



THE CHEYENNE COUNTY COMMUNITY CENTER

Dedicated to serving the health, wellness, recreational and social needs of Cheyenne County and the surrounding area.



Notes From the Director's Desk

The long winter nights are turning into warmer days and as the daylight hours become longer we are faced with the spring time chores. Now would be a great opportunity to shape up those muscles before you tackle those ugly spring time cleaning duties.

The close of February saw 52 teams compete in the 13th annual CCCC Youth Classic basketball tournament. We played 120 games over two and a half days. This would not have been possible if it weren't for over the 100 volunteers that referee, keep score clock, monitor gyms and help clean up the gyms when all the games are complete at the end of each day. A HUGE THANK YOU goes to each and every one of those volunteers, you make our tournament a success.

The first part of March brings us into the soccer season. Signups have begun, so make sure you get down here to get your children registered for the soccer program. You will want to do this as quickly as possible as we have set a limit on the number of players that will be put on a team. Our coaches have requested that a set number of players be established so that when they start their season we don't inundate them with extra Players. So once we have the teams, children will be placed

on a waiting list until we have enough for another team and a coach for that team. This will help in the development of the fundamentals for the kids as the coach will be able to focus on fundamentals instead of trying to play all of his or her kids.

This same philosophy will be instituted in the baseball and softball programs. The intent is to limit the amount of kids per team so that a coach does not have oodles of kids so he can focus on teaching the game. Also it will involve more parents as we will not form another team unless we have a coach. I believe this will be a positive thing for our programs and it came as a request from the very people involved in our programs..

The foundation board is in the final stages of planning for its annual fundraising event. It is scheduled to be held at Buffalo Point on March 26, 2011. the event will feature an elegant dinner with a silent & live auction to take place throughout the evening with a list of items to be won too lengthy to discuss here. You should receive your invitation and tickets in the mail. This is one event you will not want to miss, as people will be talking about this one for quite some time. Purchase your tickets early, as space is limited and we were almost at capacity during last year's fundraiser.

I would like to inform everyone

that we will continue to limit our mailings and those with internet access can obtain this information on the web. Our address is www.community-center.org.

You can also sign up for email alerts so whenever we update or post a new activity you will receive an email alert. What a great way to keep informed about deadlines and new things for you and your family to get involved in.

Please check out our facebook page. Come in and look around for information on all of our activities and ask to become a friend. This is a great way to get up to date information immediately. We will use this form of communication this spring and summer to communicate with parents about weather related situations affecting the running of our youth & adult outdoor sports programs.

I would like to welcome our new board members to the foundation board. Jeff Heller, Monica Monheiser and Dr. James Garcia all bring with them time, talent and treasure. It will be a pleasure to work with each of them to bring forth the mission and goals of our foundation.

That should wrap things up from here. Please stop by for a visit, the coffee is always on.

Michael Namuth
Director

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Winter Hours:

Sunday

Noon—6:00 pm

Monday-Thursday

5:00 am—10:00 pm

Friday

5:00 am—9:00 pm

Saturday

7:00 am—7:00 pm

Activities/Sports

From the Activities Director



Kiersten Collins
Activities Director
activities@hamilton.net

Springtime is coming, which means we are gearing up for outdoor sports, more activities and preparing for summer!!

The Get Fit & Stay Fit Challenge has been an overwhelming success thus far and will be coming to an end April 16th when we announce the winners at the MHC Health Fair. We have offered 2 informational emails a month, 2 lunch & learns a month, monthly physical events and many other opportunities for the participants to start leading a healthy lifestyle! In the month of January alone the participants lost a combined total of 401 pounds!! They are all doing great and we are all looking forward to the final outcome of the challenge! A big

thank you to the GFSF committee for all the help they have given!

In March we will be doing a scrapbooking weekend! The evening of March 18th & all day Saturday the 19th we will be offering a place for women to get together and scrap, trade & learn while having a great time. We will be offering mini workshop sessions throughout the duration of the 2 days. We will be providing lunch on Saturday and snacks throughout the day. We are hoping to get enough interested parties to make this something that we can repeat in the future. Please stay posted for exact times and registration fee for the weekend or call or email me here at **the Center**.

