

# Remember to laugh for a healthy heart

The American Heart Association wants you to remember that managing your stress level is key to maintaining a healthy heart.

"Managing your emotions better may help, because some people respond to certain situations in ways that can cause health problems for them," said Cherie Boxberger, director of quality improvement for the American Heart Association.

"For instance, someone feeling pressured by a difficult situation might start smoking or smoke more, overeat and gain weight. Finding more satisfactory ways to respond to pressure will help protect your health."

Stress sets off a chain of events. First, you have a situation that's usually upsetting but not harmful. The body reacts by releasing adrenaline, causing your breathing and heart rate to speed up and your blood pressure to rise.

These physical reactions prepare you to deal with the situation by confronting it or running from it – the "fight or flight" response.

When stress is constant or chronic, your body remains in high gear for days or weeks. Chronic stress causes an increase in heart rate and blood pressure that may damage the artery walls.

Healthy habits can protect you from the harmful effects of stress. Here are 10 positive healthy habits you may want to develop.

**1. Talk with family and friends.** A daily dose of friendship is great medicine.

**2. Engage in daily physical activity.** Regular physical activity relieves mental and physical tension. Physically active adults have lower risk of depression and loss of mental functioning. Physical

activity can be a great source of pleasure, too. Try walking, swimming, biking or dancing every day.

**3. Accept the things you cannot change.** Don't say, "I'm too old." You can still learn new things, work toward a goal, love and help others.

**4. Remember to laugh.** Laughter makes you feel good. Don't be afraid to laugh out loud at a joke, a funny movie or a comic strip, even when you're alone.

**5. Give up bad habits.** Too much alcohol, cigarettes or caffeine can increase stress. If you smoke, decide to quit now.

**6. Slow down.** Try to "pace" instead of "race." Plan ahead and allow enough time to get the most important things done.

**7. Get enough sleep.** Try to get six to eight hours of sleep each night. If you can't sleep, take steps to help reduce stress and depression. Physical activity also may improve the quality of sleep.

**8. Get organized.** Use "to do" lists to help you focus on your most important tasks. Approach big tasks a step at a time. For example, start by organizing one part of your life – your car, desk, kitchen, closet, cupboard or drawer.

**9. Practice giving back.** Volunteer your time or return a favor to a friend. Helping others helps you.

**10. Try not to worry.** The world won't end if your grass isn't mowed or your kitchen cleaned. You may need to do these things, but today might not be the time.

For tips on how to manage your stress, visit the American Heart Association at [www.heart.org/StressManagement](http://www.heart.org/StressManagement).



Dr. Steve Vacik and several Presidential Scholars paused for a break during the "Trick or Treat so Others Can Eat" food drive on Sunday.

## College pitches in for food drive Sunday

Members of the Colby Community College women's cross country and track teams and Presidential Scholars Organization assisted with the annual "Trick or Treat so Others Can Eat" food drive Sunday in Colby.

In addition to these groups, the Cub Scouts, Catholic Youth Organization and Girl Scouts

assisted with the event to collect food for Genesis-Thomas County.

The cross country and track teams are coached by Crystal Berndt. Dr. Vacik is the sponsor for the Presidential Scholars organization.

Each club and organization on the college

campus is required to participate in community service events.

For information or assistance with similar events, contact Campus Bookstore Manager Jacque Bedore at 460-4670.

We want your local news:  
e-mail to  
[colby.editor@nwkansas.com](mailto:colby.editor@nwkansas.com)



The Thomas County Health Department would like to thank the community volunteers that helped with our 2011 Mass Flu Clinic Exercise on October 5, 2011. Because of our volunteers we were able to vaccinate over 300 people in three hours. The clinic helped us prepare and practice for a public health event.

### Colby Community College

#### Nursing Department

Jessica Allen  
Kristania Besouw  
David Bunch  
Tiffany Focke  
Kathy Franz  
Kelly Gates  
Gina Gultom  
Cathy Horinek  
Cindy Horton  
Cliff Leonhardt  
Caitlyn McDaniel  
Sarah Miller  
Leah Scott  
Jacqueline Shandy  
Tobey Stramel  
Shelly Summers  
Shayna Tease  
Karen Wenzl  
Dagan Wright

### Community Volunteers

Autumn AraSmith  
Nancy Arendt  
Carol Barnes  
Donna Bennett  
Marvena Chance  
Gerry Daise  
Marilyn Daise  
Vickie Duffey  
Alyse Dumler  
Casey Gatz  
Juanita Gatz  
Diann Gerstner  
Sean Hankin  
Virginia Hopper  
Francis Landry  
Geri Landry  
Karen Luvender  
Evelyn Mannebach  
Susan McMahan  
Clint Milliman

### Marlene Pfeifer

Myrna Porsch  
Michele Ray  
Clair Schrock  
Steve Skubal  
Mary Smith  
Randall Smith  
Jarrod Spencer  
Paul Steele  
Karen Sullivan  
Rod Taylor  
Janet Wahlmeier

### Colby High School

Health Science Students  
Jessica Applebaugh  
Kim De Bie  
Emilea Finley  
Dalaan Organ  
Victoria Rall  
Jordan Rasmussen

We will have an all day walk-in flu clinic at the health department on November 3, 2011 from 8:30am to 4:30pm. Flu vaccine is still available by appointment also. Please call 785-460-4596.

## We make HOME LOANS Easy & Convenient

### Conventional Loan Interest Rates

	Rate	APR
*15 Year Fixed:	3.35%	3.424%
*20 Year Fixed:	3.95%	4.008%
*30 Year Fixed:	4.05%	4.092%

\*Annual Percentage Rates listed above are based on a \$100,000.00 loan with an 80% loan to value and a 30 day rate lock. Rates may change without notice subject to market conditions.

### We are your Lender & Servicer

- Competitive Rates  
- Personal Service with Someone You Know & Trust  
- Borrow here, Pay here

Apply ONLINE from the convenience of your home at [www.wsbs.com](http://www.wsbs.com) or stop by our office at:

2080 S. Franklin, Suite 4, Colby, KS  
785-462-2151



# WESTERN STATE BANK

"Quality Tradition You Can Trust"

Your co-op.  
Your community.  
Your future.

As a farmer-owned cooperative, we have a heritage of caring deeply about the success of our agricultural producers. That's why we continue to invest in facilities, equipment and skilled employees to meet your changing needs. You can count on us for helpful service, community involvement, patronage and global connections.



181 Hwy 24 · PO Box 39  
Brewster, KS 67732  
785-694-2420

2122 E. Hwy 24  
Colby, KS 67701  
785-462-6880

Celebrating Cooperatives

# CELEBRATE

Tuesday,  
October 25  
11am-1pm



# Take Charge!

CHALLENGE <sup>SM</sup>

Thank YOU  
for all your  
hard work!

WHO WON THE  
TAKE CHARGE!  
CHALLENGE?

Join us in Topeka on Tuesday, October 25th for a celebration of your success! See which community brings home a \$100,000 grant.

RSVP by phone 620.899.4883 or via email to  
[vancantfort@climateandenergy.org](mailto:vancantfort@climateandenergy.org)



Colby  
Leadership Team:

Kevin Bottrell	Paul Bailey
Rick Dickman	Al Gerstner
Terrel Harrison	Skyler Mengel
Barry Kaaz	Rocque Russell
Leilani Thomas	Pat Tubbs
Holly Whitaker	
Carolyn Armstrong	
Melany & Sandy Wilks	
Beverly & Curtis Eicher	
Millie & Wayne Horlacher	
Sharon & Paul Steele	