

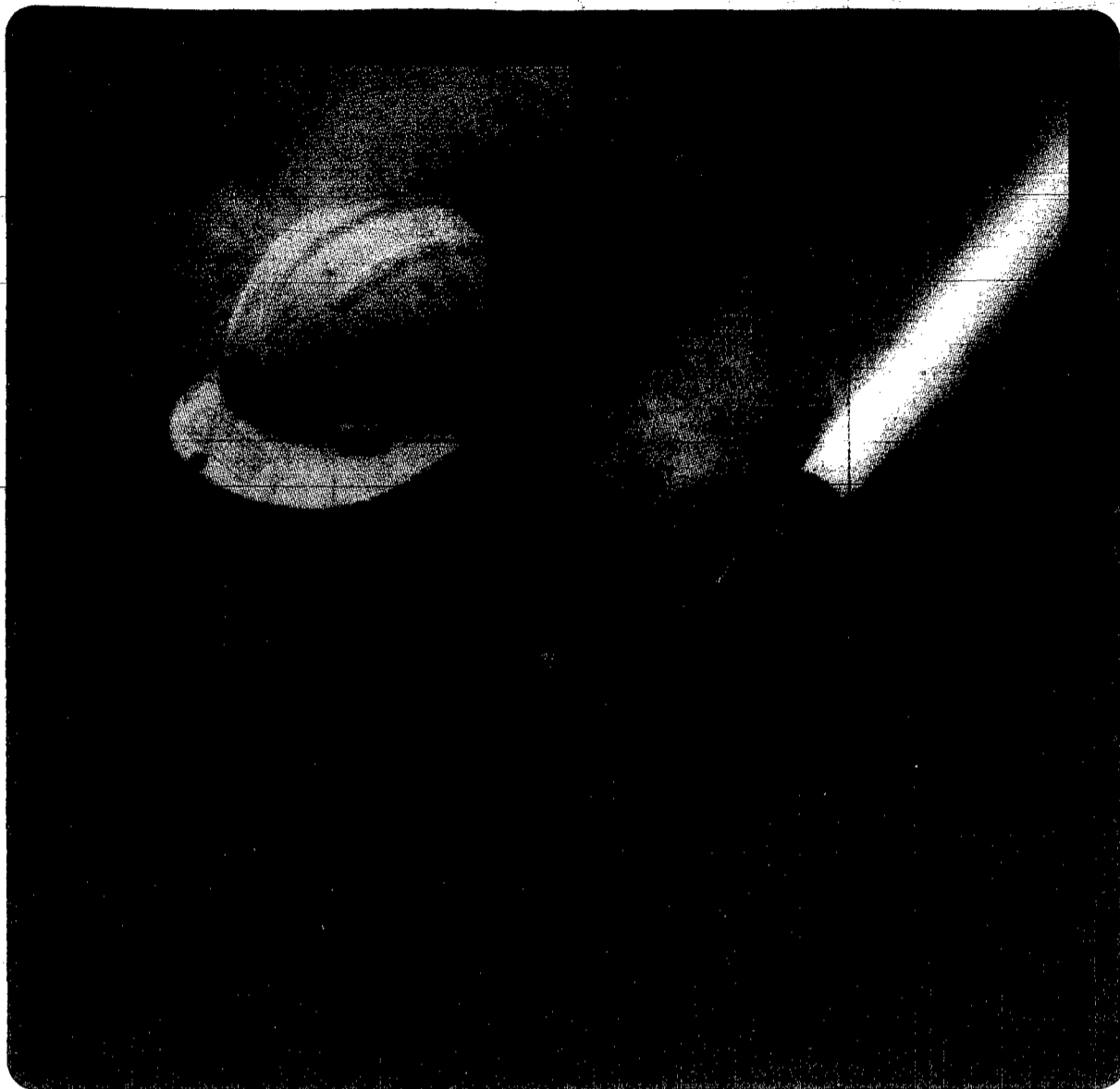
The Wayne Herald

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Thursday, March 11, 1999 123rd Year - No. 24



Lodging tax is option for Wayne County

By Clara Osten
Of the Herald

Among the items on the agenda at the March 16 meeting of the Wayne County Commissions will be the possible implementation of a two percent lodging tax in Wayne County.

The Wayne Tourism Council, which is a branch of the Wayne Area Chamber, is supporting the tax which would create revenue to develop and promote area tourism and enhance economic activity within the Wayne County area.

"To many people, tourism and Wayne County seem an oxymoron. However, thousands of people visit or participate in events and attractions throughout Wayne County," said Gail Korn, head of the Tourism Council.

Events such as the Wayne County Fair, the Old Settler's Picnic in Winside, the Chicken Show, tractor pulls, sports tournaments and special events bring people to the county.

"The Wayne Chamber of Commerce believes these and other Wayne County area events and attractions would benefit from increased promotion which would, in turn, result in increased economic activity within the Wayne County area," Mrs. Korn added.

Currently, Madison and Dakota counties both have a two percent lodging tax and are working to promote their respective areas.

"Wayne County will not generate similar amounts of money be-

cause it has fewer lodging businesses. But we will automatically lose if we do not begin to put funds to work that we have the ability to access," Mrs. Korn added.

At the present time, tourism activities are not funded in Wayne County. All promotion done has been accomplished through voluntary contributions or "bake sale" fund raising.

It is estimated, based on a 50 percent occupancy rate and an average room rental rate of \$30, that the two percent tax could bring \$8,000 each year in additional revenues.

The revenue would be used for cooperative promotional support, new program development, community promotional grants, trade shows and associations, media advertising, printing and publishing and administrative costs.

The lodging tax could be implemented by an enabling resolution by vote of the County Commissioners. Collection of the tax would begin at the start of the next calendar quarter.

The Commissioners would then appoint a five-member County Visitors Committee with two of the members being from the lodging industry if possible. The County Visitors Committee would forward recommendations on implementation to the County Commissioners who have the final say.

The lodging tax is set to be addressed at 9:15 a.m. in the meeting room of the Courthouse.

Speech team places second at district

The Wayne High School Speech team took runner-up awards at the District B-4 competition on Tuesday at Pierce.

District champions include Erin Mann in Persuasive speaking; the Oral Interpretation of Drama team of Pritam Dalal, Lindsey Martin, Tara Hart, Mike Lindau and Bobby McCue and the duet team of Lindsey Martin and Bobby McCue.

Tara Hart was second in Humorous and Erin Mann was second in Extemporaneous while Pritam Dalal took third place in persuasive.

These students will now move on to compete at the State Speech Tournament in Kearney on Thursday, March 18.

Other finalists for Wayne included Jeanne Allemann and April Wicks, fourth place; Emily Kinney, fifth place; Mark Finn, fifth and sixth place and Erin Simpson, fifth place.

Columbus Scotus was the District B-4 champion, Columbus Lakeview was third and Pierce received fourth place honors.

Exchange student enjoying time

By Clara Osten
Of the Herald

Saying that she had no preconceived expectations of life in the United States, Katarzyna Budzynska of Ludlin, Poland is enjoying what she has discovered in Wayne, Nebraska.

Katarzyna's home town is a town of approximately 400,000 people in the southeast portion of Poland. Her family includes her parents and a brother, Chris, 21.

"My father works for the government in the Department of Environmental Protection and my mother is an economist for the government," she said.

She is living with Gary and Carla Van Meter through an exchange program known as PAX in the United States and Student Travel School in Poland.

"Many students in Poland dream about coming to spend time in the United States, but you have to take an exam to qualify."

Katarzyna arrived in Wayne last August and will remain here until June.

She celebrated her 18th birthday here and is currently attending classes at Wayne High School.

At Wayne High, she is taking Government, American Literature, Choir, Psychology, Keyboarding, German and serves as a teaching aide at the elementary school.

Katarzyna said there are a number of differences between the school system here and the schools in Poland.

"In Poland we go to elementary school for eight years. Then, we take an exam and then are allowed to go to high school or technical school or can go to a vocational school for four years," she said.

She also stated that in Poland, students do not have a choice in what classes they take. The list of required classes includes Math, Biology, Chemistry, Physics, English, Polish, Physical Education, History, Geography, Polish Government and German.

"There are a lot more computers in the schools here and school is easier here. However, we don't

have the same classes everyday and our schedules change from day to day," Katarzyna said.

She said that in Ludlin there are approximately 30 schools. Each has approximately 1,500 students.

During her time in Wayne, Katarzyna has visited the Old Market in Omaha, the Mall of America and the Minneapolis Renaissance Fair. Next week, she and the Van Meters plan to go skiing. Before she leaves, she will have met all of the family relatives.

She said she has found the climate similar to that of Poland, but

said "summer here is hot with more humidity."

Several other differences between Wayne and Ludlin were also noted.

"In Poland, we can not get a driver's license until we are 17 years old. Most people don't get one because we don't need cars to get around. We have a good mass transit system," she said.

Katarzyna has spent her time here attending basketball games and is also a member of the German Club.

Another difference she noted was that in Poland most young

people do not have jobs after school or on weekends.

"Teenagers don't have time to hold jobs. They study at night during the week. We do go out to movies on the weekends, though," she said.

Modern technology has allowed Katarzyna to e-mail her parents and brother. Her parents have recently gotten e-mail access. However, she still writes letters to her friends.

She listed Chinese food as one of her favorite foods and "Carla's

See EXCHANGE, Page 3A

City Council passes seven resolutions

By Clara Osten
Of the Herald

Two public hearings and the passage of seven resolutions highlighted the Wayne City Council's meeting Tuesday.

Following the first public hearing, the council approved an application for zoning use by exception permit for a drive-through ATM Banking Service Kiosk at Seventh and Windom Streets.

Pat Gross, representing State National Bank, told the council that a variance had been granted and that a fence would be placed on the north side of the property and shrubbery and bushes would be placed on the west side of the property.

The second public hearing was in regard to an application for a Retail Class K Liquor License for SYM, Inc., doing business as West Side Convenience. The license will allow for the sale of wine and wine coolers at the location.

Resolutions were also passed authorizing the city administrator to make an application for nutri-

tion program funds and accepting work on the asphalt overly improvement project.

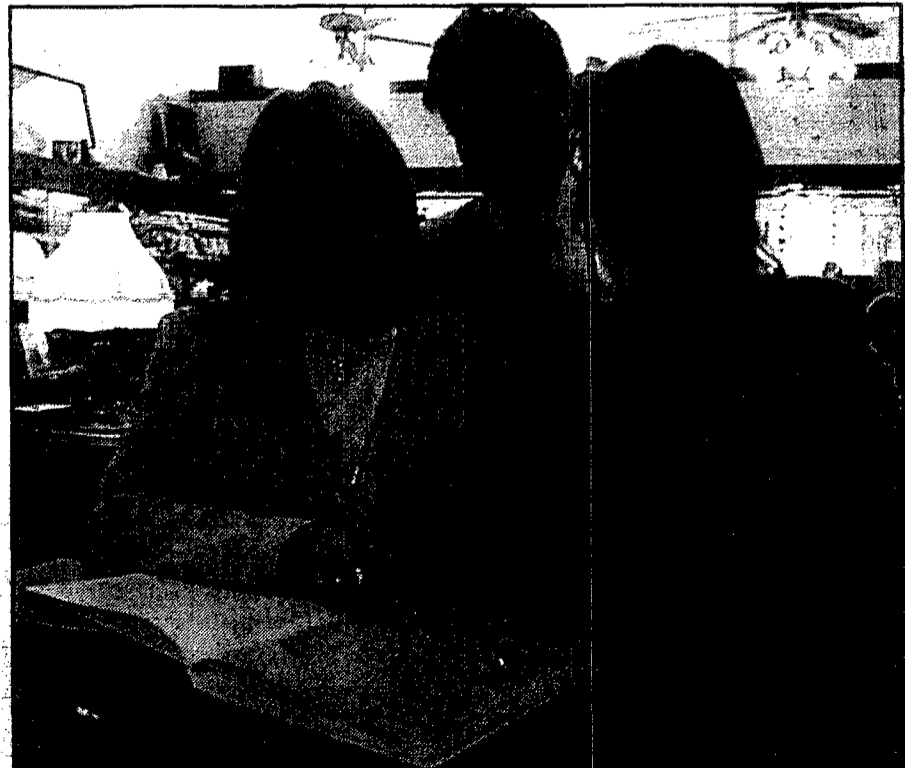
Resolution 99-18 authorized the sale and issuance of not to exceed \$2,700,000 Industrial Development Revenue Bonds for Restful Knights, Inc.

