



COLBY FREE PRESS

Wellness fair to offer lots of activities

By Patty Decker
Free Press Editor

This year's Thomas County Wellness Fair begins at 9 a.m. Saturday at the Colby College Student Union (west entrance) and will once again be offering participants a wide variety of choices to get healthy in 2006.

As in years past, a \$5 admission fee is requested to cover some expenses, but the price has remained the same for many years and children under 12 are free, committee members said.

"The wellness fair is a wonderful opportunity to evaluate wellness and screen for health problems in their early stages," said Chris Carroll, a committee member.

Some highlights include activities for children, group discussions for those who participated in blood testing done earlier, cancer screening booths, diabetes informaton, and many other agencies will be represented.

In the children's area, Colby Community College nursing students will offer vision screenings and other activities to help young people understand the importance of hygiene and how the body works. For those who had blood testing, results will be available with area doctors providing explanations about the tests.

Those discussions will be at 9:15 a.m., 10:15 a.m., 11:15 a.m. and 12:15 p.m. in Room 107.

One of the more familiar and

popular stations is fitness testing to include cardiovascular endurance, flexibility, strength, and body fat analysis. As part of the booth, a computerized lifestyle analysis will be available to assist in making positive health changes.

Skin cancer is the most common cancer, accounting for nearly half of all malignancies in the United States, according to fair organizers. For that reason, the wellness fair has included cancer screenings that will be performed by local doctors.

In addition, screenings for colorectal cancer to find polyps and cancers before they cause symptoms will also be offered through a screening kit.

Those kits will be available for a \$5 fee.

Prostate exams will also be another test available at the fair.

For women, coupons for discounted mammograms and women's health exams, including Pap smear, breast exam and pelvic exam, may be obtained at the fair. These tests must be scheduled with local health care providers at a later date.

Area dentists will also provide oral cancer screening exams. A peripheral screening for osteoporosis with a heel ultrasound unit will be used at the fair for an additional cost.

Other screenings include glaucoma, visual acuity, visual fields, urinalysis, memory screen, blood pressure, and computer ergonomics.

Colby Chamber of Commerce has interim director

By Tisha Cox
Colby Free Press

The first Colby/Thomas County Chamber of Commerce luncheon of 2006 will have a program and the return of a familiar face.

The luncheon, noon Friday at the Prairie Rose at the Colby Quality Inn, will feature a presentation on the Kansas State University at Colby Community College program, said interim director Jada Tubbs.

Jennifer Pfortmiller of K-State will give the presentation that will showcase the agreement that went into effect this spring between the university and college.

It will allow students to earn their associate's degree at Colby, then transfer to K-State where they will finish their bachelor's degree.

The lunch will also feature the formation of a selection committee to nominate new chamber board members. Tubbs said chamber members are encouraged to come get involved.

Tubbs is filling in as chamber director until a new one can be hired. She replaces Mary Ann Downing, who resigned in December. It's her second tour of duty as chamber director, although this time, it's temporary.

Tubbs started at the chamber in April 2002 as an administrative assistant and later became the di-

rector in December of that year.

She stayed in that position until December 2004 when she quit to become a full-time mom. She and husband Luke Tubbs have a 1-year-old daughter, Liv.

Coming back has caused a mixture of emotions, Tubbs said, and has been a reminder of how vital the chamber is, and all its functions.

She wasn't expecting to go back on the job quite so soon.

"This is kind of a surprise," Tubbs said. "I love being a mom and that's my number 1 priority still."

She expects to fill in for about about seven weeks, and will help train the new director when one is selected.

The application deadline for the position closed Tuesday, and 11 applications came in.

Next week interviews will begin.

Tubbs is currently filling in part-time, mornings on Mondays, Wednesdays and Fridays and on Tuesday and Thursday afternoons. Being back has also been surprising in another way.

She said the response to her return has been "overwhelming," and has had a positive response.

"I'll enjoy being back the short of time I'm going to be there," Tubbs said.

She will also try to attend as many chamber events and functions as she can.

Since leaving the chamber a little over a year ago, she has stayed busy. Tubbs has a scrapbooking business, active in Mothers of Preschoolers and is on the advisory board at the Thomas County Community Foundation.



