Personal trainer offers essay contest

DAVID OAKES
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Anticipating the New Year’s resolutions of people who hope to get into shape, Eudora personal trainer Angie Nyp plans to give three people a late Christmas present in the form of free weightlifting and nutritional counseling sessions.

In order to win, Eudorans are being asked to write an essay about why they want to get into shape and why they’re committed to it.

“I wanted to try to find someone who is really, truly motivated but just needs some help,” said Nyp, who has been a personal trainer for about seven years and has a bachelor’s degree in exercise science from Kansas University.

The program will feature both weightlifting and nutritional counseling, which Nyp said would get people living a healthy lifestyle.

“You cannot do weights alone unless your diet doesn’t change, which is impossible for most people because once you start exercising you become more hungry,” she said. “But there have also been studies done that say people who lose weight without exercising usually gain it back because exercise keeps the weight off.”

The grand-prize winner will receive three months of personal training and nutrition counseling plus a three-month membership to the Eudora Community Fitness Center. First prize is an eight-week boot camp, which means eight weeks of personal training and nutritional counseling plus a two-month membership to the fitness center. Second prize is a four-week fitness and nutrition makeover, which includes four weeks of personal training and nutritional counseling plus a one-month membership to the fitness center.

Essays are due Dec. 15 and the training will start Jan. 2.

Regardless of whether you win or lose the essay contest, Nyp said, one shouldn’t have a last hurrah with unhealthy foods in anticipation of a post-holiday diet. Instead, she suggested that people should eat sensibly.

“Don’t keep yourself from something you truly love, but don’t go overboard either,” Nyp said.

While some people are motivated to lose weight by everything from vanity to health concerns, Nyp said she especially enjoys instances when a client sees their quality of life improve. However, being a mother of three, she also understands why a woman would want to get back her pre-baby body.

“I’m more passionate about the healthy part of it because when you have someone who’s worked out for three months and they’re off of their high blood pressure medication, they’re off of their cholesterol medication — that is incredible. But I think it’s all about becoming healthier, so I understand both sides.”

She said she also wants to do a team weight-loss competition next fall.

If you want to enter:

Entrants must be at least 18 years old. Winners will be notified on Dec. 22 or Dec. 23, 2008. Send essays by Dec. 15, 2008 to:

My Fitness Adaptation: 2009 Resolution Essay Contest
1306 Chestnut Lane
Eudora, KS 66025

Send an email to angie@myfitnessadaptation.com or mail a request for a copy of the official rules to the address above.

Those interested in the competition are asked to write an essay entitled, “My 2009 Healthy Lifestyle Resolution.” Entrants are asked to explain what their resolution is and why they are committed to it now. Also include contact information.
Several weeks ago Ms. Leah Tolbert, music teacher, at Troy Grade School, placed an item in The Kansas Chief concerning her need for band instruments for her students.

Dr. M.L. Masterson, retired Md. in Troy, had a 1939 Conn Vocabell trombone for which he and his family no longer had need. He took the trombone to Ms. Tolbert, who examined it and stated, "I can't take this horn for grade school students, and probably not high school students, to use. It's too nice, and too expensive. I'd guess it's value at $500 to $800.

Dr. Masterson took his trombone to "Bass & Treble," music dealers in St. Joseph for appraisal. They agreed with Ms. Tolbert's opinion. They searched the internet and found only one similar instrument, in "fair" condition, for sale for $250. They recommended that this horn be insured for $800.

Dr. Masterson bought the trombone in the summer of 1939. A salesman with Jenkins Music Company in Kansas City, Mo., had been traveling to schools in southeast Kansas and southwest Missouri selling musical instruments and had this "demonstrator" trombone left, which he didn't want to take back to Kansas City. He stopped at the Louisburg, Ks. high school and showed the horn to Harl Palmer, LRHS music teacher, and offered to sell it for half price--$100 (in 1939.) Mr. Palmer talked to Roy Masterson, owner of Roy's Grocer, (Dr. Masterson was working for his father.) Mr. Masterson knew that his son's horn was old and needed repairing, so he said he would buy it if his son would pay half the price. The deal was closed, and Dr. Masterson repaid his father $5 weekly for ten weeks and had a new trombone.

