

Opinion



A Kansas Viewpoint

Bush got it right this time

Conservatives cheered. Liberals jeered. After the abrupt end of the strange nomination of Harriet Miers, all the players were back on script Monday as President Bush named Samuel A. Alito Jr. to replace Justice Sandra Day O'Connor on the U.S. Supreme Court.

Senate Democrats revived their talk of a possible filibuster, prompting Senate Republicans to dust off their threat of the "nuclear option" — a procedural change that could keep Democrats from blocking an up-or-down floor vote.

But unless the coming days turn up some egregious personal or professional problem, Alito seems likely to be confirmed — and should be.

The right to pick judges to his liking was one of the trophies Bush won with his re-election last year. And he's never made any secret about his preference in judges, citing conservative Justices Antonin Scalia and Clarence Thomas as his favorites on the current court. So no one should have been surprised to see Bush turn to a clear-cut conservative now, especially after the mysterious Miers pick.

To Bush's credit, he got the qualifications right this time. The 55-year-old Alito, a judge on the Philadelphia-based 3rd U.S. Circuit Court of Appeals, has Ivy League degrees and a 15-year record on the bench, as well as a record of having argued 12 cases before the Supreme Court. As the president put it Monday, Alito "has more prior judicial experience than any Supreme Court nominee in more than 70 years." ...

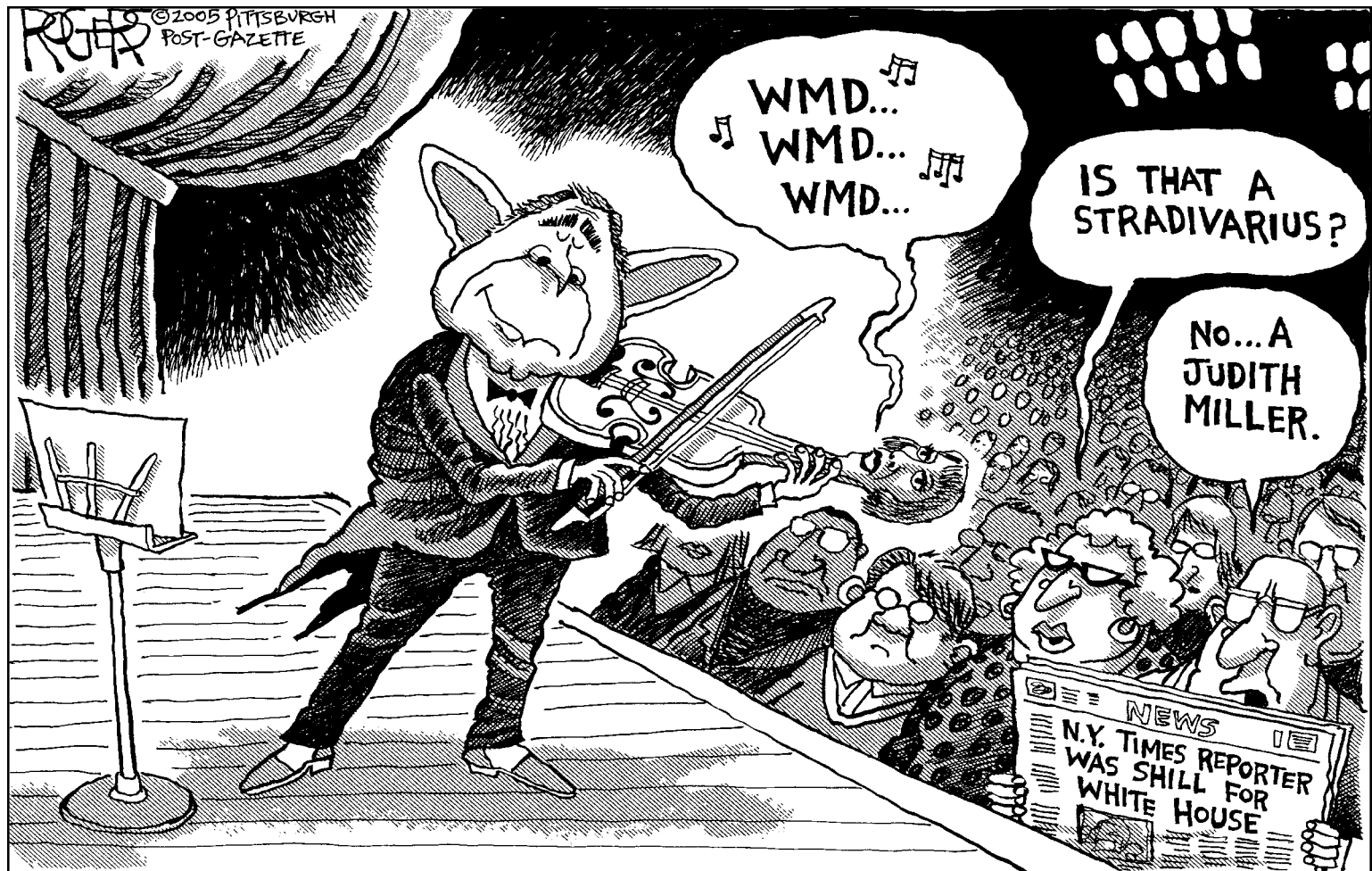
... Senate scrutiny of Alito's background and judicial philosophy is warranted but a debilitating brawl is not. The time for Democrats to bar conservatives from taking control of the Supreme Court came and went last November, at the polls.