Rob Stuberger of Restful Knights, Inc. was on hand to explain to the council that in the past year the number of people employed at the facility has grown from 95 to 170. The company has moved into the new building and new equipment has been arriving, which should be fully operational by August.

Phil Lorenzen of Kirkpatrick-Pettis was on hand to explain to council the benefits of refunding electric bonds in the amount of \$3,835,000. Refinancing the bonds could save the city an estimated \$300,000 to \$311,000 over the term of the bonds which expire in 2015.

Following Lorenzen's presentation, the council voted 6-0 to

See COUNCIL, Page 3A

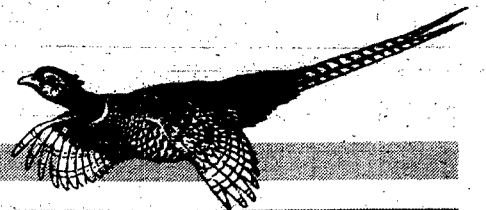


Katarzyna Budzynska, right, looks over a book on Poland, her native country, with her host family, Carla and Gary Van Meter.

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Opinion

The Wayne Herald



Letters

Enjoys reading Pat's column

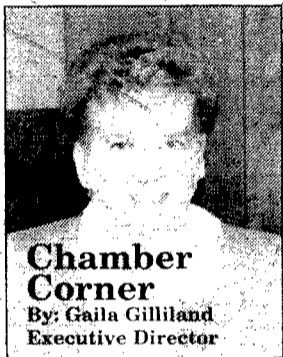
Dear Editor,
I always enjoy reading Pat Meierhenry's column and the one in the March 4 Wayne Herald was very clever.
I cut it out and since it was continued to another page, I put the three parts together, and covered it with clear plastic.
I'm certain a 'strange old lady' has moved in with me, also,

because when I re-read this article the end piece was in the middle! (Someone had to re-arrange those pieces).
She also keeps making my dishes heavier and my cupboard's higher up. I can identify with all the things Pat is experiencing because of this 'strange old lady' and it isn't funny!
Adeline Prescott
Dixon

Many are involved in new business coming

By now, I am sure most people in the Wayne area have heard or read that a new business is coming to Wayne!
Ameritas Life Insurance Corp. selected Wayne last week as the location for its remote site dental claims processing center. This processing center will be located at the former First National-Omaha telemarketing building.
Ameritas is currently occupying temporary office space at the First National Bank of Wayne drive-through location, and will staff that office twice weekly, on Tuesday and Thursday.
On behalf of Wayne Industries, Inc., I want to publicly thank and recognize various individuals, and groups who assisted throughout the recruitment process. Each person on the local team played a critical role in the recruitment process. This process truly was a partnership effort!
Local team members include Mayor Cheryl Lindau, Wayne Industries President Darrell Miller, City Administrator Joe Salitros, Wayne Industries Past President Bill Dickey, WSC Interim President Dr. Ken Halsey, WSC Director of Public Relations Mark Stubbs, Great Dane Trailers Plant Manager Terry Hanson, WSC Director of Career Services Jason Barelman, NPPD Economic Development Consultant Mary Plettner, WSC Director of Regional and Distance Learning John Stoll, Postmaster David Kirkpatrick, PEBCO, Inc. President Burt Nixon, Mike Hays with Norfolk Job Service, Carl Calvert with First National-Omaha and Dennis Weather's with US West.

In addition, I want to especially thank Gale Paxton, Assistant Vice President of Group Claims with Ameritas and David Gillilan, Deputy Director of the Business Recruitment Division at the Nebraska Department of Economic Development. Gale and Dave were my contact people and worked very closely with me throughout the past several months.
Both of them were wonderful to work with!
Why did Ameritas select Wayne for its expansion? Certainly, we had an available building very suitable for the com-



Chamber Corner
By: Gaila Gilliland
Executive Director

pany's needs. Another explanation was offered by Bill Nelson, Vice President of Group Claims and Consultant Review: the friendly people and the obvious pride we have in our community.
Again, thanks, Ameritas, for choosing Wayne!

Capitol News

Unicameral may be copied

By Ed Howard
Statehouse Correspondent
The Nebraska Press Association
The following is being sent via e-mail to the Honorable Jesse Ventura, newly-elected governor of the State of Minnesota.

Dear Gov. Ventura:
Having recently learned of your interest in having Minnesota convert to a one-house system for its state Legislature, I can think of only one thing to say.
Come to Nebraska!
A visit from you would accomplish a good many things for both our states.
The first is obvious. You could see the unicameral at work, talk to those who serve in it (there are 49 of them, and they are called "Senators") and get a feel for the whole deal.

Since you obviously are a fellow who is interested in efficiency, let me tell you a couple of things that have been said about the unicameral system.
My favorite, offered by some wag decades ago, was something like this: With a one-house legislature, you get the same noise that you get with a two-house system, you just don't get it in stereo!

The other was offered by the father of the unicameral system, George W. Norris. Norris convinced folks that there was no merit to the argument that a second house somehow provides necessary checks and balances. His view was something like: when the smoke cleared, the lobbyists got the checks and the special interests got the balance.

What Norris called 'the evil of the conference committee' was undone by the unicameral system.
A public hearing is required for each bill, and legislation must be approved at three stages in order to be passed and sent to the governor.

One other thing. In Nebraska, we have a seven-member state Supreme Court. Our Constitution says that a law passed by the Legislature cannot be overturned unless a super-majority of the Supreme Court (5 of 7 members) vote to do it.

Of course, people here complain about lobbyists and special interests, too. Personally, I never met an interest that wasn't special to someone. Like the old saying goes, "Democracy is not a spectator sport."

Now, since we're talking government and politics here, let's look at the second, very practical, side of this deal.

Nebraska is a SEAL-friendly state. I'm sure you know all about Sen. Bob Kerrey, who previously was Gov. Bob Kerrey, who previously was a Medal of Honor winner with the SEAL types. I will always remember the sight and sound of his former SEAL team compadres, standing in the balcony as he finished his inaugural address and started to leave the legislative chamber.

Those guys stood up and did a HOOOOOOOOOOOOO-YAH! that curdled blood, blistered tapestries, made the hearts of a good many women beat very fast. When Kerrey ran for governor his campaign was somewhat comparable to yours. He talked about 'hopes and dreams' and 'taking risks' and self-reliance and that type of thing.

I know you were an enlisted man and he was an officer. However, my experience, based on introductions made for me by Kerrey, is that SEALs is SEALs. I have no doubt that Sen. Kerrey

(known as "Rockin' Bob" in his gubernatorial days when he visited the local, nationally-renowned blues bar, The Zoo) would want to be on hand for your visit, too.

And, this brings us to the practical advantage of which I previously spoke.

Gov. Ventura, you come to Nebraska and look at the unicameral and, the fact is, you will have a mucho biggo bargaining chip when you go back to Minnesota. Think of the politicians and lobbyists, et al, who will cringe at the thought of your actually taking the one-house idea to the people of Minnesota. If you get the one-house, great. If you don't, the fact that you could keep pushing it will be a very valuable asset in your bag of policy making tools. (Hey, you SEAL guys specialize in uncon-

ventional warfare, right?)

One other thing. I know you have had some reservations about public broadcasting, particularly as it is practiced by Garrison Keillor.

Personally, I'm a big fan of public broadcasting. It does a lot of good.

In fact, there is a PBS program in Nebraska known as NEBRASKANS ASK. It's a half-hour thing that features news and policymakers. They come on the show and people get to call in and ask questions and offer comments. It's a very useful, constructive thing.

It so happens that I can guarantee your booking on this show when you come to Nebraska, because it so happens that I host the program. Think of it, You, maybe Rockin' Bob and some other guest to be named later. I further guar-

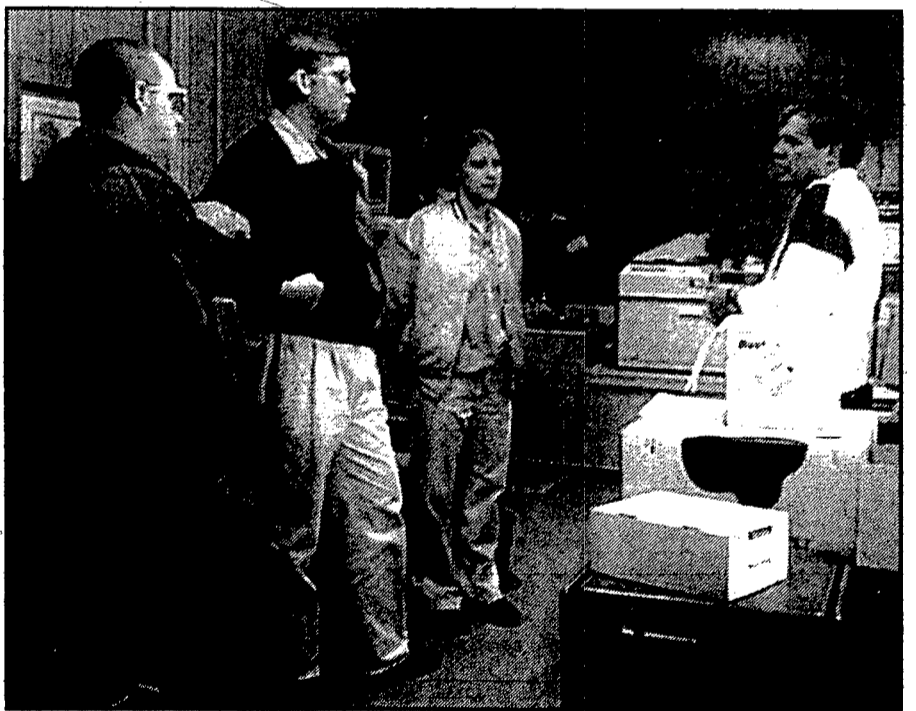
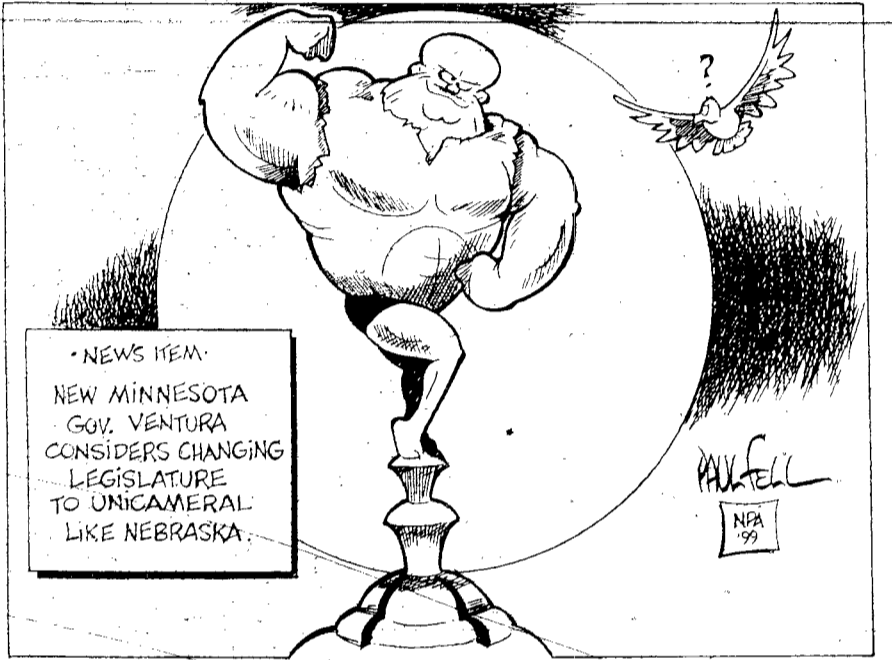
antee that Nebraskans would call you and ask questions, and, in turn, you could ask them questions about the unicameral system.

