

Just in time for prom



PAT SPRENKEL/Colby Free Press

Bryan Bullington, Colby High School principal, along with Toni McAdams, president of the Parent-Teacher-Student Association, and her daughter, Diana McAdams, eighth grade student at Colby Middle School, arrange one of two new signs erected at the high school. The signage was donated by PTSA just in time for prom activities this weekend, said McAdams. The purpose for the signs, which are located at the two exits from the high school parking lot, are to remind students to be safe and remember, "Three seconds (buckle up) for life." McAdams said the organization contracted with Commercial Sign Company to do the work. "We hope the signs are a reminder for the kids to stay safe when they are in their vehicle and to have a safe prom this Saturday," she said.

County health explains impetigo

Thomas County Health

• Healthy Happenings

A community service from the Thomas County Health Department

Have you or your children ever had impetigo? This is a skin infection caused by *Staphylococcus* or *Streptococcus*, leading to the formation of small pus-filled blisters (pustules). Affecting mostly children, impetigo, can appear anywhere on the body but frequently appears on the face, arms, and legs. The blisters can vary from pea-sized to large rings.

Impetigo may follow an injury or a condition that causes a break in the skin, such as a fungal infection, sunburn, or insect bite. Impetigo may also affect normal skin, especially on children's legs.

Early treatment can prevent impetigo from infecting the deeper skin (ecthyma). An antibiotic such as penicillin or a cephalosporin is usually taken by mouth. Rarely, impetigo caused by *Streptococcus* may lead to kidney failure. See your health care provider if you suspect this skin condition.

Ringworm is a fungal skin infection caused by several different fungi and generally classified by its location on the body. Athlete's foot (foot ringworm) is a common fungal infection that usually appears during warm weather. It's usually caused by either *Trichophyton* or *Epidermophyton*, fungi that can grow in the warm, moist areas between the toes.

The fungus can produce very mild scaling without other symptoms or more severe scaling with an itchy, raw, painful rash between the toes and over the sides of the feet. Fluid-filled blisters can also form.

Because the fungus may cause the skin to crack, athlete's foot can lead to bacterial infection, especially in the elderly and in people with inadequate blood flow to the feet. Jock itch (groin ringworm) can be caused by a variety of fungi and yeasts.

It's much more common in men than in women and develops more frequently in warm weather. The infection produces red, ring-like areas, sometimes with small blisters in the skin around the groin and over the upper, inner thighs. The condition can be quite

itchy and even painful. Recurrence is common because the fungi can survive indefinitely on the skin. Even with proper treatment, susceptible person may have repeated infections.

Scalp ringworm is caused by *Trichophyton* or *Microsporum*, another fungus. Scalp ringworm is highly contagious, especially among children. It may produce a red scaly rash that may be somewhat itchy, or it may produce a patch of hair loss without a rash. Nail ringworm is an infection of the nail caused by *Trichophyton*. The fungus gets into the newly forming part of the nail, producing a thickened, lusterless, and deformed nail. Infection is much more common on the toenails than on the fingernails. An infected toenail may separate from the toe, crumble, or flake off.

Body ringworm also results from *Trichophyton*. The infection generally produces a pink to red rash that sometimes forms round patches with clear areas in the center. Body ringworm can develop anywhere on the skin. Beard ringworm is rare. Most skin infections in the beard area are caused by bacteria, not fungi.

Most fungal skin infections, except those of the scalp and nails, are mild, and antifungal creams usually cure them. Many effective antifungal creams can be purchased without a prescription. Antifungal powders are generally not as good for treating fungal infections. The active ingredients in antifungal medications include miconazole, clotrimazole, econazole, and ketoconazole. Usually, creams are applied twice a day, and treatment should continue for 7 to 10 days after the rash completely disappears. If the cream is stopped too soon, the infection may not be eradicated, and the rash will return.

Several days may pass before anti-

fungal creams take effect.

In the meantime, corticosteroid creams are often used to help relieve itching and pain. Low-dose hydrocortisone is available over the counter; more potent corticosteroids require a prescription.

For more serious or stubborn infections, a health care provider may prescribe several months of therapy with griseofulvin, sometimes together with antifungal creams. Griseofulvin, which is taken by mouth is very effective, but it may cause side effects such as headache, upset stomach, sensitivity to light, rashes, swelling, and reduced numbers of white blood cells. After treatment with griseofulvin stops, the infection may return. A health care provider may also prescribe ketoconazole for fungal skin infections. Like griseofulvin, oral ketoconazole can have serious side effects, including liver disease.

Keeping the infected areas clean and dry helps thwart further fungal growth and promote skin healing. Infected areas should be washed frequently with soap and water, then dusted with talcum powder. Health care providers often recommend avoiding powders containing cornstarch because it can promote fungal growth.

