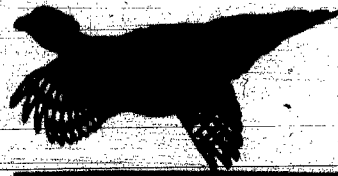


# The Wayne Herald



Single Copy 75¢  
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## Nuisance laws to be enforced

Wayne Police Chief Lance Webster has announced that beginning this month the police department is going to take a more proactive stance on enforcement of the city of Wayne's nuisance ordinances.

Chief Webster said his department has been receiving complaints about the conditions of several properties in the city. These complaints range from junk cars parked on private property to properties that have an accumulation of what could be defined as "junk."

The police department has been assigning one officer to monitor the accumulation of junk around or junk vehicles. Enforcement action has usually been taken bi-monthly but will now be done on an ongoing basis.

The department has generally handled the nuisance properties on a complaint driven basis. Beginning this June, all officers will be directed to identify any property that fits the city ordinance definition of a nuisance violation if they find any automobiles that fall within the definition of the ordinance/impervious vehicle or junk," Chief Webster said.

He added that his officers will not wait to receive a complaint but will initiate action to abate the nuisance in a timely manner.

Chief Webster said that as a part of this policy change, his staff will be closely reviewing the current City Ordinances and they may be making recommendations to the City Council to include some new language that will make enforcement of these ordinances easier.

In an effort to quickly abate a nuisance, Chief Webster said after his officers identify a nuisance property, the area will be photographed, a written notice of the alleged nuisance will be sent to the property owner, as well as a copy of the applicable ordinance.

"Generally, each property owner will be given 30 days to abate the nuisance. Failure to do this will result in the necessary legal action to cause the abatement

of the nuisance," Chief Webster said.

"Requests for an extension will be handled on a case-by-case basis," he added.

When the police department has identified an unlicensed or inoperable vehicle on someone's property, they will monitor the situation for 30 days. If at the end of the 30 days, the vehicle is still in violation of the ordinance, a written notice will be sent to the property owner to have the vehicle removed or brought into compliance within 30 days.

Failure to do so may result in a fine of up to \$100 per day of continued violation.

"The practice of a vehicle owner putting a tarp or cover on the vehicle will no longer be allowed. The city ordinance clearly requires that such a vehicle be placed in an enclosed building or removed from the property," Chief Webster said.

Chief Webster said he has been looking at what other cities do to handle their nuisance property complaints.

The first to try is the city of Lincoln's Problem Resolving Team (PRT). This is a community-based policing concept that involves people from different departments and agencies all working together to help resolve such complaints for a community perspective, not just on the law enforcement side," Webster said.

The city of Lincoln's PRT involves well over a dozen agencies, but the concept can be downsized to fit a community the size of Wayne.

Chief Webster will be presenting this concept to all City Department heads on Thursday, June 26.

"Wayne has a reputation of being a cheap well-maintained city. It would be a shame to let a few nuisance properties spoil that opinion," Webster said.

The overall appearance of a city says a lot about its residents and the City of Wayne Police Department wants to do its part to make sure that residents and visitors alike have a positive impression of our city," he added.



## Signs of summer

Hotter days and longer nights have brought an early start to the summer season.

The first of the season's warm days has been greeted by the first of the season's hot days.

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## Tax law affects homeowners

State Tax Commissioner Bill Baka has announced changes in homestead exemptions due to recent legislative changes.

The changes to the homestead exemption provisions for applications filed this year become effective July 1.

The homestead exemption has been increased for all categories of claimants. Partial exemptions are available for those persons over 65 with incomes up to \$24,000 for married couples, \$20,000 for single individuals.

Qualified individuals, including veterans with incomes up to \$26,000 for married couples and \$22,000 for single individuals, are also eligible for a partial exemption.

The Department of Revenue will process all applications filed this year using the new income eligibility levels. Baka advises all persons who did not file an application this year to seek their in-

come exceeded the previous eligibility levels to review their status in light of the increased maximum levels of income eligibility.

The deadline for filing a homestead exemption application is June 30. LB 197, passed earlier in the legislative session, extended the deadline for 1997 and changed the period for filing applications to future years to April 1 through June 30.

Family related persons who in-

clude occupants in the home, should still have the same income eligibility levels as married claimants. Closely related persons means a brother, sister or parent of the other owner-occupant.

The current application does not ask for relationship information claimants who meet this criteria should inform their county assessor.

Claimants with questions regarding any of the changes in the

homestead exemption should contact their county assessor.

The maximum value of a homestead was increased for claimants who qualify for homestead exemptions as surviving dependent disabled veterans and their widows. The maximum value of the homestead is 37.5 percent of the average assessed value of a single family residential property in the county or \$110,000, whichever is higher.

## Construction continues on Library/Senior Center

By Kevin Peterson  
Of the Herald

The new Library/Senior Center construction continues and is expected to be completed soon.

The work is running about 30 days behind, Wayne City Administrator Joe Salton said.

There have been numerous reasons for some delays such as inclement weather last week that delayed completion of certain parts of the project which put other things behind.

Still the Library/Senior Center is expected to open sometime in July. The Senior Center will shut down for a few days prior to opening in

the new location for moving purposes and the library may be shut down for approximately two weeks while moving takes place.

Elaine Frenzel is doing the construction work. Sunday, September 7 has been designated for the Open House and Dedication.

The new facility will span 13,000 net square feet of which is divided between the Library and Senior Center.

The total cost of the project including landscaping is \$1.65 million.

Library Foundation Board Chairman Pat Gross said the project's two biggest donors have been Bob & Mary Benthick with a gift of

\$145,000 and the Peter Kiewit Foundation, \$125,000.

The community has been very generous, Gross said. Many have stepped forward to offer expertise in different areas to add to our new facility.

Gross added that all of the funds for the project have come from non-property tax dollars.

The City Sales Tax that has been contributed to the Library/Senior Center has totalled \$962,000 and the proceeds of the sale of the old public library to Our Savior Lutheran Church of \$60,000 has been put toward the cost of the new project as well.



Dr. William Berndt, left, visits with Marcille Thomas, Administrator of Providence Medical Center, and Dr. Willis Wiseman during his tour of the facilities at PMC. Accompanying Dr. Berndt was Bob Bortoe, at right.

## Chancellor visits Wayne

William C. Berndt, Ph.D., Chancellor of the University of Nebraska Medical Center in Omaha made several stops in Wayne on Monday as part of his tour throughout northeast Nebraska.

Dr. Berndt had breakfast with the medical staff at Providence Medical Center and discussed with them the needs of the community.

"For the most part, what the professionals here told me, there is definitely stress on the health care delivery system as more patients

move to outpatient health care and less inpatient care," Dr. Berndt said.

Dr. Berndt said that hospitals across the state are not filled because of a greater emphasis on wellness.

"When medical care is necessary, people much prefer to come here (local hospitals) rather than go to larger facilities such as ours," Dr. Berndt said.

The UNMC head said that he travels around the state visiting hospitals and with the local communities and tries to visit each on an annual basis. The reason for the

visit is to find out if what the Medical Center is doing meets the needs of the communities.

Dr. Berndt also visited with Dr. Donald Mash and Jo Taylor, Vice President for Academic Affairs at Wayne State College.

District 10 involves the connection of UNMC with Wayne State through the Rural Health Opportunities Program (RHOP).

The program, which allows students to begin their health-related education at WSC and continue at UNMC, is aimed to find ways to get health professionals to stay in rural communities.

## Commissioners hold meeting

A number of routine matters were on Tuesday's agenda for the Wayne County Board of Commissioners.

Wayne County Highway Superintendent told the common council that a complaint had been received about drainage along and across a county road north-west of Wayne.

After discussion, the common council referred the matter to the county attorney.

His bill was reviewed for the purchase of a used front end loader.

A bid of \$471,444 from B's Enterprises was accepted for the purchase of two culverts for a project seven miles north and three miles west of Wayne.

Informal written bids that had been submitted for construction of courthouse parking were rejected and amended informal written bid specifications will be distributed with an opening date set for June 24.



## Fun at camp

Over 80 students attended the 14th annual F.U.N. Camp held last week at Wayne State College. The camp is designed to allow students the opportunity to experience fine arts activities not possible during the school year.



Obituaries

Minnie Buhrman

Minnie Buhrman, 93, of Beaumont died Sunday, May 23 at Cherry Valley Health Care in Beaumont. Graveside services were held Thursday, May 29 at Mt. View Cemetery in Beaumont.

Cecil Jordan

Cecil Jordan, 79, of Colorado Springs, Colo., died Thursday, June 12, 1997 in Colorado Springs. Services were held Monday, June 16 in Colorado Springs.

Survivors include his wife, Geraldine; four sons, Donald, Robert, Michael and James; and three daughters, Susan, Patricia and Barbara.

Bessie Nelson

Bessie Nelson, 77, of Wynot died Sunday, June 15, 1997 at Providence Medical Center in Wayne.

Survivors include her husband, Elwin of Wynot, five daughters, Janice and Kenneth, Dorothy and Don, Sherma and Glenn, and Richard and Patricia.

Survivors include her husband, Elwin of Wynot, five daughters, Janice and Kenneth, Dorothy and Don, Sherma and Glenn, and Richard and Patricia.

Wilford Lindsay

Wilford Lindsay, 77, of Las Cruces, N.M., died Monday, June 16, 1997 at Memorial Medical Center.

Survivors include his wife, Gertrude; three sons, Michael and Nancy, and one daughter, Nancy.

Stella Graves

Stella Graves, 86, of Fremont died Monday, June 16, 1997 at the Good Shepherd Home in Fremont, Iowa.

Survivors include her husband, Alvin, three sons, Ronald and Arley, and one daughter, Betty.

Irene Temme

Irene Temme, 71, of Wayne, died Monday, June 16, 1997 at Providence Medical Center in Wayne.

At a Glance

Thought for the day: No dream comes true until you wake up and go to work. Boys Choir to perform: AREA - The Metropolitan Boys Choir will perform in concert on Friday, June 20 at 7:30 p.m. at Calvary Bible Free Church in Wayne.

Blood bank

AREA - The Sunland Blood Bank will be accepting donations at the Allen City Hall on Monday, June 22 from 9 a.m. to 2 p.m.

Paper drive

AREA - Boy Scout Troop 124 will conduct a paper drive on Saturday, June 21. Residents are asked to place their newspapers in front of their homes.

Special coffee

WAYNE - The Chamber of Commerce will serve free coffee at a special event on Thursday, June 24.

Pancake feed

LAUREL - The Laurel Lions Club and Boy Scout Troop #176 is sponsoring a pancake feed on Saturday, June 28.

Winside student is award winner

Winside High School student, Eric Rogers, has won the award for Best Student at the Academy of Achievement.

Meeting

Meeting: The Academy of Achievement will hold a meeting in Wayne on Thursday, June 26.

