







# Planned—

continued from page 1A

then they will be moved to the Main Street office and remain there until Tuesday, Nov. 28, when the Silent Auction will end at 7:30 p.m. A reception will be held there from 5 p.m. until the auction is completed and the buyers can take their wreaths with them.

Also, on Tuesday, Nov. 28 from 5 to 5:30 p.m., the official lighting of the Main Street Community Christmas tree will be held in the parking lot of the First National Bank Drive Up Bank at Seventh and Main Street. Christmas carols will be sung. This is also the projected date for the opening of the Charlie Brown Christmas Park in downtown Wayne.

On Thursday, Dec. 7 the Parade of Lights will be held at 7 p.m. in downtown Wayne. This will be followed by Living Windows at 7:30 p.m. for one hour. Any individuals, groups, families, school classes, church groups, organizations and businesses who want to participate in the Festival of Wreaths, Parade of Lights, Living Windows displays, the Charlie Brown Christmas Park and in carolling in downtown are urged to call the Main Street office at (402) 375-5062 for more information.



## Preparing for the Gala

Area groups and organizations have begun decorating the Wayne County Museum in preparation for the Winter Wonderland Christmas Gala. The fund-raising event will be held Saturday, Nov. 25, beginning at 6 p.m. at the Museum. Tickets are \$15 each or \$30 per couple and may be obtained from members of the Friends of the Wayne County Museum or by contacting Paula Schwarten at (402) 375-2525.

# Invited—

continued from page 1A

supper from 5 to 7 on Thursday evening.

The trees will be open for viewing again on Friday morning for the Chamber coffee and a performance by the third and fourth grades of Wayne Elementary School. Fifth grade students from Wayne Middle School will sing at 12:45 p.m. on Friday. St. Mary's Church will host a bake sale. Pictures with Santa will be available on both evenings. Piano students will perform on Friday evening.

Space is limited for entries. Confirmation of participation would be greatly appreciated by Tuesday, Nov. 21.

For entry forms or more information, please contact Sandra Metz at 375-7288 or the Chamber office at 375-2240.

## WSC Madrigal Christmas Feaste tickets on sale

Tickets are on sale for the upcoming Madrigal Christmas Feastes presented by the Wayne State College madrigal singers on Dec. 1 and 2.

The on-campus dinners/performances will be held in the Frey Conference Suite in the WSC student center, on Friday, Dec. 1 at 7 p.m. and on Saturday, Dec. 2 at 5 p.m.

The 14-member group, clad in sixteenth-century attire, will transport audiences back to Renaissance England under the rule of Queen Elizabeth I.

Included in the evening's festivities are a traditional Elizabethan Feaste, including prime rib with all the trimmings, bread, salad, the wassail drink, and flaming dessert.

During the feaste, the audience will be treated to singing, poetry, and comedy (complete with a court jester) by the madrigal singers.

The madrigal singers have given more than 230 performances in their 29-year history, both in the United States and abroad. They have performed in the Westminster Cathedral in London, the Notre Dame Cathedral in Paris, the Pantheon and St. Peter's Basilica in Rome, and the Kremlin and Pavlovsk Palace in Russia last spring. They are under the direction of Dr. Ron Lofgren.

Tickets for the Madrigal Christmas Feastes are \$17 per person. To order, call Virginia Backstrom in the WSC Fine Arts Division office at 402-375-7359.

Group discounts are available.



Madrigal singers include first row from left: Eric Stottlemire of Sioux Falls, S.D.; Valerie Watkins of Hubbard; Donny Short of Cherokee, Iowa; Mindy Orke of Sioux Falls, S.D.; Tony Severson of Omaha and Stephanie Peterson of Bellevue. Second Row: Molly Peters of LeMars, Iowa; Aaron Ziegelbein of McCook; Rochelle Kai of Pender; Phillip Nelson of Maskell; Gretchen Murphy of Norfolk; Angie Thies of Ute, Iowa and Dr. Ron Lofgren, director. Not pictured is Gage Beza of Pender.

## Council—

continued from page 1A

Councilman Will Wiseman said that the sidewalks are not the same distance from the street along parts of the highway and that the problem is especially evident on East Seventh Street.

"We are having to try to patch up something that we didn't create. We don't have a solution."

In other action, the council approved the application of Brian Preston to membership in the Wayne Volunteer Fire Department.

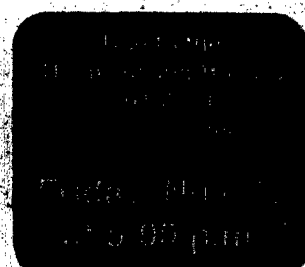
Following a public hearing, the council voted 7-1 to approve a Wayne Revolving Loan Fund application from Paul Lindner of Lindner Construction.

The loan of \$30,500 at five percent interest for 10 years would be used to gut the building north of the present Lindner Construction to create more space for his business.

Councilman Verdel Lutt questioned the amount of money being loaned to Lindner due to the fact that he had problems with code violations in other situations.

Lindner told the council that the code violations were a different problem with a different business and making a comparison of the two was unfair.

Lindner will receive the money as the project is completed, after he submits bills for work done.



# WAYNE FIREMAN'S DANCE

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### \$5.00 minimum donation at door

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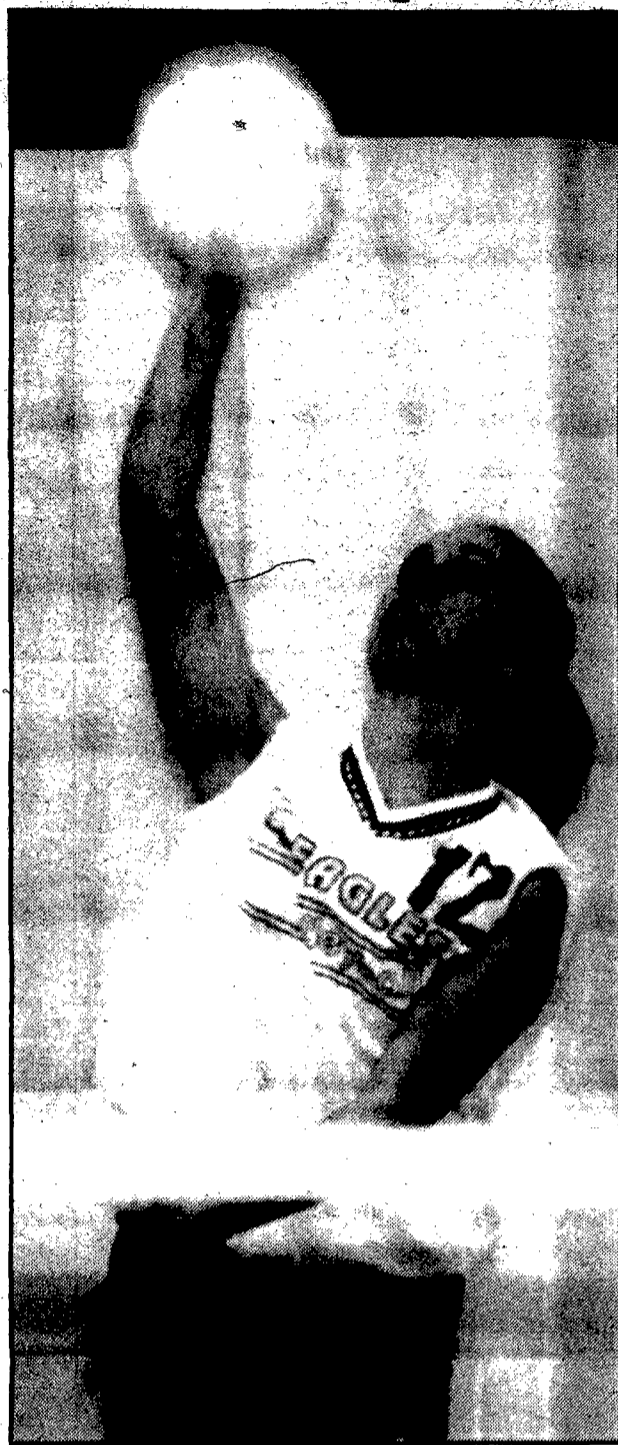
Proceeds will go toward purchase of equipment





Eagles end year at 20-6 with loss to Loup County

# Allen drops state tourney tilt



Danielle Bertrand serves the ball during Allen's match with Loup County at the State Volleyball Tournament.

The Allen Eagles volleyball team fell in the first round of the Class D-2 State Volleyball Tournament last Friday at Lincoln Christian High School.

Denise Hingst's team was defeated by Taylor Loup County, 15-6, 15-8.

Taylor was led by 6-2 senior Samantha Harvey who will be playing collegiate volleyball next fall for Texas Tech of the Big 12.

"We were intimidated by their big hitters," Hingst said. "We had a few good hits and a couple ace blocks but we just couldn't get into the match."

Hingst said her 20-6 squad suffered a number of communication mistakes which led to net violations and missed serves.

"Our serve receive was off so it

was difficult to get into our quick offense," Hingst said. "Loup County was a very good team but we didn't get a chance to show them our ability to play the game."

Michelle Marks paced Allen with seven kill spikes on a perfect 17-17 attempts while Angela Prochaska was 14-17 in hitting with five kills to go along with four digs and a block and 8-8 in serving.

Alicia Liebsch was 7-7 in serving with two aces and was 16-19 in attacks with five kills while Elizabeth Bock was 14-15 in attacks with four kills while leading the team on defense with six digs.

Melissa Wilmes was 8-9 in serving and had three digs on defense while recording 21 set assists and Danielle Bertrand was 3-4 in serving with two aces along with five digs, a block and one kill spike.

## Wayne State signs five women players

Five high school standouts signed national letters of intent to attend Wayne State College and play women's basketball, WSC head coach Ryun Williams announced.

The high school players who signed with the Wildcats include Dodie Martin of Johnson, Kan., Kinzey Larter of Grand Forks, N.D., Kim Hefner of Gillette, Wyo., Kari Torgerson of Cold Spring, Minn., and Jacquelyn Bartz of Rochester, Minn.

The five players signed letters of intent on the first day of the early signing period, which runs until Nov. 15.

Martin a 5-6 guard will transfer from Otero Junior College in La Junta, Colorado. A graduate of Stanton County High School in Johnson, Kansas, where Martin was a four-year starter in basketball. Martin was First Team All-State during senior season and second team all-state during sophomore and junior campaigns. She also received first team accolades from the Wichita Eagle and Topeka Capital newspapers.

"Dodie is just a big-time competitor and is a proven champion," says coach Williams. "She will add an extreme amount of intensity and experience to our program on both ends of the floor."

During Martin's senior season at Stanton County she averaged 17.5 points per game, 5.0 assists per game and connected on 43.4 per-

cent from the three-point line. She also averaged 6.0 rebounds per game and 4.0 steals per game.

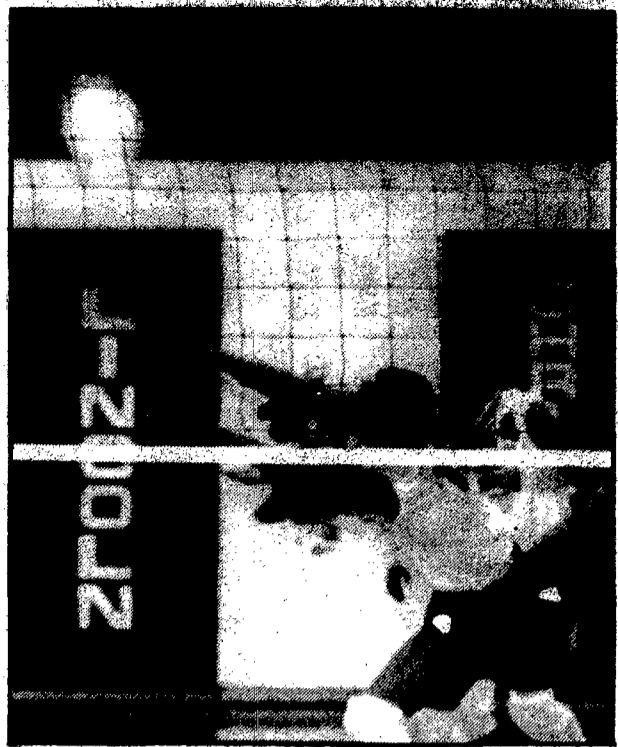
Martin was a four-time individual state champion cross-country runner, while also compiling nine individual state gold medals in track. She was also a member of back-to-back cross-country state champion teams.

Williams adds, "Her ability to play either the point or the off guard positions will add definite versatility to our perimeter. We look for Dodie to step in and be an immediate impact."

Torgerson is a 6-foot-2 center from Rocori High School in Cold Spring, Minnesota. Torgerson, a three-year starter, averaged 9.9 points per game and 8.7 rebounds per game during her junior season. She was also an all-conference selection as a junior.

"We are very excited to have Kari

See RECRUITS, Page 3B



The Eagles use a free ball to keep the ball in play during the State match with Loup County.



Angela Prochaska and Alicia Liebsch team up to try and block a Loup County spike attempt.



The Allen volleyball team advanced to the State Volleyball Tournament with a district championship over Prague.



### Loyal fans...

Many seniors from the Wayne High football team made a special surprise presentation on Oct. 31. They presented T-shirts to The Oaks' athletic fans Minnie Rice and Marlan Jordan. The front of the royal blue shirts are emblazoned with "WHS SPORTS FAN" while the back lists their last name and room number in assisted living. The two ladies avidly listen to Wayne High and Wayne State College sports events broadcast on KTCH Radio. Pictured in the back row from left: Trevor Wright, Jason Rethwisch, Chris Woehler, Joe Dangberg, Ethan Mann, Lynn Junck and Sam Kinnett. Front: Jason Belermann, Minnie Rice, Marlan Jordan and Danny Roerber.

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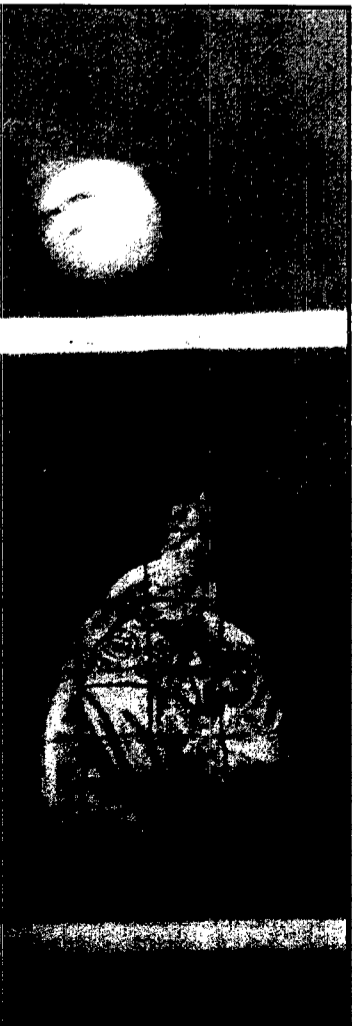
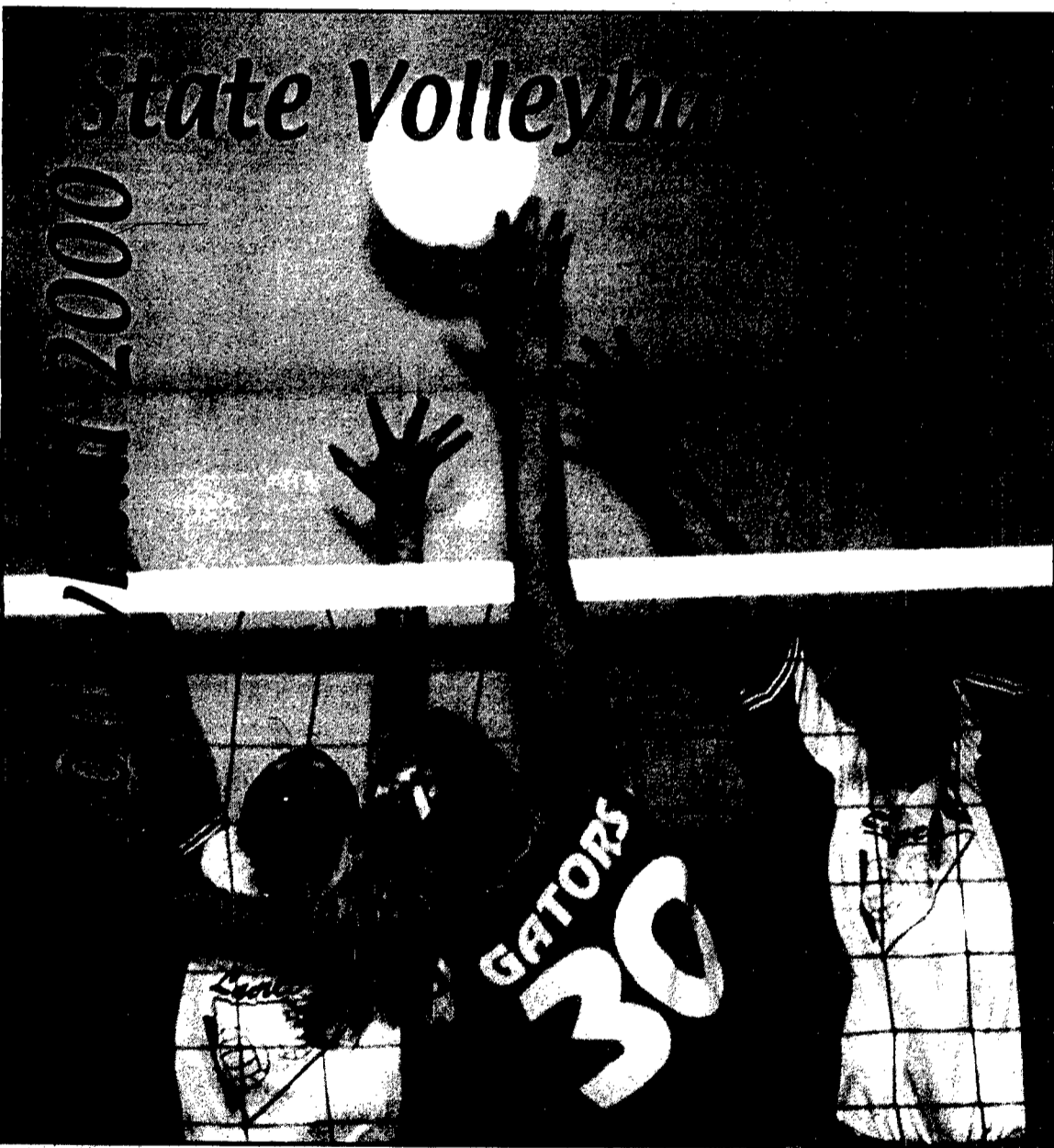
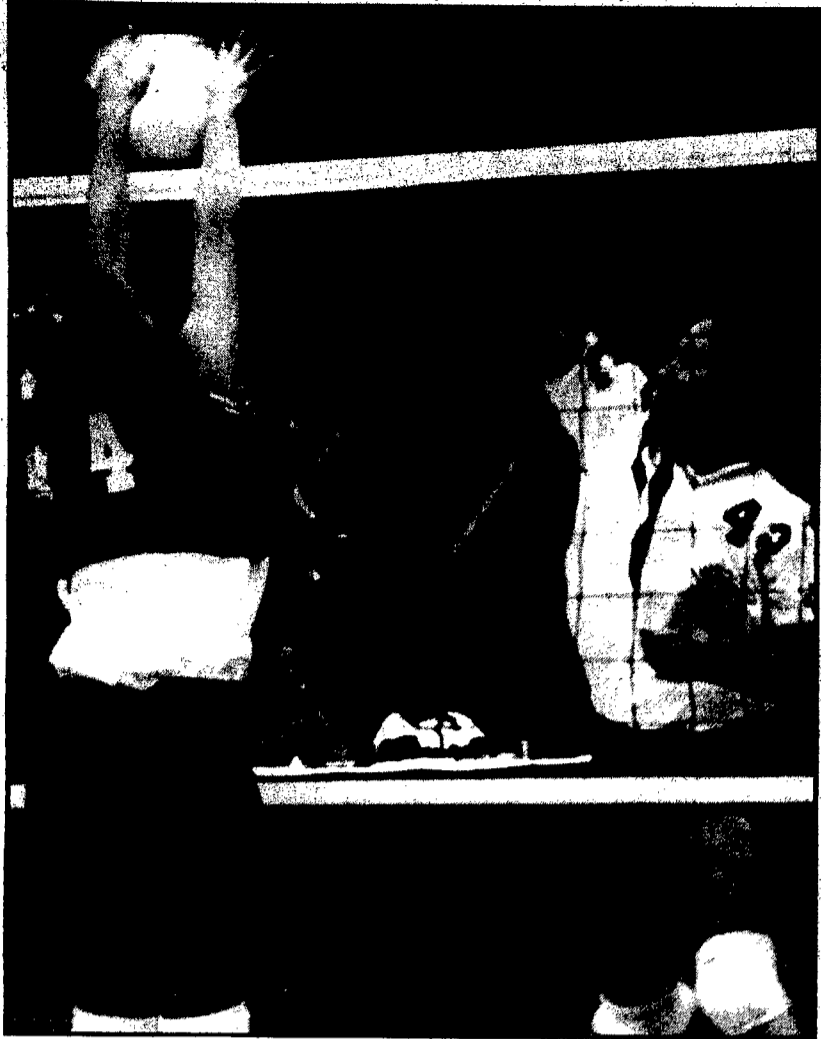
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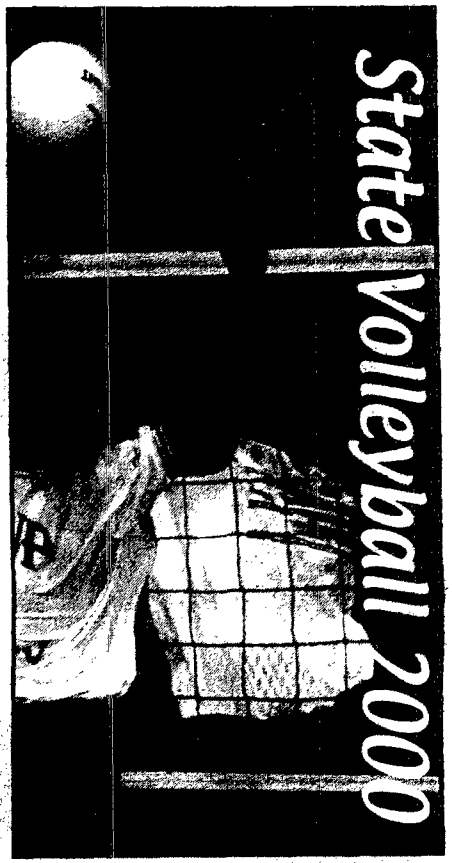
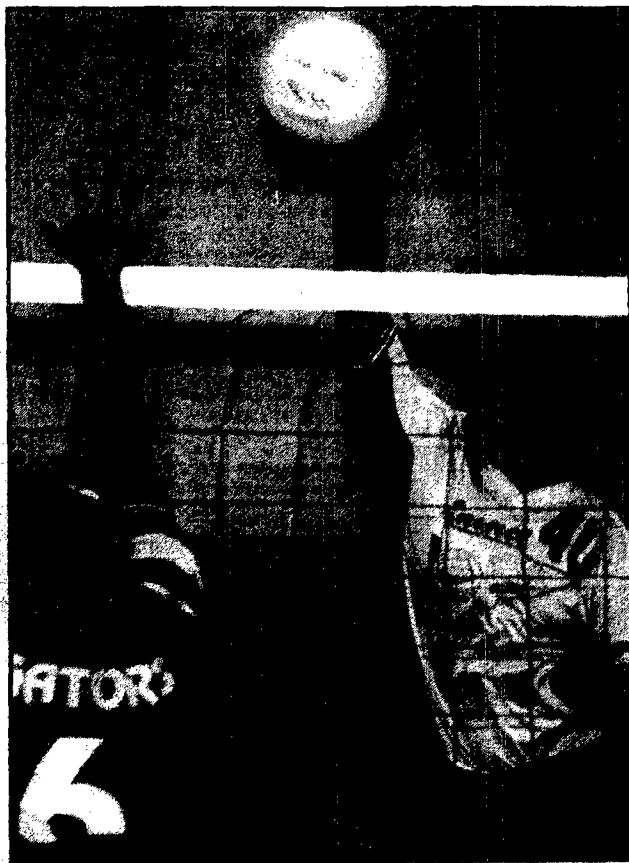
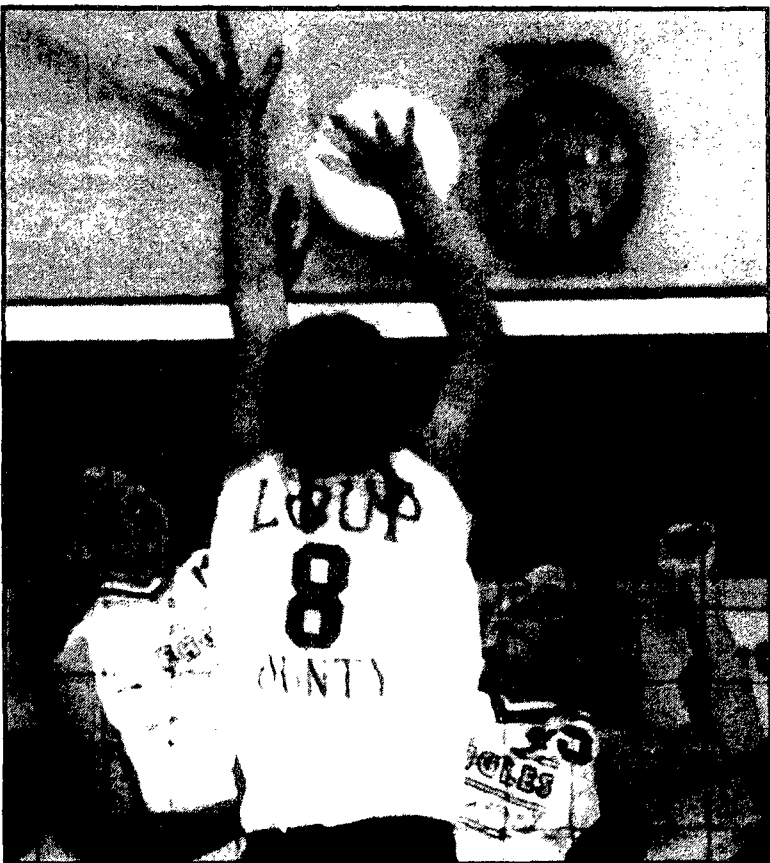
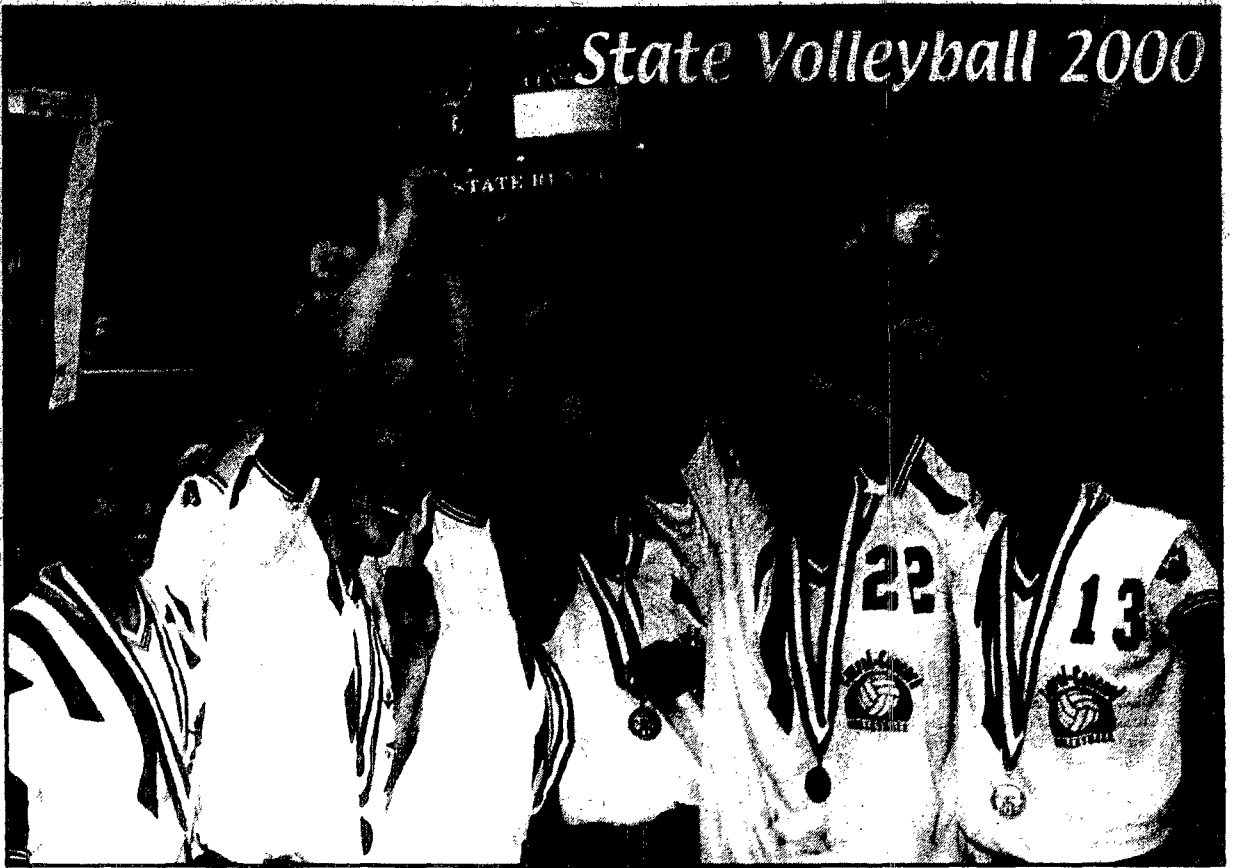
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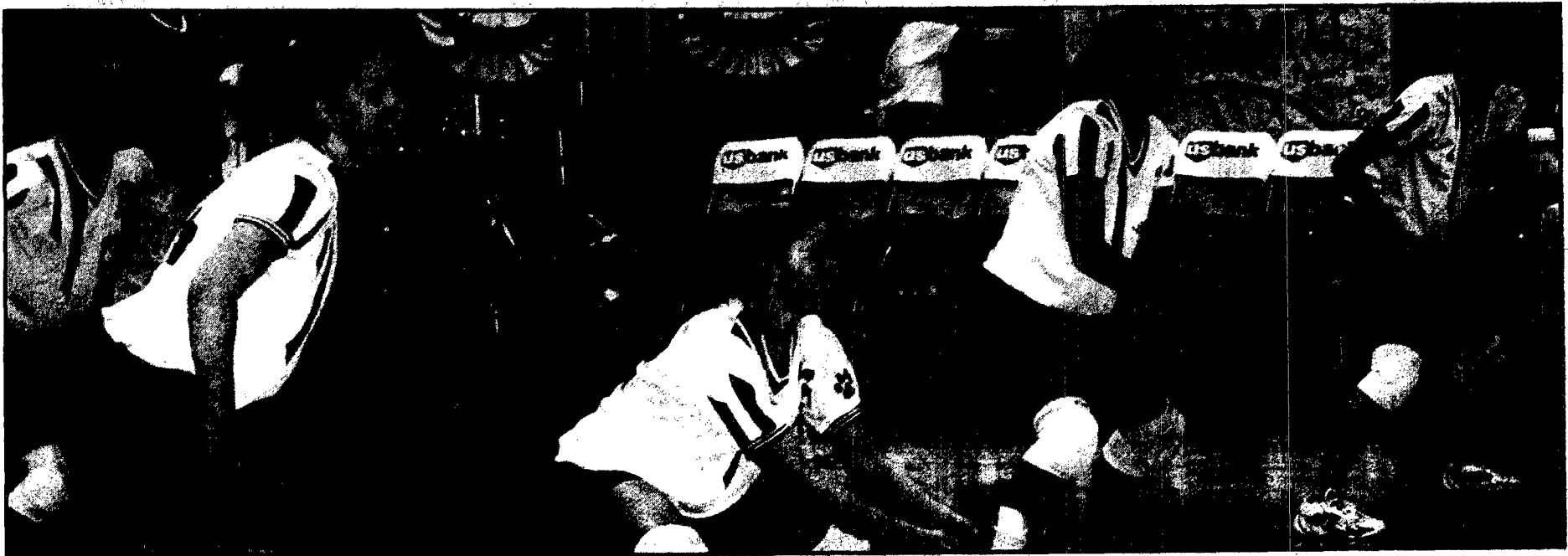




