

Book lovers won't want to miss annual sale, librarian says

Attention all book lovers - Pioneer Memorial Library's winter book sale will be Saturday, Feb. 15, beginning at 9:30 a.m. at the library which is located at 375 West 4th St. right here in Colby.

Nothing makes book lovers happier than a roomful of books for sale at reasonable prices, right? Well, that is just what you will find at our annual "Book Lovers Book Sale" on Feb. 15.

It will be held in the basement of the library and we will have hundreds of books priced to sell from 10-cents to \$5. The sale runs from 9:30 am till 3:30 pm for that one day only.

All proceeds go to benefit the library. So mark your calendars now and tell all of your friends and especially all of your fellow book lov-



JoAnne Sunderman

• Library Link

ers — bargains galore.

And while you're visiting the Library, look over some of the great titles we have for you to check out. For instance, here is one that has garnered several awards lately. *Life At These Speeds* by Jeremy Jackson is a most unusual novel. When the school van veers off a bridge and plunges into the river below, everyone on the track team is killed except star runner Kevin Schuler. He chose to ride home with his parents

that fateful night and now his life is turned upside down. Why did he survive?

And will he ever learn to cope? This is Jackson's first novel but surely not his last.

Remember the 1994 book *The Hot Zone* that had everyone in a panic over the ebola virus? Well author Richard Preston is back with another called *The Demon In The Freezer* that is sure to scare the living daylight out of people again. It

is a book about smallpox, that dreaded disease we thought we had eradicated until bio-terrorism threats changed everything. *The Demon In The Freezer*, like his previous book, will have a lot of people talking. Truth is always stranger, and in this case deadlier, than fiction.

Changing the Dime by bestselling author Michael Connelly is a searing thriller about a simple wrong number that opens a line into terror. Henry Pierce has just been thrown out by his girlfriend and has moved into a new apartment. When he plugs in his phone, he finds a message that clearly isn't meant for him. The message is "Where is Lilly? This is her number. It's on the site."

Henry is in a critical phase of

fund-raising for his new company but cannot get Lilly out of his mind. Who is she and what does the message mean? When he gets another wrong but bizarre message he does what he never should have done: he begins to investigate. *The New York Times* calls Connelly "the brightest in the new breed of thriller writers."

Finally, Robert Ludlum may have passed away in 2001, but he has a new international thriller called *The Janson Directive*. Peter Novak was one of the world's wealthiest men who devoted his entire life and fortune to fostering democracy around the world through his Liberty Foundation. But now it seems he has been captured by terrorists.

Caliph, their leader, has refused to negotiate and is planning to ex-

ecute him in a few days. Running out of time, Novak's people turn to Paul Janson for help as he is the only one capable of defeating these impossible odds.

The Janson Directive is a fast-paced novel with a plot full of international intrigue.

Remember that the Book Lover's Book Sale is coming up before you know it - on Saturday, Feb. 15 beginning at 9:30 am right here at the Library which is located at 375 West 4th Street. Stop by soon. We are open 7 days a week as follows: Monday through Thursday, 9 a.m. - 8 p.m.; Friday, 9 a.m. - 5:00 p.m.; Saturday, 9 a.m. - 4 p.m.; and Sunday, 1 p.m. - 4 p.m. For more information contact the library at 462-4470. We look forward to serving you.

Could you be digging your own grave shoveling snow?

If you shovel snow, could you be digging your own grave? The statistics are certainly scary. Every winter, about 1,200 Americans die from a heart attack or some other cardiac event during or after a big snow, and shoveling is often the precipitating event.

Why? For one thing, you're using your shoulders and arms when you shovel, and upper body exercise tends to put more strain on the heart than leg exercise. Working in an upright position is also more strenuous because blood pools in the legs and feet, so to maintain

Thomas County Health Department

• Healthy Happenings

blood pressure, your heart must work harder. Much of snow shoveling is isometric exercise; your muscles are working, but there's little actual movement until you finally heave a shovelful up on the bank. And during isometric exer-

cise of any type, your heart rate goes up, and your blood vessels constrict, presumably to send more blood to the straining muscles. As a result, your blood pressure goes up. Also, without knowing it, shovelers sometimes perform a version of the Valsalva maneuver, bearing down as they would during a bowel movement while holding their breath. Waiting to exhale while straining like that can lead to abrupt changes in your heartbeat and blood pressure.

There's also the blood itself to consider. First thing in the morning,

the time when many people dig out from a storm, stress hormone levels tend to be higher, platelets in the blood "stickier," and heart attacks more likely.

