PLINCOLA ine b8508-1651

## JDC makes plans to build in Madison instead of at Wayne

By Clara Osten
The Northeast Nebraska Juvenile Services Board voted Friday to build a center in Madison inslead of in Wayne as originally planned.
Eartier this year the Eartier this year, the multi-
county coalition voted to build county coalition voted to build a
facility on the east edge of Wayne. Coalition members had commitied to building in Wayne as long as the per capita assessment was not more than $\$ 1.41$ for each county. Twelve counties and one American Indian tribe have signed
with the coalition in the anticipated with the coalition in the anticipated
$\$ 2.6$ million project. Because Madison counties did not join the coalition that figure could not be reached. Mike Applegate, the center's
administrator said that if the coali-
tion remained together and with Madison County's participation, the per capita assessment would drop to
$\$ 1.26$. The lo other counties that have dropped out or were never members-Antelope Boyd, Cedar, Dodge, Dakota and Knox-might join in the project.
Chris Connolly, coalition leg Chris Comonly, coalriton lega risk legal complications to switch ing from Wayne to Madison for the site. The purchase agrecment for the land in Wayne had been returned to Connolly said, and not berificat. cluded.
Conn building in Madison will be the same project as the one intended for Wayne and would be a Northeast Webraska Juvenile Scrvices Projec
ot a Madison County project. II feel this is a loss for the community of Wayne. I am sure wc
will lose some of the present staff, but I'm not sure how many," he adked.
The current detention facility in Wayne no longer meets the slate jail standards, which is why the
coalition necded facility.

Connolly said the original com pletion date for the project was date may be moved back.
He anticipates beginning con struction in the spring and the pro-
ject to be completed 14-16 months later. full-time staff members and 15 part time workers.

## Board meets in Carroll

By Kevin Peterson
Of the Herald
The Wayne Board of Education night but in a different location The mecting was conducled in the village of Carroll in the auditorium. There was a 30 -minute prelüde to the start of the meeting for village members to conie and meet and talk with school board members and
refreshments were served refreshments were served. Middle School Renovation study eendueted by the arehitecturat firm Krhounck and Povondra. There is a
group of people in the school dis-
trict that feel that adequate consideration of renovation of the Middle School was thot given when options were being considered
which led to the failure of two bond
Duane Schroeder represented the Citizens Committice and said their group submitud a solution that can be an answer. We consider ourselves allies of the Board of Educa-
tion," Schrocder said. "We all agree we need to do something." Schroeder said the Citizens Committee hired the architectural
firm that was in attendence at the board meeting and the moncy used
for the study was donated by inter-
sted people in the community t secing the Middle School is pre-
served. Krhounck and Povondra orgat nized a team of architects along with mechanical, clectrical an
structural engineers to analyze th existiny school and to provide answers on what can be done in the way of options.
The concept design consisting of 75.704 gross square feet was created
o mirror the requirements of the mehool program provided to the ar chitects with the exception of smaller gymnasium.

See BOARD, page 3A
At a Glance
SOYINK


This issue: 2 sections, 22 pages - Single Copy 75 cents Thought for the day

Discipline yourself so others won't have to.
Blood Bank to come to Wayne
WAYNE - The Siouxland Blookl Bank will be accepting donations at Providence Medical Cen-
ere in Wayne-on Sturathy Oct. 24
The nobile crew will be at the hospitatbetween th
hours of 9 am. and 3 p in

WEB meeting WAYNE - There will Monday, Oct. 21 at 7 p.m.
Mo at the Elementary Soheot
gym. Topic is election day gym. Topic is election day
activities. Shirley Harner. fourth grade teacher, will be the speaker. All paren
encouraged $w$ allend.

## Band trip

Wayne-The Wayne
High School band will tee High School band will be
going to Bellevac West on OH 20. Buscs will leave the high school at $1: 30$.
The band will march at 6:30 and should return by 11 p.m. Adult sponsors are needed. Call Brat Webar.
$375-3150$, for information.

## Paper drive

WAYNE-Boy Scout paper drive-in Wayne on Saturday, Oct. 19. Resi-

dents are asked to have their newspapers bundled and by the.curb by 8
am. The Scouts will also be collecting pop cans
Greek Council to trick-or-treat
WAYNE-Members of the Greek Council will be trick-or-treating for canned goods on the aftemoon of Oct. 27. Donations will be given to the wayne Food Panuy. Kichs in demand include mac and che

## Fall vocal concert is slated

WAYNE - The Wayne vocal music deparment is presenting a fall hall. Performing groups will be Wayne High concert chool Wayne High jazz choir and Wayne Middje School seventh and eighth grade choir. The concert choir will be performing the Nebraske All-State choir music, under the direction of Kathryn Ley. The public is invited.

October is Head Suart Awareness Month and the Wayne Head Start
Center, sponsored by Goldenrod Center, sponsored by Goldenrod
Hills Community Services; Inc. in Wisner will hold an open house on Thursday, OcL 24.
The open house will take place
from $3: 30-6 \mathrm{p}, \mathrm{m}$. at the Head Sarn Center which is located four miles
west of Wayne on High west of Wayne on Hig
the District 51 School
The Wayne Head Start program has been in existence since January 1992. Staff members include Deb Allemann,
Supervisor/Family
Supervisor/Family Service Worker
Erika Fink Techer Erika Fink, Teacher, Shelli Roeder,
Teacher's Aide; and Cheryl Sherer Teacher's Aide; and
part-ime Center Alde.

- There are currenty 18 sudens
in the Wayne program, which offers
services to children between the ages of three ages of tarec an
igible families.


## S.H.A.R.P. training to be held at WSC

## Wayne State College i ponsoring training sessions to

S.H.A.R.P: (Sexual Harassment Assault Rape Prevention) to two two-hour sessions. Oct 22 will be offer Tues. from. 7.9 pma each erecting Topics of discussion will include harassment in the work place, per how to deal with verbal/nonverbal mescriges.
Session Il will be hetd Tues. Oct
29 and again Wed. Ott. 30 from 7-9.
p.m.
en include countermessures for sion include countermeasures for
sexual assauli and cethniques to protect yourself from sexual asprotect
saul.
Cla
Classes will be held in the Nebraska (S:E:) Room in the Sudent Center.
Those inter
Those interested in attending calling $375-0463$ and, leaving a mescage for Audra:
Certificates will be awarded to
partuepans completing all four

## High wire act

By Clara Osten
The Wayne-County Boart or Commissioners listened to a proployces reg and re-locating of offices in the courthouse in conjuncuen with the building.
The proposal inctudes a detailed list of which offices will be moved and in whe place
a
Jerry Berggren, architect for the

State Fire Marshall for approva efore any remodeling can begin. The commissioners accepled a county employees.
A new policy presented to the county would increase the individual deductible ind out-of.pocket expenses for employees but would save the county
$\$ 6,000$ per month.
The deductible will increase from $\$ 200$ to $\$ 250$ per individual and ou-or-pocket experses will increase from $\$ 1,000$ to $\$ 1,200$ per individ-
ual. Prescriptions will cost em -

NPPD crewmen replaced insulators Thursday on live lines attached to 75 -foot poles located 4.5 miles east of Wayne on Highway 35. Paul Brune of York, transmission manager, says the repairs on the 230,000 volt line feeding Northeast Nebraska was
routine maintenance as well as a classroom for his crew brought in from Norfolk and North Platte. Warm temperatures with olitlle wind aided the project

## Commissioners listen to plans

rent rates of $\$ 3$ for a generic pre scription and \$5 for other prescrip tions.
The commissioners, as the Wayne County Board of rates for 1996-97. The rates had rates for $1996-97$. The rates had entity.

Sidney Saunders, Highway Superintendent, requested that a project be addod to the one year road planoval and replacement of a cul ent two mites west and $81 / 4$ mile vert two mites
seuth of Wayne

## Head Start to hold an open house

To be eligible, a family must meet federal guidelines, although 10
percent of the enrollment may from higher incomete categories. Chitdren are accepred into Fea tart at no cost to the parent. Twenty percent of the Head Sart budget must be mached from local esources. In Wayne, this mean parents and other community
members volunter worx time of give donations. In the past, voluneers have included Wayne State sudents, Wayne High School' sudents, local parents and community people:
Classe
Classes at the Center are from 9
9 a.m. to 1 p.m. Monday through
Friday. September through May. Breatrast and lunch are provided io the child
styk.
Heed Start is an interactive
velopmentally appropriate curricu-
lum. Children yo on various field lum. Children go on various field
trips throughout the community urips throughout de community Library, WSC plays, apple orctards and the circus.
Chef Combo, the Head Start nutrition puppet, visits with the children about important nutritional
information and helps with kichen experience.

One of the most important fea tures of Head Stant is the fact that the supervisor, teachers and parents all work closely together for the Along with serving the Head Slist walso involves the parent of the children in other accivities. Each year the parents get together
once a month to have Parent orce a. month to have Paren
Commitue Meetings.

A then mean gus speaker
discuss topics such as dental healthi. mental health, nutrition, duccation and parent involvement. They have purchase equipmeat or supplies for the center. In the future, the Parent Committee would like to become more involved in tocal community activities.
Head Start was created in 1961
under thet Economic Opportunity Act. The program was designed to provide pre-school childen with a


The primery goul of the proy is achieved thourgh the inpletion-
tation of a comprebensive child de-

velopment program which wa
provide for the physical socinal an intelloctuan growh of chithtes. Outreach to horie mid coming
See HEAD START, Reve 34


New Kiwanis Officers
New Kiwanis Officers for the 1996-97 year include from back left: Rowan Wiltse, district lieutenant governor, Bob Foxhoven, secretary-treasurer. Front: Gary Wright, pres ident elect, Janelle Scardino, president and Ken hurphy vice president. Assistants Week the Norfolk Chapler wishes to congratulate the
Medical Assistants of Northeas Nebraska Medical Group and com mend them for their contribution

Wayne County Court
Criminal Filings $\frac{\text { St of Neb. plif., vs Watter } R \text {. }}{\text { Anderson, Wahoo, def Comptaint }}$ or No Proot of Complain Responsibilly.
St. of Neb., plif., vs. Kevin White, Belden. det Complaini for esponsibilit Christopher C Neb. plif., vs. Complain
St of Neb, phr, ws. Richard P . Bcard, IIL. Wayne, def. Complaint or Issuing a Bad Check. Brams, Wakefictd, def Conaplam Responstatity (Count i) and St of Neb phti. is. Krisuras.
Bowers, Norfolk, det Comphit Dor Operating a Motor Vuphicio St. ot heb. plef. is Kurti- 1,Criminal Proccedingsfor No Proof of Cmimaia
Tope: Wanne.set: Complamt wonNo Prooi of Finan io Suntily. Dismissed.
"Chnstopher
Complaint
 r

## Obituaries

## Frieda Pfeiffer

Frieda Pfeiffer, 100, of Wayne died Saturday, Oct. 12, 1996 at the
Services were held Wednesday, Oct. 16 at the Trinity Lutheran Church Winside. The Revs. Gary and Ruth
Frieda ustine Preiffer, the daughter of Adolf and Mary (Gradert) Rohlff, onfirmed at Trinity Lutheran Church in Winside: She was baptized and ear Winside. She utheran Church in Winside The Peiffer on Feb. 23, 1916 at Trinity moving into Winside in 1950. She moved to Wayne in 1988 area unt member of Trinity Lutheran Church. Ladies Aid and in 1988. She was Citizens.
vors include one son, Clarence and Arlene Pleiffer of Winside: ond aughter, Helen and Norris Weible of Wayne; daughter-in-law, Marie Pfeifer of Wayne; 13 grandchildren; 26 great grandchildren; one brother, Adol and Bertha Rohiff of Winside; sister-in-law, Esther Knueger of Norfolk. She was preceded in death by her husband in 1978, randson; two brothers and three sisters.
erry, Lee. Robert, Mitch, Todd Weible, Michael Beiermann and. Keith Burial was in the pleasminiew Cemetery in Winside with the Schu acher Funeral Hone in Winsite in charge of arrangement.

## Flora Bergt

- Mora Bergt, 8, or Wa Services were held Monday, Oct. 14 at Grace Lutheran Church
Wayne: The Rev. Jeff Anderson and the Rev. Merle Mahnken officiated Flora Ann Bergt Anderson and the Rev. Merle Mahnken officiated. was born May 3 , 1907 , daughter of Gotifried and Mary (Panning) Bergt, it Lutheran Church in Altona. She watended Trinity Lutheran Parochial chool and graduated from Wayne High School. She received a bachelor of ats degree from Wayne State College and a master of arts degree from Colorado State College of Education at Greckey, Colo. She started her teaching career in rural Wayne County schools. She then taught Engrish and biolegy at the high school level at Pilger. West. Point and Pender and the last $\{3$ years at Lincoln Southeast High School in Lincoln. She was a member of local, state and national Teacher's Associations, Delta Kappa Gamma and Retured teachers. She was a member of the Grace Lutheran Church in
Wayne and a member of Grace LWML Evening Circle,
Survivors inelude two sisters-in-law Mrs. Elmer (Mabel) Berglo of Wayne and Mrs Adolph (Jtma) Bergt of Wísner, nieces and nephews. She was preceded in death by three brothers and three sisters.
Pallbearers were Jim Pryor, Ken Daniels, Jason Unger, Randall, RodesBurial Robrer Bergt.
Burial wis in the Greenwood Cemetery in Wayne with the Schumacher


## Mueller begins work


#### Abstract

SIcphanje Mustler..M.S. is (he, 10 provede heme-based therapy and Behavioral Heath S clinical staff of ork with the Intensive Family (aH) Peservaion Prog to. $\rightarrow$ have alwaysfoce She was raised in Elgin, carned thave alwayspoen interested in er Bachelor of Science in Human Service Counseting from Wayne State College and earlier this year graduated from the University of Nebraska Lincoln with a Master's BHS and thankful to be working so degree on Mar.age ame Famly She and her husband Seve rently live


Wayne County Vehicles $\qquad$
19y2: Roxampe Woodward, 198.t: I.es Lorenz, Randolph,
Wayne, Ford; D\&D Exprentinc Wayne, Cher fickup, Elmer Whye, Chev Brad Greveshausea, Resemhlud, Wayne, Ford Pickeip. 1983: Joseph Pint, Wayne,
 Pickup; Jamic Vaughn, Wayne, roll. Kenworth; Curt Whecler.
 Buick: Mathew Wriedt, Waync, Kawazakı.
Nissin,
1989:
Deborah Bils, Wayne, Haunted House Pontiac, Lcon Vondrak. Wayne, planned in Pilger
Ford Pickup. Ford; Troy Reynotss, Wayne, The Pilger Planning Committee Isuzu; Dwighi aberle, Winside, is sponsoring a haunted house a 1986: Scotl Lepke. Wayne, The haunted house will be loIsuzu: Kristin Preston, Wakefield
Marriage
Licenses $\qquad$ 26 from $6-8.30$ Saturday. Oct. 25 26 from $6-8: 90$ p.m., Sunday Oct. 27 from $2.5 \mathrm{p} . \mathrm{m}$. and Wednesday
and Thursday. Oct. $30-31$ from 6 and Thursday, Oct. $30-31$ from 6 -
Cost is $\$ 2$ for children 12 years of age and under and $\$ 3$ for those
Scott Alan Urwiter. 35 . Laurel of age and under and
and Diane Lynn Myers, 30 , Wayne, over 12 years of age.



