

Vaccination for influenza is important for everyone

Still think you don't need a flu shot? Read on — Influenza is a viral infection that causes a fever, runny nose, cough, headache, a feeling of illness and inflammation of the lining of the nose and airways. Every year, widespread outbreaks of respiratory illness caused by influenza occur during late fall or early winter.

The illness occurs throughout the world. Although many respiratory viruses can cause the symptoms of influenza, the influenza A or influenza B virus is usually responsible for the epidemics in the late fall or winter. The virus is spread by inhaling infected droplets that have been coughed or sneezed out by an infected person or by having direct contact with an infected person's secretions. Handling infected household articles may sometimes be responsible.

Influenza differs from the common cold. Symptoms start 24 to 48 hours after infection and can begin suddenly. Chills or a chilly sensation may be the initial indication of influenza. Fever is

Healthy Happenings

• Thomas County Health Dept.

common during the first few days, and the temperature may rise to 102 to 103 degrees Fahrenheit.

Many people feel sufficiently ill to remain in bed; they have aches and pains throughout the body, most pronounced in the back and legs. Headache is often severe, with aching around and behind the eyes. Bright light may make the headache worse.

At first, the respiratory symptoms may be relatively mild, with a scratchy sore throat, a burning sensation in the chest, a dry cough and a runny nose. Later, the cough can become severe and bring up sputum. The skin may be warm and flushed, especially on the face. The mouth and throat may redden, the eyes may be mildly inflamed.

The ill person, especially a child, may have nausea and vomiting.

After two or three days, most symptoms disappear rapidly and the fever usually ends, although fever sometimes lasts up to five days. However, bronchitis and coughing may persist for ten days or longer and changes in the airways may take six to eight weeks to completely resolve. Weakness and fatigue may persist for several days or occasionally for weeks.

What can prevent this illness from happening to you? Vaccination against influenza every year is the best way to avoid contracting influenza. Influenza vaccines contain inactivated (or killed) influenza virus strains or viral particles. A different vaccine is introduced every year based on predictions of which strains are most likely to cause influenza. The predictions take into

account the strain of virus that predominated during the previous flu season and the strain causing disease in other parts of the world in the current pre-season.

Vaccination is particularly important for those who are likely to become very ill if infected. In the United States, vaccination should take place during the fall, so that levels of antibodies will be highest during the peak influenza months — November through March. For most people, about two weeks are needed for the vaccination to provide protection. However, children or other people who have never been exposed to an influenza virus need to receive two doses of the vaccine, separated by one month for adequate immunity.

Now — about that vaccine — call the health department for your appointment for one today at 462-4596.

Two great movies to see

Jeff Owen

• Movie Review

brave soldiers.

Transporter is a fast paced action flick that will keep you sitting on the edge of your seat. I have a friend at Bank West who highly recommended this movie to me while I was passing through the banks drive thru window. I agree! I really like the *Transporter*. My nephew liked it as much as I did, especially the driving abilities of the star actor. I give the *Transporter* five out of five fast moving BMW's.

Take your friends and go see these movies for yourself. I think you like them as much as I did.

Leadership Thomas County announces new class members

The Leadership Thomas County Board has announced the selection of the 2002-2003 Leadership Thomas County Class. This class represents the twelfth year of the program which will last seven months. Nine members representing a wide spectrum of occupations are members of this class. After selection of ten members, one candidate felt he was unable to fulfill the responsibilities at this time.

Members of the 2002-2003 class are: Lori Andersen, Colby, Comfort Inn Executive Housekeeper; Jean Bruggeman, Colby, Holiday Inn Express Asst. Manager; Janice Cates, Colby, Farmer's & Merchants Bank Customer Service Rep.; Penny Christensen, Rexford, HomeLand Realty Office Manager; Susan Draper, Colby, NWREC & Thomas County Farm Bureau Assn.; Lynette Hull,

Colby, Dillons Manager; Geraldine Landry, Colby, Community Volunteer; Velma Ochoa, Rexford, Community Volunteer; and Terry Preston, Rexford, Preston Farms.

The program kicked off at the beginning of October and will run through April. The class will participate in a legislative trip to Topeka in February. The program will provide greater opportunities to develop leadership capacities through a very participatory program. Greater knowledge of Thomas County and its issues will be through interviews by the class members. The Board of Directors and facilitators are very excited about this program and the newest Leadership Thomas County class.

For additional information, contact Leilani Thomas, Leadership Thomas County, at 462-7643.


