

Family

Lent suggests historical reading

I begin this column today thinking on the events of last week. I was asked last Saturday by a friend who had lived in Liberal whether I had celebrated Pancake Day.

I told her no, that I was unfamiliar with the tradition. Going to Judy Kleinsorge, one of our librarians who has lived in Kansas and knows the state's history, and looking up information on the ubiquitous Internet, I can now share a wealth of knowledge with you. I have since read in the *Colby Free Press* that the students at Sacred Heart School celebrated the day by having pancake races and other activities.

Pancake Day (fetter Dienstag) comes from the tradition of religious people needing to use up their animal fat, eggs and dairy products before the official start of Lent. The celebration of Mardi Gras (French for Fat Tuesday) began as a time of slaughtering and feasting upon fattened calves on the last day of Carnival. The Latin meaning of the word carnival is derived from carne vale, which is interpreted as farewell to the flesh (Catholic Roots of Mardi Gras-Fat Tuesday History at www.americancatholic.org/Features/MardiGras/default.asp)

Thus, the Tuesday before Ash Wednesday (the beginning of Lent) was a day of feasting and celebration before the devotees took on a 40-day period to prepare for the Easter celebration.

I grew up observing many of the Lent traditions but never experienced an Ash Wednesday service. However, my growing years often involved a period of reflection about the need to participate in a time of Lenten fasting or abstaining from one thing or issue in my life. Frankly, sometimes, I was more successful than others!

One day I heard a concept of taking on something that you might not normally do instead of giving up something — taking time to help others in the community, visiting those in a rest home or those who are home bound, serving in a soup kitchen or sorting food at a food bank. Another concept is reading or listening to a book or materials that you might not normally take time to enjoy.

A new item on the library's shelf is "The Scribe," by Francine Rivers. It is about Silas, one of the early disciples of Jesus after His crucifixion. The author uses scriptural events to weave a very plausible story.

Rivers has opened my eyes to how each person responded differently to the events while Jesus walked on the earth, His crucifixion, as well as the actions of others after His ascension and the day of Pentecost. So far, it has caused me some pause.

A second new novel is "The Centurion's Wife," by Davis Bunn



Melany Wilks

• **Library Links**

and Janette Oke. The authors bring the reader to understand that Leah (the protagonist) serves Pontius Pilate in lavish splendor. This is both a blessing and a curse. She is better off than her sisters, but still knows the hardship of being a servant in a tense situation. This captivating story tells of the circumstances during biblical times, though some of the story would be considered extra-biblical.

Another author who writes a type of historical fiction and extra-biblical novels is Anne Rice. The writer of vampire novels rediscovered a living faith in Christ during the time her husband struggled with cancer. Since then, she has committed herself to researching the history of the time of Christ.

One of her books is "Christ the Lord: Out of Egypt," and the second "Christ the Lord: The Road to Cana." The first book is about Jesus' growing-up years. While some would cringe that she would write about something that has no biblical foundation, her telling of the story presents historical facts that include insightful information about the living conditions of the Jews and Roman.

This book helped me better understand how a Jewish boy might have grown up in those times, and how Jesus might have been treated. The second book is a great read about Jesus' adult ministry. These two items are available in audiobook CDs.

Other new books we have are: "Love Your life: Living Happy, Healthy and Happy," by Victoria Osteen; "Becoming a Better You," by Joel Osteen; "The Fatherless," by Erin Inman (a Colby author); "When the Soul Mends" by Cindy Woodsmall; "Walking from East to West," by Ravi Zacharias; "Scribbling in the Sand: Christ and Creativity," by Michael Card; "Who's Who and Where's Where in the Bible," by Stephen M. Miller; "The Complete Idiot's Guide to the Bible," (3rd ed.) by James Stuart Bell and Stan Campbell; "Essential Visual History of the Bible," by National Geographic; "The Essential Study Bible," (The contemporary English version), by the American Bible Society. Newish audiobooks you may have never listened to are by Bodie and Brock Thoene of the A.D. Chronicle Series.

