

Coleridge man will stand trial

HARTINGTON, Neb. (AP) -- A Coleridge man accused of using his pickup as a deadly weapon has been ordered to stand trial on charges of first-degree murder.

James Forsberg, 59, allegedly ran over Ellen Gray, 74, on Jan. 20 on a main street sidewalk in this northeast Nebraska village of 600.

Prosecutors said Thursday in a hearing in Cedar County Court that Forsberg had terrorized Gray and her family for years, before hitting her with his pickup. Gray was the widow of a prominent banker.

County Judge Daniel Beckwith of Fremont ruled after the 3 1/2-hour hearing that probable cause exists to bind Forsberg over for trial on charges of first-degree murder and use of a deadly weapon to commit a felony.

Cedar County Attorney Mark Behm argued that Forsberg intentionally hit Mrs. Gray with his pickup that morning.

Forsberg had been charged earlier in the alternative, or with either first- or second-degree murder. But earlier this week, the charge was amended to just first-degree murder, Behm said.

Investigator Doug Johnson with the Nebraska State Patrol testified that Forsberg expressed hatred for the Grays while in the hospital following the incident.

Mrs. Gray was the widow of James L. Gray Sr., longtime president of the Coleridge National Bank. Forsberg allegedly blamed the Grays for some problems in his life.

Forsberg's attorney, Mike

See COURT, Page 10

Plowman's palisade

This hillside view of hay bales stacked as a farmstead wind break stands as a silent salute to the ingenuity and resilience of agricultural producers who are being saluted this week, which is National Agricultural Week. The theme of advertised

specials in the monthly Advantage Supplement inside today's Wayne Herald is on Agriculture. This photo was taken five miles west of Wayne. National Ag Day is Sunday.

Ag Week heralds importance of local farmers

By Les Mann
Of the Herald

Agriculture is ALL IMPORTANT, state and local agricultural officials agree. And it is easy to get them to talk about the impact of agriculture on the state and local economy at any time but especially this week, which is designated as National Agriculture Week.

Wayne Chamber of Commerce President Chris King said there is no business that has the impact on the

Wayne area economy that the ag industry has.

"The prosperity of Wayne's business climate is directly tied to the area farmers and agricultural related businesses," said the Chamber President. "Wayne is very fortunate to have such as healthy working relationship with the area farmers and ag suppliers."

KING SAID HE was proud in his capacity as chamber president to salute those involved in agriculture

and agri-business during National Agriculture week.

"Such things as clean air; ample, clean, high quality water; strong, resilient people with positive work ethic," are just a few of the pluses the field of agriculture brings to the state according to Bryce Neidig, president of the Nebraska Farm Bureau Federation.

"To attempt to separate rural from urban is basically impossible, particularly in this day and age," added Neidig. "There truly is no difference

in the importance of agriculture to one or the other," he added. He said both rural and urban people are dependent on one another from an economic standpoint and both are dependent on the same resources and "upon each other" he said.

WAYNE STATE College President Dr. Donald Mash emphasized the importance of agriculture and the development of new ag techniques and products as it impacts the college community.

"Agriculture is the economic base of the college's service region and we're proud of the progress and modernization that has kept it at the forefront of our economy," said Mash.

Dr. Robert Fritchen, director of the Northeast Research and Extension Station in Concord said he thought the nation's industrial complex could take a lesson from agricultural producers. If industries had imple-

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School races draw flurry of final filings

By Les Mann
Of the Herald

A flurry of candidate filings before Friday afternoon's filing deadline has fleshed out the ballot in Wayne County with many positions being contested.

The hottest ballot ticket is a position on one of school boards in the

county.

Four candidates filed Thursday and Friday for the Wayne School Board Race. Four others, including the three incumbents facing reelection had filed earlier. The slate of school candidates will be narrowed to six in the primary May 10, with those facing off in the general election in November.

A KEY ISSUE in the school board campaign is likely to be the administrative decision to reassign the athletic director to other extracurricular duties. The decision by superintendent Dennis Jensen and supported by the school board resulted in a

storm of protest from friends of the ousted athletic director.

The slate of candidates for the school board includes, Bob Dyer, Dennis Lipp, John Carollo, Jean Blomenkamp, Roger Brandt and incumbents Willis Davis, Dr. Ken Liska and Cap Peterson.

School board positions are also highly sought after in other districts in the county as well. In Winside, six candidates are seeking the three positions open in the election. The three incumbents have all filed. They are Douglas Deck, Brian Hoffman and Richard Behmer. They are joined on the ballot by Rick Bussey, Gary Appel and Doug Shelton.

THE WAKEFIELD Board of Education has two candidates from Wayne County. They are Lorie Lueth and Barb Preston.

While the unpaid school board positions generated contests for the positions, some of the paid elected posts in the county will be uncontested.

In Wayne City races three of the positions are uncontested. Sheryl Lindau is the only candidate for Mayor of Wayne. Melvin Utecht in Ward 2 and Patty Wieland the incumbent in Ward 4 are unopposed for election. Incumbent Darrel Heier and challenger Verdel Lutt will face each other for the Ward 1 council

post. In Ward 3, Lois Shelton and Dan Zulkosky will face each other.

BOTH NEBRASKA State Senators who serve Wayne County are facing reelection in May but neither of them drew a challenge. Appointed State Sen. Pat Engel from South Sioux City is unopposed in his first election and incumbent Sen. Stan Shellpeper from Stanton is also unopposed.

In Wayne county races, only the two commissioners facing reelection have any opposition. In District 3, incumbent Jerry Pospishil is op-

See FILINGS, Page 10

At a Glance



We use newspaper with recycled fiber. Please recycle after use.

This issue: 1 section, 10 pages — Single Copy 50 cents

Thought for the day:

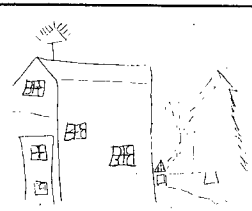
When happiness shows up, give it a comfortable seat.

Soup supper scheduled for March 24

WAYNE — The Wayne-Carroll Music Boosters will have a soup supper on Thursday, March 24 from 5 to 7:30 p.m. at the Wayne City Auditorium.

Cost for soup and a sandwich is \$3 for adults/students and \$2 for children under 5. Cost for soup or a sandwich is \$2 for adults/students and \$1 for children under 5. An extra drink or bar is 25¢.

Groups performing and times are strings, 5 p.m.; fifth grade band, 5:15; Music Makers, 5:30; sixth grade band, 5:45; seventh and eighth Swing Choir, 6; seventh and eighth choir, 6:15; seventh and eighth band, 6:30; high school Jazz Choir, 6:45; Jazz Band II, 7; Jazz Band I, 7:15; high school choir, 7:30; and high school band, 7:45.



Weather

Gerr B., 7
Carroll Elementary
Extended Weather Forecast:
Thursday through Saturday; mild and dry; high temperatures, upper-50s to mid-60s; low temperatures, 30s.

WEB meeting

WAYNE — WEB (West Elementary Boosters) will meet March 21 at 7 p.m. in the elementary school library. Plans will be finalized for the school carnival. Chairmen for each booth should be present.

Severe weather week is declared

AREA — Governor Ben Nelson has proclaimed the week of March 21 to 25 Severe Weather Week in Nebraska. The annual event is designed to focus attention on the approaching severe weather season across the state.

The State Civil Defense Agency and the National Weather Service (NWS) cooperate in publicizing the event. The highlight of the week is Wednesday, March 23.

At 10:15 a.m. on March 23, the NWS will issue a mock tornado watch followed by a tornado warning at 10:30. The all-clear will be issued at 10:45. The watch and warning will allow all local civil defense agencies to test their warning and preparedness systems.

Teen Supremes to meet

WAYNE — The Wayne County Teen Supremes will meet on Sunday, March 20 at 2 p.m. at the Courthouse. On the agenda is parliamentary procedure.

Historical Society meeting planned

WAYNE COUNTY — The Wayne County Historical Society will meet at 7:30 p.m. on Tuesday, March 22 at the museum at 7th and Lincoln St. in Wayne.

Senior Center and Library

Building drive is off and rolling

By Les Mann
Of the Herald

The fund raising drive to raise more than half a million dollars from private sources to help build a new senior citizen center and public library complex in Wayne officially kicked off last week when volunteers began contacting major gift prospects who are being asked for donations of \$10,000 and up, according to Pat Gross, campaign chairman.

The fund raising campaign plans to raise one third of the total goal from this group, said Gross, who added that some of the major groundwork for approach to major givers was laid weeks earlier.

Next week campaign volunteers will be approaching special gifts prospects. This group of businesses and individuals will be asked to give over \$3,000.

A group of volunteers had been formulated to implement the highly organized fund raising effort which is coordinated by a professional fund raising organization, The Cosgriff Company.

"You can feel the momentum of the campaign increase as each day passes," said Gross, who said he has heard very little opposition to the proposed one cent sales tax ballot measure which voters will be asked to approve in the May primary election. The sales tax revenue, estimated to generate \$400,000 per year in Wayne, would be used to fund the part of the \$1.2 million library and senior center project not covered by the private donations.

The sales tax election would also fund renovation of the City Auditorium and construction of a new storm sewer in the downtown area. The ballot measure calls for the sales tax revenue to be used only for these capital projects and to expire after five years.



Library/senior center fund raisers

The committee for the new Wayne Library and Senior Center combined facility who have volunteered their time to seek financial support for the project are, seated, from left, Lois Shelton, Jolene Klein, Ginny Otte, Georgia Janssen and Leona Hagemann. Middle row, from left, Marilyn Pierson, Robert Jordan, Tim Keller, Joe Salitros, Kenneth Olds and Sheryl Lindau. Back row, from left, Sam Schroeder, Pat Gross, Chris King, Rusty Parker, Bill Dickey and Stanley Morris.

Colleges told to hire minorities

LINCOLN, Neb. (AP) -- Three of the state's colleges should bolster their efforts to hire minorities and women, the State College Board of Trustees said Friday.

In a report presented to the board, only 10 of the 256 faculty members at Peru, Wayne or Chadron are minorities. Only 75 are women. At the administration level, three of 114

are minorities and 39 are women.

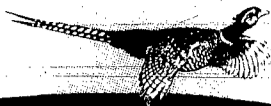
Hiring minorities to come to the primarily rural campuses is difficult because jobs often are not available for spouses, the three campus presidents said.

By law, a job candidate's application does not indicate race, said President Robert Burns of Peru State College.

Board Chairman Peter Clausen of Hastings said the schools should make a particular effort to employ American Indians. Chadron and Wayne are close to reservations.

Trustee Jerry Conway suggested the schools increase the number of

See COLLEGES, Page 10



record

n. \rek'erd\ 1. an account in written form serving as memorial or evidence of fact or event. 2. public information available from governmental agencies. 3. information from police and court files. *v.* 1. to record a fact or event. *syn.* see FACT.

Police Report

Monday, March 7:
 4:03 p.m.— Accident without injury, located on 200 block and Pearl.
 6:19 p.m.— Drunk subject on Seventh and Main.
 7:13 p.m.— Subject making threats, located in the Parking lot of Pamida.
 9:24 p.m.— Vehicle assistance needed on Seventh and Main.
 9:50 p.m.— Unlock vehicle at Hardees.

Tuesday, March 8:
 7:20 a.m.— Keys locked in vehicle at K-D Inn.
 12:10 p.m.— Unlock vehicle near Pamida.
 12:24 p.m.— Unlock vehicle near Pamida.

Wednesday, March 9:
 7:00 p.m.— Theft of services at K-D Inn.

Thursday, March 10:
 12:21 a.m.— Locked door on Seventh and Main.
 6:29 a.m.— Alarm at Automatic Dealer.
 8:47 a.m.— Check welfare, near Pac N'Save.
 2:00 p.m.— Request traffic control on Seventh and Lincoln.
 3:22 p.m.— Underage driver near Apco.
 6:01 p.m.— Loud music on Lincoln.
 7:00 p.m.— Reckless vehicle at Hardees.

Friday, March 11:
 9:13 a.m.— Deliver message.
 3:49 p.m.— Unlock vehicle on East Third.
 4:45 p.m.— Unlock vehicle at Pac N'Save.

Saturday, March 12:
 3:40 a.m.— Request to locate vehicle.
 10:43 p.m.— Reckless driving on Westwood Road.

Sunday, March 13:
 10:05 a.m.— Keys locked in vehicle in St. Mary's parking lot.
 11:22 a.m.— Keys locked in vehicle South of Carhart.
 1:49 p.m.— Kids playing on equipment at Morris Machine Shop.
 1:50 p.m.— Locked out of apartment at Villa Wayne.
 5:52 p.m.— Unlock vehicle on Logan.



Medical support

Northeast Nebraska Medical Group doctors presented Wayne boys golf coach Terry Munson with jackets, sweaters and mock turtles to be given to the Blue Devils golf team. Pictured from left to right: Dr. Dave Felber, Dr. Jim Lindau, golf coach Terry Munson, Dr. Ben Martin, Dr. Willis Wiseman and physician's assistant Gary West. **Munson said the high school team really appreciates the support shown by the doctors and it means a lot to know that people in the community are showing an interest in the program.**

Dixon County Court

Vehicle Registrations
 1994: Sows N Acres Farm Inc., Allen, Ford Pickup; Mark Muller, Wakefield, Ford; John W. Plowman, Ponca, Plymouth Sport Van; Big T Enterprises Inc., Ponca, Chevrolet Suburban/Carry All.
 1993: Lisa Pretzer, Wakefield, Pontiac; Leroy Lunz, Wakefield, Buick; Valerie Hansen, Ponca, Buick; Bradley R. Verzani, Ponca, Ford; Steven J. Schweers, Ponca, Pontiac.
 1991: Knerl Ford Inc., Ponca, Cadillac.
 1990: Jason E. Luckel, Ponca, Mercury.
 1988: Janette Campbell, Wakefield, Eagle; Becki D. Persinger, Ponca, Pontiac; Enrique Cano, Wakefield, Chevrolet Pickup; Kenneth G. Lundin, Ponca, Ford.
 1987: Craig Nelson, Newcastle, Cadillac; Scott Huetig, Concord, Dodge Sport Van.
 1986: Jill M. Sullivan, Allen, Chevrolet; Robert J. Sullivan, Allen, Chevrolet.
 1985: Lloyd Olander, Newcastle, Chevrolet Pickup; Richard F. Taylor, Ponca, Cadillac; Kenneth or Elaine Watchorn Trust, Ponca, GMC Pickup.

1984: Lowell Roeber, Waterbury, Honda.
 1983: Jamed Eifert, Ponca, Pontiac.
 1982: Mary C. Hohenstein, Ponca, Ford; Gene H. Wriedt, Allen, Ford Pickup; Penny Rac Haase-Ellis, Allen, Ford; Lori R. Weir, Wakefield, Ford.
 1980: Melvin Puhmann, Concord, Chevrolet Sport Van; Kevin Erwin, Wakefield, Honda Road/Street; Val Doescher, Wakefield, Ford; Bert W. Ellis, Allen, Chevrolet Sport Van; Robert D. Blohm, Allen, Chevrolet Pickup; Raynor L. Peterson, Newcastle, Chevrolet Pickup; Larry P. Koester, Allen, Hillsboro Flatbed Trailer.
 1978: Ralph E. Riffey, Ponca, Ford Bronco Utility; Kelli Ludwig, Ponca, Dodge; Preston G. Nelson, Maskell, Buick; Chad-M. Eifert, Ponca, Chevrolet Pickup; John G. Black, Wakefield, Ford.
 1977: Larry L. Martinson, Newcastle, Jayco Travel Trailer.
 1976: Michael G. Rhoads, Wakefield, Chevrolet Crew Cab.
 1974: Debra K. Goodsell, Ponca, Chevrolet.

1968: Paul Gothier, Concord, Chevrolet Pickup.
 1964: Kyle Lamprecht, Ponca, Chevrolet.
 1950: Ray Hinz, Newcastle, Ford Truck.
Court Fines
 Kirk N. Gardner, Wakefield, \$79, speeding. Geraldine M. Meylor, Sioux City, Iowa, \$54, speeding. Dawn M. Casey, Laurel, \$54, speeding. Robert W. Welsh, Barrington, Tenn., \$39, speeding. Kandis J. Conrad, Ponca, \$54, speeding. Kevin Ray, Sioux City, Iowa, \$54, speeding. Douglas L. Danielson, St. Joseph, Minn., \$39, speeding. Michael L. French Sr., Ft. Gordon, Ga., \$39, violated traffic control device. Leoplo Garcia, Schuyler, \$74, no operator's license.

Marriage Licenses

Marriage Licenses
 Greg J. Stapleton, 23, Allen, and Chantel L. Hancock, 22, Allen.
 Richard D. Roland, 28, Allen, and Donna R. Tomlinson, 33, Allen.

Obituaries

Burnis Martinson

Burnis Martinson, 79, of Allen died Wednesday, March 9, 1994 at the Pender hospital.
 Services were held on Saturday, March 12 at the First Lutheran Church in Allen.
 Burial was in the Maskell Cemetery.

