



ALL DRESSED UP for the wedding of her granddaughter, Teresa Richardson, and Grant Seymour on the Big Island in Hawaii was Jeanette Diederich of Oberlin.

* Couple exchange vows

(Continued from Page 1B)
 placed real flower leis on all of the family. During the ceremony, we were not allowed to take pictures, but each of us had a part of the ceremony. Teresa and Grant stood in a heart made of flower petals. After the wedding was over, we all ate cake and had a good ol' time, then went to Hoagie's for supper. Needless to say, it was a very long, pleasing day for Grandma.
 On Thursday, we all went to Pearl Harbor, which is hallowed. You hear all this talk about how solemn it is, but you really don't experience it fully until you're standing right over the USS Arizona which still holds the bodies of those who died at Pearl Harbor, so that we could be living here today. We saw the name of Varlan Neal's brother, T.D Neal, on the wall listing those who died in the attack.

We went to Volcano National Park and the rain forest, which was

beautiful, on Friday. On Saturday, we went shopping on the island and ate at the Hard Rock Cafe in Honolulu. On Sunday, we visited the zoo, which has all the exotic creatures of the island.

On Monday, we went down in a submarine, which was cool. We descended 104 feet into the water and saw a large sunken sailboat and a barge. We also got to see the gorgeous coral reefs without being in the water, which was an advantage for me. Then at 8:30, our plane left for Los Angeles.

Now, these flights may seem harmless to you, but for a 68-year-old woman like myself, an eight-hour flight can kill your normal bodily functions. After the five-hour time change, we were all a little pooped. It takes about a week to get back into the groove, but when I did, I think about it and it was totally worth going.
 I didn't expect to go to Hawaii in

my lifetime, but this was a gift from my children and I am so blessed to have them. I love them so much and I give them all a huge thank you.

One thing I gained from this trip is another grandson, Grant Seymour. The bride is a 2000 graduate of Salina South High School and received a Bachelor of Accounting degree from Wichita State University in 2004. She works for Peterson, Peterson and Gross of Wichita.

Her husband also graduated from Salina South. He attended Wichita Area Technical School, where he received an Associate of Auto Technology degree in 2006. He works for Eddy's Toyota of Wichita.

I couldn't think of a better way to celebrate my granddaughter's wedding.

A reception for the couple is planned at 7 p.m. on Saturday, July 22, at the Garvey Center in Wichita.

Rexford News

By Sondra Barnett

Vacation Bible School at Rexford Community Church is being held from 9 a.m. to 3 p.m. this week from Tuesday to Thursday for ages 4 through fifth grade with lunch provided. The focus is on missions and giving. Each child will be making and filling a shoebox for the Christmas Child Project. The children will need to bring extra clothes on Tuesday and Wednesday for water games.

On Thursday at 6 p.m., there will be supper served and a program following. All parents and community are invited. Donations of cookies or chips can be dropped off at the church and if you are available to help please call Darla Dible at 687-4861 or Pastor Lane Purcell at 687-3305 or 687-3333.

The Shepherd's Staff will sponsor Creative Arts Camp 2006 the week of July 16-22 for campers ages 8-15. Call Joan Dingwerth at 687-2565 for brochures and registration forms.

Hulda Wark has moved to Long Term Care, room 5, in Hoxie. She is continuing to heal from a broken hip.

Visitors of Gary and Tina Delzeit

over the 4th of July holiday were Gary's twin brother, Terry (TJ) and his son from Austin, Texas.
 Margaret and Bill Arasmiter were excited to have their daughter, Amanda Buttner and her husband, Shawn, and two children from Indiana spend a week with them.

Murlin and Luella Krizek of McCook, and Chet and Nina Hayes of Grinnell and Sue Hayes of Colby were at the home of Ray and Berneda Zoberst Sunday night for supper and to celebrate Sue's birthday which was July 1.

Social Hour Group spent Wednesday afternoon in Hoxie at the Long Term Care facility with Hulda Wark. Sondra Barnett did the preparations. They played Robber Bingo, visited and ate a lunch prepared by Sondra. Those who enjoyed the afternoon were Hulda Wark, Margie Leh, Cleda Moeder, Grace Cheney, Deb Stepper, Jean Hawkins, Vesta Roth and Sondra Barnett. Bingo winners were Deb, Cleda, Sondra, and Margie. Vesta won the hostess gift. The next hostess will be Jean Hawkins.

Kristin Wark, Jami Wark, Kelly Wark, and Ashley Albers returned

Friday evening from a five-day trip to Arkansas and Missouri visiting David and Gloria Dible, uncle and aunt to Kristin and Jami. They spent most of their time on the water skiing and/or using the jet skis on Beaver Lake.

Guests of Sondra Barnett last week were Mandy Barnett and 5-year-old Melia of Alamosa, Colo.

Jean Hawkins and Vesta Roth spent Friday at Hays shopping and seeing a doctor.

"Happy Birthday" to DeAnn Dible who will celebrate on July 14.

Liz Purcell, daughter of Pastor Lane and Patty Purcell, and Jordan Carlson were married Saturday evening in Gothenburg, Neb., at the home of his parents, Keith and Jodi Carlson. Pastor Lane performed the ceremony.

At the Barn: Friday at Koffee Klatch were Doris Jean Oliver, Delores Dible, Darla Kay Dible, Liz Rall, Berneda Zoberst, Eunice Sanford, Deb Stepper, Velma Barnett, Sondra Barnett, Mandy and Melia Barnett.

