

## At a Glance

### Big band dance

WAYNE - The Wayne State College Jazz Band and Dixieland Band will be holding a Big Band Dance at the Wayne City Auditorium Saturday, Nov. 16 from 8-11 p.m.

The cost for admission is \$3 per person or \$5 per couple.

### Popcorn sales

WAYNE - Members of Wayne Cub Scout Pack 174 will begin taking orders for popcorn Friday, Nov. 15 as an official scout fund raising activity.

Popcorn orders will be taken through Nov. 30, with delivery of the product by Dec. 15. Payment will be received when the popcorn is delivered.

A spokesman for the scouts said three types of popcorn will be available — a 3.5 pound bucket of raw popcorn, a box of microwave popcorn or a tin of caramel corn.

Funds raised will go to support the cub scouting program, both locally and district-wide.

For more information, or to purchase orders in the event you're missed, contact Carol Niemann at 375-1675.

### Date change

WAYNE - The varsity band and the middle school concert band concert originally scheduled for Tuesday, Nov. 19 in the high school lecture hall has been rescheduled for Tuesday, Nov. 26 at 7:30 p.m. in Ramsey Theatre on the Wayne State College campus.

### Paper drive

WAYNE - The Boy Scouts will be conducting their monthly paper drive Saturday, Nov. 16.

The Scouts ask that all newspapers be bundled on and on the curb by 8 a.m. They will also be picking up aluminum cans.

### Weather



Andrew Beckmann, Age 7  
District 25, Wayne County  
Extended Weather Forecast:  
Chance of rain and snow on Thursday into Friday night, then dry Saturday and Sunday. Highs in the 40s with lows in the 20s.

## Subscription renewals are now due

AREA - Wayne Herald subscribers who receive their subscriptions by mail are reminded that renewal payments are due Nov. 25.

Customers who previously received subscription renewal notices by mail will not receive a notice in the mail. This is the first of two renewal reminders subscribers will see printed in The Wayne Herald during November.

Customers who receive their newspaper by mail can find out when their subscription runs out by locating the date next to their name on the white address label on the newspaper. For instance, if the renewal date appears: John Doe, Dec. 1, 1991, it means that your subscription runs out with the last newspaper date in October, which is Tuesday, Nov. 26.

Subscription prices are as follows: in Wayne, Pierce, Cedar, Dixon, Thurston, Cuming, Stanton and Madison Counties, \$25 per year, \$20 for six months; in-state, \$28 per year, \$22.50 for six months; out-of-state, \$34 per year, \$27.50 for six months.

To avoid missing any issues, customers are asked to pay by Nov. 25.

For more information about subscriptions, contact The Wayne Herald at 375-2600 or toll-free at 1-800-672-3418.



Photography: Barry Dahlkoetter

## Sounds from Vienna

ON MONDAY, members of the Vienna Choir Boys performed for an audience at Wayne State College. The performance was a one night deal in Wayne.

## New facility consumes talks

By LaVon Anderson  
Assistant Editor

Discussion of the new Educational Service Unit One (ESU 1) facility to be constructed in Wayne occupied a majority of time during Tuesday night's regular monthly meeting of the ESU 1 board of directors at headquarters in Wakefield.

ESU 1 Administrator Rod Garwood told members that closing is expected to take place this month and received unanimous approval from the board to cut a check from the building fund in the amount of \$25,624.54.

Prior to the meeting, board members met with representatives of the architectural firm of Dana, Larson and Roubal of Omaha to review plans for the facility which will house the Wayne Children's Development Center and the Wayne Learning Center.

Discussion during the meeting focused on how to finance the project, which is projected to cost nearly \$500,000, and what to do

with the building which presently houses the Wayne Learning Center and is owned by ESU 1 on the east edge of Wayne.

"THERE ARE three things we need to try and decide tonight," said Garwood. "How much financing? What time frame are we looking at? And what mechanism do we want to use to get the money?"

Discussion Tuesday night included setting up a non-profit corporation to issue tax free bonds amounting to \$200,000, with the ESU 1 general fund kicking in \$300,000.

Garwood said the bonds could be serviced with the two programs over a period of 15 years, with each program being charged approximately \$900 per month.

"You realize I'm talking in generalities because I don't know what the total cost will be," said Garwood. "We could also make a larger contribution from the general fund, but I don't want to do that because we may have other projects down the road."

Board President Ken Lahrs also presented information he obtained from several lending agencies and member Brian Newton asked the board to consider the possibility of borrowing the entire \$500,000 needed for the project at a reasonable rate of interest.

Board members took no action Tuesday night and instructed the executive committee to study the various options and come back with a recommendation.

GARWOOD also informed the board Tuesday night that he has been approached by an agency interested in leasing the present Wayne Learning Center.

"I'm not sure we want to put ourselves in that position," said Garwood, adding that he feels the agency should be approached to purchase the site.

Board member John Post said he would be interested in approaching it as a possible lease-purchase situation.

See TALKS, page 8A

## City council votes against Sunday sales

By Mark Crist  
Managing Editor

It appears that any sentiment members of Wayne's city council had toward changing the city's laws to allow liquor sales on Sunday may be vanishing.

At Tuesday night's meeting, the council voted 4-3 to not amend the city laws pertaining to liquor sales on Sunday. With the vote, the measure is required by law to go on to a third reading, but Tuesday's roll call indicates council members are opposed to it.

Voting against changing the ordinance were council members Stanley Hansen, Darrel Heier, Pat Prather and Jane O'Leary. At a meeting two weeks ago, Councilman Ralph Barclay also voted against the proposed change but he was not in attendance at Tuesday's meeting. Hansen and Prather changed their votes from the first reading.

THE PROPOSAL the city council faces deals with extending Sunday hours for liquor on-sale and off-sale purchases. The proposed change in the ordinance was requested by local lounge and bar owners, since a new provision in Nebraska law leaves the matter in the hands of local governing bodies.

By state law, on-sale and off-sale liquor can be sold from noon to 1 a.m. Under the current city provisions, off-sale liquor is prohibited on Sundays and on-sale is permissible from 6 p.m. to 1 a.m.,

except for non-profit organizations, which can sell on-sale liquor from noon to 1 a.m.

Councilman Darrel Heier, who voted against changing the ordinance, said the primary complaints he's hearing deals with the off-sale clause.

The proposed ordinance would also change off-sale beer and wine. Currently, beer and wine can be sold starting at noon but the proposed ordinance would permit sales from 6 a.m. to 1 a.m., as permitted by state law.

IN OTHER matters, the council:

- Set a public hearing date on a request for a zoning amendment by Geno's owner Gene Claussen. The hearing will be held at the Nov. 26 meeting. The request for changing the zoning laws was denied 4-3 by the Wayne Planning Commission.

- Approved the 1992-93 electric distribution improvement plan proposed by the city's utilities department. The plan calls for placing underground wires in the southwest quadrant of the city, while upgrading of the system. The cost of the project will be \$325,000. City Administrator Joe Salitros said \$230,000 has been budgeted in this year's budget for the project. The project will begin in the summer of 1992 and will be complete in the fall of 1993.

- Upgraded salary schedules in three areas: heavy equipment op-

See SALES, page 8A

## Board OKs contracts, ponders new policy

By Mark Crist  
Managing Editor

Teachers in the Wayne Community Schools may want to pay close attention to Tuesday's school board meeting.

That's because the school board is eyeing a proposed sexual harassment policy, which could result in severe penalties if sexual harassment allegations are made against any teacher in the district and that teacher is found guilty.

Also, the school board ratified the 1991-92 salary schedule for teachers, which means more money in their next paycheck. It also means teachers in the Wayne Community Schools will get some back pay, since the agreement is retroactive to Sept. 1, 1991.

UNDER THE agreement, the base salary for teachers is \$17,250, an increase of \$475 over the 1990-91 salary schedule. This means each teacher in the district will be receiving an additional \$475 in their years' salary.

In addition to the salary agreement, there are other agreements in the negotiations settlement agreed upon by the Wayne School Board and the Wayne Education Association.

Under the agreement, extra duty schedule modifications will remain as printed, faculty members will receive full premium health insurance for family/single coverage, employees will receive single dental insurance, life insurance will re-

See POLICY, page 8A

## Two escape JDC, authorities quick to nab youth

Four days after the Wayne County Commissioners gave the Wayne County Juvenile Detention Center a time extension to make the facility secure, two juveniles staged an escape.

Around 1:30 p.m. Saturday, Nov. 9, two male juveniles fled the Wayne County Juvenile Detention Center by tearing open a previously boarded up area in the non-secure portion of the housing unit.

According to Wayne County

Sheriff LeRoy Janssen, after the youths broke out the boarded opening, they exited over the northwest corner of the exercise yard where the razor-wire fence meets the facility.

At a meeting last week, the Wayne County Commissioners voted 2-1 to give the JDC until Jan. 1 to become secure or face possible closure.

THE WAYNE County Sheriff added that the escape was staged

in a similar manner to an escape Oct. 11, when six youths got out of the facility. This is the fourth escape attempt since July.

Janssen said one of the youths was immediately apprehended by on-duty staff. He said the youth was apprehended in the park area of the Wayne County Courthouse, near the JDC.

At the time of the escape, two JDC employees were on duty.

The second youth remained at

large for several hours before being apprehended by authorities from the Stanton County Sheriff's office. The second youth was taken into custody at an undisclosed location south of Pilger.

THE 17-YEAR-OLD Iowa youth, who was immediately apprehended, was being held at the JDC on charges of being a runaway. The other 17-year-old was from Columbus and was being detained at the JDC with charges of being a

runaway, theft, writing bad checks and criminal trespass.

The names of the youths are being withheld due to their ages.

Following the escape, Janssen said it was determined by the JDC staff and Wayne County Sheriff's authorities that the escape was pre-planned.

Investigation reports over the escape have been given to the Wayne County Attorney's office for review.

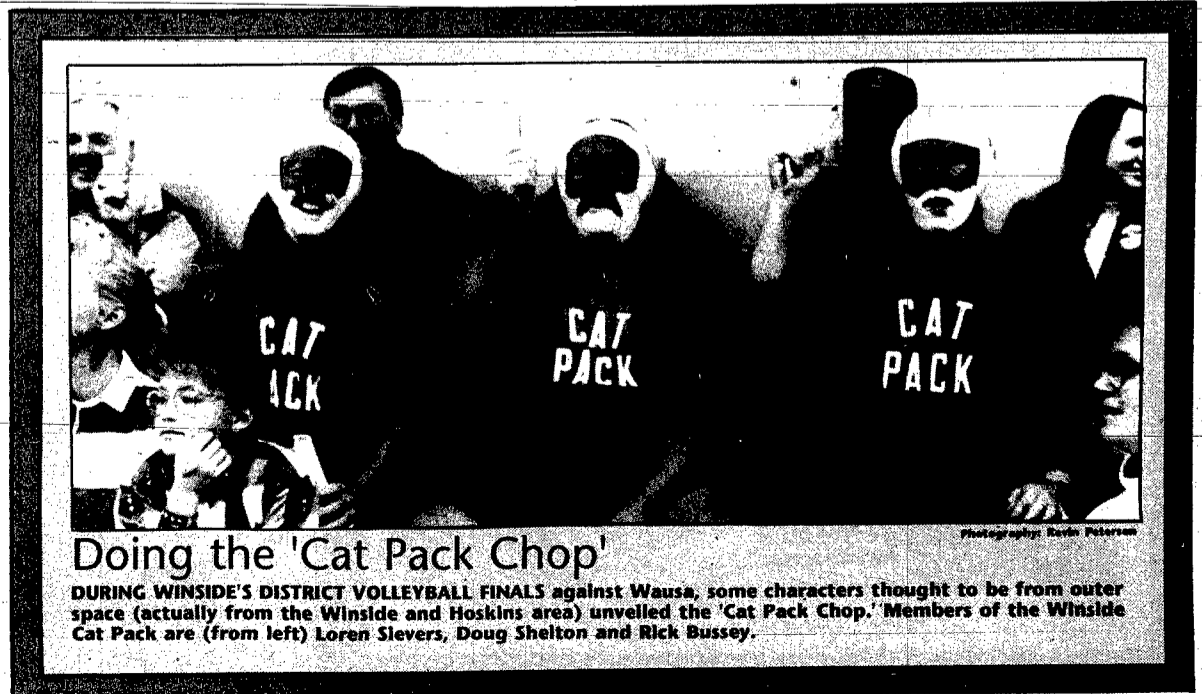
## College plans for Menard to speak

WAYNE - Dr. Orville D. Menard, national president of the Pi Gamma Mu Board of Trustees, will give the keynote address during the "Winds of Change" conference at Wayne State College Friday and Saturday, Nov. 15-16.

Dr. Menard will speak during the dinner Friday evening.

This conference covers the sweeping changes occurring through the global community and in various areas of study. Conference sessions include student paper presentations, chapter development roundtables and a national issues forum.

The conference is being co-sponsored by the Wayne State chapter of Pi Gamma Mu and the University of Nebraska-Omaha.



## Doing the 'Cat Pack Chop'

DURING WINSIDE'S DISTRICT VOLLEYBALL FINALS against Wausa, some characters thought to be from outer space (actually from the Winside and Hoskins area) unveiled the 'Cat Pack Chop.' Members of the Winside Cat Pack are (from left) Loren Slevers, Doug Shelton and Rick Bussey.

Photography: Devin Peterson

## Children's Book Week to include story time

Wayne Public Library will celebrate Children's Book Week, Nov. 11-17, by hosting a story time on Saturday, Nov. 16. Children ages three to six are invited to attend story time from 10:30 to 11:15 a.m. at the library.

## Briefly Speaking

### PAL bake sale scheduled

WAYNE - The People Are Loved (PAL) group will sponsor a bake sale on Saturday, Nov. 16 at Kid's Closet in Wayne. The public is invited to visit the bake sale between the hours of 10 a.m. and 2 p.m.

The Nov. 7 PAL meeting was hosted by Cardinal Key and Blue Key, with approximately 70 persons attending. Activities included making butter and Indian headbands, watching a Thanksgiving film and playing bingo. Five door prizes were given and refreshments served.

The next PAL meeting will be a Spanish Christmas party on Dec. 3 and will be hosted by the Wayne-Carroll High School Spanish Club.

### Dorothy Mau hosts Cuzins'

WAYNE - Cuzins' Club met in the home of Dorothy Mau on Nov. 7 with prizes in 500 going to Ruby Moseman, Faye Dunklau and Doris Lutt.

The club's next meeting is scheduled Dec. 5 at the Black Knight at 12:30 p.m.

### WCC hosting soup, pie supper

WAYNE - The resident council of Wayne Care Centre invites the public to attend a soup and pie supper tonight (Thursday) from 6 to 8 p.m. at the care centre. The event will include the sale of art and craft items made by residents.

Cost for the supper is \$2.50 per person. Families are encouraged to bring a pie in a disposable container, with one free admission to the supper for each pie donated.

### Open house at Wakefield Senior Center

WAKEFIELD - The Wakefield Senior Center will mark its 10th anniversary with an open house on Sunday, Nov. 17 from 2 to 4 p.m., with a program scheduled at 2:30. The center is located at 403 Johnson St. in the old high school building.

### Questers plan Christmas potluck

WAYNE - The Confusable Collectables Questers Club will meet for a potluck Christmas dinner on Dec. 9 at 7 p.m. in the home of Nana Peterson. Those attending are asked to present a poem or story of a Christmas past.

Hallie Sherry hosted the Nov. 4 Questers meeting with Donna Liska as a guest. Roll call was "Harvest Time - Then and Now." The business meeting was conducted by President Loreene Gildersleeve and included discussion on promoting active membership in the Wayne County Historical Society.

President Gildersleeve reported on a recent meeting in Lincoln where preparations were made for the international convention to be held there in May 1992.

Helen Goblirsch presented the lesson on the warmth, beauty and care of handcrafted wooden ware which complimented country kitchens prior to factory made pottery and metal ware.

### Homemakers elect officers

WAYNE - Logan Homemakers Club met Nov. 7 in the home of Jean Penlerick and elected officers, including Elenora Heithold, president; Phyllis Nolte, vice president; and Jean Penlerick, secretary-treasurer.

All members were present and responded to roll call with a winter project they plan to accomplish. Alma Weiershauser read "Hurry the Bus" and "The Mouse Gets Caught." Pitch was played and prizes were won by Alma Weiershauser and Eleanor Rauss.

Members and guests will meet for a Christmas party on Dec. 6 at 7:30 p.m. at the Black Knight. There will be no regular December meeting.

### Winside honor roll correction

WINSIDE - Information provided to The Wayne Herald regarding the first quarter honor roll at Winside High School incorrectly listed Catherine Bussey, a sophomore, as receiving honorable mention.

Bussey should have appeared on the list of honor roll students, not honorable mention, for the first quarter of the 1991-92 school year.

## Baptisms

### Carly Michelle Anderson

HOSKINS - Baptismal services for Carly Michelle Anderson, daughter of Mr. and Mrs. Larry Anderson of Hoskins, were conducted Nov. 10 during worship services at Trinity Lutheran Church in Hoskins.

The Rev. James Nelson officiated, and sponsors were Mr. and Mrs. Arlin Kittle.

Dinner guests afterward in the Anderson home included grandparents Mr. and Mrs. Orville Anderson of Hoskins, along with Mr. and Mrs. Arlin Kittle and family of Winside, Mr. and Mrs. Dave Papstein and family, Mr. and Mrs. Rick Anderson and family and Traci Anderson of Norfolk, and Randy Anderson of Hoskins.

# Loralee Jensen bride of Steven Stock in rites at Winside Lutheran Church

Making their home at 6205 Ballard, in Lincoln, are Mr. and Mrs. Steven Stock, who were united in marriage on Oct. 26 at St. Paul's Lutheran Church in Winside.

Mrs. Stock is the former Loralee Jensen, daughter of Norm and Mary Jensen of Winside. She graduated from Winside High School in 1988 and attended the University of Nebraska-Lincoln for two years. She is a member of the Air National Guard and is employed at Madonna Rehabilitation Hospital.

The bridegroom, son of Wayne and Sharon Stock of Murdock, graduated from Murdock High School in 1986. He also is a member of the Air National Guard and is employed by Town and Country Masonry.

THE REV. Jeffrey Lee of Winside officiated at the couple's double ring ceremony at 5 p.m.

Decorations included round candelabras with rufurum lilies, white mums, pink alstromeria, fuchsia mini carnations, purple statice, delphiniums and fuchsia bows, and a unity candle holder with greenery and a fuchsia bow.

Rhonda Bruns of Lincoln was seated at the guest book, and ushers were Mark Harms of Hooper, Brad Stava of Ames, Iowa, Jon Steckelberg of Omaha and Dan Highfield of Elmwood.

Lighting candles were Andrew Jensen of Winside, brother of the bride, and Nicholas Morfeld of Pilger, and distributing programs were Dave and Barb Livers of Murdock.

Wedding music included "Lord When You Came as Welcome Guest," "Wedding Song," "Author of Love," "God, a Woman and a Man" and "The Lord's Prayer." Vocalists were Colleen Jeffries of Wayne and Heidi Bonsall of Carroll, and organist was Bonnie Hansen of Carroll.

SERVING AS honor attendants for the couple were Missy Harms of Hooper, sister of the bride, and John Bruns of Elmwood, brother of the bridegroom.

Bridesmaids were Julie McVeigh of Lincoln, Shari Peterson of Norfolk and Tamara Stock of Murdock,

sister of the bridegroom.

Groomsmen were Robert Bruns of Lincoln, brother of the bridegroom, Larry Powley of Champlin, Minn., and Andrew Stock of Murdock, also a brother of the bridegroom.

Flower girl was Alicia Harms of Hooper and ring bearer was Levi Rohde of Denver, Colo.

ON HER wedding day, the bride was given in marriage by her father and chose a white taffeta gown accented with simulated pearls and sequins and featuring a semi cathedral train.

The dress was designed with a V-neckline with sheer illusion and a fitted bodice with the waistline forming a point. The skirt featured tiers of taffeta and lace and was gathered up at each seamline with bows. The back of the dress was highlighted with tiny covered buttons and a self-fabric bow below the waist.

Her fingertip veil and blusher of Chantilly lace with pencil edging was attached to a headpiece of silk flowers accented with satin ribbon and sprigs of pearls.

The bride carried a cascade of minuet roses, rufurum lilies and pink alstromeria with purple statice and pearls.

THE BRIDE'S attendants were gowned in floor-length fuchsia dresses fashioned by the bride's mother and sisters.

The gowns were of satin charmeuse and Julia satin lace, fashioned with fitted bodices which formed points at the waistlines, low front and back necklines and lace elbow-length sleeves with self-fabric bows. The underskirts featured gathered lace at the bottom and the overskirts were gathered up at the seamlines with self-fabric bows.

Their hairpieces were made by the bride's mother and were designed of light pink silk flowers and pearls with mini carnations. Each carried a hand bouquet of rufurum lilies, minuet roses and white alstromeria with purple statice, greenery, ribbons and pearls.

The bridegroom was attired in a black tuxedo with a white bow tie and vest, and his attendants wore



Mr. and Mrs. Steven Stock

black tuxedos with fuchsia bow ties and cummerbunds. Their boutonnières were of minuet roses and purple statice.

The bride's mother designed her dress of cream polyester and lace in street length. The bridegroom's mother wore a black dress, also in street length, with a fuchsia brocade jacket.

DAN AND Val Morfeld of Pilger and Carl and Vona Ulm of Lincoln greeted the 300 guests who attended a reception afterward in the Winside auditorium. Arranging gifts was Carol Bruggler of Winside. Gift carriers were Marcus Morfeld of Pilger, Emilee and Eric Peterson of

Norfolk, Amanda Ulm of Lincoln and Kelly Miller of Omaha.

The wedding cake was cut and served by Donna Nielsen of Pierce, Carol Jensen of Norfolk and Sheryl Ohlkerking of Elmwood. Marcia Steckelberg of Missouri Valley, Iowa and Vicki Callaway of Elmwood poured, and Phyllis Reed of Norfolk and Sandra Leroy of Elmwood served punch.

Waitresses were Lynne Steckelberg of Missouri Valley, Iowa, Debbie Reed of Norfolk, Danessa and Dawna Nielsen of Pierce, Megan Morfeld of Pilger, Casey Miller and Nicki Miller of Omaha, and Jamie Woods of Lincoln.

## Honor roll students named at Wayne Middle School

Several seventh and eighth grade students at Wayne Middle School have been listed to the honor roll for the first nine weeks of school.

Eighth graders receiving four A's include Sandy Burbach, Amy Dickinson, Erin Granberg, Kristine Kopperud, Krissy Lubberstedt, Krista Magnuson, Brett Otte, Jenny Reinhardt, Tisha Rothfuss and Kari Schindler.

Eighth graders receiving two A's and no D's were Matt Carner, Krissy Hadcock, Tom Hansen, Missy Heikes, Ryan Jünck, Beth Meyer, Cherie Nath, Kim Nolte, Scott Olson, Carl Samuelson, Gunnar Spethman, Nate Wattier and Erik Wiseman.

Receiving one A and no D's or 4 B's in the eighth grade class were Brian Campbell, Adam Diediker, Steve Echtenkamp, Amy Guill,

### Card shower for Hilda Ruwe

A card shower is planned for Hilda Ruwe, who will observe her 93rd birthday on Nov. 20. Cards and letters will reach her if addressed to Rt. 2, Box 164, Wayne, Neb., 68787.

Mike Imdieke, Corinne Langenfeld, Lyle Lutt, Brandon Novak, Andy Rise, Alex Salmon, Scott Sievers, Spencer Stednitz, Erica Stoltenberg and Andy Witkowski.

SEVENTH graders receiving four A's include Rachel Blaser, Rochelle Carman, Piyali Dalal, Jessica Ford, Nick Hagmann, Jolene Jager, Kurtis Keller, Katie Lutt, Sarah Metzler and Melissa Weber.

Seventh graders receiving two A's and no D's were Lori Dickinson, Terry Hamer, Dalene Johnson, Liz Lindau, Natasha Lipp, Kellie Lubberstedt, Trever Luther, Tina Nelson, Jeremiah Rethwisch, Peter Taber, Rachel Walton, Crystal Webb, Kari Wetterberg, Katy Wilson, Anne Wiseman and Matt Youngmeyer.

Receiving one A and no D's or 4 B's in the seventh grade class were Paul Blumenkamp, Carrie Hampton, Mandi Hank, Tony Hansen, Jeremy Lutt, Katie McCue, Neil Munson and Paul Zulkosky.

## Community Calendar

### THURSDAY, NOVEMBER 14

Wayne PEO Chapter ID, Pat Arneson T and C Club, Edna Baier, 2 p.m. Wayne County Women of Today, Columbus Federal meeting room, 7:30 p.m.

### SATURDAY, NOVEMBER 16

People Are Loved (PAL) bake sale, Kid's Closet, 10 a.m. to 2 p.m.