In April we will be doing a really fun kids activity with Adrienne Cheatham and **Just Imagine**. It will be towards the end of the month, so stay tuned for that information also!!

Now for some super exciting news..... **The Center** is getting spinning classes!!! We get asked on a regular basis if we will ever get spin bikes and have had lots of interest, well they are here! Linda Bosard and I are headed to Colorado in mid-March to get Spinning certified. We are still working out details for class times but they will be offered in the mornings and evening so that we can fit everyone's needs! Look for these classes to begin at the end of March to the beginning of April.

As always if you have a fun idea of something you can teach or something you would like to learn, please contact me and we can work on getting that activity planned!

Kiersten Richards
Activities Director

From the Sports Director



Scott Borchert
Sports Director
sportsdirector@hamilton.net

As Spring approaches, it is time to put a lid on the basketball season and move outdoors with Spring soccer!!

Open house registration for soccer is Wed., March 9th and Thursday March 10th, from 5:30—6:30 pm at The Center. This is our largest sport in terms of number of participants, so make

it a priority to sign your children up on time. Cost is \$25, plus if your child needs a uniform it will be \$13 for the shirt and \$3.50 a piece for the blue and red socks. Games will begin April 11th, with games being played on Monday, Tuesday, Thursday and Saturdays. The season will run

through May 12th, with a break for the Easter holiday. Registration Deadline is March 11th!!

With soccer comes registration time for summer baseball and softball. Babe Ruth, Cal Ripken, and Minor baseball, plus Major and Minor girls softball will register at the end of March. Boys and Girls t-ball and Coach Pitch will register at the end of April, so mark these dates on your calendar. As Summer approaches, it won't be long to dig out the bats and balls!

For the adults, slow pitch Men's Coed, and Women's softball registration will be the month of April. Cost for Men's and Coed will be \$375, and Women's will be \$275. Enter your teams early to avoid missing out!!!

At press time the women's and coed volleyball seasons plus men's basketball

seasons are still going on, and I will have results next time we visit, plus the Youth Classic Basketball Tournament was Feb. 25—27th, so stay tuned for results!

Outdoor sports mean one thing, the Tunnel Walk is building momentum, and it's time to dust off the Golf clubs, until next time!!!

Scott Borchert
Sports Director



Events

*Cheyenne County Community Center
Invites you to the
Annual Foundation Fundraiser*

March 26, 2010—Buffalo Point Restaurant
5:30 pm—Cocktails, Hors D'oeuvres, silent auction
7:00 pm—Dinner, Live Auction, Recognition of Donors

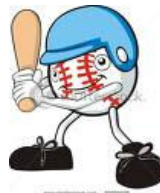
\$75 per person (\$50 tax deduction value)
~Casual Attire~

If you are unable to attend and would like to submit a bid prior to the event, please call Mike Namuth as the Community Center to obtain a bid number and submit your maximum bid amount.

Please RSVP by March 18th, call 254-7000 for more information.

Soccer! Soccer! Soccer!

Deadline for youth soccer registration is March 11th. There will be an open house March 9, 10, & 11 @ 5:30pm—6:30 pm at The Center. Games will begin April 11th & games will be played on Monday, Tuesday, Thursday & Saturdays. The season will run through May 12th with a break over the Easter holiday.



Summer baseball and softball signups will start registering soon so stay posted!

Youth Babe Ruth, Cal Ripken, minor baseball, and Major and minor girls softball will register at the end of March. Boys & Girls t-ball and Coach pitch will register at the end of April.

For Adults Men's, Women's & Coed registration will be the month of April. Enter early so your team is assured to get a spot in the league!!

Get Fit & Stay fit Challenge Schedule:



March 17th: Leprechaun Leap 2 mile run/walk

April 9th: Physical Challenge competition, teams of 4, course to be announced!

April 12th: Final weigh-in

April 16th: Announcement of winners @ the MHC Health Fair!!!

Sign up for our email alerts @ :
www.community-center.org
or check our facebook page. Both of these and our monthly newsletter will keep you up to date on all the happenings at the Center!

Fitness

From the Fitness Director



Are you Having New Year's Resolution Success?

