



Wellness Fair totals pass goals

By Patty Decker

Free Press Editor

Wrapping up the 20th annual Thomas County Wellness Fair held in mid-January, organizers said it was a huge success.

Final totals for the event, said Tracey King, publicity chair, were more than 325 attending with almost 500 people taking participating in the lab work.

Last year, blood work numbers exceeded 400 and committee members at that time didn't think it could get much better.

As for the booths this year, King said there were 17 different organizations represented the day of the event, which was held in the student union at Colby College.

Those educational booths included the American Cancer Society, American Heart Association, BRITE Start, Colby Community College Resource and Referral, the Colby Fire Department, Heartland Rural Counseling, High Plains Mental Health, La Leche League, LINK Inc., Midwest Energy, Parents as Teachers, the Northwest Kansas Regional Prevention Center, S&T Communications, Sacred Heart School, Smart Start, Thomas County EMS, and Wings Upon the Prairie.

As for screenings, King said there were more than 10 areas to include fitness testing with emphasis on body fat analysis, flexibility, cardiovascular, endurance, and strength, the Lions Mobile Unit, which tested for glaucoma, visual acuity, visual fields and much more; visual ear examinations; photo screener for children's vision screening; lifestyle analysis; posture screening; urinalysis; osteoporosis screen and bone density test; Tetanus immunization, and several cancer screenings.

"Many attended the presentation from Brad Rea with Hays Orthopedic Clinic for his talk entitled *Living with Osteoarthritis*," she said.

In addition to the many areas for adults, King said the children's area was busy this year with health and safety activities, including the photoscreener that can detect potential problems in children's vision even before there are any symptoms. King also said that the entire Wellness Committee wanted to thank all the providers, participants and sponsors in helping to make this event successful.

Wellness Fair committee members this year included King, Jeanene Brown, Pat Erickson, Maureen Ostmeyer, Karen Merryman, Tina Harris, Samantha Sabatka, Leslie Focke, Gina Jennings, Kathy Robert, Cheryl Walter, and James Foster.

Grant talk



TISHA COX/Colby Free Press

William Moses of the Kresge Foundation of Troy, Mich. visited with Tracey King, with Western Kansas RC & D before speaking at the Northwest Kansas Grant Funding Speakers Forum Thursday at City Limits Convention Center. More than 80 people were at the event to learn more about the foundation's programs. King said the forums are held several times a year and are a chance for foundations to talk about what they do and the programs they offer.

Colby's hospital broadens its communication

By Jan Katz Ackerman

Colby Free Press

Citizens Medical Center, Inc. is moving forward in its communication with its patients and area residents regarding action taken by the board of trustees.

On a monthly basis, the board will provide the *Colby Free Press* with information about decisions made at its most recent meeting.

The articles will not cover topics governed by state and federal privacy laws, such as issues relating to confidential patient information or employee issues.

"We are really looking forward to

working with the *Free Press* on this new opportunity. There is so much happening in health care nation wide, as well as locally, that it can get a little overwhelming.

We have always known that communication is very important, and through partnerships such as this one, everyone benefits," said Janice McCart Chief Executive Officer of Citizens Medical Center.

Items from the February board meeting:

- Baby Baskets: Citizens Medical Center and attending physicians offering obstetrical services, Dr. Gary Slavens, Dr. Srinath

Tadakamalla and Dr. Bruce Kellogg, will be giving baby baskets to all new parents. This is just one way for the hospital and physicians to say "best wishes" and "congratulations" to those having babies at the hospital.

- Health Information Expansion: Health Information will be moving and expanding to allow for more security and space for patient records within the hospital.

- Light Therapy: The Physical Therapy department will soon offer light therapy for the purposes of healing, pain management and numerous other benefits with a new

Fair board concentrates on buildings

By Tisha Cox

Colby Free Press

The status of the building and grounds at the Thomas County Fairgrounds was one of the top items of discussion at Thursday's fair board meeting.

Board president Stan Strange gave a report on how things are looking.

He said clean-up of the queen's barn site is nearly complete and all of the nails and remaining debris are gone. Now, they will need Clair Schrock from the county road department to come take the foundation out.

Strange said there was also a recent problem with some of the college students who use the fairgrounds for rodeo practice.

"It looked like there was quite a party over by some of the buildings," he said, adding they have talked with rodeo coach Allen Russell.

Strange said such behavior won't be tolerated and if it keeps up, they would have to reconsider use of the facilities.

Another matter of concern is the commercial building's roof. Board member Mark Anderson said the cross braces on about five of the 12 bays in the building are broken or need pushed back into place.

He said they need to get something done and in the meantime, someone to come out and look at the building to see how much repairs might cost.

The board also discussed options to cover the cement slab used for the fair barbecue. Darrel Dible, board member, said hasn't been able to talk to Stan Molstad at Colby Can-

vas about possibly buying a used tent.

It was brought up at the January meeting and Strange thought it was an idea they should look into because the other option of putting a roof over the slab is cost prohibitive.

Strange said he is also concerned over the cost of a tent and has thought about it and thinks there are other things at the fairgrounds that need taken care of first.

He said using money in the best way is his concern and asked the board to come up with a list of what they feel is important and needs done. He said it should be done before the next meeting and they should prioritize and suggested it could be used to come up with a five-year plan.

