

LEISURE TIMES

A bi-monthly publication for Senior Citizens

July 15, 1987

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Hospice volunteers make difference in life of terminally ill patient

By Harriet Blachin

Dartmouth Republican

CRASHED — Difficult decisions must be made, both by the patient and his or her family, in the waning months of the life of a terminally ill patient.

The professional, in the case, has to help the stress level mounts, sometimes with each passing day.

The illness also takes its toll on the family members, who try to cope as best they can with the patient care needs, what is often their primary desire — to be able to remain in their own home.

As a result, many people give those decisions and other concerns a very big and for you. Of course, family.

Albert Siskup, a section of care, died on July 4, 1986 for his family. Hospice care

a program which was in the hospital at Central General Hospital — was a help for Albert.

wife Louisa and children and siblings Barbara and Paul. Charles and Linda Siskup of rural Warren.

(The program gave Dad comfort. Charles Siskup said, "He felt he had someone to talk to without bothering a doctor, when he wasn't feeling as good."

Albert was served by the hospice program as well as being healthy at various times during his illness. His son said,

The hospice program at Central General Hospital is

operated by Palliative Regional Health Services of Norfolk.

The patient must be referred by their physician and a team of professionals designs the particular plan of care. For the individual volunteers who visit the home are trained for their service to the patient.

It was when Albert's expected the dinner table and they would, fully and as pretty well again, that the family requested to be taken into the hospice program to be able to stay at home.

It was a great relief getting to find out of a car was very difficult. Charles and the father was involved

in making the decision by request of the care. When the time came, it was help to a loved one who remain at home, Charles be-

lieve you have to take the approach that, when you were young and able, you helped wherever you could. These volunteers are your friends and neighbors — maybe even people who've grown up around you — and now they want to help you.

When the quantity of life is limited, hospice care emphasizes the quality of the remaining by focusing on the emotional, social, spiritual and physical comfort of the

patient and family. The Siskups said the family support was a great help to them.

Special caring of one of Albert's volunteer caregivers. She taped Ash Wednesday

medications, physical care, spiritual and emotional support, medical equipment and supplies, therapy services, pharmacy consultation, hospitalization when needed for symptom management or family respite, bereavement support for survivors, physical, dental, medical, social services, counseling and rehabilitation consultation. Information about the program can be obtained by contacting the hospital at Central.

About six weeks before his death, Albert had you and I feasible to try to remain at home any longer. He was admitted to the hospital which had special place in his heart. Louisa is a long-time, dedicated member of

Central General Hospital Auxiliary and in supporting her project. Albert — a steadfastly enthusiastic — created a number of prizes for the organization's annual fall festival, as well as contributing other award gifts to the event.

Charles and Linda and his remaining time, as long as he did was a result of the hospice and home health programs.

Albert will have had his battle with cancer, but his memory lives on at the hospital.

The hospital auxiliary has placed a parrot in his memory near the entrance to the hospital activity center.



Charles and Linda Siskup visit Central General Hospital and reflect on the help hospice care provided their family. The painting displayed by them in the hospital auxiliary is a tribute to Albert's memory.

in coping with the advancing stages of Albert's illness.

In medical times, hospice care was a difficult journey. Today, hospice care is continuously ill patients as programs completing their life journey in the company of caring family and friends.

Central General Hospital Administration, Charles Siskup said she is pleased with the hospice as well as home health care program the hospital offers.

The staff and volunteer caregivers and beyond what is required to assure that the patient and family are well cared for.

The Siskups point out the

day services and then brought her tape player so Albert could share in the opening of the Center and you, even though he could not go by himself.

Things like this help the patient to keep a positive attitude, they said. The volunteers' mission is to stand by patients and families, giving friendship and support, assisting with errands and relieving home care givers for short periods of time.

Among services offered by hospice care, which is Medicare approved, are pain and symptom control, skilled nursing services, home health aides and homemaker, teaching, meditation,

Screening Can Prevent Skin Ailments From Spreading

By Jane Potter, M.D.

Chief of Dermatology and Gerontology at the University of Nebraska Medical Center.

Small Skin Growths Can Cause Worry, But Some Are Harmless

With the wealth of information suggesting early detection as a key in successful disease treatment and management, people have learned to be more aware of changes on their bodies.

This vigilance can produce anxious moments when small, red spots are found on a person's skin. These spots, which are typically few in number to start, usually begin to increase

this adding to the anxiety. Most people would begin to wonder if the spots represent a serious medical condition.

But, they may be harmless. Millions of people each year develop cherry angiomas, which are often referred to as cherry spots. These spots are the most common vascular lesions to occur on human skin. They are made of dilated capillaries, which give the spots their color.

Cherry angiomas tend to be found more often on people over the age of 40. In fact, research has shown that nearly three fourths of people older than 70 have cherry angiomas.

The spots can be found singularly or in clusters. They most often are found on the torso, but can frequently occur on the face, scalp, neck, arms and legs. The spots rarely occur on the hands or feet.

Cherry angiomas are about the size of a pinhead and do not extend beyond the skin's surface when they first appear. Some grow up to a quarter of an inch and rise above the skin's surface.

The spots do not require medical care, but there are several options available to people who want to have the spots removed. First, people should not try to remove the spots themselves. The larger an-

giomas will bleed heavily if punctured. Health care providers have various methods for removing the offending angiomas. All of these treatments involve shrinking and closing the blood vessels in the angioma. Among the methods are:

- **Electrocautery**—a minor surgery with a special instrument that closes the angioma with an electrical current.
- **Cryotherapy**—a procedure that freezes the angioma.
- **Laser**—a procedure using an intense light beam to remove the angioma. These procedures produce the desired cosmetic results in most patients.

Travel Scams: You Might Not Get What You Pay For

You've just been selected for a 7-day - 6-night Florida's Caribbean Vacation Package, including all accommodations and a round trip cruise. Call 1-800-494-4441 to claim your prize. "Sound great? Don't be too sure. According to Attorney General Don Stenberg, an increasing number of vacation vacations are turning into first-rate headaches for consumers.

Many people go in to the lure of a free vacation only to find out

later that they didn't win anything. Consumers often end up paying good money for a lousy vacation," Stenberg said.

Officials estimate travel operators are defrauding consumers out of millions of dollars each month. The most popular type of travel scam involves the sale of vacation plans through telemarketing, direct mail solicitation, or advertisements in classified sections of major U.S. newspapers.

Before signing up to take a 7-day cruise to the Bahamas for \$700, here are a few things to consider," Stenberg said.

- **Deal with an established travel firm.** If you are not familiar with a company, get their complete name, address and local telephone number. If a company is unfamiliar, check

with your local Better Business Bureau or contact the Attorney General's Consumer Protection Division.