~Excerpts taken from article by Jen Mueller, SparkPeople

So many people start out the New Year full of momentum, ready to change their lives for the better. Maybe you've set a goal to lose weight and get fit. You start the year full of excitement, and even lose a few pounds before the novelty begins to wear off. Sound familiar? If it does, then you're not alone. According to one SparkPeople.com poll, more than 50% of people report losing momentum within the first two weeks of starting a diet and almost 20% lose willpower within 3 days. If you've made it this far with your goals, congratulations! If not what can you do right now to get back on track?

Andi Ambar

Fitness Director/Personal Trainer

Andi.ambar@gmail.com

We tend to be creatures of habit, so it's very easy to fall into familiar routines if you're not careful. It can take a long time for health-related changes to feel like normal part of your day. Perhaps you're still struggling to develop a consistent exercise routine, or you started with too much, too soon and you're feeling burned out. Maybe you've been very strict with your diet over the past month or so, and the temptation to fall off the wagon is looming. Before you start getting discouraged, there are a few important things to keep in mind.

First of all, it's okay to revise your goals. Now that you've been into this for a month or so, maybe you're realizing that your goal to lose 20 pounds in 3 months was a little too ambitious. You're better off revising your goals to make them more realistic. That doesn't mean you're a failure or you're not working hard. It means you're willing to be flexible and make changes to ensure your success. Consider revising your goals to make sure they are right for you.

Second, no one is perfect. We all have good days where we stay on track and focused. But we all have those days that don't go quite as well as planned. It might seem easier to throw in the towel on those bad days, but don't give up! It's important to learn from your mistakes and move forward. Remember the saying, "Failure isn't about falling down—it's about not getting back up."

PERSONAL TRAINING PACKAGES:

1 Session—\$35

4 Sessions—\$140 (month)

8 Sessions—\$225 (month)

12 Sessions—\$275 (month)

16 Sessions—\$325 (month)

Start-up & Beginners Programs



Tera Schmid
Personal Trainer
Tera_33@msn.com

Forget your headphones?
We have two different types available for sale at the front desk.

Cardio Theater Stereo Headphones
\$11.00

Cardio Theater Basic Headphones
\$7.00



Preschool & Childcare

From the Childcare Director, Kid's Korner



Tiffany Jones
Childcare Director
daycare@hamilton.net

With the anticipation of Spring just around the corner, Kid's Korner looks forward to new and exciting activities planned that are geared towards the changing of the weather and months such as March in like a ____ out like a ____, opposites, Dr. Seuss' birthday, rhymes, St. Patrick's Day which I'm sure those little Leprechauns will be messing our rooms up again and leaving us gold chocolate. In April we will celebrate our 5 sense, colors, Easter and April showers.

Our providers are busy attending Early Childhood Conferences to attain their 12 Credit Educational Units. Some of the classes that are coming up include Celebrating Infants and Toddlers, this class will include the importance of music and movement to impact healthy physical, emotional, social cognitive and language development skills. These sessions also include information on the connection of brain development and relationships between children and adults. 5 of our providers are currently involved with the Nebraska Early Learning Connection for Quality. This class goes until May with a celebration of completion in June. The focused learning experiences will lead to reflection and self-awareness, professional development planning, program quality improvements, and attention to attributes needed to effectively serve children in our care. I

commend all of our providers for their dedication to our Center by taking their job seriously and seeking skill improvement through the classes provided. It is fun to see new ideas incorporated into our daily learning experiences.

Look for upcoming information on our Summer Bug Program in April. The Program starts in June.

Any questions about our childcare center to our preschool program you may contact us at 308-254-9240 or email us at daycare@hamilton.net. Don't forget to stay up to date with us on facebook as well!

Sincerely,
Tiffany Jones
Childcare Director



Andrea Nelson
Preschool Teacher

From the Preschool Teacher, Learning Korner Preschool

The Learning Korner Preschool welcomes Miss Jody Bump as our permanent replacement for Miss Anne who is staying home to prepare for the birth of her baby later this Spring. We are very lucky to have Miss Jody back after her time with us last Fall and are excited about working with her for the rest of the school year!

