

Colby fair offers screening

By Patty Decker

Colby Free Press

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. on Saturday, Jan. 15.

For many years, the Wellness Fair has offered participants a chance to have 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."

The tests for the fair have been selected to give people a way to monitor their level of wellness, she said.

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

Health care providers will be present at the fair to talk about results, with presentations at 9:30 a.m., 10 a.m., 11:30 a.m. and noon the day of the fair.

To give participants a better idea of what the tests are, Jeanene Brown at Citizens Medical Center offered the following:

One of the tests, the CBC or Complete Blood Count, provides information about the kinds of numbers of cells in the blood, including red and white blood cells and platelets.

This test can help a physician evaluate symptoms such as weakness, fatigue or bruising, along with diagnosing conditions as anemia, infection and other disorders.

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. Lipid is a type of fat, and depending on how much cholesterol is in the blood, the chance of heart disease, stroke and coronary artery disease could increase.

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. 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. The Serum Glucose test, which measures blood sugar, is often the first test done to help detect diabetes.

Glucose is a type of sugar found in many foods and is the main source of energy used by the body. Most of the carbohydrates that people eat are turned into glucose, which can be used for energy or stored in the liver and kidney as glycogen.

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. People can also develop diabetes if they do not respond normally to the insulin their bodies produce, which occurs more often when a person is overweight.

The prostate-specific antigen, or PSA, test determines the levels of the antigen in men. It's lower in healthy men. The amount of antigen in the blood normally increases as a man's prostate enlarges with age. It is also increased by inflammation of the prostate gland and prostate cancer, so a high reading should prompt a checkup.

The Thyroid-Stimulating Hormone or TSH is a new offering at this year's Wellness Fair. This test is used to detect a problem affecting the thyroid gland. An underactive thyroid gland can cause symptoms such as weight gain, tiredness, dry skin, constipation, a feeling of being too cold, or frequent menstrual periods. Conversely, an overactive thyroid can cause symptoms such as weight loss, rapid heart rate, nervousness, diarrhea, a feeling of being too hot, or irregular menstrual periods.

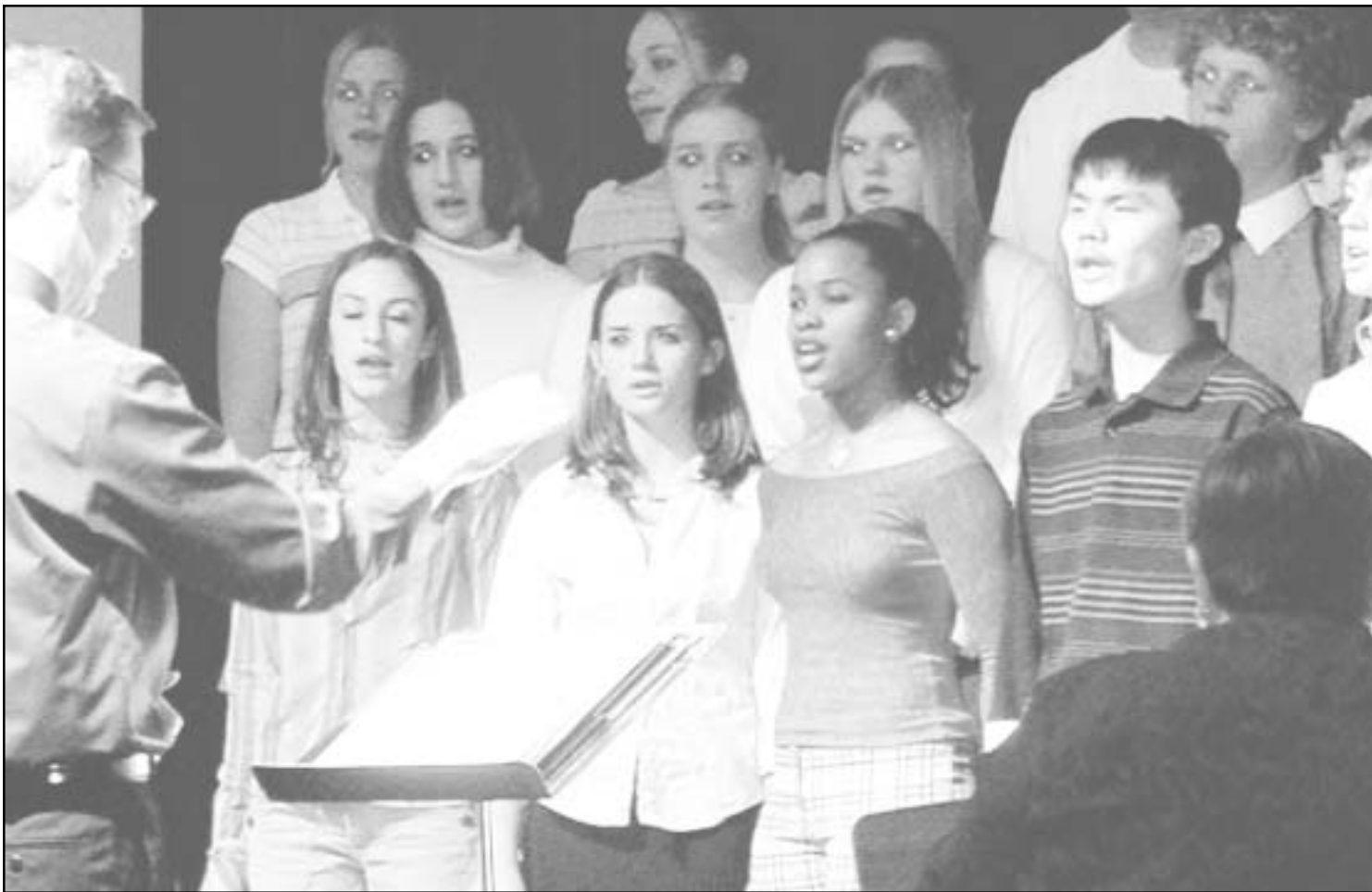
"Wellness Fair participants may request any combination of these laboratory tests," King said.

