



Ready for a home



CONNIE GASSMANN/Colby Animal Clinic

Colby Animal Clinic has two animals looking for a home. One is a male eight-to-10-week-old black and white kitten. The other is a female tan and white Corgi, about four years old. For information, call (785) 460-8621 or drop in to see them at 810 E. Fourth in Colby.

Council finds house unfit for habitation

By Kevin Bottrell
Colby Free Press
kbottrell@nwkansas.com

The Colby City Council moved ahead with the condemnation of a property on School Street at their meeting Tuesday.

The council held a public hearing for the owners of a property at 345 N. School Ave. to show cause why the property shouldn't be condemned. No one came to represent the owners or mortgage

holders. Councilman Tim Hutfles said someone had been to the house to do some cleaning and someone had mowed the lawn. The building does seem structurally sound, he said, and the council may not want to order it torn down.

"It seems like we're tearing down more than we're building," he said. "I'd hate to see demolition as our only option."

City Attorney John Gatz said the city can give the owners a pe-

riod of time to clean up and repair the property or demolish it themselves.

"If they fail to repair or remove the building within that, then the city can do it," he said.

Gatz said the council needed to make a finding at this meeting, then the staff can draw up a resolution for adoption at the next meeting.

The council found the structure

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Sherman County sheriff under state investigation

After receiving material about the Sherman County Sheriff from the Sherman County Attorney's office, the Kansas Attorney General said Friday from Topeka that the KBI will assign an agent to investigate the case.

County Attorney Bonnie Selby said Friday her office had gathered material on possible allegations against the sheriff from other law enforcement offices and had forwarded the material to the Attorney General's office. She said she was told Friday the Attorney General had received the material and would

be asking the KBI to assign an agent to do further investigation.

Selby said she could not comment on the specifics of the investigation or the material sent to Topeka.

Sheriff Kevin Butts was contacted on Wednesday about the apparently pending investigation and said he did not want to comment.

"All I have to say is I have been a good sheriff, and feel I have done good things for this department

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Like most major events, the 2001 terrorist attacks on New York City and Washington, D.C. has left a lasting impression in the minds of those who witnessed it. In this week's Colby Free Press, staff members will share their memories of that fateful day 10 years ago.

There are times in our lives that remain burned into our memories. Someone asked me did I remember where I was and what I was doing on Sept. 11, 2001. The simple answer would be "yes," but nothing from that morning was simple, was it?

I had barely awakened and was lying in bed sort of watching the news. Then it began to register what I was seeing. The first plane had hit the first tower and the announcers were stunned that this had happened. The horror was beginning to set in when the second plane came into view.

Until that plane, it was easy to believe that this was some sort of terrible accident. I had by now run to the living room and turned on the TV there and called to my husband to come upstairs to see the news. He got there just in time to see the second plane hit the second tower. It was like watching a really bad movie that is so bad but you just can't stop watching.

Debris began to drift down and the realization that it wasn't just papers, glass and construction materials that were falling set in. As the first tower burned and people started throwing themselves out of the building above where the plane had struck, you knew this was only going to get worse. Even in my worst imagination I couldn't have guessed that the towers would not be standing later that morning and that so many people had lost their lives.

My husband and I were silent for most of that time hardly wanting to believe that this was real

Remembering Sept. 11

By Sharon Friedlander

and would only be getting worse. Silent tears were shed that anyone could do something this horrible to so many innocent people.

When the towers began to fall, it seemed that all hope was lost for so many. The first responders were trapped along with the others in the buildings. Watching the dust and debris roll away from the collapse brought more tears. It was as if time was standing still.

The news reports of the third plane hitting the Pentagon and the fourth plane unaccounted for brought more horror. You silently ask yourself if this is real and when will it end. At the end of the day we felt exhausted from all the emotions that were used up.

So when anyone asks do I remember, I still feel those emotions so close to the surface and still wonder how anyone could take the lives of so many innocents.