In March and April, the preschool will be doing author studies for Kevin Henkes, Ruth Krauss, Eric Carle and Robert McCloskey. All of these authors have written highly regarded books about Spring which is perfect as we explore topics such as gardens, plants, bugs and animals. We will also be finishing up our letters of the week and moving onto numbers.

In late March, we will be having our registration night for the 2011-2012 school year. Some important events coming up in April include our parent-teacher conferences, spring parties, and our spring break which will be Friday April 22nd and Monday April 25th. Before we know it, it will be May and we will be preparing for preschool graduation and Summer break!



Fitness Classes

Step Aerobics

Winter Hours
M/T/Th—5:30—6:30 pm

Please bring your own step.



Ditch the Routine, Join the Party!

Mondays & Thursdays
6:30—7:30 pm

Mix it up

M/T/W/Th
12:15—12:45 pm

The perfect lunchtime workout!

No materials required!

Pilates

With Betsy Bown



Enjoy a series of low-impact exercises & movements designed for core strengthening and muscle toning.

Tuesday/Thursday
10:00 am—11:30 am

The Silver Sneakers Fitness Program



Silver Sneakers
Muscular Strength & Range of Movement

Tuesdays and Thursdays
9 - 10 am



Yoga !!

Tuesday Evenings
6:30—7:30 pm

Please bring your own mat.

Power Abs

Fridays
12:15pm-12:45pm

Please bring your own mat



Walk the Nebraska Milestones

Agate Fossil Beds Monument = 121 miles
 Pony Express NE trail = 295 miles
 John Brown's Cave = 392 miles

Runs through July 1, 2011—
 Sign up today!

Walk the distance of the above Nebraska milestones by the deadline and earn rewards! All miles must be logged at the Center.

Water Aerobics

Buoyancy from floating in water helps relieve stress on joints and muscles, making these classes a nice fit for those who need the extra comfort when they exercise.

This class can also be adapted for pregnant women!



KICKBOXING

START YOUR DAY OFF WITH A KICK!



MONDAYS & WEDNESDAYS

5:30—6:30 AM

Special Interest

This is the 2nd interview of a series of success stories witnessed here at The Community Center.

Amanda Popp

- 1.) **What motivated you to begin your lifestyle change & weight loss journey?** I have been overweight my entire life and hit and maintained my highest weight after the birth of our third daughter. After 10 years at that weight, I had a lot going on in my life and decided I needed some “me time” in the evenings. Since there isn’t much to do in Peetz, walking was my choice.
- 2.) **What are some secrets to achieving your goal?** I think you have to be in the right mindset before you even start. If your heart is not in it and you aren’t really committed, it seems almost impossible to stick with it in the long run.
- 3.) **How did you start working out and what was the most successful?** I started walking each evening for about 30 minutes and then moved on to distance at a faster pace. After a couple of months, I started attending the Mix It Up class held at the Center during lunch and then added in the work out or two on the weekends either at home or at the Center. I also bought an elliptical to use in the evenings when it’s too cold to go outside or when I just want to hang out with the kids and watch TV. I also saw my doctor and did a complete physical to make sure I was fine to exercise and went over my plan with her.
- 4.) **Did you change your diet?** Absolutely! They say diet is 80% while fitness is 20% of losing and maintaining your weight. I went with my own plan and focused on calories, staying at 1200 per day. www.fitnesspal.com is an awesome website with tons of information and a great social network as well.
- 5.) **What was the most challenging throughout the process?** Not eating! I love food and I am an emotional eater so it was (and still is!) very challenging for me to control what I put in my mouth. This is something I have to be focused on and conscious of every single day.
- 6.) **How are you maintaining your current weight/lifestyle?** I still count calories and workout 4-5 days per week. I attend Mix It Up and also started the Power Abs class on Fridays and try to hit the gym or get outside as least one day a week on the weekends. I also participate in the Get Fit & Stay Fit Challenge and have done several 5k’s as well as the Warrior Dash in Copper Mountain last year!
- 7.) **What could have helped you more in reaching your goal?** It’s really hard to be the only person in the house on a “diet”. Since I’m also the only salad eater in the family, it was a challenge to stick to my dinner while my husband and the girls ate a regular meal. Thankfully, Dan did most of the cooking so that made it a little easier!
- 8.) **Going back to day one, what was your biggest fear?** Since I didn’t start out trying to lose weight, I wasn’t really afraid of failure. The beginning weight loss was a positive effect of other changes I was making in my life. Once I had lost about 20 pounds, it became a more focused effort. My biggest fear now is just maintaining the weight loss.
- 9.) **What will be the most difficult part of sticking to your goal?** I am not a naturally athletic person and am still self-conscious (two years later) while exercising around other people so it can be hard to go to the gym and workout with others. Even the locker room can be intimidating! But once you quit going, it’s even harder to back so you have to stick with it.
- 10.) **Please share anything else we have not covered.** I lost 120 pounds by changing my lifestyle. It’s so cliché but diet and exercise work and they are the best way to lose the weight and maintain the weight loss. My hats off to anyone who loses any amount of weight—I know how hard it is!



