are under a lot of pressure to succeed and fit in. Many spend a lot of time worrying about what others think, and they desperately try to conform to society's unattainable "ideal" body image.

They are lead to believe that if they are thin, they will be accepted. Since many teenagers are constantly buying teen or fashion magazines, the images of emaciated models appearing in those magazines only reinforces their belief that in order to be happy, successful and accepted, they must be thin.

Television shows like Beverly

Hills 90210 also lead them to believe that they must be thin. They watch these shows all the time, and

many will do anything to try to look like the actresses on these shows.

Many teenagers need a role model and someone to look up to. Unfortunately, too many of them choose fashion models or actresses as their role models. They paste pictures of them all over their rooms, and some will resort to dangerous methods of weight control to try to look like their idols.

The family environment can also play a big role in a teenager developing an eating disorder. If a teen is in a family where emotional, physical or sexual abuse is taking place, he may develop an eating disorder to gain a sense of control, to block out painful feelings and emotions, or as a way to punish himself, especially if he blames himself for the abuse.

The parents may be going through a divorce and be too caught up in their own lives and neglect the teen, which could cause him to turn to food for comfort.

There may be alcohol abuse in the

home, the parents may be too critical, or a parent or close family member may have died. In families where feelings are not allowed to be expressed or problems are not discussed, the teenager may end up feeling sad, alone, confused and may find that eating helps to comfort him and make the feelings disappear for a while.

Most people with eating disorders will try to avoid conflicts at all costs, so they usually don't express negative feelings and try to wear a happy face all the time to try and please people.

They end up using food as a way to stuff down all those negative feelings and purging usually gives them a sense of relief, almost like they are releasing all those built up emotions.

Some teenagers are raised in families that are too close, and they may develop an eating disorder as a way to gain an identity for themselves.

While it is nice to have a family that is close and can talk to each other about their problems, being too close is not healthy. Everyone needs and is entitled to his privacy, and teenagers do need to develop an identity that is separate from the family.

Being pressured by parents to succeed academically is very

stressful. If teens do not achieve the marks that are expected of them, they may fear their parents will not love them, feel they have disappointed them and feel like a failure, which might lead them to starve themselves as a form of self-punishment.

Being raised in a home where the parents are very weight conscious could lead the teenager to believe that weight and appearance are very important.

Many teenage girls learn to diet by watching their mothers. Instead of learning that it's what's on the inside of a person that matters, they learn that appearance and looking good, which to them means being thin, is the most important part of being a woman.

Schools should also take an active role in preventing eating disorders by educating the students on the dangers of eating disorders and helping to teach them that their weight does not matter in their quest to succeed in life. They need to know that you do not have to be thin in order to succeed in the career of your choice.

Teachers and school counselors should also be made aware of the signs to look for. If eating disorders are caught early, and the person is willing to accept the help that is available to them, the chances of

recovery are greater.

Being a teenager is not easy, and there are many pressures that teens face daily. Eating disorders can be very much about control, so if teens feel like everything around them is out of control, they may develop one to gain a sense of control.

It is important for families to raise teenagers to be proud of who they are and not place any importance on their appearance.

Assure them that they can come to you with problems and that you will listen to them and not judge them or put them down.

They need to be able to express all types of emotions and know that they will have your unconditional love. They should be encouraged to do their best, but they should not be expected to be perfect.

They need to be encouraged to be themselves and to be proud of who they are, so that they will not give into the pressures from their peers to try and fit in. If they are happy with themselves and love who they are, they will be less likely to try and attain society's unattainable "ideal" body image, because they will accept their bodies just the way they are.

For a list of resources about eating disorders call me at 785-899-3848 or email me at crisnwkrcp@yahoo.com.

Woman visited by granddaughter, pet gerbil and friends from Texas

It appears it is going to be a fairly warm week with little or no moisture in the picture. There's really no news either.

Florence Farris has had her usual busy days and evenings. Her visitors have included her granddaughter Laramie and her pet gerbil. Visitors from Lubbock, Texas, were Joy, Cyrus and Heidi Hayes, who had come to see Joy's grandmother, Helen Jones before going on to Colorado to visit Mr. and Mrs. Haynes of Julesburg, Colo.

With friend Barbara Lovelace, the ladies had lunch at Crazy R's before visiting Helen Jones at the Good Samaritan Center. Later the same day, Florence and Inez Bennett attended the soup supper at the Catholic Church.

Several meals were enjoyed with



jan zwetzig

• goodland gazette

family, Gary and Laramie, and friends, among them, Inez. She visited Patrick Farris in Edson.

Inez Bennett and Freda House finished the quilt they were working on at Wheat Ridge for Inez. These ladies love to quilt and are some of those who work on quilts at the Methodist Church.

The Ricky Farris family spent a few fun days at Six Flags over Texas during spring break. Kenny Farris arrived in Edson from Lawrence.

The snow finally came, and I'm

thankful for what we got, but it was nothing like the one in Colorado.

