

Wayne County Court

County Treasurer
Vehicle registrations
 1992: Farmers and Merchants Bank, Wayne, Ford.
 1991: Maureen Williams, Wayne, Toyota.
 1988: Manjit Johar, Wayne, Oldsmobile.
 1987: Trudy Fischer, Carroll, Cadillac; Wendy Ericksen, Wayne, Nissan.
 1986: Dean Backstrom, Wayne, GMC Pu; Jason Schulz, Wayne, Oldsmobile.
 1985: Heritage Transportation, Inc., Wayne, Ford.
 1984: Rictor Wilson, Wayne, Buick; Joe Teeter, Wayne, Ford.
 1983: Terry Henschke, Wakefield, Oldsmobile; Tina Bennet, Wayne, Chevrolet; Steve Meyer, Wayne, Mazda Pu; Jeff Carlson, Wayne, Pontiac.
 1982: Kathy Mohlfeld, Wayne, Oldsmobile; Johnny Caton, Winside, Datsun; Melvin Meierhenry, Hoskins, Oldsmobile.
 1980: Demont Haglund, Wakefield, Chevrolet.
 1979: Brent Doring, Wayne, GMC Pu.
 1978: Robert Lagfitt, Wakefield, Chevrolet; Gerald Witter, Hoskins, Ford; Gene Brudigan, Hoskins, Chevrolet.
 1976: Joni Woldt, Wayne, Ford.
 1973: Homer's Plumbing and Well Works, Hoskins, Ford Tk.
 1969: David Stinton, Wayne, Chevrolet Pu.

Wayne County Clerk
Real estate
 Oct. 8 — Martin Willers and Karen Marx to Roger and Rebecca L. Wurde-

man, a tract of land in the northwest quarter of the southwest quarter and the southwest quarter of the northwest quarter of 26-25-3, D.S. \$19,500.
 Oct. 8 — Richard T. and Catherine C. Claycomb to David J. Gardner, a tract of land in 7-26-4, D.S. \$76,500.
 Oct. 10 — Robert W. Thomas to LaVerle L. and Kathleen A. Miller, a tract of land in the southeast quarter of 15-25-1, D.S. \$4,500.
 Oct. 10 — Larry G. Lueders to Michael L. Brewen, the east 50 feet of lots 3, 4, 5 and 6, block 1, College Hill Second Addition to Wayne, D.S. \$66.
 Oct. 11 — Larry M. and Janet L. Magnuson to Randy and Lorane Slaybaugh, lot 9, block 1, Knoll's Addition to Wayne, D.S. \$112,500.
 Oct. 11 — Commercial State Bank of Hoskins to John W. Brudigan, the west half of lots 2, 3 and 4, block 3, the west half of Hoskins, D.S. \$3.
 Oct. 11 — Richard O. and Deanna D. Pflanz to Larry M. and Janet L. Magnuson, lot 11, Westwood Addition to Wayne, D.S. \$141.
 Oct. 11 — John D. and Laura Avis Salmons to Clay L. and Verjean M. Heydon, the west half of the northeast quarter and the east half of the northeast quarter of 11-27-3, D.S. \$138.
 Oct. 15 — Paul L. Naylor, trustee, to The Naylor Family Trust, the northwest quarter of 6-26-1, D.S. exempt.
 Oct. 15 — Regal Realty Company to Heritage Homes of Nebraska, Inc., lot 1, Gerhold Second Subdivision to Wayne, D.S. \$4,500.

Wayne County Court
Traffic fines
 Jennifer I. Neal, Wakefield, no valid registration, \$25; Kenneth J. Brosh, Norwalk, Iowa, speeding, \$30; Jaeson L. Cramore, Marquette, speeding, \$50; Blain N. Branscum, Wayne, illegal U-turn, \$15; Julie A. Kuhl, Osmond, speeding, \$30; Shawn L. Engelhart, Pender, speeding, \$15; Kenneth V. Bethune, Carroll, speeding, \$30; Janice L. Gardner, Wakefield, speeding, \$30; Terry J. Chase, South Sioux City, speeding, \$30; Matthew C. Hingst, Allen, speeding, \$30; Russell S. Dustal, Howells, improper passing, \$25; Mark V. Thornburg, Norfolk, speeding, \$30; Steven W. Parrott, Atlantic, Iowa, no parking midnight to 5 a.m., \$5; Steven W. Parrott, Atlantic, Iowa, no parking in a public alley, \$5; Gregory A. Mueller, Fordyce, speeding, \$30; Jane E. Bengston, Wausa, no valid registration, \$25; Gary R. Nelson, Sioux City, speeding, \$30; Danny L. Houg, Struble, Iowa, speeding, \$100; Loren D. Hammer, Wayne, speeding, \$50; Kevin A. Wragge, Norfolk, speeding, \$30; Jeanette A. Evenson, Sioux City, speeding, \$30; Charles W. Maty, Norfolk, speeding, \$30; Rodney L. Sievers, Wayne, speeding, \$15; Jody K. Elwanger, Norfolk, speeding, \$30; Aric P. Maquire, Winside, speeding, \$30; Myron H. Deck, Hoskins, speeding, \$30; Dennis C. Vacha, Lincoln, speeding, \$30; Dannette M. Stuthman, South Sioux City, speeding, \$30; Brenda R. Surber, Dixon, no valid registration, \$25; Kaye L. Coan, Omaha, speeding, \$15; Mischa R. Trowbridge, Nashua, Iowa, speeding, \$30; Jewell B. Nie-

mann, St. Edward, speeding, \$100; Angela S. Kjeldgaard, Wayne, no valid registration, \$25; Vincent H. Silva, Randolph, speeding, \$50; Marcie L. Stillwell, Mitchellville, Iowa, speeding, \$50; Douglas M. Janssen, Bellevue, speeding, \$30; no operator's license, \$50; Sarah M. Eppley, Blair, speeding, \$30; Michael W. Kennedy, Bartlett, speeding, \$30; Michael M. Kennedy, Beattie, Kan., speeding, \$30; Coleen R. McCarthy, Columbus, dismissed; Melvin C. Myers, Wayne, speeding, \$30; Laurie L. Rush, Jackson, speeding, \$15; Kay K. Prauner, Norfolk, speeding, \$100; Debra M. Scott, Osmond, no valid registration, \$25; Brian D. Sweeney, Omaha, speeding, \$30.
Criminal dispositions
 State of Nebraska, plaintiff, against Roger L. Anderson, driving under the influence of alcohol (second offense), \$500 fine, 30 days in jail, license suspended for one year.
 State of Nebraska, plaintiff, against Roger L. Anderson, driving under the influence of alcohol (second offense), \$500 fine, 30 days in jail, license suspended for one year.
 State of Nebraska, plaintiff, against Luis R. Corona, (count 1) driving without a license, \$50; speeding, \$30.
 State of Nebraska, plaintiff, against Stephen C. Carlson, delivery of a controlled substance (two counts), bound over the district court.

Criminal filing
 State of Nebraska, plaintiff, against Christopher G. Kruger, operating a motor vehicle during suspension or revocation.
Civil judgements
 Action Professional Services, plaintiff, against Adra Annala, defendant, dismissed.
 Action Professional Services, plaintiff, against Sidney Farewell, defendant, dismissed.
 Wayne Family Practice Group, P.C., plaintiff, against Michael Gensler, defendant, judgement against defendant for \$838.53.
 Jack Kingston, plaintiff, against Karen Merchant, defendant, judgement against defendant for \$494.03.
 Action Professional Services, plaintiff, against Lisa Boyle, defendant, dismissed.
 Action Professional Services, plaintiff, against Lisa McIntyre, defendant, dismissed.
Small Claims filing
 Wayne Dental Clinic, plaintiff, against Phillip or Deborah L. Holman, defendants.

4-H News

DOG CREEK
 Dog Creek 4-H Club met Oct. 4 at Grace Lutheran Church with 19 members answering roll call with their favorite after school snack. Three guests and 13 parents also attended.
 New club members include Jason Rethwisch, Greg Schardt, Ashley Williams, Emily Lutt, Jeanne Allemann, Leah Dunklau and Beth Loberg.
 Officers were elected and include Brandon Williams, president; Jeremiah Rethwisch, vice president; Hailey Daehnke, secretary; Jesse Rethwisch, news reporter; Jenny Edwards, treasurer; and Ryan Allemann, flag keeper.
 Members and leaders signed up for committees and projects. A demonstration on "How to Organize Your 4-H Notebook" was given by Jeremiah Rethwisch.
 Delores Felt gave a leaders report on the fire safety project and announced that 4-H'ers enrolled in the project can attend the Junior Fire Patrol meetings at the fire hall on the first Monday after the first

Hospital Notes


Providence Medical Center Admissions: Bertha Kinder, Wayne; Opal Marquardt, Norfolk; Ed Mason, Dixon; Ron Surber, Wayne; Howard Witt, Wayne;



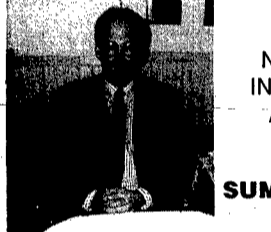
SURBER'S CLOTHING
CHUCK & LIL SURBER

WE SALUTE OUR BOS


In a Salute to Bosses Week, and to show appreciation for their boss, the following have been nominated by their employees to be The Wayne




FREDRICKSON OIL COMPANY
ROGER & SWEDE FREDRICKSON




STATE NATIONAL INSURANCE AGENCY
MARTY SUMMERFIELD



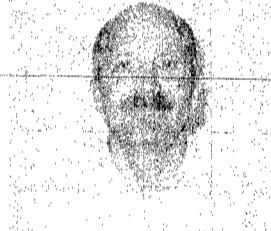
CHAMBER OF COMMERCE
CURT WILWERDING




TOM'S BODY SHOP
TOM ROSE




TACO STOP
DORIS JOHNSON



M & H APCO
BOB NELSON



CARHART LUMBER CO.
BOB CARHART



MEDICAP PHARMACY
PHIL GRIESS



STOLTENBERG PARTNERS
DALE STOLTENBERG



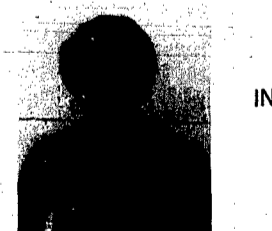
LOGAN VALLEY IMPLEMENT, INC.
GARY PICK



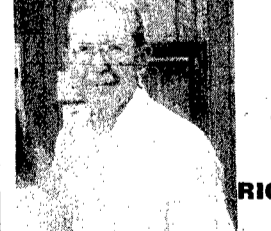
MARRA HOME IMPROVEMENT
KEN MARRA




HEIKES AUTOMOTIVE SERVICE
ALAN HEIKES




JONES INTERCABLE
LARRY WELSH




THE MORNING SHOPPER
BILL RICHARDSON




BENTHACK CLINIC
DR. BOB BENTHACK
DR. BEN MARTIN




WAYNE FAMILY PRACTICE
DR. DAVID FELBER
DR. JAMES LINDAU
DR. WILLIS WISEMAN



EDWARD D. JONES & COMPANY
BRAD PFLUEGER



CHARLIE'S REFRIGERATION & APPLIANCE SALES & SERVICE
CHARLES KUDRNA




QUALITY FOOD CENTER
RANDY & JILL BRENNER



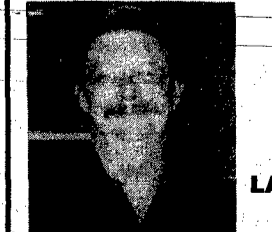
RESTFUL KNIGHTS
ROB & CAROLEE STUBER
VIRG & JAN KARDELL



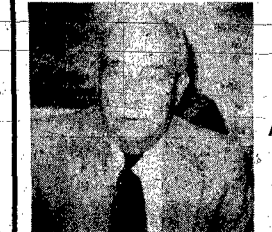
HERITAGE HOMES
ROD TOMPKINS



PEOPLES NATURAL GAS
JIM MARKHAM



MORRIS MACHINE & WELDING
KEITH LANGENFELD

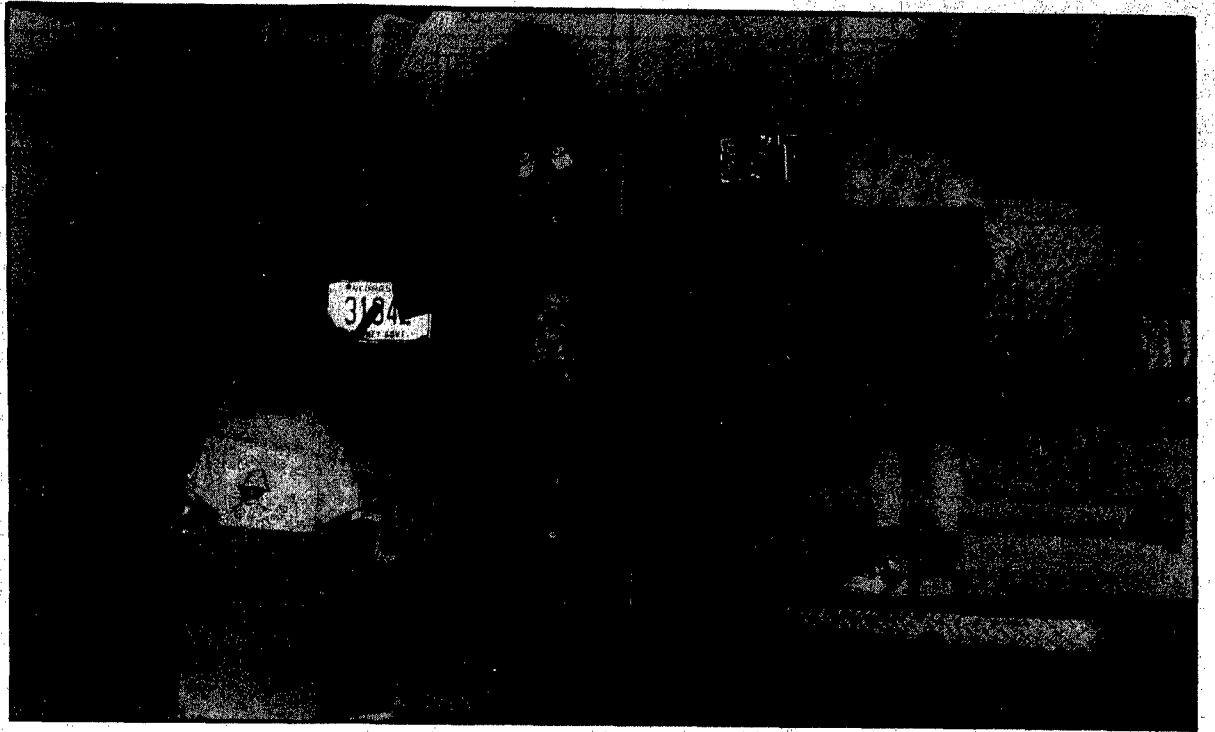


NORTHEAST NEBRASKA INSURANCE AGENCY, INC.
DEAN PIERSON

Young winners

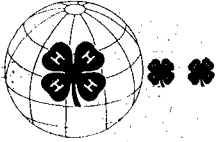
WINNERS WERE announced Tuesday night in the Fire Prevention Week competition for area youngsters. Winners in the drawing competition include: (front, from left) Jared Wattler, Brady Helthold and Joshua Austin and (back, from left) Jenna Beckman, Allison Hansen and Alyssa Hansen. The bags the children drew their drawings on were donated by Pac 'N' Save and Quality Foods. Prizes for the winning youngsters were provided by Pizza Hut, Hardee's of Wayne, Godfather's Pizza, Dairy Queen, Hollywood Video, Nebraska Floral and Gifts and Wayne Sporting Goods. Winners in this portion of the competition were in kindergarten and first grade.

Photography: Mark Crist



Tuesday of each month from 7 to 3 p.m.

A program at the care centre is scheduled Oct. 26 at 2 p.m. The centre committee will furnish pumpkins and paint, and each family is asked to bring one dozen pumpkins. A meeting will follow the program.



A sewing workshop for "Sewing Fun" project members will be held Oct. 25-26 at Karen Schmitt's.

The window display committee met Oct. 5 and put up a display running 4-H. Several members and firemen pass out reflective window stickers on Oct. 8. Jesse Rethwisch, news reporter.

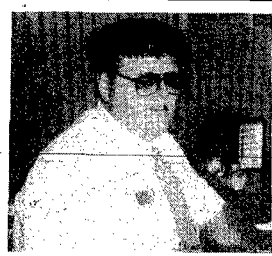
Christensen, Wayne. Missals: Virginia Paulsen, Dixon; Joe McCoy, Laurel; Ed Massey, Dixon; Bertha Kinder, Wayne.

BOSSSES OCT. 13 - 19, 1991

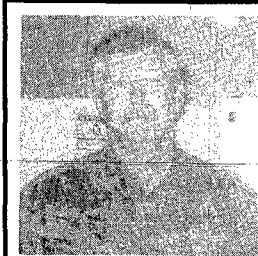
Herald Boss of the Week. A drawing will be held with the winning boss receiving a \$25.00 Dinner for Two at The El Toro Restaurant.