McGruff, accompanied by Wayne Police officer Bill Harper, visited Head Start students on Tuesday. Officer Harper instructed students on how to find help or safetf by
locating a Megrufr home or truck. At right are Head Start staff members. They ine clude, left to right, Shelli Roeder, Deb Allemann, Erika Fink and Cheryl Sherer.

## $\beta^{3 / 4}$

## Head Start <br> (continued from page 1A)

the progrommunity menters the progrann are the most unique
features of Head Slart which estut hished a model for simmar child do velopmeni prograns.
Head Start attend to the indivist-
child. The prograna needes of each
chance to grow up happy, healthy mission statement says it alland confidant by providing therm
with educational, social medical and nutritional services that the need.

- mation concer wing the Wayne Head
"Children feave Head Stari pee. Start center is encouraged to call pared for kindergarten, excited down the center Monday through Friday learning, confident in the ir own p.me at 775 , 2013 )

Scaff menbers are also availab
Stant members are also availabls


Official opening
Gaila Gilliland and Scott and Bob Carhart cut the ribbon
which offically opened an apartment complex at 208 W . which ofrcally - apened an apariment complex at $\mathbf{W}$. Bond representing Wayne Wayne State College student
Jenmifer Bond will be Mliss Wayme
Nebraska USA during the Moss Nebraska USA Pagcant on Saturday and Sunday at the Rose Blumkin Famham Street in Omaha. 2001 Preliminary rounds will k e held Sunday with partu ipanss competing judges intervicu categorics?
Comperiton begins at
pme cath The whener will represent pageamt in Fetruiry and Miss LISA Moss Bond a sentor maporng on Cementary dutantior mayong wiyn panish is a 1993 ataduate of aughter of Rence Bond of Stifor and Ravily Bond of Lmowh. modeling assignments including incoln and she has also apereired in Panida promotional naterbils. At Wayne State Miss Bund is
active in the Theta Phin Alphat surorty and is cmployed as a
steparrobics mastucter in the col lege's Recreation Center. sepresenative at The Buckle cloth. mg store in Norfolk's Sunset Plaza. volunters her tine as a Sunday shool teacher at the First United Methodiss Churth in W.ynte. Tre lived in Wayne for about people who have made me teel a home," she said. "lis an honor for ne to represent Wayne during the pageant."
"Its a dremendons pageant sysem," said Lisa Fidone, Miss
Bond's coach. "A lot of sirls have gone into modeliag and entertain-ment-related fields following the pageant. The winter is likely to reive contracts from swimsuit venbusiness ${ }^{1}$ associated with th modeling industry.

This year marks the 45 th anniversary of the Miss Universe an Miss USA Pageants which began in Long Beach, Calif.
1952, 45 Miss USA bitletolders thousands of state title holders and tens of thousands of local con tenders have contributed to making the Miss USA Pagean


Jennifer Bond In February, an estimated $300^{\circ}$ 30 countries watched the Miss US Pageant as it was broadcast live from South Padre Island. Texas.

Board

## III IIIII 1 III IIIIIIT 1 iII <br> 

The above drawing shoys
renovation and addition proj
(continued from page 1A)
The
The Citizens Commitue felt the fundamental reason serious consid cration was not given to renovation
was the question of where to phace was the question of where to place
students during that time and that question has been answered through the modular unts.
Schroeder said there are several advantages to renovation such as less cost. Proponents of renovation believe that recyding the existing
structure will cost less per suar structure will coss kess per square
fool than new construction with the entife 40,000 square feet of the pre sent middede school being removated for an approximate savings of $\$ 800,000$.
The Commatee stressed that The Commatee stressed that
while a lower price was manally the while a lower price was multhy the
reason for pursung the ir approach, it is not enough. A reasonatle pric that also responsibly addresses the issues demonstrates a responsible approach to the schowl issues for the voters of the Wayne/Carrol
sehool district according to the Committee. In what is needed there seems to be gute a bit of agreement but the
approaches of how to get there are differint.
The structural integnty of the

## becn confimed ty both mechanical the wallgavere designed to be

and electrical engineers along withat moved something that
midde school thas been determined John Carlson said the first thang to te a good candidate for updatng had Peffovatron accorting to the Citizens Commiltee In their address to the school
board, Roger Krhounck made it quite clear that the design they've
drawn up isn't the only is a solitl solutson "Were nom dying this is the only way to go hut option," K fhounck sail Krhourck added the cost of the
total renovatuon would range the Kat renowatuon would range the buoldang design but we think there Tween 5.1 and 5.6 million dullars. is great posential to tie in renova-

## WAYNE ELEMENTARY

 Grade 2 Teacher: Mrs. FredricksonWomen ( $19-27$ years old) are needed as participants in this 3-year study, Treatment of Calcium Deficiency in Young Women, to evaluate bone benefits of calcium. If you are accepted and agree to participate, you will receive:
$\$ 30,00$ for each of eight visits spread over 3 years
the opportunity to participate
important to women's health
neral Qualifications
non-smoking and in good general health
*willingness to take tablets daily
"willingness to take tab
-ANY of the following.
"generally poor eating habits
tendency to woid dairy products especialiy milk
a tendency to eat a lot of meat, fish or eggs
Fur more information, please call
Osteoporosis Research Center
601 North 30th Street, Suite 5766
(St. Joseph Hospital)
Omaha, NE 68131
Betty Chin, BSN, BS Ed. $\quad 280-4819$ Susan Dowell, R.N., Ph.D. $280-4647$

If you reach the voice mail, your message
will be returned within 3 worknig days.


CREIGHTON UNIVERSITY
 chool was actually wey ehede Krhounck sand 95 percent of all is avalone for reading at the


Back row, teft to right: Taylor Nelson, Bren VanderWeil, Spencer Witt, Timmy Schaefer, Sara Frerichs, and Michael Schwarten. Midde row: Brittany Berrie, Emily Ramold, Shannon Connolly, Aubrey Yorkeman, and Ronnie Shupperd. Front: Jason Youngmeyer, Joe Mrsny, Sadey Bessmer, Casey King, and Chris Woldt. Absent:Chassidy Pilger

## Question Of The Monih...

What's light weight, portable, informative, entertaining, inexpensive, de-

## Editorials

## Step in the right direction

Earlier this month the Wayne Community. School District printed and distributed its first newsletter containing information about school services and activfies.
Supt. Dr. Dennis Jensen writes in the first issue "This newsletter will be offered to all citizens with mailing addresses within and around the two communities of Wayne and Carroll". He noted that anyone not receiving a copy, but would like to have one, should call June Koester at 375-3150. Plans are to publish the paper monthly. Jensen further explains "The purpose for offering every patron a copy of the newsletter, rather than just parents, is in an effor to keep all taxpayers and community members aware of school activities and future plans. A secondary purpose for such a publication is 10 improve and broaden the district's autempts at communicating factual information across the county to reduce confusion and rumor." The publication, under the guidance of June Kocster and Supt. Jensen, is a genuine effor toward kecping the public infermed. Not everyone is able to atend seheol boardmectings Every taxpaycr has financial interest in the system and therefore is likely to appreciate must be made. This first
This first issue of the "Wayne Community Schools News and Reviews" features bath graphics and text related to school statt and
the new modular units which are scheduled for initial use in ahout another week. Monday the 28 ih is the current target date for Midale School classes to beginusing the new structures, alhough hat dat must remain flexible, according to Jensen.
unit is to be used.
An informed public is beter able to make imporiant

## Lending a helping hand

new modularunits soon, voluntece help is needed Moving desks, chairs, books. computers and oiker miscellaneous educational tools is scheduled for next week, according to sthoot Due to the number of items to te moved from the Middle School into the modular units, the school is aking for voluniters in order to Anvone desiring whelp way call cither Midde School Primipal Rechard Mettecr or Joni Poutre Here is a fine opporiunits to combine volumeer work, soctatiration
 sing domated labor
Pickup, tucks. and other similar whes of vehoter are aton

## Letters

There is no substitue for the truth!


Capitol News

## The sun will rise tomorrow!

By Melvin Paul Statehouse Correspondent
"Right problem, wrong solu-
"R
tion"

$$
\underset{\mathrm{ti}}{\text { tion." }}
$$

It was one of the greatest campaign phrases ever, the one boutling companies used in their ad campaign that helped defeat the ballot initiative to put a deposit on all cans and botules in Nebraska.
The message made people think twice. Requiring a deposit would ads said riou don' wan that, do

## The "wrong solution" slogan

 comes to mind now that ite engwes of advertisng are reving upover the property tax and quality over the property lax and quality cducation muatwes pushed By a
coahtoon of farm and cducation


Ribbon cutting at WSC
The official dedication and ribbon-cutting ceremony for the Wave Statestudent Center was held Eriday afternoon. Involved in the ceremony were. left to right, Curt Frye,
Yice President and Dean of Students, Matt Mitbrodt. Student Senate President, Dr Ron Whitf, Faculty Senate President, Dr. Donald Mash, President of Wayne State and Jerry Conway, Nebraska State College System Board of Trustees representative.

Chicken Show receives outstanding event award

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| and | Rememmomemom |
| Cmestimer | Come |
| and | s.amems |
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comples
pronerce.
Finally mument for whistly 9.30 pm . the awaits has arrived. Nominatoms for the Outctanding Event


## Sniffing out the sweet and sour things

 tailed and dependable? YOUR COMMUNITY NEWSPAPER!

## Proposed amendments discussed

Proposed amendments 411 and
412 were discussed at Monday's 412 were discussed at Monday's
School Board Meeting in Carroll by School Board Meeting in Carro-
the Wayne Board of Education:Amendment 411 says the Legislature shall establish standards of efficiency for the delivery of local government services. It is the paramount duty of the state to pro-
vide for the thorough and efficient education of all persons between the ages of five and 21 who are enrolled in the common schools of the state according to the amendment. The education of may provide for educational institutionals owned and controlled by the state or a political subdivision thereof
Beginning with The 1998-99 provide for, the legislature shall nance which makes available for each person between $5-21$ years of age, a thorough educat Ficicntly operated seheol
For the 1998.99 For the 1998.99 year, such that cach school district shall not fecelve less funds per pupi- than the
funds recerved for the 1997.98 school ycar from ad valorem taxes
on propery and staic aifexcep that the funds per pupil shall be adjusted for the 1998.94 school year by the amount of the percentage changed
in the Consumer Price Index-all
urban consumers published by the Iniced States Department of hator. Burcau of Labor
previous calendar
Supporters of this amendment lam it will guarante
yuality educaton no
they live or the cou

## Way Back When

$\qquad$
erty tax reductions will not be made at the expense of a basic quality ed-
ucation for Nebraska's children. All Nebraska schools will receive the
necessary funding to maintain the high standards currently demanded by dedicated parents, teachers and
taxpayers. taxpayers.
It will a
It will also guarantee according
supporters that all of Nebraska's to supporters that all of Nebraska
children have the opportunity chindren have the opportunity to
continue their education at an institution of higher learning or be prepared to enter the job market and contribute to Nebraska's growing
Opponents say it will result in a loss of local control for our
schools, as more responsibility for Legislature and the courts. Legislature and the court quality education", could lead to lawsuits providing a blank check with tax dollars to meet ed
standards for local schoois. It could cause the cours, onc
involved in tocal schooftissucs, or close in order to achic
"guarateed qualiy education"
If education is the "paramount
duty of the stane" then it hecomes the number one
This means all othe
come secondary and
losing funding.
police and fire
AMENDMEN1
crate property tax
cents per hundred
$\$ 1.80$ for the embire

