



Michael Fitzsimmons will include rare instruments from across the world in his Drums of the World concert Sunday in Sharon Springs.

Concert artist features specialized percussion

Touring artist Michael Fitzsimmons will present his Drums of the World concert at 3 p.m. (Central Time) Sunday in the Sharon Springs High School Auditorium.

The program features rare instruments from Switzerland called Hang – reminiscent of the steel drums of Trinidad.

Dancing Man Music multicultural concerts showcase drums from Cuba, West Africa, Central and South America; flutes from

Brazil, China and Native America; pan pipes from Bolivia; and kalimbas from South Africa.

This is a Western Plains Arts Association season ticket event, or at the door; adults \$20 and students \$10. Mr. Fitzsimmons also will do a school performance Monday in Sharon Springs.

Note that the Daylight Saving Time change is Sunday, and everything will be an hour earlier than Saturday.

Officials try to stop plates

By Deb Gruver

The Wichita Eagle

WICHITA (AP) – Kansans have made some creative (CRE8VE) attempts over the years to buck the state's list of banned personalized license plates.

Drivers in the Sunflower (SUN-FLWR) State have been able to get personalized (VANITY) plates since 1975. The Kansas Department of Revenue's Division of Vehicles has kept a list of no-no (BANNED) words ever since.

The list has almost 1,200 entries and is filled with your standard curse words, sexual innuendo, racial slurs, drug references and urban slang (OHMY), *The Wichita Eagle* reported (bit.ly/13CO9v8). Writing about a list of vulgar words represents somewhat of a challenge when your editor (WORDCOP) won't let you use the words.

But here are a few examples:

- 420, a reference to marijuana, is banned.
- So is MURDER, as is REDDRUM, which, as anyone who has seen the movie "The Shining" knows, is "murder" spelled backward.

- Also banned are FANNY, FBI and HELLBOY.

Substituting "ph" for the letter "f," for example, is a popular ploy. So is using numbers as letters, as in A55.

"They'll go to all kinds of lengths to get around" the list, said Donna Shelite, director of vehicles.

Other banned plates are more difficult to figure out and need Google – or a seventh-grade boy – to decode.

"There are some I don't understand," Shelite said, laughing.

The state's list is a mix of plates drivers have tried – unsuccessfully – to get as well as just common-sense guidelines.

The state also watches out for automatically-generated plates that would be a problem, such as 123SEX, Shelite said.

Personalized plates can be up to seven letters or a combination of up to seven letters and numbers.

The state processes 61,000 applications for personalized plates every year. It rejects about 300 a year, Shelite said.

Plates also can land on the list if they've garnered complaints by other drivers. Shelite said she has handled only two complaints and thought, "Oh, my gosh, how did this get through, because I did know what it meant."

Sedgwick County Treasurer Linda Kizzire said drivers who want personalized plates are asked to list three choices in order of preference and an explanation "as to what it means."

The treasurer's office then sends the applications to the state, which makes the decision about whether a plate will pass muster.

If the first choice is acceptable, the state makes that plate.

"If it's objectionable, they then drop to the second choice," said Jo Hillman, deputy treasurer.

Springtime means time to get walking

Can you believe it's March already? That means spring can't be too far away and spring means Walk Kansas.

The Thomas County Extension Service invites you to join thousands of others in our state for Walk Kansas 2013. The eight-week program begins Sunday, March 17, and runs through Saturday, May 11. It's easy, inexpensive and lives up to its name.

This is how Walk Kansas works. Form a team with six people, one serving as captain. The team captain or another member can pick up a team captain packet at the Extension Office, 350 S. Range, Suite 16 (Thomas County Office Complex – just north of the Armory) or download registration materials from our website, www.thomas.ksu.edu.

Registration is \$7 a person and includes program packets and weekly e-mail newsletters with health and fitness tips, recipes and motivational messages. Optional T-shirts are also available for \$7 and up for larger sizes. Register your team by 5 p.m. Friday, March 15. Absolute last registrations are accepted until noon Monday, March 18.