Kenny and Patrick Farris drove to Denver to pick up their father at Denver International Airport for a hiking trip in the mountains in New Mexico.

Once again the community has had several deaths. Among those mourning their losses are the families of Violet Shahan, Ally Emery (mother of Rhonda Sieck), Marjorie Johnson (mother of Robert Johnson), and Lyle Smith (husband of Marsha, father of Sheila, Tony and Joni).

A memorial service and inurnment of his ashes will be on Satur-

day for Ivan Jones who passed away in January. To all of these families and friends of the deceased, my sincere sympathy during these next anxious weeks as you all get on with your lives without your loved one.

Medical update: If all goes well, Stan Wolak will get to come home this weekend. Harold Johnson is settling in at his new home in Salina. Mary Schippert is still in the hospital and will be going to Colorado for

additional care upon her release. Betty Bebb is in the hospital. Best wishes to these folks and any others who are in the grip of this messy cold/flu that has been going around much too long.

Birthdays are of those of Jonah McClung on the 1st, Keith Engel on the 5th, Chris O'Brien, Lea Acuff and Debra Mercer on the 9th and my sister Martha on the 9th also.

Belated anniversary greetings to

former residents Cindy (Nash) and Marvin Swayne on March 30. I was asked how to get on the list. It's very simple; just let me know, and you are on.

Congratulations to those who survived the elections Tuesday. The straw poll turned out with the majority, 74 percent, in favor of Mountain Time.

With nothing further, I will close until next week.

Three youths steal car, run away from ranch

Three youths ran away from the Sappa Valley Youth Ranch late Saturday and apparently stole a car in Oberlin, fleeing to their hometowns of Garden City, Wichita and Topeka.

Oberlin Police Chief Wade Lockhart said two of the 16-year-old boys had been found in the Wichita area Sunday afternoon. The other 16-year-old, who was from

club news

The Redwood Club met at the home of hostess Arleta Musil in January. Three members, Arleta, Kathryn Kuhlman and Lavaughn Glasco were presented with pins for their perfect attendance during the previous year.

The program time was spent planning things to do for the coming three months. Names drawn for door prizes were Ruth Ross and Ruth Morton.

A soup luncheon was held in February at Lavaughn's home. Ruth Ross shared a family picture taken at member Eva Briney's birthday party and brought news from her son James and his travels.

Arleta gave a reading, "Valentine to Jesus." Phyllis Daniels read a "Thank You" from the Hospice for the club's donation. An amusing reading, "Chocolate is a Vegetable" was given by Frances Jones. Names drawn for door prizes were Kathryn, Naomi and Phyllis.

In March a pot luck luncheon in Naomi's home was attended by 11 members. The program was led by Lavaughn, and it was about "Every Day Heroes." Roll call was answered by telling "What does 'hero' mean to you?"

Members were invited to attend the Family, Community, Education Spring Luncheon held at the 4-H building, and four members brought back a report on the program by Marita Birkholz on water conservation and planting in pots.

Correspondence included an invitation to the annual volunteer supper given by the Good Samaritan Center. It will be Thursday, May 1, in the Catholic recreation room.

Door prizes were given to Dorothy Armstrong and Arleta. The meeting place for April will be announced later. Hostess Gertrude Carroll is recovering from a fall.

Garden City, had not been captured as of Monday.

The boys apparently dropped the one youth off near Garden City, then drove on to Wichita. The stolen Jeep Cherokee was recovered on Sunday.

Staff at the ranch discovered the three boys missing at 12:05 a.m. Saturday. At 12:40 a.m., a call was placed to dispatch to notify the police, and eight minutes later, Officer Troy Haas was at the ranch to investigate.

Officers from the police department, sheriff's office, highway pa-

trol and reserve deputies started a long search of the town, checking the highways five to six miles out for any movement.

The next morning, though, Ray Kircher reported his 1995 Jeep Cherokee missing from Don Edgerton Repair, just east of town on U.S. 36.

That vehicle had been pulled over in Jetmore around 4:30 a.m. for speeding, and the occupants left without paying for gas in Dodge City at 3:15 p.m. When the gas skip happened, the chief said, there were only two youths in the car.

New Listings



811 Washington...Nice eastside neighborhood is the location of this pristine home. Two stories plus basement. Main floor offers living room, kitchen with dining area, family room and 1/2 bath. The second floor has 3 bedrooms and full bath plus the basement is finished with family room, bath and laundry. This home has had recent extensive remodeling including all new carpet, paint, kitchen counter tops plus lots more. Central heat and air, fenced yard, double car attached garage with workshop area. \$85,000. Please visit with Donna Moore to arrange your showing.



310 N. Main...Over 1600 sq. ft. of immaculate living space. This home boasts a large living room, office area, formal dining room with fireplace, nice kitchen with appliances, two big bedrooms, two baths and laundry room with storage. Newer carpet, hot water heat, new central air, screened in sun porch, maintenance free exterior, newer windows, sprinkler system and large heated detached garage. \$95,000. Please contact listing agent Donna Moore for your tour.

