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The Wayne Herald

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WSC student dies in residence hall during fall break

By MICHAEL CARNES
Of The Herald

Students at Wayne State College returned to campus from fall break, four days after a fellow student died in a residence hall.

Hilary Pile, a 19-year-old first-semester student and the great-great granddaughter of the college's founding father, James Madison Pile, was found dead in her dorm room in Pile Residence Hall by college authorities Saturday morning.

Authorities still had not received autopsy results from St. Luke's Hospital in Sioux City, Iowa as the Herald went to press. College and local law enforcement officials had ruled out foul play, substance abuse or suicide.

The daughter of John and Kandi Pile of

Norfolk, she was a valedictorian from the Class of 2008 at Norfolk Catholic High School and had transferred to Wayne State after spending a year at Creighton University. Reports from other sources indicated that Ms. Pile was battling anorexia and family members told Omaha television station KETV that her death was a result of complications from anorexia.

Pile was described by friends as a very smart, loving and talented young lady who enjoyed acting and creating jewelry. She was a youth counselor in high school and had a very strong Christian faith.

Pile's great-great grandfather founded Wayne Normal College in 1891. The college changed its name to Wayne State College in the early 1960's. The building Pile resided in is named after her great-great grandfather.

Funeral services for Pile are set for today at 10:30 a.m. at St. Mary's Catholic Church in Norfolk. Burial will be at Hillcrest Memorial Park Cemetery in Norfolk.



Pile

Chicken Show theme "Wingin' It"

"Wingin' It For 30 Years (1981-2010)" will be the theme for the 2010 Wayne Chicken Show.

The winning theme was submitted by Roberta Carmen. She will receive \$25 in Chamber Bucks and a 2010 Chicken Show for her efforts.

During a recent Chicken Show Committee meeting, Wayne Mayor Lois Shelton asked about a "green" theme for the event.

Committee members felt this was a great idea and discussed ways to incorporate green measures into the show (things

as simple as have recycling containers for bottles, cans, etc).

In addition, committee members voted to have a green colored shirt for 2010.

The Chicken Show Committee is soliciting designs for the shirt. Designs should be submitted by Monday, Nov. 2 to the Wayne Area Economic Development Office.

The winning entry will receive \$25 in Chamber Bucks and a 2010 Chicken Show shirt.

For more information, contact the WAED office at (402) 375-2240.



(Photo by Jon Burleson)

Nebraska Air National Guard Master Sgt. Randy Marks has received many awards and certificates over his 40 years of service.

Service before self

By JON BURLESON
Of The Herald

Wayne County resident Randy Marks has spent a large portion of his life in service to his country. This has been in the form of military service, both in the Army and the Air Force.

The way Marks looks at it, he is actually serving everyone in Wayne County. Overall, yes, he works for each and every taxpayer in the United States. But, Marks is particularly looking out for his neighbors and friends in Wayne.

"Some people don't realize that there is danger in this world," he said. "I would rather be over there, than fighting them here."

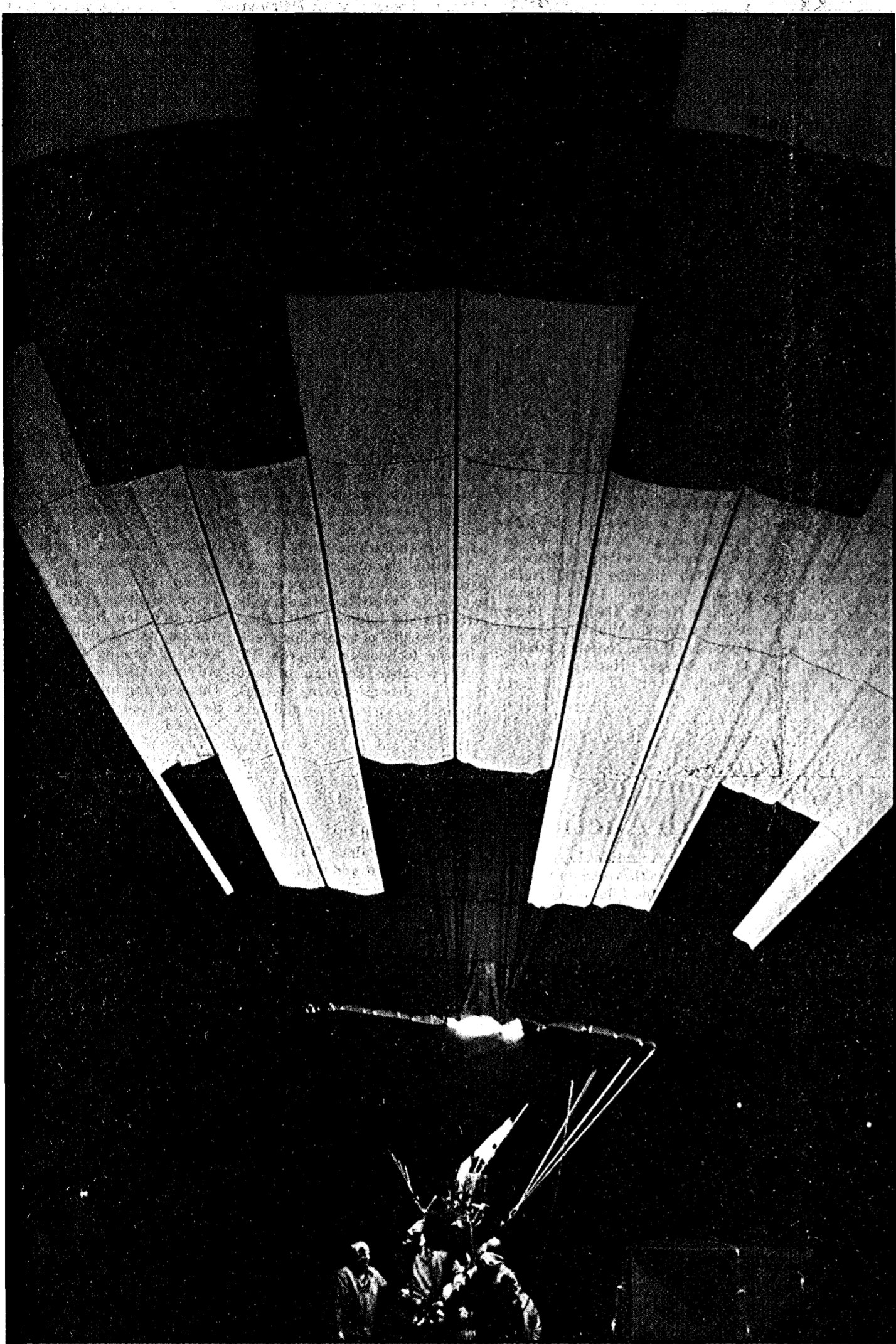
In his nearly four decades of military

service, Marks has seen danger. He began his career in 1971, at the height of the Vietnam War. He was with the Nebraska Army National Guard's 134th Infantry Battalion (Mechanized) based out of Norfolk. He eventually worked his way up the ranks to make platoon sergeant.

In March of 1987, Marks transferred to the Iowa Air National Guard and became a civil engineer with the 185th Air Refueling Wing based in Sioux City. He works with the heavy equipment used to repair and maintain the runways for the Wing's KC-135 Stratotankers.

Over the last three years, Airmen from the 185th ARW have deployed all over the globe in support of the various missions of the United States. These deployment loca-

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(Photo by Clara Osten)

Light up the night

Despite chilly temperatures, a large crowd was on hand at the Wakefield School for the annual Night Glow portion of this year's Balloon Fest. Additional photos can be found in today's Herald.

Sales tax revenue, insurance discussed

By CLARA OSTEN
Of the Herald

Three requests for LB840 Economic Development funds and insurance for city employees were among the agenda items at Tuesday's meeting of the Wayne City Council.

The requests came for the City of Wayne, Northeast Nebraska Investors, LLC, and James Milliken/Godfather's Pizza.

The city requested \$64,200 in sales tax revenue to provide down payment assistance for Western Ridge. The money would be a zero percent loan and would be re-paid as the homes in the area are sold.

Northeast Nebraska Investor, LLC, requested \$250,000 to be used to assist with obtaining bank financing for the planned 44-unit hotel. It is anticipated the cost for construction of the hotel would be \$2.8 million.

The final request for LB840 funds came from James Milliken/Godfather's Pizza. Milliken requested \$38,000 to be used for concrete parking at Godfather's Pizza at the corner of first and Main Streets.

Council voted unanimously to approve all three requests. They did however, stipulate that Milliken use some type of device to contain the first one-half inch of rain on the property.

The council approved Coventry Health Care of Nebraska, Inc. as the group health insurance provider for city employees.

It was noted that even though the rate will be approximately eight percent higher than last year, the city has been able to save \$20,000 per month in premium costs due to the self-insuring policies in place.

Also approved was a Section 125 Administrative agreement with First Concord Benefits Group to administer the city's 125 Cafeteria Plan.

First Concord will administer city employees' 125 Cafeteria accounts at a cost of \$5 per month.

Della Pries and Jessica Olson presented an update of housing in regard to the Wayne Community Housing Development Corporation and the Western Ridge project.

Pries told the council that the Community Housing Development Corporation has had a "really good year." She said that since Aug. 1 and Nov. 1 her office will have bought and sold nine homes through the agency's rehab program.

Olson, who serves as the manger of Meadowview Estates and the Crown Homes in Western Ridge explained the income requirements for renting one of the newly constructed Crown Homes in Western Ridge. She said that at the present time six applications have been submitted for the homes and anticipates those homes to be occupied in the near future.

Acting as the Community Development Agency, council members adopted CDA Resolution 2009-7 which approves a Redevelopment Plan/Contract for Northeast Nebraska Investors, LLC, in regard to the proposed hotel to be built in Wayne.

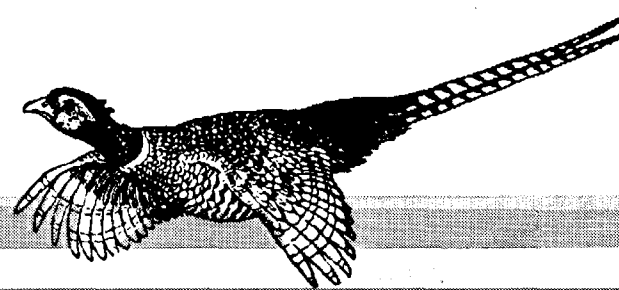
Council members Kaki Ley and Jon Haase, Wayne Mayor Lois Shelton and City Administrator Lowell Johnson abstained from discussion and voting on the resolution, due to conflict of interest.

A similar resolution had been approved by the council but a sec-

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Record

The Wayne
Herald



Obituaries

Lee Ann Gaye (Hansen) Romines

Graveside services for Lee Ann Gaye (Hansen) Romines, 70, will be held at Greenwood Cemetery in Wayne on Saturday, Oct. 24, 2009 at 11 a.m. Pastor Carl Lilenkamp will officiate.

Lee Ann died Sept. 6, 2009 in Wildomar, Calif. Services were held in Wildomar on Sept. 15, 2009.

Local survivors include her brother, Cyril and Beverly Hansen of Wayne and several nieces and nephews.

Thelma Heier

Thelma M. Heier, 96, of Norfolk died Monday, Oct. 19, 2009 at Faith Regional Health Service in Norfolk.

Services were held Thursday, Oct. 22 at Our Savior Lutheran Church in Norfolk with the Rev. Lee Weander, officiating.



Thelma M. Heier was born on Nov. 22, 1912 to Alfred E. and Bertha (Thorson) Nelson near Volin, S.D. She was baptized on Dec. 8, 1912 at Lodi Lutheran Church near Wakouka, S.D. and confirmed at Zion Lutheran Church at Maskell on May 30, 1926. She attended rural school in Dixon County and graduated from Maskell High School in 1930. She attended Wayne State Teachers College for one year and then taught for two years in a rural school in Dixon County. She married William E. Heier on Sept. 7, 1933 at Zion Lutheran Church at Maskell. The couple farmed in Wayne and Winside areas until moving to Norfolk in 1964. She worked at the Bree Motel and Holiday Inn. She had a love for baking as she always had sugar cookies for her grandchildren.

Survivors include her children, LeRoy and Marilyn Heier of Norfolk, Norma Janssen of Coleridge and Lorraine and Russell Prince of Winside; one sister, Anna Mae Erickson of Wausa; one sister-in-law, Gale Nelson of Ponca; 13 grandchildren, 24 great-grandchildren and three great-great grandchildren.

She was preceded in death by her husband, Bill, in 1999; two brothers, Elwin Nelson and Arden Nelson; one sister, Vera Klanderud; one grandson, Jeffery Janssen and son-in-law, Claire Janssen.

Honorary pallbearers were Thelma's granddaughters, Marci Janssen, Lori Dean, Lana Polt, Gretchen Sandall and Jodie Tuttle.

Active pallbearers were Thelma's grandsons, Brad Janssen, Scott Janssen, Curt Janssen, Roger Prince, Ron Prince, Ryan Prince, Randy Prince and Greg Heier.

Burial was in Pleasant View Cemetery at Winside. Home for Funerals was in charge of arrangements.

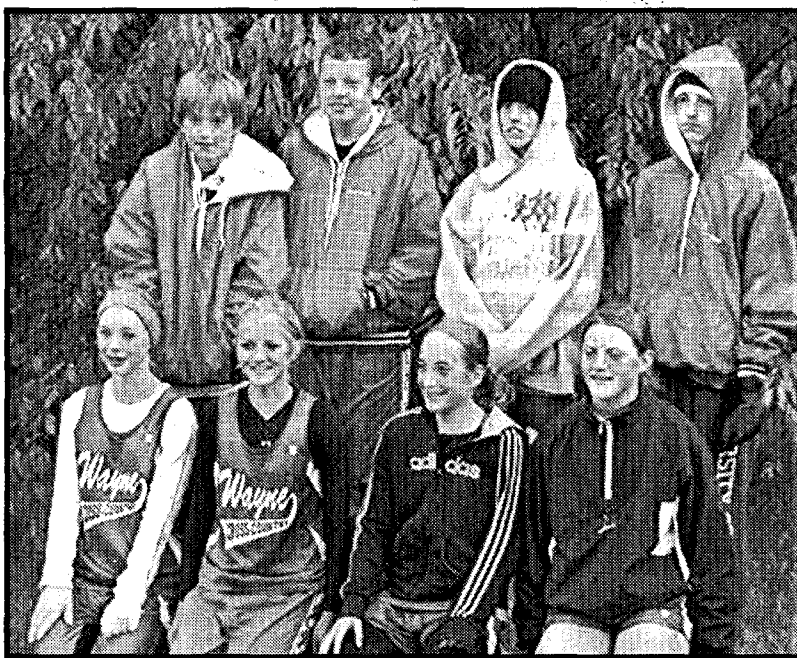
'Pfaltzgraff and Pfriends' to Perform at Wayne State College

Philip Pfaltzgraff of Wayne State College will present "Pfaltzgraff and Pfriends" at 3:30 p.m. on Sunday, Oct. 25 at Grace Lutheran Church in Wayne. There is no admission charge.

The title of the concert series, in which Pfaltzgraff performs with other musicians, refers to a varied program of concerts to be presented in several locations around

the area. Each concert will feature music unique to the artists on the program.

This is the third concert in the series since the fall of 2008. In these concerts, music professionals from the area present a concert of varied styles and musical content. Pfaltzgraff will be playing the Prelude and Fugue in D Major by Buxtehude, written for organ.



Members of the Wayne Middle School teams participating in the Rotary Club Cross Country meet included, front row, left to right, Emma Loberg, Angie Nelson, Hannah Kenny and McKenzie Rusk. Back row, Luke Pulfer, Joe Burrows, Tyler Schoh and Parker Wren.

Rotary Club sponsors junior high cross country meet

The Wayne Rotary Club sponsored a Junior High Cross country meet at the Wayne Country Club on Oct. 8.

There were entries from the following schools: Wayne, Norfolk, Norfolk Catholic, Yankton, Pierce, Madison and Schuyler. There were a total of 27 girls and 40 boys involved in the race. The course was 4000 meters.

Team scores for the top three finishers in the boys portion of the race included Yankton, 9; Norfolk, 18; Pierce, 29; Norfolk Catholic, 45; Madison, 50 and Wayne, 54.

Individual results for the boys included: Ryan Olson of Yankton with a time of 15:16; Caleb Schmidt, Norfolk, 15:23; Brice Cowman, Yankton, 15:37; Miles Sudbeck, Pierce, 15:54; Joel Carrillo, Schuyler, 16:01; Will

Steward, Yankton, 16:22; Cotton Pospishil, Norfolk, 16:22; Isaias Solorio, Madison, 16:26; Justin Grade, Yankton, 16:35 and Derek Brenner, Yankton, 16:44.

In the girls portion of the race, the team scores included, Norfolk Catholic, 12; Yankton, 17; Wayne, 28 and Pierce, 42.

Top ten finishers for the girls included Angie Nelson of Wayne with a time of 16:44; Karla Mendoza of Norfolk Catholic, 17:33; Annie Kruse, Yankton, 18:09; Nicole Aschoff, Norfolk Catholic, 18:26; Ashley Hawk, Yankton, 18:31; Michaela O'Brien, Norfolk Catholic, 18:34; Morgan Hauser, Norfolk Catholic, 18:52; Lindsay Reifert, Norfolk Catholic, 19:09; Caitlen Evens, Yankton, 19:23 and Hannah Kenny, Wayne, 19:29.

Wayne Library announces second annual Wreath Auction

They are making lists and checking them twice at Wayne Public Library where plans are underway for the second annual Wreath Display & Silent Auction to be held beginning Nov. 28 and running through Dec. 7.

This holiday event will be one way to welcome the Christmas Season to the community.

Area businesses, churches, youth groups, social, civic and community organizations are invited and encouraged to participate, by creating and donating a unique wreath for display at the Library and Senior Center. In keeping with the city's Q-125 celebration, staff at the library are suggesting traditionally decorated wreaths this year. Artificial wreaths with no electric lights and a maximum diameter of 24 inches should be used.

Proceeds from the silent auction will be donated to the Veterans Memorial Project. Minimum bids of \$10 will be asked for each wreath.

Rita McLean, Adult Services Librarian and Event Coordinator, commented that "this will be wonderful opportunity to promote your

business, organization/club/civic or social group to the community."

Friends of the Library will provide refreshments to open the holiday season at the library on Saturday, Nov. 28, kicking off the week of the display. Santa will visit the Library on Tuesday, Dec. 1, and seasonal books, DVDs and CDs will be on display for check out. On Monday, Dec. 7, the Library and Senior Center will be ablaze with Christmas Spirit. Holiday music will be presented by the Presbyterian Church Bell Choir at 6:30 p.m. Winning bidders will be announced at 7.

"We look forward to working with you during this special event," McLean said. "Consider this not only an opportunity to get into the holiday spirit, but also a time to support the Veterans Memorial Project and perhaps purchase a gift for yourself or someone on your Christmas list."

Wednesday, Nov. 18 is the closing date to enter a wreath. Display wreaths should be dropped off at the Library by Monday, Nov. 23. Call 375-3135 or email rmclean@cityofwayne.org for information.

Jaycees Craft Fair set for Oct. 23-24

The Wayne County Jaycees invite everyone in the community to attend the third Annual Fall Craft & Gift Festival on Friday and Saturday, Oct. 23 and 24.

The festival will be held at the National Guard Armory in Wayne. Hours Friday will be from 6 p.m. to 9 p.m. and Saturday from 9 a.m. to 2 p.m.

Over 40 exhibitors from northeast Nebraska, northwest Iowa and southeast South Dakota are confirmed for this two-day event. Displays ranging from wooden crafts, quilts and homemade jams to hand-made cards, prepared foods and custom made jewelry will be exhibited at this year's event. Concessions will be available for those attending and drawings for door prizes will take place regularly throughout the day. A bake sale will also be held in conjunction with the festivities.

An admission fee of one canned or boxed food item will be collected at the door. Items will be delivered to the Wayne State College Food Pantry and most needed are canned fruits, meats and soups as well as boxed meals. A \$1 admission fee will be charged to those without a food pantry item.

A portion of the cash admission fees collected will be used to support the Wayne Area Food Pantry as well as the Kids Against Hunger project sponsored by the Orphan Grain Train.

Event organizers Trisha Hansen and Charissa Loftis mentioned that this year features the largest variety of exhibitors and items to date. The number of exhibitors has doubled since the first Fall Craft and Gift Festival held in 2007.

"The Jaycees work hard each year to host projects that attract business to the Wayne area. The Festival usually draws between 500 to 600 people from the local area and surrounding communities which helps to support other Wayne businesses and promotes the community of Wayne. The goal of the Jaycees is not only to provide community services to Wayne County, but to assist the growth and economic development of the area," Hansen said.

"Many Jaycee members are local business owners and work within the community. Promotion of our community and all it has to offer are vital to the survival of rural America," she added.

Flu vaccine arrives in northeast Nebraska

Small shipments of the H1N1 flu vaccine began arriving at the Northeast Nebraska Public Health Department on Oct. 8 and will continue to come in sporadically for the next two months.

The shipments are divided and distributed to all clinics and hospitals in Cedar, Dixon, Thurston and Wayne Counties. Public Health officials and healthcare providers encourage those who fit into the Center for Disease Control and Prevention's (CDC) priority groups to get vaccinated against H1N1 flu as the vaccine supplies are available.

The CDC priority groups are (in no particular order): healthcare workers and emergency medical service workers, pregnant women, people six months to 24 years of age, household contacts and caregivers for infants under six months of age, and people 25 to 64 years with ongoing health conditions.

When enough vaccine arrives to meet the demands of the priority groups, future announcements will include the location and times for H1N1 flu vaccination clinics for the general public. The public is also encouraged to get seasonal flu shots as soon as possible too.

To protect yourself and your family from getting sick, wash your hands frequently, cough or sneeze into a tissue or the arm of your sleeve instead of getting germs on your hands, and stay away from sick people. If you do become sick, stay home and away from others as much as possible.

For more information, contact the Northeast Nebraska Public Health Department (NNPHD) at 402-375-2200 (local Wayne) or 1-800-375-2260, or go to www.cdc.gov/h1n1flu/ or www.nnphd.org. NNPHD serves Cedar, Dixon, Thurston and Wayne Counties.

Viaero Family 2010 Search currently underway

Viaero Wireless is going to make one Midwestern family very famous. On Oct. 16, Viaero began a multi state search to find one special family, the Viaero Family 2010, who will be featured in its TV and newspaper ads throughout 2010.

Viaero is the first company ever to conduct such an extensive search to find the family that through its activities and interests best exhibits the benefits of today's high tech wireless technology. Viaero's TV and newspaper campaign, to start the registrations flowing, begins this weekend on television and next week in Newspapers.

The selected family will gain instant recognition and will receive exciting gifts such as a family vacation to Disney World in Orlando Florida, golf and dinner at Arnold Palmer's Bay Hill Club, site of the annual Arnold Palmer Invitational PGA Tournament and many others that will be announced shortly.

The search will take place in Colorado, Nebraska, Kansas and Wyoming and families will be encouraged to register at Viaero stores and dealers. The search is

open to everyone, including customers of other wireless companies.

Family applicants will be asked to fill out a questionnaire to ascertain their activities and lifestyle (singing, dancing or other talent are not requirements). Viaero will set up interviews and announce quarter finalists by early December, finalists by late December and the winning family during the first week of January 2010. Families are encouraged to register prior to Thanksgiving and interviews will begin as soon as applications are received.

Viaero plans on announcing the winning family live on a special television broadcast and full page newspaper ads. "Viaero has created a high tech, multi-faceted wireless service with national coverage and the families we serve are valued customers," said Frank DiRico, Viaero's Owner and President. "We are delighted to be able to recognize a special family for 2010 and plan on establishing this as an annual event."

Local children to benefit from Coats for Kids drive

Local children in need can stay warm with your help this winter. Wayne Elementary and Herman Chiropractic are teaming up to distribute winter coats for kids in the Wayne area.

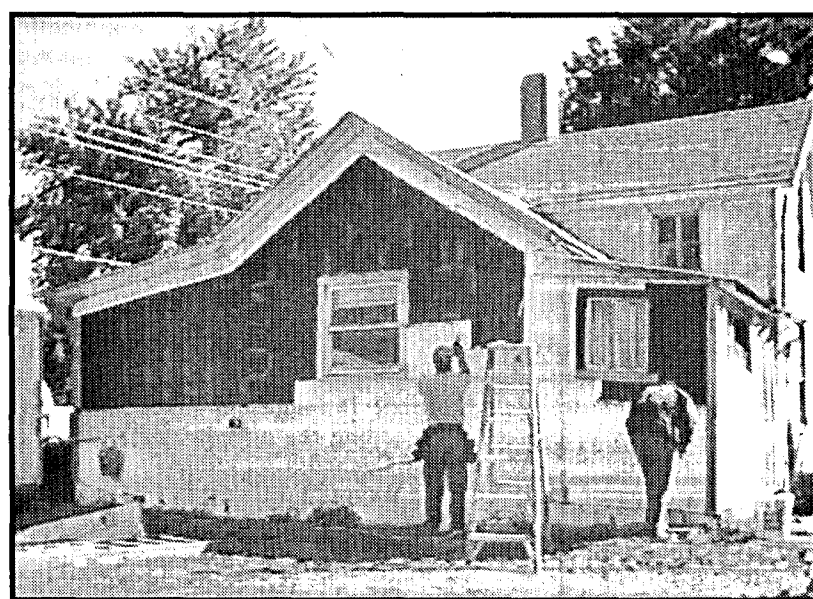
Dr. Joelle Herman of Herman Chiropractic will be hosting a first annual Coats for Kids drive from Oct. 19 through Oct. 31.

New patients under the age of 14 will receive first day services in exchange for a donation of a new or gently used coat in good condition or a donation of \$15, which will be

used to purchase new winter clothing.

Dr. Herman says their office is "really looking forward to giving something back and helping the children of this community. We love being able to provide our time and talents to people in exchange for their coat donation for such an incredible cause."

Dr. Joelle Herman encourages people to take advantage of this offer and call Herman Chiropractic at 375-3450 to make an appointment.



Habitat for Humanity volunteers work on removing the siding from the house on the site of the future build.

Habitat for Humanity update presented

The Wayne Area Habitat for Humanity met in October in a joint meeting with the Wayne State student chapter.

A lot on South Lincoln Street has been officially obtained by the group and work has begun to remove an existing on the property.

Work has also begun on plans for the new home and on enlisting more volunteers. Letters will be

going out shortly seeking financial help for the new build.

The college chapter will also be seeking donations for Habitat efforts by having a "Trick or Change" event around the community on Thursday, Oct. 29.

Anyone who would like more information about the Wayne Area Habitat for Humanity is asked to call Ann Witkowski at (402) 375-4509.

A Quick Look



We use newsprint with recycled fiber.

Please recycle after use.

Date	High	Low	Precip	Snow
Oct. 15	41	33	.12"	
Oct. 16	47	33	T	
Oct. 17	46	37	—	
Oct. 18	48	35	—	
Oct. 19	64	38	—	
Oct. 20	65	38	—	
Oct. 21	57	45	.02"	

Recorded 7 a.m. for previous 24-hour period
Precip./mo. — 1.80" / Monthly snow — 0
Yr./Date — 18.22" / Seasonal snow — T

Chamber Coffee

WAYNE — This week's Chamber Coffee will be held Friday, Oct 23 at Carhart Lumber. The coffee begins at 10 a.m. and announcements at 10:15.



Twilight Zone Marathon

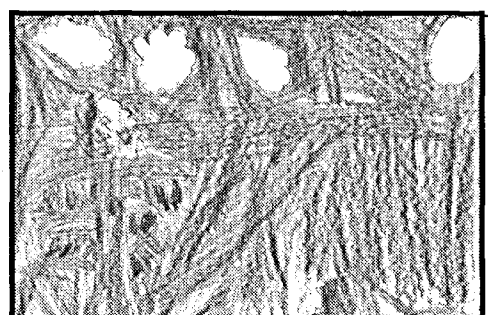
AREA — The Wayne Public Library has invited everyone to a Twilight Zone fan favorite marathon on Saturday, Oct. 24, at 7 p.m. Join us to see which four episodes were selected from Season One, first seen on broadcast television 50 years ago. The event is free and open to the public. For more information, call the library at 375-3135.

Coat Closet

WAYNE — The Wayne Coat Closet is currently in need of men's coats, especially in larger sizes, and kids coats/snow pants/boots. Anyone wishing to donate these items may drop them off at First Presbyterian Church, Third and Lincoln Streets in Wayne weekday mornings or by calling (402) 375-2669 to make other arrangements. Anyone needing a coat may do so during the same hours.

Veterans' Memorial Breakfast

AREA — A breakfast and silent auction will be held Sunday, Oct. 25 at the Wayne National Guard Armory to raise funds for the Wayne County Veterans' Memorial. Serving will be from 8:30 a.m. to 2 p.m. and will include pancakes, omelets, French Toast, sausage and biscuits and gravy. A free will donation will be accepted. A goal of \$185,000 has been set to complete the memorial.



Tyrus Kudera, Wayne Elementary

Snow removal tops commissioner's priorities

By Jon Bursleson
Of The Herald

Snow and ice were on the minds of the three members of the Wayne County Board of Commissioners at their regular meeting Tuesday.

The triumvirate heard concerns from Wayne County Safety Committee Chair Wayne Denklaui in his report to the commission. Denklaui said the federal Occupational Safety and Health Administration mandated snow and ice removal, and his committee was officially handing off the responsibility of handling that chore to the county commissioners.

He urged the commissioners to get a full-time person to clear the sidewalks around the courthouse.

"If somebody falls out there it would be a real problem," he said. "We had someone doing the sidewalks before and in my opinion we need to go back to that."

The commissioners agreed that snow and ice were a concern. A growing one since winter weather may only be a calendar page away. They chewed over the idea of a full-time person.

All three thought that having a person dedicated to clearing the courthouse sidewalks would be best. As a snow removal company may not be available when the courthouse needed some work, having someone on standby would be better, they said.

That person would be responsible for constantly monitoring and keeping snowfall, blowing snow and ice cleared off the eight blocks of courthouse walkways.

They could also do some maintenance work between clearing operations, they said.

The commissioners agreed to make a decision as soon as possible.

In other commission business, the Wayne County commissioners:

- decided to solicit bids for a couple of 1997 Mack Truck Tractors and a 1991 GMC pickup;

- decided to close West 21st Street so Woehler & Sons Construction of Wayne could begin work installing a new water line from Well No. 6 to Highview Drive;

- heard from UNL Extension officer Amy Topp on the extension office's Christmas Holiday closing from Dec. 28 through New Years;

- received a report about electrical safety training and fire extinguisher training from Denklaui;

- received a report about the need to test circuit breakers in the courthouse;

- voted to strike names from the deficient personal tax list.

The next regular meeting of the Wayne County Board of Commissioners is scheduled for 9:15 a.m., Tuesday, Nov. 3.



Change of ownership

An open house was held Oct. 20 at U-Save Pharmacy in Wayne to celebrate the new ownership of the business. Mark and Christina Patefield have purchased the Wayne business. Involved in the change of ownership were, left to right, Christina Patefield, Mark Patefield, Mike Hamik, co-owner of U-Save, Inc. and John Kirby, General Manager. Not present was Bill Snodgrass, co-owner of U-Save, Inc.



Apples! Sauce! Juice! And 5-year-olds! Oh my!

By Alec Sindelar

The Winside kindergarten and first graders had their hands full recently. With apples that is. On their recent trip to an apple orchard, the children enjoyed a multitude of apple related activities.

Winside's young aspiring apple farmers had the time of their life as they spent an entire day at Garrity's Apple Orchard.

During their stay, the children got to take a wagon ride through the apple orchard and then got to tour the facility where the apples are refrigerated, washed, sorted, and packed. On

top of these tours, they were lucky enough to be treated to a tour of the making of apple juice that, of course, included samples.

After a long day of tours and sampling, the kindergarten and first graders got to cap off their day by picking their own bag of apples and a pumpkin.

UNL seeks applications for Nebraska Young Artist awards

The Hixson-Lied College of Fine and Performing Arts at the University of Nebraska-Lincoln seeks applications for the 13th annual Nebraska Young Artist awards.

The awards annually recognize 11th grade students from Nebraska who are gifted and talented in the areas of visual art, dance, music, theater, and film and new media. These students exemplify the pinnacles of creativity in one of the fine and performing arts.

To be recognized, students must submit an application, a letter of recommendation from a teacher or private instructor, and a sample of their work. Full instructions and the application are available on the college's Web site, www.unl.edu/finearts/yaa, or by contacting Kathe Andersen at (402) 472-9355 or kandersen1@unl.edu.

Applications must be postmarked by Dec. 11.

The applications will be judged by UNL Hixson-Lied College of Fine and Performing Arts faculty, and the winning students will be invited to a special day of recognition March 29.

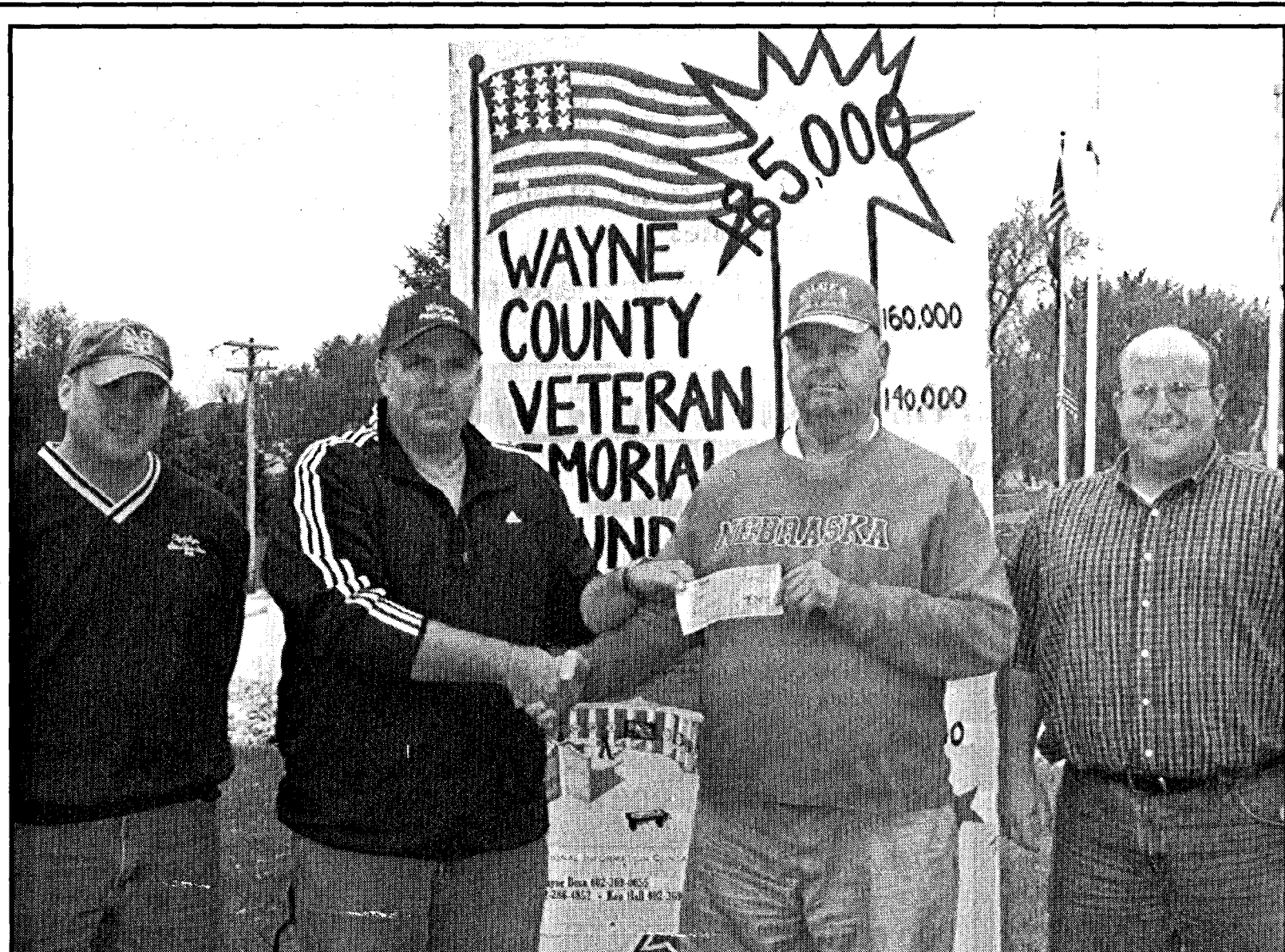
Honored students will take tours of the arts facilities, attend classes, and meet faculty and college students. Their parents will also be invited, and they will also take tours and receive information on careers in the arts and college curriculum. The day will conclude with an awards ceremony.

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.



Pleasant surprise

Mark Hanson, Wayne High School Principal, left, accepts a donation of \$600 worth of Gatorade products from Shannon Peterson, manager of Casey's in Wayne. The donation was presented to Casey's by Gatorade.



Project boost

City of Wayne employees presented a check for \$650 to the Wayne Veterans Memorial Project. The money represents contributions by city employees in all departments. Those involved in the check presentation included, left to right, Casey Junck and Brian Loberg, city employees and Dennis Otte and Tom Hansen, members of the Veterans Memorial Committee. Anyone wishing to make a contribution to the fund may do so by sending donations to Wayne County Veterans Memorial, P.O. Box 196, Wayne, Neb. 68787. The project has a goal of \$185,000. Additional funds will be received during an upcoming breakfast scheduled for Sunday, Oct. 25 at the Wayne National Guard Armory. Serving of pancakes, omelets, French Toast, sausage and biscuits and gravy will be from 8:30 a.m. to 2 p.m. A free-will donation will be accepted.

The Wayne Herald

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Weather keeps area farmers out of field, harvest falling behind

As the forecasters predict more periods of rain and event the possibility of snow, farmers struggle to get this year's crops in the bin.

Rain on Wednesday and the forecast for more in coming days will probably keep farmers out of the fields until at least Monday.

Ken Loberg, owner of Carroll Feed and Grain, said that in comparing past records, he feels approximately 30 percent of the soybean crop has been harvested in his area. He noted that a large portion of that was accomplished early this week.

"Yields have been quite good with reports in the 60 bushel per acre range," Loberg said. He did say some farmers have reported yield losses of three to five bushels per acre due to the late harvest, but these have been spotty.

Moisture levels of the soybeans brought in to his elevator have been somewhat above normal and average up to 14 percent. Ideal moisture for soybeans is in the 11-12 percent range.

He feels soybean harvest is at least 2-2 1/2 weeks behind.

Loberg said farmers have been concentrating on soybean harvest and other than silage or high moisture corn, less than five percent of corn in the area has been harvested.

Moisture levels in corn is also much higher than normal for this time of year.

"It has been an unusual year, all around. Harvest will get done, it will just take a while and in the mean time, it is very hard to stay positive," Loberg said.

He did note that both corn and soybean prices are somewhat higher than normal, mainly due to the

weather and increased demand in other countries.

Harvest statistics across the state vary as other portions of Nebraska have benefited from ideal conditions in recent days.

Wet soil conditions and wet corn are keeping producers out of the fields, and with rain and snow in the forecast, harvest activities will continue to crawl along.

Both corn and soybean harvests are behind, according to the U.S. Department of Agriculture's National Agricultural Statistics Service, Nebraska Field Office.

The USDA reported on Monday that corn harvest was 13 percent completed, 18 days behind the 34 percent average.

Soybean harvest is also moving slowly, with 55 percent complete, behind last year's 72 percent and a week behind the 75 percent average.

The USDA reported that, statewide, corn harvest has also been slow due to poor drying conditions as high grain moisture levels have resulted in progress being more than two weeks behind the average.

Weather through the weekend will keep harvest activities at a minimum as precipitation is in the forecast through Friday.

According to the National Weather Service in Hastings, a strong upper-level low-pressure system will continue to impact the area from Wednesday through Thursday night, causing a few isolated thunderstorms.

The bigger impact, though, according to the weather service, is that the storm will be widespread and will bring significant rain, with some areas receiving more than two inches.

Tour of Homes to be held Nov. 20-21

The biennial Tour of Homes, sponsored by the Friends of the Museum, has been scheduled for Friday and Saturday, Nov. 20-21.

Hours for this year's tours will be Friday, 5-8 p.m.; and Saturday, 11 a.m.-2 p.m.

Homes on the tour include those of David and Donna Ewing, 1110 Sunset Drive; Cap and Nana Peterson, 502 Douglas Street; Brian and Traci Bruckner, 416 West Ninth Street; Randy and Jill Belt, 625 Fairacres Road and David and Kaki Ley, 1120 Sunset Drive.

The Wayne Museum will be open on the days of the event for ticket sales and refreshments.

Tickets for the tour are \$10 each and may be purchased at the local banks beginning Nov. 1. Proceeds from this event have been designated for exterior painting of the museum.

David and Donna Ewing built their two-story home in 1978 shortly after moving to Wayne from Detroit, Mich. Dave and Donna raised their family of three daughters in this house.

Their home sits on a double lot which has border of conifer trees on the north and west sides. The exterior of the house has a new roof, new fiber cement siding and shutters with architectural trim on the windows.

Landscaping around the home features an Alberta



spruce, a snow crab, black hills spruce trees and silver feather grass. Electric outlets hidden within the landscaping provide easy power access for holiday lights.

Renovations can be seen throughout the house.

A slate floor greets you in the foyer and has been extended into the half bath. A living room with fireplace, dining room with bay window and a chandelier that Dave and Donna brought with them from Detroit completes the formal area of the house.

The recently renovated kitchen has eco-friendly cork floor and granite counters.

The family room houses a children's Christmas tree with Dave's childhood train set and Donna's cobalt blue glassware collection. The den has a display of the Department 56's North Pole series homes. Both the den and family room feature teak parquet floors. A first floor laundry and utility room completes the first floor.

The staircase leads upstairs to four bedrooms, as well as a full bathroom with double vanities, granite counter and matching granite squares inserted into the tile floor. The master bedroom suite completes the second floor with a newly renovated shower including a heated tile floor and heated towel bars and a granite counter in the dressing area.

Service

continued from page 1A

tions include:

- Al Dhafra, United Arab Emirates
- Al Udeid, Qatar Ali Al Salem, Kuwait
- Andersen AFB, Guam
- Ashkhabad, Turkmenistan
- Bagram, Afghanistan
- Balad, Iraq
- Eskan Village, Saudi Arabia
- Incirlik Air Base, Turkey
- Kirkuk, Iraq
- Manas Air Base, Kyrgyzstan
- Ramstein AFB, Germany

These deployments have lasted between 30 and 190 days.

Marks' last couple of deployments have been to extremely different locales. In 2004, he was sent to Diego Garcia. Also known as the "Footprint of Freedom," the atoll is a British colony in the Indian Ocean.

