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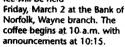
Thursday, March 1, 2001 125th Year No. 22

A Quick Look ¬

Please recycle after use.

Chamber coffee WAYNE

This week's chamber coffee will be held



Red Day

AREA — The Wayne County American Red Cross will have a Soup Lunch on Friday, March 9 from 11 a.m. to 1 p.m. at the Mineshaft Mall on East Second Street. A free-will donation will be accepted.

As a fundraiser, Red Cross Board members will be selling Red on March 9 reminder cards for 50 cents

Funds raised will support the Wayne County Red Cross and provide local disaster assistance

Story time

AREA — The Wayne Public
Library will hold Winter Storytime on Saturday, March 3 at 10:30 a.m.

- Activities and stories geared toward pre-school and early elementary age children will be held each Saturday morning through April 7.

For more information, contact. Peggy Nelson, Children's Librarian at 375-3135

Seminar cancelled

AREA -- The seminar on autism that was scheduled to be presented by the Wayne State College Departments of Education and Counseling on Friday, March 2 from 4:30 to 8 p.m. and Saturday, March 3 from 8:30 a.m. to 3 p.m. has been cancelled.

For more information, call (402) 375-7383.

Izaac Waltons

WAYNE — The Wayne Izaac Waltons will meet Tuesday, March 6 in the fourth floor meeting room of the City Building for a general member ship meeting.

Pancake feed

CARROLL — The Carroll Volunteer Fire and Rescue Department will hold a Pancake Feed on Sunday March 11 from 10 a.m. to 1 p.m.

Proceeds from the event will go toward the purchase of new equipment for the department.



Weather

Nick Junck, Wayne Elem. FORECAST SUMMARY: Cold weather will prevail with little

Fri. Set. Sun.	Weather: Msly cloudy Msly cloudy Flurries Cloudy Ptly cloudy		*Range 15/34 20/35 16/31 18/30 12/28
Mon. Wayr	ne weather	74	12/20

MIC

City Council sets goal

By Clara Osten Of the Herald

Goals for the upcoming year and into the future were approved during Tuesday's meeting of the Wayne City Council.

During the council's annual retreat held in January, council members listed 21 goals they hoped to implement within the next 12 months. However, during the meeting, members combined several of

Dan Rose

Rose selected

to lead local

to Australia

(GSE) Team to Australia.

Shop, Inc.

Rotary group

Dan Rose, a member of the

Wayne Rotary Club, has been select-

ed to lead the Rotary International

District 5650 Group Study Exchange

Queensland for five weeks from

March 6 to April 11 to tour Rotary

District 9630. Rose has been a mem

ber of the Wayne Rotary Club for 11

years and served in various positions

including president in 1992-93. He

is co-owner of Tom's Body & Paint

Rotarian as team leader and four

non-Rotarian business professionals

The non-Rotarian applicants must be ages 25-40 and live in Eastern

Nebraska or Southwest Iowa.

application and essay as well as pass

an oral interview with a panel of 10

include Logan Otto of York, a

Other members of the GSE Team

See ROSE, Page 3A

District Rotary Officers.

The GSE Team is comprised of a

The team will be traveling to

the goals and removed two from the

Among items on the list were to continue a working relationship with the County; establish a policy to retain brick streets; re-evaluate the city-wide computer system, hire IT support, if justified and develop a web-site; evaluate the capacity to broaden recreation and leisure opportunities in the city; sponsor a Youth Development Council on a one-year trial basis; purchase new Christmas decorations for the central business district in conjunction with the Chamber and Main Street; reinforce culture in the police department that officers are here to serve and protect the public and investi gate the operation of the transfer station, including dumping activities

of the haulers and operation costs. In addition to short term goals, the council also approved goals for

2001-2002 and goals to be achieved by 2006. Resolution 2001-10 was passed,

approving the assessments on Sidewalk Improvement District 2000-01

Prior to its passage, a public hearing was held concerning the issue Arlline Ulrich, who had sidewalk installed during the project, ques-

tioned his bill of over \$1,600. He

said he had spoken with cement

The city has offered to re-figure Ulrich's costs to determine if a mistake has been made

suppliers and others and estimated

the cost of the sidewalk installed on

his property at approximately \$700.

He also said the cement poured was

only three inches deep and he was

"very disappointed" with the pro-

See COUNCIL, Page 3A



James Gubbels



Steven Fleer

Board approves land purchase for Community Activity Center

By Lynn Sievers Of the Herald

The Wayne Community Board of Education met Tuesday night. A decision was made on the land purchase agreement with the City of Wayne for the Community Activity Center (C.A.C). The school board approved to deed approximately 9.3 acres to the city so plans for building the facility there can move ahead. Present were C.A.C. members Bob Keating and Doug Carroll to answer questions and show plans to the board.

Some of the proposed features of the new center would include in the gym: two full courts and four cross courts, a three lane walking track around the courts, and bleachers that could seat around 500 people.

The C.A.C. committee members noted dirt work would begin this

spring so a building could be framed in before next winter and inside construction could continue throughout the 2001-02 winter season.

On proposed changes in the Duane Mathematics curriculum, Blomenkamp and Rocky Ruhl who both teach math at Wayne High, explained some ideas they have and would like to see for the 2001-02 school year.

The changes include increasing math requirements from two to three years of passed courses giving the opportunity for a higher percent age of students meeting state math standards; allowing the course "Transition Math" to have changes by Ruhl and Dave Clausen (who teaches special education at Wayne High) which would fit the students'

See BOARD, Page 3A

Police make arrests

Some residents in the 200 Block of East Third Street were rudely awakened last Thursday night.

Shortly after 1 a.m. officers tried to stop a pickup truck that was dri ving with no tail lights. The driver of the truck refused to stop and a short pursuit followed.

Officers arrested Nathaniel Lienemann, 24, of Randolph, for Driving While Intoxicated, Driving Under Suspension, Resisting Arrest Terroristic Threats and Assaulting a

The passenger, Jessie Ahlmann,

23. of Carroll, was arrested pursuant to a Madison County Nebraska warrant charging him with Intent to Deliver a Controlled Substance.

Both men were taken to the Wayne Police Department. While there, Lienemann allegedly damaged a heating unit in the booking room and Ahlmann attempted to escape custody by trying to break out of his handcuffs.

Both men were taken to the Pierce County Jail for incarceration.

Formal charges are pending

first Boy Scouts in the Winside Scout troop to receive Scouting's highest honor, the Eagle Scout, during two ceremonies in the coming months.

Two young men will become the

The current Scouting program, which had been in existence earlier but was abandoned, was started in in the fall of 1990. At that time, Kurt Schrant served as Scout Master for the troop. He was followed by the current Scout Master, Joni Jaeger.

Those receiving the Eagle Scout ill be en Fleer and James will be Gubbels an er is a junior at Winside High School and Gubbels a senior at Randolph High School.

Steven, son of Robin and Jane Fleer of Hoskins, will be receiving his Eagle Scout Award at a Court of Honor on Sunday, March 11, 2001

Fleer started scouts as a cub scout

Winside youth to receive

Scouting's highest honor

in Pack #179 in October of 1994. After earning the rank of Bobcat and Webelos, Steven went on to earn all 20 activity pins and the Arrow of

On Nov. 1, 1996 he joined Boy Scout Troop #179 of Winside. Steven earned top popcom sales in 1996, 1998 and 1999. On Sept. 15, 1999 he earned his God and Church award. Steven has helped with food drives and many other scouting activities including the firemen's barbecues and Veteran's programs. He has been on several camping trips including Butterfield, Camp Cedars, Mahoney Park and Lake Andes.

See WINSIDE, Page 3A

Aquafest in eighth year at Wayne State

Water is one of our most precious Applicants must also submit an resources and educating youth in the importance of a clean water supply is the goal of AquaFest, a water program designed for fifth graders in northeast Nebraska.

A total of 447 students from 15 area schools are registered for

Presenters will share a variety of water related information with the students. Students will explore basic chemistry and physics concepts by using soap and water to form bubbles and they will discover the

AquaFest being held March 5-6 this year at Wayne State College. amount of water pressure needed to launch specially designed two liter pop bottle rockets to understand the

laws of physics. They will also examine the effects of contamination in our environ-ment and what happens when it

The keynote speaker for both days will be Julie Negas from Star 102.3 KZSR Radio

The annual event is sponsored by University of Nebraska Cooperative Extension and the Lower Elkhorn,

See AQUAFEST, Page 3A



Crowd support

Wayne High fans showed up in force at sub-districts and districts. Wayne bowed out in the district finals. At right, Blake Erwin pulls down a rebound for Laurel-Concord in the Bears sub-district win over Winside. The Bears knocked out previously top-ranked and unbeaten Hartington Cedar Catholic in the district finals, Monday in Norfolk.



Obituaries

Irma Peterson

Ima Peterson, 83, of Sioux Falls, S.D. died Tuesday, Feb. 6, 2001 at Sioux

Services were held Monday, Feb. 12 at Our Redeemer Lutheran Church in Sloux Falls. The Rev. Dean Duncan and the Rev. Gene Ott officiated.

Irma Wilma Ida Peterson, daughter of Pastor Carl Emil and Wilma Nee (Martin) Fredricksen, was born April 3, 1917 in Chamberlain, S.D. The family lived in several locations before moving to Carroll where her father was the pastor at St. Paul's Lutheran Church. She graduated from Carroll High School in 1934. Following graduation she worked at Lutheran Hospital in Sioux City, lowa until 1943. On Feb. 14, 1943 she married Lt. Charles E. Peterson at Camp Clairborne, La. The coupled lived in several states and Japan while serving in the U.S. Air Force. She served as a Red Cross Grey Lady volunteer at Offutt A.F.B. Hospital, Tachikawa A.F.B. in Japan and Ellsworth A.F.B. in South Dakota. The couple moved to Sioux Falls in 1964. She was active in a number of church and civic organizations.

Survivors include one son, Charles E. Peterson II of Rapid City, S.D.; one daughter, Patricia Ann and Alan Vaughan of New York, N.Y.; one grandson; one sister, Vera and Carl Gerbino of Garfield Heights, Ohio; two sisters-inlaw, Audrey Peterson and Eleanor Peterson, both of Sioux Falls and one brother-in-law, Jerald Peterson of Ojai, Calif.

She was preceded in death by her husband, Colonel Charles Peterson on

Burial was in Woodlawn Cemetery in Sioux Falls

Gale 'Pete' Lundahl

Gale Douglas "Pete" Lundahl, 51, of Wakefield died Thursday, Feb. 22, 2001 at Mercy Medical Center in Sioux City, Iowa

Services were held Monday, Feb. 26 at Salem Lutheran Church in Wakefield. The Rev. Rick Danforth officiated.

Gale Douglas "Pete" Lundahl, son of LeRoy and Mildred (Tarnow) Lundahl, was born Aug. 9, 1949 in Wakefield. He went to school in Wakefield, graduating in 1967. He served in the U.S. Air Force from Oct. 3, 1968 to Oct. 2, 1972, retiring at the rank of Sergeant E4. He was employed by Big Red Farms Feedmill as a feedmill operator since 1972. He was known for his sense of humor and love of sports, especially baseball.

Survivors include five children, Tanya of Norfolk, Scott of South Sioux City, Eric of Pender and Kelsie and Pete of Wakefield; one brother, Bruce and Deborah Lundahl of Wakefield; a cousin, Terry Nicholson of Wakefield; numerous aunts, uncles and cousins

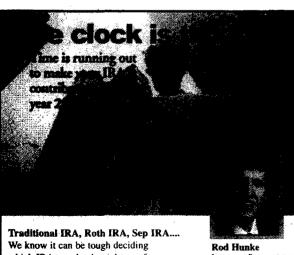
He was preceded in death by his father, LeRoy Lundahl and his mother, Mildred Lundahl.

Burial was in the Wakefield Cemetery in Wakefield. Bressler-Munderloh Funeral Home in Wakefield was in charge of arrangements.

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Wayne students participate in honor choirs in Omaha and Lincoln

High School and Wayne Middle School recently were chosen to participate in Honor Choirs across the

On Jan. 19 five Wayne Middle School choir students participated the UNO Heartland Middle School HOnor Choir.

They were selected from audition tapes submitted by approximately 400 students to be a part of the choir. The choir consisted of 100 students from throughout

Those attending included Emily Bruflat, Amy Hypse, Rachel Jensen, Sarah Jensen and Nic Judson.

Six Wayne High School Choir students were selected, by audition, to participate in the UNO Heartland Honor Choir on Feb. 2-3 in Omaha. The group rehearsed during the weekend and presented a final concert on Saturday.

The students were part of two choirs, consisting of over 100 students, who were selected from throughout Nebraska.

Those students participating were Jeff Ensz, Jason Gangwish, Kenneth Kopperud, Roy Ley, Heather Steinbach and Megan Weber. The clinic director was Dr. Z. Randall

In addition, two Wayne High Choir students, Jeff Ensz and Kenneth Kopperud, were selected participate in the Nebraska Wesleyan Honor Choir Feb. 8-10.

The two were selected from over 300 student auditions to participate in the 80-voice choir

The choir director was Andre

The Wayne Middle School and High, School students are under the direction of Kathryn Ley.



Wayne High School students selected to participate in Honor Choirs included, front row, left to right, Megan Weber, Roy Ley and Heather Steinbach. Back row, Kenneth Kopperud, lason Gangwish and leff Ensz.



Middle School students chosen for the UNO Honor Choir Include, left to right, Rachel Jensen, Sarah Jensen, Nic Judson, Emily Bruflat, Amy Hypse and Director Kathryn Ley.



Explaining the Relay

Micki Noah, left, American Cancer Society representative for the Wayne area, gives Kaye Morris of Wayne information on the upcoming Relay For Life event scheduled for June 8-9 on the Wayne State College campus in Wayne. Around 75 people attended the Relay kick-off Tuesday night at Riley's in Wayne. The kick-off is held each year to provide information on cancer, the Relay, and to sign-up teams and corporate sponsors. The Relay is a fundraiser for cancer research. Anyone interested in being on a team or being a sponsor can call Coleen Jeffries at 402-375-3729 or 402-375-4476. Anyone with questions can call Vicky Skokan, Relay Chair, at 402-375-3406.

Providence Medical Center is once again sponsoring "Building Stronger Bones," an osteoporosis group program.

Class size will be limited.

Call and Register Today!

"Building Stronger Bones" consists of eight sessions, which will be held on Tuesday and Thursday evenings, from 4:30 - 5:30 p.m., beginning March 6, 2001.

Classes will be held at Providence Medical Center.

Designed for individuals diagnosed with, or at risk for developing osteoporosis, this program is offered as a low cost, high quality alternative.

Telephone: (402) 375-7937 Providence Medical Center Therapy Department Gail McCorkindale PT, Coordinator

The Library Card

reading material and other items are available at the Wayne Public Library

"The art of being wise is the art of knowing what to overlook. William James

Byne Public Library will be hosting a story time in honor of Dr. Seuss' Birthday on Friday, March 2 at 10 a.m. The Cat in the Hat will be making a special appearance! Pre-school aged children are invited to attend the morning story time (groups of more than three children must pre-register). Space is limited and registration will be based on a first come, first serve basis. The Cat in the Hat will return at 3:45 p.m. for an open-house style Reading Birthday Party for children of all ages. The celebration will include a Best Hat Contest and face painting. Join us for fun and mayhem, Dr. Seuss-style.

Mark your calendars! On Sunday afternoon, April 1, noted Nebraska author Bess Streeter Aldrich will be paying a visit to Wayne Public Library. Aldrich, portrayed via "living history" by historian Carol Miles Petersen, will share with us her life story and some of her writings.

Do you love to read paperbacks but hate to pay retail? All paperback lovers are invited to donate their gently used recent paperbacks to the Wayne Public Library's new Paperback Exchange program that kicked off in late February. How does the program work? You bing in one or more paperbacks and give them to a staff member at the circulation desk, then select a similar number of paperbacks from the PE rack; keep them or exchange them for more paperbacks in the future. Since these books are not checked out there are no due dates to worry about. For now, you may also take one paperback from the rack without bringing one in. This will stop after the program becomes more established. Feel free to donate, donate, donate!

ALERT. WPL now has Digital Subscriber Line. DSL, as it is commonly know, is high speed Internet access that cuts down on the waiting time that usually bogs Internet travel. You will be amazed at how fast you'll be clicking to and from your desired destinations. And for those of you ho have expressed interest in attending our beginning computer and Internet classes, now is the time to give us a call and sign-up for upcoming classes. WPL offers classes every other month and is currently plan-

Regular WPL Year Round Hours: Noon to 8:30 p.m. on Monday, Tuesday and Thursday; 9 a.m. to 8:30 p.m. on Wednesday; noon to 6 p.m. on Friday and 10 a.m. to 4 p.m. on Saturday. From Labor Day to Memorial Day, the Library will offer Sunday hours from 2 to 5 p.m. No Sunday hours in the summer. Our phone number is (402) 375-3135; fax number is (402) 375-5772 (sending or receiving fax charge is \$1

EXPERT ANSWERS TO TAXING QUESTIONS

How long am I required to keep old tax records?

Receipts, cancelled checks, interest statements and any other record that the period of limitations for what return expires. This is usually three years from the date the return was due or filed, or two years from the time the tax was paid. whichever is later. However, there a not period of limitations when no return is filed or fraud is involved. If you are an employer, you must retain employment tax records for at lease four years.

Let us help you with your tax concerns.

Call us today at 402-375-3283

Harder & Ankeny, P.C.

Certified Public Accountants 223 N. Main Street, Wayne farmer/land manager; David Long of Hastings, a chief financial officer for an Aurora hospital; Tammy Alvis of Lincoln, a television/video producer for First Plymouth Church; and Teresa Baird of Red Oak, Iowa, an advertising composer at The Red

While in Queensland, the group will be studying Australia's institutions, economy, and culture while observing how their own professions are practiced abroad. The team's primary goal is to advance international understanding and goodwill. They will also present a series of slide presentations about the lifestyle, people, culture and industry in Iowa and Nebraska to some of Queenland's 45 Rotary Clubs and their 1,375 mem-

Following a short mid-tour break in the rainforest area, the GSE Team will also be attending the Queensland, Australia's District 9630 Rotary Conference to speak before the conference audience.

Upon returning stateside, the team will also be presenting a program on their tour to the Nebraskalowa District 5650 Rotary Conference to be held in late April

Later throughout the year, the group members will be available to speak to individual 5650 Rotary groups at their weekly meetings and show pictures and recount stories of their experience.

To follow the GSE Team's journey and see periodic updates and information, please visit their website at "http://communities.msn.com/Hea rtlandRotaryToAustralia2001'

Aquafest

continued from page 1A

Lewis & Clark and Papio-Missouri River Natural Resources Districts, along with the Natural Resources and Conservation Services in Bloomfield and Wayne and Winside High School, in cooperation with Wayne State College.

Participating schools include: Wausa, Wakefield, St. Rose of Lima in Crofton, Coleridge Community, Winnebago Public, Zion Lutheran Bancroft, Holy Trinity (Hartington), Homer, Allen, Emerson-Hubbard, Hartington Public, Randolph, Walthill, Laurel-Concord and Wayne Middle School.

In its eighth year, the fifth grade water program has reached nearly 3,950 northeast Nebraska students:

Career Fair set

A Career Fair for students in grades seven through 10 will be held at Wayne High School on Tuesday, March 6.

The event runs from 7 to 9 p.m. and is open to parents as well as students.

A number of area professionals will be present to speak on careers including General Mangers of the Stoux City Explorers George Stavernos and Jim Steel, TV News Anchor Al Joens, Computer Programmer John Dunning, Restaurant Manger John Sinniger, Animal Scientist Terry Mader, Designer Christensen, Veterinarian Jodi Pulfer, Lawyer Chris Connolly and Pilot Mike Wetmore. Nearly 30 local and area professionals will be available to discuss their careers.

Those in attendance will be able to choose which speakers they wish to listen to in each of the three sessions that evening.

Among the goals of the Career Fair is to help students become aware of high school and college courses needed in their chosen

The event is being sponsored by the Wayne Chamber of Commerce Education Committee and the Wayne Vocational Advisory Committee.

TWIN -3 THEATRE STARTS FRIDAY "SAVE THE LAST

DANCE" -PG-13-Showing Nightly at 7:00 Fri. & Sat. at 7:00 & 9:00

Sat. & Sun Mat. at 2:00 AND "RECESS:

SCHOOLS OUT" +G

Showing Nightly at 7:00 Fri. & Sat. at 7:00 & 9:00 Sat. & Sun Mat. at 2:00 Passes Accepted for both movies, Tues. is bargain night for both

Council

continued from page 1A

A presentation was made by Rich Robinson of Kirkham Michael in regard to a water/ wastewater study that has been recently completed. Robinson presented information on the current status of both the city's water quality and storage capabilities and an evaluation of the current wastewater system. He also spoke an future requirements in both areas and possible sources of funding for the necessary improvements.

Robinson told those in attendance that the existing systems are "in good shape" but improvements would need to be made to handle projected changes in usage in the

Ordinance 2001-1 received first

reading approval. It will change the zoning of a tract of land in the northeast portion of the city from A-2 (Agricultural) to R-1 (Residential).

George Ellyson, Chief Inspector/ Planner, told the council that the change was necessary for zoning compliance.

In other action, the council was introduced to the city's newest police officer, Brian Swanson. Swanson, who is from Thurston, recently completed training and has begun his duties with the depart-

The budget for the Senior center for the Northeast Nebraska Area Agency on Aging was also approved during Tuesday's meet-

Board

continued from page 1A

needs better; and replace course materials presently used for CORD Applied Math I and CORD Applied Math II with a two year Algebra course. (CORD no longer produces the texts and materials needed).

Next, giving an update on elementary staffing at Wayne and at Carroll, David Lutt, elementary principal, spoke of the dwindling numbers in Carroll from 26 students to a projected 22 for next year. Because of the falling numbers, the Carroll facility may only be open one more year. Also, because of the resignations of teachers JoAnn Benshoof and Roger Reikofski, he proposed moving some teachers around and possibly hiring another teacher. The

board approved a teaching contract for half time teaching and half time administrative intern position for John McClarnen

On high school staffing, Dr. Don Zeiss noted a business teacher is needed to fill retiring teacher Byron Heier's position. He said that finding someone with a business and economics education background would be desirable.

Discussion of the Wayne State College Athletic facilities was moved from the agenda to executive ses-

Future agenda items include a report on all day Kindergarten, and approval of teacher contracts.

The next Wayne Community Schools Board of Education meeting will be held on Monday, March 12 at 7 p.m. at the Wayne High School

Winside

continued from page 1A

Steven's Eagle Scout service project was a park improvement project at Woodland Park. He learned that the Woodland Park Pride had several items that needed to be installed at the park in Woodland Park. He wrote up a proposal for installing the items and also for adding a horseshoe pitching area. He went before the SID #1 board and received permission to carry out his project.

Businesses in Woodland Park, Norfolk, Hoskins and Osmond donated materials for completing his project. Steven lined up volunteers from Woodland Park, the Helping Hands 4-H Club, Troop #179 of Winside, friends and family to work on the project.

The items installed were picnic tables, barbecue grills, a slide and spring toys. Steven said the most challenging part of the project was the horseshoe pitching area. He did a lot of research to make sure the dimensions were correct. He said he hopes that the results of his service project will provide many hours of enjoyment to everyone who uses the park.

Steven would also like to extend an invitation to all to attend his

Eagle Court of Honor. James is the son of Randy and Jenny Gubbels of Randolph. He started his scouting career as a Tiger

What do a

Tree Kangaroo and a

White

have in common?

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at Omaha's Henry Doorly Zoo

Omaha's Henry Doorly Zoo

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Cub in September of 1989 as a

Bobcat, Wolf, Bear, Webelo and earned the highest honor in Cub Scouting, the Arrow of Light, in October of 1995. He began Boy Scouts the same day.

As a Boy Scout, James helped Winside's Volunteer with community clean-ups.

During his 12 years as a scout he attended several camps and campouts - Lake Maskenthine, Camp Butterfield, Camp Cedars, Plainview Winter Camporee, Yankton and numerous other troop campouts.

For his Eagle Scout Project, he and at Winside's Old Settler.

Love Signs of Norfolk helped with suggestions for the final design and helped with the materials. The project was completed in September of 2000 with the help of several volun-

member of Pack #179. He advanced through the ranks,

with several activities, including Department's Barbecue, Veteran's Day Program, placing flags on veteran's graves on Memorial Day, participated in the troop's food drive, several color guards and also helped

built a sign for Winside's City Park. He raised the money for it by running games at McLean's Centennial

lames will hold his Eagle Ceremony on Saturday, May 19, 2001 in the Winside City Park at 1



The Wayne Herald, Thursday, March 1, 2001

cer. For her goal this year, Skokan said if she raises \$42,000 for American Cancer Society research, she will have her head shaved except for the crown of her head which will be a mohawk dyed purple. Sara Bailey of Balley's Hair & Nails in Wayne will be Skokan's hairdresser. The Relay For Life event is scheduled for June 8-9 on the Wayne State College campus. Anyone with questions can call Skokan at 402-375-3406.

Digital Cable in Wayne introduced

Beginning in March 2001, HunTel CableVision will introduce Digital Cable service to the community of Wayne where HunTel CableVision currently provides cable television, and high speed internet access through cable modem service.

Digital Cable, referred to as Basic Plus, is an optional package that provides customers with nearly 50 additional channels, including payper-view movie channels, digital music channels, sports channels, and a variety of other top-of-theline entertainment stations.

Additionally, digital cable will provide HunTel CableVision customers with multiple premium plexes, which means customers receive multiple premium services at one low rate. Customers will also receive an interactive TV Guide that allows people to view programming information as they tune to each channel. TV Guide interactive also provides parental lock controls, local weather information and much

HOMES

FOR SALE

"We're happy to offer digital service to the residents of Wayne Through digital cable, we are able to provide our customers the latest technology with no upfront equipment costs to them. We believe they will be pleased with the variety of channel selections and additional features this high tech service provides " said foe letensky. General Manager of HunTel CableVision. "We're responding to the needs of our customers by giving them an

options to choose from in terms of program selections and cost.

A Digital Consumer Terminal (DCT) is required for Digital Cable service and will be rental free to customers. Subscribers will be charged a rental fee per month for each additional DCT ordered. An interactive TV guidebook and programmable remote control unit will also be provided to the customer. Additional remotes will be available

For more information, call 375-

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D.G. Blomenberg, M.D. FAAP D.S. Hynes, M.D. FAAP

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Laticia Sumner, Counselor 402-375-2468

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State of the Union

At 8-p.m. Central Time Tuesday evening, I turned on the television to watch President Bush deliver his State of the Union Message

to the nation. I watched as he laid out his plan for budget and his plan for the largest tax cut in American history over the next 10 years, 1.6 trillion dollars.

I listened as he extended a hand across the isle to the Democratic Party to be a partner in this plan. I believe most will be supportive. But as in every plan some compromise will be needed. I believe that our President can and will accomplish this and bring in a new sense of cooperation to this administration that few have seen before.

Below are some of the key points he addressed in his speech.

Improve education. Strengthens and reforms education -- provides the Education Department the largest percentage spending increase of any Department in recent years (11.5 percent or \$4.6 billion) and triples funding for a child's reading programs.

Strengthen defense. Strengthens our military by improving the quality of Life of our troops and their families and beginning the transition to a 21st Century force.

Protect Social Security. Preserves and protects Social Security by locking away every penny of the \$2.6 trillion Social Security surplus for Social Security.

Funded Medicare responsible. Spends every dime of Medicare receipts over the next 10 years for Medicare and Medicare only. The President's budget provides a \$21 billion increase in Medicare spending over the next year. The budget also provides \$153 billion over 10 years in new spending to modernize Medicare with an integrated prescription drug benefit.

Improve healthcare. Doubles funding by 2003 for NIH medical research on important health issues like cancer - the largest funding increase in NIH's history. Creates more than 1,200 new community health centers to make health care more accessible.

Protect the environment. Provides the largest increase for conservation funds in history and fully funds the Land and Water Conservation Fund - a \$900 million commitment. The President gives EPA the second highest operating budget ever -- \$3.7 billion \$56 million higher than the FY 2001 request by President Clinton.

Pays off the maximum amount of debt possible by providing the fastest, largest debt reduction in history. Reduces the government debt to its lowest share of the economy since World War I.

Reasonable and fair tax relief. Uses about one-fourth of the budget surplus to provide the typical family of four paying income taxes \$1,600 in tax relief. The largest percentage reduction goes to those at the lower end. It cuts all tax rates, doubles the child tax credit, reduces the marriage penalty, abolishes the death tax, and expands charitable giving.

None of this will happen if Congress and the President don't have the ability to compromise on key issues. In general, the President's plan and the Democratic plan are very much alike. It's the dollar figures that have the whole process in an uproar

One thing is for certain, their will be sweeping changes for the next four years and both sides have a chance to show the American people they work for us not for themselves. I intend make sure they

To take a phrase from the president's speech, "some think it is too much, some think that it's little, I think it sounds a little bit too

Letters Welcome

Letters from readers are welcome. They should be timely, brief (no longer than one type-written page, double spaced) and must contain no libelous statements. 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; the address and the telephone number will be necessary to confirm the author's signature.

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Capitol news

American people need to save

By Ed Howard Statehouse Correspondent The Nebraska Press Association

Did you see the recent news story the financial assets of American families?

The gist of the story is simple: A study by the Consumer Federation of America says its version of the typical American household has assets of less than \$10,000. That includes retirement savings. Lots and lots of folk are living from paycheck to paycheck.

From Alan Greenspan to the CFA to local bartenders, it seems that everyone is telling Americans to save money

It is not hard to understand why many Americans might be inclined to respond to that advice in a manner reflective of disdain, sarcasm and particularly nasty profanity. It is easy to understand a great many people responding with: what?" and "Why?"

Americans who are up against it financially are not necessarily dumb

Example: Look at the interest rates with which the greed mongers slap consumers. Now, look at the interest consumers are offered, even for a long-term certificate of

How hard is it to figure out Americans who literally can't save much, anyway, don't see the sensé in denying themselves some things now. They figure that, unless they come into some sort of financial luck, through employment or inheritance or the lottery or whatever, they and a lot of other people like them can look forward to bad times when they get old.

There is also the fact that people who encourage those in the mid- to lower economic classes to save, save, save apparently don't have as effective grasp on the reality of live-

ing in that sort of cash-flow situa-

There is Mr. Greenspan, ever ready to say that Americans need to

There is Omaha, and other cities, where people are borrowing money from everyone and praying to their deity of choice, in hopes of not getting the gas turned off.

Nebraska is still seen by much of the nation as a bastion of the storied Midwestern Work Ethic. That's fine. Nebraskans, talking one with another, might see the world a bit differently than folks on the coasts, for

The recurring observation of

from the lower end to the middle of the economic system get ripped by everything and everyone from banks to taxes to interest rates to whatever help they are eligible for, in various circumstances, from various levels of government. Rightly or wrongly, a good many Americans figure they are going to get the short end of the economic stick

from cradle to grave.

Before a great many of them get to the grave, however, they will want their Social Security benefits. And before they take what they regard as a beating on those benefits, it is altogether possible that

they might - this is just speculation - register to votel And they might to so solely for the purpose of making sure the government finds a way to come up with what they figure they have coming.

Think of that great, great big population of Baby Boomers and others out there as one person. A really big one. With a temper. Imagine that person saying: "I don't have to save all that much money. You owe me. And you're gonna' pay what you owe.'

And, if history teaches us anything, it is that, if you have enough power you don't have to be fair. You don't even have to be right.



Legislature continues to debate tax issues

state income taxes decreased by 14.5 percent? What about a home exemption on the first \$30,000 of value of your residence? Does this sound too good to be This is what is proposed in LB 841, introduced by Senator Kermit



Brashear. To pay for the plan, the Omaha Senator has proposed to broaden the sales tax base by repealing various sales tax exemptions and imposing a sales tax on certain services.

Services and products that would be taxed include construction. camps and recreational vehicle parks, legal services, secretarial and court reporting, collection and credit reporting services, employment agencies, automotive and other repair services, telephone directory advertising, magazines and journals, newspaper advertising supplements, agricultural machinery and equipment, fuel used for farming, manufacturing or electricity generation, motor vehicle fuels (except for diesel) and state lottery tickets.

LB 841 would also repeal the sales tax exemption on food. However, low-income families would be eligible for an income tax credit of up to \$60 per person.

Lobbyists, representing organizations that would be taxed, were out in full force testifying in opposition to the measure. The Nebraska Power Association lobbyist stated

that it would be double taxation to tax fuel used to generate electricity, since consumers already pay sales tax on the electricity they use. The Dean of the Creighton University Law School said that a sales tax or legal services would make lawyers more unaffordable. A representative from the Girl Scouts said that the sales tax would hurt cookie sales. The Revenue Committee has not taken any action on this bill at this

I've mentioned in earlier reports that a shell bill (LB 803) was introduced to impose a state pork checkoff, due to the recently defeated national checkoff. The intent was that a task force would be formed to reach a consensus on the issue and offer an amendment at the public hearing. The public hearing was held on February 20 and based on the number of testifiers in opposition to the amendment, it was obvious that a consensus had not been reached among producers and farm organizations

The amendment to LB 803 that was proposed by the task force would impose a \$.25 per hundred dollars of value checkoff rate on all hogs sold in Nebraska. The maximum rate that could be imposed would be \$.45 per hundred dollars of value. No increase in rate could take place for the first two years and a public hearing would have to be held prior to any rate increase. Refunds would be available upon request, but would be capped at an amount equal to 15% of the annual gross revenue

The governing system would be made up of three districts, with three members from each district, of which two would be elected by pork producers and one appointed by the Governor. No more than of the annual gross revenue could be used to influence legisla-

The Agriculture Committee, of which I am a member, has begun discussing additional amendments to LB 803. Committee members are wrestling with issues, such as whether there should be an "upfront" referendum and if so, should the checkoff be mandatory but the rate of the checkoff lowered.

Governor Johanns recently See LEGISLATURE, page 5A



Main Street Focus

By Leo mann

Our Executive Board and Board members are now in place for next

Our Executive Board has Reggie Yates (Edward Jones Investments) as our chairperson; Irene Fletcher (Legends) as our vice-chairperson; Anne Nolte (First Realty) and Lois Shelton (Lois' Silver Needle) as our co-secretaries and Jeff Morlok (Otte Construction) as our treasurer. Other board members are Kevin Hoffart (Bank of Norfolk), Randy Pedersen (The Diamond Center), Nana Peterson (Antiques on Main) and Amy Schweers (Stoltenberg

As promised in my last column, I want to give you a summary of our



active and **Promotions Committee**

Last year, under the leadership of chairperson Ton Kochenash, the Committee was very busy.

It began with an Easter promotion. In June it was the Customer Appreciation Night. Following that came our participation Henoween. (This year Main. Street Wayne will be the lead community charge organization in

Next came two new promotions to welcome and introduce new Wayne State College students to the city. Both promotions, a coupon book and a camera scavenger hunt. were successful in getting students acquainted with the goods and services available to them in Wayne, both downtown and those not

located downtown

As we marched on (pun intended), the Wayne State College Band Day was next and also the same day as our Wake Up with Wayne promotion with food and craft vendors lining the sidewalks.

A promotion for Halloween was followed by the beginning (in November) of our extensive list of promotions for the Christmas holiday season. They included, among others, the Festival of Wreaths, Parade of Lights, the living windows, Santa's workshop, Scrooge

Looking back, there were just three months Main Street Wayne didn't have a promotion.

The Main Street Wayne promotions are initiated to help market downtown and all of Wayne to shoppers, investors, new businesses, ts and others. The Main Stree Wayne Promotions Committee's work is on-going, to build positive perceptions of downtown and the vitality of all of Wayne.

The future for the Main Street Wayne Promotions Committee and new chairperson Julie Hansen (KTCH radio)??? More hard work, adding a couple of new promotions, maintaining and improving the promotions we've done and again, help to market Wayne

If you've read the last couple of columns, this one, and catch the next two, you should have a solid foundation and understanding of Main Street Wayne, what it is, what it has done and what the future will

As always, thanks for your time and your support of Main Street Wayne. Remember, you're invited to our weekly, open to the public meetings, every Tuesday, morning from 7 to 8 a.m., here in our office at 208 Main Street. Since the Main Street Wayne Program is your Program, we'd love to have your input.

Until next time

Season helps contol waterfowl populations

Overpopulation of waterfowl is not an age old problem, as a matter of fact, it wasn't too many years ago that there was a lot of concern about dwindling waterlow num-

Fortunately for us, hunters, sportsmen's groups and the federal government got together and helped to increase the population.

Legislature

Continued from page 4A

announced an increase in the income eligibility standard under the Nebraska Low Income Home Energy Assistance Program, qualifying approximately 7,200 additional families and individuals for assistance in paying their heating costs.

The Governor has ordered the Nebraska Department of Health and Human Services to increase the income standard for eligibility from the current 116% to 130% of federal poverty. The applications from families that did not meet income guidelines will now be reviewed to see if they qualify under the new standard. Others should contact their local Health and Human Services office to see if they qualify.

I encourage you to contact my office regarding your opinion on expanding the sales tax base, the pork checkoff proposal or any other legislation that has been introduced. My telephone number is (402) 471-2801, my e-mail address

dcunningham@unicam.state.ne.us and my mailing address is Senator Doug Cunningham, District #18, P.O. Box 94604, State Capitol, Lincoln, NE 68509.

The only problem being is that we done too good of a

As I mentioned in recent articles, the Snow goose populations have



sky rocketed and these geese have created problems that will affect all waterfowi

A similar problem exists with resident Canada geese in Minnesota, South Dakota, and Nebraska.

Most of the problem occurred after small family groups of geese were stocked into areas that were adjacent to large cities.

Since the new geese were put into areas to develop new flocks, the hunting seasons in these areas were closed and the geese prospered.

Geese, just like most of God's creatures, are opportunists. They like short grass, water and as little hunting pressure as possible. So moved into cities like Rochester, Minn., Pierre, S.D., Sioux Falls, S.D., Ornaha and Lincoln.

They set up housekeeping on lakes, golf courses, airports, and on owners lawns. Creating probtems for landowners, swimmers, joggers and air traffic controllers.

Because they return to the area that they were born and learned to fly, the geese kept returning year after year and with no hunting pressure to speak of, they became a real problem

The warmer winters added to the problem, the geese didn't need to go as far south to escape winter's

Many flocks ended up wintering on small lakes in communities and if conditions were right for nesting, they chose to take up residence.

Adding to the problem were the local residents who, thinking they were doing a good deed, fed the geese in the parks and along the lakes. The feeding attracted larger groups of geese and these areas became packed with geese and goose dropping.

There have been numerous things tried to move these geese from these areas.

Explosive charges and cannons were used to scare the geese away, but they got used to it. Relocation and transportation to a different area was tried, but they returned.

There have even been some federal people that have been trying to get the geese to eat a feed that they hoped would cause the geese to become infertile. The geese didn't buy this either, they preferred to eat

The only efficient way to control over any wildlife populations is by regulated hunting.

Northern Minnesota (1997), and eastern South Dakota (1996) implemented a Special Early Fall Canada goose hunting seasons to help to control the over population During last year's South Dakota's

Early Canada goose season, 7,500 hunters harvested 24,928 Canada geese in September.

Minnesota hunters harvested similar numbers, helping to reduce their huge resident Canada goose population.

Hunters are continuing to work to help reduce the Snow goose population in the Central Flyway. The Nebraska Snow goose Conservation action opened Feb. 3 and continues through April 15 with no bag limit or possession limits.

South Dakota's Spring Light Goose Conservation Order opened Feb. 1 and runs through May 15 with a daily limit of 20 and no possession limit

Snow geese generally arrive in into the eastern 1/3 of Nebraska and South Dakota by early March.

Reports from the National Wildlife Refuges indicate that a few of the light geese have arrived in southern Kansas near Columbus, Reports also show that good numbers are just starting to come into south-eastern Missouri.

Because of the harsh winter we've had, this year spring migration will be later. Unless we have a drastic turn around in our weather, causing a lot of the snow and ice to disap pear, you won't need to look for the light geese to migrate into our area for at least three to four weeks.

Now that we can harvest all of these Snow geese, we need to make sure that we don't waste the meat. in some area, Hunters Helping the Hungry programs have food pantries and shelters that will accept your birds.

With all of the geese that I shoot, I'm running out of people to give them to and ideas on how to pre-

The Nebraska Game & Parks has put together a Snow Goose cookbook out that is packed full of recipes on how to prepare the light

These recipes were compiled from hunters up and down the Central Flyway. Recipes include everything from Cajun cooking to

it's a great cookbook and available from the Nebraska Game & Parks for \$6 which includes shipping and handling.

To order the cookbook, contact them at 402-471-5475 or on the

www.ngpc.state.ne.us/bland/and ask about the Snow Goose Cookbook



Valentine surprise

Valentine's Day was an especially lovely one for Sherrie Hampi of Wakefield. She entered the KTCH "Heart's Desire" Promotion and won a .90 carat diamond pendant from the Diamond Center valued at \$4,250. KTCH listeners were encouraged to visit the Diamond Center and sign up for anything their heart desired in the store. Registrations from the conservative (\$162 Mother & Child necklace) to the ultimate (\$5,232 diamond ring). Randy Pedersen, the "Diamond King" and the staff at KTCH Radio in Wayne extended their congratulations to Sherrie. Shown are, left to right, Randy Pedersen of the Diamond Center, Sherrie Hampi and Martina Swanson of KTCH.

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NATIONAL SUMMARY NATIONAL SUMMATY.

Cold weather will spill into the Northeast during the period Meanwhile the Southwest will have warmer and direr weather for the period. Precipitation will be above normal across the Southeast into the Carolinas and northern Florida Normal conditions will persist over most of the Northwest.



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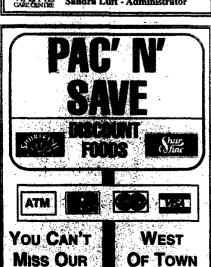
The Golden Years

They say it's never too late to fall in love. And in the case of Gloria Steinem, it's never too late to get married. As one of the founders of the Women's Liberation Movement in the U.S., Ms. Steinern just tied the knot for the first time at the age of 66. She was married in Oklahoma, in a Cherokee Indian ceremony, to her longtime beau, David Bale.



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Herbs for Health

Older Antidepressants Often as Effective as Newer, Costller Ones

According to new guidelines from the American College of Physicians: American Society of Internal Medicine, both newer and traditional antidepressant medicines are equally effective for many persons with depression. Older medicines typically are in the class termed interceller. Tofranil, Elavil, The newer agents include selective serotonin reuptake inhibitors or SSRI (e.g., Paxil, Zolofi, Paxil).

The major difference cited between tricyclics and SSRIs are side effects. SSRIs are more likely to cause diarrhea, nausea, headache, and sleeping difficulties. Tricyclics are more likely to cause blurred vision, constipation, dizziness, dry mouth, and tremors. Interestingly, according to the new guidelines it is noted that St. John's wort may be effective against mild depression, at lease on a short-term basis.



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Wayne State women & men claim first round NSIC wins

The Wayne State men's and women's basketball teams claimed first round wins of the Northern Sun Conference Tournament, Tuesday

After being swept in the regular by Minnesota State Moorhead, Ryun Williams squad returned the favor on the Dragons home court with a 62-53 win.

WSC moves on to the semifinals to be held on Friday in St. Paul, Minnesota where the 'Cats play top Southwest State at 6 p.m. (another team that swept WSC during the regular season).

The 'Cats and Dragons battled closely throughout the first half with the game knotted at 29 at the inter-

WSC however, came out and grabbed an early lead in the second half and played aggressive defense throughout to earn the victory

Neither team shot the ball well with the host team connecting on just 32 percent of their shots from the floor while the 'Cats were 36 percent.

Maranda Radke paced the winners with 18 points with Christi Williams pouring in 16 and Karen Hochstein, 13.

Hochstein posted her ninth double-double of the season with 10 rebounds as well

WSC was dominated on the boards to the tune of 54-34 despite notching a nine point win.

'Cats however, forced 17 turnovers while suffering just seven. other first round NSIC nament action, top seed Southwest State topped Minnesota-Morris, 93-47 and second seed

State, 91-67. Minnesota-Duluth downed Winona State, 89-72.

THE WAYNE STATE men defeated Bemidji State, 73-67 and in doing so went over the .500 mark for the first time this season at 15-

WSC advances to the semifinals where they will play second seed Winona State on Friday at 3:30 p.m. on the campus of Concordia-St.

Winners of seven of the las eight games, WSC seemingly played well

enough to get by, playing in its third game in five days

'Cats led 31-27 at the half and held a six point advantage early in the second half before the visitors went on a 9-0 run to lead 38-35.

In fact, with 7:21 left in regulation the game was still tied at 48 before went on a 9-2 run and never looked back

The final score is a bit deceptive since Bemidji State's Mac Smith sank a 65-foot plus shot at the buzzer to end the game.

The 'Cats had great scoring balance led by a trio of seniors who played their final games in Rice Auditorium.

Brad Joens, Brad Manley and Jason Herlitzke scored 16 points each while Kevin Lingenfelter added 11 and a fourth senior, Nathan Mulder tallied 10.

WSC won the boards battle as well, 34-27 led by Joens with seven caroms. Manley dished out seven assists and Lingenfelter notched three steals

In other NSIC action the top four seeds all advanced as Southwest State downed Minnesota-Morris, 92-60 and Winona State defeated Minnesota State Moorhead, 88-61

Minnesota-Duluth

Northern State, 87-78 WSC women, 62-MSU, 53

WSC: Maranda Radke, 18; Christi Williams, 16; Karen Hochstein, 13; Krista Bernadt, 9; Sara Miller, 6. FG's: 23-63-36%; FT's: 11-14-78%.

WSC men. 73-Bernidii St., 67 WSC: Brad Joens, 16; Jason Herlitzke, 16; Brad Manley, 16; Kevin Lingenfelter, 11; Nathan Mulder, 10; Tim Gesell, 2; Todd Klostermann, 2. FG's: 21-48-44%; FT's: 26-31-84%.



during his final game in Rice Auditorium.

WSC women defeat Bemidji in regular season finale, 72-61

The Wayne State women's basket ball team closed out regular season action in Minnesota last weekend with a split.

WSC fell to Minnesota-Duluth 56-52 but rebounded to down Bemidji State on Saturday, 72-61

The Wildcats ended the regular season at 17-8 overall and 12-6 in NSIC play.

The conference mark pitted a fourth place tie with Minnesota State Moorhead and since the Dragons swept WSC, they got the nod for the fourth spot in the NSIC

WSC fell behind Duluth, 35-27 at the half and early in the second half, the 'Cats fell behind by 16 points at 45-29 but Ryun Williams team did-

In fact, WSC used an 18-2 scoring run to tie the game at 47 with 6 08 left in regulation

Duluth used a 7-0 run to regain the lead and the 'Cats could not

Sara Miller led WSC with 18 points with Krista Bernadt and

Karen Hochstein netting 10 each WSC was out-rebounded by a 37 34 margin with Karen Hochstein leading the way with a game-high nine caroms.

Hochstein also dished out a team-

WSC BOUNCED back Saturday with a 72-61 win at

The 'Cats jumped out to a 38-26 lead at the half and kept the Beavers at bay, winning by double digits.

Karen Hochstein poured in 18 points to lead the winners with Maranda Radke netting 16 and Tracy Williamson, 13. Sara Miller Krista Bernadt were close to double figures with nine points

WSC won the boards battle, 34-29 with Hochstein netting seven rebounds. Sara Miller dished out seven assists

WSC, 52-Minn.-Duluth, 56 WSC: Sara Miller, 18; Krista Bernadt, 10; Karen Hochstein, 10; Radke, Williamson, 6; Christi Williams, 2 FG's: 17-50-34%; FT's: 10-11-91%

WSC. 72-Bemidii State, 61 WSC: Karen Hochstein, 18; Radke, Maranda

Williamson, 13; Sara Miller, 9; Krista Bernadt, 9; Beth Nelson, 3; Nicole Gesell, 2; Christi Williams, 2. FG's: 26-53-49%; FT's: 15-19-79%. TEAM RECORD: 17-8; **RECORD: 12-6.**



Brad Manley floats in for a lay-up for two of his 16 points Jason Herlitzke puts up the short jumper with one hand during Wayne State's win over Bemidji State, Tuesday.



Nathan Mulder looks to penetrate past his Beavers oppo

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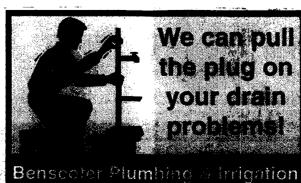
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Brad Joens knocks down the jumper for two of his 16

a Strawberry

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Wayne boys fall to Lakeview to end year

The Wayne Blue Devil boys basketball season came to a close, Monday night in Norfolk in the district finals.

Rocky Ruhl's troops dropped a heart-breaking 56-53 decision to former number ranked Columbus Lakeview at Northeast Community College.

Wayne trailed 33-30 at the half but the Blue Devils struggled with shooting wees in the third quarter as the Vikings opened up a 10 point lead at 48-38 heading to the final stanza.

Wayne railied in a big way in the fourth quarter as Lakeview played the entire period with out scoring a field goal.

The Blue Devils cut the lead to one at 54-43 with a minute remaining but could not regain the lead.

Lakeview hit eight free throws in the fourth quarter including a pair from junior guard Calvin Kapels with just under a minute remaining. Wayne could not convert on

Wayne could not convert on offense and had to foul with less than 10 seconds left in regulation.

This time Kapels missed both free throw attempts and Wayne had one last shot at sending the game in to overtime but Craig Olson's attempt went awry.

Wayne not only battled one of Class C-1's premiere teams but they fought foul trouble the entire game as starters Brad Hochstein and Jon Meyer fouled out with nearly half the fourth quarter remaining.

