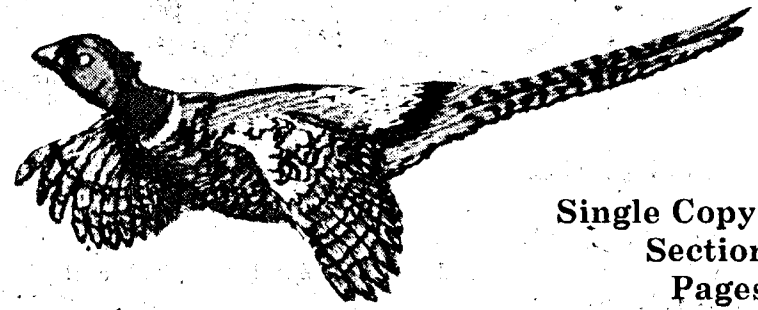


The Wayne Herald



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Thursday, Feb. 19, 2009 133rd Year - No. 21



Reunion concert

In keeping with the Q-125 theme, the Wayne High Band presented a "Q-125 Reunion" Winter Concert last week. Above, Band Direct Brad Weber congratulates the band following the performance. Below, Tony Kochenash (with his back to the camera) presents Q-125 t-shirts to former Band Director Ron Dalton, left, and Weber. Dalton, who served in the Wayne Public Schools for 18 years, was back to conduct the band during one selection of the concert.



Frye announces retirement from WSC

By Lynn Sievers
Of the Herald

Relationships, that is what Curt Frye feels is most important to him in his 24 years at Wayne State College. Frye recently announced his retirement as Vice President and Dean of Students at WSC effective June 30. He noted helping students succeed has been a perfect fit for him.

Frye is originally from Elk City. He was a counselor with seven years experience before he took the counselor position at Wayne High School in 1976. He and his wife, Dianne, have always liked the friendly atmosphere here.

"It was the people who kept us here all these years," Frye said. "We been here so long we feel like we're natives of Wayne."

While Frye enjoyed his years at Wayne High School, he was looking for a new challenge when the Associate Dean of Students position opened at Wayne State in 1985. In 1988, he became the Dean of Students and in 1992, he was also named Vice President at WSC.

In the role of Dean of Students, Frye

has the daunting job of supervising the following student services departments: Student Health, Counseling and Advising, Career Services, Title IV STRIDE, Learning Center, Multicultural Center, Student Activities, Intermurals, Student Center, Athletics, Recreation, Resident Life, Security, Program Coordinator for the Food Service and for the Bookstore.

"If students are not in class, they are probably doing something at the college that is supervised by me," Frye said.

During his years at Wayne State, Frye worked under five college presidents: Dr. Ed Elliott, Dr. Thomas Coffee, Dr. Don Mash, Dr. Sheila Sterns and Dr. Richard Collings. He notes it was Dr. Mash, who served as Chief of Student Affairs Officer earlier in his career, who helped him become well grounded in student affairs. In Dr. Sterns, he saw the importance of the connection of the college with the community and through Dr. Collings, he sees the importance of relationships and the community we live in. He added that he appreciated them all and they were great mentors to him.

At WSC, Frye feels his fondest memories are the relationships he has had with the many students, staff and faculty members through the years.

"I think back to working with students and seeing them succeed is what has been most important to me," Frye said. "The greatest days of the year for me are not Christmas or my birthday; they are the

See FRYE, Page 4A



Curt Frye of WSC values the relationships made during his years at the college. Above, he exchanges humor with one of the students.

Connolly, one of three finalists for judge seat, awaits governor's decision

By Lynn Sievers
Of the Herald

Chris Connolly, Deputy Wayne County Attorney, is in the running for the Seventh Judicial district court judge position recently vacated by retiring Judge Pat Rogers. Connolly is one of three finalists for the position. The group went through a public hearing by the nominating commission on Feb. 12 and were questioned by Governor Dave Heineman on Feb. 17. The governor will make his decision next week.

This is the second try for Connolly for the same position. In 2000, he tried for the same seat and made it to interviewing with the governor. He later tried for a county judgeship in the Sixth Judicial District.

"I would love to have the chance to work in the public sector more," Connolly said. "I hope the governor selects me and I would work hard to maintain his confidence in me and that of the people in Nebraska."

Looking back at the process the finalists have gone through to get to this point, Judge Rogers announced his retirement in November, the opening for Seventh Judicial District Judge was announced by the Judicial Resources Committee in December and those qualified and interested had three weeks to apply for the position. By Jan. 21, five attorneys had applied for the seat.

On Feb. 12, the public hearing was held in Norfolk by the Judicial Resources Commission which is made up of four attorneys, four lay people and chaired by a Supreme Court Justice. There are also two lay alternates and two attorney alternates on that commission. At the public hearing, each candidate had 10 minutes to present.



Chris Connolly

After the public hearing, the commission interviewed each candidate to see what qualities they had to be a judge.

About Connolly, he is a University of Nebraska - Lincoln graduate and received his law degree in 1985 from Creighton University. He practiced in Omaha for six years before coming to Wayne in 1992. He has been in the law profession for 23 years and has had a diverse practice.

Connolly and his wife, Sheryl, have a son, Deron, 22 and a daughter, Shannon, 19.

Wayne Board of Education narrows superintendent search to four candidates

The Wayne Community Schools Board of Education met on Feb. 15 to review the 19 completed applications received for the superintendent position.

Following discussion, four candidates were selected to interview with the board and stakeholder groups. The interviews are next week, Feb. 23 - 26, with the board gathering in a special board meeting on Feb. 27 to identify the candidate of choice.

The names and work experience of the four candidates, as well as the day each will be interviewed, is as follows:

Monday, Feb. 23: Mark Lenihan, of Battle Creek. Employment History: Battle Creek Public Schools, Jr./Sr. High Principal, St. Bernard's Schools/Minnesota, K-12 Principal, St. Bernard's Schools/Minnesota, 6-12, Dean of Students.

Tuesday, Feb. 24: Bruce Burton, of Manly, Iowa. Employment History: N Central CSD/Iowa Superintendent, Beatrice Public Schools, Asst. Superintendent, Beatrice Public Schools, Jr. High Asst. Principal.

Wednesday, Feb. 25: Clayton Waddle of Red Cloud. Employment History/Job Title: So. Central NE Unified/Lawrence/Nelson K-12 Principal, Red Cloud Community Schools, K-6 Principal, Louisville Public Schools, HS Teacher/Technology Coordinator.

Thursday, Feb. 26: Douglas Kluth of Columbus. Employment History/Job Title: Columbus Public Schools, Middle School Principal, Columbus Public Schools, Asst. HS Principal, Columbus Public Schools, Social Studies Teacher.

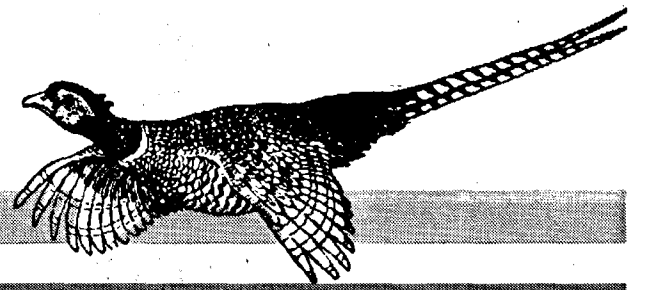


Valentines fun

Sixth grade students from Jill Niemann's class played bingo with residents of Premier Estates on Friday. The annual event was organized by the Wayne Optimist Club, which provided prizes for the winners.

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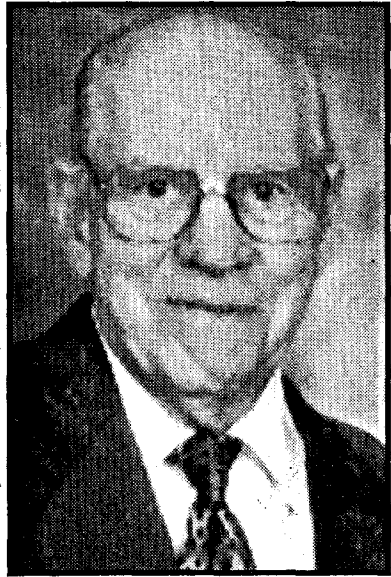


Obituaries

Richard Hewitt

Richard W. Hewitt, 88, of Wayne died Wednesday, Feb. 11, 2009 at the Norfolk Veterans Home.

Services were held Monday, Feb. 16 at Our Savior Lutheran Church in Wayne. The Rev. Kim Stover officiated.



Richard W. Hewitt was born Sept. 22, 1920 on a farm west of McLean to William and Clara (Powell) Hewitt. He attended school in McLean. He served in the United States Army during World War II from September 1, 1944 to Nov. 13, 1946. He married Eleanor Stoelben on August 7, 1946 in France. The couple lived in California and Nebraska where Richard was a trucker and farmer. Eleanor died in 1973. Richard married Maria Lippmann on Nov. 23, 1974 at Redeemer Lutheran Church in Wayne. They farmed eight miles south of Wayne. He was a member of Our Savior Lutheran Church and Wisner V.F.W. He enjoyed farming, raising livestock, and his motor-

cycles.

Survivors include his wife, Maria; two sons, Jack (Linda) Hewitt of Pilger and David (Theresa) Hewitt of Norfolk; two daughters, Vernice (Patrick) Schumacher of Lindsay and Doris (Michael) Harker of Chicago, IL; step-children, Ron (VerJean) Lippman and Richard (Kaye) Lippman all of Norfolk, and Heidi Sullivan of Pilger; 23 grandchildren; 23 great-grandchildren; one brother, Lawrence (Gloria) Hewitt of California; one niece, Karen (Eric) Redford of California.

He was preceded in death by his parents; first wife, Eleanor; daughter, Linda; son Pat; and two brothers.

Honorary pallbearers were Jason Hewitt, Lance Hewitt, Dustin Lippman, Dylan Schumacher, Joey Beyer and Jared Beyer.

Active pallbearers were Matt Harker, Chris Lippman, Doc Schumacher, Nick Sullivan, Jeramie Lippman and Pat Harker.

Burial with military rites was in Hillcrest Memorial Park in Norfolk. Hasemann Funeral Home in Wayne was in charge of arrangements.

Martha Krueger

Martha Krueger, 107, of Wayne, formerly of Winside, died Friday, Feb. 13, 2009 at Premier Estates Senior Living Community.

Services were held Tuesday, Feb. 17 at St. Paul's Lutheran Church in Winside. The Rev. Timothy J. Steckling officiated.



Martha Bertha Clara Krueger was born Sept. 15, 1901 at Winside, the eldest of three children, to August and Anna (Krueger) Krueger. She was baptized May 4, 1902 and was confirmed in 1916 in German language services at the Lutheran Church in Winside. She was a housekeeper for families in the Winside area for many years. She lived in Winside most of her life. After retiring she moved to Wayne to the Villa Wayne where she lived for several years and then to Premier Estates in 2004. She was a member of St. Paul's Lutheran Church in Winside. She enjoyed playing bingo.

Survivors include a niece, Donna Robinson of Edmond, Okla. and a

special friend, Marlene Dahlkoetter of Carroll; and many other friends.

She was preceded in death by her parents; a brother, Henry and a sister, Minnie Buhman.

Pallbearers were Dean Janke, Rod Brogren, Terry Janke, Brian Hoffman and Dan Jaeger.

Burial was in Pleasant View Cemetery at Winside. Hasemann Funeral Home in Winside was in charge of arrangements.

New material added to Wayne Public Library collection

The following is a list of new material added recently to the collection at Wayne Public Library.

FICTION

Austin, Lynn - A woman's place; Box, C.J. - Three weeks to say goodbye; Burke, Jan - The messenger; Cannell, Stephen - On the grind; Challinor, C.S. - Christmas is murder; Cornwell, Bernard - Agincourt; Erdrich, Louise - The red convertible; Evanovich, Janet - Plum spooky; Garwood, Julie - Fire and ice; Gear, W. Michael - People of the thunder; Griffin, W.E.B. - Black ops; Grisham, John - The associate; Harris, E. Lynn - Basketball Jones; Kallos, Stephanie - Sing them home; Krentz, Jayne - Running hot; McCullough, Colleen - The independence of Miss Mary Bennet; Patterson, Richard - North Eclipse; Phillips, Jayne - Lark and Termite; Snelling, Laurine - A touch of Grace; Stover, Matthew - Star Wars: Luke Skywalker and the shadow of Mindor; Wise, Margaret - Bones of the dragon; Woods, Stuart - Mounting fears.

ADULT Non-FICTION/ BIOGRAPHY

Kang, Chorhwan - The aquariums of Pyongyang: Ten years in the North Korean gulag; O'Reilly, Bill - The lost boy: a foster child's search for the love of a family; Pelzer, David - A fresh bold piece of humanity; Phelps, Michael - No limits: the will to succeed; Alford, Henry - How to live: a search for wisdom from old people while they are still alive; Kabat-Zinn, Jon - Coming to our senses; Huckabee, Mike - Do the right thing: inside the movement that's bringing common sense back to America; Solakian, Susan - Homeowner's guide to managing a renovation; Dent, Harry - The great depression ahead: how to prosper in the crash that follows the greatest boom in history; Bensen, Kim - Finally thin: 10 steps to making your diet stick for life - Greene, Bob; The best life diet cookbook; Leary, Denis - Why we suck: a feel good guide to staying fat, lazy, and stupid; Katrina revisited.

LP-FICTION / Non FICTION

Ephron, Nora - I feel bad about my neck; Francis, Dick - Under orders; Griffin, W.E.B. - Black ops; Harris, Charlaime - An ice cold grave; Jance, Judith - Cruel intent; Kelton, Elmer - Pecos crossing; Krentz, Jayne - Running hot; McCullough, Colleen - The independence of Miss Mary Bennet.

NEBRASKA

Mind your manners; Bremmer, Patricia - Doorway to freedom: the story of David Kaufmann: merchant, benefactor, rescuer; Ramsey, William.

YP

Meyers, Stephanie - Breaking dawn; Meyers, Stephanie - Eclipse; Meyers, Stephanie - New moon; Meyers, Stephanie - Twilight; Pfeffer, Susan - The dead and the gone.

PARENTING CORNER

Levy, Janice - Finding the right spot: when kids can't live with their parents; Wilgocki, Jennifer - Maybe days: a book for children in foster care; Weiss, Marissa - Taking care of your "girls": a breast health guide for girls, teens and in-betweens; Holmes, Margaret - A terrible thing happened.

EZ

Berendes, Mary - Actions; Berendes, Mary - Careers; Berendes, Mary - Clothes; Berendes, Mary - Days and times; Berendes, Mary - Holidays and celebrations; Berendes, Mary - House; Berendes, Mary - Neighborhoods; Berendes, Mary - Schools; O'Connor, Jane - Fancy Nancy sees stars.

PICTURE

Brett, Jan - Gingerbread friends; Hobbie, Holly - Toot & Puddle: you are my sunshine; Jackson, Ellen - Abe Lincoln loved animals; Lobel, Gillian - Too small for honey cake; Rabin, Staton - Mr. Lincoln's boys; Repchuk, Caroline - The snow tree; Harris, Nicholas - A day in the city; Harrison, Sarah - A day at an airport; Harrison, Sarah - At day at the zoo; Havercroft, Elizabeth - A year in the world of dinosaurs; Havercroft, Elizabeth - A year on a pirate ship.

INTERMEDIATE

Alcott, Louisa May - Little women; Baum, Frank - The wonderful wizard of Oz; Burnett, Frances - The secret garden; Doyle, Arthur Conan - The hound of the Baskervilles; Kipling, Rudyard - The jungle book; Klages, Ellen - The green glass sea; Osborne, Mary Pope - Civil War on Sunday; Sanderson, Brandon - Alcatraz versus the evil librarians; Sanderson, Brandon - Alcatraz versus the Scriver's Bones; Sewell, Anna - Black Beauty - Stevenson, Robert Louis - Treasure Island; Streatfeild, Noel - Party shoes; Twain, Mark - The adventures of Tom Sawyer.



Selected to be a part of the Wind Ensemble Band were, left to right, Kyle Mundil, Betty Jean Cushing and Shelby Meyer.

Winside students attend Honor Band Festival

Twelve Winside students were selected for the Festival of Honor Bands at Wayne State College on Jan. 31.

Clinicians for the day were Junior High Band: Mrs. Lois Harris; Symphonic Band-Mr. Ted Powell;

and Wind Ensemble-Dr. David Bohner.

Students spent the day rehearsing and getting prepared for the 4:30 p.m. concert at Ramsey Theater.

These band students are under the direction of Kathy Hansen.



Junior High Band members who attended the Wayne State Festival of Honor Bands were, left to right, Brian Greunke, Laurel Olson, Alyssa Anson and Mallory Stubbs.



Those chosen to be a part of the Symphonic Band were, left to right, Alec Sindelar, Kelsey Tweedy, Tasha Jensen, Caroline Burris and Dominique Gowler.

A Quick Look



We use newsprint with recycled fiber.

Please recycle after use.

Date	High	Low	Precip	Snow
Feb. 12	55	28	—	—
Feb. 13	45	24	—	—
Feb. 14	26	14	—	—
Feb. 15	34	15	—	—
Feb. 16	34	17	—	—
Feb. 17	42	17	—	—
Feb. 18	41	20	—	—

Recorded 7 a.m. for previous 24 hour period
Precip./mo. — .30" / Monthly snow — 0
Yr.Date — .47"/Seasonal snow — 26.50"

Chamber Coffee

WAYNE — This week's Chamber Coffee will be held Friday, Feb. 20 at Tacos & More. The coffee begins at 10 a.m. and announcements at 10:15.

Parent reminder

AREA—A reminder has been extended to Wayne Community School District 17 patrons that they may apply for free or reduced-priced school meals at any time during the school year. Applications are available in the school offices. Anyone with questions is asked to call 375-3150.

Fat Tuesday

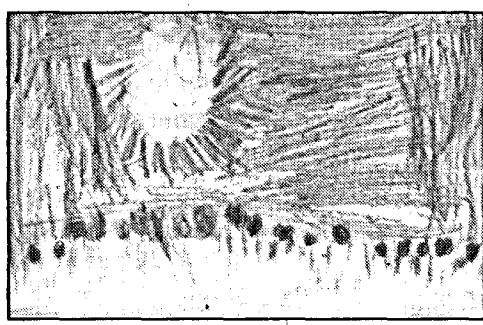
AREA — It's Fat Tuesday at the Wayne Public Library on Tuesday, Feb. 24, between the hours of 10 a.m. and 8:30 p.m. Treats, beads, fun and frolic will be available. All area residents are encouraged to celebrate Mardi Gras all day at Wayne Public Library.

Paper drive

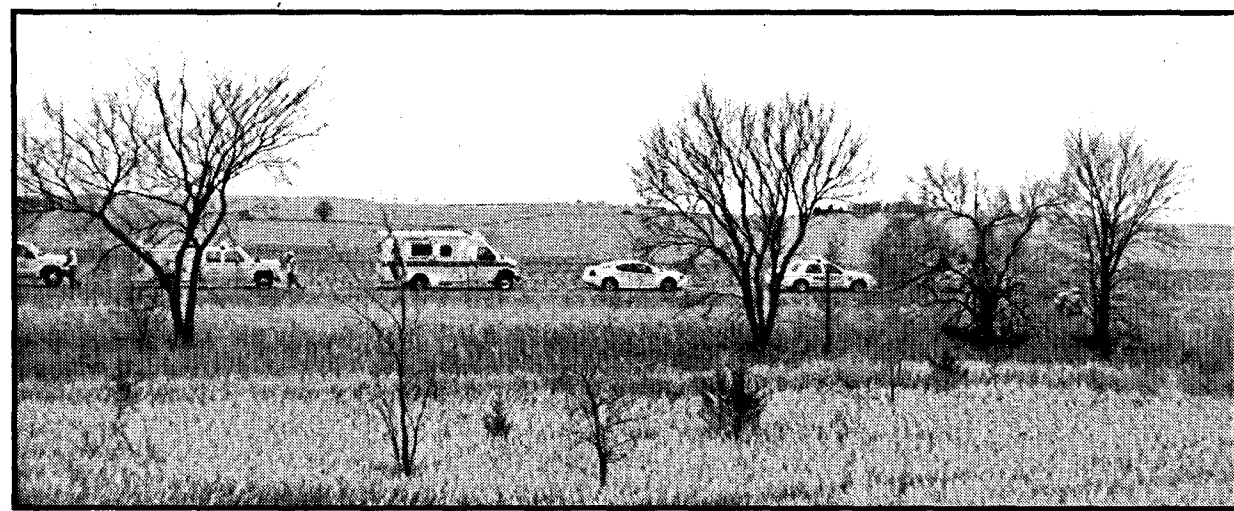
WAYNE — Wayne Boy Scout Troop #174 will be conducting the monthly paper drive on Saturday, Feb. 21. The scouts accept newspapers, magazines and catalogs, office and miscellaneous paper, shredded paper, books with the covers attached, junk mail and aluminum beverage cans. Recyclables should be placed in paper grocery bags or boxes and set at the curb by 8 a.m. Recyclables may also be dropped off at the Scout trailer at the Transfer Station on Monday, Friday or Saturday mornings. For more information, contact Jeff Carstens at 375-3840.

Carroll Legion Auxiliary

Carroll — The Carroll American Legion Auxiliary will be going to the Veterans' Home in Norfolk on Monday, Feb. 23 to play bingo.

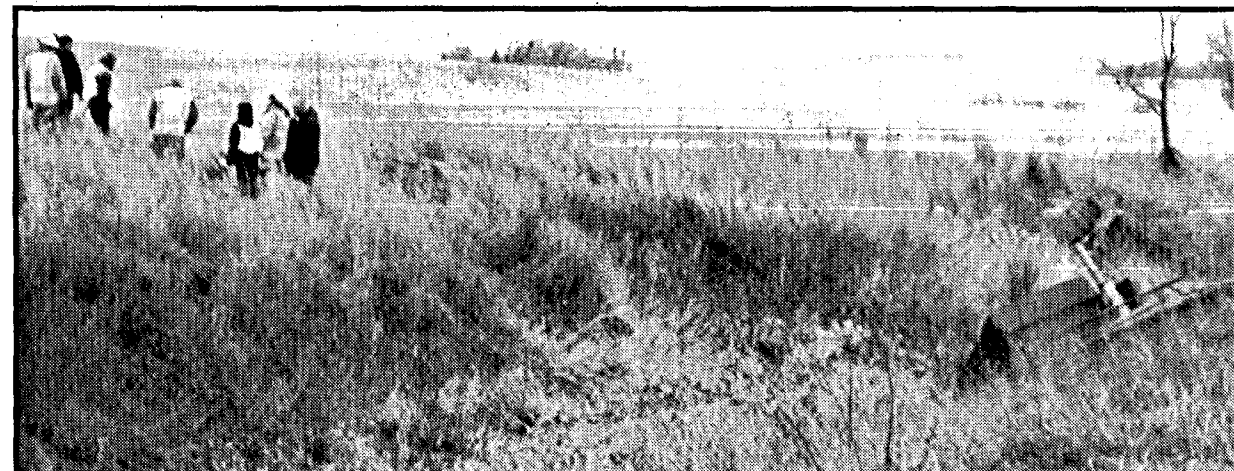


Haven Schultze, Wayne Elementary



Afternoon incident

Michael Korth of Randolph was uninjured in an accident that happened five miles west of Wayne on Feb. 13. Korth was driving a semi owned by MEM Farms southbound on a county road when it crossed the highway, losing its load of hay and ended in the creek. Assisting at the scene were the Wayne County Sheriff's office, Providence Medical Center and the Wayne Volunteer Fire Department.



Simple things to do for children

The Early Childhood Head Start Task Force suggests simple things parent and caregivers can do for their children. Talk often with your children from the day they are born. Talking to your child will introduce them to more words sooner, encouraging early speech development.

Hug them, hold them and respond to their needs and interests. Children need to know you care and hugging, holding and responding are simple ways.

Listen carefully as your children communicate with you. Read aloud to your children every day, even when they are babies. Play and sing with them often. Say "yes" and "I love you" as much as you say "no" and "don't."

Children need to hear positive words from their parents more than what not to do. Ensure a safe, orderly, and predictable environment, where they are. Routine provides security for children, and routines can be broken on occasions.

Set limits on their behavior and discipline them calmly, not harshly. Children learn their behaviors from parents and friends. Make sure your behavior is the same of what you expect of your children. Keep in mind discipline is defined as to teach. Discipline helps children understand what you expect, how to behave, and what happens when they misbehave. Discipline helps children be in control of their own behavior.

Speech team earns honors at David City

The Wayne High School Speech team traveled to David City on Feb. 14 and took part in the David City "Sweetheart" Invitational.

Placings included: Joe Whitt, seventh in varsity Poetry; JoAnn Parker, sixth in JV Entertainment; Lindsay Frahm, sixth in JV Informative; Kori Witt, fifth in JV Entertainment; Kai Weixelmann, fifth in JV Extemporaneous; and the Oral Interpretation of Drama team of Jenny Zink, Sawyer Jager, Kori Witt, Erin Hausmann, and JoAnn Parker, fourth in the JV division.

Special congratulations were extended to Wayne's top finishers. They include Jacob Pulfer, second in JV Extemp., Jenny Zink, fourth in varsity Informative, and the Duet team of Katie Kietzmann and Joe Whitt, varsity runner-up.

As a team, Wayne finished fifth out of 23 teams in the JV Division, and competing with only six entries in the Varsity Division, Wayne also finished fifth.

"Our most successful day so far this season came at our largest and most competitive tournament. I was particularly happy to see the students work hard in practice all week and see immediate success this weekend," said Head Coach Dwaine Spieker.

Wayne will compete this weekend in the Battle Creek Invitational and next week at the Mid-State Conference meet at West Point Central Catholic before closing out its regular season on Tuesday, March 3 at the district tournament, which will be held at David City.

Database connects public to University of Nebraska research

A wealth of water-based research is available from the University of Nebraska. Finding and making sense of it just got a whole lot easier. An easily accessible and searchable database sponsored by the University of Nebraska-Lincoln's Water Center and the University of Nebraska's Rural Initiative makes it easy for the public, policymakers and others to find out exactly what sorts of water-related research and programming are being done across the state, as well as where it's being done.

"The site is intended as a tool for legislators, government officials and the public alike to keep track of the water-related research and programming university faculty are conducting," said Rachael Herpel, outreach and education specialist at the UNL Water Center.

The database can be found at <http://watercenter.unl.edu/researchdb/researchdb.asp>. The database can be searched by legislative district, natural resources district, county, congressional district or weed management area.

An "All Nebraska" search key allows for more advanced searching by keyword or individual researcher.

"Water research plays a big part in providing necessary information and data that will be used to help solve Nebraska's current and future water challenges, as well as many other state challenges that are related to water, or have a strong water component, such as agriculture, industry, electric power generation, recreation and others," Herpel said.

"The site lets legislators, government officials and others to keep easy track of university water-related research and extension and education programs, especially research associated with a particular topic of interest or that impacts a particular (legislative) district or NRD," she added.

Included with each project report is contact information for the primary researcher and others involved with the project, as well as links to more detailed information about the project where appropriate.

"Many of the research projects and programs listed cross county and district lines and the list isn't comprehensive. But it continues to grow as individual researchers realize the benefits of having their work listed in the database," Herpel said.

As the database grows, many previously completed state surveys are being made available electronically through the site.

"There is a good deal of public and governmental interest in these surveys, so we thought it was a natural, via this site, to make them easier to access," said Herpel. "It's all part of developing the database into a more comprehensive library for those interested in or working in natural resources areas statewide," she said.

The database project is supported by the university's Institute of Agriculture and Natural Resources and School of Natural Resources.

The database can also be accessed from the research page of <http://water.unl.edu>.



Winter/Spring Fest

The annual St. Mary's Winter/Spring Fest will be held Sunday, Feb. 22 at the Wayne City Auditorium. Serving will be from 11 a.m. to 1:30 p.m. Pictured with some of the silent auction baskets that will be part of the event are, left to right, Fr. Mark Beran, Brett Kramer and Ken Kwapnoiski.

Collin Jeffries to receive Eagle Scout Award

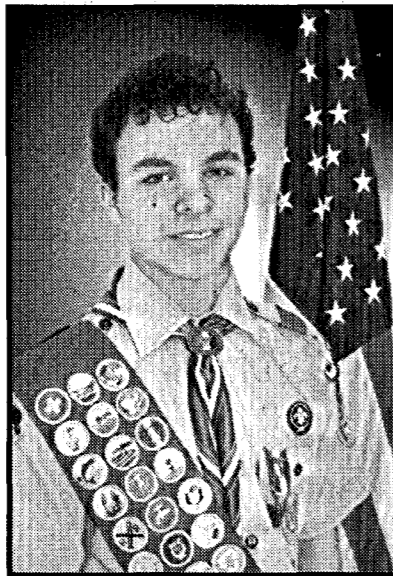
Collin Jeffries, son of Curt and Coleen Jeffries, will be receiving his Eagle Scout Award at a Court of Honor Ceremony on Saturday, Feb. 28 at the First United Methodist Church of Wayne at 2 p.m. The Eagle Scout Award is the highest rank for Boy Scouts of America.

Collin's scouting career began in 1998 as he entered first grade as a Tiger Cub. He has many fond memories advancing through cub scouts such as the Pine Wood Derby, meetings in the basement of the Methodist Church, Popcorn sales, Day Camps, and one highlight was the Jubilee at Mahoney State Park that ended with an awesome fireworks display and a concert by Lee Greenwood.

After advancing through cub scouts he found himself challenged with the task of furthering his scouting career as a Boy Scout member of Troop 174. He attended many camps in his Boy Scouting career such as Camp Cedars, Philmont in New Mexico, Seabase in the Keys of Florida, and most recently a trip to Ben Delatour in Colorado. Also once a month on the third Saturday he contributed to the scout recycling program. He has also helped many fellow scouts with their eagle projects.

His Eagle Scout project contributed to the First United Methodist Church of Wayne. He planned and was in charge of the installation of a handrail by a sidewalk that leads up to a prayer garden. Collin would like to thank the First United Methodist Church Trustees and Foundation, John's Welding, the scout leaders and his fellow scouts for funding, labor, donations and time for his Eagle Service Project.

Collin is a junior at Wayne High



Collin Jeffries

School and a member of First United Methodist Church. He is a member of varsity band, jazz band, jazz choir, and concert choir. Collin is currently rehearsing for the high school musical "Grease" and was in the One-Act production this fall. He plays golf on the varsity golf team. His church activities include sound and power point operator, Sunday School, youth group and ushering.

The public is invited to attend the ceremony with a reception to follow in the church fellowship hall.

Wayne State Kiddie College organizing

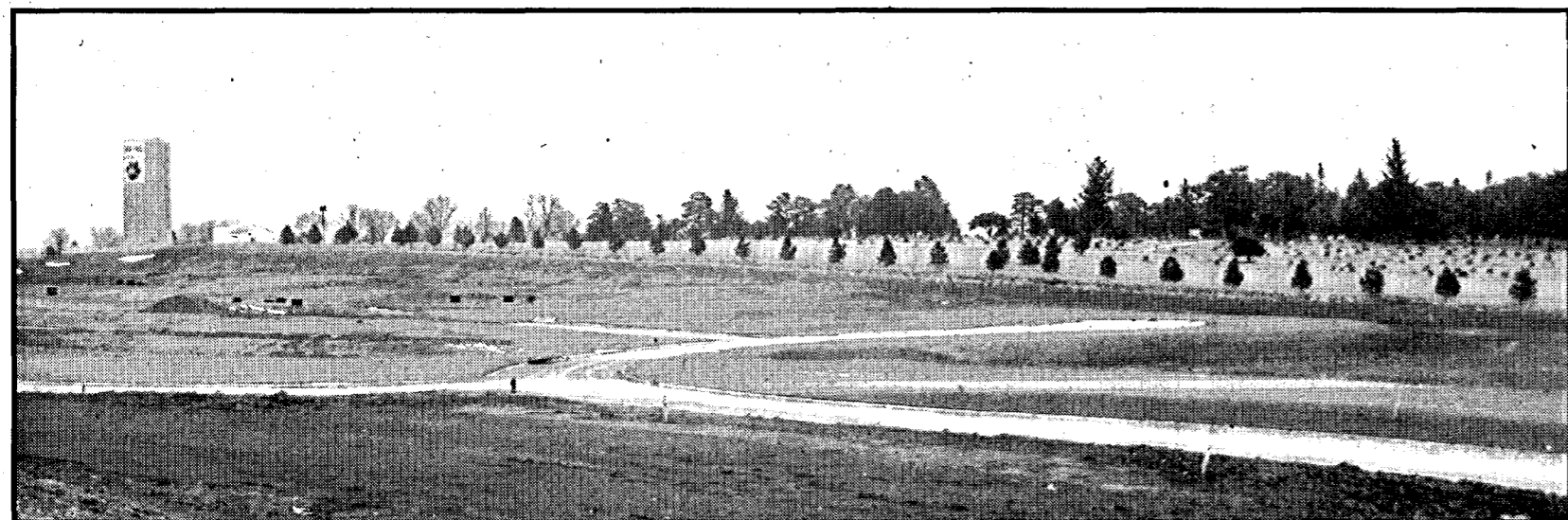
Wayne State Kiddie College will be soon organizing for the fall session. The preschool experience is held in Benthack Hall Tuesday and Thursday mornings between 9:15 and 11:45 and is free of charge.

Families with children who will be three years of age by September and are interested in having their children attend kiddie college are encouraged to contact Dr. Pam Langlie at 375-7578 or palang1@wsc.edu.



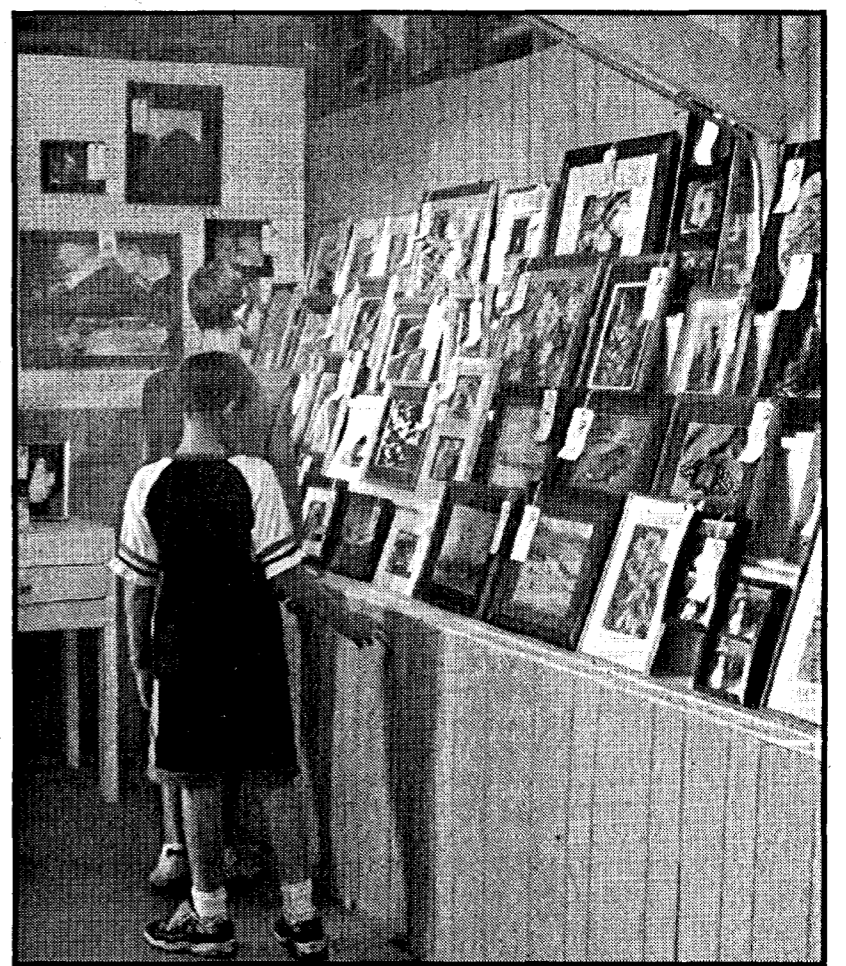
Jumping for heart . . . and fun

Students at St. Mary's Elementary School raised approximately \$300 during this year's Jump Rope for Heart Event. During P.E. class on Feb. 11 the students took turns jumping rope to celebrate a successful event. They also learned about the need to keep their hearts healthy.



Looking forward

Despite sluggish economic conditions, 13 of the 34 lots in the first section of Western Ridge have been sold and two more sales are pending. "This success says good things about and for Wayne. It means that people are looking forward and willing to invest in the future of Wayne," said Ken Chamberlain, a member of the Wayne City Council who currently serves as the chairman of the Community Development Agency, which has been instrumental in moving the project forward. Lots may be purchased through local real estate agents.



Photographs are one of the many items that can be entered in open class in the Ag Hall at the Wayne County Fair. People are urged to bring entries. This year's fair will run from Thursday, July 30 to Sunday, Aug. 2.

Ag Hall committee invites open class entries for this year's Wayne County Fair

By Lynn Sievers
Of the Herald

It is not too early to be thinking about the Wayne County Fair, July 30 - Aug. 2. The Wayne County Ag Hall committee chairmen met on Feb. 10 at Taco's & More in Wayne. The committee invites people to bring open class items to the fair. It is not too early to plant garden seeds and to start working on arts, crafts and more.

This year at the fair, Q-125 will be the overall theme in the Ag Hall, commemorating the City of Wayne's birthday celebration. Display items suggested were dolls, hats, photographs and other antique items.

Discussion was held on a number of items including the fair websites: thewaynecountyfair.com and waynecountyfairnebraska.com. The site includes many photos of last year's fair and a lot more. Last year, the website received 187,000 hits.

At the fair in 2008, there was a total of 159 adults entrants in the Ag Hall with 147 the previous year. The children entrants were up also - 114 children registered compared to 108 the year before. A total of \$1,050 was presented in the form of cash and gift certificates. There were 1,650 items displayed at the Ag Hall.

Also in 2008, there were 36 exhibitors and 77 items in the Arts and Crafts department. There were 30 quilts for display.

In Class 8, there were 59 exhibitors and 244 items displayed. In the Fruits, Flowers and Vegetables department, there were 70 exhibitors and 392 entries. A lot of vegetables were displayed.

In the Foods department, there were 31 exhibitors for adults with 145 entries. There were 16 registered in the Juniors division and 33 exhibits.

In the Under 12 Foods, Flowers, Fruits and Vegetables department, there were 265 items and 65 children entered.

And, in the Under 12 Arts and Crafts department, there were 93 exhibitors and 465 items displayed. On the Wednesday night entry, there were 318 items brought in.

Some ideas discussed for the fair this year include: Foods: requesting old family recipes (grandma's favorites) and birthday cakes; Food, Vegetables and Flowers: a special award for a flower arrangement for Q-125 and old garden varieties of flowers. Also, a prize for best old fashioned in all categories (a junior category too) will be offered. Updates will be listed on the Wayne County Fair websites.

Wayne County Ag Hall committee chairmen are: Departments: Holiday Booth: Beverly Hansen and Rhonda Sebade; Arts and Crafts: Pat Jenkins Rohde and Jo Owens; Class 8: Peg Lutt and Ellen Heinemann; Fruits, Flowers and Vegetables: Yleen Johnson and Bonnadell Koch; Foods: Kim Dunklau and Marla Austin; Under 12 Foods, Flowers, Fruits and Vegetables: Elaine Greve and Doris Meyer; Under 12 Arts and Crafts: Susie Siefken and Connie Upton. Ag Hall Superintendents are Linda Gamble, 402-369-0115 and Georgia Janssen, 402-585-4531. Anyone with questions can call them.

Wayne State College invites students to visit campus for Fridays@WSC

"Fridays @ WSC," a special visitation program for high school students and their parents, will be offered Feb. 20 and 27; March 20 and 27; and April 10.

Students and their families will meet with current students and hear what they say about life at Wayne State College during student panels, visit academic areas of choice, tour campus and have a free lunch in the WSC cafeteria. During the day, families and

students will be given information about admission, financial assistance, academic programs and extracurricular activities at Wayne State.

Individuals may register for "Friday @ WSC" at http://www.wsc.edu/admission/visit Campus/fridays_at_wsc/ or contact the admissions office at 402-375-7235 or e-mail: admit1@wsc.edu for more information.

The Wayne Herald

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Frye Money issues highlight council agenda

continued from page 1A

two commencements we have. They are my favorite days and the biggest thrill for me."

Reading the students names off at commencement and greeting students on campus through the years have been highlights of his time at WSC.

"It is the relationships that attracts students to Wayne State College and keeps them here," Frye said.

After retirement, Frye isn't sure yet what he plans to do but has several hobbies, he would like to pursue. He is also involved in Wayne Industries' and Wayne Economic Development and wants to continue to serve. Frye has a long history of working with economic development. He was part of the Northeast Nebraska Development Network and the START program in the 1980s.

"We are seeing fruition of those programs in development of the Western Ridge and other projects," Frye said. "New housing and being able to afford it came from the START program."

He also hopes to spend more time with his wife, their grown children, Cory, who lives in Brookings, SD and Kelly and Mark Rahn of Sioux City, Iowa and their two children.

Frye ended by saying he has enjoyed his time in Wayne, both at Wayne High School and at Wayne State College and looks forward to the next phase of his life.

Wayne State to host Spring Career Fair

The 2009 Spring Career Fair will be held at the Wayne State College Student Center on Feb. 25 from 11 a.m. to 3 p.m. This annual event is sponsored by the WSC Career Services Office.

Employers from throughout the region will be on campus to discuss part-time, summer, Co-op/internship, and full-time employment opportunities. Some employers may interview the same day at the fair while others may schedule interviews at their place of employment.

All Wayne State College students, faculty, staff and alumni are welcome and encouraged to attend. For more information, please contact Career Services at (402) 375-7327 or 375-7425.

By Clara Osten
Of the Herald

Money matters, both spending and saving, were among the agenda items at Tuesday's meeting of the Wayne City Council.

Terry Galloway with Almqvist, Maltzahn, Galloway & Luth, PC, presented information from the city's fiscal year 2007-08.

Galloway noted the city's need to increase the city's cash reserve in several areas, such as the water department. He presented a summary of 12 areas of the city's financial situation.

Phil Lorenzen with D.A. Davidson & Co was present at the meeting to discuss options for refinancing revenue bonds.

He said that the current market for refinancing is "unsettled." He added that calling of electric revenue bonds, Series 2003 for redemption and the issuance of electric revenue refunding bonds, Series 2009 was a transaction that makes sense."

He said that although the market was in an unusual situation at the present time, the city should be able to save up to \$90,000 by refinancing the bonds.

Following Lorenzen's presentation, the council unanimously approved the resolution and two ordinances to move forward with the refinancing. The three readings of the ordinances were waived.

The council spent considerable time in discussion in regard to the city's wage and salary schedule.

City Administrator Lowell Johnson told the council that the adjusted schedule is the minimum needed to meet the final year of the contract with the Fraternal Order of Police.

Johnson said that the updated schedule included the changing of some job descriptions and compensation.

Council member Verdel Lutt questioned the pay rates for the city's Handi-Van drivers. In the updated pay schedule, the position was moved upward, resulting in a pay increase.

Penny Volbrecht, Senior Center Coordinator, told the council that drivers often have to take special caution and provide additional assistance to those using the Handi-Van.

Following the discussion, the council voted unanimously to approve the Resolution 2009-13, adopting the wage and salary schedule.

The council also approved ordinances and waived the necessary three readings on two issues associ-

ated with the implementation of the sales and use tax that was approved by local voters in November.

The first of the ordinances provides for the imposing of the sales and use tax in the amount of one percent and will allow the sales tax to be collected without interruption. The second ordinance establishes a citizen advisory review committee and an economic development plan for the sales tax revenue.

In a related item, the council approved the following appointments to the LB840 Advisory committee: Gary Boehle, four years; Darrel Miller, three years; Curt Frye, Della Pries and Don Buryanek, two years and Traci Bruckner and Liz Hagmann, one year.

As a Community Development Agency, the council approved resolutions for the issuance of tax increment revenue bonds for Western Ridge II and approved the Windom Ridge Redevelopment Project.

Lauren Lofgren, Wayne Public Library director, presented her annual report to the council.

She noted that due to recent economic conditions, library usage has been up five to 10 percent. She commended her staff for their work during the past year and presented a list of accomplishments at the library.

She said that the library's 70 volunteers provided more than 500 hours of service to the library in the past year.

During Tuesday's meeting, the council approved an application from Cody Henderson to become a member of the Wayne Volunteer Fire Department.

Approval was given to a request from Phil Monahan of the Volunteer Fire Department to seek grant funding for a used ladder truck for the department. He noted that the department may be more successful in obtaining funding for a used vehicle. He estimates the cost to be \$280,000 with 95 percent of the funding provided by a federal grant and the remaining costs the responsibility of the city.

The annexing of property known as the Kardell Industrial Park Subdivision area received second reading approval.