Top 10 Reasons to Invest: 1. Hedge Inflation, 2. Retire a College Graduate, 3. Enjoy Your Dream Home, 4. Enjoy Worldly Travel, 5. Increase Your Income, 6. Free Loan to Uncle Sam, 7. Fight Inflation, 8. Preserve Your Estate, 9. Start Your Own Business, 10. ...

Chicken Show to hold an informal meeting

The Wayne Chicken Show Committee will hold a community-wide informational meeting on Thursday, June 20 at 7:30 p.m. at the Carriage House Theater.

Service Station

Daniel D. Wordinger, formerly of Wayne, was promoted to the rank of captain in the United States Army on May 30, 1997.

Call chamber office to make reservations for Carroll tour

Wayne Industries, Inc. will visit IWI Farms and IWI Feeds of Carroll on Tuesday, June 24.

Come and congratulate Dr. Wesel & Annamae for serving the public for 10 years. Friday, June 27, 10:00 - 11:00 A.M. at 115 W. 3rd (Chamber Office)

ServiceMASTER. For all your cleaning needs. 179-0357. 1407 Riverside Blvd. Norfolk, Nebraska 68701

Appliance Safe In Stock Merchandise Only. Charlie's Refrigeration and Heating. 111 Main • Wayne NE 68787 • (402) 375-0111. CALL US TODAY!

OPEN HOUSE — Sunday, June 22, 1-4 pm. Low Maintenance Condominiums. 1519 Vintage Hill Drive

Low Maintenance Condominiums. 1519 Vintage Hill Drive. Vintage Hills condominiums provide a versatile carefree lifestyle in Wayne. Each unit features two bedrooms, two baths, a spacious living room, and NO steps on entry.





# Sports

## Wayne Juniors stretch win streak to eight games and Midgets place in tourney

The Wayne Junior Legion baseball team stretched their win streak to eight games through action Monday night with victories over Wakefield, 1-0 (1) and Pierce, 1-0.

Head coach Jeff Zisk watched the home effort Wakefield by a 9-1 margin last Friday night at Hank Overlin Field with Jerry Huff leading the victory team the second.

Huff struck out 17 and scattered three hits, while the Wayne bats belted seven hits led by Brian Ferguson and Allan Ludwin with doubles. Brad Maryott, Josh Yost, Justin Thode, Chris Dyer and Jeremy Huff each had base hits.

Saturday in Wayne, the juniors swept a doubleheader from Oxford in an afternoon double dip with scores of 4-1 and 11-3. Both games ended early due to the 10:00 curfew.

In the opening game, Thode struck out four and allowed just two hits. Offensively, Thode paced the offense with a home run, double and two singles. He also found home one and a step in the contest.

Brian Ferguson had three singles and Josh Huff along with Allan Ludwin had two singles each with Ryan Strain, Robb Heltgen and Chris Dyer each getting a base hit.

In the second game, Ryan Strain struck out five and allowed eight hits while Wayne's offense kicked a go high gear with 18 hits, while Brad Maryott really completed the system, the plate with a triple, double and single.

Ryan Strain added his pinning home with a double and two singles while Josh Huff and Justin Thode each doubled and singled. Brian Ferguson, Justin Huff and Robb Heltgen each singled twice while Adam Endicott and Jeremy Nelson each had a base hit.

Wayne junior blasted the host team with a 14-run victory in a break a 5.00 run rate to a 12-0 victory. Justin Thode earned the pitching victory in relief of Adam Endicott.

Pierce was held to five hits while Wayne belted 21, led by Brad Maryott's five-hit attack that included a double and four singles. Wayne amassed plenty of bang for power in the game with four home runs.

Adam Endicott featured with a home run and three singles while Ryan Strain homered and singled. Justin Huff, Josh Yost and Jeremy Huff each had base hits.

These eight victories and a night at the Wakefield doubleheader (both won) bring Wayne's record to 11-1 overall in the season.

**THE WAYNE MIDGETS** had a successful weekend with a two-win Wakefield at home on Friday before playing runner-up at the South Sioux City Tournament Monday in Pierce. The Midgets dropped a 16-1 decision.

Justin Huff was the winning pitcher in Wayne's 6-1 victory over Wakefield although the junior put two hits while striking out three. Wayne finished with 11 hits, while Wakefield had only three.

Ryan Strain pitched seven innings and struck out seven while Justin Huff pitched three and struck out three. Justin Huff, Ryan Strain and Justin Huff each had a base hit.

Wayne was defeated by Pierce in game one at the South Sioux City Tourney, 14-1. Pierce finished with the pitching win while Wayne's pitching was held to 10 hits.

Ryan Strain pitched and struck out five while Justin Huff pitched and struck out three. Justin Huff, Ryan Strain and Justin Huff each had a base hit.

The Midgets defeated Norfolk in game two, 2-4 with Ryan Strainberg earning the victory in relief of Cody Blomquist. Dan Jensen came in to pitch the final out.

Wayne got hit Norfolk, 7-1 led by Rich Stutz with a triple and single. Justin Huff and Ryan Strain each singled twice and Ryan Strain had one base hit.

Wayne defeated Brandon Valley of South Dakota, 5-1 in game three with Ryan Strainberg leading the way. Ryan Strainberg pitched and struck out three while Justin Huff pitched and struck out two.

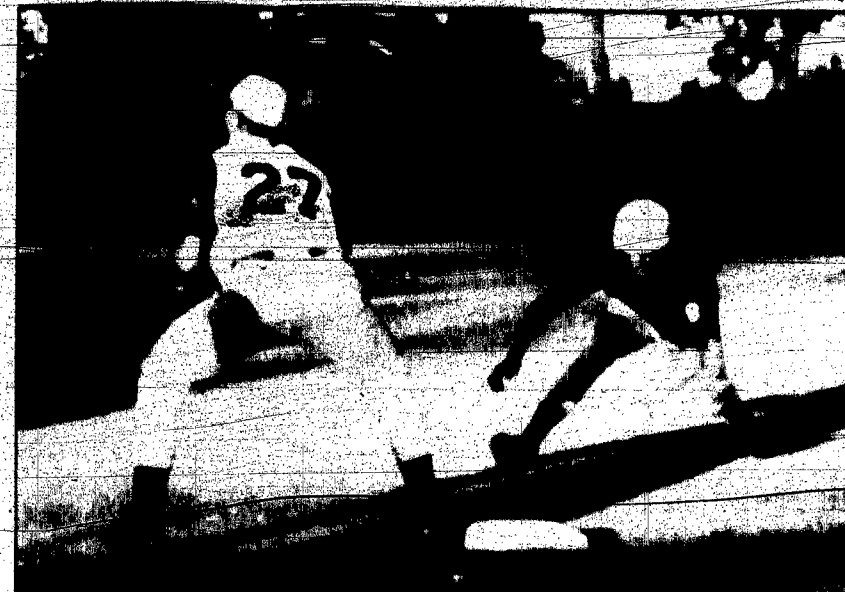
Wayne had 11 hits in the contest with Brandon Valley pitching six. Justin Huff doubled and single twice and Ryan Strain had three singles while Dan Jensen and Justin Huff singled twice each with a double. Justin Huff pitched and struck out three.

In the championship game, Wayne fell to Worthington, Minnesota by a 12-0 margin. At they were out for by a 12-4 margin. Jeremy Doney was tagged with the loss. Offensively, Dan Jensen led Wayne with five base hits while Justin Huff had two.

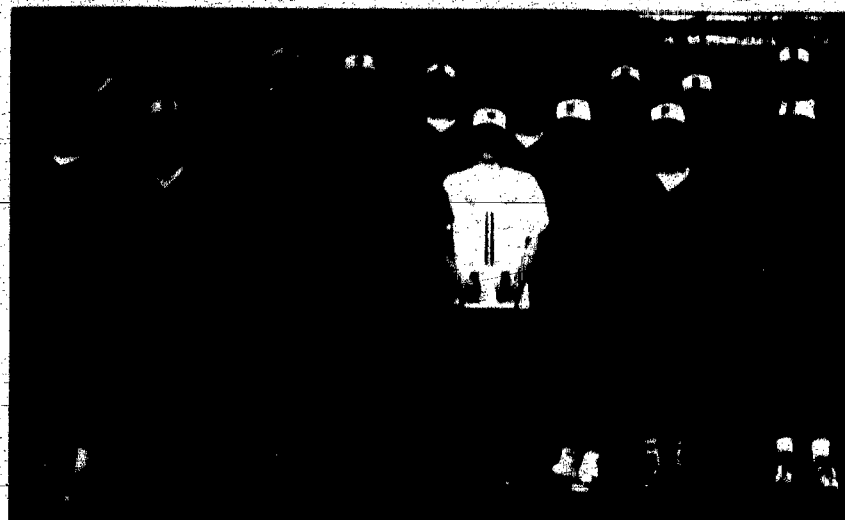
Jeremy Doney pitched five innings and struck out five while Dan Jensen pitched three and struck out three. Dan Jensen, Ryan Strain and Justin Huff each had a base hit.

Wayne finished with eight hits while Worthington had 11. Dan Jensen pitched and struck out three while Ryan Strain pitched and struck out two.

Wayne improved to 2-2 following their 1-1 victory from last Friday through Monday.



Wayne Juniors Brad Maryott dives back to first base to avoid a pick off attempt by Wakefield during action at Hank Overlin Field last Friday night. Maryott has been on a tear, recently, with multiple hit games.



The Wayne Midgets baseball team placed runner up at the South Sioux City Tournament over the weekend. Wayne fell in the opening game to Pender before successive victories over Norfolk and Brandon Valley. In the championship game the locals were trampled a 12-0 shutout by Worthington, Minnesota. Wayne maintained a 7-2 record following the tournament before falling to Pierce on Monday. Tuesday they lost a 1-0 decision to Norfolk as Brent Heltz's single was the only hit Wayne could muster. Wednesday in Pierce the local Midgets team was edged 7-6 leaving them with a 2-2 record. Wayne had five hits in that game led by Dan Nelson and Dustin Schmitt with two singles each while Scott Yost had a base hit. Ryan Strainberg was the losing pitcher in relief of Ryan Dushkin.



Midgets player Brent Heltz lays down a bunt toward the third base line before sprinting to first base. Heltz was safe at first and the runners on base advanced safely as well during Wayne's win over Wakefield.



Dan Nelson of the Wayne Midgets baseball team takes a slip at a Wakefield pitch last Friday. The Midgets defeated their Wakefield counterparts, 6-1.

**Practice set for six and seven year olds**

WAYNE Baseball practice for six and seven year olds will be held on Monday and Wednesday, 12:00 pm, and on Tuesday and Thursday, 10:00 am, and 12:00 pm, respectively. The practices will be held at the Wayne Athletic Complex.

**Withal practices for eight and nine year olds** will be held on Monday and Wednesday, 10:00 am, and on Tuesday and Thursday, 12:00 pm, respectively. The practices will be held at the Wayne Athletic Complex.

