

# 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, 190 S. 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., 9 3/4 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.

## 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 Valentine just for you.



## REMANUFACTURED

## IRRIGATION ENGINES

Exchange Prices Starting at

\$1294 <sup>00</sup>	\$1203 <sup>00</sup>
Ford 300	GM 292

Long Life  
STELLITE EXHAUST VALVES

FINANCING AVAILABLE

TO QUALIFIED BUYERS

MARSHALL  
ENGINE HEADQUARTERS



## S & W SUPPLY

185 West Fifth Street, Colby, Kansas 67701  
(785) 462-3373 (800) 747-3394

# Studies consistently show fish is good for heart

## Healthy Haps

*Editor's note: The following article has been provided by the Thomas County Health Department as a public service announcement.*

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

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

why fish is so cardiovascularly friendly.

One school of thought is that the omega-3 fats make your blood less "sticky" by interfering with the chemical chain reaction that makes platelets clump. Another theory is that they stabilize the atherosclerotic plaques in your arteries that cause heart attacks and strokes when they rupture.

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

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

heartbeat.

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 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 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

## Happenings

The High Plains Kansas After 5 Club has planned a dinner party at 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 "Proms" on Parade, which is a fashion show hosted by Linda Taylor who will be showing prom dresses.

Guest speaker for the evening is Cindy Arnhold.

Her talk will be "Pressing On" in the new year.

Organizers said Arnhold is based out of California and is a retreat 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.

### Continental 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.

TOPEKA (AP)—The state budget isn't the only place where legislators are looking to trim some fat.

Citing statistics that show obesity is the second-leading cause of preventable death, behind smoking but ahead of alcohol, some Kansas lawmakers this year are looking for ways to encourage people to adopt better eating and activity habits.

It's a weighty issue that's being addressed in at least 20 other states, with most of the focus on school-children.

One of the biggest problems for politicians is that besides mandating changes in school lunches and pushing physical education classes, there's not much they can do to legislate thinness.

A first step, some say, is raising awareness of the public health problem.

"People don't think about the 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 Welfare Committee.

"There has to be at some point the realization that excess weight is just not good for longevity of life."

Haley, one of 17 Kansans who attended a National Governors Association meeting on obesity in Chicago last year, said he came away from the three-day conference excited about tackling the issue. "I'm calling on everyone in the Legislature and all facets of society to approach this issue seriously," he said.

“People don't think about the long-term effect of super-sizing their fast-food meals, especially for children.”

Sen. David Haley,  
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 and 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 Health and Environment said 57 percent of the state's non-Hispanic white population is overweight or obese, as is 65 percent of the state's

Hispanic and black population.

Worldwide, 300 million people 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 BMI of 27 or greater.

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 Association said.

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.

### Wednesday Special

#### Free Drink with Buffet

Ask about our daily specials!

#### Crazy 18" January

18" Pizza for only \$4 more than a large plus 4 free soft drinks and stadium cups.

Daily Buffet 11-1:30 pm

1100 W. 4th • Colby, KS • 462-9977



*Thank You!*

We wish to thank all those who remembered us at the time of Keith's death with cards, donations, flowers, food and other kindness. It was much appreciated. Thanks also to those who helped with his last illness; caretakers, home health girls, hospice, CMC and medical personnel. Keith died at home in his own bed as was his wish.

*The family of  
A. K. Nelson*

*Open House*  
*February 3rd & 4th*  
*9 am - 4 pm*

**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.*

“For only \$75?”  
“... 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!

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!

**\$75!!** (And we're not kidding!)

COLBY FREE PRESS

155 W. 5th  
462-3963

**BE TRUE TO OUR SCHOOLS**

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

**SWITCH TO SUNFLOWER**

**Earn \$10**  
Open a new **FREE** Checking Account

**Earn \$10**  
Apply for a Sunflower Bank credit card

**Earn \$10**  
For each signed agreement for automatic deposit or payment from your account\*\*

**Earn \$10**  
Enroll for SunNet™ Online Banking with **FREE Online Bill Pay**

**We'll make it worth your time!**  
**UP TO \$100**  
deposited into your account when you present this ad\*

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

**Earn \$10**  
Apply for a Sunflower Bank debit card

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

Salina 785-827-5564 • McPherson 620-241-1220  
Colby 785-462-3313 • Osborne 785-346-2044  
Dodge City 620-225-0585 • Russell 785-483-6322  
Ellinwood 620-564-2010 • Victoria 785-735-2201  
Great Bend 620-792-2181 • Wichita 316-685-5441

Hays 785-625-8888  
Junction City 785-238-3177  
Lawrence 785-312-7274  
Manhattan 785-537-0550

• Cañon City 719-275-2311  
• South Fork 719-873-5608  
• Monte Vista 719-852-5901

*Your Neighborhood Community Bank*

\* This is a limited time offer for new households only. Must maintain accounts for six months.  
\*\* Limited to 5 ACH debits or credits from your account.  
© 2003K Sunflower Bank SUBA-2180