Dixon County Property Transfers

Jerome and Edna Helgren to John and Susan Sandahl, part of the East one-half of 8-28N-6, containing 114 acres, more or less, revenue stamps \$210.
 Leo Dietrich to Gretchen Mae Dietrich, lot 4 except the North 40 feet of said lot 4, block 12, Original Town of Concord, a parcel of land beginning at the Southwest corner of lot 4, block 12, Original Town of Concord and lots 4 and 5, block 8, Village of Concord (divorce property settlement).
 Vandelyn Clark, single, and by her attorney-in-fact, Neil A. Kluber, to A. Vernona Aguirre, lot 2, block 2, Nelson's Addition to Concord, revenue stamps \$17.50.
 Martin S. and Ardath Pearson to Thomas P. and Lou Ann F. Kneiff, W1/2 NE1/4 and S1/2 NW1/4, 27-31N-4, revenue stamps \$77.
 William L. Binkard, Personal Representative of the Estate of Emma Lunz, deceased, to Clifford E. and Jane E. Lunz, NE1/4 and N1/2 SE1/4, 26-30N-4, revenue stamps \$68.25.
 Norman W. Haglund to Norman W. and Miriam J. Haglund as joint tenants and not as tenants in common, S1/2 of lot 2 and all of lot 3, block 39, Peavey's Addition to Wakefield, revenue stamps exempt.
 Stanley V. and Geraldine L. Steele to First Nebraska Bank, the East 32 feet of lots 19, 20, and 21, block 6, and West 100 feet of lots 19, 20 and 21, block 6, Original Town of Emerson, revenue stamps exempt.

Entries available

Entry blanks for the annual Wayne Lions Club Amateur Talent Contest appear in today's edition of The Wayne Herald.
 The annual Lions Club talent contest is slated for Sunday, March 27 at 1:30 p.m. in the Ley Theater on the Wayne State College campus in the Brandenburg Education Building.
 Entries for the contest are due March 22 and should be sent to Lion Hilbert Johs, Math Dept., WSC, Wayne, NE 68787.
 Participants will compete in six divisions: 8 and under; 9-11 years old; groups of three to nine, 11 and under; 12-14 years old; 15-18 years old; and groups of three to nine, 12-18 years old.
 The performances are open to the public.
 Performances will be limited to a maximum of four minutes. Judging will be based on talent, perfect of performance and audience appeal. The first and second place winners in each division will be awarded trophies and the first place winners in each division will compete in the Lions District talent contest which will be held April 23 in Bennington. Winners at the district level will compete in the Lions State talent contest which will be held in Norfolk on June 3.

Daffodil Days set

Even though there is still a bit of winter chill in the air, the American Cancer Society will provide a touch of spring to Wayne with Daffodil Days, March 18-20.
 Prepaid Daffodil orders may be picked up at the Wayne Greenhouse on March 19 from 9:30 a.m. to 12:30 p.m. Volunteers from the Wayne County Women of Today will have available additional daffodils for sale during this time also. The annual sales raises funds for the Society's research, education and patient service programs.
 The daffodil is the first flower of spring and as such, symbolizes hope and renewed life. Daffodil Days concludes with Hope Sunday on March 20. For more information, contact Laura Hochstein at 375-4740.

Haven House announces new addition

Haven House in Wayne has announced a new addition which will be made available in the near future. For the first time a shelter house will be available in Wayne for women and children needing a place to escape from abusive situations.
 An apartment has been made available for use by Haven House as a longer term shelter center than the temporary housing volunteers have provided in the past.
 People in need of shelter for longer than a few days in the past were referred to neighboring cities such as Sioux City, Norfolk or Columbus, said Vicki Meyer, director of the domestic abuse intervention agency.
 In the past Haven House was only able to provide safe houses for three days before women and children had to be referred to out of town services, said Mrs. Meyer. And then often the shelters in other cities were full, she added.
 She said there was a critical need for a safe house in Wayne. The number of cases referred to Haven House has increased dramatically in

recent years she said.
 "People are more aware and are finding out abuse is not the way life is supposed to be," she said. "There are options."
 Household items are needed to help furnish the apartment, the location of which is a closely kept secret for security reasons. Bedding and furniture items are especially needed. Those with items to donate may contact Haven House at 375-4633.

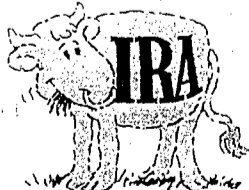
Aquafest attended

Why is oil hazardous to wildlife? What are nitrates and where do they come from? What is Newton's Second Law? There were 495 fifth graders from Northeast Nebraska who learned the answers to these and many other questions at AquaFest held March 7 and 8 at Wayne State College.
 AquaFest is a hands-on cooperative educational program sponsored by the University of Nebraska Co-operative Extension; Wayne State College Math/Science Division; The Junior Academy of Sciences; The Lewis and Clark; Lower Elkhorn, and Papio Missouri Natural Resource Districts; The Soil Conservation Service; Northeast Community College Biology and Agricultural staff; and the Nebraska Well Drillers.
 Students participated in 12 educational activities.
 See AQUA, Page 10

— NOTICE —

I have sold my shop and warehouse to Vakoc Construction Co. I have also disposed of Swinney Trenching Service to other parties.
 I wish the buyers the best of luck in their endeavors and I want to thank all the many customers I have served since March 7, 1950.
 I will have an auction April 2, 1994, to dispose of the remaining items.
 With kindest personal regards,
Lee Swinney

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Dr. Samuelson Moves to New Practice

Dr. William Samuelson is pleased to announce that his practice will be moving from Northwest Iowa Orthopaedics and re-opening as an independent office in the Grandview Professional Center, at 2800 Pierce Street, Sioux City, Iowa.

Dr. Samuelson will continue to specialize in all orthopaedic procedures including treatment of bone, joint and spinal disorders.



Grandview Professional Center
 2800 Pierce St.
 P.O. Box 2016
 Sioux City IA 51104
 712-277-2225
 FAX: 712-277-1662
 William O. Samuelson, M.D., F.A.O.S., F.A.C.S.
 Orthopaedics and Spine Surgery

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persuasion

n. \per-swa'zhen\ 1. the act of persuading. 2. Expressing opinions with the goal of bringing others to your point of view. 3. communication on issues. 4. an exercise in freedom. 5. editorializing and letter writing. *syn:* see OPINION



Editorials

Capitol News

Salute diversification

Corn, wheat, soybeans and livestock crops are more than just food; they are also staples for consumer products like fuel, biodegradable plastics, cosmetics and even the ink on the paper you are holding.

The accomplishments of these alternative uses for agricultural products have taken center stage this week—National Agriculture Week.

We join state and national ag industry promoters in extolling, praising and encouraging the new uses for agricultural products that means economic growth for rural communities and sound environmental stewardship.

The farmer is truly the backbone of our economy. Through his and her efforts millions are fed abundantly and economically. But today the benefits to society from the efforts of our farmers are not just limited to food.

"Growing better everyday," is the theme of this year's national recognition and it truly relates to the diversity of products and uses being developed by and for today's agriculture.

One of every four Nebraskans depends on agriculture for employment. The agriculture industry provides \$9 billion to the state's economy each year.

This week is a time for consumers to remember and appreciate our "good life" advantages provided by agricultural producers.

Take a modern look at homesteads

By Melvin Paul
Statehouse Correspondent
The Nebraska Press Association

LINCOLN — Homestead exemption. For some reason, I just want to whistle the theme from "How the West Was Won" when I hear those words.

They sound like some "rule of the prairie" adopted by frontier desperadoes: Black Bart can rob a settler on his horse or at the local saloon, but never at their ranch because, heck, they've got a homestead exemption.

Well, in the modern world, homestead exemptions are a tax break given to about 52,000 elderly and disabled Nebraskans on their home. And in the 1994 State

Legislature, they're rustling up a stampede of proposals.

Most are coming from Lincoln senators, where a county-wide reappraisal of property values for tax purposes has raised a ruckus among homeowners, especially elderly ones.

Residential property tax values in Lancaster County were increased by 30 percent or more on most houses, which tossed several senior citizens above the limit to get a homestead exemption.

Currently, the state exempts the first \$35,000 of value from taxes. So when property tax values leaped in Lancaster County, it shot past that limit, making many senior citizens eligible to start paying property taxes again.

Some elderly residents told lawmakers they couldn't afford to pay taxes on their fixed incomes.

Cue up the cavalry charge music, because senators and Gov. Nelson have galloped to the rescue with a number of proposals.

Most ideas include the concept of raising the limit for total homestead tax exemptions, to the first \$45,000 of value and beyond. After all, they reasoned, the \$35,000 standard was set in 1979, and the value of homes has shot up considerably since then.

The governor, who coincidentally faces re-election this year, weighed in with a more modest proposal and a promise to study the issue for bigger changes in 1995.

"It's a cautious, small step to

what the governor expects will be a much larger step in the future," said Trent Nowka, the governor's legislative lobbyist.

State Sen. Jerome Warner of Waverly, who introduced a more ambitious homestead exemption proposal, was not enthusiastic about the governor's plan.

"I guess it kind of falls in the category that it doesn't help you much, it doesn't hurt you much and it doesn't do much," Warner said. "It's almost down to passing something just to pass something."

Warner proposed a bill that would cut off exemptions for wealthy senior citizens while broadening the tax break for more low-income elderly Nebraskans.

Nelson proposed to extend partial homestead tax exemptions for seniors with incomes of \$10,400 to \$12,300. Currently, only those persons with incomes of \$10,400 and below qualify for a homestead exemption.

Overall, it's an interesting debate, and one that touches one of the strongest voting blocks in the state: the elderly.

The exemption was designed to help keep the elderly and disabled whose earning power has declined in their homes. But there's strong evidence that some richer senior citizens, in homes worth \$100,000 or more, are also benefiting from the tax break.

You can be sure of one thing: With so many politicians saddled up to save the day (and get re-elected), something is going to get done.

The views expressed in Capitol News are those of the writer and not necessarily those of the Nebraska Press Association.

ONE OF MANY SUBSTANTIVE TRADE TALKS WITH THE JAPANESE OVER THE YEARS.

Senate considers new homestead exemptions

By Stan Schellpeper
District 18 Senator

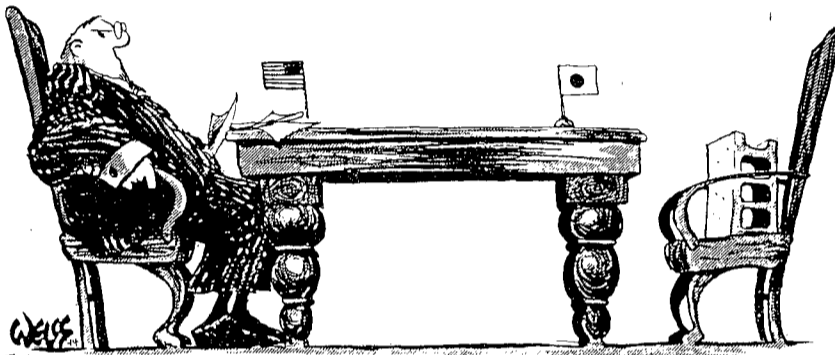
The Revenue Committee, of which I am a member, recently held a hearing on Governor Nelson's proposed changes to the homestead exemption law. The homestead exemption gives a property tax exemption to the elderly and disabled on the first \$35,000 of the assessed value of their home if their income is below \$10,400. The Revenue Committee is not supportive of merely raising the eligible amount of assessed home value with the \$10,400 income level unless we begin looking at other forms of income that could be included when determining eligibility for the exemptions. We believe that social security benefits, retirement benefits and interest from tax-free municipal bonds need to be included in the income requirements so that only the individuals that sincerely need and deserve the assistance receive the property tax exemption.

There currently are homeowners in the state that are eligible under current law for the homestead exemption with homes valued between \$100,000 and \$200,000. In using the current \$35,000 home value threshold for exemption, many homes are removed from the property tax rolls thereby raising the real estate taxes for all other property owners. I support raising the amount of home value for exemption provided we consider other areas of income available to the

homeowners who are eligible.

We have spent a considerable amount of time on a bill which expands funding credits for ethanol plants located in Nebraska. An amendment was approved that raises the check-off on all corn and grain sorghum sold for use in the state from the current 1/4 cent to one cent. Ethanol plants are very important to Nebraska's economy and have increased the average price received for grain in the state. A new plant under construction in Blair is expected to require an increase in the amount of money needed to provide the credits to ethanol plants. Consequently, the current check-off will not generate enough income to fund these credits that have been allowed for several years. I prefer that we invest more state funds into this program because an ethanol plant helps not only grain producers, but it also produces jobs and benefits the entire Nebraska economy.

I would like to thank all of the people who have responded so far to the questionnaire I included in last week's newsletter. If you have not yet replied, there is still time. Please contact me if you would like to be sent a copy of this questionnaire. And, as always, if you would like to comment on these bills or any other legislation, or if you would like to have your name and address placed on our mailing list for future questionnaires, please do not hesitate to contact me or my staff at 471-2801.



Merlin digs out little known facts

Did you know that: It is unlawful to make a "U" turn in front of the local U.S. Post Office? Offenders face a fine!

The National Education Association (NEA) is the nation's biggest labor union? NEA headquarters employs over 500 and spends \$100 million plus annually.

Television pundits must have used 1,000 hours of jaw time discussing Rodney King, Bobbitt, Harding, Whitewater, Kerrigan, Mendez brothers, and Bill and Hillary? No one discusses why, with their expensive electronics, TV weather predictors seldom get it right.

Eastman Kodak Co. and Apple Computer are joining in producing a digital camera? No film! Photos are placed on compact discs. Video tape will apparently go the route of the eight-trak cartridge.



Merlin Wright

The city street department does a terrific job in moving snow off the streets? They do it so routinely that few residents compliment them. If you like being thanked for doing a good job, how about giving them the same courtesy?

Former U.S. presidents each get a pension of \$148,400 a year? Wait a minute! They also receive ex-

penses for office, staff and travel expenses averaging about \$500,000 each. When you pay your federal income taxes, think about how a former president will enjoy it!

The Wayne-Carroll High School is right up front with its computing system? If you haven't seen it, you should! Students taking advantage of the system find themselves on the leading edge.

Breakfast cereal is nearly \$4 a box so consumers can use discount coupons and think they are getting a bargain? Many consumers, if

given a choice, would do away with the coupon and drop the price.

The U.S. Supreme Court may soon reverse 60 years of giving Congress and the states unchecked authority to impose taxes retroactively? Some tax experts predict the justices will tell Congress it has gone too far.

According to Jane's International Defense Review, a British defense publication, the U.S. Air Force has a new stealth airplane with a profile

See MERLIN, Page 4

Letters Welcome

Letters from readers are welcome. They should be timely, brief and must contain no libelous statements. We reserve the right to edit or reject any letter.

Words to live by

Platitudes for sluggards and procrastinators

"Plan your work and work your plan."

That's one of the battle cries of those high-energy efficiency experts that try to convince us sluggards to be more productive. We pay them millions through their books, seminars and motivational tapes for platitudes that will, we hope, make us do what we know we should be doing anyway.

The efficiency experts tell us it's all in the plan. There is nothing that can't be accomplished if we develop a well-thought-out plan and then follow it.

The problem I see with all this sound planning advice is that life is what happens when we've made other plans.

I've found that if I busy myself making plans for tomorrow, I'm usually too busy to get any work done today—hey, wait this might be a good plan in itself.

"Plan more and work less" could be the new battle cry of the new organization I would like to start—Procrastinators and Sluggards International. Think anybody will pay for books and demotivational tapes on the subject?

Efficiency experts also have another favorite platitude—"Don't work harder, work smarter."

In the case of us procrastinators and sluggards working smarter means not working at all. But, boy will we have a plan.

"When are you going to clean the basement?" she asks.

"You know what we really need is a basement plan so we know how it



Mann Overboard

By Les Mann

should be cleaned and were everything goes," says I. Finding the closest easy chair and cold drink I begin to "work" immediately on the plan. It is best, I have found in these situations, not to dawdle but get right busy preparing the plan. If you don't some real unavoidable work might come along.

I've got tons of plans prepared to do dozens of "honey do" projects in coming weeks and months, including plans for a vacation. Those plans I think will be the easiest to "work." I haven't actually implemented any of those plans, every time I get ready to "work my plans" some other project crops up that needs careful planning.

I don't ever worry about running out of projects to plan around the house. There's too many friends and neighbors that seem to respect my planning ability and invite me to help them prepare plans for their projects too.

When I'm done planning at home or with friends or community associates, then it is usually time to go to the office and make plans there. Planning can be a real rewarding, albeit unproductive, career. I discovered the other day that you can now get a college degree in planning.

I am sure I would have been a success in that field rather than newspaper work if there had been an opportunity for me to go to planning school instead of journalism school. I have developed such a knack for planning to avoid work, I should be getting paid for it and receiving professional recognition for my accomplishments.

I'm sure if I would have entered that field professionally instead of as a rank amateur, by now I could have won the Nobel Peaceful Prize for planning excellence—with my eyes closed (literally).

I've even developed a better platitude than "plan your work and work your plan." The slogan of the efficiency experts has that vulgar, four-letter "w" word in it. A better one is "The man who plans everything carefully will do few things badly—and will do few things, period."

Words to live by.

Letters

Utter disbelief

Dear Editor:

I am writing this letter in utter disbelief concerning the firing of Ron Carnes as Athletic Director at Wayne High School. I taught several years with Ron, and I know what kind of committed person he is to the Wayne School System and the Wayne community. Ron has always been interested in helping

the youth of Wayne. I am truly disappointed in the community for letting this happen. You may have problems in Wayne, but I'm certain the problem is not Ron. It is time that you look at your leadership and make changes now!

Don Johnson
Omaha

The Wayne Herald

114 Main Street Wayne, NE 68787 375-2600
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lifestyle

n. \l\éif • stile\ 1. the way in which an individual or group of people live. 2. of and pertaining to customs, values, social events, dress and friendships. 3. manifestations that characterize a community or society. syn: see COMMUNITY

Community Calendar

TUESDAY, MARCH 15
Tops 782, St. Paul's Lutheran Church, 6 p.m.
Wayne Business and Professional Women, Black Knight, 6:30 p.m.