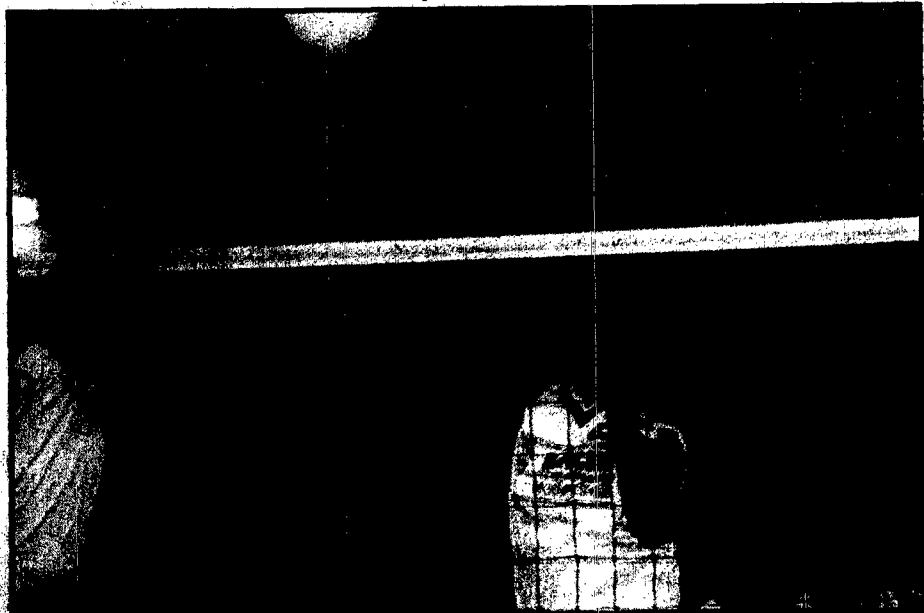
# State Volleyball 2000



# State Volleyball 2000



# State Volleyball 2000



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# Wayne State women will tip off season at Tri-State Classic

By Kevin Peterson  
 Of the Herald

The Wayne State women's basketball team will tip off the season on Friday night in Aberdeen, S.D. as part of the new Tri-State Classic. Ryun Williams' team will play South Dakota at 6 p.m. and Morningside at 6 p.m. on Saturday. Williams enters his third season at the helm of the 'Cats and visions of not only a conference championship, but a 20-plus win season are dancing in the heads of the Wildcats—but a lot of work needs to be completed before March if that is to happen. Last year's squad finished at 19-9 and lost in the NSIC semifinals to eventual champs Minnesota-Duluth in the first year of NSIC play. The cupboard is far from bare for WSC as nearly the entire team returns this year.

Ami Pendry is the lone senior that was lost to graduation and Katie Sperling decided not to return to this year's team. BACK HOWEVER, is the nation's most successful three-point artist in Krista Bernadt. The senior from Hebron led not

## WSC ends the volleyball year just under .500

The Wayne State volleyball team ended the season with a 16-17 record after a weekend split with Minnesota-Duluth and Bemidji State. Sharon Vanis' team won the season-ending match at Bemidji State in straight games, 16-14, 16-14, 15-7.

"I thought we played well against Bemidji State," Vanis said. "We showed some composure when we were down in the first game and came back to win. This is a good way to end the year." Rayna Nelsen paced the winners with 13 kill spikes, six blocks, 10 digs and three service aces. Lindsey Koch added 11 kills and 10 digs and Jesse Erwin had eight kills and match-high 28 digs. Kyla Batten finished with 17 digs and Kasey Meyer netted 38 set assists.

WSC finished at 11-7 in NSIC play and finished fourth in the conference standings.

Minnesota State-Moorhead won the league title at 17-1 with Minnesota-Duluth placing second at 16-2. Southwest State was third at 13-5 with WSC tying Northern State with 11-7 records.

Junior Lindsey Koch and sophomore Rayna Nelsen were named to the NSIC All-Conference Team.

Koch became just the second player in WSC history to ever record 400-plus kills and 500 digs in the same season.

only NCAA Division II last season in accuracy but also NCAA Division I as well.

Bernadt is one of four returning starters. She averaged 15.5 points per game and was successful on more than 55 percent of her three-point attempts.

Joining Bernadt in the back court is second leading scorer Sara Miller who averaged nearly 14 points per game.

Miller, a senior spent her first two collegiate seasons at Sheridan Junior College—coached by Ryun Williams her first year. She was an All-American pick her sophomore year. Miller led WSC with 74, three-pointers last season.

Sophomore Karen Hochstein returns to the lineup after an impressive freshman campaign that netted her the newcomer of the year award in the NSIC.

A versatile player, Hochstein can play virtually any position for Williams.

She averaged 13.4 points a game last season and 7.4 rebounds a game for team tops.

Kristene Strait will get the nod at Forward after starting 22 of 28 games a year ago, averaging just

under two points per contest and Tracy Williamson will be looking to start at the other guard spot in her sophomore season.

Williamson averaged just under nine points per game last season. She will be battled by Christi Williams, a juco transfer from Kirkwood Community College in Iowa.

Maranda Radke returns for her senior campaign after averaging about six points per game at the center position a year ago and Sarah Haag, a sophomore who played in 21 games last season will also look to add depth at the center and forward positions.

"We have a lot of talent and we're looking forward to getting the season started," Williams said. "We think picking up Christi Williams was a valuable acquisition for us. She's very athletic and can be an explosive player for us."

"We also think Beth Nelson will be a valuable asset at the post position as well as the number four spot," Williams added. "She's also extremely athletic and a good shot blocker."

Some of the other key newcomers for WSC include Nicole Gesell, Katie Johnson and Rochelle Sohl.

"Our girls realize we have the making of a special year," Williams said. "However, our first two games this weekend will definitely put us to the test."

"I honestly believe we have the talent to beat anyone but that also goes vice-versa. We can be beat any given night as well. We have to focus on each contest and accomplish our goals."

Williams said he believes his squad possesses intelligence, experience and balance.

"We need to stay healthy and play each game with a sense of urgency," Williams added. "This year's team will be similar to last year's but we'll have more depth at the post position. Rochelle Sohl is a big, strong player that will be hard to defend. She averaged almost 22 points a game and 11 boards a game last year at Plattsmouth High School."

Williams said it has taken a little time to get things in tune but he feels at this point of the season, his team is further ahead of where they were a year ago.

The 'Cats first home game is slated for Tuesday (21st) against Sioux Falls College at 7 p.m. in the friendly confines of Rice Auditorium.

## Buying hay calls for extra caution

As producers continue to look for outside hay sources, Nebraska's assistant agriculture director offers a warning: Look with caution.

This year's drought prompted producers to buy feed from sources they normally wouldn't use, and that could lead to another drought-inspired problem -- weed contamination.

"I encourage all producers, if possible, to know the source of their hay," said Greg Ibach, assistant director of the Nebraska Department of Agriculture (NDA). "It is important they have a good weed control program to mitigate the growth and spread of weeds."

Producers are encouraged to purchase certified noxious weed-free forage. Nebraska voluntarily participates in a regional certification of weed-free hay, which checks for 53 possible weeds including the seven weeds designated as noxious in Nebraska. Ibach said paperwork should accompany any purchased certified hay.

Producers who use hay from unknown sources should monitor their feed areas for any new or unknown plants. If unfamiliar plants appear, producers should contact their county weed superintendents to determine whether problems will arise.

"Even if it is not a Nebraska noxious weed, it may warrant some attention," said Mitch Coffin, noxious weed program manager for NDA.

Producers still looking for hay are encouraged to view NDA's hay hotline seller's list on the department's web site at [www.agr.state.us](http://www.agr.state.us) or call the hotline at 1-800-422-6692.

Ibach said despite this caution, producers should be grateful for those offering available forage.

"Many producers from across the country have stepped in and provided some much needed relief to our own producers and we are extremely thankful."



## Pigskin winners

Only three girls competed in the Punt, Pass & Kick competition held by the Wayne Optimist Club and each was awarded a first place ribbon in their respective age groups. Pictured from left is Blair Sommerfeld of Wakefield (12-13), Cindy Von Fange, Wayne Optimist Club event organizer, McKenzie Sommerfeld of Wakefield (8-9) and Samantha Dunksler of Wayne (10-11).



The 12-13 year-old winners of the Punt, Pass & Kick included from left: Jarrod Henderson of Laurel, Fange, Justin Tullberg of Winside, Dewey Bowers of Winside and Blair Sommerfeld of Wakefield.



Age group winners of the Punt, Pass & Kick Competition included from left: Drew Workman of Wayne (10); Jordan Barry of Wayne (8); Zac Braun of Wayne (9).

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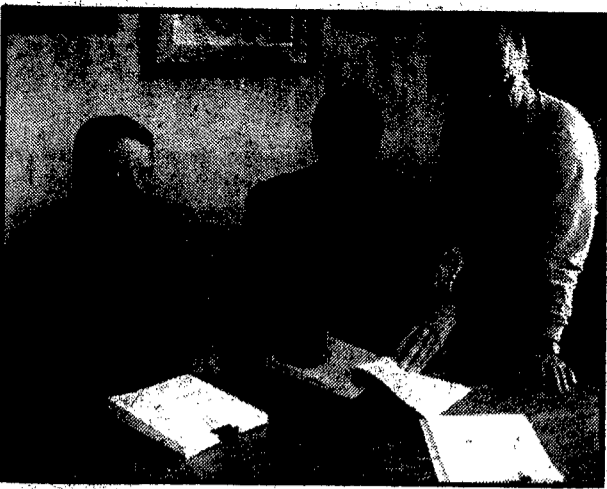
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**Tues. Night Dance 8-1**  
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**Thursday Night Dance in the Convention Center**  
 WSC Scholarship-Benefit Dance in memory of Amy Stahlecker  
**3 Bands for \$5 Snap Jaw**  
**3 Day Meat Sale**  
**The Labels**

**Poetry Slam** Thursday in the Pub  
 7-11 pm



**It's official**

Donald R. Larsen, center, President of the Board of Directors for Northeast Nebraska Public Power District, signed documents finalizing the realignment of NENPPD's service area on Nov. 8 at the utility's office in Wayne. Board Secretary Dan Loberg, left, attested the signing. The Nebraska Power Review Board approved the transfer of customers on Oct. 27. If all goes as planned, NENPPD will gain about 2,400 customers in 14 towns and villages formerly served by Nebraska Public Power District. Those towns include Allen, Dixon, Concord, Hoskins, Hubbard, Jackson, Martinsburg, Maskell, McLean, Newcastle, Obert, Osmond, Ponca, and Waterbury. In return, NENPPD will surrender about a small pocket of its current service territory near South Sioux City to Nebraska Public Power District. Ron Hitch, NPPD Retail Strategic Plans Manager, oversees the signing.

**Allen High School releases honor roll**

The list of students named to the honor roll for the first quarter of the 2000-2001 school year at Allen Consolidated Schools has been released.

Those named to the all "A" Honor Roll include:

**Seniors** - Danielle Bertrand, Micky Oldenkamp and Melissa Wilmes.

**Juniors** - Elizabeth Bock, Brett Keitges, and Andrea Swetnam.

**Sophomores** - Lacey Knudsen and Angela Sullivan.

**Freshmen** - Kelli Rastede and Corey Uldrich.

**Grade 8** - Lindsay Swetnam.

**Grade 7** - Vicky Green.

Those named to the honor roll include:

**Seniors** - Alicia Liebsch.

**Juniors** - Anna Basener, Leslie Book, Bryan Gotch, Katie Koester, Kyle Oswald, Angela Prochaska, Jeffery Robinson, Philipp Schuster, Nicole Sievers, and David Stallbaum.

**Sophomores** - Jessica Bupp, Amber Popovitz, and Christina Reynolds.

**Freshmen** - Cody Gensler, Andrea Liebsch, and Anthony Wilmes.

**Grade 8** - Ryan Book, Diana Diediker, Codi Isom, David Rastede, Alyssa Uldich, and Shannon Woodward.

**Grade 7** - Samantha Bock, Erin Keitges, Alissa Koester, Carie O'Quinn, Chad Oswald, and Carla Rastede.

Those receiving honorable mention included seniors Jennifer Smith and Sarah Sweeney and freshman Brittany Klemme.

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**Jennifer Smith named to Who's Who for second time**

Jennifer Smith, a senior at Allen Consolidated Schools, has been Who Among High School Students for a second consecutive year.



Jennifer Smith selected for publication in Who's Who

Less than one percent of all high school students are honored in consecutive editions of Who's Who.

Jennifer is actively involved in varsity volleyball, basketball, track, band, the band's flag corp, FFA, A-Club and National Honor Society. She is an officer of the FFA chapter, band, National Honor Society and the senior class. She is an honor roll student.

Miss Smith belongs to Grace Lutheran Church in Wayne and the LYF youth group. She is the president of the Pleasure and Profit 4-H club where she has been a member for nine years.

Jennifer is the daughter of Rick and Joy Smith of Allen. Her grandparents are Forrest and Norma Smith of Allen and Lowell and Marilyn Rethwisch of Wayne.



**Main Street donation**

Kevin Hoffart, left, of the Bank of Norfolk Wayne Branch, presents a \$750 donation to Leo Ahmann of Main Street Wayne. This contribution is in support of the Main Street Wayne organization's annual fund drive and will be used in upcoming promotions and activities supporting the Wayne community.

**Assistance is available from Kiewit Foundation to improve playgrounds**

The Peter Kiewit Foundation in Omaha has announced that it is renewing the grant program it initiated six years ago to assist rural communities in Nebraska to improve public playgrounds and equipment.

The Trustees of the Foundation have allocated \$400,000 of grant funding for the year 2001 to help local groups replace existing unsafe and obsolete public playground equipment or to create new public playgrounds. This allocation will expire after the 2001 funding cycle is completed.

The grants awarded under this program are separate from the regular grantmaking activities of the Peter Kiewit Foundation and are intended to encourage community-based efforts to improve recreation opportunities for children and to promote their healthy growth and development.

Since the program's inception in 1994, the Foundation has awarded 167 playground grants totaling \$1,365,533 to 142 communities across Nebraska. In turn, the program has helped recipient communities leverage an additional \$3.4 million in local matching funds to complete their respective projects.

Grant application materials for the 2001 program are available upon request from the Foundation office in Omaha. The deadline to submit completed applications is March 1, 2001. Winners will be announced in June for project completion no later than June 2002.

