



He Wayne 1 Cl

Thursday, Feb. 25, 2010 134th Year - No. 22

Catch us on the web at www.mywaynenews.com



The scoreboard shows the winner, but the moment when a father and son share a state title can best be seen in the embrace. Mark Koch, a state champion at Winside in 1982 and a current assistant coach, embraces his son, Kalin, after he won the Class D 140-pound championship at the State Wrestling Championships Saturday in Omaha.

# Wrestling a family tradition for fathers, sons in Winside

By MICHAEL CARNES Of The Herald

For those who follow the sport, wrestling is really a family affair.

And nowhere is that more apparent than in Winside, where another family has added to the school's history of fathers and sons winning state titles.

The community in south central Wayne County has had 34 wrestlers win state titles in its school's storied history, but its most recent champion joined a rather unique club of Wildcat wrestlers.

Kalin Koch's 13-7 win over Joe Brown of Oakland-Craig in the Class D, 140-pound championship match at the State High School Wrestling Championships allowed the Winside senior to follow in his father's footsteps, giving Winside its fifth fatherson state championship combination.

Koch's dad, Mark, is an assistant coach and was a member of the Wildcat team when he won his state title in 1982. He was in his son's corner for his championship match, and at times appeared to be more nervous than his son.

Koch said he told his son to go out and enjoy what could very well be his last competitive wrestling match.

"When I walked into my final match, it was my last high school match and I just went out and had fun, and that's the advice I gave him," Koch said. "He's already wrestled Joe before and knew Joe's style, and I'm sure that helped him also."

It all started for the younger Koch at

which was recently published.



(Photo by Michael Carnes)

As is tradition in Winside, state champions sign an old bedsheet that was used to welcome home its first champion many years ago. Its newest champion, Kalin Koch, signs right above his dad's signature.

around age five when his dad was the football and wrestling coach at Pope John High School in Elgin. His dad saw some natural talent in his son at an early age, but it wasn't until later that he thought his son might have the capability to be a state

"When he was younger, we'd stay pretty

much with the basics, but by the time he talented enough to meet that goal."

# Police arrest two on drug charges

By CLARA OSTEN Of The Herald

In addition to weather related complaints, drug and alcohol violations have kept the Wayne Police Department busy during the month of February.

On Monday, Feb. 1, officers of the Wayne Police Department, working with a United States Postal Inspector, obtained a search warrant for 320 E. Fifth Street and recovered a package believed to be controlled substance. While executing the search warrant, officers also found in plain view several items believed to have been stolen.

Further investigation revealed two of the suspected stolen items had been reported stolen here in Wayne and one item, a large LCD projector, that had been stolen from a community college in California.

Kareem Adam, age 20, was arrested for Possession of Controlled Substance with Intent to Deliver, and Providing False Information to a Police Officer.

Copeland, age 20, and Anthony Hale Jr. were subsequently arrested for Possession of Stolen Property. The investigation is ongoing as officers are trying to locate the suspect in California who allegedly shipped

the controlled substance to Wayne. Early in the morning of Feb. 5 officers responded to a complaint about an underage drinking party at 121 W. 11th. Officers identified 18 underage persons at the residence who were subsequently cited for Minor in Possession of Alcohol. One tenant of the house, Whitney Storey, age 20, was arrested for Procuring Alcohol for Minors. After review of the reports by the Wayne County Attorney's Office the charge against Storey was amended to Aiding & Abetting Minor in Possession of Alcohol.

All parties cited or arrested in both of these incidents are awaiting trial in Wayne County Court or Wayne County District Court. All persons arrested are presumed innocent until proven guilty.



(Photo by Clara Osten)

Snow angel
Providence Medical Center Director of Nursing, Laura Gamble, recently kept her promise to hospital staff, promising to throw herself on a snowbank and make a snow angel if the hospital succeeded in having a 'no deficiency' survey last week. The hospital received a 'no deficiency' final survey report from the Nebraska Health and Human Services Acute Care Facility Surveyor. According to Gamble, this type of survey occurs approximately every five years.

# PMC now a non-profit

Marcile Thomas, Administrator of Providence Medical Center (PMC) in Wayne has announced that PMC is now a 501 (c) (3) non-profit corporation operating under the community at large, in which the management of the affairs of the Corporation is vested. All revenue will remain with See FAMILY, Page 3A the hospital to be used for operations,

Family, work and writing make

equipment, building additions, community

service projects, etc. According to Thomas, "Providence Medical Center is not city owned nor is it privately owned by a for profit company. PMC is no longer sponsored by the Missionary Benedictine Sisters as a catholic, non-profit, faith-based facility. The Missionary Benedictine Sisters no longer

See PMC, Page 4A



first book has been a five-six year process," she said. (Photo by Clara Osten)

Rachelle McCalla autographs a copy of her book, "Survival Instinct,"

was in fifth or sixth grade, he really started to show he had good technical skills," Koch the direction and total control of a sevensaid. "By the time he was in junior high, member board of directors selected from I thought that with some work he'd be

Rachelle McCalla is a busy woman.

the Abbey Christian Store in Norfolk.

in Bayfield, Wisc. from 2003-05.

By CLARA OSTEN

Of the Herald

Wayne author a very busy woman heard back from the publisher shortly after my son was born. made revisions to the book and signed a contract with Steeple Hill®, the Christian division of Harlequin Romance, in March of

> 2009," she said. Rachelle will be writing a total of four books at this time.

"In the past several months, the weather and family obligations caused Rachelle to go three weeks without any writing.

"At that point, I said to myself, 'okay, now I'm going to write and spent the next six hours writing," she said.

She said she has no one spot to do her writing, but instead, goes to different areas in her home when she feels inspired to write. She said that as she writes, she keeps a notebook with a list of characters and the characteristics she has given each to keep

them straight. "My editor does an amazing job of fine tuning the characters in my books and giving me suggestions for various scenes in each. I have never actually met her but we email back and forth all the time," Rachelle said.

Rachelle said that books like those she writes have an extremely short shelf life as new books are released every month. Generally they are available at Wal-Mart, although her book is sold out at several locations, and Christian book stores. They are also avail-

able on the internet. "The books are very affordable, whether they are purchased at

See WOMAN, Page 4A

The book was finished in December of 2008 and sent in to the publisher shortly before the birth of her fourth child. "I expected rejection or at least nothing for a long time, but

Not only does she have four small children and is an ordained

McCalla's first book, an inspirational romantic suspense novel

A book signing will be held Saturday, Feb. 27 at Inspiration

Christian Book and Gift Store in Wayne from 10 a.m. to noon.

Interested persons can bring in a book they already own to have

signed or purchase a book at the store that day. A second book

signing will be held Saturday, March 20 from 10 a.m. to 1 p.m. at

As a child, Rachelle wanted to be an astronaut but after decid-

Work on her first book began while she and her husband lived

"While we were in Bayfield, I began looking at the process of

getting published and sorted out what I could write about. My

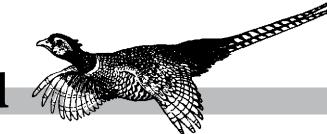
ing she had no aptitude to science or math, she began writing.

entitled "Survival Instinct" is currently in book stores and three

minister serving the Laurel and Belden Presbyterian Churches as

a temporary supply pastor, she is a published author.

more of her books will be published within a year.



### Obituaries\_

### Dean Pippitt

Dean Pippitt, 78, of Laurel, died Thursday, Feb. 18, 2010 at Hillcrest Care Center in Laurel.

Services were held Tuesday, Feb. 23 at Immanuel Lutheran Church

in Laurel. The Rev. William Engebretsen officiated.

Robert Dean Pippitt was born Oct. 2, 1931 on a farm near Carroll to Guy and Rose (Wagner) Pippitt. He was baptized at St. Paul's Evangelical Church in Carroll and confirmed at St. Paul's Lutheran Church in Wayne. He attended country school and graduated from Wayne High School in 1948. Dean served in the United States Army during the Korean War as Master Sargeant from 1952-1954. Dean married Norma Moseman May 2, 1952 at Thabor Lutheran Church in Wausa. The couple farmed in the Laurel area until retirement in 2003 when they moved into Laurel. Dean resided at Hillcrest Care Center in Laurel since 2006. He was a mem-

ber of Immanuel Lutheran Church in Laurel where he served as a board member and was a member of Laurel VFW. Most of all he enjoyed spending time with his family and friends and attending grandchildren's activities. Dean's favorite activities were golfing and playing cards.

Survivors include his wife, Norma; sons, Alan (Brenda) Pippitt of Wayne and Greg (Karla) Pippitt of Laurel; four grandchildren; two greatgrandchildren; one sister, Frances Hansen of Wayne and one brother, Don (Joyce) Pippitt of Wayne, nieces and nephews.

He was preceded in death by his parents and granddaughter, Susan. Pallbearers were Dean and Norma's grandchildren, April Vitamvas Jeff Pippitt, Bryan Pippitt and Scott Pippitt and nephews Larry Hansen, Ron Rohde, Alan Niemann and Dan Kardell.

Burial with military rites was in the Laurel Cemetery at Laurel. Hasemann Funeral Home in Laurel was in charge of arrangements. Memorials may be made to Immanuel Lutheran Church and Alzheimer's

### Ardyce Habrock

Ardyce Habrock, 82, of Emerson, died Tuesday, Feb. 23, 2010 at Faith Regional Health Services in Norfolk.

Services will be held Saturday, Feb. 27 at 10:30 a.m. at St. Paul's Lutheran Church in Emerson. There is no visitation.

Private family committal will take place.

Hasemann Funeral Home in Wayne is in charge of arrangements.

### <sub>r</sub>A Quick Look-





We use newsprint with recycled fiber

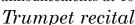
Please recycle after use.

Date	High	Low	Precip	Snow	
Feb. 18	30	-1	_		
Feb. 19	32	13	_		
Feb. 20	26	20	_		
Feb. 21	25	20	_		
Feb. 22	27	11	_		
Feb. 23	24	10	_		
Feb 24	20	-4			

Recorded 7 a.m. for previous 24 hour period Precip./mo. — .61" / Monthly snow — 8.5' Yr./Date —1.75"/Seasonal snow— 39"

### Chamber Coffee

WAYNE — This week's Chamber Coffee will be held Friday, Feb. 26 at Godfathers' Pizza. The Wayne Ambassadors will hold a ribbon cutting just before the start of the coffee. The coffee begins at 10 a.m. and announcements at 10:15.



AREA — Dr. Adam Lambert, director of bands and trumpet instructor at Chadron State College, will present a guest recital as part of an exchange with Dr. David Bohnert, Wayne State College director of bands and trumpet instructor, on Wednesday, March 3, at 7:30 p.m. Bohnert will travel to Chadron to present a recital later in March. In addition to the recital, Lambert will work with WSC trumpet students during a master class. For more information, please call 402-375-7363.

### Legislative forum

WAYNE — The 19th annual Northeast Nebraska Legislative Forum will be held in the Gardner Auditorium on the Wayne State College campus on Friday, March 5. The forum starts at 10:30 a.m. and will conclude at approximately noon. Several state senators from northeast Nebraska have indicated that they will be in attendance to discuss the current legislative session.

### Box Tops for Education

AREA — Wayne Elementary, Wayne Middle and St. Mary's Elementary Schools are continuing to collect Box Tops for Education. The box tops may be dropped off at the schools or at First National Bank, State National



Bank, Quality Food Center, Pac 'N' Save and the Wayne Senior Center.

### Town Hall meeting

WAYNE — The City of Wayne will be holding a town hall meeting on Thursday, March 4 at the Wayne City Auditorium regarding the Downtown Revitalization Project. The meeting begins at 7 p.m. with the main topic being the sidewal project design and cost options and the creation of a sidewalk replacement district. The public is encouraged to attend. Written comments may be submitted to the Wayne City Offices, 306 Pearl Street in Wayne.

### Internet poll question

"Are you watching the Winter Skating; Skiing; Bob Sledding Olympics?" results: Yes - 87 or Snowboarding?

percent; No -13 percent. This week's question also Visit the our website, involves the Olympics and is "What is your favorite Winter

Last week's poll question, Olympic Sport?" Curling; Ice

www.mywaynenews.com to cast your vote.



Marilyn Wallin, center, has been an organist at Concordia Lutheran Church for 60 years. With her are Pam Anderson, a member of the choir, left, and Naomi Peterson, who serves as pianist at Concordia Lutheran Church.

### Concordia Lutheran Church holds Swedish dinner

Approximately 100 members of Concordia Lutheran Church, former members and guests gathered on Feb. 21 for a Swedish Valentines noon dinner, which was originally scheduled for Feb. 14.

www.mywaynenews.com

This followed a Swedish Holy Communion worship service, which was led by Pastor Karen Tjarks and the senior choir members.

Marilyn Wallin was organist and Naomi Peterson was pianist. It was noted that Marilyn is celebrating her 60th year as organist.

Evonne Magnuson shared a history that has been gathered over the past 125 years, beginning with families of those generations who are still members of Concordia

A number of anniversary events are being planned through 2010.

These include an Old Fashioned Sunday on March 21; Wacky Sunday (Holy Humorous Sunday) on April 11; a Mother-Daughter Brunch on May 8; a Father-Son Day at The Roost on June 18; an Outdoor Service at the fairgrounds stand on July 11; Rally Sunday on Aug. 29, followed by a box social auction lunch; the 125th Celebration Sunday on Sept. 26; Reformation/ History Sunday on Oct. 31; the annual Soup Supper on Nov. 1 and an Advent Dinner on Dec. 1.

Everyone in the community is invited to attend any of the montly activities that are being planned. Updates will be printed as they

# Local humane society seeking to build shelter

The Northeast Nebraska Humane Society is a LOCAL Humane Society. Tax-deductible donations to this 501(c)(3) organization directly benefit your community. With your help, the much-needed animal shelter can be built. Why not make a monthly or one time pledge to help animals in need in this area?

The Northeast Nebraska Humane Society began in Wayne in 1995, joining forces with Norfolk members in 2006, to provide shelter and find permanent adoptive homes for animals in need. The group focuses on educating the public about spaying and neutering their pets and providing appropriate care of animals to help stop abuse and neglect. Without such services, many communities would have an even greater overpopulation of unwanted animals and an increased chance of spreading disease, costing taxpayers money.

Many hard-working volunteers

are currently organizing fundrais- ated to help defray administraers and other projects to ensure that tive costs. If a child only receives the group can reach its primary one immunization, then the suggoals of providing shelter for ani- gested donation is \$13.50. No one mals and education to the commu-will be denied immunizations nity. The group is particularly excit- for inability to make a donation. ed as land was recently donated to Immunizations are needed at ages: build an animal shelter just outside 2 months, 4 months, 6 months, of Norfolk to serve all of northeast 12-15 months, and 4-6 years. This Nebraska.

homeless animals will be the pri- Funds awarded to Goldenrod Hills mary activity of the Northeast Community Action by the Nebraska Nebraska Humane Society, but the society's outreach and education projects benefit all local communities and their residents.

Society, P. O. Box 151, Wayne, Neb. 68787. Check out their website at www.northeastnebraskahumanesociety.org and sign up for email newsletters by emailing debday@ telebeep.com.

# Immunization clinic scheduled for Wayne

Goldenrod Hills Community Action will hold the Wavne Immunization Clinic on Tuesday, March 2, from 10 am. to 2 p.m. at United Methodist Church, 516 N Main Street, Wayne. For an appointment please call (402) 529-

Goldenrod Hills Community Action will now be offering the Pneumovax vaccine. This vaccine is offered to persons 65 years of age and older, and persons 19-64 vears of age who are immunocompromised and have chronic medical conditions. We will offer this vaccine at our public clinics for a \$40 fee. To schedule an appointment call: (402)529-3513.

GHCA's Health Services Program will provide lead screening to children 12 months to 5 years of age at the Immunization Clinics for a fee of \$10. Children may get lead poisoning from paint of homes built before 1978, tap water, food, pottery, dirt, dust and even from the air we breathe. Elevated blood levels can cause irreversible damage to the brain and nervous system; it can harm the kidneys and digestive system; and because lead reduces the ability for the body to produce red blood cells, it can cause anemia. Children with elevated blood levels of 10 or higher may suffer dulled hearing, stunted growth, reduced eye-hand coordination, behavioral problems and delayed learning

The Immunization Clinic is open to the public, and there are no income guidelines. Each child should be accompanied by the parent or guardian. Past immunization records are required. Proxy forms are needed when a parent or legal guardian is unable to accompany the child to clinic. Proxy forms may be obtained by contacting the Wisner office at (402) 529-3513. A suggested donation of \$20.00 per child would be appreciproject is supported in part by Finding permanent homes for Federal Immunization Program Department of Health and Human Services.

Goldenrod Hills Community Action, in conjunction with the Nebraska Health & Human Services Vaccines for Children Program, offers the Pentacel vaccine, which consists of the DtaP, Hib & IPV (polio) as a combination vaccine and Kinrix vaccine, which consists of the DtaP and Polio for 4 to 6 year olds. Also available is Menactra (meningitis) for 11-18 year olds, Tdap (tetanus with pertussis) for 10-8 year olds, Hepatitis A for 12 months to 18 year olds, RotaTeq (rotavirus) for infants, and Gardasil for VFC eligible 11-18 year olds, as well as other recommended childhood vaccines. The Influenza vaccine is now available for children 6 mo-18

Adult vaccine (MMR, Hepatitis A, Hepatitis B, Tdap, TB testing) is available to the public for a mandatory fee at all immunization clinics to anyone 19 years or older. These fees cover the cost of the vaccine. Call the Wisner office at (402) 529-3513 for more information.

Operation Great Start (OGS) information will be available at the Immunization Clinic this program provides education and resources to expecting mothers and mothers with children up to 12 months old OGS works to provide services to families and children in North East Nebraska to ensure and strengthen their well being.

Goldenrod Hills Community Action (GHCA), headquartered in Wisner, is one of nine Community Action Agencies in Nebraska. GHCA manages several different programs as determined by identified needs of residents in the 14 county service area. The Agency serves over 10,000 clients a year due to successful outreach efforts. Goldenrod Hills Community Action (GHCA) programs include the Commodity Supplemental Food Program: Family Services; Immunization; Weatherization; Head Start Women, Infants, and Children Nutrition; Early Intervention Services Coordination; Operation Great Start and Operation Building Blocks. The agency serves Knox, Antelope, Pierce, Madison, Stanton, Cuming, Thurston, Dakota, Burt, Wayne, Dixon, Cedar, Washington and Dodge counties. For more information on GHCA programs. call 1-800-445-2505.

## TOPS group meets in Wayne

Donations can be mailed to the Providence Medical Center Northeast Nebraska Humane Boardroom with 11 TOPS and three KOPS members present.

Beverly Ruwe was this week's TOPS Best Loser and received a coupon. Dorothy Nelson was the KOPS Best Loser and received a coupon. During lent, the group will weigh-in at 5 p.m. and the meeting

TOPS NE 0200 met Feb. 17 in begins at 5:45 p.m. to enable members to attend the church of their choice.

> Anyone seeking more information about TOPS, Inc. is welcome to visit the group any Wednesday

### **Driving class** to be held in Norfolk

Northeast Community College in Norfolk will offer another 3.5-credit-hour class to prepare students age 15-18 for driving a vehicle.

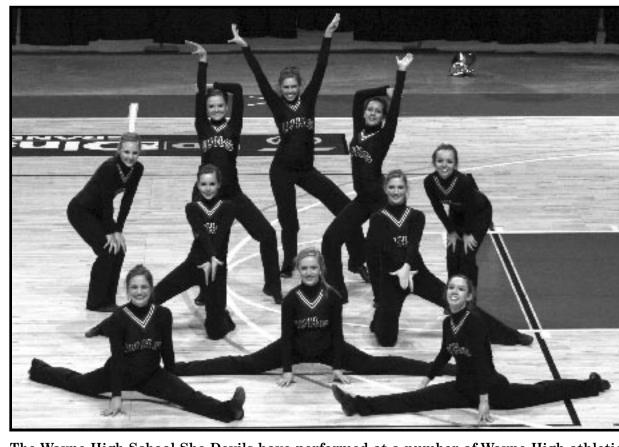
The Provisional Operator's Permit (P.O.P.) Driver Training Course. with both classroom and driver training, will begin Tuesday, March 16, and conclude Saturday, May 8. The lecture class meets Tuesdays, March 16 and 23, and Thursdays. March 18 and 25, from 6-8:30 p.m., and Saturdays, March 20 and 27, from 8 a.m.-1 p.m. in Northeast's Utility Line Building, Room 116. The Utility Line Building is located one mile east of the main campus on Benjamin Avenue.

The six hours of driving lab can be completed between Monday, March 29, and Saturday, May 8, weeknights between 6-8 p.m. and Saturdays from 8 a.m.-6 p.m. Driving times will be arranged with the instructor and student.

A mandatory parent/guardian meeting is set for Monday, March 1, at 7 p.m. in the Utility Line Building Room 116. At least one parent or guardian must be present. Students are asked to bring their learner's permit to the meeting. Books will be distributed and the first assignment assigned at that meeting.

Students enrolled in this class will acquire the skills to safely operate a vehicle. Students must sign up for both the class and the driving sessions. Cost of the class is

To register, call (402)844-7265 or visit www.northeast.edu.



The Wayne High School She Devils have performed at a number of Wayne High athletic events this year and took part in state competition this weekend in Grand Island.

### Wayne High School She Devil Dance team competes in state cheer and dance competition

The Wayne High School She Devil Dance Team competed in the 2010 Class C State Cheer and Dance Competition on Feb. 20 at the Heartland Event Center in Grand Island.

The team demonstrated excel-

lent precision and uniformity during their pom and high kick routines and received an honorable mention for their high kick rou-

The team is coached by Wayne State College student Kayla

Stoltenberg. The She Devils will perform again on Sunday, Feb. 28 at Wayne State College and at their Spring Show on Friday March 5 at Wayne High School at

### Family

### From Page 1A

Koch said that, before he was a father, he told friends that if he had a son of his own, he'd like to have him wrestle at Winside.

"Because of the program and the experience I had, I hoped maybe the opportunity would present itself," Koch said. "I said if the opportunity presented itself that I hoped I could take advantage of it and have him wrestle for Winside and, hopefully, win a title."

Before his son's seventh-grade year, the door to that dream opened. An industrial tech teaching position opened at Winside High School, and Koch took the job and became an assistant wrestling coach for Sok,

"I've been a head coach in football and wrestling for a lot of years, and I'm glad to have had the opportunity to be an assistant under Paul, because he was my mentor and gives me a lot of leeway with the kids," he said

Being the son of one of the coaches is enough pressure for a high school kid, but when that father is also a former state champion, it could have been a big hurdle to overcome. Koch said, though, that he felt his son handled it well.

"I'm sure with me being a coach it probably put a little pressure on him, but I don't know if it was any extra pressure having a dad who had succeeded in wrestling," he

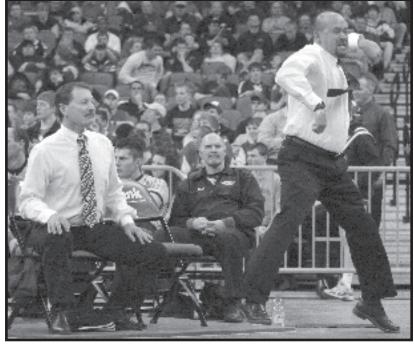
When the match was over and Koch's hand was raised for the cameras and those in attendance at the Qwest Center, he went over to the Oakland-Craig bench to shake hands with their coaches, then ran and leaped into the waiting arms of his father. All that time and effort had finally come to bear the ultimate fruit of a gold medal. The two shared a long, touching embrace on the mat, and the younger Koch said he could feel his father's legs shaking beneath him.

"As a dad, I'm so proud of him," the elder Koch said after the match. "With me having success, I know there was a lot of pressure on him to follow in his dad's footsteps. But I always told him that it's his thing and not to put any pressure on yourself."

Even after winning the title, the younger Koch couldn't put into words what it meant to have his dad in his corner.

"It's all I've wanted to do since I was little, and now that it's happened it really hasn't sunk in yet," he said. "It feels great, but it's something I just can't explain right

One coach who knew what it was like to watch your son follow in your



(Photo by Michael Carnes)

Mark Koch (right) celebrates the end of his son's championship match while Winside head coach Paul Sok sits in the corner. Sok, who has coached at Winside for 29 years, was Koch's coach when he won a state title in 1982 and has coached 24 of Winside's 34 state champions.

### LIKE FATHER, LIKE SON

Kalin Koch becomes the fifth Winside wrestler to join his father as a state champion, and the second to be coached by his father

tate of talliprofit, and the decertain to be decided by the father.			
<u>Family</u>	Father (Year, Weight)	Son (Year, Weight)	
Koch	Mark (1982, D-119)	Kalin (2010, D-140)	
Jaeger	Dave (1972, D-112)	Josh (1996, D-140)	
Bowers	Bob (1975, C-105)	Dewey (2006, D-152)	
Thies	John (1983, D-112)	Jesse (2004, D-103)	
Sok	*Paul (1972/1973, C-112/C-126)	Josh (2003, D-152)	
	*-Paul Sok won his titles at Oakland High School		
l			

footsteps was Winside head coach Paul Sok, who has coached 24 of Winside's 34 state champions in his 29 years at Winside, including both Kochs.

"I had a chance to be in Mark's corner for both of his state finals, so being around when his son was winning it was kind of the icing on the cake," he said.

Sok was a two-time champion at Oakland High School in 1972-73 and coached his oldest son, Josh, to a state title in 2003. He said watching the Kochs go through the experience brought back memories of him and his son, and he said he thought the Kochs handled the situation well.

"I think the fact that Kalin had been in the semis before helped him," Sok said. "When he made the finals and then it was like 'wow, it's finally happened,' and it was more of a relief for (Mark). When we got to Saturday, I think he kind of kept things in perspective and we talked about some of the things Kalin needed to watch out for. Between the two of them, I thought they

handled that really well."

Wrestlers who follow in their dad's footsteps and win state titles are becoming more commonplace these days as another generation continues to participate in a sport that has brought their family so much success.

Sok said he has several coaching friends with sons who are, or have, wrestled in the state tournament, and a few have had the opportunity to coach their sons in the state

"Every year there's one or two guys you know that are out there with their sons," he said. "The Plainview coach (Dean Boyer) is a good friend of mine, and his son was in the finals this year and lost, so you kind of feel both ways for them, whether they win or lose."

And now, Koch and his son have something special they can share.

"It's really neat to think about," the elder Koch said. "Not only to win a state title, but to do it at the same school and with the same coach. That's something I think we'll both always enjoy."

# **WSC** students helping Haiti

quake in Haiti, Wayne State students are responding to the call for immediate relief and aid, by doing their part here in northeast

Students in Dr. Barbara Engebretsen's Leadership Development class have planned several events open to the community, to raise money and awareness to help with Haitian relief efforts after an earthquake measuring 7.0 on the rictor scale.

'Hoops for Haiti' is planned for Saturday, Feb. 27 when Bemidji State takes on WSC at 4 p.m. for the women's game and 6 p.m.

Following the January earth- for the men's game. T-shirts will be sold for \$10 and the WSC music department will perform Caribbean-Haitian music.

During March 1-5 and March 15-17, there will be an Orthopedic Equipment Collection Drive to collect crutches, walkers, slings, braces and other usable orthopedic medical devices for Orphan Grain Train in Norfolk. Receptacles will be placed in designated buildings around campus during the drive, with a final collection day event planned for March 17.

The Orphan Grain Train is a non-profit who help provide personal and material resources to

those in need around the world. Students in the WSC Chapter of Habitat for Humanity will devote their annual "Act! Speak! Build!" Awareness Week to Haiti, the last week in March. Laura Hansen, President of Habitat for Humanity

is organizing those activities. There will be more activities to come in late March and early April. For more information, please visit "Helping Haiti @ WSC" online at www.wsc.edu/haiti or contact Dr. Barbara Engebretsen at (402) 375-7044. For more information about The Orphan Grain Train, visit www.ogt.org.



(Contributed photo)

Freshman royalty

Wayne State College freshman royalty were crowned on Feb. 12 on campus. WSC students Dexter Dodson and Alexandra Stebbing, both of Bowen Residence Hall on campus, were crowned king and queen. Front row, left to right, are 2009 King D.J. Smith of Wayne, 2010 King Dexter Dodson of Maywood, 2010 Queen Alexandra Stebbing of Dannebrog and 2009 Queen Katie Isom of Valentine. Second row, Kent Niss of Pawnee City, Courtney Gerdes of Holdrege, Jill Stara of David City and Ryan Pflughaupt of Seward. Third row, Dustin Schock of Norfolk, Shea Hylden of Hastings, Chelsea Herbolsheimer of Tilden and Trenton Halsey of Norfolk. Fourth row, Kayla Albrecht of Wood River, Larissa Buster of Lincoln and Eric Held of Merrill, Iowa. Fifth row, Eric Klima of Norfolk and Derek Becker of Norfolk.

