

Wayne Herald

SEPTEMBER 16, 1994

WAYNE, NE 68787

118TH YEAR — NO. 101

Bond issue moves closer to a vote

By Les Mann
Of the Herald

The Wayne School board members have accepted the recommendations of the schools' Facility Study Committee which include proceeding with a pared down bond issue for construction of a new wing on the high school.

The new facility which is tentatively estimated to cost \$7.9 million is scaled down from the original proposal of \$9.2 million. Items eliminated from the first plan were a new 700 seat auditorium and greenhouse areas on the science labs.

To replace the auditorium, the committee recommended an addition to the existing lecture hall that would expand the seating capacity to 700 and expand the stage area. This option is expected to cost approximately \$500,000 compared to the nearly \$2 million estimated for a wholly new auditorium.

THE FACILITY committee recommended that the board make no further cuts in square footage in the plan.

Another recommendation by the committee and accepted by the board was to leave funding for needed improvements at the Carroll Elementary School and West Elementary School out of the bond issue. These needs should be taken care of by the sinking fund, the committee said.

To address the debate over pos-

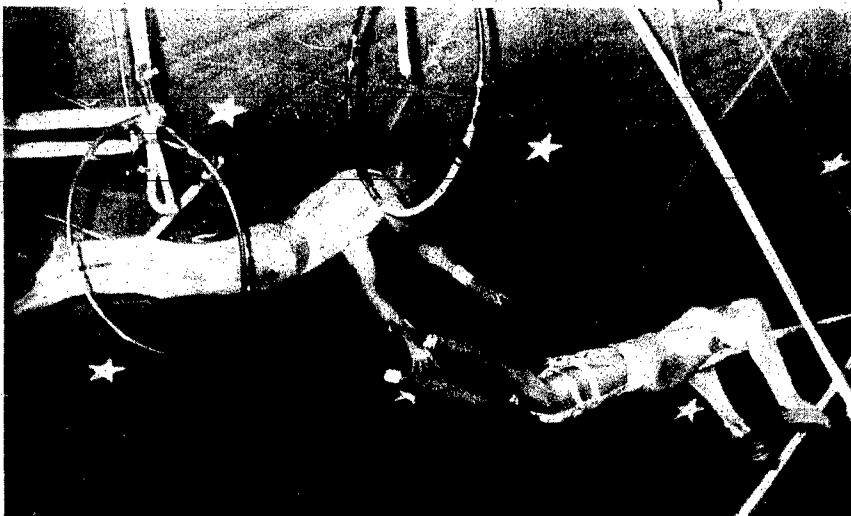
sible closure of the Carroll Elementary building and busing those 50 students to West Elementary, the committee recommended that the school board hold an open meeting in Carroll with patrons of the district to allow full discussion of the options available concerning the Carroll School. The meeting, possibly next spring, would allow "discussion of the advantages and disadvantages for the district in maintaining an attendance center in Carroll; the possibility of establishing a minimum enrollment policy as criteria for remaining open, and, most importantly, the advantages and disadvantages for students in maintaining an attendance center in Carroll," read the recommendations.

BOARD MEMBERS Tuesday said it was important to keep in mind what is best for the students of the whole district and some feared Carroll students might not have the same opportunities and access to technology that Wayne students will have when all the Wayne buildings are connected with fiber optic cable.

The committee also recommended that the board move immediately to schedule interviews, (at the meeting in October) with fiscal agents to assist the district in promotion of the bond issue.

Superintendent Dr. Dennis Jensen said the board should consider mov-

See BOND, Page 9



Wow! Look at that!

Nearly 2,000 circus fans of all ages enjoyed the acts during the performances of the Allen Bros. Circus in Wayne Wednesday. The one-ring, one-elephant, circus featured trapeze artists under the big top and many humorous antics of performers and animals. The circus was sponsored in Wayne by the Rotary Club, which will utilize the proceeds for its community service activities.

Trail riders due Sunday

The River City Round-up Northeast Nebraska Trail Ride will be staying overnight in Wayne on Sunday during week-long horseback trip to the Omaha River City Roundup festivities.

The ride kicks off Saturday in Laurel with mock trial and mock wedding, a dance and the crowning of the Northeast Nebraska River City Roundup Queen who will be chosen at random from all the gals who have registered for the entire ride.

One hundred and ten have registered for the entire ride and others will be participating in stages along the way, said Mrs. Jack Kavanaugh, wife of the head trail boss.

Kavanaugh has been extremely busy in recent weeks with the organization and logistics of the 110 mile trip.

The inaugural ride for Northeast Nebraskans last year drew 70 and Mrs. Kavanaugh said many of those riders are back and have brought some friends.

The group will stay over night at the Wayne County Fairgrounds and then proceed to Wisner via country roads.

The trail ride is a promotional

effort for the Aksarben River City Roundup and Rodeo festivities in Omaha next weekend.

The Northeast Nebraska group is one of four from different points on the compass who will be converging for the grand ride in the Roundup parade in Omaha at 10 a.m. Saturday, Sept. 24.

Mrs. Kavanaugh said the trail riders are treated like royalty during the Omaha event and that she sees the fun project becoming bigger each year.

Area at fore in technology

By Les Mann
Of the Herald

Nebraska and communities like Wayne within the state are very well positioned to be "major players in the emerging information technology world," one of the state's leading information technology specialists told a small group in Wayne Thursday night.

Bob Sweeney, chairman of the Nebraska Information Technology Commission said "nobody is asleep at the switch," in Nebraska as he praised the efforts of Wayne education and business leaders to address the emerging technology.

MOST OF THE concerns expressed at the Wayne session to review the state's draft plan for the future information technology deal with access issues.

"It should be free access," Jack Middendorf told the state officials who were gathering input for the plan to enhance Nebraska's competitiveness through telecommunications and information technology. "The networks are really owned by the citizens and access to them should be free," he added. Middendorf pointed out that most computer network services for private individuals in rural Nebraska require a long distance call but in the Omaha area it's a local call.

ROD ARMSTRONG, staff assistant to the commission, who was transcribing the comments from Waynians, said the Wayne High School approach to the question was helping the access issue by making space available on the network for local individuals with computers and modems.

However, he said some other educational units are limiting the amount of public access and reserving the computer time only to students and faculty members.

Wayne High School currently has equipment and line capacity to handle many hundreds of computers on the Internet at once and the system has been made available to those who want to utilize it. They can call and register with the school and will be issued e-mail addresses. Public use of the system is requested to be limited to after 4 p.m. only to leave the capacity open for educational uses.

WAYNE Superintendent Dr. Dennis Jensen said the officials if they saw limiting factors to toe Wayne system either through regulations or technology limitations.

Capacity and access is not going

See TECHNOLOGY, Page 3

At a Glance



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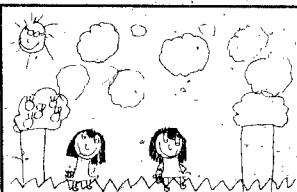
Thought for the day:

A mistake is proof that someone was at least trying to accomplish something.

United Way to kick off fund drive

WAYNE — The 1994-95 Wayne United Way will kick-off its annual fund drive on Friday, Sept. 30 at the Wayne Chamber coffee beginning at 10 a.m.

The coffee will be hosted by the Wayne Senior Center at the Wayne City Hall. This marks the 39th year for the Wayne United Way. The purpose of the United Way is to provide funds for a number of non-profit agencies serving the Wayne area.



Weather

Beth Wurdeman, 8
Wayne Elementary

Extended Weather Forecast:

Sunday through Tuesday; mainly dry; highs, mid-70s to near-80; lows, 50-55.

Date	High	Low	Precip.
Sept. 14	92	69	—
Sept. 15	92	64	—
Sept. 16	82	56	—

No paper pickup

WAYNE — There will be no Boy Scout recycled newsprint curbside collection this Saturday because the Scouts will be involved in a Scout Camp and Band Day activities. The newsprint recycling trailer will be open from 8 a.m. to noon, however, for residents to drop off their papers.

Curbside pickup will be held again on the third Saturday in October, which is the 15th.

Program to be presented

WAYNE — Fencing, the Windmill and the Steel Plow, is the title of a Humanities Resource Council program which will be presented in Wayne at the City Auditorium on Tuesday, Sept. 27.

The program, which is co-sponsored by the Wayne County Historical Society will be presented by Warren Rogers from the Stuhr Museum in Grand Island. There will be no admission charge, free will donations will be accepted.

Blood Bank to be at Providence

WAYNE — The Siouxland Blood Bank's mobile collection unit will be in Wayne Thursday, Sept. 22 from 9 a.m. to 3 p.m. at Providence Medical Center.

Farm Bureau to hold annual meeting

DIXON COUNTY — The Dixon County Farm Bureau annual meeting will be held Monday, Sept. 19 at the Allen Fire Hall at 6:30 p.m. The meeting will begin with a meal, then the annual meeting will follow with election of officers and voting on resolutions.

Guest speaker will be Larry Mussack, second vice president of the Nebraska Farm Bureau Federation.

Bus, dress policies draw fire

By Les Mann
Of the Herald

Parents attended the Wayne School Board meeting Tuesday to express concerns over policy changes involving busing routes and behavior and dress implemented at the schools this fall.

Rural residents with students who are bused have previously had a first on first off policy on the bus, said Tim Hanson but a change this year means the students farthest from town are on first and off last.

He told the board it is not fair that his children now have to ride the bus longer than they have in previous years and he said he has not gotten satisfaction in his requests for change

See POLICIES, Page 3

Old print plate found buried

By Clara Osten
For the Herald

In June, Delmar Holdorf purchased a metal detector. Since that time he has discovered an assortment of coins, pop tabs, costume jewelry and cans.

His most interesting discovery however, came from his own front yard. While searching around a tree near his house, Holdorf found a small plate approximately the size of a business card.

Holdorf and his wife Barb spent a considerable amount of time cleaning up the plate and trying to read the words printed on it.

"We used a magnifying glass and a mirror and figured out all but a couple of the words on the plate," said Barb.

The plate was actually a campaign advertisement for Dr. Jeannie M. Callas who was a candidate for the United States Senate in 1930. During the primary election, which



CINDY ECHTENKAMP holds the metal plate found in the back yard of her parents Delmar and Barb Holdorf with a metal detector.

See PLATE, Page 9

Wayne BPW to hold 40th anniversary open house

The Wayne Chapter of Business and Professional Women will host a 40th anniversary reception on Tuesday, Sept. 20 at 7 p.m. at the Black Knight. All former members and those interested in learning more about BPW are invited to attend.

Wayne Womans Club has carry-in dinner

The Wayne Womans Club opened their meeting with a carry-in dinner at the Wayne Womans Club rooms at noon on Sept. 9. There were 20 members present and seven guests.

Community Calendar

- SUNDAY, SEPTEMBER 18
Alcoholics Anonymous, Fire Hall, second floor, 8:30 a.m.
Wayne Eagles Auxiliary District #6 Meeting, Eagles Club, 2 p.m.

Carlson-DeBoer nuptials at First Lutheran Church

First Lutheran Church in Allen was the site for the June 11 nuptials of Stephanie Lorraine Carlson, Allen, and Paul William DeBoer, Sanborn, Iowa.



The bride is the daughter of Lyle and Carol Carlson of Allen and the groom is the son of Charles and Esther DeBoer of Sanborn.

The Rev. Duane Marberger, Concord, performed the double ring ceremony in the church decorated with heart-shaped candelabra along with pew bows of lavender, blue and white tulle with floral centers.

Vocalists were Brenda Meetsma, Denver, and Rick Henning, Sanborn. Organist was Vicky Hingst, Allen, and Dawn Zwart provided flute music.

Mr. and Mrs. DeBoer

tea-length skirts with princess style bodices and Basque waistlines.

Flower girls were Jaimie Wesselink, Sanborn, and Kristin Venhuizen, Corpus Christi, Tex. Candle lighters were Linda DeBoer, Sanborn, and Jack Gannon, North Platte.

Rick Henning, Sanborn, was the best man. Groomsmen were Dave Veenstra, Sioux Center, Iowa and Darryl Ten Pas, Cedar Grove, Wis.

Ushers were Doug Kraemer, Allen, and Erik Oostenink, Grand Rapids, Mich. The groom wore a white tuxedo and the other men were in charcoal grey tuxedos with white pinstripes.

A reception was held in the church basement following the ceremony. It was attended by 180 and hosted by Randall Carlson, Wakefield and Tom and Kathryn Gannon, North Platte.

The couple is at home in Mankato, Minn. where the groom will be pursuing his masters degree at Mankato State. He is a graduate of Hull Western Christian and Dordt College and has served in the Army National Guard.

The bride is a 1990 graduate of Allen Consolidated School and a 1994 graduate of Dordt College.

Orvella Blomenkamp, president, read "September Again," written by Esther Thon.

Roll call was "greatest joy in my life."

Memorial services were held in memory of Roberta Welte and Phyllis Cauwe. Orvella read "Life is Like a Perfect Flower." Scripture was 2 Timothy 4:7-8.

Secretary and treasurer reports were read and approved. Amy Post, Girls Stater, gave a

report on her trip to Washington D.C. She said she thoroughly enjoyed it and told us what she did.

Terri Test and Christina Schmitz gave reports on their schooling. They were scholarship recipients.

They also wrote letters of thanks to the Wayne Womans Club for awarding them the Wayne Womans Club scholarships.

New Arrivals

MOORE — Jeff and Diane Moore, Omaha, have adopted a son, Austin Richard, Sept. 8, 8 lbs., 1 oz. He joins a brother Andrew, 5.

KARDELL — David and Karla Kardell, Dixon, a son, Kyle David, Sept. 9, 7 lbs., 9 oz. Grandparents are Mr. and Mrs. Dean Rickett of Ponca and Mr. and Mrs.



Kenneth Kardell of Dixon. Great grandmothers are Mildred Rickett of Ponca, Hazel Peterson and Luella Kardell of Laurel and Nina Anderson of Holdrege.

ETTWEIN — James and Becky Ettwein, Milford, a daughter, Julia Loran, Aug. 26, 8 lbs., 3 oz. She joins a sister, Erica, 9, and a brother, Taylor, 7.

JAMES — Brian and Karen James, Des Moines, Iowa, a son, Austin Lee, Aug. 15, 6 lbs., 7 1/2 oz. Grandparents are Gene and June Acklie of Scottsbluff.

Women of Today hold meeting

The Wayne County Women of Today held their monthly meeting Sept. 8 at the home of Laura Hochstein.

