



Attorney visits Colby for meetings

By Christina Beringer
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The United States Attorney for the district of Kansas made an appearance in Colby Tuesday.

Barry Grissom and two of his colleagues had a busy day, beginning at the Colby Free Press discussing his office's legal priorities and sharing ways he and his colleagues can be beneficial to law enforcement here.

At noon, he presented a program to about 75 Rotary members and guests at Colby Community College followed by a meeting of seven at the Colby Law Enforcement Training Center with local leaders of law enforcement.

"When I was nominated by President Barack Obama in April 2010 and confirmed in August (2010)

by the United States Senate," said Grissom, "I told the attorney general the first thing I'll do is go to western Kansas because, believe it or not, there are people in western Kansas. And (we) haven't had an active presence here."

Grissom explained he and his office have made "shockwaves" throughout the state since learning 2010 was the deadliest year for police officers throughout the nation in two decades; that more people die from prescription drug abuse than from automobile accidents; and that the future in protecting women and children from sexual exploitation is by "getting ahead of the curve, being proactive and putting a stop to these crimes before they happen."

These and other priorities to

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County OKs new landfill fee

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On Monday, Thomas County Commissioners approved a policy amendment and an approximate 3-percent fee increase at the landfill, which will take effect Jan. 1.

Their policy change to differentiate between "clean" and "dirty" concrete came after discussing aggregate used in the Mingo Road improvement project that was completed last fall. The conversation led Clair Schrock, road and bridge supervisor, to inform commissioners that Jim McCormick accepts concrete for free and that

maybe the county landfill should as well, so as not to be in competition with him.

"I agree," said Landfill Supervisor Larry Jumper, "and I believe I've suggested it before."

"I think it'd be great, but to make sure we get the cream of the crop, we should only accept the clean concrete for free, the kind that can be crushed and used on county roads."

Dirty concrete, Jumper suggested, should remain \$8 per ton for deposit at the landfill. He explained that any concrete brought in with more than about 20 percent

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District attorney speaks at meeting

Colby Rotary President Melany Wilks (above) introduced Barry Grissom (left), the United States Attorney for the district of Kansas, to the club Tuesday. Kansas Sen. Ralph Ostmeyer (below left) and Kansas Rep. Ward Cassidy were just two of about 75 guests that listened to Grissom's program during the noon luncheon at Colby Community College.

CHRISTINA BERINGER/Colby Free Press



SAM DIETER/Colby Free Press

Changes in color for the fall could be seen on tree leaves all over town, including these near Fifth Street and Mission Ridge Avenue.

Colby schools use new technology

By Sam Dieter
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New technology and changing standards for Colby schools took the forefront of the discussion during the school board's monthly meeting Monday night.

Shortly after coming to order and approving the consent agenda, the school board heard reports, starting with one from high school teacher Joey Nikols and his student, junior Michael Schiferl.

Schiferl brought his saxophone

with him to the meeting to demonstrate SmartMusic, a software program that allows someone to see the printout of a song and the notes and play along, getting graded on how well they did later. They have to play along with a cursor on the screen, and afterwards, they see the entire screen in colored notes, with red notes marking the ones they played wrong.

The school board applauded after Schiferl completed his song with almost no errors, and Nikols

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Multivitamins may lower cancer risk

By Marilyn Marchione
AP Chief Medical Writer

America's favorite dietary supplements, multivitamins, modestly lowered the risk for cancer in healthy male doctors who took them for more than a decade, the first large study to test these pills has found.

The result is a surprise because many studies of individual vitamins have found they don't help prevent chronic diseases and some

have even caused problems. In the new study, multivitamins cut the chance of developing cancer by 8 percent.

That is less effective than a good diet, exercise and not smoking, each of which can lower cancer risk by 20 percent to 30 percent, cancer experts say.

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