

By Tisha Cox
Colby Free Press

A Colby man got into the spirit of giving this year, donating a kidney to a co-worker's father, giving him a life free from the pain, needles and bother of a dialysis machine.

Tim Micek donated a kidney to Don Sheley in October. That was the 973rd kidney transplant to be done at Presbyterian-St. Luke's Hospital in Denver.

Sheley was diagnosed with nephrotic syndrome in 1992, a condition that causes kidney failure.

"It took a while for it to actually become a failure," he said.

Doctors put him on a steroid, which helped slow the process, but eventually the kidney did start to fail.

Micek works with Sheley's son at the Kansas Department of Transportation shop in Colby.

Micek said one day Michael came in and said his father was going on dialysis, which made him start thinking about donating a kidney.

He said it was something he had considered in the past and he contemplated the matter before even-

tually offering one of his kidneys.

Micek had to undergo extensive testing to see if he was a suitable match. He had to pass the first test before going on.

"You have to be extremely healthy," he said, adding he was tested for hepatitis, tuberculosis, AIDS and had a slew of other tests before being considered as a viable donor.

Micek said the testing was stressful and isn't a simple process, but it's an ordeal he was glad to go through.

He did research while he was still thinking about becoming a donor and later a transplant coordinator set him up with a "donor buddy," someone who has already been through the process, to answer his questions.

Micek doesn't notice any changes since the transplant.

"I don't feel any different," he said, adding that he seems to be thirsty all the time.

He said he learned an individual can live with a quarter of a kidney, and Sheley never would have known when his kidneys were getting worse.



Micek **Sheley**

Sheley said doctors kept an eye on his kidneys, checking them every six months until he finally had to go on dialysis earlier this year.

He did peritoneal dialysis before later going on a machine, which he did every night for nine hours.

"That freed me up quite a bit," Sheley said.

He had accepted his condition and its way of life but Sheley now has a new outlook on life since the transplant in October.

The transplant took place on Oct. 27 at Presbyterian-St. Luke's Hospital in Denver.

Micek said it had been scheduled for Oct. 25, but they were warned the surgery could get bumped back if a deceased donor came in and that's what happened.

Micek said he had what is called a laparoscopic nephrectomy to remove the kidney.

Three incisions were made and a camera was inserted into his abdomen, which was inflated with carbon dioxide.

He said the gas makes the organs separate and the kidney easier to get to. After the kidney was removed, he was in the hospital four days to recover.

After the kidney was removed from Micek, Sheley then received the kidney and he has recovered quickly. The organ was placed in his pelvis, where it will be easier to check with ultrasound, Micek said.

A tube from Sheley's bladder was connected to the kidney.

Sheley said he has no restrictions on eating or anything else and feels better than he has in a long time. Before, he could have no beans, peanut butter, chocolate, dairy products and more.

"I can eat anything I want," Sheley said.

Micek also has no restrictions now but took six weeks off from work to recover.

Both are doing well, but there was

some concern over the kidney after it was first transplanted.

Sheley said 95 percent of recipients reject within the first 30 days because their white blood cells fight the new organ, and his body tried to reject the kidney but he is on drugs to prevent it from happening and is slowly being taken off.

He is now doing fine and Micek said his kidney was a very good match. Micek said the better the match, the fewer anti-rejection drugs the recipient must take.

Sheley is on 13 pills a day, but he said that is a small amount compared to the amounts other organ recipients must take.

The two haven't been alone throughout the process. Their wives have stood by them from the beginning.

At first, Micek's wife Deb wasn't in favor of the idea but he told her if she wasn't OK with it, he wouldn't go through with donating one of his kidneys. He said she eventually saw how much he wanted to do it.

Sheley said his wife Irma stuck with him throughout the process.

"My wife put up with a lot, too," he said. "I'm sure we weren't the

best of patients to deal with."

After the transplant, he had to stay 30 days in Denver for testing and it was difficult for Irma because it was a tedious period to wait through.

"We made it though," Sheley said. "I'm sure it was a worry for her."

And now that the hardest part is over, he is thankful for the kidney he was given and his renewed health.

"It was a great thing," he said. "I got a renewed life really."

Micek said he thinks more people should consider becoming donors.

