



Wayne Herald

JANUARY 18, 1994

WAYNE, NE 68787

118TH YEAR — NO. 32

Cold weather keeps kids, pets closeted indoors

Area school children are probably not going to get another day off because of deep freeze conditions that dropped wind chill temperatures below minus 60 degrees, according to the National Weather Service.

Wednesday is supposed to be more seasonable with temperatures in the mid teens and a general warming trend should bring balmy 40s by Saturday.

The dangerous combination of sub-zero temperatures and brisk winds caused area school superintendents to join other administrators from throughout eastern Nebraska, in calling off school Tuesday.

TUESDAY'S OFFICIAL temperature low was minus 13 degrees in Wayne but much lower readings were reported in outlying areas.

Other than the cancellation of school, the weather was being taken in stride by the agricultural and business communities. Outside activity was kept to a minimum business leaders reported and most ag producers were well prepared for the cold conditions because of earlier

cold spells, said Rod Patent, Wayne County Extension Agent.

The extreme cold and wind conditions can be very stressful on livestock and pets, however, warned Patent, who encouraged everyone to keep their animals out of the wind as much as possible.

THE COLD conditions were not just isolated to Northeast Nebraska according to Associated Press reports.

Gerri Swanson, who owns about 100 cattle in Grand Island, said the cold is stressful on the cows but they will be kept outside. As long as the cows have water and food, they can stand the below zero temperatures, she said.

Truck stops in eastern Nebraska reported no major weather-related problems Monday. Diesel fuel can turn into a jellylike mess if additives are not mixed in.

"Everybody's pretty well prepared this time of year," said Ron Christensen, general manager of Grand Island's Bosselman Truck

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Looking for air time

This Bud Light Daredevil spent quite a bit of time in the air during Monday Night's halftime performance of the Wayne State women's game with Mount Marty. The Bud Light Daredevils pack high-velocity trampoline dunks, breath taking flips, and comedy antics into an eight-minute show. This team that was in Wayne is touring the country full-time and will perform at approximately 150 events throughout the United States and some countries for more than one million people.

At a Glance



We use newsprint with recycled fiber. Please recycle after use.

This issue: 1 section, 10 pages — Single Copy 50 cents

Thought for the day:

"You're coughing easier today."
"I practiced all night!"

Time is running out for cookie sales

AREA — Time is running out to buy your Girl Scout cookies! Prairie Hills Girl Scout Council's annual cookie sale will end Jan. 24.

Girl Scout activities rely on the proceeds from the annual cookie sale. The profit makes many learning and growing opportunities possible for girls including travel, career exploration, dealing with contemporary issues and much more.

If you'd like to buy some of these very special cookies, contact Susan Schroeder at 375-1194.

Reading Council

LAUREL — The Northeast Nebraska Reading Council of the International Reading Association will meet Jan. 29 at the Laurel-Concord School. The meeting will start at 9 a.m. Alice Dietz will discuss storytelling with children. She gives suggestions, topics and ideas on becoming a better storyteller.

Parents, teachers and administrators are invited to become members for the 1993-94 school year. Memberships will be available at the meeting.

WSC choir to sing at churches

WAYNE — The Wayne State Choir, with Dr. Cornell Runestad as conductor, will be appearing in two local church services this weekend. On Saturday evening they will sing at the 6 p.m. mass at St. Mary's Catholic Church and on Sunday morning at the 9:30 worship service at First United Methodist Church.

These are part of the choir's appearances prior to their February tour to Iowa, Wisconsin, Illinois and Nebraska.

Genealogical Society to meet

WAYNE COUNTY — The Genealogical Society of Wayne County will be meeting on Thursday, Jan. 20 at 7 p.m. The program will be on the Civil War. Call 375-3455 for location and additional information.

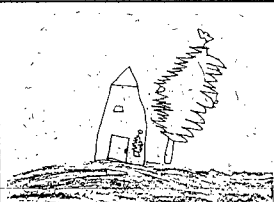
Winter story hours continue

WAYNE — The Wayne Public Library continues to hold its winter story hours on Saturdays at 10:30 a.m. until Feb. 26. The public is welcome.

Historical Society plans meeting

WAYNE COUNTY — The Wayne County Historical Society will meet Tuesday, Jan. 25 at 7:30 p.m. at the Wayne County Courthouse.

Renewals and new memberships are being solicited at \$5 per year. Treasurer's address is P.O. Box 408, Wayne, NE.



Weather

Danny Rhoads, 7 Wakefield Elementary

Extended Weather Forecast:
Thursday through Friday; little if any precipitation; moderating temperatures; highs, upper-20s Thursday, mid-40s by Saturday; lows, around 0 Thursday, raising into the 20s by Saturday.

Date	High	Low	Precip.	Snow
Jan. 15	5	-11	—	—
Jan. 16	14	-12	—	—
Jan. 17	17	-7	—	—
Jan. 18	-2	-13	—	—

Recorded 7 a.m. for previous 24 hour period
Precipitation/Month — .03
Year To Date — .03"
(0.5" Snow)

Health officials say flu is widespread

Nebraska public health officials have officially declared Nebraska's outbreak of influenza and flu-like illnesses as "widespread."

Pat Infield, community health nurse with the state's Disease Control Division, said many of the reports of the flu were from central and eastern Nebraska.

For the week ending Jan. 7, there

were 13 confirmed cases of influenza type A in Nebraska, Infield said. There were four cases the week before.

There were 548 influenza-like illnesses reported, compared with 235 the week before, she said.

"Some of the doctors in northeast Nebraska are not giving us numbers," Infield said. "They are saying

there are too many to count."

Douglas County health officials said doctors last week treated three times the number of patients with flu-like symptoms over the week before. The figure for doctors in the Lincoln area was about double.

The outbreak forced schools in Madison and Malcolm to close for part of last week.

John Weston, clinical services director of the Douglas County Health Department, said some Omaha-area elementary schools reported 11 percent to 14 percent of their students out with some sort of ailment last week.

Dr. Ron Scott of the Kearney Clinic said it's not the flu in the Kearney area as it is other respiratory problems in children. Ailments include strep throat, ear infections and tonsillitis, he said.

"We still don't have a big flu problem," Scott said. People are apt to pin the name "flu" on a number of ailments, such as a sore throat, cough or runny nose. "It's a catchall for upper respiratory infections."

Scott said things could grow worse. "February ought to be canceled," he said. "It's the month of peak incidence for strep throat, colds, chicken pox, depression -- you name it."

Athletic reassignment 'final'

By Kevin Peterson
Of the Herald

Wayne School Superintendent Dr. Dennis Jensen met with Wayne High Athletic Director Ron Carnes, Friday morning along with Carnes' representative from the Nebraska State Education Association, Carol Stadler Joseph in regards to the re-

assignment of extra-curricular positions at the school.

Jensen told the Wayne Herald that he gave Carnes the reasons for non-renewal of his athletic director's position which will go into effect in the fall of 1994.

Those reasons were not given by Jensen, saying that it was a personnel matter. "The meeting

lasted about 15 minutes," Jensen said. "As far as I'm concerned and as far as the school board is concerned, this matter is now behind us—the decision has been handed down."

Carnes said he feels that he has not been treated fairly. "I feel I deserve better than this," Carnes said. "I don't think I'm worthy of this type of treatment."

Judge stands on principle; resigns

By Les Mann
Of the Herald

He made sacrifices for his personal beliefs, but he doesn't like being characterized as a martyr.

Former Juvenile Court Judge Joseph Moylan of Omaha spoke in Wayne Saturday morning in one of his first public appearances since his celebrated resignation last fall.

Moylan resigned his judgeship, giving up his income, a large portion of his retirement benefits and his health insurance, rather than sign an order allowing a teenager to have an abortion.

UNDER A 1991 Nebraska law judges are asked to determine if minors are mature enough to give informed consent to obtain abortions without parental consent.

Moylan explained to the Wayne audience gathered for the Tri-County Right to Life prayer breakfast Saturday, that the law ordered him to become a "direct participant in the putting to death of an innocent human life."

Even the law defined the act of abortion as "the termination of human life in the womb of the mother," said Moylan. He said his religious



Former Judge Joseph Moylan of Omaha talks to a Wayne audience about the issues that led to his resignation.

beliefs did not allow him to carry out his judicial responsibility even though other judges and court workers encouraged him to take a different approach.

BUT HE QUOTED President Lincoln, "No law can give me the right to do what is wrong."

He said he had taken an oath to uphold the laws of the state and for the first time in 21 years as a judge, he ran across a law he could not ethically comply with. Thus, he said he had no other choice but to resign.

Moylan openly admitted using the news value of his ethical stand as a soapbox for his personal views on abortion. His wife, Gretchen, said she believes he has found his new niche as an outspoken opponent of abortion.

While the story was widely reported, except in the Catholic press locally, he said, he still had complaints about the media treatment of the abortion issue.

"THERE IS A conspiracy not to let people know how it (abortion) is done," said Moylan. He said he has studied the procedures and they are "horrendous." He said abortion in-

See RESIGNED, Page 5



Check out the new **Wayne Advantage** inside



record

n. \rek'érđ\ 1. an account in written form serving as memorial or evidence of fact or event. 2. public information available from governmental agencies. 3. information from police and court files. v. 1. to record a fact or event. syn: see FACT

Dixon County Court

Vehicle Registrations

1994: Ponca Public School, Ponca, Ford Chassis Cows Bus; Jeff Nelson, Dixon, Pontiac; Duane Stolle, Wakefield, Ford Pickup; Paul Sherman, Dixon, GMC Pickup; Steve Schutte, Dixon, Chevrolet Blazer; Larry Malcom, Allen, Chevrolet Pickup; Gary W. Hank, Wakefield, Chevrolet Pickup.

1993: James R. Salmon, Wakefield, Chevrolet Pickup; Lloyd E. Mackling, Emerson, Ford Pickup.

1992: Knerl Ford Inc., Ponca, Ford; Knerl Ford Inc., Ponca, Ford Utility; Don Cunningham, Laurel, Titan Gooseneck 5th Wheel Trailer.

1991: Sandra K. Brennan, Newcastle, Mercury.

1989: Brian G. Schweers, Ponca, Chevrolet; Pamela Hancock, Waterbury, Plymouth.

1988: Philip W. Schulte, Newcastle, Eagle; Mary Jean Schulte, Newcastle, Eagle.

1987: Wade Schram, Newcastle, Oldsmobile.

1986: Doris G. Turney, Allen, Dodge.

1984: Alexander Dohrman, Emerson, GMC Pickup; Walter Block, Newcastle, Ford Pickup.

1982: Joe M. Johnson, Ponca, Buick.

1979: Terrill Campbell, Wakefield, Chevrolet; Jeff Sievers, Allen, Ford Pickup.

1978: Sidney Kneifl, Newcastle, GMC Pickup; Scott Sappingfield, Ponca, Ford Econoline Van; Maurice Johnson, Wakefield, Buick Station Wagon.

1977: Michael T. Walker, Ponca, Chevrolet.

1974: Lane Anderson, Ponca, Ford Pickup.

1971: Tamara A. May, Dixon, Yamaha Road/Street; James Hurst, Wakefield, Ford Pickup.

1961: Eugene Hughes, Ponca, Buddy Mfgd. Home.

Court Fines

Duane Streidthopf, Beemer, \$54, speeding. Nicholas J. Engle, Early, Iowa, \$54, speeding. Mark W. McKinley, Newcastle, \$54, speeding. Curtis D. Papenhausen, Coleridge, \$54, speeding. Ricky R. McGeorge, Sioux City, Iowa, \$74, no operator's license. Ronald Brockman, South Sioux City, \$74, speeding. Lester W. Smith, Baltic, S.D., \$54, speeding. Ronald L. Simmons, Sioux City, Iowa, \$124, speeding. Steward Hiebner, Laurel,

\$54, speeding. Mellone Perez, South Sioux City, \$39, speeding. Kim Ritchie, Sioux City, Iowa, \$54, speeding.

Shirley J. Anderson, Dixon, \$54, speeding. Jennifer Cardenas, Wakefield, I. \$250 and \$49 costs, probation for 6 months, license impounded for 60 days, driving under the influence of alcoholic liquor; II. \$150, failure to stop following accident/property damage. Michael L. Ellis, Wakefield, \$49, no valid registration. David R. Johanssen, Wakefield, I. \$294, probation for 1 year concurrently with Count II, 1/2 of restitution, theft by unlawful or disposition; II. probation for 1 year with Count I, \$250, first degree criminal trespass. Robert D. Jones, Broken Arrow, Okla., I. \$124, possession of drug paraphernalia; II. \$100, possession of marijuana, less than 1 oz. Douglas D. Steele, Thurston, \$49, no valid registration. Matthew J. Verzani, Wayne, \$74, loaded shotgun in vehicle.

Real Estate Transfers

Kenneth E. and Mary Ann J. Kneifl to Steven C. Husen and Kenneth L. Kral dba sole general and equal partners of HK Farms, 74 acres consisting of E1/2 SE1/4, 9-31-5, with the exception of 6 acres, more or less, lying east of the creek, all in 9-31-5, revenue stamps \$31.50.

Lian D. and Virginia Nielsen to Howard L. and Barbara J. Ringer, lots 1, 2, 3 and 4, block 6, Village of Maskell, revenue stamps \$26.25.

Tax Foreclosure. Sheriff's Deed. Dean Chase, Sheriff of the County of Dixon to Donald L. Mackling, N1/2 of lot 6 and all of lots 7 and 8, block 5, Valley Addition to the Village of Emerson, revenue stamps exempt.

Tax Foreclosure. Sheriff's Deed. Dean Chase, Sheriff of the County of Dixon to Donald L. Mackling, lots 7 through 13, inclusive, block 3, Valley Addition to the Village of Emerson, and lots 1 through 8, both inclusive, block 4, Valley Addition to the Village of Emerson, revenue stamps exempt.

Donald L. Mackling, single, to Village of Emerson, a municipal corp., lots 7 through 13, both inclusive, block 3, Valley Addition to the Village of Emerson, and lots 5 through 8, both inclusive, block 4, Valley Addition to the Village of Emerson, revenue stamps exempt.

Wayne County Court

Civil Filings

General Service Bureau, Inc., vs. Brenda Geinsmann and Dorothy Geinsmann, Wayne, defendant, in the amount of \$2,627.97.

Credit Bureau Service Inc., plaintiff, vs. Erik Cole, Wayne, defendant, in the amount of \$179.50.

HOMES FOR SALE



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Photography: Barry Dahlkoetter / College Relations

Band clinic

Clarinetist Jennifer Nelson, a freshman at Wausa High School, performs during the Lewis & Clark Conference's high school band clinic held Saturday at Wayne State College. About 170 high school musicians from the conference's 16 high schools participated. Ms. Nelson is the daughter of Richard and Marge Nelson.

Wayne County Vehicles

1994: Wm. Gonzales, Winside, Ford Pickup; Paul Dean, Wayne, Mitsubishi; Wilbur Nolte, Wayne, Mercury; Donald Asmus, Randolph, Buick.

1993: Robert Staub, Hoskins, Ford; Kenneth Berglund, Wayne, Cadillac; Neil Sandahl, Wakefield, Ford Pickup; Delbert Jensen, Wayne, Lincoln; Merlin Felt, Wakefield, Ford Pickup; Kuchta Farms, Randolph, Mercury.

1992: Randall Larson, Wakefield, Chev. Pickup.

1990: Suzy Otto, Carroll, Ford; Lisa Janke, Winside, Pontiac; Cyril Hansen, Wayne, GMC Pickup.

1989: Nolan Christensen, Wayne, Olds; Douglas Renner, Hoskins, Ford Pickup.

1988: Gregory Wabs, Hoskins, Chrysler.

