







## Library will host Mardi Gras party

The Wayne Public Library will be hosting a Mardi Gras Party on Tuesday, Feb. 27, beginning at 3:30 p.m.

There will be free Mardi Gras beads (while supplies last). A Mardi Gras Mural Party is planned from 3:30 to 5 p.m., where anyone can come add to a mural for the library. The final event will be a Costume Contest for children ages three through 12 years of ages from 5:30 to 6 p.m.

The Wayne Public Library will also be hosting a story time in honor of Dr. Seuss' birthday on Friday, March 2. The Cat in the Hat will be making an appearance. Pre-school aged children are invited to attend the morning story time at 10 a.m. (groups of more than three children must pre-register). Space is limited and registration will be based on a first come, first serve basis. If enough pre-register a second morning session may be added.

The Cat in the Hat will return at 3:45 p.m. for an open-house style Reading Birthday Party for children of all ages. There will also be a Best Hat Contest and face painting for the children at this time.

For more information or to pre-register, call Peggy Nelson at 375-3135.

## Cholesterol screening date is set

Providence Medical Center will sponsor a cholesterol screening program on Tuesday, March 6.

People wishing to have their blood tested can come to the hospital between the hours of 6:30 a.m. and 10:30 a.m. on that day.

The fee for the cholesterol screen is \$10 and includes total cholesterol, LDL (bad) cholesterol, HDL (good) cholesterol, triglycerides and a calculated risk factor for heart disease.

Persons taking part in this program should not ingest food for 12 hours prior to testing and should abstain from alcoholic beverages for 24 hours. Water intake does not need to be limited and regularly scheduled medications should be taken. A short questionnaire will be filled out prior to the blood being drawn by venipuncture.

Participants should plan on the whole procedure taking not more than 15 minutes and should obtain their results by mail within a week.

## Six Wayne State College students are included in Nebraska semester abroad

Nine Nebraska state college and university students gathered on Feb. 15 at Wayne State College to receive an orientation for a semester of study at Palacky University in the Czech Republic and Aristotle University in Greece. Six of the nine students are Wayne State students.

Wayne State College students include Julie Jones-Leffers of Norfolk; Darr Nickerson of Minatare; Reid Weber of Wisner; Eric Nielsen of Omaha; Travis Petersen of Salix, Iowa; and Jill Wakeley of Hartington.

Program coordinator Dr. Jerry Fox of the University of Nebraska at Kearney addressed the students on



## State runners-up

The Winside wrestling team placed runner-up at the State Wrestling Tournament in Lincoln last weekend. Team members include front row, left to right: Brandon Suehl, Jared Jaeger, Eric Vanosdall, Justin Koch, Nathan Suehl and Chrissy Jaeger (manager). Back row, Assistant Coaches Joe Everingham, Tom Koch and Jeff Gallop, Collin Prince, Travis Koll, Mike Tomasek and Tom Schwedhelm. Assistant Coach Rachelle Rogers and Head Coach Paul Sok. Not pictured: Nathan Stevens, Sam Stroman, Josh Sok and Eric Morris.

## Public invited to Technology Open House at WSC

The public is welcome to attend an open house to honor Wayne State and Wayne Middle School students' modular technology lab completion on Tuesday, Feb. 27 from 6:30 to 9 p.m. in Benthack Hall, room 126 on the north side of the building. Refreshments will be provided.

Wayne State students Scott Kreshel of Wilber and David Folkerts of York were among 15 industrial technology education students who gained experience with local eighth grade students in a modular technology lab during February.

WSC students were under the direction of Greg Vander Weil, assistant professor of applied science. Vander Weil said the project was successful because of a strong partnership with the local school system. The project was funded by a WSC instructional improvement grant.

Helping to develop the lab stations and supervise students, the

Wayne State students have been responsible for a complete unit of study. Kreshel said this created a unique learning experience when the students filled out the worksheets and tests that he put together. He also graded their work.

"The opportunity to see how the module that I have designed works to help students learn is valuable," Kreshel said. "This is one of the best experiences I've ever had."

Kreshel said he was reassured by the opportunity to work with students in a classroom setting before entering his student-teaching experience. "I have the previous knowl-

edge. This project is the place to apply my knowledge and work one-on-one with students," Kreshel said.

Folkerts said his expectations of the project were to gain valuable experience and to have fun. "I gain real life experience and have an idea of what real teaching will be like. The skills that I used working with people will be the most valuable," Folkerts said.

The modules of study included using a plastics injection molder to make screw drivers, becoming involved with computer desktop publishing, using a digital camera, designing and screen printing their

own artwork on a t-shirt, using precision measurement to make a key ring on the wood lathe, programming a computer to carve their initials out of wax and experiencing structural engineering by building a truss to be stress tested.

Kreshel, a senior with a major in industrial technology education and a minor in coaching, has been involved in Industrial Technology Education Association activities at WSC and Skills USA-VICA (Vocational Industrial Clubs of America). He is the son of Ken and Bonnie Kreshel of Wilber.

Folkerts, the son of Curtis and

Mary Folkerts of York, is also an industrial technology education major. Folkerts is a sophomore who is active in football and Fellowship of Christian Athletes.

Other WSC students involved with the program include: Craig Tentinger of Remsen, Iowa; Gary Alzman of Omaha; Craig Jackson of Hartington; Scott Peters of Wayne; Greg Warner of Wayne; Ryan Lihs of Sioux City, Iowa; Michael Schatz of Auburn, Levi East of Gothenburg, Dana Janssen of Greta, David Shabram of Orchard, Travis Jelken of LeMars, Iowa, and Chris Arens of Wayne.

## Seminar Scheduled

A two-day seminar on autism will be presented by the Wayne State College Departments of Special Education and Counseling on March 2 from 4:30 - 8 p.m. and March 3 from 8:30 a.m. - 3 p.m.

Keynote speaker, Dr. Keith Allen, an associate professor in pediatrics and psychology at the University of Nebraska Medical Center in Omaha, is the foremost expert on the subject of autism.

Also presenting information on autism will be Peggy Akins, a special education teacher from Sioux City,

Iowa, who, as part of an autism resource team, has had many successful experiences in teaching children with autism.

The seminar, which is open to anyone interested in learning about autism, will be held in Gardner Hall Auditorium on the Wayne State campus.

Per-person cost to attend the seminar is \$50.00, which includes meals. Registration deadline is Wednesday, Feb. 28.

For more information on registration, call 402-375-7383.

## Informational meeting planned

The Nebraska Department of Roads will hold an Information Open House on Tuesday, Feb. 27 concerning the proposed improvement of Nebraska Highway 35 in the Norfolk area.

The open house will be held from 4 to 7 p.m. at the Lifelong Learning Center at Northeast Community College, 801 East Benjamin Avenue in Norfolk.

The project involves constructing a length of Nebraska Highway 35 into

a four-lane roadway. The project would begin just west of U.S. Highway 275B and end about three miles northeast of Norfolk.

The highway would be built under traffic. Additional right-of-way and control of access would be acquired throughout the length of the project.

Preliminary plans will be available for inspection at the Project Development Division, 1500 Highway 2 in Lincoln.

## Dr. Paul Theobald to discuss historic midwest education

Dr. Paul Theobald will present "An Early History of One Room Schools in the Midwest" during the First Fridays forum in the Niobrara Room of the Student Center on the Wayne State College campus, March 2 at 9 a.m.

Dr. Theobald will discuss the origins of public education in the Midwest, including curriculum and instruction in early one-room schools.

Special emphasis will be placed on turning points in rural educational history and how "modern schools" came to replace the country schools of the past.

A free continental breakfast will be served. Although designed for senior citizen appeal, all ages are welcome to attend. There is no admission charge.

During each First Fridays event, a special guest of honor is recognized, birthdays are acknowledged and a talk or performance by a member of WSC's faculty or staff completes the session. The First Fridays event series is co-sponsored by the Visual and Performing Arts Office and the Wayne State Foundation.



## Special Valentines

Those at the Wayne Senior Center and Wayne Care Centre enjoyed a number of Valentine activities. Above, students from St. Mary's Elementary School decorated cookies with those at the Senior Center. At left, Merlin Reinhardt, left, and Marie Bring, residents of the Wayne Care Centre were selected to have shown exceptional love and friendship to residents at the Care Centre. The contest was part of the Valentine Day activities and also included a guessing game which was won by Connie Oberle.

