

Family

Deaths

Danette M. Ryan

Danette M. Ryan, 69, a Colby homemaker, died Sunday, Jan. 30, 2011, at her home in rural Colby.

She was born Feb. 27, 1941, in Salida, Colo., the daughter of Daniel and Elizabeth (Starr) McEachern. She had lived in this area for 42 years.

She married Rodney M. Ryan on April 12, 1969, in Leadville, Colo.

Preceding her in death were her husband on Nov. 10 and her parents.

Survivors include six daughters, Elizabeth (Lee) Moore, Olathe; Celine (James) Wright, Great Bend; Veronica Ryan, Shawnee; Collette Morris, Colby; Patricia (Tyler) Samuelson, Olathe;

and Katera (Thomas) Mowry, Springfield, Mo.; a brother, James McEachern, Leadville; and nine grandchildren.

Services will be at 10:30 a.m. Friday, Feb. 4, 2011, at Sacred Heart Catholic Church in Colby, with Father Dana Clark officiating and burial in the Sacred Heart Cemetery.

Visitation will be from 10 a.m. to 8 p.m. Thursday at Harrison Chapel, with a rosary at 6:30 p.m.

The family suggests memorials to the Sacred Heart remodeling fund or to Hospice Services of Thomas County, in care of any Colby bank or the funeral chapel, Box 634, Colby, Kan., 67701.

William Wesley Cahoj

William Wesley Cahoj, 86, a retired farmer and father of Judy Lea (Brian) Luedke of Colby, died Friday, Jan. 14, 2011, at his home in Atwood.

He was born Feb. 26, 1924, the son of Joseph J. and Mary J. (Dvorak) Cahoj, in rural Beardsley. He attended Prairie View School and McDonald High School, graduating in May 1941.

He farmed with his dad until January, 1945, when he entered the army. After training at Ft. Leonard Wood, Mo., he served in Japan until his discharge in February, 1947.

Returning to farming and raising cattle, he met Margaret Kanak in Stratton, Neb., and married her on Dec. 29, 1953, at Sacred Heart Catholic Church in Atwood. They lived on the family farm northwest of Atwood and attended St. John's Nepomucene Catholic Church. In 1993, they retired from farming and built a house in Atwood.

He was a member of Catholic Workmen, the American Legion, the National Farmer's Organization, the Veterans of Foreign Wars and the Elks Lodge. He volunteered at the Obert Senior Center in Atwood.

Preceding him in death was his wife in June, 2000, his parents, and two brothers, Emmery and Leonard Cahoj.

Survivors include four other children, Mary Catherine (Richard) Howland, William Wesley (Joan) Cahoj Jr., Janice Ann (Kenneth) Bohme and Larry Joseph (Suzanne) Cahoj, all of Atwood; five sisters, Cecilia Allen, Brewster; Agnes Sabatka, Atwood; Henrietta (Augie) Spindler, Omaha, Neb.; Mary Ann Reinert, Greeley, Colo.; and Carmelita (David) Berndt, Glasco; two brothers, Edward (Virginia) Cahoj, Boli-

var, Mo.; and Henry Cahoj, McDonald; a brother-in-law, Norbert "Jack" (Ellen) Kanak, Norman, Okla.; three sisters-in-law, Lucy O'Brien, Colorado Springs, Colo.; Beatrice Kanak, Atwood; and Eva Cahoj, Colby; 15 grandchildren; and eight great-grandchildren.

Family services were held Jan. 15, 2011, with a flag presentation by the American Legion and burial at Mount Calvary Cemetery, Atwood. A memorial service was held Jan. 17, at Sacred Heart Church in Atwood, with Father Nick Parker and Father Dana Clark officiating.

Memorial funds have been established in his name to Rawlins County Health Center and Obert Senior Center.

Williams Funeral Home of Atwood was in charge of arrangements.



William Cahoj

Radon risky for Kansas homes



Diann Gerstner

• Knowledge for Life

Radon is a real and present danger – at least for most of us. While nationally one out of 15 homes is estimated to have high radon levels, in Kansas the estimate is one in every four. As the second leading cause of lung cancer, exposure to radon contributes to 21,000 deaths per year in the United States.

One article I read – and now can't find to quote – compared radon exposure to smoking. The higher the radon level the more cigarettes smoked a day. Would you let your children smoke? Letting them live in a home with high radon levels may have similar health effects. If you are a smoker, it is even more dangerous for you to be exposed to radon.

Radon is in the ground. Or, more specifically, it is the result of the natural decaying of uranium and radium in the soil. It can be found in every type of home – old, new, with or without a basement. This odorless, colorless and tasteless gas can seep from the soil beneath the foundation through cracks or joints in the foundation into a home.

Radon is easy to detect and mitigate at a moderate cost. To determine your home's radon level, I recommend you buy a radon test kit from the Thomas County Extension Office, 350 S. Range, Suite 16. It only costs \$5. That is our cost; we make no profit. We sell kits as a service. Test kits can also be found in some home and hardware stores and on the Internet, usually for \$25 or less.

