



City Council okays WayNET

By Clara Osten
Of the Herald

Library and one at Providence Medical Center.

After considerable discussion, the Wayne City Council voted to approve the Interlocal agreement with Wayne Community Schools regarding WayNET.

A number of people spoke in favor of going ahead with the agreement but Council person Jane O'Leary felt the issue was "educational and should be left to the schools. I don't think the city should be involved."

Willis Wiseman, representing Wayne Industries said "the system has been designed, is operational and ready. The software is up and running. I believe we should get on with things."

DARREL HEIER, a teacher at Wayne High, said he felt the agreement was important from an educational standpoint. "Using the InterNet has given students more interest in doing research. I feel this is a win-win situation."

Nancy Braden, City treasurer, said she was a test member on the InterNet committee and had used it several times in the past week for research for the city. "Businesses can't use the system for business, but they can use it for research. I strongly urge you to support this issue."

The council approved the agreement on a 5-1 vote with Council person O'Leary voting against the agreement.

With the agreement, the city will have access to three of the 16 lines. One of the lines will be at City Hall, one at the Wayne Public

THE COUNCIL heard from Phil Lorenzen on the financing proposal for the Logan Street widening project. Current interest rates for short term borrowing are at 4.1 percent. The city would issue notes for \$430,000 with a two and a half year maturity.

Council voted 5-0 to authorize these bond anticipation notes. However, due to a lack of enough council members present, they were not able to waive the three readings. Council members Doug Sturm and Ralph Barclay were absent and Patty Weiland left after the WayNET vote.

The council approved the request by the Wayne Area Chamber of Commerce for \$5,000 in promotional funds. The Chamber has requested these funds in the past and the money had been budgeted in this year's budget.

ON A 5-0 vote the council voted to authorize soliciting bids on one, or all three of the Power Plant engines. Gene Hanson, Superintendent of Electric Production, said that because of the long delay in acquiring the three Enterprise generators from New York and the extra cost of putting in the third generator, the council should consider seeking bids on one or all three of the generators.

The city has a bid from the Caterpillar Corporation for two other generators.

The Caterpillar generators

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Area residents were busy digging out after Sunday night's snowstorm. The area received five inches of snow but high winds created drifts of up to five feet in places. Power outages and closed roads were common on Sunday and Monday.

Digging out of spring blizzard

Spring has officially arrived, but Sunday's storm meant winter showed the area it wasn't quite ready to leave.

According to Wayne Weather Observer Pat Gross, the area received a total of five inches of snow, which brings the seasonal total to 20 inches.

Due to the large amount of snow and icy conditions, which produced a "white-out," many businesses and schools in the area were closed Monday.

Power went out just after 11 p.m. Sunday after a sub-transmission line which feeds the cities of Wayne, Wakefield, and surrounding sub-stations went down. This meant the town had power problems until approximately 8 a.m. Monday.

The power was also out in a number of surrounding areas. Lines both southwest and southeast of Wayne were affected as well as a small area north of Randolph. All

power was back on by 11:30 a.m. Monday.

Snow removal was also slowed because of the weather. The snow got so bad Sunday night electrical crews from Wayne County Public Power had to turn around and come back into town.

Area residents have been digging out for several days, and with the help of above-freezing temperatures, the snow appears to be disappearing quite rapidly.

System is ready for operation

By Merlin Wright
For the Herald

Wayne area residents anxious to "surf the Net", and discover what limitless sources of information are available on the "information superhighway", will soon have that opportunity as part of a study course jointly conceived by the City of Wayne and the Wayne Public School District.

Dr. Dennis Jensen, school superintendent, said "It looks like 'Back to School' days for both students and parents if families take advantage of what appears to be the first of its kind electronic study course now underway."

Using a home computer and modem, residents subscribing to the Wayne telephone exchange will be able to contact each other, or one of millions of computers worldwide, as part of the study program. School personnel will provide the in-class and on-line instruction, Jensen said.

The new non-commercial electronic classroom will let users exchange electronic mail, known as "e-mail", with anyone locally or in the world having an e-mail address. Users of the system will also be able to study information stored on innumerable university, business, library and government computers.

While testing the system in 1995, the Wayne School District's on-line database was accessed 17,000 times by computer users in 45 countries. This includes 22 military queries.

Commenting on the new electronic study opportunity, Wayne Mayor Sheryl Lindau said "We want to help the community become aware of the importance of the emerging information technology and learn how it can benefit their lives."

Lindau worked closely with the local technology committee which joined in developing the study program as an outgrowth of a Chamber of Commerce interest in new technology strategies for the community.

See SYSTEM, Page 3A

At a Glance



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

This issue: 2 sections, 18 pages — Single Copy 75 cents

Thought for the day:

Taxpayers are the casualties of the War on Poverty.

Meeting planned for 8th grade parents

WAYNE — All parents of eighth grade middle school students are invited to attend a short meeting to discuss the Exploring Career Paths program. Ninth grade class registration will also be discussed.

Times are March 28 from 7 to 7:45 p.m. at the Middle School Library or March 29 from 8:15 to 9 a.m. at the Middle School Counseling Center.

Izaak Waltons

WAYNE — The Wayne Izaak Walton League will meet on Monday, April 1 at 7 p.m. in the fourth floor meeting room at the city office building.

Easter egg hunts

AREA — The Wayne County Jaycees will be sponsoring the annual Easter egg hunt on Saturday, March 30. It will start promptly at 10 a.m. Kids, age 10 and under, are invited. Bring your camera and have your picture taken with the Easter bunny. The Easter egg hunt will be held rain or shine.

The Carroll Easter egg hunt will be held Saturday, March 30 from 1 to 4:30 p.m. at the Carroll auditorium. The event is for children, aged 3 through the fourth grade.

The Allen community Easter party will be held Saturday, March 30 from 1 to 2 p.m. in the fire hall. Children, preschool through third grade, are invited.

Cycle Paths rescheduled

WAYNE — The rescheduled Cycle Paths Bike Club meeting will be held on Monday, April 1 at 7:30 p.m. at Riley's in Wayne.

Final storyhour to be held

WAYNE — The Library will hold its final winter storyhour for children 3 to 7 years on Saturday, March 30 at 10:30 a.m. in the library lower level.

Weather

Ashley Frevert, 7, Winside

FORECAST SUMMARY: We're right on edge of colder weather to our north, but we'll stay just in the milder air, and so the next weather system should bring mainly rain on Friday. Colder air will follow in its wake, so we'll end with a little light snow Saturday morning, then continue cold

Day	Weather	Wind	°Range
Thurs.	Partly Sunny	E-SE 8-15	22/40
Fri.	Showers	S 10-20	28/49
Sat.	Windy	N 15-30	19/34
Sun.	Sunny		17/37
Mon.	Sunny		17/40

Wayne forecast provided by KMEG WeatherEye.

Date	High	Low	Precip.	Snow
March 22	46	14	—	—
March 23	55	14	—	—
March 24	47	35	13	—
March 25	36	5	.85	5"
March 26	18	1	—	—
March 27	34	1	—	—
March 28	46	19	—	—

Recorded 7 a.m. for previous 24 hour period
Precipitation/Month — 1.03"

April has been declared Sexual Awareness month

In cooperation with Haven house, Wayne Mayor Sheryl Lindau and Wayne State College President Donald Mash signed a proclamation Tuesday recognizing April as Sexual Assault Awareness Month for the city of Wayne.

"This is a special time of the year in which to focus efforts on sexual assault awareness, to emphasize the need for citizen and WSC student involvement in efforts to reduce sexual assault through public education and changing public attitudes and to increase community

support for agencies such as Haven house which provide sexual assault crisis services," Dr. Mash said.

Sexual assault is a crime that affects everyone. Statistics show that one in three women will be assaulted during their lifetime and that one in four girls and one in seven boys will be assaulted by the age of 18.

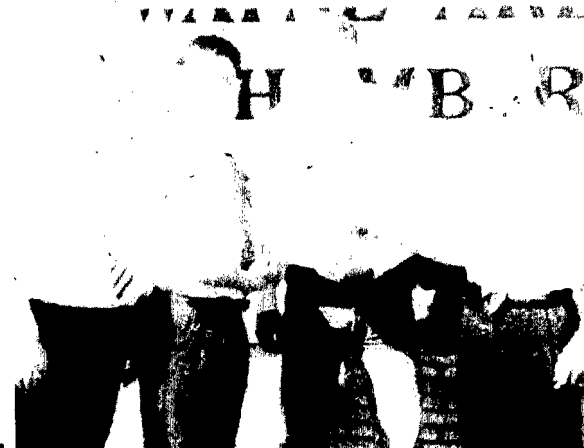
"We only need to watch news programs or read the papers to notice how prevalent this crime is.

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Husker autographs

Clester Johnson, at right, signs autographs during Sunday's basketball game between the 1995 Husker Football Seniors and the 1990 Wakefield State Championship team. Approximately \$700 was raised for equipment for the Wakefield Community Park. The event was sponsored by the Wakefield Community Recreation Committee.



Scott Thompson, third from left, presented the Wayne Chamber of Commerce with a certificate for a computer he won as part of a contest. Also pictured are: Leon Hansen of Complete Computers, Chamber Representative John Farnan and Rick Meysenburg of Zeneca.

Local man presents the Chamber with computer

by Beth Peters
Of the Herald

Scott Thompson of Wayne presented the Wayne Area Chamber of Commerce with a computer, one of two he won in a contest by Zeneca Ag Products.

The contest, run by FORCE Insecticide, was to come up with an impression of what the entrant thought a FORCE field would sound like. There were three time periods set up at a toll-free 800 number on January 29, 30 and 31. The phone lines were open for 15 hour and 317 calls were received. The calls were recorded and consent

was given to rebroadcast or otherwise use the call.

Each of the top 11 winners were given a computer for personal use, and were able to designate a local school or community group to receive another computer. The computers were valued at \$1,500 each.

The impressions have a chance to be used in commercials later this spring.

"We congratulate Scott for his creativity, and for his generosity and civic-mindedness in donating the Complete Computer Systems

See COMPUTER, Page 3A

April

(continued from page 1A)

even in rural communities such as Wayne," said Vicki Meyer, Director of Haven House.

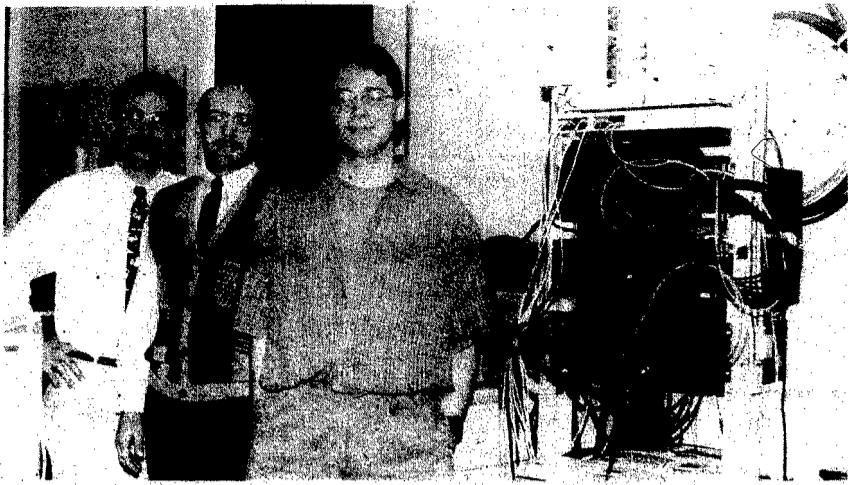
"We must all work together to educate or re-educate ourselves to change our attitudes, increase our awareness and support the work of rape crisis centers in order for our community to be a safer and healthier place for our residents," Meyer added.

"Building a safer community begins with you. In Wayne, many people are working to change attitudes which promote sexual assault. Sexual Assault Awareness Month will provide a forum to continue to intensify public awareness of sexual assault; the profound effect it has on all of us, and strategies we can use to prevent it," Mayor Lindau said in issuing the proclamation.

Haven House staff volunteers have planned activities throughout the month to focus attention on

awareness and prevention of sexual assault. A 7 p.m. on Sunday, April 14, a "Take Back the Night Rally" will be held at the WSC Willow Bowl with guest speaker Dr. Helen Moore from UN-L.

Other activities planned include pink awareness ribbons, a teen dance, a S.H.A.R.P. training sponsored by WSC and a fund-raising raffle. For more information, please call the Haven House office during business hours at (402) 375-4633.



Displaying the equipment necessary for the WayNET system are John Dunning, Network Services Specialist, Dr. Dennis Jensen and Mike Eckhoff, Technology coordinator for the Wayne Community Schools.

System

(continued from page 1A)

Key components of extended study program were provided by the Wayne school board; by Dennis Linster, director of network services at Wayne State College who guided student Mike Eckhoff in the design and installation of the system; and by state, federal and US West grant funding that provided the high school with a high speed data transmission line.

Jensen said Wayne is unique in the state being first to develop this cooperative, community-based InterNet access study that is graphics capable, and "The T1 phone line allows numerous users simultaneous use even when using powerful graphics". He added that "Communication specialists throughout the Midwest are watching the project".

The superintendent reported over 90 local computer users joined in testing the study program last summer checking for potential problems. Many of the program's test team became proficient in using computers and the InterNet structure.

Enhancing the system, several high school students are developing "Home Pages" that people around the globe can access to learn more about the study program and the area in and around Wayne.

Other students are working on home pages designed to provide promotional information relating to the community, doing so scan informational service for the Chamber of Commerce. Students also plan to publish an electronic newspaper for on-line readers.

Describing the hardware portion of the electronic classroom, Mike Eckhoff explained the Wayne network node allows the exchange of 1.45 million bits of electronic information per second.

While other communities have InterNet access, Jensen said he believes none have Wayne's high-powered, graphic exchange capabilities for an on-line classroom. He said the system's equipment allows the exchange of pictures, graphics, and textual data.

