

City seeks 4% hike in property tax

By Eric McCarty
Of the Herald

The Wayne City Council will be requesting four percent more in property taxes this year. The new city budget will be put before a public hearing Tuesday at 7:35 p.m. in City Hall.

Council met this morning for a final review of the budget before the hearing. Any changes made this morning have not been considered.

The state legislature lowered the percent increase cap on property taxes the city can ask for from five to four percent this year. The increase means an actual dollar growth of \$31,000.

The proposed total revenue budgeted increases from \$1,893,991 of last year to \$2,265,751. The total expenditure budgeted increases from \$2,241,258 to \$2,765,777.

These increases include an approximated \$650,000 for the Library/ Senior Center, over \$20,000 for a patrolman to be appointed this fall, and \$5,000 for outdoor warning sirens under the title of civil defense.

A NEW 14-MONTH fiscal year goes into effect August 1 in accordance with state ordinance.

City Administrator Joe Salitros suggested to the City Council that the normal twelve month be considered before adding the two extra months into the equation.

The board looked at the revised 14-month budget for the first time this morning. The total budget numbers mentioned earlier do not reflect these two months.

"We are not asking for more property tax," said Salitros, stressing that the city will work with 12 months of property taxes for 14 months.

Other areas of the budget will reflect an extended period such as services and fees, which will bring in the normal dollar amount for the two months.

THE CIVIL SERVICE commission is interviewing applicants now for the police chief position and will advance three names to Salitros soon.

"We're looking for a chief to be on board some time after labor day," Salitros said. Salitros will decide who will fill the chief's position temporarily after Vern Fairchild leaves.

The new patrolman will also be appointed sometime this fall.



Now Sowing: 'Godspell'

Wayne Community Theatre members sow the seeds of 'Godspell' at the Wayne High School Lecture Hall. Showings are July 21 and 22 at 7:30 p.m. Cast members are from left, Lori Sievert, Molly Thompson, Mike Imdieke, Nick Siefert, Jeff Sievert, and Kim Imdieke.

Five arraigned in Skokan fire case

Charges have been filed in connection with the June 26 fire at the Skokan Fireworks stand.

Daniel Janke, Jill O'Leary and Johnnie L. Smutzler, all 19 and Jeffrey Smalley and Chad Cawthon, both 17 were charged with the burglary and fire which occurred on the morning of June 26.

Janke was charged with Aiding and Abetting Burglary, a Class III Felony, First Degree Criminal Trespass, Theft by Unlawful Taking, Aiding and Abetting Arson in the Second Degree, a Class III Felony and Theft by Unlawful Taking.

O'Leary was charged with Aiding and Abetting Burglary, a Class III felony, First Degree Criminal Trespass, Theft by Unlawful Taking, Arson in the Second Degree, a

Class III Felony, Theft by Unlawful Taking and Criminal Mischief, a Class IV Felony. O'Leary ask for and was granted a court-appointed attorney.

Smutzler was charged with Burglary, a Class III Felony, First Degree Criminal Trespass, Criminal Mischief and Theft by Unlawful Taking. Smutzler's request for a court-appointed attorney was denied.

Smalley was charged with Aiding and Abetting Burglary, a Class III felony, First Degree Criminal Trespass and Theft by Unlawful Taking.

Cawthon was charged with Burglary, a Class III felony, First Degree Criminal Trespass, Criminal Mischief and Theft by Unlawful Taking.

A court date has been set for Aug. 1.

Heat not too hard on area livestock

By Eric McCarty
Of the Herald

With high humidity, temperatures soaring into the 100's, and little wind last week, breeders in the mid-west witnessed livestock losses in the thousands and a cost which climbed even higher. Local breeders, however, fared much better.

Swine tended to handle the heat better than cattle and heat related deaths among hogs was almost non-existent.

The key for some breeders was to get the work done early.

"We went to work two and a half

hours early," said Marty Stewart of CD Swine Inc. "We got the work done early so [the swine] could lay in the afternoon."

OTHER BREEDERS found a heat-remedy in watering. "We can keep them cooler with sprinklers," said a spokesman for Greater NE Nebraska Pig Co-op Inc. The company only lost one pig last week.

Bob Renner of West Side Genetics also cooled with sprinklers. "On the inside, we had automatic sprinklers. Outside, we gave them a mud hole." Renner reported one death, but said it was not heat-related.

The losses for one poultry breeder was much higher. "We probably had three times as many lost as we usually do," remarked VETERINARIAN KEN CLAYBAUGH of TWJ Farms. "We just checked the ventilation system so they had complete airflow."

Claybaugh said that while fatalities usually hovered at approximately 100, the number jumped to 300 last week.

See HEAT, Page 12A

Wayne students get paid to learn

By Les Mann
Of the Herald

Wayne School District will be looking for job opportunities for high school students in the commu-

nity this year as part of a Nebraska school to work grant totaling \$28,547.

The grant funds will pay student salaries and provide funds to train them for the specific job which local businesses and industries might have available, said Dr. Dennis Jensen, school superintendent.

"The project will be a win/win situation for the students and the participating businesses," said Jensen. Students will learn first-hand about how performing in school will directly benefit them later in their jobs. In addition, businesses will have pre-trained workers to place on the job site and the salaries will be paid by the grant.

Before students who volunteer for the program are placed at the work sites, they will be given training through the tech/prop program on basic skills related to the work place. Skill training will include punctuality and regular attendance, good

See GRANT, Page 11A

Fund raising is under way

The Wayne girls 18-under fast pitch softball team is seeking donations to help fund their trip to Regionals in Topeka, Kansas July 28-30.

The trip came about after Wayne placed third at the Nebraska Class B State Softball Championships last weekend in Grand Island. The trip to the Regional Tournament by a Wayne team will be the first ever and community support

See FUND, Page 9A

New runway part of \$2 million grant to airport

By Eric McCarty
Of the Herald

The Wayne Airport will expand its facilities this fall thanks to a \$1.84 million grant from the Federal Aviation Administration (FAA).

A 4,200 foot long runway will be constructed which will service up to 12,500 pound planes including many small jets. An accompanying taxiway and apron improvements are also included.

"This should be a big plus for the city," said Airport Manager Orin Zach. "It's going to be ideal for handling corporate jets."

Zach anticipates that companies

like Great Dane will soon fly executive directors to the company's home town and that Wayne State College can lure in more speakers if they don't have to fly them in to Norfolk.

THE AIRPORT AUTHORITY received word from the FAA on July 5th after many years of planning and anticipation of the grant.

"We have had an application in since 1978," said Airport Authority Accountant Nancy Braden. Braden continued that the FAA has broken the application down into several grants but this was by far the

See AIRPORT, Page 12A

At a Glance



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

This issue: 2 sections, 24 pages — Single Copy 50 cents

Thought for the day:

Good intentions die unless they are executed.

Fair preview to be on 'Around Siouland'

WAYNE COUNTY — "Around Siouland" with Jim Henry guests on Friday, July 28 will be Wayne County's Mick Topp and Gordon Davis. They will be giving a preview of the 1995 Wayne County Fair that will be held on Aug. 2-6. The taping of the show will be on July 25. "Around Siouland" is on Channel 4 on KTIV-TV at 12:25 p.m.

Crop deadline

WAYNE COUNTY — The Wayne County CFSA (Consolidated Farm Service Agency, formerly the ASCS) office would like to inform all area producers that the deadline to report your crops for 1995 is July 31.

Please call the office at 375-2453 for an appointment.

Society to meet

WAYNE COUNTY

The Wayne County Genealogical Society is beginning its third year. New officers were chosen recently. They are Diane Roeber, president; Lee Larsen, vice president; Marlys Rice, secretary; and Lois Shelton, treasurer.

All persons interested in discovering their family roots are invited to join the group. The next meeting will introduce members to the use of computers to research and record family history.

To join the group or to request assistance with family research, contact any of the officers.

Music Camp to be held at WSC

WAYNE — The 51st annual Wayne State College Summer Music Camp will be held July 23 to 30. All performances will be held in Ramsey Theatre. Admission is free except for the grand finale concert which will be held Sunday, July 30.

For more information, call 402-375-7359.

Bloodmobile to be in Wayne

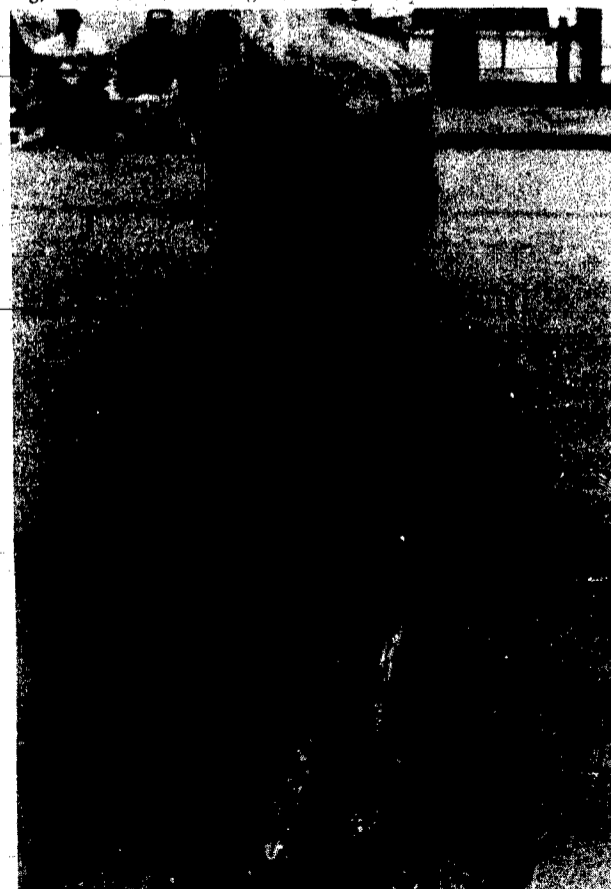
WAYNE — The Siouland mobile blood bank will be in Wayne on Thursday, July 27. They will be at Providence Medical Center from 9 a.m. to 3 p.m.

Weather

Eden South, 7
Wayne Public School
Extended Weather Forecast:
Saturday through Monday, chance of thunder storms Saturday, dry and seasonal Sunday and Monday, highs, lower-90s Saturday, mid-to upper 80s Sunday and Monday, lows, 60s.

Date	High	Low	Precip.
July 14	103	76	—
July 15	95	67	28
July 16	83	62	—
July 17	85	59	—
July 18	83	57	—
July 19	80	58	—
July 20	81	60	—

Recorded 7 a.m. for previous 24 hour period
Precipitation/Month — .76"
Year To Date — 19.34"



Young lion tamer

Destiny Nelson received the second place prize in the Old Settlers Kiddie Parade last Saturday in Winside as an assistant lion tamer. See Photo and story, Page 11A.



record

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

Wayne County Court

Criminal Filings

State of Nebraska, plaintiff, vs. Rex Hawkins, Wayne, defendant. Complaint for Disturbing the Peace.

State of Nebraska, plaintiff, vs. Tamara J. Rees, Winside, defendant. Complaint for Issuing Bad Check.

State of Nebraska, plaintiff, vs. David J. Skuya, Norfolk, defendant. Complaint for Minor in Possession (Count I) and speeding (Count II).

State of Nebraska, plaintiff, vs. Mark E. Peplinski, Pender. Complaint for Shoplifting.

State of Nebraska, plaintiff, vs. Gary Longe, Creighton, defendant. Complaint for Theft by Unlawful Taking (Count I) and First Degree Criminal Trespass (Count II).

State of Nebraska, plaintiff, vs. Susan M. Brudigam, Wakefield, defendant. Complaint for Careless Driving (Count I) and Violation of Learner's Permit (Count II).

State of Nebraska, plaintiff, vs. Willie E. Garrett, Cairo, defendant. Complaint for Operating a Motor Vehicle without a valid operator's license.

State of Nebraska, plaintiff, vs. Chad L. Bruns, Wayne, defendant. Complaint for Theft by Unlawful Taking.

Criminal Proceedings

State of Nebraska, plaintiff, vs. Rex Hawkins, Wayne, defendant. Complaint for Disturbing the Peace. Defendant found guilty of Disturbing the peace and sentenced to 12 months probation, perform 200 hours of community service and pay costs.

State of Nebraska, plaintiff, vs. Tamara J. Rees, Winside, defendant. Complaint for Issuing Bad Check. Case dismissed.

State of Nebraska, plaintiff, vs. David J. Skuya, Norfolk, defendant. Complaint for Minor in Possession (Count I) and Speeding (Count II). Defendant plead guilty to Minor in Possession and Speeding. Fined \$250 and \$30 and costs.

State of Nebraska, plaintiff, vs. Mark E. Peplinski, Pender. Complaint for Shoplifting. Defendant plead guilty to Shoplifting. Fined \$350 and costs.

State of Nebraska, plaintiff, vs. Gary Longe, Creighton, defendant. Complaint for Theft by Unlawful Taking (Count I) and First Degree Criminal Trespass (Count II). Defendant plead guilty to Theft by Unlawful Taking and First Degree Criminal Trespass. Sentenced to 10 days in jail or perform 80 hours of community service and pay court costs.

Correction

In an article printed last week entitled "School board mulls new bond vote", the facilities committee was said to be meeting on July 27. No actual date has been set, however.

State of Nebraska, plaintiff, vs. Susan M. Brudigam, Wakefield, defendant. Complaint for Careless Driving (Count I) and Violation of Learner's Permit (Count II). Defendant plead guilty to Careless Driving and Violation of Learner's Permit. Learner's Permit revoked, perform 40 hours of community service, ordered to submit a report on costs of operating and maintaining a vehicle and pay costs.

State of Nebraska, plaintiff, vs. Willie E. Garrett, Cairo, defendant. Complaint for Operating a Motor Vehicle without a valid operator's license. Defendant plead guilty to Operating a Motor Vehicle without a Valid Operator's License. Fined \$100 and costs.

State of Nebraska, plaintiff, vs. Chad L. Bruns, Wayne, defendant. Complaint for Theft by Unlawful Taking. Case dismissed.

Small Claims Court

Carhart Lumber, plaintiff, vs. Tom and Vickie Jones, Wayne, defendant. In the amount of \$507.49. Case dismissed.

Civil Proceedings

Keith A. Adams, dba Action Credit Services, vs. Lauralee Love, Wayne, defendant. In the amount of \$396.48. Case dismissed.

Keith A. Adams, dba Action Credit Services, vs. Kathy Hightree, Wakefield, defendant. In the amount of \$676.00. Case dismissed.

Keith A. Adams, dba Action Credit Services, vs. Travis Birkley, Wakefield, defendant. In the amount of \$209.00. Case dismissed.

Keith A. Adams, dba Action Credit Services, plaintiff, vs. Jason Thompson, Wayne, defendant. In the amount of \$422.28. Judgment for the plaintiff in the amount of \$197.28 and costs.

Keith A. Adams, dba Action Credit Services, plaintiff, vs. June Topp, Wayne, defendant. In the amount of \$174.60. Judgment for the plaintiff in the amount of \$241.54 and costs.

Keith A. Adams, dba Action Credit Services, plaintiff, vs. Twila Goldman, Randolph, defendant. In the amount of \$31.38. Judgment for the plaintiff in the amount of \$31.38 and costs.

Credit Bureau Services, Inc., vs. Kevin Thorell, Wayne. In the amount of \$324.08. Judgment for the plaintiff in the amount of \$37.92 and costs.

Northeast Nebraska Medical Group, P.C. plaintiff, vs. Lynn A. Grayam, Wakefield, defendant. In the amount of \$500.00. Judgment for the plaintiff in the amount of \$500.00 and costs.

Keith A. Adams, dba Action Credit Services, plaintiff, vs. Anthony Collins, Wayne, defendant. In the amount of \$733.91. Judgment for the plaintiff in the amount of \$733.91 and costs.



Modern HAMs

Bob Sheckler and Ron Wriedt communicate with portable HAM radios. The hand holds have a range of twenty miles, but amateur HAM radio operators communicate with each other across the globe. Sheckler offers a two-day course and has helped persons aged seven to 78 receive their operators license.

Obituaries

Vernon Casey

Vernon Casey, 77, of Martinsburg died Sunday, July 16, 1995 at his home. Services were held Wednesday, July 19 at the Trinity Lutheran Church in Martinsburg. Pastor Gary Klatt officiated.

Vernon E. "Pat" Casey, the son of Edward and Sara (Greene) Casey, was born Nov. 4, 1917 in rural Martinsburg. He graduated from Waterbury High School and farmed with his father until entering the Navy during World War II. After the service, he began farming and married Betty Harder on Nov. 24, 1948 at Trinity Lutheran Church in Martinsburg. They farmed until 1978, when they retired and moved into town. He was a member of Trinity Lutheran Church, Veterans of Foreign Wars Post 5435 of Martinsburg and American Legion Post 117 of Ponca.

Survivors include his wife, one son and his wife, Gene and Janet of Wayne; two sisters, Mildred Pokett of Wayne and Bernice Boeshart of Dakota City; two grandchildren; and several nieces and nephews. Burial was in the Silver Ridge Cemetery, rural Ponca, with the Mohr Funeral Home in Ponca in charge of arrangements.

Police Report

- July 5
 - 4:54 a.m.--Alarm at Riley's.
 - 9:28 a.m.--Possible death in 900 Block of Walnut Drive.
 - 11:00 a.m.--Dog at large in 1000 block of Grainland Road.
 - 3:12 p.m.--Unlock vehicle at Riley's.
- July 6
 - 2:18 a.m.--Refrigerator on fire.
 - 2:44 a.m.--Alarm at Quality Food Center.
 - 11:37 a.m.--Funeral escort requested at Schumacher's Funeral Home.
 - 1:29 p.m.--Accident.
 - 2:25 p.m.--Funeral escort requested at Schumacher's Funeral Home.
 - 3:01 p.m.--Request to speak with officer in 900 block of Walnut Drive.
- July 7
 - 2:20 a.m.--Open Doors at Street Shop.
 - 10:45 a.m.--Escort requested at Schumacher's Funeral Home.
- 9:23 a.m.--Unlock vehicle at Country Club.
- 11:15 a.m.--Unlock vehicle in 100 block of East 2nd Street.
- 2:38 p.m.--Dog at large at Country Club.
- 3:36 p.m.--Barking dog in 300 block of Lincoln Street.
- 8:26 p.m.--Gas drive-off at Gary's General Store.
- 8:35 p.m.--Speeding vehicle east of town.
- 10:51 p.m.--Attempted break-in in 900 Block of Walnut Drive.

Obituaries

Adrian Vrtiska

Adrian Vrtiska, 78, of Wayne died Tuesday evening, July 18, 1995 at Providence Medical Center in Wayne.

Services will be held Friday, July 21 at 10 a.m. at St. Mary's Catholic Church in Wayne. The Rev. Don Cleary will officiate. Visitation will be held Thursday from 6 to 8 p.m., with a vigil service at 7:30 p.m., at St. Mary's Catholic Church in Wayne.

Adrian Joseph Vrtiska, the son of Anton and Emma (Obriest) Vrtiska, was born Oct. 29, 1916 at Steinauer, Neb. He attended school there. He married Leona Ann Divis on Oct. 25, 1939 at Steinauer. The couple moved to the Carroll area in 1954 where they farmed until 1956. They moved to Wayne in 1957 where he was employed with the State of Nebraska until his retirement in 1978. He was a member of St. Mary's Catholic Church and St. Mary's Mens Club.

Survivors include his wife, Leona Vrtiska of Wayne; seven sons and six daughters-in-law, Daniel and Millie Vrtiska of Pratt, Kan., Lawrence and Rose Ann Vrtiska of Lincoln, Raymond and Lee Vrtiska of Omaha, Kenneth Vrtiska of Wayne, Patrick and Dianna Vrtiska of Reno, Nev., Jerome and Karen Vrtiska of Lincoln and William and Denise Vrtiska of Omaha; two daughters and sons-in-law, Joyce and Francis Westerman of West Point and Debrah and Mark Blank of Hadar; 22 grandchildren; nine great grandchildren; three brothers, John Vrtiska of Minneola, Kan., Charles Vrtiska and William Vrtiska, both of Beatrice; five sisters, Donata Prendergast of Omaha, Madeline Mathews of Pawnee City, Neb., Mary Rinne of Burdick, Neb., Dorothy Gunzelman of Omaha and Elizabeth Bedea of Table Rock, Neb.; nieces and nephews.

He was preceded in death by one daughter, one granddaughter, one brother and one sister.

Honorary pallbearers will be Clifford Sherlock, Andy Hansen, Chuck Westerman, Larry Vrtiska Jr., James Vrtiska, Jim Thomas, Pat Gross, Don Westerman, Nathan Vrtiska, Doug Vrtiska, Daniel Vrtiska Jr. and Robert Vrtiska.

Active pallbearers will be Daniel Vrtiska Sr., Lawrence Vrtiska, Raymond Vrtiska, Kenneth Vrtiska, Patrick Vrtiska, Jerome Vrtiska and William Vrtiska.

Burial will be in St. Anthony's Cemetery in Steinauer, Neb. with the Schumacher Funeral Home in Wayne in charge of arrangements.

Memorial may be made to St. Mary's Catholic Church building fund and Mt. St. Scholastica Convent in Atchison, Kan.

Tom Paxton

Tom Paxton of Apex, N.C. died Saturday evening, July 15, 1995 following a battle with cancer.

Services were held Wednesday at the Christ the King Lutheran Church, followed by a celebration of his life at the home.

Tom Paxton was born in Winston-Salem, N.C. He graduated from the University of North Carolina.

Survivors include his wife, Terri (Sampson) Paxton; one son, Graham; one daughter, Hannah; his parents, two brothers; and his mother-in-law, Barbara Sampson, formerly of Wakefield.

Correspondence may be sent to Terri Paxton, 6000 Oxford, Apex, N.C. 27520.

Elmer (Pete) Peter

Elmer (Pete) Peter, 65, of Hoskins died Tuesday, July 18, 1995 after a lengthy illness.

Services will be held Saturday, July 22 at 10:30 a.m. at the Trinity Lutheran Church in Hoskins. The Rev. James Nelson will officiate. Visitation will be Friday afternoon and evening at the Howser Mortuary in Norfolk.

Elmer (Pete) Peter, the son of Otto and Bertha (Warnecke) Peter, was born Dec. 4, 1929 at Pierce. He married Donna (Tootie) Bruggeman, who died in 1978. He later married Sharon (Legate) Menebroker.

Survivors include his wife, Sharon; five children and their spouses, Deb and Rick Austin, Sue and Bernie Wyant, Barb and Bob Hawkins, Charles and Dawn Peter and Pam and Todd Greunke; four step children; eight grandchildren; three step grandchildren; and three brothers.

He was preceded in death by his mother and first wife. Burial will be in the Hillcrest Memorial Park, Norfolk.

Mamie Gray

Mamie Gray, 77, of Lincoln died Wednesday, July 19, 1995 at her home.

Services will be Saturday, July 22 at 10 a.m. at 4300 'O' Street. The Rev. Lauren Ekdahl will officiate. Visitation will be from Thursday at 5 p.m. until service time on Saturday at the mortuary.

Mamie N. Gray was born at Fairview, Mo. She was a retired home economics teacher - corresponded division of department of continuing education - UNL - 18 years.

Survivors include her husband, Rev. Albert Gray; five daughters, Sherry Gray, Marcia Hillhouse, Sharla Reynolds and Joni Gray, all of Lincoln, and Mary Sayre of Omaha; 11 grandchildren; four sisters, Irene Lohmeyer of Halstead, Kan., Anna Mae Hinton of Coggon, Iowa, Ruby Strecker of Sacramento, Calif., and Georgia Robinson of Federal Way, Wash.; and one brother, Clifford Luney of Harrison, Ark.

