

# Opinion



## Letters

### Wellness Fair important

To the Colby Free Press:

The Wellness Committee would like to invite the public to attend the 2004 Wellness Fair on Saturday, Jan. 17 from 9 a.m. to 1 p.m.

Some of the health screening exams available this year include: fitness testing, skin cancer screening, prostate exam, posture screening, urinalysis, oral cancer screening, video otoscope and hearing/vision/blood sugar.

Available at the fair for an additional charge will be a colorectal cancer screening; osteoporosis screening and/or tetanus shot. Discount coupons will also be available for mammograms and women's health exam (breast exam, pelvic exam, pap smear).

Lab work will be drawn at Citizens Medical Center on Jan. 10, 12 and 13 from 6 to 9 a.m. Lab work will include TSH (thyroid) at \$12; CBC/Lipid/Glucose (cholesterol and blood sugar level) at \$15; and PSA (prostate cancer) at \$18. You will also be required to pay the \$5 registration fee for the fair at the time of the lab work.

There will also be a children's area that will have lots of fun things for the kids to do. Smart Start and various local agencies will be providing health and safety activities including: ABC's of Fire Safety, Making a Healthy Lunch, Teeth Exploration; Tongue Zone Activities; Magic Tricks of Safe Hand Washing; and Calming Turtle Activity.

The Bal-A-Vis-X (hand/eye coordination) demonstration will be presented by Sacred Heart School children. There will also be a clown present to entertain with balloon activities.

The kids will have a great time, so parents please come on out, enjoy the day with your kids and get lots of good information. Children are free with an accompanied registered adult.

This is a good time for those of you interested in your health to take advantage of the reduced rates on the lab work. There is a lot of information to obtain from the different booths. We have been working hard at making this event a success and hope that you will come and join us.

Sincerely,

**Thomas County Wellness Fair  
Publicity Committee**  
Jeanene Brown  
Tracey King  
Frank Vacca  
(Letter #2)

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@nwkansan.com](mailto:td@nwkansan.com).

### Addresses of elected officials:

- U.S. Sen. Pat Roberts**, 109 Hart Senate Office Building, Washington, D.C. 20510. 202/224-4774
- U.S. Sen. Sam Brownback**, 303 Hart Senate Office Building, Washington, D.C. 20510. 202/224-6521
- U.S. Rep. Jerry Moran**, 1519 Longworth House Office Building, Washington, D.C. 20515. 202/225-2715
- State Rep. Jim Morrison**, State Capitol Building Rm. 171-W, Topeka 66612. 785/296-7676 e mail: [jmorriso@ink.org](mailto:jmorriso@ink.org) web:<http://www.ink.org/public/legislators/jmorriso>
- State Sen. Stan Clark**, State Capitol Building Rm. 449-N, Topeka 66612. 785/296-7399 e mail: [sclark@ink.org](mailto:sclark@ink.org)

### COLBY FREE PRESS

155 W. Fifth (USPS 120-920) (785) 462-3963  
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[freepress@nwkansan.com](mailto:freepress@nwkansan.com)

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**Tom (TD) Dreiling - Publisher**  
[td@nwkansan.com](mailto:td@nwkansan.com)

**NEWS**  
**Patty Decker - Editor**  
[pdecker@nwkansan.com](mailto:pdecker@nwkansan.com)

**Tisha Cox - General Assignment**

**ADVERTISING**  
**Crystal Rucker - Advertising Representative**  
[crystalr@nwkansan.com](mailto:crystalr@nwkansan.com)

**Shelby Moses - Advertising Representative**  
[smoses@nwkansan.com](mailto:smoses@nwkansan.com)

**BUSINESS OFFICE**  
**Lea Bandy - Circulation Manager**  
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[support@nwkansan.com](mailto:support@nwkansan.com)

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**Jim Bowker - General Manager**

**Richard Westfahl, Lana Westfahl, Ron VanLoenen, Judy McKnight**

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## Remembering 2003

Every year The Associated Press comes out with its choices for what made the top list of stories during the past year. The 2003 list of story suggestions the association came up with are taken from around the world. It's always interesting to look back on what made the news and remember those events.

Here's the list The Associated Press named as the top news stories in 2003 in no particular order:

- War in Iraq: Saddam is toppled, but occupation proves difficult
- Race for Democratic presidential nomination; Howard Dean leads polls
- California recall campaign; Arnold Schwarzenegger elected governor
- Deaths mount in Israeli-Palestinian conflict; peace plan founders
- Economy improves but joblessness and state budgets remain problems
- Space shuttle Columbia breaks apart; seven astronauts die
- Southern California wildfires kill 22, destroy 3,600 homes
- Crisis over North Korea's nuclear weapons program
- Illinois governor commutes 167 condemned inmates' sentences
- Trials of Washington-area sniper suspects
- President Bush pushes through budget with tax cuts and deficits
- Consecration of gay Episcopal bishop divides Anglicans worldwide
- Air Force Academy scandal involving dozens of rape allegations
- Elizabeth Smart found nine months after her abduction in Utah
- Arson attack on South Korean subway trains; 198 killed
- Fire during rock concert at Rhode Island nightclub kills 100
- Assassination of Serbian Prime Minister Zoran Djindjic
- Outbreak of SARS kills nearly 800 worldwide
- Dispute over continued care for brain-damaged Florida woman
- Rescue of Army Pfc. Jessica Lynch from Iraqi hospital
- Tornadoes kill 40 in Kansas, Missouri and Tennessee
- Terror blasts in Saudi Arabia, Philippines, Morocco, Indonesia, Turkey
- Investigation of mutual funds leads to another corporate scandal
- Jayson Blair scandal at New York Times; top two editors resign
- Warfare in Liberia; Charles Taylor forced from power
- Supreme Court allows colleges to select students based partly on race



