

Learn more about the health department at open house

Everyone is invited to the Thomas County Health Department's open house from 9 a.m. to 4 p.m. Tuesday, Feb. 3 and Wednesday, Feb. 4.

Join in for refreshments, prize drawings and tours of the health department. Come meet the staff and receive valuable information about the health department. Mark your calendars today.

Do you really know about your public health in Thomas County? Do you know who it serves and what purpose it has? Public health prevents epidemics and the spread

Thomas County Health Department

• Healthy Happenings

of disease. It protects against environmental hazards and prevents injuries.

Public health promotes and encourages healthy behaviors. It responds to disasters and assists communities in recovery. It also assures the quality and accessibility of health services.

The three levels of prevention that public health promotes are: Primary prevention, which focuses on preventing disease before it occurs or is diagnosed; it prevents a problem from affecting people in the first place.

Examples are immunizations, sanitation and worksite safety practices, counseling for families with genetic conditions, community fluoridation of water, labeling of heart healthy foods in grocery stores and restaurants, child restraints in vehicles, provision of fitness trails, shields on tractor power

take-offs, smoking cessation programs, positive parenting classes and dental scalants.

Secondary prevention focuses on early detection and prompt treatment of an existing problem; it prevents a problem from causing serious or long-term effects to the individual or from affecting others.

Examples are cholesterol screening, STD clinics, water testing, early and periodic screening clinics, required reporting of measles, follow-up on a positive Mantoux, routine Pap smears and self-breast exams, treatment of intraocular pres-

sure, dental fillings, and food, beverage and lodging inspections. Tertiary prevention focuses on limiting further negative effects from a problem; it prevents an existing problem and its existing consequences from getting worse.

Examples are home health visits for the chronically ill and disabled, speech therapy for an individual with CVA, reporting of vulnerable adults and maltreated children, referral to support groups and services for children with handicaps.

How is the public health department funded?

By federal and state grants, local taxes, fees and reimbursement, contracts and donations.

Who is in charge of the health department and whose guidelines are followed? The health department is managed by an administrator with a professional staff. The county commissioners govern it and it follows state and federal regulations.

The health department uses the Centers for Disease Control guidelines and is directed by a health officer which is usually a local health care provider.

Next round of Kansas soldiers prepare to leave

FORT RILEY (AP) — Soldiers first arrived in Kansas in the 1820s, establishing outposts to protect the pioneers settling the West. Their missions changed as national defense needs changed.

Next year could bring more change. As Congress and military leaders consider closing bases across the nation, state officials have started efforts to protect Fort Riley and other Kansas installations.

Gov. Kathleen Sebelius has asked communities across Kansas to participate in a lobbying effort and match a state contribution of \$250,000.

She wants communities surrounding Fort Riley, Fort Leavenworth and McConnell Air Force Base to play an especially active role.

Talk about possible military and congressional proposals has sparked concern in Topeka about Forbes Field.

"I think we're well-positioned, but this is going to be a very aggressive battle," the governor said. "If 25 percent of the military installations are going to be done away with over the next five years, we don't want any of them to come from Kansas."

The Pentagon must make recom-

mendations in May 2005, with presidential and congressional review that fall.

Rep. Carol Beggs, R-Salina, a World War II veteran and member of the retirees association at Fort Riley, sees merit in intensifying state lobbying, but he said the focus should be on bases targeted for closing.

"The real horsepower comes from the representatives in Washington," he said.

Many other states have started efforts to protect their bases, including Mississippi where bases employ 35,000 with a payroll of \$1.2 billion. Legislators there have approved \$200,000 for lobbying.

Officials estimate that Fort Riley, Leavenworth and McConnell pump nearly \$2 billion into the state economy annually.

That figure doesn't include the \$450 million impact of the Kansas National Guard, or suppliers and contractors supported by military operations.

Fort Riley spokeswoman Christie Vanover said the post can't actively lobby to protect the installation. That's a role left to elected officials, citizens and business leaders.

"We just continue improving our facilities," as if closings would not

be discussed, Vanover said.

"We continue as a viable post until somebody tells us otherwise," she said.

Since its founding in 1853, Fort Riley has grown to more than 100,000 acres. Improvements in the past decade have included its railroad, which can move enough equipment for an entire division — 10,000 to 14,000 soldiers — to Texas in a little over a week.

