

# Wayne Herald

MARCH 10, 1995

WAYNE, NE 68787

119TH YEAR — NO. 46

## Grant to aid Wayne school improvements

By Les Mann  
Of the Herald

Wayne Schools are among 67 Nebraska school districts who will share more than \$308,340 in state lottery proceeds for innovative education projects.

The grants of up to \$5,000 each come from the Education Innovation Fund, Gov. Ben Nelson said today.

Wayne will receive \$5,000 for use in the development of a continuous school improvement process called the McRel A-plus Excellence program. Members of the Wayne School board heard an updated report on the program at their last board meeting from Betty Heier.

### Board to discuss building needs

The Wayne School Board will resume discussions about the building needs for the district and a potential survey of district patrons during its meeting scheduled Tuesday, March 14 at the Middle School Library.

The board is also scheduled to hear a presentation on the school's information technology and computer system capabilities, to discuss a possible shift to a different regular meeting night and to discuss a rescheduled meeting in Carroll to consider the future needs of the elementary building in that community.

The Tuesday meeting is scheduled for 7:30 p.m.

The program in Wayne will focus on leadership, school efficiency, teaching effectiveness and excellence. The effort is being coordinated by the Wayne Schools "High Expectations Team" which includes representatives from the schools and the business community.

Development of a strategic school improvement plan is a pre-requisite to application for other state lottery funds, the board was told. The plan being developed in Wayne could replace the old school accreditation process, Mrs. Heier explained.

She said old accreditation processes focused more on buildings and preparing teachers while the new A-Plus process focuses on students and what they school learn. She said the old accreditation process also was conducted usually only once every seven years, while the new method of judging the performance of schools and seeking improvement is an ongoing process conducted every year.

"We should always be striving for excellence," she told the board adding the development of an improvement plan should not just be a once in seven years event. Mrs. Heier also said the schools could retain the traditional accreditation process even with the new system in place.

The 11-member Nebraska Excellence in Education Council oversees the distribution of state lottery money.

See SCHOOL, Page 3A



Nebraska State Sens. Pat Engel of South Sioux City and Pam Brown of Omaha discuss a legislative matter on the floor of the Senate in Lincoln Thursday. Engel represents the 17th district in Northeast Nebraska which includes Wayne and Brown represents the 6th District in Omaha. Both are members of the legislature's busy Appropriations Committee.

## Midway point for senators is busy time in Lincoln

By Les Mann  
Of the Herald

Mid-way through the 1995 legislative session the area's two senators are not displeased with the way things are going as they wade through debate and consideration of more than 800 legislative measures.

Sen. Stan Schellpeper of Stanton told the Herald Thursday he didn't foresee addition of a sales tax on services passing the legislature this year.

Schellpeper had proposed a sales tax on services to raise revenues which could have been used to reduce property taxes. But he said his bill had not generated much support in the Unicameral.

"This body is not going to take any action (on revising funding mechanisms) until it is absolutely forced to do so," said Schellpeper

from the floor of the Senate Thursday. He said he thought the lawmakers might be forced into enacting tax reforms in the not too distant future through the petition process.

He said he has encouraged his fellow senators to take action now to try to ward off petition drives which could be damaging. However, the legislature's Revenue Committee killed several property tax relief measures Wednesday. Included among those killed were bills to tax services and food, allow school districts to impose sales and income taxes, expand homestead exemptions, raise state income and sales taxes and authorize county income taxes.

Schellpeper said he thinks the senators are afraid to deal with the difficult tax revision issues which they see as politically dangerous.

Now that the debate over legisla-

tion designed to woo the Micron computer chip manufacturing plant to Nebraska has waned, the senators are scuttling down to the business of point by point reviews of the budget and other measures, said Sen. Pat Engel of South Sioux City.

In his position on the important Appropriations Committee Engel is in the thick of the budget debate and meets daily in committee hearings.

He told the Herald he was glad to see Gov. Nelson had reversed his position on cutting funding for the developmentally disabled. Engel said the effort to cut aid to the handicapped would have created many problems in the 17th district and statewide.

"These people need this," said Engel. Nelson asked the Legislature's Health and Human

See SENATORS, Page 3A

## Chamber thumbing 'net' ride

Development of a public access point for Internet and e-mail as well as interactive television will be discussed in Wayne by John Pritchard, who is the consultant hired by the South Sioux City Chamber of Commerce to develop a similar system there.

Pritchard will meet with members of the Wayne Chamber of Commerce Strategic Planning Committee and other interested individuals who have begun discussing technology utilization in Wayne. The meeting will be Thursday, March 16 at 7 p.m. in the Gardner Business Building at Wayne State College.

Committee chairman Jack Middendorf said he hopes a large group will attend the meeting to help determine options for the development of a Wayne Information Network. He said many other communities in the state, including South Sioux City, have already begun work on information networks which will include 2-way television.

Middendorf said the Thursday meeting would help answer questions people might have about the available information technologies and how the community can access those.

He said Dr. Bob McCue will also be at the meeting to summarize the results of the community computer user survey which was conducted in December.

## Pilger mill ends an era

PILGER, Neb. (AP) — Pilger Milling Co., a landmark in Pilger since the 1930s, has closed with the retirement of its owners.

Ken and Joan Carson have owned and managed the custom milling operation since Jan. 1, 1951. The company is believed to be one of the few in Nebraska that ground feed to the customer's specifications. Feed was then delivered the day it was produced.

When the grinder's 10 steel hammers needed to be replaced, Carson had them copied at Omaha Steel.

The days when the grinder and mix mill were first set in place were busy ones. At that time, area farmers grew corn, oats and alfalfa and

See MILL, Page 3A

### At a Glance



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

This issue: 2 sections, 12 pages — Single Copy 50 cents  
Thought for the day:

Bees can't make honey and sting at the same time.

