



Learning to leave

Tots taught how to flee from a fire

Ali Flanagin, 4, had the firm guidance of Assistant Fire Chief Sean Harkin (right), but you could tell she had to gather her courage to climb down into the arms of teacher Michelle Mettlen (below) as students at Puddle Duck Preschool learned how to safely flee a fire Thursday. Harkin took the Fire Department's training trailer to the school on Thursday to show the kids escape techniques; today they were to tour the fire station. Ali is the daughter of Quintin and Marybeth Flanagin.



SHELBY PULKRABEK
Colby Free Press



City gets grant plan for a tornado siren

By Andy Heintz
Colby Free Press
aheintz@nwkansas.com

City Manager Carolyn Armstrong told the Colby City Council on Tuesday that the county commissioners wanted the council to approve a federal grant that would allow the county to pay for a new tornado siren.

The federal government would provide 75 percent of the costs and the city would pay for 15 percent up to a maximum amount of \$15,000, Armstrong said. If the siren costs \$30,000, the feds still would only give the city only

\$15,000.

She said there were a few minor errors in the document the county sent. Armstrong said the county could apply for the grant, but the document would still have to be approved by the council before the county gets the siren.

In other business, the council:

- Accepted a grant of \$727,772 to the city by the U.S. Environmental Protection Agency that would give the city more money to maintain the Superfund site at 500 E. Fourth St. which removes contamination from the groundwater underneath an old chrome-plating plant downtown.

- Agreed to approve changing the electric service at the Colby Wesleyan Church from industrial back to commercial rate to save the church some money.

The church had its rate changed from commercial to industrial because it exceeded 40 kilowatts of demand in July, Armstrong said. While the energy charge is less under the industrial rate, the demand charge would have increased the church's bill by \$290 a month.

She said the church allowed a contractor to use its electrical service instead of having him get a

See "CITY," Page 3

'Twinkie junkie' gets truth about our food

By Vera Sloan
Colby Free Press
aheintz@nwkansas.com

Robyn O'Brien, mother of four from Boulder, Colo., self-professed Twinkie junkie and over-achiever who wanted a life on Wall Street as a food industry analyst, told a Colby audience Tuesday that she traded her briefcase for a diaper bag and was content being a busy mom until her child had a violent food reaction.

O'Brien is the founder of AllergyKids.com and author of "The

UnHealthy Truth," a mother's shocking investigation into the dangers of America's food supply and what every family can do to protect itself.

She has been called "the Erin Brockovich of the food industry." Until the food reaction her child became ill, O'Brien said, she was a highly unlikely crusader against food additives and modified food.

O'Brien spoke in the Max Pickerrill Lecture Series at the Frahm Theater at Colby Community College.

"I fed my child blue yogurt,

Leggo-Eggo waffles, and scrambled eggs for breakfast," she said, "and had to rush her to the doctor because her face was swollen shut!"

She said when she asked her doctor about how in the world kids could be allergic to their food. That's when she dedicated herself to research on what foreign things might be in America's food. It was four years ago that she learned that by 1997, one out of 17 kids under age 3 had been diagnosed

See "AUTHOR," Page 3

U.S. offices to close Monday

Just a reminder the U.S. Postal Service, banks and federal offices will be closed Monday for Columbus Day, though many other offices and businesses will be open.

Post offices will have no window service or home delivery. The U.S. Farm Service Agency and Natural Resources Conservation Service will also be closed, as will the Conservation District and Western Prairie Resource Conservation and Development offices, all at 915 E. Walnut.

State offices, including the Kansas State University Research-Extension Station and the Area Extension office at the west edge of town, the Workforce Center, Social and Rehabilitation Services office will be open.

All county and city offices will be open for business as usual. Colby Schools and Colby Community College will be in session all day. Most stores and restaurants will be open.

Semi on corn run catches fire

A semi rig hauling corn to town caught fire Thursday night southwest of Colby, and it took firemen about half an hour to douse the flames.

Assistant Fire Chief Sean Hankin said the 2005 Peterbilt tractor hauling a grain trailer full of corn in from a field was eastbound near the intersection of County Roads

14 and M. The Colby Fire Department got the call about 9 p.m., and three fire rigs and 10 firefighters arrived on the scene at 9:30.