Burial will be in the Lincoln Memorial Park with Roper and Sons, Inc. in charge of arrangements.

Memorials may be made to the Heartland Hospice or American Cancer Society.



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\$1,000 Minimum
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OPEN HOUSE

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1:00 pm - 2:30 pm
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See Linda Jensen for more information.
402-371-6274

Vehicle Registrations

1995: Fay Bock, Allen, Buick; Anderson Lumber Company, Wakefield, Ford Explorer; Dick McCorkindale, Allen, GMC Pickup; Dale E. Cadwallader, DBA Cadwallader Construction, Emerson, Chevrolet Pickup; Knerl Ford, Inc., Ponca, Ford; Gary Hank, Wakefield, Jeep Grand Cherokee; Richard J. Grothaus, Wakefield, Buick.

1994: Paul D. Burnham, Allen, Ford.

1993: Knerl Ford Inc., Ponca, Ford; Leonard-William Denker, Emerson, Ford.

1992: Myron Fleury, Ponca, Pontiac; Lee H. Johnson, Dixon, Chevrolet; John A. Garrett, Emerson, Ford; Tonia Burnham, Allen, Ford; Paul D. Lamprecht, Ponca, Ford Pickup.

1991: Alvin L. Luech, Emerson, Ford Pickup; Security Pacific Housing, Coon Rapids, Minn., Sharlo Mobile Home.

1990: Knerl Ford Inc., Ponca, Chevrolet.

1988: Todd Book, Ponca, Oldsmobile; Gregory T. Nelson, Ponca, Jeep Cherokee Station Wagon; Gary T. Cadwallader, Concord, Chevrolet Sport Van; Rebecca Addison, Newcastle, Ford.

1986: Cynthia S. Taylor, Concord, Oldsmobile; Anderson Lumber Company, Inc., Wakefield, GMC Conventional Cab.

1985: John R. Davis, Wakefield, Chevrolet Blazer; Doug Rickett, Ponca, Oldsmobile.

1983: Aaron Dietrich, Concord, Ford Pickup.

1981: Donald R. Benjamin, Allen, Ford Pickup; Freddie P. Reifenrath, Emerson, Chevrolet.

1979: Travis Hall, Ponca, Chevrolet.

1977: David J. Kucera, Wakefield, Oldsmobile.

1975: Shawn Ramey, Emerson, American Motors Pacer.

1974: Tim C. Reeves, Emerson, Chevrolet Pickup.

1972: Jeff Otsufka, Wakefield, Star Tent Travel Trailer.

1970: Randy Rahn, DBA Rahn Construction, Ponca, Ford Econoline Van.

1962: John Ebbs, DBA The Lucky Daws, Allen, Forester Utility Trailer.

1957: Monte Roher, Allen, Chevrolet.

1986: Leonard A. Gutzmann, Emerson, Ford Econoline Van; Urin I. Caceres, Wakefield, Plymouth Voyager; Roger Kraft, Allen, Ford Pickup; Jason Moran, Allen, Oldsmobile; Shirley Obermeyer, Allen, Mercury.

1983: James M. McCluskey, Newcastle, Chevrolet Pickup.

1981: Brian Belt, Emerson, Mercury; Thomas P. Kneiff, Newcastle, Plymouth.

1979: George E. Cooper, Allen, Oldsmobile.

1978: Les Thomsen, Wakefield, Pontiac.

1977: Rick Ellis, Wakefield, Chevrolet Pickup; Eugene Adams, Allen, Ford; Carter Hedlund, Allen, Chevrolet; Lawrence Knapp, Wakefield, Ford Pickup.

1975: Terry L. Roberts, Ponca, Plymouth.

1972: Duane D. Harder, Allen, Rglite Travel Trailer.

1969: Gregory T. Nelson, Ponca, Chevrolet.

1968: Bob L. Farris, Newcastle, Liberty Mobile Home.

1967: John S. Martin, Wakefield, Chevrolet Pickup.

Marriage Licenses

Danny R. Boyette, 35, Waterbury, and Melissa Ann Segura, 26, Waterbury, Kevin Fritz Kraemer, 34, and Sandra Jean Laudon, 32, both of Rancho Santa Margarita, Calif. Joseph E. Boyette, 34, Waterbury, and Amy S. Bishop, 23, Waterbury.

Court Fines

George S. Bryant, Crookston, Minn., \$74, speeding, Denise R. Hall, Crofton, \$54, speeding, Christopher K. Graham, Coleridge, \$54, speeding, Charles W. Heckathorne, Webster City, Iowa, \$54, speeding, Randi L. Reppert, Ireton, Iowa, \$74, speeding, Dwaine Weinrich, Randolph, \$39, speeding, Roger D. McCoy, Allen, \$74, speeding, Jonnie E. Tange-man, Council Bluffs, Iowa, \$54, speeding, Karla Kay Keagy, Lakeville, Minn., \$39, speeding, Michael Riffey, Ponca, \$74, exhibition driving.

Brin H. Beza, Pender, \$174, possession of alcoholic liquor by minor, Stephanie L. Chase, Allen, \$174, possession of alcoholic liquor by minor, Sari D. Christiansen, Pender, \$174, possession of alcoholic liquor by minor, Brenda L. Clinkenbeard, South

Sioux City, \$64, no fishing permit, Mike Brady, Ponca, 1-year probation, 30 day jail at end of probation unless waived by probation officer, \$24 court costs, assault in the third degree; \$100, disturbing the peace.

Gordon Campbell, Niobrara, I. \$250 and \$49 court costs, probation for 1 year, license suspended for 60 days, driving under the influence of alcoholic liquor; II. \$250, license suspended for 1 year, probation for 1 year concurrent with Count I; operating motor vehicle during time of suspension; III. 1 year probation concurrent with Counts I and II, 45 days in jail at end of probation unless waived by probation officer, unauthorized use of a motor vehicle.

Rickey L. Ellyson, Newcastle, I. 1 year probation, \$24, court costs, license suspended for 1 year, operating motor vehicle during time of suspension; II. restitution as determined by probation officer, 1 year probation concurrent to Count I, criminal mischief; III. 1 year probation concurrent to Counts I and II, reckless driving, Valerie N. Fischer, Wakefield, \$174, possession of alcoholic liquor by minor, Jeremiah J. Johnson, Wakefield, \$374, possession of alcoholic liquor by minor.

Shirley L. Ladely, Wakefield, \$64, no fishing permit, Tricia J. Maise, Pender, \$174, possession of alcoholic liquor by minor, Todd Mattson, (no address given), \$324, possession of alcoholic liquor by minor, Jason J. Poplinski, Pender, \$174, possession of alcoholic liquor by minor, Erika C. Rhods, Wakefield, \$174, possession of alcoholic liquor by minor, Cody O. Stracke, Wayne, \$174, possession of alcoholic liquor by minor, Matthew Tophoj, Ponca, I. \$74, speeding; II. \$25, improper passing, \$100, possession of drug paraphernalia.

Stephen A. Webber, Wayne, \$174, possession of alcoholic liquor by minor, Tyler K. Weberg, Pender, \$174, possession of alcoholic liquor by minor, John R. Wriedt, Allen, probation for 6 months, 60 day license suspension, \$274, driving under influence of alcoholic liquor, Victoria Zavala, Sioux City, Iowa, \$124, no operator's license and no proof of financial responsibility.

Real Estate Transfers

Vera Mackling, a single person, to Fred and Nancy Mackling, part of the NW1/4 NW1/4, 33-27N-6, containing 3.0 acres, more or less and referred to as Tax Lot 47, revenue stamps exempt.

Frederick P. and Nancy A. Mackling to C. Rodney and Elaine E. Larson, the 40 acres on the West side of that portion of the W1/2 NW1/4, 33-27N-6, lying South of Chicago, St. Paul & Omaha Railroad right-of-way, and part of the NW1/4 NW1/4, 33-27N-6 and referred to as Tax Lot 47, revenue stamps \$52.50.

Roger J. Williamson, Trustee of the Roger J. Williamson Revocable Living Trust, to Arthur W. McClain, Trustee of the Arthur W. McClain Trust, part of the SE1/4, 19-28N-5, and the NW1/4 and S1/2 NE1/4, 29-28N-5, revenue stamps \$437.50.

Thomas R. and Carlene S. Stark to Richard A. and Rita B. Chase, the North 75 feet of lots 10, 11 and 12, block 69, in the Original Town of Ponca, revenue stamps \$21.

Donna Troth, a single person, to David R. Ulrich, lots 4 of Ellis Subdivision to the Village of Allen, revenue stamps \$10.50.

David R. Ulrich, a single person, to Dale E. Taylor Jr. and Janice L. Taylor, lot 4 of Ellis Subdivision to the Village of Allen, revenue stamps \$10.50.



Haven House donation

The Costa family, Andrew, 11, Nicholas, 10, Amber, 8 and Lindsay, 3, who live at 710 Douglas Street operated a Lemonade Stand at their home during the Chicken Show. They made \$15.75 which they donated to Haven House. Pictured above accepting the donation from the children is Michelle Evans, Outreach/Volunteer Coordinator. The money will be used to purchase children's supplies for children at Haven House.

Property Transfers

June 21--Bill Willers and Miriam E. Willers, Co-Trustees of Trust A. and Bill Willers and Miriam E. Willers, Co-Trustees of Trust B. of the Testamentary Trust of Ed Kollath to the Village of Hoskins. Lot 13 and Lot 18 of Kollath and Langenberg Second Replat Addition to Hoskins, Wayne County, Nebraska. D.S. exempt.

June 22--Lyle Cunningham and Henrietta Cunningham to Ronald Stanfill. A tract of land in Carroll, lying in the NW 1/4 of the NW 1/4 of Section 34, Township 27, Range 2, Wayne County, Nebraska. D.S. \$1.75.

June 23--Viola Mac Milligan to Viola Mac Milligan, as Trustee of the Viola Mac Milligan Revocable Trust. The SE 1/4 of the NE 1/4 of Section 15, Township 26, Range 5; a tract of land in the SW 1/4 of the

NE 1/4 of Section 10, Township 26, Range 5; The SW 1/4 of the NE 1/4 of Section 10, Township 26, Range 5; the N 1/2 of the NE 1/4 of Section 15, Township 26, Range 5 and the north 36 acres of the E 1/2 of the E 1/2 of the SW 1/4 and that part of the SE 1/4 lying west and south of Logan Creek, Section 10, Township 26, Range 5, all in Wayne County, Nebraska. D.S. exempt.

June 23--Walter Fleeer, Jr. and Arlene M. Fleeer to Robin W. Fleeer and Jane M. Fleeer. The SW 1/4 of Section 15, Township 26, Range 1, Wayne County, Nebraska. D.S. exempt.

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Reg. \$699⁹⁵, Oak Trim Sofa, Great Price..... **\$399⁹⁵**

Reg. \$599⁹⁵, Contemporary Sofa, See This..... **\$299⁹⁵**

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Reg. \$1,079⁹⁵, Charles Sofa, Light Color Only..... **\$599⁹⁵**

Reg. \$699⁹⁵, Mauve Pillow Back Sofas, Great Price... **\$399⁹⁵**

Reg. \$699⁹⁵, Early American Sofa, Teal Color..... **\$499⁹⁵**

Reg. \$1,099⁹⁵, 2 Piece Corner Sectional, Only..... **\$699⁹⁵**

Reg. \$849⁹⁵, Tan and Mauve Sofa, Great Savings **\$499⁹⁵**

These are just a few of our Great Buys!
Choose from over 100 Sofas - Famous Brand Names
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Reg. \$749⁹⁵, 3 Pc Oak Finish, Contemporary Set.... **\$499⁹⁵**

Reg. \$799⁹⁵, 3 Pc w/ Lrg Dr Dresser/Dr Chest..... **\$599⁹⁵**

Reg. \$3,186⁹⁵, Solid Oak Dresser w/ Tri Mirror, 7 Drawer Chest and Headboard, Only..... **\$1,799⁹⁵**

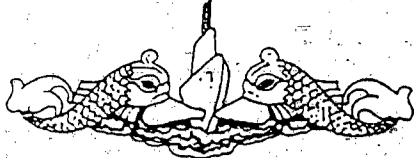
Reg. \$949⁹⁵, French Prov. 3 Pc w/5 Drawer Chest... **\$699⁹⁵**

Reg. \$599⁹⁵, 3 Pc, Dbl Dresser, Mirror Chest, HB.... **\$459⁹⁵**

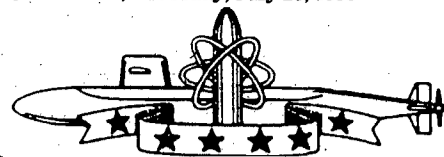
Reg. \$859⁹⁵, Pine Finish Dresser w/ Hutch, Mirror, Door Chest and Bookcase Headboard..... **\$659⁹⁵**

Reg. \$1,629⁹⁵, 3 Pc White Wash Finish, Great for Girls Bedroom..... **\$995⁰⁰**

See these and many others, all at ridiculous prices!!



— Special Report —



With the USS Nebraska on the low seas

Here's a thought generated from 400 feet below the Atlantic ocean: The U.S. Military could become a revenue producing arm of the federal government rather than a deficit drain on the budget if it would sell tours for fun in addition to tours of duty.

I think people would pay big money for the experience of riding a \$2 billion nuclear powered ballistic missile submarine into the ocean depths or watching a midair refueling of a jet fighter from the tail of an Air Force tanker.

The experience is worth big money. I'd pay it to go again if the tours were available, even if they were pricey.

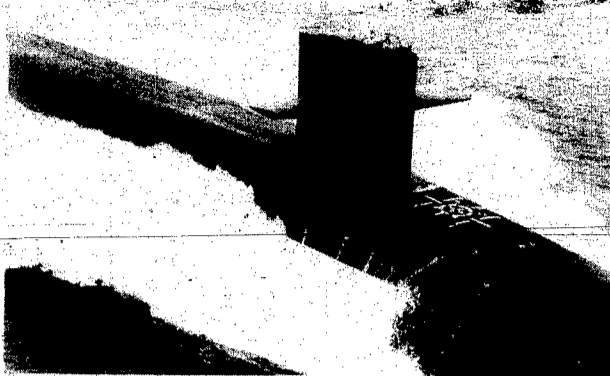
It's worth it. But, you can't buy these tours. And I suppose having civilians in the way all the time would hamper some military missions. My "paying-tours-fund-raiser" idea is probably not practical, but it is a shame really that more people can't see the high tech personnel, equipment and practices of our modern military in action. We would all probably have better understanding and appreciation for the role and importance of the military in protecting our freedoms.



Mann Overboard
By Les Mann

sonnel and retired military personnel often tag along on these scheduled missions. The tankers have plenty of room for personnel and cargo. While the interior and seats might not be as comfortable, the cabin temperature not as well controlled and the noise levels much higher than commercial airliners, there's plenty of leg room, passengers are welcome to move about and the entertainment value is much better on the military flight.

All in all, I would rather take an austere military flight than a comfortable commercial one, I think.



Displacing over 18,000 tons, the USS Nebraska Trident missile submarine cuts a wide swath through the ocean.



Nebraska officials witnessed a midair refueling of F-16 fighter jets by the Lincoln-based Air National Guard tanker during the flight to Florida to catch the boat.

The technology that allows the huge boat to sneak around in the depths undetected is highly secret, right down to the shape of the single propeller which pushes the boat through the water at better than 20 knots, without creating a loud rushing water sound that can be heard by enemy sonar listeners.

INCIDENTALLY, WE learned that the Walker Spy case touches close to home to the USS Nebraska crew: Some of the secrets sold to the Soviets by the convicted spy allows our enemies to develop quieter submarines including super high-tech propellers similar to ours. The biggest advantage a submarine has over its enemy is the ability to hear them on sonar detectors before they hear you.

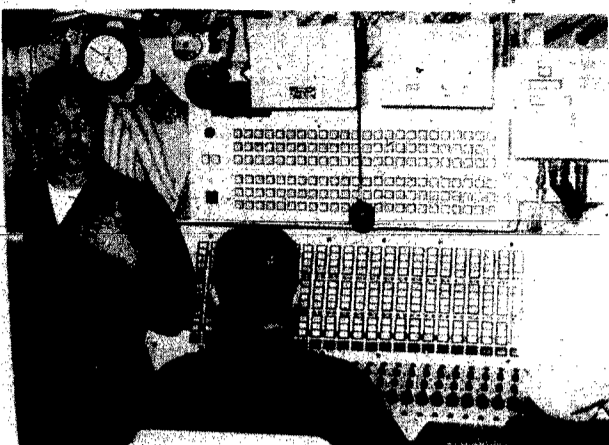
"If you both hear each other at the same time, you're both at risk," said an officer. "But if I hear you thousands of yards before you hear me, I have a real advantage." He added, "We still have an edge in this technology it was reported, but because of the highly publicized spy case, our technology lead is shrinking."

There are no windows in the ship and the ride underwater is remarkably smooth and quiet. For all we knew after dropping into the hatch at dockside, the crew could have left us tied at the dock and simulated the whole trip with numbers on the speed and depth indicators.

I know they didn't since I got to make the tight climb up to the bridge when the boat surfaced after the dive. I ripped my pants in the process I think, or maybe it was reaching for another cookie in the Cornhusker Cafe.

While on the very small bridge I couldn't see a dock or land in any direction. The view of the huge boat, which outweighs some of the biggest World War II ships, is awesome when it is underway. A huge four-foot wave of water sweeps continuously over the bow and roars down the sides to create a huge wake that stretches miles aft.

THE OUTSIDE AIR smells dramatically different too after hours of super clean manufactured air in the submarine. The ship and crew, with its nuclear power plant that won't have to be refueled until the year 2013, can remain submerged indefinitely. It manufactures and recirculates pure air, purifies sea water for drinking and other uses and main-



In the missile control center, crew members explained the firing and control procedures for the sub's 24 Trident ballistic missiles. Each of the missiles carry multiple warheads and can travel over 4,000 miles and land within a 100 yards of its target.



Nebraska Lt. Gov. Kim Robak took the controls of the Air National Guard tanker for a time during the flight.

tain precise temperature and comfort levels.

The only limit on the amount of time the crew can remain submerged is the food supply--besides going stir crazy I suppose. When fully loaded, the food supply is planned to last four months.

There are two full crews for the USS Nebraska. We met the Gold Crew which began its six week patrol of secrecy the day after we departed from the boat. When they return to port, the Gold Crew will turn the craft over to the Blue Crew and after resupply and maintenance the alternate crew will take the ship out for another patrol.

The idea is to keep the expensive craft on the job as many hours as possible.

I can report that the USS Nebraska ship and crew certainly seem able and professional and I know they are highly respected for their performance. Adml. Goebel, a Stratcom command officer based in Omaha who made the trip with the "Big Red Sub Club" and admittedly did a little "im-promptu inspection" openly commended the crew for its record of excellence and performance.

THE SHIP'S NICKNAME in the Florida port is "National Champions". It is clear they get that honorary title from more than the autographed footballs and Cornhusker posters which adorn the "Cornhusker Cafe."

Several members of the crew are from Nebraska and many others who aren't, have enjoyed visits to the state, hosted by Beermann, to attend football games, the College World Series and see other sites. They really seem to like the identity with the Cornhusker State. Many crew members even wear Herby Husker patches

SEVERAL MONTHS ago, a group of Nebraska newspaper publishers were asked to send biographical information and social security numbers to military security personnel who would check our backgrounds to see if we were safe to take on a trip aboard the super classified Trident ballistic missile submarine USS Nebraska.

Former Nebraska Secretary of State Allen Beermann served on the commissioning and launch committees for the huge sub bearing Nebraska's name a couple years ago and was in line to lead a group of VIP's of his choosing on a day cruise aboard the "boat."

Now the executive vice president of the Nebraska Press Association, on whose board I serve, Beermann invited me, as one of the lucky "non-VIP's", to go along.

I remember how envious I was when Ralph Barelay of Wayne, in his VIP position as a member of the Employers Committee for the Guard and Reserve, was invited to attend the launching and commissioning ceremonies of the sub in 1992 and 1993.

I was gleeful to say the least when the official invitation for the trip came from Chief of Naval Operations, Admiral J.M. Boorda. A "friend" of mine wondered just how extensive the security check was into the backgrounds of those invited to join the "Big Red Sub Club" and suggested (in jest I hope) that the authorities needed to take another look.

AS IT WAS, we were not told the specific time and location for the departure of the sub. "That's classified," we were told. We were asked to keep quiet about the details of the trip until it was confirmed by the Navy. The secrecy made the whole experience more dramatic.

The tour group of about 30 would be ferried to the submarine, "somewhere in Florida" on a Nebraska Air National Guard tanker flight from Lincoln. The air crew was scheduled to perform a refueling mission for Air Force fighters over Arkansas. It was one of those many missions pilots and crew members make to keep their experience levels up.

Nebraska Air Guard Crews flying K135 tankers are routinely deployed all over the world conducting missions for the Air Force. Military per-



Keeping a 560 foot submarine on course isn't easy a flatland newspaper publisher learned when he took the helm. "It's okay, it's only a \$2 billion boat," was the crew's words of encouragement when the nervous flatlander drifted off course.



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sports

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

Wayne girls place third in Class B

The Wayne 18-under girls fast pitch softball team placed third at the Class B State Softball Tournament over the weekend in Grand Island. The third place effort earned Bob Oborny's team a spot in the Regional Softball Tournament the last weekend of July in Topeka, Kansas.

Wayne began the tournament with a 13-1 win over Dreisbach's of Grand Island with Wendy Beiermann striking out six while holding her opponent to just two hits.

Wayne blasted 16 hits led by Molly Melena with a triple, double and single. Katie Lutt and Jenny Thompson each had three singles

while Carrie Fink and Jenni Beiermann each had two base hits. Shona Stracke, Jaime McGuire and Beiermann each had one base hit.

Wayne blew open a close 4-1 game after the fourth inning by sending 14 batters to the plate in the fifth while scoring nine runs.

Wayne shut out Stromsburg in the second game, 7-0 with Wendy Beiermann striking out 10 and allowing just three hits en route to the win. Wayne's offense continued to pound the ball at will with 15 hits led by Jenny Thompson's three singles.

Carrie Fink and Molly Melena each doubled and singled while Katie Lutt, Shona Stracke, Don Del Brandt and Wendy Beiermann laced two singles each. Wayne allowed Stromsburg just one base runner the entire game.

Wayne downed Monfort's by a 9-1 margin the third round with Beiermann striking out eight and scattering four hits while Wayne's offense battered the Monfort pitching with 18 hits led by Shona Stracke with a grand slam homerun and two singles.

Carrie Fink, Molly Melena, Jenny Thompson, Jenni Beiermann, Jaime McGuire and Wendy Beiermann each had two base hits while Jessica Bohnenkamp, Don Del Brandt and Katie Lutt each had a single.

Wayne took a 5-1 lead into the final inning when Lutt, Thompson and Jenni Beiermann each singled to load the bases before Shona Stracke put the game on ice with a grand slam.

WAYNE'S FIRST loss of the tournament came in the fourth round with a 9-5 setback to the McCook Springers — the defending state champs. Wendy Beiermann was tagged with the loss as McCook belted Wayne with 17 hits.