### SUNDAY, NOVEMBER 17

Alcoholics Anonymous, Fire Hall, second floor, 8:30 a.m. Alateen, City Hall, Al-Anon room, 7:30 p.m.

### MONDAY, NOVEMBER 18

Acme Club, Mary Doescher, 2 p.m. 3 M's Home Extension Club, Delpha Keiser, 7:30 p.m. Wayne Eagles Auxiliary 3757, 8 p.m.

### TUESDAY, NOVEMBER 19

Wayne Business and Professional Women's Club Sunrise Toastmasters Club, City Hall, 6:30 a.m. Progressive Homemakers Club, Leona Hagemann, 2 p.m. Villa Wayne Tenants Club weekly meeting, 2 p.m. Tops 782, St. Paul's Lutheran Church, 6 p.m. Wayne PEO Chapter AZ, Jean Blumenkamp, 7:30 p.m.

### WEDNESDAY, NOVEMBER 20

Job Training of Greater Nebraska representative at Chamber office, 10 a.m. to noon Pleasant Valley Club covered dish luncheon, Ruth Fleer, noon Alcoholics Anonymous, Wayne State College Student Center, noon Tops 200, West Elementary School, 6:30 p.m. Alcoholics Anonymous, Fire Hall, second floor, 8 p.m. Al-Anon, City Hall, second floor, 8 p.m.

### THURSDAY, NOVEMBER 21

Wayne County immunization clinic sponsored by Goldenrod Hills, Providence Medical Center, 1:30 to 3:30 p.m. Girl Scout leaders, First United Methodist Church, 7 p.m.

## — REAL ESTATE UPDATE —

INCOME PROPERTY or nice single family home. Presently 1 bdrm - 2 bdrm units, natural woodwork, well kept. \$28,500

Bressler Park location on this 1 1/2 story featuring 4 bdrms, 2 baths, FD, sunken LR w/fireplace, 2-car garage & landscaped yard.

2 - 1 bdrm, split foyer, FR, Cathedral Ceilings, 2 bath, 2-car attached garage in Main Acres. \$48,500

TWO 1.2 ACRE LOTS in South West part of Wayne for residential development - \$8,000 ea.-

Low maintenance, stone exterior 2 + 3 bdrm ranch w/2 baths, fireplace, 2-car garage, near park and pool. \$69,500

COMMERCIAL: nearly 4,500 sq. ft. finished on level w/ample parking in downtown Wayne.....\$55,000

Large 3 - 1 bdrm, full + msr, oak kitchen, family room, 2-car attached garage, country setting w/neighborhood advantages. \$79,500

### FARMS FOR SALE

**PIERCE COUNTY 320**  
Bare land located near Osmond. Take a look. Pivots all around. \$625 per acre.

**DAKOTA COUNTY 140**  
Located near Hubbard. Cash rents for over \$65.00 per acre. \$550 per acre buys it!

**OAKLAND NE. AREA**  
Burt County 80 and 100. Moderately rolling upland ready to farm. \$1,125 per acre buys it!

**PENDER 80**  
Located near Pender. Bare land - all tillable. \$725 per acre.

**THURSTON COUNTY 240**  
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For Details...

## Engagements — American Legion Auxiliary donates to several funds



### Kathol-Graham

Darrell and Laurie Kathol of Hartington announce the engagement of their daughter, Carrie Kathol, to Don Graham, son of Keith and Sharon Graham of Coleridge.

Miss Kathol is a 1991 graduate of Wayne State College with degrees in business administration and fashion merchandising. Her fiancé also is a 1991 Wayne State College graduate with degrees in business administration and economics. He is employed by Northwestern Mutual Life in Omaha. The couple plans a Dec. 28 wedding.

### New Arrivals

**FOX** — Brant and Cindy Fox, Crofton, a daughter, Alyssa Rae, 8 lbs., Oct. 29, Sacred Heart Hospital, Yankton. Grandparents are Dennis and Bonnie Van Houten, Winside, Gary and Caroline Yost, Osceola, Wisc., and Ron Fox, Forest City, Iowa. Great grandparents are Frank and Elvina Walter, Crofton, Lawrence and Dorothy Van Houten, Stanton, Earl Jr. and Vivian Fox, Forest City, Iowa, and Arlene Yost, Emmons, Minn.

**KERKMAN** — Rick and Stacy Kerkman, Wayne, a son, Justin William, 8 lbs., Nov. 6, Providence Medical Center. Justin joins a brother Jordan, 22 months. Grandparents are Bill and Chelly Dixon and Leonard and Judy Kerkman, all of Clearwater. Great grandparents are Fred Nolze, Clearwater, and Frances Dixon, Louisburg, Mo.

**KEYS** — Kerry and Anita Keys, Elsmere, a daughter, Amanda Joy, 9 lbs., 8 oz., Nov. 7. Amanda joins a sister Stacey. Grandparents are Keith and Bonnie Keys, Elsmere, and Neil and Bonnie Sandahl, Wakefield.

**McGILL** — Don and Carolyn McGill, 8171 Fairwood Circle, Anchorage, Alaska, 99518, a son, Ryan Patrick, 8 lbs., 11 oz., Nov. 5. Grandparents are Arlene Ellermeier, Wayne, and Don and Alice Brabb, Lincoln.

The Irwin L. Sears American Legion Auxiliary met with eight members on Nov. 4 in the Wayne Vet's Club room.

President Helen Siefken opened the meeting and Frances Doring, chaplain pro tem, gave prayer, followed with the flag salute and singing "The Star Spangled Banner."

The auxiliary repeated the preamble to the constitution of the American Legion Auxiliary. The treasurer's report was given by Eveline Thompson.

**MEMBERSHIP** Chairman Eveline Thompson reported 68 paid-up members and encouraged members to send in their dues by Nov. 11.

A letter was read from Wayne County Secretary Eveline Thompson announcing that the Wayne County Convention will be held Nov. 15 at the Wayne Vet's Club, beginning with a buffet supper at 7 p.m. and meeting at 8.

The auxiliary gave donations to the following: Americanism Youth

Conference, Auxiliary Emergency Fund, Chapel of Four Chaplains, Children's Heart Fund, Past President Parley Ex-Service Women, Past President Parley Nurses Scholarship, Radio Free Europe, Foreign Relations, United Service Organization, Special Olympics, Recreation Fund, Gift Shop Assignment, Gold Star Fund, Lincoln VAMC Football Bus Fund, Student Aid Grant, Little Red Schoolhouse Nurses Scholarship, Non Veterans Student Scholarship, Gifts to Yanks Who Gave, Veterans Homes Assessments and Little Red Schoolhouse Scholarships.

**FRANCES** Doring closed with a prayer for peace, followed with the singing of "America." Serving were Elsie Hailey and Dorothea Schwanke.

The next meeting will be a Christmas party on Dec. 2 at 8 p.m. in the Wayne Vet's Club room. There will be a \$3 gift exchange.

The auxiliary will not meet during January and February.

## Care Centre administrator speaks to PEO Chapter AZ

Patrick Lichty, administrator of Wayne Care Centre, was a guest at the Nov. 5 meeting of Wayne PEO Chapter AZ and presented a program on the new nursing home facility to be constructed in Wayne.

Lichty told the group that planning for the project is in the final stages and once the building is started it should take 10 months to complete.

The new facility will include 104 beds and a physical therapy wing and is expected to cost in excess of \$3 million.

**TWENTY-THREE** PEO members attended the November meeting in the home of Jean Griess. Assisting the hostess were Florence Wiltse, Annamae Wessel and Kirk Swanson.

During the business meeting, the chapter was informed that the

Wayne State College PEO group met for the first time on Oct. 27 in the home of Margaret McClelland. The next meeting of the group will be Nov. 17 from 5 to 7 p.m. in the home of Pauline Nuernberger.

It was announced that the Christmas BIL party will be held Dec. 8 at 6:30 p.m. in the home of Chris and Debi Bonds.

Kirk Swanson informed the chapter that the International Peace Scholarship Fund awarded \$628,525 this year to 215 students from 39 states and 67 countries.

Ruth Haun reported that the Continuing Education Grant Fund awarded over 9,000 grants with over \$4 million being funneled into this project for women.

**THE NEXT** meeting of Chapter AZ will be Nov. 19 at 7:30 p.m. in the home of Jean Blomenkamp.

## Allen releases honor roll

The first quarter honor roll for 1991-92 has been released at Allen High School.

To be eligible for the honor roll, students must be enrolled in at least five academic subjects and must have received at least a B in all subjects and at least three grades must be an A.

Receiving straight A's during the first quarter of school were freshmen Holly Blair, Debbie Plueger, Tanya Plueger and Jill Sullivan, eighth graders Tammy Jackson and Tracey Jackson, and seventh grader Jeremy Kumm.

**OTHER HONOR** roll students

include:  
**Seniors:** Denise Boyle, Shane Fiscus, Bradley Greenough, Michelle Kraemer, Brian Stewart.  
**Juniors:** Jeffrey Geiger, Marcia Hansen, Shawna Hohenstein, Stacey Jones, Christy Philbrick, Sonya Plueger.  
**Sophomores:** Stephanie Chase, Kelli Smith, Michelle Smith, Timothy Fertig.  
**Freshmen:** Jamie Mitchell, Craig Philbrick, Brian Webb.  
**Elghth grade:** Melissa Peers, Abby Schroeder.  
**Seventh grade:** Daved Miner, Mindy Plueger, Brett Sachau.

# 1st ANNIVERSARY



Left to right, back: Jenni Krusemark, Jill Diedrichsen, Penny Ott, Karen Hart and Connie Meyer. Front: Tim Keller and Betty Addison.

farmers & merchants state bank

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402-375-2043

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November, 1991

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Please accept our personal invitation to stop by the bank this Thursday and Friday for coffee and cookies to help us celebrate our first anniversary.

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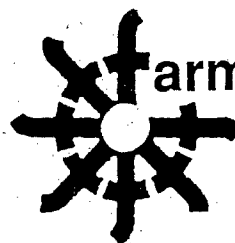
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## Guest Viewpoint The good side of a nursing home

People continue to have the concept that a nursing home is where people go to die. A question often asked is "you work in a nursing home? Isn't that depressing?" This concept is not always the case. Everyone who enters a nursing home doesn't die there. Through controlled medications, physical and occupational therapy, love, patience and understanding, there are some people whom we help to return to an active, productive life.

I am a licensed practical nurse who has spent seven years working with the elderly. I stay for people like K.G., who was diagnosed with throat cancer. Her only options were to have surgery, which would have left her terribly disfigured; radiation, which doctors didn't think would be effective; or just wait to die of asphyxiation. This woman put all her hope and strength into radiation treatments which proved unsuccessful. A lot of people her age would have given up but because of her love for life and the nursing home personnel, who were her only family, she fought to stay with us as long as her body would permit.

Why do I stay? I stay for people like S.M., who has seen arthritis leave its distinctive mark on her body. Her mind is clear but her body is worn. She came to us after breaking her hip. Since the home had the equipment and staff to help her regain her strength, she came to us. We show these people patience and understanding when the family can't be there. When depression overtakes people like S.M., we help them cope and we help them laugh. After spending months and even years with some people whose bodies can no longer function, we also cry. We don't cry always for the sad times, we also cry for the good times. In the case of S.M., she fought every day to regain her strength and independence. She pushed herself when pain was all she could feel, but her will overcame her weakness. She now lives in her own home and takes care of herself. There are others who have come and gone in similar situations. Certainly not everyone who enters a nursing home can leave. Those who stay need a lot of care and sometimes we, the staff, need nerves of steel.

We are told it's unprofessional to become personally involved; but we are human beings. Often tears are shed after leaving work, even though we have done our best. We are like a family, a small community in one. Family members don't try to impress one another but are always there for the other in good times and bad. Some of our family members leave home for new, better horizons. We hate to see them go, but we are happy they can return to their old lives and start new ones. Other members die. We feel the loss but are glad they no longer have to suffer.

In a community, people who never met before learn to live with one another. Like in all communities, not everyone always gets along and sometimes tolerance for another person is all that can be established. On the other hand, sometimes close friendships are made, and as friends we are always eager and willing to give a helping hand.

Some say the nursing home is a depressing place to work. I say no. Never. Death will come all of us sooner or later, but in the meantime we must enjoy our life. Nursing homes and their staffs are often put down; however, the only difference between us and a hospital is that our speciality is patience and understanding.

Don't sell nursing homes short because remember some day we all will be old. Isn't it comforting to know that if our families can't take care of us that there are places we can go to get quality care? So wait to pass judgement on nursing homes until you either work in one or live in one, that is the only way someone can know what it's like to be a part of one and know the truth behind one.

Tammie Thomsen

## Shock still lingers

I couldn't believe it. In some ways I still can't.

Magic tested HIV positive. NBA basketball star Magic Johnson's announcement that he tested HIV positive will be one of those things I'll remember the rest of my life. I hate to put it right up there with the Challenger explosion in 1986. The announcement was a cold slap of reality.

I first heard it when Jeff Sperry, The Wayne Herald's darkroom technician, came up here and told us that it had been announced on the radio. When Jeff told us, I thought it was a joke. There was no punch line. It was the cruelest of jokes.

Magic tested HIV positive. I HEARD that he was going to announce that he was retiring from the Los Angeles Lakers at 5 p.m. Thursday. I sat in my car and listened to KFAB, hoping he was just retiring after a stellar career. Then the announcement came. Magic didn't beat around the bush. He announced that he was HIV positive.

The next morning, I woke up and showered, still unbelieving. I wanted to ask Rhonda if it had all been a dream. I turned on ESPN and CNN and both channels were still reporting that Magic was HIV positive.

All the memories of him playing basketball were washed. I'll never forget the 1980 NBA championship game. Magic had played every position on the court for the Lakers, dazzling out the lights of the '76ers and Dr. J. Eleven years later, Magic announces that he's tested HIV positive. He has the



**Mark'n' the Spot**  
by Mark Crist

disease which causes AIDS. He will probably die.

It's a wake up call to all of us. Our nation needs to do something to solve this problem. My suggestion would be to take all the money we've been dumping into the defense budget and spend it on AIDS research. But that approach is all too practical. As we know politicians are bureaucrats and bureaucrats don't do what's practical.

LET'S HOPE God will provide us with a cure. AIDS is not just a disease homosexuals and drug abusers get. It's something anyone can get if they wind up in a situation where exposure is possible. Magic must have been in an inappropriate situation. His misfortune is our loss. Let's hope this does prove to be his greatest assist. Government has ignored AIDS long enough. Let's hope Magic's mission is successful.

After all, Magic tested HIV positive. There's nothing magical about that.

weather bad enough to spoil Halloween trick-or-treating.

Our children must not grow up thinking that every disappointment in life can be negated by some manipulation on the part of parents, city officials or themselves.

Learning to accept the small disappointments in life prepares us to accept life itself. Further, I was pleased that our city officials did not consider individual family Halloween activities to be within their realm of jurisdiction.

Becky Keldel Wayne

# Rule should help schools

I recently approved a new regulation designed to give schools more flexibility in the movement toward educational improvement. The change in Rule 10 of the Nebraska Department of Education will also allow schools to exercise more control over how they meet state accreditation standards.

Under the new provision, schools may acquire multi-year, instead of single-year, accreditation if they develop a local school improvement plan and file it with the Department.

A local improvement plan must contain steps the school district will use to ensure quality learning for all students, as well as a system for how the district will hold itself accountable for the results of the plan.

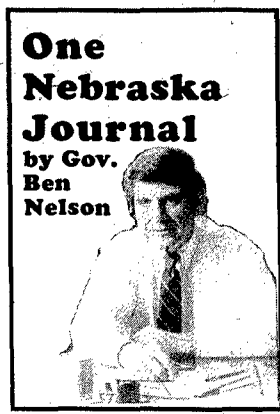
In order to make sure local schools are successful in adapting to the challenges of the future, we need to work hard together to form partnerships at all levels. That is one of the cornerstones of the

NEBRASKA 2000 Initiative and parallels the President's AMERICA 2000 program.

Local improvement plans must be based on the growing body of research that describes new ways schools can be organized to help students learn. The goal of the new system is "performance based" school accreditation, a means by which schools and communities can evaluate how well their school programs are functioning based on the performance levels achieved by their students.

Officials from the Department have developed a model called High Performance Learning (HPL) for school districts and communities to use while they develop their local school improvement plans.

Included in HPL are what are considered to be three basic elements for any effective school: quality education, equality of opportunity for all students and a sys-



**One Nebraska Journal by Gov. Ben Nelson**

tem of accountability for the results of education, or student achievement.

The HPL model provides for local school-communities to conduct a strategic planning process, de-

side the mission for their schools and set goals in a plan for achieving improved student performance.

Under the concept of HPL, community and business leaders are encouraged to work with students, their families and educators to help schools to improve education locally.

This new mechanism shows that the state is serious about placing the responsibility and opportunities for excellence in education where it belongs -- in the community.

Communities that are committed to improving their schools now have a new tool, instead of red tape, to get the job done. I fully support this learner-centered, performance-based approach.

I believe new partnerships and the HPL model will help communities achieve local goals for school improvement, meet the National Education Goals and prepare us for the future as One Nebraska.



By the Nebraska State Historical Society

## Huskers were good in 1915

Nebraska's Cornhuskers were enjoying a highly successful season in 1915 — so successful that "The only question now is 'How large will the score be?'" The sportswriter continued, "There is no question that Nebraska will defeat Iowa next Saturday provided there are no accidents to rob the quad of seven or eight of its men. If the Cornhuskers enter the fray with the same spirit they exhibited at Lawrence the score will be anywhere from 30 to 60 to 0. The only thing to worry the coaches and captain now will be the condition of the players — physically and mentally. If the men go at it right there is no reason for not surpassing the Minnesota score made earlier in the season against the Hawkeyes."

Then as now, the fans didn't seem to care how thrilling the contest. They were just as pleased to watch Nebraska rack up score after score against a much poorer team. "The big difference in the showing of the two teams last Saturday spells good bye to the hope of a rousing battle but it does not mean there won't be a grand exhibition of football on Nebraska's field when the old grads come home to see the new heroes at work."

"There is no excuse for not winning the Saturday game. The men are in condition except for a few bruises and they ought to have enough 'pep' left over to carry them through to a smashing finale to the greatest football year Nebraska ever experienced. There is an unopened bag of new plays left over from the Kansas game for the entertainment of the Hawkeyes and Coach Jumbo undoubtedly has some more stored away for use in case of emergency."

"The winning of the valley championship this year came more easily than ever before. Coach Stehm will be recognized all over the country as one of the best men that ever trained a squad. He has had the benefit of some of the greatest material in the country but the men who work under him will say that his coaching to meet the attack of an approaching team and his originality in devising an attack are two great assets. The coach adds to this equipment a capacity for working 24 hours a day for directing the energies of a crew of frisky young men."

With four conference wins, no losses, and 133 points scored against opponents' 13, the Huskers were certain of the Missouri Valley Championship. Others on the roster included Kansas, Ames (Iowa State), Washington (St. Louis), Missouri, Drake and the Kansas Aggies (Kansas State).



"DO YOU SUPPOSE IF WE DON'T ANSWER HE'LL JUST GO AWAY?!"

## Bereuter deems eleventh annual youth institute a successful venture

Monday, Nov. 4, marked a date for the 11th annual Bereuter Youth Institute for Government Affairs held at the Nebraska Wesleyan University campus. Over 370 First District high school students had registered for the event and I was pleased to see that the bad weather did not prevent most of the students from attending. I applaud the dedication of one group of students who dug their van out of a snow drift in order to be present! However, I am glad that those who were unable to attend did not risk their safety driving through impossible conditions.

The vote on the House Banking Bill required my presence in Washington and thus, regrettably, I was unable to personally attend the Youth Institute. However, I did not miss out on my favorite part of the day, the question and answer session with the students. A telephone hookup allowed the students and myself to discuss a wide variety of issues.

The keynote speaker, Ben Gray of Omaha, provided the students with some thought-provoking remarks. Mr. Gray works at an Omaha television station and has been active in working to alleviate Omaha's gang problems. In 1989 he took a prominent gang member in Omaha and taught him the basic skills of broadcast journalism. Mr. Gray painted a portrait of troubled youths different from many of today's stereotypes. He told the students of the need to reach out to their peers who may be in trouble and show them "the other side."

One of the seven issue sessions provided at the Youth Institute dealt with living wills and euthanasia. This session proved to be particularly relevant for the students because the state of Washington was planning to vote the following



**Keeping in Touch**  
By Cong. Doug Bereuter

day on right-to-die legislation and because this is a topic that will be discussed next year in the Nebraska Legislature.

The students' most popular session was one on the subject of "Political Correctness." John Harris, special assistant to the Vice Chancellor of Student Affairs at the University of Nebraska-Lincoln, challenged the students to be sensitive to those with cultural backgrounds other than their own and to look at contributions made in history by all people. Dr. Stephen Hilliard, chairman of the Department of English at UNL, also spoke on this topic. Many students

commented on how valuable the presentation was. One student said the session allowed her to "view education from a different perspective."

Other sessions the students attended included the topics of foreign aid to Russia, agricultural exports, the United States as a litigious society, violent crime in Omaha and funding for higher education in Nebraska. The sessions are set up to allow the students to hear alternate viewpoints on each subject.

The Bereuter Youth Institute allows high school students to explore current topics and provide them with the opportunity to hear from experts in these topics. It is an event I enjoy a great deal and one that has become a popular event for many high schools. I speak very highly of the Youth Institute back in Washington and this year several of my colleagues in the House of Representatives have made plans to start their own youth institutes for the young people in their home districts.

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## Letters

### Thank you

We were pleased with the response to our Wayne Hospital Bazaar and we wish to thank all who, donated their time, baked goods, worked on crafts and all that attended to make our bazaar a success.

Thanks to The Wayne Herald and KTCH for news coverage and to the Boy Scouts and their fathers for help.

Luverna Hilton, president Wayne Hospital Auxiliary

### Actions just

Life is full of disappointments, the very least of which will be



**Dr. Kent Blaser  
Blaser in  
curriculum  
conference**

WAYNE - Dr. Kent Blaser, professor of history at Wayne State College, has been invited to participate in an innovative curriculum development conference with Western Iowa Technical Community College in Sioux City, Iowa.

The purpose of the conference is to ensure a smooth transition for WITCC transfer students into the history program at Wayne State College.

He will be assisting in the development of a formal articulation agreement between Wayne State and WITCC.

Dr. Blaser, who came to Wayne State in 1979, earned his bachelor of arts degree from Kansas State University, and his Ph.D. from the University of North Carolina.

**Nelson appoints  
O'Donnell to panel  
on excellence**

Governor Ben Nelson appointed Allen O'Donnell of Wayne a member of the Christa McAuliffe Selection Panel last week. The McAuliffe panel distributes fellowships for excellence in teaching in Nebraska.

Christa McAuliffe, a national teacher of the year recipient, died in the Challenger disaster of 1986. She would have been the first teacher in space, had she lived. To honor her, and to advance teaching excellence, the Nebraska State Education Association (NSEA), and the Unicameral, created the McAuliffe panel.

O'Donnell has served as a board member for the Nebraska Committee for the Humanities, and as a regional humanist. Also he served on the advisory commission for Nebraska Educational TV.

Currently, O'Donnell is president of the State Colleges Education Association and the Wayne State Education Association.

Before turning to a college teaching career, O'Donnell served 20 years with the U.S. Air Force, living abroad for eight years. He has been a teacher at Wayne State College since 1971.

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## Wayne State downs Chadron State, 55-28

# Wildcats soar past Eagles in route

By Kevin Peterson  
Sports Editor

The Wayne State Wildcats football team feasted on open Eagle season Saturday at Memorial Field in Wayne as they thrashed Chadron State 55-28 despite trailing 14-0 early in the first period.

The victory snapped a four-game losing skid by the Wildcats and moved Dennis Wagner's home record to 12-3 while the Wildcats improved to 3-6. "We were very concerned spotting Chadron State 14 points early in the game, but our kids showed a lot of character and poise coming back the way they did," Wagner said. "Our defense bent a few times but didn't break. They came up with some big plays and gave us field position, and we were able to capitalize."

Some of the big plays Wagner eluded to included five interceptions and two fumble recoveries. Chadron State came into the Wayne State contest as one of the top five offensive teams in the country in NCAA Division II but the Wildcats held the potent Eagles 105 yards below their 455.0 per game average.

Adam Valencia broke into the scoring column first for the Wildcats after trailing 14-0 as he rambled in from eight yards out at the 3:06 mark of the first quarter.

Troy Mott then tied the game early in the second quarter on a one-yard sneak. Lamar Daniels then got into the scoring act from a yard out with still 7:09 left in the first half giving the Wildcats their first lead of the game.

Marlon Goolsby then caught an eight-yard scoring strike from Mott to give WSC a 28-14 cushion. Chadron State scored from three yards out with under a minute in the half to close to within 28-21 at the break.

