## Cold and exertion stress heart

eling snow may not lead to any health problems minutes after noticing symptoms to call 911. for most people, but the risk of a heart attack may increase for some because the combination of cold and physical exertion increases the workload on the heart.

People who are outdoors in cold weather should avoid sudden exertion, like lifting a heavy shovel full of snow. Even walking through heavy, wet snow or snow drifts can strain a person's heart.

To help make snow removal safer, the association has compiled a list of practical tips:

- Give yourself a break. Take frequent rest breaks during shoveling so you don't overstress your heart. Pay attention to how your body feels during those breaks.
- Don't eat a heavy meal before or soon after shoveling. Eating a large meal can put an extra load on your heart.
- Use a small shovel or consider a snow thrower. Lifting heavy snow can raise blood pressure acutely during the lift. It is safer to lift smaller amounts more times, than to lug a few huge shovelfuls of snow. When possible,
- Learn the heart attack warning signs and listen to your body, but remember this: Even if you're not sure it's a heart attack, tell a doctor about your symptoms.
- Minutes matter! Fast action can save lives

- Don't drink alcohol before or immediately after shoveling. Alcohol may increase your sensation of warmth and may cause you to underestimate the extra strain your body is under
- Consult a doctor. If you have a medical condition, don't exercise regularly or are middle aged or older, meet with your doctor before the first anticipated snowfall.
- Be aware of the dangers of hypothermia. Heart failure causes most deaths in hypothermia. Dress in layers of warm clothing, which trap air between layers forming a protective insulation. Wear a hat, because much of your body's heat can be lost through your head.

#### Heart Attack Warning Signs

Some heart attacks are sudden and intense – the "movie heart attack," where no one doubts what's happening. But most start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

· Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

• Discomfort in other areas of the upper

The American Heart Association says shov- - maybe your own. Don't wait more than five body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

- Shortness of breath with or without chest
- Breaking out in a cold sweat, nausea or lightheadedness.

As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea or vomiting and back or jaw pain.

Calling 911 is almost always the fastest way to get lifesaving treatment. Emergency medical workers can begin treatment when they arrive – up to an hour sooner than if someone gets to the hospital by car.

Ambulance crews are trained to revive someone whose heart has stopped. Patients with chest pain who arrive by ambulance usually receive faster treatment at the hospital,

It is best to call for rapid transport to the emergency room. If you can't, have someone drive you to the hospital right away. If you're the one having symptoms, don't drive yourself, unless you have absolutely no other option.

For information, see your doctor or call the association at (800) AHA-USA1 or visit online at www.heart.org.

But Clinkenbeard and Holabird

said there's a difference between

Mariposa's crystalline gold speci-

men and the placer nugget found

True nuggets such as the latter

are a product of erosion in a mod-

ern or ancient streambed, while

the former consists of native gold

in quartz that has not gone through

make the Washington Nugget

worth roughly \$130,000, Holabird

expects a collector to pay more

because of its historical value.

Gold closed at \$1,368.90 an ounce

ible," he said. "No one will be

melting this thing. It's one of the

most important California gold ar-

"It's worth more as a collect-

While current gold prices would

the same erosional process.

### On the Beat

#### **COLBY POLICE Thursday**

2:17 a.m. - Security check at

3:04 a.m. – Rear door open on Closed door; unable to locate any-

9:20 a.m. - Caller reported juvenile complaint. All OK.

10:20 a.m. - Assisted ambulance crew on call.

11:28 a.m. – Assisted driver with vehicle stuck in snow at Franklin

2:32 p.m. – Walk through at Walmart.

2:45 p.m. – Caller reported credit card information stolen and used over Internet. Report filed. 3:17 p.m. - Caller wanting wel-

fare check. All OK.

5:35 p.m. – Very aggressive dog at large. Animal was turned over to owner and citation issued.

5:56 p.m. - Subject came to vehicle at Webster and Chick. Law Enforcement Center, report-

> 6:31 p.m. - Caller reported vehicles parked for an extended period of time. Three of four vehicles moved, orange cones placed.

> 7:30 p.m. - Caller said unable to reach subjects, requested welfare check. Made contact, all OK.

9:31 p.m. - Dog at large, unable

9:57 p.m. - Caller reported subject harassing her via telephone. Spoke with subjects, provided in-

## Watershed restoration proposals sought now

accepting proposals for projects and services for the coming fiscal year, which begins July 1, from last Monday to Monday, Feb. 28.

Go to kanphix.kdhe.state.ks.us/ Public/KCW/ to apply.

The Watershed Restoration and Protection Strategy program engages people to identify watershed restoration and protection

The Kansas Department of needs, establish goals, create a Health and Environment's Water- cost-effective watershed plan to shed Management Section will be achieve them and implement the plan. The process includes development, assessment and planning, and implementation, the agency

For information or proposal details, go to www.kswraps.org. or contact Jaime Gaggero, program coordinator, at (785) 296-5579 or jgaggero@kdheks.gov.