"It's such a simple procedure," he said, adding two weeks after the surgery he was up and around resuming normal activities and 2 1/2 weeks later, up on the roof putting up Christmas lights.

He also couldn't do any heavy lifting for six weeks, but he's doing fine now and only has some soreness as a reminder of the transplant.

Micek said he was able to take off the six weeks without using any sick leave because of a donor leave program for state employees begun under Gov. Bill Graves.

Community group continues Brewster restaurant

By Kathryn Burke
The Goodland Star-News

As Bubba's Corner restaurant in Brewster goes out of business, a community group is ready to take the reins and start up a new cafe.

After roughly three years of serving up hamburgers and steaks, Bubba's is closing after Saturday.

Bubba's was owned by Brian Somers of Brewster who purchased the restaurant, Big Al's, from Al Holub of McDonald. Somers said the restaurant has been in Brewster, in one name or another, since the 30s.

In November, when Mike Schultz, a Brewster native, city superintendent and cattleman, heard the news, he got a group together to

form The Grill Inc. Bubba's was the only restaurant in town and Schultz said it is important to keep it open for some of the businesses in town.

"We need access to a restaurant," he said. "Our goal is to keep the doors open."

Together, Schultz said, the group is planning to take over Bubba's, at 893 Kansas Ave. on Old U.S. 24, and offer people in Brewster a new place to eat.

"We're kind of excited about it," he said.

The restaurant will be open seven days a week, serving from 10 a.m. to 10 p.m. (Central Time) except on Sundays when they will only have lunch hours, 11 a.m. to 2 p.m.

"We believe," Schultz said, "that

if we run it every day, we can make it work."

He said they are considering offering rolls and coffee in the morning, but no plans have been made yet.

The Grill members will take over the restaurant on Sunday, clean on Monday and Tuesday, and then hold a preview for community stockholders on Thursday. Schultz said the doors will be open to the public next Friday.

"We plan on a big turnout that night," he said, noting that Brewster High will have a home basketball game.

The corporation started with Schultz holding meetings about a new restaurant. He said 23 people

are involved with 10 contributing money to the project.

Wayne Carpenter is president, Lyman Goetsch is president, Jon Starns secretary treasurer and Ron Vignery of Goodland is the group's attorney.

Schultz said his wife Dawn is handling the books and he is helping to organize the group.

"None of us have been in it for the money," he said. "We're in it for the community."

"I just don't want to see the town die. We've got good people here in town. People want a restaurant and Brewster's a good location."

Schultz said they will offer a steak-and-hamburger menu with a better cut of meat than fast food res-

taurants. He said they have a new meat supplier and plan to cook the steaks on a charbroil grill.

"It will be operated much like a steak house," he said.

Schultz said they plan to get a license to sell beer, but they haven't planned for a liquor license.

Along with changing the menu, he said, they plan to change the inside a little bit. He said it will look generally the same as Bubba's, but they plan to clean and revamp the inside.

Although they will offer a steak house menu and atmosphere, Schultz said, they will work to keep the prices down and offer a daily special.

"We will control prices so that

Freedom Fest fireworks on City Commission's plate

The first meeting of the year for the Goodland City Commission will be 5 p.m. on Monday, and the first item on the agenda is a request from the Area Chamber of Commerce for a bigger donation for the Freedom Fest fireworks display.

Commissioner John Garcia asked to have the item put on the agenda. Chamber representatives came to the commission in October asking for an increase in the city

donation for fireworks, and were told the budget for next year had \$250 for fireworks.

The Chamber was trying to put together a program to share the cost of the annual fireworks display and had asked the city and county each to put in \$2,500 to help fund the Freedom Fest and the fireworks.

The county approved the \$2,500 in December, and the Chamber people said they would ask the city again

after the city showed an increase of over \$123,000 in sales tax revenue in the past three months.

Other items on the agenda will be an ordinance to implement the new solid waste fees recommended by the Sherman County commissioners and the Sherman County Solid Waste Committee.

The new rates will go into effect in February, raising the residential monthly trash collection by 75 cents and the monthly commercial trash rate by \$1 per dumpster. The resi-

dential rate will be \$10.75 per month plus the county tipping fee of \$3.25 to make it \$14 per month. Commercial rates will go from \$12 per dumpster to \$13 plus the \$3.25 tipping fee.

