

Family

Deaths

Talan Cash Mackley

Talan Cash Mackley, infant son of Preston and Breann Mackley of Colby, was stillborn, Tuesday, July 15, 2008, at Hays Medical Center in Hays.

Survivors include his parents; a sister, Rilan Marie, all of Colby; his grandparents, Robert and Tra-

cee Mackley of Colby; Janice Jacobs of Hays and Brett and Kim Hart of Derby.

A private family graveside service will be held at the Winona Cemetery in Winona. Harrison Chapel in Colby is handling arrangements.

Marsha Baumann

Marsha Baumann, 57, of Colby died today.

She was born Jan. 23, 1951 in

Tokyo, Japan. Arrangements are pending with Harrison Chapel of Colby.

H. Lee Goetsch

H. Lee Goetsch, 96, of Manhattan (formerly Brewster) died Sunday, July 13, 2008, at Mercy Regional Health Center in Manhattan.

He was born to Henry H. and Lulu F. (Baird) Goetsch on July 13, 1912, on a farm near Brewster.

Mr. Goetsch attended rural schools through the eighth grade and went to Brewster High School, graduating in 1930. He remained on the farm until he moved to Manhattan in 1934, enrolling in the Veterinary Medicine College.

He purchased a local taxi cab company and later bought the College City Bus Company. In 1939, he became owner of the Dodge dealership with the parent company, Goetsch-Irvine Chrysler Plymouth for many years.

Mr. Goetsch was a member of the First United Methodist Church, Lafayette Lodge of the Masonic Lodge, Manhattan Shrine Club, Chamber of Commerce, Manhat-

tan Country Club, the Chrysler Dealer's Association and the Kansas Auto Dealer's Association.

He was preceded in death by his wife, Lee; one son, Gerry Dean Goetsch; a brother, Wayne Goetsch and one step-son, Eldon Johnson.

Survivors include his daughter, Nelda Joan Falk of Manhattan; three grandchildren; six great-grandchildren and one step-son.

Mr. Goetsch will be cremated with private family graveside services in Sunset Cemetery. Family and friends are invited to a birthday party in his honor from 11:30 a.m. to 1:30 p.m. at the Train Depot.

Memorial contributions may be made to Boys and Girls Club of Manhattan. Donations will be left in care of Yorgensen-Meloan-Londean Funeral Home, 1616 Poyntz Ave., Manhattan, Kan. 66502, also handling arrangements.

Tips offered for summertime stains

Dear Heloise: Help! I love strawberries, but got them on my shorts.

Can you share a suggestion on how to remove the stain?

Thanks.
— Charmaine, Mount Airy, N.C.

Don't give up your strawberries, Charmaine. Try this: As soon as possible, soak the stained area in cold water.

If any stain remains, rub liquid laundry detergent into the stain while it is still wet and then launder in warm water and detergent.

Summertime brings with it a whole bunch of stains.

For example, to remove grass stains from baseball uniforms, rub liquid laundry detergent into the stain, or treat with prewash spray. Launder in the hottest water safe for the fabric, using an enzyme detergent.

— Heloise
Easy-find cell phone

Dear Heloise: I enjoy reading your hints regularly in the Times Herald-Record in Newburgh, N.Y. My favorite purse has a black lining, which makes it difficult to see the little pocket inside when returning my cell phone to it. I solved the problem by simply over-stitching the edge with some white thread. Now it is easy to see.

— Barbara Hendricks, Newburgh, N.Y.

Two hints

Dear Heloise: My pantry was getting overrun with plastic bags. I put an empty, 35-pound cat-litter tub on the shelf, and it's an instant bin for anything — shoes, tools and especially plastic bags! This type of container has a hinged lid — perfect for storing items.

Also, in the microwave, I

place a plastic colander over food items to keep them from splattering.

— Pat in Texas
Pat, love both hints. Using the cat-litter tub for storage is reusing items, which is a green hint. Saves the environment and your money.

— Heloise
Handy hydrogen peroxide

Dear Heloise: I accidentally bled on my recliner. I soaked a tissue in some hydrogen peroxide and slowly rubbed the spots. Lo and behold, they came out. Then I used a tissue soaked in cold water to flush out any remaining solution. The chair now looks good as new!

— Gene, via e-mail
Just keep in mind that hydrogen peroxide can have a mild "bleaching" action on many fabrics. So, always test a hidden spot first to be sure that it

won't remove any of the color. It works slower than chlorine bleach, but may still fade some materials.

— Heloise
Paint leftovers

Dear Heloise: Like most people, I had cans of half- or quarter-used paint that was separating and drying out. So, I bought quart-size canning jars and labeled the tops with the paint name using an indelible marker. I filled the jars, and now I have more than enough paint for touching up or painting a damaged wall.

