

Deaths

Dale R. Farmer

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

Services are pending with Kersenbrock Funeral Chapel in Colby, 462-7979.

John Frederick Fikan

John Frederick Fikan, 53, Colby, died Saturday, Dec. 29, 2012, 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 Lu-edders 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-

kan, Colby, and Jason Fikan, Atwood; a brother, Robert (Karen) Harrington, Fort Collins, Colo.; a sister, Roberta (Al) Castanada, Gilbert, Ariz.; and seven grandchildren.

Memorial services were Monday, Dec. 31, 2012, at the Baal-mann 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

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 gunner in World War II.

From 1953 to 1956, he and his 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 Arizona.

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 County Sheriff, released Dec. 17 on \$100,000 appearance bond.

- Brandon DeAngelo Parson, 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 Police, released same day with 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 charges pending.
- Carlos Albert Pimental, 45, Fall River, Mass., Dec. 14, possession/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.

- Kristal Kay Kriss, 21, Colby, Dec. 16, violation of supervised released, Colby Police/Pottawatomie County Sheriff's Office, released same day on bond.

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.

Sign up for blood tests now



Diann Gerstner

• Knowledge for Life

Happy New Year! The beginning 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 overview of your current health 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 symptoms, \$20.
- Hgb A1C, three-month glucose 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 lifestyles and desired weight in a fun, virtual format.

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.

Weigh-in and assignments are

not required, but cash incentives will be given to the top three individuals based on a system in which points are given for program participation. The Final Weigh will be Tuesday, March 12 – 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 Challenge" tab on the Thomas County Wellness Website, www.thomascountywellness.org and fill out the registration form. You will receive a confirmation e-mail after your registration is complete. Payment of \$40 can be made online when you register. If you are not comfortable with online registration call 460-4596 or stop by the 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@nwshealthcare.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 and consumer sciences agent for the Thomas County Extension office.

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Markets

Quotes as of close of previous business day
Hi-Plains Co-op

Wheat (bushel)	\$7.71
Corn (bushel)	\$6.98
Milo (hundredweight)	\$12.02
Soybeans (bushel)	\$13.28

General Public Transportation Van

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

If possible call for Reservations by 11 am the previous business day. Provided to Colby, Brewster, Gem, Menlo, Rexford and a Portion of Oakley as needed.

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

Please Recycle

"YOUR FAMILY MATTERS"

Presentations to Strengthen and Improve Your Family Life

- 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 Emporia State University
Jim Bradshaw, Educational Services, Kansas District LCMS

Saturday, January 12, 2013 • Registration begins at 8:30 a.m. At the Immanuel Lutheran Church • 214 E. 7th St. • Oakley, KS 67748

Reservations by email: immoak@yahoo.com or by telephone at (785)672-3833
 Cost for Day: \$20 per person, \$30 per couple (lunch is included in cost)

Schedule for the Day

8:30	Registration
9:00-10:15	Marriage & Blended Family
10:15-10:30	Break
10:30-11:45	Parenting & Blended Family
12:00-1:00	Lunch Break
1:00-2:15	Building Healthy Communication in the family
2:15-2:30	Break
2:30-3:45	Family Communication and the Technological World
4:00	Closing Prayer & Devotion

Attend Any and All Sessions You Desire.

CITIZENS MEDICAL CENTER SPECIALTY CLINIC

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

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Cossette Sharma Frankum	3 Nagamani Larsen Werth	4 Frankum	5
6	7 Johnson Huston Rubinowitz Korman Clifford	8 Fields	9 Pham Tirre Kennedy	10 Larsen Reeves Keats	11 Frankum Keats	12
13	14 Huston	15 Birney Bazaz Fisher	16 Bassett Frankum	17 Curry	18 Frankum Challens	19
20	21 Foot Clinic Clifford	22 Holmes Fields	23 Volz Kennedy Korman Frankum	24	25	26
27	28 Huston	29 Parks	30	31		

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HAPPY NEW YEAR!

KANSAS COUNTRY STORE

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 Clothing Boutique
 Southwind Plaza