

Weather



National Weather Service
Tonight: Partly cloudy, with a low around 14. Blustery, with a northwest wind 15 to 20 mph decreasing to 15 to 20 mph after midnight. Winds could gust as high as 35 mph.

Saturday: Mostly sunny, with a high near 24. Blustery, with a northwest wind 15 to 20 mph, with gusts as high as 30 mph.

Saturday Night: Partly cloudy, with a low around 4. North wind 5 to 10 mph becoming west after midnight.

Sunday: Mostly sunny, with a high near 26. West wind around 5 mph becoming calm in the afternoon.

Sunday Night: Partly cloudy, with a low around 7.

Monday: Mostly sunny, with a high near 30.

Monday Night: Partly cloudy, with a low around 12.

Tuesday: Sunny, with a high near 36.

Tuesday Night: Partly cloudy, with a low around 19.

Wednesday: Mostly sunny, with a high near 48.

Wednesday Night: Mostly clear, with a low around 23.

Thursday: Sunny, with a high near 46.

Thursday: High, 38; Low 32

Precip: Thursday Trace
 Month: 0.10 inches
 Year: 0.10 inches
 Normal: 0.42 inches
 (K-State Experiment Station)

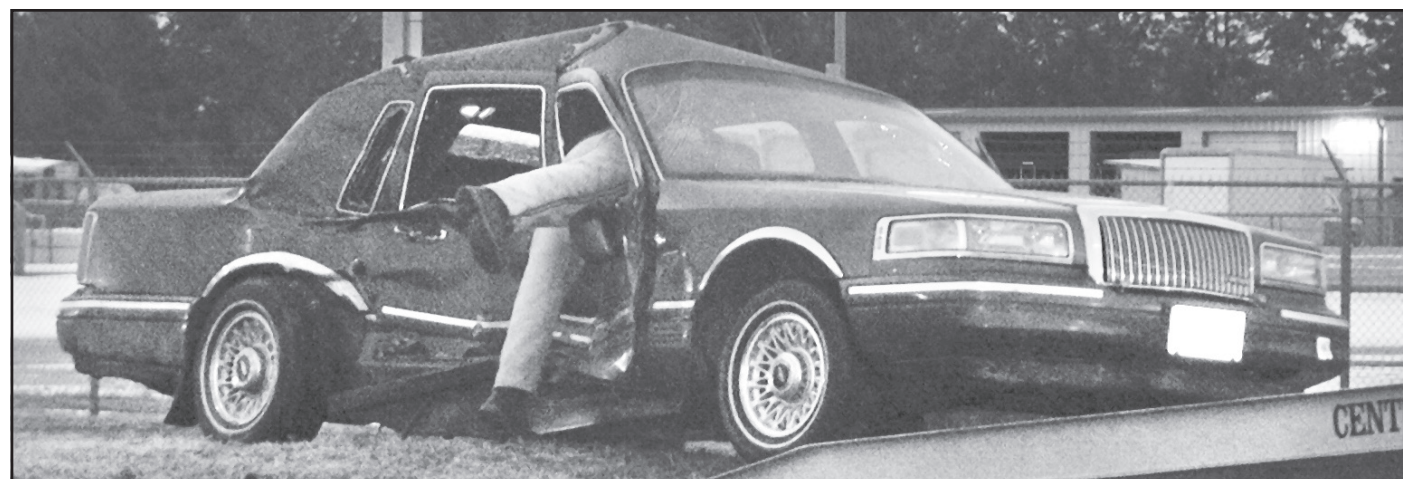
Sunrise and Sunset

Saturday 8:03 a.m. 5:42 p.m.
 Moon: waxing, 1 percent

Sunday 8:03 a.m. 5:43 p.m.
 Moon: waxing, 5 percent

Monday 8:03 a.m. 5:44 p.m.
 Moon: waxing, 12 percent
 (U.S. Naval Observatory)

Early morning accident



KATHRYN BALLARD/Colby Free Press

Josh Swarz, a tow-truck operator for Wagoner and Sons, had to lean way into a damaged car to get it ready to tow this morning after a collision that left two Colby teens without a ride. Police Sgt. Kent Dible said Jaydan Lane Baker, 16, was southbound on Austin Ave. when he stopped at Fourth Street about 7:25 a.m., then started up. The officer

said Baker failed to yield to an eastbound 2005 Ford F150 pickup driven by Brenly Rachel Terrell, 15. Terrell's pickup struck Baker's 1995 four-door Lincoln Town Car broadside. Baker suffered minor injuries but did not want to go to the hospital, Dible said.