- **Cancellation Rights and Penalties.** In the event of a change in plans, you could end up paying for a trip you never take. Find out exactly what the price covers and doesn't cover.

One In 15 Nebraskans Has Diabetes

One hundred thousand Nebraskans have a serious illness and half of them don't know it, according to the Nebraska Department of Health.

Diabetes is a disease that afflicts one out of 15 Nebraskans. It was the seventh leading cause of death in the state last year, according to Director of Health Dr. Mark Horton.

People with diabetes have a higher risk of heart attack, stroke, kidney failure and blindness, Dr. Horton said. "The good news is that complications can be reduced by making lifestyle changes, like following a good diet, exercising, and regular testing of blood sugar levels."

Diabetes has an impact on Nebraskans in terms of reducing their disability and general quality of life, Dr. Horton said. Every year, 115 Nebraskans have a lower limb amputated because of circulatory complications of the disease. Diabetes is also blamed for 344 cases of blindness and 82 cases of kidney failure annually in the state. Diabetes complications cause long-term reduction in activity for 21,170 Nebraska residents.

Diabetes is a disease that affects the way the body uses insulin, a natural hormone, to convert food into energy. Many Nebraskans are not aware that they have the disease because in many people, there are no early signs or symptoms.

People of Native American, Hispanic and African American

heritage are at higher risk of developing diabetes. People who are overweight or obese, have a higher BMI, as well as those who have a family history of diabetes.

About one half of adult onset diabetes, or the result of obesity, nearly 25 percent of all diabetes cases could be prevented by controlling obesity and the degree of overweight. That increases 10 times to people who are severely overweight compared to only two times to people mildly overweight.

In people who do experience symptoms, they include increased thirst, increased urination, frequent hunger, wounds that don't heal, and frequent fatigue.

It is important for persons with diabetes to check their blood sugar several times each day, and for those persons at high risk of developing diabetes to have a blood sugar test as soon as possible and to be tested every year, Dr. Horton said. Practicing a healthy lifestyle will help ward off the disease and its complications.

The Nebraska Diabetes Control Program at the Department of Health works with local community and health-care groups and the American Diabetes Association to provide education about diabetes and how to prevent or delay complications by proper diet, exercise and weight management. For more information, contact the program at (402) 471-3477.



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Darlene Bermel finds busy life very fulfilling

By Angie Nordhaus

Leliana Times

RAMDOLPH Finding fulfillment in the same thing as founding roles of volunteer mother and wife, Darlene Bermel keeps an active schedule of projects.

A willingness to keep busy, Bermel analyzes as her motivation and inspiration for helping others.

Her husband Don Bermel is also an added inspiration and the two appear to motivate each other.

I met him at a country school picnic. I had a crush on him from the beginning. He said of his first love of 49 years, I graduated from the eighth grade that year and Don had graduated from high school. He was working as a hired hand for a neighbor.

Until moving into the Randolph City limits in 1987, the couple lived and worked on a farm.

The two are parents of five children, including Larry born in 1950, Linda born in 1952, Erik born 1953, Jaime born 1957 and Kathy born 1963.

the time," she said. "Although there was not as much opportunity to do volunteer work 40 years gone by, my grandmother and my mother, Pearl Bamer, often shared their baked goods with others and at age 89, my mother still does that. I must have inherited the love of cooking from them."

Daughter of Paul and the late Edwige Bamer, Darlene Bermel was born May 31, 1929. As a child, she had five brothers and sisters. Two are deceased.

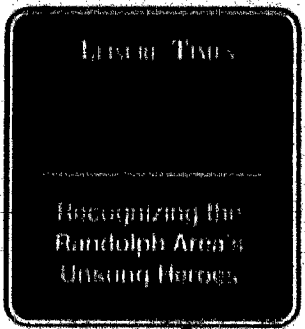
Early on, she developed an affinity for Bernice by playing her in the free evening game and making mud pies.

Another early childhood memory was going to first grade, she said. I loved school and continued to do so through high school, Bermel said.

In her years of growing up and raising children, Bermel said discipline and working together are lessons and values she's child reared.



Darlene Bermel



Keeping active through other family life is another goal.

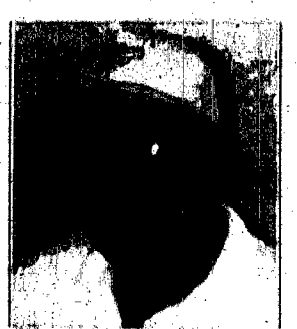
I grew to learn it from my Mom and always have enjoyed doing it (volunteering). It's just like if I find

Continued on Next Page

Senior Reflections

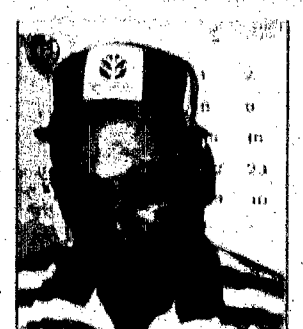
"Do you think Timothy McVeigh should be buried with military honors?"

Compiled by Crystal Wuebben
Cedar County News



Absolutely not. I am a veteran myself. I think there would be more veterans than me offended, other veterans wouldn't approve of it.

Jerome Schulte
Harrington



The National Cemetery is for heroes. McVeigh is not a hero. He blew up a federal building and killed 130 people. He is a criminal.

Harold Blackhoff
Harrington



I don't know. I have mixed feelings. He was honorable when he was discharged, but I don't know if he should have this honor.

Carl Fente
Harrington



If he was a military man, he should be buried with military honors. If he fought for our country, yes he should be.

Irvin Wiedenfeld
Harrington

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Bermel

Continued from previous page

your children's school, and activities." Bermel said.

"I enjoy being both a parent and a volunteer," Bermel said. "I enjoy seeing kids grow and the accomplishments they make through the year. All have grown into fine adults. As a volunteer, I enjoy seeing how much the work benefits other people or organizations."

Joined the Air Force, by VFW Post 504, Auxiliary in 1967. That is the year that Larry was born up in Vietnam. "I have been an officer 27 of the 29 years that I have been a member, seven of which have been the position of president which I enjoy most." In conjunction with the position I managed the club's annual fund for 10 years. "Bermel said.

Another area of service by Bermel added to her schedule is club work on the Board of Directors and Secretary of the Randolph Senior Center. "I found service a hard fitting moral distinction."

At the Senior Center, I am a volunteer managing lectures, classes, meetings, Don and Isabella and music luncheons a month at the center. "We also volunteer at the

Senior Food Bank, our community club and.

Asst. John's father-in-law is the president of the "Senior" Club. "I have been a member of the Club and have served as president of John's VFW."

