



Bigger, Faster, Stronger School board okays weight-lifting class

By Tisha Cox

Colby Free Press

The weightlifting curriculum recommended for students in the Colby school district was the subject of a presentation at this week's meeting.

Instructors Jesse Vincent and Greg Koenig gave the board information packets and showed a tape of students utilizing the "Bigger, Faster, Stronger" curriculum, which the board did approve.

It was recommended by the district's coordinating council at the January board meeting but board member John Cranston had some questions about the safety of the program.

Koenig and Vincent addressed those concerns.

Vincent said the program was founded by a man named Greg Shepard and is the first weight program used by Division I colleges, the NBA and high schools around the country.

Both teachers are also certified

coaches for the program.

Vincent said students can start in the fall and build on their progress all year instead of having to change to a different workout for each sport they play.

Koenig vouched for it, saying it is beneficial to multi-sport students.

He said there is also a misconception it isn't safe for girls. He used his daughter as an example and said she has shown improvement.

He did say there have been some issues with other coaches.

"I don't want to fight with other coaches about what they're going to do," Koenig said.

On the flip side, Vincent said a unifying program is "awesome" because it builds on itself.

He showed a video of his first hour class which showed them working on techniques, warm-ups, lifts, stretches and agility training.

Both teachers emphasized the program is safe and proper technique is stressed when students lift.

Koenig said technique is the ba-

sis of the entire curriculum, adding safety is paramount and they make sure students do things the right way.

Vincent also explained how students are graded.

He said it's achievement-based and students need "perfect technique," coupled with keeping their log books. They must keep track of their repetitions and how much weight they lift.

Koenig said that part of the program teaches responsibility and accountability.

Board member Gerry Fulwider asked if the weight room has enough stations and board member Kevan Taylor wanted to know if weight classes are open to all students.

Koenig said there is enough equipment and Vincent said the classes are open to everyone. He said they would even be surprised at some of the students that are taking the class because some aren't athletes.

Colby's municipal airport to host education seminar

By Patty Decker

Free Press Editor

As in year's past, the Colby Municipal Airport is once again inviting pilots from around the area to attend its safety program, Saturday, March 12, starting at 9 a.m. at the Colby airport.

The educational seminar, which is sponsored by Friends of the Colby Airport, M C Aviation Services, Great Plains Spraying and Dillons, provides aviators and other participants with information that could someday save their life, said Bruce Allred, Central Region Safety Program manager.

The presentation, "Maneuvering Flight — Hazardous to Your

Health?" will focus on the fact that no amount of training can compensate for really bad judgment.

"Of the fatal accidents in the last 10 years," Allred said, "a surprising number occurred during maneuvering flight and any type of flying performed close to the ground is considered maneuvering flight."

Participants will hear about how many pilots fail to understand the consequences of taking deliberate and unnecessary risks.

"The vast majority will get away with recklessness and careless judgment," Allred said.

"However, others will pay the ultimate price and become an accident statistic."

While maneuvering flight is something all pilots do — Allred explained that buzzing, canyon flying, aerobatics and formation flight are not part of a normal flight and require special training and skills.

The one-day event will also focus on what is new and will review accidents and incidents within the state.

Colby Municipal Airport is located two miles north of the city of Colby on Kansas Highway 25.

To register, call Mark Ostmeyer, Colby airport manager, 460-4438 or Allred at (316) 941-1208.

The FAA safety program is open to everyone and lunch will be provided.

Kline: Clinics trying to thwart investigation of illegal abortions

TOPEKA (AP) — Two clinics are trying to thwart an investigation into potentially illegal late-term abortions by blocking access to their medical records, Attorney General Phill Kline said Thursday.