Several members of the Kardell family, which owns the farmstead in the subdivision, were at Tuesday's meeting to request that the farmstead not be included in the annexation.

Virg Kardell said that "assessing the road would not benefit the farmstead. The road was never discussed when the property was sold."

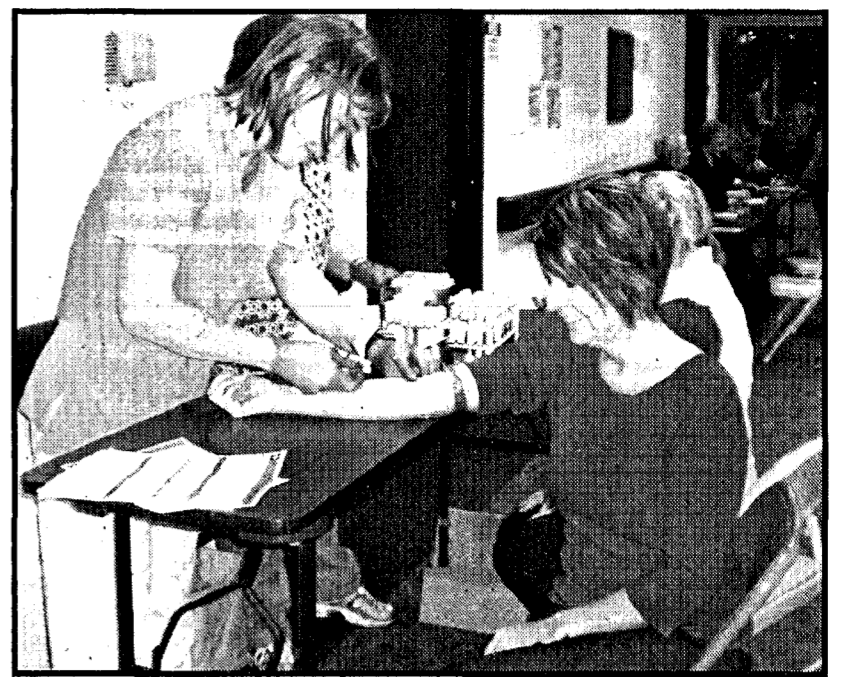
The ordinance will be brought to the council's next meeting for final consideration.

The council will next meet in regular session on Tuesday, March 3 at 5:30 p.m. in council chambers.

Tours welcome for A. Jewell Schock Museum of Natural History

The A. Jewell Schock Museum of Natural History, located in the Carhart Science Building on the Wayne State College campus, will be open from 3-5:30 p.m. every Wednesday and Thursday. There is no admission charge.

Stop by and view the collections or take a tour. Everyone is welcome to schedule tours. Please contact Dr. Barbara Hayford, Assistant Professor of Life Science at (402) 375-7338 to schedule a tour or with any questions. Visit the Museum web page at: http://www.wsc.edu/schools/nss/buildings_resources/lsci/Index.html.



Checking the numbers

Leslie Schulz was among those taking advantage of Cholesterol screening provided by Providence Medical Center. As of Wednesday morning, nearly 200 people had taken advantage of the screening. The annual event is part of the observance of February as Heart Month. Drawing blood is Sheila Wiesler.

Construction of Veterans Memorial discussed

By Lynn Sievers
Of the Herald

The Wayne County Board of Commissioners met in regular session Tuesday. Construction of the Veterans Memorial on the Wayne County courthouse grounds was discussed. Bud Neel, county employee and a Veteran, noted it would cost around \$500 to re-route the underground sprinkler line, move the box, etc.

As for extra light by the memorial, Neel noted the city will donate light poles. He added the committee also wants three flag poles installed for the U.S., Nebraska and P.O.W. flags. The flag poles cost \$3618.00 plus \$400 shipping.

Continuing, Neel wondered if the memorial will be recessed or level with the sidewalk. He added his group felt from a previous meeting it would be recessed only to hear at a recent Vet's meeting that it won't be. He added it seems the county commitment has changed.

Commissioner Kelvin Wurdeman said no action was taken on anything, it has only been discussion so far. The commissioners added they have to think about liability and their insurance agent said issues could arise so a rail might have to be put around the memorial. It was noted the committee would like to see groundbreaking this spring.

A public hearing on the one and six year road improvement plan was held. Wayne Highway Superintendent Elizabeth Carlson presented the plan. Wurdeman made a motion to approve the one and six year improvement plan and Commissioner Dean Burbach seconded the motion which passed unanimously.

Carlson ended by saying Mark Klassen visited her about the cul de sac at Muhs Acres. He is concerned with water that is surrounding a telephone box and getting close to a parked camper. He thought a culvert would be installed. Wurdeman noted snow is stopping drainage there; no one recalled anything being said about a culvert being put in.

Wurdeman made a motion to cancel three warrants not presented for payment, Burbach seconded the motion which passed unanimously. Burbach made a motion to cancel two other warrants, Wurdeman seconded the motion which passed unanimously. Burbach made a motion to approve the March Rugby tournament lodging tax application of \$1,000, Wurdeman seconded the motion which passed unanimously. Burbach made a motion to accept a county burial application, Wurdeman seconded the motion which passed unanimously.

The maintenance/cleaning position job description was discussed. Wurdeman had noted at a previous meeting that one person did both the cleaning and maintenance for the city. Neel noted he checked and there is more than one person doing those duties. Burbach said he feels maintenance is a priority. It was suggested that Neel clean the public areas only (which is at least half of the courthouse). It was decided Neel would give the added duties a try for a month beginning in April and report back. Burbach made a motion to have a cleaning crew come in first before Neel starts, Wurdeman seconded the motion which passed unanimously. Bids will go out on the April cleaning.

Lee Myers of Wisner Economic Development, was present to see about appointing a Wayne County representative to the regional jail committee. A meeting was set for Feb. 18 in Wisner, which he invited the commissioners to. The commissioners decided to also ask someone from the city to be on the committee and attend the meeting.

Executive session was held on pending litigation. No action was taken.

The next Wayne County Board of Commissioners meeting will be Tuesday, March 3 at 9 a.m. at the courthouse in Wayne.

Changes announced at Transfer Station

Due to the new rules from the recyclers, the materials being accepted for recycling at the Wayne Transfer Station have been changed.

Waste Connections, which collects the recycled materials at the Transfer Station has changed the way they want recyclables collected.

A trailer is located at the Transfer Station for scrap steel, such as bicycles, appliances and other large items. Refrigerators will need to be recycled separately and at a charge.

A roll-off trailer is located at the Transfer Station for plastics and tin cans.

Those recycling are reminded that no plastic bags can be recycled, no glass bottles, deli/produce containers, frozen food trays, plastic cups, toys or cookie trays will be accepted. In addition, motor oil or lawn chemical bottles cannot be recycled.

All lids need to be removed from containers.

A complete list of the acceptable and unacceptable materials has

been posted on the roll-off trailer at the Transfer Station.

The Wayne Boy Scouts will continue to accept paper, magazines, shredded paper and aluminum cans at the Transfer Station. Cardboard can be recycled in the Transfer

Station building.

The Transfer Station is open from 9 a.m. to 1:30 p.m. on Monday and Friday and from 8 a.m. to noon on Saturday.

For more information, contact the Wayne Power Plant at 375-2866.

Wayne State College to host International Dinner and Entertainment Night, March 22

The WSC International Club will host the 2009 International Dinner and Entertainment Night on March 22 in Frey Conference Suite, from 6 to 9 p.m. Admission is \$10 per person.

This is a unique opportunity for guests to enjoy international dances, songs, and other types of music from WSC students. Booths hosted by students will offer guests an opportunity to learn more about the culture and traditions of other countries. Foods from several different countries will be highlighted during the evening meal. The

atmosphere is family-friendly and gives everyone a chance to meet the international students attending Wayne State College.

Countries represented by WSC International Students include Bahamas, Brazil, Canada, China, Ecuador, Kenya, Malawi, Mexico, Mongolia, Morocco, Nepal, Nigeria, Sri Lanka, Sudan and Venezuela.

Tickets are available by contacting the Counseling Center, Room 103 in the Student Center on the WSC campus or by calling 402.375.7321.

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• 410 W Locust (402.582.4545) - Hergert Studio

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• 330 N Mill Rd (308.497.2511) - Cent. Neb. Imp.

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• 304 Main St (402.518.8888)

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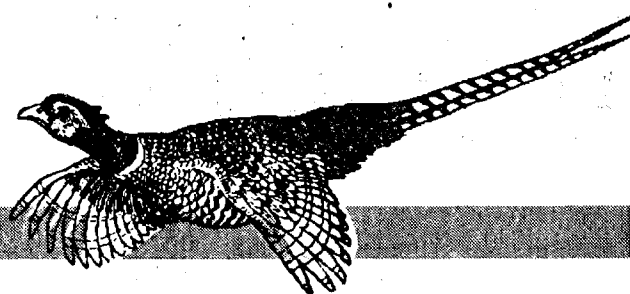


Pancakes and sausage

A steady stream of people attended the annual Kiwanis Pancake Feed on Sunday. This year's event was held at the National Guard Armory. Assistance for the event came from the Circle K Club and members of the local Boy Scout troop. Funds raised through the event go toward youth activities in the community.

Sports

The Wayne Herald



Wayne downs Wisner-Pilger 3-2 for Class C State Bowling Championship

By Casey Schroeder

It was the final match of the day between No. 7 seed Wayne and

No. 8 seed Wisner-Pilger in the Class C boys finals of the Nebraska High School Bowling Federation (NHSBF) State Championships.

In the end, it turned out to be the most exciting match of the day in Sunday's arena style finals at Lincoln's Sun Valley Lanes.

Wayne prevailed in the best of five Baker-style finals, defeating Wisner-Pilger 3-2 in an up and down match that had the crowd of nearly 100 fans sitting on the edge of their seats.

"The finals were contested Sunday evening in an arena style environment, very similar to what you would see on the Professional Bowlers Association (PBA) on ESPN," said Wayne coach Dusty Baker.

"The cameras were on and there were bleachers down the lanes. The pressure was high and the nerves were definitely there."

Wayne came out strong in the first match, defeating Wisner-Pilger 184-147.

However, match two provided a far different outcome for Wayne as they rolled a 185 while Wisner-Pilger used strikes in the third, fourth, fifth and sixth frames to post a score of 202 and record the win.

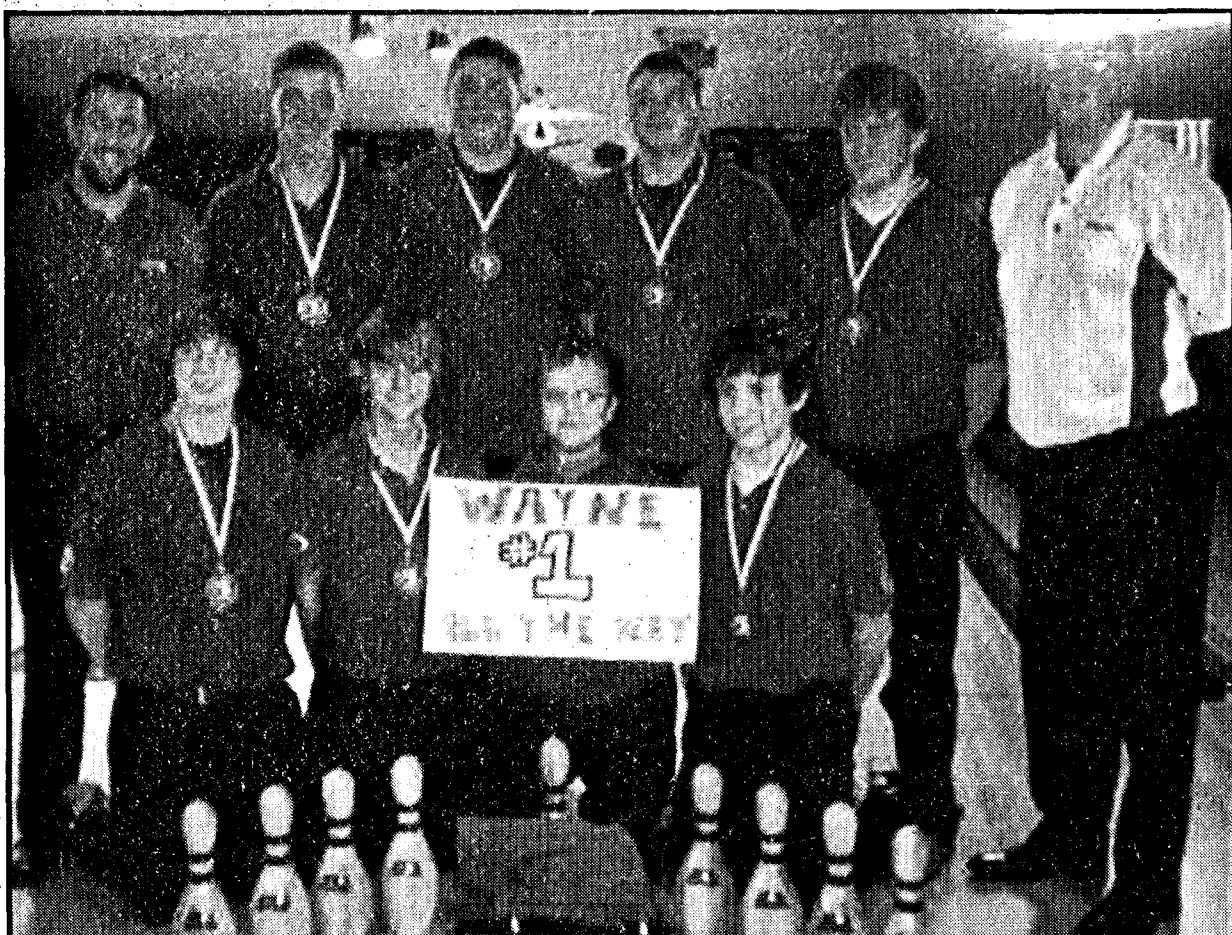
With both teams at an even 1-1, Wayne came back to win the next two matches in decisive fashion, downing Wisner-Pilger 185-139 and 234-160.

Wayne's last game with Wisner-Pilger was the highest Baker score rolled in Sunday's finals among all classes of competition.

Prior to Wayne's success on Sunday, they began their state title hunt early Saturday morning by playing four regular games with each match consisting of four bowlers bowling their own game.

In the end, Wayne advanced to the playoff bracket after qualifying seven out eight.

"The boys struggled a little bit because of the tough lane condi-



The 2009 Class C State Champions are: front row, left to right, Joey Muren, Dawson Olnes, Paul Karch and Corey Doorlag. Back row, left to right, Coach Mike Varley, Trevor Beza, Jeremy Loberg, Michael Denklauf, Josh Doorlag and Coach Dusty Baker.

tions which was a modified version of the Chameleon patters used by the PBA," said Baker.

In the playoff bracket, all matches were decided by a best of five games Baker-style format.

For those who know very little about bowling, Baker indicated that the format that shares his namesake consists of four players who will have their first player bowl the first frame, second player the second frame and so on, until 10 frames are bowled.

In the first round of playoff action Wayne defeated Minden 3-1 and advanced to the second round where they faced Centura.

It was in this match that Wayne started the first two games by opening four times in a row.

However, Wayne fought back and won the match 3-2, moving them to the State Championship finals where they defeated Wisner-Pilger 3-2.

In addition to their State Championship, Wayne finished

with a perfect 5-0 record in regular match play while also taking first place at Districts and second at Conference.

The Wayne boys bowling team, consists of Michael Denklauf, Dawson Olnes, Jeremy Loberg, Josh Doorlag, Trevor Beza, Corey Doorlag, Joey Muren, Paul Karch, and coach Dusty Baker.

This year's finals were filmed by Nebraska Public Television and will air on Sunday, Feb. 22 at 8 a.m. on NET.



Photo Courtesy Sue Denklauf

Members of the Wayne bowling team look on during Sunday's award ceremony.

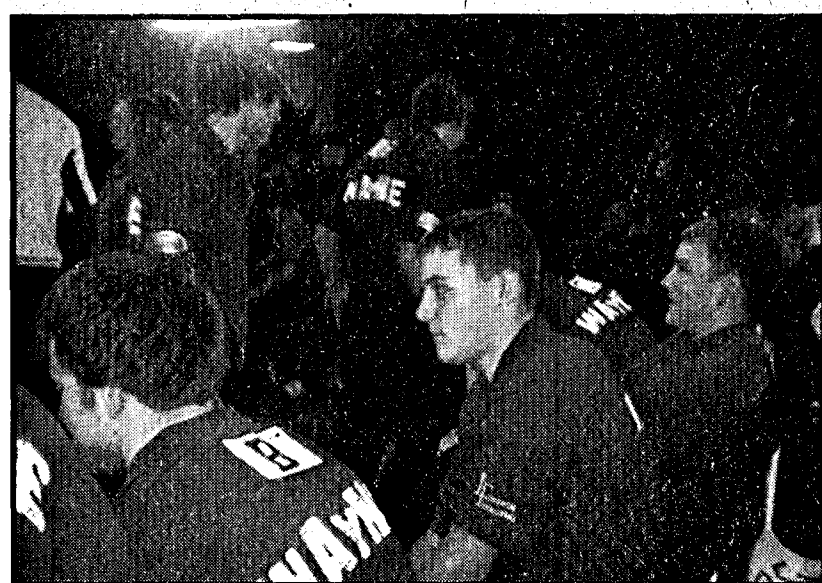


Photo Courtesy of Sue Denklauf

Wayne bowlers take a brief break from Sunday's State Championships action in Lincoln.

Winside finishes as D-2 runner-up behind Howells, still sending seven to Qwest Center

Clowder of 'Cats are headed to state wrestling

By Lee Koch and Casey Schroeder

The Winside wrestling team rode on the coattails of Friday's opening performance to finish as tournament runner-up to Nebraska Scholastic Wrestling Coaches Association (NSWCA) No. 1 Howells as the Wildcats qualified seven wrestlers for this week's Nebraska State Wrestling Championships in Omaha.

Winside led the tournament standing going into Saturday morning action with a 12 point advantage over the Bobcats, but couldn't hold the lead as Howells advanced six grapplers to the gold medal round,

winning five of those matches to finish ahead of Winside.

Winside who is unrated in the state team rankings, finished ahead of NSWCA No. 2 Palmer, No. 8 Stanton and No. 9 Neligh-Oakdale.

"We had a very good district tournament overall. Going into the meet we felt that everyone had an opportunity to qualify and that proved to be true," said Winside coach Paul Sok.

"Out of the 10 wrestlers competing on Friday and Saturday we qualified more than any of the other district teams (seven) and had matches won from the other three individuals with two of them going

down to the final seconds (literally) in the heartbreak round."

State qualifiers for the Wildcats include Paul Hansen (103), Kalin Koch (140), Zach Brokaw (152) and Jordan Nelson (171) who all earned second place finishes while Jared Brockmann (285) took third and was followed by Ethan Thies (119) and Peter Hansen (130) in fourth.

In addition to qualifying for state, Brokaw, Nelson and Paul Hansen defeated opponents that they had previously lost to during the regular season.

"We are still a young team with only two seniors out of 17 wrestlers (Brockmann a two-time state qualifier and Gareth Hurlbert), but they all wrestled with great poise throughout the meet," Sok added.

Winside had a chance to qualify two other wrestlers with wins in the heartbreak round where the winner goes to Omaha and the loser stays home.

But Hurlbert lost in his qualifying match with less than 15 seconds left on the clock and Sage Schwedhelm fell short after taking a 5-3 lead with little time remaining in his match that would have sent him to the Qwest Center.

"I don't know if I have been involved in a district meet where we won so many critical matches by one to two points in regulation time or even a few overtime matches," Sok said.

"It was a true team effort to come away with the runner-up plaque. Mark Koch and I along with volunteer assistant coaches Andrew Sok and Joel Ferguson were very proud of the way the kids handled themselves out on the mat throughout the meet."

Listed below are the team scores and individual results for Winside.

Team Scores

Howells 143 (5-6), Winside 119 (7), Stanton 102 (6), Palmer 101.5 (5), Neligh-Oakdale 88 (4), Pope John 79 (4), David City Aquinas 67 (3), Randolph 62 (3), Pender 58 (4), Ponca 47 (2), Osmond 40 (2), Clearwater/Elgin 34.5 (1), Elkhorn Valley 31 (2), Scribner-Snyder 30 (2), Fullerton 28 (2), West Point Central Catholic 28 (2), Archbishop Bergan 18 (1). () denotes number of state qualifiers.

Individual Results

103 Paul Hansen (WIN) won by pinfall 0:35 Graybeal (WPCC); won by decision 3-2 D. Smith (ELV); lost by major decision 8-0 E. Coufal (HOW).

119 Ethan Thies (WIN) won by decision 4-2 OT; lost by pinfall 1:21 Johnson (STA); won by pinfall 2:45 Anderson (CLE); lost by decision 5-3 Matthson (ARB).

130 Peter Hansen (WIN) won by pinfall 3:21 Sebade (PEN); lost by pinfall 1:59 A. Coufal (HOW); won by decision 4-2 T. Smith (N-O); lost by pinfall 0:57 Sebade (PEN).

140 Kalin Koch (WIN) won by pinfall 3:38 Bracht (HOW); won by pinfall Wortman (WPCC); won by pinfall 1:59 Henn (PUN); lost by decision 1-0 Stamp (CLE).

152 Zach Brokaw (WIN) won by decision 9-3 S. Smith (N-O); won by pinfall 2:32 Fletcher (S-S); won by decision 4-0 Hilpipre (OSM); lost by

pinfall 5:12 D. Coufal (HOW).

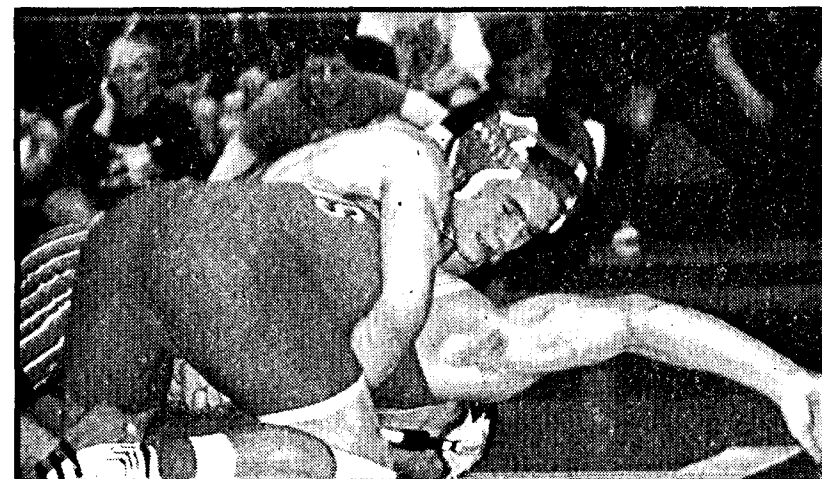
160 Kelby Prince (WIN) lost by decision 7-0 Brester (HOW); won by pinfall 4:21 Peters (PEN); lost by decision 10-8 Bahr (OSM).

171 Jordan Nelson (WIN) won by pinfall 1:34 Harrahill (PAL); won by decision 2-1 Korth (RAN); lost by decision 3-1 Legate (N-O).

189 Gareth Hurlbert (WIN) won by pinfall 1:33 Jisa (ACQ); lost by pinfall 3:43 Escamilla (ARB); won by pinfall 3:10 Ryan (PON); lost by decision 7-6 Borgmann (STA).

215 Sage Schwedhelm (WIN) lost by decision 5-3 P. Smith (N-O); won by pinfall 2:22 Moes (OSM); lost by pinfall 4:19 Knopik (FUL).

285 Jared Brockmann (WIN) won by pinfall 1:38 Hammond (OSM); lost by pinfall 1:12 Wurdinger (STA); won by decision 2-0 Delaney (N-O); wn by decision 7-6 OT Bucholz (PEN).



Zach Brokaw works on opponent Dalton Fletcher of Scribner Snyder. Brokaw pinned Fletcher before finishing second in the 152 pound weight class.



Winside State Qualifiers are: Front row, left to right Jordan Nelson (171), Jordan Brockmann (285) and Zach Brokaw (152). Back row, left to right, Kalin Koch (140), Peter Hansen (130), Paul Hansen (103) and Ethan Thies (119).

2009 Nebraska State Wrestling Qualifiers

First Round — Thursday, Feb. 19

103 Paul Hansen, Winside (29-10-11) vs. Issac Elge, Nebraska Christian (24-7-9)
 Christian Gallardo, Wakefield (30-6-10) vs. Mitchell Kliegl, Conestoga (20-12-9)
 119 Ethan Thies, Winside (25-10-10) vs. Lane Barry, Amherst (30-11-11)
 130 Peter Hansen, Winside (14-23-11) vs. Tony Burnett, Anselmo-Merna (29-13-12)
 Logan Owens, Wayne (20-7-11) vs. Dontrell Harris, Boys Town (25-10-10)
 140 Kalin Koch, Winside (25-5-11) vs. Derek Stamp, Heartland (32-8-12)
 152 Zach Brokaw, Winside (29-13-10) vs. Aaron Davis, Franklin (30-4-11)
 171 Jordan Nelson, Winside (33-10-11) vs. Zach Call, Mullen (18-11-10)
 215 Arik Diediker, Laurel-Concord (34-6-12) vs. Aaron Roberson, Wood River (32-11-11)
 285 Jared Brockmann, Winside (34-7-12) vs. Matt Helms, Maxwell (27-9-12)
 Jorge Dunklauf, Wayne (14-9-11) vs. Matthew Greve, Waverly (22-2-12)

District C-2 Wrestling held at Wisner-Pilger

The following are the results from Saturday's C-2 Wrestling Districts at Wisner-Pilger. Area teams that competed included Laurel-Concord and Wakefield.

State wrestling qualifiers for Laurel-Concord include Arik Diediker

at 215 pounds while Christian Gallardo will be representing the Trojans in the 103 pound weight class.

Team Scores

Madison 167 (9), Plainview 143 (6); North Bend Central 122 (6);

Wayne girl's fall short at Class C State Bowling Championships

By Casey Schroeder

The Wayne girl's bowling team closed out their season last Saturday when they competed in the Class C Nebraska High School Bowling Federation (NHSBF) State Championships in Lincoln.

Wayne reached the State Championships after winning Districts and finishing second at Conference.

While in Lincoln, Wayne qualified for second, just three pins shy of first after losing in three games to seventh-seed Blue Hill.

"The girls had a good season and a very good qualifying round at state," said Wayne coach Mike Varley.

Individually, Amanda Kudrna

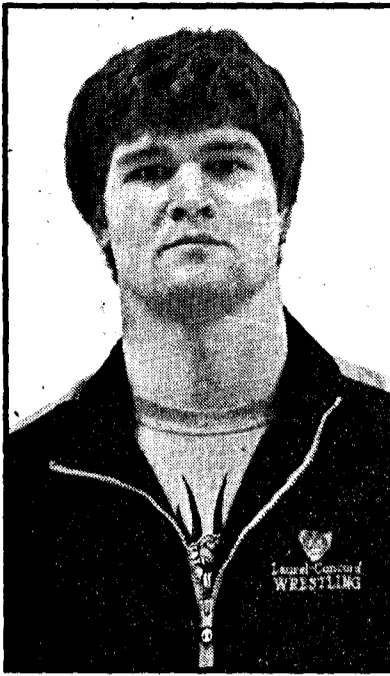
brought home the individual championship after bowling a high game of 223 while Michaela Belt placed fourth.

"She (Michaela) had a rough first game, but came back with two really good games," Varley said.

"She kept her head up and ended up finishing strong. That was key because she is one of two seniors on the team."

Also competing for Wayne were McKenzie Sommerfeld, Jamie Belt and Burgandy Roberts.

"This was a great experience for these girls and I thought that they fought hard the whole tournament," Varley said. "They were a pleasure to coach and I am looking forward to coaching them again next year."



Arik Diediker

Tekamah-Herman 114 (5); Battle Creek 100 (3); Crofton 98 (3); West Point-Beemer 93.5 (4); Newman Grove 90.5 (4); Wisner-Pilger 82 (3); Creighton/Verdigre 75 (3); Logan View 73 (3); Norfolk Catholic 60

(2); Oakland-Craig 55 (2); Lutheran High Northeast 37 (1); Wakefield 36 (1); Laurel-Concord 34 (1). () Denotes number of state qualifiers.

Individual Results

103 Christian Gallardo (WAK) won by pinfall Workman (T-H); lost by decision 2-6 Thomson (BCK); won by pinfall Zoucha (NGV); won by pinfall Tovar (MAD).

112 Wyatt Jacobson (WAK) won by decision 12-7 Doer (CRE); lost by major decision 11-0 Bonner (BCK); lost by decision 3-6 Beerman (W-P).

119 Danny VanderVeen (WAK) lost by pinfall Miller (CRO); lost by pinfall Moeller (CRE).

130 T.J. Rose (WAK) won by decision 13-10 Becker (CRE); lost by pinfall Beville (PLA); won by decision 6-0 Ledesma (NBE); lost by major decision 1-11 Gray (BCK).

135 Pedro Valadez lost by pinfall Wagner (LGV); lost by forfeit Lunz (L-C).

135 Brett Lunz (L-C) lost by technical fall 17-2 Ruh (MAD); won by injury default Valadez (WAK); lost by major decision 12-4 Hawk (BCK).

140 Miguel Gonzalez (WAK) lost by pinfall Volquartsn (CRE).

140 Seb Kramer (WAK) won by technical fall 16-2 Smutny (MAD); won by decision 3-0 Blamendahl (LGV); lost by decision 2-9 Prauner (BCK).

140 Jesse Gildersleeve (L-C) lost by pinfall 1:36 Kelberlau (NC); lost by pinfall 1:35 Sueper (NGV).

145 Drew Henderson (WAK) lost by pinfall Harrington (WP-B); lost by pinfall Welke (BCK).

145 Kevin Gildersleeve (L-C) lost by pinfall 1:40 Going (NBE).

152 Henry Greve (WAK) lost by pinfall Alexander (PLA); lost by pinfall Jacobson (NGV).

160 Brendan Nicholson (WAK)

won by pinfall Sirek (PLA); lost by pinfall Pospisil (CRE); won by pinfall Loeker (CRO); lost by decision 5-12 Goreham (WP-B).

171 Cody Henschke (WAK) lost by pinfall Kreikmier (NBE); lost by decision 7-13 Macias (MAD).

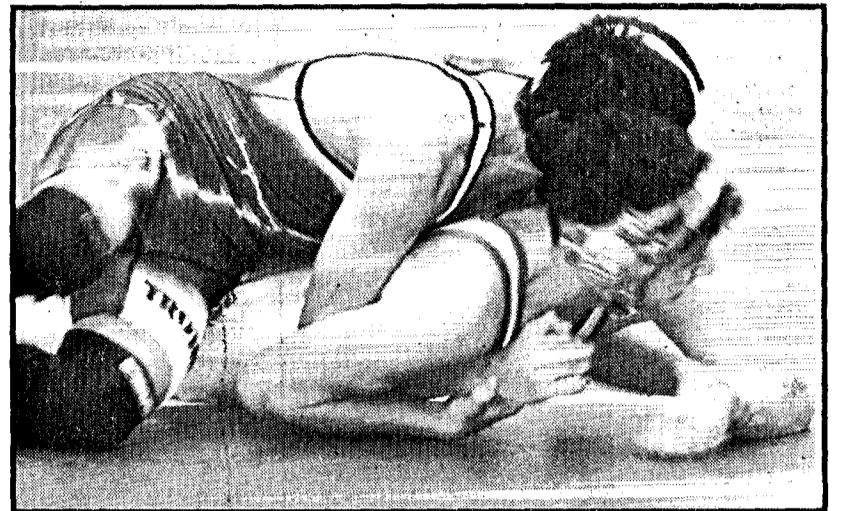
171 Riley Lund (L-C) lost by pinfall 1:53 Geddings (O-C); won by pinfall 4:04 Jensen (W-P); lost by pinfall 2:57 Halsey (PLA).

189 Adam Schroeder (L-C) lost by pinfall 1:08 Stowe (NC); won by injury default Mitchell (WP-B); lost

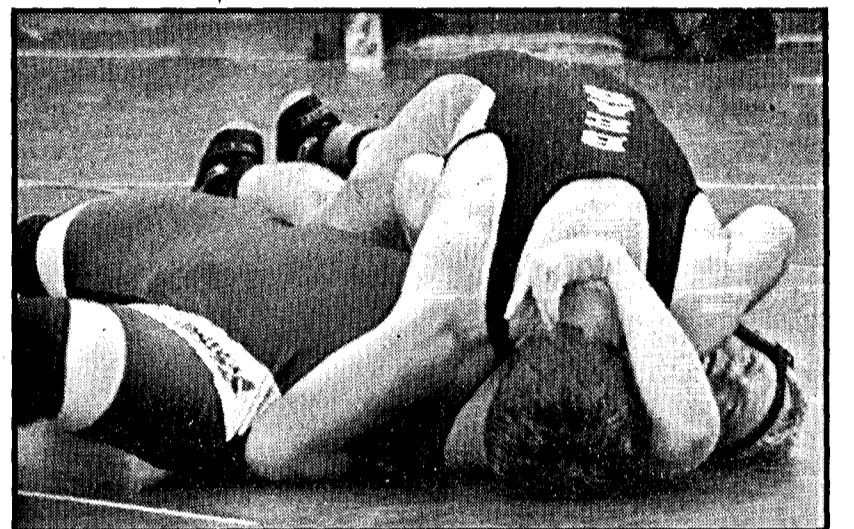
by pinfall 2:37 Schroeder, J. (BCK). 215 Tim Campton (WAK) won by decision 6-4 Ernest (BCK); lost by pinfall 0:56 Diediker (L-C); won by pinfall Hofrichte (T-H); lost by pinfall Mitchell (WP-B).

215 Arik Diediker (L-C) won by pinfall 0:13 Morris (LNH); won by pinfall 0:56 Campton (WAK); won by decision 2-0 Vosler (NBE); lost by decision 7-2 Stone (NGV).

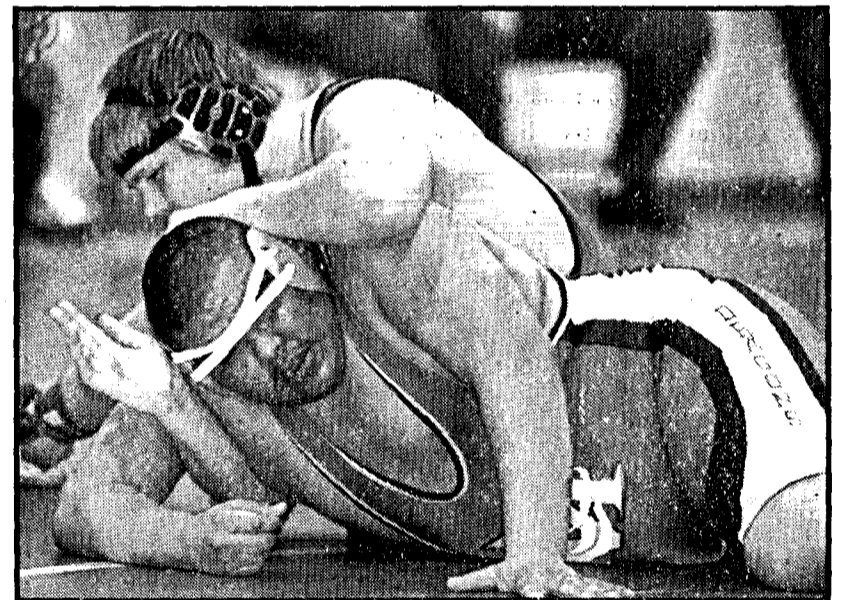
285 Armando Gonzalez (WAK) lost by pinfall Sweet (LGV); lost by pinfall Hodson (T-H).



Wakefield's Christian Gallardo (103) tries to grasp his opponent from Madison at Saturday's C-2 Districts.

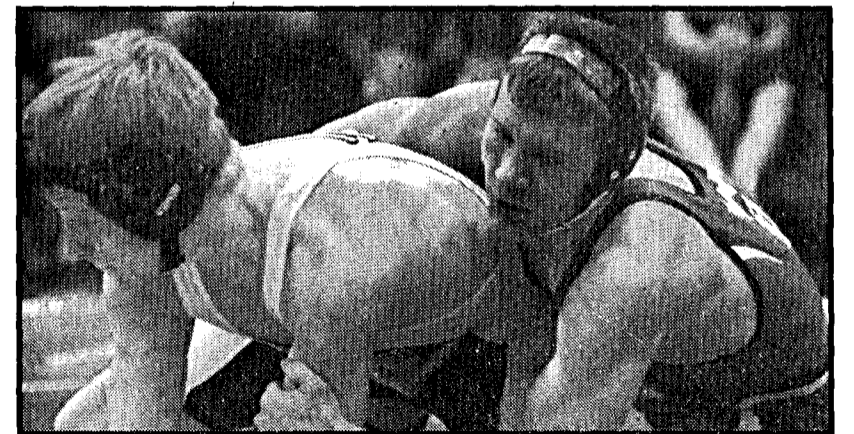


Laurel-Concord's Arik Diediker and Wakefield's Tim Campton battle it out in the 215 pound weight class.



Blue Devils state bound

The Wayne wrestling team also qualified two wrestlers for this week's Class B State Wrestling Championships in Omaha. Wrestling for the Blue Devils will be Jorge Dunklau at 285 pounds (top) and Logan Owens in the 130 pound weight division (bottom). First round matches were today at 4:30 p.m., with quarterfinals at 8 p.m. Friday's 1st and 2nd round consolation are at 12:30 and 2 p.m. Finals for all classes are Saturday at 1:30 p.m. at the Qwest Center.



Diehl and Molacek place NSIC men's heptathlon

Cody Diehl and Drew Molacek of Wayne State College both placed in the Northern Sun Intercollegiate Conference indoor men's heptathlon held Sunday and Monday in Aberdeen, S.D.

Diehl, a freshman from Grand Island Northwest High School, finished in sixth place out of 14 competitors with 4,302 points.

He was only 35 points shy of matching the school record of 4,337 points that was set by Jon Dickey at last year's NSIC heptathlon.

Molacek, a sophomore from Stanton, placed eighth with 4,182 points.

Diehl's best finish of the seven-event competition was first place in the pole vault, clearing 15' 3" while Molacek's top placing was coming in second in the 55-meter dash with a time of 6.81 seconds.

The following is the individual results of WSC athletes who competed at the NSIC indoor pentathlon.

WSC Men's Results

55 Meter Dash: Diehl, 6.86 (755 points); Molacek, 6.81 (772 points). Long Jump: Diehl, 20' 4 1/2" (632 points); Molacek 19' 3 1/4" (559 points).

Shot Put: Diehl, 35' 2" (529 points); Molacek, 32' 5 3/4" (480 points).

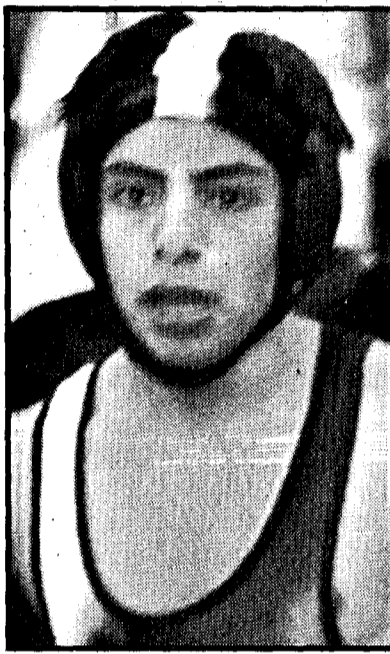
High Jump: Diehl, 5' 8" (569 points); Molacek, 5' 4 1/2" (496 points).

55 Meter Hurdles: Diehl, 10.05 (397 points); Molacek, 8.60 (690 points).

Pole Vault: Diehl, 15' 3" (804 points); Molacek, 11' 11 3/4" (522 points).

1,000 Meter Run: Diehl, 3:05.03 (616 points); Molacek, 3:00.15 (663 points).

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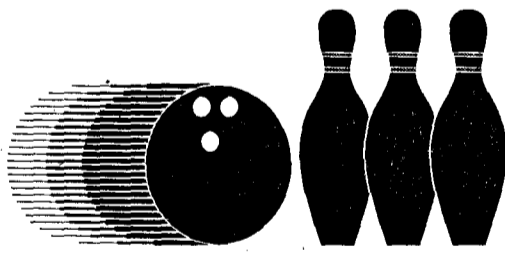
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Week #24 02/10/09

Half Ten Club	23.0	9.0
Pac N Vision	23.0	9.0
V104	21.0	11.0
Tom's Body Shop	15.0	17.0
Logan Valley Golf Course	14.0	18.0
Harder & Ankeny, P.C.	13.0	19.0
Wildcat Sports Lounge	10.0	22.0
Brudigam Repair	9.0	23.0

High Games and Series: Bryan Denklau 257, Mike Varley 654; Harder & Ankeny, P.C. 1058, 2953. Mike Varley 233, 218, 203; Kelly Hansen 222, Doug Rose 221, 208, 206 635; Dusty Baker 220, 205, 202 627; Joel Baker 215, 202; Brad Jones 214; Andy Baker 214; Kent Roberts 214, 203; Tom Doolag 213; Jim Johnson 212; Steve Jorgensen 211; Les Kesman 207, 201; Kevin Peters 205; Dave Diediker 204; Randy Bargholz 204; Andy Bowen 203; Rick Kay 202; Mick Kemp 202, 201; Eldin Roberts 200; Jayme Bargholz 200; Mark Klein 200. * won first half.

Wed-Nite Owls
Week #19 02/11/09

The Max	12.0	4.0
Melodee Lanes	11.0	5.0
Wildcat Sports Lounge	10.0	6.0
Dirty Dingos	10.0	6.0
White Dog	7.0	9.0
Quality Foods	5.0	11.0
Mikey's Place	5.0	11.0
Buncha Bums	4.0	4.0

High Games and Series: Dusty Baker 289, 673; Wildcat Sports Lounge 756, 2174. Mike Varley 241, 212-636; Dusty Baker 237; Andy Baker 232; Rick Kay 224; Justin Cunningham 200.

Women's Hits and Misses

Week #20 02/11/09

State National Bank	14.0	6.0
Stadium Sports	12.0	8.0
Tacos and More	12.0	8.0
Wayne East/Prime Stop	11.0	9.0
Pool Crew	11.0	9.0
Kathol and Associates	7.0	13.0
J.J.'s Tap	7.0	13.0
White Dog Pub	6.0	14.0

High Games and Series: Paula Pfeiffer 210; Jeanette Swanson 562; Tacos and More 932, 2659. 180+; Nikki McLagen 207; Cindy Thompson 208; Sandra Gathje 209; Jeanette Swanson 191-193; Cinda Brudigam 187; Joni Holdorf 189; Paula Pfeiffer 210; Linda Gehner 201. 480+; Nikki McLagen 489; Cindy Thompson 539; Sandra Gathje 550; Jeanette Swanson 562; Paula Pfeiffer 542; Linda Gehner 510. *won first half

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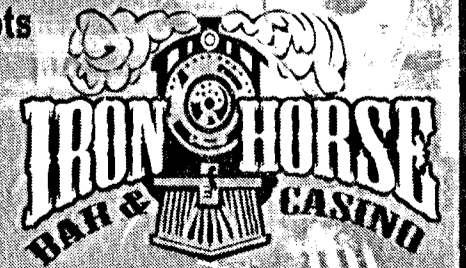
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WSC currently 11th in NSIC following losses to Upper Iowa and Winona State

Wildcats weeping after 0-2 weekend

By Casey Schroeder

The Wayne State College men's basketball team suffered its seventh straight loss of the season after falling to Upper Iowa 53-42 on Saturday night in Fayette, Iowa.

With the win, Upper Iowa improved to 5-19 overall and 4-13 in the Northern Sun Intercollegiate Conference (NSIC) while WSC dropped to 8-15 overall and 4-12 in league play.

WSC got off to a sluggish start in the first half, hitting just 5 of 23 shots for 21.7 percent while also going 0 of 7 from three point range in the first 20 minutes.

Upper Iowa made 10 of 26 shots for 38.5 percent in the opening half of play and took a 22-14 lead into the halftime break.

The Wildcats came out strong in the second half and took a 29-26 lead with 12:44 remaining in the game following a three-pointer by Marcus Messersmith.

However, WSC's lead was short lived.

With the game tied at 29-29, Upper Iowa used a key 12-2 scoring run to take a 41-31 lead with just under seven minutes remaining.

From that point on, WSC got no closer than eight points and Upper Iowa held on for the 53-42 win.

The Wildcats hit just 14 of 50 shots on the night for 28 percent. WSC was 3 of 15 from the three point line and made 11 of 18 free throws for 61.1 percent.

The Peacocks hit 17 of 53 shots in the game for 32.1 percent while going 6 of 12 from the three point line

and 13 of 21 at the charity stripe. Upper Iowa held a 40-36 advantage in rebounds and had just nine turnovers to the Wildcats' 11.