Strange said they already have a good start with all of the maintenance and projects that are already finished.

Plans for next year's fair were also on the agenda.

Board member Justin Alexander said he's got the rules set up for the window painting contest and letters have been mailed out to county schools about the competition to come up with the parade theme. Suggestions for a grand marshal also came up but they haven't made any decisions yet.

Rodeo queen contest director Marie Skolout was also at the meeting. She updated the board on the cost of last year's contest, which used up almost all of its \$2,000 budget. Skolout also asked for permission to order the saddle that will be given out and to set the date of July 25 for the contest, which the board approved.

ment, said McCart.

- A new treadmill will be purchased for the purposes of cardiac stress testing that also has the potential for Cardiolite Stress Testing at Citizens Medical Center. Cardiolite is a testing procedure which gives doctors and cardiologists a detailed image of the heart.

- The United States Department of Agriculture loan has been approved and hospital will be accepting bids for the expansion of Family Center for Health Care until March 8.

For information listed as a Bulletin Point, call (785) 460-1214.

Briefly

Garage sale at armory

The Kansas National Guard is planning a garage sale from 8 a.m. to 1 p.m. Saturday at the Armory. The event is a fund-raiser to support the upcoming Enlisted Conference March 18-20.

Parent surveys sent out

Parents should have recently received a Sherman/Thomas Prevention Project Parent Survey in the mail or via e-mail, said Sue Evans, director. For those who haven't already sent their surveys back, the Prevention office asks that they do so as soon as possible in order for them to be eligible for up to \$150 in Colby Chamber bucks. The drawing will be held after surveys have been returned and winners will be announced in the *Colby Free Press* and on the Kiwanis sign downtown. For questions, call the Regional Prevention Center at (785) 462-8152.

Rotary holding soup supper

The Colby Rotary Club will hold its soup supper from 5-7:30 p.m., Tuesday, at the Colby Community Building during the Colby-Goodland basketball game. Chili and potato soup will be served.

Legislative town hall meeting next week

Rep. Jim Morrison, R-Colby, and Sen. Ralph Ostmeyer, R-Grinnell, are holding a town hall meeting from 9:45-10:45 a.m. Saturday, Feb. 19 at the Quality Inn in Colby. They will be giving a legislative update and answering questions. For information, contact coordinator Bert Stramel at 462-9748.

Commissioners to meet

The Thomas County Commissioners will meet at 9 a.m. Monday at the courthouse. Items on the agenda include road department supervisor Clair Schrock with a discussion on selecting a consultant for a project on Country Club Drive and opening asphalt bids; a presentation on the county's

emergency medical services from director Kathi Wright and Martin Rinehart; Ken Ptacek on weed-free forage inspections; an update on Northwest Kansas Community Corrections from John Trembley and an update on health insurance and benefits from Randy Dick.

'Sky is the Limit' trip still has openings

There is still space available for the Colorado Springs trip scheduled for Saturday, Feb. 26, said Judy Kleinsorge, children's librarian at Pioneer Memorial Library. The "Sky is the Limit" trip is open to students in grades 6, 7 and 8, who have until Tuesday, Feb. 15 to turn in their application. "It would be great to see a number of youngsters take advantage of this opportunity that will be lots of fun," she said. For questions, stop by the library at 375 W. 4th or call (785) 460-4470.

Library plans book sale Saturday

Pioneer Memorial Library is having its "Lover's Day Book Sale," Saturday from 9:15 a.m. to 3 p.m. The sale will be held in the basement of the library, 375 W. 4th, Colby. For questions, call 460-4470.

Pet wash Saturday

The Student Veterinary Technology Association at Colby Community College is hosting a Pet Wash on Saturday in the Stanley Carr Agricultural Center. Appointments can be made by calling 462-3984, ext. 260.

Singing telegram orders available

The Colby Community College Sunflower Singers will be delivering singing telegrams from 9 a.m. to 2 p.m. on Valentine's Day. "This could be a great way to surprise your special one on Monday, Feb. 14," said Dr. Philip Shuman. To order, call 462-3984, ext. 311.

Colby
Hoxie
Oakley



Nice weekend in store

Tonight. Partly cloudy. Lows in the mid 20s. Light and variable winds. **Saturday.** Cloudy with a 20 percent chance of rain. Highs in the mid 50s. Southwest winds 5 to 10 mph. **Saturday night.** Mostly cloudy. A 20 percent chance of rain in the evening. Lows in the lower 30s. West winds 5 to 15 mph shifting to the north 10 to 15 mph with gusts to 30 mph after midnight. **Sunday.** Decreasing clouds. Highs in the lower 50s. **Sunday night.** Partly cloudy. Lows in the upper 20s. Monday...Partly cloudy. Highs in the upper 40s.

The numbers

Thursday's high, 49
Low this morning, 18
Year ago today, 34 and 17
Records for this date, 76 in 1951 and -24 in 1899
Precipitation past 24 hours to 8 a.m. today, 0.00
Precipitation for month to date: 0.23
Snowfall for month to date: 3.7 inches
Soil temperature, 32

The sources:

The forecast is from the National Weather Service, and other numbers are from the Northwest Research-Extension Center, Colby. A recorded forecast updated throughout the day is available by calling (785) 899-7119. Current temperatures are available by calling 460-TEMP.