1986: Dale Johnson, Wayne, AMC; Rick Morman, Winside, Ford Pickup; Paul Karr, Wayne, Ford Pickup.

1985: Sonya Tompkins, Wayne, Chev. Pickup.

1984: Randal Gubbels, Carroll, Ford Pickup; Ken Kollath, Hoskins, Ford Pickup; Dean Newton, Wayne, Ford Pickup; Richard

Nolte, Wayne, Buick; Tony Crouch, Wayne, Chev.

1984: Clarence Hoemann, Hoskins, Ford; William Fleck, Wayne, Pon.

1983: Donald Pederdon, Wayne, Merc.

1983: Kelly Heick, Winside, Buick.

1982: Rick Walth, Hoskins, Olds.

1980: Stephen Glass, Wayne, Honda.

1979: Dirk Jaeger, Winside, Chrysler; Rick Ellis, Wayne, GMC.

1978: Chad Young, Wayne, Ford; Mitch Osten, Wayne, GMC Pickup.

1978: Dean Janke, Jr., Winside, Ford Pu.; Arnies Ford Merc., Wayne, Ford; Harold Wade, Winside, Ford.

1974: The Carroll Station Inc., Carroll, Chev. Tk.

1976: Rick Robins, Wayne, Chev.

1974: Christopher Hammer, Wayne, Ford.

1973: Merlin Topp, Pilger, Olds.

Obituaries

George Sullivan Sr.

George Sullivan Sr., 74, of Martinsburg died Saturday, Jan. 15, 1994 at Marian Health Center in Sioux City.

Services were held Tuesday, Jan. 18 at St. Joseph Catholic Church in Ponca. The Rev. Rick Arkfeld officiated.

George Sullivan Sr., the son of James and Mary (Kay) Sullivan, was born Feb. 24, 1919 at Ponca. He attended school at Ponca, graduating in 1938. He was in the service from 1940-45 during World War II. He married Thelma Harrison on Aug. 26, 1944 at Muskogee, Okla. After World War II he attended VA school in Dixon. He farmed in Dixon County for 17 years before moving to Martinsburg in 1959. He worked for Galena township on road maintenance for 30 years. He was a volunteer fireman for 30 years for Martinsburg, served on the Martinsburg village board and served as mayor. He coached little league baseball for several years and was an active member of the VA. He was a member of St. Joseph Catholic Church in Ponca.

Survivors include his wife, Thelma; five sons, George Jr. and Diane, Steve and Sandra, Bob and Julie, Randy and Laura, all of Allen, Gary and Sharon of Ponca; four daughters, Sandra Bennett of Wayne, Connie and Brad Dangberg of Columbus, Nancy and Dennis Junck of Carroll, Patti and Larry Grashorn of Wayne; two brothers, Wendell and Mary Ann Sullivan of California, James Sullivan Jr. of South Sioux City; four sisters, Rosemary and Norman Haase and Irene and Don Pyle, both of Sioux City, Iowa, Lucille Luce of Omaha and Margie Florke of Sioux City, Iowa; 35 grandchildren; and two great grandchildren.

He was preceded in death by his parents; one sister, Evelyn Quinn; one brother, John Sr.; infant grandson, Chadwick Joseph.

Honorary pallbearers were Kent Sachau, John Book, Willis Schultz, Jan VonMinden, Lynn Stallbaum, Kenneth Dowling and William Sachau Sr.

Active pallbearers were grandsons John and Jodi Navrakal, Ryan Junck, Steve Sullivan Jr. and Robert, Michael, William and Todd Sullivan.

Burial was in Calvary at South Creek Cemetery with the Mohr Funeral Home of Ponca in charge of arrangements.

James Hansen

James C. Hansen, 98, of Wayne died Monday evening, Jan. 17, 1994 at the Wayne Care Centre.

Services will be held Thursday, Jan. 20 at 2 p.m. at St. Paul's Lutheran Church in Wayne. The Rev. Jack Williams will officiate. Visitation will be held Wednesday, Jan. 19 from 9 a.m. to 9 p.m. at the Schumacher Funeral Home in Wayne.

Burial will be in the Greenwood Cemetery in Wayne with the Schumacher Funeral Home in charge of arrangements.

Intends to support governors proposals

By Stan Schellpeper
District 18 Senator

The second week of this session began with Governor Nelson's State of the State Address to the Legislature. I was very impressed with the Governor's proposals on welfare reform and crime. I intend to support most of his proposals as I feel they are fair recommendations and move Nebraska in the proper direction on both of these issues.

Welfare reform will be exceptionally controversial because of a proposed two-year limitation in which recipients may receive payments. This is being suggested as a means of promoting independence with welfare recipients and I am very support of such a measure.

The people who are able to work but choose not to inevitably cause problems in the system for those individuals who seriously need public assistance to maintain subsistence on their way to independence. I feel any incentive for establishing self-reliance in those people who are able to work is also essential so that we may contain costs for the state.

Taxpayers can no longer afford to pay for the support of people who do not want to work. Of course, I don't have a problem with individuals who are not able to work due to health reasons and I will continue to support this position.

Governor Nelson has also proposed to eliminate the \$4 per ton

tax on fertilizer that farmers are asked to pay as part of the provisions of LB 1063. I am extremely hopeful that we will be able to eliminate this tax and all property taxes which have heaped an unfair burden upon the backs of agricultural interests.

We will need the help of some of the urban senators to accomplish that goal. However, having the Governor's support in the elimination of the fertilizer tax is an important first step. You can be assured that I will continue in my efforts to abolish all property taxes in the State of Nebraska.

We had a large number of people at the capitol this week demonstrating in opposition to LB 395, which is a bill prohibiting discrimination in employment practices based on sexual orientation. Under this legislation, it would be illegal for a business to terminate or fail to hire someone because they were homosexual.

I am opposed to the bill because I feel it takes away from business owners the right to hire or fire any employee. Senator Chambers of Omaha has stated that he may designate LB 395 as his priority bill so it looks like we could possibly be debating the issue this session.

If there are any people who have questions or concerns and would like to comment on legislation, please do not hesitate to contact me at 439-2907 in Stanton or 471-2801 at my office in Lincoln.

The Golden Years

It isn't just Americans and Europeans who are living longer. According to the U.S. Census Bureau, the world's over-65 population now exceeds 340 million. The total increases by about 800,000 a month — 2/3 of that in less-developed countries. This trend began in the 1960s, in large part because of improved nutrition and a reduction in infectious diseases in Third World countries. Still, the proportion of older people in the populations of North America and Europe remains higher than in less developed countries, which have higher birth rates.

"It's not very unusual for people to be 100 years old nowadays, because there is better medical knowledge and care," Grace Stephens, of Brewster, New York, told an interviewer on her centennial birthday. "An independent woman who doesn't like people fussing over her," according to her son, Mrs. Stephens reads the daily paper without glasses, walks without a cane, and goes out often — to the beauty parlor and to restaurants.

Remember When? 1947 — "Gentleman's Agreement," exposing anti-Semitism in the U.S., won the Oscar as the year's best movie.

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To The Community of Wayne,

Dave's Drycleaning would like to thank you for the opportunity of serving your city for the past 15 months. There have been many wonderful comments, notes, and calls from the individuals we have been doing business with. Wayne is a very supportive community and therefore since a drycleaner has started locally, at this time we will discontinue our service. It has been a pleasure to serve Wayne and we will always be ready to reestablish our service if and when the need arises. Please feel free to call or write if there is anything we can do.

Sincerely, Dave Knobbe

Pave's Drycleaning
West Point, Nebraska 372-2155

persuasion

n. \per-swa'zhen\ 1. the act of persuading. 2. Expressing opinions with the goal of bringing others to your point of view. 3. communication on issues. 4. an exercise in freedom. 5. editorializing and letter writing **syn:** see OPINION



Capitol News

Editorials

Use government moonshine

Big oil interests said some interesting things on Capitol Hill last week.

In hearings on the Environmental Protection Agency plan to ensure that ethanol is used as a fuel additive in polluted cities, the executive vice-president of the American Petroleum Institute said the ethanol ruling should be plowed under rather than planting more corn to produce "government moonshine."

The high stakes debate pits the big money interests of oil companies with their massive investments in foreign oil production against politically powerful farm groups who see ethanol not only as a huge new market for domestic agricultural products but also point to the environmental advantages of the renewable fuel.

The oil companies apparently don't relish giving up even a small percentage of their market, no matter what the environmental advantages.

And they don't seem fearful about a backlash from agriculture states which rely heavily on oil supplies for agricultural production.

Hearing the strong talk coming from the oil interests perhaps it is time to redouble efforts to develop alternative fuels such as SoyDiesel and pure-ethanol vehicles and make a stronger push to use ethanol blend fuels here in farm country.

The oil industry has shown absolutely no interest in moving us away from foreign energy dependence and toward cleaner, renewable energy sources like ethanol.

Midwest farmers and energy researchers have proven the practicality of this alternative fuel and it is time to bring the oil industry kicking and screaming into the 1990s.

We can do it simply by using more and more of our own energy products.

Fill up with ethanol fuels and send a message to the folks who don't like "government moonshine."

Letters

Where's the leadership?

Dear Editor:

Gov Ben Nelson's unveiling of his 1994 legislative agenda reaffirms his slowness to react to key issues affecting Nebraskans. After three years without offering leadership, Nelson's main goal is to get re-elected this fall.

In his State of the State address, Nelson said he supported boot camps for juvenile criminal offenders. During the last legislative session, Attorney General Don Stenberg was the leading advocate for boot camps, while Nelson stayed on the sidelines.

Nelson said he would tell the President and Congress to "stop the madness" of unfunded mandates on local government and business. Last summer, Congress approved the "motor-voter" legislation, yet another unfunded mandate, which was supported by U.S. Sens. Bob Kerrey, Jim Exon and Rep. Peter Hoagland. Nelson did not speak out to urge the Nebraska Congressional

Democrats to vote against this unfunded mandate, which will cost Nebraskans hundreds of thousands of dollars.

Nelson said that the state of Nebraska for an "inexplicable" reason paid insurance premiums for state employees for a month after they left the job. Nelson, of course, has an insurance background but it took him three years to discover this oversight.

Nelson said 400,000 Nebraskans received an income tax cut. However, a recent report said the tax cut would amount to nine cents less deducted biweekly for an individual earning \$15,000 annually.

Nebraskans need a governor who will provide leadership for the state, not one who is slow to react to the issues that will decide the future of our state.

Philip Young
Executive Director
Nebraska Republican Party

Cars and county pay

Dear Editor:

Roy Coryell should have studied the picture of the car show he said was 1938 or 1939. Those are 1936 models or I'll eat the newspaper with no water.

Gotcha Roy.

Also, finally, the commissioners decided to pay the clerk, treasurer and assessor for the responsibility of their job. Now if they could only get paid for the work.

Lee Swinney

By Melvin Paul
Statehouse Correspondent
The Nebraska Press Association

LINCOLN — By the looks of the NEBRASKA calendar on my wall, it's now 1994. And we all know what that means: it's an election year.

You could see that reflected in the recent initiatives released by Gov. Nelson in his State of the State address.

Attacking crime, reforming welfare and holding the line on tax increases were the major themes. Any decent politician — and the governor is a better-than-decent politician — support those ideas.

Overall, the speech offered few surprises but seemed to typify the kind of leadership shown by Nelson in his first three years — steady if not spectacular, short on controversy and long on consensus.

Welfare reform is a good example.

From the White House to most statehouses, public leaders are calling for changes in a system that has become a way of a life for some families.

The newest idea is to cut off benefits after two years to help encourage recipients to get off the public dole and into worthwhile jobs.

Nelson's proposal contains a

similar proposal. It would begin by cutting off Aid to Dependent Children to families who have an adult capable of working.

Reforms, which must be approved by the federal government, would start in the Omaha area where about half of the ADC families in the state live, and eventually spread throughout the state.

The reforms were portrayed to reporters as "the most encompassing" ever proposed by a state.

It's true that no other state has proposed such changes on so many people, but the governor had hoped to make the reforms immediately, statewide.

He opted for more gradual changes to let the necessary training and computer upgrading occur after talking with key senators and administrators.

In that respect, it was typical of the way Nelson attacks problems — get people together, find out what can be done and then do it.

It minimizes controversy and emphasizes cooperation; not flashy but effective (sort of like my trusty but rusty turkey hunting shotgun, but that's another story).

It's the same thing the governor did with his crime proposals. He sat down with key senators and worked up a package of proposals to attack juvenile crime, including building a prison for violent kids.

He also met with Attorney General Don Stenberg and Omaha Mayor P.J. Morgan and devised a number of proposals on adult crime that everyone could live with.

All told, Nelson said his proposals would cost about \$8.2 million and would not require any tax increases, because state tax receipts are up and because money has been saved in some programs.

Some state senators are skeptical of Nelson's budget projections. They think tax increases or program cuts will be needed down the road.

But until then, it's going to be hard to attack the governor's proposals.

I mean, who doesn't want crime to drop, people to have productive jobs and taxes to remain steady.

The views expressed in Capitol News are those of the writer and not necessarily those of the Nebraska Press Association.



'Not cool'

Dear Editor:

To the person in the little gray car.

I am so glad that you saw fit to go through my sun visor in my car on Jan. 7, 1994 out at the Pamida parking lot at sometime between 1:20 and 1:45 p.m. If you would learn how to park in a parking lot you wouldn't have had to throw my pictures all over, my drivers license and everything on the ground. Thank God I found my library card and I think all my pictures but one. And thank you to the girl in the little red car that returned my drivers license to my home. Considering my keys were in the car, I think you more than likely moved my car to get out. I just want to thank you again for making my day. I hope someday this happens to you.

Then maybe you will realize it's not very cool.

Pat McFarland

Irrationality is a disease

Irrationality is contagious!

The idea "Take away handguns to remove violence" is enough to convince evolutionists that Grandpa Monkey has returned and captured the minds of political and media types.

Think it through. Do people kill people, or do guns kill people? Could it be vicious people firing guns who kill? Mr. Simplicity says, "Let's take away the guns and we'll end this violence!"

How about taking away the violent criminal? When did a gun by itself shoot someone?

If you still believe guns are the villains, and the people using them are not responsible, then consider the following. All trucks, buses, cars and trains must be outlawed! Those terrible berserk vehicles kill over 100 Americans daily! Of

Merlin Wright



course, the drivers aren't responsible!

Outlaw fire! Fires are violent! Look at Malibu in California and the more recent destruction Australia! Who would argue that arsonists should be responsible? It's the fire, stupid!

Then there is that prime detriment to all humans: electricity. How can civilized humans want that electromagnetic monster around with its ruthlessness! So many victims! Lightning is sky fire and also kills! Outlaw it!

Now down to the nuts and bolts. That liquid in your faucets must be outlawed! Water is to blame for thousands of drownings!

Any sage knows a drowning is violent! We have a right to be protected from wicked water! We must order every guilty citizen to turn in their faucets and exchange them for toys!

Don't forget, bad checks cost citizens millions in monetary brutality! It must end! Let us propose that all writing tools be outlawed! Folk using pens to defraud others cannot, of course, be held responsible!

They can't help what their pen writes! Everyone must register their pen, then wait five days before buying another! Surely that will end the bad checks!

Haul your television to the police station! Only the police should be allowed to have a TV because they alone have been taught how to properly use one! Using a TV set can be dangerous to your children, especially if they mimic screen violence! If all TV's were removed, undoubtedly violence would end!

Disingenuous evangelists of illogical propaganda are running loose! Grab your wit, even if it's only a half of one, and run, friend, run!

Recycling

Let's start with all that government paper

Two incongruous facts caught my eye the other day. One is the report of the number of employees involved in paper processing in our government centers. The Lincoln Chamber of Commerce recently reported the largest single industrial employment segment in the capital city is the printing and publishing industry (2,400 jobs). That doesn't even count the number of government workers who process all that paper.