Wayne public school system students will have free accounts that can be used from either home or

school. Other area residents may enroll in the on-line sessions for a tuition fee of \$30 each six months.

The electronic system used for the study program has been dubbed "WayNET" and may be accessed at: <http://www.Wayne.esu.k12.ne.us>.

WayNET is established under the state law allowing local agencies to cooperate and share resources through an inter-local agreement, and will remain nonprofit.

Anyone on the Wayne telephonic exchange interested in signing up for the WayNET study should contact Fauncil Bennett, Wayne Middle School librarian. She can be reached at 375-2230 between the hours of 8:00 a.m. and 4:00 p.m. Monday through Friday.

Bennett notes that any speed modem, and even older 386 or comparable home computers, can access the system, but points out that better results, along with graphics, are achieved using higher speed modems working at 14.4 and 28.8 bits per second.

The remote access system will work in both Macintosh and IBM formats.



Pictured with Mayor Lindau and Dr. Mash are Dwayne Johnson, Director of Administrative Services, Vicki Meyer, Haven House Director, Lance Webster, Wayne Chief of Police, Michelle Evans, Haven House Outreach/Volunteer Coordinator, Renee Kurpogweit, Haven House Shelter Coordinator, Jeff Ottens, WSC Security Officer and Nana Peterson, Haven House volunteer. All have been actively involved in promoting April as Sexual Assault Awareness Month.

Lions Club Talent Show held March 24

The Wayne Lion's Club Talent Contest was held March 24 at the Ley Theatre on the Wayne State Campus.

Emily Bruffat of Wayne was awarded a first place trophy in Division A (age eight and under) for her performance of Clementi's piano Sonata #3.

Emily Kinney of Wayne won the trophy in Division B (ages nine to 11). She sang Billy Joel's "Lullaby".

The Division E (ages 15 to 18) winner was Heidi Kirsch of Winside who played Mozart's piano solo "Rondo Alla Turca" from Sonata K 331.

In Division B, Chris Stueberg of Wayne received a second place trophy

for his two piano solos, "Smoke Signals" and "Knights Tale".

The first place finishers will advance to the Lions District 38-O competition which will be held May 5 at Neligh.

Pictures ready to be picked up

Area residents who brought in pictures for consideration for the Wayne County Pictorial History Book can stop by the Wayne Herald to pick up the pictures.

The book is currently being bound and is expected to be back to the Wayne Herald the third or fourth week in April.

Computer

(continued from page 1A)

gift certificate he won to the Wayne Chamber of Commerce. I think Scott has exemplified the creativity and the generosity to the community that we hoped to achieve with this contest," said Debbie Ventura, Market Lead of Soil Insecticides with Zenecca Ag Products.

The first two hundred callers received a Mag-lite flashlight.

Zenecca Ag products will increase production of Force 3G insecticide for 1996 to meet strong grower de-

mand, according to Steve Miller, insecticide market lead for Zenecca.

"Farmers treated well over a million acres of corn with Force 3G in 1995, and their response to the product was very enthusiastic," Miller said. "In most cases they found they could plant all day without having to refill their insecticide boxes. And they liked having only half as many bags to handle."

A representative said the Chamber is very appreciative of the gift.



New business welcomed

Tim Keller, Wayne Ambassador President, presents Ginie Beckenhauer a plaque for opening a new business in Wayne. Her business, Ginie's Country Creations, is located in the Mineshaft Mall. Beckenhauer was honored during the Chamber Coffee on Friday.

Three are arrested in connection with burglaries in Emerson school

On March 23 three people were arrested in connection with two burglaries in Emerson.

Both burglaries occurred at the Emerson Grade School, one on March 9 and the other March 22.

Taken from the school on March 9 was approximately \$1,200 worth of food items from a walk-in freezer.

On March 22 Jim Kluever, 34,

was arrested at the scene. Jeremy Doty, 25, and Cathy Barber, 20 were arrested after an investigation by the Emerson Police Department, the Dixon County Sheriff's Office and Wakefield Police Department.

Charges for the three include Burglary, Possession of Stolen Property, Possession of Burglary Tools, Aiding and Abetting and Assessor after the fact.

Council

(continued from page 1A)

would be a satisfactory answer for our project, but if we can purchase the two Enterprise generators and stay within our budget, that would be better," Hansen said.

The council agreed to send out requests for bids and after a four week period make a decision on whether to sell one or all three of the generators.

RUSS GIFFORD, General Manager of Jones Intercable presented his annual report to the council. He said that subscribers have remained basically stable this past year and the company has been working on improved picture quality.

Gifford informed the council that subscribers have been informed of rate increases which will become effective April 1. Basic rates of \$9.89 per month will remain the same but those customers who receive Tier I


level services will see rates increase from \$10.66 to \$11.46 per month. Gifford stated that even with these increases, rates are below those in area towns.

Public Works Superintendent Vern Schultz gave his annual report which listed the activities accomplished by the department last year. Among the highlights were the planting of 606 trees in the tree farm and along city streets and paving two houses on Fourth and Pearl Streets.

Schultz reported that because of the lack of snow fall last year, the number of hours used plowing streets and the amount of street sand used was considerably lower.

Nancy Braden, City Treasurer presented the annual report. She said the city appears to be in good shape financially as it begins the second half of its 14 month fiscal year. She noted that legislative action could result in the city having to cut a percentage of the budget for the next fiscal year.

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

Editorials

Capitol News

Judges need to get tough

Why is it so difficult for courts to amply penalize those convicted of motor vehicle homicide?

Motor vehicle homicide is not pretty. Whether the weapon is a gun or automobile, killing is unacceptable.

A drunken driver convicted after a wreck that killed six people near Columbus was sentenced last Friday to no more than five years prison.

Armando Hernandez-Molina received concurrent terms for four counts of motor vehicle homicide. The word "concurrent" means the convicted driver will serve all four penalties at the same time, rather than one penalty after another.

The maximum penalty for each charge was five years imprisonment and a \$10,000 fine or both. Plea agreement did away with two counts of motor vehicle homicide, plus three misdemeanor charges.

So how long will this fellow who became drunk, drove a vehicle, and killed six, actually serve? He could be eligible for parole in 24 months. That's right.

How can such a criminal get off with such a light sentence?

In similar cases a defense attorney will often tell the court "No amount of punishment can bring back the victims, and my client is so very sorry." The defendant may say something like "I'm sorry your honor, I would ask to be forgiven, I never thought this would happen to me."

Get that? "I never thought this would happen to me." The defendant is still thinking about himself!

How about some feeling for the sons, daughters, children, parents and grandparents who are slaughtered by a drunk?

What is it going to take to get drunk drivers off the road and quit their killing?

Tough judges and stiff sentences might help.

Fight is on for Platte water

By Melvin Paul
Statehouse Correspondent
The Nebraska Press Association

LINCOLN — Indians called it "flat water."

Settlers said it was "too thick to drink and too thin to plow" and "a mile wide and an inch deep."

And now, irrigators, utilities, cities, businesses and wildlife are fighting over what's left of the water in the Platte River.

That fight was intensified in recent weeks. State legislators are debating a controversial change in Nebraska water law and an even more controversial proposal was advanced to pare back Platte River flows requested by a state agency to protect fish and wildlife.

That river flow compromise got plenty strange in the past week or so.

The bird and whooping crane lovers said the agreement was a sell-out to wildlife and political pressure that completely ignored the scientific evidence about what river flows were really needed.

The wildlife groups also said the "secret" meetings that led to the compromise were illegal. Such compromises need to be hashed out in a series of public meetings over several months using scientific data — not in a backroom between commissioners and a few farmers.

The governor, through his aides (remember, he's running for U.S. Senate these days), said his "win-win" comment only meant that he was glad that a compromise had

been proposed. He really didn't mean to indicate that he endorsed it.

That seemed to placate the wildlife folks, who were accusing Nelson of some mighty bad things. Still, the situation remains as muddy as the Missouri in March.

2. This doesn't bode too well for reaching compromises on bigger Platte River flow fights with Wyoming, Colorado, and the federal government.

If Nebraska cannot work out Platte River squabbles between interests within its own borders — and who knows, maybe wildlifers, the commission and irrigators can work this out over the summer — then don't count on Wyoming and Colorado being too willing to solve them by sending more water out of their states down the Platte.

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

This much is clear:

1. A heck of a lot of explaining needs to be done to demonstrate how 40 percent less water will sustain about as much wildlife and fish. We've all heard stories about how irrigators can get along with a lot less water, so maybe the same can work for wildlife. Biologists who study such things, however, say that 10 years of research demonstrates otherwise.

Way Back When

These stories are taken from the pages of The Wayne Herald and are provided here in cooperation with the Wayne Public Library.

55 years ago
March 27, 1941

A plan has been launched to move the golf course from its present location east of town to a 60 acre tract north of WSTC along the highway. The problem of occasional flooding causes problems with the current site.

Mrs. J.W. Jones and Mrs. A.T. Claycomb have been chosen chairmen of the Wayne County Red Cross knitting.

50 years ago
March 28, 1946

Wayne Prep boys will give a minstrel show at the college auditorium Thursday evening. Russell Anderson is the director. Profits from the American Legion dance held Friday evening totaled about \$65. Funds will be used for future community projects and educational programs.

45 years ago
March 29, 1951

Work will be started in a few days to move two Wayne homes and clear a quarter-block site for a new 16-unit apartment building. The new structure will be completed this summer. Apartment owner, Ed Seymour of Wayne, announced yesterday that he had purchased the O.R. Bowen and Pearl Sewell properties, located at 217 and 221 West Fourth Street.

40 years ago
March 22, 1956

Plans for WSTC's new auditorium-gymnasium were approved Saturday by the State Normal Board.

Wayne's city council purchased a quarter-block tract west of the swimming pool Tuesday night for development into a recreational area.

Dr. William A. Brandenburg of Maryville, Mo., was named as WSTC president. Dr. Brandenburg will succeed the late Dr. John D. Rice. Dr. Brandenburg, his wife Gwen and children Ann and Billy will move to Wayne in time for Brandenburg to assume the presidency on July 1.

30 years ago
March 24, 1966

Representatives from three groups met Tuesday to consider the hospital situation in Wayne. A study was authorized which would consider the need for a new hospital with 30 to 50 beds.

Federal aid for two Title I programs under the Elementary and Secondary Education Act has been approved. According to Supt. Francis Haun of the Wayne Public Schools says that remedial reading and remedial math courses are to be offered.

A free cooking school with door prizes, coupons for local stores, gifts and other attractions is scheduled for 1:30 p.m. Friday. The event is sponsored by area businesses and the Wayne Herald.



Espanol poster winners

The Spanish III students at Wayne High School participated in the University of Nebraska-Lincoln Language Fair last week. Their poster tied for first place as the best poster for Spanish Level II Posters. Left to right, are Kellie Lubberstedt, Jolene Jager, Adam Dangberg, Roger Paxton and Rachel Walton. Not pictured was Megan Rose.

You too can be an 'Infonaut!'

Want to go to Cyberia? That's a word coined describing a new country of vast resources for learning.

All area residents subscribing to the local telephone exchange, and having a home or business computer with a modem, may now enroll in the WayNET course at the high school for a modest tuition fee.

The project is a joint effort of the city and high school and introduces anyone interested to the global village of education. Enrollees of WayNET may peruse databases of information anywhere in the world gaining vital information pertaining to one's individual quest.

Plans include having professionals, in a classroom setting, teach interested persons how to access and use WayNET, gateway to a global web of millions of computerized databases. Whether you're hooked on sports, religion, agriculture, weather, education, recipes, history, medical data, NASA, or astrophysics, you can find literally endless amounts of information online.

Students will also learn to use e-mail. Write a letter on your home or business computer and send it simultaneously to one or a dozen of your friends around town or the world. Send your comments and



Merlin Wright

information you're seeking, and the search engine will rummage the electronic world for related information. Easy as driving a car or tractor!

Want to Search various versions of the Bible? Get medical information? Research a legislative bill? Or maybe study the Civil War? It's all at your finger tips via the WayNET course.

Attend class and learn how to access and run WayNET, then you're ready to go searching the world electronically. You may want to join a discussion group, or simply chat with someone.

You will need a computer and a modem (an electronic gizmo connecting your computer to a telephone line), plus an endless appetite to learn.

A deserved salute to you "infonauts" and "technojocks" making the course and system possible. Wayne America is on line! Hello!

Jimmy Jo's Jams
By James Shanks

was rounding a corner out at the Industrial Park, when a snow drift about as tall as my hood loomed before me and I buried my 4 x 4 as the end result.

After a few moments of quiet anger, I realized that I was inadequately prepared to dig out from my situation. Thankfully, some of Pam's cohorts came along and gave us a lift to my office. Needless to say the 4 x 4 was dug out and I made it to work an hour and a half later.

This winter has taught me that the lessons of the past need to be remembered and that owning a 4 x 4 doesn't mean you can go and do anything the TV commercials make you believe you can.

Thanks city crews

It's not often that good things are said about any government actions. Usually it's the negative that comes up first. Well, I'm here to talk about a positive that we all can and should appreciate.

We all awoke Monday morning to a six inch snow fall and 45-60 mph winds. Blizzards are new events for me. Snow drifts as high as four and a half feet in many places were common. For a southern raised boy, this was a sight in itself. But what was as amazing as the amount of snow, was the way the city of Wayne cleared the streets as quickly as they did. In a period of about six to seven hours, all the streets were drivable, most alleyways cleared and the snow was removed as best as possible from the downtown area. I believe that the city employees deserve a pat on the back for a job well done.

But before all the streets were cleared, the day began early at my house, about 5 a.m. My wife rose and got ready for work. After wrestling with Mike and Sara, Pam and I dropped them off at the babysitters. We follow the same routine everyday, but dropping the wife off at work Monday proved to be the downfall of the day. I got stuck. I

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Letters

Gives movie rave reviews

Dear Editor,

After attending Mr. Holland's Opus this past week and listening to the rave reviews of both the men and women who had attended, I feel that this movies should be MUST viewing for every school board member and school administrator, as well as seen by all parents and teachers. S

Students would need to be at least in senior high to appreciate the full significance of this remarkably well done film. It deserves every Academy Award available for its sensitivity and insight. It's refreshing to know that good movies can still be made.