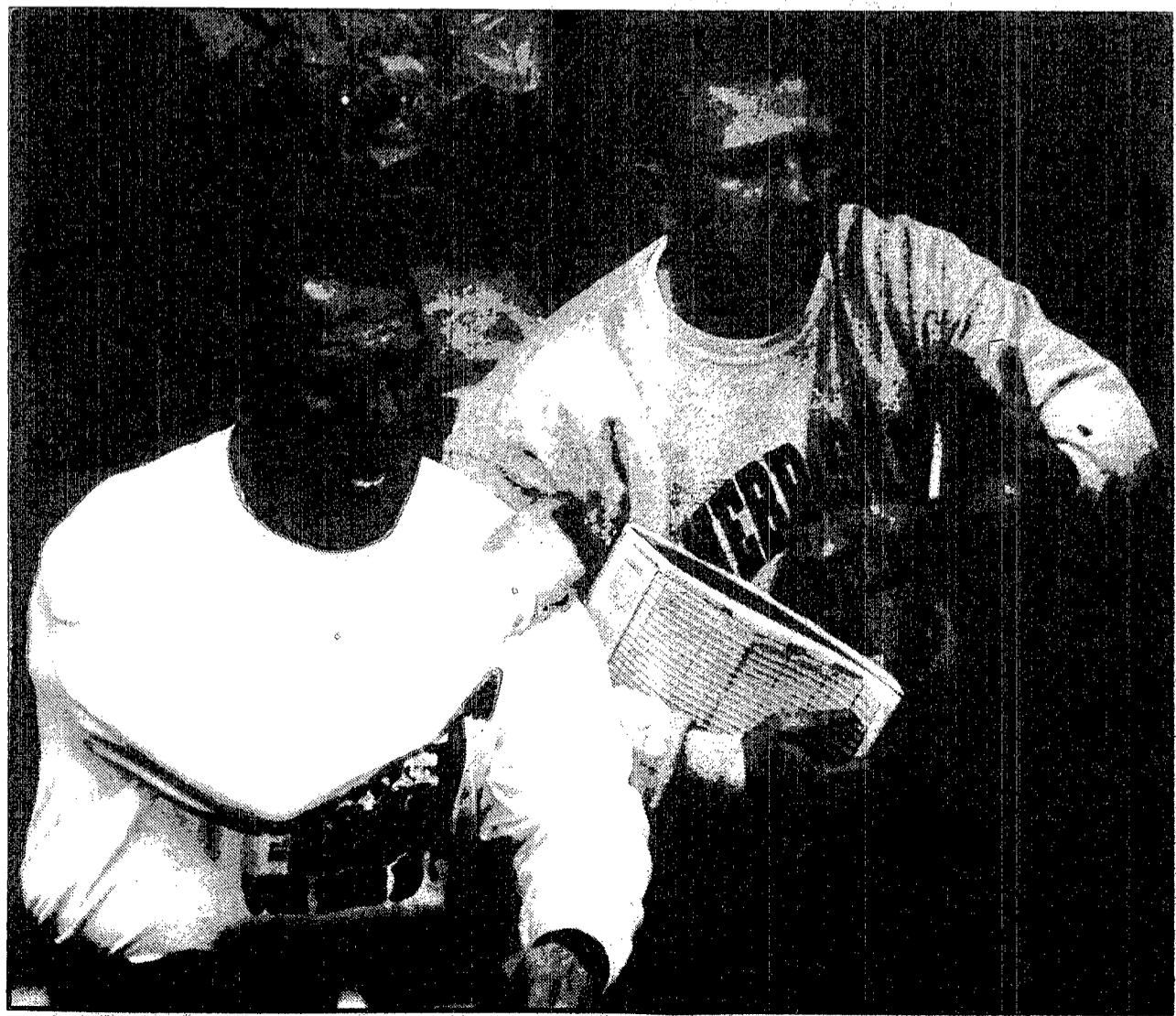
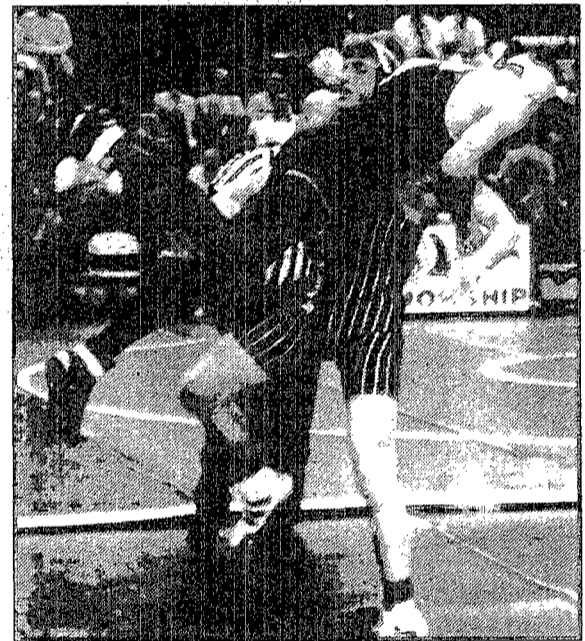
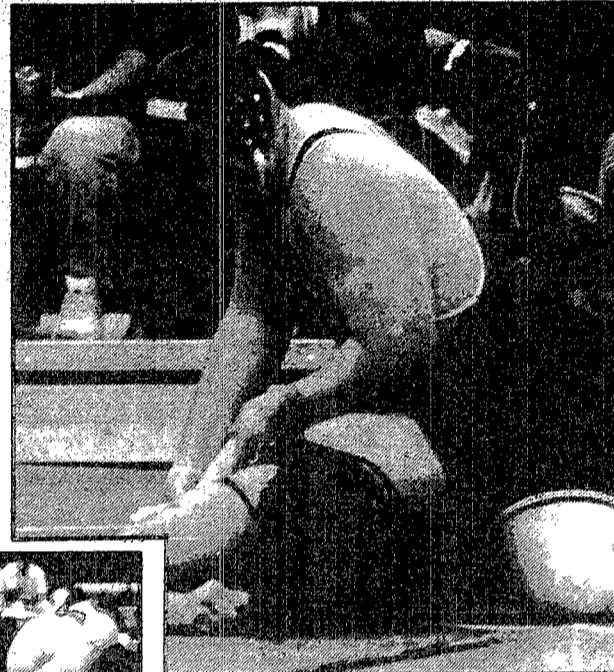
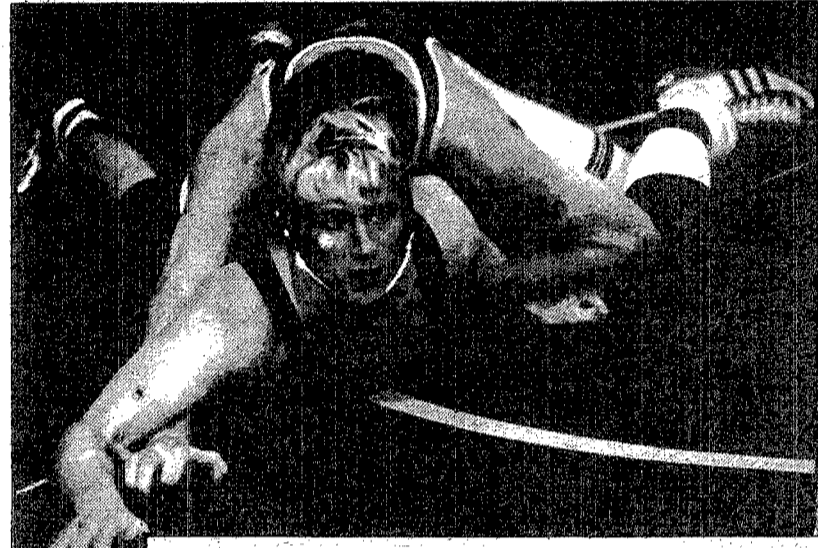
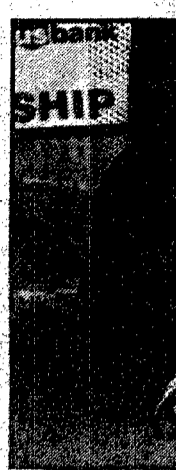
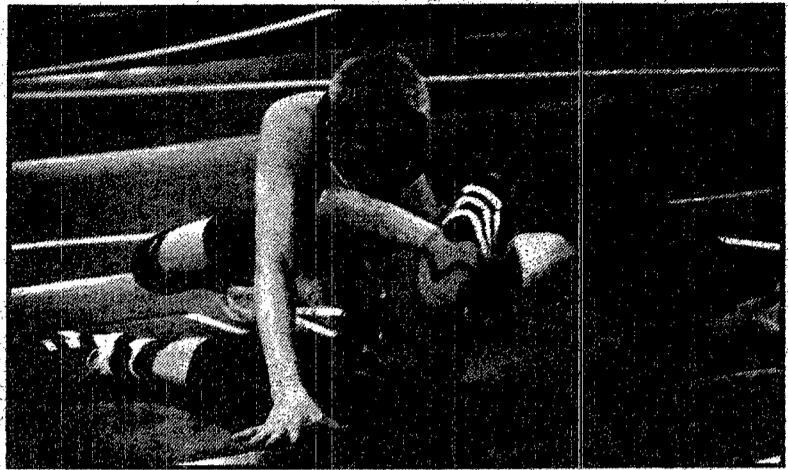