Plus, Shane Baack, Trevor Wright and Craig Olson had four fouls each.

"We played hard and never gave up," Ruhl said. "I'm proud of the way our kids fought to the end. It's the little things that always add up and that's what did us in."

Kapels went to the charity stripe 20 times for Lakeview which is an unofficial district record. He made 12 The junior also led all scorers with 26 points.

Wayne had very balanced scoring as Jon Meyer and Eric McLagan scored 12 each while Craig Olson and Brad Hochstein tossed in 10 each

Trevor Wright finished with five with Brad Hansen and Ethan Mann netting two apiece.

Both teams finished with 19 rebounds with Hochstein leading the Blue Devils with five caroms while McLagan had three blocked shots. Jon Meyer dished out six assists and Hochstein had four assists.

The game however, was won at the free throw line where Lakeview connected on 21-of-33 attempts while Wayne was 13-18.

The Blue Devils finished the sea-

WAYNE REACHED the district final by downing Logan View in the Sub-district finals last Thursday in Oakland, 54-45.

The Blue Devils were also able to extract some revenge afte suffering

an early season loss at Logan View.
"This was a game that we started strong and we finished strong but we didn't play as strong in the middle," Ruhl said. "I was pleased with the way we handled the pressure they put on us late."

Wayne led 26-18 at the half and took a 36-27 lead to the fourth period

Eric McLagan posted a doubledouble with 20 points and 12 rebounds with Brad Hochstein scoring eight. Jon Meyer and Craig Olson scored seven each and Ben Meyer along with Brad Hansen tallied four each.

Shane Baack and Trevor Wright each scored two points.

Hochstein and Olson had six rebounds each as Wayne yielded a

34-25 advantage on the boards.
Olson also had six assists with Hochstein dishing out five.



Wayne coach Rocky Ruhl talks strategy to his team prior to taking the court in the C1-4 District finals on Monday against Columbus Lakeview.

Wayne State track team competes at NSIC meet

The Wayne State College trackteams competed at the NSIC Conference Indoor Track Championships. A total of eight teams competed in the meet.

Sophomore Traci Bernecker had another solid meet. She started the day by placing third in the 55-meter dash in a time of 7.55 seconds. She followed that with another third place finish in the 200-meter dash in a time of 26.42 seconds, breaking her own school record that she set earlier in the season. Bernecker earned honorable mention all-NSIC in both in the 55 and 200-meter dash.

Sophomore April Sachau and Audrey Emanuel also had good days at the meet. Sachau's best finish came in the 5,000-meter run, where she posted a time of 19:59:57 and placed fourth. She completed her day by running the mile in a time of 5:51:16, which was good for 11th place.

"April is continuing to make big strides. She continues to drop seconds off her previous times, and that is what our team needs," stated head coach Marion Brink.

Audrey Emanuel also earned team points for the Wildcats. Her time of

3:20:56, placed her fifth in the 1,000-meter run. She also ran well in the one mile run, as she carded an the inthe place finish in a time of 5:40-08

Other Wildcat women who placed were: Tracie Fehringer — who earned third in the shot put with a toss of 41'5.25", and fifth in the weight throw, hurling 44'11". Fehringer also earned honorable mention all-conference for her performance in the shot put. Jamie Seier finished seventh in the triple jump.

The Wildcat men had good day with three first-place finishes in various events. Leading the way the men was James Bruhn, who won the 1,000-meter run in a time of 3:33:56 and set a new school record for Wayne State College. Teammates Matt Kneift and Andy Tucknott, provided equal as they too won their respective races. Kneifl won the 55-meter hurdles in a time of 7.74 seconds, while Tucknott won the 5.000-meter run in 15:26:83. Tucknott's time is the second fastest time ever at Wayne State College. All three men were selected to the First Team NSIC All-Conference Indoor Track team.

The Wildcats made a strong showing in the long jump with three athletes placing in the top seven. Eric Havranek, a freshman, placed fourth with a jump of 22'7.25". Justin Burhoop placed fifth with a jump of 22'4", while Ryan Leriger jumped. 22'3", placing seventh.

In the relays, the Wildcats foursome of Matt Rosauer, Dana Rider, Dustin Lippman and Nick Hansen placed second in the 4 x 800 meter relay with a time of 8:10:58. The 4 x 800 relay earned honorable mention all-NSIC. The 4 x 400 meter relay of Matt Kneifl, Andy Schmoldt, Jesse Slaymaker and Lee Roden placed fifth in a time of 3:28:36.

placed lifth in a time of 3:28:36.

Freshman Eric Havranek picked up a third place spot in the triple jump, while Antonio Jackson finished fifth. Havranek jumped 44'4" to claim honorable mention all-conference for the indoor season.

This is the last meet for the indoor season.

This is the last meet for the indoor season for a Wayne State College track tear. Matt Kneifl is still waiting word if he will make it to nationals. At this time he has the ninth fastest time in the 55-meter hurdles and the top 12 fastest times to go to nationals. NCAA Division II are in Boston, Mass., March 9-10.

GO WILDCATS! Wayne State College

Athlete Of The Week



Matt Kneifl, Track

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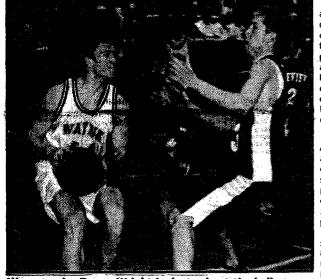
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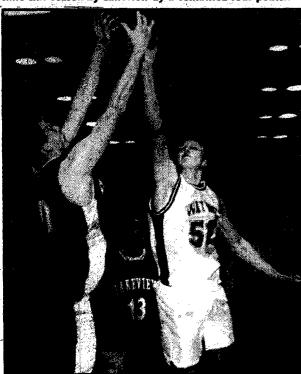
Cortisone-like steroids have been used for decades to treat lung diseases, including asthma. They have been taken my mouth and, more recently, by inhalation. A Canadian study recently published in The New England Journal of Medicine concludes that sufferers who regularly use steroid inhalers also lower their risk of death due to asthma. Persons with asthma who dies were compared to those who lived. It was found that the survivors averaged using about one-third more inhaled steroids than those who died. Over 17 million persons in the US have asthma, resulting in over five thousand deaths each year.

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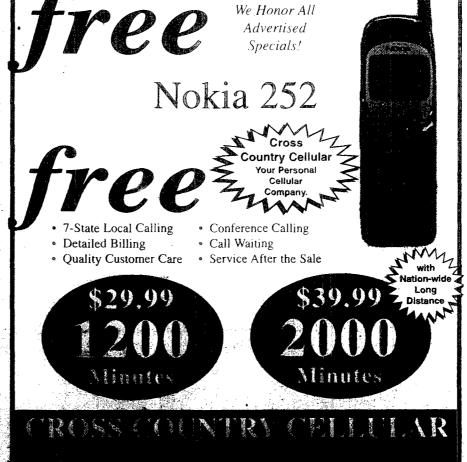


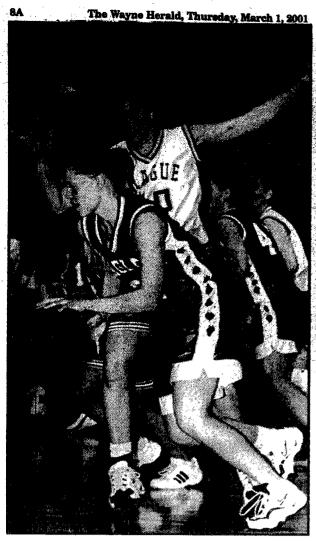
Wayne senior Trevor Wright looks to shoot the ball over a Columbus Lakeview defender during the district finals in Norfolk on Monday. Wayne was defeated for the second time this season by Lakeview by a combined four points.



Eric McLagan battles for a rebound against Lakeview in action on Monday.







Alicia Liebsch looks to dribble around a Prague opponent in Allen's final game of the season last Friday.

Allen girls defeated by Prague in district finals in Class D-2

The Allen Eagles girls basketball team's attempt to qualify for state was thwarted by Prague in the district final last Friday night in West

Lori Koester's team ended the season at 8-12 and nearly pulled off a duplicate trip to state with volleyball and basketball.

The district final pitted the same two teams that were paired in the district final for volleyball in which Allen needed less than 40 minutes to earn a trip to state

Prague however, did not fall victim to losing out on a state trip twice in one school year to the

Prague led 25-19 at the half and 39-32 after three quarters of play. Allen did cut the gap to three with the Eagles couldn't quite come all the way back.

"I felt this was one of our best, outings of the season," Koester said. "Prague has a nice team and we wish them well at State. We had our chances after cutting it to three points but the ball just didn't fall for

Koester said she was proud of the effort her team gave throughout the

Michelle Marks led the Eagles with 12 points and 13 rebounds with Alicia Liebsch scoring eight and Melissa Wilmes, seven. Angela Prochaska scored six points and hauled down eight rebounds and Elizabeth Bock added six points while Danielle Bertrand scored two.

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Winside senior wrestler Eric Vanosdall looks for takedown opportunities against Kenesaw's Andy Goings in the state finals two weeks ago. Vanosdall became the all-time winningest grappler in Winside history with 130 career wins. He eclipsed the old mark of 129 set by Max Kant.

anosdall makes history

By Kevin Peterson

Three years ago Winside wrestling coach Paul Sok watched one of his young freshman talents lose a tough district match that exempted him from qualifying for the state tourna-

Eric Vanosdall walked off the mat that year with a 26-11 record but a heart-breaking ending that didn't

As Sok walked off the mat he turned to Howells coach Lee Schroeder and said, "That kid (Eric) will be a state champ before he graduates from high school."

Three years later Eric fulfilled that prophecy with a 9-2 championship win over Kenesaw's Andy Goings.

"Eric had that determination to said. "His work ethic for the past he's been a good role model for younger wrestlers."

That freshman season would be the last time Vanosdall failed to qualify for state as he went on to place third as a sophomore with a 33-10 record and runner-up as a junior at 34-5 before closing out his career with a 37-2 record and a state championship.

His 130 wins ranks number one on the all-time charts at Winside High School.

Vanosdall removed Max Kant's name from the top of the board after Kant won 129 career matches. Kant of course, was a three-time state finalist and two-time state champ while being a four-time state placer

Kant was 31-8 as a freshman and 34-1 as a sophomore before a 30-2 junior record at 34-0 senior cam-

"Eric had an outstanding career for us," Shik added. "He was focused. o achieve his goal of a state title

Sok said Vanosdall's commitment to excellence helped lead the Wildcats to being labeled as one of the premiere teams in Winside history in working out as a unit

Eric's recollection of the recent state tournament is one of complete control but also a championship that nearly didn't come to be.

"Even though I felt I was in con-

trol of my semifinal match I was dinged for three stalling calls," Vanosdall said. "I didn't necessarily agree with them all but they were called. A fourth call of stalling would have been a disqualification.

Like all wrestlers the goal of winning a state championship is the ultimate.

"I wanted to be a state champ as a junior and I really thought I had a good shot at it," Vanosdall said. "I was very disappointed when I sat back and thought about that match and how I didn't feel that I had given it my best shot. That's when I started focusing on my senior year."

Eric's main concern throughout his career wasn't always about his winning and losing it was about the

year as a team than we had in my previous years," Vanosdall added. "Everyone had goals and we worked our tails off to achieve

One individual was particularly part of Eric's focus on the team and that was 171 pound senior Nathan Suehl.

This duo locked horns in practice for the past four years. "There is no way I would have gotten to this point with 130 career wins and a state championship with out Nathan Suehi," Vanosdall said. "My fittle at state was won for both of

When it comes to character Eric says Suehi has a ton of it. "Everyone that saw Nate's semifinal match thought he got robbed," Vanosdall said. "Everyone was talking about it except one person-Nate Suehl and that shows what kind of person he

Wrestling was something that Eric Vanosdall wanted from the time he was small but it's a sport that he wasn't pushed in too by his parents.

"I think my folks were worried that I would get burned out so they were never in a position to put pressure on me about wrestling," Eric said. "It's a sport that I knew a lot about from a young age after growing up near Jeremy and Josh Jaeger Their morn used to babysit me and Jeremy and I would have tag team matches against Josh."

Quite a trio of grapplers as all three have enjoyed the success of being a state champ

Eric's uncle Neil Wagner was also a successful wrestler in Winside.

As the 72 hours of the state wrestling tournament subsided. Eric knew his final wrestling matches of his career were winding down.

"I wrestled my last match." Vanosdall said. "I'm going to attend Southeast Community College in Milford next year and major in electrical and mechanical technology. However, I got to accomplish a dream of going out on top

Eric is the son of Dale and Joyce Vanosdall. He became the 26th state wrestling champion in Winside



Allen's Angela Prochaska and Alicia Liebsch battle for a

loose ball during the district finals game with Prague last

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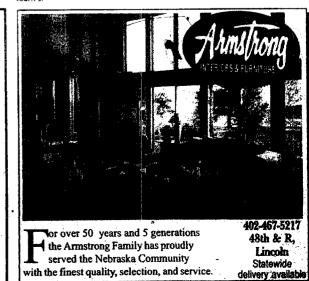






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Laurel-Concord takes out top ranked team Bears earn state bid

Of the Herald

Clayton Steele's Laurel-Gencord boys basketball team knew they had a tall order to fill in the district final against top ranked and unbeaten Hartington Cedar Catholic, Monday night in Norfolk.

Bears had plenty of it for the Trojans, who had handed Laurel-Concord two of its four season loss-

That magical glass slipper however er, just seems to fit Laurel-Concord and they toppled Cedar Catholic, 55-48 in front of a packed Norfolk

High gym. Cedar jumped out to an 18-10 lead after one quarter of play and the Trojans increased that lead to nine by halftime at 32-23.

"Our game plan was to hang around as long as we could and make a run in the fourth quarter," Steele said. "Our kids never stopped believing but that just goes to show what kind of kids we have."

The Bears held Cedar to just 16, second half points while doubling the score with 32 on offense.

Late in the fourth quarter the Bears clung to a 45-43 lead and in a stretch of 38 seconds, the lead had grown to a dozen

Cedar Catholic turned the half over on several consecutive possessions and the Bears scored on all but one of them.

"Coming in to this game we had dropped four straight to this team," Steele said. "It was nice to have the winning feeling back on our side. Cedar deserves to be in Lincoln as well and I sure wish the wild card system would become a reality for situations just like this one. These guys win 22 straight games and they don't deserve to go to state because of one game? It shouldn't work that way."

Blake Erwin paced the Bears with 23 points with Matt Schroeder pouring in 13 and Adam Hartung, 10. Nathan Beckman tallied seven points and Ion Erwin, two

The Bears drew the number three seed at next week's C-2 State Tournament where they will face Brainerd East Butler in the first round on Thursday at 5 p.m. at Lincoln Northeast.

If the Bears should win, they would play on Friday at 11:30 a.m.

at Pershing Auditorium.
The C-2 State Championship game will be played at 9:30 a.m. on Saturday

LAUREL-CONCORD reached the district finals after thrashing Winside in the Sub-district finals, 80-33 last Thursday in Norfolk.

The Bears led 33-16 at the half and used a 24-3 scoring run in the third quarter to put the game out of reach as Winside ended the season

Matt Schroeder led a group of 10 players in scoring with 27 points with Nathan Beckman adding 13 and Jon Erwin, 11.

Blake Erwin, Bob Haisch and Adam Hartung scored six each and Benny Surber added four while Brent Heikes and Marc Manganaro tallied three each. Greg Kvols rounded out Laurel-

Concord's scoring with a free throw. Winside was led by Ben Lienemann with 14 points and Adam Hoffman with nine while Michael Deck scored six and Scott

The Wayne Herald, Thursday, March 1, 2001

Laurel-Concord senior Matt Schroeder looks for a place

Gesell, 5. FG's: 28-61-46%; FT's:

WSC, 81-Bernidii State, 70

WSC: Nathan Mulder, 22; Brad

Brad

Joens, 15; Kevin Lingenfelter, 15;

Manley, 7; Jason Herlitzke, 6; Ryan

Dahl, 3; Tim Gesell, 2. FG's: 30-55-

RECORD: 14-14; NSIC RECORD:

FT's: 12-17-70%. TEAM

Todd Klostermann,

12-15-80%

Wayne State notches split in final weekend

Rico Burkett's Wayne State men's basketball team earned a split of their Northern Sun Conference foes last weekend but WSC took advantage of a tie-breaker in the NSIC standings to nail down the number three position in the NSIC post-season tournament.

WSC finished the regular season at 14-14 and 12-6 mark in the NSIC. The 'Cats tied with Duluth and since the two teams traded wins, the next tie-breaker was how they did against the top-ranked team in the conference and WSC split with Southwest State but the Mustangs swept Duluth.

WSC lost to Duluth last Friday in Minnesota, 92-79 but rebounded to thump Bemidji State on Saturday,

WSC fell behind early to the host Buildogs at Duluth, 16-3 and the 'Cats trailed by 18 at the half, 50-

WSC would never be able to cut the lead below double digits.

Kevin Lingenfelter led the 'Cats with 16 points with Jason Herlitzke adding 14. Nathan Mulder and

Sports Briefs

Todd Klostermann scored 11. Brad Joens was held to just seven points.

The 'Cats were dominated on the boards to the tune of 44-26 with Klosterman leading the way with eight caroms. Manley dished out a team-high six assists.

WSC REBOUNDED on Saturday with an 81-70 win over Bemidii

The 'Cats led 38-33 at the half. Once again balanced scoring was the norm as four WSC players were in double figures fed by Nathan Mulder with 22 points. Kevin Lingenfelter and Brad Joens poured in 15 each and Todd Klostermann scored 11.

WSC was edged on the boards, 33-32 with Mulder lead the 'Cats with seven caroms.

Brad Manley dished out seven assists and the 'Cats committed just eight turnovers

WSC, 79—Minn.-Duluth, 92 WSC: Kevin Lingenfelter, 16; Jason Herlitzke, 14; Brad Manley.

13; Nathan Mulder, 13; Todd

Klostermann, 11; Brad Joens, 7; Tim

WSC Scholarship awarded to Weber

Megan Weber of Wayne has

The Neihardt Scholarship program recognizes students with an outstanding record of achievement in academics. Neihardt scholars participate in honors classes and are assigned special faculty advisors. Scholarships recipients are awarded full tuition, an on-campus room waiver and an annual stipend. The four-year value of this scholarship is over \$16,500.

Weber is the daughter of Brad

Her high school activities include National Honor Society, band, choir, jazz choir and jazz band. She is senior class president and a member of the dance squad, Spanish Club, Drama Club, W-Club and FRIENDS Group

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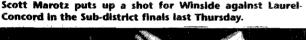


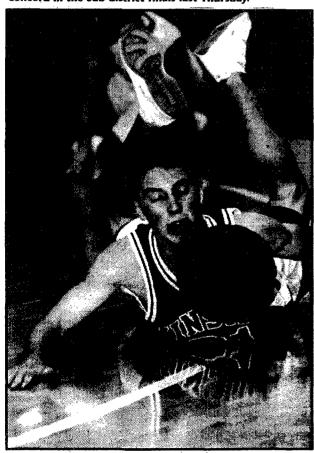
Megan Weber

received a John G. Neihardt Scholarship to attend Wayne State College this fall.

and Deb Weber and is scheduled to graduate from Wayne High School

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Michael Deck dives toward the out-of-bounds for a loose ball during Sub-district finals.



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TAGOS & MORE

Wayne freshman boys club team goes 2-2

WAYNE-Wayne's freshman boys club basketball team went 2-

2 at the Blair Tournament last weekend. Dave Hix's team fell to

Ralston, 56-51 despite 22 points from Aaron Jorgensen. Heath Dickes scored 11 and Jeff Paustian, eight while Chris Nissen fin-

shed with five. Josh Sharer scored three points and Ryan Hix,

Wayne also lost to Blair, 63-30 with Dickes scoring 13 and

On day two, Wayne went 2-0 with a 49-32 win over the Blair

Demons as Chris Nissen scored 10 points to lead the winners. Ryan Hix, Josh Sharer and Aaron Jorgensen scored seven each

while Kayle Anderson, Jeff Paustian and Heath Dickes added six

Wayne also downed Yutan, 59-52 behind Kayle Anderson's 20 points. Heath Dickes scored 12 and Josh Sharer, nine while Chris Nissen added seven and Jeff Paustian, slx. Aaron Jorgensen fin-

Wayne Rec Dept. to host cage tournament

high school and city auditorium. It is a double-elimination for-

The tournament/was postponed last weekend due to bad

weather. For further information contact the City Rec Office at

WAYNE—The Wayne Rec Department will host a basketball tournament for seventh and eighth grade this weekend at the

Jorgensen, 10 for Wayne. Sharer added four and Nissen, three.

Daily Specials: February 26 - March 2

Mon.: Meatloaf, Mashed Potatoes - \$3.49 Taco Salad - \$3.79 Tues.: Lasagna, Garlic Toast - \$3.49
2 Hard Shell Tacos - \$1.19 2 Soft Shell Tacos - \$1.39

Wed.: Chicken Fried Steak, Mashed Potatoes - \$3.69 Shrimp Basket - \$3.99 Thurs.: Hot Beef Sandwich, Mashed Potatoes - \$3.49 Chimichanga - \$3.99 Fri.: Fish Basket - \$3.99

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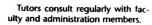
Pivot Bridges & Loader Buckets Winter Business Hours: 8:00 am - 5:30 pm After Hrs. 375-2102; 369-0510 320 W 21st St., 1 mi North & 1/8, West of Wayne.

Wayne State College student Matthew Johnson is serving as a peer tutor this semester with the Wayne State Learning Center.

Johnson is the son of Ed and Crystal Johnson of Wayne. An art major, Johnson is studying and serving as a tutor in graphic design and typography.

Tutors are selected from among numerous qualified applicants and must be upper-class men and women with high overall gradepoint averages. They also receive endorsements and recommendations from Wayne State faculty.

Tutors may conduct large group review sessions before major tests and quizzes, work closely with students on an individual basis to answer specific questions and help with difficulties in their subject mat-





Matt Johnson



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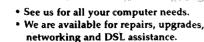


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Wakefield News

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COMPLETED TRAINING

Richie Dutton, son of Richard and Janet Dutton of Wakefield, has completed his training and is now at the Tequicigalpa Mission in Honduras.

The Duttons offer the following information to friends who may want to correspond with Richie.

Because of the uncertainty of mail delivery in Honduras, the church provides a pouch service for letters from family and friends. Use of the pouch service is contingent upon full compliance with church instructions. Letters received on Friday will be included in the next pouch. The church asks that persons sending mail be certain to put the full name and return address on all letters. Mail which cannot be sent on and cannot be returned will be disposed

Address letters to "Pouch," Richard Mark Dutton, PO Box 30150, Salt Lake City, Utah 84130-0150.

It is important to know that ONLY LETTERS may be sent in the pouch. The church certifies to customs officials that pouch mail contains documents only. That means that mail cannot contain currency, personal checks, stamps, food products, merchandise of any kind or photos.

Mail which contains something more than letters should be addressed to Mission Honduras Tequicigalpa, Elder Richard Mark Dutton, APOB Postal 556-3539. Tequicigalpa, Honduras C.A. RECEIVE GRANT

The Evangelical Covenant Church recently received a \$5,500 grant from the Gardner Foundation. Leslie Bebee, representing Foundation, presented the grant to Marvin Borg who is chairman of the church trustees.

One of the church's major programs is Pioneer Clubs for youth. The clubs meet on Wednesday evenings during the school year and includes kids from not only the Convent congregation, but others in the community.

The church also recently completed purchase and installation of new carpeting in the entire facility SEEKS CONTRIBUTIONS

The Post Prom Committee is currently organizing for the annual party following the junior-senior Prom. Anyone wishing to donate to the Post Prom may leave their contribution at the lowa-Nebraska State Bank

Prom is set for Saturday, March

Any questions regarding Post Prom may be directed to Sue and Dale Hansen.

IOWA HONOR BAND FESTIVAL

Nine Wakefield students were among 27 high school and middle school students participating in the 20th Annual Honor Band Festival at Buena Vista University at Storm Lake, Iowa on Feb. 24 on the BVU

Membership to the middle school band (grades seventh and eighth) and to the high school band (grades ninth through 12th) were selected on the basis of nomination submitted by high school band directors Schools participating in this year's festival were from Iowa, Nebraska, South Dakota and Minnesota

Members of the Wakefield High School Honor Band are Rebeleka Hohlus, oboe; Ashley Schultz, clarinet; Leslie Boeckenhauer, bass clarinet; Jon Danforth, trumpet and Brian Boeckenhauer, euphonium. Wakefield Middle School honor

participants are Henderson, percussion; Ashley Anderson, oboe; Ben Newton, trombone; and Megan Barge, bantone saxophone COMMUNITY CLUB MEETING

The monthly coffee and Wakefield Community Club was held Feb. 8 at the Haskell House with Norman and Becky Swanson as hosts. Written reports were approved by the 17 members and guests present.

It was announced by Club President Val Bard that the City Council had approved a resolution making First Street honorary Gardner Way. Some sort of ribbon cutting or ceremony will be held at a later date to recognize distinction.

The new format for the Teacher Appreciation Day was explained and members encouraged to sign

Bill Heimann reported for the school. Science fair that day (Feb. 8) students were teaching the use of computer to senior citizens at the senior.center; writing assessment of

students was done; speech team doing well with more meets to come. Supt. Mike Moody mentioned the community meeting regarding the new rec center.

Terry Hoffman of the Wakefield

Health Care Center spoke of the open house, Feb. 25 with a Community Club ribbon cutting as part of the dedication ceremony. He noted that the assisted living units are full but that the nursing home census is down.

Gene Swanson reported on the new library project. He said that Larry Clay is working on grant writing and Laura Knox has been hired to hold fundraising. The Library Foundation is currently accepting

Bard reported that Everybody Loves Opal" will be the next production at the Little Red Hen Theatre. Dates are March 15, 17, and 18. According to Val, this is being done to try to accommodate and compliment other events in town and times of performances reflects this

Pastor Bruce Schut, representing ministerium, mentioned Daffodil Sunday. He noted that the Easter play will not be presented this year as more planning time is need-

Director of the Senior Center, Becky Kruger, said the annual public hearing was Feb. 13 during which time the budget was discussed.

The Emergency Medical Training testing is complete for the Wakefield Rescue, according to member Rick Danforth.

The No-Stars basketball game to be held in March is being organized by Paul Eaton. Harlan Thomson invited members and guests to tour his new facility following the meet-

There were no reports from ESU, American Legion, Resource Center or the city of Wakefield SCHOOL BOARD MEETS

The regular meeting of the Wakefield Community School Board of Education was held on Feb. 12. Jennifer Goos was a visitor.

Business instructor Jennifer Goos distributed and reviewed information on School-to-Work, job shadowing and Work Keys testing results to Board members. Goos shared projects that the Art and Entrepreneurship students have been working on. Goos and Mousel team-teach the class and are focusing on the round barn as their central theme. The class has developed a board game, note cards, and a mold to mass-produce replicas for sale by the class.

Elementary Principal report: lementary Principal Jennifer Elementary Widner informed board members that work continues on the language art curriculum. Widner and Moody served on the North Central Accreditation team in Norfolk Recent events include Valentine's Day parties, the local spelling contest on Feb. 22 and the Dixon County Spelling Bee on Feb. 27.

Secondary Principal report Secondary Principal Bill Helmann highlighted high school activities including cookies sold by FCCLA students for Valentine's Day, the Science Fair, and Mrs. Rossiter's Advanced Computer students working with senior citizens on Fridays on computers at the Senior Center. Students in grades 8 and 11 participated in the statewide writing assessment on Feb. 14 and 15 Currently, there are several Wayne State College students observing Wakefield teachers for a total of 20 hours each. The e-mail server has been repaired and preparations are continuing toward upgrading hardware and software. No final decisions was made on a scheduling conflict for seniors regarding the music trip and senior meak day.

Superintendent report: Supt. Mike Moody asked the board members to consider rescheduling their postponed meeting with the City Council for later in February, however, no final decision was made Moody reviewed the impact of the reduction in State Aid for the 2001-02 school year. Moody also informed Board members of the following staff nomination/invitations: 1) Moody was nominated by a group of his peers to run for a posion the North Central Association State' advisory committee; 2) Mousel was selected to serve as an instructor at the Nebraska Teacher World Camp; 3) Harrison has been invited to make a presen tation on Wakefield's Channel 23 project at the Nebraska Educational Technology Association Conference to be held in Omaha on April 26. Supt. Moody shared information regarding a meeting held Feb. 15 with the HVAC crew reviewing the project and going over the final details of the heating, ventilation and air conditioning project.

Committee reports: Public and Personnel relations: Marcia Kratke, Stan McAfee and Mike Moody shared some highlights of the Labor RElations Conference held on Feb. 6 and 7 in Kearney.

Supt. Moody presented information regarding the impact of the all weather related late start and no school days. The board discussed possible solutions for the problem and a decision was made to address the absences at a later meeting when more definite figures are avail-

Possibilities for the 2001-02 calendar were discussed including starting the school year earlier and ending the first semester before Christmas.

Building and grounds: Moody updated board members on the progress of the new building. Things are moving forward but due to weather conditions the progress has been somewhat slow. The heating, air conditioning and ventilation project is nearly complete.

New business: Board members reviewed bids received to install 500 feet : wer line to provide a hookup for the new building addition. Bids were received from Benscoter Plumbing for \$4,800 and Chase Plumbing for \$4,500.

They accepted the bid pre by Chase Plumbing to install 500 feet of sewer line for cost not to exceed \$4,500.

They voted to recognize the Wakefield Education Association as the exclusive bargaining agent for

the certified staff. They voted to name Wakefield Republican as the official news publication for the district.

Four board policy amendments were discussed and the Policy Committee made recommendations to the board to proceed with the amendments as presented.

They approved the addition of a statement in Board Policy requiring two readings for any amendments additions to policy to become

They approved the first reading of an amendment to Board Policy regarding Board policy regarding board responsibilities and committee structure.

They approved the first reading of an amendment to Board Policy regarding communicable disease.

They approved the first Policy regarding eliminating the early leave incentive program.

They approved to continue membership in the Nebraska Association of School Boards.

They approved to extend Secondary Principal Bill Heimann's contract through the 2003-04 school year.

They approved to extend Supt. approved to name Supt. Moody as the Northeast Nebraska PASS Coordinator.

They approved to set the salary for the Northeast Nebraska PASS Coordinator at \$5,000 funded through the Title I, Part C Migrant Grant and payable over the remaining months of the coordinator's

COMMUNITY CALENDAR

Thursday, March 1: Corinthian Lodge 83, 8 p.m.

Monday, March 5: Firefighters, 7 p.m.; P.E.O., 7:45 p.m.; Wakefield Rescue, 8 p.m.

Tuesday, March 6: Eastern Star, 7:30 p.m

Thursday, March 8: Community Club, 9 a.m., Sons of American Legion, 8 p.m.

SCHOOL CALENDAR

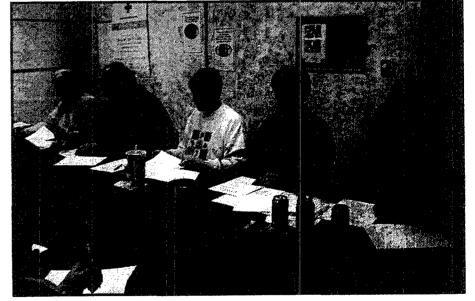
Thursday, March 1: Girls basketball state tournament

Friday, March 2: Girls basketball tournament. Hacksaw Elementary basketball tourney; Speech invitational at Norfolk

Monday, March 5: Music boosters, 7:30 p.m.; district speech Tuesday, March 6: District

speech Wednesday, March 7: District speech

Thursday, March 8: Boys basketball state tournament



Getting ready

A recent Red Cross disaster training class was held at the local chapter office in Wayne Disaster Chairman Loren Park trained 11 people to respond to disasters and give emergency assistance to families. Those attending the course were: Pastors J.C. and Mary Browne, Dan and Connie Sukup, Mary Nichols, Dave Headley, John and Lori Carollo, Joseph Shera, Flo Ducommen, and Hene Nichols. Shown are Pastors Mary and J.C. Browne, Mary Nichols, and Connie and Dan Sukup being instructed on how to correctly fill out records following a disaster. Park will also offer two other disaster classes in March- Mass Care will be on March 12 and Shelter Operations will be on March 29. There is no cost to take any Red Cross disaster training. Call the Red Cross office at 402-375-5209 for further information.

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to cut heating costs

Nebraskans are paying more to heat their homes this winter, but there are a few ways to cut heating costs and use energy more efficient-

The increase is partly due to demand for fuel worldwide. In some areas of the United States, natural gas prices are as much as 65 percent higher than they were one year ago. LP gas and fuel oil are up to 40 percent higher than they were in October of 1999. Since some weather forecasters predicted a colder winter in Nebraska this year, fuel and natural gas use is expected to increase.

The easiest way to save energy is to lower the thermostat setting. Energy is reduced about 2.5 percent for each degree of decrease. Many people compensate for a cooler environment by dressing warmer or by adjusting to the new temperature. Another option is to turn down the thermostat at night or when nobody is home or use an automatic setback thermometer

A cooler environment will be more comfortable if drafts are eliminated. If windows rattle in the wind or curtains flutter, the weather stripping around the windows probably needs to be replaced. If weather stripping can't be done during cold weather, stuff rope caulk in the cracks, which can be removed in the spring without damaging the woodwork

Plastic interior window kits may will well and will reduce condensation on the windows, but read directions to avoid damaging the window trim. Closing blinds or drapes during the evening also increases comfort because it keeps heat from radiating to the outside, reduces convention currents and heat loss through conduction

60th Birthday Celebration for Donna Frevert Lundin

March 10, 2001

Supper 6:00-8:00pm

Country Music with

Wakefield Legion Hall

Hire a qualified heating professional to service the heating system so it operates as efficiently as possible. Between maintenance, be sure to check filters — dirty filters slow down the flow of heat as well as affect air quality and efficient operation. A furnace from the 1960's or earlier can waste up to 30 percent of energy, so consider replacing older models with a modern con-



densing furnace or other energyefficient designs.

Adding insulation and replacing windows are two other options, but should be done after the previous steps have been taken. Insulation is relatively inexpensive and usually will save enough energy to pay back the cost in a few years. Single-pane leaking windows can be replaced with new ones that are energy efficient. Consider double-glazed windows with a low E-coating and an inert gas filling the space between the two layers of glass.

SOURCE: Shirley Niemeyer, Ph.D. housing and environment specialist, NU/ IANR, John Merrill, housing specialist, University of Wisconsin

No Gifts



Rose — Haase

Megan Rose and Nicholas Haase, both of Wayne, are planning a June 2, 2001 wedding at St. Mary's Catholic Church in Wayne.

The bride-to-be is the daughter of Dan and Kyle Rose of Wayne, She is a 1997 graduate of Wayne High School and a 1998 graduate of Lincoln School of Commerce in Lincoln where she earned a diploma in Secretarial/Word Processing. She is presently employed at The Wayne

Her fiance is the son of Larry and Emily Haase of Wayne. He is a 1993 graduate of Wayne High School. He is presently an Internet Researcher with Inventive Communications in

New

Arrivals.

REIFENRATH — Rusty and Trisha Reifenrath of Laurel, a son, Izac Dylan, 8 lbs., 6 oz., born Feb. 11, 2001. He is welcomed home by a sister, Shelby, 3. Grandparents are Daryl and Jane Reifenrath and Doug and Lynette Krie, all of Laurel. Great grandparents are Margaret Krie of Laurel and Evert and Ardyce Johnson of Wakefield. Eyelina Johnson of Concord is a great-great grandmother.

LINDSAY Daryl and Lisa Lindsay of Wayne, a daughter, Grace Elizabeth, 8 lbs., 2 oz., born Feb. 14, 2001. Grandparents are Brian and Neva Erdmann of Carroll Larry and Jeanne Lindsay and Darrell and Deb Moore, all of

PUCKETT — Victoria Puckett and Nate Shantz of Sioux City, a daughter, Torrie Marie, 6 lbs , 14 oz., born February 26, 2001. Grandparents are Richard and Sharon Puckett of Allen. Great grandmother is Margaret Puckett of Allen.

Nursing Assistant Classes



Beginning March 5th Class Site: Wayne Care Centre

To Register Contact Jean Thede 375-4894

Use energy efficiently Engagements - Roberts to be honored

Roberts of Wakefield request a card shower in honor of the couple's 50th wedding anniversary.

Leonard Roberts and Ruby Menkens were married March 6,

They are the parents of eight children: Connie Roberts of Wakefield; Pat and Bob Ashbacher of Omaha; Carolyn Brown of Norfolk; Donna Wayt of Watertown, S.D.; Denise Roberts of Norfolk; Penny and Mitch Baier of Wayne and Keith and Kent Roberts of Wakefield.

The couple also has 10 grandchildren and four great-grandchildren.

Cards may be sent to them at 58020 858th Road, Wakefield, Neb



Mr. and Mrs. Roberts



RIVER STATE

Mr. and Mrs. Roberts

Eastern Star to award two scholarships

The Wayne Chapter #194 Order of Eastern Star met Feb. 12 with Worthy Matron Shirley Straight presiding for the regular meeting.

An invitation was received from Beulah Chapter #40 in Norfolk to attend the annual salad luncheon and card party on Thursday, March

-Briefly Speaking -

Arlene Ostendorf at (402) 375-1405

Viola Junck, traveling and Elaine Lage, low

aged to apply for monies which are available

the form of loans and grants. Chapter AZ also

tact a Chapter AZ member for more information

'Because We Care' luncheon set

work by 1 p.m. Cost of the function is \$2.

guest speaker will be held Wednesday, March 7 at noon

Elaine Lage, present.

Public School system.

of Jean Griess

Awareness.

Country Club bridge group organizing

Lucy Schnoor hosts Happy Workers

 $\mathsf{AREA} - \mathsf{The}$ Wayne Country Club ladies bridge weekly luncheon will

CARROLL — The Happy Workers met Feb. 21 with Lucy Schnoor as

Ten point pitch was played with prizes going to Lucille Nelson, high;

The next meeting will be Wednesday, March 21 at the home of Addie

P.E.O. Chapter learns about state report card

AREA - Chapter AZ, P.E.O. met Feb. 20 in the home of Lucille

Peterson. Assisting the hostess were Carol Mosley, Jolene Klein and Twila

Following a short business meeting, Jean Blomenkamp gave a program on the 1999-2000 Nebraska State Educational Report Card, including

statistical information for the State of Nebraska as well as the Wayne

projects for the women throughout the world. Area women are encour-

Wayne State College which is available to female graduates of Wayne

Laurel, Winside or Wakefield high schools. Interested persons should con-

The next meeting will be held Tuesday, March 6 at 4 p.m. in the home

AREA — The next "Because We Care" luncheon, sponsored by

Providence Medical Center and featuring Mark McCorkindale, M.D. as

The topic for this month's luncheon is "Muscular Dystrophy

The luncheon will be held in the Education Room at Providence

Those planning to attend are asked to make reservations by calling

Medical Center and is designed to allow those attending to return to

(402) 375-3800 before the day of the luncheon. Reservations are limited

Chapter AZ and P.E.O. International support five major educational

hostess. There were 10 members and two guests, Anna Johnson and

begin Tuesday, May 1. Noon lunches will be catered as in the past. For more information, contact Dorothy Aurich at (402) 375-5675 or

Masonic-Eastern Star Children's Home in Fremont held its annual 4-H Chili Supper on Feb. 18

The Chapter will present scholarships to two students this year, one from Wayne High School and one from Winside High School.

The District Grand Supervisor, Judy Wehrbein, will hold a day of

ough these projects in

ports a scholarship at

instruction for the Wayne Chapter on March 31. A salad luncheon for officers and members will be at noon

The refreshment chairman will be loan Lackas.

Substitute officers were Joan Lackas, Ardyce Kniesche and Bette Ream

The next regular meeting will-be Monday, March 12 at 7.30 p.m.

Mr. and Mrs. Gathle

Card shower is requested

The family of Harold and Esther Gathje of South Sloux City is requesting a card shower in honor of the couple's 50th wedding anniversary

The couple was married March 11. 1951 at Redeemer Lutheran Church in Wayne

Their children are DeWayne (deceased), Diane of Wichita, Kan. and Daytona of Yankton, S.D. They also have four grandchildren

Cards may be sent to the couple at 2200 G Street, Lot 14, South Sioux City, Neb 68776

Senior Center

Congregate Meal Menu.

(Week of March 5 — 9) Meals served daily at noon For reservations, call 375-1460 Each meal served with, bread 2% milk and coffee

Monday: Swedish meatballs, mashed potato casserole, baby carrots Five-cup salad sherbet

Tuesday: Swiss steak & baked potato, wax beans, rye bread, strawberries.

Wednesday: Baked chicken, wild rice, broccoli, pineapple & oranges,

Angel food cake with lemon filling Thursday: Pork roast, whipped

potatoes & gravy, sweet sour cab-bage, blueberry jello salad, peaches. Friday: Fish on a bun, tri-taters,

tomato-vegetable medley, dark sweet pitted cherries, Special K bars.

On December 8, 2000.



hosting a reception in Allen, NE at the Fire Hell on March 3, 2001 from 4-10 p.m. will be serving sandwiches cake and refreshments.

The only gift requested is your

presence.

together

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Jim Broders and his band 8:00pm-12:00am Come and enjoy Casual Dress Also honoring the Birthdays of Bo Barge, Larry Nelson. Sarah Martin, Erna Bottger, Bob Twite and the 11th Anniversary of Scott and Sue McAfee wired For Sound Include us in the Wedding of the Year Wedding Registry Custom Imprinted

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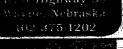
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Church Services

Wayne_

CALVARY BIBLE EVANGELICAL FREE 502 Lincoln Street (Calvin Kroeker, pastor) (Darwin Kenney, youth pastor)

Sunday: Sunday School, 9:30 a.m.; worship, 10:30; Junior High Youth (7th and 8th grade), Senior High Youth (9th to 12th grade), adult Bible study, 6 p.m.

FAITH BAPTIST Independent - Fundamental 208 E. Fourth St. -375-4358 or 355-2285 (Pastor Ron Lamm)

Sunday: Sunday school, 10 a.m.; worship, 11; evening worship, 6:30 p.m. Wednesday: Prayer and Bible study, 7:30 p.m.

FIRST BAPTIST 400 Main St www.firstbaptistwayne.org

(Douglas Shelton, pastor) Sunday: Sunday School, 9:15 to 10:15 a.m.; Fellowship, 10:15 - 10:30; Worship service, 10:30 to Wednesday: Rehearsal, 6:30 to 7:30 p.m.; Bible study, 7:30 - 8:30 p.m.; Prayer time, 8:30 - 9 p.m

FIRST CHURCH OF CHRIST (Christian) 1110 East 7th St. (Troy Reynolds, minister)

Sunday: Breakfast Fellowship me, 9 a.m.; Worship, 10. Wednesday: Youth group at 312 Folk Street, 6:30 p.m. Thursday: Home Bible study at various homes,

FIRST PRESBYTERIAN 216 West 3rd St.

(Craig Hoistedt, pastor) Friday: World Day of Prayer at Our Savior Lutheran Church, 2 p.m. Sunday: Worship with Communion. 9:45 a.m.; Fellowship hour, 10:45; Church school classes, 11. Tuesday:

Youth group Enchilada Dinner for the public, 5:30 to 7:30 p.m., proceeds to summer mission trip to Mexico. Wednesday: Lenten Service, 7 p.m; regular meeting of the Presbyterian Women will be March 14. **Thursday:** Lectionary Bible Study, 9 a.m.

FIRST TRINITY LUTHERAN Altona (9 miles south, 1 1/4 miles east of Wayne) Missouri Synod

(Keith Kiihne, pastor) Sunday: Sunday, School, 9 a.m.; Worship Service with Communion, 10:15. Monday: Choir, 7:30 p.m.

FIRST UNITED METHODIST 6th & Main St.

(Rev. Mary Tyler Browne, pastor) Sunday: First Sunday of Lent World Day of Prayer. Holy Communion. Early Worship, 8:15 a m.; Morning Worship, 9:30; Sunday School, 9:45; Mission Soup dinner, 11:30 a.m. to 1 p.m.; COIN, 2 p.m. Monday: Cub Scouts and Girl Scouts, 6:30 p.m. Third Grade Cub Scouts, 6:30. Tuesday Brownies, 3:30 p.m.; Girl Scouts, Wednesday: Personal Growth, 9 a.m.; Friends in Faith, 3:45 p.m.; Kings' Kids, 3:45; Bell Choir, 6; Finance committee, 6:30; Confirmation, 6:30; Chancel Choir, 7; Trustees, Evangelism, Mission and Social Witness, 8; Worship, 8:15 Thursday: Anniversary committee,

GRACE LUTHERAN Missouri Synod 904 Logan grace@bloomnet.com (Jeffrey Anderson, pastor)

Being Active Can Be Good For Damaged Hearts

202 N. Pearl St

Wayne, NE 68787

375-2922

RED CROSS DISASTER TRAINING

CLASSES UPCOMING

The Wayne Country Red Cross will be offering two classes to train

people to assist victims of disasters such as a tornado or flood. If interested, contact Lori Carollo at the Wayne County Red Cross.

402-375-5209. Classes will be held at the Red Cross office

112 E. 2nd St., Wayne, NE 68787. The courses are

Instructor: Loren Park, Disaster Services Chairman

There is no cost for the classes Take one or both Both are

recommended since they are interrelated. Please consider

joining the Wayne County Red Cross team and experience the

joy of helping others. Call today

Monday, March 12th Mass Care: An Overview 6:30 - 9:00 p.m.

Monday, March 19th Shelter Operation

Drive-up Window/Free Delivery

A new study in the American Heart Association Journal Circulation finds people who have had one

heart attack reduce their risk of having a second and of

dying of it if physical activity is a habit. Patients who remained active had a 60% lower risk of a fatal or

little or no activity. Those who increased their activity

had a 78% lower risk. Plan a home exercise program

with your doctor that picks up where cardiac rehab

leaves off appears to be very beneficial

MEDICAP

Care Convenience & Savinos for Yo.

PHARMACY.

nonfatal heart attack compared with those who had

Sunday: Lutheran Hour, KTCH, 7:30 a m; Sunday School and Bible Classes, 9:15; Worship, 8 a.m. and 10:30. Monday: Worship with Holy Communion, 6:45 p.m.; Elders, 7:30; Bell Choir, 7:45. Tuesday: Pastors' Conference at Grace, 9:30 a.m.; Sunday School Staff, 7 p.m.;

Kari Hamer R.S

6:30 - 9:00 p.m.

Grace Outreach, 7:30; C.S.F. Bible Study, 9. Wednesday: Men's Bible Study, 6:30 a.m.; Living Way, 9; Junior Bell Choir, 6:15 p.m.; Junior Choir, 6:30; Senior Choir, 7; Midweek School, 7; Lenten Worship, 8 p.m.

JEHOVAH'S WITNESSES Kingdom Hall 616 Grainland Rd.

Sunday: Public meeting, 10 a.m.; Watchtower study, 10:50. Tuesday: Ministry school, 7:30 p.m. Thursday: Congregation book

OUR SAVIOR LUTHERAN 421 Pearl St. • 375-2899 (Pastor Bill Koeber) (Pastor Paul Judson) www.bloomnet.com/oslc

Friday: World Day of Prayer, 1:30 p.m. Saturday: Worship, 6 p.m. Sunday: Worship, 8 and 10:30 Sunday School & Adult Forum, 9:15; Card Ministry, 1 p.m.; Senior High Open Porch, 5; Worship, 7 p.m. Monday: Scouts, 7 p.m., Executive Council, 7; Seven meeting, 7:30. Tuesday: Bible Study at Tacos & More, 6:45 a.m. Crossways, 9:30 a.m. and 7:30 p.m.; Care Centre Communion, 4 Social Ministry Committee, 6:30: Small Group Task Force, 7:30 p.m. Wednesday: Men's Bible Study, 6:45 a.m.; Staff meeting, 9; Youth Easter Planning, 5:30 p.m.; Handbells, 6 p.m.; Youth choir, 6; Christian Education Committee, 6; Lenten Supper, 6 to 7:15; Adult Choir, 6:45; Lent worship service, 7:30; Helping Hands, 8:30. Thursday: Singles Support Group, 7

PRAISE ASSEMBLY OF GOD 1000 East 10th St. • 375-3430 (Mark Steinbach, pastor)

Saturday: Prayer meeting, 6 p.m. Sunday: Sunday School, 9 a.m.; Worship celebration, 10 a.m. and 6:30 p.m.; Nursery, pre-school and Elementary ministries available. Wednesday: Family night, 7 p.m.: nursery, newborn through 2 years; Rainbows; 3-5 years; Missionettes girls, K-6th; Royal Rangers, boys, K-Youth meeting, 7th - 12th.; Adult Bible study.

ST. MARY'S CATHOLIC 412 East 8th St. (Fr. James F. McCluskey, pastor) 375-2000; fax: 375-5782

E-mail: stmary@midlands.net Friday: Mass. 7 a.m.; Religion Class at St. Mary's School, 1015, Stations of the Cross, 7 p.m. Saturday: Archdiocesan Vocations Committee meeting in Norfolk, 10 a.m.; Confessions, one-half hour before Mass; Mass, 6 p.m. Sunday: First Sunday of Lent. Mass, 8 and 10 a.m. Monday: No Mass; Knights of Columbus meeting, Holy Family hall, 7:30 p.m. Tuesday: Mass, 11 a.m.; Board of Education meeting, rectory meeting room, 7:15 p.m. Wednesday: Mass, 8 a.m. and 12:10 p.m.; Religious Education classes for K-12th graders, 7 p.m. Thursday: Mass, 8 a.m.; Bible study, rectory meeting room, 9:15; Mary's House, 7 p.m.; RCIA, rectory meet-

ing room, 8. Allen_

FIRST LUTHERAN (Rick C. Danforth, Interim pastor)

Wayne Motors

315 S. Main Street

402-375-1213

Friday: World Day of Prayer at United Methodist Church, coffee at 9 a.m.; program by First Lineran

Ladies at 9:30. Sunday: Worship with the Sacrament of Holy Communion, 9 a.m.; School, 10. Wednesday: Sunday Church Council; Midweek Lenten Service (Concordia, Ponca and Wakefield).