From The Wichita Eagle

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 jvannostrand@nwkanssas.com or pdecker@nwkanssas.com.

About those letters . . .

The *Free Press* encourages and welcomes letters from readers. Letters should be typewritten, if at all possible, and should include a telephone number and an address. Most importantly, all letters must include a signature. Unsigned letters cannot be published. We reserve the right to edit for clarity and length, and, likewise, reserve the right to reject letters deemed to be of no public interest or considered offensive or libelous.



What football really means on a Sunday

Smack dab in the middle of what some people revere almost as much as religious holiday, football season, here's a list of definitions I found too cute not to share with you.

I must admit, I don't know the meanings for the real football terms, having spent my high school career in the marching band section and not giving a care about what was going on out on the football field.

Church Football Definitions:

Quarterback sneak: Church members quietly leaving during the invitation.

Draw play: What many children do with the bulletin during worship.

Halftime: The period between Sunday school and worship when many choose to leave.

Benchwarmer: Those who do not sing, pray, work, or apparently do anything but sit.

Backfield-in-motion: Making a trip to the back (restroom or water fountain) during the service.

Staying in the pocket: What happens to a lot of money that should be given to the Lord's work.

Two-minute warning: The point at which you realize the sermon is almost over and begin to gather up your children and belongings.

Instant replay: The preacher loses his notes and falls back on last week's illustrations.

Sudden death: What happens to the attention span of the congregation if the preacher goes "overtime."

Trap: You're called on to pray and are asleep.

End run: Getting out of church quick, without speaking to any guest or fellow member.

Flex defense: The ability to allow absolutely nothing said during the sermon to affect your life.

Halfback option: The decision of 50 percent of the congregation not to return for the evening service.



Jan Katz Ackerman

• From Where I stand

Blitz: The rush for the restaurants following the closing prayer.

This puzzle crossed my desk and I thought it was worth sharing. I have no clue about who authored the lengthy paragraph, but I hope you enjoy it.

Searching for 30 Bible Books

This is a most remarkable puzzle. It was found by a gentleman in an airplane seat pocket, on a flight from Los Angeles to Honolulu, keeping him occupied for hours. He enjoyed it so much; he passed it on to some friends.

One friend from Illinois worked on this while fishing from his john boat. Another friend studied it while playing his banjo. Elaine Taylor, a columnist friend, was so intrigued by it she mentioned it in her weekly newspaper column. Another friend judges the job of solving this puzzle so involving, she brews a cup of tea to help her nerves.

