



Colby Community College graduates 351

Degrees, certificates go to U.S., foreign students

Degrees and certificates were awarded to 351 graduates at Colby Community College's commencement exercises held May 15 at the Colby Community Building.

A list of degree candidates and their hometowns follow:

Associate in Arts

Yugoslavia (BELGRADE), Ivana Drmanac; **Canada** (EDMONTON), Bobby Van Wieren, (SWIFT CURRENT), Cole Grant; **Japan** (FUKUOKA), Yurie Fujisawa, (TOKYO), Akira Itoh; **Austria** (HALLEIN), Andrea Liberda; **Saudi Arabia**, Adnan Ahmed; **Uzbekistan** (TASHKENT), Muzaffar Abdurakhmanov; **Australia** (WARRANBOOL), Louise McLean.

Colorado: CENTENNIAL - Dan McClure; Erie, Mario Pena; HOLLY - Karli Sherwood; LITTLETON - Joel Gould, Brian Hassing; NEW CASTLE - Blake Barth; WIGGINS - Casey Miller; WRAY - Arika Johnson.

Illinois: BURNHAM - Justin Williams; OAK PARK - Dillion Sneed.

Kansas: AGRA - Lori Dennis. ALMENA - Sandra Dole, Laura Schemper, Luke Schemper. ATWOOD - Angela Carriker, Dona Carriker, Gene Carriker, Tegan Carriker, Wade Goodwin, Jennifer Sramek, Kelsey Strickler. BIRD CITY - Clint Bursch, Lane Carpenter. COLBY - Adeline Arnold, Megan Augustine, Melissa Augustine, Derrick Bailey, Julie Calkins, Siobhan Cassidy, Shanda Draper, Daniel Edwards, Angela Gaede, Treasure Glad, Shaun Guard, Lindsay Hemel, Kylee Hunter, Tiffany Hurtt, Chase Kough, Sandra Lobato, Ashley Mantz, Samantha Miller, Rachael Morrell, Hannah Munderloh, Shilah Pargman-Holbrook, Tiffany Pena, Karen Saddler, Kyle Sandusky, Amanda Schmidt, Chris Sharp, Andrea Siensen, Bernice Skiles, Amber Staats, Tucker Stover, Ryan Zweygardt. DAMAR - Lacey Knipp. DIGHTON - Kenneth Wilkens. ELLIS - Kimberly Andrews. EMPORIA - Abigail Wagaman. GARDENCITY - Zane Davis, Krista Hahn.

GOODLAND - Jacquelyn Beal, Christina Beeson, Liliana Bondell, Janice Bonsall, Donna Kroskey, Lonnie Phifer, Kayla Williams. GRAINFIELD - Cassandra Schuster, Ronald Wolf. GRINNELL - Shelby Barnett. HAYS - Apryl Brown, Lindsay Hager, Donna Piedrafita, Danielle Wolf. HEALY - Steven Penka. HERNDON - Lacy Hargitt. HILL CITY - Karmen Davignon, Brandon Dinkel, Jennifer Hanna,

Meredith Trexler. JENNINGS - Bryan Stephens. LANCASTER - Dana Baker. LAWRENCE - Melissa Swenson. LEOTI - Debra Hughes, Dora Langdon, Trae Rickford, Julee Wiegers. LUDELL - Amy Green, Dianne Vap. MORLAND - Sheri Stegman, Geraldine Toll. NORCATUR - Michael Karnes. NORTON - April Bashford, Shawna Engelsman, Sherry Hickman. Mary Montgomery. OAKLEY - Amber Andreasen, Clayton Bosserman, Amanda Felhoelter, Jay Hipp, Tyler Landenberger, Elyse Molstad, Phyllis Thornton, Louise Tippetts. OBERLIN - Elisabeth Copeland, Julia Ray, Barbara Szwesit. OVERLAND PARK - Alianna Hamer. PENOKEE - Christina Maley. PLAINVILLE - Kayla Fisher. QUINTER - Carrie Nejd, Linda Teeter. SCOTT CITY - Catherine Brokofsky, Wendy Swilley. SELDEN - Ashley Stevenson, Lori Truetken. SHARON SPRINGS - Rona Langdon, Tamara Robben, Sharon Still, Colleen Wagoner. ST. FRANCIS - Stephane Hunt, Becky Leinen, Stacy Zweygardt. SUBLETTE - Karlina Jorgensen. WAKEENEY - Aaron Weigel.