### Patty Decker • Deep Thoughts

- Staten Island ferry crashes into pier; 10 killed
  - Supreme Court strikes down state bans on homosexual sex
  - Actress Katharine Hepburn dies at 96
  - Basketball star Kobe Bryant charged with sexual assault
  - Congressional probe find lapses by CIA, FBI before Sept. 11 attacks
  - Green River killer Gary Leon Ridgway pleads guilty to 48 slayings
  - Bob Hope dies at 100
  - Blackout hits parts of U.S. and Canada; millions lose power
  - Violence persists in Afghanistan
  - Thousands die in European heat wave
  - Efforts to provide more funding, cheaper drugs for global AIDS crisis
  - Paul Hill executed in Florida for slaying of abortion doctor
  - Global hunt for al-Qaida leaders; new bin Laden video surfaces
  - New York Stock Exchange chairman resigns over pay package
  - Hurricane Isabel pounds North Carolina, knocks out power to 1 million
  - Republican lawmakers approve disputed Texas redistricting plan
  - Congress bans "partial birth abortion"; court challenges follow
  - Smugglers abandon illegal immigrants in trailer in Texas; 19 die
  - Lawyer/activist Iranian woman wins Nobel peace prize
  - China conducts first space mission
  - Olympic bombing suspect Eric Rudolph arrested in North Carolina.
  - Track and field threatened with major scandal over steroid THG
  - Alabama Supreme Court chief justice ousted in Ten Commandments dispute
  - Massachusetts high court rules gay couples have right to marry
  - Michael Jackson faces child molestation allegations
- Closer to home, the Kansas City bureau of the Associated Press also came up with the big stories in Kansas that will remain high on the agenda in 2004 as well.

## Beefing up the beef issue

"Where's the beef?"

In a couple of school districts in Colorado that might be answered, "Not here!"

I was reading something rather interesting the other day on that very topic in light of the mad-cow case in Washington state. Reports of that situation seem to fill the airwaves and newspapers all over the country on a daily basis.

In some areas, I am told, the coverage of the mad-cow thing rivals the coverage of the cases involving Michael Jackson and Kobe Bryant and Scott Peterson.

Apparently, the Jefferson County School District in neighboring Colorado has decided to bare it cupboards in some of its cafeterias of some beef and beef byproducts. Safety is the cited reason. They want to be assured it's not harmful to eat.

Additionally, we have learned, that in the resort area of Aspen, they, too, have discontinued serving beef to grade school and middle school kids because of mad-cow fears.

Despite government assertions that the stuff is safe to eat, that message apparently isn't being viewed as a guarantee of anything. In parts of Colorado, that is.

The news coming from the state we outsiders look to as our vacation haven, has folks in the cattle business a bit miffed. But that's putting it mildly. They're really ... well, I won't use the word I thought about using because it doesn't have a place in a family newspaper. But, they rightfully point to people like you and me and millions of others like us who like beef and continue eating it because we trust the government's insistence that it is safe to put into our system.



### Tom Dreiling • My Turn

And, hey folks, it's also good tasting.

People in lofty positions also seem disappointed with the action being taken on a limited scale in Colorado. They, too, hammer the theme, "'beef's safe,' and the United States Department of Agriculture reiterates that it hasn't purchased any of the beef products tied to the mad cow in that Pacific Northwest state.

It is easy for some to accept at face value suggestions that we all stop eating beef because of the lone mad-cow case surfacing several weeks ago. And I don't fault those who feel they need to ditch beef from their diet at this time. That's a matter of personal choice. It's just that I'm not buying into it.

I remember a couple of years ago when we tossed every egg-laying chicken out the window because they told us we were asking for trouble if we continued eating eggs. You know, cholesterol and all that stuff? So, what did we do? We quit eating eggs. And then popping up all over the place were 'eggless' egg products. About the time we adjusted to the absence of eggs in our diet, *they* — whoever *they* are — came back and said it would be okay to resume eating eggs, that

they weren't as harmful as originally thought. So, we went back to eating eggs.

The dangers of eggs are not like the dangers associated with mad cows. But I choose to use it only as an example because sometimes in our quest to grab the attention of the public, a situation — no matter how isolated or harmless to the general population it might be — suddenly magnifies to the extent of creating financial chaos to an otherwise life-long, trustworthy industry.

And as for fish — the suggested alternative to meat in many diets — they will never have to be concerned with a "mad" disease. Heck, fish can't stand up even if they wanted to.

So, "where's the beef?" Or I think I should say, "Where's the U.S. beef?" I'm betting it's where it's always been and deserves to be: on the dinner table all over the country tonight.

Why did I inject U.S. in the above paragraph? Because it's a COOL thing to do — COOL, as in "Country of Origin Labeling." Better get your call into Rep. Jerry Moran and Senators Pat Roberts and Sam Brownback quickly if you think U.S. beef products should be so labeled. Currently they aren't. And don't be fooled by the sticker that might say, "USDA inspected." That in itself doesn't tell you where the beef came from. I'm funny that way. I would feel better if I knew the beef I was buying at the supermarket was from our own country, not from some far away place that I might not even have heard of.

Enjoy dinner.

Dreiling is publisher of the Free Press. E-mail [td@nwkansan.com](mailto:td@nwkansan.com).