And think of the looks on the faces of those opponents of a unicameral for Minnesota when they see that program (presuming it might be rebroadcast in Minnesota) and read about your visit to, and reception in, Nebraska!

So, the invitation is yours. I'll call your office in a few days to see how you feel about it.

In the meantime, keep on keepin' on, and may all your Hoo-yahs scare the salt water out of your opponents.

Best regards,
Ed Howard
Statehouse Correspondent
Nebraska Press Association



County Government day
Students from Wayne and Winslow High Schools participated in this year's County Government Day held March 3 at the Wayne County Courthouse. Students were able to sit in on court proceedings and visit with the various county officials. The Winslow American Legion was responsible for this year's program and provided lunch to the students at the Wayne Vets Club.

The Wayne Herald

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DAISIES

Back row (L-R): Ellie Wynn, Sierra Smith, Kara Potter, Burgandy Roberts, Jesse Henderson, JoAnn Parker; Front row: Erin Smith, Deserah Janke, Morgan Quinn, Beca Jaixen, Emma Carstens, Sidnee Barker; Absent: Erica Sebade, Nicole Glass; Leaders: Donna Trampel & Karen Parker.



BROWNIES

Back row (L-R): Alissa Stark, April Damme, Heidi Garvin, McKenzie Sommerfeld, McKayla Schmoll; Middle row: Kalie Sprouls, Elizabeth Brummond, Nicole White, Shelby Meyer; Front row: Shelby Smith, Heather Smith, Kelsey Denklau; Absent: Susan Schroeder & Ardie Sommerfeld; Helpers: SR Girlscouts, Heidi & Heather Headley.



JUNIORS

Back row (L-R): Jennifer Brummond, Amanda Luschen, Sara Frerichs, Toni Leathers, Brittini Sprouls, Marissa Roney; Middle row: Maggie Schmoll, Aubrey Workman, Cori Hansen, Shannon Connelly; Front row: Blair Sommerfeld, Samantha Modrell; Absent: Ashley Andersen, Amanda Brenner; Leaders: Susan Schroeder, Nancy Modrell, Sheryl Connelly.



CADETTES

Pictured with Wayne Mayor Sheryl Lindau, left to right, Kim Denklau, Tessa Main, Emily Brady, Candy Frerichs (co-leader), Laura Jones, Mary Brady (co-leader), Tiffany Frerichs, Fauneil Bennett (Middle School Librarian) and Sana Ahmed;



CADETTS

Back row (L-R): Jessica Monahan, Michelle Murrey, Marisa Rose, Anna Leathers; Leader: Linda Murray

NOT PICTURED: SENIORS

Lindsay & Jessica Whoeler, Kristin Ewing, Heidi & Heather Headley, Sarah Dorsey

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Baier Auction
Captain Video
Columbus Federal
(member FDIC)
Discount Furniture
Sav-Mor Pharmacy

Olds, Pieper, & Connolly
Heritage Homes/Heritage
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Kuhn's Carpet & Drapery
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Hoskins News

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GARDEN CLUB

The Town & Country Garden Club met with Hulda Fuhrman for

a dessert lunch on March 2. This meeting had been postponed from Feb. 27.

President Lucille Marten opened the meeting with a quote, "To do nothing is tiresome, one

cannot stop to rest." For roll call, each member told of a special Valentine or Valentine party they remembered.

Plans were discussed for a Guest Day. Plans are also being made for a float for the Centennial parade. The hostesses had a comprehensive study of the Swallow-tail Butterfly. Lucille Marten gave a lesson on the Sand-Hill Crane and the area in Nebraska there thou-

sands gather to rest during their migration from Texas and Mexico to Alaska, Canada and Siberia.

The meeting closed with the thought for the day, "He who loses money, loses much and he who loses friends, loses more, but he who loses faith, loses all."

The next meet will be Monday, March 22 at the Hilda Thomas home.

DORCAS SOCIETY

The Dorcas Society of Peace United Church of Christ met March 4. Lucille Binson was hostess.

President Frances Walker welcomed the group by reading the poem, "Friends."

Pastor Belt gave the opening prayer and the group sang the hostesses favorite song, "Take My Life and Let It Be." Fourteen members and one guest, Bonnie Lienemann of Omaha, were present.

Roll call was a scripture verse. Pastor and Loreli Belt will get an Easter Lily for Easter. Cards were sent to Ed Hartwig and family and Adele Gallop.

Appointed to the funeral committee were Lolamae Langenberg, Aedhne Anderson and Evelyn Langenberg.

Mary Jochens and Loreli Belt were honored with the birthday

song. Lottie Klein led Bible study with "Angels Among Us." The next meeting will be Thursday, April 1 with Frances Walker as hostess.

TRINITY LUTHERAN LADIES

Trinity Lutheran Ladies Aid, LWMS, met March 4. Lucille Marten and Karen Mangels presented the program on befriending our assigned Missionaries in Malawi, Africa and South Dakota.

President Jeannie Marotz shared pictures of their recent trip to Arizona, during which they visited several of the church missions in the area.

The business meeting followed. Roll call was answered with a Bible verse from 2 Peter, Chapters 3-5.

Heidi Rixe was hostess and served a "green lunch" of ice cream dessert, kiwi and mint tea.

The next meeting will be Thursday, April 1 at the Fellowship Hall.

Extra Specials for March 8-14
Tostada Supreme - \$3.79
Jalapeno Poppers - \$2.59
Apple Crispos - \$1.29
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LOCAL 7-DAY FORECAST
Today: Snow, ice and rain 36
Tonight: JOB: Cloudy, snow and sleet 21
Saturday: Snow, sleet and rain 35/21
Sunday: Snow, ice and rain 44/23
Monday: Sunny and breezy 49/26
Tuesday: Mostly sunny and windy 58/30
Wednesday: Mostly cloudy, showers 45/18
Thursday: Partly sunny and windy 37/16
THE WEEK AHEAD... NATIONAL SUMMARY THE WEEK AHEAD...
Temperatures: A stormy weather pattern is expected to develop across the East during the period. A series of storms may bring some rain and thunderstorms to the Southeast and the Middle Atlantic and Northeast. Cool air will settle across the Southeast and West Coast. Meanwhile, mild air will cover the northern Plains with temperatures 5 to 10 degrees above normal.
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Allen News

Missy Sullivan
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SPAGHETTI SUPPER
The Senior Citizen Center is having their Spaghetti Supper on March 11 from 5-7 p.m. They will have their monthly card party at 7:30. There will be a free will donation.

LEGION AUXILIARY
The Legion Auxiliary Post 131 annual Pancake Breakfast will be Sunday, March 14 from 6 a.m. to 1 p.m. at the Allen Firehall. The menu will consist of pancakes, french toast, sausages, eggs, and orange drink. Funds raised go to support summer youth programs and to extend the Avenue of Flags at Eastview Cemetery. Everyone is invited.

BLOOD MOBILE
The Blood Mobile will be in Allen on Monday, March 15, at the Allen Fire Hall. Look for the signs to find out what time they will be in town. Please try to get involved and donate.

A.C.E. GROUP
The A.C.E. Group sponsored a Read-In last Friday. They had 75 students attending. The Read-In was a

success and the group would like to thank everyone who was involved such as volunteers, teachers, A.C.E. members, students and their parents.

Upcoming events includes a Pancake Fundraiser for ACE which is tentatively planned for April 11 from 7 a.m. to 1 p.m. More information will be available in April. Be sure to watch for posters.

SENIOR CENTER
Monday, March 15: Roast beef, mashed potatoes/gravy, broccoli, and peas
Tuesday, March 16: Salisbury steak, mashed potatoes/gravy, Three bean salad, and peaches
Wednesday, March 17: Chicken, potato salad, baked beans, and apple sauce
Thursday, March 18: BBQ Sandwich, scalloped potatoes, carrots, and cherry dessert
Friday, March 19: Fish, baked potato, peas, and orange

Tuesday is cleaning day at the center. Everyone's help would be appreciated. On Wednesday the ladies meet for cards. On Thursday, Mary Wilson will be at the Center at

10:30 a.m for legal aid. Those with questions should stop by and see her.

SCHEDULE OF EVENTS
Friday, March 12: Spring Break at School
Monday, March 15: Blood Mobile in town; United Methodist Bible Study at Naomi Ellis's at 1 p.m.; Community Club meets at the Village Inn; FFA meeting at 7 p.m.
Tuesday, March 16: Cleaning Day at the Senior Center; Dixon County Historical Society meets; ESU #1 eighth grade Career day at NECC
Wednesday, March 17: UMC, 7 p.m. at Allen; First Lutheran 7:30 at Concordia; Trinity Lutheran, 7:30 p.m.; St. Paul's Lutheran, 8 p.m. at Immanuel
Thursday, March 18: American History class to Omaha, 10 a.m.; Legal Aid at Center, 10:30 a.m.; United Methodist Women meet at 1:30; Sewing Circle at First Lutheran at 2 p.m.; VFW #5435 of Martinsburg meet at 7:30 p.m.
Friday, March 19: WSC Indoor Track meet

District Ag contest was on March 2

By Jessica Bock
Allen FFA Reporter

On March 2, 18 agricultural students from Allen attended the Agricultural Education Contests at Northeast Community College in Norfolk.

Competing in the Farm Mechanics Contest were: B.J. Robinson, George Cooper, and Travis Mattes. Individually George Cooper placed first, B.J. Robinson placed second, and Travis Mattes placed third. As a team, they placed first in the district.

Six members competed in the Livestock Management contest. James Schneider competed in beef and received sixth. Dustin O'Quinn competed in sheep and received seventh.

Jessica Bock competed in swine and received sixth. Lyle Rahn competed in poultry and received fifth. Russell Linafleiter competed in horses and received sixth. Jessie Warner competed in dairy and received first. As a team they received fifth in the district.

Three members competed in welding. Nick Schneider competed in Stick Arc welding and received fourth. Mick Oldenkamp competed in Wire Welding and received first. Justin Warner competed in Oxyacetylene welding and received first.

As a team, they received first in the district. Other members and students attended different sessions concerning college.

Irrigation expo being planned

The latest in irrigation equipment and management will be featured at the 1999 Irrigation Short Course and Exposition scheduled for March 18 and 19.

The meetings are being sponsored by local agribusinesses, the University of Nebraska Cooperative Extension, the Lower and Upper Elkhorn NRDs, and Northeast Community College.

On March 18, the short course will be presented at the Lifelong Learning Center at 601 East Benjamin Avenue in Norfolk. The program will feature Al Dutcher, Nebraska State Climatologist' weather prediction for the 1999 growing season.

Two producer discussion panels, equipment exhibits, and presentations dealing with irrigation systems conversions, irrigation management for soybeans and corn, and nutrition management using commercial fertilizers and manure will highlight the rest of the day.

On March 19, the meeting will be held at Allison's Restaurant at the corner of 5th and Douglas Streets in O'Neill.

