

Family

Deaths

Christin A. Molstad

Christin A. Molstad, 50, of Oakley, died Sunday, Feb. 20, 2005 at Logan County Hospital in Colby.

Jack D. Lee

Jack D. Lee, 75, of Oakley, died Saturday, Feb. 19, 2005 at St. Luke's Presbyterian Medical Center in Denver, Colo.

Services will be at 10:30 a.m. Wednesday at First United Methodist Church in Oakley with Pastor Mike Eurit officiating. Burial will be at Oakley Cemetery in Oakley.

Visitation will be from 2-8 p.m. Tuesday at Kennedy-Koster Funeral Home in Oakley. The casket will remain closed at the funeral home and the church.

Mr. Lee is survived by his wife, Marilyn Lee of Oakley; daughter Karen Lee Reed of Monument; brother Garth Lee of Junction City; foster sister Juanita Helsel of La Junta, Colo.; two grandchildren and five great-grandchildren.

He was preceded in death by his parents Jess and Opal Lee and a daughter, Jacque Jean Lee in 1997.

Mr. Lee was born March 12, 1929 in Scott City to Jess R. and Opal V. Greenwood Lee. He was a lifetime resident of Logan County.

He married Marilyn Younkin on Aug. 3, 1947 in Monument. He was a farmer and rancher and a Deputy State Livestock Commissioner of Kansas (retired), a member of the Kansas Sheriffs' Association and Kansas Peace Officers.

Memorials are suggested to the Cystic Fibrosis Foundation or Logan County Healthcare Foundation and can be sent in care of Kennedy-Koster Funeral Home, 217 Freeman, P.O. Box 221, Oakley, Kan., 67748.

Robert L. "Burger Bob" Schmidt

Robert L. Schmidt, known as "Burger Bob," 64, of Colby, died Friday, Feb. 18, 2005 at Citizens Medical Center in Colby.

Services will be at 11 a.m. Tuesday at Kersenbrock Funeral Chapel in Colby with Pastor Brad Herndon officiating. A special wake service will follow the memorial service at Twisters in Colby. Family and friends are all invited.

There will be no visitation, there was cremation.

Mr. Schmidt is survived by spe-

cial friend Star Bixenman of Colby; son Gilbert A. Shannon, Jr. of Las Vegas, Nev.; one daughter, Christine Dee Arnold of Arvada, Colo.; one sister, Janice Tholen of Brighton, Colo. and four grandchildren.

Mr. Schmidt was born Dec. 2, 1940 in Longmont, Colo. He was a retired truck driver.

Memorials are suggested in his name and will be designated at a later date. They may be left at Kersenbrock Funeral Chapel.

Belshes celebrating 60 years together with card shower

The children of Claude and Doris Belshes are hosting a card shower in honor of their parents 60th wedding anniversary. They were married on

Feb. 23, 1945. Cards may be sent to Claude and Doris at Lantern Park Manor, 105 E. College Dr., Colby, Kan., 67701.

Corrections

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.

Markets

Quotes as of close of previous business day Hi-Plains Co-op	
Wheat	\$3.10
Corn	\$1.88
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Young children can be taught patience

Plain Sense

Dear Plain Sense: My almost 4-year-old child just cannot seem to wait for anything, especially when we are in a checkout line and she wants to get going to the next store. At home she gets so patient when she knows we are planning to go somewhere, or even when it is not quite time for a meal.

It is very difficult for an active preschooler to have to wait for something they want.

They are too young to understand why patience matters to adults and they have not yet developed the coping skills to be able to wait patiently.

Personalities differ also; some children are just naturally more patient than others. And there is cer-

tainly a difference between what can be expected from a three-year-old as compared to a five-year-old.

Still, it is important young children learn patience, as it is an important component of being successful in school and throughout life.

Parents can help teach patience to preschoolers in several ways, including the following:

- Model patience: a child learns from the adults in their life so be aware of the words and body language you use when you need to wait for something.
- Use supportive comments to

your child: acknowledge the situation and give them praise for their efforts. Ask them about what they would like to do while waiting or give suggestions.

• If the wait is of a reasonably short duration, set a timer for a few minutes to help them visualize the wait.

• Be reasonable: A three-year-old cannot rarely wait for an hour to eat in a restaurant. Allow them to snack on crackers or have a book along to read.

It is important for young children to develop patience by the time they enter school. The child who has difficulty waiting in line or waiting their turn to speak can end up not only requiring discipline from the

teachers, but may also be criticized or made fun of by their fellow students.

Contributed by Karen D. Beery, LCPC, Consultation and Education Department.

The views expressed here are those of the individual writer and should not be considered a replacement for seeking professional help.

