

**KONNER FORTIN** (above) plays Abraham Lincoln during the wax museum, while Ben Glading as Andrew Jackson (below, from left to right), Kyle Breth as Davy Crockett, and Caleb Koerperich as Frank Carney, recite their biographies to the audience.

— Photos by Dictator Staff

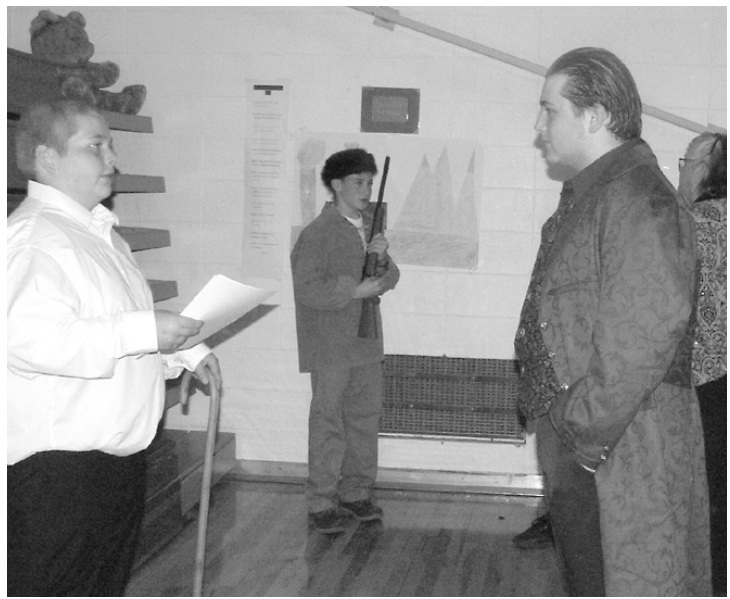
## Students become historical figures

By **JORDAN DREHER**

Abraham Lincoln, Annie Oakley, Laura Ingalls Wilder, Amelia Earhart, and many other famous Americans were in the Decatur Community High School gym last Friday for the first ever Eighth Grade Wax Museum.

J.D. Johnson's 8th grade history students each chose an historical figure to research. The students then wrote and memorized the biography of their character. On April 9, the students, dressed as their historical character, then gave the history of the person they were representing. Parents, grandparents, teachers, and community members walked around the gym and listened to the students recite their biographies.

Nick Ashley played as Merrivether Lewis, Rhiannon Meitl played as Nancy Hart, Ridge



Roberts as William Clark, Baron Green as Baron Von Steuben, Sierra Lohofener as Emily Dickinson, Chris Anderson as John Wilkes Booth, Adam Zillinger as John Marshal, Brittany Urban as Pocahontas, Haley Schiessler as Dolly Madison, Payton Ramsey as Henry "Box" Brown, Dayton Dreher as John Brown, Kennedy Fortin as Zebulon Pike, Ashley Witt as Clara Barton, Katlyn Klima as Molly Pitcher, Alexis Hissong as Mary Edwards Walker, and Justin Gee as George Washington.

From the third hour class was

Becky O'Boyle as Dorothy Gail, Konner Fortin as Abraham Lincoln, Grant Gilliam as Robert Fulton, Hannah May as Lucy Stone, Kayla Jones as Annie Oakley, Cierra Ramsey as Susan B. Anthony, Lara Zodrow as Laura Ingalls Wilder, Jamie Soderlund as Amelia Earhart, Mercedes Geihlsler as Abigail Adams, Emma Borton as Sacagawea, Kyle Breth as Davy Crockett, Kolton Paul as Ben Franklin, Jude Walinder as Thomas Jefferson, Ben Glading as Andrew Jackson, and Joslyn Wade as Betsy Ross.

## Wade Day is April 23

By **GATLIN REICHERT**

The coolest, most loved senior is undoubtedly Wade Juenemann. Last fall Wade was diagnosed with leukemia and will have a bone marrow biopsy done April 26 to see if the drugs he is taking are working.

To support Wade, the Decatur Community High School Student Council has proclaimed April 23 as Wade Day. We are encouraging everyone to wear purple on Wade Day because purple is Wade's favorite color.

Last Friday, each student made an orange ribbon for leukemia awareness. Every 5 minutes, a person is diagnosed with leukemia, which is a type of blood cancer.

