

# Family

## Deaths

### Wilbert Goetz

Wilbert Goetz, 83, a retired Park farmer and dairyman, died Saturday, Jan. 1, 2011, at his home.

He was born Jan. 6, 1927, in rural Sheridan County, the son of Ray and Clementina (Depperschmidt) Goetz.

He attended country schools in Sheridan County, then Park and Sheridan County high schools. On Oct. 12, 1948, he married Irene Lipp. Following her death on Dec. 23, 1955, he married Eva Cahoj.

His parents also preceded him in death, as well as an infant brother and a sister, Vivian Ochs.

Survivors include two sons, Keith Goetz, Park, and Don (Janice) Goetz, Grinnell; two daughters, Cindy (Mark) Anderson, Rexford, and Caroline Davies, Wichita; two sisters, Eulalia

(Leo) Ochs, Quinter, and Donna (Alfred) Zerr, Irving, Texas; five grandchildren; and eight great-grandchildren.

Services will be at 10:30 a.m. Thursday, Jan. 6, 2011, at the Sacred Heart Catholic Church in Park, with burial in Sacred Heart Cemetery.

Visitation will be from 5 to 7 p.m. Wednesday at the Schmitt Funeral Home in Quinter, with a vigil service at 7 p.m.

The family suggests memorials for masses, or to the Gove County Medical Center or the Sacred Heart Cemetery, in care of the funeral home, 901 S. Main, Quinter, Kan., 67752.

Condolences to the family may be sent to schmittfuneral.com.

### Merlin Elda Nichols

Merlin Elda Nichols, 93, a farmer from Culbertson, Neb., and father of Jerry (Rhonda) Nichols of Winona, died Sunday, Dec. 26, 2010, at the McCook, Neb., Community Hospital.

He was born June 23, 1917, on a farm near Concordia, the son of Lewis Elda and Edith Evelyn (Anderson) Nichols. He attended grade school in Menlo and high school in Brownsville.

On Oct. 3, 1941, he married Katie Neola Smith in Colby, and they began farming south of Levant, where they were among the earliest to have electric power.

In 1946, the family moved to a farm between Culbertson and Trenton, Neb., where he was a 4-H leader, and on the boards for the Hitchcock County Fair and the Farm Bureau. He was active at the Trinity United Methodist Church in Culbertson. He played violin and called square dances in the

area. Preceding him in death were his parents, his wife, two brothers, Virgil and Vernon Nichols, and a sister, Verna Krueger.

Survivors include three other sons, Jay (Shirley) Nichols, Shawnee; Paul (Mary) Nichols, Culbertson; and Dennis (Cathy) Nichols, Culbertson; a daughter, Carolyn (Dana) Parker, Rapid City, S.D.; two sisters-in-law, Eileen Smith and Lee Nichols, and a brother-in-law, Harry Krueger, all of Kansas; 25 grandchildren; and 14 great-grandchildren.

Services were Thursday, Dec. 30, 2010, at the church, with the Rev. Corey Jenkins officiating and burial in the Culbertson Cemetery.

The family suggests memorials in his name, in care of the funeral home, 302 West B St., Culbertson, Neb., 96044.

## Clean kitchen prevents illness

Want to avoid colds and flu this winter?

"Start in the kitchen," said Mary Meck Higgins, Kansas State University Research and Extension nutrition specialist.

A kitchen sink may look innocent, yet, says Kelly Reynolds, an environmental microbiologist at the University of Arizona, a sink drain can harbor more than 500,000 bacteria per square inch. Higgins advises wearing gloves and mixing one tablespoon of chlorine bleach with four cups of water to scrub the basin of the sink, then pouring the solution down the drain to clean it twice a week.

Kitchen sponges also harbor germs, said Higgins, who suggested adding sponges to the drying cycle of the dishwasher to sanitize them, or using dish cloths and towels that can be changed each day. She suggests these be laundered and disinfected in hot soapy water with a little chlorine bleach and vinegar added to the wash cycle.

Other tips for keeping the kitchen healthy include:

- Wash hands before and after handling raw and cooked foods.
- Disinfect counters daily, and after handling or preparing raw fruits and vegetables, meats and poultry.
- Use courtesy wipes to disinfect

handles, infant or toddler seats, or other parts of a grocery cart that appear unclean.

- While shopping, place foods that can attract bacteria (raw fruits, vegetables, meats, and poultry are examples) in disposable bags provided by the market or other vendor to prevent cross contamination.

- At home, place reusable or other grocery bags on the floor or alternative surface (a chair or stool, for example), rather than risk potential contamination on the kitchen counter, island or tabletop.