Dr. Masterson used the new horn until he graduated from high school in 1941. That fall he enrolled in Kansas University, at Lawrence, Ks., in premed. He auditioned for, and was accepted for, the KU marching band. He played in the KU marching band in 1941-42, then enlisted in the Army Air Corps in 1943. He played in a number of small service bands--in Stillwater, Ok., Superior, Wi., and Salt Lake City, Utah, where he attended University of Utah College of Medicine. His daughter, Evelyn, played it in grade school and high school, and the Kansas State Lions Band, as well as Lions International Band in Los Angeles in 1965.

Evelyn (Rapport) is a Special Projects Editor, University Relations, at KU. She contacted Professor Martin Bergee, Professor and Coordinator, Music Education, who told her his department had only four trombones for instructing fine arts students, and needed ten or eleven.

On Saturday, Sept. 19th, Doctor and Alice, his wife, took the trombone to KU and gave it to Professor Bergee, who accepted it gratefully. He gave Dr. Masterson a letter stating that the instrument would be used by ten or twelve students each academic semester for an estimated twenty to thirty years.

Dr. Masterson and his family are pleased that the instrument will be properly used and cared for for a long period of time. Professor Bergee said every student who used it would know it's history, and that the case would be marked with his name.
At Annual Chamber Dinner
Member of KU Championship Team will speak

Brad Witherspoon, who played in high school for the Humboldt Cubs, and for the past two years for the KU Jayhawks, is this year’s featured speaker at the Neodesha Chamber of Commerce Dinner on Wednesday, Nov. 12.

Witherspoon, now a fifth year senior at KU, tried out in both 2004 and 2005 for the team, however no walk-ons were named. But, instead of letting the situation bother him, Witherspoon used it as motivation, spending every available minute with a basketball in his hands. His hard work paid off in the fall of 2006, when Assistant Coach Tim Jankovich called to tell him he’d made it.

During the two years he was a member of the KU basketball team, he would often receive calls from “Coach Manning” and has stories about the team that bring laughter and some that bring tears. But through it all ... well, he’ll tell all about it when he’s at the podium.

The event, billed as “Chicken with a Hawk,” is ‘tailgating casual’ and everyone is invited to wear their favorite team t-shirts or game attire, even if it’s not crimson and blue. (Anyone wearing the colors of Mizou, however, will be seated in the back of the room.)

The gourmet chicken buffet will feature specialties from both Lou’s Smokehouse and Miss Emma’s. The dessert will be by Tilly’s. Serving will begin at 6:30 at the NHS Cafetera with the program following at 7:15 in the NHS Auditorium.

In addition to the featured speaker, the evening will also include songs by the NHS Select Choir and the announcement of both the Business of the Year and the Volunteer of the Year recipients.

Tickets for adults and children are $20 each or $200 for a table of 10 seats. Remaining tickets are available at The Derrick, 502 Main.

Persons from out-of-town wishing to purchase a ticket may call The Derrick at 325-3000 to reserve a ticket in their name and pick their ticket up at the door.
On Saturday, Nov. 15, the University of Kansas will honor recipients of its most prestigious scholarships during halftime of the KU v Texas game in Memorial Stadium.

More than 680 undergraduates are recipients of one of six top scholarships offered at KU: National Merit, National Achievement, National Hispanic, Perfect Achievement, Summerfield and the Watkins-Berger.

Included on the list is Megan A Fowler, daughter of Doug and Nina Fowler of Fredonia. She is a junior chemistry major and is a Watkins-Berger Scholar.

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Three local students are Summerfield Scholars: Marc Thomas Roth of Rossville, and Brian Christopher Hill and Nicolas Scott Miller, both of Silver Lake.

Roth, son of Gary and Tina Roth, is a biochemistry sophomore. Hill, son of Cynthia and Michael Hill, is a business management sophomore. Miller, son of Laura Miller, is a classical languages sophomore.

Solon E. Summerfield scholarships for men and the Elizabeth M. Watkins-Berger scholarships for women are awarded to top students graduating from Kansas high schools in recognition of outstanding academic achievements, community service and leadership. Summerfield scholarships are funded through an endowment established in 1929.

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“Taking our most outstanding student scholars out on the football field at halftime is one of my favorite events of the year,” Hemenway said. “It allows KU to introduce our most talented students to a broad audience and it gives our top scholars an opportunity to be recognized for their accomplishments in a unique setting.”
Brian D. Martinek of Silver Lake, son of Ron and Diane Martinek, is among the new Rice scholars at the University of Kansas. He earned his undergraduate degree from Arizona State University.

