

Wayne in run on new juvenile center building

By Les Mann
Of the Herald

Wayne County Commissioners Tuesday were asked to support a plan to build a new \$2.75 million juvenile detention center facility somewhere in Northeast Nebraska.

The new center which is being considered for location in Norfolk, Wisner or Wayne, would replace the existing facility near the Wayne County Courthouse. The current facility does not meet federal and state jail standards and has been a site of frequent escapes.

The commissioners agreed to support the continued study of feasibility of a new structure without committing to the project which would be shared by the 20 counties who are current members of the Northeast Nebraska Juvenile Services Corporation. The counties joined together to operate the shared facility in Wayne. It was converted from an adult jail to a juvenile center about five years ago.

Norfolk has offered free land for the building of the center there and Wisner has also approached the board of the JDC about a location in that community, said Greg Eckel, director. He said there also have been discussions with the City of Wayne.

The counties share of the cost of the debt service and operation of the

new facility would be \$35,000 per year, according to information presented by Eckel. He said that amount would be discounted by the county's share of funds received through the housing of juveniles from non-member counties, which could be as much as \$10,000 per year if current trends continue. The Wayne county costs could go up if other counties drop out of the program, Eckel said.

The new facility would be licensed for only 16 beds, eight of them for unsecured residents and 8 secured. Currently the center which serves as a short term holding facility while juveniles await court disposition, is licensed for 17 and has had as many as 26 teens.

The new facility is also proposed to include a classroom and counseling center in addition to recreational space, medical examination areas and other spaces. It will need to be housed on a five to seven acre site, said Eckel.

Under the funding plan and the current levels of county usage of the facility, the county will save an average of \$6,000 per year by maintaining its membership in the program rather than dropping out and paying a higher per day fee for housing juveniles, said Eckel.

Wayne County Sheriff LeRoy Janssen argued against the county

See JDC, Page 3



Hard pull

Over 2,000 people attended the 7th Annual Carroll Tractor Pull Saturday night. They came from as far away as Australia to view the 66 entries in the big show. The results of the tractor pull are found on Page 9.

State aid flap means Wayne budget change

By Les Mann
Of the Herald

The initial Wayne School budget for next year was just completed last week when the district received its notice that state aid would be cut by over \$100,000, or eight percent. — Back to the drawing board.

Wayne was not unusual. Districts across the state were notified of even more drastic cuts and a few lucky ones received notice of aid increases. The changes came as part of a new school aid formula which bases aid in part on the property valuation and assessment level of the districts.

Wayne Superintendent, Dr. Dennis Jensen said he prepared an austere budget to present to the school board for its initial review and was upset when he received the notice that the state aid would be cut. He said a call to the state revenue department got him no where.

"They said raise (property) taxes," Jensen reported. With district heading toward a school bond issue for a new building in the near future, that is not an option he wants to consider.

The Millard School District took a \$2.1 million loss, mostly because of adjustment of residential prop-

erty valuations to an estimated 100 percent of market value, and is still evaluating what it will do about it.

It could appeal property tax valuation figures supplied by the Department of Revenue for the state aid formula.

"What I really want is for the senators and the assessors and all the state people to get on the ball and get this thing leveled out," said Richard Lewis, the district's assistant superintendent. "We need consistency from year to year. We can't be scrambling at the end to figure out how we're going to pay for our kids' education."

Lawmakers in 1990 approved a school financing law (LB1059) in an attempt to raise income and sales taxes so the state could provide 45 percent of education funding.

They know counties assessed property at different percentages of market value, so lawmakers included a provision for eventually adjusting each county's total valuation in the formula to 100 percent of the estimated market value, putting every county at the same level.

This year, the Legislature passed LB1290, adjusting the financing formula to base state aid on property

See SCHOOL, Page 12

Wayne professor: comet show impressive

A spectacular comet smash into Jupiter couldn't be seen from Northeast Nebraska, but that didn't dim interest in the phenomenon this week.

Carl Rump, professor of math and science and director of the planetarium at Wayne State College, said the views telecast by NASA of the Jupiter collision have been on the screens at the college and that the images have been "quite a bit more impressive than anticipated,"

even if they cannot be seen from telescopes here.

Rump said the college's 8-inch telescopes would be set up for public viewing of Jupiter in the evenings this week, but that they will not be powerful enough to give residents a view of the results of the comet impact on the surface of the giant planet. He said the UNL's 30-inch telescope would probably be the only one in the state to give Nebraskans a view of the large dark

spots which have been left as a result of comet pieces hitting the planet.

"One of the hopes is to have these impacts stir up deeper depths than normally one can see on Jupiter," said Don Taylor, associate professor of astronomy at the University of Nebraska-Lincoln.

Scientists could then better plumb the depths of that huge, largely gaseous planet, Taylor said.

Observatories in Chile, Spain, the

South Pole, California and Hawaii and the orbiting Hubble Space Telescope captured views of fireballs and rising plumes of hot gas as fragments of comet Shoemaker-Levy 9 smashed into Jupiter earlier in the week.

Rump said he has been watching the images come through the satellite transmissions from NASA. He will have telescopes set up for the public to look at Jupiter from 9:30 to 10:30 p.m. tonight and Wednesday night south of the Carhart Science Building on the WSC campus.

The comet fragments left scars larger than the diameter of Earth in impacts equivalent to as much as 20 million megatons of TNT.

Some scientists had thought impacts from the comet might turn into a cosmic fizzle, but fragments the size of mountains could be followed by even larger fragments through at least Thursday.

"This appears to be closer to the phenomenal predictions scientists

See LOTTERY, Page 12

See STARS, Page 3

Powerball outlets gamble on sales

Nebraska's entry Thursday into multistate Powerball lottery has local businesses people who will sell the tickets betting on increased business.

"Expectations are pretty high for Powerball," said Bob Nelson of M & H Apco in Wayne, one of only two sites here which will be selling the Powerball tickets. He said if sales of the new tickets are anything like sales he has seen of the other

lottery games, it will be big business in Nebraska.

Quality Food Center in Wayne has also been approved by the Lottery office to sell Powerball tickets, but manager Randy Brenner said he has not decided whether the store will handle the new tickets.

Nelson said neighboring states have been taking a lot of money from Nebraskans for Powerball tickets. He said he has seen an increase

in sales of other goods since his business became a lottery outlet a year ago and now he is hoping for another boost with the addition of Powerball sales.

Nebraska Lottery officials have selected 509 retailers to sell the tickets statewide, and 400 more could be added in the coming months.

To win at Powerball, people must

Booster club raises funds for center

The Wayne Booster Club is sponsoring the first annual Wayne Booster Club Golf Tournament, Sunday at the Wayne Country Club. Tournament organizer Rick Endicott said there is still plenty of openings for those interested in competing in the two-person scramble.

The cost is \$30 per person with proceeds going to the high school fitness center. Each entrant is guaranteed a pepsi T-shirt and a golf towel. The number of flights will be based on the number of teams entered.

"This is a fundraiser to help cover the cost of the new fitness center," Endicott said. "The Booster Club paid for the building which was built by Wayne High School students and funds are being raised to pay for the fitness center through gold card sales, donations and this golf tournament among other things."

Endicott said a lot of people volunteered their help in completing the project which will benefit the athletes in Wayne. The tournament is a great way for the community to show their support for the youth of the town.



THE NEW FITNESS Center at the high school was built by these Wayne students as part of a school project: Front row: Jason Wehrer, Andy Nelson. Second row: B.J. Woehler, Scott Agenbrod, Mark Zach. Third row: Dane Jensen, Matt Robins and instructor Dave Hix. Back row: Jim Fernau and Chris Johnson. The facility was funded by the Wayne Booster Club. This Sunday, a golf tournament is slated in Wayne with proceeds going to help pay for the purchase.

See BOOSTER, Page 9

At a Glance



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

This issue: 1 section, 12 pages — Single Copy 50 cents

Thought for the day:

He's going through a nonentity crisis!

Planning Commission to meet

WAYNE COUNTY — The Wayne County Joint Planning Commission will meet at 8 p.m. on Wednesday, July 20 in the basement meeting room of the Wayne County Courthouse.

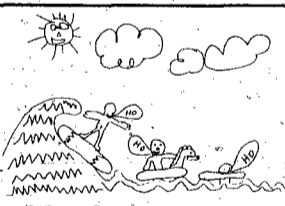
Agenda items include review of a revised draft of the proposed Comprehensive Plan and discussion on whether the Commission should adopt by-laws.

New pharmacist

WAKEFIELD — Pharmacist Al Osmera has joined Dick Keidel at the Wakefield Drug Company.

Osmera, who is originally from the Wahoo area, is a graduate of Creighton University, where he completed two years of undergraduate work and four years of pharmacy school.

Osmera is currently living in Wayne and will assist full time at the Wakefield Drug Company.



Weather

Nathaniel Stevens, 7
Wayne Elementary

Extended Weather Forecast:

Thursday through Saturday; dry; highs, lower-80s Thursday, warming into the lower-90s by Saturday; overnight lows, 60s.

Date	High	Low	Precip.
July 16	78	60	.44
July 17	79	59	—
July 18	83	63	—
July 18	88	65	—

Recorded 7 a.m. for previous 24 hour period
Precipitation/Month — 4.38"
Year To Date — 13.62"

DARE Day

AREA — All DARE graduates, past and present, and all family members are invited to a Northeast Nebraska DARE Day on Saturday, July 23. Registration is from 8 to 10 a.m. The DARE Fun Run will begin at 8:30 a.m. It will be held at the Randolph city park, 6 blocks south of Highway 20 on Main Street.

Events scheduled are a tug-o-war, water fights, free swimming, softball, sand volleyball, helicopter display and more. Be sure to bring a softball glove, swimsuit, tennis racket and change of clothes. Bring the family and lunch will be served. Many prizes will be given away.

Old Settlers meeting to be held

WINSIDE — A meeting of this year's Wayne County Old Settlers committee will be held on Wednesday, Aug. 3 in the fire hall at 7:30 p.m. A chairman for next year's celebration will need to be selected. All interested persons are invited to attend.

Public invited to 4-H music contest

AREA — The Dixon and Wayne County 4-H Clubs will be sharing their performing arts skills in drill and dance routines and song groups on Thursday, July 28 at St. John's Lutheran Church in Wakefield.

Registration begins at 7 p.m., with the contest beginning at 7:30 p.m. The public is encouraged to attend and support the youth efforts. The top two groups will represent the county at the Nebraska State Fair in September.

record

n. \rek'ér'd\ 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



Wayne County Court

Civil filings:

Northeast Nebraska Medical Group, plaintiff, vs. Renee Praeuner, Norfolk, defendant, in the amount of \$487.35.

Action Credit, plaintiff, vs. Ron Prince, Winside, defendant, in the amount of \$46.78.

Action Credit, plaintiff, vs. Jeff Wiese, Wahoo, defendant, in the amount of \$198.16.

Action Credit, plaintiff, vs. Sherry Hewitt, Wayne, defendant, in the amount of \$1,862.37.

Action Credit, plaintiff, vs. William Arias, Bronx, NY, defendant, in the amount of \$571.70.

Action Credit, plaintiff, vs. Kathleen Hoelsing, Concord, defendant, in the amount of \$47.18.

Action Credit, plaintiff, vs. John K. Schincke, Wakefield, defendant, in the amount of \$186.50.

Action Credit, plaintiff, vs. Bradley Smith, Shelton, defendant, in the amount of \$36.72.

Action Credit, plaintiff, vs. Laurie Brabec, Wayne, defendant, in the amount of \$170.

Action Credit, plaintiff, vs. Sonia Smith, Wayne, defendant, in the amount of \$54.87.

Action Credit, plaintiff, vs. Tracy Pearson, Wakefield, defendant, in the amount of \$68.25.

Action Credit, plaintiff, vs. Kenneth Jessen, Wakefield, defendant, in the amount of \$84.97.

Criminal filings:

State of Nebraska, plaintiff, vs. Richard E. Carr, defendant. Complaint for (count I) attempted

delivery of a controlled substance, (count II) possession of a controlled substance.

State of Nebraska, plaintiff, vs. Brian R. Carner, Wakefield, defendant. Complaint for minor in possession.

State of Nebraska, plaintiff, vs. Richard E. Rasmussen, Laurel, defendant. Complaint for carrying a concealed weapon.

State of Nebraska, plaintiff, vs. Nancy R. Dietz, Norfolk, defendant. Complaint for driving while under the influence of alcoholic liquor.

State of Nebraska, plaintiff, vs. David L. Gahl, Winside, defendant. Complaint for (count I) criminal mischief, (count II) disturbing the peace.

State of Nebraska, plaintiff, vs. David R. Ahlman, Wayne, defendant. Complaint for operating a motor vehicle during suspension or revocation.

State of Nebraska, plaintiff, vs. Sean P. Jepsen, Wakefield, defendant. Complaint for driving while under the influence of alcoholic liquor.

State of Nebraska, plaintiff, vs. Tina L. Urbanec, Pender, defendant. Complaint for minor in possession.

State of Nebraska, plaintiff, vs. Scott T. Thompson, Wakefield, defendant. Complaint for driving while under the influence of alcoholic liquor.

State of Nebraska, plaintiff, vs. Michael a. Camarigg, Norfolk, defendant. Complaint for (count I) driving while under the influence of alcoholic liquor, (count II) disturbing the peace.

State of Nebraska, plaintiff, vs. Jason Flueger, Fremont, defendant. Complaint for (count I) operating a motor vehicle during suspension or revocation, (count II) speeding.

State of Nebraska, plaintiff, vs. Kasey L. Korth, Lincoln, defendant. Complaint for criminal mischief.

State of Nebraska, plaintiff, vs. Jose J. Delatorre, South Sioux City, defendant. Complaint for assault in the third degree.

State of Nebraska, plaintiff, vs. John H. Trail, Jr. Bloomfield, defendant. Complaint for driving while under the influence of alcoholic liquor.

State of Nebraska, plaintiff, vs. Mark B. Christensen, Wayne, defendant. Complaint for driving while under the influence of alcoholic liquor.

State of Nebraska, plaintiff, vs. Gerald L. Obermeyer, Wakefield, defendant. Complaint for (count I) driving while under the influence of alcoholic liquor, (count II) violation of protection order.

State of Nebraska, plaintiff, vs. Mark T. Roundtree, Wayne, defendant. Complaint for carrying a concealed weapon.

State of Nebraska, plaintiff, vs. Kraig M. Kirchmann, Fremont, defendant. Complaint for (count I) driving while under the influence of alcoholic liquor, (count II) operating a motor vehicle to avoid arrest, and (count III) reckless driving.

State of Nebraska, plaintiff, vs. Scott E. Kamm, defendant. Complaint for operating a motor vehicle during suspension, or revocation.



Library donation

Carol Gustafson represented the old Wayne Saddle Club in donating many horse books and videos to the Wayne Public Library, pictured with Jolene Klein. Gustafson said the Saddle Club folded and the money that was left was used to purchase the books and videos.

Wayne County

Property Transfers

May 19--Murray D. Leicy and Donna J. Leicy to Greg Owens. The NW 1/4 of Section 23, Township 27, Range 1, Wayne County, Nebraska except a tract in the NW corner containing 27.60 acres. D.S. exempt.

May 19--Daniel A. Dolph and Darlene C. Dolph to Daniel Dolph, Trustee of the Daniel Dolph Living Trust and Darlene Dolph, Trustee of the Darlene Dolph Living Trust. The west 63 feet of Lots 1 and 2, all of Lots 3, 4, 5, and 6 Block 4, Roosevelt Park Addition to Wayne; the south 15 feet of Lot 6 and all of Lot 7, Block 3, Roosevelt Park Addition to Wayne; the S 1/2 of the SE 1/4 of Section 12, Township 25, Range 4; the S 1/2 of the SW 1/4 of Section 12, Township 25, Range 4, all in Wayne County, Nebraska. D.S. exempt.

May 24--Michael D. Jones to Michael D. Jones and Irene M. Jones. Lots 21 and 22, Block 18, College Hill First Addition to the City of Wayne, Wayne County, Nebraska. D.S. exempt.

May 24--Donna Iddings and James Iddings to William A. Young. A tract of land located in the SW 1/4 of Section 3, Township 27, Range 3, containing approximately 20 acres and a parcel of ground in the NW corner of the SW 1/4 of Section 3, Township 27, Range 3, containing 27.22 acres, more or less, both in Wayne County, Nebraska. D.S. \$17.50.

May 25--Roger L. Nelsen, Personal Representative of the estate of Glen H. Nelsen to James E. Church

and Connie M. Church. Part of the SE 1/4 of the NE 1/4 of Section 10, Township 27, Range 1, Wayne County, Nebraska. D.S. \$10.50.

May 25--Bear-Vine Development Corporation to Douglas Schwarten and Paula Schwarten. Lots 1 and 2, Block 4, Vintage Hill Addition to the city of Wayne, Wayne County, Nebraska. D.S. \$43.75.

May 25--Bear-Vine Development Corporation to Wilfred Nelson. Lot 4, Block 4, Vintage Hill Second Addition to the city of Wayne, Wayne County, Nebraska. D.S. \$47.25.

May 26--Bear-Vine Development Corporation to William P. Kinney and Nancy K. Kinney. Lot 3, Block 4, Vintage Hill Second Addition to the city of Wayne, Wayne County, Nebraska. D.S. \$47.25.

May 26--Mary Brogren, Trustee of the Mary Brogren Revocable Trust to Mary A. Brogren. The SE 1/4 of Section 28, Township 26, Range 2, Wayne County, Nebraska. D.S. exempt.

May 26--Mary A. Brogren to Rodney L. Brogren. The SE 1/4 of Section 28, Township 26, Range 2, Wayne County, Nebraska. D.S. exempt.

May 26--Mary A. Brogren to Janet Brogren McCormick. An undivided one-half interest in the N 1/2 of the SE 1/4 and the S 1/2 of the NE 1/4 of Section 4, Township 25, Range 2, Wayne County, Nebraska. D.S. exempt.

May 26--Mary A. Brogren to Janet Brogren McCormick and Rodney L. Brogren. The NW 1/4 of Section 34, Township 26, Range 2, Wayne County, Nebraska. D.S. exempt.

Obituaries

John Ream

John Ream, 75, of Wayne died Friday, July 15, 1994 at his home in Wayne.

Services were held Monday, July 18 at the First Baptist Church in Wayne. Pastor Douglas Shelton officiated.

John Ream, the son of John and Fannie (Mattingly) Ream, was born July 15, 1919 on a farm near Sholes. He attended school in Sholes and Wayne High School. He served in the United States Army Air Corps 9th Airforce during Occupation of Germany during World War II. He married Bette C. Pippitt on Oct. 7, 1939 at Council Bluffs, Iowa. The couple lived their entire married life in Wayne, except for a few years when they lived in Seattle, Wash. He worked at Seyler Motors as service manager for 26 years and then Carhart Lumber Company for over 25 years. He was a member of First Baptist Church, Masonic Lodge and Order of the Eastern Star in Wayne.