Marie George, Dixon

Letters Welcome

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

Mainline budget bill has advanced with 28-1 vote

By Pat Engel
District 17 Senator

LB1189, the \$ 3.7 billion mainline budget bill, has advanced from General File with a 28-1 vote. These budget adjustments are for the two-year budget period from July 1, 1995, to June 30, 1997. The General Fund budget is funded mostly by state sales and income taxes and would add \$ 22.3 million to the two year budget adopted last year, a six-tenths of 1% increase.

The major adjustments contained in LB1189 include \$5 million, Nebraska University system salaries; \$4.5 million, developmental disabilities programs; \$ 3.5 million modular prison housing; \$ 2.3 million Nebraska/Wyoming water litigation; \$ 1.8 million special education deficit; \$ 1.3 million expansion of juvenile services to eight states; \$ 750,000 vocational rehabilitation; \$ 475,000 mass transit; \$ 630,470 Omaha juvenile center development; \$ 552,837 Kearney, Geneva youth center expansions; \$ 406,606 Juvenile Services Office and \$ 350,000 prison planning.

The governor has indicated that he would redline amounts from the spending package if it was adopted in its current form. The governor had proposed spending should be cut to increase the state's cash reserve and for an income tax cut.

LR 292CA, a constitutional

amendment to authorize mergers of local governmental units has advanced from General File. This amendment would remove barriers to city/county mergers. After two years of spending limits and a period for efficiencies to take hold, LB1114 would take effect in 1999, which would result in an estimated 20% reduction in property taxes. By the year 2002, LB1114 would establish a maximum combined tax rate of \$ 2 per \$ 100 of assessed valuation. The current average combined rate is \$ 2.389.

LB108 provides for management of inter-related ground water and surface water resources, sometimes referred to as "conjunctive water use" or "integrated management of ground water and surface water". LB108 would recognize the existing authority of Natural Resources Districts to manage surface and ground water resources and directs the NRD's to form management areas that may include integrated surface and ground water management areas. This bill has become highly explosive with farmers and ranchers concerned that their center-pivot irrigation systems along the rivers would be shut down or restricted, while other people feel that unless local officials are allowed to circumvent disputes with other states, Nebraska will be placed in legal jeopardy. The bill remains in first-round debate.

Local project among 67 grants made by environmental trust

Representatives of the Nebraska Environmental Trust Fund delivered grant checks for an area project on March 28.

The trust presented \$80,000 to UNL-Northeast Research and Extension Center in Concord for the Nebraska Ag Impact project. Nebraska Ag Impact will support farmers, ranchers and community members statewide in their efforts to explore and demonstrate farming

practices which protect surface and groundwater quality, reduce soil erosion, reduce the use of non-renewable resources and improve wildlife habitat and protect human health. Throughout these efforts, the rural economy will be stimulated through maintained farm profitability.

A total of \$45,595,405 has been raised for the trust funds by the Nebraska Lottery to date.

NPPD helping area towns set up home pages on World Wide Web

Dorothy Endacott, Communications Coordinator for Nebraska Public Power District (NPPD) in Columbus made presentations about the World Wide Web in N.E. Nebraska recently. Meetings with area leaders took place in Wakefield, Wayne, Allen and Laurel on Tuesday, March 12.

NPPD is now offering webpage development services to its wholesale and retail customers. NPPD serves many rural Nebraska communities and has always assisted those communities with economic development activities. Helping communities develop home pages on the World Wide Web is just one additional way that NPPD can as-

sist rural communities in promoting their communities.

NPPD's web development service includes designing the web page for each community that would include a custom-designed entry graphic, six menu or selection buttons and six pages of text. NPPD also provides storage for web pages, training and assistance in registering the community's Internet address, as well as many other services.

Allen hopes to use its web site to promote interest in their new housing development and to attract families who might be interested in living in the community.



Aspiring authors

Emily Brady, left, a fifth grader and Faith Kroeker, a sixth grader at Wayne Middle School will be attending Young Author Conferences in April. Emily will attend a Young Author's Contest in Kearney and Faith will attend an Aspiring Young Author Festival in Randolph.



Wayne County 4-H Public Speaking contest is held March 19 in Wayne

Hailey Daehnke of Wakefield and Jolene Jager of Wayne received top honors at the Wayne County 4-H Public Speaking Contest held March 19 at the Methodist Church in Wayne. Twenty-eight Wayne County 4-H'ers participated. Hailey's speech entitled "4-H Parents" earned her the trophy for top overall speech. Jolene's 4-H promotional Public Service Announcement earned her the top PSA trophy. Both trophies are sponsored by KTCH Radio of Wayne.

The Public Speaking contest is designed to provide an opportunity for 4-H youth to gain experience and confidence in speaking before an audience.

Northeast District counties are allowed to enter senior, junior and intermediate participants in the District Public Speaking Contest to be held on April 20 in Norfolk.

Wayne County qualifiers in the Senior division speech category are Hailey Daehnke and Becky Fleer of Hoskins, Todd McQuistan of Kearney and Greg Schardt of Wayne qualified with their speeches in the intermediate division. Ashley Loberg, Carroll and Tamara Schardt, Wayne, are eligible for further competition in the junior division speech category.

The Novice Division of the county contest allows eight and nine year olds to read a poem or story about any topic they choose.

In this year's contest, there were four entries. Placers were purple, Kimberly Deck, Katie Ostler and Johna Terrence. Blue, Natalie Cromwell.

The Junior Division is for 10 and 11 year olds who wish to deliver a speech they have written about 4-H.

Placers for the nine contestants were, purple, Ashley Loberg, Tamara Schardt,

Amber Nelson and Alisha Dunkley. Blue were Scott Hansen, Nicole Hansen, Lisa Miller, Karissa Dorsey and Jennifer Hoe mann.

Placers in the Intermediate Division, consisting of members ages 12 and 13, were purple, Todd McQuistan, Blue, Greg Schardt, Melissa Hansen, Melissa Hoe mann, Beth Loberg, and Ross Hansen.

Senior division placers, for 4-Hers age 14 and older, were purple, Hailey Daehnke and Becky Fleer, Blue, Casey Daehnke.

4-H'ers were also able to compete in a second area of public speaking in the Public Service Announcement division. PSA's were added to the contest to encourage youth to begin to develop broader communication skills. The object is to enable them to write and deliver a message which conveys a complete thought in 60 seconds or less. This is a reality in personal communications, as well as broadcasting.

School Lunches

ALLEN (April 1-5)
Monday: Breakfast — bismark. Lunch — burritos, lettuce salad, peas.
Tuesday: Breakfast — cinnamon roll. Lunch — Mr. ribb on bun, green beans, applesauce.
Wednesday: Breakfast — bagels, turkey roast, mashed potatoes, peas, peaches, roll, ice cream.
Thursday: Breakfast — muffins. Lunch — chicken patty on bun, corn, pineapple.
Friday: No school. Milk and juice served with breakfast. Milk served with lunch.

WAKEFIELD (April 1-5)
Monday: Roast turkey on bun, mashed potatoes, cranberries, peaches.
Tuesday: Hot ham and cheese, corn, applesauce, chocolate chip bar.
Wednesday: Spaghetti and meat sauce, cinnamon roll, cole slaw, cherry crisp.
Thursday: Taco on bun, lettuce and cheese, tri-tators.
Friday: No school. Milk served with each meal. Breakfast served every morning 35c.

later rounds, orange juice, cake.
Thursday: Pizza, corn, peas, chocolate chip bar.
Friday: No school. Milk served with each meal. Also available daily: chef's salad, roll or crackers, fruit or juice, dessert.

WAYNE (April 1-5)
Monday: Pork steak on bun, pickles, green beans, applesauce.
Tuesday: Oven baked chicken, mashed potatoes, peaches, cornbread with syrup.
Wednesday: Sloppy Joe with bun.

There were 10 participants in the PSA division. Jolene Jager, Wayne and Casey Daehnke, Wakefield, qualified to compete at the District level in the senior division. They each earned purple ribbons. Nicole Hansen, Wakefield, and Greg Schardt, Wayne earned top honors in the intermediate division. They also earned purple ribbons. Steven Fleer, Hoskins and Tamara Schardt, Wayne, were blue ribbon winners in the Junior Division and are eligible for District competition. Other ribbon placers in the PSA division were: Senior Division: purple, BJ Hansen, blue, Hailey Daehnke, Intermediate Division: blue, Anne Terrence and Lindy Fleer.

The Wayne County 4-H Council provided each contestant with a dollar bill. BJ Hansen served as emcee for the contest.

Judges for the event were Norma Jean Wilbur, Norfolk and Michaela Albert, Wayne.

Editor's Note: Photos are on page 5B.

Former resident does well with show choir

Tom Fletcher, son of Gene and Shirley Fletcher of Wayne, has had a successful year as director of the 32 member Western Dubuque High School Show Choir.

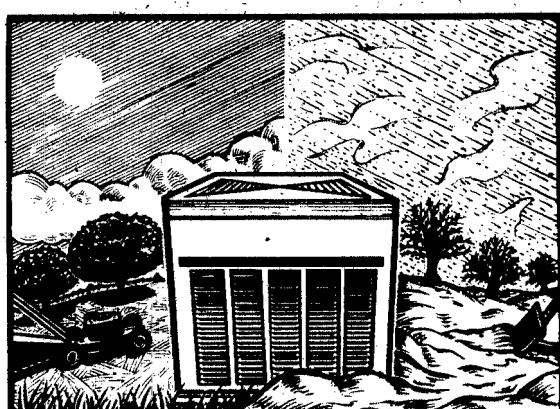
Four years ago Fletcher said his "swing choir" came home from contests with participation plaques. This year they have won first place, best of show, best choreography and best vocals.

Fletcher estimates it costs nearly \$30,000 for a show choir season which includes costumes, a choreographer and a musical arrange. The group also includes an 11-member band.

Among the awards won were first in Class 3A and second runner-up overall in the finals at Johnston competition, grand champion in Varsity Division at Edgewood, first in 3A, best vocals, best choreography and grand champion overall in the finals at Mt. Pleasant, third in 3A at Lewis Central, first in 3A and second runner-up overall in the finals at Ft. Madison and fourth runner-up over in open class at Jefferson.

Fletcher said he looks for "a clean-cut kid who earns good grades" to handle the schedule which this year includes seven contests in three states from January through March.

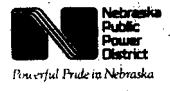
Fletcher is a graduate of Wayne High School and Wayne State College.



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402-254-3444 800-638-4241
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402-254-6541 | Ponca
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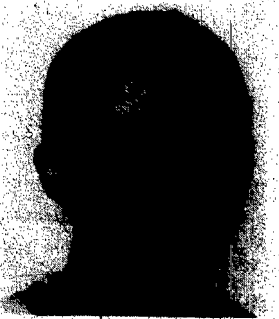
Eleven earn basketball All-Area recognition for '96

By Corey Berg
Of the Herald

The Wayne Herald announced its annual All-Area girls basketball team this week with 11 players earning honors.

Katie Lutt is Wayne's lone representative on the squad. The 5-10 junior led the 5-15 Blue Devils in almost every statistical category. Lutt averaged 11.3 points, 8.5 rebounds, 3.2 assists and led the area with 3.9 steals per contest. She tallied 23 points, 12 rebounds and six assists in a near win over Columbus Scotus in January.

Winside, which finished 9-11 on the year, placed three players on the team. Senior Wendy Miller had an outstanding all-around year for the Wildcats. She averaged 14.6 points, 8.6 rebounds and 4.5 assists per game and also registered 42 steals.



Wakefield's Alison Benson earned All-Area honors for 1996.

Jodi Miller poured in 12.2 points per game and also averaged 4.0 rebounds and 2.3 assists. The 5-11 sophomore also nailed 23 of 56 shots from behind the three-point arc. A 21-point effort against Coleridge in December was Miller's career-high.

Six-foot senior Ann Brugger was Winside's top rebounder on the year, averaging 9.2 per contest, while adding 9.6 points per game. She scored 14 points and had 14 rebounds in the season-opener against Allen and scored 17 and recorded 13 rebounds in a 30-point win over Wynot.

Allen landed three players on the team after finishing the year 12-8. Abbey Schroeder, a 5-6 senior, led the area with 17.2 points per game and added 73 assists and 59 rebounds. She scored 24 points in back-to-back games against Emerson-Hubbard and Beemer in late January.

Mindy Plueger led the area with 10.9 rebounds per game and was the only player to average a double-double, averaging 14.2 points per game. The 5-9 junior had many big games during the season including 15 points and 19 rebounds against Winnebago in the season's third game and a 29-point, 14-rebound performance against Walthill in January.

Five-foot junior Shanyn Moran averaged 11.9 points and 8.0 rebounds per game. She also shot 57.5 percent from the field, which led the conference.

Alison Benson represents 9-13 Wakefield on this year's squad. The 5-8 junior averaged 15.2 points and five rebounds per game. She

scored over 20 points seven times, including a season-high 27 points against Walthill.

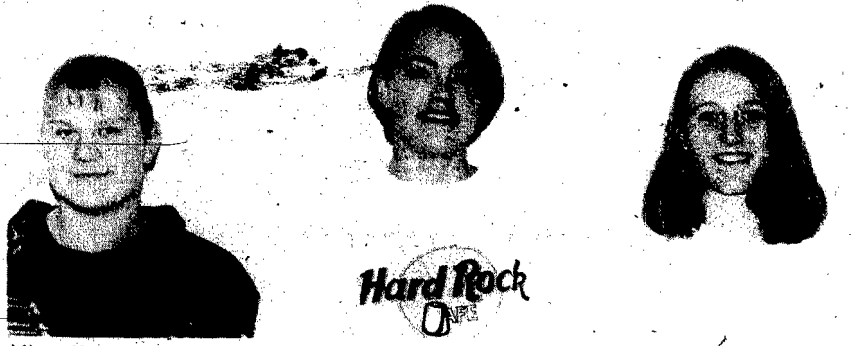
Three players from Laurel-Concord made the team. Becky Schroeder, a 6-0 junior, led the Lady Bears with 14.5 points and 9.2 rebounds per game, while also averaging 2.1 assists and 1.9 steals. She led the area with 85 blocked shots — 45 more than anyone else. She had a 19-point, 9-rebound, 7-block performance against Wakefield and set a school record with 10 blocked shots against Randolph.