The classes are now involved in a Penny War with all proceeds going to the Leukemia and Lymphoma Society in Wade's name. Each class has a jar in the main entrance to collect spare change. Pennies add points, but silver and bills deduct points, so classes are collecting pennies to put in their jars and adding silver coins and bills to the other's jars.

The class with the highest positive total will win 50 points toward the class competition. The classes will be collecting money through Wade Day when Wade will announce the winner.

The whole community can show its support of Wade on April 23 by wearing purple.

Voice of Decatur Community High School



By the **DCHS Dictator Staff**

**"It was easier than I thought."**



**Early detection can save your life.**

Routine screening and prompt treatment can reduce deaths from breast and cervical cancer. **Early detection works.**

**early detection works**

call to see if you qualify for a free screening

Toll Free:

**1-877-277-1368**

[www.preventionworkskansas.com](http://www.preventionworkskansas.com)

A message from the Kansas Department of Health and Environment, and Susan G. Komen for the Cure.

## Area Church Tour

Meet on the East side of Oberlin Museum on Griffith Avenue to tour the following churches:

**St. Marks Church** on the Museum Grounds (remarks by church historian Bee Nelson)

**Prairie Chapel Methodist Church**

(remarks by church historian Cheryl Metcalf)

**Immaculate Conception Catholic Church**, Leoville (remarks by church historian Carol Wessell)

**Lund Covenant Church** (remarks by church historian Gail Marcuson and Pastor Doug Mason)

Sponsored by Oberlin Arts & Humanities Commission

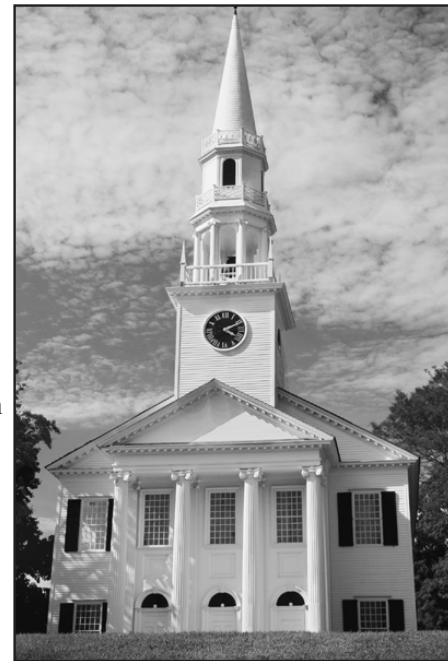
Season Ticket event or \$10 adults, \$2.50 students grades 1-12

**Sunday, April 18, 2010, 2 p.m.**

For information call:

Ella Betts 785-475-3557

or Mary Henzel 785-470-0218



This program is presented in part by the Kansas Arts Commission, a state agency, and by the National Endowment for the Arts, a Federal agency which believes that a great nation deserves great art.

**KANSAS**  
ARTS COMMISSION

## Read labels for nutrition facts

Nutrition Facts labels are intended to guide consumers in choosing and using food products, but often are overlooked until after unnecessary calories, cholesterol, fat, sodium or sugar have been consumed.

Taking the time to read labels can pay off. When reading labels check the serving size and calorie content first.

Imagine, for example, a thirsty teen who downs a 20-ounce bottle of pop — the equivalent of two and a half 8-ounce servings — before reading the Nutrition Facts label on the bottle.

Drinking water to quench thirst and reserving smaller servings of more caloric beverages for special occasions could have been a healthier choice. Consumers should also check the fat, cholesterol and sodium content in a product and the percent of the total daily value (which is typically figured for an adult eating 2000 calories a day) before buying.

Consumers will typically see saturated, unsaturated and trans fats identified on the Nutrition Facts label. A high-fat diet increases the risk of heart disease and other increased risks from obesity.

Choosing a fat-free or reduced-fat version of a product may not be a better overall choice, though.

To earn labeling as a fat-free product, a food product is required to have less than one-half of a gram of fat per serving.

To earn labeling as a reduced-fat product, a food product will have 25 percent less of the specified nutrient (in this case, fat) than a standard product. A reduced-fat chocolate chip cookie will, for example, contain 25 percent less fat than a regular chocolate chip cookie.