BEFORE



AFTER

Congregate Meals Menu

Congregate Meals are served at the Cheyenne County Community Center Monday thru Friday at Noon.

The cost is \$2.90 per meal for persons age 60 and over. For persons under age 60, the cost is \$5.90

Orders for the current day's meal must be placed between 8:30 and 9:30 am on that day. Call 254-4835 and speak with the Site Manager, Virginia Gregory.

See friends and share a great tasting, nutritious meal.

All meals are served with a bread, milk, and/or coffee, and a dessert. The menu for Congregate Meals are as follows:

Tuesday, Mar. 1: Chicken & rice soup, tuna salad sandwich & baked beans

Wednesday, Mar. 2: Meatloaf, baked potato & carrots

Thursday, Mar. 3: Ham Slice, scalloped potatoes & broccoli

Friday, Mar. 4: Turkey Tetrazzini, sunshine salad & spiced apple ring

Monday, Mar. 7: Baked Chicken, baked yam & green beans

Tuesday, Mar. 8: Chicken fried steak, mashed potatoes & gravy, sprouts

Wednesday, Mar. 9: Baked Tilapia, hash browns & pea salad

Thursday, Mar 10: Hamburger Taco Salad w/ dressings & refried beans

Friday, Mar. 11: Baked potato soup, grilled ham & cheese sandwich, salad

Monday, Mar. 14: Liver & Onions, potato Casserole & mixed veggies

Tuesday, Mar. 15: Sweet & sour chicken, fluffy rice & sugar snap peas

Wednesday, Mar. 16: Sloppy Joes, french fries & cauliflower w/ cheese

Thursday, Mar. 17: Corn beef & cabbage, potatoes & tropical fruit

Friday, Mar. 18: Battered Pollock, macaroni & cheese & pickled beets

Monday, Mar. 21: Hamburger chili topped w/ cheese, celery stix & salad



Tuesday, Mar. 22: Creamed chicken over biscuits with peas & potatoes

Wednesday, Mar. 23: Polish Sausage, sauerkraut & mashed potatoes & pears

Thursday, Mar. 24: Salisbury Steak w/ gravy, rice pilaf & peas

Friday, Mar. 25: Salmon Patties, potato salad & carrots

Monday, Mar. 28: Cooks Choice

Tuesday, Mar. 29: Oven Fried Chicken, pasta salad & broccoli

Wednesday, Mar. 30: Beef Stew, potatoes, carrots, celery, etc.