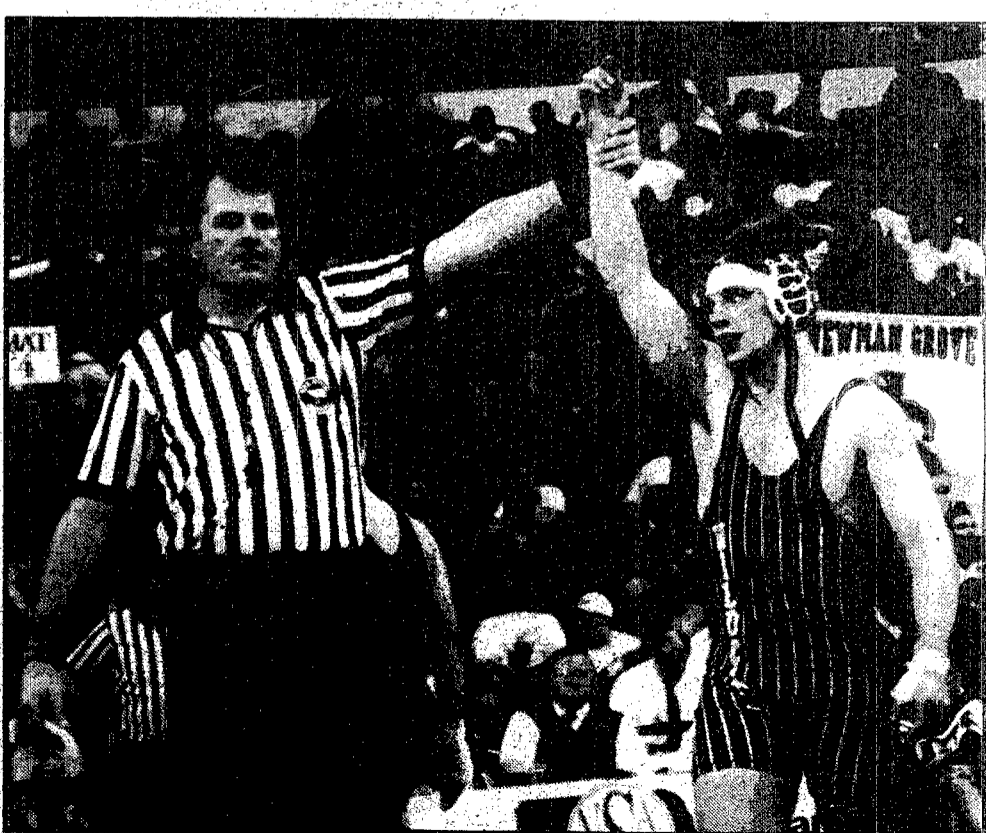
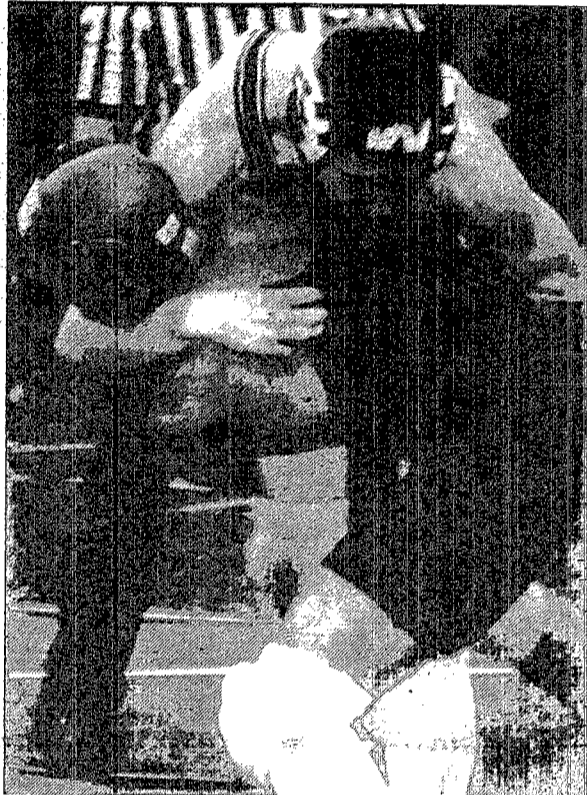
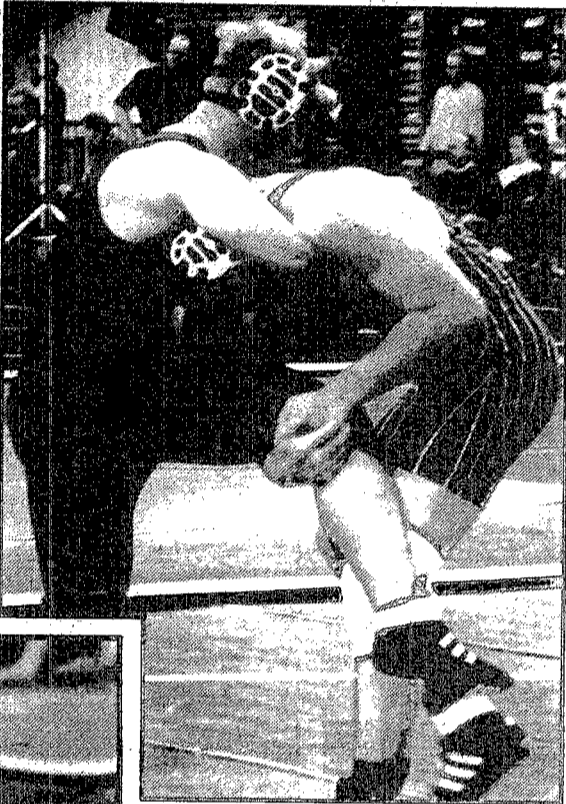
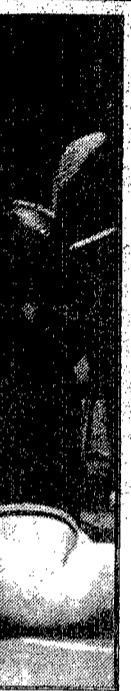
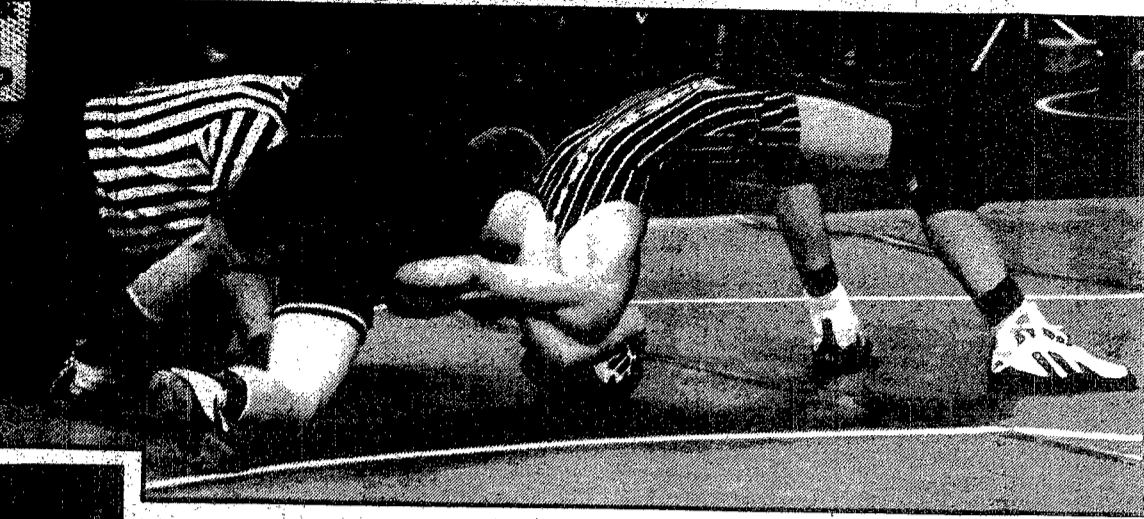
# 2001 State Wrestling





# ing Highlights

**The following businesses congratulate all the wrestlers on their fine seasons and performances at state**



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- Fredrickson Oil
- Kaup's TV
- Stadium Sports
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- Northeast Equipment
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- Godfather's Pizza
- Accounting Plus
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- Bank of Norfolk  
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- Arnie's Ford / Mercury
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- Farmers & Merchants
- State Bank  
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- Wayne Sport & Spine Clinic
- The Diamond Center
- Pizza Hut
- Vel's Bakery
- PoPo's II
- DeNaeyer Dental Clinic
- Discount Furniture
- Providence Meical Center
- Jammer Photography
- Pamida
- Heritage Homes/  
Heritage Industries
- Precision Agronomy
- Captain Video
- The Oaks
- Zach Oil / Zach Propane
- The Liquor Barn
- Tuscan Grille / Riley's
- Cross Country Cellular
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- Stu's Bar & Grill, Hoskins
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- Winside Grain & Feed
- Shelley's Saloon, Winside
- Farmers State Bank, Carroll  
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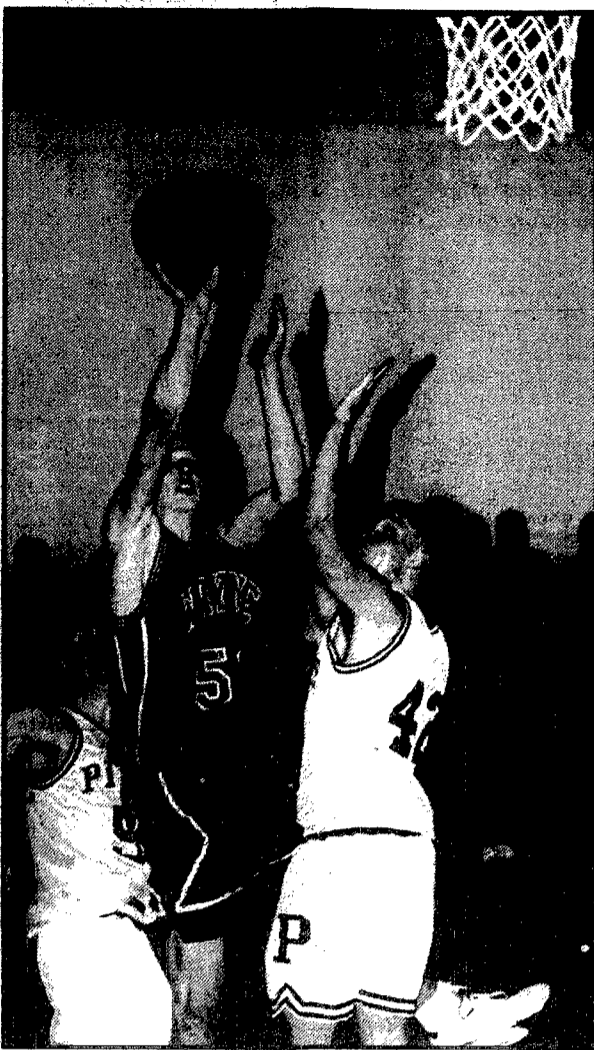
Wayne trailed Pierce, 28-17 at the half and could only cut the gap to six in the final stanza before bowing out by nine at 56-47.