In the second half the Eagles took possession of the ball first and drove 80 yards in eight plays and knotted the game up at 28 all before the Wildcats went on a scoring blitzkrieg once again, scoring the final 27 points of the game leaving Wagner with the most points his team has scored since he's been the head coach at WSC.

Daniels scored his second touchdown of the game at the 6:39 mark of the third quarter on a one-yard run and Blain Branscum connected on field goals of 21 and 39 yards early in the fourth quarter to give the Wildcats a 41-28 lead.

Tom Kleespies caught a 22-yard touchdown pass with just under seven minutes in regulation and Lee Harper became the sixth Wildcat of the day to hit paydirt on a 30-yard pass from Mott.

One of the many heroes on the day for Wayne State was one who didn't score but made a gigantic offensive contribution. Lamont Rainey, suffering from a broken

hand suffered in the Iowa Wesleyan contest, entered the Chadron State game with just over three minutes remaining in the third quarter and played the remainder of the game.

Rainey, a freshman from Hanau, Germany, riddled the Eagles defense for 101 yards on just 10 carries. "Lamont really gave us a shot in the arm," Wagner said. "He ran hard. He's got a great future here at Wayne State."

Wagner said of all the things he was pleased with in Saturday's victory he was most impressed with the way his team played hard despite falling behind. "Our kids continue to work very hard in practice and they want to finish the season on a positive note and that can happen if we get past Northern State Sunday in the Metrodome," Wagner said.

Rainey's 101 yards rushing led the Wildcats while Mott finished with 32 yards on the ground and Daniels gained 26. Valencia had 16 yards rushing and Jason Wood had 10 yards. Mott was 26-45 through the air with no interceptions and 325 yards and three touchdowns.

Goolsby led the team in receptions with nine catches for 92 yards while Harper had six catches for 110 yards. Valencia had four catches for 45 yards and Bill Blondin had four catches for 35 yards. Kleespies had two receptions for 36 yards and Daniels had one catch for 17 yards.

Defensively, the Wildcats were

led by Bob Sterba with 14 tackles and a pass interception. Cory Reeder and Jerry Kleidosty each had 11 tackles with Kleidosty intercepting a pass and Jeff Lutt had nine tackles and a pass interception.

Brad Ottis finished with six tackles and had the games only quarterback sacks with a pair for a minus 18 yards. Chris Nelson had six tackles while Terry Bear had five with a pass interception. Rick Starling had four tackles and a pass interception and Mike Wilson finished with four tackles and a fumble recovery. John Lanier had the other fumble recovery.

The Wildcats will close out the season in the Metrodome Classic on Sunday in Minneapolis. "I think it's a great opportunity for us to play in a game we weren't planning on early in the season," Wagner said. "Everyone is excited about playing in the dome."

The Wildcats are practicing at night all week long in the rec center from 9-11 p.m. to get ready for the 8 p.m. game on Sunday.

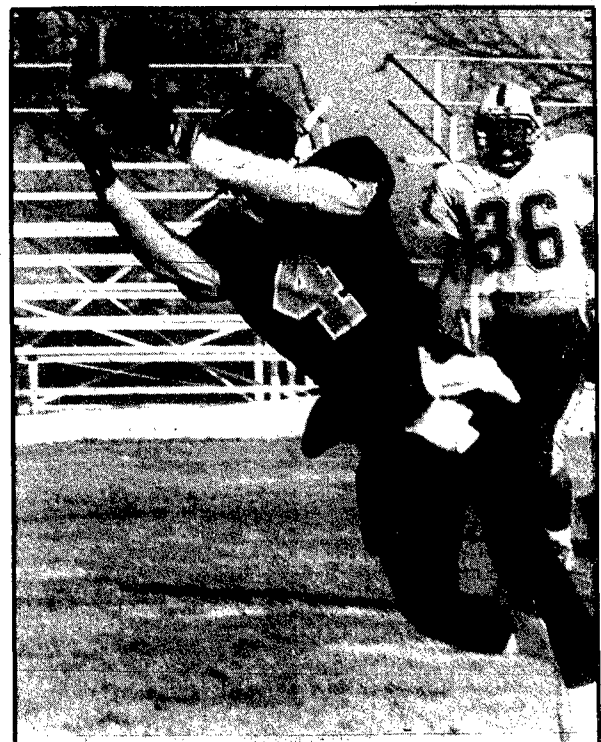
	WSC	Opp.
First Downs	26	18
Rushing Attempts	39	33
Net Yards Rushing	185	118
Net Yards Passing	325	268
Passes Attempted	45	35
Passes Completed	26	17
Had Intercepted	0	5
Total Net Yards	510	350
Fumbles:		
Number-Lost	3-2	3-2
Penalties:		
Number-Yards	12-102	8-42



LEE HARPER ATTEMPTS TO catch a pass from Troy Mott that threaded the needle between two Chadron State defenders. Mott was not intercepted in 45 pass attempts.



WAYNE STATE DEFENSIVE lineman John Lanier goes after Chadron State quarterback Steward Perez and on this play he got a little personal by inadvertently grabbing his face mask. Lanier and the rest of the defense played great in WSC's victory.



WILDCATS WIDE RECEIVER Marlon Goolsby attempts an over the shoulder catch during first quarter action of Wayne State's 55-28 win over Chadron State.

# Wakefield defeated at state

The Wakefield Trojans football team closed out their season Saturday in the first round of the State Football Playoffs as they were handed a 14-0 setback against Wahoo Neumann at Wahoo.

The playing conditions that Dennis Wilbur's crew had to play in were far less than good but Wilbur was the first to note that both teams had to play on the muddy, watery surface.

"Wahoo earned their win but the wet conditions were not really conducive to our style of game," Wilbur said. "In fact, on the first play from offense Anthony Brown

broke loose on the sideline and just slipped down with no one around him."

Wilbur said the field was in great shape compared to what it looked like 48 hours before when there was an inch of ice blanketing the field.

Although the Trojans were shut out in the contest it wasn't as if they didn't have chances to score. "We got the ball down to the 15-yard line in the latter part of the first quarter but we missed a field-goal attempt," Wilbur said. "Then in the second quarter we got to

the two-yard line and we scored a touchdown that was called back because of a holding penalty."

Neumann scored on a two-yard run in the second quarter and on a six-yard run in the fourth quarter. The host team finished with 11 first downs while Wakefield had 11. The Trojans managed just 47 yards rushing while Neumann had 203 yards on the ground.

Wakefield was 7-20 in passing with one interception and 144 yards while Neumann was 5-8 for 52 yards. Brown led the Trojans with 49 yards rushing while Thad Nixon had 26. Marcus Tappe was

6-18 for 122 yards and Brown was 1-2 for 22 yards.

Brown also caught three passes for 55 yards while Jon Johnson had two catches for 35 yards and Joe Kucera had one catch for 48 yards.

Defensively Brown led the way with 23 total tackles while Ben Dutton had 18. T.J. Preston had 12 and Nixon had 11. Aron Utecht and Brandon Benson recovered fumbles.

Wakefield finished with an 8-2 record with losses coming against Neumann and C-2 state contender Bloomfield.

## Sports Briefs

### WSC harriers complete season

WAYNE-Coach John Johnson's cross country squads completed its season with a strong showing at the NCAA Div. II Central Region Cross Country Championships in Fargo, N.D., recently with the men placing 10th of 14 teams while the women were 13th of 16 teams.

Augustana won the men's team title with 43 points while South Dakota State was runner-up with 57. Nebraska-Kearney was third with 64 and Mankato State was fourth with 85.

Rounding out the field of teams in order of finish include North Dakota State, St. Cloud State, North Dakota, South Dakota, Southern Colorado, Wayne State with 316, Morningside, Eastern Montana, Bemidji State and Minnesota-Duluth.

Matt Klesow of Augustana was individual medalist with a 31:37 clocking in the 10,000 meter run while WSC's top finish was Rich Carstensen with a 56th place effort of 35:06.

Carson Davis was 58th for WSC in 35:15 while Dave Patton was 61st in 35:21. Cody Hawley was 67th in 35:36 and Chris Huff was 74th in 36:37. Brian Bergstrom also ran for the WSC men and finished 77th in 36:54.

The women's team title was won by South Dakota State with 48 points while North Dakota State was second with 56. North Dakota was third with 92 and St. Cloud State was fourth with 103. Augustana rounded out the top five followed by Air Force, South Dakota, Nebraska-Kearney, Mankato State, Southern Colorado, Nebraska-Omaha, Morningside, Wayne State with 316, Minnesota-Duluth, Bemidji State and Eastern Montana.

SDSU's Kiri Johnson placed first overall with a 17:133 effort in the 5000 meter run while WSC's top finisher was Jennifer Kennedy with a 33rd place time of 18:58. Jackie Heese placed 60th in 19:52 and Lucy Peter was 69th in 20:15.

Keri Kamrath placed 83rd in 21:21 and Angie Chvala was 88th in 21:44. Kelly Wolff and Leslie Iwai also competed for Wayne State.

### Nicholson wins football contest

WAYNE-Dave Nicholson copped top honors in the Wayne Herald Football Contest last week but the contest had to be decided by the tie-breaker as Nicholson edged Marv Brummond who claimed runner-up honors.

There were six entries that tied for first place but Nicholson was the closest to the Wayne State-Chadron State football score. Lamont Keller, Elaine Hedell, Norma Rickett and Jeanette Thomas all tied but fell short on the tie-breaker to place first or second.

### Rec equipment check-in

WAYNE-Equipment check-in for area youths who participated in recreation football be held through Friday from 3:30-6:00 p.m. daily at the Middle Center. It would be appreciated if suits would be handed in prior to the beginning of basketball registration on Nov. 18. Anyone unable to return their uniform during the above times are asked to please contact Jere Morris at 375-5435, so other arrangements can be made.

### Winside to play Lewiston at state

WINSIDE-For the second consecutive year the Winside Wildcats will enter the state volleyball tournament as the fifth seed and this year's first round opponent will be Lewiston who was the state runner-up for the last two years in Class D-1.

The Wildcats will play at 7:40 p.m. Friday night at Pershing Auditorium. If they should win they would play the winner of Callaway and Greeley which is played at 9 p.m. Friday. The winners would square off at 1:30 p.m. Saturday at Pershing and the finals are slated for 7 p.m. Saturday at Pershing.

### WAYNE CITY RECREATION YOUTH BASKETBALL

Recreation league basketball for area boys & girls, grades 3 to 6, will begin Nov. 18 and run through Dec. 21. Registration and practice/games will be held at the Wayne City Auditorium.

TENTATIVE SCHEDULE			
GRADE 5	Boys	Monday	4:00 - 5:00
		Friday	"
GRADE 6	Boys	Monday	5:00 - 6:00
		Friday	"
GRADE 5	Girls	Tuesday	4:00 - 5:00
		Saturday	1:30 - 2:30
GRADE 6	Girls	Tuesday	5:00 - 6:00
		Saturday	2:30 - 3:30
GRADE 3	Boys	Wednesday	4:00 - 5:00
		Saturday	9:00 - 10:00
GRADE 4	Boys	Wednesday	5:00 - 6:00
		Saturday	10:00 - 11:00
GRADE 3	Girls	Thursday	4:00 - 5:00
		Saturday	11:00 - 12:00
GRADE 4	Girls	Thursday	5:00 - 6:00
		Saturday	12:30 - 1:30

No games will be held on Thanksgiving or from Dec. 5 to Dec. 7. Due to the scheduling conflicts falling on two Thursdays, Wednesday, Dec. 4 will be reserved for 3 & 4 Grade girls games.

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# WINSIDE VOLLEYBALL TEAM

# Congratulations AND GOOD LUCK AT STATE!



The 1991 Winside Wildcats Volleyball Team, back row, left to right: Kelly Pichler - Asst. Coach, Stacy Bowers, Catherine Bussey, Christi Thurstensen, Wendy Rabe, Christi Mundil, Wendy Miller - Stdt. Mgr., Lichelle Krause - Asst. Coach and Paul Giesselmann - Head Coach. Front: Holly Holdorf, Yolande Sievers, Kari Pichler, Jenny Jacobsen, Patty Oberle and Chris Colwell.

## 1991 WINSIDE WILDCATS VOLLEYBALL TEAM & COACHES

*We congratulate you on a great season and Wish you The Best of Luck at the State Volleyball Tournament!*

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RON'S SERVICE  
HOSKINS  
COMMERCIAL STATE BANK  
HOSKINS - MEMBER FDIC  
PAT'S BEAUTY SALON  
HOSKINS

**Continued from page 1A**  
 main the same and disability insurance will remain the same.  
 The negotiations process between the board and the teachers union has been continuing since June.

**IN LIGHT OF** the recent Senate hearings over U.S. Supreme Court Justice Clarence Thomas nomination, it appears that the Wayne Community Schools are taking the lead role in northeast Nebraska by eyeing a sexual harassment policy.

According to Superintendent Dr. Francis Haun, no schools in northeast Nebraska have a sexual harassment policy. If adopted, Wayne's will be the first for the region.

While there are some rough edges to be smoothed over, the policy will prohibit any employee from sexually harassing another employee or student by making unwelcome sexual advances or requesting sexual favors or implying that other types of physical conduct are a condition of the employee's employment; making submission to or rejection of such conduct the basis for employment decisions affecting the employee; or creating an intimidating, hostile or offensive environment as perceived by an employee.

**BECAUSE** sexual harassment is a violation of Title VII of the Civil Rights Act of 1964, if an employee violates the law and is found guilty, it may mean immediate dismissal,

whether the teacher is tenured or not, Haun said.

The policy also has a protective clause in it in the event that allegations against the accused are unfounded.

"Bad faith or unfounded allegations of sexual harassment or use of this policy for purposes unrelated to its clear intent are expressly prohibited," the proposed policy reads. "Given the severe nature of potential damages to anyone who is injured by bad faith or unfounded allegations or any employee of student violating the terms of this paragraph will be subject to disciplinary proceedings."

The matter will be reviewed further at the school board's next meeting, Dec. 10.



Photography: Mark Crist

## Accepting a donation

**DURING TUESDAY NIGHTS SCHOOL BOARD meeting, board President Sid Hillier accepted a \$330 gift from Jones Intercable, earmarked for improving stage lighting in the high school lecture hall. Presenting the check is Andy Gordon of Jones Intercable.**

## Youth Community Calendar

- MONDAY, NOVEMBER 18**  
 Cadet Girl Scouts, Methodist Church, 6:30 p.m.  
 Junior Girl Scouts, Redeemer Church, 7 p.m.  
 5th Grade Webelos, Fire Hall, 7 p.m.
- TUESDAY, NOVEMBER 19**  
 Daisies, Methodist Church, 7 p.m.  
 2nd Grade Field Trip, Pac 'N' Save, 1 p.m.  
 Middle and High School Band Concert, Lecture Hall, 7:30 p.m.
- WEDNESDAY, NOVEMBER 20**  
 Senior announcement orders, Lecture Hall, 1:35 p.m.  
 Awana Club, K-6th Grade, National Guard Armory, 6:45 p.m.
- THURSDAY - SATURDAY, NOVEMBER 21 - 23**  
 All-State Music at Kearney
- THURSDAY, NOVEMBER 21**  
 7th and 8th Grade Wrestling, Away, Plainview Invitational, 3:30 p.m.  
 4th Grade Webelos, 1015 Poplar Street, 7 p.m.  
 7th and 8th Grade Boys basketball, Away, West Point, 4:30 p.m.  
 7th and 8th Grade girls basketball, Here, Schuyler, 4:30 p.m.
- SUNDAY, NOVEMBER 23**  
 7th and 8th Grade boys basketball, Here, South Sioux City, 9:30 a.m.  
 7th and 8th grade wrestling, Away, Howells Invitational, 10 a.m.  
 Jaycees Magic Show, Lecture Hall, 1:30 - 3:30 p.m.

For any corrections or additions to this listing, please contact Imogene at 375-4998 (home) or 375-3455 (work) and leave a message. Deadline is Thursday noon. Each calendar will include a schedule of events for the next week.

## WSC hosting drama day, expecting 200 to attend

WAYNE - Approximately 200 high school students from throughout northeast Nebraska will attend Wayne State College's annual Drama Day Wednesday, Nov. 20.

Various workshops including stagecraft, improv, make-up, costuming, use of voice, and scene

preparation will be presented by Wayne State theatre seniors and professors.

This all-day event will begin at 8:15 a.m. with registration. For more information concerning Drama Day, contact Janet Roney, Wayne State College, 375-7354.

## Noll to give dramatic interpretation of poetry

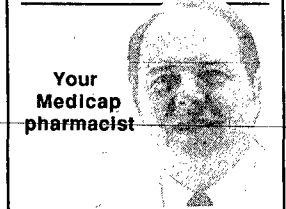
The poetry of Walt Whitman will come to life in the Music Room of Northeast Community College on Dec. 4 at 1 p.m. "Pure Grass," a dramatic interpretation of the poet's life long work, will be performed by Bruce Noll from South Dakota.

Dr. Bruce Noll, of the University of South Dakota, has personified Whitman in numerous communities throughout the Midwest and Pure Grass was featured by the Walt Whitman Association of Camden, New Jersey (Whitman's birthplace) in their 1991 remembrance. Whitman died in 1892.

"Whitman's melodies must be heard, not just read, to be truly experienced," states Noll, who has been performing Whitman since 1970. "Whitman transcends space and time and reaches out of the 19th Century to speak to our generation as we enter the next millennium."

Noll is the director of the Educational Media center at the University of South Dakota in Vermillion.

### PHIL GRIESS, RPh



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## Discussion of other topics

During Tuesday's Wayne Community School Board meeting, the board discussed a number of other items. Those items included:

- Hearing a report from K-8 Clinical Services Director Joan Sudmann concerning the Wayne Middle and Wayne-Carroll Elementary Schools guidance and counseling program.
- Board members made plans to attend an association meeting in Omaha Nov. 14-16.
- Learned that the sidewalk at the Carroll school has been repaired.
- Authorized Superintendent Dr. Francis Haun to take bids on wiring for the Carroll school.
- Discussed the school audit prepared by CPA Jerry Malcom.
- Learned that external visitation team leader Darryl Kile accepted the school improvement plan.
- Reviewed data from various schools concerning the attendance of parents at parent-teacher conferences.
- Learned that a proposal was forthcoming on a cost estimate for air conditioning the high school lecture hall.
- Continued school board policy review.
- Approved a graduation request for Ronald W. Scrivner.
- Accepted board member Sid Hillier's offer to serve on the district's technology study committee.
- Authorized the superintendent to take bids and proceed to activate plans to enclose the office area at Wayne Elementary.
- Discussed a recommendation to install new bus radios.



**DURING THE VETERANS Day ceremonies at Wayne High School, Brad Wieland introduced speakers from the National Guard Armory.**

## Wayne High School holds Veterans Day program

Wayne High School held its annual Veterans Day program on Monday, Nov. 11. The pledge of allegiance was delivered by Matt Ley of the Student Council. Post Chaplain Chris Bargholz gave the invocation.

band and the WHS varsity choir. Girls Stater Beth French delivered a short address followed by the keynote speakers Scott Pack and Julie VanKirk.

School officials enjoy hosting this activity and consider it an important event in the students' lives.

## Talks

Continued from page 1A

Following discussion, Garwood told the board that he will stay in touch with the agency interested in acquiring the site.

**IN OTHER business** Tuesday night, Marvin Borg reported on behalf of the building and grounds committee regarding refurbishing the outside front of ESU 1 headquarters.

Borg said Karr Tuck Point Co. of Benton, Iowa has made a thorough study of the building. "This is not a small item," said Borg, adding that estimates for the entire building total approximately \$25,000.

"This is not something we need to do right now," stressed Borg, "but it is something we should look at in the future. Does the board want to start setting money aside or possibly do the project in stages?"

"I would feel much more comfortable approaching this type of project once we've completed our

new facility in Wayne," said board member Paul Steffen.

Borg said he understands that and said the committee will be approaching other companies for cost comparisons.

No action was taken regarding the matter.

**BOARD MEMBERS** Tuesday night also:

—Heard a report from Garwood regarding grants received by ESU 1 and the schools it serves;

—Passed a resolution to join other ESU units across the state in seeking to add an additional half cent levy per year for new building construction and improvements;

—Voted unanimously to extend the roll of information specialist June Remington at an additional cost of approximately \$250;

—Approved a request by Wayne State College to use ESU 1 facilities in Wakefield for classes;

—Approved a contract for Julee Wendte as an aide in the Bryan program in South Sioux City.

## Sales

Continued from page 1A

erator, patrolman and police sergeant. The equipment operator position will see a salary increase from \$6.95 to \$10.28 per hour to \$7.29 to \$10.80 per hour; the patrolman's salary will go up from \$7.29 to \$10.80 per hour to \$7.67 to \$11.32 per hour; and the police sergeant will increase from \$8.44 to \$12.49 per hour to \$9.31 to \$13.78 per hour.

• Approved the municipal employee award program.

• Discussed personnel matters in executive session.

• Discussed a claim filing and litigation matter in executive session. According to Salitros, a claim for injuries has been filed by Julius Baier for an estimated \$220,000. The claim dates back to an accident in May, where Baier apparently fell at 220 E. 6th, the address of Councilman Darrel Heier. Heier excused himself from the executive session. Following the session, the council did not take any action on the claim.

• Approved the mayoral appointment of Mark Griesch to the planning commission to serve the unexpired term of Sheryl Jordan.

**VERDEL'S RECIPE OF THE WEEK**  
 For further information contact Verdel Lutt, assistant meat cutter, Pac'N'Save.  
**ROUND STEAK ITALIANO**  
 • 1 1/2 lbs. round steak  
 • 1 tsp. salt  
 • 1/2 tsp. oregano  
 • 1/4 tsp. pepper  
 • 1 (15 1/2 oz.) jar spaghetti sauce with mushrooms  
 • 1 (16 oz.) can whole small onions, drained  
 Cut steak into 5 or 6 serving-size pieces. Coat with salt, oregano, and pepper. In slow-cooking pot, pour spaghetti sauce over meat. Cover and cook on low for 7 to 9 hours or until meat is tender. Turn control to high; add onions. Cook on high for 10 to 15 minutes. Serve with Italian green beans and toasted garlic cheese bread. Makes 5 to 6 servings. Cost per serving 95¢. Meat cost per serving 42¢. Round Steak calories, 160 per 3 oz. cooked, trimmed, serving.

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**MAIL CALL:** Response continues to the item a few months ago about the decision by the Governor of Alaska to send so-called surplus salmon to the Soviets who are reportedly facing a bleak economic winter. Almost without exception, each of you who has written agrees the salmon should have been donated to groups feeding the hungry in Alaska, or any other part of the United States. Millie from the midwest says that seniors have "a tough time making ends meet and (we) sometimes have to cut back on food to pay rent or utilities. That surplus salmon would have been very much appreciated by seniors ..." S.C. says: "I work in a senior center and we're having budget problems keeping our hot-meal-a-day program going. Some of that salmon would have gone a long way to help ..." The few exceptions say this is a smart political move, pointing out the need to make friends with the Soviets.

**Wayne Senior Center News**

**WAYNE SENIOR CENTER CALENDAR**  
 Thursday, Nov. 14: Crafts, quilting, cards.  
 Friday, Nov. 15: Exercises, 11 a.m.; bingo, 1 p.m.; cards.  
 Monday, Nov. 18: Coffee, 9 a.m.; "Our Time," 1 p.m.  
 Tuesday, Nov. 19: Nutrition education (speaker Kris Heimes), 12:30 p.m.; bowling, 1 p.m.  
 Wednesday, Nov. 20: Blood pressure clinic, 9 a.m. to noon; monthly potluck meal, noon; Ray Petersen to entertain, 1 p.m.  
 Thursday, Nov. 21: Thanksgiving dinner served; cards.





Photography: Mark Crist

## Region's top Dairy Queen

**KRISTEN ELLINGSON**, district manager for Dairy Queen, presents two awards to Wayne Dairy Queen Manager **Jacquie Kinnett**. The Wayne Dairy Queen received honors for outstanding sales performance for soft serve and outstanding sales performance for hamburgers. The award for soft serve, held by Kinnett, is called the Golden Cone Award. The award for hamburger sales, held by Ellingson, is called the Silver Brazier Award. The achievement awards are the highest given in the Dairy Queen system.

## Group stages 'Greater Tuna'

The Wayne Community Theater is kicking off its 1991-92 season with a dinner theater production of "Greater Tuna."

"Greater Tuna," a play by Jaston Williams, Joe Sears and Ed Howard, takes a humorous look at small town life in fictional Tuna, Texas. The comedy centers on fictional radio station OKKK and features two actors playing twenty different characters. Some of these characters include "Bertha Bumiller" and her three unusual children. Be born again with the "Reverend Spikes" and join the crusade against cruelty to animals with "Petey Fisk."

direction of Maurice Anderson and starring Alan Bruffat and Dean Bilstein, will be performed at the Black Knight in Wayne, Nov. 14-17.