Alissa Krie, a 5-9 junior, poured in 13.3 points and grabbed 5.3 rebounds per game. She scored a career-best 24 points and added 10 rebounds in a January game against Bloomfield. Tracy Ankeny, a 5-10 junior, shot 50.8 percent from the field and averaged 9.0 points and 5.0 rebounds per contest.

The Coach of the Year Award goes to Laurel's Rick Petri. The Lady Bears posted a 20-4 record and made it to the State Tournament for the first time in school history, losing to Emerson-Hubbard in the semi-finals.

Co-Players of the Year are Laurel's Becky Schroeder and Winside's Wendy Miller.

Honorable mention picks were Kristin Preston and Susan Brudigam from Wakefield, Megan Adkins from Laurel, Jessica Miller from Winside and Melissa Weber from Wayne.



Alissa Krie, Becky Schroeder and Tracy Ankeny were Laurel-Concord's representatives on the All-Area Team.



Wayne's Katie Lutt was named to the 1996 All-Area Team.

Allen competes at Wayne State Indoor

By Corey Berg
Of the Herald

The Allen girls track team placed seventh, while the boys finished 11th at the ninth annual WSC Indoor Invationals last Saturday.

The girls squad scored 30 points, only two behind sixth place West Monona. The Eagles soared in the distance events, as Abbey Schroeder won the mile run with a time of 6:04.3, while April Sachau won the two-mile, clocking 14:59.2. Schroeder also came in third in the 800 meter run, crossing the finish line in 2:47.6.

Philip Morgan scored Allen's only eight points in the boys

division, placing second in the 800 meter run with a time of 2:16.2.

BOYS RESULTS
TEAM STANDINGS
North Loup Scotia 97, Coleridge 70, Dodge 66, Bancroft-Rosalie 57, Newcastle 50.5, West Monona 46.5, Beemer 18, Benedict 16, Prague 16, Wynot 15, Allen 8, Winnebago 4
ALLEN RESULTS
800m — 2. Philip Morgan 2:16.2

GIRLS RESULTS
TEAM STANDINGS
Newcastle 412, Dodge 85, Beemer 61, Coleridge 61, Bancroft-Rosalie 49, West Monona 32, Allen 30, Wynot 20, Benedict 15, Winnebago 8, Prague 4
ALLEN RESULTS
500m — 3. Abbey Schroeder 2:47.6
Mile — 1. A. Schroeder 6:04.3, 2. Mile — 1. April Sachau 14:59.2



Allen's Abbey Schroeder, Mindy Plueger and Shanyn Moran (front) were named to the 1996 All-Area Team.



Winside's Wendy Miller, Ann Brugger and Jodi Miller landed on the 1996 All-Area Team.

Sports Briefs

Wayne names new football coach

WAYNE — John Murtuagh has been named the new head football coach at Wayne High School. Murtuagh, who is also the head wrestling coach, spent the 1995 season as the team's defensive coordinator. During the 1993-94 school year he was the head football coach at Red Oak, Iowa. He takes over for Lonnie Ehrhardt who will remain at the coaching staff as an assistant.

Wildcat golfers claim victory

WAYNE — The Wayne State men's golf team won the Concordia Quadrangular last Friday. The Wildcats finished with a score of 315 followed by Hastings College with 323, Concordia College with 330 and Dptane College with 364.

WSC was led by Jon Peterson and Jeff Yahn, who tied for second with scores of 77, while J.D. Anderson finished fourth with a score of 79. Other Wayne State finishers were Jim Camplin (82) and Ryan Bjck (93).

"I thought the team performed satisfactory for the first meet of the season," said Coach Eldon Hutchison. "Obviously, there haven't been too many practice opportunities since our course just opened, but the nucleus of the squad has put in a lot of time practicing in a short period."

WSC Men's Golf Schedule

March 22	at Concordia Quadrangular
March 28-29	at Southeast CC Invitational
April 4-5	at Nebraska Wesleyan Invitational
April 9	at Midland Lutheran Invitational
April 19	at Northeast CC Triangular
April 20	WAYNE STATE INVITATIONAL

WSC softball team gets snowed out

WAYNE — Wayne State's softball doubleheader against Morningside last Tuesday was postponed due to the recent snow. The games will be made-up on April 11 at 3:30 p.m. WSC's next home action is Tuesday, April 2, when the Wildcats host Nebraska-Omaha. The doubleheader is scheduled to begin at 3:30 p.m. Here are Wayne State's leaders through 10 games:

Batting: Angie Louck 438, Michelle Rowe 346, Tina Lehman 324, Hits: Louck 14, Lehman 11, Runs: Louck 5, Betsy Wegner 8, Carrie Fink 7, RBIs: Lehman 10, Louck 6, Fink 6. Doubles: Louck 4, Lehman 3, Triples: Lehman 1. HR: Lehman 1, Stolen Bases: Lehman 4, Wegner 3. ERA: Shanel Hoelscher 4.20, Marysler Livingston 5.92, Wins: Livingston 22, Saves: Hoelscher 1, CG: Livingston 2, Strikeouts: Livingston 14

Youth soccer program to be offered

WAYNE — Beginning Tuesday, April 9th, and continuing through Friday, March 10th, a soccer program will be offered for boys and girls, grades 1-6. Practices will be held south of the High School.

Practices Schedule

Mondays	1-2 Girls	3:30 - 4:15 p.m.	Begin April 15
Mondays	1-2 Boys	4:15 - 5:00 p.m.	Begin April 15
Tuesdays	3-4 Girls	3:30 - 4:30 p.m.	
Tuesdays	3-4 Boys	4:30 - 5:30 p.m.	
Thursdays	5-6 Girls	3:45 - 5:00 p.m.	
Fridays	5-6 Boys	3:45 - 5:00 p.m.	

*Monday, April 8 - No school, no practice
*Friday, April 19 - No school, no practice

During inclement weather practices will be moved to the City Auditorium when the facility is available. Please listen to KTCH AM/FM radio for weather related announcements.

Youth recreation basketball teams near end of seasons

The Wayne recreation basketball teams completed last week at the Norfolk YMCA tournament.

The seventh grade girls' blue team went 1-2 at the tourney and saw their record drop to 5-9, while the white team went 1-2 and placed fourth. The white team's record is now 6-9. No scoring results were available from these games.

The eighth grade girls' blue team (14-8) lost to Fremont Bergan 25-11 and defeated Norfolk Catholic 25-14 before losing to Newman Grove 20-18.

The eighth grade girls' white

team (11-7) defeated West Point 21-9 and Fremont Bergan 36-31 in overtime before losing to Madison 34-22 in the championship game.

The eighth grade boys team went 3-1 at the tournament to improve to 12-7 on the season. After losing to the Columbus Blue Devils team 38-36 in their opening game, Wayne went on to beat West Point 41-21 and Columbus 34-23. In the third place game Wayne defeated Newman Grove 52-44.

FINAL ACTION:
Wayne-State Tourney
March 29-30

Open House Sunday, March 31 1 p.m. - 3 p.m. 309 E. 4th Street	New Listings
<p>Come explore this cory brick bungalow featuring over 1,200 sq. ft., fenced yard on large lot, central air, earth stove, new carpeting and more. Priced in the 40's! Don't delay - Stop in Sunday.</p>	<p>Ranch-style home, oak floors, 3 BR, 1 3/4 Bath, main floor laundry, fire place and extra living unit in finished basement.</p>
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Maryott leads Wayne to fifth place at WSC Indoor



Wayne's Nicole Fredrickson and Tara Hart battle run neck and neck during the WSC Indoor Invitational last Friday.

By Korey Berg
Of the Herald

Wayne high school competed at the ninth annual WSC Indoor Invitational last Friday, finishing fifth in boys competition and sixth in the girls division.

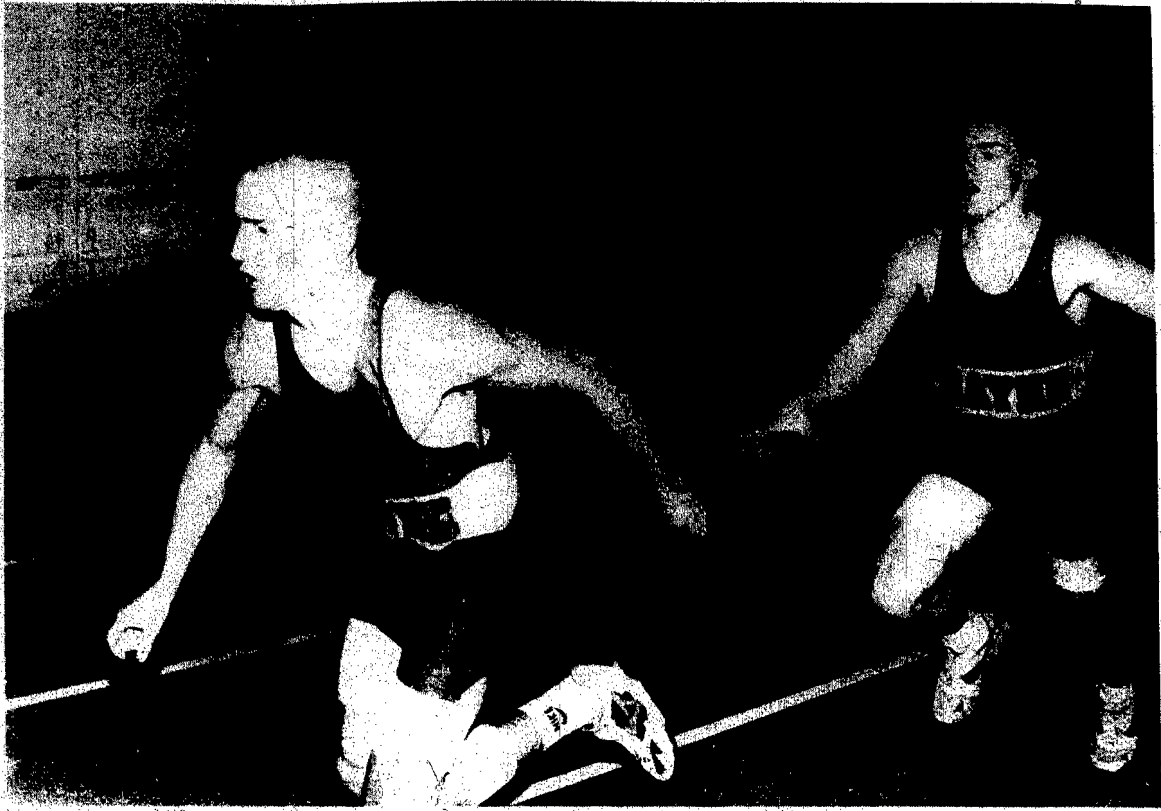
Wayne scored 59 points in boys action, just four points behind fourth place Platteview. Sophomore Brad Maryott led the way for the Blue Devils, winning the 55 meter dash with a time of 6.6 and the long jump with a mark of 20' 3 3/4". Chris Dyer placed second in the 400 meter dash, clocking 57.7, while Spencer Stednitz finished runner-up in the two-mile run with a time of 10:58.1. Wayne also received third

place finishes from a pair of relay teams. The 4 x 160 meter relay team clocked 1:23.6, while the 4 x 800 meter relay team crossed the finish line at 9:45.5.

The Wayne girls scored 24 points and were led by an impressive showing in the two-mile run. Amy Clöse took home first place in the event with a winning time of 13:12.2, while Anne Wiseman placed third with a time of 13:20.7.

BOYS RESULTS
TEAM STANDINGS
Madison 88, Gracina 81, Schuyler 76, Schuyler 70, Blair 65, Madison 30, Wayne 24, North Bend Central 23, Platteview 20, St. Genes 13, Omaha Gross 10

WAYNE RESULTS
2 Mile - 1 Amy Clöse 13:12.2, 3 Anne Wiseman 13:20.7



Wayne's Josh Murtaugh hands off to teammate Neif Munson during the ninth annual WSC Indoor Invitational last Friday at the Wayne State College recreation center. The Wayne boys team finished the day in fifth place.

55m - 1 Brad Maryott 6.6, 400m - 2 Chris Dyer 57.7, 2 Mile - 2 Spencer Stednitz 10:58.1, 4x160m - 3 Wayne 1:23.6, 4x800m - 3 Wayne 9:45.5, Long Jump - 1 Brad Maryott 20' 3 3/4"

GIRLS RESULTS
TEAM STANDINGS
Hartland 402, Columbus Lakeview 76, Schuyler 70, Blair 65, Madison 30, Wayne 24, North Bend Central 23, Platteview 20, St. Genes 13, Omaha Gross 10

WAYNE RESULTS
2 Mile - 1 Amy Clöse 13:12.2, 3 Anne Wiseman 13:20.7

Winside honor students listed

Winside High School has released its third quarter principal's list, all A's; honor roll, all A's and B's; and honorable mention list, A's, B's and 1 C for 1994-95.

Students listed to the Principal's List, which is all A's, includes seniors Josh Jaeger and Anne Kleiner, juniors Nicole Mohr and Robert Wittler; sophomores Jenny Fleer, Dannika Jaeger and Serena Lindahl; freshmen Candace Jaeger, Tiffany Jensen and Amy Riley; and seventh graders Katherine Barg and Lindy Fleer.