"I also enjoy participating in the work of the Randolph Senior Center and the community."

"I have been a member of the community and served projects for the community."

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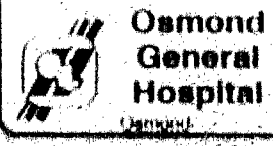
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Fritz Reifert of Hartington was playing as part of the Senior Tour and notched a rarity with a hole-in-one. He used a 9-iron to ace the 143-yard par three, number three at the Wayne Country Club.



Several members of the Wayne Senior golfers who play on the Northeast Nebraska Senior Tour include from back left: Dean Backstrom, Milo Meyer, Melchound Laxmann, Lyle Seymour, Dale Gutschall, Chuck Sarcher, Quentin Preston and Ralph Etter. Front: Gene Helgren, Russell Hindsay, Wally Bull, Adolph Hught and Fred Gilderleeve.

Northeast Nebraska has own Senior Tour

By Kevin Peterson
of the Herald

Golf enthusiasts may be surprised to find that a Senior Tour exists right here in northeast Nebraska.

Each Monday, weather permitting from May through September and sometimes longer, a group of senior men gather at an area golf course for a recreational round.

The idea was conceived by Caryl Sarcher and later by Corryell and after several meetings the Northeast Nebraska Golf Group was formed.

The group met with the Board of Directors of the Wayne Country Club and plans were negotiated for the seniors to play on the green fees and cart rental.

It was decided that all the area courses which are golfed on by the seniors in the tour group charge the same amount, of course those members playing their home course would have the fees covered if they are already members.

Currently, the tour stops include Wayne, Laurel, Wakefield and Pender. There is talk of other courses paying but nothing has been finalized.

The golfers gather to play a morning round at the courses, unless it's early spring when the temperatures haven't quite risen to comfortable range in the morning. At those times the men play early in the afternoon on Mondays.

Following the morning round of golf the men gather for lunch and a general get together for games.

Each golfer puts in a dollar and after they are introduced and have

se five teams and up existing cash awards.

Different events are played throughout the tour with four-man teams comprised. Fritz Reifert of Hartington with handicap, sometimes using two others from each player during the nine hole round, adding the top three scores of each foursome to name a few.

Each club leader handles team assignments, some including the seniors feel it's a benefit for the country because of the green fees brought in from other towns.

There are many of the senior golfers in their 70's and even 80's that are still pushing top notch rounds. There are even senior golfers that have never played golf until retirement age but that doesn't matter because it is designed for fun and for everyone regardless of skill level.

The Senior Tour has been in operation since 1991 with as many as 75 golfers showing. The average number is around 60. After team assignments are handed out, a short golf start is staged.

but recently when the senior stop came to Wayne, Fritz Reifert of Hartington scored the number three hole. The seniors have also achieved a double eagle on the number two par four hole in Pender.

The senior golf tour throughout northeast Nebraska is a fun sport and even that promotes friendships that might not otherwise have been formed.

These guys are proving that you are never too old to play golf.



Around 60 senior golfers show up every Monday to play the Northeast Nebraska Senior circuit. Wayne, Pender, Wakefield and Laurel are among the area courses played.

Bow Valley woman enjoys travelling in her spare time

By Crystal Washben
Cedar County News

BOW VALLEY Kristine Kruse has taken a piece of friendly advice very seriously.

"If you learn to travel, then you travel to learn," is Kristine Kruse's tour guide says.

Kruse has been traveling around the United States for many years, but traveling overseas began in 1983, a year after her husband died.

"My husband Marvin and I traveled within driving distance every year, but it usually wasn't for more than four or five days," Kruse said. "Since his death, I've been going on guided tours usually once a year."

Kruse said her husband made miniature tractors and would show them on weekends at thrasher shows. They would travel for three weeks to Northern Michigan, Portland, Indiana and Charlestown, Iowa and show the tractors.

Marvin said where he wanted to go, and I looked at the map to see what was on the way," Kruse said. "We were in 24 of the 48 contiguous states."

Kruse now travels through a travel agency in Rankin, S.D. with tour guides Dr. and Mrs. Ronald Ramsey.

"I've been a part of it with the tour group through the years," Kruse said. "We've developed good friendships and we're just like one big family. Everyone looks out for each other."

Kruse has planned yet another trip, six in total, to Europe sometime this year, but isn't sure when it is yet. She said this year about 47 people are signed up to go. She also went to Europe last year and about 17 area people went.

"There is just so much history in Europe," Kruse said.

History does shine through in Europe as Kruse said they went to three different concentration camps in Germany: Dachau, Buchenwald and Auschwitz. They also saw the sadness from the former Communist rule in the Czech Republic.

"These are not happy places," Kruse said. "I can't imagine how people could treat other people the way they did. Narrow beds with straw mattresses and eight people

of their own way," Kruse said.

She said in 1993, a group from Bow Valley and Hartington traveled to Europe.

"Our group split and some

on the sidewalk!"

This incident brought back a few more memories for Kruse, as she said every city had a "city square." She said many very narrow streets protrude from all different angles from the city square.

"She also said the buildings all match each other. The new buildings have to match the exterior of the old ones. The inside can be made into whatever is wanted, but the outside must remain the same as the others."

"They also don't waste ground like we do here," Kruse said, "with lawns and what ever. The gardens and patches of grass are right up to the home."

Kruse said it was hard to get used to buying bottled water in countries in Europe. It was also hard, she said, to learn the customs of the countries.

She said because of the different bacteria in many European countries, they couldn't eat rare foods and couldn't use any of the water.

"We couldn't even brush our teeth with their water because of the different bacteria," she said. "Our tour guides wanted to make sure we didn't get sick."

Of the many places she wants to travel to, there are two countries that don't interest her in the least—Russia and South Africa. "They just have different cultures than

"she said she was in the city of Moscow but it was far enough into Africa," she said. "She couldn't believe how wealthy and educated the people were compared to going into their country and working the land and doing houses and dirt roads."

Kruse said she never wants to travel alone in Europe because of the driving and pick pocketing.

"People drive like crazy over there," Kruse said. "Good thing here, have to stay at 55 mph. Every one else drives 100-120 mph. They pass you like you're backing up."

Kruse wants to travel more in the future, as long as she is able to. Among that travel she wants to see Washington, Oregon, Idaho, California and Washington, D.C.

In her spare time, Kruse enjoys doing craft work. Her most recent work included altar clothes for the newly refurbished church in Bow Valley.



Kristine Kruse of Bow Valley displays some of the items she has collected during her many travels. (photo by Crystal Washben)

took home sleeping in it."