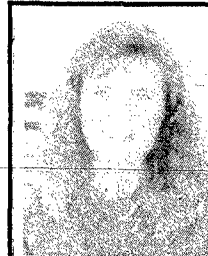
WAYNE CARE CENTRE
PAT LICHTY



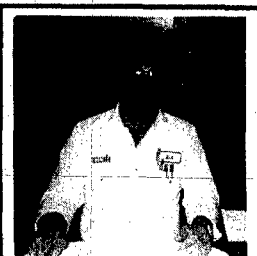
PIZZA HUT
LYNN TREVETT



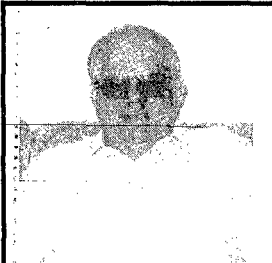
DOESCHERS APPLIANCES SALES & SERVICE
DARRELL DOESCHER



HARDEE'S
MICHELLE THIES



MIDLAND EQUIPMENT INC.
BILLY BRUDIGAN



NUTRENA FEEDS
WAYNE NISSEN



FIRST BANKCARD CENTER
**MIKE MONAGHAN
SANDI DORCEY
CHRIS KING**



OFFICE CONNECTION
JALAYNE FREY



DIERS SUPPLY
RANDY GAMBLE



FIRST STEP R-WAY
JEANNIA BOTTGER



ELLINGSON MOTORS INC.
GRANT ELLINGSON



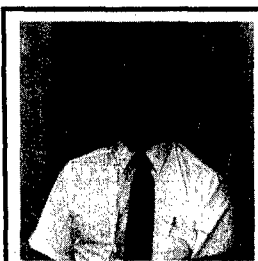
FARMERS & MERCHANTS STATE BANK
TIM KELLER



ZACH OIL & PROPANE
DAVE ZACH



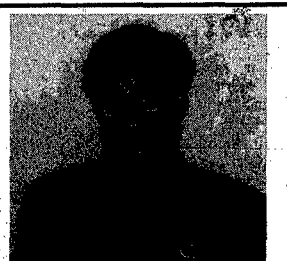
WAYNE AUTO PARTS
LARRY LINDSAY



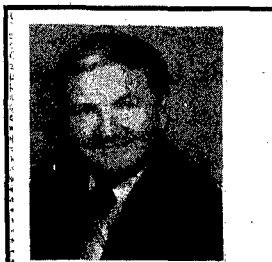
STATE NATIONAL BANK & TRUST CO.
DAVID LEY



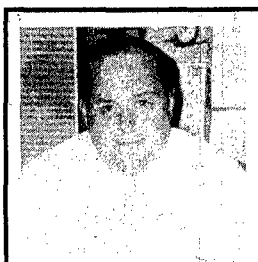
ERA PROPERTY EXCHANGE
DARREL FUELBERTH



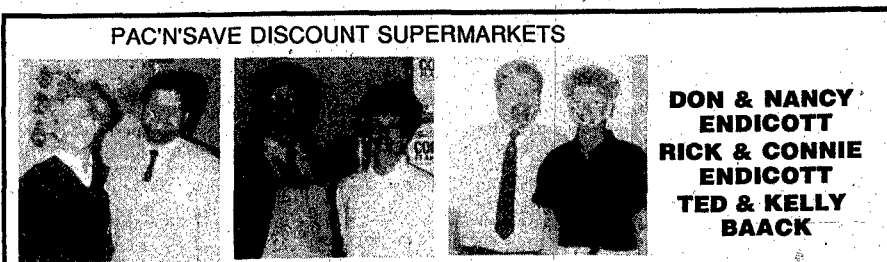
FOUR IN HAND
SHERYL LINDAU



KTCH
MARK AHMANN

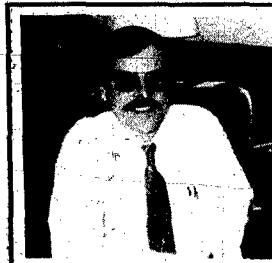


FARM BUREAU INSURANCE
BRAD COULTER

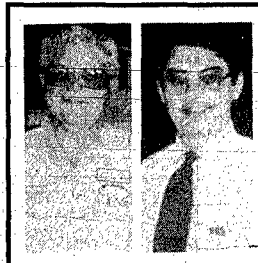


PAC'N'SAVE DISCOUNT SUPERMARKETS

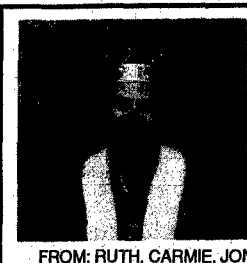
**DON & NANCY ENDICOTT
RICK & CONNIE ENDICOTT
TED & KELLY BAACK**



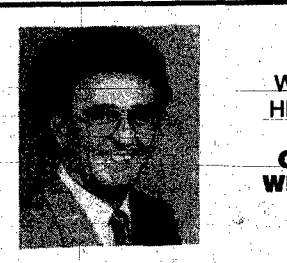
GREAT DANE TRAILERS
TERRY HANSON



ARNIE'S FORD MERCURY
**DEAN BRUGGEMAN
BILL REEG**



THE DIAMOND CENTER
RANDY PEDERSEN



THE WAYNE HERALD
GARY WRIGHT

FROM: RUTH, CARMIE, JONI, DIANE, & TAMMY

UN-L food scientist studies ways to help meat's popularity

Growing consumer demand for white poultry meat has created a glut of dark meat, which a University of Nebraska-Lincoln researcher sees as a raw material for new food products.

Food Scientist Glenn Froning is perfecting a process that turns lower value mechanically deboned poultry meat into low-fat, light meat that could be used in a variety of products.

Several years of research on a sophisticated washing technique for dark poultry meat has yielded a product that looks, feels and tastes like white meat, Froning said.

"It looks very similar to a white piece of turkey or chicken meat," the Institute of Agriculture and Natural Resources poultry products researcher said.

"We're taking a low-price product and increasing the value," he said.

Although mechanically deboned poultry meat is a good protein source, many consumers shun it because it has more fat, Froning said.

Froning and Department of Food Science and Technology colleagues are refining the process, which he predicts might be commercialized for poultry in two to four years. Eventually, it might be adapted for other low-value meats.

Borrowing an idea from the fish industry, Froning began working several years ago to develop better ways to use meat from less desirable poultry parts such as wings, legs and organs. The fish industry uses a similar washing process to turn meat from undesirable fish species into surimi, best known to consumers as imitation crab, shrimp and lobster.

The washing technique Froning has developed for poultry involves using equal parts of meat and

washing solution in centrifugal spinning and separation process.

The technique wasn't an instant success. Early efforts produced a mass of colorless meat with binding quality similar to hamburger, which isn't optimal for creating restructured foods, Froning said.

After experimenting with different levels of alkalinity and acidity in the washing solution, researchers found that a neutral pH yields a product with superior binding quality, low fat and fewer dark pigments.

"We've essentially removed almost all of the fat," Froning said. "We start out with a product with 15 percent fat and end up with 1.7 percent fat."

"It's also a much better color," he said. "Before we weren't getting all the pigments out."

Improving the binding quality was an important step toward commercialization. Appearance is a big factor in new food products, Froning explained, and the better the binding quality, the better food scientists can make the product look.

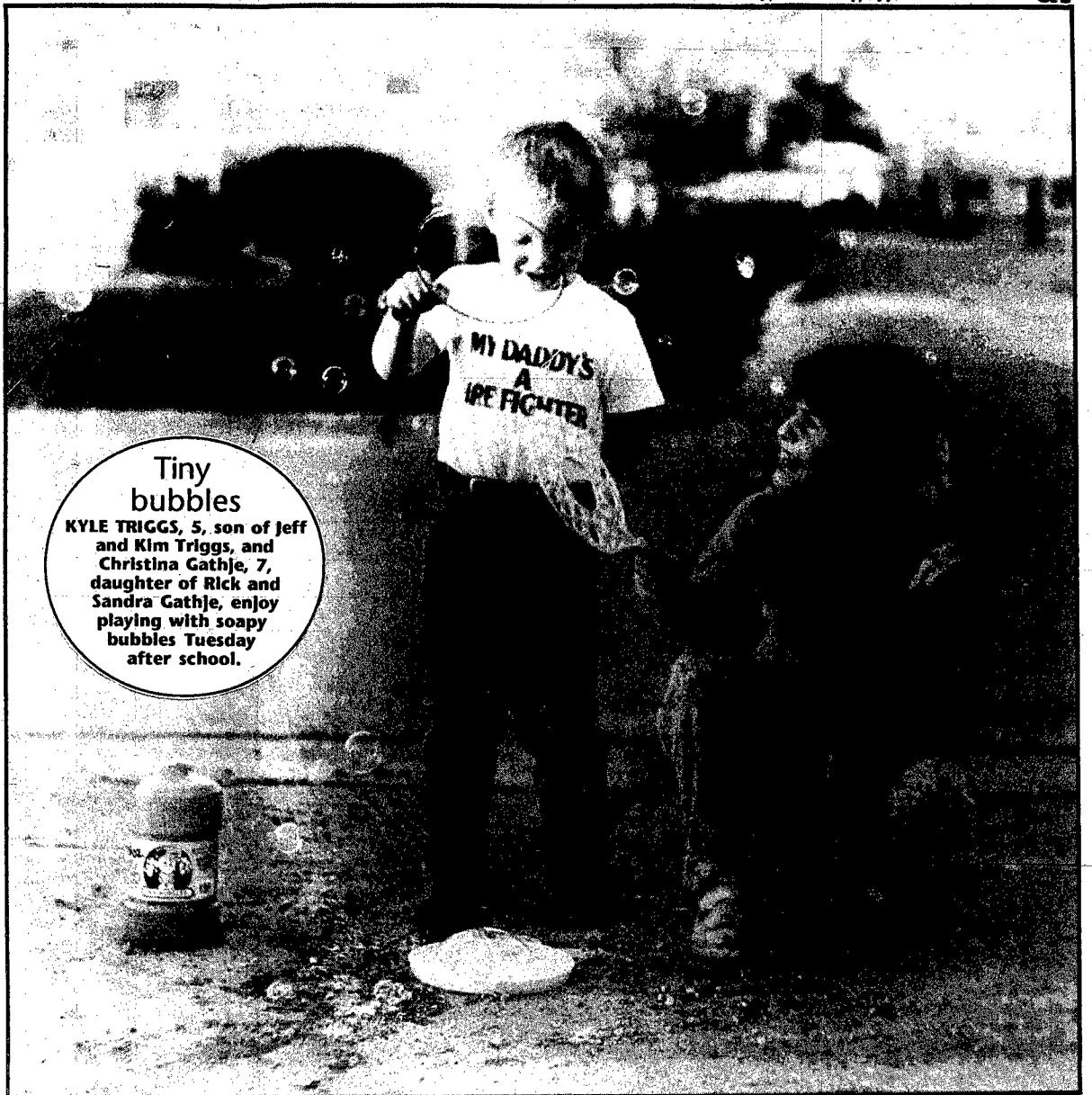
The new surimi-like poultry meat could be used as an ingredient in products such as frankfurters, patties and chicken sticks. It would improve binding and lower the salt content, he said.

Froning said the surimi-like meat's low-fat and low-salt content might appeal to health-conscious consumers and open an entirely new market.

"This issue on health is really in the forefront now," he said. "This system lends itself very much to that."

Several companies are interested in his process, Froning said.

Froning's research is funded by IANR's Agricultural Research Division.



Tiny bubbles
KYLE TRIGGS, 5, son of Jeff and Kim Triggs, and Christina Gathje, 7, daughter of Rick and Sandra Gathje, enjoy playing with soapy bubbles Tuesday after school.

Forum

(continued from page 1A)

discussion of mandatory health care benefits, the possibility of amending the economic development package passed in 1987, product liability laws, the time students spend in school and the issue of whether Nebraska should impose stricter driving laws to qualify for federal funds. The forums will also present a discussion of the

current state chamber member services and programs.

Two teams of state chamber executive staff members will be presenting the events. State Chamber General Counsel Ron Sedlacek and Staff Vice-President Dan Parsons will be present at the Wayne forum.

To make reservations, or for more information, contact the Wayne Area Chamber of Commerce at 375-2240.

Wayne Medicap joins FAX network

Public-FAX-International of Irvine, Calif has this week designated Medicap Pharmacy of Wayne as a local agency in the Public FAX 8,000 member nationwide fax network. With its selection Medicap Pharmacy is able to offer more than just basic "fax to fax" service. Local businesses and residents can use the Public FAX network to send fax mail even to people who are without fax ma-

chines of their own.

When a sender wants to fax something to someone who is not fax-equipped, the recipient is directed to a nearby Public FAX network location to pick up the urgent material. The purpose of the network is to make fax capability universal. People with fax can send to people without fax and vice versa, thereby saving them the one-day

delay that comes with having to use overnight letters.

Another service offered by Public FAX agencies is the provision of a free fax number. Without requirement of guaranteed usage, Medicap Pharmacy, of Wayne will allow area people to use its local fax number as their own. Users can issue the number to would-be fax senders or even print it on their business cards and stationary.

There is a small per-page charge for materials received. Medicap Pharmacy makes immediate telephone calls to advise local users of fax mail that has arrived and then keeps it confidentially in a personal folder until it is picked up.

Other service features include the capability of sending pictures and photographs and having mail faxed for international delivery via INTELPOST.

Panel

(continued from page 1A)

workers, rather than innovators. The speakers said that's something that has to change.

JOINING NELSON in the presentation were Gregg Christiansen of the Nebraska Department of Education and Dr. Jean Karlen, head of the social sciences division at Wayne State.

"If all the young people today decided that 'as soon as I get through school here, I'm not going to live in this community' then that community won't be around in another 30 years," Nelson said. "The youth and the schools really have to be involved in the future of the community."

Karlen agreed with Nelson in that communities need to involve students in the community while they're young. She said community economic thinking with young people begins when youngsters are in kindergarten. She said if you get children excited about their community and then send them off to college, they're much more likely to return if they've been involved.

Karlen added that she supports innovative ways for teachers to in-



DR. EDWIN NELSON speaks to an audience at the Cooperative Rural Development Conference at Wayne State.

struct students.
"If we can teach our children at an earlier age the ramifications of

local economic development they will understand better when they get older and it will allow them to

be better decision makers," Karlen said.

ACCORDING TO information provided by Christiansen, there is a five step process for educators to follow to encourage students to become better independent thinkers.

The first stage is to provide all citizens with a basic understanding of the market and what their role is in it. The second stage is to become aware of business problems and opportunities from the owner's point of view. The third stage is to provide in-depth business training for advanced students who could benefit from creative planning of their own business ideas. The fourth step is to assist young people in starting their own businesses and the fifth step is to help existing business owners learn more about running their businesses and solving problems effectively.

Nelson added that one way to encourage expanded thinking of today's youth is to provide them with not only the opportunity to develop their own business plan but also allow them to run it.

"There's an electricity there that's untapped," Nelson said. "If we can tap into it, young people will certainly be interested in their community."

Increasing production could hurt hog prices

Increased production will mean lower hog prices in the months ahead compared to a year ago, said a livestock marketing specialist in the University of Nebraska-Lincoln Department of Agricultural Economics.

"Hog slaughter and pork production rose well above a year earlier during the summer months," said Allen Wellman. "Further increases are anticipated during the year ahead. Those larger supplies will continue to pressure hog prices lower and trim feeding margins."

Hog prices slipped to the mid-\$40s in early September, more than \$10 below the summer highs in late June and about \$8 less than a year ago, Wellman said. For the fall quarter, hog prices are expected to average in the \$43-\$46 range, he said.

"But weekly prices may dip to the low \$40s at times as marketings reach seasonal peaks. However, a rebound back to the upper \$40s is expected by year-end."

Larger July-September pork supplies, up an estimated 5-6 percent from last year, were responsible for pushing hog prices lower, Wellman said. Meanwhile, July-September retail pork prices aver-

aged a record \$2.13 a pound, about 2 percent higher than a year ago.

Pork demand has been stable during the first half of 1991, Wellman said. Although inflation adjusted retail pork prices have declined from last year, that decrease is consistent with the larger supplies, he said.

Weaker hog prices are related to lower prices for several pork products, Wellman explained. Estimated pork by-product values have dropped compared to a year ago. In addition, wholesale prices for butts, boneless picnic and 50 percent and 80 percent lean trimmings declined sharply in relation to hog prices.

"This weaker pork-product demand may have weakened packer demand for hogs during the April-June quarter," he said.

Continued weakness in some pork product prices has continued to pressure hog prices through the summer and early fall. So hog prices may remain weaker than usual in response to larger supplies during the months ahead, Wellman concluded.