Honor roll students include: Seniors: Billie Appel, Adrian Boelter, Ann Brueger, Emily Deek, Nichole Deek, Kerri Hammerbacher, Jessica Jaeger, Mike Kollath,

Wendy Miller, Vera Muller, Greg Mundil, Denise Nelson, Kristi Oberle and Monica Sievers. Juniors: Adam Behmer, Kay Damme, Brittany Lienemann and Scott Stenwall.

Sophomores: Destree Anderson, Jeff Jacobsen, Heith Karsch, Brandi Lienemann, Jodi Miller, Marla Miller, Kim Oberle, Brock Shelton, Trent Suchl, Mandi Topp, Connie VanHojten, Jenny Wade and Sarah Wagner. **Freshmen:** Rachel Deek, Becky Fleer, Maureen Gubbels, Aaron Hoffmann, Ryan Krueger, Jay Rudenbacher, Scott Wittler and Stacy Wittler.

Eighth graders: Heather Aulner, Brooke Boelter, Claire Boelter,

April Frevert, Melissa Hoemann, Shannon Jaeger, Hans Julius, Aaron Lessmann and Keisha Rees.

Seventh graders: Jennifer Cleveland, Laurie Deck, James Gubbels, Danielle Nelson, Amanda Petersen, Dustin Wade and Jessica Wade.

Receiving honorable mention were junior Colleen Rohde; sophomores Justin Boelter, Justin Bowers, Ricky Bussey, Nathan Lessmann, Kelly Nathan, Stacey Schwartz and Tammy Thompson; freshmen Justin Bargstadt, Jessica Janke and Jessica Miller; eighth graders Jeff Cromwell, Amy Mueck, Jeremy Jaeger and Tom Wittler; and seventh graders Justin Bleich, Aimee Buresh, Heather Rabe, Nathan Suchl and Eric Vanosdall.



Wayne's Sebastian Huhmann goes over a hurdle during the 55 meter high hurdles at the WSC Indoor Invitational last Friday.

Middle school honor roll released

The 1995-96 third quarter honor roll for seventh and eighth graders at Wayne Middle School has been released. The honor roll is based on the subjects of English, social studies, math and science.

Seventh graders receiving four A's include Jeanne Allemann, Shane Bauck, Joe Dangberg, Leah Dunklau, Jeff Enz, Shanon Johnson, Stacy Kardell, Kenneth Kopperud, Kallie Krugman, Ethan Mann, Amanda Maryott, Ben Meyer, Jon Meyer, Lisa Mitchell, Monica Novak, Craig Olson, Kelli Penn, Katie Roberts, Greg Schardt, Anthony Sump, Lyndi Tretz, Nicole Trevett and Megan Weber.

Seventh graders receiving three or two A's and no D's were Erin Arneson, Sarah Beaman, Lily Broders, Kristine Tim, Matt Jensen, Brandy Jones, Lynn Junk, Jessica Leighty, Roy Ley, Beth Loberg, Kyle Minds, Karie Mitchell, Erin Palu, Julie Reynolds, Jennifer Faber, Ryan Teach, Angie Thede and Katie Walton.

Seventh graders receiving one A, 4 B's, no D's were Jason Beermann, Monica Boehle, Heidi Echtenkamp, Malissa Fredrickson, Ryan Gull, Kristin Hix, Andrea Kay, Brittney Lamb, Eric McLagan, Russ Olson, Nicole Owens, Jon Pickinpaugh, Daniel Reber, BJ Ruwe, Danika Schuett, Eric Shapiro, Sarah Sperry, Jordan Wadner, Chris Woehler and Trevor Wright.

Eighth graders receiving four A's include Heidi Dicks, Jon Gathe,

Kristin Hochstein, Sarah Holstedt, Amy Magnuson, Erin Simpson, John Slaybagg and Kevin Youngmeyer.

Eighth graders receiving two A's and no D's were Tyler Bayless, Caitlin Blaser, Rebecca Brumm, Billie Davie, Brandon Garvin, Mandy Hansen, Klinton Keller, Angie Mitzel, Molly Muir, Joel Munson, Jason Parks, Dustin Schmeits, Tonya Schwanke, Michael Varley, Ashley Walton, Heather Walton, Kristin Wilson, Jessica Woehler and Lindsay Woehler.

Eighth graders receiving one A, 4 B's, no D's were Kevin Addison, Darcy Bargholz, Elizabeth Campbell, Wade Carmichael, Sara Ellis, Kristin Ewing, Brittney Frevert, Courtney Grim, Daniel Johnson, Chris Junck, Jill Mader, Bobby McCue, Erin Milander, Dan Nelson and Greta Smith.

Emerson student wins

Paul McTaggart of Emerson was the winner of the Dixon County Spelling Bee by correctly spelling "embroidered." He will now participate in the Omaha World Herald Midwest Spelling Bee in Omaha on Saturday.

Ross Gardner of Wakfield was the second place winner and will act as an alternate. Sheila Rohan of Newcastle was also among the top spellers.

After the written portion of the contest, 15 semi-finalists were chosen to continue with the oral por-

tion of the contest.

Finalists from Ponca included Jami Peterson and Hannah Hoelsing. Finalists from Wakfield were Ross Gardner, Michelle Schwartz, Ryan Carson and Amber Kramer.

Paul McTaggart was the finalist from Emerson Sacred Heart. Stephanie Sedivy, Krystle Lamprocht, Sheila Rohan, Beth Harding and Zach Meyer represented Newcastle.

Allen's representatives were Brett Keitges, Alaina Bupp and Joel McAfee.

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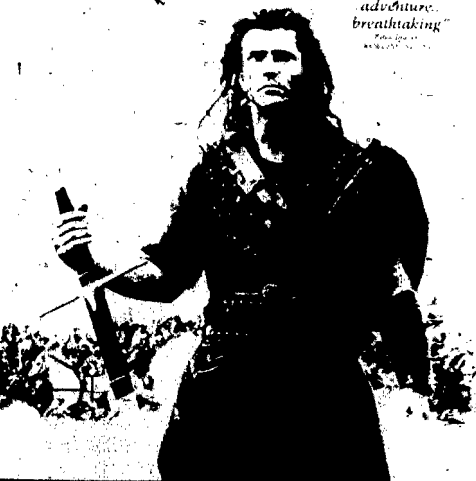
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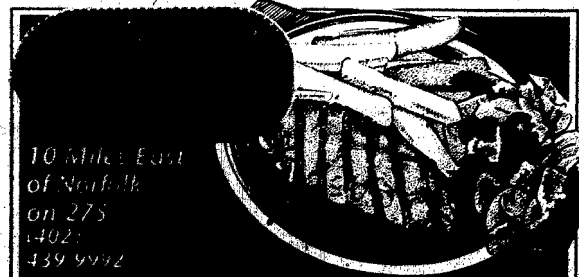
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New Information About Vitamin C for the Common Cold

During 1975, an often cited report was published which concluded that vitamin C is not a beneficial treatment for the common cold. This report was based on an analysis of several studies in which vitamin C was used to treat or prevent colds. A different conclusion recently was reached by researchers who reviewed the manner in which the earlier study was conducted. It was determined that the vitamin C dose used in the early study often was as little as 250 mg to 500 mg daily.

Using data from the same studies analyzed in the 1974 report, researchers determined the effect of taking from 1,000 to 6,000 mg of vitamin C daily. It was concluded that this much larger vitamin C dose decreased the duration of a cold episode by an average of about one full day. This meant that the relative decrease in the duration of a cold was 21%.



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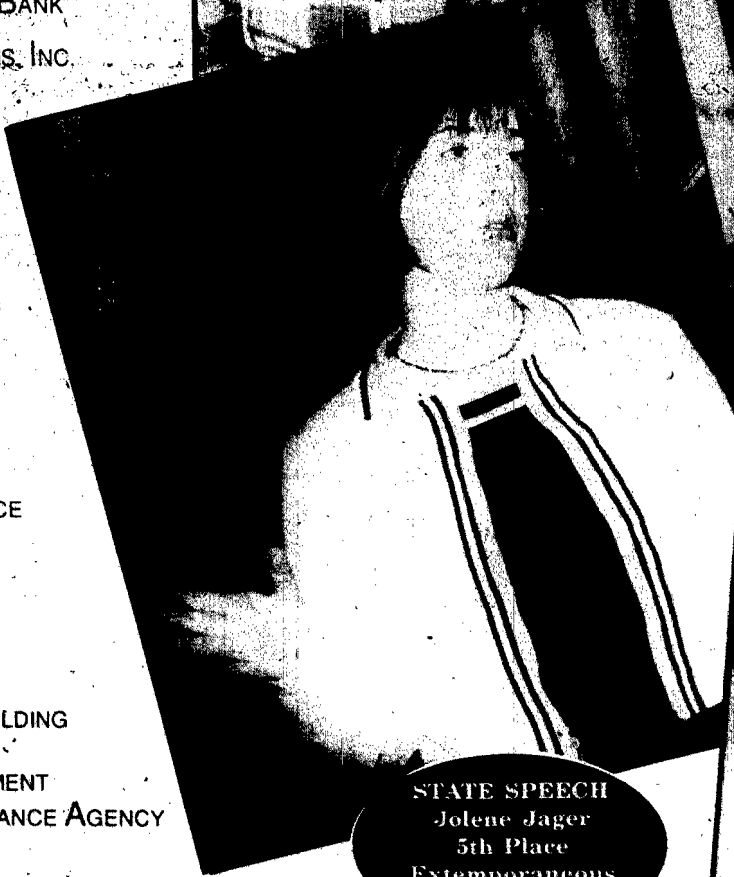
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**THIRD PLACE
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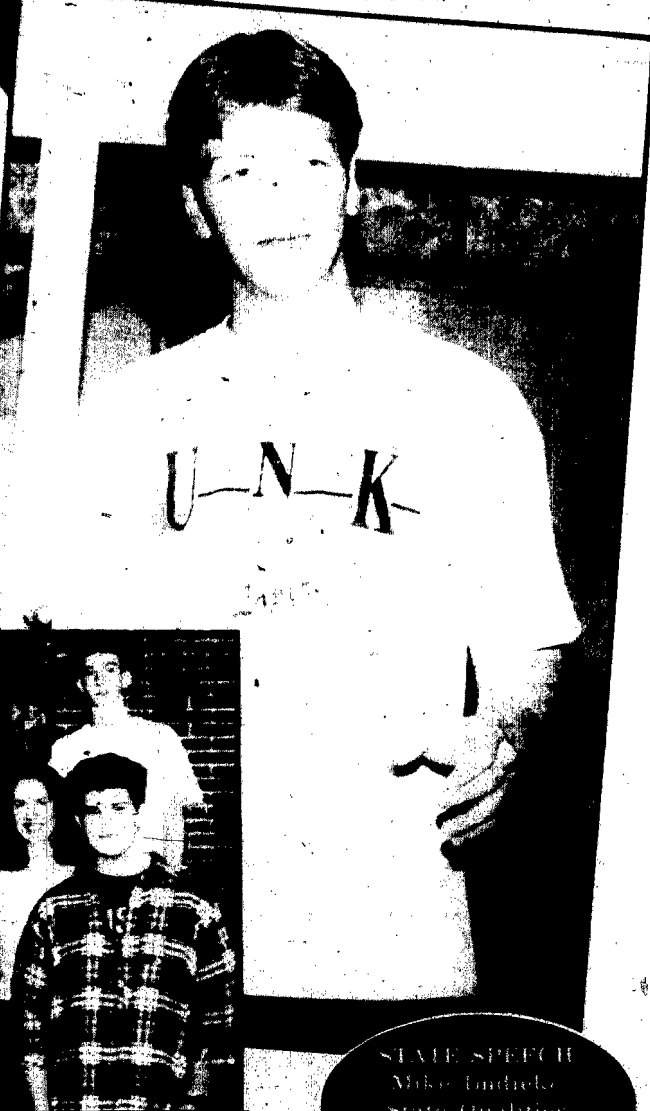
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Wayne High Speech members include, front row, left to right, Jessica Meyer, Tara Hart, Roger Paxton and Brian Finn. Middle row, Erin Mann, Sara Kinney, Jolene Jager, Melanie Mitzel and Carla Kemp. Back row, Peter Taber, Mike Imdieke, Bukky Okubanjo, Andrea Jorgensen and Mike Lindau. The group is coached by Lauren Walton.

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LEISURE TIMES

A bi-monthly publication for Senior Citizens

March 26, 1996

Contact your local newspaper



Betty Manke is a Green Thumb worker employed as a secretary/receptionist in the Kurt Rager law office in South Sioux City.

Even In Retirement Manke's Clerical Skills In Demand

By Peggy Williams
Star Editor

"It feels so good to have someone take a chance on you," 71-year-old Betty Manke confided from her perch behind the receptionist's desk at the Rager Law Office in South Sioux City.

But South Sioux City attorney Kurt Rager never considered he was "taking a chance" when he looked to the Green Thumb program for a part-time secretary.

"I was looking for reliability," Rager explained, and said he hasn't been disappointed.

Rager admits he had a preconceived idea that an older worker would be particularly dedicated and reliable, but adds, "I wanted to give the program a try."

Manke joined the firm in December and has been a joy to have around, Rager reports. Not only did she bring with her a track record of quality job experience, "She's a hard worker, is eager, is lots of fun and has a good sense of humor," he said.

Unlike a lot of the clerical employees entering the job market today, Manke has only a high school education. That education obtained more than 50 years ago, however, focused on bookkeeping, typing, shorthand and office machine skills, preparing Manke for a lifetime of work in a variety of offices.

"I married at 19 and followed my husband to Los Angeles where he was stationed with the Navy," she explained. "I worked in the office at Sterling Motors, and when he was transferred to Minneapolis, I went to work for Sears Roebuck."

The couple began their family, but that didn't stop Manke from continuing her career. Around 1957, she became a receptionist, news clerk at the Sioux City Journal, greeting visitors to the News Department and taking news reports over the telephone.