While shark-infested, the waters around the atoll are a serene azure and very picturesque. Not so much - Marks' next deployment.

This one was to Kirkuk, Iraq in 2005. The ancient Kurdish city is located in the major oil-producing region of Iraq. Its proprietorship has been hotly disputed since the liberation. Thus, the district has seen several attacks from Kurd separatists and insurgents.

Having a major air base located in the area

just added more targets. According to the military, Kirkuk Regional Air Base is home to the 506th Air Expeditionary Group. The group maintains base security, conducts safe flying operations and actively supports base agencies in support of Operation Iraqi Freedom and other U.S. Air Forces Central and U.S. Central Command contingency plans. Approximately 1,000 active-duty, Reserve and Guard Airmen are assigned to the 506th AEG during any given Air Expeditionary Force rotation.

It was here, on Christmas Eve, that Marks got a true taste of heroism and sacrifice. Every time a servicemember dies in Iraq, no matter the circumstances, the Army and Air Force conduct a "ramp ceremony" to repatriate the remains.

At a ramp ceremony the mood is somber. There is no pomp, no band, only a unit flag and Old Glory. Two lines - one of Soldiers and another of Airmen face each other about five yards apart. A C-130 aircraft lands, taxis toward the soldiers and the formations tighten. Except for the aircraft's engines, there is silence. The distance between the plane and the troops is about 100 yards. The engines stop.

The refrain "present, arms" echoes among the ranks, and all salute. An Army ambulance pulls up to the far end of the corridor.

"He told me it was a female Air Force public affairs specialist that had been killed by a roadside bomb. She was a 26-year-old mother of two children."

- Randy Marks

The salutes end, but only for a brief moment as the casket is removed from the back of the wagon.

After a soft prayer and hymn, the casket is slowly and solemnly carried onto the plane. The presiding officer says: "All secure, loadmaster," and the ramp rises.

Marks asked a Soldier, from the 101st Airborne Division, if he knew how old the man was in the casket. The paratrooper looked at him and said he was sorry, but the servicemember in the casket wasn't a Soldier and it wasn't a man.

"He told me it was a female Air Force public affairs specialist that had been killed by a roadside bomb," Marks said. "She was a 26-year-old mother of two children."

It was a potent emotional realization for Marks. He said he felt that people don't truly realize the sacrifices these young warriors make on a daily basis. They give up freedoms

that most Americans take for granted. They are sent to far away places, never in good circumstances, with deprivations and discomforts. They are separated from their families. All in the name of service.

"The awards I've received over the years are nice - but I'm no hero," Marks said. "The one's who can't come home are true heroes."

After the Kirkuk deployment was over the following year, the 185th ARW returned home to a heroes welcome. But, the memory of that Christmas Eve in Iraq was still too fresh in Marks' memory to allow him to celebrate with his fellow Airmen. He decided to honor someone else from the area who had served his country in Iraq.

"I went to Pender," he said. "I wanted to pay my respects to Sgt. Josh Ford."

Ford was with the 189th Transportation Company. His unit had been deployed and stationed at Camp Talil. On July 31, 2006, he was killed during combat operations in Al Numaniyah, Iraq.

Marks and the 185th ARW will be deploying again in about a year. This will be Marks' last expedition. He is set to retire in July 2011 after about 40 years in the service.

"I want to tell everyone about the great people who are serving our country," he said. "There is nothing greater than serving your nation and helping other people."

Council

continued from page 1A

ond vote was required because the size of the motel has been changed. The total project cost has been changed from \$3.2 million to \$2.8 million and all other numbers have been adjusted accordingly.

The CDA approved several bills in regard to paving in the Kardell Subdivision, including the cost of paving and sewer work on Summerfield Drive to Pacific Coast Feather. The council had earlier agreed to have the additional paving done at this time to save additional engineering costs and to take advantage of favorable paving costs at this time.

The council also spent considerable time discussing the merits of having employees be reimbursed for steel-toe boots. Following the debate, which included the possibility of paying for a portion of the costs and whether or not the employees would be required to wear steel-toe boots, the council voted 5-3 in favor of the resolution which will amend the personnel manual to allow \$150 for the purchase of one pair of boots per year.

Farewell Alltel.



Now that Verizon has acquired Alltel, you're probably wondering what will happen. And now...



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FACT: However, if you want to change your phone, add a line or make other key changes, Verizon will force you to select a new plan.

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500 Minutes National Individual 1 FREE NUMBERS \$39.99	450 Minutes National Individual 0 FREE NUMBERS \$39.99	800 Minutes National Individual 15 FREE NUMBERS \$39.95
900 Minutes National Individual 15 FREE NUMBERS \$59.99	900 Minutes National Individual 5 FREE NUMBERS \$59.99	1100 Minutes National Individual 20 FREE NUMBERS \$49.95
900 Minutes National Shared 15 FREE NUMBERS \$69.98	700 Minutes National Shared 0 FREE NUMBERS \$69.99	900 Minutes National Shared 20 FREE NUMBERS \$59.95
1000 Minutes National Shared 15 FREE NUMBERS \$84.99	1400 Minutes National Shared 10 FREE NUMBERS \$89.99	1600 Minutes National Shared 25 FREE NUMBERS \$74.95

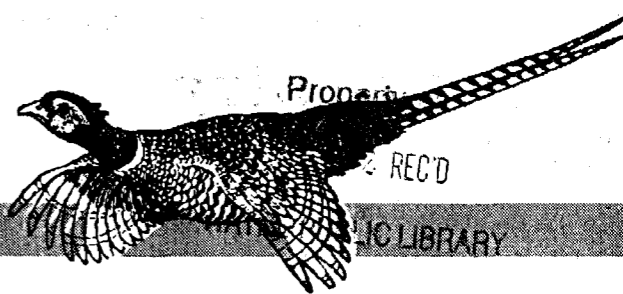
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ALBION • 2361 Hwy 91 (402.395.2173) - Greenline Equip.	ORR • 1338 L St (308.728.5741) - Diamonds Too	SCHUYLER • 308 East 11th St (402.352.3119) - Shoes 4 All
ANSLEY • 79007 Hwy 2 (308.935.1783) - Bailey Crop Svc.	Q'NEILL • 132 S 4th St (402.336.5416)	NELIGH • 113 West 4th St (402.887.4446) - Thriftway Market
ATKINSON • 107 S Hyde St (402.925.8000)	PLAINVIEW • 410 W Locust (402.582.4545) - Hergert Studio	
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COLUMBIUS • 410 E 3rd St (402.606.6000) - Next to Applebee's	WAYNE • 304 Main St (402.518.8888)	
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Sports

The Wayne Herald



Comeback run comes up short in finals

Wayne wins four in a row, falls 3-1 to Friend in Class C championship game

By MICHAEL CARNES
Of The Herald

HASTINGS - After losing their opening-round game, the Wayne High softball team put together a solid run that ended with the team's second Class C runner-up trophy.

The Blue Devils disposed of defending champion Yutan/Mead and top-seeded Wahoo to reach the finals, but didn't have an answer for first-time visitor Friend, who finished off the Blue Devils with a 3-1 win to claim the championship at the Class C State Softball Championships Saturday at Smith Softball Complex.

Still, finishing the year 30-5 and winning four in a row after a first-round loss was a pretty solid effort, one that made coach Rob Sweetland proud.

"To win four games down here is great, especially after losing that first one," he said. "It was a tough road and the girls played really well, and I'm proud of the way they fought through it."

Wayne needed two wins over Friend to come back and win their first title since back-to-back titles in 2003 and 2004, and they had their chances to get to a second game before the Bulldogs were able to claim the win.

In the fifth inning, Cassidy Miller singled and was replaced by Tia Jech as a courtesy runner. Jech stole second and Bayli Ellis singled and took second on the throw home to put two runners in scoring position with nobody out.

Wayne needed a good sacrifice bunt to push the go-ahead run across, but two bunts were popped up and Wayne was unable to break the tie.

Friend took advantage in the top of the sixth, scoring a pair of unearned runs to break the tie. Friend pitcher Krista Menke, who struck out 10 Wayne batters, shut down the Blue Devils in the final

Class C State Softball Tournament

Thursday's Results	
Wahoo 3, Syracuse 0	
Yutan/Mead 6, Wayne 2	
Cozad 6, Twin River 1	
Friend 4, Centennial 0	
Wayne 3, Syracuse 0 (Syracuse eliminated)	
Twin River 3, Centennial 1 (Centennial eliminated)	
Friday's Results	
Wahoo 5, Yutan/Mead 0	
Friend 2, Cozad 1	
Wayne 7, Cozad 2 (Cozad eliminated)	
Yutan/Mead 9, Twin River 0 (Twin River eliminated)	
Wayne 6, Yutan/Mead 1 (Yutan/Mead eliminated)	
Friend 1, Wahoo 0	
Saturday's Results	
Wayne 2, Wahoo 1 (Wahoo eliminated)	
Friend 3, Wayne 1 (Wayne eliminated)	

Class C champion: Friend

two innings to wrap up the win.

"That was the difference in the game," Sweetland said. "They got an opportunity and took advantage of it. We had two on and one out and tried to move the runners along and couldn't get it done."

Wayne opened the tournament with a 6-2 loss to defending champion Yutan/Mead Thursday afternoon, as the Patriots' Robin Nagle hit a pair of two-run homers to put Wayne in the losers' bracket.

Wayne drew first blood in the opening inning when Shannon Jarvi doubled and scored on a sacrifice bunt by Carly Fehringer. Menke answered in the second with the first of her two homers off Miller, then added her second an inning later after the Patriots' scored two runs on a single by Katie Johnson.

Wayne bounced back after seeing their 21-game winning streak ended, using a Fehringer homer and a four-hit shutout by Jarvi to eliminate Syracuse with a 3-0 win Thursday night.

Fehringer hit a solo homer to center in the second inning to get Wayne on the board, and Kristin

Carroll tripled and scored on a Jessica Calhoon single in the third. Miller scored on a Lindsay Frahm double in the sixth to put the finishing touches on the win.

On Friday, the Blue Devils stayed alive with a 7-2 win over Cozad, a team they beat two weeks earlier at the Yutan/Mead Invitational.

Caitlin Fehringer's two-out single to center scored Calhoon with the game's first run in the third. Wayne added another run in the fourth when Riley Hoffart scored on an infield single by Bayli Ellis, then broke it open in the fifth with the help of three Cozad errors. Miller had a two-RBI single in the inning and later scored to highlight the win.

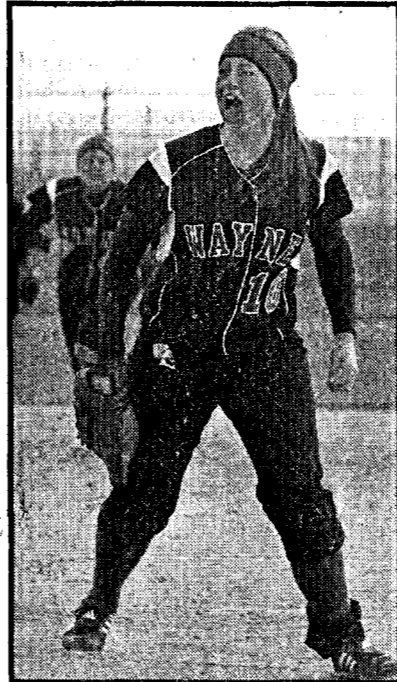
Friday night, the Blue Devils got a chance at redemption against the team that put them in the losers' bracket, and they eliminated the defending champions with a convincing 6-1 triumph.

Jarvi took a no-hitter into the sixth inning and got some timely hits and solid defense behind her to keep the Blue Devils' title hopes

See **SOFTBALL**, Page 3B



(Photos by Michael Carnes) (top right) Carly Fehringer's solo home run got Wayne's comeback started in the State Softball Championships. Their win over Syracuse was the first of four in a row that helped Wayne reach the finals. (far right) Jessica Calhoon slides home with the first run of the game in the finals against Friend. (left) Senior pitcher Shannon Jarvi reacts after getting out of a bases-loaded jam in the win over Wahoo. See inside for more pictures from the state tournament, and check out the photo gallery at www.mywaynews.com.



Cats Against Cancer event set for Saturday

Saturday will be an exciting day for Wayne State College athletics and fans alike as WSC hosts 'Cats Against Cancer' as a part of Breast Cancer Awareness Month.

The day will be filled with a number of fan-friendly activities, promoting breast cancer awareness, at the home soccer, football and volleyball games. There will be multiple opportunities for fans to assist Wayne State College in its efforts to raise money for the Every Woman Matters Foundation.

The soccer game begins at 11 a.m., as the Wildcats take on Minnesota-Crookston. The Wayne Educational Office Professionals Association (WEOPA) is donating pink cupcakes and cookies for fans to enjoy during the game. Pink lemonade will also be available for fans while they cheer on the soccer team. A raffle will be taking place to receive a soccer ball signed in pink by the team. Pink bandanas will be given out to fans as well.

At 1 p.m., the Wayne State football team battles Augustana at Memorial Stadium. Fans attending the game will see the football team with pink athletic tape and pre-wrap. Fans will be able to enter a raffle to win a football signed by the football team in pink. Those of

all ages will also have the chance to participate in pink face and fingernail painting.

Cats Against Cancer activities conclude at 5 p.m., as the volleyball team plays Southwest Minnesota State at Rice Auditorium. Fans may be shocked to see that the team will not be in their normal black and gold, but dressed in pink uniforms instead. The uniforms will be provided to the team by Peak Performance in Sioux City, Iowa. Pink bandanas will also be distributed to fans at the volleyball game as well. A raffle for a volleyball signed by the team, in pink, will be held at the game as well.

In between games, fans can stop at the Student Bookstore, located across from campus at 1022 Main St., to support Every Woman Matters, as well as purchase gear to show their Wildcat pride. The store will donate \$1 for every sale that day to the EWM foundation. All pink items will be discounted that day as well.

All proceeds raised from the day's activities will be donated to the Every Woman Matters Foundation. Every Woman Matters (EWM) is a program funded through the Nebraska Department of Health and Human Services.

Two teams in playoffs, two more should get in

Two area teams are definitely in the playoffs and two more are all but certain to be playing in the postseason as the final week of the high school football season winds down for teams in classes C and D.

Both area eight-man teams are in the playoffs, as Winside and Allen have both assured themselves of no less than a second-place finish in their district, which automatically qualifies teams for the playoffs.

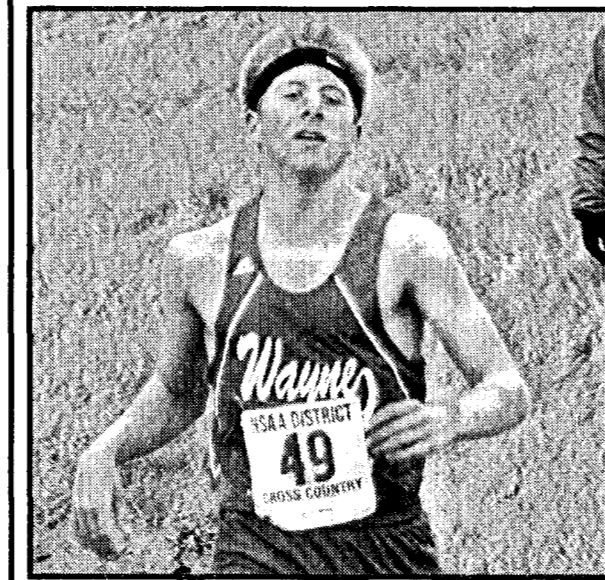
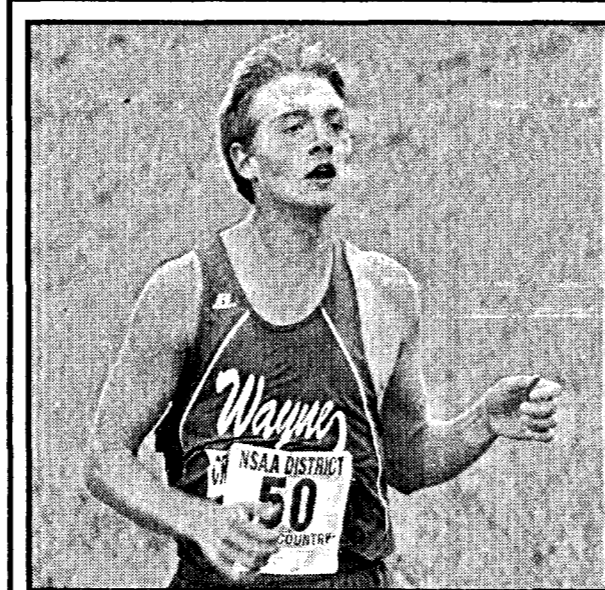
Winside wrapped up the D1-4 district title last week with their 30-6 win over Osmond. The Wildcats are 4-0 in the district with one game remaining at home against 2-2 Hartington, who needs a win to put themselves in the playoff

chase.

Allen should be in as the runner-up in the D2-4 district. Wynot's 58-16 win over the Eagles wrapped up the district title, but Allen owns wins over both Wausa and Newcastle, so a loss to Coleridge this week would hurt their standing in the playoff bracket, but would still get them in the playoffs.

In Class C1, Wayne should get in as one of the 12 wild cards. Currently, the Blue Devils sit in 22nd place among all C1 teams in the wild card point standings and have five automatic qualifiers behind them. Regardless of the

See **PLAYOFFS**, Page 2B



(Photos by Kevin Peterson)

Both Wayne High cross country teams will compete in the State Cross Country Championships this week at Kearney Country Club. The boys will be led by Cory Foote (above left) and Quentin Jorgensen, while the girls are led by Megan Stalling (above right) and Jordan Alexander.

WHS runners make it a state two-fer

NORFOLK - The Wayne High cross country team will be doubling its pleasure at state this week after both teams earned trips with top-three team finishes at the C-2 district meet Thursday at Norfolk's Skyview Lake.

"It was a cold and windy day, and the kids really responded well to the weather, so I was pretty happy with how the meet went," coach Rocky Ruhl said.

The Wayne High boys earned a runner-up finish in their ongoing battle with defending Class C champion Norfolk Catholic. The Blue Devils scored 29 points and finished five behind the Knights, with five of Wayne's six varsity runners placing in the top 15.

"I was happy with how it turned out," Ruhl said of the boys' race. "We have two or three guys running really well and two or three who are running kind of so-so, and I still think if we can get everybody to hit on all cylinders we can beat the teams that are ahead of us."

Cory Foote again led the Wayne boys, coming home with a fourth-place medal and finishing one minute behind boys medalist Jarren Heng of Norfolk Catholic. Quentin Jorgensen, Seth Onderstal and Jordan Barry all placed in the top 10, finishing sixth, ninth and 10th, respectively, to account for Wayne's

See **CROSS COUNTRY**, Page 2B

From The Bleachers

Michael Carnes



Congrats to softball, area cross country

It's been a busy couple of weeks in space known as The Bleacher Bum's office. Time to clear some of the clutter on my desk and in my head...

- Congratulations to the Wayne High softball team on a tremendous effort at the state tournament. Winning four in a row after losing in the opening round is no small feat, and the girls played tremendous throughout the tournament, settling for a runner-up finish to Friend, the tournament's Cinderella story as a first-time entry that went all the way.

For details on some of the highlights of the tournament, go to www.mywaynews.com and search for From The Bleachers special columns written during the tournament. Some funny details from the tournament, especially regarding a rather loose-lipped coach that helped provide a little extra inspiration for the Blue Devil girls.

- Congratulations also to the Wayne High cross country teams and Laurel-Concord runner Katie Jacobsen for making it to this week's state cross country meet in Kearney.

There is a certain amount of dedication that it takes to run cross country (I ran the 1600 meters in high school, and there wasn't a race where, at some point, I didn't ask myself if I was absolutely out of my mind to be running that distance), and these kids have proven themselves to be among the state's best. It will be fun watching them compete on a very challenging course at the Kearney Country Club Friday afternoon.

See **BLEACHERS**, Page 2B

Cross Country

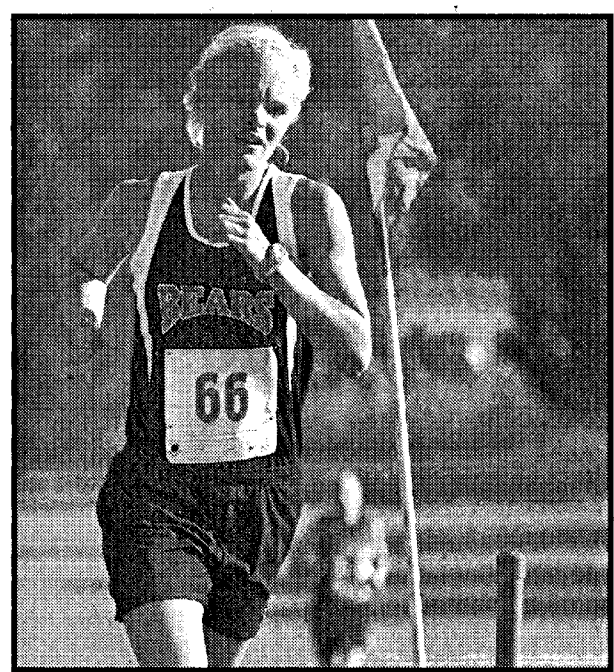
From Page 1B
 scoring. Zach Thomsen also earned a district medal, finishing 12th, while Sawyer Jager rounded out the team's effort in 27th place.
 In the girls' race, Megan Stalling and Jordan Alexander both found their way into the top 10, placing fifth and ninth, respectively. A solid performance by Emily Nelson also aided the girls, who beat out a good O'Neill team for the final spot among the top three qualifiers behind Pierce and Columbus Scotus.
 "I was concerned about O'Neill catching up to our girls, but our girls really stepped up and held them off and got themselves in to qualify," Ruhl said. "Emily had a great meet and really moved up well in the pack and did her job. Everybody was pretty consistent for us."
 Nelson finished 17th, while Martha Mitiku was 22nd. Taylor Stowater placed 34th and Halsey Lutt was 38th to round out the Wayne effort.
 Ruhl said the Wayne boys, fourth-place finishers a year ago,

should be in the mix for a state title at this week's State Cross Country Championships at Kearney Country Club. The Blue Devils are currently ranked third in the state and will battle Norfolk Catholic, Ogallala and Gothenburg for the title.
 "On paper, it looks like a three or four-team race, so if we run well and everybody does what they can, it's going to be a great meet for us," Ruhl said. "It's going to come down to how those third and fourth runners finish for each team, and if we can split some of those teams up that would be great."
 Ruhl thinks the Wayne girls can finish in the top five in the state, and will need a solid effort to better last year's eighth-place standing.
 "I think we've got one of the top five in the state here, and if we can run well I think we can finish well," he said. "We need to go in focused and ready to compete, and these kids have seen the course before, so they shouldn't be afraid of the course or the atmosphere."
 The Wayne High girls will run at 12 p.m. Friday, while the boys will compete at around 1 p.m.

C-2 District at Norfolk
Girls Team Standings (Top 3 to state)
 Pierce 31, Columbus Scotus 33, Wayne 53, O'Neill 69, Norfolk Catholic 77, West Point-Beemer 87, Logan View 135, Hartington 183.
Top 15 Results (State qualifiers)
 1. Amber Ewers, Scotus, 16:33; 2. Skyler Lippman, Pierce, 16:39; 3. Cassidy Pribnow, BC, 16:50; 4. Morgan Benesch, Scotus, 16:59; 5. Megan Stalling, Wayne, 17:07; 6. Elizabeth Price, O'Neill, 17:23; 7. Tiffany Guenther, Pierce, 17:26; 8. Briana Adams, Pierce, 17:29; 9. Jordan Alexander, Wayne, 17:39; 10. Abigail Beller, NC, 17:46; 11. Lizzette Martinez, WP-B, 17:49; 12. Emily Jarecki, Scotus, 17:50; 13. Brandi Walters, O'Neill, 17:54; 14. Stefanie Koehler, Pierce, 17:57; 15. Danni Stappert, NC, 18:09.
Other Wayne Results
 17. Emily Nelson, 18:16; 22. Martha Mitiku, 18:29; 34. Taylor Stowater, 19:38; 38. Halsey Lutt, 20:24.
Boys Team Standings (Top 3 to state)
 Norfolk Catholic 24, Wayne 29, Boone Central 63, Columbus Scotus 70, Logan View 90, Pierce 101, West Point-Beemer 114, Columbus Lakeview 145, O'Neill 150, Hartington 200.
Top 15 Results (State qualifiers)
 1. Jarren Heng, NC, 16:32; 2. Nick Knudson, NC, 17:05; 3. Kevin Carder, BC, 17:10; 4. Cory Foote, Wayne, 17:32; 5. Jake Kment, LV, 17:36; 6. Quentin Jorgensen, Wayne, 17:39; 7. Daniel Waterman, O'Neill, 17:55; 8. Tyler Maguire, NC, 17:56; 9. Seth Onderstal, Wayne, 18:07; 10. Jordan Barry, Wayne, 18:10; 11. Joel Ostediek, Scotus, 18:12; 12. Zach Thomsen, Wayne, 18:14; 13. Cole Eisenmenger, NC, 18:17; 14. John Kingsley, WP-B, 18:21; 15. Matthew Koeppe, Pierce, 18:23.
Other Wayne Results
 27. Sawyer Jager, 19:30.

Jacobsen earns third trip to state cross country meet

WAUSA - Katie Jacobsen got off to a good start and left no doubt as to whether or not she would make a third trip to the State Cross Country Championships.
 The Laurel-Concord junior was the lone area runner to qualify from the D-3 district meet at Rolling Hills Country Club near Wausa Thursday, as she came home with a third-place finish in the meet to earn a shot at a third medal at state this week in Kearney.
 Jacobsen hung with the top two runners, Kristin Steffen of Crofton and Carrie King of Oakland-Craig, and finished seven seconds off the pace as she ran among the leaders throughout the race.
 "I was glad to get third because Kristin and Carrie are both pretty good runners," the junior said of her finish. "I felt really strong the first mile, but after that I got a little tired but my first mile is always the best for me."
 Coach Megan Meyer was happy with her junior's performance, but was disappointed that a second runner just missed making the top 15 as Isaac Haahr came up three seconds short with a 16th-place finish in the boys race.
 "Katie ran a good race to qualify for state, and she's going to train hard to get ready for state," she said. "Isaac ran a tough race and was sitting in that 15th and 16th position throughout the race, but he just fell short. It was a disappointment, but he finished the season well and he will be back next year."
 Shelby Rath was the only other Laurel-Concord runner to compete, as she placed 39th in the girls race. Two of Laurel-Concord's other three runners, Gabe Abts and Sammie Camenzind, were both ill and unable to compete in the meet.
 Winside was unable to qualify anybody for the state meet, but coach Jennifer Kesting felt her kids ran as well as they have all season.
 "I think the boys ran probably the best they have run all season," she said. "Our highest finishers in both races were sophomores, so it will be a good experience for them leading into next year."
 Sophomore John Hansen led the Winside boys with a 31st place finish at 20:10. As a team, the Wildcats placed 11th out of 13 full teams.
 Natasha Jensen recorded a 33rd-place finish to lead the Winside girls, and Kesting said she has the potential to improve on her effort next season.
 Jacobsen will run in the Class D girls race at around 2 p.m. Friday. After a 15th place effort as a freshman and a sixth-place finish last year, she's hoping she can finish in the top 10 and compete among the leaders again.



(File photo) Laurel-Concord junior Katie Jacobsen, shown here running in the Wayne Invite earlier this season, earned her third trip to the state cross country meet after a third-place finish at districts Thursday.

Top 15 Results (State qualifiers)
 1. Kristin Steffen, Crofton, 15:45; 2. Carrie King, O-C, 15:48; 3. Katie Jacobsen, L-C, 15:52; 4. Danielle Riesberg, Crofton, 16:03; 5. Mattea Gallegos, Ainsworth, 16:04; 6. Merissa Falkenberg, Crofton, 16:12; 7. Elizabeth Kube, Crofton, 16:16; 8. Shaely Thiele, WH, 16:21; 9. Rachael Barnes, Crofton, 16:35; 10. Audrey Novotny, Stanton, 16:37; 11. Alyssa Kinning, Ainsworth, 16:53; 12. Ashley Appelt, Ainsworth, 16:59; 13. Brittini Hart, Stanton, 17:02; 14. Jill Brady, Creighton, 17:10; 15. Tessa Jacobsen, Ainsworth, 17:34.
Other Area Results
LAUREL-CONCORD: 39. Shelby Rath, 20:56.
WINSIDE: 33. Natasha Jensen, 20:09; 44. Bianca Marino, 21:53.
Boys Team Standings (Top 3 to state)
 Ainsworth 20, Crofton 58, Lutheran High NE 70, West Holt 88, Wisner-Pilger 110, Oakland-Craig 112, Bloomfield 123, Stanton 155, Niobrara 164, Elkhorn Valley 166, Winside 175, West Boys 204, Neligh-Oakdale 205.
Top 15 Results (State qualifiers)
 1. Austin Hamm, Bloomfield, 17:03; 2. Jose Martinez, Ainsworth, 17:10; 3. Michael Schumacher, Ainsworth, 17:18; 4. Taylor Kube, Crofton, 17:20; 5. D.J. Hinman, O-C, 17:58; 6. Grant Garwood, WH, 18:06; 7. Nicholas Martin, Ainsworth, 18:32; 8. Keaton Gracey, Ainsworth, 18:33; 9. Brett Pacha, WH, 18:40; 10. Tyler Ellis, LHNE, 18:44; 11. Silas Oltjenbruns, Bloomfield, 18:45; 12. Austin Baldwin, Creighton, 18:46; 13. Grant Nordby, Stanton, 18:47; 14. Adam Garcia, Ainsworth, 18:51; 15. Colton Sperl, Stanton, 18:53.
Other Area Results
LAUREL-CONCORD: 16. Isaac Haahr, 18:56.
WINSIDE: 31. John Hansen, 20:10; 39. Paul Hansen, 20:52; 55. Peter Hansen, 22:02; 58. Kyle Skokan, 22:23; 61. Alex Davis, 22:36.

WSC teams picked low in NSIC poll

Coaches in the Northern Sun Conference aren't expecting the Wayne State men's and women's basketball teams to finish very high this year.
 The conference coaches polls, released last week, show the Wayne State women to finish seventh in the NSIC, while the men are picked to finish 10th overall. St. Cloud State is expected to win the men's title, while defending national champion Minnesota State is picked to claim the women's crown.
 The Wayne State women, who tied for sixth at 12-8 in the NSIC last year, come in behind Minnesota State, which received nine first-place votes; Concordia St. Paul, Augustana, Minnesota Moorhead, Winona State and Minnesota Duluth.
 Picked to finish behind the Wildcats are St. Cloud State, University of Mary, Northern

State, Southwest Minnesota State, Minnesota Crookston, Bemidji State and Upper Iowa.
 Junior Mara Hjelle was named as the Wildcats' player to watch in the NSIC this season. She was a second-team All-NSIC selection last season, averaging 10.7 points and 7.1 rebounds per game. She ranked third in the NSIC in field goal percentage (.519) and was sixth in rebounding.
 On the men's side, the Wildcats received 65 points in voting done by the league's head coaches. WSC finished ninth in the NSIC last year, going 7-13 in the NSIC and 11-16 overall.
 St. Cloud State edged out Winona State as the preseason favorite to win the league. They are followed by Minnesota State, defending regular-season champion Southwest Minnesota State, Augustana, Concordia, St. Paul,

Northern State, Minnesota Duluth and Bemidji State. Picked to finish behind the Wildcats are Minnesota Moorhead, Upper Iowa, University of Mary and Minnesota Crookston.
 Senior Brian Metz was named Wayne State's player to watch in the NSIC this season. He was a second-team All-NSIC selection last season, averaging 13.5 points and 7.8 rebounds per game. He led the NSIC in field goal percentage (.676) and was sixth in NCAA Div. II, making 142 of 210 shots from the field. He also ranked sixth in the NSIC in rebounding.
 The Wayne State women kick off the 2009-10 season on Sunday, Nov. 15 at the Super 8 Tipoff Classic in Aberdeen, S.D., playing Colorado School of Mines at 6 p.m.
 New head coach Paul Combs will lead the Wayne State men into their opener at home on Sunday, Nov. 15 against Buena Vista at 4 p.m.

D-3 District at Wausa
Girls Team Standings (Top 3 to state)
 Crofton 15, Ainsworth 35, West Holt 49, Oakland-Craig 75, Creighton 88, West Boyd 96, Wisner-Pilger 108.



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Bleachers

From Page 1B
 -Some sports writers are getting their panties in a bunch over Bo Pelini's attitude during post-game news conferences when the Huskers lose.
 Frankly, I find it hilarious watching Pelini look at one of my fellow members of the sports media as if the individual is a complete idiot while answering a question that, for all intents and purposes, was a pretty lame question to begin with.
 I try very hard to have some questions ready to ask for Dan McLaughlin when I interview him after Wayne State games each week, because I certainly don't want him looking at me as if I'm from outer space (I get that enough at home already).
 Pelini is an incredibly passionate coach, something that is sorely needed at Nebraska after the train wreck that came before him. Maybe if some of those in the news media covering the Huskers would come a little better prepared and spend less time in the buffet line in the

press box, the coach might be a little friendlier after the game.

 Not a bad week for The Bleacher Bum in the picks department, although a couple of my upsets didn't come through, Virginia Tech stumbled and Nebraska laid a particularly putrid egg at home against Texas Tech.
 After a 6-4 week (bringing the year-to-date record to 42-27-1), it's time for 10 sure-fire winners for the week (bet only what you can afford to lose...for me, it's a bag of KISS M&M's on the line this week):
Norfolk Catholic 38, Wayne High 24 (Sorry, Blue Devils...gotta go with the head on this one, but want him looking at me as if I'm from outer space (I get that enough at home already).
Wayne State 42, Augustana 24 (Cats need to win out to secure a playoff bid, and this is the toughest of the three games left on the schedule.)
Nebraska 48, Iowa State 6 (Cyclones haven't won in Lincoln since 1977, the only road win over NU since Devaney became coach.
 ISU has six wins in Lincoln, the biggest a 33-0 shutout...in 1899.)
TCU 38, BYU 35 (Need to keep the Horned Frogs in the mix for the alleged national championship race.)
Cincinnati 35, Louisville 28 (Ditto for the Bearcats.)
Boise State 52, Hawaii 17 (Same goes for the Broncos.)
Ball State 17, Eastern Michigan 14 (It's 0-7 vs. 0-6...ladies and gentlemen, here is your Stinker of the Year in Div. I.)
Michigan State 24, Iowa 21 (Come on...SOMEBODY in the Little 10 has to have the courage to knock off the Fraudeyes.)
Tennessee 31, Alabama 28 (Here's your Super Duper Upset Lock of the Week. And because we're a full-service sports department, we're going to give you a two-for-one special...)
Missouri 45, Texas 35 (Texas can get away with slow starts against Colorado and their non-conference cupcakes. Do that in Columbia and the Tigers are still good enough to put a whoopin' to 'em.)

BOWLING RESULTS

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City League		Notable Series	
Week #6 10/13/09		Deb Moore 511.	
Tom's Body Shop	15.0 9.0	Splits Branodan Carda, 67/10.	
Logan Valley Golf Course	13.0 11.0	Hits and Misses	
Half Ton Club	13.0 11.0	Week #5 10/14/09	
Bridgman Repair	12.0 12.0	Gary's Foodtown	15.0 5.0
Harder & Ankeny PC	12.0 12.0	Stadium Sports	12.5 7.5
Wildcat Sports Lounge	11.0 13.0	State National Bank	12.0 8.0
Y104	11.0 13.0	Handicappers	11.5 8.0
Ghost	9.0 15.0	Ping Tree Service	10.5 9.5
High Team Game and Series: Bridgman Repair, 1029 and 2925. High Game: Leif Olson, 243. High Series: Doug Rose, 641.		White Dog Pub	9.5 10.5
Notable Games Brian Kemp 237, Mike Grosz 228/227, Doug Rose 226/212/203, Andy Baker 225, Mike Varley 225/210, Jayme Bargholz 224/218, Bryan Park 224/215, Bryan Denklau 219/217, Brad Jones 215, Dustin Baker 209, Rick Straight 208/204, Rick Kay 205, Kent Roberts 202, Mark Klein 201.		Taos and More	9.0 11.0
Notable Series Brian Kemp 600, Mike Grosz 640, Mike Varley 629, Jayme Bargholz 630, Bryan Park 616, Leif Olson 608.		Lucky Lady Lockers	8.0 8.0
Wed-Nite Owls		Kathol and Associates	8.0 12.0
Week #4 10/14/09		Logan Valley	4.0 16.0
The Max	13.0 3.0	Week 4 High Game: Nikki McLagen, 233.	
Melodee Lanes	12.0 4.0	High Series: Renee Saunders, 570.	
Wildcat Sports Lounge	8.0 8.0	Notable Games Sue Denklau 183, Shelley Carroll 188, Renee Saunders 200/227, Julie Hartung 191, Linda Stewart 180.	
Team Victory	8.0 8.0	Notable Series Ardie Sommerfeld 568, Renee Jacobsen 502, Sue Denklau 502, Shelley Carroll 523, Kristy Otte 481, Linda Stewart 516, Julie Hartung 539.	
Little Leobuski Urban Achiever 5.0	7.0	Week 5 High Team Game: Ping Tree Service, 936. High Team Series: Stadium Sports, 2587.	
Mutual of Omaha	2.0 14.0	High Game: Hollis Jackson, 203. High Series: Ardie Sommerfeld, 519.	
High Team Game and Series: The Max, 808 and 2270. High Game and Series: Andy Baker, 235 and 652.		Notable Games Missy Sullivan 199, Paula Pfeiffer 182, Julie Hartung 188, Renee Saunders 194, Det Moore 198, Essie Kathol 184, Ardie Sommerfeld 182.	
Notable Games John Brady 233, Andy Baker 216/201, Tyler DeJong 208, Mike Varley 201, De Moore 211.		Notable Series Julie Hartung 504, Renee Saunders 487, Deb Moore 513.	

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Playoffs

From Page 1B
 outcome of Thursday's game at Norfolk Catholic, the Blue Devils should make the playoffs, although another loss by South Sioux City might lower their average enough to drop them to a lower seed.
 Laurel-Concord's solid play earlier in the season might be enough to offset their recent struggles against three very solid teams in their district, and they should be one of as many as five teams in the C2-5 district to qualify. The current point totals would have Homer, Laurel-Concord and Randolph in

as wild cards out of the district, joining automatic qualifiers Ponca and Hartington Cedar Catholic.
 The Bears are 26th in the Class C2 point standings with just two automatic qualifiers below them, however, so a win over Wakefield this week would be needed to secure a playoff bid.
 Mapping out the brackets for the playoffs, it would appear that only Winside would host a playoff game in the first round. If the playoffs started this week, based on current numbers, the Wildcats would be a No. 8 seed in the east bracket of

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Wildcats bounce back with win over Winona

WINONA, Minn. -- Wayne State needed to get its groove back, and they did so in one of the toughest places for a visiting team to do so. The Wildcats raced to a 27-10 halftime lead and came away with a 48-25 win over Winona State Saturday in a game that may go a long way to helping the Wildcats make the postseason. The win improved Wayne State's record to 6-2 overall (5-2 in the NSIC) and was a nice elixir for what ailed the Wildcats in recent weeks.

"It was good to get our mojo back," coach Dan McLaughlin said of his team's win. "It seemed like we kind of got lost, and I was happy we got back to where we played earlier in the season."

After a lackluster performance against Upper Iowa and a disappointing result at Bemidji State, the Wildcats answered the challenge by racking up 472 yards in total offense and jumping on the Warriors right away, sending them to just their second home loss in the last five years.

"We hadn't played well the last couple of weeks, so this was a nice bounce-back win, especially at Winona," McLaughlin said. "That's a tough, tough place to play, and I was really pleased with the kids' effort."

Silas Fluellen once again led the way for the Wildcats, as the senior quarterback threw for 330 yards and five touchdowns and added a touchdown run of his own that got the Wildcats' offense rolling.

Fluellen hit Mit Montgomery on a pair of touchdown passes, including a 15-yarder midway through the first period that gave the Wildcats a 14-7 lead. He also found Frederic Bruno in the end zone twice, including a 71-yarder early in the second period that gave the Wildcats a commanding 21-7 advantage. They later connected on the Wildcats' final touchdown, a 9-yard strike with 6:13 to go that sealed the win for Wayne State.

Fluellen's efforts, which included 37 rushing yards, put him over the top as the conference's all-time leader in total yards. The Bellevue West grad now has 9,112 yards in total offense, eclipsing the 8,953 set by James McNear of Concordia St. Paul from 2002-2005.

"I thought he threw the ball really well and made some good decisions," McLaughlin said. "He

played a great game, but it's not over yet as far as the records go, and that's something we can look back on after the season's over."

Bruno had a big day with 184 yards on nine catches, and Logan Masters made it 43 straight games with at least two catches, putting him one game short of the all-time NCAA Div. II record. Nick Pulscher had a big day on the ground, gaining 100 yards on 16 tries.

McLaughlin was also happy with the defense's effort, led by Ryan Reeves' game-high 12 tackles.

"They had a 90-yard kickoff return to set up one touchdown and had another that was helped by two long interference penalties, so I thought our defense played really well overall," McLaughlin said.

The Wildcats continue their playoff push this weekend, hosting Augustana Saturday at 1 p.m. at Cunningham Field.

Wayne State	48	14	13	7	14	-	48
Winona State	25	7	3	7	8	-	25

Scoring Summary

First Quarter
WSC: Silas Fluellen 7 run (Nick Hope kick), 10:03.

WINONA: Drew Alexander 14 pass from Greg Preston (Billy Emanuel kick), 7:29.

WSC: Mit Montgomery 15 pass from Fluellen (Hope kick), 5:07.

Second Quarter
WSC: Frederic Bruno 71 pass from Fluellen (kick blocked), 11:41.

WINONA: Emanuel 21 field goal, 8:13.

WSC: Kevin Paulsen 35 pass from Fluellen (Hope kick), 5:23.

Third Quarter
WSC: Mario Melvin 1 run (Hope kick), 10:49.

WINONA: Sean Hertz 4 pass from Preston (Emanuel kick), 9:17.

Fourth Quarter
WSC: Montgomery 17 pass from Fluellen (Hope kick), 14:10.

WINONA: Sean Hertz 4 pass from Preston (Derrick Engel pass from Preston), 8:11.

WSC: Bruno 9 pass from Fluellen (Hope kick), 6:13.