She also said it was different to see people in the Czech Republic, formerly Czechoslovakia. "The people don't smile and they have very drawn faces. I imagine it will take quite some time for them to get over the Communist rule."

Kruse said she had found Germany to be one of the more interesting places of travel because "my ancestors come from there and it means the most to me."

"It's like my daughter, who traveled with me last year, said there is something about Europe that keeps you going back," Kruse said.

Kruse said she's found some of the more memorable places in Europe to be southern Germany, Switzerland, Austria, Rome and Munich, Germany.

"Every country is interesting in

to Berlin while others went to the villages to see where our ancestors came from," Kruse said. "I found out where the Kethols live and where the Kruses live. We were going to see the Kethols but we found out the mother died so we didn't want to intrude."

Another of her more funny memories she had was the day they were traveling on the bus through a city.

"The bus couldn't get through the narrow street. When we turned the corner, we had to back up and try again," Kruse said. "When we got around the corner, a car was in the way so we couldn't get through. All the men on the bus got out and picked the car up and moved it into the sidewalk—I wonder what that man thought when he came out and saw his car

Oh no..... another year older!

By Geri Tucker
Long-term Care Consultant
Nebraska Department of Aging

While waiting in line at the checkout counter of the grocery store recently, I noticed a sign which read "If you are fortunate enough to look younger than 30, please be prepared to show your ID." Why is it that we anxiously await a baby's first tooth or first steps but have a more negative response to the first gray hairs or wrinkles that appear?

Within American society there are some common generalizations which are thought to be truths about older people. In fact, often times these stereotypes are believed by older adults themselves, and as we age we come to expect that we will eventually exhibit the behaviors that we fear. Expectations about the later years of life are formed very early and reinforced throughout our life.

When the facts are known, attitudes toward one's own aging and toward older people can be changed in a positive direction. In order to develop that positive attitude we must first separate truth from fiction.

MYTH: Older people lose interest in life and don't want to associate with other people.

FACT: Although opportunities for older people to associate with other people may be more limited, older people do prefer to stay involved in life as much as possible.

MYTH: Disease and disabilities occur automatically with advancing age.

FACT: The development of chronic conditions such as arthritis or diabetes usually begin in middle age and may worsen with advancing age. Disabilities previously assumed to be automatic as we age often have other causes and are influenced by diet, exercise and life style. Older adults don't automatically become sick as they age.

MYTH: Older people become childish, or return to a second childhood and must be treated like children as a result.

FACT: Adults remain adults, childlike behaviors don't return a person to childhood. If a person is expected to act like a child, that person may conform to those expectations. On the other hand, a person expected to exhibit adult



behavior will likely function on an adult level.

MYTH: Older adults are dependent and need someone to take care of them.

FACT: Most older adults are independent, living in the community taking care of themselves. Many times help is given to older people because others are too impatient to wait long enough for the elderly to do the tasks themselves. Depriving older adults of opportunities to maintain control and independence in their lives may cause them to gradually rely upon others in unnecessary assistance.

MYTH: All old people end up in nursing homes.

FACT: Only about 5 percent of the elderly are institutionalized. The majority live in community settings. Nursing home care isn't inevitable, particularly as alternative services are developed.

There are a number of positive aspects of aging. Living to 70 or 80 years of age can provide the opportunity to develop a clear sense of values and priorities. Older adults have learned numerous ways to adapt to changes they've managed to survive.

Advanced age can bring a freedom to speak one's opinion. Retirement provides a greater freedom to pursue our interests, time to think about the future and reflect on the past.

Aging is a continual process and advanced age is a normal, natural part of physical maturation. Instead of placing such high value on youthfulness, it may be more productive to accept the changes throughout life without fear or denial. The first step is to discard the stereotypes and accept the truth.

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Phones answered by human voices

The Norfolk Social Security Office has announced that members of the office staff are once again answering telephones with a human voice.

"During the month June, the Norfolk Office was chosen along with 20 other offices around the county to test an automated answering system," said Greg Heinegan, Field Office Manager to the Norfolk office.

"The test in the case of Norfolk reaffirmed what we already knew, that people calling government offices wanted to speak to a person who could help them with their case."

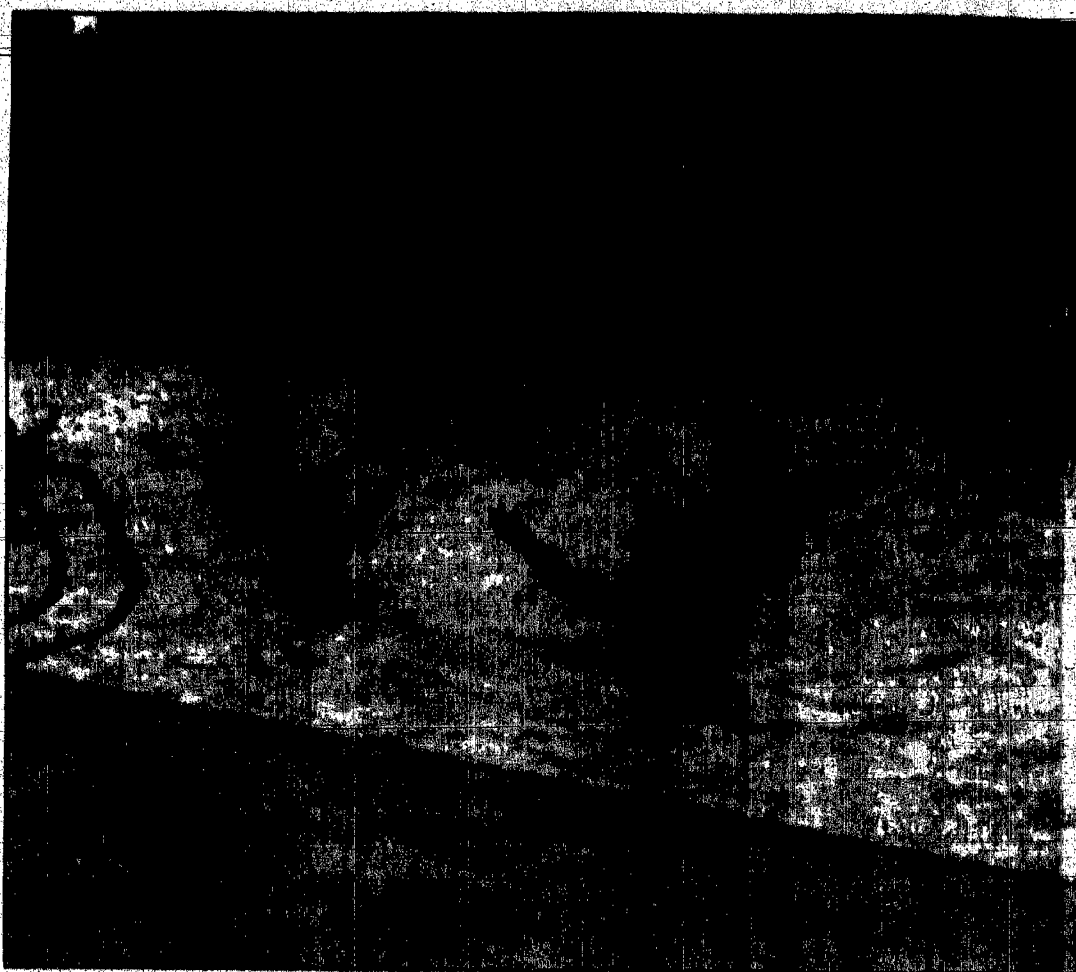
Regular office hours for the Norfolk office are 9 a.m. - 4 p.m. Monday through Friday. During this time, those calling the Norfolk Office at (402) 422-1595 will have a representative answer the phone and assist with Social Security needs.