Registration will begin at 8:30 a.m. at both locations. The last presentation will conclude at 3:30 p.m. Registration cost is \$15 prior to March 12 and \$20 at the door. The registration fee covers the noon meal and refreshments. Call (402) 370-4000 now to preregister.

Many producers should have received a flyer about the meeting during the past week. More information about the meeting is available through local Cooperative Extension Offices or by calling Dick Kranz at (402) 370-4012 or Bill DeLoughery at (402) 370-4061.

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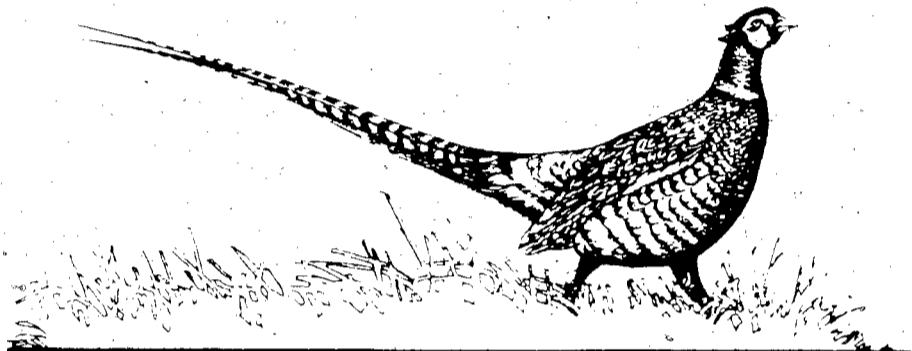
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LEISURE TIMES

A bi-monthly publication for Senior Citizens

March 11 1999

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JEAN ANDERSON, site director at the South Sioux City Senior Center, oversees a card game between (from left) Ethel Andersen, Betty Benschoter, Carol Bauerfiend, Keith Erickson, Joyce Williams, Dolly Kruse, and Laura Scott last week. The Center celebrates 30 years of service next month. (Photo by Nancy Wright)

South Sioux Senior Center An overview of 30 years

BY NANCY WRIGHT
The South Sioux City Star

The South Sioux City Senior Citizen Center, celebrating 30 years of service next month to citizens of Dakota County, continues to grow and expand to meet the changing needs of today's senior citizens.

Originally located in the Community Building on West 8th Street, the Center was founded in 1969 and was open the second and fourth Thursdays of the month. The group quickly grew and the next year moved to Dakota Avenue. Initially the Center was open to senior citizens as a gathering place for playing

cards, quilting and just visiting.

The Center grew to include a gift shop. In 1974 the Center began serving meals three days a week with a suggested donation of fifty cents.

In 1978 the Center was incorporated under the name of Northeast Nebraska Senior Citizens Inc. and given a rent free lease from the City of South Sioux on a building located at 1615 First Avenue. The Center also received a federal grant, which was matched through the generous cooperation of local business people, fraternal clubs, organizations and other community members.

Renovation began and the

Center's first meal in the building was on Aug. 27, 1979, serving 103 seniors on site and delivering 53 meals to shut-ins.

Nearly six years ago, in August of 1993, the Center moved to its current location at 1501 West 29th St. It continues to serve Dakota County's senior citizens by offering meals on site Monday through Friday, delivering meals to shut-ins and providing a home away from home for many seniors.

Jean Anderson has served as the Center's Site Manager since September 1997 with six other employees on staff.

For more information about South Sioux City Senior Center and its services, call Anderson at 494-1500.

Senior Center strives to serve lifestyle needs

By NANCY WRIGHT
The South Sioux City Star

The Senior Citizen Centers of the 1990s face problems their predecessors did not. Seniors are working longer than ever before, and coupled with other lifestyle changes, have impacted the number of people who utilize the centers.

While these are positive changes, their impact could have devastating effects on the future of Senior Citizen Centers.

The South Sioux City Senior Center has seen and felt the effects of these changes, through decreased funding and lower numbers participating in the services they offer, according to Jean Anderson, site manager for the Center.

Operating under the guidelines of the Older Americans' Act and funded in part by the Northeast Nebraska Area Agency on Aging, the Center relies on 50 percent of their funding from federal and state dollars, based on an average of the number of on-site meals they serve.

When attendance falls, so does federal and state funding, making fundraising efforts necessary to keep the Center open.

Seniors help hold pancake feeds, host soup and pie suppers, and sell raffle tickets and recycled greeting cards.

The Center also raises money by selling advertising for their monthly newsletter.

To accommodate lifestyle changes, the Center offers a wide array of activities for its members including bingo, pool tournaments, a Senior Band, line dancing, jam sessions, and blood pressure clinics. Recently they held a "Sweetheart Supperette" for Valentine's Day.

Services provided by the Center is important to the



Senior Sayings

BY JEAN ANDERSON
South Sioux Senior Center

Sunday, March 21, 1999, the Senior Center will host a pancake breakfast from 7:30 a.m. to 12:30 p.m. John Sanders will be cooking all the pancakes you can eat served with sausage, coffee and juice. Extra sausage and eggs can be purchased for 25 cents apiece. Advance adult tickets are \$3.50, children (8-4) are \$2 and children 3 years or younger are free. Tickets can be purchased at the door for \$4 for adults and

\$2.50 for children (8-4). If you need tickets, call Jean at the Senior Center at 494-1500.

Kelly's Koaches from Elk Point, S.D. is running a bus trip for the day to Casinomaha (near Onawa) on Friday mornings. One pick-up point is the South Sioux Senior Center at 9 a.m. The casino, along with Kelly's Koaches, is offering a nice package with a 4-hour stay:

- \$10 free with a \$20 chip/coin purchase.
- Free buffet.
- Free well drink or tap beer.
- One (1) \$2 black jack match play.
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Plus, special drawing on the bus with prize value based on the number of passengers. Frequent Rider Program: every tenth time you ride you will receive 15 seconds in the cash grabber. So, if you like to gamble, this is a great way to get there and back. Just sit back and enjoy the ride and visit with a friend or make a new friend. For a reservation call 1-800-484-9745 Ext. 2877.

The Senior Center provides van service to people who would like to come to the Center for dinner and to visit and play cards but do not have a ride. The van begins to pick people up around 10 a.m. and returns them around 1 p.m. A donation is accepted for this service. If you are interested, please call Jean at 494-1500 and make arrangements.

Employment program a win-win situation for people 55+

By BOB NELSON
The South Sioux City Star

Preparation for the second class of Green Thumb participants in Nebraska is scheduled to begin in April.

Green Thumb is a nationwide private nonprofit organization providing senior service employment programs funded under the title 5 older Americans Act.

Participants in the program must be 55 year of age and be below a certain income level.

The training lasts for four weeks, from 9 a.m. to 3 p.m. Monday through Friday. Upon completion of the class participants will be certified in "MOUS," or Microsoft office user certification.

WIT has given access that allows seniors additional training for up to six months after completion of the course.

Perspective employers were given an opportunity to meet with some unique prospects at Western Iowa Tech College (WIT) in Sioux City recently.

All the prospects were students attending a specially developed program for information technology training developed by Green Thumb.

The students were introduced to the Technical Advising Committee. The committee was made up of representatives from 10 different businesses and organizations.

Keith Harris and Dave Searles were in attendance for IBP Inc. of Dakota City, as was DeeAnn Zimmerman of Great West Casualty.

Others represented were Wells Dairy, Marian Health Center, Siouxland Chamber of Commerce, and the offices of Senators Harkin and Grassley.

JTPA and Siouxland Aging Services were also represented.

For further information and to make an appointment contact Ardelle Staver of Green Thumb at 1-800-782-7519. Staver is in Sioux City at the Work Force Development Center on Wednesdays.



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BETTY OLIVER and Betty Benschoter, from left, look through the display of greeting cards at the South Sioux City Senior Center last week. Proceeds from the sale of cards is one of the many ways to recoup expenses that ultimately keep the Center open. (Photo by Nancy Wright)

Senior

Continued from page 1

"regulars" who frequent there. "I live alone and the Center has become like another home to me, the people, my family," commented senior Ethel Andersen.

"There is no other place to go where you can get a meal for \$2," stated senior Joyce Williams. "I couldn't buy groceries for that amount and the Center provides excellent meals for those with special diets, like my husband, who is a diabetic."

Anderson said the Center serves an average of 60-70 people for lunches Monday through Friday from noon to 1 p.m.

A suggested donation of \$ 2 per meal for seniors 60 and over and \$3.50 for people under the age of 60 helps meet some of the

Center's expenses.

The Center also serves approximately 60 meals daily to homebound seniors in Dakota County for a suggested donation of \$2.10 per meal.

To qualify for this service, a senior must provide a referral notice from their physician.

Anderson said the homebound meal service, which allows many seniors to stay in their homes, offers daily contact to those who live alone and a sense of security to the senior and their family.

"I live alone and the Center has become like another home to me, the people, my family."

-Ethel Andersen

"Our Center has an emergency file on each delivery and our drivers have found people ill. We were able to help by contacting the necessary people. This is a ray of sunshine in many of these seniors lives," said Anderson.

The Center currently owns two vans that are used for meal delivery and transportation for seniors who have no other means, for a small donation.

The Center is open Monday through Friday from 8 a.m. to 4 p.m.

For more information about the local Senior Citizen Center, interested parties may call the Center at 494-1500.



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Social security musts in filing tax returns

People preparing their tax returns should be sure the correct Social Security numbers are shown on your federal tax return. These and other reminders were noted by Doug Keane, Social Security manager of Sioux City.

The Internal Revenue Service (IRS) checks all the names and Social Security numbers on your tax return against Social Security's records, Keane said. "If the names and numbers do not match Social Security's records, you will receive a letter from IRS asking you to explain the discrepancy. You cannot receive a tax refund until the discrepancy is resolved."

Keane mentioned other issues to keep in mind.

■ If you are self-employed and net over \$400 or more a year, you must pay Social Security taxes by reporting them on Schedule SE of your tax return even if you don't owe any income tax.

■ If you paid a household worker at least \$1,100 in wages last year, you are required to report his/her wages and pay Social Security tax on his/her earnings with your tax return.

Workers covered by this law include maids, cleaning persons, gardeners and others who provide household services. The exception



A VALENTINE PARTY was held at Heritage of Emerson on Feb. 12. Residents and family enjoyed music by Gwen and Artie Schmidt. Valentine Royalty were: Queen, Addene Simmons; King, Leo Voss; Princess, Theresa Grove; Prince, Alfred Dose; Duchess, Ann Lange; and Duke, Jimmy Rice (not pictured).

is workers under 18 years of age who do not do these jobs for a living, like teenagers who cut the grass.

■ If you already receive Social Security benefits, you may have to pay income taxes on part of your benefits.

You may owe taxes on 50

percent of your Social Security benefits if adjusted gross income plus one-half of your Social Security benefits plus your nontaxable interest is between \$25,000 and \$34,000 for an individual, or between \$32,000 and \$44,000 for a couple. If these amounts are above \$34,000 for an individual or \$44,000 for a

couple, you may owe tax on 85 percent of your benefits.

For more information about Social Security, call Social Security's toll-free number, 1-800-772-1213, or contact your local Social Security office. If you have tax questions, call the Internal Revenue Service at 1-800-829-1040.

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Time to plan for a healthy vegetable garden

By REBECCA ROORDA
ISU Plant Pathology

While looking out on the wintry landscape, the thoughts of gardeners can't help but turn to the planting and growing season ahead. Curled up in chairs with a stack of gardening magazines and seed catalogs, we imagine the rows and patches of delicious fresh vegetables we will nurture and eat in the months ahead. It's time to plan what will be planted. To satisfy the urge to work with the soil, many of us will start a few (or many) seeds on a sunny windowsill, under lights in our basements or, if lucky, in a greenhouse. Others will rely on purchased seedlings. For all of us, planning is half the fun.