UNITED METHODIST (Rev. Nancy Tomlinson, pastor) (Rev. Chuck Rager, pastor) (Rev. Bill Anderson, pastor)

Friday: World Day of Prayer at United Methodist Church, coffee at 9 a.m.; program by First Lutheran Ladies at 9:30. Sunday: Worship services, 10:30 a.m.

Carroll.

BETHANY PRESBYTERIAN -

(Gail Axen, pastor) Sunday: Worship, 9 a.m.; Sunday School, 9

ST. PAUL LUTHERAN (Rev. Keith Kiihne, pastor) Sunday: Sunday Worship, 8.30 a.m.; Sunday School, 9:30.

UNITED METHODIST CHURCH (Rev. Mary Tyler Browne, pastor) Sunday: First Sunday of Lent. World Day of Prayer. Holy Communion. Sunday School, 9:45 a.m.; Worship, 11. Thursday: Bible Study, 1 p.m.

Concord.

CONCORDIA LUTHERAN (Norman Suluacia, Interim pas-

Friday: World Day of Prayer at Dixon Methodist Church, 2 p.m. Sunday: Sunday School and Adult Study, 9:15 a.m.; Worship Service with the Sacrament of Holy Communion, 10:30 a.m. Monday Church Council, 7.30 p.m. Wednesday: (All Youth Lenten Breakfasts held at St Mary's Catholic in Laurel) Youth Lenten Breakfast, (Concordia serves), 7.30 a.m.; Midweek Lenten Service & choir practice, 7 30 p.m.

ST. PAUL LUTHERAN East of town (Brian Handrich, pastor)

Sunday: Worship, 8:30 a.m.; Sunday School, 9:30. Tuesday. Bible Study, at Immanuel, 7 p.m. Wednesday: Confirmation class, 4

EVANGELICAL FREE

(Pastor Todd Thelen) Sunday: Family Sunday School for all ages, 9:30 a.m.; Morning Worship, 10:30; Choir practice, 5:45 p.m.; Youth group, 7 p.m.; Evening service. Monday: Church Board meeting, 7:30 p.m. Tuesday; White Cross, 9:30 a.m. Wednesday: Lenten Breakfast, 7:30 a.m.; AWANA and JV, "Team Colors Night," 7 p.m.; Youth Bible Study, 7; Adult Bible Study and Prayer, 7:30 p.m

Dixon.

DIXON LINITED METHODIST (Nancy Tomlinson, pastor) (Chuck Rager, pastor) (Bill Anderson, pastor)

Sunday: Sunday Services, 9 a.m., Sunday School, 10. Thursday: Bible Study offered every other

ST. ANNE'S CATHOLIC

(Fr. Mark Tomasiewicz, pastor) Mass, 10 a.m. (No Sunday: Coffee and rolls) Tuesday: Mass, 8

a.m. Wednesday: Lenten Breakfast for 7-12 students at St. Mary's Hall, 7:30 a.m.; PRE classes for K-12, 7

Hoskins_

PEACE UNITED CHURCH OF CHRIST

(Olin Belt, pastor)
Sunday: Sunday School and Confirmation, 9:30 a.m.; Worship,

TRINITY EVANG. LUTHERAN (Rodney Rixe, pastor)

Sunday: Worship, 10:30 a m Monday: Confirmation Class, 4:45 p.m. Wednesday: Choir, 7 p.m.

ZION LUTHERAN (Lynn Riege, pastor) Sunday: Worship Service, 8 45 a.m.; Sunday School, 10

Wakefield.

CHRISTIAN CHURCH 3rd & Johnson (Glen Davis, pastor) Internet web site: http://www.geocitles.com/ Heartland/Acres/1262

Saturday: Men's Bible Study, 8 a.m. Sunday: Christian Hour, KTCH, 8:45 a.m.; Prayer Warriors, 9; Worship, 10:30. Tuesday: Women's Bible Study, 10 a.m. Wednesday: Peak of the Week, 6 pm; Bible Study and ROCK youth group, 7.

EVANGELICAL COVENANT 802 Winter St. (Ross Erickson, pastor)

Sunday: Sunday School, 9:30 a.m.; Worship, 10:45; Executive Board, 7 p.m.; Senior High, 7 Deacon & trustee board, Wednesday: Confirmation, 4:30 p.m.; Snak Shak, 6 p.m.; Pioneer Clubs, junior high, prayer, 6:30, Bible Study, 7

IMMANUEL LUTHERAN 4 North, 3 East of Wayne (Brian Handrich, pastor)

Sunday: Sunday School, 9:30 a.m.; Worship service, 10:30 a.m. Tuesday: Bible Study, wrap up, 7 p.m. Wednesday: Confirmation

PRESBYTERIAN 216 West 3rd (Susan Banholzer, pastor) Sunday: Sunday School, 9:45

a.m.; Worship, 11. ST. JOHN'S LUTHERAN West 7th & Maple)

(Bruce Schut, pastőr) Friday: Ladies Aid, 2 p.m.; Choir, Sunday: p.m. Education, 9:15 a.m.; Worship, 10:30. Wednesday: Weekday classes, 6 p.m.; Worship with Eucharist,

ALEXA CONTRACTOR

SALEM LUTHERAN

411 Winter Street (Rick C. Danforth, pastor)

Saturday: Worship, 6:30 p.m. Sunday: Sunday School, 9 a.m.; Worship, 10:30. Monday: Pastor's Test Study and Cluster meeting. Wednesday: Tape ministry; at Wakefield Health Care Center, 10 a.m.; Confirmation, 4 30 to 6 p.m., Bell Choir practice, 7

$Winside_{--}$

ST. PAUL'S LUTHERAN 218 Miner St. (Pastor Richard Tino)

Saturday: Worship service, 6.30 p.m. Sunday: Sunday School, 9 a.m.; Bible class, 9:15; Worship, 10:30; Benefit pot luck dinner with bake sale and auction for Pastor Tino and family, free will donation, noon. Monday: LWML Priscilla, 7:30 p.m. Wednesday: Midweek, 4 to 5:30 p.m.; Confirmation parents meeting in secretary's office, 5-15 p.m., Confirmers will be measured for gowns; Worship service, 7:30

TRINITY LUTHERAN (PMA Glenn Kietzmann)

Sunday: Sunday School, 10 a.m., Worship, 11. Wednesday: Worship

UNITED METHODIST (Carol Jean Stapleton, pastor)

Sunday: Hymn 5ing, 10:45 a.m., /orship, 11; with fellowship pot Worship, luck following. **Wee** Worship service, 6:30 p.m. Wednesday

Special services being planned for Lent at Our Savior Lutheran

During the season of Lent, Our Savior Lutheran Church in Wayne will be hosting special worship services on Wednesday evenings, March 7 through April 4 at 7:30

The worship services focus on the theme "What Does It Mean to be a Christian?"

"We invite all people to join with us in worship and to share in the special Wednesday evening suppers prior to worship," said Pastor Bill Koeber of Our Savior Lutheran Church

"What Does It Mean to be a Christian." Pastor Koeber asked You attend worship, believe in Jesus and try to live right. But you also feel that you don't always measure up. You could be more forgiving, less judgmental, more involved. We all struggle with what it means to be a Christian."

Each week during the Wednesday evening Lenten worship services, a member of Our Savior will be sharing a message in which this question is addressed from his or her own faith experience. Members of Our Savior who will be sharing the Wednesday evening messages are Cornell Runestad, Don Tiernan, Vera Hummel, Susan Urbanec and Darrell Miller.

Prior to each Wednesday evening service, a supper will be served at the church from 6 to 7:15 p.m. There is no cost, but there will be a freewill offering with the proceeds supporting the summer mission trip and youth events.

The menu includes. March 7 -Taverns: March 14 — Baked Potato Bar; March 21 — Salad Bar; March 28 — Soup and, April 4 Scalloped potatoes and ham.

Our Savior is located at the corner of Fifth and Main Streets. For more information, call the church office at (402) 375-2899.

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Stephen Ministers at Grace Lutheran Church include, front row, left to right, Carol Rethwisch, leader, Sandy Nichols, Jan Hammer, leader and Ellen Heinemann, leader. Middle row, Mardelle Hallstrom, Diane Zach, Paula Halsch and Debi Morlok. Back row, Dwaine Rethwisch, Bea Kinslow, Virgii Loewe and Rev. Jeff Anderson.

Grace Lutheran Church

Stephen ministers commissioned to-one Christian care to individuals

Eleven lay persons of Grace Lutheran Church were commissioned as Stephen Ministers on Feb. 25. The Rev. Jeff Anderson did the commissioning

Those involved included Sandy Nichols, Mardelle Hallstrom, Diane Zach, Paula Haisch, Deb Morlok, Bea Kinslow, Virgil Loewe, Dwaine and Carol Rethwisch, Jan Hammer and Ellen Heinemann

Stephen Ministry equips lay people, under supervision, to give one-

facing life challenges or difficulties. Stephen Ministers are given 50 hours of extensive training in Christian care giving, including general topics such as feelings, listen ing, boundaries, confidentiality, criintervention and problems peo-

In addition, 17.5 hours of continuing education is given in specialized training for ministering to the

ple encounter in living their daily

divorced, hospitalized, bereaved and aging

Grace Lutheran Church in Wayne is one of more than 7,000 congre gations from more then 90 Christian denominations that now has Stephen Ministry. Over a quarter of a million people have been trained as Stephen Ministers since its inception in 1975 and more than a million people across the United States, Canada and the world have been touched by God's love through a Stephen Minister.

School Lunches

WAKEFIELD (March 5 - 9)

Monday: Mini meat loaf, mashed potatoes, bun, pears.
Tuesday: Hot ham & cheese, potato

wedges, pineapple.

Wednesday: Shepherd's pie, mixed vegetables, bun, peaches.

Thursday: Barbecue pork sandwiches, tater tots, grapes, cake Tuna casserole, peas, bun

Milk served with each meal. Breakfast served every morning - 504

WAYNE (March 5 — 9)

fruit cocktail.

Monday: Chili, crackers, carrots, peaches, cinnamon roll.

Tuesday: Barbecue ribs, hamburger bun, baked beans, applesauce, cookie Wednesday: Oven baked chicken mashed potatoes, pineapple, cornbread

Thursday: Burnto OR taco salad tater rounds, cheese saure, pears, muf

Friday: No School

Milk served with each meal Also available daily: chef's salad, roll or crackers, fruit or juice, dessert

WINSIDE (March 5 - 9) Monday: Gordita, curly Q's, green beans, peaches.

Tuesday: Potato bake with toppings,

applesauce, roll & margarine.

Wednesday: Cheeseburger or Tuna
salad sandwich, pickle spear, potato
chips, pork & beans, fruit cocktail.

Thursday: Chicken noodle soup, ham & cheese sandwich, corn, apricots.

Friday: Fun fish with cheese, French

fries, peas, pineapple tidbits

Chase receives Ak-Sar-Ben award

Wayne Chase of Allen has been chosen as one of the recipients of the 2001 Ak-Sar-Ben Ike Friedman Community Leadership Awards.

The Ike Friedman Leadership Awards honor individuals and organizations that have demonstrated outstanding community involvement or humanitarian concern through professional and personal leadership or volunteer participation. These awards honor an unsung segment of the Nebraska and western lowa citizenry who have "made a difference.

The awards are named in honor

of Isadore "Ike" Friedman. Before his death in 1991, Friedman was one of Omaha's most active an outstanding business and community leaders. He "made a difference, whether it was as President of Borsheim's Jewelry or as a member of the Knights of Ak-Sar-Ben Board of Governors

Chase contributes numerous hours of his time working "secretly" to help needy families within the Allen Community. He also has been instrumental in the building of a daycare and a new church

Milk served with each mea Grades 6-12 have choice of salad bar dally

Enchilada dinner is scheduled

The Youth Group of the Wayne and Wakefield Presbyterian Church will be hosting an Enchilada Dinner on Tuesday, March 6 from 5 to 7:30

The dinner will be held in the Fellowship Hall of the Presbyterian Church, 216 West Third Street in Wayne

The proceeds from the dinner will help finance the youth group's planned mission trip to Juarez, Mexico this summer to build a house or a church building. "We thank the local communities

for their great support of our past mission trips and hope to see you Tuesday," said Pastor Craig Holstedt of the the Wayne Presbyterian Church.

Anyone not able to attend the dinner but desiring to purchase a pan of chicken enchiladas to cook and eat at home is asked to call the Church Office by 5 p.m. on Sunday, March 4. The phone number is 375

Evening Circle meets with nine members

with nine members present

Christian Growth Chairman Bea Kinslow opened with a reading entitled "Bread of Life, What to Give Up

The Orphan Grain Train newsletter was shared with the group. President Carol Rethwisch shared brochures for two possible fund raisers, one from Treasured Treasurers, a Christmas ornament collection and the other a care kit. She will have samples at the March meeting The minutes and treasurer's

reports were read and approved. Hospitality cards were sent and Valentine visitations were made by

members. Lorraine Johnson represented the group at the Zone Board meeting. in-gathering for the national

San Jose, Calif. will be new panty hose, layettes, health kits and security blankets. The Zone Delegate will be Monica Ebmeier froi Laurel.

The Spring Workshop will be at St. Paul's in Concord on March 24

The group viewed the video from Lutheran Braille Workers as a possible fund raiser. Several members visited the Braille workshop at Christ Lutheran Church in Norfolk in Norfolk. Information from their visit was discussed and tabled until more information is available

Mites were collected and the meeting closed with the Lord's Prayer.

Hostesses were Lee Larson and Kathleen Johs.

St. Paul ladies gather

The St. Paul Lutheran Ladies Aid & LWML of Carroll met Feb. 21 for a regular meeting.

Pastor Kijhne conducted the devotional, "Whose Day Is It?" taken from the Winter Quarterly.

President Nancy Junck opened the meeting. The League Pledge was recited in unison. Mites were collected. The Birthday Pennies will be given to Bethsada

Minutes of the Executive Board meeting were read St. Paul, Concord will host the Spring Workshop. The topic will be Alzheimer's. The date will be either March 24 or March 31

The Bake Sale is scheduled for Sunday, March 11 from 11 a.m. until 1 p.m. All members of the church are requested to contribute

Immanuel Ladies Aid assembles

The Ladies Aid of Immanuel Lutheran of Wakefield met Feb. 15 There were 10 members present and Elaine Draghu was a guest.

Pastor Handrich led the Bible study of Eve — Mother of Mankind. Hazel Hank opened the meeting by reading "Links of Love" Neva Echtenkamp gave the visiting

The group will make health kits for the LWML Convention's ingathering. Hazel mentioned that the Spring Workshop will be on Saturday, March 31 at St. Paul Lutheran in Concord and the Fall Rally will be hosted by the Immanuel Lutheran Ladies Aid.

Members acknowledged the anniversary of Donna and Merle

Hostesses were Dorothy Meyer and Brenda Handrich.

The next meeting is scheduled for Thursday, March 15 at 2 p.m.

The Haven House Wish List will be posted. A box will be placed in the basement for donations. The items are to be delivered by June 1.

The Christian Life Leader spoke of the plight of the Sudanese people in Africa and the frightening events in their home country.

Donna Leicy served a noon luncheon at the close of the meeting The Lord's Prayer and the Commor Table prayer were recited

Senior Center Calendar.

(Week of March 5-9) Monday, March 5: Shape Up, 10:30 a.m.; Cards, quilting and dominoes, 1 p.m.

Tuesday, March 6: Bowling and

scrabble, cards and quilting, 1 p.m. Wednesday, March 7: Shape up, 10:30 a.m.; Pool, dominoes, cards and quilting, 1 p.m., Music with Ray Peterson.

Thursday, March 8: Bowling, cards and quilting, Toe nail clinic,

Friday, March 9: Shape Up, 10.30 a.m.; Bingo, cards, pool and quilting, 1 p.m.; 100 Guests Party.



Birthday to be celebrated

Norma Magdanz and her family are requesting a card shower for Norma's mother, Irene Larsen.

Irene's 95th birthday will be Friday, March 9, 2001

Cards may be sent to her at 900 Sunnyview Drive, Apartment #3, Wayne, Neb. 68787

World Day of Prayer observed

Church Women United will gathr on Friday, March 2 in observance of the World Day of Prayer 2001 ser

Everyone is invited to join the group at 1.30 p.m. at Our Savior Lutheran Church in Wayne. The theme of this year's ecumenical service is "Informed Prayer, Prayerful

Shari Dunklau will speak about her experiences in four European countries with the Nebraska LEAD

Card Shower

Irene Kant for her 85th Birthday March 5th. 2001

Send cards to 1312 Parkview Dr. Norfolk, NE 68701 වැටලට වැටලට සම්බන්ධ වැටලට

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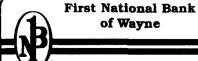


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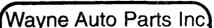
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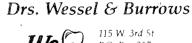




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Winside News

Dianne Jaeger 402-286-4504

FUNDS TO BE DIVIDED

All past Winside Centennial and Old Settlers committee members should attend a meeting on Tuesday, March 13 at Kent's (formerly Lee and Rosie's) at 7:30 p.m.

The group will discuss what to do with profits from the 1990 centennial and the Old Settler's Celebration. Recommendations will be forwarded to the Winside Village

LIBRARY FOUNDATION

Members of the Winside Library Foundation met Feb. 22 to discuss plans for the March 18 German Dinner Fund raiser.

The event will be held in the Winside Auditorium from 11 a.m. to 2 p.m. This year's menu will include roast pork, sausage and kraut, cabbage rolls, scalloped potatoes, cabbage in wine sauce, green beans and dill, cole slaw, Waldorf salad, assorted desserts and breads and a beverage. The cost is \$5 for adults and \$3 for children under the age of 12 years.

Challenge money is being applied for from Lutheran Brotherhood #8212

Mrs. Eric Swanson became a new member

The next meeting will be Thursday, March, 8 at 7.30 p.m. CENTER CIRCLE CLUB

Betty Andersen of Hoskins hosted the Feb. 15 Center Circle Club with nine members and two quests, Loretta Voss and Jami Jaeger pre-

Dianne Jaeger, club president, Leslie News

AAL MEETING HOLDS MEETING

The Aid Association for Lutherans

Branch 1542 met on Feb. 18 at St.

John's Lutheran Church in Wakefield

with 31 members and guests

Hosting the meeting were Les

Chairman Kenneth Thomsen

opened the meeting with a reading

entitled "Coming Through Winter.

All joined in the mission statement.

Evelyn Linemann gave the recorders

report and Mary Baker gave the

A thank you from Pauline Fischer

was read. The AAL will serve lunch

after the Feb. 28 Lenten services at

Thomsen and Larry Baker presented

Following the meeting, Kenneth

and Elaine Menke, Melvin and Neva

Kraemer and Lois Schlines.

Edna Hansen

402-287-2346

attending

treasurers report

St. John's Church.

conducted the business meeting. Roll call was "My Most Memorable Valentine." Betty Andersen, club secretary, gave the secretary's report. A Valentine story, "Roses" gave the secretary's

The birthday song was sung for Arlene Wills. Pitch was played for fun with prizes going to Rose Janke, Audrey Quinn, Betty Miller and Loretta Voss.

The next meeting will be Thursday, March 15 at the home of Shirley Bowers at 2 p.m. Roll call will be "A Good Housekeeping Tip."

SENIOR CITIZENS

Thirteen Winside area senior citizens met Feb. 19 for a social afternoon of cards. Yippy Skippy was played and Group #1 served lunch.

The next meeting will be Monday, March 2 at noon for a potluck dinner.

Mason Forsberg celebrated his second birthday recently at the home of his parents, Mlke and Kim Forsberg of Laurel.

Present were grandparents LeRoy and Eileen Damme and Kent Damme, great-grandmothers Ella Berg and Irene Damme, all of Winside; Jeremy and Kay Keenan of Sioux City, Iowa; grandparents Denny and Donna Forsberg and great-grandmother Mabel Johnson, all of Lauret and Craig Forsberg of Norfolk.

Mason's mother decorated truck cake for the celebration. His actual birthday is Jan 25 BLOODMOBILE

The Siouxland Bloodmobile will

the program entitled "Spice Up

Your Life Your Branch Welcomes

The next meeting is March 18

with a 6 p.m. spaghetti supper

Hosting are Ed and Mary Lou

Krusemark and Ken and Denise

The Even Dozen Club met on Feb.

20 with Nelda Hammer as hostess

Ten members answered roll call

President Nelda Hammer presided

at the business meeting. Dorothy

vious meeting and Erna Bottger

Members wore something red to

remember Valentine's Day. Green is

to be worn to the next meeting in

honor of St. Patrick's Day. The birth-

day song honored Verona Henschke

on her Fēbruary birthday. Cards

were played for the afternoon with

And the

Grand Prize Winner Is...

gave the treasurers report

Meyer read the minutes of the pre

EVEN DOZEN CLUB MEETS

be in Winside on Monday, March 5 in the high school gym from 9 a.m. to 3 p.m

All donations will be appreciated. For more information call the high school

MODERN MRS. Fauneil Weible hosted the Feb. 20

Modern Mrs. Club. Cards were played with prizes going to Esther Carlson and Bev Dangberg. The next meeting will be Tuesday, March 20 at the Mary Weible home.

BENEFIT POTLUCK

A benefit potluck dinner, along with a bake sale and white elephant auction will be held Sunday, March in the Winside Auditorium for Pastor Richard Tino and his family.

The event begins at noon and will help the family with medical expenses.

Pastor Tino has been undergoing medical treatment since last winter and continues to need treatments

Aid Association for Lutheran's Branch #1960 and members of St Paul's Lutheran Church in Winside are sponsoring the event.

Those attending are asked to bring one covered dish. A free will donation will be taken. The general public is invited to attend.

Baked goods may be brought to the church on Saturday, March 3 or taken to the auditorium on Sunday morning Anyone with auction items should contact Don Leighton .at (402) 286-4569 or Kathy Meyer at (402) 286-4537

CRAFTERS Carol Jorgensen hosted the Feb

and Edna Hansen

SERVE ALL CLUB

20 Creative Crafters Club with six

high prizes going to Erna Bottger

The next meeting will be March 20

The Serve All Club met on Feb. 21

with seven members present

Virginia Leonard was hostess. The

group met at the Wakefield Senior

Virginia was in charge of the after

noon program. Members did a

Presidents Day crossword puzzle

with Ruth Boeckenhauer winning

the prize. A craft lesson led by

Virginia was the afternoon program

with members making boxes and

gift bags using colored pictures and

wall paper. Ardath Utecht was the

The next meeting will be on April

18 with Gertrude Ohlquist as host-

winner of the door prize.

with Edna Hansen as hostess.

Center of noon luncheon

members and one guest, Ann Tino,

The group made heart wall hang-

The next meeting will be Tuesday, March 20 at the home of Jane Rademacher

SCHOOL CALENDAR

Monday, March 5: Bloodmobile in high school gym, 9 a.m. to 3

Wednesday, March 7: District Speech at Northeast Community College, 9 a.m.; Fifth through eight grade music contest at Wayne State

Thursday, March 8: Play practice.

COMMUNITY CALENDAR

Friday, March 2: AA meeting, fire hall, 8 p.m.

Saturday, March 3: Public Library, 9 a.m. to noon and 1 to 3

Sunday, March 4: Benefit potluck dinner and bake sale with white eleauction in Winside Auditorium, noon, Richard Tino and family of Winside St. Paul's Lutheran Church

Monday, March 5: Senior Citizens at Legion Post, potluck dinner, noon; Public Library, 1:30 to 6 30 p.m.; Library Board, auditorium, 7 p.m.; Village Board, firehall,

Tuesday, March 6 American Legion, 8 p.m.

Wednesday, March 7: Public Library, 1.30 to 6:30 p.m.

Thursday, March 8: Neighboring Circle Club with Lorraine Denklau, Library Foundation Committee meeting, Auditorium, 7 30 p.m.

New books obtained at

Chase's Calendar of Events, 2001,

Young Adult:

Almond, David, Skellig, Cabot, Meg, The Princess Diaries, Cheaney,

Arthur's Gone Camping (Kit), A Girl's Best Friend (Kit); Black Beauty (Kit); Robin Hood Explorabook: A Kids' Science Museum in a Book, My First Oxford Book of Poems; Allcroft, Britt, Little Engines Can Do Big Things, Altman, Joyce, Lunch at the Zoo What Zoo Animals Eat and Why, Battle-Lavert, G, The Music in Derrick's Heart, Berger, Melvin, Screech! A Book About Bats, Bridwell, Norman Clifford Grows Up, Bridwell Norman, Clifford to the Rescue, Brown, Marr, Arthur's Lost Puppy, Dodd, Lynley, Hairy Maclary and Zachary Quack, Frienz, D.J., Whiere Will Nana Go Next?, Haynes, Max, Grandma's Gone to Live in the Stars; Hearne, Betsy, Who's In the Hail; Hughes, Ted, How the Whale Became and Other Stories, Jennings, Sharon, Neighborhood; Koontz, Rabin M. What a Dog?, Little, Jean, Emma's Yucky Brother, Matthews, Rupert, Explorer; Murphy, Stuart, Rabbit's Pajama Party; Sierra, Judy, The Cift of the Crocodile, Sturges, Philemon,

Charles Kurait's Autumn, Charles Kuralt's Spring, Charles Kuralt's

Wayne library

Hot Line Farm Equipment Guide, 2001, World Almanac for Kids, 2001

IB The Playmaker

Leve Trucks, Wick, Walter, L. Spy Christmas

Books-On-Tape

Summer; Baldacci, David, Wish You Well; Heinrich, Bernd, Fifty Acres and a Poodle; Patterson, James, Roses are Red, Puzo, Mario, The Dark Arena; Sanders, Lawrence, McNally's Luck

Resources available to help with spring fertilizer decisions

A variety of University of Nebraska can help farmers make wellinformed decisions about how much fertilizer they need in the face of tight nitrogen supplies, rising costs and low commodity prices.

Years of field research by NU Institute of Agriculture and Natural Resources scientists indicate produc ers often can reduce the rate of gitrogen applied to corn -- sometimes by 50 pounds per acre or more -- without greatly reducing yields or profits.

"These educational materials are based on research conducted at NU's research and extension centers, the Agricultural Research and Development Center and on producer's fields. Some of the information comes from the nitrogen management demonstrations conduct ed across the state," said DeLynn Hay, state program leader for NU "The materials provide information that can help producers make production decisions that can save money and make good use of limited nitrogen resources

Extension information is available on the World Wide Web or from local extension offices information includes previously released materi als, such as nitrogen application rec ommendations, as well as new materials created to address the current situation

The emphasis on nitrogen management is especially critical at this point because of increased fertilizer costs and possible shortages," Hay said. "We want to be sure producers know where they can turn for accurate, timely information on the nitrogen situation

The following resources may help Nebraska farmers make fertilizer decisions

- The web site for Crop Watch, an extension newsletter on crop production and pest management includes a special focus section on nitrogen issues at http://cropwatch unliedu. Included are work sheets and interactive projects to aid decision-making
- · Nitrogen Management for Agronomic Crops in Nebraska, an Extension Circular is scheduled for release late this winter Copies of two key chapters on nitrogen and corn have been posted to the web for immediate use on extension's Crop Watch newsletter site at http://cropwatch.unl.edu/focusnitrogen.htm
- University extension specialists

teach producers to account for existing nitrogen resources and calculate the correct nitrogen rate for each field in a management area. These worksheets are / available through county extension offices and in an interactive version in the NU extension online publication, Managing Irrigation and Nitrogen to Protect Water Quality, available at http://deal.unl.edu/waterquality/fir sttime.html.

- . The NU IANR home page at www.ianr.unl.edu.features.the.latest IANR news releases including recent stories on the nitrogen price increase and NU fertilizer recommendations.
- A weekly video webcast, "What's Shaping the Market," addressed the nitrogen situation as part of a larger discussion on reducing input costs while maintaining available http://g2.unf edu/programs/shaping/shaping-011701 ram and can be viewed using a free Real Media player, which can be downloaded at www.real.com.
- Rural Routes, an extension web site for farm and ranch issues and rural families, also includes informa tion on related issues at http://rural

For more information, consult the following related publications, many of which are available at local extension offices; all are available on http://www.ianr.unl.edu/pubs.

- Fertilizer Suggestions for Corn, www.ianr.unl.edu/pubs/fieldcrops/g174.htm.
- Guidelines for Soil Sampling, 1 0 0 www.ianr.unl.edu/pubs/soil/g1000
- Soil Sampling for Precision EC00-154 Agriculture, www.ianr.unl.edu/pubs/soil/ec154/ ec154 html
- Managing Irrigation and Nitrogen to Protect Water Quality, 2 8 6 9 8 http://deal.unl.edu/waterquality/fir sttime.html
- Using a Chlorophyll Meter to Improve N Management, G93-1171,www.ianr.unl.edu/pubs/soil/g 1171 htm
- Calibrating Arnmonia Applicators, EC94-737-D, www.ianr.unl.edu/pubs/farmpow
- Using Agricultural Anhydrous Safely, EC94-738-B Ammonia www.ianr.unl edu/pubs/safety/ec73

Extension newsletter returns this month

son in Nebraska, a unique set of factors affects crop yields and profits.

To help the state's producers and agribusinesses stay informed about and better respond to these factors. University of Nebraska Cooperative Extension publishes the Crop Watch newsletter 26 times throughout the crop production season. Crop Watch provides timely, targeted information on crop production and pest management of corn, soybean, wheat, sorghum and other crops

Written by NU Institute of Igriculture and Natural Resources specialists and researchers, the newsletter provides recommendations based on this year's crop and field conditions, pests and weather; pest updates, diagnostic tools and

research updates and information to implement research results locally, and updates on regulations, practices and products.

Of those responding to last year's readership survey, 82 percent said they had changed a practice because of recommendations in the newsletter, said Lisa Brown Jasa, Crop Watch editor. They also reported reducing their costs due to improved pesticide selection and application timing; improved pest scouting and implementation of more efficient crop production methods, Jasa said

Crop Watch begins publication March 2 for the 2001 crop production season. Upcoming articles will address new crop insurance options, genetically altered crops, updated nitrogen recommendations, testing seed quality, long range precipitation outlooks, reduc ing input costs and special issues on specific crops.

The newsletter is available in print by subscription for \$30 a year and free on the Web at http://cropwatch.unl.edu To order a print subscription, write: Crop Watch, PO Box 830918, University Nebraska, Lincoln, NE 68583-0918, or call Jasa at (402)472-7981

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Harold Lewin Juile Christenser Connie Malacek Neal McQuistan

Ron Fredrickson

Susan Schrieber

David Meierdierks Mark Lander Dale Nelson Mary Rutar Dennis Schmitz John Bonham

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COMMUNITY CALENDAR Send us your community event to post!



VESTOCK MARKET REPORT

cattle sale was held on Friday with 800 head sold. Prices were \$1 to \$1.50 higher on steers and heifers and steady on cows and bulls.

Strictly choice fed steers were \$80 to \$82. Good and choice steers were \$79 to \$80. Medium and good steers were \$77 to \$79 Standard steers were \$57 to \$63 Strictly choice fed heifers were \$79 to \$82. Good and choice helfers \$77 to \$79. Medium and good heifers were \$76 to \$77. Standard heifers were \$57 to \$63. Beef cows were \$43 to \$49 and utility cows were \$43 to \$49. Canners and cutters were \$33 to \$43 and bologna bulls were \$50 to \$60.

Stocker and Feeder sale was held, Thursday with 1,637 head sold. The market was steady.

Good and choice steer calves were \$100 to \$115. Choice and prime lightweight calves were \$110 to \$120. Good and choice yearling

steers were \$80 to \$90. Choice and prime lightweight yearling steers were \$87 to \$96. Good and choice heifer calves were \$90 to \$100. Choice and prime lightweight heifer calves were \$100 to \$110. Good and choice yearling heifers were \$75 to \$85

The fed cattle sale at the Norfolk Livestock Market was held on Tuesday. The market was steady on the 55 head sold.

Good and choice steers, \$78 to \$81. Good and choice heifers, \$78 to \$81. Medium and good steers and heifers, \$76 to \$78. Standard, \$57 to \$63. Good cows, \$42 to \$49

Prices for dairy cattle at the Norfolk Livestock Market Monday were lower on holstein heifers and higher on cross-bred

Top quality fresh and springing heifers were \$900 to \$1,200. Medium quality fresh and springing heifers were \$700 to \$900. Common heifers and older cows were \$500 to \$700; 300 to 500 lb. heifers were \$300 to \$500; 500 to 700 lb. heifers were \$500 to \$700. Good baby calves — crossbred calves, \$175 to \$285 and holstein calves, \$75 to \$100

The sheep sale was held at the Norfolk Livestock Market Monday with 162 head sold. The market was steady

Fat lambs 110 to 150 lbs., \$78 to \$84 cwt

Feeder lambs: 40 to 60 lbs , \$85 to \$105 cwt.; 60 to 100 lbs., \$75 to

Ewes: Good, \$60 to \$105; Medium, \$35 to \$60; slaughter, \$25

Feeder pigs sold at the Norfolk

market was steady on the 95 head

20 to 30 lbs., \$15 to \$30; steady; 30 to 40 lbs., \$25 to \$40; steady; 40 to 50 lbs., \$32 to \$42; steady; 50 to 60 lbs., \$35 to \$45; steady; 60 to 70 lbs.; \$38 to \$48; steady; 70 to 80 ibs., \$39 to \$49; steady; 80 lbs. and up, \$40 to \$50; steady

Butcher hog head count at the Livestock Market on Tuesday totaled 307 Butchers were \$1 higher and sows were \$2 to \$3

U.S. 1's + 2's, 220 to 260 lbs \$44 50 to \$44 95; 2's + 3's, 220 to 260 lbs., \$43 50 to \$44 50; 2's + 3's, 260 to 280 lbs., \$43 to \$44, 2's + 3's, 280 to 300 lbs , \$40 to \$43, 3's + 4's, 300 + lbs, \$35 to \$40 Sows 350 to 500 lbs, \$32 to \$35, 500 to 650 lbs, \$35 to

Boars \$14 to \$25

Medicine is complicated

Shortly after we moved here, I received in the mail an invitation to become a member of the Human Care commission of the Nebraska district of our church. The meetings would be in Seward, an hour's drive from here. And, they would only be

I thought it would be an opportunity to volunteer, and to learn more about the subject. Isn't human care what nursing is all about?

I've made some new Christian friends, and have benefited personally from the information and the contacts. I'm not at all sure we have made a difference in the life of our

Last year, after my "semi" retire ment, I was asked to serve on the board for Lutheran Family Services These, too, would be quarterly meeting, and in Omaha

In my role as case manager, home health and hospice nurse, I had sometimes made referrals to LES 1 knew they provided counseling ser vices in many areas of the state. In fact, the Tabitha campus in Lincoln shares facilities with some of these services I had also occasionally given a small donation. But, I had no ideal "Counseling" encompasses adoption, parenting, alcoholism, marital, victims of incest, gambling addition; and now, again, refugee resettlement.

Today is one of the board meetings. Last week, I received a large packet of quarterly reports. I waded through them this weekend. Many of the clients are eligible for medic aid, and those rates are low

In order to bill any third party, the services must be coded correctly. I knew this well from home health

The Combination Kids 4-H Club

Parmer's Wife By: Pat Melerbenry

nd even Mike's experiences as a Medicare patient So, a coding expert was hired

Computer programs need to be updated Policies for all kinds of possibilities must be in place. There is a certification process that necessitates an on-site review by an external review team. Evidence of continuous quality assurance must be there just as is all healthcare today, it's mind-boggling.

This morning, I suddenly realized why Mother Theresa began in India. And, why my medical friends in Nebraska City enjoy their annual jaunts to Jamaica They can just practice medicine, without all the encumbrances. Sounds like utopia to me

*Correction for Feb. 15 column: "Experiencing mixing with elite to 'regular life'" Gov Johann's take off on Green Eggs & Ham was to the Unicam Also, the MC was Sen. Bruning from Papillion

Method of reconstitution announced

According to the Wayne County FSA Office, when producers sell part of their land, the Farm Service Agency would have to do a farm or tract division (or farm reconstitution) to establish a farm or tract for the new individual

One method of reconstitution is known as Designation by Landowner. The designation by landowner method is the division of contract areas, allotments and quoparent farm owner and purchaser or transferee

The method may be used when any of the following apply

 part of a farm is sold or ownership is transferred; an entire farm is sold to two or

- more persons. · part of a tract is sold or owner
- ship is transferred;
- tract ownership is transferred to two or more persons,

 land is subject to a WRP or EWRP easement

All of the following requirements must be met to use this method-

- The land sold or transferred must have been owned for at least three years;
- . The owner of the parent farm and the purchaser or transferee shall file a signed written memorandum of understanding designating contract acres, allotments and quotas before either of the following

- The farm is reconstituted. Any subsequent transfer of
- ownership.
- . If the land is subject to a lien, mortgage or deed of trust, the holder must agree to the crop designations in writing

As stated earlier, this is just one method of farm reconstitution. If you should have any question, feel free to contact the local ESA Office

Drought easing but spring rains are important

the snow is flying, the drought threat continues in much Nebraska. However, the state could see some relief if this winter's wet weather pattern holds through spring, said Al Dutcher, the University of Nebraska state clima tologist.

"Right now, the outlook is not exceptionally bad, considering that last September and October were nearly as dry as the same period in 1999, where virtually no subsoil moisture recharge occurred," he

In late October, an atmospheric change took place that favored a wetter pattern and brought storms out of the Southwest.

"If that weather pattern holds through the spring, there is a good chance that we could see enough

Nebraska dairy farmers who did

not participate in the Farm Service

Agency's first two Dairy Market Loss

Assistance programs, or did so

based on less than 12 months' pro-

duction, have until March 30 to sign

To date, three rounds of Dairy

Market Loss Assistance payments

have been issued to dairy farmers

because of extremely low milk

prices. This special signup is being

held for certain farmers who missed

out of all or a portion of those pay-

Under the special signup, pay-

ments on marketed milk production

up to 39,000 hundred weight will

be issued to eligible dairy farmers in

marketing milk in 2000, who are

not affiliated with other producers

who were eligible for or received

Producers that received a prior

· Producers that were eligible for

prior dairy payments but never

dairy payment based on less than 12 months of production

New producers who began

the following situations:

prior payments.

up for DMLA III

ments.

Dairy signup III

now underway

us out of this thing," the Institute of Agriculture and Natural Resources specialist said.

The change in the weather pattern already has been enough to upgrade western Nebraska from severe drought to abnormally dry The eastern part of the state is more precanous, Dutcher said.

"Eastern Nebraska is still in a moderate drought, but this area is capa ble of picking up more rain than the western areas, so there are better odds for relief," he said. "Right now we are getting very wet snows, which are the type we need to break the drought. I think we will see further recovery.

Normally, Nebraska doesn't have a dry fall and a dry spring in the same year. The combination of dry seasons was responsible for last difficulties, said Mark

In each of the above situations,

the base year production used for

payments will vary by type of appli-

cation. Producers need to contact

the county FSA office before filing

their application to determine what

The special sign up period will run

through March 30, 2001. The

national payment rate for all eligible

dairy farmers under this special

signup will be 64.68 cents per hun-

production records can be used for

their specific situation.

Svoboda, a climatologist with the NU-based National Drought Mitigation Center.

This is what we call a dormant drought, where the subsoil moisture that was lost last year has not been recharged entirely," he said. "It can't be eliminated during the winter because the ground is frozen and snows don't hold a lot of moisture.

While last fall started out dry, by the end of the season there was enough precipitation to significantly replenish the upper part of the soil profile, Svoboda said. Now Nebraskans will have to wait until spring to see if Mother Nature will provide much-needed rains to reach the lower portions of the soil profile.

Svoboda said most of the state has had greater than 70 percent of normal precipitation since Sept. 1. 2000, quite an improvement over last year's 35 percent at planting time. If the spring does not bring rain, farmers will go into another planting season short of critical soil moisture

Dutcher said he's optimistic the drought is on its way out.

"If the patterns hold, we will see the necessary spring rains," he said. "Slow moving storms with very wet snow, like the ones we are see

The Liquor Barn Street

dred weight. Farmers who participated in DMLA I and II do not need to file a new application unless they were paid on less than 12 months' base production under the Dairy Market Loss Assistance II.

Applications must be received in the county FSA office where the dairy operation is located by close of business on March 30, 2001 to be approved. Applications received or requested after the deadline, including faxed or mailed applications will not be approved.

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over an extended time which allows the moisture to work its way deep into the profile where crop

roots will seek moisture this summer. Patterns can often change in the spring, but from what we are seeing now, the outlook is very, very

met Feb. 18 at Our Savior Lutheran Items discussed were the A-Z Pancake Feed on Thursday, March 22 Members signed up to sit in

4-H News_ COMBINATION KIDS

4-H CLUB

shifts from 5 to 7 p.m April 22 was also decided for

Take Days are March 23 and 24 The next meeting will be Sunday, March 18 at the Red Cross Office at

roadside cleanup

∃ p.m.

The Public Speaking Contest is on

Monday, March 19 and pre-registra-

tion is due by March 15. Bake and

Sarah Ekberg, news reporter



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Pete & Julie Reeg

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Allen News Missy Sullivan 402-287-2998 POPS CONCERT

The K-12 Pops Concert will be held Thursday, March 1 at 7:30. Before the concert an Appreciation Meal will be served from 4:30 -7:00. All are invited to attend as a thank you from the band students for all the support received in the fund raising activities preceding the Liberty Bowl trip in Memphis, TN

After the meal, you are invited to stay and enjoy the Pops Concert. There will also be a bake and craft sale held. It's the only concert to be held this year since the Christmas Concert was cancelled due to the weather, so be sure to turn out for this one and give the kids your support. Everyone is invited! **NINE PATCH QUILTERS**

Nine Patch Quilters met at the Senior Center on Feb. 5 with eightmembers present. There was a great deal of discussion about wall hangings and quilt patterns that members had seen since the last meet-

Everyone brought a piece of "ugly" fabric they thought was the ugliest. Everyone was given a piece of that fabric to use in a 12-* inch block. The completed blocks are to be brought to the April meeting.

The next meeting will be March 5 at 7:30 pm. Bring a pattern for a scrap quilt so we can decide on one for the Senior Center. Also, bring your fan blocks or top (from the fall Pictures, will be taken to show the Cornerstone Quilt Shop at Orchard.

Show & Tell was a 9-Patch displayed by Joanne Rahn, a Denim Cathedral Window, & Stack'N'Whack, a Double Wedding Ring shown by Pat Philbrick and a Stack'N'Whack table runner by lean Morgan.

New members and visitors are always welcome.

AMERICAN LEGION AUXILIARY

The American Legion Auxiliary met on Feb. 12 for their regular meeting. The bloodmobile will be in Allen on March 5 from Noon -4:00 p.m.

Marilyn Webb and Sharon Puckett will furnish cookies. Pauline Karlberg volunteered to work

District Convention will be in lackson on March 17 beginning at 9 a.m. Registration is \$2; Lunch is \$7. Pearl Snyder will conduct the Auxiliary Memorial Service. If you wish to furnish cookies for the vet's home you may take them to Pearl on the 16th. They should be packed for freezing and labeled with our unit name, mailing address, flavor of cookie and quantity.

Girls State Applications have been received. We also have several entries for the essay contest.

The next meeting will be March

12 at 7:30 p.m. at the Senior Center. Acknowledgment will be made of the Legion's Birthday: BLOOD MOBILE

The Siouxland Bood Mobile will be in Allen on Monday, March 5 from Noon until 4 pm. Everyone is needed to stop in and donate. It might be for someone you love. **COMMUNITY CLUB**

The Community Club met on Feb. 19 at the Village Inn for its regular meeting, which is always held on the third Monday of each month. After a 6:30 optional dinner, the meeting began at 7:00 with President Donna Schroeder calling it to order. When the weather becomes warmer, the Christmas decorations at Heritage Park will be taken down.

The Children's Easter party will be joint effort with the Day Care and Allen Community Club. Spring activities were discussed which include the community cleanup day and Isom's Lov-a-Lop Swap Meet. Anyone wishing to be included in the list/map of garage sale sites is to contact Marcia Rastede.

Renovation of the caboose at the Trailer Park was discussed as our next project. Members are reminded to submit their dues to Treasurer Ronnie Gotch and plan on attending the meetings. If you are not a member, consider joining!

Both town and country residents are welcome. Qur activities are for all ages associated with Allen, and only with everyone's support and help can we continue programs beneficial to Allen.

FIREMEN RESPOND

The Allen Fire Department responded to a fire at Elsie Brawners on Thursday, Feb. 22. The fire was

believed to have started in the base-

Luckily, it was discovered early and put out quickly. After a cleanup of the smoke damage, Elsie is back

COMMUNITY CALENDAR Monday, March 5: RSVP due for

Classic Club trip-Line Dancing at Senior Center-Blood Mobile in Allen 12 - 4 pm-Nine Patch Quilters meet at 7:30 at Senior Center

· Tuesday, March 6: Somerset

Wednesday, March 7: Kid's Klub -Ladies meet for cards

Hoskins-

Hildegarde Fenske 402-565-4577

HOSKINS SENIORS MEET

Hoskins Senior Citizens met on Feb. 20. Winners at playing cards were: Mary Jochens, Shirley were: Mary Jochens, Wagner, and Lucille Krause. A cooperative lunch was served.

The next get-together will be on March 6.

COMMUNITY CALENDAR

. Thursday, March 1: Dorcas Society of Peace; United Church of Christ; Zion Lutheran Ladies Aid; Trinity Evangelical Lutheran Ladies Aid; each meet at 1:30 p.m.

Monday, March 5: Hoskins Saddle Club meets at the Firehall, 7

Tuesday, March 6: Hoskins Senior Citizens meet at the Community Center, 1:30 p.m.

Soup Lunch at the Wayne Red Cross office and 'Wear Red Day' to be March 9



American Red Cross

The Wayne County American Red Cross will have a Soup Lunch on Friday, March 9 from 11 a.m. - 1 p.m. at the Mineshaft Mall on East 2nd Street in Wayne. Two kinds of soup will be served with crackers and a drink. Funds raised will help support disaster assistance in Wayne County. There will be a free will donation.

To show support of the Wayne Red Cross, they are asking everyone in Wayne to wear RED on March 9. March is Red Cross month and the Chamber Coffee will be at the Red Cross that day. As a fundraiser, Red Cross Board members will be selling Wear Red on March 9' reminder cards for 50 cents. By purchasing some of these cards and giving them to your employees, customers, friends or any one you see, you will be supporting both your local Red Cross and local disaster assistance

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ringation and weiging experience neighbul. Work history with references required. No livestock.Top pay with benefits and housing negotiable. Call \$08-529-0180 or 308-537-

POSTAL JOBS, \$48,323.00 year. Now hiring. No experience. Paid training Great benefits. Call for lists, 7 days 800 429-3660, ext. J189.

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from any errors.

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COLORADO MOUNTAIN property liquidation sale. 35 acres, \$49,900. Owner must sell this heavily wooded parcel nestled in Rocky Mountains w/wildlife galore! Ready to build, year round drivephone/electric, survey Greatering. Don't miss out, call toll-free 877-676-6367

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STEEL BUILDINGS Sale 5,000+ sizes 51EE BUILDINGS Sale 5,0004 517,608,40x60x14, \$9,637,50x75x14, \$11,968,50x100x16, \$15,990; 60x100x16, \$17,518; Mni-storage buildings, 40x160, 32 units, \$16,914; Free brochures. www.sentinelbuildings.com Sentinel Buildings, 800-327-0790;

350 HIGH quality used trucks in stock from 1-ton to twin screw, Priced to sell. Michael's Truck Sales, 63rd Cornhusker Hwy., Lincoln, NE. 1-800-8 6 9 - 0 3 8 4 www.michaelstrucksales.com

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At Auction - 80.52 Acres Nance county gravity in good cropland w/ acreage Conservation of Tues . December 12 at 2:00 p.m . Genoa, NE

At Auction - 569 Acres Merrick Co. gravity irreared by land. pasture & District to be sold in 3 tracts on Thurs., Dec. 14 at 2:00, Archer Credit Union, Archer, NE

240 Acres Greenley County pizot irrigated of the pasture located sediments of Greeley.

81.75 Acres Plans d dryland southwest of mass.

36 Acres Platte Co., dryland crop land west of Tarnov. 633.57 Acres Greeley County

pasture (179 acres dyland cropland Dyland bubmersible well, cross fenced, extra nice southwest of Greeley.

150 Acres Mernick County Pivot Irrigated land north of Clarks, NE

320 Acres Stanton Co. native pasture, 300 lo. 1 1/2 east of Stanto

387 Acres Custer Co. improved grassland, cropland & building site 2 1/2 miles south of Broken

379 Acres Boone/Nance Co irrigated Que ure/dry land, west of Fullerton. 160 Acres Knox Co. pivot irrigated land west of Bloomfield.
160 Acres Stanton Co.

grassland/hunting, northwest of Clarkson. Hurry! 160 Acres Madison Co. pivot

irrigated crop-land, north of Newman Grove

560 Acres Greeley County pivot irrigated to United Hurry!

917 Acres Custer Co. pasture & Vergated Robards or Co. irrigated/dryland cropland.

located southwestern Custer Co 520 Acres Wheeler upland grass. Explicitly & crossfences. Located north of

Spalding.

