### Deaths

### Dale R. Farmer

Dale R. Farmer, 84, Colby, died Tuesday, Jan. 1, 2013, at Deseret Kersenbrock Funeral Chapel in Health and Rehab of Colby.

Colby, 462-7979.

### John Frederick Fikan

by, died Saturday, Dec. 29, 2012, wood; a brother, Robert (Karen) after a long struggle with cancer. He was born April 16, 1959, in Atwood, to Darrel and Bertha (Ankle) Fikan. A fourth-generation farmer, he married Karen Luedders on Dec. 2, 1983.

He loved to travel, and when time and weather permitted would take the family for a spontaneous trip. He served on the board of the Hi-Plains Cooperative in Colby for eight years, from 1985 to 1993.

Survivors include his wife, of the home; his parents; a daughter, Alicia (Jason) Siruta, Colby; two sons, Bradley (Shannon) Fi-

Edwin Heim, 87, Sun Lakes, Ariz., brother of Mildred (Jerry) Green of Colby, died Thursday, Dec. 27, 2012, at his home.

He was born Jan. 11, 1925, in Dresden, the sixth of 11 children of John and Margaret (Meitl) Heim. His parents retired from their farm to Hoxie, where they lived until their death.

In 1943, he graduated from the Leoville High School, and went on to serve as an Air Corps tail Arizona. gunner in World War II.

John Frederick Fikan, 53, Col- kan, Colby, and Jason Fikan, At-

Harrington, Fort Collins, Colo.; overview of your current health a sister, Roberta (Al) Castanada, Gilbert, Ariz.; and seven grandchildren. Memorial services were Mon-

day, Dec. 31, 2012, at the Baalmann Mortuary in Colby, with burial in the Chardon Cemetery, near his childhood home.

No visitation. The family suggests donations to Hospice Services Inc. in care of the mortuary, Box 391, Colby, Kan., 67701.

Condolences for the family may be left at baalmannmortuary.com.

### Edwin Heim

wife, Luella (Bender) Heim, lived in Colby, where he was a certified public accountant in partnership with Gordon Austin. The family moved to California in 1956.

Survivors include his wife, of the home, seven children, two brothers, two sisters and many grandchildren and great-grandchildren.

Memorial services will be in

### Thomas County Jail

Booked into the Thomas County jail:

• Jason Wayne Dodson, 32, Colby, Sept. 28, serving time, Thomas County Sheriff's Office/ Logan County Sheriff's Office/ Court Services of Logan County, released Dec. 16 for time served. • Kollyn Dean Schippers, 18, Hoxie, Oct. 10, electronic solicitation of a child (seven counts), aggravated indecent solicitation of a child (seven counts), promoting obscenity to minors, Thomas County Sheriff, released Dec. 18 on \$100,000 appearance bond.

• Alan Michael Goetz, 23, Park, Nov. 15, failure to appear/revocation hearing, Thomas County Sheriff, released Dec. 24 for time served.

• Taranie Ann McGuire, 20, Goodland, Dec. 5, lewd and lascivious behavior, indecent liberties with a child, Thomas Coun- charges pending. ty Sheriff, released Dec. 17 on • Carlos Albert Pimental, 45, \$100,000 appearance bond. 21, Colby, Dec. 6, aggravated assault, disorderly conduct, Colby Police Department, released Dec. 18 on \$100,000 appearance bond. • Adam Theodore Lincoln, 34, Fredericksburg, Va., Dec. 12, possession/distribution of hallucinogenic drugs, possession of drug paraphernalia, using communication facility to arrange sale or purchases, no drug tax stamp, Kansas Highway Patrol, released Dec. 14 on \$100,000 appearance bond. • Meagan Renee Weaver, 23, Gove, Dec. 12, probation violation, Thomas County Sheriff/ Court Services of Logan County, released Dec. 16 for time served. • Eduardo Ernesto Foira, 39, Miami, Dec. 13, violation of protective order, Highway Patrol, released same day on bond. • Levi Coy Fullmer, 30, Oakley, Dec. 13, possession of hallucinogenic drugs, Oakley Police Department, released Dec. 14 on bond. • Amber Dawn Groom, 22, Quinter, Dec. 13, possession of hallucinogenic drugs, possession of drug paraphernalia, Highway Patrol, released Dec. 14 on bond. • Darren Paul Driscoll, 42, Bourne, Mass., Dec. 14, possession/distribution of hallucinogenic drugs, Highway Patrol, released same day with charges pending.