— REAL ESTATE UPDATE —

INCOME PROPERTY or nice single family home. Presently 1 bdrm + 2 bdrm units, natural woodwork, well kept. \$26,500

Charm & character @ every turn in this 3 bdrm, sun-room, den, formal dining, hardwood floors, 2-car detached garage near Bressler Park. \$48,500

2 + 1 bdrm, split foyer, FR, Cathedral Ceilings, 2 bath, 2-car attached garage, 1/2 acre. \$48,500

Low maintenance, stone exterior 2 + 3 bdrm ranch w/2 baths, fireplace, 2-car garage, near park and pool. \$69,500

Cute as a bug, 3 + 1 bdrm, recent updating, built FR. \$46,500

Large 3 + 1 bdrm, ml + msr, oak kitchen, family room, 2-car attached garage, country setting w/neighborhood advantages. \$79,500

Bressler Park location on this 1 1/2 story featuring 4 bdrms, 2 baths, FD, sunken LR w/fireplace, 2-car garage & fenced yard.

COMMERCIAL: nearly 4,500 sq. ft. finished on level w/ample parking in downtown Wayne. \$55,000

TWO 1.2 ACRE LOTS in South West part of Wayne for residential development — \$8,000 ea. —

TERI HIGBEE
ASSOCIATE BROKER
MIDWEST
Land Co.
206 Main - Wayne, Nebraska
375-3385

FARMS FOR SALE
PIERCE COUNTY 320
Bare land located near Osmond. Take a look. Pivots all around. \$625 per acre.
OAKLAND NE. AREA
Burt County 80 and 100. Moderately rolling upland ready to farm. \$1,125 per acre buys it!
PENDER 80
Located east of town. Bare land - all tillable. \$725 per acre.
THURSTON COUNTY 240
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RHOP program approves pre-pharmacy students

University of Nebraska Medical Center officials announced last week that the College of Pharmacy will become the fourth component of the Rural Health Opportunities (RHOP), a unique agreement with Chadron State College and Wayne State College to help address the shortage of rural health professionals.

The RHOP program was initiated by UNMC during the 1990-91 school year to recruit rural students for the College of Medicine, College of Dentistry and the School of Allied Health Professions.

Under the program, Chadron and Wayne State students are automatically accepted by UNMC before they begin their undergraduate studies. Prior to RHOP, prepharmacy students had to apply for admission during their second year of preprofessional studies.

To earn a doctor of pharmacy degree, students take two years of prepharmacy education at an undergraduate college followed by four years of professional studies at UNMC's College of Pharmacy.

Students selected for the program must express an interest

in practicing in a rural community after they graduate. Special consideration is given to applicants from communities with populations less than 10,000.

"Just as there is a shortage of physicians, dentists and allied health professionals in rural

Nebraska, so also is there a shortage of pharmacist," said Clarence Ueda, Pharm.D., Ph.D., dean of the UNMC College of Pharmacy. "With favorable response RHOP has received, we wanted to give students who were interested in pharmacy the same opportunity."

Students selected for RHOP must earn a grade point average of at least 3.25 (out of a possible 4.) and a GPA of 3.50 in science courses during their first prepharmacy year. Students meeting this standard will enroll in the UNMC College of Pharmacy upon successful completion of all remaining requirements in their second prepharmacy year.

"Final details of the College of Pharmacy program are still being worked out," Dr. Ueda said. College officials hope that the program will take effect at the beginning of the 1992-93 school

year. They anticipate that up to five students will be admitted into the program each year.

Dr. Ueda said joining RHOP marks the second rural health venture for the College of Pharmacy. In 1990-91, the College of Pharmacy introduced the Rural Pharmacy Practice Educational Initiative (RPPEI).

The RPPEI program is open to students at all Nebraska colleges and universities. The program provides early acceptance for first year prepharmacy students who have an interest in practicing pharmacy in a rural setting.

"Meeting the manpower shortage in rural Nebraska has become a primary goal of the College of Pharmacy," Dr. Ueda said. "We think these two programs will complement each other and provide increased opportunities for rural students throughout the state."

The college increased its class size from 50 to 60 students beginning this fall. "We are specifically targeting these extra 10 slots for students from rural communities," he said.

In addition, College of Pharmacy students will be participating in clerkships at

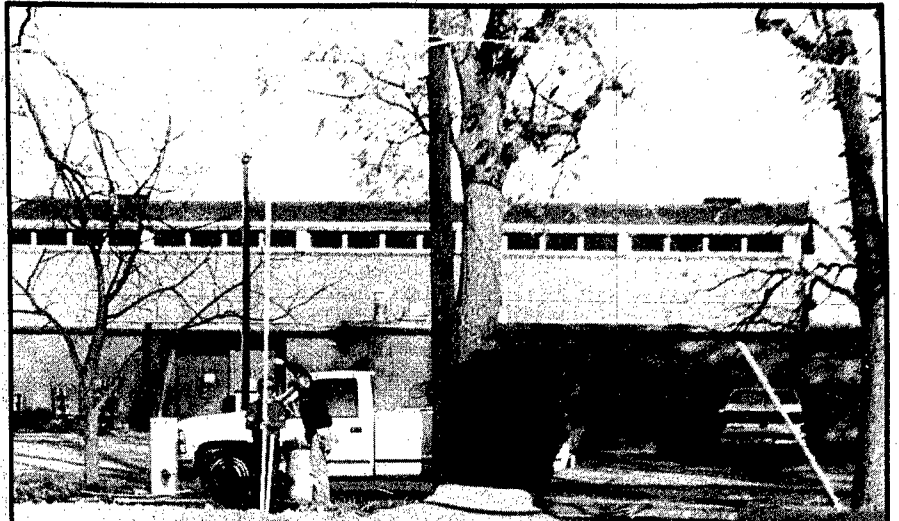
locations throughout the state. "We're currently developing additional statewide practice sites as part of UNMC's Rural Health Education Network," Dr. Ueda said.

The Rural Health Education

Network is another innovative program introduced by UNMC to help address the shortage of health professionals in rural Nebraska.

Under the program, UNMC students will receive part of their

academic and clinical training in rural sites throughout Nebraska. By exposing students to rural health care, it is hoped that more students will be interested in practicing in a rural community after they graduate.



Photography: Mark Crist



Tim Sievers

Wayne Kiwanis installs officers

New board members were installed at the Oct. 14 meeting of the Wayne Kiwanis Club and include George Phelps, president; Rowan Wiltse, vice president; and Sam Schroeder, secretary-treasurer.

Bill Mundschenk, Lieutenant Governor of District 14, which includes the Wayne chapter, was a special guest at the noon luncheon meeting at the Black Knight and conducted the installation.

Mundschenk recognized retiring board members and Past President Mark Ahmann. He thanked the members for their service and encouraged them to continue with the same enthusiasm.

"Mundschenk" also challenged the new officers with the goals he has set for District 14, including encouragement of the members, pride in their club and involvement of Kiwanis International, with major emphasis on young children as pri-

ority one, retention of membership and a net growth of five percent in the club.

The Lieutenant Governor, who at age 77 is undertaking his post for the third time, and his wife Iva were presented with gifts and thanked for their attendance.

Stan Peters was inducted as a new member of the Wayne Kiwanis Club by his sponsor, Rowan Wiltse.

CAP PETERSON introduced the day's guest speaker, Rick Papper of Wakefield. Papper and his wife breed and raise English Budgies, more commonly known as Parakeets.

Papper spoke on "breeding of the birds to achieve certain qualities which make them unique."

The Pappers have over 100 birds in their home and exhibit the Budgies at shows throughout the midwest.

Northeast names Sievers

Tim Sievers of Wayne has been named the freshman auto body student of the month at Northeast Community College.

Sievers is the son of Larry and Janet Sievers of Wayne.

Seminars to address feedlot management health issues

Seminars on feedlot management and health will be held at three Nebraska sites in November, according to Dr. Gene White, director of the institutional animal care program at the University of Nebraska-Lincoln and member of the veterinary science department.

White said the sessions are scheduled for Nov. 12 at the Norfolk Villa Inn, Nov. 13 at Cooperative Extension office in McCook and Nov. 14 at the Hastings Holiday Inn. Each seminar will run from 1 to 5 p.m. No pre-registration is required. The cost is \$10 per person, including refreshments and printed proceedings.

Seminar speakers will discuss management and health problems associated with the feedlot and starting calves on feed, White said.

Speakers and topics include: Dr. Dee Griffin, NU Great Plains Veterinary Medical Education Center in Clay Center, vaccine responses; Dr. Earl Dickerson, NU veterinary science professor emeritus, respiratory diseases; Dr. Donald Hudson, veterinarian, NU West Central Research and Extension Center in North Platte, internal parasites.

Dave McClellan, Allied Industries Group, new industry products;

Garry Kuhl, Kansas State University, ration management; Rollin Schnieder, NU safety specialist, feedlot safety; and Rick Stock, NU feedlot specialist, "Cowboy Math", or "How to Improve the Bottom Line."

The seminars are sponsored by Allied Industries Group, the Nebraska Veterinary Medical Association, the Nebraska Cattlemen's Association and the University.

More information is available from local extension agents at seminars sites.

Survey for Runza

RON FAUSS OF FAUSS CONSTRUCTION out of Hooper, surveys the land where the new Runza restaurant will be located. Assisting Fauss are Kevin Anderson and Tom Motic. The Runza store will be located at the corner of Pine Heights Road and 7th Street.

1991

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•TOM'S BODY SHOP-WAYNE •ELLINGSON MOTORS-WAYNE

Study confirms specialist's belief

A study by a University of Nebraska-Lincoln graduate student confirmed what UNL marketing specialist Mike Turner had intuitively known: farming communities are more concerned about their community-its identity and its people-than the financial performance of the locally owned grain and farm supply businesses.

Interviews with 150 residents in two rural trade areas, were conducted regarding these agribusinesses. Less than 40 percent of the respondents recognized the importance of sound financial performance or business survivability.

Instead, 97 percent spoke of the loss of community identity when discussing a merger or consolidation with agribusiness firms located in neighboring communities. Other reactions to mergers included: resistance by the elderly residents, 41 percent; tradition, 31 percent; poor economic base in the community, 25 percent and conservative attitudes, 21 percent.

Turner, a marketing specialist for the Institute of Agriculture and Natural Resources, provides technical assistance and feasibility studies, plans board retreats and assists in training managers and members of the board of directors

for agribusinesses. He has seen communities postpone mergers of farm cooperatives, causing the increased financial distress to the cooperative.

"In rare instances I've seen bankers, an attorney and a postmistress oppose mergers in their hometown. I view these responses of hometown business leaders as a concern for their own self-preservation and self-interest. They may fear that the newly merged cooperative will not do business with their business," Turner said.

Blue Valley general manager Tom Ramsey of Tamora said only school and church consolidations are worse than a cooperative consolidation.

"The criticism can become every bad for members of the board of directors," Ramsey said. "I've seen places where it gets into the churches; it gets into the schools. There may be ethnic differences or family differences. It's part of the social fabric of rural life out here. They really care about what they've got and they don't want to give it up easily."

Garold Schmidt served as president of the Plymouth Cooperative from 1985 to 1989. He said there can be a "big kid on the block syndrome" which perpetuates the

fear of being swallowed up by a larger business.

"It gets back to the community identity issue," he said. Community members often do not want to lose the home office in their town to a branch office.

"Some communities look at their co-op as a public service organization. At Plymouth we have never been afraid to say the co-op has to make money," Schmidt said. "It amazes me how you can move from one community to another and just see the attitudes changing."

Most cooperatives' bylaws require a vote of the stockholders when merging or dissolving the company. Before voting, cooperatives oftentimes will hold informational meetings to educate the members on the advantages of a merger or consolidation.

"You have to show your stockholders that you can give them better services, consolidate expenses, expand market territory or give them better bids or a chance at better bids," Ramsey said. He added that some of the stumbling blocks to Tamora-Staplehurst's consolidations with Beaver Crossing in 1981 included:

- How much will you now charge for fertilizer?
- Will you pay less for grain?
- Beaver Crossing members wanted to know what will happen to their stake.
- Will things stay the same?

A series of four information meetings were held before the membership voted on consolidation with Beaver Crossing. The board, with the assistance of Turner, presented a five-year past history of both co-ops and a projection on what would have happened if both co-ops had been consolidated. It was explained that there would be different bids and branch sites from the main office where there is a unit train which can load 190,000 bushels a day in 54 cars to export markets. The branch sites load up to four cars to Kansas City or for truck pickup.

"When the export market is the best bid, I pay the farmer who wants to haul grain here for a premium bid," Ramsey said. "Then I don't have the cost of trucking the grain from a branch to here when I need it."

Another change was farmers could no longer be paid for their grain the same day they hauled it to the branch office.

"They didn't like that they couldn't get their check at Beaver Crossing anymore," Ramsey said. "We had to operate with a centralized accounting system. They could pick up the check in Tamora or we would deliver it to Beaver Crossing the next day or mail it to them."

The stockholders did vote 80 percent in favor of the consolidation and the following year a contest was held to pick the new name for the cooperative-Blue Valley.

Turner estimates that half of the about 200 cooperative grain and farm supply retailers are in financial trouble. He points to the decrease in grain storage due to 1988-89 droughts and the change in government programs.

Many cooperatives used the income from the abundance of grain storage in the late 1980s to subsidize the margins on other products, Turner said.

Ramsey agreed the decrease in grain storage affected cooperatives.

"Three years ago our storage income for the year was \$1.2 million. On June 30 of this year it was \$400,000. You take \$800,000 out of your bottom line and that gets

your attention," Ramsey said.

Both Blue Valley and the Farmers Cooperative Elevator Company in Plymouth have tapped the convenience store market for a more constant source of revenue. Blue Valley and Seward Cooperatives jointly own a convenience store. Farmer's Cooperative of Plymouth has two convenience stores. But even joint ventures and tapping other markets can bring on local criticism.

When Farmers Cooperative at Plymouth remodeled and added onto the convenience store to create a new image, rumors started flying in town. General manager Doug Derscheid stated hearing that people thought the convenience store was going to be a full-fledged grocery store, complete with a meat market. Talk continued to abound in other areas of the cooperative's business. Some people in the community thought the co-op was going to bring in a Wheeler's store to compete with the local hardware store, Derscheid said.

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"It was hard. The coffee shop talk was getting to us and to the community. So a couple a years ago...



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Kleenex Hi Dri
TOWELS 2/\$1.00

Shurfine
LAWN & LEAF BAGS 79¢

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24 Oz. SPAGHETTI or ELBO MACARONI Regular, Big or Rotini
89¢

Martha Gooch
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89¢

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2-Liter DIET PEPSI OR PEPSI 89¢

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Glade
7 Oz. AEROSOL 69¢

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64 Oz. Liquid or 40 Ct. Sheets SOFTENER \$1.79

Pledge
12.5 Oz. All Scents POLISH \$2.39

Surf
128 Oz. Liquid DETERGENT \$5.79

Shurfine
2-Pack 40, 60 or 75 Watt LIGHT BULBS 69¢

Sunlight
22 Oz. DISH LIQUID 99¢

Dishwasher
65 Oz. ALL \$2.29

Wheatables
12 Oz. Box Original or Low Salt \$1.99

Town House
16 Oz. Box Original or Low Salt CRACKERS \$1.69

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we had a meeting in the city to clear the air," Derscheid said. "The business community of town and the cooperative met and any question was fair game."

They nit-picked us in some areas. But we answered their questions openly," he said. "We wanted the businesses to have the facts."

Meetings like Plymouth's which addressed the concerns of the community help implement change, according to the study conducted by doctoral student Swain. He recommends that cooperatives use qualitative research methods such as personal interviews to identify community areas to change.

Meanwhile, Turner said this current downward cycle in cooperatives is not new. Like farms, the number of cooperatives have been declining since World War II.

He is not concerned about cooperatives being survivors. "I am concerned about co-ops and communities who aren't ready to make decisions," Turner said. "To elect nothing and wait for better times which may not arrive soon is a high-risk strategy."

Ribbon cutting

MEMBERS OF THE Wayne Ambassadors assist new business owner J.P. Widner with the ribbon cutting ceremonies held last Friday. Widner opened a video arcade in the Mineshaft Mall recently. Assisting Widner (center) with the ceremonies are Wayne Area Chamber of Commerce Executive Director Curt Wilwerding, Carolyn Vakoc, Cap Peterson and Ken Hallgren.

Photography: Mark Crist



Service Station

The U.S. Air Force has announced the retirement of Capt. Kenneth C. Lemke after 21 years military service.

Prior to retiring, Lemke was chief of communications-computer operations at McConnell Air Force Base, Wichita, Kan.

He is the son of Yvonne D. Lemke of Wakefield.

His wife, Barbara, is the daughter of Paul and Lois Drucklieb of Little Silver, N.J.

The captain graduated in 1967 from Emerson-Hubbard High School and in 1982 received a bachelor's degree from the University of Southern Mississippi, Hattiesburg.

Navy Fireman Apprentice Brian R. Lohse, a 1991 graduate of Laurel-Concord Public High School of Laurel, recently completed training at Recruit Training Command, San Diego.