There will be some names that are really easy to spot. That's a fact. Some people however; will find themselves in a jam, especially since the book names are not necessarily capitalized. Truthfully, from answers we get, we are forced to admit it usually takes a minister or scholar to see some of them at the worst.

Research has shown that something in our

genes is responsible for the difficulty we have in seeing the books in this paragraph. During a recent fund raising event, which featured this puzzle, the Alpha Delta Phi lemonade booth set a new sales record.

The local paper, The Chronicle, surveyed over 200 patrons who reported that this puzzle was one of the most difficult they had ever seen.

As Daniel Humana humbly puts it, "The books are all right here in plain view hidden from sight."

Those able to find all of them will hear great lamentations from those who have to be shown. One revelation that may help is that books like Timothy and Samuel may occur without their numbers. Also, keep in mind, that punctuation and spaces in the middle are normal.

A chipper attitude will help you compete really well against those who claim to know the answers. Remember, there is no need for a mad exodus, there really are 30 books of the Bible lurking somewhere in this paragraph waiting to be found.

If you haven't done so yet, it's worth the time and effort required to take a drive along the back roads, particularly close to creeks, to enjoy fall foliage.

The drive between Hoxie and Oakley on the country roads is nothing short of spectacular. What leaves haven't tuned to glorious hues of gold and yellow soon will.

Tall Cottonwood trees line the south sides of much of the roads from just south of Hoxie to the northern parts of Logan County. Taking that route to church on Sunday made for a enjoyable ride, one I hope you can also enjoy before the snow flies. Have a great weekend.

Finding solutions to health care costs

Seventeen years ago, two young doctors, Mark and Sara Redding, enlisted in the Alaskan Indian Health Service. A year into their service in the frozen north, they noted a strange fact: the incidence of successful deliveries and healthy babies was higher in the low-income population of their remote villages than in the State of Alaska's major cities, or even the averages in the lower 48.

How could that be?

At first they assumed it was some kind of statistical anomaly. Yet the facts stubbornly held up. Birth weight, the most uncompromising indicator of babies' health, was significantly higher with women who should have been the most at-risk.

Facing the facts has led the Reddings on a long journey. These days they practice in semi-rural Ohio, and are leading a state-wide effort to turn our fractured healthcare system upside down, refocusing on the outcomes of care. In October, I had the renewed pleasure of sharing with Mark the design of a three day Learning Institute focused on Outcomes.

Joining us were clinicians, administrators and government officials from 30 states. We were united in our concern that the almost two trillion dollars annually spent on healthcare yields outcomes that are often erratic and wasteful.

Our Institute was about sharing programs that inspire accountability in the delivery of quality care - for everyone.

In Alaska, Mark and Sara learned that the presence of lay community health workers in isolated villages meant that pregnant women were identified for prenatal education and care early. They were supported during pregnancy to im-

prove diet and avoid destructive substances like tobacco and alcohol.

Understanding that medical procedures and medications are part of a process, not the entire package, has been the core of the Reddings' work ever since. In Ohio, they have developed CHAP, which uses a team of community people who help the traditionally underserved navigate the range of available programs.

For instance, it turns out that patients living only a few miles from a medical practice often require numerous changes of public transportation and hours of travel to arrive at appointments. If any of those buses are late, the appointments are canceled.

So here folks are, tired, hot, a couple of kids in tow, trying to do the right thing, and they are getting a lecture on responsibility from a receptionist.

The CHAP health workers change that process by finding alternative transportation, and educating both patients and providers. The cost is minimal compared to the expense absorbed by the system later on for expensive procedures, hospitalization and medications.

If the outcome we seek is optimum health for everyone at a reasonable cost, there are many paths besides relying on the drama of the ER. Saving lives begins before children are born. Healthier lives and reduced costs can be achieved through prevention, education, and strengthening community.

Among the common sense solutions we heard at our Institute was getting rid of long waits for appointments. Margaret Flinter, Clinical Director of a large community health center in Connecticut, explained that Advanced Access al-

lows patients to be seen within a day or two, and virtually eliminates the no-shows that are such a frustration for patients and a financial drain on practices.