WEDNESDAY, MARCH 16
Job Training of Greater Nebraska representative at Chamber office, 10 a.m. to noon
Alcoholics Anonymous, Wayne State College Student Center, noon
Pleasant Valley Club, Irma Baier, 2 p.m.
AWANA Club, Armory, 6:45-8:15 p.m.
TOPS 200, West Elementary School, 7 p.m.
Alcoholics Anonymous, Fire Hall, second floor, 8 p.m.
Al-Anon, City Hall, second floor, 8 p.m.

THURSDAY, MARCH 17
Mom's Group, Redeemer Lutheran Church social room, 9:30-11 a.m.
Wayne County Immunization Clinic, sponsored by Goldenrod Hills, First United Methodist Church, 1:30-3:30 p.m.
Immanuel Lutheran Ladies Aid, Wakefield, 2 p.m.
Kiwanis Pancake Feed, Wayne City Auditorium, 5-7 p.m.

FRIDAY, MARCH 18
Wayne Community Hospital Auxiliary, Providence Medical Center, 2 p.m.

SATURDAY, MARCH 19
"Women Helping Women in the Heartlands" Fair, Northeast Comm. College, Maclay Building, Norfolk, 9:30 a.m.-4:30 p.m.
Daffodil Days pickup, Wayne Greenhouse, 9:30 a.m.-12:30 p.m.

SUNDAY, MARCH 20
Alcoholics Anonymous, Fire Hall, second floor, 8:30 a.m.
Town Twirlers, Laurel City Auditorium, St. Pat's dance, 8 p.m.

MONDAY, MARCH 21
Legislative Forum, Ramsey Theatre, WSC, 11 a.m.
Non-smokers Alcohol Anonymous opening meeting, meeting room, second floor, Wayne Fire Hall, 7 p.m.
Ponca After 5 Club, Ponca Senior Center, 7-9 p.m.
Monday Merry Mothers, Roberta Welte, 7:30 p.m.
Wayne Eagles Auxiliary, Aerie Home, 8 p.m.

First Trinity LWML of Altona meets in March

The First Trinity Lutheran Women's Missionary League of Altona met in March with eight members present and two guests, Melvy Meyer and Ashley Easley. Pastor Bertels gave the lesson, "WORK: Blessing or Curse?", taken from the Lutheran Women's Quarterly. The group read through the hymn, "With the Lord Begin Thy Task."

The group sang "Lutheran Women, One and All" as the mic box offering was taken.

The business meeting was conducted by Julie Stuthman, president. The minutes of the last meeting were read and approved and the treasurer's report was given.

Correspondence was read concerning a tour to Bethesda Lutheran Home, Watertown, Wis. The tour

will begin in Omaha Sept. 26 and end in Omaha Sept. 30. Several places of interest will be toured along the way. The entire fee of \$325 covers bus fare, double occupancy lodging, six meals and admission to all attractions. Reservations can be made with Treicia L. Stratton, Bethesda Lutheran Homes and Services, Inc., 700 Hoffmann Drive, Watertown, WI 53094. Include a check for \$50 to hold reservation with the balance (\$275) (due Aug. 15).

The salad luncheon to be held in May was discussed. Members will meet to quilt at 9:30 a.m. Each member is to bring a salad for the noon meal. The lesson and business meeting will follow.

See ALTONA, Page 5

What we should tell our kids

QUESTION: What answer do you have for those who say being a mother and a housewife is boring and monotonous?

DR. DOBSON: They are right—but we should recognize that every other occupation is boring, too.

How exciting is the work of a telephone operator who plugs and unplugs switchboard connections all day long? Or a medical pathologist who examines microscopic slides and bacterial cultures from morning to night? Or a dentist who spends his or her lifetime drilling and filling? Or an attorney who reads dusty books in secluded libraries? Or an author who writes page after page?

Few of us enjoy heart-thumping excitement each moment of our professional lives. On a trip to Washington, D.C., a few weeks ago, my hotel was located next to the room of a famous cellist who was in the city to give a classical concert that evening. I could hear him through the walls as he practiced hour after hour.

He did not play beautiful symphonic renditions; he repeated scales and runs and exercises over and over. The practice began early in the morning (believe me!) and continued until the time of his concert. As he strolled on the stage that evening, I'm sure many individuals in the audience thought to themselves, "What a glamorous life." Some glamour.

I happen to know that he spent the entire day in his lonely room in the company of his cello. Musical instruments, as you know, are terrible conversationalists.

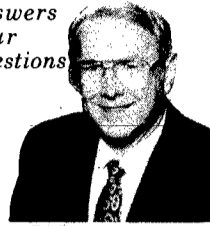
No, I doubt if the job of a housewife and mother is much more boring than most other jobs, particularly if the woman refuses to be isolated from adult contact. But as far as the importance of the assignment is concerned, no job can compete with the responsibility of shaping and molding a new human being.

May I remind mothers of one more important consideration; you will not always be saddled with the responsibility you now hold. Your children will be with you for a few brief years and the obligations you now shoulder will be nothing more than dim memories.

Enjoy every moment of these days—even the difficult times—and indulge

Dr. Dobson

Answers Your Questions



yourself in the satisfaction of having done an essential job right!

QUESTION: Some parents feel guilty about demanding respect from their children because it could be an underhanded way of making themselves feel powerful and important. What do you think?

DR. DOBSON: I disagree. It is important that a child respect his parents because that relationship provides the basis for his attitude toward other people.

His view of parental authority becomes the cornerstone for his latter outlook on school authority, police and the law, the people with whom he will eventually live and work, and for society in general.

Another equally important reason for maintaining parental respect is that if you want your child to accept your values when he reaches his teen years, then you must be worthy of his respect during his younger days.

When a child can successfully defy his parents during his first 15 years, laughing in their faces and stubbornly flaunting their authority, he develops a natural contempt for them.

"Stupid old Mom and Dad! I've got them wound around my little finger. Sure, they love me, but I really think they're afraid of me."

A child may not utter these words, but he feels them each time he outsmarts his adult companions and wins the confrontations and battles. Later, he is likely to demonstrate his disrespect in a more open manner. His parents are not deserving of his respect, and he does not want to identify with anything they represent. He rejects every vestige of their philosophy.

Parents must first sell themselves. If they are not worthy of respect, then neither is their country, their morals, their governments, their religion or any of their values. This becomes the "generation gap" at its most basic level.

These questions and answers are excerpted from the book Dr. Dobson Answers Your Questions. Dr. James Dobson is a psychologist, author and president of Focus on the Family, a nonprofit organization dedicated to the preservation of the home. Correspondence to Dr. Dobson should be addressed to: Focus on the Family, P.O. Box 444, Colorado Springs, CO 80903.(c), 1982, Tyndale House Publishers, Inc.

This feature brought to you by the family oriented Wayne Dairy Queen



Grace Ladies Aid has 48 attending

Grace Ladies Aid LWML met March 9 with Betty Wittig, Ethel Johnson and Wilma Penlerick as hostesses.

There were 48 members present and Leona Lessmann and Phyllis

Nolte were guests. Phyllis Nolte was welcomed as a new member.

The Christian Growth opened with a prayer for the Lenten season. A business meeting followed, with Milly Thomsen presiding.

Leora Austin reported on making hospital visits and sending cards. She also took flowers to Irene Victor.

The sewing ladies tied seven quilts and will quilt again on March 24.

The president read a letter from Seminar student Lee Weander and also a letter from the Lutheran Family Service and Bethesda.

St. Paul's of Winside invited the group to attend guest day on April 6 at 1:30 p.m.

Mary Janke had the program, "Easter Is."

The meeting closed with the Lord's Prayer and table prayer.

The birthday song was sung for Dorothy Meyer, Ellain Vahlkamp, Matilda Bareiman and Ardene Nelson.

Merlin

(continued from page 3)

resembling a small B-2 bomber? The craft has been videotaped over the Southwest near Groom Lake Air Force Base in Nevada. Officially, the base doesn't exist, but Russian satellite photos reveal otherwise. Government hides things from citizens that Russian spies and satellites have always known.

As a passenger on Earth, you're traveling about 18.5 miles per second? And you claim you never get to go any place!

The new senior citizen/public library complex will provide family recreation for all ages?

We're Still Here Come on Over!



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WAYNE LIONS CLUB AMATEUR TALENT CONTEST

LEY THEATRE on WSC CAMPUS
Sun., March 27 at 1:30 p.m.

NAME(S) _____ AGE _____
TELEPHONE _____ DATE OF BIRTH _____
ADDRESS _____
TYPE OF ENTRY _____
NAME OF SELECTION _____
SPECIAL EQUIPMENT NEEDED _____

Entries must be returned by March 22 to:
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Baptisms

Emily Marilou Sebade

Emily Marilou Sebade was baptized Sunday, Feb. 27 at St. John's Lutheran Church in Wakefield, by her uncle, Rev. Bruce Schut. Her parents are Fred and Mary Sebade of Emerson and she has an older brother, Noah.

Grandparents are Elmer and Delores Lehman of Concord and Eugene and Maribelle Sebade of Emerson. Sponsors were Rev. Bruce and Jan Schut of Wakefield, Mike and Joyce Sebade of Emerson and Dale and LuAnn Durant of South Sioux City.

A dinner was hosted by Emily's parents in the church parlor. Guests included her grandparents and sponsors and their families. Also attending were Mr. and Mrs. Ron Sebade and family, Mr. and Mrs. Chad Sebade and Eric, all of Wayne; Mr. and Mrs. Marlin Beckmann and family and Mr. and Mrs. Earl Johnson, all of Pender; and Mr. and Mrs. George Johnson and Harold Lewin, all of Thurston.

Annual spring craft boutique was held

The Wayne County Women of Today held their third annual spring craft boutique on Saturday, March 5 at the Wayne city auditorium.

Twenty-two exhibitors displayed their wares for the many customers.

Exhibitors donating door prizes, followed by the winners, were: Lois Black of Emerson, basket, Rose Carlson of Wayne; Bonna Barner of Wayne, ceramic bunny, Dot Benne of Wakefield; Sharon Dahlquist of

Wayne, wooden bunny, Ruth Flier of Wayne; Cynthia Puntney of Carroll, Mary Kay nail polish, Shelly Jorgenson of Wayne; Fern Kramer of Wayne, note holder, Deb Ball of Wakefield; and Dee Spahn of Wayne, wall hanging dream catcher, Joye Magnuson of Wayne.

The 14th annual holiday craft festival will be on Nov. 5 at the Wayne city auditorium. For more information call Debbie at 375-4239.

CONFIRMATION DINNERS...

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\$5.00 COUPON GOOD AT WAYNE'S PAC'N'SAVE

3 GAMES FOR 3 DAYS
\$5.99 COUPON GOOD AT WAYNE'S PAC'N'SAVE

United Methodist Women met March 9 at the church

The United Methodist Women met on Wednesday, March 9 at 2 p.m. with 25 in attendance. Julie Claybaugh, president, opened the meeting with a poem entitled "A Brand New Day."

The correspondence consisted of thank yous from Norma Ehlers and Rachel Wolske and family. The Laurel UMW invited the group to attend their spring fellowship on Saturday, April 16 at 9 a.m.

The nominating committee forwarded the name of Elizabeth Hancock to fill the vacancy of vice president. The UMW voted to accept the nomination and elected Elizabeth to finish the term of vice president. Julie Claybaugh welcomed her and presented her a "Corsage for Missions" ribbon.

Dorothy Brandstetter reported the church kitchen needs tea towels. Jan Kohl reported the interest

from the Ruth Ellis Scholarship fund will allow the group to offer one scholarship this May.

Fern Kelley reported on the World Day of Prayer which was held on March 4. She presented a thank you to Nancy Fuelberth on behalf of the Treble Clef Singers who participated in the program. She also gave a thank you to Julie Claybaugh and Becky Wilson for being co-chairs of the lunch committee and thanked all who brought bars and helped serve.

Those on the prayer list are Daryl Hubbard, Sharon Corbit, Orville Sherry, Ora Wax, Elizabeth Hancock's son Josh, Daryl Harrison and Leone Anderson.

Inez Olds and Dorothy Brandstetter have March birthdays. The birthday song was sung and Helen Rose pinned a "Corsage for Missions" ribbon on each of them.

Maxine Robins gave the program entitled "Opening Up To God." Those assisting her were Dorothy Brandstetter, Ruth Reed, Kay Kemp, Fern Kelley, Helen Rose, Mary Sensenig and Jan Kohl. The Treble Clef Singers sang several selections.

The lunch committee included Beverly Sturm, Martha Brodersen, Frances Nichols, Hallie Sherry and Roberta Welte. Pauline gave the Missionary Minute about teenagers volunteering to go to Los Angeles during their spring break to help rebuild where the riots occurred last year.

The next meeting is a noon luncheon. Helen Rose is the chairman and those assisting her will be Della Mae Preston, Pat Prather, Mary Wax, Marjorie Summers, Verna Mae Creamer, Inez Olds and Alice Wagner.



"Talking With TJ" training provided by UNL Extension 4-H Specialist Kathleen Lodi, trains 4-H leaders and elementary teachers how to teach youth planning and teamwork skills.

Team training is provided to area 4-H leaders and teachers

A new imaginative approach to teaching children valuable lesson about teamwork, and the development of more cooperative and caring relationships with their peers, was introduced at a training session on March 8 in Wayne. "Talking with TJ" is a program, designed for grades 2-4, which uses a creative mix of videos, comic books and hands-on activities, to teach important teamwork skills: planning, cooperating and appreciating differences.

Workshop participants received videos, a complete curriculum plan, comic books and posters, free of charge. The program is designed for use in the school classroom, at 4-H club meetings or with church or community youth groups.

The "Talking With TJ" program is being made available through the Extension Service, USDA and National 4-H Council and Hallmark Corporate Foundation. The Foundation is funded solely by Hallmark Cards, Inc. of Kansas City, Mo.

Local participants were Lynette Able, Nancy Michael, Lori Ohms, Steve Royal, Barb Tyndall, Carole Van Kirk and Kathy Wilkenson, Macy; Pam Boehle, Lynda Cruick-

shank, Kim Dunklau, Barb Lutt, Lucinda Mottl, Shelly Schultz, Gloria Leseberg and Joan Sudmann, Wayne; Shirley Gowery and Amy Kathol, Wynot; Janelle Gubbels, Cindy Heimes, Kathy Heimes, Mindy Heimes, Lisa Wolfgang, Carol Wortmann and Stacy Wortmann, Hartington; Fran Hassler and

Michelle Rinas, Ponca; Becky Hefner, Vicki Kleinschmit and Cheryl Preister, Coleridge; Evelyn Lodi, Schuyler; Reba Mann, Marilyn Rethwisch and Marilyn Leighton, Winside; Maureen Martin, Emerson; Mike Mogus, Wakefield; Kim Urbance, Jason Urbance and Angela Paepfer, Pender.

Bridal Shower

Camala Behmer

HOSKINS — A miscellaneous bridal shower was held for Camala Behmer of Hoskins at the Peace United Church of Christ on Sunday, March 6 at 2 p.m.

Sixty guests attended from Newman Grove, Ansley, Scotia, Grand Island, Broken Bow, Central City, Norfolk, Pierce, Carroll, Winside and Hoskins.

Decorations were in teal and peach. They had readings and a contest. Hostesses were Sandy Williams of Kansas City, Mo.; Marcia Prussa of Central City; Shar Kaufman of Wisner; Judy Williams of Carroll; Cheri Deck, Sally Pichler and Diane Miller, all of Winside; and Peg Behmer, Nancy Deck, Beth Deck and Joan Settles of Hoskins.

Connie Behmer, mother of the bride, poured and Jami Behmer, sister of the bride, assisted with gifts.

Camala Behmer, daughter of Richard and Connie Behmer of Hoskins, and Jeff Storms, son of Dennis and Marilyn Storms of Scotia, Neb., will be married March 26 at the Peace United Church of Christ.

Briefly Speaking

Mom's Group meeting scheduled

WAYNE — Mom's Group will meet Thursday, March 17. Moms will be making a craft, a necklace, for the topic. Moms are encouraged to wear green in observance of St. Patrick's Day.

All area moms are welcome to attend the meeting from 9:30 to 11 a.m. in the social room of Redeemer Lutheran Church in Wayne. Babysitting will be provided in the downstairs fellowship hall. There is a \$2 charge per child (\$1 for each additional child), and a \$3 charge for children under age 2. Mothers are encouraged to bring toys for their children. Some are provided. Infants and nursing babies are welcome to attend the meeting with mom.

Anyone wishing additional information is asked to call Madge Brulat, 375-5171.

DAV Auxiliary holds regular meeting

WAYNE — The Wayne County Disabled American Veterans Auxiliary held its regular meeting on March 8 at the Wayne Vet's Club at 8 p.m. Commander Eveline Thompson presided with five members present. Carole Nordby, acting chaplain, gave the opening prayer and Verona Bargholz, patriotic instructor, led in the Pledge of Allegiance to the flag.

Community service bulletins from national were read and discussed. The volunteer recognition supper in Norfolk will be April 22. The DAVA and DAV will attend the bingo party at the Norfolk Veterans Home at 2 p.m. on April 12. Irma Baier, Eveline Thompson and Ruth Wacker will furnish angel food cakes.

Carole Nordby gave the closing prayer. Eveline Thompson served lunch after the meeting.

The next meeting will be April 12 at 8 p.m. at the Wayne Vet's Club. There will be election of officers.

T&C Club plays 500

WAYNE — T&C Club met in the home of Marjorie Bennett on Thursday afternoon. 500 was played for entertainment. High scores were made by Muriel Lindsay and Edna Baier.

Next meeting will be April 14 with Gladys Gilbert at 2 p.m.

The total high score for the whole year was made by Muriel Lindsay and she received the traveling trophy.

