



COLBY FREE PRESS

Board approves hiring of new football coach

BY DARREL PATTILLO

Colby Free Press

After an exhausting committee search involving more than 50 applicants, the Colby School Board voted Monday night at its regular meeting to hire Donald Simmons as Colby High School's new football coach and physical education instructor. Simmons hails from Galena, and has 18 years of coaching experience, at Riverton., Independence and Blue Valley North. Simmons won a state championship at Riverton.

In other business:
• The Board voted unanimously to republish the budget for the general fund for the 2001-2002 school year. Republishing the budget allows the school district to be paid for it's actual enrollment costs as of Sept. 20, 2001, versus the estimated enrollment at the time the budget was set in August of 2001.
• A retirement reception for Shirley Faver was set for May 15, from 4-5:30 p.m.
• The year-end staff gathering was set for May 30, in the commons room at the high school.
• The board approved a request for

"We are going to be in trouble with these budget cuts and maybe we shouldn't be overspending what we don't have."

Bill Miller,
school board member

an out-of-district field trip to Salina for students in the third grade.
• The board discussed fuel bids. Board members John Cranston and Bill Miller volunteered to develop a bid sheet to submit to district fuel providers.
• After going into executive session and returning to open meeting, the board voted 5-2 to hire Simmons as the new high school football coach. Board members Bill Miller and Wilburn Holloway cast the dissenting votes, with Miller commenting that "we are going to be in trouble with these budget cuts and maybe we shouldn't be overspending what we don't have."

Preparing for detour



DARREL PATTILLO/Colby Free Press
Bill Mariman (center) discusses options with fellow Thomas County workers Clair Schrock (left), and Jim Harms. The county is installing culverts on Country Club Drive in Colby as part of the Range Ave. viaduct detour project.

Tuition, dorm, and meal rates going up at Colby College

BY MAXINE NELSON

Colby Free Press

The Colby Community College Board of Trustees approved a \$5 per hour tuition increase at their Monday meeting. The change will go into effect for the 2002-2003 school year. Tuition for the coming year will be \$38 per hour for in-state students, and \$76 per hour for out-of-state and international students. Fees will remain at \$12 per hour.
Dorm rates will be increased \$10 per month in order to cover the cost of replacing the roofs. Dorm rates will go from \$1,712 in 2001-02 to \$1,802 in 2002-03. The college replaces roofs on a regular schedule to keep them in good repair. Meal rates were also increased. The 19-

meal plan will increase from \$1,424 to \$1,464, and the 14-meal plan went from \$1,376 to \$1,415. In other business:
• The board approved contracts for the following outreach instructors for the coming year: Kathy Pinnell, SSD/AD in Colby; Shelly Rodenbeck, SSD/AD in Colby; Dawn Berry Outreach Speech in Natoma; Dawn Berry Outreach Speech in Victoria; Tina Schritter Outreach Nurse Aide in Colby; Michelle Wentz Outreach Nurse Aide in Colby; Kipp Nelson Outreach First Aid in Colby; Alicia Clair Outreach Gerontology in Colby.
• Dean of Instruction Gracemary Melvin distributed notebooks containing reviews of the programs of the college. Board members will

bring them back to the next meeting with any questions they might have.
• Skip Sharp, dean of student services, said the college was into the second year of its two-year trial of the tuition waiver for Thomas County. He said the waiver was successful from an hour standpoint, bringing in lots of students, but wasn't bringing in any extra money. The waiver was tried because of the promise of more state aid per student hour.
• The board authorized Dr. Mikel Ary, college president, to send a letter to the state saying the college would be enrolling in the state health insurance plan, subject to approval by the Faculty Alliance, and also one to the present provider, saying the college would not continue

the coverage after the expiration date of June 30. Ary said tuition for EduKan had been negotiated down to \$80 per credit hour instead of \$114. EduKan is the company which provides on-line classes for Colby College and some other colleges. The \$80 tuition is more in line with what is being charged by other colleges offering classes on the Internet.
• Ary reminded the April 15 meeting will be followed by the student/trustee dinner which will be at 6:30 p.m. in Room 108 of the Student Union. He told the trustees to look at the new carpet and paint in the room.
• At a previous meeting, Jeanne Thyfault, home economics instructor and director of Resource and Referral, reported to the board

on the child care program for which the Hospital Foundation, Garvey Texas Foundation, and United Methodist Church. are partners. Licensing is almost complete, and the opening house is set for April 27.
She said the child care center is located in the United Methodist Education Building, where Puddle Duck is located, but does not serve the same clientele. The center will offer care during nontraditional hours, part-time, day, evening and weekend to all who need it, such as employees of the hospital and nursing home, or students. It will serve up to 12 children from infant to 12 years. The center will not compete with traditional daycares, which have children full-time during regular business hours.

Two Colby women share personal experiences before and after heart attack

By PATTY DECKER

Free Press Editor

Two Colby women hope that by telling their own personal experiences prior to and following a heart attack that others will consider attending Friday's program sponsored by the local chapter of the American Heart Association.
The program, which is designed for women, will be held at the Colby United Methodist Church, from 11:30 a.m. to 1 p.m., and presented by Marcia McCoy, who is the coordinator of the women's cardiac center at St. Luke's Hospital in Shawnee Mission.
Both Alice Wolf and Linda Wranosky said they believe it is vital for women to tune in for those messages from their bodies because once in awhile the body is trying to tell us something.
Unlike men, women do not show the classic or more dynamic symptoms

when a heart attack is about to happen and, for many women, there are no recognizable symptoms at all until it strikes.
In fact, that was the case for both Wolf and Wranosky when they had their heart attacks.
"I had no symptoms leading up to my heart attack in July of 1997," said Wolf. "I didn't have high blood pressure, my cholesterol wasn't high and I wouldn't say I was overly stressed about anything."
At that time, Wolf was 54 years old and on an early morning in July she awoke in severe pain.
"I just started cramping and it felt like an elephant was on my chest...it really hurt," she said. Without hesitation, she said she asked her husband, Gary, to take her to the emergency room. Wolf said she would have died that morning had it not been for the quick response of medical personnel