The buffet supper will be served each night beginning at 6:30 p.m., followed by the performance at 7:30. Seating is very limited, so reservations are extremely important. These ticket reservations can be made with the Black Knight. Cost for the dinner and performance is \$12, while the cost for the show alone is \$5. Patrons of the Wayne Community Theater will need only to purchase their meal. Those attending both the

dinner and the performance, as well as Wayne Community Theater patrons, will receive preferential seating.

In addition to its Dinner Theater, the Wayne Community Theater also puts on two other productions each year—the Spring Play and the ever-popular Summer Musical. A Christmas Story Hour in December and a One-Act Play Festival in November will round out the year's activities. For more information on "Greater Tuna" or the Wayne Community Theater, please call Dave Headley at 375-3160 or Dean Bilstein at 375-4766.

## Puls participates in state band

Jennifer Puls, a senior at Winside High School, has been selected to participate in the 1991 All-State Band. The announcement was made recently by Eric Fahrlander, chairman of band affairs for the Nebraska Music Educators Association.

Jennifer, who plays flute, is the daughter of Ruth and Dallas Puls of Hoskins. She also was selected to take part in All-State Band in 1990.

Each year, over 2,000 of the state's best high school musicians audition for Nebraska All-State Band, Chorus, Jazz Band and Orchestra, sponsored by the Nebraska Music Educators Association. Selection is one of the highest musical honors attainable in Nebraska.

JENNIFER was among 165 students selected to the All-State Band. Guest conductor for the group will be Lieutenant Colonel Allan Bonner, commander of the U.S. Air Force Band in Washington, D.C.

The All-State Band will rehearse Nov. 21-23 at the University of Nebraska at Kearney, with the final concert scheduled Saturday, Nov.



Jennifer Puls

23 at 6 p.m. in the basketball arena of the Health and Sports Complex.

Ticket windows will open at 4 p.m. and admission is \$5.

JENNIFER was also selected to

play in the McDonald All American Marching Band that will perform in Paris, France next April, however she has decided to decline.

At Winside High, Jennifer is an honor roll student and a member of National Honor Society and the Nebraska Scholars Institute. She was named Outstanding Biology Student and Fine Arts Student of the Year in 1990 and is a National Merit Commended Student.

She is also active in band, choir and speech and is a class officer and ad editor for the school annual. In addition, she belongs to 4-H, Teen Supremes and Youth Symphony.

She is the principle flute in the Siouxland Youth Symphony and was Winside's representative to Girl's State. She also participated in the HOBY Leadership Seminar and received the Kiwanis 4-H Achievement Award.

JENNIFER'S favorite subject is advanced biology and in the future she plans to study pre-veterinary medicine and music performance.

She was named Wayne Herald Student of the Month in October.

## Winside News

**Dianne Jaeger**  
286-4504

### OPEN HOUSE

Winside Public School, in conjunction with the Winside Education Association, will host an open house on Tuesday, Nov. 19 from 6:30 - 8 p.m. in both the elementary school and junior high/high school.

The event is being held in honor of American Education Week and all parents, grandparents and other interested persons are welcome to attend.

There will be displays in all the classrooms. Registration will be held at both buildings, with refreshments served in the elementary lobby.

**PINOCHLE**  
Marie Herrmann hosted the Nov. 8 G. T. Pinochle Club at the Winside Stop Inn. Prizes were won by Marian Iversen and Ella Miller.

Next meeting will be Friday, Nov. 22 at Marian Iversen's.  
**NO SERVICE**

There will be no worship service at Winside's Methodist Church on Sunday, Nov. 17 but services will be held at First United Methodist Church in Randolph at 9:30 a.m. with holy communion. A church conference will be held at 10:30 a.m. followed by a Thanksgiving dinner. The district superintendent will be a guest speaker and all Winside United Methodist congregational members are invited to attend.

### SOCIAL CALENDAR

**Thursday, Nov. 14:** Center Circle Club, Stop Inn, Cleora Suehl, hostess, 1:30 p.m.; Neighboring Circle, Jackie Koll, 1:30 p.m.; Boy Scouts, fire hall, 7 p.m.

**Friday, Nov. 15:** Open AA meeting, Legion Hall, 8 p.m.

**Saturday, Nov. 16:** Public Library, 9 a.m. - 12 noon and 1 - 3 p.m.; YMCA swimming, 6 - 9:45 p.m.

**Monday, Nov. 18:** Public Library, 9 a.m. - 12 noon and 1 - 3 p.m.; Senior Citizens, Legion Hall, 2 p.m.

**Tuesday, Nov. 19:** Modern Mrs., Stop Inn, Bernice Witt, hostess; Webelos, fir hall, 3:45 p.m.; Jolly Couples Club, Clarence Pfeiffer; Tuesday Night Pitch, George Farrans; Hospital Guild Workers, Mary Ann Soden and Bev Voss.

**Wednesday, Nov. 20:** Public Library, 1:30 - 5:30 p.m.; Friendly Wednesday, Popo's, noon; Scattered Neighbors, Lajeane Marotz; Busy Bees, Elsa Mae Cleveland; TOPS, Marian Iversen, 6 p.m.

**Thursday Nov. 21:** Boy Scouts, fire hall, 7 p.m.

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**Richard Horton**

Richard Horton, 84, of Cedar Rapids, Iowa, and formerly of Wayne, died Monday, November 1, 1991 at the Iowa City Nursing Center in Iowa City, Iowa.

Visitation was held Wednesday, Nov. 13 from 5 - 9 p.m. at the Schumacher-McBride-Wiltse Funeral Home on Lincoln Street. Services will be also held there Thursday (today) at 10 a.m. The Rev. Thomas World will officiate.

Richard Erol Horton, the son of Virgil and Cora Stätzell Horton, was born March 3, 1907 in Audubon, Iowa. He moved with his family to Gregory, S.D. where he graduated from Gregory High School. He married Dorothy Hart Feb. 5, 1939 at Wood, S.D. He taught in schools in South Dakota and Nebraska for many years. Upon retirement, the couple moved to Wayne. His wife died in 1975 and later he moved to Cedar Rapids, Iowa where he lived with his son.

He is survived by one son, David Horton of Cedar Rapids, Iowa; one daughter, Carolyn Allen of Bellevue; three grandchildren, David Horton Jr. of Irving, Texas, Anne Horton of Cedar Rapids, and Julie Allen of Bellevue; two brothers, F. Dale Horton of Salt Lake City, Utah, and Ralph D. Horton of Spokane, Wash.; nieces and nephews.

He was preceded in death by his wife in 1975, three brothers, and two sisters.

Burial will be in the Greenwood Cemetery in Wayne with Schumacher-McBride-Wiltse in charge of arrangements.

**Esther Dunklau**

Esther Dunklau, 77, of Wayne, died Saturday, Nov. 9, 1991 at the Wayne Care Centre.

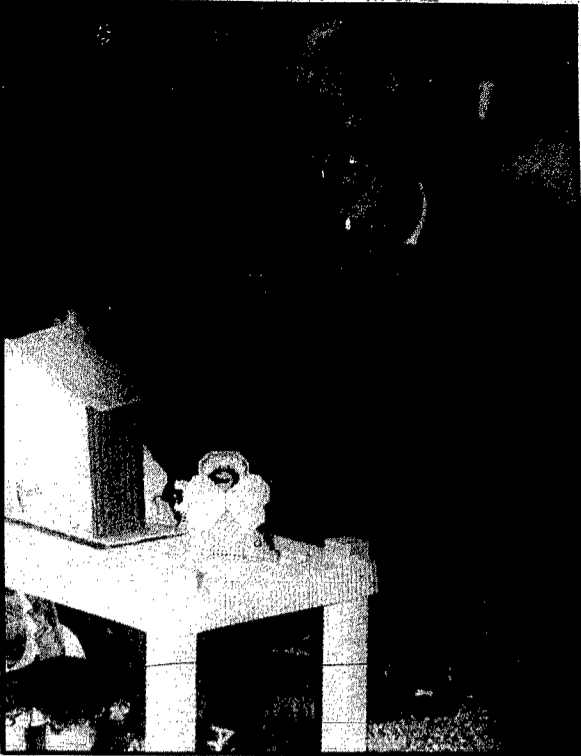
Services were held Tuesday, Nov. 12 at Redeemer Lutheran Church in Wayne. The Rev. Franklin E. Rothfuss officiated.

Esther Meta Hermine Dunklau, the daughter of Herman and Anna Albers Frese, was born May 17, 1914 at Wisner. She was baptized July 11, 1914 in Wisner and confirmed March 31, 1929 at Trinity Lutheran Church in Winside. She graduated from Winside High School in 1933. She married Marvin Dunklau Feb. 20, 1941 at Redeemer Lutheran Church in Wayne. The couple farmed near Winside for four years before moving to the present farm west of Wayne in 1945. She was a member of Redeemer Lutheran Church in Wayne and the Redeemer Lutheran Church Women.

Survivors include her husband; two daughters, Mrs. Darrel (Phyllis) Rahn of Wayne, and Mrs. Dan (Diana) Leabee of Denver, Co.; four grandchildren; two brothers, Harold Frese of Lyons, and Ivan Frese of Wayne; two sisters, Norma (Frese) Janke of Wayne, and Delila (Frese) Wade of Lincoln; nieces and nephews.

Pallbearers were Jud Leabee, Harlan Frese, Jeff Leabee, Dan Wade, Marc Rahn and Byron Janke.

Burial was in Greenwood Cemetery in Wayne with Schumacher-McBride-Wiltse Funeral Home of Wayne in charge of arrangements.



**Festival successful**

Photography: Mark Crist

ERICA STOLTENBERG (photo left) of Carroll checks out some dolls at the Women of Today festival held in Wayne last Saturday, while Sally Dahl (above) of Wayne eyes some gifts. Residents from around the area attended the event.

**Writer's block strikes columnist**

Some of you may have missed the column last week. (Come to think of it, no one mentioned it after church yesterday. Is anyone reading this?) I think I had an actual case of "writer's block." I was amused to read that our editor was afflicted with the same ailment, but managed to produce a few lines anyway. I just couldn't do it.

It was an incredible weekend. For one thing I don't ever remember Halloween being cancelled. And I was surprised at the fuss about it. I got a chuckle out of a call-in radio program discussing why you almost cannot think of a thing to dress your child as without offending someone. And I did see one house that had a Halloween decoration standing in front, and a Santa and sleigh on the roof. That is exactly what has happened to the fall holidays. There should have been a Thanksgiving cornucopia on the door, to be complete.

For the first time in eight years as a Home Health Care nurse, I stayed all night with a patient. I went out to see him on Friday afternoon, and decided the roads were too treacherous for me to go home. They were wonderful hosts,

but I didn't sleep very well, of course.

Our pheasant hunters, driving from Wisconsin, ended up staying at Worthington, Minnesota. This year there were nine. They can really inhale a pot of chili, or an egg and hash brown casserole. They had good luck, but it was so cold. I just finished cleaning out the last feather, and we had pheasant and wild rice for dinner. (I'm trying).

On Saturday night, I was tired and planned to go to bed early. But who could sleep, with the radio on that football game in Boulder? It looks as if the Big Eight is achieving parity. When KU was leading NU 17-0 this Saturday, it got our attention, too.

On Monday night, I finally got to see the Winside volleyball team. They got Coleridge out of the way in two sets, but it took three for Allen, and both teams played their hearts out. For the second year in a row, and the second time in history, we are "headed for State!" The owner of the grocery store has a senior on the team, and can't find anyone to work in the store on Saturday, or to deliver the paper. I told him to lock up: everyone will

**The Farmer's Wife**



By Pat Melerhenry

be in Lincoln anyway. Our grandchild, due on the 5th, did not respond to the drop in the barometer. Its mother was two weeks overdue, so we are patiently waiting. Sue says she is bored, and "waiting for that burst of energy." I'm glad I carry a pager at work. I spent this Saturday afternoon getting the storm windows on. Winter caught me, and everyone else by surprise. It isn't good weather for high school football playoffs. First, they had to clear snow off the playing fields. Oh, well, it's part of living in Nebraska. Enough of this. I have to finish getting my sweaters out of the trunk.

**Service Station**

Machinists Mate First Class Gary L. Karlberg received the Navy Achievement Medal from the Department of the Navy on Sept. 4.

Karlberg received the medal for professional achievement while serving as leading petty officer of the Outside Machine Shop Swing

Shift on USS Orion (AS-18) from April 11 to May 13, 1991.

It was noted that Karlberg's exceptional professional ability, initiative and loyal dedication to duty reflected great credit upon himself and the United States Navy.

Karlberg is the son of Marilyn and Pauline Karlberg of Allen and a graduate of Allen High School. He and his wife Linda and son Sean have been living in Italy and will return to the United States this month where he will be stationed in New York.

**Students from area to attend WSC junior science academy on tap**

WAYNE - Area junior high and high school students will have the opportunity to participate in over 40 scientific workshops with regional experts during Wayne State College's annual Nebraska Junior Academy of Science, Saturday, Nov. 23.

The program will begin in the morning with a general assembly and a special presentation by a working scientist in Ramsey Theatre. This will be followed by morning and afternoon "hands-on" workshops held throughout campus.

The day's activities will conclude with a special rocket demonstration sponsored by Estes Rockets. Schools wishing to participate may register by calling Ed Brogie, Laurel-Concord High School, 256-3731, or Dr. Mary Ettel, Wayne State College, 375-7342.



3 BEDROOM RESIDENCE: Shop area, storage building, over 2 acres of land across from golf course.



AN EXCELLENT 2 BEDROOM HOME: with over 6 acres of land. Development possibilities.



3 BEDROOM HOME: near the college.



EXCELLENT SINGLE FAMILY HOME: or use as a 3 bedroom home with 2 bedroom rental.



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7 UNIT APARTMENT HOUSE: is 100% occupied and showing good cash flow.



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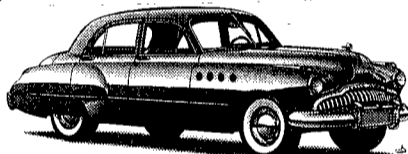


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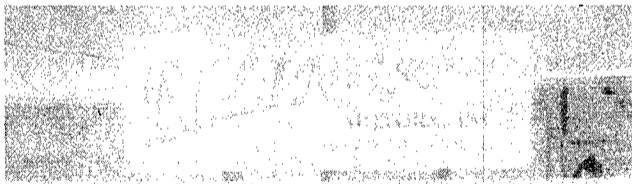

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Photography: Mark Crist

## Knights' effort pays off

DAN SUKUP, grand knight with the Knights of Columbus, (left) recently donated funds to Region IV for the purchase of a head switch. Region IV employees Sherry Shearer and Chris Wilken will help Leah Hansen (seated) learn to use the switch. According to Shearer and Wilken, the head switch gives Leah the ability to make choices for herself. The donation from Knights of Columbus comes from money collected during the organization's Tootsie Roll Drive. The donation for the head switch was for \$325.

## Allen News

Mrs. Ken Linafelter  
635-2403

### EDUCATION WEEK

American Education Week will be celebrated by schools across the nation Nov. 17 - 23. This is the 70th anniversary of American Education Week. This year's theme is "Schools and Communities - Partners For a Strong America." Allen Education Association has chosen special days during the week. On Monday, Nov. 18, they will honor the students; Wednesday, Nov. 20, honor and support the staff; and Friday, Nov. 22, will be set aside for a community coffee.

### JUNIOR CLASS ELECTIONS

The Junior Class held their county government speeches and elections on Nov. 5. The following were voted into office: County Clerk - Heather Sachau over Ann Macey; County Assessor - Marcia Hansen over Tonia Burnham; County Treasurers - Christy Philbreck over Tammy Stewart; County Judge - Lane Anderson over Jeff Geiger; County Sheriff - Justin Kelly over Bren Mattes; County Attorney - Shawna Hohenstein over Dan Sperl; County Supervisor - Brenda Sullivan over Mike Sullivan; Farmer's Home Administration - Stacey Jones over Sonya Plueger. Winners of the election will attend the offices of election at Ponca on Nov. 26. Losers will be appointed to alternate offices at a later date. Instructor Dave Uldrich

said the juniors appreciated the attendance shown by the local Legion and Auxiliary at the election and look forward to a day of informative learning at Ponca, which will be provided for by Legion Post and Auxiliaries of Dixon County on Nov. 26.

### LEGION AUXILIARY

American Legion Auxiliary met Nov. 4 at 7:30 p.m. in the Senior Citizens Center. Hostesses for the evening were Jean Morgan and Evelyn Trube.

County Government Day will be held in Ponca on Nov. 26. Jean Morgan agreed to work for the unit that day. Sandie Olesen will be making memorial wreaths and asks anyone with silk flowers that are not using to get them to her. She uses silk flowers and poppies in the wreaths.

A book will be presented to the town library in observance of Education Week. The Legion and Auxiliary Christmas supper will be Monday, Dec. 9 at 6:30 p.m. at the Calf-A. All members and spouses are invited to attend. Reservations are requested by Dec. 2. Call Deenette Von Minden if you will be attending. A short Christmas program and singing of Christmas carols will follow the supper. The "Gift For Yanks Who Gave" Christmas party at the Norfolk Veterans Home will be held on Dec. 13 at the Patton Building at

10:30 a.m. and at the Eby Building at 1:30 p.m. All members are welcome to attend.

Next regular meeting will be Jan. 13 at 7:30 p.m. at the Senior Citizen Center. Hostesses will be Matilda Rastede and Marcia Rastede.

### COMMUNITY SERVICE

The community Thanksgiving service will be held on Wednesday, Nov. 27 at 7:30 p.m. at the Friends Church with the Rev. Duane Marburger bringing the message. The services are sponsored by the First Lutheran, Friends and United Methodist Churches with the pastors assisting. A community choir will sing music they will practice on Saturday at 5:30 p.m. at the Friends Church. The choir will be under the direction of Vicky Hingst.

### ELF EXTENSION CLUB

Elf Extension Club met Nov. 8 at the home of Wanda Novak for their November business meeting and a craft lesson. Ten members answered roll call. During the business meeting it was decided to try the change of meeting on the first Thursday of the month rather than the first Friday. The lessons and leaders for the coming year were announced. Plans were made for the Christmas party which will be held on Saturday, Dec. 7 at 6 p.m. at the Senior Citizens Center. Members will bring dishes for supper with Carol Warner and Mil

## Wakefield News

Mrs. Walter Hale  
287-2728

### TREE BOARD MEETING

Wakefield Tree Board met Nov. 4. Paul Lyon, area forester, and Kris Irwin, state forester, were present to give information.

Results of the 1991 Wakefield tree survey were presented. The survey shows Wakefield has made excellent progress in the last decade in removing hazardous trees and in diversifying species which will help in preventing disease and insect damage as well as beautifying the city and improving the quality of life.

Discussion centered on the proposed mini-park to be developed on the east end of the school ground. Proposed plans call for about 25 trees of twelve different species to be labeled for use as arboretum studies as well as for recreation and beauty. The tree board hopes to obtain America the Beautiful funding to supplement the Gardner Grant for this project.

### SELECTED FOR ALL-STATE

Two Trojan band members and one vocalist have been selected for all-state honors. Dave Phipps and Scott Johnson, who play clarinet and trombone respectively, have been chosen to participate in the All-State Band activities. Dorena Murfin was tapped as an alternate for the All-State Choir.

This is the second year Johnson has been chosen for All-State Band.

The All-State Band will rehearse Nov. 21-23 at the University of Nebraska-Kearney. A final concert will be held on Saturday, Nov. 23 at 6 p.m. in the basketball arena of the Health and Sports Complex.

There are 165 students selected for the All-State Band.

### COMPLETE SAFETY COURSE

Students in the fourth grade completed a fire safety course presented by the Wakefield Volunteer Firefighters. Twenty-one boys and girls participated in the sessions during October. In the spring the firemen will reward the students with a fun night which will include a ride on the fire trucks and an opportunity to put out a fire with hoses and extinguishers.

Earning ranks during the course were Richie Dutton, fire chief; Jesse Kaufman, assistant chief; Ami Hampf, captain; Michelle Schwarten, first lieutenant, and Kristen Brudigam, second lieutenant.

### SCHOOL CALENDAR:

Friday, Nov. 15: FHA cluster meeting; State Volleyball.

Saturday, Nov. 16: FHA cluster meeting; State Football Playoffs; State Volleyball.

Monday, Nov. 18: Conference vocal clinic at Coleridge; quest-parent meeting.

Tuesday, Nov. 19: Ministerium 10 a.m.; Chapter I parents night, 7:30 p.m.

### SOCIAL CALENDAR:

Thursday, Nov. 14: Community Club, 9 a.m.; Alcoholics Anonymous, Salem Lutheran Church, 8 p.m.; Wakefield Health Care Center guard meeting, 8 p.m.

Friday, Nov. 15: Hospital Auxiliary Bingo, 2:30 p.m.

Monday, Nov. 18: American Legion Auxiliary, 8 p.m.

Tuesday, Nov. 19: VFW Auxiliary, 8 p.m.

Wednesday, Nov. 20: Lions Club, 6 p.m.; PEO, 7:45 p.m.

## Leslie News

Edna Hansen  
287-2346

Carmen Beckman and Bree Oswald were Friday afternoon and overnight guests in the Jerry Anderson home to help Mindy celebrate her 12th birthday. Evening guests were Verna Anderson, Larry Anderson, Mr. and Mrs. Terry Henschke and family, Mrs. Tom Henschke, Christopher and Cody, and Erna Bottger.

Mr. and Mrs. Jerry Anderson and girls and Erna Bottger joined guests in the Gaylen Fischer home Saturday night to celebrate Jamie's birthday.

### CALENDAR

Serve All Extension Club will meet Wednesday, Nov. 20 at 2 p.m. with Miriam Haglund as hostess.



Kathy Hochstein

## Herald names new Carroll correspondent

The Wayne Herald announces that Kathy Hochstein has joined the staff as news correspondent for the Carroll area.

She replaces Joni Tietz who resigned recently to devote more time to her job at TWJ Feeds in Carroll.

Carroll area residents with news happenings they wish reported in The Wayne Herald are encouraged to contact Kathy at 585-4729.

KATHY IS a native of Carroll and a member of the Carroll Methodist Church, where she teaches Sunday school and serves as sponsor of the United Methodist Youth Group. Her hobbies include bowling and crafts.

Her husband, LaVerle, is employed by the Milton G. Waldbaum Co. in Wakefield and she is the mother of seven children, including Mont, 28, who is employed for a cattle feeder at Washta, Iowa; Darin, 26, serving in the United States Navy at Concord, Calif.; Lynell, 25, employed by DV Industries in Wayne; Andrea, 20, stationed with the United States Air Force in Las Vegas; Kami, 18, a senior at Wayne-Carroll High School; Chad, 14, an eighth grader at Wayne Middle School; and Kari, five, a kindergartner at Carroll Elementary School.

She also has seven granddaughters.

## Swine meetings on tap

Meetings designed to help swine producers make their operations more efficient are scheduled for Dec. 17 at 1:30 p.m. at Northeast Community College.

The first meeting of Nebraska Swine Enterprise Records and Analysis Program will introduce producers to the program and teach them to make accurate record book entries for their swine operations.

A second meeting in February or March is designed to help answer producers' questions and help them with record entries.

Each producer enrolled in the program receives a record book to record production and financial data. On July 1 and again at year's end, each producer will receive a computer analysis of their swine operation based on their records.

For more information about the program, which costs \$60, contact the Wayne County Extension Office at 375-3310 or the Northeast Research and Extension Center in Concord at 584-2261.

## Carroll News

Joni Tietz  
585-4805

### SENIOR CITIZENS

Sixteen senior citizens enjoyed a carry-in pre-Thanksgiving dinner Nov. 4. Cards were played later with prizes going to Etta Fisher and Bertha Rohlf.

Rhonda Sebade took blood pressure readings.

A get-well card was signed and sent to Leona Stephens of Cairo.

### EOT CLUB

EOT Club met Nov. 7 in the home of Doris Hefti with Bev Hansen as co-hostess. Diane Hefti was a guest. Members answered roll call with a recipe for leftover turkey.

Door prizes were won by Karma Magnuson and Bev Hansen.

The club will meet for a card

party on Nov. 15 in the Cyril Hansen home. The Christmas supper is scheduled Dec. 14 in the Wayne Women's Club room.

Next regular meeting of the club will be in the home of Kris Loberg on Dec. 5 and will include a gift exchange.

## Hoskins News

Mrs. Hilda Thomas  
565-4569

### PEACE DORCAS SOCIETY

Peace Dorcas Society met at the church Nov. 7. Mrs. Alfred Vinson was hostess. President Mrs. Norris Langenberg gave the welcome and the Rev. Bolt had the opening prayer, followed by group singing of the hostess' favorite hymn "For the Beauty of the Earth." Mrs. Andrew Andersen reported on the previous meeting and Mrs. Robert Wesley gave the treasurer's report.

Reports were given by members who attended the U.C.C. Guest Day at Pierce. Cheer cards were sent. Plans were made for the annual Congregational Thanksgiving dinner to be held Sunday, Nov. 24. The president had charge of the "Thank Offering."