"We just spotted them too many early," Ruhl said. "We didn't play Brad Hochstein because of an injury suffered against Crofton and Eric McLagan played well despite coming off an injury the night before as well. I thought Trevor Wright had a

nice game for us.

McLagan scored 16 to lead Wayne with Jon Meyer tossing in 10 and Trevor Wright, nine. Ben Meyer added seven and Luke Christensen along with Craig Olson scored two apiece. Brad Hansen added a free throw.

McLagan had a team-high eight caroms as both teams managed 20 rebounds.



Eric McLagan shoots over the out-stretched hands of a Pierce defender during regular season action.



Brad Hansen attempts to dribble past a Pierce player during Wayne's regular season finale. The Blue Devils will play Logan View in the Sub-district finals on Thursday at 7 p.m. in Oakland.

### Library gets new books

A number of new books are in at the Wayne Public Library. They include:

- Adult: Daily Guideposts, 2001; Representative American Speeches, 1999-2000; Asher, Marty, The Boomer; Bach, Richard, Out of My Mind; Balogh, Mary, More than a Mistress; Bender, Karen, Like Normal People; Bens on, Raymond, Double Shot (James Bond); Bomer, Norm, Sons of the River; Brown, Rita Mae, Paving through the Past; Burke, James, Circles: 50 Round Trips through History, Technology, Science...; Cambor, Kathleen, In Sunlight, In a beautiful Garden; Carey, Peter, True History of the Kelly Gang; Carter-Scott, Cherie, If Success is a Game, These are the Rules: 10 Rules...; Chappell, Fred, Look Back All the Green Valley; Chidester, David, Christianity: A Global History; Collins, Jackie, Lethal Seduction; Connelly, Michael, A Darkness More than Night; D'Amato, Barbara, Authorized Personnel Only; Deaver, Jeffery, Speaking in Tongues; Deveraux, Jude, Temptation; Dubus, Andre, House of Sand and Fog; Fortin, Francois, Sports: The Complete Visual Reference; Frazer, Margaret, The Squire's Tale; Frey, Stephen, Trust Fund; Flynn, Raymond, The Accidental Pope; Goldberg, Vicki, American Photography: A Century of Images; Gould, Stephen J., The Lying Stones of Marrakech; Hamburger, Phillip, Matters of State: A Political Excursion; Hecht, Daniel, The Babel Effect; Kelton, Elmer, Badger Boy; King, Dean, Patrick O'Brian: A Life Revealed,

- Komp, Diane M., Bedtime Snacks for the Soul: Meditations to Sweeten Your...; Koontz, Dean, From the Corner of His Eye; Lardner, Ring, I'd Hate Myself in the Morning; Lawrence, Judy, The Budget Kit: The Common Cents Money Management...; Le Carre, John, The Constant Gardener; Lindsey, Johanna, Home for the Holidays; Marshall, James Vance, White-Out; McMillan, Cecily, The Charleston, Savannah & Coastal Islands Book; McPherran, Archie, Echoes of My Yesterdays An American Journey (Nebraska); Oates, Joyce C., We Were the Mulvaney's (Oprah Book); Owen, David, Hidden Evidence Forty True Crimes and Hoe Forensic...; Parker, Robert B., Perish Twice; Peacock, John, 20th Century Fiction: The Complete Sourcebook; Perry, Anne, Slaves of Obsession; Powell, Padgett, Mrs. Hollingsworth's Men; Rafelson, Fred M., Police Officer; Reed, Mary, Two for Joy; Reich, Robert, The Future of Success; Ridley, Matt, Genome: The Autobiography of a Species in 23 Chapters; Rohr, Richard, Simplicity: The Art of Living; Sack, Steven, The Employee Rights Handbook; Sibley, David, The Sibley Guide to Birds; Stout, Janis, Willa Cather: The Writer and Her World; Sullivan, Robert, A Whale Hunt; Van Vorous, H., Eating for I.B.S.; Wiener, Solomon, Everything You Need to Score High on the ASVAB; Wilson, Wayne, Eddie & Bella; Wolf, Rick, Coaching Kids for Dummies; Woodward, Bob, Maestro: Greenspan's Fed and the American Boom; Zumbo, Jim, Elk Hunting

### Allen News

Missy Sullivan  
402-287-2998

#### NINE PATCH QUILTERS

Nine Patch Quilters met at the Senior Center on Feb. 5 with eight members present. There was a great deal of discussion about wall hangings and quilt patterns that members had seen since the last meeting.

Everyone brought a piece of "ugly" fabric they thought was the ugliest. Everyone was given a piece of that fabric to use in a 12-inch block. The completed blocks are to be brought to the April meeting.

The next meeting will be March 5 at 7:30 pm. Bring a pattern for a scrap quilt so we can decide on one for the Senior Center. Also, bring your fan blocks or top (from the fall class). Pictures will be taken to show the Cornerstone Quilt Shop at Orchard

Show & Tell was a 9-Patch displayed by Joanne Rahn, a Denim Cathedral Window, & Stack'N'Whack, a Double Wedding Ring shown by Pat Philbrick and a Stack'N'Whack table runner by Jean Morgan.

New members and visitors are always welcome.

#### AMERICAN LEGION AUXILIARY

The American Legion Auxiliary met on Feb. 12 for their regular meeting. The bloodmobile will be in Allen on March 5 from 12:00 - 4:00 p.m. Marilyn Webb and Sharon Puckett will furnish cookies. Pauline Karlberg volunteered to work

District Convention will be in Jackson on March 17 beginning at 9 a.m. Registration is \$2.00; Lunch is \$7.00 Pearl Snyder will conduct the Auxiliary Memorial Service. If you wish to furnish cookies for the vet's home you may take them to Pearl on the 16th. They should be packed for freezing and labeled with our unit name, mailing address, flavor of cookie and quantity.

Girls State Applications have been received. We also have several entries for the essay contest

The next meeting will be March 12 at 7:30 p.m. at the Senior Center. Acknowledgment will be made of the Legion's Birthday.

### The Principal's Office

by Dr. Don Zeiss, Wayne High Principal

Two new resources help parents of college-bound students find safe colleges

Parents of college-bound students have a new information resource to help their sons and daughters choose the right schools, available through the U.S. Department of Education's Higher Education Center for Alcohol and Other Drug Prevention. Alcohol, Other Drugs and College: A Parent's Guide provides tips on what to look for and ask about when visiting college campuses to help find the safest campus environment for their children.

The Higher Education Center has distributed this resource to high school guidance counselors at more than 30,000 schools around the country so counselors can pass this information on to concerned parents and prospective college students.

The Higher Education Center also recently published descriptions of prevention programs that have addressed the substance abuse problem on their campuses with some success. Alcohol and Other Drug Prevention on College Campuses: Model Programs 1999 and 2000 outlines the components of programs at 13 colleges and universities recognized by the U.S. Department of Education as having innovative alcohol or other drug prevention programs. The descriptions of these model programs can further inform concerned parents and students in search of a safe campus.

For additional information, contact the center by phone at (800) 676-1730 or by e-mail at HigherEdCt@edc.org. The center's website www.edc.org/hec provides all the information one needs to learn about alcohol and other drug prevention in higher education

### Folic acid can help prevent birth defects

In Nebraska, approximately 700 babies are born with birth defects annually. Birth defects are the leading cause of infant mortality. January is Birth Defects Prevention Month and the Neural Tube Defect Prevention Coalition is concerned that not enough women know how to increase their chances of having a healthy baby.

"Up to 70 percent of neural tube birth defects are preventable," said Julie Miller of the Nebraska Health and Human Services System (HHS) Newborn Screening/Genetics Program. "Research by the National Folic Acid Council has found that proper nutrition plays a critical role in the development of healthy babies."

