

Opinion

Monday's Salute



Thumbs



✓ **Clarice Blakely** — on the occasion of your 95th birthday. Belated cards to her at 1625 S. Franklin Ave., Apt. 110, Colby, Kan. 67701 will be appreciated. The *Free Press* apologizes for the oversight.

✓ **Teachers, Food Service Personnel** — on your special observances, from your appreciative community.

✓ **All Responsible** — for the attractive structure in south Colby called the "Colby Visitor's Center."

✓ **Noted Painter Fritz Ostmeyer** — for sharing your artistic talents with the good folks at the Senior Progress Center.

✓ **The Area's CRNAs** — on your vital role in the health care field.

✓ **Brian Ostermann** — on your decision to stay.

✓ **Motorcyclists** — on your recent benefit ride. You are a class act.

✓ **Charlie Davis, and Pete and Beverly Petersen** — on selecting Fairview as your home.

✓ **Tree Planters** — on your Arbor Day projects.

✓ **Triplains Seniors** — on your trip to Orlando, Fla., and also to your sponsors Andrea Plummer and Melvin Rucker.

✓ **Big Brothers Big Sisters** — on your "Big for a Day" project.

✓ **Sheriff Jones, Undersheriff Baughn** — and your department's free distribution of Firearm Safety Kits.

✓ **National Police Week** — you all deserve our salute.

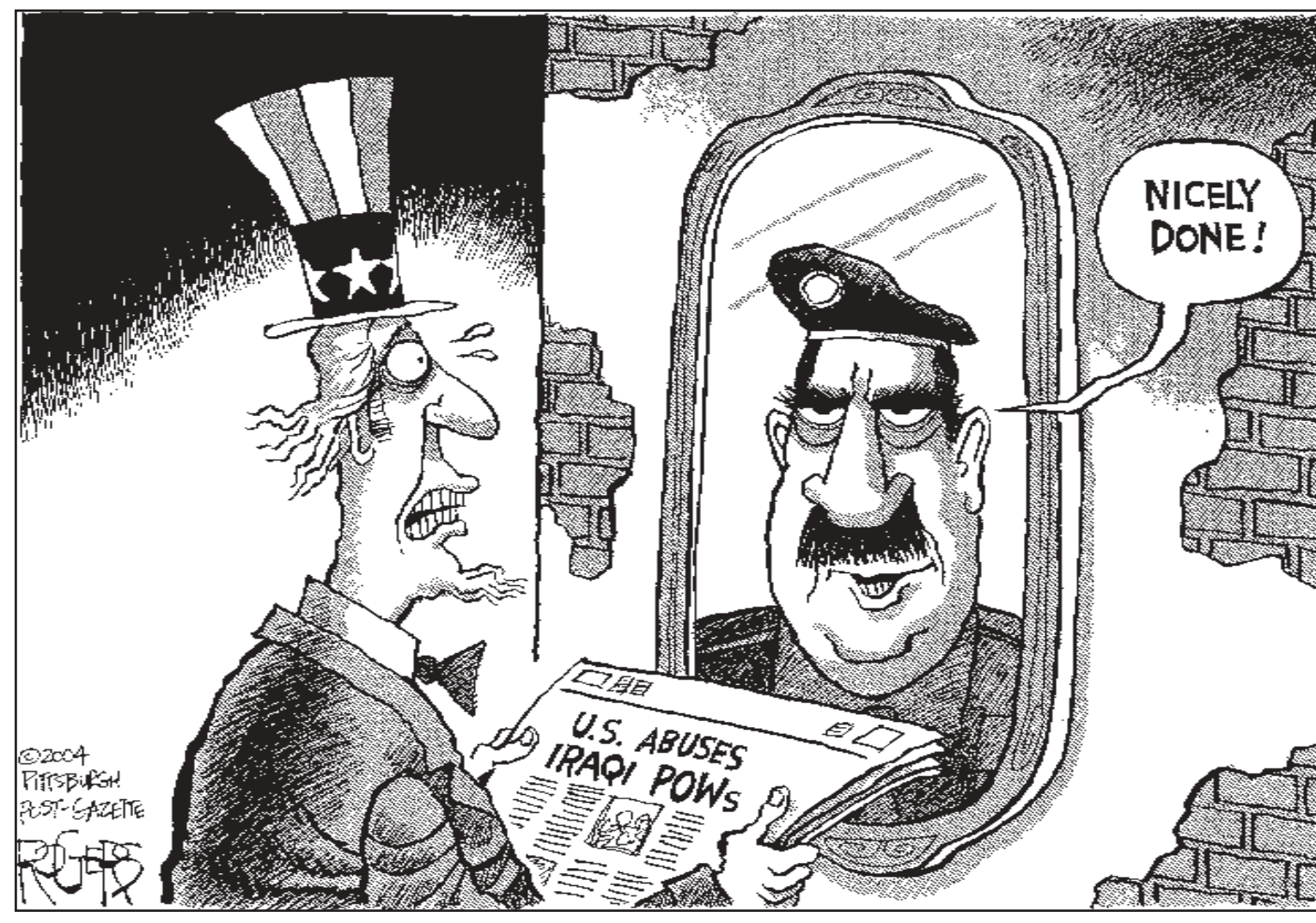
This column is prepared each Monday morning by the newspaper's publisher. Questions, comments or submissions can be sent to td@nwkans.com, mail to 155 W. 5th, Colby 67701, phone 462-3963 or fax 462-7749. -td