The second incongruous fact is the report that landfills continue to fill up faster than we can build new ones, and the biggest share of the stuff going into those dumps is paper.

Have you ever noticed, almost nothing good happens in government unless at least 2,000 copies of a 2-pound report are thrown at it.

It's the two ton rule. A project can't be worthwhile if it doesn't take at least two-tons of paper to study it, justify it and explain it.

Our government funds studies on everything from the sex lives of extinct volcanos to what makes water wet. And after the study consultant is through with the exhaustive research, the government goes out and buys two tons of paper and hires someone to print it up. Then we send copies of the thing to anyone who might be interested and many who are not.

If you don't believe me, just stroll through the basement of Wayne State College sometime. They have a government documents section there—row after row of ceiling-high stacks of government reports. And this resource is only a small fraction of the total annual document production output.

Okay, okay, you're right, the two tons or more of paper used in each study do not immediately end up in the landfills of America. No, they sit on shelves, like those here in Wayne, accumulating dust until the original two



Mann Overboard

By Les Mann

tons weighs about 2.3 tons...then they go to the landfill.

I have a plan. It's the million monkeys plan. You've heard of the old adage that if you sit a million monkeys down at word processors and let them pound away, the law of averages says they will eventually produce most of the great works of literature.

By now, I figure we have just about produced, at one time or another, all the study reports that will ever be needed—both good and bad. There's got to be several million (nay, billion) of them. There's already enough government studies on every imaginable subject that we shouldn't have to reinvent the wheel any more.

If we could catalog them, and get them centralized in one place—say right here in Wayne in a building about a 100 times bigger than the WSC Rec Center—the government would never have to fund another study or waste paper printing it up.

If someone needs to know if there are enough wood chips in the area to keep a wood fired boiler going, all they would have to do under my plan would be to call the Government Study Recycling Center, and some out-of-work consultant could spend a couple of hours ferreting out the information from one of the dozens of studies already on the shelves on the same subject.

Think of the savings in the nation's landfill and shelf space. Think of the elimination of excess dust catching. Think of the savings in government expenses. Think of the consultants who would have to change careers rather than flying around the country at government expense tippy typing redundant information into their laptop computers.

Think of the savings in trees.

And finally, think of the economic benefits to the community which would house the study recycling center and hundreds of ferrets which would be needed to operate the facility.

Let Alabama have the new Beemer plant. We should begin work right away on a high level government study recycling facility. There's more future in this kind of industry I think.

Cars may come and go, but government studies will be needed forever.

The Wayne Herald

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lifestyle

n. \léif • stíle\ 1. the way in which an individual or group of people live. 2. of and pertaining to customs, values, social events, dress and friendships. 3. manifestations that characterize a community or society. syn: see COMMUNITY

Grace Ladies Aid LWML approves 1993 statistics

Grace Ladies Aid LWML met Jan. 13 with 47 members, one guest, Viola Baker, and Pastor Mahnken present.

Hostesses were Ellen Heine-mann, Matilda Barelman and Dorothy Meyer.

Mary Janke had opening devotions on "Witnessing in the Light." Pastor Mahnken had the lesson

on "For Everything There Is a Time."

Millie Thomsen, president, thanked the past officers and past committees for fulfilling their tasks for 1993.

The minutes of the December meeting were read and approved and also the statistics for 1993.

Elinor Jensen gave the treasurer's report and it was filed for auditing. She also gave the 1993 treasurer statistics.

The futures committee gave a brief report on "Fun Day" to be held at Grace on Jan. 30.

Chris Mahnken and Esther Hansen reported and showed the quilt blocks for "Fun Day."

Ellain Vahlkamp reported for the visiting committee on the cards sent and visits made.

The new visiting committee is Ruth Victor, Betty Wittig and Leora Austin.

Dolores Utecht gave a report on the Erwin Vahlkamp funeral and Melvy Meyer on the Kenneth Frevvert funeral.

New on the kitchen committee are Ardene Nelson and Laverne Heithold.

Joann Temme gave the Wayne Care Centre report, visiting there

Dec. 29 serving fruit breads and cheese curls.

Letters were not received from seminary students Lee Weander or Jeff Warner. Frances Bak and Leora Austin will write them this month.

Dolores Utecht reported on serving at the Arthur Brummond 65th anniversary.

The Wayne Zone LWML board will meet at the Student Center in Wayne on Jan. 17. On Jan. 19 at Our Savior Church in Norfolk is "Empowered To Give" "Gift Shop" for all LWML members, leaders past and present. A motion was made to sponsor the minister's wives to attend the "Ministers Wives Appreciation" Feb. 11 and 12 at York.

Motion was made to have the cookie walk on Dec. 4.

The president read "Greater Than Gold" before the mite box collection.

Thank yous and correspondence were read.

February hostesses will be Bernita Sherbahn, Frances Bak and Mary Janke.

The meeting closed with the Lord's Prayer and table prayer.

Frances Bak and Elenora Heithold were seated at the birthday table.

Briefly Speaking

T&C Club meets

WAYNE—T&C Club met in the home of Florence Meyer on Thursday afternoon. High scores in 500 were made by Muriel Lindsay and Alta Baier. Ila Pryor was a guest.

Next meeting will be with Frances Nichols on Feb. 10 at 2 p.m.

Mom's Group to meet

WAYNE—Mom's Group will meet at Redeemer Lutheran Church on Thursday, Jan. 20 from 9:30 to 11 a.m. Topic this month is antiques.

Babysitting is provided. Cost is \$3 for children under two, \$2 for children over 2 and \$1 for each additional child.

For further information contact Chris Mahnken at 375-4055.

Dorcey helping on crew of production

Alicia Dorcey, a graduate of Wayne Public High School, has been helping the technical crew in the Mount Marty College production of "Bye Bye Birdie."

The production will be performed in Mount Marty's Marian Auditorium at 7:30 p.m. on Thursday, Friday and Saturday, Jan. 27, 28 and 29.

The play takes place in 1960 and is a hilarious spoof of the turmoil created when Conrad Birdie, an "Elvis Presley" type of singer about to be drafted, comes to a small midwest town accompanied by his entourage including his agents, guitar and a full TV crew to film a "Last Kiss" given to a teenage fan whose name was drawn at random. The collision of the singer, the teenagers and their upset parents creates excellent comic situations.

Wayne Chapter #194 OES installs officers at meeting

Wayne Chapter #194 Order of the Eastern Star met Jan. 10 at 7:30 p.m. at the Masonic Temple with Worthy Matron Nancy Fuelberth opening with the poem, "How To Find Happiness Through the Year."

The chapter will contribute to the Worthy Grand Matron Carol Luther's project, "Take Our Youth To Heart" fund.

The annual Chicken ala King dinner will be served to the public on Feb. 10 from 5 to 8 p.m. Tickets may be purchased from members. They are \$3.50 for adults and \$2 for those under 10 years of age. Helpers and pie bakers are needed. Lynn Kramer is chairman of the dinner.

Joanne McNatt was presented a certificate for her two years of service in Grand Chapter of Nebraska as Grand Representative in Nova Scotia and Prince Edward Island in Nebraska. Dorothy Rees played a special piano selection, "One Little Candle" in her honor.

A memorial service was held for Mary Roberts, Audrey Wiseman and Anna Wells, members who have died recently.

Officers installed for the year were Darrel Fuelberth, Worthy Patron; Marilyn Carhart, Associate Matron; Mary Lea Lage, Associate Conductress; Joan Marr, secretary; Arnold Marr, treasurer; Dorothy Rees, pianist; Mildred Richardson, Adah; Shirley Straight, Ruth; Joanne McNatt, Esther; Doris Harmer, Martha; Lynn Kramer, Electa; and Virginia Dranselka, Warder.

The Worthy Matron, Associate Patron and Conductress will be installed in February.

The installing officers for the ceremony were Joan Lackas, installing officer; Veryl Jackson, in-

stalling marshal; Bette Ream, installing chaplain; and Gwen Jensen, installing pianist.

Refreshment chairman was Gail Ware.

Feb. 14 refreshment chairman will be Bette Ream. Others on the committee will be David Headley, Terri Headley, Carter and Nana Peterson, Karen Marra and John Ream.

Community Calendar

TUESDAY, JAN. 18

Tops 782, St. Paul's Lutheran Church, 6 p.m.
American Association of University Women dinner meeting, Riley's, 6 p.m.
Wayne BPW, 6:30 p.m.

WEDNESDAY, JAN. 19

Job Training of Greater Nebraska representative at Chamber office, 10 a.m. to noon
Alcoholics Anonymous, Wayne State College Student Center, noon
Pleasant Valley Club, Black Knight, noon
AWANA Club, Armory, 6:45-8:15 p.m.
TOPS 200, West Elementary School, 7 p.m.
Alcoholics Anonymous, Fire Hall, second floor, 8 p.m.
Al-Anon, City Hall, second floor, 8 p.m.

THURSDAY, JAN. 20

Mom's Group, Redeemer Lutheran Church social room, 9:30-11 a.m.
Wayne County Immunization Clinic, sponsored by Goldenrod Hills, First United Methodist Church, 1:30-3:30 p.m.

FRIDAY, JAN. 21

Wayne Community Hospital Auxiliary, Providence Medical Center, 2 p.m.

SUNDAY, JAN. 23

Alcoholics Anonymous, Fire Hall, second floor, 8:30 a.m.

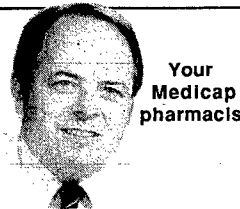
MONDAY, JAN. 24

Minerva Club, Marjorie Olson
Non-smokers Alcohol Anonymous opening meeting, meeting room, second floor, Wayne Fire Hall, 7 p.m.
Plus Mixers, Laurel City Auditorium, 8 p.m.

TUESDAY, JAN. 25

Sunrise Toastmasters Club, Wayne Senior Center, 6:30 a.m.
Villa Wayne Tenants Club weekly meeting, 2 p.m.
Tops 782, St. Paul's Lutheran Church, 6 p.m.
Wayne Area Child Care Providers, Columbus Federal meeting room, 7 p.m.

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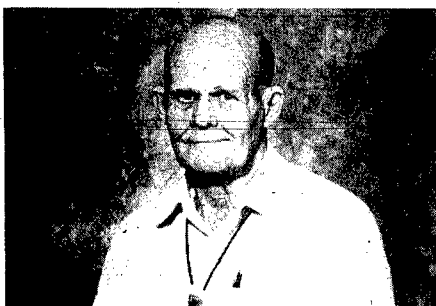
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"Getting my drivers license brought the cataracts to my attention. Basically, I just couldn't read anymore. I was about to lose my license because of it.

I was under a lot of myth in regards to surgery. My understanding was that you lost your depth perception. That the surgery was only good for 5 years—a lot of things like that. I did a little investigating on my own. I called different 800 numbers, and asked a lot of questions about pain, hospitalization, different things like that.

There was absolutely no pain to the surgery. They told me that I would have some discomfort, but I didn't have any. I had both eyes done 27 days apart. The amazing thing to me is the brilliance of colors now. I didn't realize this was even possible. I was amazed at the color of things I looked at every day.

I would highly recommend Dr. Feidler to anyone."



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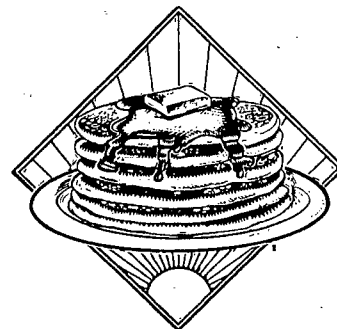
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The five members of the Fusselman Family from Valentine will be performing in Wayne Feb. 1. From left they are Jessica, Jared, Erin, Micah and Miriam.

String family performs here

The Fusselman Family, a string ensemble from Valentine, will perform on Feb. 1 at the Ley Theatre on the Wayne State College campus. The event, sponsored by Wayne Public Schools and WSC

Center for Cultural Outreach, will begin at 7:30 p.m. There will be no charge for admission.

The ensemble consists of five brothers and sisters, ages eight to 16. Erin, Jessica, and Miriam all

play the violin. Micah is featured on the cello, while Jared performs on the viola. The children also take turns at the piano.

Erin was the principle violinist at the '91 and '92 Rocky Ridge Junior Seminar in Estes Park, Colo., and is the '93 Nebraska state winner of the MTNA Yamaha High School String Competition.

Micah was the principle cellist at the '92 Rocky Ridge Junior Seminar. He was named alternate in strings in the West Central Division (eight states) of the '92 Selmer Jr. High Instrumental Competitive Auditions and is the '92 and '93 Nebraska state NMTA strings winner.

Micah takes lessons from Tracy Sands of Lincoln and has studied with David Geber, cellist for the American String Quartet and Chairman of the String Department at the Manhattan School of Music (NY). The girls study violin with Donna Carnes of Lincoln, and Jared's viola teacher is Aleta Collier, also of Lincoln. All the children take piano lessons from their mother, Pamela, who also serves as the group's accompanist. A Bachelor of Fine Arts in Education graduate from Wayne State College, Pamela has studied extensively with Arne Sorensen and James Day and now studies with Catherine Herber of Lincoln. Pamela is currently teaching piano from her private studio in Valentine.

The Fusselman Family has performed across the State of Nebraska — at the Willow Tree Festival in Gordon and in concerts at Valentine, Bassett, Stuart, Ord, Creighton, Plainview, Randolph and Lincoln.

The Fusselmans will be in the Wayne Public Schools all day on Tuesday, Feb. 1.

They will present a 30-40 minute program to all students in kindergarten through sixth grades. Festival type classes are planned for cellos, violas and violins in the schools.

Wayne string students will perform "Amazing Grace," "Boil Them Cabbages" and several Suzuki pieces with Fusselmans on the evening concert.

Resigned

(continued from page 1)

volves chopping the baby up alive in the mother's womb or scalding it to death with strong saline solutions. He said this gruesome and cruelly painful act is euphemistically called "termination of human life" in the media because the other terms are too harsh.

Moylan said he has received nearly 200 letters and hundreds of phone calls since his resignation and all of them have been supportive.

HE SAID ONE of the letters he received was from a priest who compared Moylan with St. Thomas Moore, who was a martyr for his faith.

Moylan wrote back to the priest and said the comparison must have "set St. Thomas spinning in his grave. He did good all his life and lost his head. I did one good thing and lost

my job."

Responding to a question about what became of the teenager whose abortion request precipitated his resignation, Moylan said he did not know, but he presumes she obtained approval from a different judge.

IT WAS NOT a valid argument to stay in his position because he knew that some other judge would just sign the order, he said. That would be like seeing money laying in plain sight on the front seat of a parked car and saying, "I might as well take that. If I don't someone else will," said Moylan.

He said he felt it was time to make a statement.

And his statement, he said, related to the famous quote from Dante: "The hottest places in Hell are reserved for those who remain silent at times of moral crisis."

Cold

(continued from page 1)

Stop. "If they're not, they're kind of behind the boat."

Homeless shelters in Omaha and Lincoln prepared for an increase of people seeking warmth.

Steve Janovec, executive director of the People's City Mission in Lincoln, said about eight more men came in because of the cold, bringing the shelter's total to 52 on Monday. The capacity is 63.

The cold air that has made Nebraskans miserable originated in Siberia, said Steve Byrd, a weather service meteorologist in Omaha. It traveled through the North Pole and Canada's northwest territories before moving south, he said.

But more bearable weather is on the way.

THE WEATHER Service issued the following guidelines for coping with the dangerous cold snap:

1. Cover as much exposed flesh as possible. At times temperatures will be from zero to 10 below, with wind

chill readings from 30 to 50 below. Frostbite can easily occur.

