Regular flu shots come before H1N1

to get it soon, before the expected rush for the new H1N1 flu vac-

development, is likely to keep health departments, clinics and retail stores busier than ever once it arrives in October. The seasonal flu vaccine, usually given in the fall, is already coming into Kansas and will soon be available in large quantities.

"The seasonal flu vaccination will not provide protection against H1N1," said Dr. Jason Eberhart-Phillips, state health officer and director of the Division of Health at the Kansas Department of Health and Environment. "Separate vaccinations will be needed in order to be fully protected this flu season.'

Vaccination against seasonal flu can begin as soon as vaccine is available. The goal for individuals – especially those at high risk of developing complications from influenza, said Dr. Eberhart-Phillips - is to receive a seasonal flu vaccination before influenza ac-

"The sooner that people receive better," he said. "Regardless of how early people receive the vaccination, they will have protection throughout the season.'

He said clinical trials for the H1N1 vaccine are underway, with plans to have it available in Kansas sometime in October or possibly sooner.

to high-priority groups, as determined by the Center for Disease Control and Prevention's Advisory Committee on Immunization Practices. These groups have been identified as having the highest risk of having severe illness with the "swine flu" strain:

- Pregnant women.
- · Household contacts and caregivers of infants younger than 6 months.
- Children and young adults from 6 months to age 24
- Health care workers.
- People 25 to 64 with high-risk medical conditions.
- "The amount of H1N1 vaccine

Bridge Club

5 Other CFP 9-3-09.indd 1

Meadow Lake bridge winners for Sept. 1 were first, Lyle Worthy; second, Elaine Ptacek; third, Thelma Shalz; fourth, Mary Kersenbrock; fifth, Sarah Jane Barrett; and sixth, Larry Barrett.

The annual seasonal flu vaccine that will be available at first is not is coming early this year, and the currently known," said Dr. Eber-Kansas Department of Health and hart-Phillips. "Even if you are Environment says it's a good idea considered at high risk, it could take some time before you are able to be vaccinated."

The vaccination against H1N1 The H1N1 vaccine, still under flu, if approved, could require two shots at least 21 days apart.

> cases of H1N1 flu are occurring across the state.

The symptoms of infection with the pandemic H1N1 virus are similar to the symptoms of seasonal flu and include fever greater than 100 degrees, body aches, coughing, sore throat, respiratory congestion, and in some cases, diarrhea and vomiting.

As with any influenza virus, patients are encouraged to take the following steps to reduce spread:

- Wash your hands thoroughly with soap and warm water or use an alcohol-based hand sanitizer to get rid of most germs and avoid touching your eyes, nose and
- Stay home when you are sick to avoid spreading illness to coworkers and friends.
- Cough or sneeze into your elbow or a tissue and dispose of used tissues.
- · Stay healthy by eating a baltheir seasonal flu vaccination, the anced diet, drinking plenty of water and getting adequate rest and The health department has a

phone number for people to call with questions. The toll-free number is (877) 427-7317, from 8 a.m. to 5 p.m. Monday through Friday.

Kansans with questions about the virus can e-mail H1N1flu-If approved, the H1N1 vaccine info@kdheks.gov. Information in the 600 block of Old U.S. 24. will initially be made available is also available at www.kdheks. Chased them into field in the 1600

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On the Beat

COLBY POLICE Monday

1:21 a.m. – Suspicious incident: someone by bedroom window. Unable to locate.

2:14 a.m. – Driving under the influence found in traffic stop at Fifth and Martin.

8:08 a.m. – Theft reported. 10:54 a.m. – Dog at large at 450 W. Fifth taken to Colby Animal

Clinic. 11 a.m. – Problem with landlord. Did civil standby.

2:38 p.m. - Unauthorized vehi-Officials believe unreported cle parked at 700 S. Franklin. Vehicle moved when officer arrived.

5:17 p.m. - Provided escort for the Sons of American Legion Honor Ride.