### Meeting is rescheduled

WAYNE — The Wayne Industries annual meeting which had been scheduled this week but was cancelled due to the weather, has been reset for Monday, March 13 at 7 p.m. at the Black Knight.

All Wayne Industries members and other individuals interested in economic development in the community are encouraged to attend.

### Home Based Business to meet

WAYNE — Wayne Area Chapter of the Nebraska Home Based Business Association will meet on Monday, March 13 at 7 p.m. They will meet at the Frey Art Studio, 620 Logan Street, Wayne.

Speaker will be local attorney Mike Pieper. The topic is "when do you need an attorney."

New members are welcome. For more information call Marvel Rahn at 375-4827 or Carlos Frey at 375-2395.

### Open house

WAYNE — There will be a Youth Wrestling open house held on Tuesday, March 14 at 7:30 p.m. in the high school gym. It has been rescheduled from last Tuesday.

The open house will consist of demonstrations and an explanation of the sport.

A Wrestling Club meeting for parents will take place prior to the open house at 6:45 p.m. in room 101 at the high school. Topics being discussed include the youth tournament and Huskerland membership.

### Program to be held at Library

WAYNE — The Wayne Public Library will offer a program to celebrate Women's History Month on Wednesday, March 22 from noon to 1 p.m.

The program will be on Dr. Susan LaFlesch Picotte, the first Native American woman physician. She practiced in Walthill. The program will be presented by Martha Webb. Funding for the presentation which is free to the public was paid in part by the Nebraska Humanities Council.

Wayne Public Librarian Jolene Klein encouraged residents to bring a sack lunch and enjoy the noon-hour presentation in the Library.



### Weather

Katie Heggemeyer, 6  
Wayne

#### Extended Weather Forecast:

Sunday through Tuesday; chance of showers late Sunday and Monday; highs, 50s; lows, 30s.

Date	High	Low	Precip.	Snow
March 8	11	-7	0	0
March 9	15	-7	0	0
March 10	38	7	0	0

Recorded 7 a.m. for previous 24 hour period

Precipitation/Month — .73"

(Snowfall — 11.8")

Year To Date — 1.44"

(Snowfall for Season — 34.7")

## Wayne on express lane to Vermillion?

Rep. Doug Bereuter (R-Neb.) has asked a House committee for an additional \$2.8 million authorization for the proposed bridge across the Missouri River between Newcastle and Vermillion. He also asked for funding for a preliminary study for a connector highway between Wayne and the new bridge.

Bereuter and South Dakota Representative Tim Johnson testified before the Surface Transportation Subcommittee on Wednesday.

The additional funding request would nearly complete the federal appropriations needed to fund the \$17 million structure.

At the hearing, Bereuter described local support for the project.

"For six decades, the prospect of constructing a bridge in the Newcastle-Vermillion area has enjoyed wide-spread support," he said. "An impressive coalition of community organizations, local governments, businesses and individuals from both Nebraska and South Dakota has joined together in support of this bridge. Such a bi-state consensus is possible because the benefits resulting from the bridge's construction are so clear.

"Because of the current lack of a bridge, communities in Northeast Nebraska and Southeast South Dakota have remained isolated from each other despite their proximity. As a result, economic activity in the region has been hampered and labor and commerce options have been limited. Clearly, the completion of a bridge across the Missouri River will be a significant aid in

attracting new businesses to the area.

Johnson told the subcommittee, "After many months of exhaustive study and committee hearings, I am pleased that we are now asking for final authorization for funding of these projects. These bridges will provide South Dakotans and Nebraskans with increased opportunities for economic development, recreation, access to health care and a decrease in transportation costs. In the end, this benefits all of us in

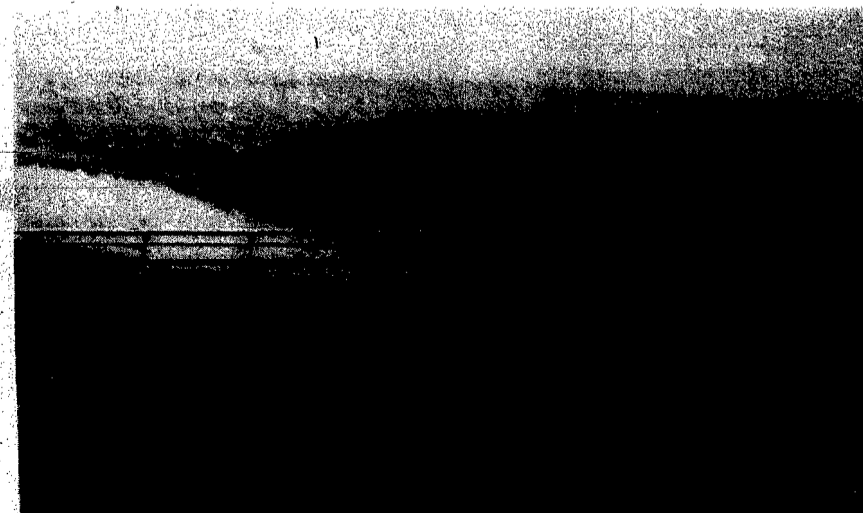
South Dakota and the Midwest region."

"As you examine this project, I know you will find that it offers tremendous economic benefits for the entire region," Bereuter told the subcommittee. "I am also convinced that this bridge, when completed, will serve as a connector for one of two major north-south routes across Nebraska. To serve as a connector, it will first require a new highway connection between Wayne and the bridge. An autho-

rization of the \$200,000 I have requested for a preliminary study would greatly facilitate this connection. Complete of this route would mean that from the Kansas border, near Chester, there would be a direct link across Nebraska to Vermillion, S.D. and I-29."

Bereuter also joined Johnson and third-District Congressman Bill Barrett in requesting an additional authorization of \$3.4 million for a

See BRIDGE, Page 3A



A computer-generated perspective of the proposed \$17.9 million Missouri River Bridge to connect Newcastle, Neb. and Vermillion, S.D. has been released by the Nebraska Department of Roads.



