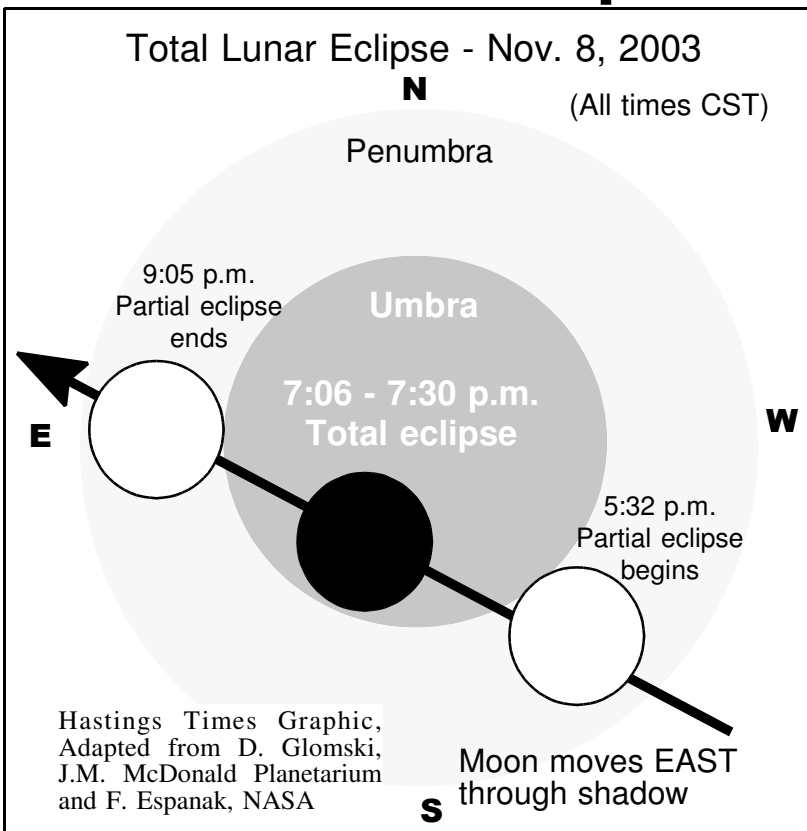


Total Lunar Eclipse: Great Free Family Activity



This Saturday night, Nov. 8, Hastings will experience a total lunar eclipse, timed perfectly for a family backyard outing and evening's entertainment.

According to Dan Glomski, Curator of Astronomy at the Hastings Museum, "This eclipse [will begin] in the late afternoon/early evening hours shortly after sunset. At that time, look for the Moon rising in the Northeastern sky. About 5:32 pm the Moon will enter the darkest part of Earth's shadow (the umbra). Over the next hour and a half, more and more of the Moon enters into the shadow until it is completely immersed starting around 7:06 pm. This total phase of the eclipse lasts until 7:30, when the Moon starts to exit the shadow. By 9:05 pm the Moon is out of the dark core of the shadow altogether, and the visible part of the eclipse comes to a close." (See diagram)

Dan says "no two lunar eclipses are alike; each is different in its own way." This particular eclipse will be short, just 24 minutes, because the Moon passes through the far southern part of the umbra. The color of the Earth's shadow varies from bright orange to coal black because of factors such as the weather and the amount of dust in the Earth's atmosphere. The shadow is also darker toward the center and lighter at the edge. Astronomers believe this eclipse will be relatively bright.

The Sachtleben Observatory of Hastings College will be open for free eclipse viewing from 5:30-9 pm, weather permitting. If the weather looks questionable, call 462-7378. A recorded message will be updated by 3 p.m. The

next total lunar eclipse seen from here occurs 10/27/04.