## $\$ 1.80$ for the ensire coumty

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| Quensel huts on Eave |

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Mrs. R.J. Langemcicr of Wayne wher
exhibiwd the Grand Champen steer
$\qquad$
$\qquad$
$\qquad$ theaters were Richard Widmark Rarbara Rufick, Zasu Pilts, Dianne

fair market value of real property
for property tax purposes and it will for property tax purposes and it will provide that values of real property 80 percent of fair market value for agricultural and horticultural land or 100 percent of fair marker value for other real property.
It would also require-the legisla-
ure to establish sandards of effiure to establish standards of effi-
ciency for delivery of local govern ment services.
Supporters of 412 say this would guarantee reduced property taxes for all property owners and it would stop umnecessary property
tax increases. They believe it re tax increases. They believe it re
stores balance and equity to Ne stores balance and equity to Ne
braska's propery tax system by in braska's property tax, system by in
suring that taxpayers in one area of suring that taxpayers in one area of
Nebraska pay about the same amoum of property taxes as those in other areas of the state.
Supporters also believe it re
quires the government to eliminate quires the government to eliminate
wasteful spending and find more ef wasterul spending and find more et
Ticient ways to deliver services to all Nebraskans.
Opponents of 412 beheve ,
could result in the highest sates and income tax increase in Nehraska
history giving Nebrasha the
highest salcs tax in the Unifed
States
The Netraska Tas Research
Councal
nearly 10 percen in some commu-
nities) or increase state income tas
hy 50 - 60 percent.
The propery tax loss to schools
could be $\$ 400$ million sto whits could be $\$ 400$ million state wide
and all govermment could be as hagh
Allen News

## state taxes to be created by the leg. istature, including a sales istature, including a sales tax on services like health

 services like health care, repairs andpersonal grooming.
Opponent's believe 412 could Opponent's believe 412 could cause current tax exemptions to be
at risk leading to a possible sales tax on food or sales taxes on farm machinery, fuels, fertilizers and ather products.
Any major tax shift will have a
negative impact on the state's negative impact on the state's
economy and could result in the loss of jobs.
would, there would bas ondy one
year of lead time to prepare for year of lead time to prepare for a
37 -cent decrease in the Wayna Community Schools budget," S perintendent Dr: Dennis said. "A 37 -cent decrease reflects a
29 percent decrease in the tocat sessment and an approximate dollar value of about $\$ 900,000$."
Jensen added that when combin 1114, any bond proposal pursued after April 1, 1996--that was not after April 1, 1996-that was not
approved before that date-and after January 1. 1998 will not be back the debt. "If 1114 is no amended. many
schools will have to pay for a new schools will have to pay for a new
building project out of the gencral
tund - which would hond issue costs 25 centen per hun dred, the general fund would have to decrase by that amount from 90
$\qquad$
$\qquad$


Student Council donation ceiling fans for rooms on the Money to purchase the fans came from a number of fund raisers and the proceeds from the vending machines in the school. Pictured are Student Council members Timoni Lrone and Katie Lutt, back and Anne Wiseman and Kellie lupted by the student ber

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| bect mashed peamee erave pers and Alta hill of St. Paul, Minn.; was selected artet of |  |  |  |
|  <br> ammants (Yut members aet the <br>  <br>  <br> green beans tomath fucce printore <br> Jeane and Laua Dill and Wavne Hhll or Mmonapols: Merlon and Flanor Jones; Bruce, Debber. Browhe ami Andiea Lundahl, Rack. Sandy. Dester and Descece Droskell <br> Zeman Elcmentary Sthol in dincoln Bechys wacher is Ann Hutchangs Brace, formerly of Allen Begy is the granddaughter of Lamy and kuhy Boswell. |  |  |  |
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Bringing In The Sheaves
This could be a number one year atan for Nebraska's
real comhuskers. Comblnes now rolling through the cornftelds are expected to havest at a record 143 bushels per acte. That's four bushels more than estumated last month. 32 bushels above last year and four bushels above
the 4994 record. The record forecast tncludes gratn welght per ear on par with 1994 and a record number of ears per

For those lammers looking to invest some of the proceeds from thits harvest. may we suggest a look at the Chartable Gift Annuty offered by Providence Medtcal Center
Foundation it is an instrument through which you can do two things simultaneously: Make an important charitable gift, and secure a fixed rate income for life. The Donor writes a check to Providence Medical Center Foundation.
who in turn stgns a regular Agreement to pay a fix-rate income for life to one or two persons. The tincome rate is Donor(s).

The Internal Revenue Service offers gitractive tax
advantages to those who enter a Chartable Gif Annulty Agreement. The first is a charitable contribution income amount. The second advantage allowed by the IRS is that part of the Gfft Annulty income (agatn. about hall) will be tax-deductible for the Donors' life expectancy years Thirdly. If a Gift Annulty is funded with apprectated property, a large part of the capital gain tax is avelded. These tax advantages make the effective rate of retum on Charitable Gilt Annuity very attractive indeed, and puts hard dollars into your p
purse of the tax collector.

The Gift Annuity is a way for Providence Medical Center to "britg tri some sheaves." The Gfft Anmutty puts some money in the bank for our future, and helps to guarantee that healthcare in this region will remain strong and "Bring In The Sheaves" together, helping Providence Medical Center with its healing mission, while helping yourself financially at the same time.
If you would like to see how a Charitable Gift Annuity Agreement mught work for you (no charge, or oblgation of
course). call Sandy Bartling. President. Providence Medical Center Foundation in Wayne, (402) 375-5529

## Providence Medical

Center Foundation

## Wildcats tame Mustangs to snap skid <br> By Kevin Pe Of the Herald

Wayne State quarterback Jarrod DeGeorgia tosses the baf to Marshell Byrd on the game's first play from scrimmage last Saturday. WSC defeated Southwest State, 25-23

## Laurel beaten again



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 game on a one-yard run. Elkhorn Vatley scored 17
Sraight points in he lual staiza
and the game ended with laural and the game ended with Laurel
knocking on the door to perhaps a knocking on the dour to perhapy i
tying touchdown as they reached the one yard tine

## "It was a disappomenge loss." Luxford said. "We've had nine

turnovers in the past two games and they led directly to both deteats. On the other hand.
Elkhorn Vatley credin trecause they
were able to take suen


Defensively, Laurel was led by
Kvols with 18 tacklec and an inler.
Kvols with 18 tackles and an inler-
ception while Ward and Andy Buse
had nine tackles
had nite tackles each Ryun McC
finished with seven tackles.
Laurel will close nut the regutar
scason on Friday when they wisi
season on Friday when they visil


Allen girls split pair at triangular
The Allen volloghalt team sh angular on Tuesday in Winnebago Whish ended in a loss to the host
team, 15-8. 4-15, b0-15. "Wo played a 5 pm. match and we just some of the credtit because they $t$



Allen brunced back on the ver next match and deteated a solid
Bancrot-Rosalie team for the second time in at weck. 15-12. 1s. match against Winnebago, w
looked completely opposite in th liokked completely opposite in the
second match against Bancroft second match against Bancroft
Rosalie," Kneifl said. "We reall Rosalie." Kncif said
played a good match." played a good match.
Ling with seven kill spikcs whit ung with seven kill spikes whle
Jaime Kluver notched 17 set as sists. Allen will play in Winside on Thursday


The Wayne State football team celebrated homecoming by defeating Southwest State of Marshall, Minnesota 25-23 and at the same time, snapped a four-game losing streak last Saturday at Bob Cunningham
Field.
"This is a whole new season
now," coach Dennis Wagner said. now," coach Dennis Wagner said.
"We had high expectations coming in but now we have to focus on having a winning record during the
second half of our season and now
we're $1-0.4$." played not to lose instead of playing to win the last couple week against Moorhead State and Min-nesota-Duluth-.That onty leads to aggressive all the time."

Wagner also said that Southwest
State was a much better team than State was a much better team than its record' of 1.5 indicates. ${ }^{\circ}$ They made some changes which has made
them a better footbahl team," Wag. them a beter football team," Wagner added. "After talking with some
of their coaches following Saturday"s game it was apparent the game plan for them was to run the play clock down well below five seconds before each snap:-
In fact, WSC had just four series
in first thalf and 30 snaps of the Ine first talf and 30 snaps of the football and they had just 36 foothall snaps in the second half. Still,
WSC managed to out-gain the WSC managed to out-gain the
visitors by norly -15 -yards, 46

Southwest State got on the
scorcboard first on a 20 -yard pass from Steve Yakesh to Lamont Powers in the second quarter to
hreak a scoreless tie but the Cats came right back and look the lead on a four-yard run by quarterback Jarrod DeGeorgia Dirk Boe's point after gave WSC a 7-6 lead.
Late in the second quarter. however, the Mustangs booted a 29 -yard field goal to give his leam a hallime tead.

The next 18 points belong to the the scoring in the third quarter with a three-yard ruin. Boe later added a 36 - yard field goal and following at
safety Kevin Swayne found himself aifely kevin Swayne found himself on the receiving end of a 61 -yard coring pass from DeGcorgra for 10 minutes remaining. Southwest State made the game interesting with two touchdowns on
the next iwo 'possessions on a
three-yard pass play and a two-yard
Wayne girls win last meet before districts
The wayne girts and boys cross 18:17. Baytess was tath in $18: 33$ forowe country teams got a solid tune-up Wayne also had thre junior var- by Brandon Gumn. 18:53. Brent before the district meet with the sity runners in Lisa Walton, 24th $\quad \mathrm{cLz}, 19: 34$ and Nick Muir, $19: 3$
Bloomfield Invitational tast Friday.
in 18:24; Sarah Holstedt, 28 th in
also ran varsity for the Blue Devils. The Blue Devil girls won easily $18: 41$ and Kristin Hochstein,
with 14 points while runner-up Plainview netted 54. Neligh-Oakdale was third with 89 followed by Norfolk Catholic, 97 and Crofton, 100. Pierce and Elkhorn Yaltey followed as did partial teams in
Stuart, Batue Creek and Madison. Stuar, Batlue Creek and Madison.
Sara Kinney continued he sensational sophomore scason with a winning time of $15: 24$ while Anne Wiseman placed fourth in 16:42. Amy Close was. sixth in 17:02 and Jessica Ford, eighth in
17:31. Ellie Jones finished 12th in
17:47 and Tara Hart was 21st in
The boys team placed runner -up o Pierce with 42 points-nane points off the lead. Crofton was third with 65 and Plainview, fourth
with 76 followed by Albion 87 and with 76 followed by Albion, 87 and
Norfolk Catholic, 95 . Neligh-Oak. dale, Elkhorn Vallcy and Madison ollowed in order.
Brian Hochstein was the top finisher for the Blue Devils with a fifth place time of 18:00. Josh Gompert of Albion was the meet ninth for Wayne in $18: 21$ and Andy


The Wayne reserves ran well with John Slaybaugh placing sec ond in 20.05 while Chris Dyer was sixih in 20:58. Aaron Kardell notched 14 th in $22: 11$ and Rya Dahl, 16th in 22:27. Ryan Switenberg was 17th in 22:29 and Matt Youngmeyer, 22 nd in 22:4, 24:16 and Chris VanMeter, 26:2 also competed for Wayne.
"We ran well and the meet was a good pre-district warmup," coach super jop and the the giris did super job proving:"
The districi cross country meet will take place on Thursday at the
Wayne golf course with the girls running at $4: 30$ p.m. followed by he boys at S.p.m.


Blue Devils score 20 in final minutes to post victory Wayne downs O'Neill



WIS
Scuring summary:
1st tuanter
Olls Adam Wickampe, is yd cull, hevit
Wayne receiver Kurtis Keller turns up field after catching pass from Paul Blomenkamp during the Blue Devils
come-from-behind homecoming victory against ${ }^{\prime}$ 'Neill ome-rrom-behind homecoming victory agamst O Neill ast Friday night

## Wayne gets a 10-day break

## Blue Devils win pair <br> The ninth-ranked Wayne Blue Devils solleyball team defeated

Devils volleyball team defeated
ON Neill, $15-3$, 5 . 13 last Thursday,
night in ONcill then revined home,
and breeted past Crotion on Mon-
day night, pushing their record day night, pushing their record to Joyce Hoskins tcann is now
amidst a 10 -day sabbatcal before. in O'Neill once again, fur triangular Conference foe's O Nellt and Cedar Catholic.

## Wayne places fourth at districts



Laurel spikers down Hartington LAUREL-The top-ranked Laurel Bears blasted Hartington last weekk, $15-2,15-2$ to remain perfect on the season in 13 matches.
Patti-Cuntingham's squad got 19 set assists from Megan Adkins on a perfect 41-41 outing while Becky Schroeder was 17-17 in hiting with 11 kill spikes. Tracy Ankeny was $12-12$ in hiting with eight kall spikes and she was a perfect $6-6$ in serving while Jessie Erwin was
$9-10$. Schroeder notched three blocks in the match while Ankeny and Sarah Ehlers had one each
Junior high gridders split with Schuyler WAYNE-The Wayne seventh grade football ceam defeated Schuyler, 14-8, recently with Brad Hochstein scoring both touchdowns on a 32 -
yard run and a 30 -yard interception return for a score. He also ran in a two-point conversioh to account for all 14 points.
Hochstein finished with 68 rushing yards and was $2-5$ in passing or 100 yards with both passes being caught by Marcus Burns. Hochstein also paced the defense with 11 lackles while Tyler Jorgensen had eight. The sevenut graders improved 18
The eighth grade football team lost a $24-18$ decision to Schuyler run by Danny Roeber and an 80 -yard kick retum by Ethan Mann Mann also caught a two point conversion pass from Shane Baack and Baack ran for the other two-point conversion. Wayne's other two points came on a team safety at the end of the game: Mann notched his fifth touchdown of the season on special teams play in six total games.
Trevo
Trevor Wright rushed for 102 -yards to lead Wayne while Baack wa Trevor Wright also led the defense with seven teptons by Ethan Mann Both the seventh and eighth grade teams will close

WSC golfers compete in Illinois
WAYNE-The Wayne State women's golf team competed at the Northern 11 12 it in the 13 -tcam field with a 36 -hole score of 835 Wild Minnesota won the team title with a 634 followed by Hithern
Ilinois, 636 and Michigan State. 652 . Illinois Slate was fourth and Bowling Green, fifth. The rest of the teams in prder included Bradley, Northern iowa, Missouri-Kansas City, Dayon, Lewis, Grand Valley tate, WSC and Truman State
Northem Illinois' Kara S
54 two-day score while WSC's with a 193 whil Kelli Limoges netued a 196 followed by Sharatyn

Rec department to offer hoops at noon
$\qquad$ area men and women beginming on Tuesday. Octoher -xth. You must The Auditorium will be open from 11.65 am, 101 pm . on Lues City-designated holidays and davs when the audierium is herag used by other organizations.
foclities will be available each day. The Walking Program slated to start soon again be sponsoring a Walking Progran tor arcal rescrents begmning
Monday. October 281 l and coñtinuirg through Friday. March 28 th al The doors will open for walk me an 836 a mand the Audterrum 3 DO Treatzza Pizza
 The crust is made of fudge and chocolate serve, and a combination of scrumptious toppings. Choose from four flavors Peanut Butter Fudge. Strawberry Banana. M\&M ${ }^{\text {mi }}$ Chocolate Candies or Heath Candy Pieces.
The $D Q^{\prime \prime}$ Treatzza Pizza" is the
original pizza that tastes better riginal pizza that tastes better cold ごuaize



## Wayne State spikers drop home matches

The Wayne State volleyball
team dropped two home matches team dopenty falling to Mormingside last week and Augustana, Tueschay night in Rice Auditorium
Against Morningside the Wild cats fell in straight games, 6 -15 cats ell in suraigh games, 6-1
$14-16,15-11$. Jessie Pontow led th team with 15 kill spikes on 33 of 37 attempls while the closest to her was setter Tracy Wessel with four kills on a perfect $10-10$ outing.