# Bridge

(continued from page 1A)

proposed bridge across the Missouri River between Niobrara and Springfield, S.D. "Due to my previous efforts and the tremendous need for this bridge, I remain very supportive of this project," he said.

The proposed Niobrara-Springfield bridge has enjoyed widespread support from residents on both sides of the river as well as local and state officials. Since 1927, efforts have been made to construct this much-needed bridge. The issue became even more critical in the mid-1980's with the abandonment

of ferry service. "Motorists, farmers and businesspeople would benefit greatly from the reduced travel distance if this bridge is built."

"I am pleased to say that the current schedule provides for the construction plans to be completed this fall with bid letting expected in January 1996. If the additional \$3.4 million we are requesting is provided, the last remaining obstacle would be removed and this bridge which has been envisioned for nearly seven decades would finally become a reality."

# Mill

(continued from page 1A)

waited in line at the mill for the grains to be ground into feed.

"Everybody used to farm a quarter- or a half-section then, and now they farm two or three. Everybody had chickens, cows, hogs and beef cattle. The chickens and cows went out the window," Mrs. Carson said.

Today, the hog business has gone primarily to confinement operations, cattle to commercial feedlots and farming to other methods of concentrated production, she said.

In the 1930s, times were lean as farmers were plagued by the drought. World War II restricted growth as machinery purchases were few and gasoline scarce.

The period following the war was a time of recovery and expansion in agriculture. The use of chemicals for crops and antibiotics for livestock was the result of research conducted during war time, according to Carson.

"We left the meat scraps and corn idea and went into complicated formulations for feed rations," he said. "I could have used a computer then. I spent hours figuring formulas. With a computer it would have been a snap."

Farmers brought their own corn and oats to the mill to be ground and mixed with supplement to create feed for chickens, pigs and cattle. Carson also picked up feed from the farm, scooping it into the back of a

pickup, bringing it into town to mix and delivering it back to the farmer.

It was same-day performance with the feed mixed to the farmer's specifications, Carson said. It was not stored, although the mill also carried brand-name, sacked feeds that were mixed to the company's specifications.

Innovations were many during the years following the war. The mill was one of the first to carry dry fertilizer and chemicals in the early 1950s. The mill sold dry fertilizer and anhydrous ammonia in cooperation with J. Paul McIntosh of Norfolk.

Carson was a pioneer in the area of marketing soybeans, a crop that at the time was new to the state.

"Nebraska sat around for years arguing if it could grow soybeans or not, while Iowa did it," Carson said.

"It was a time of change and a growing period, a time of innovation flowing through the channels," Carson said.

In the early 1970s, Carson's brother, Warren Carson, became a partner in the business.

Warren Carson stayed with Pilger Milling Co. more than seven years, before returning to his chosen vocation of engineering.

The Carsons have held onto the milling company's warehouse, for a carpentry workshop for Mark Carson.

# Wayne County weed specialist is honored

Marlin Schuttler, Wayne County Weed Superintendent, recently received the Award of Outstanding County Weed Superintendent for the northeastern region at the Nebraska Weed Control Association's annual conference held Feb. 21-23 in Columbus. Bill Bean of the NWCA explained the award recipient.

ents are selected by a committee of weed superintendent peers, fellow professionals and weed control specialists.

"Each year the selection committee reviews letters of nomination, Department of Agriculture evaluation scores, participation in the NWCA sponsor meetings and workshops, and the overall professionalism and expertise of several candidates and nominees for the award," said Bean.

Mitch Coffin, Noxious Weed Program Supervisor for the Nebraska Department of Agriculture reports that Marlin Schuttler also received a personal letter of congratulations from the Nebraska Department of Agriculture. The letter expresses the Department's appreciation of the important contribution Marlin has made in protecting Nebraska agriculture from the serious threat of noxious weeds.

# School

(continued from page 1A)

Lottery proceeds are divided among that fund, an environmental trust and a program for compulsive gamblers.

"Strategic school improvement plans can serve as a springboard for creativity and innovation," Nelson said. "Once these plans are in place, districts are eligible to apply for major competitive grants to fund innovative strategies to address the needs that were identified in the planning process."

Nelson said most of the grants will be used to initiate a major planning process that involves school staff, students and community members. Others will be used to update, strengthen, or add planning components not previously included in their plans.

With this round of grants, nearly \$8 million has been awarded to public schools. The first round of major competitive grants was awarded in January.

"These awards are an important investment in Nebraska's future," Nelson said.

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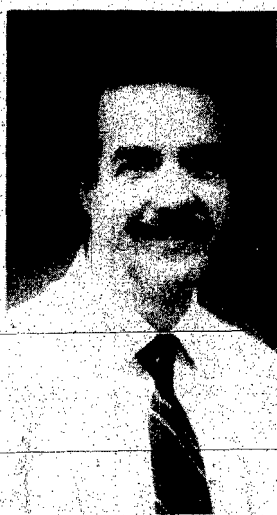
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# Dr. Donovan Conley WSC professor to be published

Dr. Donovan Conley, associate professor of human performance and leisure studies at Wayne State College, has had a research abstract entitled "Short Term Resistance Training Does Not Alter Lipoprotein-Lipids in Young Women" accepted for publication in Medicine and Science in Sports and Exercise.

He will also make a presentation on his abstract in June during the American College of Sports Medicine's national meeting in Minneapolis.

Conley, who has been a Wayne State faculty member since 1992, earned his bachelor's and master's degrees from Southern Illinois University, and his Ed.D. from the University of Georgia.

# Pheasants group to raise funds

The Wayne County Pheasants Forever annual banquet will be held Friday, March 24 at 6 p.m. at Riley's Convention Center. The banquet is the annual main fund raiser for the group which works to develop wildlife habitat in the area.

Last year the local chapter planted 5,200 trees, developed nesting cover, distributed seed for food plots, and worked on lobbying for habitat improvement programs.