Applications may be requested in writing or by phone. Questions about the grant program should also be directed to the Foundation office. Please contact: Peter Kiewit Foundation; 8805 Indian Hills Drive, Suite 225; Omaha, NE 68114; phone: (402) 344-7890

All grants awarded under this program are matching and/or challenge grants, requiring a minimum of equal matching funds from the applicant communities and organizations. Communities may raise additional funds beyond this matching requirement and in some cases may be required to do so. No grant will exceed \$15,000. Preference will be given to proposals that demonstrate community participation in planning, product selection, funding, site preparation and installa-

tion. Grants will be awarded only to projects accessible to the general public and which will be located on land owned publicly or by a charitable tax-exempt organization.

All municipalities and non-profit organizations in Nebraska, classified under IRS Section 501 (c) (3), may apply for the grant except those located within metropolitan Omaha or Lincoln. These two communities and their immediate suburban communities, are not eligible for this assistance.

"Many Nebraska communities have used this grant program for the benefit of their youngsters," said Lynn Wallin, Ziegenbein, Executive Director of the Foundation. "There continues to be a high level of local interest in improving the quality of public playground facilities in Nebraska. We hope that the renewal of this grant program will help interested, eligible groups to develop these recreational assets in their towns for the long-term benefit of all the children who live there."

(The Peter Kiewit Foundation is a private, independent philanthropic trust created from the estate of the late Omahan, Peter Kiewit. It is the largest private foundation in Nebraska. The Peter Kiewit Foundation is not connected legally or administratively with the operating companies which also bear Mr. Kiewit's name.)

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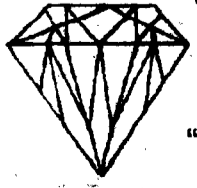
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**"Houston - We Have a Problem"**

The Diamond Center has again partnered with the Wayne County Food Pantry to gather food and paper products so we can help everyone have a Merry Christmas. The items most needed are canned fruits, pasta, canned meats, paper products, macaroni and cheese, cake mixes, baby products, coffee and hot & cold cereals.

Bring in up to 5 items from Nov. 10th to Dec. 24th and receive 5% off on each item. This means that if you bring in 5 items, you can receive up to 25% off on anything you want to purchase. All donations will be accepted without making a purchase.



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# Students participate in project

Two Wayne students Joel Munson and Ashley Walton were among 38 Wayne State College students who participated in a plaster life casting/mask making project in an introduction to visual arts course.

Munson is a freshman. He is active in golf and intramurals at WSC and is the son of Terry and Darla Munson. Walton is also a freshman and is the daughter of Darrel and Elizabeth Walton.

The class included a majority of freshmen who worked in groups and indicated their perceptions of art were changed through this project.

Making plaster life casts from the faces of their classmates, students made clay masks and incorporated leaves, branches, grass, twine and other natural materials. The group placed 75 masks in the trees on campus.

Lila Preston of Laurel was also a local student involved in the project.

For more information, please call

the WSC Fine Arts Division office at (402) 375-7359.



Wayne State College art students who were involved in the mask-making project within the class taught by Kerl Hess included: First row (sitting) left to right: Ashley Walton, Amanda Miller, Jose Lemus, Laura Brown, Katie Wadzinski, Jamie Sitzmann and Robin Blessen. Second row (kneeling) left to right: Andrew Hopmann, Erin Nielson, Jenny Farmer, Anne Paulsen, Sarah Gunderson, Andrea Bartak, Yvonne Buoy, Brooke Anderson and Doran Hadan Third row (standing) left to right: Katie Diesterhaupt, Lila Preston, Brad Schaer, Willie (Wilma) Jamison, Pam Carlson, Joel Munson, Karl Conway, Julie Mills, Travis Wockman, Phil Gengler, Tony Eckhard, Travis Harrison, Nick Schulte Not pictured are: Richard Flynn, Raina Harrison, Kandil Holmes, Christopher Johnson, Cassie Kalkowski, William Kell, Erika Mather, Shanda Miner and Eric Smidt.



WSC graduate assistant Kerl Hess places masks made by students in trees near Heritage Plaza on campus. The masks were a temporary art form and have been dissolved by the weather.

"The social commentary of the work perhaps has been best expressed by the students," said WSC graduate assistant Kerl Hess.

Working in small groups, the students reflected on their project through discussion and answered questions about their perceptions which included:

The masks were not fired and are not permanent. Students said the weather and time will change the faces just like in real life; through time we all go through changes. Art is not always permanent, however the students said they have learned that the feeling art rejuvenates to the viewer is all that matters. They said they felt the project represents how people are changing without realizing it sometimes.

"We feel that seeing our faces in the trees makes us a part of the campus. We learned to work as a group. Everyone's opinions were valued."

"Like the materials of the organic mask, so are we dust to dust. We ourselves are works of art to be looked upon and remembered."

## Plains Writers series features young writers at college

Wayne State College will host two poets on Thursday, Nov. 16 at 4 p.m. in the humanities building lounge on campus. Poets Jennifer Tonge of West Valley, Utah and Matt Mason of Omaha will read from their works during a presentation of the Plains Writers Series. The public is invited. There is no admission charge.

The Plains Writers Series is dedicated to introducing students and others to contemporary literature of the highest caliber through the voices and presence of the writers themselves and to supporting writers by enlarging their readership.

The Division of Humanities of Wayne State College initiated the Plains Writers Series in 1977 with a reading by poet Don Jones. Since that time, the Series has hosted readings by dozens of poets, essayists, novelists and writers of short fiction on the Wayne State campus and, in cooperation with other colleges and universities throughout the state, often with the financial support of the National Endowment for the Arts.

For more information, please call (402) 375-7394.

## Rethwisch chosen as student of the month

Jesse Rethwisch of Wayne was recently selected as "Student of the Quarter" for the Diesel Technology Program at Southeast Community College Milford Campus.

The intent of this award is to recognize and honor those students who make an effort to excel academically and to improve their job skills while attending SCC-Milford Campus.

Students receiving this honor must have a grade point average of 3.0 or higher (on a 4.0 scale). Job skills evaluation includes the following criteria:

- \*good attitude toward staff, peers, and the college;
- \*good attendance;
- \*quality work; and
- \*ability to work as a team member.

## Local assists with theatre production

The Doane College Theatre Department will present Tom Griffin's "The Boys Next Door," this weekend in the Heckman Auditorium.

Among those involved in the production is Natalie Shear, daughter of Philip and Julia Shear of Wayne, a freshman at Doane.

"The Boys Next door is a play focusing on the lives of four socially challenged men, who live in a communal residence under the watchful eye of a sincere, but increasingly "burned out" social worker. Filled with humor, the play is also marked by compassion and understanding.

## Sievers is member of Jazz Hawks

Sonya Sievers, daughter of Loren and Martha Sievers of Winside has been chosen to be on the Jazz Hawks at Northeast Community College in Norfolk.

The Jazz Hawks are a select group of young women who provide enthusiasm and school spirit during



Sonya Sievers

their dance and cheerleading performances at Northeast basketball games. In addition to their game performances, the Jazz Hawks are also involved in numerous campus and community events.

The Jazz Hawks are selected through try-outs.

Sievers is a graduate of Winside Public Schools and is a sophomore liberal arts major at Northeast Community College.

## Briefly Speaking

### Central Social Club discusses Thanksgiving

AREA — The Central Social Club met Nov. 7 with Verna Mae Creamer. She opened the meeting by reading "Happiest Days," "In Flanders Fields" and "Answer to Flanders Fields."

Roll call was answered with a Thanksgiving memory. Mildred Larsen of the Wayne Care Centre was chosen to be remembered with a gift at Christmas time. A \$10 monetary gift will be given to the food pantry.

Cards were played with hostess gifts going to Lillian Granquist and Leora Austin.

The next meeting will be a Christmas party at 6 p.m. on Dec. 5.

New Millennium • New Doctors • New Products & Services • New Patients Welcome

## "My Vision Was Very Yellow Before Surgery; Now It's Quite Clear."

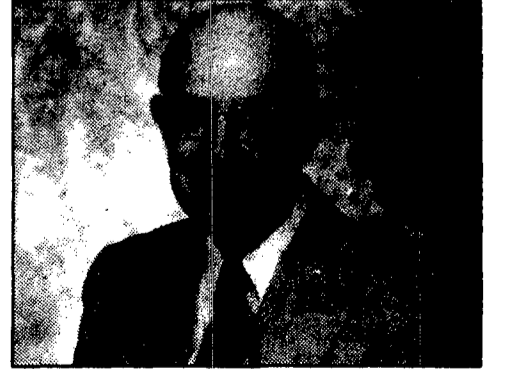
Clyde Underwood had Cataracts

"Dr. Feidler has been my eye doctor since he came to town. He's been very good as far as I'm concerned.

My sight was pretty dim, circles around lights, that sort of thing. My wife had both eyes done so I wasn't afraid of it.

It was so simple. It was only about two hours and I was home again. I did have to have a laser treatment on it but that's pretty common.

My vision was very yellow before surgery; now it's quite clear."



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# Turbines offer alternative energy source

According to the Nebraska Public Power District in Columbus, six utilities in Nebraska are working together to bring renewable energy to the state. Two wind turbines were constructed near Springview, in northern Nebraska, to help demonstrate the effectiveness of wind-generated power. The participating utilities include:

- \*Nebraska Public Power District
- \*KBR Rural Public Power District
- \*Lincoln Electric System
- \*NMPP Energy
- \*City of Grand Island
- \*City of Auburn

Funding assistance was also provided by the Electric Power Research Institute's (EPRI) Tailored Collaboration program and the U.S. Department of Energy (DOE) National Renewable Energy Laboratory, through the DOE-EPRI Wind Turbine Verification Program.

The two turbines, operational since October 1998, are capable of generating 750 kilowatts each. With the help of backup generation, the wind turbines serve the needs of 350 homes, and contribute approximately 40 percent of the energy

requirements for Keya Paha County, where they are located.

Selection of the site near Springview was based on site characteristics and wind monitoring studies performed by the Nebraska Power Association. Acquisition of land and wind rights, completion of environmental studies, permitting and site-specific wind monitoring all had to take place before the project could begin.

The intent of the project is to gain experience with new wind technologies by determining efficiency and reliability through monitoring of electric generation.

Recent energy power output of the two wind turbines at Springview through the end of October is as follows: West Unit = 1,921,873kWh, East Unit = 1,874,694kWh, with a total of 3,796,567kWh.

Based on an average home using approximately 1,000 kilowatt-hours of electricity per month, the two turbines served an estimated 380 homes per month during the first ten months of the year.

Availability Factor was: West = 95.0%, East = 94.7%, System =

94.9%.

The turbines were available to generate electricity approximately 95 percent of the time, with five percent downtime for maintenance, etc.

Capacity Factor was: West = 35.0%, East = 34.1%, and System = 34.6%.

Capacity Factor compares the turbines output to their rated output: (the wind turning the generator at 100 percent capacity all the time).

There are a total of four wind turbines in the state of Nebraska at this time. Besides the turbines in Springview, there are two north of Lincoln; visible from Interstate 80.

#### Operations-

Wind turbines create energy by using rotor blades to convert the force of the wind into a torque, or turning force, causing the rotor blade assembly to rotate. The rotors are connected to a generator that converts the turning force into electricity. The amount of electric energy the turbines generate depends on the speed and density of the wind, as well as the size of the rotor blades. Outside influences, including trees, buildings, the landscape,

etc., also affect the energy output. Once the electricity is generated, power cables leading from the base of the turbine tower carry the electricity to a transformer and eventually to a distribution line where the connection to the electric grid is made.

#### Quick Facts-

\*The wind turbine rotors are 50 meters (164 feet) in diameter and are mounted on towers 65 meters (213 feet) tall.

The turbines use variable pitch blades and a variable speed rotor to increase operating efficiency and reduce mechanical stresses in the type of wind common to the great plains.

\*The turbines are among the largest commercial turbines manufactured in the United States.

\*Wind generation is an important component of "Prairie Power®," a renewable energy program offered by NPPD and its wholesale partners.

In anyone would like to sign up for the Prairie Power Renewable Energy program, which seeks to develop green energy resources in Nebraska, contact Northeast Nebraska Public Power District at

375-1360 or enroll online at the Prairie Power Web site: [www.prairiepower.com](http://www.prairiepower.com). Donations can be tax deductible, contact your tax advisor.

For more information on this

wind generation project, contact: Mike Hasenkamp, Nebraska Public Power District, P.O. Box 499, Columbus, NE 68602-0499 (402) 563-5371 email: mahasen@nppd.com

## Open house planned by local power district

Electric energy customers from 14 communities are being given six separate dates and locations during November and December at which time they can get to know their new utility: Northeast Nebraska Public Power District.

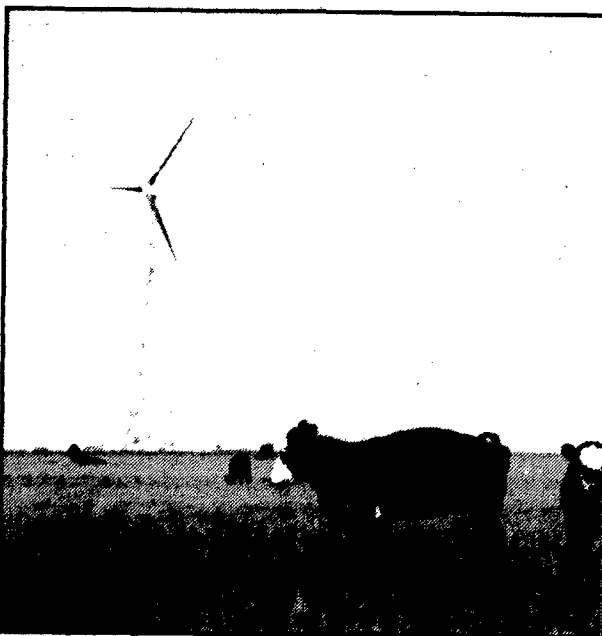
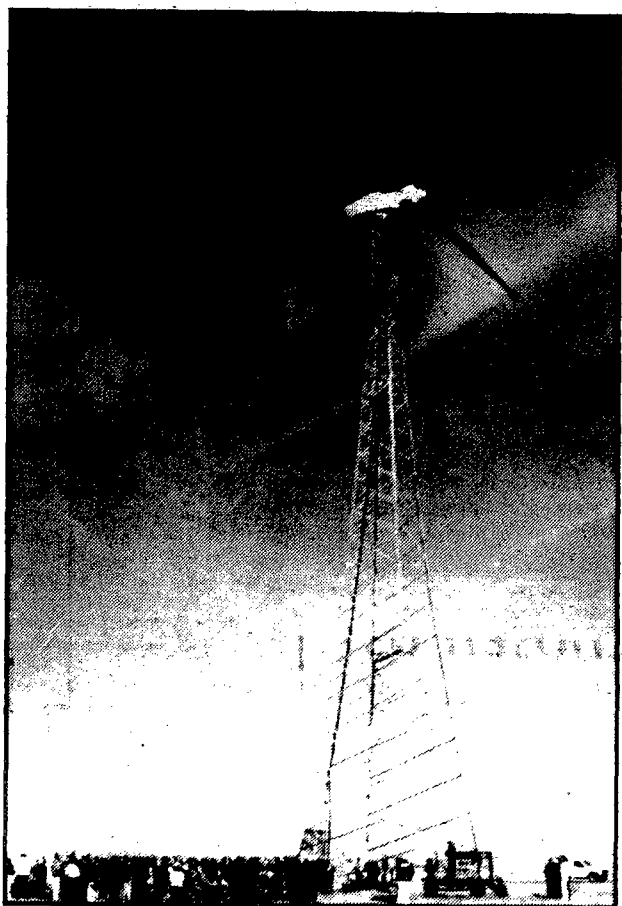
"We want to get to know the people we serve," said E.A. "Sam" Schroeder, general manager of NENPPD. "Obviously any of our customers can call us or come in to visit with us any time. However, in this instance, we want to make it even easier for us to meet these new customers and for them to meet us, so we've organized six open houses in locations we hope will be convenient for them."

The dates, times and sites of the six open houses follow. They will be held in Osmond on Friday, Nov. 17 from 9 to 11 a.m. at the NENPPD building; in Ponca on Saturday, Nov. 18 from 9 to 11 a.m. at the Nebraska Public Power District building; in Hoskins on Monday, Nov. 20 from 7 to 9 p.m. at the

Community Center; east of Concord on Saturday, Dec. 2 from 9 to 11 a.m. at the Haskell Ag Lab building; in Newcastle on Tuesday, Dec. 5 from 7 to 9 p.m. at the fire hall and in Jackson on Saturday, Dec. 9 from 9 to 11 a.m. at the community building.

Through realignment of the electric utility industry in Nebraska, NENPPD is gaining about 2,400 customers in communities formerly served by Nebraska Public Power District. By county, the towns NENPPD will be serving include: In Dixon County — Allen, Dixon, Concord; Martinsburg, Maskell, Newcastle, Ponca and Waterbury; Dakota County — Hubbard and Jackson; in Wayne County — Hoskins; in Pierce County — McLean and Osmond and in Cedar County — Overt.

In return, NENPPD will surrender a small pocket of its current service territory near South Sioux City and this will be added to the Nebraska Public Power District Service area.



Shown are the two wind turbines at Springview. Springview offers a good location for the turbines to operate. The turbines are an example of how the wind can be harnessed for wind-generated power.

## Endicott graduates from basic training

Air Force Airman 1st Class Adam C. Endicott has graduated from basic military training at Lackland Air Force Base, San Antonio, Texas.

During the six weeks of training, the airman studied the Air Force mission, organization, and customs and received special training in human relations.

In addition, airmen who complete basic training earn credits toward an associate degree through the Community College of the Air Force.

He is the son of Donald E. and Nancy A. Endicott of Wayne.

Endicott is a 1998 graduate of Wayne High School.

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## Broders named to Who's Who

Lilly Broders has been selected for publication in Who's Who Among High School Students for the second consecutive year.

Less than one percent of all high school students are honored in consecutive editions of Who's Who.

Broders is a senior at Wayne High School, involved in varsity cross-country, track, varsity choir and jazz choir. She is a member of W Club, Spanish Club, yearbook staff, and is currently on the honor roll.

Broders is a member of First Trinity Lutheran Church of Altona.

She is the daughter of David and Denise Broders. Her grandparents are Norris and Effie Hansen of Winside.



Lilly Broders

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<p><b>MONDAY</b> BBQ Ribs or Ribs &amp; Chicken 5 pm - 10 pm</p>	<p><b>FRIDAYS</b> Fish or Chicken Strips 5 pm - 10 pm</p>
<p><b>TUESDAY</b> Mexican Menu 11 am - 2 pm &amp; 5 pm - 10 pm 15 Oz. Sirloin 5 pm - 10 pm</p>	<p><b>SATURDAY</b> Reservations for <b>PRIME RIB</b> Junior Cut - \$8.75 Regular Cut - \$10.25 Extra Cut - \$12.50 Prime Rib For Two - \$13.35 Served from 5 pm - 11 pm or until gone</p>
<p><b>WEDNESDAY</b> Patty Melt w/ Home made Onion Rings Spaghetti w/ Meat Sauce 11 am - 2 pm &amp; 5 pm - 10 pm</p> <p><b>Homemade</b> <b>Chicken Fried Steak</b> <b>Stuffed Shrimp</b> <b>Chicken Fettuccine</b> 5 pm - 11 pm</p>	<p><b>NOON SPECIALS</b> Mon. - Sat. Dinner meat of the day, Homemade Mash Potatoes, Vegetables, Salad, Homemade Bread \$4.85</p>
<p><b>THURSDAY</b> <b>PRIME RIB</b> Junior Cut - \$8.75 Regular Cut - \$10.25 Extra Cut - \$12.50 Prime Rib For Two - \$13.35 Served from 5 pm - 11 pm or until gone</p>	<p><b>DAILY BREAKFAST SPECIALS</b> <b>START AT 6 AM</b></p> <p><b>DRINK SPECIALS</b> Favorite Cocktail Available</p>

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\*\*\* SUNDAY - 11am - 2 pm \*\*\*

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**Honoring those who served**

Veterans take part in the Veterans Day program held Nov. 10 at the Wayne Senior Center. Those who served in the Korean Conflict were given special recognition during the program.

**Cancer Society calls on tobacco companies to stop marketing to kids**

As part of their 24th annual Great American Smokeout, the American Cancer Society calls on the nation's tobacco companies to stop advertising in youth-oriented magazines, convenience stores, and other venues that reach kids and to pull deceptive television advertisements claiming that the tobacco companies now behave responsibly.

Philip Morris, the nation's largest tobacco company, has been running TV ads claiming that the tobacco companies have changed and no longer market to kids as a result of the 1998 legal settlement between the states and the tobacco companies. The American Cancer Society said these ads fail to tell the real story.

"Philip Morris and the other tobacco companies want us to believe that they have changed their ways, but recent evidence indicates otherwise," said Jan Schwarz, director of prevention for the American Cancer Society. "Recent studies show that despite the settlement agreement, Philip Morris and the other tobacco companies have actually increased advertising in places that reach kids most. We want real change instead of empty rhetoric and we want Philip Morris to stop its deceptive advertising."

The 1998 tobacco settlement banned billboard advertising and prohibited the tobacco companies from using cartoon images in their marketing. But several recent studies show that, rather than reducing their advertising expenditures, the tobacco companies have redirected their money and may be reaching kids more effectively than ever.

"In May, the Massachusetts Department of Public Health released a study showing that tobacco advertising in magazines with high youth readership—such as "Sports Illustrated," "Rolling Stone" and "Glamour"—increased by 33 percent after the state settlement. The study involved magazines with at least 15 percent youth readership (12-17 years old)."

"In July, the University of Illinois at Chicago released a study showing that since the settlement-mandated ban on tobacco billboard advertising took effect on April 24, 1999, the tobacco companies have significantly increased their advertising and promotions in convenience stores and other retail stores. Eighty

percent of the stores surveyed had tobacco advertising, ensuring that kids are bombarded with tobacco messages encouraging them to smoke.

In addition, the Federal Trade Commission, which tracks tobacco industry marketing expenditures, reported in June that these expenditures reached an all-time-high of \$6.73 billion in 1998, the most recent year analyzed. This marked an increase of 19 percent from \$5.66 billion in 1997. In 1998, the tobacco companies spent a record \$18.4 million a day promoting their products and many of their marketing efforts directly reach kids.

"These latest ads by Philip Morris are simply a public relations effort to avoid the meaningful changes in business practices that would lead to a reduction in youth tobacco use," said Schwarz. "If Philip Morris and the other tobacco companies were serious about change, they would immediately stop advertising in youth-oriented magazines, retail stores, and other venues that impact kids. And they would sup-

port granting the U.S. Food and Drug Administration real authority to regulate the manufacturing, marketing and sale of tobacco products."

The Great American Smokeout—Thursday, Nov. 16—is the American Cancer Society's annual, nationally recognized day when smokers are urged to prove to themselves that they can quit tobacco for a day, they can be smoke-free for life. The Great American Smokeout is also an opportunity to get kids involved in the fight against tobacco and prevent them from becoming the next generation of smokers.

The American Cancer Society is the nationwide, community-based, voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives, and diminishing suffering from cancer through research, education, advocacy and service.

For information about cancer, call toll-free anytime 1-800-ACS-2345 or visit the American Cancer Society web site at [www.cancer.org](http://www.cancer.org).

**Great American Smokeout observed**

This November, kids on Y2Kidz.org, the American Cancer Society's web site for kids and teens will use peer pressure in a positive way to clear the air about tobacco.

As part of the American Cancer Society's 24th Annual Great American Smokeout, new activities on Y2Kidz.org will be launched that encourage kids to take control of tobacco's impact on their lives.

Activities on the site include: "What's Smokin'?: This section will give kids ways to poke holes in popular tobacco advertising myths and provide a flavor of what's in cigarette smoke—arsenic, ammonia, carbon monoxide, tar, and nicotine."

