

Weather Corner



Tonight...Partly cloudy. Lows in the upper 60s. South winds 15 to 20 mph. Gusts up to 30 mph in the evening.

Thursday...Mostly sunny in the morning...Then partly sunny with a 30 percent chance of thunderstorms in the afternoon. Some thunderstorms may produce heavy rainfall in the afternoon. Highs in the mid 90s. Southeast winds 10 to 15 mph.

Thursday night...Mostly cloudy with thunderstorms likely. Some thunderstorms may produce heavy rainfall. Lows in the mid 60s. Northeast winds 10 to 15 mph. Chance of thunderstorms 70 percent.

Friday...Not as warm. Mostly cloudy with a 40 percent chance of thunderstorms. Highs in the mid 80s. North winds around 10 mph.

Friday night...Mostly cloudy with a 20 percent chance of thunderstorms. Lows in the mid 60s.

Saturday through Tuesday...Partly cloudy. Highs in the mid 90s. Lows in the mid 60s.

College gets approval for massage therapy program

A new Therapeutic Massage Program will get underway soon at Colby Community College following approval by the Kansas State Board of Regents, which governs six state universities, and supervises and coordinates 19 community colleges, five technical colleges, six technical schools and a municipal university.

"It is the first time this program has been offered at the local level," said Carol Johnson, program director. "Prior to now, a student interested in a career in Massage Therapy had to travel to eastern Kansas or out of state to achieve the required education."

Students will take 30 credit hours including an 8-week externship (outside the classroom) scheduled for June-July 2009.

"Kansas is currently a non-licensure state but is moving to-

ward licensure in the near future," she said.

Therapeutic massage in one form or another has been part of human history since ancient times, often used in both mid-wifery and shamanistic healing rituals. With the rise of major western civilizations, massage found a major role in the Greek and Roman empires in the gymnasiums creating the precursors to today's sports massage.

Asian civilization had its systems of therapeutic massage as well which are still the foundations for today's shiatsu and acupuncture modalities.

With the rise of empirical based study in the fields of medicine, therapeutic massage began to evolve as an alternative and complimentary healing modality in the modern world.

Hippocrates, considered "the father of medicine", was an avid supporter of massage and left many writings concerning its uses and benefits. So did many Greek physicians who came after him.

Many modern physicians during the 18 and 1900's continued studying the effects of massage on the human body and have left a large body of medical writings that have formed the basic platform for what we now know as western massage.

As new studies and findings continue to be acknowledged, published and put into practice, massage therapy has come into its own as a respected member of alternative healing techniques with many chiropractors and physicians referring patients to qualified massage therapists for treatment.

Massage therapy is known to

lower blood pressure, help with stress reduction and improve circulation.

Sore muscles, back pain and range of motion can all be improved with various massage techniques. Some insurance companies now pay for massage therapy for auto and on the job injuries when there is a physician's prescription for such treatment.

Students who complete the new college program will earn a certificate in Therapeutic Massage and will be eligible to sit for the National Certification Exam. It is a goal of the massage profession to standardize licensure requirements across the United States using the National Exam.

Carol Johnson is the program director for the college program.

"When I graduated in the 90s, no states were using this exam for

their criteria, and if you went from one licensure state to another you had to sit for another exam," said Johnson.

"Currently, 11 of the 34 licensure states use this exam. It adds tremendous credibility to therapists practicing in non-licensure states, and our graduating students will be prepared to benefit from this."

The program for 2008-09 will be restricted to 20 enrolled students on a first-come, first-serve basis. Students will be required to meet with the program director before completing their paperwork.

Prospective students are asked to call Nikol Nolan in the Admissions Office for further information or to make an appointment to register. She can be reached at 785-460-5496 or by email at Nikol.nolan@colbycc.edu.

Oberlin City Council looks to cut spending next year

By **KIMBERLY DAVIS**
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The Oberlin City Council spent the evening going over the 2009 budget during a work session last Monday, looking for ways to cut a little here and there, but noting that the fuel bills for every program will be going up next year.

Each year the City Council has at least one informal session to hammer out the budget for the coming year.

The council didn't go all the way through the budget last week, and

didn't make any decisions. The members will meet for another budget session at 7 p.m. Monday.

Council members go through the budget area by area, discussing what might need to be added and what might be cut. For example, does the street department need a new truck? Or the police department need a patrol car? Does the city need to repave some of the streets? That money is then penciled in and the council then figures out, based on the valuation figure from the county, whether property taxes need to be

increased or decreased.

At this point, the council hasn't made any decisions about taxes, but the members did brainstorm some areas where they might need to increase spending from this year's budget.

City Administrator Gary Shike said the council can see in this year's budget that the departments are spending more for fuel, listed under "commodities."

How is the city going to handle that? asked Councilwoman Marcia Lohoefer. She said she's heard that some cities are going to four 10-hour days to save money.

That plan, said Councilwoman Rhonda May, mainly saves commuting costs, so that works in a big city.

The City of Oberlin doesn't have a big enough crew, said Mr. Shike, to work only four days a week. Someone would have to be here on Friday.

Mr. Shike said he and Foreman Dan Castle have been working on getting some of the intersections that have big humps replaced with concrete. The money is coming from the electrical fund, but not all bad places can be replaced at once.