The banquet includes drawings, auction of art and other items as well as door prizes.

# Senators

(continued from page 1A)

Services Committee to kill a bill (LB 726) that would have eliminated the training programs and sheltered workshops for disabled persons up to age 21 and replaced it with a case management program for young adults aged 16-21.

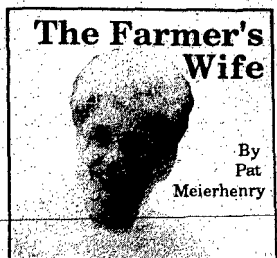
Both senators said they welcome input from local residents on these or other issues facing the legislature. Both said they return home almost every weekend and can be reached there or can be contacted at 402-471-2801 (Schellpeper) or 402-471-2716 (Engel).

# Catalogs not always great

Right after we moved, we were inundated by mail-order catalogs. The former owners of our home must have done a lot of shopping by mail. The few that we patronized found us at our new address faster than did the magazines, we sent "change of address" notices.

I don't like to shop, so I do use some catalogs. I like Penneys because I can call an 800 number at any hour, use a credit card and merchandise will arrive UPS in just a few days, usually faster than they say they will.

But I made a big mistake when I tried one of the exclusively women's catalogs that arrive here every month.



It was Thanksgiving week when I decided to get the four gals in our family night shirts for Christmas. I had a local T-shirt printing company put the Farm House logo on them.

I found some cotton knit, plain shirts from this company in Boston. There was no 800 number, so I sent an order blank. That was the end of November.

On Dec. 9, I received a card mailed on the 2nd. It said they needed a credit card number (my mistake). I made a toll call and the person I talked to said all but one of the shirts was in stock, in the colors I had ordered.

Simple. I changed the color on that one. The person on the phone said they would arrive in two or three weeks. I told her that would be too late. Then she said they would send them Fed Ex, and they would be here in five days.

The first one arrived in one week. It was the one I had substituted a color for. An accompanying card said the rest would be shipped Feb. 3.

The next day, I had to go to Nebraska City. I found night shirts at the factory outlet mall. I returned the lone night shirt, with a letter cancelling the order.

Beginning in February, I started receiving night shirts, one at a time, several days apart.

After returning two at a cost of \$2.95 each, I called the company's customer service rep. She showed a response to my cancellation on that date, approximately two months later. She did say they had credited my card, and would also credit the postage.

I have now returned them all, getting cards that say they have arrived. I just hope they all show up on my credit card bill. Needless to say, I won't be ordering there again. It leaves me wondering how my old faithful Penneys does it.

# UNL names honorees

The University of Nebraska-Lincoln has released its list of students named to the Dean's List/Honor Roll for the fall semester of the 1994-95 academic year. Grade point averages vary among the colleges. An asterisk denotes a 4.00 GPA.

The listing includes hometown, student's name, class, major and which college they are attending.

Carroll — Elizabeth Claussen, sophomore, chemistry, Arts and Science.

Dixon — Tammy Swick\*, senior, management, College of Business Administration.

Emerson — Ronda Brinkman\*, junior, mathematics, Teachers College; Heidi Hassler, freshman, undeclared, Division of General Studies; Jeffrey McTaggart, senior, electrical eng., College of Engineering and Technology; Dee Wallwey\*, sophomore, psychology, College of Arts and Sciences.

Laurel — Betsy Adkins, junior, biochemistry, College of Agricultural Sciences and Natural Resources; Benjamin Dahl, freshman, bus adm. - acct emphasis, College of Business Administration; Deborah Ward, sophomore, pre-nursing, Division of General Studies.

Pender — Andrew Bohlin, senior, economics, College of Arts and Sciences; Cory Russman, senior, news editorial, College of Journalism and Mass Communications.

Pilger — Mathew Goeller, senior, civil eng., College of Engineering and Technology.

Pierce — Tami Lenz\*, junior, mechanical eng., College of Engineering and Technology; Brooke

See HONORS, Page 6A

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# lifestyle

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



## Mom's Group to meet Thursday

The Wayne Mom's Group will meet Thursday, March 16 at the First United Methodist Church in Wayne. The group will meet from 9:30 to 11 a.m. All area mothers are invited to attend.

This month's program will be a discussion of volunteer opportunities in the Wayne area and the group will make tray favors for the hospital.

Child care will be provided at the church. Mothers should check their children in at 9:15 a.m. There is a \$2 charge for children ages 2 and older with a \$1 charge for each additional child. The charge is \$3 for children under age 2. Infants and nursing babies are welcome to attend the meeting with their mothers.

Persons wishing additional information should call Shari Dunkelau at 375-5368.



Pictured, left to right, Sarah Dorcey, Heidi Headley and Brandon Williams.

## Girl Scout Silver Award ceremony to be Sunday

Three Cadette Scouts from Troop 145 in Wayne will receive the Girl Scout Silver Award. The public is invited. It will be held on Sunday, March 12 at 2:30 p.m. at the Presbyterian Church, Third and Lincoln, Wayne.

Scouts to be honored are Sarah Dorcey, daughter of Kevin and Sandy Dorcey; Heidi Headley, daughter of Dave and Terri Headley; and Brandon Williams, daughter of Steve and Catherine Williams.

All three girls started the Girl Scout program in 1986 when they joined Daisy Troop 425, under the leadership of Connie Hall. This was the first year of the Daisy program in Wayne. They continued up the scouting trail, joining Brownie Troop 192 under the leadership of Catherine Williams and Bonnie Fluett. In fourth grade they joined Junior Troop 191 under the leadership of Linda Raveling. In 1993, they joined the Cadette Troop 145 under the leadership of Terri Headley.