# Local Red Cross chapter celebrating Red Cross Month

March is American Red Cross Month and the Northeast Nebraska Red Cross chapter in Wayne and Norfolk are celebrating with all chapters across the nation a tradition of service in times of disaster

The Northeast Nebraska chapter offers free classes in disaster preparedness drills and family safety events. They also host courses in First Aid, CPR, AED (automated external defibrillation) training, life guarding and water safety at a fee to cover books, paperwork, card certification, and the cost of instructors. They also help connect military families with their loved ones serving far away by relaying

emergency communications. The American Red Cross is partially supported by the local United Way.

There are two very powerful words that people in Northeast Nebraska and around the world can always count on: the "RED CROSS," said Heather Claussen, Chapter Operations Manager "The Red Cross works diligently every day to make families and communities safer. During Red Cross month, we invite you to learn more about the services offered by our organization and join us as volunteers and financial donors. People are welcome to stop by our office or call us at 375-5209."

The local chapter is hosting the Wayne Chamber Coffee at the Wayne Vets Club on Friday, March 5 and Norfolk Chamber Coffee on

March 10 at the Norfolk Chapter

"We are also hosting a soup lunch at the Wayne Vets Club also on March 5. We will have two kinds of soups (one being potato in observance of Lent), bars and a drink A free will donation will be taken and soup can be served "to go" if needed," Claussen said.

A number of Northeast Nebraska businesses and individuals have joined in efforts to raise money for the local chapter this past year by becoming Sponsors. Claussen said "We are truly grateful to these people who have committed to support the work that we do. If anyone is interested in learning more about this program, please give me a

### Viaero announces title sponsorship Dick Cavett and Bill Dana, best and President. "What a tribute to

Viaero Wireless is now the title sponsor for one of the world's most celebrated Comedy festivals and it is held in honor of Johnny Carson in his own hometown of Norfolk.

The Viaero Great American Comedy Classic celebrates its third year as young comedians qualify at venues in New York, Chicago, Miami, Denver, Seattle and locations in Nebraska to compete for the coveted championship.

Robert Klein and David Brenner headlined the first two years and Legend Awards were presented to known for his Jose Jimenez char-

acter. "Viaero Wireless is honored to the title sponsor of the "Viaero Great American Comedy Festival." said Frank DiRico, Viaero Owner Norfolk that this wonderful event in honor of Nebraska's own Johnny Carson, is held in his hometown.

The festival is scheduled for June 12-19 at The Johnny Carson Theater in Norfolk.

# The Wayne Herald 114 Main Street Wayne, NE 68787 402-375-2600

PUBLICATION NUMBER USPS 670-560

on the web at: www.mywaynenews.com

Serving Northeast Nebraska's Greatest Farming Area

Established in 1875; a newspaper published weekly on

Thursday. Entered in the post office and periodical postage paid at Wayne, Nebraska Postmaster:

"Address Service Requested" Send address change to The Wayne Herald, P.O. Box 70, Wayne, Nebraska, 68787

> Official Newspaper of the City of Wayne, County of Wayne and State of Nebraska

Publisher - Kevin Peterson General Manager - Melissa Urbanec Classifieds - Jan Stark Advertising - Katie Jensen Office Manager - Linda Granfield Managing Editor - Michael Carnes Circulation/Editorial - Clara Osten

Composition Foreman - Alyce Henschke Press Foreman - Al Pippitt Pressman - Chris Luft

Columnist - Pat Meierhenry

### SUBSCRIPTION RATES

In Wayne, Pierce, Cedar, Dixon, Thurston, Cuming, Stanton and Madison Counties - \$44.00 per year. Out-of-Area and Out-of-State - \$54.00 per year. Single copies 75 cents. Six-month: Area - \$34.00 Out-of-Area \$44.00



### Goldenrod Hills hosts Chamber Coffee

Goldenrod Hills hosted the weekly Chamber Coffee at the Headstart location on East Highway 35. During the coffee Shelli Arens (right) spoke of the work of Headstart and introduced the staff at the facility. Tiffany Olson (left) informed those in attendance of the services available through Goldrod Hills, including tax preparation, weatherization programs and her work with the Wayne Food Pantry. Also pictured is Ron Vick Jr.

### (Photo by Clara Osten)

# Young hero

Ashton Becker, five-year old son of Jon and Jenny Brandow, was presented with a Young Hero Medal from the Nebraska National Guard this week. Making the presentation were Sgt. 1st Class Jon Wren, kneeling, and 1st Lt. Gary Hansen. Ashton was diagnosed with stage IV Metastic Wilms tumor two years ago and has gone through intensive inpatient and out-patient chemotherapy, scans and surgeries in dealing with his illness. He has now been in remission for one year and three months and continues to travel to Omaha every three months for check-ups. In his nomination letter for the award his mother wrote, "Ashton is my hero and I am so proud of him. He is such a strong boy and I am so proud to be his mother."





(Photo by Clara Osten)

### More donations for Memorial

A recent donation from Randy and Sarah Surber of Discount Furniture has brought the Veterans' Memorial project one step closer to its goal. The Surbers presented a check for \$2,000 to Dennis Otte, chairman of the Veterans' Memorial Committee. The donation is in memory of Randy's father, Harold, who was a member of the Nebraska National Guard for 13 years. At the present time, approximately \$124,000 has been raised. The goal is \$185,000. Anyone wishing to make a contribution to the project may do so by sending a contribution to Wayne County Veterans Memorial, P.O. Box 196, Wayne, Neb. 68787.

# $\mathbf{PMC}$

From Page 1A

own or operate PMC; however, three Sisters currently remain as part-time Pastoral Care employees. Another hospital employee works in Pastoral Care when needed and is a chaplain."

· On Nov. 24, 2009 the Missionary Benedictine Sisters officially ended their sponsorship of PMC and transferred control of the Governing Board to Providence Medical Center, a non-profit corpo-

· The By-Laws, and Articles of Incorporation of Providence Medical Center filed with the State of Nebraska, have been amend-

ed and restated to exclude the Missionary Benedictine Sisters from the Governing Board, and to terminate their sponsorship, which enabled PMC to become a nonprofit, non-catholic, 501(c) (3) corporation.

· The Sisters were replaced on the board by people from Wayne and the surrounding communities.

· PMC will continue to move forward in providing quality health care, while at the same time maintaining a non-profit facility.

 The status of the local and specialty physicians currently serving PMC remains unaffected.

Providence Medical Center,

located at 1200 Providence Road in Wayne, was officially dedicated on Aug. 24, 1975, and was nearly four times larger than the old hospital located on Pearl Street in downtown Wayne.

Today, this 25-bed critical access hospital serves as a hub for quality healthcare services for residents throughout northeast Nebraska.

"We will continue to focus on the highest quality patient care possible, maintain the mission, respond to the needs of the local community and provide for economic stability and growth throughout the region," stated Thomas.



(Photo by Clara Osten)

# Winter-Spring Fest is set

Although the weather does not indicate such, spring is just three weeks away and therefore it is time for the annual St. Mary's Catholic Church Winter-Spring Fest. The event will be held Sunday, Feb. 28 from 11 a.m. to 1:30 p.m. at the Wayne City Auditorium. In addition to a roast beef/pork dinner, the event includes a silent auction of approximately 20 "baskets" and a raffle for cash and other prizes. Displaying some of the silent auction items are, left to right, Bob Keating, Brett Kramer, Ken Kwapnoiski, organizers of the fifth annual event and Father Mark Beran, pastor of St. Mary's Church.

# International dinner, entertainment on tap for March 27 event at WSC

the International Dinner and Suite of the Student Center from

Wayne State College will host March 27 in the Frey Conference Entertainment Night on Saturday, 6 to 9 p.m. Foods from several dif-

ferent countries will be highlighted

## Woman

From Page 1A

a discount store, Christian store or online. This makes me happy, because for some like me who loves to read, buying books can become

expensive," Rachelle said. Rachelle's family includes her husband, Ray, the pastor of First Presbyterian Church in Wayne, and children, Henry, 7, Eleanor, 5, Genevive, 3, and Knox, 1. She is originally from Norfolk. She and her family have lived in Wayne since 2005.

Future books include the sequel to "Survival Instinct" entitled "Troubled Waters" to be released in June of this year and the Holyoake Heros series, "Out on a Limb," to be released in September of this year and "Danger on Her Doorstep," scheduled for release in January of 2011.

For more information about McCalla or her books, visit her Web site, www.rachellemccalla.com.

during the evening meal.

"Tantalize your taste buds and learn about different cultures during the 2010 International Dinner hosted by the members of the WSC International Club," organizer Ron Vick, Sr. said. "This is an opportunity for guests to enjoy international dances, songs, and other entertainment while learning more about the culture and traditions of other countries. The atmosphere is family-friendly and gives everyone a chance to meet the international students at Wayne State College."

Tickets are \$10. For more information, contact Ron Vick, Sr. at (402) 375-7321 or e-mail RoVick1@ wsc.edu.



900 Minutes + 10 159.90 900 Minutes +5 159.99 1100 Minutes +20 FREE \$49.95
National Individual 700 Minutes +0 159.19 900 Minutes +7 (7 1882 169.18 900 Minutes National Shared +20 FREE \$59.95 1600 Minutes +25 FREE \$74.95 1000 Minutes + 10 Per 184.00 1400 Minutes + 70 mar 189 99

Activate before noon and get a FREE Bluetnoth heads off"



VIAERO LOCATIONS • www.viaero.com • 1.877.484.2376

COLUMBUS

- 418 5.23ml St (402.606.6000) - Kant to Applicate - 22/1 26th Ave. 1402-004-0000 - Terr Harr

- 113 West-Nh St (402,887,4446) - Ninibroy (Faria)

**SCHUYLER** - 38 East 11th St (4023/223119) - Seast 4.48

NORTHK - 43 Norfale Are: MD26511955

- 201 H 31 st St. (402,051,1234) - 1700 Market Ln (402,051,0400) - San

40 Wilmost (4026024646) - Hogost Stade

WAYNE - 304 Main St (MIZA 18.888)

Vinero Wireless Proud Spensors of the Vlearo Great American Comedy Festival



\* Under the effect is in \$250 of the provider and the provider and the entered by the first testing the provider for the provider and the provider and the provider for the provider for the entered of the provider for the provid The program Extends of the Science of Artistan Company of the Science Science

§ Se hoble Espobal

# From The **Bleachers** Michael

1B

# Wrestling is all in the

**Carnes** 

Still recovering from the State Wrestling Championships, but like the 56 champions who won medals Saturday, I've got enough left for one more shot at the "Bits and

**Koch family** 

- While there were four girls who qualified for the state tournament this year, this sport is still all about fathers and sons.

Proof of that could be seen on the Class D mat in the finals at 140 pounds, as Winside senior Kalin Koch took the title while his dad, Mark, was in his corner.

The elder Koch is an assistant coach at Winside and has a little personal experience to draw from. Almost 30 years ago, he was the one in the red-and-white pinstripes of Winside High, competing for the 119-pound state title. He won the 1982 championship that day, and I'm sure there were a ton of emotions flowing through him as he watched his son dominate and win a title of his own.

Afterward, Kalin leaped into his dad's arms and they shared a long, emotional embrace. They have put in a tremendous amount of time together, not only as wrestler and coach, but as father and son. For them to have had the opportunity to work together, battle together and realize a dream together is something quite special.

I'm sure it was also special for head coach Paul Sok, whose son, Josh, won a title with his dad in his corner in 2003 (oddly enough, Sok was also in the elder Koch's corner when he won his title). Sok and the Kochs have had a special connection for a long time as well, and it was a moment I'm sure they were all happy to have been a part of.

 Another Winside note...as vou may have noticed on the front page, the Kochs are the fifth father-son state championship combination in Winside's long and storied wrestling

There aren't many sports where a father and son share the kind of success that these people have. For five of them to do it in the same town, and in the same sport, is a testament to that community's tradition of success in what is, without question, the toughest of all high school sports.

- One of the area wrestlers who didn't earn a medal is going to have his name in the record books.

Wayne High senior Logan Owens was one of three wrestlers on the Blue Devil squad who were in hot pursuit of the school's win record of 36, set by Matt Nelson in 2003.

Both Owens and Jorge Dunklau surpassed the mark this season, but Owens won the race and gets to be the guy future Blue Devil grapplers will shoot for in the single-season

Owens, who lost in the heartbreak round Friday night, ended his career with a very impressive 43-10 mark. See BLEACHERS, Page 7B

### WSC women host NSIC tourney game

The Wayne State College women's basketball team will host a first-round game in the 2010 NSIC/Sanford Health women's basketball tournament on Wednesday, March 3 at 7 p.m. at Rice Auditorium against an opponent that will be determined after the regular season concludes this weekend.

A total of 250 free tickets will be available for Wayne State or high school students, compliments of the First National Bank of Wayne and the Wayne State College women's basketball program.

Area fans are invited to come cheer on the Wildcats as they battle for an NSIC tournament title. No passes will be allowed for this game since it is a conference tournament event.

# Koch takes gold at state meet

By MICHAEL CARNES Of The Herald

OMAHA – For the 35th time in 40 years, Winside found its way into the top 10.

The Wildcats, led by senior 140pound champion Kalin Koch, tied Ansley/Arcadia for 10th place in the Class D division to highlight a fivemedal weekend for area wrestlers at the Nebraska State High School Wrestling Championships.

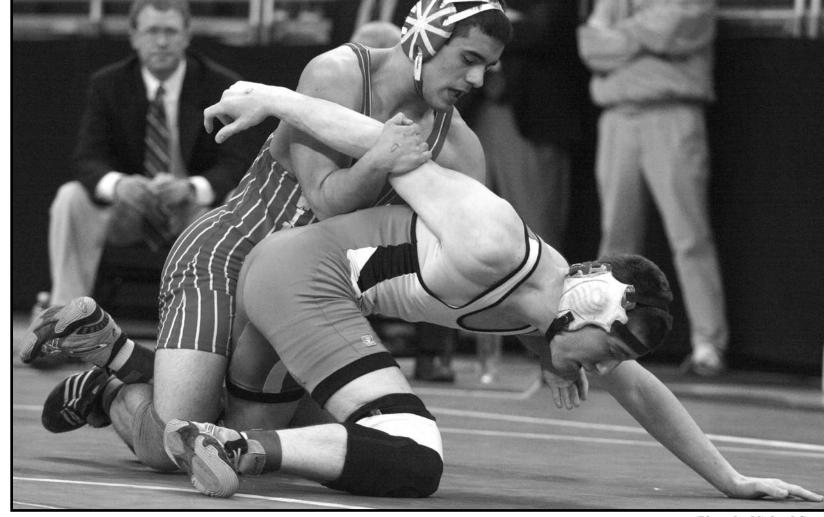
Koch joined a long list of Winside wrestlers who made it to the top of the medal stand with a dominating 13-7 win over Joe Brown of Oakland-Craig Saturday afternoon at the Qwest Center. He was one of two Winside wrestlers, and five from the area, to earn a medal for a top-six finish.

"It feels great," a still-winded Koch said after earning the title. "It's really the best feeling in the world. I've worked extremely hard this year and owe everything to my dad (assistant coach Mark Koch) and Mr. Sok, and I want to thank all my teammates and my ex-teammates who pushed me in practice. I owe a lot of thanks to them and the community of Winside.'

Koch advanced through the tournament with little trouble. His closest match came in the semifinals, as he beat John Frerichs of Sumner-Eddyville-Miller 8-4 Friday night to advance to the

Once there, he hooked up with Brown, who had to take an injury default in their district finals matchup a week earlier. Koch jumped to an early lead with a couple of takedowns and seemed to be relaxed and in control throughout the match.

"He was about as focused as a kid could be down there," Winside coach Paul Sok said. "He had his



(Photo by Michael Carnes)

Kalin Koch controls Joe Brown of Oakland-Craig in their Class D 140-pound championship match at the 2010 Nebraska State Wrestling Championships. Koch won his fourth medal and a state championship with his 13-7 decision.

goals in mind and really stuck with what he wanted to do."

Koch was joined on the medal stand by teammate Zachary Brokaw, who overcame a loss in the semifinals to earn the third-place medal at 152 pounds.

Brokaw picked up a pair of

advance to the semifinals, but lost to eventual champion Bryce Dibbern of Amherst Friday night. He came back Saturday, beating Travis Pieper of Eustis-Farnam and Aaron Davis of Franklin to earn consolation honors.

"Zach really put his whole heart major decisions on Thursday to and soul into it this year and

spent a lot of time at camps in the Nelson and Anthony Nelson both summer," Sok said. "He had a cradle locked up on (Dibbern) and maybe respectively, while Ethan Thies rushed things a little too much, but other than that he wrestled an outstanding tournament.'

Winside had four other qualifiers at the state meet that came away without a medal. Brothers Jordan

went 1-2 at 171 and 215 pounds. (130) and Cody Wylie (145) were winless for the tournament.

THE WAYNE BLUE DEVILS were very close to going 3-for-3

# College's winningest coach, Wayne native Meyer to retire

more college basketball games than any coach in resulted in the loss of part of his left leg. During NCAA history, has announced his

Northern State University President James Smith accepted Meyer's letter of retirement Monday morning. Meyer will retire at the end of the current

season, but will stay with the

retirement.

university in another capacity. "Although Coach Meyer will remain on staff with us here at NSU in Aberdeen, his loss on the basketball court will be felt for years to come," said Smith. "Don is a legendary coach but, more importantly, a legendary person. His passion for developing young men into extremely successful adults is and always has been his true key to success. I look forward to working more closely with him but am saddened by the thought of not seeing him walking the floor that so proudly carries his

"After consulting with our physicians and meeting with my family, we have determined that I no longer possess the necessary physical or mental energy to

continue administering the NSU basketball program at its highest possible level," said Meyer. "It is time for someone with more energy and time available to deal with the unique challenges of a basketball program like Northern State."

In September 2008, the 65-year-old Meyer was

Wayne native Don Meyer, the coach who has won critically injured in an automobile accident that

subsequent surgeries, he also learned he had an inoperable form of cancer. Undeterred, Meyer returned to the sidelines for the start of the season and went on to become the all-time NCAA men's basketball career wins record holder, a mark he still holds. Heading to the final week of regular season play, Meyer currently has a record of 922-323.

In July, 2009 Meyer was the recipient of the ESPN Jimmy V. Perseverance Award at the 2009 ESPY Awards. In April, 2010 Meyer will receive the "Legends of the Hardwood Award" at the NCAA Final Four.

The Wayne, Neb. native (File photo) attended University the Wayne native Don Meyer, Northern Colorado and shown here during Decemgraduated in 1967 majoring in ber's Northern State-Wayne physical education and minoring State matchup, will retire in English. Meyer began his coaching career at Western State at the end of this season. He (Colo.), where he was an assistant has won an NCAA-record 922 from 1968-70. From there he went to the University of Utah, where he served as an assistant

basketball coach from 1970-72 and earned a Ph.D. Meyer has spent 38 years as a head coach and has been married to his wife Carmen for 42 years. The couple has three children and eight grandchildren.

Meyer will remain on staff at NSU in the role of Regent Distinguished Professor.

# Wayne girls play for trip to state

OAKLAND - The Wayne girls basketball team is one game away from only its second state tournament appearance in school history.

The Blue Devils did it with defense, shutting down Teakmah-Herman and Wisner-Pilger to take the C1-4 subdistrict title at Oakland-Craig High School.

On Wednesday, the Blue Devils ran out to an early lead and made it hold up, as they took care of Tekamah-Herman 53-39.

They followed that up Thursday by avenging an early-season loss to Wisner-Pilger, limiting the Gators to four points in the first period and using that early momentum to propel them to a 42-27 win and a trip to Friday's C1-2 district final against Wahoo.

"We played our best game of the year at the right time," coach Nate Wall said of his team's win over Wisner-Pilger. "Our intensity and focus to start out this game was exactly what it needs to be like to win a championship."

The Blue Devils jumped out to an 11-0 lead early in the game, but Wisner-Pilger responded with a 12point run of their own. Wayne took the Gators' best bite and responded to take a 20-14 halftime lead and pull away in the second half to get the win.

The Blue Devils got a dominating



(Photo by Michael Carnes) Kayla Grone drives to the basket while Tekamah-Herman's Mariah Farrens guards the play.

inside performance from Katie Hoskins and Shannon Jarvi. Hoskins had 11 points, 13 rebounds and four blocks, while Jarvi came through with seven points and played well on defense, holding the Gators leading scorer to just two

"Our defense was in total lockdown mode, and we took away everything they were trying to do,"

Marissa Fallesen also played

well, scoring nine points to play her best game of her young career, See GIRLS, Page 2B

# Wayne bowling team defends its Class C championship

games during his career.

By MICHAEL CARNES Of The Herald

Back-to-back champions? In Wayne?

Yes, sir . . . Wayne has a back-to-back championship team in town, as the Wayne high school bowling team finished off its second straight Class C title in the Nebraska High School Bowling Federation's state championships, held Feb. 13-14 at Sun Valley Lanes in Lincoln.

Wayne and Wisner-Pilger hooked up in a rematch of last year's title, and the Wayne squad won the bestof-five Baker-format match in three games, winning 163-147, 161-124 and 218-155 to defend their title of a year ago.

The team of Trent Beza, Trevor Beza, Corey Doorlag, Josh Doorlag, Joey Muren, Dawson Olnes and Dillon Wieland came into the tournament as the top seed after rolling a team score of 2,938 pins in the fourgame qualifying round. They rolled past Plainview and

Doniphan to get to the finals, then bowled in front of a good crowd for the TV cameras, with the finals shown Sunday on the Nebraska ETV network.

Dusty Baker coaches the team, and he said when the team got together at the start of the year, he thought they had the talent to defend their Class C title.

"We knew we had a pretty good team at the start of the year, and they actually bowled their best at the end of the year," he said. "I was pretty pleased with their performance, and I think they were pretty happy,

The season starts for bowlers in November with practice, and competition begins in December. The teams compete in duals, first in singles with four bowlers going head-to-head, then a best-of-three Baker

format, where four bowlers alternate frames. Wayne's boys won their district tournament to qualify for state, and after the qualifying round of singles they were the No. 1 seed for the tournament.



(Contributed photo)

Members of the state champion bowling team for Wayne are (front) Joey Muren, Dawson Olnes, Josh Doorlag, (back) coach Dustin Baker, Trent Beza, Corey Doorlag, Dillon See BOWLERS, Page 2B Wieland, Trevor Beza, and coach Justin Cunningham.

## **Bowling**

From Page 1B

Baker said most of the bowlers were seasoned veterans who didn't have a problem bowling under the bright lights with TV cameras filming the action. But there were a couple that needed to adjust a little to all the extra attention.

"We were warming up away from the main arena, and Trent Beza, who qualified for state golf last year, said this wasn't near as nervewracking as playing in the state golf tournament," Baker said. "Then he came into the arena and felt the energy and he said it was way more nerve-wracking."

The Wayne boys were joined by the girls team of Jamie Belt, Miranda Denkalau, Amanda Kudrna and Burgundy Roberts, which qualified this year as a wild card. The team, coached by Mike Varley, made the most of their efforts, earning the top seed in the eight-team, single-elimination tournament and reaching the semifinals before losing to eventual champion Ord/ Burwell. Wayne led the best-offive match two games to one before Ord/Burwell came back to win the final two games and move on to the

This is the fourth year Wayne has fielded club bowling teams. Club bowling has been around in Nebraska for about 10 years and has gained enough ground that a push is on to make it a sanctioned high school sport, subject to governance by the Nebraska School Activities

"The federation people have been talking with the athletic directors, and I think maybe in the next year or two the NSAA may have an opportunity to vote on it," Baker said. "Most of the kids we have out aren't involved in another sport, so this is a great chance for them to participate and represent their

**Hours:** 

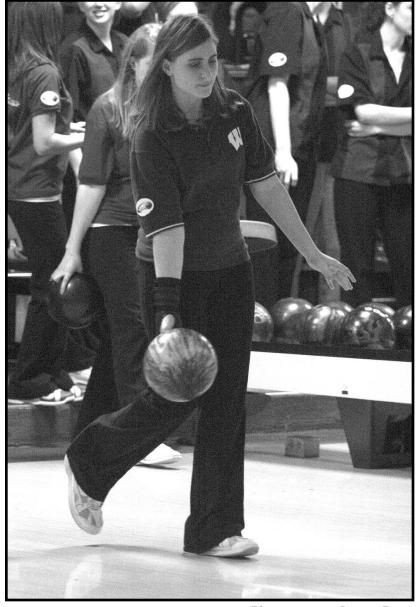
10am-1am, Fri-Sat

10am-11pm, Sun-Thur

Must be 21 years

of age to play.

**Visit The All New** 



(Photo courtesy Jeremy Buss)

402-695-0180

1106 S. Main Street

Emerson, NE

www.winnebagocasinos.com

Winnebago Tribe of Nebraska

Burgundy Roberts approaches the lane to roll a strike during the Nebraska High School Bowling Federation's state tournament in Lincoln. Roberts and the Wayne girls team lost a dramatic best-of-five semifinal to Ord/Burwell, but the Wayne High boys came away with their second straight Class C state championship, beating Wisner-Pilger in three games in a rematch of last year's state championship matchup, also won by Wayne.

### Girls

From Page 1B

In the win over Tekamah-Herman, Wayne shot more than 50 percent from the floor and made some needed adjustments early in the game to slow down Tekamah-

"We had a rough start to the game defensively, but we made an adjustment that really gave (Tekamah-Herman) fits," he said.

Wayne got 12 points from Hoksins and 10 from Caitlin Fehringer, while senior guard Jessica Calhoon hit a pair of 3-pointers and finished with eight points.

The Blue Devils are set to take on Wahoo in Friday's 7 p.m. district championship game at Midland Lutheran College in Fremont, and Wall feels his team is poised to make its first trip to state since 1993.

"We are peaking at the right time, and our girls are determined to get to the state tournament," he said. Wayne 53, Tekamah-Herman 39

19 10 10 14 - 53 15 4 8 11 - 39 Wayne WAYNE - Fallesen 5, Grone 6, Jarvi 8, Alexander 2, Cait. Fehringer 10, Calhoon 8, Hoskins 12, Car. Fehringer 2.

TEK.-HER. - Langley 1, Farrens 10, S. Olson 2, B. Olson 2, Hansen 12, Garcia 3, Haber 7,

11 9 11 11 - 42 4 10 8 5 - 27 Wayne

WAYNE - Fallesen 9, Grone 2, Jarvi 7, Hoffart 3, Cait. Fehringer 6, Calhoon 4, Hoskins 11. WIS.-PIL. - Fullner 9, Schmidt 3, Dixon 2, Schlautman 4, Phillips 7, Schantz 2.

(Photo by Michael Carnes) Caitlin Fehringer goes up for a shot while Tekamah-Herman's Sydney Hansen tries to defend the play during the Blue Devils' win in the C1-4 subdistrcit tournament at Oakland-Craig. Wayne will take on Wahoo in the C1-2 district championship game, set for 7 p.m. Friday at Midland Lutheran College in Fremont.

# Wakefield, Allen girls end seasons

"Jenna and Libby showed great

and I think the younger girls got a

Ponca 60, Wakefield 57

WAKEFIELD – Tuttle 1 2-2 4, Henderson 5 2-

PONCA - Finnegan 1 0-0 2, Perkins 1 0-0 2,

Three-point goals: Wakefield 1 (Henderson)

LAUREL-After getting out of the

first round in the D1-6 subdistrict,

the Allen girls found the going a lot

3 13, Lunz 5 8-13 18, Henschke 8 1-5 17, Greve

Hughes 5 1-4 14, Stark 2 4-8 8, Brown 1 0-0 2 Hohenstein 7 18-23 32. Totals 17 23-35 60.

0 3-4 3, Rose 0 2-2 2. Totals 18 18-29 57

Ponca 3 (Hughes 3).

Allen ends

2-18 season

tougher in the semifinals.

Emerson-Hubbard

12 17 11 17 – 57 10 11 21 18 – 60

lot of experience that will help us."

Wakefield had three players score in double figures, but the Trojans' hopes of a postseason tournament run were dashed in the first round of the C2-7 subdistrict at Wayne High School.

The Trojans lost a 60-57 decision to Ponca in a game that went down to the wire before Wakefield ended its 5-15 season.

