

Future stars

The action has been fast and furious during recent Tuesday's as third through sixth grade rec football players have been competing against each other. The purpose of rec football for youth is for recognition purposes as to what each position is responsible for on a football team. The fall program concludes this month.

Restful Knights

Company is bought

Restful Knights has announced that the company will be sold to Pacific Coast Leather Company of Seattle, Wash.

The sale will be effective Oct. 31, 1992. Current owners Bob and Carolyn Stoberg and Virgil and Jan Kendall will remain as the management team.

"Pacific Coast Leather Company approached us about becoming a part of their family owned company. This was an excellent opportunity for us. The atmosphere of their company is very similar to ours," said co-owner Bob Stoberg.

The family that owns Pacific Coast Leather Company has been in this business since 1884 and Pacific Coast Leather Company was formed in 1924.

Its projected fiscal 1992 sales are approximately \$1.5 million. The firm currently manufactures leather and down synthetic pillows and down comforters.

The plant in Wayne will serve as the mattress pad division. In addition, the sales force in Wayne will be the headquarters for the Preferred Products line, which in-

cludes comforters, featherbeds, bed pillows and mattress pads.

Restful Knights has been in business since January of 1983 when the two couples began manufacturing bed pillows in a room on Main Street.

Since that time, the business has grown to employ 110 persons and earlier this year was chosen as the Nebraska Small Business of the Year by the Small Business Association.

"We are working hard on plans to the next 18 months as we anticipate growth in our plant. We really expect to be able to expand to a much greater degree than if we retained ownership ourselves," Stoberg said.

Pacific Coast Leather recently signed an agreement with Sealy Corporation for the license of the Sealy name for comforters, featherbeds, bed pillows and mattress pads. Sealy is the most powerful brand in home furnishings.

"It is the intent of Pacific Coast Leather to expand the Wayne plant capacity with additional facilities, machinery and many new jobs," Stoberg added.

Herald joins Net

The Wayne Herald has joined with Midland Net to provide Internet with a localized approach to Wayne.

Midland Net is owned by Hooper Telephone Company of Hooper and operated by Community Computer Bank of Lincoln. Combined, the two firms operate Internet access systems in three states, serving over 4,000 customers.

These systems using a computer localized approach to Internet services and the Wayne Herald will eventually be offering news and community update information to the system.

"We strongly believe that using this technology to help foster local discussion and community information is just as effective as

ability to connect people to the rest of the world," said Brad Hartman, all Community Computer.

"We are excited about the partnership with the Wayne Herald, which has long shown that out of strong community commitment," Hartman added.

The Midland Net system in Wayne offers local discussion groups, free web pages for local non profit organizations, as well as family psychologists and other features as well as connections to the full Internet and electronic mail.

Those with a computer and modem can subscribe to the Midland Net service for \$20 per month, allowing for unlimited dial-up access. Subscribers receive custom software to connect to the Internet and free customer support.

During the month of October, Midland Net is waiving the \$15 account activation fee.

Those requesting more information can get a Midland Net brochure at the Wayne Herald or free or by calling 1-800-772-4648.

Celebration planned in Wayne

All across Wayne County, citizens will be getting on their "party hats" for the Annual Heart Association's "Celebration."

The event is scheduled for Sunday, Oct. 26 beginning with a 6 p.m. social hour at Roney's Convention Center. Dinners will be served at 7 p.m. and an auction will follow.

The participants will be raising money for the American Heart Association. It includes volunteers from the community, including as-

sembly members and many volunteers. Tickets to the dinner, which they will wear and collect tips on behalf of the AHA.

The celebrity writers include: Guy Abrams and Nancy Swanson; Dave Jr. and Donna Faving; Bruce and Kathy Farris; Kevin and Deb Hahn; Bob and Julie Jordan; Dave and Corinne Fitzpatrick; Mark and Julie Fling; Dr. Paul and Janice; Mike and Rosalind; Dr. Mark and Gill McCarroll; all from Wayne and Franklin and are

celebrity from Carroll.

Anyone interested in attending or supporting the event should contact one of the celebrity writers.

Writers will dress in costume and literally "wear on their shoulders" hand and foot" in an effort to gain the most soiled honor of the evening, the "Best Writer Award." This honor is bestowed on the celebrity collecting the most tips.

The event is being sponsored

locally by Heritage Homes and Heritage Industries, First National Bank of Wayne, Farmers and Merchants State Bank and the State National Bank and Trust.

Information on the event is available. The American Heart Association's website may be obtained by contacting planning committee members: Tony Backstrom, Scott Bergstrom, Kevin Hill or Cynthia Miller by calling the AHA Capital office at (402) 474-1353.

Kugler still fighting fire after 50 years

By Clara Hester
Of the Herald

In 1942, Paul Rogge, Wayne City Chief, recruited Bill Kugler to be one of Wayne's volunteer firemen. Fifty years later, Bill is still doing that job.

"When I first became a volunteer the department was using a 1914 pump that is now being used for parts. They also had the truck that was considered the real truck. Wayne's first fire fighting equipment was a 4712 hand-pulled car, which is still on display at the fire hall," Kugler said.

At the present time the department's equipment includes eight units including an aerial pump, truck, city and rural pumps, two water tankers, an equipment vehicle, command vehicle, personnel carrier and a lighting off supply trailer.

In the early 1970s, thanks to much hard work by Paul Rogge, Ralph Beckwith and many others, the Rural Fire District was formed. This way, and has been ever since, one of the greatest assets in the Wayne area," Kugler said.

The Rural District bought their own equipment and an agreement was made, which is still in effect, that the equipment would be housed and maintained by the Wayne Volunteer Fire Department and City of Wayne.

"Through the years the equipment and fire fighting techniques have changed drastically, and it is a continuing uphill climb to maintain both," Kugler said.

"It's sad to say but department expenses keep going up and the budget keeps going down. Wayne

and the commercial fire district have for the most part always enjoyed a good fire rating for insurance purposes. I believe this is due to what I consider an outstanding volunteer fire department," he added.

Each year during Fire Prevention Week, Kugler and members of the fire department give young children, ages 12 and up, brief instructional programs, tours and rides on a fire truck.

"Speaking of fire prevention, I would like to mention a program in our department which I consider the apple of my eye." Fifty six years ago, Chief Leo Volney organized a Junior Fire Patrol program which was adopted by the department," Kugler said.

"The sole purpose of this program is for our fire fighters to take fourth and fifth grade children to fire prevention and self protection. We know this program has been responsible for saving at least one life in the Wayne area and we all probably would know all of the details. The Chief has been for years that our fire calls have been greatly reduced due to this program," he added.

Kugler said that in the 50 years he has been a fire fighter, the city of Wayne has had more than its share of major, devastating fires that have wiped out entire neighborhoods.

He said that the fires that involved fatalities are the ones that are most vivid in his mind and as he said, "I know that he could 'sit and tell war stories for years' about his experiences."

See KUGLER, Page 2A



In this 1989 photo Bill Kugler, left, is being assisted by fellow fire fighter Harvey Busch. The men are working with a self-contained breathing apparatus which allows fire fighters to breath inside a burning building.

Adopting pets purpose behind special month

October is Adopt-A-Pet Month.

The designation recognizes that dogs from a humane organization are good dogs who need someone to take the time and have the compassion to work with them, learn to understand them and grow to love them.

For the Love of Animals, a local humane organization works through the Wayne Veterinary Clinic to save stray dogs who are scheduled to be euthanized.

For more information, call 481-1800.

See OCTOBER, Page 2A

Excellence Tour will be held at Wayne State

Approximately 1,500 students from Wayne and surrounding areas will be attending the Dedicated to Excellence Tour at Wayne State College on Tuesday, Oct. 28.

Wayne Mayor Meryl D'Ercole has proclaimed Oct. 28 as Dedicated to Excellence Day and invites citizens to join in the observance and to enjoy the benefits of the pro-

See TOUR, Page 2A

Set your clocks back an hour on Saturday

Record



A Glimpse



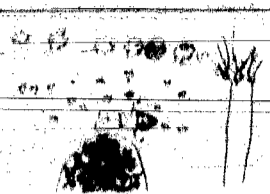
We are bringing you recycled paper. Please recycle after use.

Thought for the day:

Prepare and prevent instead of repair and repent.

Strings concert

WAYNE - Strings students in grades four through eight will present their annual fall string concert Thursday, Oct. 10 at 7:30 p.m. in the Haas Lecture Hall at Wayne High School. Refreshments will be served and the public is invited to attend the free program.



Strings students at Wayne High School.

Hot chocolate

WAYNE - Members of the Wayne Kiwanis Club will be going door to door on Monday, Oct. 27 selling hot chocolate. They will be selling 25¢ chocolate. Proceeds from the sale will go toward various youth projects throughout the year. Anyone with questions may contact Mary Murtough at 775-1185 or 775-2770.

AAUW meeting

WAYNE - The Area Association of University Women will hold a monthly meeting on Wednesday, Oct. 29 at Carver's restaurant. The meal begins at 6:30 p.m. and the program at 7:30 p.m. Guest speakers is Edith Zahrner who will discuss Women in Siberia. The program is open to the public. For more information contact Kathy Berg at 775-3066 or Miriam Dalal.

Band concert

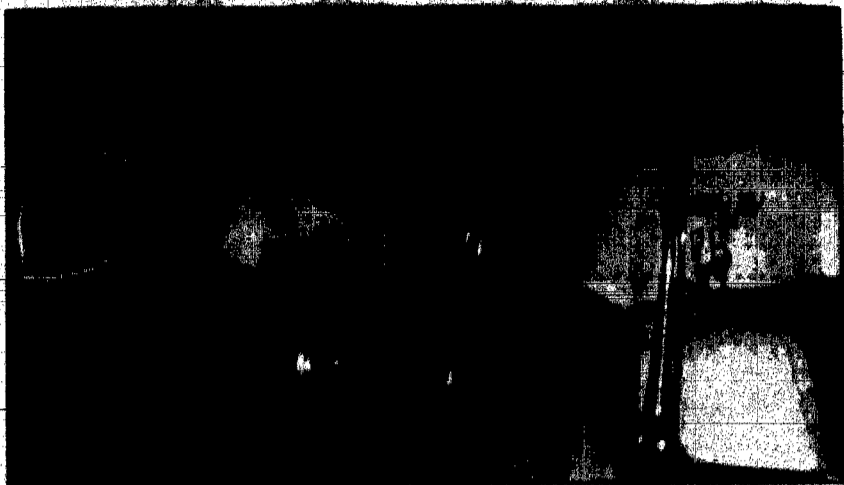
WAYNE - The fifth grade band at Wayne Middle School will have a concert on Monday, Oct. 27 at 7:30 p.m. in the cafeteria area of the high school. The students will be having a variety of projects on display. The public is invited to attend.

Staff training

AREA - Colverdale Hills Community Services will hold staff training on Tuesday, Oct. 28. All Colverdale Hills staff will be attending a day-long training.

Wayne High band and color guard do well at competition

The Wayne High School Blue Devil Marching Band traveled to Lincoln on Oct. 18 to participate in the Lincoln Public Schools Invitational Marching Band Competition held at Seacrest Field.



These performing solo at Saturday's band competition included left to right, Lisa Walton, Stacy Langemeyer, Brooke Parker, Heidi Johnson, Matt Meyer, David Enz and Clay Steffen.

The Marching Band and Color Guard each received Superior ratings and trophies. The Color Guard received a score of 94 out of a possible 100 points.

"Thanks to the color guard members for their help as equipment managers and to all the parents, relatives and friends who traveled to Lincoln to support the Marching Band," said Brad Weber, director of the band.

"Your vocal support and cheers really make a difference. A special thanks to those people who went as bus sponsors. We could not do it without you," Weber added.

On Saturday, Oct. 25 the Marching Band will travel to Bellevue to march in Thunderbird Stadium at Bellevue West High School at 1510 Duranton Avenue for the Nebraska State Bandmasters' Association State Marching Band Competition.

The buses for this competition will leave from Wayne High School at 4 p.m. with the band scheduled to perform at 5:30 p.m. Awards will be presented at 6 p.m. Buses should arrive back in Wayne at approximately 11 p.m.

"The Wayne High School Blue Devil Marching Band hopes to see you in Bellevue when they perform. Your support is truly needed and appreciated," Weber said.



Members of the Wayne High Color Guard include back row, left to right, Rebecca Brumm, Audrey Kal, April Pippitt, Angie Theede and Jessica Meyer. Front row, Erin Milander, Abby Spahr, April Lage, Lindsey Martin and Jessica Washler.

Obituaries

Edward Brasch

Edward Brasch, 89, of Laurel died Wednesday, Oct. 23, 1997 at the Hillcrest Care Center in Laurel.

Services were held Friday, Oct. 25 at Memorial Lutheran Church in Laurel. Rev. William Engstrand officiated.

Edward Hermann Brasch, son of Edward E. and Augusta (Boswell) Brasch, was born Feb. 10, 1908 near Farmington in Randolph County. He was baptized at the Lutheran Church in Farmington and confirmed at Memorial Lutheran Church in Laurel. He attended school at Blainville, South Dakota and Lincoln before moving to Laurel in 1927. He worked at various jobs before enlisting the U.S. Army during World War II. Following his discharge, he was employed at Mill Wash Laundry Company. The State of Nebraska working conditions took a toll on his health. Edward passed away in Laurel in 1996. He was a member of the Laurel Lutheran Church, UMW and the American Legion in Laurel.

Survivors include three sons: Robert Hamilton of Chesapeake, Paul Luther Manning and Bruce Hart, all of Laurel; one daughter, Nancy, and nephews.

He was preceded in death by his parents, one brother, and three sisters.

Pallbearers were Chuck Adams, Carroll Johnson, Howard Johnson, George Johnson, Edward Kirk, and Gary Johnson.