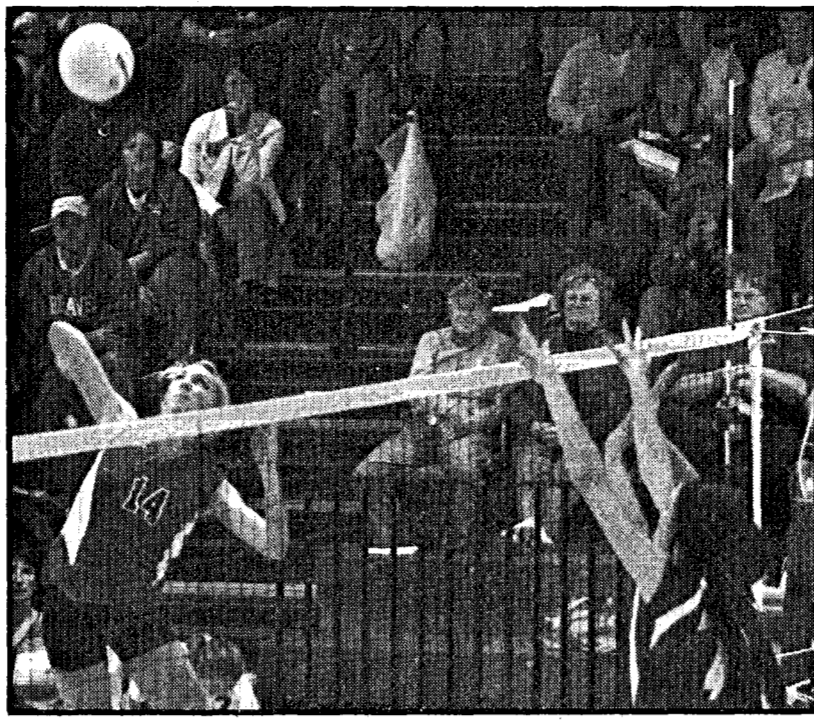
First Downs	WSC	Winona
Rushing-Yards	23	18
Passing-Yards	40-142	31-67
Comp.-Att.-Int.	330	265
Return yards	19-28-0	26-41-1
Fumbles-Lost	181	-239
Penalties-Yards	2-0	1-1
Punts-Avg.	9-65	5-25
Time of Possession	2-41.0	4-27.0
Third-Down Conv.	28-26	31-34
Fourth-Down Conv.	8-12	4-15
	0-1	2-4

INDIVIDUAL STATISTICS

RUSHING - WSC: Pulscher 16-100, Fluellen 10-37, Ferris 2-8, Melvin 7-6, Bruno 2-(-4). WINONA: Simmons 16-46, Preston 7-11, Dewberry 8-10.

PASSING - WSC: Fluellen 19-28-0, 330. WINONA: Preston 26-41-1, 265.

RECEIVING - WSC: Bruno 9-184, Masters 5-56, Paulsen 3-58, Montgomery 2-32. WINONA: Dewberry 9-88, Hertz 6-36, Alexander 4-34, Engel 3-56, Simmons 2-42, Jundt 1-5, Bune 1-4.



(Photo by Kevin Peterson)

Elisa Robinson gets ready to put down a kill for Wayne during their four-set loss to Battle Creek on Thursday.

Blue Devils play well in loss to Battle Creek; Conference is Monday

Although the Wayne High volleyball team came up on the short end of a four-set decision to a very talented Battle Creek team Thursday, coach Joyce Hoskins saw some good things out of her team.

"The girls really came out competitive in the first set, and I think it opened their eyes to see that they can be competitive against good teams like Battle Creek," she said.

The Blue Devils came out and claimed the first set against the Bravettes, before all-state nominee Cori Hobbs led her team back to post the win, 22-25, 25-13, 25-18, 25-13.

After winning the first set, Wayne fell flat in the second set, allowing the visitors to take advantage and even the match. That momentum carried over into the final two sets, but Hoskins felt her team proved to be more competitive than the final two sets would indicate.

"It was one of those things where they'd get two or three points in a run and we couldn't really put a run together, but I thought we were very competitive against a team with an all-stater like Cori Hobbs," Hoskins said.

Elisa Robinson and Katie Hoskins both had 13 kills to lead the 9-14

Blue Devils. Robinson had four blocks, Hoskins added three and Kristin Liska put down two blocks at the net.

Elle Schramm had seven kills and seven digs, Cassie Harm had 18 digs and Robinson added 13. Jessica Biermann directed the offense with 32 set assists.

The Blue Devils host Hartington Cedar Catholic and O'Neill on Friday, then travel to Madison Monday for the first-round of the Mid-State Conference tournament. The fifth-seeded Blue Devils will face Pierce in the opening round and either Madison or Battle Creek in the second round. One win will guarantee them a match on Tuesday.

"I think we'll be competitive with both Cedar and O'Neill," Hoskins said of Friday's triangular. "Hartington is better than their record indicates, so I hope we can go out and play competitive and get a couple of conference wins."

Wayne 25 13 18 13
Battle Creek 22 25 25 25

WAYNE (kills-blocks-aces): Robinson 13-4-0, Schramm 7-1-1, Hoskins 13-3-0, Sebade 4-0-0, Liska 2-2-0, Gilliland 0-0-0, Harm 0-0-0, Biermann 0-0-0.

Set assists: Robinson 1, Schramm 2, Liska 1, Harm 2, Biermann 32. Digs: Robinson 13, Schramm 7, Hoskins 7, Sebade 5, Liska 2, Gilliland 5, Harm 18, Biermann 9.

WSC soccer 1-2 for week

The Wayne State soccer team picked up a non-conference win and dropped a pair of NSIC contests to fall to 3-12-1 on the season.

Southwest Minnesota State handed Wayne State a 2-0 setback in Northern Sun Conference action Sunday afternoon in Marshall, Minn. It was the first win of the season for the host Mustangs.

Minnesota State blanked the Wildcats 2-0 Saturday in Mankato, Minn.

In non-conference action Wednesday, Oct. 14, Wayne State slipped past York College 1-0 in a rain soaked game at the Wayne State College Soccer Complex.

Kellerman scored the game's only goal 21 seconds into the second half, when she put a header past York College goalkeeper Kaitlin Loney.

The Wildcats outshot York College 20-8. Tiffani Kellerman had five shots on goal and Mikayla Comba also added five shots in the win. Emily Walker earned her second shutout of the season, having four saves in goal for the Wildcats.

Softball

From Page 1B
alive.

The team took some additional inspiration from some comments made in another newspaper by Yutan/Mead coach Amy Arensberg, who told a reporter that the Class C title would come down to her team and Wahoo.

"What their coach said kind of gave us some encouragement to come to this game and give them what we've got," said Carly Fehringer, who ignited Wayne's fourth inning with a leadoff double and scored three runs in the win.

Coach Rob Sweetland said he saw the comments and figured his team would be fired up for Yutan/Mead the second time around.

"I knew those (comments) would light a fire in the girls," he said. "I didn't make a big deal about once the game started, but I know it did inspire the girls."

The Fehringer sisters teamed up for Wayne's first run, as Caitlin Fehringer doubled and scored on older sister Carly Fehringer's single. The elder Fehringer later scored on a Frahm groundout to

give Wayne the 2-0 lead.

Wayne led 3-1 in the seventh when they put things out of reach, as Caitlin Fehringer singled home Ellis and later came home, along with her sister, on a throwing error.

Wayne earned a trip to the finals Saturday morning with a 2-1 win over top-seeded Wahoo, as Jarvi and Miller combined on a six-hitter and got solid defensive play to knock out the Warriors.

Carly Fehringer doubled home Caitlin Fehringer for a run in the first inning, and Miller's RBI single in the fourth gave Wayne a two-run lead. Wahoo scored a run in the fourth and loaded the bases, but Jarvi pitched out of the jam. Wahoo would threaten again in the fifth and sixth innings, but pitching and defense ultimately led to Wahoo stranding nine runners in the final four innings.

Sweetland was proud of his team's effort this season, and credited a lot of the success to the senior members of the team, who did a tremendous job of leading by example this fall.

"They've been great kids and great examples, both on and off the field," he said. "We have some seniors who have been starters for two or three years and have given the younger girls a great example to see how to do things right and take responsibility for themselves. They're definitely going to be missed."

Yutan/Mead 6, Wayne 2
Wayne 100 001 0 - 2 6 1
Yutan/Mead 024 000 x - 6 6 2

WP: Fisher. LP: Miller. 2B: Jarvi, Carly Fehringer. HR: Nagle 2.

Wayne 3, Syracuse 0
Syracuse 000 000 0 - 0 4 2
Wayne 011 001 x - 3 8 1

WP: Jarvi. LP: Hauschild. 2B: Kestlar, Frahm. 3B: Carroll. HR: Carly Fehringer.

Wayne 7, Cozad 2
Cozad 000 002 0 - 2 6 7
Wayne 001 150 x - 7 7 1

WP: Jarvi. LP: Griffiths. HR: Henry.

Wayne 6, Yutan/Mead 1
Wayne 000 201 3 - 6 8 1
Y/Mead 000 001 0 - 1 2 5

WP: Jarvi. LP: Fisher. 2B: Caitlin Fehringer, Johnson, Nagle.

Wayne 2, Wahoo 1
Wayne 100 100 0 - 2 5 4
Wahoo 000 100 0 - 1 6 0

WP: Jarvi. LP: Vobornil. S: Miller. 2B: Carly Fehringer.

Friend 3, Wayne 1
Friend 100 002 0 - 3 1 0
Wayne 100 000 0 - 1 3 2

WP: Menke. LP: Miller.

Golfers tie for third place at All-Nebraska tournament

NEBRASKA CITY -- The Wayne State men's golf team closed out the fall schedule with a third place finish at the All-Nebraska Intercollegiate Men's Golf Tournament at Arbor Links.

The Wildcats tied Creighton for third place with a two-day, 36-hole total of 620. Wayne State shot rounds of 309 and 311. Nebraska-Kearney won the tournament with a 600, with Southeast Community

College-Beatrice in second at 619.

Leading the way for Wayne State were juniors Tyler DeJong and Jake Hirz. Both players shot 73 and 77 to finish in a tie for third at 150.

Adam Fields was next for the Wildcats at 159, shooting rounds of 82 and 77 to tie for 22nd. Tyler Thompson shot back to back rounds of 81 for a 162 to tie for 28th, while Michael Phillips tied for 34th after rounds of 87 and 80 for a 167.

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- WSC Soccer vs. Minnesota Crookston — 11 a.m.
- WSC Football vs. Augustana — 1 p.m. (tailgate 11:30 a.m.)
- WSC Volleyball vs. Southwest Minnesota State — 5 p.m.

Pink Refreshments will be available for fans at the Soccer game.

250 Pink Bandanas will be handed out at the Soccer and Volleyball games.

The Student Bookstore at 1022 Main Street will be giving \$1 for every sale.

Pink Ribbons will be handed out at the events while supplies last.

Pink Fingernail and Face Painting will be available at the football game.

This project/program/event was funded in part through a WSC Service-Learning sub grant provided by the Midwest Consortium for Service-Learning.

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Randolph outlasts Trojans, 34-18

WAKEFIELD—Wakefield held its own with Randolph, but the visiting Cardinals just had too much down the stretch as they posted a 34-18 win over the Trojans.

Wakefield pulled to within 19-12 early in the third quarter after Brock Soderberg scored the first of his two touchdowns, but the Cardinals size wore down the outmanned Trojans down the stretch.

"We had a kickoff return for a touchdown and had a chance to make things close, but we had a

fumbled punt return that kind of turned it around and they really came at us with their power game," coach Mike Clay said.

"It's kind of been the story of the season," he added. "We're able to hang with them for a few quarters pretty well, but their size just wore us down and it caught up to us in the fourth quarter."

Randolph drew first blood when Adam Tunink scored the first of five touchdowns he accounted for on the night, but Wakefield quickly

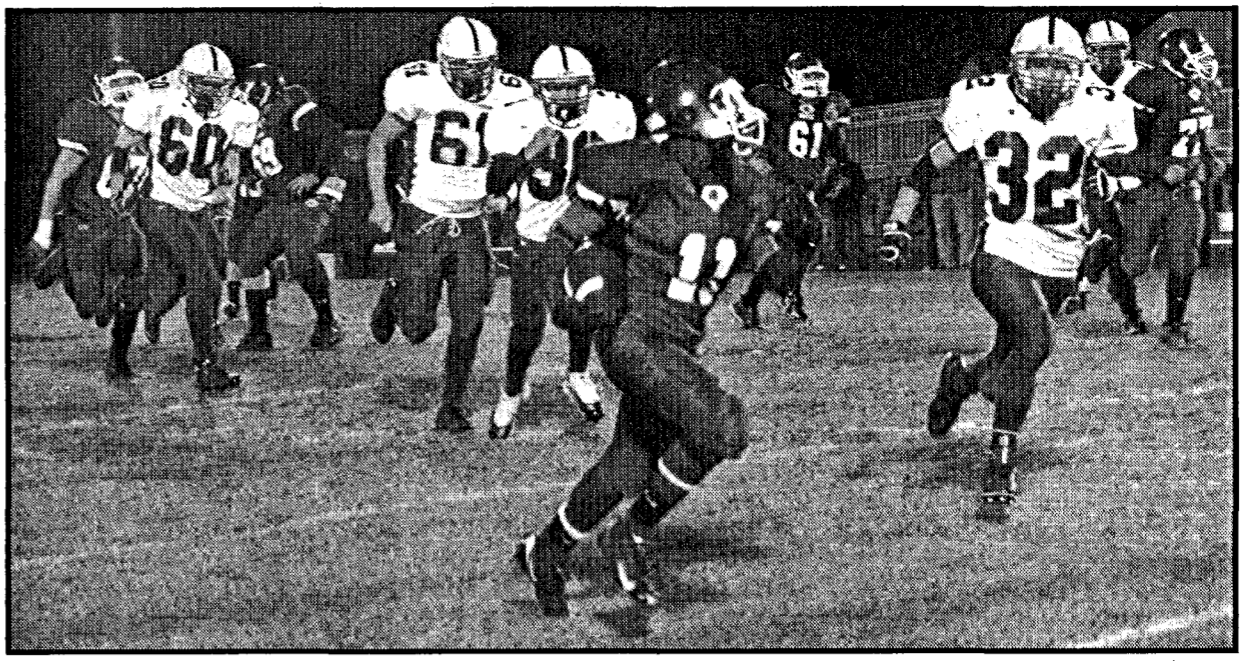
tied things up when Chad Clay returned the ensuing kickoff 87 yards for a 6-6 tie.

Tunink scored on another short run and added a touchdown pass in the second quarter to give Randolph a 19-6 halftime lead. Soderberg scored on a 2-yard run to pull the Trojans within a touchdown, but Tunink threw two touchdown passes to put the game out of reach. Soderberg scored a second touchdown midway through the final period for Wakefield's final points of the night.

Soderberg finished with 67 yards on 11 carries and Clay added 55 yards on 12 tries to highlight the Wakefield attack, which racked up 126 yards on the ground against the Cardinals.

Wakefield closes out the 2009 regular season at home Friday against area rival Laurel-Concord, with a chance to crack the goose egg in the win column and possibly knock the Bears out of the playoffs in their 7 p.m. matchup.

"They're a good football team," Clay said. "They may have gotten surprised by Homer, but Homer is big up front. Laurel is a little undersized on the line, but they have great skill people and are very athletic, so it's going to be a challenge."



(Photo by Kevin Peterson)

Darnell Collins is off to the races for a first-quarter touchdown during Wayne's 58-7 blowout of O'Neill Friday night. The win should put the Blue Devils in the playoffs, although they still have district champion Norfolk Catholic on the agenda for Thursday night.

Offense racks up over 500 yards in 58-7 Blue Devil blowout win

Wayne needed a good performance and a win to boost its playoff chances, and it got plenty of both Friday night.

The Blue Devils dominated O'Neill with a season-high 513 yards in total offense and had a pair of backs crack the century mark en route to a 58-7 pasting of the Eagles at Cunningham Field, putting Wayne in position for a playoff spot heading into their final game against district champion Norfolk Catholic.

Coach Rich Rethwisch said it was important for his team to come out ready to play against the 0-7 Eagles, and the kids more than held up their end of the bargain. "O'Neill may be 0-7, but they had given Norfolk Catholic and Crofton some early trouble," he said. "We discussed coming out ready to play, and obviously we did."

Derek Poutre had a big night, as the senior running back racked up 205 yards on 12 carries and scored four touchdowns, including three on the ground.

Poutre and Darnell Collins, who also went over the 100-yard mark with 122 yards on five carries, got the Blue Devils rolling early in the game with long touchdown runs. Poutre galloped 68 yards for the first score, and Collins followed on Wayne's second drive with a 53-yard sprint to the end zone.

The Blue Devils exploded in the second period to take command of the game. Jacob Zeiss barreled over on a one-yard plunge, Poutre and Gage Rethwisch both found

the end zone on short runs and the duo hooked up for a 34-yard scoring strike with time running out in the first half to give Wayne a 39-7 lead at the break.

"Derek and Darnell both rushed for more than 100 yards and Gage threw for over 100, so to have that kind of balance makes it tough for opposing defenses," Rethwisch said.

Wayne's offensive outburst was a credit to the offensive line, which has made tremendous strides during the course of the season, Rethwisch said.

"What we're really happy about is how we played up front," he said. "Our line has improved leaps and bounds since the first week, and what strikes me about them is that they want to continue to work hard and improve. We have a bunch of kids that have become hungry in wanting to continue the season and play for as long as is humanly possible, and when you add Jacob Zeiss to that mix, freeing up Derek and Darnell with their blocking has made this a fun bunch of kids to watch."

Wayne scored three more touchdowns in the second half, with Poutre and Justin Anderson scoring on touchdown runs and Logan Owens getting one for the defense with a 70-yard interception return.

Rethwisch said the win should put Wayne in the playoffs, but he would like to see the team enter the postseason with a win over Norfolk Catholic Thursday.

Wayne	14	25	13	6	-	58
O'Neill	0	7	0	0	-	7

Scoring Summary
First Quarter
 WAYNE: Derek Poutre 68 run (Gage Rethwisch kick), 8:30.
 WAYNE: Darnell Collins 53 run (Rethwisch kick), 6:40.

Second Quarter
 WAYNE: Jacob Zeiss 1 run (kick failed), 11:55.
 WAYNE: Rethwisch 2 run (Rethwisch kick), 9:31.

Third Quarter
 WAYNE: Poutre 3 run (run failed), 4:47.
 O'NEILL: Darik Fox 13 run (Dominguez kick), 4:9.
 WAYNE: Poutre 34 pass from Rethwisch (kick blocked), :06.

Fourth Quarter
 WAYNE: Justin Anderson 25 run (no PAT attempt), :55.

	Wayne	O'Neill
First Downs	17	9
Rushes-Yards	33-393	84
Passing-Yards	120	15
Comp.-Att.-Int.	8-11-0	4-8-1
Return Yards	126	NA
Fumbles-Lost	1-1	2-2
Penalties-Yards	9-84	3-22

INDIVIDUAL STATISTICS
RUSHING - Wayne: Rethwisch 2-(6), Collins 5-122, Zeiss 3-16, Anderson 1-25, Trenhaile 4-16, Poutre 12-205, Soden 3-6, Longe 1-7, Dunklau 1-0, Martin 1-2. O'Neill: NA.

PASSING - Wayne: Rethwisch 7-10-1, 112; Backer 1-1-0, 8. O'Neill: NA.

RECEIVING - Wayne: Collins 1-7, Anderson 1-2, Beza 1-8, Poutre 3-83, Dorsey 1-9, Booth 1-11. O'Neill: NA.

TACKLES (Solo-Assist) - Wayne: M. Anderson 1-0, Collins 1-0, Zeiss 4-8, J. Anderson 0-1, G. Anderson 0-1, Trenhaile 2-3, Kenny 2-2, Owens 0-1, Beza 0-1, Poutre 1-3, Soden 1-0, Loberg 0-1, Jorgensen 0-1, Poeslman 0-1, Reinke 2-2, Davie 2-4, Doorlag 0-5, Onnen 3-0, Dunklau 0-3, Lundahl 1-2, Martin 1-0, Wren 1-2, Dorsey 0-1, Booth 1-2, Stegeman 0-1, Klassen 3-5, Rogers 0-1, Luschen 0-1.

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Randolph 34, Wakefield 18

Wakefield	6	0	6	6	-	18
Randolph	12	7	7	8	-	34

Scoring Summary
First Quarter
 RANDOLPH: Adam Tunink 1 run (PAT failed).
 WAKEFIELD: Chad Clay 87 kickoff return (PAT failed).
 RANDOLPH: Tunink 1 run (PAT failed).
Second Quarter
 RANDOLPH: Clint Lacka 13 pass from Tunink (Daniel Kyles kick).
Third Quarter
 WAKEFIELD: Brock Soderberg 2 run (PAT failed).
 RANDOLPH: Lacka 24 pass from Tunink (Kyles kick).
Fourth Quarter
 RANDOLPH: Kyles 20 pass from Tunink (PAT failed).
 WAKEFIELD: Soderberg 1 run (PAT failed).
 RANDOLPH: Team safety.

	Wakefield	Randolph
First Downs	10	18
Rushes-Yards	25-126	41-116
Passing Yards	87	202
Comp.-Att.-Int.	7-22-3	16-24-0
Fumbles-Lost	1-1	0-0
Penalties-Yards	9-60	5-45
Punts-Avg.	5-19.6	6-28.2
Third-Down Conv.	2-10	6-14
Fourth-Down Conv.	0-2	1-2

INDIVIDUAL STATISTICS
RUSHING - Wakefield: Soderberg 11-67, Clay 12-55, Bodlak 2-4. Randolph: Burbach 14-48, Tunink 13-38, Kint 10-30, Lacka 4-0.
PASSING - Wakefield: Clay 1-21-2, 87; Sherer 0-1-1, 0. Randolph: Tunink 16-23-0, 202; Lacka 0-1-0, 0.
RECEIVING - Wakefield: Bodlak 2-43, Matias 2-14, Sherer 2-10, Soderberg 1-20. Randolph: Lacka 8-96, Kyles 6-76, Gubbeis 2-30.

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Thursday, Oct. 22
 H.S. FOOTBALL - Wayne at Norfolk Catholic, 7 p.m.; Coleridge at Allen, 7 p.m.

Friday, Oct. 23
 H.S. FOOTBALL - Laurel-Concord at Wakefield, Hartington at Winside, 7 p.m.;
 CROSS COUNTRY - Nebraska State Cross Country Championships at Kearney, 1 p.m.
 VOLLEYBALL - Wayne Triangular, 6 p.m.; Minnesota State at Wayne State, 7 p.m.

Saturday, Oct. 24
 FOOTBALL - Augustana at Wayne State, 1 p.m.
 VOLLEYBALL - SW Minnesota State at Wayne State, 4 p.m.
 SOCCER - Minnesota Crookston at Wayne State, 11 a.m.

Sunday, Oct. 25
 SOCCER - MSU Moorhead at Wayne State, 1 p.m.

Monday, Oct. 26
 VOLLEYBALL - Wayne at Mid-State Conference at TBA; Allen, Winside, Wakefield at Lewis and Clark Conference at TBA; Laurel-Concord at NENAC.

Tuesday, Oct. 27
 VOLLEYBALL - Wayne at Mid-State Conference at TBA; Allen, Winside, Wakefield at Lewis and Clark Conference at TBA; Laurel-Concord at NENAC.

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Wildcats put wraps on district title with victory

By LEE KOCH
 Special to the Herald

WINSIDE - "Toto, we're not in Kansas anymore" could have been the catch phrase for the Tigers of Osmond as Winside handed visiting Osmond a 30-6 defeat in a game that may have decided the District D1-4 championship.

The Wildcats jumped out to a 24-0 halftime lead and added a fourth quarter touchdown to put the game out of reach and put the home team in position to qualify for the Class D-1 playoffs for the sixth consecutive year.

A Winside punt was mishandled by the Tigers, and Zach Brokaw recovered the fumble on the Osmond 10-yard line. Kalin Koch carried the ball to the 1-yard line, leaving Anthony Nelson to finish the two-play scoring drive with a short plunge to the end zone.

A stout Wildcat defense held the Tigers to 38 yards of total offense in the first half and a net total of 91 yards for the game. Zach Brokaw, with a pair of fumble recoveries, an interception of an errant Tiger pass and four tackles, led the Winside

defensive effort. Brad Doffin and Jordan Nelson teamed up on a pair of fourth quarter sacks resulting in losses of seven and eight yards, and were joined by Cody Wylie with a six-yard tackle for loss.

Nelson added a second one-yard run to a touchdown in the second quarter, and Koch sandwiched second- and fourth-quarter touchdowns around Nelson's scores on runs of 6 and 9 yards.

Nelson gained 110 yards on 30 carries, the second time this year the Wildcat tailback has exceeded the century mark. Koch added 154 yards on 27 carries and 18 yards passing.

Kelby Prince had two carries for 10 yards, Ethan Thies one carry for 9 yards and Michael Lage with a carry for 3 yards gave the Wildcats 286 yards rushing, with Blaine Meyer adding an 18-yard reception from Koch.

Sage Schwedhelm led with 12 tackles, Jordan Nelson (9), Anthony Nelson (8), Prince (6), Brokaw (4) and Justin Buresh and Brad Doffin with three tackles each all contributed to the Wildcat defensive effort.

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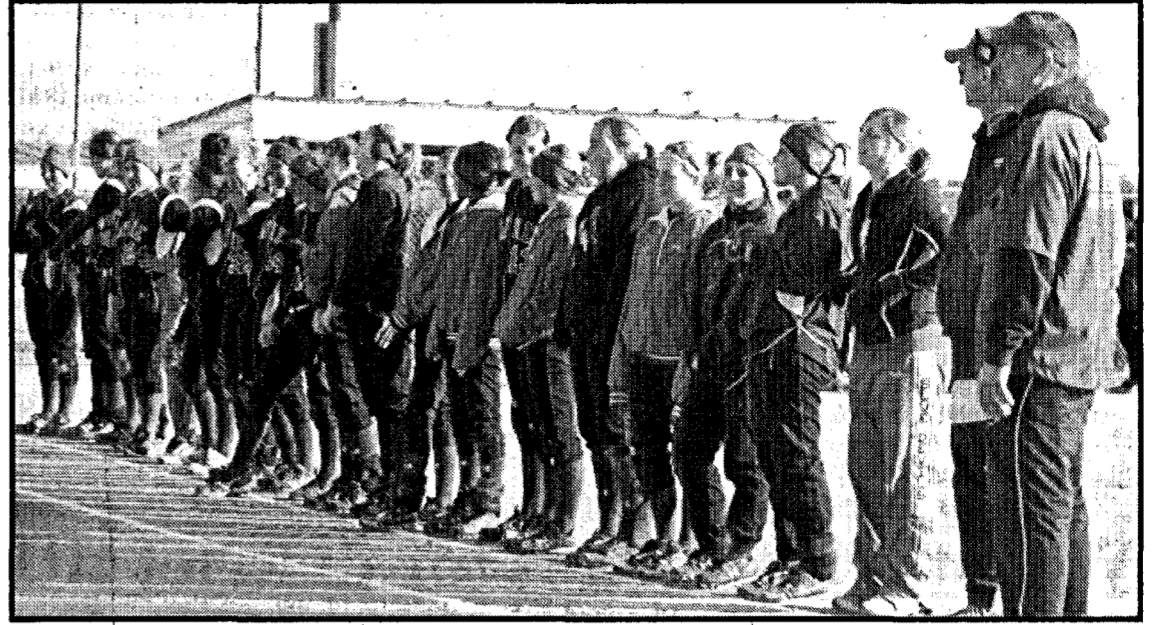
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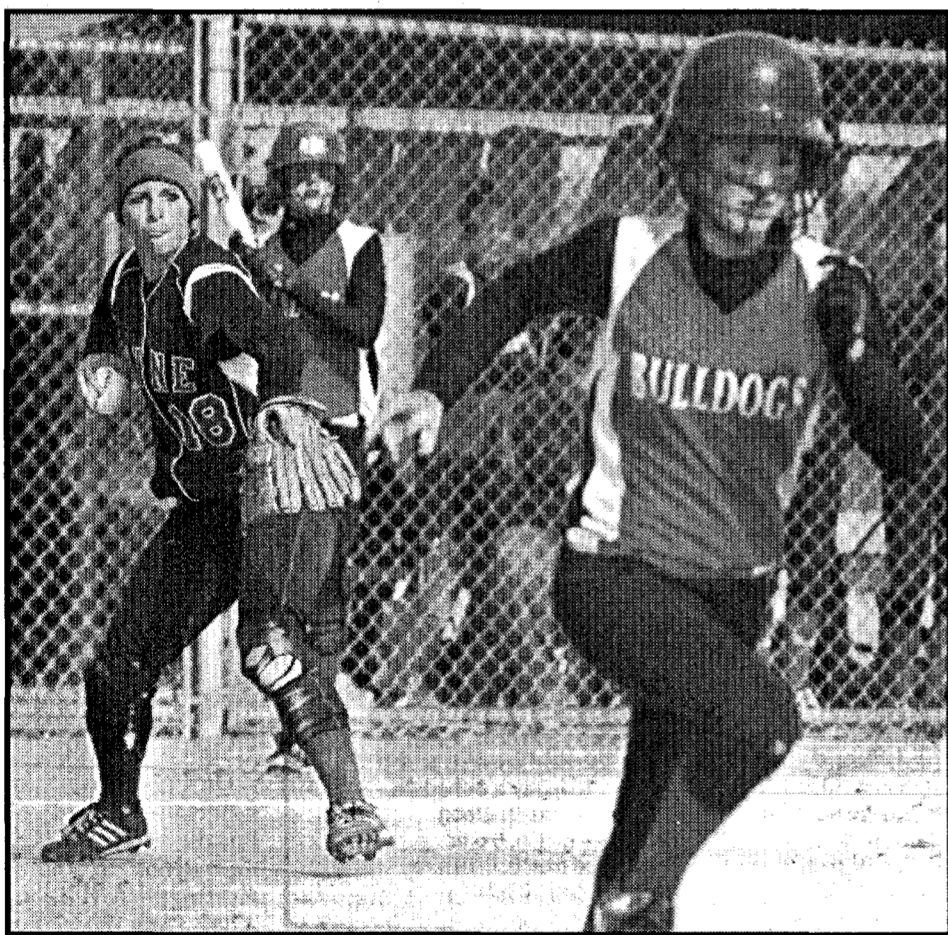
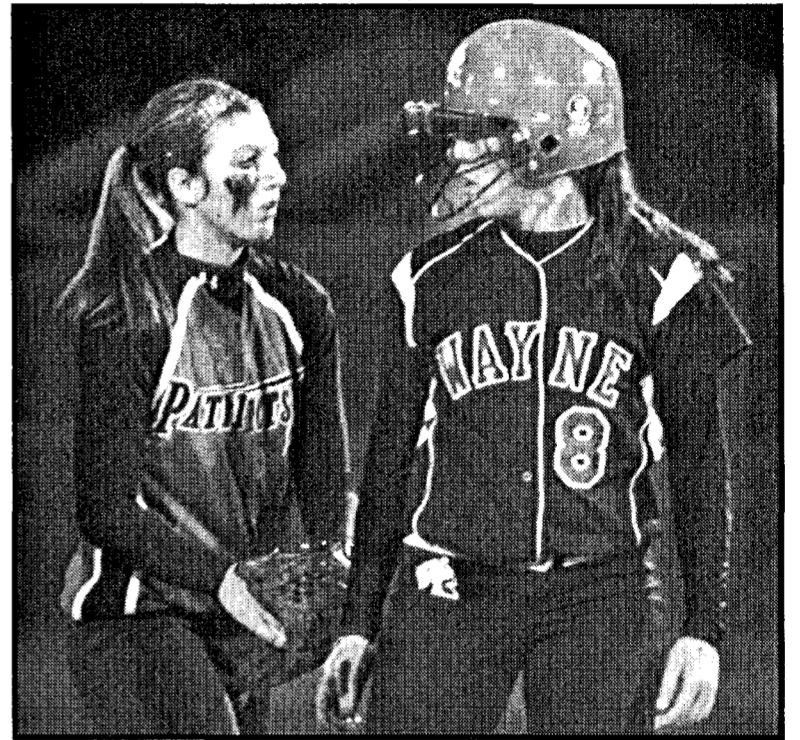
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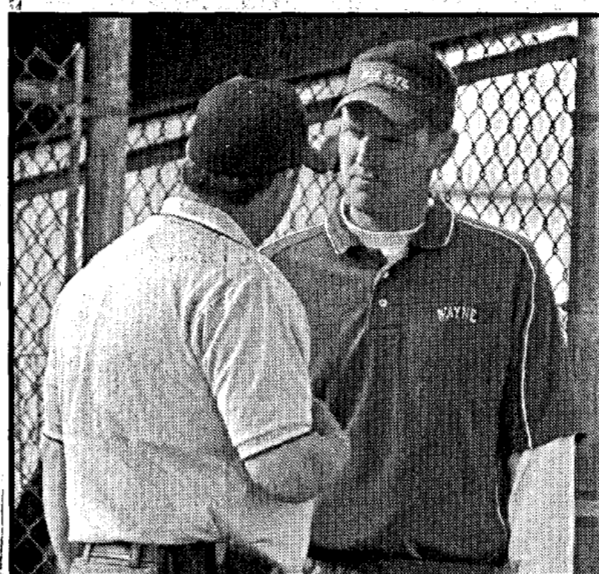
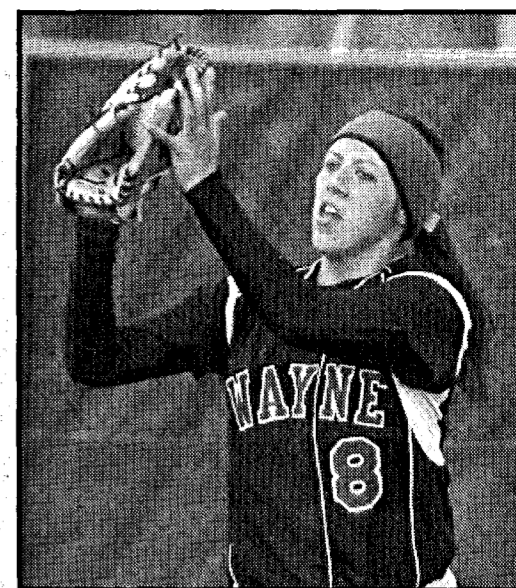
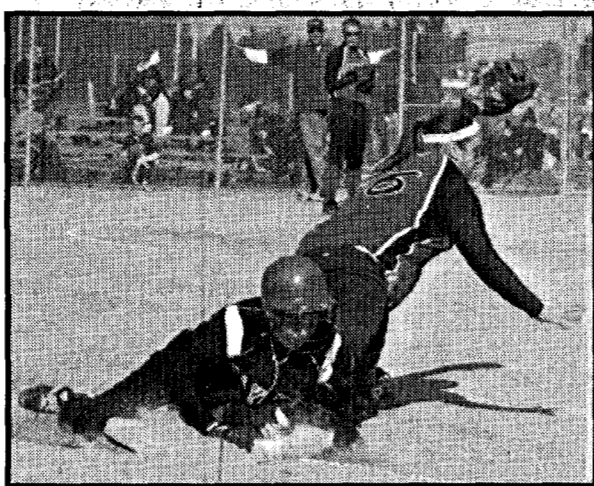
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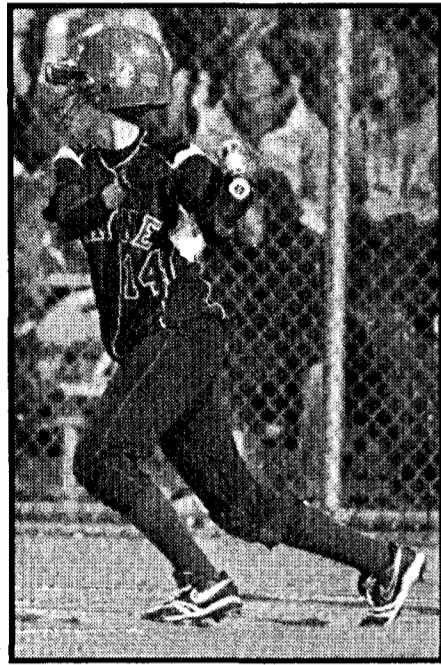
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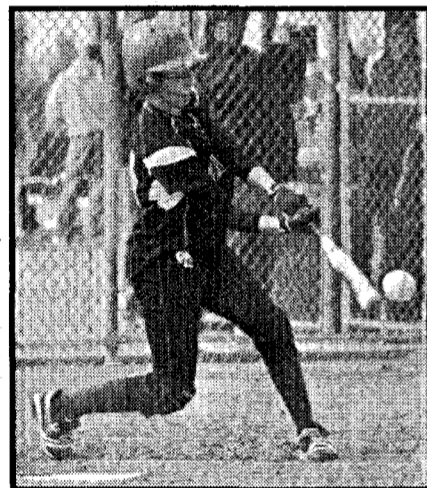
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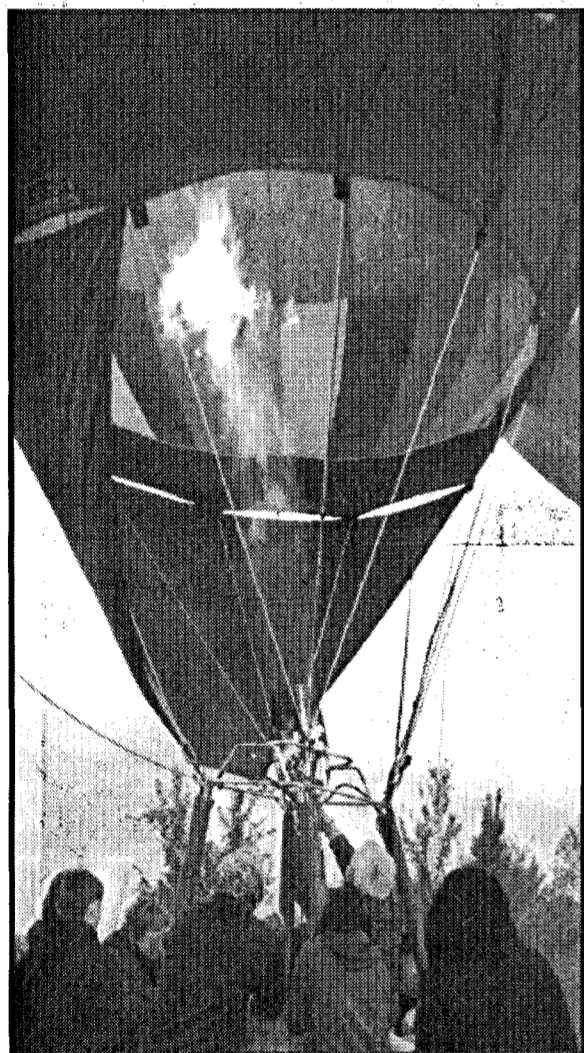


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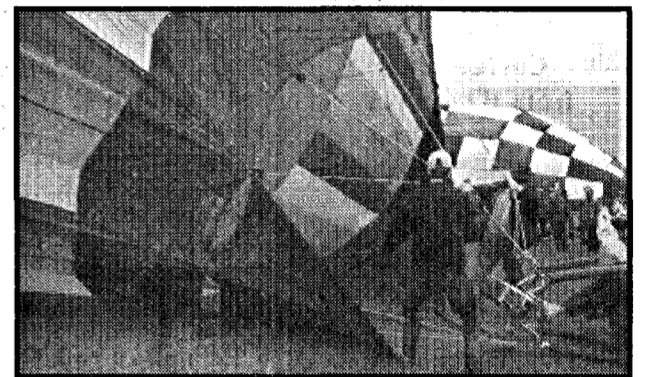
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Balloon enthusiasts and hundreds of spectators took part in balloon launches and the Night Glow during this year's Balloon Days at Wakefield. Unlike recent years, weather for the three-days cooperated and balloons floated through the sky on several occasions.

Photos by Clara Osten



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Invest Nebraska corporation to host East-2-West Competition

Save the date! Invest Nebraska has announced that the 2009 East-2-West: The Nebraska New Venture Competition will take place on Dec. 11, in Lincoln's Haymarket.

On Dec. 11, a judges' panel comprised of business and community leaders will identify the most promising business plan for the state of Nebraska. The winning entrepreneur or team will receive a \$50,000 equity investment from Invest Nebraska Corporation.

"We've had the pleasure of witnessing Nebraska's rich entrepreneurial spirit across the state these past months during regional competitions. Now we're inviting anyone from any region to participate in this once-in-a-lifetime opportunity," said Dan Hoffman, Executive Director of Invest Nebraska. "These competitions are for entrepreneurs who are willing to take the next step and transfer their idea to a

business plan." The East-2-West Competition is open to anyone 18 or older who is interested in operating a business in the state of Nebraska. All entrepreneurs with a start-up idea, as well as local business owners looking to expand or improve their businesses, are welcome to submit their plans.

The New Venture Competitions are based on the success of the annual Hormel Family Foundation's Business Plan Competition in McCook. It was the goal of Invest Nebraska Corporation to take this template to other Nebraska communities.

Information about the application process, rules and guidelines can be found on the Web site www.invest-nebraska.com. The deadline for submitting a business plan is Nov. 27.

For more details, contact Dan Hoffman at (402) 472-2063.



Supporting the memorial

Sons of the American Legion Commander Tim Voss of Winside Squadron No. 252 presents a check for \$350 to Wayne County Veterans Memorial Committee member Bud Neel. The check represents a donation toward the Veteran's Memorial to be constructed at the Wayne County Courthouse.

Weight Watchers make food donations

Wayne Community Weight Watchers members over the last six weeks have lost over 100 pounds for the "Lose for Good" campaign.

This was the second annual event and was held throughout the United States and internationally.

With this campaign, during Weight Watchers meetings the members were gaining awareness of hunger all over the world.

Wayne's Weight Watchers members donated over 200 pounds of food to the local Food Pantry.

The Weight Watchers meetings are held Tuesdays, with weigh-in at 6:30 a.m., and the meeting at 7 a.m., at the Wayne Community Activity Center.



Sheryl Grone, left, and Jessi Keifer with the 200 pounds of food donated by Weight Watchers members.

George Phelps, CFP Financial Consultant is having an

OPEN HOUSE at his new office in the Mineshaft Mall Wayne, NE

Everyone is invited Stop by and welcome George in his new office Friday October 30th 10 am to 6 pm Coffee and hors d'oeuvres will be served



George Phelps CFP, CLU, ChFC Mineshaft Mall, 112 East 2nd Wayne, NE • 402-369-1818

Homecoming royalty crowned at UNK

Nate Summerfield of Wayne and Sarah Nordhues of Kearney have been crowned 2009 Homecoming King and Queen at the University of Nebraska at Kearney.

The two were crowned at the annual Lip Sync competition held Oct. 22 in the UNK Health and Sports Center.

Royalty were featured in the Homecoming Parade on Oct. 17. Members of the royal court and their families joined UNK Chancellor Doug Kristensen in the Nebraskan Student Union Skybox for the football game on Saturday. Royalty and the court were introduced during half-time.