But what to plant? The same varieties planted before or something new and different? Did you have trouble with the tomatoes, did the radishes rot or peppers perish? Don't give up. There are ways to encourage healthy plants in the home garden if you follow a few simple guidelines.

Healthy plants begin with healthy seeds and seedlings. Without good quality seeds, the chances of having a good crop of the favorite vegetables is lowered. Many diseases can be transmitted through seeds, so it is important to start out with disease-free

seeds. Make sure you buy seeds and seedlings from a reputable source. To reduce the chance that diseases present in or on the seeds will develop, many commercially-available garden seeds are treated with fungicides and other chemicals. If you save your seeds, most will benefit from storage in a cool and dry place with conditions that are unfavorable to many common diseases and limited seed deterioration.

Some varieties of plants are more resistant to diseases than others. Look for varieties that are resistant to diseases common in Iowa. In tomatoes you will often see initials such as VFN or VFFN after the name of the variety. These initials mean the variety is resistant to the diseases Verticillium wilt, Fusarium wilt (two F's mean resistance to two races of Fusarium wilt) and to root knot nematodes, tiny wormlike creatures that can infest the roots of some plants. Some plant tags and seed catalogs are better than others at providing information about disease resistance, so you may need to search out this information. If you have varieties that have worked well in the past, go ahead and continue to use them. Advice from your gardening neighbors can be helpful too, especially if you are a new gardener. Most gardeners are

happy to let you know what they plant, and may even be willing to share extra seedlings. Extension publications are available that give lists of many vegetable varieties that have done well in the area.

But what if you want to try something new and can't find any information on disease resistance? Gather as much information as you can, go ahead and try it, and see what happens. Try to plant something new in your garden every year. Sometimes the experiment is a success, and sometimes you may not get much of a crop. The failures are sometimes caused by an unexpected disease and sometimes the plant is simply not suited to the growing conditions in the garden. No matter what the outcome, you can always learn from the experience and have fun.

Don't try to squeeze too many plants into your garden. Follow the recommendations for spacing of plants in the garden. Crowded conditions are usually more favorable to disease development than more open plantings where air can circulate and limit moisture buildup on leaves and around the plants.

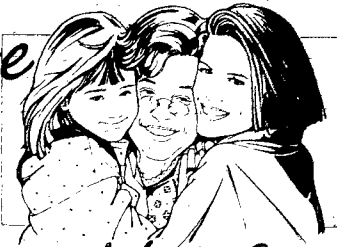
It is always tempting to put in a few more plants because they look so small when they are set out. It is easy to forget how large some

plants get by mid-August. If you crowd too many plants into the space, you not only have disease problems but also have trouble picking the produce amid the tangle of foliage. Thin your seedlings if they are too close together. The ones left will reward you with a better, healthier crop.

Don't forget good garden management including crop rotation, sanitation and mulching. As you plan your garden for spring, put that patch of tomatoes in a different spot than last year. Some diseases are soil borne and once established, can increase in the soil as long as their host plant is available. For example, Fusarium wilt infects plants of the nightshade family, which includes tomatoes, peppers, eggplant and potatoes, so it is a good idea to rotate these crops.

Some diseases survive in dead leaves, stems and roots, so cleaning up or thoroughly tilling under garden debris is important, especially if last year's crop had a disease. While composting is a good way to conserve organic matter, if you don't have a "hot" compost pile, it is better to burn garden debris, if allowed, or otherwise dispose of it away from your garden area to prevent disease transmission from last year's plants.

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Watch for the next issue of Leisure Times in May

March Resident of the Month



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Gerald Day

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Gerald Graduated from Newcastle High School in 1940 and is a member of St. Peter's Catholic Church in Newcastle. He retired from farming in 1993 and came to live in the Hartington Nursing Center in February 1998.

He enjoys watching TV, reading and visiting with family and friends.

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Days of \$20 wedding rings are gone, but couple's love is as strong as ever

By **KIM HANSEN**
Reporter/Photographer
The Pender Times

Now in their 80s, Paul and Grace Murray may not be as young as they were 60 years ago, but they still remember the early 1900s when the streets in Pender were still dirt and mail came in by train.

The experiences the couple have lived through can serve as a living history to current residents of Pender of what life was like in the community when this century was still young.

Paul and Grace (Weldon) Murray recently celebrated their 65th wedding anniversary. They were married in Sioux City in the home of Grace's mother, with only their immediate family present. The date: Jan. 1, 1934.

"We wore our best Sunday clothes," Grace said. "In those days you had one Sunday dress and then an everyday dress."

Weddings back then weren't as elaborate as the weddings of today.

"We didn't have any flowers, dresses or pictures," Grace said. "People didn't have any money back then because it was the deepest part of the depression. However, I did have a small bouquet of garden flowers."

Grace's wedding ring, which Paul bought for \$20, was a narrow band with three miniature diamonds.

"He could barely afford to buy me one," she said. "I've never taken it off, except when I broke my finger. But I put it right back on."

Immediately following the wedding, the couple drove to Pender in their roadster, a convertible with snap-in side panels, to an apartment in the Palace Hotel. They would spend the next three years living in that two-bedroom apartment.

Born in 1910 in Pender and in 1909 on a homestead near Fall River, S.D., respectively, Paul and Grace met while attending Nebraska



PAUL AND GRACE Murray of Pender recently celebrated their 65th wedding anniversary.

State Teacher's College, now Wayne State College.

In those days, students attending college had to get permission from school officials before they were allowed to marry. However, Paul and Grace decided to finish their college education before tying the knot. Paul graduated with a two-year degree, and Grace graduated with both two- and four-year degrees.

Paul is a second generation graduate of Pender High School. His mother graduated there in 1900 and he followed in 1927. His daughter, Elaine, would become the third generation graduate in 1953. Paul may be the oldest living person born in and still residing in the town of Pender.

Grace is a 1926 graduate of Central High School in Sioux City.

It was the only high school in Sioux City in those days. Now there's several," Grace said.

After the wedding, Paul began working for his father, William Murray, in his shoe shop in downtown Pender. The store, named Murray's Shoes and Menswear, was established by his father in 1901. It was located in the west section of the present Meierdierks Hardware building.

Some of his duties included running the cleaning plant, which was the predecessor to the current dry cleaner. Paul resumed responsibilities of the shoe shop after the death



PAUL MURRAY, 17, and Grace Weldon, 18, met while attending Nebraska State Teacher's College in Wayne.

of his father in 1949.

While their daughter attended high school in Pender, Paul served one term on the Pender school board in the early 1950s.

The appearance of Pender, Nebraska, in the early 1900s was dramatically different from what it is today.

See **COUPLE**, page 9

Letter to the Editor

History buff looking for tokens

Bellaire, Tex. 77402

Dear Editor:

I am a lover of history and I have a somewhat unusual hobby. I collect old tokens used by stores, barber shops, pool halls, bakeries, saloons, forts and other businesses years ago. The tokens were "good for" 5¢, 10¢, 12 1/2¢ or such in trade or merchandise or "good for" a loaf of bread, one drink, one shave, one ride or whatever. They were usually made of metal, and while having the general appearance of a coin, they were made in all shapes and sizes.

I am hoping that you might mention my search. I know this request is relatively unimportant, but as our elderly pass away and the younger members of the family inherit their possessions, tokens and other items are considered junk and thrown out. I do get a great deal of enjoyment from my hobby and I do believe that these concrete reminders of our great heritage are worth preserving.

I believe that some of these tokens were used in your area and I would be most interested in obtaining some of them for my collection. I would like to hear from anyone having one or more of these tokens or from anyone that might be able to help me. My address is Box 1168, Bellaire, Tex. 77402.

Travis Roberts

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'Popcorn and Pistols' is on exhibit in museum

It's almost like traveling back in time to see how Hollywood told the story of the taming of the Old West. Scott Stutesman of Wilber, Neb., has loaned part of his extensive collection of western movie memorabilia to the Elkhorn Valley Museum and Research Center in Norfolk for an exhibit titled, *Popcorn and Pistols: The Statesman Collection of Western Movie Memorabilia*.

The exhibit, which opened in February, will be at the museum through June. For western movie fans and persons who remember Western comic books and TV shows from the 1960s and earlier, the exhibit should bring back fond memories.

There's an original Ponderosa map from the TV series *Bonanza*, which was shown burning during the show's opening. Only about 20 of the maps still exist. Stutesman also has toy characters of "Ben," "Hoss" and "Little Joe" along with their horses, which were made in 1966.

There also was an "Adam" character that was made but Adam left the show while the toys were in production. The company then decided to

put a mustache on Adam and turned him into a villain. Stutesman said.

"It was very similar to the Barbie set," Stutesman said. "It was kind of the off-shoot for the guys who didn't get the G.I. Joes."

From the *Daniel Boone* TV series, there's the original raccoon skin cap worn by Fess Parker, who portrayed Boone. Parker now has a wine vineyard in California "and all he lives for is getting that purple-ribbon bottle of wine," Stutesman said.

For fans of Gunsmoke there's memorabilia from Jim Arness, the actor who played Matt Dillon on the series. And there are also lots of comic books, including first issues of the *Lone Ranger* and *Red Ryder*.

Stutesman's hobby began when he started collecting items from Roy Rogers.

"They made a toy of about everything Roy was ever involved in -- flashlights, lanterns, you name it," Stutesman said. Eventually he met a gentleman through the mail and did some trading with him.

Around 1988, he wrote to the man and told him that he would like to meet some actors. The man responded by saying he would see what he could do. The man whom Stutesman was corresponding with was a retired actor and made arrangements for Stutesman to meet Roy Rogers. From there, Stutesman became part of a "network" and got to meet more stars and collect more items.

Stutesman said he also did a lot of fund-raising work for the actors' charities and would sometimes be given a costume or other memorabilia for his work. Stutesman said he has since met so many actors and performers that he has lost count.

"A lot of them have been very good to me," Stutesman said. "There's some guys I respect for their business interests and there's other guys I respect for their family interests, so it varies."

Roy Rogers was "a very good family man," Stutesman said. He had a lot of children, the majority of whom he adopted. He was very family oriented and a lot of his activities involved his children, he said. Clayton Moore, who played the *Lone Ranger*, was another family man. He is alive and doing well in California.

"The man (Moore) in real life was very similar to his character and he was raised very wealthy," Stutesman said. "His dad was a Chicago businessman. They had servants and yet he is very gracious. There aren't very many people who I've met who have come from that type of background who are very gracious and will give you all the time in the world."

While many of the actors have glorious images, that doesn't necessarily mean that's how they are off screen, Stutesman said. The image and the individual are

different and some of the actors certainly have another side," he said.

Stutesman said Gene Autry, who died last year, was another of his favorites. Autry, who formerly had controlling interest in the then-California Angels, also invited Stutesman to watch a couple of baseball games from his private box.

"I liked him, a lot," Stutesman said. "He taught me a lot of things about business from the standpoint of what is important. He was very wealthy and still was personable and always told people not to lose that."

Stutesman said a favorite item of his is a shirt that Roy Rogers wore while performing at Madison Square Garden, state fairs, and many other large concerts. Rogers was the first person to wear rhinestones, which are now popular among Western performers. Rogers had a costume designed in the 1940s by a designer who put the rhinestones on so that when Rogers performed in large arenas, he could be better seen by people sitting far away. By the late 1940s, it became common for many performers to wear rhinestones, Stutesman said.

Stutesman also has a 1922 outfit

worn by western movie pioneer Tom Mix. Mix died in 1940 and was known for having his monogram or name on all his clothes, including underwear. When Mix went broke later in life, he still managed to buy himself a monogramming machine so that he could monogram his clothes himself.

