



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

As the fall and winter approach you might put into your thought process how you can help coach, refer or assist with a program. The needs here are always evident that if we just had a few more volunteers a program can run smoother and there won't be so many players on a team. Coaching and refereeing can be rewarding for you and the kids participating. Some times people don't want to get involved because they feel they do not know enough to do the job right. Well, we have the tools and knowledge here at **the center** to be able to get someone started. So, as you're sitting on the couch wondering why you are watching some reality show, why not get off the couch and come back to the true reality of life. Volunteer and make a difference in a child's life. Think about it. If it sounds like something you would be interested in, contact **the center** and we will get you going.

If volunteering isn't your thing then maybe you should evaluate your wellness program. One thing I always hear is "I just don't seem to have enough time to take care of me". Your fitness program

needs can all be addressed with our programs. From our personal trainers and fitness classes, to a state of the art weight/cardio room full of equipment, we have it all. All you need is the desire to start. Contacting one of our personal trainers would be the first step in a long journey to wellness. They can setup a program to fit your needs and even be there if you need that extra push. The second step is working that program until it becomes a habit. Habits are usually developed over a three week period of doing the same thing. If you are truly busy, then your workout time should be scheduled just like everything else in your business and personal lives. Schedule some "me" time at **the center**. By the end of the year you will reap the benefits.

As the leaves start turning and the hint of the first frost is just around the corner, we here at **the center** start gearing up for our fall activities. Make sure to completely check out our newsletter to make sure you haven't missed that sign up deadline. September is a very busy month as we must get everything rolling quickly.

Make sure to take a very hard look at our fitness class

schedule. Remember that your membership entitles you to attend any class for free. The Spinning class does have a monthly fee to aid in the maintenance of the bikes. So grab your best friend and attend some of the classes this fall. It is always better to have full classes as the more people, the more fun things are.

One last thing, I would encourage everyone to check out our website and facebook page. You can use this for up to date information on everything here at **the center**. You can even sign up for email alerts on our website so when we post a new activity or program you instantly get an email from us. If you haven't signed up for Feedblitz Email Alerts, do it today. It's free and if the info in the email isn't for you, just delete it. At least you will be notified and won't find out the information after the fact.

Stop by for a visit, the coffee is always on.

Michael Namuth
Director



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Winter Hours

Monday-Thursday
5:00 am—10:00 pm

Friday
5:00 am—9:00 pm

Saturday
7:00 am—7:00 pm

Sunday
12:00 pm-6:00pm

Activities/Sports

From the Activities Director



Kiersten Collins
Activities Director
activities@hamilton.net

Happy Fall everyone! What an exciting, fast and busy summer we had here at The Center! This Fall is sure to follow suit and be just as busy with many sports & activities planned. If you have not noticed we have the new Fall fitness schedule out with many different classes to choose from. Remember with a community center membership Fitness classes are FREE! There is an extra minimal charge for the Spinning class, please inquire at the front desk!

Watch for information soon on a fun Halloween activity we will be doing for the kids here at the Center. I will once again have Adrienne Cheatham coming with her creative and fun ideas towards the end of October just in time for the holiday! Stay posted!

Also in October we will be having the Kid's Fitness Day. The 13th we will be having a couple hundred 3rd graders taking over our Center and the Armory! We will be having different fitness stations and nutrition stations to teach the kids all about leading a healthy lifestyle but still having fun while doing it. This is always a favorite of the kids and they are sure to leave exhausted by the end of the day.

For all of the 2011 Get Fit & Stay Fit Challenge participants, we are having a follow-up weigh-in on September 27th. This will be going on all day so come on in when it fits your schedule and see how well you have done during the summer months of keeping those unwanted pounds off, there will be a prize given to the top winner. This weigh-in is going to also be a way to get everyone thinking about the upcoming 3rd Annual Get Fit & Stay Fit Challenge. We will be starting at the beginning of 2012 and already have fun and exciting events planned. We do however have 2 races scheduled before January hits, In Thanksgiving we will once again have the Turkey Waddle and in December we will be having the Santa Scramble. Registration forms will be out soon for the Turkey Waddle, you can turn your money and form in at the Community Center, the earlier the better!

As you can see there is lots planned with lots, lots more in the works! Stay posted and we will do our best to keep you informed. Remember to "Like" our Community Center Facebook page, as we are getting ready to delete the profile. Hope to see you all in here this Fall!

Kiersten Richards
Activities Director

From the Sports Director



Scott Borchert
Sports Director
sportsdirector@hamilton.net

Are you ready for some football and volleyball?!?!?