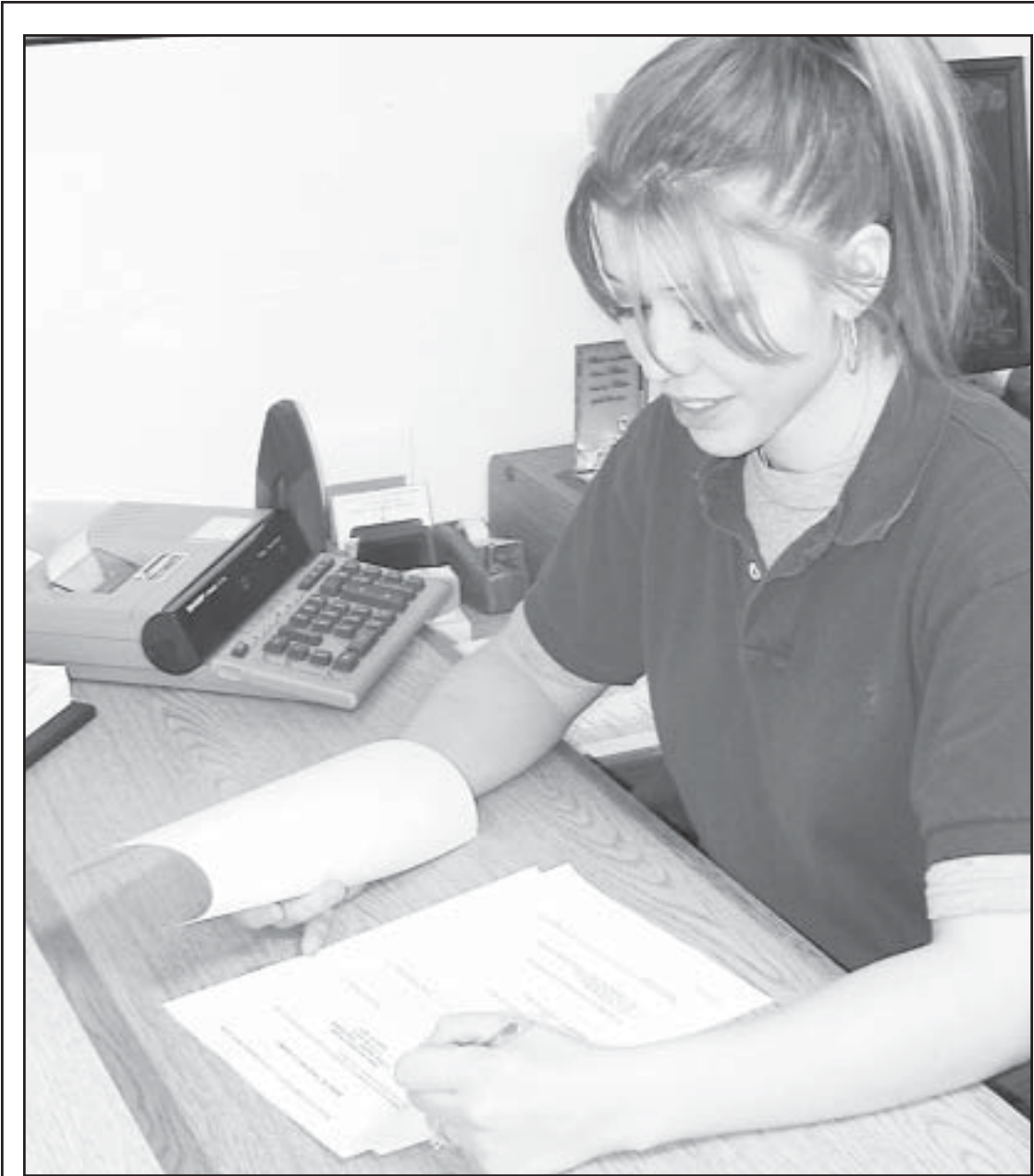
Kline challenged statements made by the two clinics' attorneys about a legal dispute before the

Kansas Supreme Court over the records. He also sought to rebut criticism that gaining access to the records would endanger patients' privacy.

The attorney general has said he is pursuing child rapes, but he confirmed Thursday that he is also investigating late-term abortions.

State law prohibits abortions during or after the 22nd week of pregnancy if the fetus can survive outside the woman, unless a woman's life or health is in danger.

The dispute involves 90 records, according to copies of two subpoenas issued in October by Shawnee County District Judge Richard



TISHA COX/Colby Free Press

Lori Wicks, a clerk in the Thomas County Treasurer's Office, looked over the forms residents can use to get a vehicle sales tax refund. The forms are the result of a repealed law that required sales tax to be paid on a vehicle's book value and didn't take into account the vehicle's actual value. The forms are available online or at the treasurer's office at the courthouse.

Vehicle sales tax refunds available

By Tisha Cox

Colby Free Press

Anyone who bought a car from a private seller last year after July 1 can get a refund on a portion of the sales tax.

The state law that went into effect last year required buyers to pay sales tax on the book value of the car and not the amount they actually paid. Going a step further, it didn't take into account the actual condition of the car purchased.

Thomas County Treasurer Donita Applebury said refunds will be paid out by the state.

To get their money back, people must fill out a refund application which is available from any county treasurer's office, including Applebury's, or by downloading online from <http://www.ksrevenue.org/pdf/forms/st21V.pdf>. The forms must then be sent to the Kansas Department of Revenue.

The forms also come with instructions.

Information needed on the form includes a copy of the county treasurer's sales tax receipt, the cost of the vehicle and at least one proof of purchase price.

That can be either a copy of the

title or copies of a bill of sale/purchase invoice or a copy of the canceled check used to purchase the vehicle.

She didn't know how many people in the county overpaid because of the law and said her office nor the state will be sending out letters telling people about the change.