Upcoming Events

Hastings Girl Power!/Wise Guys annual educational and empowerment seminar - Nov 10 & 11 - 5 to 8:40 pm - Grace United Methodist Church, 1882 W 9th St - free for all 6-12th grade students - registration forms due by Nov 6 - the purpose of this event is to help students make positive choices during their adolescent years - program for students is the same both days (so just pick one) - choice of parent sessions: Mon. "The Cycle of Control", Tues. "Into Thin Air"- for more information call the YWCA: 462-8821

Beads, Books & Biscotti Benefit - Nov 8 - Shop and help W.A.G.S. - Wonderful Animals Great Spaces. bead and botanicals, Well-Read Book and Prairie Books & Gifts will donate a percentage of sales to WAGS Blue Moon Coffee Co. will donate the proceeds from WAGS biscotti sales to WAGS. Visit all four locations for specials, prizes and drawings.

Toddler Time at the Library - Nov. 6 & 13 - 10:30 am - no advance registration required - 3 1/2 & younger - each child must be accompanied by a lap

Story Hour at the Library - Wednesdays through December 17 at 10 am or 1 pm - advance registration requested - ages 3 1/2 - 6

Hastings MOPS (Mothers of Pre-Schoolers) - 1st & 3rd Thursdays - 9-11 am - First St. Paul's Lutheran Church - non-denominational Christian organization - daycare provided for children while Moms meet - Speaker on 1st Thurs; craft on 3rd Thurs - adult interaction - refreshments - for more information, call Renee 463-1059

Junior High Dance - Nov 7 - 8 to 11pm - Champions Sports and Recreation, 1220 W 18th St - for more info call 462-6220

Preschool Playday - Hastings Museum - Tues, Nov 11 at 10 am & Sat, Nov 15 at 1 pm - 3 to 5 yr olds bring their favorite adult - "Pow Wow on the Plains" - reservations required

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CHORUS OF THE PLAINS
Annual Barbershop Harmony Show
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Matinee - 2 pm
Evening - 7:30 pm
Hastings Masonic Center Theatre - 4th & Hastings
Chorus of the Plains
The Ritz • The Melodears
Swell Affair • The 4 Dads

The Holidays Are a Time to Honor Seniors

(ARA) – Older adults are often the best storytellers in the family. Their memories, traditions and talents are just waiting to be shared. But as we approach the holiday season, many older citizens won't be near their families because they live far apart.

What better way to honor seniors in your family and community and pay tribute to their experiences than by undertaking a project together this holiday season. There are a wide range of projects that individuals, families, and social and service organizations can participate in with older adults. In fact, it is a great opportunity for youth-oriented organizations such as school groups or scout troops to get involved with seniors, according to Betsy Reithemeyer, director of the Wal-Mart/SAM'S CLUB Foundation, which funds thousands of projects designed to enhance the lives of older adults. This year the Foundation donated \$1.45 million to more than 2,900 youth groups for projects benefiting seniors.

"These activities bring generations together, nurture friendships, encourage volunteerism, and broaden understanding and support in a community," says Reithemeyer.

Here are a few project suggestions for this holiday season:

* Host a storytelling time for older adults to relate their favorite holiday memories.

- * Visit an elderly resident of a nursing home. Many of these individuals never have a visitor at holiday time and would appreciate having someone stop by to share a smile.
- * Make a holiday greeting card for residents at a retirement center.
- * Make a family photo album as a holiday gift to the family, complete with dates, locations and identifications of family members. Share stories about special events the family enjoyed together.
- * Construct a family tree, giving children the opportunity to learn the ancestral line of their family. Strive to preserve particular ethnic or religious beliefs and special holiday traditions.
- * Ask a senior to share special talents, such as cooking, sculpting or quilting, which can be passed on to interested young people.
- * Volunteer at a nutrition center or with Meals-on-Wheels to prepare and deliver holiday meals or food baskets to elderly shut-ins.
- * Design a Web page about a grandparent or favorite older adult.
- * Videotape an interview with a senior about his or her life. Show it at a meeting of a youth organization and invite the star of the show to attend.
- * Host a game day at a senior center featuring traditional board games enjoyed by young and old alike.