BPW to meet tonight at Black Knight

WAYNE — The Wayne Business and Professional Women will meet for a 6:30 p.m. networking dinner meeting tonight (Tuesday) at the Black Knight in Wayne.

Meg Watson, director of Rainbow World Day Care Center, will address the group on "It's 9 a.m., Do You Know Where Your Children Are?"

Guests are welcome and no reservations are needed.



New Arrivals

BAECKEL — Jeremy and Wendy Baeckel, Loveland, Colo., a son, Brandon Joel, March 13, 7 lbs., 14 oz. Great grandparents are Mr. and Mrs. Don Lutt and Mrs. Irene Blecke of Wayne.

HOUGH — James and Jodi Hough, Allen, a daughter, Allison, March 5, 8 lbs., 3 oz., St. Luke's, Sioux City. She joins a brother, Riley, 3. Grandparents are Mr. and Mrs. Donald Brockberg of South Sioux City and Mr. and Mrs. Dave Hough of Lexington.

SCHWARTEN — Tom and Kim Schwarten, Syracuse, a son, Ethan Thomas, March 11, 5 lbs., 14 3/4 oz. Grandparents are Betty and Weldon Schwarten of Wakefield and Arlin and Lucy Reuter of Syracuse. Great grandparents are Marian Stolle of Wakefield, Marie Reuter of Syracuse and Hilda Ikenberry of Palmyra.

Altona

(continued from page 4)

Members were reminded on the Spring Workshop to be held April 19 at Immanuel Lutheran, rural Wakefield. The theme will be "What Are You Reaching For?"

The Spring Mission Festival in Altona will be held May 15 with Pastor Ricky Jacobs speaking. Pastor Jacobs serves the Native American Ministry in Winnebago.

All members were reminded to entertain at the Wisner Manor on March 24 at 2 p.m.

The birthday song was sung for Erna Greenwald.

The meeting closed with the table prayer and the Lord's Prayer. Two sympathy cards were mailed since the last meeting. Hostess was Erna Greenwald.

The next meeting will be held on April 7 at 1:30 p.m.

The Golden Years

For most people, Social Security benefits starting at age 65 are something of a pot of gold at the end of a rainbow. But some people find themselves out of work before 65. One option is to request that monthly benefit payments start as early as age 62. In that case, benefits are reduced from what would be paid at age 65. A person who requests benefits at age 62 gets 20 percent less than what would be paid monthly if he or she waited until age 65. Benefits are reduced by five-ninths of one percent for each month that payments start before age 65.

In the summer of 1944, when Allied forces were storming Nazi-held Normandy beaches to liberate Europe, Reggie Jones became a teenage lifeguard on a Long Island, New York, beach. At 66, a retired teacher, Jones completed his 50th summer of saving overconfident swimmers and scoring other triumphs like diving to recover lost dentures. That made him the lifeguard with the longest continuous service in New York State. He qualified at 66 by shaving six seconds off the 100-yard swim test. "It's not your age, it's what you can do," Jones explains.

Remember When? July 1, 1924 — The first daily coast-to-coast airmail service was inaugurated. Planes made 14 stops each way between New York and San Francisco.

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3 Nebraska Cellular is Nebraska-owned with Nebraska-based customer service.

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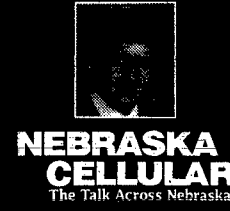
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The Golden Years

For most people, Social Security benefits starting at age 65 are something of a pot of gold at the end of a rainbow. But some people find themselves out of work before 65. One option is to request that monthly benefit payments start as early as age 62. In that case, benefits are reduced from what would be paid at age 65. A person who requests benefits at age 62 gets 20 percent less than what would be paid monthly if he or she waited until age 65. Benefits are reduced by five-ninths of one percent for each month that payments start before age 65.

In the summer of 1944, when Allied forces were storming Nazi-held Normandy beaches to liberate Europe, Reggie Jones became a teenage lifeguard on a Long Island, New York, beach. At 66, a retired teacher, Jones completed his 50th summer of saving overconfident swimmers and scoring other triumphs like diving to recover lost dentures. That made him the lifeguard with the longest continuous service in New York State. He qualified at 66 by shaving six seconds off the 100-yard swim test. "It's not your age, it's what you can do," Jones explains.

Remember When? July 1, 1924 — The first daily coast-to-coast airmail service was inaugurated. Planes made 14 stops each way between New York and San Francisco.

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sports

n. \spoerts\ 1. a source of diversion or recreation. 2. a particular activity (as hunting or athletic game) engaged in for pleasure. 3. persons living up to the ideals of sportsmanship. 4. the object of enjoyment for spectators, fans and newspaper sports page readers. syn: see FUN

No tap bowling tournament set

WAYNE-There will be a No Tap Bowling Tournament on Sunday, March 20 as a fund raiser for Sight First. The tournament will be held at Melodee Lanes in Wayne from 2-5 p.m. It is limited to the first 12 teams with five bowlers to a team.

The cost is \$20 per bowler or \$100 per team. There will be cash prizes for the first four places along with high team game, high individual series and high individual game.

You can register by calling Melodee Lanes at 375-3390 or by calling Hilbert Johs at 375-3369. You can also register by calling Charles Maier at 375-3549. Checks should be made payable to the Wayne Lions Club. Scoring will be provided by the Lions Club and sanctioned current handicaps will be used.

All-Conference teams announced

WAYNE-The Lewis & Clark Conference along with the NENAC Conference, recently announced their all-conference basketball teams for girls and boys.

In the Lewis Division, Allen's Tanya Plueger and Steph Martinson earned first team honors while Holly Blair and Dawn Diediker earned honorable mention status. In the Lewis boys division, Allen's Curtis Oswald was named to the first team while Jay Jackson earned honorable mention.

In the Clark girls division, Wakefield's Maria Eaton was named to the first team while Kali Baker and Kathy Otte earned honorable mention. Winside's Christi Mundil and Kari Pichler also earned honorable mention status.

In the Clark boys division, Wakefield's Cory Brown was named to the first team and was the top vote getter by the coaches in the division. Wes Blecke, Ryan Ekberg and Miah-Johnson were named honorable mention. Winside's Ryan Brogren and Marty Jorgensen were also named to the honorable mention list.

In the NENAC, Laurel's Samantha Felber was named to the first team while in boys play, Jared Reinochl, Jeremy Reinochl and Cody Carstensen all earned first team status.

Wildcat sluggers finish spring trip with 6-7 mark

By Kevin Peterson
Sports editor

The Wayne State baseball team returned from their spring trip into Missouri and Kansas with a 6-7 record to start the season. John Manganaro's crew will play in Omaha, Wednesday against the UNO Mavericks before hosting South Dakota State on Friday in the home opener.

Friday's twinbill will be played at the Wayne State College field instead of the previously scheduled Hank Overin Field with a starting time of 1-p.m.

The 'Cats opened up season play with a double-header loss to Missouri Southern, 3-0, 16-1 on March 5. Jon Janssen and Chad Gillispie were tagged with the losses from the mound.

WSC notched seven hits in the first game and five in the second contest. WSC earned its first win on March 6 with a 6-3 decision over Northwest Missouri State with Tim Fancher picking up the pitching victory. The 'Cats tagged the host team with eight hits.

WSC lost to the same Northwest Missouri State team on March 7, 5-3 as Bryan Stockwell took the loss. The 'Cats managed just four hits in this contest—the lowest hitting output of the entire trip.

Later that day WSC defeated Northeast Missouri State, 5-2 as Chris Goodsell earned the pitching victory after tossing a complete game. On March 8 the 'Cats won a 10-2 decision from Missouri Valley with Kevin Maulick earning the victory from the mound. WSC notched nine hits in the contest.

Last Thursday, WSC won its third straight contest with a 7-4 win over Pittsburg State of Kansas. Jon Janssen earned his first pitching win of the season and the 'Cats offense exploded for 11 hits.

The win streak was snapped in the nightcap of the double-header with Pittsburg State winning, 13-7. Brian Bellinghausen was tagged with the loss despite pitching just one inning. Both teams belted out a dozen hits.

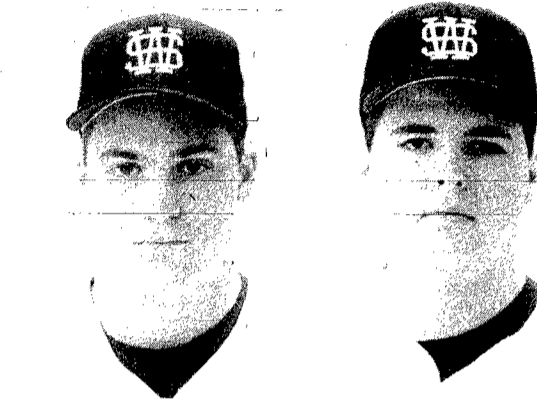
Friday, the 'Cats swept a double-header with Colorado School of Mines, 6-4 and 3-2 with Bryan Stockwell and Chris Goodsell notching pitching wins.

WSC closed out the spring trip with three losses to Emporia State, 17-7; Fort Hays State, 14-4, and Emporia State once again, 11-10. Andy Von Dollen, Brian Bellinghausen and Steve Paxson were tagged with the pitching losses in order.

WSC belted out 100 total hits in the 13 contests led by Russ Hamer, Raul Urias and Chad Cerveny with 12 each while Chris Looft notched 11 and Jeff Schneider, 10. Anthony Brown finished with nine hits on the trip and Cory Reeder tallied eight while Tim McDermott notched seven.

Hamer finished with the highest batting average at .429 of those that had at least 13 official plate appearances. Urias brought back a .414 batting average and Cerveny currently yields a .353.

Cerveny and Schneider shared



RUSTY HAMER led the Wildcats in hitting on the recent spring trip, yielding a .429 average.

CHRIS GOODSSELL came back from the spring trip with two pitching victories at a team best 1.42 ERA.

team-honors in rbi with nine each while Reeder had six rbi. Reeder and Looft supplied the only home runs hit by the 'Cats while Cerveny and McDermott each belted three doubles to share team honors.

Others notching hits for the 'Cats on the southern tour included Cory Reeder, Tim McDermott, Mike Vanderwilt, Jon Small, Jon Janssen, Darin Gregory and Andy Von Dollen.

In pitching, Chris Goodsell led WSC with a 2-0 record. His earned run average is also the lowest on the team currently at 1.42. Tim Fancher, Jon Janssen, Bryan Stockwell and Kevin Maulick also have pitching victories to their

credit. Goodsell also pitched the most innings at 12.7 and had the most strikeouts, 11. The news was not all good for the 'Cats, though as they lost the services of Rusty Hamer, unofficially for the season after he suffered an injury sliding into first base.

Wayne is ranked in final poll

The Wayne boys basketball team entered the Omaha World-Herald rankings in Class B at the number nine position in the season's final poll. The Blue Devils hadn't been ranked since early in the season but the two-point loss to Omaha Gross in the first round of the Nebraska State Tournament gave Wayne some respect.

Rocky Ruhl's squad ended the year with a 19-5 record and averaged 61 points per contest while giving up 52. The Blue Devils had the fifth best record of any Class B team this season.

Wahoo, which won the state championship finished first with a 27-1 record, followed by Firth Norris at 26-1. Gross ended up third in the rankings despite a 14-9 record. The Cougars were 7-8 this year against Class A opponents and 7-1 against Class B foes.

McCook finished fourth in the ratings after losing a double-overtime decision to Norris in the semifinals of state last Friday. The Bison yielded a record of 19-6.

The fifth place team according to World-Herald sports writer and prep prognosticator Stu Pospisil, went to Grand Island Central Catholic who lost to McCook at districts and finished with a 20-3 record.

Hastings Adams Central placed sixth with a 19-2 record and a loss to McCook in the district tournament followed by Omaha Roncalli at 17-10 and Fairbury, 17-6. Roncalli lost to Wahoo in the district finals while Fairbury fell to Norris for the third time in the season in the district finals.

Waverly, 11-10 rounded out the field of 10 after its showing in the district finals against Gross as they took the Cougars to three overtimes before falling.

Meyer directs another winner

Former Wayne graduate Don Meyer, the head men's basketball coach at David Lipscomb University, completed another successful season Tuesday after qualifying for the NAIA National Tournament in Tulsa, OK.

The Bison mentor is one of the most recognizable coaches in all of college basketball, not only for his success on the court as the head coach, but for his summer basketball camp which has grown to become the largest in the United States, attracting nearly 4,000 campers per summer.

David Lipscomb, located in Nashville, Tenn., lost its opening round game of the national tournament to St. Mary's of Texas, 77-62 which ended the season for the Bison at 29-6.

Lipscomb currently holds the collegiate record for wins in a single season (41) in 1989-90 and the Bison have won 30 games or more,



DON MEYER enjoyed another successful coaching campaign with David Lipscomb University.

seven times in Meyer's tenure.

This year marked the 12th consecutive season that David Lipscomb qualified for the national tournament. In the past nine seasons, 16 players have earned All-

American status under Meyer's dictatorship but most important, in Meyer's era, 40 of 42 senior athletes have graduated.

David Lipscomb is currently labeled as America's winningest basketball program.

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BOWLING AT MELODEE LANES

Senior Citizens
On Tuesday, March 8, 27 senior citizens bowled at Melodee Lanes with the Norris Wobles team defeating the Perry Johnson team, 6426-6157. High games and series were bowled by: Lee Targen, 581-207; Richard Carman, 579-215; Lavern Harder, 567-217; Duane Crasmer, 549-187; Norris Wobles, 541-192; Myron Olson, 529-200; Warren Austin, 519-170; Malvin Magnuson, 505-178; Wallace Anderson, 502-207.

On Thursday, March 10, 22 senior citizens bowled at Melodee Lanes with the Dale Gutshall team defeating the Don Lutt team 5458-5291. High series and games bowled by: Duane Crasmer, 529-190; Lavern Ostendorf, 516-181; Myron Olson, 516-179; Perry Johnson, 508-182.

Go Go Ladies League

W	L
Rolling Pine	29 15
Pin Splinters	29 15
Bowling Belles	28 16
New Kids	26 18
Lucky Strikers	23 21
Pin Jitters	23 21
Road Runners	16 5 27 5
High games: Barbara Junck, 211-533; Pin Splinters, 723-2072.	
Carol Griesch, 200; Paula Pfeiffer, 195-519; Teri Bowers, 207-499; Georgia Janssen, 182-495; Erna Hoffman, 6-7-10 split; Barb Grove, 2-7 split; Shelly Jaeger, 5-6 and 3-10 split; Joni Jaeger, 9-10 split; Stella Schultz, 2-7 split; Marie Pfeiffer, 2-7-8 split.	

Monday Night Ladies

W	L
Producers	26 14
Carhart	25 14 5
Daves	25 15
Midland	24 16
Tot Natl Bank	19- 21
Black Knight	18 22
Swans	17 25 5
State Natl Bank	16 25 5
Wayne Herald	15 24 5
Bankcard Center	13 27

High Games: 600-225; Producers, 491; Daves, 2520; Judy Milligan, 194-187-547; Addie Jorgensen, 203-191-541; Evelyn Hamley, 200; Cao Ella, 188-180-547; Holly Holdorf, 185-620; Antia Fuebner, 182-505; Linda Gehner, 209-191-517; Jessica Olson, 220-511; Joni Holdorf, 500; Jeanette Swanson, 492; Sue Denton, 189-483; Cindy Echtenkamp, 201-515; Teri McLagan, 189; Deb Peterson, 201-495; Cheryl Henschke, 211.

City League

W	L
Stadium Sports	26 14
Wayne Herald	25 15
Wayne Greenhouse	24 16
Pabel Blue Ribbon	23 17
Olympic Food	23 17
Groco Repair	20 20
Wayne Vets Club	20 20
Black Knight	18 22
K.P. Constr.	16 24
Paulson Constr.	16 24
Rain Tree	15 25
Melodee Lanes	13 27

High Scores: Doug Rose, 279-669; K.P. Constr., 941; Stadium Sporting Goods, 2690.

Dan Zykosky, 223; Sid Preston, 203; Jim maly, 226; Mark Klein, 210; Shane Gullit, 213; Lorin hammer, 203; Jeff Loberg, 205; Doug Rose, 243; Mick Kemp, 223; Scott Metzler, 211-244-600; John Robensdorf, 204; Darrel Metzler, 212; Layne Beza, 207-215-604; Gano Claussen, 3-7 and 4-6-7 splits.

Wednesday Night Owls

W	L
Ray's Locker	26 5 15 5
Tom's Body Shop	26 5 17 5
Behmer Constr.	25 5 18 5
Max Lounge	25 5 18 5
Schellie's Saloon	21 5 22 5
Melodee Lanes	21 23
4th Jug	21 23
Wakefield Bowl	20 24
Electrolux Sales	20 24
Hogkins Mfg.	18 25 25 5
Logan Valley Imp.	18 26
Lueders G-Man	18 26

High Game and Series: Doug Rose, 255; Dale Zesler, 255; Doug Rose, 689; Wakefield Bowl, 1106-2922.

Larry Echtenkamp, 230; Brad Jones, 202; Skip Deck, 211; Les Keenan, 208; Randy Bargholz, 228; Bob Gustafson, 200; Ken Dunker, 200; Todd Martin, 208; David Warren, 212-222-629; Steve McLagan, 220; Rick Dicus, 211; Kelly Hanan, 210; Dale Topp, 211; Kevin Peterson, 212; Doug Rose, 235; J.D. Behmer, 227; Larry Echtenkamp, 2-4-10 split.