Yeah, you guessed it, it's fall sports time here at the Center. School has starts and it's time for football and volleyball.

With the new school year, 3rd-6th grade will start the tackle football season in Sterling September 10th, with games every Saturday until October 15th. For 1st and 2nd graders, flag football will begin Tuesday September 20th, with games on Tuesdays & Thursdays through October 13th.

Not to leave out the girls, 3rd-6th grade youth volleyball begins Tuesday September 13th. Practices will again be on Tuesdays & Thursdays with the 3rd & 4th graders going from 3:30—4:30 and the 5th & 6th graders going from 4:30pm—5:30 pm, practices will end on October 13th.

For the adults, Women's and Coed volleyball tip off the week of September 14th. The women will again play on Wednesdays starting at 5:45 with coed playing on Mondays starting at 7:45 pm. Registration for men's 4x4 basketball will again take place in September, with games beginning the first Tuesday in October.

To wrap up the adult Slow Pitch Softball season, the league winner in the Men's was Peetz Co-op with Points West the runner-up. The Men's tournament had Runza/BQ Landscape win the title and Stewies was runner-up.

For Coed Softball, Division 1 had Points West win the league with Buffalo Point as the runner up. However, in the tournament Buffalo Point won and Points West was the runner-up. In Division 2, Busted Dollar was the tourney and league champ and State Farm/Ron Alschwede was the runner up in both the league and the tournament.

As usual, the Summer flew by and before you know it, Old Man Winter will show up. So with the Tunnel Walk marching through the Big Ten, Here We Go!!!

Scott Borchert
Sports Director

Events



The SilverSneakers Fitness Program is an innovative health, exercise and wellness program helping older adults live healthy, active lifestyles. Your SilverSneakers fitness membership includes: *Access to your amenities such as locker rooms, private showers, indoor track, state-of-the-art fitness equipment, circuit training, racquetball courts more. *SilverSneakers and other classes we offer such as yoga, zumba, stretch, etc. *Most important, your membership is available to you at little or no cost through your health plan.

Regular participation in SilverSneakers can help you build muscular strength, improve joint mobility and increase cardiovascular endurance, leading to improved health and greater independence.

SilverSneakers also provides opportunities to: expand your social network and strengthen friendships, increase your mental sharpness & take part in social activities and wellness seminars.

More than 1 million members nationwide already enjoy SilverSneakers. Join them today and bring your SilverSneakers card and/or health plan ID to the front desk and our friendly staff will help you enroll!!

Boys & Girls 3rd—6th Grade Basketball!

Fundamentals of basketball in a non-pressure environment. Games on Saturdays.

November—December

Registration: Oct. 14th—Oct. 28th

Deadline: October 30th



Checkout our facebook page for updates on games statuses, weather, and important information pertaining to youth & adult activities!!



Workout while your children play!

Kid's Korner Daycare offers drop-in availability for your kiddos while you work out at the Center.

10 punch passes available for purchase—
1 punch = 1 hour

Cost: \$20 for members
\$40 for non-members

5:30 am—5:00 pm Monday—Friday
Ph.: 308-254-9240

****Must call at least 1 day prior for availability****

Only available for those who are working out at the Community Center!!



Senior Dance

3:00 pm—7:00 pm

September 18th
October 23rd

Fitness

From the Fitness Director



Andi Ambar

Fitness Director/Personal Trainer

Andi.ambar@gmail.com

Eating Before Your Workout

Excerpts taken from an article by Nicole Nicoles, SparkPeople

You probably know that fueling your body properly can help you take your workouts to the next level. If you go too long without eating, you can feel tired, sluggish and even faint during an exercise session, which means your workouts will suffer and you won't get very good results from your efforts. But with properly timed meals and snacks, you can stave off hunger and give your body the energy it needs to perform at its best.

Hydrate

Drink 1-2 cups of water (up to 20 total oz.) within 1-2 hours before you workout

Eat

If you feel hungry before the gym, or tend to feel sluggish during a workout, eating a pre-workout snack may be helpful. Limit it to 100-200 calories, 3-5 grams of protein, very little fat and eat it within 30-60 minutes before your workout. This combo will digest quickly and give you an energy boost. Choose a high-glycemic and fast-digesting source of carbohydrates (at least 15 grams). If you eat something much larger, or too high in protein or fat, you could experience stomach discomfort and cramping (since the food won't be digested in time for your body to start diverting blood away from your digestive system and to your working muscles).