Brian Metz led the Wildcats in scoring with 12 points and nine rebounds while Zane Abner and Messersmith finished with six points each.

Dan Bestul had a game-high 14 points to lead Upper Iowa and was followed by Brad Arnold with 10 while Chris Sullivan added a game-high 11 rebounds for the Peacocks.

Preceding Saturday night's loss to Upper Iowa, WSC got the ball rolling in Winona, Minn. where they dropped a 77-68 decision to defending NCAA Division II national champions Winona State.

WSC got off to a quick start, jumping out to a 14-7 lead over the Warriors with 12:31 to play in the first half for their biggest lead of the game.

The Wildcats maintained the lead throughout most of the first half and led 31-30 going into halftime.

The two teams exchanged several leads early in the first half, but Winona State used a scoring surge midway through the second half to take control of the game.

With WSC holding a 48-47 lead with 11:47 remaining in the game, the Warriors went on a 10-0 scoring run over the next 3:10 to take a 57-48 advantage.

WSC got as close as seven points twice, but Winona State maintained the double digit lead and went on to post the 77-68 win.

Metz paced WSC in scoring with 17 points followed by Brent Jack-

man with 12. Abner added 11 points off the bench while senior forward Jonathan Thomas recorded his fifth double-double of the season with 10 points and 10 rebounds.

WSC hit 27 of 51 shots from the field for 52.9 percent while going 3 of 10 from beyond the arc and 11 of 13 (84.6 percent) at the free throw stripe.

Winona State's top scorer was David Johnson with a game-high 20 points.

Joel Armstrong and Curtel Robinson accounted for 13 points each with Josh Korth scoring 10.

Winona State converted on 26 of 59 attempts from the floor for 44 percent while hitting just 7 of 27 shots from the three point line and 18 of 21 (85.7) from the charity stripe.

WSC held a slight 30-29 advantage in rebounds over Winona State, but had 13 turnovers to just eight for the Warriors.

The Wildcats will be at home this weekend, hosting Northern State Friday and the University of Mary Saturday in NSIC games starting at 8 p.m. each night.

Listed below is a box summary for the Wayne State-Upper Iowa and Wayne State-Winona State games.

Wayne State (68)
Jackman 4-9 4-4 12; Metz 7-13 3-5 17; Rudloff 4-7 0-0 9; Thomas 4-10 2-2 10; Abner 5-6 0-0 11; Miller 2-3 2-2 7; Spiker 1-2 0-0 2; Trueblood 0-1 0-0 0; Delano 0-0 0-0 0. Totals 27-51 11-13 68.

Winona State (77)
Armstrong 5-7 3-4 13; Whipple 0-2 0-0 0; Fischer 2-5 2-2 6; Johnson 4-13 11-13 20; Korth 4-10 0-0 10; Welch 0-0 0-0 0; Meyer 0-0 0-0 0; Robinson 5-9 2-2 13; Walburg 2-5 0-0 5; Doedens 1-2 0-0 3; Hintz 3-6 0-0 7. Totals 26-59 18-21 77.

Three-Point Goals—Rudloff, Abner, Miller 1, Korth 2, Johnson, Robinson, Walburg, Doedens, Hintz 1.
Fouled Out—None.
Rebounds—WSC 30 (Thomas 10), WSU 29 (Armstrong 6).
Assists—WSC 14 (Thomas 5), WSU 12 (Fischer 4).
Total Fouls—WSC 18, WSU 14.

Wayne State (42)
Rudloff 1-10 3-4 5; Thomas 1-3 0-0 2; Abner 3-5 0-0 6; Jackman 0-6 2-3 2; Metz 3-7 6-8 12; McGriff 0-3 0-0 0; Miller 2-6 0-3 4; Spiker 1-4 0-0 2; Trueblood 1-2 0-0 3; Messersmith 2-4 0-0 6; Delano 0-0 0-0 0. Totals 14-50 11-18 42.

Upper Iowa (53)
Lesan 2-10 3-6 8; Bestul 5-12 3-5 14; Kramer, A. 0-2 0-0 0; Kramer, N. 2-7 1-1 5; Sullivan 2-6 1-2 5; Arnold 2-5 5-7 10; Lafrenz 0-2 0-0 0; Martin 2-5 0-0 6; Schmitt 0-2 0-0 0; Steffek 2-2 0-0 5. Totals 17-53 13-21 53.

Three-Point Goals—Messersmith 2, Trueblood 1, Martin 2, Steffek, Lesan, Bestul, Arnold 1.
Fouled Out—Abner, Schmitt.
Rebounds—WSC 36 (Thomas, Metz 9), UIU 40 (Sullivan 11).
Assists—WSC 7 (Rudloff, Metz 3), UIU 10 (Sullivan 4).
Total Fouls—WSC 21, UIU 18.

WSU outlasts WSC 74-65

Peacocks no contests for 'Cats in 86-44 win

By Casey Schroeder

Laquisha Cook and Mara Hjelle combined for 47 points as the Wayne State College women's basketball team cruised to an 86-44 win over Upper Iowa on Saturday evening in Fayette, Iowa.

WSC improved to 12-11 overall and 9-7 in the Northern Sun Intercollegiate Conference (NSIC) with the win while Upper Iowa dropped to 5-19 overall and 1-16 in league play.

"We just executed and played well on both ends of the floor," said WSC head coach Chris Kielsmeier. "This was the game I have been looking for all year. We played a complete 40 minute game."

The Peacocks led 3-0 early in the game, but the Wildcats took control of the game from there as Hjelle and Cook scored 12 points apiece in the opening half of play, and WSC took a 40-24 lead into the halftime break.

WSC continued to pour it on in the second half and led by as many as 46 points before settling for the

86-44 win. The Wildcats hit 35 of 68 shots from the field for 51.5 percent while going 4 of 14 from the three point line and 12 of 18 from the charity stripe.

"We just made shots. We have struggled making shots this year, but I know this team can shoot and make plays," Kielsmeier said.

Upper Iowa made 16 of 71 shots from the floor for 22.5 percent while converting on only 5 of 22 attempts from beyond the arc and 7 of 13 from the free throw line.

Cook poured in a game-high 26 points to lead the Wildcats while Hjelle added her second double-double of the season with 21 points and 14 rebounds.

Additional high-scorers for WSC included Alisha Brown with nine points followed by JulieAnn Wagner with seven.

"In this game there was nothing to improve on. That is hard for a coach to say, but that is how I feel," Kielsmeier said.

"We need to continue to get better this week and carry the momentum from Saturday into this weekend. This is a big weekend for our program."

For Upper Iowa, Britney Iredal scored a team-high 19 points in the loss and was followed by Lana Otting with nine points.

Prior to the Wildcats' win over Upper Iowa, WSC opened the weekend in Winona, Minn. where they were edged by Winona State 74-65.

WSC got off to a good start in the game and held a 17-12 lead with 8:15 to play in the first half following a jumper by Cook.

However, Winona State fired back, going on a 24-1 scoring run over the next seven minutes to close out the half in control of a commanding 38-21 lead.

"The Wildcat offense and defense wasn't doing much," Kielsmeier

said. "Defensively we just made some big mistakes and WSU is a really good team that will make you pay for mistakes. Offensively we got good shots, we just didn't make them."

In the second half, WSC cut Winona State's lead to six points on two occasions at 50-44 with 12:25 left and 53-47 with 11:18 to play following an Hjelle three-pointer, but that's as close as the Wildcats would get as Winona State went on to record the 74-65 win.

"I was proud of their effort. They played really hard in the second half and gave us a chance to still win the game despite how we played in the first half," Kielsmeier said.

Hjelle led the Wildcats in scoring with 19 points and was followed by Cook with 13.

WSC shot 41.8 percent from the floor, making 23 of 55 shots. The Wildcats were 4 of 15 from the three point line and 15 of 17 (88 percent) at the free throw stripe.

Kelsey Homewood poured in a game-high 20 points to pace Winona State offensively.

Ana Wurtz contributed 14 points followed by Natalie Gigler and Jenny Steffen with 11 apiece.

The Warriors made 26 of 60 shots from the field for 43.3 percent, while going 10 of 24 from the three point line and 12 of 16 at the free throw stripe.

Winona State won the rebounding battle over WSC 37-32 as Molly Anderson hauled in eight boards to lead the Warriors while Hjelle was credited with seven for the Wildcats.

Both teams had 10 turnovers in the game.

The Wildcats will be at home this weekend, hosting Northern State Friday night and the University of Mary Saturday in NSIC matchups starting at 6 p.m. each night.

Listed below are the box summaries for the Wayne State-Winona State and Wayne State-Upper Iowa games.

Wayne State (65)
Wagner 2-4 0-0 6; Hjelle 7-13 5-5 19; Schwartzwald 3-8 0-0 8; Cook 4-9 5-6 13; Christensen 2-5 3-4 7; Fischbach 2-5 0-0 4; Boss 1-4 2-2 4; Brown 0-2 0-0 0; Duwelius 2-5 0-0 4. Totals 23-55 15-17 65.

Winona State (74)
Majerowicz 1-4 0-0 2; Gigler 4-8 3-4 11; Homewood 7-13 1-1 20; Anderson 2-6 1-2 5; Wurtz 6-14 0-0 14; Steffen 3-7 2-3 11; Bjorke 2-5 2-2 6; McDonald 1-3 3-4 5. Totals 26-60 12-16 74.

Three-Point Goals—Wagner, Schwartzwald 2, Homewood 5, Steffen 3, Wurtz 2.
Fouled Out—None.
Rebounds—WSC 32 (Cook 5), WSU 37 (Anderson 8).
Assists—WSC 9 (Schwartzwald 5), WSU 14 (Anderson 6).
Total Fouls—WSC 16, WSU 18.

Wayne State (86)
Schwartzwald 0-1 0-1 0; Cook 11-18 4-4 26; Christensen 2-7 0-0 4; Wagner 3-7 0-1 7; Hjelle 8-11 5-6 21; Yee 0-2 0-0 0; Fischbach 3-4 0-1 6; Boss 3-6 0-1 6; Brown 3-3 0-0 9; Mims 1-2 1-2 3; Duwelius 1-7 2-2 4. Totals 35-68 12-18 86.

Upper Iowa (44)
Briede 1-9 0-0 2; Arndt 1-6 0-0 3; Otting 3-13 1-3 9; Iredale 8-21 2-4 19; Westgaard 1-11 1-2 3; Fitz 2-9 1-2 6; Banks 0-2 2-2 2. Totals 16-71 7-13 44.

Three-Point Goals—Brown 3, Wagner 1, Otting 2, Arndt, Iredale, Fitz 1.
Fouled Out—Westgaard, Fitz.
Rebounds—WSC 57 (Hjelle 14), UIU 36 (Iredale 10).
Assists—WSC 18 (Cook, Brown, Duwelius 3), UIU 12 (Otting 6).
Total Fouls—WSC 18, UIU 18.

Hjelle earns Nebraska NCAA Division II

Player of the Week honors

Mara Hjelle (pronounced jelly) aging 10.0 points and a team-high 6.8 rebounds per game. Wayne State College is 12-11 overall and 9-7 in the NSIC and hosts Northern State Friday and the University of Mary Saturday at Rice Auditorium in Wayne.

Hjelle, a 6-2 sophomore center from White Bear Lake, Minn., averaged 20 points and 10.5 rebounds per game over the weekend as WSC split Northern Sun Intercollegiate Conference (NSIC) road games at Winona State and Upper Iowa.

She accounted for 19 points and seven boards in Friday's 74-65 loss at Winona State and followed that on Saturday with 21 points and 14 rebounds for her second double-double of the season in a 86-44 win at Upper Iowa.

Hjelle shot 63 percent from the field (15 of 24) and 90 percent (10 of 11) from the free throw line.

In the last three games, Hjelle is averaging 22.5 points and 10 rebounds per game for the Wildcats.

For the season, Hjelle is aver-



Mara Hjelle

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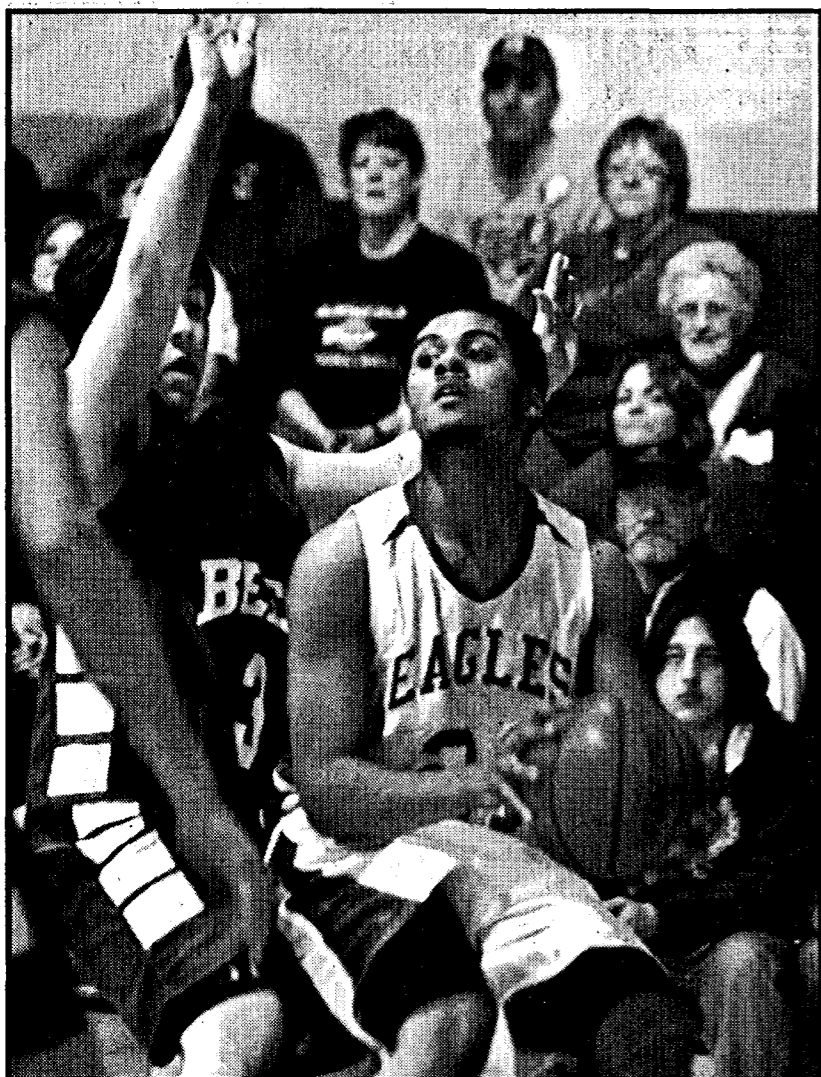
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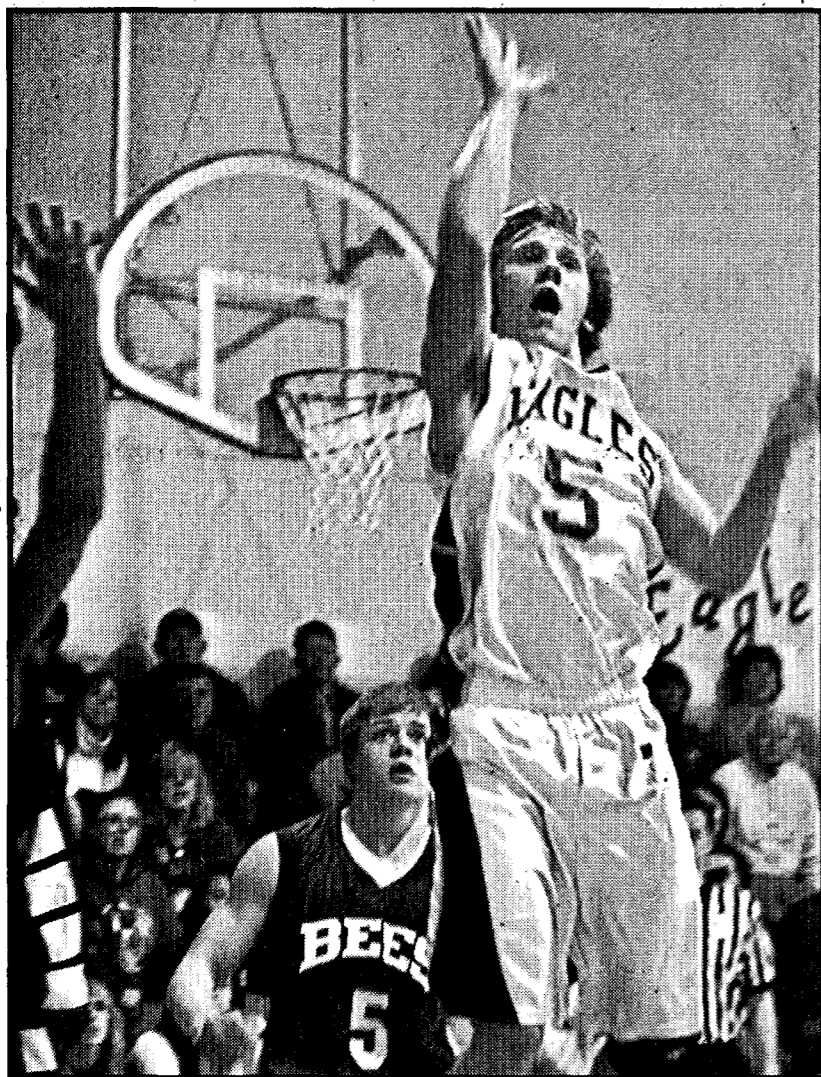
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Soar like an Eagle, sting like a Bee

Allen's Nick Schneider goes up for a jumper during the second half of Thursday night's game against Bloomfield. Schneider played an integral part in the Eagles offense. Also seeing extensive playing time Thursday was A.J. Williams (below) who helped keep the Eagles' defense on track throughout much of the first half.



WSC athletic department to host 'Pink Out Night' on Feb. 25

The WSC athletic department has announced that the Wednesday, Feb. 25 home basketball games against Southwest Minnesota State will be "Pink Out Night" as part of the Women's Basketball Coaches Association's (WBCA) Pink Zone. The WBCA Pink Zone is a nationwide effort to raise awareness about breast cancer. WSC will be giving away 275 free pink t-shirts and 150 pairs of pink Crocs.

All fans present for the tip-off of the women's game at 6 p.m. will be eligible to win an autographed pink basketball and the fan dressed in the most pink will also win a prize. Help be the solution against breast cancer and support the WBCA Pink Zone by attending Pink Out Night at Rice Auditorium on Wednesday, Feb. 25 when WSC hosts Southwest Minnesota State in a Northern Sun Conference basketball doubleheader starting at 6 p.m.

Ashlee Hingst's double-double propels Allen past Bloomfield Eagles stun Bees in overtime 47-43

By Casey Schroeder

The Allen Eagles prepared their nest for an invasion of Bees Friday night in Allen only to come away victorious as they defeated Bloomfield 47-43 in overtime.

With the win Allen improved to 5-14 overall while Bloomfield dropped to 7-13.

In the first quarter of play, both teams struggled offensively as Bloomfield led Allen by only one point at 5-4 going into the second quarter.

"In most games when it goes back and forth like it did in the first quarter, it's because both teams can't miss a shot," said Allen head coach Logan McPhillips. "In our game it was because both teams couldn't make one."

However, after a slow start, offensive production improved for both squads as Bloomfield outscored Allen 16-15 to take a 21-19 lead into the half.

"I switched to a man defense in the second quarter because I felt like they were getting too many open shots in the first quarter and

I figured that they would start making them at some point in the game," McPhillips said.

"I was wrong and switched back to our zone defense after halftime and for the remainder of the game."

With the Eagles trailing 21-19, Allen's defense stepped up and held Bloomfield to six points while also reclaiming the lead at 28-27 following a last second shot by Jamin Cyr.

With only one quarter to play, Bloomfield reclaimed a 37-33 lead with 3:44 remaining in the half, but only for a brief moment as Allen used a 6-0 scoring run to jump out on top 39-37 at the 2:28 mark.

With 1:56 remaining in the half, Bloomfield tied Allen at 39-39 and then proceeded to stall in an apparent attempt to get off a late game winning shot at the buzzer.

However, Bloomfield's final shot attempt failed with just under 10 seconds remaining in the half. Allen then snagged the defensive rebound and called a timeout with five seconds remaining on the clock.

With only five seconds to work with, Allen's last second play



Becca Swetnam drives to the hoop in the second half of the Eagles' eventual 47-43 win over Bloomfield.



Allen's Jamin Cyr finds herself cornered during the first half of Thursday night's game against Bloomfield.

Wakefield Booster's accepting registrations for Youth Tournament

The Wakefield Athletic Booster Club will be hosting the 2009 Youth Basketball Tournament at Wakefield Public Schools on March 27-29.

The number of teams registered will determine days needed for the tournament as each team is guaranteed two games.

Divisions will include grades fourth through sixth for both girls and boys. Entry fee is \$50 for a team of 10 players.

To reserve your spot in the tournament, your roster and entry fee must be received by Friday, Feb. 27. No teams will be entered after March 13.

For more information contact tournament coordinators Lori Nicholson at (402)-369-2963 or by email at lonichols@gmail.com. Shannon Dorcey may also be reached at (402)-369-1582 or by email at shdorcey@yahoo.com.

Other tournament information can be found by going to www.wakefieldschools.org and clicking on the Athletic Booster link for the downloadable PDF for of letter and registration.

All proceeds from the tournament will go towards supporting Wakefield's new track project and youth programs.

Corrections...

In last week's edition of The Wayne Herald, Logan Owens was incorrectly identified as Riley McManus. The Herald apologizes for the error.

In last week's edition of The Wayne Herald, Jacque Sherman was incorrectly identified as Jacque Smith. The Herald apologizes for the error.

stalled forcing Ashlee Hingst to try her luck from well beyond the three point line where she converted, but time had expired.

In overtime, it was all about free throws as Allen's Shannon Sullivan and Hingst went 4 of 4 from the charity stripe while the Eagles went on to outscore the Bees 8-4 and earn the 47-43 win.

The Eagles hit 15 of 43 shots from the floor for 35 percent while going 17 of 26 from the free throw line.

"It's been said that free throws win ball games," McPhillips said. "I doubt it's true in every game, but tonight it was. These girls made some clutch free throws tonight."

Hingst paced Allen in scoring with 18 points and 15 rebounds followed by Cyr with nine.

"I give all the credit to the girls tonight," McPhillips said. "They played with everything they had and they reaped the benefits of it. The girls deserved this win after having a rough season."

Listed below is a box summary for the Bloomfield-Allen game.

Bloomfield-Allen, Stats
BLO 5 16 6 12 4-43OT
ALL 4 15 9 11 8-47OT
Hingst, A. 18, Cyr 9, Stark 8, Sullivan 6, McCarthy 3, Hingst, B. 3.

Sports Scores

Laurel-Concord Boys Basketball
NENAC Tournament
L-C 16 8 10 16-50
WH 13 6 11 15-45
Nelson 4, Saunders 2, Hart 5, Kastrup 10, Schantz 20, Thompson 9.

Laurel-Concord Boys Basketball
NENAC Tournament
L-C 11 11 9 10-41
CRO 15 8 5 14-42
Nelson 5, Saunders 2, Hart 8, Kastrup 11, Schantz 9, Thompson 6.

Laurel-Concord Boys Basketball
NENAC Tournament
L-C 0 5 6 20-31
RAN 8 10 4 11-33
Nelson 1, Hart 2, Kastrup 8, Schantz 13, Thompson 7.

Laurel-Concord Boys Basketball
(Laurel)
W-P 16 22 15 5-58
L-C 11 9 19 16-55
Saunders 8, Hart 12, Kastrup 15, Schantz 15, Thompson 5.

Laurel-Concord Girls Basketball
(Laurel)
W-P 24 10 9 14-57
L-C 27 12 9 22-70
Schroeder 25, Cunningham 15, DeLong 11, Nelson 8, Gubbels, E. 7, Jacobsen 4.

Class C2-7 Girls Sub-Districts
(Wayne)

L-C 22 12 17 4-55
WAK 5 3 9 11-28

DeLong 17, Nelson 14, Schroeder 14, Dahlquist 2, Cunningham 2, Kastrup 2, Gubbels, L. 2, Wolfgram 2.

Lunz 9, Kay 8, Henderson 3, Gardner 2, Berns 2, Cloninger 2, Avila 2.

Wakefield Girls Basketball
(Winnebago)
WAK 11 9 11 13-44
WIN 11 8 17 12-48
Gardner 15, Lunz 11, Henderson 6, Henschke 5, Berns 4, Kay 3.

Wakefield Boys Basketball
(Wakefield)
HAR 6 12 11 13 10-52OT
WAK 11 9 13 9 4-46OT
Nixon 12, Clay 19, Blessing, J. 9, Blessing, Z. 6.

Wayne Girls Basketball
(Wayne)
HCC 7 13 13 22-55
WAY 13 16 14 17-60
Alexander 2, Jarvi 2, Rauner 30, Finkey 2, Hoffart 5, Ruzicka 4, Calhoun 5, Hoskins 10.

Wayne Boys Basketball
(Madison)
WAY 16 11 12 15-54
MAD 12 11 7 11-41
Pieper 4, Brown 4, Zeiss 8, Triggs 4, Poutre 12, Anderson 16, Schaefer 6.

SAFE WINTER DRIVING TIPS

- Clear snow and ice from windows, lights, windshield wipers, the hood, and the roof of your vehicle, before driving. The windshield-washer reserve should be filled with a freeze-resistant cleaning solution.
- When you see plows, stay at least 200 feet behind them.
- Leave room for stopping. Brake early and carefully.
- Don't use cruise control. The short touch of your brakes to deactivate the cruise control can cause you to lose control of your vehicle.
- Pay attention. Look ahead to see what other vehicles are doing. That way you will know about any impending road or weather conditions.
- Watch your speed. Even if your car handles well in snow and ice, other drivers' cars may not. Drive according to the conditions: Don't exceed the speed limit and drive slowly in harsh conditions. Don't try to out-drive bad weather.

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WSC Track and Field Wildcat Open held on Saturday

Listed below are the results from the Wildcat Open that was held on Saturday at the WSC Recreations Center.

Schools competing included the University of South Dakota, Nebraska-Omaha, Mount Marty and WSC.

WSC Women's Results

One Mile Run: Melissa McIntosh, 2nd (5:43.60); Sarah Thomsen, 3rd (5:52.80).
600 Meter Run: Molly Gibson, 3rd (1:44.40); Christina King, 4th (1:48.61).
800 Meter Run: Melissa McIntosh, 1st (2:30.80); Molly Gibson, 3rd (2:35.07); Tatiana DeLosSantos,

4th (2:38.70); Sarah Thomsen, 5th (2:42.75).
55 Meter Hurdles: Jade Lippman, DNP (8.98); Paige Pollard, DNP (9.24).
High Jump: Misty Rystrom, 2nd (5' 4 1/4"); Jade Lippman, 3rd (5' 1/4"); Paige Pollard, 4th (4' 10 1/4").
Long Jump: Brienne Hofstetter, 6th (16' 2 1/4").
Triple Jump: Brienne Hofstetter, 6th (34' 7 3/4").
Shot Put: Casey Buskirk, 4th (42' 1 1/2"); Lachel Milander, 6th (39' 10 3/4").
Weight Throw: Casey Buskirk, 2nd (50' 4"); Lachel Milander, 5th (48' 1 3/4"); Keely O'Neill, 11th (35' 5").

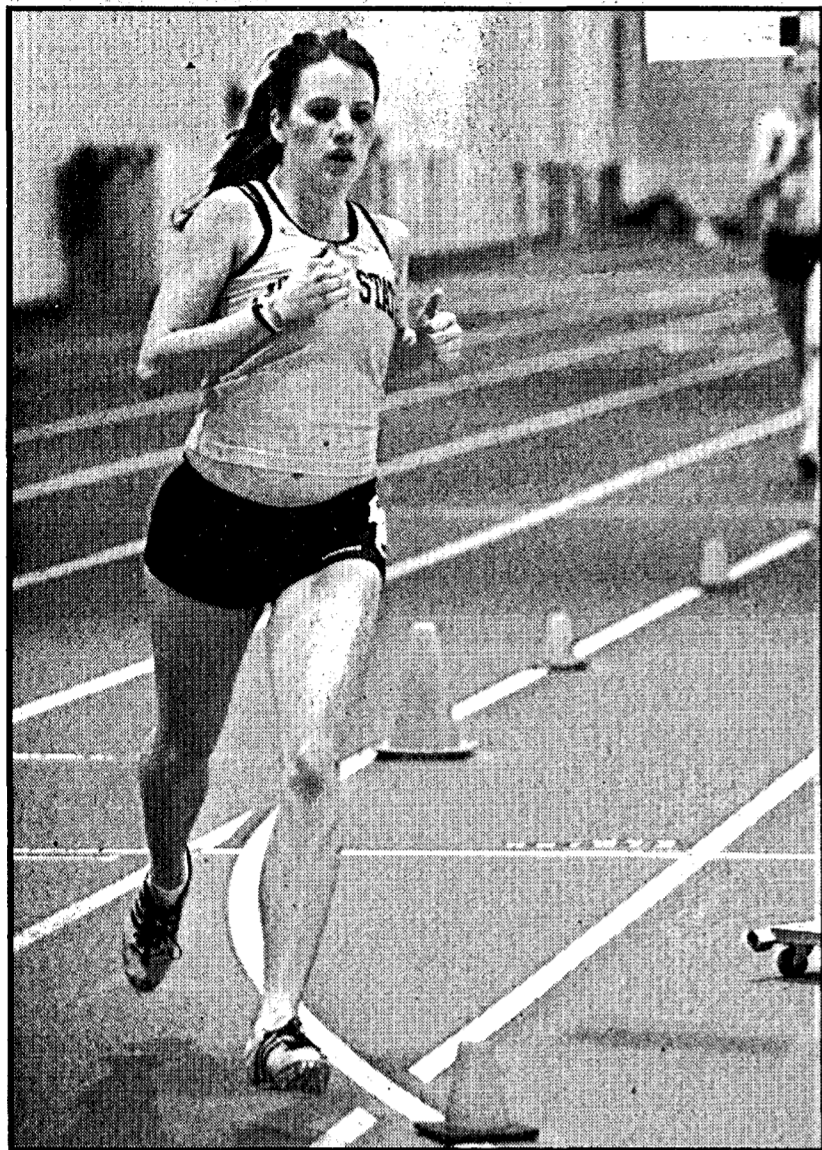
WSC Men's Results

55 Meter Dash: Drew Molacek, 4th (6.72); Rashad Moxley, DNP (7.02); Landon Berg, DNP (7.09).
200 Meter Dash: Mack Baumann, 1st (23.55); Andy Jansen, 3rd (24.13).

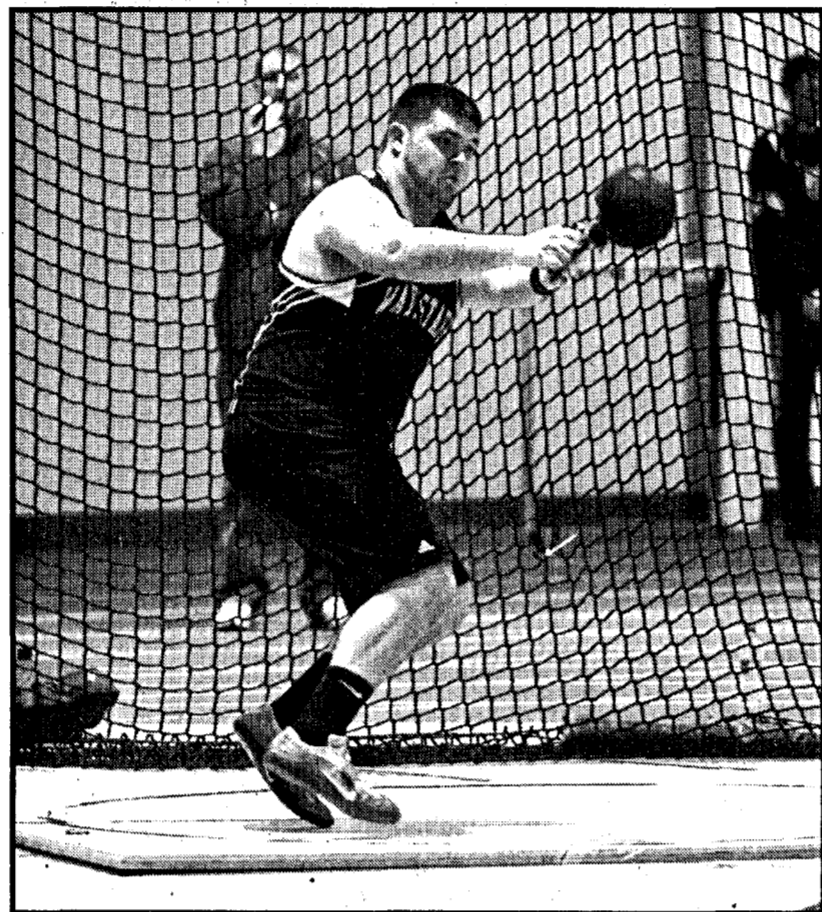
400 Meter Dash: Mack Baumann, 1st (53.04); Andy Jansen, 2nd (53.32); Ben Jansen, 3rd (53.98).
One Mile Run: Cheto Cerda, 1st (4:25.90); Matt Schneider, 2nd (4:32.50); Joe Chebul, 3rd (4:45.80); Lee Anderson, 4th (4:46.30); Nathaniel Bergen, 5th (4:50.80); Jaason Schaaf, 6th (4:53.90).
1,000 Meter Run: Cheto Cerda, 1st (2:40.70); Matt Schneider, 2nd (2:41.60); Nathaniel Bergen, 3rd (2:47.50); Joe Chebul, 5th (2:57.60); Jason Schaaf, 6th (2:57.90); Lee Anderson, 8th (3:01.90).
3,000 Meter Run: Nate Preston, 1st (8:38.89); John Kern, 2nd (9:14.24); Matt Sieler, 3rd (9:23.45).
55 Meter Hurdles: Garrett Flamig, 1st (7.86).
Long Jump: Alex Timperley, T5th (20' 9 3/4"); Travis Toepfer, 9th (20' 1").
Triple Jump: Rashad Moxley, 2nd (45' 9 1/4"); Alex Timperley, 3rd

(44' 1/2"); Travis Toepfer, 4th (42' 5 1/4").
Shot Put: Brad Wright, 3rd (44' 2").

Weight Throw: Jacob Mathieson, 3rd (55' 5"); John Sloup, 4th (53' 3 3/4"); Brad Wright, 6th (46' 3/4"); Kyle O'Neill, 7th (41' 7 3/4").



WSC's Melissa McIntosh on her way to second place in the one mile run at Saturday's Wildcat Open.



WSC thrower Brad Wright prepares to earn his worth in the weight throw. Wright finished in sixth place at 46' 3/4".



Misty Rystrom clears 5' 4 1/4" with ease Saturday afternoon. Rystrom went on to finish second overall.

Pollard and Lippman break school record and place at NSIC indoor pentathlon

Paige Pollard and Jade Lippman of Wayne State College both placed while breaking the school record in the Northern Sun Intercollegiate Conference (NSIC) indoor pentathlon held Sunday in Aberdeen, S.D.

Pollard, a sophomore from Newcastle, scored 3,329 points to place sixth out of 18 competitors while Lippman, a senior from Pierce, finished in seventh place with 3,307 points.

St. Cloud State's Heather Miller won the NSIC indoor pentathlon title by scoring 3,686 points in a stellar field that saw 11 athletes break the NCAA provisional qualifying mark by scoring more than 3,100 points.

Pollard's top finish out of the five events held was second in the 800-meter run with a time of 2:21.91 while Lippman's highest finish was fourth in the high jump with a mark of 5' 3 3/4".

Pollard's point total of 3,329 points topped the previous school record of 3,048 points that was set by Lippman last month at the Minnesota State Open in Mankato.

The following is the individual



Jade Lippman

results of WSC athletes who competed at the NSIC indoor pentathlon.

WSC Women's Results
55 Meter Hurdles: Pollard, 8.87 (800 points); Lippman, 8.80 (816 points).
High Jump: Pollard, 5' 0 1/4" (655 points); Lippman, 5' 3 3/4" (759 points).
Shot Put: Pollard, 29' 8" (467 points); Lippman, 31' 9 1/2" (509 points).
Long Jump: Pollard, 17' 0" (609 points); Lippman, 15' 8 3/4" (503 points).
800 Meter Run: Pollard, 2:21.91 (798 points); Lippman, 2:37.92 (720 points).

Unbeaten season sees Blue Devil seventh graders go 10-0

The Wayne seventh graders tried to make it interesting for awhile, trailing 7-2 early in the first quarter, but caught up taking a 27-9 lead at the half before cruising to a 47-19 win over Hartington Cedar Catholic.

With Saturday's win over Cedar Catholic, Wayne finished the season 10-0 while also going 4-0 in football.

Jalen Barry hit three three-pointers and finished with 15 points to lead the young Blue Devils while Luke Rethwisch added 14 to help the cause.

Prior to the Blue Devils' win over H.C.C., Wayne opened Saturday's tournament action with a 44-11 win over Laurel-Concord.

Ten different players scored with all gaining quality playing time. Rethwisch led the Wayne scoring effort with 14 points while Kaje Maly and Barry added six each.

Members of the undefeated Wayne seventh grade boy's basketball team were Payton Janke, Kaje Maly, Luke Rethwisch, Trevor Pecena, Tyler Schoh, Jared Anderson, Jalen Barry, Jake Lutt, Caleb Christensen, Seth Trenhaile, Matt Schrunk and Austin Keiser.

The Blue Devils were coached by Rich Rethwisch, Mike Barry and Dale Hochstein.

Listed below are box summaries

from the Wayne Tournament.

L-C 2 4 3 2-11
WAY 7 19 3 15-44
 Luke Rethwisch 14, Kaje Maly 6, Jalen Barry 6, Austin Keiser 4, Trevor Pecena 4, Payton Janke 3, Jared Anderson 2, Jake Lutt 2, Matt Schrunk 2, Tyler Schoh 1.
HCC 7 2 8 2-19
WAY 13 13 13 8-47
 Jalen Barry 15, Luke Rethwisch 14, Kaje Maly 4, Trevor Pecena 4, Jared Anderson 4, Matt Schrunk 2, Tyler Schoh 2, Jake Lutt 2.



Paige Pollard

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Sports Scores

Wayne Freshmen Girls (Madison)	Wayne Freshmen Boys South Sioux City Tournament First Round
WAY 25 MAD 7 Burke 2, Harm 3, Fallesen 7, Schramm 2, Centrone 2, Nelson 9.	WAY 17 PIE 38 Rogers 12, Backer 3, Team 2. Second Round WAY 36 HCC 37 Anderson 11, Sinniger 10, Backer 6, Trenhaile 4, Rogers 4, Dunklau 1.
Wayne Freshmen Girls South Sioux City Tournament First Round	Wayne J.V. Boys (Madison)
WAY 9 14 8 5-36 PIE 6 2 0 14-22 Fallesen 12, Harm 3, Fehringer, Cait. 6, Centrone 4, Nelson 8. Second Round WAY 0 7 5 27-39 SSC 12 19 7 7-45 Carroll 6, Davie 2, Harm 3, Fehringer 11, Centrone 10, Nelson 7.	WAY 11 10 19 14-54 MAD 0 13 8 5-26 Nelson 12, Onderstal 11, Dorcey 8, Barry 8, Foote 6, Preston 3, Wren 2, Thomsen 2, Carroll 2.
Wayne Freshmen Boys (Madison)	Wayne J.V. Boys (Wayne)
WAY 34 MAD 21 Sinniger 12, Ganseboom 8, Rogers 5, Anderson 4, Trenhaile 4, Morris 1.	WPCC 10 19 14 10 6-59OT WAY 17 15 11 10 8-61OT Onderstal 17, Barry 16, Thomsen 10, Dorcey 12, Long 2, Foote 2, Bailer 2.

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Bears walking down 'Electric Avenue' in 63-37 win over Warriors

By Casey Schroeder

Ezra Schantz scored a game-high 23 points and brought down a team-high 10 rebounds to guide Laurel-Concord past Neligh-Oakdale, 63-37 Friday night in Laurel.

"The guys played well, they always play with great effort. We played with a great team concept and were able to share the ball and for them to play our style," said Bears head coach Shannon Benson.

"In basketball the team that can get the other to play their style will have the best chance."

Laurel-Concord's style proved to be too much for Neligh-Oakdale from the start as Laurel-Concord led by as many as five points at 7-2 with 5:50 remaining in the first quarter before settling at 17-13 going into the second quarter.

With only four points separating the two teams, Laurel-Concord created some much needed breathing room in the second quarter, outscoring Neligh-Oakdale 17-11 to take a 10 point 34-24 lead into halftime.

From that point on, Laurel-Concord had few problems in securing the win as the Bears outscored the Warriors 29-13 in the second half while going on to record the 63-37 win.

"There are always things that a team can do better. We had some trips down the floor where we didn't take the best shot or play our best defense," Benson said.

"The great teams always find ways to play the right way all the time...and we came out in the third quarter and played well."

The Bears hit 22 of 44 shots from the field for 47.7 percent while going 3 of 10 at the three point line and 12 of 21 at the charity stripe.

"We shot the ball well. But our defense is what really gave us the separation in the game that we needed," Benson said.

"Great effort and teamwork will always give a team a great chance to play well and win the game."

Schantz scored a game-high 23 points in the win while Ross Kastrop added 12 points.

Also scoring for the Bears was Travis Nelson with eight points followed by Johnny Saunders with six.

The Bears had 22 rebounds in the win, thanks largely to 10 by Schantz and other seven by Kastrop.

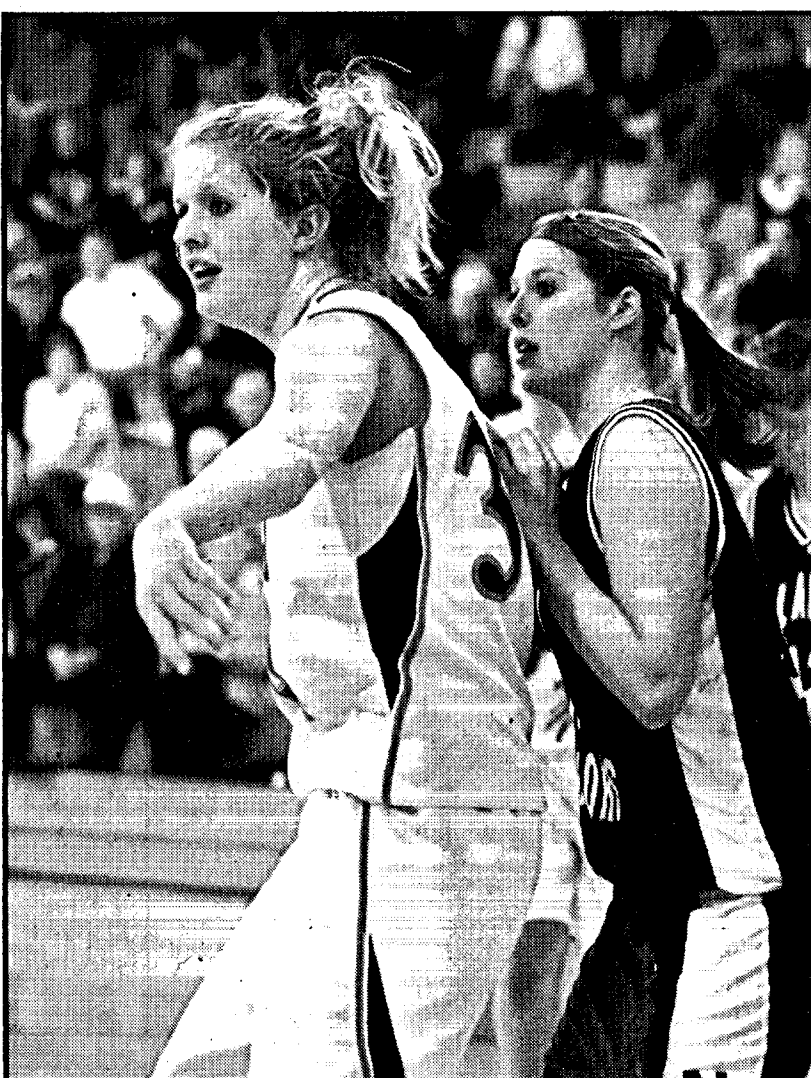
Laurel-Concord will return to action on Tuesday, Feb. 24 when they travel to Wayne for a C2-7 Sub-District game with Hartington Cedar Catholic with tip-off scheduled for 7:30 p.m.

Neligh-Oakdale-Laurel-Concord, Stats

N-O 13 11 2 11-37

L-C 17 17 14 15-63

Nelson 8, Saunders 6, Olesen 2, Pippitt 1, Hart 4, Kastrop 12, Schantz 23, Maxon 2, Pallas 2, Thompson 3.



Laurel-Concord's Taryn Dahlquist seals off a Neligh-Oakdale defender Friday night.