North Carolina: ADVANCE - Buster Johnson. CHARLOTTE - Rufus Drayton.

Nebraska: ALMA - Anthony Anderson. CULBERTSON - Amy Nichols. FRANKLIN - Hailey Greening. MCCOOK - Alisha Liess. STAMFORD - Ashley Blickenstaff.

Ohio: MT. GILEAD - Clarence Dolloway.

Oklahoma: TULSA - Travis Hearne.

Texas: EL PASO - Leo Fryrear. **Wisconsin:** LITTLE SUAMICO - Thomas King. MILWAUKEE - Branden Miller.

Associate of Science:

Yugoslavia: (BELGRADE) - Bojana Samardziska.

Serbia (MONTENEGRO) - Jelena Spiric.

Colorado: AKRON - Jimmy Gebauer. ARAPAHOE - Jared Myers. MONUMENT - Jeffrey Sekavec. STRATTON - Andrew Mills.

Kansas: BREWSTER - John Luckert. COLBY - Jessica Abdurakhmanov, Christopher Barnum, Megan Blatt, Brandy Boutte, Laura Coulter, Devlin Dempewolf, Ashley Jones, Lindsey Kastanek, Nicholas Krick, Derrick Kyte, Jared Lambertson, Lawrence Mahan, Jay Northam, Dominique Palser, Jeffrey Reavis, Jonathan Reser, Brandon Stupka, Jeffery Williams, Brian Wochner. DRESDEN - Jeffrey Wessel.

GOODLAND - Brian Coon, Jessica Lattimore. HOXIE - Emily Heim, Heidi Koster, Casey Morris, Lori Salmans. LEVANT - Peggy Hruska. LOGAN - Samuel Jackson. MEDICINE LODGE - Laura Lawrenz. NORTON - Donna Foley. OAKLEY - Megan Shaw, Jerrad Zerr. PALCO - Kate Howland. PRATT - Andrew Hemphill. QUINTER - Seth Albin. REPUBLIC - Miranda Brown. SHARON SPRINGS - Landon Funk. ST. FRANCIS - Jamie Dunn, Amber Fulkender. TIPTON - Elizabeth Schroeder. TRIBUNE - Zalan Molnar. ULYSSES - Matthew Stevenson. VALLEY FALLS - Mary Miller. WAMEGO - Tyler Roberts. WESKAN - Tucker Sexson. WICHITA - Leslie Covey. WINONA - Kandy Schertz.

Nebraska: HAYES CENTER - Jennifer Gigax. MADISON - Adam Frisch. SIDNEY - John Lessman. STRATTON - Gregory Pollmann.

Associate in General Studies

Colorado: BURLINGTON - Megan Edmundson.

Kansas: NORTON - Richard Foley.

Associate of Applied Science

California: OCEANSIDE - Andrea Dosek.

Colorado: AKRON - Jeffrey Odell. LAKEWOOD - Gregory Devrous.

Florida: BROOKSVILLE - Crystal Buck.

Kansas: ALBERT - Christopher Elsen. ATWOOD - Margaret Eller, Jaime Hatfield, Krista Jackson Fox, Christina Tollman. BREWSTER - Julie Horney, Zlatica Kurjatnikova, Christi Somers. CHENEY - Debbie Olmsted. CIMARRON - Kaley Rea. COLBY - Candace Albers, Tresa Baker, Cynthia Blanton, Jana Britt, Leann Hirschfeld, Sabrina Holmeister, Clayton Kaiser, Calea Meyer, Kent Nelson, Nicholas Quenzer, Wyatt Rundel, Nicole Rykhus, Nicolas Schroeder, Kayla Wilson, Leslie Wochner. DODGE CITY - Stephanie Hertel, Kaycie Schiffner, Truc Seidl. GARDEN CITY - Ronda Bolding, Alan Carson, Joshua Hahn, Ashley Henderson, Mary Ortiz. GEM - Nathan Wright.