2. Use a good winter hat. Most of your body heat is lost through your head.

3. Layered clothing is better than one heavy coat.

4. Use insulated gloves. Mittens are even better.

5. Watch for frostbite. If it does occur, have it taken care of right away.

6. If you are going to warm yourself in front of a fire after coming in from the cold, stand with your back to the fire. If you first place your hands and feet toward the fire, this could send a rush of cold blood into your system.

7. Check your food supply.

8. Bring pets indoors.

9. Turn off water going to outside faucets. On pipes that run along an outside wall, let a small stream of water run.

10. Top off your car's fuel tank before the cold comes.

11. Make as few trips outside as possible.

4-H News

DAD'S HELPERS

The Dad's Helpers 4-H Club met Jan. 10 at the Northeast Station. The past hockey game that some had attended was discussed.

Three demonstrations were given by Aaron Hanson, Chris Hanson and Sam Recob.

Tim Hanson led a presentation about fire safety and fire escape routes.

Club officers received booklets about their offices.

Hosts serving lunch were the Hansons and Recobs.

Andy Bose, news reporter.

LESLIE LIVEWIRES

The Leslie Livewires 4-H Club met Jan. 3 at 7 p.m.

Roll call was taken with 17 members present.

Demonstrations were given by Andrea Greve. She talked about "Grooming Your Cat." She told the proper techniques for grooming long and short haired cats.

Erin Svoboda gave a presentation on "Decorate Your Duds." She showed the procedure to decorate a T-shirt.

Brent Leonard showed how to

make jerky. He had samples of his recipe that went to the State Fair last year.

The meeting was adjourned and lunch was served by Deb McQuistan and Jan McQuistan.

Next month's meeting will be Feb. 6 at 1:30 at the Rec Center at Wayne State College.

Aubrey Leonard, news reporter.

SPRINGBRANCH

On Jan. 9, Springbranch 4-H Club held a meeting at 2 p.m. in the Trinity Fellowship Hall basement.

Katie Behmer, Melissa Buresh and Seth Anderson were new members welcomed into the club. A skating party was discussed. Workshop and meeting dates were announced for anyone interested. Project selection guides were handed out to each family. Eight members gave demonstrations on their 4-H projects.

The Cromwells, Behmers and Andersons served refreshments.

The next meeting will be Feb. 13 at 2 p.m. in the fellowship basement. A Valentine exchange will be held at the meeting.

News reporter, Emily Deck.

Choice supporters plan Lobby Day in Lincoln

Freedom of Choice: the Cornerstone of Human Rights is the theme for the Jan. 21 Lobby Day sponsored by the Pro-Choice Coalition of Nebraska.

"Without freedom of choice, free of government intervention, all other rights as citizens fall short," said Leslie Wiseman, coordinator for the Pro-Choice Coalition of Nebraska. On Friday, Jan. 21, beginning with a press conference at 10:30 a.m. in the Rotunda of the State Capitol Building, pro-choice women and men from all over the state will convene and meet with

their senators to educate them regarding pro-choice issues that will be discussed in the legislature this session.

This pro-choice lobby day marks the third annual lobby day for the state coalition, composed of over 23 Nebraska organizations supporting a women's right to reproductive choice.

For more information about the lobby day or to receive an informational packet, please write the Pro-Choice Coalition of Nebraska, P.O. Box 31702, Omaha, 68131 or call Susan Hale at 423-5653.

Group walks for life

Nationally syndicated columnist Cal Thomas will be the featured speaker at the annual Nebraska Walk for Life on Saturday, Jan. 22 in Lincoln.

The Walk, a peaceful pro-life event sponsored by Nebraska Right to Life, will start at 10 a.m. on the west side of the State Capitol.

Anyone from the Wayne area interested in car pooling to Lincoln for the walk should contact Ann Witkowski, 375-4509 or Deb Dickey, 375-2469.

Thomas will speak to thousands of Nebraskans who normally gather at the Walk. The Walk falls on the 21st anniversary date of Roe v. Wade, the U.S. Supreme Court decision legalizing abortion. Over 30 million unborn children have been

aborted in the U.S. since 1973. In Nebraska, the number of aborted children is over 100,000, according to statistics from the Nebraska Department of Health.

Following Thomas' speech at the Capitol, Walk participants will proceed on an eight block route through downtown Lincoln to the Federal Building at 100 Centennial Mall North. Several short remarks will be made at the Federal Building, centering around Nebraska Right to Life's grassroots plan of action to fight the inclusion of abortion and rationing in health care plans now before Congress.

Information flyers about the Walk can be obtained from Nebraska Right to Life by calling 477-3993.

Medical assistants meet

There will be a business meeting of the Norfolk chapter of Medical Assistants at 7 p.m. Jan. 24 at Lutheran Community Hospital in Norfolk.

The meeting precedes a presentation by Herbert Feidler, M.D. on cataract surgery and intraocular lens

implantation. That presentation, which is open to anyone in the medical field who wishes continuing education credit. Visitors are also welcome.

For additional information, contact Debby Gross, CMA, 375-4245.

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sports

n. \ˈspɔrts\ 1. a source of diversion or recreation. 2. a particular activity (as hunting or athletic game) engaged in for pleasure. 3. persons living up to the ideals of sportsmanship. 4. the object of enjoyment for spectators, fans and newspaper sports page readers. *syn:* see FUN

Wildcats ranked fifth in Region

Wayne State gals cruise past Mount Marty

The Wayne State women's basketball team rolled to a 92-63 victory over Mount Marty College, Monday in Rice Auditorium, leaving Mike Barry's squad with a 14-3 record.

The game featured the nationally renowned Bud Light Daredevils at halftime which electrified the crowd with their dazzling trampoline slam dunk routine which consisted of about eight minutes.

The Wildcats led Mount Marty by a 16-14 margin with just over 12 minutes remaining in the first half before they exploded for a 33-13 scoring run to take a 49-27 lead into the locker room.

The second half saw the host team substitute very freely and they still out-scored the visitors, 43-36 for the final margin of victory. Mount Marty featured former Wayne High standout Teresa Ellis who is the only senior on the Lancers squad.

Ellis scored 10 points before being injured late in the game with a sprained ankle. The 'Cats put continual pressure on Mount Marty which resulted in 31 turnovers.

"This was a game we got to play all 15 players," Barry said. "We've had three blowout games now in the last four contests so my concern is that we don't get complacent because we got some tough games coming up."

Included in those tough games down the road is a rematch with Northern State, the team WSC beat in the season opener who has now returned to number one in the country in NAIA-II.

Currently the Wildcats are ranked fifth in the region and the top six teams at the end of the season qualify for the NCAA-II playoffs. North Dakota is ranked first with North Dakota State, second followed by

Augustana, South Dakota State and WSC. Kearney is ranked sixth at the present time.

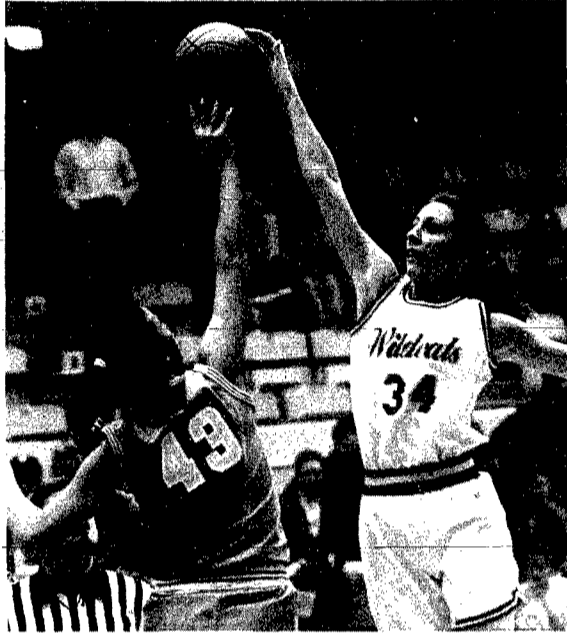
Lisa Chamberlain led WSC against Mount Marty with 19 points while Jodi Otjen poured in 14 and Deedra Haskins, 12. Mindi Jensen was also in double figures with 10 points.

WSC out-rebounded the Lady Lancers, 49-37 led by Chamberlain with eight caroms and Ann Kramer with six. The 'Cats committed 21 turnovers which matched the assist total as Amy Brodersen led the way

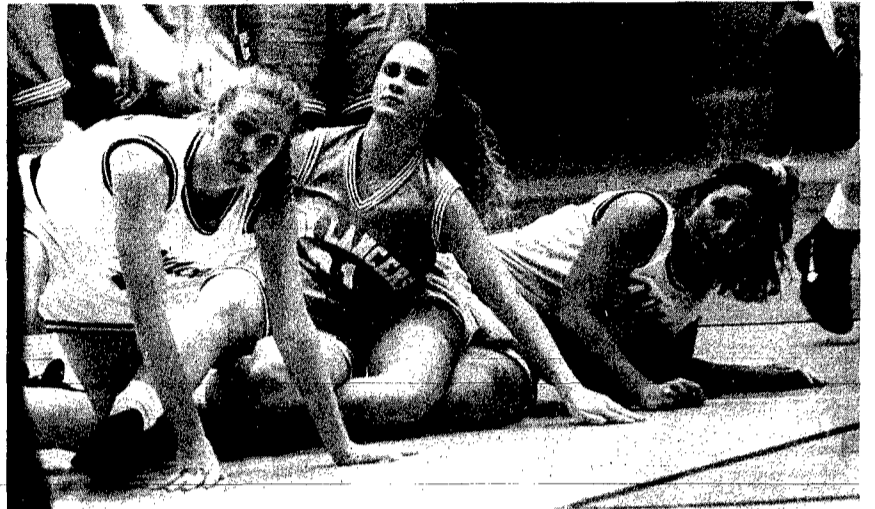
with four assists. Chamberlain also blocked four shots and the 'Cats had nine blocks as a team.

WSC will host Minnesota-Morris on Saturday in a women-men double-header.

WSC (92), Mount Marty (63): WSC—Lisa Chamberlain, 19; Jodi Otjen, 14; Deedra Haskins, 12; Mindi Jensen, 10; Brenda TeGrotenhuis, 7; Amy Brodersen, 7; Lynn Nohr, 6; Marla Stewart, 4; Deb Kostreba, 4; Kristy Twait, 3; Liz Reeg, 2.



LISA CHAMBERLAIN out-jumps a Mount Marty player to begin the game on a high note for the Wildcats. Chamberlain scored 19 points and hauled down eight rebounds.



WAYNE STATE players Liz Reeg, right and Ann Kramer battle with former Ponca player Nikki Keller during first half action of the Wildcats 92-63 victory over Mount Marty College. The 'Cats built a 49-27 halftime lead and never looked back.

Wayne boys breeze past Stanton, 73-53

The Wayne boys basketball team improved to 10-1 last Friday in Stanton with a convincing, 73-53 victory over the Mustangs. Rocky Ruhl's squad wanted to go in and take control early because Stanton was undefeated on the season at home.

"We knew it was very important for us to get off to a good start," Ruhl said. "I thought we did a good job of doing that by jumping out to a 42-23 lead at the half."

Ryan Pick propelled the Blue Devils by scoring a career high 23 points which relieved some of the pressure put on Matt Blomenkamp and Robert Bell by the Mustang defense.

Blomenkamp finished with 15 points and Kirk Carmichael came

off the bench and poured in a career high 14 points while Bell was in double figures with 11.

Wayne was out-rebounded for the first time this season, 29-23 but Ruhl attributed that to the fact Stanton missed several short shots then got their own rebound and put the ball up again and missed and got the rebound yet again.

The Blue Devils had 20 turnovers compared to 18 for Stanton and Wayne was 16-25 from the foul line while the host team was 10-24. "We came out in the third quarter and got a little sloppy with our lead," Ruhl said. "We went man-to-man all over the court and held them to 12 points in the quarter but we only scored 11."

Wayne's game with Randolph

that was slated for Tuesday in Randolph has been postponed until Monday the 24th because of the cold weather.

The Blue Devil reserves improved to 3-5 with a 54-45 victory over Stanton. Shawn Nolte led the winners with 10 points while Paul Blomenkamp tossed in nine. Blomenkamp also led Wayne on the boards with six caroms.

Wayne will travel to play Hartington Cedar Catholic on Friday.

Wayne (73), Stanton (53): Wayne—Ryan Pick, 23; Matt Blomenkamp, 15; Kirk Carmichael, 14; Robert Bell, 11; Joe Lutt, 6; Mike Fluent, 2; Andy Witkowski, 2.

Winside places first at Battle Creek meet as all grapplers medal

Paul Sok's Winside wrestling team edged Oakland-Craig by a half point to claim the championship of the Battle Creek Invitational, Saturday in Battle Creek.

The Wildcats scored 125 points while Oakland-Craig netted 124.5. Norfolk reserves finished third with 122.5 and Stanton placed fourth with 93.5. Scribner-Snyder rounded out the top five with 81 followed by the O'Neill reserves with 64.5, Howells with 62.5, Pierce with 53.5, Battle Creek with 47.5, Tilden Elkhorn-Valley with 44,

Osmond with 34 and unattached wrestlers combined to score 18.

Winside sent just eight wrestlers to Battle Creek and all eight came away with medals. The Wildcats sent four other wrestlers to the Pender tournament and three of the four walked away with medals from that meet.

"We're very happy to come away from this tournament with a first place team finish," Sok said. "There were some tough weight classes. I thought we wrestled well for the most part, however, I think we need

some additional work on our bottom position."

Sok said the conditioning of his team is where it should be at this point but they could use some technique improvements on the bottom position.

Scott Jacobsen captured first place at 112 pounds as he pinned Kyle McCabe of Oakland-Craig in 1:28 of the finals. Brady Frahm also captured first place honors at 152 pounds after pinning Stanton's Scott Bixenmann in 1:44.

Runner-up honors went to Jason Wylie at 119 pounds after he lost to Del Hawkins of Oakland-Craig in the finals. Josh Jaeger placed second at 125 after he lost a 5-3 decision in

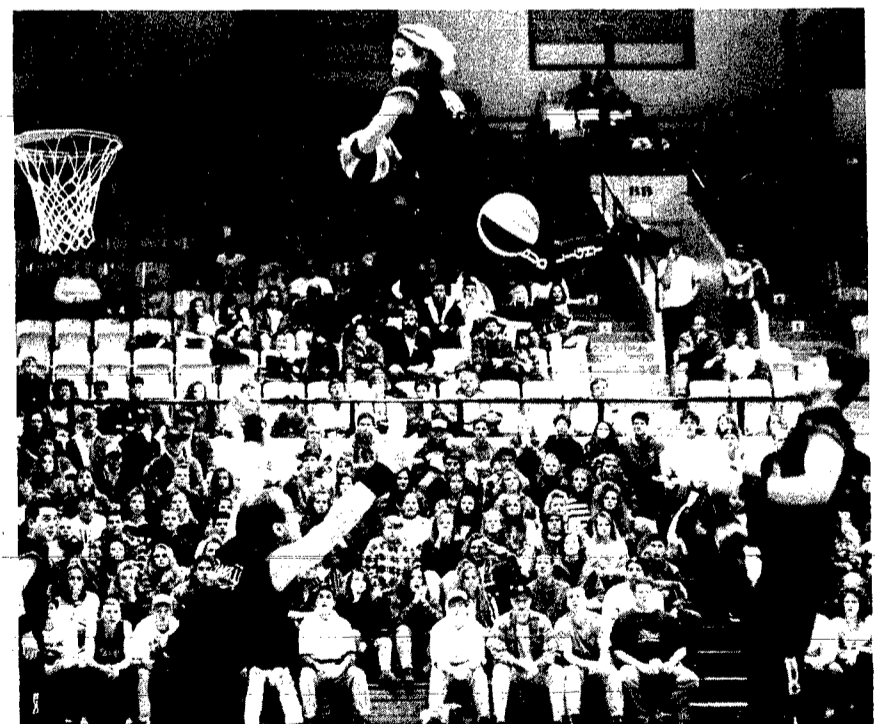
overtime to Pat Schellpeper of Stanton and Lonnie Grothe placed runner-up at 160 after losing by technical fall to Brad Vering of Howells.

