

# Wayne Herald

JANUARY 30, 1997

WAYNE, NE 68787

121ST YEAR — NO. 18



Sergeal Babayan

## Classical pianist to perform at WSC

Classical pianist Sergeal Babayan will be the featured performer in February as part of the Wayne State College Black and Gold Series of cultural presentations. The Armenian-born and Russian-trained pianist who has impressed audiences in American appearances since 1988, will perform Tuesday, Feb. 11, at Ramsey Theatre on the WSC Campus.

Tickets for the Babayan performance, the third in the Black and Gold Series for 1996-97, are \$5 for adults and \$3 for students. They may be obtained by contacting the business office at Wayne State, 1111 Main Street, Wayne, Neb. 68787 or calling 402-375-1517.

"Seldom does one hear piano playing of this quality," said James Day, director of the Black and Gold Series at WSC. Babayan has been heralded as a rising young star following appearances from coast to coast.

At 36, he is a multiple international piano prize winner and artist-in-residence at the Cleveland Institute of Music. Day described the energetic classical pianist as a virtuoso of the old-fashioned Russian school of "guts, glitz and glory."

"He will be a treat to hear and to watch," said Day.

### Screening planned

Providence Medical Center and the Wayne County Chapter of the American Heart Association will be sponsoring a cholesterol and blood pressure screening program on Tuesday, Feb. 11 and Thursday, Feb. 13.

People wishing to have their blood or blood pressure tested can come to the hospital between the hours of 7:30 and 9:30 a.m. Blood pressure testing is provided free of charge.

The fee for the screening is \$5 and includes total cholesterol, LDL (bad) cholesterol, triglycerides and a calculated risk factor for heart disease.

Persons taking part in this program should not ingest food for 12 hours prior to testing and should abstain from any alcoholic beverages for 24 hours. Water intake is unlimited and regularly scheduled medications should be taken.

A short questionnaire will be filled out prior to the blood being drawn by venipuncture. Participants should plan on the whole procedure taking not more than 15 minutes and should obtain the results by mail within a week.

Educational material dealing with heart health, exercise and diet will also be available.

## Wayne airport project chosen as 1996's 'Project of the Year'

The new airport runway at the Wayne Municipal Airport was chosen by the Nebraska Department of Aeronautics as the Project of the Year for 1996.

The presentation was made Thursday during the Nebraska Aviation Convention in Kearney. The purpose of the award is to recognize those projects where the partnership between airport owner, engineer and contractors produce an improvement that was on time and under budget.

Accepting the award for the Wayne Airport were Orin Zach, airport manager and Dave Ley and Logan McClelland, airport authority members.

The Department of Aeronautics chose the Wayne runway project over all the other airport projects that were completed in 1996.

The city of Wayne purchased land on which to build the runway several years ago. In the summer of 1995 the airport received a federal grant for the project, prior to the start of construction.

The paving and addition of

lights were completed in 1996. Projected cost of the runway was just over \$2 million but the project came in under \$2 million with only one project change order.

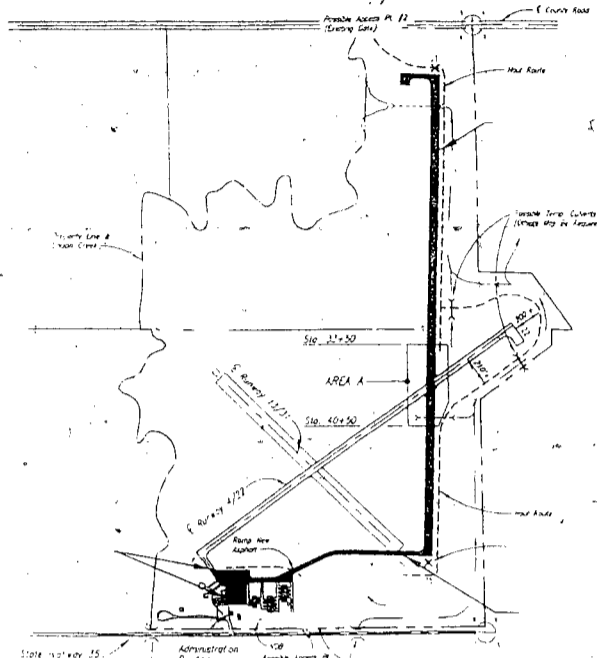
"I feel we have one of the better facilities for a small airport in the state," Zach said.

The airport now has two hard-surfaced and one grass runway. The new runway features pilot-controlled lights.

"Our new runway will allow doctors who fly in for special clinics at the hospital to use our facility. We can now better handle charter planes and small jets," Zach added.

The airport is planning a dedication for the new runway in June. Governor Ben Nelson is expected to attend the ceremony.

Also recognized during the award presentation were the engineer of the project, H.W.S. of Lincoln; the general contractor, Biba Construction of Geneva and the electrical contractor, Kayton Electric.



## Former facility may be converted

By Clara Osten  
Of the Herald

The former Wayne Care Centre facility could once again be occupied under a proposal presented to the Wayne City Council at Tuesday's meeting.

Gary Donner presented an architect's drawing of a plan he has for converting the former Care Centre building into what could be a 69-bed dormitory-type facility.

Donner outlined his plans for the building, including demolition of the south portion of the facility and the installation of parking stalls in that space. The former Smart Set building would become a garage for the building manager.

Kitchen facilities would remain where they are on the first floor and additional facilities would be added on the lower level.

The building would contain one and two bedroom apartments.

Donner told the board that he would live on-site and would keep the tenants quiet. He also said that the building would have monitoring equipment and security.

The council voted 7-0 to have an ordinance prepared that would rezone that property from a B-3 category to an R-3 multi-family use category. Property owners within 300 feet of the facility will be notified and will have an opportunity to comment on the proposal.

The council voted against the request by Wayne State College

for installation of a pedestrian signal light at 12th and Main Streets.

A study by the Wayne Police department should that the majority of the pedestrian traffic does not cross at the intersection crosswalk and felt the warning signs in place at the present time are sufficient.

In other action, the council had a second reading on Ordinance 97-1 which would amend zoning regulations regarding manufactured homes.

The council received annual reports from the Building and Planning Commission, the City

Clerk and the Police Department.

Mayor Sheryl Lindau re-appointed Doug Sturm, Merlin Beiermann, Dave Kirkpatrick, Sidney Saunders, Ron Surber, Richard Brown, Breck Giese and Lance Webster to the 911 Advisory Commission.

Appointed to the Recreation/Leisure Commission were Jan Magnuson and Ken Kwapnoski. Lorraine Slaybaugh was re-appointed to the commission.

Jack Hausman, Jeryl Nelson, Fred Webber and Marie Mohr were re-appointed to the Planning Commission.

### At a Glance



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

This issue: 2 sections, 16 pages — Single Copy 75 cents

#### Thought for the day:

Laughter is the shock absorber that eases the blows of life.

#### Sweetheart Supper

AREA — The Senior High Youth of Our Savior Lutheran Church are planning a Sweetheart Supper to be held Sunday, Feb. 16 at the church. Proceeds from the event will support the members of the group who plan to attend the 1997 National Lutheran Youth Gathering in New Orleans. Serving times will be at 5 and 7 p.m. and tickets should be purchased by Feb. 9. For more information, call the church office at 375-2899.

#### Adult Education

AREA — Free Adult Basic Education, General Education Development (GED) and English as a Second Language classes are being offered at Northeast Community College, 1615 1/2 First Ave. (behind City Hall), South Sioux City. Call (402) 494-1964 for more information.

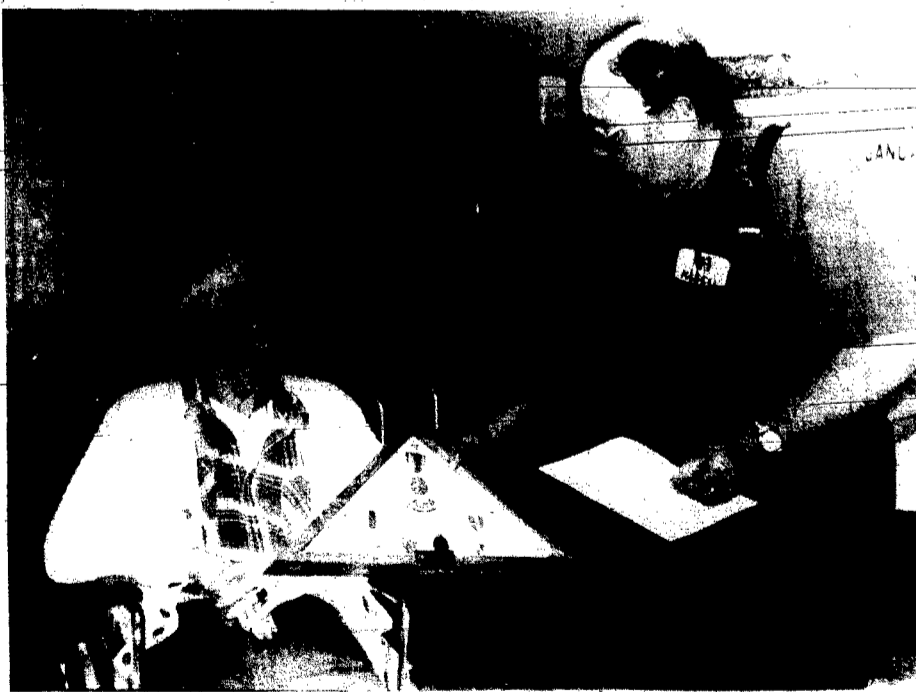
#### Storytime

WAYNE — Children ages three to seven are invited to come to story-hours each Saturday at 10:30 a.m. at the Wayne Public Library during the Winter Storyhour Series. Special features will include guest readers, puppets, flannel board stories, storytelling and activities that the children can make.

All area children are welcome.

#### Winter Concert

WAYNE — The Wayne High School instrumental music department will present a Winter Concert on Monday, Feb. 3 at 7:30 p.m. in Ramsey Theatre at Wayne State College. The concert is free and open to the public.



Louis Prescott receives the medals he earned during World War II from Wayne Denkiau. The medals are displayed in a case made by Roy Summerfeld.

## Army medals received

More than 50 years after his discharge from the United States Army, Louis Prescott received the medals he earned while serving as a Technician Fifth Class in the army.

Prescott, a resident of the Wayne Care Centre for the last several years, served from June 5, 1941 to Nov. 5, 1945.

The army does not regularly send the medals to those who have earned them and each veteran must request them. According to Wayne Denkiau, many veterans have not done this,

and only after family members or other interested persons get involved, do the veterans receive the medals.

Prescott's military history includes arriving in the Pacific Theater on Sept. 26, 1943 and leaving on Oct. 13, 1945.

During his time on Luzon, Philippines Islands he received a citation for meritorious achievement in connection with military operation.

During his tour of duty, Prescott was awarded the following decorations: Honorable Service Lapel

Button, World War II; World War II Victory Medal; Army Good Conduct Medal; Asiatic-Pacific Campaign Medal; American Defense Service Medal; Bronze Star Medal; Combat Infantry Man Badge; Philippines Liberation Ribbon with Bronze Star and the American Service Medal.

"We requested Louis's awards and didn't receive all of them. However, those we did receive were put in an award case made by Roy Sommerfeld," Denkiau said.



#### Weather

Phillip Anderson, 7, Wayne Elementary FORECAST SUMMARY: Warmer weather is ahead through the weekend. A quiet pattern will persist until Monday, when developing low pressure to the southwest will spread moisture our way.

| Day:   | Weather:      | Wind:    | °Range |
|--------|---------------|----------|--------|
| Thurs. | Partly cloudy | SW 10-20 | 1/39   |
| Fri.   | Partly cloudy | W 10-20  | 27/47  |
| Sat.   | Partly cloudy | NW 8-15  | 32/44  |
| Sun.   | Partly cloudy |          | 27/42  |
| Mon.   | Rain/snow     |          | 28/39  |

Wayne forecast provided by

| Date    | High | Low | Precip. | Snow |
|---------|------|-----|---------|------|
| Jan. 24 | 23   | 3   | T       | —    |
| Jan. 25 | 10   | -8  | —       | —    |
| Jan. 26 | 0    | -8  | .04     | 1"   |
| Jan. 27 | 4    | -4  | —       | —    |
| Jan. 28 | 1    | -10 | —       | —    |
| Jan. 29 | 21   | -7  | —       | —    |
| Jan. 30 | 18   | 5   | —       | —    |

Recorded 7 a.m. for previous 24 hour period

Precip./Month — 36"  
Year To Date — 36"  
Snowfall/Month — 7"  
Snowfall / Season — 21.75"







# Sports



## Wildcats win 15th straight at home with 16-point win

# Wayne State men thump UNK

By Kevin Peterson  
Of the Herald

The Wayne State men's basketball team rocked the University of Nebraska-Kearney Antelopes by a 96-80 margin, Monday night in the friendly confines of Rice Auditorium.

The lopsided victory erased some of the bitterness from Saturday's debacle at Minnesota-Morris which ended in a Wildcat 25-point loss, 103-78.

The 10-6 Wildcats got off to a slow start as UNK built a quick 7-0 lead before Tyler Johnson busted through the lane and made a lay-up while being fouled. He completed the old-fashioned three-point play.

It was Johnson who gave WSC its first lead of the contest at 19-18 with a pair of free throws at the

10:58 mark.

The 'Cats would go on to post a 45-40 halftime advantage and according to head coach Greg McDermott the momentum going into half was nice but the true test would come early in the second half.

"We always feel the outcome of the game is relevant to the performance in the first five minutes of the second half," McDermott said.

"I was pleased with the way our team responded in those opening minutes."

WSC out-scored the Lopers, 17-4 in the first five minutes of the second half and found themselves up by 18 points at 62-44.

The closest the visitors would get to WSC after that would be 14 points and Wildcat leads touched

the 25-point cushion at 90-65. In fact, WSC only scored six points in the final six minutes and still won by 16.

"The only concern we really had at halftime was the offensive rebounding advantage Kearney had on us," McDermott said. "We did a nice job of answering every run they had."

Johnson led the 'Cats with 24 points which tied his season high and he notched his most prolific night of his career in assists with 10.

"Tyler made a lot of good decisions with the ball," McDermott said. "I'm just very proud of our entire team on this performance."

UNK came into the game with a 13-game win streak including a 12-point win over the number one team in the country last week, Fort Hays State which also had the longest win streak of any collegiate team on any level at 49.

Craig Philipp poured in 21 points which was the third time in the past four games he's done so and Jason Diaz tallied 13. Mike Fitzner also finished in double figures with 12 including a buzzer-beating 3-pointer to end the first half.

WSC was edged on the boards, 47-46 with Jon Dolliver leading the 'Cats with nine caroms while Philipp hauled down seven.

The host team connected on 33-of-64 shot attempts from the field for 51 percent while hitting 22-32 in free throws for 68 percent. UNK was 31-82 from the field for 37 percent

and the Lopers hit 10-of-15 free throw attempts for 66 percent.

The win was the 15th consecutive home victory for McDermott's squad.

**SATURDAY NIGHT** in Morris, Minnesota the 'Cats trailed the host team by 14 points at the break and despite a strong showing in the early stages of the second half, WSC was pounded in the game's final six minutes to lose by 25, 103-78.

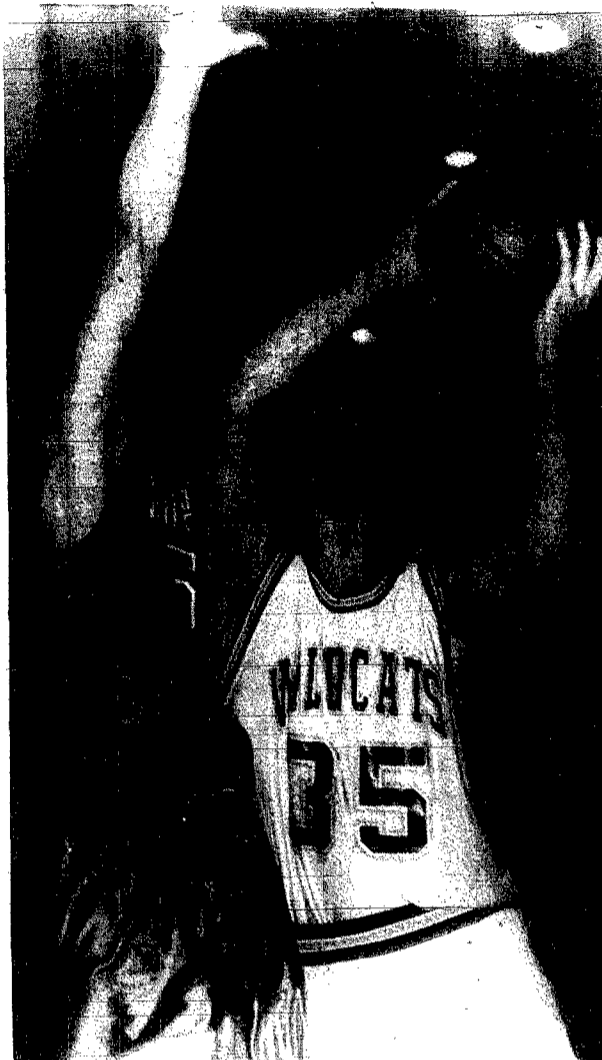
"We came out and trimmed that 14 point lead to five," McDermott said. "Morris has a good shooting team and they kept coming at us. We trailed 76-70 with six minutes left in the game and they out-scored us 27-8 the rest of the way."

Craig Philipp poured in 25 points to lead WSC with Tyler Johnson adding 19 and Mike Fitzner, 11. Jason Diaz was also in double figures with 10.

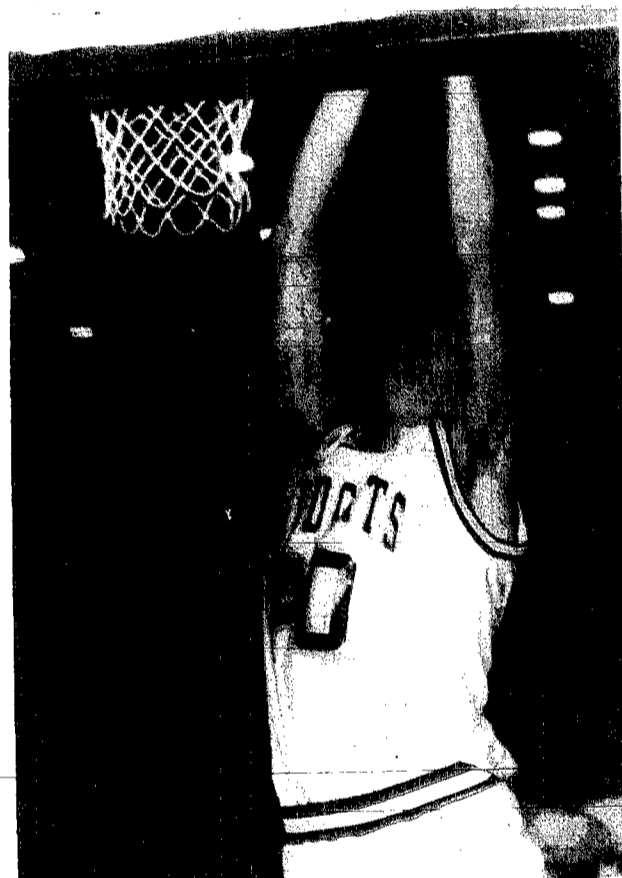
The 'Cats will travel to play at Bemidji State on Saturday before hosting Westmar on Monday and Southwest State on Wednesday.

**WSC, 96-UNK, 80 (WSC)** Tyler Johnson, 24; Craig Philipp, 21; Jason Diaz, 13; Mike Fitzner, 12; Jon Dolliver, 9; Chad Nelson, 6; Curt Woodin, 5; Eric Henderson, 3; Matt VanVoorst, 2; Jaime Jones, 1.

**WSC, 78-Minn. Morris, 103 (WSC)** Craig Philipp, 25; Tyler Johnson, 19; Mike Fitzner, 11; Jason Diaz, 10; Jon Dolliver, 6; Curt Woodin, 3; Eric Henderson, 2; Chad Nelson, 2. **WSC RECORD:** 10-6.



Craig Philipp goes strong to the hoop during the Wildcats victory over the visiting Lopers, Monday night at home.



Eric Henderson goes up for the dunk shot in second half action of WSC's 96-80 win over Kearney. The win was the 15th straight at home for the Wildcats.

## Wildcats defeated at Northern State

The Wayne State men's and women's hoop teams fell at Northern State, Wednesday night in Aberdeen, S.D.

The men lost a 96-89 decision to fall to 10-6 on the season while Northern State improved to 15-3.

The visiting 'Cats led Northern State, 51-43 but gave up 53 points in the second half while scoring just 38.

Greg McDermott's team hit 22-of-32 shots from the field in the first half and they were 35-61 for the game for 57 percent which is likely good enough to win most games.

However, Northern State hit 56 percent of its shots from the field with the difference in the score coming from the free throw line where WSC was 13-21 while Northern State hit 20-of-29.

Craig Philipp and Tyler Johnson each poured in 22 points to share team honors while Jon Dolliver tallied 16 and Mike Fitzner, 13.

WSC was dominated on the boards, 38-23 with Philipp, Dolliver and Jason Diaz each hauling down four.

**WSC 89-Northern State, 96 (WSC)** Tyler Johnson, 22; Craig Philipp, 22; Jon Dolliver, 16; Mike Fitzner, 13; Jason Diaz, 8; Eric Henderson, 6; Matt VanVoorst, 2. **WSC RECORD:** 10-7.

**THE WSC WOMEN** lost an 88-74 decision after trailing by seven at the half, 43-36.

The 'Cats struggled from the field, hitting 26-78 for 33 percent. Carla Schultz led WSC with 20 points while Tonya Porter scored 13.

Amy Brodersen scored nine points and hauled down a team-high 11 rebounds while notching seven assists and four steals.

The 'Cats were out-rebounded by a 53-40 margin.

**WSC 74-Northern State, 88 (WSC)** Carla Schultz, 20; Tonya Porter, 13; Amy Brodersen, 9; Megan Murphy, 9; Renee Belz, 8; Jenny Thompson, 5; Julie Heine, 5; Stefanie Sjuts, 3; Erin Pick, 2. **WSC RECORD:** 4-13.



Mike Fitzner accepts a plaque from his coach Greg McDermott for breaking the all-time 3-point record at Wayne State. Fitzner established the record in three years after transferring to WSC with McDermott from North Dakota.

# BOWLING AT MELODEE LANES

|                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                       |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Senior Citizens<br>On Thursday Jan. 23, 11 seniors bowled at Wakefield with the Harry Mills team defeating the Gilbert Shaw team, 2699-2687. High Series and Games were bowled by Sid Preston, 572-196; Lee Tietgen, 550-212; Ed Carroll, 545-190; Duane Creamer, 521-211. | 7 split; Sherry Hasenkamp, 3<br>10 split; Ella Lutt, 5-10 split;<br>Ardyce Kniesche, 6-10 split                                                                                                                                                                      | Farm-Merch 26 5<br>Clements Chev 26 22<br>Tom's Body Shop 24 24<br>White Dog #2 24 24<br>Grone Repair 23 25<br>K.P. Construct 23 25<br>Sharp Construct 22 26<br>Wayne Vets Club 21 27<br>White Dog #1 19 29<br>Basen, Inc 18 30                                                                                                                                                                                                           | Melodee Lanes 4 8<br>High Series and Game: Darci Frahm, 222-567; Melodee Lanes, 937; Pizza Hut, 2604<br>Darci Frahm, 188; Amy Hill, 203-184-550; Pam Nissen, 540-183; Ardie Sommerfeld, 498-190-186; Shelly Carroll, 485-190; Addie Jorgensen, 213; Jennifer Cole, 198; Phyllis Vanhorn, 181; Heather Mize, 180; Ann Sharer, 4-7 split; Cec Vandernick, 5-10 split; Essie Kathol, 182 |
| On Tuesday, Jan. 28, 11 seniors bowled in Wakefield with the Melvin Magnuson team defeating the Vern Harder team, 3123-3091. High Series and Games were bowled by Sid Preston, 542-204; Duane Creamer, 519-205; Lee Tietgen, 516-193.                                      | Monday Night Ladies<br>Dave's E.Z. Go's 16 8<br>Midland Equip 15 9<br>Wanne Be's 13 10.5<br>Tidy Gals 13 11<br>Mar's Repair 12 12<br>KTCH 12 12<br>Carhart's 12 12<br>Swan's 10.5 11.5<br>First Bankcard Ctr 8 8<br>State Nat Bank 8 16                              | High Series and Game: Randy Bargholz, 258; Doug Rose & Darrel Metzler, 664; PBR/Bar M, 1006-2932.<br>Shane-Guill, 232-616; Doug Rose, 244-225; Randy Bargholz, 200-625; Derek Hill, 210; Scott Brummond, 207-200-606; Scott Metzler, 220-215-604; Wade Luther, 207-213-610; Darrel Metzler, 225-214-225; Layne Beza, 206; Scott Carhart, 203; Rick Straight, 213; Ron Brown, 244; Sid Preston, 201-206; Kim Baker, 201; Val Kienast, 215. | Wednesday Night Owls<br>White Dog Pub 6 2<br>Logan Valley 6 2<br>Wake. Fam. Fun 5 3<br>Electrolux Sales 4 4<br>Schelley's Saloon 4 4<br>Hoskins Mfg. 3 5<br>The Max 3 5<br>Melodee Lanes 1 7                                                                                                                                                                                          |
| Monday Afternoon Ladies<br>Rolling Pins 20 4<br>Last Chance 18 6<br>Lucky Strikers 16 8<br>Pin Splinters 11 13<br>Bowling Belles 7 17                                                                                                                                      | High Series and Game: Tami Hoffman, 196; Judy Sorensen, 521; Last Chance, 758-2080. Tami Hoffman, 196-506; Rita Maguire, 5-6 split; Paula Pfeiffer, 185; Joni Jaeger, 192-519; Judy Sorensen, 3-10 split; Ruth Erwin, 497; Darleen Topp, 183; Donna Schwedhelm, 2-5- | Hits N' Misses (Women's)<br>Hollywood Video 9 3<br>Fredrickson Oil 8 4<br>TJVJ Feeds 7 5<br>Downs Insur. 7 5<br>Pizza Hut 6 6<br>White Dog Pub 5 7<br>Greenview Farms 5 7<br>Baler Auct./Bar M 5 7<br>Grone Repair 4 8                                                                                                                                                                                                                    | High Series and Game: Rick Dicus, 268; Randy Bargholz, 649; Wakefield Family Fun Center, 1005-2912.<br>Kevin C. Peters, 222; Bob Gustafson, 206; Tom Schmitz, 211; Doug Rose, 247-615; Randy Bargholz, 237-224-549; Skip Deck, 222; Derek Hill, 212-201-604; Steve McLagan, 224-216-208-648; Rick Dicus, 642; Joel Ankeny, 210; Jon Murray, 200.                                      |

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**LADIES! LADIES! LADIES!**

## FIRST CLASS MALE REVUE

**Appearing Exclusively at:**

### WHITE DOG PUB

**102 Main St., Wayne.**

**Thursday, Feb. 13**

**Showtime: 9:30 P.M.**

**Tickets — \$5 in Advance**  
**\$7 At The Door**  
*(Limited Ticket Sales)*

**MARGARITAS \$1**  
**7-8 P.M.**

# Wayne cagers lose close one to Cedar then beat Wakefield

Rocky Ruhl's Wayne boys basketball team pushed C-1 top-ranked Hartington Cedar Catholic to the limits last Friday in Wayne before dropping a 45-43 decision to the Trojans.