From March 17 through May 11, team members will log minutes of moderate or vigorous physical activity each day (minimum of 10-minute duration) and the amount of fruits and vegetables they eat. Team members report this weekly to their team captain.

If you are curious and want to see how your team is doing compared to other teams, you can check the progress of all teams on the Walk Kansas website, www.walkkansan.org.

After the program ends, we will hold the Thomas County Grand Finale at 5:30 p.m. Wednesday, May 16, at the 4-H building. At this event we have a light refreshment, recognize top teams, receiving prizes and incentives, and hold a drawing for grand prizes of a treadmill and elliptical.

To be in the drawing for a grand prize, you must have been on a Walk Kansas Team that made it across Kansas and be present at the grand finale.

There's no need to join a gym or drive to a special place; most past participants report walking in their neighborhood or near their worksite. Walking at a heart-healthy rate allows some, but not much conversation.

Not a walker? Not a problem. Though introduced as a low-cost walk-your-way-to-fitness program, Walk Kansas has been expanded to include other forms of heart-healthy aerobic activities. Fifteen minutes of exercise equals one mile.

Why teams of six and why 423 miles? First it is 423 miles across Kansas – enough said there. By



Diann Gerstner

• Knowledge for Life

having teams of six for eight weeks, with each member logging 150 minutes of exercise a week, the national recommendation of 30 minutes 5 times a week, the time and miles would add up to just over the 423 miles. The team concept is also a motivating factor, and the camaraderie – knowing that others are counting on you – can make improving fitness seem less like a chore.

Not currently active? Start slow, and build on it. Walk around the block or up the street to a familiar landmark. Note the time to complete the walk or reach the landmark, and compare it to the previous week or weeks to note improvement in time – and distance.

Don't know others wanting to improve fitness to fill out a team? Let us know and we will do our best to match you up with a team looking to add members.

Participants typically report improvements to health. Examples include better ability to manage stress, improved energy level, more restful sleep, lowering of blood pressure and weight loss. Most also report increasing consumption of health-promoting fruits and vegetables, learning to be more aware of portion size, being more likely to plan and manage meals and snacks and trying new low-calorie and fat recipes.

Something new I'm planning this year is to incorporate a program called "Park Quest." Walk Kansas team members will be able to download a weekly Park Quest pamphlet which will have the directions for a sort of scavenger hunt visiting parks and places of interest in Thomas County. The purpose is to have fun getting exercise and see some different sites than you might normally see.

So, get a team together, sign up by March 15 and have an extra excuse to enjoy walking in the upcoming warm weather. For information, call the Thomas County Extension Office at 460-4582.

Diann Gerstner is the family and consumer sciences agent for the Thomas County Extension office.

Corrections

A report on the Daughters of Isabella on Page 3 of the Monday, March 4, *Colby Free Press*, incorrectly said that the group raised money to help Rhonda Rogers with cancer expenses. It should have said the group gave Ruby Brungardt, Rogers' sister-in-law, \$50 to help with expenses for Brungardt's cancer treatment. Rogers does not have cancer. This was a reporting error at the newspaper.

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The story "County says 'no' to beer sales" on Page

1 of the same issue had a misleading headline. The county commissioners did not approve beer sales at the county racetrack, but did not specifically say beer would not be allowed. They did say they might consider the request again later. This was an editing error.

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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.



Kellen Brittingham and MacKayla Dougherty

Overland Park couple to wed here Saturday

MacKayla Dougherty and Kellen Brittingham of Overland Park plan to marry Saturday, March 9, 2013, at the Sacred Heart Catholic Church in Colby.

MacKayla is the daughter of John and Coleen Dougherty, Colby, and a 2005 graduate of Colby High School. She graduated from Kansas State University in 2009 and works at the

Blue Valley School District.

Kellen is the son of Randy and Diane Brittingham of Overland Park and a 2005 graduate of Blue Valley Northwest High School and a 2009 graduate of the University of Kansas. He is currently employed at Deluxe Corporation.

The couple plans to live in Overland Park.

Gathering to honor 90th

The family of Doreen Kennedy plans to honor Kennedy's 90th birthday at a celebration from 2 to 4 p.m. Saturday at the Hoxie Elks Lodge.