Burial was in the Laurel Cemetery in Laurel. Visitation, 10 a.m. to 11:30 a.m. on Monday, Oct. 27 at the Laurel Cemetery. Burial at 12:00 p.m. on Monday, Oct. 27 at the Laurel Cemetery. Burial at 12:00 p.m. on Monday, Oct. 27 at the Laurel Cemetery.

Funeral services were held on Monday, Oct. 27 at the Laurel Cemetery. Burial at 12:00 p.m. on Monday, Oct. 27 at the Laurel Cemetery.

Survivors include three sons: Robert Hamilton of Chesapeake, Paul Luther Manning and Bruce Hart, all of Laurel; one daughter, Nancy, and nephews.

He was preceded in death by his parents and one sister, Mrs. Flora Johnson.

Pallbearers were Richard Johnson, DeWayne Davenport, Frank Kluge, Duane Magnuson, Elmer Johnson and Earl Johnson.

Burial was in the Hillcrest Care Center in Laurel. Visitation, 10 a.m. to 11:30 a.m. on Monday, Oct. 27 at the Hillcrest Care Center.

Dorothy Bredemeyer

Dorothy Bredemeyer, 87, of Lincoln died Sunday, Oct. 13, 1997. Memorial services were held Friday, Oct. 17 at Lincoln Memorial Lutheran Church in Lincoln. Rev. Mark Fisher officiated.

Dorothy Bredemeyer was born Feb. 18, 1910 in Carroll. She was a 1927 graduate of Carroll High School. She was a member of the Lutheran Church.

Survivors include nephews and nieces.

She was preceded in death by her husband, Walter Bredemeyer. Burial was in the Lincoln Memorial Lutheran Church in Lincoln.

Marvin Rastede

Marvin H. Rastede, 81, of Laurel died Tuesday, Oct. 21, 1997 at his home.

Services will be held Friday, Oct. 24 at 2 p.m. at St. Paul Lutheran Church in Laurel. Rev. Bruce Huddell will officiate.

Marvin Henry Rastede, son of Henry and Louise (Dovey) Rastede, was born on a farm east of Laurel. He was baptized and confirmed at St. Paul Lutheran Church in Laurel. He attended Lincoln High School in Lincoln. He worked at various jobs before enlisting the U.S. Army during World War II. Following his discharge, he was employed at a laundry in Laurel. He was a member of the Lutheran Church in Laurel.

Survivors include his wife, Edna; one son, Alan; and three daughters: Edna, Helen, and Mary. He was preceded in death by his parents, two brothers, and one sister.

Funeral services will be held Friday, Oct. 24 at 2 p.m. at St. Paul Lutheran Church in Laurel. Rev. Bruce Huddell will officiate.

Survivors include his wife, Edna; one son, Alan; and three daughters: Edna, Helen, and Mary. He was preceded in death by his parents, two brothers, and one sister.

Blanche Roberts

Blanche Roberts, 71, of Wayne died Tuesday, Oct. 21, 1997 at Providence Medical Center in Wayne.

Funeral services will be held Friday, Oct. 24 at 11 a.m. at Pleasant Grove Cemetery in Wayne. Rev. Bruce Huddell will officiate.

Cemetery in Wayne. Rev. Bruce Huddell of Pleasant Grove Church in Wayne will officiate.

Blanche Elizabeth Roberts, daughter of Edward and Della (Barnes) Long, was born Oct. 28, 1925 in Wayne. She attended Wayne Schools and graduated from Wayne State College in 1945. She taught school in the Adams area. She and Charles Wilford Roberts were married at St. Joseph's. They were married in Lincoln and later moved to Lincoln. She had been a member of the Wayne Mason since December of 1994. She was a member of Pleasant Grove Church in Lincoln.

Survivors include one son, Charles L. Roberts of Lincoln and one grand daughter.

She was preceded in death by her husband, Charles W. Roberts on Oct. 13, 1967 and one brother, Bruce Long.

Burial will be held Friday, Oct. 24 at 11 a.m. at Pleasant Grove Cemetery in Wayne.

Hurby Hansen

Hurby H. Hansen, 86, of Laurel died Saturday, Oct. 18, 1997 at Laurel Community Hospital in Laurel. Services were held Tuesday, Oct. 21 at Laurel Lutheran Church in Laurel. Rev. William Engstrand officiated.

Hurby Hansen was of Laurel and worked for the State of Nebraska. He was a member of the Lutheran Church in Laurel. He was a member of the Laurel Lutheran Church in Laurel.

Survivors include his wife, Edna; one son, Harold; and three daughters: Edna, Helen, and Mary. He was preceded in death by his parents, two brothers, and one sister.

Funeral services will be held Friday, Oct. 24 at 11 a.m. at Pleasant Grove Cemetery in Wayne. Rev. Bruce Huddell will officiate.

Survivors include his wife, Edna; one son, Harold; and three daughters: Edna, Helen, and Mary. He was preceded in death by his parents, two brothers, and one sister.

Funeral services will be held Friday, Oct. 24 at 11 a.m. at Pleasant Grove Cemetery in Wayne. Rev. Bruce Huddell will officiate.

Survivors include his wife, Edna; one son, Harold; and three daughters: Edna, Helen, and Mary. He was preceded in death by his parents, two brothers, and one sister.

Funeral services will be held Friday, Oct. 24 at 11 a.m. at Pleasant Grove Cemetery in Wayne. Rev. Bruce Huddell will officiate.

Survivors include his wife, Edna; one son, Harold; and three daughters: Edna, Helen, and Mary. He was preceded in death by his parents, two brothers, and one sister.

Funeral services will be held Friday, Oct. 24 at 11 a.m. at Pleasant Grove Cemetery in Wayne. Rev. Bruce Huddell will officiate.

Survivors include his wife, Edna; one son, Harold; and three daughters: Edna, Helen, and Mary. He was preceded in death by his parents, two brothers, and one sister.

Funeral services will be held Friday, Oct. 24 at 11 a.m. at Pleasant Grove Cemetery in Wayne. Rev. Bruce Huddell will officiate.

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Re-opening Meeting of The Wayne Regional Arts Council

Everyone interested is welcome. Planning, exploring, dreaming. Art shows, concerts, art in the park and other events.

BRING YOUR IDEAS!

October 30th
8:00 p.m. at
The Max
Questions?
Call

'Grandmapa Storytime' needs volunteers

The Wayne Public Library is organizing a monthly series of 'Grandmapa Storytime' programs to help raise funds for the library. The programs will be held on the second and fourth Thursdays of each month. The program will be held at the Wayne Public Library, 422 N. 1st St.

EARLY RETIREMENT?

Is withdrawal money from your retirement plan before 59 1/2 without incurring the government's 10% penalty?

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Month of October Is dedicated to Wayne Head Start awareness

October is Head Start Awareness month at the Wayne Head Start Center, sponsored by Goldenrod Hills Community Services, Inc. In Wisner will hold an open house on Thursday, Oct. 30.

The event will be held from 3:30-6:30 p.m. at the Head Start Center located four miles west of Wayne on Highway 33 at the District 51 School.

The Wayne Head Start program has been in existence since January of 1992. Staff members include Deb Altemann, Center Supervisor/Family Service Worker; Erika Fink, teacher; Shelli Roesler, Teacher's Aide; and Lori Alexander, part-time Center Aide.

There are 18 students in the Wayne program who are three to five years of age and are from income eligible families. To be eligible, a family must meet federal guidelines, although 10 percent of the enrollment may be from higher categories. Children are accepted into Head Start at no cost to the parents.

Twenty percent of the Head Start budget must be matched from local sources in Wayne. This means parents and other community members volunteer work time or give donations to the past year's volunteers have included Wayne State students, Wayne High School students, local parents and community people.

Classes at the center are from 7 a.m. to 1 p.m. Monday through Friday during the month of September through May. Breakfast and lunch are provided to the children and are served family style.

Head Start is an interactive preschool environment with a developmentally appropriate curriculum. Children go on various field trips throughout the community such as the fire department, library, WSA plays, apple orchards and the farm.

Chief Corbin, the Head Start addition puppet, visits with children about the important nutritional information and helps with their experience.

One important feature of Head Start is the fact that the supervisor, teachers and parents all work closely together for the education of the children.

Along with serving the children, Head Start also involves the parents of children in other activities. Each year the parents get to gather once a month to have Parent Committee meetings. At this time, they have guest speakers who speak on such topics as dental health, mental health, nutrition, education and parent involvement. They have also held various fund-raisers to purchase equipment or supplies for the center.

In the future, the Parent Committee would like to become more involved in local community activities.

Head Start was created in 1961 under the Economic Opportunity Act. The program was designed to provide preschool children with a "head start" in formal education. The primary goal of the program is achieved through the implementation of a comprehensive child development program which would provide for the physical, social and intellectual growth of children.

Outreach to home and community and the involvement of parents and community members are unique features of Head Start.

Head Start attends to the individual developmental needs of each child. It gives children the chance to grow up happy, healthy and confident by providing them with educational, social, medical and nutritional services that they need.

Children leave Head Start prepared for kindergarten, excited about learning, confident in their own abilities and ready to succeed in life.

The mission statement of Head Start is "Making a Difference for Life."

Anyone interested in submitting an application, being a volunteer or desiring more information about the Wayne Head Start Center is encouraged to call the center, Monday through Friday, between the hours of 9 a.m. to 4 p.m. at 375-2913. Staff members are also available to speak to groups or clubs.



Students from Head Start taste their Wags of Color, a clay like mixture, with their friends from the Wayne Senior Center. Trips such as this one are common for the students.

Wayne celebrates National High School Activities Week

Monday, Oct. 20, National Arts Activities Day. A time to focus on the talents of students, teachers and sponsors involved in the "fine arts" program. It is a time to play, make, debate and journalize.

Tuesday, Oct. 21, National Office Day. An opportunity to value the individuals who are a central, ethical and competitive judge.

Wednesday, Oct. 22, National Youth Health Awareness Day. A time to provide education and prevention efforts that encourage healthy lifestyles.

Thursday, Oct. 23, National Career Day. Try to do something to recognize the contribution of High School careers.

Friday, Oct. 24, National Career Appreciation Day. Give recognition to parents, teachers, club members, even students who come out and support the team.

Saturday, Oct. 25, National Community Service Participation Day. A time to give back to the community and show appreciation for support of the program.

Wayne High School has in place a comprehensive program and driving safety's most serious dangers. They are most of the ways they accomplish this.

Trudging and including the best effort of young participants.

Encouraging students to be a school performer to the academic and become better citizens.

Demanding respect for the play and appreciation for the respectable application of those who apply and regulations for a third, perhaps better.

Providing health, hygiene instruction.

Challenging students to become and react through the spirit of teamwork and school spirit.

The idea of National High School Activities Week is to create the entire activities program with recognition. Here are the "fine arts" days.

Sunday, Oct. 29, National Sports Day. A day to encourage awareness and discussion about the importance of sports and safety, and integrity.

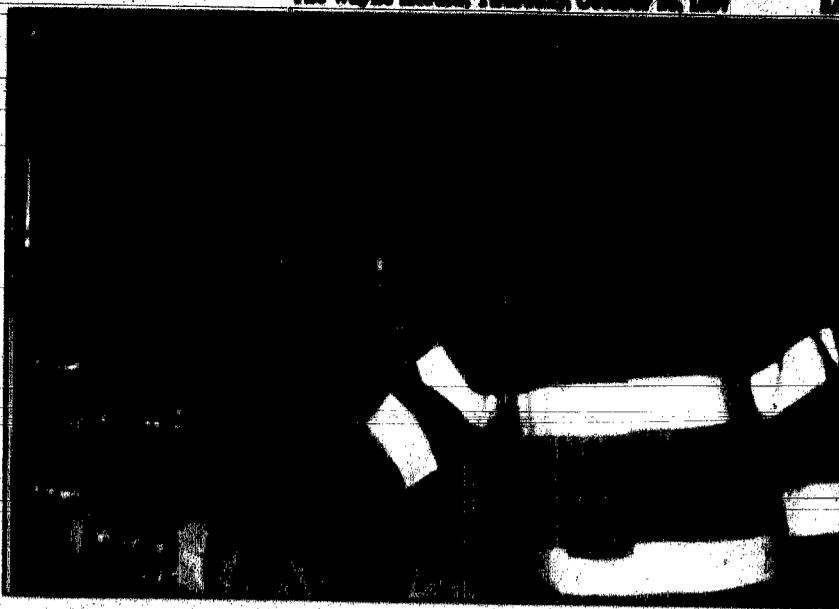
Tour

continued from Page 1A

Two programs will be presented in conjunction with the Wayne State College and the University of Nebraska Omaha.

Mary Schultze, Director, will use the national authors and presentations will be given by various OJEL ability. Information of all will be provided by the Wayne Post, Brad LeRue, White Box, White and OJEL Club members.

A show book exhibition will be presented by WSO men's basketball players.



Bill stands, in full fire fighting gear, in front of the department's aerial truck. Kugler noted the difference in the clothing worn by fire fighters 50 years ago and today.

Kugler

Continued from Page 1A

Wayne is lucky to have the kind of volunteer that responds to any call at any hour in any climate. It is the one group that you can get together in the fastest means known for assistance," Eugler said.

He added that the Wayne department is privileged to have three members involved on a state level. Chief Dutch Straman and Ron Wisoff are State Fire Fighters Inspectors and Carl McDonald is a State Area Inspector.

Eugler also praised the fellow fire fighters and noted some of the activities they are involved in on a regular basis.

Members attend regular monthly meetings and fire drills, a monthly rescue drill for those participating in rescue training.

Eugler also commended the fire chief for his work over the years. From Paul Bropp to Dutch Straman, there

and the other a bi-monthly meeting. There are also sponsored meetings and a company for the 600th West Nebraska Volunteer Fire Fighters Association.

"The fighters and rescue people are exceptionally in training. Wayne is a charter member of a recently formed Fire Prevention Group which holds quarterly meetings. This group allows the fighters to exchange ideas and materials on furthering fire prevention," he said.