8:25 p.m. – Moved barricades at Fike Park.

10:16 p.m. - 911 report of motorcycle riding on sidewalk in Fike Park. Not found.

Tuesday

12:07 a.m. - Assisted ambulance crew at 1170 S Franklin.

8:16 a.m. – Vehicles parked behind 150 S. School. Attempted to make contact, not found.

12:55 p.m. – Welfare check on 5:42 p.m. – Accident without

damage at Oasis. 6:43 p.m. – Colby Cinema called about vehicle taking up four park-

ing spaces. Vehicle moved. 9:34 p.m. – Person sleeping on sidewalk at 230 E. Fourth. Spoke with subject.

11:22 p.m. - Received several complaints of erratic motorcycle in the area of Fourth and Range area. Located and warned rider.

THOMAS COUNTY SHERIFF Sunday

1:02 a.m. - Arrest warrant served on Andrew Reuber in Hamilton County.

12:33 p.m. – Cow and calf loose

block of County Rd. 6.

6:28 p.m. - Boys playing football in road on U.S. 24 west of Range. Boys spoken to.

10:14 p.m. - Truck on County Rd. 21 just south of railroad tracks.

Not found. 11:56 p.m. - Disabled vehicle one mile east of Exit 54 on I-70.

Unable to locate. Monday

6:18 a.m. - Two deputies to Topeka to pick up prisoner.

10:17 a.m. - Two prisoners from Rawlins County to Law Enforcement Center.

10:24 a.m. - Ryan Zweygardt found Menlo City Limit sign at County Rd. 1 and O. Deputy located sign at County Rd. 1 and Q.

10:45 a.m. - Assisted motorist at courthouse.

12:10 p.m. - Crate in street on U.S. 24 between city limits and Wagoners. Not found.

12:38 p.m. – Assisted Highway Patrol at I-70 mile 53 eastbound. 10:35 p.m. – Report of possible

Tuesday

10:32 a.m. - Assisted motorist at I-70 mile 50 westbound.

11:35 a.m. – Guy going door-todoor in Rexford about study skill tips. Deputy spoke to reporting party on phone, will look for him when he's in the Rexford area.

1:25 p.m. – Person going doorto-door in Rexford. Not found.

6:38 p.m. – Arrested John Bargo on warrant.

Millennium

Secret of Bee Get Smart

remium Channels

TRAV

Deep Fried Paradise

Law & Order: SVU

Tool Academy

Griffith

Griffith

Coach

Channe

Secret

Changeling

Dexter

The Brothers Grimm

All are invited to prevent dropouts

vention will be held from 1 to 3 p.m. on Wednesday, Sept. 23, in room 108 of the Colby Community College Student Union, one allow Kansans to contribute to the of eight leading up to the Kansas Dropout Prevention Summit on Tuesday, Oct. 20, in Wichita.

The program is sponsored by Kansas DropINs, a statewide collaboration focused on keeping kids in school and spearheaded by the Kansas Department of Health and Environment.

"A 'one-size-fits-all' approach will not be successful in preventout," said Secretary Roderick about the issues and promising solutions unique to each area of the to join in.

A conversation on dropout pre- state will help to ensure that this summit is more than just a one-

day discussion." Pre-summit conversations will effort. Regional post-summits will

take place in January. Attendance is free, however registration is encouraged as space may be limited. To register, contact Jessica Noble at jnoble@kdheks.gov or (785) 296-1521. For information, go to www.Kansas-DropINs.org

Every Kansan has a stake in ensuring our young people sucing our youths from dropping ceed, Bremby said and all sectors private businesses, government L. Bremby. "Conversing locally agencies, school staff, parents, youths and citizens - are invited

Rotary Club

Colby Rotary Club met Tuesday, Sept. 1, at Colby Community College with 31 members and guests. Guests included Brenda Platt, Dr. Paula Davis, and Sacha Sanguinetti.

Monthly collection for Thomas County Genesis was taken.

