

High Plains Horseman's Day coming in April

Mark your calendar, that's right it's time for the fourth annual High Plains Horseman's Day at 7:30 a.m. (Mountain Time) on Saturday, April 16, at the Logan County Fairgrounds at Oakley.

This year our sessions include: Jumping-Form over Fences, Trailering - From Nose to Tail Lights, Animal Chiropractic Care, Feed Supplement Savvy and Introduction

to Versatility Ranch Horse with Jay and Gena Henson of Willoughby and Henson Training Stables at Hugoton.

Our featured clinicians for the 2011 High Plains Horseman's Day are Jay and Gena Henson. They specialize in all aspects of the versatile horse from training, sales and lessons to judging and clinics. They are very active in the NVRHA, AQHA,

NRCHA, NRHA, and NCHA. Both Jay and Gena have been serving as judges and clinicians for ranch horse competitions since before the NVRHA became a formal association. They currently serve on the professional board for the National Versatility Ranch Horse Association and do many clinics throughout the United States.

In the past 30 years they've

trained nearly every kind of horse from cutters to pleasure horses and even a few jumpers. But, it's not the horses they remember most but the youth and amateurs they've helped guide to championships of all sorts. They have the win pictures from three decades to prove it.

Willoughby and Henson Training Stables is located in the southwest corner of Kansas outside of

Hugoton, and sixty miles west of Dodge City. While the Hensons love helping the individuals they enjoy getting to know the people more. "We really enjoy building relationships with the people we've met at the clinics and shows," Gena says.

As always, we don't want to forget the little ones, those ages 7-12 are invited to the Cowpokes Session. An RSVP is required

along with a signed release form for those participating in the Cowpokes session.

To RSVP or for more information contact the Thomas County Extension Office at (785) 460-4582 or check us out online at www.thomas.ksu.edu.

Campaign encourages colon cancer screenings

More than 10 percent of all newly diagnosed cancer cases in Kansas are colon cancer. Stop-ColonCancerNow.com/Kansas and the Kansas Association of Gastroenterologists has launched a statewide public awareness campaign for colon cancer prevention and screening and is working to improve that statistic by urging anyone 50 and older to get screened during National Cancer

Awareness Month in March.

"Colon cancer is the second deadliest form of cancer in Kansas, yet more than 80 percent of cases could be prevented with timely screenings," said Dr. Shekhar Challa, member of the association. "Through this campaign, we are trying to break down the barriers and convey a straight forward, crucial message - a colonoscopy can save

your life."

When colon cancer is detected and treated in the earliest stage, the five-year survival rate is 90 percent according to the American Cancer Society. A colonoscopy is the most effective method of screening for colon cancer because it allows both diagnosis and treatment at the same time. Patients are encouraged to get a screening if they are over 50 year

old (45 for African Americans) or have a family history of colon cancer or polyps.

One of the campaign's objectives is to help the public overcome the barriers associated with colon cancer screenings - perceived risk, challenging preparation, fear of discomfort, modesty and embarrassment and expense.

"Colonoscopies are done un-

der sedation and usually painless; therefore, the prep is generally more uncomfortable than the procedure," said Dr. Challa. "However, if the patient has been educated about what to expect and given a few helpful tips, 24 hours of discomfort becomes insignificant given the alternative."

Current health care reform is also recognizing the importance of pre-

ventive care. Thanks to the Affordable Care Act, as of Jan. 1, screening colonoscopies for patients will be fully covered by Medicare, and private insurers that make changes in their plans will also be required to offer full coverage for screening colonoscopies. Patients may still be responsible for other services associated with the procedure, such as anesthesia.

Energy company offers scholarships to graduates

Black Hills Energy is offering \$1,000 scholarships to 15 high school students graduating this year and planning to attend an accredited college or university to earn a bachelor's degree or the equivalent. Black Hills Energy presents scholarship awards annually to students whose parents or guardians are customers of the energy company.

Applicants are required to rank in the top 25 percent of their high

school class or receive a score of 21 or greater on their ACT exam.

"Black Hills Energy is committed to investing in the future of our communities," said Larissa Long, Kansas Senior Manager of External Affairs for Black Hills Energy. "Helping students obtain higher education is one of the many ways we support economic growth in these Kansas communities where our employees work and live."