During the training cycle, recruits are taught general military subjects designed to prepare them for further academic and on-the-job training in one of the Navy's 85 occupational fields.

Studies include seamanship, close-order drill, naval history and first aid.

He joined the Navy in May 1991.

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LEISURE TIMES

A monthly publication for Senior Citizens

October 17, 1991

Contact your local newspaper

Whew! Olympiatrics brings out the best in area care center residents

Pender facility plays host to 8 others as residents test 'Olympiatrics' skills

By NORVIN 'FUZZ' HANSEN

Pender Times/Walthill Citizen Editor
After a full day of activities, residents of nine care centers in northeast Nebraska went back home a little wearier and a whole lot happier following the Olympiatrics competition held recently in Pender.

Site for the Olympiatrics was the American Legion Hall in Pender, with a host of volunteers on hand to help the care center residents with a variety of activities to test their physical abilities as well as mental sharpness.

Those activities included everything from a bean bag toss to a TP toss (toilet paper tossed at a portable commode), from bowling to pillow stuffing and from word trivia and bingo competition to a wheel chair race.

Linda Koger, administrator of the Pender Care Centre, host for the day's events, said she was very pleased with the turnout of residents from area care centers as well as the contributions from the volunteers who turned up to help with the Olympiatrics. She also noted that there were many staff members from Pender Care Centre who helped during the day.

In all, 101 residents from area care centers participated in the competition. They came from centers in Emerson, South Sioux City, Wayne, Wakefield, Wisner,

Beemer, Oakland and Lyons. In addition to the events mentioned above, the residents also took part in rooster crowing, basketball toss and other events. The staff members and volunteers even got into the spirit of things, taking part in a bed pan relay race.

Finishing first in the team competition when the Olympiatrics came to a close was the team from Emerson. Pender's team placed second, and the team from Beemer came in third.

Individuals from Pender Care Centre placing well in the competition were Albert Street, first in bowling; Ed Fillipi, first in wheel chair race; Adele Siemer, first in basketball toss; Rose Ann Chris-

Got an idea for a story for our Leisure Times? Call your local newspaper!

tiansen, first in bean bag toss; and Agnes Smith, second in pillow stuffing.

Lending a hand with their volunteer labor during the day were Sandy Miller, MaryAnn Vandeburg, Helen Heineman, Lucille Barker and Mrs. Marvin Roeber, all of the Pender area.

Next year, the Olympiatrics will be hosted by the care center in Lyons.



Donna McQuistan, a member of the staff at Pender Care Centre, helps Clara Schleusner of Pender take part in the bean bag toss during the Olympiatrics held at Pender earlier this month. (Photo by Norvin "Fuzz" Hansen)

Rural Walthill woman's many accomplishments reap honor

It would take considerable space to list all of the activities and accomplishments of this year's Thurston County Woman of Achievement, Pat Anderson.

Mrs. Anderson was named the recipient of that honor during the

recent Homemakers Harvest hosted by the Thurston County Home Extension Council in the auditorium at Emerson-Hubbard High School. On hand to see her receive that well deserved honor

See HONOR, page 6

—INSIDE—

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- Osmond Clock Making ...page 3

- South Sioux Quality of Life..... page 10
- Wayne Correspondent Retires.....page 16
- Wausa Wausa's Volunteers.....page 18
- Laurel 'Wright' Way.....page 22

Donation leads to hero status

Every month newspapers feature stories about everyday heroes — the passers-by who rescue a store owner from a burning building, pull a child from icy waters or give life-saving assistance at the scene of a car crash. These dramatic rescues save the lives of hundreds of Americans.

Behind the scenes, however, many more people are becoming heroes: Although seldom told, their stories are just as dramatic as those mentioned in the press. These heroes are people, like you, who donate their organs when they die. When they donate their liver, kidney or heart, they may save someone's life, as surely as if they had pulled the person from the tracks of an oncoming train. The person's family is losing a loved one, but at the same time, they are giving the gift of life to someone else.

Hundreds of adults and children receive a second chance at life when they are matched with a donated organ. But, according to Byers W. Shaw Jr., M.D., chief of transplant surgery at the University of Nebraska Medical Center, so few people in the United States are organ donors that there are not enough livers, kidneys and hearts for everyone who needs them.

"If organs are not found when they are needed, people die," Dr. Shaw says. "The shortage is particularly severe for children. Twenty-five to 30 percent of all children waiting for organs die before ever receiving one, as do 10 to 15 percent of adults."

Although solid organs, such as the liver, kidneys, heart, pancreas and lungs, are most in demand, there also is a great

need for other tissues, according to Dr. Shaw.

"Heart valves can be used to replace failing valves in other people," he says. "Skin can be used to treat people with burns and skin defects. Intestines can be used to restore a person's digestive functions and eliminate feedings by vein."

In addition, corneas, large blood vessels, tendons, bones and cartilage are also needed. A transplant with any one of these organs can restore the body to near normal function and vastly improve the person's quality of life.

Almost anyone can become an organ donor. Age is not a concern. Donors range in age from a few months to age 70 and beyond. And, according to Dr. Shaw, health is not always a factor. A person who dies from a stroke, for example, may have a heart, lungs, liver, kidneys and pancreas that are healthy and working just fine.

Many fears and misunderstandings keep people from becoming organ donors, even though they know organs are desperately needed. The reasons vary.

"Some people believe doctors will be more concerned about procuring their organs than with saving their lives once they have been identified as organ donors," Dr. Shaw says.

Others believe organ donation will alter the appearance of the donor's body or postpone planned funeral arrangements. Still others shy away from organ donation for religious reasons.

These fears and misunderstandings are unfounded. According to Dr. Shaw, no major religion opposes organ donation. Doctors never consider organ or tissue donation until after a person has been declared dead. And in most cases, the entire organ donation process takes less than 24 hours.

For more information on organ donation, contact the Organ and Tissue Donor Task Force at (402) 221-6993. You can also call the Nebraska Organ Retrieval System at (402) 553-7952.

Becoming an organ donor is easy. It only involves signing a Uniform Donor Card and carrying it in your wallet. The donor card is a symbol of a person's intent to donate his or her organs. The card also can provide a starting point for family dis-

cussions about organ donation. This is important, because family members have the final say in whether a loved one's organs are donated.

There are a lot of positive aspects to organ donation, both for the person receiving the organs and for the surviving family. "Becoming an organ donor is an incredibly deep and emotional commitment and is an extremely important fit," Dr. Shaw says. "Although it involves no cost to the donor, a human organ is a priceless gift to the recipient. The people who receive the organs are eternally grateful for them. And the people donating the organs are true heroes. They are giving people a chance at life that they otherwise wouldn't have."

LEISURE TIMES

is a special monthly supplement for the senior citizens of Northeast Nebraska inserted in the following newspapers: Cedar County News in Hartington (254-3997), Laurel Advocate (256-3200), Osmond Republican (748-3666), Pender Times (385-3013), Randolph Times (337-0488), South Sioux City Star (494-4264), Walthill Citizen (385-3013), Wausa Gazette (586-2661) and The Wayne Herald (375-2600 or 1-800-672-3418).

Copy deadline for next issue Thursday, Nov. 7, 1991.

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Clock making fills time during retirement winters for Osmond man

Bernice Blecha, Osmond Republican

After Albert and Louise Sukup moved into Osmond from their dairy and crop farm northeast of town in December of 1981, Albert planned to fill some retirement days by helping son Charles with farm work. But there wasn't a whole lot of farming to be done in the winter months. When visiting a friend, the latter showed Albert how he made clocks from "slices" of wood. Albert went home and tried it; he liked it; a new wintertime hobby had begun.

That was nearly 10 years ago. Now, he says, he wouldn't qualify for any benefits from helping farm -- he put in about two hours discing this year. But he still makes clocks.

Most of his clocks are made of cedar since its readily available. He has also used walnut and coffee bean tree wood, and made a few from mulberry and apple trees. Walnut limbs are his source for clocks of that wood. He has never gotten any black locust which makes beautiful clocks, he says. Other beauties can be styled from cypress, however, that is generally available only through commercial outlets and is rather expensive, he notes. He looks for logs with knots or unusual shapes for an attractive clock. "The more crooks, the better," Albert says.

His method is to obtain a cedar log through "friendly negotiations" after which he cuts it into horizontal slices. The

slices are then placed in an oats bin to dry slowly so they don't warp or crack. Wood placed in the bin in the spring will be dry during the summer. After the wood is dried, the clock making begins with lots of sanding. The numbers are then put on -- usually by Louise. Next Albert applies two coats of epoxy with more coats needed sometimes. No epoxy or finish is applied to the backs of the clocks, allowing the cedar aroma to permeate the air. Battery-operated quartz clock movements are used in Albert's creations. His tools include a band saw, scroll saw, sander and "arm power" for hand polishing.

Some clocks are made on order, others as gifts, and still others as donations to organizations or projects. Albert says it's definitely a hobby; he's not in the business to make money. A lot more are donated or given away than sold, adds Louise. One of his clocks was purchased for use as a gift for a retiring official of the state soybean association. That clock was in the shape of the state of Nebraska and three soybeans were added in one corner before the epoxy was poured. He has also made a clock in the shape of the state of Wisconsin for his niece and another was fashioned like a cowboy boot. On a few of the clocks he has used tumbled stones (a stone-polishing technique which the Sukups have also done) instead of traditional numbers.

Albert still has the first clock he made -- from a 19x16-inch very irregular



Sizes of clocks vary -- from small one made from mulberry limb, held by Louise, to the first one Albert made from a thick slab of irregular cedar which he displays

cedar slab. The lighter portion of the wood has darkened some in the ensuing years and the red is a richer and darkened hue. The bark portion is also poured, however, it absorbed more epoxy and retained its rough texture.

Albert also makes silhouette angels and other figurines from wood. These are generally finished with varnish and some are stained. On some of these woodworking projects, Albert does the sawing and Louise helps with finishing. Louise is not without her own hobbies. She does a lot of quilting, crocheting and

pine cone and other crafts.

Albert also helps out at a soybean extruding plant which son Charles and Darwin Vanness of Wausa operate just east of Osmond. It's all automated, Albert says, but someone has to be there to monitor the operation.

Albert and Louise observed their golden wedding anniversary in February of this year. Son Charles and his family live northeast of town while daughter Barb Gubbels and her family live in Douglas, Wyo. The couple has five grandchildren.

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Economic-minded group focuses on health care importance

by Angie Nordhues, Randolph Times

A northeast Nebraska group has embarked on meeting to develop a plan of action with the theme of "Strengthen Your Community Through Health Care."

With the increasing importance of health care issues in rural America, S.T.A.R.T. is one group striving to promote economic development for the local health care economy, which in turn boosts overall economic development in the region. The group hopes to identify health care strengths and weaknesses in their communities to determine what can be done as a community to help.

S.T.A.R.T. is provided as a joint service of the University of Nebraska Center for Public Affairs Research (CPAR) and the University of Nebraska Medical Center. CPAR is located at the University of Nebraska at Omaha.

Carmen Shaffer, of the Randolph Development Corporation, said she became involved in the program to gain ideas on recruiting a pharmacist for Randolph. The retirement of the local pharmacist in the community of less than 1,000 has been a loss to the community. Pharmacy service is now available on an order, deliver basis from Osmond.

The importance of retaining professionals in a smaller community of this size for economic stability and the well being of the people is becoming more obvious.

Since becoming involved, Shaffer said she feels the importance of local health care services should be realized. If people must travel for health care, while they are there they'll most likely do other shopping there out of convenience.

Other representatives involved in the S.T.A.R.T. program are from the communities of Creighton, Bloomfield, Plainview, Verdigre, Niobrara and Crofton.

Dean Vaughn has been instrumental in the program, Shaffer said.

Vaughn said he began working on the program in June.

In November, a town hall meeting is planned to introduce the program to other community organizations and citizens. The meeting is intended to gain input and get more people involved.

"Physicians and hospitals certainly want to work together to keep what we

have (in area health services)," Vaughn said.

Cedar County has played an important role in Osmond General Hospital. In 1990, 40 percent of their patients came from Cedar County, 24 percent from Knox County and 26 percent from Pierce, according to Nebr. Dept. of Health Center For Public Affairs Research. As the hospital and related health care services are a crucial part of the Randolph area economy, it is important that the region keep abreast of health care issues, needs and problems.

The hospital and related health services are an important industry to

our local economy. The success of the area economy and a strong health care system go hand in hand.

Without a reliable health care system, Vaughn said it is somewhat true that senior citizens and families dependent on health care, in some situations, might move or become more dependent on larger communities. He said more so the case is that people in rural Nebraska have a right to good medical care.

Available health care is as important as educational cultural and social considerations in attracting businesses, professionals and other people to a community, according to the S.T.A.R.T. program manual. A strong health care industry plays a role in keeping members in a community.

Beside offering medical help, employment opportunities are offered by hospitals, clinics and doctors.

"In a hypothetical rural community with a population of 7,700 and a service area population of 23,000, the hospital would employ 469 persons and by spending much of its revenue locally, would generate another 213 local jobs. In addition to its role as employer, the hospital is a purchaser of goods and services - heating fuel, electricity, water, telephone equipment and service, insurance, medical supplies, food supplies and building and maintenance services (Northwest Report, p. 21)," according to the S.T.A.R.T. program manual.

When people are made more aware of the contribution to our economy that health care makes, they will be more willing to back their local hospitals, health care professionals and other health care services.

One of the goals of the S.T.A.R.T. program is to make people in the area more aware of the services available to them in their region. This doesn't mean promoting one hospital or health care provider over another, but instead aiming for awareness on a wider scope.

The health care issue is one that affects most rural areas in the United States, Vaughn said.

Medical services are a big industry in small communities. Vaughn said he feels that most people aren't aware of the importance of health care to their economy because it's never really been emphasized as an industry and its part in a good economy. Health care is looked at as more of a service.

Vaughn is a member of the Upper Missouri United Chamber of Commerce which started with the intent to serve Knox County as a unit. Now it is also serving the upper Missouri area surrounding Knox County. The larger body of people united together in a cause has more political clout to get things done than a single town or small area of people. A town of 10,000 has more political clout than a town of 1,000 or less. By banding together as a region the needs of smaller towns are more recognizable.



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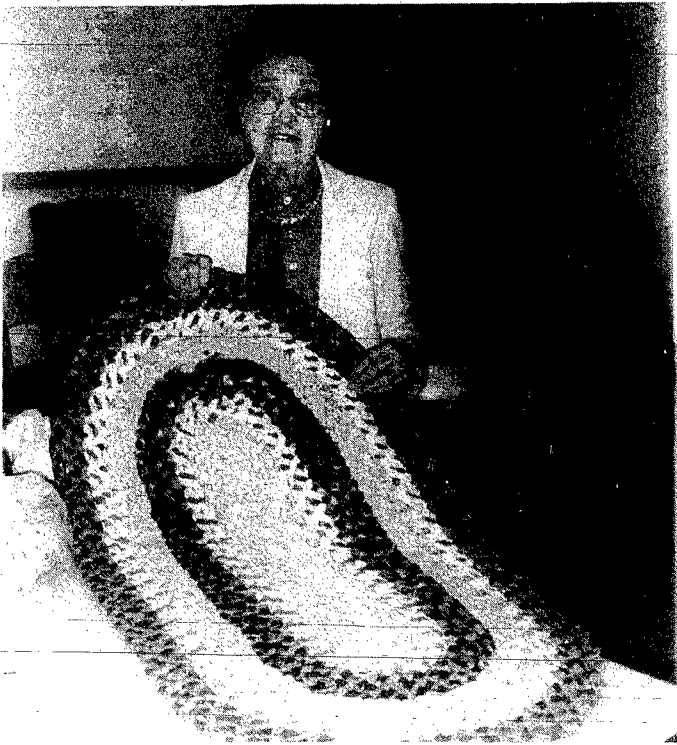
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90-YEAR-OLD Mina Jordan is pictured displaying one of her braided rugs.

At 90, woman active at center

by Joani Potts

Hartington -- An original charter member of the Hartington Senior Citizen Center celebrated her 90th birthday on October 12. Mina Jordan of Hartington is a sole survivor of five women who chartered the Center about 25 years ago. Members of the Senior Center recognized Mrs. Jordan with the birthday song and a poem written by Ceil McGregor on October 10.

Mrs. Jordan walks to the center every day and is still actively involved. She said she and Millie Roeder (deceased) answered an ad in the Cedar County News soliciting interest for a senior center. The Hartington Center was first located in the old post office building, east of the Hartington Telephone Co. Today's Senior Citizen Center is completely modernized and is located in the former Dr. C. J. Vlach office.

Mrs. Jordan said, "At first we just met together in the afternoons for socializing and crafts. Then a couple years later we started bringing potluck meals and then eventually we started preparing our own meals. Meals cost .50¢ each. Now, they cost \$1.50 and they are good meals and more than what I can usually eat."