**Three earn all-star status**

WAYNE Three Wayne Junior Legion baseball players were selected to represent a Nebraska All-Star team in Arkansas in August in a World Series format. Eric M. Najari, Adam Zimmerman and Brian Beck were picked to help represent the Nebraska team. All three of the Wayne players were selected because of their pitching ability. The World Series will be held in Harrison, Arkansas. Tryouts were held in Rawlston for the 14-year-old team.

**Local athletes compete in Oakland**

OAKLAND Former Wayne standout baseball players Kevin Lutz and Paul Blomkamp competed for the North team of the Westlith Basketball Classic last Saturday in Oakland.

Lutz tallied nine points in the North's 82-74 setback to the South team while Wakefield's Allison Bennett scored four points. Rachel Dutcher of Wakefield did not score.

Blomkamp scored eight points in the North's 123-75 setback to the South team. Justin Mackling of Wakefield finished with two points. The North team was coached by Wayne's Rocky Ruhl and Wakefield's Brad Hopkins.

# Wayne State baseball team lands five letters of intent

Five Wakefield pitchers have signed letters of intent to attend Wayne State College and play baseball. WSC head coach John Mangano said recently.

The signings include four high school players, Michael Blom of Alton, Adam Walkenhorst of Alton, Kyle Yost of Hastings and Brian Zimmerman of Omaha and one junior college transfer, Clint Brown of Pueblo, Colorado.

Blom, an Alton High School graduate, played outfield on the Wakefield Legion team, which won three state championships. Because of his age, he can not play Legion baseball this summer.

"Mike has a great arm, tremendous speed and can hit with power," Mangano said. "He will add speed and power to our lineup."

Walkenhorst, a pitcher from

Madison High School pitched a 10-2 record with five saves last season. He also had a 1.89 earned run average and 148 strikeouts in 103 innings pitched. Earlier this year Walkenhorst attended the Nebraska Professional Tryout Camp and earned the Outstanding Pitcher Award.

"Adam has excellent velocity with a good breaking pitch and a lot of pitching savvy," Mangano said. "We anticipate Adam being in the starting rotation next season. Adam possesses the ability to have a great pitching career, not only at WSC but at the next level of competition."

Yost, a Hastings High School graduate, is also expected to crack the starting rotation lineup. At 6-5, Yost's fastball has been clocked at 87 miles per hour.

Kyle has excellent strength and great velocity," Mangano said. "He has a good eye for finding his potential as a pitcher. He begins to crack the starting rotation next season. We are looking for good things from Kyle in his freshman season."

Zimmerman, from Burke High School in Omaha, is another utility player. An outfielder, pitcher, and catcher in high school, Zimmerman will play in the outfield and first base at WSC, while also seeing action on the mound. An All-Metro Conference selection in 1997, Zimmerman will add power to the Wakelet lineup. The last two years he was the College World Series Tourney Home Run Derby Champion.

"Brian is a big, strong kid with a great arm, and he hits for power

and average," Mangano said. "He will play in the outfield or first base and will give depth to our pitching staff. Brian will definitely make significant contributions to the team in 1998."

Brown, an infielder, had a 172 batting average this year at WSC. An all-region selection, who had seven home runs, 21 doubles and 48 runs batted in.

"Clint is a fiery player who will shore up the left side of the diamond for us in 1998," Mangano said. "Clint can hit for power and average and definitely will make us a better team next season."

"I am extremely excited about signing five players who possess tremendous baseball skills," Mangano said of his recruits. "I expect this group to make significant contributions to the success of our 1998 squad."







# Lifestyles



## Mr. and Mrs. Magnuson Couple honored with open house

Wallace and Evonne Magnuson of Laurel will celebrate their 50th wedding anniversary on Sunday, June 29.

An open house will be held at the Laurel City Auditorium from 2-4 p.m. A short program will begin at 2:40 p.m.

During the event will be the couple's children and grandchildren, Elaine and Jim Fredall of Denver, Colo., Dale and Beth Magnuson of Spencer, Iowa and Denise Magnuson of Council, Colo.

Wallace Magnuson and Evonne Wallin were married Dec. 6, 1942 at Central Lutheran Church in Council.

The couple requests only the presence of friends and family.

## Club enjoys noon lunch at Riley's

Eight members of the Klick and Kletter Club met at Riley's for a noon luncheon on June 9.

Following lunch, the group went to the home of Dorothy Aulich for a short business meeting and an "arm chair" tour. Co-hostess was Ruth Hese.

Christina Irene Victor opened the meeting with a reading "Surrendering Love" and led in the flag salute. Birthdays and anniversaries for June, July and August were recognized.

Ruth Meyers, reading leader, read a poem, "This Day" and an article, "What's so special about June?" including June 7 (Kinship Day), June 18 (First Women in Space), June 20 (U.S. and adopted countries begin in June) and several notable persons have June birth days.

Irene Victor closed the meeting with a reading in honor of Father's Day, "Like Father, Like Son." Vida Meyer received the highest gift.

Mariella Larson took the group on a cruise from Barbados to the Canary Islands to Madeira and South Hampton, England. She and her husband recently returned from the trip during which they also toured London and flew back to Washington, D.C.

There will be no meeting in July and August.

The next meeting will be Sept. 2 at 1-10 p.m. with Ruth Meyers. Pauline Lutz will have the luncheon.

# Flaws lead to embarrassment

Q: My 12-year-old is embarrassed about the size of her nose. But what I can't understand is that she keeps talking about it to her friends. Should I call this to her attention and advise her not to mention this problem?

A: One of the most obvious characteristics of a person who feels inferior is that he talks about his deficiencies to anyone who will listen.

An overweight person feels compelled to apologize to his companion for ordering a hot fudge sundae. He thinks, "I'm already fat enough without eating this," he says, "topping up the cherry and syrup with his spoon." Likewise, a woman who thinks she's unattractive will admit freely, "I am really bad at math. I can hardly add two and two." This kind of self-deprecation is not an uncommon occurrence.

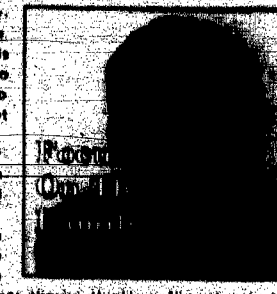
While there is no virtue in becoming an image-conscious phony, trying to be something we're not, I believe it is also a mistake to go to the other extreme. While the person is flabbergasted about all of his individual deficiencies, the future is humiliating a fading impression of him.

And the real concern that you teach a "no knock" policy to your daughter. She should learn that constant self-criticism can become a bad habit, and it is completely unhelpful.

There is a big difference between accepting blame when it is valid and simply chastising about one's inferiority. Your daughter should know that her friends are probably thinking more about their own flaws, anyway.

Q: I tend to feel depressed after every holiday, but I don't know why. These special days are very happy times for my family. Why do I find myself "bliss" after such enjoyable occasions?

A: It will be helpful to understand the nature of emotional rhythm in human beings. Anything that produces an extreme "high" will set the stage for a later "low," and vice versa.



A few years ago, for example, my wife and I bought a newer home. We had waited several years to find the right house, and we became very excited when we finally closed the property and it was finally ours.

This emotion lasted for several days, during which time I discussed the experience with Shirley. I mentioned that we had been very high and that our excitement could not continue indefinitely. Emotions don't operate at maximum velocity for very long.

More important, it was likely that our mental set would drop below sea level within a short period of time. As expected, we both experienced a vague melancholy into mild depression about three days later. The house didn't seem so wonderful, and there wasn't anything worth much enthusiasm. However, having anticipated the "downer," we recognized and accepted its temporary fluctuation when it came.

Depression, therefore, should be understood as a relatively predictable occurrence. It is likely to appear, as in your case, following a busy holiday or after the birth of a baby, a job promotion, or even after a joyful vacation.

The cause for this phenomenon is partly physical in nature. Human organisms greater quantities of body energy, since all systems are operating at an accelerated rate. The necessary consequence of this state is fatigue and exhaustion, bringing with it a more depressed state. Thus, high must be followed by low. The system is governed by a feedback loop. You can depend on it. But in the healthy individual, ultimately, lows eventually give way to highs, too.

These questions and answers are excerpted from the book *Dr. Dubson Answers Your Questions in Focus on the Family*, a non-profit organization dedicated to the preservation of the home. Correspondence to Dr. Dubson should be addressed to Focus on the Family, P.O. Box 444, Colorado Springs, CO 80901, (c) 1982, Tyndale House Publishers.

This feature brought to you by the family oriented Wayne's Daily Queen. Listen to Dr. Dubson on KTCN Radio daily. KTCN FM 12.30 p.m. Monday through Friday. KTCN AM 5.30 p.m. Monday through Friday, 9 a.m. Sunday.

## Eagles planning cookout

The Wayne Eagles Auxiliary met June 16. President Cec Vandenberg's called the meeting to order with 16 members present.

A thank you was received from Gary Helge for his scholarship grant from the auxiliary. The Wayne Eagles Auxiliary will host the Chicken Day Parade on July 12. Lunch will be held at the Eagles Club home at 119 Main Street following the parade.

A Father's Day cookout will be held Saturday, June 21 at 2 p.m.

Members attending are asked to bring food to grill and one other dish.

The St. Jude's Rice-a-Roni will be held Saturday, June 21 at 9 a.m. at the fairgrounds. Contact Jan Lambie or Cec Vandenberg about tickets to it.

Following the meeting lunch was served by Marge Berglund.

The next meeting will be July 7 with Marge Helge and Tom Hytek serving.

## Engagements



**Kimberly Rusk** and Brad Bush, both of Cedar Falls, Iowa, are planning a July 12, 1992 wedding at Nazareth Lutheran Church in Cedar Falls.

The bride to be is the daughter of Larry and Kathy Plester of Elkholm. She is a registered dietitian at Peoples Community Health Clinic in Waterloo. Kimberly also received her bachelor's of science in Nutritional Sciences degree from the University of Nebraska in 1991 and a Mayo Medical School of Health Related Sciences degree in 1995.

The bride is the son of Jim and Anita Bush of Norfolk. He is a 1988 graduate of Wayne High School. He received a bachelor's degree in Animal Science from the University of Nebraska in 1991 and his doctor of veterinary medicine degree at Kansas State Veterinary School in 1995. He is a veterinarian at Taylor Animal Hospital in Cedar Falls.



**Amy Miller and Lyvne Lueders**, both of Blair, are planning an Aug. 2, 1992 wedding at First Lutheran Church in Kearney.

The bride to be is the daughter of Jerry and Rosemary Miller of Kearney. She is a 1987 graduate of Kearney High School and received her bachelor's degree from the University of Nebraska Kearney in 1991. She was affiliated with Gamma Phi Beta Society. Currently, she is an English and journalism teacher at First Lutheran High School in Healdsburg and working on a master's degree in secondary counseling at UNK.

The bride is the son of Bill and Elaine Lueders of Laurel. He graduated from Wayne High School in 1984 and UNK in 1990. He received his master's degree in counseling from UNK in 1991 and is currently an elementary teacher at Blair Public Schools.



**Jennifer Werner** of Norfolk and Christopher Sachau of Omaha are planning a July 3, 1992 wedding at St. Mary's Catholic Church in Norfolk.

