Family

Death

Thelma D. Johnson

Thelma D. Johnson, 77, of Colby, born July 24, 1926 died Saturday, Jan. 31, 2004. Services are pending at Harrison Chapel, 190S. Franklin, Colby, Kan. 67701.

Babies

Kassie Jo Miller

Mike and Tammy Miller of Rexford announce the birth of their daughter, Kassie Jo, on Wednesday, Jan. 21, 2004 at Hays Medical Center in Hays. Kassie Jo arrived at 6:30 p.m., weighing 6 lbs., and was 18 inches long.

Maternal grandparents are Don and Judy Okeson and great-grandfather Kenneth Okeson, all of Weskan.

Paternal grandparents are Larry and Marge Miller and great-grandfather W.O. Miller, all of Colby.

Kassie Jo was welcomed home by Karly, Kami and Kaycee Miller.

Tristin Ethan Ryburn

Travis and Jodi Ryburn announce the birth of their son, Tristin Ethan Ryburn, at 7:45 a.m., Thursday, Jan. 15, 2004, at the Gove County Medical Center in Quinter. Ethan weighed 7 lbs., 93/4 oz. and was 19 1/2 inches long. His grandparents are Bob and Elaine Koerperich of Selden; John and Janice Russell of Porum, Okla.; Dale and Samantha Smith of Oakley and the late Carl Ryburn. Great-grandparents are Tillie Smith of Garden City and Norma Seibel of Oakley.

Tristan is welcomed home by Shane, Allie and also Kellin.

Maverick James and Madelynn Janelle Malcolm

Jim and Holly Malcolm of Centennial, Colo., announce the birth of their twins. Maverick James and his sister, Madelynn Janelle, on Tuesday, Jan. 6. Maverick weighed 5 lbs., 10 oz. and Madelynn weighed 5 lbs., 12 oz.

Maternal grandparents are Kristin Brotherton and the late Lynn Brotherton of Salina. Paternal grandparents are Mr. and Mrs. Jim Malcolm, Sr. of Colby.

Student News

Alex Bliss

Alex Bliss, a graduate of Colby High School, was one of the Upper Iowa University students to be recognized as making the Dean's List for the fall 2003 semester.

In order to achieve this honor, Bliss had to earn a 3.5 or higher grade point average at the university located in Fayette, Iowa.

mas County Health Department as a public service announcement.

For questions on this article or friendly. any for other information, call 462-4596

Fish is good for you, and especially good for the health of your chemical chain reaction that makes heart and blood vessels. This has been shown in study after study. And most evidence points to high rotic plaques in your arteries that omega-3 fat content as the reason. But there's still a lot of debate about when they rupture.

Editor's note: The following ar-ticle has been provided by the Tho-

why fish is so cardiovascularly

One school of thought is that the omega-3 fats make your blood less "sticky" by interfering with the platelets clump. Another theory is that they stabilize the atherosclecause heart attacks and strokes

Now French scientists have pub- heartbeat. lished research that supports a third explanation. Their study included about 10,000 men ages 50 to 59 from France and Belfast.

Studies consistently show fish is good for heart

The men were divided into four groups based on how much fish they ate. As expected, the higher the blood pressure and the higher the 'good" HDL cholesterol level. But the headline on this study was that high fish consumption was also as-

An additional serving of fish each week lowered the number of heartbeats per minute by half a beat, on average. That's not much but when you consider there are 1,440 minutes in a day, it adds up.

Previous research has shown that fish consumption, the lower the a faster heartbeat significantly increases the risk of an abrupt episode of irregular heart rhythm that causes the heart to stop beating, resulting in sudden cardiac arrest. So how sociated with a slightly slower might fish fat slacken your heart-

beat? Test-tube experiments have shown that the omega-3 fats stabilize the electrical activity of heart muscle cells. The omega-3 fats seem to alter the sodium and calcium channels of in the membranes of those cells, and the channels create the electrical activity. Scientists will continue to cast about for more answers in these arcane waters, but in the meantime you know what to do-keep on eating your fish along with those fruits, vegetables and whole grains.