The seventh-ranked Blue Devils appeared to be dead in the water with a 33-23 deficit staring them in the face heading to the fourth quarter but Wayne responded admirably and managed to tie the game at 43.

"We had the ball like we wanted with a chance to win," Wayne coach Rocky Ruhl said. "We had possession of the ball with 40 seconds left and we went for the final shot and it was a good shot, it just didn't fall."

On the ensuing rebound with three seconds remaining the Blue Devils were whistled for a foul and Cedar Catholic made both free throws for the two-point and subsequent win.

Wayne's final shot to tie the game and force overtime failed. One of the keys to the Wayne comeback was the play of Nick Hagmann who came off the bench to score eight, fourth-quarter points including a pair of 3-pointers.

"It was another classic battle," Ruhl said. "We could not score in the third quarter and that made a big difference. I was impressed by the way our players refused to give up and the way they found a way to put themselves in a position to win the game."

Ruhl also credited the team's defensive intensity in the final period.

Paul Blomenkamp paced Wayne with 14 points with Matt Meyer and Hagmann each scoring eight. The Blue Devils were out-rebounded,

35-26 with Blomenkamp hauling down 10 cars to lead Wayne.

Wayne forced the Trojans into 18 turnovers while suffering only nine.

TUESDAY IN WAYNE, the Blue Devils snapped their two-game losing skid with a convincing 81-44 victory over Wakefield at Wayne High.

The game was highlighted by one of the finest offensive performances in Wayne history as Paul Blomenkamp hit 17-of-19 shots from the floor en route to a 39-point performance.

"We got to play a lot of players in the game which we liked to see," Ruhl said. "We played 10 kids in the first quarter and despite getting off to a quick 12-point lead, Wakefield managed to cut the gap to four by the quarters end at 18-14."

Wayne, however, rolled in the second quarter, out-scoring the Trojans, 24-8 to build a 20-point lead at the half at 42-22.

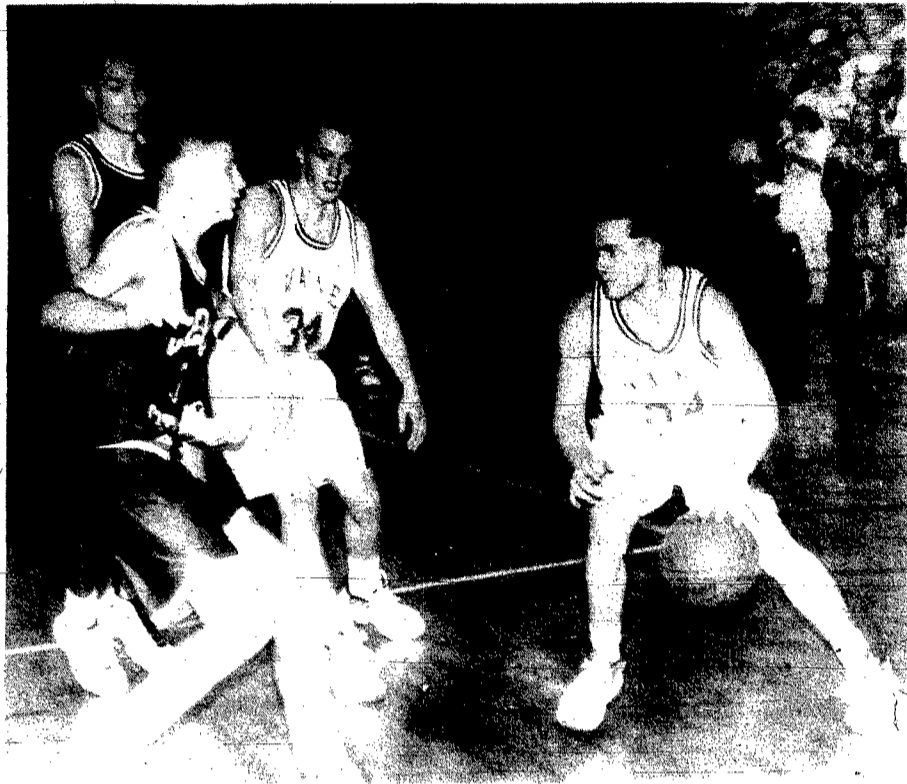
Things didn't get any better for Brad Hoskins' Wakefield squad in the second half as the Blue Devils out-scored them, 39-22 for the 37-point win.

"I was pleased with the way we responded after a tough week in which we lost two close games," Ruhl said. "We need to keep that same intensity the rest of the season."

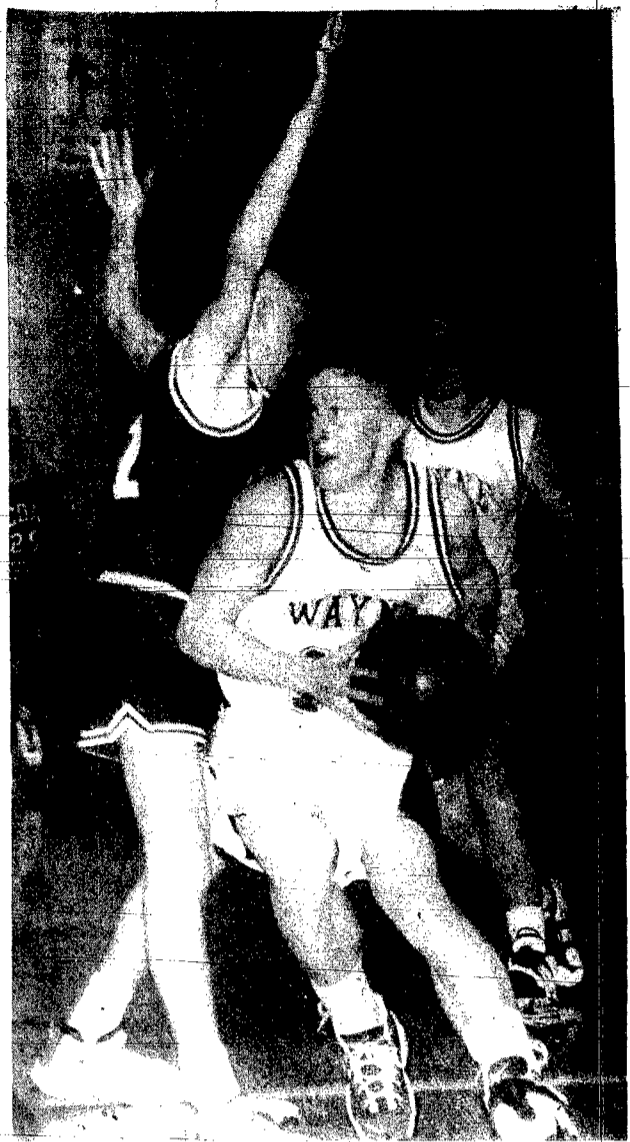
Wayne will host West Point on Friday and host highly-ranked O'Neill next Thursday.

Wayne 43—Cedar Catholic, 45 (Wayne) Paul Blomenkamp, 14; Matt Meyer, 8; Nick Hagmann, 8; Kurtis Keller, 7; Nick Vanhorn, 3; Justin Thede, 3.

Wayne 81—Wakefield, 44 (Wayne) Paul Blomenkamp, 39; Justin Thede, 9; Ryan Dahl, 7; Kurtis Keller, 7; Paul Zulkosky, 6; Nick Hagmann, 5; Nick Vanhorn, 4; John Magnuson, 3; Tony Hansen, 1. WAYNE RECORD: 9-3. (Wakefield) B.J. Hansen, 19; Austin Lueth, 12; Josh Hohn, 5; Ross Gardner, 2; Justin Mackling, 2; Chad Mackling, 2; Justin Paulson, 1; Eric Beacom, 1.



Kurtis Keller looks to drive in against a Hartington Cedar Catholic defender during the Blue Devils comeback in the final period. Wayne dropped two games last week by a total of five points with both going to the wire before they thrashed Wakefield by 37 on Tuesday night.



Matt Meyer slips around a Hartington Cedar Catholic defender in action last Friday night at Wayne High School. The Blue Devils were gunning for the upset of the top ranked team in Class C-1 but fell two points short, 45-43.

# Laurel girls continue to play well; Boys win twice

The Laurel-Concord girls and boys basketball teams competed several times during the past week with Rick Petri's girls winning on the road at highly rated Wausa and at Bloomfield while Clayton Steele's boys won over Hartington and Bloomfield.

Last Thursday in Wausa the Bears exploded for 19, fourth quarter points while holding the host team to six to post a 65-54 victory.

Laurel led 33-30 at the half but trailed 48-46 after three quarters of play.

"It was a fun, fast-paced game to watch between two ranked teams,"

Petri said. "Candace Bloomquist scored 30 for the Vikings but Laurel had three players in double figures with Becky Schroeder, 22, Alissa Krie with 16 and Tracy Ankeny with 14."

Petri said a change in defenses in the fourth quarter was key and aided in a 11-0 run.

"We were down 50-46 but then led 57-50," Petri added. "I thought our girls played with a lot of heart and emotion. They played hard and smart in the fourth quarter and it resulted in a victory."

Laurel out-rebounded the Vikings, 47-31 led by Schroeder's 13 carsoms and Sarah Ehlers with 10.

Andy Ankeny followed Schroeder's 27-point performance with 24. Laurel won the battle of the boards, 36-29 led by Schroeder with 11 carsoms.

Jessie Erwin dished out seven assists and Schroeder had six while Alissa Krie notched five assists. The Bears will play at Wakefield on Thursday before playing in the NENAC Conference Tournament on Saturday in which the Bears play at Neligh in a 2 p.m. game against Creighton. Laurel comes into the conference tourney as the top seed.

Laurel 65—Wausa, 54 (Laurel) Becky Schroeder, 22; Alissa Krie, 16; Tracy Ankeny, 14; Jessie Erwin, 7; Sarah Ehlers, 6.

Laurel 74—Bloomfield, 46 (Laurel) Becky Schroeder, 27; Tracy Ankeny, 24; Alissa Krie, 8; Jessie Erwin, 5; Mindy Eaton, 4; Sarah Ehlers, 4; Michelle Wiltse, 2.

The Bears rolled to a 39-26 half time lead over Bloomfield on Friday and things continued to get better in the second half as Laurel breezed to a 74-46 win.

"Becky scored 10 of her season-high 27 points in the opening quarter," Petri said. "It was an excellent effort the night after an emotional game with Wausa. Everyone came to play and it showed. We'd sure like to maintain this level of play the rest of the season."

In Bloomfield last Friday Steele's troops improved to 7-5 with a 56-43 win.

"It was a close game until the final minutes of the third quarter and the fourth period," Steele said. "We got Travis Stingley back after an injury and he scored nine points in the final 10 minutes."

The Bears trailed 19-18 at the half but out-scored the Bees 38-24 over the final 16 minutes.

Vince Ward and Wyatt Erwin each tallied 15 points for Laurel while Andy Boser scored 10 while hauling down a game-high 17 rebounds.

Laurel dominated the boards, 32-17. Ward also dished out a team-high five assists and notched five steals while Ryan Kvols had four assists as did Erwin.

Laurel will play at Wakefield on Friday night.

# Winside grapplers dominate the mat at Oakland-Craig

The Winside wrestling team sent 10 grapplers into the semifinals of Saturday's Oakland-Craig Invitational and when that round was finished, nine of Paul Sok's grapplers advanced to the finals which literally sealed the Wildcats championship.

Winside tallied 198 points to easily out-distance runner-up Howells, 147.5 and West Point, 112. West Point Central Catholic was fourth with 112 followed by Oakland-Craig with 67, Battle Creek, Tekamah-Herman reserves, Norfolk Catholic, Logan View reserves and Scribner-Snyder.

All 11 of the Wildcats varsity wrestlers brought home medals as well as a reserve with a dozen medals being handed out to the winning team out of 16 total wrestlers.

"We had a very impressive semifinal round," Sok said. "I felt our conditioning and technique were good. I believe we need to work on our bottom positions a little more and in some cases we relaxed on our takedowns which did and can cost us."

Four of the Wildcats finished first in the tournament including Jeff Jacobsen at 119. It was Jacobsen's first career tournament championship.

Justin Bowers won his 125-pound category and Cory Brummels improved to 21-0 on the season with a championship at 140.

Shaun Magwire spent less than two minutes on the mat, Saturday in claiming his championship at 171 pounds.

Despite the domination there was one slight setback as Joe Schwedhelm suffered his first loss of the season.

Schwedhelm placed runner-up at 215 as did teammates, Jeremy Jaeger (112); Steve Rabe (130), Robert Wittler (135), Ryan Krueger (145), and Landon Grothe (152).

Justin Bargstadt (135) placed third as a reserve and Levi Trautman (160) placed fourth to round out the medal winners on the varsity side.

Winside will compete in the Ainsworth Invitational this weekend after a dual with Ainsworth and Rushville.

There will be more than 20 ranked wrestlers competing in the invite from Classes B, C & D.

112-Jeremy Jaeger (2nd) Won 6-4, Lost 2-0 to Shawn Schultzkump of West Point.

119-Jeff Jacobsen (1st) Won by Technical fall; won 5-4 over Aaron Huges of Norfolk Catholic.

125-Justin Bowers (1st) Won by pin in 1:28; Won 12-2.

130-Steve Rabe (2nd) Won by pin, Lost 6-4 in overtime to Todd Kreikemeier of West Point Central Catholic.

135-Robert Wittler (2nd) Won by pin; Won by pin; Lost 4-0 to Barry Kreikemeier of WPECC.

140-Cory Brummels (1st) Won by pin; Won 4-3 over Jordan Johnson of Oakland-Craig.

145-Ryan Krueger (2nd) Won by pin; Won by pin; Lost 17-5 to Shane Steinhoff of Scribner-Snyder.

152-Landon Grothe (2nd) Won by pin; Won 5-2; Lost 5-3 to Boyd Uehling of Logan View.

160-Levi Trautman (4th) Lost 12-3; Won 11-2; Won by default; Lost 8-6.

171-Shaun Magwire (1st) Won by pin; Won by pin over Jason Ruwe of Tekamah-Herman reserves.

215-Joe Schwedhelm (2nd) Won by pin; Won by technical fall; Lost 6-3 to Dave Johnson of Norfolk Catholic.

## Men's City League Bowling tourney held

The Annual Men's City Bowling Tournament was held at Melodee Lanes, recently with winners emerging from four categories.

For the second straight year, Wayne Vets Club won the team championship with a 3140—edging Logan Valley by 14 pins. PBR/BAR M placed third with a 3123.

Team members of the championship team included Eldin Roberts, Vaughn Frailey, Ev Baker, Merlound Lessmann and Jim Malý.

Logan Valley team members included Bruce Roeber, Randall Johnson, Duane Bargholz, Les Keenan and Randy Bargholz.

PBR/Bar M team members included Scott Metzler, Steve McLagan,

Joel Ankeny, Scott Brummond and Darrel Metzler.

The Doubles competition was won by Pat Riesberg and Brad Jones with a 1248 followed by Tom Schmitz and Chris Lueders with a 1237 and Joel Ankeny and Jon Murray with a 1228.

The Singles crown was won by Randy Bargholz with a 792 including a perfect 300. Darrel Metzler was second with a 721 followed by Steve McLagan with a 690 and Kelly Hansen, 687. Jon Murray placed fifth with a 671 and Pat Riesberg was sixth with a 670.

The All-Event champ was Darrel Metzler with a 2075 with series of 730, 624 and 721.

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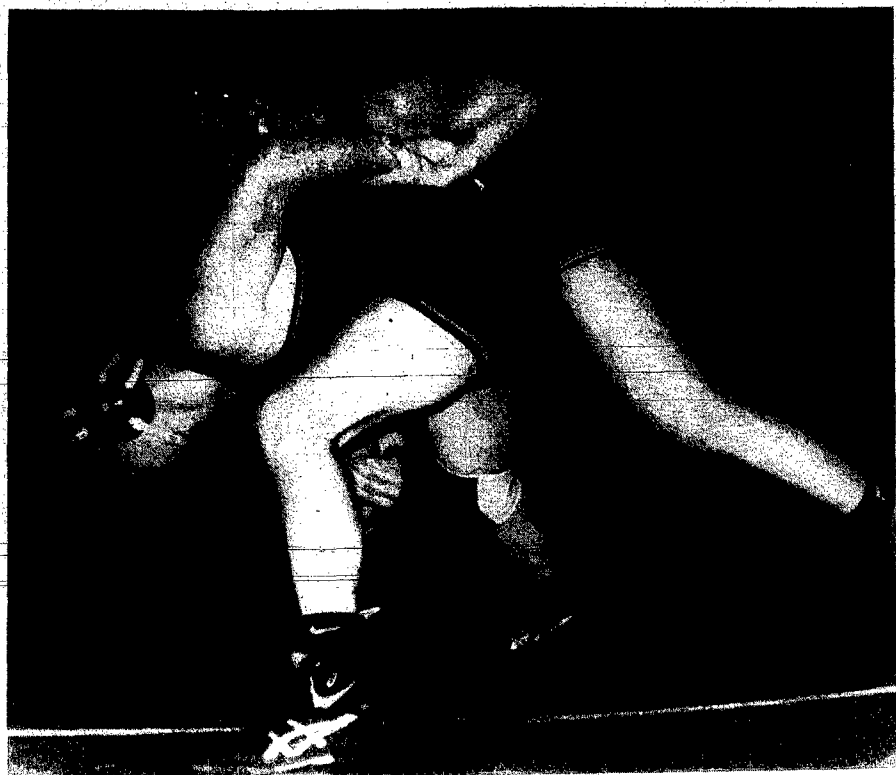
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Jeremiah Rethwisch (left) battles with an Albion grappler during Wayne's final home dual of the season last Thursday night. The Blue Devils lost to the 10-ranked team, 45-15. Above, Tim Zach looks to take control of his match after being down by six late in the third period. He lost by one point.

# Blue Devils fall to Albion in dual Wayne runner-up at Wisner

The Wayne High wrestling team placed runner-up at the make-up Wisner Invitational, recently, scoring 195 points to finish just 11 points behind team champs, Creighton. Wisner placed third at its own meet with 154.5 points with Neligh-Oakdale placing fourth with 150.5. West Point Central Catholic rounded out the top five with 143 points followed in order by Norfolk Reserves, West Point, Fremont

Bergan and Pender. Ten of the Blue Devils 13 grapplers came away with hardware on the day including first place finishes by Josh Murtaugh (130), Jeremy Meyer (140), Jody Campbell (145), and Jeremiah Rethwisch (171). All of the championship matches featuring Wayne grapplers ended in Blue Devil victories. Third place finishes on the day were earned by Dan Nelson (112), Jay Endicott (119), Tyler Endicott

(135) and Casey Junck (189). Tim Zach (160) and Eric Hefti (215) each placed fourth for John Murtaugh's squad. "I thought we wrestled tough throughout the tournament," Murtaugh said. "I was especially pleased with how strong we finished the meet. In our final round we won seven-of-nine matches."

**130-Josh Murtaugh (1st)** Won by pin; Won 9-1; Won 2-0 over Todd Kreikemeier of WPCC.  
**135-Tyler Endicott (3rd)** Won by pin; Won 14-5; Lost 5-3; Won 3-1 over Nick Kahney of Norfolk.  
**140-Jeremy Meyer (1st)** Won by pin; Won by pin; Won by pin; Won 3-0 over Dan Koenig of Fremont Bergan.  
**145-Jody Campbell (1st)** Won by pin; Won by pin; Won 12-0; Won 11-7 over Cody Tayne of Wisner.  
**152-Darin Jensen (DNP)** Won 9-3; Lost 5-3; Won by pin; Won by pin; Lost 8-0.  
**160-Tim Zach (4th)** Won 10-1; Lost by pin; Won 11-6; Lost 6-4 to John Timmerman of WPCC.  
**171-Jeremiah Rethwisch (1st)** Won by pin; Won by pin; Won 7-4 over Wade Miserez of West Point.

**189-Casey Junck (3rd)** Won by pin; Lost 19-5; Won by pin; Won by pin over Dave Gondie of West Point.  
**215-Eric Hefti (4th)** Won by pin; Lost by pin; Won by pin; Lost by pin to Blayne Krepol of Creighton. Four reserve wrestlers from Wayne competed in the tournament including Gabe Hammer (140), Nick Salitros (145), Jack Dorcy (152) and Jesse Rethwisch (171). Rethwisch won two of his four matches while Salitros and Hammer each won once.

from Zach Westerman. One-point losses were suffered by Jay Endicott, 8-7; Jody Campbell, 5-4; Darin Jensen, 4-3; Tim Zach, 10-9 and Jeremiah Rethwisch, 1-0. Eric Hefti lost a 2-0 decision as Wayne suffered six losses by a total of seven points. Chris Junck, Scott Reinhardt, Casey Junck and Jeremy Nelson each lost by pin and Tyler Endicott was decisioned, 5-0. There were five reserve matches as well with Jesse Rethwisch the only one notching a win by pin.

## Sports Briefs

**Knights free throw winners announced**  
WAYNE — The Knights of Columbus local Free Throw contest had 31 participants in five age groups at last weekend's event. Jon Dickey and Bret Kahl placed first and second, respectively in the 10-year-old division while Luke Hoffman and Scott Hansen did likewise in the 11-year-old category. Brad Hochstein and Eric Klein were the top two in order in the 12-year-old division while Drew Slaybaugh and Brad Hansen were the top two in the 13-year-old category. Ben Meyer and Jeff Ensz placed first and second in the 14-year-old division. Turning to girls action, Tanya Kay and Karissa Hochstein placed first and second, respectively in the 10-year-old group while Allison Hansen and Mary Boehle topped the 11-year-old category in order. Laura Sutton and Jill Meyer were first and second in the 12-year-old group with Monica Novak and Brooke Kahl placing in order in the 13-year-old division. Finally, Kallie Krugman and Nicole Kay placed first and second in the 14-year-old category. The winners of each division advance to the District contest to be held Sunday, Feb. 9th at 1 p.m. at Wayne High School.

**Youth wrestling to begin in Wayne**  
WAYNE — Youth wrestling will begin on Tuesday, February 11 for grades 4-6. This first practice will be held at the Elementary School Gym at 6:30 p.m. If you have questions, contact John Murtaugh at 375-2750.

**Junior high cage rec results**  
WAYNE — The Wayne seventh and eighth grade girls and boys recreation basketball teams competed against Hartington Holy Trinity last Friday. The seventh grade girls lost to Holy Trinity, 28-24 in overtime with April Thede leading Wayne with 11 points followed by Karla Keller with six. Kari Harder, Lindsay Stoltenberg and Katie Nelson each scored two and Elizabeth Sump added a free throw. The eighth grade girls won, 41-20 with Monica Novak pacing the winners with 10 points followed by Leah Dunklau with eight and Malissa Fredrickson with six. Amanda Maryott added five and Katie Walton, four while Beth Loberg, Julie Reynolds, Shanon Johnson and Stacy Kardell adding two each. The seventh grade boys fell to Holy Trinity, 44-40 despite Brad Hansen's 16 points. Nick Lipp added six and Brad Hochstein, five while Drew Slaybaugh tossed in three. Adam McGuire, Jeff Pippitt, Cody Onnen, Brett Parker and Cody Niemann each netted two. The eighth grade boys also fell to Holy Trinity, 40-34. Ben Meyer led Wayne with eight while Shane Baack, Anthony Sump, Trevor Wright and Eric McLagan each tallied four. Craig Olson and Sam Kinnett each added three while Ethan Mann and Jon Meyer scored two each. In earlier action, the eighth grade girls defeated Macy, 41-20 with Monica Novak leading Wayne with nine points while Katie Walton tossed in eight. Kallie Krugman scored five with Beth Loberg, Julie Reynolds and Malissa Fredrickson adding four each. Amanda Maryott, Leah Dunklau and Jessica Leighty each scored two with Lisa Mitchell adding a free throw. The eighth grade boys fell to Macy, 40-37 with Ben Meyer leading Wayne with 12 points while Shane Baack adding 10, Trevor Wright and Eric McLagan each scored four and Craig Olson added three while Jon Meyer and Jeff Ensz each tallied two.

## Wakefield gals fall in overtime while boys lose at Wynot

The Wakefield girls lost a close 64-59 decision in overtime to Homer on Monday night in Wakefield, leaving the Trojans with an 8-7 record on the season. Gregg Cruickshank's squad led 11-6 after one quarter of play but trailed 25-21 at the intermission. The Lady Trojans continued to fall behind after Homer out-scored them 15-9 in the third quarter for a 40-30 lead before they roared back with a 24-point fourth period to send the game into overtime. "Homer hit 20-of-23 free throws in the fourth quarter and the overtime period which led them to the win," Cruickshank said. "We did a nice job of coming from 10 points behind in the final period but we had three starters foul out which took its toll." Alison Benson poured in 23 points to lead the Trojans with Jenny Haglund adding a dozen. Both teams turned the ball over 21 times and the Trojans won the battle of the boards, 27-17. Wakefield will host Laurel-Concord on Thursday before hosting Winside in the first round of the conference tournament on Saturday night. **IN BOYS ACTION**, Wakefield lost a 77-47 decision to Wynot last Friday on the road which left Brad Hochstein's squad with a 2-11 record. The visitors fell behind 36-19 at the half and were out-scored 41-28

in the second half. "We actually got off to a good start, leading 12-6," Hoskins said. "Then we lost our leading scorer with a sprained ankle for a short period and Wynot made a run to take a 20-12 lead after the first quarter including a four-point play to end the period." Hoskins said the game got a little physical in the second quarter and his young Trojans didn't respond well to that. "We lost another starter with a cut over his eye in the second quarter," Hoskins said. "Our two strongest kids in BJ Hansen and Justin Mackling spent 10 minutes on the bench recovering from injuries and that didn't help our cause any." Hansen still led the team in scoring with 16 followed by Mackling with 13 and Austin Lueth with nine. The Trojans were out-rebounded, 37-21 with Lueth hauling down a team-high eight caroms. Wakefield will host Laurel-Concord on Friday night. **Wakefield girls, 59—Homer, 65 OT (Wakefield)** Alison Benson, 23; Jenny Haglund 12; Susan Brudigam, 9; Rachel Dutcher, 6; Kristin Preston, 5; Jenny Sandahl, 2; Maggie Brownell, 2. **WAKEFIELD RECORD:** 8-7. **Wakefield boys, 47—Wynot, 77 (Wakefield)** BJ Hansen, 16; Justin Mackling, 13; Austin Lueth, 9; Josh Hohn, 5; Ross Gardner, 3. **WAKEFIELD RECORD:** 2-11.