The Silver Award is the second highest award in the Girl Scout program. For this award, the girls earned the Cadette Leadership Pin by serving 25 hours in a leadership position. The girls were leaders in their church's vacation Bible school, as well as group leaders at the Wayne Girl Scout Day Camp.

and assisting with Brownie Adventure and Junior District events. They earned the Dreams to Reality Patch where they explored many different careers, in which they were interested in. They also earned the Cadette Challenge Pin, where they looked at themselves, their talents, strengths and values, they had to give service to the community through this pin also, they worked many hours at the Wayne Care Centre.

For the Silver Award they had to do a community service project, for the community, church, school or scouts. The three girls organized a Health Fair for area Girl Scouts. Over 54 scouts participated in the Health Fair learning about diet, physical exercise, personal hygiene, first aid and CPR, our eyes and emergency services provided by an ambulance.

The girls have participated in many Prairie Hill Council events, bridging ceremonies, Brownie Adventure Days, Junior District Days, Autumn Ramble, ski trips and camps at Camp Crossed Arrows as well as the local day camp. They are also very involved in the Wayne Middle School where they are in the eighth grade. They participate in sports, band, swing choir and choir and are members of FRIENDS, the drug free group.

## Does diet trigger headaches?

Headaches are one of the most common human ailments. Rare is the person who has never experienced a headache. In fact, one in five Americans suffer from headaches severe enough to have sought medical help.

Many headaches result from tension, sinus, migraines or caffeine withdrawal. Even more things set headaches in motion — stress, muscle tension, allergens, hormonal changes, lack of sleep, illness and even food.

Migraine headaches are most likely triggered by food. The amines, tyramine and phenylethylamine are common culprits. Red wine, aged cheeses, fermented sausages, sour cream and pickled herring are examples of tyramine-rich foods often identified as triggers of migraines. Chocolate is a phenylethylamine-containing food that has been widely studied as a potential migraine producer. Both types of amines are thought to bring on headaches by causing some blood vessels in the brain to constrict and others to dilate.

Some people will react to a particular food each time they eat it. Others will have a reaction only if other headache-potentiating factors are present. For example, a woman may experience a headache after drinking a glass of red wine at cer-



Cooperative Extension

Sally Ebmeier  
Cedar  
County

Cognac, scotch and bourbon contain particularly high levels of these by-products.

Food additives also can cause headaches, although probably only rarely. The sweetener, aspartame, and monosodium glutamate, or MSG, have been identified as triggers of headaches in sensitive persons. Food temperature is another cause. Most of us have experienced the sudden, painful headache that sometimes occurs when we eat something very cold, such as ice cream, or when we quickly alternate between extremely hot and cold foods. The best way to avoid this trigger is to let foods cool off or warm up a bit before taking that first bite and eat more slowly.

Finally, skipping meals can cause blood-sugar levels to plummet, bringing on headaches. Drinking alcohol or caffeine-containing beverages may make the problem even worse. The cure is obvious — eat something. Even a small amount of food may help.

If you feel a particular food may cause your headaches, try eliminating that food from your diet. To avoid cutting out foods unnecessarily, try adding back the suspect food to see if it brings on a headache. If your headaches are persistent and severe, see a doctor. Your headaches may be symptomatic of an underlying disorder.



Delanie Rose Phillips

## Delanie Rose in pageant

Delanie Rose Phillips, 21-month-old daughter of Paul and Tammie Rose Phillips of Omaha, recently competed in the All Star Kids sponsored Miss Babe Pageant at Oakview Mall.

Delanie Rose was awarded an honorable mention trophy in the 13-24-month age group.

She is the granddaughter of Don and Sandra Schulz of rural Wayne and Frank and Barb Phillips of Ashland, Wis. Her great grandmother is Rose Schulz of Wayne.

## New Arrivals

**CROM** — Mike and Jennifer Crom of Pender, a son, Zach Jeffrey, 7 lbs., 12 oz.; Pender Hospital. He joins a sister, Tiffany and brother, Vincent. Grandparents are Dwight and Mary Johnson of Allen and Peggy Crom of Hubbard. Great grandparents are Clara Puhmann and Eveline Johnson.

**HUPP** — Terry and Susan Hupp of Chadron, a daughter, Amanda Leigh, Feb. 7. She joins two sisters, Shawna and Erin. Grandparents are Don and Elaine Hochstein of Hartington and Harold and Mary Hupp of Gordon, Susan (Walsh) was director of financial aid at Wayne State College from 1986 to 1991.

### Senior Center

## Congregate Meal Menu

(Week of March 13-17)  
Meals served daily at noon  
For reservations call 375-1460  
Each meal served with  
2% milk and coffee

**Monday:** Fillet of cod, herb baked potatoes, tomatoes, glorified rice, whole wheat bread, Royal Anne cherries.

**Tuesday:** Oven fried chicken, whipped potatoes and gravy, cauliflower, apple ring, white bread, chocolate bar.



**Wednesday:** Potluck dinner, everyone welcome.

**Thursday:** Pork steak, scalloped potatoes, beets, pink champagne salad, banana, whole wheat bread.

**Friday:** Hamburger casserole, peas and carrots, coleslaw, bran muffin, ice cream.

## Senior Center Calendar

(Week of March 13-17)  
**Monday:** Quilting and cards  
**Tuesday:** Bowling, 1 p.m.  
VCR film, "America"  
**Wednesday:** Free blood pressure clinic, 9 a.m.-noon; Potluck,

lunch and learn, 12:30 p.m.; Cathy Gauthier R.N., 1 p.m.; slides.

**Thursday:** Pat Cook's music, 11:30 a.m.; bowling, 1 p.m.

**Friday:** Wear green, St. Pat's party.

## Page One

### New Books Adult (February)

Captain Hawaii, Anthony Dana Arkin; The Gutenberg Elegies: The Fate of Reading in an Electronic Age, Sven Birkerts; Jane Brody's Good Seafood Book, Jane E. Brody; Child of the Deaf, Don Coldsmith; Empty-Nester Homes; Flour Babies, Anne Fine; Simple, Lowfat & Vegetarian, Suzanne Havala M.S., R.D.