Wayne's offense was potent as well with a dozen hits led by Katie Lutt's three singles while Jenny Thompson and Wendy Beiermann each singled twice. Carrie Fink, Jenni Beiermann, Shona Stracke, Don Del Brandt and Jaime McGuire each managed one base hit. Wayne stranded 11 runners on base.

Wayne bounced back to defeat Lomis of Grand Island, 8-4 with Wendy Beiermann earning the win, scattering eight hits while striking out two. Wayne's offense pounded out 18 more hits led by Molly Melena with a triple, double and single while Don Del Brandt doubled and singled.

Carrie Fink, Katie Lutt, Jenny Thompson, Jenni Beiermann, Jessica Bohnenkamp and Wendy Beiermann each singled twice while Shona Stracke singled once.

Wayne edged Monfort's once again, 3-2 to advance to the final

three. Wendy Beiermann struck out five and scattered eight hits while Wayne suffered its worst offensive performance of the tournament with just six hits led by Carrie Fink and

Jenni Beiermann with two singles each. Jaime McGuire and Molly Melena each had one base hit.

"This was our third game of the morning and Monfort's fourth," Oborny said. "Both teams looked a bit tired. The game was tied at two

after five innings of play but Carrie Fink led off the sixth with a single and she eventually advanced to third before Molly Melena hit a long fly ball to sacrifice the winning run in."

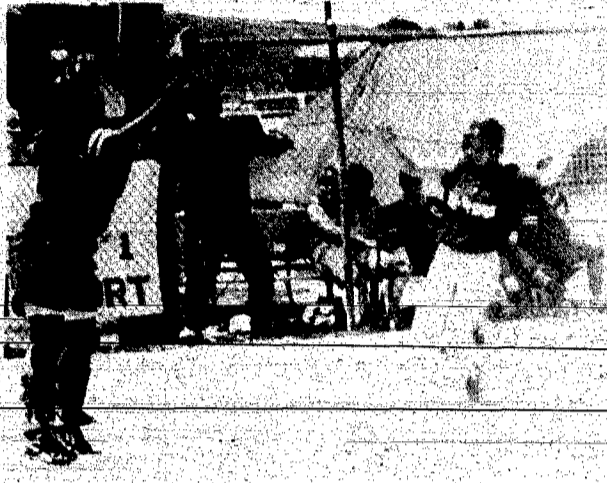
WAYNE WAS shut out in its next game with the Springers of McCook, 12-0 to end their state

tournament. A tired Wendy Beiermann took the loss in game seven, giving up 13 hits while Wayne notched seven led by Shona Stracke's two singles. Don Del Brandt, Jessica Bohnenkamp, Kristi Boies, Carrie Fink and Molly Melena each had one base hit.

Wayne closed out its season and state with a 27-11 record but will continue on at the end of July in Regional play in Topeka. "Fremont Touch and Go went on to defeat

McCook in the finals," Oborny said. "This is the same Fremont team we beat, 8-0 in the West Point tournament a week ago."

Regionals will consist of the top softball teams from Nebraska, Iowa, Kansas, Missouri and the metro areas of St. Louis, Kansas City and Omaha.



THIS WAYNE base runner tries to beat out a throw to home plate during action at the state tournament in Grand Island. Wayne improved to 27-11 on the year.

Wayne Rotary Scholarship Golf Tournament

Sunday, July 30, 1995

Wayne Country Club

2 Person Scramble

Entry Fee:

\$35.00 per person

Includes:

Lunch & Pin Prizes

(Carts Available)

Call (402) 375-1152 for Tee time, beginning at 7:30 a.m.



Sponsored by the Wayne Rotary Club



THE WAYNE girls 18-under fast pitch softball team garnered a third place finish at the annual Nebraska State Tournament last weekend in Grand Island. The team was one of three Nebraska teams to be invited to Regionals at the end of the month.

Winside 18-under fast pitch softball team wins districts

The Winside girls 18-under fast pitch softball team went a perfect 5-0 in the Class C-District 6 Softball Tournament in Osmond over the weekend to claim their first ever district championship.

Todd LaVelle's crew began their championship quest with a 15-10 win over Emerson with Stacy Bowers earning the win. Winside belted 17 hits while limiting Emerson to nine.

Monica Sievers paced the winners with a triple and two singles while Jodi Miller and Jenny Wade had three singles each and Bowers and Wendy Miller each doubled and singled. Sarah Painter blasted a homerun while Sara Marotz doubled. Mindy Marotz and Mindy Janke each had a single.

Winside downed Ponca in the second round, 16-11 with Mindy Janke earning the pitching victory. Winside again pounded out 17 hits led by Sara Marotz with a homerun and two doubles while Mindy Marotz and Monica Sievers each hit a triple, double and single. Stacy Bowers also netted three hits—all

singles and Mindy Janke laced a pair of base hits. Jodi Miller, Sarah Painter and Jenny Wade each had one single.

WINNING THE championship was the highlight of the tournament for Winside but coming a close second was the semifinal victory over Osmond—a team that had beaten Winside four times earlier in the season and all by one run.

This time it was Winside that would escape with a one-run victory, 14-13. Stacy Bowers earned the pitching victory despite the host team out-hitting Winside by a 16-10 margin. Monica Sievers continued her red-hot hitting streak with three singles and she completed the first day of the tournament with a .900 batting average with nine hits in 10 at-bats.

Sarah Painter doubled and singled while Mindy Janke and Bowers each had two base hits. Jodi Miller rounded out the attack with a single.

In the winners bracket final, Winside beat Battle Creek, 6-5 with Stacy Bowers earning the win. The

winners notched nine hits led by Mindy Marotz with a double and two singles while Wendy Miller doubled and singled.

Sarah Painter hit a double while Jodi Miller, Stacy Bowers and Jenny Wade each singled. The win over Battle Creek put Winside in the drivers seat with no losses and awaiting the winner of the Battle Creek/Osmond clash in the loser's bracket finals.

Battle Creek earned the win over Osmond and was forced to beat Winside twice to earn the championship but LaVelle's team didn't give them a chance by beating them 10-7 in the finals.

Stacy Bowers notched her fourth pitching win in the five-game stint and Winside out-hit Battle Creek, 15-13 led by Jenny Wade with a double and three singles while Mindy Marotz doubled and singled.

The Miller girls, Wendy and Jodi each laced two singles while base hits were recorded by Mindy Janke, Brittany Lienemann, Sarah Painter, Monica Sievers and Bowers.

The 20-7 Winside squad will compete this weekend in the state tournament in Hastings.

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Tami Diediker crowned champion; Ginny Hansen is medalist Women's Amateur Open held

The annual Wayne Women's Golf Open was held last Saturday at the Wayne Country Club with nearly 50 golfers taking part. Wayne's Tami Diediker emerged as the champion after carding a net score of 67.3. Diediker had just come off tying for first place at Laurel's Open the day before.



GINNY HANSEN claimed medalist honors at the Wayne Open with a four-over-par round of 76. Following net scores, she placed runner-up.

Wayne's Ginny Hansen had the lowest scratch score of the day and was medalist with a 76 but Diediker's handicap subtracted from the gross score gave her a net victory of 1.7 strokes.

Hansen settled for runner-up honors with a 69.0 while Char Bohlin of Pender placed third with a 70 net score after an 84 scratch.

The first flight was won by Mary Bressler of Sioux City with a net score of 67.0. Margene Swenson West Point followed with a 69.2 and JoAnn Steffensmeier of Beemer placed third with a 69.8.

The second flight net winner was Norfolk's Sue Denton with a 61.3 while Judy Nemeo of Wayne was second with a 66.0. Helen Langell of Norfolk placed third with a net score of 71.1.

The third and final flight was won by Wayne's Nancy Endicott with a net score of 58.0—the lowest net score of the tournament. Mari Carter of Norfolk placed second with a 61.0 and Lolly Tuttle of South Sioux City was third with a 64.0.

There were 18 pin prizes also won during the tournament including the following:

- #1—Longest drive in the fairway—Janice Gardner; #2—Closest to pin in three shots—Ginny Hansen; #3—Closest to sand trap on drive—Joni Pourie;



WINNERS OF the Wayne Women's Golf Open include from left: Tami Diediker—championship flight; Mary Bressler—first flight; Sue Denton—second flight and Nancy Endicott—third flight.

- #4—Closest to bathroom on any shot—Jodi Lutt; #5—Longest putt—Tami Diediker; #6—Closest to clubhouse on any shot—Rhonda Lewon.

- #7—Closest to pin on second shot—Sue Denton; #8—Closest to pin on drive—Mary Bressler; #9—Longest drive in rough—JoAnn Steffensmeier.

- #10—Closest to 150-yard tree—Joni Holdorf; #11—Closest to pin

- on second shot—Robin Merchant; #12—Closest to water on any shot—Jean Lutt.

- #13—Closest to pin on fourth shot—Char Bohlin; #14—Closest drive to 150-yard tree—Donna Utecht; #15—Closest to water tank—Carolee Stuberg.

- #16—Closest chip from off the green—Marilyn Heier; #17—Closest to pin on drive—Jan Anderson; #18—Longest putt—Delaine Horn.



Hot shots

Ben Meyer, Jon Meyer and Shane Baack were crowned champions at Norfolk's 3-On-3 Hot Hoops Competition in the 12-under category, recently.

Sioux Cityans win in record style

Records fall in Chicken Run

The annual Wayne Chicken Run was held recently, with two records being set on the 10.25 mile course. South Sioux City's Bing Lance set a course record in the men's division with a 58:39 clocking while South Sioux City's Renee Kruse was a record setter in the women's division with a 1:04.05 clocking.

In the men's 19-under category, Norfolk's David Baker took top honors followed by Aaron Schlot of Plainview and Trevor Soyk of South Sioux City. Marlon Brink of Yankton, S.D. placed first in the 20-29 age group with Kent Hendricks of Sioux City placing second and Aaron Skinner of Sioux City, third.

John O'Malley won the 30-39 age group with Roy White of Omaha placing runner-up. Mitchell Gubser of Omaha placed third and Jeff Marshall of Omaha, fourth. Bill Engert won the 40-49 age group with Harvey Kunz of Omaha placing second and Terry Meyer of Wayne, third. Bryan Miller of Papillion placed fourth.

In the 50-59 age group, Sioux



City's Rodney Vellinga placed first with Littleton, Colorado's Dennis Kavanaugh placing second and Honey Creek, Iowa's Robert Bogar, third.

Carroll's Melinda Mohr won the 19-under age group in women's action with former Waynian and Lincolnite Tami Schluns placing second. Kathy Dalton of Waverly and a current Wayne State student won the 20-29 age group with DeVonna Wegner of Wayne placing second.

Waterbury's Jean Gill won the 30-39 age group with Traci Stoffler of Bloomfield placing runner-up and in the 40-over category, Ardel Bengston of South Sioux was crowned champion while Sandy Vrooman of Howells placed second.

Junior Rec golf outing

WAYNE—There will be a Junior Recreation golf outing on Wednesday as a wrap-up to the junior rec program. The event will begin around 8:30 a.m. and conclude around 11:30 a.m. The outing is sponsored by the Wayne Kiwanis who will serve hotdogs, chips and pop afterwards.

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Jaycees to sponsor Heavy Hitters

WAYNE—The Wayne Jaycees will again be sponsoring the Heavy Hitters competition for boys and girls ages 7-13 on Friday, July 28 at Hank Overin Field. Winners of each division will advance to state competition to be held in Doniphan on August 12.

The four age groups and the times they will be competing are as follows: 12-13—10:30 a.m.; 10-11—11:30 a.m.; 7-9—12:30 p.m. For further information call Jere Morris at 375-5435.

SIOUX CITY native Lance Bing and South Sioux City's Renee Kruse left their tracks at the recent Wayne Chicken Run as each shattered the course record of 10.25 miles. Bing was timed in 58:39 while Kruse whistled through the course in 1:04.05.

GOLFING

WAYNE COUNTRY CLUB

Week 4 of 10:

Men's Pros	19
John Fuelberth	
Ric Wilson	
Wayne Langemeier	
07	18.5
02	17
03	17
12	16.5
09	15
05	13
18	12.5
01	12
06	11.5
04	10.5
14	10.5
08	9.5
13	9
17	8
10	8
15	6
11	4.5

Men's Cons	20
Tim Sutton	
Leif Olson	
Denny Lutt	
29	19.5
31	15
22	13
24	13
35	12.5
30	12.5
26	12.5
20	12
33	12
32	11.5
28	11.5
21	11
25	11
34	10
23	7.5
36	7
27	7
38	5.5

A League low scores:

Ralph Etter, 34; Ken Dahl, 35; Doug Rose, 35.

B League low scores: Don Preston, 36; Dan Bowers, 41; Bob Keating, 42.

C League low scores: Steve Muir, 41; Denny Lutt, 42.

Women's Morning League Results:

Team standings:
#6—Ann Barclay, Judy Berres, Betty Meyer, Dorothy Whorlow—(72.5)
#1—70.5
#4—67.5
#3—61.5
#2—53.5
#5—52.5

A Players best scores: Marta Nelson, 41; Tami Diediker, 42; Vicki Pick, 42.

B Players best scores: Judy Sorensen, 47; Judy Koll, 47; Judy Berres, 48.

C Players best scores: Nancy Endicott, 50; Ad Kienast, 57; Betty Meyer, 62.

D Players best scores: Dorothy Whorlow, 59; Ella Lutt, 63; Marcella Larson, 65.

Ladies evening golf results:

First Flight: Tami Diediker, 38; Sandra Sutton, 41; Vicki Pick, 43; Char Bohlin, 43.
Second Flight: Anne Volk, 48; Carol Novak, 48; Joyce Reeg, 50; Bev Hitchcock, 51; Nancie Stollenberg, 51.
Third Flight: Teri Bowers, 53; Maribeth Stodola, 54; Jodi Lutt, 59.
Fourth Flight: Jean Lutt, 59; Sonja Hunke, 61; Kim VerWay, 61; Leslie Keating, 61; Terri Heggemeyer, 61; Elsie Echtenkamp, 62.

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Wayne Kiwanis hosts annual swim meet

The annual Wayne Kiwanis Swim Meet was held at the City Pool last Thursday with West Point earning top team honors with 711 points while the Wayne Dolphins placed runner-up with 574. Wisner

finished third in the three-team race with 214 points.

The following is a composite of the results in each age division:
8-Under—Nathan Shapiro-1st in freestyle, 2nd in breaststroke and

3rd in butterfly; Eden South-2nd in backstroke and 3rd in breaststroke.

9-10-YEAR-OLDS—Emily Kinney-2nd in individual medley; Alissa Dunklau-3rd in individual

medley and 3rd in freestyle; Chris Jones-2nd in freestyle and 5th in butterfly; Katie Olson-4th in individual medley and 6th in butterfly.

Brad Frevert-2nd in individual medley, 2nd in freestyle and 4th in butterfly; Ryan Hix-4th in individual medley; Travis Lum-2nd in butterfly and 2nd in backstroke; Bryan West-3rd in backstroke and 3rd in freestyle.

Josh Ford-5th in individual medley and 6th in butterfly; Leah Pickinpaugh-7th in backstroke; Amber Nelson-7th in freestyle; Laura Sutton-1st in backstroke and 2nd in butterfly.

The freestyle relay team placed first with Sheila Meyer, Katie Nelson, Chris Jones and Leah Pickinpaugh while the medley relay team of Ryan Hix, Marilyn Fletcher, Brad Frevert and Mary Boehle

placed runner-up.

11-12-YEAR-OLDS—Ben Meyer-1st in individual medley, 1st in backstroke, 2nd in freestyle and 2nd in butterfly; Ryan Teach-3rd in butterfly, 3rd in breaststroke, 4th in individual medley and 4th in freestyle; Joseph Holstedt-4th in backstroke, 5th in breaststroke and 6th in freestyle.

Lisa Mitchell-4th in breaststroke; Danika Schuett-5th in freestyle; Alysa Heithold-4th in backstroke; Malissa Fredrickson-3rd in backstroke and 6th in individual medley; Elisabeth Zulkosky-4th in butterfly and 8th in freestyle.

Leah Dunklau-4th in freestyle; Erin Arneson-5th in backstroke; Shawn Ford-7th in butterfly; Annie Bierbower-3rd in breaststroke and 4th in individual medley.

Daniel Johnson-1st in medley, 2nd in flystroke, 2nd in breaststroke and 3rd in individual medley.

Dustin Sutton-1st in medley, 3rd in flystroke, 3rd in freestyle and 3rd in backstroke; Jessica Woehler-1st in medley, 2nd in flystroke, 3rd in individual medley and 4th in breaststroke; Lindsay Woehler-1st in medley, 4th in individual medley and 5th in breaststroke; Lisa Walton-3rd in breaststroke and 5th in individual medley; Becky Fletcher-3rd in backstroke, 4th in medley and 6th in flystroke.

The freestyle relay team placed first with Craig Hefti, Melissa Fluent, Jon Pickinpaugh and Lindsay Woehler.

15-18-YEAR-OLDS—Amy Guill-1st in individual medley, 1st in backstroke, 1st in flystroke and 2nd in freestyle. Guill was the high point winner in her age bracket, scoring 38 of a possible 40 points.

Lacy Bebee-2nd in breaststroke and 3rd in freestyle; Ryan Nichols-1st in breaststroke and 2nd in freestyle; Jessica Ford-2nd in breaststroke and 4th in backstroke; Sara Kinney-1st in breaststroke, 4th in individual medley and 4th in flystroke; Brian Johnson-4th in breaststroke, 4th in backstroke and 4th in freestyle.

The medley relay team placed runner-up with Lacy Bebee, Ryan Nichols, Sara Kinney and Jessica Ford while the freestyle relay team placed third with Brian Johnson, Jessica Ford, Lacy Bebee and Ryan Nichols.



WAYNE SWIMMER Sara Kinney looks toward the finish line while competing in the Kiwanis Swim Meet, recently at the Wayne Swimming Pool. Wayne placed second behind West Point.

Fund

(Continued from page 1A)

is needed to make the trip a reality.

The cost is expected to be approximately \$3000 which would pay for transportation, motels and meals for the players. Support has been generated by the Wayne Girls Softball Association—a group that was formed in 1992 to act as a Booster Club for the girls in addition to the funding received from the recreation and leisure department.

The association, which is open to anyone interested in girls softball costs \$1 per year. Parents and players on this year's team have held fund raisers to allow the association to upgrade the Wayne City Softball Complex.

Some of these fund raisers have included car washes, hosting tournaments, running concession stands and selling raffle tickets to Nebraska football games.

All funds that are raised in this current drive that exceed what the girls need in Topeka, will be put back into improving the complex. The girls are planning a car wash this Saturday from 10 a.m. to 4 p.m. at Pac-N-Save to help raise additional money for their regional trip.

Anyone/organization wishing to donate may do so by stopping at one of the three banks in town or any of the several businesses that have a donation drop box.

Wayne is one of 22 teams from Nebraska, Iowa, Minnesota, Kansas and Missouri competing in the double-elimination format. Wayne finished its regular season and state tournament with a 27-11 record—

Midgets reach semis before falling in league tournament

The Wayne Midgets and Junior Legion baseball teams competed in the annual Ralph Bishop League Tournament last week with the Midgets advancing to the semifinals before losing to Pender while the Juniors lost their first game to Pender.

The Midgets defeated Oakland, 9-

1 with Justin Thede earning the victory from the mound. Wayne out-hit its opponent, 8-3 led by Paul Zulkosky's three singles. Josh Starzl laced two base hits while singles were recorded by Brad Maryott; Ryan Sturm and Thede.

Wayne fell to Pender in the semifinals by a 10-9 margin. Brad

Maryott was tagged with the pitching loss despite Wayne out-hitting Pender by a 12-8 margin.

Brian Fernau led Wayne's offense with a pair of doubles and a single while Adam Endicott doubled and singled twice. Jeremy Lutt doubled and singled and Nick Hagmann notched two singles while Brad Maryott and Ryan Sturm each singled once.

Wayne's Midgets fell to 18-10 on the season with the first round of the district tournament taking place on Sunday at 1 p.m. against Hartington in West Point. The district tournament format for the Midgets is single elimination.

The Wayne Juniors lost a 5-3 decision to Pender last Thursday night at Hank Overin Field leaving the locals with a 14-10 record heading into district play. Friday afternoon in West Point against the winner of Madison/Hooper.

Wayne was out-hit by Pender, 11-4 with Joe Lutt leading Wayne with a triple and double while Jeremy Sturm doubled and B.J. Woehler singled.



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Rotary golf tourney, July 30

WAYNE—The Wayne Rotary Scholarship Golf Tournament will be held on Sunday, July 30 at the Wayne Country Club. The 2 Person Scramble costs \$35 per person with lunch and pin prizes included with entry fee. For tee times and cart rental call 375-1152.

Football Clinic slated

WAYNE—The Wayne High football clinic will be held on July 31 and August 1 at the high school according to head coach Lonnie Ehrhardt. All boys entering grades 9-12 interested in playing football are asked to attend. There is no cost and the clinic will be conducted by the Wayne coaches. The time of the clinic is 7-9 p.m. each evening.

Wayne girls fall at State Tourney

The Wayne 14-under and 16-under girls fast pitch softball teams competed at the state tournament over the weekend with the 14-under competing in Hebron while the 16-under competed in Grand Island.

In 14-under action, Wayne lost a 12-4 decision to Hodges Cruisers with Beth Sperry taking the pitching loss. Wayne was out-hit, 15-7 with seven different Wayne players hitting singles including Heidi Johnson, Tina Ruwe, Abbie Diediker, Carol Longe, Larissa Coulter, Jessica Raveling and Gretchen Witke.

"The game was tied at four heading to the fifth inning," coach Steve Jorgensen said. "Then we gave up five in the fifth and three in the sixth."

Wayne lost its second game of the state tournament, 12-11 to Rialto Katz with Erin Milander being tagged with the loss. "We jumped out to a 7-1 lead but they came back to take the lead," Jorgensen said. "After we tied the game at eight, Rialto scored four in the last inning and we could only manage three."

Wayne was out-hit by a 16-10 margin with Jessica Raveling leading the locals with a homerun and

two singles while Heidi Johnson belted two triples and a single. Jenny Schaffer laced two singles and Erin Milander doubled while Carol Longe singled.

"Our girls played very well at state," Jorgensen said. "If the three errors we suffered in the last game would have been in any other game the 11 runs we scored would have more than likely still been enough to win but playing with the top 24 Class B teams in the state you just can't afford to make mistakes." Wayne ended the season with a 7-9 record.

THE 16-UNDER team struggled, offensively in their state tournament appearance in Grand Island, losing the first game, 13-0 to Seward Fast Mart. Wayne had nine errors in the game and they failed to record a hit. Nicolle McLagan was tagged with the pitching loss.

Wayne's second game ended in a 11-1 setback to Fremont Lumber Jills with McLagan taking the loss from the hit. Both teams had five hits with Wayne being led by McLagan's two singles. Alycia

Jorgensen, Kellie Lubberstedt and Brandy Frevert each had a base hit. Wayne ended the season with an 8-7 record.

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Fair plans taking shape with new, fun events

By Claire Rasmussen
Of the Herald

Though the fair is still two weeks away, 4-H students and fair volunteers have begun the hard task of preparing the fairgrounds, and themselves, for the Greater Northeast Nebraska Fair, August 3-6.

Last weekend, 4-H students were busy with livestock tours, preparing projects and reserving space for stalls. According to 4-H Assistant Mindy Lutt, approximately 260 children-plus-school-enrichment programs have pre-registered to participate in the fair.

Lutt said this year's fair will have approximately as many displays as last year.