Survivors include his wife, Bette Ream of Wayne; three daughters and sons-in-law, Judith and Jim Grein of Ponca City, Okla., Jerrine and Terry Hobson of Belmond, Iowa and Mary and Brendon Quintero of Grapevine, Texas; seven grandchildren; two great grandchildren; and three sisters, Eva Brockman of Wayne, Margaret Storm of Bella Vista, Ark. and Clara Glassmeyer of Montgomery, Minn.

He was preceded in death by his parents. Honorary pallbearers were Charles Carhart, Cliff Peters, James Mitchell, Robert Carhart, Virgil Kardell, Lee Ware and Larry Thompson.

Active pallbearers were J.J., Michael, Peter, Scott and Andrew Grein and John Hobson.

Burial was in the Veterans Memorial Park in Wayne with the Wayne Masonic Lodge A.F. and A.M. #120 and Order of the Eastern Star #194. Schumacher Funeral Home was in charge of arrangements.

Clarice Ingram

Clarice Ingram, 96, of Sioux City, Iowa died Sunday, July 17, 1994 at the Countryside Retirement Home in Sioux City, Iowa.

Services will be held Thursday, July 21 at 1 p.m. at the United Presbyterian Church in Wayne. The Rev. Craig Holstedt will officiate.

Clarice Ingram, the daughter of William and Harriet (Vough) Argenbright, was born Feb. 22, 1898 at Shickley, Neb. She was raised in Atkinson. She graduated from high school and graduated from Hastings College where she received her degree in Home Economics. She married Walter Glenn Ingram on June 6, 1922 at Atkinson. The couple lived in Ames, Iowa and Kearney, Neb. before making their home in Wayne. She lived most of her adult life in Wayne. She was a member of the United Presbyterian Church in Wayne.

Survivors include one daughter-in-law, Janice Ingram of Oakland, Calif. seven grandchildren; eight great grandchildren; two sisters, Elizabeth Argenbright Wick of Great Falls, Mont. and Margaret Argenbright of Lewistown, Mont.

She was preceded in death by her husband in 1969; one son, William A. Ingram M.D. in 1973; one daughter, Joyce Smith in 1976; three infant children; and one grandchild.

Pallbearers will be Dick Manley, Dr. Lyle Seymour, Dick Baier, Clete Sharer, Herman Oetken and Rick Lund.

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

Adaline Malmberg

Adaline Malmberg, 75, of Norfolk died Sunday, Aug. 17, 1994 at Norfolk.

Services will be held Wednesday, Aug. 20 at 1:30 p.m. at the First United Methodist Church in Norfolk. The Rev. Carol James will officiate. Visitation was scheduled for Tuesday, July 19 from 4 to 8 p.m. at the Howser-Fillmer Mortuary in Norfolk and one hour before service time on Wednesday at the church.

Adaline Malmberg, the daughter of Ralph and Beatrix (Prince) Miller, was born Sept. 11, 1918 at Winside. She graduated from Winside High School and from Wayne State College with a BA degree in Education. She taught elementary school in rural Winside, Meadow Grove and Norfolk. She retired in 1979. She married Russell Malmberg on Aug. 10, 1940 at Pierce. He died Sept. 27, 1988.

She was a 50 year member of the Eastern Star Beulah #40 Chapter of Norfolk and a past matron. She was a member of the Delta Kappa Gamma Sorority, DAR, Church Circle, ARP, life member of the PTA and a member of the Madison County and Norfolk Education Association.

Survivors include one brother, Cecil and Memphis of Winside; two sisters-in-law, Alice Jenkins and Ethel Malmberg, both of Norfolk.

She was preceded in death by her parents and her husband.

Burial will be in the Pleasantview Cemetery, Winside, with the Howser-Fillmer Mortuary of Norfolk in charge of arrangements.

Dixon County Property Transfers

Milton Richard and Jean Ann Doupnik to Kathleen J. Kamm, lot 7 and the South half of lot 8, block 5, Warnock's Addition to the Village of Emerson, revenue stamps exempt.

Rosé Hill Addition to the City of Ponca, revenue stamps \$106.75.

Edna M. Mackling, a single person to Rick L. Sebade, SE 1/4 SW 1/4, 33-27-6, revenue stamps \$84.

Kathleen L. and Norman L. Jeppson and Neil A. and Wanda R. McClary, to Barbra A. Kai, a single individual, lot 4, block 2, Nelson's Addition to the Village of Concord, revenue stamps \$35.

Pharmacy & Your Health

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The Elderly Need Immunization for These Diseases

Immunization helps protect us from a variety of infectious diseases by producing immunity or resistance. Active immunization usually is accomplished by injecting weakened or killed viruses or bacteria into the body. The body responds by producing antibodies. After immunization, if the body is exposed to the live virus or bacteria, these antibodies "consume" them and prevent disease. Immunization against some health problems is not permanent, and must be repeated at intervals.

Many older persons are not properly immunized. The Center for Disease Control recommends that the elderly, at minimum, be immunized against tetanus (lockjaw), diphtheria, influenza (flu), and pneumonia. Pneumonia is a leading cause of death in the elderly, and pneumonia vaccine is about 60 percent effective in this age group.

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WINE TASTING: August 25 & 26, THURS. & FRI.

WAYNE COMMUNITY THEATRE PRESENTS

Annie

by Thomas Meehan - Charles Strouse - Martin Charnin

July 28 - 29 - 30 - 31

Lecture Hall - Wayne High School

Thursday, Friday & Saturday performances - 7:30 p.m.
Sunday - 2 PM

Adults: \$6.00 Seniors: \$5.00 Students: \$4.00 Children: \$2.50

Tickets on sale at: Sav-Mor Pharmacy, State National Bank, First National Bank and Farmers and Merchants State Bank

This play produced with arrangements with MUSIC THEATRE INTERNATIONAL

Newspaper executive moves to new post

Lois Yoakum, who has been serving as advertising manager and assistant to the publisher of the Wayne Herald and Morning Shopper will be leaving that post to accept a position as publisher of a weekly newspaper in Monticello, Kentucky it was announced today

by Wayne Herald Publisher Les Mann.

Yoakum, who came to Wayne from Chadron, Neb. where she had been advertising manager of the Chadron Record, will be assuming her new duties beginning Friday, said Mann.

She has been with the Wayne newspaper operation since April of 1993.

"We are disappointed to see her leave Wayne but we are happy to see her move up in her newspaper management career," said Mann.

Ironically, the new Kentucky location is in Wayne County and the newspaper she will be assuming management of is called the Wayne County Outlook.

A native of Chadron, Mrs. Yoakum is the wife of Larry Yoakum who is employed at Great Dane in Wayne.

She was a member of the Wayne Rotary Club and the Wayne Chicken Show Committee and a member of the United Methodist Church.



Lois Yoakum

College prexy resigns

NORFOLK, Neb. (AP) -- Northeast Community College President Robert Cox will retire after 22 years at the school.

Cox, who will turn 65 in August, submitted his resignation effective June 30, 1995. The Northeast Board of Governors accepted the resignation at its meeting Thursday.

"It's been an honor to be president here at Northeast and I trust that my contributions will have some lasting impact on the college and those who study and work here,"

Cox said.

Cox directed the merger in 1973 of Northeastern Nebraska College (Norfolk Junior College) and Northeast Nebraska Technical Community College to form Northeast Technical Community College, which is now Northeast Community College.

Enrollment in credit programs has more than tripled under Cox's leadership with 1,104 students enrolled in credit programs in the fall of 1973 to 3,600 students in on- and off-campus credit programs in the fall of 1993.

Judges rated highly

Judges who sit on the bench in Wayne County received high marks in the 1994 Judicial Performance Evaluation from the members of the Nebraska State Bar Association.

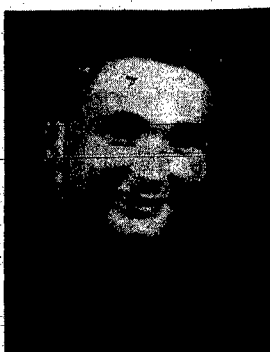
District Judge Robert Ensz of Wayne received one of the highest ratings from his fellow lawyers, a 95.6 percent approval figure. Richard Garden of Norfolk received an 87.3 percent approval. Judge Paul Robinson, Hartington, received a 89.1 percent approval rating.

Judges are evaluated every two years in a survey of all the lawyers

who appear before them. The are rated on 15 different characteristics including knowledge, judicial deportment, objectivity, courtesy and court management.

County court judges who serve in Wayne on a rotating basis also received high ratings.

Judge Richard Krepela of Madison got a 98.3 percent rating. Judge Philip Riley of Madison got a 89.2 percent rating and Judge Stephen Finn of Neligh scored a relatively low 69.8 percent.



Terry Ruténbeck



Sarah Hampton



Megan McLean



Terri Test

Students earn tuition

Sarah Hampton, Terry Ruténbeck and Terri Test of Wayne and Laurel DuBois have been awarded half-tuition Cooperating Schools Scholarships to attend Wayne State College in the fall.

Cooperative Schools Scholarships are awarded to graduates from high schools where students from Wayne State College have taken their directed teaching. Recipients must rank in the top 25 percent of their senior class and are selected by high school officials. Cooperating Schools Scholarships, valued at

\$3,200, provide for half tuition and are renewable for four years.

Sarah Hampton, a 1994 graduate of Wayne High School, is the daughter of John and Judith Berry.

Terry Ruténbeck, a 1994 graduate of Wayne High School, is the son of Chuck and Kathy Ruténbeck.

Terri Test, a 1994 graduate of Wayne High School, is the daughter of Mr. and Mrs. Larry Test.

Laurel DuBois, a 1994 graduate of Winside High School, is the daughter of Lon and Myrna DuBois.

Neihardt scholars picked

Kerry McCue and Megan McLean of Wayne have both been awarded a John G. Neihardt Scholarship to attend Wayne State College in the fall.

The Neihardt Scholarship Program recognizes academically skilled students with an outstanding record of achievement. Neihardt scholars participate in a specially designed program of study to help realize their academic potential.

Neihardt Scholarship recipients are awarded full tuition for four years — valued at approximately \$6,400 — plus a \$500 annual stipend.

Kerry McCue, a 1994 graduate of Wayne High School, is the daughter of Dr. and Mrs. Robert McCue.

Megan McLean, a 1994 graduate of Wayne High School, is the daughter of Robert and Rita McLean.

JDC

(continued from page 1)

moving ahead with a decision on the new building project. He said alternatives to a new JDC should be investigated. The possibility of remodeling the existing facility or contracting with other in place programs were suggested.

He said the county's \$35,000 share of the cost for the new facility and housing juveniles there would allow him to hire two new officers.

"History has it that as soon as you build a new jail it is out of compliance with the standards," he said.

Eckel said there would always be a need for juvenile detention and the county would not save the whole \$35,000 by not participating in the construction of the new facility. He said there would still be cost associated with housing the juveniles that are picked up. The debt service portion for Wayne County on the new

facility would be \$12,000 per year for 20 years. By current averages the costs for participating in the Northeast Juvenile Services Corporation and housing juveniles in the center would be \$23,000 per year, said Eckel.

He and corporation counsel Chris Connolly said the state would eventually force the closure of the current facility because it does not meet juvenile center standards.

"Right now it is a liability problem because it is not in compliance with jail standards," said Connolly.

Eckel said his office is being pressured by state officials to do something. "We really are up against a wall."

Connolly added he was told by state senators that there would be no assistance from the state in construction of new juvenile detention centers.

Stars

(continued from page 1)

were making, rather than the pessimists," Taylor said.

Taylor was among Nebraskans who caught glimpses of Jupiter through cloud cover, but couldn't see any changes caused by the comet smash Sunday and Monday.

Rump said the comet show on Jupiter and the 25th anniversary of the first lunar walk tomorrow have turned thoughts heavenward. He said he remembers watching Neil Armstrong walk on the moon while he was on a geological field trip in Nevada in 1969.

He said the closest television he could find while on the field trip was in a bar and he had to convince the

bartender to leave the television on rather than let the other patrons listen to the juke box as they had wanted.

Rump said there have been many untold benefits of the successful moon landing and the American Space program.

"We should set a goal and head off to Mars," he said adding that he doubts such a project would capture the same national focus that the first decade of the space program did.

Nonetheless, he said the benefits of looking up, "just in terms of the human outlook," in addition to the technological advances from such a program would be well worth the expense.

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Thank You!

Thank You to the Following Businesses:

- Tom's Body & Paint** for painting the chicken
- M.G. Waldbaum Company** for the egg mix and organization of the Omelet Feed
- Crystal farms** for the donation of cheese to the Omelet Feed
- TWJ Farms** for the help at the Omelet Feed
- Heritage Industries** for sponsoring the Chicken Shoe Chucking Contest, and for participating in organizing the Chicken Run
- Great Dane** for the donation of the Ice Cream
- First National Card Center of Omaha** for running the souvenir "coop" at the Chicken Show
- Pac-N-Save** for helping with the ingredients at the Omelet Feed and for selling Chicken Shirts
- Pat's Beauty Salon** for selling Chicken Shirts
- Sav-Mor Pharmacy** for selling Chicken Shirts
- Kid's Closet** for selling Chicken Shirts
- Stadium Sports** for selling Chicken Shirts
- Carhart Lumber Co.** for donating supplies to the Omelet Feed
- All the Businesses** who sponsored advertising for the Chicken Show
- All the Businesses** who decorated for the Chicken Show
- KTCH** for their generous coverage
- Wayne Herald/Morning Shopper** for advertising and coverage
- Mrsny Sanitation Service and Lueders G-Men** for emptying trash containers during the day
- Wayne Pizza Hut** for the Tent
- Black Knight** for late night Chicken Show Meetings
- State National Bank** for beyond-the-call-of-duty help at the counter
- Final Touch** for the matting and framing of coloring contest 1st Place Winners
- Carhart Lumber Co.** for supplies and the use of their parking lot
- Riley's** for the use of their parking lot

Thank You to the City of Wayne:

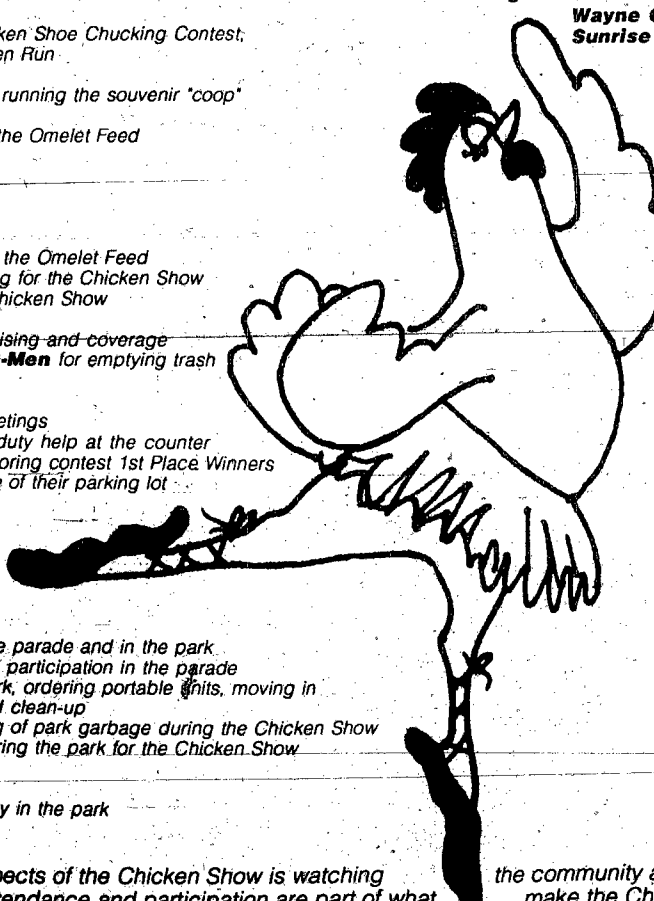
- Police Department** for their personnel for the parade and in the park
- Street Department** for their preparation and participation in the parade
- Parks Department** for the painting of the park, ordering portable #nits, moving in additional tables, and park maintenance and clean-up
- Compactor Personnel** for allowing emptying of park garbage during the Chicken Show
- Electrical Utilities Department** for preparing the park for the Chicken Show special needs, and for the "cherry picker"
- Wayne Airport** for the work for the Fly-In
- Fire Department** for their monitoring of safety in the park

Thank You to the Following Organizations:

- Jaycees** for setting up and taking down the fences, tents, etc. in the park for the Chicken Show and for Chicken Bingo
- Kiwanis** for work at the Omelet Feed
- Chamber of Commerce** for Henoween and the Chicken Barbeque
- Rotary** for the Scramble Golf Tournament and for Shuttle Drivers
- Friends Club** for running the Olympecks
- Teen Supreme 4-H Club** for running the Smallest, Biggest, Oddest, and Best Decorated Egg Contests
- Eagles Aerie and Eagles Auxillary** for the organization of the Parade
- Wayne Cycle-Paths** for the Tour de Chicken Bike Event
- Sunrise Toastmasters** for running the Cluck-Off

Thank You to the Following Individuals:

- Jan Dyer** - Omelet Feed
- Rick Endicott** - Omelet Feed
- Roger Lutt** - Chicken Flying Meet
- Darrel Miller** - Chicken Run, Cluck-Off
- Terry Meyer** - Chicken Run, Cluck-Off
- Gary West** - Tour de Chicken
- Randy Slaybaugh** - Shirt Orders
- Joel Hansen** - Attention to Detail in the Park
- Joel Ankeny** - Set up, Tear down
- Gary Poutre** - Egg Drop
- Dave Loy** - Shuttle Driver
- Mitch Nissen** - Shuttle Driver
- Nancy Braden** - Fly-In Organization
- Lori Butler** - Coop Sales
- Lee Ware** - Beautiful Beak Contest
- Val & Mike Isom** - of Allen for giving the Chicken Show the Rooster Crowing Cages
- Jerry & Mariene Ruskamp** - for the Straw Bales
- Vernon Bauermeister** - for use of Tent
- All the Judges** in the Contest
- The Individuals** who decorated their front yards for the Chicken Show



One of the most exciting aspects of the Chicken Show is watching wide event. Your help, attendance and participation are part of what number of visitors that we have in town. If we have inadvertently left any We know that there are a number of individuals who contributed work silently or anonymously. We are grateful to all.

the community as a whole come together and work for a city-make the Chicken Show successful - more so than the group, business or individual out of this list, we apologize.

Sincerely, The Wayne Chicken Show Committee



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

Editorials

Valuable impressions

The entire Wayne community was portrayed in a favorable light last week in an editorial in the state's largest newspaper.

An editorial writer from the Omaha World-Herald had been in Wayne to attend the Chicken Show parade. The writer used an incident observed during the parade as an object lesson.