Summer convention awards were handed out and Fall Convention will be held Oct. 21 and 22 in Kearney. Ten members participated in Friendship Day with a shopping trip to Sioux City.

Annette Rasmussen, Terri Hyspe and Melissa Crouch worked the Goldenrod Hills immunization clinic in August. Donations were made to the Lukemia Foundation and Aid to Foster Children.

Women of Today Week will be celebrated Sept. 19-25. A membership night will be held Sept. 20 at 7 p.m. in St. Mary's Holy Family Hall.

The next Women of Today meeting will be held in the home of Millie Veto on Oct. 13. Women of Today, a non-profit community service organization would like to welcome you.

Wayne County American Heart Association makes plans for year

The American Heart Association - Wayne County Affiliate met recently at Providence Medical Center to discuss plans for the year. One important topic was the organization that is and will be trying to recruit volunteers for a house to house drive for money.

Kathy Harding served as the chairperson for this summer's Swim for Heart. It was a very successful event and \$1,300 was donated by Wayne's citizens.

not a part of what is done in Wayne," said Marian Simpson, spokesperson for the Wayne County affiliate.

There are many educational projects available and they involve all ages, she said.

Last year, through local support, the association raised \$2,770 from the residential drive, \$105 from memorials, \$407 from direct mail, \$4,300 from the Jump Rope for Heart, \$1,060 in the Dance for Heart, \$100 from Home for Heart, \$236 from the Heart and Sole Run and \$1,906 from the Bike Ride.

"This was a banner year and everyone who helped can be proud of what your efforts achieved," said Mrs. Simpson.

This fall on Oct. 8, in conjunction with WSC homecoming, the annual Heart and Sole Run will be held. Entries are available in businesses in Wayne or contact Ron Olson at Providence Medical Center.

Don Koenig, chairperson for the public schools Jump Rope for Heart announced it will be in November this year.

Baptism

Brittany Lee Janke

Brittany Lee Janke received the washing of Holy Baptism on Sunday, Sept. 11 at St. Paul's Lutheran Church in Winside. Pastor Patrick Riley officiated. Brittany is the daughter of Brad and Lisa Janke.

A dinner was held afterwards in the church basement for approximately 30 guests. Included were grandparents Richard and Helen Langemeier of Scribner, Rose Ann Janke and Norris Janke, both of Winside and great grandmother Elsie Janke of Winside.

A special Bible baptismal cake was baked by Daisy Janke. Brittany was born Aug. 23.

There will be several education related activities involving St. Mary's, the public schools and the community. Martha Svoboda will be the chairperson for "Heart Fest."

There will be discount coupons for some foods.

Another community related activity will be worksite kits in at least three businesses. These kits include educational information about cardiovascular diseases. The Wayne County board members will help with the annual cholesterol check in February.

These events are partially financed by funds from local contributions. The public schools and St. Mary's will continue to use the educational kits that are in the elementary schools and additional materials will be placed in the Middle School and the High School.

"Research continues throughout the U.S. and in Nebraska, funds are available for other events that are

Klick and Klatter meets in Sievers home Sept. 13

Klick and Klatter Home Extension Club met Sept. 13 at 1:30 at the home of Barbara Sievers with 14 members present.

Loreene Gildersleeve, president, led the group with the flag salute and she had two readings.

Members answered roll call by telling of a talent she wished she could have pursued.

The minutes and treasurer reports were read and approved.

Orvella Blomenkamp, song leader, led in singing "God Bless America."

Irene Victor, citizenship leader, read an article about The Liberty Bell.

Marian Jordan, health leader, read an article entitled "A Cure For Ulcers."

Dorothy Aurich and Viola Meyer, social committee, sent

cards to Ruth Fleer, Angie Denesia, Irene Victor and Emelia Larson.

Pauline Lutt, cultural arts leader, told about Wakefield Pumpkin Days.

Members with summer birthdays were recognized and also the 60th anniversary of Stella and Alex Liska.

A literacy booth at the fair collected 70 books, which will be given to the Goldenrod Hills organization and Rainbow World.

Achievement Day will be Oct. 17 at Carroll.

Marvel Corbit received the hostess gift.

Pauline Lutt showed a film and told of her recent trip to Alaska.

Next meeting is Oct. 11 at 1:30 p.m. with Marian Jordan.

Advertisement for THE HAIR STUDIO 4th Anniversary Sale. Includes text: 'Have You Heard About Our 4th Anniversary Sale', 'SAVINGS SAVINGS SAVINGS SAVINGS SAVINGS', 'Let's Talk About Nails... Have you ever wished you had strong, beautiful nails? Now you have an opportunity to try the OPI Microbond Gel Nail...'

Advertisement for TWIS THEATRES. Includes text: 'CAMP NOWHERE', 'THE LION KING', 'No parents, no coupons, no visits', 'PG Nightly 7 & 9', 'Matinee Sat. & Sun. 2p.m.', 'Tuesday Bargain Nite', 'NOW SHOWING'.

Advertisement for ANNUITIES. Includes text: 'Solid -- You Bet', 'A+ or A++ Rated Companies', 'No Market Risk • Safety • No Current Tax', 'Check out the bonus or index annuity rates.', 'For more information contact: WAYNE FINANCIAL SERVICES, 305 Main St. Wayne, NE 375-4747 or 1-800-733-4740'.

sports

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

Wayne volleyball team improves to 6-2 with home win

The Wayne Blue Devils volleyball team won their home opener, Thursday over Pierce improving Joyce Hoskins' team to 6-2 on the season. The host team won, 15-8, 11-15, 15-9.

Carrie Fink and Amy Post led the team with 11 points each with Fink notching two ace serves while Post had one. Fink was 88-98 in setting and Jenny Thompson was 25-28 with 17 kill spikes to lead the hitting attack.

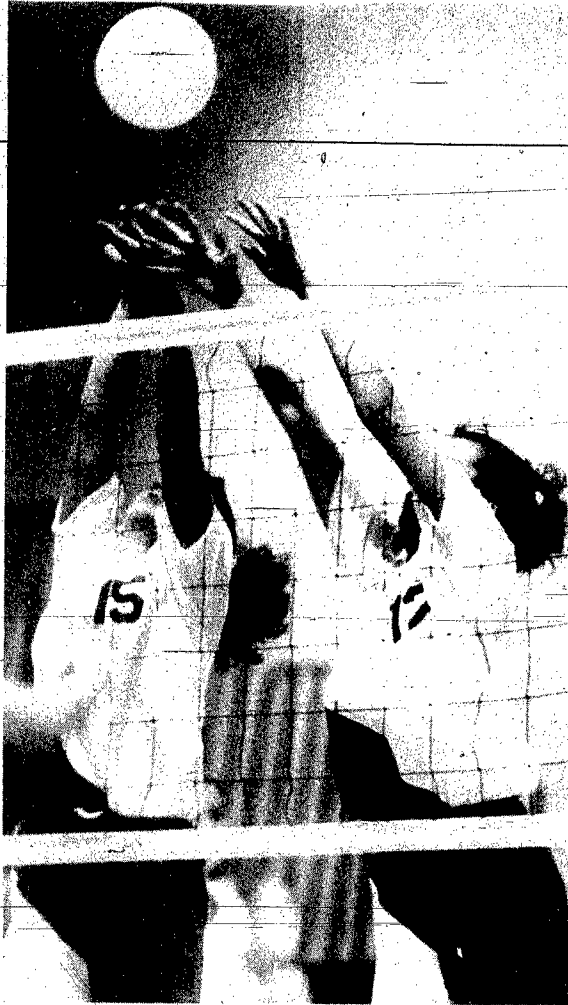
Katie Lutt was 29-32 with 13 kills and Angie Hudson was 25-31 with 11 kills. Thompson was the defensive catalyst with four blocks while Hudson had three and Anne

Wiseman along with Lutt had two each.

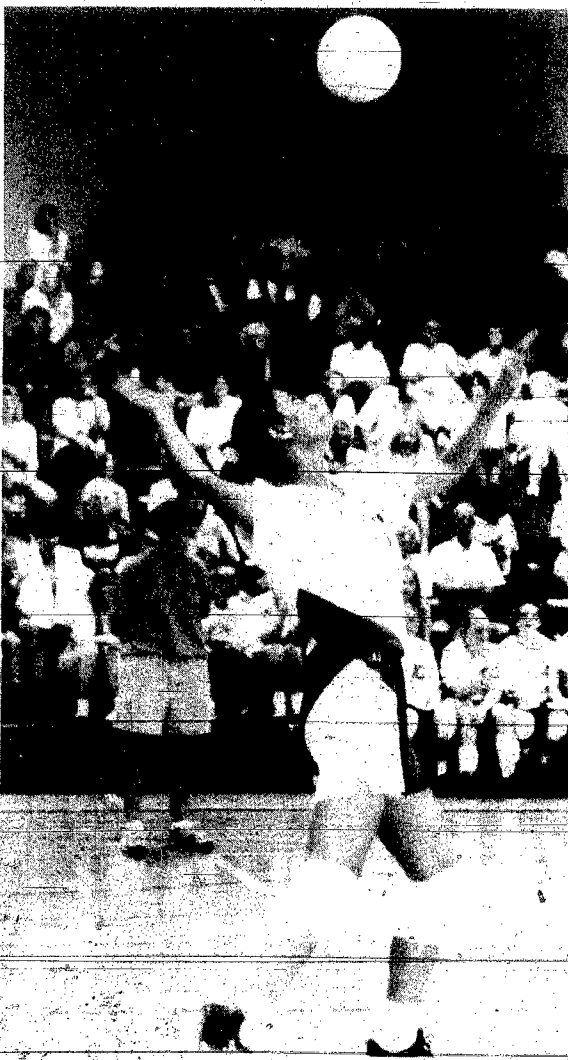
"It was nice to see us win in our first home game but we didn't play as well as we can," Hoskins said. "We're used to playing a faster tempo game and Pierce slowed it down some with all of the subbing and timeouts that were called."

Hoskins said her squad had trouble keeping any momentum in the match which lacked rhythm. Wayne's "B" team was defeated in straight games but the "C" team won in three.

Wayne will remain at home for a Tuesday night match with Norfolk before playing in the Pierce Invitational on the 24th.



WAYNE'S KATIE LUTT and Angie Hudson team up to block a Pierce spike attempt during Thursday's match.



JENNY THOMPSON attempts to serve up an ace during the Blue Devils home opener with Pierce, Thursday. Wayne won the match in three games.

Winside places third at invite

Lisa Schroeder's Winside volleyball team placed third at the Wildcats own invite, Tuesday in Winside. The host team lost to eventual champs, Wakefield in the first round in straight games, 9-15, 7-15 but bounced back to earn revenge on an Osmond team that had beaten them last week at home in straight games with a 9-15, 15-10, 15-1 victory.

In the Wakefield match Stacy Bowers led Winside in serving with a 9-10 performance and four aces while Emily Deck was 8-9 with three aces. Bowers scored four points to lead the scoring attack.

Bowers was also the leader in setting the ball with eight aces while Deck had two. Wendy Miller was the top hitter with six kill spikes on 10 of 12 attempts while Sarah Painter was 8-10 with four aces.

"The first seven points of this match was the best volleyball we've played," Schroeder said. "After that

I really don't know what happened. We let down and just lost all our intensity."

In the consolation finals Winside fell in the first game but bounced back to win the next two and the match. "In our second and third games we finally started to click," Schroeder said. "Our coverage was there, our serving was good and our passing game was consistent, just like we've practiced all season."

Kristi Oberle was 19-21 in serving with seven aces and eight points to lead the winners while Wendy Miller was 8-10 with five aces and eight points. Emily Deck was 12-13 with three aces and Stacy Bowers was 11-13 with four aces.

Deck led the setters with a dozen aces while Bowers finished with 10. Wendy Miller was 21-29 in hitting with 13 kills and Sarah Painter was 11-14 with eight kills. Tammy Thies and Painter each had two ace blocks.

The 2-5 Wildcats will play in Wausa, Tuesday.



Steady aim

Wayne Junior golfer Kristine Kopperud steadies her aim at a putt on the number one hole at the Wayne Country Club in dual action with Norfolk, Thursday. Kopperud led Wayne with a 49 but the team fell, 180-204.

WSC men win at Northwestern

WAYNE-The Wayne State men's golf team won the Northwestern Invitational, Wednesday in Alton, Iowa at the Sioux Golf and Country Club.

WSC fired a 300-11 strokes ahead of runner-up Northwestern. Briar Cliff was third with 312 and Northeast Community College of Norfolk was fourth with a 320. Northwestern's "B" team, Teikyo Westmar and Dordt rounded out the field of teams in order.

Individually, Mike Zadalis placed second with a one-over-par 73—four shots behind the winner from Northwestern, Reggie Christians of WSC was third with a 74 and Jon Peterson was fourth with a 74. J.D. Anderson carded a 79 and Brett Susemihl, 81.

Wakefield suffers huge setback with Eaton resignation

What a pity. The state of Nebraska lost one of its finest coaches this week and for what?—officially because of health reasons. Unofficially, I spell that B-O-G-U-S.

Wakefield legendary mentor Paul Eaton stepped aside as head coach of the girls volleyball team, assistant coach to the girls basketball team and assistant track coach effective immediately.

Now let me tell you who the real loser is—Wakefield. Eaton has devoted his life to the dedication and development of kids in all athletics and now it appears that may be the very reason he has resigned.

Wakefield first-year principal Jeanne Surface says there isn't a better elementary and freshman physical education instructor around but Paul resigned because of the stress involved with coaching and because of his asthma—granted a health related problem.

Allow me to share my thoughts and views on this situation as I have uncovered a few things the past few days which I find very disturbing. First, if Paul truly did resign because of health then it is my wish that he get well.

However, pardon me if I sound a little skeptical but did this asthma and stress related to coaching happen just in the first two weeks of the season and he just couldn't take it anymore after two games, or has something been brewing for quite some time—unnecessary and totally unnecessary pressure by parents because their so-called precious world class athlete children aren't starting and the best way to solve that is to get rid of the coach.

Here's my reply to you folks and I know you know you are—GROW UP! You people have no clue. Oh by the way, did I mention who the real losers are here.

Paul Eaton is one of the most respected men in the world of athletics not just in northeast Nebraska but the whole state. So why has he been getting labeled as being too hard on kids—give me a break, athletics are a choice. If you can't stand the heat then get the heck out of the kitchen.