The bride to be is the daughter of Jim and Pam Werner of Norfolk. She is a 1991 graduate of Norfolk Senior High School and is currently attending Wayne State College. She will receive her bachelor of science degree in elementary education in December. She is employed at Hy-Vee.

The groom is the son of Bill and Micky Sachau of Allen. He is a 1992 graduate of Allen High School and received a bachelor of science degree in secondary education from Wayne State College in 1996. He is currently a certified personal trainer at Prairie Life Center.



**Kimberly Janelle Beckertiguer and William Dean Rusk**, both of Omaha, are planning a Aug. 10, 1992 wedding at First Presbyterian Church in Norfolk.

The bride to be is the daughter of Lowell H. and Linda Beckertiguer of Meadow Grove. She is a 1992 graduate of Battle Creek High School and received a bachelor's degree in chemistry at Wayne State College. She is a currently a student at the University of Nebraska Medical Center School of Medical.

The groom is the son of Edna Rusk of Omaha and Dave Rusk of Wakefield. He is a 1992 graduate of Wakefield Community School and received his bachelor's degree in criminal justice from WSU in 1996. He is employed with the Wabash Corporation.

## Guests attend auxiliary

The Wayne County Unit #28 of the Disabled American Veterans Auxiliary met June 18 at the home of Hava Lorenzen, following a supper at Lupa's with the members of the DAV.

Guests were: Wally Krombholz, Edna Senzinger, Gladys Jones, Vera Commander, Aron Wilson and Matt Kujala and Rosemary Callaghan.

Communications were read from the National organization emphasizing legislation and news. Bertha.

Following the meeting lunch was served by Marge Berglund.

The next meeting will be July 7 with Marge Helge and Tom Hytek serving.

## There will be a REUNION

of the families of the late Lawrence (Larry) and Rawlins Ethelma Brock.

Paul and Inez Jeffries Norderberg  
John and Maude Mullenberg Tell  
on Saturday, July 19, 1992

at the Elks Club Home, Area Recreation Washington.

This notice is for an affair we have been unable to contact. All relatives are urged to attend and not limited to the immediate offspring of the above.

Planning to attend, please notify:

Shel Tell-Teson 16889 Sandstone Lake Villa, IL 60016 847/336-7155	Anjean Brock-Tell Rt. 1 Box 1081 Ransom, MO 64616 417/318-8401
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Harold and Deborah Johnson of Wakefield will celebrate their 50th wedding anniversary on Sunday, June 29.

An open house will be held from 2-4 p.m. at Salem Lutheran Church in Wakefield. There will be a short program at 3 p.m.

Hosting the event will be the couple's children and families, Ronald and Melody Johnson of Denver, Colo., and Kenneth and Clyde Long of Omaha. The couple has three grandchildren.

Harold Johnson and Deborah Wheeler were married June 29, 1947 at the United Methodist Church in Allen. They have four and raised in the Wakefield area all their lives.

The presence of family and friends is the only gift the couple requests.

Mr. and Mrs. Johnson

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## Teens and freedom survey: teens want limits

Some adult-imposed restrictions in teen lives are necessary, according to a survey of teenagers by USA Weekend magazine.

The unscientific, national write-in survey of 218,150 students in grades 6-12 is the 10th annual USA Weekend special teen report. While teens surveyed complained they don't have enough freedom, a significant number were willing to accept certain parameters. 75 percent of respondents favor bans on smoking and drinking alcohol at school. 89 percent said students should stand for the national anthem. 58 percent said school officials shouldn't have the right to search student lockers for drugs or weapons without providing half hour notice. Professors in certain classes at night are fine, 55 percent stated that parents have a right to install a television in a child's bedroom. 66 percent support alcohol restrictions.



Students surveyed on freedom of movement and other issues.

Students fully support being with friends from classes in a social ship in lockers and vans. During associative hours of USA Weekend. Most teens completely agree with trying to restrict their own smoking and drinking. They also agree with the school's right to search lockers.

Other findings: 81 percent agree that school officials can't search lockers or vehicles without a warrant. 48 percent agree with the school's right to search lockers. 41 percent favor bans on books, magazines and magazines in school lockers. The teen respondents also were asked to pick the appropriate age for the following activities: drinking alcohol, age 19; smoking cigarettes, 18; having sex, 16; getting a tattoo, 12.

**Celebratory Brunch**  
honoring the  
**25th Anniversary**  
of  
**Pastor Mark & Lynn Wilms**  
Sunday, June 22  
10:30 am - 12:30 pm  
Salem Lutheran  
Wakefield, NE

The Closing Service of  
**Zion Congregational Church**  
of Rind, Carroll on Sunday July 6  
at 10:00 a.m.  
Potluck dinner following.  
Everyone is welcome.

## Briefly Speaking

### Bridge is played at Country Club

WAYNE - Ten tables of bridge were played following the Wayne Country Club ladies luncheon held June 17, with 41 attending. Hostesses were Ruth Kerstine and Margaret Keady.

Winners last week were Marie Haskell, Hugh and Jerry Zhang, second high. Marjorie Smithers and Chita Talles were guests.

Hostesses next week are Zita Jenkins and Alta Raler. For reservations call 175-4169 and 175-2833.

### Roving Gardeners tour nursery

WAYNE - Members of Roving Gardeners toured the Rhineland Nursery at Clarkson on June 17.

Kenick Damme will have the meeting on July 19. Members are to bring a colored egg carton, glue and a brown milk jug lid.

### T&C plays 500

WAYNE - The T&C Club met in the home of Florence Meyer on Thursday afternoon.

High scores in 500 were made by Alta Raler and Marcel Lindqvist. High Westerner and Adeline Strajd were guests.

The next meeting will be on July 19 at 1:30 p.m. at the home of Daisy Hilsch.

### Class of '47 meets

CARROLL - Graduates of the Carroll High School Class of 1947 met June 7 at the Grand Strathmore in Carroll to celebrate their 50th reunion.

Guests were Leon Carroll, Randolph Haddock, Battle Creek, Wayne and Ruth Kedia. Friends came to visit the graduates after the dinner.

## Ten members present at Auxillary meeting

Llewellyn R. Whitmore VFW Auxiliary #5291 met June 9 at the 4000 North residence with President Glenadine Barker presiding.

Ten members were present. Communications were read from the VFW Auxiliary by President Mary MacFarlane. A \$50,000 drive has been initiated to purchase a new July for the Grand Marol Veterans Home.

The Department of Nebraska VFW will be one of the major sponsors of the 1997 State Special Olympics to be held in Lincoln. Special Olympics is not funded by the Department but is done by private donations.

A thank you letter from the VFW National Honor Roll Unit in Wakefield (Wakefield office) for a campaign which was held in Wakefield to raise money for the 415th Base Support Battalion of Keesler, Mississippi.

Lonnie Thompson, cancer and research chairman said that cancer pills not sold would be returned. The auxiliary voted to purchase any pills not sold.

Memorial Day service will be held in the Wayne High School gym on the 19th.

Auxillary members having a part in the service were Ruth Korb, Velia Mae Longe, Frances Goring, Eveline Thompson, Glenadine Barker, Mabel Schmalzfeld, Leona Enger, Laurel Hollman, Elaine Drogan and Marjella Olson.

Program books will be used for the coming year but need to be updated.

Safety Chairman Lucia Kluge read a safety article entitled "Aware, Alert and Alive".

Past District President LeAnn Thompson had mail officers Lisa Lorenzen, Ruth Korb and Amy Lebeck.

The group voted to send delegate letters for two to the National Convention. They also voted to purchase the new year book for 1997.

It was called by the auxiliary attention to be met at the annual meeting of the National VFW Auxiliary Association, June 11-13, in Las Vegas, Nevada. The meeting will be held at the Flamingo Las Vegas on the 11th.

## Frink to sing at Old Settlers Celebration

Classical music evangelist Norman Frink will be singing at the party during the luncheon at the Old Settlers Banquet in Wauson on June 20. He will be singing from 5-7 p.m.

Norman is the son of the late Max Frink and Axilla Frink formerly of the Wauson area. He attended District Northwest of Wauson during his junior year at Wauson High School. He and his family moved to Geneva, Wash.

Frink has since 1970 has been involved with teaching Baptist churches and singing at the gospel music field.

He has traveled nation wide singing and promoting the gospel. He and his wife and grandsons reside in Little Rock, Ark. and at the Heritage Baptist Church.



Norman Frink

He will be singing at the Heritage Baptist Church.

## Heinemann presides at Aid

The June meeting of the Genevieve Aid and WMA opened with devotion led by Heinemann.

The group sang the hymn "God of Mercy, Who Has Bought Us".

President Ellen Heinemann called the meeting to order with a prayer for our country.

The Genevieve Committee assisted with the Mother's Day program and baked angel food cakes. The Nutrition Committee reported, reading many cards, songs, speeches were taken in prayer for the day.

A coffee day will begin the coming August. A gift certificate will be given to each graduate girl. A new volunteer student will be supported during the year.

Genevieve Baker was presented a gift for her 50th wedding anniversary.

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## Wriedts celebrate

Deborah and Eric Wriedt, Wriedt of Wakefield, celebrated their 25th wedding anniversary on June 8.

The couple enjoyed their honeymoon during their trip to the Heart of Lincoln. More than 1000 attended. Family guests of the bride and groom were present.

Approximately 125 guests attended at the home of the bride and groom. The couple's children and grandchildren were present. The bride is a member of the Wakefield Baptist Church.

Eric Wriedt of Albion and Deborah Wriedt of Wakefield were guests of the bride and groom.

by Malloy and Meredith Wood of Wakefield.

James Wriedt of Albion and Deborah Wriedt of Wakefield were guests of the bride and groom.

The couple's children and grandchildren were present. The bride is a member of the Wakefield Baptist Church.

Eric Wriedt of Albion and Deborah Wriedt of Wakefield were guests of the bride and groom.

The couple's children and grandchildren were present. The bride is a member of the Wakefield Baptist Church.

## Two serve as counselors

Paul and Betty Wriedt of Wakefield were guests of the bride and groom.

The couple's children and grandchildren were present. The bride is a member of the Wakefield Baptist Church.

Eric Wriedt of Albion and Deborah Wriedt of Wakefield were guests of the bride and groom.

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Eric Wriedt of Albion and Deborah Wriedt of Wakefield were guests of the bride and groom.

The couple's children and grandchildren were present. The bride is a member of the Wakefield Baptist Church.

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### Cattle show is held in Wayne

The annual Wayne Area Chamber of Commerce Steer and Heifer Show was held Saturday at the Wayne County Fairgrounds.

Shella Jensen was the judge for this year's show which included 42 cattle.

The champion and reserve champion market steers were shown by John Stoliz of Elgin.

The champion market heifer was shown by Tom Reagon of West Point and the reserve champion was shown by Jamie Fritz of West Point.

The champion breeding heifer was shown by Jerke Lindgren of Bartlett and the reserve champion by Gabe Schulz of Pierce.