Nate Behmer placed fourth at 103 pounds after dropping a 14-5 decision to Mike Urbanck of Oakland-Craig and Lucas Mohr placed

fourth at 130 after a 4-2 decision to Mike Pflueger of Norfolk. Dave Paulsen also brought home a fourth place medal at 189 after dropping a 7-6 decision to Tyrone Uhler of Battle Creek.

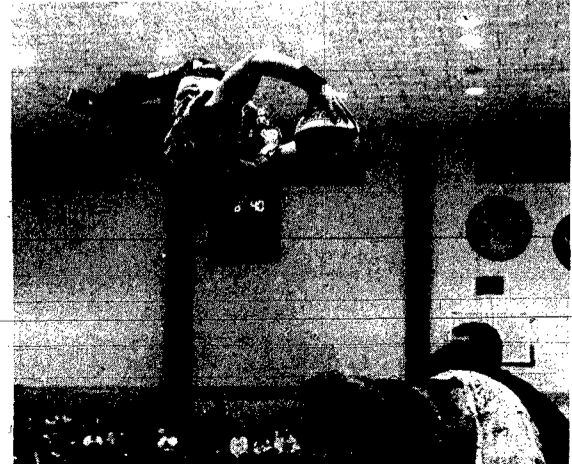
While the varsity was competing in Battle Creek, four grapplers competed at the Pender Tournament and Steve Svatos at 135 and Shaun Magwire at 145 walked away with first place medals while Joe Schwedhelm placed third. Robert Wittler also competed but did not place.

The Wildcats will travel to compete in the Oakland-Craig Invitational on Saturday.



Daredevils

Wayne State College welcomed the return of the Bud Light Daredevils, Monday night in Rice Auditorium. The basketball dunking magicians use trampolines to highlight their aerial assault on dunking the basketball and they performed for eight minutes during half-time of the Wayne State women's game with Mount Marty. This was the second year-in-a-row the widely known Bud Light Daredevils have performed in Wayne. The Daredevils perform at over 150 events per year all over the United States and some countries.



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Wayne State hoop teams earn sweep of Mustangs

The Wayne State women's and men's basketball teams swept Southwest State of Minnesota, Saturday night in the friendly confines of Rice Auditorium.

Mike Barry's women's team improved to 13-3 with a 76-65 victory over the visitors as Lisa Chamberlain paced the Wildcat attack with 19 points. WSC led, 31-25 at the half and actually trailed in the second half before rallying.

Jodi Otjen poured in 17 points and Amy Brodersen chipped in with 13 for the winners while Linda Heller and Ann Kramer were near the double figure mark with eight points each.

The Wildcats out-rebounded Southwest State, 49-41 led by Chamberlain with nine rebounds while Otjen hauled down eight. Heller, Kramer and Mindi Jensen each finished with six caroms.

Deb Kostreba dished out a team high four assists and Heller notched four steals. WSC suffered 29 turnovers and Southwest State had 27. The 'Cats were 26-68 from the field for 38 percent while the visitors were 23-62 for 37 percent.

In the men's contest Mike Brewen's 'Cats took a 40-36 half-time lead and out-scored the visitors, 47-43 over the final 20 minutes to post an 87-79 victory and their fifth win of the season against nine losses.

Kyle White led a group of five WSC players in double figures with 23 points while Billy Patterson ripped the chords for 19. Dan Anderson scored a dozen points while Brad Uhing and Nate Parks netted 10 each.

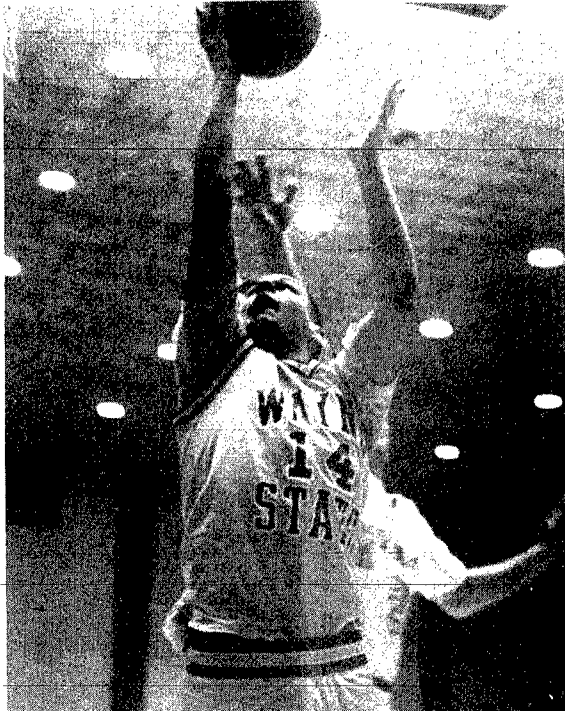
The Wildcats out-rebounded Southwest State, 50-43 led by Parks and Terry Mailloux with eight caroms each. Parks and Patterson each dished out six assists and Patterson recorded four steals.

WSC committed 26 turnovers but forced Southwest State into 28. The 'Cats were 30-81 from the field for 37 percent while the Mustangs were 27-59 for 46 percent.

The men will travel to play Moorhead State on Wednesday before returning home on Saturday to host Minnesota-Morris.

WSC women (76), Southwest State (65): WSC—Lisa Chamberlain, 19; Jodi Otjen, 17; Amy Brodersen, 13; Linda Heller, 8; Ann Kramer, 8; Deedra Haskins, 4; Lynn Nohr, 2; Brenda TeGrotenhuis, 2; Mindi Jensen, 2; Deb Kostreba, 1.

WSC men (87), Southwest State (79): WSC—Kyle White, 23; Billy Patterson, 19; Dan Anderson, 12; Nate Parks, 10; Brad Uhing, 10; Grey Ryan, 6; Mike Mitchell, 4; Terry Mailloux, 3.



WAYNE STATE'S Brad Uhing goes strong to the basket for two of his 10 points during the Wildcats win over Southwest State of Minnesota on Saturday.

Allen girls defeat Bancroft

ALLEN-The Allen Lady Eagles soared past Bancroft-Rosalie last Friday in Allen, 43-32. Lori Koester and Gary Erwin watched their team take a 22-15 lead into the locker room at half before a 13-8 scoring run in the third quarter gave the host team a 35-23 lead.

"This was a big win for us," Koester said. "Bancroft is in our conference and they are in our district." The 8-2 Eagles were led in scoring by Steph Martinson with 16 points while Holly Blair poured in 11. Tanya Plueger scored 10 points before succumbing to fouls early in the fourth quarter.

Jaime Mitchell, Abbey Schroeder and Debbie Plueger each scored two points. Allen grabbed 36 rebounds in the contest to win the battle of the boards as Tanya Plueger and Mitchell shared team honors with eight caroms each.

Allen only had 17 turnovers but forced Bancroft into 28. The only negative for the Eagles was lack-luster free throw shooting where they were just 3-14 while Bancroft was 6-18.

Laurel girls fall to Creighton

LAUREL-The Laurel Lady Bears were defeated at home by Creighton last Friday, 55-44. Rick Petri's squad slipped to 2-8 and will play at Hartington on Thursday before hosting Bloomfield on Friday and Cedar Catholic on Saturday.

The Bears trailed Creighton by just one point at the half, 23-22 but was out-scored, 19-11 in the third quarter. "I'd say the reason for our demise was poor free throw shooting," Petri said. "We hit just 9 of 32 attempts and many of those were front ends of one-and-ones."

Samantha Felber led Laurel with a dozen points while Amanda Hartung tossed in eight and Leann Stewart, five. Tara Erwin, Cathy Mohr and Alissa Kric each scored four while Dawn Wickett and Becky Schroeder netted three apiece. Heather Cunningham rounded out the attack with one.

Schroeder notched eight rebounds to lead the Bears on the boards while Felber and Kric had seven caroms each. Laurel committed 17 turnovers.

Knights of Columbus winners

WAYNE-The Knights of Columbus free throw contest was held Sunday at the high school in several age divisions. Monica Novak of Wayne won the girls 10-year-old division while Brad Hansen did likewise in the boys category.

In the 11-year-old age group Beth Ann Sperry was crowned champion as was Jeff Ensz. Amanda Hansen won the girls 12-year-old division while Joel Munson did likewise for the boys and Brooke Parker won the girls 13-year-old division while John Magnuson won the boys title.

Rebecca Dorsey won the girls 14-year-old division as did David Ensz. The winners will now advance to the district competition to be held at Wayne High School on Feb. 6. Winners from Wayne will compete against winners from Hartington, Randolph, Ponca and South Sioux.

Wayne wrestlers net 32 points

WAYNE-The Wayne wrestling team could muster just 32 points at the Elkhorn Invitational, Saturday in Elkhorn. Todd Viereck's squad walked away with two medalists in Jason Shultheis at 171 and Jeff Hamer at heavyweight. Shultheis placed third with a 3-1 record and Hamer placed fourth with a 2-2 record.

Wayne was open at 103, 130 and 135. Jared Anderson at 112 went 0-2 as did Rick Endicott at 119. Tyler Endicott went 1-2 at 125 and Terry Rutenbeck with 1-2 at 140. Jeremy Sturm was 1-2 at 145 and Brent Geiger went 1-2 at 152. Dusty Jensen went 1-2 at 160 and Ryan Brown went 1-2 at 189.

Aurora won the meet with 148 points while Gretna was runner-up with 122. Plattsmouth finished third with 120.5 and Crete scored 108 for fourth. Elkhorn followed with 94 and Valentine scored 69.5. Bennington netted 37 points and O'Neill tallied 36 followed by Wayne's 32 and Omaha-Cathedral with 17.

Wayne will travel to dual Albion on Thursday before competing in the Plattsmouth Invitational on Saturday.

Winside cage teams earn split against Wakefield

The Winside girls and boys basketball teams hosted Wakefield last Friday and the Wildcats earned a split with the visiting Trojans. Angie Schroeder's girls won a close 35-33 decision over Gregg Cruickshank's Trojans while Brad Hoskins' Wakefield boys defeated Randy Geier's troops, 56-40.

In the girls game Winside held a 6-5 lead after the first quarter but the game was tied at 19 at the intermission. Wakefield actually led 27-25 after three quarters of play but Winside out-scored the visitors, 10-6 over the final eight minutes.

Christi Mundil hit a short jump shot with 16 seconds remaining in regulation to give Winside a 35-33 lead. Wakefield turned the ball over with 10 seconds to go but Winside returned the favor. Then the Trojans got the ball with four seconds to go but was called for traveling.

second quarter," Geier said. "We got a little bit hurried and lost a little composure during that stretch but I was proud of our effort."

Hoskins said his team's slow start was just a matter of trying to hard. "Our goal was to come out and get a fast start," Hoskins said. "I think what happened was we were just trying to hard and it didn't happen."

Hoskins said his Trojans were a little sloppy on defense early but in the second quarter they began to settle down a little bit. The 8-5 Trojans were led by Miah Johnson with 20 points while Cory Brown, Ryan Ekberg and Tory Nixon tallied eight apiece.

Colby Jensen led Winside in

scoring with 10 points while Jaimey Holdorf netted eight and Kurt Jaeger, seven. Wakefield won the battle of the boards, 45-27 as Brown led the way with 12 rebounds while Wes Blecke had 11 and Ekberg, 10.

Wakefield had 19 turnovers compared to 16 for Winside and the Trojans were 5-7 from the foul line while the host team was 6-11.

Winside girls (35), Wakefield (33): Winside—Christi Mundil, 10; Catherine Bussey, 10; Kari Pichler, 8; Wendy Miller, 4; Chris Colwell, 3.

Wakefield—Andrea Carson, 8; Mary Torczon, 6; Maria Eaton, 5;

Jaime Oswald, 4; Kathy Otte, 2; Kali Baker, 2; Amy Hattig, 2; Jenny Haglund, 4.

Wakefield boys (56), Winside (40): Wakefield—Miah Johnson, 20; Cory Brown, 8; Ryan Ekberg, 8; Tory Nixon, 8; Wes Blecke, 6; Matt Peterson, 2; Andy Muller, 2; Justin Dutcher, 2.

Winside—Colby Jensen, 10; Jaimey Holdorf, 8; Kurt Jaeger, 7; Jeremy Jenkins, 4; Jayme Shelton, 4; Ryan Brogren, 4; Marty Jorgensen, 3.

Wayne man bowls 300 in Crofton as a substitute

Wayne's Pat Riesberg bowled a perfect 300 game last Thursday night in Crofton. Riesberg, a native of Crofton, went back to sub in the Thursday Night Men's League at Centennial Lanes—a four-lane house.

It was the first ever 300 game for Riesberg and it turned out to be the first ever accredited 300 game in Crofton. Riesberg bowled the gem in the second of a three-game series. His first game ended with a 158 followed by the 300 and a 202.

The Pac-N-Save employee said he had thrown six in a row on Tuesday in Wayne during City League and wasn't really thinking about bowling that phenomenal of a game in Crofton.

"I think I got through the eighth frame before I started thinking about it," Riesberg said. "Then, it wasn't so much that I was thinking about it but every time I got up to bowl everyone around me cleared

out to let me bowl by myself." Riesberg said all 12 balls hit right in the pocket but his 11th one was dropped. "I actually threw a much better ball on the 12th one than I did on the 11th," Riesberg said.

Pat Riesberg

out to let me bowl by myself." Riesberg said all 12 balls hit right in the pocket but his 11th one was dropped. "I actually threw a much better ball on the 12th one than I did on the 11th," Riesberg said.

Wayne-freshman gals fall to Wisner

WAYNE-Troy Harder's freshman girls basketball team lost a 26-20 decision to Wisner, recently leaving the girls with an 0-3 record. Katy Wilson led Wayne with eight points while Melissa Weber scored six. Christine Swinney finished with four points and Lacey Bebec tallied two.

"Winside had the ball with four seconds left and they turned it over again," Cruickshank said. "We got the ball and Maria Eaton threw it to Mary Torczon who's 15-foot jumper at the buzzer drew iron."

"It was a great win for us," Schroeder said. "We've had so many close games it was nice to come out on top of one." The Wildcats were led by Christi Mundil and Catherine Bussey with 10 points each while Kari Pichler tossed in eight.

Andrea Carson led Wakefield with eight points while Torczon netted six. Eaton finished with five while Jaime Oswald and Jenny Haglund scored four apiece.

Wakefield edged Winside on the boards, 22-21 with Chris Colwell leading the winners with seven rebounds while Mundil and Wendy Miller had four caroms each.

Winside had 23 turnovers while the Trojans had 20 and the Wildcats were 5-8 from the foul line while Wakefield was 5-9. Wakefield fell below the .500 mark at 6-7. The Trojans will play Wynot on Friday while Winside plays at Wausa, Friday.

THE WINSIDE boys led Wakefield, 14-8 after the first quarter but the Trojans went on a 21-6 scoring run in the second quarter to take a 29-20 lead into the locker room at the intermission.