Pastor Bolt presented the topic, "Riches to Rags."

Next meeting will be the annual no-host Christmas dinner at 12:30 on Dec. 5.

### TRINITY LUTHERAN AID

Trinity Lutheran Aid met Nov. 7 with 10 members and the Rev. James Nelson present. The meeting opened with a hymn and Pastor Nelson led in the study of Psalm 92. Vice President Hilda Thomas conducted the business meeting and read an article, "What Will the Harvest Be?"

Mrs. Lane Marotz read the report of the October meeting and

Mr. Howard Fuhrman gave the treasurer's report. Correspondence was read and committee reports given. Members were reminded to bring the Mission stockings to the next meeting.

Mrs. Lane Marotz will be in charge of purchasing a new advent wreath and candles. Election of a president and secretary was held with Mrs. Alvin Wagner elected president and Mrs. Jim Dretske, secretary. The visiting committee for November will be Mrs. Martha Behmer and Mrs. Harold Brudigan. Mrs. Lane Marotz will send church visitors notes and Mrs. Howard Fuhrman will have care of munion ware.

Anna Wantoch was honored with the birthday song. The meeting closed with a hymn, the Lord's Prayer and table prayer. Mrs. Howard Fuhrman was hostess.

Next meeting will be the annual no-host Christmas dinner at 12 noon on Dec. 5 with Trinity school children and teachers as guests.

### LADIES AID-LWML

Zion Lutheran Ladies Aid-LWML met Nov. 7 with 10 members and the Rev. Ronald Holling present. President Mrs. Larry Koepke opened the meeting and Christian

Growth Chairman Mrs. Elaine Ehlers gave the devotion on Thanksgiving prayer. For roll call, members paid five cents to the penny pot if they had to change their plans due to the snowstorm last week and three cents if not. Mrs. Ralph Saegebarth read the report of the previous meeting. Delegates gave reports of the LWML Fall Rally. Election of a vice president and treasurer was held with Mrs. Duane Kruger elected vice president and Mrs. Darrell Kruger, treasurer.

Monetary Christmas gifts will be sent to World Relief, Bethesda, Lutheran Family Service, Camp Luther, Good Neighbors and Lutheran Old Peoples Home.

Altar Guild for November is Mrs. Elaine Ehlers and Mrs. Kip Thompson. Flower committee is Mrs. Larry Koepke and Mrs. Darrell Kruger.

Pastor Holling led in the topic, "Heart to Heart," taken from the Lutheran Women's Quarterly. Hostesses were Mrs. Ralph Saegebarth and Mrs. Ralph Kruger.

Next meeting will be the annual no-host Christmas dinner and bake sale on Dec. 5.

### SOCIAL CALENDAR:

Thursday, Nov. 14: Highland Woman's Home Extension Club, Mrs. Lyle Marotz.

Monday, Nov. 18: Town and Country Garden Club, Mrs. Walter Koehler.

Wednesday, Nov. 20: Peace Golden Fellowship, 1:30 p.m.

Robert Fletcher of Pomona, Calif. and Craig McBee of Midway, Utah, left Nov. 7 after spending a week of the hunting season at Hoskins where they were guests in the Mrs. Irene Fletcher home. Joining them Saturday evening, were the Richard Behmers family, the Jon Behmers family, Mr. and Mrs. Larry Bruggeman and Mrs. Jim Webster.

Clyde and Nancy Davenport of Saginaw, Mich. were Thursday-Sunday, Nov. 7-10 guests in the Mr. and Mrs. Gerald Bruggeman home.

Wayne Community Theater presents...

1991  
DINNER  
THEATER

A humorous look at small town life through the eyes of the residents of Tuna, Texas.

Greater  
TUNA

by  
JASTON WILLIAMS, JOE SEARS & ED HOWARD

November 14, 15, 16 & 17

at the Black Knight - Wayne

Buffet supper served at 6:30 - performance at 7:30

Meal - \$7.00 Performance \$5.00

Seating is limited - call the Black Knight for reservations.

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NIGHTLY at 7:15 Late Fri Sat & Sun at 9:15 Bargain Mat Sun 2  
Sun 2 Bargain Tue 7:15 & 9:15 Only \$2.50

Frankie & Johnny  
NIGHTLY at 7:00 Late Fri Sat Tue 9:15 Bargain Mat Sun 2  
Bargain Night Tue 7:15 & 9:15 Only \$2.50





## HELP WANTED

**HELP WANTED:** Mature person to learn abstracting and do title searches part-time to full time. Call 439-2142 or send resume to Box 86, Stanton, NE 68779. Nov74

**HEAD START TEACHER/CENTER SUPERVISOR WANTED:** Person to be responsible for all personnel, operation and administrative functions of a Center Base Head Start Program in Wayne. Willing to work with income eligible children, their families and volunteers. Either a degree in Early Childhood Ed. or willing to enroll in Head Start Child Development Associates program and experience with pre-school children. 40 hours a week, 35 weeks per year - salary negotiable. Must meet Agency's insurance requirements. Send resume to Bev Frese, Goldenrod Hills Head Start, Box 280, Wisner, NE 68791. Closing date: Nov. 20, 1991. EQUAL OPPORTUNITY EMPLOYER Program is 100% Federally Funded Non-profit Corporation. Nov72

**WANTED: TEACHER AIDE /DISABILITIES A** for Wayne Head Start. 40 hours per week, 35 weeks per year at \$4.50 per hour. Must be able to meet Agency insurance requirements. Must be able to work with income eligible preschoolers and children with disabilities. Send resume to Bev Frese, Head Start Director, Goldenrod Hills Community Action Agency, Box 280, Wisner, NE 68791. Closing date: Nov. 20, 1991. EQUAL OPPORTUNITY EMPLOYER. THIS PROGRAM IS 100% FEDERALLY FUNDED Non-profit Corporation. Nov72

**WANTED:** Family Services Coordinator/Bus Driver for Goldenrod Hills Head Start located in Wayne. 35 hours per week, 35 weeks per year at \$4.50 per hour. Should be knowledgeable of local resources. Must have a safe driving record and be able to meet Agency insurance requirements (21 years of age). Must be able to work with income eligible children and families. Closing date: Nov. 20, 1991. Send resume to Bev Frese, Goldenrod Hills Community Action Agency, Box 280, Wisner, NE 68791. EQUAL OPPORTUNITY EMPLOYER. This program is 100% Federally Funded Non-profit Corporation. Nov72

## WANTED

**EXTERMINATING:** Professionally done: rats, mice, birds, bats, insects, etc. D & D Pest Control, 712-277-5148 or 605-565-3101. Reasonably priced. tf

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**STEEL BUILDINGS,** must sell. 1-40x60, 1-30x40, 1-50x120. Colored walls, excellent for machinery, storage, shop, garages and livestock. Easy construction, excellent warranty. Call 1-800-798-1092.

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**HELP WANTED:** Recreation-Leisure Services Programs Coordinator in the office of City Administrator. Full time position (40 hours per week). Wage rate \$7.22 - \$10.69 per hour, plus excellent benefits. Requires bachelor's degree in recreation, leisure services, physical education, public administration, related fields or minimum four (4) years public recreation-leisure services experience. Supervisory experience preferred. Responsible for planning, promoting, organizing and administering public recreation and leisure services programs, with emphasis on sports related programs for the entire community under policy guidelines of the City Administrator and Recreation-Leisure Services Commission. Applications available by writing to the Personnel Manager or phoning 375-1703. Completed application form and letter of application due in the Personnel Office, 306 Pearl Street, Wayne, NE 68787 by 4:00 p.m., Wednesday, Nov. 19, 1991. City of Wayne is an equal opportunity employer. Nov72

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**REQUIREMENTS:** Coursework/training or experience in office support/secretarial procedures. Good communication skills and knowledge of grammar necessary. Should have some experience in operating a multi-line telephone and some exposure to computer terminal. Must have the ability to use or learn word processing software using CompuAdd 316S and related equipment. Typing agility of 40 wpm.

Obtain applications and typing test information by contacting: First Floor, 301 Centennial Mall South, Lincoln, NE 68509; (402)471-2075 or any Nebraska Job Service Office. All applications and typing tests must be completed/postmarked on or before 11/20/91 to be considered.

NE DEPT OF PERSONNEL, Equal Opportunity Employer M/F/H Nov112

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**SECRETARY II, U.S. Conn Library.** Hiring Rate \$1150/month, plus benefits. Job description and application form are available by writing to the Administrative Services Office, Hahn 104, Wayne State College, Wayne, NE. 68787, or by phoning 402/375-7485. Completed application form and letter of application are due in Hahn 104 by 5:00 p.m., Monday, November 18, 1991.

Wayne State College is an Equal Opportunity /Affirmative Action Employer

11-7/11/14

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- Corporate office representatives will be interviewing and taking applications Nov. 13, 14 & 15 at the First National Bank drive-up location at 7th & Main. Please stop by for an interview between 10:30 a.m. to 4 p.m. You may call Carolyn at 1-423-2394 for more information.

## HELP WANTED

**Great Dane Trailers of Wayne, Nebraska, is now accepting applications for assembly work.** Great Dane offers employees a modern and clean manufacturing facility, with excellent benefits. Assembly positions start at \$6.06 per hour with regular wage increases to follow. Benefits include medical, a no-deductible dental program, pension plan, vacation, holidays, attendance bonus, credit union, and much more. Interested individuals may apply at either the Wayne Plant or the Nebraska Job Service Office in Norfolk, NE. Applications may be received by calling 402-375-5500. EOE.



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11-11, 14, 17

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# LEISURE TIMES

A monthly publication for Senior Citizens

November 14, 1991

Contact your local newspaper

## Home Health Care helps patients to realize desire to 'stay in my own home'

Bernice Blecha, Osmond Republican

Perhaps one of the primary concerns of elderly persons is having to leave their home environment when physical impairments do not allow them to care for all of their day-to-day needs. Home Health Care is a service which can assist these types of persons to maintain more independent living in their own homes.

Since 1984, Osmond General Hospital and Providence Medical Center at Wayne have been Home Health Care providers as satellite agencies of Lutheran Community Hospital in Norfolk. Virginia Watson of Pierce, a registered nurse who is a former Osmond General Hospital director of nursing, is Home Health Care program director.

Osmond hospital registered nurses Deb Schmit and Betty Greiner comprised the initial Osmond Home Health Care team. Cathy Hitz joined the group in 1985, Jane Dendinger in 1989 and Deb Jacobi in July of this year. All are registered nurses except Mrs. Jacobi who is a licensed practical nurse. Mrs. Greiner is still an Osmond hospital staff member but works with Wayne Home Health. The Osmond team serves an area in a 25-mile radius of the town, however, some living toward the eastern boundary may be served by the Wayne team, depending on who the patient's doctor is. The goal of Home Health is to allow patients to remain in their homes as long as possible by providing medical supervision.

To be eligible for Medicare and Medicaid coverage of Home Health Care services, a person must be homebound and the patient's doctor must verify the need for the service. The doctor orders services

to be provided and the doctor-nurse team is in continual communication on patient progress and success of the treatment or care being given. The frequency of visits is also ordered by the doctor.

Among the skilled nursing care services the team provides are checking vital signs, drawing blood, teaching patients about medicines, diet, wound care, colostomy care and incisional wounds, giving injections, changing dressings, home intravenous therapy, assessing safety in the home, helping families with a terminally-ill patient in the home, and trying to help families find in-home assistance. On the latter matter, the nurses said they are always looking for volunteers who will help with personal care in the home.

There is also a Home Health Care aide program. To be eligible, the patient must qualify for the skilled care nurse visits. The care giver will call two or three times a week, helping with baths and dressing, doing some light household chores and assisting with meal preparation. Mrs. Jacobi primarily provides the aide care but, since she is an LPN, can also give the skilled care.

Some patients require Home Health Care because age has brought on deteriorating health. There are others who are post-operative or post-hospital patients who need assistance of short term following their discharge. The nurses point out that for the latter group, Home Health Care offers a means to continue good medical care to patients who are now faced with the shorter hospital stays imposed by Medicare and insurance regulations. The care givers indicated that some private insurance companies also cover Home Health services, however,



John Thomsen was visited by three Home Health Care nurses for this picture. Clockwise from left front are Deb Jacobi, Deb Schmit, Meta Thomsen and Cathy Hitz. Checking vital signs is among the services provided by Home Health Care.

they recommend that a person check with their carrier first. Nurses can help make contact with a patient's carrier to get a determination on coverage available. Some patients may be seen for as few as three visits, others for several years.

The nursing team says the most common remark made by patients is that it's so nice to be able to stay at home. Some-

times it allows a couple to remain together at home rather than be separated if one were to enter a nursing home when the other spouse could no longer provide all the daily needs. There are also those who are terminally ill with cancer for whom Home Health's regular visits can help them to realize their desire "to die with

See DESIRE, page 14

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# British Isles are focus of 1992 tour

The British Isles will be the focus of a two-week tour June 3-16, 1992. Janice Dinsmore, head of Extended Campus at Wayne State College, has planned the itinerary and will lead this Heritage Adventure Tour with a focus on our political, literary and religious roots. She will be accompanied by Becky Keidel, travel coordinator for Trio Travel.

The group will spend three days in London seeing Picadilly Circus, Trafalgar Square, Parliament, No. 10 Downing Street, Westminster Abbey, the Tower of London, St. Paul's Cathedral, Wesley's home and other sights. Leaving London, stops are planned at Windsor Castle, Runnymede, Stonehenge and Salisbury Cathedral. Two nights will be spent in Bath, England, site of the Roman Baths, and a day trip to Oxford is included. On the way, stops will be made at Blenheim Palace, birthplace of Sir Winston Churchill, and at his burial site in nearby Bladon.

Cardiff, Wales, is next on the itinerary. Cardiff Castle and St. Fagan's Welsh Folklore Museum will be toured, and a medieval banquet will highlight the evening. A second night in Wales will be spent in a private guesthouse.

Travel through the Lake District, considered England's finest national park, will feature a cruise on Lake Windemere and stops at Wordsworth's home and Beatrix Potter's gallery.

Two stops in Edinburgh, Scotland,

provide opportunity to visit Edinburgh Castle, Holyrood Palace and the homes of Robert Burns and John Knox, as well as a day to tour or shop independently. A Scottish folklore dinner and show are included.

One cannot leave the British Isles without a visit to Stratford-Upon-Avon, and that will be home for two nights. Hadrian's Wall, Scrooby (home of the Pilgrims before they came to America), and Coventry Cathedral will be seen on the way to Stratford. Once there, Shakespeare's home and museum, as well as Anne Hathaway's cottage, will be toured. The group will attend an evening performance at the Royal Shakespeare Theatre.

The per person, double occupancy price of this two-week tour is \$2,575. Included are roundtrip air; 12 nights' accommodation; breakfasts; five evening meals; medieval banquet; Scottish folklore dinner and show; 3-day London travelcard; local guides in London, Oxford, Cardiff, the Lake District and Edinburgh; deluxe touring coach; entrances to all advertised sites; Lake Windemere cruise; Shakespearian play; roundtrip airport transfers; portage; local service charges and taxes; tips for guides and driver; and your personal tour escorts.

A free brochure with full details concerning this upcoming tour is available by calling Wayne State College at 375-7217 or Trio Travel at 375-2670 or 1-800-542-8746.

## LEISURE TIMES

is a special monthly supplement for the senior citizens of Northeast Nebraska inserted in the following newspapers: Cedar County News in Hartington (254-3997), Laurel Advocate (256-3200), Osmond Republican (748-3666), Pender Times (385-3013), Randolph Times (337-0488), South Sioux City Star (494-4264), Walthill Citizen (385-3013), Wausa Gazette (586-2661) and The Wayne Herald (375-2600 or 1-800-672-3418).

Copy deadline for next issue Thursday, Dec. 5, 1991.

## Retirement not required just because you turn 65

A national study has discovered something that many older Americans have known for a long time -- many seniors are not ready and willing to retire at age 65. In fact, the study, conducted by Louis Harris & Associates, showed that today's pool of qualified older workers is much larger and more robust than any of us have been led to believe.

According to the study, more than 1.9 million unemployed Americans age 60 to 64 are available for work. Of these, 1.1 million were fully capable and committed to return to work. If these "ready and able" retired workers returned to the work place, the study concluded, they could go a long way toward easing future labor shortages.

Although older workers are healthier, better qualified, more flexible and more committed to the work place than previous surveys have suggested, they face many barriers in getting jobs. Some employers continue to discriminate against older workers. And many older people wanting jobs don't even look, because they think nobody will hire them.

These attitudes are likely to change in the near future. Statisticians project that by the year 2000 there will be a major disparity between the number of new jobs being created and the number of young people entering the work force.

See 65, page 16

## "Single-Stitch", "No-Stitch" "Small Incision" Cataract Surgery Which one is right for you?

Today's Cataract Surgery is easier than ever before for the patient. Surgical techniques have progressed in recent years to make recovery from cataract surgery fast and easy to recover from. Some of you may be confused, however, over which type of surgery is best for you.

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# Choosing the right memorial helpful

When someone dies, someone whom you loved and cared for, you want to do the right thing. At first, you were so busy with the final arrangements. And you were numb and really couldn't think too clearly about anything. You just did what you had to do, you moved from day to day. But now, some time has passed. You can sort out your feelings. And it's time to choose a memorial for your loved one. You want to do the right thing to remember that person with love.

There are many ways to remember a person. You keep their picture in home and heart. You may want to make a gift to a church or charity in memory of your dear one. But what can you do that will be truly permanent, that will outlast even yourself?

A monument is permanent. Made of granite or marble or bronze, it will last through the ages.

A monument is personal. With carvings or drawings to reflect your loved one's life and interest ... with symbols to underline character and personality ... with inscriptions to proclaim faith and feelings, it will

furnish insights to your loved one that everyone is seeing it can understand.

A monument is history. It provides a record of someone's life that cannot be lost in fire or flood or by moving away. Not just this person, but your entire family as well, will be immortalized for future generations to know and remember.

A monument is art. It gives you an opportunity to express your love in a beautiful, enduring manner.

The desire to memorialize is as old as mankind. Monuments are among the most ancient records of a man's presence on earth, still visible, still proclaiming honor and respect. We all want to remember and to be remembered. When you place a monument for someone, you are making a statement for everyone to see, through all eternity. You are saying that this person was special, that this person was worth remembering, and that someone loved this person enough to mark his or her life forever.

As with any important purchase, and particularly one that will last such a long time, where you buy it matters a great

deal. You'll want to deal with someone you trust. Someone who has been in business in your area for a long time. Someone who has the technical skills to create just exactly the kind of monument you want ... who can offer you a wide variety of styles and colors and finishes. Someone who is willing to work with you and translate your feelings into a personalized design of meaning and beauty.

That's what Wayne Monument works is for. They're the best people to handle this important purchase for you. Wayne Monument works holds the symbol for excellence in monuments. Wayne Monument

Works is a member of the Monument Builders of America, so you know that they're a top-quality firm.

"We have only one standard of service for your customers," explains Keith Brasch, owner of Wayne Monument Works. "Whether the monument you choose is large or small, we will give it the same degree of attention because we understand how important it is to you to do the right thing.

"We pledge ourselves to serve you and your family with care and dedication because that is the right thing for us to do for you."

PROFESSOR  
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by BILL YATES



In our new family room, on the sofa, from left: Myrtle Anderson, Art Anderson and Rosse Helthold. Seated on the chair is Viola Hartman.

We understand that choosing a nursing facility is a difficult decision. Here at Wakefield Health Care Center we welcome questions and visits to our facility. We feel that our home stands out from the others. Our goal is quality care, for you or your loved one.

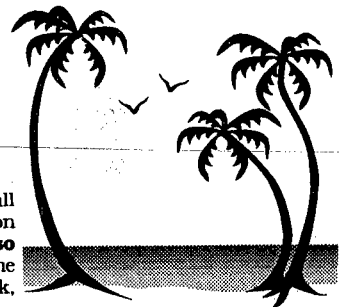
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# Bond means much to Iversens

By Dianne Jaeger  
The Wayne Herald

One of the greatest qualities Nebraskans are known for is the longevity of their marriages. Statistics today show that approximately 50 percent of all marriages end in divorce. Many Nebraskans in the past and today are celebrating their golden anniversaries as well as their 55th and 60th ones.

Is there a secret to couples remaining together for that many years? Was it their occupations, their environment, unique personalities or just luck?

These are some of the questions I hope to explore over the next few months, focusing on Winside area couples who have at least reached those Golden Years.

One couple who took their marital vows quite seriously was Howard and Marian Iversen, who recently celebrated their 55th year together. They were united in marriage June 7, 1936 in Winside's Trinity Lutheran Church Parsonage by Rev. W.F. Most.

It was a small family affair with a dinner and family reception held in the evening at the home of Marian's mother and grandparents — the same home now occupied by Howard and Marian.

They made their first home on a farm three miles east and 1 1/2 miles south of Winside as Howard was a farmer at the time. Marian had taught school five years prior to their marriage but took a break

from it until 1953. She then taught eight years in rural schools and 14 years in the Winside Public Schools teaching English.

## 'Family gatherings during the holidays and on the Fourth of July also hold special memories for us.'

**Marian Iversen**  
Winside

Education has always been important to Marian. She continued her own, going to summer school and night classes during the school terms until she received her Bachelor of Arts Degree in Elementary Education and English — 35 years after her high school graduation.

"I was the first woman to ever deliver the commencement address in Winside in 1977 — the year our grandson, Dale Bowder, graduated. It was on 'Applying for Jobs,'" Marian says.

Howard and Marian remained on the farm until December 1949, when they decided to move to Winside into the house that Marian's grandparents, Mr. and Mrs. Ola Brogren, had built 79 years earlier. Howard and Marian are still living in this home today.

Howard later became custodian for the Winside Public Schools for 16 years as well as the grounds keeper at Pleasant View Cemetery for many years.



The Iversens have been married for 55 years.

Some special memories of Howard and Marian's years together include their family vacations, especially their first trip to California in 1954. All four kids, Marian's mother, Mrs. Anna Andersen, and Howard Andersen, a brother, drove out in two cars with Howard and Marian.

"We did a lot of sightseeing that trip stopping at the Rocky Mountain National Park, Salt Lake City, Hoover Dam,

Knott's Berry Farm, Forest Lawn and a boat trip to Catalina," Howard recalls. "We spent time visiting Howard's mother, Maggie Iversen and a sister and brother, Irene and Raymond Iversen, in Alhambra, Calif."

The Iversens are the parents of four children: Greta Grubbs of Winside; Bill Iversen, Wahoo; Nancy Blottoflsen and Tom Iversen of Lincoln. They also have four grandchildren and three great-grandchildren.

"Family gatherings during the holidays and on the Fourth of July also hold special memories for us," Marian says.

"We've been real lucky during our marriage not to have experienced any tragedies in the immediate family. We've also been blessed with good health and few doctor bills. I suppose crop failures the first few years we were married were events that brought us closer together."

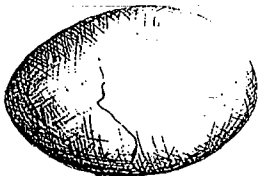
When I asked them what annoying habits of their spouse they had tried to live with, neither of them could think of anything special.

"Minor things which seem unimportant now," was all Marian would say.

"The hardest part about marriage is thinking before you speak and overlooking small annoyances. We always used meal times to communicate with each other and talk things over. Marriage is definitely a 50-50 contract," Marian adds.

See BOND, page 5

## Some Things Are Fragile



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## Make plans for benefits

If you're thinking about signing up for Social Security sometime in 1992, you should get in touch with Social Security about your plans. You and your family may be due benefits for months you still are working. But to get these benefits, you must file your application early.

It may be to your advantage to have your Social Security benefits start in January, even if you don't plan to retire until later in the year. Under current rules that affect how much a beneficiary can earn, called the Social Security "retirement test", many people can receive more benefits with an application that is effective in

January.

A 1990 legislative change that eliminated retroactivity in most retirement claims, increased the importance of contacting Social Security before retiring. The rules are complicated, so the Social Security Administration urges prospective retirees to find out in advance if choosing to start their benefits in January would be advantageous.

Retirement claims that go into effect in January can be filed any time from October 1 through January 31. To file an application for retirement benefits, call Social Security at 371-1595.

## Bond

Continued from page 4

Besides spending time with each other and their families, Marian enjoys piecing quilts and quilting. "I believe I've pieced at least 50 quilts ranging from baby quilts to king size," she says.

Marian has made quilts for each of her four children and each of her four grandchildren. She has also made quilts for her great-grandchildren.

She has been a member of the Trinity Quilters Group for about 15 years and has the distinction of being the oldest lifetime women member of Trinity Lutheran Church. She was baptized there in 1912.

Marian is also a member of the G.T. Pinochle Club, the Busy Bee's Club for over 40 years, and a member of TOPS Nebraska 589.