The U.S. Public Health Service recommends that all women of childbearing age consume 400 micrograms of folic acid each day. Folic acid, a B vitamin, taken before pregnancy and in the early weeks of pregnancy, can reduce a woman's risk of having a pregnancy affected by a neural tube defect. In the U.S., neural tube defects affect an estimated 4,000 pregnancies each year. The most common of these defects is spina bifida, the leading cause of childhood paralysis.

Miller stated that to ensure that the recommended amount of folic acid is consumed, women should eat foods rich in folate and take a multivitamin containing folic acid every day. Foods rich in folic include leafy green vegetables, orange juice, and beans. Certain breakfast cereals are now fortified with folic acid, as are enriched grains and pastas. Most experts caution that it is difficult to maintain the daily requirement without supplementing a woman's diet with multivitamins containing folic acid.

Research by the March of Dimes showed that 75 percent of the women surveyed had heard of folic

acid, while only 28 percent were aware of the recommendation to take folic acid to prevent neural tube defects. Fifteen percent of the women knew that folic acid helps prevent birth defects, but only 10 percent knew that it should be taken before pregnancy to prevent birth defects.

Other birth defects and infant health problems are preventable because they are associated with behaviors such as smoking, substance abuse, and poor nutrition. Fetal alcohol syndrome, one of the leading causes of mental retardation, is 100 percent preventable.

The Neural Tube Defect Prevention Coalition is a partnership of more than 20 different health organizations in Nebraska promoting the prevention of spina bifida through the use of folic acid. The Coalition's new brochure entitled "You and 60 Million Other Women..." will be mailed to Nebraska physicians this month.

For more information about the Neural Tube Defects Campaign, spina bifida, or folic acid, call HHS at (402) 471-6733.

### WAYNE ELEMENTARY

Second Grade - Mrs. Suehl



Back row left to right: Jobeth Nozicka, Nicole Wehrer, Sam Stoltzenberg, Joel Allemann, Brittany Wurdeman, Erica Sebade; Middle row: Dustin Heikes, Landon Keeney, Elisa Robinson, Stephanie Racely, Drew Hix, Zach Rasmussen; Front row: Sheldon Pickering, Beatriz Carranza, Vanessa Christensen, Tyler Bennett, Nick Junck.



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# Ensz serving as tutor

Dave Ensz, a senior from Wayne, is currently serving as a peer tutor with the Wayne State Learning Center. Dave is the son of Bob and Debbie Ensz. He is majoring in Chemistry. While attending Wayne

State College, Dave has been active as a member of Health Science Club, Blue Key, and as a Math/Science Tutor. He also participates in intramurals. Tutors are selected from among numerous qualified applicants and



Dave Ensz

must be upper-class men and women with high overall grade-point averages. They also receive endorsements and recommendations from Wayne State faculty.

Tutors may conduct large group review sessions before major tests and quizzes, work closely with students on an individual basis to answer specific questions and remediate difficulties in their subject matter and consult regularly with faculty and administration members.



## Daffodil Days to be held in Wayne soon

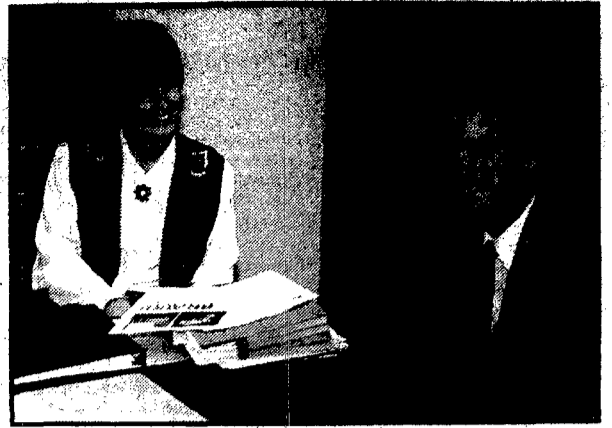
The Wayne County Unit of the American Cancer Society has selected Sunday, March 4 for Daffodil Days.

Vicky Skokan will bring this spring flower, the "flower of hope," to residents of Wayne County as a major fundraising effort for cancer control. Donations collected from the flower sale will be used for cancer research and programs.

Many beautiful field-grown daffodils will arrive from the West Coast as part of a special shipment for Wayne. The daffodil represents hope for cancer patients.

These fresh-cut flowers will be sold at various locations throughout Wayne County Unit. Businesses and employers will be encouraged to make advance orders for distribution to their employees or as gifts to hospitals, nursing homes, or retirement communities.

For those interested in ordering, a bunch of 10 daffodils are \$10 and are available for ordering from Vicky Skokan at 402-375-3406.



Wayne State College President Sheila Stearns talks with Brandon Trease of Neligh about his award for National Collegian of the Year.

## Trease named national collegian of the year

Brandon D. Trease, a December graduate of Wayne State College, has been named Delta Sigma Pi National Collegian of the Year.

Trease was nominated by the WSC Delta Sigma Pi chapter, one of 280 chapters across the country. His nomination was one of 29 regional applications to advance to the national level of the international business fraternity, from which five finalists were chosen. Trease was selected as the National Collegian of the Year by the organization's national executive committee this week.

"This is a two-year commitment which will begin this summer at the Grand Chapter Congress meeting in Buffalo, New York," said Trease. "I will serve a two-year term on the national executive committee." As part of the award, Trease will also receive a scholarship to attend graduate school.

Trease, who received a bachelor of science degree in business administration from WSC, has been

active in Delta Sigma Pi throughout his college career. He has served as president, senior vice president, vice president of professional activities and chapter secretary. He has participated in nearly 20 regional or national Delta Sigma Pi events.

Trease has been president of the WSC student senate and the Blue Key national honor society, as well as a dean's list scholarship recipient. He was named WSC homecoming royalty first runner-up in 1998 and was a candidate in 2000. He was student manager and information desk worker at the WSC student center. He is the son of Gary and Vickie Trease of Neligh.

Last summer, Trease was an intern for the National Electrical Manufacturers Association through a scholarship sponsored by the Fund for American Studies in Washington, D.C. While in Washington, he also completed coursework at Georgetown University.

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Few studies have been conducted on the use of feverfew for migraine headache prevention. A randomized, double-blind, placebo controlled crossover study of 76 patients showed a 24% reduction in the number of attacks, but no change in the duration of attacks. There was a significant reduction of nausea and vomiting.

In another study, migraine sufferers received either a freeze-dried, powdered feverfew extract or a placebo. Fewer headaches were reported each month by the individuals who received feverfew. However, headache frequency increased significantly in the group receiving the placebo.

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**Briefly Speaking**

**Country Club bridge group organizing**

AREA — The Wayne Country Club ladies bridge weekly luncheon will begin Tuesday, May 1. Noon lunches will be catered as in the past. For more information, contact Dorothy Aurich at (402) 375-5675 or Arlene Ostendorf at (402) 375-1405

**Minerva Club reminisces**

AREA — The Minerva Club met Feb. 12 at the home of Beth Morris Hollis Frese, for a historical moment, read minutes of the Jan. 10 and Jan. 24, 1938 meetings. Due to the absence of the program person, much time was spent reminiscing about times gone by. The next meeting will be Monday, Feb. 26 at the home of Arlene Ostendorf

**Way Out Here Club plays cards**

CARRC — The Way Out Here Club met Feb. 6 with Violet Arp as hostess. Hands were guests Elaine Menke received the door prize. Roll call was "Where you were born and raised". Betty and Lowell Rohlf won prizes in pitch. The next meeting will be Tuesday, Feb. 27 at 7:30 p.m. with Betty Rohlf.

**Women's Club hears about doctors' history**

WAYNE — The Wayne Women's Club met Feb. 9 at the Club Rooms. Janice Meyers and Gail McCorkindale were guests. Roll call was "A memory of your wedding day." Gail McCorkindale had the lesson on the doctors of Wayne, from past to the present. Babs Middleton and Doris Fredrickson were hostesses. Members of the group were reminded that reservations are still being taken for rental of the Club Room and kitchen as the building renovation is still in the planning process. The next meeting for the group will be Friday, March 9 at 2 p.m.

**Merry Mixers Club discusses Valentines Day**

AREA — Merry Mixers Club met with Vera Mann on Feb. 13. Nine members answered roll call with exchanging of Valentines. Janet Reeg opened the meeting by having all work on a word quiz pertaining to Valentines Day. After a short meeting plans were made for a family lunch at Taco's & More at 11:30 a.m. on Tuesday, March 13. The birthday song was sung for Arlene Allemann. The rest of the afternoon was spent making napkin holders and playing cards.

**Pictures displayed at Acme Club meeting**

AREA — The Acme Club met Jan. 19 at Tacos & More with Marjorie Summers as hostess. All members were present. Mary Doescher gave the program. She showed many old Valentines, post cards, pictures of the town of Wayne and many other pictures of the Good Ol' Days. The next meeting will be Monday, March 5 with Mary Doescher as hostess. Bonnadell Koch will have the program. Members are to bring items for the Food Pantry or Haven House.