Remember that the library resources such as computers, databases and Internet access are free. Checking out items on video disk and tape, audio books, magazines and books are also free. If your budget is tight, come and join others who have found that the library is a great resource.

Babies



Padon M.

Padon Robert Mackley

Padon Robert Mackley, son of Mason and Jena Mackley, was born at Hays Medical Center on Jan. 29, 2009. He weighed 6 pounds, 15 ounces and measured 19 1/2 inches.

Grandparents are Bob and Tracee Mackley of Colby, Christie Obermueller and Kevin Koenig of Berthoud, Colo., and Ross and Dana Cranston of Colby.

He was welcomed home by his sister Kenlee.



Chad and Mary Bear Lucas

November couple at home in Benkelman

Mary Bear and Chad Lucas married Nov. 15, 2008, at the United Methodist Church in Brewster, with Pastor Dorine Chambers officiating at the double-ring ceremony.

Parents of the couple are Lyman and Dorothy Bear of Brewster and Dennis and Charlotte Lucas of Wauneta, Neb.

The bride wore a gown of white royal satin. It had lace fitted short sleeves with silver and gold sequins accenting the flowers, and princess seams with a v neckline lined with silver and gold sequin flower design flowing down the floor length gown to the chapel train.

She carried a bouquet of light blue and white tiger lilies, and white, navy, and light blue roses with wheat.

Rose Bear, sister of bride, was the maid of honor. Tasha Lawson, Beloit, was the bridesmaid. They wore floor length A-line gowns in navy blue with a sheer overlay skirt and beading around the top of the bodice.

Daphne Lucas, daughter of the groom, Benkelman, Neb., was a junior bridesmaid and Kay Dee Steinbeck, McCook, Neb., was the flower girl. They wore sleeveless, floor length dresses of cornflower blue satin with a bow tied at the back.

Lucas wore a black western

tuxedo with a white shirt, silver satin vest and a black bolo tie. Todd Hoskovec, Wauneta, was the best man, and Brian Smotherman, Culbertson, Neb., was the groomsman. The ring bearer was Treaton Lawson, Beloit. All wore black western tuxedos with navy blue vests and bolo ties.

Lucas Bear, brother of the bride, Merriman, Neb., and Terry Steinbeck, Benkelman, were the ushers. Two candelabras were adorned with navy and light blue candles accented with ivy garland. Candle lighter was Daphne Lucas.

Music for the ceremony was provided by organist Eva Lou Selby, Brewster. The guest book and gift table were attended by Katherine Pope, Maize.

A buffet supper, reception and dance followed at the American Legion hall in Colby. The three-tier, heart-shaped wedding cake with navy and light blue flowers was accented by a western lariat rope around the bottom tier. Nancy Mills, Brewster, and Rochelle Sargent, McCook, served at the reception table.

"Muzik Machine" provided entertainment for the dance.

After a honeymoon in Las Vegas, the couple is living in Benkelman.

Abilene Hustlers 4-H Club

The March 2 meeting of the Abilene Hustlers 4-H Club was called to order by Vice-President Jory Koon.

Brook Ziegelmeier led the flag salute and Kayle Shields led the club in singing "Old McDonald Had a Farm."

Roll call was answered by 17 members.

The top pizza- selling families were: Hoetings, first; Ziegelmeiers, second; Koons, third; Gerstners,

fourth; and Lamms, fifth.

It was announced that the deadline for County Day would be March 20.

Koon led the group in playing "Four Corners."

Before closing, each person did a project talk, illustrated talk or demonstration as a practice for "County Day."

The next meeting will be on April 6.

— Brook Ziegelmeier, reporter

Walk Kansas signup to end on Monday

Walk Kansas, a fitness challenge sponsored by K-State Research and Extension each year from March to May, will begin this year on Sunday and continue to Saturday, May 2. Registration closes on Monday.

Over the past eight years, the program has grown to more than 20,000 participants, said state coordinator Sharolyn Jackson.