Jada Tubbs



PATTY DECKER/Colby Free Press

One of the participants at the fire school held in Colby last weekend, Tim Riggs, took his turn in the burn trailer. The training helped

firefighters learn how to attack a fire. More than 60 firefighters attended the two-day school.

Hot stuff

By Patty Decker
Free Press Editor

Firefighters from across the state were in Colby Saturday and Sunday for a two-day fire school hosted by the Kansas State Firefighters Association.

More than 60 firefighters from Colby, Hoxie, Oberlin, Russell, Osage City, Hutchinson and other locations attended the classes held at either the Colby Community Building, Colby Fire Station or in the parking lot behind Colby City Hall.

"It was a good two days," said Bob McLemore, Colby fire chief. "Classes included fire behavior lessons on saving our own firefighters using techniques in case they are trapped."

Other coursework included extrication with a hands-on segment so that students could get a better idea of how the equipment works; grain elevator fires and how firefighters could experience facilities and operations at these sites; and a course on learning about scene management, ventilation and types of fire attack for residential and garage fires geared toward small rural departments.

Participants were also given the opportunity to extinguish a fire in a safer environment



PATTY DECKER/Colby Free Press

Firefighter Doug Lewis of Colby entered a burn trailer during fire school activities Saturday.

through the use of a burn trailer provided by the University of Kansas. The temperature inside the trailer reaches about 350 degrees (one foot from the ceiling), but in a "real" situation, temperatures can be as high as 1,000 degrees or more, safety officials said.

The association provides "free"

monthly regional training schools, said Andy Moffitt, southeast association trustee and battalion chief.

"The training school locations are selected in August each year and the host's major responsibility is to provide a location for the school and a promise to work with nearby departments by encouraging atten-

dance," he said. McLemore said firefighters from around the northwest Kansas region attended the Colby school and everyone walked away with a lot of useful information and gratitude to the many association officials and others conducted the classes and hands-on experience.

Colby man charged with domestic battery

By Jan Katz Ackerman
Colby Free Press

A Colby man has been charged with two felonies which took place in late November.

Donald States, 32, has been charged with domestic battery and obstruction of official duty for the Nov. 23 assault of his wife, Melanie.

According to court documents filed Dec. 9, Donald States is alleged to have hit Melanie States in the face and tried to avoid law en-

forcement officers.

"The victim was being assaulted by the suspect, but when we went to find the suspect we weren't successful," Colby Police Department Detective Sergeant Gary Shull said on Monday.

Shull said the couple have different addresses and it was Melanie States' mother who reported the incident.

Donald States is also charged with trying to keep officers from doing their job.

"Obstruction of official duty can be resisting arrest, lying or something like slamming a door when officers try to serve paperwork," Shull said. "He would have obstructed the officer when he was trying to perform official duties."

According to conditions of a recognizance bond filed Dec. 22, Donald States is required to comply with supervised court services and show up for any or all scheduled hearings. States is also being required to continue counseling with

Thomas County ADAC, have no "negative contact" with law enforcement on matters arising after the intake for supervision, and have no contact with Melanie States or any witnesses in the case.

In addition, States is being required by Magistrate Judge Richard Ress to apply for a protection from abuse order prohibiting contact with his wife.

States is being represented by Leslie Beims, Goodland, but no court dates have been set in the case.

Army journal prints Brit officer's criticism

TOPEKA (AP) — A British officer's assessment of the U.S. Army's efforts in Iraq is drawing attention, not so much for the blunt comments but because of where they were published.

The 14-page article by Brigadier Nigel Aylwin-Foster appears in the November-December issue of

Military Review published by the Combined Arms Center at Fort Leavenworth, home of the Army's Command and General Staff College and School of Advance Military Studies.

Aylwin-Foster criticized the Army for missteps in Iraq that he said contributed to ongoing insur-

gencies and instability after the fall of Saddam Hussein.

"Despite political and military leaders' justifiable claims of achievement against tough odds, others claim, justifiably on the face of it, that the coalition has failed to capitalize on initial success," he wrote.

Aylwin-Foster was deputy commander of a British program to train the Iraqi military. His article first appeared in 2005 in the Seaford House Papers, a collection of dissertations published by the Royal College of Defense Studies, the British equivalent to Fort Leavenworth.