"Stuff the Puff bulletin board: Kids will sound off about ad myths, peer pressure and smoking's social consequences."

"Great American Smokeout Pledge-Kids will sign and distribute an online pledge to lead a smoke-free life."

"Virtual post cards: Legislators will get post cards with messages such as, "Smokers start when they're young. Stop the trend by promoting tobacco education." Kids who are concerned about their loved ones who smoke will e-mail their virtual post cards bearing taglines such as, "Don't puff, Daddy. Please stop smoking."

The tobacco section of Y2Kidz.org not only allows kids to interact and learn from each other, but also allows the American Cancer Society to learn from kids.

"Seven out of 10 high school students have tried cigarettes and more than one-third are regular smokers," said John R. Seffrin, PhD, chief executive officer of the American Cancer Society. "There are 3,000 new adolescent smokers every day. The insight we glean from Y2Kidz.org will help us develop messages that work with kids and will be invaluable to our prevention efforts."

**Local jeweler earns national certification**

Jewelers of America (JA) has awarded Teresa Kay of The Diamond Center in Wayne, the JA® Certified Senior Sales Professional designation—the second level of the JA® Sales Professional Certification™ (SPC) program.

The SPC Program sets uniform standards for testing a professional jewelry sales associate's abilities at two levels—JA® Certified Sales Professional™ and JA® Certified Senior Sales Professional™.

The program evaluates the facts, processes, procedures, terms and concepts that jewelry sales associates encounter in their daily work, and to be certified, the candidate must demonstrate proficiency in each skill to an acceptable national standard.

The program formally recognizes an individual's standing in the field



Teresa Kay

of jewelry sales, increases their confidence in their ability, and communicates their skill level to present and potential employers, colleagues and customers. The program is exclusively available to employees of JA's more than 10,000 members.

"We share Teresa Kay's pride in attaining this degree of professional recognition," says JA Director of Professional Certification Mark Mann. "Teresa's successful demonstration of proficiency as a sales associate and display of superior professional standards can only enhance consumer confidence in the jewelry profession and in the work being done at The Diamond Center."

For additional information about Teresa Kay at The Diamond Center, contact 402-375-1804.

The Diamond Center is a member of Jewelers of America, the national trade association for retail jewelers. With more than 10,000 members nationally, JA also works locally through its 42 state and regional affiliates. JA advocates high ethical standards, promotes professional business and leadership skills, and enhances its members' profitability by offering education, certification, marketing and cost-saving programs.

For further information contact: Jewelers of America, Inc., 1185 Ave. of the Americas, 30th Floor, New York, NY, 10036-2061; tel: (212) 768-8777; fax: (212) 768-8087; e-mail: [contactus@jewelers.org](mailto:contactus@jewelers.org)

Additional information is also available on JA's Web site: [www.jewelers.org](http://www.jewelers.org)

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## Confirmation celebration

Our Savior Lutheran Church of Wayne celebrated the Rite of Confirmation on Oct. 29. Seventeen youth affirmed their faith during the service. They include, front row, left to right, Ashley Karel, Jennifer Damme, Lisa Miller and Allisa Dunklau. Middle row, Pastor Paul Judson, Tiffany Frerichs, Noah Judson, Jamie Beckman, Kim Stenwall, Melissa Nissen, Brittany Burke and Pastor Bill Koeber. Back row, Joel Pohlamus, Ray Olson, Darin Bargholz, Will Karr, Jon Ehrhardt, Tyler Anderson and Brad Erickson.



## Confirmation mentors

Each Confirmand at Our Savior Lutheran Church selects an adult member of the congregation to serve as their mentor during the year before they are confirmed. Pictured are the mentors with the Confirmand's name in parenthesis. Front row, left to right (Jewell Schock (Will Karr), Erica Fink (Ray Olson), Dreama Anderson (Brittany Burke) Sue Olson (Kim Stenwall) and Cynthia Puntney (Lisa Miller). Middle row, Randy Rasmussen (Darin Bargholz), Larry Claussen (Noah Judson), Virginia Backstrom (Jennifer Damme), Karma Magnuson (Allisa Dunklau), Tammie Rasmussen (Tiffany Frerichs) and Lynette Lentz (Ashley Karel). Back row, Dave Anderson (Joel Pohlamus), Jim Lindau (Melissa Nissen), Scott Milliken (Jon Ehrhardt) and Jack Hausmann (Brad Erickson). Not pictured, Melissa Nichols (Tyler Anderson) and Kris Zerse (who also assisted Lisa Miller).

## Retired teachers meet in Wayne

The Wayne Area Retired Teachers met Nov. 6 at Tacos & More in Wayne with 14 members present. President Harold Maciejewski opened the meeting and welcomed those in attendance. Vice president Marilyn Wallin read an article entitled, "Facts — Did you know?" The secretary and treasurer's reports were given. Harold Maciejewski gave a report on the meeting he, Marilyn Wallin and Delores Erwin attended in Kearney. The next convention will be held in Grand Island in 2001 and workshops will be held in Lincoln and Kearney in 2002. Lois Youngerman introduced the guest speaker, Dr. Sheila Stearns, President of Wayne State College. She gave a report on the expansion of Ramsey Theater, new faculty members, changes and highlights of the upcoming campus events. Betty Anderson conducted the installation of new officers for 2001-2002. They include, Marilyn Wallin, president; Gloria Leseberg, vice president; Delores Erwin, secretary and Bette Ream, treasurer. The group thanked past president Harold Maciejewski for his past two years of service. The next meeting will be Tuesday, Jan. 2, 2002 at Tacos & More.

## Allen News

Missy Sullivan  
402-287-2998

### FORMER RESIDENT PASSES AWAY

Ralph Noe, passed away Nov. 3, 2000 at a local care center in Nampa, Idaho. The funeral service was held at the Melba Community Baptist Church on Nov. 6 with Rev. Russ Steiner officiating. Burial followed at the Melba Cemetery. The family greeted friends at a viewing held at the Zeyer Funeral Chapel on Sunday, Nov. 5.

Ralph was born the sixth of ten children on April 17, 1908 to Fred and Emmaline Noe at Allen, Nebraska. On September 10, 1930 he married Ruby Peterson, his childhood sweetheart. To this union five sons and one daughter were born. Ralph and Ruby farmed in the Allen area until moving to Melba in January of 1957.

They continued farming until retiring in 1972. During retirement, they enjoyed traveling to western states and spending the winters in Yuma, Az., with friends and relatives. While in Nebraska, he was Clerk of Clark District Township and on the Clark Center School Board for several years.

After moving to Melba, he became a member of the Melba IOOF Lodge, and was a past member of the Board of Directors of the Melba Fire District and the Melba Cemetery Board. He attended the Melba Community Baptist Church.

He leaves behind his wife, Ruby of 70 years, and five sons: Darrell and Pat, Mad River, CA; Jim and Colleen, Roseburg, OR; Lloyd and Joan, Melba; Myron and Wilma, Nampa; Dr. Gary and Cherie, Lyman, WY, and one daughter Nancy and husband, Dr. Fineas Hughbanks, Gooding, 15 grandchildren and 8 great-grandchildren; a brother

Leslie and two sisters Emma Shortt and Grace Green, all of Nebraska.

He was preceded in death by his parents, four sisters, and two brothers. In lieu of flowers, the family suggests contributions be made to the Melba Valley Senior Center, 115 Baseline Road, Idaho 83641, or to the Melba Quick Response Unit, 109 4th Street, Melba, Idaho, 83671.

### CHRISTMAS CRAFT SALE

The Senior Citizen Center will hold their Annual Christmas Craft Sale on Nov. 18 from 8 a.m. until 2 p.m. They will also be having a bake sale.

Chicken noodle soup and chili along with homemade rolls, sandwiches, pie and coffee. They will also be offering chances at a quilt made by the Quilt club and was hand quilted.

### HONOR CHOIR MEMBERS

Congratulations to the members of the Lewis and Clark Conference Honor Choir. They are Andrea Swetnam - alto, Raj Seneviratne - tenor; Kyle Oswald - bass; Brett Keitges - tenor; and Shannon Klemme - bass.

### SENIOR CITIZEN CENTER

Friday, Nov. 17: Roast beef, mashed potato, stewed tomatoes, and baked apples.

Monday, Nov. 20: Fish, macaroni & cheese, carrots, apricot salad, and strawberry short cake.

Tuesday, Nov. 21: Turkey w/ dressing, mashed potato, peas, cit-

rus salad, and pumpkin dessert.

Wednesday, Nov. 22: Riblets, hash browns, corn, and fruit cup.

Thursday, Nov. 23: Happy Thanksgiving.

Friday, Nov. 24: no meals! If you need a meal for the days the center is not serving a meal, let them know a they will deliver a frozen meal on Wednesday.

\*\*Happy Birthday this week to: Bob Oberg (18th), Merland Noe (21st), and Harold Osbahr (21st).

COMMUNITY CALENDAR

Friday, Nov. 17: Basketball practice - girls/boys

Saturday, Nov. 18: BB practice - boys @ 10:15 a.m. - Annual Christmas Craft Sale @ Senior Center 8 am - 2 pm - United Methodist Church members invited to Dakota City for Thanksgiving luncheon

Sunday, Nov. 19: World Hunger Sunday

Monday, Nov. 20: Community Club meets - Lewis & Clark One Act @ Winnebago-Line Dancing at Senior Center - BB practice boys/girls

Tuesday, Nov. 21: Dixon County Historical Society meets 7:30 p.m. - Somerset meets

Wednesday, Nov. 22: NO KIDS KLUB - Ladies meet for cards - Practice, boys 6 a.m./girls 3:35 p.m.

Thursday, Nov. 23: Thanksgiving - No School

Friday, Nov. 24: No School - No meals at Senior Center - Boy BB practice 10:15 a.m.

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Happy Birthday! Mitch, Katie, Emilie, & Anna

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Cub and Boy Scouts advance the colors at the Veterans Day program which was held in the Winside Elementary School on Nov. 10, in honor of all Veterans.

VETERANS DAY

A Veterans Day program was held in Winside Elementary School on Nov. 10 at 8:45 a.m. in honor of all Veterans. Those participating in the program were the Winside High School band and choir, members of the Roy Reed American Legion Post 252 and Auxiliary, Winside Cub and Boy Scout troop 179, the Winside Student Council and several other individuals.

Veteran Henry Langenberg of Hoskins discussed his experience in World War II. Mrs. Marilyn Brockman gave a reading "Our Country is in Mourning for a Veteran Today." Katie Barg told of her experience at Girls State last summer and Laura Neel read her Freedom Foundation Speech.

High School Principal Ronald Leapley in conjunction with the Dept. of Education and the Dept. of Veterans Affairs awarded an Honorary High School Diploma to Clarence F. Pfeiffer who gave up his education to serve during World War II. Mr. Pfeiffer's wife Arlene received the diploma for him.

Wayne Denklau of the Wayne County Veterans Office recognized size veterans who served in Korea during the Korean War. Each will be receiving a medal for their service. They are Virgil Rohlf, Ray Roberts, Jack Brockman, Dallas Schellenberg, Bill Suehl and Richard Farran. Mr. Farran is deceased, so his sisters Rose Janke, Mary Weible and Audrey Quinn accepted in his honor.

The program closed with taps by Sara Schwartz and Josh Sok and the retiring of the colors.

LADIES AID

St. Paul's Lutheran Church Ladies Aid met Nov. 1 with 15 members, Pastor Richard Tino and one guest, Evelyn Herbolshiemer. President Erna Hoffman called the meeting to order and welcomed the guests. Members opened with the LWML Pledge. Daisy Janke led devotions "Prepare Ye The Way of the Lord" and everyone sang "Oh Come All Ye Faithful."

Pastor Tino led the Bible Study on John Chapter 8 and Daniel Chapter 7.

Correspondence was shared from Jim Barbey, a student minister and Blaire Hokamp. Erna Hofman reported on the fall rally held in South Sioux City.

Lutheran World Relief for clothing will be Nov. 6-10. Anyone having clothing to donate should take them to Abler Transfer between those dates.

Daisy Janke gave a shut-in visit

report. The new visiting committee will be Faye Mann and Vera Mann. Final plans were made for the Nov. 12 turkey dinner.

Election of officers was held with Erna Hoffman re-elected as president and Lajeane Marotz elected as treasurer.

This year's Christmas gifts will go to the Norfolk Rescue Mission, Camp Luther, Pastor Richard Tino's family and to servicemen. Hostess for this meeting were Erna Hoffman, Daisy Janke and Arlene Allemann.

Next meeting will be a 12:30 p.m. carry-in Christmas dinner on Dec. 6.

SENIOR CITIZENS

Fifteen Winside area Senior Citizens met Nov. 6 for a noon potluck dinner. Cards were played afterwards.

LIBRARY BOARD

All members of the Winside Public Library Board of Directors were present for the Nov. 6 meeting. President Helen Hancock called the meeting to order. The secretary and treasurer reports were given. The librarian report showed 325 items loaned in October of which 147 were adults and 178 were children. There was one renewed reader.

A complimentary "Medicare and You Resource Kit 2001" was received from the Dept. of Health and Human Services.

Children's book week will be Nov. 13-19 with the theme "Fuel Your Mind." There will be a story time on Saturday, Nov. 18 from 10:30-11:30 a.m. and all will receive treats.

Santa will be at the library Saturday, Dec. 16 from 11 a.m. to 1 p.m. A drawing for a Nebraska quilt and a 26-inch Huffy 10 speed bike will also be held that day. Tickets for the drawing are still available at the library or from any board member.

Next meeting will be Monday, Dec. 4 at 7 p.m.

AMERICAN LEGION

Eight members of the Roy Reed American Legion Post 252 of Winside met Nov. 7 with George Jager as acting commander.

The annual omelet/pancake feed has been rescheduled from Sunday, Dec. 10 from 9 a.m. to 1 p.m. at the Legion Post.

Members discussed the Veterans Day program to be held Nov. 10. Korean War medals were to be presented to six veterans.

No flu vaccine is available yet. The Post needs to obtain four more new members to complete this year's goal. The Norfolk Veterans Home was discussed. Completion is sched-

uled for March or April 2001.

The annual soup supper will be Jan. 19 during the Wausa basketball game.

Next regular meeting will be Tuesday, Dec. 5 at 8 p.m.

NEIGHBORING CIRCLE

Eleven members of the Neighboring Circle Club met Nov. 9 at the home of LaVila Voss. President Loreta Voss opened the meeting. Roll call was "Your Favorite Thanksgiving Dinner."

The secretary and treasurer reports were given. They will hold their Christmas dinner at Prengers on Dec. 14 at 11:30 a.m. Gene Rohlf will be hostess. Cards were played with prizes going to Helen Muehlmeier, Dee Deck and Evelyn Herbolshiemer.

TRINITY WOMEN

Members of Winside Trinity Lutheran Church Women met Nov. 8 with Gene Rohlf opening the meeting with a reading "Thanks for Giving." Gene also gave the Bible lesson "Gathered and Scattered."

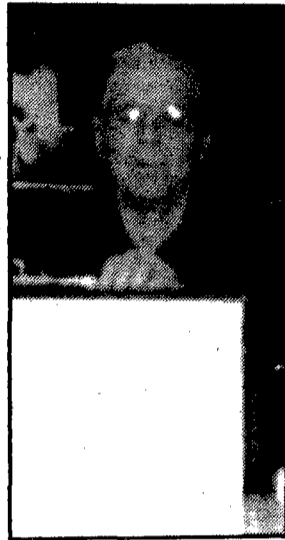
The secretary and treasurer reports were given. Cash gifts will be given to Bethpage and Tabitha Homes and a poinsettia will be given to the church.

A thank you for having me card was read from Kari Pichler.

The spring gathering next March



Recognized at the recent Veterans Day program in Winside were area veterans who served in Korea during the Korean War. Each will be receiving a medal for their service. Shown are Audrey Quinn, Rose Janke, and Mary Weible (in place of their deceased brother Richard Farran), Virgil Rohlf, Jack Brockman, Dallas Schellenberg, Billy Suehl, and Ray Roberts.



Henry Langenberg of Hoskins speaks at the recent Veterans Day program held in Winside.



Arlene Pfeiffer receives a diploma for her husband at the recent Veterans Day program held in Winside.

COMMUNITY CALENDAR

Friday, Nov. 17: AA meeting, fire hall, 8 p.m.

Saturday, Nov. 18: Public Library, 9-12, 1-3 p.m., Story time from 10:30-11:30.

Monday, Nov. 20: Public Library, 1:30-6:30 p.m.; Senior Citizens, Legion, 2 pm.

Tuesday, Nov. 21: Modern Mrs., Mary Ann Soden; Hospital Guild, Rosalie Deck and Lena Miller.

Wednesday, Nov. 22: Public Library, 1:30-6:30 p.m.

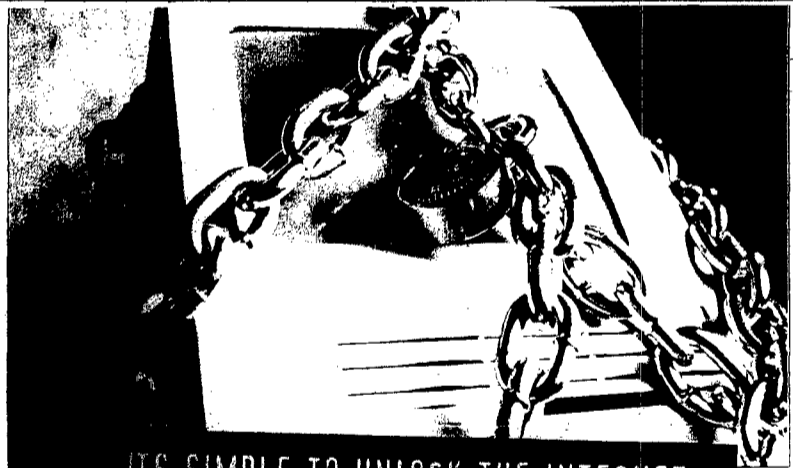
SCHOOL CALENDAR

Monday, Nov. 20: Conference - Act Plays at Wynot.

Tuesday, Nov. 21: Adult computer class, 6:30-8:00 p.m., H.S. computer lab.

Wednesday, Nov. 22: Dismiss school, 1:30 p.m.

Thursday-Friday, Nov. 23-24: Thanksgiving vacation.



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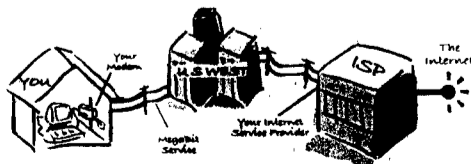
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# Hoskins News

Hildegarde Fenske  
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## ZION LUTHERAN LADIES

Zion Lutheran Ladies Aid and LWML met Nov. 2 with 7 members and Pastor Riege present. A hymn was sung. Christian growth chairman LaVerda Kruger's topic was entitled "Lord, We Thank You!" pastor Riege presented the Bible study from Acts, Chapter 19. President Joyce Saegebarth opened

the meeting.

Roll call was taken and the offering for the penny pot was 10¢ and give a reason to be thankful this Thanksgiving season. The card committee reported sending 3 cheer cards and 3 visitors cards.

Kitchen cleaning was scheduled for Nov. 14. Quilts were boxed and sent. There were 31 large and small quilts.

Christmas donations are desig-

nated for Lutheran World Relief, Lutheran Hour, Bethesda Lutheran Family service, Lutheran Home Foundation, Camp Luther, Good Neighbors, Orphan Grain Train and the Rescue Mission.

Election of officers' was held. Elected as 2001 president was Inez Freeman and Diane Koepke was re-elected secretary.

The card committee for the month is Hilda Hamm, visitor cards is Joyce Saegebarth, funeral committee is Diane Koepke and Inez Freeman and reminders, Altar Guild are LaVerda Kruger, Eileen Meyer, Kelli Koepke and Delma Vyhldal. Hostesses for December are Joyce Saegebarth and Elaine Ehlers.

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

Lunch was served by the hostess, Inez Freeman

## TOWN AND COUNTRY

Members of the Town and Country Garden Club went to St. Joseph's Nursing Home in Norfolk on Nov. 10 to visit one of their members, Hulda Fuhrman, who is a resident there at the present time. The group brought refreshments. They spent the afternoon visiting.

Next meeting will be a cooperative dinner at noon on Dec. 18 at the home of Betty Bronzynski. Instead of a gift exchange, non-perishable items will be brought for the Rescue Mission in Norfolk.

## HOSKINS GARDEN CLUB

The Hoskins Garden Club met at the Shirley Mann home on Nov. 9 for a dessert luncheon.

president Esther Rechtermann opened the meeting with the article "Walt Whitman — Civil War Poet and Nurse." The hostess chose the song "Come, Ye Thankful People, Come" for the group to sing. Christine Lueker read the poem entitled "Thanksgiving."

For roll call, they mentioned something they are thankful for. Six members responded. Secretary Shirley Mann read the October minutes and the treasurer's report. Election of officers was held. The current vice president, Hildegarde Fenske, will be president, Shirley Mann was elected vice president and Christine Lueker was elected secretary-treasurer.

Plans were made for the Christmas dinner which will be at noon on Dec. 14 at the home of Esther Rechtermann. Instead of a gift exchange, a \$2 non-perishable food gift will be brought by each member to be donated to the Food Pantry in Norfolk.

For entertainment, Shirley read "The Thanksgiving Proclamation of 1863" by Abraham Lincoln. She also had some quizzes. The comprehensive study chosen by Esther contained the articles "Lasting Values from a Christmas Tree," "Nome, Alaska's Christmas Tree Forest" and "Historic Trees Live On."

Hildegarde Fenske gave the lesson on the Phoebe.

The Watchword for November was "True happiness comes when we stop complaining about all the troubles we have and offer thanks for all the troubles we don't have."

## Wayne State representatives attend workshop at Peru State

Marilyn Mudge, Paul Theobald, and Dennis Linster, representing Wayne State College, participated in a technology workshop that was hosted by Peru State College. Employed by WSC, Mudge and Theobald work in the education division and Linster works in network services.

The workshop was held on Oct. 31 with WSC representatives joining Peru State College officials at the session.

The workshop was designed to facilitate the development of a long-term plan for incorporating technology into the pre-service teacher education curriculum, according to Deb Weitzenkamp, director of field experiences.

Funds for the workshop were made available through the Nebraska PT3 Catalyst Grant, a federal grant authorized in September of 1999 and administered by the Nebraska Department of Education.

# Wakefield students named to honor roll

Wakefield Community Schools has released the list of those students named to the honor roll for the first quarter of the 2000-2001 school year.

To be named, a student must earn at least a 94 percent in two or more solid subjects and no grade below 87 percent.

Students named to the first quarter honor roll include:

**Seniors:** Kassi Anderson, Annie Bierbower, Leslie Boeckenhauer, Wyatt Brown, Maria Gomez, Nicole Hansen, Kim Hattig, Josh Henderson, Chris Henschke, Nikki Kay, Rebekka Kohlhaus, Traci Lueth, Todd McQuistan, Melissa Moody, Ty Nixon, David Petersen and Matt Petersen.

**Juniors:** Timarie Bebee, Andrea Berns, Joe Brown, Ryan Carson, Jessica Dutcher, Nick Ekberg, Kayla Erwin and Nicole Jensen.

**Sophomores:** Randi Barge, Erin Bartels, Katie Davis, Zach Dolen, Adam Flies, Nicole Hansen, Nathan Henderson, Toan Nguyen, Donald

Odens, Daniel Oswald, Jenna Paulson, Nicole Peters, Andrea Salmon, Jessica Schroeder, Allyson Schultz and Drew Sherer.