"We just came up a little bit short, and that's kind of the way the year has gone for us," coach Matt Brenn

The Trojans looked to be in pretty good shape at halftime, taking a 29-21 lead into the locker room. Ponca came out and heated up in the third period, though, turning that nine-point halftime deficit into a two-point lead going into the final period.

Keri Lunz paced the Trojans with 18 points, while Henschke had 17 and Henderson put in 13.

Brenn said he felt the team improved throughout the year, and credited the efforts of his two

Allen in the first half and carried that momentum on to a 48-31 win that ended the Lady Eagles' 2-18

Coach Logan McPhillips felt Blanke 5, Koopman 1, Casey 14, Haney 2.

leadership and dedication all ending effort. season, and I wish them the best of "We made some mistakes on luck," he said. "We had some tough defense that hurt us, but I can't fault the girls' effort," he said. outings and played a bunch of girls,

> that well." The Allen girls had a balanced scoring attack, led by Mariah McCoy's six points. Hannah Flores added five points in the game.

> his team played well in a season-

"Emerson-Hubbard got hot in the

third and hit four 3-pointers, and

we just didn't do a good job covering

Although their season came to an end, McPhillips said he saw improvement in a young team this year, and looks for a better season next year.

"There will be a lot of spots to fill with five seniors graduating, so if the girls do some work over the summer we'll have a lot of good things to look forward to."

Emerson-Hubbard 48, Allen 31 13 10 4 -Emer.-Hubb. ALLEN - B. Hingst 4, A. Hingst 2, S. Sullivan

Scneider 4, B. Sullivan 3, McMahon 2 EMER.-HUBB. - Pallas 6, Bormann 20

### Winside boys end season at subdistrict WAUSA - The Winside boys seven points in the first half, and WINSIDE - T. Jaeger 0 0-0 0, Meyer 1 0-0 3

basketball team saw their season come to an end Monday in the first round of the D1-7 subdistrict tournament.

The Wildcats' offensive struggles continued Monday, and Hartington was able to pull away in the second half to pick up a 53-31 win to end the Wildcats' 1-18 campaign.

Hartington limited Winside to

while the Wildcats were able to pick things up in the second half, the defense was unable to contain Hartington in the final period.

Tanner Woslager scored nine points and Nathan Janke added

Hartington 53, Winside 31 Winside 14 21 - 53 Hartington

eight to lead the Wildcats.

0-2 0, Woslager 4 0-2 9, Wright 0 0-0 0, Hanser 0 0-0 0, Skokan 0 0-0 0, Gruenke 0 0-0 0, Janke 3 2-4 8. Totals 12 4-11 31.

outscored

HARTINGTON - McPhillips 1 1-2 3. Noecker 5 5-6 15, C. Miller 1 0-1 2, Kramer 7 6-9 20 Workman 2 0-0 4, Hegge 0 0-0 0, Dericksor 0 0-0 0, N. Miller 0 2-4 2, Bottolfson 2 0-0 4 Fuelberth 0 1-2 1, Lammers 0 2-2 2, M. Miller 0 0-0 0. Totals 18 17-26 53.

Three-point goals: Winside 2 (J. Jaeger Woslager). Team fouls: Winside 21, Hartington

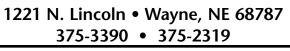
# **BOWLING RESULTS** brought to you by:

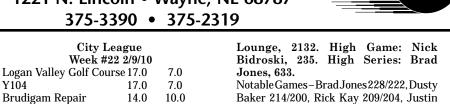
Enjoy Our Completely New NON-SMOKING CASINO!

120 HOT NEW MACHINES!

CASTY NEW MENU!

# **Melodee Lanes** Wildcat Lounge





Brudigam Repair Wildcat Sports Lounge 13.0 Harder & Ankeny PC 11.0 13.0 Half-Ton Club 13.0 11.0 Tom's Body Shop 10.0 14.0 5.0 19.0 High Team Game and Series: Y104, 997 and 2758. High Game: Jayme Bargholz,

269. High Series: Brian Kemp, 650. NotableGames-BennettSalmon235/208, Bryan Denklau 225, Mick Kemp 224, Leif Olson 224, Brian Kemp 223/222/205, Andy Baker 223, Brad Jones 218, Doug Rose 212/207, Mark Klein 209, KeithEricksen208, DustinBaker208/200, Joel Baker 207, Rick Straight 206/201, Mike Grosz

Notable Series - Jayme Bargholz 629. Splits-Casey Daehnke 5/10, Keith Erickson 5/7. Wed-Nite Owls

Week #20	2/10/10	
Wildcat Sports Lounge	15.0	5.0
Cat Ladies	11.0	5.0
Team Victory	11.0	9.0
The Max	9.0	11.0
Melodee Lanes	8.0	12.0
Ghost	6.0	14.0
II: -1. The control of control	m	T7: -4

High Team Game: Team Victory. 770. High Team Series: Wildcat Sports

402-375-3535

FREDRICKSON OIL CO.

Open 7 Days A Week • 7:00 AM - 9:30 PM

Brakes • Exhaust Work • A/C Repair • Diagnostic • Alignment

Wayne, NE

1-800-672-3313

Cunningham 202, Nick Bidroski 200. NotableSeries-NickBidroski620,DustyBaker 600. Tali Fredrickson 516.

## League 01

Week #17	1/27/10	
State National Bank	11.5	4.5
Logan Valley	11.5	4.5
Handicappers	10.0	6.0
Stadium Sports	10.0	6.0
Gary's Foodtown	10.0	6.0
Kathol and Associates	8.0	8.0
Lucky Lady Lockers	8.0	8.0
Tacos and More	7.0	9.0
Ping Tree Service	4.0	12.0
White Dog Pub	0.0	16.0
High Toom Come of	nd Sorie	e. I or

High Team Game and Series: Logan Valley, 894 and 2616. High Game: and Series: Cheryl Henschke, 221 and 591. Notable Games - Ardie Sommerfeld 193, PaulaPfeiffer 188, DebGustafson 182, Cheryl Henschke 184/181, Rita Schumacher 187, Holly Jackson 212.

NotableSeries-ArdieSommerfeld515,Julie Hartung 506, Renee Saunders 539, Lori Burns 542, Nikki McLagan 495, Rita McLean 492, Cindy Thompson 508.

## Tom's **BODY** & PAINT SHOP, INC.

108 Pearl St. Wayne, NE 375-4555





375-9958







Weigelt 0 0-1 0, Petersen 4 3-4 12, Messer 1

0-0 2, Finley 5 0-0 15, Sipma 0 0-0 0. Totals

Three-point goals: WSC 5 (Fischbach, Arlen

Wood, Duwelius, Brown), UM 8 (Luke, Rogers,

Petersen, Finley 5). Team fouls: WSC 14, UM



(Photo by Kevin Peterson)

Laurel-Concord's Chelsey Wolfgram goes for a loose ball during the Lady Bears' 42-41 loss to Homer in the first round of subdistrict play Thursday at Wayne High School.

# Lady Bears lose 42-41 heartbreaker

Laurel-Concord girls basketball coach Nate Sims said his team was ready to face a physical Homer squad in the first round of the C2-6 subdistrict tournament.

The Lady Bears and Lady Knights hooked up in quite a battle in their semifinal matchup, but a late basket by Homer's Cara Olerich managed to stand up, and a late 3-point attempt fell short as Homer ended Laurel-Concord's season with a 42-41 defeat.

"It's tough to lose like that, but both teams were right there the whole time," Sims said. "It was a physical game and we were ready for it, and when it's that close there's always a million things you could have done differently. I was proud of the girls' effort, though. They played very hard and I was proud of them for that."

The Lady Bears got quite the farewell performance from senior Bethany DeLong, who finished with a game-high 15 points and added 10 rebounds, four assists and eight

"She had an outstanding game," Sims said. "The big key for us was her rebounding and blocks. She had quite a few good rebounds, and a number of those blocks came in transition. To be that close to a triple-double in your last game is a nice way to finish out individually."

The game was close throughout, with the Lady Bears holding a 19-17 lead at intermission. Homer came out and got on a roll, leading by as many as six points in the third period before Laurel-Concord mounted a fourth-quarter

Trailing 36-30, the Lady Bears

went on an 11-2 run in the final period, highlighted by a 3-pointer from DeLong and baskets by Mandy Nelson and Jade Cunningham.

The Lady Bears led 41-40 and missed several opportunities to put the game out of reach in the final minute. Homer had two 3-point shots miss the mark, but after a turnover, the Lady Knights took the lead with :20 left on a basket by Olerich, who led the team with 11 points.

Laurel-Concord called time out with 7.5 seconds left to set up a potential game-winning shot. DeLong attacked the basket and got the Homer defense to collapse, leaving Nelson wide open in the corner. She got off a good 3-point shot as time ran out, but the shot missed its mark.

"We had time to get to the rim and they collapsed on Bethany and Mandy was wide open. It's a shot I'd have her take again," Sims said.

With only two seniors gone, Sims is hoping the team can improve on this year's 10-10 record next year.

"We're a fairly young team, and we only have two seniors so us the whole night," Kielsmeier hopefully we can improve in the summer and come back next year,"

he said. Homer 42, Laurel-Concord 41

Laurel-Concord 11 8 11 11 - 41 9 16 9 L-C - DeLong 6 2-4 15, Nelson 3 2-5 8, Cunningham 2 3-4 7, K. Gubbels 3 0-0 6, L. Gubbels 2 0-1 4. E. Gubbels 0 1-2 1, Wolfgram 0 0-0 0. Kastrup 0 0-0 0. Totals 16-8-16 41.

HOMER - Olerich 4 3-4 11, Brewer 3 1-3 7, Murphy 2 0-0 5, Mahaney 2 0-0 4, Kelly 2 0-0 4, Nogelmeier 2 0-0 4, Tighe 1 1-2 3, Petersen 1 0-0 2, Anderson 1 0-0 2, Overfelt 0 000 0. Totals

Three-point goals: L-C 1 (DeLong), Homer 1 (Murphy). Team fouls: L-C 11, Homer 16.



(Photo by Michael Carnes)

Allen's Cody Logue drives to the basket for two points during the Eagles' subdistrict loss to Walthill Monday.

# Allen boys felled by Walthill comeback

LAUREL - The Allen boys started out strong, but a third-quarter lull in the offense helped Walthill come back to post a 55-49 win in the first round of the D1-6 subdistrict Monday at Laurel-Concord.

The Eagles led by as many as nine points in the first half, but Walthill shot their way back into the game and trailed by three at halftime. They carried that momentum into the second half and held off a late charge by the Eagles.

"I thought we played well the first half and hit some shots," coach Luke Hoffman said. "The shots just didn't fall for us in the second half, though."

Hoffman felt his team would be poised for a solid offensive effort after scoring a season-high 51 points in an 80-51 loss to Winnebago on

"Our offense played really well in that game and we had our highest total of the year there," he said. "We scored six points right away in the second half (against Walthill), but

we didn't score again the last six minutes of the third and that let them get back in it."

A.J. Williams led all scorers with 18 points, Cody Logue added 15 and Cody Stewart finished with 14 points and 17 rebounds.

# WSC women keep win streak going

The Wayne State College women's basketball team extended their win streak to 10 games, but it wasn't

The Wildcats rallied from a 10point halftime deficit Friday to post a 76-70 win at Northern State, then held off a second-half rally to beat University of Mary 66-55 to improve to 21-4 overall and 13-4 in

The wins secured a first-round home game for the Wildcats in next week's Northern Sun Conference basketball tournament, but the Wildcats had to work a little harder than coach Chris Kielsmeier would have liked.

The Wildcats found themselves down early, as the host Wolves took an early 10-4 lead in the first 2:36 of the game. Wayne State responded with a 13-0 run and gained a 17-10 lead following an Alisha Brown 3-pointer with 12:37 to play in the first half, but the hosts responded with an 11-2 run over the final 2:51 of the half to grab a 39-29 lead at halftime, the largest halftime deficit for the Wildcats this season.

We didn't play well the first half and gave up 39 points to a team that we'd given up 42 in an entire game to the last time we played them," Kielsmeier said. "We dug ourselves a hole, and we talked about trying to play better and salvage the night and they came out and played one of the best halves of basketball we've played."

The Wildcats went on a run of 10-0 over a 2:09 span to take a 48-44 lead on a Mara Hjelle jumper, and after Northern rallied to knot the score at 57-57 with 9:46 to play, the Wildcats scored six straight points on a basket by Brown and backto-back shots by Hjelle to take the lead for good at 63-57 lead with 8:19 left.

Wolves then scored consecutive baskets to get within three points at 68-65 with 4:07 remaining, but Brown made a key jumper and the Wildcats sank six straight free throws down the stretch to seal the victory.

Hjelle led WSC with a seasonhigh 25 points, with 14 coming in the second half. Brown added a season-high 17 points and Ashley Arlen finished with 16 points.

"Alisha and Mara really carried said. "They played with great energy and Alisha was sick all week and still had a great weekend and

played well in both games."

On Saturday, Wayne State built a 20-point lead in the first half, but had to thwart a Marauders rally that saw them get as close as four points in the second half before hanging on for the win.

Univ. of Mary

1 0-0 2. Totals 23 15-17 66.

WAYNE STATE – Fischbach 2 2-2 7, Arlen 4

6-6 15, Hjelle 9 1-2 19, Schwartzwald 0 0-0 0,

Christensen 0 2-2 2, Wood 1 0-0 3, Duwelius 2

0-1 5, Brown 4 0-0 9, Wagner 0 4-4 4, Amundson

UNIV. OF MARY - Zillmer 3 4-5 10,

"We played some tremendous basketball the first half, but we had played a lot of players a lot of minutes and we just kind of ran out of gas down the stretch and didn't shoot the ball as well," Kielsmeier said. "But it was encouraging to see that we handled a lot of adversity on the road this weekend and were able to win a couple of games. It's encouraging to see how they responded to the situations they put themselves into."

Both teams got off to a slow start as Wayne State held a 11-8 lead at the midway point of the first half, but the Wildcats caught fire and scored 30 points in the final 10 minutes to take a sizeable 41-24 lead over the Marauders at halftime.

Wayne State maintained a double-digit lead for much of the second half until the Marauders made their run. Trailing 54-36 with 8:08 to go, Mary used an 11-0 run, keyed by three consecutive 3-pointers to rally to within four points with 2:12 to go.

Wayne State responded, though when Clare Duwelius drained a 3-pointer to put WSC up 61-54 and put the game out of reach as Arlen and Hjelle combined on 5-of-6 free throw attempts in the final

Hjelle had a game-high 19 points and Arlen recorded 15 points and 10 rebounds for her eighth doubledouble of the season. Brown added nine points and seven assists.

Wayne State was on the road Wednesday to face Southwest Minnesota State, and close out the regular season at home against Bemidji State in a 4 p.m. matchup Saturday.

Wayne State 76, Northern State 70 Wayne State Northern State

WAYNE STATE - Schwartzwald 1 0-0 3, Fischbach 3 0-1 6, Christensen 1 0-0 3, Arlen 7 1-1 16, Hjelle 10 5-5 25, Wood 0 0-0 0, Duwelius 1 0-0 3, Brown 5 5-6 17, Wagner 1 0-0 3. Totals

NORTHERN STATE - Becken 7 0-0 19, Mueller 1 0-0 2, Barondeau 9 5-5 26, Reinschmidt 2 2-3 6, Rabenberg 7 1-2 15, Doerr 0 0-0 0, Higgins 1 0-0 2. Totals 27 8-10 70.

Three-point goals: WSC 7 (Schwartzwald, Christensen, Arlen, Duwelius, Brown 2, Wagner), NS 8 (Becken 5, Barondeau 3). Team fouls: WSC 12, NS 13.

Wayne State 66, Univ. of Mary 55

# Wildcat men pick up key road victories

It was about as good a weekend as Wayne State men's basketball coach Paul Combs could hope for out of his team.

With the Wildcats needing to keep pace in the push for a postseason tournament bid, Wayne State posted a pair of key road wins over the weekend, beating Northern State and University of Mary to move into seventh in the NSIC.

The Wildcats led from start to finish in notching an impressive 73-58 win at Northern State Friday evening, then followed that up with a 76-53 rout of University of Mary to improve to 12-13 overall and 9-9 in the NSIC.

"We played about as well, defensively, as we've played all season," he said of his team's effort. "It's taken a while to get everybody clicking on the same page, but we just did an excellent job at both ends of the floor."

The Wildcats jumped out to an early 6-0 lead on the Wolves, and Northern State never got closer than four points after that as the Wildcats held a double-digit lead for a good chunk of the first half and took a 35-26 lead at the half.

Senior forward Brett Spiker led a balanced scoring attack for Wayne State with 17 points and 12 rebounds for his 11th doubledouble of the season. Freshman guard Amry Shelby added 17 points followed by Jason Jensen with 15 points and Brian Metz with 11.

Wayne State capped an impressive weekend by handing the University of Mary its first home loss of the season on Saturday.

The Wildcats did it with an unconscious shooting effort, hitting an amazing 71.7 percent from the field against the Marauders.

"We held them down pretty well defensively, and that was a key," Combs said. "We came in and executed and played unselfishly on both ends of the floor, and that created a lot of energy for us."

Jensen had a big night for the Wildcats, scoring a game-high 25 points on 10-of-16 shooting from the field that included a perfect 5-of 5 behind the 3-point line. Freshman guard Amry Shelby contributed 15 points followed by Metz with 13 points and seven rebounds.

Wayne State 73, Northern State 58 Northern State 26 32 WAYNE STATE - Shelby 7 2-2 17, Spiker 6

5-6 17. Starken 3 0-0 7. Jensen 5 3-5 15. Metz 5 1-2 11, Rudloff 1 0-1 3, Paulsen 0 0-0 0, Miller 1 0-0 2, Tasa 0 1-2 1. Totals 28 12-18 73.

NORTHERN STATE - King 1 0-0 2, Boeck 11 6-6 29, Hoellein 1 2-4 5, Becker 1 2-2 4, Gregor 0 2-4 2, Latinovic 1 0-0 3, Barnes 0 2-2 2, Filipovic 1 0-0 2, Thomas 1 1-2 3. Prvor 3 0-0 6, Giesen 0 0-0 0. Totals 20 15-20 58. Three-point goals: WSC 5 (Shelby, Starken,

Jensen 2, Rudloff), NS 3 (Boeck, Hoellein, Latinovic). Team fouls: WSC 23, NS 17. Wayne State 76, Univ. of Mary 53

31 45 – 23 30 – Wavne State 23 30 Univ. of Mary WAYNE STATE - Spiker 4 0-0 8, Starken 3 0-0 9, Metz 6 1-1 13, Shelby 7 0-0 15, Jensen 10 0-0 25, Rudloff 0 0-0 0, Paulsen 0 0-0 0, Miller 0 0-0 0, Tasa 3 0-0 6. Totals 33 1-1 76. UNIV. OF MARY - Erdmann 6 5-6 19. Sandvig 1 0-0 3, Moody 5 0-0 12, Wilhelm 3 0-0

7, Lee 1 0-0 3, Belohlavek 0 0-0 0, Bakkum 3 0-

0 9, Udo 0 0-0 0, Johnson 0 0-0 0, Cruickshank 0 0-0 0. Totals 19 5-6 53. Three-point goals: WSC 9 (Starken 3, Shelby, Jensen 5), UM 10 (Erdmann 2, Sandvig, Moody 2, Wilhelm, Lee, Bakkum 3). Team fouls: WSC

'02 CHEVY MONTE CARLO SS Just In, Local Trade, 3800 V-6, PW, PL, PM, Heated Leather, Premium CD Sound, P. Moonroof, Alloys,



'07 CHEVY TRAILBLAZER LT 4X4 6-cyl., AT, PW, PL, PM, P. Seat, Premium CD Sound, Keyless Entry, Tow Pkg., On-Star, Home-link, Aluminum Alloys, New Tires, Factory Warranty



Off Lease, 4 cyl., A/T, Full Power, Premium CD With MP3, Alloy Wheels, Keyless Entry & Factory Warranty. 34 MPG



**ATTENTION!** 

901 West 7th St.

### Beginning March 29 and continuing through May 17, a portion of the walking track located in the northwest area of the gym will be under repair.

2010 Wayne Baseball Association

**NOTICE OF TOWN HALL MEETING** 

The City of Wayne will be holding a town hall meeting on

regarding the Downtown Revitalization Project. The town

being the sidewalk project design and cost options, and the

All written comments regarding the sidewalk replacement

district will be accepted through Thursday, March 11, 2010.

Please submit any written comments you may have to the

City Offices at 306 Pearl Street, Wayne Nebraska. Office

hours are 8:00 a.m. to 5:00 p.m., Monday through Friday.

Thursday, March 4, 2010, at the Wayne City Auditorium

hall meeting will begin at 7:00 P.M., with the main topic

creation of a sidewalk replacement district.

12 & Under Little League and 14 & Under Pony Registration — Wayne Activity Center — 5:30-7:30 p.m. each day Tuesday, March 2; Thursday, March 4; Monday, March 8; Wednesday, March 10 Cost: \$75 per player includes game top (hats will be available to order at \$20 each)

Coaches are needed for these age groups. For more information contact Jacki Zeiss at 369-1919 after 3:30 p.m. or Jeff Zeiss at 375-4803 **Wayne Community** 

**Activity Center** 402-375-4803 Stop in and see how good fitness looks on you.

Sunday-Friday Noon Buffet 11:00 am -1:30 pm

Dining Room Open 5pm-9pm Nightly  $\sum_{n=0}^{\infty} C_{n} c_{n}$ 

Thursday-Sunday Kitchen Open Till 10pm for Carry-out

Godfather's 😽 Pizza.

(402) 833-5077 • Wayne

YOUR SAVINGS FOR A YEAR

FREE Standard Professional Over 120 Top Channels

The Most HD in the Business

DON'T DELAY,

**CALL TODAY!** 

Randolph, NE

402-337-0156 • 800-378-0156

CALL YOUR LOCAL DISH NETWORK RETAILER ULTIMATE COMMUNICATIONS 110 E. Broadway Street

212 N. Broadway Street Hartington, NE 402-254-9550

AUTHORIZED RETAILER

Digital Home Advantage offer requires 24-month commitment and credit qualification. If service is terminated before the end of commitment, a cancellation fee of \$17.50/month remaining will apply. Programming credits will apply during the first 12 months. Monthly fees may apply based on type and number of receivers. All prices, packages and programming subject to change without notice. Local channels only available in certain areas. Additional restrictions and fees may apply. Offer ends \$73/10 First-time DISH Network customers only.



Jason Schulz - Owner

115 West 1st Street Wayne, NE Email: q1signs@qwest.net Bus. 402-833-5300

**Check Out Our Full Inventory At** www.qualityautosalesne.com



14,000# GVWR, Brand New, Full DOT PKG., Torsion Axles, LED Lighting, 12K Drop Jack, 235/80/16 Radials Was \$4,695 — NOW **\$4,395** 



'09 PONTIAC G6 GT 3.5 V-6, Monsoon Sound System, Alloys, Spoiler, P. Seat, Remote Start & Factory Warranty. 32 MPG

Was \$14,995 — NOW **\$12,995** 



'08 CHEVY MALIBU LT 3.5 V-6, Premium CD Sound, P. Seat, Keyless Entry All The Right Equipment & Factory Warranty. 32 Was \$11,495 — NOW **\$9,495** 



One Owner, 303 H.P. V-8, Heated Leather, All Power Including Roof, Bose Audio System, 18" Chrome Alloys & New Tires, Immaculate Car! Was \$15,995 — NOW **\$13,995** 



& Tinted Windows, Hard To Find Color!! Sur

Was \$16,995 — NOW **\$13,995** 

'08 CHEVY IMPALA LTZ Local Trade, 3.9 V-6, Heated Leather, Bose Audio System, 18" Alloys with New Tires, Factory Warranty

Was \$17,995 — NOW **\$15,995** 

After Hours 402-369-0468

HUGE SAVINGS WITH DISH NETWORK

# Wayne's state hopes derailed in OT by Gators

OAKLAND - The Wayne boys let a 12-point lead slip away in the second half, and Wisner-Pilger brought an abrupt end to the Blue Devils' season with a 56-55 overtime upset in the first round of the C1-4 subdistrict tournament Tuesday at Oakland-Craig High School.

The Blue Devils got out to a big lead early in the game and led by nine points at intermission, but the Gators fought their way back into it and took advantage of some untimely miscues by the Blue Devils to force overtime and,

**FREE** Standard Professional

Installation (up to 6 rooms)

100% digital picture quality

FISH BUFFET

FRIDAY

**OPEN SUNDAY** 

11 AM - 1:30 PM

121 W. 1st St. Wayne

375-4774

"We had our chances there and just weren't able to convert on a few things," coach Rocky Ruhl said. "We were up 12 and had a nice lead going, and Wisner's defense stepped up and got some stops, and

eventually, steal the win.

our defense gave up some second shots and they were able to get back in the game." The Blue Devils led until the

Senior Jordan Barry missed the

front end of a one-and-one with

FOR 3 MONTHS with Agreement

Soup & Salad

**Bar Included** 

**Kaups Satellite** 

Wayne, Nebraska

375-1353

Baked Steak, Salad &

**Dessert** 

time running out, and the game went into overtime. Both teams' defenses controlled the action in the extra period, but the Gators got end of regulation, and had a a basket with about 16 seconds left chance to win in the final seconds.

> potential game-winning shot. "We had the lead again in overtime and they came back and we weren't able to finish," Ruhl said. "It was frustrating to lead the whole way and end up getting beat."

> and Wayne was unable to get off a

"We just didn't convert

- Rocky Ruhl

Wayne High boys coach

when we needed to."

Free throws proved to be Wayne's undoing, as the Blue Devils shot 9of-18 from the line and missed eight charity tries in the second half and overtime.

"We shot 9-for-18 at the free throw line, and you're not going to win championships doing that. We

had our opportunities, and we just didn't convert when we needed to," Ruhl said.

After going through a losing season last year, the Blue Devils went 14-9 this year and showed signs of a program looking to get back among the best in Class C-1.

"We made strides in terms of getting back to some of the things we wanted to do," Ruhl said. "We put in a new system this year and the kids adjusted well to it, and our seniors provided good leadership to help us improve this season and lay the foundation for the future.'

### Wisner-Pilger 56, Wayne 55

WAYNE - Barry 1 0-1 3, Rethwisch 1 0-0 3, Zeiss 8 0-1 20, Onderstal 1 3-5 5, Poutre 5 3-6 15, Foote 0 0-2 0, Dorcey 0 2-2 2, J. Anderson 1 1-3 3, Soden 2 0-2 4. Totals 19 9-18 55.

WIS.-PIL. - Merike 3 0-4 7, Dinkel 1 0-0 2 Hass 0 0-0 0, Oligmuller 6 2-3 14, Fullner 3 2-2 10, Kallman 5 0-0 13, McCain 4 0-1 8, Sweene 0-0 2. Totals 23 4-10 56.

Three-point goals: Wayne 8 (Barry, Rethwisch, Zeiss 4, Poutre 8), W-P 6 (Merike, Fullner 2, Kallman 3). Team fouls: Wayne 13,



(Photo by Kevin Peterson)

Jordan Barry looks for room as he drives for two points during Wayne's 49-39 loss to Pierce Friday. The Blue Devils dropped an overtime thriller to Wisner-Pilger to end their season Tuesday.

# Bears hang on, beat Ponca in C2-7 semis

The Laurel-Concord boys survived the past," he said. a fourth-quarter rally by Ponca Tuesday to advance to the finals of the C2-7 subdistrict tournament.

The Bears got 17 points from Ezra Schantz and 15 from Johnny Saunders, and made some key defensive plays down the stretch to outlast the Indians 55-49 and earn a trip to the subdistrict finals Thursday against top-seeded Hartington Cedar Catholic.

"It's really fun to watch a good game like that, and Ponca always brings their best effort and it was good to come away with a win tonight," a relieved coach Shannon Benson said after the game.

Benson said Ponca's fast-paced approach can bother some teams, and he was happy to see his team handle the Indians' attack.

"They like to play at a pace that causes teams to be unorganized, and we were able to stay in it and execute a lot better than we have in a loose ball during the Trojans' 42-40 loss to Homer in the

The Bears got a good 1-2 punch from senior leaders Saunders and Schantz. Schantz had 10 rebounds to go with his 17 points, while Saunders grabbed five boards to help the cause.

"They did a good job for us tonight," Benson said of the seniors. "I told Johnny he was going to have to help carry us in the fourth, and he did a great job. Ezra just rebounds and scores like a madman, and l was happy to see him come through for us as well."

The Bears hit 9-of-12 free throws in the final period to help them advance to the 7 p.m. subdistrict final at Wayne High School.