Mr. Castle suggested putting \$28,000 in the 2009 budget for concrete to keep working on the intersections.

Also, he said, he is working replacing the globes for the lights downtown, destroyed in the Thursday, June 5, hail storm. Mr. Castle said he is talking with two companies to see which globes are the best price and best quality. It will cost just under \$10,000 to replace all of them, he said.

Does the city own the canopies downtown? asked Ms. May. No, said Mr. Shike, they are owned by the property owners.

The canopies need to be painted, said Ms. May, and if that's done, maybe they could be updated to a

soft taupe instead of brown.

If the store owners decide to paint the canopies, said Mr. Shike, they probably need to hire a contractor so all are done at the same time and the same color.

Someone would have to decide who pays for the canopies in front of the empty stores, said Mayor Joe Stanley.

The city has always maintained the lights, said Mr. Shike, except those in front of First National Bank, which are owned by the bank.

Under the park item, said Mr. Shike, they had \$9,000 for commodities for this year, but it looks that will cost \$15,000, mostly gasoline for the lawn mowers.

Penney's future still unknown

By **Tom Betz**
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No word was received from the J.C. Penney Co. last week, and with City Commissioner John Garcia out of town for a week, it maybe today or Wednesday before an answer comes about the incentive package sent to keep the Penney's store in Goodland open.

An package put together by the city, county, Chamber of Commerce and Sherman County Economic Development Council was delivered June 25, and a decision was expected last week.

Monday during a city budget workshop, Garcia said Penney's officials had not called him, but he hoped to have an answer on Tuesday.

At the city budget work session on Tuesday, Garcia again said he had not heard anything. He said he was leaving town on Wednesday, but would try to contact Penney's. Garcia is not expected back until Thursday.

"I am going to call them," he said before leaving town, "and

will call if I have an answer."

Garcia said before he left town that a Penney's official had told him the company wasn't really looking for money, but was impressed with the effort the Goodland people are putting forth to keep the store.

The proposal from Sherman County and the city would reduce the store's city utility for two years, about \$10,000. The Economic Development Council pledged \$25,000 for two years

and landlord Pete Whalen offered to cut the store's rent in half.

Garcia said he had been pleased with how the discussions had gone, and until last week, Penney's officials had been calling him every now and then.

"We are making a good effort to keep the store," Garcia said. "No matter what the decision, we will know we have made a good effort. We will keep going; it has given us a chance to look at what can be done."

Haysville doctor indicted

WICHITA (AP)- A federal judge on Tuesday denied defense motions to dismiss an indictment against a Haysville physician accused of running a "pill mill" linked to 56 overdose deaths.

In a sweeping ruling for the government, U.S. District Judge Monti Belot repudiated nearly every pretrial motion made by defense attorneys for Dr. Stephen Schneider and his wife, Linda.

Belot did not buy into the defense's arguments that federal drug law is unconstitutional because it infringes on the Schneiders' First Amendment rights as medical practitioners, and on the rights of their patients. He also ruled that the statute was not unconstitutionally vague.

As for defense arguments about medical judgments and pain management treatment, Belot said those are trial issues.

The judge also was unconvinced by defense contentions that the federal government does not have the power under the Controlled Substances Act to determine whether a physician acted with a legitimate medical purpose.

"This is a futile argument which requires no further consideration," Belot wrote.

As for the defendants' assertion that they prescribed the drugs with a legitimate medical purpose, the Schneiders will have "adequate opportunity" to present evidence that they were acting in good faith.

Colby's Annual **PICKIN'** on the **PLAINS**

BLUEGRASS FESTIVAL
JULY 18, 19, & 20, 2008

Thomas County Fairgrounds - Colby, KS
2 Mi. N. of I-70, Exit 53 ~ Camping Available

SCHEDULE
Friday: 6-10 p.m.
Saturday:
9:30 Youth Contest
Open Stage
Workshops 12-4
Shows 12-11 p.m.
Sunday: 9:30 Gospel
Sing-a-long
11:10-2:30 Shows

10 Bands! Programs begin Friday night, 6:00 p.m.; Festival ends Sunday, 2:30 p.m. CT

Enjoy the family atmosphere - camping, crafts, food vendors, horse-drawn wagon rides, children's activities, chess games.

For information contact: Colby Convention & Visitors Bureau at 785-460-7643 or 1-800-611-8835

Check our website: www.shorock.com/colby

Admission:
Weekend (day) Advance - \$30
Gate, \$35 • Youth (12-18), \$10
Fri. or Sun. only.....\$15
Saturday only.....\$25
Saturday, night only.....\$15

Under 12, FREE with paying adult
Tickets: 1-800-611-8835

BANDS INCLUDE: Goldwing Express, MO; Sappa Strings, CO; Larry Booth, KS; McLemores, KS; High Atmosphere, CO; Retro Rangers, MO; New Old Timers, KS; Palmer Divide, CO; Sons & Brothers, CO.

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CURRENTLY:

- Asst. Decatur County Attorney
- Asst. Oberlin City Attorney
- Member Kansas, Nebraska, and American Bar Associations
- Secretary Sacred Heart Parish Council
- Knights of Columbus Council #5387 Grand Knight
- President Oberlin Country Club, Inc.

FORMERLY:

- Oberlin City Council
- Decatur County Economic Development
- Oberlin Convention & Visitors Bureau
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