Several young men were being boisterous and a bit unruly at the parade. They were mildly admonished by stranger and asked to stop interfering with the other parade viewers' enjoyment of the event.

The kids did as they were asked without backtalk or trouble. The editorial writer seemed amazed that, first, a stranger would take steps to correct misbehavior of children he didn't know and second that the kids would listen and heed.

"It was an unexpected sight for anyone who had bought into the notion that there is no community responsibility any more for the guidance and discipline of children. Youngsters need someone to tell them what the boundaries of common sense and public manners are...even when their parents are miles away," the editorial said.

"If it happened in Wayne, Neb., it can happen anywhere. And it should," concluded the editorial read by thousands across the state.

Favorable publicity for our community we'd say. You can't buy that kind of positive advertising image at any price and we have the positive actions of a stranger and a group of young people who acted properly to thank for it.

The situation doesn't stop there, however. We see the editorial as a reminder that we never know who is watching and what impression they are going to take away and tell others when they visit us.

That is why we, as an entire community, should be on our best behavior at all times. That is why we need to keep our weeds cut and our walks swept. That is why we need to continually invest in our public infrastructure.

We want visitors take away these impressions and cite them as examples of community pride and a caring attitude in Wayne when they talk about us to others.

Positive impressions are always harder to build than negative ones.

That's why they are so much more valuable.

Letters Welcome

Letters from readers are welcome. They should be timely, brief and must contain no libelous statements. We reserve the right to edit or reject any letter.

Letters published must have the author's name, address and telephone number. The author's name will be printed with the letter; the address and the telephone number will be necessary to confirm the author's signature.

Letters

Track success

Dear Editor:

As many may have read in Tuesday's paper, the Northeast Nebraska Track Club hosted a youth track meet on Saturday, July 2. We were pleased to have had over 100 athletes participate in this event and continue to be extremely proud of the way in which the meet was run.

We received countless, positive comments from spectators and parents regarding the quality of the meet from registration to concessions to the running of the events to the awards. If you do not already know, presenting a top quality track meet takes a lot of hard work from a whole bunch of dedicated people.

At the risk of missing someone, we want to thank the following people for helping to make this track meet the very best it could be: Shane Baack, Ted Baack, Tim Bebee, Leslie Bebee, Javannah Bebee, Timarie Bebee, Ken Dahl, Lonnie Ford, Lori Ford, Jessica Ford, Brandon Garvin, Caleb Garvin, Dale Hochstein, Besty Maryott, Brad Maryott, Amanda Maryott, Mike Maryott, Dick Meteer, Karen Meyer, Jon Meyer, Matt Meyer,

Darrell Miller, Ray Novak, Carol Novak, Monica Novak, Roger Reikofski, Rocky Ruhl, Al Walton, Lisa Walton, Steve Williams, Catherine Williams, Ashley Williams, Brandon Williams, Courtney Williams and Bob Zetocha.

In addition, Wayne State College continued their great community support by allowing us to use their facilities. Pete Chapman and Eldon Hutchison were very helpful in getting the track and equipment lined up for our use.

Again, thanks to all of you who helped make this track meet a success. Because of you, a lot of athletes, coaches and parents were treated to an exceptionally well-run track meet.

Pat Garvin
Don Maryott
Terry Meyer
Ron Olson

Overly entitled

Dear Editor:

Health care legislation continues to move through Congress; action will probably intensify in the next several weeks. Although it is

Capitol News

State aid to schools was simple

By Melvin Paul
Statehouse Correspondent
The Nebraska Press Association

LINCOLN — Life used to be so simple back in the good old days. So, too, was distributing state aid to local school districts.

Of course, that was a few years back when the state only sent a few million dollars to the dozens of local school districts across the state. Most folks didn't care how it was split up. It just wasn't that significant.

Boy, how times have changed.

This year, the state plans to ship out about \$400 million to school districts across the state from income and sales tax revenue. That

state aid is a big factor in budgets of several school districts.

However, when school districts received notice about their allotment for the 1994-95 school year, many administrators and politicians hit the roof.

How come? Because a law passed by the 1994 Legislature, portrayed as a slight adjustment in the state aid formula, turned out to be quite a bit more dramatic.

Big-town districts like Kearney, Grand Island and Hastings were big-time losers in this new distribution formula. A little-town district like Loup City lost half of its state aid.

And the state's biggest school district, Omaha, picked up \$7 million more in state aid, a big sur-

prise since people thought they'd be a big loser under this new plan.

No one knows exactly why that happened, but anytime Omaha gets a windfall, folks in the rest of the state are understandably concerned and upset.

Here's what was supposed to happen:

Under Legislative Bill 1290, passed after much debate and compromise this spring, the state-aid distribution was altered to reward those areas where the county assessor had kept property tax valuations up-to-date and to punish those areas that didn't.

"It was the right thing to do," state senators argued, in successfully promoting the bill to passage.

It would also be a fairer, more accurate system of distributing this precious state money. The idea all along was to get the most state aid to school districts that didn't have a lot of businesses or residents to tax or were being stressed by high growth. Thus, those districts that needed money the worst got it, which in theory helps balance out the kind of education a kid can get at any school across the state.

But when the new state aid numbers went out to school districts, there were many surprises. Even State Sens. Jerome Warner of Waverly and Scott Moore of Seward — two of the smarter senators in the Unicameral — couldn't quite figure it out.

The changes have left some districts rejoicing, but may force others (like Loup City, Kearney, etc.) to schedule hefty increases in property taxes to make up for the lost state aid.

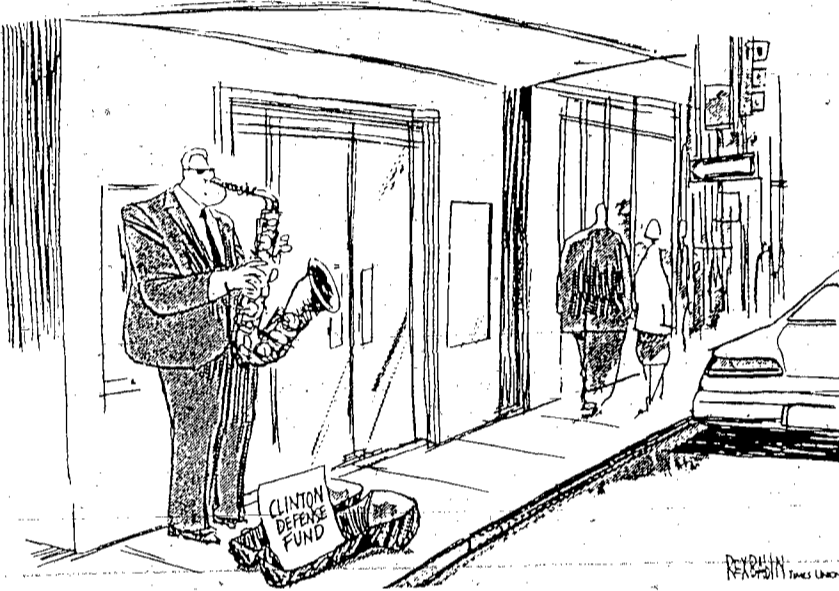
That's not a good idea in an election year or any year.

The senators said they will instruct the State Department of Education to study this issue and find reasons why some districts lost money and why some districts, namely Douglas County, got a little windfall when they were supposed to be taking a reduction.

The recent head-scratching, however, makes me wonder if even the state-aid experts can really tell what a little adjustment in the formula will do.

It's all very complicated. Not at all like the good old days.

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



More Letters on Page 5

Rudman said "We are facing a political dynamic that I want no part of for myself or my kids."

If we care about the future of our country, our children and our grandchildren, we should let Congressmen know that we do not favor another massive entitlement health care program as proposed by President Clinton, or various plans from Congressional committees.

Much can and should be done to reform health care. One imperative

is to reform our own attitudes and actions. In an editorial in Barron's, John Goodman stated, "The biggest reason for our medical-cost problem is us ... rich or poor, when we have blank checks drawn on somebody else's account, we turn out to be as greedy as any one of Clinton's favorite targets of scorn (insurance companies, drug companies, doctors, employers)."

Long ago President John Adams said, "We have no government armed with power capable of contending with human passions unbridled by morality and religion. Our Constitution was made only for a moral and religious people. It is wholly inadequate to the government of any other." If there is no restraint by the citizens on what they ask their legislators to do for them, a democratic form of government will fail, as President Adams stated.

Russell Moomaw
Wayne

Thank you

Dear Editor:

Haven House would like to extend a sincere thank you to the "Chickendales" for their participation in our fundraiser held during Henoween.

We would like to acknowledge each "Chickendale" personally, but no one can confirm or deny the identity of them. Therefore, we hope this letter is read by those "Chickendales" who posed for pictures (for a small fee). Due to this generosity, Haven House was able to raise some money which will be used to help the many survivors of domestic violence and sexual assault we serve.

Again, thank you Chickendales for helping us to "reach toward a non-violent future!"

Vicki Meyer, for
Haven House Staff,
Volunteers, Board of
Directors and Survivors

Moon Gazing

Small step was major leap for all of us

Where were you when man first stepped on the moon?

Great events galvanize our memories. Most of us can remember where we were and what we were doing when we lived through any of the great moments in history that happened during our lifetimes.

We traditionally pass around our own personal stories on the anniversary of those events. Where we were and what we were doing when we heard about the death of President Kennedy, the bombing of Pearl Harbor, V-J Day, the moon landing, the Challenger explosion, among other big events, are forever etched in our memories if we were old enough to be there when those events occurred.

Tomorrow is the 25th anniversary of Man's first walk on the moon. I count it as one of the first great events that have happened in my lifetime. At least I remember vividly my own experiences that day.

As a teenager, I had agreed to mow the lawn of an elderly man I frequently did odd jobs for. I told him I would be there early in the afternoon that Sunday. Then I sat down to watch history in the making. It was exciting and riveting. Late in the afternoon, when I prided myself from the TV set which was still showing the live views from the moon, I went to mow the big lawn.

"Where ya been?" groused my employer. "You'll never have time to get this done now before dark," he admonished.



Mann Overboard

By Les Mann

"I've been watching the men walk on the moon. Did you see it? Wasn't it exciting?" I gushed thinking it to be a perfectly logical excuse for being late.

"Whaddaya waste your time with that bunch of nonsense for?" he said angrily. "Those men really didn't go to the moon. It's all a worthless scam."

I remember trying to move heaven and earth to get the agreed upon work done before dark. I did it and later told the old gentleman he'd have to find someone else to do his yard work. I decided I didn't want to work for someone so shockingly small minded.

I could hardly believe there were people who had so little vision that they could not get caught up in the excitement of the event or even worse, to write it off as some monumental government hoax.

The intervening 25 years have proven the benefits of the space program and the achieved goal of landing men on the moon. Countless benefits have been derived from the space program and the science and technology advances created through it.

Food products, health concerns, computers, ball point pens, communications technology, miniaturization of nearly everything, environmental awareness, and literally thousands of other technology spin-offs from the space program have served to benefit our lives and the lives of future generations.

It was a costly effort but the benefits in technology advances alone far outweighed those costs. In addition, the benefit in human terms of establishing a vision, unifying behind a goal and developing the pride and satisfaction of seeing that goal achieved, cannot be discounted either.

The lunar program truly was a giant leap for mankind. I doubt we could achieve the same unity of purpose behind a goal of landing men on mars, but the effort, as proven by the moon landing success, would be worth the try.

The Wayne Herald

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Letters

Remove it

Dear Editor:
After personally observing the controversial monument at Greenwood Cemetery, I concluded that it is political, commercial and should be removed. Something of this nature typically opens the door to other controversial issues. Perhaps everyone would be as receptive to, and understanding of, a monument to the victims of AIDS.

Alan R. Cook
Carrollton, Texas

Enjoyed show

Dear Editor:
My family and I attended your Chicken Show for the first time this past weekend, and I wanted to let you know that we enjoyed it very much. I am a collector of chicken crafts, blankets and other miscellaneous chicken paraphernalia, and I must say we were very impressed with your Chicken Show.

The park was so clean and neat, everything was very well organized and the people of Wayne were very kind. I just want to say that the Chicken Show will be an annual trip for us, I don't intend to miss a year!

Cindy Huebner
Des Moines, Iowa

Misquoted

Dear Editor:
In the past July 12 issue, in the Carroll meets with school board members article, I was misquoted as stating "that the children were definitely getting a better education (in Carroll). The topic being discussed was whether the Carroll School should stay open in regard to the quality of education it could provide. My response was that I felt our children are very well prepared for Middle School. Another member of our group stated that he thought this was evidenced by the number of local students on the honor roll. We were not speaking comparatively, just that our children were receiving a good education in Carroll.

Kris Loberg

4-H News

CARROLLINERS 4-H CLUB

The Carrolliners 4-H Club met on July 11 at 9 a.m. at the Carroll park. They painted the city's fire hydrants and the pump house as a community service project. A short business meeting followed with 11 members and three adults present. They discussed the upcoming Wayne County Fair activities. Following the meeting, the group was treated to lunch at the Davis Steakhouse by the Farmers and Merchants State Bank of Carroll.

Melissa Puntney, news reporter.

Jenkins awarded scholarship

Amy Jenkins of Wayne has been awarded a half tuition Board of Governors Scholarship to attend Northeast Community College in the fall.

Jenkins is the daughter of Mr. and Mrs. Robert Jenkins, and she intends to major in physical therapy assistant.

Board of Governors Scholarships provide for half-tuition for two years, and recipients are selected by high school guidance counselors or a committee from the high school.

More Letters on Page 4

Sport of thinking has lost its thrill

Abel N. Willin relaxed in his hammock enjoying a summer breeze. Abel is the neighborhood's aging grandad and without much urging can offer an opinion. Conversation drifted considerably, then we hit on "no fault" living.

"Let me tell you somethin', sonny. It ain't popular no more to use your brain to think. No matter if you're a politician, judge or butcher, the sport of thinkin' has lost its thrill. Folks is tired of doin' their own thinkin'. Like the health care thing, why not let government bigwigs do yer thinkin' fer ya?"
You mean that?

"Sure do! When yuh gits a problem, does anybody try to figure it out fer 'emself anymore? That ain't cool. First, you and yer spouse argue 'bout it, then you end up blamin' everybody else. I call it the BEE disease...Blame Everybody Else."

Tell me, old timer, how 'did it used to be?

"Well, son, before we had the FHA, the FDA, EPA, USDA, and government by alphabetical soup, there was a time when ya only had yerself to blame. We got smart and started to BEE it...blamed everybody else. Today we got lawyers, advisors, counselors, advocates, mediators, referees, moderators, intercessors, judges, teachers, preachers, doctors and attorneys tellin' us what to do. T'aint Johnny's fault he ain't learnin', the teacher jist don't know nothin'. Johnny can't keep the Ten Commandments 'cause the preacher don't make him. The Mendez brothers killed their folks



Merlin Wright

but ain't to blame 'cause they claim sexual abuse. Some AIDS victims didn't resist a dirty needle or bedroom gymnastics. But t'aint anybody's fault, you see. We've been socialized, hypnotized, analyzed and sanitized, but it's a "no fault" life, includin' no-fault divorces. BEE is the only game in town.
Times change!

"Yeah, lots o' folks would faint if they ever came to their senses an' found out they didn't have any. Nowadays the media, government types and lawyers decide what's right 'n wrong. TV fries the mind of the baby that didn't git aborted, then he goes to school where he learns he sprang from an ape. Know what? The radical right jist may be gittin' a new member!"

You'd join the radical right? Don't they want to restore accountability, honesty and God?

"Yup! Would ya nudge my hammock as ya leave?"

Sorry gramps, but, as you said, failing to nudge oneself is a national scandal.
"No fault of mine! Push!"

Carroll News

Barbara Junck
585-4857

PRESBYTERIAN WOMEN
Presbyterian Women met July 6 at the church with seven members present. Tillie Jones conducted the meeting, opening with the Least Coin service, "Impover One Another Through Prayer," a message from New Zealand basic on Psalm 25:14 and Romans 15:30. She also read an article, "He is in Control Where the Grass is Greener."
The minutes and treasurer reports were read and approved. The group was invited to a meeting of the Presbyterian Church in Belden on July 14 and seven members attended.

The Presbyterian Church in Schuyler is celebrating their 105th year and each month they have a special occasion to celebrate. This month the Carroll Presbyterian Church is invited to workshop with them and have a potluck dinner on July 24.

Eva Hoeman was the leader and read scriptures and an article, "Decisions" and "Sing America for Independence Day," which gave the history of the song "America." She

also read an article from the Reader's Digest, "Song for a Pioneer."

The next meeting will be July 20 with Janice Morris as hostess.

COMMUNITY CALENDAR
Tuesday, July 19: Hillcrest, Emma Eckert; boy's baseball, home against Randolph, 6:30 p.m.

Wednesday, July 20: Presbyterian Women, 2 p.m.; Happy Workers, Gladys Rohde.

Thursday, July 21: Boy's baseball at Coleridge, 6:30 p.m.

Sunday, July 24: Firemen's picnic, noon, city park.

Monday, July 25: Senior Citizens, 2 p.m.

Tuesday, July 26: AAL #3019, 8 p.m.; Elkhorn Mutual Aid meeting at Carroll, 8 p.m.

Visiting in the Don and Pauline Frink home from July 5 to 10 was Don's sister and husband, Mr. and Mrs. Frank Graffis from Puyallup, Wash. Joining them on July 9 was Dave and Peggy (Graffis) Duncan, also of Puyallup, Wash. They left July 16.

Allen News

Vicki Bupp
635-2216

CLASSIC CLUB

The overnight casino trip for Classic Club members will be held July 25 and 26. The trip includes roundtrip motorcoach transportation, three casinos at Fort Randall, Golden Buffalo and the Lode Star. Overnight motel accommodations are at the Oasis Inn in Chamberlain, S.D. Fun books with meal discounts and cash back coupons are also included.

Reservations must be made by July 20 by calling Ronnie Goich at the Security National Bank in Allen.


SUMMER REC

Hubbard girls traveled to Allen Thursday night to play Allen girls ages 16 and 12 and under. Allen 12 year olds defeated Hubbard, 8-0. Allen's 16 year olds were defeated by Hubbard, 24-5. Allen's 18 year old girls went on to play South Sioux girls and scored a win, 14-4.


On Friday evening, Pender's 16 and under played Allen girls and were defeated. Allen 12 and 14 year olds went on to play Homer and were defeated.



The 18 and under girls will be traveling to North Platte on July 22 to compete in a weekend tournament at the state level.

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lifestyle

n. \leif • stile\ 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

Engagements

Marshall - Junck

Mert and Alice Marshall of Wayne and Dean and Barbra Junck of Carroll announce the engagement of their children, Priscilla Marshall of Wayne and Dwaine Junck of Carroll.