Howard enjoys spending time gardening and sharing his garden produce, especially the first new potatoes, with his friends. He also saws and splits wood — selling some and giving some away. For many years, he gathered black walnuts — one year he picked out over 20 pounds of nut meats — but the crop has been poor lately.

In 1985, Howard was honored as Win-side's first outstanding citizen, receiving an engraved traveling plaque. He was selected because of his "Good Samaritan" deeds, doing errands and chores for neighbors.

Marian says the main ingredient for a lasting marriage is "consideration for your partner." She would advise newlyweds to "be appreciative of whatever your spouse does for you and do not criticize about him or her to other people."

## NEBRASKAland Magazine's 1992 CALENDAR



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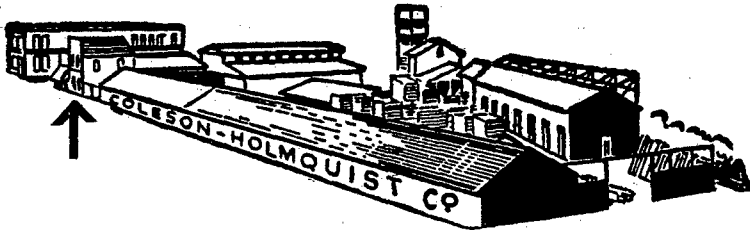
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# the Wausa Gazette.

## is back on Broadway!



An old engraving from the immediate successors of M.W. Blenkiron Company includes sheds along Broadway and a smoking locomotive, both obsolete. Arrow points to the new home of the Wausa Gazette in the former lumber yard office.

### Relocated in century-old building

The Wausa Gazette is back on the town's main street after 32 years in a spacious masonry plant around the corner.

The weekly newspaper moved last weekend to the oldest business building in town, the small red frame structure building that 101 years ago was the office of the M.W. Blenkiron Lumber Company.

It took three cold days to make the move, after Publishers Bob and Josiane Reinhardt sold the plant to Erickson Feed Company and salvaged much of the old printing equipment and furniture. Al Thierolf, a retired rural mail carrier and his tractor-mounted bucket loader moved what was left, with other local people helping.

The newspaper is surrounded by the same lumber yard, now Johnson Lumber and Grain Systems, operated from the adjoining brick building. The publishers rent the space from Lumbermen Lowell and Delmar Johnson, who insulated and put modern lighting and heat units into the old office. They repaired and resurfaced the hardwood floor and insulated the ceiling and exposed walls.

The new-old office fulfills the Reinhardt's desire since buying the Gazette in 1983, to be in the center of activity on Wausa's Broadway.

### Stepping into the past

They also see the move as a romantic step into the past, while publishing colleagues more frequently celebrate the modernization of their plants. The 1990 Wausa Centennial inspired the backward look, after the Gazette's 90th birthday in 1988.

Between the two events, the Gazette nameplate at the top of page one was converted back to its old style letters, including the end-of-the-line period.

The spirits of past tenants of the floor above their office just might inspire the newspaper publishers. Erik Peter Ekman, born in a log cabin in Sweden, made the doors and frames for the Knox County Courthouse in 1834, had a wagon shop in Wausa and wrote poems in his mother tongue that were recently published in the old country.

The Alex Brown family had a daughter who was a painter. Dr. Frank Genung had his medical practice there. Jack Stewart is remembered for his peg leg and a Mr. O'Neill as "a bachelor who made beautiful woodwork."

The Upsala Dala, an art gallery, was established upstairs by Delmar's wife, Carlé Johnson, during the Wausa Centennial.

Some of her own works remain there.

The Wausa Nursing Center is pleased to announce it has been certified as a Skilled Nursing Facility for Medicare benefits.

This means Medicare-Part A will pay part of the costs for a stay in an SNF if all of the following conditions are met:

- 1) A physician certifies that the beneficiary needs, and actually receives, skilled nursing or skilled rehabilitation services; the skilled services are required and received on a daily basis.
- 2) The skilled services must be ones that, as a practical matter, can only be provided in an SNF, on an inpatient basis.
- 3) The facility's Utilization Review Committee or the Peer Review Organization does not disapprove the stay, and
- 4) The facility is Medicare-certified and must be a skilled care facility.
- 5) The beneficiary must have been in a hospital at least three days in a row (not counting the day of discharge) before being transferred to a participating SNF.
- 6) The beneficiary is transferred to the SNF because he or she requires care for a condition that was treated in the hospital, and
- 7) The beneficiary is admitted to the SNF within 30 days after leaving the hospital.

### Wausa Nursing Center

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Medicare Certified effective 11-1-91

### Local VISA Card costs less, does it all

by Gerald Gunderson, President, Commercial State Bank, Wausa, NE

Many of the biggest financial institutions in the United States issue credit cards that allow the holder to purchase goods and services today and pay later.

So does the Commercial State Bank in this town of 600 people. Like credit cards from the giant firms, the Wausa bank's VISA Card is honored at home and around the world.

But there's a difference: The Northeast Nebraska product costs you much less.

Money Magazine recently compiled the cost for an average \$1,200 balance on credit cards of the biggest issuers in the nation. The figures reveal that the Commercial State Bank VISA would save you \$15.80 to \$58.40 a year.

**Free enrollment**  
Both VISA Classic and VISA Gold

Cards are issued by the Commercial State Bank, with no fee for the initial enrollment.

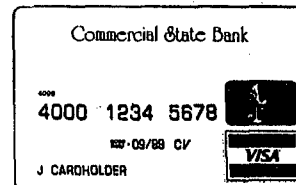
Both cards provide more than credit. Through an associated travel agency, they give you travel service at a discount and a dividend after the trip. Common carrier travel insurance, a discount on car rentals and emergency cash are also provided.

VISA Gold adds Priority Travel Service, trip planning, car theft protection and bigger discounts and dividends.

Most VISA cards from the Commercial State Bank are held by Northeast Nebraskans. Other members live in adjoining states and as far away as Florida and California. Many are former area residents who left their hearts behind.

Call the Commercial State Bank for more details.

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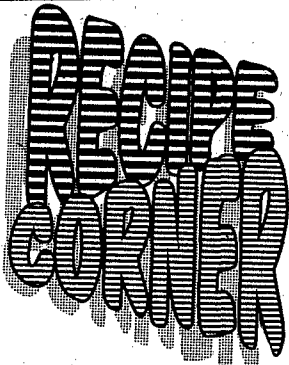
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### SMOKED TURKEY BARLEY SOUP

Smoked turkey carcass with  
skin and some meat left on

- 2 cups chopped celery
- 2 cups chopped carrots
- 2 cups chopped onions
- 3 bay leaves
- About 6 cups water (more if  
needed to barely cover turkey)
- ¼ cup barley
- Salt
- Pepper

Combine turkey carcass, celery, carrots, onions, bay leaves and water. Simmer gently three hours or so. Drain off and degrease the broth. Remove the bones.

Return vegetables and turkey pieces to broth. Add salt and pepper to taste. Bring to boil. Add barley; cook on reduced heat until the barley is tender, about 15 minutes.

## Turkey tips for a safe Thanksgiving

Many families will be inviting relatives and friends to join them for Thanksgiving turkey. But, if they don't take care of food properly, they could be inviting invisible food poisoning bacteria to dinner as well.

"When preparing and cleaning up after your holiday turkey dinner, you should be extra careful with four different steps," says Dr. Morris Mast, Penn State professor of food science. "Thawing, stuffing and cooking the bird and storing the leftovers require a little attention to be done right."

Most food poisoning from poultry is caused by pathogens such as Salmonella, Campylobacter and Clostridium perfringens. These microscopic bacteria can cause flu-like symptoms of diarrhea, vomiting and stomach cramps. Since the pathogens can be killed by cooking, and controlled by refrigeration, common sense can keep them from putting a damper on your festivities.

"Properly thawing the turkey is something that should be planned ahead," says Mast. "Thawing it at room temperature can cause problems because the outside of the frozen bird will warm up, giving microorganisms a chance to grow."

"The best way to thaw a turkey is in the refrigerator, allowing about 24 hours for each five pounds. Turkey can also be thawed in the microwave or in cold water, if it is frequently changed."

Turkeys should be stuffed immedi-

ately before cooking. "If you stuff it the night before, you'll be putting warm stuffing into the turkey. Even putting it back into the refrigerator won't cool it adequately to prevent microbial growth. If it is necessary to prepare the stuffing in advance, store and cook it in a separate dish."

Mast says that prestuffed frozen turkeys present no safety problems as long as they are cooked without thawing. "However, these turkeys may be a bit overdone and not as moist on the outside because the interior portion takes longer to cook."

When the turkey is placed in the oven, begin heating immediately at 325 degrees Fahrenheit. In addition, do not partially cook the turkey, but finish cooking until the meat is done.

Cookbooks and labels give a rough estimate of how long the bird will take, but Mast says the best way to tell when it is done is by using a meat thermometer. When the meat in the inner thigh reaches 180 degrees and stuffing 165 degrees, the bird is ready to serve. Pop-up thermometers are also quite reliable, he says.

Mast warns that the cooked turkey should not be placed on the same cutting board or surface used for preparing the raw bird unless the surface has been thoroughly cleaned. Care also should be taken not to cut salad or other fresh foods on unwashed cutting boards that might be contaminated by juices from the uncooked poultry.

"There are always leftovers," says Mast. "To finish off the entire turkey at dinner, you'd need either a large crowd, a small turkey or a combination of both. All leftovers should be stored properly."

"Turkey should not sit out longer than two hours," he says. "Don't leave the turkey out for people to nibble at while the festivities continue. After the turkey has been cooked, it's susceptible to post-cook contamination. Proper cooking has killed pathogenic microorganisms that were there. But new ones like Staphylococcus aureus, which people may harbor and easily transmit to the turkey, will be able to grow without any competition from other bacteria."

"A turkey that has remained at room temperature for several hours is the perfect environment for these staphylococci to grow. Although reheating the meat later will kill the bacteria, they may have produced a toxin that isn't easily destroyed by heat and can cause a food-borne illness."

Mast suggests that leftover turkey should be eaten within three to four days and leftover gravy and stuffing should be eaten within one to two days.

"Turkey is a very nutritious food for people, but unfortunately it also is nutritious for bacteria. That's why proper handling is important," says Mast. "People don't need to let their concern ruin their meal, but a little common sense will help keep your holiday healthy."



## Slow Down? Not Now...

No one could plant a straighter row than Will but he thought his farming days were numbered because cataracts blurred his vision. It was hard to admit but he feared he would go blind until his physician recommended the new sutureless cataract surgery at the Jones Eye Clinic.

Dr. Jones used this new sutureless technique on Will which enhanced the natural healing abilities of his eyes. In no time at all Will was back to farming and he's sent friends to Dr. Jones time after time.

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# Programs help build self esteem

by Angie Nordhues, Randolph Times

Feelings of self-worth and independence are important to everyone, however they become crucial later in life. One federal program is focusing on helping older Americans recapture the courage and opportunity to work and earn a living for themselves.

This program is Green Thumb which reaches out to older Americans age 55 and older that meet certain income guidelines. It is especially helpful to those who have lost their spouse or have never worked away from the home before.

In one case, Gloria Donohoe said a woman just becoming involved in the program was scheduled to begin work at a senior center. When Donohoe arrived she found the woman hesitating outside the building. Donohoe said "hello" and invited her inside helping her find the vacuum to begin.

Later, the woman told Donohoe that if she hadn't helped her start out with a simple and familiar task of vacuuming she wondered if she could have found the courage to take the first step to begin what later became a productive independent period in her life.

Donohoe is an area supervisor for Green Thumb of Nebraska. She gave a presentation at the Randolph Senior Center, Tuesday, Oct. 29.

"I enjoy helping people and getting information to them," Donohoe said. "This was the purpose of the Randolph meeting."

She said she appreciated the Randolph Senior Center and director Ruth Thelen for hosting the meeting.

Green Thumb is an employment and training program for older Americans through the Department of Labor and authorized by the Older Americans Act. It is a federally-funded program.

In 1965, the program was started during President Lyndon Johnson's administration.

Originally, the program was started to beautify roadsides with flowers and trees thus lending the name "Green Thumb" which stuck, Donohoe said.

Green Thumb has focused its mission over the years to mainly rural people such as retired farmers without enough income, Donohoe said.

In addition to improving economic conditions for older Americans, the most important aspect of the program is that the work it provides lifts spirits and gives many a reason to continue living.

The non-profit group is active in 44

states and Puerto Rico. In the eastern more metropolitan areas of the country the program is called ARP.

"This program has no connection to welfare," Donohoe said. "Workers put in about 20 hours per week. We can count on the employees involved. You can depend on them. The only trouble we have is getting them to take time off."

One common trait about those involved is their high moral values. Donohoe said the workers realize they are needed and want to keep working.

"Working for the program gives people a little extra money to make up where other income leaves off," Donohoe said.

Older Americans are able to earn by working as teachers' aides, working at museums and senior centers, house-keeping or being janitors and other helpers.

Many workers in this area are employed in home health care, Donohoe said. For this line of work, Donohoe said the program has provided training so that workers can find jobs on their own. This is one way the program has changed since its beginning, Donohoe said.

"At first it was an income maintenance program, now we're focusing more on offering training. We're hoping that with education and training for older Americans more employers in the area will hire them," Donohoe said.

As costs go up and funding is cut every year, Donohoe said the program is hoping to help older Americans find jobs as with more and more applications the program doesn't have the funds to hire all at one time.

"One challenge for the program has been spreading funding as far as we can," Donohoe said. "Another challenge has been overcoming stereotypes of older people. Proving that they aren't useless or crabby and can learn."

Donohoe said the program proves that older Americans have a lot of value, experience and knowledge which is needed by employers.

Involved in the program since 1989, Donohoe said as area supervisor she serves 17 counties in northcentral and northeastern Nebraska.

Among the counties served include Cedar, Pierce, Knox, Holt, Keyapaha, Boyd, Garfield, Brown, Rock, Blaine, Wheeler, Loop, Valley, Greeley, Antelope, Boone and Nance.

From surrounding communities, 25 people attended Tuesday's area meeting at Randolph. People travelled from Niobrara, Santee, Crofton, Hartington, Pierce, Plainview, Bloomfield, Coleridge, Neligh and Tilden.

No state funds are involved for the program, Donohoe said. The national office is located in Washington D.C.

For more information on Green Thumb or to become involved write the state office: Green Thumb, 2012 South 13th Street, Lincoln, NE 68502.



Green Thumb Area Supervisor Gloria Donohoe and Randolph adult basic education tutor Vena Marreel were involved in presentations at the Randolph Senior Center, Tuesday, Oct. 29.

Another program active in Randolph and other towns which can assist older Americans in regaining independence and raising their self esteem is the Adult Basic Education (ABE) program.

On Tuesday, Oct. 29, Vena Marreel addressed the assembled group at the Randolph Senior Center about the ABE program. Carol Aplund and Jean Atwood also gave presentations dealing with the program. Aplund is the head of ABE in 20 counties. Atwood is the coordinator of volunteers.

Marreel said addressing the group at the Randolph Senior Center helped get the word out to other areas about the program. She said she felt most of the people there weren't familiar with the program and the Tuesday meeting gave them a chance to ask a number of questions.

Four areas are covered by the program including graduation equivalency to gain diplomas, English as a second language, adult basic education which helps with learning skills up to eighth grade level for non-readers and living skills such as balancing a checkbook, filling out job applications or registering to vote, etc.

Four people in the Randolph area have graduated from the program, Marreel said. At present, one student is enrolled in Randolph.

"We've had some others start that don't go ahead with the program

because of problems in the family such as illness," Marreel said.

"Not all those we help come for their GED," Marreel said. "One person came to learn to read. Two became involved to brush up on language skills for jobs. Some others became involved just to better themselves."

Many people could benefit from ABE, but they need to be motivated to use the program, Marreel said.

Starting in 1986, Marreel said Randolph's program then had seven students and 12 tutors.

"One tutor is set aside for each student so that learning is one-on-one," Marreel said. "We try to recruit new tutors as we go along. Some involved with the program move or become involved and busy with other things."

At present, five tutors are serving the Randolph area.

Until two years ago, Marreel was coordinator of the program. Darlene Rossbach has been coordinator of the program in Randolph for the last two years. She does testing for placement as to determine on what level to start those wanting to learn. Tutors may also do testing.

Marreel said the coordinator also offers assistance and serves on the advisory council. At the start of the program in Randolph, the advisory council had 12 members with representatives from the churches, the school, the library, local businesses and others.

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**"This program has no connection to welfare."**

# Catch the FEVR of northeast Nebraska

*The magic of rail travel is right nearby*

DAVID CARSTENS, Laurel Advocate

For those of you who remember the days, when the major mode of travel was by train, a chance to experience those memories again sits right in our back yard.

The Fremont and Elkhorn Valley Railroad (FEVR) operates from Fremont to Hooper, Nebraska on a 30 mile round trip through the picturesque Elkhorn River Valley. Along with the beautiful scenery encountered on the trip, excellent cuisine accompanies the journey.

According to FEVR director Bruce Eveland, the railroad tries to capture the overall experience of railroad travel of days gone by. "Our attempt is to create a time illusion, and draw you back into that period," said Eveland. The tables are decorated with authentic railway diner settings such as white table cloths and sparkling silver sets. The cars themselves have been meticulously detailed. Even the sound system

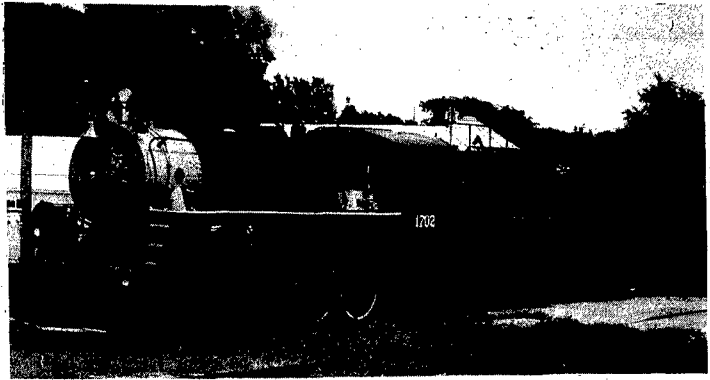


aboard the cars feature big band sounds of the period. Somehow the strains of Glenn Miller, Duke Ellington and Bing Crosby combined with the taste tempting entrees such as Hawaiian Chicken or prime rib, the superb staff and the constant click-clack of the rails adds to the realism of the experience.

The Fremont Dinner Train currently operates two dining cars, both of which have two distinct personalities. The "Elkhorn River" car was built in 1947 by Pullman-Standard Co. for the Illinois Central Railroad.



Engineer Glenn Bales, a retired Burlington employee, is one of many volunteers who spend time manning the weekend trains. Bales is also an avid train buff and railroad photographer.



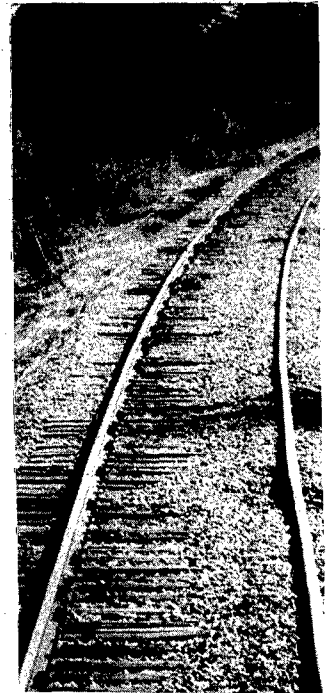
Originally designed to be a coach, the car was later sold to the Rock Island Railroad and was converted to a diner. The decor in the diner is basically traditional and is kept true to its historical background. Pictures and posters that depict rail travel of years past hang from the walls of the car.

The sister car, "Maple Creek" was built for the Canadian National Railway in 1942. The car remains true to its Canadian heritage and has recently undergone remodeling into a bar/dining car.

The Fremont Dinner Train has regular Friday, Saturday and Sunday runs that feature full five-course dinners and bar service. "We have just started a Dinner/Gambling run on Sundays that features dinner plus bingo and/or pickle cards," said Eveland. The Sunday runs depart at 1:30 p.m. Friday runs depart from Fremont at 7:30 p.m., while Saturday's train leaves at 6:30 p.m.

In addition to the recently added Gambling train, the FEVR has implemented a murder mystery train where the passengers actually participate in a realistic "who done it" program. Chartering of a car or the whole train has been popular with many groups, especially around the holiday season. Eveland also added that a special U.S.O. train is scheduled for Dec. 7 in observance of Pearl Harbor Day. A complete listing of events and departure times is available from the FEVR depot at 1835 North Somers Street in Fremont or by calling 1-800-942-7245.

So if you are looking for a chance to journey into the glory of days gone by, consider catching the FEVR soon!



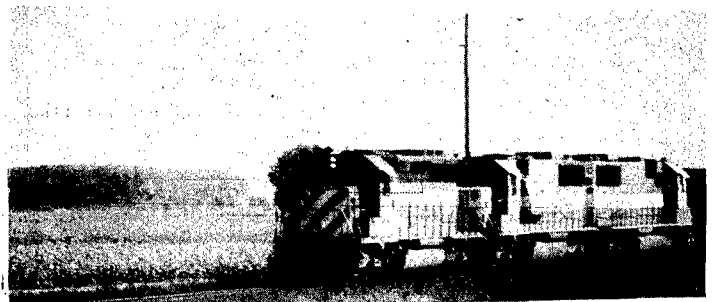
The Fremont Dinner train makes a 30 mile round trip through the beautiful Elkhorn River Valley. The trip often includes a brief layover in Hooper which allows passengers to visit several antique and curio shops, restaurants, pubs and parks.

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Passengers occasionally get a glimpse of modern day rail service as the FEVR runs adjacent to the Burlington Northern tracks. A northbound coal train is pictured as it speeds past the dinner train.



# Historic O'Connor House open this weekend

By James Lempares  
South Sioux City Star

One of northeast Nebraska's biggest historical attractions will be open one more weekend for public tours.

The Dakota County Historical Society will present the Seventh Annual Christmas Tour of the O'Connor House, Combs School and Machine Shed on Saturday and Sunday Nov. 16 and 17 from 10 a.m. to 5 p.m. Saturday and noon to 5 p.m. on Sunday.

The O'Connor House is located just two miles east of Homer, Neb.

Members of the Dakota County Historical Society will conduct tours of the O'Connor House, Combs School and Machine Shed. The rooms of the O'Connor House and Combs School will be decorated for Christmas.

## Businesses

Each room is decorated by different local businesses and individuals. In addition to the tours and decorations there will be Christmas music each day by different area musical groups, a doll collection, a Red Riding Hood cookie jar collection, an antique bottle and crock collection and a demonstration of rope making.

Admission is a \$1 donation. All monies go to the Historical Society which are, in turn, put back into the O'Connor House, Machine Shed and Combs school for restoration, acquisition and maintenance of their properties.

For those who might get a little hungry during their tour, hot cider and cookies will be served. The cookies will be made by-hand in the O'Connor House's kitchen.

## Second Week

The open house on Saturday and Sunday will be the second week the historical site will be open for the public. Many people



Dorothy Beermann of rural Dakota City prepares gingerbread cookies in the kitchen of the more than 120 year old O'Connor House at last year's open house. Cookies and cider are served to those attending the open house. The O'Connor House will be open this Saturday, November 16 from 10 a.m. and Sunday, November 17 from noon to 5 p.m.

attended the first week's open house.

The O'Connor House, a 14 room mansion, was built by Capt. Cornelius O'Connor. Work started in 1865 and was completed in 1875, 10 years later. The family had lived in a log cabin nearby while the home was being built.

The 14 rooms were just enough for the O'Connor family which included Capt. Cornelius, his wife and 10 children.

The O'Connor House has been named in the national Register of Historic Places. Combs School was built in 1857 at Omadi. The Missouri river began to undermine the town so it was moved south of Homer.

The machine shed, which contains several pieces of machinery from yesterday, was built in 1978. The building is 60 x 150 feet.

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# Glaucoma diagnosis difficult

by Dr. Roger Filipis

Since glaucoma has no symptoms, how do you know you have it? Other than the rare case of closed-angle glaucoma in which pressures go very high in a few hours, the slow, gradual increase in pressure associated with most glaucoma is painless and is undetectable to the patient. Most glaucoma is first detected in routine eye exams. Glaucoma screenings that are held at health fairs, etc. are not very helpful. They only measure the pressure inside the eye. As we discussed earlier, most cases of glaucoma do not involve high pressures, but a fragile optic nerve that cannot withstand even normal pressures. A person can be nearly blind with low tension glaucoma and pass a glaucoma screening with flying colors!

A comprehensive eye examination, however, tests more than the intra ocular pressure. The examination starts with a careful case history. If any of your blood relatives have had glaucoma, especially on your mother's side, there is an increased chance you will develop it some time in your life. Although you may not have it yet, the odds of developing glaucoma increase with age.