When her husband and a partner bought Church's Grocery store in South Sioux City, she went to work there, wrapping meat, checking groceries and doing the bookkeeping. After that, she was a checker for 10 years at the Piggly Wiggly in South Sioux before becoming a bookkeeper at Orkin Pest Control for 10 years just prior to her and her husband's retirement in 1987.

"I enjoyed retirement. We traveled a lot and had a lovely retirement until my husband died two years ago," Manke explained. "It got so I couldn't stand sitting at home alone. It seemed so useless. It's like I told my children, You can only go to lunch with friends so many times. Then you want to be doing something."

So Manke signed up with the Green Thumb Program in South Sioux City. She had two placements locally and took an eight-week computer course through Northeast Nebraska Community College before being placed at Rager's.

"I still have a lot to learn about the computer," she explained, but notes that she's become quite adept at producing correspondence and other printed documents.

According to Green Thumb Program Aide Al Churilla, the

See MANKE, next page

We could use more (Green Thumb participants). I have requests I can't fill. There are businesses that want legal secretaries, other types of office workers, a motel clean-up person, an auto parts driver, a car wash attendant, a sewing apprentice, and nursing home aides and housekeepers.

— Al Churilla
Green Thumb Program Aide



IOOF Members 'Remember When' • MANKE

By Peggy Williams
Star Editor

If things were looking up for the local International Order of Odd Fellows Lodge #182, they might not be feeling so benevolent.

The group recently donated \$500 to the South Sioux City Library Story Hour fund — almost twice the amount they normally donate each year. Which was nice. But the reason wasn't the greatest.

"It looks like our organization might be tending up for lack of participation," explained Carol Berg, who at 66 is one of the younger members of the lodge.

"If we do, we want to give our money to some local organizations," he explained.

"Yes," interjected Chapman. "We're affiliated with the international organization, but we always tried to donate most of our money to the community instead of giving it to the national causes," he explained.

The men's appearance at Story Hour recently had the feel of a last hurrah. There was a sadness about the pair, and a desire to reminisce.

"This was the first fraternal organization on register in Dakota County," Chapman noted. "It was established in 1890. Used to be, we had 75 to 80 members at our meetings. Now if we have eight, it's a big meeting."

"We have 22 registered members, but usually only four attend," he continued. "I'd say that about 50 percent of our members are in nursing



On behalf of the IOOF #182, Carol Berg, left, and Caleb "Kay" Chapman presented a \$500 check to Mildred Moseman to help fund the South Sioux City Library Story Hour. The gift was made during a recent Friday morning Story Hour.

homes. The youngest member is 54 years old.

Over the years, the Dakota City and Emerson IOOF groups merged with the South Sioux City group. Now South Sioux City is thinking about merging with Norfolk.

The men agreed that service organizations such as the IOOF are dying, the victims of television and

modern transportation, they say.

"When it started, this was the only fellowship in the community," recalled Chapman. "All the important businessmen were members. They'd hold suppers and play cards, but people aren't interested in that any more. They don't have the time. And there are too many other things for people to be involved in."

Continued

program has operated in Dakota County for three years and has seven active members.

"We could use more. I have requests I can't fill," he reports. He said there are businesses that want legal and other types of office workers, a motel clean-up person, an auto parts driver, a car wash attendant, a sewing apprentice, and nursing home aides and housekeepers.

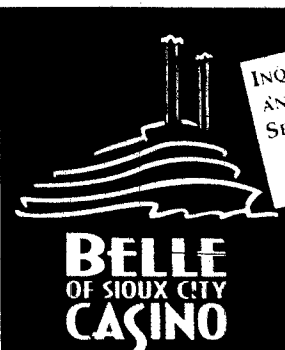
Anyone who is 55 or older, is a resident of Nebraska and who meets income and immigration requirements is eligible to, for placement.

Persons who require training will be placed with a host agency — some type of public entity such as city government or a school district. During training, they will receive minimum wage of \$4.25 per hour. Once they are placed, their salary is determined by the law of supply and demand, Churilla said. "It's free enterprise," he noted. Some participants may also be eligible for On-The-Job Training, whereby the Green Thumb program pays half their wage while they learn the skills necessary to do a particular job.

Anyone interested in more information may call Churilla at his home, 987-3486, or at the South Sioux Senior Center, 494-1500.

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Two From Area Pass Milestone Birthdays

Freddie Bartels - 90

By Esther Watkins
Hubbard Correspondent

Freddie Bartels was born Feb. 6, 1906, on a farm northeast of Hubbard. He attended the Bridenbaugh country school through the seventh grade. He attended Hubbard School through the 8th grade and then went to Wayne and stayed with his sister Minnie Hiekes for two years. He did not graduate from high school but went to Midland College for a short course from January till June.

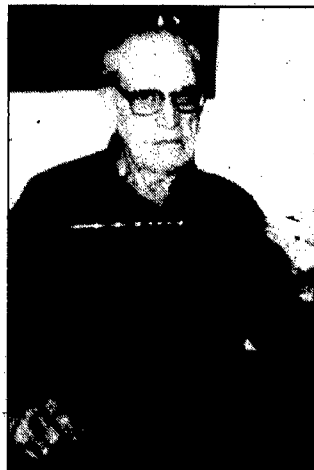
Freddie had five sisters and five brothers. He said he and his brothers played a lot of ball together.

Freddie met his wife, Mary C. Hartnett, when they were students in the eighth grade. They were married Nov. 3, 1929. She passed away April 1992. They had three sons and three daughters, Marion, Fritz, Kenneth, Joan, Gene and Bernie. Marion and Gene are deceased. He has 31 grandchildren and 30 great-grand children.

Freddie's children, most all of the grandchildren, and several of the great grandchildren are planning on attending his 90th birthday party. Many other relatives will be here, Freddie says they are coming from all over the United States.

Freddie talks about his grandchildren and their activities. Recently his granddaughter Kitty, who works for Madeline Albright as an aid, was on Air Force One with Hillary Clinton.

Freddie is a Big Red Fan. In 15 years he missed going to only five of the home games. In recent years he has gone in a wheel chair and attends one game a year. When not



Freddie Bartels

attending he listens to the radio or watches the game on the T.V. He is very proud of his cane that looks like a golf club and painted red with N carved in it. After the Fiesta Bowl game he was all dressed up in his Nebraska coat, hat and mittens that said Huskers. He also attended the dinners and fund raisers in South Sioux for the Huskers in past years.

Most every morning you will find Freddie at Heeney's Feed Store playing cards with the "local boys." He likes nothing better than a good game of 5-point pitch. He served on the Hubbard School board for 22 years, he went to his children and grandchildren's basketball games for over 60 years and he remembers his family with cards for their birthdays.

Freddie was honored with a party Saturday, Feb 3 at the Hubbard Community Center

Bessie Laird - 101

By Peggy Williams
Star Editor

Whether she was gardening, crocheting, quilting or caring for family members, Bessie Laird has always been one to keep busy.

And as her 101st birthday passed, the story hasn't changed a bit.

"She likes to be involved with the activities we have here, said Donna Swan, social worker at Walker Colonial Manor. "She loves to cut, so we have her cut our name tags and door signs. And she likes being read to, so she takes part in Library Day. She also does all kinds of crafts."

Mrs. Laird, who was born on Feb. 28, 1895, in Salix, Iowa, has lived all of her life in the Siouxland area. She was one of seven children of Phillip and Ann VanCleve. The family moved to Homer when Mrs. Laird was 6 and she continued to live there for 50 years. She attended the Homer School, finishing 6th grade. In 1925, she married Clarence Laird and the couple eventually moved to a home on Crystal Lake when it was still in its heyday.



Bessie Laird

"She made beautiful quilts and crocheted doilies, pillow cases and other small items," said Bonnie Heckathorn of South Sioux City, Mrs. Laird's niece. "She was like a second mother to me and was very involved with my children."

Mrs. Laird moved to the nursing home exactly 10 years ago and says she likes living there.

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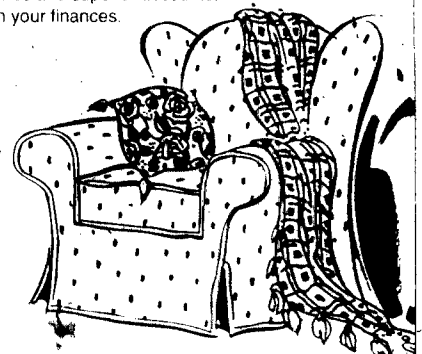
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Retired school superintendent remembers successful career

By Sally Schroeder
Cedar County News

COLERIDGE - Attending college during the depression years, made some people more industrious when it came to earning the money to pay for that education.

Gerald Litel, a retired superintendent of schools said in his short but eventful 88 years, he remembers the hard work he needed to do, to pay for his education.

After high school, Litel got a job as a farm hand. "One day, I got a job I didn't like, fencing in an orchard to keep sheep in, and it was a really terrible job. I sat down under one of the apple trees and asked myself if this was the sort of thing I wanted to do for the rest of my life. My answer was no," said Litel.

Litel said he had saved enough money to go to college for two years. In 1929, his first semester at Wayne State College, cost him a total of \$24.25.

With a two year teaching degree under his belt, Litel's first teaching position was at Coleridge School teaching 7th and 8th grades.

Litel said love-at-first-sight occurred when he saw his future bride, walk past him in the Coleridge school hallway.

Litel said he knew immediately, that Cleone Peck would someday be his wife. He finished out the teaching year, but resigned as soon as it was over, so he could begin courting her.

"She was an 11th grader, and when she walked by, she didn't look at me, and it made me mad," said Litel.

Litel said he knew he had to remove himself from the school if this romance was ever going to go anywhere, since it would be inappropriate for him to associate with a student, while he was teaching there.

"I decided to go back to college and get my Bachelor's degree," Litel said.

Once again, the depression's economy challenged Litel's financial creativity. With the help of a friend, and an investment of \$200, provided by each of them, the men opened up a hamburger hut, called the Dew-Drop-In, right by the Wayne State campus.

Litel said he and nine other young men financed their college education with the enterprise, selling the hamburgers for 10 cents a piece.

Immediately following her graduation from high school, Cleone took Gerald's hand in marriage, and she too helped cook at the Dew-Drop-In.

The Litel's will celebrate 65 years of marriage this May, Cleone said.

After graduation, Litel was immediately hired as superintendent of school at Magnet, Nebraska.

Litel said friends have meant everything to him in his lifetime, since they have always played an active role in his profession.

"You get there by friends, and not by enemies," said Litel. "One of my good friends in those days told the Magnet School Board that he highly recommended me, and I ended up with the job.

Litel said he was hired for \$1,350 the first year, and his teachers were paid between \$60 and \$70 a month.

"I always tacked an extra five dollars on the teacher's pay checks, since times were so hard in those days," Litel said, "but the school board didn't know it."

Litel's successful journey as educator and superintendent carried him to Colorado, Wyoming and finally ended in California.

"For a short while, we tried to manage a dairy



Gerald and Cleone Litel are shown with a picture of an elementary school which was named after Mr. Litel following 25 years of service to the Chino California School System. Litel's returned to Coleridge to retire in 1990.

operation, in Chino, California, but I soon learned a farmboy from Nebraska couldn't manage a California dairy, so it only lasted for four months," said Litel.

"I went to talk to the superintendent of schools at Chino, looking for work in the school system, and ended up teaching prisoners at the California Institute for Men."

SEE LITEL



Photograph © Larry S. Ferguson 1994

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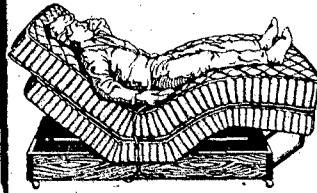
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Litel

Continued

After that experience, Litel began climbing the education administrator's ladder, with short terms of assistant principals, jr. high principals, and high school principal, in the Chino school system.

With 25 years in the Chino Unified School District, Litel spent the last nine years of his career, as superintendent of schools there.

Litel said his philosophy on being a school administrator meant solid discipline, at home and at school, good attendance by students, teacher preparation, and good teachers teaching.

"Make the children ready to go to college," Litel said.

Litel said he is in disbelief of the horrible things teachers have to deal with these days, like students bringing guns to school.

"I always made my presence known in the hallways, and knew every kid's name," said Litel.

Litel said the reason for his success in administration was because

he always moved on while he was still well liked. His advancements in the Chino school system were within the school system, and he has good reason to be proud of his achievements.

After Litel's retirement from superintendent, the Chino school system named an elementary school after him.

The Gerald F. Litel Elementary School in the Chino Unified School District is one of the many schools Litel was instrumental in getting started while still employed in the system.

Litel and his wife Cleone are proud of their two sons, Dr. Gerald R. Litel, a neurosurgeon from Houston, Texas, and Dr. Jim Litel, a dentist from Coleridge, and a daughter, Joyce, a speech pathologist from Colorado.

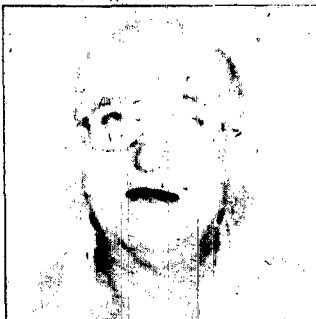
Litel said they moved back to Coleridge to be closer to family in their twilight years, since Litel has suffered heart problems in the past.

**Watch for the next
Leisure Times in May!**

Senior Reflections

- Compiled by Rose Rolfes
Cedar County News

"How do you feel about the government possibly raising the speed limit again?"



"If they raise it they should enforce it."

Gene Burbach
Hartington, NE



"I'm for it, the cars we have now are designed for the new speed limits more now than before. Most people on Interstate go faster than the speed limit anyhow."

Joe Schulte
Hartington, NE



"It would be OK if they limited it to the interstate, there are too many accidents on our highways already."

Maurice Ketter, Jr.
Wynot, NE



"I wouldn't mind if they limited it to the interstate, but not the state and county roads, people drive to fast already."