### Rewarding valued employees can benefit employer as well

Next time you check into a ho- ers or employees was the ability to specialist encourages you to look at the wall.

'Chances are, there will be a plaque recognizing someone as Employee of the Month," said Chris Reinhardt, feedlot specialist with K-State Research and Extension. "That someone most likely changed your sheets, cleaned your toilet, changed out the busted tile or shower spigot in your room, or took your order – and smiled."

"I've seen the plaques and asked myself, 'For what special traits is this person being rewarded?"" said Reinhardt. "Did they change the most sheets in October? Unfortunately, I don't think it's ever that simple.

"Is that the only trait you value in your workplace culture: time efficiency? I doubt it."

peat. If all that mattered to employ- speak volumes to the contrary.

tel or order at a restaurant, a Kan- do a single task, they would have sas State University extension left long ago. Certainly, we value time management and efficiency, but what about loyalty, work ethic and teamwork?

"Most likely your personal employee of this month is the person who will stay a few minutes longer," he said, "to make sure the widget is welded securely, greases the zerks one more time or volunteers to walk the weaned calves looking for sick ones so someone else can go to Junior's ball game this weekend."

Everyone has a different tolerance for recognition, but most like to know that they are truly appreciated, maybe publicly like the "Employee of the Month" plaque, or just one-on-one, when no one else is around, Reinhardt said.

"All your people likely have something special to offer," he The agricultural workplace can said. "Your job as a manager is to be grinding, he said, especially determine the best way to reguat certain times: calving, spring larly acknowledge their contriplanting, fall harvest, weaning, re-butions. If not, your silence may



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## Huge gold nugget found in Sierra up for auction

By Martin Griffith

Associated Press

RENO, Nev. (AP) – Some 150 west in search of riches, a new gold discovery in the Sierra Nevada is stirring excitement.

A 100-ounce nugget found by a man last year on his property near Nevada City, Calif., is expected to fetch between \$225,000 and \$400,000 when it goes up for auction March 15 in Sacramento,

gist whose Reno-based company is one of the country's largest sellers of Western Americana, is handling its sale. He says he thinks it's the largest California gold nugget left in existence.

Virtually all of California's gold fields have been thoroughly combed by miners, he said, and Golden State have been melted in the same area where hydraulic

thorities in northern California say hold.

maine Grosse was arrested Dec. minivan.

county's regional medical cen- to register the cab.

a man released from a hospital af-

Department of Motor Vehicles of-

27 on suspicion of auto theft and

forgery.

Man tried to register stolen taxi

ter a psychiatric evaluation stole shared a taxi with a woman going

Authorities tell the Contra help with the woman's luggage,

Grosse had been sent to the someone using forged documents

Costa Times that 26-year-old Jer- then drove away in the yellow

a taxi and tried to register it at a to a San Pablo hospital.

SAN PABLO, Calif. (AP) - Au- ter on an involuntary psychiatric

into ingots for money.

While bigger nuggets have surfaced in Australia in recent decades, no similar-sized placer years after the forty-niners rushed nuggets from California have turned up in museums.

The Smithsonian Institution's largest placer nugget from California weighs about 80 ounces.

"The chances of finding something like this anymore are beyond remote," Holabird said. "It could be one in a trillion."

The man was using a metal detector in an unmined ancient Fred Holabird, a mining geolo- stream bed near the old Mother when he stumbled on the nugget in February.

The Union of Grass Valley, Calif., identified him as San Francisco businessman Jim Sanders.

The so-called Washington Nugget is thick and oblong, and resembles a "squished loaf of bread," other monster nuggets from the Holabird said, adding it was found

After his release Dec. 26, he

Authorities say when they ar-

Grosse was arrested after a

state worker in El Cerrito reported

rived. Grosse asked the driver to

mining was invented in the 19th the American River in 1864. century.

A lack of records makes it difficult to determine how the nugget compares in size, said John Clinkenbeard, senior geologist with the California Geological Survey in Sacramento.

But he said he's unaware of any similar 100-ounce placer nugget being found in California in recent

"I can't put a numerical value on how rare it is to find a nugget like this," Clinkenbeard said. "All I know is that large nuggets are Lode mining camp of Washington very rare and your odds of finding one aren't very good."

The largest known nugget found in California, 54 pounds, was found in 1859 in Butte County, he

The California State Mining and Mineral Museum in Mariposa, Calif., displays the Fricot "Nugget," a rare 13.8-pound specimen of crystallized gold discovered in

Friday.

tifacts that exist."

Burglar returns stolen tequila MADISON, Wis. (AP) - she woke up her husband and he Madison police are looking for got a knife sharpener and yelled a burglar who gave back a bottle at the intruder. of tequila after the homeowner

hit him in the head. Madison police say a someone walking in their house bottle of tequila. at about 5:10 a.m. Dec. 31.

Police spokesman Joel De- with a cell phone. Spain tells The Capital Times

He says the man followed the burglar out of the house, grabbed him by the shoulder and hit him band and wife, both 50, were in the head with the sharpener. sleeping when the women heard The burglar then handed over a

Police say he did get away

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