Those who need to talk to a specific employee who is not available have the option of leaving the employee a message on your mail or having their needs handled in another way.

Those unable to call the Norfolk Office during regular office hours can leave a message for an individual employee or the office in general. The call will be returned the next working day.

The Norfolk office is located at 208 North Fifth Street in Norfolk and those needing assistance may visit the office during the regular work day.

The Norfolk Social Security Office is committed to providing outstanding public service in the way that best meets your needs. We believe that our commitment to personal telephone service is one way we can provide that service. Heinegan added.



A cool way to beat the heat and still exercise

Water exercise is said to be the best form of exercising without risking various types of injuries. In Wayne, Linda Carr has been teaching since the early 60's. She began teaching the program in the summer at the city pool for individuals of all ages. "The warm water exercise allows the participant to increase strength, flexibility, and aerobic fitness with a very low risk of injury. Can you and your family wish to experience it? The Wayne Aquatics class began in June and ends on August 14. They meet every Monday, Tuesday or attend when they want with a \$1.75 cost per class. Those participating for 10 sessions can get a pool card for \$10, which lowers the cost to merely the cost when it comes to wanting to strengthen your heart, lose weight and/or help joints. It is a very gentle gym. Water adds fluidity to movement so even uncoordinated people feel great about it. Water also is 1.5 times more resistant than air. Water gives you a more balanced workout which forces opposing muscle groups to work equally."

Feet are trouper for a lifetime, but need

by Jane Potter, M.D.
Chief of Geriatrics and gerontology
University of Nebraska
Medical Center

They do so much for so many years, but seem to only get attention when the small bubble or when they hurt. Our feet are important in helping us maintain our freedom by providing movement, and they should receive watchful care.

Decades of use take their toll on

everyone's feet. That toll is not even high to take into account the problems that can be caused by disease, badly designed or fitting shoes, poor circulation or improperly trimmed toenails. Foot problems can be prevented by checking the feet regularly. People who are unable to check their feet themselves, should have someone do it for them.

Improving circulation to the feet is one way to avoid the travails of foot problems. Exposure to cold temperatures or water are two

situations that impede foot circulation. Others include shoe pressure, long periods of sitting and smoking. Even sitting with legs crossed or wearing tight elastic garters or socks can adversely affect circulation. Conversely, raising the feet or standing can increase blood flow to the feet. Stretching, walking and other exercise also helps promote healthy circulation. Massages and soaking feet in warm water also help circulation.

Simply wearing comfortable, well-

fitted shoes goes a long distance in maintaining healthy feet. It is crucial for everyone to have his or her feet measured before buying shoes. Foot width often increases with age.

The uppers of shoes should be made from soft, flexible material that matches the shape of each foot. In addition, leather shoes can help reduce the occurrence of skin irritations. Soles should be solid and made from material that helps

Careful of wishes!

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

It's common for each of us to look ahead a few years and long for the freedom to chase our dream. Yes, retirement has a golden appearance when viewed from the safe distance of time, and through the lens of a 9 to five life.

The image of retirement is one of fun and carefree living. After all, the kids are gone, the house is paid for, and there is plenty of time in which to enjoy friends and family. Yet, this is not always the case. The "Golden Years" sometimes are tarnished by difficult lifestyle adjustments. And, these troublesome moments can spill into a retired couple's relationship.

For one, when the responsibility of going to work everyday is removed, along with it goes the primary source of self fulfillment. Many people identify themselves with their work. Without that form of security, "home" once a place of refuge from the daily grind, can become a hove for tension as spouses begin to look at one another to satisfy all their needs.

The transition from work to retirement can be especially hard on

people who have delayed their plans for travel, hobbies or other areas of personal enjoyment. These people often expect retirement to be a shining period of living dreams. Disappointment, disillusionment and depression can replace dreams when people discover their post-retirement lifestyle does not meet expectations.

Yes, retirement can be a crisis. But, it does not have to be that way.

Planning is the key. Research has shown that people who enjoy the most rewarding retirements are the ones who made plans for their retirement.

Retirement planning needs to involve day to day lifestyle changes, such as moving to smaller living accommodations or taking care of elderly parents. Planning also needs to focus on using free time, be it a hobby or volunteering.

Retirement can be that wonderful moment for basking in the glow of hard work. Planning for the difficulties that retirement can bring will help people make the most of the experience. You simply need to account for how your daily life will change, the increased time on your hands and living within the financial boundaries of retirement.



Using water as resistance of Wayne State College for the Seniors Wellness program. Water provides resistance while providing resistance. This increasingly popular form of exercise is available to join the class and you may choose the level of water. Thursday at the City Pool from 6-8 p.m. Walk-in payments are encouraged to cost by \$3.00 per session. The season ticket was \$30.00. Call said water aerobics. Call advised: The initial buoyancy utilization a lot of wear and tear on the moving through water can be similar to lifting weights. The resistance of the

to be looked after

event slipping. Thick soles provide cushion when walking on hard floors and low-heeled shoes are more comfortable, safe and better for feet than high-heeled shoes.

There are many afflictions to which feet are susceptible. Fungal and bacterial conditions, such as athlete's foot, are common. Yet, if they go untreated, the condition may become chronic and difficult to cure. To prevent these conditions, keep feet clean, especially the areas

between the toes, clean and dry and expose the feet to air whenever possible.

Bunions are another common foot affliction. They occur when big toe joints are out of line and become swollen and tender. Bunions are normally caused by poor-fitted shoes. Consequently, the first treatment for this condition is wear properly fitting shoes. Other treatments include medication, whirlpool baths and, sometimes, surgery.