"I want to express a big thank you to my wife and all the other fire fighter wives who patiently accept the hours the fire fighters work. I don't believe the public has any idea of the hours it takes to maintain a department. For the most part they only see us in parades and during the tragedies of fire and rescue," Eugler said.

He also commended the fire chief for his work over the years. From Paul Bropp to Dutch Straman, there

have been 10 fire chiefs in Wayne during the last 50 years.

"Perhaps the public is not aware of how much time and personal effort it takes to be a Fire Chief. These people take time from their personal business and family, at their own expense, to fill this important position that keeps the fire department running smoothly and assists in getting the equipment and training for volunteers. I have served under these individuals and watched them lead grow each year," Eugler said.

When asked if and when he was going to give up the fighting, Bill said "when I am too old to answer the page or when they lock me out."

"I would also like to thank all my fellow fire fighters throughout the years and I hope the city of Wayne and other communities realize the value and need for the Volunteer Fire Department and continue to support them to the fullest," he said.

"I appreciate the interest shown by the Wayne Herald in asking for this interview. I hope it will make the public more aware of the fighters and their service to the community," he concluded.

Briefly Speaking

Junct Reeg hosts Merry Mixers

WAYNE - The Merry Mixers club met on Oct. 24 at the home of Janet Reeg. Eight members were present.

The members sang and had a book or treat gift exchange.

The next meeting will be a craft shop time on Tuesday, Oct. 31. Members meet at 7:30 p.m. at Family at 130 p.m. on Wed.

Happy Workers play pitch

ARBOR - The Happy Workers Club met Oct. 15 with monthly meetings in Boston. They members were present.

Development pitch was played with prizes going to charity. Brando All the program and 100% Club.

The following meeting will be at Family at 130 p.m. on Wed.

ACME Club plays Guest Day

WAYNE - The ACME Club met Oct. 20 at Liberty. Seven members were present for a 12:30 p.m. luncheon.

The next meeting will be Guest Day on Monday, Oct. 27 at the Park. Luncheon begins at 12:30 p.m.

Quilt guild to hold trunk show

WAYNE - The Patchwork Quilt Guild will be holding a Trunk Show on Saturday, Oct. 27 at 1:30 p.m. in the Fellowship Hall of the Methodist Church in Wayne.

Each member of the guild will be displaying some of the more than 100 quilts she has made. Some are from a professional quilter for the past three years and has completed many machine quilts as well as hand quilted ones.

Quilts are displayed in a room at the church. There is no admission charge.



October

Continued from Page 1A

shop about which is available for adoption or for answers to any questions about the subject, then please call Elvira at 375-4420 on Day at 375-3784.

The following poems are written by Kathy Bond about the subject of Halloween.

Come with me, I find that you're a fine soul to be. You'd make a great fit for something like me.

I can't take you home. You're not mine for this time. The best I can do is that you will live.

There's something out there. Who's out there, who's out there? Who's out there, who's out there? But I'm not here, you're dead.

Come close to me, girl. All I need is your hand.

I'll hold you and put you there in the soil I need.

I'm sorry you're here. Has to end on this day. Oh, Lord, how I wish.

There's someone out there.

Week honors medical assistants

The local chapter of the National Association of Health Assistants (NAHA) has designated Oct. 29-31 as National Medical Assistants Week.

Medical Assistants Week, which began in 1982, is observed as a 43-state and in more than 125 chapters nationwide.

Medical assistants are multi-skilled allied health professionals who perform a wide range of roles in physician offices, clinics and other health care settings.

They are proficient in a multitude of clinical and administrative tasks and are viewed by doctors and other employees as vital members of the health care delivery team.

With their unique versatility and their demonstrated commitment to professional excellence, medical assistants are proving to be the allied health professional of choice for the 1990's and the next century.

In recognition of the Medical Assistants Week, the Norfolk Chapter would like to congratulate

the Medical Assistants in the Wayne area.

NAHA is the premier organization serving the professional, medical and administrative needs of medical assistants. It provides continuing education that helps medical assistants put their careers on a

successful and rewarding track and keep them there.

As the oldest and largest organization for medical assistants, the NAHA acts on behalf of a profession of over one million health care and supportive staff of the country's largest growing career field.

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Wayne Elementary 1st GRADE - TEACHER: MISS MOORE



Back, left to right: Drew Workman, Adrienne Rott, Brad Koff, McKinsie Summerfeld, Jason Ethes, Justin Decker. Middle: Gary Paul Wecker, Michaela Bell, Leaffe Hintz, Justin Cyr, Curt Volk, Morgan Campbell. Front: Kalle Sprouls, Mikey Kay, Jeremy Loberg, Megan Nissen, Steven Leasing Cloud.

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Opinion



Editorials

Keeping a watchful eye

Recently a youthful biker, southbound on Sherman, suddenly veered left around the corner onto West Tenth Street, appearing oblivious to the inherent danger of her high speed turn. She gave no signal of her intent to turn and was fortunate to avoid a collision with an approaching vehicle.

Both bikers and motorists in Wayne have exercised the caution needed to avoid tragic "accidents", however, with each calendar year the number of bikes and vehicles using city streets increases, as does the relative risk of collisions.

Bike registrations at the Wayne Police Department are hovering at the 1,300 mark. A one time fee of \$3.00 is assessed to register each bicycle. Two of Wayne's police officers are now "bike certified", and implement the use of a bike in their patrol duties.

Bicycles remain a popular mode of inexpensive transportation while simultaneously providing genuine exercise. Because they use the same streets as other vehicles, but provide a much smaller silhouette, they are often difficult to see.

Children riding bikes to and from school may not always obey traffic regulations, thereby elevating the risk of being injured. Although Wayne has a good bike safety record, motorists are urged to be exceptionally watchful when engaging both bike and vehicular traffic, particularly in and around construction areas. A dirt pile or piece of construction equipment may momentarily restrict one's line of sight.

Remaining free of car bike accidents is a bona fide goal of any community.

Safety remains an ongoing pursuit.

Not a good idea

The Nebraska Law Research Council recently pointed out they believe substantial savings of tax monies could be realized by combining police and sheriff's departments into regional law enforcement agencies, or perhaps a statewide agency.

Is this a good idea? The LRC's report indicates Nebraskans are already getting effective law enforcement for the money invested.

Amidst other concerns, some worry that a new state agency consolidating current sheriff's and police departments would seriously erode local control.

Observers can readily discern that the duties of police departments, sheriff's and State Patrol Troopers all vary. The current system continues working well. Personnel problems, if and when they arise, are handled on an individual and local basis.

Duplication in government is one thing, but locally, a state agency is superior to the current structure, then perhaps a national agency would even be better. No, thank you.

Thanks to the LRC for wanting to be fiscally conservative but our best place of consolidation leads us to do what we believe if it ain't broke, don't fix it.



Way-Back When

Here follows an interesting glimpse of the Wayne Herald's first 100 years. It has been reprinted with the Wayne Herald's permission.

1860
Wayne State Teacher's College was established in 1860, and was the first of its kind in the state.
1870
Drought conditions in July and August were the worst in the area. Farmers' crops were ruined, and the population of the county decreased.
1880
The first automobile was brought to Wayne by a man named John Smith. It was a simple, open-top car with large spoked wheels.
1890
The first electric streetcar was introduced in Wayne. It was operated by the Wayne Electric Company.
1900
The first telephone exchange was established in Wayne. It had only 25 lines.
1910
The first public library was founded in Wayne. It was the Wayne Public Library.
1920
The first radio station was established in Wayne. It was WYBE, which broadcasted local news and entertainment programs.

Letters Welcome

Letters from readers are welcome. They should be timely, brief and to the point. We reserve the right to edit or reject any letter. Letters published must have the author's name, address and telephone number. The author's name will be printed with the letter, and the address and telephone number will be necessary to confirm the author's signature.

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Capitol News

'Fine-tuning' the system

By Melvin Paul
Statehouse Correspondent
The Nebraska Press Association
Three years after the battle was won, state policymakers continue to wrestle with the two-headed monster of juvenile justice.

Knarney and Geneva, the two state institutions, are still green up to operate as they were intended with smaller numbers of residents staying longer.

The Legislature trimmed Gov. Nelson's request for \$5 million more a year for community-based juvenile services to \$2.9 million per year. It will take longer to develop the services and they won't be easing the burden on Knarney and Geneva any time soon.

The Legislature's Health and Human Services Committee was studying the entire juvenile justice system to determine what legislation may be needed in 1998 to "fine-tune" the system. The vote, though, however, may be in the shop for quite awhile if the proposed time-up turns into yet another major overhaul.

Incarceration, specifically the part of the system set up for dealing with delinquents, has always suffered from a major identity crisis. It's a messy, messy social service system, not a criminal justice system. Are its facilities public or private? Are its workers cops or employees?

The juvenile prison was shifted over to the adult prison system so that youths convicted as adults can be moved out of the adult facilities.

Some child advocates may say the state is retreating from the goals it set in 1994.

The juvenile prison was shifted over to the adult prison system so that youths convicted as adults can be moved out of the adult facilities.



Our first electronic step

The first electronic step in the history of the Wayne Herald is the introduction of the Internet. This new technology has opened up a world of opportunities for the newspaper to reach its readers and to provide them with more information than ever before.



Any financial institution, regardless of its size, can now offer electronic banking services. This means that customers can deposit money, transfer funds, and pay bills all from the comfort of their homes.

The Internet has also provided a platform for the newspaper to publish its content online. This allows readers to access the news at any time and from any location.

Chamber seeking business input

The Education Council of the Wayne Chamber seeks your input. The Chamber is conducting a survey to determine what services and programs are most needed by the business community in Wayne.

The Chamber office is in the Education Council building. You can call them at 461-1111 or visit their website at www.waynecchamber.com.



Wayne Area Chamber of Commerce board of directors and other representatives of the Chamber and community attended a day-long retreat at GrandWay in Grand City. The day was spent examining the mission of the Chamber, the group developed a new mission statement and goals for the Chamber.

Letters

Fellow 'couch potato' wants company at area sports activities
Dear Editor,
I have to face it, I am what most people would call your basic couch potato. My wife and I go home from work every night, and she's not really picky about the sport we watch. I suppose this is the way these two middle-aged, out-of-shape people get our thrills. By living vicariously through the competition of others...

Learn, however, very fortunate to that my wife, if anything, a bigger sports fan than I am, and she's not really picky about the sport we watch. I suppose this is the way these two middle-aged, out-of-shape people get our thrills. By living vicariously through the competition of others...

This brings me to the main point of this letter and to the exception to the couch potato syndrome. We discovered quite some time ago, the equipment we get from viewing sports on TV is extremely insignificant by seeing the sport live. Living close to Wayne we are very lucky by the time we not only have access to High School sports but we also have Wayne State College right here on the north end of Main Street.

My gratitude is extended to each of you.
See LETTERS, Page 5A

Winside footballers defeat Homer after sluggish first half

Kandy Geier's Winside Wildcats football team needed the entire first half to remind them that any body can beat anybody on any given day last Friday as 1-5 Homer led the 4-2 Wildcats 13-6 at the intermission. In fact, Homer ran 42 offensive plays compared to just 13 for Winside in the first two quarters.

The cream, however, rose to the top in the second half as Winside wore down the under-manned visitors and scored the game's final 21 points for a 27-13 victory.

"We definitely came out flat in the first half," Geier said. "Homer is much improved over last year. We made some adjustments at the half and played much better in the second half."

The third score of the night for the winners and Ryan Krueger darted in from four yards out in the final stanza for the 27-13 final margin. The Winside win guaranteed the Wildcats a tie for the Lewis & Clark Conference championship. "Our seniors have played on three conference championship teams," Geier added.

The Wildcats rambled for 199 yards on the ground led by senior London Castle with 126 on just 12 attempts. Krueger gained 45 yards and Hoffman 32. The signal caller was 4-6 through the air for 103 yards and two scores with Burmese catching two balls for 46 yards and Bussey, one for 51 along with Geier's one catch for six yards.

Winside's first half score came on a 51 yard pass from Aaron Hoffman to Rick Bussey. In the third quarter the host team took the lead for good on a Hoffman to Cory Burmese strike that covered 41 yards. The two-point conversion was converted on a run from Trent Sault for a 14-11 Winside advantage.

Jay Rademacher returned a Homer fumble in the endzone for

Defensively, Winside was led by Krueger with 17 tackles and Burmese with 16. Hoffman had 12 tackles and Brock Shelton 11. Landon Grothe and Trent Saultger each garnered nine tackles. The Wildcats will play Randolph on Friday. They (Randolph) is 3-4 but they could easily be 6-3," Geier said. "They lost to 6-1 Platteville in overtime and lost to 6-1 Bloomfield by just two points."



Wayne senior golfer Brandy Frevort closed out her high school golfing career at the state tournament last week in Grand Island. Frevort is pictured from a recent meet in Wayne.

