

12 pages

# COLBY FREE PRESS

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## GOP caucus Saturday in Colby

Republicans from Sherman, Sheridan, Rawlins, Decatur, Cheyenne, Wallace and Thomas counties will gather at the Colby Community Building, 285 E. Fifth, at 9 a.m. (Saturday) to participate in the Kansas Republican Presidential Primary Caucus.

Sherman County Republican Chair Roxie Yonkey said she will be at the caucus in Colby to help the credential committee by checking in people from Sherman County. She said check-in begins at 8 a.m.

Yonkey said to participate in the Republican caucus, a voter must have registered as a Republican, and be prepared to show a state-issued identification such as a driver's license.

Seven candidates were to be on the Kansas Republican Caucus ballot, but a few of those have dropped out, leaving five: Sen. John McCain, Rep. Ron Paul, former Govs. Mitt Romney and Mike Huckabee, and Alan Keyes.

The Republican caucus is open to any registered Republican in the 1st Congressional District, Yonkey said. It is not limited to precinct committee members. Electioneer-

ing is encouraged. You may openly support your candidate with signs, buttons, whatever.

Voters may check in until the caucus starts. Between check-in and voting, the caucus will hear from the candidates or representatives of those who have entered the state caucus, Yonkey said.

After the speeches, voting will begin by secret ballot and results from individual counties will be tracked. Thomas County Clerk Shelly Harms and her deputy are in charge of tallying the votes, Yonkey said.

The chair of the caucus can announce the results of the voting once all of the ballots have been cast and have been counted. The overall statewide total will be announced around 5 p.m. (Mountain Time).

The results will dictate which presidential candidate the delegates from Kansas will support at the Republican National Convention in September, said Republican State Chairman Kris Kobach. In order to win the Kansas delegates, a candidate has to win the majority vote in two of the four Congressional Districts, he said.

## The time to be kind

The Thomas County Community Foundation is promoting a "Random Acts of Kindness Week" during the week of Valentine's Day, Feb. 10-16.

The challenge to residents, businesses, individuals and non-profit organizations is to perform small charitable deeds for fellow citizens, said Melinda Olson with the foundation.

"We are striving for 100 percent

Thomas County participation," she said.

Examples of random acts of kindness could be to host a 'customer appreciation day,' give employees an extra break, longer lunch hour or let them leave early, compliment every person that walks in the door, let somebody go in front of you at the store check-out, or write a note of appreciation to co-workers.

## Descriptions for prescriptions



ABOVE: Thomas County EMS director Ken Gatlin and other Thomas County EMS staff worked the Wellness fair Thursday taking blood pressure readings for fair participants.

RIGHT: Optometrist Larry Washburn gives advice at the glaucoma screening booth during Thursday Wellness Fair held in the Colby Community College Student Union.



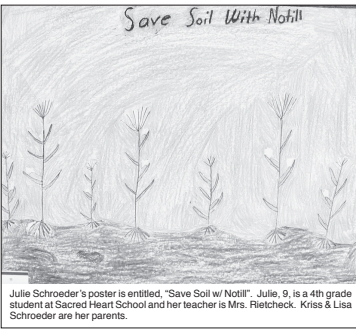
Midwest Energy offered Wellness Fair participants the opportunity to see a model city block with a working electrical unit.



KEVIN JOHNSON/Colby Free Press

With today's Free Press

## SOIL CONSERVATION PROFITS EVERYONE



## 2008 Soil Conservation

Thomas County Conservation District  
Annual Meeting & Awards Banquet  
Monday, February 11 ~ 6:30 p.m. ~ Thomas County 4-H Building

Colby Free Press, February 8, 2008

## Wellness Fair: Diagnosis for success

By Kevin Johnson

Colby Free Press  
kjohnson@nwkansas.com

The Colby Community College Student Union was abuzz with energy Thursday night as participants in the 2008 Wellness Fair roamed from booth to booth checking out the variety of sights and services that the event had to offer.

The Student Union was packed with booths with local businesses like Tubbs Chiropractic, who offered fair goers an alignment examination, and Midwest Energy who had a model city block with a working electrical

unit, and screening services for glaucoma, skin cancer, and urinalysis, as well as a booth for oral cancer screening provided by Colby Community College dental hygiene students.

In addition to the many health booths and screening services that were available, participants were also treated to guest speakers speaking on topics such as, "The Genetics of Cancer", by Teresa Catellano, a certified genetic counselor, and Dr. Bruce Kellogg who spoke on the importance of prevention and early identification of illnesses by regular health screening exams.

Thomas County Health De-

partment Administrator Lisa Molstad, who worked the Thomas County Health Department booth along with a few members of her staff, said the Wellness Fair was well received by those in attendance and those running booths and screening areas.