The ordinance needs to be passed under a contract between the city and county for the trash collection which requires and annual review of the rates by the solid waste committee and then approval by the county commissioners.

The Kansas Municipal Energy

Agency is asking the commission to vote on establishing a lease/purchase program that would be available to cities which were members of the organization, the Kansas Municipal Gas Agency and the Kansas Rural Water Finance Authority.

If the city agrees to participate and a majority of the members of each of the three organizations approve, the city would be able use the program to lease/purchase equip-

Health center closing Sharon Springs clinic

After 11 years of traveling to Sharon Springs to provide medical care, Goodland doctors and nurse practitioners will be staying at home.

The Goodland Family Health Center will be closing its Sharon Springs clinic site in February. The clinic expects its last day to see patients will be Friday, Feb. 25, said Brenda McCants, hospital director of patient relations.

While developing the hospital's budget, officials decided to close the clinic, citing financial reasons, few patients being seen in Sharon Springs and the need to keep the doctors in Goodland for better coverage here.

For 11 years, Goodland doctors and nurse practitioners have served Sharon Springs, Hospital Administrator Jay Jolly said, and the clinic has struggled financially most of those years.

It has reached a point, he said, where the number of patients seen in the clinic doesn't support the cost of keeping it open.

Besides, he said, Goodland has had a net loss of two primary care physicians over the past three years, which increases the waiting time for appointments here.

Another reason for closing the clinic is to eliminate the competition between two struggling clinics in Sharon Springs.

The clinic's staff and hospital board want the patients they serve in Wallace County to know they regret having to close the clinic, said Lynn Hoelting, the hospital board's chairman, adding it is in the county's best interest.

"Looking at what is best for both the clinic and Wallace County residents," Hoelting said, "we considered the collaborative effort between Wallace County and the Tribune hospital to establish a new clinic facility in Sharon Springs using tax credits. We support this effort as a positive step, but we also believe that the population of Wallace County cannot support two struggling clinic operations."


Rather than jeopardize both clinics, Hoelting said, the hospital board felt it would be more viable for Wallace County to keep a clinic open if the health center closes its clinic.

"In view of our own needs and resource limitations," he said, "now is the right time to do it."


The clinic operated under the name of Rural Health Ventures about 10 years until the Goodland Regional Medical Center took over ownership on March 1.

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.



Lowered price to \$215,000 on this awesome listing in Rosewood Addition. Spanish style brick ranch 4 bedroom, 4 bath spacious home. 2,872 sq. ft. on main floor and 2,200 finished sq. ft. in basement with wet bar. Whirlpool bath, total new kitchen in 2003, cathedral ceilings in living room and kitchen, 2 fireplaces. All appliances included. 12x33' sunroom and nice backyard, sprinkler system in yard. Very nice home—one of a kind. Call for your private showing today and make it your home! Call 785-899-2683 and ask for Charlene Cole.





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1625 Wyoming	221 Cottonwood	418 Main
415 W. 2nd	2157 Caldwell	504 Front - Kanorado
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Charlene Cole, Broker Diana Spinney, Salesperson

student of the week



Name: Tysen Lofland
Parents: Ed and Joyce Lofland
Grade: Senior
Age: 17
We've nominated this student because: Tysen is self motivated, has disciplined work habits and demonstrates special talents and enthusiasm.

Student Comment: My most favorite aspect of school life has been talking to Mr. Berls. Just some of the things he says will make you think wow or what was he thinking. My best liked subjects would have to be band and vocal classes. The biggest thing I remember is the X-Pressos

trips.

Activities involved in at school: Band, jazz band, X-pressos, FCS and pep band

My choice of movies, books, and games: My favorite movies are action movies like "Gone in 60 Seconds." My choice of music would be anything with a good beat. My taste in books is the same as my movies, anything with action and adventure. My favorite games would have to be racing games.

After I leave Goodland High School I intend to: go to Colby Community College to get my basics and then go to K-State, but I haven't made up my mind on what I want to go into.

And 10 years from now, I think I'll: have made up my mind by then. No seriously I don't exactly have a good guess how or where I'll be but I know in my heart God has a plan for me and I intend to follow it.

Favorite Quote: "It is our choices that show what we truly are far more than our abilities." J.K. Rowling



of Goodland LLC

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