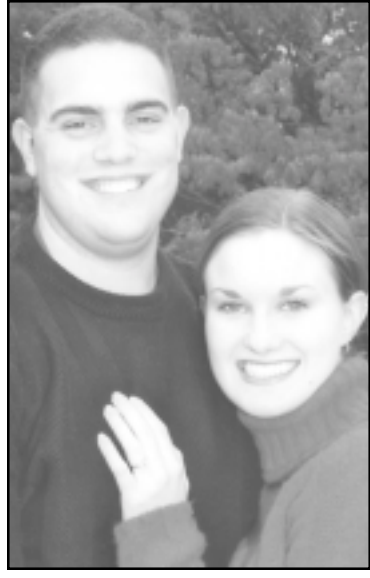


Couple plans January VOWS



S. Tacchini and C. Scott

Courtney Scott and Skyler Tacchini plan to be married on Jan. 5 in Wisconsin Dells, Wis. Parents of the couple are Eric and Cindy Scott of Rochester, N.Y., and Ern and Keven Tacchini, Burns, Wyo. He is a grandson of Barbara Dehlinger of Oberlin. The bride-to-be is a junior at the Rochester Institute of Technology and is studying Business Administration. Her fiancé is an account manager

Piano students perform

Nineteen piano students of Cheryl Metcalf participated in the North Central Kansas Music Teachers League Piano Clinic in Norton on Nov. 13. Chosen to play in the recitals following the auditions were Jessica Bremer, Jenny Hirsch, Jessica Fredrickson, Britta and David Noren, Hunter Nedland and Nolan Henningson. Honorable mention went to Mary Olson, Elizabeth Nedland, Sarah Marcuson and Kelsey Mordecai. Receiving I or II ratings were

Zach and Hannah May, Heather Glodt, Samantha Anderson, Joe Hirsch, Caleb Koerperich, Ryan May and Jacob Helm. Adjudicators were Dr. Sue Ann Stutheit, University of South Dakota; Gordon Christensen, Imperial, Neb.; John Huber, Fort Hays State University; Dr. Nathan Buckner, University of Nebraska at Kearney; Evie Caldwell, McCook; Pat Ziegelmeier, Colby Community College; and Dr. Linda Newfield, Bethany College, Lindsborg.

Kansas essay contest planned

Kansas high school students can earn a cash prize of \$200 in the annual essay contest, "Kansas! Say It Above a Whisper." Essays must be limited to 250 words (about one double-spaced typewritten page) and postmarked no later than Dec. 12. Send to Boyd Contest Chairman, 1100 Belle Ave., Topeka, Kan., 66604-2043. The contest title, which deals with pride in the state of Kansas, was coined by Kansas newspaper-woman Mamie Boyd. A cash award is provided by the Boyd family for the winner. Past essays have described the interesting and strong-hearted people of Kansas, the state's wheat fields, diversity in population, the state's beauty and the emotions and pride it evokes.

Sponsored by the Native Sons and Daughters of Kansas, the contest is judged by a panel of Kansas Professional Communicators (formerly Kansas Press Women). Judges look at originality, creativity and sincerity in expressing pride in the state of Kansas. The winner will be announced by the Native Sons and Daughters at their annual banquet on June 28 at Maner Conference Center in Topeka. The 2004 winner was Ashley Lundblom of Newton. Distinguished Kansans will be honored at the banquet. The contest is open to Kansas students in grades 8-12. Entries will be turned over to the Kansas State Historical Society to be preserved in the manuscript department.

Club News

Members enjoy luncheon

Ten members of Zeta Nu Club traveled to Colby on Veterans' Day where they met at Bourquin's Old Depot Restaurant Tea Room for lunch. Guest speaker was Terri Hanke of Colby, who described her week-long mission trips to Mexico. On each trip, the American group builds two homes for qualifying families, usually replacing a home made of cardboard. She travels with a mission

group from Garden City. Members approved the budget for the coming year and Marian Fraker, Dorothy Cochran and Joy Votapka volunteered to act as a committee to purchase Christmas gifts for children for the Jaycee Angel Tree. The next meeting will be a Christmas party on Dec. 9 at the home of Eloise Smith with the program committee as hostesses.

Calico Gals enjoy dinner

Twelve members of the Calico Gals, their spouses and guests enjoyed a Thanksgiving potluck dinner on Wednesday, Nov. 17, at the United Church. President Barbara Young conducted the business meeting and roll call was answered with a Thanksgiving thought. Officers elected for the coming years in-

clude: Barbara Young, president; Shirley Shields, vice president; Marylu Brown, secretary; and Phyllis Screen, treasurer. The next meeting will be a Dutch Treat dessert at 2 p.m. on Dec. 15, followed by a white elephant gift exchange at the LandMark Inn. Roll call will be a Christmas memory.

Diabetes Under Control meets

Diabetes Under Control group met Wednesday at the United Church with Merla Rhodes as hostess. The group discussed a "Guide to Eating Out," and "Healthy

Choices" in restaurants and fast food chains. Elsie Wolters distributed diabetic recipes. The next meeting will be announced later.