ATHLETE OF THE WEEK **ATHLETE OF THE WEEK**

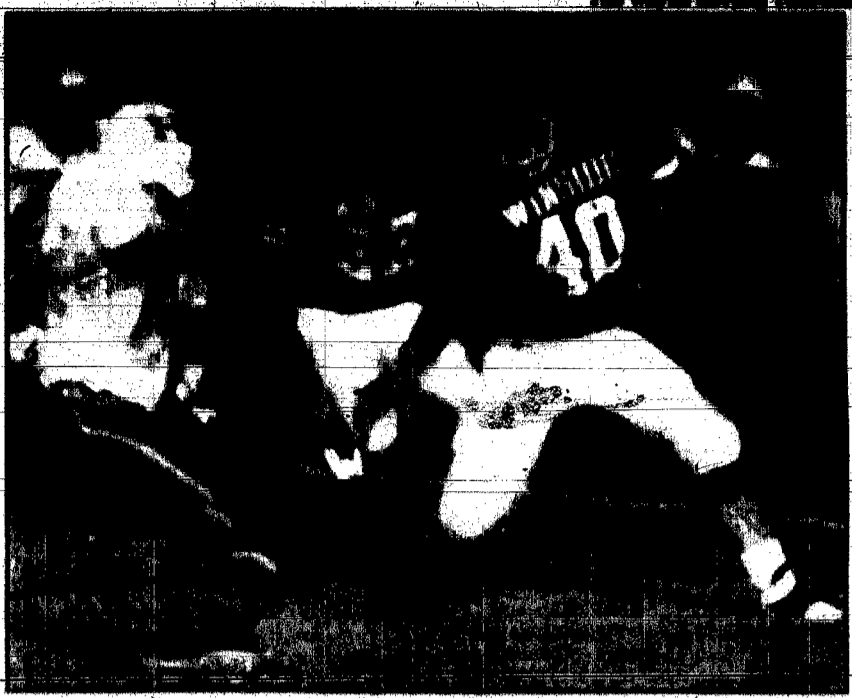
Josh Murtaugh

This junior fullback scored all 17 of Wayne's points last Friday against Tokamah. Murtaugh is a very dedicated player who is always in the weightroom. He works as hard outside of the practice as he does in practice. He is the son of John and Mary Murtaugh.

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Winside's defense stretches out the Homer ball carrier during action last Friday in Winside. Here, London Grothe and Cory Burmese make the play.

Sports Briefs

Junior Cats hoop clinic set for November

WAYNE - The Wayne State College men's basketball program will be holding the Junior Cats Basketball Clinic on three Saturdays in November.

The clinic will be held on Nov. 1, 8 and 29 from 9:30-10:30 a.m. at Blue Auditorium. The clinic costs \$30 per individual and it is for boys and girls in grades 1-6. The clinic will conclude with a performance at half time of the WSC Northwest Missouri State men's basketball game on Nov. 29.

All participants will receive a Junior Cats T-shirt, a black and gold Wildcats basketball, a 5x7 color photograph with the Wildcat men's basketball team, free admission to all WSC home basketball games and a Junior Cats membership card.

For further information, contact the WSC men's basketball office at 375-2515.

WSC season tickets on sale

WAYNE - Season tickets for the men's and women's basketball season at Wayne State are currently on sale. The cost is \$85 for each ticket which allows you to go to all home men's and women's contests (24). Bank Club members can reserve their season tickets in the Bank Club Section or in the upper level of Blue Auditorium.

To purchase tickets or for additional information contact the WSC Athletic Office at 375-2520. Credit cards will also be accepted to order season tickets.

Wayne reserve spikers compete

WAYNE - Wayne's reserve volleyball team played on the junior city level on Monday last week. Each match consisted of two games to 15. Wayne opened with a 7-15, 15-13 split with Hill Western Christian before losing to Sioux City, 15-12, 15-9. They split with South Sioux, 6-15, 15-9 and lost to Ponca, 14-16, 10-15. The Blue Devils played the first three matches back-to-back. "We were the only team to beat Hill Western Christian as they went 7-1," coach Dale Bachstein said. "Our team moved well, played solid offense and excellent defense."

Brittney Frevort led Wayne with 18 total points while Leah Hanklan netted 15 and Tara Pitt, 14. Marley Hagan finished with seven points with Jess Weidner and Katie Krueger each garnering six points. Doreen Weidner and Erin Klabusch had three points each and Heidi Johnson scored two. Danni Barnhart and Tracy Schwabke each had one point.

Wayne Junior High volleyball teams play

WAYNE - The Wayne seventh grade volleyball team won a pair of matches recently over Schuyler, 15-6, 15-9, 14-16 and Wakefield, 10-9, 10-4, 12-7.

Andy Harder, Alexa Hanklan and Sydney Stang led Wayne against Schuyler while Ashley Stovetter, Felicity Clark, Jess Vandenberg, Marley Hagan, Marissa Helt, Erin Lynn, Jacey Klay, Meghan Hagan, Ashleigh Ankupka and Erin Jant passed the ball against Wakefield.

The eighth graders lost to Schuyler, 15-11, 9-15, 11-15 with Josh Stovetter leading Wayne with three points. The eighth graders defeated Wakefield, 15-11, 15-13, 2-15. Key servers were April Duede, Kayla Schmale, Katie Hahn, Bridget Harvey and Jamie Shaver.

WSC places in top 25 in Wisconsin

The Wayne State men's and women's cross country teams turned in top 25 performances at the Wisconsin-Parkside Invitational last Saturday.

For the women, redshirt freshman Kara Cobhardt covered the hilly 3000 meter course in 19:27 for 39th place, which was a 20-second improvement of her personal best. "Kara had a breakthrough race," head coach Brian Kavanaugh said. "If she can run this well in the regional championships, she will be eligible for Academic All-American honors."

Next in for the Wildcats was sophomore Amy Wintz, who was 163rd in 20:48. That was two-and-a-half minutes faster than she ran on this course last year, Kavanaugh added. Third for the women was senior Michelle Beatz, clocking a personal best time of 21:13. As a team the Cats were 23rd with 678 points.

Senior James McCown continued to pace the men, clocking 26:19 for 8000 meters for 16th place. "This wasn't one of his best races," McCown said. "However, his time was critical for most of the race so I'm sure that affected his concentration," Kavanaugh said.

Next for the men was senior Mark Marley, clocking a personal best time of 28:41 for 44th place. "If Mark can improve just a little bit more, he has a legitimate shot at qualifying for nationals with James," Kavanaugh added. Third for the Cats was junior Jeremy Cooney in 27:52, also a personal best. As a team the men placed 17th with 500 points.

WSC will compete at the Menards Invite on Saturday, followed by the North Central Regional Championships on Nov. 6. Other Wildcat times in Wisconsin included Marsha Brienke in 21:21 and Anne LaRaysen in 22:08. Other men's times had Jerome Eppman clocking a 28:18 and BJ Dillon, 29:11 while Dan Helman ran a 29:56 time. Brad Orndorf was third in 31:55.

Allen loses to Beemer

The Allen Eagles fell to 1-6 on the season with a 50-17 setback to Beemer last Friday night. Doug Schrock's team trailed the Beemer 36-0 at the intermission but did not succumb to the 45-point rule. "They (Beemer) tried to 45 point us but we held them at the end of the game," Schrock said. "I was real proud of our team for that stand. Individually, Cory Probstha had as hard as I've ever seen. He was really lowering his head and running hard. Tyler Schrock had another good game and has played consistently all season."

Probstha tallied 155 yards rushing while Brooks Blum was 6-17 in passing for 92 yards. Tyler Schrock caught four balls for 42 yards and Joe Sullivan had one catch for 42 yards. Allen's two touchdowns came by the rush as Probstha rushed 54 yards and then four yards into the third quarter.

Defensively, Allen was led by Blum with 12 tackles while Probstha had 11 and Richie Lampright, 10. The Eagles will close out their season on Friday at home against Walthall.

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BOWLING AT MELODEE LANES

THURSDAY, OCT 23	FRIDAY, OCT 24	SATURDAY, OCT 25	SUNDAY, OCT 26
1st: Schuyler 181-214 278 2nd: Ponca 130-108 849 3rd: Wakefield 182-232 1086 4th: Hill Western Christian 187 5th: South Sioux 162 208 6th: Hill Western Christian 187 7th: Hill Western Christian 187 8th: Hill Western Christian 187	1st: Schuyler 181-214 278 2nd: Ponca 130-108 849 3rd: Wakefield 182-232 1086 4th: Hill Western Christian 187 5th: South Sioux 162 208 6th: Hill Western Christian 187 7th: Hill Western Christian 187 8th: Hill Western Christian 187	1st: Schuyler 181-214 278 2nd: Ponca 130-108 849 3rd: Wakefield 182-232 1086 4th: Hill Western Christian 187 5th: South Sioux 162 208 6th: Hill Western Christian 187 7th: Hill Western Christian 187 8th: Hill Western Christian 187	1st: Schuyler 181-214 278 2nd: Ponca 130-108 849 3rd: Wakefield 182-232 1086 4th: Hill Western Christian 187 5th: South Sioux 162 208 6th: Hill Western Christian 187 7th: Hill Western Christian 187 8th: Hill Western Christian 187

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Dunking good time

The Wayne State men's basketball team held a slam dunk contest as part of the tip off night held last Sunday. Tyler Johnson won the slam dunk contest and brought the crowd to its feet with this classic. The Wildcats also held a scrimmage and a three point shooting contest with the women's team. WST will open the season on November 14 against the UNO Mavericks in Nico Auditorium.



The first kick

The Wayne State women's soccer team took to the field for the first time ever in Wayne Monday afternoon against the University of State Falls. The Wildcats fell, 5-0 and are still looking for their first goal of the year after three contests. Above, Cindy Anderson and another Wildcat try to play defense while at right, the Cats attempt to defend against a head pass.

Tekamah-Herman spoils Wayne's Homecoming

Tekamah-Herman scored two out-of-the-ordinary touchdowns in the fourth quarter against the Wayne Blue Devils last Friday night and it proved heart-breaking for the host team as Wayne fell to 1-6 on the season with a 20-17 setback on Homecoming.

Wayne did everything they had too to earn the victory, outgaining Tekamah by a convincing 148 to 117 total yard margin including a 209 yard passing night while holding the visitors to just 29 yards through the air. However, a late return for a touchdown made the difference.

"It was a tough loss," Wayne coach John Mucktaugh said. "Anytime we out yard our opponent three-to-one we expect to win the game." Wayne trailed 7-0 after the first quarter but scored 10, second quarter points to trail 10-7 at the break on a 28 yard field goal by Josh Murtaugh and a one yard run by the junior fullback who also converted the point after kick.

Mucktaugh would go on to score all 17 of Wayne's points as he scored on a three yard run in the fourth quarter. In spite of Wayne's 17-7 cushion before Scott Harris ran the opening kickoff back 75 yards to paydirt, Nick Mason intercepted a Clinton Fuller pass and fumbled 46 yards for the game's final scoring with 4:30 left in the fourth quarter.

Wayne filled 18 first downs in the game compared to eight for Tekamah. The Blue Devils were led on the ground by Mucktaugh with 77 yards on 16 carries while Tom Zuch added 65 yards. Darin Bennett was Kellen's top receiver with four catches for 67 yards.

while Adam Endicott had three receptions for 35 yards and John Magravin, two catches for 81 yards.

Defensively, Wayne was led by Wes Stevers and Jesse Rathwick with 11 tackles each while Darin

Jensen and Tim Zach added nine each. Wayne had four turnovers in the game while the visitors had none. The Blue Devils will close out the 1997 season on Thursday night at 7:30 against Pierce in Wren.



Wayne's Josh Murtaugh stretches for additional yardage during the Blue Devils game with Tekamah-Herman last Friday in Wayne. The host team fell by a 20-17 margin, leaving Wayne with a 1-6 record.

Wayne boys upset at districts while girls earn state berth

By Kevin Peterson of the Herald

All good things must come to an end, at least for a little while.

The Wayne boys cross country team was surprised at the district tournament last Thursday at Engle View and then finished a deep-pointing fourth, falling to qualify for the annual State Cross Country Meet.

It is the first time in 11 years the Blue Devils have failed to qualify either a team or individual for state. On the other hand, senior runner Tom Finney captured his fourth district championship today on route to a 17-24 ranking.

Columbus finished near the spot team placed with 31 points while Engle View placed second with 10. Wayne did edge past Detroit LaSalle, Adrian 16-30 while Pierce was fifth overall.

North Bend placed sixth with 21 points and Columbus Lakeside was seventh with 30 followed by 35, Beaufort 150.

The girls did a fine job qualifying for state. Coach Becky Bohl said "We had another great year and the rest of the team responded and

put in hard. How we can always and see what happens.

25-year-old Bohl placed 12th in 16:40 while the junior was 17th in 17:17. Holly Broder placed 10th in 17:40 followed by Crystal Kemp 11th in 17:55 and Tara Hart 20th in 18:15.

Bellevue Ed. Michael earned the boys team championship with 14 points while Pierce was second with 17. North Bend edged Wayne by two points for the third and final state qualifying spot, 35-60.

Adrian placed fifth with 36 points

and Columbus County sixth with 102 while Columbus Lakeside had 104 and Engle View 174.

"It just wasn't our day," Bohl said. "North Bend had a great day and we didn't. We wanted to try to beat Pierce for second and third but we didn't. I think we are all in a little bit of a state of shock."

The Wayne girls will compete this Friday in Kearney for the state championship. Wayne is the last time defending champ's and Finney will be running for her second gold medal at state in the last three years.

Laurel edged by Creighton, 28-22

The Laurel varsity football team fell to 1-2 on the season following a 28-22 setback at Creighton last Friday.

Laurel's rushing attack out-paced the host team in total yards, 313-210 but three Bears turnovers led directly to three Creighton scores which held Laurel on the short end of

the scoreboard. "Our kids gave a great effort," Coach Fred said. "We played hard enough to win but the scoreboard didn't reflect it."

Creighton jumped out to a 14-0 lead in the first quarter on a pair of 10 yard rushing plays. Laurel fought back in the second stanza and scored on a 28 yard pass from Tom Smith to Wyatt Evans and they closed out the half on a six yard pass from Smith to Chad Jorgensen. At the break the Bears trailed by a 22-14 margin.

Jorgensen plunged over from a yard out in the fourth quarter to chip into a 14 point deficit but it proved not enough.

Family football paced the offense with 46 yards rushing while Jorgensen and Matt Coover totaled 26 each.

Smith was 7-14 in passing for 127 yards and Jorgensen was 1-1 for 33 yards. Wyatt Evans caught three balls for 129 yards and Jorgensen had three receptions for nine yards. Adam Hartung had one catch for 21 yards and Tyler Ryde one catch for 11 yards.

Defensively, Laurel was led by Beau Barnes with 21 tackles and David Hipp with 12 while head coaching assistant, J.J. and Matt Coover, 10.