Thursday, Mar. 31: Breakfast sausage & cheese casserole, hash browns & juice

Friday, Apr. 1: Crab salad, potatoes O'Brien & pickled beets

Monday, Apr. 4: Pork roast, sweet potato casserole & pea salad

Tuesday, Apr. 5: Chicken Strips w/ sauce, potato triangles & baked beans

Wednesday, Apr. 6: Spaghetti w/ meat sauce, green beans & lemon jello

Thursday, Apr. 7: Corn chowder, ham salad sandwich & carrots

Friday, Apr. 8: Lemon pepper fish, parslid potatoes & baked tomatoes

Monday, Apr. 11: Beef & cheese enchilada, spanish rice & refried beans

Tuesday, Apr. 12: Chicken & Noodles, mashed potatoes & broccoli

Wednesday, Apr. 13: Beef pot roast, potatoes, carrots & celery

Thursday, Apr. 14: Smothered pork cutlet, tater tots & spinach

Friday, Apr. 15: Tuna salad on lettuce leaf, rice pilaf & veggie gelatin salad

Monday, Apr. 18: Sliced turkey, mashed potatoes & gravy & mixed veggies

Tuesday, Apr. 19: Cooks Choice

Wednesday, Apr. 20: Ham loaf, scalloped potatoes & three bean salad

Thursday, Apr. 21: Egg salad sandwich, homemade vegetable soup & french fries

Friday, Apr. 22: Baked Tilapia, baked yams w/ toppings & green bean casserole

Monday, Apr. 25: Hot Roast Beef Sandwich, mashed potatoes & gravy

Tuesday, Apr. 26: BBQ Chicken, potato salad, & creamed peas

Wednesday, Apr. 27: Swedish Meatballs, fluffy rice & carrots

Thursday, Apr. 28: Sausage gravy over biscuit, scrambled eggs & tomatos

Friday, Apr. 29: Lasagna & green beans



The above menus are subject to change without notice. Please listen to KSID Radio daily for current menus.

March 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Blood Drive 12-6 Pre-k Hour 10-11 am Men's 5x5 bball	2 Women's Vball 5-close	3	4	5
6	7	8 Pre-k Hour 10-11 am WIC mtg. #1 & #2 8:30am—5:00 pm Men's 5x5 bball	9 Open House Soccer Reg. 5:30—6:30 pm Women's Vball 5-close	10 Open House Soccer Reg. 5:30—6:30 pm	11 Open House Soccer Reg. 5:30—6:30 pm	12
13	14	15 Pre-k Hour 10-11 am Men's 5x5 bball	16 Women's Vball 5-close	17 Leprechaun Leap 2 mile Run/Walk	18	19
20	21	22 Pre-k Hour 10-11 am MHC Blood Draw 7am—10 am Men's 5x5 bball	23 MHC Blood Draw 7am—10 am Women's Vball 5-close	24 MHC Blood Draw 7am—10 am	25	26 CCCC Foundation Fundraiser @ Buffalo Point
27	28	29 Pre-k Hour 10-11 am Men's 5x5 bball	30 Women's Vball 5-close	31 Art Guild Art Show		
		Coed Vball 7—close	Women's Vball 5-close			
		Coed Vball 7—close	Women's Vball 5-close			
		Coed Vball 7—close	Women's Vball 5-close			

April 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Art Guild Art Show All Day	2 Art Guild Art Show All Day
3 Art Guild Art Show All Day	4	5 Pre K Hour 10-11am	6 Softball open house Reg. 5:30—6:30 pm	7 Softball open house Reg. 5:30—6:30 pm	8 Gym closed at 3pm Baseball & Softball Registration Deadline	9 GF3SF Challenge @ Fairgrounds
10	11	12 Pre K Hour 10-11am WIC Mtg. Rm #1 & #2 8:30—5:00 pm	13	14	15	16 MHC Health Fair 8am—noon
17 Senior Dance 3-6 pm	18	19 Pre K Hour 10-11am	20	21	22	23
24 CLOSED Easter	25	26 Pre K Hour 10-11am	27 Groundwater Festival All Day	28	29	30

A Gift That Provides Lifetime Income and Support For Your Hometown

In today's economic environment you may want to consider the many advantages of a Charitable Gift Annuity as a tool to help you give back to your community.

Your Gift Annuity will:

- Help your community center
- Increase your income
- Provide a guaranteed fixed income for life
- Provide a current charitable income tax deduction

Current Income Rates

Figure based on a \$20,000 charitable gift:

Age	Rate	Annual Income	Income Tax Deduction
65	4.3%	\$860.00	\$8,021.00
75	5.3%	\$1,106.00	\$9,993.00
85	7.1%	\$1,420.00	\$12,005.00
90	8.0%	\$1,600.00	\$13,358.00

Rates recommended by the American Council on Gift Annuities, February 2009

Instead of just leaving bequests to loved ones after you're gone, consider making gifts while you're still alive. Giving gifts while you're still living can help reduce the size of your estate and minimize potential estate taxes. And, with careful planning, you can also limit federal gift taxes.