Laurel-Concord 55, Ponca 49 Laurel-Concord 16 11 13 15 - 55 Ponca 9 16 10 14 - 49 L-C – B. Pippitt 6, Nelson 8, Saunders 15, Koester 2, Schantz 17, Oleson 3, S. Pippitt 2,

PONCA - Block 4, Watchorn 14, Curry 6 Gehringer 11, Dohma 9, Husen 3, O'Neill 2.

# Homer comeback ends Trojans' season

Wakefield's Brock Soderberg hits the floor while going for

C2-7 subdistrict. Watching the play is Wakefield's Chad Clay

Wakefield's hopes for reaching the the Trojans 42-40 in the first round of the C2-7 subdistrict tournament at Wayne High School.

The Trojans had defeated the Knights three days earlier in their regular-season finale, but the renewal of acquaintances went the other way as Homer came from behind in the closing minutes to pick up the win and end Wakefield's 10-13 season.

"I thought we played hard, but we didn't play as hard as we did Friday," coach Mike Clay said. "We knew after Friday's game that we'd be in for a dogfight Monday, and we maintained a lead until late and had some costly turnovers and they hit some tough shots."

The Knights scored several times state tournament faded down the in the second half off of set inbounds Andy Jansen broke his own school stretch Monday, as Homer edged plays, a stat that frustrated the record in the 600-yard run by Wakefield mentor.

(Photo by Michael Carnes)

"We've worked on our inbounds defense all year, and it just gave us problems Monday," he said. "I think they scored eight points off of inbounds plays, and when the margin of error is so small, something like that is going to hurt

Senior Chad Clay led all scorers, pouring in 21 points for the Trojans. Alex Schultz added eight points and Tyler Bodlak put in six.

Homer 42, Wakefield 40 15 11 7 13 – 42 12 10 7 WAKEFIELD - Soderberg 3, Matias 2, T. Bodlak 6, Clay 21, Schultz 8.

HOMER - Utermark 9, Novak 6, Murphy 3, Blackfish 5, Skow 10, Snyder 7, Olson 2.

Tracksters set new marks

LINCOLN – The Wayne State men had two new school records while the women's team also had a strong showing with two new school records and four top five finishes at the Nebraska Tuneup Open Friday at the Bob Devaney Sports Center.

For the WSC men, sophomore placing seventh in a time of 1:13.98, breaking his old mark of 1:14.75 set two weeks ago at the Husker Invite in Lincoln. The other school record was set by the Wildcat 4-by-400 meter relay team, as the foursome of Michael King, Drew Molacek, Aaron Garza and Andy Jansen placed sixth in a time of 3:21.04 to top the previous school mark of 3:22.73 set last season by Garrett Flamig, Andy Jansen, Ben Jansen and Mack Baumann.

Weight throwers Mathieson and Brad Wright earned top 10 finishes for the Wildcats as Mathieson placed ninth at 52 feet, 1 1/4 inches while Wright was right behind in 10th place at 51 feet, 2

3/4 inches.

The Wildcat women also set two new school records in the meet. Senior distance runner Sarah Thomsen placed second in the 3,000-meter run with a new school record time of 10:27.55, breaking the old school record of 10:28.99 set by Megan Zavorka on Jan. 30 at the Minnesota State Open. The other school record was set by Zavorka, as she broke her own school mark in the mile run after finishing 13th in 5:12.27, topping her previous record of 5:13.42 set Jan. 23 at the Iowa State Open.

Other top finishers included Casey Buskirk taking third in the weight throw, Paige Pollard finished fourth in the 800-meter run, Christina King was fifth in the 400-meter dash, Ky'Lee Engelken took seventh in the 1,000-meter run, and Savannah Wakeley tied for eighth in the high jump.

Wayne State will compete this weekend at the Northern Sun Conference Indoor Championships

# Wayne, Allen boys suffer regular-season defeats

Wayne ran into a solid defensive effort by the Pierce boys basketball team Friday as the Bluejays came away with a 48-38 win at Wayne High School.

The Bluejays slowed Wayne down in the first half and were able to make things tough on the perimeter, limiting Wayne to 5-of-20 shooting from 3-point range and 14-of-38 overall from the floor.

Gage Rethwisch led the Blue Devils with 14 points, while Derek Poutre added seven and Geoff Nelson put in five in the regularseason finale for both teams.

Allen has season high

ALLEN -The Allen boys basketball team had a season-high on the scoreboard, but didn't have enough to handle a high-flying Winnebago team, as the Eagles dropped an 80-51 decision Friday in their regular-season finale.

The Eagles got 21 points and eight rebounds from Cody Stewart and 14 points and seven rebounds from A.J. Williams in a losing effort. The Eagles got into a running game with the Indians, and Winnebago took exploded for 28 points in the third period to pull away.



# Pick up some cold cash. When we pick up your old fridge. Everyone likes getting their hands on a little cold cash. And one of the best ways to do it is to recycle your old fridge or freezer. You'll get a \$35 incentive, and you'll save up to \$100 a year in lower energy costs. We'll even haul your old unit away free of charge. If you're ready to start counting up some cold cash, contact us today to schedule your free pickup.

For a pickup, call I-866-444-9160 or visit www.jacoinc.net



**ENERGYWISE** participating public power utility

JACO Environmental, an appliance recycler, will pick up and recycle refrigerators and freezers that are in working condition. This program is seasonal and available to residential electric customers of Nebraska Public Power District and its wholesale utility customers on a first-come, first-served basis. The program is partially funded through the Waste Reduction and Recycling Incentive Grant Program, Nebraska Department of Environmental Quality. Customers must own the unit(s) being recycled. Lim two units per residential address.



Let us work our magic!

# HOW'S YOUR FINANCIAL FITNESS PROGRAM?

Keeping your family healthy from a financial standpoint requires KNOWLEDGE of priorities and goals. With our convenient financial planning services, you can identify your PRIORITIES and set a plan in place for achieving your goals. Let us provide the PLAN. Call today to find out more about our financial planning services.





located at: 1st National Bank of Wayne 411 E. 7th St., Wayne, NE 68787

402-375-2541

Financial Advisor

FINANCIAL PLANNING | BROKERAGE SERVICES | PORTFOLIO REVIEW | LIFE INSURANCE Investment Centers of America, Inc., NOT INSURED BY FDIC OR ANY

(ICA), member FINRA, SIPC, a registered Investment Advisor, is not affiliated with First National Bank of Wayne. Securities, advisory services and Insurance products offered through ICA, and its affiliated insurance

**FEDERAL AGENCY** May Lose Value

No Bank Guarantee

01fj3791-0806-40957

# State

From Page 1B

on the medal stand at this year's tournament, but heavyweight Jorge Dunklau was the lone Wayne wrestler to survive into Saturday's medal round.

Dunklau avenged a first-round loss to Garret Johns of Aurora, winning three matches on Friday and beating Johns in the consolation semifinals before losing a district finals rematch with Jacob Hasz of Omaha Skutt to finish fourth.

"Jorge had a really tough first match, but he came back," coach Anthony Lawrence said. "It's difficult for a kid to come back and win three in a row after losing, but he had a great work ethic and he came back and wrestled great and beat a couple of kids he wasn't expected to beat."

Dunklau's comeback run started with a second-period pin of Dane Ehlers of Gothenburg. Later Friday morning, he pinned Pedro Garcia of Cozad and, in the heartbreak round, made a third-period escape stand up to beat Marcus Craddock of Boys Town 1-0 to secure a medal.

On Saturday morning, Dunklau took Johns down twice and dominated the match for a 5-1 win, but his hopes of ending his career with a five-match winning streak were stopped when Hasz pinned him at 1:47 in their consolation finals match.

Both Logan Owens (135) and Riley McManus (160) reached the quarterfinals before losing two of their next three matches to end their seasons.

Owens, who finished with a school-record 43 wins, dominated Matthew Denson of Broken Bow in his first match, but was pinned in the quarterfinals by eventual runner-up Darian Haynes of Auburn. He came back to eliminate Dylan Wolf of Gering in the second round of consolations, but saw his hopes dashed Friday night when Beatrice's Justin Kelch caught him early in the third period for a

"You can't say enough about Logan," Lawrence said. "He won over 40 matches this year and got the school record, and 135 pounds was the toughest weight class in Class B. We got to the heartbreak round and he wrestled well, and it just didn't work out for him."

season-ending pin.

McManus pulled off an openinground upset of a district champion.

He trailed Ryan Ludlow of Plattsmouth 5-3 after giving up a reversal with 30 seconds left, but battled and picked up a reversal of his own to force overtime. He took Ludlow down on the edge of the mat about 15 seconds into the extra period to win 7-5.

McManus almost got a second win before losing to Ben Vincent of Aurora 9-8. Hey decisioned Nate Stone of Bennington, but was pinned late in the third period of his heartbreak-round match with Logan Henning of Gretna to end his season.

"Riley beat the kid from Plattsmouth and really wrestled tough and was able to upset a district champion," Lawrence said. "He's really come a long way. He worked hard in the offseason and had a lot of success, and that's really paid off for him this season. He's going to be a big asset to the program next year and be a leader

### WAKEFIELD ENDED WITH

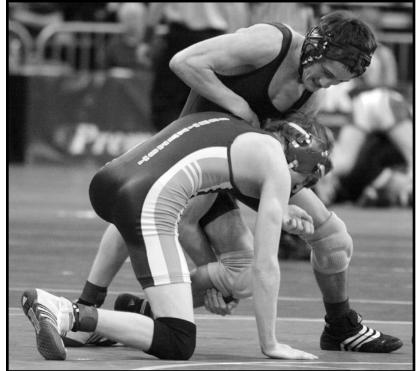
two medalists at this year's tournament, as seniors Wyatt Jacobsen (119) and T.J. Rose (135) finished fourth and fifth, respectively.

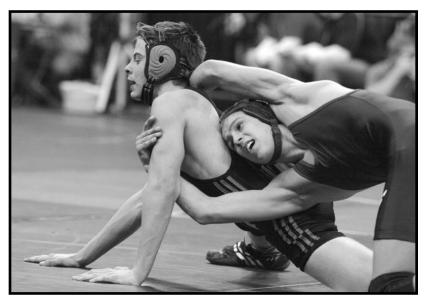
Both wrestlers made it to the semifinals before being pinned by the eventual state champion, then battled through the consolation semifinals to earn their final

"They've worked hard all four years, and T.J. was our first twotime medalist in our modern history, so I'm pretty proud of both of them," coach Travis Volk said. "T.J. blew out his knee as a junior last year, and if that hadn't happened it's hard to say how well he'd have done the last two years. They both wrestled hard and competed well, so I'm pretty happy with their efforts."

Both wrestlers won two matches on Thursday to reach the semifinal round. Jacobsen was pinned by Amherst champion Justin Taubenheim, while Rose was pinned by Friend titlist Clayton

Jacobsen won an exciting consolation semifinal match over Isaac Elge of Nebraska Christian before losing to Tanner Teel of Southwest in the consolation finals. Rose was pinned by William Glendy









(Photos by Michael Carnes and Lee Koch)

(top left) Wyatt Jacobsen battles for a takedown on his way to a fourth-place medal for Wakefield. (top right) Wayne senior heavyweight Jorge Dunklau avenged a first-round loss on his way to a fourth-place finish. (bottom right) Winside's Zachary Brokaw bounced back from a semifinal loss to earn a third-place medal. (bottom left) T.J. Rose tries to keep control on his way to his second medal, a fifth-place finish for the Wakefield senior.

injury default against Tanner Ratkovec of East Butler to earn fifth place.

Christian Gallardo won a match at 112 pounds before being eliminated, while Brendan Nicholson went 0for-2 at 171 pounds.

"We brought four kids down and started out pretty well, and I was pretty happy with how we competed," Volk said. "We got two seniors into the semis and had some tough draws there, but they both came back and got a win in the wrestlebacks, so overall we're pretty of Arnold/Callaway, then took an happy with our team's effort."

## Bleachers

From Page 1B

While he was unable to secure a medal, he's definitely going to leave a very high bar for future wrestlers

Wakefield's T.J. Rose also put his name in the school record books as the first two-time medalist in the school's modern wrestling era.

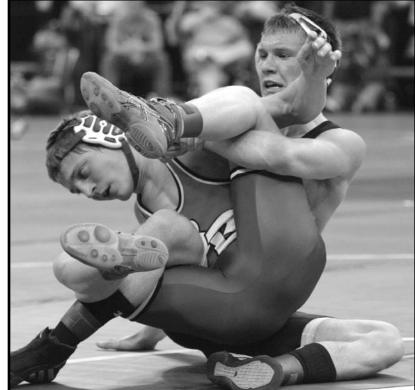
The senior capped off his second trip to state with a fifth-place medal and cemented his status as one of the Trojans' best wrestlers since the sport was reintroduced a few years

Travis Volk was an outstanding wrestler in his own right during his high school days at Battle Creek (I covered him during his high school really old). He is doing a fantastic job building up that program, and it would not surprise me in the least to see the Trojans making a name for themselves in the near future.

Wayne High coach Anthony Lawrence is getting the Blue Devils program going in the right direction, and he is really anxious to build the Wayne program back up to the levels it was at during its best years in the 80's and 90's when John Murtaugh was coach.

One of the first things that needs to be done is to strengthen a schedule that, to be honest, is not the kind of schedule a Class B program should be wrestling. Wavne used to go to top-notch tournaments in Elkhorn and Boone Central, but have since replaced those tournaments with comparably easier ones that, in all honesty, do little to help develop the wrestlers to the level they need to be at to compete in Class B.

Ditching the Pender and Madison tournaments and replacing them with tournaments in Elkhorn. Schuyler or Boone Central would not only provide better competition,



(Photo by Michael Carnes)

Logan Owens did not earn a medal for Wayne, but etched his name in the school's history books by finishing with a school-record 43 wins.

but would give Wayne's wrestlers a chance to see competition they are going to face later on at districts and state.

There also needs to be a commitment on the part of the wrestlers to improve themselves in the off-season. It's become a necessary evil for kids to continue working on sports after the season is over if they want to improve themselves for the following year, and in no sport is that more important than wrestling.

Roman Roberts is a prime example of what happens when you work hard on a sport in

the offseason. Roberts won four matches as a sophomore, but went to camps, worked on his technique and became a 30-plus match winner this season. Riley McManus was another example, as he earned AAU All-American status last summer and came within one match of medaling at state this year.

Wayne has a coach who is willing to work with his wrestlers in the offseason, and even has planned on a team camp this summer. That's the kind of work that will help this program get better, and I think we'll see Wayne's wrestling room become an even tougher one next year.

# Baseball team sweeps Upper Iowa

Wayne State College swept Upper Iowa in a pair of Uprad Barth added a two-run triple. non-conference baseball games played Thursday at the win to improve to 2-2 on the season.

Coach Brian Disch said his team needs to improve ts play on defense and limit its mistakes.

"We need to continue to get better defensively," he said. "We had some mental errors and made some plays that we shouldn't be making. We've had some great play up the middle, but we have some things that we need to correct."

In the first game, sophomore Austen Wisroth pitched two-hit ball over six innings with seven strikeouts. Junior righthander Josh Nelsen worked the seventh inning to preserve the win. Offensively, John Plasha was 3-for-3 with a double and two RBI's while freshman

Plasha's double to right center sparked the Wildcats' Metrodome in Minneapolis, Minn. The Wildcats won offense in the second inning. Plasha would advance to the first game 6-1 and completed the sweep with a 3-1 third on a throwing error that allowed Jared Kraus to years while working at the Norfolk reach first base. Barth then belted a triple down the Daily News, which makes one of us left field line that scored Plasha and Kraus.

In the third inning Wayne State added to their lead as Joe Wendte was hit by a pitch, Nick Bidroski drew a walk and Treye Hacker advanced the two on a sacrifice bunt. Plasha brought Wendte and Bidroski home with a two run single to give WSC a 4-0 lead.

The second game saw three different Wayne State pitchers hold Upper Iowa scoreless until the seventh while striking out a combined nine batters to complete the sweep. Treye Hacker belted a solo homer and freshman Justin Beranek added an RBI single to highlight Wayne State's five hits.

## Sports Shorts

### WSC soccer signs two more Wayne State women's soccer coach Molly Grisham

announced two more recruits to the team for the 2010

Joining the team will be Audrey Asplund of New Castle, Colo., and Norma Volkmer of Lincoln. They are the fifth and sixth recruits for the 2010 season.

Asplund is a 5-foot-4 midfielder and forward from Coal Ridge High School. She has been a four-year starter and helped her team to an undefeated regular season last year and a berth in the Colorado Class 3A state tournament. She scored eight goals and was a second-team all-state selection.

Volkmer is a 5-foot-2 defender from Lincoln Pius,

where she has been a three-year starter for the Thunderbolts. She helped Pius reach the Class B semifinals last year and earned All-State honorable mention honors.

### Late signups for wrestling

The Wayne Youth Wrestling club is still taking late sign-ups for kids who want to wrestle this spring.

Wrestlers are invited to come to practices Monday through Thursday after 4 p.m. at the Wayne High School wrestling room.

For more information, call Brian Loberg at 375-

"Come See What's Cookin' at Tacos & More!" ~ Now using 0 trans fat oil in our fryers ~ LENTEN

Open Daily at 7 a.m. • 375-4347

FEATURES

Seafood Salad

- •Tuna Melt Combo Fish Sandwich Combo
- Fish Nugget Combo
- Egg Salad Croissants Shrimp Baskets

Check out our menu on www.mywaynenews.com





**Tension Headaches** 

Sinus Headaches

Migraine Headaches

Headaches can cause pain or discomfort in the head, scalp, and neck usually associated with muscle tightness in these areas. Headaches can occur at any age, but are most common in adults and adolescents. Activities such as typing, using computers, and fine work with hands can cause headaches. Chiropractic care works on correcting misalignments which cause headaches. Don't continue to mask the condition with pain killers. Put your health in the healing hands of a chiropractor today. Call our office to schedule an appointment today!

803 Providence Rd., Ste. 101 Wayne, NE 68787 (402) 375-3450



HUGE SAVINGS WITH DISH NETWORK

# Wayne's state hopes derailed in OT by Gators

OAKLAND - The Wayne boys let a 12-point lead slip away in the second half, and Wisner-Pilger brought an abrupt end to the Blue Devils' season with a 56-55 overtime upset in the first round of the C1-4 subdistrict tournament Tuesday at Oakland-Craig High School.

The Blue Devils got out to a big lead early in the game and led by nine points at intermission, but the Gators fought their way back into it and took advantage of some untimely miscues by the Blue Devils to force overtime and,

**FREE** Standard Professional

Installation (up to 6 rooms)

100% digital picture quality

FISH BUFFET

FRIDAY

**OPEN SUNDAY** 

11 AM - 1:30 PM

121 W. 1st St. Wayne

375-4774

"We had our chances there and just weren't able to convert on a few things," coach Rocky Ruhl said. "We were up 12 and had a nice lead going, and Wisner's defense stepped up and got some stops, and

eventually, steal the win.

our defense gave up some second shots and they were able to get back in the game." The Blue Devils led until the

Senior Jordan Barry missed the

front end of a one-and-one with

FOR 3 MONTHS with Agreement

Soup & Salad

**Bar Included** 

**Kaups Satellite** 

Wayne, Nebraska

375-1353

Baked Steak, Salad &

**Dessert** 

time running out, and the game went into overtime. Both teams' defenses controlled the action in the extra period, but the Gators got end of regulation, and had a a basket with about 16 seconds left chance to win in the final seconds.

> potential game-winning shot. "We had the lead again in overtime and they came back and we weren't able to finish," Ruhl said. "It was frustrating to lead the whole way and end up getting beat."

> and Wayne was unable to get off a

"We just didn't convert

- Rocky Ruhl

Wayne High boys coach

when we needed to."

Free throws proved to be Wayne's undoing, as the Blue Devils shot 9of-18 from the line and missed eight charity tries in the second half and overtime.

"We shot 9-for-18 at the free throw line, and you're not going to win championships doing that. We

had our opportunities, and we just didn't convert when we needed to," Ruhl said.

After going through a losing season last year, the Blue Devils went 14-9 this year and showed signs of a program looking to get back among the best in Class C-1.

"We made strides in terms of getting back to some of the things we wanted to do," Ruhl said. "We put in a new system this year and the kids adjusted well to it, and our seniors provided good leadership to help us improve this season and lay the foundation for the future.'

### Wisner-Pilger 56, Wayne 55

WAYNE - Barry 1 0-1 3, Rethwisch 1 0-0 3, Zeiss 8 0-1 20, Onderstal 1 3-5 5, Poutre 5 3-6 15, Foote 0 0-2 0, Dorcey 0 2-2 2, J. Anderson 1 1-3 3, Soden 2 0-2 4. Totals 19 9-18 55.

WIS.-PIL. - Merike 3 0-4 7, Dinkel 1 0-0 2 Hass 0 0-0 0, Oligmuller 6 2-3 14, Fullner 3 2-2 10, Kallman 5 0-0 13, McCain 4 0-1 8, Sweene 0-0 2. Totals 23 4-10 56.

Three-point goals: Wayne 8 (Barry, Rethwisch, Zeiss 4, Poutre 8), W-P 6 (Merike, Fullner 2, Kallman 3). Team fouls: Wayne 13,



(Photo by Kevin Peterson)

Jordan Barry looks for room as he drives for two points during Wayne's 49-39 loss to Pierce Friday. The Blue Devils dropped an overtime thriller to Wisner-Pilger to end their season Tuesday.

# Bears hang on, beat Ponca in C2-7 semis

The Laurel-Concord boys survived the past," he said. a fourth-quarter rally by Ponca Tuesday to advance to the finals of the C2-7 subdistrict tournament.

The Bears got 17 points from Ezra Schantz and 15 from Johnny Saunders, and made some key defensive plays down the stretch to outlast the Indians 55-49 and earn a trip to the subdistrict finals Thursday against top-seeded Hartington Cedar Catholic.

"It's really fun to watch a good game like that, and Ponca always brings their best effort and it was good to come away with a win tonight," a relieved coach Shannon Benson said after the game.

Benson said Ponca's fast-paced approach can bother some teams, and he was happy to see his team handle the Indians' attack.

"They like to play at a pace that causes teams to be unorganized, and we were able to stay in it and execute a lot better than we have in a loose ball during the Trojans' 42-40 loss to Homer in the

The Bears got a good 1-2 punch from senior leaders Saunders and Schantz. Schantz had 10 rebounds to go with his 17 points, while Saunders grabbed five boards to help the cause.

"They did a good job for us tonight," Benson said of the seniors. "I told Johnny he was going to have to help carry us in the fourth, and he did a great job. Ezra just rebounds and scores like a madman, and l was happy to see him come through for us as well."

The Bears hit 9-of-12 free throws in the final period to help them advance to the 7 p.m. subdistrict final at Wayne High School.

Laurel-Concord 55, Ponca 49 Laurel-Concord 16 11 13 15 - 55 Ponca 9 16 10 14 - 49 L-C – B. Pippitt 6, Nelson 8, Saunders 15, Koester 2, Schantz 17, Oleson 3, S. Pippitt 2,

PONCA - Block 4, Watchorn 14, Curry 6 Gehringer 11, Dohma 9, Husen 3, O'Neill 2.

# Homer comeback ends Trojans' season

Wakefield's Brock Soderberg hits the floor while going for

C2-7 subdistrict. Watching the play is Wakefield's Chad Clay

Wakefield's hopes for reaching the the Trojans 42-40 in the first round of the C2-7 subdistrict tournament at Wayne High School.

The Trojans had defeated the Knights three days earlier in their regular-season finale, but the renewal of acquaintances went the other way as Homer came from behind in the closing minutes to pick up the win and end Wakefield's 10-13 season.

"I thought we played hard, but we didn't play as hard as we did Friday," coach Mike Clay said. "We knew after Friday's game that we'd be in for a dogfight Monday, and we maintained a lead until late and had some costly turnovers and they hit some tough shots."

The Knights scored several times state tournament faded down the in the second half off of set inbounds Andy Jansen broke his own school stretch Monday, as Homer edged plays, a stat that frustrated the record in the 600-yard run by Wakefield mentor.

(Photo by Michael Carnes)

"We've worked on our inbounds defense all year, and it just gave us problems Monday," he said. "I think they scored eight points off of inbounds plays, and when the margin of error is so small, something like that is going to hurt

Senior Chad Clay led all scorers, pouring in 21 points for the Trojans. Alex Schultz added eight points and Tyler Bodlak put in six.

Homer 42, Wakefield 40 15 11 7 13 – 42 12 10 7 WAKEFIELD - Soderberg 3, Matias 2, T. Bodlak 6, Clay 21, Schultz 8.

HOMER - Utermark 9, Novak 6, Murphy 3, Blackfish 5, Skow 10, Snyder 7, Olson 2.

Tracksters set new marks

LINCOLN – The Wayne State men had two new school records while the women's team also had a strong showing with two new school records and four top five finishes at the Nebraska Tuneup Open Friday at the Bob Devaney Sports Center.

For the WSC men, sophomore placing seventh in a time of 1:13.98, breaking his old mark of 1:14.75 set two weeks ago at the Husker Invite in Lincoln. The other school record was set by the Wildcat 4-by-400 meter relay team, as the foursome of Michael King, Drew Molacek, Aaron Garza and Andy Jansen placed sixth in a time of 3:21.04 to top the previous school mark of 3:22.73 set last season by Garrett Flamig, Andy Jansen, Ben Jansen and Mack Baumann.

Weight throwers Mathieson and Brad Wright earned top 10 finishes for the Wildcats as Mathieson placed ninth at 52 feet, 1 1/4 inches while Wright was right behind in 10th place at 51 feet, 2

3/4 inches.

The Wildcat women also set two new school records in the meet. Senior distance runner Sarah Thomsen placed second in the 3,000-meter run with a new school record time of 10:27.55, breaking the old school record of 10:28.99 set by Megan Zavorka on Jan. 30 at the Minnesota State Open. The other school record was set by Zavorka, as she broke her own school mark in the mile run after finishing 13th in 5:12.27, topping her previous record of 5:13.42 set Jan. 23 at the Iowa State Open.

Other top finishers included Casey Buskirk taking third in the weight throw, Paige Pollard finished fourth in the 800-meter run, Christina King was fifth in the 400-meter dash, Ky'Lee Engelken took seventh in the 1,000-meter run, and Savannah Wakeley tied for eighth in the high jump.

Wayne State will compete this weekend at the Northern Sun Conference Indoor Championships

# Wayne, Allen boys suffer regular-season defeats

Wayne ran into a solid defensive effort by the Pierce boys basketball team Friday as the Bluejays came away with a 48-38 win at Wayne High School.

The Bluejays slowed Wayne down in the first half and were able to make things tough on the perimeter, limiting Wayne to 5-of-20 shooting from 3-point range and 14-of-38 overall from the floor.

Gage Rethwisch led the Blue Devils with 14 points, while Derek Poutre added seven and Geoff Nelson put in five in the regularseason finale for both teams.

Allen has season high

ALLEN -The Allen boys basketball team had a season-high on the scoreboard, but didn't have enough to handle a high-flying Winnebago team, as the Eagles dropped an 80-51 decision Friday in their regular-season finale.

The Eagles got 21 points and eight rebounds from Cody Stewart and 14 points and seven rebounds from A.J. Williams in a losing effort. The Eagles got into a running game with the Indians, and Winnebago took exploded for 28 points in the third period to pull away.



# Pick up some cold cash. When we pick up your old fridge. Everyone likes getting their hands on a little cold cash. And one of the best ways to do it is to recycle your old fridge or freezer. You'll get a \$35 incentive, and you'll save up to \$100 a year in lower energy costs. We'll even haul your old unit away free of charge. If you're ready to start counting up some cold cash, contact us today to schedule your free pickup.

For a pickup, call I-866-444-9160 or visit www.jacoinc.net



**ENERGYWISE** participating public power utility

JACO Environmental, an appliance recycler, will pick up and recycle refrigerators and freezers that are in working condition. This program is seasonal and available to residential electric customers of Nebraska Public Power District and its wholesale utility customers on a first-come, first-served basis. The program is partially funded through the Waste Reduction and Recycling Incentive Grant Program, Nebraska Department of Environmental Quality. Customers must own the unit(s) being recycled. Lim two units per residential address.



Let us work our magic!