Stutesman has loaned parts of his collection for exhibit around the state. He decided to make his collection available to the Elkhorn Valley Museum in Norfolk because of family ties. The exhibit can be seen at the museum, located at 515 Queen City Boulevard in Norfolk, Tuesday-Saturday from 10 a.m.-4 p.m. and Sundays from 1 p.m.-4 p.m. Admission to the museum is \$2.50 for adults and \$1.50 for seniors and children. For more information about this exhibit, call (402) 371-3886.

If you have a story idea for the Leisure Times, please call Pender Times, 385-3013

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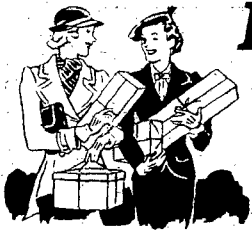


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PAUL WAS BORN in 1910 in Pender in a house near Pender High School. The house is now the home of Dale and Bonnie Christiansen. In this early 1900s picture, Paul is pictured with his mother, Clara, left, and a neighbor.

Couple

Continued from page 7

At that time, Grace said, "There were two passenger trains running through Pender a day. One going north and one going south."

Paul recalls the days of waiting for a train to take you to Omaha for a day of shopping. The train would leave around 8 a.m. and return around 8 p.m.

"The number of businesses has dwindled," Paul said. "In those days, we had a meat market and a choice of five grocery stores."

Paul and Grace have been members of the Methodist Church in Pender, now the United Church of Pender, since 1934.

While the majority of their friends and siblings have passed away, they each have one sister remaining. Their two sisters, who roomed together in college at Wayne, are both 84 years old.

The couple's daughter, Elaine, is 64 years old. She is married to retired Wayne State College professor Maurice Anderson. The Andersons live half the year in Wayne and the other half in Arizona.

In addition, Grace and Paul have three grandchildren and six great grandchildren.

Ironically, after their daughter's marriage and Paul's retirement, Grace began to work outside the home for the first time since 1934.

"I spent the winter months teaching in Lincoln for 10 years, and Paul took care of the housework," she said.

In the early years of their retirement, Grace and Paul spent time traveling. They enjoyed camping, hunting, fishing and traveling to historical sights.

"As we got older we began to do more sophisticated things like taking tours to the Holy Land and to the Caribbean," Paul said. "We traveled around, kind of gypsy-like, especially in the Black Hills area."

What the couple believes to be one of the highlights of their life together, they said, was the family trip to Alaska that they took in celebra-

tion of their 50th wedding anniversary.

"For our 65th wedding anniversary, we spent the time home all alone since we were not able to travel," Grace said.

Even in their late 80s, Paul and Grace have remained in good health. Grace has been hospitalized numerous times, especially as a young child, for pneumonia.

"We're still walking and still talking," Paul said. "But as you get older you get ailments. Whatever I've been in the hospital for kind of goes with the territory."

Plus, they occasionally use a walker or cane to help them get around.

Now retired and still living in Pender, Paul and Grace have time to reflect on what it's like to have been married for 65 years.

"I don't know how your supposed to feel when you've been married that long. We have a lot of good memories of the 65 years," Paul said.

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MARCH CALENDAR OF EVENTS

March 5: Blood pressure, 1:30 p.m.

March 9: Sheephead card party, 1:30 p.m.

March 11: Sheephead card party, 7:30 p.m.

March 16: Pitch card party, 1:30 p.m.

March 19: Mary Buford, 2 p.m.; Bingo, 2:30 p.m.

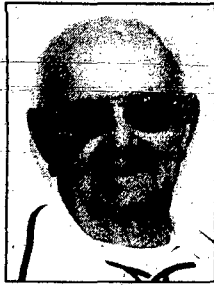
March 23: Pitch card party, 7:30 p.m.

March 25: Pinochle card party, 7:30 p.m.

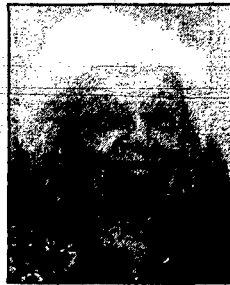
March 31: Board meeting, 9 a.m.



Agnes Huff



Floyd Ostrand



Evelyn Schilling

Lenard
BeckmanLawrence
Johnson

1st in a regular series in the Leisure Times . . .

New faces at Pender Care Centre

Welcome to this regular feature in the Leisure Times—fingernail sketches and pictures of residents at Pender Care Centre. Here's a look at our first group of residents:

---Lawrence Johnson became a part of the Pender Care Centre family Feb. 2. He worked as a mechanic in Pender for nearly 40 years. He is a little on the quiet side, but has a wonderful smile and always meets residents and staff in the hall with a pleasant greeting.

---Lenard Beckman joined the Pender Care Centre family Dec. 31. He is quiet, friendly and a people-watcher. Lenard farmed in the Bancroft area for most of his life. He enjoys listening to Bohemian music and watching Lawrence Welk and the Price is Right on television.

#####

Also living at Pender Care Centre are our "snowbirds," who have been taking advantage of our warm, friendly place during the winter months. They are Evelyn Schilling of Bancroft, Floyd Ostrand of Thurston and Agnes Huff of Walthill. They avoided slick sidewalks and scooping snow for exercise, bingo and entertainment. They didn't even have to worry about grocery shopping because we serve three hot meals a day. All three of them plan to return to their homes this spring.

Search continues for state's oldest worker

Who is Nebraska's oldest worker? Who is Nebraska's most outstanding older worker?

This is the task that Green Thumb, Inc., the country's oldest and largest provider of mature worker training and employment services, the U.S. Department of Labor's Employment and Training Administration, and the U.S. Department of Health and Human Services' Administration on Aging, have set before them.

The challenge to find this year's oldest worker was issued by the 1998 winner, 103-year-old Milton Ward Garland of Waynesboro, Penn. A refrigeration pioneer and engineer, Mr. Garland still goes to his office everyday at the Frick Com-

pany, the same firm that offered him his first job in 1920.

Also attending the 1999 kick off event in Washington, D.C., was Nebraska's 1998 Outstanding Older Worker, Bessie Mae Whitlatch. The 78-year-old grandmother is a full-time fabrication welder at the Kawasaki Motors plant in Lincoln.

Nominations were accepted up to Dec. 31, 1998. In early January, the selection panel comprised of representatives from across the state reviewed the nominations and selected the winner.

Nebraska's outstanding older worker will be honored at the second annual Prime Time Awards Gala March 21-25 in Washington, D.C. Representatives from all 50

states and Puerto Rico will be attending the gala. Several events will be held to recognize the achievements of these older individuals.

"Hundreds of thousands of mature workers all-across the United States want and need to work well past what is considered normal retirement age," says Green Thumb Presi-

dent Andrea Wooten. "We have planned a national gala to honor outstanding individuals selected from every state.

The Oldest Worker in Nebraska will compete against the other 49 states and Puerto Rico to see who receives the prestigious title of "The Oldest Worker in the Nation."

Pender Care Centre Activity Highlights...

- March 17 - We will celebrate St. Patrick's Day
 - April 13 - A trip to the Aku-Bekr Circus in Sioux City
 - April 18-24 - National Volunteer Week
 - April 22 - Earth Day
 - May 9 - Mother's Day
 - May 9-15 - National Nursing Home Week Celebration
 - Monthly Birthday Party's: March 17, April 21,
and May 19 all at 2 p.m. with Erv Schmidt.
- Call Jan at 385-3072 for more activity dates.

We have a wonderful postcard collection started, now covering 23 states. We hope to receive state identified post cards from each of the 50 United States. If you are taking a trip or live in another state please let us receive a card with a short note from you. Send cards to PENDER CARE CENTRE, POST CARD CHALLENGE, R.R. #1, BOX 110, PENDER, NE 68047.



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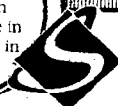
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MAR. 99		APR. 99		MAY. 99	
11-Thurs	24-Open	1-Thurs	5-Norfolk	20-Tues.	3-Sioux City
12-Sioux City	25-Thurs.	2-Thurs.	6-Tues.	21-Open	4-Tues.
15-Norfolk	26-Norfolk	7-Open	7-Open	22-Thurs.	5-Open
16-Open	29-Yankton	8-Thurs.	8-Thurs.	23-Sioux City	6-Thurs.
17-Wed.	30-Open	9-Yankton	9-Yankton	26-Norfolk	7-Norfolk
18-Thurs.	31-Wed.	12-Sioux City	12-Sioux City	27-Open	10-Yankton
19-Yankton		13-Open	13-Open	28-Wed.	11-Open
22-Sioux City		14-Wed.	14-Wed.	29-Thurs.	12-Wed.
23-Tues		15-Thurs.	15-Thurs.	30-Yankton	13-Thurs.
		2-Good Friday	16-Norfolk		

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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Good News about Macular Degeneration!

For the past several years I have been recommending certain vitamins and minerals such as zinc and Beta-carotene because there was some evidence that these supplements helped to slow Age Related Macular Degeneration. Now there is evidence that another vitamin called lutien is even more beneficial to people with macular degeneration.



The best study so far found that people who ate the most vegetables with lutien had 57% less advanced macular degeneration than people who ate the least did!

Lutien has recently become available in a capsule form. I currently recommend that my patients with macular degeneration take one of the traditional zinc and vitamin supplements plus one capsule containing 20 mg of lutien.

We have these supplements in stock at Filips Eye Clinic. The total cost for both pills is less than \$20 per month. If you are interested, call our office for a copy of my newsletter about macular degeneration, or make an appointment so I can advise whether these supplements might be helpful to you.



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Vitamins are beneficial to people with macular degeneration

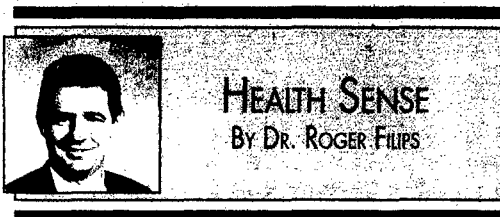
I have good news about Age Related Macular Degeneration, also known as macular degeneration and retinal degeneration!

For the past several years I have been recommending certain vitamins and minerals such as zinc and Beta-carotene because there was some evidence that these supplements helped to show the degeneration. Now there is evidence that another vitamin is even more beneficial to people with macular degeneration.

Lutien is a type of carotenoid that is found in dark green leafy vegetables, especially kale, spinach, and fresh parsley. It is found in lower concentrations in broccoli, brussel sprouts, peas, and pumpkin. The best study so far found that people who ate the most of these vegetables had a 57% lower risk of advanced macular degeneration than patients who ate the least did. Four servings per week should be beneficial.

Lutien acts as an antioxidant and

ultraviolet filter in the retina to protect it from the sun and aging damage. It also appears to slow



cataract formation. Other studies have shown that eating more of these foods will increase lutien concentrations in the retina.

Unfortunately, most of us do not like spinach and kale enough to eat it four times per week. Fortunately, lutien has recently become available in a capsule form. I currently recommend that my patients with macular degeneration take one of the traditional zinc and vitamin supplements plus one capsule containing 20 mg of lutien and 100 mg of kale extract. I know of no adverse effects from taking

this. Studies are underway to see if the supplement form is as effective as eating the vegetables, but I think it is reasonable to assume it will be until we hear otherwise.

A word of warning, you still need to come in for regular dilated eye health examinations and call immediately if you notice any loss of vision. These supplements should be thought of as a way to help slow any further loss of vision. I would not expect them to restore vision already lost. You should also take other common sense precautions such as protecting your eyes from excess sun exposure with hats and UV protecting glasses.

We have these supplements in stock at Filipis Eye Clinic. The total cost for both pills is less than \$20 per month. If you are interested, call our Hartington office 254-2020 or Creighton 358-3700 for an appointment. I will advise whether these supplements might be helpful to you.

