

LIFESTYLE

Binge Eating Disorder - Are You at Risk?

By Trisha Gura

you're psychologically stuffing down negative emotions and swallowing them, before they can reach the surface. ... Thanking where you gorge yourself, unbutton your waistband, and sprawl on the couch. ... Do you sometimes, and perhaps often, eat alone in secret? ... People who binge feel woefully ashamed about their eating habits. ... So they tend to cut off social contact, relying on food for their best friend. ... Do you ever find that person who regularly brings you a large amount of food in a short period of time (i.e., more than 2,000 calories in less than 2 hours)? ... People who binge do not graze continually. They eat a lot at once and feel helpless to stop until uncomfortably full. ... (And sometimes they still keep going.) ... Do you ever shove food down, barely chewing, barely tasting or savoring what you are eating? ... People who binge eat as an anesthetic for agitation, anxiety, anger or any uncomfortable feelings. When you binge,

binging it didn't. Have you ever gone to great lengths to procure your "favorite foods," which often are also your "forbidden foods" (such as chocolate, ice cream or junk food)? ... People who binge feel trapped in their heads, obsessing about and acquiring food. ... Willpower does not work to thwart a full-blown case of binge eating disorder. ... For example, a person who regularly brings you a large amount of food in a short period of time (i.e., more than 2,000 calories in less than 2 hours)? ... People who binge do not graze continually. They eat a lot at once and feel helpless to stop until uncomfortably full. ... (And sometimes they still keep going.) ... Do you ever shove food down, barely chewing, barely tasting or savoring what you are eating? ... People who binge eat as an anesthetic for agitation, anxiety, anger or any uncomfortable feelings. When you binge,

Have you ever eaten food from your trash? ... People who binge often know a binge is coming and throw food away in the hopes of thwarting their bingeing urge. ... It's a doomed tactic. ... People who try it only retrieve the food from the trash can and binge away again. ... Have you ever eaten a strange or unpalatable food (e.g., adding chili peppers to ice cream)? ... People who binge do this as a tactic for preempting binge eating. ... One woman who regularly binged would drop her son off at preschool every day, return home and put all the leftovers from the night before into a pot with water. ... She'd combine fried chicken with salad and cake, stew the ingredients for 20 minutes, then eat the horrid concoction. ... She hoped the nausea from the mixture would keep her from

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EAST END FOOD MART

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LIFESTYLE

Mercury Memories

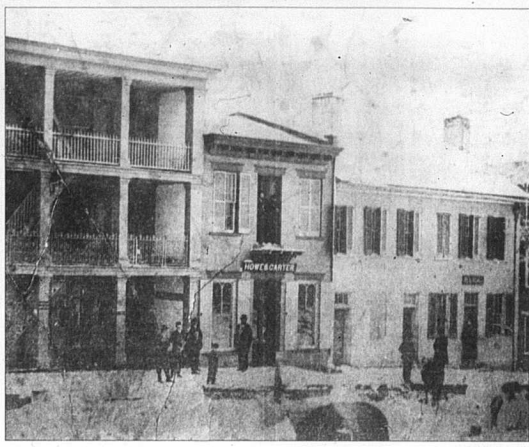


Photo submitted

Is this Carlisle?

This picture has been donated to the Nicholas County Historical Society by Dr. Robert Sparks. Bob Garvin brought this picture to The Mercury office in search of some help in identifying its location. Several people have tried to determine if it is actually from the confines of Carlisle or somewhere else. Please contact The Mercury office if believe you know its location.

Fleming travels on mission team

Nicholas County High School student Sarah Fleming recently spent a week on a mission trip to Holland. ... She was serving with the Kentucky Assembly of God's A.M. (Ambassadors in Missions) Team. Sarah is a senior at Nicholas County High School.

Come Dance 6:30-7:45 pm Monday, May 14 Feel Nicholas County Public Library 229 N. Broadway • Carlisle Fun for anyone who can walk (a little), skip (a little) and smile a lot. No experience and no partners required. Country dances from our past, led by David Blair. SIGN-UPS requested but not required. Info: Call David at 859-289-7637.

Happy 1st Birthday Hayley on May 5th We love you! Mommy Daddy & Autumn

Happy 1st Birthday Love, Mamaw Mona, Papaw Tom and Special Cousin, Gray

www.meyerrealestateandauction.com Robin Meyer Broker & Auctioneer 40 East Main Street, Mt. Sterling, KY 40353 PH: (859) 499-3420 FAX: 499-3421

OUR DAD IS 70!!! We call him Dad, Granddaddy call him Pappy. After raising three girls He still always seems HAPPY!!! WE LOVE YOU, GLENDA, SUSAN and KATHY

April 21st Kaylyn Happy 1st Birthday Baby Girl Look how sweet, with all your curls! You will always be DADDY'S BABY GIRL! Love, Daddy