Just as some people can exercise on an empty stomach in the morning and others feel sick doing so, timing your pre-workout snacks and choosing what to eat is very individualized. Here are some ideas that you may like, too. Most of these ideas (depending on portion size) fit the guidelines above.

Pre-Workout Snack Ideas

- *chocolate milk *Peanut butter & jelly sandwich with green tea *Banana and a glass of water *apple with a tbsp. Or less of almond butter
- *2 rice cakes with almond butter *half a bagel with a tbsp. Or less of peanut butter and a banana *orange and a glass of water
- *handful of berries or grapes with half of a peanut butter sandwich *energy/protein bar—such as a luna bar, fiber one bar or Clif bar
- *cup of fruit with a glass of water *dried fruit (raisins, cranberries, bananas, apples, etc.) *fruit smoothie
- *small bowl of cereal *Gatorade *yogurt *dark chocolate almonds

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

Our Center is officially in full swing of the new school year. Learning Korner is in session along with our childcare center busy with their learning themes. Themes will be planned along with activities pertaining to a different book every week. A color and a letter will be introduced as well as counting, finger plays, directed activities and games. September and October's themes, colors, apples, shapes, pumpkins and Halloween.

Teachers will be attending the Western Nebraska Early Childhood Conference this October in Scottsbluff. This year's keynote speaker is Dr. Allen Mallory who has been dubbed "the white Bill Cosby". He has nearly 30 years experience in all areas of childcare as an aide, teacher, director, author and professor. Topics in this year's conference include Laugh & Learn, Improving Transition Times, Handwriting Without Tears, Problem solving with children and Professionalism in childcare.

These conferences are always an option for parents to attend. If anyone is interested, please get in touch with me at the number below.

Kid's Korner and the Learning Korner will once again have a float in the Oktoberfest Parade. Our theme is "Future Red Raiders". We will decorate our float with some Red and Black spirit. We will be looking for Red Raider sporting attire such as football helmet, pom poms, cheerleading gear, volleyball and basketball uniforms, etc. If you have items that we may borrow please contact us.

Any questions about our childcare center or 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—Kid's Korner Childcare Ctr. as well!

Sincerely,
Tiffany Jones
Childcare Director

From the Preschool Teacher, Learning Korner



Cassie Challburg
Preschool
Teacher

The Learning Korner welcomes all of our new students and families! We are excited to begin a new Preschool year, and look forward to working with your children. The first few weeks we are working with the children on routines and becoming comfortable with Miss Cassie, Miss Shana and new friends. The Learning Korner is excited to learn about letters, colors, numbers and much more! This program's main focus is on giving young preschool age children a healthy start emotionally, socially, intellectually and physically. We are very excited to have a great start to a great school year!

Welcome Class of 2025!

Special Interest

This is the 4th interview of a series of success stories witnessed here at The Community Center.

Tony Uhlir

(2011 Get Fit & Stay Fit Challenge Grand Prize Winner!)



1.) What motivated you to begin your lifestyle change & weight loss journey?

My first motivation occurred almost 2 years ago when I felt like I was about to pass out while playing basketball which was most likely just a sugar imbalance early in the morning. It made me start to think seriously about my high blood pressure and my health overall. I also received advice from several people that losing weight would help get my blood pressure back down. The final straw came last Fall when I completed a long stressful project which had caused me to neglect my health even more than usual. I allowed my weight to get a bit out of hand over the holidays during my recovery phase. I had been maintaining my weight at this higher level, so I thought, why not get serious about dropping significant weight and then maintain at a lower weight instead. When I shared my plan with my wife, she talked me into entering the Get-Fit Stay-Fit contest this past January – April. I figured I might as well try to win something while I am at it. This was just what my competitive nature needed to get me focused and to stop making excuses. By the end of the contest (3 ½ months), I had lost 70 lbs or 30% of my original weight. I was at 6% body fat. Both well below where I really wanted to be. I have since changed my focus to build back muscle. 2 months after the contest ended, I have gained 15 lbs with only increasing my body fat to 8%. I am now at the weight and build that I want to keep and I have switched into maintenance mode.

2.) What are some secrets to achieving your goal?

Simply put, consistency and focus.

I made it a priority to workout consistently. I didn't put the rest of my life on hold but instead found ways to get it done even when I wasn't feeling good or had other activities I had to fit in. Sometimes that meant getting on the treadmill at 10PM at night or cutting my workout in half because that's all the time I had.

Figure out why you are doing this. Really think about it. Then write it down and put it somewhere that you will see every day. When things get tough, when you don't feel like getting on the treadmill, when you don't think you can keep going, when you start thinking about sneaking a donut, focus on the reason you are doing this and ask yourself if you want to delay it that much longer by not working out, by not sticking to your diet, by not going the distance. This was critical for my success and my goals continue to motivate me to do what it takes to reach them.