The prestigious Rice Scholar program offers full tuition scholarships to Kansas residents who have outstanding academic records and proven leadership ability.

Faculty members select Rice scholars from the pool of first-year law students based on merit, as evidenced by undergraduate academic achievement, Law School Admission Test score and record of leadership. The scholarship is renewable in the students' second and third years of law school if they maintain a minimum grade point average.

Trustees of the Ethel and Raymond F. Rice Foundation and former dean Martin Dickinson created the Rice Scholar Program in 1979 to honor the Rices and pay tribute to Raymond Rice’s dedication to scholarship, the legal profession and the KU School of Law. Since then, 145 outstanding Kansans have become Rice scholars.
Higher education faces substantial period of financial problems

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mericans have a tendency to consider higher education operations fairly recession-proof. Locally, we see how Kansas University continues to operate year after year and take for granted that KU and all other schools will weather whatever economic challenges come their way. However, current economic conditions will pose some serious challenges.

The latest survey from the national College Board indicated there would be relatively modest increases in the tuition and fees for the 2008-09 academic year. Rates were expected to rise 1-3 percent above inflation — which at the time seemed fairly reasonable. However, such data was compiled before the past June and does not reflect the economic difficulties now at hand.

The bottom line, according to the agency, is that college students and families face sharp tuition hikes and declining financial aid because of a widening downturn in our economy. Enrollment figures for the coming spring and fall semesters will be quite revealing.

At Kansas University, the guaranteed four-year tuition locked in by freshmen for the last two years may start to look like a bargain. On the other hand, given the significant tuition increases by Kansas universities in the last decade, additional increases may result in enrollment declines.

According to a Washington Post article published in Thursday's Journal-World, “State governments struggling to balance budgets at a time of plummeting tax revenue are beginning to slash appropriations to postsecondary institutions. Private schools are also being squeezed as their endowments wither in the stock market and donors grow more cautious with their giving.”

The article also quoted ACE president Molly Corbett on the trend. “I am concerned that we are entering a period — as we did following the recession of the late 1980s and early 1990s — when we will see a sharp spike in tuition prices at both public and private institutions,” she said. “Presidents and boards of trustees are reluctant to increase tuition but they will likely have little choice.”

At least 17 states already have announced funding cuts to their university systems, Broad says. State universities in Kansas have been told to prepare budget options that include funding reductions.

Colleges and universities, particularly the public ones, constantly are appealing to legislatures and private donors to provide more funding to meet growing needs. Even solid endowment programs such as that at Kansas University have seen their portfolios take alarming nosedives. The situation is not likely to improve for some time. Higher education is faced with a major belt-tightening period like most every other aspect of our financial structure:

KU and its colleagues may be more recession-proof than many parts of our society, but in times like these it, too, has to face up to a lengthening period of austerity.
GBHS inducts first hall of fame members

By DALE HOGG

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For the first inductees into the Great Bend High School Hall of Fame, the selection committee set some pretty tough standards. The elite, three-member class includes an Olympic champion, a Nobel Prize winner and a globe-trotting entrepreneur.

Chosen were basketball standout and GBHS coach John Keller, micro-chip inventor and GBHS grad Jack Kilby, and JanSport founder and GBHS alum Skip Yowell. “We set the bar pretty high,” said David Meter, high school activity director.

There will be a luncheon honoring the recipients, of whom only Yowell is living, on red. 29 at the Highland Hotel and Convention Center. There will be an induction ceremony that night during the Great Bend/Dodge City game, with a reception following.

“In time, those worthy will be inducted,” Meter said. The committee is made up of administrators, teachers, School Board representatives and local residents. Nominees must be students, teachers or community members who have made a significant contribution to community or country.

**John Keller**

A graduate of Page City High School, Keller moved to Great Bend fresh out of the University of Kansas in 1952. He taught and coached basketball at GBHS and Harrison Junior High School.

**HALL OF FAME**

continued on A14
Hall of fame

Continued from Page A1

Prior to that, he attended Garden City Junior College before transferring to KU. While at KU, he was part of the 1952 national champion basketball team. That year, he was also on the Olympic gold medal-winning basketball team in Helsinki, Finland. He went on to be inducted into the KU Hall of Fame. He died in October 2000 at the age of 71.

