



DEBBIE SCHWANKE/Colby Community College  
Physical therapist assistant program director Pat Erickson (above) demonstrated the Bodpod with student Kara Sandman (right) serving as a subject.

## High tech testing available at college

Students enrolled in the physical therapist assistant program at Colby Community College are being trained on state-of-the-art equipment that measures an individual's percent and absolute amounts of fat and lean body mass.

The Bodpod is used to measure body mass and estimate body composition. In addition, the device estimates the resting metabolic rate and Total Energy Expenditure in those over 10 years old.

"The Bodpod was purchased with funds from a Perkins' grant," said program director Pat Erickson. "We are the only facility with a Bodpod from Denver to Kansas City."

The Bodpod uses whole body densitometry to estimate fat and lean mass. To accomplish this, users get inside the unit and allow some of the air to be withdrawn. A computer printout is provided fol-

lowing three short tests. The entire process requires about 10 minutes per person, including preparation and testing.

The printout includes weight, percent of body fat and percent of lean mass. A certain amount of fat is necessary for good health; it plays an important role in protecting internal organs, providing energy and regulating hormones. If too much fat accumulates over the years, health may be compromised. For men, the minimal amount of essential fat is approximately 3 to 5 percent. For women, essential fat is approximately 12 to 15 percent.

Lean mass is everything except the fat. It includes muscle, water, bone and internal organs. Muscle is the metabolic engine of the body that burns calories (fat) and plays an important role in maintaining strength and energy. Healthy

levels of lean mass contribute to physical fitness and may prevent conditions such as osteoporosis.

"The estimated resting metabolic rate represents the minimum energy needed to support the body's basic physiologic function at rest," said Erickson. "The results show three values – the resting metabolic rate, physical activity and thermic effect of food. This information will assist a person in planning how much exercise and how many calories are necessary to lose weight."

The college is making the Bodpod available to the public at a cost of \$10. This includes the initial test and retesting after the recommended time frame.

"The Thomas County Meltdown participants recently used the Bodpod," said Erickson. "Others who are interested may contact me at the college for information about



how to test. There are certain criteria required for accurate results. The Bodpod is accurate for anyone over 10 years old to a weight of approximately 525 pounds."

The Bodpod has proven to be more accurate than either single or double impedance tests which have been used in the past.

"This is the gold standard in body fat testing," said Erickson. "We are very fortunate to have this available at Colby Community College."

The physical therapist assistant program at the college is a two-year program. The freshman year, open to all students, consists of prerequisite courses. Admission to the sophomore year is limited, with an interview process in the

spring to determine who will be admitted. The program's board certification pass rate is 93 percent.

The college is recognized for having an exceptional faculty for the program. Erickson, who has her doctorate in physical therapy, has over 38 years of experience in physical therapy. Instructor Kathy Robert, a certified physical therapist assistant, has a degree from Colby and a bachelor's degree from Pittsburg State University.

The job outlook for program graduates is excellent, Erickson said, with an average starting wage of \$19 to \$25 per hour.

For information, call Erickson at 460-5445.

## School sale takes twist

EUGENE, Ore. (AP) – Descendants of a farm-owning couple who left their land to an Oregon school district in 1886 could have pressed for their financial rights because of an unusual clause in the original sales document.

It wasn't much: \$22.50 – the original sale price of the farmland – split 76 ways, with 126 years of interest. The clause required that the land be sold back to their descendants if the land ever stopped being used for a school.

That happened in 2009 due to declining enrollment, the Eugene Register-Guard reports (bit.ly/xrUmW6).

But the descendants, including Leslie Hysell of Sweet Home, neglected to meet a judge's deadline to claim the proceeds.

Now, the judge has cleared the way to begin seeking buyers.

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## Sign up for animal academy soon

Kansas State University's Animal Sciences Leadership Academy is planned for Wednesday through Saturday, June 6 to 9, on K-State's Manhattan campus.

The conference provides 20 high school students from across the state with the opportunity to learn more about leadership and production in the animal science industry. Students will receive interactive leadership training and tour facilities in K-State's department of animal sciences and industry. Participants will also tour businesses and organizations within Kansas' diverse livestock industry.

Any high school student is eligible to apply. Selection will be based on educational, community and agricultural involvement.

Information and printable application forms are available on K-State's Youth Livestock Program website [www.YouthLivestock.KSU.edu](http://www.YouthLivestock.KSU.edu) or by contacting Chelsea Tomascik at [tomascik@k-state.edu](mailto:tomascik@k-state.edu) or (785) 532-1264. Applications are due by Thursday, March 15.

The cost for the conference is \$50 which includes lodging, tours and meals.

## School sign misspelled

NEW YORK (AP) – Everyone who's ever gone to school should know how to spell "school."

But someone who plastered a school crossing sign on the street in front of a New York City high school got it wrong.

The *New York Post* reports (nyp.st/zzfXDj) that the big white letters in front of Marta Valle High School on the Lower East Side say "SHCOOL X-NG."

A spokesman for the city Department of Transportation said the error was made by a utility provider, not by the city.

The *Post* says workers apparently cut into the sign several months ago to get to underground utility lines. They are responsible for restoring it correctly.

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## CHRISTINA OSTMEYER

Parents:  
Kathy Kersenbrock-Ostmeyer  
& Mark Ostmeyer

Sponsored by: Colby Rotary



Christina, a senior at Colby High School, is Colby Rotary Club's Student of the Month for February 2012.

Christina's school and community activities include Dance Team, Forensics, Debate, Swim Team, International Club, C-Club, National Honor Society, Girl Scouts, Cosmic Crayon, Cheerleading, Technology Student Association, Student Council, Cross Country, Young Humanitarians, Colby High School Ambassadors, All-School Theatrical Productions, Special Olympics Volunteer, Red Cross Blood Drives, Genesis "Trick or Treat" Food Drive, Disaster Relief Dodge Ball Donations Committee Chair, Drive One 4 UR School Participant, and American Flag Community Disposal Project.

Christina's special honors include Girl Scout Bronze & Silver Award, WSU Presidential Scholar, Hall of Fame Dance Challenge All-Star, Debate/Speech/Drama State Qualifier, Speech & Drama State Placer, State Debate-4th Place, Catholic Forensics League National Qualifier, Superintendent's Honor Roll, TSA National/State Placer, TSA State Officer, NHS Special Activities Officer, Voted Outstanding Senator @ 2011 Kansas Girls State, Girls Nation Senate Kansas Representative, and Americans Elect Kansas High School Delegate.

Christina's academic emphasis has been the State Scholars Curriculum. She plans to attend the University of Kansas and major in Business & Public Administration.

**FEBRUARY STUDENT  
OF THE MONTH**



## Thank You

DSNWK would like to say "Thank You" to the Colby Dillons and all those Dillon's patrons who shared their gesture of love, in giving a Valentines Day balloon as a part of their Heart 2 Heart campaign.

Special Valentines Balloons were given to individuals served at Prairie Developmental Center in Atwood on February 14th. We truly appreciate your kindness and support during this special day!



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