**THE WAYNE** wrestlers were out-dualled by 10th-ranked Albion in the Blue Devils final home match of the season last Thursday, 45-15. Wayne lost five matches by one point and one other match by two points. "The meet was a lot closer than the final score indicated," Murtaugh said. "We lost six matches by a total of seven points. We had our chances to win the dual but we just didn't get it done." Wayne won three matches on the night including a pair of pins from Josh Murtaugh over Justin Frey in 2:35 and Jeremy Meyer over Mike Henrichs in 3:20. Dan Nelson won a 6-0 decision

Gabe Hammer lost by technical fall and Nick Salitros, Jack Dorcy and Ryan Haase lost by pin. **IN 9TH & 10TH** grade action at the Wisner Invite last Saturday the Blue Devils placed fourth of 12 teams. Jesse Rethwisch finished first at 171 while Craig Hefti (135), Gabe Hammer (140) and Ryan Haase (160) each placed runner-up. Chris Junck (103) and Nick Salitros (145) each placed third with Scott Reinhardt (112) and Jack Dorcy (152) failing to place. The Blue Devils will compete at the Albion Invitational on Saturday.

## City Rec cage results

Men's City Recreation basketball leagues continued last week with action in both the A-B League and C-League. **A-B LEAGUE**  
Team ONE, 63—Team EIGHT, 62 (ONE) T. Fertig, 18; J. Janssen, 13; R. Longe, 12. (EIGHT) B. Erwin, 27; L. Steggemann, 15.  
Team FIVE, 55—Team TWO, 43 (FIVE) D. Maryott, 18; B. Pick, 16. (TWO) N. Hochstein, 19; S. Metzler, 11.  
Team SEVEN, 52—Team NINE, 43 (SEVEN) R. Hunke, 18; R. Gamble, 12; T. Luhr, 10. (NINE) B. Keating, 14; T. Frevert, 8.  
Team TEN, 54—Team SIX, 47 (TEN) M. Granquist, 17; T. Bloom, 11; D. Murray, 10. (SIX) K. Harris, 12; S. Jensen, 12.  
**Team THREE, 77—Team FOUR, 65 (THREE) D. Gudeman, 18; C. Metzler, 17; D. Braun, 10. (FOUR) T. Erwin, 21; J. Schutte, 20; K. Chamberlain, 11.**  
**C-LEAGUE**  
Team THREE, 69—Team FOUR, 46 (THREE) B. Jones, 26; B. Backman, 13; B. Ensz, 10; B. Lessmann, 10. (FOUR) D. Grim, 16; B. Blecke, 17.  
Team TWO, 50—Team FIVE, 42 (TWO) T. Luhr, 20; C. King, 30; R. Cook, 9. (FIVE) R. Yates, 19; D. Lutt, 6.  
Team SIX, 42—Team ONE, 38 (SIX) J. Zeiss, 14; D. Jackson, 10. (ONE) M. Klassen, 12; D. Sherman, 8; D. Bentz, 7.

**WAYNE WRESTLER OF THE WEEK**

**JEREMEY MEYER**

Jeremey's activities include wrestling, football, jazz choir, W-Club, jazz band, Boy Scouts - Eagle Scout. Asked about wrestling, he says, "I believe that this year's team, since last year, has stepped it up a notch and now is ready to contend with the top teams in the state." Coach Murtaugh's comments, "He is having a great second half of the season. Since the Christmas break, he is undefeated at 10-0."

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# Lifestyle

## Trends given on family business

Most common perceptions about family-run businesses just aren't true, according to the 1995 American Family Business Survey, sponsored by the Arthur Andersen Center for Family Business and conducted with Loyola University Chicago's Family Center at Kennesaw State College. The study surveyed 3,860 family businesses and recorded their responses on cash management, compensating, business succession and technology.

One popular myth claims that American family-owned businesses are serious about exploring new technology. Nearly 66 percent rated investment in information technology "very important" or

"important" for achieving future goals; 24 percent said it was "somewhat important," and only 10 percent say it was "not important."

At the same time, 67 percent of respondents said that information technology enabled them to improve customer service; 62 percent said it enhanced productivity; 53 percent noted it increased responsiveness; 44 percent reported it gave their business a competitive advantage; and 42 percent used information technology to develop quality control.

Small Business Owners Average \$55,000 a Year

A survey of more than 500 small US enterprises (10 or fewer



Lynda Cruickshank  
Wayne County Cooperative Extension

employees) by Inc. Business Resources shows typical owners earned an average of \$55,438, including salary and bonuses for

1995. Those interviewed anticipated their 1996 earnings to increase by only 4 percent, slightly more than the 3 percent pay hikes slated for their employees in general.

The total compensation for small business owners ranged from \$15,000 to \$150,000, with half earning less than \$55,000. Only 12 percent earned more than \$100,000. The majority of those with six figure incomes were in service businesses, such as software consulting, health care and public accounting. The highest paid owners were also founders and majority stockholders of their businesses.



Jolene Jager, left, received an academic scholarship during the 1997 Nebraska Junior Miss competition. Others receiving recognition included, left to right, Katrina Olsen of Omaha, runner up; Shelli Martin of Omaha, Nebraska Junior Miss 1997; Ryann Bromm of Tekamah, fitness scholarship and Heather Reno of Lincoln, Spirit of Junior Miss award.

## Jaeger receives honor

Jolene Jager of Wayne received the \$200 academic achievement scholarship during the 1997 Nebraska Junior Miss competition held Jan. 5 in Oakland.

The program, which emphasizes excellence in education, is open to all female high school seniors. Judging took place from Jan.

2-5 and academic records were evaluated by an expert panel of educators.

The America's Junior Miss program annually awards over \$5 million in post secondary scholarships.

Jolene is the daughter of Eliene Jager of Wayne and is a senior at Wayne High School.

## Senior Center Calendar

(Week of Feb. 3-7)

- Monday: Cards and quilting.
- Tuesday: Winter Shape-up, 11:30 a.m.; bowling, 1.
- Wednesday: Winter Shape-up, 11:30 a.m.
- Thursday: Winter Shape-up, 11:30 a.m.; Pat Cook entertains.
- Friday: Business meeting, 11:40 a.m.; birthday party, 1 p.m.; co-op lunch, Ray Peterson to play.

## After 5 Club plans Valentine party

The Wayne After 5 Club invites everyone to "It's A Valentine" Dinner Party, on Tuesday, February, 11, from 6:30 to 8:30 p.m., at Riley's Cafe 113 S. Main Street.

The special feature will be "Quilts: Heirloom Treasures" presented by Sharon Waide. Ann Heiden of Hampton, will speak on "Works of Art-Masterpieces for the Heart."

After 5 Club is part of an international organization with headquarters, in Kansas City, MO. It is interchurch, and non-sectarian, having some 2,400 groups meeting across the United States, Canada, and around the world. There are, no dues or membership fees. Each month's programs include special music, features of interest, and inspirational speakers.

All interested women are invited to attend. Reservations are appreciated and may be made by calling Deb Morlock at 375-3453 or Darlene Frevert at 375-3669 by noon on Friday, February 7. If a cancellation is necessary, please call by noon on Monday, February 10.

## Engagements



Casey-Bockelman

Lisa Casey and Blaine Bockelman, both of Bancroft, are planning an April 5, 1997 wedding at Grace Lutheran Church.

The bride-to-be is the daughter of Gene and Jan Casey of Wayne. She is a 1992 graduate of Wayne High School and received her bachelor's degree in Exercise Science and Wellness from Wayne State College in 1996. She is currently an EKG/Treadmill Technician at the Cardiovascular Associates Clinic in Sioux City, Iowa and is taking classes for certification in radiology.

Her fiance is the son of Bill and Marlys Bockelman of Pierce. He is a 1991 graduate of Pierce High School. He attended Concordia College in Seward and graduated from Wayne State College in 1995 with a bachelor's degree in business. He is currently an Assistant Loan Officer at First National Bank in Bancroft.



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## Briefly Speaking

### P.E.O. chapters meet

WAYNE — P.E.O. Chapters AZ and 4D had a combination luncheon at Riley's on Jan. 18. Marie Kochenash gave the Founder's Day program assisted by Kristine Giese. The business meeting of Chapter AZ was held earlier at the home of Jean Griess. The next meeting of Chapter AZ will be at Donna Liska's on Feb. 4 at 1:30 p.m.

### Town Twirlers have denim dance

LAUREL — The Town Twirlers of Laurel gathered Jan. 19 at the Laurel Auditorium for a Denim and Chili dance. Six area clubs joined the club for the afternoon. The Spares and Pairs of Sioux City, Iowa captured the banner. Dean Dederman was the caller. Serving were the Courtland Roberts of Allen, the Arnold Junck's of Carroll and the Scott Urwiler's of Laurel. Greeters were Henry and Violet Arp. The next dance will be Feb. 2 and will be a Cupid's Cherry Dessert. Dean Hanke of Columbus will be the caller.

### Klick and Klatter rescheduled

WAYNE — Klick and Klatter Club cancelled the January meeting due to the weather. The next meeting will be Feb. 11 at 1:30 p.m. with Viola Meyer as hostess. Dorothy Aurich will have the lesson.

### Happy Workers meet

WAYNE — The Happy Workers Club met Jan. 22 at the Gladys Rohde home in Wayne with 10 members present. Prizes went to Lucille Nelson, Evelyn Hall, Phyllis Frahm and Mary Davis. The next meeting will be at Ivy Junck's.

### ACME Club has brown bag lunch

WAYNE — Acme Club met Jan. 20 at the home of Elinor Jensen. Seven members enjoyed the annual brown sack lunch and Joke Day program. Guests "ordered" from a mystery menu. President Zita Jenkins conducted the business meeting. Delores Utech's thought for the day was a quote of Martin Luther King, Jr. Valentines were signed for shut-in members. The birthday song was sung for Zita Jenkins. The next meeting will be Feb. 3 at 2 p.m. in the home of Zita Jenkins.

## Tiedtke receives Ph.D. in chemistry

Darin Blair Tiedtke of Bloomington, Ind. graduated from Indiana University. He received a Ph.D. in chemistry. He is the son of Robert and Bonnie Tiedtke of Cedar Rapids, Iowa. Grandparents are Russell and Helen Tiedtke of Wayne and Marvin and Martha Mortenson of Wakefield and the late Gladys Mortenson. Tiedtke and his wife Laura will leave in February for Zurich, Switzerland to pursue a post-doctoral position in chemistry.

## School Lunches

WAKEFIELD (Feb. 3-7).  
 Monday: Hamburger on bun, pickle slice, cheese wedge, corn, rosy applesauce.  
 Tuesday: Ham slice on bun, mixed veg., potato, mixed fruit.  
 Wednesday: Spaghetti and meat sauce, cole slaw, apple crisp, garlic bread.  
 Thursday: Tavern on bun, green beans, potato wedge, peaches.  
 Friday: Potato soup, cinnamon roll, relishes, jello with fruit.  
 Milk served with each meal.  
 Breakfast served every morning-35¢

WINSIDE (Feb. 3-7)  
 Monday: Chicken patty on bun, mashed potatoes/gravy, green beans, fruit.  
 Tuesday: Pizza fiesta, broccoli and cheese, peas, Rice Krispie bar.  
 Wednesday: Surfburgers, au gratin potatoes, peas, roll, strawberry short cake.  
 Thursday: Hoagie sandwich, nachos and cheese, pickles, peaches, cookie.  
 Friday: Tacoburger, french fries, applesauce, brownie.  
 Milk served with each meal.  
 Grades 6-12 have choice of salad bar daily.



Eastern Star officers installed included, back row, left to right, Mary Lea Lage, Lynn Kramer, Mildred Richardson, Julie Claybaugh, Betty Lawrence and Doris Stipp. Middle row, Shirley Straight, Dave Kirkpatrick, Virginia Dranselka, Connie Kirkpatrick, Nancy Fuelberth and Dorothy Rees. Seated are Joan Marr, Marilyn Carhart, Darrel Fuelberth and Arnold Marr.

## Eastern Star installs officers

The installation of 1997 officers for Wayne Chapter #194 Order of the Eastern Star was held Jan. 20 at the Masonic Temple. Officers installed included Marilyn Carhart, Worthy Matron; Darrel Fuelberth, Worthy Patron; Joan Marr, Associate Matron; Arnold Marr, Associate Patron; Doris Stipp, secretary; Mary Lea Lage, treasurer; Lynn Kramer, Conductress; Nancy Fuelberth, Associate Conductress; Connie Kirkpatrick, Marshal; Dorothy Rees, Organist; Mildred Richardson, Adah; Shirley Straight, Ruth; Betty Lawrence, Esther; Julie Claybaugh, Electra; Virginia Dranselka, Warder; and David Kirkpatrick, Sentinel. The Chaplain and Martha will be installed at a later date. Installing officers included Marleen Dinklage of Wisner, Installing Officer-Past Grand Matron; Veryl Jackson, Installing Marshal; Bette Ream, Installing Chaplain; and Lois Knudsen of Norfolk, Installing Organist. Special music was conducted by Nancy Fuelberth. The next regular meeting with the new officers will be Feb. 10 at 7:30 p.m. The refreshment chairman for the evening was Gail Ware. Assisting her were Mildred Richardson, Jay Gettman, Arnold and Sandra Emry, William Richardson, Lee Ware and Elda Jones.

## Card shower is being planned

The family of Gladys Gaebler, formerly of Winside, would like to honor her with a card shower for her 99th birthday which will be Feb. 9. Her address is The Meadows, Room W 14, 500 South 18th Street, Norfolk, Neb. 68701.

|                                                         |                                                                                                                                                                                                 |                                                                                                 |
|---------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|
| Visit The Village Of Telc - Sister City Of Wilber, NE   | <b>Tour The Czech Republic</b><br>Join Bohemian Journeys this Spring on one of four exciting and memorable 9-day journeys to the "Old Country" and visit the roots of Nebraska's Czech heritage | Stroll Through Historic Prague!                                                                 |
| Tour Dates - 1997<br>May 24 - June 1<br>May 31 - June 8 | <b>\$1295.00/person</b><br>Deadline for all tours: March 14, 1997                                                                                                                               | Price Includes:<br>RT air from Lincoln or Omaha, Lodging, Gr Transportation, Some meals, taxes. |
| We feature small groups                                 | For More Information Call Nelsen At 1-800-342-7891 (Lincoln) Call for a free brochure                                                                                                           | Ask about our Group Blocks and how you can save!                                                |

**Pizza Hut Serving You on Valentine's Day**

**VALENTINE DAY SPECIAL: \$11.99**  
Medium Pizza, Single Breadstix, 2 Salads, Pitcher of Pop

**Do as others in Wayne do — Travel with Sue Smith**

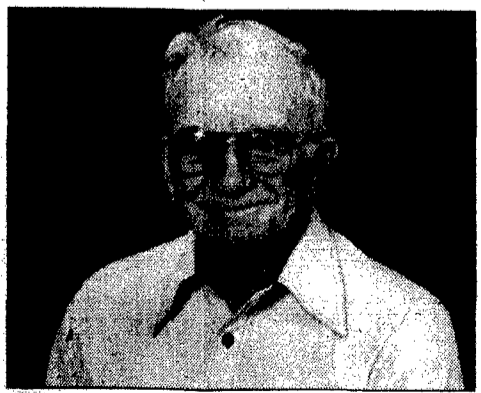
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**Sue Smith Carefree Tours**  
"Touring the World since '65"  
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\*Libenian Registry

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"I've been coming to Dr. Feidler for quite a while. I can't even say how long anymore. I'm 89 years old. People tell me I don't look it. It was getting to where I didn't see so well. It was hard to read; I couldn't read fine print. Dr. Feidler wanted me to pick a time to change my vision. I told Dr. Feidler I was ready. After surgery, I noticed considerable change in my vision. I'm reading fine print now. I used to just drive around town but I think I would be comfortable driving distances now. Dr. Feidler is very thorough. I certainly see no reason to be fearful of cataract surgery. It has become commonplace. A lot of people are having them removed. You would go blind in time if you didn't take care of them."



Roy Wiggalls

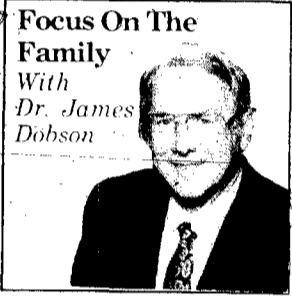
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NEW PATIENTS WELCOME

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## Children need parents' time

Q: If it were possible to put a speedometer on a particular style of living, our family would consistently break the sound barrier. We're so incredibly busy that we hardly have any home life at all. What effect does this breathless pace have on family, and especially on the kids?



A: The inevitable loser from this life in the fast lane is the little guy who is leaning against the wall with his hands in the pockets of his blue jeans. He misses his father during the long days and tags around him at night saying, "Play ball, Dad." But Dad is pooped. Besides, he has a briefcase full of work to be done. Mom, meanwhile, had promised to take him to the park this afternoon, but then she had to go to that Women's Auxiliary meeting at the last minute. The lad gets the message—his folks are busy again. So he drifts into the family room and watches two hours of pointless cartoons and reruns on television. Children just don't fit into a "to-do" list very well. It takes time to be an effective parent when children are small. It takes time to introduce them to good books. It takes time to fly kites and play punch ball and put together jigsaw puzzles. It takes time to listen, once more, to the skinned-knee episode and talk about the bird with the broken wing.

These are the building blocks of esteem, held together with the mortar of love. But they seldom materialize amidst busy timetables. Instead, crowded lives produce fatigue—and fatigue produces irritability—and irritability produces indifference—and indifference can be interpreted by the child as a lack of genuine affection and personal esteem. As the commercial says, "Slow down, America!" What is your rush, anyway? Don't you know your children will be gone so quickly, and you will have nothing but blurred memories of those years when they needed you? I'm not suggesting that we invest our entire adult lives into the next generation, nor must everyone become parents. But once those children are here, they had better fit into our schedule somewhere.

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.

This feature brought to you by the family oriented Wayne Dairy Queen. Listen to Dr. Dobson on KTCH Radio daily. KTCH FM 12:30 p.m. Monday through Friday. KTCH AM 5:30 p.m. Monday through Friday, 9 a.m. Sunday.

## Eagles Auxiliary to hold smoker

The Wayne Eagles Auxiliary #3757 met Jan. 20 at the Aerie home with President Cec Vandersnick presiding. Lunch was served by DeAnn Behlers and Bonnie Langenfeld. The next meeting is scheduled for Monday, Feb. 3 at 8 p.m. with Babs Middleton and Florence Geewe serving.

## Minerva Club has ag program

The Minerva Club met at the home of Mary deFreese on Jan. 13 with 12 members present. President Bette Ream opened the meeting by reading portions from "A Collection of Wisdom" by the Bannister Children. Pauline Nuernerger presented the program based on Nebraska agriculture. She reported on 15 products produced in state. The next meeting will be Jan. 27 at the home Arlene Ostendorf with Minnie Rice presenting the program.

## The Library Card

This column is written occasionally to inform the Wayne area as to what types of reading material and other items are available at the Wayne Public Library.

Tired of ice and snow and cold weather? Are your children looking for something interesting to do? Why not try our Winter Story Hours each Saturday morning through March 29 at 10:30 a.m. for pre-schoolers through seven years? Good stories, activities and lots of fun! Moms (or Dads), you can leave your children and do your errands or you can catch up on your browsing while the program is in progress. We hope to see you next Saturday.

It is always a pleasure to tell you about memorials given to the library. The Acme Club members have recently purchased two books in memory of two of their members. "Dandelions" was added to our children's collection in memory of Mrs. Faun Kern. "Minerals" was given in memory of Mrs. Ruth Hamer. Thank you for your gifts.

We also want to mention a gift of several books on tape recently received. "Moonlight Becomes You," "Freefall in Crimson," "Nightmare in Pink," "Sphere and Tales of Mystery and Suspense" are six tapes of old-time suspense dramas. Thank you, Dave Headley. More new books on tape are now on the shelf. "Chicken soup for the soul at work," "The Deep End of the Ocean" and "The Runaway Jury" have arrived. More books on tape are coming soon.

To refresh your memory about some of our services: we can fax your letter/items for \$1 a page; copies of articles from our CD encyclopedia or other CDs cost 10 cents a page; renting our slide projector and screen is \$2; any book/article we search for and receive on Interlibrary Loan is \$2 upon arrival. Many of you have found our tax forms, both federal and state. If you cannot find the correct form, we are able to make copies for you at 10 cents per page.

The library is planning to establish a CD music collection. Any donations in good condition will be welcome for consideration. Library hours are Monday through Friday, 12:30-8:30 p.m.; Saturday 10 a.m. to 6 p.m. and Sunday 2-5 p.m.

**NEW LISTING**



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# Winside News

Dianne Jaeger  
402-286-4504

### DANCE PLANNED

Members of the Winside Summer Recreation Committee met Jan. 20 in the Winside Firehall. President Tami Hoffman presided.

Plans were discussed for a fund raiser dance to be held Saturday, March 1. It will be held in the village auditorium and DJ "Party to Go" will provide the music.

More details will be provided at a later date.

The next summer recreation meeting will be Monday, Feb. 17 in the Winside Firehall at 7 p.m. All parents are welcome to attend.

### CRAFTERS

Nine members of the Creative Crafters Club dined out at the Brass Lantern on Jan. 21 for a belated Christmas supper. A gift exchange was held following the supper.

The next meeting will be Feb. 18 at Sandy Riley's to make decorated bird houses. Each member is asked to bring his or her own bird house.

### PINOCHLE

Leona Backstrom hosted the

Jan. 24 G.T. Pinochle Club with Irene Fork as a guest.

Prizes went to Elte Jaeger and Ella Miller.

The next meeting will be Friday, Feb. 7 at Ida Fenske's home.

### JOLLY COUPLES

The Clarence Pfeiffer's hosted the Jan. 21 Jolly Couple's Club.

Prizes went to Don and Dottie Wacker and Art and Arlene Rabe.

The Art Rabe's will host the Feb. 18 meeting.

### SENIORS

Twenty Winside area senior citizens met Jan. 20 for a Snowball Party.

A bingo pencil game was played along with cards.

### TOPS

Members of TOPS NE 589 met Jan. 6 and had a "no gain" week.

The bingo contest was updated and several articles were shared. A letter from the TOPS coordinator was read regarding SRD which will be in Lincoln April 11-12.

Meetings are held every Monday at Marian Iversen's at 5:30 p.m. Guests and new members are welcome. For more information call 286-4425.

### LIBRARY BOARD

Kim Sok presided at the recent Winside Public Library Board of Directors meeting.

The librarian's report showed 331 items loaned, of which 111 were adult and 220 were children's items. There were two new readers.

Emily Sindelar won the quilt that was donated to the library by Arlene Pfeiffer.

The 1997 World Almanac has been received as well as new Junior Library Guild and Double Day books. All 1996 tax forms are available for those needing them.

Approximately 60 children visited with Santa and Mrs. Claus in December at the library. About 25 photos were taken and 100 bags of candy were filled. Those left over were donated to the senior citizens.

Several 1995 magazines are available at the library for giveaway.

The next regular meeting will

be Monday, Feb. 3 at 7:30 p.m. AMERICAN LEGION

Acting Commander Jim Hansen conducted the Jan. 7 Roy Reed Post #253 American Legion meeting with 13 members present.

The group discussed the acquisition of the tanker and will pursue it. Also, the post will receive Navy battleship shells that are out of commission and place them on display.

Randy Marks discussed activities for Old Settlers and the possibility of hosting the pitch tournament in the Post home in the morning and bingo in the afternoon because Old Settlers will be only one day, June 28. The Legion members will also hold the annual cash drawings for Old Settlers.

The cemetery flag poles will be worked on when the weather warms up.

The next regular Post meeting will be Tuesday, Feb. 4 at 8 p.m.

### OMELET FEED

Winside Volunteer Fire and Rescue department members will host an omelet feed fund-raiser on Sunday, Feb. 23 in the village auditorium.

A free will donation will be taken. Funds raised will be used for the new rescue unit fund.

Hours for the feed are from 9 a.m.-2 p.m.

### TRINITY LUTHERAN WOMEN

Lois Krueger presided at the Jan. 8 Trinity Lutheran Women's meeting.

Fourteen members and one guest were present.

Pastor Gary Larson gave the Bible Study and Dorothy Jacobsen was hostess.

The next meeting will be Wednesday, Feb. 12 at 2 p.m.

### METHODIST WOMEN

Seven members of the United Methodist Church Women met Jan. 21 with President Helen Holtgrew presiding.

The church Bible Study will begin on Wednesday, Jan. 29.

The program on Prayer and Self Denial was conducted by Helen Holtgrew, who was also hostess.

The next meeting will be Feb. 11 at 2 p.m.



## Conference band festival

Seven of the 11 Winside High School students who participated in the Jan. 25 Conference Band Festival at Wayne State College received medals. In the 11-12 grade band, Kay Damme received a second chair medal and Heidi Kirsch received a first chair medal. In the 9-10 grade band, those receiving second chair medals included Maureen Gubbels, Candace Jaeger, Amy Riley, Kristie Gonzales and Rachel Deck. The Winside band director is Mrs. Kathy Hansen. Also participating were Becky Flee, Beth Riley, Rachel Riley and Desiree Anderson.

## Area square dances planned

Feb. 2 — Town Twirlers, Laurel, city auditorium, 8 p.m., Cupid's Cherry Dessert, Dean Hanks.

Feb. 14 — Leather and Lace, Wayne, city auditorium, 8 p.m., Harold Bausch.

Feb. 16 — Town Twirlers, Laurel, city auditorium, 8 p.m., Special Event. To be announced.

Feb. 24 — Plus Mixers, Laurel, city auditorium, Ken Marks.

Feb. 28 — Leather and Lace, Wayne, city auditorium, 8 p.m., Mike Hogan.

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### SCHOOL CALENDAR

Monday, Feb. 3: Conference Boys BB tourney, Osmond.

Tuesday, Feb. 4: Fourth Conference girls BB tourney.

Thursday, Feb. 6: Conference Art Show at Wausa; Conference boys BB tourney.

Friday, Feb. 7: Wrestling at Clearwater, 3 p.m.; Conference girls and boys BB tourney; Conference Art Show at Wausa.

Saturday, Feb. 8: Jr. Varsity wrestling at Creighton, 10 a.m.; Conference girls and boys BB at Wayne State College.