Vanover said the post also is known as "America's War Fighting Center" and has mobilized more than 7,500 reservists since October 2001.

The post is proud of its history, she said, but others must make the case for Fort Riley.

"They need to express their views and opinions," she said. "While our heart may be at Fort Riley, we are part of the Army, and we are going to stand by the decision made by the Department of Defense to make this a better Army for our nation's de-

fense."

Col. Tod Bunting, adjutant general for Kansas, said officials continuously review unit missions and where Kansas fits into the national defense.

"We've never failed to meet any tasking asked of the Air or Army National Guard," he said.

Senate President Dave Kerr said Bunting's assessment will be important in determining how the state responds.

School Calendar

Colby Public Schools

Tuesday, Jan. 27 - Orange Day. High school scholars bowl at 4 p.m. at Phillipsburg.

Wednesday, Jan. 28 - Black Day. USA convention. NKESC Scholar's bowl, grades 6-8, 9:15 a.m. Building level school improvement, school dismissed at 12:30 p.m.

Thursday, Jan. 29 - Orange Day. Kansas Day. FFA Northwest District Ag Business CDE/Interview at Norton, 4 p.m.

Friday, Jan. 30 - Black Day. FFA Ag Education Symposium at Salina. Grade school second graders to Fick Museum in Oakley at 12:30 p.m.

Saturday, Jan. 31 - High school band clinic at Wichita State University. Forensics at Hill City at 8 a.m.

Breakfast, Monday - breakfast pizza, pineapple chunks, milk, cereal choice. Tuesday - tasterie, orange juice, milk, cereal choice. Wednesday - blueberry muffin, grape juice, milk, cereal choice. Thursday - French toast sticks with syrup, apple juice, milk, cereal choice. Friday - pancake and sausage on a stick, apple slices, milk, cereal choice.

Lunch, Monday - taco with teh works, rice, cinnamon cornbread with honey, veggies, fruit, dessert, milk. Tuesday - chicken patty/ham and cheese or beef and cheese pocket, veggies, fruit, dessert, milk. Wednesday - Sloppy Joe/chicken patty, veggies, fruit, dessert, milk. Thursday - Soup day-chilli, chicken noodle, broccoli, raw veggies, strawberry fruit mix, crackers, cinnamon roll, milk. Friday - Pizza/Pizza Hut, garlic toast, veggies, fruit, dessert, milk.

Sacred Heart School

Wednesday, Jan. 28 - No afternoon buses.

Lunch - Monday, cheeseburger casserole. Tuesday, ham. Wednesday, Salisbury steak. Thursday, chicken. Friday, pizza.

Brewster Public Schools

Breakfast, Monday - creal or cinnamon roll, toast, juice, milk. Tuesday - cereal or sausage biscuit, toast, juice, milk. Wednesday - cereal or cheesy hash browns and sausage, toast, juice, milk. Thursday - cereal or peanut butter twists, toast, juice, milk. Friday - cereal or scrambled eggs with ham and cheese, toast, juice, milk.

Lunch, Monday - taco burger, salsa, tater circles, baby carrots, apple and orange halves, salad bar, milk. Tuesday - rib barbecue, has browns, green beans, applesauce, pear half, rolls, salad bar, milk. Wednesday - chicken patty, mashed potatoes, white gravy, mixed veggies, mixed fruit, rolls, salad bar, milk. Thursday - beef and noodles, carrots, baby carrots, peaches, pears, sugar cookies, rolls, salad bar, milk. Friday - cheese pizza, corn, carrots, mandarin oranges, orange halves, rolls, salad bar, milk.

Babies

Christopher Alan Eteeyan
Katie and John Eteeyan, 245 SE 29th St., Lot G-1, Topeka, Kan. 66605, announce the birth of their son, Christopher Alan, born at Kansas University Medical Center, Jan. 5, 2004 at 10:02 a.m. Christopher weighed 7lbs., 5 oz.

and was 21 inches long. Grandparents are John and Betty Eteeyan, Topeka, and Larry and Mary Maxwell, Colby.

Great Grandparents are Bernadine Maxwell and John and Lorene Kehler of Holton and Archie Eteeyan, Topeka.

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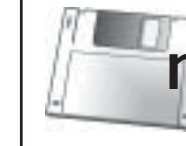
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