# HOW'S YOUR FINANCIAL FITNESS PROGRAM?

Keeping your family healthy from a financial standpoint requires KNOWLEDGE of priorities and goals. With our convenient financial planning services, you can identify your PRIORITIES and set a plan in place for achieving your goals. Let us provide the PLAN. Call today to find out more about our financial planning services.





located at: 1st National Bank of Wayne 411 E. 7th St., Wayne, NE 68787

402-375-2541

Financial Advisor

FINANCIAL PLANNING | BROKERAGE SERVICES | PORTFOLIO REVIEW | LIFE INSURANCE Investment Centers of America, Inc., NOT INSURED BY FDIC OR ANY

(ICA), member FINRA, SIPC, a registered Investment Advisor, is not affiliated with First National Bank of Wayne. Securities, advisory services and Insurance products offered through ICA, and its affiliated insurance

**FEDERAL AGENCY** May Lose Value

No Bank Guarantee

01fj3791-0806-40957



# pinion



# Don't get me started

By: Michael Carnes **Managing Editor** 

# Health care a responsibility, not a 'right'

Time for a few thoughts and observations, now that spring is

- A lot of dumb things have been said during the course of this controversial debate over health care reform, but the most hilarious, mind-altering pieces of idiocy came from the mouth of House Speaker Nancy Pelosi when she said that Americans have a "right" to health

When I heard this, I spit a mouthful of water all the way across my living room. After cleaning up the mess, I went and checked the U.S. Constitution to see which amendment covered health insurance.

Let's see...there's the right to free speech, bear arms, abolishment of slavery...but no right to health

Before my arrival in Wayne, I had spent three of the previous five years living without health insurance. And not once, during that time, did I feel my rights were being violated. In fact, I had not even thought, for one minute, that it was anybody's responsibility but my own as to whether or not I had health insurance.

Health insurance, despite the blabberings of the dingbat Speaker of the House, is a personal responsibility for every American citizen, and is in no way tied to any this current administration is left in power much longer). It isn't up to the federal government to make sure I am insured...that is MY decision and MY responsibility, and is one I take seriously.

There are many reasons why this health care "reform" is going to hurt this nation more than it will help (and while I have space this week to go over every detail, there are more interesting issues to discuss). Suffice to say, though, that our "rights" as Americans are going to take a hit with this reform that was shoved through Congress against the will of the American people (up to 67 percent opposed, depending on which poll you're looking at). Your right to determine whether or not you need, or can afford, health insurance is about to be taken away

And who is going to win in the end? It won't be the uninsured or the underinsured...it will be the insurance and drug companies that are going to cash in big. They will continue to jack up costs, and the government will subsidize left and right with money that we don't have (by the time you finish this sentence, the federal debt will have gone up several hundred thousand dollars more, adding to the TRILLIONS we're already in the red).

If there's a silver lining to this cloud, it's in the fact that Nebraska's three House representatives all voted against this \$940 billion boondoggle. My guess is they should take a good look at those working the other side of the political aisle, because those faces will very likely be changing come November.

- A lot is being said about the Tea Party that is trying to reform government, but for as independent as I am and looking forward to the day when we can exterminate Democrats and Republicans from Washington, I'm not too excited about getting on board with this movement.

It seems to me that there are too many Republicans who are trying to jump on this bandwagon under the guise of running Democrats out of Washington, and those who support the Tea Party movement seem all too willing to allow people like Sarah Palin and other Republicans to do their speaking for them.

Make no mistake, though... the problem in Washington is not exclusively that of the left-wing lunatics running the Democrat party. It's a universal problem that includes the Republicans, who-lest we forget – got our nation started on this downward trend during the second term of the Bush regime.

Handing over the Tea Party to Republicans looking to distance themselves from the organization they sold their soul to is a little like  $\;$  want the services restored, as does handing the keys to the asylum the very politically active, pro-life over to the inmates. Those looking Nebraskans for Life organization. rights we have (or used to have, if for a new political voice to replace as the two dominant political parties in this nation need to pay close attention to a third party that could very well turn into a wolf in sheep's attire.

- Those who know me have learned not to discuss "reality TV" shows with me. The Idiot Box (or the TV, for those of you still catching up on my pet phrases) has no shortage of programming that fits the lowest common denominator of intelligence, and "reality" shows are about as low as it gets for IQmelting programming.

Monday night, though, I actually broke down and recorded the season opener to "Dancing With The Stars" and actually watched the first 30 minutes of the program.

One thing I don't understand is why they dig up somebody from the over-70 crowd to compete in this. This season, it's former astronaut Buzz Aldrin, who just celebrated his 80th birthday. Recently, they had actress Cloris Leachman, who will turn 84 later this year.

Maybe they could get Harry Morgan out of the Old Actors' Home and have him compete. After all, he is "only" 94...

 Speaking of birthdays, a happy belated birthday to my sister, Jenni Canham, who hit the big Four-Oh last week; and to my mother, Judy King, who hit the big Four-Oh a long time ago...but still acts like she's 39. Love ya' both...

# Capitol View

Prenatal care is a touchy subject

I DON'T HAVE TIME TO DISCUSS

By ED HOWARD Statehouse Correspondent The Nebraska Press Association

LINCOLN-Sen. Kathy Campbell spared some of her colleagues the need for what could have been an unpleasant political choice in this election year.

Campbell is chief sponsor of a bill that would have provided alternative government funding to continue providing prenatal care for approximately 1,500 poor women, about 800 of whom are in the country illegally.

It"s a two-pronged political issue, as noted here previously. One centers on the argument that prenatal care should be part of a pro-life philosophy. The other involves the argument that government ought not provide such services for illegal aliens, or undocumented workers or - whatever nomenclature one might choose. The latter is the position, by the way, taken by the federal government. The feds told Nebraska last year to stop using Medicare money to pay for prenatal care for "illegals."

Thirteen state senators face opponents in the coming election. Having to cast a vote that some would regard as being soft on illegal immigration, or one that others would see as being less than true-blue, pro-life, isn't a fun thing. Especially for a bill that, even if passed, couldn't muster the votes to override a virtually guaranteed gubernatorial veto. A lot of people could get political bloody noses in a debate that might accomplish nothing more than - a debate. And even for politicians who aren't facing elections this year, the record of votes on such issues stick around

Campbell withdrew the bill from legislative consideration recently. There was no shortage of lawmakers who acknowledged that her decision was a political

The state's Catholic bishops



Opponents, including Gov. Dave Heineman, agree with the feds tax dollars generally shouldn't fund services for people in the country illegally, or for their unborn, but-soon-to-be-American citizen

If you're interested enough in government to read your local newspaper (thank you), you can easily imagine the sort of tough questions that would have arisen during debate on Campbell's proposal.

"So, you say you"re pro-life, and you want the unborn to be born, but you oppose this bill. Are you saying you just don't care whether they come into the world so sickly and malnourished that they might die en route, or that they might require so much medical help when born that the cost will make prenatal care look like a down payment on a pack of chewing gum?"

If that sounds ugly, you can be absolutely certain it is a powder puff compared to what the real debate could have brought out. How about this:

"Are you saying the federal government is wrong, and that we should subvert the rules and find a backdoor to put other federal dollars into a program that rewards people who are already breaking the law? Do you want to encourage more people to come here illegally, to take advantage of these benefits that are paid for by Americans, and are intended for Americans? And how many millions of dollars, aside from this prenatal care, are you willing to throw around to bail out those lawbreakers who might need all kinds of other services?"

Unpleasant, isn't it? Sen. Jeremy Nordquist of Omaha,

a supporter of the bill, summed it up: "It's an election issue, 100 percent. Without senators' concerns about their political future, we could have gotten this done."

Without the federal ruckus, Nebraska would have spent some \$6.9 million in state funds over the next 18 months. A new program envisioned by Campbell and others centered on a separate source of federal dollars and would have reduced the price to an estimated \$3.7 million.

The prenatal program, shut off in March, was in place for about 20 years. It could be restored one day

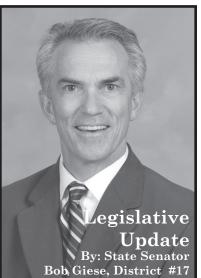
It, or something like it, is virtually certain to be debated next year. And (or) the year after. But if debates were movies, chances are the discussion would be rated PG at best.

# the greed-infested brothels known as the two dominant political Legislative Update Wind energy issues are under discussion

Greetings from the Unicameral! Nebraska's potential for the generation of wind energy has been one of the major topics in Lincoln during my first two years in the Legislature.

According to the most recent reports, Nebraska ranks fourth nationally in wind energy potential, but just 22nd in the actual production of wind-generated electricity. In the final months leading up to this session, the Natural Resources Committee completed their work on LR83, a comprehensive study to examine existing barriers to wind energy in Nebraska and recommend further legislation to promote development.

The result of the LR83 study was the introduction of LB1048, a bill designed to encourage the private development of wind energy in Nebraska while at the same time preserving the benefits of our state's unique public power system. The bill strengthens protections for private wind farms against the use of eminent domain, establishes a process for private developers to build and pay for transmission lines to export wind power out of state, and protects landowners in the event that wind farms are decommissioned.



LB1048 advanced on a 44-0 vote during General File debate, and I look forward to continuing discussion on the benefits that wind

power presents for our state. Earlier this session, Government, Military and Veterans Affairs Committee heard significant testimony on LB875, a bill I introduced that would have required the Secretary of State to develop a system for online voter registration. While the bill was not advanced to the floor, the ease and potential cost savings of online

registration generated significant other states which have already interest amongst committee mem-

In order to continue that discussion, I recently introduced LR409, which directs the committee to study the issue of online voter registration over the interim. Among the issues to be examined as part of the interim study are the technology upgrades needed to develop an online registration system, the potential cost savings at both the state and county level of such a system, and the processes used by

adopted online registration.

LR409 is being co-sponsored by several other members of the committee, and I look forward to continuing work on this issue over the

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

### Letters

### Thanks to donors Dear Editor,

We want to thank the 25 blood donors who registered to give blood at Grace Lutheran Church on

A total of 24 units were collected. The following donors reached milestones in their giving: Darold

Beckenhauer, 17 gallons; Monica Carroll, seven gallons; Verneil Hallstrom, four gallons; John Temme and Shirley Woslager, one

We also want to thank the ladies who brought and served the snacks

Siouxland Blood Bank

Committee

### Letters Welcome

Letters from readers are welcome. They should be timely, brief and must contain no libelous statements. We reserve the right to edit or reject any letter. Letters published must have the author's name, address and telephone number.

# Got News?

402-375-2600

800-672-3418

Fax:

402-375-1888



Clara Osten clara@wayneherald.com



**Michael Carnes** sports@wayneherald.com





**Kevin Peterson** kevin@wayneherald.com

Contact me with concerns from classified ads to editorial

# Wayne City **Council Members Third Ward**

First Ward Doug Sturm — 375-2975 Jim Van Delden — 833-5531 **Second Ward** Kathy Berry — 375-3066 Dale Alexander — 375-4207

Brian Frevert — 375-1450Kaki Ley — 375-2017 Fourth Ward  ${\rm Jon\; Haase --375\text{-}3811}$ Ken Chamberlain — 375-1699

Mayor Lois Shelton 375-1278 or 375-1733

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.

Website: www.mywaynenews.com Advertising: whclass@inebraska.com or melissa@wayneherald.com The views expressed on this page are not necessarily that of this newspaper



# pinion

# E-filing taxes helps Capitol View speed returns home Local elections will be more exciting

By now, you should have received your 2009 tax information. I want to encourage Nebraskans to file their individual income taxes electronically this year.

Electronic filing, better known as e-filing, is convenient and secure. This option provides a speedy refund, reduces the risk of errors and offers confirmation that your return has been filed and received. Fed/Statee-filingallowstaxpayers

to submit both their federal and state tax returns together. Taxpayers can go online, purchase software or visit a participating tax preparer to file their returns using the Fed/State e-file program. Some software providers allow free federal e-filing, but may charge a fee for state e-filing. Visit www.irs. gov for more information.

NebFile allows taxpayers to file their Nebraska individual income tax return for free using the Nebraska Department of Revenue's Web site www.revenue.ne.gov.

Every year, more Nebraskans are enjoying the speed and convenience offered by e-filing. In 2009, the state received more than 634,500 e-filed income tax returns, a 6 percent increase from the previous year. More than 70 percent of all Nebraska individual income tax returns were e-filed last year.

Taxpayers who e-file and choose to have their refund deposited directly into their bank account typically receive their refund in seven to 10 business days.

As a leading state in e-file use, the Nebraska Department of Revenue has a new goal of having 75 percent of all state tax returns e-filed during 2010. Of the 120,000 state income tax returns filed so far this year, 118,900 have been e-



filed.

Nebraska's e-file successes are also due to the cooperation legislative races when it comes to of Nebraska's professional tax taxing and spending; but a state preparers, who have used it to file their clients' returns, and to our folks. citizens who have also embraced this technology.

Heinemann

The increase in e-filing has helped the Department of Revenue achieve greater efficiency by reducing their reliance on temporary workers at tax time. Seasonal employees are expected to total just 30, down from 150 a decade ago.

The ability to file and pay taxes online is one of the many ways our state is striving to provide services that make it easier for Nebraskans to interact with state government. E-filing is a quick and convenient way citizens can help us reduce

Please visit the Nebraska Department of Revenue's Web site for information, new developments, and other electronic options available to taxpayers at www.

Statehouse Correspondent Nebraska Press Association

LINCOLN-There doesn't appear to be a lot to look forward to in the 2010 statewide or congressional

Elections on the local level, however, always have the potential for good, old-fashioned fireworks. For the old fashioned kind, anyway. Good is subject to interpretation.

Money and/or personalities usually fuel campaigns in smalltown Nebraska. Or in small towns elsewhere in America. Tax rates. Policies adopted by local boards of education. Zoning fights. Those are the tussles grassroots politics are often built upon.

The same is often true in senator has to work with 48 other

There is something that can be looked forward to in any hotly contested campaign, on whatever level. Each election, or most of them, can be a fount of tautological pronouncements.

"We can do the most good," the candidate said, "because no one can do better at achieving good than we can!" That's always been one of my favorites, dating to a race for county sheriff, away back in 1968, away back in Ohio.

Meanwhile, more and more politicians on the national level seem to have adapted the Julia Child recommendation on what to do when a mistake has obviously been made.

Child noted things are bound to go wrong in the kitchen.

"But the real key to cooking is never to apologize. Present your meal as it is. But present it with a

flourish. It's really a matter of selfpreservation, isn't it?" Change the references to cooking and meals to campaigns. It works, doesn't it?

### Taxing with an eye to cutting the base

Most policymakers are usually more interested in expanding than narrowing a tax base.

That's not so with a conglomeration of groups who think it would be a good idea to boost Nebraska tax revenues by \$62 million by upping the tax on a pack of cigarettes by

In addition to bringing in those dollars, the coalition figures the higher levy would lead to 8,000 adults giving up their smokes, and discourage 15,000 youngsters who might otherwise take up the habit. Nebraska's per-pack levy of 64 cents is piddling compared with the \$1.34 national average.

The Lincoln Journal-Star reported the coalition consists of the American Heart Association, American Cancer Society Clear Action Network, American Lung Association, the Robert Wood Johnson Foundation and TobaccoFree Kids.

www.paulfelicartocas.com

Motorcycle helmet bill crashes

EXCITEMENT BUILDS
FOR UPCOMING
NEBRASKA ELECTIONS...

A nice thing about not having to write stories each day with headline writers in mind is that a fellow can forego those attempts at clever leads – about motorcycle bills running out of gas, or helmet laws being crushed.

The 2010 version of a bill to repeal the state law requiring motorcyclists to wear helmets is kaput. Supporters could not overcome a filibuster. They came six votes short of the 33 needed.

# Update on priority bills

Greetings from the Unicameral! While the majority of senators typically designate one of their own bills as their priority in each legislative session, it is not uncommon for a senator to select a bill introduced by another senator as their priority bill.

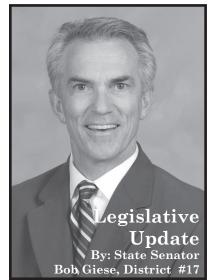
I have chosen to designate LB709, a bill introduced by Senator Tom White of Omaha, as my priority bill. LB709 would adopt the Small Business Regulatory Flexibility Act, and is designed to drastically reduce the "red tape" that Nebraska's small businesses face from government regulation.

Under the bill, state agencies

would be required to consider the economic impact on small businesses before passing regulations and consider less burdensome alternatives. In addition, LB709 would set up judicial review of agency compliance with rulemaking procedures, and requires state agencies to periodically review existing regulations to ensure they are not excessive. Forty-four states have already implemented some form of regulatory flexibility, either by legslative action or executive order.

One of the bills that I introduced earlier this session will also be part of priority bill debate, as LB1102 was recently prioritized by Sen. Scott Lautenbaugh of Omaha.

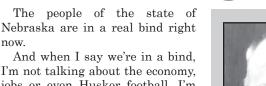
Over the past few decades, the long-standing Nebraska horseracing industry has been in decline, reaching the point where in the next few years, smaller racetracks like Atokad Park in South Sioux City will be forced to close their doors. In order to prevent the significant loss of agriculture-related jobs that



would come with further decline of the horseracing industry, I introduced LB1102, which would permit the State Racing Commission to authorize and regulate wagering on "historic horseracing."

Also known as "Instant Racing", wagering on historic horseracing is an enhanced form of the simulcast racing already available at Atokad Park and the four other racetracks in Nebraska. Under the bill, Instant Racing terminals would only be permitted in licensed racetracks, thus ensuring that LB1102 would not expand gambling in Nebraska. I look forward to working with Sen. Lautenbaugh to help save jobs in the South Sioux City area, as well as other communities where the my pillow and blankie right about horseracing industry has been a now...) long-standing participant.

471-2716, e-mail bgiese@leg.ne.gov, or stop by my office in Lincoln.



I'm not talking about the economy, ohs or even Husker football I'm talking about the choices we have when it comes time to vote this November. Our candidates for governor, right now, are about as inspiring as watching snow melt.

As it stands, we've got the Republican incumbent, Dave Heineman, who has really done nothing amazing during his first full term in office (other than tell the Legislature they couldn't raise taxes during last year's budget crunch, which didn't take a whole lot of effort), going up against Omaha agribusiness investment executive Mark Lakers, who obviously was late to the last statewide meeting of the Nebraska chapter of the Democrat Party and, as is tradition with this state's Democrats, must serve as the sacrificial lamb for the party's inevitable defeat in the race for the state's highest office.

(If that last paragraph has bored you to the point that you need a nap, feel free to put down the paper, catch a few winks, then pick this column up when you wake up. No, really, go ahead. Writing that paragraph has got me looking for

If you're as disgusted with the If you have any questions or sim- two major parties, and tired of ply have an opinion on legislation having no options available when before the Unicameral, call (402) you go to the polls, as I am, you are probably looking for a third-party candidate to get behind.



# Don't get me started

You don't get a third choice at polls

By: Michael Carnes **Managing Editor** 

Here's the problem – there won't BE a third-party candidate to vote for in this election.

That's right, folks...you've got the Tweedledees and Tweedledums to choose from (I'll let you decide which is which) this November when vou decide who our next governor will be. Thanks to state law, third parties like the Libertarian, Green and Nebraska parties were declared defunct by the state, since none of their candidates for President of the United States got at least 5 percent of the vote (which I find hard to believe, considering the, ah,

"choices" we had to work with). A political party that wants to get on the ballot needs 6,000 signatures from across the state to be reinstated, according to an article on the Lincoln Journal-Star's Web site. Parties who want to put their candidate on the ballot must get 2,000 signatures from each of the three congressional districts by Aug. 1. The Feb. 1 deadline for getting on the primary ballot, obviously, has already passed.

Of course, we could ask the

Legislature to have this law removed from the books, but let's be honest with ourselves - while they are officially a non-partisan body, the Legislature is made up of cardcarrying, lock-step, line-toeing, members of both parties-it's a room full of Republicans and Democrats trying to make us believe they are neither, and the likelihood of them eliminating this law (which would open themselves up to competition from a third party) is almost as good as me hitting back-to-back Powerball lotteries using money from my penny jar.

If you've been paying attention to the sham of a government that we have working for us in Washington, you will have discovered a pretty consistent theme. And that theme is this: regardless of which political party is "in charge," our deficits go sky high, our government gets nothing done and there is waste and incompetence everywhere you

Nebraska's state government hasn't reached that level of inefficiency...yet. But if you've

watched how things happen in this country, you know that everything starts on the coasts and works its way toward the middle of the country. Therefore, it's only a matter of time before one, or both, parties begin to turn our state government into the train wreck that we see at the federal level (or in California, where they are facing a quarterbillion dollar budget deficit).

We're already beginning to see the makings of things unraveling in this state. Funding for our roads is going to be more than \$6 billion behind schedule within a few years, and if you've driven on some of the state highways around here lately, you know how badly some roads are in need of repair right now.

It's clearly obvious that the two political parties are dragging this once-proud nation into the gutter, and you really don't have to be a rocket scientist (or even a political scientist) to understand that the two choices we'll have for governor lack originality, inspiration or any kind of creative vision that is required to answer the challenges we face and keep this state the

great state that it is. Unfortunately, those will be the only two choices we'll have when we go to the polls this November. It's not enough to keep me away from the polls, but don't be surprised if I bring a phone book with me to the polls and pull out somebody's name at random to vote for our next

I'm sure, whoever that lucky person might be, would be a better choice for governor.

# Got News?

402-375-2600

800-672-3418

Fax: 402-375-1888



News Clara Osten clara@wayneherald.com



Sports/Man. Ed.





Contact me with concerns from classified

ads to editorial

Doug Sturm — 375-2975 Jim Van Delden — 833-5531 **Second Ward** Kathy Berry — 375-3066 Dale Alexander — 375-4207

First Ward

Brian Frevert — 375-1450Kaki Ley — 375-2017 Fourth Ward  ${\rm Jon\; Haase --375\text{-}3811}$ Ken Chamberlain — 375-1699

**Third Ward** 

Mayor Lois Shelton 375-1278 or 375-1733

Wayne City

**Council Members** 

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.



Website: www.mywaynenews.com Advertising: whclass@inebraska.com or melissa@wayneherald.com The views expressed on this page are not necessarily that of this newspaper

# Groups Celebrate Food Check-Out Week

Although the national economy is showing some signs of improvement, there are still people in the Wayne community concerned that the cost of eating well is beyond their reach. While a recent USDA study pointed out that the cost of eating healthily is more affordable than it was a decade ago, eating well while on a budget requires smart shopping.

Food Check-Out Week, held this year from Feb. 21-27, is a time to focus on both nutrition and how to put nutritious meals on the table while sticking to a tight budget, as well as a time to celebrate our community's safe, abundant and affordable food supply, made possible largely by America's productive farmers and ranchers.

According to the most recent (2008) information from the Economic Research Service, American families spend, on average, less than 10 percent of their disposable personal income on food. This figure means even more when compared to what is typically

items besides food. In comparison to working around 40 days to pay for food, Americans work approximately 80 days to pay their federal taxes, 60 days to pay for housing/ for health/medical care, according to The Tax Foundation.

Although plentiful, healthy food is still not a reality for some families in our community. "As food producers, we remain concerned that some people are not able to afford the food they need, but we are proud of the part our area farmers play in ensuring our food supply is affordable overall," said Don Liedman, Wayne County Farm Bureau President.

Liedman acknowledged consumers may have noticed their food dollar stretched a little tighter in the past year, but said that these increases are often due to fluctuating energy costs, which can lead to higher expenses for processing, packing and transporting food for retail sale.

INTERNET AUCTION

Thurs., March 4 | 10 A.M. CST

www.purplewave.com | 866.608.9283

Detailed photos, item descriptions, seller

contact info and many other assets at:

purplewave.com purple wave

Bidding starts to close,

spent on other household budgetary Week, members of Wayne County Farm Bureau and Wayne Area Chamber of Commerce Ag Task Force Committee will be present at both grocery stores in Wayne this Thursday night to visit with household operation, and 50 days area shoppers and offer information and cost-saving tips on putting nutritious meals on their family's

> SOURCE: Beth Lutter, a Wayne County Farm Bureau board member, writes bimonthly on agricultural issues affecting Wayne County. Tips for Better Nutrition on a Tight Budget:

Have a Plan:

Know your food budget

snacks you'll prepare at home that include fruits, vegetables and whole

· Prepare a shopping list - know what you have on hand, especially perishable foods, and plan for left-

· Choose a competitively-priced supermarket (check prices online or in newspaper ads) that's close As part of Food Check-Out to home or work, with high-quality

· Don't shop when you're hungry · Clip coupons and check ads for foods you know you need Shop Smart:

Stick to your list

· Select fresh fruits and vegetables in season; buy frozen or canned when they're not in season

· Stay flexible - take advantage of foods on sale you know you'll eat

Compare prices

**Check out our Daily** 

**NOON SPECIALS** 

· Use cost per unit shelf stickers to compare brands and sizes



· Look at cost per serving with

meat; boneless lean meat (though more expensive) may be a better

buy than lower priced bone-in, fat-

the preparation time required

· Balance the cost of foods with

If you won't wash, peel and

chop produce, buy it already pre-

· Don't buy it unless you're sure

tier cuts

it will be eaten

**Mark Zimmerer** 

### Mark Zimmerer appointed to serve on team

Mark Zimmerer, coordinator of the Northeast Nebraska Child Advocacy Center, has been appointed to the Child Death Review Team (CDRT) for the State of Nebraska. His appointment by the Director of Health and Human Services was based on his reputation among his peers and previous examples of outstanding service to Nebraska families. The Northeast Nebraska Child Advocacy Center, located at Faith Regional Health Services, assists with abuse investigations in 25 counties throughout northeast Nebraska.

Established in 1993, the Child Death Review Team is a state mandated function of the Department of Health and Human Services. The team includes 12 members who prehensive, integrated review of with their donations right here in existing records and other information regarding the rare and tragic events of child death, develop an understanding of the causes and incidence of child death, and advise the Governor, Legislature and public on changes that might prevent them.

"I am truly honored to think my body of work has created a level of respect worthy of serving on such an important team," said Zimmerer. "I believe my past experience will allow me the opportunity to be a voice for families and professionals working to protect Nebraska's chil-

Zimmerer's appointment will be from March 1, 2010 through June 30, 2014.

The Northeast Nebraska Child Advocacy Center (NENCAC) provides a multidisciplinary approach to assist with abuse investigations in a safe, child-friendly environment. Located at Faith Regional Health Services East Campus, the NENCAC provides services for 25 counties in the northeast Nebraska



# Valentines royalty

Premier Estates Senior Living Community celebrated Valentines Day with a party for residents, family and staff. During the event two sets of royalty were crowned. Above, Laura Winters and Derald Hamm were the winners of the Premier Estates Assisted Living Valentine's King and Queen. Below, Wayne and Jackie Nissen. They were the winners of the Premier Estates Valentine's King and Queen.



### Pamida raises over \$78,000 for disaster relief efforts in Haiti

Proving their generosity and com- our hometowns is truly commendpassion for those impacted by Haiti's able," said John Harlow, president devastating earthquake, Pamida and CEO of Pamida. "Our customcustomers and employees have ers and employees have proven opened their hearts and wallets to their commitment to community generate \$78,926 for American Red Cross Haiti relief efforts.

The donations were raised during a recent in-store fundraiser that offered shoppers and employees the opportunity to "round up" their purchase totals to the next whole dollar. Participants could also contribute to the Fund with a dollar amount of their choice.

"A big 'thank you' goes out to play an important role in improving all of those who participated in personnel, shelter, food, emotional the lives of children and families our relief-effort fundraiser. This support and technical assistance to in Nebraska. As a team member, disaster occurred far away, yet, the the estimated 3 million earthquake Zimmerer will help create a com- extent to which everyone responded victims in Haiti.

well-being, on a local level, time and time again. This time, they have opened their generous hearts for the people of Haiti."

Pamida concluded the fundraiser at all of its stores and pharmacy locations on Feb. 10. Harlow recently presented the donations to the American Red Cross in support of their Haiti Relief and Development Fund, which is providing service



Tina Price, CEO of the American Red Cross, receives donation check from John Harlow, president and CEO of Pamida, at the Pamida Store Support Center in Omaha.

# Ameriprise Financial

# REMEMBER WHEN THE ONLY RETIREMENT QUESTION YOU HAD WAS WHEN?

It's time for a New Perspective

Call (402) 833-5285 today to arrange your complimentary review.



Jennifer S. Carmer Phelps, CFP®, ChFC®, MBA Senior Financial Advisor 120 W. 2nd Street Wayne, NE 68787 (402) 833-5285 Toll Free: (866) 433-5285 Jennifer.S.Phelps@ampf.com

Financial planning services and investments available through Ameriprise Financial Services, Inc. Member FINRA and SIPC. Your meeting will include a review of your existing financial situation and potential opportunities, gaps, or general strategies. You will not receive a comprehensive review or financial planning services for which fees are charged. ©2009 Ameriprise Financial, Inc. All rights reserved.