### COMMUNITY CALENDAR

Friday, Jan. 31: Open AA meeting, firehall, 8 p.m.

Saturday, Feb. 1: Public library, 9 a.m.-noon and 1-3 p.m.

Monday, Feb. 3: Senior Citizens, Legion hall, potluck dinner, noon; public library, 1:30-6:30 p.m.; Library Board, 7:30 p.m.; TOPS, Marian Iversen's 5:30 p.m.; Village Board, 7 p.m.

Tuesday, Feb. 4: Webelo's/Boy Scouts, firehall, 3:45 p.m.; American Legion, 8 p.m.

Wednesday, Feb. 5: Public Library, 1:30-6:30 p.m.

## Carroll News

### PRESBYTERIAN WOMEN

The Jan. 22 meeting of Presbyterian Women began with a noon carry-in meal at the church. The meeting was attended by 13 women.

Out of town guest were Emma Eckert and Elda Jones of Wayne. Mrs. Dean Owens was hostess.

Mrs. Milton Owens conducted the business meeting, beginning with an article from the current "Horizons" magazine. Items of interest from a report of a national meeting were read. This included a letter from some Nebraska missionaries in Africa expressing appreciation for a collection taken at Homestead Presbyterian.

Mrs. Erwin Morris gave an account of the Bible used in the recent inaugural ceremony. The history goes back to our earliest presidents.

Mrs. Merton Jones introduced the Bible study material for the next year, entitled "Encounters with Jesus." It is taken from the book of Matthew.

The meeting closed with prayer and the group singing "Jesus Loves Me" accompanied by Tillie Jones.

The next meeting will be a noon carry-in meal on Feb. 5 with Mrs. Milton Owens as hostess. The lesson will be "Encountering Jesus Through His Family" presented by Etta Fisher.

**LAND MANAGEMENT**

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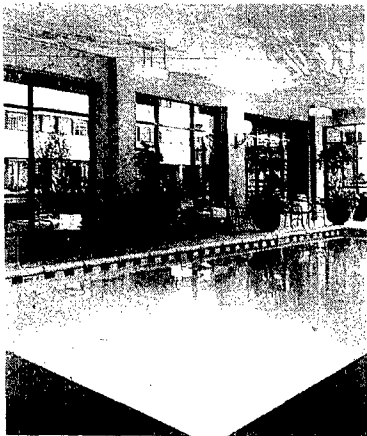
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Some experience preferred.

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Become a member of our proud team.

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**HELP WANTED:** Full-time hired man for grain farm with large JD equipment. Experience and CDL required. References will be checked. For application form, call 287-2457, ask for Sue. 1/3014

**SECRETARY'S JOB** Opening at Winside High School. Job begins about April 1st. Strong people and computer skills needed. Apply to Principal, Winside High School, Winside, NE 68790. 1/3012

## Machine Operators, Picker/Packer & Material Handler

Now is the time to make your move and join a fast-paced, team environment at Automatic Equipment in Pender, Ne. Automatic Equipment is currently accepting applications for Machine Operators, Picker/Packers, & Material Handlers in our manufacturing facility.

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DAIRY QUEEN is taking applications for daytime help. Mon - Friday, 9 - 5 or 11 - 5. Apply at Dairy Queen. 1/3011

THE CITY of Wayne is now accepting applications for Pool Lifeguards for the 1997 Summer Season. Applicants must show that they have a good work record and that they are dependable and mature in their work habits. Current certifications and experience required. Applications may be obtained at City Hall 306 Pearl Street. Persons interested should return their application and resume to the Personnel Office at City Hall or Recreation Leisure Services Department office no later than Monday, March 3, 1997. City is an Equal Opportunity Employer. Job descriptions are available at City Hall. 1/3015

\$1000'S POSSIBLE READING BOOKS Part Time. At Home. Toll Free 1-800-218-9000 Ext. R-3729 for listings. 1/1614

R.N. CONTRACT POSITION: The Northeast Nebraska Area Agency on Aging is seeking a Registered Nurse to work in Burt, Thurston and Dakota Counties with our state certified Care Management Unit. Must have current Nebraska R.N. license plus two years experience working with older adults. Submit resume by 2/3/1997 to Northeast Nebraska Area Agency on Aging, P.O. box 1447, Norfolk, NE 68702 or phone toll free 1-800-672-8368 for more information. 1/2312

LOCAL OWNER/Operator needs over-the-road driver. Call 1-800-452-2133. 1/2313

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FOR RENT OR SALE: 3 Bedroom, 1 1/2 bathroom house for rent or sale in Winside. Call 402-565-4451 leave a message. 1/21f

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HOUSE FOR RENT: Families preferred, non-smoker, no pets, 375-4204. 1/30

**FOR SALE**

FOR SALE: 86 Toyota with toper. Good work truck. Call 402-695-2664 after 5 pm. 1/30

**THANK YOU**

THE FAMILY of Melvin Johnson would like to thank all our relatives, friends, and neighbors for their expressions of sympathy and kindness shown to us during the illness and loss of our beloved husband, father, and grandfather. Thank you for all the flowers, food, cards, prayers and telephone calls, and visits. Special thanks to Pastors Russell and Koerber for all their visits, prayers, beautiful services and all their words of comfort. Thanks also to Our Savior Ladies for the lunch after the service. God Bless all of you. Dorothy Johnson, Jannene and Gary Jorgenson & family, Karen and Orin Zach & family, Scott and Robin Johnson & family. 1/30

**LOST & FOUND**

FOUND AT The Wayne Herald a set of Ford Keys that were left on the counter some time during the week of 1/6/97. Stop in at the Wayne Herald office to identify the keys. 1/161f

FOR SALE: 1993 Ford F150 pickup 4x2 39,300 miles Air, tilt, cruise control AM/FM very good condition. Call 375-2381 days or 375-1450 After 5:30 pm priced to sell or best offer. 1/30

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FOR SALE: Leer full-sized fiberglass pickup topper, sliding windows, dark blue, make an offer. Call 402-529-6123 after 6 pm. 1/30

FOR SALE: 75 GMC 4x4 Good running truck. Call 402-695-2664 after 5 pm. 1/30

FOR SALE: SEIZED CARS from \$175. Porsches, Cadillacs, Chevys, BMW's, Corvettes. Also Jeeps, 4WD's. Your Area. Toll Free 1-800-218-9000 Ext. A-3729 for current listings. 1/1614

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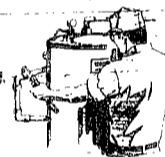
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# LEISURE TIMES

A bi-monthly publication for Senior Citizens

January 28, 1997

Contact your local newspaper

## Kruse relishes cards, working on building projects

— By Angie Nordhues  
Randolph Times Editor

*Editor's Note: This issue of Leisure Times features the first MVP (Most Valuable Person) award winner for the Randolph area. This will become a regular feature of Leisure Times. For more details on the MVP award, read the Randolph Times.*

RANDOLPH — Marlyn Kruse can't stand to sit back and watch.

The long-time Randolph retiree is always doing something.

Kruse has completed projects for others as well as on his own house such as adding unique patio-like steps on the front of his house. He said he will often start a project like this with one thing drawn up in mind and as he goes along he will think of ideas.

"I'm always thinking of something I'd like to change and I like to try different things," Kruse said when asked about his ability to improve things and help others. "Some things don't always work. Trying something different to make something better can go for anything whether it's trimming a tree or changing a wall in a house."

Everyone has an MVP in their life. Doing an extra special something for someone else, MVPs go through life making a name for themselves with kindness and consideration. Something drives these people to do more and improve the lives or conditions of life for others. Many individuals benefit from their talents and their good deeds.

Enjoying change, Kruse said he's taken most of the walls out of the home he shares with his wife, Marjorie.

"I feel better when I'm doing something," Kruse said. "Just sitting around gets aggravating." In one way, Kruse has learned the value of being able to work on the projects of value in his life. In 1984, Kruse went through a heart attack and angioplast.

Five years later, Kruse said he went for a check-up exam which revealed the vessel the balloon had pushed out and widened had stayed in place, also vessels which had been totally blocked had made their own by-pass outlets. These five years of recovery felt very long for

Kruse, he said, he spent time riding a bicycle and walking to improve his health and quality of life.

Kruse was born near Ft. Calhoun on Oct. 11, 1926, at the home of his parents, Louis and Hilda (Herrmann) Kruse.

Researching his parents' forefathers became a bit of a hobby for Kruse around 1987. While at a family reunion, a distant cousin from California interested Kruse in the information he had discovered about their mutual family. He gave Kruse a great deal of information at the reunion in Blair which hosted about 150 relatives attended from as far away as Texas, New York and California.

One of the many interesting and unique projects Kruse has embarked on during his lifetime was a quilt following a 1990 reunion for his mother's side of the family. Work on the quilt for Kruse began after the reunion when he used enlarged signatures from the reunion traced on blocks and embroidered by Kruse. For his mother's family he used one color, for his aunts' and uncles' family members he used different colors. Around 100 signatures were used in the quilt.

"I enjoy doing this. I started in the fifth grade when I embroidered a pillow top," Kruse said he really couldn't remember how he learned, but his mother probably taught him.

The information from his cousin was interesting because he had even researched what his ancestors' did for a living. Many were farmer's helpers, land operators or black smith workers. In German, "catnir" is the word for farm laborer.

Kruse said his great grandfather came from Germany. He had five brothers settling in the same farming area before 1700. He said his grandmother was born in Nebraska. Her maiden name, Tietgen, was a well-known name around Sholes, a small town southeast of Randolph.

Spending a great deal of his early life at another town near Randolph, Kruse said he attended 12 years of school at McLean. Kruse said he spent the his high school years during the war. In eighth grade through high school, he lived with the Riessens west of town and working on the farm.

"I was happy because I was on the farm," he

said of these years. "I hauled bundles for the threshing machine at 14. It was fun most days, but when it was 105 degrees, it wasn't much fun. I enjoyed working with neighbors. You had neighbors then, now everyone is an individual."

Kruse said he never had to pick corn by hand because Riessen bought a corn picker which he walked behind to pick up the ears it missed.

Shortly following graduation, Kruse entered the army. Spending two years in Texas twice for training, Kruse was stationed in Oregon when the war was over. Prior to the war ending, he said he spent 13 months in the Philippines where he volunteered as an army cook. Kruse remembers the early days of his cooking career. He had to learn how to cook for a large group and had to depend on a mess sergeant for supplies. Poor transportation often caused problems in getting those supplies.

"We had a menu to follow according to what supplies were available," he said.

When we first started, we had Philipinos helping to do the KP work, however so much stealing occurred that the guy in charge fired them and Japanese POWs were ordered to help. Kruse said they were good workers, however, they were harder to communicate with rather than the English-speaking Philipinos.

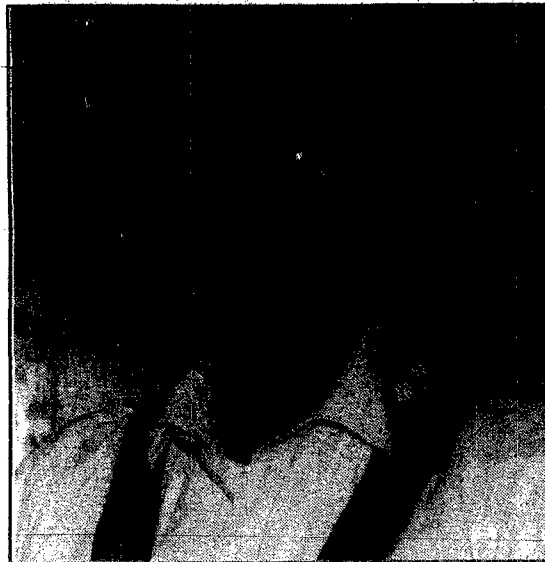
One of the POWs took a large stainless steel pancake turner and fashioned Kruse a belt buckle by hand with an intricate design including two people's faces, heart shape and trees. He fashioned the belt buckle by hand with such tools as a screw driver.

On a Friday night at the Randolph ballroom, Kruse said he met a woman from the Laurel-Hartington area he would marry a year and one half later.

He married Marjorie Herold at St. John's Lutheran Church in Randolph on Oct. 4, 1953.

Following their marriage, the Kruses farmed for 10 years and raised four children including: Steve, born in 1954 and now living in Batesville, Ark.; Cary, born in 1955 and living in Ran-

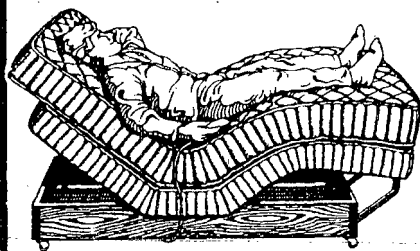
SEE KRUSE, PAGE 2



Marlyn Kruse



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## Senior services renew America, revitalize seniors

LINCOLN — Historically, NSSC (National Senior Service Corps) programs have emphasized the "senior" in "senior service."

The main purpose of the programs has been to keep seniors productively engaged in life through service. This focus on the senior volunteer has been termed the "productive aging" vision of senior service. The fact that the programs address a wide range of important community needs was rarely emphasized.

Partly to support the productive aging vision, projects were asked to collect input data, such as how many volunteers they had, how many hours of service were provided, and how much money was spent.

Today, the productive aging vision of senior service largely has been realized. We know that seniors will serve; that they benefit from their service; and that they add "people power" that extends and enhances

the services of community agencies.

In 1995, NSSC's half million volunteers contributed 115 million hours of service time worth \$1.4 billion to America's communities. That represents a ten-fold return on a federal investment of \$136 million.

Without losing the important benefits of productive aging, the National Senior Service Corps now has the potential and the need to take "senior service" to a higher level of national significance.

The changing demographics of aging highlight the enormous potential of a growing national resource: older persons. These demographics make an important case for expanding senior service opportunities across the U.S.

The number of Americans 55 years and older — nearly 55 million — has doubled in 30 years and will double again in the next 30.

At the same time, Americans are

living longer. Life expectancy has increased almost 30 years since the turn of the century, from 48 to 75 years.

Americans are retiring earlier than ever. Americans now spend a major proportion — for many, a full third — of their lives in retirement.

Only about five percent of the current 65 & older population resides in nursing homes.

Eighty percent of non-institutionalized older persons report no difficulties with activities of daily living.

The education level of the older population is increasing. Between 1970 and 1994 the percentage of people 65 & older who had completed high school rose from 28% to 62 percent.

These and other statistics show that the United States now possesses the largest, healthiest, best educated, and most vigorous population of older persons in our history.

## Watch for the next Leisure Times in March

## Kruse

Continued from page 1

dolph; Linda Cliffe, born in 1956 and living in Randolph; and Julie (Mrs. Dale) Loberg, born in 1961 and living in Randolph.

In 1965, Kruse began operating a mobile feed grinder at K.W. Grain for seven years. For 12 years he worked at Terra Western Fertilizer plant. At Terra, he first worked as assistant manager and then worked for 10 years as manager. He retired in 1983.

One of his favorite things to do is complete jigsaw puzzles, Kruse said. He is now completing a 3-D puzzle of the White House. Other than puzzles, Kruse said he'd probably rather be playing cards than anything. He is the proud owner of a local card room located in downtown Randolph which individuals can gather every afternoon to play Sheephead, Euchre or Rummy.

Kruse has been involved in a great deal of volunteer work, including helping complete the golf course building project, which he enjoyed so much he wishes he was doing it again.

At St. John's, Kruse helped to remodel the church, years ago taking down the parsonage, and seeding the lawn one year ago.

In addition to his volunteer work, Kruse takes care of lawn work and other details at church. He said he likes golf, however playing cards is still his favorite. A number of little projects keep his life active.

One thing Kruse said he felt he always wanted to do was drive down a street in New York City. As time went on, Kruse said he has changed his mind about wanting to drive in New York... Hopefully the streets of Randolph will bring more happiness.

## January Resident of the Month John Vogle



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John Vogle was born March 21, 1908 in the Wynot area. He was the youngest of seven children. John was raised on a farm which he enjoyed.

John also enjoyed hunting and fishing. Today he likes playing Rummy. John came to the Hartington Nursing Center on August 29, 1995.

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# Nursing home residents' rights guaranteed by law

A person who goes to live in a nursing facility doesn't lose his or her rights at the door.

Nursing home residents have the same rights as anyone else in the community unless they have been determined to be incapable of making decisions on their own behalf and a guardian or conservator has been ap-

pointed by a court of law.

In fact, both federal and state law guarantee additional rights to residents of nursing facilities. Those rights include:

- the right to be treated with dignity;
- the right to make choices—including choices of medical treatment—free

from coercion and interference—as well as the right to refuse medical treatment;

—the right to be informed of the services available at the facility, the charges and the rules and regulations of the facility;

—the right to advance notice of discharge from the facility, transfer to another room, and roommate changes, and the right to appeal a transfer or discharge to the Department of Health;

—the right to voice grievances with the nursing facility, or with public or private advocacy agencies without fear of reprisal;

—the right to privacy in the resident's room, use of telephone and the right to receive unopened mail;

—the right to choose a physician of the resident's choice;

—the right to receive visitors or to refuse to see visitors;

—the right to a reasonable amount of personal property, including clothing and other personal items;

—the right to share a room with a spouse;

—the right to administer his or her own medications if deemed safe by the staff of the nursing facility;

—the right to participate or refuse to participate in the activities of the nursing facility and

—the right to be admitted without giving up rights to apply for Medicare and medical assistance ("Medicaid") benefits.

All persons who are admitted to a nursing facility are entitled to live their lives with as much control as possible, and as close to the way they lived before as possible, while still receiving nursing services.

Nursing home residents can assert their rights to make sure that they receive the treatment and dignity they deserve.

For more information about nursing facility residents' right, contact the Long-Term Care Ombudsman, Nebraska Department on Aging, P.O. Box 95044, Lincoln, Neb. 68509, (402) 47-2306 or 1-800-942-7830.

## America facing malnutrition crisis of epidemic proportions

America is facing a "malnutrition crisis" of epidemic proportions. The crisis is focusing on older adults (65 years and older).

It's just as dangerous as AIDS. Yet, even though it's preventable, malnutrition remains largely undiagnosed.

This crisis is responsible for increased incidents of illness, disease, disability, complications, slow recovery and poor outcomes, as well as worsening of existing disease and illness. It also contributes to skyrocketing health care costs. In fact, the 1988 Surgeon General's Report on nutrition and health declared that there's a conclusive link between diet and the leading causes of death and disability in

America.

Malnutrition is a "silent crisis." Older individuals experience many physiological, socioeconomic and psychological factors that directly affect their nutritional status. Many individuals (regardless of socio-economic status) are unaware that they are indeed malnourished. They simply lack education regarding the risk factors and indicators of poor nutritional health.

In order to meet the challenge of resolving the malnutrition crisis, it's imperative that the existing aging network programs, the community nutrition programs, and the social and health programs become key members of the health care team in providing quality continuum of care.

## What does aging population mean to Nebraskans?

Sit on a busy street corner anywhere in Nebraska sometime and count heads for 10 minutes or so.

How many children do you see? Young adults? Middle-agers? Older adults? Chances are your count would be the highest among older adults.

This shouldn't come as a surprise, especially since Nebraska ranks 10th in the nation when considering the 60 plus population as a percentage of the total population. Fully 18.4 percent (291,000 persons) of our state's population is over the age of 60.

The numbers are even more astounding when looking at the 85 plus population. Nebraska ranks second in the nation when considering the 85 plus population as a percentage of the total population.

The reality of an aging population presents unique opportunities and challenges for Nebraska.

As health care has improved so has the quality of life. As a result, our older population is much more active and vibrant than the 60 plus population was 50 years ago.

More and more, older adults are being recognized as the movers and shakers in their communities. They're enthusiastic volunteer, with much to offer in terms of life experience and knowledge.

The challenges presented by an aging population include providing cost-effective long-term health care for the people who need these services; providing opportunities and encouragement for able, older persons to participate fully in their communities; and empowering older Nebraskans to improve their quality of life.

In addition, there are many things that older adults can do to maintain their quality of life. At the top of the list is taking care of one's self through preventive health care...things like eating nutritionally balanced meals, exercising, not smoking or drinking to excess, wearing seat belts and helmets when appropriate.

Older people can also empower themselves with knowledge. There's a wealth of information available through Nebraska's aging network that people can access, file or use. Learn about the services which are available in which are available in Nebraska to help you maintain the quality of life you've enjoyed throughout the years.

An aging population does present great challenges, but the opportunities are just as great, and can be beneficial—possibly beyond our current comprehension.

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**Technology saves the day**

**New gadgets help seniors get through life**

LINCOLN — James Bond-type gadgets are available today to help impaired seniors get through life a little easier.

Have you ever wondered what could help you remember to take your medication or what type of gadget could help you to pick up your newspaper?

Chances are you were probably thinking about a pill alarm or a reacher. These gadgets are just some of the many assistive technology devices available.

Assistive technology devices are tools people with disabilities use to help them live more independently.

A simple foam wrap can help a

person grasp a pencil. A complex computer system can turn off lights and open doors. Other examples of assistive technology include a back saver rake, large number playing cards, and a large button or hearing aid compatible telephone.

**Assistive technology devices are tools people with disabilities use to help them live more independently**

A state-wide resource, the Nebraska Assistive Technology Project is available to answer your questions on

where to obtain assistive devices to help make life easier and how much they will cost.

Help is also available to help you find what type of assistive technology will best meet your needs along with possibilities for funding.

If you are interested in a device, but you are unsure if it will meet

your needs, consider visiting one of twelve Demonstration Centers across Nebraska. The Demonstration Centers provide a place where visitors can try out different assistive technology devices.

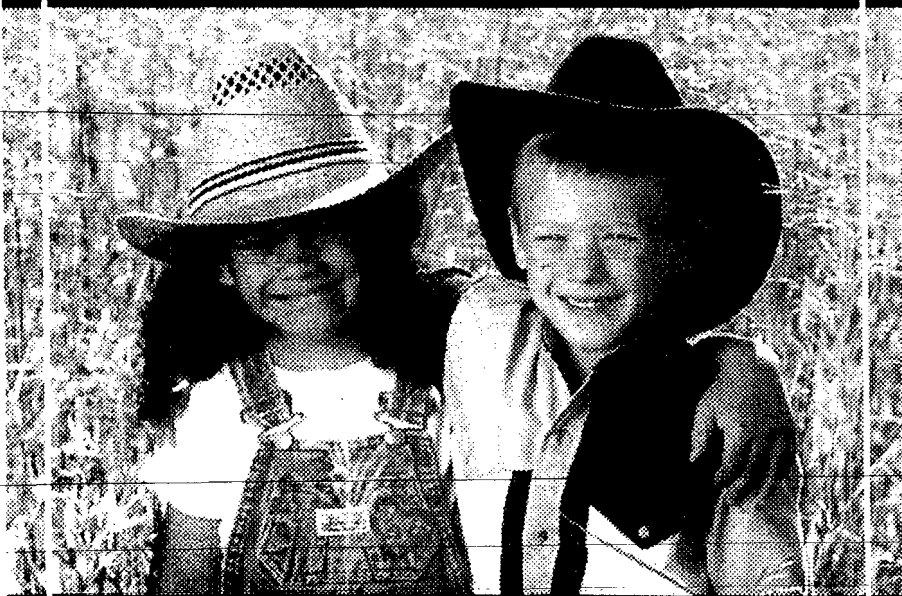
To find out more about devices, and to request a pocket guide listing the Demonstration Centers call:

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Kearney, NE 68847  
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**Older Americans now have an internet page**

LINCOLN — Nebraska Age Link is an Internet home page that provides information about aging services and programs in Nebraska and across the country. It's the only known resource of its kind in the state.


"When you access 'Age Link' you have a variety of information available to you," said Dennis Loose, director of the Nebraska Department on Aging. "At the click of a mouse button, you'll find information on benefits & resources, programs & services, publications, demograph-

ics, and other information designed to put you 'in the know' about Nebraska's aging programs."

The site also includes links to numerous other home pages of interest to older adults, including the Nebraska Partnership for Health and Human Services, the federal Administration on Aging, SeniorNet, and Nebraska's Area Agencies on Aging.

"Nebraska Age Link" is maintained by the Department on Aging and can be reached at <<http://age1.ndoa.state.ne.us>>.

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# Homer Couple Rings In 74 New Years Together

By Peggy Williams  
Star Editor

For 74 years, Hans and Myrtle Nelson have seen the New Year in together. This year was no different for the rural Homer farm couple.

In some years past, they've made resolutions; some years not. This year, Hans said with a twinkle in his eye, he didn't make any that he dares tell.

As the couple look back over almost three-quarters of a century spent together, some events stand out from the rest.

Hans emigrated, at the age of 17, from Denmark to America, traveling first by ship, then by train, to join his cousin, John Nelsen, in a farming operation near Hubbard.

"My mother died just a few weeks after I turned 14," Hans recalled. "Back then, you were considered a man at 14, and were expected to know what you wanted to do with your life.

"I had two options. I could have learned to be a typesetter with a big newspaper in Denmark or go into farming. I wanted my mother to decide for me but she wouldn't. She said if it turned out to be the wrong decision, I'd blame her. So I gave her two straws to hold and I drew one. That's how I decided to take up farming."

Hans farmed for three years with a cousin in Denmark and saved up enough money to set sail for America. He landed at the famed Ellis Island in New Jersey and was processed with the rest of the passengers seeking a new life.

As an immigrant, Nelsen had to show that he had at least \$10 when he arrived — enough to get where he was going, which was Hubbard, Neb.

"We were able to buy a lunch to take with us on the train. I lent lunch money to a girl who had gotten on the ship in Norway. She was going to Minnesota and didn't have enough money to eat on, so I gave her some. She paid me back eventually," he reported.

Nelsen said the whole adventure was a long one.

"I left Denmark Oct. 18 and arrived in Hubbard on Nov. 6.

What a ride," he said of the trip from Ellis Island to Nebraska. "We went all the way up into Minnesota and Canada and back down again before getting to Hubbard. None of us could speak English and at night time, they'd lock us up."

Once in Hubbard, Nelsen and his cousin, John Nelsen, "batched" together, farming "three 80s for six-and-a-half years."

It was about three years after Nelsen arrived that he found the woman he wanted to spend the rest of his life with.

"My cousin and I went to a barn

dance that fall ( of 1919) and I saw her," he said with a smile and a nod of his head toward his wife.

"I'd brought a girl to the dance that I'd been dating for two years, but I wanted to get an introduction to Myrtle," he said, flushing a bit at the memory. "But she (the girlfriend) wouldn't let me — so I took her home."

The next day Nelsen told his cousin, "'I saw the girl I want to marry.' My cousin got mad at me. He thought the girl I'd been dating was pretty nice."

However, persistence paid off and Hans finally got the introduction he wanted by dropping in for a visit where 18-year-old Myrtle was living.