In addition to the \$5 registration fee for the fair, she said, each of the blood tests cost anywhere from \$12 to \$18, which is paid before testing.

"Some tests may not be necessary for everyone, and those with questions are encouraged to discuss this with their family doctor," King said.

For questions about the fair, call Brown at (785) 460-4850.

High School choir celebrates holidays with song



The Goodland High School Christmas Concert last Monday, Dec. 20, featured performances from all four choirs, plus the concert and jazz bands. The first to sing for the audience was the Black and Gold Choir led by music director Randy Berls (far left). The crowd listened as the group sang "Rise Up Shepherds and Fol-

low," "Good News" and "Frosty the Snowman." Students (from left, front row) Amanda Amthor, Holly Kibel, M'Quetta Brazle and Simon Wang sang as Nancy Shores (bottom right) accompanied on the piano.

Photo by Kathryn Burke/The Goodland Star-News

Saucy lady spices up competition

By Tisha Cox

Colby Free Press

A product from a Colby business hit it big at a recent food competition in Texas.

Little Audrey's Gourmet Hickory Sauce, produced by Saus Haus Inc., won first place at the Chili Pepper Magazine 2005 Fiery Food Challenge held in Fort Worth two months ago.

Owner Nyla Domsch said the sauce took the award in the condiment dipping sauce category, earning the first-place Golden Chili Pepper.

It was up against 875 entries in 87 categories.

The hickory sauce has been on the

market six years. It originated at her mother's restaurant in Oakley, where it was served on hickory burgers.

Audrey Gannon closed the restaurant at the age of 79, and she is now 88. People started missing the sauce after the restaurant was closed, so Domsch decided to start making it herself.

"Everybody bugged me for sauce," she said, adding the sauce is named for her mother and her picture as a 4-year-old is featured on the bottle labels.

It's proved to be a versatile product and comes in three versions — the regular hickory sauce, a hickory meat baste and hot hickory sauce,

which includes jalapeno peppers, though Domsch said it's fairly mild.

It isn't just for meat, she said, and isn't like a barbecue sauce. She uses it in baked beans, deviled eggs, goulash, spaghetti and more.