### New Books at the Wayne Public Library

Night Sins, Tami Hoag; Original Sin: An Adam Dalgliesh Mystery, P.D. James; Night of Fear, Peg Kehret; The Curse of Madame "C", Gary Larson; J.K. Lasser's Your Income Tax 1995, J.K. Lasser;

Gold Star Sister, Claire Rudolf Murphy; Relic, Douglas Preston; Doctor, What Should I Eat?, Isadore Rosenfeld; California Angel, Nancy Taylor Rosenberg; Mozart: A Life, Maynard Solomon; Home Song, LaVyrle Spencer; 200 Farm House and Country Home Plans; The Glory, Herman Wouk.

### New Books Juvenile (February)

Sharks: Challengers of the Deep, Mary M. Cerullo; Mark TWAIN!: A Story About Samuel Clemens, David R. Collins; Your Chickens: A Kid's Guide to Raising and Showing, Gail Damerow; Three Terrible Trains, Dick King-Smith; Brown Bear, Brown Bear, What Do You See?, Bill Martin Jr.; A Child's Alaska, Claire Rudolf Murphy; I Can Tell By Touching, Carolyn Otto; Babuska Baba Yaga, Patricia Polacco; Hunting the White Cow, Tres Seymour; Coyote Steals the Blanket: A Ute Tale, Janet Stevens; Scooter, Vera B. Williams.

## Briefly Speaking

### Central Social Club meets March 7

WAYNE — Central Social Club met March 7 at 2 p.m. in the home of Verdelle Reeg. "Depression Years Bring Vivid Recollections" was read and discussed. Leora Austin won the prize. The next meeting will be April 4 at 2 p.m. at the home of Leora Austin. The 1995-96 club program will be read at that time.

### Cards played at Hillside Club

WAYNE — Hillside Club met at the home of Ellain Vahlkamp on Tuesday, March 7. The meeting was called to order by Dorothy Grono, president. Roll call was "your favorite meal if...". The birthday song was sung for Ellain and Dorothy. The afternoon was spent playing cards. Prizes were given to Lydia Thompson and Dorothy Grono. The next meeting will be April 4 at 1:30 p.m. at the home of Janet Reeg.

### 'Sleeping Beauty' to be performed

SIoux CITY — The Siouxland Civic Dance Association will present "Ballet Sioux" in Tchaikovsky's "Sleeping Beauty." It will be held March 18 and 19 at 2 and 6 p.m. at Klinger-Neal Theater, Morningside College, Sioux City, Iowa. Please call 712-255-0972 for reservations.

## School Lunches

**ALLEN**  
(Week of March 13-17)  
**Monday:** Breakfast — pop tart.  
Lunch — baked rotini, California vegetables, peaches, breadsticks.  
**Tuesday:** Breakfast — toast and sausage. Lunch — pork patty on bun, peas, strawberries.

**Wednesday:** Breakfast — bagels. Lunch — chicken casserole, green beans, mixed fruit, roll.  
**Thursday:** Breakfast — biscuit and gravy. Lunch — taco salad, pineapple cake.  
**Friday:** No school.  
Milk and juice served with breakfast  
Milk served with lunch

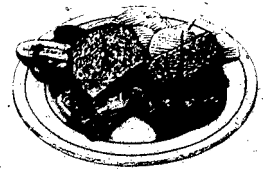
**LAUREL-CONCORD**  
(Week of March 13-17)  
**Monday:** Fiesta, lettuce with dressing, peaches, dessert.  
**Tuesday:** Mr. Rib, corn, pears, graham cookie.  
**Wednesday:** Super burger, cheese slice, potato chips, orange, oatmeal cookie.  
**Thursday:** Chicken and gravy, mashed potatoes, mixed fruit, tea roll.  
**Friday:** Macaroni and cheese, green beans, applesauce, sugar cookie, bread and butter, peanut butter.  
Milk, chocolate milk and orange juice available each day  
Salad bar available each day

**WAKEFIELD**  
(Week of March 13-17)  
**Monday:** Pizza, tossed salad, relishes, pineapple.  
**Tuesday:** Pigs in blanket, frozen peas, peaches, cookie.  
**Wednesday:** Chicken noodle soup, crackers, cinnamon roll, relishes, mixed fruit.  
**Thursday:** Beef stew, roll and butter, cole slaw, applesauce, poorman cake.

**Friday:** Fish on bun, tartar sauce, potato salad, green beans, green jello, cookie.  
Milk served with each meal  
Breakfast served every morning-35¢

**WAYNE**  
(Week of March 13-17)  
**Monday:** Hamburger with bun, pickles, baked beans, pineapple, cookie.  
**Tuesday:** Chili, crackers, celery, pears, cinnamon roll.  
**Wednesday:** Hot dog with bun, tater rounds, peaches, cake.

**Thursday:** Chicken nuggets, BBQ sauce, mashed potatoes, dinner roll, fruit cocktail, cookie.  
**Friday:** Pizza, carrot sticks, peaches, chocolate chip bar.  
Milk served with each meal



**WINSIDE**  
(Week of March 13-17)  
**Monday:** Taco burger on bun, has browns, fruit, brownies.  
**Tuesday:** Grilled cheese sandwich, tomato soup and crackers, cheese cake.  
**Wednesday:** Chicken nuggets with BBQ sauce, mashed potatoes with gravy, carrots, rice krispy treats.  
**Thursday:** Four grade menu — pizza pockets, broccoli with cheese, pineapple, reese's bar.  
**Friday:** No school, conferences.  
Milk served with each meal  
Grades 6-12 have choice of salad bar daily

**ANNUAL WAYNE KIWANIS PANCAKE FEED**  
March 16, 1995  
City Auditorium  
5:00 - 7:00 p.m.  
Adults - \$3.00  
Children Under 12 - \$1.50  
Support Kiwanis Youth Activities!  
Wayne Hospice will also be having a **BAKE SALE**

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# marketplace

n \ mār'kit • plas \ I: 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



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**MISCELLANEOUS**

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# sports

n. \spoerts\ 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

MARCH 10, 1995

WAYNE, NE 68787

SECTION B

## Wayne Tae Kwon Do instructor Dr. Stephen Glass

# Teaching discipline with compassion

By Kevin Peterson  
Of the Herald

Doctor Stephen Glass happens to get quite a kick out of his extracurricular activity. A doctor in exercise physiology, he's also the instructor of Wayne's Tae Kwon Do Class held twice a week at the Wayne Middle Center located next to the Fire Hall.