The Bears will close out the 1997 season Friday night when they host Homer.



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Winside volleyball team wins tourney

The Winside volleyball team defeated Allen last Thursday in Allen in straight games, 10-14, 15-9.

Then, the Schroeder's Wildcats traveled to compete in the Hartington Invite on Saturday where they went 3-0 and won the championship.

In Allen, Winside struggled early according to Schroeder but settled down and got the job done.

"I was pleased with our scrappy play, defensively," Schroeder said. "We are getting to a lot more balls than we were earlier in the year."

Mandi Topp was 13/13 in serving with four aces while Rachel Deck was 8/8 with one ace. Mandy Jarke was successful on all six of her serves and Shannon Bowers was 4-3.

Joey Miller led the team in hitting with nine kill spikes while Sara Maritz had five. Topp finished with eight set assists and Bowers, five while Miller had four blocks to lead the defense.

"I was happy with the way Stacy Wither and Rachel Deck came off the bench to boost our defense," Schroeder added.

Allen's defense came from the serving line where the Eagles were just 25/38.

Stacey Martinson did notch three ace serves while leading the hitters with seven kill spikes.

Bretta Bluhm was the top setter and led the team with two ace blocks. Martinson led the team in scoring with 11 points.

"Our girls have really come together the last couple of matches," coach Bruce Hingt said. "They communicated and played well overall."

Winside defeated Ponca in the first round of the Hartington Invite, 12-15, 15-3 before downing Wynot, 6-15, 15-2, 15-10. In the finals they defeated the host team, Hartington, 14-16, 15-8, 15-8.

"Overall, I would have to give all 12 girls who suited up for us, credit," Schroeder said. "Everyone played their roles extremely well. Our net play was outstanding as we racked up 10 kill spikes and 42 ace blocks. Our bench support was super. I can't say enough about these girls. It's great to have the athletes that I have, but it's even greater to have athletes who are disciplined and work as hard and as well together as they do. That is very satisfying in itself.

Winside was 57-57 in serving against Ponca with Mandy Jarke leading the way, 15-15 while Shannon Bowers and Rachel Deck were each 10/10. Mandi Topp was 7-7.

Sara Maritz had 11 kill spikes for team tops and Joey Miller, eight kills while Bowers netted 10 set assists for team tops. Miller and Shannon Jarke were defensive leaders at the net with seven and five blocks respectively, and Jarke recorded 11 digs.

Jarke was a perfect 12/12 in serving and Bowers, 11/11 while Mandi Topp recorded three serve aces.

Bowers netted 17 set assists and Topp, 11 with Miller dominating 20 kill spikes, to lead the winners. Maritz had 10 kills and Jarke, six.

Miller also had four blocks to lead Winside and Bowers had 11 digs followed by Maritz with 10 and Topp, nine.

In the finals Rachel Deck was 16/16 in serving to lead the way while Jarke was 13/14 and Topp, 11/13 with five aces.

Sara Maritz netted 17 kill spikes and Joey Miller, 15 with Topp recording 18 set assists while Bowers finished with 10.

The defense was powerful again as Miller had six blocks while Jarke and Maritz netted three each.

WEDNESDAY - In Hartington, the Wildcats dropped a straight games match to Hartington, 12-15, 9-15.

The Wildcats fell to 10-6 on the season. "We missed serves at crucial times," Schroeder said. "We missed those serves other teams in the second game with the score 12-9."

Mandy Jarke and Joey Miller were each 3-5 in serving to lead Winside, while Sara Maritz and Joey Miller each had eight kill spikes with Mandi Topp netting five kills.

Shannon Bowers had 10 set assists and Topp tallied four while Miller had six blocks and Jarke eight digs.



Winside's Shannon Bowers tries to set the ball to one of her hitters, blindly during action against Allen last week.



Allen's Tiffany McAfee returns a Winside serve and passes to her setter.

Sports Briefs

Laurel thumps Neligh-Oakdale

LAUREL - The Laurel Central volleyball team proved past Neligh-Oakdale in action last Thursday for Neligh, 15-6, 15-4. Patti Cunningham's team was led in serving by Fabie Monson, 12/12 with one ace and Michelle Wittke, 4/5 with an ace. Caitie Schroeder was 5-5 and Megan Adkins, 6-7 while Jessie Travis was 5-6 and Danielle Berkman, 4-4.

Adkins was 11/11 in setting the ball with 12 assists and Wittke was 5-5 with two aces as Schroeder led the hitters with 10 kill spikes while Devin had six kills and Dena Stephenson, two. Travis led the defense with two ace blocks while Adkins had four digs for team tops.

The team dominated throughout the match. Cunningham said "serve service was a strength and middle hitters contributed greatly (Jenni Davis and Caitie Schroeder). Katie Monson also did a nice job of serving the zones and Megan Adkins ran the defense well with support from Michelle Wittke as the secondary setter."

Wakefield downs Coleridge

WAKEFIELD - The Wakefield spikers defeated Coleridge last week in Coleridge, 15-6, 10-15, 15-2. Alison Brudigan paced the servers with three aces on 16 of 16 attempts while Jenny Landfald was 12/12 with one ace and Kristin Preston, 8/9 with one ace. Brudigan was 41/43 in setting with 19 assists while L. Patten was 15/16 with four assists as Preston led the way with seven kill spikes while Jen Simpson had six.

Preston led the defense with eight total blocks and she recorded six digs with Kristin Patten recording five digs. "The girls played a solid match," coach Marty Slaughter said. "We had some different combinations in the second game and the chemistry just wasn't there."

Wayne Junior High gridders end season

WAYNE - The Wayne eighth grade football team ended the season on a disappointing note last week with a 14-0 shutout at the hands of Cedar Falls. "The boys made much improvement throughout the season which will carry over to their high school careers," coach Dan Lehning said. "Brad Hochstetler and Matt Webb led the defense with eight tackles each and Webb also had an interception and fumble recovery."

The eighth graders were hit by the same 14-0 score as each team finished with identical 1-3 records. Williams Kane and Justin Davis led the defense with seven tackles each and Davis added an interception.

Lion to host football skills competition

WAYNE - The Wayne Lion's Club will host its annual football skills competition this Sunday, 10-26 at the practice field behind the Wayne Elementary School. The event features punt, pass and kick for youths from the ages of 4-17.

Prizes will be awarded for the top three places in each of four age groups as follows: 4-6, 7-9, 10-11 and 12-17. Contestants may register on the day of the competition but should arrive by 1:45 p.m. to sign up for the appropriate age category.

WSC quarterback earns MVP honors

WAYNE - Wayne State's eighth grade James Jones was named the Nebraska Division II Football Player of the Week for his play during last Saturday's win over Northern State.

The 6-3, 225 pound sophomore from Hartington was 30-49 for 127 yards and three touchdowns in the 1-0 at 28-14 victory.

Baseball donation

The Old Timers Baseball Game held last summer was used as a fund-raiser for the baseball field. \$1,604.35 was raised on or before the day of the games and another \$700 was matched by AAL Branch 1470. Because of the success of the event, plans are underway to make this an annual event. Those helping included from left: Dave Lebeck, Colin Vlow, Leon Meyer (AAL Branch 1470), Ray Nelson, Marty Summerfield, Jeff Sales and Paul Otto.

WSC men's basketball team earns 21st spot in NCAA-II

The Wayne State College men's basketball team received its first ever Division II national ranking when the Wildcats were ranked number 21 in the Division II Bulletin Preseason Top 25 Poll released this week.

"It is my understanding that this will be the official poll for Division II basketball for the 1997-98 season," WSC head coach Greg McDermott said.

Cal State Bakersfield, the 1996-97 national champion, are the previous top team. Wayne State is one of four teams from the North Central Region ranked in the top 25.

South Dakota State, last season's regional champion, is ranked sixth. Northern State opens the season at number 18, followed by Wayne State at 21 and Fort Hays State at number 25.

Although preseason polls have little meaning, this does bring national respect to our basketball program," McDermott said as he enters his fourth season with the Cats.

My current and former players and coaches have worked very hard to rebuild the Wayne State basketball program. They deserve the recognition."

Four starters return for Wayne State which won 21-7 last year and ended the season with an 11 game winning streak. The Wildcats also were 14-0 at the Annapolis during the 1996-97 season, capturing their home winning streak to 22 games.

Among the returning starters are the team's top two scorers, senior Craig Philipp and junior guard Tyler Johnson.

Philipp averaged 17.5 points per game, while also leading the club in rebounding at 4.7 boards per game.

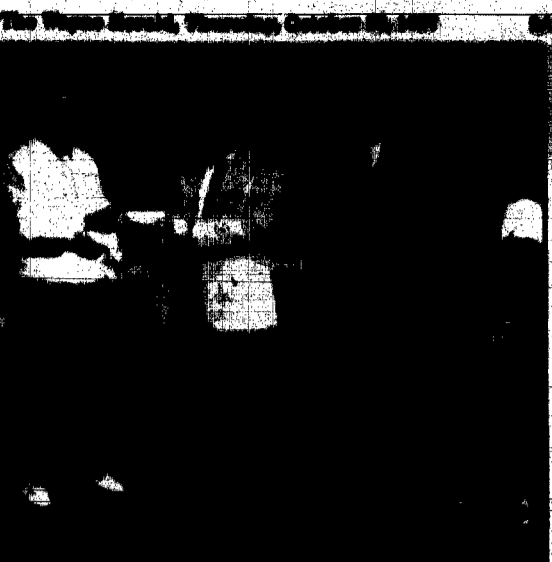
Meanwhile, Johnson averaged 16.0 points per game while handling just a single season, a total record 130 assists.

The rebounding returning starters are sophomore forward Jim Hillier and sophomore center Eric Henderson.

WSC opens the regular season on Friday, Nov. 14 at home against the University of Nebraska Omaha.

The team will play three games against the preseason top 25 including a December 2 date with high ranked South Dakota State.

WSC also plays number 18 Northern State twice during the season including a home date on Jan. 21 and in Aberdeen, S.D. on Feb. 11.



Wayne State senior Craig Philipp throws down a dunk during tip off festivities last Sunday. Philipp leads the Wildcats into the season as the leading returning scorer and rebounder. WSC is ranked 21st in the country.

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Volunteers work to help others

Local organizers are hosting an informational meeting for volunteers to explain the SHARE program.

The meeting will be held at 7 p.m. on Tuesday, Oct. 28 at St. Mary's Holy Family Hall.

SHARE, which stands for Self Help and Resource Exchange, is part of the World SHARE national, non-profit program that asks people to help someone in their

community by doing two hours of volunteer service in return for their efforts, they are able to buy a \$30 food package for only \$14.

"We hope to find a core team of interested people to establish a Host Site in Wayne. This would be the 50th SHARE site established in Nebraska," said Tom Kufel, SHARE Iowa's Nebraska Community Developer. Each month over 4,000

Nebraskans give of themselves to help individuals in community groups. Most find a true spiritual reward in volunteering and do much more than the hours required to get their food.

Over 43,000 hours of community volunteering has been done by SHARE participants in 41 east and Nebraska counties thus far in 1997.

SHARE's goal is to be a positive

community resource and donate any overages to local non-profit groups. The program is not an entitlement program, nor

assistance program. People of all income levels may and do participate. It is especially beneficial for families with young children, college students and senior citizens.

There is no limit to the number of packages an individual or family purchase, as long as they do two hours of volunteer work and pay \$14 per package.

"The SHARE packages are a great way to add variety to a person's diet and free up money for other purposes," Kufel said.

Volunteer efforts can include any help done for free for someone who lives outside the paired party's household.

For instance, driving a neighbor to the grocery store or doctor's office, mowing a person's yard and teaching a Sunday school class serving as foster grandparents, volunteering at a local club's, making quilts or mittens and donating them to a church or school.

"Participants find out it's fun and personally rewarding to help someone," Kufel added.

For more information call Tom Kufel at 375-2000 or Tom Kufel at 1-800-344-1107.

Those unable to attend the meeting can get an informational brochure at St. Mary's parish office.



A Touch of Brass will perform at Our Savior Lutheran Church on Sunday.

Reformation celebration planned at Our Savior

"A Touch of Brass" will be playing the organ at Our Savior Lutheran Church as part of the 400th anniversary celebration of Reformation Day on Sunday, Oct. 26.

"A Touch of Brass" is a group of outstanding area musicians. Reformation Day recalls the time when Martin Luther called the church to task in the belief of forgiveness through the role of individuals. That message led to the Reformation of the Church.

The actual day of the event Oct. 31, 1517 is celebrated on the Sunday closest to that day.

Reflecting on the significance of the Reformation, Pastor Martin Bussell of Our Savior Lutheran Church said, "Of all that we celebrate on that day, the most important is Luther's constant invitation that we must always stand firm on the foundation of our faith which is Jesus Christ and his alone."

The Savior Lutheran Church invites the community to share in worship this weekend. Worship services are Saturday evening at 6 p.m. and Sunday at 8 and 10:30 a.m. The church is located at the corner of 6th and 2nd Streets.

Women attend convention

Arlene, Elizabeth and the Springfield Ladies Guild are sponsoring the 400th anniversary of the Reformation of the Church in a series of events.

Convention sessions included the theme, "The Reformation of the Church." Speakers included the National Board of Lutheran Women's Guild.

Women of the U.S.A. Lutheran Church Bishop Richard Irvine, D.D., speaker, addressed workers with Reformation at Lexington and Bishop Irvine, a member of the University of Nebraska-Lincoln, and Mrs. Elizabeth Irvine.

The Springfield Women of the U.S.A. Guild is sponsoring the convention, which is the largest of its kind in the area. The convention is being held at the Springfield Convention Center.

Book review given at club

The Kiwanis Club met Oct. 21 at the home of Ruth Elbert with 11 members present.

President Bette Bean opened the meeting with a reading from the Golden Chain of Friendship.

Following the business meeting, Bette Bean presented her choice for bookshelves. She chose history as her special interest and reviewed the book "Victoria: A Biography" by John Julius Norwich.