GOODLAND - Erica Arntt, Mary Black, Joy Braun, Anna Fenner, William Gray, Tara Janse, Shelly Jones, Gladys Leonard, Shelli Stephens. GRAINFIELD - Sara Waldman. HAYS - Heather Calvery, David Munsell. HERNDON - Sandra Reuther. HILL CITY - Janell Carlin, Marilyn Derringer. HOXIE - Lula Brown, Brian White. HUTCHINSON - Kaci Rump. INGALLS - Esther Penner. KANORADO - Patrick

Webber. LAKIN - Amanda Ansel. LARNED - Jeremy Peck. LEOTI - Ashley Bjurstrom. LITTLE RIVER - Natalie Petz. MARIENTHAL - Shelly Crow. MERRIAM - Rebecca Phipps. MORLAND - Scott Minium. MUNDEN - Adam Kadavy. NEW ALMELO - Joni Otter. NORTON - Barrett Hesson, Monte Miller, Carman Sittler, Jane Wyatt. OAKLEY - Natasha Barnett, Amanda Dodd, Andrew Watkins. OBERLIN - Lemilla Counter, Rebecca Tate. PERRY - Heather Holmes. PLAINVILLE - Scott Carpenter, Shelley Collins. REXFORD - Marko Vignjevic. SCOTT CITY - Deanna Kennedy. ST. FRANCIS - Amy Rice, Ryan Weeks. STOCKTON - Kayla Cook. TRIBUNE - Dennis Smith. TURON - Jerrad Riggs. WAKEENEY - Nicole Fose, Kizmin Wilson. WASHINGTON - Jason Zabokrtsky. WHITE CITY - Crystal Stilwell. WILSEY - Bobbie Bachura. WRIGHT - Sadie Gleason.

Missouri: BRONAUGH - Lindfsey Heitz. STOCKTON - John Burns.

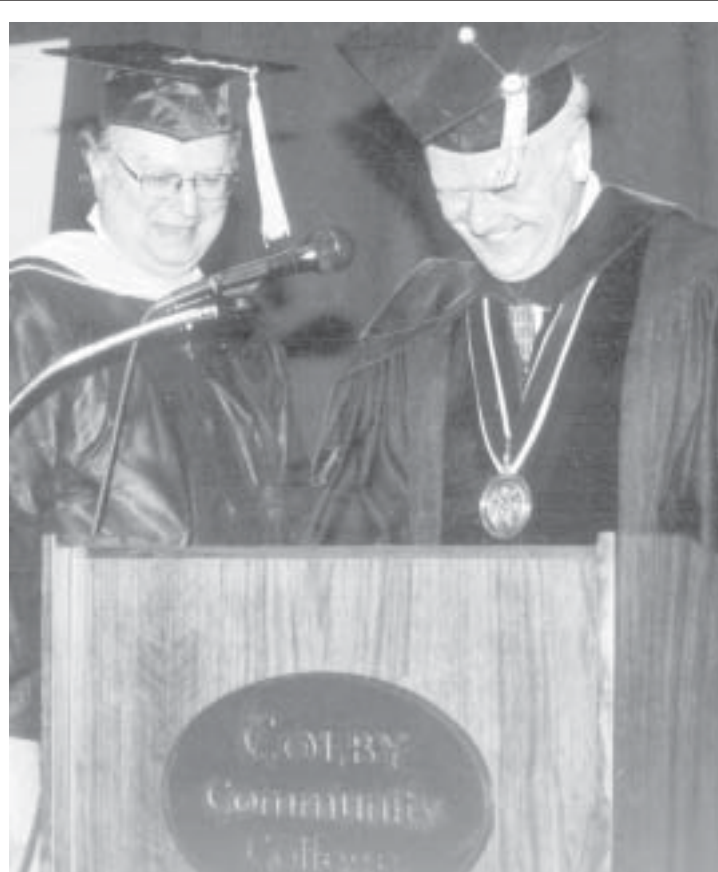
Nebraska: BENKELMAN - Julie Gunther, Julia Preston. CAMBRIDGE - Calista Harris. CAMPBELL - Mark Golter. HAMLET - Heidi Wright. HOLDREGE - Audrey Fitch. HUMPHREY - Brent Reichmuth. IMPERIAL - Tara Johnsen. LEIGH - Kelli Hamernik. MADISON - Travis Stevens. ORLEANS - Emily Hays. TRENTON - Patricia Forch. WAUNETA - Lisa Harris.