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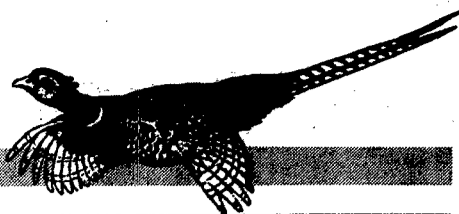
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**FDIC LENDER**

# Lifestyle

## The Wayne Herald



### Remer-Hendrickson exchange marriage vows in Omaha

Krista Lynn Remer and Kyle W. Hendrickson, both of Omaha were married Aug. 25, 2000 at King of Kings Lutheran Church in Omaha.

Dr. Mark Zehnder of Omaha officiated.

Parents of the couple are L. Lee and Sondra Remer of Wayne and Morgan and Sharron Hendrickson of Papillion.

Music for the ceremony was provided by pianist Julie Swanson, trumpeters Scott and Nancy Schlegelmich and soloist Sean and Julie Swanson, all of Omaha.

Selections included "Love That Will Not Let Me Go," "This Love" written by Julie Swanson, "Love Will Be Our Home," "I Will Be There" and "Faithful Friend."

Given in marriage by her parents, the bride chose a light ivory strapless Japanese matte satin gown with all-over Venice lace. It featured pearl and sequin bodice with matching trim at the bottom and cathedral train. She also carried an organza shawl accented with the same Venice lace, pearls and sequin trim. She wore a crown decorated with

rhinestones and a light ivory elbow-length veil with blusher. She carried a nosegay with ivory roses, stephanotis and mini calla lilies.



Mr. and Mrs. Hendrickson

Maid of Honor was Lisa Remer-Gillette of Sioux City, Iowa, sister of the bride.

Bridesmaids were Sara Granberg-

Rademacher of Lincoln, Kim Imdieke of Ft. Collins, Colo. and Sarah Boe of Omaha, friends of the bride and Stephanie Remer of Omaha, sister-in-law of the bride.

The women wore two-piece, floor-length champagne satin gowns. They carried nosegays of 20 champagne roses.

Chera Bartels of Omaha was the bride's personal attendant.

Cassie Gillette of Sioux City, Hannah Remer of Omaha and Allie Gillette of Sioux City, nieces of the bride, were flower girls.

Danny Gillette of Sioux City, nephew of the bride, was ringbearer.

Todd Hendrickson of Papillion, brother of the groom, was Best Man.

Groomsmen were Brett Hendrickson of Des Moines, Iowa and Lafe Hendrickson of Wautoma, Wisc., brothers of the groom and Dennis Houfek and Andy Jacobs, both of Omaha, friends of the groom.

Ushers were David Remer of Omaha, brother of the bride and Dan Gillette of Sioux City, brother-in-law of the bride.

The groom wore a black tuxedo with an ivory vest and ascot tie. The groomsmen wore black tuxedos with champagne vests and ascot ties.

A tropical theme reception was held at Champions Golf Club at Omaha following the ceremony.

Erica Hendrickson of Wautoma, Wisc. and Julie Hendrickson of Des Moines, sisters-in-law of the groom, registered guests.

Hosts were Kevin and Debra Martin of Sioux City, uncle and aunt of the bride and Aaron Beukelman and Sarah Austin of Omaha, friends of the couple.

Following a wedding trip to Ocho Rios, Jamaica, the couple is at home in Omaha.

The bride is a 1993 graduate of Wayne High School and a 1997 graduate of Wayne State College. She is a staffing specialist with First Choice Personnel.

The groom is a 1994 graduate of Papillion-LaVista High School and a 1998 graduate of Evangel University in Springfield, Mo. He is a financial advisor/collections specialist with Associates Commercial Corp.

### Card shower is requested

A card shower has been requested for the 90th birthday of Orietha Bierschenk.

Her birthday will be Sunday, March 4, 2001.

Cards will reach her at Walker Colonial Village, 3200 G Street, South Sioux City, Neb. 68776.

### Engagements — Creating a good environment is key to healthy teens

#### Brockman — Deppe

Donna Brockman and Shannon Deppe, both of Wayne, are planning a Nov. 2, 2001 wedding at Our Savior Lutheran Church in Wayne.

The bride-to-be is daughter of Dale Brockman of Wayne. She is a 1976 graduate of Wayne High School. She is presently a homemaker.

Her fiancé is the son of Gerald Deppe of Bandera, Texas and Karla Deppe of Grinnell, Iowa. He is a 1990 graduate of Grinnell Senior High School. He is currently a C.N.A. at Pierce Manor in Pierce.

The couple's engagement has been announced by Eric and Lisa Stuthman, son-in-law and daughter of the bride.



Mr. and Mrs. Langenberg

### Langenbergs celebrate anniversary

Norris and Lolamaye Langenberg of Hoskins celebrated their 50th wedding anniversary on Feb. 11, 2001.

Norris Langenberg and Lolamaye Brumels were married at Peace Reformed Church, rural Norfolk, on Feb. 11, 1951.

The couple has two sons, Roger and Donya Langenberg and Bill Langenberg, all of Hoskins. They also have one granddaughter, Holly.

### Eagles Auxiliary gathers for meeting

The Wayne Eagles Auxiliary #3757 held a meeting on Feb. 19 with 11 members present. Madam President Jessica Olson presided over the meeting.

A cash donation was given toward fair prizes as the group has for several years. They will again purchase daffodils to be given to senior citizens.

The St. Patrick's Day Potluck will be held Saturday, March 10 at 7 p.m. Those attending are asked to wear something green. Committee members are Fern Test, Darlene Topp and Linda Gamble.

O'Neill will host the District meeting on Sunday, March 18 at 1 p.m.

Recent research highlights the role of "community" in creating an environment that supports the healthy development of adolescents.

The term "community" usually refers to a geographically defined area. In this context, however, it refers to adolescent's social network — all of the influences on adolescent development, including those that may fall outside the hometown or neighborhood, such as television or the Internet (Benson, Leffert, Scales & Blyth, 1998).

Each of the different sectors within communities has the potential to promote positive development among adolescents. This potential is maximized when all the parts work together toward this goal, using a community-wide approach. This also increases communication and agreement (Dyfoos, 1990).

The use of community-wide approach increases chances of success in promoting healthy adolescent development for several other reasons. Most obviously, it results in greater availability of resources that can be used for planning, implementing and evaluating efforts to support healthy adolescent development. It also encourages a feeling of ownership among community members, the community more committed to keep the program for the long term.

Finally, when a variety of community members come together to learn, share and plan for supporting healthy adolescent development, a more consistent message about values and norms can be presented to adolescents. When adolescents are given consistent messages about expectations from many different sources in their communities, they are more likely to behave in positive ways. (Benson, Leffert, Scales & Blyth, 1998, Roth & Brook-Gunn, 2000)

SOURCES: Barton, W. Watkins, M., Jarjoura, R. (1997) Youths and Communities Toward Comprehensive Strategies for Youth Development. Social

Work, 42, (489-493). Benson, P., Leffert, N. Scales, P., and Blyth, D. (1998). Beyond the "Village" rhetoric: Creating Healthy

Communities for children and adolescents. Applied Developmental Science 2, 138-159.

Dyfoos, J. G., (1990) Adolescents at risk: Prevalence and Prevention: New York: Oxford University Press.

Roth, J. & Brooks-Gunn, J. (2000). What do adolescents need for healthy development? Implications for youth policy. Social Policy Report. Society for Research in Child Development, 14 (1).

Rosalie Bakken, PhD., Editor, Adolescent Development Specialist, University of Nebraska-Lincoln.

#### MARCH CALENDAR

March 3 — Dakota/Thurston County Beef Weigh-in (noon to 3 p.m.) Atokad-Dakota City.

March 2-4 — Nebraska Horse Expo.

March 9 — State Leader's Forum Registrations Due

March 15 — Speech Registrations Due

March 17 — Wayne County Beef Weigh-in (9 a.m. to 11 a.m.) Wayne Vet Clinic (snowdate March 24)

March 19 — Speech Contest, 7 p.m. Carriage House Theater.

March 20, 22, 27 and 29 — Parenting Class, Wayne County Courthouse

March 22 — A-Z, Wayne Auditorium

March 23 — All Market Beef Ids and noseprints due

March 23-24 — Bake and Take Days

March 31 — York County Beef Progress Show

### Engagements

Patrick and Doris Kreikemeier have announced the engagement of their daughter, Molly, to Kevin Hausmann of Lincoln.

The bride-to-be attended Dodge High School and graduated from the University of Nebraska-Lincoln in May of 2000. She currently resides in Overland Park, Kan. and is employed by Accenture, formerly known as Andersen Consulting, LLP.

Her fiancé is the son of Jack and Leslie Hausmann of Wayne. He attended Wayne High School and is a 1993 graduate of the University of Nebraska-Lincoln. He is a manager at First Federal Lincoln Bank in Lincoln.

The couple is planning a June 30, 2001 wedding at St. Leo's Catholic Church in Snyder.



Kreikemeier-Hausmann

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LIVESTOCK MARKET REPORT

The Norfolk Livestock Market fat cattle sale was held on Friday with 950 head sold. Prices were steady to \$2 higher on steers and heifers...

heifers were \$950 to \$1,200. Medium quality fresh and springing heifers were \$750 to \$950. Common heifers and older cows were \$500 to \$750...