**Freshmen:** Jacoby Albrecht, Amanda Brown, Lori Brudigam, Jenny Davis, Janna Erickson, Traci Fendrick, Luke Hoffman, Rachel Kaufman, Kelli Lueth, Vanessa Nelson, Clinton Roberts and Ashley Schultz.

**Eighth grade:** Jaimy Albrecht, Ashley Anderson, Megan Barge, Regina Dutcher, Nicole Greve, Katie Jensen, Bonnie Kluthe, Kayla Linn, Cody Miller, Keri Odens, Taylor Peters, Laura Salmon, Kelsey Skinner and Sara White.

**Seventh grade:** Torin Bard, Karlee Bendt, Theresa Foote, Garrett Gustafson, Matt Henderson and Jessica Wageman.

Those students receiving Honorable Mention, with no grades lower than 87 percent include junior Megan Brown, sophomore Nick Miller and eighth grader Kyle Gardner.



## Sharing experiences

Jim Hansen recently visited the Winside kindergarten and first grade classes to share his experiences about Japan. He is shown here demonstrating how to use chopsticks while Elysia Wagner and John Hansen look on. While wearing a Japanese kimono, Mr. Hansen displayed and explained the uses of a Japanese walking stick, tea set and flag. The Winside kindergarten teacher is Laura Straight and first grade teacher is Ellene Loetscher.



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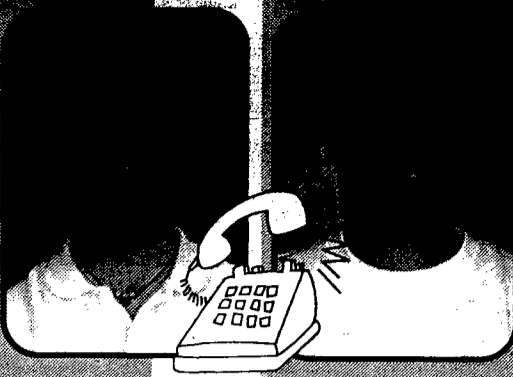
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 P.O. Box 158  
 Winside, Ne. 68790



R Way is accepting applications for a full time Direct Service Staff position on the overnight shift at Kirkwood House, a 12 bed Residential Rehabilitation Facility in Wayne. It is an "awake" shift with some computer and cleaning duties. Previous experience and education desired. Salary is negotiable depending on experience and education. R Way offers a very generous benefit package. Please call Michelle at 375-5741 to set up an interview. We are an EOE.

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November 15, 2000

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## Old Army buddies reunite to share memories

By PATTY McCABE  
CEDAR COUNTY NEWS

**H**ARTINGTON — Sometimes you know a person for a very short time, and that person remains special to you for the rest of your life.

That was the case of Merle Wohlman, Hartington, and his Army buddy, Joe Kiraly, originally of Johnstown, Penn. and now retired in Las Vegas.

They spent the weekend together in Hartington a short time ago reminiscing about the events that happened 48 years ago when they were both stationed in the

**Merle Wohlman and Joe Kiraly only served together in Germany for five months, but the friendship from that time together lasted a lifetime.**

Occupational Forces of Company B in the 370<sup>th</sup> Armored Infantry Battalion (AIB) near Munich, Germany.

Wohlman arrived in camp on Nov. 20, 1952 and

departed on that same date one year later.

Kiraly arrived in camp in July or August, 1953, so they spent less than five months together; but that was enough time to start a strong friendship that would last a lifetime.

Each of them readily recanted the time spent in Germany together as if it occurred just a short time ago.

They were sent to the base to defend the position of the U.S. after WWII and make sure the Russians did not take over any more property in the area.

As Kiraly put it, "we had to play the war games the army put us through

once or twice a month to keep us ready at all times". He called it the "Iron Curtain Cold War".

They also laughed when Wohlman

hard time looking at it, much less eating it.

Their lives went in different directions upon returning home.

four children.

The first few years after returning home, the friendship continued through Christmas cards.

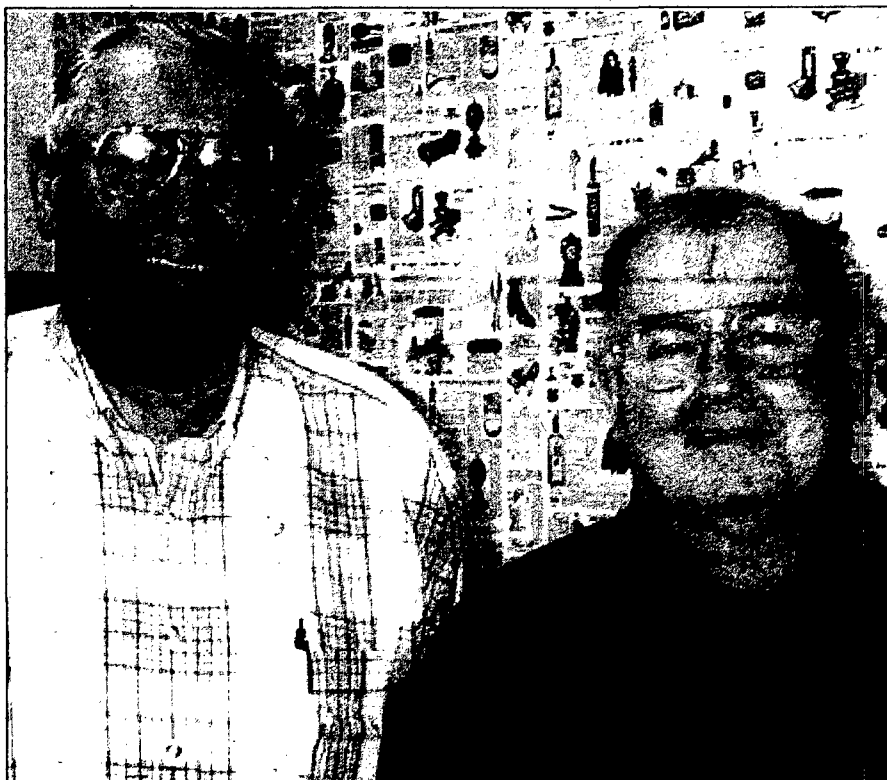
Each Christmas for the first few years after returning home, Wohlman would receive a Christmas card simply signed "Joe", without a return address on it. But then in 1967 it was signed "Joe and Ethel", so Wohlman figured his buddy had found himself a wife and gotten married. Ethel had put their return address on the card so Wohlman could finally return the greeting. As the years went by, Wohlman watched Kiraly's family grow from a distance. From time to time, the Christmas cards would have a new name on them, so Wohlman figured a child had been born.

They corresponded over the years, sending a card at Christmas time.

When Kiraly and his wife were recently planning a trip to Chicago to visit their son and family, he decided it was time to renew the acquaintance of his old friend.

They spent the weekend rehashing the old days and as Kiraly said, "lying to each other about how great life was for each of them since they were last together in Germany".

Kiraly did mention that he found out since coming to Hartington that he had to be very careful what he said about the Cornhuskers, as he noticed how protective everyone is around here about their beloved Nebraska football team.



Old Army buddies Merle Wohlman and Joe Kiraly reunited in Hartington recently.

recalled the cook they had for their squadron.

They nicknamed him "Stew May" because according to Wohlman, "everything he cooked turned into stew". They agreed the worst meals they ever had were the ones made up of all the rations thrown together after they had been in the field. They said they had a

Wohlman came back to farm in Hartington, married Loretta Ballard of Obert and raised four children.

Kiraly, on the other hand, returned to work in the steel mills for three years in Pennsylvania and then enlisted in the Air Force, where he traveled the world for the next 22 years. He married his wife Ethel, from his hometown of Johnstown, Pa., in 1967 and also raised

Inside — Randolph woman shares vocal talents

# Do you have enough money to retire?

If you are among the estimated 70 million Americans with retirement accounts, you have probably asked yourself: Will I have enough money to retire?

Where should I invest my money? What do I do when markets change?

The average American investor has not had objective institutional-quality advice to help make better investment decisions. Now, the Internet is leveling the playing field to make reliable information and advice available to all investors through the click of a mouse.

"Unfortunately, most Americans don't have the time or the money to hire a personal financial planner," said Olena Berg-Lacy, former US Assistant Secretary of Labor. "What few realize, however, is that anyone with an Internet connection now has access to an overwhelming number of resources that will help make answering these questions simple and manageable."

Berg-Lacy offers the following three simple considerations when mapping out an investment strategy:

- Set long-term investment goals. Be realistic about how you want to live when your time is 100 percent your own and how much that will cost. From there, determine how much you can



afford to put aside every month in order to achieve that outcome.

- Decide how to invest, given individ-

ual personal circumstances. Establish an investment savings plan, which should include how much risk you are willing

to take with your money.

- Monitor investments on a regular basis and adjust portfolios accordingly. Remember, the market changes, but your investments may not need to adjust. A sound, long-term investment strategy is designed to withstand the ups and downs of the market.

So where does one start? The key is knowing how to navigate through the vast sea of financial resources to find the information and advice that is right for you.

The online investment advice site [www.financialengines.com](http://www.financialengines.com) contains decades of research and technology in an easy-to-use online investment advisory service that investors rely on over time. The Financial Engines Investment Advisor service offers tracking, monitoring and advice on 401(k) plans as well as IRA, Roth IRA, SEP-IRA, 403 and 457 accounts.

"It is never too early, or too late, to begin planning for retirement," said Berg. "By following these simple steps, and by accessing the right resources online, you'll be on your way to making your 'golden years' truly golden."

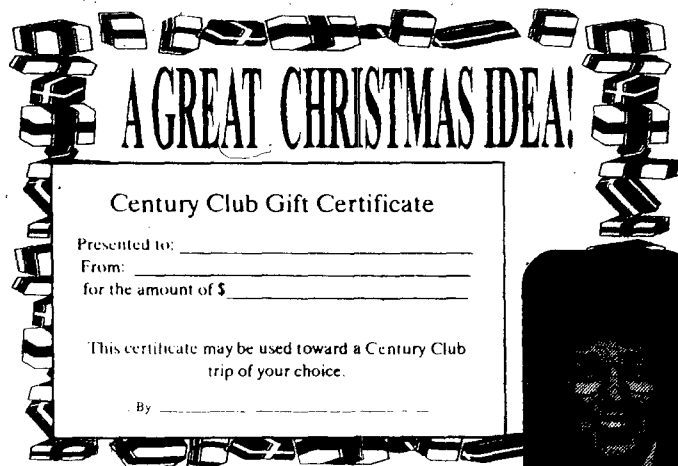
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# Keep holidays headache free

As the holidays approach, people across the nation are looking forward to twinkling lights, festive music, sweet treats and an extra dose of family visits. But for many, these favorite holiday traditions can also bring on an unwelcome threat of headaches and for some, even a debilitating migraine headache attack. Most people suffer from the occasional headache and an estimated 25 million Americans—75 percent of whom are women—experience much more severe migraine headaches. No matter what the type, however, experts now know that headaches can be triggered by foods, beverages or other lifestyle factors.

According to Donnica Moore, MD, founder of the Sapphire Women's Health Group, each headache sufferer has his or her own combination of personal headache triggers, which can be increasingly difficult to avoid during the holiday season.

"Although the holiday season is undeniably a happy time, it can actually be very painful for headache sufferers," says Dr. Moore. "Not only are many headache triggers more prevalent, but many of these triggers are unfortunately associated with some of the most festive holiday traditions, such as good food, wine and travel."

To avoid turning into a grinch this holiday season, Dr. Moore suggests the following solutions to prevent some of the most common holiday headaches:

## The "Last Minute Shopping"

### Headache (stress)

**Solution**—Reduce stress by planning ahead as much as possible by making lists and shopping early before the stores are crowded.

### The "Are We There Yet?" Headache (travel)

**Solution**—Consider the easiest routes to travel to friends or relatives. Avoid noisy and crowded forms of transportation.

### The "Decoration Overload" Migraine (twinkling lights)

**Solution**—Avoid bright or flashing lights from holiday decorations. Instead hang mistletoe or create beautiful centerpieces for your home with winter fruits and festive foliage.

### The "Be Everywhere" headache (lack of sleep)

**Solution**—Prioritize during this busy holiday season. Pick and choose a few fun activities and get plenty of rest.

### The "Overactive Perfume Counter Spritzer" headache (smell)

**Solution**—Rather than using colognes or perfumes, fill your home with lightly scented candles for a fragrant and festive aura.

### The "Eggroll Hors d'Oeuvres" Migraine (M.S.G.)

**Solution**—Instead of stacking on M.S.G.-laden appetizers, fill your plate

with alternative goodies from the buffet table.

Besides avoiding personal triggers, there is more good news for headache sufferers, especially for those who suffer from migraines. "New research shows that many people can help stave off migraines by taking something for their pain as soon as they feel one coming on," says Dr. Moore. "I advise my patients to carry medication with them and keep it in their car or office. For people who require prescription medications, there are several new ones they can learn about from their doctors. Luckily, there's also an over-the-counter treatment available, Excedrin Migraine, which has been proven for treating the pain and other common symptoms of migraine headaches."

"And of course, see a doctor if your headaches become more frequent or severe," advises Dr. Moore.

For more information on headaches and tips on how to prevent them, visit the Excedrin Headache Resource Center at <http://www.excedrin.com>.

For more information on headaches and tips on how to prevent them, visit the Excedrin Headache Resource Center at <http://www.excedrin.com>.



## Energy costs rising

With the price of natural gas expected to rise by as much as 50 percent this winter, and oil to rise by 25 percent, according to the Department of Energy, nearly 60 percent of the nation's homeowners are seeking ways to make their homes more energy efficient.

According to a survey conducted on behalf of CertainTeed Corporation, the energy-efficiency projects most likely to reduce heating bills include caulking or weatherstripping windows and doors (53 percent), adding more insulation (42 percent), installing energy-efficient windows (38 percent), installing a new energy-efficient furnace (32 percent) and installing storm windows (30 percent).

More than half of those surveyed did not want to "do it yourself" when it came to making their home energy efficient. Seventy-five percent said they would find a contractor through the recommendations of friends or neighbors and 32 percent said they would look in the Yellow Pages.

If the heating bills are still too high after home improvements are made, some of the more inventive things homeowners would consider to make their homes warmer during the colder months would be to stuff socks, towels or rags around doors (31 percent), turn on the oven (30 percent), or put bags over windows (13 percent).

Respondents also said they would throw on more clothes (82 percent), drink coffee or hot chocolate (60 percent), cozy up to a spouse (55 percent), light a fire (48 percent), exercise (35 percent) or cozy up to a dog (20 percent) to keep warm when it's cold outside.

If household expenses need to be cut for rising heating bills, dining out would be the first thing to go. Nearly 60 percent of the respondents said they would eat at home to cut costs. In dire situations, 61 percent said they would ask their utility company for a payment plan.

The temperature setting on the household thermostat can cause fights. Nearly one in five respondents said that some fights with their spouse could be avoided if they did not have to lower the thermostat in the winter to save money.

The survey was conducted by Opinion Research Corporation International.

## Vietnam Vets and Agent Orange

# The story continues

They run businesses, direct organizations, hold political office. In their mid-50s, they are at the height of their social and economic power, earning more than others in their age group. Yet, even with their success, they can't escape the inevitable health problems of a graying population.

They are Vietnam veterans, and the Department of Veterans Affairs (VA) is concerned they may regard a disease associated with the aging process, such as prostate cancer, as just another illness rather than the result of their military service in Southeast Asia. VA wants these Vietnam veterans to know that they may be eligible for compensation and health care for certain diseases associated with Agent Orange, the defoliant sprayed to unmask enemy hiding places in the jungles throughout Vietnam.

Special health care and compensation benefits are available to the 2.6 million men and women who served in Vietnam between 1964 and 1975, only 3,300 of whom remain in uniform today. Those discharged during that period, regard-

less of where they served, are the largest group of veterans receiving VA health care and monthly disability compensation. Yet, a relatively small percentage of their service-connected disability claims are for illnesses scientists have listed as being associated with Agent Orange.

VA presumes that all military personnel who served in Vietnam were exposed to Agent Orange, and VA benefits law presumes that certain illnesses are a result of that exposure. This presumptive policy simplifies the process of claiming compensation for these diseases since VA forgoes the normal requirements of proving that an illness began or was worsened during military service.

Based on clinical research, the following diseases are on VA's Agent Orange list of presumptive disabilities: chloracne, Hodgkin's disease, multiple myeloma, non-Hodgkin's lymphoma, porphyria cutanea tarda, respiratory cancers (lung, bronchus, larynx and trachea), soft-tissue sarcoma, acute and subacute peripheral neuropathy and prostate cancer. In addition, monetary benefits,

health care and vocational rehabilitation services are provided to Vietnam veterans' children with spina bifida, a congenital birth defect of the spine.

Veterans who served in Vietnam during the war also are eligible for a complete physical examination. If a VA physician suspects a disease might be related to Agent Orange, VA will provide free medical care. Those who participate in the examination program become part of an Agent Orange Registry and receive periodic mailings from VA about the latest Agent Orange studies and new diseases being compensated under VA policies.

Vietnam vets and their families can contact VA for more information about these benefits. For the Agent Orange Registry physical examination, call a local VA hospital or clinic listed in the government pages of your phone book.

To file a compensation claim for a current disability related to Agent Orange, veterans can call 1-800-827-1000 for an application form or visit VA's Web site at <http://vabenefits.vba.va.gov>.

## Man invents device to make reading easier

CHAMPAIGN, Ill. — For his 70th birthday this year, Ed Blum gave himself a gift.

"It was either a trip around the world or a plastic mold," said Blum, a retired clothing store owner and restaurateur.

He went with the mold. Blum isn't spending his retirement traveling, playing golf or fishing. The friendly guy with the firm handshake and salesman's demeanor, who looks like the grandfather he is, has made a pastime out of inventing instead.

The mold he commissioned was for Adapt-A-Lap, a portable device Blum invented to help folks with limited use of their arms read easier. It also works for people whose poor vision creates a need to have things positioned up close.

Turns out the device is useful to readers without disabilities, to typists in need of a copy holder and to travelers using laptop computers.

Blum, who started out selling Adapt-A-Lap in medical supply catalogs, has book-

stores offering it now, not to mention Marshall Field's. He's doing good business through his Web site at [www.adaptalap.com](http://www.adaptalap.com).

Most people seem to find him on the Web when they type "book holder" into a search engine, he said.

Certainly, Adapt-A-Lap is good for holding books. That's the purpose Blum had in mind, when he came up with the idea, which he has since patented.

Adapt-A-Lap consists of a light portable desk, 12 by 14 inches, with its own handle molded into it. Attached to the back is an aluminum leg that telescopes like camera tripod legs. The four-section legs allow Adapt-A-Lap to be positioned in a greater variety of places.

The whole thing weighs just 22 ounces and folds into a package an inch and a half thick, ready to slip into a briefcase.

Paul Somers, an accountant and writer, liked it so much he's got two himself and has given others as gifts.

"It's really handy thing," Somers said. "You can read a fairly thick book. I wish I'd had it when I read Truman. It must have weighed 15 pounds."

The idea came to Blum when he was temporarily disabled. Bursitis temporarily cost him the use of an arm and sent him on a search for the ideal book holder. He never found it and decided to design his own but put off doing much with it until he retired a few years ago.

He started with a wooden model produced to his design by Amish craftsmen before going the high-tech route this year.

Blum's not done inventing either. Hawking Adapt-A-Lap at medical shows, he noticed several models of easy chairs that could be raised mechanically to help older people and the disabled get up.

Blum did some research and came up with a prototype for a portable seat that inflates as the sitter gently shifts from cheek to cheek.

## Art Linkletter shares views on aging process

PETOSKEY, Mich. — More than 400 people turned out for a lecture series to hear comedian Art Linkletter tell funny stories about aging and qualities that he believes will extend lifespans.

"I've been in your homes most of your lives," he told the audience, recalling a career of more than 40 years in radio and television with such programs as the Emmy Award-winning "Art Linkletter's House Party" and "People are Funny."

"I am an expert at talking to people, I'm a great gabber," Linkletter said. "The best people to interview are children under 10 and people over 65: Kids don't know what they're saying and old people don't care."

Linkletter spoke at North Central Michigan College in Petoskey Thursday night, promoting his new book, "Old Age is Not for Sissies."

"When you bend over to pick something up, you find yourself asking, 'Now, what else can I pick up while I'm down here?'"

Or you lose your train of thought and forget to get back on," the 88-year-old said.

Linkletter serves as president of the UCLA Center on Aging, which studies elderly lifestyles. He also is chairman of the board of the French Foundation for Alzheimer's Research.

"I speak in many retirement centers to a wide variety of people," he said. "In one place, I was talking to a woman and I gave her a picture of myself and asked her, 'Do you know who I am?' And she said, 'No, but if you go to the front desk, they'll tell you.'"

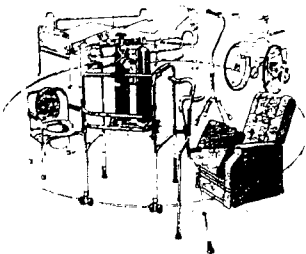
Linkletter listed several things that have been found to "extend life, included not smoking, joining a club, volunteering, exercising, eating healthy and staying active.

Linkletter said he still surfs and skis with his wife, the Traverse City Record-Eagle reported for a story Saturday.

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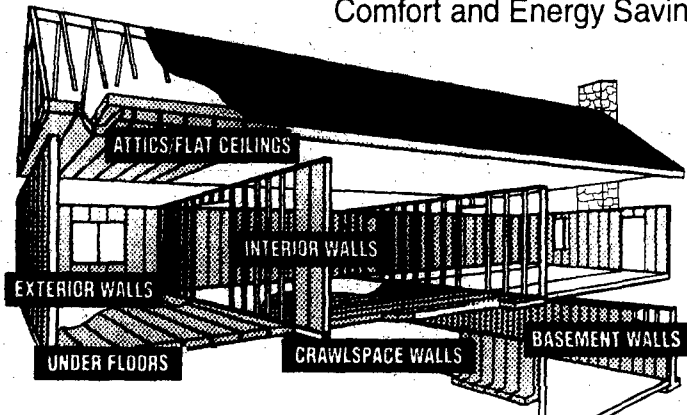
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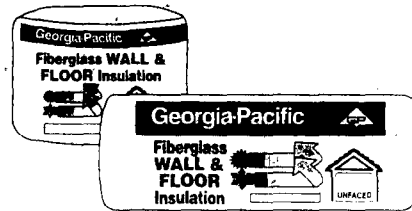
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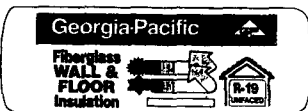
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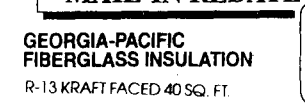
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## Age does not not stop marathon runner

IRONDEQUOIT, N.Y. — For 12 years, Don McNelly has volunteered as a "guinea pig" in a research study of endurance athletes.

Last week, he drove six hours to a Baltimore medical center to undergo an annual battery of aerobic tests. Then he took a side trip to Boonsboro, Md., to do what he enjoys most: run a marathon. After quietly setting a world record, he got back in his car and drove home.

McNelly turns 80 years old Saturday. No one this old has run so many marathons. His lifetime tally of 568 puts him third in the nation's prolific-marathoner rankings. But his greatest accomplishment came during his 70s when he racked up 297 runs of 26.2 miles or more.

The popular Maryland race winds along a dirt track in the Appalachians for 16 miles, descends to the Potomac River valley, then courses along roads to Williamsport, Md. It's a 50-mile ultra-marathon, so McNelly quit a little more than halfway through it.