## Winside defeated

Gue match. Kari Pichler, Amy Gudmundson, Jennifer Rowse and Gudmundson led the team in blocks with six:
The Cats saw their record fall to 15-15 with a 6-15, $15-10, \overline{12}-15,5$ 15 setback to eighth-ranked Augus lana on Tuesday. Junior Erin Pick perfect 212 with 14 kpikes on a Rowse $1-21$ outing while Jennifer Rowse was $24-26$ with 13 kills.
Renee Fuht was $21-24$ in 10
ills and Amy Gudm Tracy Wesset kills. in seling and Gudmundson recardis two of the team's five ace serves. Rence Futhr had 18 digs to lead WSC and Jessie. Pontow had 12 Rowse netted 10. The Cats will remain at home Wednestay and M College ne ext Thursday Mt. Manty Colleg lated to begin at pout contest Auditorium:

C
Jodi Miller was 21.25 with 11 "Consistency in serving and de
 with six kills. Winside's downfall now,. Schroeder said. "We had a 7 .
in this match was poor serving as
2 lead in the final game and quit in this match was poor serving as attempts:

Mindy Janke was 7-7 in serving and Sara Marotz was $10-11$ to lcad Miller had four ace blocks. Jodi Miller did a nice job of passing the ball with is digs while Marote added 11 digs.

Schroeder credited the passing of Marozz and Mindy Janke as Marotz was $19: 21$ and Janke, 11-1 Rachel Riley also played well de
ensively for us in her firsit match a weakside hiter," Schroeder added Winside will host Allen in a Thursdoy nigh

Wildcat track teams earn academic honors old tearse-The Wayne State College men's and womens urack \& om. Bo ion's national All-Academic team for the 1996 outdoor season. Both Wildcat teams were well above he 3.0 cumulative team grade oint average required. The women's squad had a 3.3-9 veam GPA was one of only six NCAA Division If teams honored. The women had the third highest GPA and was one of 21 teams honored.

## "Boch leams work very hard in cad coach Brian Kavanaugh said

Footballskills competition stated

## Waydt-The annual Lions Club Football Skills competiion to

 Wys. nd girls 12 -years of age and younger is scheduled for SundayElementary School.
Registration will take place at the ficlid Categorics will be as fol lows: six and under, 7.8 year-olds; $9-10$ year-olds, and $\mathrm{r} 1-12$ year-olds.
The competition will include punt, pass and kick acivilies. Trophies For first, secuad and third places will be awarded in each age group.
Further information can pe ebtained by contaeting Jask - tmdieke al Further information can be obtained by contaeting fagk indicke at
3754599 .
WSC men place runner-up in golf
WAYNE The Wayne State men's goll team placed second at the Briar both 17 strokes bechind Briar Cliff in the 11 -team field
Jefl Yatm was the Cats leading scorer with an eughth place effort of 76 while Trevor Rasmussen placed toth with an 80. Jason Masat was 14 th with an 82 and Mall Ruehting fired an Sam Loxwe also compeled for the Wildeats and carded an 86. "I was very plased with the second-place finish," coach Greg MeDermott satd. This was a
very competitive mect. All the guys ptaved àttin this touirnament as very competive mect. Alt the guys played actin this tournament as
well as throughoun the fall season. I ant looking forward to the spring

Junior high harriers compete
cams hosted an invite, recenty with the toys teang placing runaer up and the gith, Ifirird The boys ple caling Norfolk.
Jeff Ens\% led Waync with an ninch place effort of $15: 45$ whit Ryan Teatf was limed in 17:13 for 19th place. Roy Ley was 21 st in 17.39
and Tony Carollo, 23rd in 17:57. Joseph Holsted, 19.12 and Frank holm, 20.38 also competed.
The girls finished behind Yankton and Norfolk. Laura Suton led Wayne with a ninth place time of $19: 35$ while Emily Kinney was 10th in 20:04. Kalie wisc unce
Wayne freshman down two opponents
WAYNE-The Wayne freshman football team posted impressive
wictories over Batle Creek, 22-15 and Columbus Lakeview, 28-12 wictories over Batle Creek,
during the past two wecks.
Against Batle Creek the Blue Devils tatlied 333 rushing yards t . by Joel Munson's outtanding effort of 244 yards an 18 carrices Klin by Joel Munson's outstanding effort of 244 yards कn 18 carries. Klinon four attempls.
Wayne's three scores came on runs of 82 and four yards by Munson with Klinton Keller adding the two-point conversions on hoth while Dustin Schmeits scored from one yard out.
Wayne's defense allowed the Braves just 62 rushing yards with Kevin Addison pacing the winners with 11 tackles while Kevin Jensen
and Gabe Hammer had six each. Ryan Hank and Jeremy Dorcey each and Gabe tammer had six each. Ryan Hankl
had four tackles and Hank recovered a fumble.
Wayne rambled for 341 rushing yards in the
Wayne rambled for 341 rushing yards in the win over Lakeview as
Munson racked up 182 yards on 17 carries with three touchdowns Dustin Schmeits had 61 yards on seven carries and Brandon Garvin nushed for 50 yards on seven carries.
Munson scored on runs of 3,66 and 24 yards while Garvin sprinted in from 11 yards out for the fourth touchdown. Klinion Keller ran for Keller was $2-4$ in pass for 16 yards-both to Danial Johnsen fensively, Wayne was led by Kevin Addison with 10 tackles while Jas son Parks, Keller and Munson had six each. Keller and Hammer each recovered a fumbte white Schmets tiac antincereption with a slx-yard return.

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## Hall of Fame Induction ceremonies honor four

Four former Wayne State ath
letes were honored by being in ucted into the Wayne State Hall of ame last Saturday including Ke mit Ambrose, Royal Oak, Mich Pender, Fred Kjer, Fucson, Arizonà and the late Don Weitzenkamp yons.
ook place at halftime of Saturday ootball game withe of Saturday and Southwest State. A fifth in uctee, Kent Stephenson. Pitts n March I during W:SC's fina home basketball game of the 1996
$\qquad$ Kermit Ambrose-a nativ State in 1932. He was a four yeall cterwinner on the Wildcat foociball Cont where he was named Al his junior and senior seasons.
$\qquad$
$\qquad$ and field teams. For 38 years,
orked as a teacher and coach ears in Michigan
$\qquad$ has been one of the most actit track officials in the state 11
Michigan. Werking age groups. middle school, high cheotel and
collegiate uack and coss cour
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 season with a $20-12$ win over West Point tier this week. Robbie Sturm scored the first touchdown on a of ard run and Tim Zach yaded a one-yard score while Khaton Kelleat rim Zach with a is account for the scoring
Zach rushed for 76 yards and Wes Sievers, 51 yards while Sturn was $5-13$ through the air for 75 yards while Keller was $1-2$ for 15 yards. Tom Zach had two receptions for 23 yards followed by one reception each for Jay Endicott, Darin Jenseñ, Tim Z̈ach and John Magnuson.
Defensively, Wayne was led by Jensen with 11 tackles with Wes ievers and Dustin Schmeits notching seven each. Wayne will play at

DeGeorgia named Player of the Week
WAYNE-Wayne State senior quarterback Jarrod DeGeorgia was
named the Nebraska NCAA Division Il offensive player of the week for his performance against Southwest State last Saturday
32 of 36 pass athempt quarterhack from Lompon. Calif., completed 32 of 36 pass attempts $u$ ith no intercepteons and one touchiown in touchdown.
DeGeorgia is currently ranked fourth in twat oftense in Divison 11 with 319.5 yards per game. In passing cffictency, he ranks 10 ith with a
147.3 rating. As a team, the Cas are ranked cy hith on total offense at 456.3 yards per game and fitith in pase ottiense usth 3.308 vards per
game.

WSC alumni road race held
WAYNE The Srd annual WSC Alumni Classic Road Race was held
last Salurday at the WSC Rec Conler and Finess Trat 5 , last Saturday at the WSC Rec Cenler and Finess Tratt The 5,000
meter course was won this vear hy lamec veciown whth a Dew course record of $10.6^{-7}$ breaking the old reiord of 18 g $^{10}$ o by Stepten
Fyfe
 Terry Mever in the $40-40$ age group in 20 :ito while Jim Lindau

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Lifestyle

## Couple married in Aug. 24 ceremony <br> Betty Bryant of Kearney and Bridesmaids were Joann Laible

 Derwin Roberts of Stuart were of Stuart, Jane Paten and Shawna married Aug. 24, 1996 at the FirstUnited Methodist Church in


Mr. and Mrs. Roberts Kearney with Pa
Carpenter officiating. Parents of the couple are Russet and Glonia Bryant of North Plate and Courland and Darlenc Roberts
of Allen. Grandmother of the gro
Leona Magnuson of Wayne. Honored guesss were Pastor Earl
Hon and Gladys Von Ehrenkrook of Jutesturg, Col
Maid of hen
of Stuart, Jane Paten and Shawna
Zook of Kearney and Ann
Gustafson of Blair Gustafson of Blair.
Bestman was Keith Larabce of Stuart.
Groomsmen were Jerome Roberts of Allen, Verneal Roberts of Ft. Worth, Texas, Dustin Roberts of Laure
Schmaderer of Stuart.
Flower girl was Amanda Larabee of Stuart. Ringbearer was William Gregg of Chadron.
Ushers were
Grant, Howard Bryant of Sidney Brian Bentley from Macedonia. Iowa and Bryan Daum of Batle Creck.
Pers Personal attendants were Path French of Brady and Sandi Bryant of
North Platte. A reception was
Kearney Eagles Club. Host couples were Dave and Lanita Wilke of Kearney and Don and Sally Schmaderer of Stuart.
The bride is a graduat The bride is a graduate of
McPherson County High School in Tryon and a graduate of Kearney
State College with a Bachelor's degree in Busincss Administration
with an emphasis in Managencmt. She is employed at Tri-County Bank in Stuart.
Her husband is a graduate of
Allen High School and Dana College with a degree in Business Administration and Economics. Ho B a vice presi
Bank in Stuart

## How teens can handle acne problems



## Let me illustrate:

Let's suppose you are very hungry, having eaten nothing all day. You select the best restaurant in your city and ask the waiter for the finest steak on his menu. He rephies that the filel mig
and you order it charcoal-broiled, medium rare
and you order it charcoal-broiled, medium rare.
The waiter retums 20 minutes later with the fir
The waiter returns 20 minutes later with the fare and sets it before you square, flanked by a single bit of potato.
You complain vigorously to the waiter, "This is what you call a steak
dinner?"