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- August 1 "Eggs of Steel"
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- September 13 Itzhak Perlman
- Sept 30 Oct 1 Fall Festival
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Dakota County Deputy Struck By Car Back On The Job

By Julie Morgan
Staff Writer

A Dakota County deputy is back at work virtually done the worse for wear.

Deputy Gary Powell was struck by a vehicle while while at the scene of a traffic accident during a blinding snowstorm this past January.

"I still have a few kinks yet," said Powell, but nothing really to complain about considering how serious the accident was.

The video-tape of the incident, which was shown on local television first, then nationally on ABC's

Hatch and CNN, shows Powell getting hit by a car at a five-vehicle accident on Highway 70 east of the Dakota Avenue interchange near South Sioux City.

Powell had been standing in the roadway while writing down information behind a car that had been involved in the accident when he was struck from behind by a car that skidded into him. He was flipped onto the hood of the car with his back and legs striking the vehicle at the base of the windshield, and then slid off onto the ground. Another person at the scene of the crash helped him

crawl off the roadway.

Powell said he received a lot of support from the community and law enforcement agencies across the nation.

"Departments from all over the country called to see how I was doing," he said, "and a lot of people stopped by my home."

"It was good to see that law enforcement does get support," he said. "It's been really nice."

"It's good being back," he said.

When Powell returned to full-time duty on March 3, he was given a new partner, a 1 1/2 year old German Shepherd named Nero.

Nero is the department's second canine on the force in the last year. The dog, which came from Hungary, is trained in drugs, tracking and apprehension.

Chief Deputy Rod Herpin and Powell will be dual handling Nero and Jumbo, another German Shepherd which joined the force in 1996.

Nero already has been busy. He was responsible for the arrest of Lybucki Carranza, 31, Panamint, Calif., on March 2.

During that arrest, deputies and Nero found cocaine, methamphetamine, \$500 cash and drug paraphernalia, said Powell.

Summer Cooking Tips Make For Healthier, Safer Eating

By Jay Potter M.D.

Chief of Cardiology and Gerontology at The University of Nebraska Medical Center

Outdoor Cooking Should Be Tempered With Caution

It's almost summer, and we are beginning to anticipate the many activities it brings with it.

Salem Lutheran Church Celebrates 125th Birthday

Salem Lutheran Church of Dakota City celebrated its 125th birthday June 14-15 with worship, fellowship, and the recognition of milestones.

Three former pastors, the Rev. Ray E. Eby of Hyderabad, the Rev. Roland Becklund of Texas, and the Rev. James A. Schmitt of Wichita, former pastoral council pastor, the Nathan Hundt, and Bishop Richard Johnson of Omaha led the event.

The celebration began with a service with a Banquet at the Hilton Hotel in Omaha. The service was attended by approximately 400 people. The Sunday morning 10:00 a.m. service at Omaha had just in the morning worship service.

Many older Americans have fond memories of watching their friends, neighbors and families grill good old fashioned backyard barbecues. The smell of steaks sizzling over red hot coals is one of the sensations of being outdoors during the summer. Barbecues are traditional and great social events.

But they also can be unhealthy, if precautions aren't taken.

Certain methods of cooking meat, such as grilling, create chemicals that, if eaten regularly in the food, some of these created chemicals may heighten cancer risk in people who eat food prepared in such a fashion. Research has shown that the chemicals created during grilling caused higher incidents of cancer in laboratory animals.

Other research has shown that the temperature at which food is prepared is the foremost factor in whether or not harmful chemicals are produced.

Here are many ways to continue

the summer tradition of grilling while limiting exposure to the potentially harmful chemical.

The following are a list of precautions that you make a backyard barbecue a little more healthy.

- * Protect the grill from fire and smoke - the grill should be covered with aluminum foil, which will help to allow the fat to drip away.
- * Cook more slowly by raising the grill to the highest level above the coals.
- * Don't use low fat marinades, such as butter or sauce.

That was followed by a get-together at the church in the afternoon. In all, about 300 attended the weekend celebration.

Longtime members were recognized at the banquet. Mrs. Ray Buckle, Ed. Byrnes, Eugene, Bartley, Healy, Carl, Fred, John, Ed and Arndt, Carl, Calley, Jim, James, Gordon, Ed, Ed, Ed, Ed, and Mary, Alice, O'Connor, Graham, Fleming, Lisa, etc. has been a church member for 60 years.

Church service on the Sabbath community began in the early 1800s, with the first congregation of the Salem Lutheran. The church currently has 400 registered members.

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Providing care task of loved ones

Jane Potter, M.D.
University of Nebraska
Medical Center

According to statistics provided by the American Association of Retired Persons (AARP), 90 percent of all long-term care is provided by a person's family or friends.

This statistic does not suggest that the people in the life of a person requiring care are people in that they are blessed with an overabundance of spare time to commit but be back. Instead, the statistic reflects the natural support structure that is built between individuals. Through close interpersonal relationships, people provide the care because they want to.

The care provided does not have to be a dramatic nature. It can be something as simple as getting groceries for a person no longer capable of getting out of the house.

Sometimes the tasks demanded by a loved one's condition may make it

impossible for families and friends to continue to provide the necessary care. That's why it is important for families and friends to continue to provide the necessary care. That's why it is important for families and friends to be aware of what resources are available to them, knowing what choices of caregivers are available will make it simpler to decide what is best for the person requiring care.

There are many care options available, ranging from day centers to 24-hour care. Of course, the availability of care options will vary from community to community, with larger communities providing a greater number of options.

Here is sampling of some of care options that can be considered:

Senior Centers — These centers offer an array of the range of activities for older adults. Centers can provide opportunities for socialization, classes, travel, meals and volunteer opportunities.

Transportation Services — These services can make it easier for older

adults to do their shopping and see their physicians.

Home-delivered Meals — This service is available through organizations, such as Meals on Wheels, and allows older adults to remain in their homes longer by eliminating some of their self-care responsibilities.

Personal or Chaperone Services — These services provide assistance in maintaining the residences of older adults, and helping them stay healthy.

Housing Alternatives — This area

includes options, such as continuing care retirement communities and accessory apartments. Older adults still can have a modicum of self-reliance while remaining near help.

Nursing Homes — This option provides 24-hour supervised nursing care and assistance with normal activities.

For information about the availability of specific services in Nebraska communities, call (402) 471-2306 and ask for the telephone number of your local Area Agency on Aging.

Outdoor cooking should be tempered with caution

Jane Potter, M.D.
University of Nebraska
Medical Center

Summer is here and we are indulging the many activities that it brings with it.

Many older American have fond memories of watching their friends, neighbors and families with good old-fashioned backyard barbecues for much of their socializing over the hot weeks of the summer. Being outdoors during the summer barbecue are traditional and great social events.