320 Acres Boy To B velopable nasture. Sin Feder Rapids. 140 Acres Holt County developable grassiand east (

Page.

22.5 Acres Colfax Co. land w/ nice home & Tolfet D is located northwest countryler 6 Acres Merrick County Acreage w/ 3 bedroom ranch style home northeast of Clarks.

69 Acres Holl Court Prigated cropland Court Neill.

188 Acres Valley Co. irrigated/dryland/grassland with 3/4 mile North Loup River frontage

located east of Ord. 80 Acres Polk County irrigated cropland w/ pasture south of Silver Creek 37.6 Acres Boone County dryland cropland southeast of Cedar

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viations for this legal: PS-Personal Services, OE-Operating Expenses, SU-Suppl terials, ER-Equipment Rental, CO-Capital Outlays, RP-Repairs, RE-Reimbursemen WAYNE COUNTY BOARD PROCEEDINGS

Wayne, Nebras

The Wayne County Board of Commissioners met in regular session at 9:00 a.m. on Tuesday February 20, 2001, in the Courthouse meeting room
Roll call was answered by Chairman Miller, Members Wurdeman and Nissen, and Clerk Finn.
Advance notice of this meeting was published in The Wayne Herald, a legal newspaper, on

The agenda was approved

The minutes of the February 6, 2001, meeting were examined and approved Wayne City Administrator Lowell Johnson and Wayne City Public Works Directors Vern Schulz proposed a joint City-County project to pave Grainland Road from the city limits to Pheasant Run Eighty percent of the cost of this project could be federally funded. Additional information will

An Enhanced 911 Interlocal Agreement with Dixon County was reviewed. The agreemen approved, subject to the addition of representation on the E-911 Board, on motion by Nisser nd by Wurdeman Roll call vote all ayes, no nays

The One and Six Year Road Hearing convened at 10.00 a.m. Those in attendance included Commissioners Miller, Wurdeman and Nissen, Highway Superintendent Saunders and Assistant Carlson, and Clerk Finn. John Gawee arrived during the hearing.

Saunders reviewed the plan focusing on the 2001-2002 construction projects.

Gewee questioned the status of Project BRO07090 (10). Wayne Northeast. Right-of-way has not been acquired for this project.

The hearing was adjourned.

The Board of Commissioners meeting reconvened. Motion by Nissen, second by Wurdeman to approve Resolution No. 01-3 adopting the One and Six Year Road Improvement Plan as pre-

sented at the hearing. Roll call vote all ayes, no nays.

A proposal to join the City of Wayne in making a joint request to the Nebraska Department of Roads to reclassify county roads around the edge of Wayne was referred to the County Attorney. The reclassification could make such roads eligible for federal funds

Quotes for engineering services will be sought for Project BRO-7090 (15). Wayne Southwest 3 miles south and 3 miles west of Wayne, and replacement of Bridge 05505P, 1.5 miles east and 2.1 miles south of Wakefield

2.1 miles south of Wakefield
An engineering service proposal submitted by Mainelli Wagner & Associates, Inc. for replâce
ment of Bridge 02920, 4 miles west and 1.8 miles north of Wayne was accepted on motion by
Nissen, second by Wurdeman. Roll call vote all ayes, no nays.
Acquisition of easements for six bridge replacement projects was approved on motion by
Wurdeman, second by Nissen. Roll call vote all ayes, no nays.
Insurance coverage on rented road equipment was reviewed.
The Board received an update on Safety Committee projects including ventilation and lighting in the fumace room, courthouse signage, and CPR classes.
A Substitution of Securities submitted by First National Bank of Wayne was approved on
motion by Nissen, second by Wurdeman. Roll call vote: all ayes, no nays.
The following officials' fee reports were examined and approved. Joann Ostrander Clerk of
District Court, \$259.47 (January Fees); Debra Finn, County Clerk. \$6.502.25 (January Fees).
The following claims were audrited and allowed.

wing claims were audited and allowed. GENERAL FUND: Salares, \$58,252 50. Abernethy, Sandre OE, SU, 445 99. Albin Mark D. OE, 2,579.88, Alexander, Stacey, PS, 50.00, Andersen, Kita, RE, 52.08, AT&T, OE, 20.33, Avaya OE, 2,578.88, Alexander, Stacey, PS, 50.00, Andersen, Kita, RE, 52.08, AT&T, OE, 20.33, Avaya Communication, OE, 100.96, Barone Security Systems, RP, 157.52, Borngaars, SU, 65.99 Sornhoft, Juanita, ER, 675.00, Cherry, Mary, RE, 22.32, Clark, Manan, RE, 11.35, D&N 68.58 Service MA, 55.25, DAS Matenal Division, SU, 53.96, Dorcey, Jerry, RE, 12.00, Eakes Office Plus, SU, 302.65, Election Systems & Software, OE, 366.32, Executive Copy, Systems, RP, 595.94, Executive Copy Systems, RP, 995.92, Ganseborn, Laune, RE, 11.13, Heemstra, Jilf, RE, 42.09 Holt Co, Extension Non-Tax Acct, SU, 5.00, Houda, Jeffrey L, OE, 1.122.04, lowar Office Supply Inc., SU, RP, 570.77, Jagger, Joni K, RE, 56.46, Janssen, LeRloy, W., RE, 58.57, Johnson & Morland PC, OE, 995.36, Johnson Deloris, RE, 26.00, Johnson Lee, OE, 12.00, Menard's SU, 111.22, Mills, Stuart B, OE, 360.00, Montgomery, Kone, RP, 136.22, Muns, Douglas RE, 1500, NBE Solutions, SU, 34.67, NE Assoc of County Treasurers, OE, 50.00, Nebraska Supreme Court Publications, SU, 34.67, NE Assoc of County Treasurers, OE, 20.00, Neopost, RP, 153.70, Northeast Nebraska Juvenile, Serv., OE, 13,375.82, Northeast Research & Extension Cff. CO, 624.05, O'Neill Book & Office Store, SU, 7.77, Olds, Pieper & Connolly, PS, OE, SU, ER, 1745, 14, PDI Inc., ER, 1,229.00, Parmida, Inc. SU, 107.44, Park Lorten, RE, 180.27, Peoples Natural Communications, OE, 1112.83, RC Booth Enterprises, SU, 510.00, Rodinguz, Ethen RE, 67.71 Schmale, Ed. RE, 52.80, Servall Towel & Linen Supply, OE, 346.44. Sievers, Lon. RE, 67.73. Sorensen, Mark, RE, 30.60, Standard Office Equipment Co. Inc., SU, 6.98. Stratton Ptak & Kube PC, OE, 1,509.74; Topp, Amy, RE, 201.73, Wayne Co. Extension Activity Fund. ER, 153.07. Wayne County Clerk of Dist Court, OE, 60.00, Wayne Herald/Morning Shopper CO 33.00 Winners

County Clerk of Dist Coun, OE, 1046.
Cricle, SU, 8, 00, Worldcom, OE, 1046.
CCUNTY ROAD FUND: Salaries, \$17,270.50 Ailliel OE, 193.65 Arnies Ford Mercury Inc.
PR, 48.90, Carroll Station, Inc. The, MA, 302.97 Farmers Cooperative SU,MA, 9,893.97 Kimball Midwest, SU, 52.81, Linweld, SU, 75.95. Midwest Service and Sales Co., MA, 387.80. Northeast Nebraska Public Power Dist., OE, 229.20, Ron's Radio, RPCO, 638.00. Servalt Towel & Linen Supply, OE, 39.00, Swaney Equipment Co., RP, 24.58, Zach Oil Co., MA, 21.83. Zach Propane Service Inc., MA, 587.32.

SNOW REMOVAL & EQUIPMENT FUND: Frahm Construction, OE 4 050 00

SNOW REMOVAL & EQUIPMENT FUND: Frahm Construction, QE 4 050 00
REAPPRAISAL FUND: Salaries, \$75 00
INSTITUTIONS FUND: Health and Human Services QE 285 00
SPECIAL POLICE PROTECTION FUND: Salaries, \$4.266 66 Armies Ford Mercury
MA,RP, 123 82, Carroll Station Inc. The MA, 186 61 Bovee, Christopher PS, 15 00 Far
Cooperative, MA, 171 59, Janssen, Leroy W, RE 97 30 Northeast Nebraska Sheriffs Assoc
40.00, Phillips 66 Company, MA, 65 90, Ron's Radio, RP, 236 75, Varicleave, Ryan, PS, 1
Zach Qill, QM, 449 60
NOYJULIS WEED, CONTROL FUND: Salaries, \$2.056 RS, Diers, Farm & Horize Center

NOXIOUS WEED CONTROL FUND: Salaries \$2 026 83 Diers Farm & Home Center SU 23.51. Harmeier, Don, RE, 12 11. Karel. Mike RE 10.00 NE Nebraska Assoc of City Officials. OE 51.00. Peoples Natural Gas. OE, 95.08. Owest Communications OE 32.76 Schullier Marlin RE 26.28. Thomsen, Kenneth. RE 10.11. Wayne Auto Paris. SU 4.45. White Horse. MA 30.00. Lincoln Dodge, CO. 24,170.00

Debra Finn, Wayne County Clerk

NOTICE
IN THE COUNTY COURT OF WAYNE
COUNTY NEBRASKA
Estate of WALDEMAR E PETERS

Notice is hereby given that a Petition for Determination of Inheritance Tax has been

filed and is set for hearing in the County Court

NOTICE OF MEETING
There will be a meeting of the Airport
Authority Monday, March 12, 2001, at 7 OZ
P.M. at the Wayne Municipal Airport An agen
da for such meeting, kept continuously cur
rent, is available for public inspection in the
City Clerk's Office and the airport office.
Mitch Nlasen, Chairmai
Wavne Airport Authorit

NOTICE IN THE COUNTY COURT OF WAYNE

Estate of ILA M. PRYOR, Deceased Estate No. PR00-43

Notice is hereby given that a final account and report of administration and a Petition for

Complete Settlement, Probate of Will, Determination of Heirs, and Determination of

Determination of Heirs, and Determination of inhenitance Tax have been filed and are set for hearing in the County Court of Wayne County, Nebraska, located at Wayne, Nebraska, on March 19, 2001, at or after 11.30 o'clock a.m. James R. Pryor, Personal Representative Norfolk, NE 68701 (480) 376.5 NIG Servenue

Norfolk, NE 68701 (402) 379-2047 Michael E. Pieper, No. 18147

(Publ. March 1, 8, 15)

Olds, Pieper & Connolly P.O. Box 427

ne. NE 68787

NOTICE OF MEETING

Wayne, NE 68787 (402) 375-3486

(Publ March 1)

Wayne Airport Authority

(Publ. March 1)

STATE OF NERBASKA COUNTY OF WAYNE

COUNTY OF WAYNE

)

1, the undersigned. Country Clerk for the Country of Wayne. Nebraska, hereby certify that all of the subjects included in the attached proceedings were contained in the agenda for the meeting of February 20, 2001. Kept continually current and available for the public inspection at the office of the Country Clerk, that such subjects were contained in said agenda for at least twenty-four hours prior to said meeting; that the said minutes of the meeting of the Country Commissioners of the Country of Wayne were in written form and available for public inspection within ten working days and prior to the next convened meeting of said body.

In Witness Whereof I have hereunto set my raind this 23rd day of February 2001.

Debra Finn, Wayne Country Clerk

(Publi March 1):

(Publi March 1):

Deceased Estate No PR00-27

Attorney for Petitioner

110 West 2nd Street

COUNTY, NEBRASKA

Wayne, NE 68787

(402) 375-2080

Personal Representative

Duane W. Schroeder #13718

MEETING NOTICE

The regular meeting of the Region IV Office Developmental Disabilities Governing of Developmental Disabilities Governing Board, Wayne, Nebraska will be held at the Norfolk Area Office, 218 Braasch Avenue, Norfolk, Nebraska at 10:00 A M on Thursday March 15, 2001, snow date March 22, 2001 A continuing agenda will be maintained at the Central Office

NOTICE OF TRUSTEE'S SALE
TO WHOM IT MAY CONCERN:
You are hereby notified that the following
described property will be sold by Daniel A
Fullner, Successor Trustee at public auction to
the highest bidder at the East door of the
Warne Couth Courthouse in Wave, Warne County Courthouse in Wayne County, Nebraska, on the 11th day of April 2001, at 3 00 p m

A portion of Lot 6, Ley's Addition to Carroll Wayne County, Nebraska, described as a tract of land as follows Beginning on the South line and 106 66 feet West of the Southeast comer of Lot 6, Lev's Addition Southeast corner of Lot 6, Ley's Addition to Carroll, thence North 90 degrees West (on an assumed bearing) 120.00 feet, thence North 0 degrees East 78.00 feet, thence North 90 degrees East 121.42 feet to the West ROW Line of Highway No 57, thence South along said ROW Line 78.00 feet to the point of beginning (commonly known as 403 Sunset, Carroll, NE 68723) subject to any and all (1) real estate taxes.

all subject to any and all: (1) real estate taxes (2) special assessments, (3) easi covenants, restrictions, ordinances and reso-lutions of record which affect the property. (4) lutions of record which affect the property. (4) prior mortgages, trust deeds and land contracts of record. (5) ground leases of record, and (6) unpaid water bills, if any. The highest bidder will deposit with the Trustee, on the day and time of the sale, ten percent (10%) of the bid, in cash, or certified funds, with the remainder to be received by the Trustee by the end of the following day, except this requirement is waived when the highest bidder is the beneficiary. The successful bidder shall be responsible for applicable transfer fees or taxes, including ble for applicable transfer fees or taxes, including documentary stamp tax. This sale is made nout any warranties as to title or condition o

Daniel A. Fullner, Successor Trustee BY: Daniel A. Fullner, #15948 MOYER, MOYER, EGLEY, FULLNER & WARNEMUNDE 114 WEST THIRD STREET - ROY 510 (Publ. March 1, 8, 15, 22, 29)

NOTICE OF FORECLOSURE SALE OF REAL ESTATE Date of Sale: 05/10/01 Time of Sale: 10:30 a.m. Place of Sale: Wayne County Courthouse, 510 Pearl Street, Wayne, NE. Name and Address of Person Who Will Conduct. This Sale: Moodie, Moodie & Wortman, PO Box 15, West Point, Ne £6788 This is not/is a republication of a previous sale caused by a cancellation of payment. All

sale caused by a cancellation of payment. All words and phrases that are underline are defined in the attached Identifying Data of Mortgage or Deed of Trust, Directions may be ed pursuant to a written request submit ted to the undersigned Pursuant to the power of sale in the mort

gage or deed of first being foreclosed, and because of the defaults causing foreclosure, the real estate will be sold at public auction without warrantes or quarantes on the date.

the real estate will be sold at public auction without warranties or guarantees on the date, time and place stated. Your interest in the real estate may be terminated by this sale. The mortgage or dead of trust being foreclosed is in default. Unless you take action to protect your interest in the real estate, it may be sold at public sale. If you need an explanation of the nature of this proceeding against you your should contact a lawyer. you you should contact a lawyer

Philip M. Kleinsmith

Attorney for Present Mortgagee(s) and/or Substitute Trustee Nebraska Attorne Registration No. 18991 6035 Erin Park Dr., Ste. 203 Colorado Springs, CO 80918 1-800-842-8417

or Deed of Trust
Defaults Causing Foreclosure Non-pay ment of periodic payments since 6/00 Estimated Total Amount Owned On Principal \$51,762.53

Deed of Trust or Mortgage Estimated

Interest \$1,489.06 Being Foreclosed on the Estimated Costs

\$1 800 00 Estimated Date of Foreclosure Sale mated Total \$55 051 59

Estimated Total \$\$5.051.59
Reaf Estate to be Sold
Common Description 402 Lincoln Street,
Wayne, Ne 68787
Assessors Tax Parcel No unknown
Legal Description. The East 97 Feet of Lot
7 and the East 97 Feet of the South 40 feet of
Lot 8 Block 6 Crawford and Brown's Addition
to the City of Wayne, Wayne County,
Nebraska

Neoraska Identifying Data of Deed of Trust or Mortgage Being Foreclosed Per Real Estate Records of County Stated in Legal Description Dated 5/14/99 Recorded 5/26/99

Recorded 5/26/99
Recording Data Micro 990752
Original Principal Balance \$52,000.00
Original Trustee G.E. Heaney Jr.
Original Mortgagee(s) Name & Address
Long Beach Mortgage Co. 1100 Town &
Country Rd. #900, Orange, CA 92868
Present Mortgagee(s) Name & Address
First Union National Bank, c/o Long Beach
Mortgage, 1100 Town & Country Rd. #900
Orange, CA 92868
Original Mortgagor Name & Address. Tim.

Original Mortgagor Name & Address Tim Guill 402 Lincoln Street, Wayne NE 68787 Present Owner Name & Address Tim Guill

402 Lincoln Street, Wayne NE 68787 Pub: Feb 15 22 March 1 8 151

NOTICE
IN THE COUNTY COURT OF WAYNE
COUNTY NEBRASKA
ESIATE OF CLARA A RETHWISH Deceased

Estate No. PR00-22

Notice is hereby given that a final account and report of administration and a Petition for Complete settlement Probate of Wi Complete Settlement Probate of Wi Determination of Heirs, and Determination of Inheritance Tax have been filled and are set for hearing in the County Court of Wayne County Nebraska located at Wayne, Nebraska of March 5 2001 at or after th 30 octock aim Carla S. Mitchell, Personal Representative 9 Gardenwood Lane Asheville NC 28803 (828) 277-9333 Michael E. Pieper, No. 18147 Olds, Pieper & Connolly

Olds, Pieper & Connolly

P.O. Box 427 Wayne, NE 68787 (402) 375-3585

Publi Feb 15 22 March

funds used to purchase The Renaissance Coffee House A copy of the WRLF Application s available for public inspection in the offices

is available for public inspection in the offices of the City Clerk and City Administrator during normal business hours. All oral and written comments on the proposed WRLF Application received prior to and at the public hearing will be considered.

Betty A. McGuiro, CMC/AAE

Betty A. McGuiro, CMC/AAE

CORRECTED
NOTICE OF TRUSTEE'S SALE
TO WHOM IT MAY CONCERN

The following described property will b sold at public auction to the highest bidder at the Lobby of the Wayne County Courthouse 510 Pearl Street, Wayne, Nebraska, on the 9th day of April 2001 at 11 00 a m

Lots 35, 36, 37, 38, and the South 13 feet of

Lots 35, 36, 37, 38, and the South 13 feet of Lot 39, Block 23, College Hill Addition (also known as College Hill First Addition) to the City of Wayne. Wayne County, Nebraska Together with an easement to allow an existing encroachment onto adjacent reached May 29, 1998, in Microfilm No 98070, in the records of Wayne County, Nebraska The property is being sold "AS IS" and sub-

ject to any unpaid real estate taxes, assess ments and any lien or interest superior in right

ments and any lien or interest supenor in right which may affect the property.

The highest bidder is required to deliver cash or certified funds to the undersigned by the close of business on the date of sale, except this requirement is walved when the highest bidder is the Beneficiary. The purchaser is responsible for all lees or taxes, including Documentary Stamp Tax.

Dated this 21st day of February, 2001.

DAVID J. SELBY, Successor Trustee

By: David J. Selby, \$18899

YOUNG & WHITE

8742 Frederick Street

8742 Frederick Street P.O. Box 241358 Omaha, NE 68124-5358 (402) 393-5600 (Pubi. March 1, 8, 15, 22, 29)

NOTICE
IN THE DISTRICT COURT OF
WAYNE COUNTY, NEBRASKA
Case No. Cl01-3
Owen A. Hartmann and Karen I. Hartmann,
Husband and Wrie, Plaintiffs, vs. Robert H.
Hank, Betty J. Hank, Henry H. Hank,
Henrenetta M. Jensen, Ida M. Hank, Annie
Talbott, all persons having or claiming any
right, title to, or interest in, or lien upon, a tract
of land lying wholly in the Southwest Quarter land lying whofly in the Southwest Quarter the Southwest Quarter (SW1/4 SW1/4) or Section 35, Township 26 North, Range 2, East of the 6th P.M., Wayne County, Nebraska. more particularly described as follows Commencing at a point 396 East from the Southwest Corner of said Section 35; thence East 40 rods, thence North 20 rods; thence West 40 rods: thence South 20 rods to th place of beginning, containing 5 acres, more or less, real names unknown; all heirs or less, real names unknown; all heirs, devisees, legatees, personal representatives, and all other persons interested in the Estate of Mrs. Mary Hank, real names unknown; all heirs, devisees, legatees, personal representatives, and all persons interested in the Estate of Gustov Hank, Deceased, real names unknown, and all persons claiming any interest in said_gal estate by writue of any estate, real names unknown; Defendants

TO All persons having or claiming any nght, title to or interest in, or lien upon, a

right, little to or interest in, or lien upon, i tract of land lying wholly in the Southwest Quarter of the Southwest Quarter (SW1/4 SW1/4) of Section 35, Township 26 North, Range 2, East of the 6th P.M., Wayne County, Nebraska, more particularly described as follows: Commencing at a point 396 Feet East from the Southwest point 396 Feet East from the Southwest Corner of said Section 35; thence East 40 rods, thence North 20 rods; thence West 40 rods, thence South 20 rods to the place of beginning, containing 5 acres, more or less, real names unknown; All heirs, devisees, legatees, personal representatives, and all other persons interested in the Estate of Mrs. Mary Hank, Deceased, real names unknown;

Deceased, real names unknown; All heirs, devisees, legatees, personal rep-resentatives, and all other persons interest-ed in the Estate of Gustov Hank, Deceased, real names unknown

All persons claiming any interest in said real estate by virtue of any estate, real names unknown; Defendants

unknown; Defendants you are hereby notified that the Plaintiffs nave filed their Petition against you in the District Court of Wayne County, Nebraska, the object and prayer of which is to quiet till ein the object and prayer of which is to quiet till ein the above described real estate in the Plaintiffs Owen A Hartmann and Karen I Hartmann, as against you, and each of you. Unless you answer or otherwise plead to the Petition of the Plaintiffs filed herein on or before the 7th day of April, 2001, which is 30 days after the date of final publication of this Notice, judgment will be rendered against you

Notice judgment will be rendered against you to the relief as pied in Plaintiffs' Petition and as may be determined by the Cour

OWEN A. HARTMANN AND KAREN I. HARTMANN, Plaintiffs By: Jeffrey L. Hroude #16274 P.O. Box 1622 Norfolk, NE 68702-1622 (402) 379-1666 (Publ. Feb. 15, 22, March 1,8)

NOTICE OF SALE

Notice is given that by virtue of an Order of Sale issued by the District Court of Wayne County Nebraska, in an action pending in said County Nebraska, in an action pendining in said Count wherein Bartley Armitage. Carla Zimmerman and Gregory Armitage are Plantitts and Glenna Mae Armitage. Cattly C Vondrak and Leon Vondrak are Defendants directing me as Relaree to sell the following described real estate to-will The Southeast Quarter of Section 29 fownship 25, Range 3. East of the 6th P.M. except the Southwest one acre of the East Half of the Southeast Quarter of Section 29.

Half of the Southeast Quarter of Section 29 Township 25, Range 3, East of the 6th P.M. and except the Southeast Quarter of the Southeast Quarter of the Southeast Quarter of Section 29. Township 25. Range 3, and subject to an easement 30 feet in diameter and centered upon the existing water well for water well uponess and maintenance and repair thereof, and further subject to an easement for water line purposes and maintenance and repair thereof, frifteen feet in width and centered upon the existing water line as it runs from the well to the said Southeast Quarter of the Southeast Quarter and also subject utheast Quarter of the Southeast Quarte of the Southeast Quarter and also subject to an easement for electrical line purposes repairs and maintenance tifteen feet in width and centered upon the existing elecwidth and centered upon the existing elec-incal line serving the existing water well said easements are conditioned that the owners of the said Southeast Quarter Southeast Quarter, Southeast Quarter shall be responsible for all damages to crops and the real estate ansing out of the use of such easematics.

on March 15, 2001 at 1 00 o clock p.m. in the First Floor Lobby of the Courthouse in Wayne

TERMS OF SALE 15% cash on day of sale Balance on Confirmation
Michael E. Pieper, Referee

218 N Main Street Wayne, Ne 68787 (Publ Feb 15,22, March 1, 8)

NOTICE OF MEETING
The Wayne Community Schools Board of
Education will meet in regular session at 7 00
p.m. on March, March 12, 2001, at the high
school, located at 611 West 7th, Wayne Nebraska. An agenda of said meeting, continually current, may be inspected a office of the superintendent of schools Terri Test, Secretary

WILBUR E. GIESE, Deceased

WILBUR E. GIESE. Deceased
Book PR01 Page 6
Notice is hereby given that on the 13th day
of February, 2001, in the Wayne County Court,
the Registrar issued a written statement of
informal Probate of the Will of said Decedent
and that JEANNETTE GIESE, whose address
is 1017 1st Avenue, Wayne, Nebraska 68787,
was informally appointed by the Registrar as
Personal Representative of this estate.
Creditors of this estate must file their claims
with this Court before the 23rd day of April,
2001 or he forewer barred. 2001, or be forever barred

(a) Carol A. Brown CLERK OF THE COUNTY COURT David Warnemunde WAYNE COUNTY COURT

11920 Burt Street, Suite 1 Omaha, Nebraska 68154 (402) 898-1850 Attorney for Estate et. Suite 145 NOTICE OF INTENT TO REQUEST RELEASE OF FUNDS

Wayne Cor

Address: 108 West Third Stree Contact: Julia Shear (402) 375-5266 To All Interested agencies, Groups and

Notice is hereby given that the Wayne Community Housing Development Corporation (WCHDC) will request release of Housing Act for the following pro

Wayne Community Housing
Development Corporation Purchase
Rehab Resell Program. Down-Payment
Assistance programs
An Environmental Review Record for the
project has been made by the WCDHC This
ERR is on tile at 703 Main Street, Wayne
Nebraska and is available for public examina
tion and copying upon request dynon requel tion and copying, upon request during regula business hours

Any individual, group, or agency may sub-mit written comments on the ERR to the Department of Economic Development within eight days of this publication
This notice also certifies that Debra Finn

serving in the capacity of Wayne County Clerk serving in the capacity of Wayne County Clerk consents to accept the jurisdiction of the Fedgral court in relation to environmental reviews, decision-making and action, and that these responsibilities have been satisfied. The legal effect of this certification is that upon its approval. Wayne: Community. Housing Development Corporation may use HOME funds, and will have satisfied its responsibility under the National Environmental Policy Act of 1969.

for the release of funds and the certification only if it is on one of the following basis. (a) the certification was not executed by the certifying officer: or (b) the Grantee's environmenta record for the project indicates omis sions of a required decision, finding, or step applicable to the project in the environmental review process or (c) the grant recipient has committed funds or incurred costs not authocommitted funds or incurred costs not authorized by 24 CFR Pan 58 before approval of a release of funds by the Department, or (d) another Federal agency acting pursuant to 40 CFR part 1504 has submitted a written finding that the project is unsatisfactory from the standpoint of environmental quality Objections must be prepared and submitted in accordance with the required procedure (24 CFR Part 58). Such written comments should be received within 22 days of this publication Objections may be addressed to:

Objections may be addressed to Gary Hammer, Nebraska Department of

Development for WCHDC

NOTICE IN THE COUNTY COURT OF WAYNE

COUNTY, NEBRASKA Estate of LEO ROBERT CLOUGH

Estate No. PR01-8

Estate No. PR01-8
Notice is hereby given that on February 16, 2001, in the County Court of Wayne County, Nebraska, the Registrar issued a written statement of Informal Probate of the Will of said Decedent and that M. Theresa Miner, whose address is P.O. Box 171, Wakefield, NE 68784, was informally appointed by the Registrar as Personal Representative of the Estate

Estate

Creditors of this Estate must file their claims with this Court on or before May 1, 2001 or be forever barred

(s) Carol A. Brown Clerk of the County Court P.O. Box 248 Wayne, NE 68787 Leland K. Miner. #16901

Miner Law Office P.O. Box 171 Wakefield, NE 68784 (402) 287-2419

(Pu March 1, 8, 15) 1 clip

NOTICE
IN THE COUNTY COURT OF WAYNE
COUNTY NEBRASKA
Estate of ALFRED STUTHMAN. Deceased
Estate No PRO0-25
Notice is hereby given that a final account
and report of administration and a Petition for
complete settlement. Determination of
Inheritance Tax, probate of Will and determiation of heirs has been filled and are set for nation of heirs has been filed and are set to nearing in the County Court of Wayne County, Nebraska, located at Wayne, Nebraska, on March 19, 2001, at or after 11 30 o'clock a.m.

Wilbert Stuthman Personal Representative/Petitione RR 1 Box 123 Wayne, NE 68787 (402) 529-6370

Duane W. Schroeder #13718 Attorney for Personal Representative/Petitioner 110 West Second Street Wayne, Nebraska 68787 (402) 375-2080

Publ March 1 8, 15] 2 clips

NOTICE OF MEETING

There will be a meeting of the Mayor and Council, Tuesday March 13, 2001, at 7 30 p.m. in the Wayne City Hall. An agenda for such meeting, kept continuously current available for public inspection in the City Clerk's Office Betty McGuire, City Clerk



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Lvnn Lessmann







NOTICE OF INFORMAL PROBATE AND NOTICE TO CREDITORS
IN THE MATTER OF THE ESTATE OF

(Publ. Feb. 22, March 1, 8)

complete information.

nis L. Wills, #16188

Economic Development Community and Rural Development Division, PO Box 94666 Lincoln NE 68509-4666 Julia Shear, Director of Programs &

Footpalans & Associates





Church groups such as AWANA, help with the faith development of area youth. At the completion of each year, the students participate in a Quiz Bowl with other youth to test their Church of Concord have very active AWANA groups.



knowledge. Both Calvary Bible Evangelical Free Church in Wayne and Evangelical Free

occupied

The Awana club, for children ages three through 8th grade, is part of an international, interdenominational organization designed to provide scriptural education and fun. For more information, contact Pastor

Calvin Kroeker at (402)-375-4946

Boy Scouts

The Wayne Cub Scout Pack #174 is open to boys beginning in first grade. Cubs receiving the Arrow of Light advance to Boy Scout Troop #174. For more

information, contact Charles tains separate funding and activ-Shapiro at (402)-375-3592 or ities. Separate groups for middle Jim Modrell at (402)-375-4362. Drug-Free Youth

F.R.I.E.N.D.S. (Facts Raising Interest in Ending Needless DrugS) is supported by the Wayne-Carroll schools but main-

and high schoolers hold dances, lock-ins and fundraisers. For more information, contact Joan Sudmann, Middle School counselor, at (402)-375-2230. **Girl Scouts**

Girls in kindergarten through 12th grade may participate in the organization's service to the community. Girl Scout Round-Up is held each fall, but girls moving to Wayne at other times may also join. For more information, contact Sue Schroeder at (402)-375-3310.

Wayne County 4-H

4-H provides a variety of functions for both rural and in-town students ages 8 through 18. For more information, contact the Wayne County Extension Office







Youth in the community have the opportunity to experience a number of activities. Clockwise, from upper left, the Wayne County Fair, held in August, drew hundreds of children and adults to the Petting Zoo. Above, the 4-H Program in Wayne County attracts hundreds of youth between the ages of 8 and 18 in a variety of projects. During Achievement Night, held at the end of each season, the youth are recognized for their achievements and for their years of enrollment. The bottom photos represent those youth who earned special awards.





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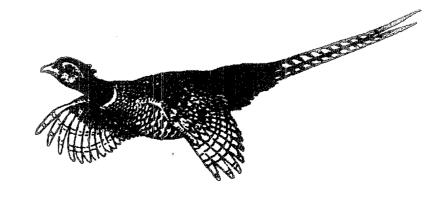
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Organizations offer variety

Community A.A.L.

Aid Association for Lutherans is a fraternal organization which provides services and benefits to the community and to families who have experienced disaster or crisis. For more information, contact Mark Christensen at (402)-375-2920

Geneology Society of Wayne County

The Society works to share information about family histories and geneology research at its meetings the third Thursday each month at 7 p.m. in the Wayne Fire Hall. For more information, contact Diane Roeber at (402)-375-4984.

After 5 Club

The Wayne After 5 Club is part of an international organization with headquarters in Kansas, City, Mo. It is interchurch and non-sectarian with approximately 2,100 groups meeting across the United States, Canada and around the world.

There are no dues or membership fees. Programs each month include special music, features of interest and inspirational speakers.

Call Lois at 375-5166 or Gayle at 375-2164 for more information

Eagles Aerie and Auxiliary

Meeting on the first and third Monday evenings of every month, the Eagles Aerie and Auxiliary sponsor projects such as the Nebraska Boys Ranch, the Diabetes Fund, Doc Dunlap Kidney Fund, Alzheimer's Disease Fund, City of Hope, and the Art Ehrmann Cancer Fund. Year-round social activities are held at the club, located at 119 Main Street in Wayne. For more information, contact Charles Roland at (402)-375-3289.

Eastern Star

The Order of the Eastern Star is the largest international fraternal organization to which both men and women may belong. Local projects include providing scholarships to graduating seniors in the area, caring for two miles in the Adopt-A-Highway program and supporting Heart and Cancer Research the MS Foundation and the Masonic Eastern Star Home for Children in Fremont. For more information, contact Marilyn Carhart at (402)-375-2976 or Darrel Fuelberth at (402)-375-3205.

Izaak Walton League

Working to promote environmental awareness and appreciation, members of the League support state and national legislation. A local lake is maintained for members' enjoyment. For more information, -contact Norris Weible at (402)-375-3297 or Harvey Brasch at (402)-375-2139.

laycees

The laycees support community projects, the development of leadership skills and local youth sporting competitions. Membership is open to those ages 21 to 40, and meetings are held the second Monday of each



Organizations such as the Wayne Area Jaycees provide services to the community and offer members a chance to socialize and put their talents to work. Above, the Jaycees produced an award-winning float in the Chicken Show Parade.

month at 7 p.m. Events include the Longest Day of Golf, Gifts for Kids and Community Clean-Up. For more information, contact Nancy Modrell at (402)-375-4362.

Kiwanis

Kiwanis names the support of youth as its primary goal. The organization raises money through hot choclate sales, a pancake feed and a Children's Miracle Network carnival. Activities include an annual scholarship recognition dinner for Wayne students, programs for drug-free youth, and the

Terrific Kids program. For more information, contact Rowan Wiltse at (402)-375-2596.

Lions Club

The area Lions Club aids programs for sight conserviation and hearing loss support. The Lions sponsor a county youth track meet, and they support the Lions RV park by the Wayne Municipal Airport. For more information, contact Pam Shanks at (402) 375-4969

Optimist Club

The Wayne Optimist Club was chartered in 1998 as a group of

individuals choosing to make the "good life" event better for our community and youth. The club sponsors youth athletic contests, oratorical and essay contests, bicycle safety sessions and a host of other projects.

The group meets every Friday morning at The Renaissance at 7 a.m. For more information, contact Bill Koeber at (402) 375-4247

Masonic Lodge

Masons meet regularly in Wayne. For more information, contact Orval Brandstetter at (402)-375-3050.

. .

Rotary members work with the recycling center, the food pantry, Toys for Tots, sponsor a foreign- exchange student program and youth mentoring program (RITIK, Rotarians Investing Time in Kids). For more information, contact Wilma Moore at (402)-375-3098.

Sunrise Toastmasters

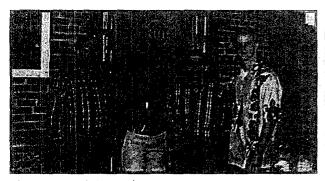
Sunrise Toastmasters offers individuals the opportunity to develop effective communication, build self-confidence, organize and present logical thoughts and learn sound management techniques. Toastmasters International is devoted to excellence in communication. Meetings are weekly in Wayne. For more information, contact Mary Jarvi at (402)-375-4310 or Karen Karr at (402)-375-4310 or Karen Karr at (402)-375-4310.

Wayne Area Retired Teachers

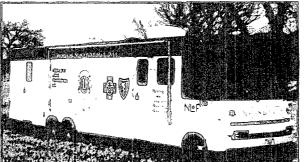
Open to anyone who has been employed by the school system, this group meets the first Monday of alternate months at 10 a_mm. Meetings include a program, and members aid in community projects. For more information, contact Harold Maciejewski at (402)-375-2016.

Wayne Salvation Army Unit

Funded by the Wayne United Way to help those caught in dire circumstances, the Wayne Salvation Army Unit helps transients and local persons in need of medication, groceries, transportation or lodging. For more information, contact llene Nichols at (402)-375-5348.



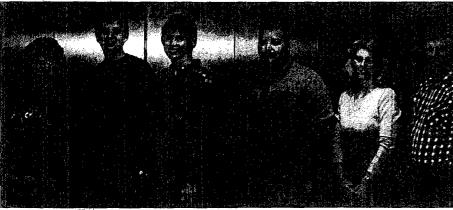
The Wayne Optimist Club is dedicated to assisting the youth of the community through a number of activities such as the Oratorical Contest.



The Lions Mobile Screening Bus is a familiar site at events such as the Chicken Show and the Wayne County Fair each year.



The Krowanis Club works closely with the Children's Miracle Network Carnival to raise funds for medical equipment for hospitalized children.



The 4-H program in Wayne County provides opportunities for adults to share their expertise with youth as project and organizational leaders.



The Wayne Eagles Club sponsors a Bike-a-Thon each year. Proceeds from the event are directed to the St. Jude's Hospital.







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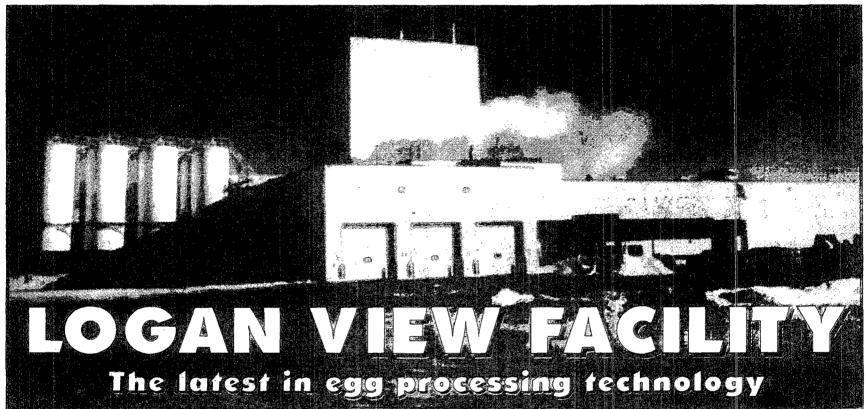
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Mark Froderickson
13 years
"I sometimes feel like its a
family here. I enjoy coming to
work. I believe that the
company challenges me every
day to do the best I can and
that to me makes this a great
place to work."



Enrique Navarrett
1 year
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everything works out,
I'll retire here. The
company treats me
good, the benefits are
great & the pay is
good too."

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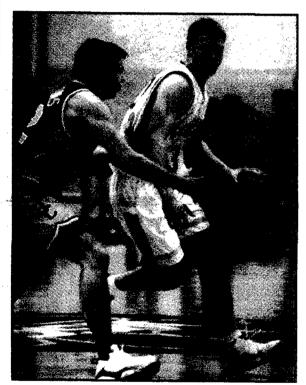
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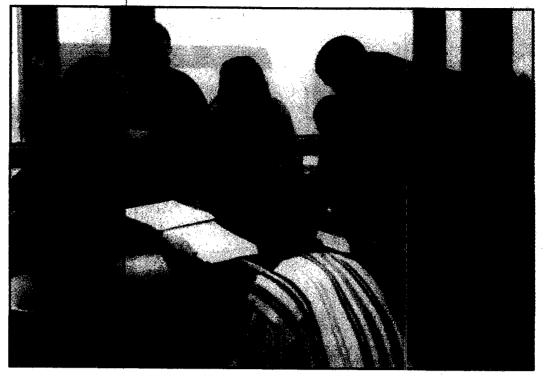












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- expert faculty
- excellent career preparation
- friendly campus community
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OPEN HOUSE

Saturday, March 31, 2001 10 a.m. - 1 p.m.

If you're thinking about Wayne State, don't miss your opportunity to attend our Open House on March 31. It's the best way to find answers to all of your important questions and get the inside scoop on what the college is like. Special programs and exhibits throughout the day. Register for prizes! Check out our Web site at www.wsc.edu for a schedule of activities. For more information, call admissions at 402-375-7234.

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The Wayne Community Theatre is active each year, producing several plays. Located in the Mineshaft Mall, the Carriage House Theatre is the setting for these productions.

Leisure

Cycle Paths bicycle club, which meets at 7:30 p.m. the last Monday of every month at Riley's in Wayne and provides information on equipment maintenance and other events. For more information, contact Gary West at (402)-375-1167.

Leather and Lace

Square dancing couples and

singles are welcome to this organization's dances held the second and fourth Fridays of each month at the Wayne City Auditorium. Lessons are offered in the fall. For more information, contact Dave and Connie Kirkpatrick at (402)-375-4703. Pheasants Forever

Pheasants Forever raises and distributes funding for the

preservation of area game, particularly with the re-cultivation of Conservation Reserve Program land. For more information, contact Duane Schroeder (402)-

Roving Gardeners

The Gardeners beautify Wayne with flowers and plants and hold gardening lessons, plantings and They also assist Wayne

Care Center residents with their gardening interests. For more information, contact Mrs. Dean Meyer at (402)-375-2392

Wayne Community Theatre

As an organization and an activity, the Wayne Community Theatre is open to amateurs and experienced persons interested in theatre. Governed by a Board

Directors, the announces try-outs for plays and musicals publically. Both adults and children can participate in annual productions put on at the Carraige House in the Mineshaft For more information, contact Dave Headley at (402)-375-3160 or Mick Kemp at (402)-375-1936.

Wayne Country Club

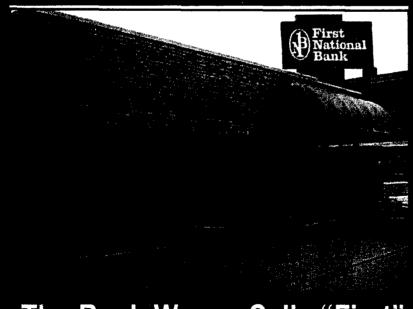
hole, par-72 golf facility one mile north of Wayne. The front nine is 45 years old while the back nine is over 30 years old. Mens', women's' and couples' leagues and lessons are conducted. Tee times are necessary on the weekend. For more information, contact Troy Harder at (402)-375-







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The Logan Creek Chapter of Pheasants Forever is active in the community. The annual banquet held each March, provides an evening of entertainment for members as well as raising funds used for habitat activities in the area.



The Wayne Hospital Auxiliary holds a Style Show each year to raise money for equipment at Providence Medical Center. Last fall's show featured fashlons from the 1930's, 40's and 50's. A number of local residents served as models for the clothing

Business opportunities abound

Nebraska Home-Based **Business Association** (Wayne Area Chapter)

The Wayne chapter meets to discuss resources and ideas regarding business based in the home. The Association exists to encourage and educate business owners and enhance homebased business opportunities. For more information, contact or call (402)-375-2240.

Marvel Rahn at (402)-375-4827. Wayne Area **Chamber of Commerce**

The Chamber is open to individuals and businesses interested in supporting Wayne's business industrial Membership fees vary. For more information, contact the Chamber office at 108 W. 3rd St.

Meeting September through May at 2 p.m. at the hospital, the Auxiliary raises funds for equipment for Providence Medical Center. Fundraisers include a fall fashion show, a supper/bake sale and a flea market. For more information, contact Marilyn Carhart at (402)-375-2976.

Veterans' groups provide support for many activities

American Legion & Auxiliary Irwin L. Sears Post #43

All honorably discharged servicemen who served during military conflicts may join the American Legion. The group meets the last Wednesday of every month at 2 p.m. at the Wayne Vet's Club. The Legion sponsors County Government Day, area Boys' State representatives and area baseball teams.

The American Legion Auxiliary sponsors area Girls' State representatives, participates in American Education Week and aids American Legion activities.

Poppy sales on Poppy Day each year provide the organization's funding. Meetings are held in members' homes the first Monday of every month at 8 For more information about either organization, contact Eveline Thompson at (402)-375-3446.

Disabled American Veterans & Auxiliary

DAV aids and supports veterans and their dependents. The Auxiliary raises funds by sponsoring bingo in Norfolk. For more information, contact Eveline Thompson at (402)-375-3446. Veterans of Foreign Wars

and Auxiliary The VFW contributes to veterans' homes, supports Special Olympics and provides Christmas gifts for residents of the Norfolk Veterans Home. Meetings are the second Tuesday of each month at 8 p.m. in members' homes. For more information, contact Eveline Thompson at (402)-375-3446.

Women's clubs are active

The American Association for University Women is an organization for women with college degrees. The organization seeks to further the education of women, raise women's issues, and address the well-being of children and the environment at both local and national levels. Mom's Group

This Christian-based, nondenominational group provides fellowship and encourages stay-Meetings, at-home mothers. held at 9:15 a.m. the third Thursday of each month at Grace Lutheran Church, include a featured program and snacks for moms and children. Babysitting is provided at a nominal charge. For more information, contact Jodi Pulfer at (402)-375-2285.

Wayne Women's Club

The Wayne Women's Club meets the second Friday of each month in the Club Room adjacent to the Wayne Auditorium. The organization provides a nursing scholarship and scholarships for Wayne High Seniors. Programs and guest speakers are featured at the meetings. For more information, contact Helen Beckman at (402)-375-2917.

Women of Today

Wayne Women of Today is an organization dedicated to developing individuals' leadership skills through community service and personal development services. Meeting the second Thursday of each month at 7 p.m., the group sponsors activities supporting women, children and the community. For more information, contact Deb Bargholtz at (402)-375-4239.



Veterans were honored during the annual Veteran's Day program held in November at the Wayne Senior Center. Above, balloons were released as a sign of freedom earned by these veterans. At left, veterans carried in several flags to begin the ceremony. Below, this year's program included special recognition for those who served in Korea.





The Order of Eastern Star and Wayne Masonic Lodge are among the groups serving the needs of those in the community. In addition to working within the Wayne community, the organizations provide funds for state and national activities.



WSC Open House set for March 31

Many are being finalized for Wayne State College's Open House set for Saturday, March 31. This annual event provides an opportunity for prospective students, their families, alumni and the general public to visit with students, faculty and staff in the against areas as well as tour

Activities will get underway at 10 a.m. and conclude in the early affatmoon Visitors will have

*talk to faculty and students about WSC degree program
*check out the residence halfs and dally campus life (10
*visit with representatives from student clubs and organ
learn about financial aid processes

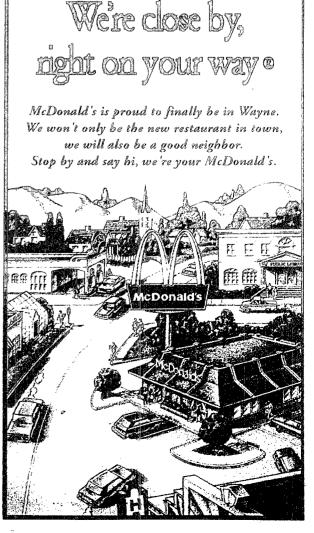
*learn about financial and profregistat for prizes.

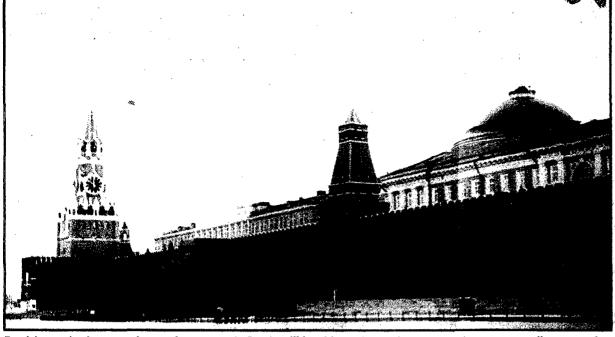
Our open house is a great time to see what Wayne State Co
Scranton, Associate Vice President, Emplement Management of for many of our prospective students who are
see were spooting environment of meeting them and alphanes was
see were spooting environment.

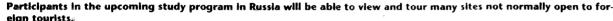


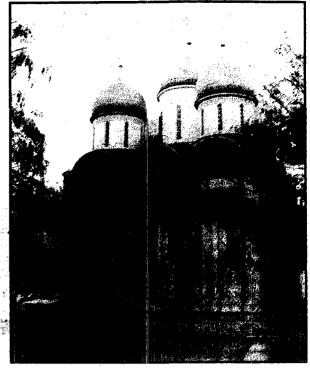
The Wayne Rotary Club, above and below, recognizes those in the community who have exemplified service to others.











Travel and learn at Wayne State

Those interested in combining learning and travel will have several opportunities to do so this summer by participating in programs available through Wayne State College.

Lewis and Clark
With the bicentennial observance
of the Lewis and Clark Expedition
coming in just a few years, Wayne
State College is offering several spe-

cial opportunities to trace portions of this historic route. Wayne State College and Trio Travel of Wayne are cooperating to offer American history enthusiasts the opportunity to join Drs. Hal and

Sheila Stearns aboard the 70-passen-

ger luxury ship, the Sea Lion, from May 9-15 for "A Voyage Along the Columbia and Snake Rivers: In the Wake of Lewis and Clark."

Hal Steams, researcher, writer and lecturer on the Great Plains and the American West, will serve as historian aboard this week-long cruise, where participants will view magnificent scenery and learn more about the incredible journey of Meriwether

Lewis and William Clark across the newly-purchased American West all the way to the Pacific Ocean from 1804-06.