Paul Stolpe
Obert, NE

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Thursday, June 30th

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Colorado Rails Trip - Sept 1996
Bronson Christmas Lights - Nov 1996

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Conference on aging is scheduled for May

Whether you're an older adult, aging services provider, health buff — or not, there will be something for you at the 1996 Nebraska Governor's Conference on Aging.

Scheduled for May 20-22 at the Ramada Inn in Kearney, the Conference theme is "Body, Mind and Spirit — Health & Wellness in the '90s."

"Because health and wellness are so important to our quality of life, this year's theme is especially well-suited," said Dennis Loose, director of the Nebraska Department on Aging.

Research has shown that paying attention throughout our lives to what we eat and drink, how much exercise we get, even whether or not we use seat belts regularly, has great health benefits. It's important to know that starting this process later in life has its benefits, too," added Loose.

The Conference will feature sessions ranging from "Lose the Fat — Not the Taste" to "Building Blocks for Good Mental Health" to "Is It Alzheimer's?"

Registration for the three-day Confer-

ence prior to May 6, is \$30 per person. After May 6, registration is \$50 per person. Again this year, an event-only registration will be offered. For \$15 each, people can attend all workshops, round tables and general sessions. The fee doesn't include meals. After May 6, the event-only fee will be \$25.

Additionally, for the first time, Continuing Education Hours will be offered for Social Workers (9 hours) and Mental Health Practitioners (5.5 hours). Those desiring credit for Continuing Education Hours must pay an additional \$5 processing fee.

People with disabilities requiring special arrangements to attend, should notify the Department on Aging no later than May 6.

For more information, or to receive a registration form, contact the Nebraska Department on Aging, P.O. Box 95044, Lincoln, NE 68509-5044, (402) 471-2306 in Lincoln, or 1-800-942-7830 (Voice/TDD) in Nebraska.

Skin grows more fragile over lifetime

A hot, hot bath on a cold, cold day sounds inviting and enjoyable. Unfortunately, that warm tub can be a contributing factor to a common winter health problem — dry, itchy skin.

An older person's skin grows more fragile over the course of a lifetime. It wounds more easily and is more likely to become infected. To help avoid the itching which can lead to scratching and long-term skin irritation, older people should think about using a lotion, especially during the cold, dry months of winter, to insure healthy skin.

A variety of moisturizers are available in a wide range of types. Many dermatologists recommend products which contain lanolin and petrolatum. You might want to experiment by purchasing small bottles of lotion until you find one that works best for you. Lotions are mainly water and some actually promote drying. If your skin is very dry, consider using a non-allergy cream.

Beyond lotions and creams, there are several lifestyle changes you can make to help keep your skin in good shape during the winter. Humidifying the air and filling your home with plants during winter are both excellent ways to add moisture to your residence. Another good and inexpensive way to add moisture is to leave water in your bathtub to evaporate into the air. However, a word of warning — don't try this method if small children are in the home, even for a visit. It just takes a few inches of water to cause a drowning.

Other steps you can take include:

• Avoid hot baths. As mentioned above, hot baths in the winter can contribute to dry skin. Try taking a shower instead.

• Avoid harsh soaps. If your skin becomes easily irritated, try an oatmeal-based product like Aveeno. Use a minimum amount of soap and only in those areas of the body that really need it.

• Avoid over-drying. It may feel good to rub skin dry with a towel, but your skin needs that moisture. Blot dry then apply a lotion or cream while the skin is still moist.

• Remember your lips. Putting on a lip balm will help keep your lips from cracking and peeling.

If a dry skin problem persists or gets worse, consult with your physician.

Anemia...more than iron poor blood

Have you ever felt worn down and tired? Have people told you that you look a little pale? The reason might be anemia — often thought of as iron-poor blood, but iron deficiency is just one cause of many.

Anemia is not a normal part of aging, but many older adults do develop the condition. Severe cases of anemia can lead to an irregular heartbeat or an increased heart rate as your heart pumps more blood to compensate for a lack of oxygen. The solution to anemia may not be as simple as taking and iron supplement or changing your diet.

First, let's understand how anemia happens. Red blood cells carry oxygen to the cells of the body. When red blood cells aren't being made fast enough by the body, when they don't develop properly or when they are destroyed too quickly, their ability to carry oxygen in the body's needed amounts is reduced. This "anemic" condition may be unnoticeable at first, but as the disease progresses feeling tired and looking pale are common symptoms.

Let's examine three areas of anemia and their general causes.

Iron deficiency anemia is the type people best understand. In older adults, iron deficiency usually.

CONSUMER BULLETIN

by

Don Stenberg

Nebraska Attorney General

REFUNDS AVAILABLE TO NEBRASKA CONSUMERS WHO MADE MCI 900 CALLS

If you called a 900 number hoping to connect with prizes, awards and credit cards but instead parted with your money, you may be able to get up to \$50 back in free long-distance calls. The refunds are a result of the settlement of a nationwide class-action lawsuit approved by the Federal District Court in Augusta, Georgia, against MCI Telecommunications Corporation. MCI has agreed to make available \$43 million in free long distance certificates to eligible consumers. Nebraska consumers who called 900 numbers that promoted questionable sweepstakes and other offers between January 1998 and November 1994 are eligible to receive certificates by submitting a claim form by March 31, 1996.

Between 1989 and 1994, several million people across the United States called 900 numbers involving sweepstakes, games of chance, unclaimed funds, and offers of credit. These programs were operated by companies using MCI 900 long distance services.

The lawsuit alleges that consumers paid higher rates than they should have because the long distance carriers offered 900 number services of a third-party, which is not subject to government rate restrictions.

Consumers filing claims are not required to become MCI customers to use the certificates, and the certificates are good for one year from the date of issuance.

Remember: 900 numbers are often used in sweepstakes, prize giveaways and other questionable offers. Be wary of offers that entice you to call 900 numbers in order to claim a "free" gift. The toll for the call will most likely cost you more than the gift is worth, if you receive a "gift" at all.

The claims process requires the completion and return of a claim form that must be postmarked by March 31, 1996. Consumers are not required to obtain old telephone bills or list the 900 number they called.

Claim forms are available by calling or writing the office of **Attorney General Don Stenberg, Consumer Protection Division, 2115 State Capitol Building, Lincoln, NE, 68509, (402) 471-2682**; or the Claims Administration Office at 1-800-871-5409; or write: 900 Settlement Administration, P.O. Box 33308, Washington, D.C.

Dancing good exercise and fun

Whether you're swirling across the floor to a Strauss waltz or doing a do-si-dos to the commands of a square-dance caller, you are exercising and probably having fun. From burning calories to socializing with friends, dancing burns as many calories as walking, swimming or riding a bicycle. During a half hour of sustained dancing

you can burn between 200 and 400 calories.

In addition, dancing offers cardiovascular conditioning - experts recommend 30 to 40 minutes of continuous activity three to four times per week. The Nebraska Medical Association encourages you to exercise for the health and fun of it.

Temporomandibular joint renamed

Temporomandibular joint (TMJ) syndrome was recently renamed temporomandibular disorders (TMD). The term refers to jaw trouble: grinding or clicking sounds, plus pain or discomfort when you open your mouth - a feeling that your jaw has come unhinged.

About 90% of TMD sufferers are women. Jaw muscles become sore, chewing is difficult and pain spreads to the facial and neck muscles and persists around

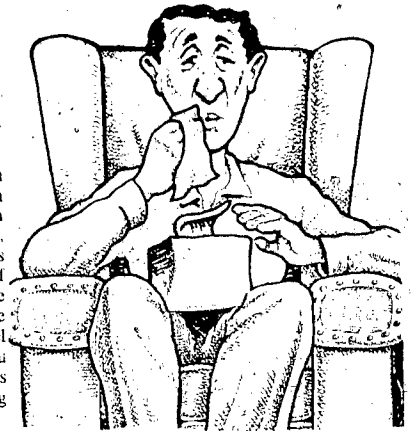
the clock. Headaches, toothaches and earaches may also be part of the syndrome.

The Nebraska Medical Association suggests self-care as the first line of treatment. Go on a soft diet for a few days. Give up gum chewing. Use aspirin, ibuprofen or acetaminophen to reduce pain and muscle spasm. Cold or hot compresses to the jaw may also help. If these remedies don't help consult your doctor or dentist.

*Flu is contagious***Keep germs to yourself**

Flu or influenza is spread by airborne particles and is contagious for about 3 to 5 days after symptoms appear. Typical symptoms include fever, headache, muscle pain, extreme fatigue and sometimes a running nose or sore throat.

A cold is spread through contact with mucus or saliva. The virus is contagious a day before you start to show signs of a cold, and until your symptoms are gone. The Nebraska Medical Association advises you to keep your flu and cold to yourself by washing your hands after using the bathroom, blowing your nose and before and after every handshake. If you don't feel well, stay home if possible. That way you will keep your germs away from others who may have a difficult time fighting them off.

**All ages suffer from psoriasis**

Red patches of skin with a heavy, thick scale can be the mark of psoriasis. Five million Americans suffer this unpredictable disease which affects men and women equally and occurs in people of all ages. Psoriasis can erupt anywhere on the body, clear up for months at a time, then reappear. Psoriasis lesions form when new skin cells are produced at a rapid rate and do not flature normally.

The Nebraska Medical Association reports there are several treatments your physician can recommend for relief of inflammation. These options include ultraviolet light therapy, topical corticosteroid preparations, and potent oral medications. Your physician can best evaluate your condition and prescribe the treatment which will work best for your condition.

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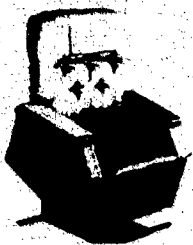
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Royalty crowned

February was a busy month at the Wayne Care Centre. A Valentine's Day party was held with Stepping Stones pre-school entertaining. Lyle Cleveland was crowned King and Phyllis Beck Queen.

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Mall walking real exercise

Mall walking is a real exercise for anyone, at any age. Senior citizens especially have found this sort of exercise program to be beneficial because in shopping centers the climate is controlled, the terrain is flat (unless you like climbing stairs) and the location is kept safe by a security service. It may not be a nature hike, but window shopping before and after a workout can make for a pleasant experience.

Like any physical activity, a person has to prepare and have the right equipment (and attitude) to get the most out of mall walking. Keep the following checklist in mind before you head for the mall to complete your first lap. To be a successful mall walker:

*Be comfortable -- It's probably 70 F in the mall. Plan on wearing something lightweight during your walks. Also, good walking shoes and athletic socks are a must. Traction is important on the hard, smooth floors of a mall.

*Be sure to stretch -- Stretching for five minutes before you start walking prepares

your muscles for activity. An additional five minutes stretching after you work out helps with flexibility.

*Start slow -- When you first start mall walking, make your first workout comfortable and brief. If you haven't exercised in years, don't be disheartened. Plan on gradually increasing the time of your walks by just a few minutes each time you go out. And each time you go for a walk, start by taking it slow for the first five minutes to help increase your heart rate.

For a good cardiovascular incentive in a walking program, keep a log of your workouts. It won't take long for you to see how much improved your exercise regimen has come. Increases in frequency, length and time of walks will give you a sense of accomplishment that follows along with improved health. Finally, if you haven't exercised in years, it's a good idea to check with your physician and discuss your exercise plan. If you are in good health, you will hear nothing but encouragement.

Spring temps changeable

The late winter and early spring months can be marked by a range of temperatures - from bitterly frigid to unseasonably warm. This yo-yo of cold to temperate means ice freezes, melts and refreezes over and over again. A sidewalk or parking lot that is perfectly passable one day can be no longer than a hockey rink the next. For older people, the risks of falling down are more than a little embarrassing or a small bruise.

When accidents occur, older people are vulnerable to severe injury and tend to heal slowly. Especially in women, the bones can often be thin and brittle. A small tumble which cause a sprain at 35 could be the source of a broken bone in a 75-year-old.

Besides the bad footing ice gives everyone, older people also have to be aware that any physical conditions they have -- diminished eyesight, arthritis or impaired coordination -- can also contribute to a fall. Medications and alcohol can also make a normally agile person drowsy or distracted.

So what is an older person to do until spring comes? People aren't bears and shouldn't hibernate! The following are some common sense ideas to try:

*Be careful. It sounds obvious, but

watch where you are going and take the time to find the safest way. If you are out at night, walk where it is well lit. Taking along a friend on a trip is also a good idea and can be fun.

*Be safe around the home. For your safety and the safety of others, take the time or hire someone to clean off your steps and sidewalks. If you live in an apartment, insist that your landlord keep your building free of ice and snow.

*Be safe to use provided help. Handrails on stairways are there for safety reasons, not for decoration.

*Be sensible. When given a choice between making one trip carrying several packages from your store or home and making two of the trip with just a few items, take the extra time. Another option is to ask for assistance. Using a hand free means you can use it to hold onto a railing or to help you balance.

According to the National Safety Council, each year at least 800,000 people over age 65 suffer an accidental injury severe enough to disable them for at least one day. Keeping safe keeps you out of the hospital!

Humidify your home safely

If breathing dry air causes you to cough, try humidifying your home. Humidifiers can reduce your coughing and make you feel better. The Nebraska Medical Association cautions you to change the water in the humidifier every day. It is also important to sanitize the humidifier weekly with one teaspoon bleach added to one

gallon water and soaking for 20 minutes; then rinse until you no longer smell bleach.

If your cough persists longer than two to three weeks, see your doctor for evaluation and identification of a specific cause.

Compulsive buying addictive behavior

Feelings of guilt following a recent purchase, and chronic repetitive purchasing that becomes a primary response to negative events or feelings may signal trouble. The Nebraska Medical Association notes that compulsive buying may be a form of addictive behavior.

as individuals who tend to have a stronger tendency to fantasize and must cope with higher levels of depression and anxiety. If you subscribe to spending money as a response to negative events in your life, discuss your concerns with a friend or someone you can trust. If you or others feel your purchasing behavior is out of control, seek treatment.