The bride-elect is a 1993 graduate of Harvest Christian Academy. She is presently employed at The Wayne Herald.

Her fiance is a 1992 graduate of Wayne High School and a 1994 graduate of Norfolk Community College. He is presently a dairy farmer.



An Aug. 13 wedding will be held at the First Baptist Church.

Teut - Campbell

Verneil and Mardelle Hallstrom of Wayne and Paul and Sara Campbell of Wayne are pleased to announce the engagement of their children, Karen and Todd.

Their wedding is planned for Aug. 7 at the Grace Lutheran Church in Wayne.

Karen graduated from Wakefield High School in 1989 and is currently attending Wayne State College. She also works at the Wayne Care Centre and Kirkwood House.

Todd graduated from Wayne High School and is also attending Wayne State College. He currently works at R-Way.



Swanson - Frias

Phyllis Swanson of Allen and William and Ann Frias of Denver, Colo. wish to announce the engagement of their children, Nancy Swanson and Mark Frias.

Nancy is a 1969 graduate of the Allen School and a 1973 graduate of the University of Nebraska.

Mark is a 22 year member of the Denver Police Force.

An Oct. 8 wedding is being planned at the St. James Presbyterian Church in Denver.

Newburn - Wills

Mr. and Mrs. Robert Newburn have announced the upcoming marriage of their daughter, Melissa, to Keith, the son of Mr. and Mrs. Herb Wills, on Saturday, Aug. 6. A 6 o'clock wedding will be held at the Old Catholic Church in Waterbury. A reception and dance will follow at the Waterbury fire hall.



Open house planned for 80th birthdays

The families of Gladys Knapp of Pierce and Goldie Selders, formerly of Winside, now of Norfolk, are planning an open house on July 30 for the twins' 80th birthdays.

The event will be held from 1 to 4 p.m. at the VFW Club in Norfolk at 316 Braasch Avenue.

Those who are unable to come and would like to send a card, can send them to Gladys Knapp, 119 North Mill Street, Pierce, Neb. 68767 and Goldie Selders, 1701 Riverside Blvd. #64, Norfolk, Neb. 68701. Their birthday is Aug. 1.

The presence of friends and relatives if the only gift the twins request.

How to handle a child's ridicule

QUESTION: My child is often ridiculed and hurt by other children on our block, and I don't know how to handle the situation. He gets very depressed and comes home crying frequently. How should I respond?

DR. DOBSON: When your child has been rejected in this manner, he is badly in need of a friend, and you are elected. Let him talk. Don't try to tell him that it doesn't hurt or that it's silly to be so sensitive.

Ask him if he knows what it is that his "friends" don't like. (He may be causing their reaction by dominance, selfishness or dishonesty.) Be understanding and sympathetic. As soon as appropriate, involve yourself with him in a game or some other activity that he will enjoy. Finally, set about resolving the underlying cause.

I suggest you ask your child to invite one of his school friends to the zoo on a Saturday (or some other attractive "bait") and then spend the night at your house.

Genuine friendship often grows from such beginnings. Even the hostile children on the block may be more kind when only one of them is invited at a time. Not only can you help your child make friends this way, but you can also observe the social mistakes he is making to drive them away.

QUESTION: Would you describe the physical changes that occur with the aging process?

DR. DOBSON: The decline in old age is not just a sudden deterioration of all systems at the same level and the same time. There is an order of deterioration under normal circumstances. That is, if there is not some disease factor that changes it. This is the normal process of aging:

The first thing to diminish is the perceptual or sensory contact with the outside world. The lens of the eye loses its ability to contract and focus. So we wear bifocals to give us both distance and close vision. Cataracts further damage clarity of vision in some cases.

The conduction of sound is lessened by a wearing away of the three little bones in the ear. So we don't hear quite as well as before. Higher pitches are the first to go; then we lose perception at the lower ranges of

Dr. Dobson Answers Your Questions



sound. The taste buds in the mouth and tongue atrophy, so nothing tastes quite as good as it did previously. There is not the joy in eating that we once had.

The sense of smell is diminished which also makes food less tasty because much of the satisfaction in eating is derived from its pleasant odor.

There is a dryness and hardening of the skin which decreases the sense of touch. So all five senses diminish and become less capable of detecting information and relaying it to the brain.

Later, we experience a change in motor activity--the ability to move efficiently. Lack of fingertip control is the first loss we notice, followed by less dexterity of the hand, then wrist, elbow and shoulder. The lessening of coordination moves from the extremities to the center of the body. That's why shaky writing of an older person reveals his or her age.

Next, changes take place in the cardiovascular system. The fat in and around the heart forces it to work harder to accomplish the same purpose. When a person over exerts, it takes a longer time to return to his normal rate of circulation. A gradual stiffening of the arteries also adds to the cardiac strain. Cholesterol collects in the arteries and constricts the flow of blood which can lead to heart attacks, strokes and other cardiovascular disorders.

Furthermore, the autonomic nervous system no longer regulates the body's processes as efficiently, which exacerbates such problems as poor circulation.

Reproductive activity ceases at about 45 years of age in women and 50 or 60 years in men. Life no longer trusts us with its most precious gift of procreation.

To summarize: These are the major areas of change that occur in the process of aging. First, we experience perceptual deterioration. Second, the body undergoes a motor deterioration, that is physical changes relating to movement. If life continues beyond that point, a decline in mental alertness must occur.

These questions and answers are excerpted from the book Dr. Dobson Answers Your Questions. Dr. James Dobson is a psychologist, author and president of Focus on the Family, a nonprofit organization dedicated to the preservation of the home. Correspondence to Dr. Dobson should be addressed to: Focus on the Family, P.O. Box 444, Colorado Springs, CO 80903.(c), 1982, Tyndale House Publishers, Inc.

This feature brought to you by the family oriented Wayne Dairy Queen. Listen to Dr. Dobson on KTCH Radio daily.



Community Calendar

TUESDAY, JULY 19

Wayne Business and Professional Women, Black Knight, 6:30 p.m.

WEDNESDAY, JULY 20

Job Training of Greater Nebraska representative at Chamber office, 10 a.m. to noon

Alcoholics Anonymous, Wayne State College Student Center, noon

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, JULY 21

Wayne County Immunization Clinic, sponsored by Goldenrod Hills

First United Methodist Church, 1:30-3:30 p.m.

Immanuel Lutheran Ladies Aid, Wakefield, 2 p.m.

Eagles Auxiliary ice cream social, Eagles Club

FRIDAY, JULY 22

Leather and Lace, Wayne City Auditorium, 8 p.m.

SUNDAY, JULY 24

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

MONDAY, JULY 25

Non-smokers Alcohol Anonymous open meeting, meeting room, 2nd floor, Wayne Fire Hall, 7 p.m.

Plus Mixers, Laurel City Auditorium, 8 p.m.

Winside couple to celebrate 40th with July 31 open house

Vern and Gail Godbersen of rural Winside will celebrate their 40th wedding anniversary on Sunday, July 31, with an open house from 2 to 4:30 p.m. at their home. They were married in Auburn on Aug. 1, 1954.

Hosts are their children, Gayleen and Marvin Ernest of West Point; Wayne and Capri Godbersen of Beemer; and Gary and Carmen Godbersen of Winsor.

There are seven grandchildren, Matthew, Christa, Todd and Chad Ernest; and Jack, Austen and Dixon Godbersen.



Mr. and Mrs. Godbersen.

Genealogical Society holds officer election

The July meeting of the Genealogical Society of Wayne County will be held on Thursday, July 21. For more information on this meeting, call 375-4113.

Steve Gross, president, opened the June meeting of the Genealogical Society of Wayne County with 14 members present. There was no secretary report. Balance in the checking account is \$77.39. Dues were collected from several members present and a motion was made by Marlys Rice that members joining since February should be given the next year at no additional cost. Motion seconded and carried.

This was election month and having no volunteers for officers from the members except Pearl Benjamin would like someone else to take over the newsletter. A motion was made that the present slate of officers serve another year with the exception of newsletter editor by Rae Kugler. The 1994-95 officers

are Steve Gross, president; Marlys Rice, vice president; Lois Shelton, treasurer; Imogene Brasch, secretary; Lee Larson, correspondence secretary; Rae Kugler, newsletter; and Elaine Francis, historian. The lunch committee will remain the same for another year also. Marlys will update the telephone tree with new members.

Members are to continue with their cemetery readings. Steve Gross shared a query he is working on. Mr. Metteer brought up a memorial for those killed in the two plane crashes around Wayne and will keep the group informed on this.

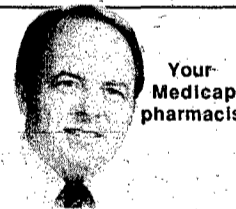
New Arrivals

GILLILAND — Rod and Linda Gilliland, Wakefield, a daughter, Ashley Lin, July 17, 6 lbs., 8 1/2 oz., Providence Medical Center, Wayne. Grandparents are Mr. and Mrs. Bill Greve of Wakefield and Mr. and Mrs. Darrell Gilliland of Wayne. Great grandparents are Evelyn Greve and Mr. and Mrs. Morris Thomsen of Wakefield and Nelda Hammer and Agnes Gilliland of Wayne.

To be married

Gloria Bruggeman and Willis Schultz, together with their children, will be united in marriage on Friday, July 29 at 7 p.m. at the Trinity Lutheran Church in Martinsburg.

PHIL GRIESS, RPh



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NOW SHOWING

Wayne class of '44 meets for reunion

The Wayne High School class of 1944 met at the VFW Club to celebrate their 50th year reunion with 36 classmates attending.

They were in the Chicken Show parade on Saturday morning with a float that 25 classmates participated in.

The 50th year reunion committee consisted of Wilbert Stutman, Darleen Topp, Merton Ellis, Ardene Nelson and Louis Pospishil was master of ceremonies.

Those attending were Alice (Sally) Welch Tolley, Chicago, Ill.; Dorothy Splittergerber Malcom, Jenk, Okla.; Donald Simonin, Gretna; Eugene Sieckman, Greeley, Colo.; Fern Heseaman Jones, Cape Coral, Fla.; Rayone Heikes Andrews and Margaret Ream Storm of Bella Vista, Ark.; Marjorie Czaawe Sundell, Valley, Neb.; Lyle Gamble, Seward; Wm. Mildner, Kerrville, Texas; Louis Pospishil, Mordovia, Wis.; Melvin Meyer, Colorado Springs, Colo.; Bonnie Fitch Echols, Lynnwood, Wash.; Gloria Brammer Vogle, Coleridge; Elna Baier Victor and Lois Lindsay Mayhew, Fremont; Bernice Peterson Lindsay and Lois Finn Waltermeyer, Omaha; Norma Korn Thies

and Art Grone, Winside; Bernita Schroeder Stender, Norfolk; and attending from Wayne were Marcella Brugger Larson, Merton Ellis, Edna Foote Cary, Ardene Heithold Nelson, Dorothy Helgren Meyer, Delbert Jensen, Maxine Johnson Preston, Bonnie Lessman Nelson, Bonnie Nissen Lund, Francis Pippitt Hansen, Merlin Preston and Darleen Roberts Topp.

The evening was spent looking at pictures the classmates had sent, a book of past reunions with memorabilia and pictures. The class prophecy was read and prizes were given to Maxine Johnson Preston who was married the longest; Dor Simonin, most rounds of golf the past week; Bonnie Fitch Echols, grandchildren living the farthest distance away; Art Grone, the oldest drivable car; Lyle Gamble, spent the most time in a camper; and Edna Baier Victor's name was drawn as one who felt they were busier than ever since retirement. Pictures were taken and the evening was spent renewing old friendship and reminiscing.

The 1999 reunion committee is Lyle Gamble, emcee, Merton Ellis, Bonnie Nelson, Merlin Preston and Maxine Preston.

Briefly Speaking

T&C Club plays 500

WAYNE — T&C Club met in the home of Edna Baier on Thursday. Guests were Ila Pryor, Ruby Moseman and Mabel Bergt. 500 was played, with high scores made by Ila Pryor and Alta Baier. Next meeting will be with Muriel Lindsay on Aug. 11 at 2 p.m.

Wayne County DAV Auxiliary meets

WAYNE — Wayne County Disabled American Veterans Auxiliary met at 8 p.m. at the Wayne Vet's Club on July 12 for its monthly meeting. Eveline Thompson, commander, presided with five members present.

Irma Baier, acting chaplain, gave the opening prayer, which was followed by the Pledge of Allegiance. Verma Mae Longe was appointed patriotic instructor.

Brief committee reports were given. The Unit received a certificate of service from the Norfolk Veterans Home.

A memorial service was held and the charter draped in memory of departed member Verona Bargholz.

Neva Lorenzen was elected alternate SEC woman. Closing prayer was given. Neva Lorenzen served lunch.

The next meeting will be on Aug. 9 at 8 p.m. at the Wayne Vet's Club.

Roving Gardeners tour garden

WAYNE — The Roving Gardeners met July 14 at the home of Bernice Damme with eight members present. Norma Pollard was a guest.

Bernice Damme read two poems, "Come Walk With Me" and "When Life Was Simple." Roll call was a happening in Wayne in 1993.

The group toured Gail Korn's Perennial Gardens. Pearl Youngmeyer gave the lesson on New Mexico.

The next meeting will be with Loreene Gildersleeve as hostess at Costa-Del-Sol for brunch.

Open house held for 90th birthday

An open house for the 90th birthday of Ella Miller was held Sunday, July 10 at St. Paul's Lutheran Church in Winside. The event was hosted by her children and their families, Don and Delaine Matthes of Wisner, Vernon and Lois Miller of Hoskins and Warren and Lalene Marotz of Winside.

The program was opened by Vernon Miller, who welcomed the guests and gave a reading. He then sang the song, "The Hand That Rocks the Cradle Rules the World." The children each introduced their families. The great grandchildren then sang "Jesus Loves the Little Children" and "He's Got the Whole World in His Hands." DeLana Marotz accompanied them.

VerNeal Marotz read a poem, "Happy 90th Birthday Grandma Miller." Then the great grandchildren sang "Happy Birthday Great Grandmother." Ella's great granddaughter Brittany Dowler sang a solo "When Satan Knocks at my Heart Door."

VerNeal read an article, "You Know You're From the Country When..." Vernon Miller sang "The

Rose," followed by a poem, "Grandmothers" read by DeLana Marotz. Vernon then sang "I Owe You."

The table prayer was said in unison and the program concluded with "How Great Thou Art," sung by Vernon Miller, Brent Miller and Kyle Miller. They were accompanied by DeLana Marotz.

There were 160 guests registered from Wisner, Hoskins, Wayne, Tilden, Blair, Norfolk, Creighton, Laurel, Omaha, Madison, Minden, Winside, Stanton, Allen and Lincoln in Nebraska; Fort Myers, Fla.; Sacramento, Calif.; and Broken Arrow, Okla.

Ella received a corsage from the children of the Delaine Matthes family and a live basket of flowers decorated the table given by the children of the Vernon Miller family. Decorated cakes were made by granddaughters Deb Miller and Carmie Marotz.

St. Paul's Ladies Aid members who served the lunch were Gloria Evans, Norma Janke, Bev Voss and Margaurite Janke.

Ella's birthday is July 9.

Wakefield alumni and classes hold reunions

Wakefield High School alumni were "rounded up" and filled the school auditorium the evening of July 2. The mood of the all-school reunion was casual as chicken, BBQ ribs and ham were served for the meal.

The tables sported red and white checkered table cloths, decorated post tops and red, white and blue balloons. Many of those attending also got into the country style of dress.

Esther Oberg related the history of the Wakefield school.

Officers elected for the next reunion were Diane Larson, vice president and Michael Salmon, treasurer. Denise Simpson will remain as the secretary and Terry Borg, who was serving as vice-president will move to serve as president. Irene Larson will serve as historian for the alumni.

Outgoing officers included Kenny Thomsen, president; Bonnie Bressler, treasurer; and Phyllis Swanson, historian.

Class of 1944

The Wakefield Class of 1944 met at The Hotel in Wakefield on July 1 to reminisce about school days 50 years ago. Members of the class attending were Bob Culton, Vera Anderson Geary, Anne Sandahl Busby, Joann Bri Koehler, Dorothy Heydon Hansen, Lois Barelman Walck, Bonnie Schroeder Bressler, Anita Pearson Nicholson, LeRoy "Sam" Leonard, Eldon Erickson, Dale Borg, Lawrence Sundell, Gene Fischer, Marvin Nimrod, Bob Busby, Vivian Dersch Wascher, Velma Nelson Forsberg, Marian Gustafson Keagle, June Chinn Rhodes, Elinor Meyer Jensen, Phyllis Anderson Hall, Alfred Benson, Elaine Eickhoff Peters, Conrey Munson, Bricie Nicholson, Jack Donelson and Lawrence Ekman.

Class of 1955

The Wakefield Class of 1955 held their 39th reunion in Wakefield over the Fourth of July weekend. Attending were Shirley Salmon Nilsson, Albuquerque, N.M.; Marilyn Olson Robinder, Casper, Wyo.; Robert Erlandson, Omaha;

Gene Carlson, Wichita, Kan.; Annette Borg Kenyon, Lakewood, Calif.; Tom Borg, Powell, Ohio; Lois Kinney Greve, Wisner; Vonis Pearson Behrends, North Mankato, Minn.; Marilyn Packer Hanson, Lincoln; Eua Park Berg, LeMars, Iowa; Robert Mallum, Grand Island; Daryl Olson, Albuquerque, N.M.; Louise Allison, Norfolk; Dwayne Erickson and Dennis Carlson, Wakefield; Bill McQuistan and Melvin Wilson, Pender; and Dewain Cisney, Tempe, Ariz.

There were 32 graduates in 1955. Three class members are deceased and the whereabouts of one is unknown.

The class plans to have another reunion in 1997.

Class of 1959

An outdoor barbecue was held Sunday evening, July 3 at the home of LaVern and Mary Lundahl of rural Wakefield to observe the 35th anniversary of the 1959 graduating class from Wakefield High School.

Those attending were Gary Don Salmon, Ron Wenstrand, LaVern Lundahl of Wakefield; Robert Harding of Sioux City; Robert Wolters of St. Charles, Ill.; Janice Sampson Mau of Wayne; Loann Schulz Bofenkamp of Omaha; Sharon Konold Floor of Wayne; and Marva Lee Anderson Skinner of Puyallup, Wash.

There were 28 graduates in 1959 of which three members are deceased. The class is planning to have another reunion in 1997.

Class of 1984

The Wakefield Class of 1984 observed their 10th anniversary by meeting at the Logan Valley Clubhouse over the Fourth of July weekend. Present were Dennis Biggerstaff, Wakefield; Wayne Guy, LeMars, Iowa; Brian Obermeyer, Tekamah; Troy Greve, Lincoln; Trisha Willers, Omaha; Michele Meyer Hemberger, Wichita, Kan.; Lana Erb Otto, Lincoln; Michelle Rischmueller, McCook Lake, S.D.; Sonja Portwood Friesel, San Diego, Calif.; Cari Johnson, Wakefield; Kristin Puls Conway, Lincoln; Julie Wageman, Omaha; and Lisa Meier Pretzer, Wakefield.