## dinne?"'

He then replies. "Sir, how can you criticize us before- you taste that meat? I have brought you one square inch of the finest steak money can
buy. I doubt if you could get a better piece of meat anywhere in the counbuy. I doubt if you could get a better piece of meat anywhere in the coun-
ury. Ill admit that serving is small, but after all, sir, everyone knows that it isn't the quantity that matters; it's the quality that counts in steak din-

## ners."

"Nonsense," you reply, and 1 cercainly agree.
My concerm is that the quanisiy vs. quality cliche has become, perfaps, a rationalization for giving our kids neither! This phrase has been bandied
about by over-commited and harassed parents who feet gulty abou the lack of ume they spend with their children.
The boys and girls are parked at child-co with baby-sitters at night, teaving little time for tradiuonal the day and
vities.
And to handie the discomfor of neglecting their children. Mom and Dad cling to a catch phrase that makes it seem so healthy and prope Well, you know, in's not the quantity of tume that matters, u's the qual of your togethemess that counts

These questons and annwers are eccerpted from the took Dr. Debson Ansuers Your Questions Dr. James Dobson us a piv hologist tuther and president of Focus on the Family. a nomprofir organizatuon dedtcated to addressed to Focus on he Famulv. PO. Ber tht Colorado Spines CO SO903. (c), IQ82. Tyndale House Publishers

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

## Afternoon ceremony is held



 Card shower planned for couple's 60th A card shower is being planned
to honor Arthur and Audrey May of to honor Arthur and Audrey May of
Cedar Blaffs on their 60 h anniver. Cedar blafts on their both anmiverwere married Oet 31, 1936 at Etkpoint. S D
They farmed in the Wayne and Laurel area until 1984 when they Tetired and moved to Codar Bluffs.
The couple has three daughters. Jeanie Hayden of Hooper, Lynda Jeanie Hayden of Hooper, Lynda
Pearson of Nedford. Wisc. and Phyllis Ann Polen of Cedar Bluffs. There will be an open house on Saturday, Oct 26 from 2-5:30 p.m. at the Serior Center in Cedar Bluffs Cards may reach the couple at P.O. Bo
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Cencral, Northeast, Southeast, and Western Nebras

## Should kids stay home alone?

| Jacob Paul Mann |  |
| :---: | :---: |
|  | Jacob Paul Mann, three-week-old son of Dave and Melanie Mann of Winside, was baptized Saturday, Oct. 5 in a private service at St. Paul's |
|  | Lutheran Church by Pastor Patrick Riley. Jacob's sponsors were Pastor and Sandy Riley and Dwight and Connie |
|  | Oberle, all of Winside. <br> A supper was held afterwards at the Mann home. Present were all the sponsors, as well as the Riley children, Lisa Oberle, Marlin and Anne |
|  | Westerhaus, all of Winside; Cam and Lori Means and their children, Brituey and Brandon of Columbus; and grandparents, Victor and Reba Mann and Dick and Judy Danielson, all of Norfolk; and Jacob's broth- |
|  | ers, Joshua and Ben. Jacob was born Scpt. 20. |

Grace Ladies Aid LWML plans for many fall events
Grace Ladies Aid LWML met The group will serve dinners for Oct. 9 with 42 members and Pastor
Mathonken present. Mahnken present.
The meeting began with prayer
and Litany "Reaching Out From the Cross. Devotions closed with the hymn "Drawn to the Cross Which
Thou has Blest." Thou has Blest."
Ellen Heinemann regronted that the group visited the
Centre on Sept. 25.
Centre on Sept. 25 .
The sewing group met Sept. 20 , quill again O
Milly Thomsen reponed visting
menbers of Grace and sending members of Grace and sending
carck. Louise Larsen received a letter
from George Naylor, the Semnary student and Lynor Allemann will
write him the mont.
The Chnsmas Cards are ordered. The group will again collect
items for World Relief fems are of items for World Rectief fitems are to
tee teff in the northwest corner of

Pastor Anderson and Pasto
Mahrken are participung Mahnken are partucipatung th
CROP Walk. Ther donatons will

Carroll Club studies dolls
 ded on the number of rable belong to the clat.

ing, many working parenis are
confronted with ing, many working parents are
confronted with the temptation to
have their children have their children be home alone
for a few hours each day Ideally for a few hours each day. Ideally,
we should all have access to stimuwe should all have access to stimu-
lating, affordable afterschool prolating, affordable afterschool pro-
grams for our kids, but this is not the reality for many parents. They start asking themselves: "Is my
child old enough to stay home child old enough to stay home
alone after school this yeary alone after school this year?" It's a
big decision for families - and a big decision for families - and a
big step for children. How can par-
ents be sure their kids have the emotional maturity to take this emonio
.
step?
As
As a rule, children under 12 lack
the decision-making skills the decision-making skills to function alone on a daily basis for an
extended period of time, according to Earl A. Grollman and Gerri L Sweder, authors of the Working Parent Dilemma (Beacon Press). However, age is only one fact; some 12 -year-olds are more self sufficient and self-confident than some 14 -year-olds. Parents also
need to consider a child's cmotional maturity and common sense. They need to ask if their child "fects ready" and wants to be alone. "
When parents have decoded that their children are ready and they feel
sufficiently comfortable with theqt sufficiently comfortable with the fr surrounding neighborhooxl, there's
lot they can do to make this experience posuluse and safe for kids. Here's what Groltman and
Sweder sugest: Start slowly. Leave your chld
alone for short periods of time at alone for short periods of time at
first. Gradually increase the length of ume and add new responsibillaes. Determine your chitas neation Slay in wuch by phone. Chil-
dren feel much beucer abou being
home alone when they an pick un home alone when they can pick up
the phone and call a parent. Post all imporcant phone nambers so the
can call you. Handle the fear factor. tis nor-
ntal larkids atonte to fod atsen
 teach them proper reqponses oftan-
dee the process as a game: What
nould wo
$\qquad$
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$\qquad$

100th anniversary celebration
The Wayne Minerva Club celebrated their 100th anniversary celebration on Monday ar ternoon at the Oaks. The Club meets twice a month in different members homes. Mi herva is the Greek Goddess of Wisdom and the local club is an intellectual, cultural hit crary club. Members present for the celebration include from back left: Beth Morris,
Norma Koeber, Arlene Ostendorf, Margaret Anderson, Mary DeFreese, Bette Ream and tollis Frese. Front: Verma Ross, Pauline Nuernberger, Arlene Ellermeier, Marjorie Ot

## DAV entertains veterans



$\qquad$
Auxiliary meets in Neva Lorenzen home

|  | A Eetter was read trom (arol Utrich urging members to adopt a grandparent at the nursing home, do something for someone or collect | h, cat out myy day, like ap |
| :---: | :---: | :---: |
| dena |  | ple ple and ue cram, travel, owa ow horne and all wher freederm <br> The mectang consicluded with the prayer for paise the wnging of ork |
| Presidem Frame: Dorme upenc the ucoung with colors in place |  |  |
|  | thes for a needy family Disurict IIl President | stanza of Amerna and the perney march for the hutd red school |
|  | on |  |
| 右 | olving giving a plant to |  |
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## Allen church holds closing celebration

Sept. 29 marked the closing celChurch two miles east of Allen. Historically, the church played an important role in attracting early settlers to the area. Pioneers with family names of Roberts, Ellis, Emry, Connor, Burgess, Smith, those who belonged to the church The name "frends" is taken from Friends of Springbank lirst gathered 115 years ago in October. 188 :
with 29 charter members. In March of 188

A celebration service was planne A celebration service was planne vice, catered dinner and evening concert. Souvenir crosses, were fashioned from a church pew with
ceramic pictures of the church atached. The church was packed for the morring service. The congregation
cepresented 16 states: Washingion, represented 16 states: Washington, Minnesota, Ilimois, South Dakota Ohio, Missouri, Gcorgia, Kansas Arivona, Texas, lowa and Nebraskal Former pastors present werr rec--
genized by yearly meeting superinWaylen Brow Burneu, Ruh Edwards and supply pastors Jesse and Arlenc. Patrick
Mark and Tina Giebhard and Mike Mace. A tetter was read from Phy is Hokman, pastor for 11 ycars. College President and formerly of Music was provided by the congre gation, special numbers and a choi composed mostly of former mem

There were 240 attending th catered dinner at the Allen Fire and
Rescue Building. The attemoon wa spent in visiting and singspiration. uartet of George, Iowa. The grou

## Our Savior Lutheran Church holds celebration



## Grace Evening Circle meeting held on Oct. 8




CarrollZION CONGREGATIONAL
BETHANY PRESBYTERIANBETHANY PRESBYTERIAN
(Gall Axen, pastor)(Gall Axen, pastor)
Sunday: Worship. 9 am
ST. PAUL'S LUTHERAN (Aicky Bertels, pastor)
Sunday: Woishio 30News
UNITED METHODIST
(Gary Main, pastor)
Concord

$\qquad$
CONCORDIA LUTHERAN ..... (Duane Marburgor, pastor)
fanclle Nelson and Combic
SCHUMACHEGR
FUNEERALHOME
-WAYE *CARROL
-WNSIDE -LAUREL
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INSURANCE ..... insuran
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KAUP'S TT Service

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## Winside

$\qquad$
Hoskins PEACE UNITED
CHURCH OF CHRIST(Olin Belt, pastor)
Sunday; Sundaythinity evangelical
(James Nelsoni, pastor)Sunday: Sunday school and
Bible class, 9 am. communion
service. 10 special NELHS assocl-
ation meeting. 430 pm . NELHS
fall concer
730 Friday: Contimation chors
415 pm Saturday: Aetormation
Poter Cage, pastor)
Sunday: Worship. 8.45 a.m
3unday school. 1015 . Tuesday

Wakefield

$\qquad$nion $8: 30 ;$ AAL, $9: 30$; Sundayfirmation class at Immanyel, $5: 30$
EVANGELICAL FREE
a.m.: morning worship, $10: 30$
Gideon prayer dinner, Laurel PizzaGideon prayer dinner. Laurel Pizza
Ranch, 1 p.m., evening service, 7 ;
choir'practice, $8: 05$. Monday:Centennial commitite meeting, 7:30P.m. Tuesday: Gideon meeting
Dixon Methodist Church.AWANA JV, Concord gym. CIA,

## Dixon

dIXON UNITED METHODIST

$$
\begin{aligned}
& \text { Nancy Tomilinson, pastor) } \\
& \text { Saturday: Ladies serve at }
\end{aligned}
$$

$$
\begin{aligned}
& \text { Dixon tha market Sunday: Wor } \\
& \text { ship. } 9 \text { a.m Sunday school, } 10 \\
& \text { Wetnesday: Disciple Bible }
\end{aligned}
$$

CHRISTIAN CHURCH
3rd \& Johnson

${ }_{218}^{51}$ Mauers Lutheran
(Patrick Rilley, pastor)
Saturday.GINITY LUTHERAN
UNITED METHODISTFow- 空
smörgashord:
Saturday, Oct. 26 S






Bible study. 7 friday: Rebecca
Circie helps with bingo, Wakefield

## immanuel lutheran

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## WSC parade

Homecoming activities at Wayne State College wrapped up the morning and an afternoon football game whieh saw the Wildcats defeat the Southwest State Mustangs 25-23.

## Dixon News

METHODIS

ETHODIST WOME co Oc, Whe 14 attending. rogram on prayer: Ste trought si hings we need to think ahout with Lord's Praye
he business mecting with prayer
Roll call was caken, Subscriptions
nagazines. were sent in:
Correspondence was reat from the

$\qquad$ attended the districa mecting in wa


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## Winside News

Dianne Jaeg
ANNUAL MEETINC Members of the Winside Scholmeeting Sept. 26 in the Winsid Legion Hall. Ren Leapley, chai man, conducted the business meet ing. The Foundation refeived xtended IRS tax exempt status. Committee reports were made.
Eour 1996 Winside High School graduates receive $\$ 390$. $\$ 3$ sholarships raduates receive $\$ 300$ scholarship Greg Mundil, Nicole Deck, Kristy Oberle and Wendy Miller. There were two alumni scholarships of $\$ 225$ each, given to Mindy Marotz
and Christine Brugger. hristine Brugger

## or March 25.

ature day
 dict Cub Scout Nature Day held a


JAEGER REUNION The seventh Jaeger/Wurster family reunion was
held Oct $\delta$ in the Winside audito rium with a noon potluck dinner The Weible family hosted. There were 87 present with Al bert Jaeger, 95 , oldest and Saman tha Centeto, 5 monns, youngest
The 1997 rcunion will be hosted by the family of Gothilf Jaeger.

MUSEUM COMMITTEE Members of the Winside min seum committee met, Oct. 8 with president, presided. Septill Burris, president, presided. September trea
surer's report showed $\$ 847.84$ wa received from the quilt show; $\$ 115$ in memorials; $\$ 15$ in dues; $\$ 2$ from tours; $\$ 13.65$ from newspa pers. After bills were paid a profit
of $\$ 675.82$ was made from the Scptember quilt show.
Thank yous were received from Lois Krueger of Winside for the
prize she received and from Dorothy prize she received and from Dorothy won. Bill Burris has assumed the expense of the new quilt frames made for the quih show, so anyon merested in using them should Plans were discussed to hest cebration on Sept. 14, 1997 honor of the 100 th anniversary or Church. Next committee mecting is Mawn and country Lorraine Prince hosted the Oct.
Town and Councry Clut mesing Town and Councry Club mecuing Pitch was played, with prizes going
10) Pat Miller, Greta Grubbs and Festher Carl'son. Next meeting
Now, 12 with Bonnic Frevert. Her BRIDGE
Mr. and Mrs. Norman Peters of
Perce hosted the Oct. \& Tuestay
Night Bridge Club with two cou ples as guests, Mr. and Mrs. Bit
Buckendaht and Mr. and Mrs Manard Abler, all of Picrec. Prizes wer
won by Dollie Wacker and Be at the Virgil Rohliff home HURCH WOAF

## Fourteen member

ess. Next meeting will be Nov. 13 at 2 p.m
HEIGHBORING CIRCLE Lorraine Denklau hosted the Oct. 10 Neighboring Circle Club with ight members and one guest.
aVila Voss of Pierce. The meeting opened with the singing of "My Old Kentucky Home."
Thank yous were received from Rachet Peter and-Lynsey Harmier rom the Wayne County Fair speLaVila
membet: Cards were played, with prizes going to Gene Rohlff, Ema Hoffman and Jackie Koll. Next meeting is Nov. 14 with
Ema Hoffman at $1: 30$ p.m. webelos
Scout leader Joni Jaeger met Oct. 8 with three Webelo Cub Scouts. Mrs. Jaeger served treats.
Popoom sale sheets wer handed out and the boys made tie slides and book covers. They discussed "Fly Ways for Birds" and science experiments on air pressure. Next meet-
ing is Oct. 22 after school whien ing is Oct. 22 after school
Chris Hansen will bring treats. TOPS
Members of TOPS Ne 589 me Oct. 7. A new member was wet-
comed. The report card contest stanted will run for six weeks Scy eral articles were shared. Meetings are held every Monday with Marian Iversen at 5:30 p.m. Guests and new members are always welcome SENIOR CITIZENS Nincteen Winside Senior Citi-
zens met for a noon poluck zens met for a noon poluck dinner
on Oct. 7 . Cards were piayed. Nex mecting is Oct. 21 in the Legion Hall at l:30 p.m. Alt October day. Oct. 28 , a Halloween party will be held. All area seniors are welcome to attend
METHODIST
METHODIST WOMEN Methodist Womers of the Unite

