

Pheasants Forever needs top leaders for local chapter

The Sunflower Chapter of Pheasants Forever is looking for a president and vice president. The group doesn't have anyone to take the two top spots, said member Rick Pauls. Dr. Richard May is secretary and Ken Badsky is treasurer, but the president and vice president slots are open. Anyone interested in serving should call Dr. May at 475-2221.

The chapter plans to work on getting food plots in for farmers. Anyone who is interested in putting in a food plot on their land also should call Dr. May.

Jim Abbey, who farms the lake bottom at Sappa Park, which the chapter rents, put in food plots. Mr. Abbey donated the seed and planted the plots. Mr. Pauls said the food plots at the park have been a huge success.

It looks like from the tracks at the

park, there has been a lot of traffic, he said, which means people have been using it. The group took over the lease on farm ground this year and planned the area for wildlife and hunting.

Members opened up the park, removing fences, mowing weeds and downing dead trees.

The chapter will start working on the lake bed, which they lease from the city, as soon as the weather allows, Mr. Pauls said.

He said the group is already thinking about its banquet next year. Before pheasant season opens each year, the chapter holds a banquet at The Gateway. Last year's event, said Mr. Pauls, drew 340 people and brought in \$3,689 after expenses.

Next year, he said, the group plans to get items from local businesses to be auctioned off, which will help promote Decatur County.

* Money stolen during break ins

(Continued from Page 1A) ken into.

Last Monday Mary Amack reported that sometime between 10:30 and 11 a.m. her billfold turned up missing. She said she had it in her purse while at the Golden Age Center that day.

Later that afternoon the billfold was found in the driveway at 212 W. Oak. There was about \$100 in cash missing, but everything else was still there.

On the same day Helen Gee re-

ported that \$14.40 was taken from her van.

The next morning, said Chief Lockhart, between 12:45 a.m. and 4:30 a.m. someone tried to break into the kitchen door of the Frontier Restaurant, but was unsuccessful.

Chief Lockhart said they aren't sure who is breaking into the places and haven't arrested anyone yet. Although most of the burglaries happened around the same time, he said, he doesn't know if they are related.

* Grant awarded for riders group

(Continued from Page 1A) said they should approach corporations for that money.

"Grants are a great benefit to the community," said Mrs. Bremer, "but it takes a lot of time to write them."

One part of the grant writing procedure that takes time is the research. She said you have to research the corporation to see if they accept grants, also research their

geographic interest to see if it is an area of interest for the corporation.

Mrs. Bremer said she searches through the Federal Foundation Search, which isn't available to the public or the Pioneer Library in Colby.

Currently, Mrs. Bremer is working on a grant to get money for a new livestock facility at the fairground. She is writing that grant through the Decatur County Fair Foundation.

* Meeting to be held

(Continued from Page 1A) be from Kansas or Nebraska. Colorado has a similar conference at this time of year and they have a little different farming practices.

Mr. Olson said he encourages

everyone to come for the conference.

If there isn't something they are interested in hearing about this year, he said, they will take suggestions for next year.

Playing around



AT THE WRESTLING MATCH Maria Geihlsler, 4, daughter of Jim and Jamie Geihlsler kept herself entertained playing inside the end of one of the mats.

Home and garden show spots available

It's time to start planning for a booth at the Decatur County Chamber and KFNH annual Home and Garden Show at The Gateway.

Anyone can have a booth from businesses to people who are just interested in showcasing their

wares.

The show will be held from 9 a.m. to 5 p.m. on Saturday, March 18, and from 11 a.m. to 4 p.m. on Sunday, March 19.

Booths are \$125 for a 10 by 10 foot, or \$175 for a 10 by 20 foot

space. Each booth will have one table and two chairs. Electricity will be provided, but extension cords will not. The booth fee includes mentions on KFNH and a live interview on both days of the show.

Anyone who wants a booth is

asked to call the chamber at (785) 475-3441 or mailing them your name, address, phone, booth size, a brief description and money at 102 S. Penn Ave, Oberlin, Kan., 67749.

The last day to reserve a booth is Friday, March 3.

Planning meals helps skip out on stress

Skipping — or pushing back — meal or snack time can add stress, particularly during the holiday season.