It's truly a shame that what we seem to be lowering our standards by giving in to crybabies every time they whine. Gee, it must be the coaches fault that our little Cindy Lou Who isn't starting. I wonder why he doesn't like her. I think I'll call and complain because we know she's the best player on the team. If you don't believe it just ask us—isn't logic a wonder thing?

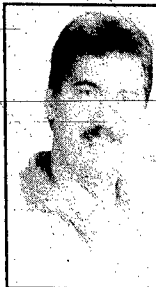
Eaton told me on the phone that his resigning is a culmination of things that he did not wish to divulge upon, but then again he didn't have too. He said he has nothing but respect for the kids, who have been great this season.

Of course, the general cop-out statement is, "there's too much emphasis on athletics, and not enough on academics." Wouldn't that be great if those who continually use that expression actually knew what it meant.

Being a former high school ath-

For Pete's Sake

By Kevin Peterson



lete about several light years ago, I found that athletics taught me more about life than any text book. Another thing, since athletics is an extra curricular activity those that go out for sports do it because they choose too.

A teacher in the classroom that is also a coach no longer becomes a teacher when school is out. He is a teacher first from the time school starts in the morning to the time it ends in the afternoon. Then he puts on another hat as a coach—they are not the same thing.

For those of you out there that still don't buy the fact that Eaton is a quality coach consider this if you know how to read. Eaton coached five years in Emerson for a boys basketball team that had never had a winning record. In his five seasons Emerson had winning records five times.

In his nine-year tenure as the Wakefield volleyball coach Eaton compiled a 140-35 record. He led the Wakefield boys basketball team to their first state basketball tournament berth in 30 years in the 1990 season and his final two seasons at the helm of the boys team he compiled a 49-5 record. Are you still questioning his ethics?

In track he has coached nine gold medal champions as the distance running coach in seven years including Theresa Stelling who went to become an All-American at the University of Nebraska as well as an Academic All-American.

In baseball Eaton is Mr. Baseball, a title he shared gladly and respectfully with Wayne's Hank Overin for many years before

Overin called it quits last season and moved to Florida.

His baseball teams have compiled 800-plus wins in his 28-year reign as the coach along with eight state championships and four runner-ups. His 1974 Class C team is the only Class C team in history to ever qualify for the Class A State Tournament.

The first thing the 45-year-old Eaton did after talking of his high school coaching accomplishments is give credit to long-time assistant Arnie Cerny. "Any success I've had is also a reflection of Arnie because he is a great coach and he really cares for the kids," Paul said.

Eaton said he gave up something he dearly loves to do but that he couldn't go on like this anymore. "I'd like to coach again if the situation ever arises," he said. Does that sound like a man who had to resign because of health reasons?

Laurel perfect after five

The Laurel Bears volleyball team improved to a perfect 5-0 after a pair of wins this week over Crofton and Plainview, Tuesday in Laurel. The Bears made short work of Crofton, 15-2, 15-3.

"It was fun to see the girls win in total domination," coach Patti Cunningham said. "We did a good job with our coverage and Megan Adkins went on a serving streak in the second game with eight straight points."

Adkins ended up being the top

server on the night for the winners with an 11-12 performance that included eight aces. Gina Monson was a perfect 19-19 in setting the ball with nine aces and Becky Schroeder was the top hitter with four kill spikes on six of seven attempts.

Tracy Ankeny was 3-3 with three kills and Alissa Krie was 4-5 with one ace spike. Ankeny recorded one ace block.

Thursday in Plainview the Bears won in straight games, 17-15, 15-

8. "We trailed 11-3 in the first game and came back to win," Cunningham said. "That showed a lot of character in our team."

Cunningham said her team went through the first rotation with just one made serve out of six. "I have to give some credit to substitutes Megan Adkins and Sarah Ehlers for coming off the bench and giving us a much needed boost," Cunningham said. "Sarah had to key blocks to help us."

Katie Newton was 15-16 in

serving with two aces to lead the winners while Tracy Ankeny was 9-11 with two aces. Gina Monson was 50-50 in setting with 20 aces and Ankeny was 13-13 in hitting with eight kills. Heather Cunningham was 11-13 with five aces spikes and Alissa Krie was 7-10 with three kills.

"Katie really did a nice job of serving after missing her first one of the match," Newton said. Laurel will travel to play Emerson-Hubbard, Thursday.

Second annual 4-H shooting contest is held at fairgrounds

Thirty-four 4-Hers vied for top honors at the second annual Wayne County 4-H Shooting Sports Invitational, recently at the Wayne County Fairgrounds.

Shooters from Holt, Pierce, Madison, Stanton and Wayne counties competed in BB gun and air rifle categories. Champions crowned were Chris Hamilton of Holt County in Jr. BB gun, Jennifer Latimer from Pierce County in Sr. BB gun and David Thomsen of Pierce County in Air Rifle.

The competition format called for shooters to compete from the standing, kneeling, sitting and prone positions. Medals were awarded to the top shooters in each of these four categories.

In the Junior BB gun division, position winners were Scott Kudera from Madison County, Shannon Schumacher and Jennifer Latimer from Pierce County. Air rifle position winners included David Thomsen, Scott Kudera and Madison County's Kyle Asher.

Medals for the event were donated by Doescher's Appliance, Diers Supply and Luti Taxidermy.

Darin Greunke from Winside is the volunteer leader of the Wayne County Sharp Shooters 4-H Club. "4-H shooting sports projects are a great way to meet new friends both adult and youth," Greunke said.

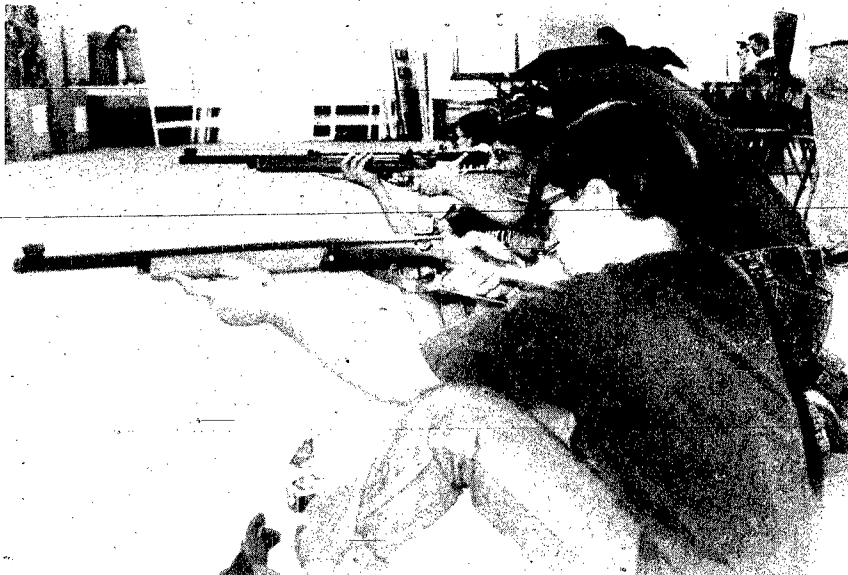
"Safety is always stressed. Both adult and 4-Hers are taught proper gun handling and gun safety. 4-H shooting leaders must be state

certified through a 4-H training course before they are allowed to lead a project group," Greunke added.

Youth interested in joining the Wayne Sharp Shooters, or adults interested in helping with the program are asked to contact the cooperative extension office in Wayne at 375-3310.

In the Junior BB gun division second and third places went to Heidi Wullschleger from Stanton County and Kerry Kopecky from Holt County. In Senior BB gun, Kyle Asher and Curtis Kopecky were second and third, respectively.

In the air rifle division, Kyle Asher and Chris Hamilton placed second and third. Fourth through 10th places in each category received ribbons.



WINNERS OF THE 4-H shooting sports invited were left to right: Chris Hamilton of Holt County, David Thomsen of Pierce County and Jennifer Latimer of Pierce County.

MORE THAN 30 4-Hers competed in the second annual Wayne County 4-H Shooting Sports Invitational held at the Wayne County Fairgrounds. Participants took part in shooting from four different positions with BB guns and air rifles.

WSC women's golf team in action

The Wayne State women's golf team competed in several duals and invites in the last week. Head coach Deena Curtis said her squad was at the Briar Cliff Invite last Friday,

the Buena Vista Invite on Saturday, the Wayne State quadrangular on Tuesday and the Nebraska Wesleyan Invite on Wednesday.

At Briar Cliff the 'Cats placed 11th with a 378. Traci Pesek led the 'Cats with an 88 while Keri Goette fired a 93. April Clark finished with a 95 and Kim Wittkop carded a 102 while Andra Ebel notched a 110. Briar Cliff was crowned team champs.

At Buena Vista the 'Cats finished in a tie for seventh with a 390 while Simpson College was first. Pesek and Goette fired 94's to share team honors while Clark and Wittkop carded 101's. Ebel finished with a 108.

At the Wayne State quadrangular the 'Cats placed second with a 375 behind Kearney with a 372.

Chadron State was fourth with a 400 and no team score was kept for Regis.

Brenda Pottebaum was edged by Andrea Chavez in a playoff for medalist honors after each fired 88's. Goette tied for fifth with a 93 and Pesek was eighth with a 96. Clark tied for 10th with a 98 and Ebel finished with a 99.

At Nebraska Wesleyan the Wildcats placed runner-up to Kearney, 347-359. Pottebaum placed fifth with an 88 while Pesek was sixth with an 88. Wittkop finished seventh with a 91 and Clark was eighth with a 92. Goette placed 19th with a 100 and Ebel was 28th with a 105.

Wildcats look to bounce back

Dennis Wagner's Wayne State football team will be seeking to bounce back from a very disappointing setback to Morningside last weekend when they return home, Saturday to play Northern State.

"I was very disappointed in her team's intensity against Morningside," Wagner said. "Our players thought we could just show up for the game and win. Morningside kept the ball away from us. They just took our passing game away and caused some confusion. We need a much better effort if we hope to beat Northern State," Wagner added.

The Wayne State mentor said Northern State likes to throw the football with an offense that is similar to BYU's. "Their defense is aggressive and they like to stunt and blitz," Wagner said. "We have to force them to turn the ball over and we need to be more consistent on

offense and not make the mistakes we did against Morningside."

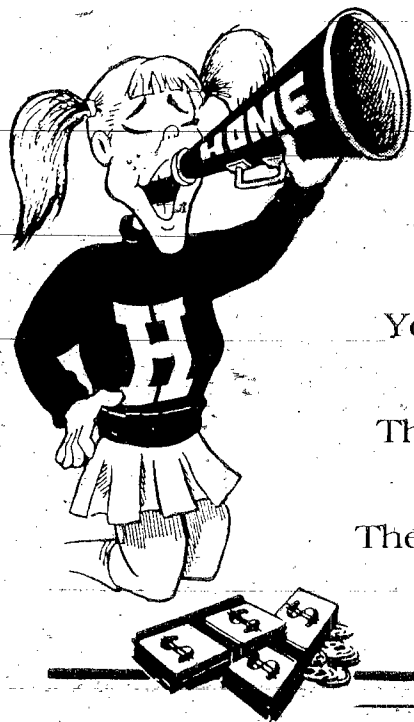
Despite the loss WSC's players of the game as voted on by the coaches were Obiajunwa Onujiogu, an offensive lineman, Jeff Lutt on defense and Lamart Cooper on special teams.

Northern State, a member of the Northern Sun Conference is located in Aberdeen, S.D. and has a school enrollment of approximately 3000. The maroon and gold Wolves are coming off a 6-5 record last season with 25 letterwinners including 11 starters returning this year. They are 1-1 on this season.

Game time is slated for 1:30 and Saturday has been designated as Band Day and Chamber of Commerce Day. A pre-game tailgate party is scheduled to begin at noon with food being served under the big top in Memorial Stadium.



O.B. ONUJIOGU LAMART COOP- JEFF LUTT was named offensive player of the week as specialty player of the week last Saturday.



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Wayne reserves down South Sioux

WAYNE-The Wayne reserve football team defeated South Sioux, 8-3 in South Sioux, recently. The Blue Devils rushed for 67 yards and passed for 123 yards while holding the host team to just 96 total yards of offense.

Wayne scored on a Ryan Junck three-yard run and added a safety after a blocked punt went through the endzone. Terry Hamer was the leading rusher with 48 yards on 15 attempts and Junck was 13-20 in passing for 123 yards. Adam Bebee caught four balls for 48 yards to lead the receiving corp.

Defensively, Jeremy Lutt led the Blue Devils with a dozen tackles while Hamer had 10 and Mark Lentz, six.

WSC harriers run in Seward

WAYNE-The Wayne State Cross Country teams competed in the Concordia Late-Summer Classic last Saturday in Seward. No team scores were kept but the 'Cats ran very well.

Kathy Dalton led the women on the three-plus mile course in 20:39 while Angie Chvala was timed in 21:24. Andrea Smith was clocked in 26:40.

The men competed on a 4.8 mile course with James McGown leading the locals with a 26:44 time. Mark Merrit and Donny Thongdy ran well together as they finished with times of 27:16 and 27:17, respectively. The teams will compete at the Woody Greeno Invitational, Saturday in Lincoln.

Men's golf team places 13th

WAYNE-The Wayne State men's golf team played at the Baker Invitational in Lawrence, Kansas on Monday, finishing in a tie for 13th with a 319. Kansas Community College won the meet with a 302.

WSC's top golfer was J.D. Anderson with a 77 while Jon Peterson fired a 79 and Brett Susemihl, 80.

Wayne golfers compete in South Sioux

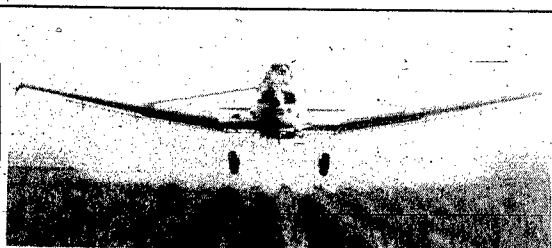
WAYNE-Dave Hix's Wayne girls golf team fired a season best 202 at Covington Links Country Club in South Sioux City, Tuesday but it wasn't good enough for anything but third-in, the triangular with South Sioux and Norfolk.

The Lady Panthers fired a 170 for top honors with South Sioux placing runner-up with a 195. Norfolk's Carrie Medelman was medalist with a 39 while Wayne's top placer was Molly Melena with a 44 while Kristine Kopperud carded a 47. Erica Stoltenberg finished with a 54 and Tisha Rothfuss fired a 57. Krissy Lubberstedt also played varsity but her score was not included in the total.