Domsch makes the sauce herself, and rents out the kitchen at the Kansas Country Store deli, but someday wants her own place to make it.

"Hopefully we'll put up a manufacturing plant soon," she said. "I make every bottle you see so far."

Domsch said the sauce has also been approved by Kroger and Ball foods and as soon as they have the capability to produce large quanti-

ties, it will hit shelves at their stores.

The Chili Pepper contest isn't the only award the sauce has earned.

In three trips to the American Royal Barbecue Contest in Kansas City, the sauce has earned second place honors in the sauce, baste and rib category. Domsch said The American Royal is the largest competition of its kind in the world.

The sauce is available in Colby at Dillon's, J&B Meat Market, the Kansas Country Store and the Oasis Travel Center. It's also available in Atwood and other places around the area, or by calling (785) 462-6198.

corrections

The Goodland Star-News will correct any mistake or misunderstanding in a news story. Please call

our office at (785) 899-2338 to report errors. We believe that news should be fair and factual.

Charges finally filed in Gove County crash

By Tisha Cox

Colby Free Press

The second anniversary of a fatality accident in Gove County will pass this year with charges filed in the case less than two weeks before the statute of limitations would have run out.

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

Blake Pilkington of Oakley, the driver of the car, was charged drunk driving last week, 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, but obviously it didn't," said Gove County Attorney Mark Schmeidler.

Schmeidler said Pilkington was charged with driving under the influence, involuntary manslaughter due to drunk driving or involuntary manslaughter without the alcohol 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.

He said Pilkington's first appear-

ance is scheduled for Thursday, Jan. 6, but it will probably be continued to another date.

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

The charges stem from an 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 thrown from the car when it rolled.

Investigating officers said the car was going at least 86 mph when it left the road. Open and full 3.2 beer and liquor containers were found in and around the car.

Other passengers in the car were Kyle A. Kersenbrock, 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 that he didn't know what charges to file because he didn't have the report from the sheriff's office.

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

New Listing



621 Arcade...Immaculate brick ranch! This home boasts a large living room, formal dining room, two bedrooms, bath, kitchen and laundry on the main floor. The basement is finished with family room, bedroom, bath, dark room and big storage area. This home has been recently updated with new floor coverings on both levels, all new interior paint, remodeled kitchen with new appliances, counter tops, sink. Some of the extras include central heat and air, underground sprinkler, nice corner lot, attached garage with extra workshop area. \$128,900. Please call Donna Moore to tour this beautiful home today.

Cynthia Butts, 899-3944; Donna Moore 899-6159.

RICHARDSON'S HOMESTEAD REALTY, INC.

1023 Main • Goodland, KS 67735
785-899-2328 or 1-800-974-2426

ORE-MAIL US AT: homestead@eaglecom.net

Visit our website: www.goodlandksrealestate.com

Red, White & YOU

CFI

OTR • Regional • Dedicated
Company • D/O • Sales • Teams

800-CFI-DRIVE • www.cfidrive.com



The Goodland Family Health Center will be open

Friday, Dec. 31, 2004

9 a.m. to 12 p.m.

Walk Ins are Welcome

785-890-6075

Inpatient Rehabilitation Services at Hays Medical Center.

Close to home, close to family.



"See you soon, Dad!"

Hays Medical Center...convenient... easily accessible.

Caring...highly skilled professionals provide intensive physical, occupational or speech therapy — up to three hours a day, five days a week. Medicare approved.

Inpatient Rehabilitation Services at Hays Medical Center... the care you need, the closeness and convenience you want.

To request services, consult your family physician, or for more information call the Hays Medical Center Inpatient Rehabilitation Services department. *Located right here in northwest Kansas.*

HaysMedicalCenter

2220 Canterbury Drive • Hays • 785-650-2774



ENJOY
TONIGHT AT THE MOVIES
AT THE MOVIES

The
Goodland Star-News

SUBSCRIBER
Rex Jamison
You receive two free passes to see

Lemony Snickett
PG

Sherman
1203 MAIN - Phone 899-6103
Present Ticket at Box Office
Tickets are Non-Transferable