Mail questions to: High Plains Mental Health Center, PLAIN SENSE, Consultation and Education Department, 208 E. Seventh Hays, Kan. 67601.

Questions will be formatted and answered in a manner that insures confidentiality.

Visit on the Internet at <http://www.highplainsmentalhealth.com>.

Eating out means making healthy choices

Healthy Haps

Eating out at different restaurants and keeping a healthy heart can be done. It's just a matter of knowing what food to choose.

Chinese food is one of America's most popular and healthy ethnic cuisines. Just ask the cook to use less oil when preparing stir-fry and other dishes and to leave out soy sauce, MSG and salt.

Main dish portions are often quite large, so try ordering fewer entrees than you have dinner companions. Then divide and devour! Tips: Choose entrees with lots of vegetables-chop suey with steamed rice is an example. Substitute chicken for duck, when possible. Skip the crispy fried noodles on the table.

Instead of egg drop soup, egg rolls, fried wontons, fried entrees, dishes with fried meats or cashews, fried rice, lobster or oyster sauce, try a few other dishes instead. Wonton or hot and sour soup, steamed dumplings, boiled, broiled steamed or lightly stir-fried entrees, dishes with lots of vegetables or water chestnuts or sweet and sour sauce, plum or duck sauce.

Too fired to cook? Then pack the family off to one of the many mid-priced "family style" restaurants. Tip: Avoid dishes with lots of cheese, sour cream and mayonnaise. Instead of fried oysters, or fried fish or chicken, choose boiled

spiced shrimp, or baked, boiled or grilled fish or chicken. Choose bread or pita pockets over croissants.

Salads make great meals but be careful of the dressing. If you must have a high-fat entree, split it with another family member. You'll save dollars-and fat!

Instead of cream soups, try broth-based soups with lots of vegetables. Soup and salad instead of quiche and salad; peel-and-eat shrimp in place of Buffalo chicken wings; blackened chicken sandwich instead of a fried chicken sandwich. Veggie burger in place of chicken fried steak; baked potatoes or potatoes with out gravy instead of French fries.

Instead of gravy, rice without gravy, cooked greens made without salt pork or lard; try sautéed vegetables or tossed salad instead of creamy coleslaw. And for dessert, skip the hot fudge sundae or ice cream for nonfat yogurt, sherbet or fruit ice.

To most people, Italian food means "pasta." And that's good news, because pasta itself is low in fat. It's the pesto and cream sauces that add all the fat and calories. So bring on the fettuccine and breadsticks and load up on marinara

sauce. That's amore! Tips: Enjoy pasta as an entree rather than as an appetizer. Share foods among your dinner companions.

Ask your waiter to hold the Parmesan (grated) cheese, and the bacon, olives and pine nuts.

If you order pizza, choose healthy ingredients like spinach, mushrooms, broccoli and roasted peppers.

Instead of fried calamari, try roasted peppers or minestrone soup; pick pasta primavera (with sautéed garden casserole-type dishes) or pasta with red or white Alfredo sauce over cheese or meat-filled pastas.

Choose pasta with marsala sauce or marinara sauce instead of pasta with butter or cream.

Skip the scallopine or parmigiana for marsala and piccata dishes. For dessert, pick Italian ices over Italian pastries like cream cake.

A lot of Mexican food is fried with lard and topped with cheese, so it's loaded with saturated fat. But when you know what to choose, Mexican food can be fresh, tasty and low in saturated fat.

Tips: Tell your server not to bring fried tortilla chips to the table. And hold the sour cream and guacamole from entrees; use salsa to add flavor. Vera cruz or other tomato-based sauces are better than creamy or

cheesy sauces. If ordering a taco salad, don't eat the fried shell.

Instead of flour tortillas (contains lard) try corn tortillas (made with almost no fat).

Substitute grilled shrimp for nachos; pick grilled fish or chicken breast chorizo (sausage) over carnitas (fried beef of pork). Skip refried beans and choose frijoles alachum or borracho beans and Spanish rice. Choose salsa, pico de gallo, cilantro or jalapeno peppers over sour cream and cheese. Also pick salsa over guacamole.

Substitute chicken fajitas over quesadillas and taco salad or nita salad (don't eat the tortilla shell) over chalupas. Pick chicken or beef enchiladas with red sauce over flautas.


Square dance in Hays next week

The Shooting Stars Singles Square Dance Club of Hays is holding a square dance on Wednesday, March 2 from 8 to 10:30 p.m. at Roosevelt Elementary School, 2000 MacArthur in Hays. Mike Turner of Wichita will call the squares and Ray Moran will que the rounds. Everyone is welcome.

Singles and couples are welcome. Refreshments and door prizes will be part of the activities.

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