In the past, the goal has been 30 minutes of aerobic activity each day, she said. Updated recommendations now call for a little less, a total of 150 minutes of heart-healthy aerobic exercise each week, but more is still better.

Strength training to build and tone muscles twice a week will be part of the targeted program this year, Jackson said. Participants are encouraged to keep a tally of health-promoting fruits, vegetables and whole grains on their menu each week.

The cost of enrollment is \$7,

she said, but anyone who signed up for the Wise Up Count Down wellness program can join Walk Kansas free.

Walk Kansas is based on teams of six. The program is designed to lead to a healthier lifestyle through improved nutrition and reduced stress.

Team members are encouraged to meet the basic goals of Walk Kansas by helping each one meet realistic goals. Each one will receive a weekly newsletter that includes nutrition advice and recipes and strategies to manage stress. Also included is an on-line tracking page to show team progress.

There will be a celebration here and a chances to win prizes. Walk Kansas T-shirts will be available for a fee.

Anyone who wants to participate should join or form a team and call the Thomas County Extension Office at 462-4582. Registration closes at 5 p.m. Monday.

Daffodil, tulip bulbs need nutrients now

MANHATTAN — The signal is little green leaf tips that have struggled to sprout and grow up from spring-flowering bulbs, through topsoil or surface mulch and out into the light.

Those tiny new spikes of daffodil, tulip and hyacinth foliage are a sign that spring is on the way.

But the fact that they've emerged is a signal — a dinner bell — sounded by the underground bulbs, says Ward Upham, a horticulturist with Kansas State University Research and Extension.

"This timing is totally counter to what's best for feeding other flowering plants," he said. "That's why gardeners often make the mistake of fertilizing bulbs later, as or soon after they bloom."

Feeding bulbs then is a waste of fertilizer, he said. When their foliage first pokes into sight, the bulbs' roots have awakened from winter and are hard at work. By the time the plants start blooming, those same roots will be dying. The bulbs won't put out new roots until fall.

"If fertilized while they're flowering, the bulbs will get a partial to zero dose of the nutrients they need to produce flowers the following year. So, if you miss early spring, you'll be better off waiting

until fall," Upham said, "which also a good time to fertilize."

Bulbs need nitrogen every year, he said. That's what they'll get from a traditional application of blood meal at a rate of 2 pounds per 100 square feet (1 teaspoon per square foot).

"You can't go too far wrong, though, with a nitrogen-rich lawn fertilizer," he said. "Those formulations have a large first number on the bag, such as 27-3-3 or 30-3-3. Don't apply it at the rate recommended for lawns, though. Cut that rate by a third to about 1 pound per 100 square feet."

Many central U.S. soils already have a good supply of phosphorus and potassium, Upham said. Unless a soil test indicates an existing need, applying a complete fertilizer can be bad idea.

For complete fertilizers, the bags' three numbers tend to be the same or close to each other in amount, as in 10-10-10 or 9-9-6.

"After the bulbs bloom, the only other thing you'll have to remember is to leave the plants' foliage attached until it dies naturally," Upham said. "As the foliage turns brown, the plants will transfer the leaves' energy down to their bulb. That energy will also help with next year's blooms."

Markets

Quotes as of close of previous business day Hi-Plains Co-op	
Wheat (bushel)	\$5.05
Corn (bushel)	\$3.24
Milo (hundredweight)	\$4.87
Soybeans (bushel)	\$7.63

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.

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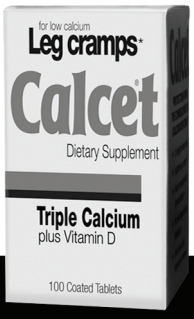
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8 wonders of Kansas!

Visitors to Hutchinson can now enjoy two of the eight wonders of Kansas for one affordable price! The Kansas Cosmosphere and Space Center and the Kansas Underground Salt Museum have teamed up to offer a joint ticket that saves on the price of admission to both facilities. Tickets can be purchased at either location or by visiting the website www.deepspacemuseums.com.



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