Local pharmacist attends conference

Michael Larmer, Colby, a pharmacist at Palace Drug Store, attended the 122nd Kansas Pharmacists Annual meeting, held recently in Lawrence. Hosted by the Kansas Pharmacists Association and its affiliated state pharmacy organizations, the four-day event provided pharmacists, pharmacy students, and pharmacy technicians across the state with the latest information on a wide variety of topics, including compounding, HIV care, pharmacy laws and regulations, Alzheimer's, diabetes, and pain management.

These continuing education programs are designed to enhance pharmacy services provided to the community by increasing the attendees' professional knowledge and expertise.


Larmer, a graduate of the University of Kansas School of Pharmacy, joined the staff of Palace Drug Store in May of 1986.

The Kansas Pharmacists Association, established in 1880, represents pharmacy professionals throughout the state.




2002 ANNUAL FALL
CONSIGNMENT AUCTION

SATURDAY, NOVEMBER 2, 2002 @ 9:30 A.M.



**AUCTION LOCATION: FARM & RANCH REALTY AUCTION
PAVILION ½ MILE WEST OF COLBY ON HIGHWAY 24.**

TRACTORS, LOADERS:	COMBINES & LOADERS:
•IHC 5088, 3 pt, 3 remotes, 540/1000 PTO, 18.4Rx38 duals, 12' Otter Dozer, 6254 hrs	•'87 Jeep Grand Wagoneer, 4x4
•IHC 1456, 3pt, 3 remotes, 540/1000 PTO, 18.4x38 duals, GB 660 loader w/grapple, 6577 hrs	•'94 600 Yamaha Motorcycle—LIKE NEW, only 1,000 actual miles
•AgPower 9000, 130 hp, 540 PTO, 23.1 x 30 tires, Low Hours	BALERS & GRAINCARTS:
•Ford 4000 Diesel, 3pt, PTO, Scoop	•JD 535 Baler •NH 850 Round Baler
•870 GB Loader, fits 8000 series JD tractor — LIKE NEW	•Wetmore 400 Grain Cart
•IHC Super M w/dozer blade, live hydraulic, PTO, good rubber	TRAILERS:
•IHC W-6 w/dozer, PTO, live hyd.	•Shelby 5x16 Cattle Trailer
•AC 20' Platform w/Hesston head hunters	•18' HD Tandem Gooseneck Trailer w/duals & steel deck flatbed
•JD 6600 Combine w/QT Header	•6x15 bumper-pull Stock Trailer
FORKLIFTS:	TILLAGE, CULTIVATING & PLANTING EQUIPMENT:
•Hyster 7,000#, 14'mast, 6 cyl Chev eng, side shift, manual, propane—BOXCAR SPECIAL	•Quinstar 21' Fallowmaster, Like New
•Hyster 4,000#, duals, side shift, automatic	•2) Sunflower 20' Discs
TRUCKS:	•Richardson 5x5 Sweeps, NH3 w/Degelman harrows
•'85 Volvo-White, 300 Cummins eng., 10spd, TS, 11R 24-5 radials, 22' Scott Stakeless Box w/Harsh hoist, 62' sides, RO Tarp	•FK KM-14 Sweeps w/NH3
•'87 IHC 2377 Truck w/Schwartz roll-back bed, DT-466, 7 spd, air brakes, 10:00-20 tires, 217000 mi	•Noble 5x5 sweep w/pickers
•'71 Ford F-600 w/16'B&H, 4x2, RO Tarp, 9:00x20 tires	•NH 116 Swather, Excellent Shape
•'71 Chev Truck w/B&H, 5x2	•OMC 14' hydraulic Swing Swather
•'63 Chev 2T Truck, 15½' box, 6 cyl., with 6' Westfield grain drill auger w/all hyd hook ups	•JD 38 2 Row Silage Cutter
•'59 Chev w/15' Knapheide B&H, 261 Cummins, NEW RO tarp, 6 cyl, 9:00-8:25 tires — 43,000 miles	•2) LZ 8-12 Grain Drills
PICKUPS, AUTOMOBILES & MOTORCYCLES:	•IHC 1610-150 Grain Drills
•'97 Ford F-350, 2wd, 4-dr, Utility box, 460 V-8, 5spd	•40' JD Springtooth
•'94 Ford F-350, 4x4, Flat Bed, 460 V-8, 5spd	•30A Hesston Stakhand
•'93 Ford F-350, 2wd, 4-dr, Regular box, 460 V-8, Auto	FARM EQUIPMENT:
•'90 Ford F-250, 4x4	•27' Mayrath Bale Elevator w/gas engine •20) NEW Ingersoll Coulters, 17" 4 hole •Lucke 12' Sunflower pan for 930 Platforms•Small 2-wheel sprayer•PU sprayer slide-in
•'83 Chev PU w/utility bed	•Dew-Eze Electric Bale Mover w/hyd



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