Bears knock Warriors off warpath 71-31 Friday

By Casey Schroeder

The Laurel-Concord girl's basketball team improved to 10-9 overall following their 71-31 win over Neligh-Oakdale on Friday night in Laurel.

Laurel-Concord hit 27 of 56 shots from the floor for 35.5 percent while going 2 of 11 from beyond the arc and 15 of 26 from the free throw line.

The Bears were led in scoring by Bethany DeLong with 20 points while Kari Schroeder added 16.

Additional scorers for Laurel-Concord included Mandy Nelson and Jade Cunningham with 11 points followed by Katie Jacobsen with 10.

Neligh-Oakdale was a dismal 16.4 percent from the floor after hitting just 10 of 61 shots from the

field. The Warriors also hit just 1 of 4 shots from the three point while also going 10 of 15 at the charity stripe.

The Bears held a commanding 52-17 rebounding advantage over the Warriors and were led by Schroeder with 13.

Laurel-Concord will return to action on Thursday, Feb. 19 when they return to Wayne for the second round of C2-7 Sub-District where they will face Hartington Cedar Catholic at 7 p.m.

Neligh-Oakdale-Laurel-Concord, Stats

N-O 10 6 7 8-31

L-C 22 22 17 10-71

DeLong 20, Schroeder 16, Nelson 11, Cunningham 11, Jacobsen 10, Wolfgram 2, Spahr 1.

Tournament Results

Wayne Eighth Grade Boys
Wayne Tournament
First Round

L-C 4 3 2 4-13

WAY 13 6 2 8-29

HCC 6 10 9 4-29

WAY 8 19 2 11-40

W.B.D.A. Wayne Fifth Grade Girls
Wisner-Pilger Tournament
First Round

WAY 26

W-P 3

WAY 30

STA-O 5

WAY 17

STA-B 9

W.B.D.A. Wayne Sixth Grade Girls

WAY 24

DOD 27

W.B.D.A. Seventh Grade Girls
Wisner-Pilger Tournament
First Round

WAY 48

NOR 12

WAY 41

N.C. 28

WAY 26

B-R 22

WAY 32

B-R 21

B-R 9

WAY 30

W.B.D.A. Wayne Sixth Grade Boys
Wisner-Pilger Tournament

WAY 36

B.C. 43

WAY 26

W-P 18

WAY 51

B.C. 41

W.B.D.A. Eighth Grade Girls
Wisner-Pilger Tournament
First Round

WAY 13

NOR 27

WAY 32

B.C. 51

WAY 24

DOD 27

W.B.D.A. Seventh Grade Girls
Wisner-Pilger Tournament
First Round

WAY 48

NOR 12

WAY 41

N.C. 28

WAY 26

B-R 22

WAY 32

B-R 21

Blue Devils break Bluejays' heart 50-46

By Casey Schroeder

Wayne showed no love towards West Point Central Catholic Saturday evening as the Blue Devils edged the Bluejays 50-46 in boy's basketball action played in Wayne.

Wayne improved to 8-12 overall with the win while West Point C.C. dropped to 10-11 on the season.

"This was a big win for us. It allowed our seniors to have a big win in their last home game," said Wayne head coach Rocky Ruhl.

"West Point C.C. has had some quality wins in January and we stepped up and beat a good team."

In the first half, Wayne jumped out to a 16-12 lead going into the second quarter before closing out the half on top 27-23.

Following the intermission break, Wayne erupted for 17 points in the third quarter to take their biggest lead of the night at 44-34.

"The team adjusted well and came out of the half with a 17 point quarter," Ruhl said.

After scoring 17 points, the Blue Devils' momentum ceased in the fourth quarter as West Point C.C. outscored Wayne 12-6 while falling just four points shy of a victory at 50-46.

"We had a nice lead going into the fourth quarter, but didn't shoot well from the line, making the ending close," Ruhl said. "We shot four for ten from the line in the fourth quarter."

"It was a nice win on senior night. We have gained some momentum down the stretch and we are playing closer to a full game."

Wayne hit 18 of 34 shots from the field for 52.9 percent, including 7 of 11 from beyond the arc while going 7 of 14 at the charity stripe.

West Point C.C. finished 17 of 39 from the floor for 43.6 percent, but hit just 7 of 22 shots from the three point line and 5 of 6 from the free throw line.

Wayne was led in scoring by Der-

2009 Women's Adult Volleyball League Forming

The City of Wayne Recreation Department will be sponsoring a Women's Volleyball League open to area adults ages 19 and up.

League play will start on March 4 and will conclude with a league tournament on April 22.

Team fee is \$75 per team (limit of 12 teams) and games will be played on Wednesday nights.

Team captains must register and pay league participation fees with the Recreation Department at the Wayne Community Activity Center by Feb. 25.

Please note that teams will not be allowed to participate until fees are paid. Also, only players listed on the roster are allowed to play (no subs).

Players are responsible for organizing their own team and each team is required to provide two officials per match, with the exception of the year end tournament.

For more information or to pick up a registration form please contact the Wayne Community Activity Center.

Wayne Youth Wrestling begins practicing Monday

The Wayne Youth Wrestling program will begin practicing on Monday, Feb. 23 at the Wayne High School wrestling room.

To sign-up or for more information please contact Brian Loberg at (402)-275-1903.

ek Poutre with 11 points while Justin Anderson added 10.

Jacob Zeiss and Jacob Triggs each scored nine points in the win followed by Ryan Pieper with five.

The Blue Devils held a commanding 29-16 rebounding advantage over the Bluejays, thanks to eight boards by both Triggs and Poutre.

Wayne will return to action on Friday, Feb. 20 when they travel to Pierce for an 8 p.m. game with the Bluejays.

Listed below is a box summary for the West Point C.C.-Wayne game. West Point C.C.-Wayne, Stats WPCC 12 11 11 12-46

WAY 16 11 17 6-50

Pieper 5, Brown 4, Zeiss 9, Triggs 9, Poutre 11, Anderson 10, Schaefer 2.

Indians overthrow Trojans 60-36

Despite Chad Clay's game-high 21 points, the Wakefield Trojans still fell short Friday night as they were defeated by the visiting Ponca Indians 60-36.

And while the score may indicate a blowout, the game, however, remained close throughout much of the first half as Ponca led by only one point at 7-6 going into the second quarter before closing out the half on top of a 24-17 lead.

Following the halftime break, Ponca outscored Wakefield 19-12 in the third quarter before adding another 17 points in the final period to come away with the 60-36 win.

Wakefield was led in scoring by Clay with 21 points, including 6 of 7 shooting from the free throw line and Zach Blessing with nine.

Additional scorers for the Trojans included Tyler Bodlak and Jacob Blessing with three points each.

Wakefield will return to action on Friday, Feb. 20 when they travel to Homer for a 6:30 p.m. contest with the Knights.

Listed below is a box summary of the Ponca-Wakefield game.

Ponca-Wakefield, Stats

PON 7 17 19 17-60

WAK 6 11 12 7-36

Clay 21, Blessing, Z. 9, Bodlak 3, Blessing, J. 3.

Trojans divide and conquer Indians 38-23

By Casey Schroeder

The Wakefield girl's basketball team closed out the regular season in stunning fashion last Friday night as they defeated the visiting Ponca Indians 38-23.

Wakefield improved to 8-11 overall with the win while the Indians dropped to 5-14 on the year.

The Trojans got off to a quick start Friday night as they led Ponca 7-6 going into the second quarter before closing out the half on top of a seven point 18-11 lead.

Following the intermission break, Wakefield took their largest lead of the evening at 34-18 before going on to record the 38-23 win.

Keri Lunn led the Trojan scoring effort with a game-high 12 points and was followed by Carly Gardner with eight.

Also adding baskets for Wakefield were Jenna Henderson with seven points and C.J. Kay with five.

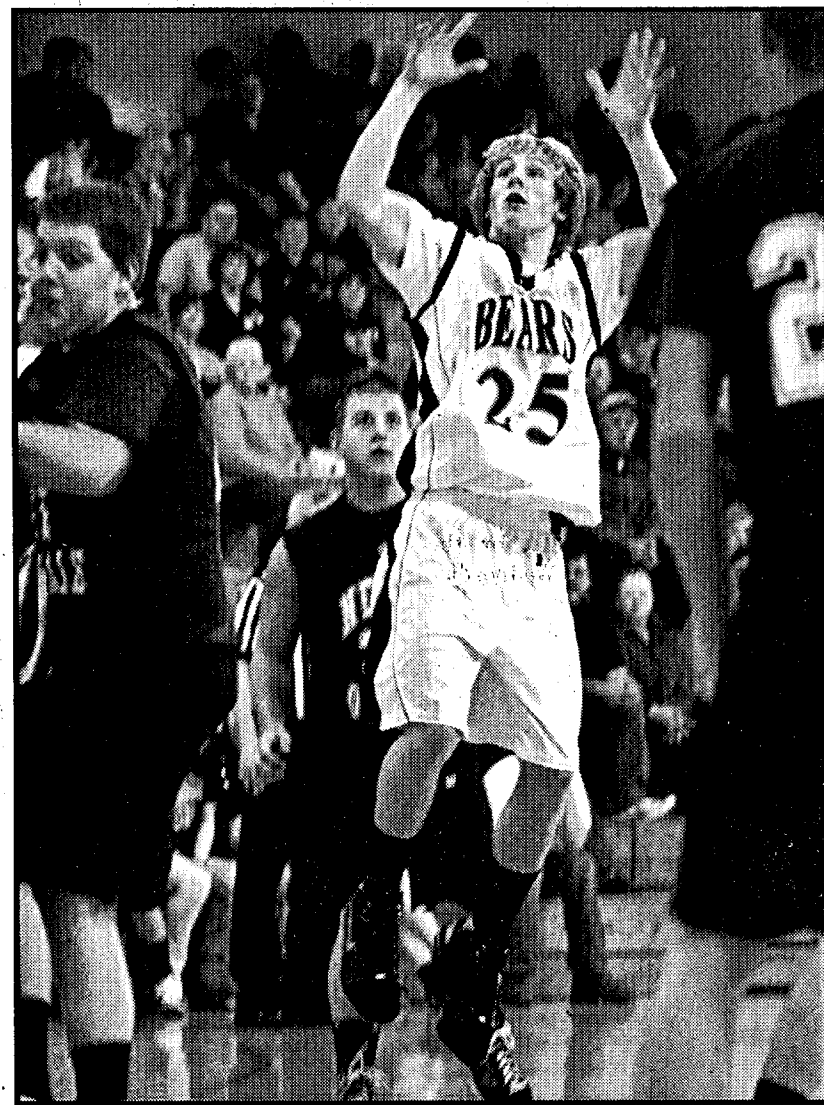
Listed below is a box summary of the Ponca-Wakefield game.

Ponca-Wakefield, Stats

PON 6 5 7 5-23

WAK 7 11 16 4-38

Henderson 7, Gardner 8, Berns 4, Kay 5, Lunn 12, Henschke 2.



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Missy Sullivan
402-287-2998

TOP WINNER

Students in grades five through eighth recently competed at the school level in both the National Geographic Society geography bee and Dixon County spelling bee. All students participated in the first

round where winners were determined to go onto the second round. Vanessa Klug was the top winner in the geography bee and took the written test. It was sent to the National Geographic Society for testing. She will find out in March if she qualified to advance to the state competition in Omaha.

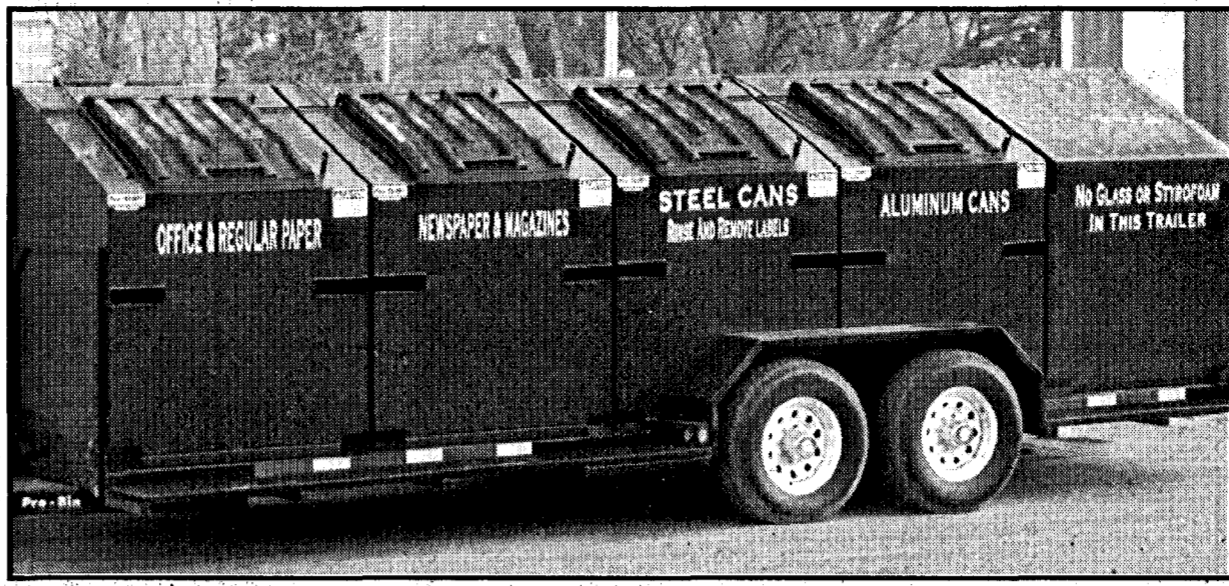
The winners of the spelling bee spelldown were Robyn Levine, Hannah Finnegan, Kelvin Silva, Mickie Murdock, and Cortny Surber. These students participated (or will participate) in the Dixon County Spelling Bee at the Haskell Lab at Concord on Feb. 17.

AWARDED GRANT

The Village of Allen was awarded a grant in the amount of \$16,845.00 from the Nebraska Department of Environmental Quality's Litter Reduction and Recycling Grant Program. Altogether, the state received 93 applications requesting more than \$3.3 million for litter reduction and recycling projects. A total of over \$1,700,000 was awarded to 73 projects throughout Nebraska.

The grant program provides funds annually to Nebraska projects in three areas: public education, cleanup, and recycling. The funds awarded to the Village of Allen through Litter Reduction and Recycling Grant Program funds will be used for a new recycling trailer.

"The grant funded projects pro-



The recycling trailer in Allen is where the old one was, across from the Allen-Waterbury Fire hall.

vide innovative ways to educate the public about litter reduction and recycling and will reduce the amount of material sent to Nebraska's landfills," said Mike Linder Director of NDEQ. The new recycling trailer is located where the old one was parked, across from the Allen-Waterbury Fire hall.

PLEASURE AND PROFIT

The Pleasure and Profit 4-H club met on Jan. 31 in the Allen lunch room. Acting President Christain Madsen called the meeting to order. Pledge of Allegiance and the 4-H Pledge were given. Acting Vice

President Brooklyn Madsen had roll call - name one project you plan to take this year. Treasurer's report was given.

There was no old business. New Business: on Feb. 7, there was a beef weigh in at the Laurel Sale Barn. On Feb. 12, there was a reception for Keith Jarvi.

Becky Madsen volunteered to be the Bucket calf leader. 4-H enrollment dues were due on Feb. 1. Brooklyn Madsen made a motion to change club dues to \$1. Katelyn Madsen seconded the motion. The motion carried. Organizational leader Darlene Roberts served lunch. The next meeting will be Feb. 28 at 9 a.m. in the Allen School lunchroom.

SOUP SUPPER

The First Lutheran Church's annual Soup Supper will be Sunday, Feb. 21 from 5 p.m. until 7:30 p.m. They will be serving Chicken Noodle, Chili and Oyster soup, along with sandwiches, and dessert.

SWEETHEART CORONATION
The 2008-2009 Sweetheart Coronation will be at 7:30 p.m. on Saturday, Feb. 21. The coronation will be followed by the dance at 8 p.m. The public is invited to the coronation as the 2008-2009 King and Queen, along with class attendants will be announced.

ALLEN AUXILIARY NEWS

The Allen Auxiliary met at the Senior Center on Feb. 9 at 7:30 p.m. Members answered roll call "If you could change one thing in the world, what would it be?"

President Megan Kumm opened the business meeting. Jean Morgan reported that they now have 85 members.

A letter was read from the District President, Pat Wiseman. District Convention will be at Carroll on March 21. Please let Carroll know if you are attending by March 10.

Legion has set March 22 for their pancake breakfast. Legion's birthday is next month and we will have a potluck lunch with birthday cake and ice cream.

RASTEDE SCHOLARSHIP

Sophomore and junior undergraduate college students who are graduates of Allen Consolidated Schools are encouraged to apply for the Alvin G. and Anita D. Rastede Scholarship, available through the Allen School Foundation.

In order to apply for this \$2000 scholarship, the following questions must be answered and then sent to the Allen School Foundation, P.O. Box 190, Allen, Neb. 68710-0190 by March 30, 2009. One scholarship will be given and must be used during the 2009-2010 college year for undergraduate studies. The recipient will be notified by April 30 and required (or a representative) to attend the May 16, 2009, graduation ceremony for formal recognition.

Questions to be answered are as follows: 1. What is your college grade classification and GPA? 2. What is your major and/or minor field(s) of study and career goals? 3. In what on-campus activities/work and organizations are you involved? 4. In what off-campus

activities/work and organizations are you involved? 5. How will this scholarship be beneficial to you and why are you deserving of it?

ALLEN UPDATE

The Allen Update newsletter was mailed to 1181 households earlier this week. Approximately 175 letters stay right here in Allen. Other zip codes beginning with 687 received 344 letters. Letters going through the Omaha area post office numbered 284, with remaining letters sent to places further away.

The letter explained the July 3-5 Alumni Weekend activities already scheduled. Several classes are preparing to meet at the Fire Hall Social on Friday evening July 3, and planning to attend the banquet on Saturday, July 4. Two more newsletters will be mailed before July, giving Allen Alumni more information and chances to register for the reunion.

MERCEDES REED

Word was received recently that Mercedes Reed, a teacher at Allen for four years in the early 40's passed away at the age of 99 on Jan. 10, 2009. Ms. Reed taught math and normal training and was the school principal.

COMMUNITY CLUB

Allen Community Club dues of \$25 for an individual, couple or small business, \$35 for a mid-size business, and \$50 for a large business can be paid to Marcia Rastede, 58447 866 Rd, Allen, NE 68710.

ALLEN SENIOR CENTER

Public Hearing Notice for the Allen Senior Center on Wednesday, March 4 at 12:30 pm. It is an opportunity for the community to provide thoughts and ideas, as well as obtain a better understanding of the senior centers and operations.

ANNUAL SALES

The 2008-2009 Annual Sales will run through the month of February. The cost of the annual is \$30 with your name and \$25 without. Contact the school to order an annual.

CEMETERY

Springbank Friends Cemetery has been enclosed with a chain link fence. Anyone interested in giving a donation towards this Perpetual Care Fund, please send donation to Mrs. Wayne Jones or Courtland Roberts in Allen.

SENIOR CENTER

Friday, Feb. 20: Baked chicken, potato salad, peas, pineapple, white cake/frosting, milk.

Monday, Feb. 23: Chili, half cup beans, crackers, grilled cheese sandwich, lettuce salad, apricots, milk.

Tuesday, Feb. 24: Pork chop/sauce, baked potato, dressing, carrots, peach crisp, milk.

Wednesday, Feb. 25: Oven fried chicken, mashed potatoes, corn, pears, bread, milk.

Thursday, Feb. 26: Ham, sweet potatoes, beets, applesauce, bread, and milk.

Friday, Feb. 27: Brunch at 10:30 - Biscuits & Gravy, sausage in gravy, scrambled eggs, fruit cocktail, orange juice, coffee cake and milk.

COMMUNITY BIRTHDAYS

Friday, Feb. 20: Bo Ketelsen, Chase Johnson, Scott Roth, Shirley Woodward.

Saturday, Feb. 21: Mary Klemme, Mercedes Greve, Vandel Rahn, Jennifer Langseth, Josh Malcom, Tina Wilson.

Sunday, Feb. 22: Angela Moore, Drew Diediker, Jeanette Hohenstein, Pat Brentlinger, Scott Blohm.

Monday, Feb. 23: Cindy Kraemer, Marvin Oswald, Michael Walker, Carl and Eileen Hedlund (A).

Tuesday, Feb. 24: Eric Oswald.

Wednesday, Feb. 25: Fred Nyman, John and Janet Noe (A).

Thursday, Feb. 26: Josh Grone, Mick Boyle, Ron and Audrey Clark (A), Mike and Valerie Isom (A).

Friday, Feb. 27: Mary Ann Frerichs, Sharon Boysen, Gary Uehling, Pat and Stephanie Brentlinger (A).

COMMUNITY CALENDAR

Friday, Feb. 20: JVB/VB at Winnebago, 6:15 p.m.; Senior Center - exercise & walking, 9 a.m.

Saturday, Feb. 21: JH girls & boys at Newcastle Tournament, 9 a.m.; Sweetheart Coronation at 7:30 at gym; Sweetheart Dance at 8 p.m.; Senior Center - Coffee & Rolls Fundraiser.

Sunday, Feb. 22: Soup Supper at First Lutheran Church 5 - 7:30 p.m.

Monday, Feb. 23: Senior Center - exercise & walking, 9 a.m.; Boys Sub-Districts first Round, TBA.

Tuesday, Feb. 24: Boys Sub-Districts second Round, TBA.

Wednesday, Feb. 25: Senior Center - exercise & walking, 9 a.m.; First Lutheran Ash Wednesday services in Allen at 7 p.m.; First Lutheran Confirmation.

Thursday, Feb. 26: Boys Sub-Districts Finals.

Friday, Feb. 27: Senior Center - exercise & walking, 9 a.m.; Senior Center Brunch at 10:30 a.m.; Girls District Finals, TBA.



Vanessa Klug was the winner of the Allen Geography bee. She took a written test that was sent to the National Geographic Society for testing. She will find out in March if she qualifies for state competition.

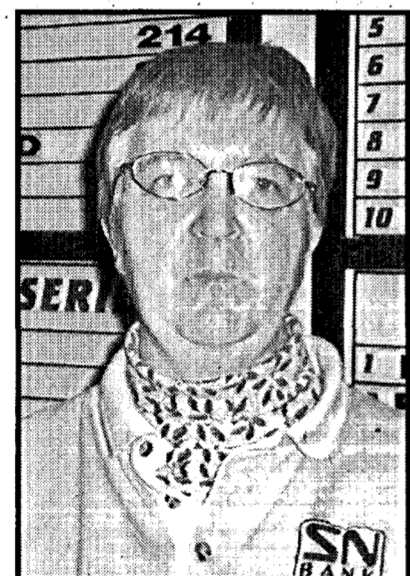


Bowling winners

Recent Wayne USBC Tournament - Women's Division first place prize winners included: Stadium Sports, one entry with a score of 2,674. Doubles: Joni Holdorf and Jeanette Swanson, one entry, with a score of 1,086. Singles: Katherine Ellerton, two entries with a score of 535. All events: Jeanette Swanson, one entry with a score of 1,471. Team members include, left to right, Lisa Lindsay, Deb Moore, Shannon Gibson, Jeanette Swanson and Joni Holdorf.



Jeanette Swanson



Katherine Ellerton

Heritage Museum group met

The Northeast Nebraska Museum Networking Group met Feb. 3 at the Creighton Historical Center and, after touring the museum, reconvened at a local restaurant for lunch and their meeting with 43 members present from the towns of Allen, Creighton, Pierce, Plainview, Royal, Verdigre and Wakefield.

A talk was given by Dorothy Van Brocklin of Creighton on the history of Creighton and how the town was started by the "Bruce Colony" out of Omaha. Roger Sorensen told of the history of the Creighton Historical Center and how it developed into the building it presently occupies. Wheelwright, Marlo Jensen of Royal, shared how he started the business showing some examples of his work and how the business grew, even into surrounding states.

After various announcements of upcoming activities of towns in the surrounding area, the meeting closed. The next meeting will be in May at the Plainview Museum with the date and time to be announced later.

The Northeast Nebraska Resource Conservation & Development (RC&D) Council is a sponsor of this project. The RC&D office is located on east Highway 20, 702 East Park Ave. Call the office at 582-4866 for more information.



Jeanette Swanson and Joni Holdorf

NECC's Winter Concert set for Feb. 22

The Northeast Community College music department will again help chase away the winter blues with a free Winter Concert on Sunday, Feb. 22, at Northeast Community College in Norfolk. The event is scheduled for 2 p.m. in the Cox Activities Center Theater.

Under the direction of department chair and director of vocal music activities, Dr. Linda Boullion, the Northeast Concert Choir, Ebony and Crimson, Women's Ensemble, and Men's Ensemble will perform.

The Northeast College/Community Concert Band will also perform.

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Students honored

Winside Fourth Grade Honor Roll Recipients for the Second Quarter include: front row: Cody Frederick, Connor Elznic, Dalton Montgomery (all A and B); back row: Callie Finn (A honor roll), Isaiah Muhs, and Alex Bargstadt (A and B)



Students recognized

Winside Fifth and Sixth Grade Second Quarter A and B Honor Roll Students: front row: Laura Greunke, Samantha Siebrandt, Mackenzie Gray, and Jami Jaeger; back row: Victoria Doffin, Rayann Wales, Zane Jensen, Sam Wolfe, and Taylor Anson.

NECC college board elects new leadership

The chairperson's gavel was passed and two new members were welcomed at a recent meeting of the Northeast Community College Board of Governors. 2009 Chairperson Nanci Lingenfelter, Plainview, received the gavel from outgoing Board leader Keith Harvey of Creighton. New Board members Dave Fauss, a Norfolk businessman, and John Davies, Pilger, a physician's assistant, were also sworn in during the meeting. Fauss will represent District V (Madison County) and replaces John Winkleblack, Tilden, on the Board of Governors. Davies replaces Marlin Meisinger, Norfolk, in the at-large position on the Board.

Elected to other Board offices were Larry Poessnecker, Atkinson, as vice chairperson and Clarence Schmitt, Wisner, as secretary. Dave Ptak, Northeast general counsel and vice president of human resources, also administered the Oath of Office to Lingenfelter, Harvey, and Schmitt who were re-elected in the November election. Lingenfelter, a semi-retired school teacher who works as a substitute teacher, represents District I of Antelope, Garfield, Pierce, Wayne, and Wheeler Counties and portions of Boone, Cedar and Madison Counties. She has served on the Board since November 2000. Atkinson farmer/rancher Poessnecker has represented District II of Keya Paha, Brown, Rock, Boyd, Holt, and Knox Counties in their entirety and a portion of Cedar County since 1989. He has chaired every Board committee and served as Board chairperson in 1994 and again in 2001. Schmitt, a retired businessman, represents District IV of Stanton, Cuming, Thurston, and Burt Counties and a portion of Madison County. He served as the Board chairperson in 1995 and 2002 and

has chaired every board committee. Schmitt was elected to the Northeast Community College Board of Governors in 1990. In 2007, he was conferred an honorary associate of arts degree at Northeast commencement exercises. He is only the second person to receive such an honorary degree in the history of Northeast Community College or any of its predecessor institutions. Poessnecker and Dr. Don Oelsigle, Tilden, were selected as representatives to the Nebraska Community College Association (NCCA) Board. Also reappointed was Diane Reikofski of Tilden as Recording Secretary. Lynne D. Koski of Norfolk was appointed Board Treasurer. Outgoing Board Chairperson Harvey began his service on the Northeast Board of Governors in September of 2000. He represents District 2 of Boyd, Brown, Holt, Keya Paha, Knox, and Rock Counties in their entirety, and a portion of Cedar County. He served as vice-chair of the Board in 2007, Board secretary in 2006, and has chaired every committee. Harvey was also one of two representatives from the Northeast Board to serve on the Nebraska Community College Association Board of Directors for several years. He is general manager of North Central Public Power District in Creighton.



Winside First Graders Celebrated the 100th Day of School. Front row: McKinzi Edison, Andi Bargstadt, and Mikenzie Schafter; back row: Matthew Frederick, Brody Meis, Alex Carlson, and Eddie Ober.

Winside News

Dana Bargstadt
402-286-4316

HAPPY BIRTHDAY

Winside Public School Kindergarten and first grade classes celebrated President Abraham Lincoln's 200th birthday on Jan. 12.

President Lincoln (Winside junior Kyle Skokan) read Abe Lincoln's Hat to the students. Kyle is the exact height of Abe Lincoln - 6 foot 4 inches tall. He also helped them make their own stovepipe hats. The class decorated cupcakes and placed the number 200 on each

cupcake using licorice and lifesavers. The party concluded with singing Happy Birthday to President Lincoln.

100 DAYS DOWN

On Groundhog Day, Winside first graders celebrated the 100th day of school. After completing several 100 day activities, they donned 100 day crowns and glasses while displaying the 100 day treats they had created.

BEST LISTENER

Winside second quarter PAW (Pride At Winside) best listener trophy was awarded to the fifth grade. This quarter cherry colored lips

were added to the trophy to emphasize the need for good listeners to be silent while listening.

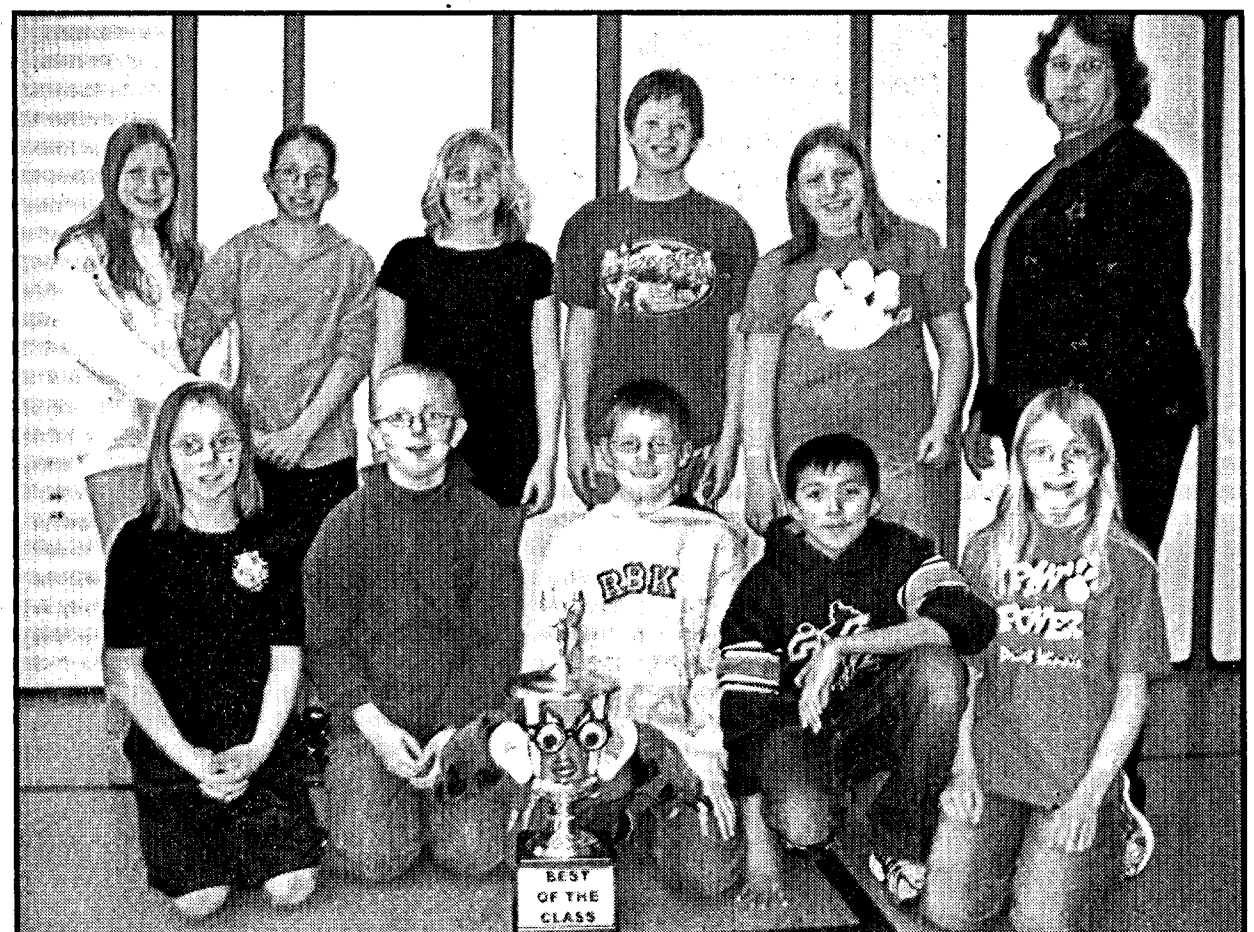
PAPER DRIVE PLANNED

The monthly Boy Scout paper drive in Winside is every third Saturday (weather permitting) starting at 9 a.m. If a scheduled drive isn't held because of weather, it will be held the following month.

A variety of paper items will be picked up and can be placed in brown paper sacks or cardboard boxes by the curb or on the bench by the auditorium in Winside. Anyone with questions can call Joni Jaeger at 402-286-4553.



Winside Kindergartners and First Graders Celebrated President Abraham Lincoln's Birthday President Lincoln (junior Kyle Skokan) joined in the festivities to celebrate his 200th birthday. The students show off their homemade stovepipe hats.



Fifth grade students receiving best listener trophy were, front row: Kelly Tweedy, Taylor Anson, Cody Buckendahl, Marcos Escalera, and Ellie Jaeger; back row: Sophie Milenkovich, Jami Jaeger, Halle Brogren, Marlowe Kampa, Brandi Mann, and teacher Mrs. Susan Mohr.

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Scouts take part in Bobcat ceremony

Cub Scouts honor a long held tradition to help other people at all times. They volunteer at the Wayne Chicken Show, help with flags for Memorial Day and participate in a food drive. There have been numerous other projects throughout the community over the past years.

This past year the scouts took several outings, including the Rendezvous camp in Homer; the District Camp in Stanton, which was an overnight camp, held their own camping experience at Ike's Lake; and the Webelos traveled to Webelo Woods camp for a three day adventure.

These experiences provide a broad background and fun memories for each of the boys. The things they learn and do make for better citizens for the Wayne Community. Cub Scouts work toward advancing in rank. The highest rank in Cub Scouts is the Arrow of Light. As a first grader, the boys start their scouting career as a Tiger, advance to Wolves in second grade, Bears in third grade, and are Webelos for two years (fourth grade and fifth grade).

No matter where each boy enters the program, the first badge earned is the Bobcat badge. To earn this badge, the boys learn the Cub Scout

motto, handshake, sign, salute and cover a learning opportunity about appropriate behavior. Once the Scout has finished his final year of Webelos, he participates in a scarf burning ceremony advancing him to Boy Scouts. The last couple of years have seen a growth in the Pack and new members are always welcome.

"If your son has an interest in scouting, please contact me. I would be happy to introduce you to his potential leader and have him visit with us at a Pack or Den meeting. As with all great programs, we are always looking for volunteers. Whether you have a child in Scouts, or just have a desire to get involved with helping to mold our youth into upstanding young citizens, please consider donating of your time and talents to our program," said Karla Jensen, Cubmaster of Pack 174.

On Feb. 15, the Scouts held the annual Pinewood Derby at Wayne Elementary School.

The will also hold the traditional Blue and Gold Banquet in the Spring, where each boy receives his rank that he has worked the whole year on. Wayne Cub Scout Pack 174, leaders and parents, appreciate all the support shown to the Scouting Program.



Wayne Middle School students recognized included, left to right, Molly Burbach, Bailey Bentjen and Paige Wacker.

December/January Wayne Rotary Student of the Week recognized

Rotary Club Student of the Week for the months of December and January were recognized at a recent Wayne Rotary Club meeting. The honored students were:

Steffan Moore, eighth grade son of Darrell and Deb Moore of Wayne. He was nominated by the seventh/eighth team. Steffan has consistently worked well as an eighth grader. He has strong math skills and works well independently. He gets along well with others and enjoys learning new information.

Paige Wacker, seventh grade daughter of Mark Wacker and Nancy Breikreutz of Wayne. She was nominated by the seventh/eighth team. Paige is knowledgeable with her skills and is not afraid to ask questions when she is unsure of something. Paige works well independently and is helpful to her classmates.

Bailey Bentjen, seventh grade

daughter of Mike Bentjen of Gretna and Kim Bentjen of Wayne. She was nominated by the seventh/eighth team. As a seventh grader, she is well-prepared for her classes. She is organized and helpful to her peers and has consistently worked to her potential. Bailey is a good role model to all of her classmates.

Molly Burbach, seventh grade daughter of Dean and Suzanne Burbach of Carroll. Nominated by the seventh/eighth team, Molly works well independently as well as helps her peers in group work situations. She is consistently friendly and keeps her work organized.

Miriam Casillas, seventh grade daughter of Emerio and Gillermina of Wayne. She was nominated by the seventh/eighth team. Miriam is kind to others, respects adults and wants to do well. She is always willing to come in after school to get extra help.

David Bristow is next visiting writer at Northeast

David Bristow, associate director for research and publications at the Nebraska State Historical Society, is the next presenter in the Visiting Writers Series at Northeast Community College, Norfolk.

He will read his works on Wednesday, Feb. 25, at 7 p.m. in the Hawks' Landing in the upper level of the Student Center.

Also editor of Nebraska History magazine, he is the author of A Dirty, Wicked Town: Tales of 19th Century Omaha (Caxton Press, 2000), and of a forthcoming book for young adult readers, The Sky Sailors: True Stories of the Balloon Era (Farrar, Straus, and Giroux). He also wrote the text for a book of photography, Marking Time: Nebraska's Historic Places

(Nebraska Life Publishing).

Bristow is a former managing editor of Nebraska Life Magazine. As a writer, he has won awards from the International Regional Magazine Association and the Omaha Press Club. He was among the historians and authors featured on "Omaha's First Families," a documentary film by Nebraska Educational Television.

He and his wife, Danette, live in Lincoln. Her reading, and all readings in the Visiting Writers Series sponsored by the Northeast Community College English Department, are free and open to the public. For more information, contact Neil Harrison at (402)844-7348.

State Wrestling brings traffic safety reminders

The Nebraska State Patrol reminds motorists to obey the posted speed limits as they head to Omaha, for the state high school wrestling tournament. The 2009 Nebraska School Activities Association (NSAA) Wrestling Championships run Thursday-Saturday, Feb. 19-21 at the Qwest Center in Omaha. Beginning Feb. 19, troopers will

focus on several high traffic areas along Interstate-80, in an effort to reduce crashes.

"The state wrestling tournament is an exciting time in the metro," said Lt. Brenda Konfrst, Troop A-Omaha. "Along with the excitement, the tournament generates an increase in traffic. We want everyone visiting our city, to reach their destination safely.

Motorists are encouraged to give themselves plenty of time to reach their intended destination, obey the posted speed limit, always buckle up and never drink and drive. Drivers are urged to use caution and remember fines double for speeding in construction zones.

Keep up to date on the latest weather and travel conditions by utilizing 511, the state's automated road and weather condition information system. By dialing 511 from any landline or cellular phone, motorists will be able to gauge how the weather is affecting travel conditions. The system can be accessed via the internet, through the Nebraska State Patrol web site at <http://www.nsp.state.ne.us> click on "511 Traveler Information" in the Quick Links box.

Travelers who experience a roadside emergency should call the Nebraska State Patrol Highway Helpline at 1-800-525-5555 or *55 on their cellular phone.



Wayne State College STRIDE students earning recognition for their academic achievement included, front row, left to right, Lauren Terveen, Josh York, Kelsey Witte and Leanne Lill. Middle row: Amanda Powell, Travis Schemmel, Trenton Brichacek, Seth Johnson and Erica Brenner. Back row: Carl Tiller, Katrina Leader, Zach Kalina, Andre Armstrong, Brandon Gunnink, Haley Hanson, Justin Holub and Ryan Janke.

Wayne State STRIDE Program honors freshmen

The Students Taking Responsibility in Development and Education (STRIDE) Program at Wayne State College held "Freshmen Convocation" on Jan. 30 to honor the current freshman class.

STRIDE is a federally funded TRIO program through the U.S. Department of Education designed to offer student support services at WSC.

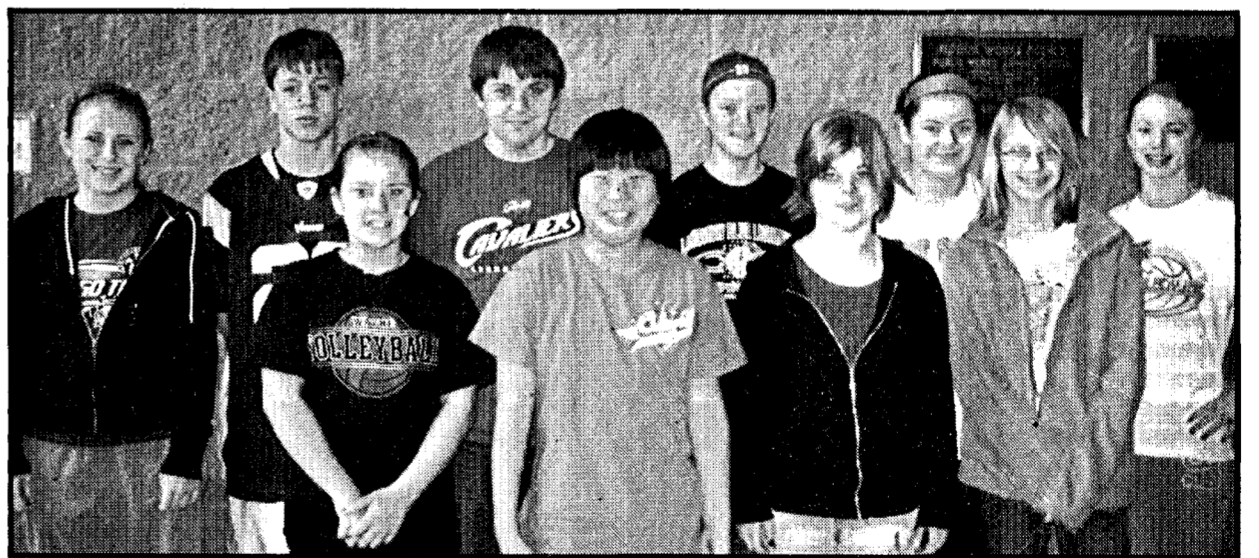
The program serves 60 freshmen and honored 33 of those students for their outstanding academic achievements in their first semester of college. Twenty freshmen signed the STRIDE Freshman Honor Roll book and received framed certificates.

Those in attendance who were recognized for their achievement included: Carl Tiller, Norfolk; Katrina Leader, Norfolk; Zach Kalina, Elkhorn; Andre Armstrong, Norfolk; Brandon Gunnink, Leota, Minn.; Haley Hanson, Scotia; Justin Holub, Dodge; Ryan Janke, Winside; Amanda Powell, Tilden; Travis Schemmel, Sioux City, Iowa; Trenton Brichacek, Pender; Seth Johnson, Gothenburg; Erica Brenner, Wayne; Lauren Terveen, Bennington; Josh York, York; Kelsey Witte, Valentine; and Leanne Lill, LeMars, Iowa.

Thirteen freshmen also received Honorable Mention Certificates for their grade point averages during their first semester. Those students

in attendance who were honored: Maya Bowers, Springfield; Ashley Byers, David City; Sierra Depledge, Hartington; Kenia Herrera, South Sioux City; and Katie Wimmer, O'Neill.

The convocation featured speaker was Greg VanderWeil, assistant professor of technology and applied science. The event student speaker was Tamara Nash, a STRIDE peer mentor and tutor from Sioux City, Iowa. Curt Frye, Vice President of Student Life and Dean of Students; Dr. Jeff Carstens, Associate Dean of Student Life; members of the STRIDE program staff; and STRIDE Peer Mentors attended the convocation ceremony.



Top spellers

The annual Spelling Bee was conducted recently at Wayne Middle School. Finalists included, front row, left to right, Morgan Carson, Jackson Blankenau, Kayla Foran and Madison Frevert. Back row, Hannah Gamble, Jalen Barry, Ramsey Jorgensen, McKenzie Rusk, Skyler Gamble and Emma Loberg. Not present was Hannah Kenny,

Hannah Gamble, left, and Morgan Carson, were the top spellers in the recent Wayne Middle School Spelling Bee. The two will now move on to county competition.

Living Resourcefully

Celebrating 'America Saves'

By Sandy Preston, Extension Educator

help, almost anyone can reduce their debts and start to accumulate wealth.

All over America people just like you are proving that you don't have to be rich to build wealth. As members of America Saves, they are paying off their debts, and saving to reach their financial goals. Part of living resourcefully is paying off debt and building savings.

Over 100 national groups are participating in America Saves Week, Feb. 22-March 1, 2009, in addition to hundreds of local organizations.

Saving Strategies Building wealth starts when you set a goal and make a plan to reach that goal. Whatever goal you choose - whether it's buying a car, buying a house, or getting out from under your debts - learn about savings strategies and get simple tips on the best ways to save.