Katie Behmer of Hoskins showed the champion commercial heifer and Lisa Sattler of Hoskins had the reserve champion.

Jana Yetter also had the champion Angus heifer.

Boyer Roberts of Winfield showed the champion 1 to 14/8 heifer.

Erica Duke of Creston showed the champion Main Anjou heifer.

Barry Schmittler of Elgin showed the champion shorthorn heifer.

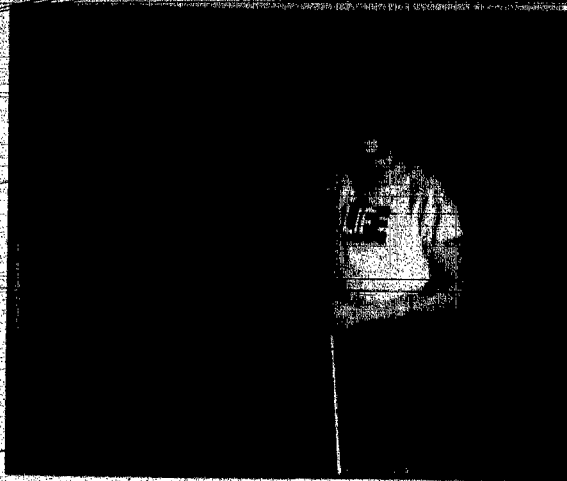
Devin Kasper of Hoskins had the champion commercial heifer and Flavia Duke of Creston had the reserve champion.

In the showmanship portion of the show, Barry Schmittler was the champion steer, Bowman and Cindy Reagon of West Point was the reserve champion.

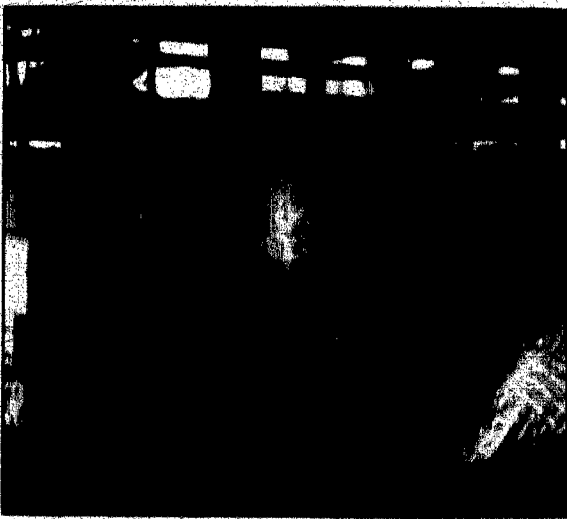
In the intermediate division, Gabe Schulz was the champion showman and Amanda Reagon of West Point was the reserve champion.

John Landry was the champion junior showman and Katie Behmer was the reserve champion.

In the pre-arranged division, Eric Yetter was the champion showman and Grace Nelson of Bartlett was the reserve champion.



Katie Behmer of Hoskins, who showed the champion commercial heifer at the Steer and Heifer Show on Saturday, prepares to enter the show ring. Below, an unidentified person, prepares one of the animals for the show by blow drying its tail.



### Dryer, golf, cause aching legs

It's 9:30 Sunday evening and after looking around all day, it's finally raining. It isn't going to last long, but it is raining. Any amount is welcome at this point. Only problem was, my last load of clothes was still on the line, but that's minor.

The My Farmer's place and my husband are still in the laundry and have been home for a short while. In order to see her brother and his family from Bettendorf, Iowa, they met at the Fair House on Friday. Their parents came too, and we had 18 at the supper table that evening.

Every bed was filled and the clothes dryer had to dry for a bright and early Saturday morning. I hung out the sheets that hadn't completely dried on Friday.

I was back on the body by 10:30 and the rest was going on. Fortunately, the sun was out. We got the bathroom cleaned and towels hung by noon. The hot guests arrived at 1:30 p.m. The second couple at 2:30. After they left at 4:30 and eight o'clock started on personal laundry today, it was sheets and towels all over again. Plus the rest of our laundry.

### 4-H News

#### PLEASURE AND PROFIT 4-H Club

The Pleasure and Profit 4-H Club met on June 18 at the Allen School Gymnasium with eight members and four leaders present. President Melissa Wilkins called the meeting to order.

Roll call was your pet's name. The group looked at the design submitted for the banner and voted on the one about "Come Grow in 4-H."

Carlene Roberts reviewed upcoming events such as the Learning Day, the bike rodeo, the horse play day and the Paper Day camp. She also put a count on the number of stalls needed by the club for livestock at the fair.

Kelli had received much from Mr. Lacy and the songbook pointed to practice various ways in they can choose one and practice before music contest.

New business included planning the next meeting which will be a tour of farms and parks open at the Allen park on July 19.

Carla Rastada, news reporter.

#### CARDPUNTERS 4-H CLUB

The Cardpunter 4-H club met June 2 at the Kuhn's Pantyry home.

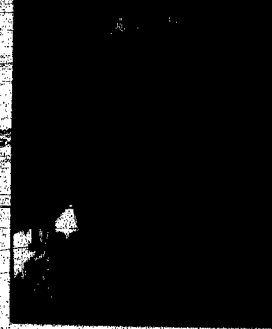
The group cleaned a stretch of highway for the Adopt a Highway Program. Afterwards they had a cookout at the Pantyry's and held a meeting.

President Janice Helms called the meeting to order. All members were present. The 4-H Pledge and Pledge of Allegiance were recited.

Members discussed the newsletter, home and upcoming important dates to remember. The Gable Seal point system was reviewed and members discussed what they wanted to do in cardpunte.

Theme booth ideas were also discussed and discussion will continue through the summer.

Tim Pantyry, news reporter.



Your need to know that the washer and dryer in this house are upstairs. The clothes line, of course, is in the back yard. I don't even want to think about how many times I've made up and down by two days. The Maytag man will not be likely tomorrow.

That still wouldn't have been so bad, but I also walked the perimeter around nine holes on the new golf course yesterday. And it's 30, a pretty and there are some mighty steep hills.

But it was worth it. I was with 50 feet of Dave Wilson, Warren Ruff, George Brent, Vida Blue, Rik Bonner, Bob Callahan, Bob Roeder, Gene Lingo, Stan Mikita, Sandy Kousser and Gale Sayers. Ah, a fellow they call Mud and Dazzle Smith.

I'm not a golfer, obviously. But we've been hearing about the beautiful new course for five miles from our called Quarry Oaks. This was a chance to see what everyone was talking about. Plus, get a close look at some celebrities.

We purchased gallery tickets, read up on spilling etiquette, unlearned an earlier lesson and

took off. Mike picked a spot in a natural amphitheater at the 18th hole and I started off with my camera.

It was a beautiful day, only a little humid, no one was in a hurry, the catches were autographing baseballs and having pictures taken and the scenery was gorgeous. I still don't understand the fascination with hitting white balls from one hot spot to another, but we did enjoy the first non-TV tournament we've ever seen.

Bring on Tiger Woods! (And the hypofuses for my aching legs)

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**RC&D hosting tour**

The Northeast Nebraska Resource Commission, a Division of the NEA, is sponsoring a Resource Commission Hosting Tour on Thursday, June 26, 10:00 a.m.

All interested parties are to meet at the Pheasant Hills Hotel in Lincoln. From there, the tour will go to the Wilcox Creek area, where biological control agents are being used on knapweed and leafy spurge.

Those attending are asked to bring along unknown weeds for identification. Lunch will be served following the tour.

The RC&D sponsored Commission is focusing their efforts on biological and chemical control of knapweed and leafy spurge on Nebraska's cropland and pastures.

In 1991 a total of 17 Nebraska counties, mostly in northern Nebraska, had knapweed infestations totaling 2,500 acres. Those who have knapweed are urged to control them as they spread rapidly and quickly.

For more information about the tour, contact the RC&D office at (402) 582-4866.

**NORFOLK'S 110th ANNUAL RODEO**  
Sandy Hook Arena

Norfolk, Nebraska - 6 1/2 miles North of Norfolk on Highway #1

**5 BIG DAYS**  
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No Frills on Grounds. Beer Sold on Grounds.

Approximately \$15,000 in Prize Money

Kyle Mutton Rustin - All 7 Days - Riding Starts at 6:00 p.m. (Limit 20 MIN DAY Ages 5 years to 8 years)

Dance to DJ - Last Call - Friday Night, June 20th  
Dance to DJ - Knight in Ho - Saturday Night, June 21st

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Lynette Kutz 402/585-4888  
District Representative

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depending on experience and/or electrical license. Successful candidate will have had some previous electrical work experience. Job description and application form are available by writing to the Administrative Services Office, Hahn 104, Wayne State College, 111 Main Street, Wayne, NE 68787, or by phoning (402) 475-2403, between 7:30 a.m. - 4:00 p.m. Application will be accepted until position is filled, with review of applications to begin on June 30, 1997. Wayne State College is an Equal Opportunity/Affirmative Action Employer.



SECRETARIAL VACANCY

Secretary/office worker vacancy at WAYNE HIGH SCHOOL, 40 hour work week, 10 month work year. Salary schedule placement with sick leave and insurance benefits. Obtain application from principal's office, Wayne High School, 611 West 7th Street. Two year secretarial degree/equivalent experience preferred. Equal opportunity employer.

NOTICE OF VACANCY

CAMPUS SECURITY OFFICER III: Crime prevention position. Desired qualifications: State law enforcement certification, college degree, and crime prevention experience and/or education. Individual would develop crime prevention/educational activities, present crime prevention presentations to student groups, and compile crime statistics in compliance with the Campus Security Act. Competitive salary with attractive benefits. Job description and application form are available by writing to the Administrative Services Office, Hahn 104, Wayne State College, 111 Main Street, Wayne, NE 68787, or by phoning (402) 475-2403, between 7:30 a.m. and 4:00 p.m. Application forms and letters of application will be accepted until the position is filled. Review of applications will begin Monday, June 23, 1997. Expected hiring date is August 4, 1997. Wayne State College is an Equal Opportunity/Affirmative Action Employer.



HEALTH NETWORK DIRECTOR

Allegent Health, a fully integrated and comprehensive system of health services, including 6 acute care hospitals and more than 100 clinics and outpatient sites throughout Eastern Nebraska and Western Iowa, is seeking a Director for its Northeast Nebraska Health Network in Norfolk, NE. This position will be responsible for the development, integration, coordination and ongoing support of managed care activities in Northeast Nebraska, as well as managing the operations of Allegent Health Clinics in the Norfolk area.

Qualified candidates must possess a strong managed care background, bachelor's degree in business or hospital administration or related field, 4-7 years physician practice management or health care experience. Any equivalent combination of education and/or experience will be considered.

Please send or fax cover letter and resume, along with salary history to:

Employment Coordinator  
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Dorcas Mercy Medical Center  
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To apply attend the

OSMOSE HIRING EVENT

Wednesday, June 25 1:00 p.m. or 5:00 p.m.  
Best Western Inn  
110 Nebraska Street  
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If interested but unable to attend, call 1-800-721-3122 press ext. 301, and leave your name, address, and phone number for an application.