- Wash reusable grocery bags regularly.
- Clean while cooking and preparing meals and snacks.

- Follow manufacturer's instructions when cleaning any appliance. If spattered food remains in a microwave, heating one cup of water to create steam can help soften debris and simplify cleaning. Be sure to clean all six surfaces of a microwave's interior.
- Clean keypads, touch screens, cabinets, hardware, and ceiling fans periodically. Wash hands in hot, soapy water frequently.

Information on cleaning and maintaining a healthy kitchen is available at K-State Research and Extension county offices or online at [www.ksre.ksu.edu/humannutrition/](http://www.ksre.ksu.edu/humannutrition/).

**Grand Opening**  
**Marie Lane**  
**Children's Boutique**  
**Saturday, Jan. 8th**  
**11 a.m. - 6 p.m.**

**Open**  
**Thursday, Jan. 6th**  
**11 a.m. - 6 p.m.**

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**Oakley Country Club**  
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# Put teeth in health resolutions

In an earlier column, I talked about the importance of taking time for yourself in four dimensions: physical, social/emotional, mental and spiritual. The "physical" part should include eating right and exercising for good health.

As the New Year starts, many of us have made lifestyle resolutions. This year, we aren't doing the Wise Up and Count Down program, but I would like to try a very informal version. We won't meet as a group.

I have a couple of new ideas to try. One includes reading a "diet novel." I think you will enjoy it and will be surprised how much you learn. More about that later. I will provide information and suggested activities via this column and by e-mail if you would like. Call the Extension office (460-4582) or e-mail me at [diann@ksu.edu](mailto:diann@ksu.edu) to sign up for the e-mails.

To succeed need indicators of our success. Although weight loss may not be our main goal, it can indicate success. So first, find a reliable scale that tells you the same weight when you reweigh yourself several times in a row. Even if it isn't completely accurate — weighs a little heavy or light — you should still be able to see changes in weight. If you would like an accurate weight, I will have a scale at the office from 8 a.m. to 5 p.m. on Mondays and after 5 p.m. by appointment.

I also want you to measure your abdomen right at your belly button, a spot you can always find and be certain you are measuring the same place. Then look in a mirror and measure the widest area of your hips or buttocks. Other areas you may want to measure include your bicep and thigh. Record these numbers and keep them where you can find them.

National health recommendations are to exercise 30 minutes a day, five times a week. On Sundays, schedule that time for the upcoming week. Exercise won't happen if you don't schedule it. Plus, you have to see how it fits into your life. Find that 30 minutes early in the morning, at noon, after work, mid evening or some time you can live with.

And remember, this is a lifestyle change, not



### Diann Gerstner

#### • Knowledge for Life

an "Oh thank God that program is over so I don't have to exercise any more." Sound familiar?

A team format can help with encouragement and accountability. Find one or more people to keep you motivated and accountable.

Sometimes, formal classes keep me on track because I have signed up and paid. So I wanted you to be aware of what's being offered in Colby. Below is what I found. Sessions are about an hour.

Here is a sampling on some exercise programs available here:

**Colby City Recreation Department**  
**Boot Camp.** This high-intensity course uses sprint, endurance and circuit training for toning and weight loss. Cost is \$30 per six weeks. Class meets at 5:45 a.m. three days a week at the Community Building, taught by Stacy Lee for ages 16 and up. Next session begins Monday, Jan. 10.

**Sweatin' With the Oldies.** Low-impact aerobics with light cardio, weights and stretching, cost is \$20/six weeks. Class meets at 10 a.m. Tuesdays and Thursdays at the Community Building. Taught by Tess Smith for those 55 and over. Sessions resume Tuesday.

**Water Aerobics.** Taught by Bonny Brown at the college pool at 7 p.m. Mondays and Thursdays. Water resistance for toning, cardiovascular development and stretching. Winter session is \$50 per semester for ages 16 and up. Resumes Monday, Jan. 10.

**Active Yoga.** This new class focuses on yoga basics such as breathing and flexibility. Taught by Bethanie Williams at 5:30 p.m. on Mondays and Wednesdays or at noon Tuesdays and Thursdays, \$30 for six weeks, at the

Community Building for 16 and over. Begins Monday.

**Yoga Sweat.** This is a new, higher-energy class with more advanced yoga. Taught by Williams at 6 a.m. Thursdays at the Community Building. Fee is \$25 for six weeks for ages 16 and up. Class will begin Thursday, Jan. 13.