"I kind of goofed off a little

bit," he said in his usual self-effacing way. "Well, 26 miles is 26 miles! It was just pleasant, the sun was shining, the temperature was nippy but perfect for running and the leaves were turning.

"It's a good place to go out and just commune with God and your fellow runners," he said.

Frightened into action at 47 when a buddy died of a heart attack, the no-time-for-sports McNelly tried out the hallowed Boston Marathon in 1969 and got hooked. He's been competing in Boonsboro for 30 years, finishing the 50-miler 13 times.

Before turning 70, he could run a marathon well inside four hours. His usual time now is close to seven hours. Last Saturday, he almost hit eight hours. "Things haven't been quite the same since I fell off a ladder and cracked three ribs" in 1997, he said from his home in this Rochester suburb.

Make no mistake, though, this is a man blessed with princely genes.

While hundreds of Americans have taken to this gruel-

ing pursuit since the 1960s, few of McNelly's contemporaries possess his physical conditioning and mental tenacity. A dose of insanity seems to be in the mix, too.

"You go to a high school reunion or something and there'll be people with canes and walkers and staring off into space," he lamented.

If there's a lesson to be imparted, "I don't think I should go around telling them because it's almost too late," he said. But he implored anyone reaching middle age to "take care of yourself, for God's sake, get some exercise. Don't go chasing around too much, don't drink too much. You've got to be prudent. That's the word, prudent."

McNelly, a 6-foot, 215-pounder, had been aiming for 300 marathons as a septuagenarian but was laid up for four months this year with a back injury. "I wanted to hit a nice round number, but my world isn't going to fall apart," he said.

Reaching 80 years is exhilarating but "to have your wits about you and be able to do a

marathon occasionally is just magnificent," he said. "You can't describe it. I'd break into tears if I started dwelling on the thing. I'm just so lucky."

In 1988, after his executive job at a corrugated box company had taken him frequently to Baltimore, McNelly enrolled in a long-running geriatric health study at Baltimore VA Medical Center.

Researchers there compare the health of sedentary people alongside athletes ages 60 years and up, "the philosophy being that people like Mr. McNelly represent the role model for successful aging," said Dr. Les Katzel, who runs the study on the aging.

"We'll be testing him till he's 100—that's what we've agreed upon or till the money runs out," Katzel said.

McNelly's marathon career still has far to travel.

"I guess my next goal is 600 marathons," he said with nonchalance. "That'll be in 2002, all other things being normal. I'm just going to keep plugging away."

## Murder by the Book plans year

YANKTON, S.D. — On Nov. 16, the members of Murder By The Book will have their annual Thanksgiving Potluck.

Anyone wishing to join, should bring a dish to share (plus a plate and silverware—napkins and drinks will be furnished).

Between bites, several people will present information on interesting mystery series so that others might find new books to read. Some of the authors discussed will be Nevada Barr, Charlaine Harris, Marcia Muller and Barbara Neely. A late addition to this list is Lauren Haney. Who?

Just as a reminder, of the plans for the rest of the year 2000: Dec. 7 (special date—FIRST Thursday) is the time for our annual Christmas in Tabor with Betts.

Murder By The Book meets from 7 to 9 p.m. on the third Thursday of each month at the Yankton Community Library.



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## At 103, Indiana woman still looks forward to voting

OTTERBEIN, Ind. — Eva Johnson turned 103 on Tuesday, and she celebrated by heading to the polls to take part in the 26th presidential race that has occurred in her lifetime.

When she was born Nov. 7, 1897, William McKinley had been president for just a year. And it would still be another 23 years before the 19th Amendment extended voting rights to women.

But by her own admission, Johnson isn't very political.

"I didn't vote every time I could," admitted Johnson, who lives at Otterbein's St. Clare Healthcare Center.

But she remembers when women were finally granted the right to vote, back in 1920.

"I don't remember who was running or anything, but I do remember going to the election, going on my birthday to celebrate," she said.

When her late husband ran for trustee of Round Grove Township in White County in 1934 and 1938, Johnson said she stayed at home because she believed political enemies and the press would scrutinize her, then use her words as political ammunition against her husband.

Though many things have changed over the past century — men landing on the moon and other marvels among them — Johnson said one thing clearly hasn't changed: political dirty tricks.

"There's nothing fair about politics. And the bigger you go, the higher up you go, the dirtier it gets," she said.

"That's nothing new, they've been doing it for years. You can't change human nature, and anybody who wants something really bad will do anything to get it, right or wrong."

Although she never campaigned with her husband, Johnson said she enjoyed teasing him over politics. She is a Republican and he was a Democrat.

"He thought I'd vote against him, but I never did," she said with a laugh, adding, "My ideas are my ideas and I stick to them."

Before she retired decades ago, Johnson had many careers, including telephone operator, bookkeeper and artillery shell inspector.

When she was about 63 years old, she began painting, and her works, mostly landscapes and still-lives, have been displayed and sold at galleries and fairs throughout the state and in Chicago.

Most people find her life story, and the events she remembers, fascinating, said Regina Carroll, a health-care provider at St. Clare Healthcare Center.

"She tells stories about how her grandfather got checks from serving in the Civil War and how he met (Abraham) Lincoln," Carroll said. "It's really impressive to have a connection with history like that."

To honor Johnson on her birthday, student council leaders from Otterbein Elementary School planned to visit St. Clare on Tuesday to present her with 103 handmade cards.

## After 100 years, retiree still lifts weights and plays golf

CONCORD, N.H. — Yardley Chittick isn't letting his 100-year-old frame stop him from hitting the gym or the golf course.

"He's a really remarkable person," said Michelle Young-Hampe, director of resident services at Pleasant View Retirement Community. "It's not easy to keep up with him."

Three times a week, Chittick heads for Pleasant View's fitness center, where he and about a dozen other residents work out. Chittick is the first to grab the hand weights.

After several sets of calisthenics, Chittick heads for the exercise machines. He sets the chest press at 41 pounds and cranks out three sets, barely taking time to rest in between.

Despite his age, Chittick leg presses 274 pounds. Last week, the other residents threw him a party for his 100th birthday.

"These minor exercises are kind of good," he says when the 30-minute class is finished. Then, he curls his torso into a practiced golfer's stance.

"The best thing is to swing a golf club," he says.

As a student, Chittick's athleticism at Massachusetts Institute of Technology helped steer the course of his career.

"As a student, I was just in the middle. I wasn't bad, and I wasn't good," Chittick said. "The only way I

could excel was on the track team."

During his senior year, Chittick won the New England Intercollegiate Low Hurdle Championship and went on to race with the Newark Athletic Club and the Boston Athletic Club.

"I just liked to run. It was fun," he said.

Chittick loved golf back then too, so much that he made a career of it. Shortly after graduating from MIT, Chittick met Thomas Edison, who offered him a job. But Chittick was more enamored with a golf club company he'd been looking into.

"I thought being in the golf club industry would be more interesting than working for Mr. Edison," he said.

Chittick left the company within a couple of years, when the Great Depression hit. Through his work there that he met a patent lawyer.

He went to law school, got a job in the United States Patent Office, then started his own practice. He quit practicing 15 years ago.

Chittick's greatest love though is the gym. When he's not working out, Chittick works with the staff at the retirement home to improve residents' stay.

"If he feels there's something that's not right, he's not afraid to speak up," said Executive Director Jane Poitras. "And we like that ... He's one of our shining stars."

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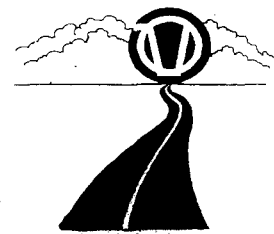
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## House of Representatives approves re-authorization of Older Americans Act

WASHINGTON, D.C. — For the past five years, the Congress has continued to fund the social and nutrition services provided for by the Older Americans Act, even though that act had not been re-authorized. On October 25, acting out of concern that the program's growing needs might not be met in the future, the House of Representatives approved legislation re-authorizing the Older Americans Act.

The Older Americans Act provides a wide range of home and community-based services in every locality in the nation. The Older Americans Act has provided care and services to our nation's elderly popu-

lation through many programs, including meals on wheels, congregate meals, home care, adult day care, senior centers, senior transportation, job training programs, a long term care ombudsman, and abuse prevention and elder rights.

In particular, I feel the National Family Caregiver Support Program is an important provision which aids families in caring for their elderly relatives, for grandparents caring for grandchildren and other related children.

By providing care and extending the ability of an aging family member to stay at home,

family caregivers reduce long-term costs to Medicaid. The ability to provide respite for those who care for an ailing family member has proven to reduce stress and burnout of these individuals who provide such an invaluable service to their family. Services provided through respite include information and assistance in gaining access to services, counseling, support and caregiver training, respite care, and additional supplemental services.

The typical recipient of Older Americans Act services is a woman over the age of 75, living on a fixed and very limited income, who needs daily help in preparing meals or weekly transportation to a doctor.

The number of persons over age 75 is the fastest growing segment of the American population and will increase by 36 percent by the year 2005.

### KEEPING IN TOUCH

A Report from  
Representative  
Dale Denton

## At 89, man casts vote for the very first time

HARTSELLE, Ala. — Earnest Boy said he's followed politics his whole life, but never made it to a polling place to cast a vote until now, that is.

But that changed Tuesday when he cast a ballot and voted for the first time at age 89.

Boy's daughter, Wanda, said her father changed his mind after suffering a heart attack and began to set goals for himself during his recovery.

"One of the proudest days for him was when he got his voter's registration card," said Ms. Boy. "[The family members] kind of feel bad

that we never insisted that he vote before this."

After a visit to a grandson who teaches high school in Decatur, Mr. Boy began to follow this year's presidential election closely.

Boy said he comes from a long line of Democrats, and he supported Gore at first, since both men are from Tennessee.

But he switched to Bush after he began following the issues, because he is opposed to abortion.

Gore has set he favors the Supreme Court decision upholding abortion and would appoint judges who feel this way, as well.

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# The Clatter of Change

Thought buying that little red sports car mollified the monster of mid-life crisis? Think again. Now there are late-mid-life crises.

Divorce after 50 years of marriage? Tom and Jean considered it. For years, he was a professional and she a homemaker who helped out in his office. They'd been through a lot together even suffering the traumatic loss of a daughter. Still, the marriage did well when the focus was on maintaining a home, building Tom's practice and raising the kids.

But when Tom retired, he turned his attention to home and tried to run it as he did his business. Jean was used to having things the way she wanted at home, but Tom was unable to understand her need to have some sense of control. He was oblivious to her concerns.

Change in roles, loss of a child, and the inability to work through the conflict made this couple's lives miserable. Today, they still are unable to come to terms with each other and how to live the next 20 years of their lives.

Tom and Jean are going through a relatively new phenomenon: late-mid-life crisis.

People are living longer. So at retirement, many now face another 10 to 30 years of life and say, "These years are mine to do with whatever I choose. How do I want to use them? What have I accomplished? Where am I now, and where do I want to go?"

These questions are part of re-evaluation that happens periodically throughout one's life. Traditionally, it has happened in the late 20s or early 30s, and again in the late 40s.

Now that people are living longer, geriatric psychiatrists have tacked on two new transitions: one around 65 when nearing retirement; and another in the 80s. When people pass through successfully, these stages are called transitions. When they stumble, they're dubbed crises.

The bad news: Big changes in late mid-life don't always end well.

Some couples divorce. Some are too inflexible to change. Some lose family or identity and never recuperate from the loss.

The good news: Most retirees successfully adapt to change and loss and live happy and healthy lives, says Gene Cohen, M.D., Ph.D., George Washington University psychiatry professor and author of *The Creative Age*.

## Triggers

Late-mid-life crises can be triggered by loss of a loved one to death, separation or even a disabling disease such as Alzheimer's. Crisis also can be brought on by an acute physical illness.

Retirement also is a common trigger. Why? Roles shift, says geriatric psychiatrist Allan Anderson, M.D., who heads Shore Behavioral Health in Cambridge, Md. A retiree who has focused and identified exclusively on work, for example, may be headed for big-time problems.

In fact, retirement assaults all the roles that make up a person's identity-occupational, social, family, and spiritual, he says.

The man isn't the wage earner any more. Children are now grown and no longer need parents' assistance. A passive housewife is forced into an active role caring for a husband with Alzheimer's or a stroke. Or a woman might finally "get a life" when the children leave the nest.

"That can be really stressful for the husband," notes Dr. Anderson. "He says, 'You've always been at home! My dinner has always been ready! What, now I have to make my own dinner?'"

Social changes also take a toll. A couple might move to Arizona for health reasons and, in the process, lose contact with most of their friends.

Or a man may be so consumed with caring for a sick wife or helping adult children in crisis (such as failed marriages) that he doesn't socialize any more.

Couples can become socially isolated because limited incomes don't allow them to do things with their friends.

Another reason for the onset of late-mid-life crisis: when present day events revive past grief.

Consider the case of Wayne, who fell into depression after his dog died. Day after day, he did nothing but watch television.

Seven years before, he had lost his wife and had managed to "get through" the loss without properly mourning her. The death of the dog—which actually had belonged to his wife—brought back his wife's death.

A traumatic event in Wayne's present had triggered unresolved grief from his past. The solution: go back, mourn his wife, and, in saying good-bye, be liberated to go on with his life.

## Being Yourself

Claire was the prototypical social butterfly. She was beautiful, always had been, and used her beauty to aid in social relationships. She did what she wanted, when she wanted. Nothing else and nobody else mattered. She would set her sight on a goal and set off unflinchingly in that direction.

As this vibrant, vivacious and eccentric lady got older, however, some of this behavior began to get risky. She went in for cosmetic surgery, without telling anyone, and in the post-operation month when patients may feel unsteady on their feet, she fell and broke her arm.

Enter her son. He was beside himself. His mother had been diagnosed with mild dementia.

Yet she still traveled regularly to Europe, refused to get help with her finances, and continued to drive despite the risk.

The distraught son insisted the psychiatrist make his mother become sensible. The psychiatrist responded: "It's impossible."

The mother had been that way all her life and wasn't going to change at this point, the psychiatrist counseled. The challenge for

the son was to figure out what to do that allowed him to get to sleep at night.

There is a moral to this tale.

"With aging, whatever you are, you become more that," says Sandra Swantek, M.D., director of geriatric psychiatry at Chicago's Weiss Memorial Hospital.

Personalities remain pretty stable throughout life, she notes.

That's why she counsels parents to encourage their children to develop the ability to adapt, change, be open, make new friends, and to explore creative activities like the arts.

"These things allow us to develop the flexibility needed to adapt to growing older," says Dr. Swantek. Perhaps most importantly, re-evaluation creates the potential to grow as a person, stresses Dr. Cohen. Sure, problems come with aging. But so do possibilities.

Famous folk painter Grandma Moses was 67 when she took up embroidery after her husband died. For the next 11 years she won awards for it. Then she developed arthritis and couldn't embroider anymore, but thought she could paint. That launched a 23-year career and world fame.

That's creativity in response to loss, says geriatric psychiatrist Dr. Cohen. That's re-evaluating and making a mid-course correction.

Dr. Cohen firmly believes that old dogs can learn new tricks. He has observed it over and over again in his practice, not only in those in their 60s, but in those in their 80s, as well.

## Batting 80

The last transition/crisis generally comes around 80, the experts point out.

People in their 80s often go through a phase in which they wish to say what has not been said and do what's not been done, observes Dr. Cohen. An octogenarian might figure out, for example, how to bring together family members who haven't spoken in years.

Octogenarians also are at a stage in life where they feel freer to experiment and strike a new course, says Dr. Cohen.

They may look back at their life with satisfaction and translate that feeling into wanting to give back.

One retired high-power lawyer, for example, volunteered his legal expertise to keep a community center from losing its building.

"Do I look forward to aging? No," says psychiatrist Dr. Anderson. "Will I look for some way to adjust to it? Yes."

"I used to work with war veterans," he recalls. "I saw patients who had lost limbs, but who'd managed somehow. And I had patients with the same injuries but who hadn't left the hospital in years. Some adapted. Some didn't."

Like retirees, the ones who succeeded mourned their losses, he says. Then they reframed their attitudes and invested new energy in the rest of their lives.



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A depression-era relic will soon be a relic itself.

In what could be the greatest legislative victory for seniors in the 106th Congress, both the House and Senate have unanimously passed legislation to eliminate the earnings limitation.

Thanks to the continuing work of senior advocates, including the National Committee and dedicated lawmakers, seniors now have every reason to be optimistic. At presstime, the bill was headed for the desk of President Clinton, who had vowed to sign it as soon as it reached him.

"We are quite pleased to see members of Congress now willing to fight for seniors' freedom to work," National Committee President Martha McSteen says, "National Committee members are delighted that passage of earnings limitation repeal legislation now seems imminent."

Efforts to repeal the earnings limitation picked up steam this spring when a bill sponsored by House Ways and Means Subcommittee Chairman Clay Shaw, R-La., and Rep. Sam Johnson, R-Texas, sailed through Mr. Shaw's subcommittee and the full committee and then overwhelmingly passed the House.

The bill then moved to the Senate, where it passed by a vote of 100 to 0. The National Committee had also endorsed a bill introduced by Sen. John McCain, R-Ariz., who, along with House Speaker Dennis Hastert, R-Ill., has been a long-time advocate of earnings limitation repeal.

"Without Senator McCain's and Representative Hastert's determined efforts and tenacious commitment over the years, I doubt we would be facing victory on this important issue," Mrs. McSteen says. "We are truly grateful for their committed efforts on behalf of senior Americans."

President Clinton, speaking in February with CNN correspondent Wolf Blitzer, indicated that he will sign a "clean" bill to eliminate the penalty-one with no non-Social Security or extraneous amendments attached-if it crosses his desk.

"I think we should lift the earnings limit for two reasons: One is, I don't really think it's fair for people-if you're 65 today in America, your life expectancy is 83," the president said. "Secondly, I think as the baby boomers retire, it's going to be

important to have a higher percentage of people over 65, if they want to, working. This will be good for our society. I'm strongly in favor of it."

Working seniors have, for years, bemoaned the earnings limitation, a Depression-era relic that penalizes working seniors, 65 to 69, by reducing the Social Security benefits by \$1 for every \$3 earned over a yearly limit. In 2000, the limit is \$17,000.

"Illness and the death of my husband consumed all our savings, I must continue to work, and I continue to pay taxes. I earned my Social Security benefits. But why then can I only make a certain amount of outside income every year without having my Social Security benefits reduced? Not everyone is wealthy. I should be allowed to make a decent living!"

"My husband worked and paid Social Security taxes for more than 45 years. He has earned his Social Security. Now he must work for minimum wage because of the earnings limitation. If he seeks better employment he is penalized; if he quits, we cannot pay our bills. Is this fair?"

The earnings limitation dates back to the creation of Social Security in 1935. The nation was in the middle of the Depression and unemployment was high. The rule

was intended to discourage older workers from returning to the workforce.

Now, of course, the situation has changed drastically. America is facing an acute labor shortage. Many seniors with talent and years of experience need or want to remain in, or return to, the workforce.

Since income earned from stock dividends and other investments are not counted towards the limit, the penalty is especially unfair to low- and middle-income seniors who must continue working to make ends meet, says National Committee Senior Policy Analyst Lisa Davis.

"Seniors hit by the earnings limitation face marginal tax rates of at least 56 percent," she says. "Middle-income seniors in the 28 percent tax bracket and paying tax on Social Security benefits face almost confiscatory marginal tax rates."

Last year, Ms. Davis points out, more than 800,000 seniors, 65 to 69, lost some or all of their benefits because of the penalty and the Social Security Administration withheld about \$3.9 billion in earned benefits from these recipients. And low- and middle-income seniors can ill afford these reductions. Many are forced to choose between buying their needed medications and paying rent or buying food, she says.

There are other advantages to eliminating the earnings limitation, says Representative Johnson.

"The Social Security earnings [limitation] is complex and costly for the federal government to administer," says Mr. Johnson. "It is responsible for more than one-half of retirement and survivor benefit overpayments. The Social Security Administration estimates that it costs \$150 million each year to administer."

Although in the past the cost of eliminating the penalty has been the biggest obstacle, this is no longer the case, says Mrs. McSteen. There will be short-term costs but they will be covered by other changes in the law. The long-term costs of eliminating the penalty for those over 65 is negligible.

It makes sense to encourage today's seniors to continue to use their wisdom, skills and work ethic to benefit American businesses," she says. "The time is right to take that final step and eliminate this unfair penalty."

The legislation repeals the limitation for seniors, 65 to 69, and is retroactive from Jan. 1, 2000. The earnings limitation for Social Security beneficiaries 62 through 64 was not addressed in this legislation and remains unchanged.

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# Randolph woman enjoys the gift of song

By DAVID W. CARSTENS  
RANDOLPH TIMES

RANDOLPH — Many of us can identify with the distinct, clean sounds of four-part, barbershop harmony.

Barbershop harmony is vocal harmony consisting of four unaccompanied parts — lead, tenor, baritone and bass.

However, barbershop harmony is just four guys singing in red and white-stripped suits.

Women have their own equivalent through Sweet Adelines International.

For the past decade, a Randolph woman has polished her singing voice using this unique vocal texture through involvement in Sweet Adelines International.

Sharon Riedel, Randolph, has spent hundreds of hours and has learned more than 200 songs in the 10 years that she's been involved with Sweet Adeline groups in Norfolk and Yankton.

Since Riedel and her husband, Jim, retired from the Randolph grocery business they operated for almost 25 years, she now has time to concentrate on the vo-

cal music style she loves.

"The one thing about barbershop is that you have no accompaniment, so you can go



Sharon Riedel, Randolph, during a recent performance.

sing anywhere as long as you have the four parts." Riedel said.

The Sweet Adelines were first organized in 1945 in Tulsa, Oklahoma. Since that time the group has grown to 30,000 members and includes group chapters in all 50 states.

Riedel started her involvement in barbershop singing in October 1990 when she joined the group's Elkhorn Valley Chapter in Norfolk.

After several years of fun in that group, she later joined Yankton's Rivercity Harmony Chapter as Norfolk's group struggled to find new members.

Last year, the Rivercity group was faced with a short-term dilemma as they found out their director was going to be moving to Minnesota.

About the same time, Sharon found out that a former Randolph minister and talented vocal instructor had announced his retirement.

Riedel knew Rev. Sandy Carpenter from Niobrara very well as he had served a number of years at Randolph's Methodist church.

"I told the group that I knew of someone from Niobrara who might be interested in helping us and they asked him if he'd be interested," she said.

So far, Carpenter has brought his special touch of music to the

Yankton group.

The group rehearses each Monday evening for about two hours.

"It's like going to music school each week," she said.

Group members range from 14-80 years of age.

Riedel said it's a great pastime and most singers easily adapt to the style.

Of the four parts, Riedel sings the "lead" part. The lead is the melody of the song and its sung in the keyboard range between A below middle C and to C above middle C.

Other parts consist of tenor, which is the harmony part sung consistently above the lead vocal. It's the highest part of the quartet, but shouldn't be confused with a soprano part in traditional choir groups. Baritone voices cover the same range as the lead, while bass singers usually sing to the E flat below middle C.

Once the members learn their individual parts, they take the show to the public.

This past spring, the group presented a show featuring the music of Walt Disney.

They've also done dinner shows and other special ben-



Sharon Riedel looks over a number of programs, music and photographs she has accumulated from her involvement in the Sweet Adelines singing group.

efits events.

Another exciting aspect of the Sweet Adelines are some of the regional and national competitions where groups compete and are judged by other peer groups from around the county.

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### Diabetes sees national increase between 1990-98

A recent study conducted by the US Centers for Disease Control shows among adults, the number of diagnosed cases of diabetes increased nationally by 33 percent between 1990 and 1998.