Tax-free Gifts

Each year, you can give away up to \$13,000 in cash or other assets per recipient to as many individuals as you want, gift tax free. If you're married, you and your spouse can jointly give away \$22,000 per recipient (a "split gift"). If you have several children to consider, as well as their spouses, and grandchildren, those annual gifts can really add up and may significantly reduce the size of your estate.

Another way to avoid gift taxes is to pay medical expenses or school tuition for a loved one. There are no limits on the amount of these expenses you can pay, as long as you give the money directly to the medical provider or the educational

institutions where the expenses were incurred.

Another possibility might be to make tax-free contributions to the 529 college savings plan of a beneficiary. In one year, you may invest as much as \$65,000 (\$130,000 if you split the gift with your spouse) in a 529 plan. However, that \$65,000 will be treated as if it were a series of \$13,000 gifts made over five years. As a result, you won't be able to make any other tax-free gifts to that person during that five-year period.

Lifetime Gift-tax Credit

A lifetime gift-tax credit allows you to give away as much as a total of \$1 million to family, friends, and other beneficiaries over your lifetime without owing any federal gift tax. If you are married, you and your spouse each are entitled to a separate credit. Use any or all of the credit to offset taxes on gifts, and the amount you have used will not be available to offset taxes on your estate.

Gifts made under the \$13,000 tax-free-gift rule will not use up any of your lifetime

gift-tax credit. However, any gifts you make over the \$13,000 limit per individual, per year, will reduce your lifetime available credit. But you generally won't have to pay any federal gift taxes unless your total gifts over the \$13,000 limit add up to over \$1 million.

Giving after You're Gone

Under current law, you can leave bequests of up to \$1 million free of federal estate taxes in 2003. If you're married, you and your spouse can each leave up to \$1 million estate tax free. This amount is scheduled to increase to \$1.5 million in 2004, \$2 million in 2006, and \$3.5 million in 2009. In 2010, the estate tax is scheduled to be repealed, only to return a year later, depending on Congressional action.

Because gifts that are sheltered by your lifetime gift-tax credit will reduce the amount you can leave tax free to your heirs, it's important to carefully consider your gift- and estate-tax strategies. We can help you design a plan to minimize your tax exposure.

You may want to consider the many advantages of a Gift Annuity.

For more information contact:

Cheyenne County Community Center Foundation, Inc.
Dianne Dorwart, President
627 Toledo St., Sidney, NE 69162
308-254-7000 www.community-center.org

**THE CHEYENNE COUNTY
COMMUNITY CENTER**

627 Toledo Street, Sidney, NE 69162

Change Service Requested

*Dedicated to serving the health,
wellness, recreational and social
needs of Cheyenne County and
the surrounding area.*

Come to the Center!

**Non-Profit
U.S. Postage
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Permit No. 19**

Phone: 308-254-7000

Toll Free Phone 877-254-7009

Fax: 308-254-6008

Toll Free Fax: 877-254-6009

Website: www.community-center.org



Class	Instructor	Day	Time	Location
Water Aerobics	L. Richards	M/TU/TH	5:45 AM—6:30 AM	Holiday Inn
Stretch Class	A. Ambur	M W F	9:00 AM—10:00 AM	Meeting Rooms
SilverSneakers Muscular Strength & Range Movement	B. Bown	TU TH	9:00 AM—10:00 AM	Meeting Rooms
Kickboxing	L. Herboldsheimer	M W	5:30 AM—6:30 AM	CCCC West Gym
Zumba Fitness	L. Wecker	M TH	6:30 PM—7:30 PM	CCCC West Gym
Step Aerobics	K. Edgington	M TU TH	5:30 PM—6:30 PM	CCCC West Gym
Mix It Up	K. Edgington	M TU W TH	12:15 PM—12:45 PM	CCCC West Gym
Yoga	C. Steele	TU TH	6:30 PM—7:30 PM	Meeting Rooms
Power Abs	L. Herboldsheimer	Fridays	12:15 PM —12:45 pm	CCCC West Gym
Pilates	B. Bown	TU/TH	10:00 am—11:30 am	Meeting Rooms

Classes are FREE with membership
Non-Members: \$5 Drop In Fee or \$40 Monthly Class Pass