

# Couple plans June wedding

Rachelle M. Long and Ed Schwab of Hays plan to be married on Saturday, June 4, at Zion Lutheran Church in WaKeeney. Parents of the couple are Cecil R. Long, Lawton, Okla., and Janice M. Fabrizius, Shawnee; and Walt Schwab, Oberlin, and Linda Schwab, Lafayette, Colo. The bride-elect graduated from Lawton High School, Great Plains Area Vo-Tech, Lawton, Okla.; and Barton County Community College, Great Bend. She is working from her home in Hays. Her grandparents are Rachel Fabrizius, WaKeeney; Louise Long, Lawton,



R. Long and Ed Schwab Okla.; and Erma Long, Oklahoma City, Okla. Her fiance graduated from Decatur Community High School and Fort Hays State University. He is employed at RANS Incorporated, Hays. His grandmothers are Irene Ayers, Oberlin, and Mildred Schwab, Norton.

# Scrapbooking workshop set

The Decatur County Last Indian Raid Museum's second annual Scrapbooking and Stampin' Extravaganza will be from 9 a.m. to 5 p.m. Saturday, March 19, at the Decatur Community High School cafeteria in Oberlin. Vendors from across northwest Kansas and southwest Nebraska will be demonstrating products and ideas. The Decatur Community High School yearbook staff will be doing photo reprints. Space is limited, and early registration is encouraged. The fee is \$15 for museum members and \$20 for

non-members until Saturday, March 12. Registration after March 12 is \$25, with half-day registrations at \$15. Registration includes table space and chair, lunch, snacks and beverages, along with demonstrations and door-prize drawings. Among area vendors will be Creative Memories, Precious Memories from McCook, Stampin' Up, Close to My Heart, and Prairie Papers from Hays. Those wishing to shop who cannot stay to scrapbook or stamp are welcome. All proceeds will go to the museum for restoration projects.

# College plans fund raiser

Northwest Kansas Technical College will be hosting a fund raiser for its Endowment Scholarship Fund on Saturday, March 17, at the Sugar Hills Golf Club in Goodland. A silent auction, a chance to win prizes, entertainment and steak dinner will be offered to the first 100 ticket purchasers. All proceeds will go to the college scholarship fund to be given to students for summer and fall admission. Tickets are available from the college board and endowment board members, and at the college.

The college Auto Body and Auto Tech departments have restored a 1997 purple Mustang, which will be given away at the Flatlander Fall Festival on Sept. 24 in Goodland. The college serves 17 counties in Northwest Kansas and beyond, including the Tri-State area, drawing many students from Colorado and Nebraska. For details, call (800) 316-4127, (785) 899-3641 or fax (785) 899-5711.

# Farm Credit plans meeting

Farm Credit of Western Kansas will hold its annual stockholders meeting Thursday, March 17, at the City Limits Convention Center in Colby. Registration will begin at 6 p.m. with the meeting at 6:30 p.m. A

prime rib dinner will be served. Voting stockholders will elect a board representative from each district in the nine-county area served by the association, and there will be a report on activities over the past year.

# Women's History Day Sunday

America's most famous female aviator, Amelia Earhart, will be featured during the performance, "Flying High: Women's History Day," at 2 p.m. Sunday at the Prairie Museum of Art and History in Colby. The noted Kansan will be portrayed by Dr. Ann Birney. The afternoon will begin at 1 p.m. with the roving in-gallery performance of Nellie Kuska by Jaylea Black, who participated in the Youth Chautauqua program at the museum during the Bleeding Kansas Chautauqua last summer. For Women's History Month, Gary Adrian will tell the story of Melissa Alger and Anna Williams,

who homesteaded on adjacent quarters in Thomas County in 1885. Flying High will celebrate flight with the exhibit, "The Flying Dutchman: Joe Shalz," one of the first and most famous pilots in Thomas County. The Colby airport was named Shalz Field in 1975 in his honor. There will be children's activities and games celebrating flight and women's history. The day's events are free. For details, contact the museum, 1905 S. Franklin, Colby, [www.prairiemuseum.org](http://www.prairiemuseum.org), e-mail [prairiem@st-tel.net](mailto:prairiem@st-tel.net), or phone (785) 460-4590.

# Music program set at Quinter

The Colby Community College Jazz Ensemble and Sunflower Singers will perform at 7:30 p.m. on Thursday, March 10, at the Quinter High School auditorium. The performance will feature

many students from northwest Kansas. Admission is by Western Plains Arts Association season ticket, or \$8 for adults and \$4 for children at the door.

# Baptist church plans revival

Wade Garrett from Southwestern Baptist Theological Seminary in Fort Worth will lead revival services at 7 p.m. nightly from Sunday through Wednesday at the Oberlin Community Baptist Church. Mr. Garrett, a graduate of East

Texas Baptist, is working on a degree from the School of Theology at Southwestern. Students are leading revivals in some 115 churches in 30 states. Bobby Cornelius is pastor of the church.