Grace Ladies Aid has July meeting

Grace Ladies Aid LWML met July 13 with 43 members and Pastor Anderson present. Hostesses were Ruth Victor, Irma Hingst and Joann Temme. Pastor Anderson had the opening prayer and devotions on "accepting one another."

Leoma Baker reported for the visiting committee making many shut-in visits and sending cards.

The president recognized all who had helped on the sewing of quilts and presented them a certificate of appreciation from the Lutheran World Relief.

Helen Bean reported on visiting the Wayne Care Centre on June 22 with Linda Coulter as chairman.

Milly Thomsen presented Lee Weander with a stole as he has graduated from Seminar at Louis and will be Our Savior's Lutheran Church in Norfolk.

Barbara Greve and Joann Temme gave a report on the District LWML convention held in Omaha on July 9 and 10.

An invitation was received to attend St. John's in Pilger on Aug. 4 at 1:30 p.m. for guest day.

The Aug. 9 brunch will be held at 9 a.m. Hostesses will be Irene Victor, Joy Malone, Ardene Nelson and Bonnedel Koch.

The meeting closed with prayer.

Baptisms

Justin Alan Stark

Justin Alan Stark, the son of Alan and Tiffany Stark of Wayne, was baptized on Sunday, July 17 at Grace Lutheran Church in Wayne.

Sponsors are Matthew Benson of Wayne, Judy Stanwick of Sioux City, Iowa, Mark and Susan Koch of Laurel. Grandparents are Vaughn and Julie Benson of Wayne and Gilmer and Mary Stark of Laurel.

Justin has a sister, Alissa, 3 1/2 years old.

A baptismal dinner was held in the church basement.

Holli Jean Peterson

Baptism for Holli Jean Peterson, infant daughter of Rick and Donna Peterson of Concord, was held on Sunday, July 17 at St. Anne's Catholic Church in Dixon. Father Rodney Kneiff officiated.

Twenty-three people attended the special event, which was followed by a dinner held in the church hall. Those attending came from Hoskins, Winside, Wayne, Laurel and Concord.

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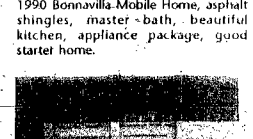
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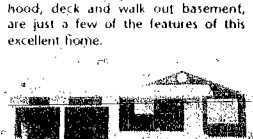
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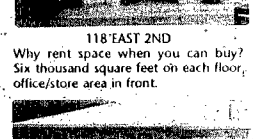
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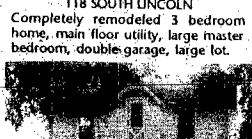
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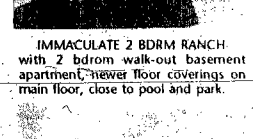
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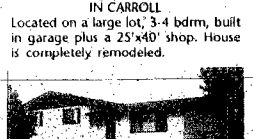
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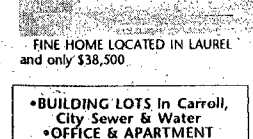
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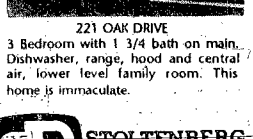
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The Golden Years

By: **Connie Disbrow**

The more than 15,000 nursing homes in the United States can accommodate more than 1.5 million patients. Daily occupancy nationally now is between 90 and 95 percent, and a shortage is looming in the next few years. The number of Americans over 65, totaling 31.5 million in 1990, is expected to reach 35 million by the year 2000. A proportionally greater increase of 40 percent is predicted for people 85 and over, the age group most likely to need nursing home care. Construction of additional nursing-home space is not keeping pace with the increasing numbers of the elderly.

Countless anglers are grateful for the legacy left by Walt Dette of Roscoe, New York, famous for his skill at fly-tying. In his 86 years Dette shared his know-how with any who wanted to learn to craft the artificial fish lures. Earlier experts had kept their methods secret. Dette began learning the craft in 1928 by buying flies tied by such experts. He patiently untied the threads, a turn at a time, to learn their construction and went on to design his own creations and to teach others.

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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

Season ends this week

Wayne girls lose two at State

The Wayne 18-under girls fast pitch softball team went 0-2 at the Nebraska Class B State Tournament over the weekend in Grand Island. Wayne played the Cosmos out of Grand Island on Saturday morning and were beaten soundly, 15-0. The Cosmos, incidentally, went on to place runner-up in the tournament.



MEMBERS OF THE Wayne girls 18-under fast pitch softball team this season included from back row left to right: Head coach Bob Oborny, Jenny Thompson, Jenni Beiermann, Traci Oborny, Kristen Hurlbert, assistant coach Glen Nichols. Front: Carrie Fink, Wendy Beiermann, Heather Nichols, Molly Melena and Katie Lutt.

The 16-under team slipped to 10-13 after dropping a 14-8 decision to Beemer. Stacey Langemeier was the losing pitcher. Wayne gave up 13 runs in the first inning on just three hits but seven errors proved costly. Both teams finished with seven hits with Sarah Metzler leading Wayne with a pair of singles.

The loss sent Wayne into the loser's bracket and they were defeated in the next game, 8-7, by Monfort's of Grand Island. Beiermann was tagged with the loss from the mound.

Wayne did pound out 10 hits compared to 13 for the winners. Carrie Fink and Jenny Thompson paced the offense with a double and single each while Wendy Beiermann laced two singles.

Traci Oborny doubled and Molly Melena, Jenni Beiermann and Heather Nichols each had a base hit. Wayne trailed by four runs heading to the bottom of the seventh inning.

The locals rallied to score three runs and had the tying run on third base in Jenni Beiermann but she was thrown out on a play at home plate.

Wayne fell to 26-11 following the tournament and will host Schuyler, Tuesday at the City Softball Complex following the 14-under game with Dodge.

Wayne fell to 26-11 following the tournament and will host Schuyler, Tuesday at the City Softball Complex following the 14-under game with Dodge.



WAYNE 18-UNDER softball pitcher Wendy Beiermann readies herself to fire the ball to home plate during the State Tournament this weekend in Grand Island.

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214 Pearl Street - Wayne
(Next to City Auditorium)

GOLFING

WAYNE COUNTRY CLUB

<p>Week 4 (2nd half of year) () indicates total points for year. *Indicates who made playoffs the first half.</p> <p>Men's Pros</p> <p>Doug Rose, 18 (39) Denny Lutt, 11 (17.5 (37)) Bob Dyer, 13 (17 (46.5)) 08, 16 (27.5) 06, 15 (38.5) *02, 13 (45.5) 15, 13 (36.5) 12, 13 (35.5) *03, 12.5 (46) 07, 12.5 (40.5) 04, 11.5 (31.5) 18, 11 (24.5) 19, 10.5 (34.5) 09, 9 (29) 14, 9 (39.5) *16, 9 (40) *05, 8.5 (47) 17, 7.5 (21) 10, 7 (20.5)</p> <p>Men's Cons</p> <p>25, 20 (39) Terry Munson, Scott Kudrna, Joe Sallitro 23, 19.5 (47.5) *30, 17.5 (41.5) *36, 17 (53.5) *27, 14.5 (44.5) 21, 13 (26) 22, 12.5 (37.5) 26, 12.5 (29) 34, 12.5 (39.5) 38, 11 (45.5) 28, 10.5 (34.5) 37, 10 (31.5) 24, 8.5 (35) 31, 8 (36.5) *20, 7.5 (38.5) 32, 7 (24) 35, 6.5 (29.5) 33, 5 (26.5)</p> <p>Ladies Morning League A Golfers: RAINED OUT B Golfers: RAINED OUT C Golfers: RAINED OUT D Golfers: RAINED OUT</p> <p>A.M. STANDINGS Team 3: Vicki Pick, Evelyn McDermott, Maigrin Froehlich, Marg Reeg, 47.5 points Team 6, 46.5; Team 5, 41.5; Team 1, 40.5; Team 2, 37; Team 4, 32.8</p> <p>BIRDIES: NONE</p> <p>Ladies Evening League A Golfers: Tami Diederik, 44; Sue Anderson, 45; Ann Volk, 49. B Golfers: Marek Kudrna, 47; Tamra Krugman, 50; Lorano Shaybaugh, 51. C Golfers: Irene Hingsl, 54; Kelly Bauck, 54; Bev Hitchcock, 57. D Golfers: Suzy Lutt, 58; Lora King, 63; Sharon Olson, 63.</p> <p>P.M. STANDINGS Team 2—Char Bohlin, Tamra Krugman, Bev Hitchcock, Sharon Olson, (72). Team 6—69.5 Team 9—69.5 Team 4—63.5 Team 1—60 Team 7—59 Team 3—58 Team 5—57</p> <p>BIRDIES: Marci Kudrna, 4-5-8 Tamra Krugman, 3.</p> <p>A League low scores: Bill McQuistan, 36; Kevin Peterson, 37; Doug Rose, 37; Ken Dahl, 38; Bob Reeg, 38; Tim Hill, 38; John Fuelberth, 38.</p> <p>B League low scores: Lynn Lesmann, 39; Adolph Hingsl, 42; Don Preston, 42; Delmar Lutt, 43; Don Lutt, 43; Hilbert Johs, 43; Leif Olson, 43.</p> <p>C League low scores: Don Gaden, 44; Robert Backman, 45; Les Keenan, 45; Lowell Heggemeyer, 45; Fred Gildersleeve, 45; Steve Sueli, 46; Jerry Dotsey, 46.</p>	<p>YOUR SPORTS STATIONS FOR ALL SEASONS!</p>
---	---



MEMBERS OF THE Wayne girls 16-under fast pitch softball team this season included from back row left to right: Head coach Bob Oborny, Jenni Beiermann, Stacey Lange-meier, Kellie Lubberstedt, April Boeckenhauer, Sarah Metzler, Rochelle Carman, assistant coach Glen Nichols. Front: Megan Meyer, Carol Longe, Shona Stracke, Brandy Frevert, Jessica Raveling.

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Koenig to be inducted to wrestling hall of fame

The Nebraska Scholastic Wrestling Coaches Association will be holding its annual Hall of Fame Banquet on Saturday, July 30 in Norfolk at the Ramada Inn and Wayne's Don Koenig will be one of the guest of honors.

Koenig is being inducted into the Hall of Fame as a major contributor to the sport of wrestling in the State of Nebraska. The Hall contains 94 members in categories of coaching, competitors, officials and contributors.

The inductees are nominated by letter and voted on by the NSWCA Selection Committee. Koenig started the wrestling program in Wakefield in 1966 and started the Wayne wrestling program in 1967. He has 28 years as a wrestling coach at all levels and nine years as a certified high school wrestling referee. He is the college instructor of wrestling theory and fundamentals and is an advisor on motion picture scripts involving wrestling.

See KOENIG, Page 2

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marketplace

n \ mär'kit • plas \ 1: an area where something is offered for sale. *2:* a place where buyers look for bargains. *3:* a gathering of buyers and sellers. *4:* where messages are exchanged. *5:* where job seekers look for work. *syn* see SUCCESS



HELP WANTED

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FOR SALE: 1989 Camaro RS, cherry red, V-6, 5 spd., AM/FM cassette, PS, PL, tilt, cruise, low mileage. Must see. Phone 375-5007. 7/12-1F

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FOR SALE: 1985 Chev. 3/4 ton pickup 4-wheel drive, air, automatic, sealed bids until 8/5/94. Submit to Terra International, Box 385, Wayne, NE 68787. 7/19/2

FOR SALE: 2 bedroom home; main floor-laundry; newly attached two car garage. Call 402-375-4029. 7/19/2

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WANTED: Lawn mowing. Free estimates. Will bag and haul. R-Way Lawn Mowing. 375-5741. 4/15-1F

ROOMMATES WANTED: Male or female college students for fall semester. 1/2 block from campus, washer/dryer, smoking permitted. Call Gidget or Ginger at 375-2352. 7/15/2

FARMER WANTED: 4 man crew in Cuming County, housing, top wages, insurance. Dinklage Cattle Company, 529-3264; after 6 p.m., 529-6472. 7/15/2

THANK YOU

SPECIAL THANKS to the family for their love and support the times I was hospitalized at PMC and Marian Center. To the rescue unit and life flight from Marian for their prompt response and tender care. Pastors Rothfuss, Gillinghouse, Bill and Enid Stanton for their prayers and visits. I am very grateful to the doctors and nurses for their special care. All cards and phone calls were appreciated. Thanks to Kala for being with grandpa and helping when I was able to come home. — Verona Bargholz. These "thank you's" are some of Verona's final thoughts. We would like to express our thanks to everyone for all the flowers, memorials, cards and food during this time of sorrow. Special thanks to Pastor Mike for being there to help us through this sad time. We also want to thank the nurses and Doctors at PMC for their excellent care. All your prayers and kindness will always be remembered. Chris Bargholz, Jodene and Terry Henschke and family. Alyce and Tom Henschke and family. 7/19

THANK YOU to my family for all they did to make my 90th such a great day. Also thank you to everyone who attended, gave flowers, gifts, cards, food and visited. I had relatives attend from Florida, California, Oklahoma and Nebraska. Love to you all, Ella Miller. 7/19

SPECIAL NOTICE

SCHMITT CONSTRUCTION INC.

is presently working in the Wayne area. For the convenience of our Wayne customers, we have added a Wayne phone number which is **375-7809** or you can still contact us at 256-3514.

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\$15,483 / annually

DUTIES: Assists service coordination staff in securing needed services for individuals with developmental disabilities by: scheduling, transporting and accompanying individuals to appointments; communicating with health care professionals, governmental agencies, and other service providers. Secures and completes pertinent documentation. Typing and mailing correspondence; participation in data collection; orders office supplies; provides support to Service Coordinators; maintains files. **REQUIREMENTS:** Good communication skills. Valid driver's license; provide a passenger vehicle with liability insurance. Travel locally. High school diploma or equivalent plus one year experience in working in a human service agency. One year of office support experience required. Requires completion of supplemental questionnaire and state application form.

Must complete state application and questionnaire; must be post-marked on or before closing date: 7/26/94. Notify our office if you need accommodation in the selection process. Hearing Impaired/TDD Calls ONLY: (402) 471-4693.

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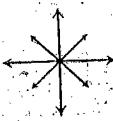
One Senior Residential Assistant. This person will divide his/her time between direct care of children/adolescents with developmental disabilities and assisting the Residential Manager with keeping the facility running smoothly—i.e., scheduling, designing training programs, conducting assessments, account for residents' finances, etc. This position has a beginning wage of \$6.32 per hour, 40 hours per week.

Three Residential Assistants. These person provide direct care to persons with developmental disabilities. Duties typically include conducting training programs, assisting with personal care routines, cooking, cleaning and supervision of recreational activities. One position will work with adolescents/young adults, one with adult men and one with both adult men and women. These positions have a beginning wage of \$5.82 per hour, 40 hours per week.

All full time positions receive 10 paid holidays per year, along with a generous personnel leave policy and group insurance. Hours are scheduled when residents are not at work or in school—i.e., during early morning, evening, overnight or on weekends. Specific shifts vary from position to position.

All applicants must be at least 19 years old, hold a high school diploma or GED and a valid driver's license. Region IV is an equal opportunity employer.

Closing date for all positions is July 27th. Apply at:



REGION IV SERVICES

209 1/2 South Main St.
P.O. Box 97
Wayne, NE 68787
(402) 375-4884

NOTICE OF VACANCIES

Wayne State College is seeking applications for the following positions. Applications and job descriptions are available by writing to the Administrative Services Office, Hahn 104, Wayne State College, Wayne, NE 68787; or by phoning 402/375-7485 between 7:30 a.m. - 4:00 p.m. Completed application form and letter of application are due in Hahn 104 by 4:00 p.m., Monday, July 25, 1994. Wayne State College is an Affirmative Action/Equal Opportunity Employer.

SECRETARY I, Nebraska Business Development Center. Part-time position.

SECRETARY I, Student Health. Part-time position.

WAYNE STATE COLLEGE
NEBRASKA

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Summer reading program concludes

The Wayne Public Library's summer reading program, "Books Make the World Go Round," was recently completed after six weeks, with 111 active participants from age 4 through grade 6, and an estimated 1,750 books read.

The special kickoff programs by storyteller Jym Kruse, who enthralled the children with stories from around the world, was attended by a total of over 100 children, as well as parents. His performances were made possible by funding of a

grant through the Nebraska Humanities Council.

The Read-To-Me and the Reading Clubs met once a week for four weeks for stories, crafts and activities about cultures from around the world. The awards carnival was held July 11 at Bressler's Park for the participants and their parents.

The library congratulates top readers for the Reading Club — first grade: Michaela VanderWeil, Brian Koll; second grade: Karissa Hochstein, Luke Gronc; third grade:

Jacey Klaver, Tara Gronc, fourth grade; Heather Headley, Ann Temme; fifth grade: Stacy Kardell, Monica Boehle; and sixth grade: Sarah Holstedt, Rebecca Brumm.

The library would also like to recognize those participants and family members of the Read-to-Me section who read a lot of books. Dustin Bargholz was read 90 books; Kayla Hochstein, 54; Emily Bruffat, 50; Elizabeth Baier, 49; Taylor Nelson, 47; and Jessica Dickey, 45. Dawn Garrett was the summer

reading program coordinator for the second year. The library extends many thanks to all the parents and helpers who brought the children to the library, who read and encouraged reading in their children. They also thank the following businesses and volunteers for their donations of goods and services: Dairy Queen, Hardee's, Pac 'N' Save, Pizza Hut, Subway, KTCH and The Wayne Herald, Amy Anderson, Bonnie Hansen, Dawn's family from Glenwood, Iowa, LuAnn Lange and Stacey. If you have been omitted here, please know we are grateful for your help too. It took many to make a successful program.

During the program, the library was visited by 400-500 people a week. The staff at the Wayne Public Library this summer includes library aides Angie Hansen, Molly Melena and Rita McLean, and assistant librarian Dorothy Stevenson, who helped with the book reports and recordkeeping. Library director is Jolene Klein.

Through July, the library will continue to offer 30 minute videos on Tuesdays at 2 p.m. for primary-aged children. The library hopes the children will continue to enjoy reading through the summer.

Those participating from the Read-to-Me and Reading Clubs who did not receive their certificates at the awards carnival may ask for them at the library desk.



Five generations

A family gathering recently provided a five generation picture. Cory Hensen holds his daughter Jordan (2 1/2 mos.) while sitting next to Jordan's great great grandmother Elsie Holdorf. In back is grandma Kathy (Holdorf) Jensen and great grandpa Willard Holdorf.