Compulsive buyers have been described

CONSUMER BULLETIN

CREDIT AND ATM CARD FRAUD

Thousands of Nebraska consumers will use their credit cards and automated teller machine (ATM) cards during the holiday season - a convenient way to shop in the '90's. Unfortunately, these cards are also favorites among thieves when committing fraud.

Losses from credit and charge card fraud - to card holders and to card companies - was \$864 million in 1992. The loss or theft of credit and ATM cards is a serious consumer problem. Eventually everyone pays for credit and charge card fraud in higher prices. However, under federal law, you and your creditors do have some protection.

Most card fraud occurs within 48 hours after a card is stolen. The sooner you report the loss, the more likely it is you will limit your liability if someone uses your card without permission. Under the Fair Credit Billing Act (FCBA), if you report the loss before the card is used, the card issuer cannot hold you responsible for any unauthorized charges. If a thief uses your card before you report it missing, the most you will owe is \$50 per card.

The federal Electronic Fund Transfer Act (EFTA), protects consumers from lost or stolen ATM cards. If you report an ATM card missing before it is used without your permission, the card issuer cannot hold you responsible for any unauthorized withdrawals. If the card is used before your reporting it stolen, and you notify the bank within two business days, you will not be responsible for more than \$50 of unauthorized use. However, you could lose as much as \$500 because of an unauthorized withdrawal from your bank account if you do not tell the card issuer within the two business days. And, your risk unlimited loss if you do not make a report within 60 days after your bank statement is mailed to you.

Precautions You Can Take:

- Do not give credit card or bank account numbers to unknown telephone solicitors.
- Keep infrequently used cards in a secure place.
- Keep the card in view after giving it to a clerk.
- Avoid signing a blank receipt. Draw a line through any blank spaces above the total.

For ATM cards:

- Select a PIN (personal identification number) that is different from other numbers in your wallet - then memorize it.
- Your ATM receipt may list your bank account number - dispose of it carefully.
- Examine all ATM receipts and bank statements.

For more information contact the Federal Trade Commission, Washington, D.C., 20580, or the office of **Attorney General Don Stenberg, Consumer Protection Division, 2115 State Capitol Building, Lincoln, NE, 68509, or phone (402) 471-2682.**

Careful of 'quack' sales

The snake oil salesmen of America's past are alive and doing well. They don't ride from town to town anymore; they get into your home via the mailbox or on the television.

"Quack medicine sales pitches frequently target older people because they can play on the particular health concerns and fears of that population. At best, it can be a waste of money. At worst, a quack cure or treatment may prevent a person from seeking needed health care.

Three of the largest areas for fraudulent health remedies focus on aging arthritis and cancer. A quick look at the "cures" of each follows:

*Aging "cures" often focus on age-related condition like de-wrinkling creams, "special" vitamins for energy and vitality, and hair replacement for men. A healthy lifestyle is the only known way to delay many conditions associated with the aging process, but even that doesn't stop aging. None of the "quack" remedies do either.

*Arthritis is best treated by medical professionals who can use a range of drugs and therapies which can help reduce pain and give greater movement to affected joints. Bogus medicines and treatments will claim to cure arthritis by wearing "special" devices or by consuming "special" medications.

*Cancer treatment has improved greatly, during this century. Despite that, fear of cancer can lead people to consider unproven treatments like the drug Lactile or peculiar diet plans.

The best way to avoid being taken in by the slick advertising these "medical miracles" uses is to question what you see in print or on television and consult with your physician or pharmacist. Common themes in quack medical promotions are listed below:

*Quick and painless cures. Also, cures for several different diseases or conditions.

*"Secret" or "special" formulas available only through the mail and only from the advertiser.

*Testimonials of the product being "too good to be true" from amazingly satisfied patients.

*Claims of understanding the cause or cure for a disease not yet fully understood by science.

*Don't be taken in, and don't risk your health. The best and most innovative treatments are still available through your medical professional, not late night TV.

Leg cramps can be annoying

Calf cramps are most annoying because there seems to be little you can do to prevent or soothe them. The Nebraska Medical Association suggests you try flexing your foot by pointing it upward. Lying down and grabbing the toes and ball of your foot and pulling them toward your knee may help. Massage the calf muscle gently at the same time. Walking may help, particularly if you put your full weight on your heels.

Incontinence treatable

Urinary incontinence is a problem that most people would rather not talk about. Older people should know the following statistics:

- *More than 10 million Americans are affected by urinary incontinence.
- *One in six women over age 45 are affected by urinary incontinence.
- *Finally, and most importantly, incontinence can be treated successfully in the majority of cases.

A physician treating a person for incontinence will try and diagnose the particular source of the problem. For example, if coughing or movement are a cause behind urine leaks, this is stress incontinence. Poor bladder muscle strength, prostate problems or bladder stones can be contributing factors in overflow incontinence, a condition that occurs when the bladder is unable to empty. Urge incontinence is the most common cause of incontinence after age 65. Primary symptom is a strong urge to toilet before urine is

lost. In most cases, an incontinence diagnosis can be made by taking a patient's medical history, a physical and a few laboratory studies.

Treatments for incontinence include behavior modification, strengthening exercises, medication and even surgery. Each patient's physician will develop a course of treatment that is best suited to the individual.

Can you do anything to maintain good bladder health? The answer is yes. Several common-sense habits can contribute to keeping your urinary tract in good shape.

Start by making sure to drink lots of water each day. One and one-half to two quarts of water will help your body and bladder. Cut back on caffeine, as it can be a source of irritation. Finally, make a trip to the bathroom at least once every three to four hours. Bacterial infections and leakage problems can start when you ignore the signs of a full bladder.

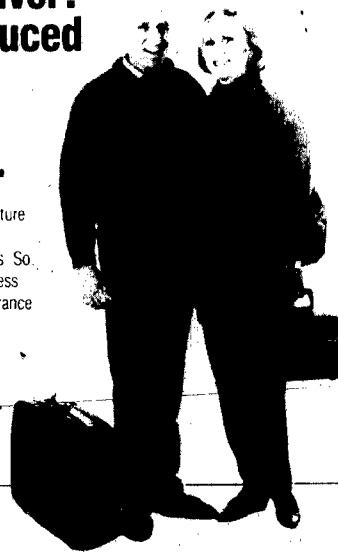
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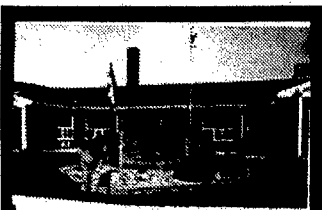
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Road time is great time for "getting in touch"

My husband and I were 35 miles down the road the other day before there was a conversation.

Oh, we were on terms. It just took that long for us to unwind. It took 35 miles after we had rushed through work and last minute details to get out the door for our minds to stop running and be still with our bodies. It took that long to put our thoughts into perspective.

Finally I broke the silence and said, "What are you thinking about?"

"I don't know, just thinking," he said. What? I wasn't trying to invade his thoughts. I was simply hoping for a menu of conversation topics to choose from and strike up a conversation. And he says, "I don't know."

"You have to be thinking about something," I said.

"OK, I'm thinking about the high corn prices and the cattle market," he said.

"Please," I said. "Let's not talk about that. We talk about that at home."

"We're not that far from home," he said.

"Oh," I said, hoping that a cattle/corn conversation would evolve into less depressing talk.

And there we were "On the Road Again".... like we travel so much, literally and with conversation driving, of course. There we were in the van, just the two of us, no kids fighting, no teenager's music competing with dad's country music.

Could this be a special occasion? My husband and I, like other couples, are usually both so busy that it's a rare occasion for us to take off and go somewhere alone on a week day.

And there we were. Burning up 35 of the 50-mile trip of road time in silence. We were not conversationally prepared for the occasion. It was like being all dressed up for communication and hav-

ing no where to go. I felt the onset of a nap. And then the conversation took some pleasant twists and turns. Thank goodness.

Road time is a good time for thinking

Leisure Thoughts — by Joani Potts — Cedar County News

and talking. It's a good time for couples, families or even single travelers to sort out thoughts. Road time is a good time to collect thoughts, organize thoughts and, if you have a passenger, spit out thoughts.

Ironically, I didn't get tired of the road time during three and half years of commuting 40 miles three to five days a week to Wayne State College. Now, I commute four miles to work and that's OK during winter months. I'm glad for a job close to home, but I have had to find other "think time."

Road time may also be why my husband enjoys a drive to a cattle sale one day a week, besides the fact that he enjoys cattle sales.

Families are so busy working and taking care of a home nowadays that we do not always take care of family communication. We may end up locking ourselves in a van and traveling together to have time to talk to one another without interruptions.

It seems we have to make opportunities to communicate and guard communication privileges or they get squeezed out by busy lives.

Road time is a good time to get in touch with ourselves and our passengers. It's a time for families to manifest quality communication.

March Resident of the Month Ed Pinkelman



Ed Pinkelman was born in the Bow Valley area on February 10, 1912. He was raised on a farm. In 1939, he married Eleanor Wortmann. She died in 1969. They have nine children and several grandchildren.

Ed is a member of Sts. Peter & Paul Catholic Church in Bow Valley. He enjoys activities and reminiscing with family, friends and staff.

Ed came to the Hartington Nursing Center on July 27, 1994.

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Carol's Corner

By Carol Laurvik, Dakota County Extension Educator

Caregiving Should Be A Family Effort

As American gets older, the issue of caregiving for the elderly is becoming more prominent. Options for elderly citizens are many, all with different implications.

Perhaps the most comfortable and least traumatic arrangement for an elderly person is assistance from one or more relatives. Older people usually will know more about the situation they might be moving to if it's with a relative rather than a non-relative.

Although a relative may start caregiving with the best of intentions, some details should be taken care of in advance. For example, the person responsible for caregiving shouldn't be expected to take on all the expense burden alone. Expenses involved with time off from work, travel, household services and time away from family should all be considered. If the older person's resources allow, compensation may be considered.

The kind and amount of care needed may range from simple companionship and taking care of the bills to caring for a bed-ridden relative, needing assistance 24 hours a day. Some community caregiving services may be useful in more serious situations.

Nursing homes as caregivers usually are the last resort. Many people may not need that level of care, yet find themselves there because other

community care options or supportive services aren't available.

Three factors should be considered when deciding the type of nursing home care needed: what is needed, what is available and economic resources.

Not all types of care may be found everywhere. Some are expensive and not all older people have the same needs and resources.

An alternative to institutionalized care would be to move in with a relative. Economics still need to be considered; monetary arrangements with the relative and other family members should be made before the person moves in. The caregiver should contact other family members who ought to be involved in making decisions to determine how expenses will be shared.

Giving a larger share of the estate to the relative involved with the caregiving may cause problems among the other relatives. All involved parties should agree on some form of compensation while the elderly relative is still competent and alive to avoid arguments over the estate later. An attorney should be consulted for advice on estate planning.

Good communication among all the relatives is especially important when caretaking so that nobody feels taken by surprise.



Homer Quilt Supply Store Opens

Jody Rohde, left, and Barb Lauritsen recently converted their wish and a prayer gift shop in Homer into a quilt supply emporium. The store features the latest designs for all the quilters and crafters in the Siouxland area. Lauritsen and Rohde, both avid crafters, also offer classes, instructional books and supplies.

Dakota City VFW Post #5332 Celebrates 50th Anniversary

VFW Post 5332 of Dakota City has been awarded a Golden Anniversary Citation. The Post celebrated its 50th anniversary on Feb. 26.

In issuing the citation to Post Commander Curtis W. Larson, United States VFW Commander-in-Chief Paul A. Spera congratulated all members of Post 5332 for their

outstanding record of service to the community, the veterans and the nation over the past half century.

Post 5332 joins a growing list of VFW Posts whose long association with the organization have made it the most successful major veterans group in the country, with a membership of more than 2 million men and women.

'Fate Of The Plains' Will Air Friday On Nebraska Public Television

Fate of the Plain, an hour-long documentary which originally aired in November, will be rebroadcast Friday at 9 p.m. on Nebraska Educational Television. The program looks at the future of the vast Great Plains region and its people, from the perspectives of ranchers, farmers, Native Americans, historians, and a pair of New Jersey academics who have proposed giving the Plains back to the buffalo.

The program takes viewers down the least traveled roads in America, looking for the future of the Plains — Indians who are bringing back the buffalo, cowboys who haven't forgotten the dream of a free and open land, and pioneers inventing new ways to survive on American's last frontier.

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2610 Dakota Ave. • South Sioux City, NE 68776



personal care

Dr. John Bryde & daughter Bonnie
Vermillion, SD

"Seven months after I finished cancer treatment...I was free!"

For over 20 years Dr. John Bryde taught psychology in the Department of Education at the University of South Dakota in Vermillion. In 1994, he was told that he had prostate cancer.

"When you first hear you have cancer, it is devastating for both you and your family. I had the old-fashioned notion that once you have cancer in your system...that's it."

Dr. Bryde received radiation treatment at Sacred Heart Hospital's Cancer Center. Serving patients in the surrounding 15 county area in southeast South Dakota and northeast Nebraska, the Cancer Center features the region's most up-to-date radiation technology.

"It was the simplest thing in the world, I didn't have one moment of pain."

When prostate cancer is detected and treated in its early stages, the cure rate is very high.

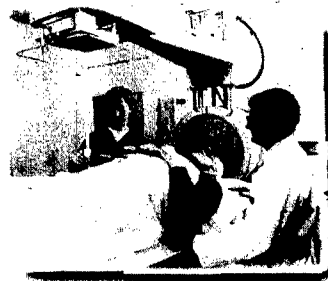
"Seven months after I finished my treatment, my test results were the same as people with no cancer. I was free!"

The Sacred Heart Hospital Cancer Center is staffed by two board-certified radiation oncologists and a complete staff of professionals specially trained in cancer care.

"From the very beginning everybody seemed to have a personal interest in me. It wasn't phony, it was truly there."

Sacred Heart Hospital - professional care with a personal touch

"You can't say it any better. It simply describes those people perfectly."



**SACRED
HEART**  **Cancer
Center**

professional care with a personal touch

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(605) 668-9044