Students interested in applying for a scholarship should contact their school counselor or go online to www.blackhillsenergy.com/scholarships.

Applications must be completed and returned by Friday, March 18, to Black Hills Energy External Affairs, 110 E. 9th Street, Lawrence, Ks. 66044. Incomplete applications cannot be considered.

Criticism hard to take

"There is only one way to avoid criticism: Do nothing, say nothing, and be nothing." - Aristotle

Taking a risk and trying new things is hard. What makes it even harder is the criticism that comes with it.

How many times have you tried to make something happen and got a big ol, "that's stupid!" from someone? Does it hurt? Yes. Should it stop you? No.

Plan, do the research, believe in yourself, and go for it. And when you do, expect criticism. Some people will call you stupid when

you take the risk and then take credit for the idea when you make it a success.

Don't let criticism stand in the way of your opportunities.

This tip was brought to you by Western Kansas Business Consulting, sponsored in part by Sherman County. We offer free and confiden-



jamie morphew

• business tips

tial business consulting to Kearny, Scott, Sherman, and Wichita counties. For more information call (620) 874-0771 or e-mail wkbc@wbsnet.org.

matters of record

District Traffic
The following fines have been paid in the Sherman County District Court.

December 15: James Lincoln Wilson, defective tail lamp on vehicle, \$138.50.

December 16: John M.L. Perry, speeding, \$168.50.

December 17: Vriah K. Onstott, fail to yield to emergency vehicle, \$288.50.

December 18: Taylor A. Joseph, speeding, \$168.50.

December 19: Dustin C. Hughes, speeding, \$186.50.

December 20: Jeremy F. King, speeding, \$174.50.

December 21: Gary Isaacs, over weight limits on wheels and axles, \$263.50.

December 22: Tyler A. Hanley, speeding, \$198.50.

December 23: Scott A. Lip-scomb, speeding, \$168.50.

December 24: Jackie F. Guerra, speeding, \$180.50.

December 25: William T. Murphy, speeding, \$168.50.

December 26: William T. Murphy, speeding, \$168.50.

December 27: Cailen Grady,

speeding, \$174.50.

December 28: Raymond B. Horst, speeding, \$174.50.

December 29: William R. Huff, unlawful parking, \$180.50.

December 30: Tasheena S. Manley-Ramos, speeding, \$207.50.

December 31: Tyler B. Harrison, speeding, \$192.50.

Patrick J. Misemer, speeding, \$174.50.

Damien A. Reddick, speeding, \$348.50.

Gregory Whittington, speeding, \$171.50.

Samuel Harris, motor carrier safety rules and regulations, \$208.50.

Demetrus V. Lacey, unlawful parking, \$162.50.

Bryan D. Helm, speeding, \$174.50.

Angela J. Maddox, speeding, \$216.50.

Jeffrey B. Rice, speeding, \$252.00.

Edith Medina, speeding, \$93.00; no valid license, \$153.50.

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The Wrist Cath

A New Path to the Heart

An important new alternative to traditional cardiac catheterization - transradial, or wrist, catheterization - is now offered by DeBakey Heart Institute and Dr. Richard Markiewicz, interventional cardiologist.

For patients who meet the criteria, Dr. Markiewicz uses the radial artery, located in the wrist, as the access point for catheterization procedures rather than the femoral artery in the groin.

Wrist catheterization can:

- Improve patient comfort
- Decrease recovery time
- Reduce chance of bleeding complications
- Provide less stress for most patients

Each patient must be evaluated individually to determine whether wrist catheterization is appropriate for them. For more information call 888-625-4699 or ask your primary care physician.



Dr. Richard Markiewicz
Interventional Cardiologist



Dr. Christine Fisher
Interventional Cardiologist



Dr. Jeffery Curtis
Interventional Cardiologist



Dr. Babar Ali
Interventional Cardiologist



Dr. Elizabeth Ashworth
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10x10 space for \$25
One table is included.

Bring what you need to make your own booth.

Buy all day * Sell all day

Food available for purchase.

Spaces are LIMITED! Reservations are recommended.
Call 719-346-5398

If you are interested in selling your items but do not want to attend the flea market, Prairie Family Center will have volunteers avail-

Opens Saturday March 19, 2010
8am-5pm

Located at the Burlington Community Center
340 S 14th Street
Burlington CO, 80807