Champs at 4-H Expo

Megan Adkins, 14, and her seven-year-old Quarter Horse won the senior western pleasure championship July 13 at the 1994 Foyner Park State 4-H Horse Exposition in Grand Island. Megan, the daughter of Rick and Joan Adkins of Laurel, showed Skedadle Time for the win. Megan was the junior western pleasure champion at last year's state horse show. This year's trophy was donated by Mitchell's Anchor Serum Co. Inc. of Grand Island.

Countians win at show

Wayne county youngsters and those from nearby communities competed well at the Wisner Livestock Show, held last week. Winners in the different divisions from this area were:

DAIRY

Senior Showmanship: Dannika Jaeger, Winside, reserve champion; Joshua Jaeger, Wayne, Purple 4.

Intermediate Showmanship: Jeremy Jaeger, Wayne, Purple 3.

Junior Calf: Jeremy Jaeger, Wayne, Blue 1.

Junior Yearling: Joshua Jaeger, Wayne, Purple 1.

Senior Yearling: Dannika Jaeger, Wayne, Purple 1.

SHEEP

Reserve Senior Showmanship: Melissa Miller, Hoskins.

Champion Intermediate Showmanship: Kim Nathan, Hoskins.

Reserve Junior Showmanship: Samantha Deck, Winside.

Grand Champion Breeding Ewe: Kelly Nathan, Hoskins.

BEEF

Champion Intermediate Showmanship: Layne Sievers, Randolph.

Grand Champion Market Heifer:

Vaughn Sievers, Randolph.

Market Steers — Division I Champion: Aimee Buresh, Hoskins.

Market Steers — Division II Champion: Ryan Thompson, Wakefield.

Grand Champion Market Steer: Ryan Thompson, Wakefield.

GOATS

Intermediate Showmanship: Jill Fleece, Wayne, champion; Eric Frye, Wayne, Reserve.

Senior Showmanship: Andrew Jensen, Winside, reserve.

6 Months and Under: Andrew Jensen, Winside, P1; Eric Frye, Wayne, P2; Jill Fleece, Wayne, B1 and B2.

1 to 2 Year Non-Milking: Andrew Jensen, Winside, P1.

Under 2 Year Milking: Andrew Jensen, Winside, P1; Jill Fleece, Wayne, B1.

Grand Champion Dairy Goat: Andrew Jensen, Winside.

Junior Herd: Andrew Jensen, Winside, P2.

Mother-Daughter: Jill Fleece, Wayne, B1.

Roads brochure assists public

The Department of Roads has produced a brochure summarizing its proposed "Public Involvement Process" for transportation planning and programs.

The brochure describes the various means available for the public to impact the state's long-range transportation goals and the pro-

grams implemented to reach those goals.

The general public has until Aug. 29 to comment on the proposed process. To obtain a copy of the brochure, write or phone Transportation Planning Division, Nebraska Department of Roads, P.O. Box 94759, Lincoln, Neb. 68509-4759, phone 479-4518.

Lottery

(continued from page 1)

match numbers between one and 45 on each of five balls drawn and then match the number on the Powerball, which is drawn separately. The first drawing which will include Nebraska ticket sales will be Saturday.

Powerball drawings will be telecast live Wednesday and Saturday evenings over the Nebraska Lottery Powerball Network.

Jackpots begin at \$2 million and grow after each drawing if no one matches all six winning numbers. Odds of winning the jackpot are one in 55 million.

WSC Music Camp is observing 50th year

Wayne State College's Summer Music Camp is celebrating its 50th anniversary this year, according to Dr. Jay O'Leary, division head of fine arts at Wayne State.

Approximately 350 high school musicians will attend the annual camp July 24-31. The camp will offer band, choir, orchestra, jazz band, swing choir, Madrigals, string ensembles and a women's chorus, in addition to private instruction in voice and instruments.

"A pre-camp" will be held July 21-23 in which students may study instrumental jazz, vocal jazz and piano.

The Summer Music Camp was begun in 1945 by Russell Anderson, then the division head of fine arts, and had approximately 100 students participate in band, choir and orchestra, according to O'Leary.

"We're very pleased that this camp has been in existence for 50 consecutive years," says O'Leary, "and we appreciate the response we've received from schools in the region, and from our alumni."

The camp will conclude on Sunday, July 31 with grand finale concerts at 1 and 3 p.m. "Praise Variants," a specially commissioned piece to commemorate the 50th anniversary of Summer Music Camp, will be performed by all campers. The piece was written by nationally known composer Ed Huckaby.

The following is a list of concerts and events open to the public during the summer music camp. All performances will be held in Ramsey Theatre except for the grand finale concerts, which will be in Rice Auditorium. Admission is free unless stated otherwise.

Saturday, July 23, 7:30 p.m., pre-camp concert.

Monday, July 25, 8:30 p.m., faculty-staff recital.

Tuesday, July 26, 8 p.m., student recital.

Wednesday, July 27, 8 p.m., Camp Capers (variety show).

Friday, July 29, 7:30 p.m., piano and special ensembles concert.

Saturday, July 30, 5 p.m., jazz bands, swing choirs and vocal jazz concert.

Sunday, July 31, grand finale concerts, Rice Auditorium, 1 p.m. - choirs and 3 p.m. - orchestra and bands. Admission is \$2 for adults and \$1 for students over 6.

School

(continued from page 1)

valuations adjusted to 100 percent of market value. The law also called for use of updated enrollment figures and current property valuation numbers.

Denny Donner, property tax administrator for the revenue department, has said that this year was an alignment year and next year should be more stable.

But that leaves this year and it leaves some angry school district officials.

In Loup city, there was a nearly \$474,000 cut in state aid.

"We had a preliminary budget that called for a 7.8 percent tax increase," said Superintendent Dave Rokusek. "If we did nothing at all to the budget, we'd have a tax increase of 38 percent."

"The board isn't going to do that,"

Rokusek said. So the board asked that half the loss in state aid be cut from the budget. Then the board will take another look at the situation.

Rokusek said it is difficult to learn the amount of state aid in July "after you have your personnel costs, your teachers' contracts, already locked in."

David Schley, Shelton superintendent of schools, said his enthusiasm for the \$72,000 increase in state aid this year is tempered by feeling his school district could see just as big a decrease next year.

"When the new state aid law took effect, we had a significant increase the first year," Schley said. "Then we had decreases until last year, when we had an increase of \$3,000 and this year, when we had the \$72,000 increase."

Jensen, Schley and Grand Island Superintendent Lane Plugge said they share Rokusek's concerns about the late notice on state aid and the large annual swings.

The situation leaves the Wayne district scrambling to make cuts and plans for this year, said Jensen, but there is also the consideration of what is to come in subsequent years. He said he and the board have set a goal of formulating a budget without implementing a tax levy increase this year, and he thinks that can still be attainable. But if cuts are made to meet that goal now, there is the uncertainty about the new lid limits being discussed for next year, he explained.

--Wire service accounts contributed to this report.

Students participate in research

Two dozen Nebraska high school students, including Mary Ewing of Wayne, and a couple of high school teachers will earn and learn this summer as interns with the Nebraska Research Initiative Engineering Research Centers at the University of Nebraska-Lincoln.

The 24 students and two teachers will spend July 17-22 with center researchers, learning about data

structure theory and computer science, environmental data collection, lasers, advanced electronic materials, infrastructure testing and experimental machining techniques.

The student interns will be paid \$250 and the teachers \$750 for their work with the centers. They also will receive room and board during their stay at UNL. This is the second year the NRI Engineering R&

search Centers have offered this internship, and the number of internships offered has doubled.

Miss Ewing will work with laser-analytical studies of trace gas dynamics.

Some activities planned for the interns include a trip to a wetland site in the Sandhills near Valentine to measure gases fluctuating between the Earth's surface and the atmosphere; preparing samples of microelectronic thin films and characterizing the samples using ellipsometers and atomic force microscopes; and collecting and analyzing data from a network of stream and rain gauges.

Samy Elias, associate dean for engineering research, said hands-on experience is an important ingredient in engineering education. "We offer these internships so that in addition to benefiting university graduate and undergraduate students, center research activity may also benefit high school students in Nebraska," he said.

Nine high school teachers and 161 high school students applied for the internships, which were partly funded by a \$5,000 grant from the National Science Foundation's EPSCoR program.

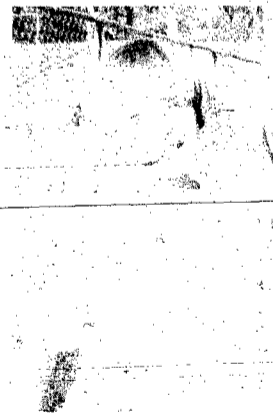
The six NRI Engineering Research Centers were created in 1988 with funding from the state legislature's Nebraska Research Initiative program. The centers aim to conduct research applicable to state industry, accelerate the flow of technology from laboratories to users, and increase economic development in Nebraska.

Angus group gains member

Jim Harner & Sons, Carroll, are new members of the American Angus Association, reports Dick Spader, executive vice president of the national organization with headquarters in St. Joseph, Mo.

The American Angus Association, with over 24,000 active adult and junior members, is the largest beef cattle registry association in the world. Its computerized records include detailed information on over 12 million registered Angus.

The Association records ancestral information and keeps records of production on individual animals for its members. These permanent records help members select and mate the best animals in their herds to produce high quality, efficient breeding cattle which are then recorded with the American Angus Association. Most of these registered Angus are used by the U.S. farmers and ranchers who raise high quality beef for U.S. consumption.



Cluck-off winner

Samantha Bock of Allen, daughter of Rob and Joy Bock, participated in the "Cluck-Off" at Wayne Chicken Days. She won in her age group of 12 and under. She went on to the final Cluck-Off and was defeated, but won a \$25 prize.



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LEISURE TIMES

A bi-monthly publication for Senior Citizens

July 19, 1994

Contact your local newspaper

Crofton area man still lives with memories of WWII

By Sue Wortmann
Cedar County News

HARTINGTON — Some things in life you just don't forget.

Crofton native Tony Mueller certainly hasn't.

He is one of many WWII veterans who has a story which seems almost surreal to those who have never encountered combat.

With all the recent celebrations and memorials marking the 50th anniversary of some of the major events in the war, area residents have had a chance to glimpse some of the horrors that haunt Mueller daily.

"The shows and specials this year have brought back memories — too much of the memories," said Mueller, who was a soldier with the Twenty Eighth Infantry Division — the third wave of troops to storm the Normandy beaches during D-Day.

"We were in a landing boat in the shallow water, we were supposed to start unloading. My foot got stuck in the trap door on the ship and I couldn't get out. I finally got out of there, soaking wet. When we got to shore there were shells and artillery flying all over the place. Bodies were floating on the water. We kept moving further in to land."

Mueller said one day rolled into the next as the intense fighting continued.

But one date sticks in his mind — July 20.

"We had just finished eating and were going over a knoll, when I saw some Germans. I hollered to captain Dooley and he said, 'Go get 'em.'" Six of us walked about 200 yards and opened up fire. Three Germans fell, but we figured there were more of them.... The soldiers continued to advance, seeing a German tank ahead on the horizon. There was a wood rail ahead of us. Sergeant Powell (one of the men along) jumped the fence and was shot in the back. It killed him right away. We had to just leave him there."

Mueller said one of his com-

rades, Lt. Green, and himself were able to take cover behind a tree. Green turned to him and said, "That machine gun is going to zero in on us here. Do you think I'll ever see my wife again?" Mueller remembers saying, "I don't think we'll ever see anyone again."

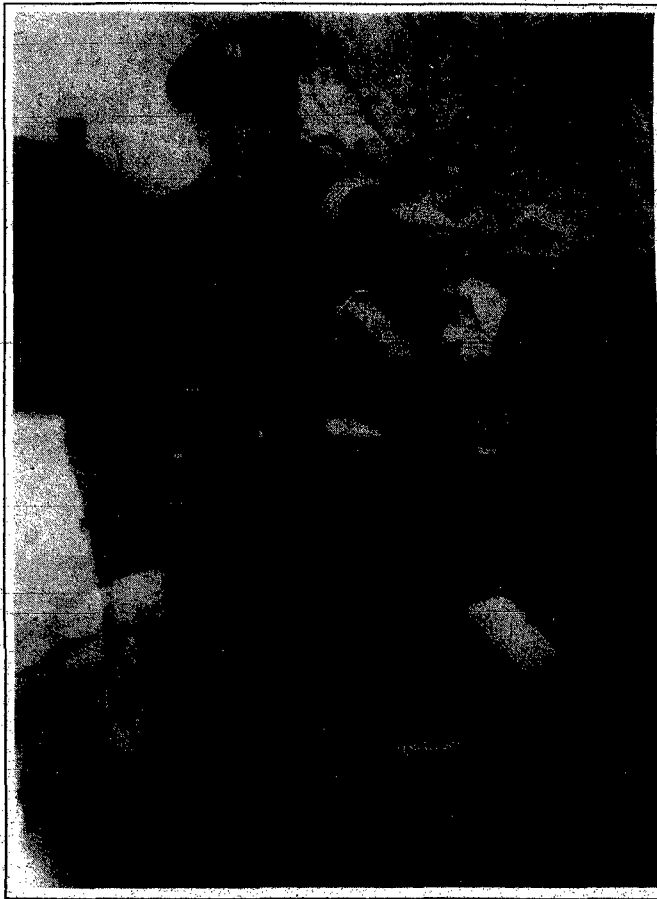
Green decided to make a run for it and was hit. Mueller ran out to drag him back.

"He told me to go for help. While I was dragging him I heard a snap. I looked down and a sniper had shot him in the head. I left him and got my gun. The sniper and I took aim at each other just like in an old western story. He shot me right through the mouth. I fell onto the top of Lieutenant Green. I was spitting out teeth. I remember saying I'm dying."

"Somehow Mueller managed to grab his gun and hid in a rye patch. Then he was hit in the leg with machine gun fire. "Boy that hurt then. I couldn't do a damn thing. I started working my way through the rye patch to get more cover. A German was looking through Lt. Green's pockets, and I knew he would be looking for me. Pretty soon I heard

someone hollering. They found me. A German came up, asked if I could speak German. When he found out I could he asked if I was married, where I lived. Then he took my billfold." Mueller is convinced that the intervention of a German Medic saved his life, probably several times.

This medic came and gave me some water and pills. He cut my shoe off with a knife to help me and then cut my T-shirt and bandaged up my leg. I looked down then and could see the bullet holes.



He visited with me a lot." It was getting toward evening and I was getting hot, the medic put a tree on top of me for shade. Pretty soon a tank was coming down the hedge row, it was headed right for me. I couldn't move and I thought they were going to run over me. One of the Germans saluted the tank and said "Heil Hitler"; the tank turned then and missed me by about three feet. "One of the soldiers from the tank got out and ran up talking in German and pointing a gun at me. I called out "Miech Schez" (German for don't shoot) and the

German Medic grabbed the gun and shoved him away." It was getting really dark; artillery shots were flying all over. I fell asleep and one of the artillery shots raised me off the ground, caught my shoulder. "The next morning I woke up to someone looking right into my face. It was my buddy DiMaggio, hollering, "Mueller are you still alive?" I started crying and hollering in pain. I was making so much noise DiMaggio told me to be quiet because there was still Germans all around." Mueller said shortly after DiMaggio's return, a jeep car-

rying four other wounded American soldiers rescued him. They removed him from the spot he had lain wounded in for 27 hours and took him back to a makeshift hospital tent. "The first person I saw was a Catholic Chaplain who gave me last rites. That scared me because I didn't think I was hurt that bad." Mueller was sent to a hospital in England and discharged after three months. He was awarded the Purple Heart and two bronze stars for his part in the war. In one of the ironies of war, his billfold which had been taken by the German soldier, was returned to him several months after he returned home. His money was gone, but a picture of his girlfriend remained. "When they were taking me back to the hospital in England, the jeep stopped at a cemetery on the top of a hill on the Normandy Peninsula. I read this on one of the tombstones and have never forgotten it."

By the flow of the island river. Where the fleets of iron have fled. Where the blades of the green grass quiver. Asleep lay the ranks of the dead. Those in the ribbons of glory, and those with the gleam of defeat, all in the battles of glory; In the dust of eternity shall meet.

The words still bring many tears to Mueller, and the words to the verse hang on the bulletin board in his room; a reminder to all that those legions who died in the war are still very much alive in the memories of their comrades.

Eating right should be tops on agenda

Concerned about your health? Good! Because research concludes that good nutrition allows you to keep active, mobile and mentally alert. It's critical for health, as well as recovery from illness and injury. In fact, poor nutrition is the most important factor in predicting doctor visits and hospitalization.

Therefore, eating right should be tops on your lifestyle agenda! In the years after age 60, your body needs the same protein, minerals and vitamins as in earlier years. And, unless you are underweight, the need for calories decreases due to decreased exercise, activity and a slower metabolic rate. By age 65, you may need 25 percent fewer calories than earlier in life — but the same nutrients. (Nutrients are substances that

promote growth, heal body tissue and are essential for good health.)

How can this be accomplished? By making the right food choices! A recent study of the diets of 4,400 older Americans discovered that one out of every five men living alone over age 55 had a poor diet. For women, one out of every four between 55 and 64 years of age had a low quality diet.

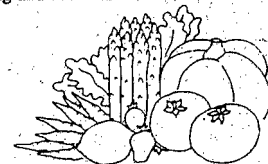
Physical changes brought on by aging may influence how well our bodies digest and absorb food and can affect our bowel habits. Medications that are taken can affect metabolism and food absorption. Changes, such as dental problems, dentures, a reduction in the number of taste

buds, decreased sensitivity of smell, decreased physical activity, decreases in sight, chronic diseases, or psychological changes can affect proper food intake.

Because of these factors, as we grow older, we must take great care in selecting foods high in vitamins and minerals while low in empty calories and fat. Although vitamin and mineral requirements don't change markedly with aging, lifestyles often do. The older we become the more sedentary and less physically active we are. Often, there is also a change in financial status. Is any of this true for you?

Everyone experiences some physical changes brought on by the aging process. As a result you may want to practice the

following: careful eating, regular moderate exercise, dental care, elimination of smoking and moderate or no alcohol consumption.



All are critical for maintain good health.

Take time to carefully consider your life-style habits and food intake and make an effort to eat the best foods possible, those rich in vitamins, minerals, fiber and low in fat.

Helping elderly relatives live independently

Most all people want to live healthy, independent lives. This is true of all but the most frail older person. But a helping hand is not always the best form of assistance to offer an older relative, especially if it means taking over a routine daily living task.

When a parent's ability to handle everyday activities declines due to illness or other disability, the natural response is to make their life easier by taking on some of the tasks. Until quite recently, the medical establishment supported this approach, but now the thinking is changing. Family

members who hear themselves saying to an older relative, "Let me do that for you" or "Now be careful not to overdo" should think carefully about the effects of such comments.