We have a wide variety of sizes and price ranges currently listed...now is the perfect time for us to assist you in finding just the right home to need all your needs. Also ask about 301 Sycamore, 1606 Texas, 1514 Walnut, 901 Walnut or any of our other fine listing!

Cynthia Butts, 899-3944; Donna Moore 899-6159.

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Lyle L. Smith

Lyle L. Smith, a longtime insurance agent and civic leader in Sherman County, Kansas, died Sunday, March 30, 2003, a Presbyterian/St. Luke's Hospital in Denver.

Mr. Smith was born April 26, 1929, at Beardsley, Kansas, the son of Ethel (Lavell) and John J. Smith, and grew up on the family's wheat and milo farm. He graduated from high school in Stratton, Neb., and attended McCook Junior College at McCook, Neb., for one year.

He enlisted in the U.S. Navy in October, 1950, and was honorably discharged as a yeoman second class in March, 1954, having served in California, Rhode Island and Japan. His commanding officer at the time of his discharge, Lt. E.A. Wagner, wrote that "Smith possesses a quiet, friendly personality and is very well liked by all of his associates. The moral standards he has set for himself are of the highest ... He has my unqualified recommendation in whatever venture he undertakes upon his return to civilian life."

On March 25, 1955, he and Marsha C. Wallace were married at McDonald, Kansas. They would have three children: Tony, Sheila and Joni.

Mr. Smith farmed from 1954 to 1958, raising wheat, corn, cows and sheep. From 1958 to 1962, he worked in various posts with the Boy Scouts of America, first in Omaha, Nebraska, as a district executive and director of training, and then in Hutchinson, Kansas, as a district executive. Beginning in 1962, he held management posts at Wiley's department store in Great Bend, Kansas, rising to manager for all store and restaurant operations there.

In June, 1966, Mr. Smith and his family moved to Goodland, Kansas. Mr. Smith became an agent with the New York Life Insurance Co., which he served for more than 30 years. Mr. Smith also sold crop insurance.

It was in Goodland, especially, that Mr. Smith became extensively involved with civic and church activities. He was a member of the Methodist church in every community he and Marsha lived, and taught Sunday school and served on a number of committees at his final church, the Goodland First United Methodist Church. He also was part of the special Stephen Ministers of the church.

Mr. Smith also was elected to the Goodland City Council in 1969, and the Sherman County Board of County Commissioners in 1972 and again in 1976. Mr. Smith continued his involvement with Boy Scouting. In 1992, he ran unsuccessfully for representative's post to the Kansas State Legislature.

Mr. Smith also was active in shaping health care in northwest Kansas, serving as a trustee of the Northwest Kansas Regional Medical Center. Recently, he also was president of Rural Health Ventures, which sought to provide doctors and other experts to Goodland and Sharon Springs, Kansas.

In addition, Mr. Smith served on the board of the Kansas State Quarter Horse Association, and was a well-known horseman for some years.

He was a member of the American Legion, Veterans of Foreign Ward, Goodland Elks Lodge, Goodland Chamber of Commerce, and the booster club Goodland Ambassadors, which he helped start and served as its first president. He also belonged to the Masonic Lodge and its Scottish Rite, and had earlier belonged to the Kiwanis and Rotary clubs.

He is survived by his wife, Marsha C. Smith, at home in Goodland; a son, Tony, and his wife, Tina, of Guymon, Oklahoma; and daughters Joni Smith of Goodland; and Sheila Cunningham and her husband, Douglas of Milford, Pennsylvania. His grandchildren, on whom he doted, are Taos, Tucson and Tekoa Smith, and Olivia, Benjamin and Sophie Cunningham. In addition, survivors include one sister, Marlene Schoonover of Colorado Springs, Colorado; her former husband, Leo Schoonover of Scott City, Kansas; one brother, Duane Smith and his wife Verla of Burlington, Colorado; two sisters-in-law, Verda Smith of Hobbs, New Mexico, and Kay Smith Howard of Fairfield, Montana; and several nieces and nephews. Lyle and Marsha's beloved dog, Jake, also remains at home.

Preceding him in death were his parents and three brothers Eldon, John and Veryl.

The funeral will be at 1:30 p.m. (mountain time) Wednesday, April 2, at the First United Methodist Church, Goodland, with Pastor Janet Hernandez officiating. Burial will follow at the McDonald Kansas Cemetery at 4:30 p.m. central time.

Friends may call from 4 p.m. to 7 p.m. (mountain) Tuesday at Koons Chapel and again 9 to 11 a.m. Wednesday at the funeral home or at the church before the service.

Memorials may be made to the First United Methodist Church in Goodland or to Boy Scout Troop 142 of Goodland; all may be sent to the Koons Funeral Home, 211 North Main, Goodland, for further distribution.