Summerfield is the son of Sheryl and the late Marty Summerfield of Wayne. Summerfield, who was nominated by social fraternity Pi Kappa Alpha, is the UNK student body vice president. A junior majoring in business finance with a minor in political science, Summerfield is Pi Kappa Alpha president, a member of Students In Free Enterprise and a student diplomat. He is also active in Loper Liaisons and Beta Gamma Sigma honor society. Last summer, he was on the UNK Summer Advising and Enrollment team, and this past year, he was the recipient of the Mortar Board Outstanding Sophomore award.

Nordhues is the daughter of Bob and Patti Nordhues of Kearney. A junior majoring in elementary and special education, Nordhues was nominated by Loper Liaisons, for which she serves as vice president of member education. She is also vice president of recruitment for social sorority Alpha Phi, a Chancellor's Ambassador, student diplomat and a member of Student Education Association of Nebraska. Last summer, she was a student leader for Summer Advising and Enrollment. She is also a former member, and co-captain, of the Sapphires dance team and a dance instructor at Just for Kix. She is also Kappa Delta Pi honor society secretary.

Members of the 2009 Homecoming royal court include: Brad Green of Grand Island, Anthony McPhillips of Humphrey, Jordan Gonzales of Morrill, Emily Wemhoff of Creston, Andrea May of Grand Island and Regan Ruhl of Wayne.

Regan Ruhl is the daughter of Rocky and Sylvia Ruhl of Wayne. A senior majoring in sports and business administration, Ruhl was nominated by UNK student government. She is the director of student organizations and affairs for student



Nate Summerfield of Wayne was crowned the 2009 Homecoming King at the University of Nebraska-Kearney. Also in the royal court was Regan Ruhl, second from right in the front row.

government. She is also a member of the UNK Honors Program, vice president of Phi Eta Sigma honor society, an intramural stu-

dent assistant, an intern for the 2009 Loper Women's Walk and a member of Sports Administration Major club.

Let us help you prepare for the Holidays!



Minimum charges apply. Must present coupon at time of cleaning. An area is defined as any room up to 300 square feet. Bath, halls, staircases, large walk-in closets and areas not priced separately. Sectional sofas may not be separated. Sides over 7 feet and certain fabrics may incur additional charges. Residential only. Valid at participating locations only. Not valid with any other coupon. Some restrictions may apply.

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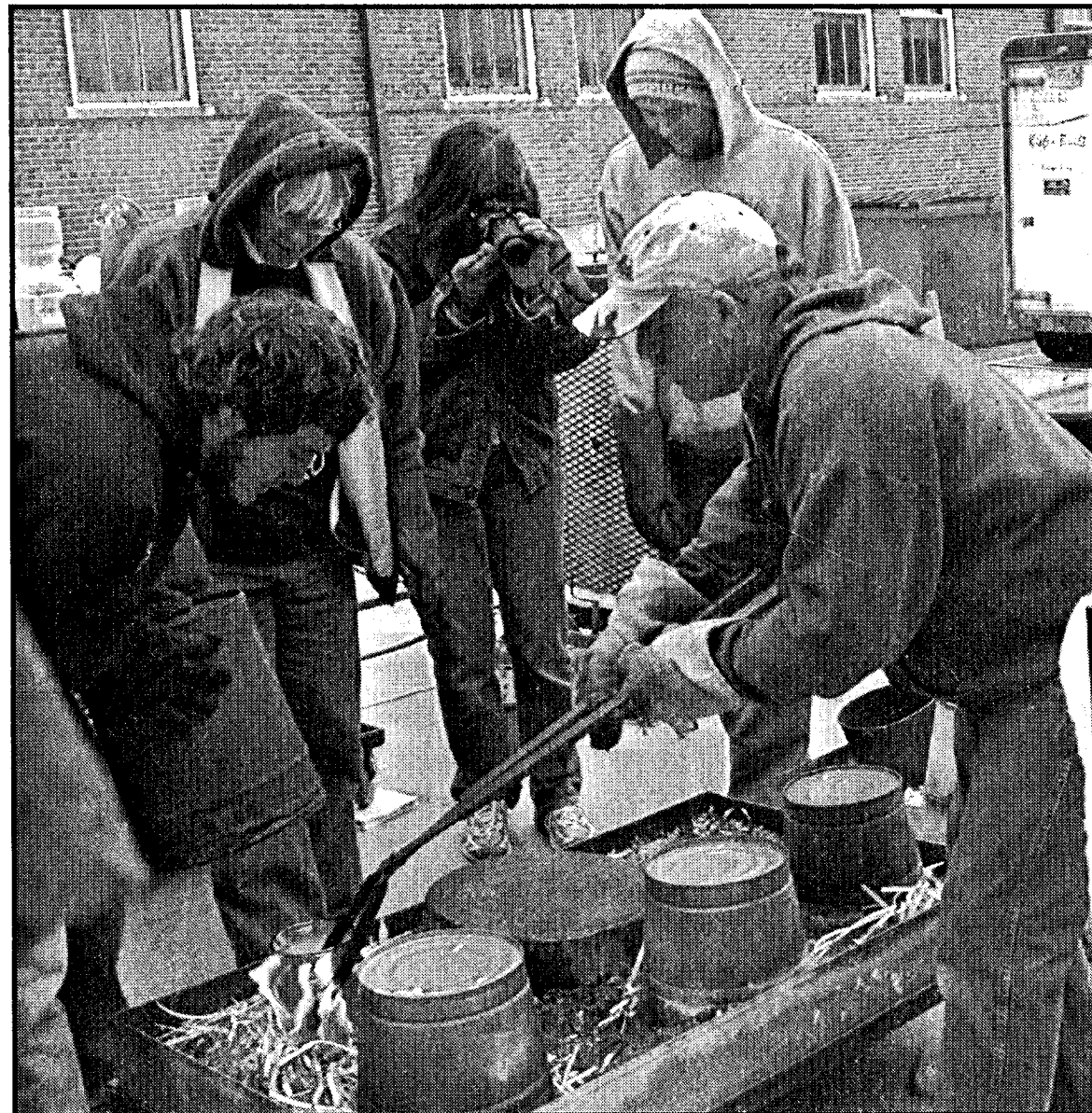
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JOIN US AT IRON HORSE CASINO'S HALLOWEEN PARTY
Friday, October 30th



COSTUME CONTEST
CASH TORNADO
HOT SEAT DRAWINGS

The Iron Horse Casino is owned and operated by the Winnebago Tribe of Nebraska. See casino for details. Must be legal age to play machines. www.winnebago casinos.com 402-695-0180

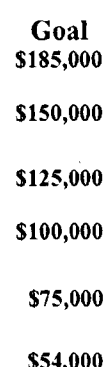


Outdoor classroom

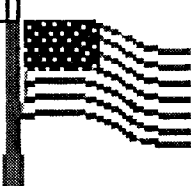
Wayne State College art students gathered for an interactive event near the Studio Arts building to join in the first use of a custom designed raku kiln delivered and set up for a day long workshop for WSC ceramics classes. The outdoor firing gave students an opportunity to glaze their pots on site and fire them so that results are known in about an hour. From left are, Tom Dahlseid, Wanda Clark (workshop leader), Marlene Mueller (art professor), Chris Holton and Tom Clark (workshop leader).

Wayne County Veterans Memorial Fundraising Campaign

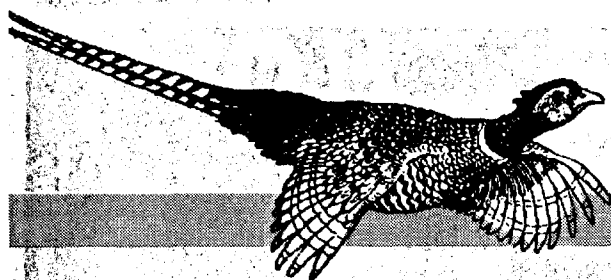
Construction is underway on the Wayne County Veterans Memorial located on the grounds of the Wayne County Courthouse. The Memorial is off to a great start, but your help is essential in order for it to be completed. The flag at the right will remain at half-staff and the Memorial will remain at a standstill until \$185,000 is raised. Wayne County Veterans Memorial, P.O. Box 196, Wayne, NE 68787



WAYNE COUNTY VETERANS MEMORIAL BREAKFAST & SILENT AUCTION FUNDRAISER
October 25, 2009
8:30 AM-2:00 PM
National Guard Armory



Serving: Pancakes, Omelets, French Toast, Sausage, and Biscuits & Gravy
FREE WILL DONATION



Don't get me started

By: Michael Carnes
Managing Editor

White House battle with Fox News will come back to haunt

A little more than 20 years ago, I was the managing editor of my college newspaper.

The college went through a major transition, closing one of its four campuses and merging it with one of the remaining three.

Without boring you with the blow-by-blow details, let me just say that the college board and administration couldn't seem to get out of their own way when it came to providing embarrassing, and factual, fodder for the college's journalism department.

It would have been very easy for them to ignore these college journalists, but they further added to their misery, and our legitimacy, by developing an adversarial relationship with the news media in general. Not coincidentally, 10 of the 11 members of that college board did not get re-elected, including my hometown representative, the local banker who had served in an uncontested capacity for four terms before being ousted by a recent college graduate who was only two years past legal drinking age.

I'm seeing exactly the same relationship developing between the regime of King Obama and Fox News, and I can promise you that if it continues, the rule under King Obama will not be a very long one.

I nearly fell off the couch in laughter Sunday morning when King Obama advisor David Axelrod, on ABC's "This Week" program, suggested that Fox News should not be treated as a news organization.

Numerous officials in the King Obama administration have accused Fox News of, for all intents and purposes, being a mouthpiece of the Republican Party, claiming the network takes GOP talking points and passes them off as news.

Certainly, those who lean on the liberal side of the fence do have a point. Fox News, which trumpets the phrase "We Report, You Decide" in its promos, has a wealth of conservative-based reporters and talk-show hosts on its airwaves, and a very strong argument can be made that they toe the GOP's company line.

But here's the rub, folks...that is PRECISELY what the other networks have been doing for the left-wing loony birds in the Democrat party for DECADES. You couldn't find a better case of the pot calling the kettle black than what is going on right now with the King Obama regime and the losing fight it is picking with Fox News.

Have we already forgotten the months leading up to the 2004 Presidential election, when CBS' loony lefty emeritus, Dan Rather, broadcast a report about George Bush's questionable Vietnam war service, only to later find out that the documents Rather claimed were evidence of Bush's lack of service were, in fact, fake documents produced by his own news department? That fiasco ultimately led to Rather's untimely

and dubious departure from CBS News, which was once touted as the crown jewel of network news outlets (one can only imagine the firestorm that would occur on Keith Olbermann's "Countdown" if Bill O'Reilly did an expose on Obama's military service, only to find that O'Reilly and his staff were caught doctoring paperwork).

And that's just the biggest blunder of a wing of pseudo-journalists who are so biased that they give even student journalists, many of whom are trying to find their own voice and many times look to these idiots for direction, a bad name. After watching the three major networks, CNN and MSNBC to get their slanted view of the world, the reports from Fox News aren't biased so much as they are a balance to the left-wing lies the other networks pass off as news 24 hours a day.

I've always tried to get both sides of the story when it comes to my work as a journalist. In more than 25 years in the business, I can safely say that, while I haven't always been able to tell both sides of the story, I have at least given both sides a chance to offer their version of an issue and let the readers decide who is right and who is wrong.

Quite frankly, watching some of these talking boggleheads spout off their single-minded half-truths makes me feel a lot like the doctor or lawyer who always operates within the laws and ethics of their field, yet gets lumped in with all the quacks and shysters who try to raise their profiles while conveniently forgetting the morals and base values they need in order to maintain a certain level of trust with those they serve.

Past presidential administrations have long had to deal with media that asks the tough questions. That is supposed to be the media's job, to keep those in authority honest by asking questions that keep those we elect from running amok and doing what they want without having to answer for their actions.

Evidently, this is something King Obama and his minions are not interested in, and they are targeting the one - and, as of this writing, only - media outlet that dares to question the King's work. At the same time, they are using their robots within the major networks in an effort to debase and debunk the work of those representing the Fox News Channel, and it's a strategy that, I guarantee, will come back to haunt them.

If the King and his subjects don't wise up and treat Fox News with the respect it affords its genuflectors at ABC, NBC, CBS, MSNBC and CNN, they and their lock-step followers in the Democrat Party are going to find themselves on the losing end of a revolt when voters go to the polls in 2010 and 2012.

Capitol View Special session a distraction

By ED HOWARD
Statehouse Correspondent
The Nebraska Press Association

LINCOLN - There is no question about the importance of the upcoming special session of the Legislature and the budget cutting decisions it will yield.

The annoying thing is that it will be a distraction for those who would rather dedicate themselves to other matters of great seasonal, cultural and personal import:

- Apple cider and cake donuts.
- Nebraska and Colorado.
- Biscuits and gravy.
- Pheasants and quail.
- Beef stew and more beef stew.

There is no right time for a special session of the Legislature. A regular session can be enough of a grind for those who labor within the Tower on the Plains, especially if you're talking about reporters and legislative staffers. Lobbyists also may work hard and get tired, but no one cares.

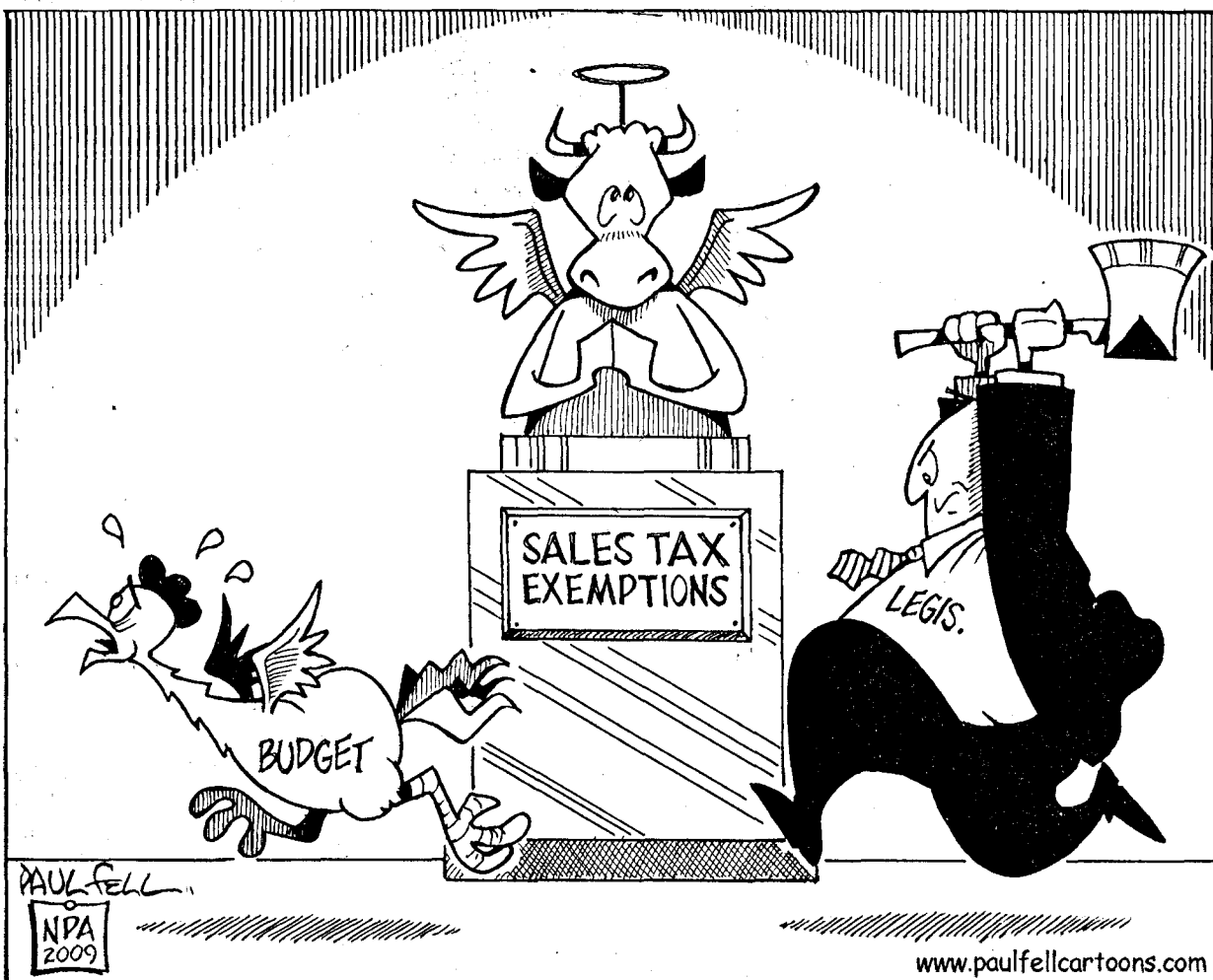
About the Legislature's special session:

The current view from here is that it is hard to envision what sort of cuts in operational budgets that might be coming for some state agencies. It is especially hard to imagine such cuts if they are to be of any meaningful size. Cuts in spending programs would seem to make more fiscal sense - while also representing more potential political fallout, resulting from potential cutbacks in services.

Report on sales tax exemptions for 2010 Legislature

State Sen. Rich Pahls of Omaha noticed that sales tax exemptions granted to various business interests cost the state \$3 billion annually - a sum which could literally eliminate the need for local property taxes.

Before any homeowners begin to shout "That's the ticket!", it should



be noted that those tax breaks benefit interests that swing big political bats. And a good many lawmakers believe most of those exemptions benefit the economy in the long run by helping businesses thrive, or at least survive.

The Legislature's Revenue Committee is doing a study of the issue, to be provided to the 2010 Legislature.

The view from here: Don't get excited.

No healthcare help for retired government workers

A recent USA Today survey revealed that Nebraska is the only state where the medical care of

retired government employees is not subsidized to some degree by either local or state governments.

A subsequent story said: "A few state and local governments have started to set aside money to prepare for paying retiree medical costs. Others have been cautious because of the expense and legal issues. The value of these benefits varies enormously between governments. Some pay nearly all the cost. Others contribute a fixed amount, such as \$200 a month or 50 percent of the health insurance premium."

In politics:
Nebraska Athletic Director Tom

Osborne will help a U.S. Senate hopeful in Kansas raise money for a 2010 campaign. Osborne will appear at a fundraiser for Republican Congressman Jerry Moran, who hopes to defeat fellow Republican Rep. Todd Tiahrt. Both seek to replace retiring U.S. Sen. Sam Brownback, who in turn is running for governor.

Osborne is a former Republican Congressman from Nebraska's 3rd District. He will show up at a Moran event sometime prior to the Kansas-Nebraska football game Nov. 14 in Lawrence.

Weekly Legislative Update Area fire departments are getting some help

By STATE SEN. BOB GIESE
District 17 Representative

In recent months, many communities in Northeast Nebraska that have historically relied on volunteer fire departments have faced a critical shortage of volunteers.

One contributing factor to this trend is our struggling economy - many Nebraskans have been forced to work more overtime hours or take on a second job. As a result, local fire chiefs in South Sioux City, Dakota City and Homer - as well as other small communities throughout the state - have struggled to keep their departments fully staffed, particularly during the business day.

One option that has worked well for South Sioux City was to hire a small number of volunteer firefighters as city employees, allowing them to respond to fires and other emergencies on a full-time basis rather than part-time. Last session, I worked with city officials from South Sioux City to introduce legislation which would make such an arrangement possible. LB537, which was passed by the Legislature in May and went into effect in August, made small but critical changes to Nebraska statutes to provide cities with the flexibility to employ firefighters in unique shift arrangements that best fit their needs.

Recognizing that not all communities can afford to bring on paid

firefighters as a solution to the volunteer crisis, the Legislature has looked at possible ways to encourage individuals who may not otherwise volunteer to do so.

Last session, Sen. Annette Dubas of Fullerton introduced LB487, which would have provided a state income tax credit for volunteer

firefighters, and Sen. Deb Fischer of Valentine introduced LB116, which would have allowed volunteer firefighters to buy into the state employee health insurance program. While the costs of both proposals prevented their passage last year, the revenue committee is continuing to look at possible economic and non-economic incentives that may assist rural fire departments. A hearing on LR182, which directs the committee to review the growing problem in recruiting and retaining volunteer firefighters and emergency medical care providers, is likely to be held following the special session in November.

Letters

Thanks from Q125 committee

On behalf of the Wayne Community Q-125 Committee, I would like to publicly thank the people who sponsored and helped conduct the Q-125 activities.

One of the reasons Wayne is a great community to live and work in is the fine outstanding people, businesses and media we have in Wayne.

On Sunday, we had an overflowing crowd attend our Harvest Dance. A great time was had by all, and most of the credit for this goes to Rusty Parker, his wife, and family, who not only sponsored the orchestra and provided the refreshments and door prizes, but also set the tables, chairs, and decorations. A big "thank you" to the Parkers and all those other special helpers and all the fine people who took the time Sunday afternoon to enjoy good music and a lot of fun.

On display at the dance were the pumpkins that were entered into the Q-125 Wayne Great Pumpkin Contest. Don Endicott and the Endicott family and Pac N' Save sponsored the contest for Q-125. They collected the pumpkins at their store, did the judging, and provided the prizes. A big "thank you" to the Endicotts for all the fine things they have done for Q-125 and the Wayne community.

On Monday, Oct. 4 we had a group of Hispanic Dancers put on a performance at the City Auditorium

in front of a large crowd. Q-125 did this to acknowledge and recognize the Hispanics who live and work in Wayne. Special thanks go out to Pat and Tom Cook, who made all the arrangements for the program and who introduced the program to the audience. The costumes and music were great!

On Sunday, Oct. 3, we had a Nebraska Humanities Program at the Senior Center on the "Early History of Wayne State College." Although the crowd wasn't as good as we hoped for, the program was interesting and informative. Special thanks go out to the WSC history professor who presented the program and to the Wayne City Library staff for providing the program, which was the last of four programs they sponsored in conjunction with the Nebraska Humanities Society. All their programs were great and fit well into the Q-125 year. Thanks!!

A great job by all, but special thanks also goes out from our committee to the Wayne Herald and KTCH for their efforts in promoting these activities and all the activities of the past year that the Q-125 Committee sponsored. All our relations with you, from buying advertising to working with you on special projects, were special and we appreciate your efforts to make Wayne an even better community than it is. Thank you!

Anthony Kochenash
Q-125 Committee Chair

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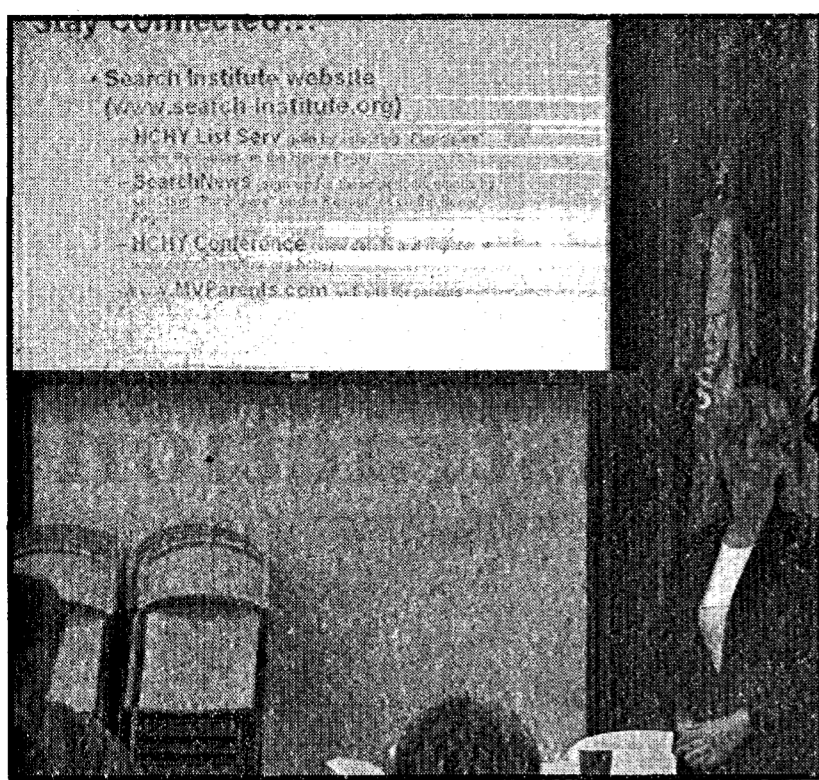
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Wayne City Council Members

<p>First Ward</p> <p>Doug Sturm — 375-2975 Jim Van Delden — 833-5531</p> <p>Second Ward</p> <p>Kathy Berry — 375-3066 Dale Alexander — 375-4207</p>	<p>Third Ward</p> <p>Brian Frevert — 375-1450 Kaki Ley — 375-2017</p> <p>Fourth Ward</p> <p>Jon Haase — 375-3811 Ken Chamberlain — 375-1699</p>
<p>Mayor</p> <p>Lois Shelton — 375-1278 or 375-1733</p>	

The Wayne City Council meets the first and third Tuesdays of the month. Meeting times are at 5:30 p.m. at the City Council chambers, located in the Wayne City Offices at 306 N. Pearl St.



Prescribed WMA burns scheduled

Prescribed burns are planned for several wildlife management areas this fall, according to the Nebraska Game and Parks Commission.

Burning improves the quality of grassland habitat and the production of certain wildlife species.

Burns will occur when conditions are favorable at the following WMAs: Powder Creek, Dixon County; Wood Duck, Stanton County; Thompson-Barnes, Wayne County; Branched Oak, Lancaster County; Don Dworak, Nance County; Cedar Valley, Lincoln County; and Clear Creek, Keith County.

Burning stimulates the growth of certain grass species over others. It promotes the growth of forbs, which produce more insects – an important food source for upland game bird chicks.

For more information, visit www.ngpc.state.ne.us/.

Support for mentors

Dr. Anita Hall, Extension Educator for the University of Nebraska-Lincoln, was the guest speaker at a recent Mentor Support Meeting for the Wayne TeamMates Program. Her presentation included discussion of the 40 Developmental Assets that are the key building blocks in the lives of young people. She focused on how mentors can help build these assets in their school-based mentoring relationships. Anyone wishing more information about the Wayne TeamMates Program should contact Coordinator Jenny Hopkins.

Call the
**Wayne County
Treasurer's Office**
to get the schedule of the
driver's license examiners
375-3885



Taking part in the installation of Optimist Club Officers were, left to right, Gary Nissen Optimist Zone Lieutenant Governor, Byron Heier, Lynette Krie, Phyllis Rahn, Cynthia VonFange, Troy Reynolds and Darrel Rahn, 2009-2010 Wayne Optimist Directors.

Optimist Club installs new officers

Wayne Optimist Club held its annual Award Banquet and Installation of Officers meeting on Oct. 13 at the Coffee Shoppe.

The presiding President Bob Keating recognized the project chairmen for over 15 projects that were accomplished during the 2008-2009 club year.

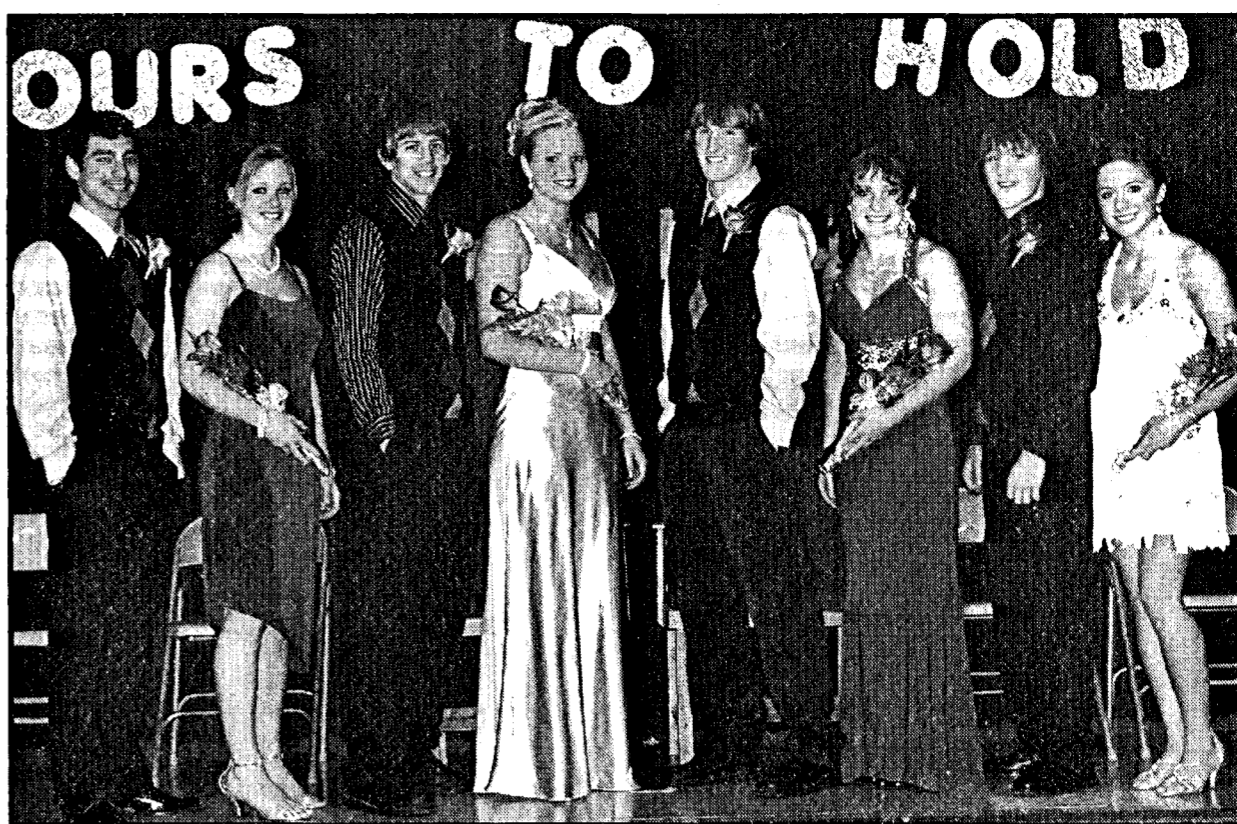
Special awards went to Lynette Krie for Fund Raising; the Outstanding Participation Award

went to Darrel Rahn; Optimist Rookie of the Year Award to Kim Dunklau; Project of the Year Award to Cynthia VonFange and the Surprise Award went to the Coffee Shoppe for their support. The President's Citation award went to Phyllis Rahn.

Gary Nissen, Zone and Lieutenant Governor from South Sioux City conducted the installation of officers ceremony.

The board of directors for 2009-10 will be President Bob Wriedt; Secretary Lynette Krie; Treasurer Trisha Riefenrath; Immediate Past President Bob Keating; President-elect Kim Dunklau; Vice President Darrel Rahn; Vice President Cindy VonFange; Directors Byron Heier, Jan Kristjanson, Phyllis Rahn, Troy Reynolds, Misty Bear and Mike Varley.

The meeting closed with the Optimist Creed.



Wakefield Homecoming

Homecoming 2009 Royalty at Wakefield Community Schools was held Oct. 15. Candidates this year included, left to right, Andy Vasquez, Sydney VanderVeen, TJ Rose, Jenna Henderson, Chad Clay, Erika McNeil, Wyatt Jacobsen and Morgan Lunz. This year's King was Andy Vasquez and this year's Queen was Erika McNeil.

Allen News

Missy Sullivan
402-287-2998

FOOTBALL GAME

The last regular season game for the Allen Football team will be on Thursday, Oct. 22. It will versus Coleridge and will be played at the Dakota Dome in Vermillion.

HARVEST DINNER

The First Lutheran Church in Allen will be hosting a Harvest Dinner on Sunday, Oct. 25. The Dinner will be held in the Church Basement from 11 a.m. to 1:30 p.m. There will be many fall items for the Harvest Dinner for a free-will donation. Delivery is available in the Allen area. There will also be crafts of many kinds to choose from.

LEGION AUXILIARY

Allen Legion Auxiliary met Oct. 12 in the Senior Center. Eleven members answered roll call – What the US Flag means to me.

The meeting was conducted by President Megan Kumm. Secretary and treasurer's reports were accepted as read. Bills were allowed.

Membership Chairman Jean Morgan reported 66 paid memberships. Allen will be host to the Dixon County Convention on Nov. 11.

Ladies afternoon tea will begin at 4:30 p.m. at the First Lutheran Church.

Men's meeting will be at 5 p.m. at the Fire Hall. Banquet tickets are \$10 and can be purchased from Legion members. The meal will be served at 6:30 p.m. in the Fire Hall.

Cookies for the Auxiliary tea will be furnished by Auxiliary members.

Hostesses for October were Chris Isom and Deenette Von Minden. Hostesses for November will be Donna Stalling and Bea Osbahr.

Norma Smith and Faith Keil are to furnish cookies for the Blood Mobile for November.

HALLELUJAH PARTY

The United Methodist Church is having "It's a Hallelujah Party" on Sunday, Oct. 25 from 5 - 7 p.m. They will be serving chili and hot dogs for a free will donation supper. They will also be having games. Everyone is welcome and costumes are optional.

HALLOWEEN COFFEE

Security National Bank will be hosting a Halloween Coffee on Friday, Oct. 30 from 9 a.m. until noon.

MUSIC BOOSTERS

The Boosters are having a Quilt Raffle. Two of these quilts are on display at Security National Bank where you can purchase tickets.

The Music Boosters are also selling 8-10 lb bone in spiral hams vacuum packed for \$25 per ham – no limit per order. They will be selling them now until Friday, Nov. 13. They will then be available to be picked up on Friday, Nov. 20, just in time for Thanksgiving and Christmas. You can contact Megan Kumm 402-635-2552 or by email at megan.kumm@tyson.com.

Halloween Costume Party and Dance for the whole family on Friday, Oct. 30 at the Allen Firehall. The event will go from 7 p.m. until midnight. They ask that the costumes are age appropriate. There will be prizes for different age groups. There will be finger foods, drinks and games for all ages. This is a non alcohol event. Money raised goes to Cottonbowl Trip.

FIRE & RESCUE BREAKFAST

The Allen Waterbury Fire & Rescue Department is sponsoring a Free Will Donation Pancake Breakfast and Rifle Raffle on Sunday, Nov. 1 at the Allen Fire hall from 7 a.m. – 1 p.m. They will be serving pancakes, scrambled eggs, sausage and a drink.

They are raffling off a 270 Weatherby Van Guard (synthetic stock and blue barrel) rifle. Raffle tickets are 1 for \$10 or 3 for \$20. Supplemental funds from Thrivent for Lutherans.

HALLOWEEN PARADE

The K - 6 grades Halloween Parade will be held on Thursday, Oct. 29 at 2 p.m. in the gym. The students will be dressing in their Halloween costumes and will be singing their Halloween songs. Everyone is invited to come and watch.

BLOOD DRIVE

The Siouxland Blood Mobile will be in Allen on Monday, Nov. 2 at the Allen School Commons Area from 2 - 7 p.m. Give Life - Donate Blood. Legion Auxiliary members will furnish cookies for the Blood Mobile.

COMMUNITY BIRTHDAYS

Friday, Oct. 23: Megan McCorkindale, Cathy Tellinghusen.
Saturday, Oct. 24: Carl Hedlund, Denise Hingst, Ron Harder, Richard & Vicki Bupp (A).
Sunday, Oct. 25: Peder Gomez.
Monday, Oct. 26: Amanda Finnegan, Corey Klug, Lindsay

Verzani.

Tuesday, Oct. 27: Beverly Hoch, Forest Smith, Richard & Arlene Blohm (A).

Wednesday, Oct. 28: Ruth Johnson, Alice Roeber, Bill Sullivan, Dale Taylor.

Thursday, Oct. 29: Barb Lund, Lisa Reuter, Micky Sachau.

Friday, Oct. 30: Bonnie Kellogg, Mark Fowler, Carla Rastede, Robert & Teresa Edmondson (A), Marlen & Joyce French (A).

SENIOR CENTER

Friday, Oct. 23: Brunch, 8:30 am - Ham slice, scrambled egg, grape juice, mixed fruit, biscuits with gravy.

Monday, Oct. 26: Salmon patty, mashed potato, green beans, cherries.

Tuesday, Oct. 27: Taverns, burger buns, tri taters, corn, peaches.

Wednesday, Oct. 28: Potato soup, tuna salad sandwich, mandarin oranges, lettuce salad.

Thursday, Oct. 29: Pork cutlets, baked potato, glazed carrots, emerald pears.

Friday, Oct. 30: Salmon patty, mashed potatoes, lettuce salad, corn, and pineapple upside down cake.

COMMUNITY CALENDAR

Friday, Oct. 23: Brunch, Senior Center 8:30 a.m.

Saturday, Oct. 24: State FFA Convention concludes; 5/6 Volleyball tourney, Emerson.

Sunday, Oct. 25: UMC Hallelujah Party from 5 - 7 p.m.; First Lutheran Church's Harvest Dinner, 11 a.m. - 1:30 p.m.; Forrest Smith's 80th Birthday Open House 2 - 4 pm at the Allen Firehall.

Monday, Oct. 26: Exercise & walking class, Senior Center, 9 a.m.; Volleyball Lewis & Clark Tourney begins TBA.

Tuesday, Oct. 27: Volleyball Lewis & Clark Tourney continues TBA; JH Volleyball, Wakefield 3 p.m.

Wednesday, Oct. 28: Exercise & walking class, Senior Center 9 a.m.

Thursday, Oct. 29: K-6 Halloween Parade, 2 p.m.; Football Playoffs.

Friday, Oct. 30: NO SCHOOL - Fall Break; Exercise & walking class, Senior Center 9 a.m.; Senior Center Halloween Costume Contest, noon; Halloween Costume Party & Dance 7 pm - midnight at Allen Firehall; Volleyball at Lewis & Clark Tourney, TBA.

GET YOUR BONES CHECKED

October 19th-30th
New Patients 14 and Under will Receive:

First Day Services at only \$15.00

OR

Exchanged for a Gently Used/New Coat

*** Donated to the Wayne Elementary to Help Needy Kids With Winter Clothing***

10 REASONS KIDS SEE A CHIROPRACTOR

Earaches	Low Back Pain
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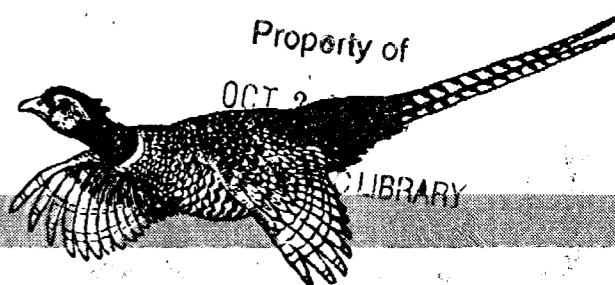


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Lifestyle

The Wayne
Herald



Minerva Club learns about Indy 500

The Wayne Senior Center was the site of the Oct. 12, Minerva Club meeting.

In keeping with the festival theme, Donna Hansen opened the meeting with an in depth depiction of the Indy 500. Beginning with gates opening, bands playing, final

inspection of the track, the invocation, and taps played by the Armed Forces Color Guard, she gave a minute by minute report. At precisely 10:45 a.m. Jim Nabors sings Back Home in Indiana (Minerva members enjoyed hearing Connie Glassmeyer do the honors).

This is followed by The Star Spangled Banner and at 10:51 the spine tingling "Gentlemen and Lady, start your engines."

Then comes the deafening roar of 33 engines three abreast as they circle the track behind the pace car, and at 11 the race begins.

Donna shared some of the history of the Indy 500.

The first 500 was held on May 30, 1911. Janet Guthrie was the first woman participant (1976). Seventy miles per hour was the top speed in 1911; today AVERAGE speeds are well past 200 miles per hour.

Days before the actual race numerous events are held: Armed Forces Day, Special Olympics Day, balloon races, pit stop competition, an hour long parade where the drivers ride on the backs of their cars. During World Wars I and II, no races were held.

Following the program 13 mem-

bers responded to roll call with myths and facts about Columbus. Minutes of the previous meeting were read and approved and the treasury report was given. Historian Hollis Frese shared minutes of meetings Oct. 12, and 26, 1931. Ironically, roll call was answered 68 years ago with major facts about Columbus. One of the program topics was the state capital from an artist's viewpoint.

At the end of the business meeting the birthday song was sung to Hallie Sherry and Phyllis Rahn. The Senior Center will be the site of the Oct. 26 meeting with Phyllis Rahn as hostess.

Weddings



Mr. and Mrs. Schmale

Loberg - Schmale married in June

Jessica Loberg of Randolph and Kyle Schmale of Carroll were married in a June 27, 2009 ceremony at St. John's Lutheran Church in Randolph.

Parents of the couple are Keith and Diane Loberg of Randolph, Ed Schmale of Carroll and Sherri Schmale of Randolph.

The bride's honor attendant was Hannah Loberg of Randolph.

Bridesmaids were Kayla Schmale and Kourtney Schmale, both of Omaha, Dani Alderson of Lincoln, Lyndsee English of Lincoln, Erin Bazata of Lincoln and Emily Sims of Wayne.

The groom's honor attendants were Kade Schmale of Carroll and Mat Habrock of Lincoln.

Groomsmen were Doug French of Wayne, Carl Baier of Parkston, S.D., Bryce Owens of Carroll, Dan Lienemann of Randolph, Jason Christophersen of Witing, Iowa and Austin Schmale of Carroll.

Ring bearers were Colton Vovos of Wayne and Logan Lienemann of Randolph.

Ushers were David French of Carroll, Curt Asmus of Hoskins, Ben Loberg of Sioux City, Iowa and Steve Rabe of Meadow Grove.

A reception was held at the Randolph City Auditorium following the ceremony.

Following a honeymoon to Las Vegas, Nev., the couple is at home at Carroll.

Birthday



Margaret Korn

Open house planned for Margaret Korn

An open house is being planned to honor Margaret Korn on her 80th birthday.

The event will be held Sunday, Nov. 1 from 2 to 4 p.m. at Our Savior Lutheran Church at Fifth and Main Streets in Wayne.

Hosting the celebration will be her children, Beverly Albert and family of Axtell, Judy and Chris Wadhams and family of Lincoln and Jodene and Steven Edmonds and family of Omaha.

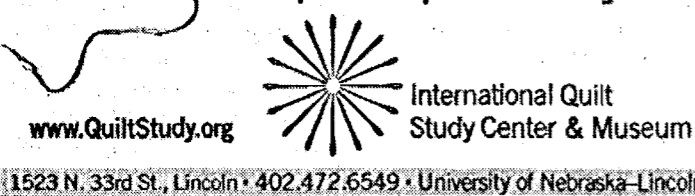
Cards may be sent to the honoree at 409 Dearborn Street, Apt. #21, Wayne, Neb. 68787.

New Arrivals

MURTAUGH - Josh and Brooke Murtaugh of Lincoln, a daughter, Kaelyn Ann, 7 lbs., 12 oz., 19 1/2 inches, born July 14, 2009. Grandparents are Rusty and Deneil Parker of Wayne and John and Mary Murtaugh of Harlan, Iowa. Great-grandparent is Elinor Parker of Olathe, Kan.