Dotie Wacker, viee president, in charge. The ladies will have a table at the Dec. 7 craft and bake sale in Dotiie Wacker had the lesson and Audrey Quinn was hostess. Nex meeting is Nov, 12 with guest day at $2 \mathrm{p} . \mathrm{m}$.
COMMUNITY CALENDAR
Friday, Oct 18: G.T Pinochle, Laura Jaeger; op
meeting, fire hall, 8 p.m.
Saturday, Oct. 19: Public
Library, $9-1,1-3$ p.m.; story tim
11-11:30 a.m.
Monday, Oet. 21: Public Citizens, Legion Hall, $1: 30$ p.m TOPS, Marian Iversen, $5: 30 \mathrm{p} . \mathrm{m}$. Tuesday, Oct. 22: Webelo Cub Scouts, fire hall, 3:45 p.m.
Wednesday, Oct. $23:$ Public Library, 1:30-6:30 p.m.; Tiger Cub Library, $1: 30-6: 30$ p.m.; Tiger
Scouts, fire hall, $3: 45$ p.m. Thursday, Oct

SCHOOL CALENDAR Monday, Oct. -21: Red Rit hon week.
Tuesday,
Hartington, ho
Thersday, Oct. 24: VB
Wakeficld, 6:15 p.m.
play off,
Satur
resting.
Crystal Jacger of Winside ce
rated her 13 hh birthday on Oct
Grated her 13 th birthday on Oct.
with an afternoon costume H oween party. She had nine guests and her sister. Also present in the
fiemoon were grandparents Atfred and Ruth Casstens: grear uncle Ed Carstens; and great aunt Betur
Miller, all of Norfoik; the Dale Jacger famuly of Picrec; and the
Mike Jaeger family of W-ay Crystal is the daughter of
rnio and

## Brodersen passes final examination requirements


#### Abstract

Jill Brodersen, a member of the Sioux Cuty, lowa architectural firm Arehitects, hais feecin notified by the Nebraska State Board of Examiners for Professional Engmeers and Ar chitects that she has passed the tina chmects than she has passed the tinal for architectural registration in Ne hraska. She is one of 16 candidates who recemly passed the $331 / 2$ hour from Waye High School in 1984. archned her bachelor studes degree from Chiversity of Netraska in 1989 . She recanty pompleted in intena \#cvelopment $\begin{aligned} & \text { rogram sponsored }\end{aligned}$ development ingram sponsored jointy by the Board of Examiners joind Ala Nebraska Ms. Brextersen and her husband Dougtas, are resideats of South Swour city. Ste is the daughter of whicen passed the 31/2 hou


## W Want

Logan East Rural Water System 'Largest in the State ${ }^{\text {' }}$
Approximately 240 prople attended the dinner and dedication ceremony
for the Logan East Rural Water System (LERWS The dedication was held
The $\$ 12$ million project was built in four expansion stages. The project began with phase I in the spring of $1991^{\text {a }}$ and phase 15 was completed this summer The system-sapplies water to rurat customers through io 700 mites of pipetine and three water storage tanks
pening remarks. Lowif Eikforn Ngan the dedication ceremony with manager Stan Staab conthued by introdure Resources Bistrict-(LENRD) Board Chairm Staab conthued by introdueng staff and directors. LENRD introduced the Logan East Rural Water System Advisory Board and awarded them with certificates of appreciation. Featured speaker for the de-
Congressman Bereuter began his speech by congratulating the Lower
Conas Bere


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ive and' farm better electrically

## minimeminio <br> 

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ron tast otpinomelicsinvice a quality


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## Agriculture



Carroll good neighbors
Approximately 25 friends and neighbors harvested 140 acres of beans on the Lowell Olson farm last Friday. Olson has quadruple by-pass surgery on Sept. 19 and is
unable to do any work at the present time. Those furnishing combines included Bob Kenny, Delber Claussen, Harold Wittler, Roger Brandt and Rod and
Gerald Monk. Those furnishing trucks were Delmar Eddie, Brad Roberts, Ron Stapleman, Rod and Gerald Monk, Charlie and Stan Morris, Roger Brandt and Carrol Farms furnished tractors and graịn carts. Others helping included Dick Jenkins, Dale Claussen, Dean Owens, John Peterson, Harold Loberg and Tom Olson. Food and refreshments were furnished by The Station, Carroll Steakhouse and Lounge, Joyce Sandahi, JoAnn Stoltenberg, Jackie Owens, Janice Loberg, Linda Monk,
Mary Claussen and Nyla Eddie.


4-H News SPRINGBR
4-H CLUB
The Spring Branch 4-H Club folk OcL 13 with 28 mber folk O
sent
Awards were handet out and new officers were elcted. They are Jami

secret
surer.
Following a family potluck supper, a scavenger hum was hol
Next mecting wifl be held January, the date to be announced later.

The Norfolk Livestock Market fat cattle on Friday saw a run of
625 . Prices were $\$ 1$ to $\$ 2$ lower on steerss and heifers, cows and bulls
were $\$ 1$ lower. were $\$ 1$ lower.
Strictly choice fed steers wére $\$ 69$ to $\$ 70.25$. Good and choice steers were $\$ 68$ to $\$ 69$. Medium
and good steers were $\$ 67$ to $\$ 68$. and good steers were $\$ 67$ to $\$ 68$.
Standard steers were $\$ 53$ to $\$ 63$. Standard steers were $\$ 53$ to $\$ 63$
Strictly choice fed heifers were $\$ 69$ to $\$ 71.75$. Good and choice heifers were $\$ 68$ to $\$ 69$. Medium and good
heifers were $\$ 67$ to $\$ 68$. heifers were $\$ 67$ to $\$ 68$. Standard
heifers were $\$ 53$ to $\$ 68$. Beef cows heifers were $\$ 53$ to $\$ 68$. Beef cows
were $\$ 32$ to $\$ 37$. Utility cows were $\$ 32$ to $\$ 36$ Canners and culer were $\$ 25$ to $\$ 32$. Bologgna bulls were $\$ 35$ to $\$ 44$.
Socker and feeder sale was held on Thursday with a
and prices were steady.
Good and choice steer calves
were $\$ 58$ to $\$ 65$. Choice and prime lightweight calves were $\$ 65$ to $\$ 70$ were $\$ 62$ to $\$ 68$. Choice and prime lightweight yearling steers were $\$ 62$ to $\$ 68$. Good and choice heifer calves were $\$ 55$ to $\$ 58$. Choice and prime lightweight heifer calves earling heifers were $\$ 61$ to $\$ 64$.
There was a run of 107 at the Norfolk Livestock Markei Tuesday for fed cattle. Prices were $\$ 1$ lower steady.
Good to choice steers, $\$ 68$ to. $\$ 70$-Good to choice hicifers, $\$ 68$ :10
$\$ 70$. Medium and good stedrs and heifers, $\$ 66$ to $\$ 68$ good standard, $\$ 54$ o $\$ 62$. Good cows. $\$ 32$ to $\$ 38$.
Prices for dairy catle on the Norfolk Livestock Market Wednes day were steady for cows and year
lings, calves were steady to lower lings, calves were steady 10 lower
There was a run of 64 head
Top quality fresh and springing heiless were $\$ 900$ to $\$ 1,100$ Medium quality fresh and springing
heifers were $\$ 700$ to $\$ 900$. Conmon heilers and older cows were
beifers were $\$ 275$ to $\$ 450.500$ to 00 lb . heifers were $\$ 450$ to $\$ 550$ Good baby calves - crossbred
calves, $\$ 35$ to $\$ 65$ and holstein calves, $\$ 15$ to $\$ 35$.
Sheep numbered 275 at the Norfolk Livestock Market last Wednesday. Trend: fats were steady steady.
Fat lambs: 115 to 140 lbs ., $\$ 83$
Feeder lambs: 30 to 60 lbs ., $\$ 85$ o $\$ 127 \mathrm{cwt}$.; 60 to 100 lbs ., $\$ 75$ to $\$ 85 \mathrm{cwt}$.
Ewes: Good, $\$ 55$ to $\$ 80$;
Medium, $\$ 35$ to $\$ 55 ;$ Slaughter. $\$ 25$ to $\$ 35$.

## lot of funerals <br> Hospice nurses attend the ser-

 vices for two reasons: to support for themselves to provide closure or themselvesOver the years, the biggest change has been that the whole thing has.become more personal. If the deceased never wore a suit, for
instance, he may be dressed in instance, he may be dressed in Lately, several have included remarks by family or friends. Sometimes it's prepared. Other limes, it's extemporancous. I'm convinced it's helptul. I don't mean a culogy, but simpty reminiscing. Week. One was a patient: the other. a friend. I enjoyed the music at each. At the first a gal with a Sce Me Nowe" sang "If You Could was a harpiss and congregational singing. Both minister had beautifut words of confort. But it was thetributes that really helped. I've been
reflecting on what is popularly called "The measure of a man."

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Reflections about one's life


The patient was 83 years old an had raised six children while run aing a feed and produce store. His son remarked that the measure is
oot how much money he has mad how how much money he has made how in the number of folks what will mourn his passing. The church was full
The second, this morning, was for a man named Don Lees. Don Was a college buddy a frat brother
with whom we had double dated we whom we had and their kids used to spend some













 ummers.
Don never smoked, never gained weight, liked his job, was very
happily married and loved to walk. happily married and loved to walk. Monday evening he collapsed ond died of a heart altack. He was 64 . The church again was full and The church again was full and
is a big church. At leaft a dozen folks gave tributcs. There were tears and smiles and a few chuckles. oved his God, his family, his state loved his God, his fam
If ever there was anyone who had things he aceded to, if was this mang.
Again, not the amount of money Hugs given but lives he touched ds spotevt. The old-fushiened ords like: humor, honesty, ia A life well lived.
It makes opause and reflec: and

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12 UNIT domicililaty with hionie in central Nebraska Complete turn hey opportuntry
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individual Must he at least 18 with good
evenings or weekend 695.2747 .1011712


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| Certified Public Accountant |
| Max Kathol and Associates P.C. 104. West Second Wayne 375-4718 |
| CONSTRUCTION |
| OTTE <br> ONSTRUCTION OMPANY $\qquad$ <br> Commercial - Residenta <br> East Higlrway 35 <br> Wayne, NE relephone: $375-2180$ |

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 - Auto Home lile A $\begin{array}{r}\text { First Nationa } \\ \text { Insuranc } \\ \text { Agenc }\end{array}$

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Haskell House Is looking for a cook for lunch shift \& possibly some nights.
Pay is $\$ 7.00$, good working environment, scholarship program. Also need servers for noon \& niesht shifts. Wage is commensurate with experience. Goord working environment, ex gram.

11 800-287-5460 402-287-2587
for an interview appointment.

## RNs/LPNs HOME HEALTH CARE -RNs - Funtime and Part-time - Pediatric Home Care in PIERCE. Pediatric Home Care in PIERCE NE, 12 noon $-8 \mathrm{pm} \& 12$ midnight$8 \mathrm{am}, 7$ days/wk -LPNs - Part-time Adult Home Care in CREIGHTON, NE, 8am3:30pm Sat. \& Sun. Care in COLUMBUS, NE, Garn- <br> Call Sue Stoolman, RN, <br> or Sam Wokcott, RN <br> 1-800-888-4933 OIsten Kimberiy Quality Care Omaha, $N E$ AAFED



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## WANTED <br> Newspaper <br> Carriers <br> 375-2600 <br> The Wayne <br> Herald

Sprcial votict:
WAYNE MiN-STOR UEN SALE HAS BeEN CAMCEILD

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following shifts

- Saturdays \& Sundays: daytime hours, evening hours, ovemight hours in a residential facilify
Mondays - Fridays: 8:00 a.m. - 5:00 p.m. shitts as substitute for training center staff who are out sick, at training ses sions, etc.
Shitss will vary in length, but generally will not be less than 4 hours, minimum.
Region IV Stafl dedicate themselves to teaching children and adults who have developmental disabilities how to-become an integral part of the community. Residential slaff teach skills which include cooking, cleaning, and use of leisure time; training cemter staff teach skills like completing activities for pay, socializing with co-workers and solving problems. Paid training is provided. Applicants must be at least 18, able to lift up to 75 pounds, and have a driver's license and high school diploma/GED. Pay starts at $\$ 6.12$ per hour for residential shifts, $\$ 5.87$ per hour for training
center shifts. Work done on holidays is paid at time-and-a-halt To center shifts. Work done on hol
pick up an application, stop at:
$\left.\xrightarrow{\rightarrow} \begin{array}{l}\text { Region IV Services } \\ \text { 209 1/2 S. Main St. } \\ \text { P.O. Box } 97 \\ \text { Wayne, NE } 68787 \\ \text { (402) } 375-4884\end{array}\right)$

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cation skills to coordinate the general accounting functions of the cation skills to coordinate the general accounting functions, of the
Wakefied plant. Areas of responsibility include: general ledger, capital spending and fixed assets, payroll reporting, budgeting, variance analysis and accounts payable. Position directly supervises the Ac-
counts Payable clerk(s) counts Payable clark(s). The ideal candidate will have highty developed anatytical and prob-
tem solving skills, supervisory skills, experience in Microsoft Office (particularly Access and Excel) and solid accounting skifis, including standard costing. Applicants must possess a college degree, prefer-
ably with ably with meoxumien ace.