Hits N Misses

W	L
Janitorial Service	27 13
Groco Repair	27 13
KTCO	25 15
Melodee Lanes	24 16
TWJ Foods	23 17
Pabel Blue Ribbon	21 19
No Name	19 5 20 5
4th Jug	17 23
Rat's Beauty Salon	16 24
Mr. B's Pub	15 25
Greenview Farms	14 26
Fredrickson Oil Co.	11 5 28 5

High Game and Series: Linda Down, 230; Joie Bruna, 538; Melodee Lanes, 930-2689.

Fran Nichols, 182; Linda Gamble, 186; Cheryl Henschke, 189-487; Sue Denklau, 201-532; Wilma Fox, 186-185-521; Kathy Hochsteln, 195-184-528; Linda Downs, 501; Susan Thies, 189-189-519; Sandy giron, 181-184-517; Ardie Sommerfeld, 182-524; Judy Sojansen, 212-500; Bernita Sherbahn, 495 Tamia Krugman, 195-489; Josie Bruns, 198; Addie Jorgensen, 2-4-8-10 split; Jean Penlerick, 3-9-10 split; Kathy Meyer, 2-10 split.

Thursday Night Couples

W	L
Heth-Sturm-Coroll	32 18
Nissen-Biggstaff	30 18
Grimm-Hammer	29 18 5
Austin-Brown	29 19
3 Women and John	27 21
Heggemeyer-Wurdum	27 21
John-Maier-Hansen	24 5 23 5
Murphy-Vok	24 24
Slipp-Twile	22 26
Carm-Schro-McQuist	21 27
Flood-Lamb	21 27

High Game and Series: Hilbert Johs, 200; Lori Corollo, 187; Helthold-Sturm-Corollo, 680; Austin-Brown, 1896.

Hilbert Johs, 200; Lori Corollo, 187.

Saturday Night Couples

W	L
Hoffman-Deck	25 11
Erwin-McAfee	23 13
Deck-Behmer-Kollath	20 16
Burr Heads	18 18
Jaeger-Quinn-Krause	17 19
Daad Dog	15 21
Spitters	13 22
J-D-C	12 24

High Game and Series: Steve Deck, 222; June Baier, 194; Doug Deck, 560; June Baier, 514; Hoffman-Deck, 732; Jaeger-Krause-Quinn, 1818; Jerry Baier, 214; Tami Hoffman, 180; Brian Hoffman, 208; Kevin Erwin, 201; Beth Deck, 182; Doug Deck, 203; Kaye Kollago, 494; Deb Krause, 5-7 split; Fritz Krause, 2-7 split.

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agriculture

n. \ag-ri-kul-chur\ 1. the science and art of cultivating the soil, producing crops and raising livestock. 2. the lifeblood of Northeast Nebraska. 3. a quality way of life. syn: see FARMING



Prices on livestock at Norfolk steady to higher

Livestock Market Report

The Norfolk Livestock Market had a run of 950 fat cattle on Friday. Prices were generally 25¢ to 50¢ higher on steers and heifers, cows and bulls were steady.

Strictly choice fed steers were \$73.50 to \$75.10. Good and choice steers were \$72 to \$73.50. Medium and good steers were \$71 to \$72. Standard steers were \$58 to \$65. Strictly choice fed heifers were \$73.50 to \$75.20. Good and choice heifers were \$72 to \$73.50. Medium and good heifers were \$71 to \$72. Standard heifers were \$58 to \$65. Beef cows were \$46 to \$52. Utility cows were \$46 to \$52. Cannors and cutters were \$42 to \$48. Bologna bulls were \$60 to \$67.50.

Stocker and feeder sale was held on Thursday with a run of 1,519 head.

Good and choice steer calves were \$86 to \$99. Choice and prime lightweight calves were \$100 to \$120. Good and choice yearling steers were \$81 to \$87. Choice and prime lightweight yearling steers were \$86 to \$93. Good and choice heifer calves were \$85 to \$95. Choice and prime lightweight beef calves were \$95 to \$115. Good and choice yearling heifers were \$78 to \$85.

There was a run of 212 fed cattle sold at the Norfolk Livestock Market last Tuesday. Prices were steady.

Good to choice steers, \$72 to \$75. Good to choice heifers, \$72 to \$75. Medium and good steers and heifers, \$71 to \$72. Standard, \$58 to \$65. Good cows, \$46 to \$52.

Dairy cattle on the Tuesday Norfolk Livestock Market had a run of 47 and saw prices steady.

Top quality fresh and springing heifers were \$900 to \$1,200. Medium quality fresh and springing heifers were \$700 to \$900. Common heifers and older cows were \$500 to \$700. 300 to 500 lb. heifers were \$275 to \$450. 500 to 700 lb. heifers were \$450 to \$600. Good baby calves — crossbred calves, \$200 to \$260 and holstein calves, \$150 to \$200.

Sheep head count was 393 at the Norfolk Livestock Market Wednesday. Trend: fats were \$3 to \$4 lower, feeders and ewes were steady.

Fat lambs: old crop, 110 to 140 lbs., \$53.50 to \$55 cwt.; springers, 100 to 120 lbs., \$55 to \$60 cwt.

Feeder lambs: old crop, 60 to 100 lbs., \$55 to \$65 cwt. Ewes: Good, \$55 to \$75; Medium, \$40 to \$55; Slaughter, \$30 to \$40.

Butcher hog head count at the Norfolk Livestock Market on Monday totaled 303. Trend: butchers were steady to 25¢ higher; sows were steady.

U.S. 1's + 2's 220 to 250 lbs., \$44.50 to \$45. 2's + 3's 220 to 260 lbs., \$44 to \$44.50. 2's + 3's 260 to 280 lbs., \$43 to \$44. 2's + 3's

280 to 300 lbs., \$41.50 to \$43; 3's + 4's 300+ lbs., \$38 to \$41.50. Sows: 350 to 500 lbs., \$37 to \$38; 500 to 550 lbs., \$38 to \$42; 550 to 650 lbs., \$42 to \$46. Boars: \$33 to \$34.

There were 908 feeder pigs sold at the Norfolk Livestock Market last Monday. Trend: action was good; prices were steady.

10 to 20 lbs., \$15 to \$25, steady; 20 to 30 lbs., \$25 to \$38, \$2 higher; 30 to 40 lbs., \$33 to \$47, \$2 higher; 40 to 50 lbs., \$38 to \$53, steady; 50 to 60 lbs., \$45 to \$59, steady; 60 to 70 lbs., \$53 to \$61, steady; 70 to 80 lbs., \$55 to \$65, steady; 80 lbs. and up, \$60 to \$70, steady.

4-H News

CARROLLINERS 4-H CLUB

The Carrolliners 4-H Club met March 7 at the Carroll School with seven members answering roll call. The minutes of the last meeting were read and approved.

The bowling party has been set for March 27 at 1 p.m. at Melodice Lanes in Wayne. The annual bake sale will be April 2 at The Station in Carroll starting at 9 a.m.

The club will have a table at the A-Z pancake feed March 17 starting at 5 p.m. Members were told when and where the speech contest is and that contest day will be July 23 at Redeemer Lutheran Church.

The next meeting will be April 4 at 7:30 p.m. at the Carroll School. After the meeting, posters were made for the bake sale. Lunch was served by the Puntney family.

Melissa Puntney, news reporter.



Spring babies

The entire region has become a giant nursery as calving season is well underway. With the warmer temperatures the area is experiencing the farmers are expecting an easier time with spring calving than in past years. This week is National Agricultural Week. "Growing better everyday" is the national theme which exemplifies the ag producers who are the backbone of the area's economy.

Highly erodible land and wetlands warnings are issued by ASCS office

"If farmers want to remain eligible for 1994 USDA benefits," ASCS Wayne County Executive Director Terri Post says "they must know before planting next year's crops, whether the land has had a highly erodible land or wetland determination made by the Soil Conservation Service."

Farmers also need to know whether crops to be planted on highly erodible land are permitted by a signed conservation plan and they need to check whether they have land that was a wet area that was manipulated after Dec. 23, 1985, and therefore cannot be

planted to agricultural commodities.

Post says, "Planting areas that were drained after this date by someone else does not excuse a producer from ineligibility if they plant the converted area. Farmers are advised to get an official wetland

determination from SCS before planting if there is any doubt."

"Once a crop is planted in violation of the highly erodible land or wetland requirements," Post said, "it is too late. The producer will be ineligible for 1994 benefits."

Deadline nears —

Is your planter ready?

This spring's planting season marks the deadline for full implementation of most Conservation Plans. For area farmers, this may mean planting into more residue than in previous years. Although nearly all planters are capable of operating in heavy residue, some minor adjustments or fine-tuning can often be beneficial for more successful planting.

These adjustments and other crop residue management considerations

will be featured at a Planter Clinic sponsored by the University of Nebraska Cooperative Extension and the USDA Soil Conservation Service.

The clinic will be held at the University of Nebraska Northeast Research and Extension Center near Concord on Monday, March 21, starting at 1:30 p.m. For more information, contact the Northeast Research and Extension Center at 584-2261.

Japan and U.S. trade negotiations are vital to the agricultural producers in the Midwest

Recent economic saber-rattling between the United States and Japan could have repercussions for agricultural interests in the Midwest, according to the director of the Center for International Trade Policy at the University of Nebraska-Lincoln.

Robert McGeorge said that if Japan and the United States do not work out their differences, mutual reprisals could lead to new trade barriers.

"When you retaliate, you raise barriers to the imputations of the product or class of products that will give you the most attention in the opposing economy, and Japan is the biggest foreign market for U.S. agricultural products," McGeorge explained.

In 1991, U.S. agricultural exports to Japan totaled \$8.4 billion. Canada bought the next largest share with a \$4.8 billion total. Mexico imported \$3.7 billion and the countries of the former USSR bought \$2.7 billion.

Much of that exported agricultural product comes from the Midwest, McGeorge pointed out, so the impact would have disproportionate effects here.

At issue is a trade imbalance with Japan that never seems to improve. To complicate matters, he said, both countries are right.

The Japanese correctly contend that they have phased out almost all of their explicit trade protections. The Americans also correctly argue that the Japanese have developed other ways to protect domestic industries through non-tariff barriers.

McGeorge cited the often-quoted aluminum bat controversy as a case

in point. Although (no or very low) tariffs protected the bats, and U.S. manufacturers had priced them very competitively, Americans couldn't sell bats in Japan, he said. Japanese standards for aluminum bats kept changing. When American manufacturers sent a shipment, it would be rejected at the docks because it did not meet new standards.

The United States and Japan agreed on some numerical benchmarks for measuring the success of Japan's market-opening commitments during recent bilateral trade negotiations. United States negotiators had thought these standards would help overcome remaining barriers. They believed that Japan would begin importing more U.S. goods and services to meet those benchmarks.

Japan, on the other hand, says these were only goals and that it is impossible to force businesses to buy American goods. They say that such binding commitments to input specific volumes of goods from the United States would violate the spirit of the General Agreement for Tariffs and Trade (GATT) agreement.

GATT is a rules-based system, McGeorge said. That means that participating countries establish rules for trading and then assume that the market will reach the desired equilibrium, as long as governments do not interfere too much. Its rules prohibits interference by participating governments, other than the trade measures specifically permitted under the agreement, such as customs duties. While GATT does not assume a zero balance in

all bilateral trade relationships, it does assume that overall national trade balances will level out over time. That has not happened in the case of Japan and its trading partners, however, for quite awhile.

Japan says that the United States wants a managed trade system (which is somewhat reminiscent of the special GATT rules) negotiated with non-market economies in the past. Since state trading organizations often are responsible for all input purchases in managed economies, importants might not respond to tariff reductions. So these countries agree to gear trade volume increases to increases in gross national product (or other economic measure indices). Japan's economy, however, is considered to be a market economy.

Both countries have essentially three options, McGeorge said. First, they can continue to negotiate until they reach a mutually-satisfying agreement. Historically, he said, that has been the method of choice.

Second, each can retaliate against whatever they perceive as unfair in the other's trading policy. President Clinton signalled that possibility Thursday, when he proposed to reinstate "Super 301," a provision of U.S. trade law that allows retaliation against Japanese imports if Japan fails to open its markets to U.S. goods.

Third, they can go to GATT for resolution of this dispute. If the United States retaliates against Japanese imports, Japan may go to GATT for relief from what the Japanese view as unfair retaliation.

The Los Angeles Times on Friday quoted an official of GATT, which oversees trading under the agreement. The official indicated that GATT "would look favorably on a complaint that U.S. tariffs were being applied unfairly and without adherence to the organization's procedures."

The United States may be vulnerable in other ways, too, if a trade war breaks out, McGeorge said. In 1993, Japan ran up a \$59.3 billion trade surplus with the United States. As a result, the Japanese have increased their economic leverage over the United States.

The Japanese finance a significant share of our federal deficit, McGeorge said, and, therefore, a portion of our government's budget. If the Japanese should choose not to buy U.S. treasury bonds, we would be hard pressed to find other investors to finance that debt, without substantial increases in our interest rates.

On the other hand, Japan's economy depends in part on the United States military umbrella. As long as Japan remains protected by U.S. military capability, the country needs a small defense budget and can turn defense money to other purposes.

Despite our differences, both countries have strong incentives to stay on political and amiable terms with each other. In our interdependent global economy, trade disruptions can cause serious economic consequences for the entire world economic community, the Institute of Agriculture and Natural Resources faculty member said.

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March sweetness

How sweet it is! The Big 8 Conference Basketball Tournament won by Nebraska. Talk about peaking at the right time! This is the team beaten by Appalachia State early in the season. The only reason I know where Appalachia State is is that I've been in Boone, N.C., with my sister-in-law. It's Div. II, and not usually mentioned as a basketball power house. Of course, it's coach is Tom Apke, formerly of Creighton University, then at Colorado and I believe he has basketball credentials.

Anyway, March madness has come to Lincoln in the way of state basketball tournaments, and one could easily have overdosed on watching a roundball dribbled and thrown. I did get to the Battle Creek girls' game, but could not make it to Norfolk and Wayne guys. Wahoo boys did it again, though Norris never gave up. We were also interested in the Osmond-Sterling game. Randy Jochum appears to be a real gentleman, and he has been at Osmond for a long time. Justin Haynes, sophomore standout for Sterling, is the nephew of Eric and Carey, who play with our Jon. Getting the runner-up trophies to Wahoo and Sterling is nothing to be ashamed of.

Since Jon and Kristi were going to be here for the weekend, and they



The Farmer's Wife
By Pat Meierhenry

had not seen Alex; and Jon's sister had not seen Randa, it was decided to have Sunday dinner here. Of course, Grandma Staehr was invited. Turned out Aunt Mary had the weekend off, so she and Uncle Don wanted to see the babies, too. Steve and Sarah were in Omaha this weekend, so the total came to 15 for dinner. The long dining room almost isn't long enough.

Steve Heinemann was a groomsmen for Max, and Sarah was a candlelighter. I saw them dancing together during the evening; and in fact, saw them leave together after the dance. "That's sweet," I thought. Well, Sarah now has a promise ring, and we see Hondo quite regularly at family gatherings. In fact, Don Beattie is bemoaning the fact that he had thought he was finished with trips to Wayne County. Now, it seems he may not be. I still think it's sweet.

Anyway, the babies were held and admired, Thomas was his usual entertaining self, six pounds of meat loaf was devoured, and the Huskers won the tournament. I've had to wait meals for the football team before, but never for the basketball players. It was worth it. On to the NCAA.

Colleges

(continued from page 1)

scholarships to encourage more minorities and women to remain in Nebraska and take jobs at the colleges. That is likely to be more productive than efforts to hire out-of-state personnel, he said. Conway was named to head a subcommittee to study the scholarship proposal.

PHIL GRIESS, RPh



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- CLERK OF DISTRICT COURT**
Joann Ostrand*
- WAYNE AIRPORT AUTHORITY**
Mitch Nissen*
- WAYNE COUNTY CLERK**
Deb Finn*
- COUNTY SURVEYOR**
Clyde Flowers*
- COUNTY ATTORNEY**
Michael Pieper*
- COUNTY SUPERINTENDENT**
Harry Mills*
* Incumbents

Filings

(continued from page 1)

posed by Dennis Dangberg. In District 1, incumbent Merlin Beiermann faces Kelvin Wurdeman and Dean Boeckenhauer.

A table of candidates who have filed for all elected posts in the county is found in today's Wayne Herald at left.

Court

(continued from page 1)

Stevens, unsuccessfully argued for the judge to dismiss the case and to disqualify witness accounts from being entered into evidence.

Several witnesses have told investigators they saw or heard Forsberg's truck pick up speed before hitting Mrs. Gray.

Forsberg has denied the charges against him. Judge Beckwith continued an order holding Forsberg in the Cedar County Jail in Hartington without bond.

Forsberg is scheduled to appear in Cedar County District Court on April 11 for an arraignment.

Ag

(continued from page 1)

mented the same level of productivity and efficiency shown by farmers, the nation's trade imbalance would be the other way around, he explained.

"THE ULTIMATE weapon is not nuclear, hydrogen, biological-

it is food," said Fritchen. "We as farmers are good at what we do. The American farmer feeds 118 people where Russia is unable to feed themselves."

"The farmer doesn't get the credit he deserves for all that he does or the importance of his role," said Fritchen.

Aqua

(continued from page 2)

ational workshops that dealt with wetlands, weather, recycling and other water related science activities. The program is in its second year, and is designed to help students realize the importance of a clean ample water supply.

A fifth grade instructor wrote a thank you stating "My fifth grade class really enjoyed AquaFest!" She

also stated "I feel that they learned a lot and had the opportunity to share their knowledge with each other after returning back to the school. Everything was well planned and well done. Thank you so much for allowing us an opportunity to participate."