The Fargo, North Dakota native is the assistant professor of the Human Performance and Leisure Studies Division at Wayne State College, a position he's held for two years upon receiving his Ph.D. from Illinois State University. His master's degree came from Ball State University.

The 31-year-old black belt said he's always been interested in the martial arts but he never participated in any until he was a freshman at North Dakota State University in Fargo.

"I began taking Tae Kwon Do

my freshman year because it was offered as a club," Glass said. "Although I've always been interested in the martial arts as well as athletics, I've learned you don't have to be an athlete to be successful in the martial arts."

Glass began teaching Tae Kwon Do locally in June of 1994 simply because there wasn't any form of martial art being taught in the area.

"I taught a nine-week class at the Wellness Center at Providence Medical Center and had quite a few enrolled," Glass said. "I wanted to offer the program to youth as well as adults and decided to start a program downtown because I wanted some type of community involvement."

Glass said if you follow the program from start to finish a participant could earn a black belt in four to five years. However, he went through the program in about two years.

"My quick promotion came be-

cause I spent six days a week practicing," Glass said. "Here, we have class just twice a week so it will obviously be a longer process."

Tae Kwon Do is a Korean form of martial art and the style taught by Glass was formed after World War II when Korea was liberated from Japan. "The style of Tae Kwon Do taught locally is endorsed by the United States Tae Kwon Do Union and is also the type you see in the Olympics as an exhibition sport."

There are about 20 youth involved in the present class and close to the same number of adults which is right about where Glass feels the limit is because of space limitations.

"There are five styles of Tae Kwon Do that are taught," Glass said. "The style I teach is called 'Song Moo Kwan', meaning house of everlasting youth school."

Glass said he speaks many commands in the Korean language out of respect. "One thing a beginner learns right away in Tae Kwon Do is it's not something like you see on television with one man taking on 20 and beating them all up," Glass said. "In fact, the self defense aspect is just a side affect of learning the art. I teach it to promote self confidence and self discipline."

There are five tenants of learning the art of Tae Kwon Do which Glass feels is vital to upholding the integrity of the art. "The first is courtesy," Glass said. "All my students bow to the instructor, they bow before entering the room where Tae Kwon Do will be practiced and they bow to the flag. They also bow to each other before beginning an exercise."

The second tenant is integrity which according to Glass can be as simple as learning right from wrong and knowing the difference.

The third tenant is perseverance. "The drive to succeed is always there but sometimes it's not so easy," Glass said. "During the tough times we stress perseverance. The attempt is to develop character and not to give up which we hope will translate into every day life," Glass said.

The fourth tenant is self control. "We teach self control in a number of ways including lining up in even rows, no talking in class and controlling the ego," Glass added.

The fifth tenant is indomitable spirit. "You may not always come on top of a particular endeavor but your spirit should never be broken," Glass said.

Glass said after 20 hours of practice time on a particular belt color, students may be ready to test to advance to another belt. "I do all the testing through the intermediate stage," Glass said. "I never have a

student test until I feel they are ready because it's a waste of their money and time."

The belt colors in order are: White, Orange, Yellow, Green, Blue, Purple, Purple Trim, Brown, Red and Black. Glass demands two things of his students when they begin his class. "I urge each student

to purchase a uniform and pads," Glass said. "The cost of the class is \$20 per month per youth and \$25 per month for adults. The cost of testing is \$15 for each one."

In the future Glass would like to see enough females take the class to form their own session. "We have about three female youths and three

adult females taking the class but I feel if we had a separate class for females we could get more," Glass added.

Glass said he labels his hobby as teaching discipline with compassion. "I like to teach the art of Tae Kwon Do and I will teach anyone who is willing to learn," he said.



WAYNE TAE KWON DO instructor Dr. Stephen Glass demonstrates some steps during a recent class.



ANTHONY MUNSELL spars with a partner while fully padded toward the end of one of the twice-a-week sessions.



INSTRUCTOR STEVE GLASS walks through a sequence of moves with his students, Karel, Paape and John Witt.



JESSE RETHWISCH works on some of his steps in sequence which eventually will lead to an advancement in belt color.



ALLYSON KAREL practices her kicks with partner Kris in Paape.



JOHN KARR concentrates on hitting his target during an exercise in working on form.

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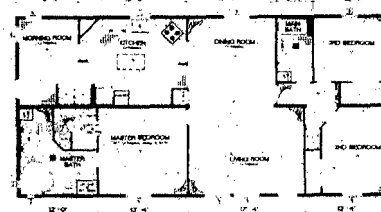
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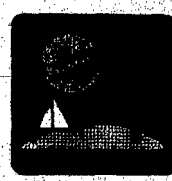
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March 28th

## Colorado Springs

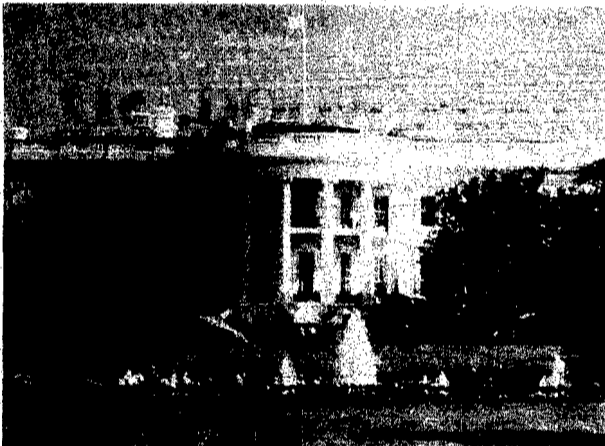


Just fill out any or all of the coupons on this page and drop them off at the corresponding merchants. Each merchant will be giving away at least one trip. Plus, you can enter as many times as you like. All participating merchants also have official entry forms. Please, only one coupon per visit.