Vondie Woodberry has developed a home-grown, pre-paid health plan covering low-wage workers for 400 small businesses in Muskegon, Mich. At the other end of the scale, Dr. Winston Wong, of Kaiser Permanente, explored the lessons learned about improving outcomes for their eight million members, and how data can lead to anticipating and avoiding serious complications. Funders presented contracting models tying payment to achieved outcomes with those most at risk.

Also present, and studying the innovations, were representatives from state Medicaid programs, and the federal Bureau of Primary Health Care's Office of Performance Review. Our Institute was organized under the auspices of Communities Joined in Action, a grass-roots coalition of more than 150 community-based healthcare groups.

Even at a time when it seems that national will is in question, providers of health services on a local and state level do not have the option of giving up.

From their efforts, it is even possible that a diverse system of care may develop, based on medical evidence, collaboration among providers, and awareness of community needs.

Paul Freundlich is President of the Fair Trade Foundation, and serves on the Board of Communities Joined in Action - pfreundlich@comcast.net

Doonesbury

• Gary Trudeau



COLBY FREE PRESS

155 W. Fifth (USPS 120-920) (785) 462-3963
Colby, Kan. 67701

freepress@nwkanssas.com

State award-winning newspaper, General Excellence, Design & Layout Excellence, Column Writing, Editorial Writing, Sports Columns, News, Photography.

Official newspaper of Thomas County, Colby, Brewster and Rexford.

John Van Nostrand - Publisher

jvannostrand@nwkanssas.com

NEWS

Patty Decker - Editor

pdecker@nwkanssas.com

Tisha Cox - General Assignment

tc Cox@nwkanssas.com

Jan Katz Ackerman, Area Reporter

ackermanjk@ruraltel.net

ADVERTISING

Crystal Rucker - Advertising Sales/Director

crystalr@nwkanssas.com

Jasmine Crottinger - Advertising Sales

jasminec@nwkanssas.com

Cindy Davis - Advertising Sales

c.davis@nwkanssas.com

BUSINESS OFFICE

Lea Bandy - Circulation Manager

lea@nwkanssas.com

Jeanette Applegate - Bookkeeping & Ad Building

japplegate@nwkanssas.com

Evan Barnum - Systems Administrator

support@nwkanssas.com

NOR'WEST PRESS

Jim Bowker - General Manager

Richard Westfahl, Lana Westfahl, Ron VanLoenen, Judy McKnight

THE COLBY FREE PRESS (USPS 120-920) is published every Monday, Wednesday, Thursday and Friday, except the day observed for Memorial Day, Independence Day, Labor Day, Thanksgiving Day, Christmas Day and New Year's Day, by Haynes Publishing Co., 155 W. Fifth, Colby, Kan., 67701.

PERIODICALS POSTAGE is paid at Colby, Kan. 67701, and at additional mailing offices. **POSTMASTER:** Send address changes to The Colby Free Press, 155 W. Fifth, Colby, Kan., 67701. THE BUSINESS OFFICE at 155 W. Fifth is open from 8 a.m. to 5:30 p.m. Monday to Friday, closed Saturday and Sunday. MEMBER OF THE ASSOCIATED PRESS, which is exclusively entitled to the use for publication of all news credited to it or not otherwise herein. Member Kansas Press Association, Inland Press Association and National Newspaper Association. **SUBSCRIPTION RATES:** In Colby by carrier: 4 months \$38, 8 months \$53, 12 months \$70. By mail with in Colby and the nine-county region of Thomas, Sheridan, Decatur, Rawlins, Cheyenne, Sherman, Wallace, Logan and Gove counties: 4 months \$50, 8 months \$62, 12 months \$78. Other Kansas counties: 4 months \$57, 8 months \$67, 12 months \$81. All other states, \$81, 12 months.

Nor'West Newspapers

Haynes Publishing Company