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114 Main Street  
Wayne, NE



MIG WELDER

D V Eyre, Inc., a Wayne, NE based company is looking for an enthusiastic & team oriented MIG Welder for our fire rated window MFG operation. Must have MIG welding experience and be able to pass a company given welding test. Pay commensurate with experience, with a complete benefits package. Applications available at our Wayne, NE Plant or call the Personnel Manager at (402) 885-4001 for more information. We give a Pre-employment Physical Assessment & Drug Test to all successful candidates. HIRING/AA/ADA

MARKETING, Interim, 1997-98 academic year, starting August, 1997.

QUALIFICATIONS: Master degree required, must have strong commitment to classroom instruction and student interaction. Ability to work in a team environment required. Research and publication record and applicable work or consulting experience a plus. RESPONSIBILITIES: Teach undergraduate and graduate classes in marketing. Background in advertising/promotion preferred. Other responsibilities include program development and assessment, student advising, and committee assignment. Off campus/evening teaching likely. BANK/SALARY: Commensurate with qualifications and teaching experience. LOCATION: Wayne State College is located in Wayne, a city of approximately 3,000 in northeast Nebraska. In recent year, FTE enrollment has increased by 35 percent, bringing the student population to 4,000. The college is a focal point and catalyst in northeast Nebraska, not only for education but also for community and economic development, the arts, and cultural activity. Library automation and a campus-wide computer network link faculty to each other and to colleagues across the nation. APPLICATION: Send application letter, resume, and references to: Business Marketing Search 3/A Vice President for Academic Affairs, Wayne State College, 111 Main Street, Wayne, NE 68787. Review of applications will begin immediately and continue until the position is filled. Wayne State College is an Equal Opportunity/Affirmative Action Employer.



DUNCAN, HICKY Complete Music DJ Services: Mobile DJ services and live performance. Call 800-992-0254 for application.

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WANTED: OLDER FACTOR, any make, running or not. Also want good looking, single and over 30 years old. Add some details to cover wanted. 201-1-402-884-8284.

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FOR RENT: PARTIALLY furnished basement apartment across street from college (well accessible) up to three bedrooms. Private entrance and off street parking. Home responsible adults who will be the source of rental payments and paid work. No smoking allowed. No pets, minimum one year lease. \$300 per month with partial utilities paid. The pet deposit is available now. Please call 475-4847.

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DAY CARE PROVIDER: IAS (license) 1-800-992-0254. Call 1-800-721-3122.

WEIGHT LOSS: Overweight people. We help you to lose your weight. 1-800-992-0254.

TUPPERWARE: TUPPERWARE! TUPPERWARE! For all those special occasions and gatherings give a special gift with a lifetime guarantee. The secret is 10-50% off all in stock (some discontinued merchandise). Name: Call 378-8234 or 378-8902 or ask for Clara.

GARAGE SALE: SATURDAY, June 21, 9:00 AM to 12:00 PM. 7:00 AM to 7:00 PM. Call 475-4847.

Garage sale: SATURDAY, June 21, 9:00 AM to 12:00 PM. 7:00 AM to 7:00 PM. Call 475-4847.

Assistant Manager Now!

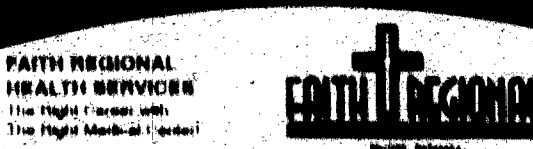


Assistant Manager Now! Fast Track - Manager

Arby's Express/A&W are expanding! Call today and we will be opening locations in Albion, Madison, and other Northeast Nebraska towns soon. And be one of the first to be hired! We are looking for experienced managers who are ready to take the next step in their professional lives. Candidates must have a minimum of 2 years experience in the food service industry and a commitment to leadership and management by example. Benefits:

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FAITH REGIONAL HEALTH SERVICES Human Resources Dept. 1800 Koenigsman Avenue Norfolk, NE 68701 Fax: 402-844-7394

is expanding service in our Norfolk, NE program working with adolescent ages 12-18. We offer a great benefit package to our full-time employees, which includes medical and dental insurance. The following positions are available:

• Night Counselor: Full-time position working the 11 p.m. to 8 a.m. shift supervising adolescents in our new treatment group home. Human services degree and/or significant experience in the human services field preferred. High school degree or GED required.

• Assistant Counselor: Full-time position working the 2 p.m. to 11 p.m. shift supervising adolescents ages 12-18 in our new treatment group home. A human services degree or one year experience in a shelter-care setting required.

Please send resume to: Human Resources Dept. and Care Home & Family Services, Inc. P.O. Box 1107, Sioux City, Iowa 51102-1107.







Salute to the  
**Dairy Farmer**

# Large dairy operates west of Wayne

By Clara Gahan  
of the Herald

Since 1968, MPM Farms, a dairy operation known as MPM Farms has been operating four miles west of Wayne.

The operation, which is a partnership between "Bud" Mouse, his wife Laine and Dr. Kent Puller, is currently milking just over 1,400 cows each day.

The Mouse's also have another dairy in California which was one of Dr. Puller's clients prior to his move to Wayne.

"Bud" Mouse is originally from north west Iowa and Puller grew up in eastern Iowa so the pair were familiar with the Midwest before choosing to locate the dairy here.

"We based our decision to locate in Wayne County on several factors including the availability of land, feed supply prices and milk prices," Dr. Puller said. "There is a declining milk supply in this area due to a number of older milk producers retiring and going out of business."

The operation is currently milking at 80 percent of the capacity they plan to attain.

"Our facility here is capable of handling 1,600-1,700 cows and we plan to reach that level later this year," Dr. Puller said.

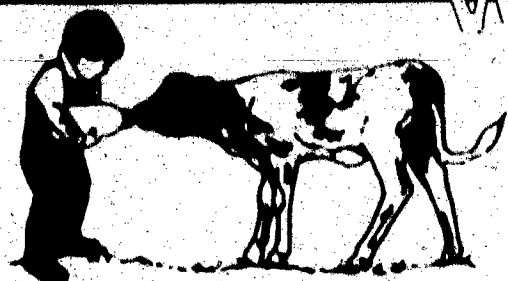
Approximately 2,700 gallons of milk are produced by the 1,400 cows that are



Milking time at MPM Farms involves bringing in the cows in sets of 80 and continues until all have been milked. The process is completed each morning and evening. More than 1,400 cows are milked each day at the dairy.

See DAILY, page 3

## People of the Dairy Industry We Salute You



- Action Credit
- Arnie's Ford/Mercury
- Columbus Federal, Member FDIC
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  - NE Nebraska Medical Group, P.C.
  - Northeast Nebraska Insurance Agency
  - Pac 'n' Save
  - Quality Food Center
  - Rain Tree Drive-In Liquor
  - Sav-Mor Pharmacy
  - Schumacher Funeral Home (Wayne, Carroll, Laurel, Winsted)
  - Stadium Sports
  - State Farm Insurance
  - State National Bank & Trust Co.
  - The Hair Affair
  - Tom's Body & Paint
  - Wayne Auto Parts
  - Wayne Herald/Morning Shopper
  - Wayne Sport & Spine
  - Wayne Vision Center

# Dairy

continued from page 2

currently being milked twice each day. "The milk is purchased by Wells Blue Dairy and is shipped to either their ice cream plant in LeMars, Iowa or the milk processing plant in Omaha. We generally have three trucks of milk leave here every two days," Puffer said.

Usually, dairy cows have calves a year apart. They are generally milked for 105 days and allowed a "dry" period of 60 days before calving again.

The average cow is culled for health reasons or because of low production after having three calves. Records are kept on each of the cows which are tested once a month to check the amount of milk being produced.

The operation has its own breeding bulls and calves are born every day. They are then picked up and sold locally.

Replacement cows are purchased from a number of locations, including Nebraska, Kansas, Missouri and Wisconsin.

The facility consists of two free stall barns that house 430 cows each. The cows are fed and housed in these barns and are moved to the milking parlor at milking time.

The milking parlor is equipped to milk 50 cows at a time. The actual milking process takes only five to eight minutes. The cows are then returned to barns and another yet is brought in.

Two shifts of employees work at milking and caring for the cattle. There are a total of 12 employees who work two shifts of four hours each.



Dairy cattle are fed a controlled ration of feed consisting of hay, grain and other nutrients to increase milk production. Nearly all of the hay and grain used at MPM Farms is purchased locally, but some supplies, such as cotton seed are shipped in from other locations.

Also at the facility is a "dry cow" barn where the cows are kept prior to calving.

The milk is transported from the milking parlor in stainless steel pipes and goes through a cooling process before it is stored in one of two bulk tanks before being shipped out.

The cows are fed a blend of hay, silage and grain, most of which are purchased locally.

Puffer is assisted by day-to-day operations by Brian Erickson who serves as headman. The two men look on the

premises which allows for someone to be on call 24 hours a day.

Puffer's wife, Judy, who is a small animal veterinarian, is responsible for the book work.

The couple has two sons, ages two and four, and the children were one of the reasons the couple chose to relocate to the Midwest.

Puffer said that starting a new operation is quite time consuming and often their being with his family, he has time for few hobbies for now.

# Students win in 'moovelous' movie contest

Students from Ted Blankenship's class at Wayne High School recently won first prize in the High School Tech Division of the second annual Mom Movies Contest.

The contest, sponsored by the Henry Dorely Zoo and Dairy Council of Central States, allows students to create their own videos about animal care or the benefits of dairy products.

David Lindner, James Fairburn, Brandon Gosh, Robbie Storm and Jonathan Webb won \$200 in prize money, donated by the American Dairy Association of Nebraska, for their video "Why Drink Milk?"

The Grand Prize Winning video from Los Middle School, Lincoln; Lewis Central High School in Council Bluffs, Iowa and Fairbury High School in Fairbury will be shown at the Dairy World Theater at the Henry Dorely Zoo. They will debut during the seventh annual Ice Cream Safari on June 28.

## AMERICA'S TRUE CHEESEHEADS

44% of American households consume 83% of all cheese eaten in homes.



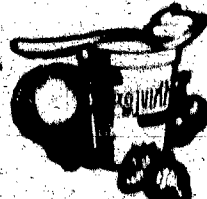
"Cheese Heads" account for 80% of the volume of "Convenience Spreads" sold cheese in snack packs; 94% of "Cheese Enhancers" have cheese as ingredient; 16%.