Roughly one in six Savers has selected paying off consumer debts as their wealth-building goal. That does not come as a surprise since, along with modest incomes, large consumer debts are the most important financial reason that people have trouble saving and building wealth.

The good news is that there is hope. With planning, discipline, patience, and maybe some outside

How to reduce your debts The first step in getting out of debt is to stop borrowing. To do that, you have to stop spending more than you earn. So, make a budget and cut out any expenses you can. It may help to cut up your credit cards or lock them away in a safe place.

While you are making a budget, figure out the most you can afford to pay each month to reduce your debts, then make those payments without fail. If you have debts on more than one credit card, either pay off the card with the highest interest rate first and work your way down to the card with the lowest rate, or pay off the smallest loan first and work your way up to the largest. Once you've paid off your debts, don't give in to the temptation to start over-spending again. Instead, take the money you were paying each month on your debts and begin to save it. That will give you a financial cushion the next time an emergency strikes.

More information is available on the America Saves Website and you can be part of America Saves by going to the enrolling. The website is located at: www.americasaves.org

Hosting third annual Trivia Event Fundraiser

Teams are forming for the third annual Trivia Event Fundraiser Sunday, Feb. 22 for the Corps of Discovery Welcome Center. The event will be held at the Crofton City Auditorium 2 p.m. Joe Janssen Insurance will be co-hosting this year's fund raiser, with all proceeds going toward the support of the center.

The Corps of Discovery Welcome Center volunteers greet over 22,000 visitors annually from across the nation with the finest Nebraska and South Dakota hospitality in the area. They share with visitor's local and regional events, recreational attractions, member services, and exclusive Nebraska and South Dakota artisan products in the gift shop and gallery. Visitors enjoy learning historical information about the Missouri Valley, Chief Standing Bear, Lewis and Clark Expedition, and the Pan American Highway 81. Many visitors hike the 1.5 mile primitive Birding Nature trail that features various prairie grassland plants, terrain and wildlife habitat as well as geo caching.

Team registrations are being accepted with the opportunity to compete for bragging rights and prizes. Special prizes will be drawn for businesses sponsoring teams, spectators along with a prize for the team with the most fans. Banners and applause welcome, noise makers and whistling banned. Refreshments will be available.

The contest will consist of 10 rounds of 10 questions from a mixed category, up to twenty - 5 member teams, \$100.00 cost per team. Debate teams, 4-H groups, FFA groups, college students, individuals you still have a chance to participate, see below for Sponsors in need of members.

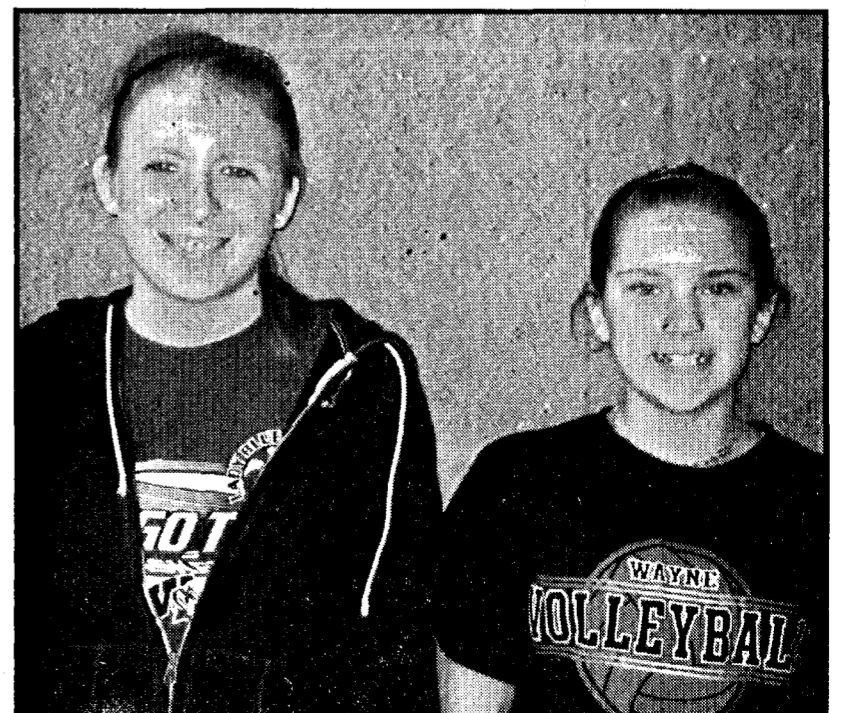
Returning teams committed for trivia challenge include: Crofton Journal - Crofton Journal (2x) returning first place winners; Joe Janssen Insurance - Joe Janssen Insurance returning third place winners; Cedar County Shop returning team (with the most spirit).

Returning sponsoring team that needs members: Groups and individuals here's your opportunity to join a team and have fun. Outdoorsmen Adventurers - Outdoorsmen Production returning sponsor. To sign up for a team or register your teams please EMAIL cwcc@byelectric.com or call Rhonda 402-667-6557 or 402-640-8652 by Feb. 20. For specifics on the events rules please contact Joe Janssen 402-388-4772. Final sign on date will be 12 noon Friday, Feb. 20. Snow date April 5 spectators welcome.

If you would like to become a part of this event or find out how you can support this vital organization in promoting economic enhancement in southeast South Dakota and northeast Nebraska please contact Rhonda Kneiff, Director 402-667-6557 or 402-640-8652.



Wayne State College STRIDE students earning honorable mention for academic achievement included Katie Wimmer, Kenia Herrera, Sierra Depledge, Ashley Byers and Maya Bowers.





Lisa Scholl

Granddaughter graduates

Lisa Scholl graduated from Belmont University in Nashville, Tenn. in December of 2008 with a Master's Degree in Nursing.

Lisa is the daughter of Ann and Steve Scholl of Sgt. Bluff, Iowa and granddaughter of Ernie and Lyla Swanson of Wayne.

She is now working as a Nurse Practitioner at Tennessee Oncology in the Drug Development Unit, seeing patients who have or are on clinical trial chemotherapy agents.

NECC plans class

Northeast Community College in South Sioux City is the site of a one-day workshop for non-profit organizations, government agencies, and community programs.

The workshop, Organizational Sustainability, with course number FINP 0102-17S, meets Friday, Feb. 27, from 9 a.m.-3 p.m. in Room 113 of the South Sioux City Education Center at 3309 Daniels Lane in the Westside Business Park. Kathy Bruyere is the instructor of this class with a cost of \$30.

This class is essential for directors, program managers and coordinators, fundraising staff, volunteers, and board members.

Bruyere's presentation addresses the challenges that non-profit organizations, government agencies, and community programs face in sustaining their operations in a highly-competitive environment.

She will also review organizational readiness, marketing, collaboration, volunteer development, diverse funding, and performance accountability.

To register, call (402)241-6400.

2009 Nebraska Young Artist awards announced

The Hixson-Lied College of Fine and Performing Arts at the University of Nebraska-Lincoln has announced the winners of the 12th annual Nebraska Young Artist awards.

Sixty-one students from more than 35 high schools across the state have been selected to participate in the special day of activities April 2 at UNL. The awards annually recognize 11th-grade students who are gifted and talented in the areas of visual art, dance, music and theater. These students exemplify the pinnacles of creativity in one of the fine and performing arts.

Local students selected to be part of the event include Brianna Johnson of Laurel-Concord, visual art and Dominique Gowler of Winside, music.

Insurance classes are set at NECC

Two, one-session courses for insurance professionals are scheduled at the Northeast Community College Education Center in South Sioux City on Friday, Feb. 20.

What Did You Say? Ethics in Insurance, (ID #00076227 in Iowa and #SA 15101 in Nebraska), and Northeast course number INS 0300-01S, meets from 9 a.m.-noon in Room 113 of the South Sioux City Education Center at 3309 Daniels Lane in the Westside Business Park. Larry Silacek is the instructor.

This session will explore the importance of ethics in our society today and the need for good communication. The class will look at different cases and the need for better communication with clients and agents. Three continuing education hours will be awarded P & C.

A second session, Farm Liability Insurance (ID #SA 15100 in Nebraska) and Northeast course number INS 0300-02S, meets the same day, Friday, Feb. 20 from 1-4 p.m. in the same location.

In this class, Instructor Silacek will lead a discussion of the exclusions in an ISO Farm Liability Coverage Form Policy. Discussion will review when and to whom medical payments apply and exclusions of medical payments. Three hours of continuing education hours will be awarded P & C.

Cost of each session is \$35. To register for either or both classes, call (402)241-6400.

and submitted an example of their work. Applications were received from more than 135 students across the state. Fine and performing arts faculty chose the award winners.

Honored students will take tours of the arts facilities, attend classes, and meet faculty and college students. Their parents will also be invited, and they will also take tours and receive information on careers in the arts and college curriculum.

Students selected to participate in the Nebraska Young Artist Awards will also be asked to nominate the teacher who provided them with the greatest amount of mentoring and support in the development of their special talents.

The day will conclude with an awards ceremony in the Sheldon Museum of Art auditorium at 3:30 p.m. Students will receive a certificate, as well as a very special original piece of artwork commissioned for this event and created by a Department of Art and Art History printmaking student.

Dean's List announced at University of Nebraska-Kearney

The University of Nebraska at Kearney has announced the names of students who have earned a place on the Deans' List for the fall semester.

To earn a place on the Deans' List, university students must complete 12 credit hours, or more, with a 3.5 or better overall average. At least 12 of the hours must be for quality points, i.e., 4.0 for an "A," 3.0 for a "B" and 2.0 for a "C." Courses taken on a credit/no credit basis do not earn quality points, and thus, cannot be included among the necessary 12 credit hours.

Students who earned a 4.0 (all "A's") average are noted by an asterisk after their names. In recognition of their academic achievements, Deans' List students will receive a certificate from their respective deans.

Local students earning a place on the Dean's List include Michaela Staub* of Carroll, Rebecca Hoensing* of Laurel, Stephanie Klein of Wakefield and Benjamin Allemann, Kaitlyn Centrene*, Josh Fink, Jesse Hill, Michelle Jarvi, Wade Jarvi*, Sarah Jensen, Jessica Kranz*, Regan Ruhl, Reggie Ruhl and Nathan Summerfield, all of Wayne.



Valentines Kings and Queens

The annual crowning of the Valentines King and Queen took place on Feb. 13 at Premier Estates. Royalty was crowned for both the Assisted Living portion of the facility and the Nursing Home portion. This year's royalty includes, left to right, Joyce Kirkland, Assisted Living; Lucy Schnoor, Nursing Home; Richard Baier, Nursing Home and Louie Jensen, Assisted Living.

Digital photo editing for seniors class planned by NECC

Seniors new to digital photography can learn how to enhance their photos in a two-session class being offered by Northeast Community College in South Sioux City.

The class, Digital Photo Editing for Seniors, with course number DP 0306-05S, meets Fridays, Feb. 20 and 27 from 2-5 p.m. at the South Sioux City Education Center, Room 109, at 3309 Daniels Lane in the Westside Business Park.

Instructor JoAnn McKenzie will

teach students to transfer their photos from a digital camera or a photo CD to a personal computer. She will also teach participants how to use a flash drive and make a CD. She will also review how to organize, edit, and save photos using the Photobucket website.

Participants will also be taught how to upload photos and send them to retailers for printing. Review of commercial printing and printing on a home printer will also

be reviewed.

Students should be comfortable with operating the computer keyboard and mouse before registering for this two-session class with a cost of \$35. They should bring their digital camera, camera manual, card with photos, and cable to download photos from the camera to the computer to class.

To register, call Northeast Community College in South Sioux City at (402)241-6400.



The Wayne Boys Bowling Teams accepts checks from the Consolidated Veterans organizations last week.

Veterans provide support for bowlers

Members of the Wayne Consolidated Veterans organizations and their auxiliary recently presented checks totaling \$300 to members of the Wayne bowling teams who took part in the Nebraska State High School Bowling Tournament.

Involved in the presentation were Bob Woehler, DAV Commander, Tom Doorlag, AmVets Commander, Bud Neel, AmVets member, Layne

Beza, AmVets Adjutant Commander and Jim Granquist, Sons of the American Legion Commander. Not present were Curt Brudigam, VFW Commander and Jeannie Lutt, AmVets Auxiliary President.

The contribution was made to assist with the costs associated with the teams traveling to Lincoln for state competition.

Members of the Wayne Boys Bowling Team include Michael

Denkfau, Jeremy Loberg, Dawson Olmes, Trevor Beza, Josh Doorlag, Joey Muren and Paul Karch.

They are coached by Dusty Baker.

Members of the Girls Bowling Team include Jamie Belt, McKenzie Sommerfeld, Michaela Belt, Amanda Kudrna and Burgandy Roberts.

The girls are coached by Mike Varley.



Winside Choir students selected to be a part of the UNK Honor choir were, left to right, Hope Voss, Kyle Mundil, Morgan Quinn and Chelsey Milkenvich.

Winside students participate in honor clinic

A number of Winside Band and Choir students were selected to participate in the University of Nebraska-Kearney (UNK) Honor Band and Choral Clinic that was

held Jan. 26 at the University of Kearney.

Students had to audition for the selection and were picked out of over 1,000 members to participate.

Students spent the day practicing and then performed for a concert that was held that night.

The Honor Band clinician was Neal Schnoor.

The Women's Choir was directed by David Bauer and the Honor Choir was directed by Z. Randall Stroope.

Band students are under the direction of Kathy Hansen and the Choir members are under the direction of Lenelle Quinn.



Winside Band members chosen to be a part of the UNK Honor Band were, front row, left to right, Shelby Meyer and Betty Jean Cushing. Back row, Dominique Gowler and Caroline Burris.



Members of the Wayne Girls Bowling Team pose with members of the Consolidated Veterans organizations prior to last weekend's state bowling tournament.

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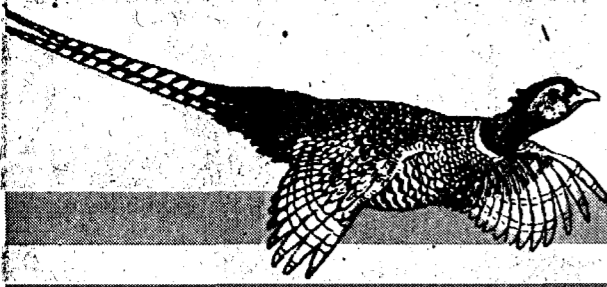
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Looking Ahead in Wayne

By Lowell Johnson, City Administrator

Next Regular City Council Meeting: March 3rd at 5:30pm in the council room.

City Audit Report Numbers From Last Year:

Cost of City Operations per Capita Population of the City:	Wayne	Average of Similar Cities
\$ Cost /Person		
Administration	\$26	\$25
Public Buildings	\$24	\$25
Recreation	\$55	\$45
Library	\$35	\$35
Public Works	\$59	\$200
Police	\$157	\$160

Capital Projects Budget: The schedule of the budget process for next year will begin with a new proposed 10 year capital project budget allocating some of the recently approved sales tax funds approved by the voters last November.

"What Would You Attempt To Do If You Knew You Could Not Fail?"
Author Unknown

Questions or comments? Call Lowell Johnson, City Administrator at 375-1733 or email me at cityadmin@cityofwayne.org.

Weekly Legislative Update

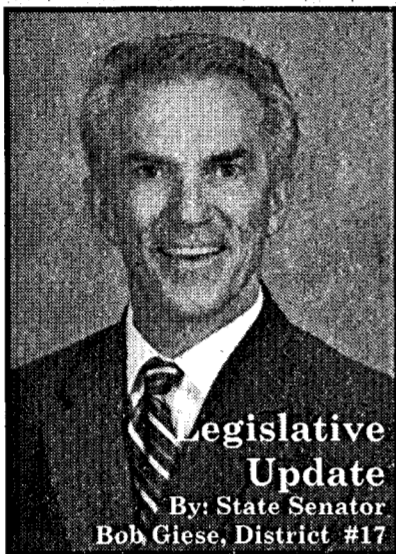
Greetings from the Unicameral! After several busy weeks, things are starting to slow down, relatively speaking. All but a handful of my bills have had a public hearing, and before too long the Legislature will be holding all-day floor debates. LB 544, which I am sponsoring, was heard before the Government, Military & Veterans Affairs Committee last week.

The bill would require the Secretary of State's office to publish a uniform statewide election guide for election workers at the precinct level. While the Secretary of State currently publishes a variety of resources to our local election officials, many neighboring states, including South Dakota and Iowa, have some form of uniform guide available online.

LB 544 would provide our county clerks and election commissioners with a valuable tool for training poll workers, and ensure Nebraska voters that their elections are being conducted in a fair and efficient manner.

On the floor this week, the Legislature will resume debate on LB 53, submitted by Senator Fischer. Under the bill, the charter territory of the Nebraska Public Power District (NPPD) would be amended to more fairly represent Nebraskans who rely on the district for their electricity.

Currently, the city of Lincoln has two members on the NPPD board of directors, despite the fact



Legislative Update
By: State Senator Bob Giese, District #17

that Lincoln receives less than one-third of their electricity from NPPD. Under LB 53, areas where NPPD provides retail and wholesale electric service would remain a part of the district's charter territory, as would cities that purchase at least 50% of their power from NPPD. I am proud to support LB 53, which would greatly increase Northeast Nebraska's influence on the NPPD board.

As always, I would encourage you to contact me if you have any questions or simply have an opinion on legislation before the Unicameral. Feel free to call my office at (402) 471-2716, send me an e-mail at bgiese@leg.ne.gov, or stop by in person any time you're in Lincoln.



Scout support

Mark Hanson, right, co-president of the Wayne Kiwanis Club, presents a check to Mark Klassen, Scoutmaster of Boy Scout Troop #174. The Wayne Kiwanis Club annually provides monetary support to the scouts. The money is used for various scouting activities throughout the year.

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.

The Wayne Herald editorial staff writes all headlines.

Capitol View

Who should pay water bill?

By Ed Howard

Statehouse Correspondent
The Nebraska Press Association

Hope for the best, plan for the worst.

The Legislature and Gov. Dave Heineman are looking at some worse-case scenarios involving a couple of budget issues.

Note: When you read "budget issues," think "My money!"

The state Supreme Court recently struck down a law that allowed three natural resources districts in southwest Nebraska to levy special property taxes. The local tax revenues were to help the state comply with a decades-old water compact with Kansas and Colorado, involving flows from the Republican River.

Note it was state government which entered the compact. Local irrigators used more water over the years than Nebraska was entitled to under the compact approved by - state government. One could argue that it was the state's job to make sure Nebraska irrigators didn't filch water that belonged to Kansas.

The Legislature passed a law in 2007 which gave the Upper, Middle and Lower Republican natural resources districts authority to collect the additional property taxes, and use the revenues to help comply with the compact. They were to buy irrigation rights from local landowners, for example, and let the water pass through to Kansas.

Some local taxpayers sued, arguing that state government was responsible for living up to any compact state government entered into with other state governments. Not a complicated theory.

The Nebraska Supreme Court

agreed. That means all Nebraskans will be paying to solve the problems stemming from the water dispute that directly involved only those irrigators in the Republican River basin.

Since the fuss centered on an agreement entered into by the state, the money to pay for it will come from the state treasury.

The question for Heineman and the Legislature: What budget adjustments will be required, if any, to allow for the additional costs?

Kansas says Nebraska owes it about \$72 million in damages. That dispute is in arbitration.

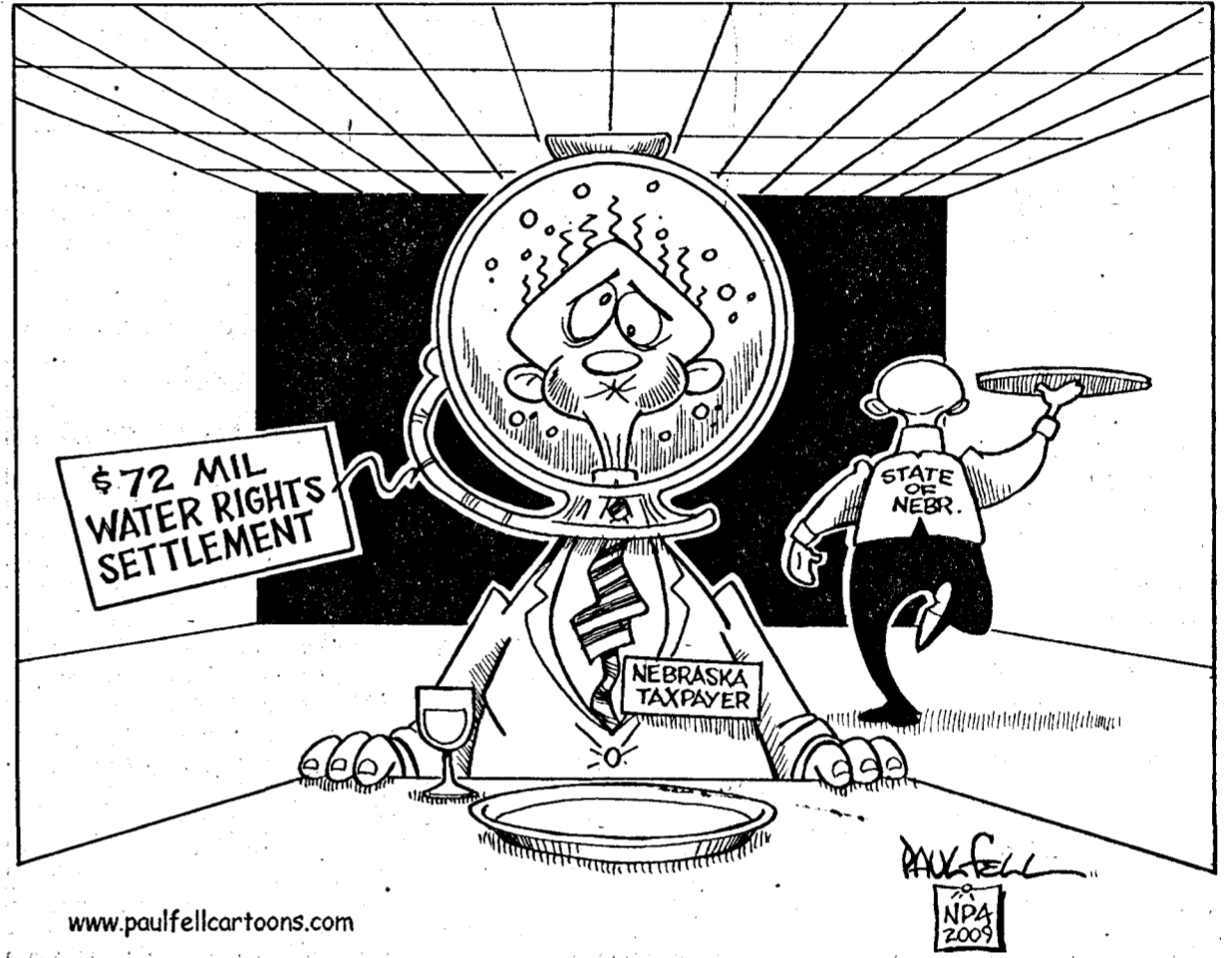
The potentially costly water case came on top of a decision by the federal government to decertify the Beatrice State Developmental Center. The latter could deprive the state of nearly \$30 million in federal aid over two years.

Heineman's budget included a contingency plan that allowed for the loss of that money - but the fact that one anticipates bad news doesn't make its arrival any less

unpleasant, or less expensive.

A young reader in western Nebraska, with some interest in the reportorial life, asked if it is embarrassing when someone points out a mistake in a published story, knowing that it is "out there" in print, and can't be changed.

Answer: Yes. It is truly and painfully embarrassing. What is humiliating, however, is to realize that you made a glaring error and, a month later, no one else has noticed.



www.paulfellcartoons.com

Peter Kiewit Foundation awards emergency relief funds

Peter Kiewit Foundation awards Goldenrod Hills Community Action, Inc. with emergency relief funds. These funds are a part of a statewide effort by the Peter Kiewit Foundation to address the need for food and energy assistance through these difficult economic times.

Peter Kiewit Foundation funds would be used for emergency food and energy assistance for residents in 14 counties—Antelope, Burt, Cedar, Cuming, Dakota, Dixon, Dodge, Knox, Madison, Pierce, Stanton, Thurston, Washington, and Wayne counties. Peggy Mlady Family Services Director, said the new funds will help immensely in supplementing emergency funding to decrease eligible individuals or families turned away throughout the year.

In addition to having limited funds, GHCA's emergency food and energy funding sources limit eligibility so many more people are turned away because they are just above the income guidelines for both food and energy assistance. Therefore, income guidelines have been raised from 125 percent to 150 percent. A family of four living at 150 percent of poverty cannot make more than \$31,800 a year. In order to receive assistance the client must have an imminent emergency and have exhausted other mainstream resources before assistance will be provided.

GHCA programs strive to reduce poverty as well as empower low-income families and individuals to become self-sufficient. GHCA serves approximately 15,000 Northeast Nebraskans per year. Our programs include the Head Start; Commodity Supplemental

Food Program; Family Services; Food Pantry; Nebraska Homeless Assistance Program; Federal Emergency Management Assistance; Case Management; Income Tax Assistance; Child Safety Seat Program; Immunization; Weatherization; Weatherization Expansion Project; Women, Infants, and Children (WIC); Early Child Services Coordination; Operation Building Blocks; Operation Great Start; Resource and Referral Coordination. Please contact one of our local offices or contact the

Agency headquarters at 1-800-445-2505 if you would like assistance or need more information.

Family Services Coordinators: Antelope, Knox, Pierce: Sherri Amende, 402-358-5297, Goldenrod Hills Comm. Action, 808 Chase Ave, Creighton; Madison and Stanton: Dawn Dozler, 402-371-0377, Goldenrod Hills Comm. Action, 1405 Riverside Blvd, Norfolk, 68701; Washington County: Brenda Frazier, 402-426-8821; Goldenrod Hills Head Start, 1551 Front St, Blair, 68008; Dodge County,

Margaret Urbanec, 1-800-445-2505; Goldenrod Hills Comm. Action or 402-529-3513, 835 N Broad St Suite 102, Fremont, 68025; Dakota & Thurston, Becky Gomez, 402-494-8312; Goldenrod Hills Comm Action, 2120 Dakota Ave Suite B, South Sioux City, 68776; Cedar & Dixon: Tiffany Olson; 402-375-1111; Wayne Counties Goldenrod Hills Comm. Action, 112 East 2nd St, Wayne, 68787; Cuming & Burt counties, Margaret Urbanec, 402-529-3513 x 213; Donna Colson, 1119 Ave E, Wisner, 68791.



Explaining what's available

Tiffany Olson with Goldenrod Hills Community Action, spoke during Friday's Chamber Coffee. She explained the services her agency is able to provide to those in need, especially during recent economic difficulties. The coffee was hosted by Head Start and Michelle Sukup, center, teacher at Head Start, spoke about the Head Start program.

Got News?
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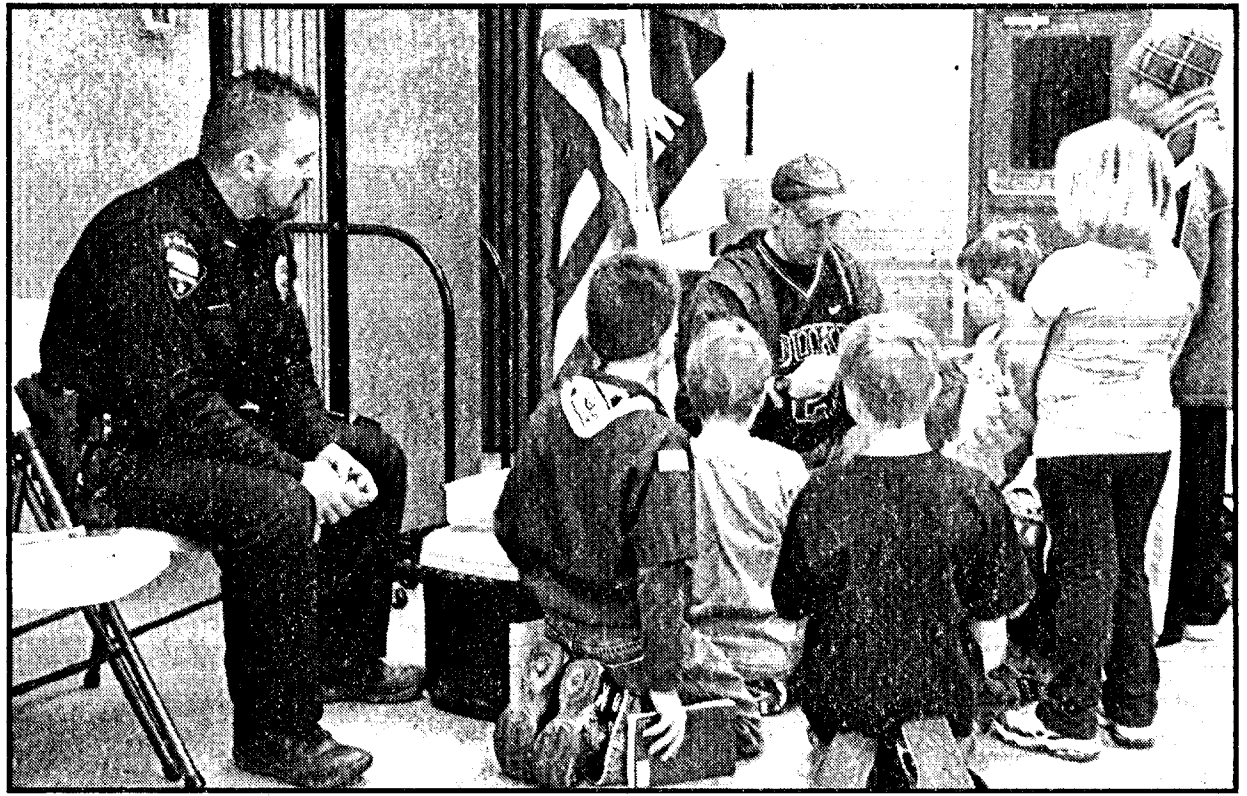
Wayne State College announces dean's list for academic achievement

More than 800 students at Wayne State College were named to the Dean's List for exemplary academic achievement during the fall 2008 semester. To be named to the dean's list, a student must maintain at least a 3.5 grade point average on a 4.0 scale and be enrolled as a full-

time student. An * denotes a 4.0 GPA for the term. Local students named include: Allen: *Vicky Green, Corey Uldrich; Dixon: Ryan Rasmussen; Laurel: David Asbra, Ann Brandow, Jon Dickey, Alexis Dvorak, Ian Engebretsen, Mitchell Knudsen;

Carroll: Pariss Bethune and Emilie Osten. Wakefield: Kayle Anderson, Amanda Brown, Myles Brown, Wesley Erickson, Emily Henderson, Stacy Jorgensen, Kyna Miner, Terri Miner, Madeline Moser, Jacob Olsufka, *Clinton Roberts, Kelsey Skinner, Tanner Soderberg, Blair Sommerfeld, Jessica Staub and Ashlynn Welch.

Wayne: Brooke Anderson, Devin Bethune, *Sean Buckels, Ashley Burke, Ashley Carroll, Andrea Dexter, *Brandon Echtenkamp, Katie Echtenkamp, Jonathan Ehrhardt, Nichole Filter, Brandon Foote, David Gangwish, Cale Giese, Rebecca Goos, *Caitlin Gustafson, Jennifer Hanson, Brady Heithold, *Ryan Hix, Luke Hoffman, Amy Hypse, *Mukhaabi Inviolata, Jessica Janke, Tyler Johnson, *Cong Kang, Jacinta Kisilu, Alyssa Klitz, Emma Kunzie, *Elisabeth Lofgren, Shea Lundebey, Matthew Lundgren, Mary McKenny, Jill Odens, Brandy Ouderkirck, Jean Pieper, Joshua Rasmussen, Jenny Raveling, Danielle Red Owl, Keely Reinert, Kate Reynolds, Laura Schneiders, Dana Schuett, Danika Schuett, Valynn Sukrad, Jordan Webb, Micaela Weber, John Whitt, *Mallory Wortmann and *Jason Youngmeyer Winside, *Lindsay Harmeier, Anna Janke, Winside: Shawn Story.



Learning the law

Members of the Wayne's Bear Den from Pack 174 met this week and learned about law enforcement. The boys were visited by officers Rick Haase and Gerald Klinetobe of the Wayne Police Department who taught the group about finger printing and being able to be a good witness to help the police do their job. Thanks were extended to both officers for donating their time to help these boys earn a new badge. Those taking part included, front row, left to right, Johnathan Vick, Cole Hochstein and Cameron McAllister. Back row, Aaron Fleming, Ryan Jaixen, Dylan Carlson and Zane Jackson.

Court News

County Court Proceedings Judge Richard W. Krepela presiding

On Feb. 9 the Wayne County Court heard 29 cases, including three continuances, eight arraignments, three felony hearings, one contempt hearing, two pretrials, two probate hearings, two small claims hearings, seven juvenile hearings and one traffic trial. During the last week, there were a total of 16 new cases filed and 30 traffic tickets. In addition there were nine judgmental orders.

St. of Neb., pltf., vs Maurice R. Blacktaildeer, Norfolk, def. Complaint for Operating a Motor Vehicle During Suspension or Revocation. Sentenced to 14 days in jail and ordered to pay costs.

St. of Neb., pltf., vs Tyler Bassett, Allen, def. Complaint for Failure to Appear. Sentenced to 30 days in jail and ordered to pay costs.

Small Claims Proceedings

Main Street Auto Care, LLC, pltf., vs. Tammy Webb, Wayne, def. \$409.41. Judgment for the pltf. for \$409.41 and costs.

Kyle Hochstein, dba Hartington Tree, LLC, pltf., vs. Mark Bloomfield, Wayne, def. \$1,500. Judgment for the pltf. for \$1,500 and costs.

Civil Proceedings

Credit Mangement Services, Inc., pltf., vs. Maureen Carrigg, Wayne, def. \$109.15. Judgment for the pltf. for \$109.15 and costs.

Credit Mangement Services, Inc., pltf., vs. Cecilia Bernal, Wayne, def. \$135.49. Judgment for the pltf. for \$135.49 and costs.

Hauge Associates, Inc., pltf., vs. Timothy G. Voss, Winside, def. \$500.45. Judgment for the pltf. for \$455.52 and costs.

Traffic violations

Travis Ross, Wayne, no oper. lic., \$119; Richard Rooney, Woodridge, Ill. unlawful shooting, loaded shotgun in vehicle, \$194; Richard Byrne, Chicago, Ill., unlawful shooting, loaded shotgun in vehicle, \$194; Amanda Rath, Randolph, violated stop sign, \$119; Kaitlin Hoff, Norfolk, violated stop sign, \$119.

Shantel Velder, Royal, spd. and no seat belt, \$94; Justin Kalhoff, Elgin, spd., \$69; Dale Hansen, Wisner, spd., \$69; Enoc Trujillo-Trujillo, Norfolk, no oper. lic., \$119; Abdi Siad, South Sioux City, spd., \$169; Zachary Williams, Norfolk, violated stop sign, \$119; Michael Fulton, Mullen, spd., \$69; Nicholas Beckman, Wakefield, careless driving, \$144.

Criminal dispositions

St. of Neb., pltf., vs. Michale P. Macke, Wayne, def. Complaint for Disturbing the Peace (count I) and Criminal Trespass Second Degree. Sentenced to 30 days in jail and ordered to pay court costs.

St. of Neb., pltf., vs Kerrington J. Luker, Wayne, def. Complaint for Contempt of Court. Sentenced to three days in jail and ordered to pay costs.

St. of Neb., pltf., vs Michael Moore, Norfolk, def. Complaint for Issuing Bad Check. Fined \$100 and costs and ordered to pay restitution of \$79.86.

St. of Neb., pltf., vs Shawn Fogg, Wakefield, def. Complaint for Failure to Stop Following an Accident Involving Property Damage. Sentenced to 20 days in jail and costs and ordered to pay restitution of \$60.

St. of Neb., pltf., vs Randi S. Zelazny, Humphrey, def. Complaint for Operating a Motor Vehicle During Suspension or Revocation (Count I) and Speeding (Count II). Fined \$176 and costs.



Optimist Club organizes upcoming events

Wayne Optimist Board members met Feb. 10 at Tacos & More to finalize upcoming projects. Plans for the NOW banquet were finalized with the menu and place (Our Savior Lutheran Church). All members were reminded to make personal contacts with people invited to banquet. A short program will be provided, explaining the optimist format, month by month. Darrel and Phyllis Rahn reported on the progress made for Mrs. Niemann's sixth grade class entertaining the residents at Premier Estates and encouraged members to participate. Bob Wriedt reported on the weekend trip to District Conference in Fremont. He explained the Eight to Great program that is taken from the principles of the Optimist Creed. Cindy Von Fange will be in charge of the Celebrating the Arts project which will be in April. She will be contacting teachers for participants. Junior Olympics was discussed with no decisions being made. It was noted that the Oratorical information and Essay contest were sent to the Wayne Herald to be printed. The meeting closed with the reciting of the optimist creed by all.



Blue Health Advantage Wellness grants available

Blue Cross and Blue Shield of Nebraska announces the 2009 Blue Health Advantage Wellness Grants. The program was launched in 2008 to support health and wellness programs across the state, especially in Greater Nebraska. In 2009, the BHA Wellness Grants will provide a total of \$100,000 to be shared by as many as 10 different non-profit organizations. The grants, of up to \$20,000 each, will be awarded this summer to those projects which show the greatest promise for bettering the health and well-being of community residents outside of the Omaha/Lincoln metropolitan areas. A new report from the Center for Rural Affairs in Lyons demonstrates the challenges facing rural Nebraska. Before 1980, rural Americans were generally more fit than their urban counterparts. Now, that has changed, with the rural residents with higher obesity rates. The Center recommends the creation of community-based nutrition

and exercise programs to address the issue. Says Joe Bailey of the Center for Rural Affairs: "We applaud Blue Cross for making this commitment to wellness in Greater Nebraska. We know it can make a difference." In the first year of the program, Blue Cross received more than sixty excellent proposals. Of those, nine stood out for their innovation, community focus, and potential impact. Among the winners: the "Fit Farmers" program in Holdrege, walking trails designed for all ages in Chadron, and two school-based programs focused on preventing childhood obesity. Over the summer, a Blue Cross and Blue Shield of Nebraska team traveled to each community to award the checks, as well as to draw attention to the excellent work being done to improve the health of Nebraskans. A similar media tour is planned for the 2009 winners. Proposals for the 2009 grants are currently being accepted. Those applications must be received at

Blue Cross and Blue Shield no later than April 1, 2009. The complete Request for Proposal (RFP) and full application details can be found under "Features" or "Who We Are-Community Relations" at www.bcbnsne.com. For a hard-copy of the RFP, please contact Carol Vidlak at carol.vidlak@bcbnsne.com or (402) 398-3734. **Hoskins News** Hildegard Fenske 402-565-4577 **HOSKINS SENIORS** The Hoskins Senior Citizens met at the Community Center on Feb. 10 to play pitch. Ruth Bruggeman, Ed Gnirk and Mary Jochens were the prize winners. Arlene Gnirk brought treats for her birthday, which was on Feb. 11. The next meeting is scheduled for Tuesday, Feb. 24.

FINANCIAL FOCUS

How your portfolio fits into the big picture

The challenging investment environment of 2008 taught many of us a painful but valuable lesson - it pays to know where you invest your money and whether that strategy is suitable for your circumstances. Many people rely on mutual funds, preferring that professional managers make day-to-day trading decisions. While this approach may make sense for you and take some of the complexity out of investing, it does not let you off the hook when it comes to understanding where you put your money. A mutual fund is merely your conduit to the stock and bond markets, not an alternative to it. A fund is made up of individual securities that will include stocks, bonds and cash investments. At the most basic level, mutual funds can be broken down into three categories: 1. **Stock Funds** - these invest primarily in equities of companies, either in the U.S. or overseas. There are a wide variety of stock funds, ranging from index funds that own a representative percentage of stocks in the market, to sector-specific funds that focus on a particular type of company, such as technology or natural resource stocks. With a stock fund, you are investing in the expectation of future earnings power of the company. Most of the return will be the result of changes in stock prices. 2. **Bond Funds** - these are funds that essentially invest in IOUs. Bonds are a form of credit offered by investors to bond issuers. For instance, government entities finance their debt by issuing bonds. Corporations do the same thing. The return to investors comes mostly from the yield bonds generate, but a bond can fluctuate in value and be worth more or less than its face value if it is sold before reaching the maturity date. That is why bond funds can change in price as well, though typically, not as dramatically as is the case with stock funds. 3. **Money Market Funds** - investors seeking to keep money in a cash-equivalent investment will turn to money market funds. These are funds invested mostly in very short-term securities issued by government entities, banks and corporations. Most individuals who put money to work in a money market fund are looking first and foremost for a safe place to keep a portion of their liquid assets. The return is typically quite low, but that is the tradeoff for the corresponding level of risk. Money market mutual funds are generally designed to maintain a stable net asset value of \$1.00 per share (though there is no guarantee that a fund will do so). The only variability that should occur with this type of fund is the amount of interest it pays to shareholders. **Finding the right investments** After you have decided your investment strategy, the next challenge is to determine what is right for your circumstances. This information is provided for informational purposes only. The information is intended to be generic in nature and should not be applied or relied upon in any particular situation without the advice of your tax, legal and/or your financial advisor. The views expressed may not be suitable for every situation. Financial planning services & investments offered through Ameriprise Financial Services, Inc., Member FINRA & SIPC.



Jennifer Phelps, Senior Financial Advisor Ameriprise Financial Services, Inc. 120 W 2nd Street, Wayne, NE 402 833 5285 ameripriseadvisors.com/jennifer.p Phelps

Factors that come into play include the time you have to let your investments work before reaching your goals and your tolerance for risk. Be aware that the more aggressive your risk tolerance is, the more volatile your portfolio is likely to be in the short term. To help you sort through the thousands of fund options, there are ways to simplify the process. One is to choose a "fund of funds," a mutual fund that invests in other funds that typically seek to achieve a specific investment objective. Find a fund in this category that suits what you are trying to accomplish in your portfolio. Another simple alternative is to select "target date" funds. In this case, you choose a fund that is managed toward an objective of a specific year that coincides with your own goal. Once you've decided which type of mutual fund is right for you, it is time to do some homework. You need to understand the fund's investment strategy and accompanying risks and learn about the fund's management by reading the prospectus, which describes the fund's objective and the strategy used to achieve it. Be sure to read the quarterly, semi-annual and annual reports to see the actual fund holdings to make sure you are comfortable with the investments the managers are making, and the size of those investments as a percentage of your entire portfolio. If you have several mutual funds with prominent positions in one particular company, you could be less diversified than you had planned to be. Now more than ever, each dollar matters and you have an obligation to understand and be comfortable with the investments you select. A financial advisor can help you determine appropriate investment strategies that are right for you.

NECC is site of Paramedic Refresher course

Northeast Community College in Norfolk is the site of a Paramedic Refresher Workshop sponsored by the Allied Health Department. With course number EMT 0224-02/09S, the 24-hour continuing education workshop meets Tuesday, Wednesday, and Thursday, Feb. 24 -26, from 8 a.m.-5 p.m. in the Lifelong Learning Center. The workshop will cover mandatory and flexible core content. Cost is \$150. To register for this course, please call (402)844-7000.

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Combo Meals
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Have a Heart Save a Heart

There is currently a critical shortage of blood donors and a lack of blood supply that could literally cost the lives of thousands of children and adults. At Herman Chiropractic, we want to be part of the solution in saving the lives of people in our community and we want to motivate our community to do the same.

Friday, February 20th

The Siouland Community Bloodbank will be parked in the front of our office on Friday, February 20th from 11:30-2:30. For everyone who comes into our office that day with an "I GAVE BLOOD" sticker, they will receive any services they need on that day for NO CHARGE! This includes all first day services for new patients such as a consultation/case history, exam and x-rays (if needed), and adjustments for existing patients.

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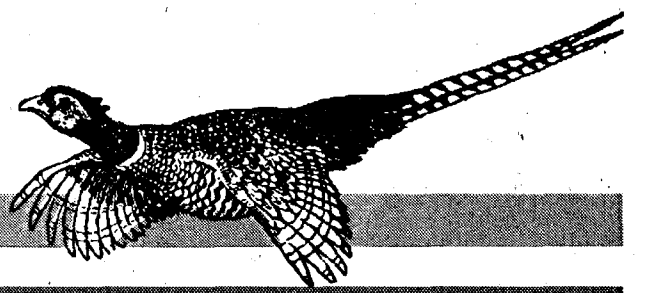
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Wayne, NE 68787
(402) 375-3450

309 Main Street
Pender, NE 68047
(402) 385-0183

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Lifestyle

The Wayne Herald



Observing America Saves Week

All over America people just like you are proving that you don't have to be rich to build wealth. As members of America Saves, they are paying off their debts, and saving to reach their financial goals. Part of living resourcefully is paying off debt and building savings.

Over 100 national groups are

participating in America Saves Week, Feb. 22-March 1, 2009, in addition to hundreds of local organizations.