One-Year Certificates

Colorado: IDALIA - Tyra Walters.

Kansas: ATWOOD - Barbara Huntington. BOGUE - Michelle Long. BREWSTER - Katherine Mills. COLBY - Stephanie Carter, Karen Davis, Kallie Lee, Reagan Smith, Deanna Schmidtberger, Jerri Zweygardt. GLADE - Abby Horner. GOODLAND - Amber Baxter, Stacey DeGeorge, Kyla Rico. HOXIE - Amanda Perez, Amanda Post. LENORA - Jennifer Wildeman. MENLO - Cheyenn Oard. MOUND CITY - Melinda Fry. NORTON - Leigh Davis, Joyce Fischer, Carla Kumke, Megan Mapes, Claire Rotering, Sarah Snow, LeAnn Wyatt. OAKLEY - Aida Racette, Angela Remmick. OBERLIN - Nikki Murray. PHILLIPSBURG - Sandra Cummings. SELDEN - Bobbi Koerperich. SHARON SPRINGS - Tessa Hatfield, Deborah Lucas, Leanna Milles, Shirley Renner.

Nebraska: DANBURY - Janet Welch. INDIANOLA - Alisa Ogorzolk. NORTH PLATTE - Kari Taul.



COLBY COLLEGE PHOTO
Vernon Wranosky was all smiles as he received the "Tangeman Award" from Colby Community College President Dr. Mikel Ary at the commencement exercises.

College commencement Instructor, student win coveted awards

Colby Community College has been the first stop for many doctors, nurses, chiropractors, pharmacists and other health care professionals. Vernon Wranosky has been a positive influence and mentor for those students and hundreds of others who have enrolled in his biology, microbiology, genetics, botany and dendrology classes.

In recognition of his contribution to higher education, Wranosky was selected to receive the Dr. Jim Tangeman Award at the college's May 15 commencement ceremony. The award is given annually to recognize an instructor for excellence in teaching.

Wranosky, who has been teaching various biological science courses at the community college since 1969, began his career at Colby College in September 1971.

In addition to being department chair, he has served the college on self-study, reaccreditation efforts in both 1994 and 2004.

Wranosky has been recognized for a number of years as an outstanding teacher and mentor by former students who attend Kansas Regent schools.

He received his Associate of Science degree from Fairbury Community College (Fairbury,

Neb.), his bachelor's degree from the University of Nebraska at Kearney, and his Masters of Science in Biology also from the University of Nebraska at Kearney.

In recognition of the honor, Wranosky received a \$500 stipend from the Colby Community College Endowment Association.

Clayton Kaiser was also recognized at commencement. Kaiser was selected to receive the Dr. Richard Mosier Award which includes a \$250 scholarship award from the Endowment Association.

The Colby sophomore graduated from Colby High School in 2002 and was an honor student at the college for two years. He earned a place on the President's Honor Roll with a 4.0 GPA each semester.