Instead, Applebury said it's the responsibility of individuals to apply for the refund.

Time is also of the essence. She said claims must be made between March 3 and Sept. 3, 2005 to get the refund.

Briefly

Singles dance planned in Colby

The Colby Singles Club is sponsoring its monthly singles dance today starting at 8 p.m. until midnight, said Don Birzer, organizer. Entertainment will be provided by the Colby group, Off Limits. The dance will be held at the American Legion Hall, Colby. For questions, call 462-2127.

Texas Boys Choir performs in Oakley

The Texas Boys Choir will be in Oakley on Sunday starting at 3 p.m. in the Oakley High School auditorium and is being co-sponsored by the Western Plains Arts Association. Admission is by Western Plains Arts Association pass or at the door. Tickets are \$10 adults or \$5 children.

Commissioners to meet Monday

The Thomas County Commissioners will meet at 8:30 a.m. Monday at the courthouse. Items on the agenda includes County Attorney Andrea Wyrick; a presentation from John Lygeros, county emergency preparedness director; road supervisor Clair Schrock on the Country Club road project; a hearing at 10 a.m. with Tuffy and Linda Taylor on vacating Royal Lane in Sunflower Acres; Peggy Pratt from juvenile justice and county health department administrator Juanita Dewey on repairs to a room at the health department and quotes for building a storage cabinet.

Second grade music program next week

Colby Grade School second graders will be performing "Temples and Tombs" under the direction of Jennifer Koel at 1:30 and 7 p.m. in the grade school auditorium Thursday, March 10. The public is invited.

Students collect items for soldiers

Student Senate members at Colby Community College are collecting items and or cash for U.S. soldiers in Iraq. Suggestions for donations include snack items such as sunflower seeds, cookies, hard candy, toothpaste, toothbrush, deodorant, body lotion or powder, eyeglass lens cleaner;

board games; playing cards; DVD movies; music CDs; or money to buy products. Donated items may be left at the Campus Bookstore or the dean of students' office located in the Student Union before April 1, 2005. For information, call Skip Sharp, dean of students' services, (785) 462-3984.

Parade entries wanted for celebration

A celebration is planned in conjunction with the Enlisted Association of the Kansas National Guard meeting in Colby on Friday and Saturday, March 18-19, said Leilani Thomas, executive director of the Colby Convention and Visitors Bureau. As part of the celebration, she said, a parade is being organized and entries are requested. The parade will begin at 2 p.m., Friday, March 18 from Fike Park to the National Guard Armory. For those who would like to be part of the parade, call the Chamber of Commerce or Convention and Visitors Bureau at 460-3401.

Colby district music concert next week

The Colby Public Schools Music Department presents "Music in Our Schools," the district concert, at 7 p.m. Tuesday, March 15 at the Colby Community Building. The concert will feature musicians from Colby Grade, Middle and High Schools. March is nationally known as "Music in Our Schools" month.

Judges needed for Forensics tourney

The Colby High School Forensics Tournament will be hosting their home meet on Thursday, March 17 and judges are still needed for the tournament. Training is available, said Nancy Rundel, head coach. Persons interested in judging should call Rundel at 460-5300.

Donations for cemetery fence sought

Donations are being accepted by the Colby Cemetery District for a new fence to be installed on the south side of Beulah Cemetery. Anyone interested in contributing to this project should mail their donation to Dale Deaver, 316 First St., Levant, Kan. 67743. Checks should be made payable to Colby Cemetery District.

Colby
Hoxie
Oakley



Not much temperature change

Tonight...Clear. Lows in the upper 20s. Northeast winds 5 to 10 mph. **Saturday...**Partly cloudy. Highs in the lower 60s. Southeast winds 5 to 10 mph. **Saturday night...**Partly cloudy. Lows in the upper 20s. Southwest winds around 10 mph. **Sunday...**Partly cloudy. Highs in the upper 60s. Southwest winds 10 to 15 mph. Gusts up to 30 mph in the afternoon. **Sunday night...**Partly cloudy. Lows in the upper 20s. **Monday...**Partly cloudy. Highs in the mid 50s. **Monday night...**Partly cloudy. Lows in the mid 20s. **Tuesday...**Partly cloudy. Highs in the mid 50s.

The numbers

Thursday's high, 67
Low this morning, 25
Year ago today, 36 and 32
Records for this date, 84 in 1921 and -18 in 1960
Precipitation past 24 hours to 8 a.m. today, 0.00
Precipitation for month to date: 0.00
Snowfall for month to date: 0.00
Soil temperature, 43

The sources:

The forecast is from the National Weather Service, and other numbers are from the Northwest Research-Extension Center, Colby. A recorded forecast updated throughout the day is available by calling (785) 899-7119. Current temperatures are available by calling 460-TEMP.