But they also can be unhealthy, if precautions aren't taken.

Certain methods of cooking meat such as grilling, create chemicals that



do not occur naturally in the food. Some of these created chemicals may heighten cancer risk in people who eat food prepared in such a fashion. Research has shown that the chemicals created during grilling caused higher incidents of cancer in laboratory animals.

Other research has shown that the temperature at which food is prepared is the foremost factor in whether or not harmful chemicals are produced.

There are many ways to continue the summer tradition of grilling while limiting exposure to the potentially harmful chemicals.

The following are a list of precautions that can make a backyard barbecue a little more healthy:

• Choose leanly cut meat, trim portion size and trim excess fat before grilling.

• Microwave meat for about two minutes before grilling and discard the liquid that forms.

• Avoid charring meat should be cooked until there is no pink in the center, but a brown crust should not be allowed to form.

• Protect the grill from fire and smoke the grill should be covered with aluminum with slits cut into it to allow the fat to drip away.

• Avoid flare-ups a pan should be used to collect dripping fat and spray bottle should be used to dampen coals.

• Cook more slowly by raising the grill to the highest level above the coals.

• Baste in low fat marinades such as barbecue sauce.

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Day	Place	Day	Place	Day	Place
July 7	Y	July 28	N	Aug 13	OPEN DAY
July 8	OPEN DAY	July 29	Y	Aug 14	THU
July 9	W	July 30	U	Aug 15	N
July 10	THU	July 31	OPEN DAY	Aug 16	Y
July 11	N		THU	Aug 17	OPEN DAY
July 12	W	Aug 1	U	Aug 18	W
July 13	THU	Aug 2	U	Aug 19	THU
July 14	U	Aug 3	N	Aug 20	THU
July 15	OPEN DAY	Aug 4	U	Aug 21	THU
July 16	THU	Aug 5	OPEN DAY	Aug 22	U
July 17	U	Aug 6	W	Aug 23	N
July 18	Y	Aug 7	THU	Aug 24	THU
July 19	N	Aug 8	U	Aug 25	THU
July 20	OPEN DAY	Aug 9	U	Aug 26	THU
July 21	THU	Aug 10	W	Aug 27	OPEN DAY
July 22	U	Aug 11	U	Aug 28	THU
July 23	OPEN DAY	Aug 12	THU	Aug 29	Y
July 24	THU				

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Ruth Pearson notices when other people are walking poorly.

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"I endured the pain, but I hadn't walked right for a long time," Ruth says, recalling years of living with a bad knee. "It got to the point where I was afraid of falling because my knee could give out on me so easily."

Eventually, with special encouragement from a granddaughter, Ruth came to Sacred Heart Hospital for total knee replacement surgery. She soon discovered, however, that getting a new knee and knowing how to live with one are two entirely different things.

"You just don't realize how helpless you are right after surgery. Some they have you up and walking almost immediately, but there's a lot of I could have gone home right away."

So, four days later, Ruth was moving to Sacred Heart's inpatient medical rehabilitation center.

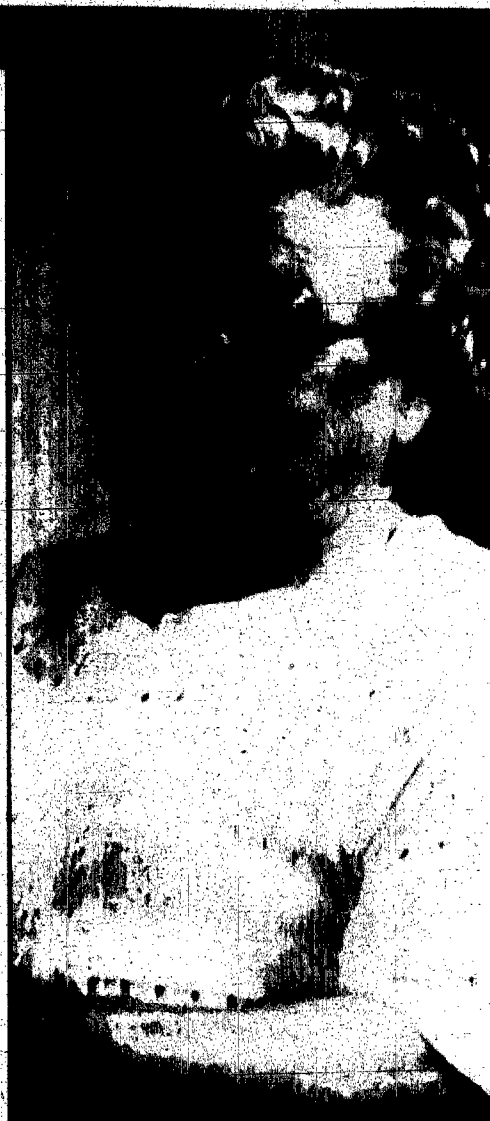
"The therapy there was excellent. They teach you how to get things done by yourself and how to get those muscles working again. And the therapists were all wonderful. I don't think they could have done any more to make a person feel comfortable and at ease. They couldn't have had better results."

As a Ruth knee, what it means when she sees people having a tough time walking. And she also knows that, when it comes to solving the problem.

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"I hadn't walked right for many years."

Ruth Pearson, Yankton

South Sioux Family Celebrates Christmas In June

By Julie Cramer
Staff Writer

Christmas seems a long way off but for one South Sioux City family, this Christmas fell on June 21.

For Mavis and Jerome Klassen and their children, June has become their traditional time to celebrate the Christmas holiday.

One of their seven offspring lives in Denver, Colo. He cannot take off time from his job at a bakery during the holiday season. From

Thanksgiving to New Year's Day,

he and his family could never come here for Christmas, said Mavis, adding that their family talked it over and decided to try Christmas in June. This is the second year they've had Christmas in June.

Santa, his sleigh and reindeer are in the front yard at 311 West 2nd Street, the decorated Christmas tree is in the family room with presents underneath, and the stockings are hung by the chimney with care.

Instead of the traditional him or

her turkey Christmas dinner, the family gets out "brats, sausages, steak, hamburgers and hot dogs" what ever they want," said Jerome. They eat on tables set up in the garage.

Instead of watching holiday parades and football games on TV, they play outside games such as water balloon volleyball, horseshoes, lead minion and washer board. A game where participants try to throw washers into holes in a board.

This year there was the annual water fight. But after the rain Saturday, an additional bucket water fight was perfect for the occasion.

It was a warm rain," said Jerome. "We were soaked," said Mavis with a smile.

"I don't think anybody minded," he added.

"I guess it's better than a blizzard," she continued.

Definitely," he commented. "There are also some other benefits of having Christmas in June."

The Klassen start shopping during the May after Christmas sales.