If a fungal skin infection oozes, a bacterial infection also may have developed. Such an infection may require treatment with antibiotics. Some doctors prescribe antibiotics that can be applied to the skin; others prescribe antibiotics that must be taken by mouth. Dilute Burow's solution or Whitfield's ointment (both available without a prescription) also may be used to help dry the oozing skin.

Taken from *The Merck Manual of Medical Information (Home Edition)* Published by Merck Research Laboratories.

THE STRIKE ZONE!

League Results

April 8, 2002 - Firstnighters League

Team	Won	Lost	Pins
Liester	17	3	15365
Code Red	15	5	15634
Schlick Construction	13.5	6.5	15591
Outcasts	11	9	15410
Colby Implement	9.5	10.5	15628
Frontier Equity	9	11	15398
Woofter Pump & Well	8	12	15243
Head Foundation	7	13	15225
Colby Bowl	6	14	15036
Wolfhogs	4	16	12113
High game: Al Koenig, 228			
High series: Ivan Lee, 612			

April 9, 2002 - Pinbusters League

Team	Won	Lost	Pins
Silver Bullets	17	3	16067
Colby Lumber	13.5	6.5	15567
Colby Automotive	11.5	8.5	15470
Wark Embroidery	11.5	8.5	12448
HAIJOCA	10	10	15646
Grumpy Old Men	10	10	15458
Pepsi Renegades	9	11	15488
U.C.T.	9	11	15225
Cummins Mid America	8.5	11.5	15593
Huffles Construction	7	13	15272
City Slickers	7	13	15203
Colby Ag	6	14	15444
High game: Lynn Cameron, 247			
High series: Scott Cameron, 721			

April 2, 2002 - Early Bird Ladies League

Team	Won	Lost	Pins
Total Image	32	20	30131
Pitter Pats	30.5	21.5	30086
Vacant	30	18	0
N.W. Vacuum	27.5	24.5	30291

Sharon's Hallmark	25	27	30301
Jean's Rollers	21	31	29688
Van's Merry Four	20.5	31.5	29902
Bowlerettes	17.5	34.5	29704
High game: Deb Mounford, 183			
High series: Dee Hovda, 508			

April 10 - Ladies Nite Out League

Team	Won	Lost	Pins
Cersovsky Farms	36	20	32733
Who-Nos	35	21	33165
Brooks Inc.	33	23	30352
Overtime Liquor	31	25	32456
Colby Bowl	29	27	32492
Van's Buffers	29	27	32424
Strike Out's	28	28	32295
Straight Line	27	29	30532
City Limits	25	31	32615
Maggies Chicks	22	34	32532
Taco John's	21	35	32229
Lobo Liquor	20	36	32123
High game: Vel Brown, 222			
High series: Carol McGuire, 554			

April 14, 2002 - King & Queen I League

Team	Won	Lost	Pins
Wolf-Leavitt	36	24	35562
Brewer-Schwanke	35	25	35382
Barton-Donley	35	25	34995
Williams-Moore	34	26	35386
White-Funk	33	27	35261
Iola's	32	28	35545
Lee-Benson	32	28	34911
Norman-Gallentine	31	29	34918
Decker-Marshall	28	32	35146
Kern-McCarthy	28	32	32417
Harrison-Kimberly	22	38	27945
Guill-Brush	19	41	32726



MIGHTY MIGHTS: Pictured front row L-R: Connor Schwanke, Casey Quagliano, Logan Jones, Cayla Carter, Jennifer Schwanke and Jordan Rasmussen. Standing L-R: Taranie Touslee, Jessica Applebaugh, Christina Ostmeier, Kortney Bredemeier, Clayton Appelhans, Ryan Stevens, Rickey Haskin, Jaden Morrison, Madison Nichol, Skyler Burrera, Talya Ruby and Caleb Carter

High Male game: Vern Schwanke, 268

High Male series: Vern Schwanke, 689

High Female game: Julie Samuelsman, 266

High Female series: Julie Samuelsman, 635

High game: Monica Miller, 192

High series: Monica Miller, 529

April 5, 2002 - Ten Pin League

Team	Won	Lost	Pins
Village Laundromat	71	45	84866
Colby Bowl	67	49	85115
Jay's Lawn Service	65	51	84703
Citizen Med. Center	63	53	81260
Hurt Enterprise	58.5	57.5	84161
Cersovsky Insurance	56.5	59.5	83288
Cal Williams-Atty.	54	62	83727
Comfort Inn	47	69	83327
Prairie Senior	43	73	72766

April 10, 2002 - Powderpuff League

Team	Won	Lost	Pins
McCarty Dairy	37.5	18.5	28605
Garst Seeds	31	25	33109
Colby Bowl	27	29	32882
Coors	27	29	32483
JL Graphics	24.5	31.5	32906
Cornerstone Ag	24	32	32992
High game: Monica Miller, 213			
High series: Monica Miller, 542			

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