"This year in livestock displays,

Greater Northeast Nebraska Fair



It looks like we have the same number of entries in most categories, except beef which looks like it may be up a little. It also is encouraging to see the enrollment in the Bucket Calf area, for younger children, rise. We look to have up to 20 Pee Wee entries."

Lutt said the number of live-

stock displays may depend on how much the recent hot weather affected people's livestock.

Said Lutt, "A lot of animals last week, especially sheep and hogs, were stressed by the weather. When that happens, they don't gain real well so that might affect the turnout but we aren't anticipating much change."

Change will be occurring among the events offered at the fair. In addition to the usual events such as the free barbeque, the Kilroy award, the chip chucking contest, the pickup pull, carnival rides and the volleyball tournament, several new events will be offered.

Dolores Felt, the Secretary of the Wayne County Fair Board, reported that the committee has been busy developing new events to involve more people in the fair.

"Leland Herman, the assistant fair manager, is really our idea man and he's come up with some good ones for this year."

Among Herman's ideas for this year is a "stock race show." According to Felt, the event was designed to involve children that are too young to be involved in 4-H.

"In order to participate in 4-H, you have to be 8 or over. We see a lot of younger kids at the fair and we'd like to give them some thing to do and give them a chance to walk away with something."

"We also have a division for Grandma and Grandpa, so they can get in on the fun, too."

The competition will involve dressing as a cowboy. The best outfit will win a prize. All participants will receive a free ride ticket and a ribbon.

Another new event for children is the Pee Wee Bucket Calf Contest, which has been featured at the Pierce County Fair. The event allows children under 4-H age to bring a bucket calf and show it. The children will parade their calves in the ring, then be asked several questions by the judge. All children will receive a participation ribbon.

Lutt said the goal was to stir up enthusiasm for the 4-H.

"We think this contest is an excellent starting place for children. They get excited about 4-H and learn the responsibility involved in caring for a calf."

Another addition to the fair activities will be the Bull Throwers contest—a competition of story and joke telling.

Said Felt, "People have all been to rodeos and seen the bulls throw

people. Well, now's a chance to see the people throw some bull. The goal is to spread it on as thick as possible. We're going to let anyone who wants to get up and tell stories, like the type they might tell in the coffee shop, as long as they're humorous."

One of the most anticipated new events will be the livestock herding demonstration by the Australian Shepard dogs owned by "Doc" and Marg Weich of Hoskins. Felt reported that at a livestock herding workshop put on by the Weichs earlier this spring, individuals came from as far away as Montana.

The herding demonstration is scheduled for Saturday at noon.

Said Felt, "I think we've got something for everybody. We have done a lot of planning and hope to see a good crowd out here."

Seventh St. work not in '96 schedule

By Claire Rasmussen
Of the Herald

The widening and improvement of Highway 35 through Wayne will not be a part of Nebraska's largest highway construction program scheduled to occur in the fiscal year 1996.

The Highway 35 project will be occurring in the next five years and is projected to begin in 1997.

According to the Nebraska Department of Roads' Director-State Engineer Allan Abbott, the Nebraska's Highway Construction and Transportation Improvement Program for the fiscal year 1996 totals \$320.9 million.

\$279,315,000 will be spent on the state transportation and highway construction program. The local systems will be receiving a total of \$41,561,000.

According to Abbott, "This is the largest highway construction and improvement program ever published in the Department's history."

Last year's program cost was \$279.3 million.

The state highway system construction and transportation improvements represent \$279.2 million of the funds. \$41.6 million are forecast for improvements on the local system of city streets and county roads, bridges and other inter-related transportation activities.

Included in the cost will be \$929,000 for Hazard Elimination Safety projects.

The program's enlargement will be funded, with an average state variable motor fuel tax increase of one cent per gallon during the fiscal year of 1996.

Concerns have been raised in the Department of Roads regarding the level of federal funding for the fiscal year of 1996. Funding is expected to be decreased due to plans to balance the federal budget.

On the date of the publication of the FY-96 Highway Construction and Transportation Program, Congress had not passed legislation appropriating federal-aid highway funds for FY-96.

Abbott said he was concerned about the cost of the program but stated that the plan would go forward.

"We do remain optimistic that a state transportation system program size of \$279.3 million can be accomplished in FY-96 and Nebraska's long-range 20-Year Highway Transportation Plan will continue to remain on schedule."

The plan released by the Department of Roads included both the plans for the fiscal year 1996 as well as the six-year plan of projects which will be completed over the next six years.

Among the projects which will be completed in the fiscal year 1996 will be the resurfacing of Highway 9 north and south of Allen and the repair of Yankton Bridge in Cedar County.

Not included among the projects for 1996 was the proposed plan to widen Highway 35. The project's cost is estimated at almost 14 million dollars.

Officials from the Nebraska Department of Roads said they could not give an exact date when the project would be started.

Though the project is slated to begin in 1997, officials said, depending on the urgency of other projects and funding levels, it could be delayed. The program will be considered a priority for 1997.

The improvement of Highway 35 from Wakefield to Hoskins is on the Department's 5 year plan for 1997-2001.

The programs in the five year plan may be selected for inclusion in the fiscal plan for any year between 1997 and 2001.

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Dixon News

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WELCOME DINNER

St. Anne's Parish hosted a welcoming dinner to honor Fr. Al Salanitro on July 16, following the 10 a.m. Mass. Special guests were his sister and husband, Mr. and Mrs. Richard Hagedorn and four of his former parishioners from Omaha and Mr. and Mrs. Borge Kastrup from Laurel.

Parishioners, family and friends also honored Father on his birthday, which was also on July 16. A cake for this event was made by Tina Sachar.

METHODIST WOMEN

The United Methodist Women meeting was held July 13 with 10 attending. A business meeting was held to begin the afternoon. After prayer by Wilma Eckert, president, the minutes of the May meeting and Jane guest day were read and corrected. A treasurer's report was given and bills allowed.

Florence Jewell showed a bag that had been made by Frances Borg for a district project for abuse centers. Addie Prescott showed a baby quilt that had been completed for preemie and crack babies. These will be taken to the district annual meeting in South Sioux City in September.

A discussion was held concerning hiring some church cleaning to be done in September. The president will check into the cost. The group voted to serve pie and ice cream and drinks again at the Aug. 13 Dixon celebration. Mary Noe's

family has reserved the church for an open house on Sept. 10 to observe Mary's birthday.

A discussion was held concerning what to do with some memorial money that had been given to the unit. A decision will be made at the August meeting.

The program, "Mission Today" was led by Lois Ankeny, with three other readers, Bessie Sherman, Addie Prescott and Margaret Huetig helping.

Mission Today shows we are a sending and receiving church with missionaries coming to our country as well as our sending to other countries.

Bessie Sherman and Edie Fox served lunch.

BIBLE STUDY

Eight members attended the morning Bible study that was held in the Lois Ankeny home on July 12 to continue reading and study of 1 Kings. The group will begin chapter 17 at the Sept. 26 meeting with the meeting place to be determined.

July birthdays were celebrated at a cafe in Laurel on July 17. About 30 were present to honor Don Oxley of Laurel and Bill Garvin of Dixon. Birthday cake was served to all present. The next gathering will be held on Friday, Aug. 18 at 11:30 a.m. at the same location.

James Hartnett from Tucson, Ariz. and Steve Muff of South Sioux City were Friday afternoon

and luncheon guests in the Don Peters home.

Charles Sherman from Tucson, Ariz. arrived July 16 to spend two weeks in the home of his mother, Bessie Sherman.

Ryan and David Johnson of Broken Arrow, Okla. spent July 2-15 in the Marvin Hartman and Clayton Hartman homes. On July 15, Mr. and Mrs. Hartman and the boys met their parents Bill and Lori Johnson, Sarah and Caleb of Broken Arrow at a motel in Topeka, Kan. After spending Saturday evening and Sunday morning together, each returned to their own homes.

Emmet Garvin of Los Angeles, Calif. and Helen Tunk of Randolph visited the Bill Garvins on Sunday afternoon. They all had supper at the Sportsman Cafe near Obert.

Angela Allen from Showlow, Ariz. came July 15 to spend a few days in the Margaret Anderson home in Concord and Adeline Prescott home in Dixon. Supper guests in the Prescott home Saturday night were Angela Allen, Margaret Anderson, Terry Anderson of Sioux Falls, S.D. and Mr. and Mrs. Larry Anderson of Dixon.

On July 11 Doris Johnson of Hartington, Ashley Johnson of Randolph, Joshua Johnson of River Falls, Wis., Beau Franz of San Antonio, Texas and Martha Walton toured Ash Falls, Historical Park and had dinner at Royal. They also toured the zoo there.

July 4 dinner and afternoon guests in the Ernest Knoell home were Mr. and Mrs. Brian Fitch and son and Mr. and Mrs. Ray Fitch of Argonia, Kan. Donna Fitch and Anita Fitch of Derby, Kan., Vickie Hirschberg of South Sioux City and Cindy White of Dixon, Mr. and Mrs. Ray Fitch spent July 4 to 8 in the Knoell home during the week were Mr. and Mrs. Earl Pinkelman of Hartington, Mr. and Mrs. Mel Fred Peterson of Hinton, Iowa, Mr. and Mrs. Jerry Stultz of South Sioux City and Mr. and Mrs. Carol Hirschberg of Dixon.

Leah Norem from Manley, Iowa and Helen Peterson of Humboldt, Iowa were July 8 overnight guests in the Carol Jewell home.

Ashley Johnson of Randolph was a July 2 event and July 3

guest in the Martha Walton home. On July 4, a cooperative picnic supper was held at the Martha Walton home with fireworks in the evening. Guests were her grandson, Beau Franz, Doris Johnson and Shelly of Hartington, Rod McMatt of Yankton, Mr. and Mrs. Rudy Rasmussen, Daniel Rasmussen and Ryan, Mr. and Mrs. George Bingham and Marie George, all of Dixon.

Joshua Johnson from River Falls, Wis. arrived July 8 and will be spending Monday-Saturday in the Doris Johnson home in Hartington and Martha Walton home in Dixon.

July 2 guests in the Vesta Schutte home in Laurel were Mr. and Mrs. Allen Jan, Loren, Alexis and Lydia from Caribou, N.J. Mr. and Mrs. Walt Schutte, Amanda and Marie Schutte, Vera Schutte, all of Laurel, Mr. and Mrs. Jerry Schutte and family of Sioux Falls, S.D., Stephanie Kette of Bellevue, Mr. and Mrs. David Salutte, Kyle and Laina and Mr. and Mrs. Martin Rose and family of Dixon.

Don and Ann Oberly of Miltons, Minn. were July 9-11 guests in the Gary Lutz home.

Paul Fenske of Philadelphia, Penn. was a June 28-July 5 guest in the Bill and Hildegard Fenske home. During their stay on July 4 were Trisha Taylor of Omaha, Jack Fenske and Jennie Barlett and husband of Norfolk and Rev. and Mrs. Janus Reichenbach of Hoskins.

Beth Colthart, Jocelyn and Shawn of Central City, Iowa came July 6 to visit her sister and family, the Harrells. Mrs. Colthart returned home Sunday and Jocelyn and Shawn remained for a longer visit.

The Rev. and Mr. Julius Reichterman came to Iowa July 7 where they were guests in the home of Mr. and Mrs. Verber Lau at Garner, Iowa. On Sunday they attended the centennial celebration of the Emmanuel United Church of Christ at Kennebec, Iowa. Pastor Reichterman was a former pastor of the church and participated in the centennial service.

Tim and Carl Lutz of St. Louis, Mo. were July 7-9 guests in the Rev. and Mr. Julius Reichterman home. With them Mr. and Mrs. Carl Lutz, who was principal and teacher at Trinity Lutheran School in Hoskins, the past five years will

be teaching fourth and eighth grades at St. Paul's Lutheran School in Saginaw. He will also have charge of the junior choir.

Pastor and Mrs. Ken Nelson and family of Livingston, Mont. were July 5-7 guests in the Rev. and Mrs. James Nelson home. The men are brothers. July 6-11 guests in the Nelson home were Dave and Juli Schmiel and family of Egg Harbor, Wis. Mr. Schmiel was a former principal and teacher at the Emmanuel Lutheran School in Hadar.

Edward and Arlene Gnirk returned June 29 from a nine-day trip to Manassas, Va., where they were guests at the home of their daughter

Concord News

Evelina Johnson
402-584-2495

Wanda Schmidt of Moorhead, Minn. and Jennie Peterson of Laverne, Minn. came June 30 to the Lucille Olson home for a few days. Jennie spent Friday and Saturday overnight with the Wallace Magnussons in Laurel. They all attended the wedding July 1 of Diane Olson and Will Dykstra in Concord. While here, Jennie, Wanda and Lucille visited in the homes of Glen Magnuson, Vandelyn Hanson and Blanche Backstrom, Wanda and Jennie left for home July 5.

Marie Shattuck of Sioux City hosted a noon dinner for Leckla Johnson at her home on July 6. Guests were Rev. and Mrs. Wynore Goldberg of San Antonio, Texas, Luther Goldberg of Essex, Iowa, Pearl Magnuson of Wayne and Violet Shattuck of Sioux City.

July 8 late afternoon visitors of Carl Martindale were Mr. and Mrs. Chuck Clark of Cherokee, Iowa and Virginia VanDell of Bedford, Okla. The Clarks and Virginia came back Sunday morning for breakfast. Then Carl joined them and they visited the Steve Martindale and the Jim Clarksons after church.

July 8 guests in the Keith Erickson home following the Concord high school alumni at Laurel were the class of 1946. Guests included Wallace and Jeanne Anderson of Wayne, Welfer Elborn of Laurel, Gene Kraemer of Mesomorie, Wis., Gene and Edna Salmon of Wakefield, Sgt. and Bonnie Haakenstad of Norfolk, and Elaine Conley of Omaha. Other guests were Leonard Salmon of Aberdeen, Wash. and Marjorie Fox of Omaha.

Helping Opal Carlson celebrate her birthday July 5 were Mr. and

son-in-law, Don and Lynnette Hupman. While there they toured Washington D.C. attractions, including the nation's Capitol where they observed the Senate in session, White House, Pentagon, Arlington National Cemetery, Library of Congress, Smithsonian Institute, Lady Bird Johnson Park, Ford Theatre, National Archives, Bureau of Engraving, Mount Vernon, Washington National Cathedral, Goddard Space Flight Center, Holocaust Memorial Museum, the monuments of Washington, Lincoln, Jefferson, Madison, Iowa Jima and Vietnam Wall and Manassas (Bull Run) Battlefield. They also had a starlight tour of the Capitol.

Mrs. Paul DeBorcer of Mankato, Minn., Nina Carlson, Mr. and Mrs. Clifford Fredrickson, Mr. and Mrs. LeRoy Koch, Mr. and Mrs. Wallace Anderson, Mr. and Mrs. Kenneth Anderson, Mr. and Mrs. Alvin Anderson and Randall Carlson.

July 3 visitors and luncheon guests in the Bud Hanson home were Wanda Schmidt of Moorhead, Minn., Jennie Peterson of Laverne, Minn. and Lucille Olson.

July 5 supper guests in the Ernest Swanson home were Rev. and Mrs. Wynore Goldberg of San Antonio, Texas, Luther Goldberg of Essex, Iowa, Pearl Magnuson of Wayne, Ann Scholl, Lisa and Scott of Sgt. Bluff, Iowa; and Ardyce Johnson of Wakefield.

Mr. and Mrs. Bud Hanson of Concord and Paulette Hanson of Tecumseh attended the McCormack reunion in Paddock Lake, Wis. June 24. En route they spent Friday night with Delores Anderson in Rockford, Illinois. They visited the Norman Rockwell Museum in the Wisconsin Dells.

4TH OF JULY

The Friendly Neighbors Extension Club sponsored the annual 4th of July celebration at the fairgrounds in Concord. The evening began with a potluck supper, followed by games and relays enjoyed by all ages.

The crowd was entertained with a talent show contest. The club members presented a few skits with the help of volunteers from the audience.

Winners of the contest were Daria Clarkson, first place; Cade Sohlter, second; and Diana Diediker, third.

The evening concluded with fireworks, given by the Concord Fire Department.

BON TEMPO BRIDGE

The Bon Tempo Bridge Club met July 11 with Sue Nelson as hostess. Mary Johnson and Marge Rastede had high. July 25 hostess will be Donna Stalling.

Following the Concord alumni reunion on July 7, classmates gathered in the Marlen and Suzie Johnson home. They attended from Sioux City, Cherokee and Des Moines, Iowa; Minneapolis, Minn.; Wakefield, Concord, Ashland, Shelby, Alma, Wausa, Wayne and Laurel.

Visitors in the Verdel and Alyce Erwin home after the Concord alumni banquet were Matt and Lois Stapleman and Cliff and Donna Stalling of Allen; Bob and Leora Hageman of Iliaca; Wayne and Leona Dykeman of Fremont; Melvin and Neva Kraemer of Wakefield; Clayton and Darlene Schroeder of Laurel; Gene Kraemer of Menominee, Wis.; Gene Olson of Blair; and Harold Reynolds of Vancouver, Wash.

Lon Swanson of Overland Park, Kan. spent July 15 and 16 in the Ernest Swanson home. On Saturday he attended his 15 year high school reunion at the Country Club in Laurel.

Brian and Terri Johnson, Taylor and Courtney of Columbia, Mo. spent July 1-4 in the Marlen Johnson home. Taylor and Courtney stayed with their grandparents the rest of the week, joined by Brooke Anderson on July 9. Marlen and Suzie met Brian and Terri at a truck stop near Mound, Mo. They had dinner together and the children returned home with their parents.

Joe and Jena Horan of Littleton, Colo. were July 7-9 guests in the Earl Nelson home.

July 10 evening visitors in the Ernest Swanson home were the Don Hagbergs of Sun City, Ariz., accompanied by their son David Hagberg and his two sons.



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- 408 West 7th: Three bedrooms, large bath, excellent investment property.
- 1031 Poplar: Nearing completion.
- 933 Windom: ACREAGE - located Northwest of Carroll. Check with us for details.
- 1011 Sycamore: Laurel home - good investment property at \$19,500.
- 508 Nebraska: Commercial and residential, check with us for details.
- 1006 Main Street: Residence w/shop and retail area on over 2.5 acres of ground.

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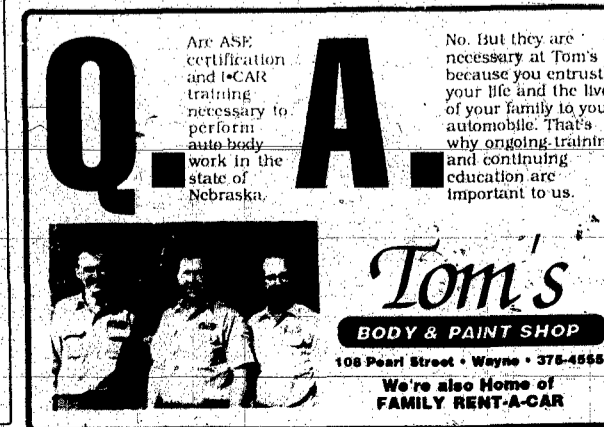


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Come one, come all!



Q.A.

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CLASSIFIEDS WORK ADVERTISE!

Old Settlers celebrate 95th summer classic

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Results of a number of activities and contests have been made available and are listed below.

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First place winners in the Pitch Tournament held on Sunday were Lorraine Denklauf and Loretta Voss.

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A new attraction at the Old Settlers Celebration was a small ground model airplane, "Fly High Without Drugs". The plane was sponsored by the 185th Air National Guard of Sioux City, Iowa.

Tech Sergeant Larry Blair is in charge of the program. "The plane was constructed approximately four years ago by members of the guard unit. Its purpose, besides entertaining children is to promote the DARE program against drug use," Blair said.

"The plane attends all kinds of events in Iowa, Nebraska and South Dakota, even going to different schools with it. Posters, pins, book covers, bookmarks and information about staying away from drugs is available to children and adults," he said.

Randy Marks, a co-chairman for this year's Old Settlers, is a member of the guard unit and drove the plane in the parade. Free rides were also given between 10 a.m. and 4 p.m. on Sunday.

For more information on the program, call Tech Sergeant Blair at 712-279-7537.



Rachel and "Wally"

Rachel Peter and "Wally" the lion participated in the Old Settlers Kiddie Parade last Saturday.

Wayne Detention Center is first to finish training

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The training also included a study of interpersonal skills because of the types of youths handled in the center.

Martin commented on the training.

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Top readers

Winners in the Wayne Public Library's Summer Reading Program included, front row, left to right; Brian Koll, Eric Carstens, Jenny Nolte, Marissa Roney, Jacob Kay and Reggie Ruhl. Back row, left to right; Dustin Bargholz, Karissa Hochstein, Joshua Austin, Joseph Hölstedt, Andrea Kay, Adam Lütt and Regan Ruhl. Not pictured were Heather Headley, Jessica Leighty and Amber Nelson.

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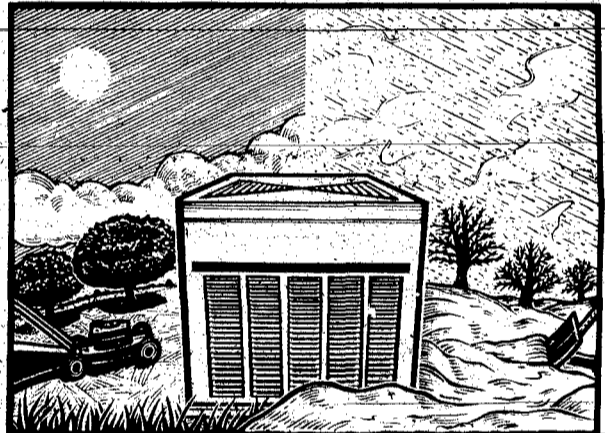
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Starts Friday!

FANTASTIC!
The greatest adventure begins July 21

FREE WILLY 2
THE ADVENTURE HOME

PG-13

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Columbus	Plumbing & Electric Service, Inc. S Hwy 15 402-254-6895	Total Comfort Heating & Air Conditioning 610 Pine Street 402-652-3381	Farrell's Heating & Air Conditioning 600 A Street 402-494-2227
Eiler Heating & Air Conditioning 2703 11th Street 402-564-8815	Howells	Ponca	Stanton
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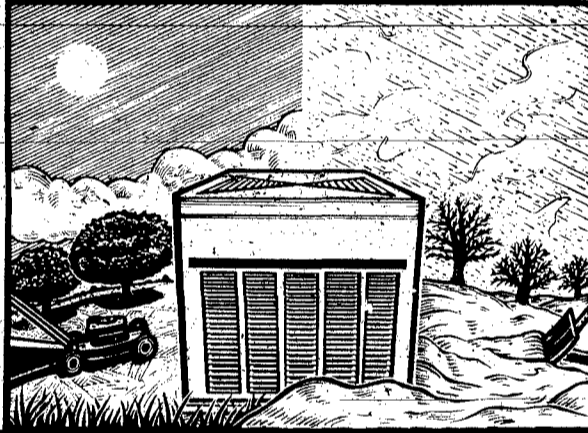
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Farrell's Heating & Air Conditioning
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Custom Heating A/C & Sheet Metal
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El Dorado, Inc.
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| | | Wisner
Hollman Electric, Inc.
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The MAX LOUNGE
• 109 Main Street • 375-9817 • Wayne



Heat

(continued from page 1A)

"We got a lot of phone calls and questions," Liska said.