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Eagles auxiliary plans Hunters' Breakfast

The Wayne Eagles Auxiliary met Oct. 19, with President DeAnn Behlers presiding.

Cheryl Henschke reported on the NASCAR Party held Oct. 17. The \$230 raised will be sent to the Iowa Diabetes Research Center.

A quilt block made by Karen Van Delden was sent to the State Auxiliary. A quilt will be presented to the State President at the end of her term.

The annual Watkins Party will be held Tuesday, Oct. 27, at the club. The products will be on display to purchase that night from 5:30 to 8 p.m. Lunch will be served. Contact Cheryl Henschke at 833-5168 for books or orders.

The Hunters' Breakfast will be held Oct. 31, and Nov. 1, at the Aerie. Breakfast will be served from 4:30 to 10 a.m. Workers can sign up at the club or make donations.

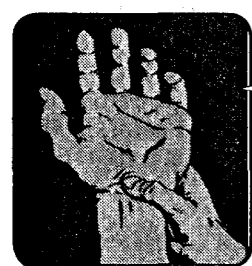
The monthly Steak Fry will be held Saturday, Nov. 7.

Serving lunch was Dorothy Nelson. The next meeting will be held Monday, Nov. 2, with Cec Vandersnick serving.

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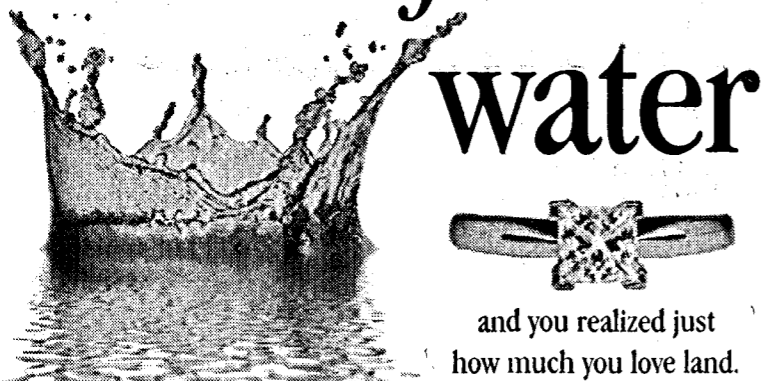
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TOPS members gather

TOPS NE 0200 met Oct. 14, in the Providence Medical Center Boardroom with 14 TOPS and two KOPS members present.

Roll call was answered with a weight loss tip.

Kay Saul was this week's TOPS Best Loser and received a coupon. Dorothy Nelson turned in five coupons and chose a charm. There were no bingo winners this week. The group welcomed new member, Trista Stone to the organization.

Anyone seeking more information about TOPS, Inc., is welcome to visit the group any Wednesday evening at 6:15 p.m.

Leather and Lace dancers hold dance in Wayne

Leather and Lace danced to Dave Rile on Oct. 6, with 27 participants.

The dancers were treated to salads for lunch and also Mary and Allan Zaebst from Mentor, Ohio joined the group with a goal of traveling through four states to dance with as many clubs as they could in a short period of time.

The free pass went to Jerry Meyer and Roger Willers and Jim Stout won split the pot. Birthday recognition went to Phyllis Rahn and anniversary wishes went to Bruce and Kathy Fiscus.

The next dance will be Friday, Oct. 23, at the Wayne City Auditorium at 7:30 p.m., with Dean Hanke calling. It will be a Halloween dance with costumes optional.

Darrel and Phyllis Rahn and Jim and Barb Stout will treat the dancers to taverns and bars for lunch. Bob and Peggy Krueger will be in charge of the refreshments.

Several Leather and Lace dancers attended the Fall Festival in Norfolk on Oct. 11, and members retrieved their banner from the 49rs on Oct. 10.

Leather and Lace Club has begun lessons for the season and encourage anyone interested to contact Darrel Rahn 375-1667 or Vernon Bauermeister 833-8270 for more information.

The lessons will be at the Oaks on Thursday evenings beginning at 7 p.m. with Dale Muehlmeier calling.

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www.swansapparel.com

Briefly Speaking

Winter Bridge played at Senior Center

AREA — The Winter Bridge group played bridge on Oct. 20 at the Wayne Senior Center with 16 persons attending Bridge was played at four tables.

Bridge will be played again on Tuesday Oct. 27. For reservations, contact hostesses Fauneil Bennett at 375-3542 or Nancy Jo Powers at 375-2391.

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Friday Lunch Special Hot Beef — \$4.39
1/2 Hot Beef — \$2.99

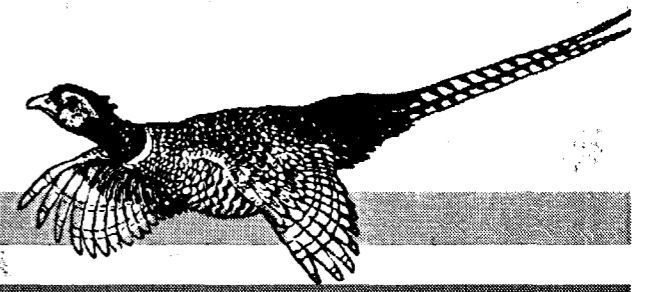
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Faith

The Wayne Herald



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Wayne

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502 Lincoln Street
(402) 375-4946
website: www.cbefc.org
email: calvarybible@gmail.com
(Tim Pearson, Senior Pastor)
(Josh Meyers, Youth Pastor)
Sunday: Sunday School; Worship service, 10:30 a.m.; Youth Group, 6:30 p.m. Wednesday: AWANA, 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
classes, 9 a.m. for children ages
three years through sixth grade;
Confirmation class, 9 a.m.; Worship
with guest speaker, Executive
Presbyter, the Rev. Dr. Richard
Wyatt, 10; Fellowship time with
Presbyterian Women as hostesses,
11. Monday: Session meeting, 7
p.m. Wednesday: Craft Night.
Everyone welcome to make a variety
of crafts, 6 to 9 p.m.; Middle
School Youth, 7 to 8:30 p.m. 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)
Pilgrimage Office (402) 396-3478
Mobile (260) 402-0035
Sunday: Sunday School and
Adult Bible Study, 8:30 a.m.; Divine
Worship with Holy Communion
in honor of the "Festival of the
Reformation," 9:30 a.m.

FIRST UNITED METHODIST
6th & Main St.
(Rev. Doyle Burbank-Williams,
pastor)
Saturday: Girl Scout Halloween
Party, 2:30 p.m. Sunday: Tithing
Sunday. Worship Services, 9:30
and 11 a.m.; Newsletters available
to pick up. Sunday School,
9:30; Fellowship time, 10:30;
Fellowship dinner, noon; Financial
Peace University, 2 p.m. Tuesday:
Holiday Fair Craft Night, 6:30 p.m.
Wednesday: Theophilus, 2 p.m.;
King's Kids, 3:40 p.m.; Bell Choir,
6; Chancel Choir, 7.

GRACE LUTHERAN
Missouri Synod
904 Logan
grace@gracewayne.com
(The Rev. Carl Lilienkamp,
Senior Pastor)
(The Rev. John Pasche,
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; Midweek,
6:30 p.m.; Choir, 7. Thursday: The
Grind, 7 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.
Fall Festival at The Barn, 4 to 7
p.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@oslcwayne.org
Saturday: Prayer Walkers, 8:30
a.m.; Confirmation Rehearsal, 9;
Worship, 6 p.m. Sunday: Worship,
8 a.m.; Coffee Hour, Sunday School
and Adult Class, 9:15; Worship
with Rite of Confirmation, 10:30.
Monday: Worship & Music
Committee, 6 p.m.; Tabitha Circle,
7:30. Tuesday: Bible Study at
Tacos & More, 6:45 a.m.; Staff meeting,
9; Property Committee, 7 p.m.;
Stephen Ministry, 7. Wednesday:
Children's Choir, 4 p.m.; Children's
Chimes, 4:45; Confirmation, 6:30;
High School Youth Group, 6:30;
Adult Choir, 7; Charity Circle, 7:30.
Thursday: Joyful Noise, 6 p.m.;
Making Sense of Scriptures, 7:30.

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: Confessions, 7:30 a.m.;
Mass, 8 a.m.; No School - Teacher
In service. Saturday: Mass, 8
a.m.; Confessions 4:30 to 5:30 p.m.;
Mass, 6 p.m.; World Mission Bake
Sale, sponsored by the Confirmation
Class. Sunday: Confessions one-
half hour before Mass; Mass, 8 and
10 a.m.; World Mission Bake Sale
after both Masses, sponsored by
the Confirmation class. 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; Fr. Beran
has KTCH radio devotions, 10:15
a.m.; (through Friday). Council
of Catholic Women meeting, Holy
Family Hall, 1:30 p.m.; Hispanic
Prayer Group, Holy Family Hall, 6
p.m. Tuesday: Mass, 8 a.m.; Pastor
Council meeting, rectory, 7 p.m.;
Rosary in Spanish at St. Mary's
Church, 7:30 p.m. Wednesday:
Confessions, 7:30 a.m.; Mass, 8:15
a.m.; Religious Education Class
Night, 6:30 p.m. Thursday: Mass,
8 a.m.; R.C.I.A., rectory, 7 p.m.
Friday: Confessions, 7:30 a.m.;
Mass, 8.

Allen

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FIRST LUTHERAN
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Sunday: Worship, 9 a.m.;
Sunday School, 10; Harvest Dinner,
11 a.m. to 1:30 p.m.

UNITED METHODIST
(Pastor Sara Simmons, pastor)
Sunday: Worship service, 9
a.m.; Hallelujah Party, 5 to 7 p.m.
Wednesday: ACCTS, 3:30 p.m.

Carroll

BETHANY PRESBYTERIAN
(Gail Axen, pastor)
Sunday: Reformation Sunday.
Worship service, 9 a.m. Saturday:
Reformation Day.

ST. PAUL LUTHERAN
(Rev. Timothy Steckling,
pastor)
Sunday: Worship service, 8
a.m.; Circuit Bible Institute in
Bancroft, 2 p.m. Wednesday:
Communion at Premier Estates, 1
p.m.; Communion at The Oaks, 2
p.m. Saturday: Reformation Day,
7 p.m.

UNITED METHODIST CHURCH
(Rev. Doyle Burbank-Williams,
pastor)
Sunday: Tithing Sunday. Worship
Service, 8:30 a.m.; Sunday School,
9:30. Newsletters available to pick
up.

Concord

CONCORDIA LUTHERAN
(Karen Tjarks, Pastor)
Sunday: Sunday School, 9:30
a.m.; Worship, 10:45.

ST. PAUL LUTHERAN
East of town
(Willie Bertrand, pastor)
Sunday: Reformation Sunday.
Bible Study, 8 a.m.; Worship, 9;
Circuit Bible Institute at St. Paul,
Bancroft. Monday: Quilting, 1
p.m.; District Pastor's Conference
at North Platte (Tuesday also).
Wednesday: Confirmation class,
4:30 p.m.

EVANGELICAL FREE
(Pastor Todd Thelen)
Sunday: Sunday School, 9:30
a.m.; Morning Worship, 10:30;
Senior High Youth Group, Evening
Bible Study and Praying Kids, 7
p.m. Monday: Deacon Board meeting,
7 p.m. Wednesday: AWANA/
Trek "Bread & Whine Night," 7
p.m.

Dixon

ST. ANNE'S CATHOLIC
(Fr. James McCluskey, pastor)
Saturday: Mass, 6 p.m.
Wednesday: Religious Education
classes, 7 p.m.

Hoskins

PEACE UNITED CHURCH OF CHRIST
(Olin Belt, pastor)
Sunday: Sunday School and
Confirmation Classes, 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

Internet web site:
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
802 Winter St.
(Ross Erickson, pastor)
e-mail: wakecov@msn.com
Sunday: Choir practice,
9:30 a.m.; Sunday School, 9:30;
Morning Worship, 10:45. Monday:
WIC Clinic, 9:30 a.m. to 3 p.m.
Tuesday: Ladies meet for prayer,
9 a.m.; Worship on Cable, 7 p.m.
Wednesday: Worship on Cable,
10; Confirmation, 4:30 p.m.; Snak
Shak, 5:30 p.m.; Pioneer Club and
Jr. High, 6:15; Bible Study, 6:30.
Thursday: Men's Bible Study, 7
a.m.

IMMANUEL LUTHERAN
4 North, 3 East of Wayne
(Willie Bertrand, pastor)
Sunday: Reformation Sunday.
Bible Study, 9:15 a.m.; Worship,
10:30 a.m.; Circuit Bible Institute
at St. Paul at Bancroft. Monday
- Tuesday: District Pastor's
Conference at North Platte.

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. Bueche, pastor)
Sunday: Worship, 9 a.m.;
Education Hour, 10:15.

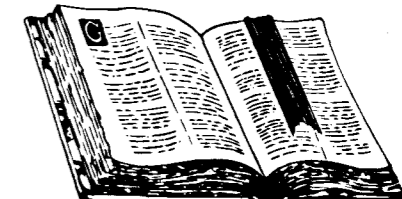
SALEM LUTHERAN
411 Winter Street
(William A. Koeber, interim pas-
tor)
Saturday: Worship with
Communion, 6:30 p.m. Sunday:
Choir, 7:30 a.m.; Sunday School, 9;
Worship with Communion, 10:30
a.m. Monday: Altar Guild, 6:30
p.m. Tuesday: XYZ. Wednesday:
Confirmation, 4:15 p.m. Thursday:
Video on local channel. 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.

UNITED METHODIST
(Carol Jean Stapelton, pastor)
(Parish Assistant - Judy
Carlson, CLS)
Sunday: Sunday School, 10
a.m.; Worship, 11:15. Tuesday:
Newsletter Deadline, 1 p.m.;
United Methodist Women, 2 p.m.
Wednesday: Pastor in Pierce
Office, 1 p.m.



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CROP Walk raises hunger awareness

The Wayne Area Church Organizations came together and held a Crop Walk for World Hunger on Oct. 11.

Twenty-five percent of the funds raised will help the Wayne Food Pantry and Wayne Area Ministerial Association.

The Catholic Newman Center helped serve water and hot chocolate after the walk.

The temperature of 35 degrees

didn't stop the walkers from being present and supporting World Hunger.

God Blesses our community through the work of these wonderful volunteers and those sponsoring them by their giving.

Walkers were represented by three of the Area Church Organizations. The Catholic Newman Center, The First United Methodist Church and Our Savior

Lutheran Church.

CROP Hunger Walks Communities Responding to Overcome Poverty are unique in that proceeds help to overcome hunger and poverty both domestically and internationally. Internationally, the funds are used to support Church World Service programs that bring seeds and tools, wells and water systems to people struggling to feed their fam-

ilies, develop their communities, and rise out of poverty.

CROP Hunger Walks are about people working together in partnership to bring hope and opportunity to those who struggle to overcome hunger and poverty, and in the process to reveal our common humanity to each other.

Thirty-two walkers walked to raise money for World Hunger in an amount of \$1,600.

Family Fall Festival planned at 'The Barn'

Journey Christian Church of Wayne is hosting the second Family Fall Festival at "The Barn" on Sunday, Oct. 25, from 4-7 p.m.

There will be fun for all ages including a hay rack ride, face painting, games, crafts, and a free meal (soup, sandwiches, and desserts). There will also be a pumpkin hunt after dark.



The event is designed as a "come and go as you can" event and those attending are encouraged to come as their schedule allows.

"After last year's festival, we got a lot of people complimenting and so we thought we would do it again. The kids and adults both have a lot of fun and the barn is a great setting for this time of year," said Brook Jech, one of the organizers of the event.

Jech noted that The Barn is heated but those attending may want to dress warmly for the hay rack rides.

Grace Evening Circle members discuss future events

Grace Lutheran LWML Evening Circle met Oct. 13 at Grace Lutheran Church.

President Mary Lou Erxleben opened the meeting with a Christian Growth reading "One Lord, Jesus Christ."

Roll call indicated seven members and Pastor Carl Lilienkamp present.

Lanora Sorensen read the Sept. 8, minutes, which were approved. Janet Casey gave the treasurer's report, which was filed for audit.

She also reported on the congregation donations for Mites for Missions on LWML Sunday, Oct. 4.

President Erxleben read correspondence from the Rev. Terry and Janet Borchard of their Bible translations in Ipil from Papua, New Guinea and other correspondence.

She reminded members of the

Wayne Zone LWML Fall Rally to be held at Trinity Lutheran Church in Martinsburg on Oct. 20.

For the Social Committee report, Valores Mordhorst had sent two greeting cards.

Discussion was held on how to celebrate the 50th anniversary of the Grace LWML Evening Circle in the spring of 2010.

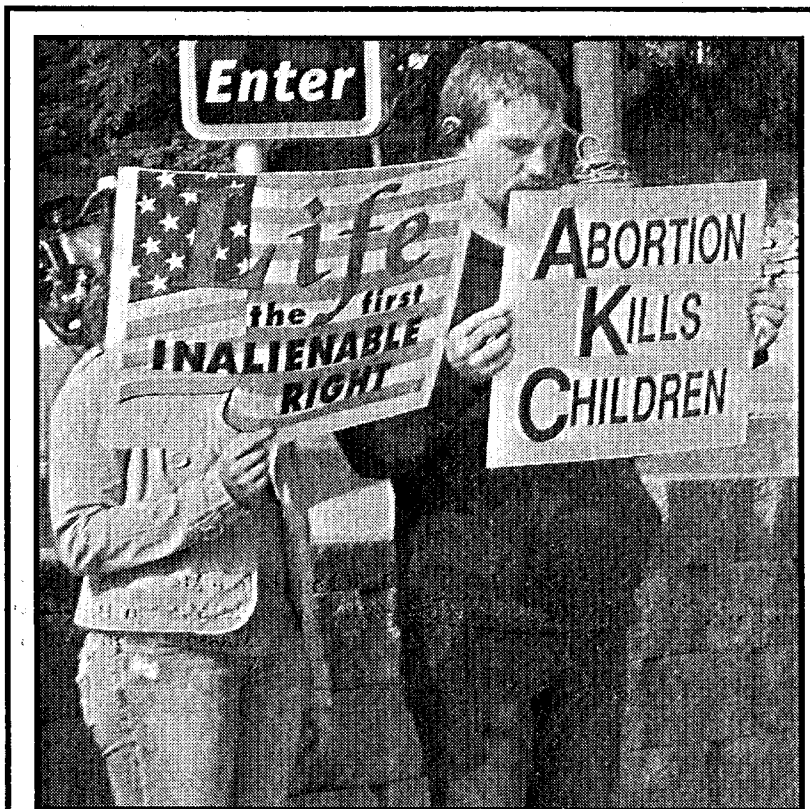
Mites for Mission were given.

The meeting closed with all praying The Lord's Prayer.

For the program, Pastor Lilienkamp led a Bible discussion on Psalm 139: 1-12.

Darlene Lilienkamp was in charge of the program and also was the hostess.

The next meeting will be held Tuesday, Nov. 10, at 7:30 p.m., with Jan Casey in charge of the program and serving as hostess.



Support for life

Nearly 100 people from several communities took part in this year's Life Chain in Wayne. Those involved spent one hour in silent witness to the pro-life cause. Beginning at Seventh and Main, the group held signs supporting the cause. Following that, many gathered at St. Mary's Church to listen to Dr. Peggy McGinty talk about her pro-life activities at the abortion clinic in Sioux City.

Special events planned at First Trinity of Altona

Several events are being planned in the near future at First Trinity Lutheran Church of Altona.

There will be Holy Communion at the regular service on Sunday, Oct. 25 in honor of the "Festival of the Reformation."

Mission Sunday is planned at the service on Nov. 8. All offering money that day will be sent to Jesus, Our Savior Lutheran in Winnebago.

Coffee and rolls will be served after the worship service.

A soup dinner is planned for Sunday, Nov. 29. Matching funds will be applied for from Thrivent Financial for Lutherans for the church roof project.

Details of the soup dinner will be announced at a later date.

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Carolyn Sinniger

Born: Milwaukee, WI
Raised: Brookfield, WI (since age 1)
High School: Brookfield Central High School (in a class of about 450)
Higher Education: Univ. of Wisconsin-La Crosse
Husband: John (married 20 years)
Children: Tony (16) and Brian (10)
Occupation: Office Assistant with Career Services, Wayne State College (13 years at WSC)

"Coming from larger cities in Wisconsin and Minnesota, I was skeptical of living in a small community like Wayne. This was compounded by the fact that all of our family was at least 6 hours away. It took a tragic loss to make us realize how lucky we were to be in Wayne. After only living here for 2 short months, this community wrapped its arms around us and showed how giving and caring it could be. I don't think this kind of concern would have been shown in a larger community, especially to people who were still "strangers". Although we have worn the path out from Wayne to our relatives and back, we would not have it any other way. We feel lucky to be part of a friendly, safe community that offers our sons an excellent education.

When other people ask me, "Why Wayne? I say with affirmation, "Why not?"

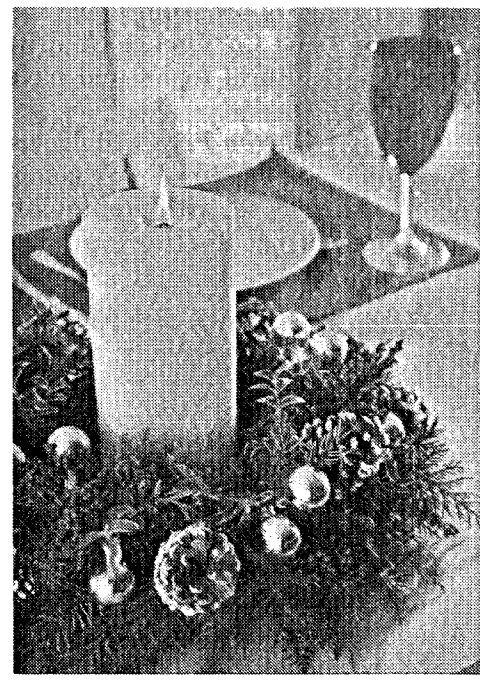
Dan Wibben

Born & raised: Sioux Falls, SD
High School: Lincoln Senior High (Sioux Falls) 1992
Higher Education: University of South Dakota 1996
Wife: Carol (married 12 years)
Children: Sarah (9), Ethan (5) and Andy (3)
Occupation: Manager, Pamida

"Why Wayne? After growing up in a larger city and having the opportunity, with Pamida, to live in and visit many communities very similar to Wayne in size, I can't imagine living anywhere else! The characteristic that has impressed me since day one is the quality of people in Wayne. From the young people to the retired folks and everyone in between, we truly have a great sense of community here! I have Pride in Wayne, America and it is clearly a trait woven into the fabric of this community."

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Ak-Sar-Ben 4-H Livestock Exposition results released

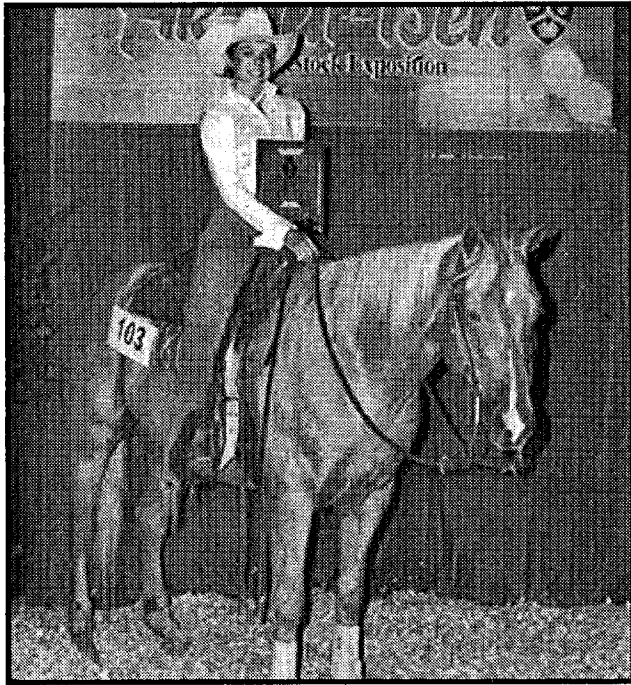
The 82nd Ak-Sar-Ben 4-H Youth Livestock Exposition was held Sept. 22-27 at the Qwest Center in Omaha.

More than 2,000 4-H families from an eight-state area participate in the Expo. To be eligible to exhibit, the 4-H member must be at least 10 years by Jan. 1, and must meet the requirement for exhibition as set by the 4-H office for each state. Horse exhibitors must be 12 years of age by Jan. 1, of the current year.

Four Wayne County 4-Hers participated in the Horse category at the Exposition. Selena Finn, daughter of Mike and Lori Finn of Winside earned Championship honors in Junior Reining with her Quarter Horse Cutter Chex Mix. She also received a purple ribbon in Junior Western Pleasure and a blue ribbon in Junior Western Horsemanship.

Taylor Doescher, daughter of Doug and Michelle Doescher of Fremont competed in Junior Showmanship, Western Horsemanship and Western Pleasure. She earned a purple ribbon in Showmanship and blue ribbons in Horsemanship and Pleasure.

Jake and Luke Lundahl, sons of Mark and Virginia Lundahl of Wakefield also competed. Luke participated in Advanced Western Pleasure, earning a blue ribbon. Jake entered Senior Showmanship, Western Horsemanship and Western Pleasure. He received a purple ribbon in Showmanship and a blue ribbon in both Horsemanship and Pleasure.



Selena Finn of Winside was named the Junior Reining Champion at the 2009 Ak-Sar-Ben 4-H Youth Livestock Exposition. (Ak-Sar-Ben photo).

Grace Ladies Aid gathers

President Ellen Heinemann called the Oct. 14 meeting of the Grace Lutheran Ladies Aid and LWML to order.

Vice President Bev Hansen's opening devotion was a reading entitled "Grandma's Mite Box," based on Psalm 92, concluding with the group singing "Jesus Loves Me."

Roll call was answered by 18 members and Pastor Pasche.

Minutes of the previous meeting were read and approved. The treasurer's report was given and filed for financial review.

Committee reports were as follows:

Mission Service - Joann Temme gave Halloween tracks to Pen Pals to include with their note to their Confirmand.

Sewing - Esther Brader reported seven ladies quilted on Sept. 24, completing the Flower Girl quilt. Tying of quilts will be done on Oct. 22.

Kitchen - Betty Wittig reported cleaning of cupboards and appliances had been done.

Seminary Student - Bonnadell Koch received a letter, read by the president, from Vicar Ben Vogel, a former member of Grace. Dorothy Meyer will write next.

Funeral - Ellen Heinemann reported serving 80 people on Sept. 14 for the Wilfred Gehner funeral; 185 people on Sept. 28 for the Ron Hammer funeral and 98 people at the Louise Larsen funeral on Oct. 5. This was a catered lunch, with cakes provided by the congregation.

Care Center - Lavon Biermann and Esther Brader will be the new committee.

Visiting - Fauneil Bennett and Bev Hansen will be the new committee.

The group voted to give a donation to Jesus, Our Savior Lutheran School in Winnebago.

The matter of making a Christmas

wreath for the Wayne Public Library silent auction was tabled until the November meeting.

The committee for serving the Dec. 1 Pastor's Conference will be made up of Rhonda Sebade, Bev Hansen and Fauneil Bennett.

President Ellen Heinemann named Joann Temme and Bonnadell Koch as the nominating committee for the election of the president and secretary.

Correspondence was read from the Gehner family, the Hammer family and the Larsen family.

Mites were collected. Pastor Pasche led the Bible Study, "Balancing on Solid Rock." The meeting closed with "The Lord's Prayer and table prayer."

Hostesses were Joann Temme and Esther Baker. In November, Milly Thomsen and Ellen Heinemann will host.

The birthday song was sung for Esther Baker and LaVon Biermann.

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Wayne County officials attend state seminars

Debra Finn, Wayne County Clerk, and Dean Burbach, Wayne County Commissioner, attended a Legislative Conference in Kearney on Oct. 8.

The conference was sponsored by the Nebraska Association of County Officials.

The conference provided county officials specialized information regarding the Nebraska legislative process.

Tips on controlling annual winter weeds

The best time to apply post-emergent control measures to winter annuals is in the fall when the seedling plants are small and the plant has not had time to store much energy in the root system.

Timing is not critical, so there is an extended window to apply herbicides after harvest in most years. Best control will be achieved if daytime temperatures are above 60 degrees, but good control can be obtained even when temperatures are in the 50s. Pennygrass, shepherds purse, tansy mustard, and blue mustard, among others, germinate in the fall, overwinter as a green plant, begin growing again in early spring, then complete their life cycle and go to seed in the spring or early summer.

Too often, farmers and/or homeowners wait until spring to attempt to control winter annual weeds. A couple of factors are working against you in the spring. Not including this fall, in the early spring the weather is usually more unpredictable. It can be warm one day and cold the next.

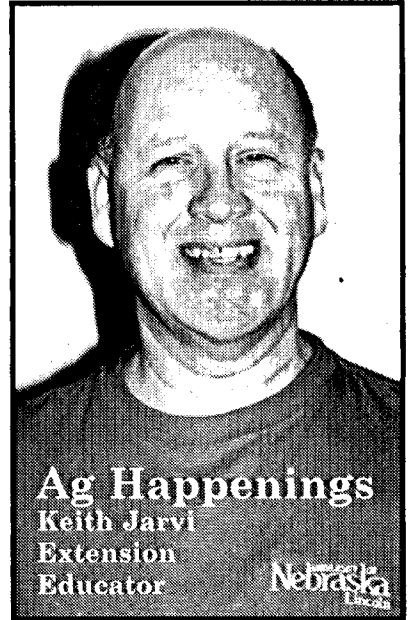
Also working against you is the growth stage of winter annual weeds. In the spring, winter annuals are in the reproductive mode. They bolt quickly, flower, and before you know it, they are setting seed. The plant is larger with a more developed root system, so is less likely to receive a lethal dose of herbicide from your application.

In the fall, the weather usually is more cooperative and weeds are in the rosette, or vegetative stage and more susceptible to herbicides. Winter annuals can typically be sprayed from late September to early December if

weather permits. As far as rates are concerned, fall applications typically require less herbicide and thus are less expensive.

Common winter annuals can be readily controlled in crop fields with 2,4-D, dicamba, glyphosate or combinations of these products. Typical applications are 1.5 to 2 pints of 2,4-D ester per acre; 1 pint 2,4-D and 4 ounces dicamba per acre; 24 ounces of glyphosate per acre; 1 pint 2,4-D and 16 ounces glyphosate per acre. Remember that atrazine is not labeled for fall application in Nebraska.

For home lawn applications use selective, 3-way products such as Trimec, Triamine or Ortho Weed-B-Gon, which contain herbicides like 2, 4-D, dicamba and MCPP.



Ag Happenings
Keith Jarvi
Extension Educator

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Winside St. Paul women gather

St. Paul's Lutheran Ladies Aid and LWML of Winside met Oct. 7 in the church social room with 13 members present.

President Lorraine Prince conducted the meeting and opened with the LWML Pledge.

Arlene Allemann led the group in the Bible Study from the Quarterly "Striking a Balance when you are in the Middle." All participated by reading the Bible verses. She closed with prayer and the singing of "Nearer My God to Thee."

The secretary's and treasurer's reports were given.

The group voted to give a cash

gift at the LWML Fall Rally for Jesus Our Savior Lutheran School in Winnebago.

Mites were taken for LWML projects. Reports were given by members visiting the shut-ins. Gloria Evans will visit this month.

Birthday cards were signed for Emma Willers and Elta Jaeger. This is her 100th birthday.

The Misison Festival was scheduled for Oct. 18 with the Orphan Grain Train serving their boiled fish dinner.

The meeting closed with The Lord's Prayer and table prayer.

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Nebraska Ag Classic to provide informational and timely breakout sessions

The fifth annual Nebraska Ag Classic will be held at the Cornhusker Marriott Hotel in Lincoln, on Dec. 1-3.

Multiple breakout sessions will be held on the afternoon of Wednesday, Dec. 2. "We feel our range of breakout topics for this year's conference will more than satisfy our audience," said Conference Chairwoman Nancy Eberle. "Attendees can learn about timely agricultural topics and have the ability to choose which presentations they attend."

Marketer Darren Frye will discuss with audience members how to take control of their financial destiny. Frye's company, Water Street Solutions, has helped farmers across the Midwest with profitability by leveraging financial analysis, crop insurance and commodity marketing strategies. His genuine concern for the success of farmers and his experience in trading commodities for over 25 years, are just a few of the traits that will make his presentation a valuable one for all Nebraska Ag Classic attendees.

Chandler Mazour, manager of the new Water Utilization Learning Center in Gothenburg, will share with the attendees details of the Monsanto Learning Center. He will discuss research being done to progress the agriculture industry in the western corn belt. Using a holistic cropping system approach to your farm, drought tolerant corn and irrigation management are just a few of the topics that will be covered during Mazour's breakout session.

The third breakout session will feature Steve Meinzen with John Deere Co. Meinzen will be discussing the new EPA emissions regulations (IT4) for diesel engines. Attendees can learn what has been done to help farmers meet these new regulations and how this issue will affect them on their farm.

Visit www.neagclassic.org for conference updates. Sponsorship and exhibit opportunities are available. Contact Ginger Jelinek (402-450-5189) for sponsorship information. For tradeshow information, contact Sara Bishop (402-476-6174).

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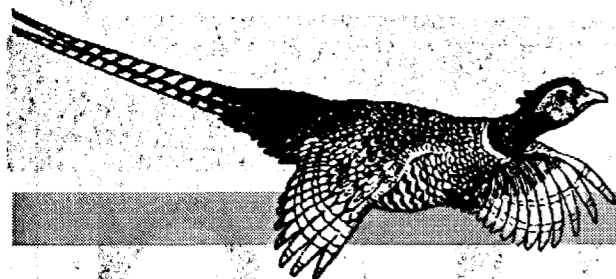
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Cooking for Habitat for Humanity consumes day

Monday brought beautiful weather, with only a mild wind, a perfect day to get some work outside done.

I've been delivering lunches to Habitat for Humanity volunteers all year, one day a month.

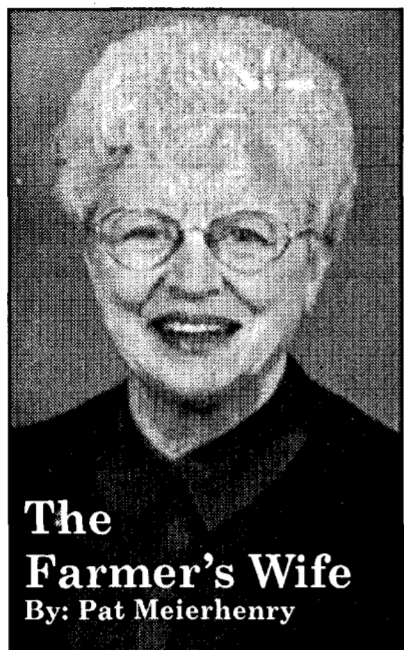
Usually, there are about a dozen guys (and a few gals) and since they are all older, they don't eat a whole lot.

I take Sloppy Joes, salad, bars, etc. One time I made a big batch of strawberry Jello and that disappeared in a hurry.

Anyway, the directors of Habitat invited all of us who provide meals to a tea on Saturday morning. We were to wear an apron and bring a recipe. It was in a tea room decorated with a huge tea pot collection, and when I arrived, there was an extra seat at a table for four. I sat down, we did introductions, and the woman to my right had a nametag that said Marilyn Nurnberg. I told her that sounded like a name from Norfolk; she answered it was actually from Hoskins! Sure enough, this was the wife of Dale Nurnberg, who graduated Winside High in 1959, and she was Marilyn Gutshall, whose father had Dale's Jewelry for years. We had a fun, and interesting, morning.

But yesterday, as I was planning my menu, the coordinator called to

say they would be having a meeting at the warehouse today, and could I please bring enough to feed twenty? Well, that kind of taxes my containers, for one thing, but I will see what I can do. My menu calls for meatball stew, biscuits, and pumpkin bread pudding. And I must finish things up, so I'd better



The Farmer's Wife By: Pat Meierhenry

get this written.

There is only one thing as much fun as watching your kids perform, and that is watching your grands! We have plenty of opportunity for

that, as ours range in age from seven to seventeen. It seems Jacey was in a volleyball tournament last Saturday, and Jaxson was in a flag football game on Sunday. We didn't make it to Norfolk for that.

And we missed an exciting football game on Thursday, when Seward defeated Columbus in a double overtime! We did see a seven minute clip on the Columbus Telegram website. It was a lot more fun than that university game on Saturday.

I was watching marching band competition during that game, as it was taking place across the street at Seacrest. Alex is a drummer and Seward's band looked and sounded sharp. Of course, to me, they all do. We got a kick out of Lincoln High's presentation of songs from Wicked. The drum majorettes were dressed as Dorothy, the good witch and the green witch.

And last night, we were at Norris High to hear the fall choir concert. Norris is blessed with an exceptional vocal music director and he gets it out of those kids. Randa was in a show choir, with a sparkly red dress and lots of fun choreography. I'm always amazed at what kids in school do these days. And I'm feeling blessed that I can observe at least some of the activities.

PS: Congrats to Winside's band for those superior ratings!!

Early communication key for child's socialization

Early communication skills are important as infants grow up and seek to gain parents' and other caregivers' trust. This involves self-awareness and the ability to interact with others.

When creating a social world for a child to grow up in, it is important to establish a nurturing and bonding with responsive primary caregivers which includes parent and childcare provider. Grandparents also can play a role in nurturing and bonding to help build the trust foundation toward developing a child's social world.

Over stimulation with too many new experiences and too much stimulation may stress and hinder development. This is really present when there is not consistency in scheduling with different caregivers.

At any early age - one or two years old - parents and caregivers need to be consistently involved in an infant's life. This will help the child recognize a face and feel emotional bond. Also at the infant stage, parents should talk, make sounds, sing, play activities involving bright colors, different sounds, or mirrors, like peek-a-boo, for example. This helps the child learn to play and gives him or her an opportunity to develop knowing the difference between self and others.

When a parent first begins to talk with a child, it is important

to use varied forms of communication. Singing a song, humming, laughing or using a different pitch level will all help build a child's understanding of all the different forms of communication.

As a child gets older, it is necessary for parents or older siblings to give them room to communicate. When asking a child a question, allow him or her five seconds or so to answer. That gives the child time to think about what he or she is going to say. Children generally will answer in that time frame. Parents and siblings usually answer the question for the child and don't allow the child to learn to communicate. This is very good way to develop communication so children will be able to communicate better in society and at an early stage in life.

As children get older, parents should help set up play-dates with other children of the same age. This will help them learn social skills with other children they do not know. Remember at one to two years of age they may still be doing parallel play (playing next to another child, not with them). They need practice in taking turns, sharing, and cooperation, so don't forget to be patient as you teach them these skills.

As children enter elementary school, parents should continue to keep helping their children with communication so they are able to socialize and communicate with other people. If necessary, arrange play activities for children so that they can continue to be watched. Guide



Amy Topp Extension Educator 4-H & Youth

them in communication with others. Remember children learn to socialize by watching their parents and how they communicate. Sometimes a distance will grow in the communication between a child and a parent. To help with this, set aside a "talking time" with the child everyday.

Each individual child might have a different "talking time." For instance, some children will want to talk about their day right when they get home from school and others will talk during the car ride home from school or at a babysitters.

One of the best times is right before bed. Parents can create this by setting aside time early in a child's development.

Livestock Market Report

The Nebraska Livestock Market conducted a fat cattle sale on Friday.

Prices were \$1 higher on fat cattle. Cows were steady. There were 700 head sold.

Strictly choice fed steers, \$78.50 to \$79.85. Good and choice steers, \$77.50 to \$78.50. Medium and good steers, \$76 to \$77.50. Standard steers, \$60 to \$64.50. Strictly choice fed heifers, \$78.50 to \$79.70. Good and choice heifers, \$77.50 to \$80. Medium and good heifers, \$76 to \$77.50. Standard heifers, \$55 to \$65.

Beef cows, \$44 to \$47. Utility cows, \$46 to \$50. Canner and cutters, \$40 to \$44. Bologna bulls, \$55 to \$61.

The fed cattle sale was held on Wednesday and Thursday at the Nebraska Livestock Market in Norfolk.

The market was steady on the 1,400 head sold.

300-400 lb. steers, \$105 to \$120; heifers, \$100 to \$110.

400 to 500 lb. steers, \$98 to \$108; heifers, \$92 to \$105.50.

500 to 600 lb. steers, \$95 to \$104; heifers, \$90 to \$97.

600 to 700 lb. steers, \$92 to \$103; heifers, \$85 to \$90.

700 to 800 lb. steers, \$90 to \$110; heifers, \$88 to \$98.

800 to 900 lb. steers, \$87 to \$92; heifers, \$84 to \$87.90.

400 to 700 lb. holstein steers, no test.

700 to 1,000 lb. holstein steers, no test.

The sheep sale was held Saturday at the Nebraska Livestock Market. The market was \$2 lower on fat lambs. Feeder lambs were lower and ewes were steady. There were 225 head sold.

Fat lambs, 130 to 150 lbs., \$89 to \$91.

Congregate Meal Menu

(Week of Oct. 26 - 30)

Monday: Diced beef & noodles, Prince William vegetables, muffin, mandarin oranges, apple cobbler.

Tuesday: Early American goulash, mixed vegetables, three bean salad, bread, sliced peaches.

Wednesday: Baked pork chops, red roasted potatoes, sliced bread, green beans, butterscotch pudding.

Thursday: Deli sandwich, chicken noodle soup, sliced cucumbers & sauce, dinner roll.

Friday: Dill baked fish, parsley buttered potato, cheesy broccoli, bread, pears.

SENIOR CENTER CALENDAR (Week of Oct. 26 - 30)

Monday, Oct. 26: Morning walk; Quilting and cards; Pool, 1 p.m.; Bridge Club.

Tuesday, Oct. 27: Morning walking; Quilting and cards; Pat Cook at the piano, 11:30 a.m.

Wednesday, Oct. 28: Morning walking; Quilting, cards and table games; Health screening, 9:30 a.m. to noon; John Sinniger, Chartwells overview, 12:45 p.m.

Thursday, Oct. 29: Morning walking; Quilting and cards; Pitch party, 1:15 to 3 p.m.; Bridge.

Friday, Oct. 30: Morning walking; Quilting, cards and dominoes; Rainbow World Preschool Goblins, 10:30 a.m.; Pool, 1 p.m.; Bingo, 1:15.

Feeders lambs, 40 to 100 lbs., \$80 to \$90. Ewes, good, \$50 to \$70 cwt.; medium, \$30 to \$50 cwt.; slaughter, \$20 to \$30 cwt.

The dairy cattle sale was held at the Nebraska Livestock Market on Saturday.