"I was staying with my sister and her family to help care for her four children," Myrtle explained. "There was a terrible epidemic of whooping cough going around and I helped her nurse the children through it. Hans would come over in the evening and we would both take care of the children."

"I asked her to go to a barn dance with me at Wigle Creek but her mother wouldn't let her. I asked her to go to another barn dance with me in Hubbard but again her mother wouldn't let her go. Hubbard had the reputation of being a wild town back then," he explained. "So I got to know her by going to her sister's house each night," Hans said with a broad grin.

"After the kids got better, we had our first date," he reported. "I introduced her (to a friend) as my future wife," he said impishly.

"I was embarrassed," Myrtle recalled. "I hardly knew him."

But true love won out less than six months later.

"I was lucky," said Hans. "I asked her to marry me and she said yes.

But then I had to ask the folks," he said. "I wasn't worried about her mother, but I'd never met her father before."

"And he gave Hans a good talking to, too. I heard him," said Myrtle, who refused to repeat what her father's admonishments were.

"Oh, he made me promise I was gonna be good to her and then he okayed it," said Hans.

The couple was married June 20, 1923, in Sioux City and returned to their farm 6 miles southwest of Homer to do field work on their 160 leased acres.

"We had our honeymoon 30 years later, when we went to Denmark," said Myrtle, who's made the trip twice while Hans has returned to his homeland three times.

Farm life was hard but enjoyable, the couple agrees. It was made even more enjoyable by living in a predominantly Danish settlement, where socializing was a way of life.

"You think this weather is bad? You should have seen those winters!"



Still in love after 73 years together, Hans and Myrtle Nelsen will celebrate their 74th New Year together on their rural Homer farm.

Hans exclaimed, with Myrtle nodding in agreement.

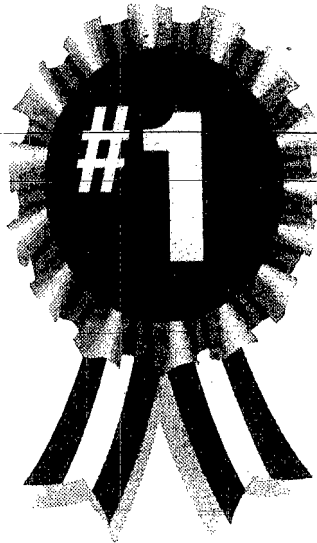
"One year, the drifts were seven feet high," recalled Myrtle. Hans got his tractor stuck while trying to open the intersection of the road near their

home and it stayed stuck until spring.

The family was snowed in so long during one stretch that they ran out of food.

Continued on next page

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## 12th Night Handbell Festival

Once again the South Sioux City High School was the site of the annual 12th Night Handbell Festival, featuring handbell choirs from around Siouxland. Above, Eleanor Tasker directs the First Lutheran Church of South Sioux City. This was the group's 15th annual performance.

## • NEW YEAR

Continued from last page

"Hans Junior was crying because he was hungry and we only had one little piece of bread left," Hans said holding his thumb and forefinger about an inch apart. "I put on my overcoat and boots and walked to Homer and back with groceries."

"We ain't had a real winter for eight or 10 years," he asserted.

The holidays years ago were always fun-filled too.

"During the time between Christmas and New Year's, there were big celebrations at all the houses every day. People would go from house to house visiting," said Hans. And even though Myrtle was a Scotch-Irish lassie, she did learn to make the traditional Danish applesauce cake that the family still enjoys each Christmas.

But life has slowed down for the Nelsens, the parents of nine children. Christmas was a quiet time for them

this year. Only a few of their more than 150 children, grandchildren and great-grandchildren were on hand for the most holy night of the year.

As for how they brought in the New Year, Hans said cheerily, "We just sat here and were we're still around."

### Myrtle's Danish Applesauce Cake

Lay slices from a loaf of bread on racks in an oven turned on very low heat. Bake until the bread slices are dried out. Crush into crumbs with a rolling pin.

Grease a tube pan and begin layering bread crumbs, applesauce, sugar and cinnamon.

Fill the pan two-thirds full, place in a slow oven, about 350°, for an hour or so. Remove from oven and let the cake set. Turn out, serve garnished with whipped cream.

# Everyday Stress Can Be Managed

You need stress in your life; it adds flavor, challenge and opportunity. Too much stress, however, seriously can affect your physical and mental wellbeing.

What may be relaxing to one person may be stressful to another. For example, if you are an executive who likes to keep busy all the time, "taking it easy" at the beach on a beautiful day may feel extremely frustrating, nonproductive and upsetting. You may be emotionally distressed from doing nothing.

Too much emotional stress can cause physical illness, like high blood pressure, ulcers or even heart disease. Recognizing the early signs of distress and then doing something about them can make an important difference in the quality of your life and actually may influence your survival.

## REACTING TO STRESS

If a car suddenly pulls out in front of you in rush-hour traffic, your initial "alarm" reaction may include fear of an accident, then anger at the driver who committed the action and, finally, general frustration. Your body may respond in the alarm stage by releasing into the bloodstream hormones that cause your face to flush, perspiration to form, your stomach to have a sinking feeling, and your arms and legs to tighten.

The next stage is resistance, in which the body repairs damage caused by the stress. If the stress of driving continues with repeated close calls or traffic jams, however, your body will not have time to make repairs. You may become so conditioned to expect potential problems when you drive that you tighten up at the beginning of each commuting day. Eventually, you may even develop a physical problem that is related to stress, like migraine headaches, high blood pressure, backaches or insomnia.

While it is impossible to live completely free of stress and distress, it is possible to prevent some distress, as well as to minimize its impact when it can't be avoided.

## HELPING YOURSELF

When stress does occur, it is important to recognize and deal with it. Here are some suggestions for ways to handle stress. As you begin to understand more about how stress affects you as an individual, you will come up with your own ideas of helping to ease the tensions.

- Try physical activity. When you are nervous, angry or upset, release the pressure through exercise or physical activity. Running, walking, playing tennis and working in your garden are just some of the activities

you might try. Physical exercise will relieve that "uptight" feeling, relax you and turn the frowns into smiles.

- Share your stress. It helps to talk to someone about your concerns and worries. Perhaps a friend, family member, teacher or counselor can help you see your problem in a different light. If you feel your problem is serious, you might seek professional help from a psychologist, psychiatrist, social worker or mental-health counselor. Knowing when to ask for help may avoid more serious problems later.

- Know your limits. If a problem is beyond your control and cannot be changed at the moment, don't fight the situation. Learn to accept what is—for now—until such time when you can change it.

- Take care of yourself. Get enough rest, and eat well. If you are irritable and tense from lack of sleep or if you are not eating correctly, you will have less ability to deal with stressful situations.

- Make time for fun. Schedule time for both work and recreation. Play can be just as important to your well-being as work; you need a break from your daily routine to just relax and have fun.

- Be a participant. One way to keep from getting bored, sad and lonely is to go where it's all happening. Sitting alone can make you feel frustrated. Instead of feeling sorry for yourself, get involved and become a participant.

- Check off your tasks. Trying to take care of everything at once can seem overwhelming, and as a result, you may not accomplish anything. Instead, make a list of what tasks you have to do, then do one at a time, checking them off as they're completed. Give priority to the most important ones, and do those first.

- Must you always be right? Do other people upset you—particularly when they don't do things your way? Try cooperation instead of confrontation; it's better than fighting and always being "right." A little give and take on both sides will reduce the strain and make you both feel more comfortable.

## THE ART OF RELAXATION

The best strategy for avoiding stress is to learn how to relax. Unfortunately, many people try to relax at the same pace that they lead the rest of their lives. For a while, tune out your worries about time, productivity and "doing right." You will find satisfaction in just being, without striving. Find activities that give you pleasure and that are good for your mental and physical well-being.

## Over 62? House Rich & Cash Poor?

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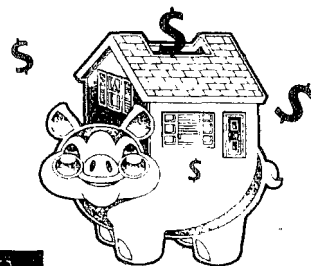
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# Wohlman warms hearts and heads with her talents

By Sally Schroeder  
Cedar County News

box of yarn balls the size of ping-pong balls so I had a lot of fun putting all the colors together making different color schemes," said the knitter.

Loretta said she used to crochet doilies for her house, but

HARTINGTON - A dying art keeps the needy warm, and helps pass the time for a retired school teacher.

For Loretta Wohlman, of Hartington, knitting has become much more than just a way to pass the time.

Wohlman hand knitted 40 caps for the Sioux City Goodwill "Caps for Kids" program last year. The children received their gifts at the Goodwill Industries Christmas party in December.

"I used to knit mittens too, but I figure children can always find a pocket to put their hands in to keep warm, but they can't put their ears in their pockets," said Loretta.

"Knitting has become a lost art," she says. "Its too tedious for some people, and you can buy all kinds of sweaters cheaply these days."

Knitting is an activity she learned long ago and has stuck with.

"I began knitting when I was in high school when a lady I did housework for taught me how," she said.

Beginning with easy projects, Loretta said she still likes to knit while traveling in the car to pass the time.

Loretta said she has continued to knit all types of projects, including caps for the Hartington Public wrestling team, years ago when her three sons were wrestlers.

"I hated seeing those boys go out in the cold with wet heads, so I made them caps to keep them warm," she said.

The Goodwill caps are made from yarn Loretta finds at yard sales and auctions.

"This year someone gave me a



Hartington's Loretta Wohlman puts a fun past time to good use by knitting hats for the needy. She has been knitting since high school.

has since stopped. "I asked myself, how many doilies does one house need," said Loretta.

This is the second year she has made the hat donation to the Goodwill program.

She plans to continue the donation of time and effort.

"My husband had open heart surgery in December and while he's been recovering I have already knitted 15 caps for next year's donation," said Loretta.

The local knitter said she originally found the Sioux City "Caps for kids" project pattern in a fashion knitting magazine. No matter what the pattern, she now, encourages anyone who is interested in donating their skills to do so to help keep the needy warm.



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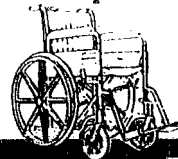
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# Today's families face a long-term care dilemma

LINCOLN — So what is long-term care and why is there a dilemma?

Long-term care is defined as health, personal care, and social services delivered over a sustained period of time to persons who have lost or never acquired some degree of functional capacity.

The services may be provided within the home, the community, or a nursing home — depending on the needs of the individual.

The reason why there's a dilemma is that long-term care is expensive and the cost increases every year.

Nursing facility expenditures comprised 30.8% — \$188 million — of Nebraska's total Medicaid outlay in the 1995 state fiscal year.

Over \$161 million of that amount benefited people over the age of 65 who qualified for Medicaid services.

In fact, nursing facility expenditures comprise 76.6% of all the Medicaid dollars spent on the aged.

Since 1991, Nebraska's Medicaid nursing facility expenditures have increased by 60%.

According to Across the States, 1994 — Profiles of Long-Term Care Systems, "of the \$59.9 billion spent on nursing home care in 1991, nursing home residents and their families paid \$25.8 billion. Medicaid and Medicare spending amounted to \$28.4 billion and \$2.7 billion, respectively. Private insurance paid \$600 million and other private sources paid \$2.3 billion."

During Nebraska's 1994 state fiscal year, the breakout was 49.8% Medicaid; Private/Other, 43.4%;

and Medicare, 6.8%.

A common misconception is that Medicare will pay for nursing home stays.

"Medicare never was intended to pay for care in a nursing home below the level of skilled care," states the Nebraska Department of Insurance's NICA Training Manual. (NICA stands for Nebraska Health Insurance Information, Counseling, and Assistance Program.)

"Once a person medically improves to the point where skilled care in a nursing home is no longer needed, Medicare refuses to pay for any additional treatment. If there is no one available at home to provide custodial/personal care, the patient might need to pay for nursing home care out of his/her own pocket."

And, if the person doesn't own a long-term care insurance policy, she or he may eventually need to rely on Medicaid to help pay for the expense — especially if his or her nursing home stay is extended.

The definition of long-term care mentioned earlier noted that people require long-term care when they experience some level of functional limitation.

One way to measure the degree of functional limitation is to consider the individual's ability to perform activities of daily living (ADLs).

An ADL is an activity that is an essential

component of independent living — eating, walking, ability to transfer, bathing, and toileting.

The basic difference between long-term care and acute medical care is that long-term care addresses chronic deficits that are likely to continue.

The outline of coverage statements for many long-term care insurance policies note that a person generally qualifies for long-term care coverage when he or she experiences at least two ADL deficits.

In 1989, 13.4% of Nebraskans who resided in long-term care facilities had 0 ADL deficits.

Colorado at 13.4% and Kansas at 13.3%, are the neighboring states which most closely mirror Nebraska in this category. The national average is 8.8%.

Further, another 25.7% of Nebraska's long-term care residents experienced 1-2 ADL limitations, 35.9% had 3 to 4 deficits, and 28.7% had 5-6 ADL limitations.

While the numbers indicate that most residents of long-term care facilities have more than three ADL limitations, nearly 40% of Nebraska's long-term care residents might be alternatively served by less-expensive home and community based care services.

According to a 1994 report prepared by the University of Nebraska at Omaha's Department of Gerontology, there are 34,438 older Nebraskans living independently who need assistance with two or more ADLs.

**Advance planning is required to aid long term care choices**

SEE CHOICES, NEXT PAGE

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## Older smokers benefit from kicking the habit

About 20 percent of older Nebraskans smoke, according to the Nebraska Department of Health.

Some people question whether quitting smoking is worth it at a later age, said Judy Ashley Martin, administrator of the Tobacco Free Nebraska Program. But there are proven health benefits.

"When a person quits smoking, circulation improves immediately. Their lungs begin to repair themselves and they're able to breathe better. They cough less and have more energy," Martin said.

Studies have found that within the first year of quitting, a smoker's risk of heart disease caused by smoking is reduced by about half. Quitting also lowers the risk of stroke, lung disease, and lung cancer.

There are other benefits. Smoking interferes with the effectiveness of some medicines and quitting smoking may help those medicines work better, Martin said.

Research shows that it usually takes a few tries before smokers quit for good. Talk to your physician about it or call the Nebraska Department of Health for advice on quitting at 1-800-745-9311.

"You're never too old to stop smoking. It'll add years to your life and life to your years!" Martin said.



# Choices

Continued from previous page

Some may need limited assistance with getting groceries or light chore services to stay independent.

Others may need more intensive services, such as personal care or supervision.

Still others may need and prefer to live in a congregate housing facility where they can receive a range of services.

And, a significant number of people who need long-term care will require a level of care that can only be provided in a nursing home.

In 1990, those aged 65+ comprised 92.3% of Nebraska's total nursing home population. Also in that same year, there were 87.4 nursing home beds per every 1,000 people over the age of 65 in the state. The U.S. ratio is 53.1 per 1,000.

One of the dilemmas has been that home and community-based services aren't always available where they are needed, but with nursing homes in all but 13 of the state's counties — the foundation for providing these services already exists.

Two initiatives are currently underway to help Nebraska address the long-term care dilemma.

Senior Care Options (formerly known as the Preadmission Screening Program) was enacted during the 1993 legislative session.

The legislation called for the establishment of two pilot projects. They are located in the Lincoln and Hastings areas.

As a result, Nebraska's care management units — operated by the state's eight Area Agencies on Aging — review Medicaid-eligible individuals over the age of 65 who are at risk of nursing facility placement.

The review determines whether nursing facility care is needed and offers alternative — generally community-based — care when appropriate.

Additional pilots in the Norfolk and Omaha areas began last fall.

After June 30, 1997, the program will be implemented statewide.

The other initiative is the Long-Term Care Managed Care Project.

Officially beginning this summer, the Project will study government funded long-term care services.

It's a joint effort of the Nebraska Departments on Aging, Health, Public Institutions, and Social Services.

A number of other organizations representing the nursing home, insurance, and medical industries, as well as older adults and disabled persons are also participating.

The Project's goal is to develop a plan for the creation of a system of long-term care services for older adults and persons with disabilities, and a system for managing long-term care services and expenditures under the state's Medicaid program.

Between now and the Spring of 1997, the following areas will be studied:

- quality assessment — to seek a long-term care system that attains a high level of quality care;

- assessments — to develop/identify a tool or set of tools to determine client functioning, strengths, needs, and options for service;

- system development — to recommend an ideal services system for long-term care for older adults and persons with disabilities;

- case management — to design a case management system that supports the continuum of services/needs;

- Medicaid estate planning — to review estate planning tools;

- long-term care insurance — to develop strategies that could increase the number of Nebraskans who purchase a long-term care insurance policy; and nursing facility — to review the current Medicaid payment plan for nursing facility services.

As a result of the study, recommendations for the future of Nebraska's government funded long-term care services will be released next Spring.

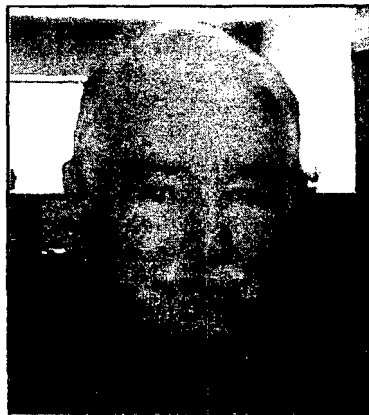
The initiatives are but two of the ways Nebraska is addressing the long-term care dilemma.

The effort will require the work of many entities, public and private alike.

## Senior Reflections

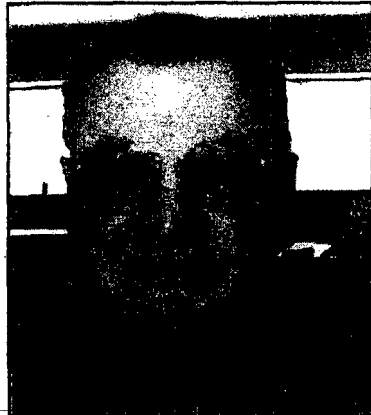
— Compiled by Rose Rolfes  
Cedar County News

### What is the worst winter you remember?



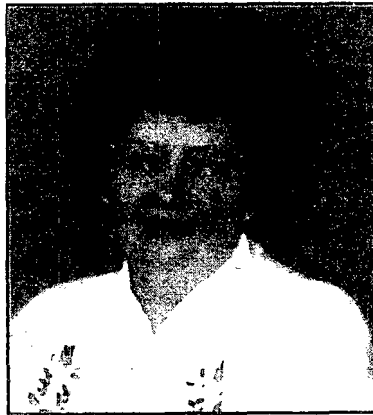
"1983-We had over 18 days in a row with below zero temps. It was so cold we had frost build up on the inside wall of our house."

Ed Walz  
Hartington



"1936-37 we had a month of below zero weather with lots of snow.  
1948-49 It was bitterly cold and we had lots and lots of snow."

Gaylon Mittan  
Hartington



"1948-49-I remember the snow was so deep we had to scoop the fence lines, in order to keep the livestock from walking away."

Antonette Lange  
Hartington



1968-69-We had four children in school, we had to use a little Ford Tractor and Wagon to get the kids to school most of the winter. On the way to school we'd stop and pick up the neighbor's two children."

Hilaria Kollars  
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# Nebraska Life Magazine Debuts With Local Slant

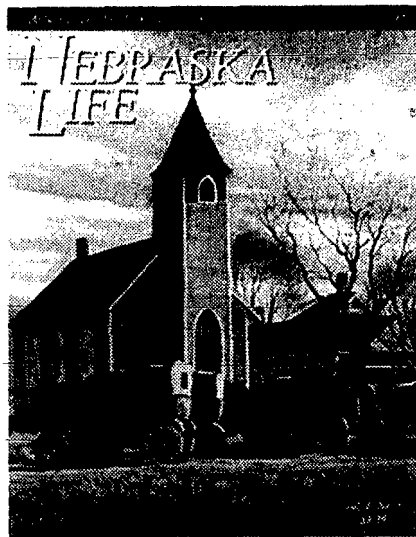
By Peggy Williams  
Star Editor

Who has the largest seed and feed cap collection in the area? If you know, send them in my direction. Nebraska's newest magazine, Nebraska Life, wants to feature such a man or woman in one of its upcoming quarterly issues.

True lovers of Nebraska's Good Life had reason to rejoice recently. The state's newest magazine was launched by Omaha publishers Tom and Carol Collignon and the first issue features Dakota County's own artist-in-residence, Deb Gengler-Copple of Homer.

Copple was first introduced to Star readers in a front page feature story in October of 1995. She has since earned even more recognition by creating the print selected as the state's 1997 Habitat Stamp.

The focus of the magazine, says Collignon, is to "celebrate Nebraska heritage, culture and life. We do that by showcasing Nebraskans of history,



The cover photo of the premiere issue of Nebraska Life features a painting of the Lutheran Church in Homer done by Homer artist Deb Gengler-Copple.

current enduring characters, unique places or circumstances and programs or activities."

When the first run of Nebraska

Life rolled off the presses, it already had subscribers in 200 Nebraska communities, 28 states, and three foreign countries — Canada, England and Germany.

"We received 180 requests just for Christmas gift subscriptions alone," Collignon reported last Friday, four days after the magazine premiered.

"We sent out 12,000 invitations to subscribe. Our return far exceeded the national average of 1-3 percent," adding that according to industry standards, an average of four people will read each copy.

The first issue featured not only a story and photos of Copple and some of her works, but a segment on Nebraska cowboy poets by Lyn DeNaeyer, who ranches 8,000 acres near Seneca. DeNaeyer also contributed "Cowboys, Cakes and Creativity," about Sandhills rancher Galen Neben of Seneca, who decorates elaborate cakes for birthdays, weddings and other special occasions as a hobby/business.

Other articles in the 1997 Winter

issue include the bronze sculptures of June Thompson of Ashby; an account of the lives of the Abbott Sisters of Grand Island — Edith and Grace, who were born in 1876 and grew up to fight for women's votes, immigrants' rights and children's health and help create the profession of social work; "Home By Friday," the fiction of Christopher Hamel of Elkhorn; images of Nebraska by Bill Janke of Omaha; and Beatrice's "Planning To Succeed" by Tom Collignon.

The magazine will be published quarterly, in conjunction with the seasons. The Spring, Summer and Fall issues of 1997 are tentatively slated to focus, in part, on travel and destination points, Nebraska-made products and entrepreneurs, and roadside stands.

For those of you who would like to subscribe, mail a check for \$12 to Nebraska Life, 12105 West Center Road, Suite 135, Omaha, NE 68144. You can also pick up a current copy at The Star office, 2520 Dakota Avenue, South Sioux City.

## Vitamin Pills Okay But Eating Right Is Better

By Jane Potter, M.D.

Ensuring that one gets all the nutrients he or she needs to lead a healthy life is important. It often is even more important for seniors. In fact, many seniors seek to supplement their diets by taking a vitamin pill in hope of getting all their daily nutrients.

The benefits of vitamins and minerals, in the right amount, are a scientific fact. But just taking a pill is probably not the best solution. The following is a general guide about vitamins and minerals, but please consult your health professional before starting vitamin use or changing your vitamin regimen.

First, the Food and Drug Administration (FDA) recommends

that the best way to take in vitamins and minerals is not by pill, but by food. A balanced diet not only tastes better, but consuming foods provides some trace minerals which aren't found in multi-vitamins. Food also can be an avenue to social interaction. After all, people don't sit down for conversation with friends over a vitamin.

If one does take a vitamin and mineral supplement, it is helpful for the pocketbook to buy cheap. This is a good strategy — the generic brands are every bit as good as name-brands. One also needs to be wary of vitamin supplements which claim to provide extra energy. Vitamins are necessary for health but they are not a source of "pep."

Two important substances seniors should pay particular attention to are vitamin D and calcium, both of which are found in milk products. Lack of vitamin D and calcium in a person's diet increases the likelihood of osteoporosis, the diseases which cause brittle bones. Most older adults, especially women, get only half the recommended daily allowance of calcium and vitamin D.

Another common mineral deficiency in older adults is zinc, which is important in helping the body process protein. Zinc also affects the appetite and sense of taste. Eating the right amounts of protein foods — meat, fish, milk and whole-grain breads — will take care of the body's zinc requirement.

Finally, two vitamins which are especially popular, C and E, should be mentioned because many people often take too much of them. No evidence exists, according to the FDA, to show that taking large doses of vitamins has a health benefit. In fact, some vitamins, taken in large amounts, can build up to toxic levels in the body and cause harm.

Keep in mind that vitamins and mineral supplements are meant to be taken that way — as supplements to a person's regular diet. Vitamins should never be used as a replacement for food. Anyone with specific questions about supplements should consider making an appointment with a nutritionist or dietitian who can evaluate dietary needs.



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## Don't Miss Out On Eye-Care Benefits Through Medicare

Some older adults may not be taking advantage of the Medicare eye-care benefits to which they are entitled, according to the American Optometric Association.

If a symptom of an eye-health problem prompted you to make an appointment with an optometrist for an eye exam, Medicare will cover the eye-health part of the exam. You are entitled to this coverage even if an eye-health problem is ruled out. Medicare also will cover any eye-

disease treatment services the optometrist provides.

• Medicare covers eye surgery and post-surgical care, including post-surgery with a lens implant. Medicare will cover part of the cost of one pair of prescription glasses or contact lenses after surgery.

Medicare does not, however, cover the cost of glasses and contact lenses or the part of the eye examination to determine the prescription, except after cataract surgery.

# Loan, Donation Help Shore Up South Sioux City Senior Center's Financial Picture

By Peggy Williams  
Star Editor

A "loan donation" from a Senior Center member and a cash donation from a South Sioux City financial institution is helping to secure the South Sioux City Area Senior Center's future at its current location, says Center manager Sharon Potter.

Dakota County Bank executive vice president Doug Pfeifer announced recently that the bank was making a donation of \$3,650 to the Center. That, along with a generous loan from Center participant Virginia Kruck of South Sioux City, retires a loan the Center had with the bank, said Potter.

"Dakota County Bank strongly feels the community needs a strong and active Senior Citizens Center and we

recognize the efforts of the local participants and their manager for their hard work in keeping the Center going," Pfeifer said.

"This combined effort assists the Senior Center's cash flow, reducing the amount of outstanding debt they must deal with on a monthly basis," Potter explained.

She said Center participants were overwhelmed and very pleased with the bank's generosity.

"It's just one example of what can be accomplished when individuals and business work together for the good of the community," Potter said. "Dakota County Bank has always been helpful and very generous in dealing with the seniors. We can't put into words what their generosity means to the Center. Thank you just doesn't seem to be enough."



Dakota County Bank vice president Doug Pfeifer presents Virginia Kruck with a check to help pay off a loan the South Sioux City Senior Center had with the bank.

# Volunteer Tutors Are Needed Says New NCC Program Head

Northeast Community College is looking for a few good men and women — to become Adult Education Volunteers.