We provide a number of benefits to regular fuir-time emptoyees includ ing, but not limited to: Medical and Dental Coverage Paid Life Insu-


For Immadiate conslderation, qualified applicants epply at our oflice or sand tholr resurn to M.a. Winldbaum Company Kuman Rasources Do


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| GALINOTICE OF MEASURE TOBEVGIED UPON ON MOVEMBER E, 1996 |  |  |  | state legrislafors potificipatitug in employee bernefit pkans duailable to other state officer |  |
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|  | A constitutional amendment to authorize legislation relating to <br>  | not exempted by this Constitution or by egislation, shall all be taxed a depreciated cost using the same | that the increased value of land by eason of shade or ornamental trees planted along the highway shall no | TEXT OF PROPOSED CONSTITUTIONAL AMENDMENT |  |
| ative Council |  |  |  |  |  |
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| men |  |  |  |  |  |
| A vote "EOR " fhis propacat will allow the Legislatare to authorize off track part-mutuel betting (m) kirseraces hy such meahs and at such ocdtuons as thmight determine thus rentobnne the present requitenent that oft befting on horseraces be onducted by luencees. the state | proceeds from matervehicle taxes, to provide that property of thestate and its governmental subdivisions is exempt fromEtaxation to the extent such propierty is used for public classification and taxation of such property, and to repeat andeliminate provisions dealing with township organization and towns |  |  |  |  |
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|  |  | as any such differences and classifications are feasonable and ans required by either or both fa) an |  |  |  |
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| A vote "agalNST atain the present ruquicment that all part-mutuel bettong on hurseraces theconducted by blensees wothen heresed racetrack encloxures |  |  |  |  |  |
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| A constitutional amendment to remove the restriction thawagering on the results. of borseraces by the parimutue method be conducted whthin alicensed racetrack enclosure and to authorize such wagering to be conducted at locations gnd bymeans authorized by the means ar | TEXT OF PROPOSED CONSTITUTIONAI MEENDMENT | risale by motor vehicle dealers which |  |  |  |
|  |  | shall be taxed in the manner and to the extent provided by the Legslature and may allo establish a separate class for |  |  |  |
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|  |  |  | duvison subdivision of the state, shait | specified eongreseronal term limits by placing language on election ballots; |  |
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|  |  | tharme or other employee benefit plans is defined by the legislature may beleclatred exempi from taxation Taxes |  |  |  |
|  |  |  | xvil-4 The general election of Chis state shall be held on the Tuesday | Constitution to limit congressional terms? (Provigions severable). | (d) Falls to vote in favero of allvotes |
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| shall not exceed eighty percen | January 1. 1999, a governmental |
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| shall constitute aseparate and distinct | 14, 21, and 28, 1986) |



## 

## Oft-track Betting



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We are very excited about our new expansion - being able to bring our customers a much greater selection in all departments - we are celebrating this with prices you won't believe. Because it's you who have made this all possible, the most important people, our customer. Look at just a few ot the examples and we think you will agree - the prices are great - so stop in even if you don't need anything and see how we have grown. Have some coffee and cookies and browse around.

The Management
Harold - Marian - Randy Surber

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\$ 14995
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Reg. Price $\$ 1,629.95$ 3-Pc. White Pine Giris Bedroom Set SALE PRICED


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5-Pc. Wood Dinette Set.
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Oct. 7 afternoon guests in the Ann Nauhan home for her birthday
were Lo tua Voss and Lila Hansen were Loeda Voss and Andersen of of Winside and Betty Andersen
Hoskins. Evening guests were Iotice Hoskins. Evening guests were lotie
Kleensang and Stan and Cindy Katran, Kally, Kim and Justin. Paut Fenske of Philadelphia, P was an Oct, 3.7 guest in the $B$ and Hitdegarde Fenske home Ruth Bruggeman went to Slt.
Louis, Mo. Oct.' 9 where she net Louis, Mo. Oct. 9 where she net
her twin sister, Ruby Adair of Santa Paula, Calif. and another sister, Ilene Graham of Plantation, Fla. They spent several days t 0 gether, visiting and touring placess
of interest. They retosned home
Concord
News
Evelina Johns
$402-584-2495$
3 C'S CLUB
The 3 C's Club met Oct. 7 at the Senior Center in Concord with Dorthy Hanson as hostess. Nine
attended. Vandelyn Hanson had enattended. Vandelyn hanson had en-
tertainment and read an article on "Cooking." members gave one of their own cooking failures. The group made Halloween paper pumpkins. A gift exchange will be held at the December meeting. Next club is Nov. 4. Evelina Johnson lunch:-
GOLDEN RULE CLUB
The Golden Rule Club met Oct. 10 with Marge Johnson in Laurel as hostess. Roll call was answered by "A Halloween I Remember." Elsie May was a guest. Bingo was
played. played.
Nov.
Kramer. 14 hostess will be Frances
PLEASENT DELL
The Pleasens Dell Club met 11 to celebrate the Club's 45 th an niversary. All 10 members were
present at Riloy's in Wuyne for prinner: Margaret Tumer reat for a the club's organization and sctivi-
Lies.
Nov. 14 hostess willabe Minnie

## After four decades in the newspaper business Richardson still at the Herald

During the past 80 ycars William "Bill" Richardson has seen soup lines, Africa Italy, the pope, milked cows and ridden freight trains.

These are all in addition to the more than 40 years he has spent-in the newspaper business.

Bill was born Dec. 8, 1916 in Des Moines, lowa. He is the oldest of nine children.

When he was 15 he left home in an attempt to earn money.
"This was during the 1930's and there were no jobs in the city. I watched people stand in line to get a bucket of soup," Bill said.

A friend of his joined Bill on his trip which inctuded stops in Kansas City, Denver and Cheyenne, Wyo.
"There were hundreds of people doing the same thing at this time. Everyone was looking for something. All the people shared what they had," he said.

Bill relumed to Des Moines and attended school until he was-16. He then quit to try to carn money.
"I did odd jobs, including raking leaves for 15 cents a day. This was part of a program the city offered to help the poor. I was actually working for another man who could not keep his job."

Later Bill rode freight trains to Parsons, Kan. to visit an aunt and to try to find work.

He met a farmer who offered him a job ptowing with horses and milking cows for room and board and $\$ 2$ a week.

A friend of Bill's was drafted into" the army in 1940 and encouraged Bill to enlist so the two of them could be together.
"However, when it came time to take a physical, I passed and my friend didn't, so we didn't get to be together anyway," Bill said.

Bilt came home on leave for Christunas in 1941 and was married in January 1942. His wife Mildred was able to join him when he was stationed at Ft. Benning, Ga.

In February of 1943 Bill was sent over. seas. He said that while it was not always the most pleasant experience, he is grateful for the opportunities he had, including his visit to St. Peter's Basilica and the chance to have an audience with Pope Pious XII.

Richardson was discharged from in the army in November 1945. He returned to Des Moines and finisted high schoot.
"While I was in the army, I saw how those with an education got along, compared with those of us who didn't. I decided
that I was going to get an education," he said.

Des Moines had a special program for veterans who wanted to finish their educat tion. Students were allowed to move along at their own pace and Bill was able to finish high school in the spring of 1946, at the age of 29.

Bill then enrolled at Drake University and earned a bachelor of arts degree in journalism in 1950. He then went to work at a newspaper in Thompson, Lowa, a small town with a population of approximately 700 people.
"I wanted country joumalism and while I was in Thompson, I did everything-sold ads, wrote stories and learned to use Linotype," Bill said.

After a year Bill and his family moved to Denison, Iowa where Bill worked for the Denison Review and the Denison Bulletin.

The family stayed in Denison two years and in 1953 moved to Wayne where Bill began working for the Wayne Herald, which was located just south of where the present newspaper building is .

Bill was involved in all aspects of the paper at that lime, including selling ads, taking pictures, writing stories and covering mectings.
"The process of producing a newspaper was much different than it is today. Getting a picture in the paper was a time consuming, expensive process and therefore there were not a tor of pictures in the paper," he said.

In 1960 the Richardson family left Wayne and went to O'Neill where Bill managed the newspaper that was owned by Al Cramer:
"We stayed in O'Neill for five years, but I wasn't making progress so we sold the paper and went to Denison for a year to help the Cramers change over a newspaper from hot type to the offest process.

Bitl then came back to Wayne and again worked at the Wayne Herald tutit 1969 when he and Al Cramer purchased the Moming Shopper.
"The Shopper had been there for a number of years. When I started managing the Shopper, there were just two employees there. The Shopper is all advertising so my"job there was to sell ads. I didn't lose contact with the Herald because we brought the. Shopper over here to be printed," he said.

During the next nine years Bill bought out Al's share of the buisiness and then in 1978 sold it back to him.

In 1978, at the age of 62, Bill "retired."
"For a while I did nothing. I went hunting and fishing but that was not enough. So when a position opened up at the Shopper, I went back to work for Al (Cramer) as the manager," Bill said.

Eighteen years later, Bill is still working in the newspaper business, although on a limited basis.

Bill said that from the time his family first arrived in Wayne, the community has always fett hike home.

He enjoys Nebraska and annually goes to western Nebraska for deer hunting.

Bill said he may retire again sometime but probably won't quit working.
"I enjoy what I do and have met a lot of people in the process. There have been tremendous changes in the printing business since I first came. At that time, the news was more of a man's job. Women were not involved in news writing to the extent they are now."
The Richardson's have two children, a daughter in Denver and a son in Norfolk. They also have two grandchildren, two step-grandchildren and onegreat-grandson.


Bill Richardson looks over his agenda of things to do while working at the Wayne Herald \& Morning Shopper. Richardson has been in the newspaper business for over 40 years.

# Why should you consider long-term care insurance? <br> (This article compliments of First National Insurance Agency) 

If you're like most consumers, you've set aside money for a rainy day. But you probably haven't protected your savings against the expense of an extended illness or disability. You should take action now, because the likelihood of needing such long term care is significant and the cost is high.

A study reported by the New England Journal of Medicine in 1992 anticipates that 43 percent of people over age 65 will enter nursing homes during their lifctime.

More than half of the people in a nursing home stay for more than one ycar.

The average cost of a nursing home for one year is over $\$ 30,000$ and is on the rise. In addition to nursing homes, many people will need long term care services in their home, or community services such as adult day centers. It has teen estimated that 80 percent of all people age 65 will need cither nursing home services or home or community services during their lifetime.

Long term care insurance is the most efficient means of protecting your assets from this-threat. When you purchase a long-term care insurance poticy, you not only help safeguard your assets from the cost of long term care, but you increase your independence and control over future care needs.
What is long term care?
Long term care provides people with the help they need when a prolonged illness or disability keeps them from being able to care for themselves. It can range from help with day-to-day activities in the home
(custodial care such as dressing, preparing meals, etc.) to more sophisticated services such as skilled nursing care in your home or a nursing home. Long term care does not include acute care such as hospital carre.

Who pays for long term care?
Catastrophic long term care costs pose great risk to financial security! A complete financial plan should include provisions for such care. Unfortunately, Medicare, Medicare Supplement Plans, Medicare HMOs and traditional health insurance plans were designed to pay for hospital and doctor costs, not to pay for long term care ser-

## Aging facts of interest

- Over 57,000 older Nebraskans - accounting for nearly 20 percent of the stale's over 60 population - benefited from supportive services provided through Ne braska's aging network in 1994,95. Supponive services include, but are not limited to: chore, escort, housekecping, information/referral, legal services, personal care and transportation.
-Each day, Nebraska's aging network serves nearly 10,000 meals, provides over 1,000 rides to doctor's offices and other needed appointments, and provides almosd 900 hours of personal care services.


## Retired?

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vices. In fact, Medicare pays only about 10 percent of all long term care costs
(including only 5 percent of all nursing home expenses)

A 1992 student perlomed by the Healti Care Financing Administration, which ad ministers Medicare, showed that the majority of nursing home costs were paid with the personal assets sof the individual receiving the care, or by Medicaid if the individual had no personal assets.

Many people attempi to pay for nursing home costs on their own. Unfortunately, many people who start out paying for nursing home expenses eventually find if necessary to apply for Medicaid assistance.

## First National Insurance Agency

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## Do your homework before buying long-term care insurance

Are you considering the purchase of a Long Term Care (LTC) insurance policy in order to pay for a nursing home stay or home health care? Benefits, procedures and prices of LTC policies can vary widely; so as a wise consumer, do your homework first and then comparison shop.

One consideration should be your potential health, financial and care situation. While no one has a crystal ball to predict the future, likely scenarios should be contemplated and possible solutions considered.

In 1991, the New England Journal of Medicine published a study which estimated that 33 percent of the men and 42 percent of the women that turned 65 in 1990, would use a nursing home at some point in their lives.

The local cost of care in a nursing home should also be researched. The cost usually varies by the degree of care provided. "Skilled" nursing care, which must be provided by (or supervised by) licensed nursing personnel, is usually the most expensive level of nursing care.
"Custodial" care describes personal care, such as bathing or feeding a patient, and is usually the least expensive level of care.

In addition to the current cost of nursing home care, the effect of inflation should also be considered. The current rate of medical inflation is 6 to 14 percent annually. At the lowest rate of 6 percent, a nursing home cost of $\$ 100$ per day in 1996, would increase to $\$ 240$ per day in 2011.

Closely examine and compare at least three policies before any purchase.

Pay special attention to the method used to determine when benefits would be paid. If "medicat necessity" is used, who makes the determination? If "Activities of Daily Living" are used, what exactly must you be unable to do before benefits will e paid?

Does the policy pay benefits if the in sured is suffering from a cognitive (mental) impairment, but not any physical impairments?

Also, check the poljey's requirements for the type of facility that can be used. Make sure your preferred place of care would be included as an acceptable facility.

An estimation of a company's financial tatus can be obtained from a ratings agency.

The Nebraska Department of Insurance (402-47.1-2001) can provide a list of ragings agencies and bow to reach them. The Department can also check on the status of an insurance company's license or agent's Ticense.