Anyone can be vulnerable. Small children have small stomachs and need to eat frequently.

Teens and adults also are likely to benefit from regular meals and snacks.

Here are some food and nutrition tips for the holidays and after:

- Let the family know when and where meals and snacks will be available. For example, if 3:30 p.m. will work well as snack time for children after school or during a holiday break, let them know when to wash their hands and help set out healthy snacks, such as fresh or dried fruit, whole grain crackers, bite-size raw veggies with low-calorie and low-fat dip, cheese, dry cereal, nuts, or a cereal and nut mix such as trail mix.

- Make snacks available for a specific time (20 to 30 minutes, for example) and then put them away. Don't leave snacks out for grazing. Younger children have a short attention span and typically lose interest, while older children or adults may eat more than they need to satisfy hunger.

- Take a break and sit down with the family. Use the time to connect, but remember that younger children need supervision when eating.

- Plan easy meals. A sandwich along with some bite-size raw vegetables and fruit can satisfy hunger easily, and typically takes less time to prepare and serve than it would to bundle up and drive to a restaurant.

- At mealtime, sit down and eat together to slow the pace and allow time for the family to connect and, yes, to also check the schedule for the next holiday event.



Home Time

By Tranda Watts
Multi-county Extension Agent

- Don't be concerned if children eat less than you expect. Children eat when they are hungry. According to children's feeding specialist Ellyn Satter, children "self-regulate." That means they stop eating when full.

- Making healthy foods available is a parent's responsibility, but don't make an issue of food — or forcing it on children.

- Cook once, eat twice. When time is available, double a recipe and

freeze extras for days when time is short.

- Keep a running grocery list to avoid extra trips to the store.

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.

FREQUENTLY ASKED QUESTIONS ABOUT AGE-RELATED MACULAR DEGENERATION

What is AMD?

AMD Stands for Age-related Macular Degeneration, a disease that breaks down the macula. It blurs the straight-ahead vision required for activities such as reading and driving.

What causes AMD?

The causes of AMD are still unknown. One form of AMD (Dry) may be caused by aging and thinning of the macular tissues, pigment deposits in the macula, or a combination of the two. The other form of AMD (Wet), results when new blood vessels grow beneath the retina and leak blood and fluid. This leakage causes retinal cells to die and creates blind spots in central vision. Factors which seem to lead to macular degeneration, other than age, include hypertension, diabetes, vascular diseases, and nutritional considerations. In addition, patients with light colored eyes, those who smoke, and those exposed to UV and blue-violet sun rays seem to be especially vulnerable to macular degeneration.

What are the symptoms?

Early symptoms of AMD includes blurred vision or dark spots in the center of vision. The symptoms can appear painlessly and gradually, making early detection and treatment essential.

Who is at risk?

Risk factors for AMD include: Smoking, High Blood Pressure, Obesity, and Family History of AMD. Also, whites and females are more prone to AMD.

How can AMD be detected?

Early-stage AMD can be detected through a comprehensive eye exam that includes a visual acuity test, dilated eye exam and tonometry. If AMD is detected, further tests may be required.

Can AMD be cured?

There is no cure for AMD at this time. There are, however, certain treatments that can slow or minimize vision loss, and, in some cases, even improve vision.

How is AMD treated?

There are several treatment options that your eye doctor may consider, including vitamins, drug therapy, laser surgery.

It is estimated that between 13 and 15 million Americans have evidence of AMD. If you or someone you know is at risk for AMD, schedule a comprehensive eye examination with Dr. Stamm or Dr. Gray today.

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student of the week



Name: Jessica Soderlund
Parents: Jim and Penny Soderlund
Grade: 11
Age: 17

We've nominated this student because: She is a remarkably upbeat person. It is inspiring to watch the way she cheerfully overcomes the obstacles in her life.

Student Comment: I am honored to be chosen as student of

the week.

Activities involved in at school: Choir and National Honor Society.

My choice of movies, books and games: My favorite book is "The Long Road Home," by Danielle Steel.

After I leave Decatur Community High School I intend to: go to college.

And 10 years from now, I think I'll be: living on my own with a family of my own.

Favorite Quote: "Don't let yesterday's defeats shatter tomorrow's dreams."

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