Feeder pigs sold at the Norfolk Livestock Market on Monday. The market was steady on the 449 head sold. 20 to 30 lbs., \$15 to \$30; steady; 30 to 40 lbs., \$25 to \$41; steady...

Butcher hog head count at the Norfolk Livestock Market on Tuesday totaled 572. Butchers were 75¢ higher and sows were steady. U.S. 1's + 2's, 220 to 260 lbs., \$40.50 to \$41.65...

Master Gardeners schedule programs

The Master Gardener group in Wayne has scheduled a series of educational programs for the last four Thursday evenings in March. The sessions will be held at the Wayne County Courthouse from 7 to 9 p.m.

hours of educational sessions and offer 40 hours of volunteer service. Persons who wish to participate but not become certified Master Gardeners will be asked to attend a minimum of 10 hours of educational sessions...

Eating more fun than exercising

Besides not exercising enough in cold weather, I tend to spend more time in the kitchen. I'd rather cook than clean any day. (I especially hate to dust, which is the task I'm procrastinating about right now by writing this).

mashed potatoes and gravy, brownies, etc. I also made chicken and dumplings, and pork chops and sauerkraut, which spoke to their German-Russian taste buds. I've already confessed publicly to a habit of dipping into the peanut butter jar for some mid-afternoon protein...

The Farmer's Wife By: Pat Meierhenry. I was ready to bake. I buy prepared cookie dough from my grandson for school fund...

raisers and have a hard time getting the cookies baked because the dough is so good. One member of our family admits to a weakness for canned frosting, especially vanilla. My friend from Orlando says she puts peanut butter on a spoon and then swirls it around in ice cream...

Nebraska Horse Expo March 2-4. Top Clinicians Include Cleve Welty, Lynn Palm, Bryan Neubert and more. Call Lynne 402-238-2698/Sandy 402-483-5696

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4-H News

HELPING HANDS 4-H CLUB. The Helping Hands 4-H Club met Jan. 6 at the home of Robin Fleer with five members and four adults present. The guest speaker was Jenny Fleer who told how 4-H has helped her with her college courses in agronomy.

Ramold, flag barer. Club goals for 2001 are: 1) bingo at a nursing home; 2) flower bed in the Winside park; 3) orphan grain train; 4) Salvation Army bell ringer and 5) political process. Members voted for a movie party and a roll call committee. The group was to meet at the Puntney home at Carroll on Feb. 10. Steven Fleer, news reporter

Klassen is sales winner

Mark Klassen of Wayne has been named a Master Sales Winner by Monsanto Company (NYSE:MON). Klassen is one of 55 U.S. honorees that were recognized with the 2000 award. He currently serves as a Business Development Manager with the company. This year marks the 40th anniversary of the Master Sales Award at Monsanto Company. The award, which was established in 1961, was created to honor and reward the outstanding accomplishments of Monsanto salespeople.

"Monsanto is proud to bestow this prestigious award on our top salespeople," said Brett Begemann, vice president of North American markets. "This year's honorees, as with previous winners, represent a long tradition of Monsanto Company's commitment to our customers, our products and our programs. Monsanto Company, an 85 percent owned subsidiary of Pharmacia Corporation (NYSE:PHA) is a leading global provider of technology-based solutions and agricultural products that improve farm productivity and food quality. For more information on Monsanto, see www.monsanto.com

Spring Snow Goose season upcoming

As I look out the window at the 10 inches of new snow on the ground, it's hard for me to believe that spring is just around the corner. But, I know it is because friends of mine are already talking about the light goose season that will be opening up shortly. My hunting buddies have begun to get into deep discussions about the number of decoys needed to bring in the large Snow Goose flocks. Some say a few will do, while others just don't believe you can get the bigger flocks to decoy with 200 to 300 decoys. Myself, I'd rather not try to decoy those huge flocks because there are too many eyes checking things out and one spooky bird can hang up or goof up the entire flock. And, once the first shell goes off, it's over with! It doesn't matter if you have 20 snobs in front of you when you open through the Duracover or if there are several hundred because you are going to only get off a few shots. The birds can back peddle and gain altitude a lot quicker than I can pull the trigger on my automatic. Give me a small flock any day and we'll get just as many geese from it as we would if we were coming up on a bigger flock. The big thing is to have enough decoys out to get the birds attention when they are off at a distance. Generally 100 to 150 has been plenty for our spreads and we've taken good numbers of birds with fewer decoys. You need to have some variety in

Gary Howey 'Of the Outdoors' your decoys, mix them up. I like to use some silhouettes, rages, full bodies, landing decoys, kites and by throwing in a flag or two, you've got it covered.

The important thing is to put your decoys in an area that the geese want to land. We like to get out the night before and see which direction the geese are going or what field they're using. The next morning, we'll throw out our spread in the field they were using or in their flight path. We've done well wearing white and just lying among the decoys. When I'm hunting in the decoys and lying on the ground, I use a foam pad, similar to the ones you

use for a pad under your sleeping bag. They come in dull colors like brown or gray and help to insulate you from the cold, hard, ground. We've also had good luck with coffin blinds such as the Final Approach Eliminator or the flip up decoy seats which work well if snow or sloppy conditions are present. In some areas that we hunt, near Desoto Bend or along the Platte River in eastern Nebraska, we use blinds in the river or adjacent to flooded lakes and try to catch the Snow Geese when they are thirsty as they return from feeding. With electronic calls, good decoy placement and flags, we can usually convince a few of the geese to drop in. The electronic calls that we use during the spring light goose seasons make a big difference. Snow Geese are so vocal, it's dang near impossible for a group of hunters with calls to overpower the racket made by a flock of Snow Geese. I like to use two electronic calls with two completely different tapes, one that is calling to the geese (highball) and another with the

sound of the Snow Geese milling on the ground. You can crank the volume up on the loud tape when the geese are at a distance and then lower the volume as they approach. Once we've got them coming our way, we'll reduce the sound of the louder highball tape and crank up the milling, contented feeding tape making the snobs think that all is well on the ground. Snow Geese are famous for hanging up just out of shooting range and looking over your decoys. The two tapes gives the Snow Geese the impression that the birds on the ground are busy feeding while others that are trying to work their way in are still calling to the distant flocks. Recent surveys have indicated that the Special Snow Goose season is starting to help to control the light goose population. With a little motion in the decoys and the use of the quieter feeding, milling tape, we're doing our best to put a pretty good dent in the Snow Goose over population problem.

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## *February is heart month.*

Use it to learn more about nutrition, exercise, and other healthy stuff. Then, with an extra smidgen of thought and willpower you can begin a healthier, smarter, longer life.

The American Heart Association appreciates the generous support of BryanLGH Medical Center in Lincoln, the Nebraska Press Association, and your local newspaper for the production of this special newspaper supplement during American Heart Month.

# Smoking cessation program aided by exercise

Cigarette smoking is responsible for more preventable deaths than any other modifiable risk factor. Statistics show that one fifth of all deaths due to cardiovascular disease are due to smoking. Smokers' heart attack risk is more than twice that of a nonsmoker. Still, despite the solid evidence, more than 48 million Americans continue to smoke for a variety of reasons including physical and emotional addiction. "One common mental barrier to quitting is a fear of gaining weight," said Brian Roth, smoking cessation director at BryanLGH Medical Center.

Now, a study published by the Archives of Internal Medicine indicates that vigorous exercise can help abstaining smokers control weight gain and improve their chances of quitting successfully. "Exercise is an integral part of any healthy lifestyle. But, when you are attempting to stop smoking it helps to control weight gain, counter depression and relieve stress," said Roth. Studies indicate that if a person quits smoking, the inherent risk factors also decline quickly. For instance, the risk of heart disease is cut in half just a year or two after smoking and the risk factor may approach the risk level of a non-smoker in as little as five years.

The study, reported in the June edition of the Archives of Internal Medicine,

found that smokers who exercised more than 150 minutes per week during the 12-week study gained less weight than non-exercising smokers who stopped smoking. In fact, the exercisers gained 12 pounds while the exercisers who quit smoking gained seven pounds.

"Smoking is the worst risk factor your heart faces and if you combine that with any other risk factors such as high cholesterol, high blood pressure, family history or physical inactivity, the risk to your heart is double," said Roth. "This study shows that exercise can benefit the abstaining smoker and it also aids in other risk factors. While the study only looked at the effect of abstaining women smokers and weight gain, it is probable that male smokers attempting to quit would benefit from vigorous exercise," said Roth. If you are interested in quitting smoking, a variety of options are available and you can learn more about them by contacting your physician or calling the BryanLGH Smoking Cessation Center at 402-481-3840.

# Advances in medical technology benefit patients

Cardiologist Christopher Caudill, M.D., has been practicing medicine at Lincoln's BryanLGH Medical Center since 1974 and in a recent interview talked about some of the dramatic changes that have occurred in cardiology over the last 25 years.

Question: The last 20 years have seen a revolution in the care and treatment of patients with heart problems. In your opinion what is the biggest change?