— Fran Fletcher, via e-mail
Editor's note: Send a money-saving or timesaving hint to Heloise, P.O. Box 795000, San Antonio, Texas 78279-5000 or e-mail it to Heloise(at)Heloise.com.

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Club News

Colby Rotary met on Tuesday with 30 members and guests present. Terrel Harrison, Jeremy Gundling, Margaret Kummer, Melany and Sandy Wilks, Sara Bryant and Alan Waite were guests.

Dr. Lynn Kreider was recognized for his birthday and Les Loker was the Roto-Lotto winner. The Colby Rotary Club will

be manning the ferris wheel ride at the upcoming Thomas County Fair.

Accomplished quilter, Janice McCart, had the program which featured a power point presentation on her quilting hobby/business.

The Rotary motto is "Service Above Self."

The object of Rotary is to en-

courage and foster the development of acquaintance and fellowship; high ethical standards in business and professions; provide community service and the advancement of international understanding, good will and peace through a world fellowship of business and professional men and women united in the ideal of service.

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Got News? 462-3963

Obesity in adolescent girls is health concern

Obesity in adults has become a topic of national concern and a health risk that can lead to serious medical problems such as high blood pressure, diabetes and cardiovascular disease. The significant rise in childhood obesity in recent years is even more concerning, prompting the medical field to increase efforts to educate parents about proper nutrition for their children and the benefits of exercise. According to a study published in the *Journal of Consulting and Clinical Psychology* (April 2005), adolescent girls can potentially avoid significant weight problems when their parents emphasize regular meals, monitor possible depression and take responsibility for their own healthy weight level. The authors interviewed 496 adolescent girls, ages 11 to 15 years, and identified several important points.

First, erratic eating such as skipping meals, promotes weight gain because an adolescent's body does not get a regular supply of nutrients. The inconsistent nutrition can alter physiological responses and disrupt the normal appetite pattern, resulting in unhealthy eating and the risk of weight gain. Eating three meals a day continues to be a much healthier option than only snacking most of the day or deliberately skipping meals.

A second finding suggests the depressive symptoms in adolescent girls can also contribute to

weight gain. Low levels of serotonin, a neurotransmitter that affects emotional states, can lead individuals to consume excessive amounts of carbohydrate-rich foods in an effort to regulate their serotonin levels. Such foods include bread, cereals, pasta, rice and potatoes, which are basically nutritious, but can lead to significant weight gain when consumed regularly in large amounts.

A finding indicated that an adolescent girl's perception of her parents' weight is also a factor in future weight gain. The risk of obesity was more than four times higher for adolescents who reported having an obese parent as compared to peers who did not have obese parents. This factor was present for girls who were raised by biological as well as non-biological as well as non-biological parents, indicating that both family genetics and environment can be reasons for a child's weight gain. In other words, parents need to not only teach their children about healthy eating and exercise, but must also practice those same behaviors and be a positive role model.

Contributed by Ken Loos, MS, LMLP, LCP Prevention, Education and Outreach Department of High Plains Mental Health Center. The views expressed here are those of the individual writer and should not be considered a replacement for seeking professional help.

Student falls hard for girl

By Harlan Cohen
Help Me Harlan!

Dear Harlan,
I'm in a comedy troupe at my university. This year, like every year, we took four new freshmen, including a girl who I fell in love with pretty quickly. Night after night when I thought we were going to hook up, she would leave, leaving me confused and angry. I figured that some space would do me some good (I left for a semester), but it got much worse. It culminated with me spilling my guts. She thanked me for telling her, and basically told me that she wanted to be just friends. It was a super-awkward conversation to have over the phone. It hurt, but I figured I was going away and time would heal the wounds. It hasn't. A mutual friend has told me that she's not sure how she feels about me. She sees me as a great friend or big brother and doesn't want to screw that up. And I understand that, but I still can't get over her. I've tried not talking to her, being with other girls, talking it out with friends. I still lose sleep over her every night. It's killing me.

— Tragedy or Comedy
Dear Tragedy or Comedy, Did you hear that Tiger Woods has reportedly been playing golf with nagging knee pain for the past 10 or 12 years? And yet he has been able to win tournament after tournament with this nagging pain. See, it is possible to live life with an uncomfortable pain and still win a major. Likewise, it is possible to have a painful crush and still win big. You just have to play through the pain. Trying to move on by hanging out with her is like someone trying to lose weight hanging out at a doughnut shop. If you can't function, talk to a mental health professional (you might be suffering from depression that has little to do with her). If you can't be friends with her without wanting her, stay away from her.

Editor's note: Write Harlan at harlan(at)helpmeharlan.com or visit online: www.helpmeharlan.com. All letters submitted become property of the author. Send to Help Me, Harlan! 2506 N. Clark St., Ste. 223, Chicago, Ill. 60614.

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