

Troopers join seatbelt campaign

Beginning Feb. 24, and running through March 7, 2014, the Kansas Highway Patrol will participate in an annual seatbelt enforcement campaign around area high schools. The SAFE initiative (Seatbelts Are For Everyone) is a program administered by the students of the high school they attend. Currently, 54 counties totaling 124 schools participate in the program statewide.

In 2012, according to Kansas Department of Transportation statistics, Kansas tragically lost 43 teens in vehicle crashes, 74 percent of whom were not properly restrained. The Department's Bureau of Transportation Safety and Technology is host-

ing this two-week awareness campaign in hopes of decreasing that number, and increasing seatbelt usage. The Department and law enforcement partners across the state have spent over 20 years educating Kansas teens on the dangers of driving without a seatbelt.

In 2013, the observed seat belt rate for the ages of 15-17 was 81 percent. To put this into perspective, the rate for the same age group was 61 percent in 2008-09. This program is making a difference for our youths.

"Troopers will be working with local law enforcement partners in an aggressive campaign focused around area schools to educate and enforce

seat belt laws," said Colonel Ernest E. Garcia, Superintendent of the Patrol. "Seatbelts have been proven to save lives and prevent injuries and our goal is to make sure all young drivers buckle up."

For the two-week enforcement period, state troopers and other law enforcement officers will be extra-vigilant when patrolling around schools. There should be no surprise when it comes to this enforcement initiative and officers will be targeting motorists who refuse to obey traffic laws. Anyone caught not properly restrained will be issued a citation.

Essay contest held for young writers

Members of the 7th District of the Kansas State Author's Club are sponsoring a writing contest for young people from fifth grade through junior college.

Many young people have heard their ancestors talk about coming to this country from a foreign country and the hardships they had to endure to get here. The district members are asking young people to write about those stories.

Entrants are to title their work, "My Heritage" (Why my ancestors left the old country). Subject matter should include such things as: Social and political conditions at time of departure; family issues; contacts in America; issues of finance; transportation; occupation or

other opportunities and obstacles; adventures along the way; issues relating to adaptation to the new culture after arrival, or anything relating to the group or personal immigration.

Entrants may use resources available such as library materials from any source, personal correspondence, and oral family traditions. Documentation is not required.

Length of essay is unspecified, so use your own good judgment. It may be short or lengthy. It should answer questions about what happened and why.

Entries will be judged by members of the Colby Author's Club on writing ability, uniqueness, and interest value. Dead-

line for entries is April 1. Be sure to include your name, address and telephone number on your entries.

Prizes will be awarded for the top three entries in each of the following age groups: 5th, 6th and 7th grade; 8th, 9th and 10th grade; 11th, 12th and junior college age.

Each winner will receive two free admission tickets to the Colby Community College performance of "Fiddler on the Roof," to be presented on April 12 at 7 p.m. or April 13 at 2 p.m. at the Frahm Theater.

For more information contact Millie Horlacher at 785-462-3104 or Marj Brown at 785-462-3515.

Walk Kansas fitness challenge to begin March 16

Increasing physical activity is a frequent recommendation to improve health and deter chronic illness. Doing so need not be difficult. Consider participating in a team physical fitness activity known as Walk Kansas. Walk Kansas dates for 2014 have been announced as March 16 - May 10, 2014. Walk Kansas is an easy to do program that is simple and has the benefit of being a low-cost, low-stress fitness challenge.

The program is based on walking and other types of moderate or vigorous activity, and encourages each of six team members to log 150 minutes of activity per week.

The team goal is to compile minutes of physical activity equivalent to walking the 423-mile distance between Kansas' east to west borders during the eight-week program. Knowing that team members are counting on each other to do their part can be an incentive for regular exercise. Most of the 18,000 who enroll in Walk Kansas each year meet their goal by adding 30 minutes of moderate physical activity five or more days a week.

For simplicity's sake, moderate exercise is described as "walking, barely able to carry on a conversation, but not sing." In contrast, vigorous exercise is

Home ed
Tranda
Watts,
Extension
specialist



described as "struggling to say a few words before having to stop and catch your breath."

Teams typically include families, friends, neighbors and co-workers. If not acquainted with others who wish to participate, check with one of Twin Creeks Extension District's offices in Norton, Oberlin or Hoxie and ask to be placed on a team if a spot should become available.

