

Don't melt down your radon – get house and body both healthy

Radon, Melt Down....???
No there hasn't been a nuclear melt down in Northwest Kansas. I just want to use this column to remind you how important it is to test your home for radon and to encourage you to get a team together and sign up for the healthy lifestyle program: Thomas County Melt Down. Read on for more information on both.

Radon

January is Kansas Radon Action Month. It is a great time to take action because it is best to test your home when all windows and outside doors are kept shut as much as possible. Yep, that would be January and February.

Is this something I really need to worry about in Colby? Yes. While nationally one out of every 15 homes is estimated to have high radon levels, in Kansas the estimate is one in every four homes.

A safe level of radon is considered 4 pCi/L or lower. Several tests from the Colby area have come back with a reading in the 12-13 pCi/L range.

The health risk from radon is increased lifetime risk of lung cancer. Radon exposure accounts for approximately 12 percent of annual lung cancer deaths in the United States – about 21,000; it is the leading cause of lung cancer death for non-smokers. The Kansas Department of Health and Environment estimates that residential radon exposure in Kansas causes around 200 new cases of lung cancer annually in Kansas.

Radon is easy to detect and mitigate at a



Diann Gerstner

- Knowledge for Life

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

The kit we sell is extremely easy to use and comes with easy-to-follow directions. I'm glad to give you a quick overview when you pick up the kit. In just a few minutes you will have the test going, wait for 3-7 days, mail it in, no extra costs and then get your results via Internet or wait for the letter that comes in the mail.

Testing is important, because it's the only way to tell how much of the gas is present in your home. Stop by the Extension Office and pick up a test kit this week.

Melt Down

Did you, or should you, make a resolution to exercise more, lose weight, eat healthier? If so, we have the program for you. Join the Thomas

County Melt Down, Tuesday, Jan. 24, to Tuesday, March 13, a free eight-week program that promotes healthy lifestyle.

The goal of the program is to encourage increased exercise and healthy eating habits that will promote healthy life styles and desired weight in a fun team format. Having teams with six members lets you have fun and develop a support system.

We will have weekly weigh-ins but no weekly meetings. Instead there will be weekly assignments; this is the learning portion of the program. We are working to make these assignments fun and relevant while helping you work toward a healthier lifestyle.

The registration deadline is Friday, Jan. 20. To register, simply e-mail team name, team members names, addresses, e-mail addresses and phone numbers (indicating which member is the team captain) to Kasiah at the Thomas County Health Department at findir@thomascohealth.com or mail that information to 350 S. Range Suite 2, Colby, Kan., 67701.

This program is being provided by the Thomas County Coalition Healthy Lifestyle Committee. For information or questions give me a call at 460-4582 or Kasiah at 460-4596.

Stay healthy – have your home tested for radon, strive for a healthy lifestyle and sign up for Thomas County Melt Down.

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

Statins linked with small diabetes risk

By Lauran Neergaard

AP Medical Writer

WASHINGTON (AP) – A new side effect seems to be emerging for those cholesterol-lowering wonder drugs called statins: They may increase some people's chances of developing Type 2 diabetes.

A study published Monday adds to the evidence, finding a modest risk among older women who used a variety of statins.

It's a puzzling link, and specialists say people who most need statins because of a high risk for a heart attack should stick with the drugs.

"What I fear here is that people who need and will benefit from statins will be scared off of using the drugs because of reports like this," says Dr. Steven Nissen, cardiology chairman at the Cleveland Clinic, who wasn't involved with the research. "We don't want these drugs in the water supply, but we want the right people treated. When they are, this effect is not a significant limitation."

But more and more doctors are urging otherwise healthy people to use the pills as a way to prevent heart disease. For them, the findings add another potential complication as they consider whether to tackle their cholesterol with diet and exercise or add a medication.

Former soldier's deck stolen

CLARKSVILLE, Tenn. (AP) – Someone obviously liked the back deck of a Clarksville home. They stole it.

Jadranko Beslic told *The Leaf-Chronicle* he and his wife lived in the house while he was in the Army, but it has sat vacant for about a year since the couple moved to Atlanta (<http://leafnc.ws/txCNGW>).

They're still paying a mortgage on the house and were delighted when a friend wanted to rent it.