• Adolfo Ramos Garza, 42, Del Rio, Texas, Dec. 14, possession of hallucinogenic drugs, Colby

charges pending. • Brian Heath Keil, 35, Hays, Dec. 14, giving a worthless check, Thomas County Sheriff, released same day on \$1,500 appearance bond

• David Leroy Mayer, 52, Brewster, Dec. 14, battery, disorderly conduct, probation violation, released Dec. 20 on \$50,000 appearance bond.

• Darick Michael Mead, 21, Blossom, Texas, Dec. 14, possession of hallucinogenic drugs, Colby Police, released same day with charges pending.

• Hector Jasso Nunez, 30, Odessa, Texas, Dec. 14, possession of hallucinogenic drugs, Colby Police, released same day with

Fall River, Mass., Dec. 14, posses-• Brandon DeAngelo Parson, sion/distribution of hallucinogenic drugs, Highway Patrol, released same day with charges pending. • Kyle Lynn Brogan, 49, Colby, Dec. 15, driving under the influence (serving time), Thomas County Sheriff/Court Services of Thomas County, released Dec. 17 for time served. • Gregory Scott Dorman Jr., 32, Newton, Dec. 16, aggravated battery, criminal threat, Thomas County Sheriff, released Dec. 18 on \$100,000 appearance bond. • Jerod Joseph Espinoza, 28, Gardner, Colo., Dec. 16, disorderly conduct, released Colby Police, released same day on notice to appear. • Brian J. Holzmeister, 43, Colby, Dec. 16, driving under the influence, Colby Police, released same day to responsible party. • Krisstal Kay Kriss, 21, Colby, Dec. 16, violation of supervised released, Colby Police/Pottawatomie County Sheriff's Office, released same day on bond.

# Sign up for blood tests now

Happy New Year! The begin-Services are pending with ning of another year is a time when many of us resolve to commit to a healthier lifestyle - eating healthier (and maybe shedding a pound or two) and exercising more. If you happen to be one of those, do we have a deal for you.

Blood tests can give you a quick status, a great place to start on your trek to a healthier lifestyle.

The Thomas County Coalition-Wellness Committee along with Citizens Medical Center, is sponsoring low cost blood testing/ health screenings from 6 to 9 a.m. next Wednesday through Saturday, Jan. 12, in the Citizens Medical Center Specialty Clinic Lobby.

Screenings include:

• Comprehensive profile, which includes a lipid profile, glucose, and complete blood count and requires 10 to 12 hours fasting, \$30. • TSH (thyroid), recommended for baseline or if having symp-

toms, \$20. • Hgb A1C, three-month glu-From 1953 to 1956, he and his cose average, for known diabetics or those with significant history, \$20

• Prostate screening/PSA, men only, \$25.

· EKG, recommended for baseline, \$35.

• Pulmonary screening, free.

Knowing your health status is the first step; doing something either to improve or maintain it is the next step. To help with this, the Thomas County Coalition Wellness Committee is offering a healthy lifestyle program, the "Thomas County Wellness Challenge." It is an eight-week individual program that encourages increased exercise and healthy eating habits to promote healthy Police, released same day with lifestyles and desired weight in a fun, virtual format.

### Markets

Quotes as of close of previous business de <b>Hi-Plains Co-op</b>	ay	
Wheat (bushel)	\$7.71	
Corn (bushel)	\$6.98	
Milo (hundredweight)	\$12.02	
Soybeans (bushel)	\$13.28	
- <b></b>	<b></b>	
🐫 General Public 🖷		
Transportation	Van i	

Hours: 8 am to 4 pm Bays: Monday - Friday Phone: 460-2901 (8 am - 12:30 pm) 443-9208 (12:30 pm - 4 pm)



This program includes the comprehensive profile blood test; Bodpod testing, for percentage of lean and fat body mass - considered the gold standard for measuring body composition; weekly weigh-ins and weekly lessons on wellness. All this for \$40.

The Thomas County Wellness Challenge will get under way Tuesday, Jan. 15, at the Thomas County Health Department, 350 S. Range. Weigh-in will be "come and go" from 7:45 a.m. to 4:45 p.m. Weigh-ins will be every Tuesday through March 12. Participants will receive correspondence, weekly assignments and reading material via e-mail. Provisions will be made for those who need an alternative format.

points are given for – just in time for Walk

Kansas, starting Sunday, March 17, so you can continue or improve your exercise regimen.

There are many benefits in enrolling in the Thomas County Wellness Challenge. By doing the assignments, participants learn about making wise lifestyle goals, realistic weight loss, how to improve fitness, understanding blood test results, choosing correct portions when eating, exercising properly, healthy eating out and emotional eating. With these resources, participants will have the opportunity to learn, be fit, have fun and even keep their New Year's resolutions.