Saving Strategies

Building wealth starts when you set a goal and make a plan, to reach that goal. Whatever goal you choose - whether it's buying a car,



Ruth Vonderohe
Extension Educator

help, almost anyone can reduce their debts and start to accumulate wealth.

How to Reduce Your Debts

The first step in getting out of debt is to stop borrowing. To do that, you have to stop spending more than you earn. So, make a budget and cut out any expenses you can. It may help to cut up your credit cards or lock them away in a safe place.

While you are making a budget, figure out the most you can afford to pay each month to reduce your debts, then make those payments without fail. If you have debts on more than one credit card, either pay off the card with the highest interest rate first and work your way down to the card with the lowest rate, or pay off the smallest loan first and work your way up to the largest. Once you've paid off your debts, don't give in to the temptation to start over-spending again. Instead, take the money you were paying each month on your debts and begin to save it. That will give you a financial cushion the next time an emergency strikes.

More information is available on the America Saves Website and you can be part of America Saves by going to the enrolling. The website is located at: www.americasaves.org

buying a house, or getting out from under your debts - learn about savings strategies and get simple tips on the best ways to save.

Roughly one in six Savers has selected paying off consumer debts as their wealth-building goal. That does not come as a surprise since, along with modest incomes, large consumer debts are the most important financial reason that people have trouble saving and building wealth.

The good news is that there is hope. With planning, discipline, patience, and maybe some outside

School Lunches

ALLEN (Feb. 23 - 27)

Monday: Breakfast - Cereal & waffles. Lunch - Spaghetti, meat sauce, green beans, pears, roll.

Tuesday: Breakfast - Cereal and toast. Lunch - Ham, au gratin potatoes, peas, slushes, roll.

Wednesday: Breakfast - Cereal & coffee cake. Lunch - Italian dunkers, lettuce, corn, marinara cups, cookie.

Thursday: Breakfast - Breakfast box. Lunch - McRib, bun, tater tots, peaches, cake.

Friday: Breakfast - Cereal & French toast. Lunch - Fish, bun, California vegetables, lettuce, slushes, cookie.

Milk served with breakfast and lunch. Menu subject to change.

LAUREL-CONCORD (Feb. 23 - 27)

Monday: Breakfast - Donuts. Lunch - Hot ham & cheese on bun, oven fries, fruit, vegetable.

Tuesday: Breakfast - Omelet & toast. Lunch - Roast beef, mashed potatoes & gravy, roll, brownie, fruit, vegetable.

Wednesday: Breakfast - French toast. Lunch - Cheese pizza, fruit, vegetable.

Thursday: Breakfast - Breakfast pizza. Lunch - Turkey breast sandwich, chips, fruit, vegetable.

Friday: Breakfast - Cereal & toast. Lunch - Egg & cheese omelet, tri-taters, bread, fruit, vegetable.

Fruit, vegetable and milk (white or chocolate) served daily. Orange juice sold daily. All menus subject to change.

WAKEFIELD (Feb. 23 - 27)

Monday: No School.

Tuesday: Hamburgers, French fries, brownie, pears.

Wednesday: Garlic boats, spaghetti sauce, fresh vegetables, applesauce.

Thursday: Deli sandwich, salads on salad bar, fresh fruit.

Friday: Vegetable soup, grilled cheese, peaches.

Milk and cereal are served every day. Juice or fruit is also served everyday.

Milk is served with lunch.

WAYNE (Feb. 23 - 27)

Monday: Mini corn dogs, bread sticks with sauce, peas, pears.

Tuesday: Chicken & noodles, crackers, carrots & celery, orange, cinnamon roll.

Wednesday: Cheese boat, lettuce, peaches, cookie.

Thursday: Breakfast with meat sauce, green beans, French bread, apple crisp.

Friday: Tacos, corn, pineapple, muffin.

Milk served with every meal.

WINSIDE (Feb. 23 - 27)

Monday: Breakfast - Pancakes. Lunch - Popcorn chicken, fries, green beans, roll.

Tuesday: Breakfast - Muffins. Lunch - Teriyaki blasters, rice, lettuce, mandarin oranges, roll.

Wednesday: Breakfast - Cereal. Lunch - Cheese quesadilla, lettuce, peaches, cookie.

Thursday: Breakfast - Eggstra. Lunch - Hot dog on bun (chili), baked beans, corn chips, applesauce.

Friday: Breakfast - Donut. Lunch - Fish on a bun, fries, pears, chocolate cake.

Menu may change without notice. Grades 4-12 may have salad bar. Grades K-3 may have salad plate.

New Arrivals

O'LEARY - Jed and Sarah O'Leary of Fremont, a son, Ethan Curtis, born Jan. 13, 2009. He was 8 pounds, 5 ounces, and 21 and 1/4 inches long. He joins a brother, Jay, 4. Grandparents are Jay and Jane O'Leary of Wayne and Norman and Sybil Pavey of Vero Beach, Fla. Great-grandparent is LuVerna Brown of Wells, Minn.

Briefly Speaking

Minerva Club meets at Senior Cent

WAYNE - Arlene Ostendorf hosted the Feb. 9 Minerva Club meeting at the Wayne Senior Center. Thirteen members answered roll call by telling of a favorite Valentine memory.

President Phyllis Rahn opened the meeting by sharing humorous anagrams, words that give their own meaning by spelling them backwards. Minutes were read and approved. Donna Hansen gave the treasurer's report. Marilyn Wallin presented a bill to cover the expense of gifts given to shut-in at Christmas time.

Historian Hollis Frese read minutes from Feb. 18, and Mar. 5, 1929. Programs for these meetings were patriotic in nature with songs, presidential facts and presidential inaugurations.

Arlene Ostendorf's program was about world events around the year of 1884. She highlighted the first long distance telephone call, Alaska becoming a territory, France presenting to the U.S. the Statue of Liberty, digging of the Panama Canal, and the establishment of the Prime Meridian as a standard for world time, technology of the Coney Island roller coaster and the AIDS virus.

Lila Brown will host the Monday, Feb. 23 meeting at the Wayne Senior Center.

Merry Mixers gather

AREA - The Merry Mixers met Feb. 10 at the home of Gertrude Vahlkamp. Roll call was answered with "memories of eighth grade exams."

There were two February birthdays, Esther Hansen and Arlene Allemann.

After a short business meeting, the afternoon was spent playing dominos.

The next meeting will be held Tuesday, March 10. The group will eat out with spouses and then play pitch at the home of Esther Hansen.

Acme Club meets at Coffe Shoppe

AREA - Bonnadell Koch hosted eight members of Acme Club for dessert at the Coffee Shoppe on Feb. 16.

Betty Wittig presided at the meeting. Minutes and the treasurer's report were accepted as read. No business was conducted.

The next meeting will be Monday, March 2 and will be hosted by Verdelle Reeg.

Bonnadell Koch presented the program on the poet Robert Louis Stevenson.

Reeves - Pippitt are married in Wahoo

St. Wenceslaus Catholic Church in Wahoo was the setting for the Oct. 25, 2008 wedding of Kylie Reeves and Jeff Pippitt.

Parents of the couple are Doug and Kim Reeves of Wahoo and Alan and Brenda Pippitt of Wayne.

Grandparents of the bride are Dan and Jean Svoboda and Wayne and Carlene Reeves of Wahoo. Grandparents of the groom are Cliff and Donna Stalling of Allen and Dean and Norma Pippitt of Laurel.

Maid of Honor were Mallory Reeves and Jenna Reeves, sisters of the bride.

Bridesmaids were April Vitamvas, sister of the groom; Kristin Dorothy, Megan Shada, Jay Wotta, friends of the couple; and Melissa Cernik, cousin of the bride.

Best Men were Jared Heithold and Luke Christensen, friends of the couple.

Groomsmen were Chris Woehler, Ryan Schmeits, Ben Meyer, Jake Mrsny, Lucas Munter and Tanner Niemann, friends of the couple.

Flowergirls were Mikayla Reeves and Miley Stark, nieces of the bride and Riley and Lauren Vitamvas, nieces of the groom.

Ushers were Adam Walla, Andy Walla, Mitch Reeves, cousins of the bride and David Stalling, cousin of groom.

Personal attendants were Ashley Walla and Sara Reeves, cousins of the bride.

Lector was Greg Pippitt, uncle of the groom.

Organist was Karla Pippitt, aunt of the groom. Soloist was Susan McGrath, friend of the couple.

A reception was held in the U.S. National Guard Armory in Wahoo. Host couples were Scott and Judy Stalling, Beth and Don Fitzgerald, uncles and aunts of the groom and Gregg and Lori Reeves and Rick and Kris Wall, uncles and aunts of the bride.

Following a honeymoon in Cancun, Mexico, the couple is at home in Lincoln.



Mr. and Mrs. Pippitt

Updates are presented at Eagles auxiliary meeting

The Feb. 16 meeting of the Wayne Eagles Auxiliary was called to order by Madam President Jessica Olson.

A report was given on the Smoker, which was held Feb. 14. There was "a good turn out and everyone had a good time." There was a raffle, which consisted of a box of candy, bottle of wine and two stuffed animals. Wendie Meyer won the raffle.

The Men's State President Bob Shore and the Ladies State President Sharon Brown, attended the Smoker, as their annual visit to Wayne.

Amber Johnson will chair the Art Contest. This year's theme is "What I like best about my home town."

The Eagles has the Display Case at the Wayne Public Library. Information in the case includes the donations the organizations gives to and the names of the Make-A-Wish recipients.

The next Steak Fry will be held Saturday, March 6 from 6 to 9 p.m. Salads and desserts would be appreciated.

There will be a joint meeting of the Aerie and Auxiliary at the Monday, March 2 meeting.

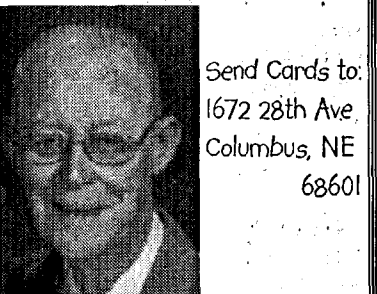
Serving at the March 2 meeting will be Cec Vandernick.

The family of Milford and Myrna (Mattes) Roeber of Allen, NE is requesting a card shower in honor of their 60th wedding anniversary. They were married March 2, 1949.



Please send cards to:
58199 873 Road
Allen, NE 68710

Lowell Arthur Mann is turning 80 on Feb. 26. His family is requesting a card shower in his honor.



Send Cards to:
1672 28th Ave.
Columbus, NE
68601

Lorraine, Joyce, Robert,
Alan, Deserae, Rachel,
Krysteena & Caitlynn

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Final Week! **Final Clearance** **Bargain Basement Bargains**

This sale ends Saturday, Feb. 21 at 4:30

1/2 Off of 50%!! (Example \$40=\$20=\$10)

Petites ~ Missy ~ Womens
Fashion Jackets ~ Cardigans ~ Sweaters ~ Slacks
~ Knit Tops ~ Blouses ~ Sweatshirts ~ Dresses ~
Skirts ~ Gauchos ~ Sleepwear ~ Housecoats

\$49 • Outerwear Coats • Small-2X • \$49

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M-T-W-F 9-5:30
Thurs. 9-8 • Sat. 9-5
205 Main St., Wayne, NE
Phone 375-1511

Love insurance agent confesses

Pedersen admits conspiring with husbands; attorney general says "victimless crime"

Randy Pedersen, owner of The Diamond Center, admitted to authorities he conspired with local husbands. The intent? To help them surprise their wives with fine jewelry on Valentine's Day.

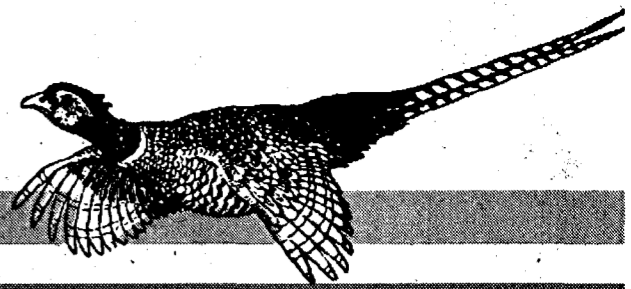
Pedersen says, "These women were not expecting such a romantic gift. If they found out what their husbands were doing, it would've spoiled the whole thing! Charge me if you have to. But I don't think these women are complaining!"

Authorities say there is no case. Women insist they're thrilled with Pedersen's actions, and the result of new jewelry. Pedersen's final words? "If you want to surprise YOUR wife, come see me! Let's rock, men!"

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402-375-1804 • 1-800-397-1804
www.flowersnwine.com

Faith

The Wayne Herald



Church Services

Wayne

CALVARY BIBLE EVANGELICAL FREE
502 Lincoln Street
(Josh Meyers, Youth Pastor)
Sunday: Adult Sunday School for all ages, 9:30 a.m.; Worship service, 10:30 a.m.; Youth Group, 6:30 p.m.

FAITH BAPTIST
Independent - Fundamental
208 E. Fourth St. -
375-3413
(Pastor Jim Scallions)
Sunday: Sunday school, 10 a.m.;
Worship, 11; Evening worship, 7:30 p.m. Wednesday: Bible Study and prayer, 7:30 p.m.

FIRST BAPTIST
400 Main St.
375-3608
(Douglas Shelton, pastor)
Sunday: Sunday School, Adult and children's classes, 9:15 a.m.; Prayer and Fellowship, 10:15; Worship, 10:30. Wednesday: Bible study, 7 p.m.

FIRST PRESBYTERIAN
216 West 3rd St.
375-2669
(Rev. Ray McCalla, pastor)

www.fpcwayne.org
Sunday: Handbell choir rehearsal, 8:45 a.m.; Church School, 9; Worship service, 10 a.m.; Fellowship time, 11. Monday: Session meeting, 7 p.m. Wednesday: Soup supper, followed by Lenten study entitled "Becoming a Contagious Christian," 6 p.m.; Middle School Youth group, 7:30 to 8:30. Thursday: Siouxland Community Blood Bank at Wayne Fire Hall. Also available: CrossPoint campus ministries. For more information, visit www.crosspointwayne.org

FIRST TRINITY LUTHERAN
Altona, LC-MS
57741 847th Road, Wayne
Altona Office (402) 375-2165
(Rev. David Ohlman, Pastor)
Pilger Office (402) 396-3478
Mobile (260) 402-0035
Sunday: Sunday School, 9:45 a.m.; Divine Worship with Holy Communion, 11; No adult Bible Study until further notice. Wednesday: Ash Wednesday Lenten Worship at St. John's in Pilger, 7:30 p.m., refreshments to follow.

FIRST UNITED METHODIST
6th & Main St.
(Rev. Doyle Burbank-Williams, pastor)

Friday: EWOCK meets at church, 6:30 p.m. Sunday: Worship Service, 8:15 and 9:30 a.m.; Fellowship time after each service; Sunday School, 10:45. Monday: Cadet Girl Scouts, 2 p.m.; Troop #304, 6. Wednesday: Theophilus, 2 p.m.; King's Kids, 3:40 p.m.; Gospel Seekers, 5:30; Worship Committee, 5:30; Jubilant Ringers, 6; Ash Wednesday Service, 6:30; Chancel Choir, 7. Thursday: Siouxland Blood Bank at Wayne Fire Hall, 8:30 a.m. to 3 p.m.; Brown Bag Theology, 12:15 p.m. Saturday: Collin Jeffries Eagle Scout Award Ceremony and reception, 2 p.m.

GRACE LUTHERAN
Missouri Synod
904 Logan
grace@gracewayne.com
(The Rev. Carl Lilienkamp, Senior Pastor)
(The Rev. John Pásche, Associate pastor)
(Stephen Ministry cong.)
Sunday: Lutheran Hour on KTCH, 7:30 a.m.; Worship with Holy Communion, 8 and 10:30 a.m.; Sunday School, 9:15; Bible Study, 9:30. Monday: Bell Choir, 6:30 p.m.; Worship, 6:45; Duo Club, 7:30. Wednesday: Men's Bible Study, 6:30 a.m.; Bible Class, 9; Choir, 6:30 p.m.; Midweek School, 6:30; Ash Wednesday Worship with Holy Communion, 7:30. Thursday: Sewing, 1:30 p.m.

Jehovah's Witnesses
Phone 375-2631 or 375-3427 for information

JOURNEY CHRISTIAN CHURCH
1110 East 7th St.
www.journeychristianonline.org
375-4743
(Troy Reynolds, minister)
(Justin Raulston, minister of involvement)
Sunday: Christians Hour on KTCH, 8:45 a.m.; Prayer Group, 8:45; Sunday School for all ages, 9:30; Worship, 8 and 10:30 a.m.; Small group, 6:30 p.m. (call church office for meeting details); Life Group at various homes, 7.

OUR SAVIOR LUTHERAN
421 Pearl St. • 375-2899
(Pastor Kim Stover)
oslc@oslewayne.org

Friday: Hannah Circle, 2 p.m. Saturday: Prayer Walkers, 8:30 a.m.; Scrapbooking, noon; Worship, 6 p.m. Sunday: Worship, 8 and 10:30 a.m.; Sunday School and adult class, 9:15; Coffee Hour, 9:15; Youth and Family Ministry, noon; NYG meeting, 1 p.m.; Poet RP Smith, 3:30; Spaghetti supper, 5. Monday: Red Cross Training, 7 p.m.; Tabitha Circle, 7:30. Tuesday: Bible Study at Taco's & More, 6:45 a.m.; Staff meeting, 8:30; Property Committee, 7 p.m.; Stephen Ministry, 7. Wednesday: Ash Wednesday Worship, 7 p.m. Thursday: Sewing Group, 9:30 a.m.; Habitat for Humanity Soup Supper, 5 p.m.; Joyful Noise, 6.

PRAISE ASSEMBLY OF GOD
1000 East 10th St. • 375-3430
Pastors
Rick and Ellie Snodgrass
Sunday: Sunday Service, 10:30 a.m.; Evening Service, 6:30 p.m. Wednesday: Evening Service, 7 p.m. Call for additional information on the ministries available.

ST. MARY'S CATHOLIC
412 East 8th St.
(Fr. Mark Beran, pastor)
375-2000; fax: 375-5782; E-mail: parish@stmaryswayne.org

Friday: Mass, 8 a.m. Saturday: Mass, 8 a.m.; Confessions, one-half hour before Mass. Sunday: Confessions one-half hour before Mass; Mass, 8 and 10 a.m.; Winter/Spring Fest, Wayne City Auditorium, 11 a.m. to 1:30 p.m. Spanish Mass has been moved to Emerson on Sunday's at 10 a.m. For more information contact Sacred Heart Parish at (402) 695-2505. Monday: No Mass; No CCW meeting. Tuesday: Mass, 8 a.m.; Pastor Council meeting, rector, 7 p.m.; Rosary in Spanish at St. Mary's Church, 7:30 to 8:30 p.m. Wednesday: Ash Wednesday. Mass, 12:10 p.m. at St. Mary's; Mass, 5 p.m. at Wayne State College; Mass, 7 p.m. at St. Mary's; No Religious Education, all students will attend Mass with their families. Thursday: Mass, 8 a.m.; RCIA, rector, 7.

Allen
FIRST LUTHERAN
(Karen Tjarks, Pastor)

Sunday: Worship, 9 a.m.; Sunday School, 10 a.m.; Allen Soup Supper
Wednesday: Ash Wednesday Worship at First Lutheran, 7 p.m.

UNITED METHODIST
(Pastor Sara Simmons, pastor)
Sunday: Worship service, 9 a.m.

Carroll
BETHANY PRESBYTERIAN
(Gail Axen, pastor)
Sunday: Worship service, 9 a.m. Wednesday: Ash Wednesday beginning of Lent.

ST. PAUL LUTHERAN
(Rev. Timothy Steckling, pastor)
Sunday: Worship service, 8 a.m. Wednesday: Ash Wednesday. Premier Estates Communion, 1 p.m.

UNITED METHODIST CHURCH
(Rev. Doyle Burbank-Williams, pastor)
Sunday: Sunday School, 9:30 a.m.; Worship Service, 11 a.m.; Carroll Youth Potato Bake, 11 a.m. to 1 p.m.; Newsletters available to pick up. Wednesday: Ash Wednesday.

Concord

CONCORDIA LUTHERAN
(Karen Tjarks, Pastor)
Sunday: Sunday School, 9:30 a.m.; Worship, 10:45. Wednesday: Ash Wednesday. Worship at First Lutheran, 7 p.m.

ST. PAUL LUTHERAN
East of town
(Willie Bertrand, pastor)
Sunday: Bible Study, 8 a.m.; Worship, 9. Monday: Quilting, 1 p.m. Tuesday: Bible Study at Jensen's, 9 a.m. Wednesday: Ash Wednesday. Lenten Worship at Immanuel, 7 p.m. Thursday: St. Paul Ladies Aid, 2 p.m.

EVANGELICAL FREE
(Pastor Todd Thelen)
Saturday: Church-wide Progressive supper (registration required), 5 p.m. Sunday: Sunday School, 9:30 a.m.; Morning Worship with Communion, 10:30 a.m.; Evening Bible Study, Senior High Youth and Praying Kids, 7 p.m. Monday: Deacon Board meeting, 7 p.m. Wednesday: Awana/JV/Sparks/T&T, "Plant the Seeds of Greatness Month," 7 p.m.

Dixon
ST. ANNE'S CATHOLIC
(Fr. James McCluskey, pastor)
Saturday: Mass, 6 p.m.; Wednesday: Ash Wednesday. Mass, 5:30 p.m.

Hoskins

PEACE UNITED CHURCH OF CHRIST
(Olin Belt, pastor)
Sunday: Sunday School, 9:30 a.m.; Worship service, 10:30 a.m.

TRINITY EVANG. LUTHERAN
(Rodney Rixe, pastor)
Sunday: Trinity Bible Hour, 9 a.m.; Worship, 10 a.m.

Wakefield
CHRISTIAN CHURCH
3rd & Johnson
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www.faxtab.net
(Bill Chase, Pastor)
Sunday: Christian Hour, KTCH, 8:45 a.m.; Prayer Warriors, 9; Sunday School, 9:30; Praise and Worship, 10:30.

EVANGELICAL COVENANT
(Ross Erickson, pastor)
e-mail: wakecov@msn.com
Saturday: Tie Blanket class, 9 a.m.; Soup supper, 5 p.m.; Concert by The Crusaders, 7. Sunday: Choir practice, 9:30 a.m.; Sunday School, 9:30 a.m.; Worship, 10:45; Fireproof Bible Study, 5 p.m. Monday: WIC Clinic. Tuesday: Ladies meet for prayer, 9 a.m.; Worship on Cable, 7. Wednesday: Worship on Cable, 10; Ash Wednesday Service, 7 p.m. Thursday: Men's Bible Study at Tacos, 7 a.m.

IMMANUEL LUTHERAN
4 North, 3 East of Wayne
(Willie Bertrand, pastor)
Sunday: Bible Study, 9:15 a.m.; Worship, 10:30. Monday: Quilting at St. Paul, 1 p.m. Tuesday: Bible Study at Jensen's, 9 a.m. Wednesday: Ash Wednesday. Lenten Worship at Immanuel, 7 p.m.

PRESBYTERIAN
216 West 3rd
(Rev. Charity Potter, pastor)
Sunday: Fellowship time, 10 a.m.; Worship Service, 11

ST. JOHN'S LUTHERAN
West 7th & Maple
(Rev. Terry L. Buethe, pastor)
Friday: World Relief Sewing, 1 p.m. Sunday: Worship, 9 a.m.; Education Hour, 10:15. Tuesday: Social Concerns, 7 p.m. Wednesday: Midweek Class, 4 p.m. Thursday: Church Council, 7:30 p.m.

SALEM LUTHERAN
411 Winter Street
(Jerome Cloninger, pastor)
Saturday: Worship with Communion, 6:30. Sunday: Choir, 7:30 a.m.; Sunday School, 9 a.m.; Worship with Communion, 10:30. Monday: Altar Guild, 6:30 p.m. Monday - Tuesday: Pastor at STS Retreat. Wednesday: No Confirmation; Ash Wednesday Service, 7 p.m. Thursday: Video on local channel. Saturday: Worship with Communion, 6:30 p.m.

Winside
ST. PAUL'S LUTHERAN
218 Miner St.
(Pastor Timothy Steckling)
Sunday: Sunday School and Bible Study, 9:15 a.m.; Worship, 10:30 a.m.

TRINITY LUTHERAN
(PMA Glenn Kietzmann)
Sunday: Sunday School, 9:30 a.m.; Coffee Fellowship, 9:30; Worship, 10:30 a.m.; Choir practice after worship. Wednesday: Ash Wednesday Service, 7 p.m.

UNITED METHODIST
(Carol Jean Stapleton, pastor)
(Parish Assistant - Judy Carlson, CLS)
Sunday: Bible Brunch Bunch, 9:45 a.m.; Sunday School, 10; Worship Service, 11:15 a.m. Tuesday: Parish Internet Study; Newsletter deadline, 1 p.m.; UMW meeting, 2. Wednesday: Pastor in Pierce Office, 1 p.m.; Ash Wednesday service, 7 p.m.

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February 22nd - Wayne City Auditorium

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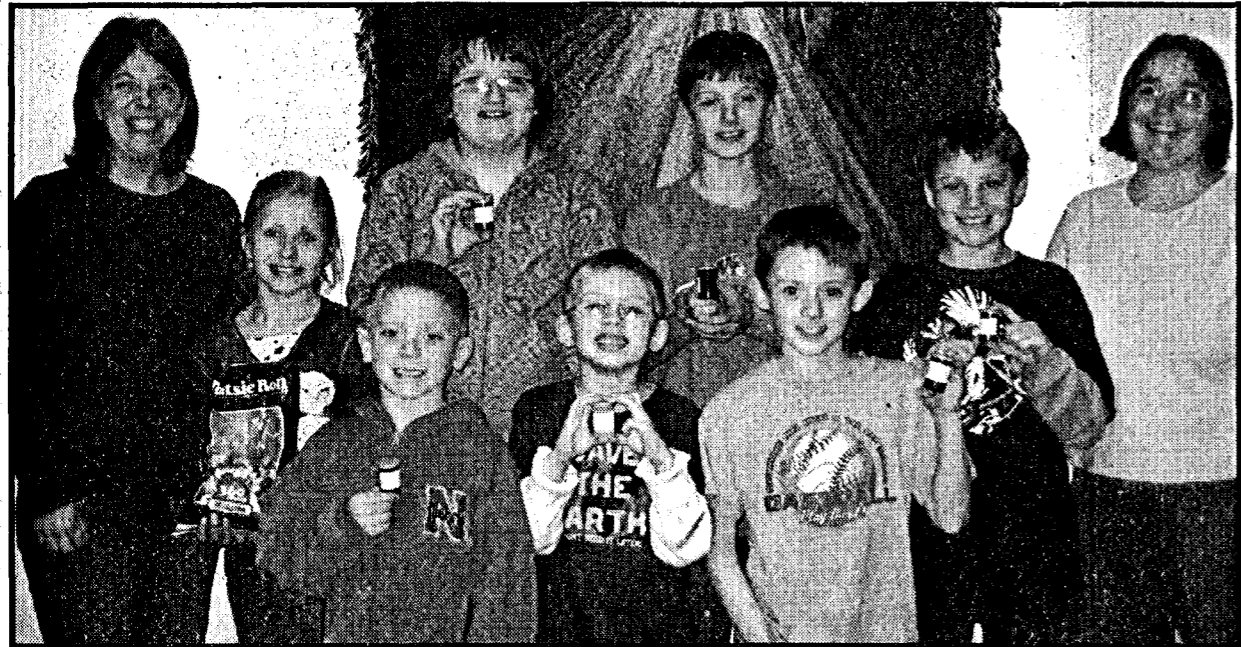
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Presenting Tootsie Mission Money were representatives of each class. They include, front row, left to right, Reed Korth, Alex Carlson and Aaron Fleming. Back row, Becky Longe, Alison Claussen, Lindsay Roberts, Logan Reinke, Mason Reynolds and Penny Fehringer, who served as treasurer for the project.

Tootsie Mission raises fund for Haitian children

St. Mary's Tootsie Mission for Religious Education classes K through WINGS Program raised money for Cross International Outreach Project Espwa in Haiti. Children did kind deeds throughout the month of January to raise

money in an effort to help some Haitian children. Because of their efforts, these Haitian children will be able to enjoy nutritious meals, go to school, have a home to live in and have the love of Christ.

For their efforts, the children raised \$204.25. A gracious anonymous donor gave an additional \$200.75. "This makes our overall total given to Project Espwa \$405. Great job to all!" said Tootsie Mission Coordinator Becky Longe.

The Season of Lent

Editor's note: The following information was provided by Pastor Kim Stover of Our Savior Lutheran Church and Pastor Ray McCalla of First Presbyterian Church. As Advent was a time of preparation for Christmas, Lent is a time of preparation for Holy Week and Good Friday. The mood and movement of Lent is unique. The color of Lent is purple. Lent is a more solemn time, dedicated to renewal and spiritual cleansing. Many traditions veil or drape crosses, pictures and statues in the church through the days of Lent. The Season of Lent begins on Ash Wednesday. In 2009, Ash Wednesday is Feb. 25. The preferred color for Ash Wednesday is the color of dark ashes that

reminds us of our formation by God from the dust of the earth and our eventual return to dust in death. "Ashes to ashes, dust to dust." Lent, from the Latin "spring," is a time to reflect on baptism and its basis in the death and resurrection of Jesus. It is a time for rebirth and renewal in preparation for the time of Easter. The origin of the observation of Lent is found first in the ancient preparation Passover, the Pascha. This weeklong fast associated with Holy Week then came to be extended to six six-day weeks or 36 days. Later, four additional days were added to give the season a biblical "40 days." So, these forty days are the total of six weeks plus the four weekdays prior to the first Sunday in Lent. Sundays are not

counted in the forty days. Biblical "40's" include such events the time between Jonah's proclamation to Nineveh and its overthrow; the days and nights it rained on Noah; the years the Israelites wandered in the wilderness; the days Jesus spent in that same wilderness after his baptism by John and prior to the initiation of his ministry. The final week of Lent, Holy Week, begins with the Sunday of the Passion: Palm Sunday. Churches offer different emphasis during Lent to encourage fellowship, learning, and spiritual growth. For example, First Presbyterian Church, 216 W 3rd St, Wayne, will host "Sausages for Lent!" beginning Wednesday, Feb. 25, from 6:00-7:30 p.m. and each successive Wednesday through April 1. Following Wednesdays the members will have a soup supper and participate in the Becoming a Contagious Christian DVD curriculum. All are invited to come and find out what "Sausages for Lent" really means!

Grace Evening Circle conducts routine business

Grace Evening Circle LWML met Feb. 10 with 10 members and Pastor Carl Lilienkamp present. President Mary Lou Erxleben called the meeting to order with Bonnie Sandahl giving a Christian Growth Reading, "Standing in Jesus' Shadow." Secretary Lanora Sorensen read the November and December minutes, which were approved. The January meeting was cancelled due to inclement weather. Treasurer Lee Larsen gave a report of the November and December meetings. They were filed for audit. The 2009 Circle dues and money for LWML Leaguers and LWML Quarterlies are due now. Thank you notes were read from Terry and Janet Borchard for the donation as they are Lutheran Bible Translators for the New Popua, New Guinea Iplia Bible. A thank you was also received from Amy Steinmeyer, teacher of Fishers of Kids Preschool for the Christmas gift of paper products and zip lock bags for the preschool and from Ed Baker of Premier Estates for the Christmas gift. President Erxleben read a report from the January Wayne Zone Executive Board meeting. The Spring LWML Wayne Zone

Workshop will be held Tuesday, April 21 at First Trinity Church of Altona with registration at 9 a.m. The Spring Workshop 'Ingathering' is Bibles marked for prison ministry. The Fall LWML Wayne Zone Rally will be held at Trinity Lutheran Church at Martinsburg in October. Lee Larsen gave project reports on the new dinner napkins and boxed greeting cards available. Carol Rethwisch reported on the scrapbook. Valores Mordhorst reported for Hospitality and Social committees and told of sending three cards to Grace members. Members took names of Grace shut-ins to visit for the Valentine's season. Bibles were ordered and will be marked for Prison ministry at the March meeting. Mites for Missions were given. Marilyn Rethwisch, and Bea Kinslow will audit the 2008 treasury books. The meeting closed with all praying The Lord's Prayer. Pastor Carl Lilienkamp gave a Valentine's devotional study. Carol Rethwisch was on the program and served as hostess. The next meeting is scheduled for Tuesday, March 10.

Winside Legion Auxiliary meets

Roy Reed Unit No. 252, American Legion Auxiliary of Winside met Feb. 9 at the Legion Post. Seven members answered roll call. President Rose Ann Janke called the meeting together and Linda Barg provided prayers and devotion. The members recited the Pledge of Allegiance and Preamble to the Auxiliary Constitution and sang the first verse of the "Star-Spangled Banner." Secretary Beverly Neel read the minutes of the Jan. 19 meeting and was corrected to reflect February hostesses as Jan Topp and Greta Grubbs. No treasurer's report was available due to illness. The Auxiliary made a good response from The Legion to provide desserts for The Legion soup supper on Jan. 23. Over 16 dessert varieties were available to choose from. Members and Legionnaire's wives who brought in desserts were thanked.

Cornhusker Girls State is fast approaching and the Unit Selection Committee has sent letters, applications and Unit questionnaire to parents of the Junior Class female students to assist the Unit in encouraging their daughters to apply. Completed applications and questionnaires were due to the high school secretary by Feb. 13, 2009. One-on-one interviews with the applicants were held at Winside Public School on Feb. 18. After the interviews are completed, the Committee will make its selection and the Unit will send our Candidate and Alternate selectee applications into the Department with the \$230 fee. Announcement of these selectees will follow acceptance from the Department in March. The Unit is scheduled for their annual Bingo Party at the Norfolk Veterans Home on Friday, March 20 at 2 p.m. More volunteers are needed to assist with the games. Tentative plans are for Jan Topp, Rose Ann Janke and Marilyn Morse to coordinate the event. The Unit will furnish prize money of \$20 in quarters. Plans are in the making to have a sheet cake prepared wishing all Veterans "Happy Birthday" as March 15 - 18 is the birth of The American Legion. On Saturday, March 21 the Unit will assist at the District III Spring Convention at the Carroll City Auditorium. The members will advance the District President's Colors (flags) and coordinate the Registration table for the Auxiliary. Registration begins at 8 a.m. with \$2 per attendee and the Joint Session follows at 9 a.m. Lunch will be catered for \$9. A special video presentation of the Norfolk Veterans Home "Heroes Park" project will be given at the Joint Session. The convention is open to all Legion, Auxiliary and Sons of the American Legion members in District III. The Unit now has 70 paid members.

Our Goal for 2009 is 74 so we are in need of new members. Any female descendant of an eligible Veteran may become a member and is invited to attend our monthly meetings to get a feel for what our Unit does in the community and across the state. Next meeting will be held on

Monday, March 9 at 5:30 p.m. with hostesses being Mary Lou George and Linda Barg. Hostesses for April are Evelyn Herbolsheimer and Gertrude Vahlkamp. There are no names for the May Hostess list but anyone can volunteer by contacting Rose Ann Janke or Beverly Neel.



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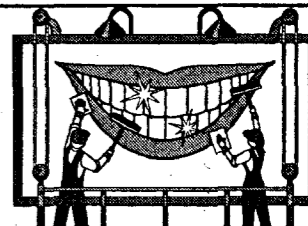


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Senior Center Calendar

- Monday, Feb. 23:** Morning walking; Quilting and cards; Pool, 1 p.m.
- Tuesday, Feb. 24:** Morning walking; Quilting and cards; Bridge; Mardi Gras party, singer Gene Magden, 12:45 p.m.
- Wednesday, Feb. 25:** Morning walking; Quilting and cards; Pool, 1 p.m.; Cyril and Bev Hansen.
- Thursday, Feb. 26:** Morning walking; Quilting and cards; Pitch party, 1:15 to 3 p.m.; Bridge; Wear Jean Day.
- Friday, Feb. 27:** Morning walking; Quilting and cards; Pool, 1 p.m.; Bingo, 1:15; Aaron Shear at the piano.

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TOPS conducts two meetings

TOPS NE200 met Jan. 28 at Providence Medical Center. With 14 TOPS and two KOPS in attendance.

Leader Twilla Kessinger opened the meeting with the TOPS and KOPS pledges reciting their respective pledges. Roll Call was "How are you going to stay away from the Super Bowl snacks and what is

your favorite snack"? Due to the illness of the secretary, there was no report. Treasurer Tracy Henschke gave her report.

Weekly Stats for TOPS showed Pam Barelmann was the Best Loser. She will receive her coupon when the secretary returns.

Weekly Stats for KOPS showed Lois Spencer was the Best Loser

for Kops. She will receive her coupon when the secretary returns.

Dee Rebensdorf earned a charm for winning the 50 point contest. Members will start over for the 50 point contest next week. Shelly Frevert earned her TOPS Bracelet.

Connie Kirkpatrick got a bingo and will choose her prize from the bingo suitcase when the secretary returns.

Jeannine Wriedt explained the Nebraska Wellness Program entitled "N-Lighten Nebraska". The program information can be obtained at the Wayne State College and the cost is \$17 per year including a free t-shirt.

TOPS NE200 met again on Feb. 4 at Providence Medical Hospital with 11 TOPS and one KOPS members present.

Leader Twilla Kessinger opened the meeting with the reciting of the TOPS and Kops respective pledges.

The secretary's report was read and amended. There was no treasurer's report due to the absence of the Treasurer.

Kay Saul earned a bingo prize to be gotten at a later date.

Weekly Stats for TOPS showed Phyllis Rahn as the Best Loser. She will receive her coupon next week.

Weekly Stats for KOPS showed Dorothy Nelson as the Best Loser. She will receive her coupon next week.

Monthly States for TOPS showed Beverly Ruwe was the Best Loser and she will receive her charm and Toppis next week.

Monthly Stats for KOPS showed No Best Loser for the month.

Silly Cards are next week. During Lent members will each bring an inspiring thought or reading to be used as our Roll Call.

Election of new officers will be in two weeks. Positions needed to be filled are Leader, Vice Leader, Secretary and Treasurer.



Concord Awana students taking part in the Bible Quiz included, front row, left to right, Andrea Torres, Elizabeth Junck, Nicole Hanson, Abbie Bloom, Madysyn Holloway, Emily Hangman, Elisabeth Torres, Lexi Oswald and Bayley Holloway. Back row, Austin Kempf, Caleb Thomas, Isaac Hanson, Mason Forsberg, Cody Thomas and Garrett Longe.

Awana Clubbers participate in Bible Quiz

Students in grades three through six from the Concord Awana Club and the Calvary Bible Awana Club in Wayne competed against four other teams at a Bible Quiz on Feb. 7.

The event was held at the First Baptist Church in Norfolk.

The purpose of the Quiz is to promote Bible memory and to give the clubbers a greater love for and working knowledge of the Bible.

Earning fifth place was Nicole Craft (Book 2 Girls - Wayne).

Earning fourth place awards were Austin (Book 1 Boys - Concord) and Rachel Johnson and Bailey Kudrna (Book 1 Girls - Wayne).

Earning second place awards were Emily Hangman and Andrea Torres (Book 2 Girls - Concord); Bayley Holloway and Lexi Oswald (Book 3 Girls - Concord) and Caleb Thomas (Book 4 Boys - Concord).

Earning first place were Nicole Hanson and Elisabeth Torres (Book 1 Girls - Concord); Abbie Bloom, Elizabeth Junck, Madysyn Holloway (Book 2 Girls - Concord); Mason Forsberg, Garrett Longe

and Cody Thomas (Book 2 Boys - Concord) and Isaac Hanson (Book 3 Boys - Concord).

Nicole Hanson, Bayley Holloway, Elizabeth Junck, Caleb Thomas and Elisabeth Torres all had perfect scores on the oral quiz. Cody

Thomas had a perfect written score.

Lori Thomas of Allen coached and organized the Concord Quizers. Cindy Sherman served as the head Quiz Coach for the clubbers from Wayne.



Calvary Bible Awana members taking part in the Bible Quiz were, left to right, Rachel Johnson and Bailey Kudrna.

Senior Center Congregate Meal Menu

- (Week of Feb. 23 - 27) Meals served daily at noon. For reservations, call 375-1460. Each meal served with bread, 2% milk and coffee.
- Monday:** Roast beef, mashed potatoes & gravy, green beans, lemon 7-Up salad, dinner roll, apricots.
- Tuesday:** Country baked steak,

- baked potato, cauliflower, sherbet.
- Wednesday:** Chicken casserole, beets, pea salad, cranberry juice, brownie.
- Thursday:** Egg salad sandwich, potato soup, ham slice, carrot coins, apple crisp.
- Friday:** Cod nuggets, Parmesan cheese potatoes, asparagus, cherry ice cream jell-o salad, pineapple.

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Grace Lutheran Ladies install officers

The meeting of Grace Lutheran Ladies Aid and LWML was called to order on Feb. 11 by President Ellen Heinemann.

Vice president Beverly Hansen's opening devotion was entitled "Bed Rock" based on II Samuel 22-23 and the singing of "Rock of Ages."

Pastor Pasche conducted installation of officers - President Ellen Heinemann, president; Beverly Hansen, vice president; Betty Wittig, secretary and LaVon Biermann, treasurer.

Roll call was answered by 18 members, Pastor Pasche and guest Sharon (Kay) Denker.

The minutes of the November

and December meetings were read and approved. The January meeting was cancelled due to the weather. The statistical report was read.

The treasurer's report was given and filed for review. The annual report was handed to each. Ruth Victor and Elinor Jensen had audited the books and found them to be in order.

Year books had been placed in mail boxes.

Committee reports were as follows: Mission service - Joann Temme had Valentines for each command.

Sewing - Esther Brader reported

the sewing group had tied quilts on Jan. 22 and are quilting on another Sunbonnet quilt. The will meet on Feb. 26.

Care Center - Rhonda Sebade, Phyllis Nolte and Verdelle Reeg played bingo with Premier Estates residents. The new committee is Joann Temme and Delores Utecht.

Kitchen - Betty Wittig showed new coffee servers (16) and reported doing some cleaning.

Visiting - Ruth Victor reported sending many cards and visiting in the hospital and Wakefield Care Center.

Funeral - Beverly Hansen stated serving the Norma Magdanz funeral and thanked all for helping.

Seminary student - Melvy Meyer will write this month.

There were no reports from gifts and historian.

Delores Utecht thanked all for helping deliver cookie plates in December.

The Cookie Walk committee reported 194 dozen cookies were brought in, plus tea rolls and party mix. Cookies not sold at the Walk, were sold after church, and the rest given to the Sunday School for their Christmas party. President Ellen tabled the continuance of the Cookie Walk until the March meeting.

President Heinemann presented the balcony step recovering estimate. She will gather more estimates for the next meeting.

Ellen Heinemann and Barb Greve prepared and Betty Wittig helped serve the Pastors' Conference on Jan. 6.

Vice President Hansen announced that Altona will host the Spring LWML Rally and Martinsburg will host in the fall.

President Heinemann announced

that a deceased member of the church had given a gift to the treasury. Members thanked the family members for this gift.

Birthday wishes were sung to Esther Hansen, Marion Baier and Ruth Victor.

The meeting closed with The Lord's Prayer and table prayer.

Hosting the meeting were Ellen Heinemann and Fauneil Bennett. Delores Utecht and Esther Brader will host in March.

TOPS members gather at PMC

TOPS NE200 met Feb. 11 in the Providence Medical Center Boardroom with 13 TOPS and two Kops. Leader Twilla Kessinger opened the meeting with the reciting of the pledges respectfully.

Secretary minutes were read by Paula Haisch and were accepted. The treasurer's report was given by Tracy Henschke.

Roll Call was "Are you doing something special on Valentine's Day?"

Weekly Stats for TOPS showed the Best Loser was Beverly Ruwe. She received her coupon.

Weekly Stats for KOPS showed no Best Loser.

Diane Uhing's birthday on Feb. 19 was noted.

Bingo prizes were picked by Kay Saul and Connie Kirkpatrick.

The contest leader for March is Pam Barelmann.

Winside St. Paul women attend meeting

Winside St. Paul's Lutheran Ladies Aid and LWML met on Feb. 4 with 13 members and Pastor Steckling present.

President Lorraine Prince conducted the business meeting, opening with the LWML Pledge.

Faye Mann conducted the devotions on Psalm #149 - doxology. She closed with the singing of "Praise god from Whom all Blessings Flow."

Pastor Steckling had a Bible study on Esther 5-6.

The secretary's and treasurer's reports were given. Mites were taken for projects.

The president reported on attending the Zone Board meeting in January. The Spring Workshop will be held Tuesday, April 21 in Altona. Old Bibles will be collected.

Happy Birthday was sung for members with February birthdays.

Birthday and get-well cards were signed for shut-ins.

The meeting closed with The Lord's Prayer.

Three communities unite for benefit of cancer patient

Three northeast Nebraska communities, Homer, Hubbard and Maskell, are uniting and hosting a benefit for Tammie (Burcham) Rasmussen, a patient battling adrenal cancer.