Liska reported that the Wayne Veterinary Clinic was not as busy as many others last week. "Certainly there were some individual cases, but nothing major," he said.

Breeders may have found the heat to be detrimental, but rendering services enjoyed a boost in business activity.

Don Johnson of West Point Rendering said the company received "probably double the normal amount [of calls]." Johnson said numbers were hard to come by as work multiplied last week. "We

might go out for two and two more will be dead by the time we get there."

Darling International spokesperson John Wilwording said the weather created overtime for employees. "It really increased our business. We worked all weekend to get caught up."

Wilwording said Darling International plants in Minnesota, Nebraska and Iowa witnessed the largest increase in business.

MEDIA AND livestock researchers have encountered roadblocks when inquiring about the effects of temperatures last week.

Larry Howard, University of Nebraska Cooperative Extension Educator in West Point, said feed

lots and rendering plants will not give specific information attempting to protect business.



Airport Manager Orin Zach kneels at the site of the future 4,200 foot long, 75 foot wide runway. The new runway will cross the current paved runway.

Airport

(continued from page 1A)

"We had just updated [the application] last year, and had the new estimate of what it would cost," she said.

The total project cost will be \$2.05 million. Matching contributions (five percent each) will be added by the Nebraska Department of Aeronautics and the Wayne Airport Authority. "The [authority] has been taking the money from the hanger rentals and putting it aside for this project," Braden commented.

THE NEW RUNWAY will be north to south as opposed to the present northeast to southwest paved runway and the northwest to southeast grass runway.

"It's called a prevailing wind runway," said Braden. "Most of the winds are from north to south."

Zach, who is also a flight instructor, said takeoffs and landings are safer when the wind is

at the plane's nose or rear and not coming at a 90 degree angle.

The existing paved runway may have to be shortened from time to time while construction is going on, Zach said.

Construction on the 75 foot wide runway should begin in early September according to Biba of Holdrege, who has been contracted to construct the runway.

The second phase of the project will be to install medium intensity lights for night usage and will be carried out by Kayion Electric also of Holdrege.

Both contractors anticipate finishing this fall.

Plans have been made to construct more hangars as the airport's current hangars are filled to capacity.

Wayne Airport Authority members are Stanley Morris, Dave Ley, chair Mitchell Nissen, Carl Rump, and Logan McClelland.

Working overtime

Terry Poland finds time to entertain Henoween guests. Poland, who manages Riley's has been expanding the hours and the services of the restaurant, opening the pub for lunch, and remodeling the convention center to accommodate smaller groups. Poland is responding to the requests of patrons displaced by the recent fires at the Black Knight and El Toro restaurants.

Riley's ★★★★★★★★★★★★★★
 Open Daily 11:30 to 2pm, 5pm to Close
 Saturday 4 to Close
 Sunday 11 am to 2pm
Playbill

TRACTOR PULL PARTY NIGHT! - JULY 22
DANCING, FOOD & DRINK SPECIALS!
BIG GREEN MACHINE & SLED DRIVERS
\$125

BBQ BEEF RIBS \$5.95
REBEL ALLIS CHALMERS & RED HOT INTERNATIONALS \$1

STONEYRIDGE BAND... 9 pm to 1 am
Breakfast Buffet at 12:30 am \$4.70
 plus tax
ALL YOU CAN EAT

★★★★★★★★★★★ South Main in Wayne, Call 375-3795

NOTICE NOTICE NOTICE

The City of Wayne
 will be
Smoking Sewer Mains
 July 20th & 21st, 1995
 during daylight hours.

The city will be smoking the sewers to discover where the infiltration of storm water is occurring.

- ✓ **Customers** are requested to fill all sewer traps to proper level to prevent smoke from entering homes or businesses.
- ✓ **If smoke** does enter, please contact the crew outside your home or call City Office.

THE WAYNE AIRPORT

4,200 foot runway to be built

Current Runway

Apron repaved and improved

Taxiway to be constructed

Highway 35

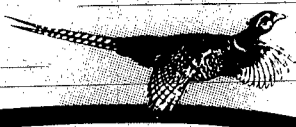
It's a Sign of the Times!
 Mary's been busy digging in - working hard to create a fresh approach to selling homes...

MIDWEST Land Co.
375-3385

...like this beautiful 3 bedroom Ranch on the outskirts of Wayne. Redecorated, new deck, full basement, attached garage, large lot with another 1 1/2 story garage (a tradesman's dream). Peaceful location, ready to move in.
 Call now for an appointment.

MIDWEST LAND CO
Mary Murtaugh
 Real Estate Sales Associate
375-3385
375-2750 (Home)

If you have any questions in regards to this matter Contact:
City Shop 375-5250 City Hall 375-1733



N.E.braskans

n. \nee-bras-kens\ 1. humans who are friendly and outgoing. 2. hard-working, fun-loving inhabitants of Nebraska's "Shoulder Region." 3. people with an independent, agrarian spirit. 4. just good folks. 5. residents who enjoy a rural, neighborly lifestyle. syn: see FRIENDLY

Korn continues to grow in Wayne

By Tom Mullen
Of The Herald

If a stroll through the lilies makes you feel young again, then Disneyland is just four miles south of town. Garden Perennials is in its 13th year of selling flowers, and business is blooming. Owner Gail Korn was selling trees and shrubs for a landscape nursery fourteen years ago. "People were telling me that they wanted flower gardens, and I

thought, maybe I could do that." So Korn planted some perennials on a small tract of land in front of her home. "THE FIRST YEAR I might have sold 60 plants," reminisced Korn of her humble beginnings. But the sun shone and the clouds rained on her enterprise. "When we potted our 7,500th this year, I stopped keeping track, and that doesn't count the day lilies. And it is for good reason that she doesn't count the day lilies.



Gail Korn, owner of Garden Perennials stands in a small tract of flowers in front of her house, where she started her venture more than a decade ago. Korn's catalogue business received national attention this month with a feature story in the current issue of Country Woman magazine.

"I have over 700 varieties. Day lilies," she says with a smile, "that's my specialty."

RECENTLY, Country Woman magazine took note of her prowess among the lilies, gracing her business with a feature story. Korn praises the beauty and the wonder of her lilies.

Unlike traditional lilies, which have several large blossoms that may bloom for a few weeks, day lilies send up dozens of blossoms, taking their turns, one or perhaps several at a time.

But while each blossom only blooms for one day, the plant may be in bloom for months.

"EVERYDAY I WALK out here, not knowing who I'm gonna see," she says, referring to her lilies.

Turning her thoughts back to business, she attributes much of her success to a very unique idea.

"I set this up so people could visualize what a three or four year old garden would look like.

"It's sort of like walking through a catalogue, with information on all of the plants as you see them."

HAVING RECEIVED national recognition for her work has brought her new business, but she tends a watchful eye not only over her flowers.

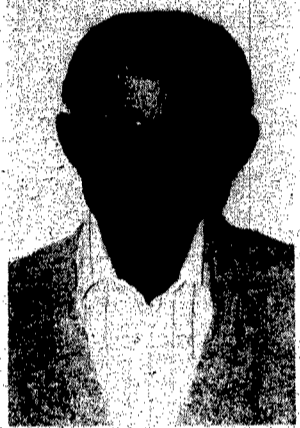
As her business continues to grow, so do the number of her competitors.

"When I started putting out my catalogue 10 years ago, there were only a half a dozen others. Now there are 35 or 40."

But Korn continues to grow. There's not a day goes by where someone doesn't stop by or call, asking, "when are all those day lilies going to be in?"

Board serves community

Bill Hansen of Wakefield is currently serving on Goldenrod Hills Community Services, Inc. Board of Directors.



Bill Hansen

Hansen represents the private sector for Wayne County.

Goldenrod Hills Community Services, Inc. is a private, non profit community services agency established in 1966 which covers a 12-county service area in Northeast Nebraska.

This agency assists in reducing poverty by creating opportunities which enhance the social and economic capacity of people within our communities aiming towards self sufficiency. The corporation, whose central office is located in Wisner, currently has 14 directors.

Each county may be represented by three directors, representing county government, low-income persons and major private or special interest groups.

The board holds regular monthly meetings scheduled for the second Thursday of every month; starting

See SERVICES, Page 2B

Kiwanis hears about leaders

Cornhusker Youth Leadership is coming to Wayne. The program unites young people and encourages them to strengthen Nebraska communities through active leadership and government participation.

Gov. Ben Nelson and the chairpersons of the Nebraska Rural Development Commission and the Nebraska Development Network are among the state leaders who have already endorsed this program.

Cornhusker Youth Leadership began in Norfolk and is making its way across the state. A representative was in Wayne to meet with the Wayne Kiwanis Club to discuss starting a local program. They met Monday.

Herberger's

Sunset Plaza Norfolk, Nebraska

Herberger's and The Sunset Plaza
SUNSET SUMMER FESTIVAL
JULY 16 - 23
Celebrate at Herberger's Thursday - Saturday

JOIN THE CROWD HAVE FUN! AND SAVE!
At Herberger's and The Sunset Plaza

Thursday, July 20
11:00 am - 6:00 pm
Miss Nebraska MYRA CATHERYN HALE
will be a guest at Herberger's. She will perform and be available for autographs.

Back to School
STYLE SHOW SATURDAY
10:00 am - 11:00 am
Followed with Specials and Prizes throughout the mall!

We will not be undersold on
JEANS!! GUARANTEED!!
Herberger's Denim Warehouse
See store for details.

Thursday, Friday, & Saturday
• FUN
• FOOD
• GAMES
• PRIZES
• HERBERGER'S SIDEWALK SALE
• SPECIAL APPEARANCE BY BATMAN AND FRIENDS



Shared history unites hearts

Wonder of wonders, it was 60° this morning, and I wore a sweat-shirt for my walk. I have never appreciated air conditioning as much as I did last week, but I'm afraid to get our electric bill. There are two separate units, one up and one down, and we've never even had central air before.

I shuddered at the scenes of humid feed lots. Worse, the scenes of bodies of elderly people being found in homes where they lived alone. Corn leaves were curling to protect themselves, and the perennial bed is definitely drooping.

The scenes from Chicken Days looked hilarious, as usual; and we missed Old Settlers this weekend. We did take in a couple basketball



The Farmer's Wife
By Pat Meierhenry

games at the Cornhusker State Games, and ate at the Rock n Roll Runza with some of the team after they claimed the silver medal. It's a fun place.

The nostalgia for the Fifties has always intrigued me. Of course, I was in high school and nurses training then, and I have fond memories of that decade. In fact, I was listening to some music of the Sixties lately, and hardly recognized it. I theorized I was so busy with babies then, I wasn't really aware of the music scene.

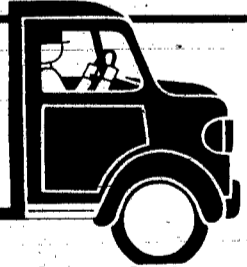
We've had guests from Norfolk three different nights the past week, plus a phone call from Wayne. We sat up late, talking, each of the three nights. There was lots of news to catch up on. Plus, on Wednesday, Mike's cousin, Stan, and his wife were here from Oregon. So we got together with a couple of other cousins in Lincoln. Mike has 49 first cousins. I haven't even met them all.

I've decided there is a name for the stuff that unites hearts. It's "Shared History." You have to live in the same place for awhile to have it.

We hosted a woman's club from Elmwood last week that is observing its 40th year. As one member explains it: "We watched each other's children grow up. Now we are watching the grandchildren."

Think of the accumulation of memories: the laughs, the tears, the joy, the pain. Each experience unites hearts, families, neighbors, communities. I've enjoyed a lot of shared history the past week, and it makes me anxious to make some more.

WE'RE MOVING!



We will close on Thursday, July 27 at 12:00 p.m., and again all day Friday, July 28.

A doctor will be available for any emergency on Thursday, July 27, during the hours we are closed by calling 375-3800. (Providence Medical Center)


Our satellite clinics will be open on Friday, July 28. These locations and hours are:
 Laurel Medical Clinic - Phone: 256-3042
 8:00 am to 12:00 noon 1:30 pm to 5:00 pm
 Wakefield Medical Clinic - Phone: 287-2267
 8:00 am to 12:00 noon
 Wisner Medical Clinic - Phone: 529-3218
 8:00 am to 12:00 noon
 Saturday, July 29, clinic hours will be held at PMC instead of the clinic. For an appointment on Saturday, call 375-3800.

We will re-open at our new location in Wayne at 615 East 14 Street (West of PMC) on Monday, July 31.

Phone numbers stay the same:
 375-2500 or 375-1600

NE Nebraska Medical Group PC
 215 West 2nd Wayne, NE 68787

KEEP A TRADITION ALIVE! Support the Wayne County Fair Barbecue, August 4!



We are encouraging individuals, as well as businesses, to contribute. One season pass for each \$20 donation will be mailed to you. Each donor is also entitled to one complimentary breakfast at the fairgrounds, Friday, August 4.

Donations may be sent to:
 Evah Bennett
 1007 Douglas St.,
 Wayne, NE 68787
 or left with: Beverly Etter
 at State National Bank.



N.E. braskans in the News



Anthony Kochenash

Appointed

Anthony Kochenash of Norfolk Elks Lodge #653 has been appointed to the position of District Deputy Grand Exalted Ruler.

Kochenash was officially deputized at the 131st National Convention of the Benevolent and Protective Order of Elks in New Orleans, La. July 9-13.

There are over 250 districts in the United States and Kochenash will assist the national leader of the Elks in promoting and coordinating the many programs for charity, scholarship, drug awareness, veterans and patriotism.

By being appointed to the position of District Deputy from a membership of over 1.3 million Elks, Kochenash has demonstrated his commitment to the national and state programs.

Edward J. Mahan of Framingham, Mass., the newly installed national leader of the Elks, stated that "by being able to call on people such as Kochenash, we will be able to continue the proud tradition of the Elks, to succeed in all of our programs in demonstrating 'Elkdom - American Values at Work.'

Top scholar

Todd Fuelberth, son of John and Anita Fuelberth of Wayne has been awarded the Bert Wallace Scholarship at the University of Nebraska Kearney for the 1995-1996 academic year.

The scholarship, which is worth \$300, awards academic excellence.

Princess picked

Erin Schroeder, 21, Wayne, was recently crowned as a princess of Fur Trade Days celebration in Chadron. The daughter of Mr. and Mrs. Duane Schroeder of Wayne is a student at Chadron State College. She was selected to help preside over the annual Fur Trade Days celebration by answering questions about the Fur Trade History and modeling period clothing.

She will receive a semester full tuition waiver to CSC as part of her pageant honor.

PHIL GRIESS, RPh



Your
Medicap
pharmacist

INSECT BITES

Insects pose a problem each year for people who are sensitive to their bites. It is important to take extra precautions when hiking or walking through wooded areas as there are many insects in these particular areas. Lakes and rivers are also known for hosting mosquitoes and other biting insects. Insect repellants should be used to prevent insect bites. As insect bites may still occur there is help for those who experience pain, swelling, and itching. There are many over-the-counter preparations available to reduce the symptoms resulting from an insect bite. People who know they are likely to experience a serious reaction to an insect bite are advised to carry an emergency kit with them.

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Exchange students

Two foreign-exchange students will be attending Wayne High School during the 1995-96 school year.

Sebastian Huhmann is a 17 year old from Hamburg, Germany. His father is a criminal investigator and his mother is a school teacher.

Sebastian lists his interests as soaring, athletics and skiing. His favorite subjects in school include math, geography and physics.

Sebastian's host parents are Rick and Sandra Gathje.

Xenia Wenzel is a 17 year old from Berlin, Germany. Her mother is a nurse. Xenia is musically talented and lists her interests as flute, piano, choir and singing lessons. After graduation, she would like to continue her education at a music conservatory.

Xenia's host parents are Dave and Terri Headley.

Joins order

Kathleen Gronc of rural Wayne was professed as an Oblate of the Missionary Benedictine Sisters at a ritual ceremony at the Immaculate Convent in Norfolk on Thursday evening, July 13.

Mrs. Gronc, the wife of Larry Gronc who farms south of Wayne, is the mother of four children, Timoni, Tara, Luke and Joseph. She is the daughter of Ann O'Donnell of Wichita, Kan. and Allen O'Donnell of Wayne.

The Missionary Benedictine Sisters operate the Lady of Lourdes Hospital in Norfolk and Providence Medical Center in Wayne, among other and varied medical and social works. They also have a medical center under construction in the Peoples Republic of China.

Mrs. Gronc has been studying to be an Oblate for a period of one year, part of which included Chaplaincy work in Our Lady of Lourdes Hospital. She will be studying for the chaplaincy at St. Luke's hospital in Sioux City in the fall.



Bonnie Scranton

New at college

Wayne State College officials have named a new Assistant Vice President for Enrollment Management. The position will be filled by Bonnie J. Scranton.

Scranton comes to Wayne State College from Kansas State University in Manhattan, Kan., where she served as director of college advancement. Scranton has experience from several other colleges and universities, including: El Paso Community College, El Paso, Texas; Northern Montana College, Havre, Mont.; New Mexico State University, Las Cruces, N.M.; and Northland Pioneer College, Holbrook, Ariz.

As Assistant Vice President for Enrollment Management, Scranton will oversee admissions, the registrar's office and financial aid.

On dean's list

Jason Bergstadt of Winside was named to the University of Nebraska at Omaha's dean's list for the spring of 1995. Bergstadt, who attends classes at the University of Nebraska at Lincoln, is enrolled in a program administered by UNO.

Merit scholar

Sarah Blaser, daughter of Kent and Cathy Blaser of Wayne, was among approximately 1,500 additional winners of Merit Scholarship awards financed by colleges and universities. Blaser was chosen by officials of the University of Kansas from among the Merit Program Finalists attending the university.

This year's Merit Scholarship winners were among 1.1 million students in some 19,000 U.S. high schools who entered the 1995 competition by taking the 1993 PSAT/NMSQT test, which served as an initial screen of entrants. Blaser was among approximately 14,000 outstanding National Merit Finalists.

Blaser, a 1995 graduate of Wayne High School, received the W. Harold Otto Merit Scholarship from the University of Kansas. She plans to pursue a career in English.

Attends seminar

Pam Bochle of St. Mary's School in Wayne recently attended the third annual "Balancing Our Resources" seminar, a Nebraska Public Power District (NPPD) educational service. It was attended by 38 teachers from across the state.

The teachers learned of NPPD's hydroelectric and irrigation projects associated with the Platte River, the river's ecological issues, electrical generation, transmission and distribution facilities and alternate energy resources.

The two-day seminar included visits to NPPD-developed nesting habitat for threatened and endangered shore birds at Lexington, Gerald Gentleman Station, Nebraska's largest generating station at Sutherland and NPPD's North Platte hydroelectric station.

NPPD plans to expand this educational service to incorporate other topics in future seminars across its service area.



Megan Adkins

Champion

Megan Adkins, 15, and her eight-year-old Quarter Horse gelding won the senior western pleasure horse championship July 12 at the 1995 Fanner Park State 4-H Horse Exposition in Grand Island.

Megan, the daughter of Rick and Joan Adkins of Laurel, showed Skedaddle Time (J.D.) for her third consecutive win.

She was the junior western pleasure horse champion in 1993, and won the senior western pleasure horse championship last year.

This year's trophy was donated by McCloud Super 8 Motel of Grand Island.

Services— (continued from page 1B)

at 1:30 p.m. These meetings are held at Goldenrod Hills' Central Office and are open to the public. In recent elections, Hansen as elected treasurer for the board.

The agency's mission is to help families of low and moderate income become self sufficient by use of the following programs:

WIC (Women, Infants and Children) — providing nutrition education and special foods to women who are pregnant, breast-feeding or have recently had a baby, infants through the 12th month and children ages 1 to 5.

CSFP (Commodity Supplemental Food Program) — providing nutrition education and high iron food to pregnant or post partum women, infants and children to the age of 6, and persons 60 years or older.

Weatherization — providing weatherization materials and practices in their homes, which helps in lowering heating and cooling costs for the income eligible and elderly.

Head Start — emphasizes the importance of health education, parent involvement and the development of individual strengths of families.

Joint Housing Authority — providing rental assistance enabling income eligible families to live in decent, affordable, housing.

Family Services — providing assistance to area residents through immunization clinics, food pantries, gardening, tax counseling for the elderly and low income (TCE), federal emergency management agency (FEMA), car seats, homeless and Toys for Tots.

Goldenrod Hills welcomes the opportunity to share information about its programs with individuals and organizations. If interested please contact Robin Snyder, Executive Director, 529-3513.

Pages wanted

District 17 State Senator Pat Engel announced that he is currently seeking nominations for individuals wishing to serve as a Congressional page in his office.

Interested students should contact Joyce Morgan in Senator Engel's Lincoln office at 402-471-2716.

Typically, upper classmen are selected for these positions. Senator Engel encourages all students with an interest in public policy and desires to learn the legislative process to consider this opportunity.

Is commended

Navy Petty Officer 2nd Class Richard Fergen, a 1987 graduate of Emerson Hubbard High School, recently received a letter of commendation while assigned aboard the submarine USS Phoenix, homeported in Norfolk, Va.

Fergen was cited for superior performance of duty. Fergen consistently performed his demanding duties in an exemplary and highly professional manner.

The Navy and Marine Corps are making strategic changes. Fergen is part of the naval shift in focus away from operations on the sea and toward projecting power and influence in response to regional challenges.

While rendering humanitarian assistance and disaster-relief efforts, the naval forces work with Army and Air Force units to provide a joint force capable of a full range of combat operations.

He joined the Navy in January 1989.

Needs hosts

Terri Post, a Wayne resident, asserts that the world is actually growing smaller.

Mrs. Post isn't a "mad scientist" or a follower of plate tectonics. She's the local representative for EF Foundation for Foreign Study, a not-for-profit organization bringing high school students from all over the world to study for a year in the United States. "Welcoming a foreign exchange student into your family brings that person's culture to America; you bring the world closer together."

EF Foundation students, aged 15 to 18, are eager to learn what life is really like in the U.S. by living with American host families. They are fully insured and bring their own spending money. Host families provide only room, board and a caring environment.

"Amazing as it may seem, we already have hundreds of applications of students arriving in August, and those kids are just dying of curiosity to hear who their host family will be. Some students are scholars, some are athletes, some are musicians—there's a great range of interests can start to form a bond with their exchange student through the mail." That way, you already know each other when you meet in the fall," Ms. Post said. The ideal time to choose a student to host is now, so that parents and siblings she explained.

For more information about hosting a foreign exchange student and bringing the world home, call Mrs. Post at 402-375-3655. Or call EF Foundation toll free at 1-800-447-4273.

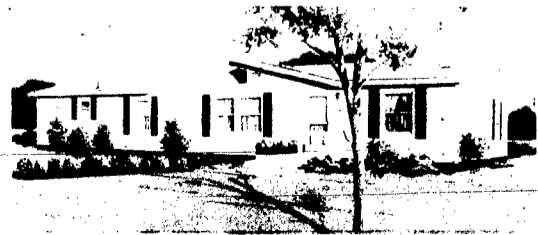


100th quilt completed

Members of the Wayne Senior Center pose in front of their 100th quilt assembled since 1990. Some fifteen members work on the quilts. From left front are Rose Rieken, Leona Hageman; from left back are Elsie Hailey, Adeline Sieger and Emma Eckert.

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Cape Cod wedding unites Peterson-Holden

The historic First Congregational Church of Harwich, Mass. was the setting for the June 3 wedding of Amanda Peterson, daughter of Mr. and Mrs. Carter Peterson of Wayne and Scott Holden, son of Mr. and Mrs. Henry Holden of Darien, Conn.