Another part of glaucoma diagnosis is peripheral vision testing. Although in-depth peripheral vision testing is very good at detecting glaucoma, the time needed (approximately 30 minutes) and therefore the cost, is too high for routine testing. An abbreviated screening version

of the visual field test should be done on all patients over age 40.

Although intra ocular pressures alone are not good at detecting glaucoma, they are a vital part of the overall picture. Careful measurement of the intra ocular pressure helps to detect gradual pressure rises over time. The higher the pressures, the greater the chance you have glaucoma.

The most important way to detect glaucoma is by careful inspection of the optic nerves, preferably through dilated pupils. Your doctor can directly see damaged areas in your optic nerves. As damage builds, the nerves erode and change shape. They also become more pale as circulation is pinched off.

Except in advanced cases, glaucoma is rarely an easy diagnosis. The early stages are subtle and require a detailed work up. If your doctor suspects glaucoma he will order a detailed peripheral vision test. This is a long and tedious test to sit through, but is very important. Glaucoma destroys nerve fibers in the optic nerve in a characteristic pattern. The areas of the eye that these fibers used to run to now are partially or completely blind.

Careful examination of the peripheral vision will locate these areas of reduced vision. If the vision loss occurs in an area that is characteristic for glaucoma, the diagnosis is confirmed.

Another important procedure that I recommend if I suspect glaucoma is photographing the optic nerves. Although

photography does not help the diagnosis at the time, it is invaluable at later visits to help determine if further subtle damage has taken place, or if the nerve is still suspicious but unchanged. I can detect deterioration sooner if I have an old color photo to look at than if I only have my notes and drawings to compare.

Other tests that are often advisable are: Gonioscopy, which allows the doctor to look directly at the trabecular meshwork or drainage filter of the eye to see if there is any visible plugging of it. Provocative glaucoma testing, which involves stressing the eye, usually by dilating it, then remeasuring the pressure of the eye to see if it has risen. A normal eye will not respond to this provocation, a glaucomatous eye may. Serial tonometry, which involves measuring the eye pressure several times throughout the day to see if it is stable or swings wildly.

To summarize, glaucoma is usually diagnosed by a documented deterioration of the optic nerve, a measurable peripheral vision loss that is in a characteristic glaucoma pattern, or unusually high intraocular pressures. Family history, the age, and health of the patient are also considered.

Once glaucoma is firmly diagnosed, we must start treatment. If the glaucoma is of the rarer closed angle type, the blockage caused by the iris can be opened with a laser. In the more common open

See GLAUCOMA, page 13

## Rx For Good Health

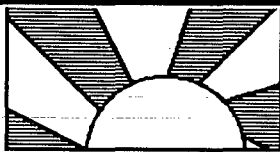
Did you know that approximately four out of ten people under a physician's care do not take prescribed medicines correctly?

Prescription misuse often occurs with the elderly who may become confused about when and how to take medicines. Your Health Mart pharmacist can help you develop memory aids to help you keep track of multiple prescriptions.

Such memory aids include color-coded pill counters and a medication checklist. Your checklist can be prepared in a calendar form so that each dose of the drug can be marked off as it is taken. Be sure to update the calendar whenever new medications are added.

Follow these tips for smart medication use: do not take medication originally prescribed for someone else; take all of the medication prescribed — don't skip dosages to save money; be aware of medication ingestion, such as taking prescriptions with or without food and avoiding alcohol interaction; and inform your Health Mart pharmacist of any other drugs you are taking.

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DAY	PLACE	DAY	PLACE	DAY	PLACE
Nov. 14-Thu		Dec. 2-Y		Dec. 16-N	
Nov. 15-SC		Dec. 3-Open Day		Dec. 17-Tu	
Nov. 18-Y		Dec. 4-W		Dec. 18-W	
Nov. 19-Open Day		Dec. 5-Thu		Dec. 19-Thu	
Nov. 20-W		Dec. 6-N		Dec. 20-SC	
Nov. 21-Thu		Dec. 9-SC		Dec. 23-Y	
Nov. 22-N		Dec. 10-Tu		Dec. 24-Tu	
Nov. 25-SC		Dec. 11-Open Day		Dec. 26-Thu	
Nov. 26-TU		Dec. 12-Thu		Dec. 27-N	
Nov. 27-Open Day		Dec. 13-Y		Dec. 30-SC	
				Dec. 31-Open Day	

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LEGEND: N - Norfolk, Y - Yankton, SC - Sioux City, TU & THU - Hartington, Magnet, Randolph, Belden, Laurel, Coleridge (Osmond on Thursday only), W - Obert, Wynot, St. Helena, Bow Valley, Fordyce, and Hartington.

For reservations call a contact person: Belden -- Bertha Heath, 985-2409; Bow Valley -- Mrs. An Kathol, 254-6444; Coleridge -- Virginia Fox, 283-4571 or 4222; Fordyce -- Don Wieseler, 357-3517 or 3508; Hartington -- Nursing Center, 254-3905; Laurel -- Verna Domsch, 256-3916; Magnet -- Violet Miller, 586-2625; Obert -- Mrs. Ralph Heikes, 692-3661; Randolph -- Frances Anderson, 337-0356 or Opal Dickes, 337-0163; St. Helena or Wynot -- Irene Lenzen, 357-2205.

NOTE: Anyone having comments or recommendations regarding the Handi-Bus should contact a board member, local contact person or attend a board meeting.

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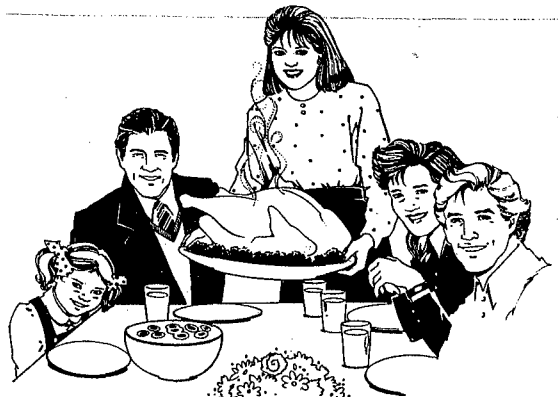
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# HAPPY THANKSGIVING FROM OUR FAMILY TO YOURS

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## Hartington Nursing Center

"Your Home Away From Home"

# Marian Dietitian offers holiday eating tips

Holiday meals are a great time to relax and talk with friends and family. People today are also health-conscious and concerned about weight, salt and cholesterol. When you look at a table full of holiday food and drink, it can be particularly hard to watch what you eat. Lots of opportunities exist for eating too much. This makes planning ahead and wisely choosing foods important.

Marilyn Hofer, registered dietitian at Marian Health Center, states, "Generally, as people age, their calorie needs go down due to less activity. Choosing nutritious foods that have fewer calories becomes even more important than when you were young. During the holidays, this might mean eating fewer oil-roasted peanuts and potato chips and choosing air-popped popcorn or low-salt crackers."

## Habits

The eating habits of older people may also be affected by decreased senses of smell and taste, loneliness, depression or income limitation, some of these may be heightened during the holiday season. "Many older people compensate by eating more highly processed food or by eating convenience foods, both of which can lead to salt overuse," Hofer says. "Try alternative seasonings such as spices or herbs and minimize the use of high-salt convenience foods whenever possible. Doing this may also help you stay within your grocery budget."

Another tip to help you through the holidays includes eating slowly. Give yourself time to enjoy your family and savor that good home-cooking. It takes about 20 minutes for your head to tell your stomach that you are full, so give your stomach time to "catch up" with what you've eaten.

## Stop

If you feel yourself getting "stuffed", stop eating. Don't depend on your eyes to help you. They always seem to want more food. Stopping before you are over-stuffed will help you avoid the post-holiday blues when you step on the bathroom scale.

## Set Limits

Go plain and simple. Limit the amount of sauces, gravies and margarine that you add to foods. These foods are often higher in fat, cholesterol and sodium.

Cut back on sweets and candies. Try breads, crackers and part-skim milk cheeses (Farmer's, mozzarella and ricotta). Eat plain, raw fruits and vegetables rather than adding dips or go with low-calorie calorie dips made from nonfat yogurt and low-fat cottage cheese. Hofer states, "One tablespoon of Low-fat Fruit and Vegetable Dip has 15 calories; real sour cream has 45 calories per tablespoon."

Keep in mind that alcohol has calories. One alcoholic drink can have about 100 calories. Cocktails contain more because of the mix added to them. One punch cup of eggnog has 335 calories.

Don't fast all day before a big holiday meal. Have a light snack two hours before the meal to avoid overdoing it. If you are the host, don't push food on your guests. They know best when they are full.

## Exercise

If you exercise, don't abandon your routine. Stick to it as much as possible. Hofer stated, "Our metabolic rate is the rate at which we burn calories. Regular exercise helps increase this rate and also maintains muscle mass, which is important as you get older. Check with your doctor to see if you can exercise and what type is right for you."

Set realistic goals. "If you slip a little on your diet during the holidays, don't be too hard on yourself," says Hofer. "Just get back on track and keep going. If weight reduction is a concern, set a goal of weight maintenance during the holidays. Weight loss efforts during this season can be stressful and produce frustration with your diet."

Remember the most important thing during the holidays is to eat in moderation, choose food and snacks wisely and most of all, enjoy this special season.

Here are some recipes that may be helpful. If you have question about your diet, ask to speak to a registered dietitian at Marian Health Center at (712) 279-2010.

Try these easy recipes:

### Low-fat Fruit and Vegetable Dip

- 1 C. low-fat cottage cheese
- 1/4 C. nonfat yogurt
- 1 tsp. lemon juice

Blenderize ingredients until completely smooth.

### Easy Carmel Popcorn

- 1 tsp. margarine, melted
- 2 tsp. dry butterscotch pudding mix, or
- 1 tsp. (Scant) sugar-free butterscotch pudding mix

Toss 1 1/2 cups warm popcorn with this seasoning mixture.

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## Glaucoma

Continued from page 11

angle glaucoma there is no permanent cure, but the medical therapy is usually very effective.

Different eye drop medications and combinations of medications are used to either reduce the amount of aqueous fluid produced in the eye or to speed the outflow of the old fluid to reduce the total pressure to a level that allows adequate circulation in the optic nerve. The medications usually involve putting one drop in each eye twice a day. There are few side effects and the medications are effective.

It is important to understand that open angle glaucoma cannot be cured with medications. It is much like high blood pressure in that it cannot be cured, only treated. Once treatment is started, its effectiveness must be monitored because like any medical therapy it can lose effectiveness over time. It may be necessary to add or change the medications as time goes by. If medications are not effective, the next step is Argon Laser Trabeculoplasty. This procedure involves focusing approximately 100 laser burns around 1/2 of the drainage filter of the eye. The laser burns unclog the filter allowing the intraocular pressure to decrease. If further pressure reduction is necessary, the other 1/2 of the filter can be treated.

If medications and laser surgery are not effective, an artificial drain can be surgically implanted in the eye to help keep the pressure down.

Throughout the patient's life all of the tests used in the original diagnosis are repeated to be sure the optic nerves are not deteriorating further. If they are still deteriorating, then the pressure must be lowered even more until the deterioration stops. Once glaucoma is stabilized, intraocular pressures are usually rechecked every 3-4 months. Dilated optic nerve examination and peripheral vision testing is usually done at least once per year.

In summary, glaucoma is a dangerous, blinding disease that has no symptoms and can be difficult to diagnose in the early stages. Once diagnosed, however, the treatment is conventional and very effective. If you have your eyes examined regularly by a reputable doctor you can be assured that if you do develop glaucoma, treatment can be started before you have any noticeable loss of vision. In adult patients under age 65, examinations every other year are usually sufficient unless you are at risk for glaucoma or other eye disease.

Dr. Filips is in private practice at Filips Eye Clinic in Hartington and Creighton.



A new surgical technique called laparoscopic cholecystectomy removed more than just gallstones for Lee Dietrich.

It also eliminated the need for the lengthy recovery time usually associated with gallbladder surgery.

And for a busy 20-year-old like Lee, that came as a welcome surprise.

"They just made four little incisions, so afterwards there was hardly any discomfort at all," Lee recalls. "I was up and walking around that night."

"It's really amazing, when you think about it. I had gallbladder surgery on Monday and I was back to work on Saturday."

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Your doctor is always your best source of medical information, so check with him/her if you have further questions. For additional information about laparoscopic cholecystectomy, call or write:

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**"Surgery on Monday. Back to work on Saturday."**

Lee Dietrich, college student

## Aquarium gives enjoyment, therapy at Osmond General Care Center

By Rita Aschoff, Activity Director,  
Osmond General Care Center

A fish aquarium has become a reality for Osmond General Care Center through gifts given in memory of the late Dorothy Moes who was a resident at the care center from 1987 to 1991. The aquarium has proven to be great therapy for residents. They sit, look, gesture and comment, even if not understandable, about the movements of the fish. The residents spend much time watching the constant activity of the fish. Some will sit for hours, fascinated by the creatures of the sea. Several residents are even thinking about names for the fish.

The gift includes a 55-gallon tank purchased from a Norfolk pet store and a stand which was designed and made by a

McLean carpenter. Getting the aquarium set up proved to be a lengthy process — one which residents watched with anticipation.

The aquarium was delivered on Oct. 5 and filled with water. Added that day were gravel, heater, filters and ornaments. It was then necessary to allow these items to set for four or five days so that all would be the same temperature. Following this, three more filters were added as was a background which was folded to give a cave effect. At the same time, 12 fish were introduced: red lace barbs, Von-Rio tetras, sunset platys and white-black albino skirt tetras. Two weeks later angelfish, which cannot survive in clean water, were added as was a peccotomus which survives on the algae.

Everyone is very concerned about the aquarium, making sure the fish get fed daily. Water is added when needed, and the lights are turned on to give an ocean effect. It's fun to watch the fish at feeding time or to place a hand on the aquarium glass and watch the fish come to satisfy their curiosity. The aquarium not only provides enjoyment for the residents, but for visitors and employees as well.

Mary Sutton, who has been a resident of the care center for four years (the longest of current residents), says she enjoys spending time at the aquarium, with the angelfish being a favorite of

hers. Mary noted that, even though she is in her 80s, one can always learn something and then commented on learning that some of the fish in the aquarium have live babies rather than laying eggs.

Officials and staff at the care center and hospital extend their thanks to Dorothy's husband, Tony, and members of the family for the wonderful addition to the care center. The aquarium will provide countless hours of relaxation, therapy and just plain fun for many. The donation shows the family's love, concern and thoughtfulness for the residents of the care center and we are deeply grateful.

## Desire

Continued from page 1

dignity at home." Children living some distance from parents find peace of mind in knowing that Home Health nurse visits can provide the independence their loved ones desire, yet maintain necessary medical and personal care.

The nurses feel that, by remaining in their own homes, patients' attitudes are better, they are more receptive to learning, nurses are able to work with the patient with what is available in the home, care is more personal, and the team can assist patients in getting supplies which are needed.

Both John and Meta Thomsen of Osmond have had need for Home Health services. Meta says, "I was very concerned when I returned home after surgery. It was very comforting to have the Home Health Care nurses come to my home to help me and to have someone here who knew what to do." John, who observed his 90th birthday on Jan. 4 of this year, noted that "it is a nice service — the Home Health Care nurses help keep me clean (bath assistance) and assist us with the things we would be unable to do for ourselves."

If a person has a need and feels they may qualify for Home Health Care, the first step is to visit with the family doctor who makes the determination and writes orders.

The Osmond team served 18 patients during the month of September, making 106 visits. Their travels totaled more than 2,000 miles. Patients served throughout the years have resided in Osmond, Randolph, Wausa, Coleridge, Magnet, McLean, Foster, Belden, Bloomfield and Laurel with an occasional visit to Plainview and Creighton, which now have their own providers, and some to Pierce where most are served by the Norfolk team. All billing is done by Lutheran Community Hospital. All services approved by a doc-

tor are paid 100% by Medicare and Medicaid, the nurses said.

There is reward in seeing their patient content in their home environment, whether it is the short-term assistance after a hospital stay or the longer-term care helping a person "stay in my own home as long as I can," team members said. Home Health Week is observed annually. Members are gearing up for this year's observance which will take place Dec. 1 to 6.



Enjoying the care center aquarium are (from left): Mary Sutton, Eva Blunck, Frieda Brummond and Jeannie Fricke

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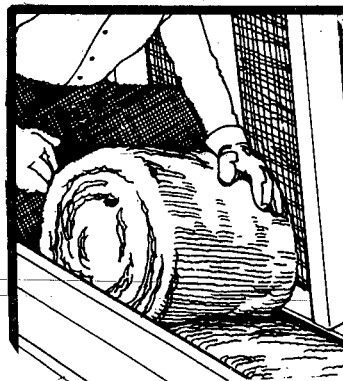
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# Kidney working fine after month

by Joani Potts

Cedar County News

One month after kidney transplant surgery, thirty-two year-old Tammie Witt of the Hartington Nursing Center smiles and says, "Georgette is working fine." Tammie has humored herself and the nursing home staff through a recovery period by nicknaming the kidney her body has successfully accepted.

Tammie has also used her sense of humor to win the hearts of staff members and residents since moving to Hartington in July of 1990. Tammie was moved from centers in Columbus and Norfolk so she could be accommodated for kidney dialysis at Sacred Heart Hospital in Yankton, So. Dak. three times a week and after imposing improper behavior problems.

Nursing home Social Services Coordinator Joyce Albrecht said, "When Tammie came to us, we used an incentive and reward system for good behavior. We did things like, if she ate right and was cooperative, then she would get a 'star' and after so many stars her mother would come visit. It worked out good and she doesn't even need the 'stars' any more. She has been real good for us."

Albrecht said Tammie seemed to be motivated by behavior incentives. Behavior incentives seemed to also help Tammie through grieving her father's death two years ago.

Staff members took Tammie to Sacred Heart Hospital in Yankton three times a week for the four hour dialysis process until October 12 when Tammie got a call from Clarkson Hospital in Omaha where

she reported for surgery on October 13.

Tammie said, "I cried when they called and told me there was a kidney for me."

Medical Records staff member, Paula Brummer said although Tammie followed her restricted liquid intake, Tammie had a lot of fluid weight gain before each dialysis. Staff members humored Tammie by making dime bets on pounds of weight gain before she left for dialysis. "Tammie almost always won the money, though," Brummer said.

After Tammie's 10 days of hospital stay in Omaha were over, the hospital staff and Tammie's family asked where she wanted to live, she said, "Where else but at Hartington."

Although Tammie lost her vision in one eye and has an implanted contact lense in the other eye, she has brightened the lives of nursing home staff and residents by becoming an "apple in their eyes."

Tammie knew no one at Hartington or didn't have family here. She has an extended family, now. Tammie looked at Activities Director Jeanie Hinkel and said, "She's my best friend and I have an adopted grandmother, Geraldine Mathiason."

Mathiason is a resident of the center. Albrecht said Mrs. Mathiason cried when good byes were said for Tammie's surgery.

When Tammie came home, she received lots of gifts and stuffed animals. One of her best gifts was a case of diet pop, she said.

Tammie did not receive a pancreas because doctors said her health was not

adequate for a transplant for both organs at the same time, Albrecht said.

It was Tammie's choice to live in Hartington. Her mother Eileen Witt of Columbus makes frequent visits. Tammie has a brother, Steve, who is a respiratory therapist in Lincoln, Her sister Michelle is a teacher in St. Paul, Neb. She has two nephews and three nieces. Tammie attended high school at St. Edward and was employed at several jobs until her health did not allow her to work any longer.

She enjoys answering the phone for the center on weekends. She said, "I say, 'Hello, Hartington Nursing Center, this is Tammie.'"

Tammie enjoys listening to country western music and shopping for clothes with her mother. Tammie said she likes Italian food and likes to go out and eat with her mother.

Tammie is still diabetic but with "Georgette", her new kidney, at least she can have as much as she wants to drink.



Tammie Witt

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## 65

Continued from page 2

Most of the new jobs will require technical and professional skills that most young workers will lack. Willing and able older workers who possess these skills could be the answer to the coming labor shortage.

In the meantime, however, finding a job can still be difficult, especially for women who enter and leave the work force at various times in their lives. Fortunately, rigid notions of a single career beginning at graduation and ending with retirement are breaking down as a growing number of workers exercise options to change careers, go back to school, continue to work for pay or begin second careers after retirement.

Many women who had devoted their early years to making a home and raising a family are not redirecting their energies towards jobs and careers. Work shifts to center stage in their lives as they get more education, discover new talents and interests and develop their capabilities.

Men, on the other hand, may look for a career change in their middle or later years. Long-time workers may be feeling stuck in their old jobs with no opportunity for advancement. Others may lose a job they previously thought was secure. Still others who have saved up some money, may retire early, go back to school and embark on new, more satisfying careers.

In some states, a woman who is divorced, widowed or disabled is designated a

"displaced homemaker." This may entitle them to enter job-training programs or attend local community colleges without paying tuition. If you fall into this category, inquire at your local community college about this program.

Remaining part of the work force can give an older person a sense of worth. But if working at the same job is not what you want to do for the remainder of your life, make some changes. Consider the possibility of a second career. Retirement benefits can act as a cushion giving retirees an opportunity to go back to school, switch careers or start their own business.

If you were self-employed before retirement, you can always re-establish your old business or take it in a new direction. Professionals can become a consultant. Teachers can engage in tutoring. Accountants can hang out their shingles at tax time. If the business can be established in your own home and the capital outlay is small, it may be worth a try.

In considering your options, remember that you don't have to make drastic changes. Switching jobs in the same company is sometimes a possibility. If you are only a few years away from retirement, you may prefer not to "rock the boat." Instead, put your energy into exploring community activities and hobbies that may develop into satisfying retirement options.

If a career switch is in the cards for you, decide exactly what you want to do and where you want to do it before hitting the pavement. Make a list of the work you

have done, your skills, free time accomplishments and your abilities and talents. Use this list to put together a resume.

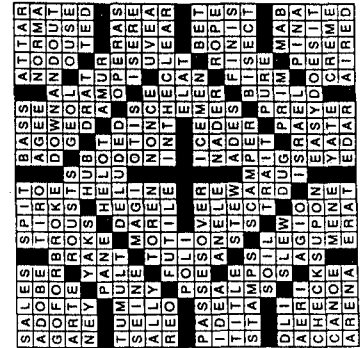
Analyze your skills and present them in a manner so the prospective employer can see you as a valuable asset. Be specific. List all jobs and machines and equipment you can operate. Names, addresses and dates cannot be overemphasized. Books at your local bookstore can provide you with guidelines and examples to follow in drafting your own resume.

Job hunting can be a lengthy process. Looking for just the right job requires patience and perseverance. Don't let the myths about the difficulties of getting a

job after age 50 intimidate you. Check out your local job service agencies and employment agencies. Before signing any agreement, however, read the small print. Legitimate placement services never charge the applicant a fee until a job has been found and accepted. And sometimes the employer, not the employee, pays the fee.

If you decided to work past the age of retirement, keep in mind that more and more employers, agencies and programs are looking for workers. Good employees are always in demand and there are almost always jobs available.