"It was wonderful," Molstad said. "We visited with a lot of folks and gave away some great prizes."

The Thomas County Health Department booth focused on the importance of being prepared in the event of a flu epidemic or pandemic, which Molstad says is a distinct possibility within the coming years.

"We provided people with a handbook to take home that gives advice for an emergency situation such as a flu pandemic and other things to take home to be ready for an emergency event," said Molstad.

The prizes given away by the Thomas County Health Department were a deluxe emergency preparedness kit, which was won by Becky Bond; a standard emergency preparedness kit, won by Rebecca Rhea; and an emergency frequency radio, won by Judy Jordan.

The Wellness Fair is an annual event.

### County meets Monday

The Thomas County Commissioners will meet at 9 a.m., Monday, in the commissioners room at the courthouse, 300 N. Court Ave. Agenda items include: County Health Administrator Lisa Molstad from 9 to 9:15 a.m. regarding January report and current health concerns; Sanitary Landfill Supervisor Larry Jumper from 9:15 to 9:30 a.m., to discuss January monthly report; Road and Bridge Supervisor Clair Schrock from 9:30 to 9:45 a.m., talking about chemical pump for weed department and municipal engineering fundamentals for non-engineers conference in Madison, Wis. (Nov. 3-4) and monthly report; Emergency Management Director Susan McMahan from 10 to 10:30 a.m., to update commissioners on progress since taking the position after Jim Engel resigned. She will also discuss Kansas Severe Weather Awareness Week (March 10-14); Executive session request involving Molstad and employee Connie Walden from 10:30 to 10:45 a.m.; Tracey Hillmer with High Plains Mental Health from 11 to 11:15 a.m.; and from 11:15 to 11:30 a.m., Treasurer Donita Applebury with bank reconciliation. Other business includes approving IMB service contract, letter from Kansas Attorney General regarding the Kansas Open

Meetings Act and a proposed settlement agreement, motion on RC&D office space and automobile claim review. The county also have many discussion items. For questions or agenda, call 460-4500.

### Capote movie Sunday

A movie about Truman Capote, author of "In Cold Blood," which highlights his experiences on researching and writing that book will be shown at 1:30 p.m., Sunday, at the library, 375 W. Fourth St. The movie has an 'R' rating and will run two hours. Everyone is invited to this free event.

### Remote car races Sunday

The Racing for Christ Car Club, also known as the RC Club, welcomes everyone to attend its next remote control car races, from 2 to 5 p.m., Sunday, at the First Baptist Church, 615 Webster, Colby. "No experience is necessary and we have many remote control cars available for those ages 10 and older who would like to learn," said Kent Higerd, coordinator. For questions, call 462-3440.

### Fair board to meet

The Thomas County Fair Board will meet at 8 p.m.,

Thursday, at the 4-H Building on the fairgrounds. Agenda items include: committee reports for building and grounds (bids on 4-H building addition); rodeo (contracts); parade (theme for 2008 fair and grand marshal); demolition derby; races; fair book (dairy classes, booth for 4-H clubs on drug prevention); Thomas County Community Foundation grant application and committee sign-up board members. All meetings are open to the public.

### Mom's group to meet

Mothers of Preschoolers, also known as MOPS, will meet from 9 to 11 a.m., Tuesday, at Colby United Methodist Church, 950 S. Franklin Ave. "MOPS is open to all moms with children ages 0-6 years old," said Denita Rodgers, one of the members. "At the meeting, discussion will be about ideas and tips for cooking on a budget." Childcare is provided. For questions, call Rodgers at 460-1325.

### Genesis sets meeting

The annual meeting of Genesis-Thomas County, Inc. will be held at 7 p.m., Thursday, Feb. 21, in the conference room at the Thomas County Office Complex, 350 S. Range Avenue in Colby. The public is

invited to attend.

### Discussion group Monday

Pioneer Memorial Library is sponsoring Clark Killion, professor of composition and director of the Writing Center in the English Department at Dodge City Community College. He will conduct a discussion group at 7 p.m., Monday, at the library, 375 W. Fourth St. The event is free and open to the public.

### Free tax help available

Senior citizens and low income individuals or families are encouraged to have their taxes done free of charge by an AARP representative. Leon Volk of Colby is trained in helping fill out tax forms and is available from 1:30 to 3:30 p.m., Thursdays, at Pioneer Memorial Library. Volk will help each Thursday through April 10. For questions, call 460-2645.

### Gaither video Sunday

The Colby Berean Church is sponsoring a Gaither Homecoming video concert at 6 p.m., Sunday. This week's featured video is "Campfire Concer." Ave. Organizers are encouraging everyone to attend this free concert and free refreshments.