Answer: The introduction of balloon angioplasty is one of the most dramatic treatments to occur during my years in practice. In February of 1981, I performed the first balloon angioplasty in Nebraska at BryanLGH. This procedure, dramatic at the time, turned out to be the leading edge of change in the cardiology field.

To learn to perform the balloon procedure, I went to Switzerland and took a course and then spent time in Kansas City observing the procedure. The people from Kansas City then came up to stand beside me while I did the first procedure that took about an hour.

Today, a skilled cardiologist can do a percutaneous procedure in about 20 to 30 minutes, and there are thousands done every year. Once we had the balloon procedure, there was an explosion of technology and a search for other "non-surgical" options. This led to a variety of treatments such as lasers, cutting balloons

and atherectomy.

Question: Did the changes in technology result in changes to the practice of cardiology?

Answer: The evolution of technology had a substantial impact on the field of cardiology. In the 1960s and 1970s, cardiology was a part of the practice of internal medicine. Once we had this evolution of treatment options, various sub-specialties began appearing and the breadth of the field adapted to include diagnostics, treatment and prevention.

Question: How has patient care evolved over the last 20 years?

Answer: The biggest change I have seen in patient care is the foreshortening of the recovery process. This is due to a number of factors. Technology, of course, plays a role. As we need smaller and smaller incisions, it requires less healing time. Perhaps just as important is that we've had an evolution of the experience and technique curve and we better understand how to care for our patients. When we first started doing angioplasty procedures, a patient stayed in the hospital for two or three days while we waited to see what would happen. Literally, we did not know what to expect.

Today, we understand the procedure and, with the use of stents, some people are up and walking around two or three hours after

a procedure and many go home in 24 hours. The same is true for bypass patients. We used to keep them for 12 to 14 days and they spent time in the intensive care unit (ICU). Now, they are hospitalized for three or four days, may not spend any time in ICU before they go home and have a fairly quick return to a normal lifestyle.

Question: How is "tele-medicine" impacting cardiology care?

Answer: Tele-medicine is still in its infancy and is limited by the amount of cable that is available between institutions. The expense of the telecommunications cable is also a hindrance but what tele-medicine may do is to introduce the specialist into the physician's office or emergency room. While promising, it won't replace the need for outreach as that one-on-one, in-person care will still be needed around the state.

Question: Nebraska is a small state with only 1.6 million people. Yet, we are a recognized leader in providing heart care and have leading-edge technology that isn't available most places. How is that possible?

Answer: There are a variety of factors that play into the quality of care that Nebraska residents receive.

First, there is a dedicated group of doctors who are intent on providing state-of-the-art care and are willing to learn the new procedures and participate in the studies to keep

us on the forefront of medicine.

Second, by creating the Nebraska Heart Institute, we are able to focus our resources, which allows us to recruit top-notch doctors and have the volume of patients needed for studies and to keep our techniques in practice. We do about 1,500 open-heart surgeries every year and 10 to 12 heart transplants.

Finally, by combining our resources and manpower, we have somewhat of a "think tank" that allows us to learn from each other, consider ideas and create things that can't happen in a smaller practice.

For instance, "beating heart" surgery is a new technique in which a patient's heart is not stopped during surgery. We now do a majority of our bypass surgeries utilizing this technique. However, there was a problem in operating on the backside of the heart because you have to pick it up and the patient's blood pressure drops and you have a very limited amount of time.

Recognizing this problem, surgeons of the Nebraska Heart Institute developed a mini bypass pump that allows the patient to continue beating and allows us to perform the surgery with less danger. This pump is now being patented. Without the "think tank" power of this practice, these types of developments would not be possible.

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# Beating heart surgery offers patients alternative

Over the last three years, a new technique in open-heart surgery has emerged giving surgeons and patients a new alternative when considering open-heart surgery. The technique, called beating heart surgery, isolates and stabilizes specific areas of the heart while allowing it to remain beating during the operation. "This new technique, while technically more demanding of the surgeon, provides for shorter recovery times and involves less risk than traditional open heart surgery," said Dr. Ed Raines, cardiovascular surgeon with the Nebraska Heart Institute.

In conventional heart surgery, a patient's body temperature is cooled, the heart is stopped, and the blood is rerouted through a heart-lung machine allowing the surgeon to operate on the still heart. The development of the heart-lung machine revolutionized medicine and minimized the risk involved with heart surgery allowing the surgical repair of the heart to be utilized on thousands of people a year. Still, the heart-lung machine does have risks such as causing strokes by displacing plaques along the arteries when the patient's heart is (connected to the tubes leading to the heart-lung machine).

As a result, surgeons at BryanLGH Medical Center in Lincoln have been

improving techniques to utilize beating heart surgery on a regular basis. "Today, we perform beating heart surgery on about 60 percent of our patients compared to a national average of 15 percent. We believe beating heart surgery benefits the patient with a shorter hospital stay, a shorter recovery period and the benefit of not going on the heart-lung machine," said Dr. Raines. His statements are supported by a recent Duke University study.

Last Year, Duke University completed a small study comparing the treatment and recovery of 32 "beating heart patients" with 30 "traditional" heart surgical patients.

The researchers found that patients who had beating heart surgery: had their breathing tubes removed much sooner (8 hours as compared to 65 hours); required a shorter stay in the Intensive Care Unit (24 hours compared to 111 hours); and a lower cost for respiratory care services and lower ICU cost (\$2,716 compared to \$5,009 for heart-lung machine patients).

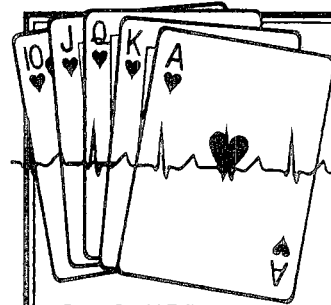
Beating heart surgery is possible because of revolutionary new surgical device." With the newer stabilizing devices, we are able to isolate a piece of the heart roughly the size of a half dollar

and keep it still while we operate. While there are benefits to the patient, it does require a higher degree of skill by the surgeon because there is a limited amount of time that part of the heart can remain isolated," said Dr. Raines.

In the future, Dr. Raines anticipates that more surgeons will utilize beating heart surgery technique and acknowledges a shift occurring in the practice of medicine. "Medical advancements have

allowed us to minimize the risk of heart surgery and enabled surgeons to achieve the desired results without much thought to patient comfort.

Now, we are refining our understanding and techniques to emphasize minimizing the actual trauma to the patient, which hopefully will result in shorter recovery times and get people back into their daily routines quicker," said Dr. Raines.



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## Exercise builds healthy hearts

Here's the bad news: about 960,000 Americans die each year of cardiovascular disease making it the number one killer in America. Here's the good news: you can do something about it. It's called exercise, and to gain the advantages of this prescription, all that is necessary is for you to get moving with a regular exercise plan. "As we start a new year many people resolve to make this the year they begin and stick with a regular exercise plan. Unfortunately, by May or June, many people lose their resolve," said Cindy Kugler, clinical manager, health promotion and fitness for BryanLGH Medical Center.

According to the American Heart Association, 24 percent of Americans, age 18 or older are not active at all and only 22 percent exercise vigorously enough to protect their hearts. There is a direct correlation between lack of activity and heart disease. Less active, less fit persons have a 30 to 50 percent greater risk of developing high blood pressure. So, how do you start a program and stick to it? "By observing a few simple themes, exercise can become part of our daily routine and we can stick to it," said Kugler.

First, be specific with your goals. Don't just say you're going to exercise; be specific about what you will do and when you will exercise. "Plan your exercise routine, but vary it so that you don't wear out one activity. If you participate in only one activity, your body will reach a maintenance level and your progress will actually diminish," said Kugler. "On a long term diet, we would fail by eating the same thing every day. It's the same with exercise, variety is the key to life and exercise." Asking a friend to join in an exercise program not only gives you company, but improves their cardiac health as well.

Second, set a goal that is challenging, yet reachable. "Do not overestimate your abilities. Most of us are no longer star high school athletes and overdoing it will discourage you from regularly exercising," said Kugler. Based upon your evaluation, determine if you should exercise daily or if a more realistic goal is three to four times per week. A minimal goal is to engage in 30 to 45 minutes of moderate, sustained activity most days of the week burning approximately 1,500 calories.

Third, don't let stress sabotage your plans. Stress is a fact of life and exercise can actually reduce your stress level by allowing for a release of the daily grind. "Exercise boosts the energy level and self image. By vigorously exercising, we can counter anxiety and depression and improve our ability to fall asleep quickly and sleep well," said Kugler. Other studies have shown that people who exercise are actually more enthusiastic and optimistic about life.

Fourth, be sure to plan for disruptions. "Sometimes, people get started on an exercise plan and then a long vacation hits or an unexpected illness occurs. It is easy to allow these interruptions to alter our routine," said Kugler. For the exercise program to be effective, a plan for variations in your program must be put in place ahead of time.

Before beginning any exercise program, Kugler recommends checking with your doctor, particularly if you're in your 40s or older. "Visiting your physician before beginning an exercise program not only establishes your fitness to begin a program but establishes a baseline of weight, cholesterol level and blood pressure. If you follow up with an annual visit, you will see the tangible results of your exercise program," said Kugler.

For more information call BryanLGH-402-481-8340.

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