According to Jane Flatt, NCC's new coordinator of volunteers for the South Sioux City office, any interested person with a high school diploma is encouraged to become a volunteer.

There are various assignments available ranging from tutoring ESL and GED students to helping in the office.

"Northeast Community College is a two-year junior college serving 1,400 full-time students each semester," said Flatt. "Our office serves as a classroom for Adult Basic Education and English as a Second Language Monday through Thursday from 9 a.m. until 5:30 p.m. and on Monday and Wednesday evenings from 7-9 p.m."

She said some Saturday classes and more evening classes are in the planning stages and should be ready to go by the end of January.

"People may come to our office to register at any of these times periods and they may be tested to determine where they rank in their math, writing, reading, science and social

studies skills," explained Flatt. That way, the correct level of workbooks and study guides can be selected to help them get started toward their goal of improvement in any of these areas.

"Some students may want to improve their English speaking, reading or writing skills," she continued. "Some may want to eventually take the General Education Diploma tests. We have teachers who will assist our students daily. But we need volunteers to help tutor the students when they are studying in our facility."

Volunteers will be trained how to help and encourage students 16 or older in Adult Basic Education and ESL classes to help them get ahead and find better jobs, Flatt said. Additional instruction is offered in Adult Living Skills (how to fill out job applications, balance a checkbook, etc.) and preparing for citizenship testing.

Classes are free and they began Jan. 6 but it's not too late to sign up, either as a student or a volunteer. Call Flatt at 494-1964 or call 1-800-348-9033.



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## Christmas spirit does not end with demise of Christmas decorations

"The Kings just got here," my friend said. "Why take down Christmas decorations before the Magi or Wisemen saw the Christchild."

"Father (Pastor) said Christmas decorations could stay up until the feast of the Magi (celebrated the Sunday nearest Jan. 6)," she said.

I was absolutely relieved to hear it was OK to have Christmas decorations still hanging-sagging- on Jan. 6 or thereabouts. I am later than ever at getting the holiday decor boxed and stored again.

I usually undecorated the Christmas tree and put holiday treasures away on Jan. 2, unless the tree decorations slide off with evergreen needles sooner.

And that has happened.

Several years ago, our Christmas tree was sick or something and most of the needles fell off before Christmas. We set gift packages against

one another like slippery slides so we could accumulate the needles in piles for easier clean up.

And the first year we were married, the large, evergreen branch, basically, that we had lopped off for

### Leisure Thoughts

By Joani Potts

a Christmas tree, fell over and its pretty ornaments rolled all over the room.

The Christmas tree, is my favorite part of Christmas next to the Nativity. But as much as I enjoy a lighted Christmas tree during the season, I do not enjoy the chore of undecorating it because the dry needles poke my hands and arms and stick in the carpet.

I do not enjoy my husband, son and I wrestling with the seven foot giant through the front door. I feel sorry that we have forsaken the tree that gave its life for our Christmas celebration.

I was comforted by the fact that my friends didn't seem to enjoy the task of undecorating the Christmas tree, either. They obviously don't look forward to taking down a Christmas tree any more than I do. That may be a reason why some use artificial trees which store easier.

I didn't want to admit to the table of six ladies enjoying pizza—we obviously had not started our post holiday diets yet—that I hadn't taken down Christmas decorations. I didn't say anything until I heard others say they had been too busy to get the job done themselves.

And a job it is.

It takes a day or two, depending upon how many decorations one has, to hang Christmas decorations and it

takes just as long to take them down and put them away. By the time I put the decorations away, the storage room has been ransacked by family members looking for whatever, so then I have to clean the storage room, too. We're talking possibly a week's time for the whole process.

By the end of the Christmas season, decorations look like they are tired of hanging. The tape on the tinsel garland has let go, the wind has blown away the red bows tied to the porch railing, The strings of lights stop blinking and the holiday baking is stale.

Unfortunately, or perhaps fortunately, the tasteful and visual appetites for the season have been satisfied. The aesthetic aspects have seemingly lost their savor.

But, hopefully the real spirit of the season lasts longer the Epiphany in the church year. May we have a sense of peace and joy throughout the calendar year.

## What Is Home Health?

Home Health is a service provided by Plainview Public Hospital to clients in their own home in Northeast Nebraska.

We provide nursing care, physical therapy, and aide services which are ordered by your physician.

You can be referred to Home Health by family, neighbors, friends or by medical professionals. Home Health will do an evaluation and then contact your physician to inform him/her if you qualify. The physician, with the help of a home care nurse will form a plan for your care at home. To qualify you must meet four requirements:

- 1) An order from your physician.
- 2) Must be homebound or have an illness or condition which restricts your ability to leave home except with the aid of a supportive device or assistance of another person.
- 3) A physician plan or care developed by the physician with the help of the home care nurse must require skills of a professional nurse or therapist.
- 4) A member of your family, yourself or a care taker assumes responsibility for your care between home visits.

Office hours for Home Health Service are 8 a.m. to 4:30 p.m.-Monday through Friday

Your Nurse or therapist may be reached by calling the hospital during these hours. The hospital will also contact them during fof hours to provide service 24 hours a day. Visits are scheduled in advance in order to best meet your needs.

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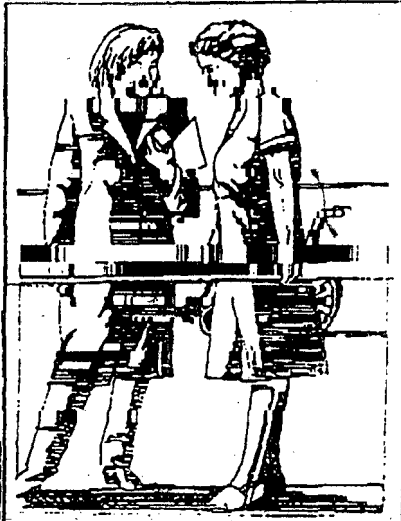
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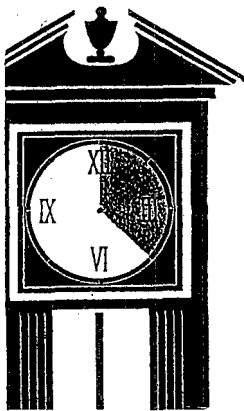
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- Same day surgery center
- Maternal and infant center
- Cardiac catheterization laboratory
- Medical, surgical, pediatric units
- Adult day services
- Physician clinics
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| Day     | Place    | Day     | Place    | Day     | Place    |
|---------|----------|---------|----------|---------|----------|
| Jan. 29 | THU      | Feb. 10 | Y        | Feb. 20 | THU      |
| Jan. 30 | Y        | Feb. 11 | Open Day | Feb. 21 | N        |
| Jan. 31 | Y        | Feb. 12 | W        | Feb. 24 | Y        |
| Feb. 3  | SC       | Feb. 13 | THU      | Feb. 25 | Open Day |
| Feb. 4  | TU       | Feb. 14 | SC       | Feb. 26 | W        |
| Feb. 5  | Open Day | Feb. 18 | TU       | Feb. 27 | THU      |
| Feb. 6  | THU      | Feb. 19 | Open Day | Feb. 28 | SC       |
| Feb. 7  | N        |         |          |         |          |

**LEGEND:** N-Norfolk, Y-Yankton, SC-Sioux City, TU & THU-Hartington, Magnet, Randolph, Belden, Laurel, Coleridge. (Osmond for medical or hospital purposes on THU only.) W-Wynot, Obert, St. Helena, Bow Valley, Fordyce and Hartington.

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# Older adults benefit from low fat meals

Most of us know the value of a well-balanced diet that includes keeping an eye on our fat intake.

We feel better. We're more likely to maintain our ideal weight. We're all around healthier.

As a result, many of us take the time to trim the fat from the meats we eat, peel the skin from poultry and cut back on the butter and oils that we use in cooking.

These are relatively easy things to do when we're preparing a meal for ourselves or our families. But, take those tasks, multiply them, and imagine

doing them when you're preparing a meal for 100-200 people a day.

Those are some of the things that senior meal providers must do everyday as they strive to provide older adults with healthful, well-balanced meals that are low in fat.

Every year since 1991, the Nebraska Departments on Aging and Health and the state's eight Area Agencies on Aging have recognized senior nutrition sites which take steps to:

- modify their food preparation techniques to reflect healthy eating;
- increase the availability of low-

fat/low-cholesterol food and menu items; and

—complement the efforts of older adults who actively seek healthy lifestyles.

The "Everyone Wins! Low-Fat Award Program" presented 78 senior meal providers from across the state with certificates this year.

To receive the certification, providers must follow established criteria, including: serving low-fat cheese, serving lean cuts of meat, using skim milk, keeping meat portions to three

ounces and eliminating or reducing the number of fried foods.

If the provider can show through nutritional analysis that 80 percent of the meals served each week contain 30 percent or less of their calories from fat—and no meal contains more than 45 percent of its calories from fat—the site automatically earns a certificate.

Certificate winners are determined by the Area Agencies on Aging. Meal providers are recognized annually and must follow low-fat guidelines throughout the year to qualify for the award.

## Do your homework before buying long term insurance

Are you considering the purchase of a Long-Term Care (LTC) insurance policy in order to pay for a nursing home stay or home health care? Benefits, procedures and prices of LTC policies can vary widely; so as a wise consumer, do your homework first and then comparison shop.

One consideration should be your potential health, financial and care situation. While no one has a crystal ball to predict the future, likely scenarios should be contemplated and possible solutions considered.

In 1991, the New England Journal of Medicine published a study which estimated that 33 percent of the men and 42 percent of the women that turned 65 in 1990, would use a nursing home at some point in their lives.

The local cost of care in a nursing home should also be researched. The cost usually varies by the degree of care

provided. "Skilled" nursing care, which must be provided by (or supervised by) licensed nursing personnel, is usually the most expensive level of nursing care.

"Custodial" care describes personal care, such as bathing or feeding a patient, and is usually the least expensive level of care.

In addition to the current cost of nursing home care, the effect of inflation should also be considered. The current rate of medical inflation is 6 to 14 percent annually. At the lowest rate of 6 percent, a nursing home cost of \$100 per day in 1996, would increase to \$240 per day in 2011.

Closely examine and compare at least three policies before any purchase.

Pay special attention to the method used to determine when benefits would be paid. If "medical necessity" is used,

who makes the determination? If "Activities of Daily Living" are used, what exactly must you be unable to do before benefits will be paid?

Does the policy pay benefits if the insured is suffering from a cognitive (mental) impairment, but not any physical impairments?

Also, check the policy's requirements for the type of facility that can be used. Make sure your preferred place of care

would be included as an acceptable facility.

An estimation of a company's financial status can be obtained from a ratings agency.

The Nebraska Department of Insurance (402-471-2001) can provide a list of ratings agencies and how to reach them. The Department can also check on the status of an insurance company's license or agent's license.

## It's never too late to begin

Physical activity is important for everyone, according to the Nebraska Department of Health. A recent report from the U.S. Surgeon General concluded that every American adult should accumulate 30 minutes or more of moderate physical activity most days of the week.

For older adults, physical activity can improve the quality of life, increase functions, and extend independent living, said Barbara Scudder-Soucie, physical activity coordinator for the Department of Health.

"Everyone gains health benefits by incorporating physical activity into their daily lifestyle," Scudder-Soucie said.

Previously inactive older adults should begin a physical activity program with short intervals of moderate

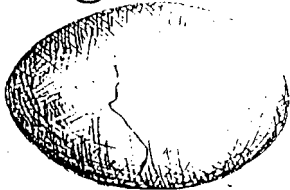
physical activity (5 to 10 minutes) and gradually build up to the desired amount. It's recommended that older adults consult with a physician before beginning a new physical activity program.

Activities to consider for accumulation of 30 minutes a day include walking up stairs (instead of taking the elevator), gardening, raking, dancing and doing chores during TV commercials.

Regular participation in physical activities that develop and maintain muscular strength and joint flexibility is recommended. Stronger muscles help reduce the risk of falling and improve the ability to perform the routine tasks of daily life.

Information on physical activity is available from the Nebraska Department of Health.

### Some Things Are Fragile



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# Exercise: use it or lose it

The exciting news from recent scientific studies is that exercise benefits everyone — regardless of age. This is extremely good news.

Now the challenge comes in getting people to realize aging doesn't necessarily mean physical frailty. According to The President's Council on Physical Fitness and Sports, much of the physical frailty attributed to aging is actually the result of inactivity, disease or poor nutrition.

When looking at people over 75 living in the community, some startling percentages in the reduction of mobility can be seen: 32 percent have difficulty climbing 10 steps; 40 percent have difficulty walking 1/4 mile; 22 percent can't lift 10 pounds.

What's interesting to note is much of this decline in mobility is due to inactivity, not aging. Thus, becoming

more active can prevent, slow down or reverse this decline — regardless of age.

Being physically active has other health benefits as well. With mild to moderate physical activity, simple daily activities such as shopping, dressing, walking and bathing can be performed with greater ease. Moreover, the risk of chronic diseases such as heart disease, hypertension, non-insulin dependent diabetes, osteoporosis, obesity and certain types of cancer can be reduced.

Just how much exercise is needed?

Recent research has shown that considerable health benefits may be gained by incorporating less intense physical activity into a daily routine. The American College of Sports Medicine and the Centers for Disease



Control and Prevention recommend accumulating 30 minutes or more of moderate intensity physical activity on most, preferable all, days of the week.

One of the biggest incentives for older adults to remain physically fit is that it can help them to maintain their independence.

To help maintain mobility and physical independence try one of the following: a strength-training exercise like lifting weights once or twice a week; aerobic exercises such as jogging, swimming, cycling or brisk walking at least three times a week; or accumulate 30 minutes or more of moderate intensity physical activity (e.g., gardening, housecleaning, mowing the lawn, dancing, raking leaves) on most days of the week.

Remember, it's never too late to start!

## Worry less, plan more about retirement

Are one of the many Americans who wonder if you are going to be able to afford retirement? You aren't alone. A recent national poll found that three out of four workers "worry that they won't have enough money to live comfortably in retirement."

What can you do?

First, worry less. Remember that most of the things you worry about in the distant future will never happen.

Second, plan more. Most financial experts say that to enjoy a comfortable retirement, you will need about 70 per-

cent of your pre-retirement income. It is also wise to plan for retirement using the "three-legged" financial stool of Social Security, pension income and savings/investments.

Social Security, which covers more than nine out of 10 American workers, replaces a fairly predictable portion of your pre-retirement earnings.

The benefits will replace about 42 percent of pre-retirement earnings for an average wage earner. Social Security replaces a higher percentage of pre-retirement income for low wage

earners, who have fewer resources to save or invest during their working years. Social Security replaces a lower percentage of pre-retirement income for high wage earners, who have more resources to save or invest while working.

The second leg of the financial stool is an employer-sponsored pension. About half of Americans have pension plans at work and that pension typically replaces about 18 percent of pre-retirement income.

The third leg of the financial stool is savings and/or investments. An average wage earner with Social Security coverage and a company pension would

need savings/investments to replace about 10 percent of his or her pre-retirement income.

It is easy to see that, for average Americans, Social Security will be the foundation and largest single building block of their retirement income.

You can find out how much you can expect to get from Social Security, based on your own earnings record, by asking for a Personal Earnings and Benefit Estimate Statement (PEBES) request form.

To order the PEBES request form, you can call Social Security's toll-free number 1-800-772-1212.

## Breakfast is a healthy habit

In many households, breakfast is the most neglected meal of the day. For some, this meal is viewed as less important than lunch or dinner. But should it be?

Well, when you consider the fact that your body is in a fasting state for 8 to 12 hours while you sleep, you may begin to view this meal differently.

By consuming a morning meal, the fasting state is broken. This is important because your body's supply of blood sugar (glucose) has dropped to a low point during the fasting state and food is needed to produce glucose which, in turn, fuels your body with energy.

Not only does eating a nutritious breakfast supply fuel for your body, it also produces health benefits. Research, for instance, shows that eating breakfast may help with weight control.

Unfortunately, many people skip breakfast with the mistaken belief that by doing so they will control or reduce their body weight. On the contrary, eating breakfast may help to control body weight. Several studies

have shown that eating, shortly after rising causes the body's metabolism to get revved up so that it's able to burn calories more efficiently throughout the day.

Other health benefits include improved intellectual performance and a heightened ability to concentrate and solve problems, as well as a reduced risk of heart disease.

For older adults, one of the biggest reasons to eat breakfast may be it increases the nutrient content of a person's diet. Studies have shown older adults who eat breakfast, consisting of adequate amounts of breakfast cereals, fruit and milk, were more likely to meet their nutritional needs, specially for calcium, zinc, magnesium, vitamin B6, riboflavin and folate.

Choosing a healthy breakfast doesn't have to be difficult. Use the food pyramid as your guide. Keep in mind food for breakfast doesn't have to be traditional — it can also be last night's leftovers or a sandwich and still be considered very nutritious.

Clearly, breakfast is a good idea.

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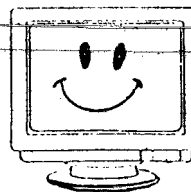
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# Trying to reduce the risk of cancer

Believe it or not, what you put into your body may determine whether or not you get cancer. Research has shown approximately 35 percent of cancer deaths in the U.S. are related to poor eating habits. The good news is you may be able to reduce your risk by simply changing your eating habits.

So, how do you make the dietary changes needed to help protect yourself?

Try following the American Cancer Society/National Cancer Institute recommendations below.

**Maintain desirable weight.** Obesity is associated with an increased risk for cancers of the uterus, ovary, gallbladder, kidney, colon and breast. To maintain a desirable weight — stay active and choose a diet low in fat and high in complex carbohydrates, fruits, vegetables and dietary fiber.

**Eat a variety of fruits and vegetables.** Try and incorporate at least 5 servings of fruits and vegetables daily. Cruciferous vegetables are especially beneficial in providing protection against lung and gastrointestinal cancers. These vegetables include broccoli, brussel sprouts, cauliflower, collard greens, kale, kohlrabi, mustard greens and cabbage.

**Eat more high fiber food.** Health experts recommend trying to eat 25-35

grams of fiber per day. A high fiber diet may help to reduce the risk of colon and rectal cancer. Foods rich in fiber include whole grain cereals and breads, fruits, vegetables and dried peas and beans.

**Cut total fat consumption.** Diets high in fat intake may raise the risk of breast, colon and prostate cancer. To help reduce fat in your diet, limit the amount of fats and oils you use in cooking; trim excess fat from meat; eat smaller portions of meat, less fried and

snack foods and less spreads and dressings; and read food labels to check for fat content. Strive to intake no more than 30 percent of your total daily calories from fat.

**Limit salt-cured and smoked foods.** These foods appear to increase cancer risk in people who eat them regularly and in large amounts. Occasional charcoal grilling doesn't appear to significantly increase cancer risk, although it's wise to avoid eating charred food.

**Drink alcoholic beverages in moderation.** Heavy drinking has been associated with cancers of the mouth, throat, esophagus and liver.

Making changes in your diet should be a gradual process. Keep in mind your eating habits took a long time to develop and will take time to change. Moderation is the key!

By eating a diet low in fat and high in grain products, fruits and vegetables; protection against certain types of cancers may well be within your reach.

## A new image of blindness being built

Recently, various national news media found a story in Boise, Idaho of special interest. Two men, both 75 years old and both blind, decided to build a new house for one of the men.

Jim Near is a widower and former construction worker. He has experienced the slow deterioration of vision not uncommon to older individuals. His friend, Lloyd Johnson, a former mechanic and builder, lost his vision in his mid-40s.

Both men have learned non-visual

techniques for woodworking, getting around with a white cane and other important skills from the Idaho Commission for the Blind.

About a year ago, Jim decided that his old home needed so much work that he should go ahead and build a new one. The two friends set their minds to the project. They have done everything themselves ... from digging the foundation, pouring cement, cutting wood with power tools, measuring, hammering, putting in plumbing and wiring ... all phases of the construction process.

Their only specially adapted tool is a Click Rule measuring device.

While most of us aren't likely to build our own home, we do all have skills and interests that have carried us through life's ups and downs. Some people facing the loss of eyesight believe that they won't be as capable as they once were. Jim and Lloyd are shining examples of how determination combined with training in new techniques can enable anyone to get past that stopping point and maintain or regain those important personal skills and strengths.

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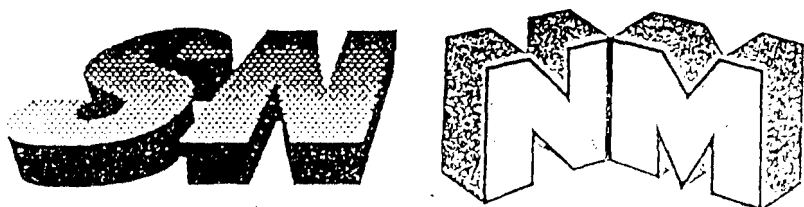
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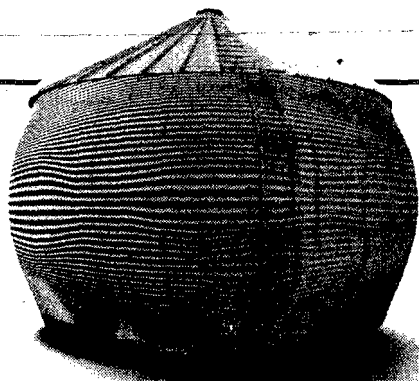
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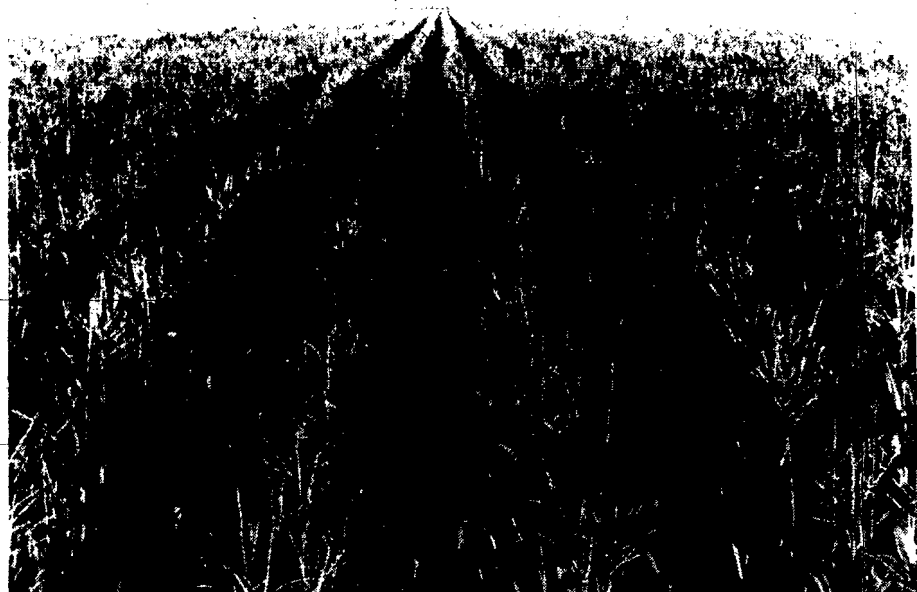
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## Recipes make tasty use of various corn products

Corn is used in nearly 4,000 different food items. If you don't believe us, just check the ingredients on some of your favorite food products. From corn syrup to corn starch, you'll soon discover that corn is an amazingly versatile and abundant commodity.

Corn sweeteners, for instance, command 51 percent of the nutritive sweetener market and provide a market for nearly 600 million bushels of corn.

Now, scientists have developed a revolutionary new fat replacer known as Stellar, which is derived from corn. Stellar in its creme form replaces nine calories of fat per gram with one calorie of a complex carbohydrate per gram. It appears on food packaging as food starch modified or simply corn starch.

Check out corn's versatility, try some of our favorite recipes containing corn:

### CORN BREAD

1 cup white corn meal  
1 cup nonfat milk  
1 cup all-purpose flour  
1 egg  
1 tablespoon baking powder  
2 tablespoons corn oil  
1/2 teaspoon salt  
1 tablespoon liquid fructose

Combine corn meal, flour, baking powder, and salt in a mixing bowl. Combine milk, egg, corn oil, and fructose in a large measuring cup. Mix well and add to the dry ingredients, again mixing thoroughly. Pour the batter into an oiled 8-inch baking dish or pan. Bake at 400 degrees for 25 minutes or until a golden brown. Makes 8 servings.

### CORNFIELD SUNRISE COFFEE CAKE

1 cup flour  
1/4 cup honey flavor fructose  
1/4 teaspoon salt  
1/3 cup corn oil margarine  
1/2 tablespoon cinnamon  
1 egg  
1/2 teaspoon soda  
1/2 cup buttermilk  
1/2 cup fructose

Cream margarine, fructose, eggs and milk. Add dry ingredients. Put in a 9x9-inch pan, add topping of:

1/4 cup brown sugar  
1/4 teaspoon cinnamon  
1/8 teaspoon nutmeg  
1/4 cup nuts

Refrigerate overnight. Bake at 350 degrees for 30 minutes.

### CORN 'N' PEPPER RELISH

A new twist on an old-fashioned corn relish.

3 tablespoons white wine vinegar  
1 tablespoon sugar  
1/2 teaspoon seasoned salt  
1/8 teaspoon hot pepper sauce (optional)  
1/8 teaspoon mustard seed  
1 can (8-3/4 ounces) whole kernel corn, drained  
1/2 cup chopped green bell pepper  
1/4 cup chopped red bell pepper or  
2 tablespoons diced pimento  
1 tablespoon sliced green onion

In small saucepan, combine vinegar, sugar, seasoned salt, hot pepper sauce and mustard seed. Bring to a boil. Remove from heat and add remaining ingredients; blend well. Cover and refrigerate overnight to blend flavors. Makes 1-3/4 cups. Serve warm with roasted meat or poultry, or as a cold salad mixed with chilled rice.

# E-85 pumps pop up in Nebraska

New gas pumps in Lincoln and Omaha have been installed to provide a new fuel that contains 85 percent ethanol—designed especially for new flexible fuel vehicles that are a growing segment of the automobile market.

E-85 fuel contains 85 percent ethanol and 15 percent unleaded gasoline. Only vehicles that have been designed to operate with the fuel can use E-85. However, E-85 vehicles can also operate on fuel with as little as ten percent ethanol—the standard ethanol blend.

Nearly 100 E-85 vehicles have been assigned to federal employees in Lincoln and Omaha. Additionally, Nebraska state government has installed three E-85 pumps for its use. The Nebraska Corn Board leases a 1996 Ford Taurus that runs up to 85 percent ethanol.