3.) How did you start working out and what was the most successful?

I already had a treadmill at home which we bought in 1996 and used sporadically. We positioned it in front of the TV in the basement and I turned that unproductive time watching TV into track time. Watching TV or listening to music provided a distraction making it seem to go quickly by keeping my eyes off of the treadmill counters. My first couple workouts were a combination of walking and running for about 1 hour. The treadmill calorie counter said I was burning about 740 calories so I set a goal of burning 800+ calories every time I got on the treadmill. Some days I would feel good and keep going until I reached 1000 calories but I rarely ever quit before 800. When I reached what seemed like a peak in my weight loss, I added some crossfit routines provided by Lee Jacobsen of Elite Fitness. I could do these in my basement in addition to my treadmill routine. It gave my weight loss an extra jolt and only added 10 – 15 minutes to my workout.

4.) Did you change your diet?

I knew I needed to cut my calorie intake significantly but wanted to still eat healthy. I also knew if I could find something structured, it would be easier to follow than just trying to cut my portion sizes. My wife had been successfully following The Zone diet and helped get me started with it. I feel this helped provide the healthy balance I was wanting but also optimized my metabolism and make the most of the calories I was eating.

5.) What has been most challenging throughout the process?

Getting started and sticking with it. There will always be excuses you can make. The contest helped me put those excuses behind me. I had a deadline to make and couldn't afford to slow down. I now know I can control it and how to control it.

6.) How are you maintaining your current weight/lifestyle?

After the contest ended, I shifted my focus to building back muscle without adding back the fat. I worked with Lee Jacobsen with Elite Fitness to coach me through a weight training program. I continue to follow The Zone diet although not as strict as I did when I was trying to lose weight. Now that I have achieved my ideal weight, I continue to run at least 2 - 3 times a week to maintain my weight and cardio.

7.) What could have helped you more in reaching your goal?

I probably lost more than I should have, so, honestly, I'm not sure what else I could have done. I used a scale regularly, throughout the day even. This helped me understand how much different meals/snacks/drinks were costing me in weight as well as how much different workouts/activities contributed to my loss. I found the calorie counter on my treadmill to be the most help in making sure I was getting a consistent workout regardless of how far I went. Planning out meals and having the necessary food stocked was very important for sticking with The Zone diet.

8.) Going back to day one, what was your biggest fear?

Failing. Failing me, failing my wife, failing my kids. I was at a point in my life where this became very important for me to accomplish. I used this fear to make sure I didn't fail.

9.) What will be the most difficult part of sticking with your goal?

Losing focus. I still use my scale regularly although much less during the day. I still have a goal of running 2 - 3 times per week. This is how I plan to keep focus, by monitoring my weight closely and still working out regularly.

10.) Please share anything else we have not covered!

Surround yourself with people that are supportive of your goals. I was lucky to have a supportive wife that helped me with my diet and was there to celebrate my progress.



Tony in Estes Park, CO enjoying his Grand Prize trip!!

Step Aerobics

Winter Hours

M/T/Th—5:30—6:30 pm

Please bring your own step.

Spinning

\$5/class or unlimited monthly:

\$25/member

\$50/non-member



Mix it Up

M/T/W/Th

12:15—12:45 pm

The perfect lunchtime workout!

Power Abs

**Fridays
12:15pm-
12:45pm**



Yoga !!

Tuesday

Evenings

5:30—6:30 pm



**Mondays & Thursdays
6:30—7:30 pm**

Pilates

With Betsy Bown



**Tuesday/Thursday
10:00 am—11:30 am**



**Silver Sneakers Muscular
Strength & Range of
Movement
Tuesdays and Thursdays**

Water Aerobics

@ the Holiday Inn

5:45am—

6:30am



**KICKBOXING
MONDAYS & WEDNESDAYS**

5:30—6:30 AM



Congregate Meals Menu



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

The cost is \$3.00 per meal for persons age 60 and over. For persons under age 60, the cost is \$6.25

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:

Thursday, September 1: Pork Roast, boiled potatoes & veggies

Friday, September 2: Liver & onions, mashed potatoes & beets

Monday, September 5: CLOSED

Tuesday, September 6: Spaghetti w/ meat sauce & green jello

Wednesday, September 7: Cooks choice

Thursday, September 8: Chef Salad & Fruit Juice

Friday, September 9: Meatloaf, baked potatoes & mixed veggies

Monday, September 12: Sliced ham, candied sweet potatoes

Tuesday, September 13: Crab salad on lettuce leaf, hash browns

Wednesday, September 14: Hamburger, mashed potatoes & gravy & broccoli

Thursday, September 15: Chicken Salad sandwich, rice pilaf, spinach

Friday, September 16: Beef stroganoff over noodles, tomatos

Monday, September 19: Chicken strips w/ sauce & tater tots

Tuesday, September 20: Beef & Cheese enchilada, refried beans

Wednesday, September 21: Egg sausage bake & hash browns

Thursday, September 22: Hot roast beef sandwich, mashed potatoes

Friday, September 23: Creamed chicken over biscuit, fruit juice

Monday, September 26: Lemon pepper fish, potato casserole

Tuesday, September 27: BBQ Chicken, potato salad & juice

Wednesday, September 28: Porcupine meatballs & potatos

Thursday, September 29: Pork cutlet, baked sweet potato

Friday, September 30: Chicken & noodles, mashed potatoes

Monday, October 3: Cook's Choice

Tuesday, October 4: Cabbage burgers, hot potato salad

Wednesday, October 5: Sweet & sour chicken, fluffy rice & peas

Thursday, October 6: Ham Loaf, potatoes o'brien & carrots

Friday, October 7: Swedish meatballs, buttered noodles, salad

Monday, October 10: veggie soup, egg salad sandwich, pea salad

Tuesday, October 11: Polish sausage, mashed potatoes

Wednesday, October 12: Hot chicken salad, potato casserole

Thursday, October 13: Battered fish, macaroni & cheese

Friday, October 14: Tater tot casserole, sweet pickle & salad

Monday, October 17: Ham & beans, copper penny salad

Tuesday, October 18: Oven fried chicken, & mashed potatoes

Wednesday, October 19: Sloppy joe, french fries & jello

Thursday, October 20: salmon loaf, potato triangles & broccoli

Friday, October 21: Pork cutlet, sweet potatoes & zucchini casserole

Monday, October 24: Spaghetti w/ meat sauce & green jello

Tuesday, October 25: Sliced ham, scalloped potatoes & green beans

Wednesday, October 26: Liver & onions, parsley potatoes & beets

Thursday, October 27: Chicken Salad sandwich, potato soup & veggies

Friday, October 28: Egg sausage bake, orange juice & stewed tomatoes

Monday, October 31: Goulash, witches green salad, deviled eggs & black bat biscuits



The above menus are subject to change without notice. Please listen to KSID Radio daily for current menus or look in the Sidney Sun-Telegraph . The week's menu is also posted at *the center* on the lobby bulletin board.

September 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
CLOSED	CLOSED	Weight Watchers 4-7	Women's Volleyball 5:30			
11	12	13	14	15	16	17
		Vein Clinic 3pm-7pm WIC mtg. #1 & #2	Women's Volleyball 5:30			
18	19	20	21	22	23	24
	Blood Drive 11:30—5:30	Blood Drive 11:30—5:30				
	Coed Volleyball 7:45	Weight Watchers 4-7	Women's Volleyball 5:30			
25	26	27	28	29	30	
	Coed Volleyball 7:45	Weight Watchers 4-7	Women's Volleyball 5:30			

October 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4 Pre-k hour 10-11am	5	6	7	8
	Coed Volleyball 7:45	Weight Watchers 4-7pm	Womens Volleyball 5:30			
9	10	11 Pre-k hour 10-11am W/C mtg. #1 & #2 8:30—5:30	12	13 Kid's Fitness Day 8am—3pm	14	15
	Coed Volleyball 7:45	Weight Watchers 4-7pm	Womens Volleyball 5:30			
16	17	18 Pre-k hour 10-11am	19	20	21	22
	Coed Volleyball 7:45	Weight Watchers 4-7pm	Womens Volleyball 5:30			
23/30	24/31	25 Pre-k hour 10-11am	26	27	28	29
23rd—Senior Dance 3-6pm	Coed Volleyball 7:45	Weight Watchers 4-7pm	Womens Volleyball 5:30			
	Coed Volleyball 7:45	Weight Watchers 4-7pm	Womens Volleyball 5:30			

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.*

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

**Non-Profit
U.S. Postage
Paid
Sidney NE
Permit No. 19**

Come to the Center!



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—6:15 AM	CCCC West Gym
Zumba Fitness	L. Assad	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	5:30 PM—6:30 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
Spinning	K. Richards/L. Bosard	Schedule available at front desk		East Racquetball

** (separate charges apply for Spinning)

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