About those letters . . .
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Comments to any opinions expressed on this page are encouraged. Mail them to the Colby Free Press, 155 W. 5th St., Colby, Kan., 67701. Or e-mail td@nwkans.com.

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No shortage of quizzes

Online dating is everywhere these days. It's not unusual to see ads on television for charmony.com and to also hear ads on the radio. I've even been assaulted by pop-up ads for online dating sites while I'm surfing the Web.

Except the latest I've seen on the hoopla was during a channel surfing session not too long ago. I'm a channel surfer by nature. I keep making the remote control rounds until something interesting pops up.



Tisha Cox
• Off The Beaten Path

That recently happened. One night before heading to the kitchen to make dinner, I landed on 60 Minutes II on CBS. I don't know what made me stop but it looked promising.

It was a piece on how modern singles are trying to find Mr. or Miss Right.

Some of it I had heard already — speed dating in Manhattan (they started that in Denver while I was there), dinner in the dark and not being able to see your date until dessert and of course the ever-popular Internet dating boom.

What really caught my attention was the little segment on a quiz people can take on Match.com, a well-known matching site.

It showed the reporter taking the quiz and at the end, it showed a model who represented what his "ideal" woman would look like.

The chance to see what my possible future prospective mate prototype could be was too much to resist.

So when the Ays game wound down to goose eggs in the scoring column in the third, I was bored enough to go see if I could try the quiz.

I was kind of skeptical at first but when I got down and dirty with the quiz process, it was actually kind of fun.

I won't describe what you have to go through but the results weren't exactly what I was expect-

ing. A long time ago I kind of figured out my "type" but to get those results through a test where any outcome was possible was kind of fun. It just served to reinforce that I know what I like, although I do know finding it (or it finding me) is an entirely different matter.

When I hit the end, the results were pretty much my type and to say the least, I was surprised.

That quiz was just one of many that I've used to kill time. Everything from "what X-Men character are you" to movie trivia to "what's your true color" are out there and I've taken one of each of these.

There are quizzes out there for everyone and cover literally anything you could imagine and then some.

I know now that I'm most like "Dragonball Z" character Piccolo, Max on "Roswell," and depending on the day of the week, Willow or Xander on "Buffy the Vampire Slayer."

I'm also most like the X-Men character Rogue.

That's kind of cool because depending on what you're reading, she gets Gambit or Wolverine. . .

I've also taken the X-Files Purity Test, which lets you know how corrupt you are when it

comes to knowledge on conspiracy theories. I found out I'm not as corrupt as I think I am but I'm still wondering if that's a good thing or not.

The Web site <http://quizilla.com> has 323, count them, 323 quizzes on X-Men alone.

That site provided a couple of hours of amusement one night when my sister was visiting.

Even she now has to admit it's funny, if you're in the right frame of mind.

Or conditions are right.

I'm also a big fan of something called "Short Attention Span Humor." It's stuff that can be found on the Internet, usually top ten lists or funny quotes or jokes.

Sad thing is it might be short but usually there's pages and pages of it and it can take a while to go through it all.

Maybe that's why it's called short attention span humor. I don't know.

The phrase, in case you're wondering about the origin, as far as I know, came from the Web site of the QGJDL, of which I've been a member in the past.