To register, go to the "Wellness and consumer sciences agent for Challenge" tab on the Thomas the Thomas County Extension of-Weigh-in and assignments are County Wellness Website, www. fice.

not required, but cash thomascountywellness.org and fill incentives will be out the registration form. You will given to the top three receive a confirmation e-mail after individuals based on your registration is complete. Paya system in which ment of \$40 can be made online when you register. If you are not program participation. comfortable with online registra-The Final Weigh will tion call 460-4596 or stop by the be Tuesday, March 12 Thomas County Health Department, 350 S. Range Ave.

For those participating in the free blood work, registration is due Tuesday; if not having blood work, registration is due Monday, Jan. 14.

If you have questions about the health screenings or the Thomas County Wellness Challenge, contact Citizens Medical Center's education department, 460-4850, e-mail jbrown@nwkshealthcare. com; Thomas County Health Department, 460-4596, e-mail findir@thomascohealth.com; or the Thomas County Extension Office 460-4582, e-mail diann@ksu.edu.

Diann Gerstner is the family



### YOUR FAMILY MATTERS" Presentations to Strengthen and Improve Your Family Life

8:30

9:00-10:15

10:15-10:30

10:30-11:45

12:00-1:00

1:00-2:15

2:15-2:30

2:30-3:45

Marriage and the Blended Family

- · Parenting and the Blended Family
- Building Healthy Communication in the Family
- Family Communication and the Technological World (discussion)

### Four 75 Minute Sessions Presented by:

Jan Borst, Former Professor of Sociology & Family Studies at

### Schedule for the Day

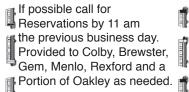
Registration	
Marriage & Blended Family	
Break	
Parenting & Blended Family	
Lunch Break	
Building Healthy	
Communication in the family	
Break	
Family Communication and	
the Technological World	

vehicle. Subject to prior sale.

### Corrections

The Colby Free Press wants to maintain an accurate record of our town. Please report any error or lack of clarity in a news story to us at 462-3963.





"This Project Funded in Part by the KDOT Public Transit Program"

and the state of t

Í Please Recycle 

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Johnson

Huston

Korman

Clifford

14

Huston

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Foot Clinic

Clifford

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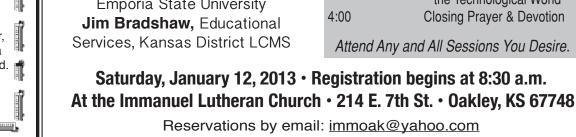
Sun

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or by telephone at (785)672-3833 Cost for Day: \$20 per person, \$30 per couple (lunch is included in cost)

## CITIZENS MEDICAL CENTER SPECIALTY CLINIC

Fri

Frankum

11

Keats

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Frankum

Challens

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100 E. College Drive, Colby, KS 67701-3799 (785) 462-7511; Fax (785) 460-4876 TO SCHEDULE AN APPOINTMENT PLEASE CALL (785) 460-1223

January 2013

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Parks

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Sat

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26

**FAMILY PRACTICE** 

**FAMILY CENTER FOR HEALTH CARE** Steven Bear, M.D. John Dygert, D.O. Brewster Kellogg, D.O. Darren Matchell, D.O.

#### CONSULTANTS ORTHOPEDICS

Rajesh Bazaz, M.D. ALLERGY/IMMUNOLOGY Board Certified Michael Volz, M.D. CARDIOLOGY Christine Fisher, M.D. COUNSELING SERVICES Meier Clinic - Angie Witman OTOLARYNGOLOGY **DERMATOLOGY** Karen Johnson, M.D. DIABETES Phillip Challans, M.D. GASTROENTEROLOGY Jeffrey Huston, M.D. **GYNECOLOGY** David Forschner, M.D. HEMATOLOGY/ONCOLOGY January Fields, M.D. Martin Rubinowitz, M.D. **NEUROLOGY** Khoi Pham, M.D. **OPHTHALMOLOGY** William Clifford, M.D. William Keats, M.D. **ORTHOPEDICS** Robert Bassett, M.D.

Timothy Birney, M.D. James Holmes, M.D. Admodios Hatzidakis, M.D. Kevin Nagamani, M.D. Ted Parks, M.D. Vivek Sharma, M.D. (Ear. Nose. Throat) Jerrold Cossette, M.D. PLASTIC SURGERY Conrad Tirre, M.D. PODIATRY Steven Larsen, D.P.M. James Reeves, D.P.M. **PULMONARY** (Chest) Timothy Kennedy, M.D. **RHEUMATOLOGY** David S. Korman, M.D. GENERAL SURGERY Charles Frankum, M.D. <u>UROLOGY</u> Wallace M. Curry, M.D. Darrell Werth, M.D. VASCULAR SURGEON Stephen Annest, M.D.