She said, "Some of our growing pains is that we should have more meal counts. There are a lot more people who could use the center. We're only getting about 10 percent of our senior citizen population to participate in here. We don't know why more don't come to enjoy and participate here."

The center serves an average of 50 meals a day and offers a "Meals On Wheels" program to the shut-ins.

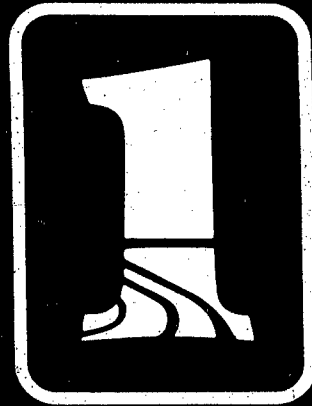
Mrs. Jordan stays active, too, with one of her favorite hobbies, braiding rugs. She said she has made over 550 braided rag rugs. She uses double knits, cottons and nylon rags that people give her. Mrs. Jordan has recycled many old clothes, draperies and anything made of material and fashioned them into beautiful braided rugs.

The skill of rug braiding is unusual enough that a few years ago Mrs. Jordan gained recognition by having her name listed in the Nebraska Historical Society as one of the few professional rug braiders in the country. Mrs. Jordan cuts the material into two-inch strips and then the material is folded into one-inch strips and hand sewn together so the edges won't ravel. Then she decides on the colors and braids the strips together.

Mrs. Jordan always has a smile whether keeping busy at the Senior Citizen Center, braiding rugs or visiting with people. Her philosophy of life can be summed up in some words she read many years ago, "What have you done with those precious hours of today? Have you put them to good use or just let them waste away?"

Mrs. Jordan said she is always busy, even when she is sitting. Her birthday was a celebration of the constructive use of her time, materials and talents.

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Honor

Continued from page 1

were her husband and her three children and their families.

In addition to such things as working in 4-H, serving as a Sunday school teacher and holding down offices in her extension club, Mrs. Anderson has found time for a variety of other pursuits during her years of working with her husband on their farm a few miles south of Walthill.

A 32-year member of an extension club, Mrs. Anderson earned second place recognition for one of her photographs and a third place honor for one of her poems at the state extension level.

In addition to working as a 4-H leader for some 13 years, she and her family have opened their home to foreign visitors by hosting a young man from India one year in the IFYE program and by twice hosting young people from Japan in the Labo program.

That willingness to become involved internationally in extension work has rubbed off on the younger members of the Anderson family. Both daughters, Kimberly

and Lynlee, were Labo exchange students to Japan, and Lynlee also travelled to Sweden as an IFYE student. Kim and her husband also recently hosted an IFYE student from Poland and a Labo student from Japan.

In her church, the Methodist church at Walthill, Mrs. Anderson has done about everything possible in her 32 years of membership: Church historian, delegate to several state conventions, chairman of the young adult organization, officer in several posts of the womens group and chairman of the church's 75th anniversary celebration.

Mrs. Anderson's other interests are varied. She enjoys her hobbies of refinishing and reupholstering old furniture, sews for her granddaughters, bakes and decorates cakes for family members and friends, and writes short poems when the mood strikes her.

She has also done such varied things as drive the kindergarten bus for the Walthill school system, written news for weekly newspapers at Walthill, Pender and

Lyons, served as director of the 1970 census for Thurston and Burt Counties, been chairman of the county March of Dimes fund raising and acted as secretary of the Thurston County Old Settlers Celebration held in Rosalie.

She also works in the Winnebago school system in the special education field, and she and her husband, Verne, have opened their home for Winnebago Indian

children in need of a foster home.

In addition to their two daughters, the Andersons have one son, Kipley, a registered anesthetist at McKennan Hospital in Sioux Falls. Kimberly is a licensed practical nurse who lives near Lyons with her husband, Sean Connealy, and their three children. Lynlee lives in Omaha where she is sales and marketing director for Packers Bank.



Pat Anderson of rural Walthill and her husband Verne were on hand recently at Emerson-Hubbard High School to accept her award for being named the 1991 Thurston County Woman of Achievement by the county home extension council. Mrs. Anderson and her husband live on a farm a few miles south of Walthill. Also present for the honor were the couple's three grown children and their families. (Photo by Norvin "Fuzz" Hansen)

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Massage Therapy Awareness Week will be observed October 20-26 this year. The week was first designated by the Nebraska Legislature and Governor two years ago. Nebraska not only was the first state to designate a Massage Therapy Awareness Week, it was also among the first to license Massage Therapist in 1956. Special educational events are being sponsored by the Nebraska Chapter of the American Massage Therapy Association and individual Massage Therapists throughout Nebraska.

In Hartington, Massage Therapist, Sam Welsch is holding an Open House and offering two free programs on pain relief. Welsch's Pain Relief Clinic is located in the Hartington Senior Citizens Center. The Open House will be on Wednesday morning October 23. The Pain Relief Programs will be offered at 7 p.m. Tuesday, October 22 and at 11 a.m., Wednesday, October 23. The one

hour program will present the principles of Neuromuscular Massage Therapy and teach simple self-help movement therapies that can increase flexibility and reduce pain.

Massage Therapy is used throughout the world to relieve pain. The first book on Massage Therapy was written over 3000 years ago in China. Today, there is a wide range of specialties within Massage Therapy. These include Swedish Massage, Shiatsu, Acupressure, Roling, Sports Massage, Neuromuscular Therapy, etc.

Welsch focuses his practice on the treatment of pain through Neuromuscular Therapy (NMT). Pain is associated with ischemia (lack of circulation) in the soft tissues of the body. Soft tissues include muscles, tendons, ligaments, and fascia. NMT is a precise and thorough method of examining and treating affected tissues.

Glaucoma

by Dr. Roger Filipis

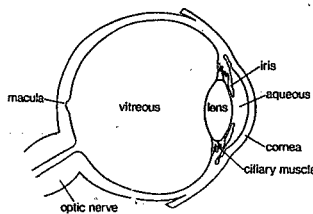
Glaucoma is the most important eye disease in my practice. In its early stages it has no symptoms and can be difficult to diagnose. In its late stages it can cause irreversible blindness. Fortunately it is fairly easy to treat in most cases.

In order to better understand this disease we need to briefly review the anatomy of the eye. The eye is like a rubber ball that has to be inflated to keep its shape. The eye is kept inflated by pressurized aqueous fluid in the eye. The eye constantly produces new aqueous fluid in the ciliary body. The fluid circulates forward through the pupil and out through the trabecular meshwork. The eye usually maintains a pressure of between 10 and 21 millimeters of mercury.

The optic nerve, which enters the back of the eye, has its own blood supply. This oxygen and nutrient-rich blood is pumped up through the optic nerve into the back of the eye against the internal pressure of the eye. As you can imagine, if the pressure of the blood in the optic nerve is low due to circulation problems, or if the pressure inside of the eye is too high, the optic nerve is going to lose its circulation and die. This damage of the optic nerve is the cause and definition of glaucoma.

Since glaucoma can be caused by poor optic nerve circulation or high intraocular pressures, let's discuss the causes of high intraocular pressures first.

Looking at the illustration, we can see that the old aqueous fluid in the eye moves past the front of the iris, or colored part of the eye to get to the trabecular meshwork where it filters out into the body's circulation. Now imagine what would happen if the lens of the eye were to push the iris forward up against the back of the cornea, (see illustration). The iris would now be blocking the only escape route for the old fluid. Since the old fluid would have nowhere to go, an new fluid is constantly being produced, pressure will build up. Pressures can go to 60 or 70 millimeters of mercury in an hour or so. Since the corner of the eye between the iris and the back of the cornea is called the "angle", this type of glaucoma is called closed angle glau-



coma.

Since the pressures go so high in a short period of time, the eye is usually painful and vision is blurred. Closed angle glaucoma is the only type of glaucoma that has symptoms. It is also the rarest form of glaucoma.

The more common type of glaucoma is caused by a microscopic clogging of the filter in the trabecular meshwork, or by an over production of new fluid. Since the angle is not closed, this is called open angle glaucoma. Pressures are typically in the range of 22 to 35. This is high enough to pinch off the blood supply trying to enter the back of the eye in the optic nerve, but not high enough to cause pain.

The optic nerve is a bundle of nerve fibers connecting the eye to the brain. As the glaucoma progresses, these nerve fibers die. Each dead nerve fiber leaves a tiny area of eye that can no longer send messages to the brain. There is now a blind spot in the vision. Since the nerve fibers connecting the part of the retina used in side vision are cut first, you don't notice any loss of vision yet. You also do not feel any pain. You do not have any symptoms until the central nerve fibers are finally damaged. By then the optic nerve is so damaged it will probably die even if pressures are lowered. The eye is now blind.

There is an even more difficult type of glaucoma. It is caused when the optic nerve of the eye is so fragile that its circulation cannot stand up to even "normal" pressures (pressures of 21 or less). By definition, these patients do not have high intraocular pressures, but they have the same damaged optic nerves and lose vision the same way as regular open angle glaucoma patients.

Dr. Filipis is in private practice at Filipis Eye Clinic in Hartington and Creighton.

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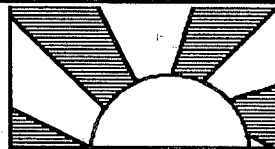
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Oct. 18-N		Nov. 1-SC		Nov. 18-Y	
Oct. 21-SC		Nov. 4-Y		Nov. 19-Open Day	
Oct. 22-Open Day		Nov. 5-Open Day		Nov. 20-W	
Oct. 23-W		Nov. 6-W		Nov. 21-Thu	
Oct. 24-Thu		Nov. 7-Thu		Nov. 22-N	
Oct. 25-Y		Nov. 8-N		Nov. 25-SC	
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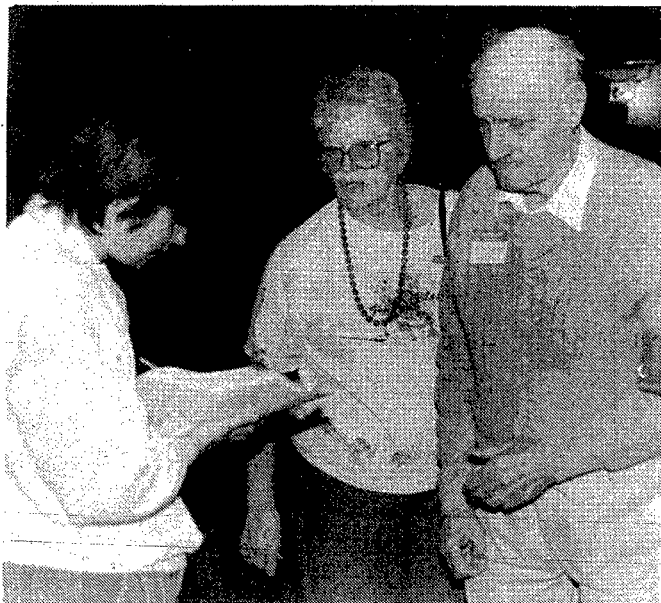
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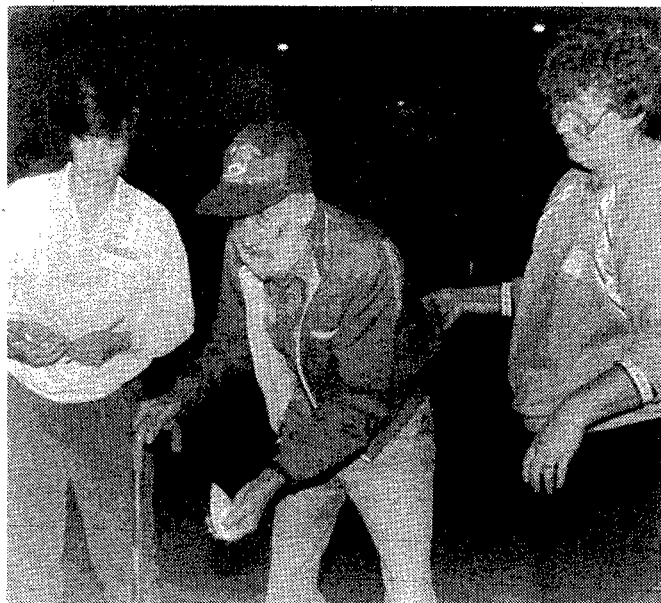


Hartington, Ne.



Residents line up to test skills at Pender

Residents of care centers in several communities in northeast Nebraska turned out at Pender recently to take part in a variety of activities in the 1991 Olympiatrics hosted by the Pender Care Centre. Among those taking part in the events held during the day at the Legion Hall was (left photo) Walter Lundeen of Oakland, who signs up to take part in the bean bag toss. Becky Krueger of Emerson writes down his name as Al-



ice Erickson, also of Oakland, helps him participate in that event. In the right photo, Melvin Wiese of Emerson takes part in the bean bag toss as Becky Krueger, left, and Eleanor Gutzmann of Emerson look on. All told, 101 residents of nine care centers took part in the day's activities. On hand were a host of volunteers who helped them take part in everything from bowling to a wheel chair race. (Photos by Norvin "Fuzz" Hansen)

Ever Wonder What It's Like To Work in a Nursing Home?



A Nursing Assistant's Point of View

"Working in a nursing home is like having an extended family. Everyday you work, you're surrounded by people who care about you and people you care about."

Those are the thoughts of Cheryl Friedrich, who is a nursing assistant at Pender Care Centre. An employee at PCC since August of 1990, Mrs. Friedrich and her husband and children live on a farm outside of Pender. She is pictured with Rose Randall, who has been a resident at Pender Care Centre since 1981



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Varicose veins pose problem

By Jane Potter, M.D.

Jane Potter, M.D., is chief of geriatrics and gerontology at the University of Nebraska Medical Center.

Varicose Veins Plague Many Older Adults

A common problem facing many older Americans is varicose veins. For some, the twisted, bluish veins in the legs are little more than a cosmetic annoyance that many make them reluctant to wear clothes that show too much leg. For others, however, these knotted, dilated veins can be a painful, disabling condition.

In Kenya, Africa, varicose veins are almost unheard of. But in the United States, 25 percent of adult women and 10 percent of adult men have varicose veins. Why? A lot of it has to do with lifestyle and heredity.

The process usually starts with a defective valve in a vein. Under normal conditions, blood is sent through the arteries by the pumping action of the heart. After nourishing the cells, blood returns to the heart by a pathway of veins.

Sometimes, however, blood in the legs and feet need assistance in its uphill battle against gravity to get back to the heart. Valves in the walls of the veins provide this assistance. These structure open when

blood flows through the veins in an upward direction. They close tightly if blood from above falls backwards. This mechanism ensures a one-way flow of blood back to the heart.

When this orderly process is disrupted because of a defective valve, the blood flowing through the veins puts extra pressure on the remaining valves. The added pressure can cause surface veins to dilate and balloon out into varicose veins.

Heredity and lifestyle play important roles in the development of varicose veins. Some people are born with valves that have a tendency to weaken with age. Others have too few valves in the veins. Those that are present are then forced to support more than their share of stress.

Aging is another factor. Just as the skin becomes less elastic with age, so do the veins. Varicose veins are seldom seen in people in their 20s. By age 50, however, they are quite common.

Varicose veins are more likely to develop in men and women who are not physically active. Inactivity accelerates the development of broken leg veins whereas exercise improves circulation and acts as a preventive tool. Being overweight also can aggravate existing cases of varicose veins.

If you have varicose veins or if your

legs ache after standing or sitting for long periods of time, see your doctor. Aching legs can be used by varicose veins or a variety of other problems. If underlying diseases are ruled out and the varicose veins are causing no symptoms, no treatment is in order. If legs ache at night, elevating them to drain pooled blood may provide all the relief that is needed.

If symptoms are more severe — if the legs ache, itch, become swollen or cramp at night — the doctor may prescribe the use of elastic stockings. Elastic stockings improve circulation by putting pressure on the vein walls. This forces pooled blood from the superficial veins into the deep veins and back into circulation.

Elastic stockings are a good choice for people who are on their feet all day and for those with mild varicosities. Elastic stockings are also ideal for older people who have health problems that make them unable to tolerate other forms of treatment.

Sclerotherapy or injection therapy is a more involved form of treatment that can be performed in the doctor's office. This procedure involves injecting varicose veins with a medication that shrinks them. When the vein is inactivated, blood flow is routed to other healthy veins. Sclerotherapy works best on smaller veins, spiderbursts

and on people with a small number of varicosities.

When varicose veins cause severe discomfort and disability, more aggressive treatment is needed. A surgical procedure called vein stripping can be performed to remove the varicose vein. With the vein gone, blood is forced to find new channels to the deep venous system.

Although it may not be possible to prevent the development of varicose veins, it is possible to prevent debilitating symptoms and complications. If you have varicose veins, try the following tips.

•Elevate the feet whenever possible, such as when watching television or reading.

•Avoid long periods of sitting or standing. This causes blood to accumulate in the lower legs and can cause ankles and veins to swell.