"I thought we played a good game with the exception of the

BOWLING

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Senior Citizens		City League		Wednesday Night Owls	
On Tuesday, Jan. 11, 29 senior citizens bowled at Melodee Lanes with the Don Wacker team defeating the Merlound Lessmann team, 6488-6344. High games and series were bowled by: Don Wacker, 597-216-211; Richard Carman, 578-200; Duane Creamer, 547-199.	Wayne Herald 8, Olympic Feed 8, Pabst Blue Ribbon 5, Stadium Sports 4, Melodee Lanes 3, K.P. Construction 3, Grone Repair 3, Black Knight 3, Wayne Greenhouse 3, Wayne Vets Club 3, Rain Tree 3, Paulson Construction 2.	Wayne Herald 8, Olympic Feed 8, Pabst Blue Ribbon 5, Stadium Sports 4, Melodee Lanes 3, K.P. Construction 3, Grone Repair 3, Black Knight 3, Wayne Greenhouse 3, Wayne Vets Club 3, Rain Tree 3, Paulson Construction 2, High Scores: Scott Metzler, 285; Val Klenast, 892; Grone Repair, 1000; Melodee Lanes, 2987.	Wayne Herald 8, Olympic Feed 8, Pabst Blue Ribbon 5, Stadium Sports 4, Melodee Lanes 3, K.P. Construction 3, Grone Repair 3, Black Knight 3, Wayne Greenhouse 3, Wayne Vets Club 3, Rain Tree 3, Paulson Construction 2, High Scores: Scott Metzler, 285; Val Klenast, 892; Grone Repair, 1000; Melodee Lanes, 2987.	Wayne Herald 8, Olympic Feed 8, Pabst Blue Ribbon 5, Stadium Sports 4, Melodee Lanes 3, K.P. Construction 3, Grone Repair 3, Black Knight 3, Wayne Greenhouse 3, Wayne Vets Club 3, Rain Tree 3, Paulson Construction 2, High Scores: Scott Metzler, 285; Val Klenast, 892; Grone Repair, 1000; Melodee Lanes, 2987.	Wayne Herald 8, Olympic Feed 8, Pabst Blue Ribbon 5, Stadium Sports 4, Melodee Lanes 3, K.P. Construction 3, Grone Repair 3, Black Knight 3, Wayne Greenhouse 3, Wayne Vets Club 3, Rain Tree 3, Paulson Construction 2, High Scores: Scott Metzler, 285; Val Klenast, 892; Grone Repair, 1000; Melodee Lanes, 2987.

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The M.G. Waldbaum Company is now accepting applications to join our revenue accounting department. Primary responsibilities would include calculating and processing monthly buying group and broker commissions as well as customer rebates; in addition to maintaining an accurate customer and buying group base. The successful candidate would possess a background in accounting with knowledge of LOTUS 123 being a plus. Qualified applicants may apply at our office or send their resume to: **Human Resources M.G. Waldbaum Company 105 North Main Wakefield, Nebraska 68784**

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THANK YOU

DEAR FRIENDS, for all the cards and calls I received, at the time of the death of my sister, I thank you and God bless. Gladys Gilbert. Jan. 18

THE FAMILY of Kenny Frevert wishes to thank everyone for the many acts of kindness shown to us since his recent hospitalization and death. Thanks for all the prayer chains, flowers, cards, gifts, letters, phone calls and visits. The memorials given, food brought in and chores done by friends and neighbors will never be forgotten. Special thanks to Pastors Klatt and Bertels for their visits and prayers. Also thanks to Pastor Bertels and organist Clara Heinemann for the lovely service. Thank you Grace Lutheran Church for the use of your facilities and everyone who helped serve the lunch. "God comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God." 2 Cor. 1:4. Darlene Frevert, Karla and Dave Hix and family; Jodi and Butch Kay and family; Danny and Barb Frevert; Trish and Rick Johnson; Vicki Jo Frevert; LaVerne and Edmond Heithold; Della Frevert. Jan. 18

THANK YOU to everyone who called, visited, sent cards, flowers and gifts while I was in the hospital or since I have returned home. It really was appreciated. Ernie Jaeger. Jan. 18

THE FAMILY of Juleene Miller wishes to thank relatives and friends for the flowers, memorials, and food given for her funeral. Your kind words of sympathy were appreciated. A special thank you to Pastor Lee for his comforting words. Also, a special thank you to the Ladies Aid for serving the lunch following the funeral. God's blessings to all. The Juleene Miller Family. Jan. 18

I WOULD like to thank everyone for the wonderful cards, phone calls and gifts received in honor of my 90th birthday. It made it a very special occasion. God's blessings to you all. Bill Jaeger. Jan. 18

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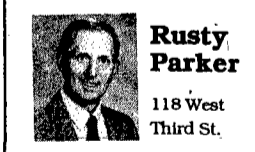
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LEISURE TIMES

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January 18, 1994

Contact your local newspaper

Alzheimer's

Over four million Americans suffer from this degenerative mind disease

By Sue Wortmann
Cedar County News

HARTINGTON — Alzheimer's, a degenerative disease of the mind currently afflicting approximately four million people, is sometimes more cruel to the family than to the person with the disease.

"In the early stages," said Hartington Nursing Center Director Of Nursing Alice Uhing, "Alzheimer's is a disease of frustration."

"The disease is frustrating to family members because they can't understand why Grandma is suddenly slipping a bit."

It is frustrating to the victim of the disease because they realize they are

not remembering things they should be and don't know why. They may realize they have something wrong, but a definite diagnosis can be difficult.

Sixty other diseases have the same symptoms as Alzheimer's, diseases as diverse as thyroid disorders, depression, or a stroke. The family doctor is a good place to start, experts say. He will usually refer the patient to a neurologist. Although there is no definitive test for it, a neurologist will be able to rule out other problems.

Families need an outlet for their emotions.

Many try to take care of the patient at home, but after time that decision may actually be worse for both the patient and the family, experts say.

For this reason, Hartington Nursing Center's social worker, Joyce Albrecht,

has decided to hold a support group meeting at the center for families of Alzheimer's patients.

Special Report

"This meeting is designed for families of Alzheimer's patients so that they can give support to each other and get their feelings out. I hope we have enough participation to make this a monthly meeting."

"Alzheimer's patients get to the point where they need around the clock care," Albrecht said. "This can be exhausting for the family."

One of the hardest decisions a family

is faced with is to take their loved one to someone else for care.

Besides home health care, one of the only other avenues is a move to the nursing home. What can the family or spouse expect from the nursing home?

"An Alzheimer's patient needs, above all, the same daily routine and a quiet environment," Albrecht said.

Nursing homes try to create a less stimulating environment for the patient; activities such as woodworking or putting large puzzles together are done in smaller groups.

"We try to keep the patient involved by folding towels or washcloths or simple activities like peeling

See DISEASE, Page 5

Family members share thoughts, experiences with mysterious disease

By Sue Wortmann
Cedar County News

Editor's Note: Cedar County News reporter Sue Wortmann talked anonymously with the sister of an Alzheimer's patient. The patient, who is 56 years old, will be referred to in this article by the fictitious name of Adeline.

"My sister was always one of those shy, sweet people who never hurt anybody in her whole life."

"She was writing a check one day and couldn't write the number."

Shortly after this event, Adeline was diagnosed with Alzheimer's.

"The family went through a lot of denial at first. We thought she was depressed or maybe she had a nervous breakdown or something."

She stayed with me once this summer and it seemed as if she had receded back to her childhood."

When family members would get together with Adeline, they would

sometimes ask her about the disease. "The disease makes her really frustrated. Now, she has become quieter, she's afraid to say something because she might not get through it."

Adeline was on an experimental drug for a while and then it started affecting her kidneys, so now she doesn't take any medication for the disease.

"When you have Alzheimer's in the family it's kind of scary. One meeting we attended, one speaker said if you misplace your car keys you don't have Alzheimer's but if you find keys and don't know what to do with them, then it is something to be concerned about."

Shortly after Adeline was diagnosed, the whole family went to a meeting and they told us what we could expect from the disease.

So what advice do the give for families of people with Alzheimer's?

"Spend as much time as you can with them and not only with the patient but the family members, too, they need a lot of support."

Vlach provides insight into disease

By Sue Wortmann
Cedar County News

HARTINGTON — Family doctors are usually the first consulted by the patient with Alzheimer's Disease.

Hartington's Family Medicine Center physician Charles Vlach has encountered patients in various stages of the disease in his 30 years of private practice.

Vlach said it is important to know that Alzheimer's is a dementia (a broad category describing disorders of the mind) but not all dementia's are Alzheimer's.

"Alzheimer's is overdiagnosed," Vlach said. "No one really knows why it occurs but it is very important that someone is not misdiagnosed with the illness."

Illnesses as varied as thyroid disorder, strokes, depression, brain tumors and others can mimic Alzheimer's.

"We had a patient who came to us diagnosed with Alzheimer's. After some checking we found out he instead had a very low thyroid. He went on to have a much more productive five years after he started taking thyroid medication."

Vlach said although there is no definitive test for Alzheimer's, doctors can do many tests to rule out other conditions.

"If a diagnosis of Alzheimer's is made, it is vital that the family establishes communication with the physician and a support group."

See VLACH, Page 5

Serving 22 counties presents challenges

Imagine being responsible for providing aging services from Valentine to South Sioux City to Columbus and all points in between.

That's the size of the area that the Northeast Nebraska Area Agency on Aging (NENAAA) located in Norfolk serves. In all, the Agency provides services to 22 counties in north and northeast Nebraska. The area is home to over 45,000 (60+) older adults, a portion of which live on three Indian reservations.

The Agency was founded in 1978, with its care management program — then known as Project Independence — starting in 1983.

The program began as a pilot project in two counties, and has since expanded to the entire 22 county region. Ten part-time care managers provide services throughout the region. In 1992, nearly 650 people were assisted with the service designed to keep older adults as independent as possible, as long as possible.

There are 51 senior centers/nutrition sites in the area, with the centers serving as the focal point for aging services in their communities. Whatever type of service an older adult may need, they can learn about it, and in many cases receive it, through their local senior center.

In 1992, nearly 500,000 meals were served throughout the region to almost 13,000 older adults at congregate meal-sites and through the home-delivered meal program.

The Agency also operates a respite care program in conjunction with its care management program. Through it, clients can receive help in paying for caregiver hours or the rental fee for LifeLine units. The program is so popular — and needed — that there's a waiting list for its services.

The need for training — staff, senior center managers, senior center boards, etc. — is also very important to the Area Agency and its director, Joann Forster.

"We provide at least six senior center manager trainings a year," said Forster. "Topics covered range from new rules dealing with the Americans with Disabilities Act to sanitation training for meal sites to motivational, upbeat speakers."

A recent training series geared towards senior center boards, focused on how senior centers should be run like businesses, with unified boards. Board members were also given an outline of how services are provided through the Area Agency on Aging and where the money for aging services originates and is used.

"It was a tremendously successful training with almost 200 board members attending," said Forster. "While to some the information covered was 'old hat', many went away enlightened, and hopefully, all left with a new sense of purpose."

The area's being home to three Indian reservations also presents some unique challenges.

A pilot project which began two years

ago provides legal services to older Indians in the tribe.

"The project focuses on Indian tribal law which can be very different from typical elder law issues," said Forster.

A legal aid attorney based in Walthill coordinates the program and visits senior centers on the reservations regularly.

The area is also collaborating with the University of Nebraska Medical Center on

a grant to provide rural communities with Alzheimer's Disease education. Forster serves as co-chair of the group overseeing the efforts in the area.

For more information about aging services in northeast Nebraska, contact the Northeast Nebraska Area Agency on Aging, P.O. Box 1447, Norfolk, NE 68702, (402) 370-3454 or 1-800-672-8368.

The prospect of applying for social security benefits can be overwhelming

When people apply for Social Security benefits, they are usually in the midst of a significant life-altering event. They will be nearing retirement, or be unable to work because of a disabling condition, or be the survivors of a family wage earner.

Although almost everyone eventually applies for Social Security benefits, the prospect can be overwhelming!


The Social Security Administration (SSA) recognizes that claimants often are anxious and uncertain about the process. Starting by calling 1-800-772-1212 (7 a.m. to 7 p.m. daily) to explain which benefits you intend to file for. We will guide you through the process.

Most Social Security claims are for retirement or survivor benefits (70 percent of the 4.4 million claims in 1991), and the process is simple and straightforward. In-

formation for the claim can be reported by telephone. The completed application is then mailed to the claimant for verification, signature and return to Social Security for processing. A birth certificate, proof of death or other documents (depending on the type of claim) will be needed at this stage. You may bring the original documents to the local Social Security office, where they will be photocopied and returned to you. Or, you can mail them to the office and the same procedure will be followed.

In a few weeks, you'll be notified by mail of your Social Security monthly benefit amount and the date it will begin. You'll also receive a Social Security booklet explaining your rights and responsibilities as a beneficiary and how to report changes that may affect your benefits.

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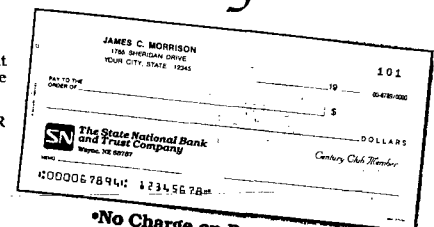
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Age doesn't mean a thing!

There's a tendency among advertisers and marketers to treat everyone over the age of 55 the same.

For some reason, stereotypes prevail ... people sitting in rocking chairs, baking cookies, staring out windows ... nothing could be further from the truth!

Numerous aging experts have said that advertisers/marketers are making a mistake when they treat everyone over the age of 55 alike, yet, few studies have been done that show just how wrong this tendency can be.

However, a study conducted at the University of Nebraska-Lincoln attempted to answer the question, "are there similar interests among the elderly or do communicators have to deal with individuals when constructing their messages?"

And, indeed, similar interests were found to exist.

In the study, older adults' interests were examined through their use of magazines. Thirty interviews were conducted with persons of varying backgrounds, ranging in age from 55 to 94. Roughly two-thirds lived in the cities of Lincoln and Omaha, one-third lived in rural communities.

Separate factors emerged for both men and women. When examined though, it was discovered that many similarities existed between the sexes.

People tended to form two groups:

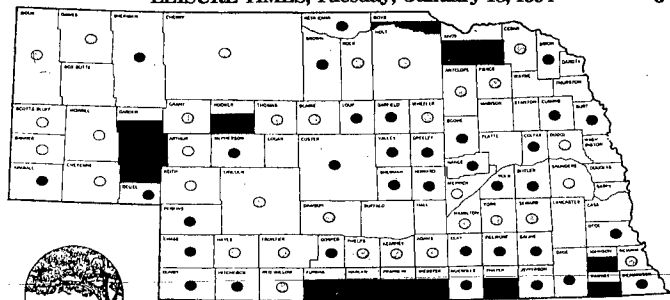
1) Those who were interest oriented. These people wanted to act on and use the information they received. They liked magazines such as The Workbasket and Popular Mechanics for their handicraft instructions and home improvement projects.

2) These people tended to store information for later use, perhaps to make an informed decision when purchasing a major appliance. In other words, they are information accumulators. They enjoyed magazines such as Consumer Reports, Newsweek and Times. The women especially wanted to be entertained by the media. They liked reading magazines for their "stories."

This study found that for communication to be effective with this age group, segmented messages should be used that most notably take into account a difference in interests.

For example, a fact-based communication geared towards persons interested in accumulating information for later use might not be effective towards people who tend to use, and act on, the information they receive.

This study was exploratory in nature, but in all likelihood, these tendencies aren't age or magazine restrictive. If similar studies were conducted with other age groups, or using other media forms ... the same groups would probably emerge.



Source: U.S. Bureau of the Census

State of Nebraska
1990 Population by Counties
Percentage of People 60 years of age and older

■ 30% and over
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○ 20% to 24%

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What's the secret to a good marriage?

By Sue Wortmann
Cedar County News

"I guess we learned to give a little and take a little," said Alice Hansen. Alice and her husband Lawrence, the only married couple who live together at Parkview Haven in Coleridge, recently quietly celebrated 64 years together.