The market was steady. There were 55 head sold.

Good baby calves: Crossbred, \$100 to \$200. Holstein, \$30 to \$60.

Butcher hogs were sold at the Nebraska Livestock Market on Saturday.

Prices were \$1 lower on both butchers and sows. There were 203 head sold.

U.S. 1's + 2's, 230 to 260 lbs., \$32 to \$32.50; 2's + 3's, 230 to 260 lbs., \$31.50 to \$32.50. 2's + 3's, 260 to 280 lbs., \$31 to \$31.50; 2's + 3's, 280 to 300 lbs., \$30 to \$31; 3's + 4's, 300 lbs. +, \$22 to \$30.

Sows - 350 to 500 lbs., \$20 to \$23. 500 to 650 lbs., \$23 to \$27.

Boars - \$8 to \$15.

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Call: 402-375-2600, Fax: 402-375-1888, or Visit Our Office: 114 Main Street, Wayne, NE.

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•Requests for corrections should be made within 24 hours of the first publication. •The publisher reserves the right to edit, reject or properly classify any copy.



HELP WANTED

Applications are being accepted for

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306 Ash Street, Wakefield, NE 68784.
Phone 402-287-2244 EOE



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Currently hiring for the following positions:

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For detailed descriptions and requirements of these positions please visit our website:

www.boysandgirlshome.com

OR

Mail Resumes To:

Boys and Girls Home and Family Services, Inc.

Attn: Human Resources

2101 Court Street

P.O. Box 1197

Sioux City, IA 51102-1197

Phone: Human Resources Department, 712-293-4700

Fax: 712-293-4800

— HELP WANTED —

CNA'S — Full-Time, Night Shift

HILLCREST CARE CENTER & ASSISTED LIVING

702 Cedar Ave. • Laurel, NE • 402-256-3961

— HELP WANTED —

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Phone: • 375-1500

R Way is accepting applications for a Part Time Community Support (Case Management) position available immediately. This individual will provide mental health community support services for individuals living in Northeast Nebraska. Bachelor's degree in related field preferred, but will consider a person with less education, more experience, or LPN. This position requires excellent verbal and written skills, good management skills, and the ability to work autonomously. It involves travel and a flexible schedule. Salary is negotiable depending on credentials and experience.

Send resume to: R Way, Attention: Sonya King,
219 Main, Wayne, NE. 68787. (402-375-5741) EOE

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ESTATES**

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NURSING FACILITY
Medicare & Medicaid 424 Harrison, Beemer, NE

EMPLOYMENT WORKS, INC.

has a part time position open in the Wayne area providing community based supports for people experiencing a disability. Must have a high school diploma/equivalency, valid driver's license and insurance, strong references, excellent communication skills and a genuine desire to see people reach their potential. Early morning hours involved (approximately 7:45-10 a.m.) Starting wage is \$8.75. Applicant must be able to work a variety of hours and some weekends. Please call Employment Works, Inc. at (402) 371-1011 and ask for Jodi or Aleigha for more information or stop by the office at 101 East Wilson Avenue in Norfolk for an application.

NorthStar Services in Wayne

has part-time positions available in our residential settings. As an organization, we support persons with developmental disabilities in accessing & participating in their community, developing social networks, teaching basic life skills so people are successful in their homes, community and employment opportunities.

The job requires: HS diploma or GED, at least 18 years of age, valid driver's license, ability to lift 45 pounds, read, write and comprehend English, possess excellent interpersonal and communication skills and the ability to work with the public. Starting wage is \$9.20 per hour with a wage increase to \$9.48 per hour which is dependent on attendance at required trainings.



NORTHSTAR
Supporting People in Reaching Their Goals

Apply in person at NorthStar Services
209 South Main Street,
Wayne, NE 68787.

HELP WANTED: Cattle feedyard is currently looking for an experienced yard cowboy. We are a 25,000 head yard with great benefits including paid vacation, 401k, health and life insurance and holiday pay. Dixon County Feedyard- Allen, NE (402)635-2411.

DRIVERS NEEDED: \$1,500 sign-up bonus. JetCo Transportation is looking for flatbed and stepdeck drivers. Excellent pay and benefits. Home most weekends. Call Brian @ 402-375-5201.

NEEDED: EXPERIENCED employee for grain and livestock farm at Laurel. Ph. 402-256-3446.

THANK YOU

FOR MY son and brother, Ron Hammer, we would like to thank everyone for your prayers, cards, memorials, and comforting words in our time of sorrow. Leona Hammer and Sharon, Roger, Nancy, Kevin, Connie, Janice, Judy and families.

THANKS TO everyone for the lovely cards. You really made my birthday special. Lois

SERVICES

DAYCARE OPENING: Make new friends while having lots of fun. Licensed Home Daycare has part and full time openings for all ages. Over 20 years experience. Title XX accepted. Qualified and references available for children with special needs. Call 375-2950.

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HANDYMAN SERVICES: Call Randy Lutt at 402-375-3869 or 402-369-3714.

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WANTED

WANTED: GRAIN hauling. Bill Kinney, 402-375-1976.

Office Assistant II Wayne State College

Human Resources
(Temporary)

Wayne State College invites applications for the position of Office Assistant II (Temporary) for the Human Resources and Payroll office. This is clerical work requiring independent judgment and confidentiality in performing assigned tasks. Duties include maintenance of various record systems; specifically projects associated with the use of the SAP software. This position will be responsible for the collection and verifying of data, preparing documents, accessing various forms of information to compose, type, and prepare routine correspondence, reports, forms, and related materials. Ability to communicate effectively both orally and in writing; strong interpersonal skills. Performs other duties as assigned by the Director of Human Resources.

Preferred Training and Experience. Graduation from Senior High School or equivalent supplemented by an Associate degree in Business Administration or related field and two years of clerical experience. **Minimum Requirements** Graduation from Senior High School or equivalent supplemented by an Associate degree in Business Administration or related field and one to two years of clerical experience or any combination of skills, knowledge and abilities that meet these requirements.

Knowledge of business English, composition, attention to detail and accuracy, basic mathematical functions, modern office practices, computer word processing, spreadsheet, and database applications is preferred.

Review of applications will begin immediately and continue until the position is filled. Competitive salary, commensurate with qualifications and experience. Excellent benefits. Wayne State College is rapidly emerging into one of the most dynamic, small, regional public colleges in the Midwest. With a student population around 3,500, the college is a focal point and catalyst in Northeast Nebraska for education, community and economic development, the arts, and cultural activity. Send letter of interest, resume, contact information for at least three references, and a completed application (at http://www.wsc.edu/employ_opps/) to:

Office Assistant II, Human Resources (Temporary) Search
Director of Human Resources
Wayne State College
1111 Main Street
Wayne, NE 68787

Wayne State College is an equal opportunity institution. WSC does not discriminate against any student, employee or applicant on the basis of race, color, national origin, sex, disability, religion, or age in employment and education opportunities, including but not limited to admission decisions. The College has designated an individual to coordinate the College's nondiscrimination efforts to comply with regulations implementing Title VI, VII, IX, and Section 504. Inquiries regarding non-discrimination policies and practices may be directed to Dr. Cheryl Waddington, Director of Human Resources, Title VI, VII, IX Compliance Coordinator, Wayne State College, 1111 Main Street, Wayne, NE 68787, (402) 375-7403.

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or apply within at:

Pender Care Centre
200 Valley View Drive
Pender, NE 68047
402-385-4021

Pender Care Centre
Providing Best Quality Patient and Family Care

NorthStar Services in Wayne has 2 part-time positions available at the Day Service Program.

Hours are:

Monday-Friday (between 8:00 a.m. - 5:00 p.m.)
Closing date for applications will be October 19, 2009

We are looking for a **dependable**, self-motivated, organized person with the ability to positively interact with persons with disabilities. Applicant must be able to provide supports and training of specific skills that will assist the persons served to actively participate in their daily lives as well as getting involved in their community. **All applicants must be at least 18 years of age, have a valid drivers license, the ability to lift 45 lbs., possess a high school diploma or GED, and be able to read, write, and comprehend the English language.**

Applicants should have good interpersonal skills and the ability to work with a wide variety of people. Starting wage is \$9.20 per hour with a wage increase to \$9.48 after completion of a paid training program.

Applicants are required to attend job training, most of which are day hours (example: 8:30 a.m.-4:30 p.m. but, 2 trainings are most likely evening hours 5 p.m.-9 p.m.)

Interested parties should pick up an application and apply at: Please note on application that you are applying for day hours. Attention: Vern.



NorthStar Services
209 1/2 South Main Street,
Wayne, NE 68787

Check Our Website: www.mywaynenews.com

Our Savior 'Halloween' celebration planned for Oct. 30

There is an ancient three day celebration, an autumnal triduum, of All Hallows' Eve, All Saints and All Souls.

In the carnival celebrations of All Hallows' Eve, our ancestors used the most powerful weapon in the human arsenal, the power of humor and ridicule, to confront the power of death. The following day, in the commemoration of All Saints, they gave witness to the victory of incarnate goodness embodied in remarkable deeds and doers triumphing over the misanthropy of darkness and devils. And in the commemoration of All Souls, they proclaimed the hope of common mortality expressed in the aspirations and expectations of a shared eternity.

Come and enjoy a spook-tacular organ recital on Friday, Oct. 30, at 7:30 p.m., at Our Savior. With the assistance of many of our Youth, Lucan Wickstrom, church

musician, will perform a recital of Halloween-themed music; laughing at those things that scare us! You are invited to come dressed in your scariest costume.

Family Fun Day will be held on Saturday, Oct. 31, from 3 - 4:30 p.m., in the Social Room at Our Savior, featuring fun for children and their parents. Kids, come in costume for a fall party of games and treats before you head out to trick-or-treat in the evening. Parents, come along, to help your kids through the games and share their prizes along with some hot cider. This will be a free event, sponsored by the Youth & Family Ministry Committee of Our Savior.

Sunday, Nov. 1, we celebrate All Saints with a "Cloud of Witnesses." Pictures of our departed loved ones, from all of our lives will surround us in worship and connect us with the cloud of witnesses who have gone before us. Community members

are invited to bring in a picture (in a frame; put your name and the name of the loved one on the back) and join us for worship as we remember those who have gone before us in faith, naming specifically those members of Our Savior who have passed on since last All Saints Day. Sunday morning worship services are at 8 and 10:30 a.m.

On Monday, Nov. 2, the congregation will gather at 7 p.m., in the sanctuary for a service of Evening Prayer as we pray for and with the cloud of witnesses who have gone before us in commemoration of All Souls.

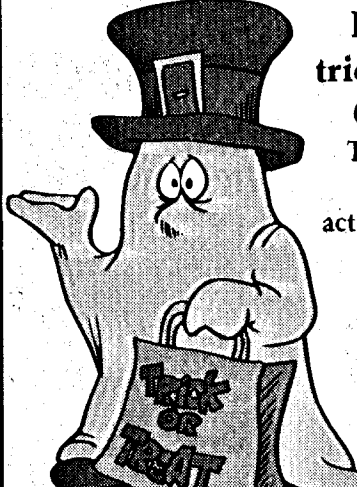
The community is invited to come and join with Our Savior members in any of the events of this three day celebration according to Kim A. Stover, Senior Pastor. Our Savior is located at the corner of Fifth and Main Streets in Wayne.

For additional information call the church office (402) 375-2899.




Ground breaking

Ground Breaking ceremonies for the new Winside United Methodist church were held on the building site recently. Pictured are members of the Building Committee, along with the Pastor, Certified Lay Speaker and the District Superintendent. Involved in the ground breaking were, left to right, Rose Janke, Gene Barg, Judy Carlson, CLS, Dr. Carol Roettmer Brewer, Superintendent of Elkhorn Valley District, Bill Burris, Pastor Carol Jean Stapleton, Butch (Larry) Carlson, Jeremy Cleveland and Larry Bowers.




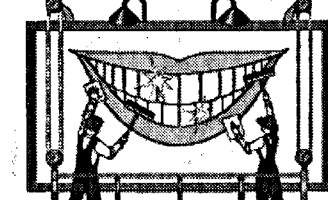
Premier Estates welcomes trick-or-treaters on Halloween Oct. 31 from 6-7:30 p.m.

The Optimist Club will also have a spooky maze and fun Halloween activities at this time. Please bring your children by to see our residents, have fun and trick-or-treat!



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SENIOR LIVING COMMUNITY

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110 SOUTH LOGAN WAYNE

Blood drive to be held at Grace Lutheran Church

The Siouland Community Blood Bank will conduct a blood drive at Grace Lutheran Church on Tuesday, Nov. 3, from 1 to 6 p.m.

The Siouland Community Blood Bank was founded in 1967 and is the sole provider of blood and blood products to 37 Siouland area hospitals.

To be eligible to donate blood individuals must be at least 16 years of age; however there is no upper age limit as long as the donor is in good health.

Donors under the age of 17 require parental consent. In addition, donors need to weigh at least 110 pounds and have not donated whole blood in the past 56 days. A photo I.D. is required at the time of registration.

For more information about the Siouland Community Blood Bank or blood drives in the area, call 712-252-4208 or 800-798-4208, or visit the Siouland Community Blood Bank's website at www.siouland-bloodbank.org

School Lunch Menus

ALLEN (Oct. 26 - 30)
Monday: Breakfast - Cereal, oatmeal and waffle. Lunch - Chicken nuggets, macaroni and cheese, green beans, apple, roll, cookie.
Tuesday: Breakfast - Cereal/oatmeal & Long Johns. Lunch - Turkey, mashed potatoes, gravy, cranberry sauce, pumpkin pie, roll, pudding.
Wednesday: Breakfast - Cereal, oatmeal, muffins. Lunch - Chili, cinnamon roll, crackers, applesauce, carrots, celery.
Thursday: Breakfast - Biscuits & gravy. Lunch - Taco salad, lettuce, cheese, orange, brownie with Rocky Road fluff frosting.
Friday: Fall Break- No School. Milk served with breakfast and lunch.

Monday: Egg sandwich, hash browns, oranges.
Tuesday: Pizza hot dish, green beans, dinner rolls, pears.
Wednesday: Creamed chicken, mashed potatoes, homemade buns, applesauce.
Thursday: Mini corn dogs, baked beans, dinner roll, cherry salad.
Friday: Barbecue pork sandwich, green beans, fresh fruit.
 Milk is served with every meal.

LAUREL- CONCORD (Oct. 26 - 30)
Monday: Breakfast - Scrambled eggs & toast. Lunch - French Dip, chips, fruit, vegetable.
Tuesday: Breakfast - Sausage, egg & cheese biscuit. Lunch - Mini corn dogs, macaroni & cheese, fruit, vegetable.
Wednesday: Breakfast - Muffins. Lunch - Crispito with chili & cheese, cinnamon rolls, fruit, vegetable.
Thursday: Breakfast - French toast sticks. Lunch - Chicken patty on bun, tater tots, cookie, fruit, vegetable.
Friday: Breakfast - Sausage wrap. Lunch - Lasagna, breadsticks, fruit, vegetable.
 Fruit, vegetable and milk (white or chocolate) served daily.
 Orange juice sold daily.
 All menus subject to change.

WAYNE (Oct. 26 - 30)
Monday: Sub sandwich, lettuce, mandarin oranges, cake.
Tuesday: Spaghetti with meat sauce, French bread, green beans, apple crisp.
Wednesday: Popcorn chicken, peas, dinner roll, peaches, cookie.
Thursday: Sloppy Joe with bun, tater rounds, pineapple, cookie.
Friday: Ham & cheese with bun, corn, blueberries, yogurt.
 Milk served with every meal.

WAKEFIELD (Oct. 26 - 30)

WINSIDE (Oct. 26 - 30)
Monday: Breakfast - Waffle. Lunch - Soft tacos, lettuce, tortilla chips, peaches.
Tuesday: Breakfast - Cereal. Lunch - Chicken Alfredo, corn, mandarin oranges, roll.
Wednesday: Breakfast - Bagel. Lunch - Hot dog on bun, baked beans, corn chips, applesauce.
Thursday: Breakfast - Pancake. Lunch - Pizza, lettuce, pineapple, cookie.
Friday: Breakfast - Cereal. Lunch - Turkey gravy on mashed potatoes, green beans, roll.
 Menu may change without notice.
 Grades 4-12 may have salad bar.
 Grades K-3 may have salad plate.

Ducks Unlimited to hold banquet in Wayne

The Wayne Area committee of Ducks Unlimited will host its sixth annual Auction and Banquet at Wayne National Guard Armory, on Friday, Nov. 20, at 5:30 p.m.

"We are looking forward to a great crowd at this year's banquet," said committee chairman Kent Earnes of Laurel. "Everyone is welcome at the banquet, which will feature auctions and raffles of wildlife and sporting art as well as goods and services donated by area businesses.

Proceeds from the event will go to support DU's wetlands and waterfowl habitat conservation efforts in Nebraska, the U.S., Canada, and Mexico."

Ducks Unlimited was formed to provide for the life cycle needs of North America's migratory waterfowl by protecting, restoring, enhancing, and managing

important wetlands and associated uplands. DU is the world's largest private sector waterfowl, wetlands, and wildlife conservation organization, with one million supporters and members in the U.S.

Since its inception in 1937, DU has raised nearly \$2 billion and conserved nearly 11 million acres of habitat throughout North America.

For more information, contact Kent Earnes at 402-256-9218, Rob Bose 402-695-2552, or contact B.J. Woehler at 402-375-3239. Other committee members to contact for dinner tickets and gun raffle are: from the Wayne area: Mitch Lanser, Adam Dorcey, Matt Haschke and Chad Frideres; from Laurel: contact Steve Smith, Greg Urwiler, Chad Johnson and Tim Earnes.

Blood drive held in Laurel

The Siouland Community Blood Bank conducted a blood drive at the Laurel-Concord High School Oct. 7. A total of 52 donors registered and 46 units were collected. There were also 15 first time donors registered.

Those taking part in the drive included:

Mary Barel, Scott Biltoft, Anthony Brandow, Taryn Dahlquist, Bethany DeLong, Jessica Dickens, Emma Engebretsen, Verneal Gade, Benjamin Galvin, Dennis Gother, Mallorie Granquist, Emily Gubbels, Leanna Gubbels, Mathias Gubbels, Katee Haisch, Melissa Haisch, Paige Hakeneis and Delroy Hemsath, Katelynn Hochstein, Brianna Johnson, Jerry Johnson, Milo Johnson, Lois Lynette Joslin,

Brian Koch, Archie Lindsay, Riley Lund, Ashley Lunz, Leon May, Gregg McClary, Deanna McCoy, Sally Newton, Beaux Northam, Michael Olesen, Alan Passas, Adam Patrick, Scott Pippitt, Angela Roberts and Dallyce Sherman.

Also, Teddy Shiers, Charles Sohler, Dan Spahr, Duane Stingley, Ernest Swanson, Lyla Swanson, Lyston Taylor, Charles Thomas, Steven Thompson, Gene Twiford, Janet Twiford, Katie Urwiler, Lois Urwiler and Chelsey Wolgram.

Special congratulations were extended to those who reached gallon milestones:

Benjamin Galvin - two gallons; Charles Sohler and Charles Thomas - four gallons.

Funds sought to purchase DAV van

Northeast Nebraska Disabled American Veterans Chapter 8 has started a fund drive to replace the van used to transport veterans from Northeast Nebraska to the Nebraska-Western Iowa Veterans Administration Health Services facility in Omaha.

The local DAV has provided this service for nine years to allow veterans to keep appointments and receive health care at the Omaha facility.

The van used by the DAV for the past three and one-half years now has nearly 200,000 miles on it and needs to be replaced.


The total cost of the van will be from \$23,000 to \$24,500 and DAV Chapter 8 is required to raise more than \$10,000 of this. The balance will be paid for by grants.

All donations to the project can be directed to: "DAV Van Fund," Elkhorn Valley Bank, 800 W. Benjamin Ave., Norfolk, Neb. 68701.


Those with questions may contact DAV Chapter 8 Commander Glenn Shaneyfelt at (402) 371-0281; Senior Vice Commander Ron Green at (402) 379-8900 or Adjutant Merle Horrocks at (402) 644-4409.

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fight for life, fight breast cancer
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These women are
Living Proof

the *right* cancer treatment
 can make all the
 difference.



That's because we design each person's treatment plan based on their individual needs. We treat the whole person, not just the cancer.

In recent years, there has been an explosion of life-saving treatment advances against breast cancer. Instead of only one or two options, today there's an overwhelming menu of treatment choices to fight the cancer in each individual person whether it's through surgery, radiation, hormonal therapy or chemotherapy.

At the Carson Cancer Center, we work in collaboration with a local breast surgeon and medical oncologists to offer patients the very best options available.

Our patients find a strength and optimism as a result of cutting-edge medical treatment, personalized support, patient education and the efforts of compassionate, dedicated professionals who are committed to providing you the right breast cancer treatment available.

Let us make a difference in your life. For more information about our services, call 402.644.7534.



Norfolk, Nebraska

More Options. More Hope.

Breast cancer can happen to anyone - but is not a death sentence

On Jan. 22, 2008, then 23-year old Karla Keller, a Wayne High School graduate living in Lincoln, got a call from her doctor, informing her that she had breast cancer.

"Even when I had my biopsy and mammogram done after finding the lump on my own in the shower, I never thought that it would be possible for me to really have cancer. I found the lump not because I was doing a self breast exam but it was so large that I just felt it in the shower while rubbing soap over it," Keller said.

"I was 23 years old and in the best shape of my life and healthy as could be when they told me the news. I mean, my profession is fitness, I am the fitness director at Prairie Life and my life revolves around being healthy so how could this happen to me?"

Keller was diagnosed with grade 3 Invasive ductal carcinoma. It turned out that she actually had three lumps in her left breast. After talking to many doctors, she and her family decided it would be best to have a double bilateral mastectomy right away followed by chemotherapy and then reconstructive surgery.

Karla is the daughter of Tim and Rita Keller of Wayne.

"Thank the Lord that it didn't spread into my lymph nodes so I didn't have to do any radiation. That was a miracle considering the fast growing tumor that I had which was likely to spread quickly," Keller said.

She had to undergo eight rounds of chemotherapy and then stay on a drug called Herceptin for a year. This was administered through a port that was inserted into her body.

"It was devastating to lose my hair and breasts at the age of 23 but I kept very positive through the whole thing with the great support I had from my family, friends, and wonderful boyfriend," Karla said.

She kept working full-time through all of the treatments, a fact she feels helped her as well.

"It was a very long process of 17 months before I finally was done with all my treatments and surgeries. I still have to take an oral drug everyday for five years called Tamoxifen because my cancer was estrogen positive. I also had genetic testing done to find out if I was a carrier for the gene BRCA1 or BRCA2 which came back negative. There was no indication that this was hereditary or that I could pass this along to my future kids someday which was great news. But it was hard to not have an answer as to why this happened to me; my doctor told me that for my age and health status and having no family history (of breast cancer) that I fell in a one percentile of this happening to me," she said.

This was hard news for Keller to take, because she questioned a lot

of things at first but now she truly believes that everything happens for some reason.

"I may not know that reason now, but someday I will and if I didn't have hope and faith through this all I would have never made it," she said.

Karla said that after nearly two years, she is "feeling like I got my life back. I am doing everything as I was before I was diagnosed. I am not really being more cautious about health because I was eating and exercising so well before this happened, so you could say I am living my life as I was before. I guess you could say that I am a little more paranoid about things when I do get sick now but I think that will always be the case; it will always be in the back of my mind what if it comes back?"

One of the hardest things for Karla to take besides losing her hair was that she wouldn't be able to run for awhile.

"The one thing I love to do is run and that is what takes my stress away so when my doctor told me I couldn't run the half marathon that year I was devastated. But in October of that same year I did run the marathon relay in Des Moines right before I had to have one of my last surgeries. The following year I ran the Lincoln half marathon and ran the Susan G. Komen Race for the Cure in Kansas City with my best friend which was amazing and so meaningful.

Keller also helped out with a Mud Volleyball Breast Cancer Tournament this last July for a woman who was diagnosed with Breast Cancer for the second time.

This tournament, held in Abie, was started just the year before that for Karla so it was something she wanted to be a part of the rest of her life and watch it grow and help someone that needs it every year.

"It was great to be on the other side of the spectrum and being able to help someone else just as I was helped by so many people before-it was great to give back," Karla said.

She also participated in the Relay For Life walk in Wayne two years now and will continue

to do that.

During all this time Keller was also promoted to the larger Prairie Life in Lincoln to run the fitness department and is now in the process of moving locations again. She will be taking over the new Prairie Life that is being built in Omaha as part of the big mid-town Mutual of Omaha project and is "super excited to take on that challenge."

"Someday I would love to talk to younger women, maybe in a college setting, and go around and speak to them about Breast Cancer Awareness. Because like myself at a young age, most women would never have a thought of getting breast cancer or doing a self exam on themselves monthly."

Approximately 200,000 women will be diagnosed with breast cancer in the United States this year. However, most of these women are over the age of 40, with the majority being over 50, since the chances of getting breast cancer rises with a woman's age.

"But what about the 10,000 women who are diagnosed with breast cancer each year who are in their 20's and early 30's? Many people do not realize that breast cancer is a reality that young women in their 20's and 30's are forced to face everyday. The reason that most people do not realize that young women also suffer from breast cancer is due to a lack of information that I think it is important for every young woman to be aware of. It is a small percentage of women that get breast cancer in the 20's but usually if they do, it is a more aggressive type of



tumor, so that is why it is so important to catch it early and to not wait to get into your doctor if you ever do feel a lump," Karla said.

One in eight women will be diagnosed with breast cancer in their life and 41,116 women and 375 men died in 2005 from breast cancer.

"I beat cancer; I did not let it beat me. So many people associate cancer with death, but I really was never scared that I would die but was more scared of losing my life if that makes sense. Yeah, I had to live my life a little differently while I was going through all this than I wanted, but I never actually stopped living my life because of it. And I am a lot stronger individual because of what I had to go through. I appreciate the little things in life a lot more and I do not take things for granted because in one instance your life can change. You can choose how you deal with it and I opened up my arms to the Lord, trusting Him and his plan for me and the fact that He would take care of everything."

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New drug therapy prevents breast cancer from metastasizing

Putting up walls in a relationship is often detrimental, unless that relationship is between cancer and the human body.

The human body has natural walls—physical and biochemical barriers to help keep cells from wandering.

When breast cancer metastasizes, that is, begins to spread through the body, the cancer cells have bypassed these safety walls within the mammary ducts and begin to invade the bloodstream, bones, liver or brain.

This is the scenario where breast cancer becomes deadly.

Currently, drugs available to breast cancer patients try to stem the uncontrolled division of cancer cells within the mammary ducts.

Until now, no drugs specifically targeted the "invader cells" spreading the cancer to other organs.

Dr. Seth Corey, M.D., a Northwestern University Feinberg School of Medicine researcher has found a way to fortify the "wall" within the mammary gland to prevent breast cancer from metastasizing.

Dr. Corey, lead researcher in a recently peer-reviewed study and the Sharon Murphy- Steven Rosen Professor of Cancer

Biology and Chemotherapy Director, Oncology Research has discovered an entirely new way of targeting a cancer cell.

When a drug normally used to treat leukemia, called dasatinib, is added to a commonly used breast cancer drug, doxorubicin, it creates a potent new chemotherapy cocktail that helps keep breast cancer cells from invading other areas of the body.

The results, recently reported in the British Journal of Cancer, show breast cancer cell invasion reduced by half.

According to the research, Dasatinib targets an enzyme, called the Src kinase, which is believed to play a key role in breast cancer invasion and metastases.

The early phase investigational study shows real promise for a breakthrough in breast cancer research.

"Perhaps this drug could be given to prevent invasion from happening in the first place," said Dr. Corey, who is also a pediatric oncologist at Children's Memorial Hospital in Chicago. "This might keep the disease in check and prevent it from progressing."

Initially, Dr. Corey and his team looked at three to five breast cancer cell lines with



various biological features.

Although no human subjects were involved, the positive outcome from this study gave a green light for phase II clinical trials to begin.

During the clinical phase, Dr. Corey said the leukemia drug is being further established to be effective for use in breast cancer treatment, thereby passing additional FDA approval for that use.

"Our work with early stage breast cancer shows rationale and suggest a clinical scenario is likely in the future," he said.

What is galactorrhea?

Galactorrhea is a condition that occurs when a woman's breast makes milk (or a milky discharge) even though she is not breast feeding a baby.

The milk may come from one or both breasts. It may leak with no stimulation or it may leak only when the breasts are touched. Although less common, galactorrhea can occur in men.

What causes galactorrhea?

Galactorrhea has many causes. Here are some of them:

- * Tumors (usually benign), especially tumors of the pituitary gland, which is located in the brain
- * Medicines such as hormones, antidepressants, blood pressure medicines and certain tranquilizers
- * Herbal supplements such as nettle, fennel, blessed thistle, anise and fenugreek seed
- * Drugs such as marijuana and opiates
- * Pregnancy
- * Clothing that irritates the breasts (like scratchy wool shirts or bras that don't fit well)
- * Doing very frequent breast self-exams (daily exams)
- * Stimulation of the breast during sexual activity
- * Kidney disease
- * Oral contraceptives
- * An underactive thyroid (also called hypothyroidism), which is a gland that produces hormones

Sometimes the cause of galactorrhea can't be found

Galactorrhea produces a white fluid. If the fluid coming from your breast is reddish, your doctor may want to check you for cancer. Blood in the discharge is not galactorrhea.

What are the symptoms of galactorrhea?

The symptoms of galactorrhea can include:

- * Milky discharge from one of both nipples (discharge may also be yellow or greenish in color)
- * An absence of menstrual periods or periods that are not regular
- * Headaches
- * Vision loss
- * Less interest in sex
- * Increase in hair growth on your chin or chest
- * Acne
- * Erectile dysfunction and less interest in sex in men

What tests might my doctor order?

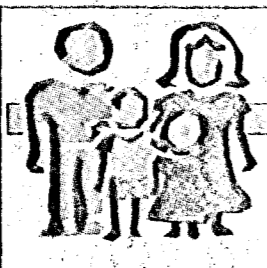
Your doctor might order blood tests to check your hormone levels and to see if you are pregnant. Your doctor might also want you to have an MRI scan of your head to see if you have a tumor or abnormality of the pituitary gland.

How is galactorrhea treated?

Most tumors that cause galactorrhea are not cancerous. They can be treated with medicine or surgery, depending on the cause. If a certain medicine you are taking is causing your galactorrhea, your doctor may prescribe a different medicine.


In many cases, no treatment is necessary and the condition goes away on its own with time. Until it goes away, here are some things you can do to help:

- * Avoid stimulating your breasts.
- * Avoid touching your nipples during sexual activity.
- * Don't do breast self-exams more than one time a month.
- * Avoid tight-fitting clothing or clothing that causes friction.



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Composition of milk, rbST or not, is the same

A panel of physicians, nutritionists, and animal scientists has completed a review of the research relevant to recombinant bovine somatotropin (rbST) and found no link to human health risks from drinking milk.

RbST is the supplement approved by the U.S. Food and Drug Administration for increasing milk production in lactating dairy cows. It is marketed by Elanco, a division of Eli Lilly and Company.

Led by Richard Raymond, M.D., former undersecretary for Food Safety at the USDA and former chief medical officer of Nebraska who is now an executive consultant with Eli Lilly/Elanco, the panel addressed questions and concerns on rbST pertaining to general biology, human health and animal health, nutritional content, environmental impact and milk quality.

The panel concluded "contrary to some claims, there is no scientific link between drinking milk from cows supplemented with rbST and any human health issues, including the decline in age of puberty and the risk of breast

cancer," Raymond said.

Continued controversy

The product has not been without controversy, however, as major retailers have required suppliers to provide milk only from cows not supplemented with rbST, and several states, including Ohio, are grappling with labeling issues related to rbST milk.

Milk marketers, including Dairy Farmers of America and its Dairy Marketing Services, are requiring that all DFA milk that goes to Class I plants must be from nonrbST-treated cows. Dairy farmers must sign an affidavit verifying that fact to ship milk to fluid milk plants.

The paper is the first review and compilation of scientific data since the initial documentation was provided to the FDA in support of the approval of rbST. The paper was presented at the 2009 Joint Meeting of American Dairy Science Association, Canadian Society of Animal Science and American Society of Animal Science in Montreal, Canada.

Breast cancer myth

"One of the myths about rbST percolating in the public is that drinking milk from rbST-supplemented cows causes breast cancer," said David Clemmons, M.D., Sarah Graham Kenan Professor of Medicine and Biochemistry at the University of North Carolina at Chapel Hill.

"This is false as the evidence does not support any cause and effect, and the actual rate of breast cancer in women in the United States has been declining in recent years.

"In fact, in 75 percent of women who are diagnosed with breast cancer, there are no known risk factors other than age and living in Western society."

Milk is milk

BST, by nature, is a major regulator of milk production in lactating dairy cows. The panel found that milk from rbST-supplemented cows is indistinguishable from organic or rbST-free milk.

"In fact," said Ronald Kleinman, M.D., Charles Wilder Professor of Pediatrics

at the Harvard Medical School, "conventional milk has the same levels of hormones and nutrient composition as milk labeled as rbST-free or organic."

Posilac, the brand name for the rbST product, received FDA approval in 1993.

Global nod

Regulatory authorities in 56 countries, including Australia, Canada, European Union member states, South Korea and the United States, have determined that milk and meat products from cows supplemented with rbST are safe for consumption by people of all ages.

In addition, scientific bodies such as the World Health Organization, the Food and Agricultural Organization of the United Nations and the National Institutes of Health have reached the same conclusions.

According to Elanco, no major global dairy market restricts the import of dairy products from rbST-supplemented cows.

Factors which may increase chances of getting breast cancer

High fat diets: Studies of fat in the diet have not clearly shown that this is a breast cancer risk factor.

Most studies found that breast cancer is less common in countries where the typical diet is low in fat.

On the other hand, many studies of women in the United States have not found breast cancer risk to be linked to how much fat they ate.

Researchers are still not sure how to explain this difference. More research is needed to better understand the effect of the types of fat eaten and body weight on breast cancer risk.

The American Cancer Society recommends eating a healthy diet that includes five or more servings of vegetables and fruits each day, choosing whole grains over processed (refined)

grains, and limiting the amount of processed and red meats.

Antiperspirants and bras: Internet e-mail rumors have suggested that underarm antiperspirants can cause breast cancer.

There is very little evidence to support this idea. Also, there is no evidence to support the idea that bras cause breast cancer.

Abortions: Several studies show that induced abortions do not increase the risk of breast cancer.

Also, there is no evidence to show a direct link between miscarriages and breast cancer.

Breast implants: Silicone breast implants can cause scar tissue to form in the breast. But studies have found that this does not increase breast cancer risk.

If you have breast implants, you might need special x-ray pictures during mammograms.

Pollution: A lot of research is being done to learn how the environment might affect breast cancer risk.

At this time, research does not show a clear link between breast cancer risk and environmental pollutants.

Tobacco Smoke: Most studies have found no link between active cigarette smoking and breast cancer.

An issue that continues to be a focus of research is whether secondhand smoke (smoke from another person's cigarette) may increase the risk of breast cancer.

But the evidence about secondhand smoke and breast cancer risk in human studies is not clear. In any

case, a possible link to breast cancer is yet another reason to avoid being around secondhand smoke.

Night Work: A few studies have suggested that women who work at night (nurses on the night shift, for instance) have a higher risk of breast cancer.

This is a fairly recent finding, and more studies are being done to look at this.

For more information visit:

- www.cancer.gov/
- www.CancerEducation.com
- www2.mdanderson.org/cancerwise/
- www.hopkinskimmelcancercenter.org/
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Cancer survivor, Krie continues to encourage others

By Clara Osten
Of the Herald

At 39, Lynette Krie had not reached the age when doctors generally recommend getting a yearly mammogram.

However, in 1991, during a self-breast exam, she found a lump. The lump had not been detected during a check up six months before.

"The doctors found a 2.5 cm lump and determined that I had an aggressive form of breast cancer," Krie said.

She had a complete mastectomy at St. Luke's Hospital in Sioux City and lymph nodes were removed. However, no cancer was found in the lymph nodes.

"One of the scary parts of this time period was wondering if the cancer had spread to any other parts of my body," she said.

She began six months of chemotherapy. She indicated that she did not have to undergo radiation and took no additional drugs as she became part of a Mayo Clinic protocol. She is still part of that study.

She underwent chemotherapy and a pill for two weeks in a row and then was off for two weeks. She remembers losing all her hair, including her eyelashes.

"At that time I was working at the

bank in Laurel. My husband, Doug, and I had three children, ages 12, 14 and 16. I was able to continue working throughout the treatments," she said.

She credits her family, friends and the entire community for helping her throughout the treatment.

"I got sicker as time went on and fortunately had friends and family members who volunteered to take me to Sioux City for treatments. I believe a rural community is very supportive when something like this happens. I received lots of cards and flowers and often when I came home, there would be food, brought in my people from our church and throughout the community," Krie said.

Krie said that it took nearly a year before she got her energy back and felt like herself again.

After treatments were completed, Krie continued to be monitored for possible recurrence of the cancer. At first check-ups were every two months for a year. Then the time was extended to every three months and eventually six months.

Even though her diagnosis was 18 years ago, Krie continues to see her oncologist once a year. She does monthly self-exams and has a yearly

mammogram and chest x-ray. She noted that doctors do sometimes see a recurrence of cancer after 20 to 25 years.

Although Lynette is not part of any formal support group, she talks to others about cancer and encourages those with the disease to talk about it.

"After you have been through something like this, you learn a lot about procedures and terminology. I have learned a lot and am much more aware of what this disease is about" she said.

During the last 18 years, Krie has lost friends to cancer and continues to encourage others to take steps toward early detection.

She said more women are getting breast exams. This in turn leads to earlier detection of cancer and the ability to have a lumpectomy rather than a complete mastectomy.

Krie's family includes her husband, Doug, who she said 'was my rock' during the treatments, a son, Chris of Bow Valley, two daughter, Alissa Thompson and Trisha Reifenrath, both of Laurel and nine grandchildren.

Due to the fact their mother was diagnosed with breast cancer at an



early age, Krie's daughters have been encouraged to get mammograms at age 30 to determine a baseline reading.

Krie has been an active participant in Relay For Life events in both Wayne and Cedar Counties.

"When Wayne first started a Relay, our pastor's wife asked me to be on a team," she said. "I Relay for my daughters and granddaughters. I want to keep raising money for research so someday there will be a cure and no one will have to hear the words 'you have cancer.'"

Local resident shares her battle with breast cancer

Jeri Shear of Wayne had never really worried about getting breast cancer. Although she had a history of fibroids in her breast, she always scheduled her mammograms annually.

In May 2009, following a routine examination, Shear came to Faith Regional Health Services in Norfolk to have a diagnostic mammogram to examine a lump in her breast.

"At Faith Regional, all mammograms are checked by Computer Aided Detection and are double read by two board certified radiologists, increasing the chances of earlier-stage detection," stated LeAnne Brodersen, Radiology Manager at Faith Regional. "Earlier detection means better chances of survival.

Ultrasound services are available for those mammogram patients that need additional imaging evaluation and are done by a breast sonographer."

An ultrasound confirmed the lump. Within a week, Shear was scheduled for a biopsy of the breast tissue. The biopsy showed the tumor to be cancerous and Shear was diagnosed with stage 1 breast cancer.

On May 27, Shear was admitted to Faith Regional for a lumpectomy performed by Dr. Thomas Beutler, a general surgeon with Norfolk Medical Group, who removed the tumor along with some of the surrounding tissue.

"During the surgery, Dr. Beutler decided to remove more of the breast tis-

sue than we originally discussed," reported Shear. "By taking more breast tissue, my margins returned clear and less radiation treatments would be needed."

Shear received her radiation treatments at the Faith Regional Carson Cancer Center. At the Center, patients are given several options to treat breast cancer depending on their staging. In Shear's case, her breast cancer was in stage 1 when diagnosed so radiation treatments would eliminate any cancer cells present in the remaining tissue without undergoing chemotherapy.

"Receiving radiation treatments can significantly lower the chance of hav-

ing breast cancer return by up to 70 percent," remarked Dr. Mohammed Zahra, Medical Director of the Carson Cancer Center who prescribed Shear's radiation treatments. "Current modern day techniques have allowed many breast cancer patients to easily tolerate this treatment resulting in only minimal side effects to the localized area."


"I feel very fortunate that my cancer was caught while it was still considered stage 1," added Shear. "Everyone at Faith Regional and the Carson Cancer Center were very calming and reassuring during my entire treatment process and I left without having any unanswered questions."

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Breast exams provide early detection

The best way to find breast lumps is to do three things:

- * Have regular mammograms
- * Have a clinical breast exam
- * Check your breasts yourself

Doing all of these things gives you the best chance to find cancer as early as you can. Finding breast cancer early makes treatment much easier and more effective.

Clinical breast exam

A clinical breast exam is an examination of your breasts by a health professional, such as a doctor, nurse practitioner, nurse, or physician assistant. For this exam, you undress from the waist up. The health professional will first look at your breasts for abnormalities in size or shape, or changes in the skin of the breasts or nipple. Then, using the pads of the fingers, the examiner will gently feel (palpate) your breasts.

Special attention will be given to the shape and texture of the breasts, location of any lumps, and whether such lumps are attached to the skin or to deeper tissues. The area under both arms will also be examined.

The CBE is a good time for women who don't know how to examine their breasts to learn the right way to do it from their health care professionals. Ask your doctor or nurse to teach you and watch your technique.

Breast awareness and self-exam

Beginning in their 20s, women should be told about the benefits and limitations of breast self-exam. Women should be aware of how their breasts normally look and feel and report any new breast changes to a health professional as soon as they are found. Finding a breast change does not necessarily mean there is a cancer.

A woman can notice changes by knowing how her breasts normally look and feel and feeling her breasts for changes (breast awareness), or

by choosing to use a step-by-step approach and using a specific schedule to examine her breasts.

Women with breast implants can do BSE. It may be useful to have the surgeon help identify the edges of the implant so that you know what you are feeling. There is some thought that the implants push out the breast tissue and may make it easier to examine. Women who are pregnant or breastfeeding can also choose to examine their breasts regularly.

If you choose to do BSE, the following information provides a step-by-step approach for the exam. The best time for a woman to examine her breasts is when the breasts are not tender or swollen. Women who examine their breasts should have their technique reviewed during their periodic health exams by their health care professional.

It is acceptable for women to choose not to do BSE or to do BSE occasionally. Women who choose not to do BSE should still know how their breasts normally look and feel and report any changes to their doctor right away.

How to examine your breasts

Lie down on your back and place your right arm behind your head. The exam is done while lying down, not standing up. This is because when lying down the breast tissue spreads evenly over the chest wall and is as thin as possible, making it much easier to feel all the breast tissue.

Use the finger pads of the three middle fingers on your left hand to feel for lumps in the right breast. Use overlapping dime-sized circular motions of the finger pads to feel the breast tissue.

