



COLBY FREE PRESS

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Wellness Fair tops '05 agenda

By PATTY DECKER

Free Press Editor

Once the holiday season is over, organizers of the Colby Wellness Fair hope everyone will turn their attention to living healthier lifestyles by attending the fair from 9 a.m. to 1 p.m., Saturday, Jan. 15.

For many years, the Wellness Fair has offered participants a great opportunity to have a variety of lab tests done at reduced costs prior to the event, said Tracey King, one of the fair committee members, and the 2005 fair will be no different.

"Blood tests will be drawn on Jan. 6, 8, 10, and 11 from 6 to 9 a.m., with registration in the lobby of the Citizens Medical Center Specialty Clinic," she said.

"Participants should fast for 10-12 hours prior to the test to obtain an accurate level on the Lipid Profile," she said.

These particular laboratory tests for the Wellness Fair have been selected to give individuals an opportunity to monitor their level of wellness.

"If abnormal results are obtained, participants are encouraged to share the results with their own physician for evaluation," King said.

Healthcare providers will be present at the fair to share general explanations of the test results and those presentations are planned at 9:30 a.m., 10 a.m., 11:30 a.m. and noon, the day of the fair.

In order to give participants a better idea of what the tests are, Jeanene Brown at Citizens Medical Center offered the following information.

One of the tests, the CBC or Complete Blood Count provides important information about the kinds of numbers of cells in the blood. Another blood test offered is the Lipid Profile—Serum Glucose, which is a test to show the level of cholesterol that the body uses to help build cells and produce certain hormones,



Martin Rinehart, the assistant director of Thomas County Emergency Medical Services, went over vital signs at last year's event with a fair participant, Marsha Behrens of Colby.

she said.

When there is too much cholesterol in the blood, it and other substances may begin to build up along the inside of the artery walls, forming what is known as plaque, Brown said.

A large deposit of plaque may obstruct the flow of blood through the artery, affecting blood flow to the heart, brain, or other vital organs. With the Serum Glucose test, health care professionals can use it as a measurement of blood glucose and is often the first test done to help detect diabetes.

A hormone called insulin helps

the body use and control the amount of glucose in the blood. Insulin is produced in the pancreas and released into the blood when the amount of glucose in the blood rises. People who do not produce enough insulin develop diabetes.

The prostate-specific antigen or PSA test measures the amount of prostate-specific antigen and if low that denotes the blood of a healthy man.

The Thyroid-Stimulating Hormone or TSH is a new offering at this year's Wellness Fair, King said.

This test is often used to detect a problem affecting the thyroid

gland. An underactive thyroid gland can cause symptoms such as weight gain and tiredness.

Conversely, an overactive thyroid can cause symptoms such as weight loss, rapid heart rate, and other symptoms.

"Wellness Fair participants may request any combination of these laboratory tests," King said.

In addition to the \$5 registration fee for the Wellness Fair, she said, each of the blood tests cost anywhere from \$12 to \$18 and are paid prior to testing.

For questions, call Brown, (785) 460-4850.

Oakley man charged in fatal car crash

By TISHA COX

Colby Free Press

After almost two years and nearing the statute of limitations for a fatality accident, the Gove County Attorney's office filed felony charges last week against an Oakley man.

On Jan. 5, 2003, Cody M. Wilson, 18, one of six passengers in the car, died of injuries from a car crash near the Logan/Gove County line.

Blake Pilkington, 21, of Oakley, the driver of the car, was charged less than two weeks before the two-year statute of limitations ran out. At the time of the accident, Pilkington was 19.

"The statute of limitations would have run out Jan. 5 (2005) but obviously it didn't," said Gove County Attorney Mark Schmeidler today.

Schmeidler said Pilkington was charged with driving under the influence, involuntary manslaughter due to DUI or involuntary manslaughter without the DUI charge, two counts of aggravated battery, reckless driving, minor in possession of alcohol and furnishing alcohol to minors.

The first four charges are felonies, Schmeidler said, and the rest are misdemeanors.

According to the state's sentencing guidelines, Pilkington could face a sentence of up to 34 or 43 months depending on the manslaughter charge and nine months each for the aggravated battery

charges.

He said Pilkington's first appearance is scheduled for Thursday, Jan. 6 but it will probably be continued to another date.

"He voluntarily surrendered himself last week," Schmeidler said, but Pilkington is now out on bond.

The charges stem from the 2003 accident that happened 2/10 of a mile from the Gove/Logan County line inside Gove County.

Pilkington lost control of his 1997 Pontiac Grand Prix on a gravel road.

Pilkington, Wilson and Casey L. Anderson, 17 at the time of the accident, were ejected from the car when it rolled.

Law enforcement said the car was going at least 86 mph when it left the road. Open and full cereal malt beverages and liquor containers were found in and around the car.

Other passengers in the car were Kyle A. Kersbrock, 18, Jeffrey Dennis, 15, and Robert D. Dennis, 17, all of Oakley. All ages were at the time of the accident.

Earlier in the year, Schmeidler said during many telephone calls he didn't know what charges to file because he didn't have the report from the sheriff's office.

Additionally, Gove County Sheriff Allan Weber said he hadn't completed his report because he hadn't finished interviewing everyone involved in the accident.