According to Mavis, this is when she and Jerome start Christmas wrapping paper for the presents and candy canes for the tree. "We also have money on presents for their 17 grandchildren" who range in age from infants to 23.

"We try to make it as much like a birthday as we can," she said. However, some family members still shop at the last moment. "The day before the celebration."

It's also easier to set up the lawn ornaments, said Jerome.

The ground is soft," he explained. "It's not frozen, just water the lawn and they slide into the ground easily."

"We get quite a few who take a second glance (as they drive by)," said Mavis.

The Klassen try to have every thing ready by early May. Their Christmas is usually scheduled for the first Saturday in June.

Christmas lights on the house, on the lawn and on the tree are glowing each evening the whole month before their Christmas, said Jerome.

When a Star reporter was photographing the scene, a neighbor across the street in the south hoodlum, "I knew you lived north of me, but I didn't realize it was that far north."

The Klassen just laughed.

In December, when most celebrate the holiday, the Klassen celebrate with some of their children who live in the Spaulding area, but they don't decorate their home. One of their daughters, however, then goes for her home.

The Klassen children include Linda Langenstier of Wayne, Julie-Loree of Wichita, Eric, Jerry, Jr. of Denver, Cole, Chris, John of Kearney City, Michelle, Paul and Marty of South Sioux City.

Mavis works in the Fitchers at Cardinal Elementary School, and Jerome is employed at the Farmer's Coop.

City Arboretum Named 'Partner Site'

The Nebraska Statewide Arboretum has recognized the South Sioux City Arboretum as a Partner Site.

With hard work and dedication by the City of South Sioux City Arboretum Committee, the Tree Board, and City officials, made the recognition possible, noted Jim Steele, park director.

The arboretum located between the High School and Junior High is used for a variety of activities. Many different trees, grasses and wildflowers are seen throughout the season in this area.

Future plans for this area include a gazebo and a connection with a trail running throughout the city and across school property.



Santa Claus and his reindeer are part of Mavis and Jerome Klassen's annual Christmas holiday, which they celebrate in June.

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Lifelong Dream May Come True For South Sioux Man

By Peggy Williams
Star Editor

"When the wind is right you'll hear his song, smell whiskey in the air. Midnight in Montgomery, he's always singing there. Hank's always singing there."

So go the words of country music star Alan Jackson's number one hit, *Midnight in Montgomery*, a haunting tune about the legendary Hank Williams?

Those words really hit home for one South Sioux City man — Dakota Williams, who, although he's no relation to the country music great, was an elbow-bending, song-writing buddy of Hank's from 1948 until Hank's alcohol-related death Jan. 1, 1953. During those four years, the pair of music hounds drank and chugged and cavined from one end of the country to the other, admits Williams, whose long hair, cowboy hat and snakekin boots conjure up a Willie Nelson likeness.

But all of the Williams boys-time wasn't wasted. The pair wrote 10 songs about ladies, love, loss and loneliness. And now Dakota Williams is hoping that long-ago alliance will bring recognition to himself and South Sioux City through the cutting of an album containing four of those jointly-written melodies.

That Hank "senior" at Portland, Oregon, around 1947, explained Williams. "He was singing up there with some Grand Old Opry stars and I was a real fan of his. He was like my idol.

I really wanted to meet him so Ann Jones, a disc jockey from that area, took me back stage. I was just amazed. He was so common, such a



Dakota Williams clutches a treasure chest full of country songs.

down to earth person and I didn't expect that from such a great singer.

Then with a level gaze of his blue eyes he added, "Most of them are not like that."

Dakota would know. He fronted his own country band, the Renegades, for many years, playing small clubs and honky-tonks in the Bible Belt for about 25 years. "When Dakota and Hank met, Dakota was about 20, Hank was around 31, Williams recalled.

"We just fit it off. I told Hank that I wrote songs too. They started writing together.

That was about the time he started missing shows. Instead of performing, he'd go to some bar to drink and we'd write songs," Williams said.

Whenever they got the chance, the pair would knock back a few cold ones and write a song or two.

"Hank liked to hunt. I didn't, but

we'd go off in his car, park somewhere and write songs while Hank watched out the window for game. Other times we'd write in cafes, motels, wherever we were."

At that time, he drank a lot and did other things, and so did I," Williams acknowledged, but not proudly. "He was as close to death as you could get. Alvinie Peart got a hold of him and nursed him back to health. That's when I saw there was no future in what we were doing.

The last time Dakota saw Hank was in Bossier City, Louisiana, about six months before the singer died.

He encouraged me to keep on writing and said I should save every song.

"When he got ready to leave, we shook hands and he said, 'Boy, He never called me by my name.' He said, 'Boy, you're careful. The good Lord willing and the creek don't rise, I'll see you again.' I didn't realize the first one after me.

Well, I never saw him again, but I did name my first son after him and I did keep my songs," Williams said.

There were a lot of parallels between us," Williams noted. "Hank was 29 when he died. My wife,

Lucille, was 29 when she died. Hank Junior was 3 when his father died. My son, Hank Williams Bosteder, was 3 when his mother died. He went to live with his grandparents and carries their family name," Dakota explained.

With 300 of his own songs in his war chest along with the 10 he and Hank penned together, Williams hopes to find an audience for the tunes he calls "traditional country," the kind of music he says was made famous by the likes of Merle Haggard, Hank Williams Sr., Ernest Tubb, Johnny Cash and Hank Snow.

Music goes in cycles, and the cycle of country music just changed recently. "It's going back to the traditional sound," Williams said.

Titled "Back to Montgomery," in reference to Hank's home town and final resting place, the album will be produced under the Weather Music label. The name was chosen in honor of Dakota's biological father, who was a tall-blonded blues player. The main cut is slated to be, "Don't You Think You've Fooled Me Long Enough," a tale of love gone wrong, written by Hank and Dakota and copyrighted in 1977.



"Don't You Think You've Fooled Me Long Enough" was the title of this 1983 song penned by Williams along with country music big and Hank Williams. The two country songwriters met in Portland, Ore., in 1947. Dakota Williams recently cut an album with four songs he and Hank wrote.

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July President of the Month
Alfred Hochstein



Alfred Hochstein was born on June 10, 1918, in the Bow Valley area. There were fourteen children in Alfred's family. He was raised on the farm.

Alfred married Sylvia Arons on November 20, 1940. They farmed near Merrimack. They have six children and several grand children.

Alfred is a member of the St. Rose of Lima Catholic Church in Crofton. When at home Alfred enjoys fishing. Today he enjoys reminiscing with family and friends, outings to the zoo and watching T.V.

Alfred came to the Hartington Nursing Center on December 31, 1995.

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