

# Family

## Babies

Kaylynn Francs Holzmeister

Cody and Christie Holzmeister announce the birth of their daughter Kaylynn Frances Holzmeister Feb. 26, 2007, at Citizens Medical Center in Colby.

She weighed 8 pounds, 15

ounces and measured 20.5 inches in length.

Grandparents are Don and Sandy Hoodenpyle of Page, Ariz., John and Joyce Holzmeister of Oakley and Yvette and Harold Hartzog of Hoxie.

# Brewster family to hold services

Betty Jo Baird  
Brewster correspondent

Lawrence and Lila Mayer are having Easter sunrise services at their home north of Brewster 7:30 a.m. Sunday. A potluck breakfast will follow. The community is invited.

Brewster Community Church had their canned beef supper.

LaVelle and Erma Palmgren got home from their vacation in Texas Sunday. They were gone seven weeks.

I went to Parker, Colo., last

weekend and stayed with my son Pat O'Brien, wife Tammie and their 2-year-old daughter, Samantha.

We took her to a Walt Disney Show on Ice and she did not move for two hours. We also visited with my 25-year-old granddaughter Billi Jo and my two great-grandsons, Hunter and Skylar. They are 4 and 5.

The children of Lore E. Depe will host an 85th birthday party 2-4 p.m., Saturday, at the Brewster Senior Center. Everyone is invited.

# Senior Center to have card party

By Emma Rogers  
Senior Center correspondent

The March card party will be held 12:45 p.m. March 27 at the Senior Progress Center. Let Kaila know if you plan to attend and what card game you would like to play so she can plan the tables and have enough players.

Activities next week are:

Monday — Director's Surprise Day.

Tuesday — 10a.m., exercise; Sweets Day.

Wednesday — Popcorn Day

Thursday 10 a.m., exercise; 12:45 p.m. card party

Friday, 10 a.m., exercise; 10:30 pool game day; 11:30 p.m. Young at Heart.

The Thomas County Nutrition Center in Colby wants to invite those 60 and older and their guests to attend daily luncheons in Colby, Monday through Friday. Reservations must be made by calling (785) 460-2901 the day before by noon.

Home delivery is also avail-

able to those unable to attend due to social or physical disabilities. We also invite those working who would like to pick up a meal to order by noon the day before. Those meals are available at noon to be picked up.

For individuals 60 and over, a contribution of \$2.50 per meal is requested. We also invite those under 60 years of age to attend or pick up meals at the cost of \$4.75 per meal.

Remember: to contact the Public Transportation van after 12 p.m., the number is (785) 4433-9208.

Menu for this week:

• Monday — Hamburger, potato wedges, corn, apricots

• Tuesday — Chicken pot pie, fruit cup, biscuit, brownie

• Wednesday — Chili with beans, orange-pineapple salad, crackers, cinnamon roll.

• Thursday — Turkey dressing casserole, mashed potatoes, gravy, green beans, bread, fruit

• Friday — Swiss steak, broccoli/rice casserole, seasoned carrots, bread, applesauce gelatin salad.

# Club learns of sexual assault investigation process

The Three of Clubs held their March 13 meeting in the Pioneer Memorial Library Meeting room. Host club was Sorosis.

Cleona Flipse led the members in reciting the collect and giving the flag salute.

Cleona introduced Trish Carney who gave the program. Trish told about the SANE/SART program which she heads at the hospital. SANE/SART stands for Sexual Assault Nurse Examiner/Sexual Assault Response Team. The purpose of this program is to provide immediate and follow-up medical advocacy and criminal services to all victims of sexual assault no matter their age or gender. Many cases, estimated at 80 percent, go unreported because many are perpetrated by an acquaintance and the victim doesn't want to make waves. Of the 22 cases handled since 2006, 85 percent of them were under age 11 as the parents of the victims bring them in. There is a \$12,000 colposcope machine used to collect evidence at the hospital. That is why victims from

areas around need to come here for the service.

The SANE nurse is educated to complete the following: victim history, head-to-toe assessment, genital exam, forensic evidence and courtroom testimony.