JUST IN CASE YOU DIDN'T KNOW THE CABLE GUY IS NOW 50! Love, Your Sisters You are our pot of gold at the end of the rainbow

NICHOLAS NEWS TRIANGLE HEADQUARTERS-SALTWELL-BARTLEVILLE

The Nicholas County United Methodist Women's Chapter Meeting met at Rose Hill United Methodist Church last Monday night. A very large crowd attended from several United Methodist Churches in Nicholas County. ... Mrs. Sharon Peaback and Mrs. Joyce Smith from Saltwell United Methodist Church were among many who read the Bagby Memorial Methodist Church in Grayson for the District United Methodist women's meeting this past week. ... Mrs. Phyllis Brady who had been a patient at Harrison Memorial Hospital for five days returned to her home in Hoad quarters on Thursday. She had many cards, prayers, flowers and visits.

2151 LOCUST GROVE RD. Price: \$19,900 Beautiful four bedroom home on a 3.8 acre lot. ... 101 WATERWORKS CYNTHIANA Price: \$19,000 REDUCED FOR QUICK SALE!! Approved at \$19,000. ... 104 PINEVIEW Price: \$9,000 ... 101 S Walnut Street - Cynthiana Home 859-234-5454 Toll Free 1-888-WHALENS Fax 859-234-5106

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April 21st Kaylyn Happy 1st Birthday Baby Girl Look how sweet, with all your curls! You will always be DADDY'S BABY GIRL! Love, Daddy

MARK MATTOX & REAL ESTATE BROKER, INC. 3740 Maysville Rd., Carlisle, KY 40311 859-289-5720 Visit our website at www.mattoxrealestate.com

Birthday Ecton to celebrate birthday



The family of John Ecton would like to invite you to help celebrate his 75th birthday. Refreshments will be served. Please see page 8 for details.

Community Calendar

AA meetings held every Tuesday at 8 p.m. ... NCHS Junior Class in June ... AA meetings held every Tuesday at 8 p.m. ... NCHS Junior Class in June ... AA meetings held every Tuesday at 8 p.m. ... NCHS Junior Class in June

Project Graduation to meet ... Courthouse Square Arts Guild to hold meeting

Senior parents will meet Monday night at 5:30 p.m. in the Nicholas County High School library to make plans for "Project Grad."

Orient Lodge to meet ... Helen's Heroes Relay For Life will be hosting a motorcycle benefit ride Sat., May 19 at 11 a.m. The ride will start at the Nicholas County Schools bus garage and go to Augusta. Sign ups will be 10-11 a.m. at the bus garage. Cost to ride is \$10 per motorcycle. T-shirts will be held at the bus garage following the ride. All proceeds will benefit the Nicholas County Relay For Life and the American Cancer Society. Rain date for the ride is Sat., June 2, 2007. For more information call Calvin Wells at 289-5628. All Master Mums are welcome.

National Day of Prayer planned for May 3 ... The Nicholas County Ministerial Association is inviting the people of all faiths to participate in the County's fourth observance of the National Day of Prayer service, Thursday, May 3, at 12 noon to be held at the Carlisle Christian Church. A light brunch will be served following the prayer service at the Carlisle United Methodist Church.

Open House at NCHS ... If you have a community announcement, please bring it to The Carlisle Mercury at 117 South Laurel. You may mail it to POB 272, Carlisle, KY 40311. You can email it to editor@thecarlislemercury.com. You can fax it to 859-289-4000.

In Memory of Pete Jolly 10/12/54 - 5/4/06

Even though it has been a year since our Len Judd took you home, it has been hard for all of us. We know you are in Heaven with the Angels. You will suffer no more.

We love and miss you, Your Mother - Fanny Wills, Your Daughter - Sonja Hyatt Your Sisters - Kathy and Mary and Your Nephew - Wayne, Jr.

In Memory of James Cecil Mitchell March 15, 1942 - May 5, 2006

We thought of you today, but that is nothing new. We thought about you yesterday and days before that too. We think of you in silence. We often speak your name. Now all we have are memories and your picture in a frame. Your memory is our keep sake with which we will never part. God has you in his keeping and we have you in our hearts.

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All proceeds go to Nicholas County Marching Band to help with new band uniforms

THANK YOU

Perhaps you sent a lovely card or sat quietly in a chair. Perhaps you sent a floral piece if so we saw it there. Perhaps you spoke the kind words as only a friend could say. Perhaps you were not there at all just thought of us that day. Whatever you did to console our hearts, we the family thank you so much whatever your part. If we omitted anyone charge it to our heads and not our hearts.

The Family of Cleola Thompson

FRIDAY, MAY 11 - 5-8 PM MAIN STREET - DONNA'S STYLING SHOP

MENU: FISH, HUSH PUPPIES, COLE SLAW AND BAKED BEANS \$6.00 (DRINKS & DESSERTS EXTRA)

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