•On long trips, walk up and down the aisles of the plane every hour or so or stop the car and take a walk. If elastic stockings have been prescribed, wear them.

•Walk, run or swim regularly. Exercising the legs helps improve circulation.

•Avoid tight clothing around the abdomen and legs. Tight clothing and boots can impede circulation.

•Lose weight if advised to do so by your doctor.

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Green Acres administrator stresses good quality of life for residents

By James Lempares
South Sioux City Star

Quality of life.

To Jerry Albright, administrator of Green Acres Care Center, located at 3501 Dakota Ave., South Sioux City, the quality of life of the 82 residents of Green Acres, is his highest priority.

Albright also feels that one of the biggest changes in nursing homes in the past 15 years is the emphasis on the "quality of life."

"We really put a focus on the quality of life for residents here at Green Acres," Albright told the Star. "Today in the nursing home quality of life has a whole new meaning. Quality care at a nursing home used to mean that the floors were clean, that there were no odors. . . those kind of superficial things. The focus has changed. We care more about resident choice and resident involvement in the facility."

Choice

According to Albright, residents in a nursing home situation must have rights. At Green Acres those rights are explained in the residents' bill of rights.

"We have a book that explains a resident's rights. When we have new arrivals that is one of the first things they receive," Albright said.

Some of those rights include; "Respect and Dignity," "Choice of Medical Care and Treatment," "Privacy and Confidentiality," and "Freedom from Restraint and Abuse."

"The key point about quality of life is how much choice do residents have in their life," Albright said.

Albright said Green Acres tries on every opportunity to provide their residents with a choice in every aspect of their life.

Not Always

"It's not always the easiest thing to do," Albright said of the individual choice, "but it's something we're striving for."

Albright, 40, has been administrator at Green Acres since May 1980. A native of Humboldt, Neb., Albright attended Lincoln schools and graduated from Lincoln Northeast High School. He also attended the University of Nebraska at Lincoln.

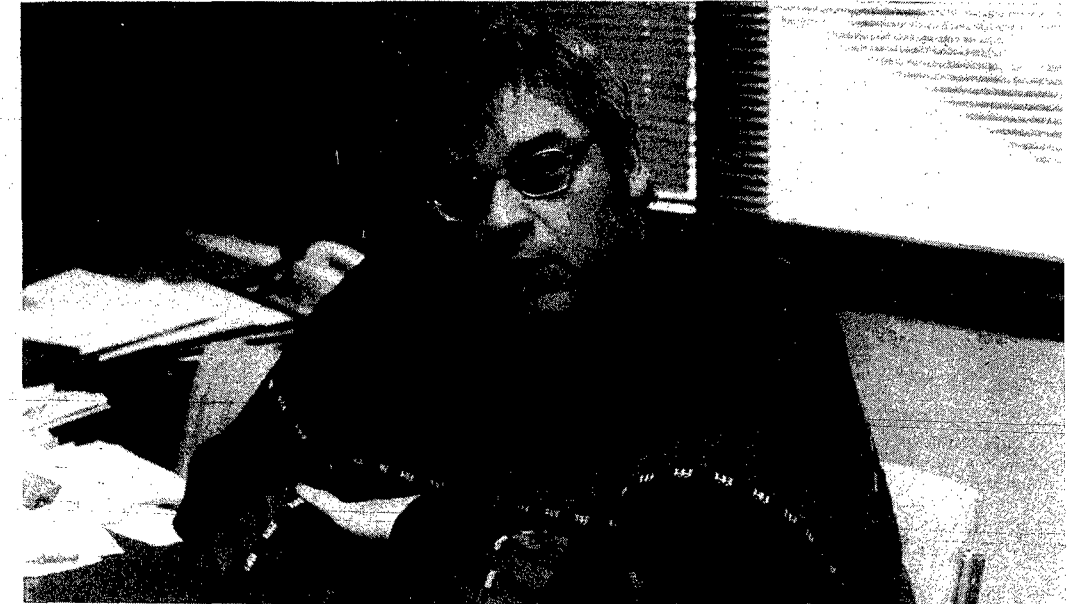
He also worked at Bryan Hospital in Lincoln and at Mory's Haven Nursing Home from Feb. 1979-May 1980.

Albright started working in nursing homes as early as age 16.

Doctor

"I started nursing home work when I was 16. I wanted to be a doctor but at 16, I couldn't get a job in a hospital so I went to work in a nursing home," Albright said.

"Back then we did everything," Albright said. "We did all types of nursing care without much training. Now to be a



Green Acres Administrator Jerry Albright says he has put an emphasis on the quality of life for his 82 residents. The quality of life programs include a resident council and meal committee.

nursing assistant you have to take 75 hours of classroom and clinical training and you also have to pass both a written and clinical test. That's one of the biggest changes you see in nursing homes today. There is an emphasis on training."

Involvement

Albright said that Green Acres has been addressing the issue of greater resident involvement for many years.

"We have a menu committee," Albright said. "It consists of resident, their families and our staff. They sit down with our dietary manager and look at what choices they can have on the menu. They sample new foods and get other food taken off the menu if they don't like it."

Another aspect of resident involvement is the resident council.

"The council meets monthly and reviews and plans recreational activities. We're also doing some remodeling here and the council has played a part in that."

Albright explained that the council has also established policies such as "What is a good nursing assistant" and "What is an ideal resident."

"The council also elects the staff member of the month," Albright said.

Albright believes that the council, resident choice and involvement have all lead to a better quality of life for Green Acres residents.

"I think the program have made a difference. We're having a participatory society in the world today and it shouldn't be any different at nursing homes."

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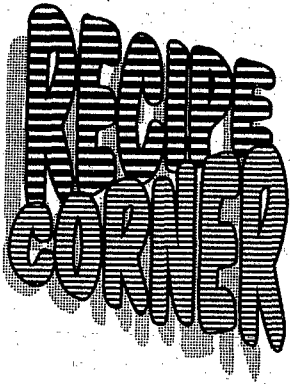
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A farmer's daughter shares her family's cooking secrets

Green fields, blue skies and apple pies cooling on the window sill — the farm has always been the symbol for bounty, sustenance, family and community. In *Food from an American Farm* (Simon & Schuster, \$24.95) Janeen Sarlin, a New York City caterer, reveals three generations of family recipes that were passed down to her while growing up on a Southern Minnesota dairy. Fun and full of life, Sarlin reminisces about everyone on her family tree (and some who aren't) sharing memories and, most importantly, recipes from the farm — country fried chicken, corn fritters, real strawberry shortcake and homemade jams.

Food from an American Farm is comfort food. Each recipe brings back warm memories of a slower-paced, family-centered era, focusing on the hard-working hearty-eating life of a

farm family — from breakfast to dinner to supper, with two lunches in between! Lunch was a "little something to tide you over" till the mid-day meal (dinner) or the evening meal (supper). At every meal the family was together, sharing food and events of the day.

Sarlin's roots give her a great perspective on the changing roles of women and the shifts in responsibilities in multi-generational families on the farm and the history of farm life. With authentic, cherished recipes from her family's collection — catering to today's nostalgic mood — Sarlin brings old-fashioned home cooking back into the kitchen.

Food from an American Farm combines the homespun wisdom of three generations with mouth-watering food that celebrates the earth's bounty. From hearty "Early Bird Breakfasts" and scrumptious treats "From the Red Cookie Tin in the Pantry" to savory clean-your-plate dinners, Sarlin has adapted classic recipes for today's busy home cook.

Ample offerings from the vegetable garden are treated to delicious, yet simple, variations in preparation and serving. "A Collection of Heirloom Cakes" provides the family's contributions to "an edible art form," and a means of personal-expression and creativity in recipes passed down from generation to generation.

RIBS

- 2 racks of pork ribs (about 6 pounds of meaty ribs and bones)
- 1/2 cup flour
- 1 teaspoon celery salt
- 1 teaspoon black pepper, freshly ground
- 1 teaspoon paprika
- 1 clove garlic, minced

SAUERKRAUT MIXTURE

- 2 tablespoons butter
- 3 medium onions, peeled and chopped
- 2 carrots, peeled and chopped
- 2 stalks celery, chopped
- 1 green apple, peeled and chopped
- 1 quart sauerkraut, undrained
- 1 teaspoon black pepper, freshly ground
- 1 teaspoon caraway seeds
- 1 tablespoon brown sugar

POTATOES

- 7 medium potatoes, peeled and quartered

HOT MUSTARD SAUCE

- 1/2 cup whole-grain mustard
 - 1/4 cup Dijon-style mustard
 - 1 tablespoon dry mustard
- Few drops olive oil

To make ribs: Preheat oven to 375°. Cut bones into small portions. Mix flour, celery salt, pepper, paprika, and garlic together in plastic bag.

Working in batches, shake ribs in flour mixture, until well coated. Place on rack inside large roasting pan and bake uncovered until brown and crisp, approximately 1 1/2 hours.

To make sauerkraut mixture: While ribs roast, melt butter in heavy casserole and saute' onions until soft and translucent. Add carrots and celery and saute' 3 to 4 minutes longer.

Add sauerkraut; cover and bring to a boil. Reduce heat and simmer 15 to 20 minutes. Season with pepper, caraway seeds, and sugar; taste and correct seasonings. Set aside off heat until meat is brown. This can be done ahead.

When browned, ribs should be added to sauerkraut mixture. Or, if desired, remove meat from bones, discard bones, and add meat to sauerkraut.

To cook potatoes: Place potatoes in and around sauerkraut and meat mixture. Add water (1/2 to 1 cup) if necessary to keep moist; cover and bring to a boil. Reduce heat and simmer, partially covered, 20 to 25 minutes or until potatoes are cooked.

To make mustard sauce: Mix mustards together, adding a few drops of oil for proper consistency if necessary. Spoon small portion on top of whole affair or pass in bowl. Serves 6.



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Center provides leisure fun

By Dianne Jaeger
The Wayne Herald

Good food, good entertainment and good friends are three of the ingredients you'll find at the weekly Winside Senior Citizen groups get-together.

Anywhere from 20-30 individuals meet each Monday afternoon in the Winside American Legion Hall. This group started in 1989 after Mrs. Barb Leapley, one of Winside's previously honored outstanding citizens, was approached by two seniors asking her if she would organize a group.

This wasn't Winside's first group. On April 20, 1971, with assistance of Mrs. Otto Herrmann, who at the time was an employee of the Goldenrod Hills Community Action Agency of Walthill, held an organizational meeting.

"We had 33 individuals, including three village board members present at that first meeting," says Marie. "The group decided to meet weekly in the village auditorium for an afternoon of cards, bingo, craft lessons, and a monthly cooperative dinner. We had a regular schedule so you knew which activity there would be each week. Coffee chairmen were selected each week and election of officers were held annually.

"In 1974 we even made a 650 piece patchwork quilt as a fund raiser for the Winside Community Betterment program to use for auditorium improvements. We had Halloween and Christmas parties and took a bus trip to Iowa to the Tulip Festival as well as going on a few other outings closer to home," adds Marie.

Besides Marie, Winside's current group has one other charter member who regularly attends. She is Ella Miller.

Ella served as president of the first group of seniors from 1975-1985 and as vice president three years prior. She also served as chairwoman of an Advisory Board of the Senior Citizens Council of Northeast Nebraska and was appointed a delegate by the Goldenrod Hills Community Action Agency to attend the Midwestern Regional Conference on Aging held in 1972 in Denver for four days.

"We even opened a seniors' craft shop called the Colonial Shoppe in South Sioux City," says Ella. "Craft items were made by Senior Citizens from five Northeastern Counties and sold there on consignment."

Ella received the honor of cutting the



Ella Miller, Marie Herrmann, Ella Miller and Goldie Selders pass through the meal line.



Weekly get-togethers provide Winside seniors with an opportunity for good food, good entertainment and good friendships.

ribbon in March of 1972 when the Colonial Shoppe opened its doors.

According to news clippings from Ella's scrap book, the Shoppe was the idea of the area Senior Citizens themselves. The Shoppe was controlled by a 14-member policy advisory committee which was headed by Mrs. Miller. They received only a small amount of assistance from federal government so relied on the area senior citizens for income from a percentage of their consignment sales as well as their volunteer time. The Shoppe closed in 1984.

The first Winside Senior Citizens group continued until November 1985 when they discontinued because of lack of attendance. Others besides Ella Miller who served as officers were: Meta Niemann, Ella Wittler, Edgar Marotz, Ida Fenske, Bertha Rohlf, Fred Wittler, Mrs. August Koch, Jo Thompson, Marie Herrmann and Elta Jaeger.

When Barb Leapley called an organizational meeting for the current group on Feb. 28, 12 individuals attended. They selected Monday for their weekly meetings and decided to hold a potluck dinner once a month. They hold their dinners the last Monday of each month at noon and always have plenty of good food. The rest of the month they meet at 2 p.m.

The group now meets in the new Roy Reed American Legion Hall but previously met in the old Legion Hall, the Winside Stop Inn and the village auditorium.

"We observe birthdays during our monthly potluck dinners. Cakes are baked and decorated by Lorraine Prince who assists me a lot when I'm unable to be present," says Barb. "On other Mondays we have two people furnish lunch on a rotation basis.

"Each Monday we try to have a different program lasting from 30-60 minutes. The rest of the afternoon is usually spent playing cards. Some of the programs we've had include: Alice Dietz, a story teller from Norfolk; Home Health Care Professional speakers; movies; videos; craft and food lessons; exercise; sing-a-longs and special music and/or dancing by Shorty Avery, the Keenagers, the Golden Combo as well as baton twirling by students of Eileen

See CENTER, page 13

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Congress modifies Omnibus provision

The Omnibus Budget Reconciliation Act (OBRA) of 1990 contains 47 provisions that directly affect the administration of Social Security programs. The changes in effect for two groups are discussed below.

Representative payee changes

Although the need for representative payees remains great, Congress has modified the payee selection process to reflect concern about the well-being of Social Security beneficiaries and Supplemental Security Income (SSI) recipients who are unable to adequately manage their own finances. Representative payees are individuals or groups — relatives or non-relatives — who volunteer to oversee the financial management of monthly payments to those who have been judged unable to do so on their own behalf. Approved payees promise to act in the beneficiary's best interest and they provide to the Social Security Administration (SSA) an accounting of how the benefits were used.

Current and future representative payee applicants will need to meet more stringent eligibility standards and will be more thoroughly investigated than past applicants. The 1990 law requires SSA to develop a centralized file of beneficiary and representative payee data so that an applicant's past performance as a payee can be evaluated to determine if that individual should again be

appointed a payee. Additionally, SSA will be held directly accountable for investigating and monitoring representative payees.

Congress has provided further protection to those who need representative payees by generally limited to one month the deferral or suspension of direct benefit payment while a payee is being selected.

Benefits to deemed spouses

Under the new law, for the first time both a legal spouse and a deemed spouse may be entitled to benefits on the same worker's record. In the past, deemed spouses — those who entered into an invalid ceremonial marriage in good faith — were unable to collect benefits if a legal spouse was entitled to benefits or had been entitled and still was considered the legal spouse. Although the provision applies to spouses and widow(ers) of all ages, it requires that the deemed spouse must be living in the same household as the worker at the time of the claimant's initial application or at the time of the worker's death. In cases where a deemed spouse has been divorced from the wage earner, the 10-year duration-of-marriage requirement may be met by a deemed marriage. Under this requirement, a divorced spouse aged 62 or older may be eligible to receive benefits based on the former spouse's record if the marriage lasted at least 1 year and the applicant has not remarried.



Marie Herrmann and Ella Miller (seated, from left) are the two charter members still attending senior center activities. Also pictured is Lorraine Prince, who often helps out.

Center

Continued from page 12

Damme's Starlite Baton Twirlers of Win-side.

"The second Monday is reserved for blood pressure checks which are taken by VerNeal Marotz, a volunteer fireman, and every other month on the second Monday, pedicures are given."

Each Thanksgiving a turkey is furnished and cooked by Barb with the help of Lorraine. They also have a Halloween costume party and a Christmas party with Santa and

all the trimmings. Other holidays are observed when they are close to meeting dates.

There are no dues, however, everyone makes a weekly donation to help defray expenses.

"Besides Lorraine, Lena Miller helps assist me occasionally. Everyone else pitches in whenever we need them. They're all a great group of people to work with. There are no age limits and we welcome anyone who wants a fun time on Monday afternoons," Barb says.

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Marion Health Center's peer counseling program helps elderly in Siouxland area

A new program, founded to assist the elderly in Woodbury county to live independently in their homes, has been formed at Marion Health Center. The Peer Counseling Program's goal is to strengthen the social networks of the elderly and relieve emotional affliction faced by many elderly persons each day.

"The losses that are experienced by the elderly can lead to depressive states or to the potential for depression," says Nadine Dutler, R.N., Peer Counseling Program specialist.

Iowa ranks first in the nation of those 85 or older; second of those 75 and older; third of those 65 and older; and is tied for fourth of those age 60 and older.

With advancing age, many losses are experienced. These can lead to depressive states of to the potential for depression.