"They both smile when they talk about what it was like back in 1926 when they were dating. "It wasn't a real big deal in those days, we didn't do a lot of activities. Sometimes we would go to a movie if we could scrape up a quarter."

"Lawrence used to dance, but I couldn't so that stopped that," Alice said.

Alice and Lawrence are, not originally from the area. Both came to Coleridge in 1921. Alice from Germany and Lawrence from Minnesota. "I was twelve years old, they put me in Kindergarten with the other kids so I could learn the language," Alice said. I went from Kindergarten to tenth grade in four years and then I didn't go to school anymore." Instead she met Lawrence "standing on the street and talking to some other guys."

They married in 1929 and bought a 160-acre farm southwest of Coleridge.

Maybe one of the binding ties in their marriage was all of the hard work and the hard times they shared.

"Back in the thirties we had all these chickens and one old rooster," Lawrence said. "One time this magazine salesman came through and said if we'd give him that rooster, he'd trade us a year's subscription to his magazine. We traded that rooster in Nowadays, he probably wouldn't be good enough to cook in the pot. We didn't have much time for activities, we just worked."

Food prices were quite different. "We sold our chicken eggs for 10 cents a dozen back then and we sure didn't throw anything away. We used to say the only thing that got thrown away when we butchered was the squeak of the pig."

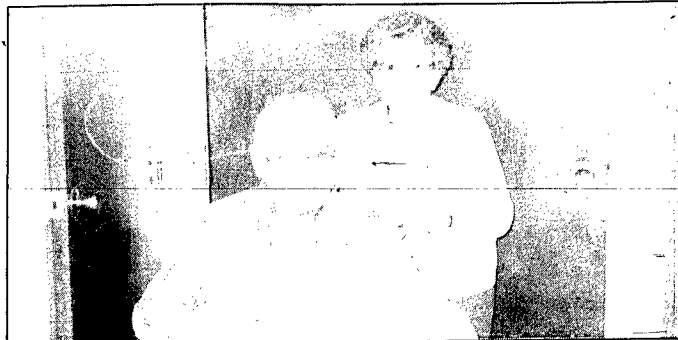
Alice and Lawrence said medical bills were handled differently back then, too.

"Our local doctor had delivered eleven of the neighbor's kids. He told him he'd deliver their twelfth one free."

Both say that their nephews and nieces ask about the old times and then say they don't think they could live like that. "Then I ask them well what would you do - die?" Alice said.

Although they have no children-one died at birth, they do have grandchildren. "One of the nurses that used to work here told us she'd like a grandpa and grandma. She didn't have one, so she adopted us. It's nice," she said.

Continued on Next Page



Lawrence & Alice Hansen

Welcoming the arrival and commencement of practice of Doctor Neil Sheppard at the Randolph Family Practice Clinic and Osmond General Hospital



Born in Little Bay Island, Newfoundland, Canada, Doctor Neil Sheppard attended Memorial University of Newfoundland for his premedical education. He received his M. D. degree from the Faculty of Medicine at Memorial University, St. John's, Newfoundland, and completed his residency in family medicine at the same institution in St. John's. Since completion of his residency, Dr. Sheppard has been in family practice the past seven years. Dr. Sheppard is certified in family practice, basic life support and advanced cardiac life support.

Dr. Sheppard and his wife Leasa have two children, Rebecca and Richard.

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Resident
of the
Month
Frances Shope

Frances Shope was named Resident of the Month at the Hartington Nursing Center for the month of January.

Mrs. Shope was born near Coleridge, on March 15, 1905. She is the second oldest of six children born to Frank and Mathedle Koch.

Frances attended grade and high school in South Dakota and one year of college in Spearfish, S.D.

Frances married George Shope in 1936. They had five children: Lois, Twila, Harlan, Galin, and Faith. George passed away in 1967.

Frances was a homemaker and taught school before her marriage.

Frances came to the Hartington Nursing Center in January of 1992.



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BEVERLY
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To aid families touched by Alzheimer's Disease and related disorders, a support group is being formed. This is free and open to the public. Information on the disease, practical care techniques and community resources is provided to those who attend. Care givers families often need emotional support. This meeting will be held at the Hartington Nursing Center January 26, 1994 at 1:30 p.m.

Hartington
Nursing
Center



Hartington, Ne
254-3905

Disease

Continued from Page 1

potatoes, things they would have done at home," said Laurel's Hillcrest Care Center Administrator Carol Nierodzki.

To alleviate anxiety, which occurs when patients aren't familiar with their surroundings, family members are encouraged to bring something from home that the patient is familiar with, such as a chair or wall hangings.

"It is important to keep things as quiet as possible for the Alzheimer's patient. Simple things like the television can be very disturbing to them, they might think the characters are

real."

Albrecht gives these tips to families and spouses of patients:

1. Talk to other people with the same problem.
2. Remember that there is nothing shameful about Alzheimer's, it is a disease.
3. Get help in your home with the patient, if possible.
4. If your loved one is in a nursing center, visit them regularly even if they don't seem to recognize you. They still need contact with people.

Although there is nothing easy about the disease, "The diagnosis does seem to get easier with time," Albrecht said.

Vlach

Continued from Page 1

This disease can be devastating to the family."

Vlach said most families go through denial. "The way families treat this disease parallels the way families treat alcoholism," Vlach said. "After the initial diagnosis, the family really needs to meet together as a group with the physician, so they can all discuss their feelings, fears and what to expect from the disease."

"This is a disease, people

shouldn't be ashamed of it or try to hide it."

As with any disease, doctors and scientists are continually working on improving treatment and an eventual cure.

Vlach said a new Parke Davis medication, Cognex, was recently released and is being touted as slowing down the progression of the disease. "I have not prescribed the drug yet, but it is worth considering for a patient in the early stages."

Hillcrest Care Center plans to add aviary

By Sue Wortmann
CEDAR COUNTY NEWS

LAUREL Residents of the Hillcrest Care Center will soon have something to chirp about.

Administrator Carol Nierodzki said the Center plans to add an aviary sometime this spring which will contain a selection of twenty birds, doves, finches and canaries.

"We wanted to put this in for the residents. They had been to another aviary and thoroughly enjoyed it so we decided it would be a good thing to have here."

Nierodzki said the aviary has many benefits. "It gives the residents something to talk about. They are really excited about this."

The center is currently accepting donations for the aviary. "This project is completely funded by donations. When it is implemented there will be some on-going maintenance costs. We appreciate the community support."

Contributors names will be embroidered on a quilt which will be displayed in the living area of the Center.

The aviary will be open to the public

Marriage

Continued from Page 4

Lawrence had a stroke several years ago and moved into Parkview Haven in March of 1990. Alice, at home, was "lonely" without Lawrence and her arthritis caused her to join him in June 1992.

To pass the time now they both read and most importantly have the company of each other.

Being married for so many years must give them some knowledge of the secrets to a happy marriage. Lawrence just smiled and shook his head a little and said, "I just don't know," to which Alice added "Well, he never left me anyhow."

Senior Reflections

What is your New Year's Resolution?

— Compiled by Rose Rolfe
Cedar County News



"I'm gonna have a little nip a day to keep the doctors away."

Henry Langferman, 90
Hartington



"Keep my good health."

Cecilia McGregor, 81
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"Live long, eat right and keep busy."

Mina Jordan, 97
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"Stay of out the hospital."

Isabel Becker, 83
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Alzheimer's Disease Treatment Difficult For Green Acres Resident

By William Huegerich

Alzheimer's Disease is not a new disease, but it is a new disease for people to understand and it's on the rise.

Melvin Keyser, a resident at Green Acres Care Center, apparently started to develop Alzheimer's 10 years ago, when he was only 58-years-old. His wife, Dorothy has been fighting the disease side-by-side with her husband. Dorothy kept Melvin at home and cared for him with some help from their children, until about 18-months ago. Like many people, it took her some time to admit that Melvin had Alzheimer's Disease.

"Every time a doctor told me he had Alzheimer's, I took him to someone else," Dorothy said. "That was a horrible word and I couldn't believe it."

She finally accepted it about four years ago when her daughter found a doctor at the hospital she works at in Omaha who did the test and again, she heard the same bad news.

Melvin received an early retirement from Northern Natural Gas Co., where he worked for 34 years. Dorothy tried to take care of Melvin herself but found it to be a full-time job.

"I had to watch him every minute so he wouldn't go away. It was 24 hours a day," Dorothy said.

Personal

Alzheimer's is a very personal disease. Different people have different symptoms. One common symptom, which Melvin has, is wandering.

"He walks constantly. He gets in other people's rooms and they yell at him," Dorothy said. "I don't blame those people. I wouldn't want someone in my room who didn't know what they were doing."

Melvin is also afraid of shiny floors and other things according to Dorothy. He hasn't been able to dress himself, shave or comb his hair for several years.

"He's to the point now where he doesn't know any of us," Dorothy said. "One in a while he does but not very often."

A common first symptom is loss of short term memory. The disease progresses taking more and more memory from the victim.

Not many people can say that their favorite car they ever drove was a Model T.

Barbara Kisely, however, is one of those people. She celebrated her 100th birthday on November 2. She is currently living with one of her daughters, Arlene Sudrla on Dakota Avenue in South Sioux City. Her other daughter, Lillian Gibson, came from California for the event. On the second,

they celebrated only with immediate family.

Gibson said they asked Kisely if she wanted to go out to eat for her birthday but she prefers a home cooked meal reflecting her Czechoslovakian background.

"What she likes are the sweet rolls called kolaches and one of her favorite foods is pork and sour kraut and potato dumpling," Gibson said. "So that's what we fixed for her dinner."

The real celebration happened this summer in South Dakota where her parents settled when they came to the United States.

"In July we have family picnics. We had coffee and cake for her in connection with the reunion both in Lake Andes and Geddes," Gibson said. "Lake Andes is where she lived when she got married. Geddes is her hometown where her parents lived."

Behavior change is another symptom of Alzheimer's Disease. Melvin sometimes gets angry and has to be tied in bed and given a sedative to make him go to sleep, according to Dorothy.

Dorothy said there are a lot more people with Alzheimer's than anyone realizes. Green Acres has several other residents with the disease. Although she believes the nursing home tries hard to be accommodating of those patients, it's an uphill battle.

"As far as the nursing homes, it's a struggle because they don't have what Alzheimer's patients need," she said.

South Sioux City does not have a special care unit for these patients. There are two in Sioux City, one at Sunrise Manor and another in Indian Hills, but they aren't accessible for Dorothy and Melvin because they are on Medicaid.

According to Barb Newhouse, executive director of the Alzheimer's Association of Sioux City, these special care units deal with not only Alzheimer's patients but all forms of dementia. They create an environment of less confusion for the patients to better cope with their disease. One example she gave was to imagine having a very high fever and not being in touch with what was going on. Alzheimer's patients live like that all their lives.

Boundaries

"If you're one of those people having to deal with Title XIX or other assistance programs, it makes it difficult to cross the boundaries," Newhouse said.

Alzheimer's Disease was first identified in 1906. However to this day, there is



Melvin Keyser, a resident of Green Acres Care Center, South Sioux City, has been suffering from Alzheimer's Disease for the past 10 years. —(Photo by William Huegerich)

MHC Needs Volunteers

Marian Health Center's Peer Counseling Program is in need of volunteers willing to donate one hour a week helping area senior citizens. The Peer Counseling Program matches trained volunteer counselors with an elderly person. The program is aimed at detecting depression in the elderly and helping them cope with their situation.

Jean Turner, R.N., project specialist, says the ideal volunteer counselors are mature individuals who have love and respect for the elderly and feel comfortable working with them.

Volunteers will undergo several weeks of free training. "During the training they will learn the skills necessary for giving their client support," says Turner.

Turner adds that many previous volunteers have experienced the personal rewards of helping and supporting a senior citizen. Some of the volunteers and clients even form long-standing friendships. One volunteer even made plans to call their client from California while traveling.

"There are so many senior citizens who could benefit from contact with one our counselors," says Turner. "We are in need of volunteers willing to become involved."

The Peer Counseling Program is funded by Marian Health Center and a grant received by the Siouxland Area Agency of Aging.

To sign up for the training sessions, or for more information, contact Jean Turner, project specialist at 279-5700.

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If Your Mother Needs Special Care, She Deserves NorthPark Place

As she grows older, Vicki Wollman's mother Gladys may need help to continue living comfortably. Many Siouxland seniors find they don't need a nursing home, but they are unable to live alone. Moving in with family members is often impractical.

Now NorthPark Place offers a solution for many Siouxland families and their parents.

The Assisted Living Suites of NorthPark Place enable parents to preserve their independence while receiving assistance with daily activities like dressing, bathing and taking medications.

Residents enjoy the privacy and convenience of their own apartments and the companionship of neighbors and

friends. Three meals a day are served in an attractive dining room.

NorthPark Place also provides house-keeping services, transportation, organized activities and more. An emergency call system provides immediate, around-the-clock security.

Daughters like Vicki now have the peace of mind knowing that there's a safe place for their parents as they grow older.

Perhaps your mother could benefit from the many advantages that NorthPark Place offers. Apartments are available now. Call today for more information about how assisted living can be the best choice for your mom.

Call 255-1200



NorthPark Place, at 2562 Pierce St., is part of NorthPark Senior Living Community developed by St. Luke's Health System to meet the special needs of Siouxland seniors. The Community also includes NorthPark Terrace which offers apartment homes for independent living at 2525 Nebraska St.

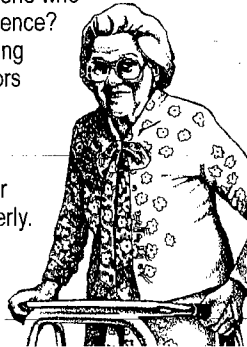
Reach out or be touched with warmth and compassion...

BECOME A PEER COUNSELOR

Would you be interested in helping someone who is elderly achieve and maintain independence? The Marian Health Center Peer Counseling Program is in need of volunteer counselors willing to spend one hour a week with someone over age 60.

Free training sessions will begin soon for those with a love and respect for the elderly.

Training sessions begin
Tuesday, February 8, 1994
at Marian Health Center



To sign up, or for more information, contact:

Jean Turner, R.N.
Peer Counseling Project Specialist
Marian Health Center
Community Education
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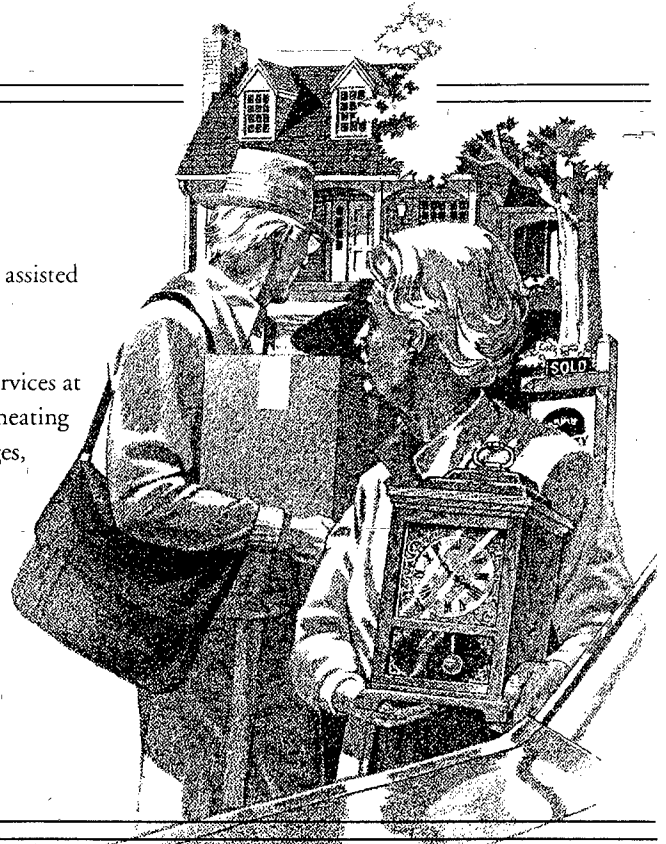
Opens first of affordable elderly apartments

Matney Manor of South Sioux has opened it's first unit of elderly assisted living apartments at their facility in South Sioux.