"That was our best score of the season," Hix said. "Molly played an excellent round after coming off one of her worst qualifying rounds. We are improving as a team each time out."

Wayne will compete in the Blair Invitational, Friday and the Albion Invitational, Saturday. The reserves also played at South Sioux with the Norfolk team winning with a 198 while Wayne carded a 243 and South Sioux, 280.

Sandy Burbach was Wayne's top scorer with a 50 while Ann Swerczek fired a 55. Amy Ehrhardt finished with a 66 and Melissa Ehrhardt carded a 73.



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Wildcat volleyball team earns a split

The Wayne State volleyball team split a pair of home matches, Tuesday and Wednesday with Midland and Hastings.

Tuesday's match with Midland College of Fremont went five games with the 'Cats coming out on top, 15-17, 15-7, 11-15, 15-8, 15-11. Lora Grant was the top hitter with 25 kill spikes on 51 of 57 attempts.

Tammy Gablenz was 35-38 with 18 kills and Carol Sigdestad was 38-43 with 15 aces. Jaime Melton finished with 61 ace sets and the defensive leader for WSC was Gablenz and Laura Pfister with 21 blocks each. Grant had 18 digs and

Jenifer Svitak recorded nine.

Gablenz had four blocks to lead the defense at the net while Grant had three.

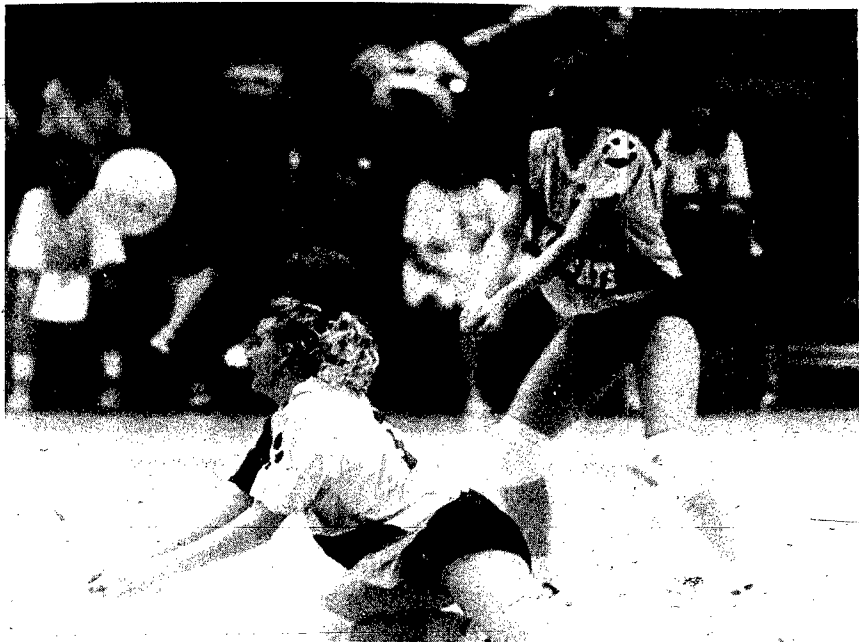
Wayne State was defeated by Hastings in straight games, Wednesday, 11-15, 13-15, 12-15 leaving the 'Cats with a 7-6 record while Hastings improved to 11-2.

Lora Grant was 28-31 in hitting with 13 kills and Annette Fluckey was 35-37 with 13 kills to lead the 'Cats attack while Tammy Gablenz was 20-24 with a dozen aces. Fluckey was the top server at 13-13 with two aces and Jaime Melton was 127-131 in setting with 42 ace sets.

Defensively, WSC was led by Grant's 14 digs while Fluckey had 12 and Laura Pfister, 11. Gablenz notched 10 digs and Melton recorded seven. Melton, Fluckey and Pfister each had two blocks.

"Annette really played a good match," coach Sharon Vanis said. "She showed the most spirit and really played consistent." The reserve team lost to Hastings, 15-8, 10-15, 6-15 and they fell to Midland on Tuesday in straight games, 13-15, 9-15.

The 'Cats will have a few days off before hosting Morningside, Tuesday in Rice Auditorium.



LORA GRANT, above returns a Hastings serve in action in Rice Auditorium, Wednesday night. At right, Laura Pfister dives to dig a Hastings spike. The 'Cats lost in straight games to Hastings but beat Midland at home, Tuesday.



Wayne golf team

Members of the Wayne High girls golf team this fall include from back row left to right; Melissa Ehrhardt, Krissy Lubberstedt, Kristine Kopperud, Sandy Burbach. Front: Erica Stoltenberg, Tisha Rothfuss and Ann Swerczek. Kneeling at left is Molly Melena and to the right is Amy Ehrhardt. The Blue Devils will host the Wayne Invitational next Saturday at the Wayne Country Club.

Wayne runners first

The Wayne cross country teams hosted Pierce, Wisner-Pilger and Winside, Tuesday at the Wayne Country Club.

The runners braved a 100-plus degree heat index and when the dust had settled, Wayne had placed first, second and third in the boys divi-

sion with Spencer Stednitz winning in 17:55. Chris Headley was second in 18:52 and Matt Meyer was third in 19:49.

Wayne won the triangular with 11 points while Pierce was second with 33 and Wisner-Pilger, third with 52. Clint Dyer was sixth overall in 20:17 followed by Chris Dyer in seventh in 20:42 and Aaron Kardell in 10th with a 21:01 clock-

ing. Cory Exleben and Brady Maryott were 11th and 12th respectively

and Andrew Bayless was 14th in 21:19. Ryan Sturm finished the race in 24:38.

The girls race was won by Winside's Melinda Mohr in 15:24. Mohr defeated Pierce runner Jaimie Kruger for the first time this season. Wayne's Jessica Ford and Mel Lage placed third and fourth respectively, with times of 16:42 and 16:53 and Sara Kinney was sixth in 17:28.

Lisa Walton placed 11th in 19:10 and Tammy Teach was 15th in 22:46. Wayne won the meet by two points over Pierce, 19-21. Wisner-Pilger was third with 38.

The Wayne and Winside cross country teams will compete at the Columbus Scotus Invitational, Friday.

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•Pie •Rolls •Coffee
Taverns served at noon.



Sandi Reel and Jim Milliken will show off their new White Dog Pub during a grand opening next week.

Pet prompts proprietor to pick pubs new name

By Clara Osten
For the Herald

A yellow lab who is almost white and a bar in Boston called the Black Dog Pub were the reasons Jim Milliken and Sandi Reel chose the name White Dog Pub for what was formally the Fourth Jug.

After remodeling, the White Dog plans a grand opening during the week of Sept. 26. A drawing for the grand prize of a three day trip to Las Vegas will be held on Oct. 1. Other prizes, including a \$100 gift certificate to the Diamond Center, gift certificates to the Black Knight and Geno's Steak House, caps and t-shirts.

"We plan to give away something every day. People can start registering for these prizes on the 19th and do not need to be present to win," said Milliken.

"We remodeled to make this place more friendly. We rely mostly on local business and wanted to put our own touches on the bar. We hope to develop and maintain a 'Cheers' type atmosphere in here," said Milliken.

The remodeling consisted of putting in a horse shoe bar which allows people to talk to each other more easily, putting in new floors

and carpeting, putting up new wall paper and adding new big screen televisions.

"We closed down for less than a week at the end of July and did all the remodeling in only four days. I really want to thank all those who helped us with the project — Brooks Widner, Terry Fry, Layne Beza, Robbie Gamble, Tim Koll and Carhart Lumber and Milliken Construction (and Scott Cysoski) who flew out here from Boston," said Milliken.

With the addition of the big screen T.V.s the White Dog will also be holding a free pork feed during the Nebraska-UCLA game on Saturday. "We will be having a free pork feed during the game and will be giving away hats every time Nebraska scores," said Milliken.

The White Dog Pub is open at 9 a.m. daily and is usually the site of a friendly card game during the morning hours.

Both Milliken and Reel agree that business has improved since the re-opening. "We see more people coming in during the morning hours to play cards and just to talk. At night, most of our customers are in the 25-35 year age bracket," they said.

Plate

continued from page 1

at that time was held in early August, Callfas received 94 votes in Wayne County.

The plate lists Callfas' platform in the campaign, including her desire to continue the enforcement of prohibition.

Holdorf and his wife Barb have no idea how the plate may have gotten into their yard on south Pearl Street or how long it may have been buried there. It was less than a foot below the surface when

they dug it up.

This type of plate was used until the 1960's by the Wayne Herald and often area citizens would get this type of plate to be melted down into fishing weights.

The Holdorf's daughter, Cindy Echtenkamp said her parents like to go camping and even though the plate has proved to be the most interesting find so far, "Dad likes to take the metal detector with him when they go camping and enjoys looking for all kinds of things."

Wayne student is semi-finalist

Sarah M. Blaser, a Wayne High School senior, has been named as one of 15,000 semifinalists in the 1995 National Merit Scholarship Program.

About one-half of one percent of each state's high school graduating class is represented in the nationwide pool of semifinalists. These academically talented high school seniors have an opportunity to continue in the competition for approximately 6,700 Merit Scholarships, worth more than \$26 million, to be awarded next spring.

National Merit Scholarship Corporation (NMSC), which names the honored students, is a privately financed, not-for-profit corporation whose scholarship activities are supported by some 600 independent sponsor organizations and institutions. By publicly honoring semifinalists, NMSC hopes to broaden educational opportunities for these able young men and women and encourage public interest in academic excellence.

More than one million juniors

in over 19,000 U.S. high schools entered the 1995 Merit Program by taking the 1993 Preliminary SAT/National Merit Scholarship Qualifying Test (PSAT/NMSQT), which served as an initial screen of program entrants. The highest scorers in each state were designated semifinalists in numbers based on the state's percentage of the national total of graduating high school seniors. Semifinalists must now advance to the finalist level of the competition in order to be considered for Merit Scholarships.

To qualify as a finalist, a semifinalist must fulfill several additional requirements. These include having an outstanding academic record, being endorsed and recommended by the high school principal, and submitting SAT I scores that confirm the student's earlier PSAT/NMSQT performance. Also, the semifinalist and an official of the high school must complete a detailed scholarship application to provide information about the student's educational interests and goals, as well as participation and leadership in school and community activities. About 90 percent of the semifinalists are expected to become finalists, and all Merit Scholars will be chosen from the group of exceptionally able finalists.

Winners of Merit Scholarships

Dixon News

Lois Ankeny
584-2331

METHODIST WOMEN

The United Methodist Women met Sept. 8 with 11 attending. The program "If You Had Been There" was led by Adeling Prescott assisted by Bessie Sherman. Scripture from John was read and this was followed

by a song. 9 points concerning what the United Methodist Church does were read from our newsletter. Program closed with prayer.

The President, Wilma Eckert, opened the meeting with prayer. Minutes of the August meeting were read and communications

noted. Our Unit is invited to Logan center, Oct. 4, for a 9 AM brunch and program. A treasurer's report was given. Bessie Sherman presented the Mission Minute from Response magazine, concerning African Women and children.

Old business was brought concerning cleaning of Church which will be the week of Sept. 19-22 with a potluck dinner of Thursday, Sept. 22. Floors will be hired done as they were last year. Other old business concerned subscriptions to the Mature Years magazine. It was decided to order 3 instead of 6 and hope those interested will take, read and return.

New business concerned the Flea Market to be held, Saturday, Oct. 22. The women will serve rolls, coffee, pie, and ice cream with proceeds to go to the Church.

Election of Officers was held. Lunch was served by Bonnie Hirschert and Florence Jewell.

CHURCH PICNIC

St. Anne's Catholic Church hosted the annual Catholic-Methodist picnic at the Parish Hall Sunday evening, Sept. 11. About 30 attended and enjoyed an evening of visiting.

ATTENDED CONVENTION

Velma Dennis, postmaster of Dixon, and Betty Kavanaugh, postmaster of Laurel were among the 3000 postmasters in attendance at the 90th National Convention of the National Association of Postmasters of the United States (NAPUS) Aug. 20-26, in Albuquerque, NM.

Attendees heard speakers from the US Postal Service remind them to continue working as a team to improve Postal Service and to ensure that universal Postal Service to rural and small-town America is maintained. US Postmaster General, Marvin Runyon, was one of the guest speakers.

Postmasters attended workshops and training sessions to help them improve customer service and mail delivery in their communities.

Other activities included guided tours of Albuquerque and Santa Fe and a ride of 2.7 miles up to the summit of the Sandia Mountains on the Sandia Peak Aerial Tramway for a breathtaking view of Albuquerque and much of New Mexico.

BEST EVER CLUB

Six ladies of the Best Ever Club had their first meeting of their new season at the home of Elaine Lubberstedt, Sept. 7. They

welcomed back Celia Hansen to the group. Wilma Eckert won the door prize. Cards were played during the afternoon. The next meeting, Oct. 5, will be with Mary Noe.

Labor Day guests in the Ryan Lubberstedt home in honor of Nicole's 6th birthday were Elsie Mattes, Allen, Bev Specht, Marilyn Dirks, and Clara Milander all of Coleridge, Adolph and Violet Bruns of Wisner, Janelle Fiscus, Tiff and Cody of Laurel, Larry and Sally Lubberstedt, Stuart and Brenda Lubberstedt, Dixon, Rick and Carmen Gotch, Brent and Sara of South Sioux City, Derek Ehlers and Dustin Roberts of Norfolk.

On Sept. 8 Lynette Lawson of Hinesville, GA arrived at the home of her parents, Mr. and Mrs. Leslie Noe, for a two week period of visiting.

Mr. and Mrs. Frank Randolph of Tarzana, Calif. were noon dinner guests in the Leslie Noe home Sept. 6.

Velma Dennis spent Aug. 31-Sept 6 in Washington, Ind. visiting her mother in the Alvin Lich and Wayne Lich homes. Other visitors were Julie, Henry and Flint Lich of Lyons, Ind. Mr. and Mrs. Milvin Lich and family of Washington, Ind. Alda and Arin Macintosh of Mitchell, Ind. Mr. and Mrs. Frank Kaiser and Zack of Orleans, Ind. and Mr. and Mrs. Verne Sassaman of Wisner.

Afternoon visitors in the Louis Abts home Sept. 11, to celebrate the host's birthday were Buelah Abts of Belden, John Abts, Megan, Ellie, and Nathan of Laurel, Marilyn Abts, Angela and Julie and Richard Abts.