Death penalty ruling makes court less predictable

By JOHN HANNA

AP Political Writer

TOPEKA (AP) — By striking down the state's capital punishment law, the Kansas Supreme Court has drawn the attention of Republican legislators worried that changes in the court's membership have saddled the state with an activist court.

In 2001, the court faced the same legal issue, whether one provision of the law gave prosecutors too much of an advantage in seeking a death sentence. The court identified this as a flaw but let the law stand.

Last month, a 4-3 majority concluded the 1994 law was unconsti-

tutional and must be rewritten by legislators. The change in thinking surprised some prosecutors and legislators, who thought the issue had been settled.

But in the three years between rulings, four new justices joined the seven-member court. The new ruling on the death penalty made the court seem far less predictable.

"They're going to set their own path, and that's what you would expect when you're dealing with new justices," said Bill Rich, a law professor at Washburn University of Topeka.

"If you're a legislator, obviously, you're now dealing with a court that

you can't predict as easily." Some legislators already are wondering whether the capital punishment ruling signals a philosophical shift on the court.

Such a shift could have implications for other cases, particularly a pending lawsuit challenging the constitutionality of how the state finances its public schools.

The issue in the court's ruling was a provision governing how juries weigh evidence for and against imposing a death sentence. If the evidence is about equal, the law states, jurors must side with prosecutors and choose death instead of life in prison.

The court's majority said that provision violated defendants' right to due legal process and to protection from cruel and unusual punishment.

An equal balance of evidence, they said, should be resolved in the defendant's favor.

Three years ago, the court's majority said the same thing but concluded the law simply could be enforced differently so that the Legislature's intent to have capital punishment in Kansas would be honored.

If judges instructed jurors properly, no change in the law was necessary, the court said.

Council to meet this week

The Colby City Council will hold its end-of-the-year meeting Wednesday starting at 7:45 a.m. in council chambers.

This special meeting is held in order to finish any council business prior to the beginning of 2005, along with approving final expenditures and encumbrances for 2004.

The council also agreed to forego the Tuesday, Jan. 4 regular meeting unless issues arise that would require the necessity for one.

The special meeting and all regular meetings are open to the public.

For questions or to receive an agenda, call 462-4410 or stop by City Hall, 585 N. Franklin Ave.

Colby
Hoxie
Oakley

Generally, in the 50s

Overnight. Partly cloudy. Lows in the upper 20s. Southwest winds around 5 mph. **Tuesday.** Partly cloudy in the morning then clearing. Highs in the upper 50s. West winds 5 to 10 mph. **Tuesday night.** Mostly clear in the evening then becoming partly cloudy. Lows in the upper 20s. Southwest winds around 5 mph. **Wednesday.** Partly cloudy. Highs around 60. Southwest winds 10 to 20 mph. **Wednesday night.** Mostly cloudy in the evening then becoming partly cloudy. A 20 percent chance of rain. Lows in the lower 30s. **Thursday.** Partly cloudy. Windy. Highs in the upper 50s.

The numbers
Sunday's high, 53
Low this morning, 22
Year ago today, 41 and 18
Records for this date, 71 in 1928 and -10 in 1894
Precipitation past 24 hours to 8 a.m. today, 0.00
December, 0.03
Snowfall, 1 inch
Soil temperature, 32

The sources: The forecast is from the National Weather Service, and other numbers are from the Northwest Research-Extension Center, Colby. A recorded forecast updated throughout the day is available by calling (785) 899-7119. Current temperatures are available by calling 460-TEMP.

Holiday scenes

TISHA COX/Colby Free Press

Snoopy skating this holiday season on Smith Drive, has been one of many such displays put up for Christmas. Some even were winners in the Colby Promotion Committee's holiday lighting contest, featured on page 5 in today's Colby Free Press.

Briefly

Square dance planned New Year's Eve

The Golden Buckle Square Dance Club will host a New Year's Eve dance starting at 9 p.m. until midnight at the Colby Community Building. The caller for the dance is Mike Turner of Wichita. Visitors are always welcome, said Delma Dible, one of the coordinators.

Museum closed until Tuesday

The Prairie Museum of Art and History will remain closed until Tuesday, Dec. 28, said Sue Taylor, museum director.

Fish/game licenses available

The Thomas County Clerk's office said the 2005 fish and game licenses and trout stamps are now available. For questions, call the clerk's office at 462-4500.

Wheelchairs and more available at VFW

Officials with the Colby VFW are reminding anyone who needs to borrow medical equipment that some items can be found at the VFW, 220 N. Lake Ave.
Dale Deaver, one of the VFW members in charge of the equipment, said borrowing medical equipment is free and available to anyone in need of these items for as long as necessary.
Some items available include crutches, wheelchairs, and other medical equipment. For those needing equipment or have donations, can call Deaver at (785) 443-1113.

Commissioners to meet Thursday

The Thomas County Commissioners will hold their end-of-year meeting at 9 a.m. Thursday at the courthouse. The meeting is open to the public. For questions, call 462-4500.

USDA program cutoff looming

The cutoff date for the Environmental Quality Incentives Program (EQIP) applications to be considered for fiscal year 2005 funding is Jan. 21, 2005. Stop by the local United States Department of Agriculture Service Center and visit with the Natural Resources Conservation Service or local conservation district staff to get more information about helping address your resource concerns. In Colby, stop by 915 E. Walnut or call (785) 462-7671 Ext. 300.