**Taekwondo.** Teaching self-defense, self-control, mental discipline and confidence, Christine Zejda leads classes Monday, Wednesday and/or Thursday evenings at the Community Building. Fees and times vary. Contact her at 443-1375.

The department will also offer a women's basketball league and a coed volleyball league in the spring.

#### Ashly's Dance Center

**Zumba.** Ditch the workout, join the party! The Zumba program uses Latin rhythms and easy-to-follow moves to burn calories and energize. Classes are 5:45 a.m. Mondays and Fridays, 6:45 p.m. Wednesdays, ages 16 and up, \$24 for six classes. Began Monday<?>.

**Zumba Gold.** A slower-paced class for over 40, offered if there are five or more participants.

**Adult Jazz, Tap or Ballroom.** Offered if five or more register. Sessions would be six weeks, once a week, for \$50.

I encourage you to try one or more classes. Find one that you enjoy. If there is no enjoyment, find another activity or class.

Do you accept the challenge to improve your lifestyle through exercise and diet? If so, please let me know. I need to know if I'm talking to anyone out there! If no one responds, I'll know to let go of this idea and move on to another.

If you have accepted the challenge, do you understand your homework? Let me know. Weigh and measure yourself. Schedule your exercise time. Find friends to work together as we strive for a lifestyle change.

*Diann Gerstner is the family and consumer sciences agent for the Thomas County Extension office.*

## Short socks save money

OLYMPIA, Wash. (AP) — With Washington state agencies looking for ways to save money, the Corrections Department says it's economizing by recycling inmate uniforms, switching to juice boxes and providing shorter socks.

The agency says it expects to save \$120,000 each year by replacing self-serve cafeteria juice fountains with juice boxes.

Shorter socks? That's another \$22,000 annual savings.

A spokesman says clothing will also be used more, but it's unclear how much that will save.

Another money saver: reducing the number of trash can liners purchased annually by 40 percent, which will save an estimated \$220,000 a year.

Larger cost reductions include the closing of two minimum-security prisons and the planned closure of another operation next year.

## Property Transfers

### Real Estate recorded Dec. 22 to Dec. 31

The following real estate transactions have been reported by the Thomas County register of deeds:

- Nov. 29, Gwendolyn J. Malory to D. Dennis and Cathy M. Preston; SW/4 of Sec. 21, T7, R31.
- Dec. 8, John D. Kriss Estate to John C. and Jeanne M. Schroeder; E/2 of Sec. 1, T10, R35.
- Dec. 10, Pamela R. Medford Trust to Lon R. Frahm; NE/4, SE/4 and SW/4 of Sec. 36, T9, R36.
- Dec. 14, Lorene C. Poland Trust to William A. and Kay L. Poland; SW/4 of Sec. 34, T6, R32.
- Dec. 17, quit claim deed, Patrick and Lois A. Sumner to Patrick A. and Lois A. Sumner; Lots 8-10, Block 14, Colby South Park Addition.
- Dec. 20, Frances P. Turrell Trust to Lois Jones; Lots 7-11, Block 8, Original Rexford.
- Dec. 22, C. Scott Barnum Trust to Joseph Edward and Marcella A. Stenger; Lots 17-18, Block 58,

Colby East Addition.

- Dec. 22, Steve and Connie Snyder to Leah C. MacNeill; Lots 8-10, Block 115, Colby North Addition.
- Dec. 23, Ronnie L. Henry to Rory S. Henry; E/2 of SE/4 of Sec. 1, T7, R34.
- Dec. 23, Ronnie L. Henry to Rory S. Henry; W/2 of SE/4 of Sec. 1, T7, R34.
- Dec. 24, RMK Farms LLC to Ronald L. Haremza; NE/4 of Sec. 10, T10, R33.
- Dec. 27, John E. Dornberger Trust to C-5 L.P.; S/2 of Sec. 33, T9, R33.
- Dec. 27, Shirley J. Dornberger Trust to C-5 L.P.; S/2 of Sec. 33, T9, R33.
- Last Wednesday, Lon R. Frahm to Bryan J. Frahm; SE/4 of Sec. 36, T9, R36.
- Last Wednesday, Phyllis C. Hills Trust No. 1 to Michael J. Moses and Cynthia C. Moses; SW/4 of Sec. 27, T7, R34, NW/4 of Sec. 26, T10, R34.

- Last Wednesday, Phyllis C. Hills Trust No. 1 to Nancy L. Schiefen; NW/4 of Sec. 26, T10, R34.

- Last Wednesday, quit claim deed, Bronwyn A. King to Scott King; west 10' of Lot 8 and Lots 9-10, Block 4, Colby Gilmore and Larson Subdivision.