The study is published in the September issue of *Diabetes Care*. It was conducted as part of the Behavioral Risk Factors Surveillance System, a standardized telephone survey conducted by state health agencies in collaboration with the CDC to help determine the health status of Americans. In 1998, a total of 150,000 individuals from all 50 states took part in the survey.

According to the findings, there was significant increase in diabetes throughout the country in the last decade. The increase was across all regions, demographic groups, ages, genders, and populations.

The study found that during 1990 and 1998, a 70 percent increase in diabetes was seen among individuals aged 30 to 39, with a 40 percent increase among those aged 40 to 49 and a 31 percent increase among those aged 50 to 59.

In 1998, the total number of adults diagnosed with diabetes was reported as 16 million.

Researchers found that the prevalence of obesity has also increased rapidly in the United States.

### Nursing home patient files turn up in Baltimore

**BALTIMORE**— In an embarrassing case of mishandled files, the names and in some cases confidential records of Maryland nursing home patients have turned up in public libraries across the state.

The patient information—including some medical histories and financial records — was accidentally released by state officials in an effort to inform the public about nursing home performance on health and safety measures.

The release of the information violates state and federal privacy laws, and has drawn criticism from advocates for the elderly.

"That's outrageous. That's not supposed to happen," said Toby Edelman, an attorney with the Center for Medicare Advocacy in Washington.

Carol Benner, director of the state's Office of Health Care Quality, apologized for the mistake and said it was inadvertent. She said she was not aware that the files had been released.

"We should have caught it. Someone should have caught it," Benner said. "We have a system in place (to protect patients' records), but obviously it failed."

Benner said her agency forwards nursing home inspection reports to the state Department of Aging, which in turn sends them to libraries. She said the confidential information was apparently attached to the inspection reports.

Ironically, the mistake by state officials comes at the same time inspectors are putting pressure on nursing homes to protect patients' records.

In one recent case, a state inspector cited a Baltimore nursing home for leaving part of a patient's medical record visible in a common area.

Sue F. Ward, secretary of the Department of Aging, said department ombudsmen, whose responsibilities include protecting patients' rights, plan to visit libraries around the state to remove any confidential files that may be found there.

Among the information released was a two-page file containing therapy notes on a 93-year-old patient who was improperly restrained. That file, which includes the patient's name, turned up on a reference shelf in the Severna Park branch of the Anne Arundel County library system.

Another report at Baltimore County Public Library in Towson contained information about treatments, tests and drugs prescribed to a 92-year-old patient with severe skin ulcers.

Similar confidential information has turned up in libraries Harford, Carroll, Cecil and Montgomery counties.

Edelman and others who work on behalf of the elderly were surprised and outraged to learn that patients' confidentiality had been compromised.

"They shouldn't even have that information, and they certainly shouldn't be sending it to someone else," Edelman said of the state Department of Aging.

"There's no way information on that level should be in a library," said Frank Chase, who serves on a state advisory panel on patients' rights. "They've gone way beyond what they should be doing."

Benner of the Office of Health Care Quality said department personnel would work through the weekend to ensure that the reports are removed from public view.

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### September Resident of the Month



Hilda Steffen

Hilda was born and raised on a farm in the Fordyce area. She had four sisters and five brothers. She graduated from St. John the Baptist Catholic Grade School and the Fordyce High School. On April 20, 1937, she married Ignatius Steffen. They had nine children. Hilda is a member of Holy Trinity Catholic Church in Hartington and past member of St. Joseph Catholic Church of Constance. Hilda enjoyed working with her husband on the farm and raising her family. Hilda remembers going to dances as her husband played in the musical band.

Hilda came to Beverly Healthcare on May 12, 2000, and enjoys many activities at the nursing center and looks forward to visits from family. We are happy to have Hilda as part of our family.

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# Getting Ready for the Big Big Boom

They're coming in droves.

Can the Social Security Administration handle the next generation of retirees?

In only a few years, the baby boomers will begin to retire. Their sheer numbers will put even more pressure on an already overburdened Social Security Administration, say some lawmakers and federal officials who are urging the agency to quicken the pace of modernization efforts and customer service improvements.

By 2010, says the General Accounting Office, the number of people applying for retirement benefits is expected to increase by at least 20 percent, and for disability benefits, a whopping 54 percent over 1999 levels. And that's only the beginning of the boom.

The Social Security Administration has been gearing up for the boomers for the past several years. But it steps up to the plate with some built-in handicaps.

## The Way Things Are

Concerns pivot around the recommendations and observations of the Social Security Advisory Board, a bipartisan commission created to advise the president, Congress and the Social Security commissioner on agency matters.

The board commended the current Social Security workforce in an extensive report to Congress last fall, but also identified some problems.

For example, the agency is still suffering from severe downsizing, which occurred over the past two decades. In fact, the agency's workforce has declined more than 27 percent since 1982, says Board Chairman Stanford G. Ross. Often, staff members are moved from their own work to help complete projects or cases in other

areas, adding to the delay.

Further, the remaining staff is itself aging. The average age of Social Security employees is 46, up from 41 only 10 years ago. And a large portion of this experienced workforce is expected to retire within the next 10 years, says Mr. Ross.

Where does this leave Social Security? In dire need of new recruits, says the report. Board member Sylvester Schieber put it most succinctly: "The agency cannot put off hiring any longer."

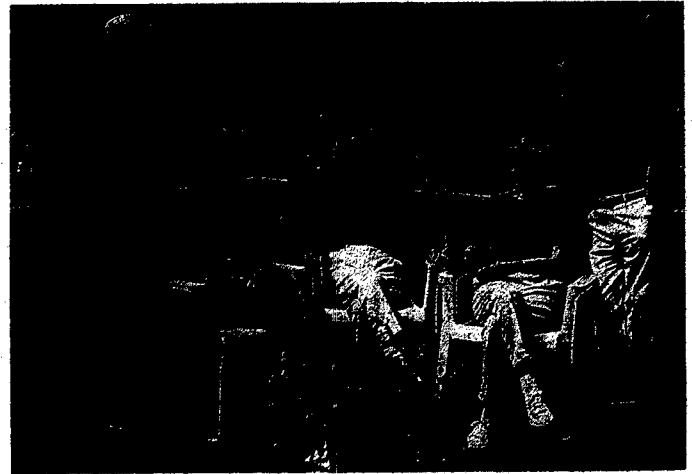
The work of Social Security employees is also growing more complex, says Mr. Ross. For example, disability applications often involve impairments which are timely and difficult to evaluate. More time is now required to make sure those receiving disability benefits are still eligible for them. And more and more immigrants are applying for Social Security cards and benefits. Today, the agency now has employees who speak more than 90 languages.

## Keeping Up With the Joneses

Another concern is technology. Social Security is continuing its efforts to ensure that all callers to its toll-free telephone number receive prompt and efficient service. In 1999, its goal was to answer 95 percent of calls within five minutes.

But standards for telephone service are rising—and quickly. Now the standard industry goal is to answer 90 percent of calls within 1 minute.

And it's not only the phone system that is falling behind, Mr. Schieber notes. Because of the snail's pace at which new computer systems are brought into the agency, and because of the speed at which new technological improvements are made, Social Security's computer upgrades are often out of



date before they are even installed.

"If Social Security is to keep up with its needs, it has an urgent need to find quicker ways to get state-of-the-art equipment to its employees," concludes Mr. Schieber.

Social Security Commissioner Kenneth Apfel is well aware of the challenges facing the agency and has vowed to meet them. So far, he has been making a strong showing. A recent survey conducted by the University of Michigan gave the agency exceptionally high marks in customer satisfaction. But, the commissioner points out, respondents also had their own suggestions for improvements.

Mr. Apfel has vowed to listen "to what our customers tell us."

## A Look Into the Future

Clearly, technology will play a big role in the ability of Social Security to handle the coming influx of baby boomers. And boomers will expect a more technology driven agency. People in this age group will rely heavily on the Internet.

"At some point, the Social Security Administration, like many federal and state agencies, will face the need to shift to a system that pre-

dominately relies on electronic access," says James Burke, a futurist with Coates and Jarratt, Inc. "These technologies are well within reach in the next decade."

To this end, the agency's website, [www.ssa.gov](http://www.ssa.gov), is expanding every day, hopefully allowing future computer-savvy users to conduct a variety of online transactions, thereby reducing the pressure on Social Security staff. Currently, users can request some forms online but the requests currently are answered by "snail mail."

Security is another major concern of the agency, especially after a recent spate of unauthorized access by hackers to confidential files in several other sites. As a result, employees are now developing a secure PIN number and password system.

And starting this summer, the agency will test a program to allow people to apply for retirement benefits online. Final details of this plan are still under development. If the test is successful, the program will go national next fall. However, applicants must still mail or bring to a field office copies of their birth certificates and Social Security cards.



# Spirited Souls

Some people walk through forests or mountains. The Boynton Beach Mall Walkers stride by shoe stores and yogurt shops. The group was formed 14 years ago by a group of friends in this Florida retirement haven. It is one of many groups across the nation that use malls to exercise in comfortably controlled temperatures.

"My wife and I used to walk down to the beach, but the bugs and heat drove us crazy," says Julian Stern, 82, president of the Boynton Beach Mall Walkers. "It's something we love to do. We go in six days a week."

Over the years, the group has grown from 15 to 200. On any given morning, there's a flow of mothers pushing baby carriages, wives pushing wheelchairs, retired couples waling hand in hand and health mavens, briskly striding by in ear phones.

Some "walkers" are two months old. Some are 90 and two months. Most wear shorts and gym shoes.

The group has stretched beyond walking and now hosts aerobic warm-up classes, seniors' proms, Christmas parties and health lectures.

But these folks don't just "walk the walk." They also "talk the talk."

"After we walk, we sit and have a gab-fest over coffee," says Mr. Stern.

## Taking It In Stride

On a recent balmy morning, this intrepid reporter joined some mall-walk regulars for a 9 a.m. lap around the 8/10ths of a mile course.

Ours was a leisurely pace. The route took us past the mall guard ("hi ya, Soll!) and Florsheim Shoes. We turned right at Gordon's Jewelers, trudged past the indoor palm trees and skirted the "piercing pagoda" in the middle of the already crowded lane. The we hung a U-turn at

Payless Shoe Source, took a sharp right at the yogurt shop and hit the straightaway to J.C. Penny.

Like Olympic team members efficiently passing a relay baton, walkers briskly exchanged greetings:

"See ya later for coffee!"  
 "How ya feelin', okay?"  
 "Good to see you walking around!"  
 "A lot of people come because their doctor has told them they should walk," says Mr. Stern. "When I first started walking, I did a lap in 11 minutes. Now it takes me 15 minutes, and I'm lucky if I make one full lap."

No matter what a person's physical capacity, walking is good because it is simple, low impact, and improves health, says experts.

"Walking is easy. Anyone can do it, and everyone should," counsels Brian Henry of the American Heart Association. Physical activity is important because the heart is a muscle and muscles need exercise, he says.

"You don't have to run five miles," says Mr. Henry. "You don't have to bench press 200 pounds. You can just incorporate walking into a regular regimen."

For long-term health and well-being, the "American Heart Association recommends walking 30 minutes a day, six days a week.

## Spirited Attitudes

Circuit completed, the mall walkers adjourned for coffee and bagels at the food court.

This post-walk ritual is part of the daily regimen and as important as the exercise. The clique of a dozen retirees that gathers in front of Barney's Coffee has been meeting this way for 14 years:

"Where's Rose?"  
 "She's gone to fight with the telephone company."  
 "I feel sorry for the telephone com-

pany."  
 "Gladys isn't here."  
 "How about Mabel?"

The social part of mall walking can become habit forming, says Mr. Stern.

Participants get hooked on the jokes (What goes up and never comes down: Your age.), the conversation ("Yesterday, the endocrinologist. Today, the cardiologist. Everytime I go, he feels better.") and the joking around ("Take me to eat someplace I've never been" "The kitchen!")

"It's an activity I look forward to," says one regular walker. "We fall out of bed, go walking, and then socialize. We stop off and do a little shopping. Then we go home, shower, and begin the day."

"That camaraderie is something to get up for in the morning," adds Mr. Stern. "Besides, if you lay around, you'll die."

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## Twenty-five years after its sinking, Edmund Fitzgerald is still remembered

DETROIT—With the mournful tolling of bells and sounds of bagpipes, observers on Friday remembered the Edmund Fitzgerald a quarter century to the day since the ore-hauling freighter plunged to Lake Superior's bottom in a fierce storm, killing 29 mariners.

During a memorial service on Detroit's Belle Isle, a pastor who tolled his church bell once for each of the dead crew members the day after the sinking, said the ship immortalized by a 1970s song has never left America's consciousness.

"I never remember the Fitzgerald — she's always in the historic present," the Rev. Richard Ingalls, of the Mariners' Church of Detroit, said at the Dossin Great Lakes Museum. "Thank God for the blessed 29. As far as I'm concerned, they have not died in vain."

Elsewhere, commemorative ceremonies Friday were held at Traverse City's Great Lakes Maritime Academy and at the Great Lakes Shipwreck Museum in the Upper Peninsula's Whitefish Point, about 17 miles southeast of the ship's gravesite.

There, state Rep. Scott Shackleton supervised the ringing of a bell 30 times — 29 times for each of the lost crew members and once in memory of all the sailors lost on the Great Lakes. About 300 — many family members — gathered for the ceremony, many tearful.

John O'Brien, 42, of Fort Lauderdale, Fla., rang the bell in honor of his father, Eugene, who was 50 when he died on the Fitzgerald as a wheelsman. "I was only 17 when my father died. This has been terrific closure for me," O'Brien said.

At the Split Rock Lighthouse State Park in Two Harbors, Minn., remembrances Friday and Saturday called for a ceremonial beacon lighting, the reading of the crewmen's names, photo displays and a film screening.

As part of the two-hour Detroit program, 29 small oil lamps — one for each of the ship's late crewmen — lined a driveway near a six-ton anchor that the Fitzgerald lost in the Detroit River a year before the ship went down. Tiled names of the lost crewmen were below each lamp, their flames flickering in the cold November breeze.

On a theater-sized screen,

the 170 gatherers for that event saw a video about the ship affectionally known as the "Fitz," then a walkthrough of the pilot house from the freighter William Clay Ford, once captained by Donald Erickson.

While leading that tour, Erickson spoke of his ship's role in the search for the Fitzgerald, lost to the unforgiving storm the Ford and other ships escaped by seeking refuge in Whitefish Bay.

"Nobody really believes a ship like the Fitzgerald could sink like that," Erickson said.

Mystery and fascination about the Fitzgerald has been keen since Nov. 10, 1975, when the ship got pummeled by foul weather at Lake Superior's eastern end while lugging 26,000 tons of concentrated iron ore from Superior, Wis.

Rocked by 90 mile-per-hour gusts and 30-foot waves, the 729-foot ship lost both radars and relied on radio directions from a trailing freighter, which lost sight of the Fitzgerald when the ore carrier sailed blindly into a snow squall.

Monitoring the Fitzgerald's radio traffic that night, Erickson

said he never heard an SOS and recalls the last thing the Fitzgerald's captain said: "I'm holding my own."

When the squall lifted, the Fitzgerald was gone. A vessel with sonar located the downed ship days later, just 15 miles from the safe haven of Whitefish Bay.

A Coast Guard investigation concluded the ship sank after losing buoyancy from cargo-hold flooding due to ineffective hatch covers. Others believe the ship hit a shoal that damaged its hull, or that the vessel had structural failure and broke apart.

After reading about the wreck, singer Gordon Lightfoot penned "The Wreck of the Edmund Fitzgerald," a haunting ballad that sold nearly one million copies after its 1976 release.

The crew's bodies are believed entombed inside the ship or on the lake bottom.

As the most famous of some 6,000 ships that have succumbed to the vicious gales and treacherous shoals of the Great Lakes, the Fitzgerald remains legendary within the inland seas' close-knit maritime

fraternity. Debates still rage over the ethics of exploring the wreckage and peddling Fitzgerald memorabilia for profit.

On Sunday, Ingalls' church will hold its yearly memorial service for the Fitzgerald and its dead, saying that "if the families did not request it, we would not have it."

To him, the disaster "has gripped us in a way that has a mystical attachment."

"It's because there was not one survivor. No one returned, not one to talk of the tragedy and horror. It's the fact that the queen of the lakes — a technologically superior long boat — went off the map in a moment."

After attending Friday night's Detroit program she called "wonderfully intimate," Debbie Vargas of Dearborn said she still remembers the day she heard the Fitzgerald went down. She has the calendar page — Nov. 10, 1975 — tucked away.

"It was just one of those things, like where were you when JFK was shot or when the Challenger blew up," said Vargas, 47. "I just think it's going to remain one of those great mysteries."

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# Kolecka explains cancers of the male reproductive tract

by **DEBRA A. KOLECKA, APRN**  
**HARTINGTON** — In a recent article, I wrote about cancers of the female reproductive organs. In this article, I will write about cancers of the male reproductive tract.

Cancer of the penis is a rare condition that tends to progress slowly. It can appear as a smooth, red lesion with a well-defined border or as a small, gray crusted raised lesion that gradually enlarges and produces an ulceration in the center.

Chronic infection and infection from the human papillomavirus increase the risk of developing cancer of the penis. Treatment includes surgery, radiation, and chemotherapy.

Testicular tumors are most common in men between ages 15 and 30. The incidence of testicular cancer decreases with age. An undescended testicle is a predisposing factor.

These tumors are predominantly malignant and often spread before they are diagnosed. The most frequent symptom of a testicular tumor is painless enlargement of the testicle. There may also be a feeling of heaviness or a dull ache in the scrotum. Some men

may also notice enlarged breasts or low back pain. Treatment includes surgery, radiation, and chemotherapy.

Cancer of the prostate primarily oc-

recommends a yearly prostate examination for every man over age 40 and an immediate examination for any man who develops persistent symptoms.

The yearly examination can help avoid the potentially serious consequences of advanced prostate disease. The yearly examination includes questions about medical history and symptoms. The physical examination is performed by the health care provider inserting a gloved, lubricated finger into the rectum. This examination allows the health care provider to determine if the prostate is enlarged or has lumps or other areas of abnormal texture. The health care provider may also order a blood test to screen for prostate cancer.

If the results of the prostate examination or the blood test suggest a significant prostate problem, a referral may be made to a urologist, a doctor who specializes in diseases of the urinary tract and male reproductive system. The urologist may perform a biopsy, obtaining a small sample of the suspected cancer for examination. Treatment for prostate cancer includes surgery, radiation therapy, hormonal

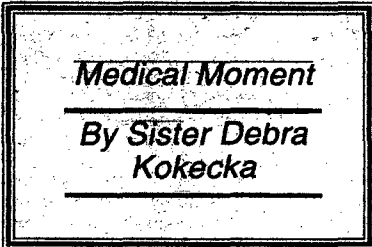
therapy, and chemotherapy.

Cancers of the male reproductive are more treatable if detected early. With this in mind, it is important that men examine themselves for lesions on the penis, enlargement of the testicles, and discomfort in the scrotum.

Specific instructions about this examination may be obtained from your health care provider. It is important to report to your health care provider any abnormal findings, as well as symptoms such as weak urinary stream, difficulty starting urination, frequent urination, urgency, awakening frequently at night to urinate, interruption of the stream, blood in the urine, and pain or burning on urination.

It is also important that men over age 40 obtain a yearly prostate examination by their health care provider. Early detection is key to treatment of cancers of the male reproductive tract. Do it for yourself as well as for your loved ones.

**Sister Debra Kolecka is a Benedictine Sister from Sacred Heart Monastery in Yankton, SD and a Family Nurse Practitioner at Avera Sacred Heart Medical Clinic in Hartington, NE.**



occurs in men over age 50, with a peak incidence at about age 75.

Prostate cancer is curable when detected early. Early prostate cancer often causes no symptoms and can best be detected by regular checkups.

Some symptoms that may indicate a prostate problem are a weak urinary stream, difficulty starting urination, frequent urination, urgency, awakening frequently at night to urinate, interruption of the stream, blood in the urine, pain or burning on urination.

The American Urological Association

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Generally, Independent Living is apartment-style living. Apartments can vary in size from studio to one and two bedroom units. Each apartment is usually equipped with kitchen and laundry facilities. One meal a day is generally provided in the common dining rooms area and additional meals may be purchased; laundry & housekeeping is usually done by the resident unless they would like to have those services provided at an additional fee.

**CAREFREE LIVING - PINE LANE WEST**

Carefree living is a fairly new concept in senior living. This offers apartment-style living, similar to independent living, but includes services such as: 3 meals a day, laundry & housekeeping. These are generally basic services that most assisted living homes offer. In addition, Pine Lane offers activities and social events designed and operated by an Activities Director, for wellness and continued independence. 24-hour Lifeline Response System is also included.

Along with this, transportation can be arranged for medical appointments, shopping, etc. for an additional fee. Carefree Living bridges the gap between Independent and Assisted Living.

**ASSISTED LIVING - PINE LANE ESTATES**

This style of living includes apartment-type units, either studio or one and two bedroom units. Basic services provided include: 3 nutritious meals a day, laundry, housekeeping, and transportation along with planned activities and social events.

Nursing is continuous 24 hours a day, along with a full-time nurse who oversees the health care of the residents. 24-hour Lifeline Response system is included as well.

Additional services that can be provided include medication administration, madrasa activities and more. Additional laundry and housekeeping, incontinence care, oxygen dependent, assistance with bathing and dressing.

For more information or to arrange a tour, please contact Jon Lane or Gwen Steckler at Pine Lane Estates 605-7255.

For more information please call  
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# Choice gas maintains price at lower level; energy saving tips offered

By OSMOND REPUBLICAN STAFF

Natural gas prices have escalated significantly since persons in communities with choice gas programs made their selections.

This year, making such a selection is money saving. During the selection period, customers can be locked into a fixed rate, typically for one year, depending on the supplier chosen.

"Since last year's choice gas selection period, natural gas commodity costs have increased by more than \$1.50 per MMBtu," said Dan Watson, president of retail for K N Energy. "Choice gas customers who locked into a fixed rate have avoided the volatility of market prices and are paying significantly less than today's prevailing market prices. The savings will be particularly noticeable this winter, when usage is higher and commodity prices are likely to remain high or even rise."

Although market prices may be

higher during next year's choice gas selection period, which begins in April, customers can once again expect to see competitive pricing, Watson said.

Market prices for natural gas have nearly doubled during the past year. The increased price for natural gas can be attributed to increased demand—particularly in the area of electric generation—coupled with decreased supply, Watson pointed out.

"Today's decreased supply of natural gas is the result of many years of recessed drilling.

"Supply fell when many producers cut back drilling in 1998 and 1999 because natural gas prices were very low,

leaving them little chance to make a profit," Watson said. "That number has only recently recovered as producers are drilling in response to higher prices. However, the American Gas Association estimates that it can take up to 18 months from the time natural gas exploration picks up until the gas enters

the pipeline."

Last winter was one of the mildest on record, pointed out Gary Lay, chief operating officer for the Public Alliance for Community Energy, another of the suppliers providing natural gas in this area. "In the winter, natural gas usage becomes a weather issue," Lay said. "People who selected the fixed price option secured an unchanging price for their natural gas. This will mean savings for customers throughout the year, but especially during a period of rising market prices like we're experiencing now."

Lay shares some simple tips from the American Gas Association which can help save energy and money:

1. Seal leaks around doors, windows and other openings, such as pipes or ducts, using caulking or weather stripping.
2. Set thermostats between 65 and 70 degrees during the winter, at least five degrees lower when sleeping and at 58 degrees when away from home for more than a few hours.
3. Set water heater temperatures at 120 degrees and install water-flow restrictors in shower heads and fau-

cets.