For more information, contact Deb Lundahl, WSC director of alumni relations at 402-375-7209 or Trio Travel, 100 Main Street, Wayne at 402-375-2670. E-mail: triotravel@midlands.net

The Lewis and Clark Trail

In cooperation with the WSC Office of Regional Education, Dr. Hal Stearns will offer a two-day workshop entitled "The Lewis and Clark Trail" on June 4 and 5 (repeated June 6 and 7).

The workshop, which is designed for teachers and others interested in the history of Lewis and Clark, will include one day of presentations by Dr. Stearns at the Gavins Point Dam Visitors' Center south of Yankton, SD plus a one-day field trip by motor-coach to points of interest along the Lewis and Clark Trail between Sioux City, lowa and Yankton.

For more information, call the

WSC Office of Regional Education at 402-375-7217.

Lewis and Clark: A Journey of Rediscovery

This four-day learning adventure set for July 10 - 13 will be led by educator Rae Brown, a finalist for Nebraska Teacher of the Year 2000, and John Sowl. Participants will visit, study and camp along the Lewis and Clark Trail from Council Bluffs, lowa to Chamberlain, SD. Everything, including food, will be provided Participants will need to bring a sleeping bag and transportation to each site. Call the WSC Office of Regional Education at 402-375-7217 for registration information

Nebraska: A Tour of Historic

A special course, "Nebraska A Tour of Historic Sites," will be offered again this summer by Wayne State College. The course, directed by WSC history professor Don Hickey and his wife Connie Clark, will be built around a bus tour of historic sites of Nebraska that will last eight

days and seven nights, beginning in Wayne and circling the state. It is set for June 16-23, 2001.

Participants will visit a broad range of historic sites including fossil beds, native grasslands and buffal beds; museums, ranches, sod houses and other historic buildings; forts, battlefields and cemeteries; and mountain passes, historic campgrounds, freighting and Pony Express stations and other landmarks on the Oregon Trail.

The themes of the course will be American expansion and the westward movement. Participants will explore the ways in which these themes affected the history of Nebraska and the contributions that Nebraska made to the nation's growth and development.

The course may be taken for three hours of undergraduate or graduate credit in History or Social Sciences it may qualify for credit toward an MSE in Curriculum and Instruction It may also be taken for no credit

Those taking the course for credit

will read the assignments, keep a journal of the trip, and write a paper or complete a project approved by the instructor.

For more information, contact Professor Don Hickey, Wayne State College, 1111 Main Street, Wayne, NE 68787. Phone: 402-375-7298. E-mail: dohickel@wsc.edu

Historical and Cultural Studies through the Russian Arts Program Wayne, State, College, students

Wayne State College students, alumni and friends have the opportunity to visit historical and cultural sites in Russia this summer and earn either undergraduate or graduate credit through WSC

The program, coordinated by WSC interim fine arts division head, Dr. Pearl Hansen, and George Gordon of the International Fine Arts (Institute, will take place in July, 2001. "This will be the first program of its kind to receive the official endorsement of the Russian Ministry of Culture," said Hansen "The opportunities we will have when we go to Russia are very exciting."

Covering a two-week period in July, the program will include well-balanced study with the opportunity to view the great treasures of Russian culture. The location of the 2001 program will be St. Petersburg and Moscow, Russia and the surrounding areas of those two cities. Evening cultural programs will consist of performances and an evening cruise. In addition to these opportunities not readily available to the average tourist, the group will also have a stopover in Helsinki, Finland with time to tour and explore the

#We are very excited to bring this opportunity to Wayne State College students, alumni and friends," said Hansen. "The cost of the trip is very reasonable, with the opportunity to earn six hours of undergraduate or graduate credit available for those wishing to take it for credit."

For more information or to receive a registration brochure, contact Hansen at 402-375-7359 E-mail pehanse1@wsc.edu





THE WAYNE COMMUNITY SCHOOL DISTRICT

Serving the Communities of Wayne & Carroll

A Tradition of Success Continues

WAYNE IS CURRENTLY RANKED IN THE TOP 10 IN ACADEMICS FOR ALL SCHOOLS IN NEBRASKA

EACHERS

Achievement il

SUBJECT-ENDORSED TEACHERS

A high percentage of Nebraska's high school courses are taught by teachers who majored in the subjects they teach

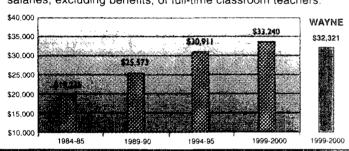
Mathematics	95.6%	84.8%
Social Sciences	. 90.7%	91.48%
nglish/Language Arts	86.2%	95.5%
Natural Sciences	79.1%	100%
Total of All		92.02%

- Salaries editi



Average Statewide Teachers Salaries

The average Nebraska public school teacher salary is based on the salaries, excluding benefits, of full-time classroom teachers.



lendance.



Nebraska teachers are in their classroom 95.3 percent of the days that students are in school. Districts reported teachers were absent 4.7 percent of the time for the following reasons

- 1.1 percent for professional development activities
- 0.9 percent for other assigned school activities
- 2.7 percent for sick leave or other personal reasons

<u>Wayne</u>

- 1.35%
- 0.99%

CHOOLS

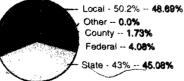
Funding



In recent years, school funding has shifted to the state to provide property tax relief for Nebraska taxpayers. In 1998-99 the state provided nearly 43 percent of the funds that supported Nebraska schools, compared to 25 percent in 1984-85.

"Wayne Percentages shown in blue

RECEIPTS 1998/1999



EXPENDITURES 1998/1999 - \$1,728,889,710



All Instruction - 61.7% - 64.06% Business & Maintenance - 13.3% - 11.42% Administration Including Principals - 8.5% - 8.6% Support Services - Pupils - 7.4% - 7.61% Federal Programs - 4.2% - 3.71% Support Services - Staff - 3.5% - 4.6% Other - 1.4% - 44%

ACHIEVERNEN!

NEBRASKA STUDENT SCORES BY QUARTILE

1st Quartile (Highest Scorers,		22.1%	30.7% BOTA
2nd Quartile Median	28.1% 20% 000C	2000	27.5%
(Neffonei Averege)	37 194 9004	13.0% 20%	23.4% 188
3rd Quartile	× -	£ \$\$	XX
4th Quartile	\$\$ `	8 5 .	F

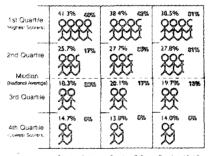
Grades 3-4 Grades 7-8 Grades 10-12 = 10% of Nebraska Students

READING

Nebraska students cored better than students nationwide in reading. Sixty percent of Nebraska students in grades 3-4, 7-8 and 10-12 scored above the median (national average) on their 1999-2000 standardized reading test. One-third of them scored at the highest level, compared to only 25 percent nationally.

NEBRASKA STUDENT SCORES BY QUARTILE

Percentage of Wayne Students in blue

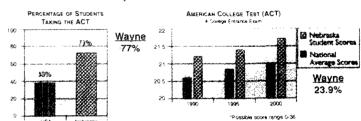


ntaga of Wayno Student

MATHEMATICS

Nebraska students cored better than students nationwide in mathematics. Two-thirds of Nebraska students in grades 3-4, 7-8 and 10-12 scored above the median (national average) on their 1999-2000 standardized mathematics test. Forty percent of them scored at the highest level, compared to only 25 percent nationally.

In Nebraska, 73 percent of high school students took the ACT in 2000, compared to 38 percent nationally. It is significant that Nebraska students outscored their peers nationally even when nearly twice as many students were tested in Nebraska.



In 2000, the average ACT score of Nebraska students was first among those states with high percentage of students - 70 percent or more - taking the test. Nebraska students, on average, scored 12th highest when compared to all students taking the test nationwide.



GRADUATION RATE

Nebraska's graduation rate of 93.3 percent -- based on 12th grade enrollment - has remained steady and consistently high for the decade. A graduation rate is represented by the percentage of students who have completed high school in four years. Wayne High School graduation rate is 97%



WSC will host 'Nebraska Teacher World'

annual "Nebraska Teacher World" to be hosted by Wayne State College from July 8-14, 2001.

"Teacher World," a national pae-collegiate model for high school students interested in exploring the teaching field, is sponsored by the Nebr. Department of Education and through the Higher Education Act of 1998. It was also held on campus last July.

"We're pleased to be hosting 'Nebraska Teacher World' again this year," said Dr. Paul Theobald, WSC Dean of Education and campus coordinator of "Teacher World." "We've had a very positive response from those who participated in the program last summer, and look forward to this year's session. We believe that programs such as this are instrumental in identifying and attracting potential teachers from

The program is designed to help meet the growing demand for teachers in Nebraska and across the country. According to recent projections, America will need two million new teachers over the next decade. In that same time period, more than 700,000 teachers will retire, while school enrollment will continue to increase to a projected 54 million elementary and secondary school students across the

Teacher World" is an activity-oriented program designed to recruit and motivate talented high school students interested in the teaching profession. Dr. Tom Walsh, professor emeritus at the University of Nebraska-Kearney, is the program coordinator. It is endorsed by the Nebraska State Education Association and co-sponsored by

University of Nebraska-Lincoln, -Omåha, ånd -Kearney.

There is a strong diversity component to "Teacher World." effort is made to maximize the number of minority participants. During the first "Teacher World" experience at WSC, roughly 20 percent of the students who attended were memor a minority group in Nebraska, Walsh and Theobald hope to raise that percentage for the 2001 "Teacher World." "Recruiting new teachers is a huge issue for Nebraska," said Theobald, "but the need for teachers of color is even more acute. "Teacher World" is a concrete step toward meeting this

Students are chosen for the program through a highly competitive Enrollment is selection process open to students who will be enter2001-'02 school year, and is limited to 50 participants. Students from across Nebraska are invited to apply by the March 1 deadline.

The one-week summer residential camp at WSC engages students in activities and experiences designed to provide information about careers in teaching. Last summer, students participated in sessions such as "Why Teach;" "Joys and Challenges;" "Future Possibilities in Teaching;" "Appreciating Culture "Multicultural Teaching Settings;" and "Choices for College Admittance." They visited the Neligh Mills, Ashfall Fossil Beds State Historical Park near Royal, John G. Neihardt State Historic Site in Bancroft, and the Omaha Tribal Headquarters in Macy.

The keynote speaker for the first "Teacher World" was Dr. Ron Rochon, professor at the University of Wisconsin-LaCrosse. Rochon was guest of the WSC Faculty Residency Program in April, 2000 and in January, 2001. He is co-director of the Center for Cultural Diversity and Community Renewal at UW-L

"This program is an excellent fit for us at Wayne State College, with our rich tradition of teacher education," said Theobald. "It's a great opportunity for high school students to find out more about teaching, to interact with other students as well as WSC faculty and students. We also bring classroom teachers to campus to visit with the students and answer their questions about the teaching profession.

All in all, it's a wonderful program. We're pleased to host it on campus and to be a part of it."



Students in last summer's 'Teacher World' program on the Wayne State campus participated in mask-making activi-



A panel of classroom teachers led a discussion of the teaching profession with students from across Nebraska who were attending the 2000 'Teacher World' program at Wayne State College in July.

Odell Santos, left, director of the education outreach program, and Adam Valencia, director of multicultural programs at Wayne State College, are shown in front of the WSC Multicultural Center on campus.

Multicultural Center, Education Outreach work to meet campus and regional needs

New on the Wayne State College campus, the Multicultural Center and its director, Adam Valencia, are an important part of the college's efforts to reach out to an increasingly diverse student and regional population

Since he was named Multicultural Director effective July 1, 2000, Valencia has worked with students, faculty, staff and area busi-

nesses and communities to help build a sense of community through education. "The Multicultural Center provides a wonderful opportunity to do many positive things that will be beneficial to everyone at Wayne State College," Valencia said. "It allows us to work with all of our students, particularly students of color, as well as with each division on campus. I hope to get partnerships going that will promote diversity and multiculturalism through a variety of activi-

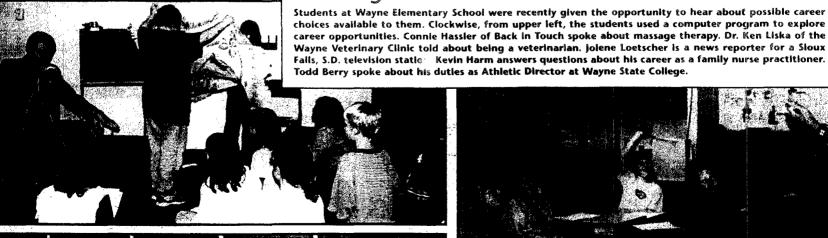
Since its inception in 1999, the WSC Education Outreach Program has worked with teachers and Latino students in four area high schools-- Madison, Norfolk, Wakefield and South Sioux City. Odell Santos is the current Education Outreach Program coordinator. The program has expanded this year to include West Point.

"In the Education Outreach Program, we work with students to encourage them to finish high school and consider going to college," Valencia said.

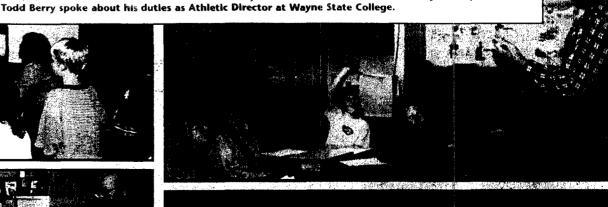
The Multicultural Center not only provides support for students of color at Wayne State College, but also serves as a resource for all students, faculty and staff as well as communities in the region.













Up close and personal

Activities fill each day



Deb Schaefer

For Deb Schaefer, who along with her husband, Tim, own "Citgo Daylight" in Wayne, a typical day begins around 7 a.m.

Schaefer says she typically comes in contact with around 250 to 300 people during a weekday. Her lunch hour consists of working and not actually getting a lunch break. At 3 p.m., between bank deposits, she picks up the kids from school and heads home for the day

Occasionally she finds it necessary to work weekends or additional

"The most stressful aspect of my job is running out of supplies (like gas). When they run out at the terminal, I have to find another terminal to get it from and it is usually more expensive. Also stressful is paying

According to Schaefer the best part of her job is talking to and meeting all of the people who stop into

share the load!"

Amanda

For Amanda Hank, a Wayne State College student, a typical day starts around 9 a.m.

"I come into contact with many people throughout an average weekday," Hank said. "So many, it's too many to count.

Her daily routine includes spending her lunch hour eating at home while watching a soap opera. At 3 p.m., she is working at her part time job. A usual day, she says ends with her leaving her job around 5 p.m., going home to catch up on homework, working out if possible, spending time with friends and her boyfriend, and going to bed around midnight

"As for working weekends, there is always something I should be doing for school," Hank said.

Hank says the most stressful aspect of going to school is trying to balance school as well as a part time



job along with all of her student organizations.

The best part of school, she feels, is the relationships that are formed with her fellow students as well as the faculty at Wayne State

According to Hank, "these people and the way we interact will most definitely shape the rest of my life."



lrene Fletcher

her husband. Ed. own Legends Mens Clothing store in Wayne, a typical day starts at 5:45 p m

"My alarm is set for 5:45 a.m. weekdays which gets me up in time for the 7 a.m. Main Street All Hands meeting on Tuesdays and Main Street Promotions Committee at 8 a.m. Wednesdays," Fletcher said Other mornings are spent reading the newspapers with a cup of tea and the "Today" show

According to Fletcher, she comes into contact with 15 or more people during an average weekday Spending her lunch hour taking care

By 3 p m , she says she is at her desk doing daily paperwork. A typical day ends with closing the store at 6 p m (Thursday nights at 8 p m.). She then goes home to make supper, ratch up with the family, put in a few stitches on her current quilt project, and then to bed after the 10 p.m.

As for working weekends or additional hours, "Our store manager, Jane Ahmann, and I trade off every

"We attend markets between four

or Kearney, and occasionally Las the big Vegas for International Show "

On the subject of additional train ing required for her job, she says there is the 'school of hard knocks' and trial and error. On continuing education, there are professional associations and market seminars to attend

"The best part of my job is helping people find what they are look ing for, making their shopping fun, enjoyable and hassle-free," Fletcher "The most stressful aspect of my job is meeting deadlines with



Teri McLagan

For Teri McLagan, a self-employed daycare provider in Wayne, a typical day usually starts at 6 a.m.

"I come into contact with at least 12 to 16 people each day," McLagan said. "The best part of my job is seeing the children grow and watching their personalities

McLagan notes that she spends her lunch hours eating with the children. By 3 p.m., she is just finishing up snacks and getting some children up from their naps. At 5 p.m., each day, her daycare job is done Sometimes, she says, she must work on weekends.

According to McLagan, she has had additional training and schooling for her job and is involved in continuing education

As far as stress is concerned. McLagan feels that potty training and dealing with sick childi- are the most stressful aspects of her job.

Ken Jorgensen

Max" in Wayne, a typical day begins around 5:30 a.m., preparing for the daily noon and evening menus

"Having two totally different menus takes a lot of preparation, Jorgensen said.

On an average, Jorgensen says he comes into contact with around 130 people each noon hour His noon hours consist of helping serve people home cooked meals

He notes at 3 p.m. you would likely still see him working at The Max until around 4 p.m. Having three young sons at home, though, he says nis 'work' day is not done till around 10:30 p.m. His weekends consist of working at The Max. The only day The Max is closed is on Sundays when extra cleaning is done

Though his job did not require extra education, he says his 17 years of experience, including trial and error, has helped him in the food service business. When he decided to go



people needed the type of menus The Max provides which covers everything from fast food and steaks—that everything is on schedule to home cooking.

fast food or steakhouses and he felt is ready and done on time, getting big city life," said Jorgensen.

in the back room at The Max, and

"The best part of my job is being Jorgensen says the most stressful—able to serve the public in a friendly into serving food. Wayne only had part of his job is making sure dinner—atmosphere without the pressures of

Sylvia Ruhl

School English teacher, a typical day usually starts between 7:30-8 a.m.

"I come into contact with 160 people during an average weekday," Ruhl said. "That number includes all of my students, some faculty and staff, and the administration.

Ruhl notes that her lunch break is 27 minutes long. She spends that time by going through the lunch line or preparing her food, and returning phone calls. Having class every period, going to the restroom is also a priority at this time as it is the first time since 9 a.m. and last time until



3:30 p.m. that she can find time to

At 4 p.m., teachers can leave the building but if she does then she must grade papers at home at night Typically, teachers spend one to two hours each night grading papers. They also do preparation and grading each weekend. Ruhl says she usually sees 2-3 other people when she works at the school over the weekend.

In addition to having a bachelor's degree, most teachers take graduate college courses and some earn a master's degree. In the summer teachers take classes, plan new units, modify old units, work on assessments, and plan for state requirements. Some teachers take students to camps, workshops, and league

According to Ruhl, the most stressful aspect of her job is student discipline and grading. The best part of her job is seeing her students suc-

Pat Gross

For Pat Gross, senior vice president at State National Bank in Wayne, a typical day usually starts at 5:40 a.m.

"I come into contact with lots and lots of people each day," Gross said. "The best part of my job is the interaction with customers and employees." Gross notes there really is no stress with his job

According to Gross, he spends his lunch hour each day with a meal and a nap or a meeting with lunch. At 3 p.m. you can usually find him at his desk. He adds, by 9.m., hopefully, his work day usually ends.

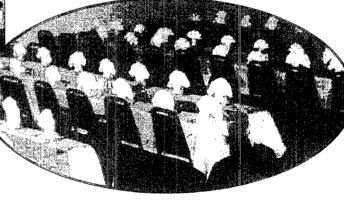
Gross notes he seems to learn something everyday in his job. A job, he notes, that does not require working weekends very often, leaving him time to spend weekends attending extra curricular activities.

Summing up his job, "I have been blessed with a great job in a great community with wonderful people to work with and for."



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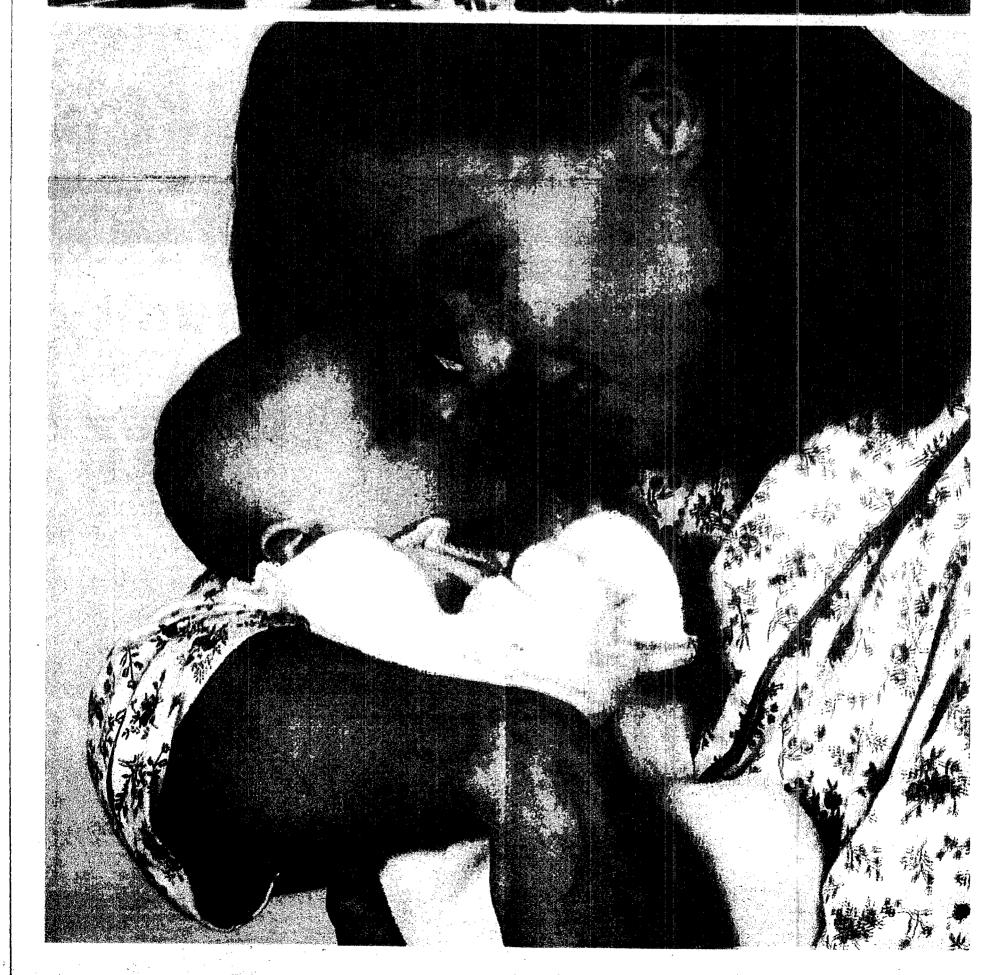


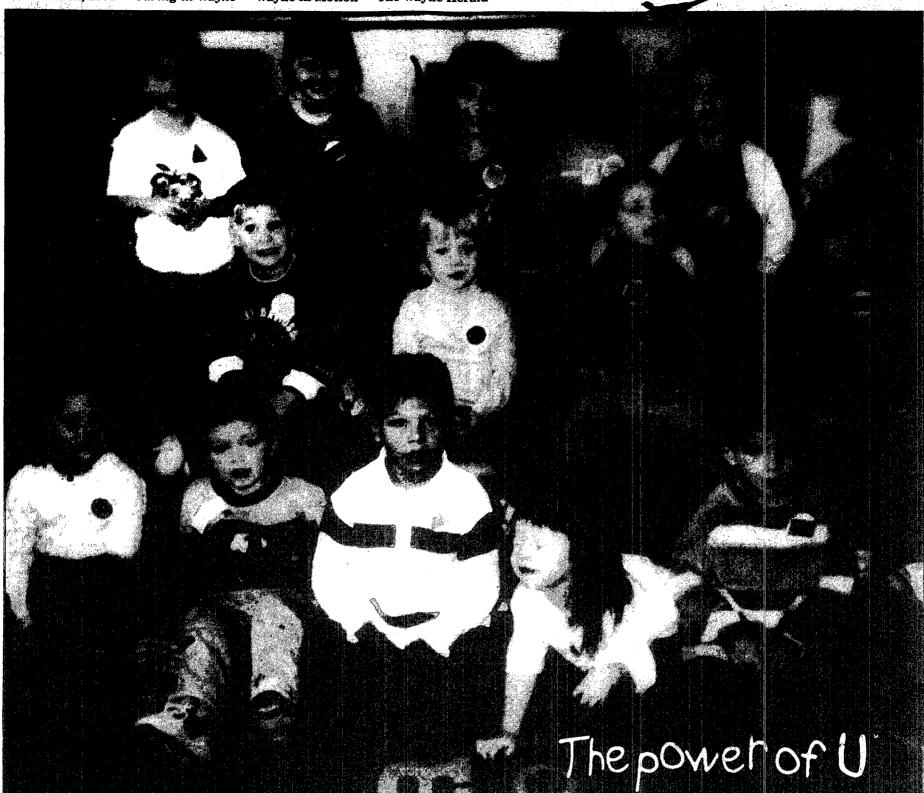
The Pub Is A Fun Place To Eat, Drink And Relax With Friends.

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Caring i Wayne





Students such as those at Goldenrod Hills Community Head Start benefit from funds generated by the Wayne United Way. At the present time, Head Start is located in the District #51 school, four miles west of Wayne. However, a move will be made into Wayne in the near future.

rves commu

For 44 years, the Wayne United Way has provided a cost effective way to raise funds for a number of agencies serving the Wayne area.

Following the group's mission tatement, "Helping meet the human service needs of the community through the solicitation and distribution of donated resources," annual fund drive last fall raised more than the \$29,000 goal

"On behalf of the United Way Board, we would like to thank all of the people, businesses and volunteers who contributed to the 2000 United Way campaign. All of your efforts helped us surpass our goals for the year," said Lance Webster, vice president of the United Way

"We look forward to your support in during the 2001 campaign, Webster added

Since funded agencies incur no fund raising expenses, the maximum amount of funds are available to provide agency services

Those agencies receiving funds during the United Way's 2000-2001 fund raising campaign and a short summary of their activities include

· People are Loved (PAL) - PAL was organized in the Wayne area to bring together residents of all ages with any type of handicap to share smiles, laughter, hugs and lots of

Social activities include puppet performances, talent demonstrations, Easter egg hunts, Halloween parties, Pet Award Night, a Christmas banquet, vocal and dance entertainment and an extra special Prom Night.

Mid-America Council of Boy Scouts — The Boy Scouts of America provides a program of comprehensive youth development, emphasizing skills and leadership.

The organization stresses duty to God and Country and mental and moral fitness to prepare the young people to make ethical choices over

• Prairie Hills Girl Scout Council -

Girl Scouting provides an education to young girls to learn new skills and develop self esteem which helps them become competent resourceful women

Special activities include programs that deal with issues such as literacy, the environment, substance abuse and health and fitness Camping offers girls arts and crafts, canoeing, horseback riding and cooking

 Wayne Senior Center purpose of this center is to provide fellowship, congregate meals, meals on wheels, use of the handi-van and promote many meaningful activities for the senior community. A newsletter is printed each month, telling of the group's activities

 Wayne Haven House House is a domestic abuse and sexual assault crisis intervention agency Located in Wayne, services are provided to a five county area. They provide a 24-hour crisis line, emer gency transportation, safe shelter for survivors and children, crisis intervention support, medical advocacy, peer support groups, court and proorder advocacy. Public awareness education in-services and training are also offered on request and at not charge.

The Ministerial Association provides emergency food, utility assistance, lodging, gas, automobile repairs or

· Wayne Child Care Board/ Rainbow World - The Child Care Board's mission is to increase the availability of quality child care for the families of Wayne and surrounding communities. Rainbow World Child Care Center, opened Oct. 4, 1993, serves 60 children from six weeks to 10 years of age. This program works closely with low to middle income families and Title 20 participants are encouraged.

• Wayne County Red Cross - The Wayne County Red Cross provides disaster relief as a "must have" service to area citizens. Additional services provided include: swimming



 Wayne Ministerial Association other assistance to people in need.

classes; training for local police and



Wayne United Way's campaign received a financial boost with a contribution from McDonalds when the business opened in Wayne in December. The 15 agencies receiving funding from the United Way campaign provide programs which benefit youth, underprivileged and the overall development of the community as a whole.

fire departments on life saving and emergency management, travel assistance; emergency message delivery; free blood pressure readings; HIV/ AIDS instruction and first aid at the Wayne County Fair. Nursing scholarships are also avail-

able. Salvation Army — The Salvation Army provides immediate emergency assistance to those in need when it is not available through any other source. Transient meals, lodging, groceries, gas, clothing for school children, assistance for victims of fires and Christmas gifts for the elderly and handicapped are some of the services provided by the Salvation Army. The Salvation Army is willing to work with all like-minded local agencies, to be able to help more persons be able to have a bet-

Wayne Department Recreation / Leisure Services -Funds are used to support recreation/leisure activities such as boys haseball, girls softball, tennis, volleyball, golf, basketball, swimming and arts and crafts activities. Last year, the many activities which the United Way supported touched over 1,400 participants.

 Greenwood Cemetery — The Greenwood Cemetery, which receives no financial support from the City of Wayne, was founded in 1883 by foresighted and compassionate citizens of Wayne. Their care and planning have given our com-

munity a beautiful, peaceful place in which to honor our loved ones. rediscover our past and demonstrate pride in our community.

 Goldenrod Hills Community Services Head Start - A comprehensive child development program for income eligible 3, 4 and 5 year old children and their families. The program is presently located in the District #51 school, four miles west of Wayne. Head Start give children a chance to grow up healthy, confident, ready for school and life by providing them with the educational, medical and nutritional services they need.

Wayne FRIENDS (Facts Raising Interest Ending Needless Drugs) - a drug-free youth group for students group is to encourage young people to be drug free by providing education and recreational activities as well as positive peer support. The Wayne FRIENDs began in the spring of 1990 and is a member of the "Nebraska Network of Drug Free Youth" which links over 100 groups. They are actively involved in prevention education with younger stu-

dents and in community service Rainbow Riders — Provides "Therapeutic Horseback Riding" for developmentally and physically disabled children and adults in the northeast Nebraska area with a volunteer program that emphasizes responsibility and leadership skills. The co-mingling of the two programs provides a rewarding expenence for everyone Rainbow Riders is governed by a Board of Directors and all riders must have a doctor's approval along with the guidelines of a Physical Therapist

 Wayne Community Carriage House Theatre - The Wayne Community Carriage House Theatre is a non-profit volunteer organization that supports the fine arts in the community. Throughout the year, Wayne Community Theatre provides their skills at make-up, props and costumes to whomever calls. The theatre is always available to other community organizations free of charge and is handicap accessible and climate controlled.

The Wayne United Way is governed by a 12-member board who help screen the agencies seeking funds and make decisions as to whether the funds are allocated.

Current members of the board include: Duane Blomenkamp, Don Buryanek, Jan Casey, Mike Bentjen, Joel Ankeny, Lance Webster, Sandy Bartling, Doris Daniels, Schwarten, Bonnie Scranton, Bill Koeber and Dennis Jensen.

All of the above agencies are also need of volunteers and anyone interested is asked to contact the agency or any of the United Way

Haven House offers safe shelter

Center is a non-profit corporation formed out of a 1978 seminar conducted jointly by the Association of American University Women and Wayne State College staff.

In 1979, the agency was incorporated under the laws of the State of Nebraska designed to serve the victims/survivors of damestic violence in Wayne and surrounding commu-

At that time a Board of Directors was established and staff was hired. Funding was provided through private donations only.

In the mid 1980's the first grant request for funds was submitted to and awarded by the Nebraska Department of Social Services. This funding mandated specific services the agency was to provide and designated the area the agency was to provide services to. The areas designated included the counties of Cedar, Dakota, Dixon, Thurston, and Wayne

Additional funding from the Nebraska Department Health extended the agency's services to sexual assault vic-

grant submitted Haven House to and awarded from the Nebraska Commission on Law Enforcement and Criminal Justice allowed Haven House to provide services to the Omaha and Winnebago Native American Reservations in Thurston County.

Haven House

Haven House is a crisis interven-

Crisis Intervention Support 24-hr Crisis Line **Emergency Shelter** Emergency Transportation **Emergency Financial Assistance**

Protection Order Assistance Criminal Justice Advocacy Medical & Legal Advocacy Peer Support Groups Child Advocacy Program Resource & Referral Assistance

Public Awareness Programs Community Education Programs Volunteer Trainings

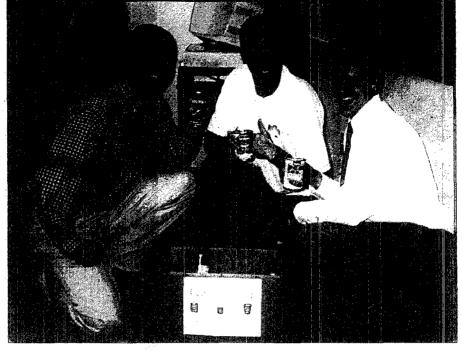
Along with the main office located at 104 West 1st, in Wayne, NE, Haven House has 2 satellite offices located in Hartington and South Sioux City, NE. The agency has two shelter facilities, a long-term shelter facility that opened in 1994 and a short-term shelter facility that opened in 1999.

Haven House employs 3 full time and 3 part time staff members, plus 46 volunteers who donate their time

> assistina staff with crisis intervention, child advocacy, and office support and outreach efforts.

In 1997. Haven House applied and

awarded funds by the Nebraska Commission on Law Enforcement Criminal Justice Violence Against Women Act (VAWA) to open a satellite office in South Sioux City. NE, located in the Law Enforcement This office employs a full time Project Coordinator for the County Community Response Team who works with the



As part of one of their community service projects, Delta Sigma Pi members at Wayne State College recently donated food to Maven House in Wayne. Delta Sigma Pl conducts at least three local service projects a year. Shown, left to right, Jerrad Buller of North Bend, community service committee chairman, Eric Preister of Columbus, and Brian Ashoff of Howells.

criminal justice entities.

The team consists of members representing law enforcement, communications, prosecution, probation, victim services and clergy. This team addresses gaps in responding to crimes of domestic violence and Funding from the

Nebraska Commission on Law Enforcement and Criminal Justice Victim's of Crime Act (VOCA) provided for an additional part time Outreach Advocate to provide crisis intervention services to Domestic Violence and Sexual Assault individuals in the Dakota County area

The Outreach Advocate also provides education and outreach services to area churches, organizations and schools

In 1999, Haven House applied for and received funding from the Nebraska Commission on Law Enforcement and Criminal Justice

Victims of Crime Act (VOCA) to open a satellite office in Hartington, NE, located in the Cedar County Sheriff's Department. This office employs a part time Outreach Coordinator to provide crisis intervention services to victims/survivors of Domestic Violence and Sexual Assault. Along with providing advo-cacy to victims/survivors of domestic violence and sexual assault, the Outreach Coordinator provides education and outreach to area schools, churches and other organizations

In May of 2000, Don and Doral Schroeder of Wynot, along with family and friends put on a benefit at Bow Valley in memory of their daughter, Keely Schroeder whose life was taken on November 10, 1999, a victim of murder/suicide in Kearney Nebraska. All proceeds raised from this event were donated to Haven House for client assistance As to date, this is the largest

fundraiser for Haven House.

During the Fiscal Year of 1999/2000, Haven House provided services to 468 individuals, which is a 35% increase from the FY of 1998/1999. Shelter was provided to 51(14% increase) individuals for 156 nights (22% increase). Haven House staff and volunteers provided crisis intervention to 1229 (27% increase) domestic violence callers and 126 (35% increase) sexual assault callers Volunteers donated 11,995.50 (10% increase) hours of time.

Haven House receives funding from: Nebraska Health and Human Services, Nebraska Commission on Law Enforcement and Criminal Wayne United Way, lustice. Nebraska Homeless Assistance Program, Emergency Food and Shelter Program, and private dona

Seats keep Kials safe

The Kiwanis Car Seat Program has been in operation since 1996.

It is a program which lends children's car seats to those who cannot afford or otherwise do not own proper car seats. These seats are brand-name units which can fit children from infants up to 40 pounds.

In the past five years, the program has received 30 car seats, most of which are lent out for a period of up to two years.

"Grandparents have also been known to borrow seats for a short period of time when their grandchildren come here for a visit," said Pastor Craig Holstedt.

A small deposit is requested for those using the car seats. The deposit is refunded to the borrower upon return of the seat.

Anyone needing a car seat or knowing someone who does, is asked to contact the church office at (402) 375-2669 or visit the church at 316 West Third Street in



Drug - free groups in Wayne annually promote healthy living. At left, students at St. Mary's Elementary School had a door decorating contest during Red Ribbon Week in October. At left, the Wayne FRIENDs Group applied for and received permission and funding to construct a sign on the west edge of Wayne.

SERVICES



Pamida is among the corporations making donations to the Wayne United Way Campaign. Board members accepted the check with a great deal of appreciation for Pamida's generosity. Donations such as Pamida's helped the fund drive surpass its goal this year.

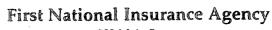
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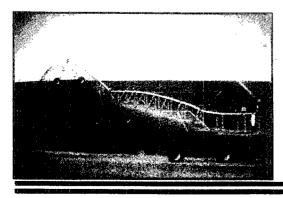
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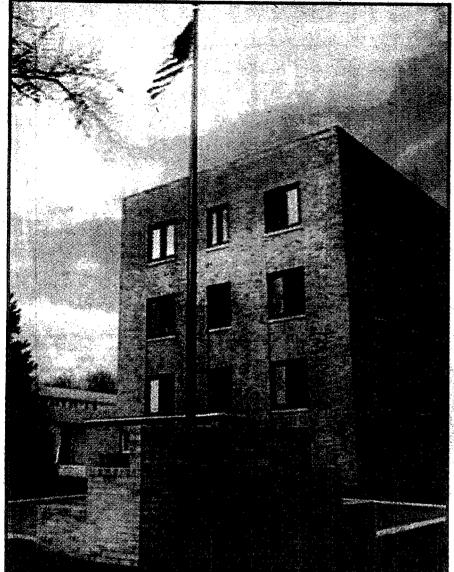
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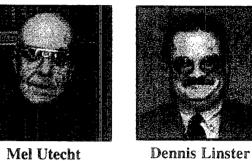


Sheryl Lindau, Mayor

Meet Your City Councilmen & Women



Dennis Linster







Betty McGuire, City Clerk



Melodie Longe, Accounting Clerk II Accounting Clerk II



Darci Slama,

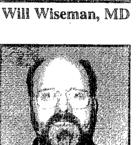


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Patrolman



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Department

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Building Inspector



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Dispatcher



Dispatcher



Dispatcher



Chief Dispatcher





Wayne Red Cross chartered in 1917

nally chartered in Wayne on June 2, 1917. Back then, their main work revolved around the wars and getting messages to and from service men and their families. Many people have heard of Clara Barton and still today the Red Cross shows many pictures of her assisting service men during war times. She was the 'ground floor" of starting the American Red Cross.

Still today, even during times of peace, the Red Cross continues their work with American service men and women. This is done through their AFES program (Armed Forces Emergency Services). Wayne is very fortunate to have Wayne Denklau who is the Veteran's Officer at the Courthouse. He handles most of the Red Cross service-related calls. Last year the local chapter assisted in seven military cases. A huge advantage of having a knowledgeable Red Cross military officer in Wayne lies in the fact that there are less than a dozen chapters nation-wide_that have their own AFES program!

Every state has a lead office - ours is in Omaha - and there is an 800# that you call and you are assigned a case number. The advantage we have was made evident recently when a call was received from a mother who had been trying to reach her son to notify him of his grandfather's death. The son had just left for basic training days before the death and the parents contacted the recruiting officer in Sioux City, but it had been two days and they

hadn't heard anything.
All plans were on hold, plus someone had to stay at the house 24 hours a day in case a call came. The mother called the Wayne Red Cross Manager, Lori Carollo, around 8:30 in the morning. Wayne Denklau was not available, so a call was put in to Denny Spangler as he serves as a "back-up" for the Wayne chapter. Within three hours of getting the initial call, the mother called the chapter back to say she had just spoke with her son on the phone and thanked the Red Cross people for their quick assistance!

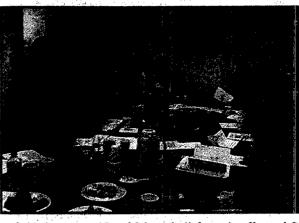
This is a perfect example of "home town service" - they know the people involved, plus the Red Cross has people stationed all over the world and they usually can make a contact and get back to the family somehow within about four hours after receiving a request. And, of course, this is all done without any charge to the family whatsoever! That's one part of the American Red Cross

Another part is their Disaster Services. Loren Park is the Disaster Chairman for the local chapter in Wayne. There is a state-approved disaster plan in place for Wayne County, and it is in the process of being updated to include plans for winter storms. But the Red Cross covers ANY disaster than could possibly occur in Wayne County - from fires, floods, wind storms, tornados, winter storms, chemical spills, etc.

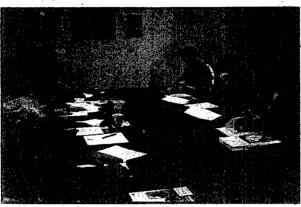
In Wayne, the bulk of the Red Cross disaster budget is spent on single family fires/disasters. But whatever the disaster or circumstance, when one of their disaster volunteers goes out (and they have a two hour response time from when a call is received to when they make personal contact with people involved), they first offer the words of comfort, concern and encouragement. Carollo explained, "We have what we call comfort kits that provide immediate personal care items that we give to each victim. We also have teddy bears that we give to small children

We then, depending on damage





Top right photo, far left, Loren Park, Wayne County Red Cross disaster chairman, goes over Board Orientation information. Shown, left to right, Wayne County Red Cross board members, Mary Nichols, Ilene Nichols, Donna Jacobsen, Cap Peterson, Lynn Lessman, and Bill Zortman, state director. Lower right photo, members of the Wayne County Red Cross board hold a discussion with Nakota Executive Director Bill Zortman of South Dakota who attended a recent meeting at the Red Cross chapter office in Wayne. Shown, left to right, Lynn Lessman, Bill Zortman, Bill Claybaugh, and Donna Jacobsen. Top left photo, Loren Parks goes over information with those attending a recent disaster training class. Shown, left to right, liene Nichols, John Carollo, Loren Parks, Pastor Mary Browne, and Dan Sukup Lower left photo, disaster class attendees study information given to them at a recent class.



done and needs, can issue what we call Disbursing Documents where we can offer shelter, food & clothing. Again, this is done at no expense to the victims involved The papers are filled out to a local merchant with an amount (based on state approved rates) and then the person or family goes to that business and makes their purchases. The merchant then sends us the bill for But where does the payment." Wayne chapter get the money to pay the merchant? - - - FROM EACH OF YOU - COMMUNITY PEOPLE AND BUSINESSES!!!

When you, make a contribution to the Wayne Red Cross, the money goes out to help people in need, and then is filtered back in the community through their purchases or possibly their lodging. The Wayne chapter abides by the National standards of putting 90¢ of every \$1.00 that is donated back into the services and programs we provide. Carollo adds, "I can verifiably say that all of our donations are well spent!"

And another thing to keep in mind - if you have family members or friends living anywhere in the world, if they or someone they know experience a disaster - share with them to call their local Red Cross chapter. There are just too many people who still don't know that the Red Cross is there to help and assist!

This past year, the Wayne disaster team has serviced six (6) single family disasters and have spent a little under \$5,000 on disaster-related expenses. Mr. Park recently had a training class "Emergency Assistance to Families" where he trained 11 new Red Cross volunteers to respond and serve during times of disaster emergencies.

The American Red Cross is on call 24 hours a day, 7 days a week. This was evident recently when Loren Park was called out to service a fam-

ily whose home had caught fire of Thanksgiving Day! No one knows when or where a disaster will strike, but every person in Wayne should feel a sense of comfort and compassion knowing they have a chapter right here in Wayne with local people, maybe even their neighbor, who will be there immediately to assist them with emergency needs and care.

A third service the Red Cross provides is Health & Safety. These are the First Aid, CPR, AED and water safety classes. This is where they TRAIN PEOPLE TO SAVE LIVES! This year, all the health and safety programs are being updated. Some people may have read about some of the things that are being changed, especially changes to meet new ECC guidelines

The major changes are in CPR techniques and the addition of AED training (which is "Automated External Defibrillators") - everyone who takes a CPR course, or renews their current CPR certificate, will now learn how to use a defibrillator They will also learn disease prevention training and oxygen usage training as well

The Wayne chapter trains workers at Wayne State College's Rec Center, as well as many students and faculty in Red Cross First Aid & CPR They train nurses at the Oaks and many other community members, like day care workers or others who just want to know the skill so that maybe someday they can save a life The Wayne chapter also trains safety leaders at the Waldbaums plant in Wakefield and this past year have trained employees at Heritage Homes and taught disease preven tion courses at Great Dane

Red Cross water safety classes are also being updated. The local chap ter trains lifequards at the Wayne



ty's children and give Red Cross swimming lessons as well. Many area pools are also staffed with Red Cross trained lifeguards and swim lesson instructors.

But all these changes and updates means that the local chapter will be needing to update all of their manuals, books, videos - EVERYTHING!! This is going to be a major expense for them during 2001. The last change in materials was in 1992 and Mrs. Carollo said, "I've been told by those that were around then, that it takes about 2-3 years before you start producing an income from health & safety classes again.

So this is a concern that our board is facing in the months ahead where to raise the funds for all the

items we need to purchase. We have about 15 videos on hand right now and each one costs approximately

\$100 each. Books cost from \$7 - \$20 approximately and we try to keep at least a dozen of all of them on hand. you can see this is going to be quite costly for us. This map shows both Nebraska and South Dakota. The two

You might have also seen the Red Cross "ERV" Response (Emergency Vehicle) in parades this bined states. The areas in red are all the chapters that past summer and fall. have closed. The white areas are chapters that still remain They also used it for a first open. aid station at WSC football

games & the WSC homecoming bon fire last fall. It has its own generator and came with cots, blankets and other needed items to be set up as a "mobile" response vehicle There is a serving window on one side where meals can be served However, the van was purchased from the Lancaster in Lincoln for \$1.00 – so as you can imagine, it needs some work! At some point in the future, they hope to raise funds to fix it up better so that it can be even more

useful! The Wayne County American Red Cross Chapter is struggling financially at the present time. March is Red Cross month and they will be hosting a Chamber coffee, running lots of media items in the paper and another fund drive will be mailed out to members in the community. The budget for the Wayne chapter this year is \$32,500.

The United Way gave the chapter \$2,500 of that, so they need to find ways to raise the other \$30,000. They do send out three mailings a year - one in March during Red Cross month, one in August, and a Holiday one at Christmas. Mrs. Carollo would like to ask that the people in Wayne take the time to read the information that is sent to them and that individuals and business leaders would consider making a donation to the Wayne Red Cross.

All money that is sent to our local office stays right here in Wayne county to help service the needs right here in our communities. If

you make a donation over the internet to the "American Red Cross" national site, it goes back to Washington and even though your address says Wayne, the Wayne chapter sees none of that money!

Building on a strong foundation over the past 84 years, the Wayne Red Cross strives to remain a vital and very important service to Wayne county. But they do need the support of the community-to continue their important work! Mrs.Carollo added, "I have sent out two personal letters of request recently - one in December and another one just recently - stressing to people our recent disaster expenses. I would like to extend a very warm thank you to everyone representative from Knox County as the Wayne chapter services that area as well. These board members met in January with the State Director, Bill Zortman to discuss and plan the future of the Wayne chapter.

Chapter Chairman lanssen reports that it was a very productive meeting and that the board had a renewed sense of desire and enthusiasm to develop new ideas to raise funds, as well as awareness, in the community. He hopes that the people in Wayne county will watch for upcoming fundraising events and that the community will be supportive of the efforts the board is undertaking to secure that Wayne county continues to offer a Red Cross chapter and the assistance that it can provide.

A very interesting point that was shared by Bill Zortman, the State Director, was "there are approximately only 30 chapters that remain in operation across the Nebraska-South Dakota region.

Over 100 chapters have closed in the last two years alone!" Zortman added, "The Wayne chapter has a great group of board members and very strong leadership that is enthusiastic and motivated to stay active not only in Wayne, but throughout northeast Nebraska as well. Wayne is the only chapter still open in northeast Nebraska, so we want to do everything we can to main their existence. I would encourage everyone who can to please make an effort to financially support the Wayne Red Cross chapter.

Lori Carollo, Chapter Manager, also stresses that "we have a very strong chapter and very willing volunteers to serve (but we can always use more if anyone is interested in that - please come and talk to mel) but we really need your financial support. I can't stress enough that we do NOT receive any money from the state, the region, or the National Red Cross. We only operate on the money that is donated to us by private citizens and businesses and is sent to our office in the Mineshaft Mall on East 2nd Street." Carollo said that she has been in contact with a couple of Wayne business who have been extremely supportive of the Wayne chapter and will be joining efforts to help raise funds. Please watch the paper and listen to the radio for upcoming profnotional events by local businesses.

The Board of Directors hopes more businesses in Wayne will join with the Red Cross chapter as

there are many different ways to work together to draw customers into a store and raise awareness and funds for the Red Cross, along with added interest in the participating business. be a fun time for and all the Red Cross board members are willing to

do various states combine and are called "Nakota" due to the fact Talk to a there are so few chapters Red Cross chapters in the commember or call the office to

discuss possibilities for your busi-

who responded to my letters, as well as to everyone who responded to one of our regular mailings throughout last year

Everyone who has made a donation to the Wayne Red Cross has touched a life - whether in need following a disaster or helping to train someone to save a life. What better investment could you make in your community?" One woman who brought a donation into the office commented, "Everytime I get one of your requests for money, I stop and what if I needed your help? Then I always try to give you something!

Another contributor included a note with their donation that read. remember someone doing CPR on my neighbor and it helped save their life. Right then I decided the Red Cross would always be on my donation list of charities!"