- Last Wednesday, Nancy L. and Richard Schiefen to Michael J. Moses and Cynthia C. Moses; NW/4 of Sec. 26, T10, R34.

- Thursday, Scott A. and Becky Morris to Brent L. McCoy; Lots 11-12, Block 115, Colby North Addition.

## Markets

Quotes as of close of previous business day

Hi-Plains Co-op	
Wheat (bushel)	\$7.14
Corn (bushel)	\$5.42
Milo (hundredweight)	\$9.32
Soybeans (bushel)	\$12.36

## Corrections

An article entitled "City Council votes to up employee pay" in the Thursday, Dec. 30, issue of the *Colby Free Press* reported incorrectly that councilmen Fred Taylor voted for a 3 percent raise for city workers. Taylor didn't attend the meeting. This was an ed-

iting error.

☆☆☆☆

*The Colby Free Press wants to maintain an accurate record of our town. Please report any error or lack of clarity in a news story to us at 462-3963.*

**Thank You**

We want to thank all our family and friends for their outpouring of love and kindness during this most difficult time of Jim's passing.

Thank you to all who visited at the hospitals, called, sent cards and memorials, flowers or food. Pastors Steve Todd and Jim Mardock for their visits and prayers - all were appreciated more than you know. Thanks also to Pastor Steve Todd for the beautiful service.

*May our good Lord richly bless you as you all have blessed us*

Karen Morrison  
Jeff & Rachelle Morrison and Family  
Scott & Michelle Morrison and Family  
Lisa Morrison Petry and Family  
Karen & Eric Morrison

Some of Our Memories of

*Roberta Horning Heaton*

We only began to know you when you married our dad, Jack Heaton in 1991.

We remember your trips to Oregon to go gold-panning in the Siskiyou Mountains and walking barefoot in the sand on the coast. We have pictures of you being so happy picking blueberries and blackberries on the farm in Washington. We have fond memories of our times at the cabin on Trenton Lake.

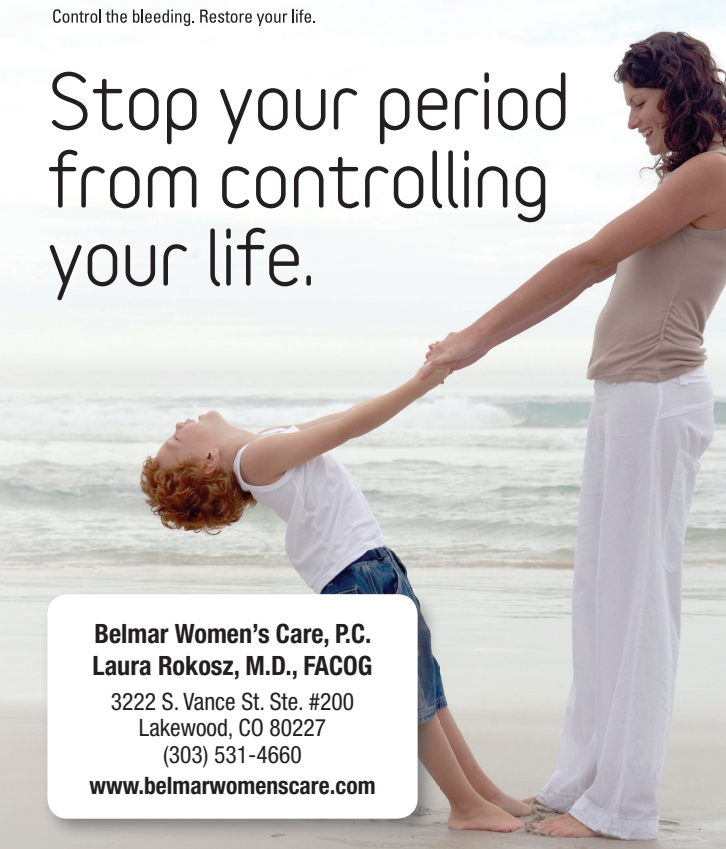
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1. Hormone. Data on file, 2010. © Cooper, L. Grayson, R. Laberge, et al. A randomized, multicenter trial of safety and efficacy of the NovaSure System in the treatment of menorrhagia. J Am Assoc Gynecol Laparosc. 2010; 18:418-426.  
2. Only women with menorrhagia who are finished having children may be candidates for the NovaSure procedure. As with any medical procedure, there are risks to be considered. In a small percentage of patients, side effects of the NovaSure procedure included cramping, nausea/vomiting, discharge, and spotting. Talk to your doctor for further information about the full benefits and risks of the NovaSure procedure.

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