# National Dairy Month

Star Fresh Bagels **79¢**



Premium Yogurt 8oz. **3/\$1.00**



Star Fresh 8oz. Shredded Cheese Cheddar or Mozzarella **99¢**



Star Fresh 1lb. Margarine Quarters **2/89¢**



Star Fresh 12oz. American Singles **\$1.08**



Cream Cheese **2/88¢**



**\$2.19** Gallon Choc. Milk



Prices good from Thurs 6/18 through Wed 6/23

# PAC 'N' SAVE

# Interesting facts about June Dairy Month

For nearly sixty years, June has been designated as the time to celebrate America's great bounty of dairy products and to pay tribute to America's dairy farmers. Officially designated June Dairy Month in 1939, the annual tribute has blossomed into a national affair. Just take a look at some interesting and somewhat historic dairy trivia.

## MILK - AMERICA'S GOT IT!

In 1884, the milk bottle was invented. Forty-eight years later, in 1932, plastic-coated paper milk cartons began appearing in the dairy case. Today, con-

sumers can choose from a wide variety of milk containers even six packs for people on-the-go.

- We're a milk producing national. Every state from Alaska to Hawaii, from Maine to Florida, produces milk.
- Who's really "got milk?" Des Moines, Iowa, ranks the highest among 50 most populous areas in per capita supermarket milk sales.
- Every day the nation's 9.3 million dairy cows produce the equivalent of nearly 50 million gallons of milk.
- Think that milk and cookies before bed?

time is just for kids? Not true! Milk is a natural sleeping aid for all ages. It contains an amino acid protein that signals the brain to relax.

## ICE CREAM: THE LATEST SCOOP

- Who stole it? Controversy surrounds the "discovery" of the ice cream cone. Some believe the first ice cream cone was produced in New York in 1896 by Italo Marchiony, an Italian immigrant. Others give credit to a waffle vendor at the 1904 St. Louis Fair.
- Ice cream a presidential favorite? Of course! In fact, George Washington paid up a \$200 bill eating ice cream in a New York City ice cream store. And, Dolly Madison, wife a U.S. President James Madison, served ice cream at her husband's Inaugural Ball in 1817. Ronald Reagan declared July National Ice Cream Month, and the second Sunday, Ice Cream Day.
- More ice cream is produced and eaten in the U.S. than any other country. Ice cream consumption is still highest in June and July. Vanilla is America's favorite flavor, followed by chocolate.
- The big dipper. According to the Guinness Book of World Records, the largest ice cream sundae weighed just over 54,914 pounds.

## CHEESE - TO THE RESCUE!

- Today almost one-third of all milk produced each year in the U.S. is used to manufacture cheese.

- More than 200 U.S. produced cheeses are available in your grocery's dairy section. From mild Baby Swiss to tangy Colby, there's a cheesy flavor for everyone!
- The United States is the world's largest producer of cheese.
- Cheddar is the number one selling cheese. Supermarkets alone sold more than 150 million pounds of cheddar last year.
- Who's the cheesiest? Wisconsin produces 30% of America's cheese.
- Americans love cheese! Per capita, they eat more than 26 pounds of cheese a year.

## DAIRY FOR REAL

- The first commercial yogurt dairy in the U.S. was the Columbia Dairy in Methuen, Massachusetts in 1929. It produced a product called Madriren, the Armenian name for yogurt.
- The "REAL" Seal means you're buying a real dairy product and not an imitation.
- Dairy products are essential to a healthy diet. AND SKIN! Milk, cream, yogurt and sour cream are all high in protein, calcium, and vitamins, which are natural skin care agents. Dairy products also contain alpha hydroxy acids that are being used to treat wrinkles and leave skin soft and smooth.
- Looking for a home remedy? For a dry cough, a mixture of warm milk and butter can relax and soothe throat muscles, bringing relief.

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POLLED HEREFORDS**

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## We Salute the Dairy Farmer

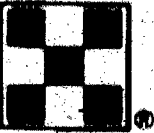
- Complete meat processing
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376-1640

# Milk is 'in' ingredient

Jarvis in "Mad About You" is drinking it. So are Jerry on "Seinfeld" and Tom Cruise in "Jerry Maguire." It's not a new milk beverage. It's the biggest, all natural beverage to find its way on the big and little screens and in advertising this year. It's milk of course.

As advertisers worry about wholesomeness in entertainment and the possible risk of turning off consumers with non-mainstream plots, producers and writers are turning to milk in programming. In fact, they are even weaving in recent milk advertisement concepts for humor. Here are some examples.

• In a recent "Mad About You," Paul walks into the room to find pregnant Jarvis sleeping on the couch as she is supposed to be getting ready to go work. Paul goes straight to the kitchen to pour her a glass of milk to help jumpstart her day, although all she wants is a cup of coffee. Paul reminds Jarvis that milk does a pregnant body good and as she sits across from him at the table, waits for her to say the magic words "got milk?" before giving her the glass.

• In an episode of "Seinfeld," a little boy was eating a peanut butter sandwich and the little boy couldn't speak because he had a mouthful of peanut butter. Bill Cosby's wife jokingly asked the child, "got milk?"

• The main character in the hit television series, "The Single Guy," took a new job with an advertising agency. He's shown at home with his friends discussing new advertising concepts. During the conversation, one of his friends is drinking milk and gets a milk mustache. And he rubs it for him to

wipe it off, as they continue their conversation on new advertising concepts.

• Other shows or films that have included milk are, "Third Rock from the Sun," "America's Funniest Home Videos," "The Pretender" and "Food Rush II."

Everyone wants a part of the milk action. The "milk mustache" commercial has enlisted celebrities that typically don't step behind the camera. Steve Buscemi and Matt Faye are just a few of the high profile names to jump on the milk wagon. Here are some others.

- |  |                    |
|--|--------------------|
| Christie Brinkley                        | Steve Young        |
| Elisabet Cresswell                       | Jennifer Ashton    |
| Isabella Rossellini                      | The Knudsen        |
| Nastassja Kinski                         | Deve Campbell      |
| Jon Rivers                               | Quentin Tarantino  |
| Michael Johnson                          | Zoe Lujadovitz     |
| Lauren Bacall                            | Ann Van Dyke       |
| Kitty Yonagishi                          | Vari Hahn Ross     |
| Catherine Salviati                       | Sherry Stringfield |
| Billy Ray Cyrus                          | Pete Sanchez       |
| Demetrius Newkirk                        | Kate Moss          |
| Martin Sheen                             | Drew Barrymore     |
| Carson Kressley                          | Steve Young        |
| Lyla Banks                               | Spide Lee          |
| Cal Ripken                               | Patrick Ewing      |
| Dafny Fuentetaja                         | Joan London        |
| Veruca White                             | Matthew Fox        |
| Santa Claus                              | Iran               |
| Jeff Corbett                             |                    |
| The Phantom (Billy Zane)                 |                    |
| Bart and Lisa Simpson                    |                    |
| Harvey Karpis and Alvin Karpis           |                    |
| Flower Child Joynt                       |                    |
| Frank Stallone, Bob Costas & Al Michaels |                    |

# Milk may prevent disease



Dairy calves are generally taken away from their mothers soon after birth and often given to stock cows to raise.

Milk and milk products offer more than great taste. Besides being one of the richest sources of absorbable calcium, one serving provides a mouthful of other key nutrients including calcium, magnesium, potassium, protein, riboflavin, and vitamins A, D and B12—all essential to optimal health. And as recent research indicates, consuming the dairy package is a powerful tool for potentially reducing the risk of chronic disease.

There's a lot of exciting research confirming the role of milk and milk products in reducing risk of chronic disease. There's growing consensus among researchers that the health benefits of foods from the Milk Group extend beyond calcium.

For example, a new study funded by the

National Heart, Lung and Blood Institute (NHLBI), found that a balanced diet rich in low-fat milk products, fruits and vegetables, helped lower blood pressure in patients with mild hypertension. Researchers compared the effects of three different diets and found that those people whose diets included the calcium equivalent of three to five servings from the Milk Group each day had the biggest decrease in blood pressure.

In another exciting area of research, a study published in *Cancer Research* adds to growing evidence that sphingolipids, a type of fat naturally found in milk, may help prevent colon cancer—the second leading cause of cancer deaths in the United States. When given to mice predisposed to colon

cancer, researchers found that sphingolipids from milk suppressed the development of malignant tumors.

Achieving a healthy lifestyle is easier than most people think particularly when adopting the simple three-a-day strategy. Three servings of milk and milk products is a good rule of thumb for getting at least 800 milligrams of calcium daily—the minimum amount required for adults. Yet, 77 percent of adult women and 56 percent of adult men in America do not get the Recommended Daily Allowance (RDA) for calcium intake. Americans can easily reach this by enjoying a cup of yogurt for breakfast, an ounce and a half of cheese on a sandwich and a glass of milk with dinner.

# Three-a-day may keep the doctor away

As school lets out for the summer, many kids and teens say good-bye to their daily routines. But one routine kids should step up is enjoying at least three a day from the Milk Group (four to five a day for teens) since a diet low in calcium can lead to weak bones and a higher risk of bone fractures. After all, it's so fun being left out of summer activities due to broken bones. There's no doubt about it—exercise is good, but with not strong bones, kids and teens may wind up sidelined during summer activities waiting for their broken bones to heal.

Dairy foods have the calcium (needed for strong bones and teeth) and provide other essential nutrients including vitamins A, B12 and D, riboflavin, phosphorus, potassium and magnesium needed for an active lifestyle. It's even more important for kids to drink milk to avoid diseases like osteoporosis, the bone thinning disease, later in life.

However, according to the most recent USDA's Continuing Survey of Food Intakes by Individuals (CSFII), 87 percent of teenage girls and 64 percent of teenage boys are not consuming the Recommended Daily Allowance (RDA) for calcium (1,200 mg/day), equivalent to four servings from the Milk Group.

Bone formation is at its peak during adolescence. During this window of opportunity, up to 40 percent of adult bone mass is formed. Calcium is so critical during the teenage years health experts believe four servings may start change bones of this key nutrient. In fact, the American Academy of

Pediatrics has issued a modified Food Guide Pyramid that recommends five servings from the Milk Group. The modified Pyramid ensures teens are consuming at least 1,500 mg of calcium a day, as recommended by the National Health Consumer Conference.

### EASING FEARS ABOUT FAT

Especially with the onset of puberty, weight gain can become a common concern for teenagers, and milk and milk products may be dropped from their diets as a result. Jews (don't sabotage their body's formation of strong, healthy bones by skipping low-fat milk in daily foods. In addition to the possibilities of weak bones and stress fractures, teens also risk a hunched back and broken bones later in life. The truth is, research has shown that teens who consume milk products meet their calcium needs, and not gain weight.

Here are some healthy tips for getting kids on the right track:

- Add a spoonful of chocolate syrup or vanilla extract to milk.
- Use milk when making soup and top with a slice of cheese.
- Draw a glass of milk with lunch.
- Tuck a slice of cheese on a ham sandwich.
- Swirl up a cup of low-fat yogurt into a smoothie.

### LEADING BY EXAMPLE

Many of our food habits and preferences are established in childhood. The habit of drinking milk is no exception. When it comes to drinking milk, many children and

teens copy the choices of older adults. Ensuring adequate calcium nutrition early in life may be responsible for a 5 to 10 percent difference in peak adult bone mass and a 50 percent difference in the incidence of hip fractures in later years.