4. Change filters or clean filters in heating and cooling units twice a year. Close vents and doors in unused rooms. If pipes or ducts run through unheated rooms, insulate them.

5. Use drapes, shutters, awnings, shade trees, glass with reflective film or solar screens to keep sunlight out in the summer and let it in during the winter.

6. Check to see if attic and basement (or crawl space) have the recommended level of insulation.

7. Consider storm or thermal windows and doors or double-paned glass.

A less expensive alternative is plastic sheeting, which can be temporarily fastened over the doors and windows to seal in heat.

8. Be sure dishwashers, washing machines and clothes dryers are fully loaded before running.

9. When buying new appliances, compare energy efficiency ratings and annual operating costs. A slightly higher cost for a high-efficiency appliance could pay itself back in a very short time through energy savings and lower utility bills.



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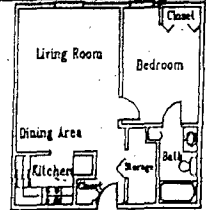
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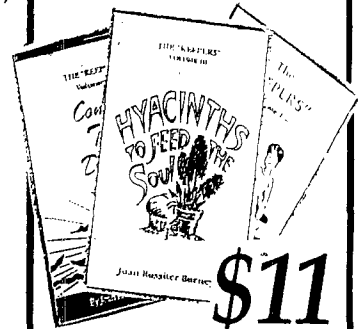
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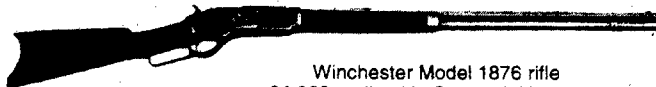
# Northeast Auctioneers

of Osmond — one of mid-America's top markets for antiques and collectibles!

## Some of our recent results . . .



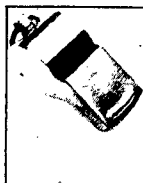
John Deere 3-inch metal bank **\$180** in Creighton, Nebraska



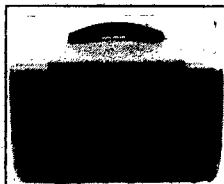
Winchester Model 1876 rifle **\$4,300** realized in Osmond, Nebraska



Ornate oil lamp (right) **\$600-plus** in Yankton, S.D.



Winchester whistle **\$500** realized in Osmond, Nebraska



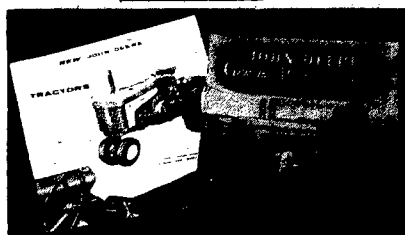
Early plastic radio **\$600-plus** in Randolph, Nebraska



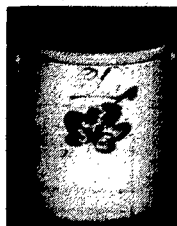
German 8-inch Belsnickle papier mache Santa **\$300** in Osmond, Nebraska



Hummel figurines — **\$800 each** in Yankton, S.D.



John Deere agricultural literature **\$50-plus per item**



30-gallon Red Wing butterfly crock **\$5,000** realized in Creighton, Nebraska. The damaged lid for this crock realized an additional \$2,200.



Milefiori figural lamp **\$400-plus** in Osmond, Nebraska

Dazey 1-quart churn jar (left) **\$1,100** in Creighton, Nebraska. Non-Dazey churn top went along

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This 1964 Jaguar XKE was marketed via the Internet. It sold by "electronic auction" in 1999. A total of 99 bids were placed on the automobile during a seven-day auction. No bidder resided within 500 miles of Osmond. The successful buyer was from Dayton, Ohio. The second place bidder was from Orange County, California.

**The final price — \$45,700**

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# The cost of flu vaccines doubles

FORT DODGE, Iowa — Doctors around Iowa are complaining that some medical suppliers have doubled the price of flu vaccine during a temporary national shortage.

Manufacturing delays have caused shortages of the vaccine this fall. Doctors and nurses have scrambled to inoculate elderly Iowans and others with weak immune systems, who could die if they catch the flu.

"Is it price-gouging? I don't know," said Dr. Ted George, a family practitioner in the Fort Dodge area. "I just know we can't get any without paying that market price."

George's clinic has ordered serum from a supplier charging \$44 per 10-shot vial. He said the price is double from the quote from the clinic's original distributor, but the initial supplier is out of vaccine.

George, a member of the Iowa Board of Health, said clinics will likely cover most of the cost differences. He said health insurers already have set how

much they will pay for inoculations.

Iowa has the nation's third-oldest population, underscoring the need for the flu vaccinations for many of its elderly residents.

The Polk County Health Department has ordered 5,000 vials at \$50 apiece from Smith Medical Partners in Wood Dale, Ill. The department paid \$21 a vial for vaccine earlier this year from another supplier.

Carolyn Nelson, a nurse for the health department, said she wouldn't call the difference price-gouging.

"From what I understand of what's going on, that's not a bad price," she said. "At this point, we're just glad to get any."

Vice President Diana Coelyn defended Smith Medical's practices. She said the firm charged about \$27.50 a vial to clinics that ordered this year's vaccine last winter, depending on the size of the order.

She said she offered a lower price then because early orders

let her plan and keep her costs down.

"The ones that came late — yeah, I charged them \$50," she said. "We do live in a capitalist society."

Coelyn said the late orders are only a tiny fraction of her business, and her company hasn't received any of the 5 million doses it expects.

She said other firms are shorting clinics that signed early contracts at lower prices, then selling the remaining vaccine for as much as \$140 a vial. "I would never do that," she said.

American Medical Association leaders have criticized the price increases.

"It is not an exaggeration to say that these ruthless business practices could result in serious illness or death," president-elect Richard Corlin said in a statement. "We urge all distributors and wholesalers who are guilty of artificially inflating prices of the influenza vaccine to end this practice immediately."

# Firm restores mobility to those who have lost limbs

TRUMBULL, Conn. — Walter Bennett test-walked, gauging his gait, up and down the length of a hallway inside a town business.

Smiling after a final lap, the 70-year-old Stratford landscaper concluded, "I can do just about anything now."

Bennett was trying out a new right leg, an artificial device made at Biometrics, a firm offering prosthetic design, fitting and fabrication.

"I thought it was all over: that I would never walk again, could never do anything," said Bennett, who has been wheelchair-bound since his lower leg was amputated 18 months ago from diabetes.

Bennett's wife, Barbara, wasn't going to let him give in to that setback, though.

"I said, 'We've got to try (a prosthetic). I wasn't going to let him lie in a bed or sit in a wheelchair the rest of his life,'" she explained.

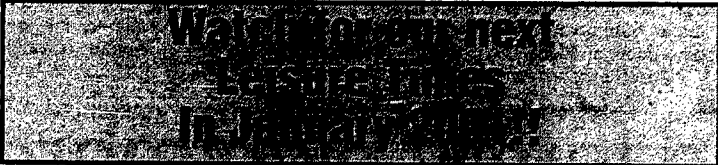
And a lot of people don't have to face that scenario, with help from Biometrics.

Company President Bob Dzurenda said six to eight new amputees each month visit his office to have prosthetic arms, legs, hands or feet made and fitted.

The 7-year-old Biometrics, which opened a second office in Waterbury three years ago and a third branch in Torrington last summer, also makes 90 to 100 medical braces per month, aiding movement for people who have had strokes.

And prosthetics are important to many among more than 1 million people nationwide who are amputees.

As of 1996, there were 1,285,000 amputees in the United States. In that same year, there were 185,000 surgeries nationwide to perform amputations.



## Thanksgiving makes me think of the day we were most thankful.

Dad was in an accident and we weren't sure he could be home from the hospital for Thanksgiving. We waited in suspense. That Thanksgiving Day, the kids set the table solemnly, secretly wondering whether he would ever come home. As Mother said our prayer of thanks over the food, he walked in behind me and squeezed my shoulders.

I've never been so thankful. Today I'm thankful for the people who give Mom and Dad the special care they need. They treat my parents as if they were the ones in my chair that Thanksgiving Day.

*This holiday, we give thanks for the mothers and fathers who live with us — and we promise to care for them as if they were our own.*

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15-Wed-Dr/Open	29-Wed-Yankton	11-Mon-Dr/Open	22-Fri-Dr/Open
16-Thurs-Dr/Yankton	30-Thurs-Dr/Yankton	12-Tues-Yankton	25-Tues-Dr/Sioux City
17-Fri-Dr/Open			27-Wed-Dr/Open
20-Mon-Dr/Open	<b>December</b>	13-Wed-Dr/Open	28-Thurs-Dr/Norfolk
21-Tues-Sioux City	1-Fri-Dr/Open	14-Thurs-Dr/Sioux City	29-Fri-Dr/Open
22-Wed-Dr/Open	4-Mon-Dr/Open	15-Fri-Dr/Open	
24-Fri-Dr/Open	5-Tues-Dr/Sioux City	18-Mon-Dr/Open	<b>January</b>
27-Mon-Dr/Open	6-Wed-Dr/Open	19-Tues-Norfolk	2-Tues-Dr/Yankton
	7-Thurs-Dr/Norfolk	20-Wed-Dr/Open	3-Wed-Dr/Open
			4-Thurs-Dr/Sioux City

**Notice To Change Of Schedule:**  
Sioux City, Norfolk and Yankton will be on Tues & Thurs for Doctor & Shopping. Mon, Wed, & Fri, will be Doctor/Open Day This schedule will be in effect for six months or longer.

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# Post Office: great place to stock up

When racking their brains for last-minute gift ideas, a growing number of people are discovering a virtual treasure trove of thoughtful, practical presents in a place you may not have thought of: the post office.

The United States Postal Service offers a number of delightful products that can be used as stocking stuffers, tips for the newspaper carrier—even fun, active gifts for children. Possibilities include:

- **Stamps**—Everyone needs and uses them. Plus, with the multitude of themes and designs, it's easy to match recipients with subject matter. Call 1-800-STAMP-24 to order.

- **Books**—For the seasoned philatelist or novice collector, consider such stamp-themed titles as *The 2000 Commemorative Stamp Yearbook*, illustrating the stamps of the past year and the stories behind them, and *An American Postal Portrait: A Photographic Legacy*, which provides a photojournalistic retrospective celebrating behind-the-scenes postal stories from the early 1800s and the people who delivered the mail.



## Money

**Orders**—More versatile than a gift certificate, Postal Money Orders are safe and secure. Purchase any amount up to \$700, with just an 80¢ fee.

- **FIRSTCLASS PHONECARDS**—Great gifts for college students, grandparents and small business owners, featuring unique stamp art for collectors. Buy two 60-minute cards and get the third one free. A limited-edition, 30-minute Whoville card is also available.

- **Stationery and Ornaments**—Imagery characteristic of, and items seen in, the popular holiday movie *Dr. Seuss' How the Grinch Stole Christmas*. A light-up ornament features the Grinch. There's also a Whoville Activity Kit for children. Post offices also sell themed computer paper, note cards, greeting cards, wrapping paper and labels.

- Busy shoppers can go online to the

Postal Store at [www.usps.com](http://www.usps.com) any time to buy stamps and philatelic collectibles, FIRSTCLASS PHONECARDS, stationery and exciting USPS Pro Cycling Team gear. Orders should be placed by December 18 to guarantee arrival before Christmas Day.

Stamps and other postal products can be purchased at post offices, by phone or on the Postal Service Web site, [www.usps.com](http://www.usps.com).

As part of the promotion with Universal Studios and an ongoing commitment to literacy, the Postal Service is partnering with First Book, a national non-profit organization with a mission to give disadvantaged children the opportunity to read and own new books. Post offices will display posters encouraging customers to send a child a book this "Holiday" season.

To learn more, visit the Web site at [www.firstbook.org](http://www.firstbook.org) or write to: First Book, 1319 F Street, N.W., Suite 1000, Washington, DC 20004.

Gifts for everyone on your holiday list can now be found online, 24 hours a day, in the Postal Store at [www.usps.com](http://www.usps.com).

# Proper will can avoid family nightmare

Many people may not realize what could happen if they die without leaving a will—and thanks to a new kit, there's no longer any excuse not to have one.

The kit, called America's Plain Language Will Kit, can help avoid the pitfalls of not leaving a will such as family battles, the forced sale of your home, and kids left in the lurch—all while saving the money otherwise spent hiring a lawyer to draft one. The kit contains important legal clauses found in lawyer-prepared wills but often absent in other

do-it-yourself will kits, downloadable Internet forms and wills software.

"This is an inexpensive way to avoid a family nightmare," said Larry Lipiec, a longtime wills attorney. "Not only can the average person have a legal affordable will, but it's written in such plain language that completing it is a breeze. All those fancy words are out. You can read it, understand it, and know that your loved ones are taken care of."

Make no mistake, said Lipiec: Without a will, state governments will decide for

you who inherits your estate. For example, if you're married with children and leave no will, state law forces your spouse to share your estate with your children who will get their full share at the age of majority, which in most states is 18.

In addition, assets, which could include the family home and contents, may have to be sold—a recipe for a family nightmare. Furthermore, if you have no spouse or children or close next of kin, all your assets could end up going to the state government.

Lipiec spent the better part of a year creating the kit after having devoted years in his own practice to preserving family harmony. A story he cites as an example of what can happen without a will concerns a factory worker named "Jeff," who was forced into a legal battle with his sister over their late father's estate, and hasn't spoken to her since.

"It's heartbreaking to see the unnecessary bitterness between two previously close family members," said Lipiec. "Unfortunately, this happens all too often."

Because a will cannot be a one-size-fits-all document, the kit comes in two versions. One is for single people with or without children—widows, widowers, divorced/single parents, same-sex partners or those who have never married.

The other version is the married version, which covers couples in a first marriage who have children, young or old, or are expecting to have children. This covers couples whether they are newlyweds or have been married for years.

Lipiec seems to have thought of just about everything that could go wrong. There's a clause that provides a good home for your pets. There's a clause that provides a guardian for your minor children. There's a clause that protects your children's inheritance until they reach age 21 so that younger children won't squander their inheritance as well as other clauses that protect your home and business.

Every kit is numbered and comes with a matching numbered "Will Location Card" to keep in your wallet so that the will can be located on your death. The cost is a fraction of what it costs to visit an attorney: \$34.95 for the married kit, which covers both husband and wife; and \$24.95 for the single version, shipping included, and both are applicable in every state except Louisiana.

People can order the kit, which isn't available in stores, by calling toll-free 1-877-439-3999 or by visiting [www.Willkit.net](http://www.Willkit.net). You can also order by writing to Classic Legal Publications Inc., 4200 Wisconsin Ave., N.W., P.O. 106-229; Washington, D.C. 20016-2143.

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# Weathering the winter season

Winter is a busy time of year. It means combating bad weather, preparing for holiday festivities, and, unfortunately, completing household repairs.

Odds are you're looking to keep projects to a minimum during this busy season. Don't worry, help is here. With a variety of new accessories and attachments that lets any do-it-yourselfer complete home improvements with ease, Dremel has a few suggestions to make winter less of a hassle:

- Fighting the effects of precipitation can be a full-time job during the cooler months. Remove rust with a Dremel rotary tool and an abrasive point accessory to keep garden furniture, automobiles and snowblowers in tip-top shape.

- It's not only people that are cooped up indoors during winter, juggling all those belongings in limited storage space can be a challenge. However, making more room is simple if you know where to look. Installing closet shelving, creating space under a stairwell and hanging items on garage walls all add space. Use empty corners to your advantage by installing simple bracket shelving using a rotary tool and 1/8-inch drill bit accessory. With the help of a cut-off wheel, size the shelves to make a perfect fit and a great space saver.

- Winter is a good time to take care of those indoor projects you never seem to get around to during the warmer months. One such project is replacing broken tiles in the kitchen or bathroom. Using Dremel's new Grout Removal Attachment Kit will save you time and reduce irritation. The attachment, which has a 30-degree angle for controlled cutting and directional guides that center the tool between the tiles, easily cuts through old grout making inefficient tools

obsolete. Once the broken tiles have been carefully removed simply add new tiles and regrout to create a "like new" look.

- Parties and other festivities dot each winter's social calendar. Prepare for cooking and entertaining by keeping both your kitchen and silver clean. A rotary tool and bottle brush accessory will make short work of the grease and grime collected in kitchen appliances. To clean in hard-to-reach places, use the new Right Angle Attachment from Dremel. This handy attachment can make previously inaccessible spaces within reach. The attachment also makes the tool more comfortable when completing other tasks such as polishing silver with a polishing accessory.

"The wide variety of accessories available for rotary tools helps make projects a snap," says Beverly DeJulio, home improvement expert and host of the PBS series *HandyMa'am* with Beverly DeJulio. "Even the most inexperienced tool user can reduce their work load with unique attachments such as the right angle or grout removal kit."

The Dremel Rotary Tool System comes in a variety of kits, retailing for approximately \$39 to \$119 with a five-year warranty. Do-it-yourselfers can choose between the corded MultiPro, Professional Tool or MultiPro Cordless models. The Dremel Rotary Tool System includes more than 150 accessories, allowing tool users to cut, drill, polish, deburr, sand, grind and more.

You can get great project ideas and tips and learn more about the Dremel product line at [www.dremel.com](http://www.dremel.com) or by calling 1-800-437-3635.

## Passing of generation challenges Veterans Administration

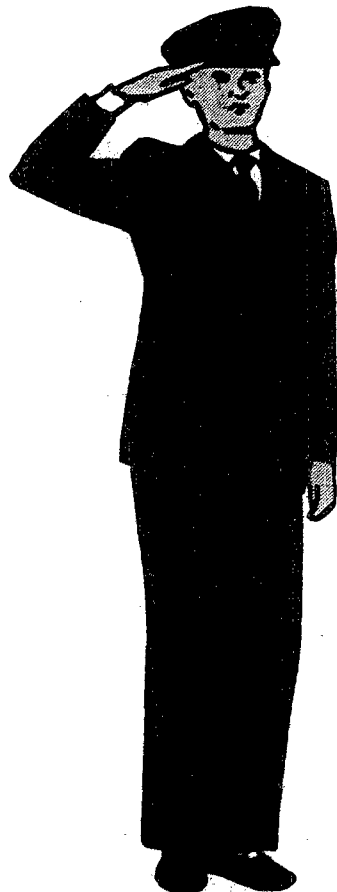
obering statistics tell of a passing era, and pose a formidable challenge to the Department of Veterans Affairs (VA). Eighty percent of America's 25 million living veterans of military service are age 50 or older. Most of the 9.5 million living World War II and Korean War Era veterans are more than 70 years old and comprise the bulk of the 1,500 veterans who die each day, a rate that will continue for another 15 years.

The families of 15 percent of these veterans are requesting burial in VA national cemeteries and VA has been planning over the past decade to ensure available burial space for eligible veterans in cemeteries that will be forever maintained as national shrines on behalf of a grateful Nation.

In 1862, in the midst of the Civil War, Congress authorized President Lincoln to purchase lands to be used as national cemeteries, grounds hallowed by graves "for soldiers who shall have died in the service of the country."

Today, most of the 73 historic cemeteries opened during and just after the Civil War are part of a system of 119 national cemeteries operated by VA. Since 1873, honorably-discharged veterans have been eligible for burial in a national cemetery. That eligibility now extends to the veteran's spouse and minor children. At no cost to veterans or their families, the full benefit includes a gravesite, headstone or marker, a burial flag and a Presidential Memorial Certificate. The Department of Defense provides military honors upon request for honorably-discharged veterans buried in VA or other cemeteries.

To meet growing demand for national



cemetery burial, VA began in the late 1980s to identify regions with the largest veteran populations not served by a veterans cemetery. That led to the most

active period of national cemetery construction since the Civil War, as VA opened new cemeteries near Seattle, Wash., in 1998, near Saratoga, N.Y., and Chicago in 1999, and between Dallas and Fort Worth and near Cleveland this year.

The new cemeteries pushed VA to within 25 percent of its goal to provide access to a national or state veterans cemetery within 75 miles of all veterans. VA planners believe six new national cemeteries on the planning board and VA-supported state veterans cemeteries will increase access to burial service to 80 percent of the veteran population by 2003.

The Veterans Millennium Health Care and Benefits Act of 1999 requires VA to establish cemeteries in areas of the country where need for burial space for veter-

ans is greatest—Atlanta, Detroit, Miami, Sacramento, Calif., Pittsburgh and Oklahoma City.

States play a major role in meeting the demand for veterans' burial space. Under an expanded State Cemetery Grant Program that complements VA's system of national cemeteries, the Department is authorized to pay 100 percent of the construction and equipment costs to build a state veterans cemetery. VA has supported construction of 39 state veterans cemeteries in 20 states and Guam under the state grants program.

To find out more about burial in a national cemetery and other burial benefits veterans are entitled to, call 1-800-827-1000 or visit the VA National Cemetery Administration homepage at [www.cem.va.gov](http://www.cem.va.gov).



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Sandra Luft - Administrator

# Local residents attest to the importance of Lifeline

By **PATTY McCABE**  
CEDAR COUNTY NEWS

**HARTINGTON** — Hartington native Doris Orwig feels a little more secure since she has her Lifeline. But of equal importance, her family also feels a great peace of mind knowing she can call for help in case of an emergency.

Lifeline is a small, portable personal help button worn on a neckchain, wrist strap or clipped to clothing. It is connected to the telephone line and sends an automatic call for help when the personal help button is pushed.

The personal response system is linked to a 24-hour assistance center in Massachusetts. Highly trained personnel receive

the call and immediately attempt to make voice contact with the person in

the communicator worn around the neck.

If help is needed, they will contact a designated "responder"—nearby friends or relatives chosen by the lifeline user.

For more serious situations, an ambulance or police will be dispatched.

There is also a special inactivity timer built into the device that automatically calls the Response Center if the wearer is unable to push the button for themselves, a check-in system each night and morning and a knob to pull to let the administrative center know when the lifeline user will be out of town for awhile.

Gerald and Jean Hoffart and Darrel and Lori Kathol install and maintain the units in Hartington.

"It is ideal for a person who lives alone. It gives them independence in their own home and peace of mind for their relatives and friends knowing that they can communicate with someone in case of an emergency," Hoffart said.

All of the installation, maintenance and billing are done in Hartington through volunteers from the Cedar County Caretakers.

Linda Burns does the billing and indicated that there are approximately 60 people in the area including Hartington, Crofton, Wynot, Coleridge and south of Yankton who are equipped with the lifeline.

"The units are effective from one-half to one block from their telephones. If a person is going to the mailbox, car or garden and falls or need help, they still will be able to contact the Center," Burns said. "It is also waterproof and will work in the shower or bathtub."

The first lifeline was used in 1985 and calls went to the nursing home, Hoffart said.

"The system was changed because the equipment was outdated and parts were getting hard to find. We were getting by but were one of the last ones to still use the nursing home as a call-in center," Hoffart said. "It was time to invest more money to fix up the old equipment or get new. So, we decided to go with this new center located in the Boston, Mass. area. So far, it seems to be working well."

It certainly worked well for Orwig one night when she got up and fell near her bed and a second time when she fell and hit her head on the bathtub.

"It is great for those of us who live alone. It could save your life. Each time one of my children call, the first thing they want to know is if I am wearing my lifeline," said Orwig.

The cost is \$18 per month after a one-time \$25 installation fee.

Anyone interested in obtaining the lifeline can call at 402-254-3892 or contact Lenore Hoelsing, Lifeline Administrator.



Doris Orwig shows off the lifeline badge she credits for saving her.

need of assistance. The user can speak right into the speakerphone built into

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