The chief said the two tires on the right forward rear axle blew out and caught fire, Hankin said, adding that tires don't usually catch fire from a blowout. He said he was uncertain what caused

the fire, but guessed something was packed in around the wheel, building up a lot of heat, or the brakes locked up.

Some of the corn was burned, Hankin said, before firemen could separate the truck from the trailer. The rig was left on the road overnight. — Andy Heintz

Toy will get you into volleyball game

The Colby Community College Lady Trojans volleyball team will be collecting for the "Toys for Tots" program this weekend during a quad tournament at the Colby High School gymnasium.

Fans are asked to bring a new toy for admission to the matches, which begin at noon Saturday.

Colby will play Dodge City Community College in a conference match, said coach Carey Jones.

Following games include, at 2 p.m., Dodge City against Air Force Academy Prep; at 3 p.m., McCook Community College vs. Air Academy; at 4 p.m., Dodge City vs. McCook; 5 p.m., Colby

vs. Air Academy; and 6 p.m., Colby vs. McCook.

Each of the Kansas Jayhawk Community College Conference West Division volleyball teams will be supporting a charity at home games this month, Jones said. Toys for Tots volunteers out of Hill City will help collect toys.

Briefly

Flags dip to honor fallen soldier

Gov. Mark Parkinson has ordered flags to be flown at half staff today in honor of Sgt. Justin Officer of Wichita, who died Sept. 29 from injuries caused by an improvised explosive device in Afghanistan. He was assigned to the 1st Squadron, 75th Cavalry Regiment, 101st Airborne Division, Fort Campbell, Ky.

Seniors plan potluck Tuesday

The group More Fun Together plans a potluck for people 50 or older who are alone, widowed, divorced, separated or who have partners in nursing homes at 6 p.m. Tuesday at the First Presbyterian Church. Bring a dish to share. Table service and beverage will be provided. For information, call 462-6342.

Grass clipping collection to end

The Colby Sanitation Department will stop picking up grass clippings next Friday. Put grass clippings in

with your regular trash throughout the winter. The department will notify everyone in the spring when grass needs to be separated from trash. For information, call the Public Works office at 460-4420.

Kiwanis to dish out flapjacks

The Colby Kiwanis Club will have an all-you-can-eat pancake feed from 7 a.m. to 2 p.m. Saturday, Oct. 16, at the Veterans of Foreign Wars Hall, 220 N. Lake. Proceeds will go towards Christmas and youth projects and other community service. Tickets, \$4, are available from any Kiwanis member. For information, call Kenton Krehbiel at 462-6553.

Wine, cheese to benefit cancer

The Northwest Kansas Foundation for Hope will hold a come-and-go wine tasting benefit from 4 to 7 p.m. Sunday, Oct. 17, at City Limits Bar and

Grill. Tickets are available at Colby Dodge, Donelan Jewelry, Homeland Realty, People's State Bank and S&T. For information, call Pat Sloan at 443-3261.

Preschoolers screenings set

The Northwest Kansas Educational Service Center and Colby School District staff will conduct early childhood screenings for kids 5 and under from 8:30 a.m. to 2 p.m. Monday, Oct. 18, at the Colby United Methodist Church. To make an appointment, call grade school nurse Amy Huffles at 460-5111.

District Music Concert Oct. 25

The Colby Schools' District Music Concert will be at 7:30 p.m. Monday, Oct. 25, in the Colby Community Building. This free event, open to the public, will feature musicians from the grade, middle school and high schools. For information, call music teacher Jennifer Koel at 460-5100.

Berean Church to study Esther

The Colby Berean Church will be doing the Beth Moore study "Esther: It's Tough Being a Woman" from 9:30 to 10:30 a.m. Sundays starting Oct. 31. Enrollment will end Oct. 22. For questions or to register, call the church office at 460-2763.

Massage class needs clients

The Therapeutic Massage Program at Colby Community College is offering massages by students in the Massage Clinic I class from 5 to 8:30 p.m. Wednesdays. For an appointment, call (785) 460-5427. The fee is \$5.