Mrs. Scott Holden

Matthew Holden of Stratford, Conn. served his brother as best man. Ushers were Matthew Peterson of Wayne, brother of the bride, Robert Dillon, Chatham, Mass., Robert Price of Andover, Mass. and Michael Koenig of Holliston, Mass.

The bridegroom and his ushers were attired in white linen trousers, light blue dress shirts and navy blue linen blazers. They wore matching navy check neckties.

Scan Peterson of Wayne, brother of the bride was ring bearer. He wore navy trousers, a light blue shirt and a white blazer.

The bride's mother wore a sand-washed silk crepe suit in navy with a fitted bodice and double pleats around the waistline. The suit had a jewel neckline with loop button closures and a straight skirt.

The bridegroom's mother chose a rose silk suit which featured a square neckline, goldtone button closure with a straight skirt. Both mother wore corsages of gardenias and ivy.

A reception followed at Eastward Ho Country Club in Chatham, Mass.

The newlyweds traveled to Greece for their honeymoon following which they returned to Wayne for a reception in the home of the bride's parents.

They are now at home at 108 Main St., Charlestown, Mass.

Decorations for the 3 p.m. ceremony included two large vases of lilacs, white lisianthus and caspia on the altar and pew bows of white satin and white and organdy ribbon. Window boxes filled with lilacs, pink rhododendron and ivy decorated the sills of the cathedral windows on either side of the sanctuary.

The Rev. Dr. Charles T. Newberry officiated at the double ring ceremony. Wedding music included "Wedding Hymn" and "Bist du bei mir" sung by Kathryn Ley of Wayne.

On her wedding day the bride was given in marriage by her father and appeared in a gown of her own design which featured a bodice of natural white Venetian lace hand-sewn to silk chiffon over a strapless undergown of silk charmeuse. Her gown had a soft v-neckline and fitted long sleeves with bridal points at the wrists. The princess waist fell over a softly flared tea length skirt of natural white silk chiffon.

She wore a portrait hat covered with silk chiffon and embellished with two silk chiffon roses. She carried a bouquet of white lilacs, caspia, violet edged white lisianthus hand tied with white organdy and white satin ribbons. She wore an heirloom pearl locket tied with a white satin ribbon.

Matron of honor was Sarah Liska of Lincoln, sister of the bride. Bridesmaids were Lindsay Holden of Charlestown, Mass., sister of the groom, Amy Powers of Harrison, Col., cousin of the bride, Teresa Boudewyns of Newton, Mass. and Kristin Wilkowske of Jacksonville, Fla.

The matron of honor and bridesmaids wore tea length, empire waist periwinkle blue chiffon dresses with a back tie sash, short cap sleeves and self-covered back button closures. Each carried a bouquet of French lilacs, caspia and miniature eucalyptus tied with periwinkle satin ribbons.

Kadie Greenfield of Dover, Mass. was flower girl. She wore a white satin, tea length dress with short puffed sleeves. She carried a basket covered with fresh lavender asters and filled with lilac petals.

Mr. and Mrs. Friesenegger making home in Colorado

Kerri Jean Mann of Lakewood, Colo. and Michael Dennis Friesenegger of Denver, Colo. were united in marriage June 10 in a double ring ceremony at the Zion Lutheran Church in Lakewood.



Mr. and Mrs. Friesenegger

Parents of the couple are Mr. and Mrs. Frederick Mann of Wayne and Mr. and Mrs. Michael U. Friesenegger of Denver.

Grandmothers of the couple are Elfrida Friesenegger of Denver and Laurie Beckman of Wayne.

Rev. D. F. Kannenberg of Lakewood and Rev. Kenley D. Mann of Monroe, Mich., brother of the bride officiated at the ceremony.

The bride, who wore a white satin tea length dress, was given in marriage by her father.

Matron of honor was Lila Kuch of Farmington, N.M., sister of the

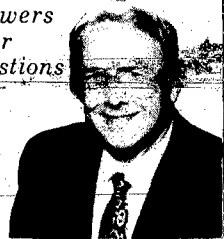
best man was Mark Friesenegger of Denver, brother of the groom. Ushers were Joel Friesenegger of Denver, brother of the groom and

How to maintain teen discipline

Q. We have several teenagers in our home, and it seems like it is getting more and more difficult to make them mind us. What can we do to maintain discipline with our teens?

Dr. Dobson

Answers Your Questions



A. Your only tool of discipline is to manipulate your teenager's environmental circumstances in moments of confrontation. You have the keys to the family automobile and can allow your son or daughter to use it (or be chauffeured in it). You may grant or withhold privileges, including permission to go to a party. You control the family purse and can choose to share it or loan it or dole it or close it. And you can "ground" your adolescent or deny him the use of the telephone or television for a while.

Now obviously, these are not very influential "motivators," and are at times totally inadequate for the situation at hand. After we have appealed to reason and cooperation and family loyalty, all that remains are relatively weak methods of "punishment." We can only link behavior of our kids with desirable and undesirable consequences and hope the connection will be of sufficient influence to elicit their cooperation.

If that sounds pretty wobbly-legged, let me explain what I am implying: A willful, angry 16-year-old boy or girl can win a confrontation with his own parents today, if worse comes to worst. The law leans ever more in the direction of emancipation of the teenager. He can leave home in many areas and avoid being returned. He can drink and smoke pot and break many other civil laws before he is punished by society. His girlfriend can obtain birth control pills in many states without her parents' knowledge or permission. And if that fails, she can slip into a clinic for an unannounced abortion. Very few "adult" privileges and vices can be denied a teenager who has the passion for independence and a will to fight.

How different was the situation when Billy Joe was raised on the farm in days of old, living perhaps eight or 10 miles by horseback from the home of his nearest contemporary. His dad, Farmer Brown, impressed by his own authority, could "talk sense" to his rebellious boy without the interference of outside pressure. There is no doubt that it was much easier

for father and son to come to terms while sitting on a plow at the far end of Forgotten Field.

But today, every spark of adolescent discontent is fanned into a smoldering flame. The grab for the teen dollar has become big business, with enticing magazines, record companies, radio, television and concert entrepreneurs to cater to each youthful whim. And, of course, masses of high school students congregate idly in the city and patronize those obliging companies. They have become a force to be considered.

Unless teenagers have an inner tug toward cooperation and responsibility, the situation can get nasty very quickly. But where does that voice of restraint originate? It has been my contention that the early years of childhood are vital to the establishment of respect between generations. Without that kind of foundation—without a touch of awe in the child's perception of his parent—then the balance of power and control is definitely shifted toward the younger combatant. I would be doing a disservice to you if I implied otherwise.

Q. My husband and I are divorced. Should this change the way I discipline my children?

A. The principles of good discipline remain the same, regardless of the family setting. The procedures do become somewhat harder for one parent, like yourself, to implement, since you have no one to support you when the children become defiant. You have to play the role of the father and mother, which is not easily done. Nevertheless, children do not make allowances for your handicap. You must demand their respect, or you will not receive it.

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

This feature brought to you by the family-oriented Wayne Dairy Queen
Listen to Dr. Dobson on KTCH Radio daily. **KTCH FM 12:30 p.m. Monday through Friday**
KTCH AM 9:30 p.m. Monday through Friday, 9 a.m. Sunday

Garden wedding unites Omaha couple

Linda B. Heithold of Omaha, daughter of Edmond and La Verne Heithold of Wayne, and Timothy M. Pfannenstiel of Omaha, son of Ernest and Carol Pfannenstiel of Omaha, were united in marriage at a garden wedding at the Storz mansion in Omaha on July 1.

The ceremony was officiated by Reverend Keith Kihne of Omaha.

Decorations for the ceremony included a lattice arch with ivory tulle and green ivy. Table decorations consisted of black and white fish in diamond fish bowls.

Music was provided by the Cooley and Strawn duo of Omaha.

The bride wore a full length ivory satin gown with a sheer lace bodice and sleeves. The veil consisted of a tulle headband accented with pearls. The bride carried a bouquet of ivory lilies and roses with ivy.



Mr. and Mrs. Pfannenstiel

Charlene Heithold of Omaha, sister of the bride, served as the maid of honor.

Serving as flowergirl was Tessa

Pfannenstiel of Omaha, the groom's niece. Mitchell Hetherington of Omaha, the groom's nephew served as ringbearer.

The groom's brother, Terrance Pfannenstiel of Omaha, acted as Bestman. Troy Pfannenstiel of Omaha served as groomsman.

Michael Heithold of Wayne and Tom Pfannenstiel of Omaha ushered guests.

The men wore Perry Ellis black tuxedos with ivory shirts and ivory brocade ties and cummerbunds.

Maggie Heithold and Megan Jensen, both of Wayne and Jackie Knust of Omaha registered the gifts and arranged the gifts.

Immediately following the ceremony a reception was held at the Storz Mansion. The reception was catered by the Swanson Corporation.

The cake was cut and served by Alecia and Christy Hollman of Omaha and Melissa and Jennifer Haglund of Wakefield.

Following a wedding trip to Minneapolis, Minn., the couple will live in Omaha.

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The Golden Years

By: Connie Dishrow

High blood pressure, or hypertension is also known as "the silent killer."

because it usually doesn't give itself away with obvious symptoms. About 40 million Americans have high blood pressure. It's a condition in which the heart has to pump harder to move blood through arteries that have narrowed for some reason. It can lead to a heart attack or stroke. There is no cure for high blood pressure but it can be treated and controlled with medication. Patients also may be advised by their doctors to cut back on high-fat and high-cholesterol foods and reduce the use of salt.

E.G. Marshall's career as an actor dates way back in films, on stage and on TV. He's earned Emmys and other prizes for acting and some unconventional recognition, too. For his role as a lawyer in the 1960s TV series, "The Defenders," he was made a Fellow of the American Bar Association and an officer of the American Judicature Society. He also has received an honorary doctorate in the arts. But he doesn't think his latest TV role, as a doctor in "Chicago Hope," will earn him a medical degree.

Remember When? October 20, 1947 — The House Un-American Activities Committee began hearings into activities of alleged communists in the film industry.

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The next drawing will be Sat., July 22, for \$200.

Wakefield News

Mrs. Walter Hale
402-287-2728

SCHOOL BOARD

Terry Baker, chairperson of the Wakefield School facility needs committee, presented the group's building proposal to the school board of education on July 10. Baker explained that the proposal addresses the top priority needs as expressed by the lay study committee.

Baker told the board that a public meeting is scheduled for Monday, Aug. 7 at 8 p.m. at the school to present and explain the school's future needs and how the committee proposal will address those concerns.

Also present at the board meeting were Corey Wiseman of Dana, Larson, Rouball Associates and Kirk Jamison of Kirkpatrick Pettis. The men offered input on how the building proposal would address the needs suggested by the lay committee and how the project would be financed if the board would decide to pursue the venture.

The board also heard from principal Jeanne Surface on coaching assignments for the fall season, the adoption of new English/literature

series in grades nine and 10, fall student registration and various other concerns.

Marcia Kratke, a chairperson of the board policy committee, discussed various aspects of the board policy manual and what her committee has done to update the policy. The board approved a new policy that deals with students use of tobacco, alcohol and drugs and also approved a student's activity travel release form. Other board policy changes will be acted upon at the August board meeting.

Supt. Derwin Hartman reported on the summer maintenance program and that the insulated window panels and curtains would be installed in the south elementary windows later this month. Hartman informed the board that insurance specifications for school owned property would be drawn up and bid later this summer.

The board voted to purchase a milk cooler for the lunch room and accepted the bid of Robert's Dairy on milk for the 1995-96 school year.

The board set the 1995-96 budget hearing the same evening as the

next regular meeting. The hearing to exceed the zero percent lid on expenditures will be held at 7:40 p.m. on Aug. 14 while the regular budget hearing will be at 7:45 p.m.

As the last item, the board approved a contract for Donna Zima of Davis City as the new special needs teacher and also approved a contract for Debbie Leffers of Wynot as the new science teacher, contingent upon her release from her present contract.

TEN YEAR REUNION

The 1985 class of Wakefield High School gathered June 24.

A golf tournament was held in the afternoon at Logan Valey Golf Course. Nine holes were played and special awards were passed out.

The group then met in the evening at The Max in Wayne. Thirteen of the graduating 18 and one former classmate attended.

Attending were Joe Borg, Lisa Bofenkamp of DeKalb, Ill.; Cindy (Jeppson) Brown of Lincoln; Marcie (Nelson) Criddle of Sioux City; Kraig Dolph; Darla (Hartman) Doree of Omaha; Jane Gustafson of Lincoln; Melodie (Witt) Longe of Wayne; Ken Meyer; Mike Murphy of Elkhorn; Wayne Newton; Sonya (Tuller) Peatrowsky of Pender; Rachel (Prochaska) Wehrmeyer of Bethel; and Kelly (Barker) Witt of Wayne.

The class is planning another reunion in 2000.

BLOOD BANK

Forty individuals volunteered to donate blood on July 5 and 38 pints of blood were collected, according to Siouxsland Blood Bank officials.

Pastor Charles Reed was a first time donor and Thomas Eaton became an eight gallon donor.

COMMUNITY CALENDAR

Tuesday, July 25: Pop's Partners 4-H Club, 7:30 p.m.

CARE CENTER

CALENDAR

Sunday, July 23: Worship, Covenant, 2:30 p.m.

Monday, July 24: Devotions, 8 a.m.; walk'n wheelin', 10 a.m.; mail call, 11:30 a.m.; This 'n That, noon; bagel fest, 2:30; Covenant tape, 3:30 p.m.

Tuesday, July 25: TLC Day; devotions, 8 a.m.; Bible study, 10 a.m.; mail call, 11:30 a.m.; This 'n That, noon; var ride, Wayne, 2:15 p.m.; Salem tape, 3:30 p.m.

Wednesday, July 26: TLC Day; devotions, 8 a.m.; Care Plans, 9:30 a.m.; mail call, 11:30 a.m.; This 'n That, noon; horseshoe pitch, 2:30 p.m.; pet visit.

Thursday, July 27: TLC Day; devotions, 8 a.m.; Western movie, 10 a.m.; This 'n That, 11:30 a.m.; Wakefield paper, noon; Western music, 2:30 p.m.

Friday, July 28: Devotions, 8 a.m.; bake, social time, 9:45 a.m.; pet visit, 10 a.m.; mail call, 11:30 a.m.; This 'n That, noon; bingo, Salem Circle 1, 2:30 p.m.

Saturday, July 29: Shine time with Katie; movie or Sommerfest, 2:30 p.m.



Congressional favor

Manjit Johar, U.S. Representative Doug Bereuter, Sudeep K. Sethi, and Dr. J. S. Johar were all smiles at the Chicken show. Sethi is the niece of Dr. and Mrs. Johar, and has traveled from New Dehli, India for a five week visit to Wayne. Sethi is a High School History teacher who had all but given up hope of seeing her uncle and aunt after she had twice been denied a visa. The Republican congressman intervened on behalf of Dr. Johar, who serves as Chairman of the Wayne County Democratic Party.

Wakefield is awarded Block Grant funding

Wakefield Mayor Merlin Olson and City Administrator Lowell Johnson were in Lincoln July 12 when Gov. Ben Nelson awarded \$8.79 million in Community Development Block Grants (CDBG) to representatives of 51 local governments. The announcement took place in the east chamber of the State Capitol.

Wakefield received a \$120,000 housing grant for possible construction of seven single family homes at various locations, according to Johnson. Also included was \$15,750 for housing needs, central business district assistance and tax increment financing redevelopment area studies.

"Today we celebrate the common bonds that link the communities and counties represented here," said Nelson. "Not only do you share a deep level of commitment, perseverance and enthusiasm in the time

Power show to be held at Northeast

Northeast Nebraska residents are invited to witness the latest technology in electrical transmission and distribution during the Power Equipment Show on Wednesday and Thursday, July 26 and 27 in Northeast Community College's Robert P. Cox Activities Center.

Times are 8 a.m. to 5 p.m., July 26 and 8 a.m. to 2 p.m., July 27.

Approximately 165 businesses and corporations will be featured in displays and demonstrations throughout the Cox Activities Center's gymnasium and parking lot.

Lighting arrester seminars will also be given by factory representatives.

The Power Equipment Show is being presented in cooperation with the Nebraska Rural Electric Association Suppliers Group, the Nebraska Rural Electric Association and the Utility Section of the League of Nebraska Municipalities.

and preparation invested in the application process, you share a sense of community pride that is evident throughout this room. We share your pride and thank you for your dedicated efforts in improving Nebraska's quality of life."

The local governments will use the awards — ranging from \$11,100 to \$350,000 — to help draft housing and comprehensive community plans, rehabilitate housing and make public works improvements and other projects in communities ranging in size from Bazil Mill, population 36, to Grand Island, population 37,695.

"The hard work and thought that has gone into these successful projects should not go unnoticed," said Maxine Moul, director of the Nebraska Department of Economic Development (DED). "In every case, community leaders and volunteers have developed a vision for their future and are now building that future. We're glad we can be part of that important process."

Nebraska receives an annual allocation of CDBG funds from the US Department of Housing and Urban Development. The funds are available to local governments and counties in the state with populations less than 50,000. This year, Nebraska communities and counties submitted 81 funding requests for a total of \$14.2 million.

In addition, DED's Community and Rural Development Division cooperated with other government agencies to consolidate efforts and provide financial backing for necessary community improvements.

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Hoskins News

Mrs. Hilda Thomas
402-565-4569

TRINITY LUTHERAN LADIES AID-LWMS

The Trinity Lutheran Ladies Aid-LWMS met at the fellowship hall July 6 with 11 members present. The meeting opened with a hymn and all members took part in presenting the topic, "My Grace is Enough for You," taken from "Moments with Our Missionaries" and written by Pastor Dan Reich of Pierre, S.D.

Jeanie Marotz, president, called the business meeting to order and read an article, entitled "Light" taken from "Gifts of the Season." Members responded to roll call with a Bible verse taken from the Book of Job. Secretary and treasurer reports were read and approved. Correspondence was read and committee reports were given. Elsie Hinzman and Irene Mangels will be the visiting committee for July. Jeanie Marotz will send visitor's notes.

The birthday song was sung for Lucille Marten and Karen Tietke. Birthday cards were sent to honorary members Margaret Krause and Meta Kochler, who have birthdays in July.

The meeting closed with the Lord's Prayer and table prayer. Jeanie Marotz was hostess.

Following the meeting, the ladies cleaned the kitchen in the fellowship hall.

The next meeting will be on Aug. 3 at 9 a.m. Note change of time.

ZION LUTHERAN LADIES AID-LWML

The Zion Lutheran Ladies Aid-LWML met July 6 with 10 members attending.

All members participated in a responsive reading, "A Mite Box Dedication," led by Christian growth chairman Diane Koepke. The hymn, "What a Friend We Have in Jesus" was sung, followed by the topic, "In His Word - You and Me," led by president Joyce Saegobarth.

Members answered roll call by paying five cents to the penny pot if they knew the year the "Star Spangled Banner" was written, and 10 cents if not. The president read an article, "How the National Anthem Came to be Written." Minutes of the previous meeting were read and approved and the treasurer's report was read and filed. The card committee reported sending 10 visitor's cards in May and 10 in June.

A visual presentation, "Come Learn About Bethesda Lutheran Homes and Services" is scheduled for October and members voted to donate bath and hand towels to the home. LWML Norfolk Zone Women's Retreat was held July 11. The theme, "Lord, Teach Us to Pray" was given by Pastor Cage.

Serving on the Altar Guild for July are Diane Koepke and Sue Luebe and on the flower committee are Diane Koepke and LaVerda Kruger.

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

The plate prize was won by LaVerda Kruger.

Hostesses were Iva Robinson and Elaine Ehlers.

The remainder of the afternoon was spent tying quilts.

The next meeting will be on Aug. 3.

A large display of fireworks was presented at 10 p.m. The family of the late Dale Ziegler furnished ice cream bars for the children during the fireworks display.

A-TEEN CLUB

Ten members of the A-Teen

Club and two guests, Lavonne and Jennifer Fleer met at the home of Iva Robinson on July 12.

Donna Kruger, president, welcomed the members and guests and led in reciting the flag salute. Hostess choice for roll call was "what do you like best about July?"

Minutes of the June 14 meeting were read and approved and the treasurer's report was read and filed.

Arlene Fleer, song leader, led in singing the birthday song for Fran Anderson, the anniversary song for Jane Fleer and the song of the month, "America," accompanied by Jennifer Fleer. Delilah Gosch read information on the origin of the words of the song, "America."

Hostess gifts went to Fran Anderson and Lavonne Fleer.

There will not be a club meeting in August. Plans are to have lunch at the Haskell House in Wakefield on Aug. 23. The next regular club meeting will be at the home of Arlene Fleer on Sept. 13.

The meeting was adjourned and the remainder of the afternoon was spent playing 10 point pitch, with prizes going to Viola Thoendel, Iva Robinson and Jerrine Kohthof.

Glen Fitch of Billings, Mont. and Mr. and Mrs. C.E. Cowlthorpe of Casper, Wyo. were July 7-11 guests in the Bernice Gutzman home. Mr. Fitch is a brother of Mrs. Gutzman and Mrs. Cowlthorpe is her niece. Paul and Geneva Fucher of Sioux City were Monday afternoon and supper guests in the Gutzman home to visit the out-of-state folks. Judy Singleton, Damon and Merin of Fayetteville, Ark. were July 11 visitors in the Gutzman home.

Mr. and Mrs. Del Robertson and Gregg Robertson and Katie of Vandalia, Ill. were July 12 visitors and supper guests in the Alvin and Marguerite Wagner home. The ladies are sisters.

Fritz and Deb Krause returned home July 14. They had spent a week visiting his sister, Ed and Linda Russell and family at Anchorage, Alaska.



Bartering for news

Wayne Herald Publisher Les Mann inspects chickens brought in by Sherry Hasenkamp of Laurel. Hasenkamp brought in the chickens as part of the promotion held in conjunction with the Chicken Show which offered customers the opportunity to exchange chickens for a year's subscription to the Wayne Herald.

Leslie News

Edna Hansen
402-287-2346

Gertrude Ohlquist returned home July 13 from a trip to Switzerland. She was accompanied by her daughter and husband, Dr. and Mrs. Jerry Kingston of Phoenix, Ariz. and a friend, Helen Schweizer of Columbus. They spent one day in New York City visiting Ellis Island and the Statue of Liberty. In Switzerland they stayed at the home of Gertrude's cousin, Mr. and Mrs. Bruno Mangold of Thayngen. Places of interest they visited were her father, Paul Eggli's home in Busswil where he was born. A cousin, Edward Eggli, still lives on the farm. They also visited her

mother, Marie-Lu's home town of Deneadingen. They visited Gertrude's cousin, Klara Eggli, 96, who lives in a care home in Lysa. They also visited the Island Mainua on Lake Constance with all of its flowers, had a boat ride on the Rhine River and saw the Rhine Falls. They rode the cable car up Mount Regi and saw the eternal snow on the Alps and rode the Swiss rails.

Mr. and Mrs. Albert Nelson and Lillie Tarnow left July 7 to drive through the Black Hills of South Dakota. On July 8 they attended church services in Wall, S.D. where Pastor Ray Greeneth is serving as pastor. He is a former pastor of St. Paul's of rural Wakefield. On Sunday they attended a Sebade family reunion at the community center in Wall with 143 relatives attending from many places in the U.S. The Nelsons went on to vacation in Vail, Colo. Lillie Tarnow returned home with Mr. and Mrs. Gene Sebade of Emerson. They visited the Badlands of South Dakota and the Corn Palace in Mitchell on their return home.