The Colby Free Press would like to encourage readers to share their memories of Sept. 11, 2001. Letters may be sent to 155 W. Fifth St., Colby, Kan., 67701; hand-carried to that address or e-mailed to colby.editor@nwkansas.com. Please include your name, address and phone number.

Get potatoes at food bank Tuesday

The Kansas Food Bank, Genesis-Thomas County and Colby First Presbyterian Church will distribute fresh produce Tuesday for those in need of food assistance, starting at 3 p.m. at the church, 515 W. Fourth St.

Fresh potatoes will be distributed. Wynn Duffey of Genesis said she was surprised when she got the call from the food bank, but welcomes their donation, as well as an opportunity to make people aware of the need during September, which is Hunger Awareness month. "Money probably goes farther than anything," she said. "We need the support of the community to

continue to provide the service. Nonperishable food donations are always needed."

This is a first-come, first-served event. Participants will simply be asked how many people are in their household. There are no other requirements, no names, no address, no income requirement, no referral needed.

The Kansas Food Bank and Feeding America recently released information on food insecurity rates by county. In Thomas County 12.1 percent of the population or 900 people report being food insecure. Of those, 43 percent do not qualify for assistance.

Runners stop in Colby on their way across the United States

By Kevin Bottrell
Colby Free Press
kbottrell@nwkansas.com

Four men stayed the night in Colby on Tuesday on a cross-country run to call attention to the benefits of natural medicine and healthier living.

Dr. Dennis Godby is running across the United States with his sons Isaiah and Jeremiah and his nephew Jonas Ely. They got into Colby early Tuesday morning and left Wednesday on their way to Hays.

The U.S. spends about \$2.8 trillion a year on health care, he said, which could be cut dramatically if people simply took better care of themselves. This could be as simple as eating better, moving more or having a more positive attitude.

"A lot of things go beyond vitamin supplements," Godby said, "and a lot of these things are free. I've seen dramatic shifts from simple things."

Godby said he isn't against recommending pharmaceuticals, but natural medicine can often help



KEVIN BOTTRELL/Colby Free Press

Dr. Dennis Godby, Michael Tillan, Jeremiah and Isaiah Godby and Jonas Ely took a break from running at the Health Cottage on Tuesday.

treat the root cause of ailments and natural remedies often have fewer side effects.

"I'm looking for the best of both," he said.

Natural medicine, even something as simple as changing your diet, can also help prevent illnesses. For instance, he said, simply switching from cereal to

bacon and eggs for breakfast can help prevent diabetes by lowering sugar carbohydrate intake.

This is Godby's second time running across the country. He ran

27 years ago, and since then has attended medical school and started a family. He said he knows a lot more now than he did then.

The four men began running on July 17 in San Francisco. They crossed California and Nevada taking I-80 to Salt Lake City then U.S. 40 over the mountains to Fort Collins, Colo. From there they went south to Boulder and all the way to Colby along the old U.S. 24 route. Godby said they plan to run through Hays, Manhattan, Lawrence and Topeka before leaving Kansas. The runners plan to end up in New York City on Nov. 11.

They run about 30 miles a day, for about eight and a half hours.

It has been at least 90 degrees most days, Godby said, and there has been no shade along the desert roads he and his family have been using. However, he said, most of the worst parts of the road are behind them. There's a long way to go, he said, and it's been a struggle to stay positive and determined.

"If it was easy, everyone would do it," he said.

Godby said the run has provided the family with a way to get in

better physical shape as well as a way to grow mentally and emotionally.

The runners also have a support crew. Michael Tillan and Kristen Odegaard drive ahead in a recreational vehicle with food and water.

Tillan, an Australian, said he has met many nice people along the way, especially in Kansas.

"They seem quite disappointed when they learn we haven't broken down and don't need help," Tillan said.

The RV has broken down several times along the way, Godby said, sometimes leaving the runners at the mercy of passing motorists or local residents for food and water. However, Tillan said, people have been very helpful.

"American culture is extremely polite as long as you use the words 'please, thank you and you're welcome,'" Tillan said.

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