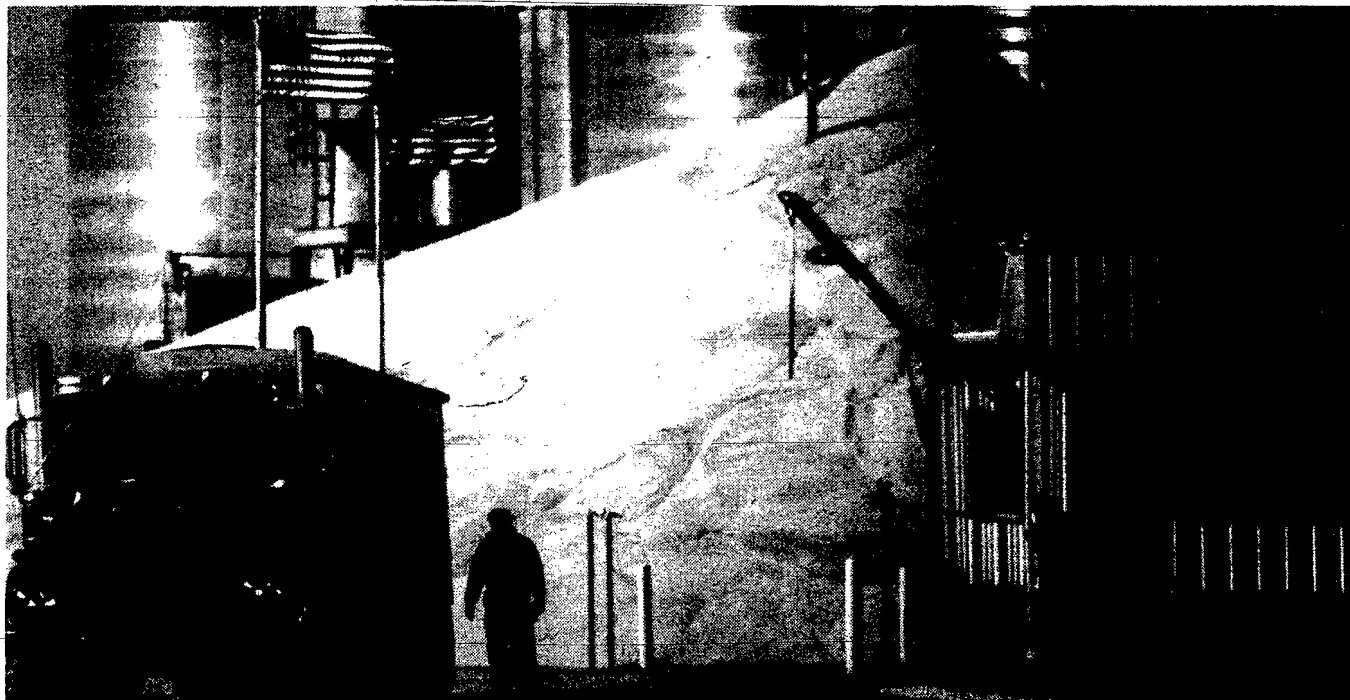
The E-85 fueling pump installation project is being spearheaded by the National Ethanol Vehicle Coalition, a partnership of the Governors' Ethanol Coalition and the National Corn Growers Association. Others assisting with the Nebraska effort include the

Nebraska Corn Board, Nebraska Ethanol Board and Nebraska Energy Office. The national effort was launched with a \$162,000 grant from the U.S. Department of

Energy.

The Omaha E-85 fueling station is located at Cubby's Phillips 66 at 13th and Jackson Streets. The Lincoln pump is at the Gas 'N Shop

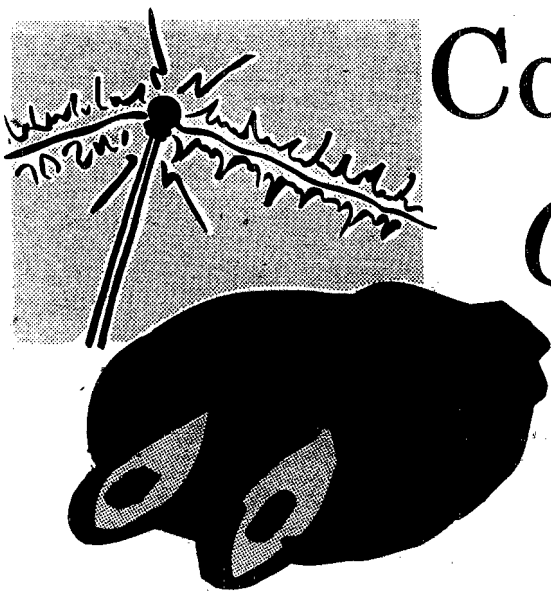
at 1545 Cornhusker Highway. Additional E-85 pumps are being considered along or adjacent to Interstate 80 in central and western Nebraska.



Another bountiful harvest brings with it the need to continue to find expanding and new markets for the millions of bushels of corn Nebraska farmers produce.

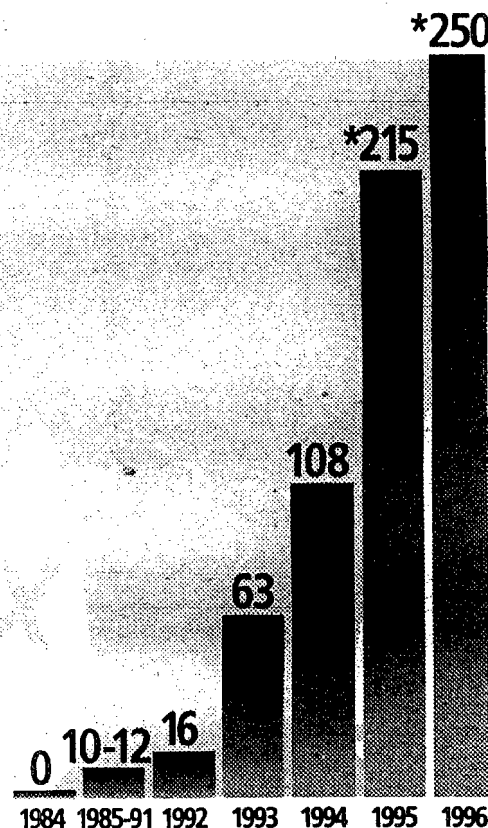
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Annual Ethanol Production in Nebraska: 1984-1996 (Millions of Gallons)

New ethanol plants and expanded facilities have helped Nebraska become a net exporter of ethanol.

Source: Nebraska Ethanol Board

\*Projected

# Ford increases production on vehicles

The Ford Motor Company has announced plans to quadruple production of its E-85 Taurus model automobiles. Ford took orders for 3,200 of the E-85 vehicles this year.

The cars, which can run on 85 percent ethanol and 15 percent unleaded gasoline, completely sold out.

"This commitment on the part of a major U.S. automaker shows we

can continue to grow the market for E-85 fuel," said Bill Northey, President of the National Corn Growers Association (NCGA). Most ethanol is made from corn, and the national corn organization and its affiliated state associations and boards work in partnership with the Governors' Ethanol Coalition (GEC) to install E-85 pumps at existing gas stations throughout the

U.S.

In addition to building more E-85 vehicles, Ford will offer the flexible fuel vehicles for less than identical models of its standard Taurus. "The purpose of the cost savings is to show our support for the E-85 infrastructure program currently underway," said Ford spokesperson Karen Höltschneider. "While

drivers will always be able to refuel with gasoline, we would like to see them use E-85."

Ford planned to start building the E-85 vehicles in December 1996 and dealerships have already started to take orders for the new E-85 cars. The E-85 Taurus can be ordered at any Ford dealership. The average waiting period for any special order is seven to eight weeks.

## Corn board in on Internet

Internet users around the world can now tap into the latest information on Nebraska's corn crop.

The Nebraska Corn Board is now on the Internet with its own home page.

Dubbed "CornsTALK," this newest site in cyberspace contains information about Nebraska's corn industry and the corn checkoff program.

People with Internet access around the world are now able to tap into "CornsTALK" for information about the quality and supply of Nebraska corn and the role it plays in feeding the world.

To access the Nebraska Corn Board's home page, you need a computer, modem and Internet software.

The address is: <http://cornstalk.nrc.state.ne.us/cornstalk>

## This little kernel packs a lot of power.

**T**hrough the corn checkoff program, Nebraska's corn producers are investing in their future. The checkoff rate is 1/4 of one cent per bushel—roughly equivalent to one kernel of corn for each ear harvested.

But that little kernel is doing more than you might imagine:

**Research** Finding ways that cornstarch can replace petroleum in plastics

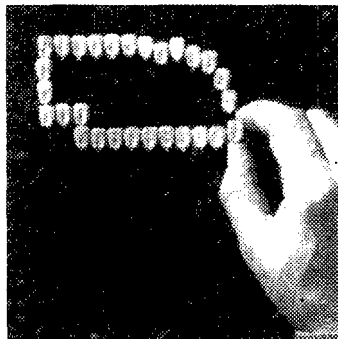
- Uses of corn oil for industrial lubricants and coatings
- Identifying what makes Nebraska corn unique
- Methods to further reduce the cost of ethanol production

**Domestic Marketing** Helping fund E-85

- fuel pumps to spur the growth of flexible fuel vehicles
- Promoting ethanol use and production
- Increasing consumer awareness of corn sweeteners
- Promoting cornstarch-based plastics
- Helping educate the public about the relationship between farming and the environment

**International Marketing** Hosting trade teams from around the world who are interested in Nebraska corn quality

- Creating partnerships with Mexico to ship Nebraska corn directly to that country
- Working with global partners to create new export markets for corn and corn-fed red meat

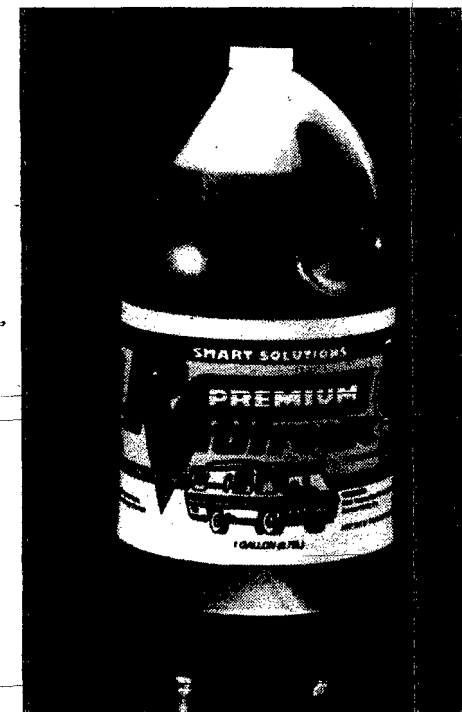


Nebraska is known worldwide for growing premium quality corn and plenty of it. Through the corn checkoff program, Nebraska producers are building demand for the corn they grow.

And they're doing it one kernel at a time.



P.O. Box 95107 ▸ Lincoln, NE 68509 ▸ 800.632.6761 ▸ <http://cornstalk.nrc.state.ne.us/cornstalk>



An ethanol-based antifreeze is being test-marketed throughout the Midwest. The ethanol in the liquid is non-toxic and environmentally friendly.

# Industry boosts Nebraska economy

A growing corn processing industry in Nebraska means added value for the state's corn crop, increased income for corn growers, new capital investment in communities, and new job opportunities for workers.

In other words, converting Nebraska corn into ethanol, sweeteners, starch, oil and other products provides a major boost for the Cornhusker State.

According to Bob Dickey, corn farmer from Laurel and Nebraska Corn Board Chairman, corn processing adds millions of dollars to the state's economy each year.

"Not only have new and expanded corn processing facilities brought over half a billion dollars in capital investment to the state, but those plants have also added millions of dollars in farm income and hundreds of good paying jobs," Dickey said.

The Nebraska Corn Board estimates nearly one of every five bushels of corn produced in Nebraska will soon find its way to one of the state's six corn processing plants.

Dickey says corn growers within 25 to 50 miles of corn processing plants can expect to receive 5 to 20 cents per bushel more for their corn, depending on local market conditions and the supply and demand for corn.

"It's an ideal situation," Dickey said. "You're adding value in Nebraska to a commodity grown in Nebraska and then exporting those value-added Nebraska products to other parts of the country and the world."

Two of Nebraska's six corn processing plants are wet milling plants. The Minnesota Corn Processors plant in Columbus and the Cargill plant in Blair have a combined capacity to utilize nearly 140 million bushels of corn in the production of sweeteners, starch, oil and ethanol. Wet corn gluten, an economical source of protein for cattle, is a co-product of the wet-milling process.

Dry-milling plants in Nebraska include Chief Ethanol Fuels and Ag Processing plants, both in Hastings, High Plains Corporation in York, and Nebraska Energy Co-op in Aurora. Combined, those four plants have the capacity to convert nearly 50 million bushels of corn into ethanol. A co-

product of these plants is dried distillers grain, which also can be used for cattle feed.

Nebraska's growing corn processing industry has made significant contributions to the state's economy in the past 25 years. And with increasing national awareness of the

need for cleaner-burning, domestically-produced transportation fuels and with rapid advancements in the development of virtually limitless commercial applications for the conversion of cornstarch into a variety of products, it appears to be only the beginning.

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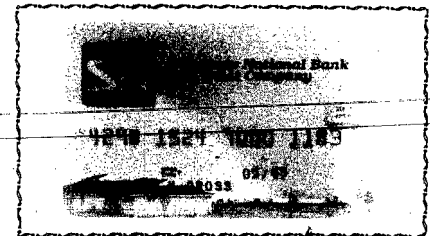
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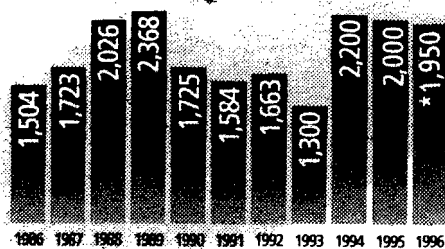
In many ways, corn is synonymous with Nebraska agriculture. Year after year, corn leads all other crops in acres planted, harvested and total cash value.



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## Annual U.S. Corn Exports (Millions of Bushels)

Source: USDA/World Agricultural Outlook Board  
\*Projected

# Japan shows interest in cornstarch bioplastics

Cornstarch-based biodegradable plastics are gaining a strong foothold in Japan, thanks to efforts of the U.S. Feed Grains Council and the Nebraska Corn Board.

The Council, which receives substantial checkoff funding from the Corn Board, recently played a leading role in sponsoring and organizing an international conference in Japan on cornstarch-based bioplastics.

On display were a variety of environmentally-friendly products made from cornstarch, ranging from fish netting and women's lingerie to eating utensils and fast food packaging items.

Don Hutchens, Executive Director of the Corn Board, and Dr.

Milford Hanna, Director of the UNL Industrial Agricultural Products Center (IAPC), attended. They brought with them documents detailing Corn Board-funded research on and samples of polylactic acid (PLA) made from corn.

"PLA, which has properties similar to petroleum-based plastics, could be produced at Cargill's new corn refining plant at Blair," Hutchens said. "The success of corn-based bioplastics in Japan and other Asian countries hinges on cost and the ability to recycle and compost the products."

A study suggests bioplastics in Japan alone could represent a potential corn market of nearly 300 million bushels, Hutchens said.



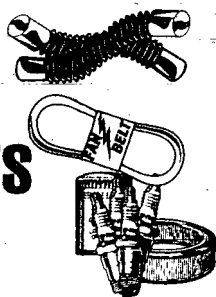
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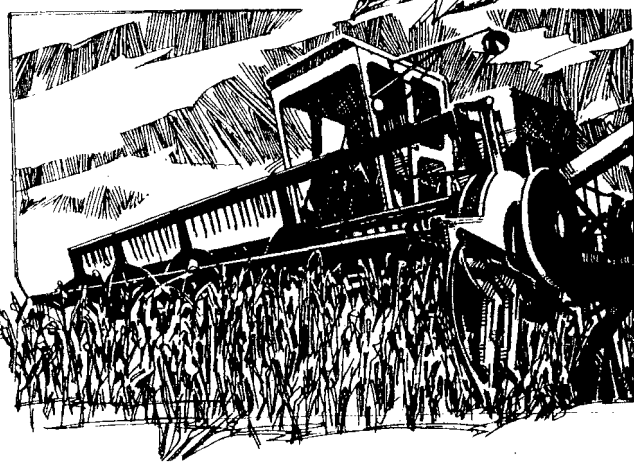
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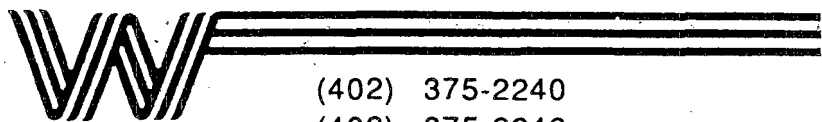
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truly the  
nation's  
breadbasket.*



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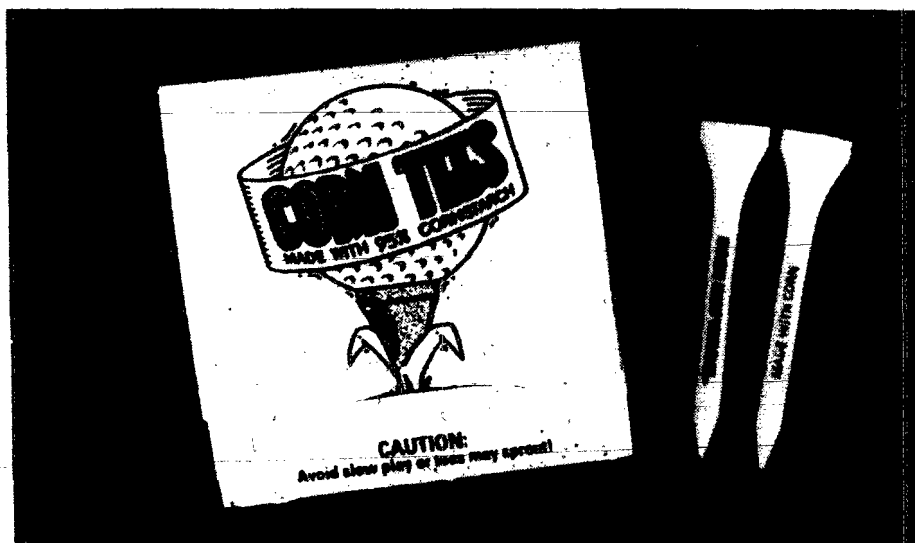
*Thanks, again, Grain Farmers — You Do It Well!*



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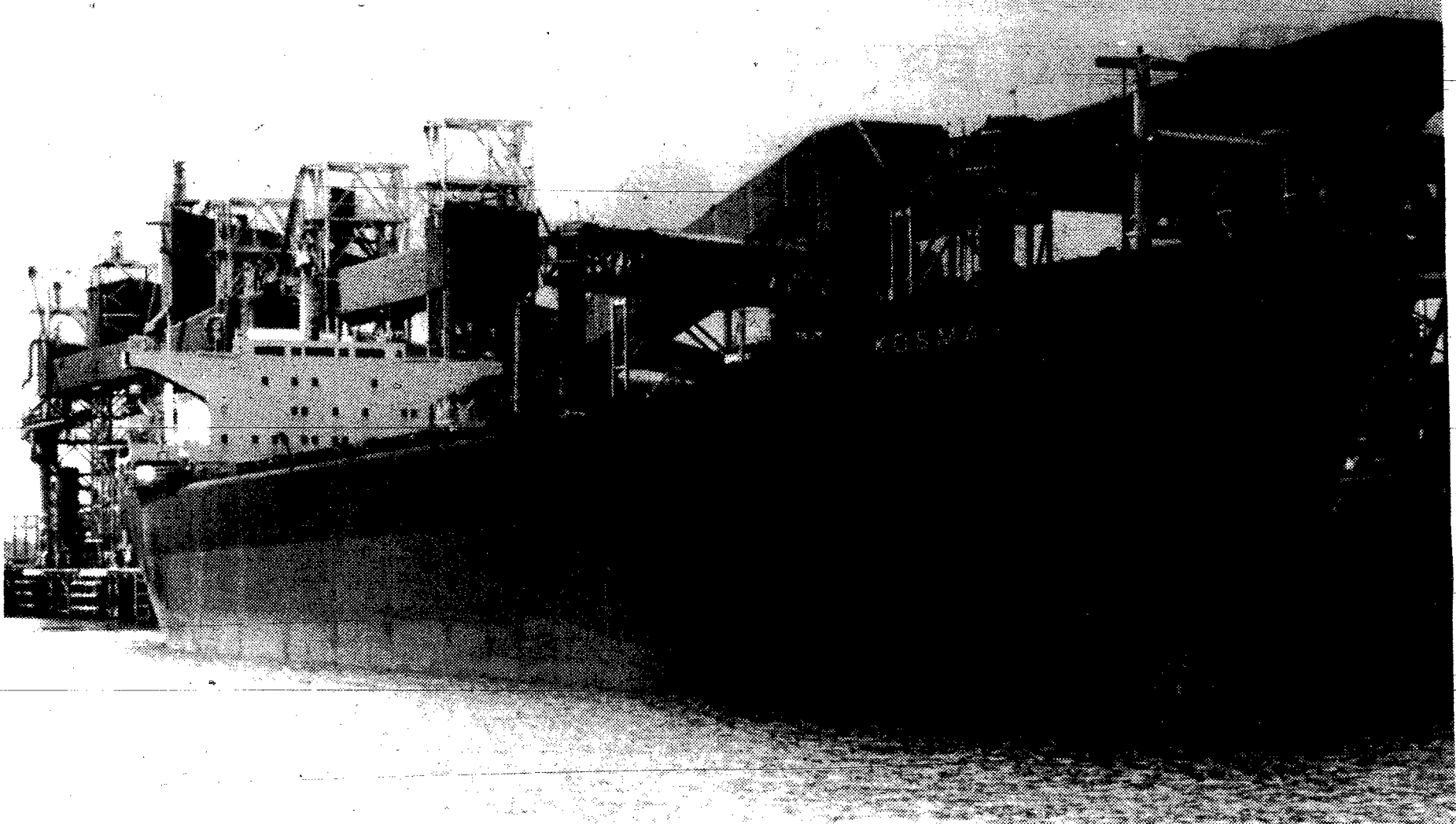
**— WAYNE INDUSTRIES —**



These golf tees, made from cornstarch, have been distributed by the Nebraska Corn Board to golf courses across the state.



All the products in this photo — from degradable plastic forks to printer's ink to road deicer — include corn. New industrial uses for corn are creating new markets for Nebraska corn producers.



The Nebraska Corn Board works with the U.S. Feed Grains Council to expand global corn markets.



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# IANR team exploring potential for corn

By Vicki Miller  
IANR Science Writer

Turning corn into compostable plastic would be good for farmers, consumers, the environment and the Cornbelt's economy.

The Industrial Agricultural Products Center (IAPC) at the University of Nebraska-Lincoln is pushing this longtime dream toward reality. IAPC researchers are exploring characteristics, potential applications and degradability of polylactic acid (PLA). This compostable bioplastic resin is made entirely of cornstarch through fermentation processing.

IAPC Director Milford Hanna envisions PLA replacing conventional plastics in many products. Several companies hold patents on PLA, but it has yet to see non-medical commercial use.

"It's promising because there are so many potential applications for this resin," said Hanna, an Institute of Agriculture and Natural Resources Biological Systems Engineer. PLA can be processed into many products now made from conventional petroleum-based plastics.

IAPC works with industry and NU scientists to explore PLA's potential.

"We're here to identify how to process this material into useful products," Hanna said. "We'll do anything possible to help someone get their idea moving forward."

Projects range from basic research and development to promotions and private sector collaborations. Creating new markets for Nebraska corn is the ultimate goal.

For example, IANR Horticulturist Jay Fitzgerald collaborates with IAPC to study PLA's potential in making disposal bedding plant containers, or cell-packs, for the greenhouse and nursery industries.

This research, launched earlier this year, will determine how PLA containers perform under commercial growing conditions and whether they influence plant performance. Preliminary results look favorable and the IANR team plans further studies of PLA's horticultural potential.

The horticulture industry annually sells millions of flowers and



vegetables in disposable cell-packs. If PLA containers perform well in IANR studies, gardeners someday could pitch disposal bedding plant containers on the compost pile instead of in the garbage.

"The horticulture industry would welcome environmentally friendly alternative plastics if they're cost-effective and produce quality plants," Fitzgerald said.

The U.S. horticulture industry uses an estimated 42 million pounds of plastic annually for bedding plant containers and other products. The IAPC estimates it would take

roughly 1.7 million bushels of corn to make that much PLA.

"We see this as a win-win situation," Fitzgerald said. "We're trying to take millions of these plastic cell-packs out of the waste stream and replace them with something grown in Nebraska."

PLA seems especially suited to disposable or single use markets, Hanna said. It's versatile and water-resistant but rapidly breaks down when composted. About a third of the 70 billion pounds of petroleum-based plastic resin produced in the

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to loin  
about  
corn.



Corn helps make your sirloin steak and lean pork roast taste great.

It takes about 16 pounds of corn to raise one pound of meat. And with more than 1.76 million cattle and 4 million hogs on feed in the state, the livestock industry is the biggest customer of Nebraska corn producers. Nearly 45% of the state's corn crop is consumed by livestock.

Livestock producers know that corn provides high rates of gain, lean meat, and profitable feed efficiency.

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# Compostable plastics made from corn

United States annually is thrown away or recycled after a single use.

"My idea is that you could just throw PLA materials into your compost pile instead of the waste stream," Hanna said. "It will be gone in 30 days."

PLA strips broke down within a month in IAPC's composting lab tests. In outdoor composting tests, PLA strips were tough to find in the pile after four to five weeks, said Robert Weber, IAPC Research Coordinator.

Compost's combination of heat, moisture and microbes is key to PLA's disappearance. PLA buried in soil alone for ten months didn't break down, Weber said.

PLA film bags filled with water didn't leak in several months' testing, Hanna said, "but when you put them in a compost pile, they fall apart."

Researchers must learn how best to work with PLA, Hanna said. Its processing characteristics differ somewhat from conventional plastics and it costs more than conventional resins.

"But this stuff is pretty unique," he added. "I think it's promising if manufacturers can get the price down."

Some other IAPC projects related to PLA including:

— An IANR textiles scientist is studying the potential for making woven and knitted fabric from PLA. This Nebraska Corn Board-funded research is in the early stages.

— PLA bags filled with grass clippings from UNL's grounds, and food waste from UNL and Lincoln restaurants are being composted in cooperative research with the city of Lincoln's recycling program. The Nebraska Recycling Association funds this project and PLA manufacturer Cargill, Inc. supplies the waterproof but compostable PLA bags.

— IAPC is working with an NU Medical Center pharmacist who is a medical encapsulation expert, to study PLA's potential for encapsulating insecticides. If research proves such encapsulation works, farmers might someday apply PLA-encapsulated soil insecticide at planting that would become available on a timed-release basis.

— IAPC and a pesticide container manufacturer are studying PLA's possibilities as an agricultural chemical container material. If it proves feasible, disposal could be as simple as rinsing and composting

containers.