# Club News

## Club has Valentine exchange

Calico Gals met on Feb. 16 at the home of Mary Waldo. Roll call was a Valentine verse. The program was a make or

bake Valentine exchange. The next meeting will be at 2 p.m. on March 23 at Wheat Ridge Terrace.

## Members plan 4-H Day

By JESSICA SODERLUND Maverick 4-H Club met on Sunday at the Bohemian Hall. Andy Dempewolf called the meeting to order. Roll call was answered by 20 members with their favorite

candy. The club made plans for 4-H Day and members learned a dance for 4-H Day, taught by Carolyn Plotts. The next meeting was at 5 p.m. on March 27 at the Bohemian Hall.

# Koshare Indian Dancers to perform at Gateway

The Koshare Indian Dancers will perform at 2 p.m. Sunday at The Gateway in Oberlin, sponsored by the Oberlin Arts and Humanities Commission. The dancers are Scouts and leaders of a Boy Scout Troop from Colorado who for 70-plus years have studied, preserved, honored and presented their interpretation of American Indian culture. They are one of the best-known Scout troops in America, having graduated 584 Eagle Scouts, many of them Native Americans. The money which they

earn from their performances supports the program. The dancers have entertained with their historically accurate reproductions of the songs and dances of the First Americans in 46 states. The troop built the Koshare Indian Museum in La Junta, Colo., which exhibits Southwest and Plains tribal art and artifacts. Admission is by season ticket, or \$10 for adults and \$5 for students at the door. For details, call Ella Betts and (785) 475-3557, or Mary Henzel at (785) 475-3329.

# Woman hired at book firm

Beth Bryan has been hired as an editorial assistant for Cartwheel Books, an imprint of Scholastic Books in New York City. She works as an assistant to Liz Mills and Mary Gruetzke in the department. In her new position, she will register books for the Library of Congress, do proofreading and write some of the flag copy for

books. She is a 1997 graduate of Decatur Community High School and completed school at the Denver Publishing Institute in the summer of 2003. She is the daughter of Floyd and Dale-Marie Bryan of rural Oberlin. Her grandparents are Floyd and Elaine Bryan of Oberlin.



Beth Bryan

# Benefit scheduled for March

The Oberlin Chapter of the Order of Eastern Star will sponsor a home-made chicken and noodle benefit dinner for the Forget-Me-Nots from 5:30 to 7 p.m. on Thursday, March 10, at the Masonic Temple dining room. An elevator is available to the second floor. All proceeds will go to the Forget-Me-Nots for its projects. The program is under the direction of Dennis Brown, who uses the money to help the elderly in both nursing homes, as well as those who still live in their own homes, by preparing meals and other activities.

# Band, vocal concert Thursday

The Decatur Community Junior High School will offer a band and vocal concert at 7:30 p.m. Thursday in the high school auditorium. Students will present numbers they performed at the Northwest

Kansas League Musical Festival, where the band received a II+ rating and the choir a I-. Deanne Spanier directs the band and Susan Nelson the vocal program.

# House listed on national register

The Minor Sod House, on the south fork of the Beaver Creek in Rawlins County, was placed on the National Register of Historic Places on Jan. 5. Owned and operated by Fred and Lesa (Minor) Juenemann of Brewster, the house was built in 1907 on land that was originally a timber claim. Mr. Juenemann is the son of Eula Juenemann of Oberlin. When Tom Minor bought the property in 1909, the house was on the property and the deed said, a "one-year-old house." That year, with the six youngest of their 12 children, they moved from a farm in Fullerton, Neb., to Rawlins County. When his wife Mary saw the house, family legend says, she wanted to return to her two-story frame house in Nebraska. The family removed the rough, coarse plaster on the interior and replaced it with a smooth finish. A frame addition was attached to the east side to accommodate a kitchen pantry and another bedroom. They

added a stove in the parlor and used the large "Home Comfort" stove for heating and cooking. From 1910 until 1920, the soddy served as a post office named Minor, and Tom was the postmaster. The family lived in the sod house until his death in 1944, and Mary continued to live in the soddy until she moved to Goodland in 1949. Their youngest daughter Dorothy, and her husband, Jess Yankey, lived in the house from 1949 until the early 1950s. From then until 2001 the property, owned by Buell Briney and the late Ruth Briney, was visited by family, clubs, churches, students, scouts and hunters. In December 2001, after extensive repairs and remodeling, it was opened to the public as the Minor Family Sod House Bed and Breakfast by the Juenemanns. Mrs. Juenemann is a great-granddaughter of Tom and Mary Minor. Her husband applied to the Kansas State Historical Society to have the house placed on the register.