Our power supplier is taking steps today to ensure the right balance of affordable, reliable, and environmentally responsible power exists tomorrow. Steps that include investments in renewable and alternative energy sources, increased energy efficiency programs,

and a diverse mix of power generation. In the end, we all want to be on the same path.

Learn more by visiting ItsYourPower.org ...bringing key issues to light

**Balanced steps** 

for the future.

# CITY OF WAYNE

Phone 402-375-2866

"Your Energy Savings Partner"

In partnership with our supplier, Nebraska Public Power District, we deliver energy to you.

# Lifestyle

# Herald



# Avoiding overuse helps body from shutting down

Like a computer, demands on human life can make the human body run slower. Without maintenance, the body will slowly be less and less efficient. There are some things people can do to avoid this overuse.

Sometimes the body rejects multi-tasking. Consider shutting down other activities or projects to focus on just one thing. This will increase the attention to detail and allow the body to slow down and relax. Consider scheduling tasks for separate times to allow complete concentration.

The immune system needs a con-

Amy Topp Extension **Educator** 

4-H & Youth



sistent schedule to be able to fight off germs and sickness. Try to eat right, get enough sleep and stay physically active to keep the body running properly. Also, try to control stress levels. High stress levels can wear down anyone.

Have a schedule but allow for

variety. This keeps the mind sharp. Listen to music, set up a coffee date or go for a walk. The brain will stay sharp when it isn't regulated to doing the same tasks over and

Consider cleaning up the list of activities. If there are groups or organizations that no longer meet needs, simply move on. Don't fell compelled to do things. If people are requesting time that isn't available, politely say no. This will keep the body running at a higher level.

SOURCE: Alice Henneman, extension educator

March Calendar March 7: Teen Supremes; Beef

Weigh-in Snowdate March 12-14: Nebraska Horse

Expo, Lincoln. March 21: 4-H Sharp Shooters Air Rifle and BB Gun Shoot,

Carroll. March 22: 4-H Council. March 26-April 12: Swine

March 27: Bake and Take.

Weigh-in.

### New **Arrivals**

MENKE — Aaron and Amanda Menke, Norfolk, a son, Aiden Dwayne, 9 pounds, 9 ounces, born Feb. 6, 2010. Siblings are Aubrey, 4, and Haylee, 21 months. Grandparents are Charlie and Peggy Menke of Norfolk, and Dwayne and Diane Thies of Hoskins. Greatgrandparents are Willis and Donna Johnson of Norfolk, Lester and Elaine Menke of Wayne, Derald Rice of Concord, and Eldon and Eva Thies of Winside.

### Engagements\_



### Anderson - Volk

Courtney Marie Anderson and Russell Lee Volk, both of Wayne, will be married May 1, 2010 at St. John's Lutheran Church in Battle

Courtney is the mother of Kaleb Anderson, the daughter of Roger and Nancy Anderson of Walthill and the granddaughter of Jerry and Vida Clark of Bancroft. She is a 1998 graduate of Bancroft-Rosalie High School and is currently employed at Digital Blue in

Russell is the son of Gerald and Nickii Volk of Battle Creek and the grandson of Orlin and LeOra Stolle of Meadow Grove and Donald Volk of Battle Creek. He is a 1996 graduate of Battle Creek High School and a 2000 graduate of Wayne State College with a Computer Science and Mathematics major. He is employed at Bomgaars in

# Wayne. Leather and Lace hold

Valentines

dance Leather and Lace Square held a Valentines dance on Feb. 12 with 24

participants and four guests. The callers for the evening were Chuck and Debbie Veldhuzen and the dancers were treated to pie and

ice-cream following the dance. The free passes went to Karen Bilsma, Shirley Rabe, Jon Esclante and Christina Veldhuizen won split

the pot money. Single Wheelers from Norfolk took their banner home. Leather and Lace traveled to Laurel recently to get their banner home again. The next scheduled dance will

be Friday, Feb. 26 at the Wayne City Auditorium at 7:30 p.m. with John Orlowske calling. Members are reminded to bring snacks for the evening.

The Spring Festival this year will be Friday, April 9 at Christ Lutheran Gym in Norfolk. The grand march will be at 7:15 and dance 7:30 p.m.

### Wednesday: Walking taco, green beans, pears, cornbread.

Thursday: Breakfast sandwich, tater rounds, orange juice, pancakes.

Friday: Beef patty with bun, peas,

mixed fruit, cookie.

Milk served with every meal.

Winter Bridge played at Senior Center

AREA — The Winter Bridge group met on Tuesday, Feb. 23 at the at four tables. Hostess was Pat Roberts.

### Emerson, Neb. 68733. **America's Favorite Columnist**



Diamond Doctor Randy Pedersen answers life's big questions. His passion for his work and his customers continues to change lives daily. Randy has been a Practicing Diamond Physician since 1978.

# Dear Randy, Can I blow her socks off for under \$100? What about other apparel?

We have dozens of items under \$100. They start at \$25. And go way, WAY up there to \$100. All with blow-her-socks off credentials. And spend more, and who knows what else blows off? Who knows?

The Diamond Center - Flowers & Wine 221 Main Street • Wayne, NE 68787

402-375-1804 • 1-800-397-1804

www.flowersnwine.com • www.diamondking.biz • WE BUY GOLD EVERY DAY •

402-375-8350

# **Pie Social**

Premier Estates will be hosting a community pie social every

Tuesday at 3:00 PM. The social is free to the community and will be held in the assisted living dining room. Please come and visit with our residents and enjoy free coffee & pie!



SENIOR LIVING COMMUNITY

811 East 14th St. Wayne, NE Phone 402-375-1922

# Advance Counseling Services, LLC

Jan Chinn, MSE, LMHP, CPC

• Child & Adolescent Concerns • Abuse & Trauma Counseling •Stress Management •Coping with Divorce • Grief & Loss • Depression & Anxiety • Marital & Family Counseling • Employee Assistance Services

Phone: (402) 833-5246

220 W. 7th St., Wayne • In the BankFirst Building

# get it all together

in one location!!



CARPET LAMINATE CERAMIC



**HunterDouglas**°

BLINDS



jessica

Angela

PLUS...



FREE ON SITE DESIGN CONSULTATIONS



375-2035 Toli Free 1-800-658-3126 **110 SOUTH LOGAN** 

Officers of the Wayne Chapter #194 pose for a picture following installation ceremonies.

# Order of Eastern Star installs new officers

The officers of Wayne Chapter Conductress Julie Claybaugh; Installing Marshal, Joan Lackas, were recently installed for the 2010

Jones; Secretary Karen Jones; and Sentinel, Doris Stipp. Treasurer Cynthia Franzen;

#194, Order of the Eastern Star, Chaplain Joan Marr; Marshal P.M.; Installing Chaplain, Arnold Diana Anderson; Organist Julie Marr, P.P.; Installing Organist, Osnes; Adah, Tonya Breitkreutz; Betty Garwood, P.G.M. and Vocalist, Officers include Worthy Matorn Ruth, Shirley "Pat" Straight; Linda Teach; Worthy Patron Alvin Esther, Virginia Dranselka; Martha, Schroeder; Associate Patron Robert Dinklage; Warder, Mary Lou George

Installing officers were Installing Monday of each month. Conductress Lynn Kramer; Associate Officer, Ardyce Stanley, P.M.;

Connie Webber-Glassmeyer. This year's theme is "The Music of Sundell; Associate Matorn Charlene Deborah Garwood; Electra, Marleen Friendship" and will be depicted in the various programs each month.

Stated meetings are held the second

WAKEFIELD (March 1-5)

Monday: Beef nachos, topping bar,

Tuesday: Who-roast beast, shlopp-

Wednesday: Goulash, mixed veg-

Thursday: French dip sandwich,

Friday: Cheese pizza, broccoli, din-

Milk is served with every meal.

WAYNE (March 1-5)

with bun, corn, applesauce, cookie.

Monday: Pulled barbecue pork

Tuesday: Chicken & noodles,

crackers, carrots & celery, peaches,

etables, dinner roll, strawberries.

glopps, squeezleblobs, Horton eggs,

Seuss's 106th birthday cake.

green beans, pineapple.

ner roll, peaches.

cinnamon roll.

# **School Lunches**

LAUREL - CONCORD (March 1 - 5)

Monday: Breakfast — Waffles. Lunch — Room 4i menu: Popcorn chicken, mashed potatoes, corn, strawberries, banana bread.

Tuesday: Breakfast — Breakfast burrito. Lunch — Creamed turkey, roll, fruit, vegetable. Wednesday: Breakfast — Coffee

cake and yogurt. Lunch — Crispitos with chili & cheee, sticky rolls, fruit, vegetable. Thursday: Breakfast — Donuts.

Lunch - Hot ham & cheese sandwich, fruit, vegetable.

Friday: Breakfast — Cereal &

## Open house to honor Norma Chinn

An open house is being planned on Sunday, Feb. 28 in honor of Norma Chinn's 80th birthday.

The event will be held from 1 to 4 p.m. at the Emerson Fire Hall in

The honoree requests no gifts.

Those unable to attend may send cards to 1304 Nebraska Street,

toast. Lunch — Fish sticks, macaroni & cheese, fruit, vegetable. Fruit, vegetable and milk (white or

chocolate) served daily. Orange juice sold daily. All menus subject to change.

**Senior Center** 

Calendar. (Week of March 1-5) Monday, March 1: Morning walking; Quilting and cards; Pool,

Tuesday, March 2: Morning walking; Quilting and cards; Afternoon Bridge Club.

9 a.m. and 1 p.m.

Wednesday, March 3: Morning walking; Quilting and cards; Pool, 9 a.m. and 1 p.m.; Monthly Birthday party - Ray Peterson on the accordion, 11:30 a.m.; Bev Hansen's cinnamon rolls, 3 p.m.

Thursday, March 4: Morning walking; Quilting and cards; Pasto Kim Stover to speak on Hurrican Katrina Mission Trip, 12:45 p.m.; Afternoon Bridge Club.

Friday, March 5: Morning walking; Quilting and cards; Pool, 9 a.m. and 1 p.m.; Pat Cook on the piano, 11:30 a.m.; Bingo, 1:15 p.m.

## Briefly Speaking

Wayne Senior Center with 16 persons attending. Bridge was played

Bridge will be played on Tuesday, March 2. For reservations, contact hostess Nancy Jo Powers at 375-2391.

# Superior, affordable wintertime warmth!

Pacific Coast Feather Outlet Store

**Compare Everyday Outlet Store Prices-**50% or More Below Retail Stores! **DOWN & DOWN ALTERNATIVE:** COMFORTERS ~ BED PILLOWS ~ MATTRESS PADS ~ FEATHERBEDS

ALSO SHEET SETS ~ DUVET COVERS ~ PILLOW SHAMS AND MORE! **Select Group Mattress Pads 50% off** 

Mattress Pads in hard to find sizes: Twin & Full X-Long, SuperSingle, Olympic Queen, Cal King, and Crib!

Felt Pads \$2 each — Great for tablecloth liners, crafts, quilt inserts or backing, & more!

**Next Saturday Open: March 6th** 

Come check us out! Store Hours: Thursday & Friday 10 am-6 pm 1st Saturday of each month 9 am-3 pm

1810 Industrial Way East Hwy 35, Wayne, NE



### Church Services

Wayne \_\_\_\_\_

CALVARY BIBLE EVANGELICAL FREE 502 Lincoln Street (402) 375-4946 website: www.cbefc.org email: calvarybible@gmail.com

(Tim Pearson, Senior Pastor) Sunday: Prayer meeting, 9 a.m.; Church School, 9:30; Worship service, 10:30 a.m.; Youth Group, 6:30 p.m. Wednesday: Second and fourth Wednesday of the month, Youth Group for grades 7-12, 6:30

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.

Come and have a

**GREAT Time!** 

Great food and lots

of fun for everyone!

FIRST BAPTIST 400 Main St.

(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 and confirmation classes, 9; Corporate Worship with Communion; The Rev. Dr. Richard Wyatt, Executive Presbyter, will join in worship, 10 a.m.; Fellowship time, 11. Wednesday: Lenten Soup Supper, 6 p.m.; Lenten Study, "Living Faith," 6:45; High School youth, 7:45 p.m.

FIRST TRINITY LUTHERAN Altona, LC-MS 57741 847th Road, Wayne Altona Office (402) 375-2165

**Beef or Pork Roast Dinner** 

11a.m. - 1:30 p.m.

\$8 adults \$3 children ages 4-12

Dinner includes mashed potatoes and gravy,

vegetable, dinner roll, beverage and

homemade dessert!

Cash prizes of \$1000-\$500-\$250-\$175-\$75 27" HDTV, Nintendo Wii,

Ipod Nano, Flip Camcorder,

& Indoor Water Resort Family Getaway!

Need not be present to win!

Great Gift Baskets up for Bid!

**Silent Auction** 

Raffle Tickets just \$2 each

St. Mary's Winter/Spring Fest

February 28th - Wayne City Auditorium

When you have more of these...

than answers.

Children's behavioral problems

Trained counselors available 24x7

1-888-866-8660

A SERVICE OF THE NEBRASKA DEPARTMENT OF HEALTH AND

Youth mental health referrals

(Rev. David Ohlman, Pastor) Pilger Office (402) 396-3478 Mobile (260) 402-0035

Sunday: Sunday School and Adult Bible Study, 8:30 a.m.; Divine Worship with Holy Communion, 9:30. Wednesday: Joint Confirmation Instruction at First Trinity, Altona, 5:45 p.m.; Lenten Worship at Atona, 7:30 p.m. with coffee following.

FIRST UNITED METHODIST 6th & Main St. (Rev. Doyle Burbank-Williams, pastor)

Sunday: Worship Service, 9:30 and 11 a.m.; Sunday School, 9:30; Fellowship Time, 10:30; Newsletters available to pick up. Tuesday: WIC Clinic, 9 a.m. to 3:30 p.m.; Goldenrod Hills Immunization Clinic, 10 a.m. to 2 p.m.; Girl Scout Troop #191, 5:15 p.m.; Jaycees, 7. Wednesday: King's Kids, 3:40 p.m.; Worship Committee, 5:15; Bell Choir, 6; Lenten Service, 6; Confirmation, 6:30; Chancel Choir, 7. Thursday: Brown Bag Theology, 12:15 p.m. Friday: World Day of

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: Worship with Holy Communion, 6:45 p.m.; Elders, 7:30 . Tuesday: Adult Class, 7:30 p.m. Wednesday: Men's Bible Study, 6:30 a.m.; Bible Class, 9; Lenten Supper, 6 p.m.; Midweek, 6:30; Choir, 7; Lenten Worship, 7:30. Thursday: Stephen Ministry, 7 p.m.; C.S.F. Devotions, 7.

JEHOVAH'S WITNESSES Phone 375-2631 or 375-3427 for information

**JOURNEY** CHRISTIAN CHURCH 1110 East 7th St. www.journeychristianonline.

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; Worship, 9 and 10:30 a.m.; Children's Church, 10:30. 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.; Worship, 6 p.m. Sunday: Worship, 8 and 10:30 a.m.; Sunday School and Adult Class, 9:15. Monday: Rachel Circle, 1:30 p.m. Tuesday: Bible Study at Tacos & More, 6:45 a.m.; Staff meeting, 9; WELCA Board meeting, 1:30 p.m.; Communion at The Oaks, 3:15; Communion at Premier Estates, 4. Wednesday: "Making Sense" Class, 10 a.m.; Devotions at The Oaks, 3:30 p.m.; Children's Choir, 4; Children's Chimes, 4:45; Lenten supper, 5:45 p.m.; Choir, 6; Mid-Week Lenten Worship, 7. Thursday: Joyful Noise, 6 p.m.; Women Who Love to Talk - and Eat, 6; Prayer Partners, 7.

PRAISE ASSEMBLY OF GOD 1000 East 10th St. • 375-3430 **Pastors** 

Rick and Ellie Snodgrass

Sunday: Sunday Service, 10:30 a.m.; Evening Service, 6:30 p.m.; Wednesday: Evening Service, 7 p.m. Call for additional information on the ministries available.

ST. MARY'S CATHOLIC 412 East 8th St. (Fr. Mark Beran, pastor) 375-2000; fax: 375-5782; E-mail: parish@ stmaryswayne.org

Friday: Mass, 8 a.m.; KTCH Eucharistic Adoration, 8:30 a.m. to 7:30 p.m.; Stations of the Cross, 7 p.m. Saturday: Mass, 8 a.m.; Confirmation Interviews; Confessions 4:30 to 5:30 p.m., Mass, 6 p.m. Sunday: Confessions one-half hour before Mass; Mass, 8 and 10 a.m.; St. Mary's Winter/ Spring Fest, 11 a.m. to 1:30 p.m., City Auditorium; No WINGS 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; Bible Timeline, Catholic Newman Center, 6 p.m.; Knights of Columbus Rosary, 7 p.m. with meeting following in Holy Family Hall; Hispanic Prayer Group, Holy Family Hall, 6 p.m. **Tuesday:** Confessions, 7:30 a.m.; Mass, 8; Rosary in Spanish at the church, 6:30 p.m.; Board of Education meeting, rectory, 7 p.m. Wednesday: Mass, 8 a.m.; 1 p.m. Tuesday: Bible Study at Spaghetti Supper, hosted by St. Mary's Right to Live, 5:30 to 6:30 p.m.; Family Faith Night with Pro-Life Speaker, 7 p.m. Thursday: Confessions, 7:30 a.m.; Mass, 8; RCIA, rectory, 7 p.m. Friday: First Friday - Confessions, 7:30 a.m.; Mass, 8; Prayer Shawl meeting, rectory, 10:30 a.m.: Stations of the Cross, 7 p.m.

 $\mathbf{Allen}$  .

Your Locally

**Owned Low** 

Price Leader!

FIRST LUTHERAN

### (Karen Tjarks, Pastor)

Sunday: Worship, 9 a.m.; Sunday School, 10; Soup supper, 5 to 7 p.m. Wednesday: Bible Study, 10 a.m. at United Methodist and 2 p.m. at Concordia Lutheran; Confirmation, 4:30 p.m.; Lenten service at Concordia Lutheran, 7

### **UNITED METHODIST**

(Pastor Sara Simmons, pastor) Sunday: Worship service, 9 a.m. Wednesday: Bible Study, 10 a.m. at United Methodist and 2 p.m. at Concordia Lutheran; ACCTS, 3:30

### Carroll\_

### BETHANY PRESBYTERIAN (Gail Axen, pastor)

Sunday: No worship services until Sunday, March 28. All other regular church activities will continue to take place. For church visitations or other church needs, contact the Rev. Gail Axen at (402) 439-2536.

### ST. PAUL LUTHERAN (Rev. Timothy Steckling,

Sunday: Worship service, 8 a.m. Wednesday: Lent Midweek, 7

### UNITED METHODIST CHURCH

(Rev. Doyle Burbank-Williams,

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. Wednesday: Bible Study, 10 a.m. at United Methodist and 2 p.m. at Concordia Lutheran; Confirmation, 4:30 p.m.; Lenten service at Concordia, 7

### ST. PAUL LUTHERAN East of town (Willie Bertrand, pastor)

Sunday: Bible Study, 8 a.m.; Worship, 9. Monday: Quilting, Jensen's, 9 a.m. Wednesday: Catechism class, 4:30 p.m.; Lenten Worship at St. Paul, 7 p.m.

### EVANGELICAL FREE (Pastor Todd Thelen)

Thursday-Saturday: Midwest District Conference, in Columbus. Sunday: Sunday School, 9:30 a.m.; Morning Worship, 10:30; Evening Bible Study, Senior High Youth Group, Praying Kids, 7 p.m. Monday: Church Board meeting, 7 p.m. Wednesday: AWANA/Trek, 7 p.m.

### Dixon\_

ST. ANNE'S CATHOLIC

(Fr. James McCluskey, pastor) Sunday: Mass, 9 a.m. Wednesday: CCD classes for grades 1-12, 7 p.m.

### Hoskins\_

PEACE UNITED CHURCH OF CHRIST (Dr. Richard Brown, pastor)

Sunday: Sunday School and Confirmation Classes, 9:30 a.m.; office, 1 p.m.

Worship service, 10:30 a.m. Thursday: Dorcas Society, 1:30

### TRINITY EVANG. LUTHERAN

Sunday: Trinity Bible Hour, 9 a.m.; Worship, 10 a.m. Thursday: Ladies Aid, 1:30 p.m.

### Wakefield\_\_\_\_

(Rodney Rixe, pastor)

### 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: Sunday School, 9:30 a.m.; Morning Worship, 10:45. Tuesday: Worship on Cable, 7 a.m.; Ladies meet for prayer, 9 a.m. Wednesday: Worship on Cable, 10 a.m.; Confirmation, 4:15 p.m. Snak Shak, 5:30; Pioneer Club and Junior High, 6:15; Bible Study, 6:30. Thursday: Men's Bible Study at Taco's, 7 a.m.

### IMMANUEL LUTHERAN 4 North, 3 East of Wayne (Willie Bertrand, pastor)

Sunday: Bible Study, 9:15 a.m.; Worship, 10:30 a.m. Tuesday: Bible Study at Jensen's, 9 a.m. Wednesday: Lenten Worship at St. Paul, 7 p.m.

### **PRESBYTERIAN** 216 West 3rd

(Rev. Charity Potter, pastor) Sunday: Fellowship time, 10 a.m.; Worship Service, 11.

### ST. JOHN'S LUTHERAN West 7th & Maple

(Rev. Terry L. Buethe, pastor) Sunday: Worship, 9 a.m.;

## Education Hour, 10:15.

SALEM LUTHERAN

### 411 Winter Street

Saturday: Worship with Communion, 6:30 p.m. Sunday: No Choir; Sunday School and Confirmation, 9 a.m.; Worship with Communion, 10:30 a.m. Wednesday: Meal, 6 p.m.; Lenten Service, 6:45. Thursday: Video on local channel. Saturday: Worship

### Winside\_

### ST. PAUL'S LUTHERAN 218 Miner St.

with Communion, 6:30 p.m.

(Pastor Timothy Steckling) Sunday: Sunday School and Bible Study, 9:15 a.m.; Worship, 10:30

### TRINITY LUTHERAN (PMA Glenn Kietzmann)

Sunday: Sunday School, 9:30 a.m.; Coffee Fellowship, 9:30; Worship, 10:30 a.m.

### UNITED METHODIST

(Carol Jean Stapelton, pastor) (Lay Minister - Judy Carlson,

Sunday: Sunday School, 10 a.m.; "24 Hours," Lenten Study, 10; Worship service, 11:15. Tuesday: Coat of Many Colors Quilters, 2 p.m. Wednesday: Pastor in Pierce

Donald E.

Koeber,

O.D.



**NORTHEAST NEBRASKA INSURANCE** AGENCY, INC.

216 E. 7th Street, Wayne, NE

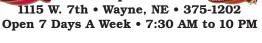
375-2922

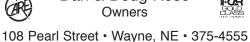
111 West 3rd Wayne 375-2696

### PAC' N' SAVE

**Discount** Supermarkets **Home Owned** 











**Family Dentistry** 

Dr. Burrows

TWJ Feeds, Inc.

Complete dairy, swine, cattle, poultry feeds

Carroll, NE 68723-0216

Office: (402) 585-4867

Home: (402) 585-4836 FAX: (402) 585-4892

115 W. 3rd St.

P.O. Box 217

Wayne, NE

375-1124

The Bank Wayne Calls First" Member FDIC

### FREDRICKSON OIL CO. Highway 15 North -Wayne, NE

Phone: (402) 375-3535 Wats: 1-800-672-3313









**John Deere** 100 Series Mowers **NORTHEAST** 

**EQUIPMENT** Wayne, NE 375-3325 East Hwy. 35

WAYNE VISION CENTER

313 Main Street - Wayne, NE

375-2020

# Wayne Auto Parts Inc.



MACHINE SHOP SERVICE 39Years Bus. 375-3424

The **Wayne Herald** 114 Main • Wayne • 402-375-2600

CARROLL, NEBRASKA 68723

Member FDIC

117 S. Main Wayne, NE. Home 375-2380

## Tom's Body & Paint Shop, Inc. Dan & Doug Rose

and LWML meeting was called to

members and Pastor Lilienkamp.

was no correspondence.

found them to be in order.

Voting members

Mission Service: Joann Temme

had a small cross for the confir-

Hansen on Feb. 10.

the sun.'

### Optimist Club gathers to plan upcoming community events

The Wayne Optimist Club met announced at a later date. Feb. 9 at The Coffee Shoppe.

President Bob Wriedt shared with the group information from the Distirct Conference held Feb. 6-7. He noted that the club received a patch for the banner. Bob Keating, Mike Varley and Doug Krie were also honored. Each recieved a certificate. Bob received a pin as honor president. The club also recieved two patches — one for growth last Optimist Creed. year and one for donating to the Optimist International Foundation.

The keynote motivational speaker at the conference was Michael Angelo Carouso. Workshops were also provided. One that Bob Wriedt and Cindy Von Fange attended was uses of the internet to communicate on Face book.

Other workshops were led by Dale Robertson, a past International Vice President from Iowa. Bob also noted that several club members were part of a team that judged the district essays. Winners will be

The next meeting was scheduled for Tuesday, Feb. 23 at 6 p.m. at The Coffee Shoppe. Bob Wriedt was to have a speaker for the evening. Anyone wishing to know more about the Optimist Club may come to any of the meetings, contact a member or call Bob Wriedt, Club President at 375-2569.

The meeting closed with the



Internet Nebraska 3 months for



Serving Full Meals!

Catering to all sizes of groups

Parties • Weddings • Anniversaries

the price of one

1-800-GET-INET (1-800-438-4638)

Meats of all kinds,

serving to buffet style

Serving Hot &



# listen to pro-life speaker St. Mary's Catholic Church in

Wayne will be hosting a pro-laugh speaker as part of its monthly Family Faith Night on Wednesday, March 3.

Jake Dagel

Community

invited to

Jake Dagel is from Sheldon, Iowa. He is a junior at Spalding Catholic High School in Granville, Iowa and is the National Youth Director for Pro Life Unity. He will speak on "The beauty of life, what we can do as pro life citizens, Planned Parenthood is not our friend, and show a video of an abortion to the junior-senior high students and parents.

There will also be a spaghetti supper hosted by the St. Mary's Right to Life group that same evening. from 5:30 to 6:45 p.m. in Holy Family Hall in the basement of the church. All are welcome to either or both events.

Grace Ladies Aid conducts meeting Our Grace Lutheran Ladies Aid Erxleben helped the group. They The ingathering will be monetary also took five quilts to the Red gifts given to Orphan Grain Train

order by Vice President Beverly Cross in Wayne. Care Center: Esther Brader and LWML district convention will be Vice President Beverly Hansen LaVonn Biermann will visit at the gave opening devotions based on Care Center on Feb. 11. The new Kings Church in Omaha. Those 1 Samuel 3:10--Help me be a good committee will be Barb Greve and listener. Members closed by sing-Kay Denker.

ing "Jesus Shall Reign wherever Visiting: Ellen Heinemann reported that Kimberly Hansen had been Roll Call was answered by 17 sending cards to different individuals of the church. The minutes of the previous meet-

Seminary Student: Phyllis Nolte ing were read by approved. There had not heard from the seminary student. Ardene Nelson would write Treasurer's report was given and this month.

Old Business: Ellen Heinemann will be filed for financial review. Ellen Heinemann and Betty Wittig and Bonnadell Koch checked into heart, a devoted heart and a believaudited the treasurer books and the padded chairs at Norfolk and ing heart. had some catalogs to look at. Committee reports were a fol-Discussion was tabled until next Lord's Prayer and the table prayer. month

Ladies Aid and Evening Circle Sewing: Esther Brader reported Workshop on April 27 with a 9 Hansen, Marion Baier, Ruth Victor that they tied 6 quilts. Mary Lou a.m. brunch. HOPE is the theme. and Kay Denker in February.

The mites were collected. Pastor Lilienkamp conducted the Bible study on "Heart" Matters: A look at Mary." It talked about how Mary, Jesus' mother had a faithful The meeting closed with the

for relief help in Haiti. Also the

held June 4-5, 2010 at King of

attending may ride a bus there for

\$40 round trip from different towns

The March 10 meeting will be

hosted by Fauneil Bennett, Phyllis

in northeast Nebraska.

Nolte, and Ardene Nelson.

LaVon Biermann and Joann New Business: Grace Lutheran Temme served lunch.

The birthday song was sung for will be hosting the LWML Spring Barb Greve in January and Esther

# Lutheran churches support program

voted overwhelmingly this past year to support a program that seeks to eliminate malaria in south-Saharan Africa by 2015. The Lutheran Malaria Initiative (LMI), with a fund-raising goal of \$75 million, was endorsed by a vote

Evangelical Lutheran Church in

of 989 to 11. It would create a shared effort in concert with the Lutheran Church—Missouri Synod (LCMS), Lutheran World Relief (LWR), and the United Nations Foundation.