Early detection of vascular diseases is possible through the use of non-invasive vascular testing techniques

One American dies every 32 seconds of cardiovascular disease, disorders of the heart and blood vessels. Cardiovascular disease is the leading cause of death in the United States, costing society over \$3.7 billion dollars each year in health services, medications and lost work time due to disability. Stroke, a disorder of the blood vessels to the brain is the third leading cause of death and disability in this country, with 500,000 new strokes occurring annually.

Each year, 2 million people in the United States alone develop deep vein thrombosis-blood clots in the veins. This affliction becomes life threatening for 500,000 of those people when the blood clot breaks loose and travels to their lungs. With early detection through the use of noninvasive vascular testing, this disease can be prevented.

Yankton Medical Clinic's Diagnostic Imaging Services Cardiovascular Laboratory was among 975 vascular laboratories in the United States, Canada and Puerto Rico to be granted accreditation by the Intersocietal Commission for the Accreditation of Vascular Laboratories (ICAVL).

Senior Reflections

What do you consider to be the first signs of spring?

- Compiled by Renae Zimmer
Cedar County News



"When the birds start moving in again — all the robins and blackbirds and that — and grass starts to grow again. That's the rebirth of nature coming back from last year. That's a good time of year.

Dick Thoene
Hartington



The warm air coming in from the south, the days seem to be getting brighter and we get the urge to go out and buy seeds.

Ed Walz
Hartington



When things turn green and when the grass and leaves on the trees turn green

Barbara Johnson
Hartington



When the weather turns warm and when we get away from the cold weather.

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Teaching Sunday School for 55 years is rewarding experience

LAUREL—Kaja Gade has taught her family for four generations. Last fall, Kaja Gade, 85, began her 56th year of teaching Sunday School with her great-great-granddaughter as a member of the preschool class. Hannah Swanson, the three-year-old daughter of Justin and Lucia Swanson of Laurel, attends class each Sunday at United Lutheran Church in Laurel. Kaja said she started teaching Sunday School in 1943 when her son Verneal was a member of her second grade class. "After that year, I decided to teach the preschool class and have been doing so ever since," said the teacher. "It's been 55 consecutive years with five of those in Milwaukee while we were living there." "Children used to start Sunday School at age five but now three is the beginning age," continued Kaja. "I just love teaching those little kids." Over the years, Kaja has seen the

curriculum change. "The lessons don't seem as Christ-centered as they were when I first started teaching but are oriented more around the child's environment," said Kaja. "There's not as much emphasis on the Bible stories." She has saved many of the old materials, especially the special lessons. "My favorite lesson to teach is the story of the birth of Jesus. We make a cradle out of construction paper, put grass in the manger, and use a clothespin for the baby Jesus. The children learn that Jesus started as a baby just like they did," commented Kaja. Another memorable lesson Kaja teaches is the ascension of Jesus into Heaven. "I've saved some handwork from years before that helps explain to these youngsters that Jesus went to Heaven," said Kaja. This year's class has 14 students, and Kaja says her rewards are many. "It may be a hug, a wave as

I'm walking down the street, or a letter from a former student," said Kaja. Pastor Ken Marquardt, the United Lutheran Church minister, said the love Kaja shows for the children and her grandmotherly spirit make their first Sunday School experience a good one. "Her teaching expertise and ability to tell the Bible stories by memory to the children are such an asset," said Marquardt. "Because Kaja sees the drift in the Biblical content of material, it's an advantage to have a seasoned teacher like her." In addition to teaching Sunday School, Kaja's leisure time is spent crocheting afghans, 63 to date, with her goal to make graduation gifts for each of her seven great grandchildren.

Kaja Gade enjoys teaching Bible lessons to her great-great-granddaughter, Hannah Swanson, at the United Lutheran Church in Laurel.



Kaja Gade with three year-old great-great granddaughter

Rewards of Alzheimer's Caregiving

Rewards of The caregiving of a person with Alzheimer's disease (AD) is probably one of the hardest tasks any of us will face in a lifetime. Yet, as the fourth leading cause of death in America, it is estimated that four million Americans have Alzheimer's disease.

The person with AD starts out in the beginning stage with short-term memory loss, confusion, and disorientation. And though the disease is individualized, the patient often progresses from the first stage on through three stages. In the middle stage, the patient might become aggressive and hostile from an increased memory loss, and now need 24-hour care. In the terminal stage the patient is often totally helpless with the mentality of a new-born infant. Some patients live twenty years with AD.

Alzheimer's first showed up in my husband, Hughes, in 1984. He was 65 and I was 57. We had been married 37 years, and our four children were grown. We were both retired and having the time of our lives—living each day as if we were on one long vacation. But overnight, all of that changed as we drove along Interstate 80 in 1984, when suddenly Hughes did not know who I was.

Our family was devastated when Hughes was diagnosed in 1986 with an irreversible dementia of the Alzheimer's type. The diagnosis was given after a brain scan and several other tests. (Sometimes dementia is brought on by malnutrition, infection, and other treatable causes. This type of dementia is usually reversible. That is why early examination and diagnosis is imperative for anyone experiencing a memory loss problem.) Immediately after Hughes's diagnosis, I went into denial

and rage. In my arrogance I thought, "How could this happen to me?" But I quickly answered myself through my faith with, "Why not me!" And as I began the slow and painful process of giving up Hughes as I once knew him, I began to find him on another deeper level— one closer to his heart and his soul.

At the time of his diagnosis, the most important information I received from the medical profession was the phone number of the local Alzheimer's Association. This is where I found immediate acceptance and comfort; understanding and support; training and education. Here I was among kindred spirits, many of whom had already travelled the journey I was just beginning.

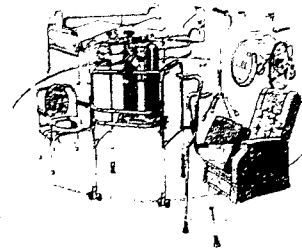
Since that fateful night in 1984, Hughes has progressed to some part of the final stage of AD. Our family, like seventy percent of all AD families, has chosen to take care of Hughes in our home. As he has deteriorated, we have adapted to his condition, from modifying his clothing to restructuring our home. Hughes is now integrated into our family as a beloved member who lives in the world of dementia. None of this has been easy, but it has been infinitely rewarding. Three generations voluntarily participate in Hughes's care. He may not know who we are, but we always try to remember who he is: As the patriarch, his life is like a magnet, drawing the rest of us into a deeper understanding of the meaning and value of life itself; and what is important in life; and why we are here.

The greatest reward of all is that because of Hughes, we are getting a little closer to learning what it means to have unconditional love.

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Prostrate problems common in older men

The prostate is a small organ about the size of a walnut. It lies below the bladder (where urine is stored) and surrounds the urethra (the tube that carries urine from the bladder). The prostate makes a fluid that becomes part of semen.

Prostate problems are common in men 50 and older. Most can be treated successfully without harming sexual function. A urologist (a specialist in diseases of the urinary system) is the kind of doctor most qualified to diagnose and treat many prostate problems.

Noncancerous Prostate Problems

Acute prostatitis is a bacterial infection of the prostate. It can occur in men at any age. Symptoms include fever, chills, and pain in the lower back and between the legs. This problem also can make it hard or painful to urinate. Doctors prescribe antibiotics for acute prostatitis and recommend that the patient drink more liquids. Treatment is usually successful.

Chronic prostatitis is an infection that comes back again and again. The symptoms are similar to those of acute prostatitis except that there is usually no fever. Also, the symptoms are usually milder in chronic prostatitis. However, they can last a long time.

Chronic prostatitis is hard to treat. Antibiotics often work when the infection is caused by bacteria. But sometimes no disease causing bacteria can be found. In some cases, it helps to massage the prostate to release fluids. Chronic prostatitis clears up by itself in many cases.

Benign prostatic hypertrophy (BPH) is enlargement of the prostate. This condition is common in older men. More than half of men in their 60's have BPH. Among men in their 70's and 80's, the figure may go as high as 90%.

An enlarged prostate may eventually block the urethra and make it hard to urinate. Other common symptoms are dribbling after urination and the urge to urinate often, especially at night. In rare cases, the patient is unable to urinate.

A doctor usually can detect an enlarged prostate by rectal exam. The doctor also may examine the urethra, prostate, and bladder us-

ing a cystoscope, an instrument that is inserted through the penis.

There are several different ways to treat BPH:

- Watchful waiting is often chosen by men who are not bothered by symptoms of BPH. They have no treatment but get regular checkups and wait to see whether or not the conditions get worse.

- Alpha blockers are drugs that help relax muscles near the prostate and may relieve symptoms. Side effects can include headaches. Also, these medicines sometimes make people feel dizzy, lightheaded, or tired. Alpha blockers are new drugs, so doctors do not know their long-term effects. Some common alpha blockers are doxazosin (Cardura), prazosin (Minipress), and terazosin (Hytrin).

- Finasterid (Proscar) is a drug that inhibits the action of the male hormone testosterone. It can shrink the prostate. Side effects of finasterid include declining interest in sex, problems getting an erection, and problems with ejaculation. Again, because it is new, doctors do not know its long-term effects.

- Surgery is the treatment most likely to relieve BPH symptoms. However, it also has the most complications. Doctors use three kinds of surgery for BPH:

- Transurethral resection of the prostate (TURP) is the most common. After the patient is given anesthesia, the doctor inserts a special instrument into the urethra through the penis. With the instrument, the doctor then removes part of the prostate to lessen its obstruction.

- Transurethral incision of the prostate (TUIP) may be used when the prostate is not too enlarged. In this procedure, the doctor passes an instrument through the urethra to make one or two small cuts in the prostate.

- Open surgery is used when the prostate is very enlarged. In open surgery, the surgeon makes an incision in the abdomen or between the scrotum and the anus to remove prostate tissue.

Men should carefully weigh the risks and benefits of each of these options. The Agency for Health

Care Policy and Research has designed a booklet to help in choosing a treatment; call (800) 358-9295 and ask for their free patient guide on prostate enlargement.

Prostate Cancer

Diagnosis — To find the cause of prostate symptoms, the doctor takes a careful medical history and performs a physical exam. The physical includes a digital rectal exam, in which the doctor feels the prostate through the rectum. Hard or lumpy areas may mean that cancer is present.

Some doctors also recommend a blood test for a substance called prostate specific antigen (PSA). PSA levels may be high in men who have prostate cancer or BPH. However, the test is not always accurate. Researchers are studying changes in PSA levels over time to learn whether the test may someday be useful for early diagnosis of prostate cancer.

If a doctor suspects prostate cancer, he or she may recommend a biopsy. This is a simple surgical procedure in which a small piece of prostate tissue is removed with a needle and examined under a microscope. If the biopsy shows prostate cancer, other tests are done to determine the type of treatment needed.

Prostate Cancer Treatment

Doctors have several ways to treat prostate cancer. The choice depends on many factors, such as whether or not the cancer has spread beyond the prostate, the patient's age and general health, and how the patient feels about the treatment options and their side effects. Approaches to treatment include:

- Watchful waiting. Some men decide not to have treatment immediately if the cancer is growing slowly and not causing symptoms. Instead, they have regular checkups so they can be closely monitored by their doctor. Men who are older or have another serious illness may choose this option.

- Surgery. Removal of the entire prostate and surrounding tissues. This operation called a radical prostatectomy. In the past, impotence was a side effect for nearly all men undergoing radical prostatectomy. But now, doctors can preserve the nerves going to

the penis so that men can have erections after prostate removal.

- Incontinence, the inability to hold urine, is common for a time after radical surgery for cancer. Most men regain urinary control within several weeks. A few continue to have problems that require them to wear a device to collect urine.

- Transurethral resection. Another kind of surgery, which cuts cancer from the prostate but does not take out the entire prostate. This operation is sometimes done to relieve symptoms caused by the tumor before other treatments or in men who cannot have a radical prostatectomy.