I tend to enjoy the silly or simply outrageous stuff. One of my all-time favorites is the Temple 'O Trunks. Meri, the Web mistress, has a humor page on the site that's full of goodies.

Pictures, comics, quotes and other one-liners are part of the site, along with a "you-know-you-watch/read-too-much-when. . ."

The best part about it is it's all wickedly funny. That's the way I like it.

Tisha Cox is a general assignment reporter/photographer for the Free Press. Her column appears on Mondays. Her e-mail is tcx@nwkans.com.

A glaring omission

Letters

• From the Pens of our Readers

Sixty percent of the 30,000 CRNAs in America work in rural health care in exactly the situations I've mentioned. They are an integral part of our rural hospitals staying viable.

Since the insert didn't mention them, I will:

Leon Nielson CRNA, Goodland and Colby.

Rick Abbot CRNA, WaKeeney, but also Oakley and Norton.

Brad Wertz CRNA, of Quinter, as well as others including Citizens Medical Center in Colby.

Gary Kliwer CRNA, Fort Morgan, Colo., who also goes to Burlington, Colo. and St. Francis.

Gary Bartel CRNA, Oberlin.

And myself, CRNA for Cheyenne County Hospital, Rawlins County Health Center, Dundy County Hospital and Kit Carson County Hospital with privileges at five others.

Between all of us, patients in our rural area have expert anesthesia care available for obstetrics, surgery, trauma and pain management.

Maybe now your readers will recognize "the face behind the mask" and hopefully the "best kept secret in healthcare" isn't so secret anymore!

Sincerely,

Kim Zwegardt CRNA
Moonlight Anesthesia PA
St. Francis
(Letter #32)

To the Colby Free Press:

I thoroughly enjoyed the insert on Rural Health Care in your Friday, April 30 newspaper. My compliments for the many well written articles about the challenges rural hospitals face in the current economy and the many services they are providing to stay viable.

I was especially interested because I have or have had clinical privileges at every hospital written about in your insert. I am a Certified Registered Nurse Anesthetist (CRNA), one of 30,000 in the United States and one of several who provide anesthesia services in our area.

CRNAs are advanced practice nurses (APRN's) who specialize in anesthesia. We were the first specialists in anesthesia, beginning 120 years ago, but we have been called "the face behind the mask" and "the best kept secret in health care." And even in our rural area where we know our neighbors, I guess we still are! I was dismayed as I read about all the services and professionals listed by the hospitals that not one mentioned anesthesia!

Several hospitals mentioned obstetrics. CRNAs in the area provide pain relief for labor and delivery and are "on call" in case an emergency C-Section must be done.

Other hospitals mentioned the specialists that are coming to our rural hospitals and what a wonderful advantage that is for us.

For those specialists that come and do painful procedures, or perform surgery, how could that have been managed if anesthesia was not readily available for them?

Emergency services were mentioned by several hospitals and I salute the often unsung heroes who take their time to be trained and serve to provide emergency care. However, often when the ambulance arrives at the hospital, one of the providers who is waiting there is a CRNA called in case there is a need for our particular skills.

'Fess up!'

To the Colby Free Press:

I was in Colby the weekend of May 1 to attend the wedding of my granddaughter. While at the reception and dance at the reception at the American Legion building, someone hit my car — a red Ford Escort station wagon — and made a dent.

While this angered me, I was more angry that the person who did this did not come inside to find out who the car belonged to.

So come on "fess up." Contact my son, Dave Rogers at 750 W. 8th in Colby, or me at P.O. Box 101, Simpson, Kan. 67478.

Sincerely,

Celebration

To the Colby Free Press:

National Nursing Home Week, which got underway on Mother's Day and ends May 15, is a special week for residents, caregivers, families, staff and volunteers.

This week is a perfect time to visit or contact your loved ones as many facilities will be holding special events. Take the time to reach out and let your loved one or acquaintance know that you are thinking about them now and throughout the year.

In addition to celebrating Nursing Home Week, member facilities of the Kansas Health Care Association will be kicking off the second annual "Distinguished Citizen Award" contest. This is a state-wide contest which honors the lifetime achievement of people living in nursing homes. Please contact your area home or go to <http://www.khca.org> for more information.

Sincerely,

Linda Berndt
Executive Vice-President
Kansas Health Care Association
(Letter #34)

Carol Rogers Simpson
(Letter #33)