Flu becoming an epidemic

From "EPIDEMIC," Page 1

Nationally, 20 children have died from the flu. There is no running tally of adult deaths, but the centers estimate that the flu kills about 24,000 people in an average year.

Flu vaccinations are recommended for everyone 6 months or older. Health officials are still recommending vaccinations, even in areas with widespread flu reports.

Nearly 130 million doses of vaccine were distributed this year, and at least 112 million have been used, according to federal officials. Vaccine is still available, but supplies may have run low in some locations, officials say.

Also on Friday, federal officials

said a recent study of more than 1,100 people has concluded the current flu vaccine is 62 percent effective. That's in line with how effective the vaccine has been in other years.

The vaccine is reformulated each year, and officials say this year's version is a good match to the viruses going around.

Flu usually peaks in midwinter. Symptoms can include fever, cough, runny nose, head and body aches and fatigue. Some people also suffer vomiting and diarrhea, and some develop pneumonia or other severe complications.

Most people with flu have a mild illness, but people with severe symptoms need to see a doctor. They may be given antiviral drugs or other medications.

Colby hospital to limit visits

From "FLU," Page 1

that the clinic is asking people with the flu to only come in they have serious symptoms like high fever or are unable to eat or drink, or if their flu symptoms last more than five days.

Someone with less serious symptoms, he said, should stay at home, drinks lots of water and use over-the-counter medications.

Focke stressed that the strain of the flu going around should not be life-threatening or cause serious symptoms for healthy people. The young or old, or people who already have health complications, need to be careful.

At Colby High School,

Donna Juenemann was acting as secretary Thursday because several staff members were sick. She said seven kids had called in sick by Thursday morning, and 14 were out sick Wednesday.

"You could say this week overall, we've had a higher number call in than usual," she said, "and the students seem to be sicker for longer."

Other schools had fewer call in sick. School Nurse Jodi Luckert said there were 10 kids sick at the elementary school Thursday, which did not represent a noticeable spike in numbers. Middle School Secretary Deann Shields said six kids called in sick there Thursday.

Briefly

Pets ready for adoption at Colby Animal Clinic

Looking for a pet? Colby Animal Clinic has two dogs available for adoption: a 7-month-old female purebred red heeler and a 4-year-old female blue heeler. Call or stop by 810 E. Fourth St. All animals have current shots, and costs are minimal. For questions, call 460-8621.

Wellness Challenge will help improve health

The eight-week Thomas County Wellness Challenge encourages increased exercise and better eating habits to promote a healthy lifestyles and lower weight. It includes Bodpod testing for body composition, weekly weigh-ins and lessons on wellness, all for \$40. To register, go to the "Wellness Challenge" tab at www.thomascountywellness.org or stop by the Thomas County Health Department, 350 S. Range, by Monday. For information, call Director Kasiah Rothchild at 460-4596 or Extension Agent Diann Gerstner at 460-4582.

Hospital offering cut-rate blood, health checks

Citizens Medical Center, working with the Thomas County Healthy Communities Coalition, will offer health screenings in the specialty clinic lobby from 6 to 9 a.m. through Saturday. Screenings include a comprehensive blood profile for \$30 (lipid profile, glucose and complete blood count; requires a 10- to 12-hour fast), thyroid for \$20, Hgb A1C (glucose) for \$20, prostate screening for \$25, electrocardiogram for \$35 and lung/breathing check, free. For questions, call Jeanene Brown at (785) 460-4850.

Want a free lunch? Go to church Saturday

The Once a Month Lunch will be served from 11:30 to 12:30 Saturday at the First Presbyterian Church, 515 W. Fourth St. in Colby. This free meal is the second Saturday of each month. For questions, call the church office at 462-6342.

Commodities to be given out here Monday

U.S. Department of Agriculture commodities will be distributed from 1 to 2 p.m. Monday at the Retired and Senior Volunteer Program office in the Senior Progress Center at Fike Park. Distribution is first come, first-served, but you may send a signed permission slip with another person. Bring a sack or box. Expected commodities include rotini, green beans, peaches, peanut butter, sweet potatoes and juice. For questions, call the office at 462-6744.