The AquaFest program has been successful due to the cooperation and commitment of the presenters.

Carroll News

Barbara Junck
585-4857

COMMUNITY CALENDAR

Wednesday, March 16: Presbyterian Women, noon carry-in dinner; Happy Workers, Evelyn Hall hostess; Lenten services, Presbyterian Church, 7:30 p.m.

Friday, March 18: End of third quarter at school.

Saturday-Sunday, March 19-20: NW Iowa fire school, NW Iowa Tech.

Sunday, March 20: Town Twirlers, Laurel auditorium, St. Patrick's dance.

Monday, March 21: Senior Citizens, 1:30 p.m.; AAL branch host movie "To Good to Be True"; early school dismissal, 2 p.m.; EOT supper, Black Knight, Wayne, 6:30 p.m.; Blue Ribbon Winners, school, 7:30 p.m.

Tuesday, March 22: Legion birthday party, Davis Steakhouse, 7:30 p.m.; AAL Branch #3019, 8 p.m.

Winside News

Dianne Jaeger
286-4504

DRUG AWARENESS

Winside High School counselor Leigh Fuhrman organized the third annual drug awareness program for Winside students in grades 6 through 12. The event was held Wednesday, March 9 in the high school.

Keynote speaker for this year was Lynn Finney of Lincoln. Mr. Finney is a graduate of Lincoln Pius X High School and is a former UN-L football player. He also is a world class trainer in the art of stretching and conditioning and does three programs on the power of community, the art of stretching and drug awareness. He is the author of "The Finney Method of Stretching and Conditioning - Stretch Out Your Life."

Mr. Finney is also a renown jazz and ballet dancer and has appeared as a guest expert on fitness and conditioning for ABC's Wide World of Sports, PM Magazine and Good Morning Houston.

Mr. Finney's opening topic was "Health and Success." He and other speakers held individual workshops throughout the rest of the day. They included:

•Otto Schultz, a staff member of Lincoln General Hospital, speaking on "Understanding Chemical Dependency."

•Kelly Erlandson, a counselor at Lincoln General, spoke on "Honoring Silliness."

•Mary Lynn Schnitzler, the reigning Miss Nebraska 1993, motivated youth to "Aim High" in their goals of life.

•Scott Ellis, counselor at Center for Prevention of Lincoln, spoke on "Alcohol: The Facts Man, Just the Facts."

•Kathy Burkland, of the Nebraska Department of Health in Lincoln, spoke on "Say No to Camel Joe."

•Wayne Goben, the pastor of Christ the Servant in Norfolk, spoke on "This is Your Brain On Drugs."

During the last hour of the day, members of the senior class performed a skit. A number of educational games were also played. For example, each class selected one person to represent the class for a free throw. Prior to each student throwing, the spun around a bat until they became dizzy, then they were allowed to throw. After their head cleared, they threw again. Their scores were calculated showing a significant difference. Purpose of this exercise was to show the difference in abilities when your mind is substance free and isn't.

METHODIST WOMEN

Helen Holtgrew presided at the March 8 United Methodist Church Women's meeting with six members present. Rose Ann Janke was welcomed as a new guest.

Helen read the thought for the day, "A Good Listener." The secretary and treasurer reports were given.

An invitation was read to Winside St. Paul's Ladies Aid guest day on April 6 at 1:30 p.m.

Good Friday worship services will be held at 7:30 p.m. Helen Hancock was the hostess.

The next meeting will be Tuesday, April 12 with Dottie Wacker as leader and hostess. The Lenten Bible study was held after the meeting.

BRIDGE CLUB

The Art Rabes hosted the March 8 Tuesday Night Bridge Club with the Bob Kolls as guests. Prizes were won by Bob and Jackie Koll and George Voss. The next meeting will be Tuesday, March 22 at the Art Rabes.

CHURCH WOMEN

Helen Jones gave the lesson "This House Is Ours" at the March 9 Trinity Lutheran Church Women's meeting.

Fourteen members were present. Lois Krueger presided. The secretary and treasurer reports were given. Plans were made for the April Spring Gathering to be held in Plainview.

Irene Fork was hostess. The next meeting will be Wednesday, April 13 at 2 p.m.

WEBELOS

James Gubbel served treats at the March 8 Webelo Cub Scout meeting. Jared Jaeger, denner, took attendance and dues. The boys reviewed and discussed first aid

procedures and terms.

Leader Joni Jaeger discussed a two day camp at Camp Eagle in Fremont in June and July.

Marbles were played for fun with the boys practicing lagging.

The next meeting will be Tuesday, March 22 after school. Jared Jaeger will bring treats.

SCHOOL CALENDAR

Thursday, March 17: County Government Day; district speech, Emerson; parent-teacher conference.

Friday, March 18: No school, parent-teacher conference.

Saturday, March 19: USD indoor track meet, 10 a.m.

Monday, March 21: Swing choir clinic, Coleridge, 1 p.m., concert at 7 p.m.



Kathy Burkland of the Nebraska Department of Health in Lincoln spoke on the hazards of smoking and chewing tobacco during the drug awareness program for Winside students. She is showing Mr. Gross Mouth to sixth, seventh, and eighth graders.

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LEISURE TIMES

A bi-monthly publication for Senior Citizens

March 15, 1994

Contact your local newspaper

Young At Heart Senior Campers

Think camping is just for the young? Think again. Recreation vehicle (RV) camping and touring is a favorite activity for anyone who's young at heart, says the Go Camping America Committee. In fact, nearly half of the nation's 8.5 million RVs are owned by mature Americans aged 55 and up. Many opt to go beyond vacationing and take up residence for the winter or longer in Sun Belt RV parks.

While not everyone can backpack or tent-camp due to age or physical restrictions, anyone can enjoy outdoor living with an RV. In an RV, seniors are surrounded by accessible home comforts, because units are equipped with living, dining, sleeping and bathroom facilities.

Modern kitchens, complete with refrigerators and freezers, enable senior RVers to keep foods on hand for special diets. On-board closets and storage space eliminate the need to pack, unpack and carry heavy suitcases in and out of hotels. In RVs, seniors can vacation or enjoy extended retirement living more economically by avoiding high-priced hotels and restaurants. The average campground charges only one-fourth the price of most hotels.

Whether for frequent get-aways or a "snowbird's" annual migration to warmer winter climates, mature Americans often choose RV parks with expanded facilities that concentrate on the senior traveler. Resort-like campgrounds provide golf, tennis, shuffleboard and other group activities. Many have swimming pools, saunas and whirlpools for relaxation.

One reason for the popularity of the RV lifestyle among seniors is the sense of community it fosters. Senior RVers



RETIRES TAKE TO THE ROAD - Walter and Katie Bohls are ready to roll down the road in their motorhome in search of warmer weather, good friends and an overall good time. Their RV provides them with a safe, secure and friendly environment.

share common interests with a vast network of friends. Through camping clubs, seniors often meet socially at conventions, rallies and campgrounds. Many offer group excursions to make travel more fun and secure. The Good Sam Club, National Campers and Hikers Association, Family Motor Coach Association and Loners on Wheels are among the national camping clubs popular with retirees.

Senior RVers often use their rig as a guest house when traveling to visit fami-

ly and friends. Not only does it provide comfortable travel and lodging while enroute, it also provides the privacy to which they are accustomed during their visit.

The flexibility and economics associated with RV travel encourages greater RV use by seniors on a fixed budget. Kept stocked with food and other essentials, RVs are ready for frequent getaways with little preparation. And a study conducted by Pannell Kerr Forster found that RV vacations are consid-

erably more economical than traditional trips by car, bus, train or airplane, regardless of trip destination or duration. An RV vacation costs from half to three-quarters less than comparable vacations by any other mode of transportation.

For complimentary "Go Camping America" vacation planning information, seniors should call 1-800-RV-SUNNY or write to: Go Camping America, P.O. Box 2669, Dept. 23, Reston, VA 22090. SS935960

Older People Can Have Fat Lingering In Their Blood

It seems that everything slows down as we get older, and new findings on how we handle dietary fat bear this out.

A study at ARS' Human Nutrition Research Center on Aging at Tufts showed that older people have significantly more fat circulating in their blood after a fat-rich meal than younger people do. Since elevated triglycerides — as fats are called — contribute to the risk of heart disease, the finding has important implications.

A group of researchers at the center found that older people have higher blood levels of vitamin A than their younger counterparts. Since the vitamin is fat-soluble, it gets packaged together with triglycerides in intestinal cells before entering the blood and stays with the fat-rich particles in circulation. So they reasoned they could use vitamin A as a marker to gauge how fast the body cleared dietary fats from the blood by measuring the vitamin's clearance

rate.

Eighteen men and women — half under 30 years old and the other half over 60 — ate a meal of soybean oil containing a large dose of retinyl ester — a form of vitamin A — after an overnight fast as a marker. Each then donated a pint of plasma which was reinjected two days later after another overnight fast. By withdrawing blood samples before and at regular intervals after the plasma infusion, the researchers tracked the disappearance of infused vitamin A and related that to triglyceride levels throughout the same period.

"Vitamin A remained in the blood of the over-60 group almost twice as long as it did in that of the under-30 group," says Ernst J. Schaefer, a medical doctor who oversees lipid metabolism research at the center. "We think the difference is due to less active liver receptors," he says, referring to the proteins on the surface of liver cells that usher these fat-rich particles inside.

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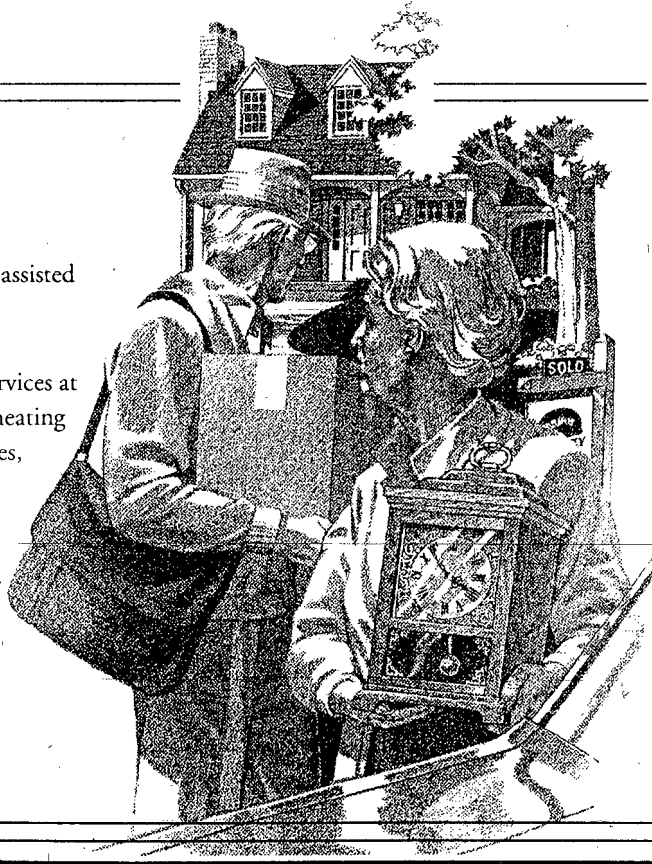
Opens first of affordable elderly apartments

Matney Manor of South Sioux has opened its first unit of elderly assisted living apartments at their facility in South Sioux.

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Aging Can Play Tricks With Vitamin And Mineral Needs

At least one out of five senior citizens may need to take extra vitamin B12 to prevent senility and other neurological disorders because they absorb the B12 in their food poorly.

According to studies at the U.S. Department of Agriculture's Human Nutrition Research Center on Aging at Tufts University in Boston, they would be wise to get the calcium they need to maintain bones and nerve function from their diets, because the mineral is not well absorbed from a commonly used supplemental form, calcium carbonate.

The findings apply to men and women who no longer secrete enough stomach acid to absorb some nutrients as well as they used to, claims Robert M. Russell. He directs gastrointestinal and micro-nutrient studies at the Tufts center, which is funded by USDA's Agricultural Research Service.

The condition, called atrophic gastritis, affects at least 20 percent of people over age 60, increasing to about 40 percent of people over 80, says Russell, a physician. Atrophic gastritis is also known as hypochlorhydria or achlorhydria.

The study of 16 subjects — half of whom had atrophic gastritis — supports earlier evidence that low acidity in the gastrointestinal tract impairs absorption of the protein-bound B12 found in foods. This condition, however, does not impair absorption of the crystalline form used in supplements.

The study, reported in a recent issue of Gastroenterology, was led by visiting scientist Paolo M. Suter, who is now at the University of Lausanne, Switzerland. "People with atrophic gastritis may need oral B12 supplementation," Russell says. "Vitamin B12 is probably the single most important nutrient affected by aging."

He added that poor absorption of the vitamin may be responsible for age-related declines in balance and pressure sensation, in muscle coordination, and in mental ability. The severe B12 deficiency that leads to pernicious anemia is due to other factors.

A study done by researchers at Columbia-Presbyterian and Harlem Hospital Centers in New York City indicates that even a mild B12 deficiency — where there's no sign of anemia — can result in neurological disorders. Older people who had serum B12 levels at the low end of the normal range had several neurologic symptoms including memory loss, however, many improved when treated with B12.

"Most elderly people don't need vitamin B12 shots," Russell explains. Since people with atrophic gastritis can absorb the vitamin in the crystalline form, they can take it as part of a multivitamin supplement, he adds.

Earlier studies have blamed poor B12 absorption on the lack of stomach acid and the digestive enzyme pepsin — both of which are needed to separate the vitamin from food protein. While this is a problem, the USDA study showed that a burgeoning bacterial population in the upper intestine, due to the friendlier, low-acid environment, was responsible for "hogging" the little B12 that was separated. Absorption improved when the volunteers were given the broad spectrum antibiotic tetracycline.

A second study at the center confirmed reports that the loss of gastrointestinal acidity significantly reduces calcium absorption from supplements containing the commonly used calcium carbonate. The study also found that atrophic gastritis does not reduce the absorption of calcium from foods.

Results of this study with 15 older men and women support previous reports that calcium absorption from foods does not depend on gastrointestinal acidity. Likewise, calcium absorption from supplements containing calcium citrate also doesn't depend on gastrointestinal acidity. The study was led by Tamsin A. Knox of the New England Medical Center.

"That's a very important negative finding," says Russell. "Otherwise, the calcium requirement would have to increase as people got older."



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Communicate before you medicate

Now, let's see ... take three times daily before meals ... take once a day 20 minutes before having milk ... take before bedtime ... you are confused? Wondering how taking a few pills can be so complicated?

Taking three or more different prescribed or over-the-counter drugs a day can put you at nutritional and medical risk. According to a recent survey, almost half of older Nebraskans take multiple medicines daily, and growing older may change the way you respond to drugs. In fact, the more medicines you take, the greater the chance for side effects such as increased or decreased appetite, change in taste, constipation, diarrhea, nausea, depression, drowsiness, or change in personality.

Alert your doctor and pharmacist to everything you take — even vitamins.

The best way to manage multiple-

medicine schedules includes five essential tips:

1) **Keep a written record of all your medicines** — prescription and over-the-counter. Wallet Medi-file Cards — that help track medication names, prescribing doctor(s) and usage — are available at no charge from your local senior center, Area Agency on Aging or the Nebraska Department of Aging.

2) **Know how and when to take your medicines** and how you should feel when you take them. Ask the doctor to clarify directions like "as needed." Be aware of possible adverse reactions with food or alcohol and know what the medicine should do for you.

3) **Don't simply attribute a new or different feeling to "old age."** Are you experiencing something new such as forgetfulness, confusion, tiredness,

sleeplessness, nausea? Report it to your doctor.

4) **Ask your pharmacist for advice.** He or she plays an important role in spotting possible harmful medicine combinations. They also keep a record of all your medicines in their files.

5) **Organize your medicine schedule at home.** There are a number of special medicine-bottle tops and sectioned containers — even community services — that will provide you with a phone call to remind you to take your pills. Ask your doctor, pharmacist or Area Agency on Aging for more information.

To get the therapeutic benefits of medicines — many of which increase independence and reduce costly hospital stays — they must be taken exactly as directed.



Giving help to faraway older relatives is difficult

A great many people these days have responsibilities for their older relatives, and this can be especially difficult when those relatives live far away. It not only takes time and money, but is emotionally exhausting and seems to breed a special kind of anxiety and guilt.

Older people who are living independently also need other support services such as someone to do home repairs, shovel the snow or mow the lawn. If you can, identify a few of these people; intro-

duce yourself; and see if you can make some tentative arrangements while you are there on a visit.

It also helps to find a friend or neighbor who would be willing to call you collect if he or she sees a problem that needs your attention.

Effective use of the telephone is important in handling arrangements, specially if you live a distance from your relative. It helps to have at your fingertips the phone

numbers of doctors, neighbors, friends and others who are important to your relative, and they should be able to reach you too.

Written communications with the people and agencies you contact also can be very important. Letters, notes, lists and reminders — in addition to making phone calls to doctors, social workers and others you contact for advice and help — serve two purposes. They establish a record to which you can refer in the future, and cut

down on costly telephone calls — typically, at a time of the day when long-distance rates are the highest.

If you are handling legal or financial matters, such as purchasing Medigap insurance (which covers costs not covered by Medicare), it is essential to keep careful records. Try to set up a filing system that works for you. It's sometimes tough to do, but the payoff may be better service for your loved ones.