Wal-Mart provides financial support to 501(c)3 youth groups for intergenerational projects every year. Each store makes a donation to fund projects such as delivering fruit baskets to shut-ins, providing lunch for grandparents at a local food kitchen, conducting oral history projects with local centenarians, and visiting nursing home residents whose family members live far away.

"Older adults are a vibrant, contributing part of our communities," says Reithemeyer. "They have a great deal of wisdom and insight to share, and they deserve to be honored." The Wal-Mart/SAM'S CLUB Foundation funds the many projects chosen by the company's associates through the Wal-Mart Good Works community involvement program.

Whether you choose to do a project in a youth group, as a family, or on your own, the holidays are the perfect time to bring together youth and seniors in your community.

Courtesy of ARA Content

The Hastings Family Times™ K.I.D.S. Recipe of the Week Pumpkin Spice Bread

3 cups sugar	3 ½ cups all-purpose flour
2 tsp baking soda	1 tsp baking powder
1 tsp salt	1 tsp ground cinnamon
1 tsp ground nutmeg	½ tsp ground cloves
½ tsp ground allspice	½ cup water
1 cup vegetable oil	4 eggs, lightly beaten
1 can (16 ounces) solid-pack pumpkin	

In a large bowl, combine sugar, oil and eggs. Add pumpkin and mix well. Combine dry ingredients; add to the pumpkin mixture alternately with water. Pour into two greased 9-in x 5-in x 3-in loaf pans. Bake at 350° F for 60-70 minutes or until bread tests done. Cool in pans 10 minutes before removing to a wire rack; cool completely. Yield: 2 loaves.

This recipe is great. My daughter and niece tested it last summer and we all really enjoyed it. Andrew likes it best toasted. The rest of us like it best hot, right out of the oven with butter on it. We like to make different size loaves for gift-giving and just for fun. The dog even likes it. Once I had 8 small loaves cooling on racks on the table, and while I was moving the laundry, she ate 3 of them. It's also good as a dessert with whipped cream on it, either warm or cool. - *Cecile*

The Hastings Family Times™ Original & Local Word Search #10 by Dale Callahan, Age 14

R I A T G M I N D X L L Y E X I R F N J E M Z T B R H Y A U D E I L D T E P K B V U E F S U B M U L O C R F N K A N S A S A C T A V O M A H A P J T B G H R T H K N U H F T G C D E W S P R O S S E R K N V C I A I L I C E C T S G I M N D Y L S A H P S C	Allen's Alltel Ayr Columbus Edgar Fisher Hansen Hardy Harvard Kansas Lied MARC Minden Omaha Platte Prosser St. Cecilia TCBY ThermoKing UNK Village
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Volunteer Opportunities

The YWCA is looking for volunteers to help with Girl Power/Wise Guys seminar - Nov 10 & 11, the Middle School Canteen - Nov 15 - 8-10:30 pm (10 to 12 chaperones), at the YMCA - the Advent Breakfast - Dec 5 - 10 am, - and the Career Closet - help is needed sorting clothes.

For more information or to volunteer please call the YWCA at 462-8821.

The Golden Friendship Center is looking for Seniors, age 60 and over, who would like to be a friend to another Senior. If you are looking for new friends to visit, please call Charlotte at 463-4439.

Runza Supports Literacy

On November 5th, all the Runza stores are donating a percentage of their profits to local organizations promoting literacy. The three Hastings Runzas have chosen to donate to the Hastings Public Library. So Wednesday, Nov. 5, you can enjoy your favorite Runza food and help the Library at the same time.

Longfellow Fund Raiser

Longfellow Night at Famous Fillmore's - Nov 7 - 5 to 8 pm - Longfellow 1st Grade Classes will be your hosts, so come on out!

YWCA Establishes New Sign Fund

The YWCA has established a sign fund to purchase a new sign by June of 2004. Contributions are being accepted. Contact the YW at 462-8821

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