For Hanna, IAPC's interest in PLA is simple.

"Our role is finding new uses for agricultural commodities," he ex-

plained. "There are so few ideas anyone is working on that have the potential for large volume use. If you get into the plastics business, it's a huge, huge market for

Nebraska corn."

The Nebraska Corn Board helps fund this research, which is conducted in cooperation with IANR's Agricultural Research Division.



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## Clothing from corn may be in your future

We could all be wearing clothing fashioned from corn in a few years. Women's lingerie made from a blend of polylactic acid (PLA) and cotton has already been shown in Japan at an international conference on industrial uses for corn.

Now, scientists at the University of Nebraska-Lincoln are trying to perfect the process in the United States using cornstarch-based PLA. Researchers at the UNL Industrial Agricultural Products Center and Department of Textiles, Clothing and Design hope to replace synthetic nylon, polyester and olefin fibers with PLA textile fibers.

According to Dr. Lois Hamilton, lead UNL researcher on the project,

the goal is to develop a commercially viable process for making fibers from cornstarch-based PLA and to find a fiber manufacturer who wants to make the fibers.

"It is expected that the PLA fibers will give the clothing a high moisture regain, good receptivity to finishes, and good resistance to static compared to the existing melt spun fibers such as nylon or polyester," Dr. Hamilton said.

Ruth Gerdes, a corn farmer from Auburn and Nebraska Corn Board Research Committee Chairman, said this research is funded by Nebraska corn checkoff dollars since Cargill plans to produce PLA from corn at the company's corn refining plant at Blair.



More Nebraska cattle are being fed wet byproducts from Nebraska's ethanol and corn processing industries. Here feedlot cattle eat wet distiller's grains mixed with conventional corn-based rations. Feeding byproducts wet requires vigilant management, but University of Nebraska-Lincoln animal science research shows there's a payoff in reduced feed costs.

## Nebraska corn exhibit available for displays

Corn contributes more than \$6 billion annually to Nebraska's economy and is used as a raw material to make hundreds of new industrial products.

To emphasize corn's economic impact on the state, the Nebraska Corn Board is making available to interested organizations and businesses a new interactive display that shows the diversity of Nebraska's number one commodity.

The Nebraska Corn Exhibit uses colorful photos and graphics to tell the story of corn as a source of feed, fuel and food. A highlight is a special interactive feature which at the touch of a button shows how corn is made into starch, sweeteners, oil and ethanol.

The display is available at no charge by calling the Nebraska Corn Board office in Lincoln at 1-800-632-6761.

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## FROM ONE BUSHEL OF CORN

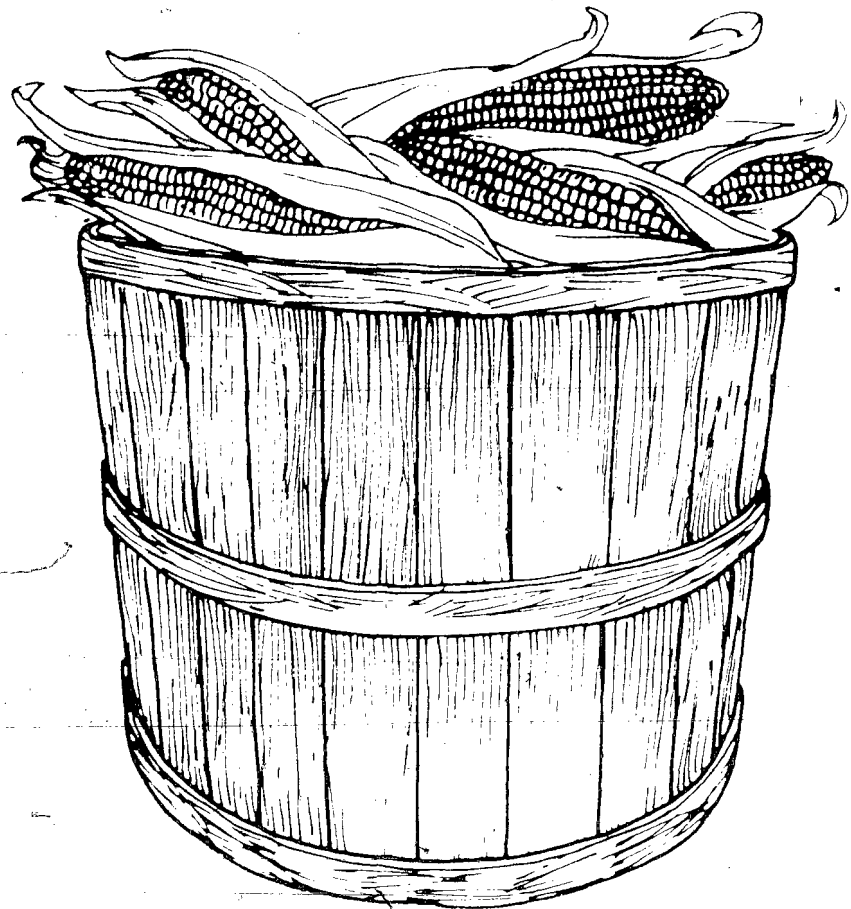
WHAT CAN BE EXTRACTED FROM A BUSHEL OF CORN?

A typical bushel of corn weighs 56 pounds and contains approximately 72,800 kernels. Most of the weight is the starch, oil, protein and fiber, with some of it from natural moisture.

What can be extracted from a bushel of corn?

- 31.5 POUNDS OF STARCH
- or
- 33.0 POUNDS OF SWEETENER
- or
- 2.5 GALLONS OF FUEL ETHANOL
- and
- 10.9 POUNDS OF 21% PROTEIN FEED
- and
- 2.6 POUNDS OF 60% GLUTEN MEAL
- and
- 1.6 POUNDS OF CORN OIL

Source: Corn industry sources



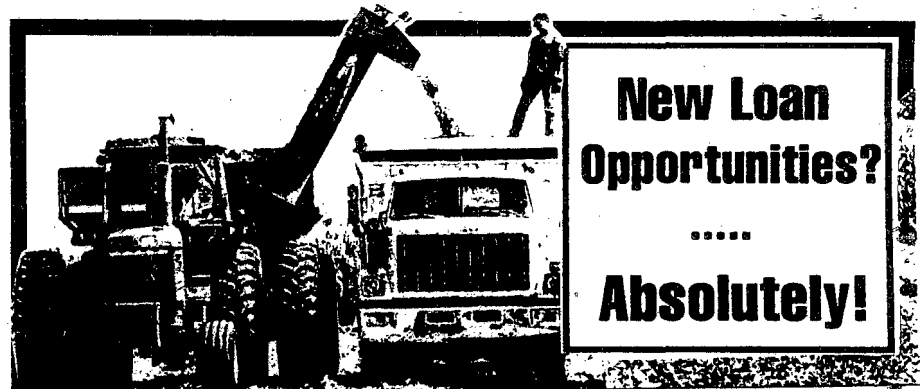
## Brochure available 'Corn and the environment'

A brochure explaining the role Nebraska corn farmers play in helping to protect the environment is now available from the Nebraska Corn Checkoff Board in Lincoln.

Titled "Nebraska Corn Farmers and the Environment: The Best of Friends," the brochure is designed for an urban audience with limited knowledge of agriculture.

This award winning brochure, funded by corn checkoff dollars, can be folded out into a colorful poster that describes several environmentally-friendly products that can be made from corn, including ethanol and bioplastics.

Copies are available by calling the Corn Board at 1-800-632-6761.




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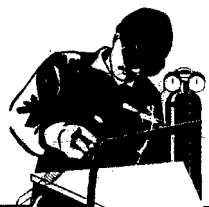
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# Study includes best water practices

The use of fertilizers and pesticides — important to Nebraska's corn crop — need not endanger water quality if proper management practices are followed.

Now a group of farmers and technical experts are working together to document proven procedures and develop a comprehensive program of Best Management Practices (BMPs) for Nebraska corn producers.

With funding from the Nebraska Corn Checkoff Board, the Nebraska Corn Growers Association has assembled the group to identify BMPs that have been proven to work — keeping fertilizers and pesticides on the crop where they belong and reducing the amounts that reach ground or surface water.

An advisory board of producers is chaired by Ron Ochsner, a Saronville

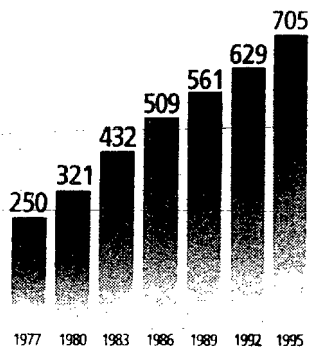
corn grower. A technical board includes representatives of the Nebraska Department of Agriculture, Extension Service, Department of Environmental Quality, Federal Natural Resources Conservation Service and agribusiness.

"Corn growers are careful stewards of national resources including water," says Ochsner. "We're already using many of the practices that will

be included in the BMPs."

"But this project is important because it will pull together all of these practices into a comprehensive program that will have a measurable impact on protecting Nebraska's water," he said.

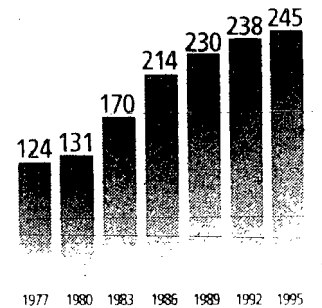
For more information about the BMP program, contact the Nebraska Corn Growers Association in Lincoln at 402-438-6459.



Corn Sweetener Production (Millions of Bushels)  
Source: USDA/Economic Research Service



Steam rolls off a truck full of wet distillers' grains and condensed solubles as it is unloaded at a central Nebraska feedlot. Wet byproduct feed from dry milling plants is mixed with conventional corn-based rations.



Cornstarch Production (Millions of Bushels)  
Source: USDA/Economic Research Service  
\*Projected



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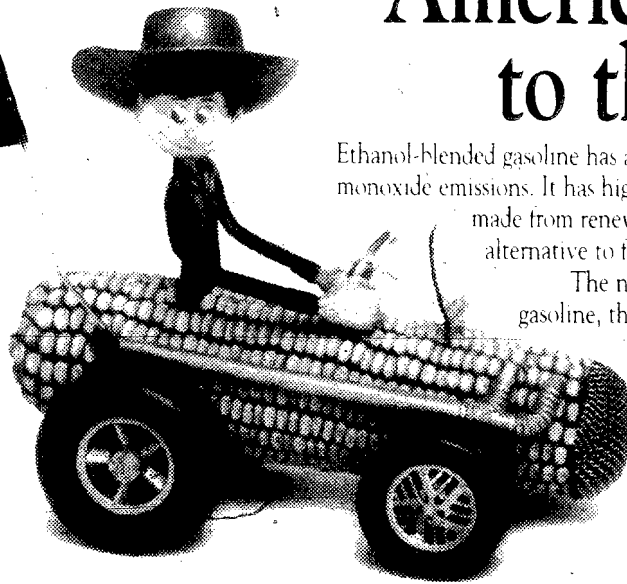
**Cut For Savings**

## Corn Board budget totals \$2.6 million

The current Nebraska Corn Board budget totals \$2.6 million. The money, generated through the one-quarter of a cent per bushel checkoff on corn in Nebraska, is used to increase demand for corn through a variety of domestic and international corn marketing efforts and new uses research, according to Board Chairman Bob Dickey of Laurel.

"We try to take a balanced, consistent, long-term approach to investing corn checkoff revenues," Dickey said. "The nine farmer-directors who make up the Corn Board are especially cognizant of the fact that corn prices can change quickly in these times of volatile markets."

Major allocations include \$882,000 for international market development projects carried out through the U.S. Feed Grains Council and the U.S. Meat Export Federation; \$673,000 for domestic market development projects through the National and Nebraska Corn Growers Associations and a variety of other organizations; and approximately \$300,000 for new uses research.



## Corn is giving America more miles to the bushel.

Ethanol-blended gasoline has a lot to offer. It's cleaner burning for less carbon monoxide emissions. It has higher octane for better performance. And ethanol is made from renewable resources such as corn for an energy alternative to fossil fuels.

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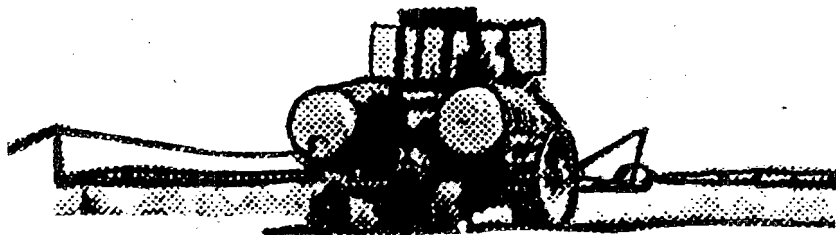
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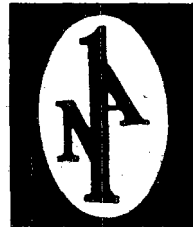
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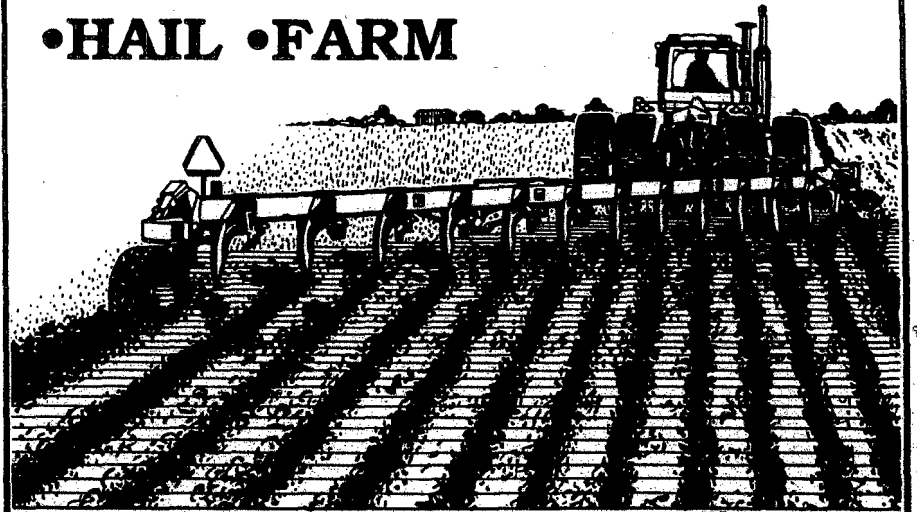


## First National Insurance Agency

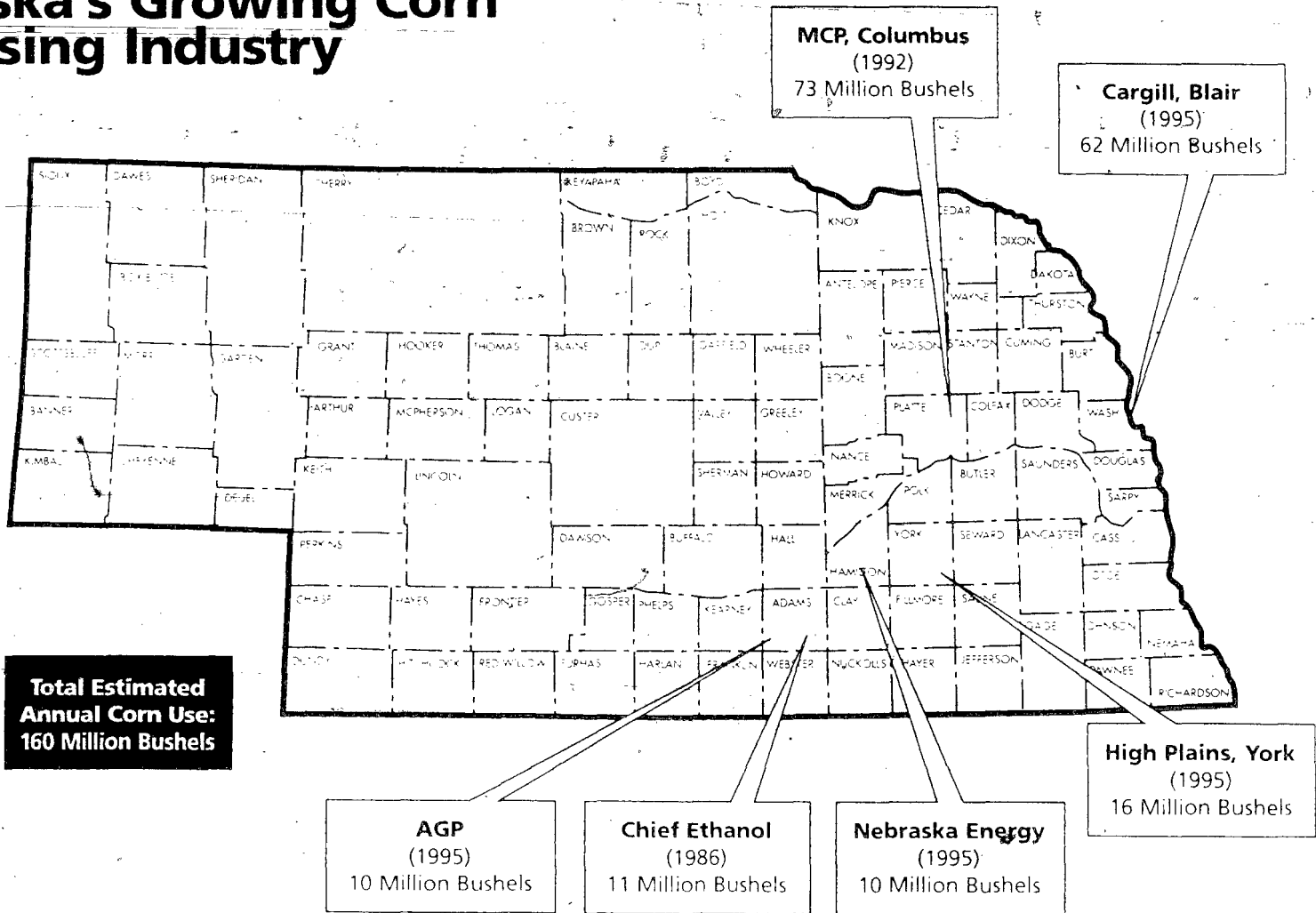
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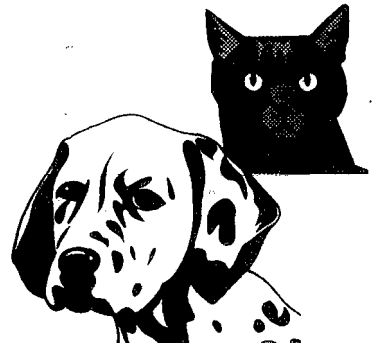
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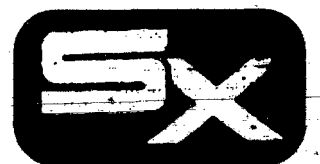
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# Board tells about interesting corn facts

• Nebraska farmers produce nearly one billion bushels of corn a year, enough to make us the third leading corn producing state in the nation.

• Forty-five percent of Nebraska's corn crop is consumed by livestock. One out of every four acres of corn produced in Nebraska goes to exports.

• Corn is truly a native American crop, having been grown on the North American continent long before Columbus discovered America in 1492. When the Pilgrims landed at Cape Cod in 1620, they discovered bags of corn buried in

the sand.

• The United States produces 41 percent of the world's corn supply and claims nearly two-thirds of the world market for corn exports.

• Nebraska produces more corn than any other country in the world except China.

• During the past 10 years, food and industrial corn use has grown steadily from 522 million bushels in 1975 to 1.7 billion bushels today. Total food, seed and industrial uses for corn are expected to reach almost 2.4 billion bushels in the next decade.

• A typical bushel of corn weighs 56 pounds and contains approximately 72,800 kernels. One bushel of corn can be used to make 32 pounds of starch; or 33 pounds of sweetener; or 2.5 gallons of fuel ethanol, 12 pounds of protein feed, 3 pounds of gluten meal and 1.5 pounds of corn oil.

• Corn is 61 percent starch, 19 percent feed (gluten and hull), 3.8 percent oil, and 16 percent water.

• There are nearly 4,000 different uses of refined corn products on the shelves of America's supermarkets.

• More than 700 million bushels

of corn are used to make corn sweeteners each year. That's over two-thirds of Nebraska's total corn production. Lincoln's Pepsi-Cola bottling plant uses about 125,000 bushels of corn a year, for sweetening purposes.

• Gillette Dairy in Norfolk uses some 344,000 pounds of corn sweetener products each month.

Gillette premium ice cream, made by Gillette, recently became the first food product in the nation to carry the official corn sweetener logo as a permanent part of its packaging.



Young tomato plants grow in a blue bedding plant container made of compostable, versailte polylactic acid (PLA). UNL researchers, with funding from the Nebraska Corn Board, are testing PLA's potential as a material for disposable bedding plant containers. This promising bioplastic resin is made entirely of cornstarch through fermentation processing. If the containers perform well, gardeners someday may be able to compost rather than trash used containers.

Corn helps make your sirloin steak and lean pork roast taste great.

It takes about 16 pounds of corn to raise one pound of meat.

And with more than 1.76 million cattle and 4 million hogs on feed in the state, the livestock industry is the biggest customer of Nebraska corn producers. Nearly 45% of the state's corn crop is consumed by livestock.

Livestock producers know that corn provides high rates of gain, lean meat, and profitable feed efficiency.

That's helping Nebraska corn producers "meat" with success.

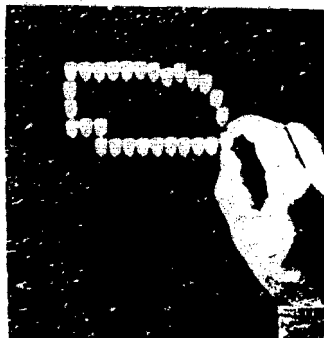
CORN

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## Cornstarch may provide compostable containers

The containers in which you buy bedding plants may soon go into the soil the same as the flower and vegetable seedlings that come in them.

Research scientists at the University of Nebraska-Lincoln, with funding from the Nebraska Corn Board, are testing the use of polylactic acid (PLA) as a material

for disposable bedding plant containers.

This promising bioplastic resin is made entirely of cornstarch through fermentation processing.

If the containers perform well, gardeners may someday be able to compost, rather than trash, the containers.

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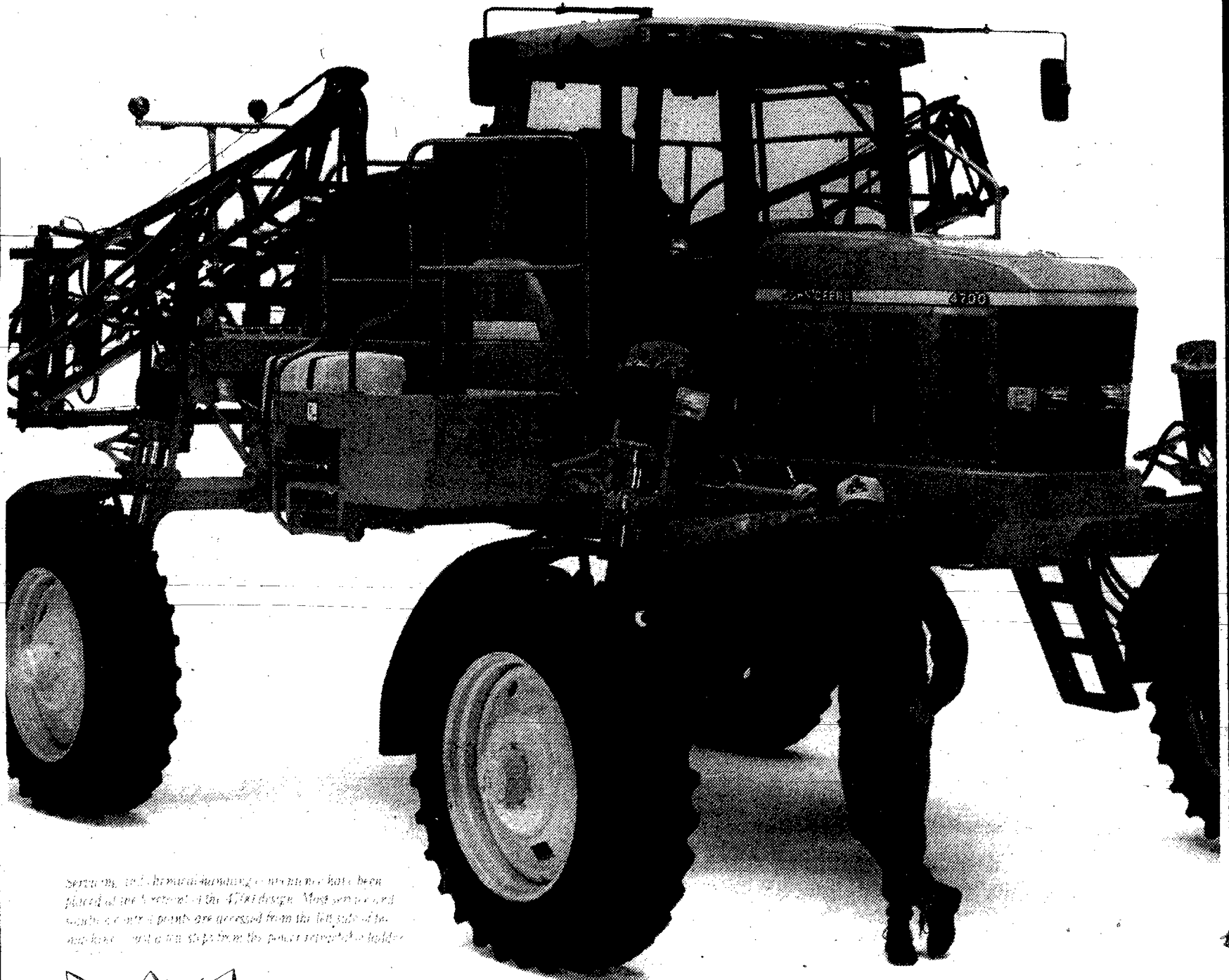
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Simple and fast daily servicing, and less of it, was foremost on the long list of goals John Deere engineers set for the 4700 Sprayer.

You'll be mighty pleased with the results. All service points and fill ports have been located and arranged for quick and easy access. The solution tank Quik-Fill is accessed from ground level right next to the bank of flow-control valves.

You can fill the fuel tank from the operator ladder. (A large 85 gallon fuel tank lets you spray all day without worrying about refueling.)

There's plenty of room around the engine compartment for checking engine oil or changing filters. And, the fuse panel is on the cab control console. Automotive-type fuses are easy to get at, easy to replace.

Numerous safety features ensure greater chemical-handling and personal safety. A 4-gallon rinse tank provides a quick source of clean water for washing hands and cleaning nozzles. And a large 16-inch lid opening on the tank reduces spills.



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