

# Family

## Trio plans event Sunday in Atwood

The Western Plains Arts Association is presenting its Valentine's show, The Lyric Arts Trio at 3 p.m., Sunday at 3 p.m. in the Atwood High School auditorium.

The trio will do their "Language of Love" presentation for a love and romance show, officials said.

In offering some background on the group, Vicky Waldschmidt, public information said, the trio is composed of Elena Lence Talley, a clarinetist, and Suzanne Hillis Ackin, a soprano.

Completing the trio is Daniel Velicer at the piano.

Admission at the door will be \$8 for adults and \$4 for students or by WPAA season passes

Funding for this performance has been contributed by the Kansas Touring Program Performances.

This program is also presented in part by the Kansas Arts Commission, a state agency, and the National Endowment for the Arts, a federal agency.

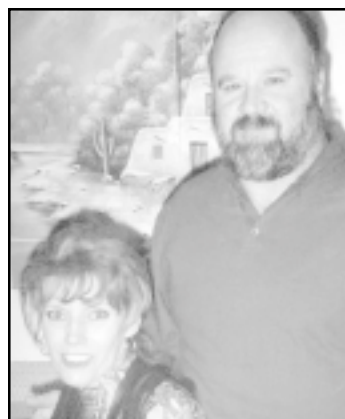
For questions on coming performances, call Waldschmidt at 462-6620.

## Knox engaged to Bixenman

Susie Knox and Donald Bixenman, both of Colby announce their engagement and approaching marriage.

A June 21 wedding is being planned.

Susie Knox, Donald Bixenman



## Turner to wed Sanderson

Noél Turner and Micah Sanderson, both of Hays, announce their engagement. The future bride is the daughter of Tony and Sheryl Turner, Basehor. The future groom is the son of Ed and Bonnie Sanderson, Scott City.

The future bride is employed by Unified School District 489 in Hays. She is a 1996 graduate of Basehor-Linwood High School and a graduate of Fort Hays State University. The future groom is employed by Christian Challenge campus ministry at Fort Hays State University. He is a 1995 graduate of Brewster High and a



Noél Turner, Micah Sanderson

graduate of Fort Hays State University. The couple plan a March wedding in Hays.

## Rogers and Voss married

Grace Lutheran Church in Fairbury, Neb., was the setting for the wedding vows of Alysia Dawn Rogers and Eric Lee Voss, both of Halstead.

The Rev. Charles Schmidt conducted the 5 p.m., Dec. 7 ceremony.

Parents of the couple are Glen and Shirley Rogers of Fairbury, Neb., Dennis and Loretta Brown of Inman, and Roger and Marlene Voss of Colby.

The bride, given in marriage by her father, chose an ivory Duchess satin gown, featuring a Basque waistline bodice with a tip of the shoulder neckline. The full-skirted skirt was enhanced at the center front with a tulle under skirt that flowed into a cathedral length train, accented with sheer tulle and satin rosettes. Hand beaded Alencon lace embellished the entire gown. She carried a bouquet of red, pink and white roses accented with pearls and baby's breath.

Maid of honor was Heidi Fredrickson of Lincoln, Neb., and Brandy Hackerott, sister of the groom, of McPherson, was bridesmaid. They wore floor length apple red gowns with beaded tops.

Flower girl was Kyra Voss, daughter of the groom.

Amanda Terry of Belleville was the bride's personal attendant.



Mr. and Mrs. Eric Voss

Ring bearer was Jason Roelfs of Smithfield, Ken., cousin of the bride.

Matt Rogers of Fairbury, brother of the bride was best man. Groomsman was Tony Hacherott of McPherson, brother-in-law of the groom.

Ushering guests were Tim Stangel and Jim Mengard, both of Concordia, and Brett Rogers of Fairbury, Neb., brother of the bride. Meggan Dible of Rexford, cousin of the groom, and Brett Rogers, lit the candles.

Barb Bedlan was organist, and Ted Luebbe was trumpeter, both of Fairbury, Neb. Solist Arlene Luebbe of Fairbury, Neb., sang "From a Distance" and "He Has Cosen You For Me". The groom sang "Keeper of the Stars". Amy Darling of Omaha, Neb., and Monica Zabokrtsky of Beatrice, Neb., cousin of the bride, presided at the guest book.

Mark and Candi Rathe of Weeping Water, Neb., and Amber Georgi of Hebron, Neb., cousins of the bride, were in charge of the gifts.

Programs and wheat bags were handed out by cousins of the bride, Lance Bonar of Endicott, Neb., and Courtney Spilker of Beatrice, Neb.

A reception was held at the VFW Club in Fairbury, NE. Hosts were Ron and Rosan Wiegert of Fairbury, Neb., uncle and aunt of the bride and Gary and Della Roelfs of Smithfield, Ken., cousins of the bride. Assisting with serving were Gwen Barton, Mandy Kruezer, both of Kansas, Maggie Renker, Arla Fryer, Teri Hein, Melissa Schultis, Peggy Beerbohm and Vicki Arnold of Fairbury, NE., all friends and family of the bride and groom.