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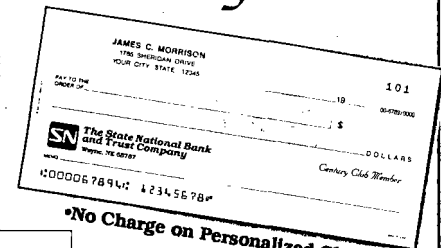
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Age related macular degeneration

By Dr. R.F. Phillips

Age Related Macular Degeneration is the most common cause of non-treatable vision loss in my practice. Age Related Macular Degeneration goes by many names. In this article I will use the initials ARMD. Other terms include: Senile Macular Degeneration, or SMD. (Senile means age-related, not a loss of mental function), retinal degeneration, macular degeneration, hardening of the arteries or poor circulation in the eye.

To understand this condition, a brief review of anatomy is helpful. When light is focused in the eye, the image of what you are looking at is focused on the retina in much the same way as a camera focuses an image on the film. Most of our retina is relatively insensitive. Its visual acuity is approximately 20/200 to 20/400. In the center of the retina is a small area that is much more sensitive and is where we have 20/20 vision. When we look at something, we automatically turn our eye to focus the image on this area, called the macula.

In order to get 20/20 sensitivity, our macula has to sacrifice a lot of its durability. The macula depends on a delicate circulation to supply it with oxygen and nutrition.

After 60-80 years, the macula starts to age and weather, and the quality of the circulation starts to deteriorate. ("hardening of the arteries"). Your eye doctor can see this aging change before it is bad enough to reduce your vision noticeably. It is possible to photograph the degeneration to use for future comparison. This is helpful for keeping track of the progression of the disease.

There are two variations of macular degeneration. The most common form is a slow, gradual vision loss over many

years. To your doctor, this is known as "dry" macular degeneration. There is no proven treatment or cure for this condition. At any time, however, this degenerated area can develop new blood vessels in response to the retinal oxygen shortage. Although this sounds good, it is actually bad because these new blood vessels, (called neovascularization), are fragile and almost invariably break. Then you have a pool of fluid or blood in the most sensitive area of your eye. This causes a sudden and dramatic loss of vision. An eye can go from 20/20 to 20/400 overnight.

Your eye doctor can see when the blood vessels are leaking. If they look like they are leaking, you should be referred to a retinal surgeon and a camera takes several photos of your retina.

When the photos are developed they will confirm if there is leak and where the leak is. The location of the leak is very important because if it is slightly out of your central vision it can be cauterized with a laser beam. If it is too close to the center, the damage caused by the laser will be worse than the damage caused by leaking. In these cases nothing further can be done. In cases where a laser can be used, it is not a permanent solution. Eventually new leaks may develop or continued dry degeneration may take more vision. Laser surgery is only a way to buy time. With luck, useful vision can be maintained for the like of the patient.

The Amsler grid test is a fairly good way for you to monitor retinal degeneration at home each day. (See grid pattern and instruction.)

The good news about the Age Related Degeneration is that you can never go completely blind from it. Remember that it only occurs due to the special and fragile anatomy of the central retina.

The rest of the retina, about 90% of it, is much more durable and is not affected by this condition.

To understand the worst case scenario, sit about 5 feet from someone. Look at their nose. Now imagine that there is a black spot covering their face, this is the area of degeneration. Now notice that even if the face is not visible, you can still see the rest of the person and all of the surrounding room with your peripheral retina. This vision will never be affected by Age Related Macular Degeneration.

Patients always want to know if they can do anything to help their vision or if anything will speed the deterioration. There has been one study that indicated megadoses of zinc can slow the deterioration. Dosages of this strength however, can cause a form of anemia and should not be taken without a physician's supervision. This study has not been confirmed yet, and I am not routinely recommending high dosage zinc. I feel that a normal dietary supplement dose of zinc will do no harm and may do some good.

It is important for patients to know that they cannot wear out their eyes by reading, sewing, or watching TV. There may be some long term deterioration of the retina from excessive exposure to ultraviolet light. Good quality sunglasses can take care of this, but they should be worn throughout life. By the time you are in your seventies, most of the damage has already been done.

This article is taken from Dr. Phillips' lecture "Aging Diseases of The Eye". Dr. Phillips is in private practice in Hartington and Creighton.

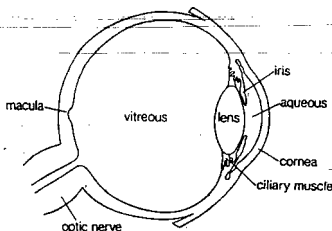
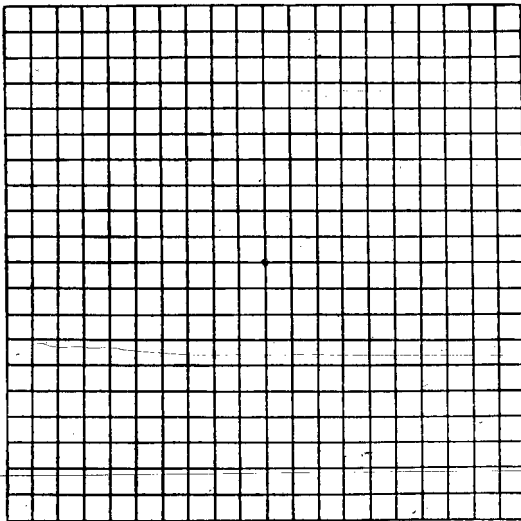


To aid families touched by Alzheimers Disease and related disorders, a support group is being formed. This is free and open to the public. Information on the disease, practical care techniques and community resources is provided to those who attend. Care givers families often need emotional support. This meeting will be held at the Hartington Nursing Center April 6, 1994 at 1:30 p.m.



Hartington, Ne
254-3905

AMSLER RECORDING CHART



Gently cover one eye. Look at the corner of the grid with the other eye. As you stare at the dot, notice the rest of the grid with your side vision. Note if there are any missing or distorted areas in the grid. If there are, you should call your eye doctor immediately. Repeat with the other eye.



Resident of the Month
Anna Carter



HARTINGTON—Anna Carter has been chosen February Resident of the Month, at the Hartington Nursing Center. Anna was born in Humphrey, on Feb. 21, 1894. She is the second youngest of four children. Anna married Gilbert Carter in 1915, they had three children; Gilbert, Crofton; Margie Jepner, North Platte; and JoAnn White, Lincoln. Anna was employed as a milner (hat make), before her marriage. Anna came to the Hartington Nursing Center in April 1992.

Hartington Nursing Center
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Eating less without feeling hungry

A risk factor for poor nutritional health is being overweight. In fact, obesity contributes to cardiovascular disease, hypertension, diabetes, certain cancers and more.

Want to cut down the amount of calories you eat without feeling hungry? Impossible you say? Try these "good-for-you" tips:

Always eat breakfast. It gets your metabolism going at the beginning of each day. This increases your body's ability to burn calories. It also increases your energy, ability to concentrate and your will-power to reject high-calorie foods the rest of the day. If you aren't hungry in the mornings, it's probably because you're eating too late and too much in the evenings.

Eat a mini-meal every three to four hours while awake, instead of two or three big meals. Fruit, raw vegetables, fruit and vegetable juice, nonfat milk,

nonfat yogurt and whole grain breads are good choices. You'll not only speed up your metabolism, but you'll keep away that hungry feeling. You'll also increase your opportunity to eat foods rich in vitamins, minerals and fiber.

Drink 6 to 8 cups of water every day. Your stomach will stay fuller, and you'll be healthier. Fluids prevent dehydration, promote good kidney function, soften stools and maintain proper blood volume. The aging process can reduce your sensation of thirst, so don't forget to drink regularly, even if you don't feel thirsty.

Choose more complex carbohydrates like fruits, vegetables, potatoes, rice, pastas and breads. They fill you up and have lots of good vitamins and minerals. Avoid empty calories such as sweets, salty snack foods and high-calorie drinks like pop and alcohol.

Choose high water content foods. They make you feel more full.

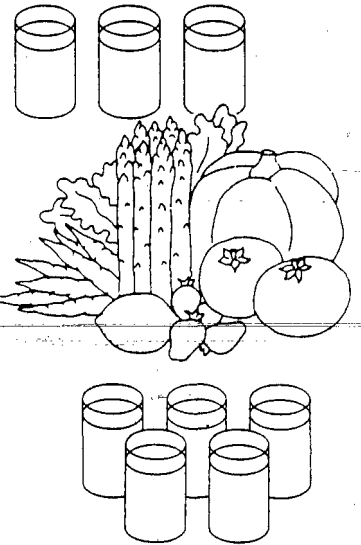
These foods include vegetable salads and fruits such as cantaloupe, watermelon, apples, oranges and grapefruit.

Plan activities that keep your mind off food. Avoid situations where you're most likely to "blow it."

Exercise. Go for a walk around the neighborhood or workplace. Walk at the mall if the weather is bad. Call a friend, visit a neighbor — avoid temptation!

Often, for many people, eating alone promotes a lack of interest in good meals and a tendency to nibble on foods without regard for meeting nutritional needs. Don't let eating alone become an excuse for eating poorly. Community nutrition programs, which serve nutritious meals, offer another social setting in which to dine. Many have other wellness activities.

Contact your local senior center, Area Agency on Aging or the Nebraska Department on Aging for more information about meal services for seniors.



Limitations on older people helped by gadgets, tools and gizmos

Functional limitations for older persons can range from a difficulty in interpreting information to visual and hearing loss, to the inability to move all or part of one's body. These functional limitations need not keep any individual, regardless of age or type of disability, from leading a full and productive life.

Assistive technology is another name for gadgets, tools and gizmos that can be used to help people get around and accomplish the every day activities of personal care, meal preparation, eating and house cleaning.

Once you've decided that you or someone you know might benefit from assistive technology, careful consideration needs to be given to the needs and abilities of the person. Physical and occupational therapists may be needed to help evaluate the situation.

You'll also need to determine if you can afford to purchase the device or if help is available. Assistive devices vary greatly in cost. They can be a simple solution off the shelf of a hardware store that costs very little. They can also be a high tech item costing thousands of dollars. There are

numerous financial resources to assist in the purchase of assistive technology. Some manufacturers offer discounts and rental programs. Insurance companies and federal and state programs are a likely source, in addition to non-public sources such as service clubs and corporate foundations.

By calling the Nebraska Assistive Technology Project at (800) 742-7594 (Voice/TDD), you can get facts about all kinds of assistive technology. You can request information about what is available, who makes it and who to call to order it,

how much it costs and funding resources to help purchase devices.

Don't let problems with movement, balance or coordination make you give up your freedom of moving from place to place in your home. Experiencing a loss of hearing doesn't have to mean sacrificing safety because you can't use the telephone or hear a smoke detector. Poor vision doesn't have to mean you can no longer read or play cards. Personal care and grooming do not have to be done by someone else because of stiffness, paralysis or a weakness.

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Getting Medicaid

When spouse goes to a nursing home

Placing your spouse in a nursing home is a difficult and stressful thing to do. Added to that stress may be the concern about how you will pay for the care.

Fortunately, there are some good alternatives available to you. One of the best ways in which to assist in paying for the nursing home is through a federal program called "Medicaid." Under current Medicaid rules, spousal impoverishment laws allow you to keep a certain number of resources for yourself and obtain assistance to pay for the nursing home. This outline discusses Medicaid only as it relates to a couple when one spouse is in the nursing home.

Who's eligible for Medicaid? Generally, you're eligible if you're aged (67 or older), blind or disabled and meet certain resource guidelines.

What does Medicaid cost? Depending on your income, you may have to obligate a certain part of your monthly income toward your own medical bills before Medicaid will cover any medical costs.

Will Medicaid pay for nursing home care? Yes, but only if the nursing home has an agreement with the State of Nebraska to accept Medicaid eligible people. Thus, it's very important to make certain that the nursing home accepts Medicaid when choosing the nursing home.

What's spousal impoverishment? Prior to 1988, it was necessary for the spouse of a nursing home resident to spend down almost all of his or her resources and to commit almost all of his or her income to the nursing home before Medicaid would pay for the nursing home care — thereby leaving the spouse at home "impoverished." In 1988, however, there were some major changes in Medicaid law that put an end to the need for spousal impoverishment.

What benefits are available under spousal impoverishment laws? When your spouse enters the nursing home, you can divide your resources up to a certain level. The current level is \$141,148. Of that amount, you can keep half — or \$70,547. Your spouse's share must be spent down to under \$4,000. If you and your spouse's combined resources are less than \$141,114, you can keep all of the resources. Once your spouse's share is spent down to under \$4,000, he or she is eligible for Medicaid. The resource level is based on the consumer price index and changes accordingly.

Are any resources exempt? Yes. Your house is exempt as long as you continue to live there. One care, regardless of value, is also exempt. You can also purchase irrevocable burial trusts up to \$3,000 in value for you and your spouse, which will be exempt. Additionally, you can pre-purchase a burial space, vault, casket, headstone and pre-pay the opening and closing costs of the grave for each of you. Up to a \$1,500 face value life-insurance policy for each person is also exempt.

How do I apply for Medicaid for my spouse? You should contact your local office of the Nebraska Department of Social Services.

The first step in the application process is an "assessment of resources." During this you'll meet with a social services

worker from the Department of Social Services. He or she will ask you several questions about your resources. Once the value of your resources has been determined, you will be told the amount to which you will need to spend down to make your spouse eligible.

The second step is completing the application and the "designation of resources." The application for Medicaid is a standard form that the social services worker will assist you in completing. It'll be necessary for you to provide certain information to the social services worker. The designation of resources is a form on which you declare the resources you're going to keep for yourself and which resources you're going to transfer to your spouse. At this point, you should never designate more than \$4,000 for your spouse.

The third step is to change the title to the property you have designated for yourself and for your spouse to the proper name. Thus, all of the property you have designated for yourself must be in your name only. The \$4,000 designated for your spouse must be in his or her name only. This must be completed within 90 days of the date you complete your designation of resources.

How will a designation of resources affect my monthly income? Medicaid allows you to keep a minimum needs allowance. The minimum needs allowance is currently \$1,149. That amount will increase in July of 1994, and will continue to increase over time. If your personal income exceeds \$1,149, you will be allowed to keep all of that income. If your income is less than \$1,149, you'll be allowed to get a contribution from your spouse's income to bring you up to that level. You will not receive a stipend from the state to bring your income up.

What if I decide to sell my house? As pointed out, your house is an exempt resource as long as you live there. The law also allows your spouse to transfer his or her ownership share to you without penalty. Once the house is in your name and you've completed the designation of resources described above, you can sell the house or transfer it to a third party without penalty. However, if you give your home to someone (e.g., a son or daughter), you may jeopardize your future Medicaid eligibility.

Do I need an attorney to help me with the Medicaid process? It's not absolutely essential that you hire an attorney to help you with the process, but it's recommended. At the very least, you should discuss your options with an attorney before proceeding.

What if my attorney isn't familiar with Medicaid law? Contact your local Area Agency on Aging for assistance in finding an attorney to assist you through the process. The Legal Services Program Specialist for the Nebraska Department on Aging is also able to provide technical assistance to an attorney assisting a client through the process. Contact the Department on Aging at 471-2306 in Lincoln, or 1-800-942-7830 (Voice/TDD) in Nebraska.

LEISURE TIMES

is a special bi-monthly supplement for the senior citizens of Northeast Nebraska inserted in the following newspapers: Cedar County News in Hartington (254-3997), South Sioux City Star (494-4264), and The Wayne Herald (375-2600 or 1-800-672-3418).



September tour in beautiful Colorado

Colorado's fall foliage and the state's natural scenic beauty highlight two motorcoach tours being offered this September. Trio Travel owners Dick and Becky Keidel will escort both tours. The first, Sept. 4-11, features evening square dancing. The second, Sept. 25-Oct. 2, does not. Aside from that, the itineraries are identical, says Keidel.

Natural wonders included in the tours are Garden of the Gods, Royal Gorge, Black Canyon of the Gunnison, Box Canyon Falls, Pikes Peak and the hot mineral waters of Pagosa Springs. More scenery is showcased along the Million Dollar Highway and the route of the Durango and Silverton Narrow Gauge Railroad. The Chipeta Opry, a tour of the Air Force Academy, and dinner and a show at the Flying W Ranch are also included.

Both tours will depart from Norfolk by deluxe motorcoach. Transportation, lodg-

ing and taxes, baggage handling, breakfasts, and all sightseeing admissions and gratuities are included in the eight-day tour price of \$749 per person, double occupancy, \$965 single, \$669 triple and \$630 quad. Keidel points out that early booking reduces the tour price by \$50 per person. Early booking deadlines are March 31 for the Sept. 4-11 tour and April 15 for the Sept. 25-Oct. 2 tour.

The Keidels stressed that "non-dancers are welcome on the earlier tour, and dancers are welcome on the later tour. Just select the date which best fits your schedule and give us a call."

Full details are available in a free brochure which can be obtained from Trio Travel's office at 100 Main Street in Wayne, or by calling 375-2670 or 1-800-542-8746. The tours are featured in a separate ad elsewhere in this issue.

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Communication problems: help is at hand

It's estimated that more than 25 million people in the United States, about 10 percent of the population, have hearing, speech or language impairments. Between 1980 and 2050, the number of people with hearing and speech impairments will increase at a faster rate than the total U.S. population as a direct result of the aging of the U.S. population.

Most people with communicative disorders can be helped. Rehabilitation for these impairments includes: medical and surgical treatment, hearing aids and hearing and speech rehabilitation. Millions of dol-

lars will be spent for research into the prevention and treatment of communicative disorders in FY 93 by the federal government. The health costs (including drugs, therapy devices, medical care, etc.) and the indirect costs of income lost due to illness for the communicatively impaired are estimated at more than \$30 billion per year.

Technology is available to improve the quality of life for the hearing impaired. This includes hearing aids, assistive listening devices, telecommunications devices for the deaf and closed captioning TV. Technology is also available to im-

prove the quality of life for the speech impaired including specifically programmed computers, voice prostheses, artificial/electro larynges, telephone devices for the amplification of voice and (cordless) body microphones.