Jack Kilby

Kilby, a 2000 Nobel Laureate in Physics, lived in Great Bend and graduated from Great Bend High School in 1941. His invention of the integrated circuit in 1958 while working for Texas Instruments is the genius behind nearly every electronic product used today. Kilby died in June 2005 at the age of 81.

Skip Yowell

Yowell is a 1964 graduate of GBHS. He earned a degree in engineering and, along with cousin Murry Pletz and Pletz’s girlfriend Jan Lewis, formed JanSport, an outdoor outfitting company, in Washington state. They are credited with inventing the adjustable aluminum backpack frame and dome tent. He travels the nation and world using and promoting the products.
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KU currently enrolls:
- 205 National Merit scholars
- 20 National Hispanic scholars
- 9 National Achievement scholars
- 4 Perfect Achievement scholars
- 220 Watkins-Berger scholars
- 228 Summerfield scholars.

The National Merit scholarship is widely regarded as the most prestigious national award bestowed upon high school seniors. Fewer than 10,000 students of the 1.2 million who compete for the award, or less than 1 percent, receive National Merit scholarships. Recipients are chosen based on their academic abilities and records and extracurricular activities.

The National Hispanic scholars and National Achievement scholars programs are the nation’s most prestigious competitive scholarships for minority students. National Achievement scholarships are provided through the National Merit Scholarship Corp. in Evanston, Ill. National Hispanic scholarships are coordinated through the National Hispanic Recognition Program, through the College Board offices in New York City.

Solon E. Summerfield scholarships for men and the Elizabeth M. Watkins-Emily Berger scholarships for women are awarded to top students graduating from Kansas high schools in recognition of outstanding academic achievements, community service and leadership. Summerfield scholarships are funded through an endowment established in 1929. Watkins-Berger scholarships were first established in 1943. KU established the Perfect Achievement Scholarship in 2004 for Kansas high school graduates who have achieved perfect scores on college entrance exams. The scholarship was first offered in 2005.

The renewable scholarship provides full tuition for up to four years and housing in a traditional residence hall with a full meal package and an allowance for books. To be eligible Kansas high school graduates must achieve the top score of 36 on the ACT or 1,600 on the SAT and must choose KU right after high school graduation and remain enrolled at KU.

The scholars are listed online by their hometown, their name, their level in school, major, parents’ names and high schools, when available, and by their scholarship.

Area students honored include:

**Great Bend**
- Casey Ryan Bleeker, son of Harry Bleeker.
- Biochemistry BS, Senior Summerfield Scholar, Great Bend High School
- Jessica Lindsey Brozek, daughter of Jeffrey and Rhonda Brozek.
- Biochemistry BA, Senior National Merit Scholar, Great Bend High School
- Matthew Ray Elliott, son of Brian and Mary Elliott.
- Fine Arts/Music BA, Sophomore Summerfield Scholar, Great Bend High School
- Justin Tyler Moyers, son of Randy and Lorrie Moyers.
- Chemistry BS, Junior Summerfield Scholar, Great Bend High School
- Blair Anthony Yount, son of Scott and Michelle Yount.
- Chemical Engineering BS, Freshman Summerfield Scholar, Great Bend High School

**Hoisington**
- Tanner T Polzin, son of Patricia and Duane Polzin.
- Electrical Engineering BS, Senior Summerfield Scholar, Hoisington High School

**Ellsworth**
- Jacob Michael Olson, son of Michael and Dawn Olson.
- Computer Engineering BS, Senior Summerfield Scholar, Ellsworth High School
- Kyle W West, son of Kristi and Randy West.
- Marketing BSB, Junior, Summerfield Scholar, Ellsworth High School
- Ryan William West, son of Randy and Kristi West.
- Business Administration BSB, Freshman, Summerfield Scholar, Ellsworth High School

**Wilson**
- Computer Science BS, Junior, Summerfield Scholar, Wilson High School

**Ransom**
- Arnold Shawn Adam Giess, son of Rod and Marcia Giess.
- Pharmacy PD Prof 1, Summerfield Scholar, Ransom High School

**Ness City**
Julie Elisabeth Keeton
daughter of Russell and
Kristol King Pharmacy PD
Senior Watkins-Berger
Scholar Ness City High
School Ness City

Sterling

Joseph William
Stromberg, son of Wallace
and Jill Stromberg,
Biochemistry BA, Freshman,
Summerfield Scholar,
Sterling High School