The bride is a registered nurse at Wesley Medical Center in Wichita and in the cardiovascular services unit. The groom is assistant director of emergency services/assistant fire chief in Halstead. The couple took a trip to Las Vegas, Nev., for the national finals rodeo. They reside in Halstead.

## Healthy old age depends on lifestyle

DEAR ABBY: I am in my mid-50s and look forward to traveling with my husband when he takes early retirement next year. My mother died at 82 with Alzheimer's disease, and lately, if I misplace my sunglasses or forget somebody's name, I become terrified that I'm coming down with it, too.

I have heard there are certain brain exercises people can follow to keep from losing our memories as we get older. My husband says I'm silly to worry about this now, but if there's anything I can do to protect myself from future problems, I want to get started. Any suggestions?

— WORRIED SILLY IN L.A.

DEAR WORRIED: Although a family history of Alzheimer's does increase your risk, my experts tell me that recent scientific data estimate that only one-third of what determines memory ability and long-term brain health is genetically programmed. The other two-thirds are actually dictated by things that are under our own control, such as lifestyle and personal health choices.

Thus, as we age, we have far more influence over our own brain fitness and memory abilities than we ever imagined.

It is not "silly" to be concerned about getting a head start on preventing age-related memory loss. I spoke with Dr. Gary Small, director of the UCLA Center on Aging, who says it is never too early to begin protecting our brains.

In his book, "The Memory Bible," Dr. Small explains that our brains actually begin to show signs of aging when we are in our early 20s. He outlines ways to protect our brain function with



Abigail Van Buren

• Dear Abby

Mom, she went out and bought me a new one, but just tonight I found one of my shirts on Robin's floor — also ruined.

I'll be moving out in July to go to college, but until then, I need some advice. Please help me, Abby — nobody else will.

— COUNTING THE MONTHS IN MASON CITY, IOWA

healthy diet, mental aerobics, memory techniques and stress reduction.

Organizations like the UCLA Center on Aging ([www.aging.ucla.edu](http://www.aging.ucla.edu)) and AARP ([www.aarp.org](http://www.aarp.org)) also provide information and programs about healthy lifestyles and ways to stave off many age-related diseases. Check them out. It may give you some much needed peace of mind.

DEAR ABBY: For the past six years, I've had a problem with my younger sister, "Robin." She "borrows" my clothes and other things from my room without asking, and then isn't smart enough to put them back. Every time I walk by Robin's room, I find another article of my clothing, shoes or jewelry on the floor.

When I confront my sister in front of our parents, Mom rolls her eyes and says she's tired of my complaints. Then Dad will ask Robin point-blank if she "really did it," and she'll say, "Yes, but I was about to return it." That's it, end of story. It's happened too many times to count.

Last summer, I put a keyed lock on my door, which helped with the problem until the lock was mysteriously filled with "goop." It never worked after that. Just yesterday, I found an expensive dry-clean-only sweater of mine on Robin's floor. She had tossed it in the washer and dryer, and it was ruined. When I told

DEAR COUNTING THE MONTHS: Your parents have been negligent in their responsibility to your little sister. They have failed to teach her responsibility, honesty, and respect for the possessions and boundaries of others.

This will come back to haunt them — and your sister — in the future. Please show them this column and hang on until July. Your trials are almost over.

## Community Calendar

### THURSDAY, Feb. 13

Kiwanis, Student Union, noon  
Family History Center, 1145 S. Franklin, 7-9 p.m.  
Tumbleweed Chorus, United Methodist Church, 8 p.m.  
Downtown Alcoholics Anonymous, City Hall basement, 8:30 p.m. (non-smoking)  
Wings Upon the Prairie drop-in, 485 N. Franklin, 5-8 p.m.

### FRIDAY, Feb. 14

Wings Upon the Prairie drop-in center, 485 N. Franklin, 5-8 p.m.  
New Hope Narcotics Anonymous, City Hall Basement, 8 p.m.

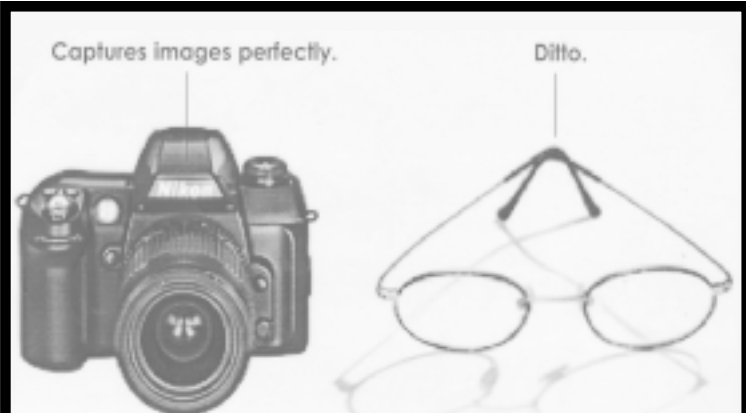
## Markets

Quotes as of close of previous business day Hi-Plains Co-op

Wheat	\$3.48
Corn	\$2.48
Milo	\$4.09
Soybeans	\$5.20



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