The next meeting will be Monday, Oct. 27. Arlene Elbert will be the hostess and Bette Bean will present the program.

Carroll News

WOMEN'S CLUB
Presbyterian Women gathered on Oct. 15 with all members present.

Deanna Owens and Josephine Owens plan to attend the fall meeting at 8:30 a.m. on Oct. 29.

A news article about the Federated members of "Lutheran Living" was read by Josephine Owens.

The annual Thanksgiving dinner will be held at the church on the evening of Nov. 17.

Early members contributed to the program and the light of the Lord of the Day was sung by the group in closing.

Lunch was served by the members and all members.

The next meeting will be on Nov. 15 with Charlotte Jones as hostess and a program about the program.

WOMAN'S CLUB
The Carroll Women's Club met Oct. 9 at the Lutheran Church social room with 11 members and

guests. The club members presented a program about the program.

Deanna Owens presented the program, followed by the singing of the hymns.

Bette Bean led the prayer and the group sang the hymns.

Josephine Owens led the club members in prayer.

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Legal Notices



NOTICE IN THE COUNTY COURT OF WAYNE COUNTY, NEBRASKA...

NOTICE OF CITY OF WAYNE REQUEST FOR PROPOSAL FOR HEALTH, DENTAL & VISION PROGRAM...

Table with financial columns: Gas Franchise, Cable TV Franchise, Fees, Permits, Licenses, Interest on checking, etc.

Allen Board of Education Psychologists...

ed Carried 6-0: Teacher reports received from Maria Placido, Maria Louisa, and Pat Wilcox...

10. Agreed to withdraw from golden goose book and deposit in General Fund...

Village of Winnebago Board of Education...

WINNEBAGO BOARD OF EDUCATION PUBLIC HEARINGS FOR REVISIONS...

Table with financial columns: Total Assets, Total Liabilities, Total Fund Balance, etc.

WINNEBAGO BOARD OF EDUCATION VILLAGE OF WINNEBAGO BOARD OF EDUCATION...

1. Agreed to acknowledge meeting minutes...

ADVERTISING GUIDELINES: The Wayne County Board...

Windsor, Nebraska: A Special Meeting of the Board of the Village of Windsor...

Table with financial columns: Year to Date, Total, etc.

GENERAL FUND HELENE: Property taxes, Estimated fees, etc.

WINNEBAGO BOARD OF EDUCATION: 1. Agreed to acknowledge meeting minutes...

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WORKING WOMEN OF WAYNE

A Celebration of American
Business Women



Woman working for 60 years

By Clara Osten
Of the Herald

Even before women in the work force were common, Rose Fredrickson was involved in business.

The 86 year old was born on a farm near Pierce, the second oldest of 10 children.

"We lived on a farm and there was always work to do. I helped with the younger children and did chores, shucked grain and picked corn," Mrs. Fredrickson said.

In 1930 she married Bill Fredrickson and the couple moved to a farm northwest of Carroll.

"We continued to farm through the 30's. However, at that time the crops that survived the drought were eaten by grasshoppers. I continued to help on the farm doing whatever needed to be done, in addition to the housework," she said.

During this time the Fredricksons farmed without the aid of electricity. They also had three children, Hahn, Swede and Cleone.

"In the 40's there was not as much travel. We visited neighbors and everybody made do with what they had because everyone was in the

same position," Rose said.

"In 1937 we decided we had to do something. We had nothing left on the farm so we went to the bank and after discussing it with the banker, we got a loan to buy the station and tavern from Joe Haberer," she added.

The couple and their children lived in a one room trailer that had a door connecting it to the station. Later, a kitchenette was added.

"During that time, we put in lots of hours. The station opened at 7 a.m. and the tavern didn't close until midnight. We took turns taking care of the children," she said.

Because of a shallow well, the water at the station was not usable so drinking water had to be carried in from a farm north of the station.

In the late 1940's a house was moved in just south of the station. This is still where Mrs. Fredrickson lives.

"I was involved in all parts of the business. I pumped gas, by hand, worked in the tavern and kept the books. At that time a fuel oil plant provided us with electricity," Rose said.

Because of the water situation, laundry was taken into town to be

done. However, all the other work of housekeeping was left for Mrs. Fredrickson to do when she was not working at the station.

"I remember that we were even open on Sundays. We put in a lot of hours and sometimes when I look back on it now, I don't know how we did it, but we managed somehow," she said.

During the 1950's when she continued to work along side her husband, Rose recalls very few women who worked away from home.

In 1958 after his return from the service, Swede became a partner with his parents and a number of changes were made to the business. In 1965 he bought the business and Bill became semi-retired. However, Rose continued to serve as the company's bookkeeper.

When she was 64 years old Mrs. Fredrickson retired from the station.

"I was going to get all the work done that I hadn't had time to before, but I found myself looking out the window to see what was going on," she said.

Throughout the years the Fredricksons did nearly all of the work at the station themselves.

"Because the tavern was so small, we served people in their cars. They would pull up and hook their lines and we would wait on them. Finally, in 1964 we leased the bar to Alice Many who had worked in the bar for 11 years," Rose said.

"Our income was always dependent on the farm. If the farmer didn't have a crop, they couldn't buy anything. If they weren't spending money, others in town didn't have money either," she said.

In addition to her three children, Mrs. Fredrickson has 10 grandchildren and 20 great grandchildren. She now keeps busy with Bible studies, coaching for her grand and great grandchildren and going to the Wayne Senior Center.

Since retirement, Mrs. Fredrickson has been able to do some traveling and went on trip to Hawaii with a friend.

"I have seen lots of changes in the 60 years we have been in business. When we first came here all the businesses were on Main Street. I have met a lot of people through my place in our business," she said.

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Rose Fredrickson looks through a photo album containing photos of Fredrickson Oil Company, her home and her family. Mrs. Fredrickson was a working woman for many years, both as a farm wife and as a partner with her husband Bill while the couple operated Fredrickson Service Station and Tavern just north of Wayne.

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happened and assess the damages.

Most personal injury cases are taken on a contingency basis, so there are no initial legal costs. The lawyer is paid based on how much he or she collects for the client.

State and local bar associations offer Lawyer Referral Service nearest you. Check your Yellow Pages or call your state or local bar association. You can also visit the American Bar Association's Web site at <http://www.abanet.org/public> for more information.

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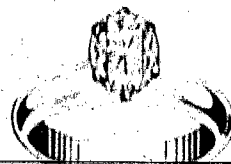
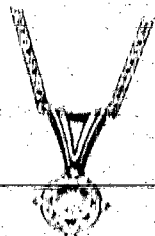
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Accessorize a wardrobe

It can pay to start at the bottom — especially when it comes to your fall wardrobe. Countless options exist — including mini-skirts, beaded dresses, menswear-inspired suits and knits falling through the trends to determine what works for you is hard enough, but when does one go from there? Completing a look with the right accessories is as important as selecting the look in the first place — and in many cases, can make or break the outfit.

So how does a woman incorporate an accessory into her wardrobe for fall? Footwear, a key fashion accessory, is a great place to start. There are a few guidelines. For one, yes, black opaque tights do work for fall, yet switching to a new shade such as Mallard or Bordeaux will tie the look together. The new Hanes Silk Reflections Opaque Collection, for example, includes a host of opaque textures in varying levels of opacity and rich fall shades which enable a woman to fill right into one of the season's gill dresses. As an added tip — try chemical anything this fall as it's the color of the sea.

Another hot accessory, black skirts look beautiful when paired with the right sheer pantyhose. This fall, Hanes Hosiery is launching a new hosiery collection called Hanes Silk Reflections Frostable Collection. This product offers a revolutionary new type of spandex for exceptional sheerness, combined with an all-rounder spandex construction for exceptional comfort. With no-to-minus back in style, there's only more and more leg to show off so it's imperative women make the right choice when it comes to leg wear.

Speaking of skirts, one of the easiest is the knee-length skirt with a side slit. Again, the look calls for showing lots of leg, so women looking to take advantage of the opportunity might want to show off one of the season's fantastic textures. At work, a tailored niftight professionalizes what can turn into a sleek

look for night with one of Donna Karan Hosiery's cutting edge fall styles such as the Activist Burnout. Or make a strong

fashion statement with DKNY's Optic Rib or Raised Cissy Cross Tights.

The power suit also deserves to be accessorized with power hosiery and after 10 years in the business, who knows how to do that better than Donna Karan Hosiery? Evolution, founded this fall, is unlike other traditional tights products, offering women all-over compression with uncompromising comfort. The collection features tailored contouring for a better fit and plated yarn producing an incredible soft hand. The garment is knit to hug your leg, creating a micro-massaging action and flat seams provide durability, comfort and a smooth appearance.

Leggs offer women Sheer Comfort Pantyhose featuring a comfort waistband, an incredible soft touch and an enhanced toe for added protection so women can look relaxed yet pulled together by a fitted sweater paired with an adorable plaid plavert skirt (just like a high school uniform). Following the look with wavy sheer hosiery and flats creates the perfect look for casual day. Remember, relaxed not ruffled!

Whatever fashion styles you choose for fall, know that suitable options do exist in hosiery. So as you fall into the season, step it up by investing in both function and fashionable legwear to complete the season's hottest, hippest styles.

Hanes Hosiery is available at fine department and specialty stores.



Ep

Help your child feel like a winner

Do you feel it's hard being a good parent and raising a child in today's fast-paced society?

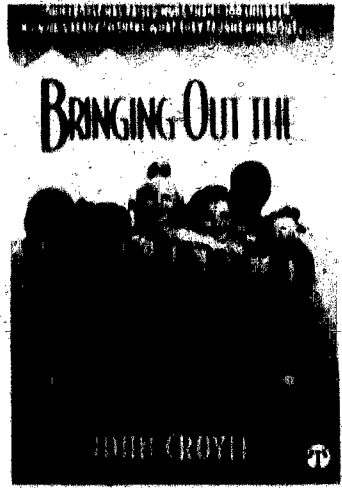
You can be a great parent, and your children can feel like they are "winners" in the biggest game there is — the game of life.

John Croyle, who has raised over 1,400 children in the past 25 years, says anyone can be a great parent. He has found that there are four basic things parents must give their children:

1. Unconditional love — That says to your child, "I love you, no matter what."
2. Trust — By sticking to your words, "I will never lie to you."
3. Security — Being there for your child — "I will always stick by you."
4. Responsibility — There will always be consequences for wrong actions. "If you disobey me, I will have to discipline you."

John Croyle is founder of Big Chick Ranches for Boys and Girls. Most of the children at the Ranches were rescued out of homeless or abusive situations, and needed a chance in life. Croyle is convinced that any child will become a "winner" if they are given a positive foundation in life.

For more great parenting tips, read John Croyle's book, "Bringing Out the Winner in Your Child", available in most bookstores, or to order call 1-800-564-2481.



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***Precooked Polenta** - Ready to use polenta from the refrigerated section can be served broiled or sautéed with a little tomato or Italian sausage, onions and red pepper slices to create an entrée.

***Southwest Blackened Wraps** - A complete meal by two of the frozen case items from the frozen restaurant favorites line include strips of blackened spiced chicken, spiced soft corn, spicy sauce and Spanish-flavored rice, pre-cooked, diced vegetables and tomato-flavored tortilla.



Cavatelli makes a quick and easy meal when tossed with prepared pesto sauce or a jar of garden-style tomato sauce and grated Romano cheese.

***Housemade Bow-tie** - Heavy flat bread from the bakery section of the supermarket makes a great sandwich when filled and spiced. Layer together with sliced Roma tomatoes, fresh basil leaves and provolone cheese.

***Marinated Roasted Red Peppers** - Drained and thinly sliced, a small jar of roasted red peppers goes a long way to perk up pre-washed salad greens, pizza and pasta dishes. Puree in the food processor as a sauce for broiled sword fish.

***Conceps** - The packaged fast-cooking grains can be mixed with any number of toppings. For a speedy, whole side dish, mix in bottled soy sauce and scallion oil, hot chili sauce, green onions and sliced water chestnuts.

***Jalapeno Sauce** - Spice up a chicken or beef fajita, egg omelet and other egg, fish, chicken, or fish, bottled green Tabasco sauce.

For a free brochure, "Menu Ideas for Dining Out At Home," including time-saving menus and recipe ideas, write to: Tyson Brochure Office, c/o ABC, 4111 Grand St., Chicago, IL 60606.

These are the women who make this "the bank where you're somebody special!"

Left to right: Evelyn Dooncher, Melissa Otto, Karen Hart, and Connie Meyer.

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*Cavatelli - A short, curled, rippled pasta found in the freezer section.

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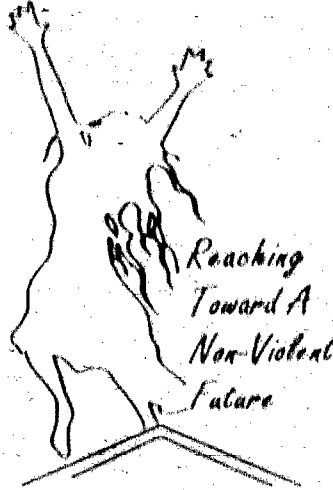
Be aware of warning signs

CHARACTERISTICS OF A BATTERER

1. Abuse as a child - 70 percent of batterers have either abused as children or have grown up with a family with domestic violence.
2. Frequently loses temper.
3. Commit acts of violence against objects - Batterers will often damage, break things that are important to their victims. This is done to intimidate and control.
4. Abuses drugs/alcohol. The use of alcohol/drugs does not cause violence. It does cloud judgement, diminish defenses, hinder effective communication, reduce inhibitions, and is used as an excuse.
5. Extreme jealousy. The use of "I love you so much, I can't have to be without you" is used as an excuse to control where a partner goes, who they see, what they do, when they go. It is used as a means of control in the name of love.
6. Rigid ideas/basing rigid ideas - making all the decisions, and acting like the "master of the castle" are examples of using male privilege to control.
7. Dual personality. The "By jeebus and Kh Hydz" phenomena. The victim of violence may very well be the only person who sees the angry side of their abuser.
8. Fearful of findings of cruelty. After a hat being episode, it is common for the abuser to promise it will never happen again. They may purchase gifts, and act very much like the person the victim fell in love with.
9. Do you fear the anger. A victim knows

what the abuser is capable of and may walk on egg shells to keep the peace.