## Exercise: use it or lose it

The exciting news from recent scientific studies is that exercise benefits everyone - regardless of age. This is extremely good news.

Now the challenge comes in getting people to realize aging doesn't necessarily mean physical frailty. According to The President's Council on Physical Fitness and Sports, much of the physical frailty attributed to aging is actually the result of inactivity, disease or poor nutrition.

When looking at people over 75 living in the community, some startling percentages in the reduction of mobility can be seen: 32 percent have difficulty climbing 10 steps; 40 percent have difficulty walking $1 / 4$ mite, 22 percent cant lift 10 pounds.

What's interesting to note is much of this decline in mobility is due to inactivity, not aging. Thus, becoming more ac-
tive can prevent, slow down or reverse this decline - regardless of age.

Being physically active has other health benefits as well. With mild to moderate physical activity, simple daily activities such as shopping, dressing, walking and bathing can be performed with greater case. Moreover, the risk of chronic diseases such as heart disease, hypertension, non-insulin dependent diabetes, ostcoporosis, obesity and certain types of cancer can be reduced.

Just how much exercise is necded?

Recent research has shown that consid erable heallh benefits may be gained by incorporating less intense physical activity into a daily routine. The American College of Sports Medicine and the Centers for Disease Control and Prevention recom:
mend accumulating 30 minutes or more of moderate intensity physical activity on most, preferable all, days of the week.

One of the biggest incentives for older adults to remain physically fit is that it can help them to maintain their independence.

To help maintain mobility and physical independence try one of the following: a strength-training exercise like lifting weights once or twice a week; aerobic exercises such as jogging, swimming, cycling or brisk walking at least three times a week; or accumulate 30 minutes or more of moderate intensity physical accivity (e.g., gardening, housecleaning, mowing the lawn, dancing, raking leaves) on most days of the week.

Remember, it's never too late to start!

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## "Aging with dignity, caring with quality"

## New Senior Citizens Menu (60 Years \& Older)

$375-4472 \cdot 705 \mathrm{~N}$. Main

## Breakfasts:

- Senior Skillet - hashbrowns blended with ham, onions, cheese \& topped with 1 egg, toast \& jelly.
$\$ 3.89$
- Ham \& Cheese Omelet, 2 Eggs
$\$ 3.89$
- French Toast ( $^{*}$ slices)
$\$ 2.10$
- Senior Breakfast - 2 eggs, 2 strips bacon, toast \& jelly
$\$ 2.79$
Dinners \& Sandwiches:
-1/2 Hot Beef Sandwich
$\$ 3.15$
-Cup of Soup, $1 / 2$ Sandwich
$\$ 2.55$
-Chicken Dinner, 1 piece
$\$ 3.85$
- Fish Dinner, 1 piece
$\$ 3.85$
-Chicken Strip Dinner, 2 piece
$\$ 3.50$
ABOVE DINNERS SERVED WITH: POTATO, COLESLAW, BREAD \& BUTTER AND DESSERT


# Changing your mindset 

We often set limits for ourselves based on past experiences and irrational ideas Let's consider the idea that a person must be able to see in order to carry on daily activities such as cooking and shopping. Previous experience could lead to the conclusion that we have always used sight in the past and cannot imagine doing anything differently.

How can we find tems on the shelf; store and retrieve the goods once bought, and know when something is done, for ex ample?

Unless a person's attitude changes, the constraints of fear of blindness and lack of knowledge if carrying on daily activities will remain a permanent part of life. Building self-esteem is a way of accomplishing change. Here are some suggestions for starters:

1. Give support to others and learn to accept it in return.
2. Break your expectations into realistic steps.
3. Allow yourself to make mistakes and try new tasks.
4. Let go of the idea that you need to be or look perfect (or be sighted) in order to be worthwhile.
5. Tell someone who is important 10 you what you want and need.
6. Get-seme exereise Vision is nota requirement for getting about. Grab your cane and take a walk, so some calisthenics from your chair, or run a marathon.

7. Eat healthy foods and plan to feel good.
8. Make a list of the things you like about yourself.
9. Be aware of your strengths and let go of the idea that being blind means total dependence on others.
10. Continue to use and build upon the strengths you had prior to losing vision.

This list is by no means exhaustive and you are encouraged to get together with a
friend and come up with some of your own ideas, followed up with action. Consider the idea that your past limiting images of blindness are illusory and you can accom plish what you want in life.

Questions or comments? Contact Pearl VanZandt, Nebraska Services for the Visu- : ally Impaired, 4600 Valley Rd., Lincoln, NE 68510-4895, or call 4(2-471-8104.

## Breakfast: a healthy habit

In many households, breakfast is the most neglected meal of the day. For some, this meal is viewed as Iess important than lunch or dinner. But should it be?

Well, when you consider the fact that your body is in a fasting state for 8 to 12 hours while you sleep, you may begin of view this meal differently.

By consuming a morning meal, the fasting state is broken. Ths is impertant becanse your body's supply of blood sugar (glucose) has dropped to a low point during the fasting staye and food is needed to produce glucose which, in turn, fuels your body with energy.

Not only does cating a nutritious breakfast supply fuel for your body, it also produces health benefits. Research, for in-
stance, shows that cating breakfast may help with weight control.

Jnfortunately, many people skip breakfast with the mistaken beliel that by doing so they will control or reduce their body weight. On the contrary, eating breaklast may hielp to control body weight. Several studies have shown that eating shortly after rising causes the body's metabolism to get revved up so that it's able to burn calories more efficiently throughout the day

Other health benefits inelude improved intelfectual performance and a heightened ability terencentrate and solve problems. as well as a reduced risk of heart disease.

For older adults, one of the biggest reasons to eat breakfast maty be it increases
the rutrient content of a person's diel. Studies have sown older adults who cat breakfast, consisting of adequate amounts of breakfast cereals, fruit and mitk, were more likely to meet their nutritional needs, specially for calcium, zinc, magnesium, vitamin B 6 , riboflavin and folate.

Choosing a healthy breakfast doesn't; have to be difficult. Use the food pyramid as your guide. Keep in mind food for breakfast doesn't have to be traditional
it can also be hast nights leftovers or a sandwich and still be considered very nutritious.

Clearly, breakfast is a good idea. With research pointing to the numerous probable; health benefits, breakfast may indeed be the "most important meal of the day.

## THAT NIP IN THE AIR CAN ONLY MEAN ONE THING

## It's time to get ready for winter . . .

Again, leaves need to be raked, storm windows need to be changed, and soon that white stuff will be drifting across the sidewalk and driveway.

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[^0]
## Being physically active: it's never too late to begin

Physical activity is important for evcryone, according to the Nebraska Department of health. A recent report from the U.S. Surgeon General concluded that every American adult should accumulate 30 minutes or more of moderate phỳsical activity most days of the week.
For older adüls, physical activity can improve the quality of life, increase functions, and extend independent living, said Barbara Scudder-Soucie, physical activity coordinator for the Department of Health.
"Everyone gains health benefits by incorporating physical activity into their
daily lifestyle," Scudder-Soucie saíd.
Previously inactive older adults should begin a physical activity program with short intervals of moderate physical active ity ( 5 to 10 minutes) and gradually build up to the desired amount. It's recommended that older adults consult with a physician before beginning a new physical activity program.

Activities to consider for accumulation of 30 minutes a day include walking up stairs (instead of taking the elevator), gardening, raking, dancing and doing chores during TV commercials.


Regular participation in physical activities that develop and maintain muscular strength and joint flexibility is recommended. Stronger muscles help reduce the risk of falling and improve the ability to perform the routine tasks of daily life.

Information on physical activity is available from the Nebraska Department of Health, Section of Health Promotion and Education, 1-800-745-9311 or 402-471. 2101.

## ARE YOU "55 OR BETTER"? YOU ARE INVITED!!

 The Century Elub at the State National Bank and Trust Company invites you to stop in and visit with Ginny. Our monthly newsletter will inform you of upcoming events, the title of the next free movie and a short story on our most recent trip. The brochure lists the requirements and the many advantages of our club. Perhaps you have a friend or parent who would enjoy belonging to The Century Club. If you are not able to stop in, please call me at (402)375-1130.I will mail a brochure and newsletter to you.


Ginny Otte
Century Club Coordinator

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## TWIN THEATRE

## First National Bank

## (1)

## of Wayne

## We Are Proud of Our

 Area Seniors
## Building a new image of blindness

Recently, various national news media found a story in Boise, Idaho of special interest. Two men, both 75 years old and both blind, decided to build a new house for one of the mean.

Jim Near is a widower and former construction worker. He has experienced the slow deterioration of vision not uncommon to older individuals. His friend, Lloyd Johnson, a former mechanic and builder, lost his vision in his mid-40s.

Both men have learned non-visual techniques for woodworking, getting around

with a white cane and other important skills from the Idaho Commission for the Blind.
About a year ago, Jim decided that his old home needed so much work that he should go ahead and build a new one. The two friends set their minds to the project They have done everything themselves from digging the foundation, pouring cement, cutting wood with power tools measuring, hammering, putting in plumbing and wiring ... all phases of the construction process. Their only specially
adapted tool is a Click Rule measuring device.
While most of us aren't likely to build our own home, we do all have skills and interests that have carried us through life's ups and downs. Some people facing the loss of eyesight believe that they won't be as capable as they once were. Jim and Lloyd are shining examples of how determination combined with training in netw techniques can enable anyone to get past that stopping point and maintain or regaiń those important personal skills and strengths.

## Older smokers benefit from kicking the habit

Studies have found that within the first year of quitting, a smoker's risk of heart disease caused by smoking is reduced by about half. Quitting also lowers the risk of stroke, lung disease and lung cancer.

There are other benefits. Smoking interferes with the effectiveness of some
medicines and quitting smoking may help those medicines work better, Martin said. Research shows that it usually takes a few tries before smokers quit for good. Talk to your physician about it or call the Nebraska Department of Health for advice on quitting at 1-800-745-9311.
"You're never too old to stop smoking t'll add years to your life and life to your years!" Martin said.

About 20 percent of older Nebraskans smoke, according to the Nebraska Department of Health.

Some people question whether quitting smoking is worth it at a later age, said

Judy Ashley Martin, administrator of the Tobacco Free Nebraska Program. But there are proven health benefits:
"When a person quits smoking, circulation improves immediately. Their lungs begin to repair themselves and they're able to breathe better. They cough less and have more energy," Martin said.

## Just read the instructions on the bottle

Managing medications can become a challenge if your vision isn't what it used to be. Especially if you take several kinds of medications and the directions vary for each. You don't have the option of reading
the pharmacists' instructions - small print is a "must" to fit on the small space of a prescription label.

There are ways to resolve the problem. A few are presented here; wy these and use
your creativity to develop other techniques that fit your specific situation.

- Use a rubber band wrapped four times around the pill bottle you take 4 times a day
- Heavy tape that you can feel, or bright/dark lape can be used either as a code that you will remember(red for the morning pill) or with number of stripes mathing the times per day


## BINGO <br> For our Senior Citizens

Starting Thursday mornings

$\square$


Technology. Nothing beats it for accessing vitat informacon: But as much as today's technology has enhanced our benefits to you, we realize some things should rernam the same. That's why our commitment to personal service will never change.


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## First Friday's programs begin fifth season

The fifth season of special fine arts programs for senior citizens in northeast Nebraska began Oct. 4 with the First Fridays colloquium at Wayne State College.

The programs are held at 9 a.m in the Student Center on the first Friday of each month-October through May, with the exception of January when the campus is closed.

During each First Fridays event, a special guest of honor is recognized and birthdays are acknowledged. Each month a program specially designed to appeal to the senior citizens of the extended Wayne community will feature a talk or performance by a member of WSC faculty or staff. staff

Free continental breakfasts round out the programs. While geared especially for seniors, the programs are free and open to the public.

On Nov. 1 the WSC Scenes Group will present music of the Civil War. On Dec. 6 the program will feature social sciences faculty member Nancy Crump discussing traditional celebrations of the Native American culture.

In February, the program will be held on the 7th and will honor Black History Month. Dr. Jo Taylor, humanities scholar and vice president for academic affairs will discuss the work of her friend, former American poet laureate Rita Dove.

Continuing next spring, the programs will feature Mary O'Boyle, a native of

Ireland and director of the WSC STRIDE office. She will offer a visit to Ireland in conversation and song. She will be on the program March 7.

Biology professor Charles Maier invites guest to join him on a program tour of Vancouver and the Pacific Northwest from the perspective of a naturalist on April 4.

Rounding out the program schedule next spring will be the May 2 presentation featuring Kenn Wagner, an adjunct member of the art faculty, who will discuss the continuing creative process that goes on throughout our lives.

The First Friday series of colloquiums are presented by the Center for Cultural Outreach al WSC.

## night's sleep

hung up on the number of hours they sleep - this isn't nearly as important as how they feel in the morning. It's best, therefore, to think in terms of a good night's sleep as whatever leaves you feeling refreshed and alert the next day.

While it's important to realize sleep patterns change as we age, sleep that is disturbed and not refreshing is not an inevitable part of aging.

Getting a good night's sleep may be easier than older adults think. Consider the following strategies:

1. Decrease the use of caffeine.
2. Have a warm glass of milk before going to bed.
3. Avoid taking naps during the day.
4. Don't eat large amounts of food late in the evening.
5. Stay active during the day:
6. Skip the nightcap.
7. Use your bedroom only for sleeping.
8. Take a warm bath to hellp you relax.
9. Avoid over-stimulation within a couple of hours of bedtime.

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10. Keep your bedroom cool and quiet.
11. Increase social contacts during the day.
12. Avoid cigarettes.

Keep in mind many things can affect your sleep pattern and the quality of sleep. If simple tension-reducing measures such as a warm bath or a warm milk drink don't alleviate your sleep problem, it's best to consult with your physician.


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