Michigan State researchers have investigated this issue by asking student volunteers to shovel the snow like leavings from a Zamboni, a machine used to smooth the ice of indoor rinks.

They've found that shoveling seems to lower-not raise—key factors that would make blood more likely to clot.

One explanation: when you're

young and bale your blood is blessed with protective responses to fairly intense exercise like snow shoveling, but you lose that protection with age. If you're worried about snow shoveling, the obvious answer is to hire a strapping young person to do it for you. Or buy a show blower.

If shovel you must, take it easy. Rest often. Wherever possible, push the snow rather than lift it. And work at staying fit, because snow shoveling and other kinds of strenuous exercise are most dangerous to people who are out of shape.

Whether your love is new or never ending - you can find the perfect gift at...



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It looks like the perfect d.
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It's dyslexia. A reading disability where some kids confuse their d's with p's, b's and q's. But, with help most of these kids can go on to do well in school. Call 1-888-GR8-MIND now. There's no reason to be held back.
Ad Council

Colby Scouts to celebrate 'thinking day'

Girl Scouts of all ages will take part in thinking about 10 million other girls similar to them but living oceans away as part of international friendships during World Thinking Day 2003 on Saturday, Feb. 22, said Linda Mills, executive director in Hays.

"World Thinking Day began in 1926," Mills said, and focuses on international connections among girls."

On this day, Girl Scouts nationwide will learn about different languages, plant flowers found in other countries, sample international foods, and celebrate at international festivals and bazaars, she said.

"This year, especially, it's important to embrace and celebrate the differences among our international

friends and by encouraging girls to think globally, we are helping to develop tomorrow's decision makers and world leaders," Mills said.

In northwest Kansas, some Girl Scout troops will celebrate World Thinking Day by writing letters to pen pals in other parts of the state and country and by wearing different shoes to show their understanding of the differences in our world.

Another way to recognize this special day, Mills said, everyone is encouraged to reflect on the importance of building international connections among youth, and consider supporting the Juliette Low World Friendship Fund.

"This fund, created in memory of the founder of Girl Scouts of the USA, helps to extend Girl Scouting

to girls worldwide, enables girls to travel abroad, and supports international friendships through community service projects," she said.

The organization itself has a membership of more than 3.8 million girls and adults and now in its 90th year, Girl Scouts continue to help cultivate values, social conscience, and self-esteem in young girls, while also teaching them life skills that will enable them to succeed as adults, she said.

The Girl Scouts of Sunflower Council, which includes Colby in the 16-northwest Kansas counties, serves 1,350 girls and adults, Mills said.

To volunteer, join as a member or make a donation, she urges people to call her at (785) 625-5671.

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Ad Council EPA EDF Environmental Defense Fund

Help us Celebrate...
Randy Smith's 50th Birthday!!
Saturday, February 8th
8:00 p.m. - 12:00 p.m.
American Legion
D.J. - Darrel Pattillo

CCC Baseball Try-Athlon.

A little bit of try, and a whole lot of fun!!

Saturday, February 15 • 10:30
Get a team together to compete in three grueling events—Bowling, Pool & Darts!

2003 Trojan

9 Ball Pool 301 Darts

Baseball Try-Athlon

Bowling

Sunday, February 16

Enjoy a Chili Feed and Memorabilia Auction at City Limits Convention Center.

The number of teams is limited, so sign up today!!

For questions or to sign your team up, contact Ryan Carter, CCC Head Baseball Coach at (785) 462-3984 ext.238

Please Detach and Return
2003 Trojan Baseball Try-athlon
Saturday, February 15 and Sunday, February 16

Team Members (\$160 per Team)

Captain: _____	Phone# _____	Please Return by Feb. 14 to: Colby Community College Baseball Head Coach Ryan Carter 1255 S. Range Colby, KS 67701
Member: _____	Phone# _____	
Member: _____	Phone# _____	
Member: _____	Phone# _____	

Bullpen (Optional)

1st Reliever (\$15): _____	Make Checks Payable to: Colby CC Baseball
2nd Reliever (\$15): _____	

Our team will pay when we register Total Entry Fee Enclosed \$ _____ (\$160 per team + relievers)

Love Lines

Tell your special someone how special he/she is...and let your Colby Free Press pass the message along!

EXAMPLE:

"Eve:
You're the sweetest, the neatest!! Be my Valentine... all year long!"
Adam

The "Love Lines" will appear on Valentine's Day, Friday, February 14th. But we will need your copy soon to assure placement!

CALL EITHER CRYSTAL OR DEREK AT 462-3963

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