Kennedy was born March 16, 1923, in Sheridan County. She graduated from Hoxie High School in 1941, attended Barnes Business College in Denver and married Bill Kennedy in 1945.

She served as the Sheridan County Clerk for 12 years, and continues to be active in the community in the Western Plains Art Association, North West Kansas Area Agency on Aging and St. Frances Sodality.

Kennedy enjoys playing cards, spending time with her family and friends and traveling. She has six



Doreen Kennedy

children, 15 grandchildren and 23 great-grandchildren.

Cards may be sent to Kennedy at 1601 Locust St., Hoxie, 67740.

Bridge Club

Meadow Lake bridge winners for Tuesday were: first, Margaret Denneler; tied for second and third, Larry Barrett and Billie Keck; fourth, Elaine Ptacek; fifth, Ken Ptacek; sixth, Bob Renner.

Markets

Quotes as of close of previous business day

Hi-Plains Co-op	
Wheat (bushel)	\$6.99
Corn (bushel)	\$7.21
Milo (hundredweight)	\$12.25
Soybeans (bushel)	\$13.76

Happy 60th Birthday Papa!

From your grandchildren

Alexis, Alex, Alivia, Gabriel, Shea, Shyla, Hannah and Lily.

Please help Dr. Bowers celebrate 60 years of wisdom, and send cards or stop by: Colby Animal Clinic, 810 E. 4th, Colby, KS 67701

Thank you, Christmas for Kids Sponsors!

Your gifts enabled children and families in Saint Francis' care in and around Colby to experience the joy of Christmas, to feel special and valued, and to know that they have been remembered.

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Gift Angels
 • Margie Ausmus

Saint Francis Community Services
 Strengthening Families Since 1945
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High Plains Lions Club HAM & BEAN FEED

Saturday, March 9, 2013
 11 a.m. - 2 p.m. at ORSCHELN FARM&HOME

Free will offering to the Lions Club. Proceeds will pay for two high school band students to attend the State Lions Band Camp and Convention.

American Legion Post 363 1850 W. 4th St.

*** FISH FRY *** Cole Slaw & French Fries

CHICKEN STRIPS

FRIDAY, MARCH 8 • 6 - 8 p.m.
 \$8 per person donation

James (Jim) Bertrand

James (Jim) Bertrand was born on August 15, 1945, in Upland, Nebraska, to Bernard and Melrae Bertrand. Jim grew up in Upland, Nebraska and graduated from Upland High School in 1963. Jim moved to Colby, Kansas, where he worked in sales and helped on the family farm.

In 1966, Jim married Joan Williams. Jim and Joan lived in Colby, Kansas where they raised three children, Blain, Stacy, and Gretchen.

Jim was a fun loving father who was known for his calm demeanor. Jim enjoyed life to the fullest and always greeted everyone with a smile. Jim had a passion for restored cars and enjoyed visiting with friends at the local Eagles club. Most of all, Jim loved watching his children, his grandkids, and all their activities.

He is survived by: three brothers, Glen and Jae Bertrand, Leon and Luyre Bertrand, and Gale "Diddy" and Cinda Bertrand; two sisters, Dolly (Bertrand) and Orlan Grahms, and Cindy (Bertrand) and Ron Schneider; one son, Blain Bertrand; two daughters, Stacy (Bertrand) and Monte Shaide, and Gretchen Bertrand and Christi Mitchell; three grandchildren, Brock Shaide, Madisyn Shaide, and Nathan Bertrand; and numerous cousins, nephews, and nieces.

Jim is preceded in death by his parents, Bernard and Melrae Bertrand, his brother Wayne Bertrand, and numerous aunts, uncles, cousins, and friends.

A family burial will take place in Upland, Nebraska. A celebration of life will take place at the Eagles Club in Kearney, Nebraska on March 8 at 3:00 p.m. following the burial. In lieu of flowers, donations can be made to the Fraternal Order of the Eagles in Kearney. O'Brien Straatmann Redinger Funeral Home of Kearney, Nebraska are in charge of arrangements.