Use 3 different levels of pressure to feel all the breast tissue. Light pressure is needed to feel the tissue closest to the skin; medium pressure to feel a little deeper; and firm pressure to feel the tissue closest to the chest and ribs. It is normal to feel a firm ridge in the lower curve of each breast, but, you

should tell your doctor if you feel anything else out of the ordinary. If you're not sure how hard to press, talk with your doctor or nurse. Use each pressure level to feel the breast tissue before moving on to the next spot.

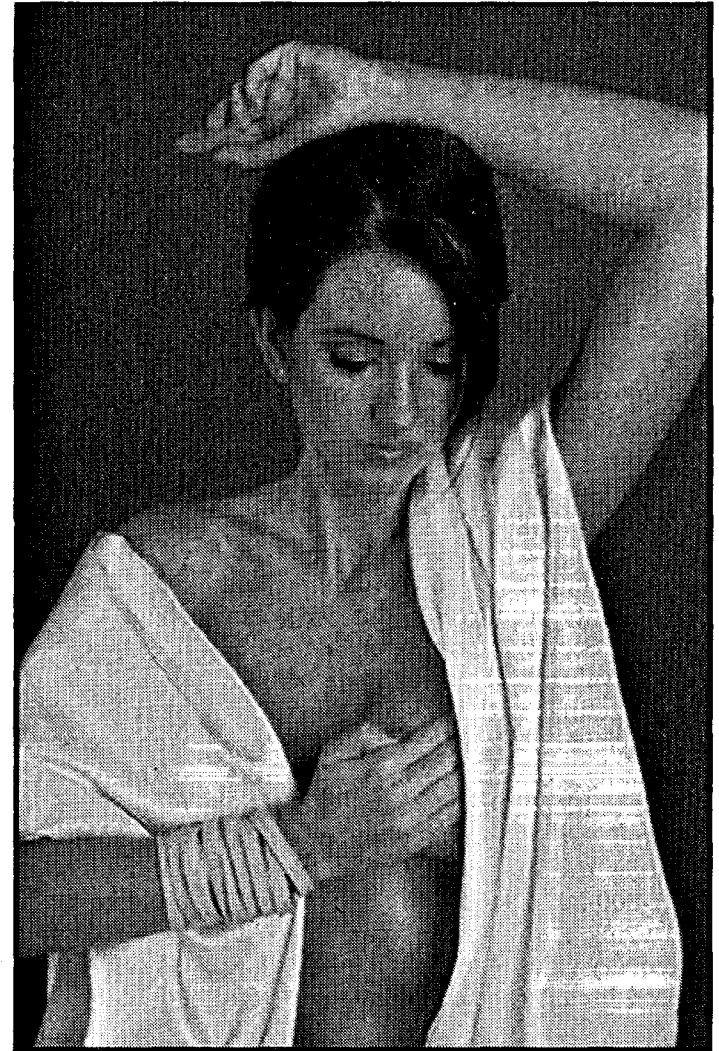
Breast Self Examination

Move around the breast in an up and down pattern starting at an imaginary line drawn straight down your side from the underarm and moving across the breast to the middle of the chest bone (sternum or breastbone). Be sure to check the entire breast area going down until you feel only ribs and up to the neck or collar bone (clavicle).

There is some evidence to suggest that the up-and-down pattern (sometimes called the vertical pattern) is the most effective pattern for covering the entire breast without missing any breast tissue.

Repeat the exam on your left breast, putting your left arm behind your head and using the finger pads of your right hand to do the exam.

While standing in front of a mirror with your hands pressing firmly down on your hips, look at your breasts for any changes of size, shape, contour, or dimpling, or redness or scaliness of the nipple or breast skin. (The pressing down on the hips position contracts the chest wall muscles and enhances any breast changes.)

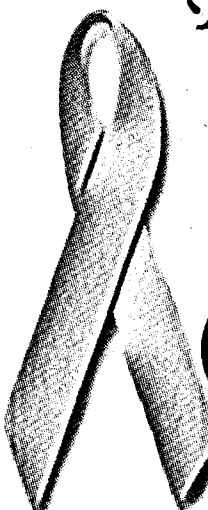


Examine each underarm while sitting up or standing and with your arm only slightly raised so you can easily feel in this area. Raising your arm straight up tightens the tissue in this area and makes it harder to examine.

This procedure for doing breast self-exam is different from previous recommendations. These changes represent an extensive review of the medical literature and input from an expert advisory group. There is evidence that this position (lying down), the area felt, pattern of coverage of the breast, and use of different amounts of pressure increase a woman's ability to find abnormal areas.

Breast Cancer

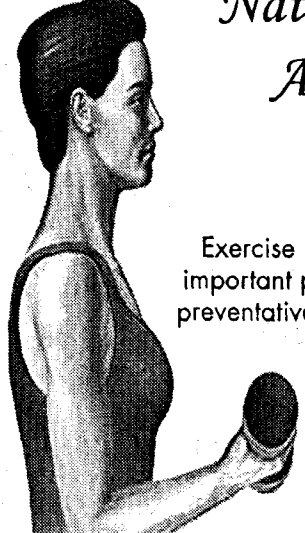
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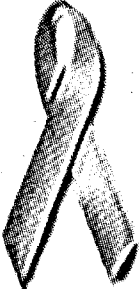


Exercise is an important part of preventative care.

Lifestyle changes, a healthy diet, cautious use of select antioxidants, exercise and weight reduction can help reduce the chance of developing breast cancer.

-Dr. DeNaeyer, Bev & Karen

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Reach to Recovery Program assists newly diagnosed breast cancer patients

American Cancer Society Reach to Recovery volunteers know the pain and uncertainty a breast cancer diagnosis can bring. As breast cancer survivors, these women have now vowed to help women who are just beginning their breast cancer journey.

The American Cancer Society's Reach to Recovery is a volunteer visitation program that matches breast cancer survivors with women concerned about breast cancer. Volunteers help other women through the recovery process by listening to concerns, offering emotional support, and recommending community resources. The American Cancer Society offers extensive training to volunteers before their one-on-one meetings with patients.

Reach to Recovery volunteers are currently available in most Nebraska communities. To schedule a visit or to find out more about the program, contact the American Cancer Society at 1-800-227-2345.

During a one-on-one visit, Reach to Recovery volunteers help a newly diagnosed breast cancer patient by listen-

ing to questions and concerns and by sharing personal experiences. Visitors provide information and practical tips and can refer patients to health care professionals for medical questions. Reach to Recovery also provides information and support for the loved ones of breast cancer patients.

The American Cancer Society hopes to recruit new visitors and patients across the state of Nebraska. If you are a breast cancer survivor who is ready to reach out and help others, please call your American Cancer Society, 1-800-227-2345. Women can learn more about the American Cancer Society's breast cancer programs by calling their 24-hour cancer information line at 1-800-227-2345 or visiting their Web site at www.cancer.org.

The American Cancer Society is the nationwide, community-based, voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives and diminishing suffering from cancer, through research, education, advocacy and service

Limitations of mammograms

A mammogram cannot prove that an abnormal area is cancer. To confirm whether cancer is present, a small amount of tissue must be removed and looked at under a microscope. This procedure is called a biopsy.

You should also be aware that mammograms are done to find cancers that can't be felt. If you have a breast lump, you should have it checked by your doctor, who may recommend a biopsy even if your mammogram result is normal.

For some women, such as those with breast implants, additional pictures may be needed. Breast implants make it harder to see breast tissue on standard mammograms, but additional x-ray pictures

with implant displacement and compression views can be used to more completely examine the breast tissue.

Mammograms are not perfect at finding breast cancer. They do not work as well in younger women, usually because their breasts are dense and can hide a tumor. This may also be true for pregnant women and women who are breast-feeding.

However, this can be a problem for young women who are at high risk for breast cancer because they often develop breast cancer at a younger age.

The American Cancer Society now recommends MRI scans in addition to mammograms for screening in these women.

Surgical treatments for breast cancer

In recent years, life saving treatments against breast cancer have taken a giant leap, bringing new hope to those faced with this disease.

Breast cancer may be one of the oldest known forms of cancerous tumors in humans, with the oldest description discovered in Egypt and dating back to approximately 1600 BC. According to the American Cancer Society, writings on the disease stated there was no treatment and for centuries physicians described similar cases in their practices with the same conclusion.

Today, that conclusion does not apply; there's an overwhelming menu of treatment options for the different types of breast cancer.

"Once diagnosed with breast cancer, patients should begin to write down any questions they have. They should ask their oncologist, surgeon and their doctors the same questions in order to have a better understanding of the different treatments and what to expect," stated Dr. Charles K. Heller III, a general surgeon.

"There is a large movement in the care of women with breast cancer for breast conservation therapy, shown to be equal to mastectomy," stated Dr. Heller. Adding "...most woman do opt for breast conservation therapy."

With this type of surgery, only a part of the affected breast is removed, although how much is removed depends on the size and location of the tumor among other factors.

A lumpectomy removes only the breast lump and a surrounding margin of normal tissue. If cancer cells are found at any of the edges of the piece of tissue removed, it is said to have positive margins. When no cancer cells are found at the edges of the tissue, it is said to have negative or clear margins.

According to Dr. Heller, the word cancer originated from Latin, refer-

encing a crab. Most likely the name was applied to the disease because of the finger-like spreading projections of cancer resembling the legs of a crab.

"You can look, feel and think you are getting negative margins, but there could be one of those finger like projections that you can't see because it's at the cellular level, extending beyond your margin," stated Dr. Heller.

If positive margins are found in the tissue, the surgeon may need to go back and remove more tissue.




Another type of surgery is a mastectomy, which involves removing all of the breast tissue, sometimes along with other nearby tissues.

In a simple or total mastectomy, the surgeon removes the entire breast, including the nipple. A modified radical mastectomy is a simple mastectomy plus removal of axillary (underarm) lymph nodes and a radical mastectomy is an extensive operation, where the surgeon removes the entire breast, axillary lymph nodes and the pectoral (chest wall) muscles.

According to the American Cancer Society, a modified radical mastectomy has been proven to be just as effective — without the disfigurement and side effects of a radical mastectomy.

A mastectomy can also be done as a preventive treatment. This procedure is called prophylactic mastectomy, the preventive removal of the breast to lower the risk of breast cancer in high-risk people.

"Preventive mastectomy is a big decision for someone who doesn't yet have breast cancer," said Dr. Heller. "The options at that point are surgical and that's the best for reducing the risk up to 80 to 90 percent. If you choose prevention, there are other trials that show risk reduction. Using hormonal agents, reduces risk by 50 to 60 percent, which is real if you don't want a surgery option."

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Breast Cancer Awareness

Hormone therapy increases risk of breast cancer

According to a new study, if, women soon after beginning estrogen plus progestin hormone replacement therapy develop new-onset breast tenderness, they can be said to be at a higher risk of breast cancer than others who do not experience the same problem.

Publishing the study's findings in the Oct. 12, issue of the Archives of Internal Medicine, researchers examined breast tenderness and the occurrence of cancer in over 16,000 patients participating in the Women's Health Initiative estrogen-plus-progestin clinical trial.

Used by many thousands of women for treating menopause symptoms, while HRT has been proven to help with problems like hot flashes, it also carries some rare though serious side effects e. g. a slightly higher risk of blood clots, strokes and breast cancer.

HRT, according to official guidelines is helpful during the menopause, however, women are advised to take the lowest dose that works, for the shortest possible time.

According to mammography lab tests, in comparison with the placebo-controlled group, wom-

en on hormone therapy who did not suffer from tender breasts when the trial began, were three times more likely to develop tenderness after a year into the trial.

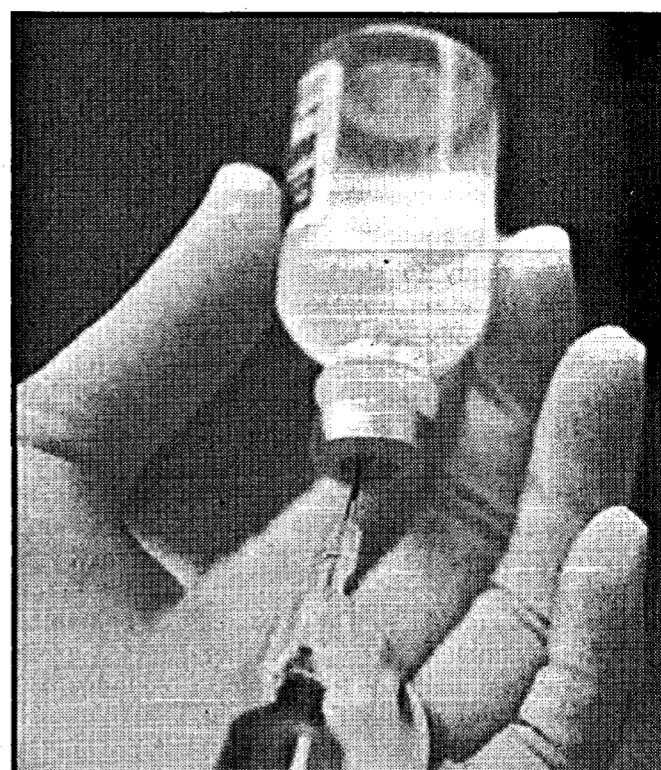
Furthermore, they also experienced a 48 percent higher risk of invasive breast cancer, as compared to those on the combination therapy who even after a year, did not report any signs of tenderness.

UCLA's lead researcher, Dr. Carolyn J. Crandall hypothesizes that: "Hormone therapy is causing breast-tissue cells to multiply more rapidly, which causes breast tenderness," increasing the risk of developing cancer.

The trial was stopped in 2002 after researchers discovered the combination therapy resulted in an elevated cancer risk in healthy menopausal women.

According to the Centers for Disease Control and Prevention, a total of 41,116-women and 375-men died from breast cancer in 2005.

If you are taking HRT, it is recommended you inform your doctor of any breast tenderness while taking the therapy, allowing your doctor to help you weigh the risks and benefits of treatment.



Breast cancer risk and lifestyle choices

Not having children or having them later in life: Women who have had not had children, or who had their first child after age 30, have a slightly higher risk of breast cancer. Being pregnant many times and at an early age reduces breast cancer risk. Being pregnant lowers a woman's total number of lifetime menstrual cycles, which may be the reason for this effect.

Recent use of birth control pills: Studies have found that women who are using birth control pills have a slightly greater risk of breast cancer than women who have never used them. This risk seems to go back to normal over time once the pills are stopped. Women who stopped using the pill more than 10 years ago do not seem to have any increased risk.

Using post-menopausal hormone therapy: Post-menopausal hormone therapy (also known as hormone replacement therapy or HRT), has been used for many years to help relieve symptoms of menopause and to help prevent osteoporosis.

There are two main types of PHT. For women who still have a uterus, doctors most often prescribe estrogen and progesterone (known as combined PHT). Estrogen alone can increase the risk of cancer of the uterus, so progesterone is added to help prevent this. For women who no longer have a uterus, estrogen alone can be prescribed. This is known as estrogen replacement therapy.

*** Combined PHT:** Use of combined PHT increases the risk of getting breast cancer. It may also increase the chances of dying from breast cancer. Breast cancer may also be found at a more advanced stage. Five years after stopping PHT, the breast cancer risk seems to drop back to normal.

*** ERT:** The use of estrogen alone does not seem to increase the risk of developing breast cancer very much, if at all. But when used long-term (for more than 10 years), some studies have found that ERT increases the risk of ovarian and breast cancer.

Not breast-feeding: Some studies have shown that breast-feeding slightly lowers breast cancer risk, especially if the breast-feeding lasts 1½ to 2 years. This could be because breast-feeding lowers a woman's total number of menstrual periods, as does pregnancy.


Alcohol: Use of alcohol is clearly

linked to an increased risk of getting breast cancer. Women who have one drink a day have a very small increased risk. Those who have two to five drinks daily have about 1½ times the risk of women who drink no alcohol. The American Cancer Society suggests limiting the amount you drink to one drink a day.

Being overweight or obese: Being overweight or obese is linked to a higher risk of breast cancer, especially for women after change of life or if the weight gain took place during adulthood. Also, the risk seems to be higher if the extra fat is around the waist. But the link between weight and breast cancer risk is complex. And studies of fat in the diet as it relates to breast cancer risk have often given conflicting results. The American Cancer

Society recommends you stay at a healthy weight throughout your life and avoid gaining too much weight.

Lack of exercise: Studies show that exercise reduces breast cancer risk. The only question is how much exercise is needed. One study found that as little as one hour and 15 minutes to 2½ hours of brisk walking per week reduced the risk by 18 percent. The American Cancer Society suggests that you exercise for 45 to 60 minutes five or more days a week.




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New hope: Breast cancer detection goes beyond mammography to see what matters

New technology - Molecular Breast Imaging/Breast-Specific Gamma Imaging - reveals early stage cancers that other tests may miss

"We were ready to start a family when a mammogram revealed an abnormal mass in my left breast," said Staci Sansolo, 34, of New Jersey.

A biopsy revealed the mass was not cancer, but a second-round test found another area of concern.

Due to family history of breast cancer, Sansolo underwent Molecular Breast Imaging/Breast-Specific Gamma Imaging to rule out any additional abnormalities. The new diagnostic technology found another suspicious area, and this time a biopsy confirmed malignancy. Staci's cancer was found at the earliest stage thanks to MBI/BSGI.

With MBI/BSGI, physicians are able to view cellular activity that can reveal breast cancer, even in difficult-to-screen breasts. This new technology helps physicians and their patients "see what matters" and discover cancer early so treatment can begin and greatly increase the chances for survival.

MBI/BSGI utilizes a high-resolution, compact gamma camera called the Dilon 6800®. The patient receives

a pharmaceutical tracing agent that is absorbed by all the cells in the body. Due to their increased rate of metabolic activity, cancerous cells in the breast absorb a greater amount of the tracing agent than normal, healthy cells and generally appear as "dark spots" on the MBI/BSGI image. BSGI is used as a follow-up to mammography, and is especially useful for patients who have dense breasts, scar tissue, implants, or palpable lesions that cannot be detected using mammography or ultrasound.

A Second Opinion

When Sansolo's mammogram came back abnormal, her mother, a breast cancer survivor, suggested a second opinion from her own physician, Dr. Susan K. Boolbol, Chief of Breast Surgery at Beth Israel Medical Center, New York. It was Dr. Boolbol who ordered the MBI/BSGI test.

A 2009 study from Beth Israel Medical Center revealed that additional breast cancer was found in 9 percent of patients when screened with MBI/BSGI, as presented at the American

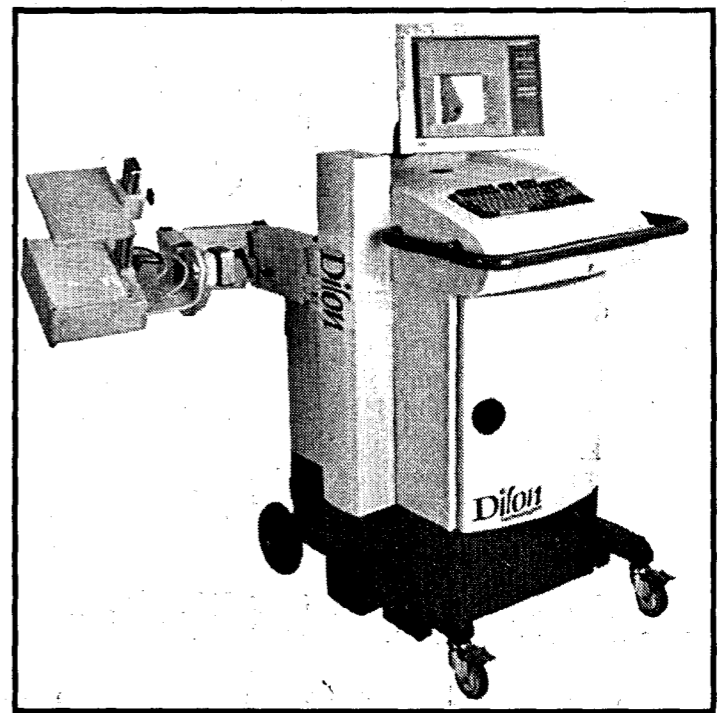
Society of Breast Surgeons 2009 Annual Meeting in San Diego.

"Especially in this month of breast cancer awareness, women need to know about new diagnostic tools that are helping to detect breast cancer," said Dr. Boolbol. "Technology is making it possible to perform tests in addition to mammography and ultrasound. BSGI is one more tool that we use to diagnose breast cancer early."

Thanks to the new technology of MBI/BSGI, Sansolo is enjoying motherhood with her baby girl and husband - an experience that may have been cut short if her cancer was not found so early.

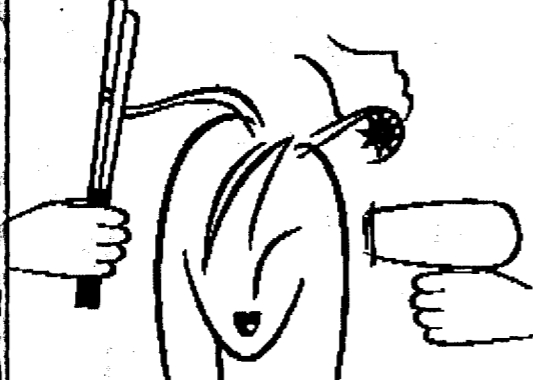
"It gives me peace of mind to know

that MBI/BSGI pinpointed the cancer and found what the mammograms and ultrasounds did not," said Sansolo. "Without it, who knows if my cancer would have been detected as quickly as it was."



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The facts about digital mammograms

A digital mammogram (also known as a full-field digital mammogram or FFDM) is like a standard mammogram in that x-rays are used to produce an image of your breast.

The differences are in the way the image is recorded, viewed by the doctor and stored.

Standard mammograms are recorded on large sheets of photographic film. Digital mammo-

grams are recorded and stored on a computer.

After the exam, the doctor can view them on a computer screen and adjust the image size, brightness, or contrast to see certain areas more clearly.

Digital images can also be sent electronically to another site for a remote consult with breast specialists. While many centers do not offer the digital option at this

time, it is expected to become more widely available in the future.

Because digital mammograms cost more than standard mammograms, studies are now under way to determine which form of mammogram will benefit more women in the long run.

Some studies have found that women who have FFDM have to return less often for additional imaging tests because of inconclusive areas on the original mammogram.

A recent large study found that FFDM was more accurate in finding cancers in women younger than 50 and in women with dense breast tissue, although the rates of inconclusive results were similar between FFDM and film mammograms. It is important to remember that a standard film mammogram also is effective for these groups of women, and that they should not miss their regular mammogram if digital mammography is not available.

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Breast Cancer Patient Protection Act of 2009

This is a bill in the U.S. Congress originating in the House of Representatives. A bill must be passed by both the House and Senate and then be signed by the President before it becomes law.

To require that health plans provide coverage for a minimum hospital stay for mastectomies, lumpectomies, and lymph node dissection for the treatment of breast cancer and coverage for secondary consultations.

Amends the Employee Retirement Income Security Act of 1974, the Public Health Service Act and the Internal Revenue Code to require a group health plan that provides medical and surgical benefits to ensure that inpatient (and in the case of a lumpectomy, outpatient) coverage and radiation therapy are provided for breast cancer treatment.

Prohibits such a plan from: (1) restricting benefits for any hospital length of stay to less than 48 hours in connection with a mastectomy or breast conserving surgery or 24 hours in connection with a lymph node dissection, insofar as the attending physician, in consultation with the patient, determines such stay to be medically necessary; or (2) requiring that a provider obtain authorization from the plan or issuer for prescribing any such length of stay.

Requires such a plan or issuer to: (1) provide notice to each participant and beneficiary regarding the coverage required under this Act; and (2) ensure that coverage is provided for secondary consultations.

Prohibits a group health plan from taking specified actions to avoid the requirements of this Act. Applies such requirements to health insurance issuers offering coverage in the individual market.

Allows a health insurance issuer that provides individual health insurance coverage to non-renew or discontinue an individual's coverage based on the intentional concealment of material facts regarding a health condition related to the condition for which coverage is being claimed.

What is a Ductogram?

This test, also called a galactogram, is sometimes helpful in determining the cause of nipple discharge. Most nipple discharges or secretions are not cancer. In general, if the secretion appears milky or clear green, cancer is very unlikely. If the discharge is red or red-brown, suggesting that it contains blood, it might possibly be caused by cancer, although an injury, infection, or benign tumors are more likely causes.

In this test a very thin plastic tube is placed into the opening of the duct at the nipple. A small amount of contrast material is injected that outlines the shape of the duct on an x-ray image and shows if there is a mass inside the duct.

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Famous Breast Cancer Survivors

Edie Falco
 "Sopranos" star Edie Falco was diagnosed with breast cancer in 2003, and secretly battled it.

Melissa Etheridge
 Diagnosed in 2004 with breast cancer, Etheridge is doing well.

Suzanne Somers
 Actress and author Suzanne Somers was the source of much controversy when she decided to forgo standard treatment and opted alternative therapy and holistic medicine instead.

Rue McClanahan
 Star of the hit sitcom "Golden Girls," Rue McClanahan became a survivor in 1997, after finding a pea sized lump in her breast.

Linda Ellerbee
 Journalist and now survivor, Ellerbee found a lump in 1991 and treated with a bi-lateral mastectomy.

Jill Eikenberry
 "L.A. Law" star discovered a lump in 1986 and chose a lumpectomy for treatment.

Ann Jillian
 Actress turned motivational speaker, tours recounting her journey with breast cancer.

Sandra Day O'Connor
 Supreme Court battled breast cancer in 1982. She was treated with a mastectomy, and returned to work six days later.

Lynn Redgrave
 Actress and author, Redgrave is the sister to Vanessa Redgrave. She is also the aunt of actresses Miranda Richardson and Jolie Richardson. More importantly is a breast cancer survivor.

Cokie Roberts
 A diagnostic mammogram revealed a tumor in Robert's left breast. It was initially found by her doctor. A lumpectomy was the treatment method.

Shirley Temple Black
 Child actress, Shirley Temple found a lump in 1972, and had a mastectomy.

Anastacia
 The singer was diagnosed in 2003 and now raises breast cancer awareness since becoming a survivor.

Peter Criss
 A founding member of KISS, received treatment for a tumor in his breast. The 63-year-old survivor is now doing his best to raise awareness of male breast cancer.

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Top 4 breast cancer books

Breast cancer is one of the most frightening diagnosis a woman may ever hear. Learn everything you need to know about breast cancer symptoms, diagnosis, treatment and risks in these wonderful books.

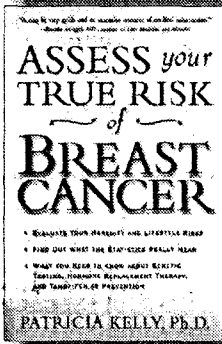
1. Advanced Breast Cancer: Holding Tight, Letting Go...

Every woman facing breast cancer should have a copy of this outstanding and supportive book that offers information to help women cope with the shock of breast cancer recurrence, and provides extensive information about dealing with the medical profession, family, and friends.



2. Assess Your True Risk Of Breast Cancer

An invaluable resource for any woman trying to decipher the often-confusing hodgepodge of information about breast cancer and personal breast cancer risk.



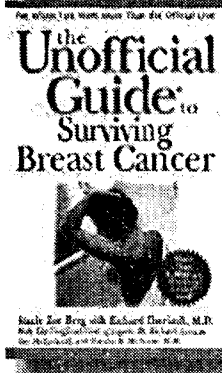
3. From This Moment On: A Guide for Those Recently Diagnosed with Cancer

No matter what page you open this amazing book to, you are sure to find something that inspires and motivates you to live the rest of your life to the max. This book is an excellent gift for someone recently diagnosed with cancer, as well as for those who love them.



4. The Unofficial Guide to Surviving Breast Cancer

A panel of medical experts is incorporated as the author explores the many facets of breast cancer survival. Provides insights of patients who have battled this disease and offers extensive material that helps women understand the challenges they face. Not just for diagnosed patients, this comprehensive book explores prevention, as well as treatment options for those diagnosed with breast cancer.



Sheryl Crow undergoes breast cancer surgery

Singer postpones tour, but publicist says prognosis is excellent

Sheryl Crow says she is recovering from breast cancer surgery and doctors have assured her she should make a full recovery.

Crow had the surgery in Los Angeles on Wednesday and is recovering without complications, her publicist, Dave Tomberlin, said.

"Her doctors think her prognosis is excellent," said Tomberlin.

In a statement posted on her Web site, Crow called the surgery "minimally invasive" and said she will be undergoing radiation treatment as a precaution. She said she benefited from early detection, and urged other women to have themselves checked.

"I am inspired by the brave women who have faced this battle before me and grateful for the support of family and friends," the 44-year-old rock star said.

Crow's former fiance, cycling champion Lance Armstrong, said in a statement Friday night that he was "devastated" by her illness.

"Once again I'm reminded of just how pervasive this illness is, as it has now touched someone I love deeply," said Armstrong, who is a survivor of testicular cancer.

Crow and Armstrong, 34, announced earlier this month they were splitting up. It would have been the Grammy-winning rocker's first marriage and the second for Armstrong, a seven-time Tour de France cycling champion.

Crow has said her most recent album, the Grammy-nominated "Wildflower," was inspired by their relationship.

On her Web site she urged people with questions about cancer to contact the LIVESTRONG Survivor Care group that Armstrong founded.

"Based on my contact in recent days with Sheryl, her doctor and her family, I am confident that she will have a full and complete recovery and the world will be a better place for it," said Armstrong, who asked that Crow's fans keep her "in your thoughts and prayers."



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Diet changes may reduce breast cancer risk

National Breast Cancer Awareness Month celebrates its 25th anniversary this year.

According to its Web site, the organization is a partnership of national public service groups, professional medical associations and government agencies working together to promote awareness, share information and provide access to more screening of breast cancer.

Is there a link between what we eat and breast cancer?

Women with a diet of high fat foods could be doubling their risk according to scientists funded by the Medical Research Council and Cancer Research.

The research concluded women who eat more than 90 grams of fat per day had twice the risk of breast cancer than those who eat less than 40 grams a day.

The U.S. Nurses' Health study involving more than 90,000 women also found women who eat lots of red meat and full-fat dairy products such as cheese are raising their breast cancer risk.

Italian researchers reported a macrobiotic diet could substantially reduce hormonal levels associated with higher risk of breast cancer. Known as the DIANA (Diet and Androgens) Trial, the study was conducted by the National Tumor Institute in Milan and divided women into two groups.

The control group continued eating as they usually did and the intervention group of women shifted from animal to vegetable sources.

They also reduced their meat consumption from daily to one or two times a week, dairy was halved and butter virtually eliminated.

Soy products were consumed on average 1.7 times daily and sea vegetables used every other day. Brown rice and other whole grains were consumed 2.5 times per day compared to 0.5 times by controls, and intake of legumes, cruciferous vegetables and berries were four to eight times higher.

Total cholesterol decreased from 240 to 206, compared to 230 in the control group. The intervention group lost more weight and underwent significant improvements in the five major hormonal and metabolic values associated with breast cancer risk.

The researchers concluded that a dietary strategy that combines lowered total fat intake with increased intake of dietary fibers from cereals, legumes and vegetables could reduce risk of breast cancer.

Soy nuts

3 cup whole dry soy beans
2 quarts cold water
Sea salt

Soak soy beans overnight in water. Drain well and spread evenly on a lightly oiled cookie sheet. Sprinkle with salt.

Bake in a 300 degree oven, shaking the pan every 15 minutes for about one hour or until soy beans are crisp and lightly browned.

Yields about four cups soy nuts.

Sweet and Sour Soy Stir Fry

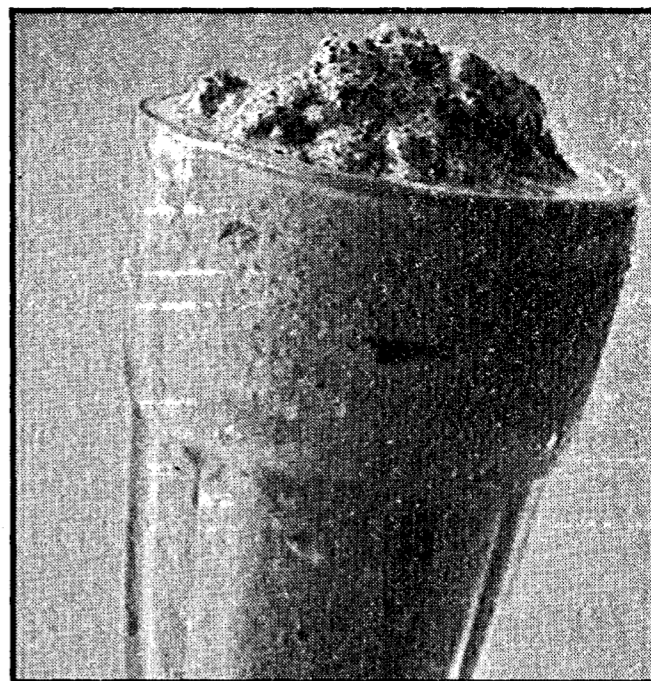
2 tablespoons soy sauce
1 tablespoon apple cider vinegar
1 tablespoon creamy peanut butter
1 teaspoon brown sugar
1 (12-ounce) package firm tofu, drained
2 tablespoons olive oil
1 tablespoon fresh ginger, minced
1 tablespoon garlic, finely chopped
2 cups bean sprouts, washed and drained
3 green onions, sliced with tops
3 cups hot cooked brown rice
3 tablespoons peanuts, chopped

In a small bowl combine the soy sauce, vinegar, peanut butter and brown sugar.

Mix well and set aside. Cut tofu into 1/2-inch cubes. Heat a wok or large skillet on medium heat, add oil and tofu. Cook and stir until tofu begins to brown, approximately five minutes.

Gently remove tofu from wok and keep warm. In the same pan, stir fry ginger and garlic until they start to brown.

Add soy sauce mixture and return tofu to the pan. Add bean sprouts and green onions and stir-fry just long



enough to coat everything with the sauce.

Serve over cooked rice. Garnish with peanuts to serve four.

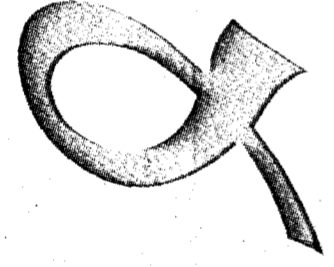
Super Soy Milkshake

1 cup soy milk
1/4 cup silken tofu
2 tablespoons unsweetened cocoa powder
1/2 teaspoon Stevia or 2 teaspoons sugar
1/2 teaspoon vanilla
2 cups crushed ice

Combine all ingredients in blender container. Process on high speed until smooth and thick.

Pour into two glasses and serve immediately.

**MAKING STRIDES
Against Breast Cancer**



1. The most common risk factor of breast cancer is:

- Age
- Breast cancer genes
- Family history
- All of the above

Answers on Page 21

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Newer technologies for breast cancer screening

Mammography is the current standard test for breast cancer screening. MRI is also recommended along with mammograms for some women at high risk for breast cancer. Other tests, such as ultrasound, are now being studied as well.

Magnetic resonance imaging

For certain women at high risk for breast cancer, screening magnetic resonance imaging is recommended along with a yearly mammogram. MRI is not generally recommended as a screening

tool by itself, because although it is a sensitive test, it may still miss some cancers that mammograms would detect. MRI may also be used in other situations, such as to better examine suspicious areas found by a mammogram. MRI can also be used in women who have already been diagnosed with breast cancer to better determine the actual size of the cancer and to look for any other cancers in the breast.

MRI scans use magnets and radio waves, instead of x-rays, to produce very detailed, cross-sectional images of

the body. The most useful MRI exams for breast imaging use a contrast material (gadolinium) that is injected into a small vein in the arm before or during the exam. This improves the ability of the MRI to clearly show breast tissue details.

MRI scans can take a long time -- often up to an hour. You have to lie inside a narrow tube, which is confining and may upset people with claustrophobia. The machine makes loud buzzing and clicking noises that you may find disturbing. Some places provide headphones with music to block this noise out.

Although MRI is more sensitive in detecting cancers than mammograms, it also has a higher false-positive rate (when the test finds something that turns out not to be cancer), which results in more recalls and biopsies. This is why it is not recommended as a screening test for women at average risk of breast cancer, as it would result in unneeded biopsies and other tests in a large portion of these women.

Just as mammography uses x-ray machines that are specially designed to image the breasts, breast MRI also requires special equipment. Breast MRI machines produce higher quality images than MRI machines designed for head, chest, or abdominal MRI scanning. However, many hospitals and imaging centers do not have dedicated breast MRI equipment available. It is important that screening MRIs are done at facilities that can perform an MRI-guided breast biopsy. Otherwise, the entire scan will need to be repeated at another facility when the biopsy is done.

MRI is more expensive than mammography. Most major insurance companies will likely pay for these screening tests if a woman can be shown to be at high risk, but it's not yet clear if all companies will. At this time there are concerns about costs of and limited access to high-quality MRI breast screening services for women at high

risk of breast cancer.

Breast ultrasound

Ultrasound, also known as sonography, is an imaging method in which sound waves are used to look inside a part of the body. For this test, a small, microphone-like instrument called a transducer is placed on the skin (which is often first lubricated with ultrasound gel). It emits sound waves and picks up the echoes as they bounce off body tissues. The echoes are converted by a computer into a black and white image that is displayed on a computer screen. This test is painless and does not expose you to radiation.

Breast ultrasound is sometimes used to evaluate breast problems that are found during a screening or diagnostic mammogram or on physical exam. Breast ultrasound is not routinely used for screening. Some studies have suggested that ultrasound may be a helpful addition to mammography when screening women with dense breast tissue (which is hard to evaluate with a mammogram), but the use of ultrasound instead of mammograms for breast cancer screening is not recommended.

Ultrasound is useful for evaluating some breast masses and is the only way to tell if a suspicious area is a cyst (fluid-filled sac) without placing a needle into it to aspirate (pull out) fluid. Cysts cannot be accurately diagnosed by physical exam alone. Breast ultrasound may also be used to help doctors guide a biopsy needle into some breast lesions.

Ultrasound has become a valuable tool to use along with mammograms because it is widely available, non-invasive, and less expensive than other options.

However, the effectiveness of an ultrasound test depends on the operator's level of skill and experience.

Although ultrasound is less sensitive than MRI (that is, it detects fewer tumors), it has the advantage of being more available and less expensive.

The importance of finding breast cancer early

The goal of screening exams for early breast cancer detection is to find cancers before they start to cause symptoms.

Screening refers to tests and exams used to find a disease, such as cancer, in people who do not have any symptoms.

Early detection means using an approach that allows earlier diagnosis of breast cancer than otherwise might have occurred.

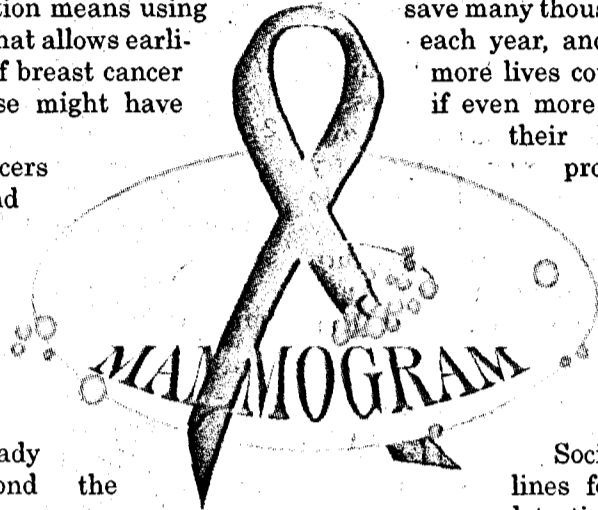
Breast cancers that are found because they are causing symptoms tend to be larger and are more likely to have already spread beyond the breast.

In contrast, breast cancers found during screening exams are more likely to be smaller

and still confined to the breast.

The size of a breast cancer and how far it has spread are some of the most important factors in predicting the prognosis (outlook) of a woman with this disease.

Most doctors feel that early detection tests for breast cancer save many thousands of lives each year, and that many more lives could be saved if even more women and their health care providers took advantage of these tests.



Following the American Cancer Society's guidelines for the early detection of breast

cancer improves the chances that breast cancer can be diagnosed at an early stage and treated successfully.

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Early Detection is Key

ACS recommendations for early breast cancer detection in women without symptoms

Women age 40 and older should have a mammogram every year and should continue to do so for as long as they are in good health.

* Current evidence supporting mammograms is even stronger than in the past. In particular, recent evidence has confirmed that mammograms offer substantial benefit for women in their 40s. Women can feel confident about the benefits associated with regular mammograms for finding cancer early. However, mammograms also have limitations. A mammogram can miss some cancers, and it may lead to follow up of findings that are not cancer.

* Women should be told about the benefits and limitations linked with yearly mammograms. But despite their limitations, mammograms are still a very effective and valuable tool for decreasing suffering and death from breast cancer.

* Mammograms should be continued regardless of a woman's age, as long as she does not have serious, chronic health problems such as congestive heart failure, end-stage renal disease, chronic obstructive pulmonary disease, and moderate to severe dementia. Age alone should not be the reason to stop having regular mammograms. Women with serious health problems or short life expectancies should discuss with their doctors whether to continue having mammograms.

Women in their 20s and 30s should have a clinical breast exam as part of a periodic (regular) health exam by a health professional preferably every three years. Starting at age 40, women should have a CBE by a health professional every year.

* CBE is done along with mammograms and offers a chance for women and their doctor or nurse to discuss changes in their breasts, early detection testing, and factors in the woman's history that might make her more likely to have breast cancer.

* There may be some benefit in having the CBE shortly before the mammogram. The exam should include instruction for the purpose of getting more familiar with your own breasts. Women should also be given information about the benefits and limitations of CBE and breast self-examination. The chance of breast cancer occurring is very low for women in their 20s and gradually increases with age. Women should be told to promptly report any new breast symptoms to a health professional.

Breast self-examination is an option for women starting in their 20s. Women should report any breast changes to their health professional right away.

* Research has shown that BSE plays a small role in finding breast cancer compared with finding a breast lump by chance or simply being aware of what is normal for each woman. Some women feel very comfortable doing BSE regularly (usually monthly after their period) which involves a systematic step-by-step approach to examining the look and feel of one's breasts. Other women are more comfortable simply feeling their breasts in a less systematic approach, such as while showering or getting dressed or doing an occasional thorough exam. Sometimes, women are so concerned about "doing it right" that they become stressed over the technique. Doing BSE regularly is one way for women to know how their breasts normally look and feel and to notice any changes. The goal, with or without BSE, is to report any breast changes to a doctor or nurse right away.