(Left to right) Alice Wolf, Linda Wranosky and Sherry Kriegshauser review information that will be presented at a meeting for women Friday.

here in shocking her heart back with the automatic external defibrillator.
She was then flown out to Wichita where she was given the "ultimate" test of cardiac function by performing a

cardiac catheterization. The procedure requires a tiny tube being fed from the groin to the heart, and dye is injected into the heart. Blockages, valve leaks and narrowed arteries show up on an

X-ray-type image.
"I thought I was getting better and was okay to return to work," Wolf said, "but then in September I went back for a thallium stress test and went down on the treadmill."
The result was that in September of 1997, Wolf had open heart surgery.
For Wranosky, 57, her experience was entirely different than Wolf. "I was being treated for gastro gerd, which is a esiphogio reflux disease," she said, "and I was also taking medicine for a condition which made my heart race." She also wore a monitor. Off and on for just under a year, she dealt with the gastro discomforts and was taking her medications. Then during one summer afternoon in 2000, she said she was tired, not feeling good, had a burning in her chest and then fainted. Fortunately, someone found her near one of the barns on the fairgrounds and immediately took her to the emergency

room. The next day she was flown out and a stint was used to expand the area where the blockage was causing problems. Three days later, she said she was feeling chest pain and her left arm was hurting. "I knew I was having a heart attack," she said. As a result the doctors tried to dissolve the blood clot, but following surgery, Wranosky was told she needed a triple by-pass.
"If nothing else, I hope that women will hear that it's important to go back and check and check again so that you don't fall through the cracks," Wranosky said.
Both Wolf and Wranosky say they are doing well and believe it is important to talk about this number one health problem so that together a network can be formed to help one another. For those wanting to attend the meeting, Sherry Kriegshauser, local organizer, encourages them to call her no later than Wednesday at 462-8656.

Briefly

Weather: Warmer...later

Notice a drop in the temperature? Monday's high in Colby was 81 degrees and today's high is expected to be no better than 40. Here's the out look for the balance of the week.
Tonight, partly cloudy, lows 15-20 and north winds 5-15 mph, becoming light. Wednesday, partly sunny, highs 40-45 and east winds 5-15 mph, becoming south late. Wednesday night, partly cloudy, lows in the upper 20s. Thursday and Friday, partly cloudy, lows in the middle 30s and highs in the 60s.
This morning's low in Colby was 28 and the soil temperature at the 4-inch depth is averaging 53 degrees. No precipitation to report. The records for April 2: 86 in 1921 and -1 in 1936. (The temperatures and precipitation are provided by the Northwest Kansas Research-Extension Center, Colby.)

Trio to perform Sunday

The Western Plains Arts Association is sponsoring a

group of performers known as the Starry Night Trio, in concert on Sunday, April 7, beginning at 3 p.m. (CDT) at the Gateway in Oberlin. Admissions at the door will be by Western Plains Arts Association season passes or tickets for adults \$10 and students \$5.

Bank lobby closes early

The First National Bank in Colby, 1195 S. Range Ave., is closing its lobby at 1:30 p.m., Wednesday, so employees may attend Dale Harkins' funeral. The bank's drive-up window; however, will remain open.

Council considers sewer study

The Colby City Council will consider approving a study that would explore options for improving the sewer plant. That item, along with others, will be discussed at the city's regular meeting starting at 7:30 p.m. tonight, in council chambers, 585 N. Franklin Ave. In addition, the council will discuss the Colby Municipal Airport manager's contract and directional signs for industrial areas.

nwkansas.com changeover delayed

Customers of **nwkansas.com** Internet service won't have a new supplier Wednesday after all.
The change, scheduled for sometime Wednesday afternoon, has been put off because of problems at the new provider, Southwestern Bell Internet Service. Steve Haynes, president of Nor-West Newspapers, which operates **nwkansas.com**, said Bell had called Monday and said there were problems with the Internet Protocol (IP) numbers which had been assigned to the service last month.
"Without knowing for sure that Bell could make the system work," he said, "we have decided to wait a week."
The new date for the changeover is Wednesday, April 10, Haynes said.
"Bell gave us Internet addresses last

month," he said. "It took several weeks for people in Houston and Fort Worth to assign them. Then Monday, a new person called and said they wouldn't work. They apparently were numbers for a connection in Kansas City, but we will connect in Topeka."
"We're pretty disappointed by the delay. We have notified all of our customers about the wrong numbers, spent quite a bit of money, scheduled people to work overtime to prepare for the change. But it's better to find out now than make all the changes and have the system not work."
Customers will be notified of the correct numbers to put into their domain name service (DNS) setting by letter and e-mail later in the week, he said. In the meantime, they should not

make any changes in their settings and they should definitely not install the incorrect numbers provided in a letter last week.
According to Tom Betz, director of Internet services, **nwkansas.com** is switching its wholesale service provider from Carroll's Web out of Salina to Bell, partly to get better system reliability and speed. Carroll's service to the former CJNetworks system in Kansas was shut down last month because of a billing dispute between the Salina firm and its supplier.
"We are sorry for the inconvenience to our customers caused by this delay," Betz said. "It's totally out of our control. We planned carefully for the change, but apparently there was a mistake in Houston."