Sept. 10, Mr. and Mrs. Robert Noe, Mr. and Mrs. Roger Gieger and Adam of Norfolk, Tammi Young, Wayne, Lynette Lawson of Hinesville, GA, and Mr. and Mrs. Leslie Noe had an evening dinner at a Laurel restaurant in observance of the birthday of Jeanette (Noe) Gieger of Norfolk.

Mr. and Mrs. Don Peters joined about 24 relatives and friends on Sept. 11 in the John Claus home in Columbus. They met Frank and Annette from Germany, who are here visiting their cousins the Claus family. Later the Peters visited Jesse Claus at the Columbus Community hospital.

Saturday evening, Sept. 10, guests in the Esther Park home in Wakefield for her birthday were Mr. and Mrs. Larry Faust, Mike and Scott of Wall Lake, IA, Mr. and Mrs. Stephen Roseberry of Des Moines, IA, Mr. and Mrs. Paul Henschke and Mr. and Mrs. Terry Henschke, Kala, Ryan, and Libby, Erna Bottger all of Wayne, Donna Durant, Tami and Brandon of South Sioux City, Mr. and Mrs. Jerry Anderson, Margaret Patterson of Wakefield and Mr. and Mrs. Don Peters of Dixon.

Concord News

Mrs. Art Johnson
584-2495

PLEASANT DELL CLUB

The Pleasant Dell Club met Sept. 8 with Minnie Carlson as hostess. There were seven members present. The group sang two songs. Roll call was answered by a "special fall remembrance." The Club will visit Hillcrest Care Center in Laurel and help play bingo in the near future. Betty Johanson, president, closed with a Swedish proverb. A card game, Po-Ke-O, was played, with Donna Roerber as the winner. Minnie and Opal served a dessert lunch.

GOLDEN RULE CLUB

The Golden Rule Club met Sept. 8 with Frances Kraemer as hostess. There were five members and one guest present. Roll call was "my summer fun or vacation." Projects were discussed.

Oct. 13 hostess will be Marilyn Creamer.

Paula and Delmar Mills of Bloomington, Ill. were Labor Day

weekend guests in the Bob Hanson home in Concord.

Ada Hunt of Sioux City, Iowa spent the afternoon of Sept. 7 with Clara Puhmann.

Roy and Shirley Stohler visited in the Marshall Frasier home at Ft. Collins, Colo. Sept. 2 to 8. They visited Mr. and Mrs. Don Stohler and Mr. and Mrs. Bob Stohler of Colorado Springs. They also stopped in Columbus to visit Lee and Julie Baumgart.

Diane Olson of Isaquah, Wash. came Sept. 3 to spend a week with her parents, Arden and Ave Olson. She also visited her grandmother Olson, grandfather Brudigan, aunts, uncles, cousins and many high school friends. She spent some time in Orange City, Iowa visiting college friends and teachers. A cookout supper was held Sept. 10 at the Arden Olson home to honor Diane. Guests were Lucille Olson, Doug and Kiela Olson, David and Sue Olson, Scott, Gayle and Craig of Wayne. Scott's 17th birthday was also celebrated.

Allen News

Vicki Bupp
635-2216

BIKE-A-THON

The Bike-a-thon for St. Jude's Children's Research Hospital will be held on Saturday, Sept. 24 at 1 p.m. in Allen. Students interested in participating will be given forms in their classrooms. All parents are encouraged to have their children participate in this worthy cause. Prizes will be awarded and children should have fun participating. Contact Deb Nicholson for further information.

SENIOR CENTER

Cleaning day will be held at the Center on Tuesday, Sept. 20 immediately after the noon meal. All help will be appreciated. The ladies will play cards at the center on Wednesday, Sept. 21 at 1:30 p.m.

The annual farmers market will be held on Saturday, Sept. 24 at the Center from 8 a.m. until 2 p.m. Taverns, pie, rolls and coffee will be served. There will be garden produce for sale, along with a rummage and bake sale.

NUTRITION SITE MENU

Monday, Sept. 19: Fried chicken, mashed potatoes, gravy, pineapple, beets, cookie.

Tuesday, Sept. 20: Meatballs, creamed potatoes, lima beans, peaches, strawberry fluff.

Wednesday, Sept. 21: Pork chops, sweet potatoes, cherry salad, applesauce, corn bread.

Thursday, Sept. 22: Roast beef, mashed potatoes, gravy, cranberry-raspberry salad, pudding.

Friday, Sept. 23: Salmon patty, macaroni salad, broccoli, pineapple, chocolate zucchini cake.

COMMUNITY CALENDAR
Sunday, Sept. 18: Open house for Mabel Mitchell's 100th birthday, Allen Senior Center, 2 p.m.; fundraiser for the new Allen fire hall.

Monday, Sept. 19: 9 Patch Quilt Club; Community Development Club, Village Inn, 6:30 p.m. meal, meeting to follow.

Tuesday, Sept. 20: Dixon County Historical Society, 7:30 p.m., Allen Museum.

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Refreshments Served

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Lind-Gubbels

Bond

continued from page 1

ing the bond issue election date into December of this year rather than waiting until next spring.

THE BOARD indicated it would make the final decision on the election date and the total amount of the asking after interviewing fiscal agents.

The construction plans call for a large wing off the south side of the existing High School to house the Middle School and to provide new shared facilities for both buildings. A new gymnasium which would be shared, lunch room areas, administrative offices, music rooms and other facilities would be shared by the two buildings under the plan.

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marketplace

n \ mār'kit·plās \ 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

HELP WANTED: Lunch waitresses to be able to work from 11 a.m. to 2:30 p.m. Also needed cocktail waitresses, must be 21; needed also a nighttime dishwasher and an experience cook for evenings. Apply in person at Riley's. 9/6/94

HELP WANTED: Truck drivers for harvest season. Must have current CDL and references. Phone John Sandahl, 287-2457. 9/2/94

HEY MOMS! Looking for part-time work. Dairy Queen is taking applications for help. Hours available: 9-11, 11-1, 9-3. 9/16/92

PAMIDA IS NOW in the process of hiring two individuals who will be willing to work mostly day hours with some nights and weekends. Hours will vary from 25 to 39 hours per week depending upon the applicant. Apply in person at Pamida.

HELP WANTED: Waitresses and dishwashers. Apply in person at the Black Knight in downtown Wayne. 9/13/92

WANTED: Full or part time truck driver with CDL. Ken Austin, 375-3417. 9/13/92

WANTED: Full or part time harvest help. Ken Austin, 375-3417. 9/13/92

HELP WANTED: Responsible full or part-time cook and part-time waitress evenings and weekends. Apply in person days at Country Cafe. Laurel, 256-3932. 9/18/92

PROFESSIONAL FOOD Management is now taking applications for all available positions. Please call 375-3675 for information, or stop in at the food service office in the student union building. 9/16/92

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SPECIAL NOTICE
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GARAGE SALE
MOVING SALE: 5 miles west, 3 1/4 south of Wayne. From now through September 16 and from September 20 through 29, satellite dish, furniture, household. Cash only. Lori King. 9/9/94


5 FAMILY GARAGE SALE: 2 day sale. Saturday Sept. 17, 8am-5pm. Sunday Sept. 18, 9am-3pm. From Jct/Hwys 15 & 35 in Wayne, 1 1/4 miles north on Hwy 15, turn left by horse carriage, go up the hill and its the last house on left. Infant and toddler (boys & girls) clothes, shoes, toys, adult clothes, waterbed, exercise bike, home interior, crafts, x-mas decorations, golf clubs, dishes, cups, glasses, Mary Kay cosmetics, misc. items. 9/13/92

THANK YOU
MANY THANKS to the Carroll Fire Dept. for responding to our baler fire. Thanks to Tina Dowling for calling it in, to Bob and Lynn Dowling for getting the tractor away so fast. Last but not least, a grateful thanks to Butch Junck, Stan Nelson, Lyle Jensen and Roger Brandt for baling our hay. To each and everyone. Thank you. Lon and Willie Fork. 9/16

THANK YOU to everyone for the many cards, gifts, and flowers we received for our 40th anniversary. All of you helped make it a very special day. A big "thank you" to our family for the special evening and their surprise gift. It was great and will always be remembered. God Bless all of you! Bob and Virginia Thies. 9/16

PEST CONTROL OPERATOR
The M.G. Waldbaum Company is seeking a full-time employee to work in its sanitation department. The ideal candidate will be a certified pest control operator or have pest control experience. The hours available are:
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NOTICE OF VACANCY
SECRETARY I, Learning Center. \$1108/month, plus benefits. Application and job description are available by writing to the Administrative Services Office, Hahn 104, Wayne State College, Wayne, NE 68787, or by phoning 402/375-7485 between 8:00 a.m. - 5:00 p.m. Completed application form and letter of application are due in Hahn 104 by 5:00 p.m., Tuesday, September 20, 1994. Wayne State College is an Affirmative Action/Equal Opportunity Employer.

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FOR SALE: Coin-operated Whirlpool commercial washer/dryer, in good condition. 375-1473. 9/13/92
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FOR SALE BY OWNER: 1992 Toyota 4X4 king cab SR5, V-8 EFI, excellent shape. \$12,000. Call Mike or Lauren at 375-2358, leave message. 9/13/92
FOR SALE: 1984 Chevrolet Suburban, diesel. Rear doors. 375-1473. 9/13/92
FOR SALE: 1986 Buick Riviera fully loaded, excellent condition. 375-1809. 9/16/94
FOR SALE: Chrysler New Yorker, 4 door hardtop, yellow/white vinyl top, all electric, cruise, good shape. Call 585-4800. Carroll. 9/16/92
FOR SALE: 1987 Chevy Nova 4 door, A/C, new brakes and tires, high miles. Call 385-2147. 9/16/92
FOR SALE: 1984 Olds Omega; PS, PB, Tilt, AM/FM, A/C. Very clean. Call 375-3050. 9/16/92
FOR SALE: 1.25 acre residential lot in city limits. 375-5147. 8/30/91

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LEISURE TIMES

A bi-monthly publication for Senior Citizens

September 13, 1994

Contact your local newspaper

Retirement community for Wayne in planning process

By Clara Osten
For the Herald

As more and more of our society approaches retirement age, the need for different types of housing becomes more evident.

At the present time the choices available for retired persons include conventional apartments, low-income housing or nursing homes.

The Oaks is a retirement community planned for Wayne that will provide an alternative to more traditional housing choices.

"The Oaks is a complex that offers both housing and services tailored to each individual's needs," said Donna Liska.

Liska serves as Marketing Director for the Oaks which is sponsored by Excel Management and Development Services Corporation, Bear-Vine Corporation and local investors. "The Oaks will provide apartments for retired persons and will provide a complete set of services," Liska said.

The Excel Corporation has also designed and is operating retirement communities in Fremont, Grand Island, McCook, and Chadron as well as consulting and or managing nursing homes in Wisner, Wakefield and Verdigré.

Plans call for construction to begin soon on 24 one and two bedroom apartments and 20 assisted living units at 1500 Vintage Hill Drive in the northeast section of Wayne.

"My job is to get 12 units pre-leased. As soon as that is accomplished, we can break ground. Depending upon the type of winter we have, in seven to nine months the first phase of the project can be completed," said Liska.

Services provided by the facility include one main meal each day and a continental breakfast, weekly housekeeping and laundry of flat linens, mini-van service and social and leisure activities tailored to meet the desires of the tenants. In addition, the Oaks will have a "Wellness Program" in which all tenants will be encouraged to participate.

"The Oaks is primarily aimed at persons

in the middle income bracket. It is open to anyone 62 years or older. All tenants must be in good health for their age," said Liska.

"The assisted living units are designed for people who need some type of personal care such as assistance in dressing, bathing

or medications. These tenants will receive three meals a day and a licensed nurse will be on duty to provide needed assistance. The goal of these units is to help people maintain their independence," said Liska.

All of the units, both the apartments and the assisted living units, will have an emergency call system and a staff member will be on duty at all times.

All the apartments at the Oaks are self-contained and the kitchens are completely equipped with appliances. All utilities except telephone and cable T.V. are included. Trash collection, snow removal and all maintenance is provided. Each apartment has individually controlled heating and air-conditioning.

Each apartment will have two entrances, one from the main interior hall and one leading outside to a patio. The exterior of the building will have gabled roofs to give it a residential look.

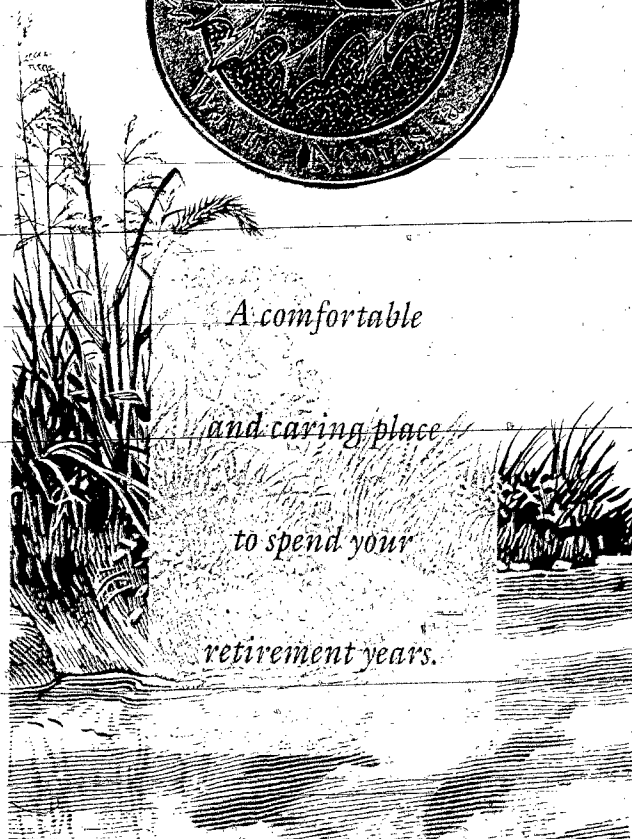
"Those persons who are among the first to sign up will be known as Charter members and will get to choose the colors for a number of things in the apartments such as carpeting and drapes. Apartments will be chosen according to when the person signed up. For example the first person signing up will get first choice and the tenth person will get the tenth choice of apartments," said Liska.

A complete floor plan of the facility is on display at People's Natural Gas and can be viewed at any time.

"The Oaks will benefit the community in several ways. First of all, people who otherwise would have moved elsewhere to find housing will now be able to stay here."