But when the couple's friend and her fiance went to look at the house, the 10-foot-by-12-foot

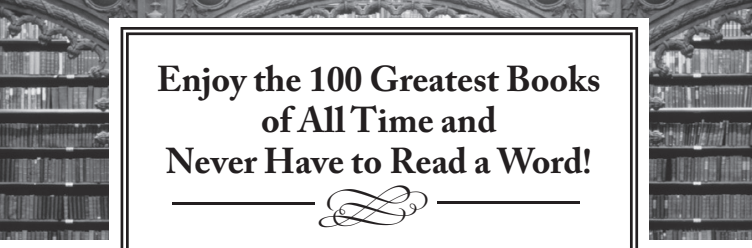
deck was gone.

Beslic said he traveled to Clarksville to see and, sure enough, the deck had been removed. He filed reports with the police and his insurance company.

Beslic said he was baffled.

Markets

Quotes as of close of previous business day Hi-Plains Co-op	
Wheat (bushel)	\$6.48
Corn (bushel)	\$6.36
Milo (hundredweight)	\$10.89
Soybeans (bushel)	\$10.89



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Teacher of the Month



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Frank Bergman
Elementary
Manhattan, KS

She is the daughter of
Stan & Verda Wancura

Deaths

Gary A. Garrett

Gary A. Garrett, 67, Gem, died today, Wednesday, Jan. 11, 2012, at the Logan County Hospital in Oakley.

Services are pending with Kersenbrock Funeral Chapel, 462-7979.

Daughters of Isabella

The Immaculate Heart of Mary Daughters of Isabella met at 7 p.m. Jan. 2 at the Sacred Heart Catholic Church.

Regent Theresa Baker welcomed guests state regent Janet Huss and state financial secretary Connie Rockers, both from Lawrence.

Along with opening rituals, Ceanne Rinehart read a spiritual reflection about the Eucharist.

A thank you was read from Sister Loretta Podlena for the Christmas dinner and gift. Baker read letters from the state and international offices.

Several members reported visiting the sick. Rinehart requested prayers for her mother, Helen Helm, who is in the Cambridge, Neb., hospital. Sue Harter also needs prayers as it is getting harder to communicate using her computer.

The group enjoyed their Christmas party and recognized the circle's 65th anniversary. Members were recognized for their years of service with red carnations presented by Lucy Curtin, Rosetta Bremenkamp, Edna Poole and Jeane Mallory. Four members were recognized for over 60 years of membership.

Members were encouraged to pray a novena for Right to Life from Saturday to Monday, Jan. 23,

Recycling up in Kansas

The Kansas Department of Health and Environment has published the results of its 2011 Community Recycling Survey that shows 85 percent of Kansans surveyed are recycling household waste and 96 percent of respondents consider recycling to be important.

According to the survey, the recycling of all household waste, which includes plastics, aluminum cans and cardboard, has grown significantly since this survey was last administered in 2005.

"We are encouraged that so many Kansans recycle their household products," said the department's Secretary Robert Moser. "We all must do our part to keep Kansas clean and avoid sending waste to the landfills."

Corrections

The fee for vehicle inspections by the Thomas County Sheriff's Office was stated incorrectly in a Briefly item in the Friday, Jan. 6, issue of the *Colby Free Press*. The fee went up to \$15 on July 1, said Undersheriff Marc Finley. The mistake was due to old copy retained in the newspaper's files, which the editors failed to notice when the brief was printed.

The sheriff can check vehicle identification numbers for cars, light trucks and motorcycles, required to get tags on many vehicles. The office is open 8 a.m. to 4 p.m. Monday through Friday. Call 460-4570 to set up an appointment.

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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.

Additional findings from the survey include:

81 percent of households recycle aluminum cans, up from 65 percent in 2005.

70 percent of households recycle plastics, up from 33 percent in 2005.

56 percent of households recycle newspapers, up from 52 percent in 2005.

45 percent of households recycle cardboard, up from 10 percent in 2005.

44 percent of households recycle other paper, up from 14 percent in 2005.

96 percent of respondents consider recycling to be important, up from 92 percent in 2005.

To learn more visit www.kdheks.gov/waste.

Card Shower

★ ★ ★ ★ ★ ★

Help Norman & Edna Hansen celebrate their 60th Anniversary

Jan. 13th, 2012

★ ★ ★ ★ ★

Send cards to:
895 S. Grant
Colby, KS 67701

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

Rawlins County Health Center

OPEN HOUSE

Tuesday, January 17th

4 - 6 p.m.

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