

Contest teaches protection

The deadline for the 2011 Fight the Bite poster contest, open to all fifth and sixth graders is Monday, April 18, according to the Kansas Department of Health and Environment.

The contest encourages students to use art to show the ways they can protect themselves and their families from the diseases spread by mosquitoes, ticks and fleas by using repellent while outdoors.

One fifth grader and one sixth grader from each state will win a \$50 check and award certificate. The national grand prize winners from each grade will receive a \$1,000 check and award certificate.

The 2010 Kansas fifth grade winner was Brianna Hoffman of Wamego and the sixth grade winner was Danielle Gallardo of Stockton. In 2009, then-sixth-grade national winner

was Richard Schleicher of Stockton.

"This contest helps children learn about protecting themselves and their families from insect bites while creating their posters," said Dr. Robert Moser, secretary of the department.

People can reduce their risk of mosquito and tick-borne diseases by:

- Use insect repellent containing DEET or picaridin on skin.
- Wear protective clothing when practical, with long sleeves and pants – light-colored to make ticks more visible. When hiking, wear a long-sleeved shirt tucked into pants, long pants tucked into high socks and over-the-ankle shoes to keep ticks out.
- Empty standing water from tarps, old tires and buckets where rainwater is trapped. Use larvicide in low-lying areas. Refresh water for

bird baths, pet bowls and wading pools at least every three days.

- Limit outdoor activities at dawn and dusk when mosquitoes are most active.
- Regularly mow lawns and cut brush. Ticks hide in overgrown, shady areas.
- When hiking, walk in the middle of trails, away from tall grass and bushes.
- Check yourself every eight hours for ticks. If you find a tick, grasp it with tweezers as close to the skin as possible and slowly pull it straight out. Do not crush or puncture the tick and try to avoid touching it with your bare hands. Disinfect the bite area and wash your hands immediately.

For contest rules and past winning entries, visit www.fightthebitecontest.org.

Thomas County Jail

Booked into the Thomas County jail:

- Seth Ryan DeHart, 18, Colby, Thursday, aggravated indecent liberties with a child, Thomas County Sheriff's Office, released Friday on \$30,000 bond.
- Laura Lee Murphy, 32, Oakley, Thursday, giving a worthless check, Thomas County Sheriff/Gove County Sheriff's Office, released same day on bond.
- Thurman Carlton McDonald, Colby, Friday, domestic battery, disorderly conduct, Colby Police

Department, released Saturday on notice to appear.

- Ofelia Betancourt, 53, Colby, Sunday, protective custody, Thomas County Sheriff, released same day to other agency.
- Penny Blossom Lane, 31, Goodland, Monday, driving under the influence, Colby Police, released same day on notice to appear.
- Anthony Joseph Tupper, Goodland, Monday, obstruction of official duty, Colby Police, released same day on notice to appear.

Seminar to look in depth at wheat market

Wheat farmers interested in learning the current position of U.S. Hard Red winter wheat and projected variables impacting the 2011 harvest should make plans to attend the Producer Market Awareness seminar planned for Tuesday and Wednesday, March 29-30. The seminar is sponsored by the K-State International Grains Program in partnership with Plains Grains, Inc.

"This program is an opportunity for Hard Red winter wheat producers to gain information about how global market situations impact their decisions about when to sell their grain," says Mark Fowler, the program's associate director.

Fowler and Mark Hodges, executive director of Plains, agree this collaboration allows them to deliver relevant market information to

producers in an optimum format.

"The industry has rarely seen this type of comprehensive program. It will be of interest to all segments of the industry including producers, elevator managers, extension leaders, millers and end users," Hodges says.

Topics include current crop conditions in Kansas and the U.S.; global climate changes and their impact on crops; transportation issues and logistics with a focus on rail issues; grain trading; and the environmental and variety impact on wheat quality.

"This seminar will give producers a chance to interact and get a better feel for the current wheat situation, which is especially important since we are about 60 days away from new crop wheat harvest in Texas," says Justin Gilpin, chief executive officer of the Kansas

Wheat Commission. He adds that he hopes Kansas wheat producers will use the information in this seminar to guide business plans and marketing decisions.

The seminar will be offered via the Web to those unable to attend in person. Fowler says he is excited about the additional outreach opportunity of this medium.

"By offering the seminar on the Web we will be able to have the maximum number of producers participate both in Kansas and across the U.S.," Fowler says. He adds that the Web connection is free. Those who would like to participate on site will be charged a \$75 registration fee to cover meal costs.

To view the schedule and register, please go to www.grains.ksu.edu/igp. The registration deadline is Friday, March 25.

Campaign encourages colon cancer screening

More than 10 percent of all newly diagnosed cancer cases in Kansas are colon cancer. StopColonCancerNow.com/Kansas and the Kansas Association of Gastroenterologists has launched a statewide public awareness campaign for colon cancer prevention and screening and is working to improve that statistic by urging anyone 50 and older to get screened during National Cancer Awareness Month in March.

"Colon cancer is the second deadliest form of cancer in Kansas, yet more than 80 percent of cases could be prevented with timely screenings," said Dr. Shekhar Challa, member of StopColonCancerNow.com and the association of gastroenterologists. "Through this campaign, we are trying to break down the barriers and convey a straightforward, crucial message – a colonoscopy can save your life."

When colon cancer is detected and treated in the earliest stage, the five-year survival rate is 90 percent according to the American Cancer Society. A colonoscopy is the most effective method of screening for colon cancer because it allows both diagnosis and treatment at the same time. Patients are encouraged to get a screening if they are over 50 years old (45 for African Americans) or have a family history of colon cancer or polyps.

One of the campaign's objectives is to help the public overcome the barriers associated with colon cancer screenings – perceived risk, challenging preparation, fear of discomfort, modesty and embarrassment, and expense.

"Colonoscopies are done under sedation and usually painless; therefore, the prep is generally more uncomfortable than the procedure," said Dr. Challa. "However, if the patient has been educated

about what to expect and given a few helpful tips, 24 hours of discomfort becomes insignificant given the alternative."

Current health care reform is also recognizing the importance of preventive care. Thanks to the Affordable Care Act, as of Jan. 1, screening colonoscopies for patients will be fully covered by Medicare, and private insurers that make changes in their plans

will also be required to offer full coverage for screening colonoscopies. Patients may still be responsible for other services associated with the procedure, such as anesthesia.

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