Professionals now agree on the positive effects people experience when they feel a sense of control in their lives. Dr. Judith Rodin of Yale University has consistently shown that even very frail older people are healthier and happier when they feel some responsibility for their own lives. Further, people who feel as if they are mastering their environment are more likely to continue living independently than are others

at the same level of ability who do not have such feelings of capability.

According to psychologist Janet Belsky, a condition of actual physical deterioration called excess disability can result when:

- Well-meaning helpers or environmental barriers prevent older people from doing tasks they are physically able to do.
- Older people who have fallen or had a medical scare unnecessarily restrict their own activities because they fear a repeat incident.
- Disabling side-effects of medications are mistakenly accepted as inevitable deterioration of "old age."

How can families be helpful? Families can help in two important ways: First, by not giving in to the impulse — however positive — of jumping in and taking over; and second, by doing specific, constructive things to help older relatives maintain and improve their independent functioning.

Families can be particularly helpful when it comes to small home repairs. Research has shown that elderly people have a great need to have someone help them with things that break down or with small house and gardening chores. Whether your relative lives nearby or far away, helping to locate and arrange help is invaluable.

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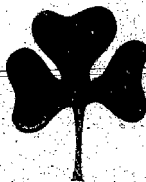
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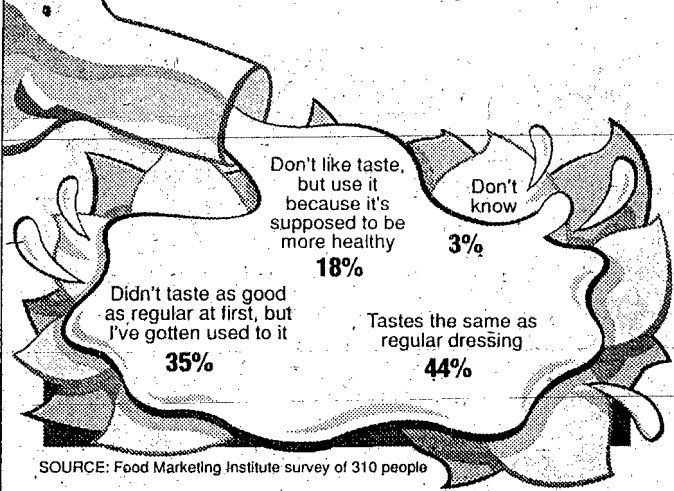
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Facts du jour

Adjusting to lower-fat dressing

Grocery shoppers were asked how they liked fat-free or reduced-calorie salad dressing. Their answers:



SOURCE: Food Marketing Institute survey of 310 people

Residents of nursing homes can make decisions...

Some residents of nursing homes may feel as if they've lost all control over their lives. They may be in poor health, confused or depressed. Sometimes it may seem easier to allow a son, daughter, spouse or some other trusted person to make decisions for them, and there are ways of allowing this.

However, this doesn't mean that persons who live in nursing homes lose their right to make decisions.

Nebraska law states that anyone over the age of 18 is presumed to be competent to act as an adult. This means that a person has the right to make decisions even if they're in their 60s, 70s, 80s, 90s or older. Furthermore, there's no law that takes this right away from residents of nursing facilities when they are admitted to the nursing facility.

In fact, the federal Nursing Home Reform Act of 1987 states that residents of nursing homes can exercise all rights given under law unless a court-of-law has appointed someone to act on their behalf.

These can include driving a car, voting, getting married, operating a business, contracting for health care and deciding not to accept health care, among other things.

Under Nebraska law, not only may residents of nursing facilities exercise rights given to all adults, but no one else may do so on their behalf unless they do so pursuant to court order, as a court-appointed guardian or conservator, as an appointed representative payee or protective payee, or pursuant to a power of attorney. Furthermore, the resident still retains his or her rights under a power of attorney and can usually revoke the power at any time.

Nebraska law also permits persons to make certain decisions regarding health care with advance directives — known as Living Wills and Durable Powers of Attorney for Health Care. A Living Will allows a person to state ahead of time what his wishes for health care are should he or she become unable to express that wish. A Durable Power of Attorney for Health Care allows another person to make those decisions.

For more information about decision-making and recent changes in the law, contact the Long-Term Care Ombudsman, Nebraska Department on Aging, P.O. Box 95044, Lincoln, NE 68509, 471-2306 in Lincoln, or 1-800-942-7830 (voice/TDD) in Nebraska.

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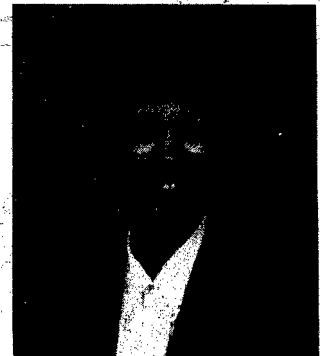
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is a special bi-monthly supplement for the senior citizens of Northeast Nebraska inserted in the following newspapers: Cedar County News in Hartington (254-3997), South Sioux City Star (494-4264), and The Wayne Herald (375-2600 or 1-800-872-3418).

Tennis Buddies Meet Six Days A Week For Fifteen Years



Tennis Buddies from Dakota County have been meeting every morning, except Sundays, for almost fifteen years. The group of eleven plays on tennis courts throughout the Siouxland area. Pictured are (front to back) Connie Schoenberger, the youngest member at 47, Penny Morgan, Lillian Murley, the oldest at 76, Gen Engel, Ruth Flackoy, Sandy Beermann, Dorothy Beermann, Dorothy Andersen, Dorothy Krampfer, and Fran Haafke. (not pictured: Jean Culbertson)

By Phtil Carter

When most people think of tennis, young stars like Pete Sampras and Steffi Graf usually come to mind, but not in Dakota County, however.

For nearly 15 years, a group of women from Dakota County have been meeting six mornings a week playing tennis on courts around the Siouxland area.

The ages for the women range from 76 years, the oldest, to 47 years, the youngest.

The group, which calls itself the "Tennis Buddies", usually meets at a designated tennis court at 7:30 a.m. and concludes about an hour later. After finishing their morning tennis matches, some members in the group leave for work while others go out for breakfast.

"It's a good way of combining fellowship and exercise," says president of the "Tennis Buddies" Dorothy Beermann. "Besides it's a wonderful way to start the morning."

Weather A Factor

The group meets Monday through Saturday beginning in early May and conclude their tennis season as late as October or November depending on weather conditions.

"We've played well into late October wearing gloves and warm clothing," Beermann added. "But usually we don't try to over do it especially when it's hot."

Beermann said that the warm temperatures this summer haven't hurt the "Tennis Buddies" but she said they play shorter

matches and make sure someone rotates in and out of every match.

The league first began in the late 1970's with Peggy Pearson, Jean Culbertson and Dorothy Anderson joining Beermann and playing routinely each morning.

"It just began spontaneously. We didn't plan on meeting everyday, but it started to happen that way after it spread around from word-of-mouth," Beermann mentioned.

Grew Bigger, Bigger

The group grew from the foursome and turned into what is now a "twelve-some" Beermann says, but she also added that number has pretty much leveled off and stayed the same over the last few years.

Pearson, one of the original four members, left the group a few years later because of a serious illness in her family, but other than that most of the original group is still together.

"We just enjoy playing and spending time together so I think that's what has kept everyone involved with the group over the years," she stated.

Tennis isn't the only activity the "Tennis Buddies" get involved with.

Fran Haafke, the secretary for the "Tennis Buddies", says the group plans other events as well as tennis and breakfast in the morning.

"We sometimes take trips out of town or visit a historical spot," Haafke says. "It doesn't necessarily have to be tennis but fun things to do."

Awards Ceremony

Awards are also given out at the end of the tennis season. Beermann says the group meets for a steak dinner at the end of the year and certain individuals are recognized for improving and attendance throughout the summer. "We usually go to Leo Anderson's house and grill steaks and go over funny moments that happened over the last few months," Beermann says. "It's a nice way of letting a fun summer. It gets us ready for next year."



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Seasoned athletes turn to recumbent cycles for variety in their training regimens. The cycles are great for toning the large muscles of the lower body, including the buttocks and hamstrings, which upright cycles can neglect. This is also a bonus for anyone concerned with such common trouble spots, especially women. Recumbent cycling is more comfortable than upright cycling for many people, because the contour of a recumbent cycle's seat firmly supports the lower back and distributes weight evenly through the upper body. This is beneficial for pregnant women, older people, deconditioned people, or overweight people for whom the traditional upright cycling position is uncomfortable. In addition, recumbent cycling is an excellent exercise for people concerned about high blood pressure. In one study, researchers closely monitored test subjects' progress during upright and recumbent cycling sessions. Their diastolic blood pressures remained at a similar level on both upright and recumbent cycles, indicating normal vascular response to endurance exercise.

However, at identical perceived exertion levels, their heart rates and systolic blood pressures were significantly lower while exercising on a recumbent cycle, indicating less cardiac effort. The elevated leg position during recumbent cycling facilitates blood circulation, thereby reducing cardiovascular stress. One leading manufacturer of top-quality fitness equipment, Precor, has added recumbents to its product line. The 817e Recumbent Cycle, which retails for about \$450, is a great way to get started at a moderate price.

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Well chosen clothing can enhance the beauty of aging

As you grow older, what changes have you noticed in your appearance? Are you heavier or thinner? Has your weight been redistributed so your waistline almost disappears? Have you noticed more lines on your face, drying skin, thinning hair, graying hair, rounded shoulders and a general slowing down?

Remember, aging is gradual and so are those physical changes the body experiences. According to Janet Baird in the book "These Harvest Years," the effect of aging should not be thought of as beauty departing, but rather as beauty changing.

Clothes extend the self and are important to your identity. They cover the body and enhance your appearance both physically and emotionally. Clothing can improve the coping potential of older women by making them feel good about themselves. Clothes can help boost self-image and self-esteem, satisfy the need for social acceptance, express your personality and improve your appearance. The ability to dress and undress yourself in comfortable, well fitting clothes allows you to feel control over your life and daily activities. This in turn leads to more positive feelings about yourself.

If you're an older woman with rounded shoulders, select the kimono, dolman or raglan sleeve. A pattern can be altered by adding width to the back bodice, lengthening the shoulder blade area and enlarging back shoulder darts to accompany the rounded shoulders. For sloping shoulders wear shoulder pads in varying thicknesses.

For that prominent abdomen, select one-piece dresses with no waistline. Wear garments with tucks or gathers released above the waistline and directed toward the abdomen.

Select slightly flared, gored or gathered skirts for hips that have expanded. Look for elasticized waists and easy fullness below.

Avoid garments with bust darts unless those darts are pointing to the fullest part of the bust. Many times these darts are located up too high. It would be better to redirect fullness into soft tucks, or gathers over the bust and waistline.

Clothing, if well chosen, can enhance the beauty of aging. Take time to know yourself, try on clothing and consider styling, color and texture to make the most of you.



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Sense for Seniors — Enriching lives of younger

By Betty Gibb
Kansas Senior Press Service

Q. Sometimes I get the impression from politicians talking about Social Security and the like that they think older people are just sitting around doing nothing and living off the work of younger people. That's sure not true for me—and not for my older friends either. I'm babysitting for two of my grandchildren. (My son would have to send them to daycare.) I'm also cleaning my mother's house and doing some cooking for her so she can stay out of the nursing home which would cost taxpayers a lot because she is eligible for Medicaid.) I'm putting more time and effort back into the economy than my Social Security check takes out of it. I want to say this to someone, and Sense for Senior's seemed like a good place. Thanks.

A. Thank you for writing. Your situation is far from unique. Since you wrote, I'll share some statistics that crossed my desk from a Harris poll taken in 1992. I found the information in the April-June issue of "Perspective on Aging," a publication of the National Council on Aging. Here are some

•On any given day, at least 12 million sick or disabled Americans of all ages cannot manage their daily lives without help. Who is helping them? In many cases, older Americans are. More than 15 million older people—nearly 30 percent of all people age 55 and over—provide care to a sick or disabled person. They care for members of

their immediate families (spouses and parents), and reach out to help a wide circle of friends, neighbors and other relatives as well.

•More than one out of every five people age 75 and over is a caregiver.

•The time that older Americans spend helping sick or disabled family members and friends is equivalent to the hours of 3.4 million full-time caregivers. At \$5.60 per hour, the typical rate for housekeeping work, the unpaid caregiving of older Americans is worth about \$40 billion per year. In comparison, the budget for Medicare home health benefits in 1993 is approximately \$7 billion.

•51 percent of older American parents—22.6 million people—are caring for or assisting their children, grandchildren, or great-grandchildren.

•Typically, older people provide nine hours of help to their children and 13 hours of childcare to their grandchildren or great grandchildren per week. The help provided to younger generations is equivalent to the hours of 7.7 million full time childcare workers. At an hourly rate of \$3.35, their unpaid assistance to children and grandchildren is worth \$48 billion a year, or more than 17 times the federal government's 1993 budget for the Head Start program.

If you have a question or comment for "Sense for Seniors," write to Betty Gibb, Kansas Senior Press Service, 301A 8. Clairborne, Olathe, KS 66062.

Bonding of generations needed

Intergenerational exchange important

Intergenerational exchange has emerged as an important and vital way to address some of the issues which currently affect our society.

Increasingly, we learn of intergenerational programs for young children, for school drop-outs, for at-risk youth and their families, for new immigrants to the U.S., for older persons in nursing homes, and for the homeless and isolated.

Underlying each of these programs is a premise that fosters the connections upon which societies are built: between young and old; between people and systems; between the past, present, and the future; and between ideas and values.

The time is right and the need is now

for our nation to consider the importance of connections within our society. For many Americans of all ages, these are times of isolation from family members, peer groups, and communities. This is an indication of a disconnected society in which too many individuals do not feel valued; important; cared for; or a part of a cohesive unit that provides support, encourages growth, and gives guidance in making appropriate life decisions.

Think about the social climate that can emerge when our society is connected: Our children will be more secure, less vulnerable, better learners, more creative, more responsible, more compassionate, and better able to make positive life decisions.

Our elderly will be more secure, less vulnerable, physically and emotionally healthier, more productive; and better able to leave an appropriate legacy of life skills and knowledge. Our families will be more secure, more productive, less poor, and more involved in their own futures and in the future of their community.

Like fresh air and sunshine, a bonding of generations is something all of us needs—regardless of vulnerability, age, racial or ethnic origin, or social class. But meaningful connections across generations is something that all too many people

don't, and won't, have outside the context of an intergenerational program.

The intergenerational movement will know its battles are over when there's no longer any need to "Program" intergenerational relations—when it's no longer necessary to contrive ways to bring old and young together.

The celebration can be planned when people have begun to prevent age segregation, rather than trying to repair damage after it's done. Then, and only then, may we achieve the kind of world in which all of us will want to grow up and old.

Current air fares reasonable

"Current airfares into many markets are as low and as non-restrictive as any we've seen for some time," says Becky Keidel of Trio Travel. 2-for-1 fares (first person pays full fare; 2nd flies for 2 cents) apply to 37 cities roundtrip from Omaha. Low prices are also available to some cities when only one person flies.

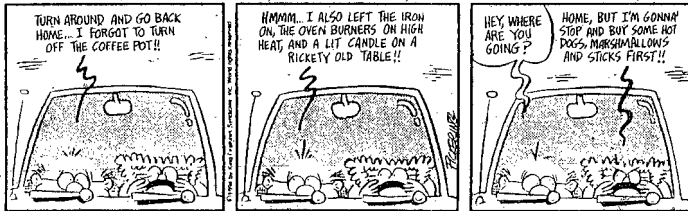
Current fares may offer other attractive features, as well. Some are fully refundable. Many require only a single day's advance purchase. Some allow travel any day of the week and specify that the required overnight stay need NOT be a Saturday night.

So far, no expiration dates for purchase

or for travel exist. "Therefore," says Keidel, "we are able to book travel 11 months out." This time frame encompasses fall and spring breaks, Thanksgiving, Christmas, Valentine's Day, Easter and the graduation season. "Those persons planning ahead are realizing great travel values," Keidel says, "especially since many of the fares are fully refundable should clients be unable to travel."

Keidel stresses that the rules and airfares may change at any time. "Don procrastinate," she says. "To check the best fares into any city, you need only call Trio Travel at 375-2670 or 1-800-542-8746."

THE SPATS by JEFF PICKERING



Sense for Seniors — Stroke patients need visitors

By Betty Gibb
Kansas Senior Press Service

Q. My elderly aunt suffered a stroke several weeks ago. She has great difficulty talking and enough restricted movement that she's been placed in a nursing home. I have a hard time making myself go visit. Maybe visits tire her and she'd be better off not seeing me. What do you think?

A. You must know my answer—even before your wrote. Yes, it's hard to visit someone you love whose life functions have been impaired by illness. When communication is diminished, visits become especially difficult. Yet, for the person with the illness, the person who already feels useless and cut off from family, contact is more important than ever before.

Just this week I read some scientific evidence that visits from friends and relatives can have a recuperative effect on the physical functioning of post-stroke elderly patients. An article in the September issue of the Journal of Gerontology reported a study to researchers of the University of Pittsburgh.

The article pointed out that "it is possible that those who have more numerous social contacts have greater motivation to remain physically active and mobile. They may also have more information that would enhance their ability to cope with a medical crisis."

Your aunt needs your visits. The more time you spend with her, the easier it will be to understand her limited communication. Put aside your own nervousness and

unsureness about how to relate to her, and let her know she's still an important part of your family.

Q. I'm in my mid-60s and have smoked since I was 18 or 19. My children (and my grandchildren) are urging me to quit. Since I've smoked for so long and haven't had a health problem yet from it, why should I quit now?

A. Are you sure you haven't had a health problem? Research continues to prove that the effects of smoking on the lungs, heart, mouth and other organs is cumulative. Just because you don't have a symptom that you recognize as smoke related, doesn't mean the cigarettes are not doing damage in your body.

Also, think what a positive health statement your quitting smoking will make to your grandchildren. You are a role model for them. Do you want them to smoke?

It's never too late to stop smoking. That's a medical fact. Your health starts to improve the day you quit—so does your budget. With the talk of a "sin" tax of as much as 75 cents to a dollar a pack on cigarettes under a new health care program, today is probably the best day of your life to quit! Give it a try.

If you have a question or comment for "Sense for Seniors," write to Betty Gibb, Kansas Senior Press Service, 301A S. Clairborne, Olathe, KS 66062.

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Six Tips For A Good Night's Sleep

Everyone deserves the luxury and comfort of a good night's sleep. Six Tips for a Good Night's Sleep cannot tell us exactly why a body needs sleep and how much, but medical research confirms the wisdom behind the old Irish proverb: Good sleep is the beginning of good health. Sleep restores us not only physically but mentally as well. According to expert sources at Contour Pillow distributor Direct To Retail, these six simple tips can help you sleep well and wake up refreshed:

- Think of your bedroom as the relax room. Make sure the environment is restful. It should be quiet and stress-free. Adjust the temperature to a comfortable level and dim the lights. Sleep on a firm mattress with clean sheets.
- Spend 15 minutes relaxing before retiring. Take a warm bath. Read a book. Listen to soft music, such as Tony Bennett or classical sonatas. If you watch television, turn on PBS or Discovery instead of the news. Drink a glass of milk. Enjoy safe sex.