Mr. and Mrs. Clarke Kai attended the annual reunion of the

Farm Bureau members who went to Washington, D.C. in 1973. They met at the Mormon State Park near Grand Island. Mr. and Mrs. Ed Zach of Hastings met them there later to visit.

Mr. and Mrs. Kenneth Baker returned home Monday night after a 10 day visit with Twila Baker, Christina and Michelle at Tigard, Ore.

Mr. and Mrs. Arnie Samuelson of Mesa, Ariz. were guests in the Ed Krusemark home Thursday and Friday.

Jack Sebade of Yakima, Wash., a nephew of Lil Tarnow, visited her Saturday afternoon. She entertained at supper Saturday night at Geno's in Wayne. Guests were Jack Sebade, Mr. and Mrs. Albert Nelson, Tiffany and Courtney Glover and Mr. and Mrs. LeRoy Giese of Boomer.

Mr. and Mrs. Bill Greve joined relatives and friends in the Rod Gilliland home Friday night to celebrate the first birthday of Ashley Gilliland.

Mr. and Mrs. Bill Greve joined guests in the Wes Greve home Sunday night to celebrate Joel's eighth birthday.

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Talent contest grows at fair

Due to the increased interest shown over the past four years, the fifth annual Wayne County Fair talent contest will be held in the grandstand on Thursday evening, Aug. 3 at 7:30 p.m. The fair board has chosen this new site and time to provide more people the opportunity to enjoy the quality entertainment provided by the talent contestants.

The contest, open to the general public of all ages, consists of two divisions, individual and group (more than one person). In each division, the age categories will be 8 and under, 9 to 13 years, 14 to 18 years and 19 and over.

The age category for groups will be determined by the oldest member of the group.

Only the first 30 entries will be accepted. Pre-registration is necessary with a \$5 fee for individual and \$10 for group. The entry fee, along with the entry form must be post-marked no later than July 25.

To receive an entry form, send a stamped, self-addressed envelope to Wayne County Fair Talent Contest, RR 1 Box 164, Winside, NE 68790.

Terry Meyer 375-4272

Steve Meyer 375-4192

Mark Meyer 287-9016

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Lower Elkhorn NRD offers abandoned well sealing program

With increasing concern for the quality of our groundwater supply, now is the time to seal abandoned wells. Groundwater is normally protected by a natural filter of soil, sand and gravel. However, abandoned wells are holes in that filter which can allow contaminants such as sediment, bacteria and chemicals to flow directly into our groundwater supply.

"Abandoned wells provide a direct conduit for runoff that might contain pesticides, fertilizers, livestock waste and other contaminants to reach our groundwater," said Ken Berney, Lower Elkhorn NRD assistant manager. "These contaminants can then move with the natural groundwater flow and may show up in public or private wells used to provide drinking water."

The proper plugging of abandoned wells takes time and money. Therefore, the Lower Elkhorn NRD is once again offering financial assistance through a cost-share program to properly seal abandoned wells.

The NRD board voted in June to continue the Well Sealing Program for Fiscal Year 1996, using the same procedure as 1995. The procedures are as follows: 1) Landowners should apply for the program by submitting the NRD-100A form with a completed well sealer's price quote form; 2) The work may not be done until after the NRD has approved the application; 3) After the well is sealed, the landowner will submit the contractor's bill to the local NRCS office to be certified to the NRD; 4) Upon receiving certification from NRCS, the Lower Elkhorn NRD will reimburse the well owner 75% of the cost of sealing — up to a limit of \$300 for drilled wells or \$700 for dug wells.

The Well Abandonment Reporting form and well drillers notarized affidavit are no longer necessary for the cost share program. However, owners are still required to report the abandonment of a registered well to the Nebraska Department of Water Resources.

This district-wide program was established in February 1992 to assist landowners in properly sealing abandoned wells. Since that time, approximately 536 abandoned wells have been properly sealed through this program, according to Berney.

Landowners within the Lower Elkhorn district with abandoned wells are urged to sign up for this program. Contact your local Natural Resources Conservation Service field office to apply.

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WINDSURFING AT WILLOW CREEK

marketplace

n \mär'kit·pläs \ 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



HELP WANTED

R-WAY IS ACCEPTING applications for a part-time direct care staff person to work at the Kirkwood House. Please call 375-5741 and ask for Michelle. 7/613

DAIRY QUEEN is taking applications for full or part-time help. Hours are primarily weekend hours. Apply at Dairy Queen, 7th and Main, Wayne. 7/1312

WANTED: TEACHER for Head Start Program in Wayne, NE. located 4 miles west on Hwy. 35. Responsible for developmentally appropriate experiences for pre-school age children. 40 hours/37 weeks a year. Position will start mid-August. Applicants must have one of the following to apply: 1) Early Childhood Degree 2) Child Development Associate Certificate 3) BA in Elementary Education with experience in teaching pre-school children. For more information call 402-529-3513. Send cover letter and resume to: Rita Eichelberger, Head Start Administrator, Goldenrod Hills Community Services, PO Box 280, Wisner, NE. 68791-0280. Closing date July 25th. Private Funded Program. Non-Profit Agency. Equal Opportunity Employer. 7/1312

DRIVERS NEEDED: Ready mix and dump trucks for Hartington and Pierce, Nebraska area. CDL required. Call 402-564-0514. EOE. 7/2012

DAIRY QUEEN is taking applications for part-time and full-time help. Hours include Monday thru Friday, 11:00 a.m. - 2:00 p.m. or 11:00 a.m. to 5:00 p.m. Apply at the Dairy Queen, Wayne. 7/2013

AN EXPERIENCED CRAFTSMAN as our field services person able to do quality work with lots of overtime to trim Heritage Homes within 150 miles of Wayne, NE. Competitive salary and great benefits in an established, growing company. Call Greg at Heritage 375-4770. 7/20

SUMMER/FALL openings. 4-8 week work program. \$11.65 to start. Students/Grads/Other. Call 402-494-8615. 7/2012

HELP WANTED: Pressers K&G Cleaners is looking for hard working, honest, dependable persons to work daytime hours. Must have references. Will train. Apply in person at 214 Main, Wayne. 7/20

HELP WANTED: Breeding Manager, Farrowing Manager and Assistants for new 2500 sow complex. Automatic sow drop feeding, tunnel ventilation, PIC genetics, good location. Contact P.S.T. 3214 25th Street, Columbus, NE. 68601. 7/2012

WANTED: BEAN WALKERS. Also wanted to buy baled straw. Call 375-1809. 7/20

HELP WANTED: Dental Receptionist in Laurel. Experienced preferred. Will train right person. Salary dependent on experience. Call 402-447-2440 for appointment on Friday. 7/20

AVON REPRESENTATIVES urgently needed. No door to door. Free kit and training. 1-800-458-2866 IND-REP. 7/613

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Health Focus 1995

What are the issues and answers to living in today's society? Look inside this special section for news and information on current trends in health care and medical technology.

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A supplement to the South Sioux City Star • Volume I • July 20, 1995

Clinics • Chiropractic • Dental • Insurance • Muscle Therapy • Pain Control • Counseling • Lifestyle • Specialty Fields

Sioux City Doctor Offers Headache Relief

Cervicogenic Headaches, those originating from the cervical spine, and other related abnormalities which can also be responsible for the neck-shoulder-arm pain, have been the focus of Sioux City neurosurgeon Dr. Horst G. Blume, M.D.P.C., for many years.

Dr. Blume has developed diagnostic procedures to pinpoint the origin of these headaches. After the diagnostic procedures are done, decisions are made as to what type of non-surgical or surgical procedure would be beneficial for relief.

Thousands of patients have chosen to undergo injections of a long-lasting local anesthetic mixed with Cortisone. The medication is injected into the

muscles and the occipital and autonomic nerve structures in the back of the skull.

The majority of these patients get relief for many weeks, months or years, and this type of nerve block can be repeated.

If temporary relief for one or two weeks has been obtained and the so-called one-sided cervicogenic headaches return, Dr. Blume recommends a procedure where a thermoelectrode needle is placed to the nerve structures in the back of the skull.

The tip of this needle generates microwaves, which in turn, are converted to controlled thermal energy through molecular friction. The result — the destruction of tiny nerve structures and

their surrounding tissue.

Dr. Blume's own invention has been used on 700 patients with an 80 to 90 percent success rate over 20 years. A similar procedure can be done to the nerve structures of the joints of the neck.

Dr. Blume has taught this procedure all over the world, in Europe, Asia, North and South America and in Canada.

Dr. Blume studied neurology and neurosurgery at the Free University in Berlin, Germany, as well as at the New England Medical Center at Tufts University and the Labey Clinic in Boston.

He is a Clinical Associate Professor with the University of South Dakota and is in private practice in Sioux City.



Dr. Horst G. Blume, M.D.

A Chip Is Just A Chip — Not!

Banana chips sound like a healthy alternative to potato chips. However, one ounce of dried banana chips has about 150 calories, nearly 10 grams of fat and usually plenty of sugar.

The fat is usually highly saturated, coming from the coconut oil or other oil in which the chips were deep-fried. Banana

chips contain a small amount of potassium and other minerals.

This should not discourage you from eating dried fruit. The Nebraska Medical Association encourages you to consume dried fruits which have not been deep fried, such as dried apricots, apples or prunes. These are low-fat, nutritious foods.

Dakota County Health Department Services

The Dakota County Health Dept. is located in the West Annex of the Courthouse in Dakota City. It is staffed by two R.N.'s, one L.P.N., and one Clerical. Office hours are Monday thru Friday 8 to 4:30. Phone 402-987-2164. It was established in 1975, is governed by a nine member Health Board that meets quarterly, and is a branch office of the NE Dept. of Health for some activities. The Dept. is a NE licensed Home Health Agency. Jan Brown, R.N. is the Nurse Director.

Statistics for the past fiscal year are recently compiled. There were 882 skilled nurse visits made for Medicare/Medicaid payment; 554 skilled nurse visits on sliding scale payment; 682 aide visits for personal care. 1,761 children were given immunizations at the three times monthly clinics. 122 children were seen at the monthly Well Child Clinic. 1414 persons were seen in the office for various health care concerns. Referrals for services are taken from any source.

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Our location in downtown Sioux City makes us easy to get to. This makes it convenient for visitors to find us and families can find lodging accommodations close by.

We're here for the health of our community by being the leader in preventive testing and screening. We introduced health screening to Stouland 12 years ago and we continue to lead the way in educating Stoulanders and helping them live healthier lives.

For every problem, big or small, Marian has a solution. For times when life hands out more than one can handle, Marian Behavioral Care Services has the programs and services to provide hope and treatment. For trauma victims and cardiac patients, Marian Air Care and the Regional Trauma Center provide fast transport and 24 hour access to life-saving medical treatment.

Our Merxy heritage goes back over 100 years and Marian's commitment to the Stouland area is "for life." We plan to be a part of the future in Stouland and will do our part to make that future bright.

We're here for life!

The preservation and protection of life are only part of Marian's mission. We are also here to help improve the quality of life of our community through our involvement in a variety of programs. Our employees give of their time to many organizations—United Way, Paint a Thrift, Adopt a School to name a few—which provide services that enhance the lives of the people they serve.

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Health Center

Choose Your Pharmacy Carefully

Contributed by Redler's Pharmacy
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Each year 1 million people are hospitalized from adverse drug reactions. Of that number, 140,000 people die.

There are 125,000 deaths each year in the U.S. caused by people taking their medicine incorrectly.

This is the cause of 10% percent of ALL hospital admissions and 25 percent of ALL hospital admissions among the elderly.

The problem adds an estimated \$8.5 billion to the nation's annual health bill.

Is your pharmacy counseling you on your medication and checking for drug interactions if you take more than 1 medication?

Does your pharmacist recommend non-prescription medication that will go with all the medication you currently take?

It's your prescription; your health, your life — choose your pharmacy carefully.

A.D.D. — A Metaphor For The '90s

By William G Munro
Clinical Social Worker
Associates For Mental Health

So much is being written, discussed, and even diagnosed of this process we call Attention Deficit Disorder. There is considerable disagreement amongst well meaning health care professionals as to whether it even exists.

We will leave that discussion for another time. What I do wish to ponder is why we are seeing so many children who are being treated and medicated for this disorder.

Is it a metaphor for the 90's? Is it a reflection and maybe even a result of a culture that is so MTV affected that our attention spans have diminished to the point our children are unable to focus on anything for more than a 10 second sound bite?

The images in a three minute music

video are so fast and furious that nothing appears on the screen for more than a few moments, at best. There is even a very successful cable program actually called, "Short Attention Span Theater."

Even Sesame Street is a fast paced, well choreographed composite of moments so brief as not to risk boring, even to the youngest child. What ever happened to Mr. Rogers?

The remote control we all depend on so much has become our own means of control over the boredom in our lives. Constantly changing images that leave us numb to our most basic senses.

Can a culture become so programmed to instant gratification that it produces a whole generation of people who cannot tolerate for more than a few moments anything that does not produce a good feeling?

If so, does that set up that generation to the instant gratifications of alcohol, street drugs, Prozac, credit cards, gambling, and Ritalin?

Instant success, instant gratification. No pain, no long term real solutions to complex problems or needs.

I don't claim to know. I only know as a psychotherapist for the past 25 years that I am increasingly uncomfortable with the trends in front of me.

The trend of basing our economics on the credit cards and gambling industries, and the trend of placing more and more of our citizens under the control of more and more drugs, seems so very apparent.

I don't argue with the need. I have seen how effective Ritalin can be. I only am questioning what is behind the need, and where is it taking us?

Stomach Stress Annoying But Not Unusually Serious

Stress or anxiety can cause tension in your stomach just as they can cause a tension headache. Smooth muscles in the lining of your stomach and intestine may suddenly contract, giving you the feeling of a "knot" the same as when a muscle

cramp develops in your leg.

The discomfort isn't generally serious. The Nebraska Medical Association encourages you to see your doctor if nausea, vomiting, diarrhea or

difficulty swallowing accompany the "knot" in your stomach.

These symptoms could indicate a more serious problem such as an ulcer, or hernia.

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Intestinal Health

Scientists Note Link To Seemingly Unrelated Problems

By Dr. James D. Smith
TriState Chiropractic

Few people realize the enormous impact of parasites and diarrheal diseases on human well being. Worldwide, diarrheal diseases (bacterial as well as parasitic) constitute the greatest single cause of morbidity and mortality. Numerous studies have shown parasitic infection incidences ranging up to 99% in undeveloped countries.

In the United States, diarrheal diseases caused by intestinal infections are the third leading cause of morbidity and mortality. The present generation of Americans has grown up with many modern sanitary conveniences and with the assumption that parasitic infections are encountered only in distant parts of the world or by people in impoverished rural areas or from Americans that travel to those places.

Few people who suffer from

seemingly unrelated diseases such as food allergies, chronic fatigue, low back pain, joint pain, arthritis or headaches consider the fact that their problem may be related to a parasitic digestive disorder.

Yet, according to Neva, "The United States citizen can acquire amebiasis, giardiasis, pinworms and strongyloides, for example, without so much as a passport application."

The ease and increased frequency of worldwide travel, coupled with the increasing immigration of persons into the United States, is resulting in the significant spread of parasitic infections. In a study of outpatients at Gastroenterology Clinic in Elmhurst, NY, a 74 percent incidence of parasites was found. A total of 20 percent of this population harbored pathogens.

One survey of public health laboratories has reported that 15.6

percent of specimens examined contained a parasite.

At Great Smokies Diagnostic Laboratory, almost 20 percent of specimens examined are positive for a parasite. Thus, it seems clear that parasites are prevalent in developed countries as well as in underdeveloped nations in larger numbers that previously suspected.

The reader can develop a picture of his/her intestinal health by answering the following questions.

HOW IS YOUR INTESTINAL HEALTH:

1. Are you 50 years old or older?
2. Do you often have a bloated or full feeling in your stomach, especially after eating?
3. Do you often have intestinal gas?
4. Do you have a "spastic" colon, irritable bowel syndrome, nervous stomach, loose stools or constipation?

5. Do you avoid eating certain foods because they make you feel uncomfortable?

6. Are you "allergic" to any foods?

7. Have you had any of the following: asthma, allergies, high blood pressure, heart disease, history of strokes, arthritis, pernicious anemia, any autoimmune disease or yeast infections?

8. Have you ever taken an antibiotic for more than a month at a time or have you taken antibiotics more than 4 times in your life?

9. Have you ever noticed any dark, tar-like stools, bloodstained stools, bright red rectal bleeding or any signs of intestinal bleeding?

10. Have you ever taken oral contraceptives or steroids (cortisone, prednisone, etc.) for extended periods?

4-6 "yes" answers suggests significant abnormalities and six or more indicates a likely problem.

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Heliotherapy

Studies Show Positive Effects Of The Sun

By Cheryl Stone, California Tan

Although you have heard much about the negative effects of UV, the evidence continues to mount on the health benefits of sunlight and full-spectrum light (including UV).

The California Tan Scientific Research Center and its esteemed medical advisory board have reviewed numerous studies on the positive effects of the sun. Some of these are outlined below.

Skin Cancer Update

Like most cancers, the more we know about skin cancer, the more we see that its causes are varied and complex.

Skin cancer has now been linked to non-UV causes, including diet, alcohol — and perhaps most importantly for predicting and preventing the disease — genetics.

One of the most surprising findings is that high fat diets play a role. A study by Baylor College of Medicine and the Veterans Medical Center found that low-fat diets protected patients with a history of pre cancerous skin patches from

developing new ones.

Also, scientists are coming close to identifying a skin cancer gene as reported by Dr. Ponciano Cruz of the University of Texas at the California Tan Heliotherapy Symposium, a medical conference for the media held in New York City recently.

Vitamin D/Healthy Bones

Sunlight is your most reliable natural source of vitamin D, which plays a crucial role in calcium absorption and prevention of osteoporosis.

Up to fifteen minutes of summer sun on the face, arm and hands three times a week is needed to create the vitamin D necessary for sufficient calcium absorption. A little more sun exposure may be required in the fall, winter and spring.

And, the body can't make vitamin D with natural sunshine in some latitudes above 35-40 degrees North. There are other variables, too.

The darker your skin, the more time you need to spend in the sun to make the

same amount of vitamin D as a fair-skinned person. The level of an individual's sun sensitivity and time of day also play a role.

You may not want to wear sunscreen when you are outside for these short periods. A sunscreen of a level SPF 8 or higher has been shown to shut down the skin's ability to make vitamin D.

Fitness

Exposure to sunlight may have similar effects as exercise, including a 39 percent increase in the output of blood from the heart, according to a study by Dr. A Falkenbach.

And a study performed by Dr. H. Meffert at Humboldt University in Berlin found a 25 percent increase in blood oxygen utilization with exposure to UV light.

Also, team doctors for the Canadian National Power Lifting Champions, as well as Surf and Ski Teams, report to the California Tan Scientific Research Center that their athletes' ability to strength train is improved following sun lamp sessions.

Psoriasis

Most tanning centers have a number of clients who have been sent by their dermatologists for UV treatments to combat psoriasis, dermatitis and other uncomfortable skin disorders. Many dermatologists have similar UV-light boxes in their offices for this purpose.

Even with the many advances in drug therapy for skin disorders, UV light is still a highly successful treatment for psoriasis. UV light helps to slow the abnormal skin cell growth that characterizes psoriasis lesions.

Mood/Well-Being

We know that sunlight exposure helps combat full-blown Seasonal Affective Disorder (S.A.D.) as well as ordinary "winter blues." What you may not know, however, is that the good overall feeling you get from the sun isn't just "in your head."

According to a study at Harvard Medical School and Massachusetts General Hospital, endorphins, your own natural "happy factor," are released in your brain in response to UV light.

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Pictured left to right: Lisa, Irene, Jodi, Gina, Jane, Sarah, Amy, Dr. Smith, Dr. Pat Luse & Dr. Tim Luse. Not pictured: Mike Luse, L.M.T.

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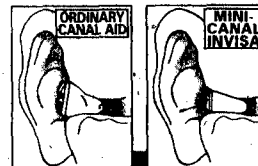
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Manipulation Can Relieve Acute Back

By Dr. Pat Luse
TriState Chiropractic

A nasty attack of back pain can scare the strongest individual into thoughts of extensive medical treatment or even back surgery.

Spine specialists, however, know most back pain goes away on its own or with exercise and simple treatments—a fact federal health officials recognized earlier this month.

In its new widely publicized guidelines, the U.S. government's Agency for Health Care Policy and Research recommends low-stress exercise, over-the-counter medication and spinal manipulation for simple back pain over

traditional treatment like extended bed rest, prescription painkillers and surgery.

The new guidelines address acute pain or that which has lasted less than three months. The guidelines specifically find that spinal manipulation, the mainstay of chiropractic medicine, is effective in treating acute back pain.

The above is the observation of the Texas Back Institute, largest spine clinic, which added a doctor of chiropractic to its multi-disciplinary team in 1993.

The guidelines reinforced earlier research indicating that chiropractic can be effective in relieving musculoskeletal

problems like back pain and can be less costly than other forms of treatment.

One in 20 Americans visits a chiropractor during the course of a year seeking help for back or neck pain and research shows that, in general, patients who were treated for back or neck pain with chiropractic manipulation are more satisfied than those patients using more traditional methods.

Spinal manipulation is a manual treatment applied to the spine that relieves stress in joints and promotes healthy movement, allowing pain and irritation to subside.

Those most likely to benefit from

chiropractic care are people with acute back or neck pain. Those with pain extending into an arm or leg...may benefit, but generally take longer to recover. Even patients with chronic spine problems or previous surgery may be helped through appropriate chiropractic management.

In addition, the 1992 Journal of Family Practice recommends finding a chiropractor who graduated from a college accredited by the Council on Chiropractic Education, who uses...the minimum treatment necessary to accomplish your recovery goals.

Your Immune System At Work

Preventing the entry and destroying any infectious microorganisms which enter your body is the mission of your immune system. The immune system is made up of organs, cells and molecules all over the body.

Each part of the system contributes to the growth, development or activation of special white blood cells that play a major role in your body's ability to fight infection.

Babies have relatively weak immune systems. As they grow, the immune system matures and becomes more effective at fighting off infections.

Lifestyles can affect the strength of your immune system.

The Nebraska Medical Association suggests that regular exercise, a healthy diet, avoiding tobacco use and avoiding excessive stress can contribute to your physical and psychological well-being.

Stretch Out For Flexibility

The ability to move your joints through their full range of motion is called flexibility. It varies from person to person and is one of the key elements of fitness, along with endurance and strength.

The way to maintain your flexibility is to stretch. When done the right way and regularly, it feels good. Improper or excessive stretching however, may actually increase the likelihood of an injury. Learn how to stretch correctly.

Slow and gentle stretching is

recommended after a light 5 to 10 minute warm-up. For a great routine, the Nebraska Medical Association recommends that you stretch at least three times a week to maintain flexibility.

Stretching should last 10 to 20 minutes with each stretch held at least 10 seconds working up to 30 seconds to maintain flexibility.

To increase flexibility significantly, stretches should be held for one or two minutes.



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Hearing Loss Victims Require Understanding

"Persons with unalleviated hearing losses frequently suffer adverse psychological side effects and need special understanding from relatives, friends and business associates," according to Jack Jennings of Name of Belltone Hearing Aid Center, 1321 Nebraska Street in Sioux City, the local authorized dealer for Beltone Electronics Corporation. Chicago-based Beltone is world leader in hearing aids and electronic hearing test instruments.