After 5 Club plans 'Teen's Night Out' next Tuesday

The High Plains Kansas After 5 Club has planned a dinner party at **Happenings** the Shepherd's Staff Conference Center in Rexford from 7 to 8:30 p.m., Tuesday, Feb. 10, entitled "Teen's Night Out."

Highlights of the event include the new year. 'Proms'' on Parade, which is a fash-

TOPEKA (AP) - The state bud-

get isn't the only place where leg-

islators are looking to trim some fat.

is the second-leading cause of pre-

ventable death, behind smoking but

ahead of alcohol, some Kansas law-

makers this year are looking for

ways to encourage people to adopt

It's a weighty issue that's being

One of the biggest problems for

politicians is that besides mandat-

ing changes in school lunches and

pushing physical education classes,

there's not much they can do to leg-

A first step, some say, is raising

"People don't think about the

awareness of the public health prob-

long-term effect of super-sizing

their fast-food meals, especially for

children," said Sen. David Haley of

Kansas City, ranking Democrat on

the Senate Public Health and Wel-

realization that excess weight is just

Haley, one of 17 Kansans who

attended a National Governors As-

sociation meeting on obesity in

Chicago last year, said he came

away from the three-day confer-

ence excited about tackling the is-

not good for longevity of life."

"There has to be at some point the

addressed in at least 20 other states,

with most of the focus on school-

children.

slate thinness.

fare Committee.

lem.

better eating and activity habits.

Citing statistics that show obesity

Guest speaker for the evening is Cindy Arnhold.

Her talk will be "Pressing On" in

Organizers said Arnhold is based ion show hosted by Linda Taylor out of California and is a retreat who will be showing prom dresses. speaker, a world traveler and has

also worked in a refugee camp overseas.

Reservations and cancellations for this month's After 5 Club meeting are due by Saturday.

If interested, call Carol Bohme, 462-2791; Gail Eberle, 672-4729 or email Lori Haberer at lorihaberer-@hotmail.com.

Nursery will be provided by res-

ervation only and those interested are asked to call Janice Cates, 465-9139.

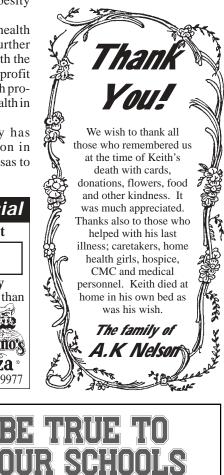
Continentals to perform

The Colby United Methodist Church will be sponsoring "The Continentals," Tuesday, Feb. 10 at 7:30 p.m. at the church.

"This is an empowered, enthusiastic, evangelical group of young people communicating the truth of Jesus Christ as the only absolute, in an ever-changing world," said Liza Wilson, publicity coordinator.

The program will interest all age groups and all backgrounds, she said.

Now in their 36th year of cutting edge music ministry, there are 30 vocalists and technicians between the ages of 16 and 28 who will challenge and inspire audiences, she said. In addition to the program, which will be open to everyone, there will be an Italian dinner served prior to the event at 6:30 p.m. Tickets will be \$8 per person in advance or \$10 at the door.



Sen. David Haley,

meals, especially for children."

State looks for ways to address obesity problem

Public Health and Welfare Committee

It's a problem that goes beyond Kansas.

Two years ago, the Internal Revenue Service began allowing taxpayers to claim weight-loss expenses as a medical deduction. Around the same time, the World Health Organization issued a report that shifted focus from the amount of food people eat to the types of food they consume.

Among its recommendations, the WHO suggested limiting food advertising aimed at children and limiting fats, salt and sugary sodas.

A recent national study by the Centers for Disease Control and Prevention ahnd the research firm RTI International shows that 20 percent of Kansans are obese and 60 percent are at least overweight.

Kansans spent \$657 million last year on obesity-related medical problems, the study said, of which \$281 million was financed by Medicare or Medicaid.