Tammie was diagnosed in early November and has since been undergoing treatment. She is the wife of the Rev. Randy Rasmussen. They are former Wayne residents.

St. Paul's Lutheran Church at Homer, Trinity Lutheran Church at Hubbard and Faith Lutheran Church in Maskell, in conjunction with Thrivent Financial for Lutherans Chapters 30256 and 30244, are hosting a benefit at the Hubbard Community Hall on Saturday, Feb. 21 from 3 to 8 p.m. A snow date of Feb. 28 has been set. Barbecue pork sandwiches, potato chips, salads and desserts will be served at the event.

A free-will offering will be taken. Also, a silent auction and a raf-

fe for prizes will be held. Special music will be provided by friends of Randy and Tammie.

An account for Tammie's benefit has been established at all three branches of Bank of Dixon County - Ponca, Newcastle and Jackson. Anyone wishing to contribute may drop off donations at any location.

Tammie's husband, Randy, is the pastor at the Lutheran Churches of Homer and Hubbard and is also a chaplain for Hospice of Siouxland. Tammie is a special education teacher at Vermillion Public Schools. The couple have three children, Torie is a junior at college in Boston, Dylan, 12, and Breanna, 9.

Tammie is the daughter of Bob and Ivadell Burcham of Obert. She is a member of Faith Lutheran Church.

Everyone is invited to attend this benefit to help defray Tammie's medical expenses.

Our Savior Women of the ELCA learn about WELCOME House

The Our Savior Lutheran Women of ELCA Joy Circle met with 18 women and four guests on Feb. 11 to hear from Julia Shear and three of her Wayne State Students from the WELCOME HOUSE.

Julia shared how the group has multiplied this past year. Some of the activities they are involved in are two Bible Study groups that meet on Monday and Wednesday evenings and on Thursday evenings they are called together as the Holy Grounds Coffee House to combat "Thirsty Thursday" on Campus with coffee.

Joe Nelson, Shawn Story and Jason Selman shared their faith stories as to how Campus ministry has touched their lives. The boys also shared a short video of some of the activities that they have done the past year. The group was well received.

President Dorothy Wert shared with the group information about the Spring Gathering to be held Saturday, March 7 at St. Mark's Bloomfield with Pastor Martin Russell leading the Bible Study. Registration forms are available with the deadline on Friday, Feb. 27. Dorothy also shared information about Hospice Kits for the Tanzania AIDS victims. The list will be posted at the information desk and the drive will close the last of March. She also shared that Tabitha Circle will furnish cookies to Campus Ministry Feb. 19 and that Charity Circle will furnish cookies on Thursday, March 19.

Phyllis Rahn shared information about the Christ Centered Labrynth experience called the "Prayer Path" which OSL will host Wednesday, March 18. It will be open to the public and will cer-

tainly add to your spiritual journey during Lent.

Lunch was served by Phyllis Rahn and Gloria Leseberg.

Joy Circle will meet again Wednesday, March 11 at 2 p.m. with Lois Youngerman and Gloria Leseberg leading the group in a program entitled "Lenten Encounters with Christ". Hostess for the day will be Dorrine Liedman and Evie Schock.

Other WELCA activities for the rest of February include Tabitha Bible Study Circle on Monday, Feb. 23 with Kathy Johnson hosting and Carolyn Vakoc leading; Hannah Bible Study on Friday, Feb. 20; Rebekah group on Thursday, Feb. 19. The Charity project circle was scheduled to meet Feb. 18. The sewing women will meet Thursday, Feb. 26 and visitation was to be Feb. 18.

For every heart, a story

For the past two years, American Heart Month has taken on new meaning for Jenny Petz and her family. On Jan. 3, 2008, just eight days after giving birth to a healthy baby boy, the petite, 32-year-old mother of two collapsed lifeless in her Omaha home.

Moments before, Petz, a native



Jenny Petz

of McCook, Neb., had mentioned to her husband and Mom that the funny feeling she felt on New Year's Eve had returned. Then, a heavy sensation made its way to her shoulders and her left arm went numb. She felt like someone was sitting on her chest. The last thing she remembers was mumbling for someone to get her to the hospital.

Petz's frightened family leaped into action. Her Mom, who was still in town for the joyous occasion of a new grandson, stuck an aspirin under her daughter's tongue and checked for a pulse while she and her son-in-law tag-teamed the 9-1-1 call and kept each other calm. As if in a dream, at the hospital Petz heard her shocking diagnosis:

Vitamin D plays a role in Heart Health

by Todd Tessoroff, MD
BryanLGH Heart Institute,
Lincoln, NE

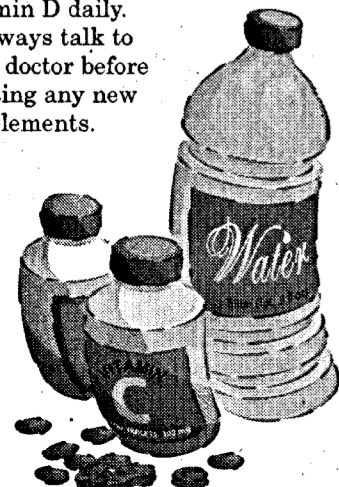
Vitamin D is a fat-soluble vitamin that has long been known to play a large role in supporting healthy bones. Deficiency of Vitamin D causes rickets in children and osteoporosis in adults. However, it is now known that adequate vitamin D status is important for optimal function of many organs and tissues throughout the body, including the cardiovascular system. Recent research has shown that low levels of vitamin D increase risk of developing high blood pressure, abnormal thickening of the heart and diabetes. Deficiency of vitamin D has also been linked to increased risk of heart attacks and heart failure. A study of male health professionals showed a 2-fold risk of heart attacks in subjects who were vitamin D deficient compared with those in the normal range.

Vitamin D is available in 2 forms, vitamin D2 and vitamin D3. Vitamin D2 is found in plants or consumed as a supplement. Vitamin D3 is found in oily fish, fortified foods like milk, and is made in the skin during sun exposure. Vitamin D3 can also be taken as a supplement.

Most people need 1000 to 2000 IU of vitamin D. The most potent sources of vitamin D are sunlight (about 3,000 IU vitamin D3 per 5 to 10 min of mid-day, midyear exposure of arms and legs) or prescription oral supplements of 50,000 IU capsule of either vitamin D2 or D3 every 2 weeks. Among foods, oily fish have the highest content of vitamin D3, which ranges from 100 to 1,000 IU per 3.5 oz, whereas other sources such as milk or orange juice fortified with vitamin D contain up to 100 IU per serving.

It is estimated that 30-50 percent of the general population is Vitamin D deficient. Vitamin D supplementation is simple, safe and inexpensive. The U.S. government's current recommendation for oral vitamin D is 200 IU daily for individuals under age 50, 400 IU daily for individuals between age 50 and 70, and 600 IU for those older than 70. Many experts recommend at least 800 to 2000 IU of vitamin D daily.

Always talk to your doctor before starting any new supplements.



heart attack.

"That's when I lost it," she says. "I was saying 'my babies need me.'"

Petz suffered a rare kind of heart attack. The layers of her left descending artery pulled apart and formed a flap that blocked blood flow to her heart. She also had blockage in another artery, likely caused by high cholesterol. Within 70 minutes of arrival at the hospital Petz had three stents inserted and was on the road to recovery.

While Jenny's event was relatively rare, cardiovascular disease in women is not. In fact, heart disease is the number one health threat for both men and women in Nebraska and nationwide. According to the American Heart Association, heart disease claims the lives of more than 460,000 women every year, that's about one death per minute, or one in three women.

In 1997, the American Heart Association began a movement when it launched its groundbreaking "Take Wellness To Heart" awareness campaign created by women for women. In February 2004, the association launched Go Red For Women — extending the effort that began in 1997. Go Red For Women aims to educate women that heart disease is their leading cause of death — a fact most women still do not take to heart.

With the memory of her heart attack fresh in her mind more than a year later, Petz, a non-smoker who has enjoyed high metabolism her whole life, is keeping an eye on heart disease risk factors you can and can't see. Her family and friends have followed her lead.

"If you look at me, you'd think I'm really fit and healthy, but you never really know. We all need to know our numbers and manage our risk factors, and, if worst comes to worst, know the signs of a heart attack and what to do," she says.

As Go Red For Women embarks on its sixth year, it harnesses women's energy, passion and power to band together and collectively wipe out heart disease. Log on to www.GoRedForWomen.org and learn how you and you're loved ones can take steps toward a healthier heart.



american HEART MONTH

Heart health among benefits attained through exercise at local Activity Center

Some of the services available at the Community Activity Center, 901 W. 7 Street in Wayne include:

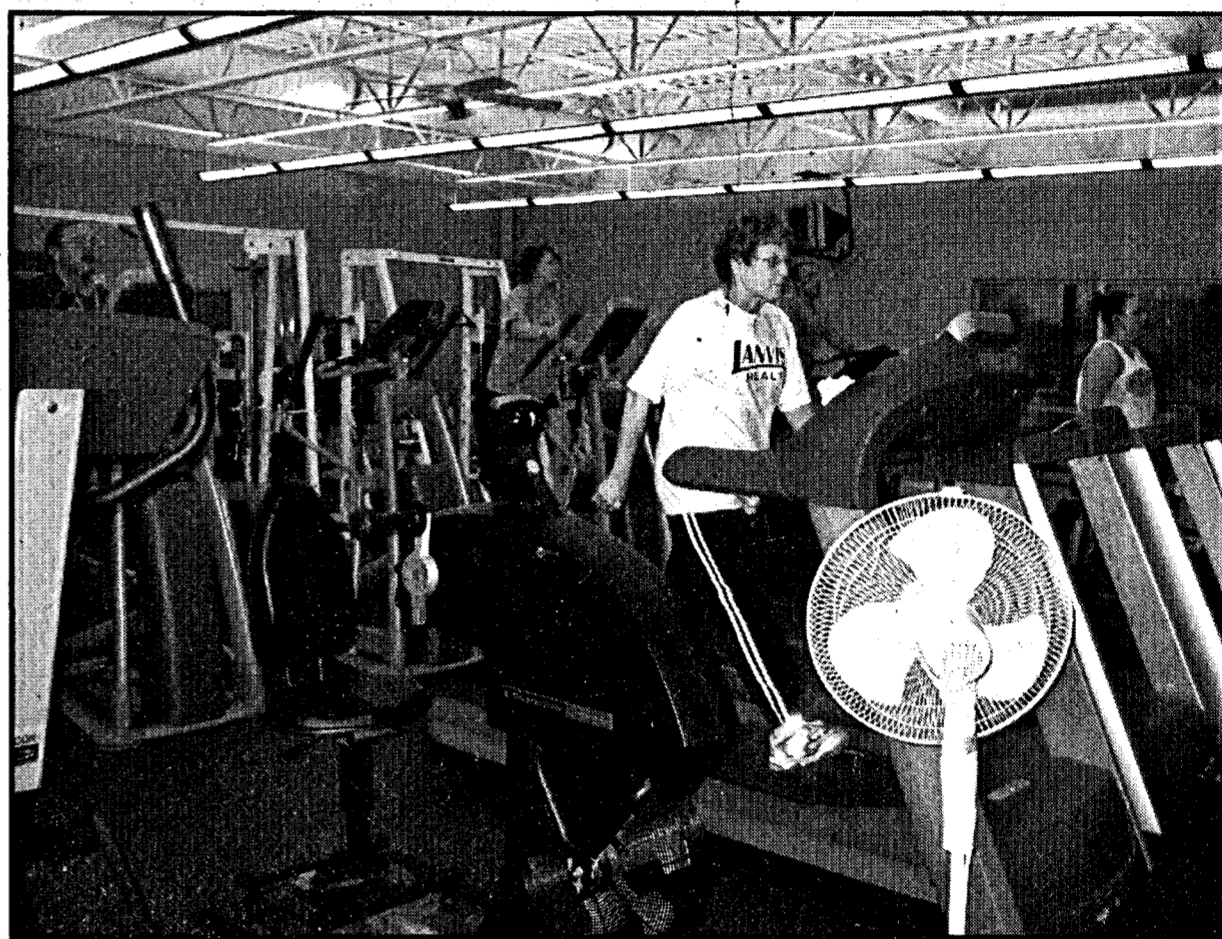
Personal trainers: Are available by appointment only. Personal trainers will design a program that meets "your" health and fitness needs.

Walking Club: Members track miles walked at the Community Activity Center. There are rewards for those walking 500/1000 miles.

Jazzercise and Yoga: Are offered every day plus some Saturdays for all ages, men and women.

The Community Room has 1,800 square feet for all exercise classes and 2,000 square feet in the weight room. Treadmills, bikes, free weights and weight machines and much more offer many opportunities to stay fit. Also, in the next few months they will be relaxing the fitness and youth centers rooms which will incorporate 400 additional square feet in the youth center for the fitness equipment. Watch for more details. Call 375-4803 for more information.

Community members utilize the equipment and services available at the Wayne Community Activity Center.



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Heart360 gives 'all around' perspective to heart health

Managing your heart health just got easier — online. With the American Heart Association's innovative new cardiovascular wellness center — www.heart360.org — you can now enter your blood pressure, cholesterol and glucose numbers, log physical activities, record your weight, and keep a diary of the medications you're taking or used to take.

The entries are stored online in a secure, password-protected system to be charted, compared and updated — to help you set goals and track your progress in reducing heart disease risk factors.

A variety of links to relevant American Heart Association content are also available on the site.

"Statistics show millions of people are turning to the Internet for health information," said Dr. Tim Gardner, president of the American Heart Association. "With Heart360, patients and their families can easily track their risk factors and get quick access to the most credible source of online heart and stroke information."

Powered by Microsoft HealthVault, Heart360 replaces and expands on the American Heart Association's former Blood Pressure Management Center. The new site offers the ability to track a broader range of heart disease risk factors, while providing more guidance and information.

In 2007, Microsoft launched HealthVault, a personal health platform that allows consumers to gather, store and share health information online. HealthVault enables the exchange of data among different health applications, such as the American Heart Association's Heart360.

"The American Heart Association has long been a trusted source for heart health information, and Heart360 makes it even easier for consumers to track and view their health information online," said Dr. Jim Mault, director of business development, Microsoft Health Solutions Group. "By combining

data from Heart360 with information from other HealthVault data sources and applications, consumers have a better snapshot of their overall health profile."

New users can visit www.Heart360.org to set up a Microsoft HealthVault account. Previous users of the American Heart Association's Blood Pressure Management Center can log in normally and their data will automatically transfer to Heart360.

Unique features of the site include:

- **Goals:** The user can set personal goals for readings, such as blood pressure or weight.

- **Guidance:** The tool will direct users to the recommended ranges for blood pressure, cholesterol and other types of data. In some cases, a user will receive links and additional information to share with their doctor.

- **Multiple user accounts:** Users can manage their families' health with several user accounts. This is ideal for parents and/or caregivers.

- **Connect your devices:** Heart360 is compatible with some home blood pressure monitors. Look for the "Works with HealthVault" logo. Using Microsoft HealthVault, users can upload their readings and incorporate them into their Heart360 account. Information can also be entered manually.

- **Notices:** A user will receive a message when their health inputs are in a range that signals they should consult with their doctor.

- **Progress reports:** Users can easily prepare reports on their data. These reports can be printed and e-mailed.

- **Resources:** As information is entered over time, a user will receive timely links to useful information tailored to meet their individual needs.

"In the future Heart360 will expand so healthcare providers can access a patient's information and communicate with patients about their progress," Gardner said.



Far right, PMC Certified Personal Trainer Heidi Keller, ACE works with Donna Martin of Wayne. Gunnar Spethman, MSE, CSCS*D, is also a personal trainer at PMC.

Fitness success can start at PMC

We each have the 'power' to change our body and to become healthier through relaxation, good eating habits and exercise.

At the Providence Wellness Center (located in the lower level of Providence Medical Center) 1200 Providence Road in Wayne, you will find personal trainers, exercise classes, state-of-the-art exercise equipment and a weight room.

Fitness success can start at the PWC. Ask about the Yoga, Pilates and Body Sculpting classes that are also available. Call 402-375-7927 for more information.

CARDIAC REHABILITATION PROGRAM AT PMC OUTPATIENT SERVICES: This is a program specifically designed for individuals who have been diagnosed with a heart condition. The development of an exercise program and healthful life-style education are tailored to each individual's needs. Cardiac rehabilitation significantly enhances the recovery process after a heart event, and is supervised by registered nurses trained in advanced cardiac life support. Cardiac Rehab sessions are ordered by a physician.

Is it a heart attack?

Some heart attacks are sudden and intense — the "movie heart attack," where no one doubts what's happening. But most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. The American Heart Association offers some of the following signs that can mean a heart attack is happening:

- **Chest discomfort:** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, and that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

- **Discomfort in other areas of the upper body:** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

- **Shortness of breath with or without chest discomfort.**

- **Other signs may include breaking out in a cold sweat, nausea or lightheadedness.**

As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other com-

mon symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.

Learn the signs, but remember this: Even if you're not sure it's a heart attack, have it checked out (tell a doctor about your symptoms). Minutes matter! Fast action can save lives — maybe your own. Don't wait more than five minutes to call 9-1-1.

Calling 9-1-1 is almost always the fastest way to get lifesaving treatment. Emergency medical services (EMS) staff can begin treatment when they arrive — up to an hour sooner than if someone gets to the hospital by car. EMS staff are also trained to revive someone whose heart has stopped. Patients with chest pain who arrive by ambulance usually receive faster treatment at the hospital, too. It is best to call EMS for rapid transport to the emergency room.

If you can't access the emergency medical services (EMS), have someone drive you to the hospital right away. If you're the one having symptoms, don't drive yourself, unless you have absolutely no other option.

Know the risk, change the future

One in every 18 Nebraska adults has been diagnosed with heart disease. It claims one American every 37 seconds and cost the U.S. an estimated \$448.5 billion in 2008.

The statistics can be frightening until you consider that experts recognize heart disease, our nation's No. 1 killer, as largely preventable. In fact, deaths from coronary heart disease have declined more than 30 percent since 1999, according to the American Heart Association.

"We are going in the right direction with cardiovascular disease, but there is still work to be done in every arena," says Stephanie Kee, Cardiovascular Services clinical coordinator for Good Samaritan Hospital in Kearney. "Patients absolutely need to do their part, but we all need to keep heart disease care in the forefront and work to improve hospital processes and diagnostic processes, and certainly work with patients on education and risk factor prevention."

Extensive clinical and statistical studies have identified several factors that increase the risk of coronary heart disease and heart attack. Major risk factors are those that research has shown significantly increase the risk of heart and blood vessel (cardiovascular) disease.

Other factors are associated with increased risk of cardiovascular disease, but their significance and prevalence haven't yet been precisely determined. They're called contributing risk factors.

The American Heart Association has identified several risk factors. Some of them can be modified, treated or controlled, and some can't. The more risk factors you have, the greater your chance of developing coronary heart disease. Also, the greater the level of each risk factor, the greater the risk.

For example, a person with a total cholesterol of 300 mg/dL has a greater risk than someone with a total cholesterol of 245 mg/dL, even though everyone with a total cholesterol greater than 240 is considered high-risk.

"You don't have to be old or a man to have heart disease," Kee adds. "You really do need to go to your doctor regularly and ask to have those cholesterol panels run. Being proactive in your own health care is a great preventative measure."

Major risk factors that can't be changed:

- **Increasing age —** Over 83 percent of people who die of coronary heart disease are 65 or older. At older ages, women who have heart attacks are more likely than men are to die from them within a few weeks.

- **Male sex (gender) —** Men have a greater risk of heart attack than women do, and they have attacks earlier in life. Even after menopause, when women's death rate from heart disease increases, it's not as great as men's.

- **Heredity (including Race) —** Children of parents with heart disease are more likely to develop it themselves. African Americans have more severe high blood pressure than Caucasians and a higher risk of heart disease. Heart disease risk is also higher among Mexican Americans, American Indians, native Hawaiians and some Asian Americans.

Major risk factors you can modify, treat or control by changing your lifestyle or taking medicine:

- **Tobacco smoke —** Smokers' risk of developing coronary heart disease is 2-4 times that of nonsmokers. Cigarette smoking is a powerful independent risk factor for sudden cardiac death in patients with coronary heart disease; smokers have about twice the risk of nonsmokers. Cigarette smoking also acts with other risk factors to greatly increase the risk for coronary heart disease. People who smoke cigars or pipes seem to have a higher risk of death from coronary heart disease (and possibly stroke) but their risk isn't as great as cigarette smokers'. Exposure to other people's smoke increases the risk of heart disease even for non-

smokers.

- **High blood cholesterol —** As blood cholesterol rises, so does risk of coronary heart disease. When other risk factors (such as high blood pressure and tobacco smoke) are present, this risk increases even more. A person's cholesterol level is also affected by age, sex, heredity and diet.

- **High blood pressure —** High blood pressure increases the heart's workload, causing the heart to thicken and become stiffer. It also increases your risk of stroke, heart attack, kidney failure and congestive heart failure. When high blood pressure exists with obesity, smoking, high blood cholesterol levels or diabetes, the risk of heart attack or stroke increases several times.

- **Physical inactivity —** An inactive lifestyle is a risk factor for coronary heart disease. Regular, moderate-to-vigorous physical activity helps prevent heart and blood vessel disease. The more vigorous the activity, the greater your benefits. However, even moderate-intensity activities help if done regularly and long term. Physical activity can help control blood cholesterol, diabetes and obesity, as well as help lower blood pressure in some people.

- **Obesity and overweight —** People who have excess body fat, especially if a lot of it is at the waist, are more likely to develop heart disease and stroke even if they have no other risk factors. Excess weight increases the heart's work. It also raises blood pressure and blood cholesterol and triglyceride levels, and lowers HDL ("good") cholesterol levels. It can also make diabetes more likely to develop. By losing even as few as 10 pounds, you can lower your heart disease risk.

- **Diabetes mellitus —** Diabetes seriously increases your risk of developing cardiovascular disease. Even when glucose (blood sugar) levels are under control, diabetes increases the risk of heart disease and stroke, but the risks are even greater if blood sugar is not well controlled. About three-quarters of people with diabetes die of some form of heart or blood vessel disease. If you have diabetes, it's extremely important to work with your healthcare provider to manage it and control any other risk factors you can.

Other factors contributing to heart disease risk:

- **Individual response to stress** may be a contributing factor. Some scientists have noted a relationship between coronary heart disease risk and stress in a person's life, their health behaviors and socioeconomic status. These factors may affect established risk factors. For example, people under stress may overeat, start smoking or smoke more than they otherwise would.

- **Drinking too much alcohol** can raise blood pressure, cause heart failure and lead to stroke. It can contribute to high triglycerides, cancer and other diseases, and produce irregular heartbeats. It contributes to obesity, alcoholism, suicide and accidents.

To learn more about the risk factors for heart disease or take a personal risk assessment, visit www.americanheart.org.

Fit It In!

By Cindy Kugler, wellness services manager, LifePointe by BryanLGH

Needing to fit some extra activity into your day, but wondering where you'll find the time? A few extra movements incorporated into your daily routine can be a meaningful and a beneficial addition to your regular exercise regimen, without rearranging your already busy schedule.

When walking the dog, does Fido do more sniffing than walking? If so, try marching in place or stepping up and down from the curb while you wait. For balance, stand on one leg, increasing the time as you are able. During your favorite tv program, do some chair kicks, calf raises and arm circles, all without leaving your easy chair!

Can I really prevent a heart attack?

By Joseph Kumer, MD
BryanLGH Heart Institute,
Lincoln, NE

Kurt Vonnegut is one of the greatest satirical authors of our generation. Despite smoking unfiltered cigarettes for decades, he never developed lung cancer or heart disease. He joked when he was in his early 80's that he planned to sue the cigarette manufacturers for false advertising, since he was alive and well!

We have all known people like Vonnegut who have every reason to have a heart attack, but somehow, beat the odds. In contrast, we also know people who do all the right things like exercise and eat healthy, and yet, in spite of their best efforts, still become ill with a heart attack or other disease.

When we encounter such people, we are left to wonder if healthy living really makes a difference. Benjamin Franklin said, "an ounce of prevention is worth a pound of cure." Is it true? Can we really prevent illness by the choices we make? As a heart doctor, I assure you that Mr. Franklin's words are as true today as they were when first spoken. Although there are exceptions to the rule, they should not dissuade someone from living a

healthy lifestyle and avoiding dangerous habits like smoking.

Mr. Vonnegut, a smoker, referred to smoking as "a classy way to commit suicide." Smoking is the single most preventable risk for heart disease and death in America. Quitting smoking reduces the risk of a deadly heart attack in half. However, in spite of all that is known about the dangers, nearly a half-million Americans still die each year from the effects of smoking. However, for those who want to quit, effective medications and other therapies are available.

High blood pressure, high cholesterol and diabetes are called the silent killers because they can cause a catastrophic event without any symptoms or warning. Although each of these diseases can have a genetic component, often times, the cause is poor diet and sedentary lifestyle. The good news is that these diseases can be controlled and in some cases, reversed, with weight loss, diet, exercise and medication.

Heart disease is the leading killer in America, but it doesn't have to be. It is preventable. As Benjamin Franklin suggested, an ounce of prevention, such as changing unhealthy habits, may be worth a lifetime of cure.

It could be a heart attack.



But you can't just wait and see.

If you have any of these heart attack symptoms, call 911 or seek emergency help immediately.

- **Chest discomfort:** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body:** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath with or without chest discomfort.**
- **Other signs may include breaking out in a cold sweat, nausea or lightheadedness.**

The sooner you get treatment, the greater the chance that physicians can prevent further damage to the heart.



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Heart and stroke death rates down, some risk factors still too high

The age-adjusted death rates for coronary heart disease and stroke have each reached about a 30 percent reduction since 1999, according to the latest data in the American Heart Association's Heart Disease and Stroke Statistics — 2009 Update, published online in *Circulation: Journal of the American Heart Association*.

The reductions in the coronary heart disease (30.7 percent) and stroke (29.2 percent) death rates mark the achievement of major milestones set by the American Heart Association to reduce coronary heart disease and stroke by 25 percent by 2010. This latest preliminary data for 2006, the most recent year for which statistics are available, reflects further reductions from the 2005 numbers announced earlier in 2008.

"The American Heart Association is proud of the progress this country has made against America's No. 1 single cause of death and the No. 3 killer," said association president Timothy Gardner, M.D.

"There has been a tremendous effort from many partners in research, healthcare, government, business and communities to achieve these goals," Gardner said. "But our work is not done, since the major risk factors for heart disease and stroke have not seen the same decline as the death rates — and several are rising. If this trend continues, death rates could begin to rise again in the years ahead. While we have seen better control of high blood pressure, high cholesterol and tobacco use, we still have much work to do on these risk factors — and progress continues to lag in obesity, diabetes and physical inactivity."

While the death rates for heart disease and stroke have declined, the burden of disease is still high for the nation's leading killer, and many risk factors for cardiovas-

cular disease (CVD) are either unchanged or increasing.

- **Preliminary mortality data for 2006** show that CVD accounted for 34.2 percent (829,072) of all 2,425,901 deaths in 2006, or 1 of every 2.9 deaths in the United States.

- **Cholesterol:** Between 1999–2000 and 2005–2006, average total cholesterol levels for men age 40 or older and for women age 60 or older declined from 204 mg/dL to 199 mg/dL. However, there was little change over this time period for other age groups.

- **Physical Activity:** Despite recommendations that some proportion of activity be vigorous (activity that causes heavy sweating and a large increase in breathing and/or heart rate), 62 percent of adults (age 18 and up) who responded to the 2006 National Health Interview Survey reported no vigorous activity lasting at least 10 minutes per session.

- **Overweight:** The presence of overweight (body mass index-for-age values at or above the 95th percentile) in children age 6 to 11 years old increased from 4.0 percent in 1971–1974 to 17.0 percent in 2003–2006. In adolescents aged 12 to 19 it increased from 6.1 percent to 17.6 percent in that same time frame. Among infants and children between the ages of 6 months and 23 months, the prevalence of high weight-for-age was 7.2 percent in 1976–1980 and 11.5 percent in 2003–2006.

"The challenge we face with reducing risk factors is figuring out what motivates people to change behavior, narrowing the gaps in gender and socioeconomic disparities, and assessing what we can do on a broad scale to affect the environments where people live, work and play," Gardner said.

For the first time, the annual update includes data on the early

stages of CVD as measured by coronary artery calcification (CAC) scores and carotid intima-media thickness (IMT). A CAC score is measured using ultrafast computed tomography to detect calcified deposits in the walls of coronary heart arteries. Carotid IMT uses B-mode ultrasound to measure the thickness of neck arteries. Both measure the early manifestations of atherosclerosis and have been used to foretell a person's risk for heart attack and stroke.

"Perhaps expanding our knowledge on how early the disease process begins can help people take action earlier in life, when prevention really counts," said Don Lloyd-Jones, M.D., Sc.M., chair of the American Heart Association's Statistics Committee and the lead author of the update.

"Advances in imaging technology over the past several decades have made it possible to take a closer look at blood vessels, so we can see the changes that eventually lead to widespread disease, heart attack or stroke," he said.

For example, the National Heart, Lung, and Blood Institute's Coronary Artery Risk Development in Young Adults (CARDIA) study and Multi-Ethnic Study of Atherosclerosis (MESA) have helped to define levels of CAC in a diverse population.

- In adults 33 to 45 years of age in CARDIA, 15 percent of men and 5.1 percent of women already had CAC, and 1.6 percent had a CAC score higher than 100, which may indicate a significant burden of plaque.

- Among older adults in MESA, levels of CAC were highest in white men and lowest in black and Hispanic women.

- According to longitudinal data from MESA, older people with CAC scores of one to 100 were about four times more likely and those with CAC scores greater than 100 were seven to 10 times more likely to suffer a coronary event than those without CAC.

Carotid IMT, without obvious atherosclerotic plaque, is thought to represent an even earlier sign

of atherosclerosis than CAC. Analyses from the Bogalusa Heart Study, CARDIA, MESA, and the Cardiovascular Health Study have helped to describe the relationship of carotid IMT to CVD risk, and show that higher body mass index and low-density lipoprotein cholesterol levels measured at four to 17 years of age were associated with increased risk for being above the 75th percentile for carotid IMT later on young adulthood.

"These data highlight the impor-

tance of controlling risk factor levels and obesity in early childhood and young adulthood to prevent the early development of atherosclerosis," Lloyd-Jones said.

Other highlights from this year's statistical update include:

- A new section highlighting the complex association between family history of CVD and future risk for CVD among offspring and siblings;
- A revised chapter on congenital cardiovascular disease;
- Substantial revisions and

updates to the chapter describing current nutritional intake data, trends and changes in intakes, estimated effects on cardiovascular risk factors and cardiovascular outcomes, and current costs and trends for all foods; and

- New data on quality of care performance measures stratified by race/ethnicity and sex for hospitals participating in the American Heart Association's Get With The Guidelines program from Jan. 1, 2007, through Dec. 31, 2007.

Diet pop was my enemy

By Julie Grant

There really is something to putting your mind to something to get results. I have always struggled with my weight. I remember in high school starving myself and living virtually on diet pop. We would eat very little and drink lots of it. No water, just diet pop. We'd lose weight for whatever special occasion we were looking forward to and eventually gain it all back. It was an ongoing cycle in my life.

As an adult I found myself addicted. I drank pop in the morning like one would drink coffee. I would drink another one at work, then at lunch, after lunch, again at supper, and probably one more while I was watching TV at night. It got to the point that I would buy a case and pack it in my car for weekend trips and holidays. It was the first thing I loaded in my car and the first thing I unpacked upon my arrival. Oh, the looks at breakfast when I would snap open a can!

The point is I was addicted.

One day about four years ago, I was running to get a soda and a co-worker stopped me. We started talking about drinking pop. He told me he had not had one in seven years and showed me a picture of him when he was very overweight. It blew my mind; now he's really tall and thin. He told me the main thing he did to lose weight was to



Julie Grant

stop drinking pop. He only drinks water. Like an addict, I said to him, "Do you miss it?" He replied, "Not in the least." I thought he was crazy. Pop has fizz, it tastes good, it is cold and refreshing. How could anyone give it up?

My dad had preached for years that I should quit drinking pop and drink more water. After talking to my colleague, the thought kept creeping into my mind. I knew it was a good idea, but I still didn't want to let go.

New Years was approaching and I thought about trying to quit drinking diet soda as a resolution. I told myself I could quit from Jan. 1 to Easter, as a trial only.

I knew I had to do one other thing to even attempt to make it — I had to tell everyone I knew. Like most people, if I tell someone about a goal, I am more inclined to follow through.

About three weeks into my chal-

lenge, I walked into my office and there, in plain sight, was a can of diet soda on my desk.

I yelled, "Who put this can of diet Soda here?"

Everyone in my office was laughing. I laughed it off and put the can in the refrigerator and went back to work. From then on it seemed like everyone was drinking pop in front me, taunting me to break my resolution. Diet soda was everywhere!

I dug in my heels and decided I was going to overcome any and all temptation. I drank lots of water and talked to myself to reinforce my desire within. Each day that I accomplished my goal, I gave myself praise. I began to lose weight. All of a sudden, Easter weekend was approaching. I thought, "Wow, that time went by really fast." (It didn't, really.) I bought a new dress and packed like a normal human being. On Easter Sunday, I ran upstairs and asked for a diet soda. I downed it. I drank it so fast. It was like a brand new high. I loved it. Everyone laughed and we went to church.

Later that day as I sat down to a nice dinner with family, I asked for another diet soda. This one did not taste very good. As a matter of fact, it tasted awful. I didn't finish it. I got up and got a glass of water.

I have not had a diet soda since. I don't even think about wanting one. I am cured! I put my mind to quitting, I struggled at first but then told myself to buckle down and persevere.

Oh and that can of diet soda that was on my desk? It's still in the fridge at work.

Editor's note: Julie Grant, originally from Arnold, Mo., is the American Heart Association's 2008 Lincoln Start! Lifestyle

Heart month: not just for adults—childhood obesity on the rise; minority children's risk even higher

While many moms and dads are being reminded at work, the grocery store, and even church to check up on their hearts this February, the American Heart Association reminds parents it's important to include kids in heart-healthy activities.

Childhood obesity is one of our nation's leading health threats. Today, nearly one in three kids in the nation are overweight or obese.

"The short-term medical issues of childhood obesity often do not present with symptoms and make it difficult for the family and child to understand that something is really wrong," says Tamara Dolphens, Pediatric Preventive Cardiology physician assistant with the Joint Division of Pediatric Cardiology UNMC, Creighton University and Children's Hospital and Medical Center.

"Short-term health effects tend to be associated with social and emotional problems, which in turn become long-term concerns. Overweight or obese children may have low self-esteem and a negative body image," she adds.

The obesity epidemic is clearly taking its toll, as more and more kids are developing conditions and diseases typically associated with adults. According to the U.S. Centers for Disease Control and Prevention (CDC), one in three individuals born in the year 2000 will develop type 2 diabetes. In vulnerable populations, that number increases to 1 in 2 individuals.

Research shows obesity rates are highest among African American women and Mexican Americans and also that childhood obesity is having a larger impact on children from low income families.

"A lot of people believe that eat-

ing healthy is more expensive, and that's not necessarily true. It's just something you have to work at," says Martin Vargas, director of Minority Health for the Community Action Partnership of Western Nebraska.

"As Latinos, we tend to do a lot more fried and a lot of starchy foods. I know for a fact some people eat tortillas three times a day at every meal. Now is the time for parents to take a look at what we're eating and how we're eating it. The habits our kids are forming are the ones they'll take into adulthood," he adds.

Vargas and Dolphens both agree that people of all ages, ethnicities and incomes can make small changes that result in better overall health.

"Simple changes such as eliminating pop and juice or changing to skim milk can make a very big difference for weight loss," Dolphens says.

"Additionally, regular exercise is very important. Children don't need to become super athletes or marathon runners, we recommend 30 minutes of exercise most days of the week. The easiest thing to do is walk."

The Alliance for a Healthier Generation, a partnership between the American Heart Association and the William J. Clinton Foundation, has created a wide range of resources for kids, parents, teachers and community organizers to help empower kids to be healthier. These tools have been developed to be scientifically accurate and age-appropriate. The Alliance has two Web sites, one for adults, schools and parents (www.healthiergeneration.org) and a fun, interactive site for youth (www.empowerme2be.org).

My brother had a heart attack... am I next?

By Joseph L. Kummer, MD
Bryan LGH Heart Institute,
Lincoln, NE

Gift-giving is the way families commemorate the special moments in life like birthdays and anniversaries. However, sometimes our parents give us "gifts" that we may not exactly want — like a genetic disposition for heart disease.

As a heart doctor, I commonly take care of patients having heart attacks. Many of these people have risk factors such as diabetes, high cholesterol, high blood pressure, or tobacco use. However, the absence of such risk factors does not preclude young, healthy people from having heart attacks. When this happens, they ask me "How could this happen?" I usually suggest they look back at their family tree, as their primary risk may be the "gift" of unfortunate genetics.

Just as we can't change our height or the color of our eyes, we can't change the genes that predispose us to heart disease. In fact, it is still unknown if one gene in particular is responsible for heart disease of if it is combination of genes, perhaps even thousands, collectively contributing to the risk.

There are a few important factors to consider when evaluating your family history. The first one is the age at which a relative had a heart attack. Family history becomes a concern when a relative has heart disease early in life. For example, if a heart attack occurred in a male relative younger than 50 or a female relative younger than 60, then there is a greater likelihood of a genetic predisposition.

The second item to consider is the degree of separation among family members. In other words, the closer the relative, the higher the risk. The strongest risk is among siblings and parents. Early heart disease in more distant relatives such as aunts, uncles, grandparents and cousins also increases an individual's risk, but not as significantly.

Next, consider how many people in the family have been affected. One relative with early onset of heart disease does not increase the likelihood of heart disease as much as if there are multiple close relatives affected.

Finally, consider the root of the risk factors that may have caused that family member's heart attack. Risk factors such as high cholesterol, high blood pressure and diabetes tend to run in families and can be inherited. However, if poor lifestyle choices such as smoking or obesity caused the risk factors to exist, then genetics are not as great of a concern.

If you are an adult with a relative who had heart disease early in life, you should talk to your doctor about your personal risk. Knowing your family history may help your doctor discover and treat heart disease before it causes a dangerous heart attack.

Sirloin steak with portobello mushrooms

Serves 4

This combination of peppery sirloin and meaty portobellos is made to match up with robust mashed potatoes, perhaps flavored with garlic and horseradish.

- 1-pound boneless sirloin steak
- 1 tsp dried thyme, crumbled
- 1/2 tsp pepper
- 8 oz. portobello mushrooms, cut into 1-inch squares
- 1 large red onion, sliced
- 1/2 cup fat-free, no-salt-added beef broth
- 1 T Dijon mustard
- 1 T Worcestershire sauce (lowest sodium available)
- 2 T brandy (optional)

Discard all visible fat from the steak. Cut into 4 pieces. Sprinkle both sides with the thyme and pepper.

Heat a large nonstick skillet over medium-high heat. Cook the steak for 4 to 6 minutes on each side, or to the desired doneness. Transfer to a platter and cover with aluminum foil to keep warm.

In the same skillet, cook the

mushrooms and onion over medium-high heat for 1-2 minutes, or until the onion is tender-crisp, stirring occasionally.

Stir in the remaining ingredients. Cook for 5 to 6 minutes, or until the mushrooms are tender and the liquid is reduced by half, stirring occasionally. Spoon over the steak.

Nutrition Analysis (per serving): Calories, 184; Total Fat, 5.0 g; Saturated Fat, 2.0 g; Trans Fat, 0.0 g; Polyunsaturated Fat, 0.0 g; Monounsaturated Fat, 2.0 g; Cholesterol, 46 mg; Sodium, 153 mg; Carbohydrates, 8 g; Fiber, 2 g; Sugar, 3 g; Protein, 27 g

Dietary Exchanges: 1 Vegetable; 3 Lean Meat

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Excess weight, inactivity increase heart failure risk in men

Staying lean and fit can dramatically lower the risk of heart failure in men, researchers report in *Circulation*: Journal of the American Heart Association.

In the Physicians' Health Study, researchers from the Brigham and Women's Hospital in Boston, followed 21,094 U.S. male physicians, 40 to 84 years old, for 20 years and found:

- Lean and active men had the lowest risk for heart failure and obese and inactive men had the highest risk.

- After adjusting for risk factors such as high blood pressure, diabetes and high cholesterol, the risk of heart failure increased by 49 percent in overweight men and 180 percent in obese men compared with lean participants.

- Any amount of vigorous physical activity that caused sweating, ranging from a low of one, to three times a month to a high of five to seven times a week, was associated with an 18 percent reduction in heart failure risk, after adjusting for other known causes of heart failure.

- Compared with men who rarely or never vigorously exercised, men engaging in vigorous physical activity five to seven times a week had a 36 percent reduction in heart failure risk.

- Compared with participants

who were lean and active, the risk of heart failure increased 19 percent in the lean and inactive; 49 percent in the overweight and active; 78 percent in the overweight and inactive; 168 percent in the obese and active; and 293 percent in the obese and inactive.

"Whereas previous studies have established that obese men have a higher likelihood of developing heart failure, the present investigation has extended this knowledge by pointing out that even overweight or pre-obese men are not spared from this increased risk," said Satish Kenchaiah, M.D., M.P.H., lead author of the study and investigator at the Physicians' Health Study, Brigham and Women's Hospital. "On average, in men who are 5 feet 10 inches tall, for every 7 pounds of excess body weight, the risk of heart failure will go up by 11 percent over the next 20 years."

The study took place from 1982 to 2007, and participants completed questionnaires about demographics, lifestyle and medical history twice in the first year and annually thereafter. The physicians reported height and weight, which was used to calculate body mass index (BMI).

Men with BMI less than 25 were considered lean, 25 to 29.9 was overweight, and greater than 30

was obese. Physical activity was based on activity that worked up a sweat with options of rarely/never, one to three times a month, once a week, two to four times a week, five to six times a week or daily. Men who said they rarely/never exercised were considered inactive. Those who said they exercised one to three times a month or more were considered active.

About 40 percent of the participants were overweight and about 5 percent were obese at baseline. A greater proportion of obese men exercised less. Participants who rarely or never exercised were older, had higher BMI, smoked cigarettes more often and had a greater prevalence of high blood pressure and diabetes. During follow-up, 1,109 of 21,094 physicians developed heart failure.

"Another interesting finding of our study is that BMI and vigorous physical activity did not influence each other's effect on the risk of heart failure," Kenchaiah said. "Higher BMI increased the risk of heart failure in inactive as well as active individuals. By the same token, the beneficial effect of vigorous physical activity in reducing the risk of heart failure was observed in lean, overweight, and also obese men."

About 67 percent of Americans have excess body weight and only about 30 percent exercise regularly, he said. "Each year about 660,000 Americans are newly diagnosed with heart failure. Once heart failure develops, the quality of life deteriorates, and about 80 percent of the men and 70 percent of the women <65 years with heart failure die within eight years."

About 1 million hospitalizations and 3 million outpatient and emergency visits are attributed to heart failure in the United States each year, with estimated costs for 2008 at \$35 billion, he said.

"Adopting a healthy lifestyle, keeping a normal weight, and exercising regularly will go a long way toward reducing one's risk of heart failure and, in turn, the population burden of heart failure," Kenchaiah said. "Both staying lean and being fit go hand in hand."

Future studies should focus on the types of physical activity, total energy expenditure and the types of obesity that influence heart failure risk, he said. "Importantly, clinical trials targeting weight reduction and exercise level on the risk of heart failure will likely provide definitive answers."

Co-authors are Howard D. Sesso, Sc.D., M.P.H., and J. Michael Gaziano, M.D., M.P.H. Individual author disclosures are available on the manuscript.

The National Heart, Lung and Blood Institute and the National Cancer Institute, both part of the National Institutes of Health funded the study.

Editor's Note: The American Heart Association's national campaign, Start!, calls on all Americans to incorporate regular physical activity into their daily lives. Through active, year-round participation in walking, Start! supports the mission of the American Heart Association to reduce the risk of cardiovascular disease and stroke. To learn more, call 1-800-AHA-USA1 or visit heart.org/start.



Broccoli-cheese soup

Serves 4

This soup has all the creaminess you expect from a classic broccoli-cheese soup, but so much less saturated fat and cholesterol.

2 1/2 cups fat-free, low-sodium chicken broth

6 ounces chopped fresh broccoli (about 2 cups) or 10-ounce package frozen chopped broccoli, thawed

1 medium carrot, chopped

1 medium rib of celery, chopped

1/4 teaspoon salt

1/4 teaspoon pepper

1/8 teaspoon ground nutmeg

1 cup fat-free half-and-half

3 tablespoons all-purpose flour

3 slices (about 3/4 ounce each) low-fat sharp Cheddar cheese, torn into pieces, or 1/2 cup shredded low-fat sharp Cheddar cheese

In a large saucepan, stir together the broth, broccoli, carrot, celery, salt, pepper, and nutmeg. Bring to a simmer over medium-high heat. Reduce the heat and simmer, covered, for 6 to 8 minutes, or until the vegetables are tender.

