

Instructor offers advice on eating disorders during holidays

MANHATTAN — At the holidays, dinner tables overflowing with food, snacks and desserts may become a dilemma for people with eating disorders, such as anorexia nervosa and bulimia nervosa. They also can be a problem for people who tend to overindulge when there is so much food. Roni Schwartz, instructor of hotel, restaurant, institution management and dietetics and director of the coordinated program in dietetics at Kansas State University, says friends and family may not be aware of a loved one's eating disorder until they gather together during the holidays.

"An eating disorder becomes more apparent the more time is spent with family," Schwartz said.

If you become aware that a friend or family member has an eating disorder, Schwartz said to focus on protecting their health and firmly demanding they get treatment. People with eating disorders are often in denial, she said.

However, Schwartz also said a family member with an eating disorder shouldn't be the main topic of discussion with extended family members.

"The immediate family should protect against the prying of extended family members," she said. "Though they may be well-mean-

Wichita ranks high in pollution

WICHITA (AP) — Carra Gillespie struggled with her three children's asthma during the 38 years she has lived in this neatly manicured neighborhood in southeast Wichita.

Gillespie, 67, remembers the fast trips to the doctor when her youngest son would have a severe asthma attack. Her children, now all grown and moved on, still suffer from asthma — as she still does — at times.

She never gave much thought to the cluster of industrial facilities just across Interstate 35 north of her neighborhood, out of sight beyond the grassy knolls of Cessna Park that flank its northern side. For decades, the Boeing Co. has operated plants there alongside Cessna Aircraft's Pawnee facility and McConnell Air Force Base.

That cluster has been pinpointed by the Environmental Protection Agency as having the greatest long-term health risks from industrial air pollution in Wichita.

The health risk scores are calculated by EPA's Risk Screening Environmental Indicators Project, based on air releases reported to the government by the industries in 2000. The EPA calculates health risk scores based on toxic air pollution released and reported by industrial plants, the path the pollution takes as it spreads, the level of danger posed by each chemical and the number of people in its path.

As a rural state, Kansas overall ranked low for industrial air pollution with its more urban neighbors. Kansas was 27th in its overall health risk score.

Wichita — the state's major manufacturing center — had the most Kansas neighborhoods ranking among the worst 5 percent in the nation. These 48 neighborhoods were located predominantly in southeast Wichita, with residential neighborhoods in the corridor between south Hillside and south Woodlawn streets just north of I-35 showing the highest scores.

Other Kansas cities also had neighborhoods near industrial sites that showed markedly higher health risk scores.

The neighborhood in Kansas with the highest health risk scores from industrial air pollution was in Atchison, a rural community in northeast Kansas. It encompassed a sizable segment of Atchison's industries and its downtown retail district. The city and surrounding area had three neighborhoods with health risk scores among the highest in the state.

City officials cited the location of its industries — combined with topography and climate — for elevated health risk scores in Atchison.

"Atchison is fortunate to have a thriving industrial base, a portion of which today is situated in the center of the community as the result of residential growth patterns which have occurred over the course of the town's long history," Atchison city manager Kelly A. DeMeritt said in a statement.

"We believe each of these industries strives to ensure a safe environ-

ing family members, parents and people with eating disorders should refuse discussion of their disorder on holidays.

The holiday dinner table is not the place to discuss psychological disorders."

Schwartz gave a scenario of an extended family member attempting to "help" the person with the eating disorder.

She said family members may offer the person with the eating dis-

order sugar cookies and explain how they remember that the person loved the cookies as a child.

This could cause anxiety for the person with the disorder, who may begin to debate whether to hurt that relative's or friend's feelings or eat the cookies and be miserable by eating a food the person fears.

Friends and family also need to protect against personalization, Schwartz said.

"Don't place the blame on any-

one; the disorder is just there," she said.

"Families would do well to preface all sentences with 'I.' For example, 'I observed you look very thin' versus 'You look very thin.'"

Schwartz recommends that people with an eating disorder plan ahead for the holidays.

"Find out what is going to be on the menu and plan what you will eat," Schwartz said. "Pick three to four items that you will eat. This

will either limit the amount of food you eat or ensure that you are eating enough food.

"I've suggested to clients to use a normal dinner plate and fit their food in the center of the plate within the rim," she said.

"And, do something with your down time. Because people with eating disorders frequently obsess for hours about what they have just eaten, distraction becomes important.

Eating is just not enough. Distract yourself and take a walk or play games with family members."

It also is important to have realistic expectations about the holidays, Schwartz said. Movies and other media portray the holidays as happy, but this is not always the case in reality.

For people with eating disorders, the holidays aren't necessarily happy, but there can be fun moments, she said.

There's a time and place for everything.

Thank goodness, things change with the times. If everything stayed the same — where would we be? The rules of competition in the telecom business are like that too — or should be.



But here in Kansas, the rules are as outdated as hand-cranked gramophones. We communicate in different ways today — cell phones, the Internet, cable telephony — the rules should be updated to reflect that fact, so consumers have more choices, get better service, and pay lower prices.

So, Kansas, let's allow the rules to be modernized — that'd be music to our ears.

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