There's no need to join a gym or fitness center. Participants often can walk in their neighborhoods or near their workplaces. Co-workers often walk during a break or lunch hour, and family and friends report walking after supper as daylight hours extend into the evening.

Most who strive to be more physically active report a greater sense of well-being; more optimistic approach to life; increase in energy; greater ability to manage stress, and more restful sleep. While such benefits can become apparent within weeks of adding 30 minutes of

moderate physical activity five or more days a week, the long-term benefits also can include reducing the risks of cardiovascular disease, diabetes, and some cancers.

Many who participate in the program report weight loss. Participants also are encouraged to log health-promoting fruit and vegetable consumption, eat a greater variety of foods, and try recipes that contribute to health that are featured in weekly Walk Kansas Newsletters.

This year, participants will be encouraged to take breaks from prolonged periods of sitting, and are eligible to earn bonus minutes for doing so.

Additional challenges, including walking (the equivalent of) across the state and back, or walking around the perimeter of the state have been added for many who either are returning to the program or up for a greater challenge.

Walk Kansas is available in all three Twin Creeks Extension Districts' counties, so check with the local office in Norton, Oberlin or Hoxie for registration and more information. You may also contact Tranda Watts, Multi-County Extension Specialist - Food, Nutrition, Health and Safety at twwatts@ksu.edu or call 785-443-3663.

PUBLIC RECORD

District Court

These transactions were taken from the records of filings in the offices of the District Court clerk at the Norton County Courthouse.

Traffic and Wildlife and Parks cases are given to the paper when the fines are paid.

Jan. 16
Nov. 25-Jordan Allen Gregeron, Norton; Charge: Failure to wear seatbelt; Found: Guilty; Fine: \$10.

Dec. 1-Richard Warren Iler, Colorado Springs, Colo.; Charge: Speeding 80 in 65; Found: Guilty; Fine: \$171.

Dec. 20-James Janda, Jr., Holcomb; Charge: Speeding 85 in 65; Found: Guilty; Fine: \$201.

Dec. 15-Edwin Johnson, Lenora; Charge: Failure to wear seatbelt; Found: Guilty; Fine: \$10.

Nov. 29-Frederick Jordan, Amana, Iowa; Charge: Speeding 80 in 65; Found: Guilty; Fine: \$171.

Nov. 28-Kory James Kindler,

Palco; Charge: One-way glass and sun screening devices; Found: Guilty; Fine: \$141.

Jan. 1-Ashley Marie Luthye, Northglenn, Colo.; Charge: Speeding 77 in 65; Found: Guilty; Fine: \$153.

Dec. 10-Daniel L. Mannel, Lenora; Charge: Failure to wear seatbelt; Found: Guilty; Fine: \$10.

Nov. 11-Wesley Gene McComb, Vinita, Okla.; Charge: Speeding 84 in 65; Found: Guilty; Fine: \$195.

Nov. 29-Melissa W. Nelson, Highlands Ranch, Colo.; Charge: Speeding 80 in 65; Found: Guilty; Fine: \$171.

Nov. 27-Steven Cole Nelson, Colorado Springs, Colo.; Charge: Speeding 74 in 65; Found: Guilty; Fine: \$159.

Dec. 17-Gerardo Perez-Mendez, Crete, Neb.; Charge: Failure to wear seatbelt; Found: Guilty; Fine: \$10.

Dec. 17-Octavio Perez-Mendez, Crete, Neb.; Charge: Failure to wear seatbelt; Found:

Guilty; Fine: \$10.

Dec. 3-Donna Mae Reddemann, Howard Lake, Minn.; Charge: Speeding 76 in 65; Found: Guilty; Fine: \$147.

Dec. 16-Wendy R. Reedy, Norton; Charge: Failure to wear seatbelt; Found: Guilty; Fine: \$10.

Nov. 25-Cody Richard, Edmond; Charge: Speeding 75 in 65; Found: Guilty; Fine: \$141.

Nov. 25-Cody Richard, Edmond; Charge: Failure to wear seatbelt; Found: Guilty; Fine: \$10.

Nov. 12-Daren S. Rodgers, Colby; Charge: Speeding 75 in 65; Found: Guilty; Fine: \$141.

Nov. 21-Hilda C. Rodriguez, Beaver City, Neb.; Charge: Operate a motor vehicle without a valid license; Found: Guilty; Fine: \$146.