In a small bowl, whisk together the half-and-half and flour. Stir into the saucepan. Simmer for 1 to 2 minutes, or until thickened, stirring occasionally.

Add the cheese. Remove from the heat. Stir until the cheese is melted.

Cook's Tip: One of the best ways to reheat this soup and keep it from being scorched is to use a double boiler. Pour the soup into the top pan of the double boiler and heat over simmering water. If you don't

have a double boiler, place a medium stainless steel bowl over a pan of simmering water. In either case, be sure the water in the bottom pan doesn't touch the top container.

Nutrition Analysis (per serving): Calories, 119; Total Fat, 1.5 g; Saturated Fat, 0.5 g; Trans Fat, 0.0 g; Polyunsaturated Fat 0.0 g; Monounsaturated Fat, 0.5 g; Cholesterol, 3 mg; Sodium, 375 mg; Carbohydrates, 18 g; Fiber, 2 g; Sugar, 6 g; Protein, 11 g

Dietary Exchanges: 1 Vegetable; 1 Other Carbohydrate; 1 Very Lean Meat

This recipe is reprinted from American Heart Association Low-Fat, Low-Cholesterol Cookbook, Fourth Edition, Copyright © 2008 by the American Heart Association.

Self-directed CPR learning program saves lives

Each year, more than 310,000 people across the country die from coronary heart disease before reaching a hospital or in an emergency room. If more people performed effective CPR immediately after someone suffers cardiac arrest, thousands more lives could be saved.

Recognizing that far too many Americans aren't prepared to do cardiopulmonary resuscitation (CPR) when it's needed, the American Heart Association created a simple, affordable way for people to learn

CPR in just 22 minutes, for under \$35 — CPR Anytime™ for Family and Friends. Everything needed to complete this self-directed CPR training comes in one kit, which can be used in the convenience of the living room or family room.

"Let's face it, there are a lot of people who would love to know CPR, but don't want to be in a classroom situation," says Karen Bowlin, EMS CPR coordinator for North Platte Community College. "Finding the time and getting to a class... especially in the rural areas... can make it difficult for people who want the knowledge, but don't need the certification. CPR Anytime is a great solution."

A single kit allows an entire family to learn CPR. The kit includes a one-of-a-kind CPR manikin designed to accurately simulate a human, 22-minute DVD and resource booklet.

The CPR Anytime manikin is an inflatable version of the traditional CPR manikin, designed exclusively for CPR Anytime for Family and Friends by Laerdal Medical Corporation. An instructional DVD walks users through each step of the training, from inflating the manikin, to doing chest compressions and rescue breathing. The CPR Anytime for Family and Friends program allows users to keep the kit, so it can be used in a variety of training settings — from community group meetings with multiple trainees, to families and individuals at home.

The American Heart Association's goal is for each person who receives a kit to take it home and share it with other family members, increasing the number of potential rescuers. The kit also allows families to refresh their skills whenever they can.

"You hope that you never have to use CPR, but if the situation comes up, being confident in your ability and taking action can mean the difference between life and death," Bowlin adds.

CPR Anytime for Family and Friends is for people who don't need a course completion card to satisfy a work requirement and who most likely would never attend a traditional CPR course.

CPR Anytime for Family and Friends kits may be purchased by visiting www.cpranytime.org or calling 1-877-AHA-4CPR. Infant CPR Anytime kits are also available. For the nearest CPR training center, visit www.americanheart.org/cpr.

American Heart Association's low-fat, low-cholesterol cookbook available

Eating heart-healthy just got easier — and more delicious. That's because heart patients and health-conscious consumers who want to control cholesterol can now enjoy a variety of scrumptious, heart-healthy meals from the American Heart Association Low-Fat, Low-Cholesterol Cookbook, Fourth Edition.

The classic cookbook, which costs \$25.95, is currently available at booksellers everywhere.

This hardcover book contains 200 easy-to-prepare dishes, including 50 new recipes, from tempting appetizers to luscious desserts.

Readers will also find clear health information from the American Heart Association, such as:

- Complete nutrient analysis of each recipe

- Concrete plan of action and healthy eating principles to help lower cholesterol to reduce heart and stroke risk

- How cholesterol affects the body

- How diet and exercise affect blood cholesterol levels

- How to plan meals that delight the palate and nourish the body

- Tips for dining out

- The difference between "good" and "bad" cholesterol

- How to shop for and use low-fat, low-cholesterol foods and prepared products

For more information visit americanheart.org/cookbooks.

Greek-style stewed chicken

1 pound chicken breast tenders

1 tsp olive oil

1 medium green bell pepper, cut into 1-inch strips

2 medium shallots, quartered

1 1/4-cup no-salt-added diced tomatoes, undrained

1/2 cup fat-free, low-sodium chicken broth

1/4 cup kalamata olives, coarsely chopped

1 tsp dried oregano, crumbled

1 tsp grated lemon zest

2 T fresh lemon juice

1/4 tsp salt

1/4 tsp pepper

1/8 tsp ground cinnamon

Discard all visible fat from the chicken. In a large nonstick skillet, heat the oil over medium-high heat, swirling to coat the bottom. Cook chicken for 2 minutes on each side.

Stir in the bell pepper and shallots. Cook for 2 to 3 minutes, or until the vegetables are tender-crisp, stirring occasionally.

Stir in the remaining ingredients. Bring to a simmer. Reduce the heat and simmer, covered, for 25 to 30 minutes, or until the chicken is no longer pink in the center.

Congestive heart therapy patients benefit from proven therapy

By Paulette Kuhlman, Manager, LifePointe Clinical Services

People who suffer from angina know the limitations this disease imposes on their lives. Weakness, shortness of breath and an inability to perform daily tasks keep these patients from enjoying life to its fullest. Now, there's a proven therapy called Enhanced External Counterpulsation (EECP) which allows people with chest pain to take less medication, have more energy and be more active.

Angina is caused by coronary artery disease, which occurs when heart cells don't get enough blood to maintain pumping function. EECP enhances blood flow by squeezing

blood out of the lower parts of the body up towards the heart. In addition to reducing medications, research shows that this therapy improves circulation to the heart, relieves chest pain and reduces the number and severity of angina episodes, which, ultimately, enhances the patient's quality of life.

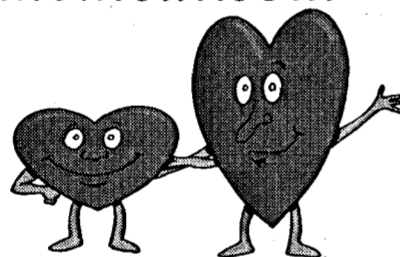
Patients who have recently completed therapy happily support the research. The benefits and effectiveness of EECP therapy have been documented in more than 100 scientific journal articles. To find out if EECP can help you and to see an informational CD, please call LifePointe by BryanLGH Clinical Services at 481-6305.



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Beyond guacamole, add avocado to your heart healthy menu

By Katie Walz, RD, LMNT, LifePointe by BryanLGH

Rich, creamy and filling. High in good fat (monosaturated). Moderate carbohydrates. The avocado. It's a tasty treat on any heart-healthy menu.

A medium avocado has about 300 calories, 23 grams of fat, 15 grams of total carbohydrates and 5 grams of fiber. It is cholesterol-free, sodium-free, high in potassium and rich in vitamins C and E. It contains antioxidants lutein for vision health and glutathione which may ward off some types of cancer.

While the nutritional benefits are many, the avocado is high in calories and total fat, so moderation is important. However, the American Heart Association suggests that replacing animal fats found in dairy and meat products with plant-based fats found in avocados can help decrease the risk of

heart disease.

There are several ways to incorporate avocados into one's diet — beyond guacamole.

- Replace butter with mashed avocado as a sandwich spread. For 1 tablespoon, you'll save 75 calories, 9 grams of fat and 30 mg of cholesterol.

- Substitute 2 tablespoons of diced avocado for 1 ounce of diced cheddar cheese on a salad for a savings of 60 calories and 5 grams of fat.

- Add flavor to broiled fish by covering it with salsa made from avocado and diced tomato.

- Dice avocado into tacos.

- Avocado Salad Dressing. Combine avocado with 1 percent buttermilk and fat-free yogurt for a thick, rich salad dressing without a lot of calories.

No matter how you serve them, avocados taste great and are excellent for lowering cholesterol.

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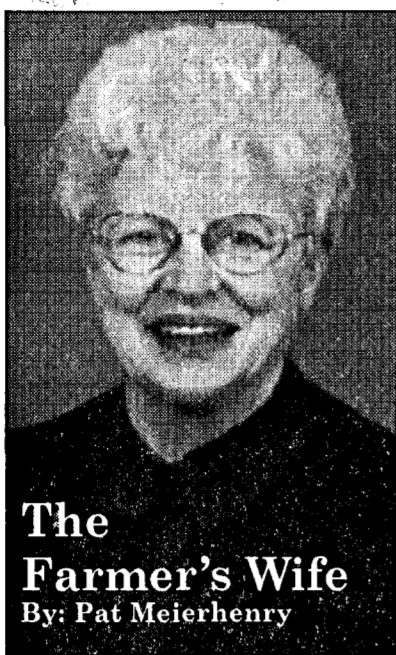
Fresh bread is favorite scent

Every once in awhile, by e-mail, comes a list of questions you are supposed to respond to and send back to the sender. The latest one asked for my favorite smell. I answered, fresh bread. To me, there is nothing more heavenly.

We take my 93 year old mother to church most weekends. The past year, we have noticed some memory problems, and we are never sure what she will recall and what she won't. I've taken to writing things down, hoping she can keep track of the notes.

Last night, she presented us with a loaf of light rye bread, and I've eaten half of it already. There is something to be said for eighty years of practice; she certainly hasn't lost her touch. She still bakes cinnamon rolls, too, but not as many since we aren't doing the B&B anymore. And when she gets bored, she bakes cookies.

She did admit to me tonight that the first batch of bread, on Friday, was over baked because she forgot about it after putting it in the oven! I asked her why she did not smell it, and she insists she did not. I'm afraid our senses of taste and smell decline with everything else as we age. So, she threw that batch out and made another the next day.



The Farmer's Wife
By: Pat Meierhenry

Anyway, I still don't think there is any perfume that is better than fresh baked bread. I bought a box of beer bread dough from the Tastefully Simple party I went to last year. An old friend was here for lunch on Thursday and I tried the recipe on the box for the cheddar biscuits. They are great! You just add garlic powder, milk, and cheddar cheese. I kind of made a pig of myself with them, too. No

wonder I don't lose weight!

I met an eighty five year old lady at the David City Senior Center last month who volunteers there, among many places in town. She looks ten years younger. We asked her secret, and she said, "I eat what I like". I like her philosophy. After all, that elderly mother of mine has finished most meals in her life with a dessert, even if it was canned fruit. She also makes the best pie crust of anyone we know.

I hasten to add that we had fresh apples and oranges all winter long, growing up, and plenty of green beans from the garden. We also canned peas, after blanching them, rinsing with cold water, and running the shells through the wringer on the washing machine. That worked like a charm! But I did not eat broccoli or Brussels sprouts until I went away to school. And the dining room at Lincoln General usually included things like chocolate eclairs, so we certainly did not lose any pounds there.

Oh, well, there are worse things than twenty extra pounds, aren't there? You never know when you are going to be sick and need some extra to tide you over. Think I will have one more slice of that bread before I go to bed!

Livestock Market Report

The Nebraska Livestock Market conducted a fat cattle sale on Friday. Sows — 350 to 500 lbs., \$39 to \$41. Boars — \$11 to \$30. \$47,500 to 650 lbs., \$47 to \$57.

Prices were \$1 lower on fat cattle and steady on cows. There were 700 head sold.

Strictly choice fed steers, \$79 to \$80.50. Good and choice steers, \$78 to \$79. Medium and good steers, \$77 to \$78. Standard steers, \$60 to \$67. Strictly choice fed heifers, \$78.50 to \$79.60. Good and choice heifers, \$77 to \$78.50. Medium and good heifers, \$76 to \$77. Standard heifers, \$50 to \$60.

Beef cows, \$44 to \$47. Utility cows, \$46 to \$51. Canner and cutters, \$39 to \$45. Bologna bulls, \$52 to \$58.

The fed cattle sale was held on Thursday at the Nebraska Livestock Market in Norfolk.

The market was steady on the 450 head sold.

300-400 lb. steers, \$115 to \$127; heifers, \$105 to \$115.

400 to 500 lb. steers, \$105 to \$115; heifers, \$97 to \$108.

500 to 600 lb. steers, \$97 to \$111; heifers, \$90 to \$98.

600 to 700 lb. steers, \$93 to \$99.50; heifers, \$87 to \$95.

700 to 800 lb. steers, \$90 to \$95; heifers, \$80 to \$90.

800 to 900 lb. steers, \$80 to \$90; \$80 to \$85.

400 to 700 lb. holstein steers, \$50 to \$60.

The sheep sale was held Saturday at the Nebraska Livestock Market.

The market was steady on all classes. There were 50 head sold.

Fat lambs — 130 to 150 lbs., \$88 to \$90; 100 to 130 lbs., \$80 to \$85.

Feeder lambs — 40 to 100 lbs., \$80 to \$90.

Ewes — good, \$50 to \$60 per hundredweight; medium, \$30 to \$50 per hundredweight; slaughter, \$20 to \$30 per hundredweight.

The dairy cattle sale was held at the Nebraska Livestock Market on Saturday.

The market was higher on the 11 head sold.

Crossbred calves, \$150 to \$275. Holstein calves, \$30 to \$100.

The feeder pig sale was held on Saturday.

There was no test on the market.

Butcher hogs were sold at the Nebraska Livestock Market on Saturday.

Prices were \$3 to \$4 higher on butchers and higher on sows. There were 150 head sold.

U.S. 1's + 2's, 230 to 260 lbs., \$42 to \$43; 2's + 3's, 230 to 260 lbs., \$41 to \$42; 2's + 3's, 260 to 280 lbs., \$40 to \$32; 2's + 3's, 280 to 300 lbs., \$39 to \$41; 3's + 4's, 300 lbs. +, \$39 to \$41.

Dairy prices to trigger MILC payments

Dan Steinkruger, Acting State Executive Director for USDA's Farm Service Agency in Nebraska has announced that due to low milk prices FSA will be making payments in April to producers through the FSA's Milk Income Loss Contract, or MILC, program.

The 2008 Farm Bill made changes to the MILC program, most notably the addition of a dairy feed ration cost adjustment in addition to changes to the payment rate and modifications to the per-operation poundage limit, depending on when the milk is produced.

"We will be making MILC payments as a result of the low prices but because of the changes to the program ordered in the 2008 Farm Bill, the payments may be higher but will take a bit longer to gather the required data before payments can be made," Steinkruger explained.

FSA makes MILC payments on a monthly basis when the Boston Class I milk price falls below \$16.94 per hundredweight (cwt) as adjusted for feed costs. The monthly Boston price is posted online at: http://www.fmmone.com/Northeast_Order_Prices/NE_Prices_main_new.htm#Advance.

FSA determines the per hundredweight payment rate for the applicable month by subtracting the Boston Class I price for that month from the \$16.94 MILC payment trigger price as adjusted for feed costs, and multiplying the difference by 45 percent. The payment factor of 45 percent will decline to

34 percent on Sept. 1, 2012.

The MILC payment trigger price of \$16.94 is adjusted upward when the National Average Dairy Feed Ration Cost for a month is greater than \$7.35 per cwt. This rate will change to \$9.50 on Sept. 1, 2012.

The dairy feed ration cost is calculated each month from the price of feed ingredients used to create a 16 percent protein dairy feed as reported by the National Agricultural Statistics Service (NASS).

"While the dairy feed ration cost adjustment benefits producers when feed costs are high, it also means we must wait until that month's National Average Dairy Feed Ration Cost is known before the MILC payment rate can be calculated," explained Steinkruger. "For example, while the Boston Class I price for February is \$13.97 and below \$16.94, we still won't know the actual MILC payment rate until late March when we receive final figures from NASS for determining the National Average Dairy Feed Ration Cost. That means the MILC payment for February cannot be made until April."

FSA issues payments not later than 60 calendar days after FSA receives production evidence for the applicable month or the entire month's National Average Dairy Feed Ration Cost is posted for the applicable month, whichever is later.

FSA makes payments on up to the maximum eligible pounds of milk

produced and marketed by each operation per fiscal year. The annual maximum eligible pound limit per dairy operation is 2,985,000 pounds per fiscal year. The amount drops to 2.4 million pounds per fiscal year on September 1, 2012.

MILC participants must select a month for which FSA will begin issuing payments for each fiscal year. Starting with the dairy operation's selected month, FSA will issue MILC payments based on that month's milk production and each consecutive month's production until the operation reaches the production cap or the fiscal year ends.

When dairy producers sign up for the MILC program they may select the current month as their start month. For subsequent years or if they wish to change a previously selected start month the producer must select a start month prior to the 14th of the month for which they want to receive payments and before the selected month's Boston Class I milk price is announced to the public. Producers may contact their local FSA office to sign up for the MILC program.

The 2008 Farm Bill also excludes producers whose non-farm average adjusted gross income (AGI) exceeds \$500,000 from receiving MILC payments. Producers will have to sign an AGI statement when signing up for the program. More information about the MILC program can be found on the FSA website <http://www.fsa.usda.gov>.

Tree Care Workshops focus on essentials for the green industry

The 2009 Tree Care Workshops offered in North Platte, Hastings, Norfolk and Lincoln in March will offer members of the green industry the opportunity to hear the latest in current and emerging issues in tree care.

"This will be an excellent follow-up training given this past year of severe weather. Communities are working to replace trees which were removed, prune those trees which have been damaged and care for the remaining trees by understanding insect and disease threats," said Eric Berg, Nebraska Forest Service community forestry program leader.

The day-long workshops will be offered March 10 at North Platte Community College in North Platte, March 11 at Central Community College in Hastings, March 17 at Northeast Community College in Norfolk or March 18 at Antelope Park in Lincoln. Each workshop offers five presentations made by Nebraska forestry professionals.

Topics include: The Right Way

the First Time on Soils, Roots and Planting; Matching the Tree to the Planting Site; Common Conifer Problems; Retraining Your Tree After the Storm; and Outdoor Concurrent Sessions: Design, Placement and Planting Solutions as well as Identifying Problems and Pruning Solutions.

The workshops are developed specifically for public works employees, landscape managers, tree board volunteers, arborists, nursery professionals and others in the green industry.

Participants can earn Continuing Education Units from the International Society of Arboriculture and Nebraska Arborists Association for attendance at the workshops.

For more information, contact

Chip Murrow at 402-472-1382, e-mail jmurrow2@unl.edu for Hastings, Lincoln and Norfolk or Rachel Allison at (308) 696-6718, for North Platte.

Registration is \$40 per person (\$30 for students, master gardeners, tree board volunteers, ReTree ambassadors and NAA, NNLA and ISA members) if postmarked by March 3. A \$10 fee will be added to walk-ins and registrations postmarked after March 3. Registration fee includes lunch, refreshments and workshop materials.

Information about the 2009 Tree Care Workshops, including a registration form, also is online at www.nfs.unl.edu and from your Nebraska Forest Service district forester by visiting www.nfs.unl.edu/NFSdistricts.asp.

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The City of Wayne is now accepting applications for Pool Lifeguards and Swim Team Coaches for the 2009 Summer Season. Applicants must show that they have a good work record and that they are dependable and mature in their work habits. Current certifications and experience required. Applications may be obtained at City Hall, 306 Pearl Street. Persons interested should return their application and resume to the Personnel Office at City Hall or the City Clerk's office no later than Wednesday, March 11, 2009. The City of Wayne is an Equal Opportunity Employer.

TECHNICAL POSITIONS
Northeast Equipment at Wayne, NE is accepting applications for experienced Tractor/Combine technicians and Center Pivot Irrigation technician. Competitive wage based on experience. Benefit package with insurance. Apply in person, call Dave for an appointment at 402-375-3325.

Part time DIETARY AIDE
Apply in person at:
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306 Ash Street, Wakefield, NE 68784.
Phone 402-287-2244 EOE

-Help Wanted-
The village of Winside is seeking an assistant to the Village Superintendent.
Send Resume & letter of application by February 27 to:
Teresa Watters
P.O. Box 293
Winside, NE 68790

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Apply at
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THANK YOUS

We extend a grateful thank you to our friends and family who took the time to remember us on our 50th anniversary. We appreciate the thoughts of all who called, sent beautiful cards, and spoke to us about the occasion. Thank you JeanAnn, Scott and Brenda, John and Brigitte, and grandkids for the special things you did to make it a golden memory for us.
Marilyn and Bob Carhart

Applications are being accepted for
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Phone 402-287-2244 EOE

I would like to thank family and friends for the food, phone calls, visits, flowers, memorials, cards and other acts of kindness since Mary's death. A special thanks to Cindy, Randall, P.M.C., Hospice and Hasemann Funeral Home.
Keith Gamble

Winside Fire and Rescue would like to thank all who attended our pancake and omelet feed. We appreciate everyone who helped to make it such a success.
Winside Fire and Rescue

THANK YOU to Randy Pederson, "the Diamond King" and KTCH Radio for the beautiful gift I received in the Valentine drawing. Deanna Gunnarson

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The City of Wayne is now accepting applications for a Pool Manager for the 2009 Summer Season. Applicants must show that they have a good work record and that they are dependable and mature in their work habits. Nebraska Pool Operator certification required. Previous lifeguard experience and current certification required. Previous management experience preferred. Applications may be obtained at City Hall, 306 Pearl Street. Persons interested should submit their application to the City Clerk's office no later than Wednesday, March 11, 2009. The City of Wayne is an Equal Opportunity Employer.

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PUBLISHER'S NOTICE: All real estate advertised in this newspaper is subject to the Federal Fair Housing Act of 1968 which makes it illegal to advertise "any preference, limitation, or discrimination based on race, color, religion, sex or national origin, or an intention to make any such preference, limitation, or discrimination based on these factors. We will not knowingly accept any advertising for real estate which is in violation of the law. All persons are hereby informed that all dwellings advertised are available on an equal opportunity basis.

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FOR RENT: 1 bedroom apartment, close to downtown. Stove, refrigerator, water and garbage furnished. Non-smoker, references/deposit required. Available February 1. Call 375-4693.

FOR RENT: 1, 2, and 3 Bedroom Apartments in Wayne. 1, 2, and 3 Bedroom Apartments in Wakefield. Rent is based on income. Handicap accessible. Sunnyview, Eastview, and Wakefield Village Apartments are equal opportunity providers and employers. Call 375-3374 or 1-800-658-3126.

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FOR SALE: 1982 Kawasaki 305; 1989 Buick LeSabre; 1982 Ford 150; 1993 Chevy 1500, long box; 1978 Oldsmobile Cutlass Salon; 1993 Jeep Cherokee. Call for details, 402-369-0876.

FOR SALE: 1985 GMC pickup, 3/4 ton, 4x4. Rebuilt 350 engine. Fuel tank and pump. \$1,000. Contact: Gene Brown, 287-2137.

FOR SALE: 60#, small square alfalfa hay bales, 3rd cutting. Ph. 402-369-2831.

FOR SALE: '95 Merit livestock trailer. 48 ft. long, 102 inches wide. Call 402-565-4549 or 402-360-0080.

FOR SALE: John Deere 7100 6N planter, always shedded; 885 John Deere 6N cultivator, very good condition; Hawkins 6 row Orthman tiller. Call 308-836-2998.

FOR SALE: Slag for drives. Hauling available. Snow removal. Dennis Otte, 375-1634.

GRASS HAY for sale: 1600 lbs., large round bales. Ph. 712-239-3736.

MISCELLANEOUS

READERS BEWARE! Job opportunities being offered that require cash investment should be investigated before sending money. Contact the Better Business Bureau to learn if the company advertised is on file for any wrong doing. The Wayne Herald/Morning Shopper attempts to protect readers from false offerings, but due to the heavy volume we deal with, we are unable to screen all copy submitted.

◆ ▼ ◆ ☆
Make your snap ad in the Morning Shopper or Herald really stand out, add a dingbat! Several to choose from.
Call Jan at the Wayne Herald for all the details! 402-375-2600 or 1-800-672-3418.

✓ ✕ ✓ ▲
NEW CLASSIFIED RATE PLAN for the Wayne Herald and Morning Shopper combination. \$20 for two weeks worth of ads! Call Jan for details. 375-2600 ☆☆☆

▼▼▼
It's SIMPLE! It Gets RESULTS! It's VERY COST EFFECTIVE! Place your snap ad in over 175 Nebraska newspapers for only \$185.00 (that's less than \$1.10 per paper!) Call Jan at the Wayne Herald today for the details! 402-375-2600 or 1-800-672-3418. (Iowa statewides also available). ▲▲▲

CHECK YOUR AD!
All advertisers should check their ads in the first issue and report any errors at once to the advertising department. No Allowance will be made after the first issue. The Wayne Herald/Morning Shopper will not be responsible for damages resulting from any errors.

PLACE AN AD ... AND SELL!

ONLY **\$12⁰⁰** Goes in the Wayne Herald and Morning Shopper
For 25 words or less!

Number Words	1 Week	2 Weeks
25 or less	\$12.00	\$20.00
For every 5 words over	\$1.25	\$1.50

Mail with your payment to:
Attn: Jan, Wayne Herald
P.O. Box 70, Wayne, NE 68787

Name _____
Address _____
Phone Number _____

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New Listing!

The perfect place to call home with three bedrooms, updated bathroom, energy efficient heat pump, 2-car attached garage, fenced backyard and covered patio. Make this house your HOME.

202 Birch Street

208 W. 10th Street

1006 Sunnyview Drive

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112 WEST 2ND ST. • WAYNE, NE
OFFICE: 375-2134 • 800-457-2134

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Legal Notices

PROCEEDINGS WAYNE BOARD OF EDUCATION REGULAR MEETING
February 9, 2009
The regular meeting of the Wayne Community Schools Board of Education was held at the Wayne High School, Wayne, NE on Monday, February 9, 2009 at 6:00 p.m. Notice of the meeting and place of agenda was published in the Wayne Herald. A copy of the Nebraska Open Meetings Act was displayed for the public to read.
The following board members answered roll call: Mr. Mark Evetovich, Mr. Rod Garwood, Mr. Ken Jorgensen, Dr. Carolyn Linster, Dr. Jeryl Nelson, Mrs. Wendi Consoil was absent due to illness.
Adoption of the Agenda:
Motion by Garwood, second by Evetovich to adopt the agenda as presented. Motion carried.
Approval of the Minutes from Previous Meetings:
January 8, 2009 Minutes- Work Session
January 15, 2009 Regular Minutes
January 21, 2009 Minutes- Work Session
January 28, 2009 Minutes- Work Session
February 2, 2009, Minutes- Work Session
Motion by Garwood, second by Evetovich to approve the minutes for the previous meeting January 8, 15, 21, 28 and February 2, 2009. Motion Carried.
Routine Business Reports and Actions:
Personnel:
Resignation of Gerald Grimm as High School Paraprofessional-Effective May 22, 2009- Motion by Nelson, second by Jorgensen to accept the resignation of Gerald Grimm as High School Paraprofessional with regrets. Motion carried.
Financial Reports and Claims:
Financial Claims- Motion by Nelson, second by Evetovich to approve the financial claims and reports as presented. Motion carried.
Gifts: No gifts at this time.
Bids and Contracts:
NCSA- School Law Reporter Subscription- \$130.00 Total- Motion by Garwood, second by Nelson to approve the NCSA-School Law Reporter Subscription for \$130.00. Motion carried.
NASB- Annual Membership Dues-\$4,223 if paid by 4-1-09 after 4-1-09 \$4,445. Motion by Garwood, second by Evetovich to approve the NASB Annual Membership dues of \$4223.00. Motion carried.

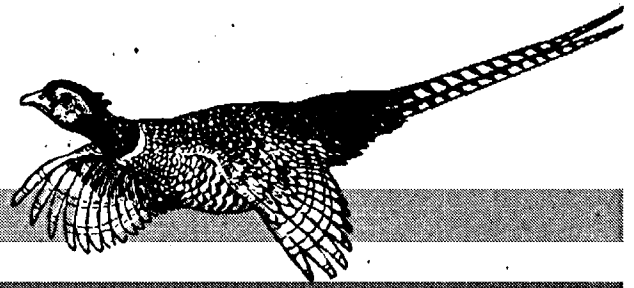
Wayne Public School Negotiations Comparability Study for 2009-2010- Motion by Garwood, second by Jorgensen to approve the Wayne Public School Negotiations Comparability Study for 2009-2010. Discussion: This study will be prepared by Rex Schultze. The last time the study was prepared was in 2006-2007. Motion carried.
Communications from the Public on Agenda Items: None
Informational Items or Reports:
Facility: No Report
Administration:
Written reports were provided by administration and coordinators. Copies of their reports are available at the district office upon request.
Mr. Hanson
Mr. Schrupk
Mr. Krupicka
Mr. Ruhf
Coordinators:
Mrs. Bear
Mrs. Lutt
Break for Honor Coffee @ 6:28 p.m.
Back in Session @ 6:48 p.m.
Superintendent Report-
Dr. Reinert- Elevator Update- Special Meeting date is February 18, 2009 at 7:30 p.m. to approve a contractor. Jon Carlson of Carlson West Povondra will be here to give his recommendations for the board to vote on. Dr. Reinert also discussed the NDE Stats of the School report card and the Middle School did not meet the Adequate Yearly Process for 2007-2008 in SPED performance area. As a result, the district is flagged as non-performing. Mrs. Lutt stated they know the area and will be intervening and will work on this area.
Board Committees
Finance- Mr. Garwood, Dr. Linster, and Dr. Nelson
Negotiations- No report
Planning- No report
Budget- No report
Legislative- Mrs. Consoil, Mr. Evetovich, and Mr. Jorgensen
Policy- No report
Legislation- No report
Americanism- No report
Curriculum- No report
Public Relations/Facilities- Mr. Jorgensen, Mr. Evetovich, and Dr. Nelson
Foundation- Mr. Jorgensen was appointed the School Board Representative on the Foundation.
Dr. Pulfer sent the board an email stating the Foundation received \$27,990 in donations, with \$3,085 being designated for the elevator and \$12,835 for unrestricted use, the remaining balance was designated to various other areas. The Foundation Board will have to decide how much of the \$12,835 will be allocated to the elevator project.
Community Relations- No report
Facilities- No report
Technology- No report
Transportation- No report
Custodial- No report
Old Business:
No Old Business.
New Business:
Dance Squad would like to be a school sponsored activity- (Discussion Only)-The Dance Squad was represented by Coaches Britney Marotz and Stephanie Kay, along with dance squad participants. They would like to be considered a school sponsored activity. They follow the schools required regulation for activities. They have tryouts and there are 12 girls who participate. This activity costs each girl over \$100 to participate. The board asked the dance squad to get a list of recommendations to Dr. Reinert before the next board meeting and they will look at the recommendations.
School Calendar 2009-2010- Motion by Garwood, second by Nelson to approve the 2009-2010 School Calendar. Motion carried.
April 13, 2009 Board Meeting is over.
Easter Break- Change Date: April 15, 2009, at 5:00 p.m. will be the date for the April Board of Education regular meeting. Motion by Evetovich, second by Jorgensen to approve the change of date of the April Board of Education meeting from Monday, April 13, 2009 to Wednesday, April 15, 2009 at 5:00 p.m. Motion carried.
Superintendent Job Description- Motion by Nelson, second by Garwood to approve the Superintendent Job Description. Motion carried.
Board Picture for the High School Yearbook
NASB- Nomination and Election of Legislation Committee Members- No one was nominated.
Congratulations to Mrs. Amy Jackson who was awarded the Wayne Area of Commerce "2009 Educator of the Year"
Congratulations to Mr. Weber who was selected as the Guest Conductor/Clinician and directed the Festival Honor Band at UNK.
Future Agenda Items:
Dance Squad and Elevator Update.
Executive Session:

No Executive Session needed.
Adjourn:
Motion by Nelson, second by Evetovich to adjourn the Board of Education meeting at 7:30 p.m. Motion carried. Roll call vote: Unanimously all agreed to adjourn.
The next regular meeting of the Wayne Community Schools Board of Education will be held on Monday, March 9, 2009 at 6:00 p.m. at Wayne High School.
American Red Cross of Northern New Jersey, 427.15; Arnie's Ford-Mercury Inc., 171.19; Barone Security Systems, 72.00; Baiermann Electric, 72.50; Black Hills Energy, 2,657.36; Bomgaars, 65.57; Carhart Lumber Company, 294.97; City Of Wayne, 10,421.03; Constellation Energy, 18,445.85; Curtis & Coleen Jeffries (Copy Write Publishing), 75.75; Deere Credit, Inc., 513.70; ESU, 200.00; Freedom Scientific BLV, 283.00; Gerak Grimm, 15.21; Gill Hauling, Inc., 405.00; GTM Sportswear, 2,526.75; Heidi Garvin, 270.00; Heikes Automotive Service, 176.45; HM Receivables Co., LLC, 103.46; Kenneth S. Hamsa, 43.00; Mark Hanson, 45.78; Mid-Bell Music, Inc., 133.21; Mid States School Bus, Inc., 29,689.95; Midwest Music Center, Inc., 41.59; Midwest Office Automations, 345.95; Mollet Music Co., 27.30; Nebr. Assoc. Of School Boards, 480.00; Northeast Nebraska Public, 181.87; Northwest AEA, 552.74; Olds, Pieper & Connolly, 100.00; Pac 'N' Save, 113.84; Plunkett's Pest Control, 185.50; Providence Medical Center, 1,567.47; Qwest, 1,662.10; Rasmussen, Mechanical Service Corp., 1,960.85; Susan Holdstedt (DBA S&H Tax Service), 198.00; S.D. 17 Petty Cash Account, 1,683.21; Sherri Frisbie, 97.90; SRINT, 172.96; United Bank Of Iowa, 1,480.00; Wayne Auto Parts Inc., 72.52; Wayne Herald/Morning Shopper, 44.00.
GENERAL FUND Totals:..... \$78,076.69
Report Total:..... \$78,076.69
Carlson West Povondra Architects, 5,429.39; DSW Chemical Solutions LLC, 39.05; Fredrickson Oil Company, 13.00; Hampton Inn Of Kearney, 69.95; Innovative Protectives Inc., 355.00; Jay's Music, 369.55; Kool Communications, Inc., 75.00; Northeast NE Teacher Academy, 277.50; Northeast Equipment, 130.02; National School Boards Assoc., 1,550.00; Super 8 Motel Way - Wayne, 49.88; Wayne Herald/Morning Shopper, 412.40.
GENERAL FUND Totals:..... \$8,770.75
Report Total:..... \$8,770.75
Barnhill Piano Service, 160.00; Qwest, 375.56; Zach Oil Company, 1,291.57.
GENERAL FUND Totals:..... \$1,827.13
Report Total:..... \$1,827.13
Ann Ruwe, Secretary
(Publ. Feb. 19, 2009)

NOTICE OF TRUSTEE'S SALE
The following described property will be sold at public auction to the highest bidder on the main floor of the Wayne County Courthouse, in Wayne, Wayne County, Nebraska on March 31, 2009 at 10:00 a.m.:
Lot 1-B of the Administrative Lot Split of Lot 1 of Tompkins Industrial Tract #1 Subdivision, now described as Lot 3 of the Replat of the Administrative Lot Split of Tompkins Industrial Tract #1, EXCEPT and no longer including Lots 1 and 2 of the Replat of the Administrative Lot Split of Tompkins Industrial Tract #1 Subdivision, all located in the Southwest Quarter of Section 8, Township 26 North, Range 4, East of the 6th P.M., Wayne County, Nebraska. The exception described above can be found in the real estate records of Wayne County, Nebraska at Microfilm #081195.
The highest bidder will deposit with the Trustee or its attorney, at the time of sale, certified funds in the amount of \$5,000.00, with the full purchase price, in certified funds, to be received by the Trustee or its attorney by 5:00 p.m. on the day of the sale, except this requirement is waived when the highest bidder is the beneficiary. The purchaser shall be responsible for all prior liens, all applicable fees, and all taxes, including documentary stamp tax. This property is sold "as is" and the sale is made without any warranties as to title or condition of the property.
DATED 12th day of February, 2009.
THE STATE NATIONAL BANK AND TRUST COMPANY, Trustee
By: Christopher J. Conolly, No. 18047
Attorney for the Trustee
Olds, Pieper & Connolly
218 Main Street, P.O. Box 427
Wayne, NE 68787
(402) 375-3585
(Publ. Feb. 19, 2009, March 5, 12, 19, 2009)
1 clip - 1 PGP

Legal Notices

The Wayne Herald



NOTICE OF INCORPORATION
A Corporation has been formed:
(1) The name of the corporation is Ellis Plumbing, Heating & Air Conditioning, Inc.;

NOTICE OF ORGANIZATION OF SPINNING WHEEL FARMS, L.L.C.
A NEBRASKA LIMITED LIABILITY COMPANY
Notice is hereby given that Spinning Wheel Farms, L.L.C., a Nebraska Limited Liability Company has been organized under the laws of the State of Nebraska.

limited liability company shall be conducted by its members until such time as their successor or successors are elected pursuant to the Operating Agreement.
Stephen H. Falk
Registered Agent
W. Bert Lamml
Lamml & Locke Law Office
100 N. 34th Street, Suite E
Norfolk, NE 68701

68787 until 2:00 p.m. (local time) on March 3, 2009, for furnishing acquisition services for the acquisition of fee title and construction easements using Surface Transportation Program funds for Paving Project STPA-6701(1) for 3.5 blocks of street tear-out and repaving project located within the City of Wayne, NE.

proposal will be negotiation and acquisition of approximately 20 construction easements and 3 fee title acquisitions for parcels identified by Eisenbraun and Associates, the project engineer, for the City of Wayne.
Proposals will be evaluated based upon qualifications, previous experience of similar scope, and the agreement terms and conditions.

706.07; Wayne Herald/Morning Shopper, publications, 77.39; Nebraska Public Health Environmental Lab, water test, 60.00; Midwest Laboratories, supplies, 117.39; Casey Junck, mileage, 379.67; City of Wayne, water testing, 104.59; Ann Jenkins, office expense, 50.00; Postmaster, postage, 42.00; Zach Propane, auditorium, 317.38; Wayne County Clerk, police protection, 1428.00; John Mohr, snow removal, 780.00; The Carroll Station, gas, 3.96; JED, street plan, 600.00; Farmers State Insurance, bond renewal, 158.00; Internal Revenue Service, 4th qtr Fed tax, 622.58; Haase Remodeling, auditorium, 3519.05; Jacob Davis, water notices, 30.00; Hawkins Inc., water chemical, 747.76; Mark Tietz, reimbursed water expenses, 36.87.

DELINQUENT TAX LIST FOR YEAR 2009

Wayne County Treasurer's Office
Wayne, Nebraska
February 5, 2009
Notice is hereby given that in compliance with the revenue laws of the State of Nebraska, Karen McDonald, County Treasurer of Wayne County, Nebraska, will on Monday the second day of March, 2009 from 9:00 A.M. to 4:00 P.M. at the office of the County Treasurer in the County Court House at Wayne Nebraska, offer at public sale and sell the following real estate for the amount of the taxes due thereon together with interest and advertising costs for the year 2007 and previous years and delinquent special taxes if any are unpaid. Said sale will continue from day to day until all such taxes have been offered for sale. The amounts listed below do not include interest and advertising.

Table with columns: Parcel ID, Legal Description, Amount. Lists various parcels and their corresponding tax amounts.

Table with columns: Parcel ID, Legal Description, Amount. Continuation of the delinquent tax list.

Table with columns: City Resolution, Street Imp, Orig Winside, Gustafson Estates. Lists specific parcels and their amounts.

NOTICE OF LIMITED LIABILITY COMPANY
The name of the Limited Liability Company is Melita Transport, LLC. The address of the registered office of the company is 312 West 11th, Wayne, Nebraska, 68787.

NOTICE OF AMENDMENT
Notice is hereby given that the Articles of Incorporation of First National Agency, Inc. were amended on January 23, 2009, to provide that the Corporation shall have the authority to issue 350,000 shares of 100 par value common stock.

NOTICE OF PUBLIC MEETINGS OF WAYNE COUNTY BOARD OF COMMISSIONERS AND WAYNE COUNTY BOARD OF EQUALIZATION
Notice is hereby given that meetings of the Wayne County Board of Commissioners and Wayne County Board of Equalization will be held on Tuesday, March 3, 2009 in the County Board Meeting Room of the Wayne County Courthouse in Wayne, Nebraska.

NOTICE OF MEETING
There will be a meeting of the Mayor and Council, Tuesday, March 3, 2009 at 5:30 p.m. in the Wayne City Hall. An agenda for such meeting, kept continuously current, is available for public inspection in the City Clerk's Office.

NOTICE OF MEETING
There will be a meeting of the Planning Commission, Monday, March 2, 2009, at 7:00 P.M. in the Wayne City Hall. An agenda for such meeting, kept continuously current, is available for public inspection in the City Clerk's Office.

NOTICE OF MEETING
The Wayne Public Library Board of Trustees will meet in regular session on Tuesday, March 3, 2009 at 5:00 p.m. in the Library/Senior Center Conference Room. The agenda for this meeting is available for public inspection at the Library.

NOTICE OF PUBLIC HEARING
The Wayne Planning Commission will meet on Monday, March 2, 2009 at 7:00 p.m., in Council Chambers of the Wayne Municipal Building, 306 Pearl Street, Wayne, Nebraska.

NOTICE OF INCORPORATION
Notice is hereby given that the undersigned has formed a corporation under the Nebraska Business Corporation Act. The name of the corporation is Klein Electric, Inc., and the address of the registered office is 5821 Highway 35, Wakefield, Nebraska, 68784.

CARROLL VILLAGE BOARD PROCEEDINGS
Carroll, Nebraska
January 14, 2009
Board of Directors for the Village of Carroll met in regular session on the above date with the following members present: Kirby Hall, Mark Tietz, Diana Davis, Jim Fernau and Scott Hurbert.

INCORPORATOR
Amy K. Wiebelhaus
218 Main Street, P.O. Box 427
Wayne, NE 68787
(Publ. Feb. 19, 26, March 5, 2009)
1 clip - 2 POP

Chairman, Mark Tietz opened the public hearing to hear discussion on special use permit request at 203 Pierce Street submitted by Ken Bethune, owner of property. After conditions were discussed a motion was made by Scott Hurbert to close the public hearing and to continue the hearing at the next meeting on Feb. 11th. Motion was seconded by Jim Fernau. Roll call vote. Aye-5. Nay-0. Motion carried.

Billings presented were as follows: Scott Hurbert, reimbursement for generator, 1805.00; Nebraska Dept. of Revenue, sales tax, 148.81; Gene Rethwisch, salary, 400.00; Dorothy Ann Jenkins, salary, 425.00; George Ellyson, salary, 150.00; Larry Peterson, salary, 52.40; Adam Junck, salary, 400.00; City of Wayne, dispatch, 85.00; Waste Connections of NE, garbage service, 2,122.81; Northeast Nebraska Public Power, utilities, 400.70; Eastern Nebraska Telephone, E911, 140.50; Farmers State Bank, auditorium loan payment,

Motion was made by Scott Hurbert and seconded by Diana Davis to pay all bills as presented. Roll call vote: Aye-5. Nay-0. Motion carried.
Water samples have shown some contamination. An order for 6 months chlorination has been issued by Dept. of Health. Daily sampling of the water is being done. Mark Tietz will perform tests when Casey is not available.
An emergency generator for water pump has been purchased, and is being checked out for use.
JEO is receiving funding information on lagoon project.
The library lot lease agreement has been signed and returned to the Village by Wayne County.

Motion was made by Jim Fernau and seconded by Kirby Hall to allow Sharpshooters 4-H Club to rent the auditorium for \$75.00 on Feb. 22. Roll call vote. Aye-5. Nay-0. Motion carried.
Motion to adjourn was made by Jim Fernau and seconded by Diana Davis. Roll call vote. Aye-5. Nay-0. Motion carried.
Meeting adjourned at 9:15 p.m.
The next regular meeting will be February 11th at 7:00 p.m. at the Fire Hall.
Mark Tietz, Chairman
Dorothy Ann Jenkins, Clerk
(Publ. Feb. 19, 2009)

WINSIDE BOARD OF EDUCATION
PROCEEDING
The Winside Board of Education met in its Regular Meeting held at 7:35 p.m. on Wednesday, February 11, 2009 in the elementary library. Board members present were Paul Roberts, John Mangels, Laurie Lienemann, Scott Watters, Steven Jorgensen, and Carmie Maroltz.
The meeting was called to order by Vice President Watters.
The WEA served refreshments in honor of Board of Education Week.
Motion by Mangels, second by Jorgensen to approve the minutes of the Regular Board Meeting held January 13, 2009 and the Special Board Meeting held January 20, 2009. Ayes-Lienemann, Watters, Jorgensen, Maroltz, Roberts, and Mangels. Nays-none.

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