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These myths and facts about dentures have been brought to you by the American Dental Association and

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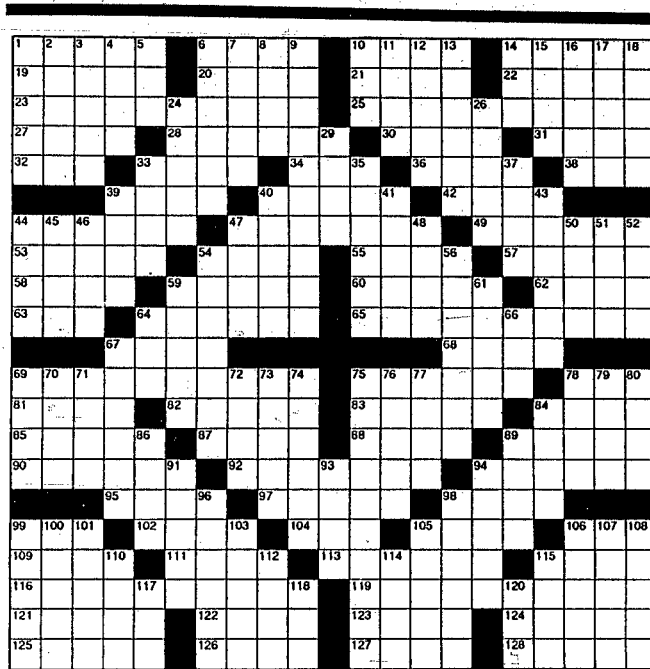
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  - 25 " — in Beverly Hills" (movie)
  - 27 Comedian Johnson
  - 28 Drives out
  - 30 Phys. science
  - 31 River in Yorkshire
  - 32 French military leader
  - 33 Talkative beasts?
  - 34 Boston, with "the"
  - 36 Minced oath
  - 38 Actor Danson
  - 39 Window section
  - 40 Spartan serf
  - 42 River in Asia
  - 44 Noisy commotion
  - 47 Tricked
  - 49 "Carmen" and "Aida"
  - 53 River of Paris
  - 54 Wise men from the East
  - 55 Elevator man
  - 57 River in France
  - 58 Associate
  - 59 Actress Marta
  - 60 Time being
  - 62 Part of the eye
  - 63 Collector's brick
  - 64 Lacking purpose
  - 65 Free from suspicion
  - 67 Town in Cameroon
  - 68 Israeli seaport
  - 69 Disregards
  - 75 Once-common deliverers
  - 78 It's sometimes safe?
  - 81 Brainchild
  - 82 Anoint, once
  - 83 Consumer advocate
  - 84 Hitchcock movie
  - 85 Earl or duke
  - 87 Fret
  - 88 Humorist George and family
  - 89 End of the book
  - 90 Philatelist's purchases
  - 92 Run quickly
  - 94 Cut in two
  - 95 Bring disgrace upon
  - 97 Characteristic
  - 98 Free from defects
  - 99 Caesar's
  - 102 Large number; colloq.
  - 104 Excavated
  - 105 Shifty formal
  - 106 Fairy queen
  - 109 Form's lead-in
  - 111 Exchange premium
  - 113 Ancient land
  - 115 — colada (drink)
  - 116 Investigates
  - 119 Be careful!
  - 121 Light watercraft
  - 122 Word on the wall
  - 123 Eucalyptus tree
  - 124 — de menthe (liqueur)
  - 125 Where the action is
  - 126 Part of q.e.d.
  - 127 Biblical region
  - 128 Made public
- DOWN**
- 1 "Bonjour Tristesse" author
  - 2 Worship
  - 3 Haughty
  - 4 Central American tree
  - 5 Pan talk
  - 6 Catress gently
  - 7 Devout
  - 8 Really annoys
  - 9 Follow orders strictly
  - 10 Word before egg or apple
  - 11 All excited
  - 12 Sutured
  - 13 Madrid mat-
  - ron
  - 14 New England cape
  - 15 Commotion
  - 16 Brown, brook or rainbow
  - 17 Entertain
  - 18 Made an appraisal
  - 24 Wild goose
  - 26 Fort to remember
  - 29 "Star Trek" navigator
  - 33 Ivy League college
  - 35 Style of type
  - 37 South American Indian
  - 39 Small and weak
  - 40 German philosopher
  - 41 Dakota Indian tribe
  - 43 Outcome
  - 44 Ivan or Peter
  - 45 African river
  - 46 "The Adventures of — and Otis"
  - 47 Japanese court
  - 48 Force
  - 50 Pierre's dream
  - 51 Word before rug or code
  - 52 Scorch
  - 54 Formal proposals
  - 56 Secret plans
  - 59 City on the Arkansas River
  - 61 Moray fisherman
  - 64 Enemy or opponent
  - 66 Coffee or trash follower
  - 67 Sacred songs
  - 69 Fruit stones
  - 70 Mine access
  - 71 — precedent
  - 72 Ex-GIs
  - 73 Choose
  - 74 "Wanted" poster word, often
  - 75 Under no circumstances
  - 76 Younger son
  - 77 German river
  - 78 Cram for exams
  - 79 Heroic in scale
  - 80 Word with paper or pilot
  - 84 Diva Stevens
  - 86 Epic poetry
  - 89 Remaining the same
  - 91 — "Marnet"
  - 93 Hawaiian island
  - 94 Form or figure
  - 96 Pea or bean
  - 98 Pillager
  - 99 Capital of Bangladesh
  - 100 "The Merry Widow" composer
  - 101 Goodnight girl
  - 103 Kitchen helper
  - 105 Flavioli, etc.
  - 106 Penny pincher
  - 107 Soft copal
  - 108 Lessened
  - 110 Computer screen image
  - 112 Lady Chaplin
  - 114 Electric catfish
  - 115 Around: prefix
  - 117 Large, green parrot
  - 118 Fishing gear
  - 120 Wood sorrel

SOLUTION ON PAGE 16



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*A little clowning around helps make a special day 'special'*

Charlotte Selmer came all the way to Pender Care Centre from Omaha last week to make the day a bit brighter for the residents living there. Her trip to the nursing home was arranged by the daughters of PCC resident Eva Stewart of Walthill, who turned 92 years old on Nov. 7. Mrs. Stewart, who was born Nov. 7, 1899, has lived all her life in the Walthill area. While at PCC, the Omaha clown, known by

her name "Hic-Ups," visited with Thelma Anderson of Rosalie, left, and clowned around with a couple of the cooks on duty, Gladys Prokop of rural Pender, left, and Becky Clarke of Walthill. Helping Mrs. Stewart celebrate her birthday were daughters Janet Doescher of Omaha and Katie Evans of Sloux City.

**Ever Wonder What It's Like To Work in a Nursing Home?**



**A Nurse's Aide Point of View**

"I like working at Pender Care Centre for several reasons," says Nurse's Aide Stacy Warnock, who lives in Rosalie with her daughter, Shaye. "I get to help the residents do things that they can not do for themselves," she says, and that makes her feel good about both the residents and herself.

Stacy, who has worked at Pender Care Centre since April, is pictured with Glen McKissack. Glen is a longtime resident at PCC, living with us since October of 1974. He enjoys helping out our activity director whenever he can.



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# Gutshalls give up route

By Mark Crist  
The Wayne Herald

After 13 years of delivering meals for the Meals on Wheels program in Wayne, Dale and Wilma Gutshall have decided to call it quits.

While Dale's health played a part in their decision, the Wayne couple decided it was time to let someone else experience the same joys they have known about for years by volunteering to deliver meals.

**'The most satisfaction is having people wait close to the door or waiting at the table for the meal to be delivered.'**

**Dale Gutshall**

"The primary reason we started doing it was because we knew that someday we may have to have meals delivered to us," Dale says. "We wanted to do it for that reason."

"We've also wanted to give something back to the community," Wilma adds.

During the years they delivered meals, the Gutshalls agree that the experience has been satisfying. Like with any volunteer work, there has also been some ups and downs.

"The most satisfaction is having people wait close to the door or at the table waiting for the meal to be delivered," Dale says. "It meant to me that I was doing something special."

**'It's good for people to get out with this. ...You never know when someone will have to return the favor.'**

**Wilma Gutshall**

"But there was always a void there that you'd miss someone when they'd be taken ill. In time, you'd find out that they were in the Care Centre or they'd been taken to the hospital."



Dale and Wilma Gutshall have decided to quit delivering the Meals on Wheels program in Wayne, after having done so for 13 years. On many a Friday noon, the Wayne couple could be seen driving the City of Wayne's Handi-Van. They decided that it was time to let someone else have the opportunity to deliver the meals to those who want them.

While they never ran into any emergencies, there were times that there were some tense moments. One example occurred when they delivered a meal to a shut-in who didn't answer the door after Dale had rung the doorbell.

"I later found out that the lady had fallen asleep and she didn't hear me knocking," Dale jokes.

The Meals on Wheels program has proven beneficial. The Gutshalls say they believe what they were doing was a valuable asset to people because sometimes

their delivery was the only contact some people had with the outside each day.

"I always wanted to make sure they felt all right," Wilma says. "It's a wonderful thing because many times older people get sick and they can't report it to anyone. If we can check on them it helps them out and it makes us feel good."

The one thing the couple say they would like to see is for more people to volunteer to deliver the meals. They say

the satisfaction they have received by volunteering for the program through the years has been more beneficial than the time they spent delivering food.

"It's good for people to get out with this," Wilma says. "Not only does it give you a chance to get a little exercise but it's good for the people you help. It's a very satisfying and rewarding experience."

"You never know when someone will have to return the favor."

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# Exercise aids self-esteem

It seems the benefits of exercise for older people are more than physical, as participation in even moderate exercise programs offers a real boost to their self-esteem, researchers at the University of Nebraska-Lincoln have discovered.

Patricia Heese, who studied exercise and self concept for her master's thesis, and Sally Van Zandt, associate professor of human development, found that a group of older Nebraskans who participated in a 12-week exercise program showed big gains in their levels of self-esteem by the time the program ended.

Working with a Lincoln organization for seniors called Lifetime Health, the two researchers tested the participants for physical characteristics as well as social and mental indicators of self-esteem. Half of the 58-member group participated in a 12-week series of exercise classes that gradually worked into hour-long sessions held three times a week. The control group did not take part in the supervised exercise activities.

At the end of the study, both groups showed increases in self-esteem but the group that exercised showed twice as much improvement as the non-exercisers. The control subjects may have shown an increase due to the "Hawthorne effect," which means that merely testing them caused the changes, Van Zandt. However, she believed there was a spinoff effect from the exercisers onto the control group because the ex-

ercisers' enthusiasm may have affected the control group members.

Indeed, three members of the control group were so excited to watch the others that they joined other exercise classes and had to be dropped from the study.

"Seeing the excitement of others makes you aware of what you might be able to do," Van Zandt said.

The exercisers reported feeling more in control of their lives and were able to do physical things -- such as raising their formerly stiff arms above their shoulders -- that they were unable to do before the classes began.

"I think this study shows that you cannot separate your physical self from your psychological self," Van Zandt said. "You must work on the concept of the total body. Anything you do to the physical

body affects the mental body as well.

"Being able to do more things is a tremendous boost to your self-confidence. The effects are more than just physical; there are long-lasting mental effects that make you open to trying new things and taking new risk."

Completion of the new tasks boosts one's confidence in being able to tackle

another task, she said. Thus, there is a snowball effect.

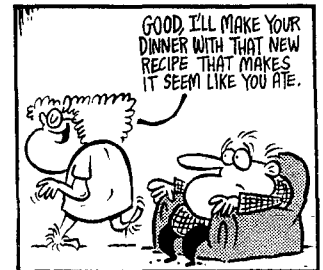
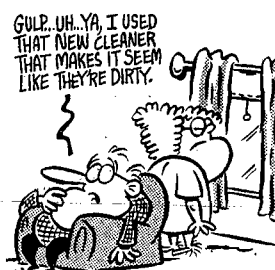
"Successful aging is a whole-person approach to living," she said. "In my experience, it seems that those who feel good about themselves will do things they never would have tried before. They're willing to take risks and take a chance with their bodies and are surprised and pleased with the outcome."

The exercisers, while showing no significant weight losses, also reported "feeling better" and "clothes fit better" as benefits. Women also began wearing less constrictive clothing to the classes, which allowed them to do more things physically, Van Zandt noted. "That clothing change indicated an identification with a healthy, fit image."

Van Zandt said exercise classes are not appropriate for or liked by everyone. However, she recommends that all people, regardless of age, participate in some physical activities.

"You are not putting years onto your life," she said. "You are putting life into your years."

THE SPATS  
by JEFF PICKERING



## Thanksgiving makes me think of the day we were most thankful.

Dad was in an accident and we weren't sure he could be home from the hospital for Thanksgiving. We waited in suspense. That Thanksgiving Day, the kids set the table solemnly, secretly wondering whether he would ever come home. As Mother said our prayer of thanks over the food, he walked in behind me and squeezed my shoulders. I've never been so thankful. Today I'm thankful for the people who give Mom and Dad the special care they need. They treat my parents as if they were the ones in my chair that Thanksgiving Day.

*This holiday, we give thanks for the mothers and fathers who live with us — and we promise to care for them as if they were our own.*

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# Grandparents: a vital core to families

Grandparents are the unsung heroes in our society. They play a starring role in the lives of many children. They share smiles and soothe sorrows. They are the tellers of a family's tales and the keepers of its secrets.

Grandparents build intricate wooden doll houses and volunteer to take the kids to their favorite pizza place. Grandparents pick children up from school, teach them how to fish, make secret-recipe chocolate chip cookies and sew doll clothes.

From grandparents, children can learn about life at a slower pace and discover what times were like before computers and Nintendo. A trip to grandma and grandpa's farm can give city children the opportunity to see the animals, learn about apple trees and hunt for wild strawberries.

Grandparents are fun. They often are more tolerant than parents. They have the time to focus solely on kids -- to read a story, share a tale or play a game.

Grandparents are like that.

In our society, 75 percent of people who are 65 and older are grandparents. About 30 percent of them are great-grandparents. These elders play a variety of roles in family life -- roles that are a different as families themselves.

In many families, grandparents provide support for parents and children. In grandpa's day, both parents usually didn't work. Today that has changed. Families are more mobile and life moves faster. When a grandchild gets sick at school and the parents are at work, grandma may be the one who steps in and brings the child home.

Many grandparents still play the traditional role of playmate, supporter and encourager. Other grandparents find themselves raising their grandchildren, teaching them everything from telling time to sex education.

And grandparents are getting younger. People are becoming grandparents earlier in life because they had children at younger ages. The younger age also means that

many grandparents are still working and may lead very active lives. Others who retire early, may have more leisure time and may become a more active care giver.

Grandparents may be role models for their grandchildren. If they have leadership roles in their profession or in their communities, their grandchildren may grow up valuing volunteer work and becoming involved in civic projects that help society.

Growing up around grandparents give children a positive view of older people. If their grandparents have physical disabilities, children learn that life can still have quality even if legs have weakened or eyes aren't as sharp as they once were.

Because they've already raised their own children and played the disciplinarian, grandparents can afford to relax and enjoy their grandchildren. They worry less about discipline and other matters than parents do. As a result, grandparents often forge close and trusting ties with their grandchildren.

Grandparents can serve as a stabilizing factor in the lives of their grandchildren. But they are a supplement, not a substitute, to the roles parents play. Grandparents must resist the temptation to offer child-rearing advice to their grown children and try not to interfere when grandchildren are disciplined.

Through their grandparents, grandchildren can learn about what their parents did when they were younger, such as mom's dating days with dad and the pranks pulled as a teenager. They can also learn about the activities of other members of their family. Discovering the historical accomplishments of ancestors give children a sense of where they come from.

But grandparents aren't the only ones teaching lessons. Spending time with grandchildren is a sure-fire way to make sure grandparents don't lose track of contemporary things. They keep older people young and make life more interesting.

## Aging process promotes dangers of skin cancer

Aging includes an increased risk of skin cancer.

When signs of possible skin cancer do appear, a visit to a physician, such as a dermatologist, should be scheduled as soon as possible.

Skin cancer specialists have several treatment techniques available to remove cancerous or pre-cancerous growths.

Pre-malignant growths may be treated

with a tropical cream such as Retin-A or 5-FU Cream, both prescription drugs. They also may be treated with freezing (cryosurgery) or electrosurgery.

Skin lesions which are changing or non-healing may be signs of skin cancer. Early detection and treatment is essential.

Common treatments offered by cancer specialists include surgical excision, radiation therapy and Mohs Microscopic Skin

Cancer Surgery.

Mohs Microscopic Surgery offers skin cancer patients a high cure rate, while conserving the maximum amount of healthy adjacent tissue. It is usually performed as an out-patient procedure using local anesthesia. Former President Reagan's headline-making skin cancer was removed using this technique.

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than Mohs Microscopic Surgery because it removes all of the cancer present, whether it is visible or not.

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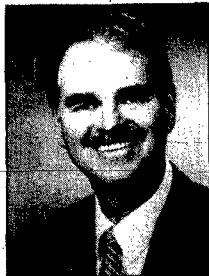
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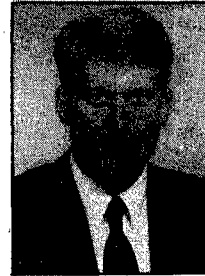
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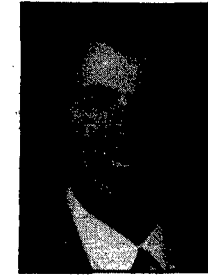
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# Heart disease ranks at the top

Heart disease is the number one cause of death in older people living in the United States. Each year, about one and a half million adults -- most of them over age 65 -- suffer heart attacks.

A heart attack occurs when the heart muscle is deprived of blood and oxygen, usually because of a blood clot or a blocked artery leading to the heart. A blockage can occur when cholesterol and fat build up in the blood vessels like rust in water pipes. Over time these vessels can narrow and close, blocking the oxygen supply to the heart muscle.

But this build up of plaque can be prevented. Everyone, even those with a family history of heart disease, can take steps to reduce their chances of developing heart problems. The three main risk factors for developing heart disease are high blood pressure, high cholesterol levels and cigarette smoking. A person with those three risk factors is eight times more likely to have a heart attack than a person with none of them.

The problem is that most people are unaware that they have high blood pressure or high cholesterol levels. They may have no signs or symptoms of heart disease until a heart attack occurs. Even calm, relaxed people can have high blood pressure. It affects 38 out of 100 African American adults and 28 of 100 white adults. Being overweight and leading a sedentary lifestyle also can raise high blood pressure and elevate cholesterol levels.

Studies shows the higher the level of cholesterol, the higher the risk of heart disease. A high cholesterol level is usually the result of eating too many calories and too much fat. According to the American Heart Association, 50 percent of American adults have cholesterol levels above 200, the level at which the risk of heart disease begins to increase dramatically. An additional 27 million adults have cholesterol levels higher than 260.

But cholesterol is not all bad. This soft, fatty substance is produced by the liver for cell construction and other metabolic processes. The problem arises when saturated fats and dietary cholesterol are added to what already is produced by the body.

Dietary cholesterol is found in fatty animal products such as meat, milk products like cheese and ice cream, eggs and saturated fats (fats that are solid at room temperature).

Because of their genetic and hormonal buildup, women usually have lower cholesterol levels than men. This means that a woman's body is about 10 years younger than a man's of the same age when it comes to heart disease.

This genetic difference, however, does not prevent women from developing heart disease. Almost half of the 750,000 Americans who die each year of heart disease are women.

Cigarette smoking also contributes to heart disease. It narrows the arteries leading to the heart and increases the risk of dying

after a heart attack. In fact, the heart disease death rate among smokers is 70 percent greater than that of non-smokers.

Other risk factors for heart disease are diabetes, a family history of heart disease, obesity, lack of exercise and stress. The good news is that many of these risk factors can be controlled. Stopping smoking, starting an exercise program and paying attention to the foods eaten can reduce the risk of heart disease.

Reducing the amount of high-fat foods in the diet will help reduce blood cholesterol -- sometimes as much as 20 percent. And taking the salt shaker off the table will help in blood pressure control.

During meal preparation, ask yourself, "Do I really need two eggs in the morning? Do I have to have butter on that toast? Isn't ice milk or frozen yogurt healthier and just as good as ice cream?"

Take the initiative to lower your cholesterol level whenever there's an opportunity to do so. It's never too late to begin.

If you don't know what your blood pressure and cholesterol levels are, see your doctor. He or she can help you make the necessary changes in your life to ward off heart disease. It's easier than you think.

Normal grief often looks irrational, says a University of Nebraska-Lincoln researcher. However, such apparently bizarre behaviors are common and usually harmless, said John DeFrain, professor of family science.

common for grieving mothers to try to dig a dead child from its grave because she believes it is cold or suffocating and not dead.

"In a rational world, children do not die," he said. "Therefore, in our grief, we rationalize that the baby is not dead: it is sleeping and must be dug up to keep it from suffocating. It looks bizarre, but it's normal thought for someone in that situation."

"During this time, people need support from friends, family, clergy, counselors or therapists. But they might be afraid or reluctant to ask for help. DeFrain said any tragedy is a religious/spiritual crisis of faith which makes the tragedy even harder to accept. During that crisis, people might be afraid to turn to friends, clergy or others who might be judgmental.

"Therapists can sit and listen and not be bound by a theology," he said. "We can help them come to terms and build a personal theology that works for them."

While it takes three to five years to work completely through grief, DeFrain said, there does come a time when "enough is enough."

"The issue becomes one of whether the loss is going to kill you as well; will it crush your spirit," he said. "We worry if the person is not making progress in working back to the land of the living; whether they can have fun, smile, eat normally, make love, go to work."

See HEART, page 23

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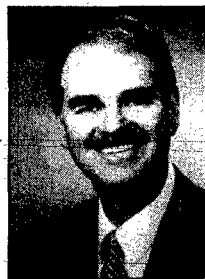


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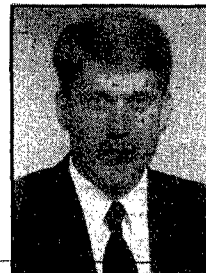
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# Divorce can be hard on grandparents

America is drowning in studies concerning the effects of divorce and remarriage on parents and children. Yet relatively little attention has been paid to other important family members -- grandparents.

"Grandparents are the people who give continuity to the family," said Sally Van Zandt, associate professor of human development and the family at the University of Nebraska-Lincoln. "Parents have to be concerned about behavior and the day-to-day, minute to minute kinds of things. The grandparent can come in and give a philosophical perspective. They add the dimension that says, 'family is important.'"

An increasing number of grandparents are suffering through their children's divorces or are being thrust into the role of stepgrandparents as they remarry or their children remarry spouses with children. As a result, the grandparent is often alienated. However, it's at these times when grandparents and stepgrandparents can play an even greater role in promoting family togetherness, said Van Zandt.

"Life is rough sometimes and if grand-

children have an understanding grandparent to talk to that's not going to punish them - that makes a difference," said Van Zandt. "A grandparent can be that non-threatening somebody that still has enough family ties around to smooth things over."

Joey Vernon, a UNL doctoral student in the sociology department, is conducting research into the importance of grandparents and effects of divorce on the grandparent-grandchild relationship.

"I've seen grandparents make a real difference in people's lives," said Vernon. "Grandparents give you a sense of heritage, of roots, of stability and that might be the most important thing in divorce. You see the family breaking up but you still have the grandparents there for you no matter what."

Vernon's research shows that in 90 percent of divorce cases, custody of children is awarded to the mother often meaning the paternal grandparents suffer the most in the grandparent-grandchild relationship.

"Grandparents may be left out of the whole (divorce) process, may not be allowed or able to provide needed help, and

find that ties with their grandchildren have weakened and in some cases become nonexistent," said Vernon.

Van Zandt and two colleagues conducted a national study on stepgrandparents. Their study revealed that the hardest thing about grandparents' roles is in negotiating the often negative relationship between the child's biological parents. Some individuals mentioned that they found it hard not to pay more attention to their own grandchildren than to the "steps."

Thirty-nine percent of those surveyed said they spent less time with their step-grandchildren. And 37 percent said they were not aware of any differences in their feeling or their behaviors toward either

their grandchildren or stepgrandchildren.

Some older respondents in the study who remarried stated they had problems because their biological children would not accept the new spouse with his or her children and grandchildren.

Overriding the negative factors was an overwhelming positive response to grandchildren. Van Zandt discovered that those surveyed found the best part of grandparenting was having the joy of the relationship without the responsibility parents have. That, she said, is significant.

"Kids need someone who is non-judgmental, who will just kind of be there," she said. "Being there is the important thing."

## Heart

Continued from page 22

"They need to grieve and not bury their feelings. But there needs to be a balance. You carry the grief but continue in life. Without that balance, you will suffer."

DeFraim has studied the psychological and emotional effects of Sudden Infant

Death Syndrome, miscarriage and stillbirth on surviving parents, siblings and grandparents for 15 years.

"Normal grief looks abnormal," he said. "And that's OK because these behaviors do make some sense."

For instance, DeFraim said, it is very

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# Helpful tips for traveling with your grandchildren

Traveling with your grandchildren can be a great way to spend time together and develop a greater appreciation for their talents and personalities.

There's no better way to see America than by motorhome or travel trailer with the comfort, convenience and privacy afforded by bringing your accommodations with you.

However, as much as anyone who has ever traveled for more than 10 miles with children knows, extended trips can try the patience of a saint.

To make your trip an enjoyable holiday, keep in mind these travel tips from Holiday Rambler Corporation.

1. Involve the children in preparation—where to go, what to do, and in packing

and loading.

2. Select a variety of activities so each person enjoys some things.

3. Have brochures of where you are going and extra road maps to show where you are.

4. Brush up on "travel games" - finding state license plates, travel bingo, etc. Pack games, puzzles, coloring books, and a radio and cassette player.

5. Have plenty of healthy snacks such as crackers, nuts, juices and cold water.

6. Plan for regular stops at rest areas and attractions. Take time to relax.

7. Compliment them on positive behavior. Reward good behavior and cooperative spirit, setting the stage for good behavior the next day.

## South Sioux City Senior Center schedule of events

This week's activities at the South Sioux City Senior Center, located at 1615 1/2 First Avenue are as follows:

Thursday, Nov. 14--Dance to music played by Senior Citizens Band.

Friday, Nov. 15--Bingo at 1:00 p.m. Jam session at 6:30 p.m.

**This week's menu:**

Thurs., Nov. 14 --Roast

beef potatoes/gravy, green bean, jello salad and cake.

Fri., Nov. 14 --Tuna and Noodles, broccoli, three bean salad and Cherry/apple pie

All meals include bread and butter, coffee-tea and milk are served at noon at the Senior Center. Please phone 494-1500 one day in advance for reservations. We also make home deliveries for shut-ins.



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