These units will offer meals, housekeeping, and other attendant services at sensible pricing. The units all have individual high efficiency gas heating and cooling units and include full kitchens with self-cleaning ranges, refrigerators, and dishwashers. Each apartment is tastefully decorated and is equipped with its own call system.

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There's no place like home for the holidays

There is no place like home for a holiday. But, is home the place for an elderly couple's five children, twenty four grandchildren, a few grandchildren-in-law, a boyfriend or girlfriend, a pet puppy, and lots of gifts?

At what time in a parent's life does having the entire extended family home at one-time get to be too much stress and work for the parents?

And it's not a matter of their not wanting all the family home. It's a matter of what's too much for the parents to handle. Although, one advantage to parents hosting family events is they don't have to leave their warm homes and venture out on cold, icy roads to see their children's families.

I have to admit. I like going home to Mom and Dad's for a holiday get together. But, I don't necessarily like imposing a work load on the hostess.

The daughters and daughters-in-law try to lighten the load by bringing salads, desserts, breads and vegetables. And even though we bring the other food collectively, we don't have to get up at 5 a.m. to get the turkey in the oven or cook and slice the turkey the day before. We don't peel potatoes for two hours to make certain

Leisure Thoughts

By Joani Potts
Cedar County News

there are enough to cook. We don't clean up the house only to have young grandchildren ransack it. We don't have to set tables or relocate things in our cupboards that were misplaced by visiting dish wipers.

A holiday at grandpa and grandma's has the typical excitement and noise. I remember many Christmases as a child at my grandparents. Believe me, 14 children, and about 75 grandchildren were noisy.

When we go to my folks' home for a holiday, everyone knows their place. The women are in the kitchen, the kids go upstairs and bounce off of walls that haven't absorbed kids' energy in 30 years,

and the men sit in the living room. No one upsets the fruit basket, so to speak, until meal time and then it's adults in the dining room and kids in the kitchen for grandma to fall over when she sets the gravy on the tables.

Grandma's have a way of finagling tables and people into smaller rooms. No one feels crowded except Grandma who knows every inch of her house.

Being home for the holidays is a tradition. When my husband's family gets together, kids and adults go to the basement, and thank goodness, the food is upstairs to put some distance be-

tween first and second helpings. The first adults finished eating get the easy chairs in the living room

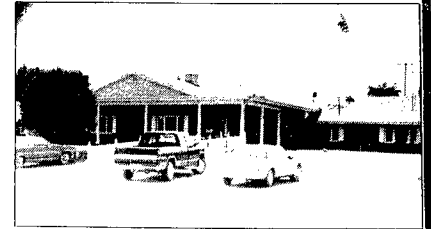
and it's up to the others where we want to rest our over-loaded tummies.

Being home for a holiday is fun as long as the noise, clutter and work does not get to be more than what a mom or grandma can handle.

Parents and children need to mutually agree when the time comes for one of the children to host family get-togethers. And if that happens, fond memories of home will still be a part of family holidays.

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Tips to prevent a cold or the flu

Gearing up for that annual cold? Excited about the possibility of days off from work or activities (miserable as they may be) not to mention the work that will need to be made up — while you feel tired and run down?

Of would you really and truly like to make it through the entire season feeling good?

Here's what you can do for your health's sake:

- Wash your hands frequently with soap and water. Every time you touch something an infected person touches, you increase your chances for contacting their awful "bug." And, who knows that they've touched!

- Keep your hands and fingers away from your nose and mouth unless they've just been washed. That's where the "bug" enters your system to do its dastardly deed.

- Eat plenty of fruits and vegetables, at least five servings every day. And remember, frozen is just as good as fresh.

- Relax and get plenty of sleep. This gives your body time to repair and refresh itself.

- Exercise. It keeps your body systems in shape, strengthens your immune system, and just plain makes you feel good.

- Drink lots of water: 6 to 8 glasses to keep yourself hydrated and your body sys-

tems regular. Add unsweetened fruit juices with vitamin C to your diet.

- Stop smoking. You're much more susceptible to respiratory diseases.

- Avoid crowds. Someone is bound to be carrier.

- Get a flu shot if you are over 65 or have a chronic condition that puts you at greater risk.

- Think of others if you do have a cold or flu — be considerate! Stay home.

- If you have a fever, you're contagious. Stay home.

- Don't sneeze or cough around others. If you must — cover your mouth and nose with a tissue, then wash your hands with soap and water.

- Use tissues (not a hanky) once, and throw them away immediately. It's more sanitary.

- Buy a new toothbrush after your fever goes away, or you'll keep infecting yourself. Ever wonder why you get one cold after another?

- Beware of habits that may be getting you into trouble like sharing popcorn from a common container, sharing the phone or pencil of an infected person and not washing your hands frequently.

Consider these tips and try not to "bug" others.



Stay in touch with your travel agent

"Staying in touch with one's travel agent can result in greater savings and satisfaction," says Becky Keidel of Trio Travel. Dozens of travel options offering new prices, dates and rules cross a travel agent's desk weekly. Some merit mass advertising; others are exactly suited to certain clients whose travel habits and inclinations the agent has come to know well. The rest are of no value if the agent is unaware of who might benefit from them.

Therefore, if you're needing airfare to Florida in April, want to take the family on an Amtrak vacation this summer, long to see Hawaii at a really good price or would always consider a low fare to New Orleans to visit family, your travel agent needs to know it. Such travel requests become part of Trio Travel's "watch list," according to Keidel.

While agents cannot guarantee to notify a client about each travel opportunity that arises, they certainly make every effort to do so. Making your travel needs known to your agent maximizes your chances of learning about the best travel values in time to take advantage of them.

Travel agents are also able to save you valuable time. They have access to the current rates and availabilities of dozens of airlines, hotels and auto rental companies. A single call to your agent puts you in touch with all that information.

Your agent can offer you motorcoach tours from a variety of tour operators. "At Trio Travel," says Keidel, "you may pick up a single sheet listing all tours leaving from our area during a given month."

If you don't have a travel agent, stop in or call and begin now to develop a relationship of comfort and trust. If you have already done this, communicate your travel needs to your agent, and remember to update those needs as they change. Don't be hesitant to check back occasionally. Your agent is always ready to share the latest travel offerings, such as those contained in Trio Travel's ad elsewhere in this issue.

Confusing questions answered

Advanced Directives? Living Wills? Durable Powers of Attorney for Health Care? What are they? What do they all mean? Do I have to have one, or all? What happens if I don't?

If you've asked yourself these or similar questions, you're not alone. Many are confused about these things. Hopefully, this information can help.

An advance directive is, very simply, a direction you give to someone else about your medical care prior to the time you need the medical care. If you tell someone, "Oh I would never want to be kept alive by machines," you have made an advance directive. That's probably not a good way to do it, however, because it's not likely your doctor or family will know that you made that statement or to whom you made it.

What is the best way to make an Advance Directive?

The best way to make an advance directive is in writing. The two most common forms of written advance directives are Living Wills and Durable Powers of Attorney for Health Care.

A Living Will is a written statement that states your wishes if you aren't physically able to express your wishes at the time you need medical treatment.

To understand a Durable Power of Attorney for Health Care, it's first necessary to understand what a Durable Power of Attorney is. A Durable Power of Attorney is a document you sign in which you appoint an agent to make decisions on your behalf. The agent is then entitled to make decisions for you based on what's in the document. For example, if you sign a Durable Power of Attorney that allows your agent to handle your finances, your agent will then be able to handle your bank accounts, investments and other financial matters.

A Durable Power of Attorney for Health Care is simply a Durable Power of Attorney through which you give your agent the authority to make health care decisions for you.

Are Living Wills legal?

That's been asked a number of times in Nebraska. The answer has never been an easy one until 1992. In 1992, the Governor signed into law LB 671. LB 671 authorizes the use of living wills in Nebraska.

Is a Durable Power of Attorney for health care legal?

Durable Powers of Attorney have been authorized by Nebraska law for quite some time. However, there was never any provision specifically authorizing the use of a Durable Power of Attorney for Health Care decisions. In 1992 though, the Governor signed into law LB 696, which specifically authorizes such a Durable Power of Attorney.

What should I say in my Advance Directive?

An advance directive should reflect what

Continued on next page

Make A Wish



If you have an elderly parent in need of supervised companionship, you may sometimes wish you could find a special place that would care about your parent's welfare as much as you do. One that would provide lots of stimulating activities, interesting friends and nutritional guidance. One that encourages independence, and family participation. And above all, one that provides the peace of mind that comes from knowing that skilled medical personnel are always on hand.

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Questions

Continued from Page 10

you want to happen to you. It's your decision and your document. If you want everything done to keep you alive, you should state that in your advance directive. If you want nothing done, you should state that, too. The more specific you can be, the more likely people will understand what your desires are.

Who should have a copy of your Advance Directive?

Certainly your family should have a copy of your advance directive. Your doctor should also have a copy. It may be wise to also give a copy to the clergy of your church, if you have one.

How do I make an Advance Directive?

There are many, many forms available for making an advance directive. If you use one of these, it's important that you understand it and that it reflects your desires. It's best to consult with a lawyer when making an advance directive because he or she is familiar with what is required under the law.

Legal services are available to those 60 years of age and older through the Nebraska Department on Aging and the Area Agencies on Aging. For more information, call 471-2306 in Lincoln, or 1-800-942-7830 (Voice/TDD) in Nebraska.

Century Society honors older Nebraskans

Are you having a hard time finding that special gift for the 100-year-old in your life? Get them a membership in the Nebraska Department on Aging's Century Society.

"The Department has given out hundreds of certificates over the years," said Jacky Smith, director. "It's a great way to honor older Nebraskans who have contributed so much to the state and those that know them."

The certificates are signed by the Governor and Smith, and are suitable for framing. The only requirement for receiving one is that the person be 100 years of age

or older.

To receive, simply send the person's name and birthdate, along with your name, address and phone number, to the Department on Aging.

Certificates are available year-round and make great gifts for birthdays and other special occasions.

Send or call in your request to the Nebraska Century Society, Nebraska Department on Aging, P.O. Box 95044, Lincoln, Neb. 68509-5044, (402) 471-2306 in Lincoln, or 1-800-942-7830 (Voice/TDD) in Nebraska.

Flu vaccine is safe

Did you know that influenza and pneumonia combined are the fifth leading cause of death in adults ages 65 and over?

Today's flu vaccine is safe for nearly everyone. You simply can't get the flu from a flu shot!

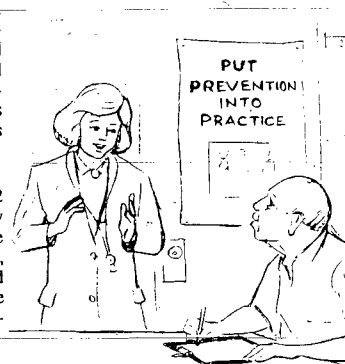
According to the American Lung Association, influenza can be prevented when a person receives the current influenza vaccine. The viruses in the vaccine are killed or inactivated so that someone vaccinated cannot get influenza from the vaccine. Instead, the person develops protection in his or her body in the form of substances called antibodies.

The number of antibodies is greatest 1-2 months after vaccination and then gradually declines. For that reason, and because the influenza viruses usually change each year, a high-risk person should be vaccinated each fall with the new vaccine. Amantadine (A medicine) can also be used to help prevent flu.

Pneumonia is the leading cause of death by infectious disease in the U.S. and is the most common complication of influenza.

In the past, the pneumococcal pneumonia vaccine was considered a once-in-a-lifetime shot. This is still true for most people. However, revaccination is now considered after three years for high-risk children who received their initial vaccination when they were younger than five years of age; and after six years for older, very high-risk individuals.

The Nebraska Department on Aging has teamed up with Area Agencies on Aging, the American Lung Association, AAROP and Parke-Davis because we're concerned about the low immunization levels among older Americans for influenza (flu) and pneumococcal pneumonia.



Talk to your doctor, or the people at your local health department, or senior center. They'll help you with any questions you may have. Or, contact the American Lung Association of Nebraska, 401 E. Gold Coast Road, Suite 331, Omaha, Neb. 68128, (402) 331-9000, or the Lincoln Branch, ALA of Nebraska, 215 Centennial Mall South, Room 521, Lincoln, Neb. 68508, (402) 474-5858.

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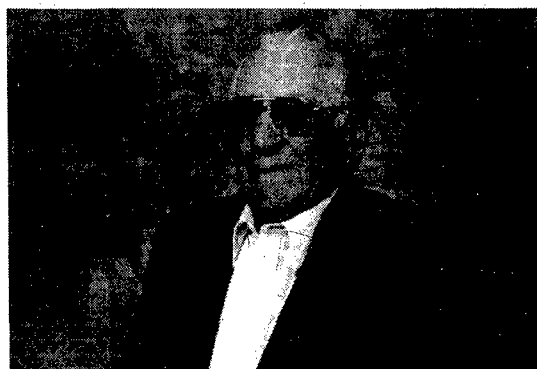
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-Leroy Wiechman



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Treatment

Continued from Page 6

no known cause and no cure for the disease. It is now the fourth largest cause of death with over 40,000 diagnosed cases in Nebraska including 355 in Dakota County. Newhouse pointed out that these numbers are only for people who have been diagnosed leaving out many more who may be in an early stage or just haven't been noticed yet.

"There's a real tendency just to say, 'Oh mom's just having a bad day,' and not look at what's really going on." Newhouse said.

Newhouse said it costs an average of \$18,000 per year to care for an Alzheimer's patient in the home. This compares to about \$25,000 to \$30,000 in a nursing home.

Some other common symptoms of dementia, which Alzheimer's is the most common form of, are memory loss, impaired judgment, lack of concentration and disorientation.

Difference

"The difference between dementia and a mental illness is dementia has something physically happening in the brain," Newhouse said.

People are often confused between the two. For that reason, the Alzheimer's Association is starting to train law enforcement agencies and first response teams to recognize the symptoms.

According to Newhouse, an Alzheimer's patient may wander off at night, not knowing who or where they are or how to get home. Furthermore, they could walk into a store and pick something up and put it in their pocket, not intending to steal but not realizing they did anything wrong.

"Obviously that's going to take some assessment for law enforcement officials to recognize the difference between Alzheimer's Disease and criminal behavior," she said.

They are also going to offer a series in South Sioux City open to the public.

"We're going to be starting in January, a four week series in South Sioux City on how to cope with Alzheimer's Disease," Newhouse said.

She said if someone sees some symptoms they think might be Alzheimer's, they should first see their family doctor. Then, they should get an assessment done. The closest place for this is Marian Health Center, according to Newhouse. Finally, if they need any information on Alzheimer's or how to deal with it, they can contact the Alzheimer's Association.

She said 10 percent of the people over the age of 65 are infected with the disease. Once they reach the age of 85, the average jumps to 50 percent. People in good health can expect to live from three to 20 years with the disease.

Two support groups are another way the Alzheimer's Association tries to help the people of South Sioux City cope with the disease.

Special Care Unit

"Would I like to see a special care unit over here?" Newhouse said. "You bet."

Until that day comes, Dorothy Keyser will continue to visit Melvin at Green Acres about every other day like she always does. Her only other options for special care units are in West Point or Omaha and she doesn't want to take him that far away from home.

"It's tough to see him like this," Dorothy said. "I could spend an hour and a half with him and I only understand two or three sentences. But I think he understands us."



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