The Wayne Red Cross chapter is managed by Lori Carollo and is led by a Board of Directors. The **Executive Committee consists of** Chapter Chair LeRoy Janssen, Chapter Co-Chair Bill Claybaugh, Disaster Chair Loren Park, Health & Safety Co-Chairs Mary Nichols & Sandy Atkins, and Financial Chair Cap Peterson.

Other board members are Rowan Wiltse, Babs Middleton & Ilene Nichols from Wayne, Lynn Lessman, Donna Jacobsen, and Carol Rempfer from Winside, Sandy Hall from Carroll, and Jeri Sherer from Wakefield. Sandra Barger from Bloomfield is also on the board as a

If anyone has any further questions, would like to take a Red Cross class, would like to donate any time or financial resources, they can contact Mrs. Carollo at 375-5209 or stop by their office in the Mineshaft Mall. There are many first aid products at the office that are for sa if there is something an individual would want for their home, camper, boat, etc..., you can find what you need at the Wayne office. They can also order industrial and OSHA approved first aid kits for businesses

*Two upcoming disaster training classes are: Monday, March 12-"Mass Care-An Overview"- 6:30-9 p.m. and Monday, March 29-"Shelter Operations"-6:30-9 p.m.

An important product to have is a face mask/shield if you come upon an accident victim and need to give CPR. There are disposable packets that you can carry in your billfold, or ones that are on a key chain too. Red Cross instructors are willing to come into a business and set up training for employees during working hours and they have the updated materials to teach all the OSHA required courses.

Board members are willing to talk with anyone about the Red Cross work and Lori is available to talk to civic, community, church or school groups of any size at any time. Just give them a call - - - because -They'il be there, when help can't



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The community of Wayne has been generous in helping those in need. Above, Deb Allemann of Goldenrod Hills accepts a check from members of the local Knights of Columbus Council to benefit a local family. At right, employees of First Bankcard Center provided both money and food for the Food Pantry at Christmas

Food Pantry Assistance given

The Wayne Area Food Pantry originally began as a mission of the congregation at First Presbyterian Church of Wayne. Eventually it became an entity

The Food Pantry provides food for those in need, basically extending to the area of Wayne County.

Through the years the pantry has provided food for approximately 100 adults and 95 children per year. However, the year 2000 saw a greater need arise and was met as 125 adults and 113 children received assistance from

received as donations from various local food drives. In addition, monetary donations are accepted to assist with the purchase of perishable food such as meat, bread and fruits and vegetables.



Thepower of U

Nimble fingers

Those attending the Weyne Senior Center can often be found in the Quilting Room working on the latest project. Throughout the years, the group has quilted more than 200 articles including quilts and wall hangings. The women often quilt for several hours before lunch is served and again each afternoon. Above, grade school students visit with the quilters while the work continues.

Services keep others warm

The Coat Closet is a ministry of the Deacons of First Presbyterian Church in Wayne.

It began in November of 1995 and is now in its sixth year. In that time the coat closet has given more more than 2,100 coats plus gloves, mittens, scarves, stocking caps, sweat shirts and sweaters.

In the year 2000 over 800 coats were handed out.

All these new and used items have been donated by people in and around Wayne. Those needing laundering have been cleaned free of charge by K&G Cleaners of Wayne.

The coats are free of charge to anyone needing them.

Holstedt at the church, for the most part the coats are distributed to people within a 20 mile radius of Wayne. However, many coats have been sent to rescue missions, reservations or to help the recovery efforts at the sites of natural disas-

ters.
"Thanks are due to Restful
"Thanks Feather Knights/ Pacific Coast Feather Company for supplying shipping cartons and to Great Dane Trailers for supplying transportation," Pastor Holstedt said.

Anyone in need of a coat or anyone who has a coat they would like to donate is urged to contact the church office at 375-2669.

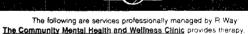


Scouts' honor

The Wayne Boy Scout troop is active in both the community and in fulfilling personal goals. The scouts participated hicken Show Parade (left) and attended a number of scouting expeditions to various locations across the country. In addition, the scouts help with a number of activities in the community such as the monthly paper drive to recycle newspapers.



Real people serving real people where getting well is a way of life!



punseling, and outpatient psychiatric services

Community Support services are available to all individuals who live in Northeast Nebraska. Services are provided in the individual's home and at

Psychiatric Day Rehabilitation services are provided at the Job Site in Wayne and focus on building and developing community pre-vocational, aducational, social, recreational, and wellness skills Residential Rehabilitation services are provided at Kirkwood House a 12

bed facility in Wayne. Kirkwood House focuses on residential skill building and

 The Community Treatment Aide Program provides assistance to case manplan for each consumer

ealth & Wellness Clini 402-375-2468

402-375-5741

219 Main, Nebraska 68787 Visit our Web Site @ www.r-way.org



Anderson, Cinda Brudigam, Marilyn Otts, Joni Holdorf; Not Pictured: Jeff Bolling, Amanda Wood, Heather Evert, Robin Kunzman, Mandy Elofson, Robbie Sturm, Art Schroetlin, Mike Sturm, Pita Magwire, Kelly Classen



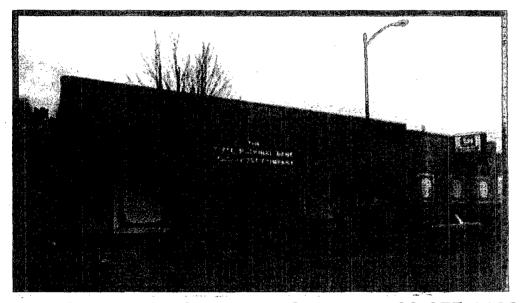
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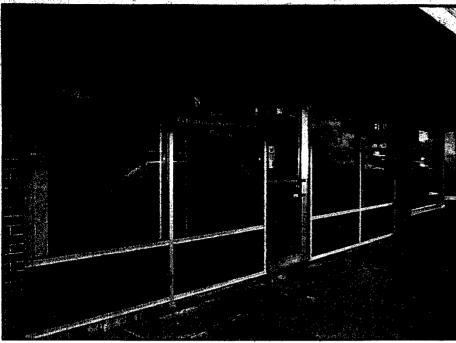


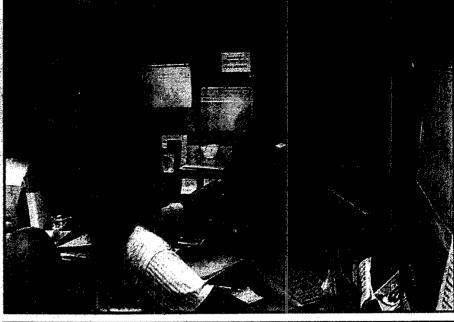
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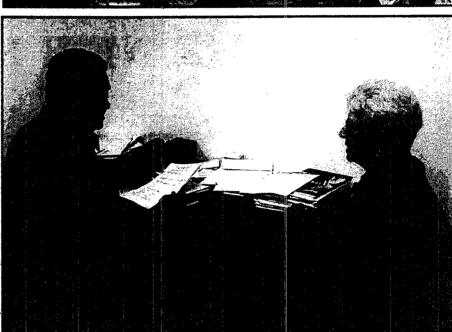
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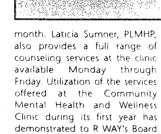
Upper left photo, the Community Mental Health and Wellness Clinic on Main Street in Wayne, is also the corporate office of R Way and First Step. Upper right photo, Bridget Bottger, R Way's Office Manager and Bookkeeper, hands a chart to Dr. Mohammad Sholab. All billing and medical records are processed at the Clinic which is a Wayne based facility with no ties to any out-of-town groups or practices. Lower left photo, Administrative Assistant Michelle Carlson, left, discusses a consumer's budgeting Treatment Plan with Laticia Sumner, PLMHP. Gaining financial skills is very important for R Way consumers. Mrs. Sumner also provides Community Support services to consumers living in Northeast Nebraska. She is one of four CSP's employed by R Way. Lower right photo, Dr. Mohammad Sholab and R Way Director/nurse Jeannia Bressler review the medication regime of a patient of the Community Mental Health and Wellness Clinic. Each individual's medication is carefully monitored with the least amount of medication for the most amount of benefit.

R WAY Quality mental health services provided

R WAY, a local non-profit corporation, has been providing quality mental health services throughout Northeast Nebraska since 1990. During the past decade, the scope of R WAY's services has grown steadily to keep pace with the community's mental health needs.

The opening of the Community Mental Health and Wellness Clinic on Main Street in Wayne in July of 1999 is R WAY's most recent response to the local community's mental health and wellness needs.

Dr. Mohammad Shoiab provides therapy and other outpatient psychiatric services at the Wayne clinic every Tuesday and Thursday, and the second and fourth Wednesdays of each



of Directors and the local com-

munity the need for and value of

ues to serve a growing number of consumers across Northeast Nebraska. Community Support services are provided in the consumer's home and at the consumer's convenience. These services are designed to increase the individual's quality of life, to help the individual coordinate services received from other agencies, and to decrease the consumer's psychiatric hospitalizations. As with all R WAY programs, its Community Support

services stress independence and wellness, rather than illness.

R WAY has provided community-based mental health services at two additional facilities in Wayne since 1991. R WAY's Job Site provides psychiatric day rehabilitation services Monday through Friday. These services focus on skill building and developing community, pre-vocational, social, educational, recreational, and wellness skills. R

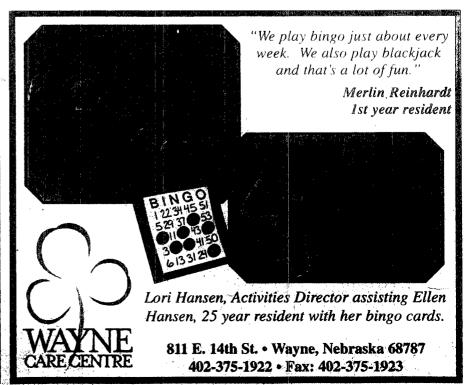
WAY's Kirkwood House facility has been proving residential psychiatric rehabilitation services in Wayne since 1991. The focus at Kirkwood House is on residential skills building and medication management.

R WAY'S Community Treatment Aid program will extend the services provided to a wider range of the community. This program will focus on the family's positive assets and help to better develop the skills needed to function properly.

Community Treatment Aides will work closely with the coordinating therapists and case managers to assist those in need of support from outside of their home. Issues covered include health, discipline, anger management, education, job searching, and other related family issues. This service will primarily be provided in the home of the consumer.

As R WAY's founder and director, Jeannia Bressler says, "R WAY has always been and will always be about real people serving real people. The hundreds of staff, consumers, and friends who have become part of the R WAY community over the years are all committed to getting well as a way of life "









Give t

served by the Siouxland Blood Bank

Blood donations are collected at several stops during the year, including Providence Medical Center (the fourth Thursday of each month), First National of Omaha Bankcard Center, Great Dane Trailers, Wayne High School and Wayne State College

The Siouxland Community Blood Bank serves 16 area hospitals and at the present time it takes over 700 donors a week to keep these hospitals supplied with enough blood for their patients.

"Wayne residents have been wonderful in their donation of blood. We would like to encourage donors to continue to give on a regular basis. While donating once a year is good, donating four times a year is four times better," said Jan King, Donor Consultant for the Siouxland Bloodbank

Statistics for the year 2000 are not complete yet, but indications are that donors in the Wayne area will surpass their 1999 donations.

In 1999, there 270 units of blood were collected at Great Dane Trailers; 126 at the Wayne Service Center; 195 at Wayne State College; 819 in the community of Wayne and 32 at Wayne High School

Through October of this year, Great Dane has collected 164 units of blood; the Wayne Service Center collected 107; Wayne State College, 179; the Wayne community, 749 and Wayne High School, 38.

"From a laboratory perspective, the Medical Technologists at PMC rely on Siguxland Blood Bank to supply the needed blood components on both a regular and emergency basis," said Elizabeth Mohr, of the PMC Laboratory Department.

Over the last 10 year, PMC has transfused an average of approximately 200 units of blood per year, with 1997 holding the record high of 330 units transfused. The hospital laboratory has a regular inventory of 28 units of all the major blood groups.

In the event that more blood is needed than is on hand at the time, the Siouxland Blood Bank has a 24hour on-call system, so that emergency situations can be dealt with quickly and safely

Medical technologists employed by the blood bank carefully screen and test every unit of blood and blood-related products before tagging and shipping them to area hospitals.

After the units of blood arrive at the hospital, they are checked in and kept at a constant, safe temperature in the laboratory until a need arises. At that time, further testing on the units are performed by the PMC Medical Technologists to ensure a safe match between the donor's blood and patient's blood.

The earliest blood transfusion known was attempted in 1628. The first recorded successful transfusion occurred in England when Richard Lower kept dogs alive by transfusion of blood from other dogs.

The first successful transfusion of human blood came in 1818 when James Blundell, a British obstetrician treated a woman for postpartum hemorrhage by giving her four ounces of blood from her husband.

In 1900 the first three human covered and in 1939 the Rh blood group system was identified. The two discoveries are among the most important breakthroughs in the field of blood donation.

Blood banks, where blood can be preserved and stored, have been in existence since 1937. The American Association of Blood Banks was formed in 1947 to help promote common goals among blood banking practioners and the blood donating public.

According to statistics released by the Bloodbank, seven out of ten peo-ple are eligible to donate blood, but only one out of 20 actually does.

All blood that is donated goes through a minimum of 15 tests before it is released to hospitals.

Statistics indicate that more than 95 percent of all Americans reaching the age of 72 will need blood products in their lifetime

The leading diseases or conditions that use blood are malignant neoplasm (cancer), heart disease, ulcers, accidents, fractures and traumas, anemia, obstetric procedures, bone and joint diseases, lung diseases, liver diseases and kidney diseases.

Donated blood can be separated into three parts — red cells, platelets and plasma. A patient is given only the part(s) that he or she needs.

Red cells are high in hemoglobin and restore a patient's blood volume and its oxygen carrying capability. The shelf-life of the red cells is 42

Platelets are cells that help the clotting process. They are needed to control bleeding. Most of the platelet supply is used by patients undergoing chemotherapy, organ transplantation or severe bleeding disorders. The shelf-life of platelets is five days.

Plasma is the third component of blood. It is the liquid portion of the blood that supplies nutrients to the body's tissues.

Plasma is needed by patients suffering from burns, shock or bleeding disorders. It can be stored as Fresh Frozen Plasma or as Cryoprecipitate (a clotting factor). Both have a shelflife of 12 months.

Because of the separation process, one person's blood donation can save three people lives.

The blood donation process takes from 30 to 45 minutes, including the completion of a medical questionnaire before donating blood

Specific questions regarding donor's health will be asked in confidentiality by a staff nurse. Following that, blood pressure, temperature and red blood cell count will also be

One pint (unit) of blood will be taken from the donor. The average size person has 9 -12 pints of blood in their body, which is seven percent

of a person's weight. Requirements for

 You must be at least 17 years old and weigh at least 110 pounds.

 You cannot have given blood within the last 56 days.

 A photo identification is required at the drive.

· You must be in good health and have had an adequate meal prior to donation. You must be able to give any

proper names of medications you are currently taking. Many medications will not disqualify a donor, but they must be documented by the Blood Bank staff.

Donors are encouraged to eat a good meal before donation and drink plenty of fluids both before and after donating.

Following donation, it takes approximately 24 hours to reproduce the fluids lost.

"We would like to encourage donors to donate more than once a year. With today's medical advances, more and more patients are being saved, but often a great deal of blood is required to save a life," Ms

There are eight blood types found in humans. (Cats have three types of blood, dogs have eight, horses have seven and cows have over 800.)

One in three persons (38.4 percent) have O positive blood; one in 15 persons (7.7 percent) have O negative blood; one in three persons (32.3 percent) have A positive blood; one in 16 persons (6.5 percent) have A negative blood; one in 12 persons (9.4 percent) have 8 positive blood; one person in 67 (1.7 percent) have B negative blood; one person in 29 (3.2 percent) have AB positive blood and one person in 167 (.7 percent) have AB negative blood.

People with O blood type are known as "universal donors" because in an emergency, anyone can receive type O red blood cells. Persons with AB blood type are known as "universal receivers.

At the present time there is no substitution for human blood at cannot be manufactured. It can only be obtained from healthy donors

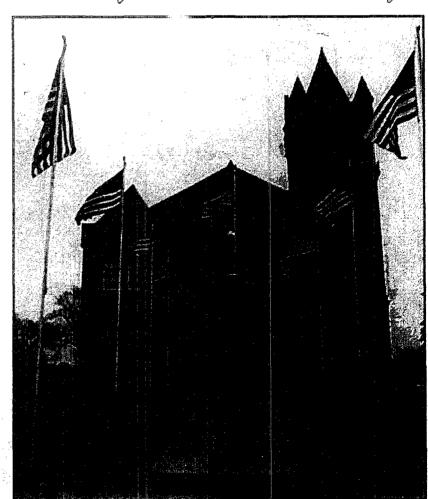
For more information on blood donation, contact the Siouxland Community Blood Bank at 1-800-798-4208

Celebrating scouting

Members of Girl Scouts do more than just sell cookies each year. In the past the Scouts have displayed honors and facts about Scouting in the Library Display case (upper left). The members also travel to various places for tours including a trip to a play in Omaha (above). Below, the group participates in Day Camp during summer at the Girl Scout Cabin in Wayne. Girl Scouting is celebrating its 89th birthday this year. The Wayne troop is part of Prairie Hills Girl Scout Council, one of five councils in Nebraska. It serves nearly 2,300 girls in 19 counties in northeast Nebraska.



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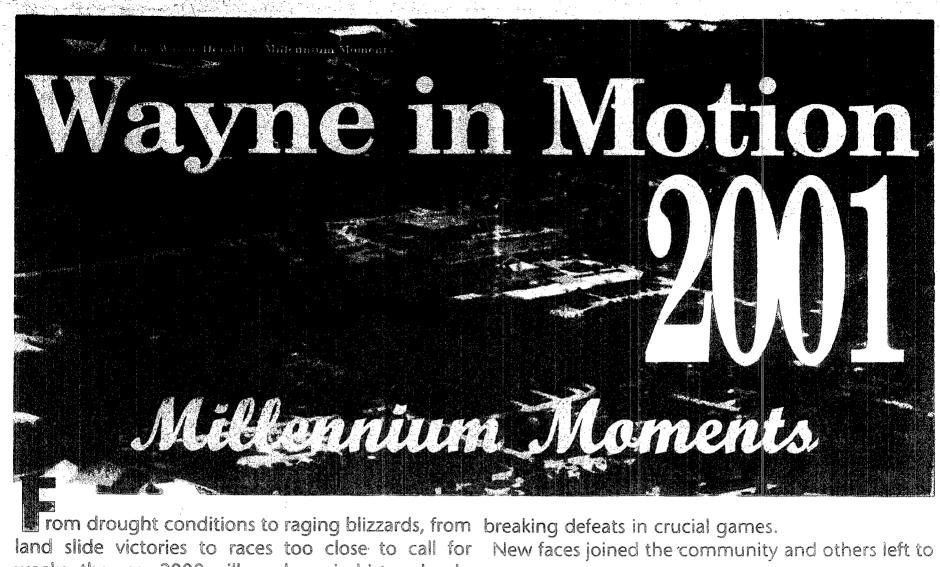
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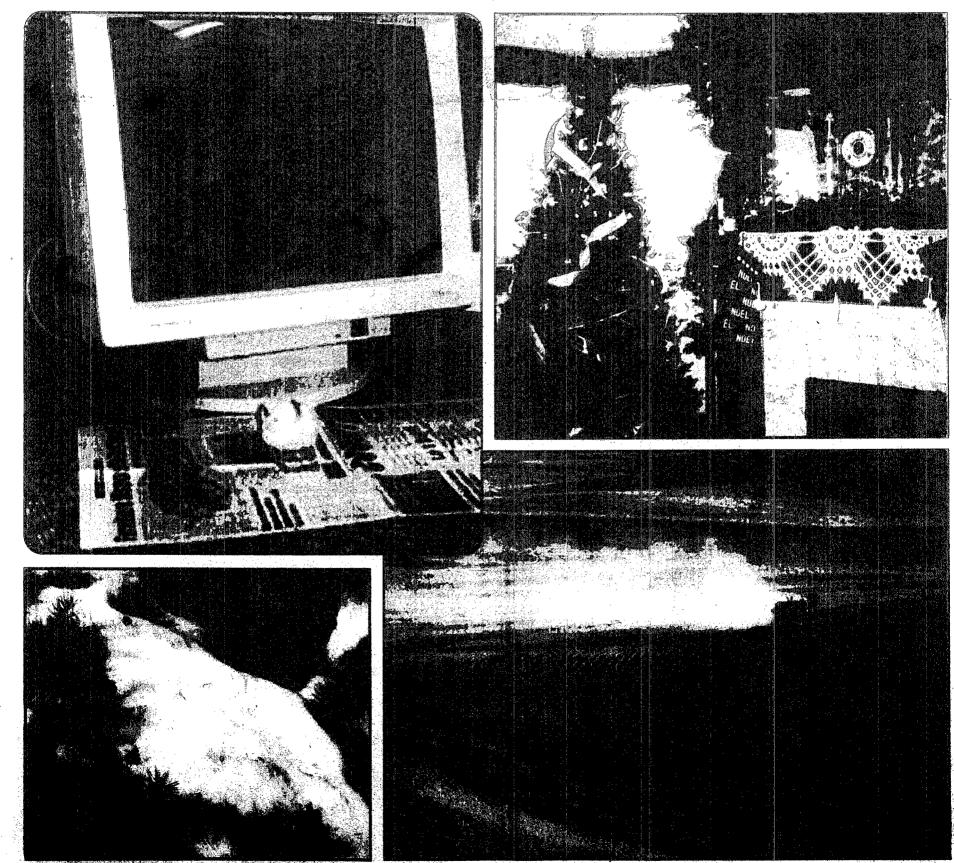
Together We Can Make A Difference!!

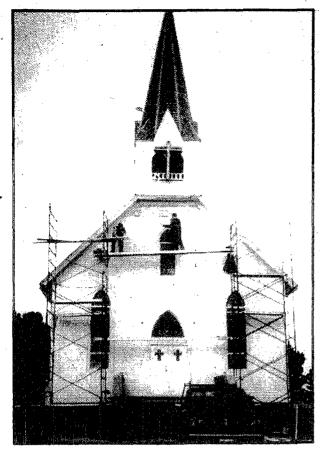


weeks, the year 2000 will go down in history books pursue new careers. for a number of reasons.

completed very successful seasons, including a num- County during 2000. ber of state championships. Others suffered heart-

The following pages include a pictorial recap of In the Wayne area, a number of athletic teams some of the events that made news in Wayne





The front side of Immanuel Lutheran Church of rural Wakefield received new siding last week. Crews from Lindner Construction are in charge of the project. Members of the congregation have plans to side the rest of the building in the future. Work will also be done on the bell tower of the church which is more than 100 years old.



Eight seniors participated in a computer class at the Wayne Public Library last week. Instructors Maureen Kingston and Beth Ann Sharer showed those in attendance the basics of using the internet. Additional classes will be held in the



Wayne defender Brad Hansen attempts to deflect a Krofton shot attempt during sub-district action on Tuesday night in Randolph.



Clifford the Big Red Dog was at St. Mary's Elementary School on Sunday in conjunction with the Scholastic Book Fair being held at the school this week. Clifford encouraged the students to keep reading throughout their lives.



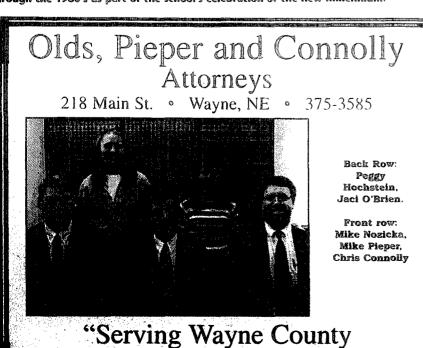
Former Wayne State player and All-American Tyler Johnson returned to Rice Auditorium last Saturday night to receive his All-America plaque. Johnson is pictured with his parent's and coach Greg McDermott.



Wayne Elementary faculty and staff dressed up in clothes from the decades of the 1950's through the 1980's as part of the school's celebration of the new millennium.



Students in first and second grades at St. Mary's Elementary School pose with Geo Bear. The bear arrived in Wayne from Louisville, Ky. after starting its educational travels in a school near Detroit, Mich. The students in Wayne wrote to the students in Michigan before sending the bear on to Arizona.



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Members of boards of the Men's League and Girls Softball Association gathered at the Wayne Softball Complex last week after learning that the Gardner Foundation of Wakefield had awarded \$50,000 toward improvements at the complex. Those present included, left to right, Paul Campbell, Mary Murtaugh, Susan Holstedt, Bob Sherman and



Students from District #51 spent Monday morning jumping rope as part of Jump Rope for Heart. This is the first year in recent history that the students have been involved and more than \$400 was raised. The students then spent the day in Wayne touring several place. Prior to jumping, the 10 students spent more than a month studying the effects of tobacco, making posters and learning jumping styles.



Sharon Vanis, Wayne State College assistant athletic director and volleyball coach, helps one of 200 children find his way to his group during Play Day, Jan. 22. The event was sponsored by the Student Athlete Advisory Committee (SAAC).



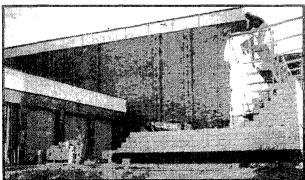
Construction at the Wayne High School is progressing at a good rate due, in part, to the mild winter we have had. Photos above, steel trusses were being installed into the roof of the Band room and Science room addition located on the northwest side of the school. Bottom photo, workers were building the walls of the Weight room addition located on the southwest side of the school.



approach shot on hole 15 in the season opener in Wayne.



Wayne State senior Jon Dolliver became the 21st player in Wildcat history to break the 1,000-point scoring barrier.



Defending Class B state champion Klinton Reller hits his



Mike Lutt and Jo Anne Hardisty of Country Nursery plant the last of 40 trees on Monday. This tree was planted near the intersection of Seventh and Dearborn Streets. The tree planting was a result of the Highway 35 Widening project.



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1999 Display at the Wayne Library for Gold Award Project.



Juniors — Attending a play in Omaha.



Third annual Father-Daughter Date Night.





Eleven Wayne Middle School students have been accepted to the "Sing Around Nebraska Honor Choir." The group attended a clinic in Columbus on Feb. 26 and later that day gave a public concert. The students were selected by audition to sing in the choir. There were five other "Sing Around Nebraska" sites in the state on the same day. The choir gives young outstanding singers a chance to sing excellent quality music in a mass choir. Those involved include, front row, left to right, Megan Kardell, Amanda Brenner, Jessica Dickey, Carly Wacker and Jessica Volk. Middle row, Corissa Aricku, Elizabeth Baler, Emily Buryanek, Kayla Hochstein and Emily Bruflat. Back row, Danielle Vescio, Aaron Daum, Jesse Dunklau and Sean Draper. Kathryn Ley and Cheryl Kopperud are the vocal music



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Third grade students at Allen Consolidated schools recently witnessed the hatching of seven ducklings in their classroom. The eggs were donated by Connie Roberts, teacher /librarian at the schools. Student involved include, front row, left to right, Thomas Ernst, Danielle Schneider, Lacy Chase, Kayla Stoneberger, Rebecca Swetnam and Michael Gregerson. Back row, Whitney Malcom, Aaron Daberkow, Daniel Johnson, Tsha Krohn, Scott Wilmes, Nicole Carr and Brandyn Stewart. Mrs. Joy Smith is the classroom teacher.



A large group of people were on hand at this season's first Business After Hours sponsored by the Special Events Committee of the Wayne Area Chamber of Sponsors. Business sponsors for the evening included, front row, left to right, Anne Nolte (1st Realty), Jim Shanks (Wayne Herald), Phil Griess (Medicap Pharmacy) and Dr. Stephen Becker (Wayne Dental Clinic). Back row, Julie Hansen (KTCH), Bill Claybaugh (TW) Feeds), Steve Muir (First National Insurance Agency) and Scott Hasemann (Schumacher-Hasemann Funeral Home).

Wayne Migh School students have been preparing for this weekend's production of "Brigadoon." play centers on two hunters Gathle and Eric (Jon Shapiro) who stumble upon a mystical village which appears only once every 100 years. The play will be Staged Friday and Saturday, April 7 -8. Performances begin each night at 7:30 p.m. in the High School Lecture Hall. Earlier this week the cast performed for the Wayne Middle School students. Among those involved in the play are, left to right, Megan Weber, Sarah Hoistedt, Erin Simpson and Kristine Fink. The play is under the direction of Kathryn Ley with assistance from several other teachers and parents.





The annual Legislative Forum was held Friday at Wayne State College. State Senators Gene Tyson, Bob Dickey and Pat Engel were on hand to discuss issues currently before the Legislature and answer questions. Students from several area schools were on hand for the event. The event is sponsored by the Legislative Council of the Wayne Area

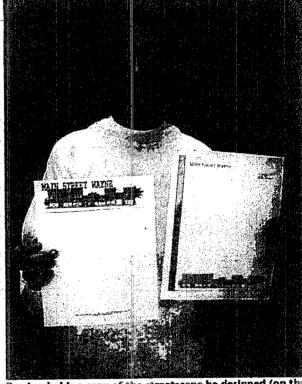




Phil Shear



April has been designated as Membership Month at Main Street Wayne. Beginning this month, team of current Main Street Wayne members will be contacting businesses about Joining the local Main Street Program. Members of the Main Street Organization Committee leading the 2000 Fundraising Campaign are, front row, left to right, Sandra Bartling, Luella Marra (office manager) and Karl Hamer. Back row, Julie Hansen, Jodi Brodersen, Corey Dajong and Vicki Pick. Anyone interested in Joint the Wayne Main Street program or wishing to be involved in Main Street projects, call the Main Street Wayne Office at 375-5062.



Roy Ley holds a copy of the streetscape he designed (on the left). On the right is a piece of letterhead with the logo.







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Those attending this year's Close Up trip included, front row, left to right, Emily Lutt, Jordan Widner, Nicole Owens, Hedda Echtenkamp, Roy Ley and Andrea Kay. Middle row, Mrs. Rassmussen, Jennifer Schaffer, Carla Rahn, Lyndi Tletz, Erin Arneson, Katle Roberts and Mrs. Schafer. Back row, Dan Roeber, Tyler Bayless, Sarah Beaman, Trevor Wright, Kevin Youngmeyer, Dustin Baker and Jeanne Allemann. Not present were Sam Schrant and Brittney Lamb.



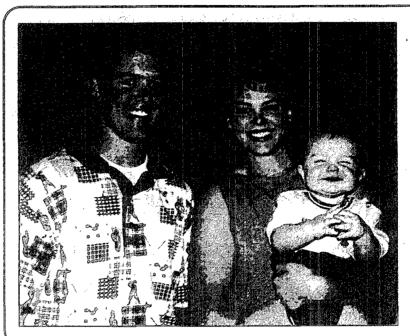
Students participating in the 2000 Arbor Day National Poster Contest include, front row, left to right, Saun Kraatz, Josh Fink and Anna Bondus. Middle row, Leslie Backstrom, Aubrey Workman, Stephanie Kay, Amber Lutt, Stacey Armstrong, Megan Kardell and Adam Done. Back row, Nick Klassen, Corissa Arickx, Elizabeth Baler, Megan Ketelson, Kayla Salmons, Emily Ramold, Brooke Jones and Tonya Wical.



Many people were on hand for the annual Wayne Kiwanis Pancake feed held last week at the auditorium in Wayne. The Kiwanis use the proceeds of their fundraisers for youth oriented activities



David Thavon, who is spending the school year at Wayne High School, recently presented Dr. Zeiss and the school with a needlework picture of a Thailand village. The picture was done by his mother, Nuanchan (Toom) and took more



Successful endeavor

More than 350 people turned out on Sunday in Carroll for the Austin Fernau benefit. Austin, who is pictured here with his parents, Jim and Mandi, has undergone four surgeries since February in an attempt to correct problems with his legs. He will continue to wear braces for at least 18 months. Nearly \$11,000 was raised through the tavern lunch, bake sale and auction of donated items. Matching funds of \$500 were also contributed by AAL Branches #9609 and #3019. "Everything went wonderfully and exceeded all our expectations. It was a great day," said Sue Glimore, one of the organizers of the events. "We thank everyone for their support and outpouring of love."







A large group of survivors, carrying purper balloons, walked the first lap during the second annual Relay for Life for the American Cancer Society held Friday and Saturday at the Wayne State College football field.



A language-based program that begins at the Wakefield Family Resource Center next month will teach preschool aged children their primary language as well as introduce them to a secondary language. Children learn language through a variety of activities like the signing of songs pictured above.







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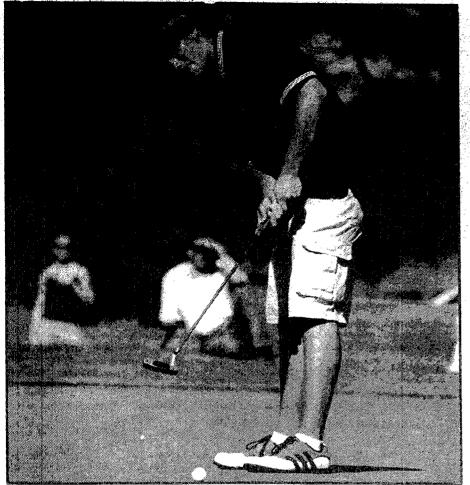
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Defending State Champion Klinton Keller watches his putt intently during first round action of the State Golf Tournament.



Mundreds of people were on hand last Thursday during the Wayne Middle School International Festival. Sixth grade students researched various countries and sold food or played games native to those countries. Above, Anjulena Judson and her father, Paul prepare popcorn from India as several festival-goers look on. They also had available games to play and music native to the country. The annual event raises money which is used to benefit the school or local charitable organizations.



The Allen Track teams participated in the District D-3 track meet held at South Sloux City on May 10. State qualifiers are Joe Sullivan and Stacey Martinson.







Monica Krenk



Members of the Class of 2000 at Laurel-Concord High School celebrate following commencement exercises last week. Above, classmates congratulate each other and say good-bye on the school lawn after the ceremony. Below, the graduates sprayed silly string on each other after the presentation of diplomas. The Class of 2000 was the 100th to from Laurel-Concord. There were 34 seniors in gradus this year a class. Top students this year were Becky Sohler, salutatorian and Rik Smith, valedictorian. Also during the ceremony, a number of scholarships and awards were given out and musical selections were presented by the choir and band.

Wayne State College retiring faculty and staff were honored recently at the Alumni House. The event was co-spon-Mouse, the event was co-spon-sored by the Wayne State Foundation and the Faculty Club. Individuals accepting plaques that afternoon included, first row from left, Arlys WcCorkindale, Vera Hummel, Kathryn Slevers and Merlin Slevers. Second row from left, Robert Foote, Harlan Hansen, Sayre Andersen, Jim Day, Dr. Hilbert Johs, Margaret Hansen and Robert Hank. Not pictured are Duaine Jacobsen, Lowe and Janice Ellis.



Sarah Hoistedt











The Wayne boys golf team is shown with their state championship golf trophy following last week's annual State Golf Tournament. Pictured from left to right: Head coach Terry Munson, Jason Parks, Klinton Keller, Mike Varley, Jodi Munson, coach Dave Hix and Adam Ellingson. Wayne fired a 308-312 to win the state title by three strokes over McCgok. Varley won the individual state championship with rounds of 72-75 for a 147. He won medalist honors by one stroke. All five Wayne players graduated in May but it was the state tournament experience that keyed the Blue Devils to the state championship.



Eight women were crowned champions of their respective flights at this week's NWAGA Golf Tournament in Wayne. Pictured from left to right: Nita Totten of Norfolk (fourth flight), Sarah Sasse of Lincoln (championship flight), Betty Casper of Lincoln (fifth flight), Sandra Sutton of Wayne (first flight), Charlotte Mimick of Norfolk (sixth flight), Char Bohlin of Pender (second flight), Delaine Horn of Norfolk (seventh flight) and Monica Novak of Wayne, (third flight).



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Volunteers in Wakefield have spent the last two Saturdays installing new playground equipment in three locations in the city. The equipment purchases where made possible through a year-long fundraising drive and the efforts of citizens and students alike. Additional pieces of equipment are still needed and fundraising will continue.



The Wayne Volunteer Fire Department recently began using new and updated equipment that was made available through the assistance of the Kural Fire Board. The truck on the left is a 1999 Ford that will be used by the department as an equipment truck. The truck on the right was refurbished and is used as a quick response vehicle by the department when responding to accidents and other emergencies.



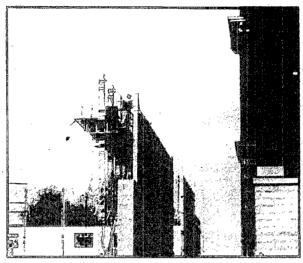


A number of activities were held at Winside this past weekend to commemorate the 100th year of celebrating Old Settlers. A kiddle tractor pull, face painting, talent show, horse rides, a barbecue, a parade, and kiddle rides were among the many activities on hand for the big weekend.



irene Ditman, a resident of The Oaks, displays the wedding gown worn by her mother in the early 1900's. The gown was one of several displayed during a recent wedding party held at The Oaks. Residents shared wedding pictures, decorations and experiences of weddings that took place over 50 years ago.





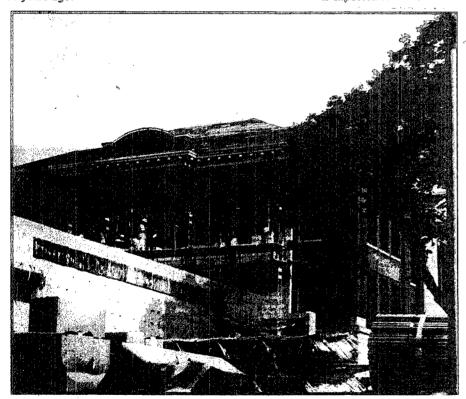
Work continues on the renovation and addition at Wayne Middle School. Construction crews have been building walls to the south of the present building. The photo at left was taken from the east side of the building and shows both the oid building and the new construction. The photo on the right was taken from the south. Completion of the building is expected sometime in late 2001.



Marilyn Carhart, left, and Diane Pieper, members of the Wayne Hospital Auxiliary, display the items that will be raffled off at the annual style show.



The photo at left shows the summer home of Vasili, the man on the far right. This was one of the stops Farnik made during his three week stay in Russia. The area was used to grow a vegetable garden. At right, Farnik poses with the manger of one of the radio stations he consulted with during his trip.





The Big Farmer (Mike Melerhenry) drove his family, including his wife, Pat, children and grandchildren through the parade during the Winside Old Settlers last weekend. The Melerhenrys are former residents of the Winside area.

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Members of the 'round robin' attending a reunion in Wayne at Warge Armstrong's home in 1976 include, back, left to right, Marjorie (Noakes) Johnson , Jane (Von Seggern) Gordon, Miriam (Huse) Witt, Harriet (Craven) Whitman, and Fauneil (Beckenhauer) Pickett. Front row, left to right, Marge (Olson) Fanske, Doris (Judson) Wind, Marge (Ley) Armstrong, Mary Jane (Morgan) Simpson, and Dorothy (Ross) ingham.

Members of the 14-under girls fast pitch softball team that placed third at State last weekend in Ogaliala Included from back left: Coach Tina Ruwe, Sarah Jensen, Rachel Jensen, Molly Hill, Allie Hansen, Karl Hochstein, Stacle Hoeman, Amy Gangwish and Coach Lisa Archuleta. Middle: Natalle Fendrick, Jamie Backstrom, Shella Meyer, Jenny Raveling, Jess Jammer, Ashley Carroll. Front: Tiff Gagner, Micaela Weber, Sara Stauffer, and Dawn Jensen.

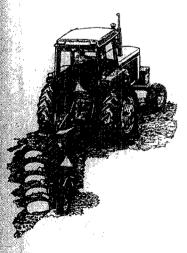




Members of the Wayne girls 12-under fast pitch softball team this season include from back left: Coach Carol Longe, Brittni Sprouls, Fachon Farrens, Regan Ruhl, Pariss Bethune, Jean Pieper, Brooke Anderson, Kiley Luhr, Danica Carroll, coach Joel Munson. Front: Samantha Denklau, Megan Kardell, Kayla Hochstein, Kara Hoeman, Leslie Backstrom, Amy Andersen.



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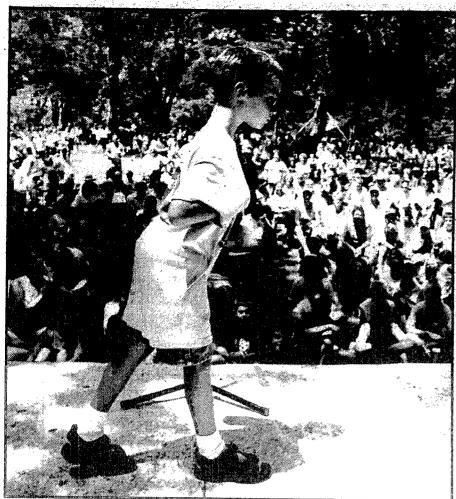
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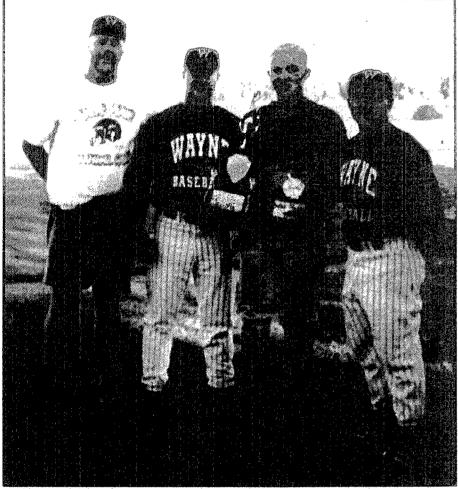
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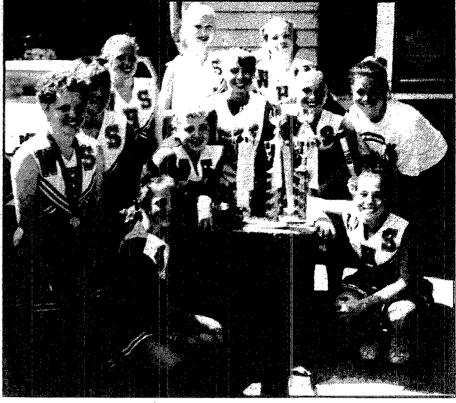




Wayne Midgets player Jeremy Foote was the recipient of the Meyer Award, given to the most improved player. Foote is batting over .400 this season and has played catcher and second base for the Midgets. The award was given for the first time in 21 years in memory of Jerry Meyer. Pictured from left: Mike Meyer, coach Chad Metzler, Foote, and coach Jeff Zeiss.



Joe Claybaugh of Wayne, center, received recognition for his contributions to agriculture during the annual VIP Tour last week at the Haskell Ag Lab near Concord. Claybaugh has served as a county agent in lowa and later as a poultry house designer and engineer with Dekalb. In the mid 1970's he returned to Nebraska where he built a state-of-the-art layer facility near Carroll. He is presently co-owner of TWJ Feeds, TWJ Farms and Nebraska Egg Limited. With Claybaugh are his family members, left to right julie, Mona and Bill and Scott Kinkald of Hartington, president of the Northeast Nebraska Experimental Farm Association and John Witkowski, Director of the Northeast Research and Extension Center.



Wayne High Cheerleaders pose with trophies and ribbons earned during this year's camp. They include, clockwise, from left, Lisa Mitchell, Shawna Hefti, Brandi Jones, Cali Broders, Erin Milander (coach), Ashley Grone, Lisa Miller, Angle Giovanni (coach), Ashley Kopplemann, Sara Pleper and Katie Olson.



A Business After Hours was held last week at the Wayne Country Club. Helping to sponsor the event were, left to right, Ryan Hallowell (The Max), Lois Mall (Wayne Greenhouse), Kathy Fiscus (First Bankcard Center), Lea Claussen (Wayne State Foundation), Kevin Hoffert (Bank of Norfolk), Duane Schroeder (Schroeder Law Office), Connie Mayfield (Wayne Care Centre) and Cap Peterson (Northeast Nebraska Insurance Agency).

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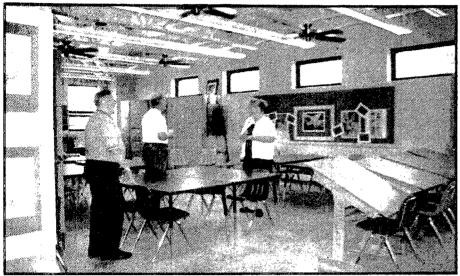
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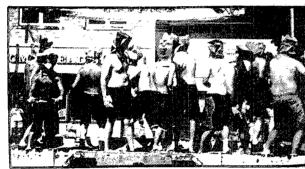


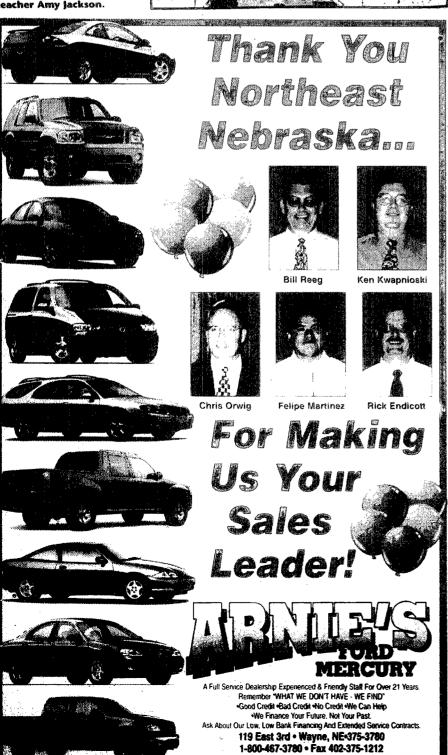


Area motorcycle riders gathered Saturday at The Whitehorse in Wayne for the annual Elworth Harley-Davidson Ride for Life. Among those meeting in Wayne and traveling to Norfolk to join other riders were, front to the far end, Jerry and Donna Schroeder, Jon Fink, Larry and Betty Mitchell, Roberta Engstedt, Eric Gothiel, Dennis Engstedt, Martin Oswald, Dean Nelson, Tim Bebee, Dann and Amy Sowards, Jason Erb, Ron and Karen Green, Dennis and Carmen Rodby, Carey and Laurie Rhods, Randy Luebbert, Jim and Connie Granquist, Tom and Cindy Schmitz, Jeff Luschen, Bill Swinney, Jason Johnson, and Stacy Weber.



Community members were able to tour the recently completed additions and renovation work at Wayne High School last week during the weekly Chamber Coffee. Above, visitors view the new Art Room. At left, judith Zobei, Science teacher at Wayne High, left, shows off the new science room to Duane Schroeder and Wayne High Art teacher Amy Jackson.







Readers in this year's Wayne Public Library summer reading program enjoyed a number of games at the closing party last week. A number of readers received prizes for their efforts and refreshments were served.



Students, parents and teachers worked together at St. Mary's Elementary School to help install new playground equipment at the school recently. The equipment was purchased with money raised by the Kidz Council and an anonymous donation.



Wayne VFW (Veterans of Foreign War) members made a donation of two United States flags to Providence Medical Center when PMC had its silver anniversary and new wing dedication ceremony recently. Shown, left to right, Roy Sommerfeld, Sandra Bartling, PMC Foundation director, Jean Nuss, Amercian Legion member assisting VFW members, and VFW Commander Eddie Baier. Two flags were given to PMC; one to keep up on the flag pole and a spare that's kept in the Foundation office.





Amber Nelson



Kristine Kopperud and her flance, Ryan, pause for a well deserved break on the 2,400 mile bike trip they are on that follows the Continental Divide.





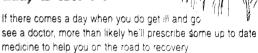
Cast members rehearse for the Wayne Community Theatre's upcoming show, "Murder is a Game" to be staged Sept. 8-10 and Sept. 15-16 at the Carriage House Theatre in the Mineshaft Mall.





Shown is a close-up view of one of the many varieties of daylilles available at Korn's 'Garden Perennials' south of

We Hope You're Never III, But...

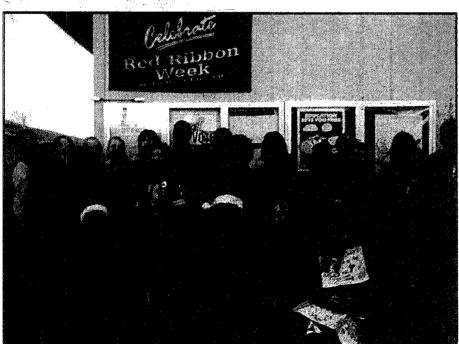


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Each homeroom at Wayne Middle School selected students displaying the most Red Ribbon spirit on Wednesday and students received prizes for their efforts.



the organ. They include, left to right, Marco, Manca and Fi

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Former Wayne State College director of bands and the founder of Wayne State College Band Day, Ray Kelton, was honored during this year's WSC Band Day on Sept. 16. From left are Kelton, Mike Gillan, WSC band director; Dr. Shella Stearns, WSC president and Karin Vaughn, Wayne Area Chamber of Commerce director. Stearns and Vaughn presented Kelton with gifts during halftime. Also featured at this year's event was the Wayne State alumni band that will join in halftime festivities during the afternoon foot-



Members of the Wayne Volunteer Fire Department pose in front of one of the department's newest pieces of equipment last week before attending a Clandestine Drug Lab Safety for First Responders" held at Wayne State College. The purpose of the training was to help fire and rescue and law enforcement personnel identify the hazards of methamphetamine labs and methamphetamine use. The class was presented by John Falgione and Randi Vaniforn, Deputy State Fire Marshal Investigators. The training was sponsored by Wayne State College Security and the Wayne Volunteer Fire/Rescue Department.