Nick Wells thanked members who helped with Honor Run riders by greeting or serving coffee. Tuesday in the Student Union. The club coordinated the refresh-

ments donated by Starbucks and McDonalds.

Club Assembly was held with service committee co-chairs Les Loker and Nick Wells presiding. Service projects for the year were reviewed and coordinators were assigned for specific projects.

Lon Frahm won Roto-Lotto.

The club meets at noon each

- Relda Galli

OCAL TU IISTINGS sponsored by the



Anarchy Geneviev Matrix Revol Nitro Cir Nitro Cir Beatdown Fantasy NICK iCarly iCarly iCarly Lopez Lopez Lopez Merlin and War Dragonquest SCI Riverworld Band of Brothers Brothers Band of Brothers Surviving Disaste Basic Talladega Nights Talladega Nights: Engvall Engvall Engvall The Guns of Navarone I Aim at the Stars Moving Up Jon & Kate Plus 8 Jon & Kate Plus 8 Ultimate Cake Off Ultimate Cake Off Panic Room Trapped The Haunting Open Seasor King-Hill National-European National-European Anthony Bourdain Bizarre Foods TV LAND Married Married Married Cosby Roseanne Roseanne Roseanne House USA House House Psych

WGN News at Nine

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Law & Order: SVU

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True Blood

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M*A*S*H M*A*S*H

M*A*S*H M*A*S*H

Californ

Law & Order: SVU

WGN News Replay

My Antonio

True Blood

Rush Hour 3

Army Wives

Half-Ton Mom

Roseanne Roseanne

Law & Order: SVU

My Antonio

Pride and Glory

Planet Earth

Videos

The Bullw King Kong

Lingerie

Real Chance of Love

Hard Knocks

September 6, 2009 Sunday Evening KAKE/ABC Extreme-Home Shark Tank Defying Gravity Local KBSL/CBS Big Brother 11 Neighborhood Cold Case Local KSNK/NBC Dateline Friday Night Lights Local KSAS/FOX Spider-Man 2 Local Cable Channels Criminal Minds Criminal Minds Criminal Minds Criminal Minds Mad Men The Astronaut Farmer Mad Men ANIM River Monsters River Monsters River Monsters River Monsters Law Order: CI Law Order: CI Law Order: CI Law Order: CI Γhe Longest Yard Campbell Brown Larry King Live Newsroom State of the Union egally Blonde Legally Blonde 2 Dane Cook ISo DISC Planet Earth Planet Earth Planet Earth Planet Earth Wizards Camp Rock Aguilera: THS Kourtney Reality The Soup Chelsea NASCAR Racing **SportsCenter** Strongest NASCAR Now MLB Baseball FAM The Sound of Music Funniest Home Videos J. Osteen Feed Challenge Iron Chef America Chopped Flay Rescue Me Mr. & Mrs. Smith For Rent ncome Estate House House Design Star Property Marked Nostradamus: 2012 Pawn Drop Dead Diva LIFE Drop Dead Diva Mini's First Time Army Wives Best Dance Crew Best Dance Crew P. Diddy's Starmaker Best Dance Crew Nick News Malcolm Lopez Lopez Malibu Shark Attack Mega Shark Spring Break Brothers Band of Brothers Band of Brothers Surviving Disaster TBS Runaway Bride Runaway Bride The Magic Box Nickelodeon Half-Ton Mom 650-lb Virgin Half-Ton Dad 650-lb Virgin Disturbia Disturbia Surf's Up Fam. Guy Fam. Guy Robot Chicken King-Hill

Terror Rides

Law & Order: SVU

Tool Academy

Griffith

Coach

Dexter

True Blood

Tool Academy

The Colby Free Press will be CLOSED Monday, Sept. 7, to observe 2009 Labor Day.... We will reopen normal business hours Tuesday, Sept. 8... There will be no paper on Mon. 9/7 or Tues. 9/8. Normal Business Hours: Monday Through Friday, 8 a.m. to 6 p.m. 785-462-3963