Jennings said people who do not have normal hearing ability often are thought of as irritable, crotchety and difficult individuals. "This is because communicating with a hard-of-hearing person can put both parties under a strain."

"It is hard for people with normal hearing to understand the frightening experience of not being able to hear clearly. We depend upon our ears for practically everything good in life - friendships, recognition and recreation comes to us through the voices of people we know. Deafness cuts a person off from his family, friends and business associates," Jennings said.

To better understand the problems faced by people who have hearing losses the Beltone dealer suggested watching a television program with the sound

turned too low to be heard. "You will see people laughing, talking, singing and dancing, and you feel completely left out of things. At first it is an irritating experience, but then it becomes frightening as you realize you have lost contact with the people you are watching."

Jennings said that while a severe hearing loss is readily apparent to associates of the victim, most hearing losses appear gradually, apparent to associates of the victim, most hearing losses appear gradually, and the victims frequently are not aware that their hearing ability is not normal. There are, however, certain warning signals that can alert a person to the fact he is becoming hard of hearing. These include a feeling that no one speaks loud enough, or that other people play their radios or television sets at volumes too low to be easily heard.

He stressed that while a hearing loss often does provide danger signals, a person can only know what he hears - there is no way of knowing for certain what is not heard. "For that reason," Jennings added, "I urge everyone to have a scientific, electronic hearing test each year. This is the only way of being certain that your ability to hear is not deteriorating."

Mouth Protectors Beneficial To Many

By Douglas Barr, DDS/PC
South Sioux City

You've probably seen mouth protectors used in contact sports such as football, hockey and boxing. Coaches and players know that mouth protectors cushion blows that would otherwise cause broken teeth injuries to the lips and face and sometimes even jaw fractures.

You don't have to be a football player however to benefit from wearing a mouth protector. Any adult or child playing recreational sports that poses a risk of injury to the mouth can obtain smile protection from a mouth protector.

A custom-made mouth protector is individually designed and constructed by your dentist. It has an exceptionally good fit, comfort, and usually has less effect on breathing and speech when compared to your over-the-counter stock mouth protector. That's why the custom made mouth protection is preferred.

The key word is "protection," either the custom made mouth protector or your generic type will offer the extra protection you need.

So, give your smile a sporting chance, ask your dentist about mouth guards.

Feeling 'Lousy' Is No Laughing Matter

Feeling "lousy" is no laughing matter. "Lousy" actually means being infested with lice. There are three types of lice that attack humans. The head louse - a grayish insect, is mainly found on the scalp hair of grade school children. It is this pest that causes itchy scalps when school starts.

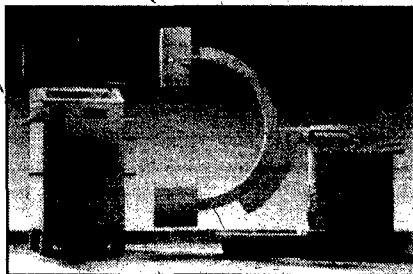
Treatment for lice is simple. The Nebraska Medical Association recommends the use of lindane or other non-prescription shampoos. Apply the shampoo and leave in hair for five minutes. Wash the shampoo completely out and repeat again one week later to make sure all the eggs have been killed.

To eliminate body lice and crab lice use an entire body shampoo with lindane. Clothing must be destroyed or washed in very hot water, since the body lice tolerate heat. This will relieve the problem.

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Muscle Therapy Focuses On Soft Tissue

By Lynda Maggart, Lmt Cnmt,
and Terri Bradley, RN Lmt Nmt

MUSCLE THERAPY CLINIC is a Health Maintenance Center specializing in soft tissue problems, with the use of Neuromuscular Therapy. Experience the innovative approach to health and well being through soft tissue pain management, diet and developmental exercise. Our philosophy encourages taking personal responsibility for your own health and well being through an enhanced lifestyle.

FACTS ABOUT PAIN: Pain is the principal reason that people visit doctors. Chronic pain disables more people than cancer or heart disease. Pain is what prompts most of us to take medication. Often it comes and goes

with changing frequency. Sometimes when it comes it is overpowering and affects our ability to get on with life. The clinical results of many trained Neuromuscular Therapists suggests that much of this pain can be reduced or eliminated by well trained therapists who are skilled in the treatment of the Soft tissues of the body, muscles, tendons, ligaments and connective tissue.

What is Neuromuscular Therapy? Neuromuscular Therapy is the treatment of soft tissue dysfunction. Neuromuscular Therapy examines the four physiological principles of: Ischemia (lack of blood in the muscles), Trigger Points Nerve Entrapment, and or Compression, and Postural Distortion. Neuromuscular Therapy interrupts the stress - tension pain cycle and brings about homeostasis (balance) between the

nervous system and the musculoskeletal system.

NEUROMUSCULAR THERAPISTS are persons highly trained in specialized techniques for the relief of pain and dysfunction of the soft tissues of the body.

WHO CAN BENEFIT: Everyone from those who have specific problems, i.e. whiplash, carpal tunnel syndrome, migraines, back pain and stress to those with generalized pain and fatigue.

WHAT ARE THE BENEFITS: The general benefits are: increased tissue warmth. Increased circulation in the areas of pain. Relaxation of the connective tissue. Softening of the nodular mass at the trigger point site. Greater freedom of movement and

flexibility. Improved postural patterns. Improved energy and vitality. Increases sense of well being.

HOW LONG DOES A COMPLETE PROGRAM OF THERAPY TAKE?

The initial evaluation and therapy session lasts one hour. Each succeeding therapy session lasts approximately 60 min. As a rule, neuromuscular therapy clears the way for rapid results. However, healing is a biological process which takes time. The duration of total therapeutic program depends on: how much damage has been done - how rapidly your body heals - the state of your general health - those stress factors influencing your life - the length of time the condition has existed - diet - attitude and other lifestyle factors.

Heat-Related Illnesses: How To Prevent Them

When the summer temperature increases, your body puts its own temperature regulation system into operation.

Usually your body's cooling system uses the evaporation of sweat, but when it doesn't work, you may have a heat-related illness, such as heatstroke or sunstroke.

On particularly hot, humid days, you feel uncomfortable, because the evaporation of sweat is slowed by the increased moisture in the air. When sweating isn't enough to cool your body, your temperature rises and you may become ill. Common symptoms of heat illness are headache, dizziness, muscle weakness or muscle cramps, nausea and

vomiting.

Heat-related illnesses are particularly common on days when the heat index is 90° or higher.

To prevent heat illness, follow these suggestions:

- Stay indoors in air-conditioned areas whenever possible
- Drink plenty of water before

starting an outdoor activity. Drink extra water all day. Drink less tea, coffee and alcoholic beverages.

• Wear lightweight, light-colored, loose-fitting clothes.

• Protect yourself from the sun by wearing a hat or using an umbrella.

Continued on next page

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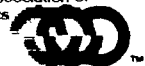
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Mental Health-Substance Abuse Counseling For All In Need

By Dr. Stanley Reiss

Heartland Counseling Services, Inc., formerly known as Tri-County Guidance Center, is a non-profit community mental health center located at 917 W. 21st Street, South Sioux City. It was established in 1977 and serves the residents of Dakota, Dixon, Thurston, Burt and Wayne counties. A satellite office is located at 421 Pearl Street, Wayne, Nebraska.

The mission of the outpatient program of Heartland is to make accessible mental health/substance abuse services of the highest quality to any Nebraska citizen who needs them.

Services available include psychological evaluation and consultation; psychiatric evaluation and consultation; substance abuse evaluation; individual, couple/marriage, parental, group counseling in both mental health and substance abuse areas; youth services coordination;

consultation with schools, courts, and social service agencies; and referrals to other agencies. Various group therapies have recently been added to the services available. These include groups for adolescent girls who are at risk, teens who are pregnant, a men's support group, a group for those who have been victims of sexual abuse, as well as play therapy groups for children. There are also education programs for parenting, autobiography writing groups, alcohol education classes for adults and minors in possession. The most recent addition to the programming in the substance abuse area is a partial care program which will run from eight to twelve consecutive weeks for individuals needing intensive treatment.

It is a fundamental belief of Heartland that most people suffering from mental, emotional, and behavioral disorders can most effectively be treated as outpatients. The earlier one begins treatment, the more successful it is

likely to be with less disruption in the patient's life and family. We believe that all citizens should have access to those services which are necessary to restore and maintain normal functioning. We believe that no person should be denied services because of their financial situation, but that all persons should be allowed the dignity of paying for their services to the extent they are able.

We believe that mental, emotional and behavioral disorders occur in people of all ages, both sexes, all races and ethnic groups, all religious and non-religious groups, in people who are married and who are single, in people in school and out, people who are employed and unemployed—in short, we believe that mental, emotional and behavioral disorders can occur in any individual given necessary and sufficient circumstances. We further believe that because individuals are infinitely varied, the disorders which they suffer will be infinitely varied and that they thus

require professional personnel with a variety of background and training experiences. We believe that, particularly in rural areas where other professional support is likely to be less readily available, professional staff should be the most highly trained and the most experienced obtainable.

Services are provided by a highly trained staff consisting of a consulting psychiatrist, clinical psychologist, associate psychologist, mental health/substance abuse counselors, a psychiatric nurse, and support staff.

The Heartland Board of Directors is a group of concerned citizens who support the efforts of the Heartland staff to help education the community through education activities, provide endorsement for the center's services, and plan activities that promote positive mental health in the service area.

For further information about services, call 494-3337 in South Sioux City.

Heat-Related Illnesses: Some Tips On How To Recognize And Prevent Them

Continued from last page

• Increase the time you spend in daily outdoor activities slowly and gradually.

• Schedule vigorous outdoor activities for cooler times of the day.

• Don't spend time outdoors during the hottest hours of the day -- from 10 a.m. to 6 p.m.

• During an outdoor activity, take frequent breaks and drink water or other fluids every 15 to 20 minutes, even if you don't feel thirsty. If you have clear, pale urine, you are probably drinking enough fluids.

• If you have a chronic medical problem, ask your doctor about

drinking extra fluids and about your medicines.

• If you have any of the symptoms of heat illness, go to a shady, cooler area right away. Remove any excess clothing and begin sponging your body with

lukewarm tap water. Slowly sip water or other fluids.

• Hot, dry skin, but not sweaty
• Confusion or loss of consciousness
• Frequent vomiting.
• Shortness of breath or trouble breathing

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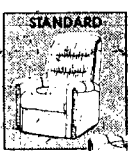
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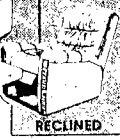
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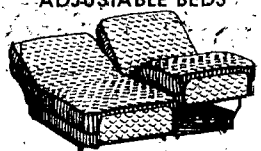
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Male Menopause

It's No Longer Necessary To 'Grin And Bear It'

By Richard L. Vaught, M.D.
Plaza Urological, P.C.

For many years it has been a common procedure to place women on supplemental hormones after they go through their menopause or "change of life".

They feel better, and they function better.

There are some contraindications to its use, so it does not work for all patients. But certainly it is very helpful for most women when the level of circulating hormones in the blood stream drops below the normal range. The patients become tired and irritable, they often have "hot flashes" or "sweats", and they just do not feel well.

Men also experience a decrease in their hormone level as they get older. It does not affect all men, and not all to the same degree. Many continue to function quite well, as do many women.

Some men may have "hot flashes" or "sweats", but usually in such a minor degree that many of the men do not even recognize that they are having them unless they are specifically questioned about them. As treatment for certain diseases, some men undergo complete hormone suppression, either medically or surgically.

In these cases, the incidence of hot flashes is quite high, but this is a very small number of patients.

This age-related decrease in male hormones was occasionally referred to as the "Male Menopause" in the 1940's & 50's.

This was the era of Freudian and Jungian psychiatry. Male menopause was defined as, "a malaise that allegedly affects men in middle age, and is said to be responsible for periods of emotional upset and uncharacteristic behavior".

It was not a very good term since "menopause" refers to the complete cessation of the menstrual flow, which men never had in the first place.

So, for many years we have rather routinely treated menopausal females with supplemental female hormones (estrogens), but we have ignored male

patients with a drop in their hormone levels. This was basically because we did not have anything to offer them in the way of effective treatment.

Chemically, hormones are complex organic molecules. When they are ingested as medication, many are simply broken down by the intestine and digested. This makes for very expensive, relatively low energy food, but very ineffective medicine.

The forms of the testosterone molecule that can be given orally and still be absorbed from the intestine as an active medicine are not really very effective hormones.

We have had an injectable hormone for a long time. It is in the form of a "depot" injection. That is, it is in an oil base that is injected into the muscles of the buttocks on a once a month schedule, and is slowly absorbed over the next few weeks.

Actually, what happened was that right after the injection, the patient would have a very high level of male hormone, but it deteriorated too quickly. At the end of the month the patient would hit a very profound "low". This "low" was worse than usual because the injected hormone would suppress the normal production of testosterone, and accentuated the fact that the patient was dropping rapidly from a "high".

We actually had patients coming into the office for their "monthly shots" every three weeks because the "low" was so unpleasant that they did not want to go through it.

We now have something to offer men with age-related decrease of the testosterone level, something that works very well.

The interesting thing is that many of the patients do not want it now that it is available! This is related to the fact that for years we have told men that hormone replacement is something that is used for women, but real MEN did not need these things. They should just grin their teeth, or "grin and bear it".

This new form of treatment is a skin patch which is used on a daily basis, and so keeps the hormones at a normal level all the time. In fact, it even reproduces

the normal diurnal (day-night) variations of the testosterone level.

The patch is applied to the scrotal skin (the bag that holds the testes) because the skin of the scrotum is much thinner than that of the arm or back. Because of the thinness of this skin layer, a very effective molecular form of testosterone can be absorbed in adequate amounts to keep the amount of hormone in the circulating blood stream at an effective level.

1. An improvement in mood. The patient is not so grumpy or so difficult to live with (is that something your wife has mentioned to you?), and;

2. A definite increase in the energy level. In other words, they just feel better!

We are approaching the Twenty-First century, and it is time to reevaluate our Nineteenth century ideas and values.

Men do not have to "grin and bear it" as their hormone levels decrease! We have a very simple blood test to check on the testosterone level, and a very effective way to treat the problem.

Today we even have effective ways to treat the problems of impotence that beset the mature male.

Hospice Care; Is It For You?

Modern hospice care began more than 25 years ago and is an alternative to the clinical environment of the hospital. Many people mistakenly believe that hospice is a place you go to die. It is a system of care.

Hospice is designed for people suffering from diseases which have progressed to the point that there is no hope of recovery and no desire for life-prolonging treatment. A physician must certify that the person has less than six months to live in order for the person to be qualified to participate in hospice care.

The key people on the hospice team are the physician, registered nurses and home health aids - who provide hands-on care, social workers who offer counseling and support the patient and family, and clergy if desired.

If you or a friend or relative have concerns about nearing the end of life and would like to explore hospice care, the Nebraska Medical Association recommends you speak with the physician about your idea and call the local hospice to get a feel for the system.

Muscle Therapy Clinic

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Cynda Maggart
LMT CNMT

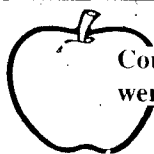


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Heart Disease — The Number One Killer

Today cardiovascular diseases account for more than two of every five deaths in the United States. This amounts to approximately 930,000 deaths a year. That's why it's important that you and your doctor know as much about the condition of your heart as possible. One of the most important things to remember about heart problems is that the sooner you detect and diagnose them, the easier they are to manage and treat. There are several non-invasive tests that the doctors at Chandra Cardiovascular Consultants, P.C. use to determine the condition of your heart.

RESTING ELECTROCARDIOGRAM (EKG)

During this procedure, electrodes are attached to the arms, legs and chest. These electrodes detect the electrical impulses as they move through the heart. The electrodes are connected to a machine that converts the electrical impulses into sharp, zig-zag lines on a strip of paper. Because the electrical activity of all human hearts follows certain predictable normal patterns it can show rhythm disturbances, old damage to the heart, and also whether the person is having a heart attack at that moment. It does not, however, provide much information about how the heart behaves with stress or exertion.

STRESS ELECTROCARDIOGRAM OR STRESS TEST (TREADMILL)

This test records the heart's electrical activity while physical stress is placed on it. Stress tests are recommended if there is a history of premature coronary heart disease in your family, if you have one or more additional risk factors for coronary artery disease (which are smoking, diabetes mellitus, high blood pressure, or high cholesterol), or if other diagnostic tests or symptoms indicate that one is needed.

The cardiologists at Chandra Cardiovascular Consultants have you step on to a treadmill and begin to walk while electrodes are hooked up to your arms, legs, and chest, and a blood pressure cuff is placed on one arm. As you walk, the speed increases and the incline becomes more steep, so that the heart must work harder and harder. The electrical activity of your heart is

observed on a screen, and recorded, along with the blood pressure, every three minutes. This test can oftentimes tell the doctors whether the patient has blockages in their coronary arteries. It can also be used to advise a patient with heart disease how much physical activity can be tolerated with safety. This test can be a valuable tool when used in conjunction with the patient's symptoms, physical examination and other laboratory tests.

ECHOCARDIOGRAM (heart ultrasound)

The echocardiogram gives information about the physical structure and condition of the heart by using sound waves to create a black and white, moving picture of the heart. For this procedure which can take place at Chandra Cardiovascular, the patient lies on their back while a microphone-shaped instrument called a transducer is placed on the chest. This transducer sends sound waves into the chest, where they bounce off the different parts of the heart muscle. The resulting sound wave echoes are then transmitted into an ultrasound machine and converted into a moving image that you see on a screen.

Echocardiograms allow the cardiologists to determine the size of the heart chambers, the thickness and strength of the heart muscle, the quantity of blood pumped, whether fluid is present in the sac surrounding the heart and whether the heart valves are abnormal or leaking.

Another test, utilizing both stress and echocardiogram, is called a stress echo. When this test is performed the transducer is moved across the patient's chest and records the images of the heart. The patient is then put on a treadmill and exercised, a second recording is then taken of the heart. This procedure is currently being performed at St. Lukes Medical Center and is proving to be a valuable non-invasive tool in diagnosing abnormalities in the motion of the heart.

The three procedures described above are all completely painless and can yield an enormous amount of information about the heart. If you have symptoms such as shortness of breath or occasional chest pain or pressure, ask your family doctor whether these tests might be useful to you.



Dr. Chandra examines a computer printout while technician Ralph Mertz works with a patient on the treadmill.

When Seniors Want Their Independence But Need Personal Assistance

NorthPark Place may be your answer.

As people age, many need help taking medications, preparing meals, bathing or other daily activities, but they're not ready for a nursing home.

Assisted living at NorthPark Place could be the answer.

NorthPark Place offers healthy meals, personal assistance, transportation, 24-hour security, a welcoming community and independence. It's less expensive than a nursing home and daily home health care.

Look at assisted living before a loved one becomes too frail to enjoy of its benefits. Call about assisted living at NorthPark Place today at 255-1200.

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Abnormal Bleeding Cause For Concern

Most women experience some changes in their menstrual cycle from time to time. If you experience unusually heavy, long-lasting or irregular bleeding, it is important to consult your doctor.

Ovulation, the release of an egg from one of the ovaries, normally occurs midway through the menstrual cycle (approximately 14 days from the start of

the last period). If no fertilization occurs, menstruation begins two weeks later. If there is a disruption to this normal pattern by heavy bleeding or long-lasting or irregular bleeding, the Nebraska Medical Association recommends you contact your doctor.

Don't Mix Contact Lens Cleaning Solutions

Contact lens cleaning solutions have positive or negative charges. Mixing solutions with different charges can create spots on lenses or cause eye irritations.

The Nebraska Medical Association suggests that if you change one solution in your system, the entire system should be re-evaluated.

Employee Drug Testing: Understanding The Basics

Drug testing in business is on an increase. A survey of Fortune 500 companies shows that over half are doing drug tests. Employee drug testing comes in response to the sharp increase in drug abuse on the job. Drugs are eating away at company profits and causing an erosion of the consumer's confidence in the quality of many products.

Drug abuse is a well-kept secret in the workplace as well as in the home. Estimates are that one in ten employees, from blue collar to company presidents, abuse drugs.

Deb Gengler, director of Marian Health Center's Share Occupational Health Program, says it's important to understand what drug abuse means for the employees as well as the company.

"Drug abusers cause two major problems," says Gengler. "First, they put everyone in danger. Their poor coordination and thinking makes them careless and accident-prone. They have more than three times as many accidents as other employees. Second, they cost everyone money. They cause insurance costs to go up because of accidents and claims. And, these employees are absent and, late more often than other employees," adds Gengler. "Their slipping productivity means that others may try to do the work that they used to do.

Anyone can become a drug abuser

cautions Gengler. "Drug abusers often deny having a problem. They may be defensive, moody, or spacey." They may use drugs on or off the job, every day or just on weekends. Drug abusers may ask others to cover up for them. Many drug users also sell drugs, often to other employees, to pay for their habits. You may notice increased absences, excuses and poor performance among other workers. Gengler says people can misuse all kinds of drugs, not just illegal drugs. Over-the-counter and prescription drugs can also be abused. Drug abuse causing difficulty at work often involves cocaine, "crack" (smokeable cocaine), marijuana, heroin, PCP, or alcohol.

Gengler says employers and co-workers should recognize the clues that an employee may be abusing drugs or experiencing personal problems that interfere with his or her job. She says you should be concerned if you notice some or all of these traits in an employee:

- violence, extreme anger
- extreme alertness or sleepiness
- speaking very quickly or slowly
- funny nose, sniffling
- frequent trips to the bathroom
- frequent colds or bouts with flu
- distorted sense of abilities
- carelessness, foolish risk taking
- mental confusion, memory loss
- diarrhea, nausea, vomiting

- declining productivity
- increased accident rate
- frequent absences or lateness
- false sounding excuses

Types of Tests

Four different testing methods are used today and all of them involve a urine sample. These tests detect the use of marijuana, amphetamines, benzodiazepines, barbiturates, methadone, propoxyphene, opiate, PCP and cocaine.

Tests are commercially produced under stringent conditions. They are reasonably priced and their data is easy to preserve. Drug tests have an accuracy rate of 97 to 98 percent.

Test results can be used as evidence in court cases. The results need to be handled carefully. Data regarding the sample needs to be preserved. Employers should check that they are dealing with a lab that is licensed, reputable and maintains appropriate records. The courts recognize the increase in drug abuse and said it will accept company measures that deal with the problem as long as the measures are carried out in a reasonable manner. Companies that have documented why they are testing and what they do when an employee tests positive should be able to use testing legally and effectively. Consistent and nondiscriminatory screening of potential new employees

generally has been found to be acceptable.

Gengler says employers should make their company's policy on drugs and alcohol available to all their employees. Productivity and job safety should be of concern to all employees. "You don't 'help' a drug abuser by looking the other way," says Gengler. "Accidents related to drug abuse can and do kill.

Gengler says that starting a company drug testing program is not difficult. "It's best to find a company or agency that has experience in drug testing procedures."

Drug screening for companies in Stouxtland is a service provided by the Occupational Health Network of Marian Health Center. Companies like Marian's Occupational Health Network can help companies not only set up their entire drug testing procedures, they will collect the urine samples and send them to an authorized lab for testing. At Marian, employers are given a choice of what company to perform the tests.

"All of this can be performed for a reasonable fee," adds Gengler.

Anyone looking for further details on drug testing or setting up a program can contact the Marian Health Center Occupational Health Network at (712) 279-2108.

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