Some of the depressive situations that are faced by the elderly suggest that much of the emotional affliction could be helped by strengthening their social networks. This is the objective of Marion Health Center's Peer Counseling Program through the provision of quality and compassionate support.

The Peer Counseling Program is designed to deter progression or to detect advanced states of depression so that earlier therapeutic intervention can be made, therefore avoiding institutionalization and providing a higher quality of life for the client once referred and screened. It is not intended to be a therapeutic approach directed at the treatment of depression.

"There's a real need in the community for a program of this type-it's been needed for so long. But without volunteers or client referrals, it will not be possible," said Nadine Dutler, BSN, R.N., Peer Counseling project specialist.

The program serves several purposes for the isolated elderly residents sixty years and older with a potential for experiencing depression by providing social interaction and support. It also promotes dignity, self-respect, self-sufficiency, and socialization of the elderly, thereby preventing unnecessary and inappropriate institutionalization.

"We work all our lives to strive for independence. Then, as we get older, society tends to foster and reward dependency in the elderly. Forced retirement, license revocation, change in parent/child relationships, and a focus on the negative aspects of aging that devalues the elderly person all combine to place the elderly in a difficult position in America. Our goal is to keep the elderly in the home as long as possible, so they can keep their sense of self-worth and productivity, and live their lives the way they want to. Independence is valued by the elderly," Dutler added. "And, they need to hear they are of value, even with the personal losses and changes they undergo."

By reinforcing skills necessary for the

elderly to maintain an independent living situation, their perceived quality of life is improved. Referrals also could be made to other appropriate community health care systems resources when assessment reveals the need for such services, especially to provide earlier therapeutic interventions.

"We need to be aware of problems the elderly are facing in being self-sufficient and move toward the coordination of various services to benefit the people who need their services," said Dutler. "Hopefully, our counselors will be able to help determine that, so we can assist the elderly to maintain their independence in their homes for as long as possible.

"One of my goals is to bring all the county resources together and provide a link between them for the elderly so they know what is available to them. We have a lot of valuable resources here; the challenge is to coordinate with other agencies to utilize them to their fullest," she added.

For those who would like to become peer counselors, four training programs will be offered this year, with a limit on class size. Ten training sessions (two-and-a-half hours each) will be held per course, which is based on the training manual, "Counseling the Older Adult." The first session will take place September 18.

The training program is divided into three parts: the first explores aging itself, the second involves exercises designed to enhance empathy and increase counseling skills, and the third consists of sensitivity exercises utilizing role-playing. Speakers

will also make presentations on special topics of interest.

"We're looking for mature, responsible individuals with a genuine concern for the elderly, who would feel they'd be comfortable dealing with older people. We want people who will love what they are doing," Dutler said. "Our volunteers should also be good observers, be dependable and flexible, and have a good sense of humor. We're hoping to have ten volunteers per class in an effort to provide more one-on-one instruction, so the volunteers will really be comfortable before they're placed in an actual situation."

As well as searching for volunteers, the Peer Counseling Program is also taking referrals regarding those who would like to be visited by a counselor once a week. The references need not come from a doctor; anyone can refer someone.

"We hope to have volunteers placed in homes by this December, although volunteers are asked to complete the training program first," added Dutler. "I want to stress that we are not sending people out and expecting them to be a professional counselor after 25 hours of training, but rather, they are to support and reinforce their clients' problem-solving abilities and actively listen to their clients, as well as offer social support. By developing and practicing their communication social skills,

it is hoped they will be able to help the client achieve a higher level of social satisfaction. They are not to be a savior, but a support person."

Marion Health Center's Community Education Department, in conjunction with grants provided by the Emily George Fund for Human Needs and Area IV Agency on Aging, Inc., will provide the training materials, instruction, and meeting rooms for the Peer Counseling Program training sessions. Upon completion of the training program, each volunteer will be assigned to one client to meet with weekly, and to phone in between visits. Peer counselors will also meet once a month after training for feedback and support.

"My expectations for the Peer Counselor Program are high. I think we will be providing a valuable service to the elderly community by assisting them in living independently, delaying unnecessary institutionalization. I know I couldn't imagine someone coming to my door and telling me I had to live somewhere other than my home and that I could pack one suitcase of belongings and memories to take with me," Dutler said.

If you're interested in becoming a peer counselor, contact Karen Hansen, Director of Volunteers, Marion Health Center, at 279-2137. Or contact Nadine Dutler, BSN, RN, Marion Health Center Peer Counseling Project Specialist, at 279-5700 for program information, referrals or to be a volunteer.

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Marion starts program to assess the elderly

Marion Health Center recently began offering an outpatient Geriatric Assessment Program designed to assess elderly patients suffering from multiple health problems. Elderly people often suffer from more than one problem. These can include multiple chronic illness, impaired memory depression, dizziness, weight loss, etc. Some elderly people tend to accept these symptoms as part of the normal aging process.

Marion's geriatric assessment program will provide a comprehensive outpatient evaluation of older adults experiencing multiple problems. The assessment program works with patient's personal physician in making the assessment and implementing follow-up recommendations.

In addition to the patient's physical health, the evaluation gives special attention to the patients psychological health, socioeconomic situation and functional abilities to care for him or her self. The health care professionals involved in the assessment may include a nurse, geriatric specialists, social worker, psychiatrist, neurologist, psychologist, dietitian, pharmacist, physical therapist and more, depending on the patient's symptoms.

Following the evaluation, the team will meet with the patient and family to discuss the results and recommendations.

Judy Graber, coordinator for the program, explains how the process works, "After obtaining a physician referral and a patient history, a home health nurse visits the patient at home to do an in home functional assessment. This is followed by two visits to Marion's outpatient assessment clinic where the patient will meet with various specialists. During the visits, the patient's family members are encouraged to attend. The assessment team then meets to discuss the effectiveness of the recommendations."

Graber points out that the Geriatric Assessment program is not a replacement for the patient's personal physician. Rather it is a way to bring a group of specialists together to determine the best course of action for the patient.

Each patient is required to have a personal physician before being seen. If the patient does not have a personal physician, assistance in finding a physician can be offered. Fees for the program are bases of the services used and are covered by Medicare and supplemental insurance policies for the approved amount.

Additional information can be obtained from your personal physician or by calling Marion Health Center at (712) 279 or 1-800-593-5858.

South Sioux City Senior Center Schedule of Events And Menu

This week's activities at the South Sioux City Senior Center, located at 1615 1/2 First Avenue are as follows:

Thursday, Oct. 17--Dance to music played by Senior Citizens Band. Mary Buford will be at the center at 11:45 a.m.

Friday, Oct. 18--Bingo after noon meal. Jam session at 7 p.m.

Saturday, Oct. 19 The South Sioux City Chamberretters will sponsor a salad luncheon at noon at the center. Jam session at 7 p.m.

Sunday, Oct. 20-A public Pancake Breakfast will be served.

Monday, Oct. 21- Pot luck dinner and card party at the center at 6:00 P.M.

Monday, Oct. 21-Pool Team will challenge the Wakefield team.

Monday, October 21, Bowling at Harmony Lanes at 9:00 A.M.

Tuesday, Oct. 22- Pool Team plays Emerson team.

Thursday, Oct. 24-Dancing to the music played by Senior Citizen Band at the Center.

Friday, Oct. 25-Bingo after the noon meal.

This week's menu:

Thurs., Oct. 17--Roast beef/gravy harvard beets, Cottage chesse and pineapple, cookie.

Fri., Oct. 18--Hamburger pattie, hash browns, green beans, tossed salad, upside down cake.

Monday, Oct.21- Salisbury Steak, baked potato, carrots, jello salad, cream pie.

Tuesday, Oct. 22- Ham/sweet potatos, corn, macaroni salad, peaches.

Wednesday, Oct.23-Chicken over rice, Watergate salad, peas, cake.

Thursday, Oct. 24- Spaghetti/ meatballs, coleslaw, garlic toast, green beans, pears.

Friday, Oct. 25-Fish fillet, scalloped potatoes, cauliflower with cheese, lettuce salad, fruit cocktail.

All meals include bread and butter, coffee-tea and milk are served at noon at the Senior Center. Please phone 494-1500 one day in advance for reservations. We also make home deliveries for shut-ins.

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Dixon news correspondent retires

By LaVon Anderson
The Wayne Herald

Hazel Blatchford still remembers the first news story she submitted to The Wayne Herald 23 years ago.

Hazel began her career as The Wayne Herald correspondent in Dixon in October 1968 and retired this month after over two decades of gathering and compiling news for the enjoyment of Wayne Herald readers.

Her very first story — the marriage of Bob Schutte to Kathy Petit.

THE JOB of news gathering hasn't always been enjoyable, recalls Hazel, adding that there have also been accidents, fires, burglaries and deaths to report during the past two decades.

And in the early years, just getting the news delivered to The Wayne Herald in time for that week's edition was a whole other job in itself.

"When the weather was nasty, especially during the wintertime, I'd send the news with someone, usually a neighbor, who had managed to dig himself out and was traveling in the direction of Wayne."

The Dixon woman says her greatest thrill during all those years as news correspondent was seeing one of her stories appear on The Wayne Herald's front page.

HAZEL APPLIED for the job of Wayne Herald news correspondent in Dixon following the announcement of the resignation of Mrs. Sterling Borg. Mrs. Borg had quit the paper to accept a job at the Northeast Station near Concord.

"I thought maybe I could do that, but it took the encouragement of my husband before I finally applied for the position."

Hazel was hired by former Wayne Herald news editor Norvin Hansen and shortly after also began writing Dixon news for The Laurel Advocate. She held both positions until her retirement this month.

Hazel's Dixon news has also appeared in the South Sioux City Star for more than 10 years and in the Nebraska Journal Leader, the newspaper published in Ponca, for the last six years.

All four publications are presently without a Dixon correspondent following Hazel's announcement of retirement.

"I NEVER dreamed when I took on the job with The Wayne Herald that I'd be at it for 23 years," says Hazel, adding that many Dixon area residents who she now gathers news from were just little kids when she began her career.

"Now those 'little kids' are married with families of their own."

Hazel says there has also been a large turnover of neighbors during the past 23 years. "I always hated to see any of them move away."

ALTHOUGH age wasn't a factor in her decision to retire, Hazel says surgery in recent years has left her writing arm weak. "I guess I just thought it was time to quit."

"The Lord has given me three score and 10 years, and I'm thankful for every minute," Hazel smiles warmly while sitting at her kitchen table in the farmhouse northeast of Dixon she has shared with her husband Dudley for the past 37 years.

Hazel and Dudley, who retired from farming approximately 10 years ago, will be married 46 years next spring.

Hazel says they will probably do more traveling now, especially to Bath, Ill. where their only child, David, resides with his wife Mary and daughters Kristen, age six, and Kari, four. David is employed by the Illinois Conservation Department.

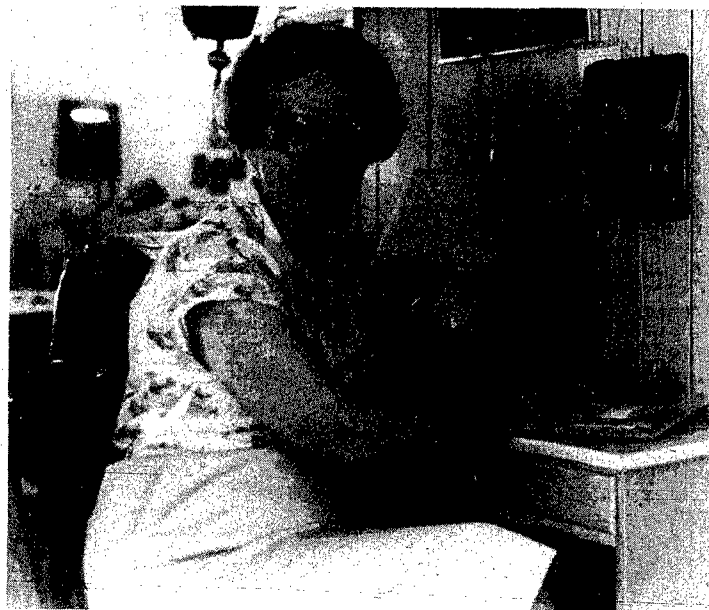
Hazel also plans to spend her extra time arranging photos, learning scripture and pursuing her hobbies, which include several collections.

WHAT DID the Dixon woman enjoy most as a Wayne Herald news correspondent?



"Talking and visiting with the ladies."

What will she miss most?

"Talking and visiting with the ladies."



Hazel Blatchford of Dixon sits at the desk where she made telephone calls and wrote Dixon area news for The Wayne Herald, along with several other area publications. Mrs. Blatchford retired this month as the Dixon news correspondent after 23 years in the position.

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John Wilbeck of Wausa, Mr. Egg Coffee each fall, is Mr. Tomato in the summer. He grows enormous quantities of tomatoes, sharing the harvest with relatives and friends. Here he shows the seasonal end of the crop, gathered after the frost and ripened in his garage.

Smorgasbord Coffee

Who needs Joe DiMaggio, when Wausa, Nebraska, has its own "Mr. Coffee."

"Mr. Egg Coffee," is actually the title John Wilbeck earned long ago.

Saturday evening, Oct. 26, for the 40th year, he'll direct a team of volunteers preparing that traditional Swedish-American drink at the Community Smorgasbord.

Brewing 30 big pots of it each year amounts to 1,200 pots. Ask your computer how many cups that is.

Egg coffee is described as "good coffee" in the Nebraska Pioneer Cookbook published by the University of Nebraska Press and credited to many groups of pioneers. Mr. Wilbeck, born 88 year ago on a farm near Dow City, Iowa, is of Danish descent.

Started young

He began drinking egg coffee as a small boy.

"My mother always made it, with cream, too," he recalls. "Eggs make the coffee clearer, not so black. They tell me that eggs make a weaker taste, but I don't think so."

Behind the Smorgasbord scene a week from Saturday, when the water in the coffee pots on the range comes to a boil, Mr. Wilbeck and his coffee mates will turn down the gas and put a mixture of two cups of fresh coffee, a little water and two eggs into each pot. Then they turn up the flame.

After the grounds sink to the bottom of the pot, they strain the coffee into another pot, to fill the coffee pitchers.

If you want egg coffee for two, the Nebraska Pioneer Cookbook says to put a mixture of half an egg, three tablespoons of "best Java and Mocha," and three tablespoons of cold water in your pot, add a quart of boiling water and let it slowly boil again for 15 minutes.

Better idea: Bring your partner to the Wausa Community Smorgasbord, where a Swedish-garbed waiter cheerfully refills your cup.

Guiding at the Ashfall digs

As a Nebraska tot on her uncle's ranch near Hot Springs, S.D., Carol Tollefson was disappointed when the family went out to find fossils.

"My sister and cousin and I had to stay in the car when Mother got out," said Mrs. Tollefson, now of Wausa "There were so many rattlesnakes."

This summer, not only did she enjoy access to the diggings at Ashfall Fossil Beds State Historical Park in Antelope County north of Royal. She thrilled her six small grandchildren there and, as a volunteer, guided many visitors to the world renowned site.

Since opening in June, more than 38,000 people went to Ashfall to witness the unearthing of fossils of animals that perished under volcanic ash 10 million years ago.

With winter ahead, the park closed for general visitors at the end of September. October is the last month of 1991 group tours.

Indoor Digging

Carol Tollefson shares the thrills of visitors to the Rhino Barn, where the remains of rhinoceroses, three-toed horses and other pre-historic animals come to light.

Ashfall is a joint project of the Nebraska Game and Parks Commission and the University of Nebraska State Museum and

Mrs. Tollefson volunteered through the Ashfall Chapter of Friends of the Museum. State Museum Director Hugh H. Genoways recently told the group many

Sometimes the Wausa volunteer is telling the Ashfall story to friends she hasn't seen for years. Other times she informs people from many states and nations.

Altogether, guiding visitors at the Ashfall Fossil Beds is a stimulating experience, Volunteer Tollefson reveals, a rewarding way to spend your leisure time.

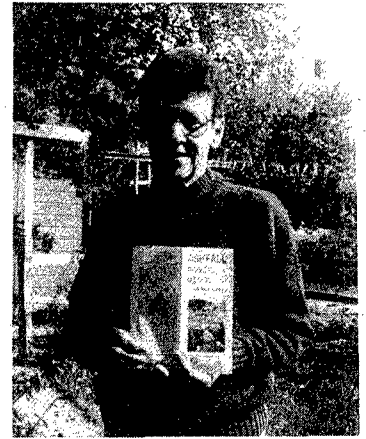
ASHFALL FOSSIL BEDS



A State Historical Park

more volunteers will be needed in 1992 as the fame of Ashfall continues to grow. She guides school children and other organized groups, as well as individuals coming from near and far. They ask:

"Are these just plaster casts? (No, they're fossils of the real bones.) Why didn't the glaciers grind them up in the Ice Age? (The glaciers missed the Ashfall area). Why are the animal remains all together? (This was a water hole.)