- Deluxe accommodations for two adults at the Antlers Doubletree Hotel
- Children stay FREE
- Doubletree's famous chocolate chip cookies on arrival night
- Welcome gift upon arrival
- Discount coupons for shows, restaurants and attractions
- Complimentary first morning breakfast for two
- Complimentary guided tour for two at the Cave of the Winds
- Complimentary round of golf for two

## Washington, D.C.



- Deluxe accommodations for two adults at the Doubletree Hotel Pentagon City
- Children stay FREE
- Doubletree's famous chocolate chip cookies on arrival night
- Welcome gift upon arrival
- Complimentary first morning breakfast for two
- Complimentary passes for two on the Washington Tourmobile allowing unlimited sightseeing opportunities

## Minneapolis



- Deluxe accommodations for two adults at the Mall of America Grand Hotel
- Children stay FREE
- Welcome gift upon arrival
- Complimentary first morning breakfast for two
- Complimentary transportation to the Mall of America
- Complimentary passes for two to Gull Mountain (in the Mall of America)
- Discount coupons for numerous restaurants, shopping, and entertainment in the Mall of America

**BFGoodrich**  
Tires

Radial All-Terrain T/A  
Race-Proven...Designed For  
On- and Off-Road Use.

- High void tread pattern has deep gouging power for significantly better off-road traction.
- Low noise due to a unique tread pitch... interlocking tread elements provide even wear.
- Open shoulder grooves speed water away and resist hydroplaning.
- The strength of two steel belts means improved handling and long treadlife.
- No two-ply sidewall here - unique three-ply Tri-Guard® construction means greater structural integrity and puncture resistance.



7.50 Special  
Discount good through March 31,  
1995 on Firsts Only

**FREDRICKSON OIL CO.  
& Convenience Store**

1 3/4 Miles North, Highway 15 - Wayne, Nebraska  
375-3534 or Toll Free 1-800-672-3313

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Daytime Phone \_\_\_\_\_



**Soup & Sandwich**

Add a large bowl of soup to  
your Little King sandwich  
order for just

**\$1.00**

Offer ends March 19.

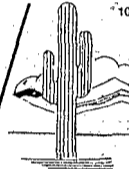
Hours:  
10 a.m. - 10 p.m.  
Sun. - Sat.

Delivery 5:00 p.m. - 10:00 p.m.



**LITTLE  
KING**

America's Greatest Hero  
509 Dearborn Street



**TACO  
STOP**

Phone 375-4347 Wayne, NE

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Daytime Phone \_\_\_\_\_

**Radio Shack**

You've got questions. We've got answers.™



This week's special  
AM/FM stereo headset 12-921  
regular price \$24.99  
NOW \$19.99

NEW STORE HOURS:

Mon - Wed 9-5:30  
Thursday 9-8 and Fri - Sat 9-5

**OFFICE CONNECTION**

Radio Shack Authorized Sales Center  
613 Main • Wayne, NE 68787 • 375-1107 • 1-800-732-2570

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Daytime Phone \_\_\_\_\_

**30%  
OFF**

**ANY REGULARLY  
PRICED ITEM**

Monday March 13 thru Saturday March 18!

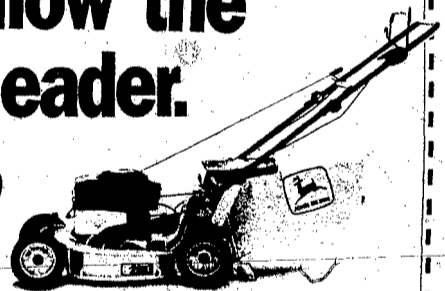
**Stadium  
Sporting Goods**

219 Main Street Downtown Wayne Phone: 375-3213

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Daytime Phone \_\_\_\_\_

**Follow the  
leader.**

The 14PZ  
**\$349**



The 14PZ with 5-hp engine, 21" cutting deck and rear bagger.  
Optional Tricycler® Mulching kit available.



**Logan Valley Implement**  
East Highway 35 Wayne 402-375-3325 1-800-343-3309

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Daytime Phone \_\_\_\_\_



Let us  
make you  
look good  
with quality  
business  
and  
personal  
printing.

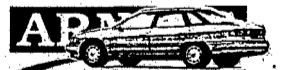
We can make you smile because  
we can take the hassle out  
of your printing order.

**375-2600**

**The Wayne Herald / Morning Shopper**  
114 Main Street - Wayne - 375-2600

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Daytime Phone \_\_\_\_\_

Big enough to serve  
you...small enough  
to know you!



'94 Sabre's Loaded!  
STARTING AT \$13,388  
Payments as low as  
\$249 mo.



'94 Taurus's Loaded!  
STARTING AT \$12,995  
Payments as low as  
\$244 mo.



Lonnie Matthes  
375-3195  
Scott Nevala  
256-9002

'94 Tempos & Topaz's  
STARTING AT \$8,998  
Payments as low as  
\$159 mo.

**Arnie's FORD-MERCURY**  
375-3780  
119 East 3rd, Wayne  
1-800-467-3780

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Daytime Phone \_\_\_\_\_

to reserve rooms. Some restrictions or peak season surcharges may apply. All includes lodging for 2 adults and up to 3 children in one room. You r the vs. ds. per own. All entries must be received by Monday, March 27, 1995. You must take May 1, 1995 through May 1, 1996. The Wayne Herald/Mo. mediate families of participating businesses are not eligible to win a