The earlier kids are exposed to good eating habits, the greater the chance those habits will stay with them later in life. Parents can encourage their kids to eat smart by preparing fun, nutrient-packed, calcium rich meals. Call out on a hot summer day with a fruit flavored smoothie or power-up with a slice of veggie pizza. In addition to calcium, cheese contributes magnesium and vitamins B6 and B12.

A parent or dad can set a good example for his/her children by:

- Making sure that milk and milk products are always available in the house.
- Drinking milk and milk products themselves at home, when eating out with the family, at family gatherings, on family vacations, on airplanes and at mall food courts.
- Helping children plan special events or parties that include milk and milk products—pizza parties, ice cream socials.
- Volunteering to bring a drink from the Milk Group to children's sports events.
- Whipping up after school dairy snacks for kids using tasty cheeses, yogurt & milk.

## Dairy Farmers CAN Do!

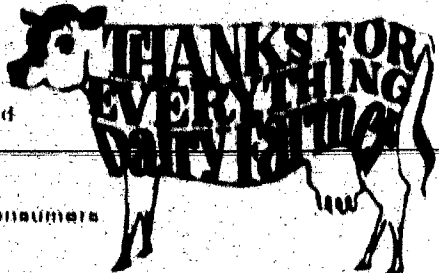


June is Dairy Month is here and there's no "better" time than now, to express our gratitude to dairy farmers everywhere for the role they play in providing us with a healthier diet and economy. Their many contributions are always appreciated, and it is our pleasure to extend a hearty, "thankal!"

Marion Arneson, David P. Kwing  
David H. Kwing & Mary Murtaugh

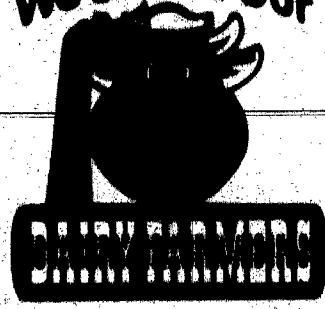
**MIDWEST**  
Land Co.  
208 Main, Wayne, Nebraska  
878-8888

We salute the Dairy Farmer on this occasion annually dedicated to honoring his services to the community and consumers



Zach Propane Service Inc  
310 S. Main St. 375-3885

We Salute Our



Serving Wayne & Pierce Counties Since 1939

Wayne County Public Power  
375-1360

## Dairy products Innovative uses

Since the earliest days of civilization, milk has been attributed with properties beyond its primary function of nutrition. Milk has been regarded as a rejuvenator and a moisturizer of human skin. Legend has it that Cleopatra bathed in milk to augment her physical beauty and to help rejuvenate and enhance longevity. Today's consumers are putting the legend to the test as they turn to milk-based personal care solutions to help maintain and enhance their physical appearance.

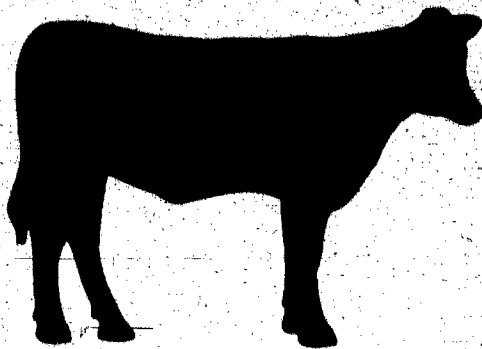
- Milk, cream, yogurt and sour cream are all high in protein, calcium and vitamins to make anything cleaner. They also contain lactose, an alpha hydroxy acid, that gently removes dead cells, leaving skin soft and smooth.

- Whey, a by-product of cheese making, has long been a Scandinavian beauty secret. It is rich in protein and can be used as an excellent in beauty product recipes.

- As consumers turn to products with natural ingredients, they are buying milk-based products such as L'Oréal's Nutrition and The Body Shop's Milk Bath in hopes of naturally enhancing their beauty. They are also using homemade milk based solutions to solve their beauty dilemmas.

- A yogurt mask is perfect for removing surface impurities and restoring the skin. Simply spread plain yogurt over skin, and let sit for 15-20 minutes. Rinse off and pat skin dry.

- Sunburns are always a summer bummer. Apply plain yogurt or buttermilk to sun-damaged spots to take some of the stinging away from mild sunburns.



### Top producers don't settle for second best...

Farm Credit Services offers what top producers demand. Fixed, adjustable or variable rate programs let you manage risk. You'll deal with an experienced, knowledgeable staff who knows production agriculture and ag financing. Insurance, leasing programs and related services provide "one stop" financing that lets you spend more time on the farm and less time in town working with several different companies. If you're ready to move up to Farm Credit Services, stop in or call one of your local lending offices.



**Farm Credit Services**  
1-800-777-1853

112 W 2nd St  
Wayne, NE

1306 E 13th St  
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# Summertime sandwiches

## The new wrap

Wraps. High rollers. Gourmet burritos. Whatever you call them, these tasty combinations are rolling full-force onto menus at America's favorite deli and restaurant. New York City's famed Tavern on the Green restaurant recently added a bread-puck and potato-wrap to its menu and fast-food establishments, such as Taco Bell and Long John Silver's, just unveiled their newest wraps to capitalize on this sizzling food trend. Americans will continue to embrace these delicious and easy-to-prepare wrap sandwiches as they move from end counter to kitchen tables and picnic tables this summer.

Loosely defined, a wrap is any combination of your favorite foods including cheese, meat and vegetables tucked into a tortilla, pita or any flat bread and then rolled up. Best of all, they take so little time to prepare and their design makes them virtually spill-proof. Sandwich lovers will no longer grieve for that slice of tomato that fell out the other side!

The recipes for wraps are endless and easy enough for even the biggest culinary novice to construct. One of the most versatile wrap ingredients is cheese because it is conveniently available in a variety of great-tasting varieties all the better for speedy preparation. Whether you shred or slice it, cheese is the perfect wrap companion because it enhances and brings out the flavors of other foods.

The wrap and roll revolution began in California about two years ago. After vacationing in Central Mexico, four friends decided they could readily take the role of the tortilla. With hundreds of tortillas at hand, they opened a "wrap-style" sandwich shop in San Francisco, earning praise and profit profits from a big, young crowd. The concept quickly spread across the nation.

So why are wraps so successful?

"Wraps are convenient for customers," stated Jack Robertello, associate editor, *AgriMarket News*. "Hand-held meals is the way people like to eat. And, but in cold, the range of combinations is seemingly endless."

Take, for example, the Turkey, Veggie & Cheese Wrap—a simple recipe that requires minimal ingredients and effort. Start with a tortilla and cover it with juicy tomato wedges, green pepper strips, and shredded lettuce tossed in ranch dressing. Add sliced turkey and, for a hint of flavor, sprinkle a handful of shredded cheddar cheese over the top. Wrap it up, and an effortless, satisfying sandwich is born.

- TURKEY, VEGGIE & CHEESE WRAP**
- 4 ounces turkey breast (slices or cubes)
  - 1 cup shredded iceberg lettuce
  - 1 large tomato (cut into thin wedges)
  - 1 large green pepper (cut into short strips)
  - 1 cup shredded Cheddar cheese
  - 1/3 cup lowfat ranch dressing
  - 4 8 inch flour tortillas

Place turkey breast across the center of each flour tortilla. Combine tomatoes, green pepper strips and shredded lettuce and toss with ranch dressing. Place vegetables on top of turkey and add Cheddar cheese. Roll up tortillas and serve. Makes 4 wraps.

Serving Size: 1 wrap  
Calories per serving: 160  
Protein 19g, fat 19g, carbohydrate 25g  
Calcium 266 mg, riboflavin (R2) 26 mg

- SOUTH OF THE BORDER WRAP**
- 1/2 cup canned black beans (drained)
  - 2 tablespoons chunky salsa
  - 1 tablespoon chopped green onions
  - 1 tablespoon cilantro
  - 1 large tomato (chopped)
  - 1 cup shredded Monterey Jack cheese
  - 4 8 inch flour tortillas

Butter as needed.  
Mash beans slightly and combine with salsa, green onion, and cilantro. Divide mixture on four tortillas. Top with chopped tomatoes and cheese. Roll the tortillas into tight rolls. Melt butter in a large skillet then grill the wraps, seam side down, over medium heat for 5 minutes, rotating until brown on all sides. Makes 4 wraps.

Serving Size: 1 wrap  
Calories per serving: 291  
Protein 12g, fat 15g, carbohydrate 27g  
Calcium 270 mg, riboflavin (R2) 23 mg

- ALABAMA WRAP**
- 1/4 cup prepared quacarrone
  - 1 medium sized tomato (cut into wedges)
  - 1 cup shredded carrots
  - 8 slices Havarti cheese
  - 1 bag (8 ounces) alfalfa sprouts
  - 4 tablespoons vinaigrette dressing
  - 4 8 inch flour tortillas

Spread quacarrone evenly across each flour tortilla. Top each with tomatoes, shredded carrots and cheese (distribute evenly). Add alfalfa sprouts and vinaigrette dressing. Roll up tortillas and serve. Makes 4 wraps.

Serving Size: 1 wrap  
Calories per serving: 461  
Protein 21g, fat 28g, carbohydrate 34g  
Calcium 477 mg, riboflavin (R2) 45 mg

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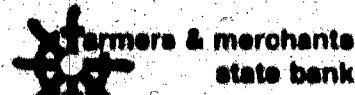


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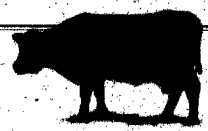
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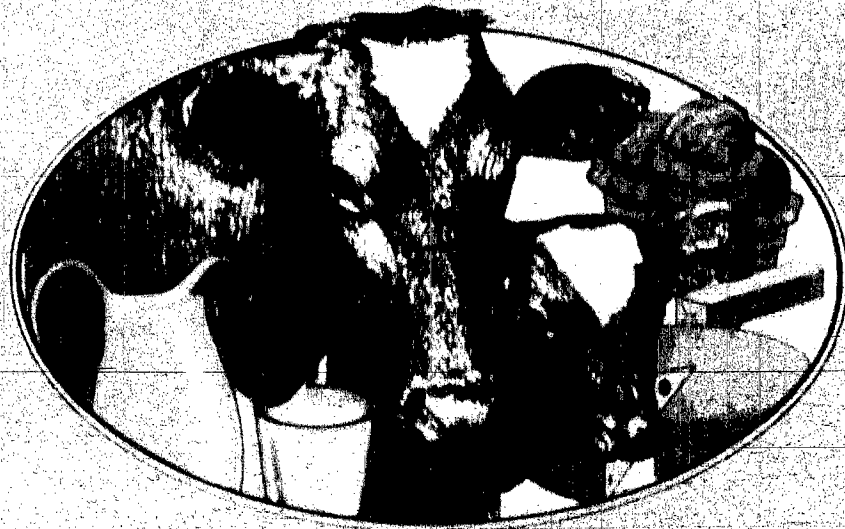
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