## DCHS ALUMNI BANQUET RESERVATION COUPON

The DCHS Alumni Banquet will be held at The Gateway in Oberlin, Saturday, May 28, 2005 at 6:30 p.m. Doors open at 5:30. Mail reservations and remittance to: Alumni Assn., P.O. Box 201, Oberlin, KS 67749. Deadline for reservations is May 19, 2005. Price per plate is \$12.50 - This includes dinner and 50 cents for the Smick Memorial Loan Fund.

Alumni's Name	Class
Spouse or Guest Name	Class
Space allows for alumni and spouse/guest. BE SURE to give class year and maiden name.	
If spouse/guest is also an alumni, please indicate the class year he/she would like to be seated with:	
Late registrations accepted, but no guarantee on sitting with your class.	

# Jennings native receives curriculum award

Judy Mader Welter of Paola has won the Outstanding Curriculum Leader Award of the Kansas Association for Supervision and Curriculum Development. The annual award was presented at the United School Conference in Wichita. The recipient must be employed in an education-related position, must have served as a curriculum or instructional leader in Kansas for at least eight years, be a member of the association, and show evidence of outstanding leadership. Ms. Welter began her career as an elementary and middle school teacher. She was principal at Paola for eight years before becoming the district curriculum director. She has served as president of the Kansas Elementary Principals Association and as a member of the state Department of Education Standards Boards, and the Evaluation and Review Committee. She is the daughter of Jim and Wilma Mader of Jennings, and the daughter-in-law of Paul and Mildred Welter of Dresden.



Judy Welter

# Cloud student makes the grade

Egan Grafel, son of Keith and Roma Grafel of Oberlin, is among students who will be honored on Saturday evening for achieving "Academic Excellence" at Cloud County Community College for the fall semester. The students will be honored between the women and men's basketball games against Garden City Community College. This is the 19th year that the college has honored the academic success of their athletes and thus far, over 1,600 students have earned the award. He is a 2004 graduate of Decatur Community High School and plays on the college basketball team. He is majoring in computer technology. The Keith Grafel family and also his grandparents, Don and Joan Grafel of Herndon, plan to attend.



Egan Grafel

# Home Time

By Tranda Watts  
Multi-county Extension Agent

# Eat right to stay healthy

Since February was National Heart Month, it seems to be a good time to review what we know about heart-healthy eating for adults — especially older adults. Many older Americans make poor food choices. By choosing more wisely from among the food groups, seniors could improve their health and zest for life. Senior adults have decreased energy or calorie needs, but they do need a higher level of some nutrients. In making daily food selections, adults 70 and older need more fiber (21-30 grams/day), calcium (1,200 milligrams per day), vitamin D (600 International Units per day) and vitamin B12 (2.4 µ per day). Nutritional supplements may be needed. See your doctor and ask him about your needs. Getting more liquids is important for older adults. Try to drink at least eight cups of fluid each day. Important tips for older healthy, active adults include: • Choose a variety of foods, including fruits, vegetables and whole grain products. • Eat a diet low in saturated fatty acids and cholesterol. • Use low amounts of sugar, salt and alcohol. • Balance energy intake with physical activity. Because it is National Heart Month, let's also review the signs of a heart attack. • Chest discomfort. Many, but not all, heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain. • Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach. • Shortness of breath. This feeling often comes along with chest discomfort, but can occur before. • Other signs may include breaking out in a cold sweat, nausea or dizziness. If you or someone you're with has chest discomfort, especially with one or more of the other signs, don't wait. Men and women should dial 911 to get medical help. If you have questions about your health, see your doctor. 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](mailto:twatts@oznet.ksu.edu). For more information, contact the county extension office, 475-8121.

# Choir to perform Sunday

The Texas Boys Choir will perform at 3 p.m. Sunday at the Oakley High School auditorium, sponsored by the Western Plains Arts Association. The concert will include Western and patriotic music, ballads and classical songs, enhanced by choreography and theatrics. Admission is by season ticket or \$10 for adults, \$5 for children, at the door.

# KOSHARE INDIAN DANCERS

Sponsored by  
the Oberlin Arts  
and Humanities Commission

~ Sunday ~  
March 6, 2005  
2 p.m. at  
The Gateway ~ Oberlin, KS

This is a season ticket event  
or \$10.00 at the Door  
\$5.00 students, 1-12

For information call  
Mary Henzel 785-475-3329 or  
Ella Betts 785-475-3557

Information also available at  
[www.oberlinarts.org](http://www.oberlinarts.org)



The Hansen Foundation



There will be a book signing on Friday, March 11, from 2 p.m. to 4 p.m. at the Oberlin City Library for the book, "Where the Meadowlarks Sing," by Iris Pancake. This book will be on special price during this time.

Hardback - Reg. \$36<sup>99</sup> Special Price \$34<sup>55</sup>  
Paperback - Reg. \$26<sup>99</sup> Special Price \$24<sup>50</sup>

See Feature Story on March 2nd OH Page