Planning group to meet

The 28th annual meeting of the Northwest Kansas Planning and Development Commission and Pioneer Country Development Inc. will be held next Wednesday at the Bison Club, formerly the Elks Cub, in Hill City. Registration will begin at 6:30 p.m., with dinner at 7. Sarah Lowe of the Federal Reserve Bank in Kan-

sas City will speak, and there will be a presentation showing the commission's business loan, grant and housing activity. Everyone interested in economic development for northwest Kansas is encouraged to attend. For reservations, call Kathie Terry at (785) 421-2151 or email nwkpc@rural-tel.net by Monday.

Bible college to open in spring

Applications are being accepted for the spring semester of the new Christian Bible College in Cambridge, Neb. Director Scott Moyer says he is planning the curriculum to include in-depth Bible study, study of each book of the Bible and special projects and assignments.

Cost is \$350 per semester or \$75 a month. Because the college plans to train both husband and wife, a fee of \$25 per month allows both to attend. To learn more about the college, write to Mr. Moyer, 1311 Nelson, Cambridge, Neb., 69022 or call (308) 697-3504.

Factual story contest set

Entries are being accepted for the 2005 Kansas Factual Story Contest, sponsored by the Native Sons and Daughters of Kansas. The annual contest encourages preserving factual, unpublished happenings and anecdotes in the lives of Kansans. Olive Ann Beech of Wichita provided cash awards for winners for more than 30 years, and since her death, her daughter, Mary Lynn Oliver of Wichita, has continued the tradition. Beech Memorial cash awards are first place, \$175; second place, \$125; third place, \$100; and \$50 each for two honorable mentions. Entrants are asked to keep copies of their entries as they will not be returned. All stories will be preserved in the manuscript department of the Kansas State Historical Society. Stories should have taken place in Kansas in earlier days, be limited to

750 words and be true and not have been published before. The contest is open to anyone and writers may enter more than one story. Entries must be postmarked no later than Dec. 9. Winners will be announced at the annual meeting of the Native Sons and Daughters on Friday, Jan. 28, in Topeka. The banquet is open to the public, and distinguished Kansans will be honored at the event. Winners in 2004 included George Paris, Topeka, first; Joy Green, Spring Hill, second; Loyd Ivey Jr., Fort Scott, third; and Beverly Lyons, Fulton, and Diane L. Salisbury, Pittsburg, honorable mention. Entries may be submitted to June Windscheffel, contest chair, 1100 SW Belle Ave., Topeka, Kan., 66604, (785) 272-2831.

New Arrival

Grace K. Berkheimer
Jim and Heather Berkheimer of Derby are the parents of a daughter, Grace Kuniko Berkheimer, born Nov. 11, 2004, at 11 p.m. at Wesley

Medical Center in Wichita. She has a sister, Cate, 2. Grandparents are Clinton and Barbara Lay, Wichita, and Bob and Yuki Berkheimer, Oberlin.

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Elderly require variety of foods

Metabolism slows with aging, and the need for calories declines with each decade. The need for health-promoting nutrients may, however, increase, so seniors need to read labels, and plan meals and snacks to include a variety of foods. Look for health-promoting ingredients. Try to avoid processed foods that are high in calories, saturated fats, trans fats, hydrogenated fats and oils, added sweeteners, or sodium. Here some additional tips:

- Eat recommended rather than over-sized portions.
- Choose whole grain breads and cereals. As complex carbohydrates, they are digested slowly and provide lasting energy, as well as protein (in the endosperm), fiber, essential B vitamins, vitamin E, selenium, zinc, copper, magnesium, phytochemicals and antioxidants.
- Choose low-fat dairy products and calcium-fortified foods to meet the recommended daily allowances for calcium. Osteoporosis is a debilitating disease that can compromise an older adult's lifestyle and independence. Older adults are encouraged to include 1,200-1,400 mg of calcium and 600 international units of vitamin D a day. The combination is recommended because limited exposure to sunlight and use

of sunscreen reduces formation of vitamin D, which is produced naturally when skin is exposed to the sun.

- Replace fluids needed for such bodily functions as digestion, cooling (perspiration), and cushioning bones, joints and organs. Drinking eight cups of fluid a day is recommended, but some fluids can come from other sources, such as fruits and vegetables that have high water content.
- Caffeine and alcohol are naturally dehydrating and should be used in moderation.
- Red wine may offer some health benefits to people about age 50 and older, but, like other alcoholic beverages, it can be dehydrating. Nutrition and health professionals recommend limiting alcoholic beverages to one serving per day for women and one or two for men.
- Take a vitamin and mineral supplement. A balanced multivita-

min supplement taken once a day can help meet nutritional needs. Obtaining vitamins and minerals from foods, which also provide disease-preventing phytochemicals and antioxidants, is vital to good health, though.

- Add 30 or more minutes of weight-bearing exercise (such as walking) five or more days a week to improve body functions, lower blood pressure, and strengthen bones. Regular moderate exercise also can help with weight management and reduce stress.

Tranda Watts is Kansas State University extension specialist in food, nutrition, health and safety for Decatur, Gove, Norton, Sheridan, and Trego counties. Call her at 785-443-3663 or e-mail twatts@oznet.ksu.edu.

For more information, contact the county extension office, 475-8121.

Home Time

By Tranda Watts
Multi-county Extension Agent

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