The Rev. Andrea DeGrootthe ELCA HIV and AIDS strategy, said "this program is God's work." She said the United Nations approached LWR, inviting the faithproject. LWR is jointly supported by

Allen News

The Siouxland Blood Mobile will

be at the Allen School on Monday, March 1 from 2 - 7 pm in the

The 2009-2010 Sweetheart

Coronation and Dance was held Feb. 20. This year's King and

Queen was Keith Jorgensen, son

of Mark Jorgensen; and Danielle Schneider, daughter of Neil and

Junior attendant to the king was Zach Hansen, son of Sarah

Hansen. Sophomore attendant to the king was Anthony Kennelly,

son of James and Charity Kennelly.

Freshman attendant to the king was Jacob Stewart, son of Troy and

Junior attendant to the queen

was Heather Turney, daughter of

Matt and Barb Turney. Sophomore

attendant to the queen was Christina Gregerson, daughter

of Michael and Tamie Gregerson.

Freshman attendant to the queen

was Vanessa Klug, daughter of Kirt

For more information on the

expansion project go to the school's

web site at http://allenweb.esu1.

org/Home.html. There is place to

read frequently asked questions,

to view the gym floor plan and

a pledge form to print out if you

are interested in pledging. Thank

Klug and Beverly Hoch.

GYM EXPANSION

2009-2010 SWEETHEART

Missy Sullivan

402-287-2998

BLOOD DRIVE

Commons Area.

Denna Schneider.

the ELCA and LCMS.

America Churchwide Assembly for the United Nations' Partnership reminded voters the disease is pre-Alliances, told voters that malaria ventable. affects much of Africa, spread by mosquitoes. Children are the most of the ELCA Southwestern vulnerable. A child dies from it Minnesota Synod, said, "It's critical every 30 seconds.

"This is a monumental partnership," said the Rev. John Nunes, president and CEO, LWR. He pointed to the link between poverty and malaria. "When you're sick, you can't work. When you can't work, you can't provide for your family."

Prior to the vote, moving testi-Nesdahl, director for the LMI and mony came from voting members speaking in support of the initiative. Said the Rev. Jan Ruud, of the tiative, go to www.oslcwayne.org ELCA Southwestern Washington Synod, "I served a one-month pasbased non-profit to embrace the torate in the African nation of

had funerals for four small chil-Elizabeth Gore, executive director dren, all victims of malaria." He

> The Rev. Richard T. Wintersteen, we provide rural clinics for those infected. If you get the [anti-malaria] medicine, you get well. If you don't get it, you die.'

> Our Savior Lutheran Church in Wayne is a member congregation of the ELCA. Grace Lutheran Church in Wayne is a member congregation of the Lutheran Church—Missouri

> To learn more about this iniand click on the link: Eradicating

Cameroon. During that month, I We Make Wayne Click! www.mywaynenews.com



Involved with this year's Sweatheart Dance were, left to right, Vanessa Klug, Christina Gregerson, Heather Turney, 2010 Queen Danielle Schneider, 2010 King Keith Jorgensen. Zach Hansen, Anthony Kennelly, Jacob Stewart.

for \$5, 3 for \$10, and 10 for \$30. FIRST LUTHERAN CHURCH Stop in Security National Bank if interested. **BOOK CLUB** 

The Allen Book Club is reading "Sarah's Key" by Tatiana de chili, oyster, chicken noodle and Rosnay. The book fictionalizes the 1942 Paris round-up and deportation of Jewish families. During available in the Allen area – call you for your continuing support the chaos, ten-year-old Sarah innoof the Allen School Gymnasium cently locks her 4-year-old brother 7. in a secret cabinet to keep him safe, AMERICAN LEGION RAFFLE

beef barley soups along with sandwiches and dessert. Deliveries are 635-2461. Snow date will be March

The Allen American Legion Post #131 is having a Shot Gun Raffle – a 20 GA Mossberg Pump. Tickets are

available from any Legion member The First Lutheran Church of or at Security National Bank where Allen will hold its annual Soup it is displayed. The raffle will be Supper on Sunday, Feb. 28 from drawn at their Pancake Breakfast 5 - 7 p.m. They will be serving on Sunday, March 21. You need not be present to win. ALLEN UPDATE

> If you or your organization has an article for the Allen Update newsletter, please send them to Kathy Boswell. Another issue will be mailed in March.

KINDERGARTEN ROUNDUP

See ALLEN, page 4C



### We can't do anything about the weather. ls SPRING but.... ever We CAN help you coming? with copies, ink cartridges & quick, **friendly ser**vice **MELT** away those winter BLAHS. Copy Write Publishing



to send my kids to college?

When can I afford to retire?

How much can I spend without running out of money later?

Vel's Bakery

309 Main Street

Tough questions like these can only be answered by preparing a personalized financial plan just for you. Many financial firms charge \$1,000 or more for this service. For a limited time, our firm is offering this service for FREE! Take advantage of this limited-time opportunity to get your

questions answered with a free personalized financial plan



George Phelps CFP, CLU, ChFC

Mineshaft Mall 112 East 2nd Wayne, NE 402-369-1818

to register for a free seminar or personal appointment!

We do not provide tax, legal, accounting, or investment advice. We recommend that you seek such professional advice for applicability to your personal situation.

### HEALTH CARE DIRECTORY

### **CHIROPRACTOR**



Certified Chiropractic Sports Physician

214 Pearl St. Office hours by appointment 402-375-3000

### **DENTIST**

Wayne Dental Clinic

S.P. Becker, D.D.S. **401 North Main Street** Wayne, Nebraska

Phone: 375-2889

### MENTAL HEALTH

COMMUNITY MENTAL HEALTH & Wellness Clinic

> 219 Main • Wayne, NE 68787 Naomi Smith LMHP, LADC Laticia Sumner, Counselor

> > 402-375-2468

# **OPTOMETRIST**

### **MAGNUSON-HOPKINS**

EYE CARE Dr. Larry M. Magnuson

Optometrist **Optometrist** 215 West 2nd St., Wayne, NE 68787 **Telephone: 375-5160** 

> WAYNE **VISION CENTER**

DR. DONALD E. KOEBER **OPTOMETRIST** Phone 375-2020

313 Main St. Wayne, NE

### PHYSICAL THERAPY eterson



• Mechanical diagnosis & treatment of the spine 23 Years Experience



FT. CALHOUN AMERICAN LEGION POST 348 WOODWORKERS SHOW Saturday & Sunday, March 6th & 7th 9:00 a.m. - 4:30 p.m.

t. Calhoun Community Hall • 1200 Court St., Fort Calhoun Contests for best carving, wood turning & assembled woodcraft

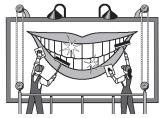
CONCESSIONS - FREE PARKING - OPEN TO THE PUBLICL Admission: \$300 • Kids 12 & Under Free Fervendor information contact: John Linton 402-468-45 17 or jylinton Gyahou.com

Still waiting for high-speed WILDBLUE. Internet where you live SATELLITE INTERNET IS ANNILABLE IN YOUR AREA) Call <u>NOW</u> and Gat FREE Standard Installation

FREE 24/7 Customer Support **WILDBLUE Internet i**n FA\$T! EA\$Y! ALWAY\$ (N!

# invisalign®

The Invisible Way To Straighten **Teeth Without Braces** 



YOUR SMILE IS YOUR BEST ADVERTISMENT **Wayne Dental Clinic** 

• KCP- Reduces the need for drilling & anesthesia • Intraoral Camera No hassle electronic insurance filing
 We also provide orthodontic care

401 NORTH MAIN WAYNE, NE • 402•375•2889

### **BUILD AMERICA BONDS**

Taxable Municipal Bonds

3.69% to 6.80%

When you buy a Build America Bond (BAB), you're landing money to municipalities to fund new capital programs, such as roads, schools and hospitals.

Let BABs provide you with the opportunity to diversify your taxable income.

activate rick such that when interest rates rise, the prices of be of the basel Alba be subject to all

Some of the available issues of bonds are callable. Contact your local Edward Jones financial advisor for more information about maturity dates and applicable call possisions.

Speak with your financial advisor to determine if BABs make sense for you.





Ken Marra 611 Valley Dr., Suite B, Reggie Yates

Wayne, NE 402-375-4172

www.edwardiones.com Member SIPO Edward **Jones** 

MAKING SENSE OF INVESTING

FREE Virus Protection 12 and 1 1-800-819-5826 why are you deserving of it?

> ceremony for formal recognition. COMMUNITY BIRTHDAYS

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

Saturday, Feb. 27: Mary Ann Frerichs, Sharon Boysen, Gary Uehling, Pat & Steph Brentlinger

Jacob Malcom.

Monday, March 1: Kirt Klug, Willie Bertrand, Gaylen & Carol Jackson (A).

Tuesday, March 2: Katherine Chapman, Rick Ketelsen, Ray Sievers, Bob & Julie Kumm (A), Milford & Merna Roeber (A).

Wednesday, March 3: Chad Hingst, Katrina Moore, Pauline Karlberg, Rhonda Warner.

Van Sloten, Mary Lou Koester, Michelle Jacobsen, Deenette Von Minden.

Friday, March 5: Kenneth

### **WAYNE VETS CLUB PANCAKE** BREAKFAST

Sunday, February 28 Adults \$5.00



current and emerging issues in tree care.

Wayne

# Allen News.

(continued from page 3C)

Allen's Kindergarten for the 2010-2011 school year will be on Friday, April 23, beginning at 9 a.m. Any child who will be 5 before Oct. 15, 2010 is eligible to attend Kindergarten during the 2010-2011 school year.

VILLAGE BOARD OPENINGS

There are three openings for the Allen Village Board. Incumbents wanting to run have until July 15, 2010 to file and Non incumbents have until Aug. 2, 2010 to file. RASTEDE SCHOLARSHIP

Sophomore and junior undergraduate college students who are graduates of Allen Consolidated Schools are encouraged to apply for the Alvin G. and Anita D. Rastede Scholarship, available through the Allen School Foundation. In order to apply for the \$2,000 scholarship, the following questions need to be answered and then sent to the Allen School Foundation; PO Box 190; Allen, Neb. 68710. 1. What is your college grade classification and GPA? 2. What is your major and/or minor field(s) of study and career goals? 3. In what on-campus activities/work and organizations are you involved? 4. In what off-campus activities/work and organizations are you involved? 5. How will this scholarship be beneficial to you and

One scholarship will be given and must be used during the 2010-11 college year for undergraduate studies. The recipient will be notified by April 30 and they will be required (or a representative) to attend the May 15, 2010 graduation

Holly Johnson, Katrina Peterson, Robert Adair Jr., Butch Sperry,

Thursday, March 4: Annabelle

9:00 a.m. till 1:00 p.m. Serving Pancakes, Eggs, Sausage, Coffee & Juice. Children \$3.00



**Vets Club** 220 Main Wayne, NE Anderson, Mark Oldenkamp, Scott Williams, Sean T. O'Keefe, Rich & Donna Roland (A). SENIOR CENTER

Friday, Feb. 26: Brunch, 8:30 am - Pancakes, ham slice, scrambled eggs, apple juice, mandarin oranges, banana.

Monday, March 1: Fish, baked potato, coleslaw, peaches, cheese Tuesday, March 2: Roast beef,

mashed potato, corn, lettuce salad, ruby pears. Wednesday, March 3: Spanish

rice, coleslaw, orange juice, peanut butter sandwich, fruit cocktail. Thursday, March 4: Ham balls, hash brown casserole, three bean

salad, apricots. Friday, March 5: Burger deluxe, cheese slice, potato salad, baked beans, mandarin oranges, tomato, and lettuce.

### **COMMUNITY CALENDAR**

Friday, Feb. 26: Exercising, Senior Center, 9 a.m.; Walking, Senior Center, 9:30; Brunch, Senior Center, 8:30; Public Hearing, Senior Center following Brunch.

Sunday, Feb. 28: First Lutheran Church Soup Supper 5-7 pm

Monday, March 1: Exercising, Senior Center 9 a.m.; Walking, Senior Center 9:30; Quilt Club at Senior Center, 7 p.m.; Start of Spring Practice.

Tuesday, March 2: Somerset at 1:30 p.m; Boys District Finals; Track pictures after school.

Wednesday, March 3: Exercising at Senior Center, 9 a.m.: Walking at Senior Center, 9:30; District Ag Career Development, 7 a.m. to 2:30 p.m.; First Lutheran Lent Service at Concord.

Thursday, March 4: Board meeting at Senior Center 8 a.m.; Toenail day at Senior Center 9.

Friday, March 5: Exercising at Senior Center, 9 a.m.; Walking at Senior Center 9:30; Birthday Day at Senior Center, noon.

### Sunday, Feb. 28: Bette O'Quinn, Michael Foods to offer scholarship

Michael Foods, Inc. in Wakefield has announced funding of a new scholarship; the Shaping Leaders Scholarship that is available this

Any 2010 graduating high school senior who has worked for Michael Foods, Inc. in Wakefield at least 400 hours or more is eligible to apply for the \$1,000 scholarship. Consideration will be based on academic stability (at least a 2.5 GPA), extra-curricular participation, and community and work activities.

Scholarship applications are currently being mailed out to area high schools. Interested students may also stop by the main office at Michael Foods, Inc. at 105 North Main Street, in Wakefield. The deadline to apply for this scholarship is April 1, 2010.

### ABG Contracting

From the roof to the basement, for that new deck or addition, we do it all. Experienced, insured, free estimates & just friendly service. Call Andy at 402-649-8377



# Honored superintendent

NWCA President Rob Schulz presents Marlin Schuttler, Wayne County Weed Superintendent, with the Superintendent of the Year award for Region 1 at the 63rd annual weed control conference held recently in North Platte. In receiving the award, there was a letter from Ag Secretary Greg Ibach stating that "noxious weeds are a serious threat to this state, causing Nebraska citizens millions of dollars each year in lost revenue due to production losses, control costs, and depreciated land values. It is important that those on the front line in this battle be recognized for their achievements."

# **Organic Workshops:** Empowering 'You' with the Tools to Farm Organically to be offered

Two days of organic farming workshops March 5 and 19 at the Farming" by Charles Shapiro, UNI Lifelong Learning Center, 601 E. Benjamin Ave., in Norfolk will give maintaining and enhancing soil participants the tools they need to farm organically. The workshops, hosted by

University of Nebraska-Lincoln benefit organic farmers, market gardeners and those desiring to transition from conventional to organic farming. The March 5 workshop from 11

a.m.-4 p.m. will address weed control. Weed control ranks as the No. 1 problem limiting organic crop pro-Workshop presentations include:

"Mechanical Weed Control and Field Preparation" by Larry Stanislav, certified organic farmer. Stanislav will share more than 30 crops and mechanical weed control. of farm systems.

Gogos, professor of mechanical Gogos will share their research on day of the workshop. broadleaf and grassy weed control in field corn, sweet corn, popcorn, soybean and wheat and discuss their findings about their customdesigned weed flamers and weed and crop tolerance to broadcast

The March 19 workshop will be from 11 a.m. to 3:30 p.m. organic.unl.edu/. Presentation titles include:

"Soil Fertility and Organic soil scientist. Shapiro will discuss quality and soil fertility. He also will address how to determine nutrient needs when farming organically.

"Using a Whole-Farm Budgeting Extension in Madison County, will Tool for Calculating Organic Farming Costs" by Roger Wilson, budget analyst in UNL's ag economics department. Wilson will go over the cost of organic production and help participants learn a breakeven price for their operations.

"Managing Farmland for Biodiversity" by John Quinn, UNI conservation ecologist. Quinn will discuss birds, insects and plants as parts of healthy ecosystems. He will go over the contributions organic farming systems can make to protect these organisms in Nebraska. years of farming organically, dis- He also will share the potential for cussing field preparation, cover biodiversity to improve the health

"Weed Control with Flaming Lunch will be provided. For more Research and Results" by Stevan information or to preregister by Feb. Knezevic, UNL integrated weed 26, contact the Madison County management specialist, and George Extension office at (402) 370-4040 or e-mail dkwawmensah2@unl.edu engineering at UNL. Knezevic and Each workshop is \$10 payable the

> Future organic farming workshops will include information on soil sampling, cover crops, improving a farm's biodiversity, organic integrated pest management, open pollinated crop/organic varieties and record keeping. For more information visit the Web at http://

Check Out www.mywaynenews.com We Make Wayne Click!!!



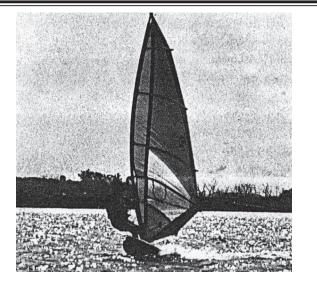
375-3440

**1002 Industrial Drive** 

**WAYNE, NE SINCE 1951** 



·TREES ·TERRACES ·DAMS ·WATERWAYS ·BLADES ·SCRAPERS ·FEED YARDS ·SITE DEVELOPMENT **·DOZER ·HYDRAULIC EXCAVATORS ·SIDE DUMP** 



WINDSURFING AT WILLOW CREEK

### Tree Care workshops focus on essentials for the Green Industry The 2010 Tree Care Workshops offered in March in Alliance, North Platte, Hastings, Norfolk, Omaha and Lincoln will offer members of the green industry the opportunity to hear the latest in

"This will be excellent training given the severe weather this winter. Communities are working to replace trees that were removed, prune damaged trees and care for remaining trees by understanding disease and insect threats," said Eric Berg, Nebraska Forest Service community forestry

The half-day workshops will be offered March 9 at the Alliance Public Library in Alliance, March 10 at North Platte Community College in North Platte, March 11 at Central Community College in Hastings, March 23 at Douglas/Sarpy County Extension in Omaha, March 24 at the Lifelong Learning Center in Norfolk or March 25 at Country Inn & Suites in Lincoln. Each workshop offers three presentations by Nebraska forestry professionals.

Topics include: The Next Major Invasion An Update of Current & Approaching Major Tree Pests; Soil Churning Over an Old Topic to Understand It Better; and The Links Between CODIT and Proper Pruning. A discussion of ReTree Nebraska and the Statewide Forestry Assessment will follow the presentations.

The workshops are developed specifically for public works employees, landscape managers, tree board volunteers, arborists, nursery professionals and others in the green industry. Participants can earn Continuing Education Units from the International Society of Arboriculture and Nebraska Arborists Association for attending the workshops.

For more information, contact Chip Murrow at (402) 472-1382 or by e-mail at jmurrow2@unl. Registration is \$30 per person (\$15 for students, master gardeners, tree board volunteers,

ReTree Nebraska ambassadors and NAA, NNLA and ISA members) if postmarked by March 3. A \$10 fee will be added to walk-ins and registrations postmarked after March 3. Information about the 2010 Tree Care Workshops, including a registration form, is online at http://www.nfs.unl.edu or from a Nebraska Forest Service district forester (http://www.nfs.unl.

edu/NFSdistricts.asp). Completed registration form and check payable to the Nebraska Forest Service Tree Care Workshops can be sent to Jean Paff, Nebraska Forest Service, 103 Entomology Hall, P.O. Box 830815, Lincoln, NE 68583-0815.

The Tree Care Workshops are held in cooperation with North Platte Community College, Northeast Community College and Central Community College and are sponsored by the Nebraska Forest Service, Nebraska Statewide Arboretum, Inc., Nebraska Arborists Association and the Institute of Agriculture and Natural Resources at the University of Nebraska-Lincoln.

# **LOWER ELKHORN**





**Energy Builds a Better America** 

### **Northeast Nebraska Public Power**

Serving Wayne, Pierce, Dixon, **Dakota & Thurston Counties** 

"LIVE AND FARM BETTER ELECTRICALLY"





For Fast, Dependable Service & Quality **Concrete Products** · Distributor of Yankee

- Ready mix concrete
- Concrete & lightweight block
- Surewall surface bonding cement

**Building materials** 

- · Full line of finishing
  - & masonry tools Bentonite

Hill brick tile

Call: 402-375-1101, Wayne, NE

# Getting to the Heart of Women's Health

By Gerald F. Joseph, Jr, MD President, The American College of Obstetricians and Gynecologists

Knowledge is power when it comes to heart disease, the number



Gerald F. Joseph Jr., MD

one killer of women in the US, and all women will benefit from learning more about it. During American Heart Month in February, you may have heard more talk about heart disease, how to recognize it in women, and how to maintain or improve heart health. Have you been listening? Just in case you missed it, here are some facts you should know:

### Its Toll on Women

Heart disease killed more than 432,000 US women in 2006 roughly one woman per minute. It kills more women than men in the US every year, and more than 42 million women are living with or at risk for heart disease. The Signs Can Be Hard to Spot

Roughly one-third of heart attacks in women go unnoticed or unreported, in part because people don't know what to look for. Heart attack often manifests differently in men and women, making the signs harder to recognize and delaying diagnosis in women.

Become familiar with the signs of heart attack in women, which can

### Heart360 helps patients. providers track progress, communicate

Doctors can now track their patients' progress online and let patients know how they're doing with the American Heart Association's Heart360.org.

The free online health management portal encourages participating patients to confidentially track their blood pressure, cholesterol and other heart disease risk factors. Healthcare providers can then log in to patients' Heart360 profiles and review their latest measure-

The portal also allows providers to group patients, set alerts and notifications, and view and print individual patient and practicebased reports.

"This portal offers a centralized, confidential mechanism for vital communication between a patient and their provider," said Eric Peterson, M.D., M.P.H., an American Heart Association volunteer and professor of medicine in the Division of Cardiology and the associate vice chair for quality at Duke University Medical Center in North Carolina.

"Typically, patients would record their home blood pressures, glucose readings or other risk factor information in a notebook and only share this data with their physician at their next appointment. Now, the physician can track this important information daily and receive alerts if the patient is outside of goal ranges or has unsafe values. This gets the patient more involved in the care process and should open up a whole new strategy for better disease management.

The American Heart Association launched the patient portal of Heart360.org in October 2008. The Web site allows users to enter blood pressure, cholesterol and glucose numbers, log physical activities, record weight and keep a diary of medications. The entries are stored online in a secure, password-protected system to be charted, compared and updated — to help set goals and track progress in reducing heart disease risk factors.

Heart360.org connects with Microsoft HealthVault, a free online service that helps you gather and store health information in one place. HealthVault enables the exchange of data among different health applications, such as the American Heart Association's Heart360.

A variety of links to relevant American Heart Association content are also available on the site.

- · Sudden, uncomfortable pressure, fullness, squeezing, or pain, usually in the center of the chest that lasts for more than five min-
- · Pain in the chest that radiates out to the shoulders, back, neck, iaw, stomach, or one or both arms.
  - Shortness of breath.
- Lightheadedness, fainting, sweating, nausea, and vomiting.

### Risk Factors for Heart Disease

Women who have a body mass index of 25 or higher, waist circumference greater than 35 inches, high blood pressure (above 120/80), high cholesterol (total cholesterol greater than 200 mg/dL), or diabetes have an increased chance of developing heart disease. All of these health problems are on the rise among women in the US.

According to the American Heart Association, an estimated 11.5 million women are diabetic; more than half of women are overweight or obese; 48 percent of women have borderline high cholesterol; 39 percent of women have high blood pressure; and many women are sedentary and get no physical

### Lowering Your Risk

Fortunately, heart disease is largely preventable and individual efforts can make a difference. Talk to your doctor about risk reduction strategies and ask how you can improve preexisting conditions such as high cholesterol, high blood pressure, or diabetes. You may find that healthy lifestyle habits help.

Try to consume a diet high in fiber and low in saturated fats, cholesterol, and refined carbohydrates. Get 30 to 90 minutes of exercise on most days of the week and quit smoking.

Your doctor may also prescribe medication for health problems that don't improve through life-

For more information, go to

Although 58 percent of American adults have resolved to make improvements in their health this year, more than half say they often find reasons not to exercise, according to an American Heart Association survey. Excuses range from too much stress at work to having nothing to wear to simple

The American Heart Association's Start! initiative is introducing the Start! Daily Walking Guide, a FREE social media application that can get more Americans active and help them keep their health and physical activity goals. Nearly half of all Americans use online tools to track their health.

procrastination.

"The Start! Daily Walking Guide is a wonderful tool to assist

of Occupational Health Services, tual "sole-mates" via the Start! Columbus Community Hospital. "We spend 164 more hours per year at work than we did 20 years ago, and for many Americans that means lots of time on computers. The application allows you to keep track of your physical activity, see progress, find accountability and get great encouragement."

The Start! Daily Walking Guide can be downloaded and embedded into a variety of sites including Facebook, Windows Live and iGoogle. Users get started with a quiz that generates 12 weeks worth of customized walking plans, a private journal section that lets users record their walks and reference archived exercises, and keep motivated with daily inspirational Connections function. A previous Start! study revealed that American adults are 76 percent more likely to take a walk if another person is counting on them.

Heart disease and stroke are America's No. 1 and No. 3 killers, despite being largely preventable though a healthy lifestyle. Cardiovascular disease claims nearly 865,000 lives a year and physical inactivity is a major risk factor for heart disease. Physically active people reduce their cardiovascular disease risk by 30 percent. The American Heart Association recommends 150 minutes of moderate intensity physical activity, like brisk walking, each week. Download the Start! Daily Walking Guide at www.startwalkingnow.

improve health but easily find excuses To view complete survey report visit www.startwalkingnow.org. Also available on www.startwalk-

> ingnow.org: · Customized walking programs for beginner, intermediate and advanced walkers;

> · Online tracking tools to document calories consumed, steps taken and walking routes;

> · Sole-mates social networking capabilities to find and support like-minded walkers;

> · A grocery list builder and archives of heart-healthy recipes;

> · Downloadable seasonal walking guides with tips to maintain a routine regardless of the weather;

> · Start! walking videos, produced in collaboration with ExerciseTV, making an at-home workout easier with tips and motivation.





BryanLGH Heart Institute

# guide to heart disease

"Heart disease" is a broad term used to describe a number of ailments affecting the heart. When most people think of heart disease, they typically call to mind heart attacks. However, there are a number of conditions that can affect the heart. Understanding them is key to preventing further complications down the line.

Here is a listing of common heart conditions, symptoms and treat-

Angina: Chest pain or discomfort that occurs in and around the heart when the muscle doesn't get enough oxygen-rich blood. It can be brought on by stress, exertion, emotion, extreme cold, or be a symptom of a deeper problem such as clogged arteries. There are three types of angina: stable, unstable, and variant. Stable angina follows a pattern and is generally the most common. Unstable angina doesn't follow a pattern. Variant angina occurs while you're at rest and is rare. Angina may be treated with rest and medicine. All heart pain should be checked by a doctor to see if it's a sign of something deep-

Aneurysm: An aneurysm is an abnormal widening or ballooning of a portion of an artery due to weakness in the wall of the blood vessel. Depending on where the aneurysm occurs (brain, aorta or abdomen, for example) there may be no pain or bulging. Aneurysms are serious, and if not caught early and treated, can lead to death.

**Arteriosclerosis:** This is a condition when fatty material collects in the arterial walls. It can harden over time, causing calcium deposits and restriction of blood flow. Avoiding fatty, high cholesterol foods, exercising regularly, and getting routine checkups at the doctor are all ways to head off atherosclerosis at the pass.

Heart attack: Also known as cardiac arrest, this is the culmination of many heart conditions, such as angina, arteriosclerosis, and atherosclerosis. It occurs when blood and oxygen are not able to reach the heart. According to the American Heart Association, signs of cardiac arrest can include:

1. Chest discomfort. Most heart attacks involve discomfort

the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness, or pain.

2. Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

- 3. Shortness of breath with or without chest discomfort.
- 4. Other signs include breaking out in a cold sweat, nausea or lightheadedness.

High cholesterol: High cholesterol can be a factor in a number of heart conditions. Therefore it is desirable to keep cholesterol levels low. Cholesterol is measured as Total cholesterol, HDL (the good cholesterol) and LDL (the bad cholesterol). Total cholesterol under 200 mg/DL is optimal. Less than 100 mg/DL of LDL and HDL levels of 60 mg/DL or more are desirable.

**Hypertension:** This is a term used to describe high blood pressure. Blood pressure is measured in two readings, the systolic pressure, or the pressure created when pressure, or the pressure in the heart when it is at rest. Blood pressure higher than 120 over 80 is considered high and should be monitored. How much water and salt vou have in your body: the con-

dition of your kidneys, nervous system, or blood vessels; and the levels of different body hormones can all cause hypertension. A change in diet or medication may be needed to control blood pressure.