"Second, the facility will employ 12 to 15 persons which will put more money into the Wayne economy. The other plus for the community is that the persons who move into the apartments will be opening up houses in the community for others to move into," said Liska.

"There are lots of older people in the community who are very isolated. The Oaks offers these people the opportunity to be around other people while still allowing them to maintain independence," said Liska.



A comfortable

and caring place

to spend your

retirement years.

Woodworker Goes 'First Class'

By Peggy Williams
(South Sioux City Star)

Some people whittle in their spare time; some people read; others bowl or hunt. D.L. "Mac" McLaughlin of Emerson more or less made a silk purse out of a sow's ear, so to speak.

Last year, when IBP replaced the wooden skewers they had been using in their meat processing operation with stainless steel ones, they gave away the wooden ones. IBP employee Doug McLaughlin brought a few thousand home and shared them with his father, Mac, who in turn, converted 6,000 of the 8-inch wooden pins into a country farmyard. The 5 x 10 1/2-foot model is mounted on an old ping pong table and was on display this past week at the Dakota/Thurston County Fair. It won a red ribbon in the woodworking division.

"I just made it for something to do," said McLaughlin. He said the skewers were round like logs so he decided to make some kind of "log outfit."

McLaughlin said he worked on the project two or three hours every now and then in the evenings last fall and winter. The skewers had to be glued together, then left to dry. In all, he estimates he devoted about 125 hours to the endeavor.

"I'd work on three or four different pieces at a time so I wouldn't have to wait for the glue to dry," he said. Each building is a single unit that can easily be removed from the ping pong table. McLaughlin keeps his project on a bed in the basement of his house.

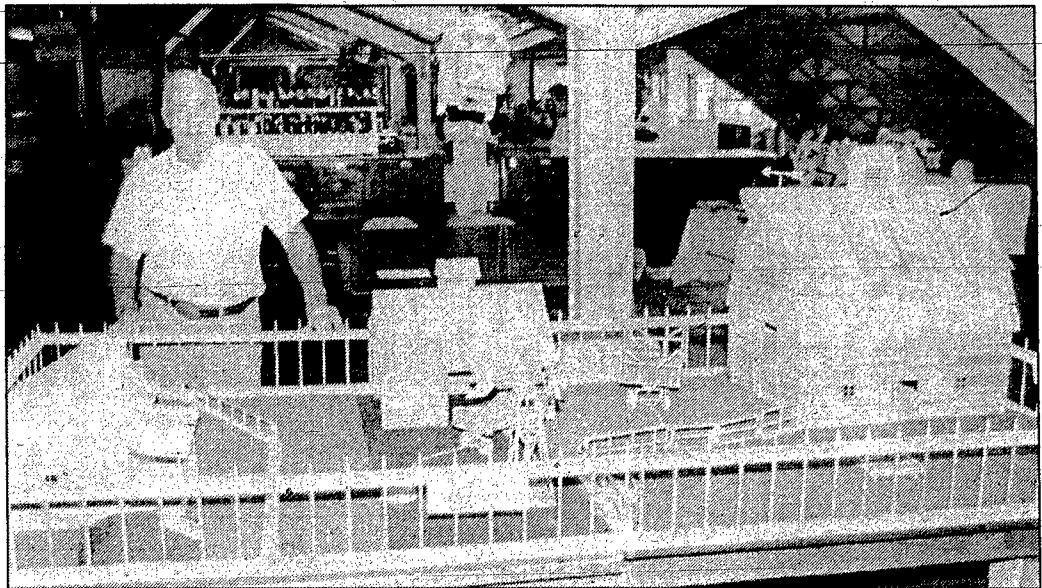
"I didn't plan on entering it in the Fair. My daughter-in-law, Gail, entered it. So then I had to take it apart and move it."

The rustic scene features a log cabin complete with a porch and swing, a barn, corn crib, windmill, tank, fencing, a cave, hay rack and wagon.

"And an outhouse — a two-holer," McLaughlin interjects proudly. "Might as well go First Class."



Answers to:
Crossword



It took "Mac" McLaughlin about 125 hours to assemble this barnyard scene out of wooden skewers. He said it was a good way to pass the time this past fall and winter. Mac converted 6,000 of the 8 inch wooden pins into a country farmyard. The 5 x 10 1/2 foot model is mounted on an old ping pong table and was on display at the Dakota/Thurston County Fair.

RECIPE CORNER

Enjoy a healthy, delicious meal—Mediterranean-style

Vegetable-rich minestrone soup, a Mediterranean classic, is sure to be a favorite all year long. For a light lunch or dinner, try this exciting new version, served hot or cold, with slices of crusty bread.

During the summer, when gar-

dens and produce stand offer the freshest and best tomatoes, zucchini, cabbage and carrots, chop and stir up a batch to serve chilled, like gazpacho. It's delicious, healthy and pleasantly accented with olive oil.

In chillier seasons, heat this appetizing All-Season Minestrone for a warming, good-for-you repast. As a special treat, top with a teaspoon of your favorite pesto sauce or grated cheese.

All Season Minestrone

makes 4 servings

- 1/4 cup Filippo Berio Olive Oil
- 1/2 cup chopped onion
- 1/2 cup chopped fresh or canned tomatoes
- 1/2 cup chopped carrots
- 1 cup chopped green cabbage
- 1 cup chopped zucchini
- 4 cups water
- 3 green onions, chopped
- 1/2 cup diced, peeled potatoes
- 1/2 cup chopped fresh mushrooms Salt (optional) Black pepper to taste

1. Heat olive oil over medium heat in a large soup pot and saute onion until tender, about 4 minutes.
2. Add tomatoes, carrots, cabbage, zucchini, water, green onions, potatoes and mushrooms. Cover and cook at a gentle boil for 18 minutes, or until vegetables are tender. Add salt (if desired) and pepper. Serve hot with a dollop of pesto or grated cheese (if desired). Or let cool, chill and serve cold.



LEARN TO COOK the healthy Mediterranean way with this special edition of The Low-Cholesterol Olive Oil Cookbook.

Leisure Times

Will be Published again in November

Please contact your local newspaper with story or advertising ideas.

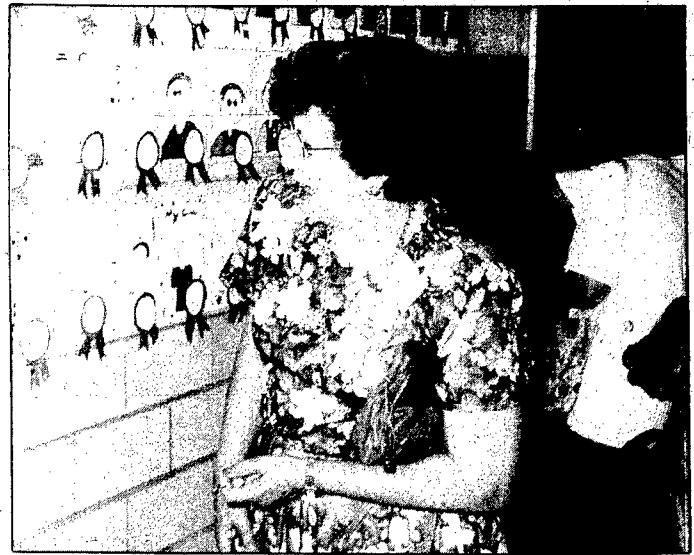
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A Place With a Touch of Elegance



Grandparent's Day

Holy Trinity Elementary School in Hartington hosted Grandparents' Day on Friday morning of last week. The event allowed grandparents to see their grandchildren in school and tour the facility. The visitors also sat in on some classes, viewed student artwork and were served treats.

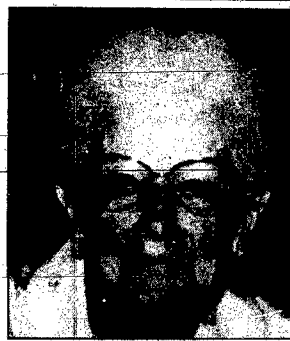
Senior Reflections

—Compiled by Rose Rolfe
Cedar County News

What is your position on the death penalty in Nebraska?



"I think we should have it. They committed the crime, they should take the punishment."
John Ritbe
Wynot



"I don't think anyone should be put to death, but, I do believe the criminal should never be released on parole."
Lucina Hochstein
Wynot



"Anyone who murders another human being should be put to death, after all, they didn't let their victims live. Why should they?"
Lucille Becker
Wynot



"I believe in the saying 'An eye for an eye, and a tooth for a tooth.' I think they should be treated the same as their victim."
Fritz Hochstein
Wynot

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Artist's creations fill home with treasures

**By Sally Schroeder
Cedar County News**
COLERIDGE — Entering the home of an artist is an adventure. And when the artist has been at it for more than 70 years, the home turns into a treasure chest.

Coleridge native Amy Ravenscroft said her introduction into the art world came in 1926, as a second grader.

Amy won first place in a state-wide competition for drawing a Tuberculosis Association poster. Amy said, as a child she was always drawing with a pencil and paper as that's all she had.

In 1936, Amy entered the University of Nebraska at Lincoln, majoring in Commercial Art. Before obtaining her Bachelor of Fine Arts degree, she became skilled as a stone and clay sculptor, and created etchings made with copper plates.

As you tour the gallery walls within the Ravenscroft home, you see almost every piece of artwork Amy has ever created. She rarely sells a piece, but occasionally gives one away.

At a college sorority Halloween party, Amy met her future husband Myron

Ravenscroft on a blind date. Myron's degree in chemical engineering took the newlyweds to Kentucky where he worked at a steel mill.

Viewing the scrapbook of Amy's portfolio is like going through a catalogue of artwork, and Amy knows the details of each piece's history.

Stacks of framed artwork rest against a sitting room wall, and Amy's willingness to share and explain each piece leaves the viewer overwhelmed and awestruck.

Amy's art career stood still while she and her husband raised four children.

Ravenscroft said they needed to get back to their roots in Nebraska and returned home in 1951.

Ravenscroft is a Cedar County cattle producer and currently has 300 head of cattle at their farm on the edge of Coleridge.

As the Ravenscroft's children left home, Amy could finally begin to dabble again in her first love, the art world.

Joining the Northeast Nebraska Art Association out of Norfolk in the late '60s, Amy's old instincts came alive.

Part of Amy's collection is a sample of each Christmas card she's ever made. Some of the cards were created individually, or at least detailed with India ink, and Amy's steady hand.

Water colors, acrylics and oil paints led Amy to a major state award in 1977. She won Best of Show at the Nebraska Art Council Art Show.

"The Work Bench", a still life oil painting of clay flower pots and gardener's tools is the subject of the award winning portrait.

Scattered amongst the antiques in the Ravenscroft home, Amy's artwork includes single portraits of her



Amy Ravenscroft displays two of her favorite works of art — portraits of her mother and father, Mr. and Mrs. George Gray.

parents, her mother-in-law, landscapes and other still-life pictures, a limestone sculpture of a nude torso sitting on the hearth of the ornate fireplace, and pieces of pottery.

Stacks of framed artwork rest against a sitting room

wall, and Amy's willingness to share and explain each piece leaves the viewer overwhelmed and awestruck.

Recent cataract surgery has regained a new explosion of color for Amy. She is now ready to return full speed into her world of creativity.

—Senior Citizen Special—

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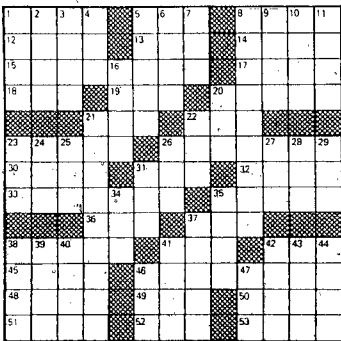
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Crossword

- ACROSS**
 1 Widespread
 5 Like steak tartare
 8 Actress Delany
 12 German river
 13 One — time
 14 Wallet fillers
 15 WWII soldier
 17 Mormon state
 18 Word before age or country
 19 Goal
 21 One of the Caesars
 22 Hardwood tree
 23 Cap's brim
 26 "Sic — gloria"
 31 Small rug
 32 Celestial bear
 33 Walden Pond dweller
 35 It might be rubber
 36 Funny Knotts
 37 Dance step
 38 Baseball great
 41 Disfigure
 42 Political org.
- DOWN**
 45 German wife
 46 Flabby
 48 Boxing arena
 49 Harvest goddess
 50 River in France
 51 Curse
 52 Head of the fairway
 53 Dogs and cats
 1 Change the decor
 2 Object of worship
 3 Clan dispute
 4 Work unit
 5 Anagram for braid
 6 Cyclotron particle
 7 " — Out West"
 8 Breakfast sinkers
 9 Square column
 10 Undiluted
 11 Court star
 16 Barrette's place
 20 Cool —
- ACROSS**
 21 Western prospector
 22 Skill
 23 Ex-G.I.
 24 German pronoun
 25 Broadway sign
 26 Greek T
 27 Mrs. in Madrid
 28 Ending for tour and humor
 29 Faucet
 31 "The Invisible" —
 34 Lunch ending
 35 Marionette maker
 37 VCR button
 38 Bouffant hairdo
 39 Opera bonus
 40 Rave
 41 Apathetic one
 42 River in England
 43 Car mar
 44 War god
 46 Dash's partner
 47 School dance



Nebraska VIPS

Support for older, sight impaired Nebraskans

"We, who need the help of others in similar situations, can both give and learn from others by sharing. Support Peer Groups are a 'lift' for all of us. Shake someone's hand. Give them a pat on the back. Listen to others' problems and how they have solved them. All this gives us a positive boost to help us face the future."

These are the words of Mary Overton, Lincoln, and Thelma Griess, Omaha, retired teachers and members of Nebraska Visually Impaired Peer Support (VIPS). They echo the sentiment of group members from across the state. Groups are open to all ages, but most members are older since four of the five main causes of blindness are directly related to the aging process.

The peer counseling groups which comprise the state-wide network, exist to help members cope with their vision loss. Purposes of the local groups are: a chance

for blind persons to meet with each other; to learn about available resources; to learn from each other ways of doing things independently with limited vision; to share feelings, problems, and solutions; and to educate family members and communities about visual impairments.

The 28 local support groups usually meet monthly and are facilitated by counselors from Rehabilitation Services for the Visually Impaired (RSVI). Transportation, or help in finding it, may be provided. Some group members are just beginning to have eye problems while others have lost most of their vision. All have experienced a variety of difficulties dealing with their feelings and everyday tasks. Involvement in the group helps members to work through the rough spots and learn that, with determination and the support of others, they can continue as active, independent contributors to their

families and their communities.