Law enforcement initiates and directs the forensic collection of evidence when a sex crime is reported. SANE's provide care to the victim and collect forensic evidence. Officers take the initial report from the victim and conduct a formal investigation. Advocates provide support and offer follow-up support, crisis counseling, support groups and referrals.

If you or someone you know is raped or sexually assaulted, call the police. Seek medical assistance at the nearest hospital. For more information, call 785-462-7511 or go online to nwkshealthcare.com

Lucy Davis and Cleona Flipse served refreshments.

Next month's meeting will be hosted by Sorosis Club, April 11 and will be at Pioneer Memorial Library.

# Beans can make healthy meal

For The Associated Press

Though sometimes called the "poor man's meat," beans are rich in protein and have plenty to offer a healthy diet.

Packed with fiber and other plant-based nutrients, beans are low-fat, can prolong the feeling of fullness after a meal and help control blood sugar levels.

Many people won't bother cooking dry beans, which can require soaking overnight and, depending on the variety, long cooking on the stove. But convenient canned beans are an essential for any healthy pantry.

The good news is that canned beans keep their nutrients during the canning process.

Canned beans are available in numerous varieties, and usually are found alongside the canned vegetables at the grocer. But be sure to check the ethnic aisle, too. You are likely to find less common, but delicious, varieties there.

Beans can replace some or all of the meat called for in many dishes. They also can be pureed (with seasonings) to make quick dips and spreads. Or simply add some to a salad for extra protein.

# Throw the odor out with the mothballs

By Heloise

Hints from Heloise

Dear Heloise: We inherited a cedar chest that my mother-in-law had put mothballs in. How do we get rid of the strong mothball order?

— Connie Sherrod, North Canton, Ohio

There is nothing like mothball odor!

And, of course, mothballs should never be put in a cedar chest, because the odor can remain for years after!

Here are a couple of things you can try:

• Stuff the chest with newspaper and close the lid. Wait a day. If the odor remains, replace all the newspapers again. The papers should absorb the odor.

• Set the chest outside in the sun and prop the lid open. Keep children and pets away from it.

• You can clean the inside with

a good-quality wood cleaner, available at a home-improvement store.

• Last, to bring back the cedar aroma, you will need to lightly sand the inside of the chest. Vacuum up any residue, and the chest should be ready for stored goodies.

— Heloise

Jigsaw puzzle

Dear Heloise: My mom and I happened upon this solution to working on jigsaw puzzles. We had always used the box to hold some of the unused pieces, but while working on puzzles, you always need to refer to the picture on the top of the box. So, we've started using inexpensive paper plates.

You can use as many as necessary — perhaps one for each major color. They're easy to pass around, and they stack nicely when you have to put the puzzle aside.

— Susan Zucker, via e-mail

# Review finances before loan shopping

MANHATTAN — Requesting a current copy of your credit report before approaching potential lenders for a loan can allow prospective borrowers to view themselves as a lender might, said Carol Young, Kansas State University Research and Extension financial management specialist said.

A credit report typically will list financial service providers, payment history, current debt and credit available, which all can influence borrowing power, she said.

Easy-carry jewelry  
Dear Heloise: Most of us have several plastic bottles that once contained prescription medicine. Here's a hint for using those empties: storing earrings while traveling. The childproof tops keep the jewelry inside the bottle, and they are much easier to find in luggage.

Most bottles are big enough for three or four pairs of stud-type earrings. The prescription labels can be removed or covered. I've done this for years and have yet to lose a pair of earrings!

— Amy, via e-mail

Two hints

Dear Heloise: Here are two of my favorite hints:

Decorator tables are ideal for storing all kinds of items under their skirts. I have one in almost every room, and they all have things stored under them.

I have an eight-space plastic shoe hanger in my pantry, where

I put aluminum foil, wax paper, sandwich bags and storage bags. They are easily spotted at a glance, and the bag can hang on any wall or on the back of any door. It does not take up much room, either.

— Mya, Farmington, N.M.

Sewing magnet

Dear Heloise: A few weeks back, there was a hint regarding putting a magnet on a sewing machine to hold pins. I would strongly advise against this. With the new computerized sewing machines, this could be disastrous to the programs in the machine. It would be best to keep all magnets away from your sewing machine.

— Patty, 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.com.

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## Markets

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