

Colby High School students recognized for academic achievement

Due to a computer error by school officials, many students were inadvertently left off the honor roll listing for Colby High School. The error, which school officials said they wanted to apologize for, has been corrected and the following is the complete listing of students who achieved academic successes during the first semester. Those who made the superintendent's honor roll included:

- Freshmen**
Shea McKee, Robyn Schmid, Paul Schrick
- Sophomores**
Jordon Cranston, Lauren Kaiser, Clarissa Unger
- Juniors**
Erika Erickson, Taylor Miller, Amanda Seemann
- Seniors**
Joe Cox, Hope Daniels, Karen Higerd, Leanne Juenemann, Katie

Molstad, Charell Rous, Sally Schlick, Megan Voss, Deni Wieland, Jenny Wilson, Lori Ziegelmeier.

Recipients for the principal's honor roll list included:

Freshmen
Zanae Baird, Emily Dougherty, Kassie Jacob, Elaine Lamm, Hannah Zimmerman, Jeremy Dietz, Rachel Funk, Sarah Redmond,

Brian Seemann, Jessica Stephens, Katie Friesen, Alex Kleinsorge, Diana McAdams, Amanda McIlnay, Sara Sanford, Reed Shoaff, Scott Smith, Robin Wilson.

Sophomores
Regina Heier, Marcia Kaus, Crystal Mannebach, Erica Molstad, Sarah Munderloh, Travis Powell, Matt Augustine, Shawna Cox, Valarie Higerd, Blake McLemore, Shane Waterman, Brett Bandy, Derek Elliott, Tanner Glad, Rusty Helin, Joey Melnyk, Maret Peterson, Jordan Sharp, Liz Sothman.

Juniors
Crystal Herschberger, Ethan Walker, Matt Hull, Sarah Ackerman, Michelle Bremenkamp, Josh

Cox, Josh Houtz, Sarah Karlin, Theo Kleinsorge, Becky Lang, Shalin Brogan, Shane Carter, Chris Gordon, Lisa Jones, Brianna Swafford, Stephanie Wieland.

Seniors
Jessica Stockton, Ashley Amos, Rocky Baalman, Zach Baird, Jason Schwindt, Samantha Wolf, Courtney Albers, Sara Nally, Pam McAdams, Nick Baden, Valerie

Donelan, Courtney Haeffner, Eric Luedke, Carson McKee, Summar Stephens, Diane Wilson, Justin Bell, Tasha Diederich, Tiffany Focke, Jamie Quenzer, Desiree Sharp, Carla Sloan, Kayla Swob, Sly Cassidy, Becky Herl, Andrea Siemsen, Ashley Vrbas.

For questions, call the high school at 465-5300.

Clubs

The Colby Rotary meeting was held at the Prairie Museum of Art and History on Tuesday, Jan. 7. The meal was provided by Quality Inn Resturant; President Les Brown presided; guests were prospective member Walter Barker and Deanna Carmen.

Brown is asking for a volunteer to chair the distribution and sells of the Hunger Plus Programs Cruise Raffle Tickets. If no one volunteers, he will appoint a member to this position.

President Les Brown and Vice President Jerry Arensdorf cannot attend the President Conference in Hays on Saturday, January 25th. The District Governor has asked that at least one member from each

club in the district be in attendance for this event. Any member that would like to attend this may contact Les Brown for more information.

The Committee Service has brought to the board project plans for the next year. Recommended projects are to assist the City of Colby in building a protective frame and netting to cover the playground area at the City Ball Diamonds. This project has to have ADA approval and if the cost of this project would be more than the estimated amount of \$3500.00 approved, the project would be rejected. The club might then help in getting two new bleachers for the ball park. This was approved by the

Rotary Club members.

A check was presented by Ron Evans to the club treasurer Nancy LePell in the amount of \$525.00 this was the total for this year's donations to the Polio plus Cup during meetings.

Cal Mahin introduced Sue Taylor, Director of the Prairie Museum of Art and History. Sue told of the newest display they have at the museum. She then introduced Chris Moore who is the registrar at the museum. She introduced Judy Kleinsorge the education director for the museum. Members then split into three groups and toured the new exhibits. Members enjoyed looking and talking about the pictures of long ago.

Exercise, hormones among the 'Top 10' health stories

Let's review the top 10 health stories of 2002. Hormone replacement therapy (HRT) is not so heartily recommended for post menopausal women.

In July, results from the Women's Health Initiative found that the overall risks from HRT outstripped the benefits. In particular, women on HRT were having more, not fewer, heart attacks than women assigned to take a placebo. The studies will continue, but as you can see, the risk-benefit calculus fro HRT has been indelibly altered.

Exercise studies have proven that the easy does it. If you've been inactive, you'll stand to gain a lot of health benefits from moderate physical activity.

Dozens of studies have documented an association between high blood levels of the amino acid homocysteine and heart disease and stroke. Research published this year drew a connection to Alzheimer's disease as well. We're getting closer, but doctors will need more research results.

Health care costs could be due to paying the pill bill. Do we blame the pill bills for our escalating health care costs? Generic brand drugs could be the answer.