The groups operate on a volunteer basis. Donations and a small grant provide funds for transportation and expenses. There is always a need for volunteer drivers (mileage will be paid).

If you're interested in joining or volunteering for a group near you, contact Howard Simons, President, at (308) 381-8003, or the RSVI office nearest you: Lincoln (402) 471-2891; Omaha (402) 595-2041; Norfolk (402) 370-3436; Kearney (308) 237-5125; North Platte (308) 535-8170; or Scottsbluff (308) 632-1304.

Eat your veggies!

Some vegetables are naturally higher in vitamins, minerals and dietary fiber. Cruciferous vegetables, such as broccoli and cauliflower, are especially rich in nutrients. Spinach, carrots and squash are other good choices. Celery and light-colored lettuce are among the vegetables that offer relatively little in the way of vitamins and minerals.

The Nebraska Medical Association advises to get the most out of vegetables, the best approach is to eat a variety and to include several vegetables in a daily food plan.

Watch drug expiration dates

An expiration date means that a drug shouldn't be used after the date indicated. Drugs can undergo changes over time, making them less effective or perhaps harmful. The way a drug is stored can also influence its shelf life.

Medication should be stored in a dark, dry place and kept away from excessive heat and cold. Most prescription drugs are designed to be taken regularly until the

prescription is finished. If you keep unused prescription medication on hand you may be tempted to use a drug inappropriately.

The Nebraska Medical Association recommends that you not use any tablets or capsules that are more than two years old, and never give prescription medication to anyone other than the person designated on the prescription label.

HERE'S THE PLAN



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Physical, occupational therapy make great teamwork

By Sally Schroeder
Cedar County News

Recovering from traumatic events, like strokes, falls, or heart attacks takes a lot of time and patience. Therapy is one of the prescribed treatments for any of these life changing situations.

Hartington Nursing Center offers both physical and occupational therapists for their residents.

Jennifer Pohlmann, an occupational therapist at the Center, is a new graduate of Creighton University.

Pohlmann's specific duties deal with recovering the functional skills of the patient, enabling the person to take care of themselves like they did before the stroke, or accident.

Part of occupational therapy includes going over the cognitive thinking skills that helps someone take care of themselves.

Fine motor control therapy, like buttoning and unbuttoning are part of the work that Pohlmann deals with.

Occupational therapy in-

cludes working with balloons, balls, large rubber bands and cuff weights to help the patient regain strength and mobility.

While working with an occupational therapist, a patient may also have needs to see a physical therapist. This is another avenue to recovery, prescribed by the doctor.

The physical therapist at the Hartington Nursing Center is Betsy Walsh, of Yankton, South Dakota. Walsh's long term goal was to become a clinical specialist in geriatrics.

Prior to working at the Center, Walsh was the director of physical therapy at Sacred Heart Hospital, in Yankton for more than six years.

Walsh said physical therapy deals primarily with overall mobility of the patient. Walking with a cane or walker, or obtaining arm strength to motivate in a wheel chair are part of the therapy Walsh works with.

Balance, gross motor strength, and large muscle activity are things that make physical therapy different than occupational therapy.



Parachute therapy is a new highlight at the Hartington Nursing Center.

Team work between the therapists is very important.

Walsh said that while a pa-

tient needs to learn balance and mobility, they can also be working on fine motor control at the

same time.

This is when the O.T. and
SEE THERAPY, Next Page

Resident of the Month Rose Pinkelman



Rose Pinkelman was born in Wynot Ne., on May 22, 1901. She is the oldest of two children.

Rose married Fritz Pinkelman in 1927. They have seven children and several grandchildren and great-grandchildren. When at home, Rose enjoyed sewing, working in her garden and reading.

Today, Rose enjoys music, reminiscing, Ladies Crafts and visits from family, friends, volunteers and staff.

Rose came to the Hartington Nursing Center on February 15, 1993.

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Hartington, NE

New statistics reveal elderly are in Nebraska's fastest growing age group

By Mark Mark Intermill
Care Planning Coordinator
Neb. Dept. on Aging

LINCOLN — From 1980 to 1990, the number of Nebraskans over the age of 85 grew by nearly 25 percent. This age group was the fastest growing in the state.

In 1980, there were 23,744 Nebraskans over the age of 85.

By 1990, that number had grown to 28,413. Census information provides a clearer profile of this age group.

There are many more women than men in the 85 + age group. Yet, the proportion of men in the 85 + group did increase slightly during the decade, growing from 33.6 percent of the total in 1980, to 34.7 percent in 1990.

The 85 + minority population increased at the same rate as the total 85 + population. Whites accounted for 98.1 percent of the age group in both 1980 and 1990.

This equal growth rate is in contrast to the phenomenal growth of the minority 60 + population during the decade.

The 60 + minority population increased by 48 percent from 1980 to 1990, compared to a growth rate for the total 60 + population of 6 percent during the same period.

The proportion of the 85 + population who live alone increased from 31 percent in 1980, to 41 percent in 1990. There was a small increase in the number of persons over the age of 85 who lived with another person. The entire growth in the age group's population was in the number of people who live alone.

About one-half of the state's nursing home population is over the age of 85.

The proportion is growing, as utilization rates for younger age groups decline, and the 85 + age group experiences high rates of population growth. Growth in the rate of nursing home use is confined primarily to women over the age of 85.

There were 20 more nursing home residents in Nebraska in 1992, than in 1988. But, the number of women over the age of 85 who lived in nursing homes grew by 462 during that time period.

The 85 + age group became more economically polarized during the 1980s. Comparisons of rates of poverty between 1980 and 1990, are difficult due to changes made during the time period in the method of calculating poverty for those over age 65.

The changes redefined a large number

of people out of poverty without changing their economic status.

Another factor that makes comparison difficult is that the Census Bureau doesn't report poverty information for all persons.

However, based on the best information available, the number of Nebraskans over the age of 85 who have in-

comes below the poverty level, increased by more than 50 percent between 1980 and 1990.

This increase occurred despite the more restrictive method for calculating poverty. But, as the number of persons who live below poverty increased, so did the number of persons whose incomes were greater than 200 percent of poverty.

Senior Census

Therapy

Continued from previous page

the P.T. work hand in hand in specific cases.

The success stories vary, but usually, the therapists can see a stroke survivor, for instance, recover in approximately six months.

The process usually begins with a totally bedfast person, progressing to wheelchairs, walkers, assisted walking and self-feeding over the course of therapy.

All rehabilitation requires a positive mental outlook. This plays a huge role in the patient's recovery. The ultimate goal for the therapists is to get the patient to maintain their progress, or keep progressing until they meet their maximum potential.

STOCKING UP — I always buy two books of postage stamps. I keep one in my purse and one at home. Then when I'm away from home, I always have a stamp for a letter or a birthday card or anniversary card, etc. Marilyn M., Raleigh, N.C.

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Day --- Place	Day --- Place	Day --- Place	Day --- Place
Sept. 14-W	Oct. 3-Y	Oct. 21-SC	Nov. 9-W
Sept. 15-THU	Oct. 4-TU	Oct. 24-N	Nov. 10-THU
Sept. 16-SC	Oct. 5-Open Day	Oct. 25-Open Day	Nov. 14-SC
Sept. 19-N	Oct. 6-THU	Oct. 26-W	Nov. 16-Open Day
Sept. 20-TU	Oct. 7-SC	Oct. 27-THU	Nov. 17-THU
Sept. 21-Open Day	Oct. 11-Open Day	Oct. 28-Y	Nov. 18-N
Sept. 22-THU	Oct. 12-W	Oct. 31-SC	Nov. 21-Y
Sept. 23-Y	Oct. 13-THU	Nov. 1-TU	Nov. 22-Open Day
Sept. 26-SC	Oct. 14-N	Nov. 2-Open Day	Nov. 23-W
Sept. 27-Open Day	Oct. 17-Y	Nov. 3-THU	Nov. 25-SC
Sept. 28-W	Oct. 18-TU	Nov. 4-N	Nov. 28-N
Sept. 29-THU	Oct. 19-Open Day	Nov. 7-Y	Nov. 29-TU
Sept. 30-N	Oct. 20-THU	Nov. 8-Open Day	Nov. 30-Open Day

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

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

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

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Nebraska Rural Health Policy Agenda

VISION: All rural Nebraskans will have access to a dynamic, integrated health care system that meets their needs and enhances their physical and mental health.

This is the vision developed by the Rural Health Advisory Commission and presented to the Governor, the Legislature, and the Director of Health in 1992.

LB 994 stipulated that the Commission develop policies to meet the health needs of rural Nebraskans. Citizen input from the 1989 Rural Health Agenda and the 1991 Rural Health Policy Conference helped prepare the policies.

The vision focuses on the need of all Nebraskans to help our rural citizens with the varied access issues of cost, geography, culture, and information. It challenges us to think about creating a dynamic, exciting system. Integration means more than putting two providers together. It encourages us to identify the health care continuum that exists in our area and meet it.

Policies provide boundaries or guidelines within which laws may be enacted, and help decide which laws are allowable.

The following 12 policy statements were developed by the Commission to address the issues identified over the last two years. Each policy has state level actions included. Most have community level actions that should be addressed.

--**Statewide Access.** Nebraskans, including all rural residents, should have

access to high-quality health care services.

--**Health Professional Education.** Colleges and universities in Nebraska must provide opportunities to prepare sufficient numbers of graduates for the delivery of health care services to rural residents.

--**Health Professional Regulation.** Laws and regulations governing health professions and occupations must ensure that standards of care, scope of practice, and standards for entry allow appropriate access to high-quality services by both rural and urban residents.

--**Health Care Delivery Systems.** A. Health care delivery system development should emphasize cooperation, coordination of resources, and shared services wherever possible. B. The system of primary care facilities should ensure that appropriate facilities are within a reasonable distance to meet the needs of the rural populations.

--**Appropriate Balance.** All service system efforts must focus on maintaining an appropriate balance among quality, access, and cost containment.

--**Delivery Structure for Health Services.** Public and private delivery of health care services should be integrated and coordinated to meet population needs.

--**Long-Term Care.** An integrated continuum of long-term care services should be developed, so that each individual may receive care at an appropriate level.

--**Transportation.** A. Non-Emergency

Transportation - the transportation system(s) should be sufficient to provide access to health care services.

B. Emergency Transportation - the emergency system should guarantee universal access for trauma cases to an appropriate provider within the "golden hour."

--**Mental Health.** Physical and mental health services should be integrated so that rural residents have access to a continuum of services appropriate to their level of need and at an appropriate setting.

--**Local Area Planning.** Health planning should be population-based and should occur, whenever possible, at the local or regional level, focusing on the assessment of needs and the application of statewide policies to develop services meeting those needs. Local/regional plans should be integrated into a comprehensive statewide rural health plan.

--**Rural Coordination of Resources.** Plans, programs, and strategies designed to enhance the delivery of health care in rural areas should emphasize the effective coordination of existing resources as well as the development of new resources.

--**Access to Information.** The public should have access to an integrated health database that contains current and complete information on health care services and needs in rural Nebraska.

Discuss these issues with your state senator. Policy issues may eventually become bills to be dealt with by the Legislature.

The Commission and the Office of Rural Health urges all Nebraskans to consider these policy recommendations and give support, reactions, ideas, and input to: Dennis Berens, Office of Rural Health, Box 95007, Lincoln, NE 68509.

Statewide nutrition program more than just a meal

A key component of Nebraska's efforts to maintain independence for older persons is the statewide nutrition services program. This includes senior center meals, home delivered meals, and an increasingly important service - health promotion and disease prevention educational activities.

Underscoring the importance of these programs is the fact that the number of older Nebraskan's relying on them is expanding as the percentage of our older population grows.

George, for example, started coming to the senior center after his caregiver suddenly died. He had an alcohol problem, but stopped drinking when he attended the center. His whole outlook on life steadily improved. When he had unexpected surgery, he received home delivered meals and eventually became strong enough to return to the center. George is 88.

Mary, in her 70's, was involved in a serious car accident. Injuries put her in the

hospital and nursing home. Very weak, she still insisted on coming home. She asked the center to bring her meals every day for two months. She now drives, gets a ride, or walks to the center. She says she didn't appreciate or realize how important the center's programs were until her accident.

As our population matures, so has the nutrition program. It's simply not enough to insure that the food provided includes an adequate supply of essential nutrients, and that it's safe. It must also meet recognized diet modifications (such as reduced fat and cholesterol) that reflect scientific research findings.

Staff constantly monitors current trends in the field of nutrition and health, as well as information and training needs in the nutrition and health programs.

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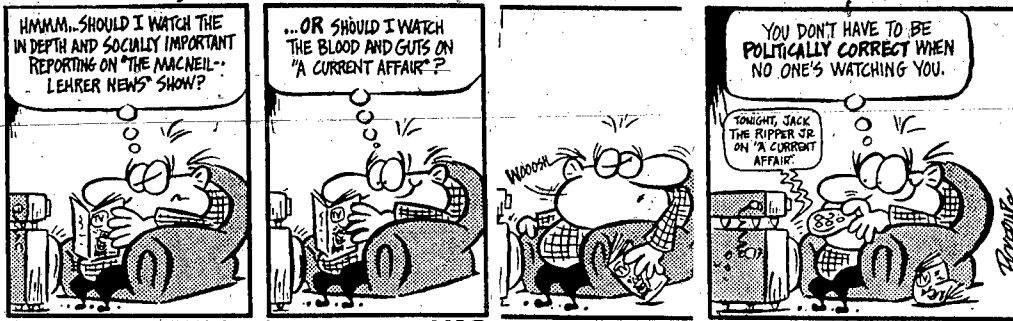
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Medical eye care available for needy, elderly

Since 1986, the National Eye Care Project has helped needy older persons to obtain medical eye care at no out-of-pocket cost to them. To qualify, an individual must be age 65 or older and have no access to an ophthalmologist (eye physician or surgeon), usually due to lack of funds. To find out if you are eligible, call the Project's toll-free hot line at 1-800-222-EYES (3937).

Qualified callers will be matched with a nearby ophthalmologist who has volunteered to participate. If the person is covered by Medicare or other health insurance, the physician has agreed, for this project only, to accept insurance assignment as payment in full. If the patient has no medical insurance, the care is free.

In Nebraska, the National Eye Care Project has received 1,974 calls and referred 1,300 patients of whom 735 were seen and treated. Diagnosis has been as follows: 390 cataracts, 16 diabetic retinopathy, 39 glaucoma, and 83 macular degeneration.