* Women who choose to use a step-by-step approach to BSE should have their BSE technique reviewed during their physical exam by a health professional. It is okay for women to choose not to do BSE or not to do it on a regular schedule such as once every month. However, by doing the exam regularly, you get to know how your breasts nor-

mally look and feel and you can more readily find any changes. If a change occurs, such as development of a lump or swelling, skin irritation or dimpling, nipple pain or retraction (turning inward), redness or scaliness of the nipple or breast skin, or a discharge other than breast milk (such as staining of your sheets or bra), you should see your health care professional as soon as possible for evaluation. Remember that most of the time, however, these breast changes are not cancer.

Women at high risk (greater than 20 percent lifetime risk) should get an MRI and a mammogram every year. Women at moderately increased risk (15-20 percent lifetime risk) should talk with their doctors about the benefits and limitations of adding MRI screening to their yearly mammogram. Yearly MRI screening is not recommended for women whose lifetime risk of breast cancer is less than 15 percent.

Women at high risk include those who:

- * have a known BRCA1 or BRCA2 gene mutation
- * have a first-degree relative (parent, brother, sister or child) with a BRCA1 or BRCA2 gene mutation, and have not had genetic testing themselves
- * have a lifetime risk of breast cancer of 20-25 percent or greater, according to risk assessment tools that are based mainly on family history (see below)
- * had radiation therapy to the chest when they were between the ages of 10 and 30 years
- * have Li-Fraumeni syndrome, Cowden syndrome, or Bannayan-Riley-Ruvalcaba syndrome, or have one of these syndromes in first-degree relatives

Women at moderately increased risk include those who:

- * have a lifetime risk of breast cancer of 15-20 percent, according to risk assessment tools that are based mainly on family

history (see below)

* have a personal history of breast cancer, ductal carcinoma in situ, lobular carcinoma in situ, atypical ductal hyperplasia or atypical lobular hyperplasia

* have extremely dense breasts or unevenly dense breasts when viewed by mammograms

If MRI is used, it should be in addition to, not instead of, a screening mammogram. This is because although an MRI is a more sensitive test (it's more likely to detect cancer than a mammogram), it may still miss some cancers that a mammogram would detect.


For most women at high risk, screening with MRI and mammograms should begin at age 30 years and continue for as long as a woman is in good health. But because the evidence is limited regarding the best age at which to start screening, this decision should be based on shared decision-making between patients and their health care providers, taking into account personal circumstances and preferences.

Several risk assessment tools, with names such as the Gail model, the Claus model and the Tyrer-Cuzick model, are available to help health professionals estimate a woman's breast cancer risk. These tools give approximate, rather than precise, estimates of breast cancer risk based on different combinations of risk factors and different data sets. As a result, they may give different risk estimates for the same woman.

Their results should be discussed by a woman and her doctor when being used to decide whether to start MRI screening.


It is recommended that women who get a screening MRI do so at a facility that can do an MRI-guided breast biopsy at the same time if needed.

Otherwise, the woman will have to have a second MRI exam at another facility when she has the biopsy.



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For all women over the age of 40, please remember to have your annual mammogram



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Signs, symptoms of breast cancer

Although widespread use of screening mammograms has increased the number of breast cancers found before they cause any symptoms, some breast cancers are not found by mammograms, either because the test was not done or because even under ideal conditions mammograms do not find every breast cancer.

The most common sign of breast cancer is a new lump or mass. A mass that is painless, hard, and has irregular edges is more likely to be cancerous, but breast cancers can be tender, soft or rounded.

For this reason, it is important that any new mass, lump, or breast change is checked by a health care professional with experience in diagnosing breast diseases.

Other possible signs of breast cancer include:

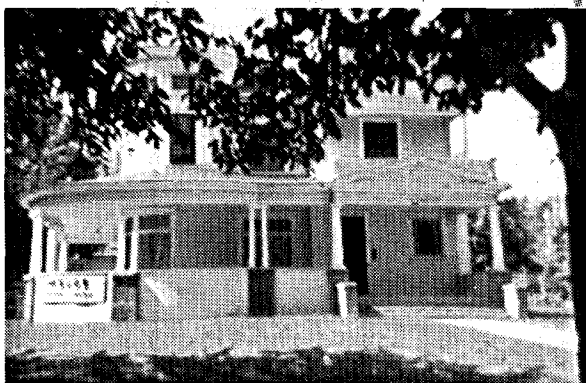
- * swelling of all or part of a breast (even if no distinct lump is felt)
- * skin irritation or dimpling
- * breast or nipple pain
- * nipple retraction (turning inward)
- * redness, scaliness or thickening of the nipple or breast skin
- * a nipple discharge other than breast milk

Sometimes a breast cancer can spread to underarm lymph nodes and cause a lump or swelling there, even before the original tumor in the breast tissue is large enough to be felt. Swollen lymph nodes should also be reported to your doctor.

2. Which of these preventative measures is NOT recommended?

- a. Slow down exertion levels
- b. Decrease fat and increase fiber
- c. Limit alcohol
- d. Don't smoke

Providing guidance in difficult times.



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Christina Applegate: Why I had a double mastectomy

For more than 20 years, actress Christina Applegate has kept audiences laughing.

During her teenage years, she lit up the small screen as Kelly Bundy on the hit sitcom "Married with Children." After 11 hilarious seasons, Christina's career branched out to the big screen and Broadway.

In 2007, Christina landed the starring role on the comedy series "Samantha Who?" After receiving Emmy and Golden Globe nominations for her performance, it seemed that nothing could stop Christina's triumphant return to TV.

Then, in April 2008, shocking news silenced the laughter. At 36 years old, Christina was diagnosed with breast cancer. At first, Christina says she lived quietly with the disease. "It's hard to live quietly," she says. "I went through five weeks of work without telling anyone that this was going on in my life."

Now, Christina is going public with her personal battle to raise awareness among young women who may not think they're at risk.

As the daughter of a breast cancer survivor, Christina says she's been vigilant about getting regular mammograms since she was 30 years old. In 2007, doctors recommended extra precautions.

"My doctor said that the mammograms weren't enough for me because of the denseness of my breasts," she says. "He suggested that I get an MRL."

Christina went in for her first MRI screening, which produced disturbing results. "They found some funky things going on [in one breast]," she says. Doctors told her they needed to perform a biopsy. Then, the excruciating waiting game began.

Christina continued to work

and promote her sitcom, but the impending results were never far from her mind. A week later she says she got the phone call every woman dreads. "[The doctor said], 'It came back positive,'" she says.

Doctors explained that the cancer was only in her left breast, and thankfully, they caught it at an early stage. Christina says she held back her tears and immediately went into survival mode.

The day after her diagnosis, Christina says she went in to see an oncologist and a surgeon. "I'm a Sagittarius," she says. "We need things done now. So, for me, I had to get in now, and I wanted to have my surgery now."

Within a week, Christina had her first lumpectomy. Doctors also did a biopsy of her lymph nodes to make sure the cancer hadn't spread. Since the cancer was caught early on, Christina was told she'd need six weeks of radiation instead of chemotherapy.

Then, she received more life-changing news. A test for the BRCA gene — also known as the "breast cancer gene" — came back positive.

"That sort of changed everything for me," she says. "Radiation was something temporary, and it wasn't addressing the issue of this coming back or the chance of it coming back in my left breast. I sort of had to kind of weigh all my options at that point."

Christina was given two options... go forward with the radiation treatments and continue testing for the rest of her life or have both breasts removed.

Christina made the dramatic decision to have a bilateral mastectomy. "It came on really fast. It was one of those things that I woke up and it felt so right," she says.

"It just seemed like, 'I don't want to have to deal with this again. I don't want to keep putting that stuff in my body. I just want to be done with this.' I was just going to let them go."

Before she went in for her surgery, Christina says she staged her first — and last — nude photo shoot. "I made sure that I have close-up photographs of them from every angle so I can kind of remember them," she says.

Christina's tears finally spilled over the day she met her surgeon. "I met with my doctor, and I told him that was my decision," she says. "He brought the surgeon in, and it was like it was the floodgates just opened up and I lost it."

In July 2008, Christina went through with the surgery, which has left physical and emotional scars. "It can be very painful," she says. "It's also a part of you that's gone, so you go through a grieving process and a mourning process."

Before she went under the knife, Christina says the only mastectomy she'd ever seen was the one her mother received. "[Her surgery] was in the '70s, and they didn't do a very good job back then," she says. "So in my own mind I'm thinking, 'My God, I'm going to be butchered, and it's going to be horrible. I'm never going to love that part of me again.' But I did a lot of research, and they can make some pretty boobies."

Currently, Christina says she has saline expanders in her body, which will make way for the new implants.

Though she's proud of her proactive decision, she says she's reminded of her loss every day.

"It doesn't feel the same, and it's hard to carry your purse," she

says. "I cry at least once a day about it because it's hard to overlook it when you're standing there in the mirror. When you look down, it's the first thing you see... So you're reminded constantly of this thing — this cancer thing that you had."

On the bright side, Christina says she won't have to wear a bra ever again.

She also feels victorious in the fight against breast cancer.

"I have taken a very progressive stance in the rest of my life," she says. "For that, I'm really grateful."

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Tips for having a mammogram

The following are useful suggestions for making sure that you receive a quality mammogram:

* If it is not posted in a place you can see it near the receptionist's desk, ask to see the FDA certificate that is issued to all facilities that offer mammography. The FDA requires that all facilities meet high professional standards of safety and quality in order to be a provider of mammography services. A facility may not provide mammography without certification.

* Use a facility that either specializes in mammography or does many mammograms a day.

* If you are satisfied that the facility is of high quality, continue to go there on a regular basis so that your mammograms can be compared from year to year.

* If you are going to a facility for the first time, bring a list of the places, dates of mammograms, biopsies, or other breast treatments you have had before.

* If you have had mammograms at another facility, you should make every attempt to get those mammograms to bring with you to the new facility (or have them sent there) so that they can be compared to the new ones.

* On the day of the exam, don't wear deodorant or antiperspirant. Some of these contain substances that can interfere with the reading of the mammogram by appearing on the x-ray film as white spots.

* You may find it easier to wear a skirt or pants, so that you'll only need to remove your blouse for the exam.

* Schedule your mammogram when your breasts are not tender or swollen to help reduce discomfort and to ensure a good picture. Try to avoid the week just before your period.

* Always describe any breast symptoms or problems that you are having to the technologist who is doing the mammogram. Be prepared to describe any medical history that could affect your breast cancer risk — such as prior surgery, hormone use, or family or personal history of breast cancer. Also discuss any new findings or problems in your breasts with your doctor or nurse before having a mammogram.


* If you do not hear from your doctor within 10 days, do not assume that your mammogram result was normal. Call your doctor or the facility.

3. What is the most common form of cancer in women in the U.S.?

- a. Breast cancer
- b. Skin cancer
- c. Cervical cancer
- d. Ovarian cancer



We love you and miss you Grandma Mavis!



Love, Allyson, Autumn & Erin Avery

Breast cancer gene breakthrough

Scientists have made a breakthrough in pinpointing a gene linked to more than half of all breast cancers, it has been announced.

The gene is also thought to be linked to half of bowel and prostate cancers and a quarter of ovarian and bladder cancers.

The discovery was described as a "major step forward" by cancer charities in working out how cancer develops.

Dr. Paul Edwards, of the department of pathology at the University of Cambridge, who discovered the gene with colleagues, said it provided "vital information" about how some cancers spread.

The gene, NRG1 (neuregulin-1), is located on chromosome 8, one of the packages of DNA that house genes within a cell.

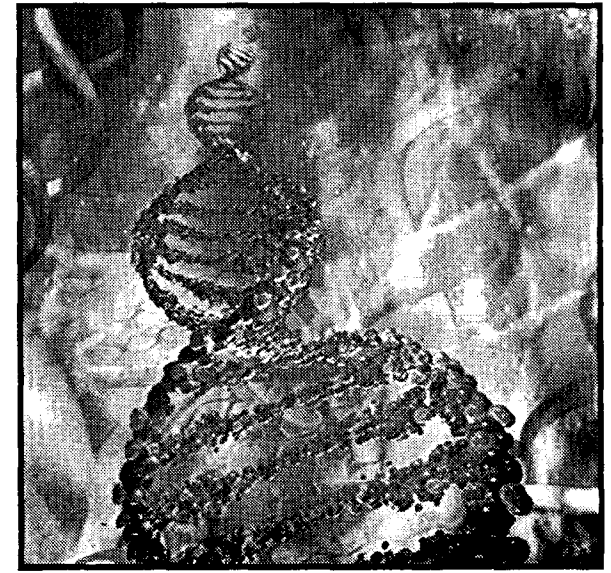
Experts have noticed that cancerous cells are missing part of chromosome 8 — the section carrying the NRG1 gene.

Normally, NRG1 works as a "guard," suppressing cancerous tumors.

However, if it is missing or faulty, tumors are able to grow.

Dr. Edwards and colleagues specifically looked at breast cancer tumors but believe the gene is also linked to other cancers.

The research was published in the journal *Oncogene* and funded by Breast Cancer Campaign and Cancer Research UK.



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Former Marine battling male breast cancer

A man who served our country for four years, is now fighting for his life, and the lives of his fellow Marines.

Peter Devereaux, 47, found a lump on his chest in January 2008.

"I told myself, 'Maybe it's a cyst — maybe I'm not eating right.' I thought they'd just drain it," says Devereaux. "I had a mammogram, ultrasound and they did a core biopsy at the Derry Medical Center. The doctor called and told me I had invasive ductal carcinoma."

He never imagined it could be breast cancer. It was in an advanced stage, and Devereaux immediately started 14 months of treatment, including a mastectomy.

"When it was first diagnosed, I felt kind of like a freak, because I'm a dude," he said. "It's still considered a women's disease. Like a lot of people, I had no idea guys could ever get it."

It is also considered a rare disease in men, yet 27 Marines who served at Marine Corps Base Camp LeJeune, North Carolina between 1957 and 1987 have been diagnosed with it.

Several months after being diagnosed, Devereaux received a letter from the Marines saying that he may have come in contact with contaminated water while he was stationed

at Camp LeJeune. He served there for 14 months starting in 1980.

Then he began to hear about other Marines who were diagnosed with breast cancer, and realized he was not alone. So far, 42 Marines who were at Camp LeJeune have been diagnosed with breast cancer, and that number continues to grow every week.

The Marine Corps say the water was contaminated by the chemicals TCE and PCE, both considered poisons. According to the Marine Corps, the source was an off-base dry cleaner and on-base disposal practices. Those wells were shut down in 1985.

The Marine Corps says they have spent \$14 million to fund research to determine if there is a link between the contaminated water and health problems, but have not been able to find a link.

Several of the Marines with breast cancer, testified before the US Senate last week. Marine Corps Maj. Gen. Eugene G. Payne, Jr. was one of the Marines to testify.

"The most recently completed study, by the National Academies National Research Council, unfortunately concluded that it is likely that additional studies would still

not produce answers regarding past exposures and adverse health effects."

Devereaux says he feels like the Marine Corps is letting him down.

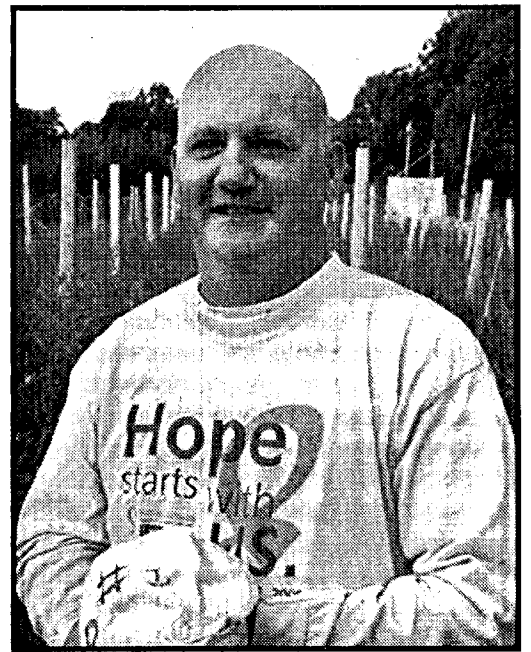
"The saying in the Marines, 'Semper Fidelis,' always faithful. It doesn't seem like they're doing either one of those, being faithful or taking care of their own," he said. "It does frustrate you, because you go in there to give whatever you can, and to see the marines turn their back and admit no fault and take no acknowledgement. It's disgusting."

Devereaux's cancer has now spread to his bones. He says he continues to fight the disease, with support from his wife Fiona, and his 11-year-old daughter Jackie.

He says despite the frustrations, he is proud of his service.

"I was willing to give whatever I needed to give; if that meant with my life, that would be fine. I didn't think I'd have to give it 20 something years after I got out this way."

The Marine Corps is asking anyone who was stationed or lived on board Camp LeJeune before 1985 to register with them. Their toll free number is: 877-261-9782.



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What causes breast cancer?

Certain changes in DNA can cause normal breast cells to become cancer. DNA is the chemical in each of our cells that makes up our genes -- the instructions for how our cells work. Some inherited DNA changes (mutations) can increase the risk for developing cancer and cause the cancers that run in some families. For instance, BRCA1 and BRCA2 are tumor suppressor genes -- they keep cancer tumors from forming. When they are changed (mutated), they no longer cause cells to die at the right time, and cancer is more likely to develop.

But most breast cancer DNA changes happen in single breast cells during a woman's life rather than having been inherited. So far, the causes of most of the DNA mutations that could lead to breast cancer are not known.

Risk factors

While we do not yet know exactly what causes breast cancer, we do know that certain risk factors are linked to the disease. A risk factor is something that affects your chance of getting a disease such as cancer. Different cancers have different risk factors. Some risk factors, such as smoking, drinking, and diet are linked to things a person does. Others, like a person's age, race, or family history, can't be changed.

But risk factors don't tell us everything. Having a risk factor, or even several, doesn't mean that a woman will get breast cancer. Some women who have one or more risk factors never get the disease. And most women who do get breast cancer don't have any risk factors. Some risk factors have a greater impact than others, and your risk for breast cancer can change over

time, due to factors such as aging or lifestyle.

Although many risk factors may increase your chance of having breast cancer, it is not yet known just how some of these risk factors cause cells to become cancer. Hormones seem to play a role in many cases of breast cancer, but just how this happens is not fully understood.

Risk factors you cannot change

Gender: Being a woman is the main risk for breast cancer. While men also get the disease, it is about 100 times more common in women than in men.

Age: The chance of getting breast cancer goes up as a woman gets older. About 2 out of 3 women with invasive breast cancer are 55 or older when the cancer is found.

Genetic risk factors: About 5-10 percent of breast cancers are thought to be linked to inherited changes (mutations) in certain genes. The most common gene changes are those of the BRCA1 and BRCA2 genes. Women with these gene changes have up to an 80 percent chance of getting breast cancer during their lifetimes. Other gene changes may raise breast cancer risk, too.

Family history: Breast cancer risk is higher among women whose close blood relatives have this disease. The relatives can be from either the mother's or father's side of the family. Having a mother, sister, or daughter with breast cancer about doubles a woman's risk. (It's important to note that 70-80 percent of women who get breast cancer do not have a family history of this disease.)

Personal history of breast cancer: A woman with cancer in one breast has

a greater chance of getting a new cancer in the other breast or in another part of the same breast. This is different from a return of the first cancer (called recurrence).

Race: White women are slightly more likely to get breast cancer than African-American women. But African American women are more likely to die of breast cancer. At least part of the reason seems to be because African-American women have faster growing tumors, but we don't know why this is the case. Asian, Hispanic, and Native-American women have a lower risk of getting and dying from breast cancer.

Dense breast tissue: Dense breast tissue means there is more gland tissue and less fatty tissue. Women with denser breast tissue have a higher risk of breast cancer. Dense breast tissue can also make it harder for doctors to spot problems on mammograms.

Certain benign (not cancer) breast problems: Women who have certain benign breast changes may have an increased risk of breast cancer. Some of these are more closely linked to breast cancer risk than others.

Lobular carcinoma in situ: Women with lobular carcinoma in situ have a seven to 11 times greater risk of de-

veloping cancer in either breast.

Menstrual periods: Women who began having periods early (before age 12) or who went through the change of life (menopause) after the age of 55 have a slightly increased risk of breast cancer. They have had more menstrual periods and as a result have been exposed to more of the hormones estrogen and progesterone.

Earlier breast radiation: Women who have had radiation treatment to the chest area (as treatment for another cancer) earlier in life have a greatly increased risk of breast cancer. The risk varies with the patient's age when they had radiation. The risk from chest radiation is highest if the radiation were given during the teens, when the breasts were still developing. Radiation treatment after age 40 does not seem to increase breast cancer risk.

Treatment with DES: In the past, some pregnant women were given the drug DES (diethylstilbestrol) because it was thought to lower their chances of losing the baby (miscarriage). Recent studies have shown that these women (and their daughters who were exposed to DES while in the womb), have a slightly increased risk of getting breast cancer.

4. While breast cancer definitely can show up in men, it's usually found in men between the ages of 60 and 70 and makes up less than ____ of all cases of breast cancer.

- a. 1 percent
- b. 5 percent
- c. 10 percent
- d. 15 percent



Breast Cancer Affects Everyone

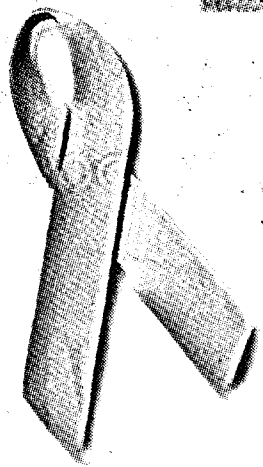
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What is a mammogram?

A mammogram is an x-ray of the breast. A diagnostic mammogram is used to diagnose breast disease in women who have breast symptoms or an abnormal result on a screening mammogram.

Screening mammograms are used to look for breast disease in women who are asymptomatic; that is, those who appear to have no breast problems.

Screening mammograms usually take two views (x-ray pictures taken from different angles) of each breast.

Women who are breast-feeding can still get mammograms, although these are probably not quite as accurate because the breast tissue tends to be more dense.

For some women, such as those with breast implants (for augmentation or as reconstruction after mastectomy), additional pictures may be needed to include as much breast tissue as possible. Breast implants make it harder to see breast tissue on standard mammograms, but additional x-ray pictures with implant displacement and compression views can be used to more completely examine the breast tissue.

If you have implants, it is important that you have your mammograms done by someone skilled in the techniques used for women with implants.

Although breast x-rays have been performed for more than 70 years, modern mammography has only existed since 1969.

That was the first year x-ray units dedicated to breast imaging were available. Modern mammogram equipment designed for breast x-rays uses very low levels of radiation, usually about a 0.1 to 0.2 rad dose per x-ray (a rad is a measure of radiation dose).

Strict guidelines ensure that mammogram equipment is safe and uses the lowest dose of radiation possible.

Many people are concerned about the exposure to x-rays, but the level of radiation used in modern mammograms does not significantly increase the risk for breast cancer.

To put dose into perspective, a woman who receives radiation as a treatment for breast cancer will receive several thousand rads.

If she had yearly mammograms beginning at age 40 and continuing

until she was 90, she will have received 20 to 40 rads.

As another example, flying from New York to California on a commercial jet exposes a woman to roughly the same amount of radiation as one mammogram.

For a mammogram, the breast is compressed between two plates to flatten and spread the tissue. Although this may be uncomfortable for a moment, it is necessary to produce a good, readable mammogram.

The compression only lasts a few seconds. The entire procedure for a screening mammogram takes about 20 minutes.

The procedure produces a black and white image of the breast tissue either on a large sheet of film or as a digital computer image that is "read," or interpreted, by a radiologist.

What the doctor looks for on your mammogram

The doctor reading the films will look for several types of changes:

***Calcifications** are tiny mineral deposits within the breast tissue that appear as small white spots on the films. They may or may not be caused by cancer. Calcifications are divided into two types:

***Macrocalcifications** are coarse (larger) calcium deposits that most likely represent degenerative changes in the breasts, such as aging of the breast arteries, old injuries, or inflammation. These deposits are associated with benign (non-cancerous) conditions and do not require a biopsy. Macrocalcifications are found in about half the women over the age of 50, and in about one in 10 women younger than 50.

***Microcalcifications** are tiny specks of calcium in the breast. They

may appear alone or in clusters. Microcalcifications seen on a mammogram are of more concern, but do not always mean that cancer is present. The shape and layout of microcalcifications help the radiologist judge how likely it is that cancer is present. In most instances, the presence of microcalcifications does not mean a biopsy is needed. If the microcalcifications look suspicious for cancer, a biopsy will be done.

A mass, which may occur with or without calcifications, is another important change seen on mammograms. Masses can be many things, including cysts (non-cancerous, fluid-filled sacs) and non-cancerous solid tumors (such as fibroadenomas). Masses that are not cysts usually need to be biopsied.

*A cyst and a tumor can feel alike on a physical exam. They can also look the same on a mammogram. To confirm that a mass is really a cyst, a breast ultrasound is often done. Another option is to remove (aspirate) the fluid from the cyst with a thin, hollow needle.

*If a mass is not a simple cyst (that is, if it is at least partly solid), then you may need to have more imaging tests. Some masses can be watched with periodic mammograms, while others may need a biopsy. The size, shape, and margins (edges) of the mass help the radiologist to determine if cancer may be present.

Having your previous mammograms available for the radiologist is very important. They can be helpful to show that a mass or calcification has not changed for many years.

This would mean that it is probably a benign condition and a biopsy is not needed.

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NATIONAL
Breast Cancer Awareness
MONTH

Wayne Vision Center

Dr. Donald E. Koeber, O.D.

313 Main Street, Wayne, NE

375-2020



Diabetes drug Metformin shows promise as breast cancer treatment

Low doses of the commonly used diabetes drug metformin may be an effective treatment for breast cancer, primarily because the drug appears to target breast cancer stem cells, Harvard Medical School researchers reported online Sept. 14, in Cancer Research.

Cancer stem cells, also called tumor-initiating cells, are thought to be relatively rare cells that can give rise to new tumors and are resistant to standard cancer treatments.

In the study, the combination of metformin and the chemotherapy agent doxorubicin was more effective than either drug alone at eliminating cancer cells and cancer stem cells in cultured cell lines of four genetically distinct breast cancer types, including HER2-positive and triple-negative breast cancers. In a breast cancer mouse model, the drug combination eliminated tumors and prevented regrowth, whereas doxorubicin alone only reduced tumor size and did not prevent regrowth, and metformin alone had little effect.

"With both drugs, regression was

quicker...and, more importantly, there was no relapse," said senior author Dr. Kevin Struhl during a press briefing on the study.

When the researchers analyzed cell populations taken from the tumors of mice after three cycles of treatment, they found almost no cancer stem cells in the animals that received the drug combination but found the stem cells easily in tumors from mice given only doxorubicin.

The highly beneficial effect of the combination treatment and the limited effect of either drug alone support the cancer stem cell hypothesis, Dr. Struhl said.

The results support previously published epidemiologic and laboratory studies that have suggested metformin has an anticancer effect, Dr. Jennifer Ligibel, a breast cancer researcher from Harvard University who was not involved with the study, said during the briefing. As a result, a large phase III clinical trial will test whether using metformin after standard treatment in women with early stage breast cancer



can improve outcomes. The trial is being sponsored by NCI and coordinated by the National Cancer Institute of

Canada. Trial investigators hope to start enrolling patients in the study next year, Dr. Ligibel said.

5. A mammogram is the single most effective way to detect breast cancer, long before physical symptoms can be seen or felt. Women age ___ and older should begin having a mammogram at least every two years.

- a. 32
- b. 35
- c. 40
- d. 45

TRIVIA ANSWERS
 1. d. All of the above, along with personal breast cancer history, having an early first period, having a first pregnancy after age 25 or 35, having no children, use of oral contraceptives and other factors.
 2. a. Slow down estrogen levels - as a matter of fact, staying active can help prevent breast cancer.
 3. b. Skin cancer - breast cancer is the second most common form.
 4. a. 1 percent
 5. c. 40

Early Detection Saves Lives

October is
National Breast Cancer Awareness Month.

Schedule a mammogram today!

Wayne
 MERCY MEDICAL CLINIC
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national breast cancer awareness month

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Special help for Cindy and other Nylen patients

When Cindy Foley's family needed to heat their rural Le Mars home during the cold winter months last year, the June E. Nylen Cancer Center helped out with a check for propane gas from the grant fund of Susan G. Komen for the Cure Siouxland Affiliate.

When the 45-year-old mother of three young sons needed to explain what was happening to their mom, the cancer center's Brenda Winkler made sure she had children's books on cancer geared to the age of each boy.

Cindy also received books and materials to help her better understand her illness.

When Cindy's long hair began falling out, there were free wigs at the Nylen Cancer Center, too, with different colors and styles.

If she had needed transportation for her radiation therapy, she could have used one of the outreach vans.

When Cindy's illness forced her to stop working as a court reporter for a year and a half, the family became strapped

for cash. Yet expenses increased because of the need for medications, gas and more.

"We had to cut back on expenses everywhere," she says. Thankfully, the family also received help from a variety of friends.

"There are so many extra expenses that occur when a patient needs treatment for cancer," says Winkler, Nylen Cancer Center patient navigator. "Our patient assistance fund is here just for this kind of support—help with utility bills, gas, groceries, or a needed house payment."

The center requires patients to meet income criteria for assistance.

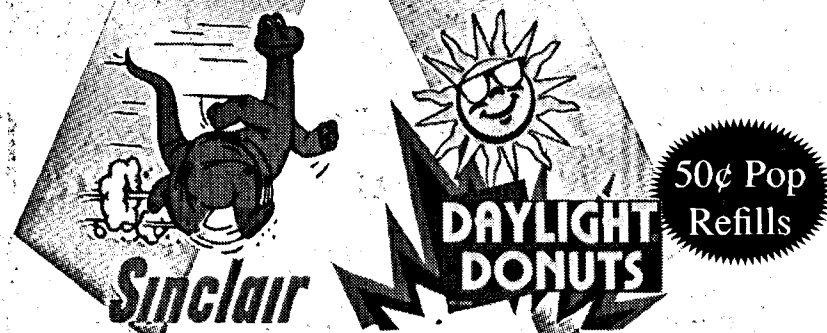
Cindy went home after a mastectomy in December, 2007, finished her treatments at the Nylen Cancer Center last October and is now cancer-free and back to work.

"I've been blessed by all the support," says Cindy.



When Cindy Foley stopped working because of cancer treatment and saw extra expenses increase, the June E. Nylen Cancer Center helped her family heat their home with a check for propane gas from Susan G. Komen for the Cure Siouxland.

*Have Hope
Help Support
Breast Cancer
Awareness!*



375-9982 • 603 N. Main • 375-4151

Wayne

National Breast and Cervical Cancer Early Detection Program

The Centers for Disease Control and Prevention National Breast and Cervical Cancer Early Detection Program provides access to breast and cervical cancer screening services to underserved women all 50 states, the District of Columbia, five U.S. territories, and 12 tribes.

Through the NBCCEDP, the CDC provides low-income, uninsured and under-served women access to timely breast and cervical cancer screening and diagnostic services.

Burden of Breast and Cervical Cancer

Breast cancer is the most commonly diagnosed cancer among women in the United States, after skin cancer, and the second most common cause of cancer death, after lung cancer, among U.S. women. In 2005, 186,467

women were diagnosed with breast cancer and 41,116 women died from the disease.

Based on recent estimates, more than \$8.4 billion per year is spent in the United States on the treatment of breast cancer.

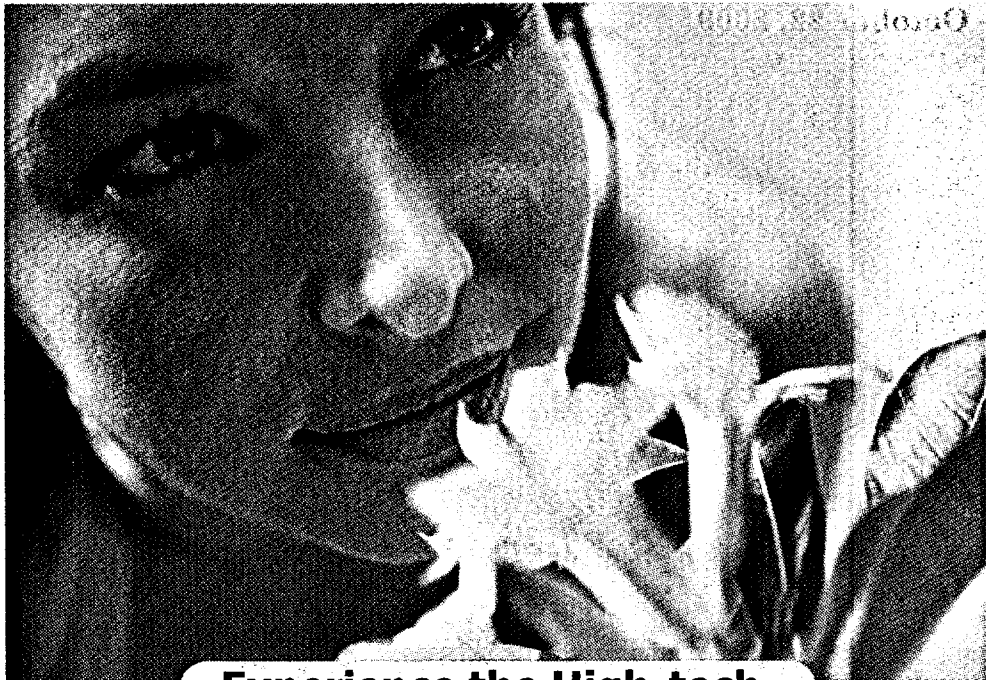
Cervical cancer was once the leading cause of death for women in the United States.

However, during the past 50 years, incidence (the number of new cases each year) and mortality (the number of deaths each year) from cervical cancer have declined 75 percent, largely because of the widespread use of the Papanicolaou (Pap) test to detect cervical abnormalities.

In 2005, 11,999 women were diagnosed with cervical cancer and 3,924 women died from the disease.

Contact Information

Centers for Disease Control and Prevention
National Center for Chronic Disease Prevention and Health Promotion
Division of Cancer Prevention and Control
Mail Stop K-64
4770 Buford Highway, NE
Atlanta, GA 30341-3717
1 (800) CDC-INFO
Fax (770) 488-4760
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The Providence Medical Center Radiology Department is proud to announce we now offer all women digital mammograms along with the MammoPad® breast cushion. Digital mammography is the latest technology in the fight against breast cancer and MammoPad is a foam breast pad that serves as a cushion between you and the mammography system. So you can relax, knowing your mammogram will be warm, soft and comfortable with confident results.

We hope you'll take advantage of our high-tech, soft touch mammogram by making an appointment. Call your physician today about scheduling your soft touch mammogram!

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Gail was diagnosed with cancer 16 years ago. Shortly after a regular check-up, an Angel made it apparent to Gail something wasn't right. She went back to the doctor and her aggressive breast cancer was found. Angels are still watching over her; she has reached her goal of having grandchildren. The doctors have said she is cured and have released her from their care.

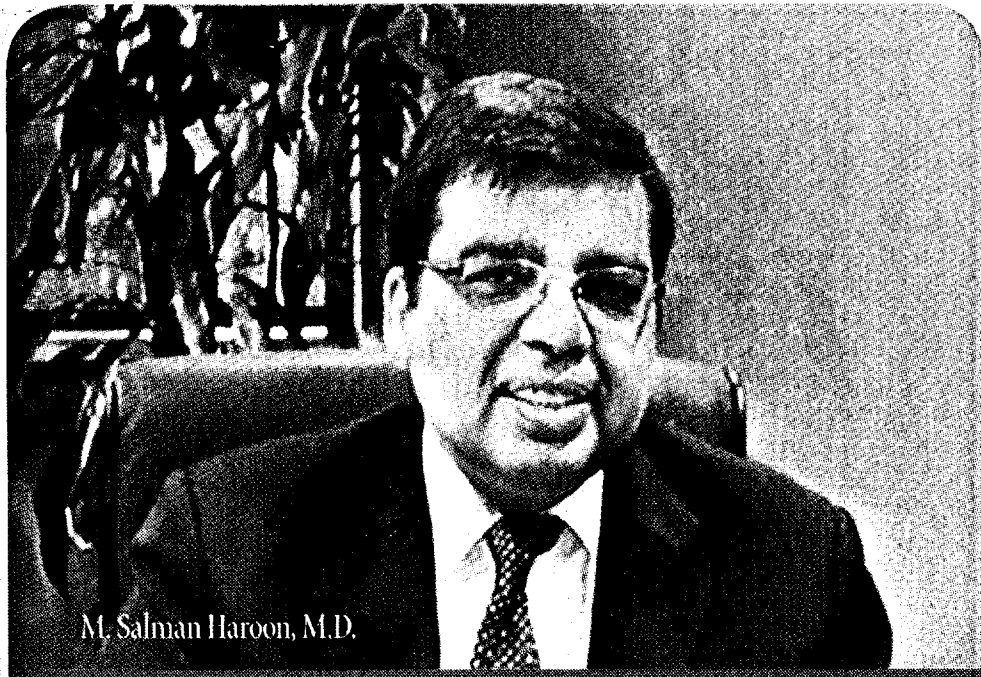
ANGEL FIELD

**In memory of
Gail's victory
over breast cancer.**



Pictured are: Front row, from left – Winter Benscoter, Cecilia Benscoter and Jaxon Benscoter; second row – Michael Benscoter, Anthony Benscoter, Gail Benscoter and Louis Benscoter; third row – Javanah Benscoter, Mandy Benscoter, Lou Benscoter, Vicki Smith and Chad Smith. Not pictured are: Kevin and Justina Benscoter.

Love, Your Family



M. Salman Haroon, M.D.

Unprecedented Cancer Care

When you're facing cancer, choosing the right facility and the right doctor is the most important decision you can make.

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- M. Salman Haroon, M.D.
- Ralph J. Hauke, M.D.
- David Hsu, M.D.
- Robert M. Langdon, Jr., M.D.
- Kirsten M. Leu, M.D.
- Patrick J. McKenna, M.D.

- Luke T. Nordquist, M.D.
- David A. Silverberg, M.D.
- Gamini S. Soori, M.D.
- Yungpo Bernard Su, M.D.
- Stefano R. Tarantolo, M.D.
- Stephan D. Thomé, M.D.
- Peter M. Townley, M.D.

*2009 American Society of Clinical Oncology (ASCO) Clinical Trials Participation Award & Community Oncology Research Grant Recipient

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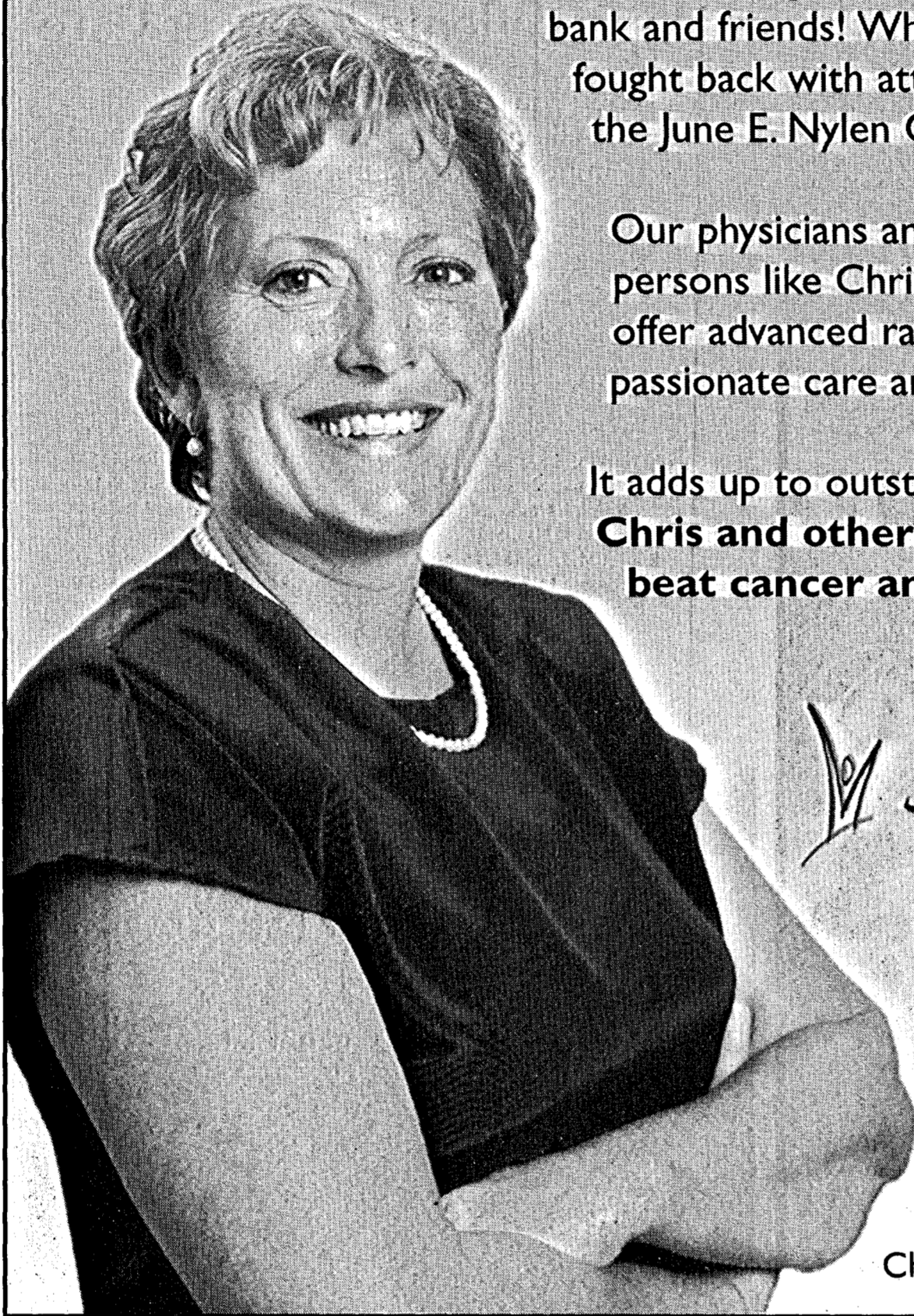
the Physicians of Oncology Hematology West

nebraskacancer.com

Omaha

Bergan Medical Building
Methodist Estabrook Cancer Center
Midwest Cancer Center - Papillion
Midwest Cancer Center - Legacy
West Dodge Medical Plaza

I'm a Survivor!



Chris Kennedy loves her family, co-workers at the bank and friends! When breast cancer struck she fought back with attitude, faith and treatment at the June E. Nylén Cancer Center.

Our physicians and staff members work to help persons like Chris live a full life after cancer. We offer advanced radiation therapy, chemotherapy, passionate care and vital support services.

It adds up to outstanding treatment. **And for Chris and others, it means we help them beat cancer and enjoy a healthy life.**

 **June E. Nylén**
CANCER CENTER
Sioux City, Iowa

LEARN MORE AT
www.nylencancercenter.com
or **712-252-0088**

Chris Kennedy, Onawa, Iowa