The Kansas Department of

are obese and 750 million more are overweight, according to the International Obesity Task Force, a component of the World Health Organization. And the American Obesity Association estimates that nearly one-third of the U.S. population is obese.

People are considered obese if they have a body mass index of 30 or higher, while overweight is a

Body mass index is calculated using a complex formula that takes into account a person's height and weight.

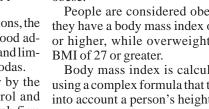
Obesity increases the risk of de-

veloping such conditions as high blood pressure, diabetes, heart disease, stroke, gallbladder disease and cancer of the breast, prostate and colon, the American Obesity

The state's department of health and environment plans to further study the issue in schools with the help of funding from the nonprofit Sunflower Foundation, which provides grants for improving health in Kansas.

The foundation already has awarded about \$1.8 million in grants for 23 projects in Kansas to address obesity.







Earn \$10

Earn \$10

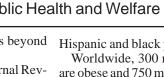
Bank credit card Earn \$10

Open a new FREE

Checking Account

Apply for a Sunflower

For each signed agreement



Hispanic and black population. Worldwide, 300 million people

People don't think about the longterm effect of super-sizing their fast-food Association said.

Markets

Quotes as of close of previous business day **Hi-Plains Co-op**

Wheat	\$3.66
Corn	\$2.69
Milo	\$4.48
Soybeans	\$7.62

We have many ways to express your love - from a single balloon to a dozen roses and anything in between! We'll gladly deliver that special Sómeplace Valentine just for you. Floral & Gifts

REMANUFACTURED IRRIGATION **ENGINES**

Exchange Prices Starting at

^{\$129400|\$120300} GM 292 Ford 300

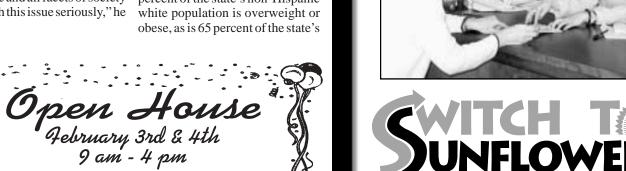
Long Life STELLITE EXHAUST VALVES





sue. "I'm calling on everyone in the Health and Environment said 57 Legislature and all facets of society percent of the state's non-Hispanic to approach this issue seriously,"he white population is overweight or said.

obese, as is 65 percent of the state's



When you Switch during January or February 2004, you can designate a participating school to receive a matching check!

We'll make it worth your time! **UP TO**

Earn \$10 When you bring your current bank checking statement with you for easy transfer

Apply for a Sunflower Bank debit card

"For only .You're kidding!!"

Yes - for only \$75 you can send the Colby Free Press to family members or friends who formerly lived here but now reside out-of-state!

Thomas County Health Department

350 S. Range, Suite 2 • Colby • 785-462-4596

Come meet our staff and see

what we offer your family

and our community.

It will be a gift they can enjoy all year long. Hometown news as presented by their former hometown newspaper.

Simply, contact us here and let us know whom you want a subscription sent to. As soon as we receive the check, we will start the subscription up!







Your Neighborhood	Community Bank
-------------------	----------------

This is a limited time offer for new households only. Must maintain accounts for six months. One checking account per household. \$100 minimum deposit to open account. Limited to 5 ACH debits or credits from your account.

© 2003K Sunflower Bank SUBA-2180

Colby 785-462-3313 1-888-827-5564 www.sunflowerbank.com

Colby Dodge City Ellinwood Great Bend	785-827-5564 785-462-3313 620-225-0585 620-564-2010 620-792-2181 785-625-8888	• • •	McPherson 620-241-1220 Osborne 785-346-2044 Russell 785-483-6322 Victoria 785-735-2201 Wichita 316-685-5441
Junction City	785-238-3177	٠	Cañon City 719-275-2311
Lawrence	785-312-7274	٠	South Fork 719-873-5608
Manhattan	785-537-0550	٠	Monte Vista 719-852-5901