Dance team plans clinic for kids Monday, Tuesday

The Colby High dance team will hold a junior clinic for kids from kindergarten through fifth grade from 3:45 to 5:15 p.m. Monday and Tuesday at the Colby Middle School. Cost is \$20. All participants will receive a CD and perform during the halftime of the 6:30 p.m. game on Thursday at the Orange & Black Classic. Call Coach Denita Rodgers, 269-7908, for questions.

Firm hired to study Law Enforcement Center

From "FIRM," Page 1

pen and it's only a matter of time."
 "We are cognizant of the fact that something needs to be done," Steele said.

Lucas said that on the tour, Finley showed him some things the sheriff has done to keep the jail safe but said there comes a point when you begin throwing good money after bad.

"I think you are well past that time," he added, "and although I think you could

find room to expand the facility, I'd recommend building new. There is ample space to the west of the Thomas County Office Complex.

"You have several options, but it's probably not a good idea to expand and I don't think it's in your best interest. It's just not cost effective.

"There are different ways to do different things, and different ways to pay for it. But, right now, you need to be aware of what your best option is. We could do

the feasibility study, and of course, there is no obligation that you use our services in the future."

For the study, Lucas said, the firm's criminologist would sit down with Sheriff Rod Taylor to discuss his needs now and look at expected needs 20 to 30 years from now. They'll talk about what it may cost to build and how much it will take to operate a new facility. In addition, they'll look at revenue sources and build a plan for payment options.

The base cost of the study, Lucas said, is \$3,500, although other expenses, such as transportation costs, would be billed as well.

"I wrote down that it'll cost as much as \$5,000," said Commission Chairman Ken Christensen.

"So, do we want to spend \$5,000 on the study?" asked Steele.

"I don't want to spend anything," replied Commissioner Byron Sowers, "but I'll agree to it."

Judge delays arraignment in Colorado theater shooting

CENTENNIAL, Colo. (AP) — A judge today delayed the arraignment of the man charged with the Colorado theater shooting until March.

District Judge William Sylvester ruled Thursday night that prosecutors had presented sufficient evidence to proceed with charges alleging that James Holmes killed 12 people and injured 70 others at a suburban Denver movie theater on July 20.

Holmes is charged with multiple counts of first-degree murder and attempted murder.

Holmes won't have to enter a plea until March 12 after the judge granted a defense motion to delay that proceeding.

A majority of the families of the victims objected to the delay.

An unidentified man seated in the courtroom yelled "Rot in hell, Holmes!" at the end of the

hearing. The judge reconvened the proceedings to discuss the outburst.

Defense lawyers didn't give a reason for the delay.

One possible reason could be to seek a mental health evaluation by a doctor of their choosing. His lawyers have said Holmes is mentally ill, raising the possibility of an insanity defense.

If Holmes had entered an insanity plea, an evaluation would

be done by state doctors.

Holmes' attorneys also objected to news media requests to bring cameras into the courtroom during the arraignment. Cam-

eras have been barred from court since Holmes' initial appearance in July. If Holmes, 25, is convicted of first-degree murder, he could face the death penalty.