Dec. 11-Amanda Noelle Rogers, Oberlin; Charge: Failure to wear seatbelt; Found: Guilty; Fine: \$10.

Honor Society inductions!



(From left to right) Newly inducted members Kyle Pakkebie, and Kodi Van Laeys, speaker RaeAnn Pinkerton, and current members Cynthia Bressler, Marci Glennemeier, Logan Kiser, Libby Schneider and Michaela Girard.

-Photo courtesy of Shannon Kats

Two students from Logan High School were inducted into the membership of the Logan Chapter of the National Honor Society in a ceremony held at the USD 326 auditorium on Friday, Feb. 21. Speaking at this year's induction ceremony was RaeAnn Pinkerton. She is the daughter of Robert and Lisa Pinkerton and was a 2010 Logan High School graduate and National Honors Society member. Members were selected by a majority vote of the Faculty Council for meeting high standards of scholar-

ship, service, leadership, and character.

Students inducted in 2014 were: Junior, Kodi Van Laeys, daughter of Tim and Robin Van Laeys and Senior, Kyle Pakkebie, son of Harvey and Sandra Pakkebie.

National Honor Society members are chosen for and then expected to continue their exemplary contributions to the school and community. The Logan High School Chapter has been active since 1968 and currently has inducted 213 members.

The National Honor Society ranks as one of the oldest and most prestigious national organizations for high school students. Chapters exist in more than 60 percent of the nation's high schools and since 1921, millions of students have been selected for membership. Millions of dollars in scholarships have been awarded to senior members since 1945 by the sponsoring organization, the National Association of Secondary School Principals (NASSP).

Kids encouraged to submit original stories

Smoky Hills Public Television again is partnering with PBS KIDS on its annual PBS KIDS Writers Contest, designed to promote the advancement of children's literacy skills through hands-on, active learning. The contest is open to children in kindergarten, first, second and third grades and encourages them to celebrate their creativity while building literacy skills by writing and illustrating their own stories.

"PBS KIDS is committed to using the power of media to encourage children to learn and explore, on- and off-screen," said Lesli Rotenberg, General Manager, Children's Programming, PBS. "The PBS KIDS Writers Contest allows kids to experience the hands-on process of developing their own stories and illustrations, which builds language skills such as reading, grammar and syntax, and encourages creativity."

"It's important to engage children, showing them how fun and rewarding learning can be," said Leona Breeden, Smoky Hills Public Television Education Director. "We hope parents and teachers throughout central and western Kansas will encourage their children to participate."

How the Contest Works
Smoky Hills Public Television and other PBS stations throughout the country are collaborating with schools, public libraries and other community-based organizations to present the PBS KIDS Writers Contest in local communities. Prizes will be awarded to the winners in each age group. Smoky Hills Public Television's deadline to receive the stories is March 28,

2014.

The local winners will then be entered into the national contest, when a panel of esteemed judges will rank the top 12 entries. National winners will be announced during the summer of 2014, and the winning stories will be featured on www.pbskids.org/writerscontest.

The national winners will receive prizes courtesy of national prize sponsor, LeapFrog Enterprises, Inc. Winners will receive a prize package that will include LeapFrog's award-winning LeapReader Reading and Writing System. The contest is also made possible through national promotional support from Highlights for Children. The PBS KIDS Writers Contest is produced by PBS and based on the Reading Rainbow Young Writers and Illustrators Contest.

National Judges
This year's panel of national judges includes the following acclaimed writers, producers and children's media creators:
·Billy Aronson, creator, PEG + CAT

·Jeff Kinney, author (Diary of a Wimpy Kid series), online game developer and designer

·Martin Kratt, creator and co-executive producer, WILD KRATTS

·Chris Kratt, creator and co-executive producer, WILD KRATTS

·Joseph Mazzarino, head writer, director and puppeteer, SESAME STREET

·Jennifer Oxley, creator, PEG + CAT

·Vince Vawter, author (PAPERBOY)

Creative Writing Resources

To help young writers get started, PBS KIDS offers a robust set of resources for children, parents and teachers. Story ideas and activity sheets, along with the previous winning entries, are available on the contest website to inspire children during the brainstorming process.

To enter the contest and for more information on entry rules and contest resources, visit pbskids.org/writerscontest or www.smokyhillstv.org.

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Sunday, March 2	1:00 p.m. to 5:00 p.m.



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