- Establish and maintain a routine. Follow your own body clock; some people feel rested with six hours sleep and others need eight hours. Always wake up at the same time, no matter what time you go to sleep.
- Avoid heavy exercise, alcohol and drugs, caffeine and cigarettes immediately before going to bed.
- Once in bed, relax your body, muscle by muscle. To help you relax, try spending five minutes doing a mental "guided imagery" exercise, focusing on each body part (i.e. left calf, right thigh) from scalp to toes.
- Try sleeping with a Contour Pillow™, the original "healthy pillow alternative." It's designed to follow the natural contours of the neck and head to support and align the body as nature intended, while therapeutic foam fingers adjust to the individual. The Contour Pillow is sold through direct response and in stores everywhere, satisfaction guaranteed. For more information, call Direct To Retail at (508) 655-0200.

How to Read the New Food Label

What's new about the label? It's simple. Healthy eating has never been easier, thanks to the new nutrition label. Here's the good news:

- Most foods in the grocery store must now have a nutrition label and an ingredient list.
- You can buy with confidence. Claims like "low cholesterol" and "fat free" can be used only if a food meets new legal standards set by the government.
- Why read the label? Read the label to help choose foods that make up a healthful diet. Eating a healthful diet can help reduce your risk factors for some diseases. For example, too much saturated fat and cholesterol can raise blood cholesterol (a risk factor for heart disease). Too much sodium may be linked to high blood pressure (a risk factor for heart attack and stroke). The diagram below points out important components of the new label and how to interpret the information it provides.

Serving Size
Is your serving the same size as the one on the label? If you eat double the serving size listed, you need to double the nutrient and calorie values.

Calories
Are you overweight? Cut back a little on calories. Look here to see how a serving of the food adds to your daily total.

Total Carbohydrate
Carbohydrates are foods like bread, potatoes, fruits and vegetables. Choose these often! They give you more nutrients than sugars such as soda and candy.

Protein
Most Americans get more protein than they need. When there is animal protein, there is also fat and cholesterol. Eat small servings of lean meat, fish and poultry. Use skim or low-fat milk, yogurt and cheese. Try vegetable proteins like beans, grains and cereals.

Vitamins & Minerals
Your goal here is 100% of each for the day. Don't count on one food to do it all. Let a combination of foods add up to a winning score.

Nutrition Facts

Serving Size 1/2 cup (114g)
Servings Per Container 4

Amount Per Serving		% Daily Value*	
Calories 90	Calories from Fat 30		
Total Fat 3g		5%	
Saturated Fat 0g		0%	
Cholesterol 0mg		0%	
Sodium 300mg		13%	
Total Carbohydrate 13g		4%	
Dietary Fiber 3g		12%	
Sugars 3g			
Protein 3g			
Vitamin A 80%	Vitamin C 60%		
Calcium 4%	Iron 4%		

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

More nutrients may be listed on some labels.

Total Fat
Aim low: Most people need to cut back on fat! Too much fat may contribute to heart disease and cancer. Try to limit your calories from fat. For a healthy heart, choose foods with a big difference between the total number of calories and the number of calories from fat.

Saturated Fat
A new kind of fat? No — saturated fat is part of the total fat in food. It is listed separately because it's the key player in raising blood cholesterol and your risk of heart disease. Eat less!

Cholesterol
Too much cholesterol — a second cousin to fat — can lead to heart disease. Challenge yourself to eat less than 300 mg each day.

Sodium
You call it "salt," the label calls it "sodium." Either way, it may add up to high blood pressure in some people. So, keep your sodium intake low — 2,400 to 3,000 mg or less each day.

Daily Value
Feel like you're drowning in numbers? Let the Daily Value be your guide. Daily Values are listed for people who eat 2,000 or 2,500 calories each day. If you eat more, your personal daily value may be higher than what's listed on the label. If you eat less, your personal daily value may be lower.

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L.U. 754

save

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On the purchase of TWO 12 oz. PKGS. of

\$1.00

Wilson Turkey or Meat Variety Pack

New Government Standards
Rest assured, from this day forward, when you see key words and health claims on product labels, they mean what they say as defined by the government. For example: **Fat Free** has less than 0.5 grams of fat per serving; **Low Fat** has 3 grams of fat (or less) per serving; **Lean** has less than 10 grams of fat, 4 grams of saturated fat, and 95 milligrams of cholesterol per serving; **Light or Lite** has one-third less calories or no more than half the fat of the higher-calorie, higher-fat version; or no more than half the sodium of the higher-sodium version; **Cholesterol Free** has less than 2 milligrams of cholesterol and 2 grams or less of saturated fat per serving.

Tips Help Allergy Sufferers Enjoy The Outdoors

Summer brings everyone out for fun in the sun, except for the 40 million Americans who dread late-summer allergies. Now, here's some good news from the American Lung Association and the makers of Tavist — some sound advice on managing outdoor allergies to maximize summer fun. Microscopic granules of pollen can come from grasses and weeds and cause the sneezing, coughing, itchy, watery eyes and upper respiratory congestion known as "hay fever." Some ways to manage pollen allergies are: Monitor air quality through radio, television and newspaper pollen-count reports. Allergy symptoms often develop when counts are moderate to high, but can persist even when the count lowers. Rany, cloudy or windless days usually have lower pollen counts. Try not to be outside before 10 a.m. when pollen levels are highest; and indoors, use the air conditioner to filter and dry the air. Have someone else mow the lawn or rake leaves. Avoid touching eyes/nose and shifting pollen there. Also, avoid drinking alcohol — it stimulates mucus production and dilates blood vessels, worsening runny nose and nasal congestion. Smoking irritates your eyes and respiratory system, making allergy symptoms worse.

Outdoor Exercise

- Avoid morning exercise, as most pollens are emitted from 5 a.m. to 10 a.m.
- Breathe through the nose — it is a natural air filter.
- Don't exercise in fields or meadows where irritating grasses and weeds grow.
- After being outdoors, bathe and wash your hair, especially before bed. Pollen clings to your hair and can rub off on your pillow and trigger allergies overnight. Plan your activity around your allergy.
- After a rain is good for those with pollen allergies.
- A particle mask filters the air and glasses help protect eyes; washing eyes with artificial tears removes pollens.
- Take an antihistamine 30 minutes before exercising and do your warm-up exercises indoors.

Travel

- When allergies are unbearable at home, hit the road!
- Always use air-conditioning to filter irritants and pollens from the air.
 - Beaches, especially along the Caribbean and American coastlines, and hot, dry areas, such as rural Arizona, are ideal places to visit. Mountain ranges and areas

of high elevation (over 5,000 feet) have lower pollen counts. Northern California is a recommended vacation spot.

- Avoid camping and hiking where mold growth on rotted logs and other vegetation is high. If you do camp, wash sleeping bags in very hot water before leaving.
- Clean cabins and beach houses early, as mold and house dust mite levels increase during the off-season.
- Hotel rooms should be cleaned daily to prevent mold and dust build-up, and always request smoke-free hotel rooms.
- Avoid antique shops, where mold and dust can literally have hundreds of years to accumulate.

Gardening

If you enjoy gardening, these tips can ease discomfort from a green thumb and a red nose from allergies.

- During summer, the worst pollen-allergy causers are grasses such as timothy, Bermuda and orchard, and weeds such as ragweed, sagebrush and pigweed. Take an antihistamine 30 minutes before gardening.
- Have someone else hoe garden weeds regularly.
- Evenings are the best time to garden, as plants have stopped pollinating. After a

rain is also good, as rain washes pollen out of the air.

- Some people find they need a particle mask for gardening. Regular watering will keep dust from rising. Wear gardening gloves and don't wipe your eyes or nose while working outside.

So Get Out and Try It!

Don't let allergies spoil the great outdoors. Only a doctor can accurately diagnose allergies, but when symptoms do strike, many find they may be managed by using an over-the-counter antihistamine and/or antihistamine/decongestant. The Allergy Management Kit from the makers of Tavist and the American Lung Association provides additional helpful information on ways to Get Out and Enjoy the Great Outdoors. To receive your kit, call 1-800-TAVIST-D.

Tavist-I and Tavist-D

Two prescription-strength medications for 12-hour allergy symptom relief have become available without a prescription in recent years. Tavist-I contains the first new antihistamine to be available over-the-counter in 10 years.

Eye-Care Tips

It takes very little effort for active people to give their eyes some tender-loving care every day, and the payoff is great because well-cared-for eyes perform at peak efficiency. The American Optometric Association recommends these self-help tips:

- Give your eyes a break. Take a 10-minute break every hour or two from your computer, television viewing, video games or other close work to relax your eyes. Prolonged concentration on close work can lead to symptoms of eye strain.
- Practice eye safety habits: Wear the proper eye safety equipment when doing eye-hazardous activities at work, at home, in your yard or during sports participation. Your optometrist can advise you about what's right for the tasks you are doing.
- Protect your eyes from the sun. Wear sunglasses that block 75 percent to 90 percent of light and 99-100 percent of ultraviolet (UV) radiation. Studies show that exposure to UV radiation over many years can cause cataracts and may damage the retina, the sensitive seeing mechanism inside the eye.
- Seek regular eye care. A thorough eye examination every year or two helps you keep pace with changes in your vision and maintain your eye health. The exam also gives you an opportunity to discuss with your optometrist new seeing tasks you may have on the job, at home or during recreation.
- Be alert for symptoms. Between examinations, be alert for symptoms

indicating a need for prompt consultation with your optometrist. These include blurred or distorted vision, headaches, pain of any kind in the eye, squinting, eye irritation and eye fatigue.

UV: Hazardous To Eyesight

Ultraviolet radiation can contribute to the development of various eye disorders, such as macular degeneration, the leading cause of vision loss among older Americans, and cataracts, a major cause of visual impairment and blindness worldwide. Other UV-related problems are pterygium, a growth of tissue on the white of the eye, and photokeratitis, also known as corneal sunburn.

It is recommended that eye-wear block 99-100 percent of both UV-A and UV-B rays. In addition to sunglasses, a wide-brim hat can maximize protection from the sun's harmful rays.



Grandma's Secret Revealed

Remember how your grandmother always had a piece of candy in her apron pocket just for you? Well, chances are you were just the lucky beneficiary of granny's condition. Dry mouth, or as it is medically named Xerostomia, from the Greek xero (dry), and stoma (mouth), affects about three out of every 10 adults. Aging is an important factor in the onset of Xerostomia, especially among women. It is not only an uncomfortable condition, but is one of the leading causes of tooth decay. Dry mouth can be caused by reactions to any of more than 200 medications, as well as several illnesses, including cancer, Sjogren's syndrome, rheumatoid arthritis, diabetes, vitamin deficiencies and hypertension.

As anyone who has been called upon to make an impromptu speech can attest, stress can cause the sudden onset of dry mouth, making speaking almost impossible.

Resorting to candy and mints merely compounds the tooth decay problem brought on by diminished saliva production. Normal saliva is part of the body's antibacterial defense system. When there is insufficient saliva present in the mouth, bacteria tend to flourish. So, creating a sugar-rich oral environment can cause devastating dental problems. Schaffer Laboratories of Pasadena, Calif., has introduced Salistat-Tabs, a saliva-inducing tablet. The pleasant-tasting citrus-based tablets contain no sugar and are buffered to protect the teeth. One tablet allowed to dissolve on the tongue will physiologically stimulate the salivary glands instantly for short-term relief. No prescription is needed to obtain Salistat-Tabs. For more information, write Schaffer Labs, 1058 N. Allen Ave., Pasadena CA 91104 or phone (818) 798-8644.

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Listening can truly be an interesting art

Joani Potts
Cedar County News
HARTINGTON — One

of the more challenging goals I've set for this summer is taking time to be a better listener to my family and whomever.

During the school year, I've been so busy studying and maintaining a home life that I have at times been preoccupied while

listening. When I finally get a degree, I'll have so much time to listen to my kids it will make them sick.

Being a better listener to my family has been a test of patience. My generous ear has heard entire book plots, TV program summaries, kids fighting over the last popcycle and my husband's description of

what he found while cleaning the hog barn.

Come on. I want to hear the interesting stuff. I want to know what my daughter is mumbling in a low voice

Leisure Thoughts

By Joani Potts

to her friend on the phone. My ears are open to why my teenager got home late from weightlifting. I'll listen when you're depressed. What did the neighbors tell you?

Hurry up and tell me. Ironically, one would think listening comes naturally. It doesn't. One has to constantly work at listening. If one does not, she might hear one thing and not another. He or she

might miss the most important part of a message.

When I think of communication, I first think of speech. Talking is only half the process. And listening seems more passive but is crucial to getting the intended message conveyed.

There are all kinds of listeners depending on the situation.

There are dominating listeners who offer their opinion hardly before one I'm done speaking. A dominating listener anxiously listens to the speaker to get done speaking. This kind of listener is sitting on the edge of their chair, chewing her nails, wagging their feet, guessing at the message and formulating an answer before the speaker has choked out a whole thought. Dominating listeners are more interested in making you the listener.

Unfortunately, one can't control the length of one's life, the size of your nose, the

weather or your listener.

Personally, I may fall into the habit of being a pacifist listener. I can empathize with the speaker but I don't always know what to say so I say, "Oh, everything will be all right." Or, "It's OK," when in fact things are not.

A pacifist listener gets most of the message but doesn't know exactly what to do with it when she gets it.

And there is the oblivious listener. This type of listener can be so oblivious that a message is being sent. Husbands can be that kind of listener. Husbands can be oblivious to what wives say. An oblivious listener is so preoccupied that he or she looks at you like he went out to lunch and forgot to come back. In other words, don't try to convey serious messages when he's eating, watching football on TV, reading the newspaper or talking business. Years of listening to the same person is no excuse.

There are other kinds of

listeners one could have fun with. But of course, it would be nice to be a good listener.

Developing good listening skills and a concern for the belief or thought of the speaker is effective communication. Listening for information and feelings is good. Effective listeners listen openly to positive or conflictive messages and then respond. Good listeners listen with their eyes as well as their ears.

A good listener concentrates on listening. Listening isn't always convenient or easy. But, good listening is one of the best gifts we can give our children, spouse, parents or friends. It's a way to say "I love you" without actually saying it.

Do You have a story idea for Leisure Times The next issue comes out in Sept. Please contact your local newspaper.

Senior Reflections

Compiled by Heather Howey
Cedar County News

What is your most vivid memory of the summer of 1944?

Photo
not
available!

The war was on. It was a very sad time to see friends go in to the military.

— Virginia Cummins
Hartington



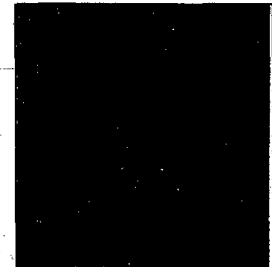
"We² went to California and worked. We really enjoyed that summer."

— Charlie Rejert
Hartington



"I remember going to a Catholic Youth Conference in Lake Geneva, Wisconsin in 1944. It was a very enjoyable time."

— Gerry Stevens
Hartington



"Oh yes, 1944, that's about the time I started farming. In fact, it was only the second year we were on our own with the farm. We had to learn a few things that year."

— John Thoene
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Hartington area couple reflects on 70 years of marriage

by Sally Schroeder
Cedar County News

HARTINGTON — Through a union of 70 years, Chris and Edna Andersen, have seen a lifetime of changes.

At home on their farm in rural Hartington, the Andersens celebrated their 70th wedding anniversary, July 3. Mr Andersen is 95 and his wife is 88 years-old.

Chris Andersen came to the United States from Denmark in 1913. Upon arriving at Ellis Island, he said he was almost separated from his traveling companions because the officials shut-down for lunch while he was on one side of the barrier, and the group he was with, on the other.

Frightened of being alone, he said he hid behind stacks of luggage until lunch was over so his friends could join him.

He lived with his aunt and uncle, Mr. and Mrs. John P. Hansen of Hartington and attended country school to learn the English language. He obtained a variety of jobs around the country, including coal mining in West Virginia, at a freight yard in Pittsburgh, Pennsylvania,

and a ranch in Montana. He also served in the U.S. Army for one year.

Edna (Joslin) Andersen has lived in the Hartington area all her life.

Andersen said, "spending \$1 for a marriage license was the best bargain he ever got." After setting up housekeeping in Hartington, with rent at \$15 a month, Andersen worked as a carpenter.

In his early days here, Andersen would take a leave of absence from his job as a carpenter during harvest season. He was a part-owner of a steam engine, and he needed to operate the steam engine so it could furnished power for the threshing machines during the annual harvest.

He recalled the long days that the threshing season held in store for the crews. The work days often ran from 4 a.m. to 10 at night.

Edna Andersen said feeding 15-20 men on the threshing crew without the luxuries of refrigeration and running water was a real challenge.

Early morning work, to bake pies and cakes, roast meat, and peel mountains of potatoes was never ending, she said.

All of the Andersen children were born at home, back in the days when the doctor made house calls.

Back then, the new mothers spent the first 10 days after child-birth flat on their backs recuperating.

Neighboring was an important aspect of daily living, the couple said. House dances, card parties and barn dances were social highlights for the Andersens.

Prices remembered were a little less than they are now. Andersen said a bushel of corn, delivered, would bring 15 cents, and a hog sold for \$2.50.

Since settling in their current farmstead 62 years ago, Andersen has either built every building or rebuilt existing ones on the site, including their home, which he built with son Duane in 1965.

SEE ANNIVERSARY, NEXT PAGE

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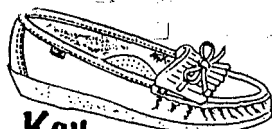
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Chris & Edna Andersen

Anniversary

Continued from previous page

The couple have five children, including: Duane of Vermillion, S.D.; Don of Hartington; Marguerite Stage of Laurel; Nancy Van Surksun of Sioux City, Iowa; and Beverly Andersen of Omaha.

They also have nine grandchildren and two great grandchildren.

Despite failing health and severe hearing impairment, the 95-year-old Andersen said, "it's been a pretty good life."

When asked if the 70-year adventure had been worth it for her, Edna Andersen told the Cedar County News: "only twice over."

Resident of the Month Vera Haas



Vera Haas was born in the Coleridge area on January 20, 1903. She was the third oldest of nine children. Vera married Florian Haas in 1918. They farmed near Crofton and Bloomfield. She has four sons: Dale, Lowell, Kenneth of Bloomfield; and Avon of Crofton; several grandchildren and grandchildren and great grandchildren. Vera enjoys music and reminiscing about days-on the farm with her family

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