Until next time, make your week a fun and memorable one.

The eating disorder dilemma

Eating disorders — extreme expressions of food and weight issues seen in many people, particularly girls and women — include anorexia nervosa, bulimia nervosa and binge eating.

These dangerous behaviors may result in big health problems.

Girls with eating disorders can do major damage to their bodies. Restricting what you eat can make you sick — feeling nauseous, tired, dizzy or irritable. If this goes on too long, it can alter your menstrual cycle, dry out your hair and skin and might even cause early osteoporosis. Physical consequences can threaten your life.

But the physical problems are only half the story. The emotional problems can be serious as well. An unhealthy attitude about food and body image is the main problem. Some girls use food to make themselves feel better; others stop eating to feel like they are "in control" of their life. Both behaviors leave people feeling bad about what they are eating.

Worst of all, the more people begin to obsess over what they are eating (or not eating), the less they care about other things — like school, friends, or other activities.

How do people get eating disorders?

Experts don't know exactly, but it is likely the result of many factors. Many people who suffer from eating disorders have low self-esteem. Most share certain traits, such as a fear of becoming fat, feelings of not



Home Time

By Tranda Watts
 Multi-county Extension Agent

measuring up to other people's expectations or feeling helpless. Some feel they have to be perfect in every way: having a perfect body, getting perfect grades and being an excellent athlete.

People who suffer from eating disorders may be depressed or feel they lack control over their lives. Sometimes, they feel like they don't fit in or don't belong. Problems often begin when a person is dealing with a difficult transition, shock or loss.

Girls may experiment with different ways to lose as much weight as possible or to keep their weight down. Here are some examples of unsafe methods used to control weight:

- Diuretics (or water pills) make your body lose water, but important nutrients are also lost. In extreme cases, this can cause heart problems.

- Laxatives can cause stomach aches and cramps as well as other problems in your digestive system. They can be habit-forming.

- Self-induced vomiting, even once in a while, can pop blood ves-

sels in your face and swell your neck glands. Because your food isn't being digested properly, you may suffer stomachaches, constipation, heartburn or diarrhea. Repeated vomiting can ruin your teeth and cause cavities.

- Diet pills can cause your heart to beat faster and make you jittery. They also are habit-forming. Once they wear off, you become hungry and want to eat, so you reach for another pill to control your appetite.

- Serious over-exercising is another unhealthy way some people control their weight. Exercising for long periods of time when it is not part of a program like school athletics is not smart. Over-exercising will make you feel tired and increase your chance of injury.

Tranda Watts is Kansas State University extension specialist in food, nutrition, health and safety for Decatur, Gove, Norton, Sheridan, and Trego counties. Call her at 785-443-3663 or e-mail twatts@oznet-ksu.edu.

For more information, contact the county extension office, 475-8121.

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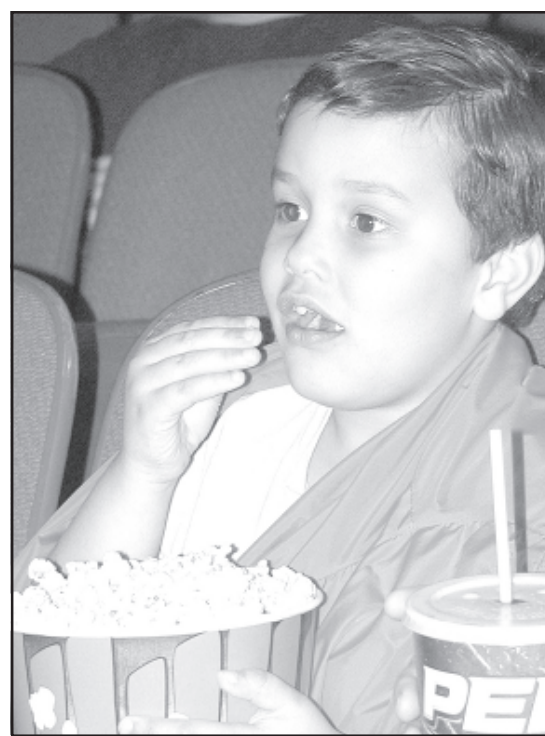
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3	4	5	6	7	8
9	10	11	12 Dr. Frankum General Surgeon Colonoscopies/ EGDs	13 Dr. Reeves Podiatry	14 Dr. Reeves Podiatry	15
16	17	18	19	20	21	22
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DECATUR COUNTY ELECTION

NEWS for July the 12th!

The Voting Machine will be set up for Decatur County residents to view on Monday the 17th of July, 2006 on the 2nd Floor of the Courthouse when voters may register or affiliate in the Clerk's Office so it will be open until 9 p.m. that evening. A person must be 18 years of age on or before the Primary Election to be held on Tuesday the 1st of August, 2006. Or if you have changed your residence since the last election, you must reregister to vote.

Reminder: Advanced ballots will be ready to mail out on Thursday, the 20th of July or you may vote in the Office of the County Clerk on or after that day until Primary Election Day. You may request an absentee ballot by phone or mail or in person. All requests must be in the Election Office by Wednesday the 26th of July and each request must allow for the ballot to be in the Election Office by 7 pm on the Primary Election Day, August 1, 2006.