Kaiser was chosen as a Student Ambassador based upon his leadership and academic qualities. He was also a member of the Trojan baseball team.

He plans to major in criminal justice at Benedictine College in Atchison where he will play baseball.

Clayton is the son of Danielle Kaiser of Colby and Carl Kaiser of Grainfield.

Eggstra delicate, please



COLBY COLLEGE PHOTO

The egg toss was a popular feature at the recent Big Brothers/Big Sisters "Big for a Day" event at Colby Community College. Melissa Augustine, Colby sophomore, planned and coordinated the event held May 1. Augustine successfully applied for a \$300 KNEA grant to fund the activity for children in the Big Brothers/Big Sisters program. Areas of emphasis for the day included leadership, communication and problem solving. Members of the college's chapter of the KNEA-SP organization helped with the event. The organization for students majoring in education is sponsored by instructor Carolyn May.

It's called 'Sjogren's Syndrome'

Seven years ago I went to my doctor hoping to get some eyedrops and came away instead with a tentative diagnosis of Sjogren's Syndrome (pronounced SHOW-grins). Named after the Swedish physician, Henrik Sjogren, who noted the signs of dry mouth and dry eyes in some of his rheumatoid arthritis patients, the disorder is one of over eighty autoimmune disorders of uncertain origin.

Like other better-known illnesses such as lupus, rheumatoid arthritis, and multiple sclerosis, it is believed to have a genetic component triggered by environmental factors. While Sjogren's attacks the exocrine (moisture-producing) glands resulting in dryness, it also can involve any major organ system with a wide variety of results such as pain, debilitating fatigue, neuropathies, hearing loss, and digestive problems. Recently, in a search for more information, I found two excellent new books through interlibrary loan.

Amazingly, each book was published in 2003 — that's a plethora

of volumes compared to recent years. I'd be hard pressed to say which one is best; both are very readable and contain essential information for anyone who has this illness or knows someone who does. *A Body Out of Balance: Understanding and Treating Sjogren's Syndrome* is written by a Sjogren's patient (Ruth Fremes) and her rheumatologist (Nancy Carteron). Equally valuable is *The Sjogren's Syndrome Survival Guide*, written by two women with Sjogren's: Psychologist Teri P. Rumpf, Ph.D. and Katherine Morland Hammitt, Past President of the Sjogren's Syndrome Foundation. Both books are slim volumes, written in laymen's terms, full of the most current medical information, and packed with helpful tips for dealing with all aspects of this chronic illness.

"So what is the big deal about dry eyes and dry mouth?" some may ask. It's the snowball effect. For example, not enough saliva results in all kinds of problematic consequences: rampant dental cavities, mouth infections, a hoarse or raspy voice, sore throat, chronic cough, and digestive problems. Dry eyes result in blurred vision, the need to use eyedrops many times each day, the inability to read or do computer work for sustained periods of time, eye infections, and even corneal abrasions. An added challenge is

that symptoms are usually not static — they can change day by day or even hour by hour. In addition, stress and fatigue can worsen symptoms. Ninety percent of Sjogren's sufferers are women, most over forty; however, Sjogren's can strike at any age.

Unfortunately, diagnostic criteria for Sjogren's are still debated and obtaining a definite diagnosis eludes many patients for years. A diagnostic work-up includes not only subjective symptoms but also blood work, tear flow tests, salivary function tests, and lip biopsy. While diagnosis is important, especially to rule out other possible diseases, there is no cure. Treatments are palliative. You can learn more about Sjogren's Syndrome on the Internet as well: try out www.sjogrens.org.

Each person with an autoimmune disorder must find his/her own pace, recognize warning signs, arrange for extra rest, and be willing to slow down whenever necessary. After spending seven years learning more about Sjogren's syndrome, I still don't have an official diagnosis, but I have learned that limitations in energy and abilities do turn out to be hidden blessings.

Janis Schulte is an English instructor at Colby Community College. Her "Random Reviews" has been a popular part of this page.



Janis Schulte