Carol Tollefson displays a leaflet about Ashfall Fossil Beds State Historical Park, where she volunteers as a guide,

Nursing Home Awareness

by Sandy Leimer

There are many myths about nursing homes. Many people fear going to a nursing home. We understand these concerns and we want residents and families to know the difference between myth and realistic expectation of life in a nursing home.

There is the myth that a nursing home is like a hospital. A nursing home is not a hospital. People expect the same kind of intensive care they received in the hospital. A nursing home is different.

First, it is a home with nursing care available as needed 24 hours a day, seven days a week. The goals of a nursing home are to:

- 1) Rehabilitate the resident to maximum potential to enable him to return home, if possible;
- 2) Maintain that maximum rehabilitation as long as possible;
- 3) Delay deterioration in physical and emotional well being;
- 4) Support the resident and family, physically and emotionally.

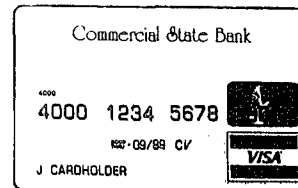
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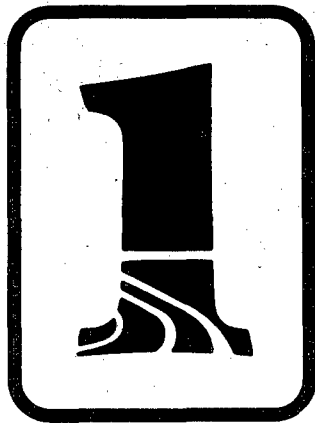
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Disability process assures full review

By Thomas O'Connor
Social Security Manager, Norfolk

One of the questions often asked by people interested in the Social Security disability programs is, why is a person more likely to win a disability decision on appeal than on the initial application? Generally, the person knows one or two people who have been approved for benefits based on an appeal, or have seen statistics which indicate a high rate of approval granted on appeal.

It's important to understand that the appeals process is designed to provide disability claimants with a thorough opportunity to prove they are disabled. A person denied disability benefits at the first

application has three additional levels of review. These include:

•A reconsideration, in which the claim is examined by a person who did not have anything to do with the first decision.

•If the claim is again denied, the claimant may ask for a face to face hearing before an administrative law judge.

•If the claim is again denied, the claimant may ask for a review of the case by the Appeals Council, a panel that sits in Washington, D.C.

•If the Appeals Council denies the claim, or declines to hear it, the claimant may appeal to a Federal District Court.

Our records show that about 70 percent of persons receiving disability benefits were approved at the initial application

level and an additional 10 percent were approved at the reconsideration level. Only about 20 percent of persons receiving benefits were approved at the administrative law judge level. (A very small fraction of cases are approved at the Appeals Council and Federal court levels).

A claim approved at the appeals level does not necessarily mean a reversal of the original decision or that the original decision was wrong. There are many reasons why claims are denied initially and later approved. These may include a deterioration in the condition of the claimant or the failure of an expected improvement in the claimant's condition to occur. Also, the claimant is allowed to submit new evi-

dence, so that the administrative law judge's decision may be based on substantially different information not available in the earlier stages. It is also the first step in which the claimant may appear in person before the decision-maker and present witnesses. Eighty percent of claimants are represented by an attorney or other individual at the hearing level, which also makes a difference.

The bottom line is that the administrative law judge is really making a new decision on what may be a substantially different case. The result is that the claimant is assured that he or she does not have to take no for an answer until he or she has had a thorough review of the claims.

Beneficiaries can work and receive benefits up to the limit

By Thomas O'Connor
Social Security Manager, Norfolk

Social Security beneficiaries can work and still receive all their benefit checks up to an annual earnings limit. However, when earnings go over the limit, a portion of the check may be withheld. The amount withheld depends on the age of the beneficiary.

Social Security beneficiaries who are under 65 can earn up to \$7,080 and get all their benefit checks. If earnings go over that limit, \$1 in benefits is withheld for each \$2 in earnings. Beneficiaries who are 65-69 can earn up to \$9,720 and still get

all their checks. If earnings are over that amount, \$1 in benefits is withheld for each \$3 in earnings. Beneficiaries who are age 70 and older are not subject to the annual earnings limits. And different rules apply to people who get disability benefits and go to work.

Questionnaires go out this month to about 1 million working Social Security beneficiaries nationwide asking them to update their earnings information on Social Security's records. The purpose of the questionnaire is to get current earnings estimates in order to prevent overpayment due to work.

The questionnaires sent this month ask for estimated 1991 earnings. Beneficiaries who earn over the exempt amount and receive some benefits are required by law to file an annual report of earnings by April 15 of the year after the year in which they earned over the exempt amount. A penalty can be imposed for failure to file this report on time.

The questionnaires are sent out each year to beneficiaries who earlier estimated that they would earn over the exempt amount during the current year and those who earned over the exempt amount the

past year. Some beneficiaries receive questionnaires even though they haven't provided a current year estimate.

SSA officials have estimated that similar reminders sent in the past two years have saved the Social Security trust funds as much as \$55.9 million. While most of the overpayments that were prevented would have been detected eventually, officials estimate a savings of almost 11 cents in interest and administrative costs for every dollar in overpayments avoided.

For help in making an earnings estimate, call Social Security at 402-371-1595 or visit the Norfolk office.

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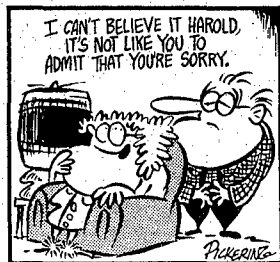
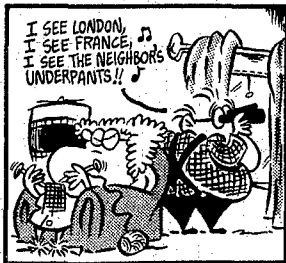
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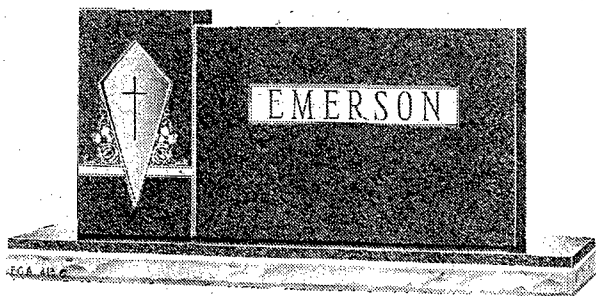
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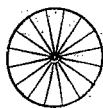
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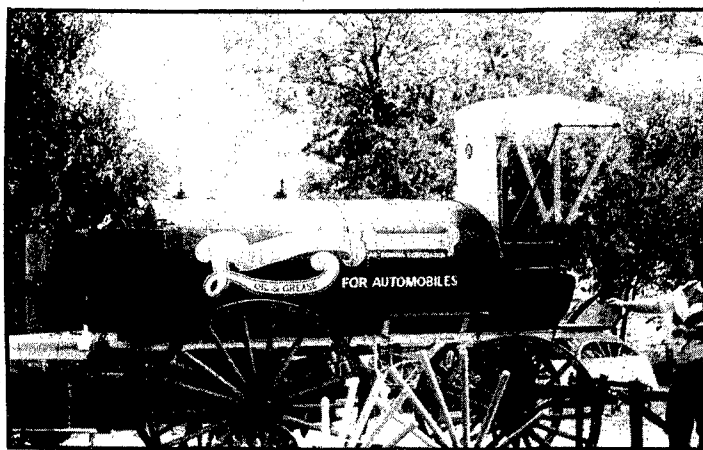
An interest in the art of building wagons "just like the old days" keeps this Northeast Nebraska team committed to preserving the past.



DAVID CARSTENS, Laurel Advocate

Fall always seems to be a great time to reflect on the past. Unfortunately, it seems as each year passes those memories of yesterday manage to fade like the changing leaves. One rural Royal farmer and his son have managed to preserve a piece of history, the art of buggy-building. Marlowe Jensen and his son, Justin, can proudly boast their title as the 'Nebraska Wheelwrights'. During the past 14 years, the Jensens have been building and restoring buggies, carts, carriages, oil wagons, buckboards and other horse-drawn pieces of American history.

Driving into the Jensen homestead is like walking smack dab into a Norman Rockwell painting. Teaching himself the art of blacksmithing, Jensen and his son have traveled far and wide searching for tools and various implements. Along with the acquisition of these tools came a whole new background on what specific tasks they were used for. "My main goal is to preserve the history of the Old West," said Jensen. Just talking to Jensen reveals an extreme dedication to his craft. Jensen has spent a great deal of time talking and learning from blacksmiths, wheelwrights and wainwrights in order to learn from the experts all the aspects of the business. One of his fact-finding missions took him to Amish settlements in Missouri. There he learned the secrets from the masters who have passed the skills down for many generations.



The Jensens recently completed restoration of this tank wagon. The tank contains three separate fuel compartments.

A storyteller at heart, Jensen is quick to flash a smile and tell anyone about his art. There is a tale to every tool in his shop and a story for every spoke he restores. His wife, Earleen, also provides a colorful history to the artifacts that surround the shop. Earleen, who manages the couple's antique shop, Jensen's Country Peddler, has helped her husband turn their farm into a literal outdoor museum of days gone by. Wagon wheels and various implements line the fences and buildings.

Justin's involvement in the business came in the form of a request to his father. It seems a few years back, the 26-year old son wanted his father to build him a horse buggy. Jensen admits he didn't really know where to start. But his ardent desire to create the buggy put him in touch with blacksmiths who gave him some pointers.

Jensen persevered and eventually finished the steel-wheeled buggy for his son. The buggy

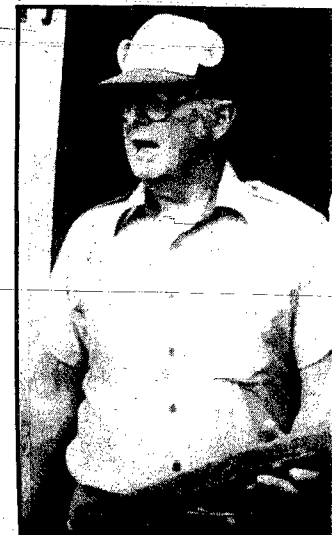
looked great but something just wasn't right. Justin wanted a buggy with real wooden wheel spokes. That sent Jensen on a quest to expand his blacksmith tool collection to include wheelwright tools. It was at that time that Jensen headed to Missouri to learn from the seasoned craftsmen. As time went on, Jensen expanded his tools to include those that would allow for wheel construction and buggy making.

To the lay person, many of the terms used in this art would be confusing, but between Marlowe's easy-going personality and Justin's enthusiastic attitude, the two are anxious to explain their business.

The younger Jensen plans to continue to acquire knowledge of this vanishing art. As an artist and painter, Justin has added a new dimension to the restoration process. "I like to paint and took an interest in painting these old wagons," he said.

The pair recently finished some custom-made buggies including a tank wagon that features three separate storage tanks. Jensen has taken his work into 18 states, has given countless demonstrations and has constantly been improving his wheel work and blacksmithing. The pair created the wheels for the official Governor's Coach that ran at the annual Denver Livestock Exposition in Denver, has given demonstrations at Mount Pleasant, Iowa and has completed many restorations in Nebraska and for customers throughout the Midwest. They also participate at many events in Antelope County and across the state.

The road ahead looks great for the 'Nebraska Wheelwrights'. Like the craftsmen in the old days, the tradition is being passed on. As fall will eventually roll into summer, another project or two will more than likely pass through the doors of the Jensen shop so that we can all see what the horse and buggy days were really like.



Marlowe Jensen holds a wooden spoke as he demonstrates the art of wheelmaking.

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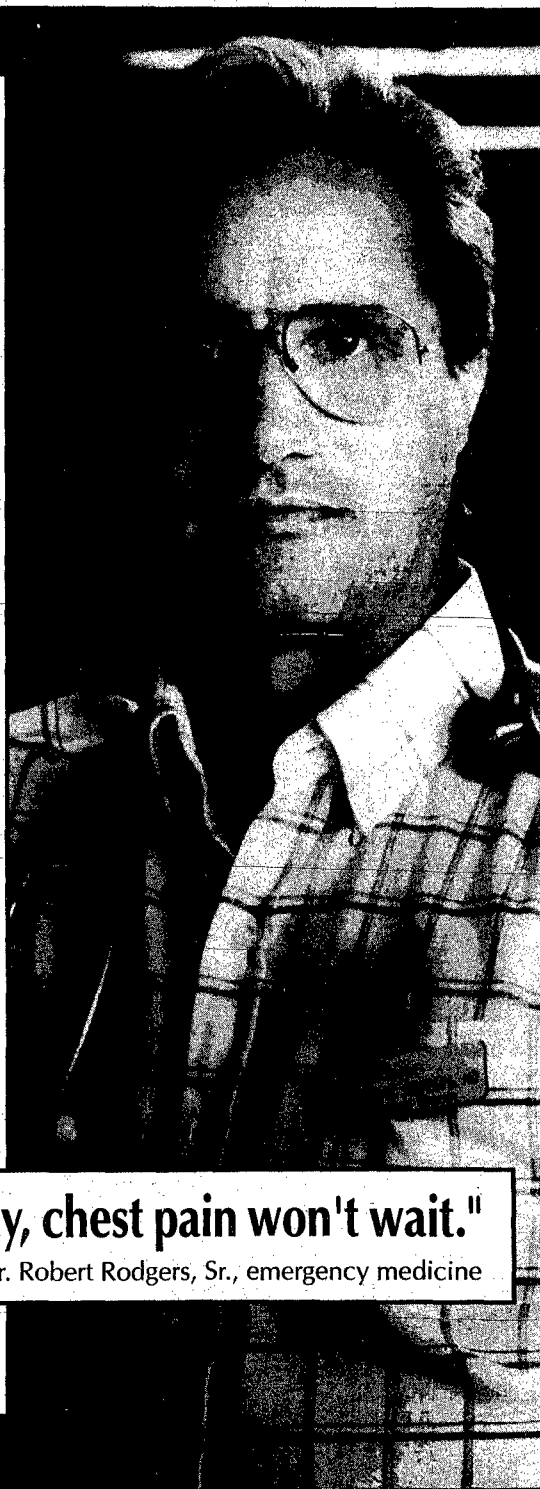
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Senior Side

Autumn ushers in allergy season

By Jane Potter, M.D.
Chief of Geriatrics and
Gerontology at the University of
Nebraska Medical Center

The onset of autumn ushers in a season of misery for millions of Americans who suffer from pollen allergies. Sneezing, coughing, itching, runny noses and watering eyes become constant companions of allergy sufferers.

Every fall, trees, weeds and grasses release tiny particles of pollen. These parti-

cles hitch rides on air currents. Their mission is to fertilize parts of other plants. Many of them, however, never reach their destinations. They make unscheduled stops in human noses and throats. At these sites, the pollen particles trigger the allergic reaction that doctors call pollen allergy or seasonal allergic rhinitis, commonly known as hay fever.

Of all the things that can cause allergies, pollen is one of the most common. It is everywhere. Many of the foods, drugs or

animals that cause allergies can be avoided. It is even possible to escape insects and household dust. But not pollen. There is no way allergy sufferers can avoid windborne pollen short of staying indoors in air-conditioned rooms — and even that may not help.

The severity of symptoms varies from person to person. Time of day, weather conditions and exposure to other allergens such as dust, cigarette smoke or insect sprays can aggravate the symptoms of pollen allergy.

Allergies can develop at any age. They may be inherited or acquired. But they don't go away. Many older people discover they have allergies to plants, molds and weeds when they move to a different state or different climate after retirement. An aggravating "summer cold" that develops every fall and lingers on for months may suddenly turn into a debilitating allergy if the person moves to a part of the country where the offending plant grows abundantly.

Although there is no cure for hay fever, there are ways to ease the symptoms and make life more bearable until the first frost when allergy season passes.

Staying indoors in the morning when outdoor pollen levels are highest may help. Sunny, windy days can be especially trou-

blesome for allergy sufferers. Using air conditioners at home or in the car can reduce pollen levels and ease symptoms.

Medications such as antihistamines, corticosteroids given as nose sprays and cromolyn sodium may be recommended by your doctor to control debilitating allergy symptoms.

Though decongestants and over-the-counter nose sprays may temporarily clear up nasal congestion, they should be avoided. Frequent or prolonged use of these sprays can lead to a rebound effect in which initial relief is followed by increased swelling and congestion of the nasal passages. Eventually people must use sprays more frequently and in higher doses to get relief.

Immunotherapy, commonly known as allergy shots, may also be used to control a person's allergic symptoms if environmental control methods and medications prove ineffective. However, it may take months or years of treatment before a person's symptoms are relieved. And for some people, it does not work.

Fortunately, seasonal allergy symptoms usually last only a few months and seldom lead to complications or respiratory problems. But if you feel you can't cope with aggravating allergy symptoms or just need a respite, an autumn trip to the mountains or seashore may be just what the doctor ordered.

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