10. Become enraged when you don't listen to advice.
11. Follow you where you go, who you see.



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what you do, what you say - these are ways to isolate and control.

12. Talkers to accept responsibility for their own actions. This is a way of denying and blaming.
13. Do take love you deny.
14. Abuse against others. Often an abuser will abuse the pets of their victims. This is a form of intimidation. The victim of domestic violence knows all too well that it could just as well be them and not the pet who is getting abused.
15. Putting you down, the activities and things that are important to you. This is a form of emotional abuse. It humiliates the victim and makes them feel bad about them selves.
16. Pushes you into doing things you aren't comfortable with and do not want to do. This is done by coercion and using threats.
17. Slaps, pulls hair, twists, jabs, shoves or throws you. These are forms of physical violence. If they happen once, you can be very sure they will happen again and will often (Bea likely be more violent).

These are all things that batterers use to gain and maintain power and control over their victims.

CHARACTERISTICS OF A HEALTHY RELATIONSHIP

- A healthy relationship takes work, compromise, and understanding from both partners and we all have a right to expect it.
1. Affirm non-judgmental.
 2. Value each other's opinions and do not try to impose your own.
 3. Be emotionally affirming and understanding.
 4. Each other are safe and comfortable expressing their selves.
 5. Support each other.
 6. Respect the right to have friends, feelings, activities individually.
 7. Admit when wrong.
 8. Share responsibility.
 9. Realize people make mistakes.
 10. Do not patronize.
 11. Allow and encourage individual growth.
 12. Do not attempt to change or control each other.
 13. Make joint decisions.
 14. Not financially controlling.
 15. Seek mutually satisfying resolutions to conflict.
 16. Trust.
 17. Allow each partner to be responsible for themselves.
 18. Promote good self-esteem.
 19. Encourage spontaneity.
 20. Welcome diversity, risk, and vulnerability.
 21. Affirm equality.
 22. Enable each other to be comfortable with needed change.

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Small business scores big

With more than 23 million small business owners in America and 30 per cent of the U.S. population considering starting a business at any given time, competition is fierce.

Entrepreneurs can get a jump on the competition by having a financial management plan in place to maximize profits and minimize costs.

According to the SBA Association (Service Corps of Retired Executives), a non-profit organization dedicated to the formation, growth and success of a small business, entrepreneurs often overlook two important

areas, financial planning and cash flow. To help small businesses succeed, SBA and Visa U.S.A. SBA's financial management tips:

1. **Research your industry and identify your market size.** By determining the cost of entry into your field, you can develop a more accurate budget for operating your business.
2. **Prepare a business plan.** The business plan is a written description of what you want to do and will help you determine what funds you need to operate. It should include a financial plan, a marketing plan, and how

you are going to sell your product or service.

3. **Seek professional advice.** Consultant can help you shape your overall financial picture. More than 12,000 SBA counselors nationwide can review your business plan, cash flow projections and supporting documentation paper to applying for commercial loans at Small Business Administration guaranteed loans, all free of charge.
4. **Establish your personal credit history.** Lending sources often look at your personal


credit and repayment habits when considering a loan for your business, so use your personal credit cards responsibly.

Also, consider using the Visa Business card offers a reserve of credit that can be paid off in full or revolved, helping you gain better control over your available capital.


5. **Identify all sources of financial assistance.** When seeking either short-term or long-term capital, consider all possible sources for funds, including personal loans

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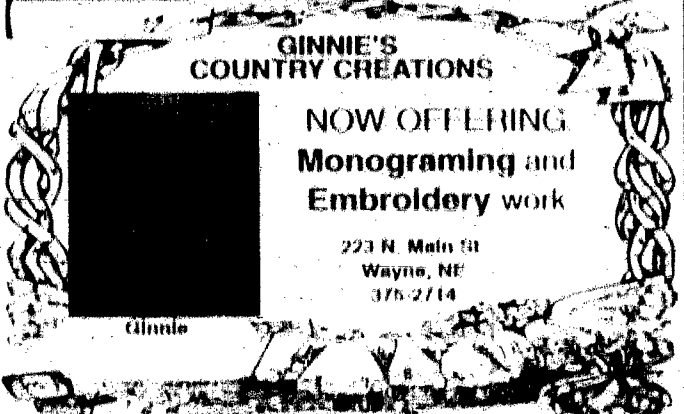


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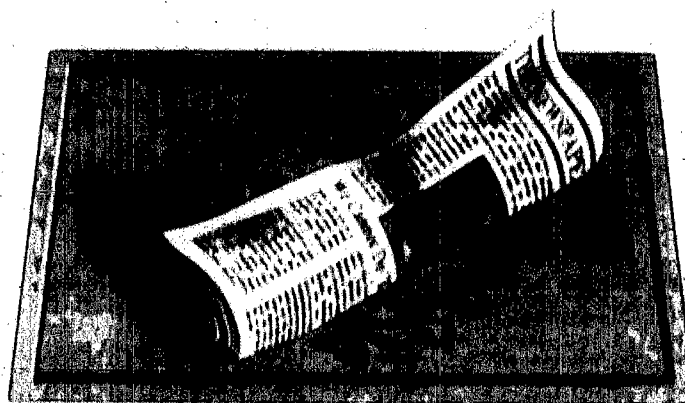
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Judi Topp

October is Breast Cancer Awareness Month

The state's survey on the prevalence of major health risk factors among adults indicates Nebraska has achieved the Healthy People 2000 Objective for breast cancer screening.

"The Good Life keeps getting better and the rapid increase in mammography screening demonstrates the commitment to preventive health and public wellness in our state," said Joella Wammsen, Director of The Nebraska Department of Health and Human Services.

"Five years ago, Nebraska ranked second to last nationally in mammography usage. Today, we celebrate the achievement of the Healthy People 2000 breast cancer screening goal - four years early."

The Year 2000 Objective sets a goal of 60 percent of the proportion of Nebraska women, 50 years and above who will, in the year 2000, report having had both a mammogram and a clinical breast exam within the past two years.

The 1996 Nebraska Behavioral Risk Factor Surveillance System (NBRES) data indicates this goal was met. The NBRES is a random telephone survey developed by the Centers for Disease Control and Prevention (CDC) and used in all 50 states, the District of Columbia and three territories.

Coordinated efforts of public health programs, health care providers, community agencies and nonprofit and private sector organizations have resulted in the increase of mammography usage. The collective efforts of the Nebraska Medical Association, the American Cancer Society, The Sunderburch Corporation/Nebraska (the Medicare consultant/advocate), and the Nebraska Department of Health and Human Services have helped achieve the Healthy People 2000 mammography objective.

"We are pleased that the trend for increased breast cancer screening continues and that the message about the importance of early detection has reached many Nebraska women who are in their prime of life," said Dr. Antoin Piskac, principal clinical coordinator of the The Sunderburch Corporation/Nebraska. "However, there are still many women we call mother, sister, daughter and neighbor who have not gotten the message or do not have adequate access to quality breast cancer screening."

The 1996 NBRES data reveal that the frequency of breast cancer screening varies considerably by demographic and socioeconomic factors. Women who are not as likely to

have had both a mammogram and a clinical breast exam in the past two years are older, less affluent, less educated and live in the rural areas of our state.

The percentage of women within different demographic groups who report having had both a mammogram and a clinical breast exam in the past two years are as follows:

- 67 percent of women 30-64 years
- 54 percent of women 65+ years
- 80 percent of women 50 years and above earning \$15,000/year and higher
- 60 percent of women 50 years and above earning \$15,000-\$35,000/year
- 34 percent of women 50 years and above earning less than \$15,000/year
- 77 percent of urban residents 50 years and above (defined Douglas, Sarpy and Lancaster counties)
- 35 percent of rural residents 50 years and above (defined as the remaining 90 Nebraska counties)

67 percent of women 50 years and above with more than a high school education

50 percent of women 50 years and above with a high school diploma

45 percent of women 50 years and above who have not completed high school

"For the past five years, our organizations have coordinated and combined resources to increase awareness among Nebraska women for regular breast cancer screening, encourage medical providers to refer these important women for their clients and improve access to quality breast cancer screening exams," said Dr. Allen Dorak, president of the Nebraska Medical Association. "It is time when the wild partnership is often spoken, our organizations have demonstrated that not only can public-private partnerships work, they achieve results and improve the health of our neighbors and our community."

The most recent collective project is the distribution of the coping resource, "Straight Talk About Breast Cancer" beginning in November. A copy of the book "Straight Talk About Breast Cancer" will be available free as a coping resource to every Nebraska woman newly diagnosed with breast cancer.

"Straight Talk" was written by an oncology physician who was diagnosed with breast cancer and was determined to help others in their quest for immediate information about breast cancer. A guide for the entire family, "Straight Talk" offers easy-to-understand answers to complex questions Nebraska primary care physicians, radiologists and sur-

geons can help their clients newly diagnosed with breast cancer obtain a copy of this resource at no charge.

Over the past five years, the groups have also organized the annual Pink Ribbons Week Awareness Project which is recognized in the faith community, a special issue of Nebraska Medical Journal devoted entirely to breast cancer issues which was nominated for the National Media Artistic Award and public awareness media campaigns to promote mammography.

"We celebrate the improvement in public health and preventive wellness, but we are still concerned about the women in our lives who are not getting regular breast cancer screening," said Terri Morrow, breast cancer specialist with the American Cancer Society

Heartland Division.

"We actively seek and openly call for other organizations and agencies, groups and individuals to join us at the table, help us reach the thousands of Nebraska women who have not heard our message, reduce the barriers and increase the access to quality breast cancer screening for all Nebraska women," said Morrow.

To join the combined efforts of the Nebraska Medical Association, the American Cancer Society, the Medicare consultant/advocate, The Sunderburch Corporation/Nebraska and the Nebraska Department of Health and Human Services to increase mammography utilization, please contact Debra Hoffman, Every Woman Matters program administrator at (402) 471-0929.

Cooking for holidays

If you're looking for ways to add sparkle to your holiday menus, try California's black gold - wild rice! It's a festive alternative to traditional stuffings for turkey, duck, Cornish game hens, roasted lamb and other meats.

And best of all, wild rice can perform its culinary magic without stretching the holiday budget. California farmers entered the wild rice marketplace two decades ago, and the increase in production has caused the price of this upscale ingredient to come down dramatically.

Pized for its smoky, nutty flavor and chewy texture, wild rice is easy to prepare and bursting with nutrition. Whether you choose to serve it as a side dish or opt to toss it into a salad, soup or casserole, versatile wild rice always evokes a gourmet image.

For your next holiday feast - of anytime - impress family and friends alike with this simple but elegant dish. The trend today is to roast the holiday bird in stuffed and serve a dressing on the side. This recipe from California's wild rice growers and marketers is about as easy as it gets, and it tastes like a California dream!

California... Style Wild Rice And Walnut Dressing

- 1/2 cup each chopped onions and chopped celery
- 1 clove garlic, minced
- 1 1/2 tablespoons butter or margarine
- 2 cups cooked brown rice (cooked in chicken broth)
- 1 cup cooked California wild rice (cooked according to package directions)
- 1/2 cup chopped walnuts
- 1/2 teaspoon sage
- 1/4 teaspoon seasoned salt
- 1/8 teaspoon ground black pepper
- 1/2 cup beef or chicken broth

In a small skillet over medium heat, cook onions, celery and garlic in butter until tender. Combine with remaining ingredients in a buttered 2 1/2 quart baking dish. Bake at 350 degrees for 20 to 25 minutes. Makes 6 servings.

Note: For a festive flair, add 2/3 cup dried cranberries or cherries to the mixture and bake as directed.

For more wild rice recipes, send a self-addressed, stamped business-size envelope to California Wild Rice Advisory Board, 115 Ingerdson Street, Yuba City, CA 95991.

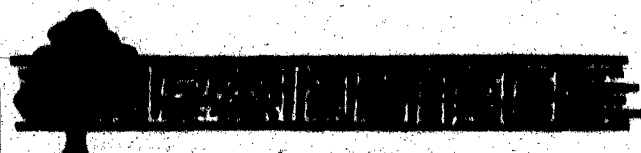
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Eileen Lutt and Sherry Haese



New attitudes dispel menopause myths

Millions of female baby boomers are taking a new approach to menopause and disregarding the old wives' tale and conventional wisdom of let-it-be-its-ways philosophy. Menopause doesn't change a woman's life, but it presents physical manifestations that require treatment. Here are some natural ways to cope with the most prevalent symptoms.

The Inside: Most menopausal women experience "hot" thermal eruptions. Physicians prescribe estrogen replacement therapy, or you might try plant-derived estrogen or other natural alternatives including Vitamins E, B-30 Complex or C-30 by the Japanese women, rarely experience hot flashes, and do they say walking helps is the answer. A balance diet, Yoga and regular exercise

can also help.

Emotional rollercoaster: For some women, menopause brings irritability, depression and mood swings. These changes are relatively short term. To cope, try natural stress relievers: Vitamin B Complex or 1,300 mg of calcium daily.

Still Sexy After All These Years: There's one reason why a woman can't have a terrific sex life after menopause, but physical changes can make intimacy uncomfortable. A personal lubricant is the answer. Elew water-based, water-soluble lubricants such as Astroglide, are designed to mimic nature and, unlike petroleum products, don't interfere with pH levels and are clean and natural feeling.

For more information, please send a SASE to: Astroglide, v/o Biofilco, Inc., 1121 Kent Street, Vista CA 92083.