For people who might have heart failure, the advent of a simple blood test for the condition should mean faster diagnosis, less testing, and possibly better treatment because a diagnosis will be made sooner and with greater accuracy.

The FDA pushed for regulation that will require food makers to list how much trans fat (which is bad for your health) their products contain. Because of this, food places such as McDonald's announced in September that it would cut the amount of trans fat in its French fries in half.

Frito-Lay promised to eliminate trans fat from its snacks also. Other oils such as olive oil and many vegetable oils have health benefits. The scoop on getting 'scoped for arthritic knees is that under studies published this year, with pain and function tests two years later, they showed no difference between the group that actually had scopes and the group that didn't have them but thought they did.

This study showed that surgery can, and should, be rigorously tested in controlled trials. It's also a sobering reminder that there's no

Thomas County Health Department

● Healthy Happenings

quick fix for arthritis.

Angioplasty is a procedure where they open the arteries, restore blood flow to the heart, and requires only a small incision in the thigh. It is flawed because even with the insertion of stents, tiny metallic mesh tube, the arteries close up again in 15%-20% of patients. Several studies this year show that drug-coated stents could be the answer to this problem. On the downside, results from a large, company-sponsored study this year show that in some cases, the arteries surrounding the outside of the drug-coated stents widen, which might lead to the development of aneurysms, bulges in the artery wall.

Because tamoxifen, the standard drug for hormonal treatment and prevention of breast cancer, has many side effects, aromatase inhibitors might be an alternative. By keeping it in check, aromatase inhibitors can drive estrogen in the blood to below detectable levels in post menopausal women (it's more complicated in premenopausal women).

It has fewer side effects than tamoxifen and was slightly better at preventing recurrence of breast cancer (89 percent disease-free versus 87 percent). The drug isn't perfect; compared with women taking tamoxifen, women on the aromatase inhibitor were more likely to break a bone or experience joint pain.

In October, two research teams announced a one-two punch: the sequencing of the genome (all the genes) of Anopheles gambiae, one of the main species of mosquitoes that spreads malaria, and of Plasmodium falciparum, the parasite that causes the deadliest form of the disease.

Automation has made gene sequencing less spectacular. And the jump from genome to practical treatments (or better yet, a vaccine) is a leap. But malaria is such a killer that any glimmer of hope that it might be tamed burns especially bright.

Hospital

- Citizens Medical Center**
Monday, Jan. 13, 2002
Admissions
• Kirwin Jones, Colby
• Jerry Jeter, Chesterfield, Mo.
- Dismissals**
• Madeleine Bond, Colby
• Anna McDougal, Atwood
• Lloyd Cersovsky, Colby

Markets

| Quotes as of close, previous business day Hi-Plains Coop | |
|---|--------|
| Wheat | \$3.21 |
| Corn | \$2.40 |
| Milo | \$3.94 |
| Soybeans | \$5.03 |

A corrected version
of the weekly TV Guide will appear
in Wednesday's Colby Free Press



KANSAS PIONEER CHAPTER
19th ANNUAL BANQUET
JANUARY 18, 2003
Comfort Inn Convention Center
Colby, Kansas

PROGRAM
5:00-6:30 p.m. - Social Hour & Preview
6:30 p.m. - Dinner
7:30 p.m. - Auction & Drawing

AUCTION ITEMS INCLUDE
Bronze • Knives • Original Painting
Framed Wildlife Prints
Plus lots more!

DRAWINGS INCLUDE:
Firearms • Prints
Merchandise

Kid's Special Raffle Table
Youth Gun Drawing
(For kids under 16 years of age)

SPECIAL DRAWINGS
12 ga. Benelli Nova/Remington 870 Express,
12 ga. Browning gold, 20 ga. Ruger, 10-22,
Charles Daly Auto. 12 ga., 1/2 Beef donated
by F&M Bank and Hoxie Feedyard;
Whole Hog donated by NW Tele. Com.,
Colby Livestock and Oakley Premium Meats

FOR BANQUET TICKETS, CONTACT DARYL MEYER AT 462-3704 OR MIKE GROVER AT 462-3391, DAYS OR 462-8306, EVENINGS OR WRITE TO P.O. BOX 205, COLBY, KANSAS 67701.

360 N. Franklin

Buffalo Creek

Colby, Kansas

After Christmas, After Market, Winter Clearance Sale!!
Starts Wed., Jan. 15th - Sat., Jan. 18th • Don't miss it!!!

Unicele

Hello

New ad. Throw away old ones! Put in box Monday at new size. Thanks!!!



462-9977
1100 W. 4th
Colby

IS HAVING MONTHLY GIVE-AWAY DRAWINGS!!
A new item will be given away each month within Gambino's Corporate w/ 55 stores participating.
NOVEMBER: Audio system w/AM/FM/CD
DECEMBER: 13" Color TV/VCR combo
JANUARY: DVD/CD Player
FEBRUARY: Digital Camera
MARCH: 26" Bicycle
APRIL: Zoom Camera Outfit

STOP BY AND REGISTER TO WIN!!

NO PURCHASE NECESSARY TO WIN. DRAWING OF ONE WINNER PER MONTH WITHIN PARTICIPATING STORES.

**

85%

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