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Monday Evening										January 14, 2013			
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30			
KAKE/ABC	The Bachelor				Castle		Local	Jimmy Kimmel Live	Nightline				
KBSL/CBS	How I Met	Big Bang	2 Broke G	Mike	Hawaii Five-0		Local	Late Show Letterman	Ferguson				
KSNK/NBC	The Biggest Loser				Deception		Local	Tonight Show w/Leno	J. Fallon				
KSAS/FOX	Bones				Local								
Cable Channels													
A & E	The Haunting Of...	The Haunting Of...	The Haunting Of...	The Haunting Of...	The Haunting Of...	The Haunting Of...	The Haunting Of...	The Haunting Of...	The Haunting Of...	The Haunting Of...			
AMC	A Few Good Men												
ANIM	Finding Bigfoot	Finding Bigfoot	Finding Bigfoot	Finding Bigfoot	Wild West Alaska		Finding Bigfoot	Finding Bigfoot	Finding Bigfoot	Finding Bigfoot			
BRAVO	Real Housewives	Real Housewives	Real Housewives	Vanderpump Rules			Happens	Real Housewives	Vanderpump				
CMT	Reba	Reba	Did You Hear					Did You Hear-Morgans?					
CNN	Anderson Cooper 360	Piers Morgan Tonight	Piers Morgan Tonight	Piers Morgan Tonight	Anderson Cooper 360		E. B. OutFront	Piers Morgan Tonight					
COMEDY	Futurama	Futurama	South Pk	South Pk	Brickie	South Pk	Daily	Colbert	South Pk	South Pk			
DISC	Amish Mafia	Amish Mafia	Amish Mafia	Amish Mafia	Amish Mafia		Amish Mafia	Amish Mafia	Amish Mafia	Amish Mafia			
DISN	Good Luck	Shake It	Austin	Dog	ANT Farm	Good Luck	Austin	Jessie	Wizards	Wizards			
E!	Sex-City	Sex-City	E! Special		Scouted			E! News	Chelsea	Chelsea			
ESPN	College Basketball	College Basketball	College Basketball	College Basketball	College Basketball		SportsCenter	SportsCenter	SportsCenter	SportsCenter			
ESPN2	NBA Coast to Coast	'13 Australian Open											
FAM	Switched at Birth	Bunheads			Switched at Birth		The 700 Club	Prince	Prince	Prince			
FOOD	Diners	Diners	Diners	Diners	Diners	Diners	Mystery D	Mystery D	Diners	Diners			
FX	Transformers				Transformers								
HGTV	Love It or List It	Love It or List It	Love It or List It	Hunters	Hunt Intl		Love It or List It	Love It or List It	Love It or List It	Love It or List It			
HIST	Pawn	Pawn	American Pickers	Pawn	Pawn		Pickers	Pickers	Pawn	Pawn			
LIFE	My Life, Movie	My Life, Movie	My Life, Movie	My Life, Movie	My Life, Movie		My Life, Movie	My Life, Movie	My Life, Movie	My Life, Movie			
MTV	MTV Special	MTV Special	MTV Special	Catfish	The Inbet		MTV Special	MTV Special	MTV Special	MTV Special			
NICK	Dora...	Bubble	Full H'se	Full H'se	The Nanny	The Nanny	Friends	Friends	Friends	Friends			
SCI	Continuum	Being Human	Being Human	Lost Girl			Continuum	Being Human	Being Human	Being Human			
SPIKE	Tokyo Drift				Tokyo Drift								
TBS	Family Guy	Fam. Guy	Fam. Guy	Fam. Guy	Fam. Guy		Conan		Office	Office			
TCM	AFI Master Class	What Lies Beneath						AFI Master Class					
TLC	Cake Boss:Next	Cake Boss:Next	Pete Rose	Pete Rose	Pete Rose		Cake Boss:Next	Pete Rose	Pete Rose	Pete Rose			
TNT	The Mentalist	The Mentalist	The Mentalist	The Mentalist	The Mentalist		CSI: NY	CSI: NY	CSI: NY	CSI: NY			
TOON	Regular	IMAD	King/Hill	King/Hill	Amer. Dad	Amer. Dad	Fam. Guy	Fam. Guy	Chicken	Aqua Teen			
TRAV	The Layover	The Layover	The Layover	The Layover	Hotel Impossible		No Reservation	The Layover	The Layover	The Layover			
TV LAND	Cosby	Cosby	Raymond	Raymond	Raymond		King	King	King	King			
USA	WWF Monday Night RAW						Nicki: Los Angeles	CSI: Crime Scene	CSI: Crime Scene	CSI: Crime Scene			
VH1	Love & Hip Hop	Black Ink Crew	Love & Hip Hop	Love & Hip Hop	Love & Hip Hop		Black Ink Crew	Love & Hip Hop	Love & Hip Hop	Love & Hip Hop			
WGN	Funniest Home Videos	Funniest Home Videos	Funniest Home Videos	Funniest Home Videos	Funniest Home Videos		Funniest Home Videos	Rules	Rules	Rules			
Premium Channels													
HBO	Bridesmaids				Paul				Unknown	Unknown			
MAX	Hangover	Swingers			Sherlock Holmes-Game					Banshee			
SHOW	Untold History	Californ.	Lies		Shameless		Lies	Californ.	Shameless	Shameless			

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