Exercise at work

Get to work! The best place to work at preventing and treating repetitive stress injuries, such as carpal tunnel syndrome, may be at work.

Simple strengthening and stretching exercises, which can be performed at a desk, may do the job for workers suffering from painful repetitive stress injuries.

Here are a few exercises to stretch out your work day. Before starting any exercise program, be sure to discuss it with your doctor.

- To stretch your hand, start with the palm flat down on the table, fingers spread. Arch the hand by pressing down with the thumb and little finger (almost like a mini pushup for the hand). Count to five, then release. Repeat 10 to 15 times, two or three times a day.

- Place the palms of your hands together and push, raising your elbows to increase the stretch. In the beginning, five to 10 seconds may be the longest you can hold this position without strain. Repeat five times.

- Make a fist, keeping the thumb outside. Bend your wrist forward, without forcing as far as it will go. Rotate your wrist in the widest circle possible. Allow 15 to 20 seconds to complete each circle. Complete two circles in one direction, then repeat in the other direction.

- To stretch your arms and shoulders, face your fingers together above your head, palms facing up. Stretch your arms up and slightly back.

- To release tension, slowly shrug your shoulders as high as you can, hold for a count of five, then release. Repeat five times.

- To rotate your shoulders, clasp hands behind the back. With arms extended straight, slowly lift arms upward.

- To stretch your chest and upper back, face your fingers behind your head. Stretch back, trying to make your elbows touch.

Another way to help hands and fingers feel better is a pair of gloves designed especially to fight hand and wrist pain.

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Internet can make business productive

A growing number of small businesses use the Internet to increase productivity. Today, more than 60 percent of adult Internet users are small-business customers, according to the 1997 American Internet User Survey conducted by BRW/SVP.

Getting your business connected to the Internet isn't as complex and expensive as you might think. The benefits to your business are enormous, including:

- E-mail
- E-mail is the most popular feature

of the Internet. E-mail can dramatically speed written communication and unlike overnight mail or fax messages, it can be transmitted worldwide and be received by customers via their desktop or laptop computer.

Research
The Internet is an invaluable research tool from on-line catalogs to competitive research. The Internet contains a wealth of information that can help your business maximize research capabilities via popular

search engines such as Netscape Navigator.

Marketing and Sales
By creating your own Web site, your business can expand its customer outreach worldwide. Your web site gives your customers instant access to your company's profile, products and services minimizing telephone and mailing expenses.

Getting Started
It's easy to get on the Internet. Your business is probably already equipped with a computer. To get connected to the Internet, you simply need a modem and an account with an Internet Service Provider.

An easy way to get connected is to purchase a Hewlett Packard Laser Jet 6L or 6P printer. These printers combine reliable, crisp laser printing with a powerful suite of Internet software. Since more than 60 percent

of the information printed from the Internet is text-based, a laser printer is ideally suited for Internet printing. HP Laser Jet printers include the Laser Jet Internet Publishing Kit, which enables your business to:


- Connect to the Internet and all it has to offer.
- Locate Web sites that are useful for small businesses.
- Create your own presence on the Web.
- Print information quickly and reliably.

HP Laser Jet printers retail for \$399, and can help get your business on the Internet in a matter of minutes. For more information, call 800/752-0900, or borrow someone's Internet connection and type <http://www.hp.com/go/print/>.

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- 4 HELL TALKIE BUNNEN
Nov 10, 9:00am - 1:00pm
- 5 WINTER SWEATHEAT JACKET
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- 6 ANGEL VEST
Nov 24, 7:00pm - 10:00pm



Danna Weidt

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New answers are given to an old health problem

Thanks to recent research, doctors may be able to provide relief to millions of women who have been too embarrassed to seek treatment.

Their condition is more common than many women realize. It's that of incontinence. It can affect athletes, pregnant women, young mothers, menopausal women and women who have had gynecological surgery among others. Fortunately, in about 80 percent of cases, simple procedures can make a substantial difference.

The most common type of incontinence can occur when a woman sneezes, coughs, laughs, exercises or even changes position. It leads a free woman to withdraw from social and physical activities. Many women are surprised to learn the problem is not a natural part of life that they just have to put up with.

The non-surgical treatments for this condition range from exercise and medication to collagen implants that can improve or even cure incontinence.

Exercise can help build up pelvic floor muscles.

Medication can include hormone replacements and muscle contractants.

Biofeedback, electrical stimulation and medical plugs as well as surgery have also been tried.


Among the latest treatments is an injection of collagen which builds up the urethral sphincter so it closes tightly and stops the urine flow. It's the same sort of collagen used to smooth facial wrinkles and lines.

Dr. Kristine Whitmore, Chief of Urology at Graduate Hospital in Philadelphia says, "Implant treatment is especially appropriate for women with stress incontinence who want to or need to avoid invasive surgical procedures and it produces much faster results than pelvic floor exercises."

If you have a problem with incontinence, see your doctor to learn what treatment may be best for you. For more information call 1-800-526-2687.

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Getting a kick out of legwear

You may be interested in getting a leg up on what's new in fashion for your legs this season since more and more people are choosing hosiery as a way to quickly and inexpensively revitalize their wardrobe.

Whether you sport a short skirt, athletic heels, clingy knits or a tailored pantyuit, fashion experts say your legs are in the spotlight. The latest in legwear is all about options.

From rich colors and lavish textures to innovative technology, the words for fashionable fall legs are style and comfort.

Women in conference

Over 8,058 women from Nebraska and the surrounding states have already registered for the 1997 Women Of Faith Joyful Journey Conference which will be held at the Pershing Auditorium located at 226 Centennial Mall South in Lincoln, Neb. The conference will begin on Friday, Nov. 7 from 7 p.m. to 10 p.m. and run through Saturday, Nov. 8, from 9 a.m. to 6 p.m.

Joining more than 156,000 women who have currently signed up for the 1997 Joyful Journey and the more than 10,000 women who attended the conference in 1996, these women will be part of a women's movement that is sweeping our country.

Nationally recognized authors and

speakers, Paty, Clairmont, Barbara Johnson, Marilyn Meberg, Conate Ibsal, and Sheila Walsh will be featured at the conference. They will bring a different view of life that will challenge women to look at their circumstances and experiences from a new perspective. They will inspire women to pursue the journey of life with joy.

Here's what's in store for legwear fashions:

A Palette that Packs a Punch: Transform wardrobe basics from ordinary to extraordinary with a splash of color on the legs. A sophisticated look features shades of cool, eggplant, gray, brown and autumn spice colors.

Quality Control: The buzz words continue to be fashion play function. Not only do legs need to look good, they need to feel good, too.

Consider Lycra Soft Body shaper-hosiery for control and comfort that can shape, tone and enhance the female figure and is easy to get on and off. Lycra fit legwear has twice the usual amount of Lycra for the ultimate in smooth, comfortable fit.

Stock Market: Tights, socks and anklets are becoming an essential finishing touch to power pantsuits and casual wear. Look for socks with Lycra for a better fit that won't let you down.

Sheer Sophistication: Leg revealing sheer hosiery have emerged as a major player this season. Sheers add romance and femininity to practical any outfit. Sheers with a touch of Lycra are more comfortable and retain their shape better.

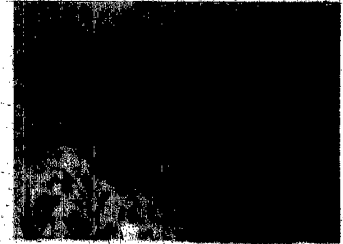
Pattern Play: Men'swear inspired pin-striped, window pane and herringbone can add an element of pizzazz to an outfit.

Double Duty: Layering legwear is a great way to double the fashion impact. Consider fishnets over opaque tights, anklets over knee socks as well as tan.

Aiding comfort to fashion doesn't end with your legwear. Shoes with Lycra are another way to put your best foot forward in comfort and style. Lycra adds flexibility and freedom of movement to a range of apparel from top to toe, everything from men's suits and flex to women's bathing suits and intimate apparel.

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Back row - L to R: Dana Sauer, Bridget Reil and Marol Kudrna.
Front row - L to R: Kelly Blessing, Sandy Anderson, Lisa Pretzer and Kathy Meyer.

Decrease your risk of breast cancer

Diet and Exercise Tips To Help You Beat The Odds

Although about one in eight women will eventually develop breast cancer in their lifetime, the good news is that early detection and treatment can save the lives of over 90 percent of all breast cancer patients.

In addition to early detection practices of monthly breast self-examinations for all women over 40, diet and exercise may also play an important role in beating the odds. Following are a few guidelines from

the City of Hope National Medical Center and Beckman Research Institute.

Love Excess Weight. While body weights vary by age and body type, a good guide for calculating a "healthy" weight is to determine your body mass index (BMI). BMI can be determined by dividing your body weight in kilograms by your height in meters squared. A woman's BMI of 27.3 or higher correlates with an increased risk of certain cancers, high blood pressure, type II diabetes and osteoarthritis.

Eat a balanced diet. A diet high in fiber and low in fat can reduce your risk. Be sure to eat plenty of green leafy vegetables, such as spinach. Dried fruits, such as figs and prunes, are good because they are high in fiber, but low in fat.

Drink alcohol in moderation. Although some association of alcohol consumption and the risk of breast cancer has been observed in many studies, questions of its major importance remain. However, most physicians advise using alcohol in moderation for a variety of health benefits. Don't forget most alcoholic beverages are high in sugar and calories, which add inches to your waistline.

Exercise regularly. You don't have to run a marathon or do high-impact aerobics every day. Even moderate physical activity, as little as 30 minutes a day, can have a positive impact on your health. Try walking. Many find this excellent fitness activity a pleasure, not a chore.

If you would like more information about breast cancer prevention and treatment, please call City of Hope's Hope Connection toll free number at 800/341-HOPE (3673).

October is National Breast Cancer Awareness Month.



ENERGIZE YOUR EXERCISE

When working out, you want to feel good — a lot of energy. Glucose tablets are the newest way to fuel up fast. As you probably know, carbohydrates give you energy, but what you may not know is that glucose tablets give you energy faster than most other foods.

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Summer shape-ups into fall

Warm weather extends an irresistible invitation to be physically active. Summer is synonymous with bicycle rides, in-line skating, swimming, hiking, beach volleyball and numerous other recreational activities that get Americans moving. But what happens when the leaves begin to turn and temperatures drop?

"Your summer shape-up doesn't have to take a vacation until spring," said fitness expert Jill Sheppard Missett, founder of Jazzercise. "Summer is the perfect time to get into a routine of regular physical activity," said Missett. "The trick to sustaining that habit is making a smooth transition into the colder months."

Missett offers these tips for re-

maintaining active through the fall and winter months:

• Invest in the right clothing. Wear layers of cotton T-shirts or turtlenecks topped with water-resistant windbreakers. Exercise tights or warm-up pants are good and a reflective vest is also a good investment as the daylight hours dwindle.

• Look for indoor leagues. Look to your community recreation department for indoor options. Volleyball, basketball and roller hockey are some of the indoor sports that are popping up across the nation.

• Try a new activity. Weight training, dance exercise, or cross-country skiing are activities that can expand your exercise horizons rather than

diminish them.

• Keep a workout diary. Writing down your workouts can be a great way to stay motivated, especially if you note your progress along the way. Write down what activity you did, for how long and how you felt.

• Take advantage of community facilities. Become a mall walker or visit professional and college sports arenas that are open during special weekday hours for in-line skating and running.

• Set a special winter training goal. If you're swimming in the winter, set a goal to swim a certain distance in a certain time. Or train for a spring or summer road race that you can train for in the winter.

"Cooler temperatures don't have to equal an end to regular physical activity," Missett affirms. "Today more than ever Americans have access to clothing, equipment, programs and facilities which allow them to keep moving all year long."



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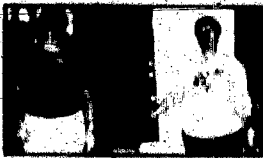
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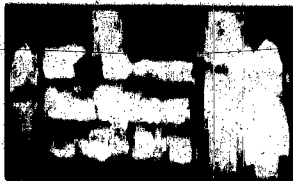
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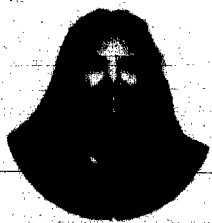
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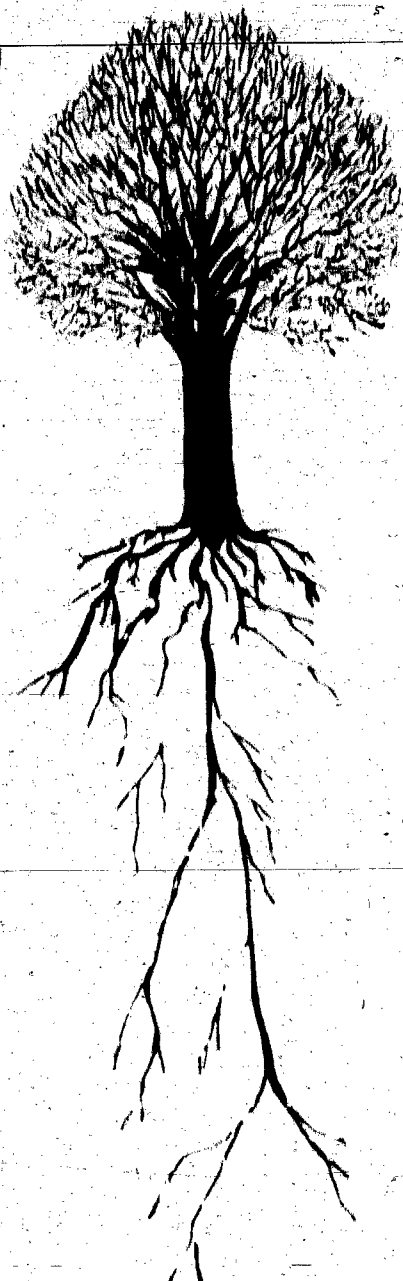
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