Nationwide, over 265,000 calls have been received with over-175,000 patients referred to ophthalmologists.

The hours of operation are 8:00 a.m. to 4:00 p.m. Pacific Standard Time. Again, call 1-800-222-EYES for information.

Milk: Why 2% is really 35%

Okay, so you may not be a kid anymore, but you still need your 2 to 3 servings of milk each day. And, since you have the choice between whole milk, 2%, 1%, or skim, which should you drink?

Many of you may have grown up on whole milk. Or, maybe you've switched to 2% because it's called low-fat. After you examine the following facts, coupled with what research tells us about the correlation between fat in our diets and heart disease, you might want to think again.

Milk is rich in protein and calcium, a perfect beverage for breakfast or anytime. But, depending on which milk you drink, half its calories could be from fat - mostly saturated fat.

One cup of whole milk is 149 calories and according to its label about 3.5% fat. That doesn't sound so bad, does it? However, this is 3.5% by weight. Since most of milk's weight comes from water, it's much more meaningful to determine the percentage of milk's calories that come from fat. By that yardstick, the difference is far greater. The actual percentage of calories from fat is 49%. That's almost half of its total calories.

Is 2% low-fat milk better? Somewhat, although it's still not the best choice when you're trying to reduce your fat intake. One cup of 2% has 121 calories with over 35% of its calories from fat. One percent milk is much healthier at 102 calories per cup and 23% of its calories from fat.

The real winner though, is skim milk at

only 86 calories per cup and a mere 5% of its calories from fat. Another added bonus from skim and 1% milk is the extra protein you get per glass over 2% or whole milk. That's because by taking out the fat, you get more milk and, therefore, more protein.

Whichever kind you choose to pour, an 8-ounce glass of milk contains about one-sixth of an adult's daily need of protein. It has about 300 milligrams of calcium, or nearly one-third your daily need. So drink 'up!

NOTE: Maybe you've given up milk or other dairy products altogether because of a lactose (milk sugar) intolerance. Give one of the new products on the market, such as Lactase, a try. It may help.

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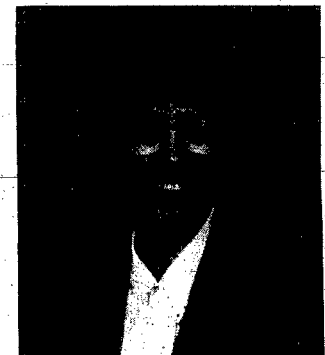
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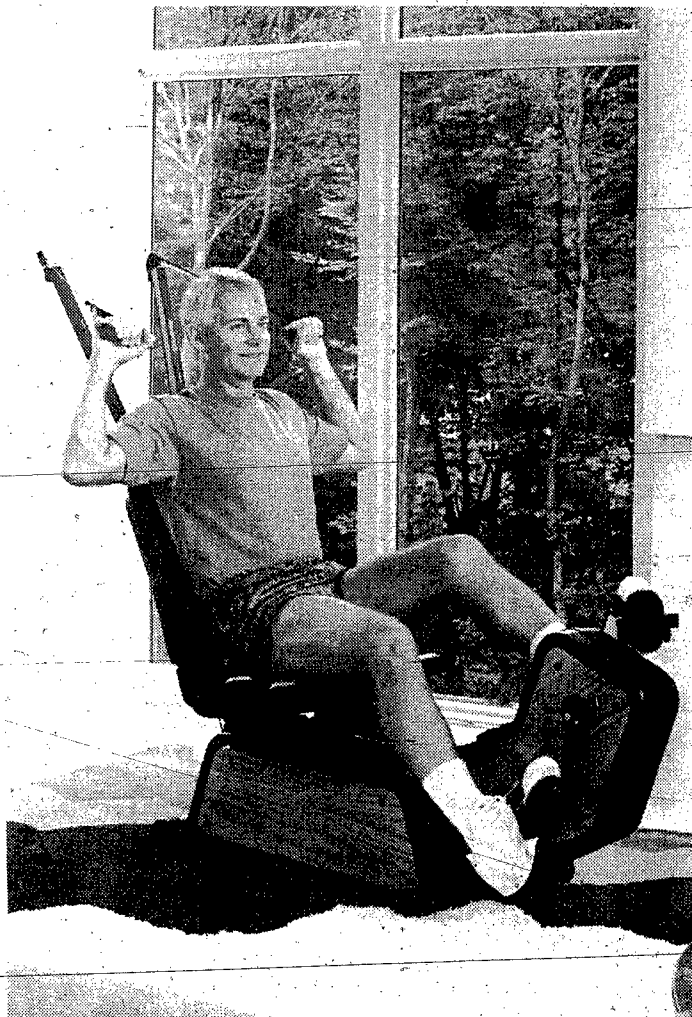
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- October 12-16 — Fall Foliage - Branson
- October 18 — Movie - To be announced
- November 19 — Little Red Hen Theatre, Haskell House
- December 2-4 — Kansas City Christmas Lights



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As people mature, staying active and youthful is as important as having a retirement fund or spending quality time with grandchildren. Keeping fit provides the strength and endurance to do simple tasks such as shoveling the driveway, walking a flight of stairs, or carrying groceries.

"Today, we are finding that a regular exercise routine has many everyday health benefits that affect men and women of all ages. Things such as maintaining functional strength, restoring muscle mass, lowering the risk of osteoporosis, relieving back pain, and preventing weight gain, all can be achieved through exercise," says Jim Bostic, president and CEO of NordicTrack. "As Americans are discovering the benefits of exercise, they are seeking ways to fit an exercise program into their busy lives."

NordicTrack, a leading manufacturer of fitness equipment, is helping people to make exercise easy and convenient by offering unique in-home fitness equipment such as the Total-Body Fitness System™ and Nordic Row TBX®. In addition to being easy to use, these machines provide a total body workout for the user.

"Adults who work out on treadmills, stairclimbers or stationary bikes only use the muscles in their lower bodies. These workouts neglect the upper-body muscles and don't burn the maximum calories possible," says Jeff Zwiefel, director of The National Exercise For Life Institute. "With Exercise For Life Institute. "With exercisers like the Total-Body Fitness System and the NordicRow TBX, people can maximize the results of their workout."

One reason the Total-Body Fitness System is ideal for mature users is that it uses a

recumbent design that distributes weight in a way that comfortably supports the back. This position allows the user to exercise longer and burn more calories without tiring as easily. The Total-Body Fitness System offers strength training for the upper body as well as providing a superior aerobic workout.

The Total-Body Fitness System features an isokinetic resistance mechanism. It operates by accommodating the user's strength at every point in the full range of motion by providing a resistance level that is equal to the force put into it.

Similarly, NordicRow TBX offers a total body workout through a rowing motion. A half-hour workout burns between 150 to 200 calories and raises the body's metabolism for continued high-calorie burn hours after the workout. Used in a sitting position, which is easy and comfortable for most any user, rowing allows people to work at their own pace, increasing the duration and intensity of the workout. Unlike other rowing machines, the TBX offers lower-body resistance to maximize workout results.

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Aging can play tricks with vitamin and mineral needs

At least one out of five senior citizens may need to take extra vitamin B-12 to prevent senility and other neurological disorders because they absorb the B-12 in their food poorly.

According to studies at the U.S. Department of Agriculture's Human Nutrition Research Center on Aging at Tufts University in Boston, they would be wise to get the calcium they need to maintain bones and nerve function from their diets, because the mineral is not well absorbed from a commonly used supplemental form, calcium carbonate.

The findings apply to men and women who no longer secrete enough stomach acid to absorb some nutrients as well as they used to, claims Robert M. Russell. He directs gastrointestinal and micronutrient studies at the Tufts center, which is funded by USDA's Agricultural Research Service.

The condition, called atrophic gastritis, affects at least 20 percent of people over age 60, increasing to about 40 percent of people over 80, says Russell, a physician. Atrophic gastritis is also known as hypochlorhydria or achlorhydria.

The study of 16 subjects - half of whom had atrophic gastritis - supports earlier evidence that low acidity in the gastrointestinal tract impairs absorption of the protein-bound B-12 found in foods. This condition, however, does not impair absorption of the crystalline form used in supplements.

The study, reported in a recent issue of *Gastroenterology*, was led by visiting scientist Paolo M. Suter, who is now at the University of Lausanne, Switzerland.

"People with atrophic gastritis may need oral B-12 supplementation," Russell says. "Vitamin B-12 is probably the single most important nutrient affected by aging."

He added that poor absorption of the vitamin may be responsible for age-related declines in balance and pressure sensation, in muscle coordination, and in mental ability.

The severe B-12 deficiency that leads to pernicious anemia is due to other factors. A study done by researchers at Columbia-Presbyterian and Harlem Hospital Centers in New York City indicates that even a mild B-

12 deficiency - where there's no sign of anemia - can result in neurological disorders.

Older people who had serum B-12 levels at the low end of the normal range had several neurologic symptoms including memory loss, however, many improved when treated with B-12.

"Most elderly people don't need vitamin B-12 shots," Russell explains. Since people with atrophic gastritis can absorb the vitamin in the crystalline form, they can take it as a part of a multi-vitamin supplement, he adds.

Earlier studies have blamed poor B-12 absorption on the lack of stomach acid and the digestive enzyme pepsin - both of which are needed to separate the vitamin from food protein. While this is a problem, the USDA study showed that a burgeoning bacterial population in the upper intestine, due to the friendlier, low-acid environment, was responsible for "hogging" the little B-12 that was separated. Absorption improved when the volunteers were given the broad spectrum antibiotic tetracycline.

A second study at the center confirmed reports that the loss of gastrointestinal acidity significantly reduces calcium absorption from supplements containing the commonly used calcium carbonate. The study also found that atrophic gastritis does not reduce the absorption of calcium from foods.

Results of this study with 15 older men and women support previous reports that calcium absorption from foods does not depend on gastrointestinal acidity. Likewise, calcium absorption from supplements containing calcium citrate also doesn't depend on gastrointestinal acidity. The study was led by Tamsin A. Knox of the New England Medical Center.

"That's a very important negative finding," says Russell. "Otherwise, the calcium requirement would have to increase as people got older."



Check your home insurance before a yard sale

A sure indication of the warm weeks left ahead of us is the hand-lettered sign nailed to a tree announcing a yard or garage sale.

Yard and garage sales are an excellent way for older people to clean out the attic, garage or basement - and, at the same time, pick up a few dollars.

However, the outside chance of someone getting hurt while poking through your items shouldn't be ignored. It's smart to check your homeowners insurance policy or talk to your agent or company representative to make sure you've got liability protection.

If your garage or yard sale is an irregular event, staged solely for the purpose of clearing out unwanted and unused items, you generally can rely on your homeowners policy to provide the necessary liability coverage in the event of an accident.

But if your urge to sell items turns into a regular, scheduled, profit-making event, your homeowners policy won't apply. So it may be necessary to buy liability insurance to cover a business pursuit.

To reduce the chance of an accident on your property, make sure the sales items are

arranged so there's plenty of space for browsers to move about comfortably.

Yard sales involving a number of neighbors also may not be covered by the typical homeowners policy if the organizers receive a substantial amount of money from the items sold. However, if the sale benefits a charitable organization, and those running it receive none of the income, the event will be covered by the homeowners policy.

If you're planning a yard sale for an organization with the hope of realizing a profit, the best idea is to inquire about the liability coverage of the sponsoring group. A church, for example, is likely to be covered under its own insurance. Other less formal groups may lack such a policy.

An alternative to the neighborhood yard or garage sale is the regularly scheduled flea market, but be aware that the liability coverage found in your homeowners policy won't apply.

Under those circumstances, check the liability coverage of the flea market's organizer or consult with an agent to determine what coverage you may need.

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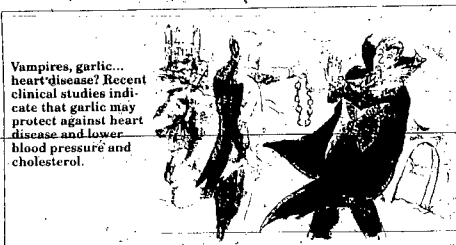
Food For Health: How much do you know about your choices?

Food fads come and go. So it's no surprise that consumers in search of good health are confused about wide food choices. When it comes to foods that may help ward off disease, how much do you know? To check your nutrition savvy, take this True/False quiz developed by the Therapeutic Foods Nutrition Council (TFNC).

Test your nutrition knowledge with these True or False questions:

1. Garlic has been shown to lower blood cholesterol levels.
2. Boiling vegetables is the best cooking method for vegetables.
3. Pasta is a good source of beta-carotene.
4. EPA, a substance found in salmon and tuna, appears to help the body protect against heart disease.
5. Oriental mushrooms contain compounds thought to stimulate the immune system and inhibit blood clotting.
6. Oat bran and psyllium are rich in soluble fiber.
7. Enriched white bread is just as nutritious as whole grain bread.
8. Calcium may help to lower blood pressure.

Research in nutrition and medicine has proven there are a plethora of foods that, through their nutritional value, may help to treat or protect against a variety of diseases. Vitamin supplements do the job, too.



Vampires, garlic... heart disease? Recent clinical studies indicate that garlic may protect against heart disease and lower blood pressure and cholesterol.

The Therapeutic Foods Nutrition Council offers consumers a free issue of two newsletters: "Healthline" and "Your Child's Wellness Newsletter." To receive copies of each, write to: TFNC, c/o H/K, 244 Madison Ave., New York, NY 10016.

1. **True** - Studies have shown that garlic can lower blood cholesterol in individuals with high blood cholesterol levels.
2. **False** - Steaming vegetables, not boiling them, is the best cooking method; steaming helps to retain nutrients.
3. **False** - Beta-carotene is found in dark orange (carrots, sweet potatoes) and dark, leafy green vegetables (spinach, kale). It is converted by the body into vitamin A.
4. **True** - EPA (eicosapentaenoic acid), an essential fatty acid, appears to help protect against heart disease.
5. **True** - Shiitake and Reishi mushrooms are thought to contain compounds that stimulate the immune system, inhibit blood clotting, lower cholesterol and inactivate viruses.
6. **True** - Oats, oat bran, psyllium and guar gum are good sources of soluble fiber, a type of fiber that helps lower total blood cholesterol and LDL cholesterol levels.
7. **False** - Although the enrichment process replaces five nutrients, whole wheat bread has higher amounts of most vitamins, minerals and fiber than enriched white bread.
8. **True** - Studies have shown that calcium may help to reduce high blood pressure.



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