Many seniors from the Wayne High football team made a special surprise presentation on Oct. 31. They presented T-shirts to The Oaks' athletic fans Minnie Rice and Marian jordan. The front of the royal blue shirts are emblazoned with "WHS SPORTS FAN" while the back lists their last name and room number in assisted living. The two ladies avidly listen to Wayne High and Wayne State College sports events broadcast on KTCH Radio. Pictured in the back row from left: Trevor Wright, Jason Rethwisch, Chris Woehler, Joe Dangberg, Ethan Mann, Lynn Junck and Sam Kinnett. Front: Jason Belermann, Minnie Rice, Marian Jordan and Danny Roeber.



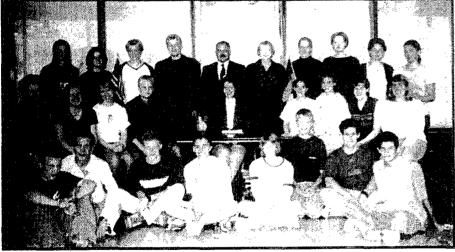
Allen Homecoming Royalty candidates include, back row, left to right, Master of Ceremonies Ray Slevers, son of Jeff and Roxle Slevers; King Candidates Justin Warner, son of Jack and Rhonda Warner; Micky Oldenkamp, son of Mark and Vicki Oldenkamp; Lyla Rahn, son of David and Jean Rahn. Front row, L to R, Queen Candidates Jennifer Smith, daughter of Rick and Joy Smith; Melissa Wilmes, daughter of Tom and Cathy Wilmes; and Michelle Marks, daughter of Ken and Joy Marks. Mistress of Ceremonies Danielle Bertrand, daughter of Willie and Diane Bertrand, is not pictured.



Members of the Wildcats basketball team along with some of the former players from last year's team and coach Greg McDermott watch as the banner is hung in recognition of last season's 26-6 record and reaching the Sweet 16 of the NCAA Division II Tournament.



The Winside volleyball team captured the championship of the Lewis & Clark Conference Tournament, Tuesday in Wakefield.



Wayne Mayor Sheryl Lindau, center, signed a proclamation last week recognizing German Week. Eight students from Steinheim, Germany are currently spending three weeks with nts. The six giris and two boy are juntors at their teacher arrived in Nebraska on Sept. 25 and will be here until Oct. 14. They have been able to enjoy a number of activities including Homecoming, a trip to Tar Box Hollow near Allen and the Neihardt Center at Bancroft.



The Wakefield Marching Band was among the trophy winners at Band Day.



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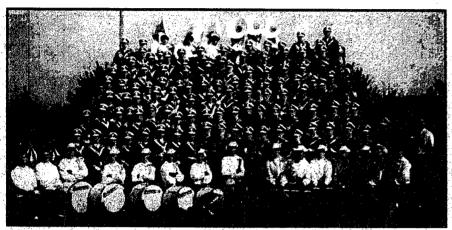
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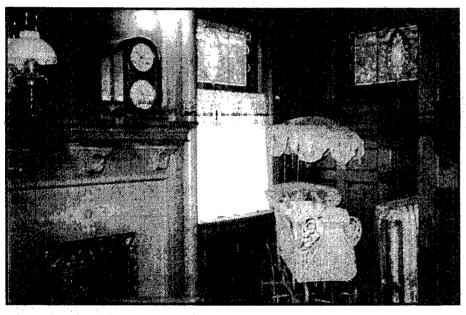
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Homecoming royalty at Wayne High School for 2000 included, front row, left to right, "Abigali Hix, crown bearer, Queen Katie Walton, King Trevor Wright and Reid Trenhalle, football bearer. Back row, Beth Loberg, Megan Weber, Malissa Fredrickson, Leah Dunklau, Adam Jorgensen, Jason Gangwish, Ben Meyer and Jeff Ensz.



The band poses following their Superior performance on Saturday in Madison. The Drum Majorettes, Kayla Schmale, Leah Dunklau and Malissa Fredrickson, also received a trophy for outstanding drum majorettes. The band will be in competition again on Saturday, Oct. 21 In Lincoln and Saturday, Oct. 28 in Wayne.



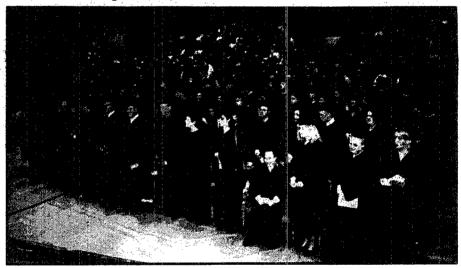
The entry way of the Wayne County Museum contains one of the four fireplaces in the home. The home will be decorated for the holiday by a number of area individuals and organizations.



Choir students chosen to participate in All-State include, front row, left to right, joe Holstedt, Lindsey Blumhagen, Jeff Ensz, Megan Weber and Jessica Agler. Back row, Roy Ley, Kenneth Kopperud, Jason Gangwish and Joe Brumm.



Wayne State student athletes were guest readers last week at St. Mary's Elementary School during the school's observance of Read Across America 2001. The students spent 2,001 seconds reading with their new friends.



A total of 238 graduates received bachelor's, master's, and education specialist degrees from Wayne State College. The ceremony was held in Rice Auditorium.



Travis Koli of Winside works over his Pender opponent during second round action of the Wayne invite. Koll placed second in the 125 pound category.



Band members selected for All-State include, left to right, Nicole Trevett, Emily Brady and Heather Steinbach.



Leo Ahmann, Director of Main Street Wayne, left, presents the Merchant of the Year Award to Cap and Nana Peterson, owners of Antiques on Main. The couple was honored recently in Lincoln and again at last week's Chamber Coffee.

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The Wayne County Museum is among the many area homes and businesses decorated for the holiday season. The museum was recently the site of a Winter Wonderland Christmas Gala. The event, sponsored by the Friends of the Museum, was designed to raise funds for repairs and upkeep at the museum. More than 150 people attended the gathering which included caroling by a number of youth throughout the evening.

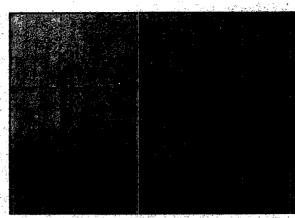


Santa Claus was on hand to direct the Wayne High School Concert Band last week during a concert. The concert was held Friday morning following the postponement of the concert earlier due to snow and high winds.





Darr Nickerson



After 30 years in business, the Pick family has sold Logan Valley Equipment. The signs on the building were taken down last week; completing the era of ownership by the



Wayne State Cross Country All-Conference runners include Andy Tucknott, Darr Nickerson and Dustin Lippman.



Allen Eagles and Laurel-Concord Bears volleyball teams



ord senior tight end Matt Schroeder makes a move on an Amba Mal yardogo during second quarter action of the Boars state till



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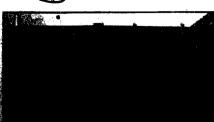


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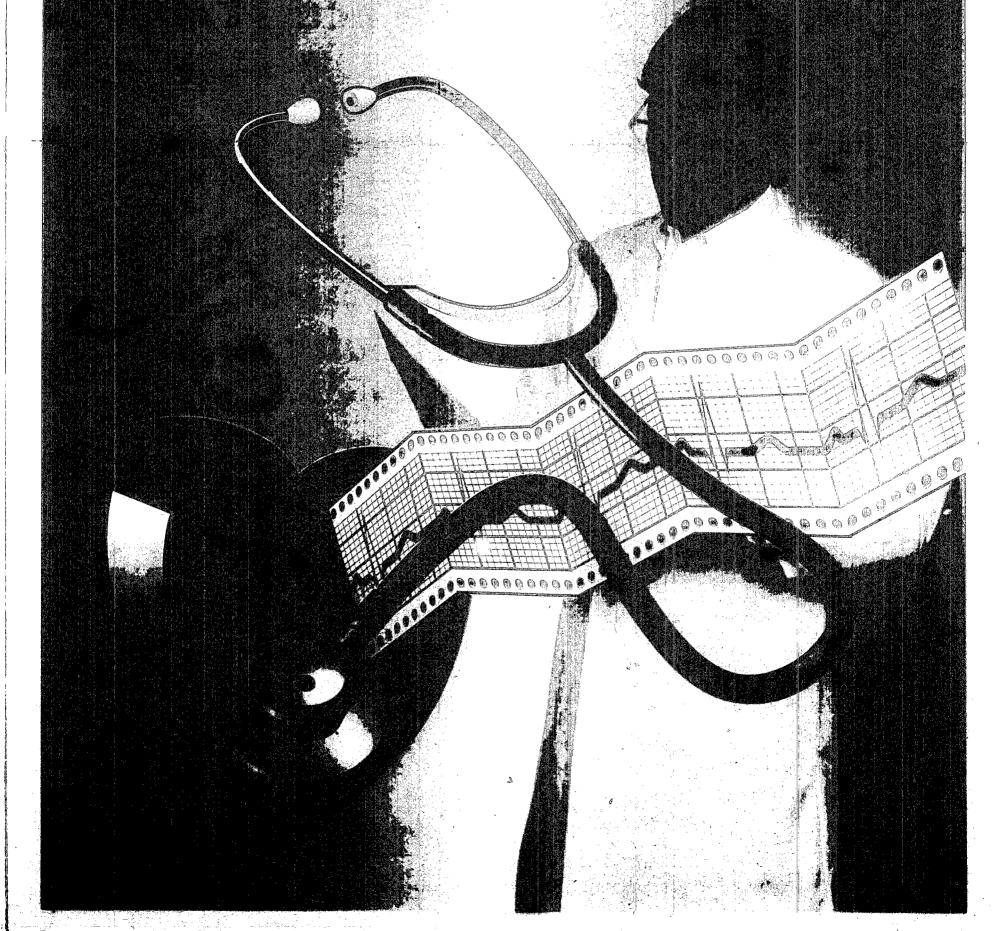


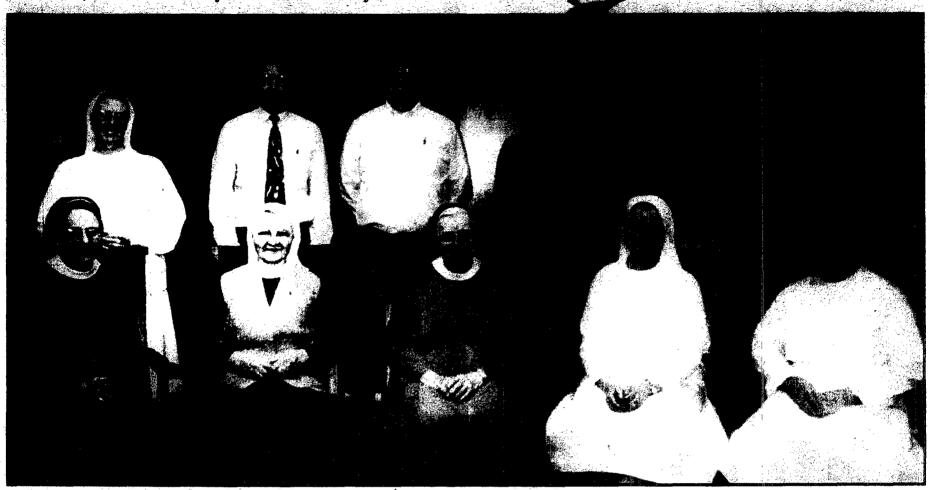


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Health





Those serving on the Governing Board of Providence Medical Center Include, front row, left to right, Sister Rosann Ocken, OSB, Sister Cecilia Polt, OSB, Sister Mary Agnes Salber, OSB, Sister Monica Backes, OSB and Sister Rita Hess, OSB. Back row, Sister Kevin Hermsen, OSB, Dr. James Lindau, Chris Connolly, Alan Harms, Jim Clark and Marcile Thomas, Administrator of the hospital. Not present were board members L.J. Mailatt and Reggie Yates.

PMC Working to be critical access facility

By Clara Osten Of the Herald

When the United States Congress implemented changes to the Medicare Program in the 1980's, many small rural hospitals were injured. However, not until changes were made through the passage of the 1997 Balanced Budget Act, which further cut Medicare Program reimbursements, did Congress realize the problems that were looming for rural healthcare.

It was at this time that the Critical Access Hospital Program was created. The Nebraska Legislature approved the program in 1997. Today Providence Medical Center in Wayne is in the process of becoming a Critical Access facility.

"The Critical Access designation will simply change how our hospital will be reimbursed for the services we provide Medicare patients," said Marcile Thomas, PMC Administrator.

The Medicare Program will use a different method by which to pay providence Medical Center for services rendered to Medicare patients. Currently, Medicare does not pay many rural hospitals for the actual cost of providing care to their patients.

In 2000 Providence Medical Center wrote off a total of \$949,244 in Medicare charges. It is hoped that under the new system, this number will be reduced.

Of the hospitals in Nebraska eligible to become Critical Access facilities, the majority have already become re-licensed. Providence Medical Center anticipates becoming ready for the change in status by April 1 of this year.

At the present time the hospital has completed the formal application process and will be going through a state-conducted survey

next month. This is necessary before final approval can be given for the change.

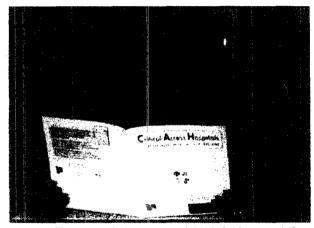
A Critical Access Hospital is authorized to have a total of 25 inpatients on a given day. Fifteen of those patients can be acute. The average length of stay for the acute care patient can be no more than four days. Of course, skilled level patients will remain in the hospital longer. Outpatients undergoing same day surgery, and those patients in observation, are not counted in the daily cap of 25 patients.

Current statistics compiled by the hospital indicate that PMC has an average of 11.4 patients per day and that the average stay is 3-2 days.

"While we will have to monitor our numbers, we do not foresee any changes, due to the fact that our averages are already lower than those we are allowed," Thomas said. "We want everyone to know that we are not changing anything about the way we care for our patients at Providence Medical Center. This Critical Access designation will only affect how we, as a hospital, are paid for the services we render our Medicare patients," Mrs. Thomas

"Also, all non-Medicare patients having private insurance coverage will continue to have their claims processed just as they have in the past," she added.

"We will continue to care for all our patients regardless of their designation. Medicare or non-Medicare, insurance or no insurance, young or old, male or female," Thomas stressed. "Providence Medical Center stands firm on providing quality health care to each and every individual in our service area."



Marcile Thomas, Administrator of PMC, looks over information concerning the hospital's anticipated change to a Critical Access hospital. The change should take place by April 1.

Yoga classes are now available in Wayne

By Clara Osten

Since the second century, yoga has been practiced throughout the world, beginning in India in the ancient religion of HInduism.

Recently, yoga classes have been made available at Providence Wellness Center in Wayne. There are two classes actively going on each Monday evening.

Elaine Knudson of Sgt. Bluff, lowalis the instructor of the classes which

run from 5:30 to 6:30 p.m. and from 6:30 to 7:30 p.m.

Yoga focuses primarily on postures (gentle stretching exercises), breathing exercises and meditation. Yoga is frequently used in Western medicine to enhance health and treat chronic disease.

Scientific research in areas such as biofeedback, confirm that many body functions, such as blood pressure and heart rate, once thought to be beyond conscious control, can be changed through meditation and

relaxation techniques.

Key elements of yoga include asanas (postures), pranayama (specially developed breathing techniques) and concentration/meditation practices such as imagery, visualization, focusing on objects and sound. Studies have confirmed that yoga can allow people to control a wide range of body functions, including blood pressure, body temperature, brain waves (as measured by electroencephalography), heart rate, metabolic rate, respiratory

function and skin resistance.

Studies show that people who practice yoga have reduced anxiety, are more resistant to stress and have lower blood pressure, more efficient heart function, better respiratory function and improved physical fit-

Yoga may also be useful in helping people with addictions, cancer, heart disease, high blood pressure and migraines.

"We are now taking names for another session of classes to be held after this one and with the great response we have had, we only have a couple slots left," said Linda Carr, Director of Providence Wellness Center. "I encourage anyone who is inter-

ested in taking a class to call us at the Wellness Center to get their name on our list. We will continue to offer the classes as long as there is a demand for them," she added.

The next session of classes will be

The next session of classes will be held on Mondays from March 19 through April 23. Class times are 4:30 to 5:30 p.m., 5:30 to 6:30 p.m. and 6:30 to 7:30 p.m.

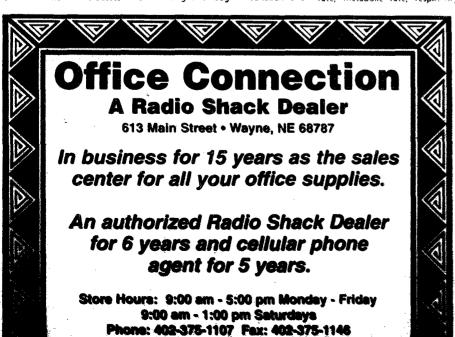
"I have been really encouraged

Yoga and am excited that we can offer it to the community."

The yoga class is open to both members and non-members of the Wellness Center.

Cost of the class is \$60 for the six sessions.

Although yoga has been shown to be beneficial in a variety of conditions, it is not considered a therapy for specific illnesses. Rather, yoga employs a broad holistic approach that focuses on teaching people a new lifestyle, way of thinking and





The Maps chains affirmed on Providing Millians Control here been to extraorded that a strong matter will be offered through Rainth and April Chains are half such Musiky at anomal different three and are open to look manners and con-members of the Walking

Dry thermal imager acquired

The radiology department at Providence Medical Center has recently purchased a dry thermal imager (camera).

This imager will greatly enhance the networking capability of the radiology department insofar as it will allow images from the CT scanner and ultrasounds to be filmed directly via digital signals.

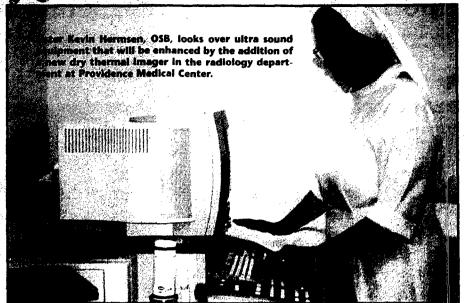
The dry imaging process provides a higher quality and throughput which allows for greater convenience and less maintenance. It is possible to print up to 130 films (14 inches by 17 inches) per hour. All operations, from film loading to film processing can be conducted under daylight

Digital imaging is the future for pated that in the future this will lead to totally "filmless" x-ray departments and that all images will be stored on discs.

Physicians will be able to access information via computer modem in their offices if they are in the net-

Kevin Hermsen, radiology supervisor at PMC states that the purchase of this dry imager is the first step toward digital networking in the radiology department,

The purchase of the imager was made possible through the provision of funding from the Providence Medical Center Foundation and Mrs.



New study to test anti-inflammatories in Alzheimer's Disease prevention

Alzheimer's disease is a progressive, degenerative brain disease that can cause memory loss, impaired thinking, confusion, and the inability to care for oneself.

And as Baby Boomers age, the disease, which mostly affects people now have Alzheimer's disease That number will double by

2020. . By 2050, 10 million Americans

will have Alzheimer's disease.

 Half of all nursing home residents have Alzheimer's disease or a

Although there is no cure for Alzheimer's disease, there may be ways to prevent or delay its onset. One avenue of research includes a new clinical research trial, which is testing whether anti-inflammatory inflammatory Prevention Trial (ADAPT) is taking place at four study inflammatory centers across the country.

Sponsored by the National nstitute on Aging with additional support from the manufacturers of the study drugs, ADAPT is now recruiting healthy people who have family history of Alzheimer's disease, and who could travel to one of the study centers: The Johns Hopkins Medical Institutions in Baltimore; The University of Rochester Medical New University School of Medicine in Massachusetts: and Sun Health Research Institute in Phoenix, Arizona.

ADAPT will confirm or disprove an apparent relationship between use of anti-inflammatories and the prevention of Alzheimer's disease.

"ADAPT is a randomized, controlled trial of two different drugs to see whether they can delay or prevent the onset of Alzheimer's disease in people who are normal, but at risk," said Study Chair Dr. John

The trial will enroll 2.625 healthy participants and follow them for up to seven years. Participants will take Aleve (220 mg naproxen sodium), an over-the-counter non-steroidal anti-inflammatory drug (NSAID), Celebrex (200 mg celecoxib), a prescription NSAID that is a selective COX-2 inhibitor, or a placebo.

Study participants must: · Be age 70 or older;

· Have a biological parent, brother or sister who has or had serious, age-related memory loss, dementia. senility or Alzheimer's disease;

 Have NOT been diagnosed with dementia, senility or Alzheimer's dis-

 Live near a study site, or be able to travel to a study site up to three times a year.

Participants will receive regular health evaluations by health professionals who specialize in Alzheimer's disease and age-related memory loss. To learn more about participatng in the ADAPT study, call toll-free: 1-866-2-stop-AD (1-866-278-6723). or visit www.2stopAD.org.

2020, the number of Americans with Alzheimer's disease is expected to double

Information is available by phone about MS

More than 3,000 people in Nebraska and Pottawattamie County, Iowa must cope with devastating symptoms of multiple sclerosis everyday.

Although the effects of the disease

are unpredictable, the National Multiple Sclerosis Society is one thing people with MS can count on.

The Nebraska Chapter of the National Multiple Sclerosis Society provides programs to educate and help those in the area live fuller lives.

Learn-on-Line is a program provided on the internet to learn more about this devastating disease. The program is held for one hour every third Thursday of the month at 7:30 p.m. After the presentation, there is a question and answer session where participants can e-mail questions.

www.nationalmssociety.org and click on the "Educational Programs" button. Past programs can also be accessed from archives on the site.

Multiple sclerosis is a chronic, often disabling disease of the central nervous system. Symptoms may be mild, such as numbness in the limbs, or severe enough to cause blindness and paralysis.

Most people with MS are diagnosed between the ages of 20 and 40, but the unpredictable physical and emotional effects can be lifelong. The progress, severity and specific symptoms of MS in any one person cannot yet be predicted, but advances in research and treatment are giving hope to those affected by

The National Multiple Scierosis Society's mission is to end the devastating effects on MS and is the world's largest private funder of MS

The Nebraska Chapter provides many programs and services throughout the year from Information and referral to wellness courses. To learn more about MS and the National MS Society, call 1-800-FIGHT MS. Information is also availon the

age 75 and older, is expected to relievers might prevent U.S. expenditures on Alzheimer's Alzheimer's disease. The Alzheimer's Disease Antibecome more of an issue: disease are now estimated to exceed Up to four million Americans

Keeping your loved ones healthy: hand washing and disinfecting "The elderly, especially those in a

cause of concern for their children. As our loved ones grow older, they become more prone to failing ill. For many of us, this brings about a sense of feeling powerless as we see our parents lose their ability to fight off illnesses quickly.

But while there is little we can do to help our elders once they fall ill, a new study has found that there is a way we can help reduce how often they get sick. recent study found that a care-

fully regimented disinfecting program together with regular hand washing can help reduce the rate of respiratory infections. The study, conducted over the span of two years and published in the February edition of the American Journal of infection Control, indicated that a reduction in upper-respiratory tract infections, which could lead to serious complications in the institutionalized elderly, may result when a proper disinfection regimen is employed in Long Term

Care Facilities. Overall, the study recorded a decrease of 25 percent in the number of upper-respiratory Long Term Care Facility, are more prone to falling ill," says Joe Rubino, Lysol Brand microbiologist with products, which conducts significant studies on infection control. "They have a lower level of immunity, and their closer level of contact means that viruses can spread very quickly, from one person to another. It is therefore very important to regularly disinfect and wash hands to stem the spread of viruses."

Cold-causing germs like the Rhinovicus are spread-principally through contact with the contami nated hands of a person with a cold, or contact with surfaces and objects touched by these people. The virus is unsuspectingly picked up on the hands and then introduced to the eyes and nose. Through regular hand washing, germs are routinely removed from hands, while disinfecting surfaces reduces the chances of picking up new viruses,

Bart Astor, the author of "The Baby-Boomer's Guide to Caring for Aging Parents" notes that cleanliness, with the exception of truly people overlook when choosing a care facility for their parents. "Many believe that all homes are the same and therefore focus on other issues such as costs and medicare policies, he says. "But not all homes are the same. When choosing a home, you want to choose one that has the highest standards of cleanliness and that uses a regular disinfection program, such as the one used during the Lysol study. This will give your parents and loved ones a head start in staying healthy in their later

The results of the study, however, are applicable beyond in long term care facilities. "They are applicable to the home environment as well," says Rubino. "Through a proper disinfection and hand washing regimen, Rhinovirus and other cold-causing viruses that cause upper respiratory tract infections may be contained and help reduce the spread of the virus in the home.

To obtain additional information on how to help avoid the common cold, or for tips from Bart Astor about how to choose a Long Term Care Facility, call The Healthy Home toll-free hotline at 1-800-99-LYSOL.

Ask about colorectal cancer

Are you 50 years or older? Have you been screened for colorectal cancer? Having embarrassing symptoms but don't know who to

Ask the experts at http://www. preventcancer.org/colorectal.

From March 1-31, in honor of Colorectal Awareness Month, physicians from leading universities and medical centers from across the nation will be gathering in cyberspace to answer your questions about colorectal cancer prevention, detection and treatment.

Colorectal cancer—cancer of the colon and rectum—is the second leading cause of cancer deaths in the United States for men and women a unbined. This year alone people will die from the disease. But colorectal cancer is highly preventable and is easy to treat and often curable when detected early.

Colorectal Cancer National Awareness Month, spearheaded by

the Cancer Research of and its founding partners the National Colorectal Cancer Roundtable and the American Digestive Health Foundation, is held each March to generate widespread awareness about colorectal cancer and to encourage people to learn more about how to reduce their risk of the disease through regular screening and a healthy lifestyle. Call 1-877-35-COLON for more

information

Site Of Your Life?

Whether you get your health information off the cuff or online may make a big difference in

For many people are getting vital facts from the Cancer Research Foundation of America web-(www.crfa.org) and its new

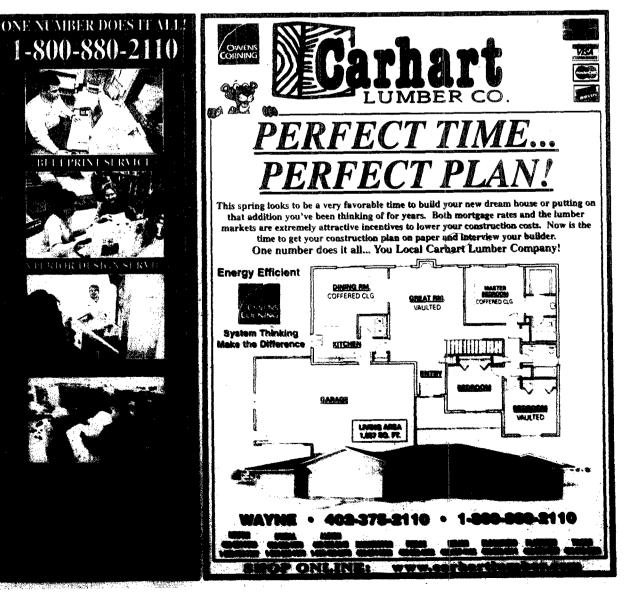
colorectal cancer informa-(www.preventcancer.org/ colorectal.htm).

mation about the disease and the efforts against it. The site also fea-

tures self-help guides, a risk assessuseful facts.

ment test and other important One fact is that while March is officially National Colorectal





Several of the nation's leading sports nutrition experts gathered at Disney's Wide World of Sports™ complex in January for the milk?" Sports Nutrition Summit to

educate Americans about the dietary challenges that active people of all ages face and the importance of nutrient-dense foods to help provide the energy needed for physical

activity. The experts agree: milk should be part of every training

table. groups, including the National Institute of Child Health

and Human Development (NICHD), the American College of Sports Medicine and the American Medical Athletic Association have joined a coalition in support of milk's essential role in a healthy diet.

Speakers at the Summit included Nancy Clark, MS, RD, author of the best-selling Nancy Clark's Sports Nutrition Guidebook.

hero and gold-medalist in Greco-Roman wrestling, as well as the latest athlete to don a milk mustache in the popular "got milk?" campaign. They addressed topics including the importance of hydration and the role that calcium plays in helping

keep bones strong for activity.
"Lowfat milk is a perfect beverage choice to help fuel any athletic activity or workout," said Clark. "Whether you're six or sixty, if you're active you need bone-strengthening calcium and muscle-building protein, which can be found in a glass of lowfat milk, Most athletes know that lowfat milk is a great source of calcium, but many don't realize that lowfat milk is also a good source for eight other essential vitamins and

Sports Nutrition Food Guide Pyramid Helps Athletes Choose Power Packed Foods To help people learn to eat for physical activity, the expert coalition unveiled a new Sports Nutrition Food Guide Pyramid.

A key component of the new Pyramid is two to four servings of milk or other dairy products per day, which can help provide the daily calclum recommendation for adults set by the National Academy of Sciences at 1,000 mg, or the equivalent of about three glasses of milk.

Unlike other popular beverages, milk provides a complete nutrition package that helps active people stay strong and fit.

· The carbohydrates in milk provide the energy needed to sustain activity and the protein helps keep muscles going.

 An 8-ounce glass of milk also provides nearly 300 mg of bonebuilding calcium, which may play a role in promoting normal blood pressure, an important element in an active lifestyle. · Milk's potassium heips regulate

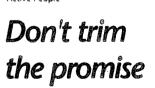
the balance of fluids in your body throughout the day. Fluid balance is essential during a sweat-inducing workout. • Vitamin B-12 helps build the red

blood cells that carry oxygen from the lungs to working muscles.
Rulon Gardner Sports The Milk

One athlete who knows the value of milk is Olympic champion Rulon Gardner, who led the Summit attendees in toasting the new pyramid with an ice-cold glass of milk. The Greco-Roman wrestler Wyoming dairy farmer who captured the gold medal and hearts of millions at the Summer Olympics in Sydney is the latest athlete to don a milk mustache. Gardner's milk mustache ad made its debut in Sports Illustrated's year-end "Sportsman of

the Year" Issue. "Long hours of training helped me win an Olympic gold medal, but endurance was critical," said Gardner. "I wouldn't have made it through training and the match without the right fuel in my tank. Milk was a key part of my training

diet." Sports Nutrition Summit Examines The Dietary Needs Of Active People



The secret of durable fitness reso lutions is will power and getting equipment that will last. Whether you're buying exercise equipment or golf clubs you want them to last as

to keep thin

long as your resolutions. he first step you can ensure the longevity of your purchase is to buy products with a powder coated finish. This type of resin based finish not only increases

the life of your product, but it can also keep maintenance to a minimum.

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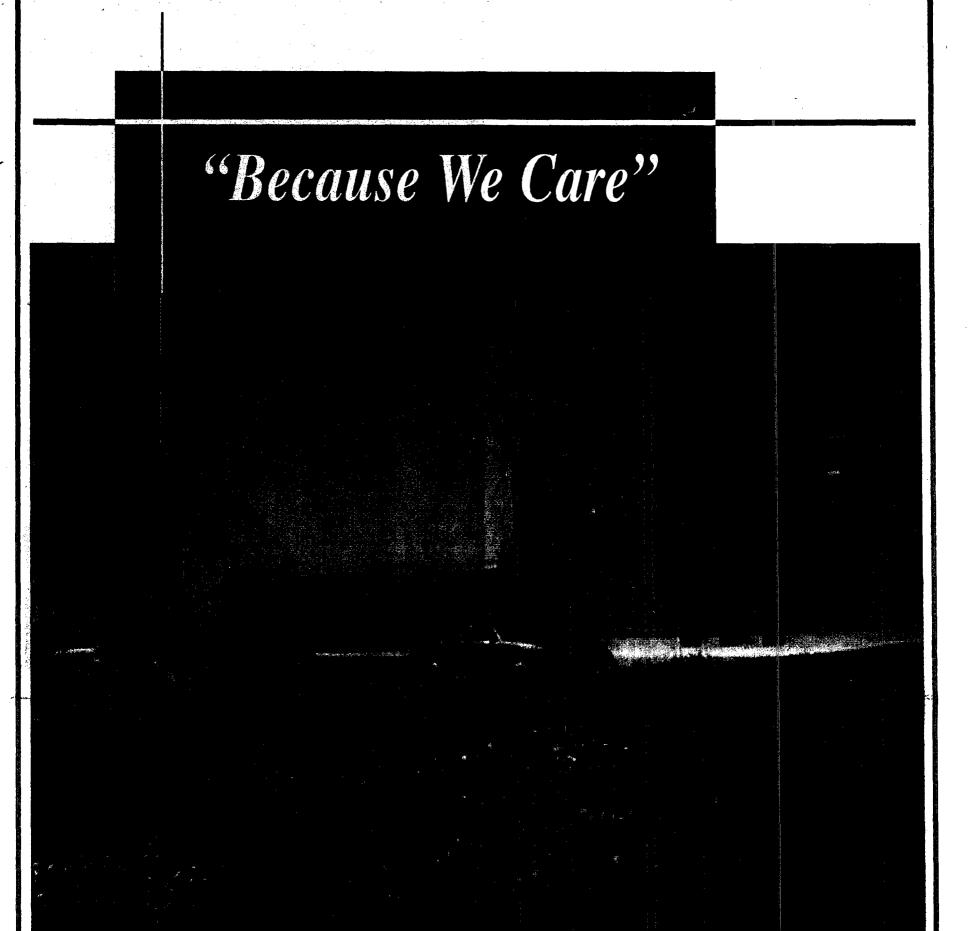


Sam Schroeder

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Providence Medical Center PMC Foundation

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Millions of Americans may be at risk for kidney disease; simple blood tests can detect your risk

What you don't know can't hurt, right? Wrong, says the National Kidney Foundation of Nebraska. There are times when ignorance can cost you your

In fact, four percent of the entire U.S. population is currently at risk for kidney disease, and most people don't even know that they are in any danger. A recent national survey reported that 11 million Americans have an elevated blood level of a waste product called creatinine. Healthy kidneys remove creatinine--a waste product from the normal activity of your muscles-but when kidney function slows down, the level of creatinine in the blood goes up.

During March, National Kidney Month, the foundation wants to make the public aware that a small elevation in creatinine may be an early sign of kidney disease occurring at a stage when treatments can help to prevent kidney disease from advancing to a more serious

problem. When kidney disease progresses to the stage where 85 to 90 percent of function is lost. dialysis treatment or a kidney transplant is needed to sustain

"Unfortunately, kidney disease may be silent for many years," says Tim Neal, Chief Executive Officer of the National Kidney Foundation of Nebraska. "Many people may not be aware that they are losing kidney function until their disease reaches an advanced stage. For this reason, it is important to make sure your doctor includes tests of your kidney function, such as your creatinine level, in your regular physical examination," Neal contin-

Other important tests of kidney function that should be part of your physical checkup are the blood urea nitrogen (BUN) test and a test for protein in the urine. Urea nitrogen is another waste product that builds up in your blood when your kidneys are not functioning properly. Too

another sign of decreasing kid- the urine. nev func-

"Early detection is the key to

venting kidney disease from progressing to an advanced stage," says blood, but when the kidneys fil- Neal. In the early stages of kidtering units are damaged, large ney disease, treatments such as

much protein in your urine is amounts of protein can leak into diet and medications can help to slow the loss of kidney function.

Diabetes is the leading cause of chronic kidney disease in the U.S., followed by high blood pressure. Close to 70 million Americans have these diseases. To help prevent chronic kidney disease and kidney failure and other complications, anyone who has diabetes or high blood pressure should visit his or her doctor regularly and carefully follow the prescribed treatment to control blood sugar and blood pressure

It's important for all Americans to know the following signs and symptoms of chronic kidney disease:

*blood and/or protein in the

*high blood pressure

*a creatinine blood test greater than 1.2 for women and 1.4 for

*burning or difficulty during urination

*more frequent urination, particularly at night

572-3180 or NE Toll Free (800) 642-1255 The National Kidney Foundation of Nebraska is dedicated to preventing kidney and urinary tract diseases, improving the health

*puffiness around the eves.

See your doctor if you notice

swelling of the hands and feet.

any of these. However, remem-

ber that you may have kidney

disease without any symptoms.

The National Kidney Foundation

of Nebraska urges you to learn

more about your kidneys and to

get regular checkups that

include tests for blood pressure,

blood sugar, urine protein and

For more information about the

the National Kidney

kidneys and kidney disease, con-

Foundation of Nebraska at (402)

especially in children

kidney function.

tact

and well-being of individuals and families affected by these diseases and increasing the availability of all organs for transplan-

Do you have a cold virus or are you having an allergy attack?

How To Tell The Difference And Find Relief For Each

Colds and allergies affect millions of Americans every year. At the first sign of symptoms, many people will take just about anything in their medicine cabinet for temporary relief. Distinguishing between cold and allergy symptoms, however, can sometimes be difficult

What's the difference between the common cold and an allergy? An allergy is a physical reaction triggered by a substance known as an allergen. Some common allergens are pollens, indoor mold spores, dust mites and animal dander Allergens enter the nose and throat

BREAKFAST

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causing an immunological response and immediate physical reaction such as sneezing or a runny nose

The common cold, on the other hand, is caused by the rhinovirus that generally enters the body through the nose and resides in the passages and cells it then infects and re-infects the body for a period of several days, eventually overwhelming the body's immurie

Since the symptoms of each often mimic one another, how do you tell the difference between an allergy and a cold? Here are a few tips

· Itchy eyes and nose—Allergies often cause these symptoms, plus a

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constant watery post-nasal drip Cold viruses do not produce litching symptoms and nasal discharge is usually thick

is normally

retained in the

· Cold symptoms typically come on gradually—and may be accompanied by a fever—allergy symptoms often hit quickly as seen in "sneeze attacks"

· Allergy symptoms can persist for weeks to months—the typical lifecy-

cle for a cold is 10 to 14 days
Finding relief for colds and aller gies can often be as difficult as dis tinguishing between the two Following are a few helpful hints to help you stay healthy during the cold and allergy seasons

· Manage stress-Rushing around trying to balance activities can wear you down. Give yourself some time to relax every day

 Seasonal cleaning—To reduce and prevent allergic reactions, remember to regularly wash bedding and use altergy-proof encasings when possible. Use a vacuum

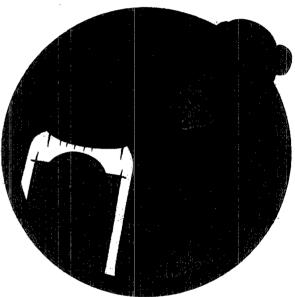
cleaner with a double-bagged high efficiency particulate (HEPA) filter.

. Stock up on remedies that effectively treat each-Two over-thecounter remedles receiving praise from doctors and consumers nation wide are Zlcarn Cold Remedy and Zicam Allergy Relief

"The medical community is supporting alternative remedies that are clinically tested to be safe and effective treatments," said Dr. Michael Seidman, Henry Ford Hospital. "For example, recent clinical studies have published in peer-reviewed medical journals on homeopathic remedies such as Zicam cold and allergy products "

By monitoring lifestyle, listening to their bodies, and making healthy choices, consumers nationwide can minimize their cold and allergy risk. This could be the season to start getting well sooner!

For more information about colds allergies, log on www.zicam.com



Actress Julia Sweeney shares her inspiring story with women coping with cancer chemotherapy

More than 600,000 American women will be diagnosed with cancer this year. Most of them, particularly those on chemotherapy, can expect to suffer serious side effects from their treatment, such as debilitating anemia and related fatigue To help women with cancer learn

how to manage these side effects, actress and comedian Julia Sweeney,

the country this summer to share her paignant story in a series of educational programs. The events, called Living: Finding Strength For Living: Laughter & Learning for Women Cancer, focused on steps women can take to alleviate the harsh effects of chemotherapy.

Sweeney is best known for her

comedy turn as the gender-bending Pat" from the 1989-93 seasons of TV's Saturday Night Live "Her personal experiences with cancer, including caring for her brother who died of lymphoma, formed the basis of her well-received theatrical piece "God Said, "Hal". Her film of the same name won Best film at the Seattle Film Festival and the

Cornedy Film Festival She recently published a book by the same title

"When I was undergoing treat ment, I had no idea that the fatigue! was experiencing was treatable-i thought 'I have cancer, i'm supposed to feel lousy," said Sweeney wanted other women to know that there are things they can do to help minimize these side effects and get back to the business of living

According to a recent national sur vey of cancer patients, eight out of 10 women suffered some level of debilitating fatigue during their chemotherapy treatment (versus 60 percent for men). And 62 percent of the women said that their fatigue was more severe and lasted longer than any other chemotherapy-relatside effect, including nausea (21%), depression (9%) and pain

Chemotherapy-related fatigue is commonly caused by anemia, a treatable condition that occurs when the body does not have enough red blood cells to carry oxygen for the nourishment of tissues and cells. Anemia can result in a debilitating fatigue that is characterized by the inability to perform simple, everyday activities such as taking a walk, climbing stairs, cooking, taking a shower or making a bed.

allowate anomia as well as the pain nausea and depression associated with cancer chemotherapy treatments. Patients should ask t tor for a simple hereoglobin test to anomia. Patients also should ask their physicians about incorporating contain nutrient-dense foods into their diet, such as fruits, leafy green vegetables and lean red m

Finding Strength for Living: Laughter and Learning for Warnen with Concer is spensored by Ortho Blotech Products, L.R.



A Division of Great Dane Limited Partnership



CE North Carlesnie Apat Worne, Nebracia 98787

(Wayne, Nebr.) - Great Dane Trailers celebrated its 100th Anniversary this past year. The company was established in 1900 in Savannah, Georgia. Great Dane Trailers is one of the largest trailer manufacturers in the United States. Great Dane Trailers, A Division of Great Dane Limited Partnership, manufactures the Super Seal refrigerated trailer. Super Seal is one of the most popular units in the market today.

The Great Dane plant in Wayne is one of five plants where Great Dane trailers are manufactured. The first trailer built in Wayne was finished in April 1986. The plant was then purchased by Great Dane from Timple Trailer in 1968.

In the first years of production, the plant averaged approximately 30 trailers per week. In May of 2000 the plant produced its 45,000" trailer. There are now more than 47,000 Super Seal refrigerated trailers hauling products and frozen goods across the United States and Canada.

Great Dane a success is largely due to be a dedication to meet customer needs.

Great Dane a growth has positive them the dedication of the employees to produce a high quality trailer. According to the company as dedication, they amendecture the BEST TRALER BY THE COMMITTEE. TRALER IN THE COUNTRY.

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The biggest threat to women's health: heart disease

February marked Heart Health Month, So, how's your heart health?

If you're a woman or have one you care about in your life, find out. Heart disease affects as many women as it does men and claims twice the number of lives as all cancers combined, including breast cancer

The risk factors for heart disease are the same for both men and women, and include smoking, physical inactivity, high cholesterol, high blood pressure and obesity

Women also have some unique risk factors, however, including menopause and estrogen loss, the use of birth control pills (especially for those who smoke or have high blood pressure) and a high level of triglyc-

To improve one's heart health it is important to recognize the hurdles affecting medical care and the proven preventive steps that can change the incidence for women.

to help women

The hurdles-Lack of research: Many of the major studies on heart disease have been done on men, resulting in less information on the incidence, treatment and prevention of heart disease in women. Fortunately that trend is changing More and more research is being done specifically

Misinterpreting a problem: Men, women even some physicians do not pay enough attention to symptoms of heart disease

among women, especially in women younger than age 65. Because of that, chest pain and other symptoms have been dismissed or attributed to different medical conditions. As a result,

out on the benefits of early testing and treatment

Different symptoms. Twenty percent of women suffering a heart attack do not experience the classic symptom of crushing chest pain. Instead they often have atypical symptoms such as nausea, unexplained fatigue, difficulty breathing and abdominal pain

An ounce of prevention Is worth a pound of cure. A record report from a 14-year study of more than 85,000 women found that healthful changes made to diet and lifestyle over the years had a significant impact on hear

 A reduction in smoking rut heart disease within the group by 13 percent . Overall improvements in diet caused a 16 percent decline in heart dis-

The use of hormone replacement therapy in menopause reduced risk by

nine percent Other reports confirm that physical activity is essential for a healthy heart.

Three hours of brisk walking a week or half that time spent jogging, doing aerobics or another more vigorous exercise can reduce a woman's risk by 35 to 40 percent. Plus, regular physical activity reduces weight gains that often occur with aging.

A Great Start Toward Total Nutrition—Specific diet changes such as consuming more whole-grain foods can do wonders for heart health. For example, in the study mentioned above, women who ate 2.5 servings of whole grain foods experienced a 30 percent lower risk of coronary heart disease than women who ate lit-

Eating whole-grain cereal at breakfast is a great way to get some of the recommended three daily serv-

Brought to you by Total cereals, breakfast cereals with 100% of the Daily Value of at least 11 vitamins and

Fat vs. fiction survey

Reveals truth about women's perception of fat intake

Perceptions and reality don't always match up when it comes to judging the fat of the matter, according to the new "Take Heart survey conducted by Philadelphia Free Fat Free Cream Cheese.

Only 30 percent of women surveyed believe they are consuming more than the recommended amount of saturated fat.º Yet USDA consumption data shows women over 20 could do a better job of following heart-healthy dietary advice. In fact, USDA research reveals 55 percent of women in this age group actually consume more than the recommended amount of calories from saturated fat.**

Additionally, the "Philadelphia Free Fat Free Cream Cheese Take Heart Survey" found that more than 40 percent of the women surveyed said fat was their number one concern when thinking about their eating habits, followed by calories (21 percent), cholesterol (17 percent) and getting more calcium (10 per-

When it comes to barriers to health, nearly half of those surveyed revealed that getting enough exercise was the biggest obstacle to achieving a healthler lifestyle and almost 25 percent cited changing unhealthy eating habits as the toughest task to master.

Because maintaining a hearthealthy lifestyle is important, but not always easy to achieve, Philadelphia Free Fat Free Cream Cheese presents the "Living Well and Feeling Free" brochure. The free

guide features fun and simple tips to lifestyles for a lifetime and is avail able by writing to: Philadelphia Free Fat Free Cream Cheese, Living Well and Feeling Free, P.O. Box 81175, Chicago, IL, 60601-9998

Philadelphia Free Fat Free Cream Cheese is available in three flavors. plain, strawberry, and garden vegetable. It is a product of Kraft Foods, Inc., the nation's largest consumer packaged foods company

Philadelphia® Free® 3-Step Berry Cheesecake

Prep: 10 minutes plus refrigerat-

Bake: 45 minutes INGREDIENTS:

3 pkg (8 oz. each) Philadelphia Free Fat Free Cream Cheese, soft-

1 tsp. van Illa 3 eggs

1-3 cup graham cracker crumits 11,2 cups sliced strawberries

raspbernes, and bluebernes MIX cream cheese, sugar, and vanilla with electric mizer on medum speed until well blended. Add 9-inch pie plate with no stick crooking spray sprinkle bottom with

POUR cream cheese mixture into prepared pie plate

BAKE at 325ú for 45 minutes or chi center is almost set. Cool

Top with fruit. Makes 10 servings. Nutrition Information per serving 70 calonies, 3g total fat, 1g saturalt-

conducted buy 2000 ** Source USDA Continuing Survey of Food Intakes by Individuals 1996 nd fat, 25mg cholesterol 390mg sodium 25g total carbohydrate, 1g

dietary fiber 22g sugars, 11g pro-

tem 35 percent daily value vitamin C. A 10 percent daily value vitamin C.

30 percent daily value calcium, 4

percent daily value iror.

" Source: Market Facts, Inc., an

independent research firm. Survey

of 1 000 women over the age of 18

35 percent daily value vitamin

Here comes hay fever

With the coming of warm weather, nature seems to just bloom back to

While this is a beautiful transformation, many people also begin to experience an itchy, runny nose, sneezing, nasal and head congesnating the return of ellergic minitis-better because of allergic minitisbetter known as hay fever. The Nebraska Medical Association

recommends everyone to contact a family physicien if they or anyone in the family experience allergy-like

Hey fever is caused when a person int or grimm
g consume to these subon he helped by Briting
hose when the patter and
at marticularly high ld count ar at port

d out the polic was, call 1-866-5-

cases, it may be necessary to get a prescription for medication to combat the allergies.

Consult with a physician for information on identifying and treating hay fever and its symptoms.







Staff, from left to right: Dan Rose (23 yrs.), Mike Brudigam (11 yrs.), Bryan Park (22 yrs.), Sandy Park (10 yrs.), Tom Kuchta (new), Doug Rose (24 yrs.), Jeff Loberg (7 yrs.), Ryan Heiser



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INET Library also has current event sites, museums, a vast picture gallery and encyclopedia sites. And educators will find the Educational Resources, Lesson Plans and Educational Subjects section immensely helpful.

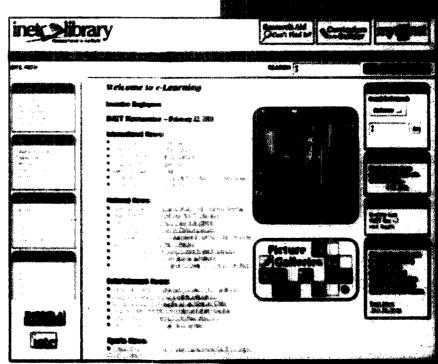


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Non-invasive technique lets doctors painlessly treat brain afflictions

A proven medical device considered by many physicians to be on the cutting edge of technology, has helped to eliminate almost all of the complications often associated with brain surgery.

The device, known as the Gamma Knife®, is a radiosurgery system that uses high doses of radiation—delivered in the form of up to 201 converging beams—to painlessly treat lesions deep within the brain.