- Radiation therapy. Uses high-energy rays to kill cancer cells and shrink tumors. It is often used when cancer cells are found in more than one area. Impotence may occur in men treated with radiation therapy.

- Hormone therapy. Uses various hormones to stop cancer cells from growing. It is used for prostate cancer that has spread to distant parts of the body. Growth of breast tissue is a common side effect of hormone therapy.

More detailed information on the pros and cons of these treatment options is available from the Cancer Information Service at (800) 422-6237; ask for the prostate cancer "PDQ for Patient."

Protecting Yourself

The best protection against prostate problems is to have regular medical checkups that include a careful prostate exam. See a doctor promptly if symptoms occur such as:

- a frequent urge to urinate,
- difficulty in urination, or
- dribbling of urine.

Regular checkups are important even for men who have had surgery for BPH. BPH surgery does not protect against prostate cancer because only part of the prostate is removed. In all cases, the sooner a doctor finds a problem, the better the chances that treatment will work.

Source: National Institute on Aging Information Center, P.O. Box 8057, Gaithersburg, MD 20898-8057. Age Page: Prostate Problems, 1994

Mammography can possibly save your life

An important trend is emerging in women's health today—more women are taking breast cancer seriously and more lives are being saved through the early detection and treatment of breast cancer.

Although the cause of breast cancer is still unknown, there is good news. If detected early through screening mammography and regular breast self-examination, the survival rate for breast

cancer is better than 90%, according to the American Cancer Society. Unfortunately, too many women disregard the possibility of breast cancer and fail to get regular screening mammograms.

A mammogram can detect a breast tumor long before you or your physician can feel it through physical breast examination...sometimes as early as two years before it can be felt by hand.

That early detection can give you a head start on getting proper medical treatment and significantly increases your chances of being cured. Treating breast cancer early can often mean less emotional and physical suffering, less surgery, and lower medical costs.

Here's more good news: Medicare Part B now pays for a screening mammogram every 12 months for women who are 40

years of age and older. Women will not have to meet their \$100 deductible for the year to have the mammogram paid for by Medicare, but they will have to pay the co-insurance. This may be paid if you have supplemental insurance or participate in a breast cancer program.

These changes became effective

See MAMMOGRAPHY, page 15

Answering questions about Medicare

QUESTION: How much will Medicare pay for outpatient physical therapy?

ANSWER: Medicare Part B helps pay for outpatient physical therapy when it is provided by a participating hospital, skilled nursing facility, home health agency, rehabilitation agency, or public health agency. The organization providing physical therapy services may only charge for any part of your annual \$100 deductible you have not yet met, 20% of the remaining-approved amount, and any non-covered services.

Medicare Part B will also help pay for physical therapy services received from a Medicare approved, independently practicing physical therapist. This type of service must be prescribed by your doctor and may be provided in the therapist's office or in your home. Medicare Part B will pay up to \$720 for this type of service per calendar year which is 80% of the approved amount of \$900.

QUESTION: Will Medicare pay for a second opinion?

ANSWER: Medicare will only pay for a second opinion when surgery is the recommended course of treatment. Your doctor is usually your best source for a referral to another doctor, but you may also contact your Medicare carrier for names and numbers of other doctors in your area who you could contact for a second opinion. Medicare Part B will also help pay for a third opinion if the first and second opinions are conflicting.

QUESTION: My doctor said she no longer accepts Medicare assignment. Can she do this? And if she can, is there any way I can continue to see this physician, pay up front, then be reimbursed by Medicare for some of the expense if I submit the claim on my own?

ANSWER: In order for your doctor to stop accepting Medicare assignments he/she has to change her/his participating agreement with Medicare. However, your physician can choose to stop accepting Medicare assignment. In such cases, if you decide to continue seeing this doctor you will be responsible for all charges even if the amount is higher than the Medicare-approved amount.

If your doctor does not accept Medicare assignment, he or she must still send your claim to Medicare for you. (Your Medicare carrier should be notified if your doctor or supplier refuses to submit a Medicare Part B claim for you). You will then receive a check directly from Medicare reimbursing you for 80% of the Medicare approved amount for the service(s) you received after your \$100 annual deductible has been met.

Even though your doctor does not accept assignment, there are

limits on the amount that your doctor can charge you for most covered services. The maximum your doctor can charge for most services is 115 percent of what Medicare allows.

QUESTION: What is a Notice of Utilization?

ANSWER: This is Medicare's way of verifying that you have received all the home health care services for which you were billed. If services are listed, but you did not receive them, you should call or write to Medicare at the number or address provided in the letter you receive. If you received all the services listed, you do not need to do anything. This Notice of Utilization does not affect your Medicare benefit.

QUESTION: I am planning a trip out of the country. If I get sick, will Medicare pay for hospital and medical services outside the United States?

ANSWER: Medicare typically does not pay for hospital or medical services provided outside the United States (Puerto Rico, the U.S. Virgin Islands, Guam, American Samoa, and the Northern Mariana Islands are considered part of the United States.) If you are planning to travel outside the United States, you may want to check with your supplemental insurance company or HMO to see if you are covered for foreign travel. If not, you may want to purchase a short-term health insurance policy for travel.

QUESTION: I recently had cataract surgery. Will Medicare pay if I need new prescription eyeglasses?

ANSWER: Medicare can help pay for cataract eyeglasses and contact lenses provided by an optometrist after cataract surgery if the optometrist is authorized to provide such services in your state.

Medicare will also help pay for intraocular lens implants. Medicare does not pay for routine eye exams and eye glasses. However, Medicare will pay for one complete set of glasses after each cataract extraction with an intraocular lens implant.

QUESTION: Who should I contact if I have questions regarding bills for doctors' services, outpatient hospital services, and other medical services and supplies?

ANSWER: Questions regarding Medicare Part B coverage should be directed to Medicare's direct toll-free number, 1-800-633-1113. Medical equipment and supply questions should be directed to 1-800-899-7095.

This article is provided through a partnership between the Nebraska Health and Human Services System and The Sunderbruch Corporation-Nebraska

Nebraska Veterans' Home System vision is 'Living Well'

Administrators and staff at each of Nebraska's four state Veterans' Homes have a vision when it comes to their members: "Living Well." That concept of making each member's life as good as it can be is reflected a variety of ways by all four homes.

• Norfolk — Everything's coming up roses...or, at least, some kind of flower, as part of a new "Eden Alternative" campaign now in progress at the Norfolk Veterans' Home.

The Eden Alternative is a program of caring and nurturing that combines veterans, children, plants and animals in an individualized environment. For example, a work-and-fun day at the Norfolk Veterans' Home allowed employees' children to come to the Home. The children assisted in planting garden areas, filling planters, potting indoor plants, erecting birdhouses and birdbaths, and mulching trees.

• Omaha — Veterans at the

Thomas Fitzgerald Veterans' Home (TFVH) in Omaha are getting a reputation as go-getters in their community. Members have gone to the Ameristar Casino, the Joslyn Art Museum, and other local businesses and restaurants, besides participating in the Camp-A-Vet program at the Nebraska Easter Seals Camp in Millford.

And, just like in Norfolk, TFVH members are "Edenizing" the facility, with the help of a combination fundraiser, craft show, garage sale, and family fun night at the local National Guard armory.

• Grand Island — Food is an important component in everyone's life and so the Grand Island Veterans' Home is anxiously anticipating funding for a new dietary facility in 1999. The project will give members a modern dietary department and allow staff to expand physical therapy into the present dining room — increasing the capacity for mem-

bers' rehabilitation.

• Scottsbluff — Institutions don't have to be boring. At least, that's what Western Nebraska Veterans' Home (WNVH) maintenance specialist Bob Todd thought. Todd created a system to change the typical "institutional look" of cinderblock walls to a painted, textured look, making each member feel much more at home.

Bells are ringing at WNVH, thanks to efforts from the local American Legion, DAV, VFW, Sons of the American Legion, Elks, VFW, AmVets and their auxiliaries. The project calls for installing a bell in the chapel area, so that the beauty of morning bells can call everyone to workshop.

If you'd like more information about any of the four Nebraska Veterans' Homes, contact your local Home or your County Veterans' Service Officer.

Mammography

Continued from page 14

on January 1, 1998. If you belong to an HMO, you are entitled to the same mammography benefits as non-HMO Medicare consumers. Contact your plan for additional information.

If you're not sure when you received your last mammogram, call your physician and find out when you should get your next one. If

you've never had a mammogram, make an appointment today.

If you would like to learn more about the importance of breast health and mammography, contact your doctor or call The Sunderbruch Corporation-Nebraska (TSCN) Medicare Consumer HelpLine at 1-800-247-3004. TSCN is a resource for Nebraska Medicare consumers through its statewide educational and advocacy activities. TSCN

provides these services free of charge to you through its contract with the Health Care Financing Administration which manages Medicare.

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Baby boomers affecting social security

By Greg Heineman

Social Security Manger in Norfolk

People are living longer and the largest group of people — 77 million baby boomers — will start retiring early in the next century. By the year 2030, there only will be about two workers for every beneficiary instead of the present approximately three workers for every beneficiary.

These are the demographic facts driving the need for change in the Social Security system. To understand their impact on Social Security, you need to understand how the program works.

The Social Security trust funds are financed today primarily by

worker contributions as a pay-as-you-go system, which means that current payroll taxes pay current benefits. At present, there are about three workers paying into the program for every beneficiary.

Because people are living longer and the 77 million baby boomers will start to retire early in the next century, the ratio of workers to retirees will fall, thereby placing an unbalanced burden on the system.

Social Security currently collects more in taxes than it pays out in benefits. The excess is held in the trust funds and is invested in special U.S. Treasury bonds. Tax income coming into the Treasury will continue to exceed the amount

of benefits being paid to beneficiaries until approximately 2013. Because the trust funds will accumulate interest, the funds will continue to grow until 2021.

At that point, the incoming receipts and interest will not be enough to cover outgoing benefits and Social Security will have to start cashing in its Treasury bonds. This will continue until 2032 when all trust funds will be depleted and the income to Social Security will pay only about three-fourths of expected benefits.

Social Security has always been a dynamic program that has adapted to the changing needs of society. Given these changing de-

mographics and the consequent need for change, it is essential that the public get involved in the current Social Security discussion.

The task before us, authorities agree, is to strengthen Social Security so that it can continue to make a difference to all Americans, both now and in the future.

For more information on how the Social Security program works today, call our toll-free number, 1-800-772-1213 and ask for the booklet, "Social Security: Basic Facts." Or you can visit Social Security Online at <http://www.ssa.gov>, the Internet website.

Social security and marriage can mix

By Greg Heineman

Social Security Manger in Norfolk

The question of marriage and Social Security crops up occasionally from elderly couples who wonder if getting married would affect their Social Security benefits. The answer, in general, is no.

If a person receives Social Security benefits on his or her own work record, marriage generally

would have no effect on the benefits. Likewise, marriage does not affect the benefits of a person receiving widow's or widower's benefits if they are age 60 or older. If a widow or widower is disabled at age 50-59, the Social Security benefits would not be affected by marriage.

However, younger person will find their benefits affected by marriage, as do most other beneficiaries whose benefits are based on

the earnings record of a retired, deceased or disabled worker.

There are some other exceptions to these general rules, and you should call Social Security to discuss your situation if it does not fall into any of the above scenarios.

Also, if your new spouse is a Social Security beneficiary, you may want to apply for a benefit on his/her record if it would be a larger than a widow (er)'s benefit.

However, you cannot get both.

Also, be sure to remember to change your name with Social Security if you change your name after you marry. Otherwise, your earnings may not be properly recorded and you may not receive all the Social Security credit due you for your work.

You can call Social Security's toll free number, 1-800-772-1213 to report a name change.

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