Nebraska is fortunate to have across the state, a network of services for those in need of help or information. The following University Clinics provide not only diagnostic assessments, but counseling and on-going treatment services. They're also approved Medicare/Medicaid providers with the appropriate referral from a doctor: University of NE-Lincoln, Barkley Memorial Speech and Hearing Clinic, 272-2071;

University of NE-Omaha, Speech and Hearing Clinic, 554-3528; University of NE Medical Center, Speech and Hearing Division, 559-4069; University of NE-Kearney, Speech and Hearing Clinic, (308) 423-8300; and Sertoma Hearing Aid Bank, NE Commission for the Hearing Impaired, 271-3593.

In addition to the above clinics, there are many private offices and clinics throughout the state. Ask your family physician for more information.


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Chadron State College, Chadron State College/Fort Robinson, Central Nebraska College/Hastings, Concordia College, Creighton University, Dana College, Doane College, Midland Lutheran College, Nebraska Wesleyan University, University of Nebraska/Halsey National Forest and University of Nebraska/Kearney.

Elderhostel weeks in Nebraska range in cost from \$275 to \$295. Included in the fee are housing, meals, field trips, classes and extra activities.

Elderhostel catalogs contain complete site, course and registration details and are available at all public libraries. For more information, call Sally Noble, Regional Elderhostel Director at 1-800-448-7801 or write to Elderhostel, 75 Federal Street, Boston, MA 02110-1941.

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Alcohol use by older adults: a focus of several studies

An on-going study at the University of Nebraska Medical Center in Omaha addresses the question: "Are older women who drink alcohol in quantities and frequencies normally associated with social drinking at increased risk of losing their balance and falling, in comparison with older women who don't drink?"

Caucasian women between the ages of 70 and 79 are being included; this segment of the population was chosen because they are the most likely to fall and to be injured from a fall.

Alcohol tends to have greater effects on elderly adults compared to their younger counterparts because they have a lower amount of body water in which to distribute the alcohol; in other words, for the same amount of alcohol consumed, a person in her 70s would have a higher blood alcohol level than a person in her 20s.

In addition, there is some evidence that body organs such as the brain may become increasingly sensitive to the effects of alcohol as a person reaches late adulthood.

Twenty volunteers are being tested in a pilot study. Potential participants first undergo a general evaluation of their health to confirm their eligibility. Those persons who are able to enter the study are then scheduled for a day-long testing session at

Boys Town National Research Hospital, in Omaha. After drinking either a small quantity of alcohol or a placebo, study participants have their balance tested repeatedly on a platform with a harness; this platform is among the safest, most precise and accurate means available for assessing balance. They also have the amount of alcohol in their blood measured by analysis of breath samples, so that balance performance can be directly correlated with the amount of alcohol in the body.

There are plans to expand this study to other groups. Additional areas of study include the effects of social drinking on walking and the effects of social drinking on sleep and cognitive abilities. These areas tie together the theme of the elderly drinker who may be drinking the same amount of alcohol he or she has always consumed, but with the newer circumstances of chronic illness, multiple medications and the heightened effects of alcohol with advanced age.

Anyone interested in any of these studies, or in obtaining more information on alcohol-related problems in the elderly population, may contact Dr. Thomas Jones at the University Geriatric Center, 600 S. 42nd Street, Omaha, Neb. 68198-5620, 559-7512.

Memory And The Elderly

Evelyn Fryrear is sharp as a tack. The 87-year old resident of Holy Spirit Retirement Home in Sioux City keeps track of all her own finances. "I own my own farm in Salix," says Fryrear. "I write my own checks, balance my check book and take care of my own correspondence."

Many think that elderly people like Evelyn should begin to "lose" their memory as they get older. But health experts agree, that it's not automatic!

As Evelyn Fryrear proves, losing your memory is not always part of getting older. John Meyers, Psy.D., a clinical neuropsychologist at Marian, says one of the best things you can do to prevent memory loss is to keep your mind active. "Use it or lose it," says Meyers. "Stay active, don't become a couch potato."

Meyers is an expert in memory loss. As a neuropsychologist he specializes in the brain, memory, learning, perception and behavior.

While working on his doctorate degree in psychology at Pacific University in Forest Grove, Oregon, he began researching memory. He is still working on a study that he began four years ago. The project is a nation-wide study that tries to determine what "normal" memory is, what kinds of memory patterns we develop and if our memory patterns change throughout our lives.

Meyers says not everyone loses their memory as they get older. "Some people do and some don't. That's part of what we're trying to find out."

Meyers also spends much of his time working with stroke patients in the Marian Rehabilitation Center. Stroke patients often experience memory loss and he tries to determine how much loss and how rehabilitation can help regain lost memory.

To help some people retain or improve their memory, Marian Health Center's Silver Advantage Club will be offering a class "Improving your Memory," on Wednesday, April 13.

The class will be presented by two nurses who have lots of experience working with older citizens. Jeanie Hohenstein, coordinator of Marian's geriatric psych department, and

The class will be presented by two nurses who have lots of experience working with older citizens. Jeanie Hohenstein, coordinator of Marian's geriatric psych department, and Amy Slevin, coordinator of Silver Advantage at Marian, both work extensively with the elderly.

The day-long class will cover many topics about memory including how much memory works, things that interfere with the memory and ways to help improve memory. Hohenstein, a certified gerontology nurse, says one of the best parts of the class is the discussion on improving memory. "We try to individualize the memory improving techniques. Not everyone remembers things in the same way so we try to find the technique that works best for them."

Slevin cautions people not to automatically think they might have Alzheimers Disease if their memory starts to decline with age. "There are many, many conditions and situations besides Alzheimers that can cause people of all ages to forget their memory."

Some examples that Slevin cites are: Poor Nutrition; Depression, Anxiety, Stress; Medications; Fatigue; Isolation or Hearing loss.

Both Meyers and Slevin agree that keeping your mind active is one of the best weapons against losing your memory.

Evelyn Fryrear lives by this rule everyday by staying active. She reads the daily newspaper and subscribes to half a dozen magazines. She also watches lots of political and local news on television.

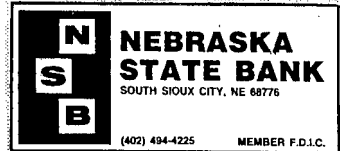
Evelyn participates in nursing home activities and belongs to a latch-key program in which she's required to telephone a young student everyday after he gets home from school.

Evelyn says she's always had a good memory, every since the days she worked in the Los Angeles County engineering department. She attributes her good memory to always staying active.

Anyone who thinks they might be experiencing memory problems should contact their family physician. Those with questions about memory and memory loss can contact Amy Slevin, Silver Advantage, (712) 279-2989 or John Meyers, Psy.D., Marian Behavioral Health Center, (712) 279-2473.

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Training sessions begin
Tuesday, May 3, 1994
at Marian Health Center

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Branson, Missouri is currently a hot spot for senior citizens

**BY SUE WORTMANN
CEDAR COUNTY NEWS
HARTINGTON**—The kids

are gone, the house is paid for and the temperature outside has been below zero for a week straight.

Instead of piling on extra layers of clothing and watching too much TV, why not join the thousands of senior citizens who are discovering the joys of traveling, some for the first time in their lives?

Senior citizens today can access a wide variety of travel options including private travel, cruises and guided motor coach tours.

"The travel industry is realizing that the senior market is their audience," said Mary Beth Vlasman, Yankton travel agent.

This is good news for senior citizen travelers who can net substantial savings in not only air fare and motel rates, but also food and entertainment expenses along the way.

"The airlines give a 10 percent discount to senior travelers, and they also have senior booklets available," Vlasman said.

Four or eight flight book-

lets can be purchased and flights can be taken at any time as long as they are booked 14 days in advance.

"These booklets are nice because they don't have a lot of penalties involved. If someone decides to travel to see family they can book a one-way flight and then decide later when they want to return. The booklets are good for one year," Vlasman said.

Vlasman said the airlines also offer "wheel chair service" at no charge to anyone who thinks they might need help making connections at the airport.

"This service is really nice because sometimes it's a long walk, with limited time, to get to the next gate. With wheelchair service a person will be there to meet you and make sure you get to your destination. They won't necessarily take you in a wheelchair, they might take you on a motorized cart."

Other free service options are out there. Vlasman said people should not be afraid

to ask questions.

"No question is too simple, we've heard them all before," Vlasman said.

and most entertainment and food costs are included in the initial cruise price.

"Alaska 7 day cruise tours are very popular with the se-

nator Jim Keiter, of Hartington.

One example of the convenience of motor coach tours is Keiter's story about a Black Hills tour he guided last summer.

"Motor coach tours are nice because everything is set up already. People don't need to worry about driving or making connections, they can just sit back and enjoy the sights."

"It was a really hot day out and we were going to stop in Chamberlain to eat. It was peak tourist season at the time and there were about 25 people waiting in line to eat. There were 95 of us and since we had reservations we were immediately seated."

Keiter and Vlasman agree that Branson, Missouri is currently a hot spot for seniors.

"Branson is big right now," Keiter said. "The music is one of the popular attractions there, but there are also different crafts and hobbies to see. The food is great. And," he added, "it is probably half the price of Nashville."

And for the shopping crowd, Branson offers one of the largest outlet malls in the United States.

Vacations, of course, can be taken at any time of the year, but some months are just naturally better than others for various locations.

For example, cruise lines have deemed February "National Cruise Month" probably because within a few short hours people can be out of the cold environment and laying on a deck soaking up the warming rays of the sun.

One benefit to a cruise is the fact that airfare, lodging

and senior crowd," Vlasman said. She said that although there are no senior specific cruises, "some cruises will just have more seniors on them because of the line."

Motor coach tours are yet another travel option.

"Motor coach tours are nice because everything is set up already. People don't need to worry about driving or making connections, they can just sit back and enjoy the sights," said tour coordi-

Senior Reflections

When do you start planning your garden?

— Compiled by Rose Rolfe
Cedar County News



"I start looking through seed catalogues in February. By the middle of April we're gardening."

Irene Wortmann
Hartington



"I look for the specials and usually start in April."

Naomi Rasmussen
Hartington



"The Home buys the plants and I usually start planting in the middle of May, past freezing time."

Joe Kayl
Hartington



"I'm not sure if I'm going to plant one this year, but I usually start around the middle of April."

Lois Brandow
Hartington

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Hillcrest Care Center to host support group

BY SUE WORTMANN
CEDAR COUNTY NEWS

LAUREL — Arthritis, literally an inflammation of the joints, will be developed by one in seven people at some point in their lifetime.

With this statistic in mind, Hillcrest Care Center in Laurel has started a support group for people with the potentially crippling disorder.

"There are over 100 kinds of arthritis," said Administrator Carol Nierodzki. "We started the group to help people with arthritis deal with their problem and to let them know what information and services are available to them."

Nierodzki said another reason for starting the group was because there were no other arthritis support groups in the area.

Group organizer, LPN Janelle Fiscus, plans to have different speakers at every meeting.

"At our first meeting, we had an independent living advisor on hand and at the other meetings we plan to have a variety of health care specialists and arthritis care workers available," Nierodzki said.

The next meeting, open to the public, is slated for March 22 at 1:30 p.m. in the dining area.

"We plan to hold the meetings on a monthly basis. Our program goal is to keep people with the disease as independent as possible," Nierodzki said.

**Next
meeting
March 22,
1 p.m.**

Helpful tips for traveling with your grandchildren

Traveling with your grandchildren can be a great way to spend time together and develop a greater appreciation for their talents and personalities.

There's no better way to see America than by motorhome or travel trailer with the comfort, convenience and privacy afforded by bringing your accommodations with you.

However, as much as anyone who has ever traveled for more than 10 miles with children knows, extended trips can try the patience of a saint.

To make your trip an enjoyable holiday, keep in mind these travel tips from Holiday Rambler Corporation.

1. Involve the children in preparation—where to go, what to do, and in packing

and loading.

2. Select a variety of activities so each person enjoys some things.

3. Have brochures of where you are going and extra road maps to show where you are.

4. Brush up on "travel games" - finding state license plates, travel bingo, etc. Pack games, puzzles, coloring books, and a radio and cassette player.

5. Have plenty of healthy snacks such as crackers, nuts, juices and cold water.

6. Plan for regular stops at rest areas and attractions. Take time to relax.

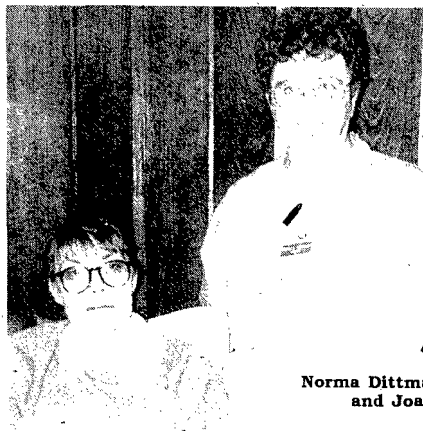
7. Compliment them on positive behavior. Reward good behavior and cooperative spirit, setting the stage for good behavior the next day.

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Stroke

Stroke victim, Arlo Arens has success story

WYNOT — Arlo Arens said he never knew how much in life he had taken for granted — until he had a stroke.

"I never was sick a day in my life," the rural Hartington area man said. "I never thought it could happen to me."

"I had been on medication (for high blood pressure) but I quit taking it in April because I felt so good. I mean, I felt like I could lick the world and that I didn't need it," he recalled.

"And that was my downfall — and now I'll have to live with that decision the rest of my life."

On November 4, 1993, Arens joined an alarmingly large group of American people when he suffered a stroke. Statistics say that nearly 750,000 people will suffer a stroke in the coming year and that nearly 200,000 will die from stroke.

Fortunately for Arens, he not only lived through his stroke, but about a month after it happened, and with the help of Sacred Heart Hospital's Medical Rehabilitation Center, he was able to return home and pick up much of the lifestyle he had enjoyed.

"I had been combing corn that day," Arens recalled. "I came in, ate supper and went to bed. The next morning I couldn't get out of bed — it had happened sometime during the night."

Arens was taken to Sacred Heart Hospital in Yankton. Once there, his initial impressions were that things weren't that serious.

"When I got to the hospital, I could shake the doctor's hand," he recalled.

"But when he returned the next day, I didn't have the strength to reach up and grab his hand." The impairments left by the stroke included paralysis in his right leg, little to no strength in his right arm and hand, slurred speech and memory difficulties.

After a week on the Medical Unit at Sacred Heart Hospital, Arens was transferred to the Medical Rehabilitation Center. And that's where he began to relearn many of the things he had taken for granted.

"There are many things a person has to learn — or relearn," he stated, "especially, you have to learn to take care of yourself."

The worst thing the stroke did, according to Arens, was take his legs out from under him. "I lost 60 years of the use of my legs overnight," he stated. "It was the hardest thing for me to adjust to — not being able to walk."

"Learning to walk again is quite a job for a fellow my age," he added.

Looking back on his stint in the Rehabilitation Center, Arens observed, "It's very demanding."

"But you get out of this program what you put into it," he said. "If you put lots of hard work into it, you gain much. And if you don't work very hard, you won't gain much."

"I never wanted to give up. The thera-

pists and nurses have a very good attitude here at Sacred Heart Hospital," he said. "They encourage you to do everything you possibly can by yourself. But they'll help you if you need it."

"They are very dedicated people," he observed. "I think it takes a very special kind of person to be a therapist or a nurse in a rehabilitation unit because they are the most helpful people in the world."

"It's got to be really hard to be that kind of a person, yet sit and watch a guy struggle to get his shoes tied or feed himself," he added. "But that's what they've got to do, or that person won't learn anything — and that's why they come here in the first place."

Arens described the daily schedule at the Rehabilitation Center.

"We start out each morning at 6:30. We get out of bed, shower, shave, brush our teeth and then dress ourselves," he stated. "We do everything for ourselves — as much as we can."

After breakfast, it's off to therapy, usually two to three hours of physical, occupational and speech therapy sessions. Those therapies are repeated in the afternoon.

Arens smiled when he noted, "They even taught me to do some things I'd never done before."

"My wife Tillie works part time, so I

have to prepare meals for myself. That's something I'd never done for myself," he said. "But they've got a full kitchen in the Occupational Therapy Department, and I learned how to make things like hamburgers and tossed salad. I even learned how to get dessert!"

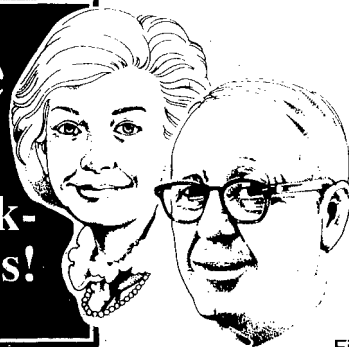
Upon his discharge from Sacred Heart Hospital, Arens was able to do several things he thought he might never do again. As he continues to come in for outpatient therapy sessions a few times a week, Arens finds his strength and abilities returning. Although that "60 years of walking" may be gone, he has relearned much, and is able to negotiate his way around, with the help of a walker. He admits that uneven terrain, and steps, still give him trouble, but "as long as I keep coming in for therapy, doing the things they teach me, and working hard — well, let's just say I may have a long way to go yet, but I am going in the right direction."

"The nurses, therapists and doctors were all really wonderful," he said. "I've come a long, long way, and a lot of the credit has to go to them — for all they have done for me."

"But some of the credit has to go to me — for all the hard work I've put into it," he added with a smile. "That's the great thing about this place. The combination of their hard work, and your hard work — well, it really works."

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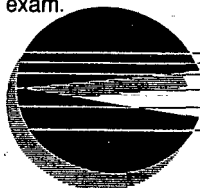
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