The technology has helped to change the face of brain surgery by letting doctors perform different types of deep brain procedures without actually making an incision in the patient's head. Patients remain conscious during the entire procedure and can often go home the same or following day.

According to Doctor Thomas A. Gennarelli, Chair of the Department of Neurosurgery at the Medical College of Wisconsin, the benefits of the Gamma Knife are significant. "There's virtually no chance of bleeding or infection inside the head."

The device uses three dimensional software to pinpoint the exact area in the brain that doctors want to treat. The extreme / precision with which the dose of radiation is applied mini-/ mizes damage to healthy adjacent nerves or tissue.

"The surrounding tissue is not disturbed in any way, whereas in surgery, we have to risk moving healthy tissue in order to get to where a tumor is." says Gennarelli regarding Gamma Knife treatment.

The precise mapping technology lets doctors treat many conditions that would otherwise be untreatable using conventional surgery.

For example, 52-year-old Delores Poindexter from Milwaukee, Wisconsin was diagnosed with a small tumor in the fibrous tissues covering the brain's surface. The tumor pressed against her optic nerve and was causing an increasing level of discomfort.

Poindexter's tumor was considered too small to operate on using conventional surgery without risking injury to nearby nerves, and she was advised by doctors to wait for the tumor to grow larger before attempting to treat it.

After consulting with Dr. Gennarelli, however, she learned that Gamma Knife technology could effectively treat her condition on the spot.

"The device is a real tool for a tumor like this that we couldn't treat before," explains Gennarelli. The extreme accuracy with which the knife's radiation can be focused often allows experts to effectively treat tumors like Poindexter's early in the growth process—this may help doctors treat dysfunctions before they become major medical problems.

The actual treatment procedure involves attaching a lightweight frame to the patient's head. This frame, which keeps the head immobile and helps target the problem site, is

affixed to a helmet which contains 201 tiny holes. The helmet's holes can be plugged or unplugged by physicians to control where radiation meets the brain.

Patients lie on the Gamma Knife's moving bed and, similarly to a CAT scan, are moved into the Gamma Knife machine.

The treatment takes one to five minutes and can be repeated any number of times within one session—a sharp contrast to cobalt or radiation treatments which often cannot be repeated within a close time period and can require months of ongoing treatments. Doctors are continually in contact with the patient through video and audio feeds.

For nearly three decades the technology has been used to successfully treat patients for a variety of conditions ranging from malignant or benign tumors, to functional disorders.

The technology is used at more than 140 institutions worldwide and is recognized and covered by most health insurance companies.

Some experts expect the treatment method's success to lead to developments in other types of non-invasive surgeries. For more information on the Gamma Knife, including a list of locations, consult your health-care professional, visit www.gammaknife.com or call 1-717-671-1701

A non-invasive medical procedure lets patients like Delores Poindexter return to their normal routine almost immediately after being treated for tumors or brain abnormalities.

Courtesy: L. Steiner, MD, PhD; D. Prasad, MD; UVA Charlottesville, USA.

Instead of open-brain surgery, a 67year-old woman is treated with the Gamma Knife for a brain tumor called a meningioma (cir-

After one Gamma Knife session, the woman's tumor began to dissolve. Two years later,

it was completely gone.

Courtesy: L. Steiner, MD, PhD; D Prasad, MD; UVA Charlottesville, USA.



Luncheon helps to educate

The "First Wednesday" luncheons at Providence Medical Center, which feature Mark McCorkindale, M.D., as the speaker, began in 1998.

the speaker, began in 1998. Luncheons are held on the first Wednesday of each month in the Education. Room at Providence Medical Center. Guests are asked to pre-register for the luncheon, which begins at noon and is over by 12.45 pm. Charge for each luncheon is \$2 per guest.

Reservations are limited to 55 persons, so guests are encouraged to make reservations early by calling PMC at 375-3800

Luncheon topics vary from diabetes, breast cancer and benefits of exercise, to managing stress, sleep

deprivation and heart disease. Woman and men of all ages are encouraged to attend the luncheons

Upcoming classes include Muscular Dystrophy Awareness on Wednesday, March 7, Child Abuse Prevention on Wednesday, April 4 and Asthma Awareness on Wednesday, May 2

"Here at PMC we continue to embrace new ideas as we focus on our responsibilities to our entire service area," said Marcile Thomas, Administrator of PMC.

"In concentrating on the needs of the people we are here to serve, these luncheons provide an opportunity for individuals to enjoy an informail meal and obtain valuable healthcare information at the same time. We are grateful to Dr McCorkindale for the time and energy he pill forth each month in preparatic or these luncheons,"

she added
"The touch of humor which he injects into his presentations tends to put our guests at ease and therefore they are more receptive to the information being presented," Mrs Thomas said.

Thomas said.
"When we onginally conceived this idea of monthly luncheons, our expectations were that we would probably have between 15 and 25 people in attendance," said Sandral Bartling, President of the PMC Foundation. "To date, we consistent-

mal meal and obtain valuable ly have between 40-50 each month

Anyone with suggestions for possible function topics is asked to write to Dr. McCorkindale at PO Box 450, Wayne, Neb 68787



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To you who have been among our customers for many years, we express a grateful "Thank You." To those new to us, we add a hearty "Welcome."

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Public Power District

Play it safe when you're on wheels

With spring right around the corner, people start to think about getting their bicycles and roller blades out of winter storage and taking them for a spin.

While these activities can be great for your body's health, they can also be dangerous.

The Nebraska Medical Association reminds you to be safe when using your bicycle or roller blades. The most important thing to remember is to wear an approved safety helmet to protect your head in the event of an accident or fall.

A helmet worn flat atop the head with the chin strap firmly buckled can reduce the chance of a head injury by 8.5 percent. When riding a bicycle in traffic, be sure to stay alert and be aware of the traffic around you, riding with the traffic flow and wearing bright clothing so the other drivers can see you.

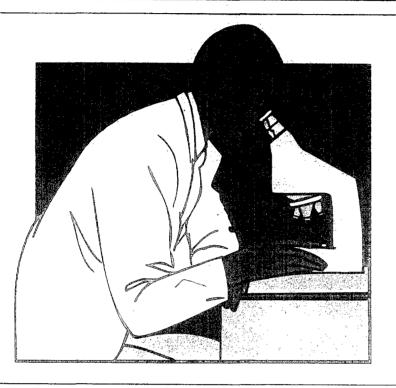
If riding on roller blades, keep a

If riding on roller blades, keep a close eye out for obstructions or breaks in the pavement, as well as

Outdoor activities can be a great way to get in shape and stay fit. Not only deas it benefit your leady physically, it also is an enjoyable way to reflere stees.

Centact a physician for more information on the health benefits of

Beawareson of 2 of a ball



Getting to the root of family health problems

problems, the apple may not fall far from the tree. A health history tree can be a useful tool to help you identify certain diseases and conditions that may run in your family

To help women join with family members in learning more about their family's medical history, Pfizer Women's Health has launched GenerationalHealth.com, a computer-generated family health tree. At this site, you can record the medical health data of two generations of rel-

Once a family's medical history information is entered, the family health tree automatically highlights recurring medical conditions. The personalized health tree can then be printed to be shared with family members, if you wish, and discussed with a healthcare professional

"This type of health information can be critical in identifying certain diseases and conditions that may run in the family," said Raye Lynn Alford, Ph.D., a genetic scientist at Baylor College of Medicine. "A family health tree can be an invaluable tool for recording family health history.

the process of recording and updating health information '

The site also provides information on various conditions and diseases that may be hereditary, as well as the role that heredity may play in their development. These conditions include Alzheimer's disease, breast cancer, high blood pressure, high cholesterol, depression, and diabetes. The site also features suggestions on what can be done to focus on prevention, including potential risk factors, early detection, and management of these conditions

GenerationalHealth.com offers a Web sites of health organizations, such as the American Cancer Society, Breast Cancer Resource Center, the Alzheimer's Association, American Psychiatric Association,

"GenerationalHealth.com allows the visitor to easily create a health history that can help families record and identify certain conditions and diseases that have affected them," stated Ruth Merkatz, RN, Ph.D., Director of Pfizer Women's Health.

GenerationalHealth com iricrease interest in adopting healthy behaviors, identifying the early symptoms of certain hereditary diseases, and seeking treatment when necessary.

Some diseases with a genetic component, such as diabetes and cardiovascular diseases, may pose serious health risks to women. Through its support of research, advocacy, and education, Pfizer Women's Health strives to provide health information and valuable tools to help women around the world live healthier lives For more information on Pfizer

Women's Health, VISIT www.PfizerWomens Health.com, or call 1-800-361-3546, extension 105. References: 1. Mosca L. Manson, Sutherland SE, Langer RD, Manolio T, Barrett-Connor E Cardiovascular disease in women. A statement for healthcare professionals from the American Heart Association Circulation 1997:96 2468-2482. 2 Endicott J, Weissman NM, Yonkers KA. What's unique about depression in women? Patient Care. August 15, 1996:104-115.

New web site informs about cancer

living with or caring for a loved one with cancer is a difficult and overwhelming experience. When his wife was diagnosed with breast cancer, Gilles turned to the Internet to learn more about cancer, but found it difficult to locate and organize the available information.

This experience impressed upon him the need for Internet resources about cancer. After developing a group of online forums for cancer patients and caregivers, Gilles noted continuous requests for information about cancer pain, which led him to create a comprehensive new resource and Web site: www.Cancer-

Today, cancer patients and caregivers can access Cancerpain.org for accurate scientific information as well as the support they need to effectively manage persistent and breakthrough cancer pain. Pain, which can be caused by either the disease or treatments, is common for people with cancer.

According to research published by the University of South Florida's H. Lee Moffitt Cancer Center &

cent and 50 percent of people with well as tools to help patients comcancer experience persistent pain while undergoing treatment, and 70 percent to 90 percent of people with also has: advanced cancer experience persistent pain and may experience breakthrough cancer pain.

Breakthrough cancer pain is a treatable flare-up of moderate to control severe pain. This pain "breaks through" medication administered at regular intervals for persistent cancer

pain but, unfortunately, most cancer patients do not receiv. adequate cancer pain treatment and often experience a diminishing quality of life," notes Gilles Frydman, president and founder of the Association of Cancer Online Resources (ACOR), the largest online community of cancer patients "We created Cancer-painlorg to fill a void on the Internet and to help educate and motivate patients to better understand cancer pain and seek effective treatments

Cancer-pain org features sections ment about the causes of cancer pain, breakthrough cancer pain, pain treat- www Cancer-pain org

municate effectively with healthcare providers about cancer pain. The site

· a complete list of medications currently used in the U.S.

· information about complementary and alternative methods of pain

 a dedicated section for caregivers to help them advocate for appropri-

ate pain control treatment(s) pain.

"There is always a way to alleviate and caregivers can exchange information

• updates on developments in cancer pain treatment

 links to other cancer sites, such as the National Cancer Institute in the future, Cancer-pain.org plans to feature a "Healthcare Professionals for professionals to exchange information about cancer pain therapies, post elevant journal articles and clinical research, and participate in continuing medical education courses about cancer pain treat-

For more information, visit

MUM CV music show

CHECK OUT THE CENTURY CLUB IN 2001

Brumley Music Show March 16, 2001 **Eppley Auditorium** Sioux City, IA

John Deere and Case IH March 28-30, 2001 Waterloo, IA and Moline, IL

"Man of LaMancha" April 29, 2001 Orpheum Theatre Omaha, NE

> "Beauty and the Beast" July 18, 2001. Orpheum Theatre Omaha, NE

Mackinac Island Sept. 30-Oct. 6, 2001 Frankenmuth, Grand Hotel and Great ! kes Upper Michigan

Free Movie Third Tuesday of the month 10:00 a.m. Twin Theatres • Wayne, NE

If you would like more information

about the Century Club,

call Ginny at 375-1130



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VIRTUAL TOURS OF **PROPERTIES**

IPIX is the new technology to make homebuying and selling easier. ERA Property Exchange now offers online virtual tours of each of their properties for sale at

www.ERA.com or www.move.com. The Virtuel tour is a 24-hour a day, seven-day a week open house.



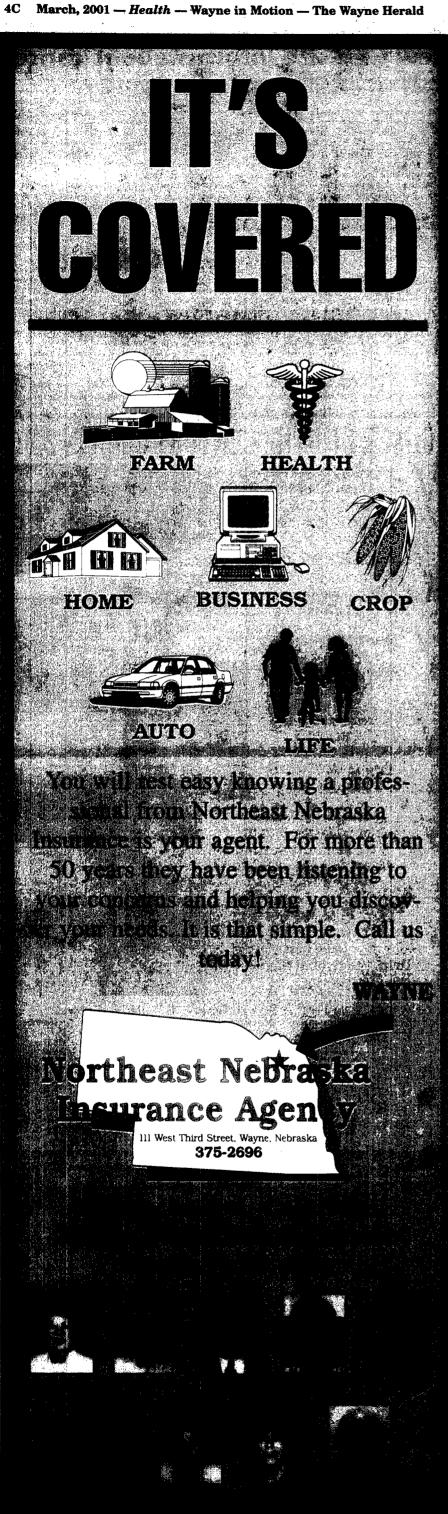
"Making the Buying-Selling Exchange Easier"

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Calcium shown to reduce PMS, support healthy bones

Calcium supplements may do more than support strong healthy bones.

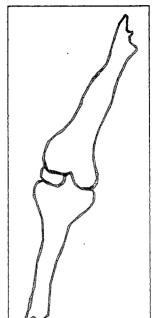
Taking calcium may alleviate PMS symptoms and that will be welcome news to the 40 million women who suffer from PMS.

New Tums Calcium for Life PMS and Tums Calcium for Life Bone Health were created by Glaxo SmithKline in response to scientific evidence that the calcium carbonate found in Tums can help reduce the effects of Premenstrual Syndrome (PMS) and can help keep bones healthy and strong. Tums Calcium for Life PMS has been patented for

According to a recent clinical study, two tablets taken twice daily-totaling the recommended daily 1200 mgs.—can help alleviate at least half of the irritability, mood swings, bloating, cramps, food cravings, and water retention that often accompany PMS, in as little as 60

The supplement is sold in a full month's supply of 120 chewable tablets to make it easy for women to take the right amount of calcium each day and comes in two flavors: Strawberry and Sugar-free Orange Cream. Calcium for Life for PMS and Bone Health are both now available in the calcium aisle of your favorite

"Compared to other vitamin supplements and options that have not yet been proven effective clinically,



women for their PMS symptoms," says Michael A. Thomas, M.D. the Reproductive Health at the University of Cincinnati

ed to aid the more than 80 percent of women who do not get adequate amounts of the mineral through their daily diets.

Calcium helps build and maintain bone mass which, according to preliminary studies, is especially crucial to women who suffer PMS who are at higher risk for bone loss.

A self-management program provides special money saving offers, tips on the most effective ways to incorporate the supplements into a daily routine and friendly support to help women experience optimal results. To enroll, call 1-800-321-2681

With each purchase of Tums Calcium for Life PMS, a donation of Se will be made to the Society of Health Washington, D.C.

The Bone Health strength, available in fruit flavors, is easy to take and is highly absorbable. Two tablets daily ensures the daily-recommended amount of calcium and will help increase bone mass and strengthen bones now as well as prevent bone diseases later in life. Adequate calcium intake is also important for men

"With studies now showing that 1 in 5 men will suffer hip fractures, it is crucial for men to be taking adequate calcium to build and maintain bone strength and mass," says Mary Claire Kenworthy, brand manager, GlaxoSmithKline

For more information, visit www.tumscalciumforlife.com

disorders lead to death Eating

emaciated 14-year-old body, wasted by three months of starvation dieting, and describes what she sees. "I see somebody that is fat and ugly and a disappointment.

Millions of young American women, and increasingly, young men, succumb to eating disorders like Erin's. Driven by intense concern with weight and body image, they fall victim to anorexia nervosa and bulimia nervosa.

Anorexia nervosa -- the persistent aversion to eating -- is the deadliest of all psychiatric disorders, often causing its victims to die from malnutrition and other complications According to a Mayo Clinic study anorexia has been increasing by 36 percent every five years since the 1950s. Bulimia nervosa is a related condition, characterized by binge eating followed by purging through vomiting, laxative use or excessive exercise

Today, some eight million people, mainly women, suffer from anorexia and bulimia. Most at risk are women between ages 15 and 24. Young women "are increasingly tuned in to a celebrity culture where the models'

ably thinner than they've ever been in the past," warns Dr. Joan Brumberg, a Cornell University historian. "This is very seductive and hard for young girls to resist

In 1997, the dance world was stunned when Heidi Guenther, a member of the Boston Ballet, died at age 22 when her heart gave out The cause appeared to be an eating

Retired ballerina Erika Goodman, former Joffrey Ballet star once reviewed as "a treasure of her generation." Now 54, she shuffles through the streets of New York with a walker. The same body that once moved with extraordinary grace is today ravaged by severe osteoporosis caused by long-term anorexia

Some women, however, are fightormer supermodel Kate is how, at the height of Dillon her career, she walked away from the demands that were making her sick and miserable -- demands that she should lose yet more weight for the cameras

Dillon put on 50 pounds, bringing her weight up to a more comfortcelebrated career as a plus-size model and was recently named one of the 50 most beautiful people of the year by People magazine

Research suggests that an imbal ance in serotonin -- a brain neurotransmitter known for the role it plays in mood and appetite -- may be involved in anorexia. High levels of this chemical may be responsible for the obsessive behavior so often seen in patients with eating disorders, people who are perhaps unconsciously starzing themselves to reduce their anxiety

For an anorexic, weight gain is the first step toward recovery

Even after that barrier is crossed the danger of relapse is high unless those with anorexia follow through with their treatment, confront the underlying issues that brought on their illness and return to eating as a normal, healthy part of life

Also, check out the excellent proweb www.pbs.org/nova/thin or call the national Eating Disorders Awareness & Prevention, Iric , toll-free informa tion and resource line at 800-931

Taking the confusion out of treatment for arthritis

As arthritis drugs continue to be approved at an unprecedented rate, people are finding it increasingly difficult to understand all the options that are available. Arthritis Today, the consumer health magazine of the Arthritis Foundation, has created a free, one-stop resource that takes the confusion out of the choices available for the 43 million Drug Guide." The newly released quide is now available for anyone who wants to better understand his or her disease and the medications they take to treat it.

There are hundreds of drug options available to manage arthriand related conditions. Prescription, over-the-counter, pilis, injections, topicals, drugs for kids with arthritis, alternative therapies, new drugs, existing drugs, drugs that are used to treat one form of arthritis and not another...all make for an uneasy task for people to

The Drug Guide breaks down more than 250 medications and treatments. Brand and generic nes, dosage, special instructions, side effects, warnings and cautions are all explained for each drug. The Guide also contains a journal for rople to record information related to changes and experiences

w have when taking medications and can be taken to appointme as a tool to better communicate with their doctor concerns about their condition.

Rheumatologists agree that education and action are key in managing arthritis-taking control of the disease so that it doesn't con-

Anyone can help take control of

his or her arthritis by calling 800-283-7800 or visiting www. arthritis.org for a free copy of the 2001 Drug Guide.

A new drug quide is helping people get smarter about arthritis and the drugs they take to treat it

Poison prevention begins in the home

way to learn more about the world around them. While this behavior is perfectly natural, it can also put the young child in danger-even in his or her own home.

The Nebraska Medical Association reminds everyone to make their homes safe by properly storing household chemical products and medications.

Household chemicals and medination should be bent in their original containers, away from food and out of sight and reach of young geople. Consider locks to make cab inet doors that are within reach

When taking medications, do so out of sight of young children, and be sure to refer to medicine as - and not "caridy." When the medication course is completed, safely dispose of the container and any unused medicacontainer and any un tion - don't store for future use.



Proper supervision of young children will help livep them from get-

If a child does happen to swallow household chemicals or medication, dial 911 or contact Poison Control at 1-800-955-9119.

Talk with a physician for m information about keeping sale from harmful household chemicals













The Wayne Care Centre provides ample opportunities for residents to socialize with each other and members of the community. Above, left, Mark Ahmann, center, the Director of Marketing, visits with residents who are enjoying the aviary at the Centre Reminiscing often occurs during the playing of games at the Care Centre (upper center). Residents enjoy playing cards with each other and various youth and church groups who come in on a regular basis (upper right). The birds in the aviary can keep residents entertained (lower left). Special activities for holidays, such as awarding prizes to the playing having the Queen of Hearts during the Valentine Celebration at the Wayne Care Centre (lower center). Lori Hansen, Activities Director, plays cards with residents. (lower right).

Care Centre provides valuable services

By Clara Osten Of the Heraid

Located in the northeast corner of Wayne, the Wayne Care Centre serves the needs of many of Wayne's residents

Among the services offered to the residents are rehabilitation services such as speech therapy, occupational therapy and physical therapy.

Wayne Care Centre is Medicare certified and receives Medicare eligi-

Other assets of the Care Centre include the fact that the new, modern facility is in close proximity to medical services. Northeast Nebraska Medical Group and Providence Medical Center are less than two blocks away. The spacious building offers a home-like atmosphere that allows residents to maintain personal effects in their rooms.

four large bathing facilities include whirlpools

The Centre's chapel is used for weekly services, communion and Bible Study. Multi-denominational services are held on a regular basis.

Music programs are provided by several accordion and piano players from the area who come to the Care Centre several times each month.

Games to provide exercise and stimulate thinking skills are held

Activities provide the residents an opportunity to talk about the past with those who may have lived the same experiences

The 70 employees of the Care Centre are available for round-therlock staffing.

Special activities are planned at various times throughout the year and include a Christmas party, visits by pre-school and school age children and a Wine and Cheese Day

decorations, meals and activities to. Valentines with their 'grandparents

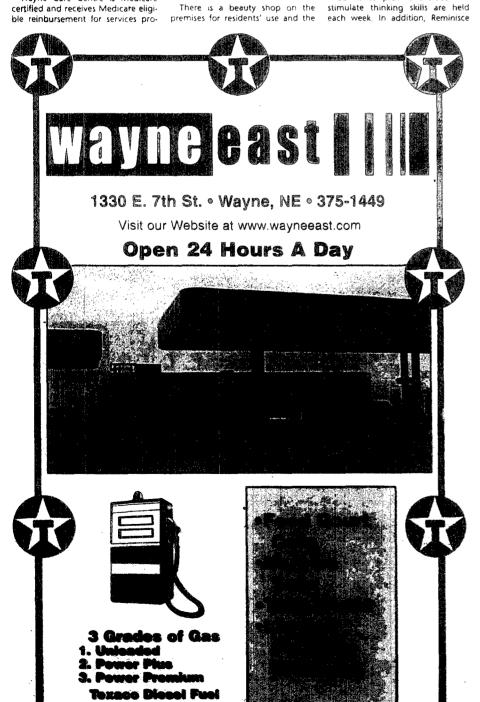
In addition, the Care Centre celebrates National Nursing Home Week each May with the community

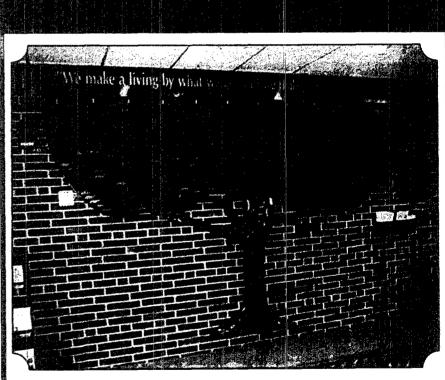
At the present time, the Care program is conducted with the Wayne Middle School fifth grade students who write letters, send art prothe

Volunteers also come in to read newspapers, play cards and do other activities. Additional volunteers are welcome at the Care Centre at any time

The Care Centre recently imple Centre is expanding its Volunteer mented an Alzheimer's Unit which Program An Adopt a Grandparent provides specialized care. Private ing the facility

For more information become a volunteer, contact the students shared Care Centre at (402) 375-1922.





PROVIDENCE MEDICAL CENTER FOUNDATION

1200 Providence Road Wayne, NE (402) 375-5529

Building finanical relationships for the future

Margarine Is The Best Tablespread

For consumers who have ago nized over whether to select margarine or butter, the debate is finally over. A revolutionary study published recently in the prestigious Journal of the American Medical Association proves that switching to margarine from butter can lower your entire family's cholesterol.

The study's 46 families (including 92 parents and 134 children, some as young as six years old) followed either a butter-based or margarinebased diet for five weeks—then switched to the other diet. Blood cholesterol was checked periodically along with other important criteria.

The result? Compared to butter, the margarine diet significantly low ered LDL ("bad") cholesterol by 11 percent in adults and 9 percent in children. In some cases, the man garine diets lowered cholesterol levels as much as medication

It's a well-established fact that

factors for heart disease begin developing in childhood. So, diet and exercise do matter throughout all stages of life.

"These findings support the advice from leading health professional organizations to substitute softer margarines for butter as part of a heart-healthy diet," says Beth Hubrich, a dietitian with the National Association of Margarine Manufacturers. "It's especially important for adults with young children to set a healthful example for good eating in the future." She adds, "When the children grow up, they will then use this more healthful selection in place of butter."

Whether used as a vegetable topping, a bread spread, or an ingredient for a favorite pasta dish, every one in the family can feel good about eating margarine. Just make sure there is enough to go around To learn more, visit www.margarine.org.

Lemon Dijon Pasta Toss

1/2 cup margarine or vegetable oil spread

2 cloves garlic, chopped 1 tablespoon lemon juice

3 tablespoons chopped fresh pars-

Dash black pepper

12 ounces pasta, cooked

In saucepan, heat margarine, mustard, garlic, lemon juice, parsley and pepper until margarine melts and mixture is hot. To serve, toss hot pasta with mustard mixture Makes 4 servings

Garlic Rosemary Potatoes

4 large potatoes, cut into wedges 1 1/2 teaspoons dried rosemary leaves

1 teaspoon garlic powder

2 tablespoons margarine or vegetable oil spread, melted (or liquid margarine)

In large bowl, toss potatoes with rosemary and garlic. On lightly greased baking pan, arrange potatoes in single layer; drizzle with melted margarine. Broil 4-inches from heat for 25 to 30 minutes or until tender, turning potatoes once Makes 4 servings

Preventing cancer through diet

The same factors that tend to cause heart disease—high-fat diet, emotional stress and so on may play a role in prostate, breast and colon cancer," says Dr. Dean Ornish of the Preventive Medicine Research Institute in San Francisco.

In fact, researchers have been studying the connection between diet and cancer and some have found that the same type of diet that promotes healthy living may also have a positive effect in preventing and controlling cancer.

Dr. Ornish has been working with cancer patients on a program that involves key lifestyle changes, including daily exercise, eating a low-fat vegetarian diet and practicing

What kind of diet do experts recommend? Here are some key nutritional pointers that may help prevent and control cancer, as outlined by Felicia Busch, a registered dietitian with the American Dietetic Association, in the public television series "Health Diary":

· Brightly colored fruits and vegetables-The color is an indicator that these foods are rich in antioxidants, which may help prevent cancer. Examples: blueberries, cantaloupe, melons and

· Leafy green vegetables—Also a prime source of antioxidants. Examples: spinach and broccoli-

 Whole grains—The fiber helps move things through the system quicker, so there's less potential for carcinogens and other cancer-causing agents to stay in your colon. Examples: whole-grain bread, whole-grain cereals, whole oats and barley

• Alcohol—Regular consumption of alcohol increases the risk of cancers of the mouth, esophagus larynx,

• Fat—Too much fat is not good for anybody. High-fat diets tend to increase the risk of prostate, breast and ovarian cancer.

Much of the information contained in this article was provided by "Health Diary," an award-winning, weekly public television series which helps viewers make the right choices through inspirational stories of real people facing real medical problems head on. To learn more about cancer or the television series, including local listings, visit the Web site at www.healthdiary.com.

Reducing stress and dietary fat are now seen as potential treatments for cancer

Take back control from Rheumatoid Arthritis

New Program Called Turn The Tide** Provides Comprehensive Resources On

Do you or someone you know have rheumatoid arthritis (RA) but need more information? A new program called Turn the Tide is helping people with RA take back control of their lives by providing free comprehensive educational and motivational programs and services. Turn the Tide provides people with RA and their friends and family members the opportunity to seek advice from experts, learn about updates on research and gain insight from others who are successfully managing their RA

Programs and services offered through Turn the Tide vary in topic and how they are accessed. These include:

EDIT RA™ (Early Diagnosis Intervention, and Treatment of Rheumatoid Arthritis), a series of seminars sponsored by Aventis Pharmaceuticals and local Arthritis Foundation chapters.

RAwatch, an interactive Web site (www.RAwatch.com), that includes a

TUESDAY — 1/2 lb. Hamburger,

Homemade Onion Rings, Side Salad — \$5.95

Weekly Specials

WEDNESDAY — Chicken Fried Steak,

Fried Potatoes O'Brien,

Side Salad — \$5.95

THURSDAY — 8 oz.

New York Strip End

Cuts, Choice of Potato,

Side Salad — \$5.95

chatroom, discussion board and the latest information on RA

RAdvice Series, brochures written by experts in different specialties. who provide advice and guidance in the areas of exercise, occupational therapy, nutrition, rights in the workplace, and maximizing the benefits of health insurance.

The Patient Advisory Council, a volunteer group designed to help ensure that RA receives the attention t deserves from those responsible for the national health agenda.

"It can be devastating when things you used to easily do, like brush your hair or get dressed, become painful chores. Just knowing that others have overcome the same problems, can be inspirational for battling this disease," said

from RA for five years. "Programs like Turn the Tide are a tremendous help for people with RA, because they provide access to information and resources all in one place" in Christine's case, her personal triumph includes running the Arthritis Foundation's 'Joints in Motion'

marathon in Hawaii

One of the most common forms of arthritis, RA is a chronic and often crippling disease affecting over two million Americans, 70 percent of whom are women. It tends to persist for many years, typically affecting many different joints throughout the body, and can cause damage to the bone, cartilage, tendons and liga-

The goal of Turn the Tide is to edu-

tance of early diagnosis and treatment of the disease. Damage to the joints begins within the first two years of the disease and early treatment with proper medication can slow or prevent long term damage.

"Rheumatoid arthritis can be very disabling especially if not properly managed. Because much of the joint damage typically happens in the first two years, it is critical that we treat patients early, to do all we can to stop RA from getting worse," said Michael Schiff M.D., Medical Director of the Denver Arthritis Clinic Research Unit.

Although there is no cure for RA, there is hope. Research is underway that might someday lead to a cure

the disease, control symptoms, like pain and swollen joints, and allow people to continue to lead active lives. Rheumatologists (doctors who specialize in treating RA) now often recommend early treatment with medicines called disease modifying antirheumatic drugs (DMARDs), because multiple studies suggest that early use of these drugs offers important benefits for people with

Combining the benefits of proper medication and the resources like those available through Turn the Tide, people with RA can begin to take back control of their lives.

For more information on Turn the Tide cail toli-free, 1-800-716-7168

nutrition consultant to the

California Pistachio Commission

maligned in diet circles in the past,

snacking on nuts can in fact be part

of a weight control plan. For example, a one-ounce serving of pista-chios fits well within dietary guide-

ines while delivering valuable nutri-

ents and great taste "
McMahon also cautions that in

reaching weight loss goals, a little knowledge of portion size goes a long way. Not only are pistachios

packed with a satisfying crunchy taste, you can enjoy more pista-; chios per one-ounce serving—47

Choosing a snack option such as pistachios provides you with vitamins and minerals from A to zinc,

including B-6, magnesium, phos-

phorus, thiamin and potassium Pistachios are also low in saturated fat, are cholesterol free and contain primarily monounsaturated fat, the

same heart-healthy fat found in

Research currently underway

shows that people who include nuts

in a moderate fat, calorie-controlled

diet plan actually have a better

"The theme for the 2001

National Nutrition Month 'Food & Fitness Build a Healthy Lifestyle'

really sums up what you need to do," says McMahon. "Build your

own balanced diet by making wise

choices with the food you enjoy,

keep an eye on portion size and

round it out with moderate exercise

chance of staying on their diets.

according to the USDA

alive ail.

"Although nuts

Nuts can be part of weight control plan

March is National Nutrition Month

If you're one of the millions of Americans who made a resolution to weight, March (National Nutrition Month) may find you wondering how to best achieve your goals. There is no quick fix. The newly released 2001 USDA Diet Research Report found that a moder ate approach to diet combined with exercise works best over time because it's easier to stick with in the

"Enjoying what you eat is critical

agement, and making the most of your choices, including smart snacking options, can help you reach your desired weight, Kathy McMahon, PhD, RD and

121 West 1st Street Venos Wayne, NE 375-4774



Wayne Area Chamber of Commerce

Our mission is to provide leadership to the area which promotes and communicates a positive business climate, fostering economic growth and partnership.

We promote the community:

- Wayne website
- Steer, & Heifer Show
- · Wayne Chicken Show
- Harvest Festival
- Christmas Promotion · Community postcards
- Tourism video

We encourage success in business:

- Legislative Forum
- Annual Meeting
- Business After Hours
- Information clearinghouse
- Referral center
- Recruit and retain business

We look out for the interest of business:

- · Lobby on legislative issue
- · Research business opportunities
- Examine new business practices
- Help to bring DSL to Wayne

Provide energy audits We Facilities partnership with:

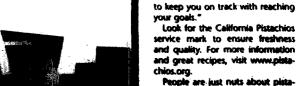
- Businesses
- Professionals
- · Community volunteers
- · Statewide economic development groups
- Local government
- State government · Federal government.

We educate:

- Computer software/internet training
- Agribusiness tour
- Agriculture education programs Career Fair
- Seminars on business topics
- W.O.W. Program

We look to the future:

- Study economics development trends
- Community planning
- Hwy 35 Expressway
- Identify resources Create growth opportunity



People are just nuts about pista-chios, a cholesterol-free snack that's full of vitamins and minerals.

Not all chocolate created equal — the complexity of cocoa processing

O: I've heard that chocolate can be good for you. Is one type of chocolate better for you than anoth-

A: Scientists have discovered potentially beneficial compounds in . chocolaté called flavonoids. Flavonoids occur naturally in cocoa, we believe, to help protect the plant from pests and disease. Their presence gives the cocoa an astringent, or sharp and pungent taste.

Even before cocoa undergoes its transformation from a bean (or seed) to chocolate, selecting the right variety of bean is important to maximizing the flavonoids in the finished products. When cocoa is processed into your favorite chocolate products, it goes through several steps to eliminate the astringent taste, and therefore, the levels of flavonoids are often decreased

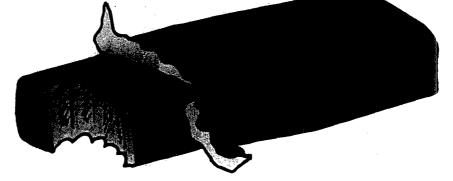
· Fermentation-The longer the cocoa beans are fermented, the more flavonoids are lost and the less astringent the beans will be.

Drying—Traditionally beans are dried in the sun. The largest loss of flavonoids usually occurs during sun drying, which may take up to two weeks.

Modern technology has allowed for beans to be dried mechanically which may reduce the loss of flavonoids.

 Roasting—Roasting temperatures and duration of roasting time significantly affect the flavor and flavonoid content of chocolate. Higher temperatures decrease the flavonoid content to a greater extent, but flavonoids are also lost the longer the beans are roasted

 Alkalizing ("Dutching")—Alkali is sometimes added to chocolates and cocoa powders for flavor. This



process, which increases the pH of the product, has a negative impact on flavonoid levels.

Conching—This step has minimal impact on flavonoid level and is mainly for smoothing out the texture and rounding out flavors.

When chocolate manufacturers begin to select their cocoa beans chocolate products, they are most concerned with flavor. However, as research on the potential health benefits of chocolate flavonoids

these compounds, while maintain ing the flavor that people love, is important. Mars, Incorporated, for example, has proprietary methods of processing cocoa beans so that the natural levels of flavonoids are maintained in their chocolate prod-

The company even labels their products with the Cocoapro™ mark, which signifies their promise that the product has undergone a proprietary process. You can learn more by visiting the Cocoapro™ Web site at www.cocoapro.com

Harold Schmitz, Ph.D., is a group manager of analytical and applied sciences at Mars, Incorporated and a visiting faculty member of the University of California, Davis, Department of Nutrition. He has published more than 25 papers in contemporary, peer-reviewed scientific journals.-Harold Schmitz, Ph.D.

Protecting cell phone users from radiation

Americans now use cellular phones, either as emergency communication tools or as a necessary link to their personal and professional lives. However, over the past several years, there has been increasing public concern expressed over the possibility of an increased risk of brain cancer caused by microwave radiation from these phones.

Several major studies are underway, but, to date, there have been no definitive results. Still, a number of recent broadcast and pub-

million questions about safety and the impact of microwave radiation and cellular phones. In fact, the British government recently issued a warning to parents, urging them not to allow their children to use cellular telephones because of cancer fears.

"Are cellular phones safe? There are strong arguments on both sides and reputable scientists disagree," says Ben Ward, senior vice president of Calgon Carbon Pittsburgh. Corporation "Remember the debate about

For more information visit the

Better Vision Institute Web site at

was contributing to lung diseases, such as cancer? It was years before we had a definite answer."

If there truly is a risk to cell phone users of brain tumors and brain dysfunction, waiting years for the answer means it could be too late for many. The problem is that blocking all the microwaves emitted by a cell phone would make the phone inoperable Fortunately, a new device has been developed to block the most intense waves without interfering with the phone's operation

The device is a carbon cloth disc with an adhesive backing that attaches to the earpiece on a cellular phone. Called WaveZorb, it uses a sophisticated technology blocking developed for microwave radiation in high-tech military operations. When properly applied, the cloth blocks the microwaves that are closest to the body and are aimed at the most vulnerable portion of the head the ear canal

WaveZorb does not interfere with phone performance; it bends up to one year, though replacement is recommended every six months. The cloths retail for \$7.95 each, or \$15 for two.

WaveZorb is available at major retailers, such as Target and Rite-Aid, or directly from Calgon Carbon online at www.wavezorb com

A small piece of carbon cloth can help make a cellular phone



Tips for having a healthy pregnancy

exciting times in a woman's life, but it can also be stressful. Being pregnant raises various concerns regard ing exercise, nutrition and hygiene. The Georgia-Pacific Health Smart Institute offers these tips to help ensure that your pregnancy is healthy and safe:

 When you are pregnant your immune system changes, leaving you more susceptible to diseases. Washing your hands often with soap and water and drying them with a disposable paper towel like Sparkle® is the most effective way of avoiding a wide range of illnesses.

· Some foods may be harmful to pregnant mothers and their babies

fist of foods to avoid during preg-

 Smoking and drinking alcohol are common causes of harm to the fetus. Drink caffeine in moderation. Five or more cups of coffee a day may double your risk of miscarriage

 Moderate exercise is important, but be sure to see your doctor before you begin any exercise regimen.

For more information on pregnancy safety as well as foods to avoid during pregnancy, please call 1-877-GPCLEAN, log on to the Web site at www.gphealth smart.com or write to Georgia-Pacific Health Institute, P.O. Box 2411, Palatka, FL

Healthy Mom, Healthy Baby!

have opened their eyes to a problem um rich foods can prevent eyes from affecting children across the country: becoming irritated.

www.visionsite.org.

Caring for the eyes of

computer generation

Computer Vision Syndrome (CVS) CVS is a condition that can result from excessive exposure to a computer monitor. Symptoms include headaches, blurry vision, or continually sore, tired or itchy eyes.

Because children are especially prone to suffer from CVS, Vision Council of America recommends parents take steps to help prevent the condition:

Make sure children have yearly eye exams and that the doctor checks for CVS-related problems. If children wear glasses, inquire about eyewear designed specifically for computer work.

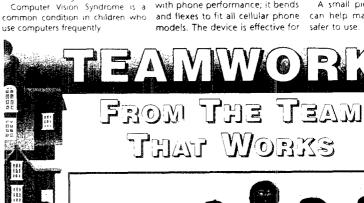
 Advise children to blink frequently to keep their eyes moist and help avert eve strain.

Have children sit at least a foot and a half away from the computer screen and adjust the monitor so that it is comfortable for their eyes

• Make sure children use the computer in a well-lit room.

 Encourage kids to take vision breaks every fifteen minutes. Have them focus into the distance or close their eyes every few seconds

· Consider what children eat





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Stimulating the brain's feel good chemicals

Here's encouraging news for people who are struggling with their weight or coping with mild depression.

Boosting a chemical naturally produced by the brainserotonin-may offer relief from mild depression and for some people can make it easier to lose weight

Scientists say that people with law levels of serotonin tend to be depressed, irritable, irrational, aggressive and inattentive. They often crave carbohydrates, especially candy, baked goods and other sources of simple sugars. As a result, these people with low serotonin levels are not only

and get fat. Although in the human physiol ogy, serotonin is produced from the amino acid tryptophan, many people cannot produce enough: Emotional and physical stress, as well as illness, all hamper the ability of the body to convert trypto-

depressed, they tend to overeat

phan to sero One way some people are over-

coming mild depression and obesity is by using a nutritional formula containing 5-hydroxytrytophan (S-HTP), S-HTP is a compound derived from tryptophan that the brain can easily convert to sero-

When serotonin levels in the brain are elevated, a person may be less prone to ov

The use of 5-HTP to elevate sero tonin levels can produce astound-ing results for both depression and Murray, N.D., author of 5-

The Natural Way to Overcome Depression, Obesity and Insomnia (Bantam Books, 1998). In a clinical study con-

ducted at the Osaka University Medical School, 107 patients received 5-HTP daily. Within four weeks, 74 of them reported significant improvements in mood.

As for weight loss, in one study, women receiving 5-HTP lost an average of 4.39 pounds in the first six weeks and 11.63 pounds after twelve

To find out more about 5-HTP and for a copy of the Journal of Natural Health, call 800 858-0228, Monday through Friday 8:30 a.m. to 5 p.m. Pacific Standard Time or

visit www.white wing.com One of the criteria for mild sion is that a person is ed most of the time for

Treatment may be step in right direction for leg pain

treatment of cardiovascular disease, there is one vascular, or blood vessel, disorder that remains difficult to

Peripheral arterial disease, or PAD as it is known to the medical community, is frequently dismissed as a normal part of aging because of its tendency to afflict people over the age of 50 with intense leg pain or numbness.

Unfortunately, those with untreated PAD are at high risk of stroke, and in extreme cases, may need amouta-

infections from wounds that do not heal because of the poor blood circulation caused by the condition. The restricted blood flow to the legs and feet results from the build-up of fatty deposits, or plaque, along the walls of the vessels that carry blood from the heart, called arteries.

While PAD can potentially affect all older adults, those at highest risk are smokers and diabetics, as well as people who are overweight, have high blood pressure or high cholesterol and/or do not exercise. Lifestyle diet control and smoking cessation, can often slow the progression of

However, when these approaches are unsuccessful, patients must undergo other treatments to resume normal blood flow, most notably balloon angioplasty, which opens clogged arteries by inflating a tiny balloon at the site of the plaque build-up. While this procedure is effective, nearly half of patients who undergo the treatment experience require another procedure.

Now, Pharmacyclics, Inc., a pharmaceutical company developing new approaches to treat cancer, vascular diseases and retinal disease, is investigating a non-surgical technique to treat PAD and potentially prevent restenosis. A clinical trial is underway at 17 hospitals around the country involving PAD patients to evaluate a new, minimally invasive procedure known as Antrin® (motexafin lutetium) photoangiowater-soluble agent, Antrin, that is composed of molecules that absorb energy from light. It is injected through an IV tube and accumulates in the plaque along the walls of the vessels. Twenty-four hours later, a special far-red light attached to an optical fiber is inserted into the clogged vessel to activate the drug. This process generates a chemical reaction that may reduce or eliminate the plaque, and may reduce the

"We are excited about the potential of this new therapy being studeases," said Dean J. Kereiakes, M.D., Clinical Research Center director of the Ohio Heart Health Center and professor of clinical medicine at the University of Cincinnati College of

"Antrin's ability to localize in the diseased portions of the arteries may allow us to target these specific areas of arterial blockage without damaging surrounding tissues. It is these diseased areas that can later

Keepi lips sealed fever

painful condition may be as easy as following some simple health tips for lips—that's good news for millions of

Cold sores (also called fever blisters) are a result of Herpes Simplex

- a virus carried by 80 percent of Americans. While there is no cure for the virus, a number of steps can be taken to help curb cold sores.

Prevention and Protection-According to Zugerman, associate professor of University Medical School, maintenance of a person's physical and emotional health can reduce the risk

of cold sores occurring.
"A person's lifestyle can significantly affect whether or not he or she will

have frequent cold sore outbreaks," says Zugerman, who recommends relaxing activities like meditation or exercise to relieve emotional stress and that people strive for overall good health

Experts also say outbreaks can be prevented by keeping lips in healthy

"It's extremely important," says Zugerman, "to use protective prod-ucts with a high SPF (Sun Protection Factor) rating to nourish your lips and shield them from the environ-

Zugerman recommends using a

(Daily Conditioning Treatment) or Blistex Ultra Protection.

In addition, doctors advise that for avoiding cold sores, it's helpful to dress properly and avoid sun or vind burn exposure to the face and lips throughout the year

Treatment-

If a breakout is inevitable, treatment is possible and can make the condition more manageable. At the first sign of burning or itching, Zugerman recommends gently massaging a medicated lip care product, such as Blistex Lip Ointment, into the effected area up to four times daily. The penetrating analgesic provides quick, effective relief while also

adding antiseptic qualities.
Using a medicated product early may temper a big outbreak and stem the frustration you feel as a result of

"If a cold sore develops, keep the area clean and avoid touching the sore," adds Zugerman. "Treatment by a physician may be necessary if cold sores become frequent or

an untimely cold sore.

For more information on lip care, send for a free copy of Your Guide to Healthy Lips, at Blistex Inc., Consumer Affairs Department, 1800 Swift Drive, Oak Brook, IL. 60523

Representation protective product with an SPF level of at least 20, such as Blistex DCT For Over 48 Years!

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Eating to your good health not difficult

diet may be easier than you realize Here, from the experts at the American Heart Association, are a few tips and tricks that may help.

· Eat a sensible diet, low in saturated fat and cholesterol include plenty of fruits and vegetables. whole grains and low-fat or fat-free milk products

Look for the American Heart Association's heart-check mark on food product packaging to help you identify foods that meet the nutritional criteria of the association's food certification program for healthy people over the age of two.

· Cook using low-fat, low cholesterol recipes such as those found in the association's cookbooks. These books follow the association's dietary guidelines, which promote a diet in saturated fat and cholesterol

and high in fiber

One cookbook, called American Heart Association Meals in Minutes Cookbook, is handy when you don't have much time to cook. The new American Heart Association Low-Fat and Luscious Desserts cookbook is filled with dozens of mouth-watering, guilt-free taste-temptations. The books are available at local book-

 You can also get more American Heart Association recipes online at www.deliciousdecisions.org Web site offers tips for eating out, grocery shopping and suggestions for heart-healthy ingredient substitutions to help make your favorite recipes better for your heart.

· Get help and motivation to eat heart healthy with the American Heart Association's new One Of A

KindSM personalized health management program (www.onelife.ameri canheart.org).

Through a detailed online questionnaire, the program gives you a personal risk assessment and then customizes information to help you make changes in your life to reduce your risk for heart attack and stroke. In addition to helping you improve your diet, the program can help you quit smoking, get more physical activity and manage your high blood pressure or cholesterol

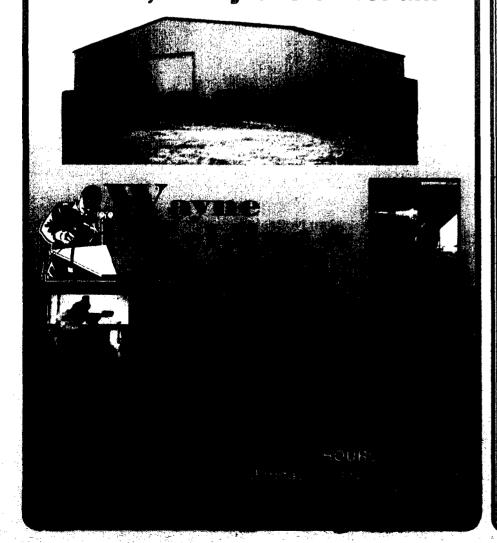
The program is free and available 24 hours a day, seven days a week via its specially-secured, confidential Web site, www.onelife.americanheart.org.

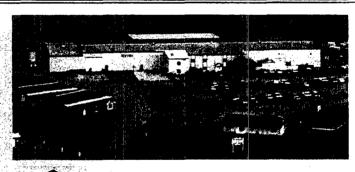
Heart disease is a serious problem, but taking a few tips to heart can help your heart beat the odds.





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