

The American Heart Association says shoveling snow may not lead to any health problems 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.

- Minutes matter! Fast action can save lives

- 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

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

COLBY POLICE
Thursday

2:17 a.m. – Security check at Walmart.

3:04 a.m. – Rear door open on vehicle at Webster and Chick. Closed door; unable to locate anyone.

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 and Davis.

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 welfare 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 Law Enforcement Center, reported threats.

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 to locate.

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

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

The agricultural workplace can be grinding, he said, especially at certain times: calving, spring planting, fall harvest, weaning, repeat. If all that mattered to employ-

else is around, Reinhardt said.

"All your people likely have something special to offer," he said. "Your job as a manager is to determine the best way to regularly acknowledge their contributions. If not, your silence may speak volumes to the contrary."



Grosse had been sent to the county's regional medical center to register the cab.

The so-called Washington Nugget is thick and oblong, and resembles a "squished loaf of bread," Holabird said, adding it was found in the same area where hydraulic

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

"It's worth more as a collectible," he said. "No one will be melting this thing. It's one of the most important California gold artifacts that exist."

Police spokesman Joel De-
Spain tells *The Capital Times*

To have your ad placed in the Business Directory call Andrea, Kathryn, or Tammy today at 462-3963.

Commercial • Residential • Free Estimates

Elastomeric Rubber Coating For Metal Roofs

Dennis R. Tubbs/Agent

P.O. Box 506 • 490 N. Franklin
Ph: 785-462-3939 • Fax: 785-462-3752
dtubbs@thomascountyins.com • www.thomascountyins.com

155 W. 5th Street • 785.462.3963