When a fat-free or reduced-fat product is formulated, sugar, salt and/or other ingredients often will be increased to compensate for the flavor from the missing fat.

In comparing regular creamy peanut butter and a reduced-fat version of the same brand, while the fat was reduced one half of one gram in the reduced-fat version, the sodium was increased to 250 milligrams (up from 150 mg in the regular product), sugar was increased to 4 grams (up from 3 g) and fiber reduced by 1 g



## Home Time

By **Tranda Watts**  
Multi-county Extension Agent

per serving.

In comparing regular mayonnaise and a "light" version of the same brand, the sodium was increased and fiber decreased in the light version of the product.

Checking the sugar content in various products also is advisable, because some commercial spaghetti sauces contain more sugar than candy.

Nutrition Facts labels typically identify vitamins and minerals, yet consumers should pay attention to manufacturers' claims that often are prominently displayed on the product:

- If meat, poultry or seafood is marketed as "lean," a 3-ounce serving must have less than 10 grams of fat (and not more than 4-1/2 grams of saturated fat) and less than 95 mg of cholesterol.

- If labeled as a low-cholesterol product, a food product must contain less than 20 mg of cholesterol and 2 gm (or less) of saturated fat per serving.

- If billed as a "low sodium" food product, a product must contain less than 140 mg of sodium per serving.

- If a food product (such as whole grain cereal) is marketed as "high fiber," a serving must contain 5 or more grams of fiber per serving.

- If a product is identified as a "good source of..." a serving must contain at least 10 percent of the recommended daily value of the vitamin or nutrient.

- If a product is marketed as "light," the product must have 1/3 fewer calories or 1/2 the fat content of a standard product.

- If a product is labeled "healthy," it must qualify as low fat, low saturated fat, have less than 480 mg sodium, less than 95 mg cholesterol and at least 10 percent of the recommended daily value of vitamins A, C, iron, protein, calcium and fiber.

- If a product is labeled "calorie-free," the product must contain less than five calories per serving.

- If labeled "sugar-free," a product must contain less than 1/2 gram of sugar per serving.

Reading labels takes time, but doing so is important for consumers who want to make healthful food choices.

Tranda Watts is a 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@ksu.edu](mailto:twatts@ksu.edu). For more information, contact the county extension office, 475-8121.

## School Menus

April 19 - 23

**OBERLIN SCHOOLS**

**Monday:** Breakfast: French toast sticks. Lunch: Chicken pattie sandwich, french fries. **Tuesday:** Breakfast: Biscuits and gravy. Lunch: Spaghetti with meat sauce, green beans. **Wednesday:** Breakfast: Pancake, ham pattie. Lunch: Pepperoni boat pizza, corn. **Thursday:**

Breakfast: Fruit turnover. Lunch: Poor man's steak, mashed potatoes. **Friday:** Breakfast: Yogurt, fruit. Lunch: Barbecue beef sandwich, pineapple chunks.

Fruit served with all breakfasts; choice bar served with all lunches. Milk served with all meals.

**"It's Time" To...**

# "Summer-ize"

**Get those Bikes Ready!**

**We Service all Makes & Models and carry Filters & Oil for most Harley Davidson Models.**

**25% OFF RETAIL PRICE OF ALL MOTORCYCLE OR ATV TIRES INCLUDES FREE! MOUNTING & BALANCE**

**Spring Oil Change Special!**

Autos & 1/2 Ton Pickups, Oil & Filter up to 5 quarts	3/4 Ton & 1 Ton Diesel Pickups up to 12 quarts 15w40 Oil & Filter
<b>\$24<sup>95</sup></b>	<b>\$79<sup>95</sup></b>

(Synthetic Oil Extra)

**Spring A/C Check**  
Evac & Recharge Most Systems  
\*Up to 3 lbs. R134  
**\$139<sup>95</sup>**

DEVENY

CHRYSLER-JEEP-DODGE-RAM

401 East B Street  
McCook, NE 69001  
(308) 345-5200  
1-800-345-0031

devenymotors@yahoo.com - [www.devenychryslerjeepdodge.com](http://www.devenychryslerjeepdodge.com)

**Spring cleaning?**

**Sell your unwanted items in the Classifieds**

**Call Pat at (785) 475-2206**