Now is a great time to test your home, as you need to test when all windows and outside doors are kept shut as much as possible. The kit we sell is easy to use and comes with easy directions.

A quick overview of the direc-

tions: Fill out your name, address, date, floor level of the test and time test started on the back of the test envelope. Use the square sponge provided to hold the envelope open. Now, in the lowest level of your home, hang or set the envelope at breath level – there is a plastic hook attached. I just thumb-tacked a string to the ceiling. The spot needs to be at least three feet from any window, door or outside wall and not in a draft. Usually it is best to test a living room or bedroom. Once you have it positioned, leave it for three to seven days. When you take it down, pull out the sponge, seal it shut, mark the date and time, clip off the hook and drop it in the mail. You are done. In two weeks or less, you will receive an e-mail or letter informing you of your home's radon level. It's that simple!

Testing is important, because it's the only way to tell how much of the gas is present. If the initial test result is 4 pCi/L or higher, a follow-up test is recommended. Consider mitigating your home if the average of the first and second test is 4 pCi/L or higher. If the initial result is low, further testing would be advised if living patterns change, if you begin occupying a lower level, or a significant change occurs in the foundation, heating/cooling systems or insulation/air sealing features.

Hiring a professional contractor

to mitigate your home is recommended. Lists of Kansas contractors who voluntarily participate in one of two national radon proficiency programs are available at www.kansasradon-program.org/contractors or call the Kansas Radon Hotline at (800) 693-5343. Beginning July 1, all professional radon measurement and mitigation technicians and laboratories providing services in Kansas will need state certification through the Kansas Department of Health and Environment.

Residential real estate contracts in Kansas since July, 2009, must

contain a specific paragraph recommending radon testing and disclosure of test results. There are, however, no laws requiring such tests or mitigation of high levels of radon, if found.

Radon-awareness is recommended for everyone. A \$5 to \$25 test may be all that it takes to spare you or a loved one from lung cancer.

Information about radon is available at the Extension Office or online at www.kansasradon-program.org or by calling: (800) 693-5343.

Diann Gerstner is the family and consumer sciences agent for the Thomas County Extension office.



The Ralls in 1961



The Ralls in 2011

Couple to celebrate 50 years this month

Larenz and Jeannine Rall will be celebrating their 50th wedding anniversary at 2 p.m. Saturday, Feb. 12, 2011, at the Colby 4-H building.

Their sons, Tracy (LeAnn) Rall of Brewster and Tim (Kathy) Rall of Rexford, and

their families are hosts for the reception.

The Ralls married Feb. 11, 1961. Both work at Walmart in Colby.

Cards may be sent to 555 S. Cleveland, Colby, Kan., 67701.

Welcome!

Dr. Richard Markiewicz

Interventional Cardiologist

HaysMed DeBakey Heart Institute

Welcomes the Newest Member of the Cardiac Team.



Richard Markiewicz, MD, interventional cardiologist, graduated summa cum laude from Texas A&M University, College Station, and earned his medical degree from Southern Illinois School of Medicine, Springfield. He has held Fellowships in interventional cardiology at East Carolina University Heart Institute, and in cardiology at Mid-America Heart Institute at the University of Missouri-Kansas City. He completed residencies in internal medicine and emergency medicine at the University of Arizona and Northwestern University, respectively.

Dr. Markiewicz is certified in Cardiovascular Disease and General Internal Medicine with the American Board of Internal Medicine; the Board of Nuclear Cardiology; and the Board of Interventional Cardiology. He has presented at many professional conferences, and has researched and published extensively.

For more information about cardiac services at the DeBakey Heart Institute at HaysMed call 888-625-4699 or ask your primary care physician.



Dr. Christine Fisher
Interventional Cardiologist



Dr. Jeffery Curtis
Interventional Cardiologist



Dr. Babar Ali
Interventional Cardiologist



Dr. Elizabeth Ashworth
Cardiothoracic & Vascular Surgeon



2214 Canterbury Drive
Hays
Toll Free 888-625-4699
haysmed.com

Markets

Quotes as of close of previous business day
Hi-Plains Co-op

Wheat (bushel)	\$7.89
Corn (bushel)	\$6.01
Milo (hundredweight)	\$10.30
Soybeans (bushel)	\$13.13

Corrections

The Colby Free Press wants to maintain an accurate record of our town. Please report any error or lack of clarity in a news story to us at 462-3963.

Sell it
in the
classifieds
462-3963

We want your local news:
e-mail to
colby.editor@nwkansas.com

Bernard Merica is turning 90!

Please come and celebrate with us at an Open House

Saturday, Feb. 5th 2011
2 p.m. - 5 p.m.

City Limits Convention Center
2227 S. Range, Colby KS

••• No Gifts Please •••

Valentine's Day Special!

China Buffet

Buffet Offered All Day!!

LUNCH - \$5.95 • DINNER - \$8.95
• includes crab legs and other new items •



Special price for kids
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785-462-6368