Peripheral arterial disease (PAD): PAD is when insufficient blood flow reaches the arteries that supply the limbs. Pain or immobility may occur due to lack of blood to meet demand. Generally PAD is a sign that atherosclerosis is taking place and medical intervention should be taken.

Stroke: This is an interruption of blood supply to any part of the brain. It can come on suddenly or display symptoms over time. Changes in alertness, sleepiness, trouble speaking, loss of coordination, trouble moving limbs, and many other symptoms can be indicative of stroke. A stroke may be mild and cause temporary conditions. A massive stroke may lead to paralysis, brain damage or even coma. A stroke is a medical emergency. It is important to get the person to the emergency room the heart beats, and the diastolic immediately to determine if the stroke is due to bleeding or a blood clot so appropriate treatment can be started within three hours of when the stroke began. Clot busters may be given if it is a clotting



# Providence Medical Center goes red

During American Heart Month, the American Heart Association's Go Red for Women movement works to save women's lives and beat heart disease, the number-one killer of women. Providence Medical Center employees showed support for the women in all of our lives on National Wear Red Day, Feb. 5, by wearing red and joining the thousands of women who are choosing to reduce their personal risk for heart disease.

# Eating healthy on a budget

And because people with type 2 diabetes are at a greater risk for car- ate a detailed grocery list for easy diovascular disease, there is often shopping. Planning also helps avoid the added pressure of juggling diet impulse shopping. needs for two separate conditions.

Making matters worse, these healthy choices become increasingly difficult to make when money is tight. To help people with type 2 without breaking the bank, frugal living expert Jonni McCoy has pro- they're much more affordable. vided the following tips for eating healthy on a budget.

Plan your meals each week. By tions and extra large price tags.

you decide to make it and cre-

Shop for seasonal produce. Fruits and veggies are less expensive during their peak growing times, and they're also tastier.

Look for the generic brands. The diabetes stick to their eating plan ingredients are usually the same as the brand name versions, but

> Avoid eating out. As most restaurants come with extra large por-

healthy food choices can be difficult. nutrition facts of a meal before are typically loaded with excess fat, salt and sugar.

> Eat before you go shopping. Going to the grocery store on an empty stomach will leave you more likely to buy on impulse.

> Frozen vegetables and fruit are just as satisfying, and typically just as healthy, as fresh produce. Just make sure to check the nutrition facts to confirm that no extra sugar or salt was added.

Limit red meat in favor of healthier and less expensive sources of protein. Fish, like tuna, has omega 3 fatty acids that are good for the heart. Nuts and beans have a lot of protein also, but make sure you review the salt content and eat appropriate portions since nuts tend to be high in fat.

Scout your local newspaper for coupons before you go shopping. It may cost \$1-2 to purchase the Sunday paper, but your savings will likely exceed this amount.

Make your own pre-packaged acks by buying a large container of raisins, nuts or pretzels and separating them into individual portions yourself. By checking the nutrition facts, you can gauge how many to eat at one time based on the fat, salt, and sugar content. Grow a garden! Not only will you

save on vegetables like cucumbers and tomatoes, but you'll stay active with this new hobby. And regular exercise is another important part of managing type 2 diabetes and heart disease.

For more information about how people with type 2 diabetes can manage their health and reduce their risk of cardiovascular disease, and to enroll to receive a free diabetes-friendly cookbook, visit IKnowDiabetes.org.

Jonni McCoy is a nationally recognized frugal living expert and the founder of MiserlyMoms.com.

For people with diabetes, making planning ahead, you can check the And options at fast food restaurants She is the author of the best-selling Family Fun, Dr. Laura, Oprah.com "Miserly Moms: Living Well on Less and The Gayle King Show. Jonni in a Tough Economy" and the cook- has partnered with the American book "Healthy Meals for Less," and Heart Association's The Heart of she has been featured in the Wall Diabetes program to educate people Street Journal, Good Housekeeping, Woman's Day, Family Circle, healthy on a budget.

with type 2 diabetes on ways to eat

## Association's campaign inspires teens to use CPR, **AEDs** to save lives

wallpapers.

Be the Beat, the American Heart T-shirt decals and stationery, and Association's new online cardiac free downloadable widgets and arrest awareness campaign, teaches 12- to 15-year-olds fun ways to learn the basics of cardiopulmonary resuscitation (CPR) and how to use an automated external defibrillator (AED). Video games, interactive quizzes and 100-beat-per-minute songs can help teach teens and tweens what to do if someone collapses in sudden cardiac arrest.

will find:

• The Basics: Three instructional videos that demonstrate conventional CPR with breaths. Hands-OnlyTM CPR and how to use an

- · The Heart Trek Experience: Virtual tour through a 3-D animated version of the heart in which participants earn points by playing video games and taking interactive quizzes.
- · The World of Hearts: Users create unique avatars, track and compare their scores in the Heart Trek Experience with other users and view profiles and testimonies of other participants.
- · Music Playlist: A downloadable playlist of 100-beat-per-minute songs (100 beats per minute is the correct rate for chest compressions during CPR).
- · Stuff: Free printable stickers,

and sustaining an in-school emergency response plan are included in the teacher/administrator por-At BetheBeat.heart.org, users tion of the site, BetheBeat.heart.

The Web site also features a sec-

tion for teachers and administrators who want to implement a CPR

AED education program in their

schools. Free downloadable lesson

plans and templates for creating

"Be the Beat is helping to create the next generation of lifesavers by empowering teens and tweens to act when they see someone suddenly collapse," said Jenny Roush, national faculty member of the Emergency Cardiac Care Committee for Life Support for the American Heart Association, and wellness education coordinator at Saint Francis Medical Center. "Sadly, far too many people are dying from cardiac arrest – we want this campaign to

inspire people to help save lives." During a cardiac arrest, the heart suddenly stops beating normally and the victim collapses into unconsciousness. Oxygen-rich blood stops circulating. Without quick action, such as immediate CPR, a victim of cardiac arrest can die within four to six minutes.

Every day, nearly 800 Americans suffer sudden cardiac arrest at home, at work or in other public locations, and less than eight percent of them survive to hospital discharge, according to the American Heart Association. However, studies show providing CPR can more than double or triple a cardiac arrest victim's chance of survival. But less than one-third of outof-hospital cardiac arrest victims receive that help.

By increasing the number of people who know how to respond properly to sudden cardiac arrest, Be the Beat will help increase the odds of bystander CPR and AED use and give more cardiac arrest victims a better chance at life. Be the Beat is funded by a \$1

million grant from the Medtronic Foundation.

For more information on the youth awareness campaign, visit BetheBeat.heart.org.

American Heart Association was

founded in 1924, we're the nation's oldest and largest voluntary health organization dedicated to building healthier lives, free of heart disease and stroke. To help prevent, treat and defeat these diseases — America's No. 1 and No. 3 killers we fund cutting-edge research, conduct lifesaving public and professional educational programs, and advocate to protect public health. To learn more or join us in helping all Americans, call 1-800-AHA-USA1 or visit americanheart.org

# **Nationally Recognized Cardiac Care**

Over the years, the Mercy Heart Center has earned a long list of national honors and accolades for outstanding patient care and exemplary outcomes. Its reputation in the area as a world-class provider of heart care is unrivaled.

What's more, Mercy is nationally recognized for heart attack intervention. The hospital is 5-star rated and ranks in the top 5% of the nation for coronary intervention, according to HealthGrades, the nation's leading healthcare ratings company.



Dedicated to Faith-Inspired Service and Healing



• All-Purpose Lubricants • Animal Care • Building Products • Candles • Cleaning Products • Crayons • Furniture • Hair Care • Hand Cleaners • Paint

Strippers • LIVESTOCK FEED • Personal Care • Two-cycle Engine Oil • Auto Care • Bar Chain Oils • Diesel Additives • Engine Oils • Hydraulic Fluids • Soy Biodiesel • Blown Soybean Oils • Industrial Plastics • Industrial Proteins • Industrial Solvents • Refined and Deodorized Soybean

Oils • Surfactants and Emulsifiers • Technical-Grade Soybeans Oil Soybea Oils • INDUSTRY • Waxes • Adhesives • Agricultural ustrial ( Janers • Industrial Coatings • Industrial Lubricants • Industrial

Adjuvants • Dielectric Fluids • Dust Suppresssants • Hy

Solvents • Metalworking Fluids • Odor Reduction • Printing Printin

Products • Candles • **HOME** • Cleaning Produc cycle Engine Oil • Auto Care • Bar Chain Oils • Diesel 🦓

 Industrial Proteins
 Industrial Solvents
 Refined and Dec Soybean Oils • Waxes • Adhesives • Agricultural Adj/

Coatings • Industrial Lubricants • Industrial Solvents

Agents • All-Purpose Lubricants • Animal Care • عناارًا المجالة المجا

Paint Strippers • Personal Care • Two-cycle Engine Oi Blown Soybean Oils • AUTOMOTIVE • Inc. strial Plastics •

Dust Suppresssants • Hydraulic Fluids • Industrial Cleaners

 Cleaning Products
 Crayons
 Furniture
 Hair Care
 Hand Cleaners Oils • Diesel Additives • Engine Oils • Hydraulic Fluids • Soy Biodiese

ial Proteins • Industrial Solvents • Refined and Deodorized Soybean Oils

Surfactants and Emulsifiers • Technical-Grade Soybeans Oils • Unrefined So, an Oils • Waxes • Adhesives • Agricultural Adjuvants • Dielectric Fluids ustrial Coatings • SOY BIODIESEL • Industrial Lubricants • Industrial

Surfa ants and Emulsifiers
 Technical-Grade Soybeans Oils
 Unrefined

• Dust Suppresssants • Hydraulic Fluids • Industrial Cleaners • Industrial

Odor Reduction • **FOOD** • Printing Inks • Printing Supplies • Surfacing

facing Agents • All-Purpose Lubricants • Animal Care • Building

re • Hand Cleaners • Paint Strippers • Personal Care • Two-

luids • Soy Biodiesel • Blown Soybean Oils • Industrial Plastics

Solvents • Metalworking Fluids • Odor Reduction • Printing Inks 💢 rinting Supplies • Surfacing Agents • All-Purpose Lubricants • Animal Care • Building Products • Candles • Cleaning Products • Crayons • Furniture • Hair Care • Hand Cleaners • Paint Strippers • Personal Care • Two-cycle Engine Oil •

# Soybeans are Everywhere!

king FII

Yes, Soybeans are found just about everywhere these days. They are no longer just for food or fuel. Soybeans are a key ingredient in many consumer and industrial products that not only improve the quality of the product but make life better for you and the environment while helping out our farmers.

20ybeans Nebraska Soybean Board 402-441-3240 www.nebraskasoybeans.org

## American Heart Association releases guide to women's heart health

Heart disease is not an inevitable part of growing older. In fact, if you reach age 50 without developing the major risk factors for heart disease, you may live your entire life without it.

The key to preventing heart disease is embracing a hearthealthy lifestyle—and the sooner, the better. In the American Heart Association Complete Guide to Women's Heart Health (Clarkson Potter/Publishers, \$26), the American Heart Association shows you how even the smallest changes can make a big difference over time to protect the health of your heart.

The American Heart Association Complete Guide to Women's Heart Health explains how gradual and lives, from their 20s to their 70s sustainable shifts in your routine such as using just a little more through the basics of general heart than one percent of your time each health and how women's cardiovasweek to exercise or losing just 10 cular systems can be affected by percent of your body weight—can gender-specific factors. The guide have a far-reaching impact on your

diately and tell a doctor about your

save lives Don't wait more than

five minutes to call 9-1-1. It's better

to be wrong and alive, than right

Calling 9-1-1 is almost always

the fastest way to get lifesaving

treatment. Emergency medical ser-

vices (EMS) staff can begin treat-

ment when they arrive — up to

an hour sooner than if someone

gets to the hospital by car. EMS

staff are also trained to revive someone whose heart has stopped.

Additionally, patients with chest

pain who arrive by ambulance usu-

ally receive faster treatment at the

hospital. It is best to call EMS for

rapid transport to the emergency

"If you can't access the emergen-

cy medical services, have someone

drive you to the hospital right away.

If you're the one having symptoms,

don't drive yourself, unless you

have absolutely no other option. It

can be a danger to you and others

on the road." Cozine said.

and dead," Cozine said.

"Minutes matter! Fast action can

Easier said than done? The American Heart Association Complete Guide to Women's Heart Health provides all the information women need in every decade of their and beyond. First, it guides women also includes vital advice on agespecific variables such as:

- Drinking and smoking;
- Oral contraceptives; · Pregnancy;
- · Diabetes and other health conditions:
- Hormone therapy;
- Menopause.

It's really very simple—a hearthealthy lifestyle is about eating nutritiously, getting regular exercise, not smoking, and being vigilant about controlling risk factors such as high blood pressure, high cholesterol and diabetes.

With detailed information on diet, exercise, managing health care, and testing and treating heart conditions, the American Heart Association Complete Guide to Women's Heart Health is a musthave for every woman who seeks to live a long, healthy and vital life.

For a chance to win a copy of the American Heart Association Complete Guide to Women's Heart Health, e-mail Mark.Allmon@ heart.org by March 1, 2010, with the subject line "Women's Heart Health." In the e-mail include your name, address, and phone number (optional). By entering into the drawing, you will become a member of the American Heart Association's Go Red For Women movement and receive a free red dress pin in the mail along with monthly e-mails with heart health tips and Go Red For Women news. You may opt out of the e-mails at any time.

Heart Disease Awareness Day Wayne State College students, faculty and staff from the departments of the Human

Health, Human Performance, and Sport and Athletics demonstrated their support for Women's Heart Disease Awareness Day on Feb. 5 on campus by gathering in the shape of a heart in Rice Auditorium. WSC student Evan Janssen of Randolph organized the event.

# CPR facts and statistics

· About 75 percent to 80 percent arrest victims receive bystander of all sudden cardiac arrests happen at home, so being trained to perform cardiopulmonary resuscitation (CPR) can mean the difference between life and death for a loved one.

Effective bystander CPR, procardiac arrest, can double or triple a victim's chance of survival.

 CPR helps maintain vital blood flow to the heart and brain and increases the amount of time that chances of survival fall seven to 10 an electric shock from a defibrillator can be effective.

Approximately 94 percent of sudden cardiac arrest victims die before reaching the hospital.

On average, only 27.4 percent of out-of-hospital sudden cardiac annual adult coronary heart dis-

·Death from sudden cardiac arrest is not inevitable. If more people knew CPR, more lives could be saved.

·Brain death starts to occur four to six minutes after someone expevided immediately after sudden riences sudden cardiac arrest if no CPR or defibrillation occurs during that time.

· If bystander CPR is not provided, a sudden cardiac arrest victim's percent for every minute of delay until defibrillation. Few attempts at resuscitation are successful if CPR and defibrillation are not provided within minutes of collapse.

•Approximately 310,000 of all

ease deaths in the U.S. are due to sudden cardiac arrest, suffered outside the hospital setting and in hospital emergency departments. About 900 Americans die every day due to sudden cardiac arrest.

·Sudden cardiac arrest is most often caused by an abnormal heart rhythm called ventricular fibrillation (VF). Cardiac arrest can also occur after the onset of a heart attack or as a result of electrocution or near-drowning.

·When sudden cardiac arrest occurs, the victim collapses, becomes unresponsive to gentle shaking, stops normal breathing and after two rescue breaths, still isn't breathing normally, coughing or moving.

# Is it a heart attack?

symptoms.

Some heart attacks are sudden attack, have it checked out immeand intense — the "movie heart attack," where no one doubts what's happening. But most heart attacks start slowly, with mild pain or discomfort.

"Often people affected aren't sure what's wrong and wait too long before getting help," said Susan Cozine, director of Critical Care and Emergency Services with Regional West Medical Center in The American Heart Association

offers some the following signs that can mean a heart attack is happen-· Chest discomfort. Most heart

attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

• Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stom-

- · Shortness of breath with or without chest discomfort.
- Other signs may include breaking out in a cold sweat, nausea or lightheadedness

As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.

"It is common for women to present symptoms differently than men, so ladies, listen to your body and your instincts," Cozine said.

The American Heart Association cautions to learn the signs, and even if you're not sure it's a heart

Exercise and

When it comes to exercise, the more you do, the better your fitness and the lower your risk for heart

In fact, lack of exercise is a major risk factor for heart disease for both

men and women. The good news is that it is a risk factor you can do

For many people, the hardest part of exercise is getting started. "Beginning an exercise plan can

be overwhelming if you've been

out of the habit for a while," says

Cindy Kugler, exercise specialist, LifePointe by BryanLGH. "But

there are ways to gradually ease back into a healthy regimen that is enjoyable and easy to stick to."

 Start small and keep it simple. Look at your daily routine and find

ways to incorporate more move-

ment. Take the stairs vs. the eleva-

tor or choose the farthest park-

ing spot. Remember, something is

· Gradually increase your activ-

ity level to avoid over doing it. Don't

try to get fit in one day. When you

exercise, you should feel your body

working, but still be able to talk.

Remember, a 30-40 minute walk

three times a week can improve

your fitness level and reduce your

· Surround yourself with a sup-

port system. Find a friend to exer-

cise with or join an exercise class to

Make it a priority. Plan to exer-

cise at the same time everyday. Try

doing it first thing in the morning

before anything else can distract

cardiovascular risk.

increase your motivation.

always better than nothing.

Your Heart

disease.

something about.

# Did you know? Cardiovascular facts

According to the American Heart the United States. In fact, in a report released in 2008, the AHA estimated that, in 2005 (the most recent year where reliable statistics were available), nearly 81 million people in the United States had one or more forms of cardiovascular

With the U.S. population esti- 860,000 Americans died from car-Association (AHA), cardiovascular mated to be slightly more than 300 diovascular disease in 2004 (the diseases are the No. 1 killer in million, that means more than 25 last year where concrete mortality percent of the country has some rates were available). form of cardiovascular disease

The most common type of cardiovascular disease for Americans strictly for the elderly, that's not was high blood pressure, which the case at all. In fact, 148,000 afflicts more than 70 million people Americans killed by cardiovascular throughout the country. The AHA report also notes that more than

While it's common to assume that

cardiovascular disease is a concern disease in 2004 were under the age of 65, highlighting the very real notion that cardiovascular disease

does not discriminate based on age, race or gender.

Perhaps most telling about the prevalence of cardiovascular disease is its mortality rate when compared to other ailments. For example, the more than 800,000 lives cardiovascular disease claimed in 2004 was more than the total number of lives lost to cancer, accidents and HIV (AIDS) combined.



### Know the numbers

As part of Heart Month activities, Providence Medical Center in Wayne again sponsored a Cholesterol Screening last week. Approximately 300 people took advantage of the opportunity. Above, Neil and Bonnie Sandahl visit with Nate Nicholson and Steve Gross as they check in.

### **EXCELLENT HEALTH CARE THAT'S CLOSE TO HOME**

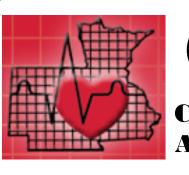


The providers and staff at Wayne Mercy Medical Clinic offer comprehensive care for all family members at our main clinic and our satellite clinics in Laurel, Wakefield and Wisner. They partner with your community hospital and Mercy Medical Center-Sioux City to ensure that you get the level of health care you need...when you need it.

Our Providers: David Felber, MD Benjamin J. Martin, MD James Lindau, MD Mark McCorkindale, MD Willis Wiseman, MD Gary West, PA-C Anne Hoffman, PA-C

> **W**ayne MERCY MEDICAL CLINIC

> > 615 East 14th Street 402-375-2500



402.375.7927

Cardiovascular Associates P.C.

**Toll Free** 

Exercise to Your Heart's Desire

at

Providence Wellness Center

providencemedical.com

1-800-369-1389 or Phone 712-239-4702

Cardiovascular Associates, P.C. P.O. Box 3128 • Sioux City, IA 51102

**SOUTH OFFICE** 801 5th Street Suite 410

NORTH OFFICE 2720 Stone Park Blvd. Suite 110

www.cvassoc.com

# Components of the KFC Chicken Bowl have been reformulated

### **Heart Healthy** Chicken Bowl These are the reformulated com-

- conents of an actual KFC bowl. Each bowl gets:
- · Mashed potatoes Corn · Chicken Nuggets
- · One ounce of finely shredded

75 percent reduced-fat sharp cheddar cheese (made with 1% milk)

### Olive Oil Mashed **Potatoes**

(8 half-cup servings)

1 and 1/2 pounds small Yukon Gold potatoes, halved or cut into 2-inch chunks

6 cloves garlic

white parts

1/4 teaspoon salt 1/4 teaspoon ground black pepper 1 cup chopped scallion, green and

3 tablespoons extra-virgin olive oil Place the potatoes, garlic, and salt into a large saucepan and add enough water to cover the potatoes. Place over high heat and boil the potatoes until soft, about 15-20 minutes. Remove the potatoes and garlic from the heat, drain them and return them to the pan. Mash the potatoes and garlic with the tines of a fork, making sure to mash each piece of potato and garlic. Add the pepper, scallions, and olive oil and mix well. The potatoes can be made ahead of time and reheated in the microwave on HIGH for 1-2

Nutrition Analysis (per serving)

Calories 121	
Total Fat	$5.0~\mathrm{g}$
Saturated Fat	$0.5~\mathrm{g}$
Polyunsaturated Fat	$0.5~\mathrm{g}$
Monounsaturated Fat	$3.5~\mathrm{g}$
Trans Fat	$0.0~\mathrm{g}$
Cholesterol	0  mg
Sodium	155 mg
Carbohydrates	17 g
Fiber	2 g
Sugars	1 g
Protein	2 g
Dietary Exchanges: 1 st	arch, 1 fa

### Roasted Corn

(Makes eight 1/2 cup servings) 1 pound frozen corn kernels,

1 teaspoon sugar

Butter flavored cooking spray

Line a rimmed baking sheet with foil. Place the corn on the foil in a single layer. Sprinkle with sugar and spray lightly with cooking spray. Place the pan under the broiler, on the top third rack of the oven. Broil on HIGH for ten minutes, until golden brown.

Nutrition Analysis (per s	erving
Calories 58	
Total Fat	$0.5~\mathrm{g}$
Saturated Fat	$0.0 \mathrm{~g}$
Polyunsaturated Fat	$0.0 \mathrm{~g}$
Monounsaturated Fat	$0.0~\mathrm{g}$
Trans Fat	$0.0 \mathrm{~g}$
Cholesterol	0  mg
Sodium	3 mg
Carbohydrates	14 g
Fiber	2 g
Sugars	3 g
Protein	2 g
Dietary Exchanges: 1 sta	rch

### Chicken Nuggets

1 1/2 pounds skinless, boneless chicken breast cutlets, cut into nugget-sized squares

2 tablespoons salt-free all-purpose 2 tablespoons smoked paprika

1/4 teaspoon ground black pepper 1/4 teaspoon salt

1/3 cup flour, for dredging (2 table-

4 beaten egg whites, in a large

breading (2.5 - 3 cups not used) 1/4 teaspoon salt

Preheat oven to 475 °F. Line a rimmed baking sheet with aluminum foil and set aside.

Place the panko bread crumbs, 1 tablespoon all-purpose seasoning and 1 tablespoon smoked paprika in a jumbo-sized food storage bag and set aside.

Season the chicken breast pieces with 1 tablespoon all-purpose seasoning, 1 tablespoon smoked paprika, and ground black pepper, making sure to coat each piece well. Dredge the chicken pieces lightly in the flour and shake off any excess. Dip the floured pieces in egg white, then add them to the bag of seasoned bread crumbs. Seal the bag and shake vigorously to make sure that the nuggets remain separated. Place the nuggets on the foil-lined baking sheet. Spray them generously with cooking spray. Turn them over and spray them again. Bake the nuggets for

5 minutes, turn them over, spray them again, and bake for five more minutes. Remove from oven and sprinkle with salt.

Nutrition Analysis (per serving) Calories Total Fat Saturated Fat  $0.5~\mathrm{g}$ Polyunsaturated Fat

Monounsatura	ted Fat	$0.5 \mathrm{g}$
Trans Fat		
0.0 g		
Cholesterol		49  mg
Sodium	173  mg	
Carbohydrates	11 g	
Fiber	1 g	
Sugars		0 g
Protein		23 g
Dietary Exchang	ges: 3	very lea
meat, 1 starch		-

### Herbed Brown Gravy (Serves 8)

2 tablespoons olive oil 1 cup chopped onions 1/2 cup chopped carrots 1/4 cup chopped celery 3 cloves garlic, crushed 1 teaspoon dried thyme 1 teaspoon dried oregano

1/4 teaspoon dried sage 1/4 teaspoon ground black pepper 1/4 teaspoon salt

2 tablespoons flour 1 quart low-sodium chicken stock 1 teaspoon Kitchen Bouquet

1 bay leaf

In a large saucepan over medium 4 cups panko bread crumbs, for high heat, heat the olive oil and sauté the onions, carrots, and celery until golden brown, about 4-5 minutes. Add the garlic, herbs, salt and pepper and stir well. Stir the flour into the vegetables and stir to coat them. Whisk in the chicken stock, making sure to keep lumps from forming. Add the bay leaf and the Kitchen Bouquet and reduce the heat to medium low. Let the gravy simmer for 10-15 minutes. until thickened. Strain through a fine-meshed strainer and discard vegetables.

Nutrition Analysis (per s	erving)
Calories 47	
Total Fat	$3.5~\mathrm{g}$
Saturated Fat	$0.5~\mathrm{g}$
Polyunsaturated Fat	$0.5~\mathrm{g}$
Monounsaturated Fat	$2.5~\mathrm{g}$
Trans Fat	$0.0 \mathrm{~g}$
Cholesterol	0  mg
Sodium	104 m
Carbohydrates	3 g
Fiber	0 g
Sugars	0 g
Protein	1 g
Dietary Exchanges: 1 fat	t

### CHICKEN BOWL -RECIPES COMBINED

Nutrition Analysis (per serving)		
Calories 412		
Total Fat	$11.5~\mathrm{g}$	
Saturated Fat	$2.5~\mathrm{g}$	
Polyunsaturated Fat	$1.5~\mathrm{g}$	
Monounsaturated Fat	$7.0~\mathrm{g}$	
Trans Fat	$0.0 \mathrm{~g}$	
Cholesterol	54  mg	
Sodium	536 mg	
Carbohydrates	46 g	
Fiber	5 g	
Sugars	4 g	
Protein	33 g	
Dietary Exchanges: 3 1/2	very lear	
meat, 3 starch, 1 fat.		
This regine is brought	to wou h	

This recipe is brought to you by the American Heart Association's Face The Fats program. Recipe copyright © 2007 by the American Heart Association. Look for other delicious recipes in American Heart Association cookbooks, available from booksellers everywhere.

how you feel,

affects more than just your day.



# Take-A-Break Snack Mix

Serves 10; 1/2 cup per serving

Whether your schedule is go-gogo or hurry-up-and-wait, you'll be glad you packed these tasty tidbits for healthy snacking. Cooking spray

1/4 cup sliced almonds 1 tablespoon light brown sugar

2 teaspoons water 1/4 teaspoon ground cinnamon

1/8 teaspoon ground nutmeg 2 cups whole-grain oat cereal with yogurt-flavored coating

2 cups whole-grain wheat and bran flakes with raisins 1/2 cup dried unsweetened cran-

1/2 cup dried unsweetened blueber-

Put a piece of aluminum foil about 12 inches square on a platter

or baking sheet. Lightly spray with cooking spray. Set aside. In a small nonstick skillet, dryroast the almonds over medium

heat for 2 to 3 minutes, or until lightly golden brown, stirring occasionally. Stir in the brown sugar, water,

cinnamon, and nutmeg. Cook for 1 to 2 minutes, or until the liquid has evaporated and the almonds are coated with the mixture, stirring Association. For more information constantly. Transfer to the foil. Let about heart-healthy grocery shopcool completely, 15 to 20 minutes.

Meanwhile, in a medium bowl, stir together the remaining ingre-Add the cooled almonds to the

cereal mixture, stirring to combine. Store in an airtight container for up to seven days.

Cook's Tip: For variety, substitute different nutrient-dense dried fruits, such as cherries, apricots, and plums, for the cranberries and blueberries. Cut them into 1/4- to 1/2-inch pieces before adding them to the cereal mixture.

Nutrition analysis (per serving) Calories

Total Fat	2.0 g
Saturated Fat	$0.5~\mathrm{g}$
Trans Fat	$0.0 \mathrm{~g}$
Polyunsaturated Fat	$0.5~\mathrm{g}$
Monounsaturated Fat	1.0 g
Cholesterol	0  mg
Sodium 124 mg	g
Carbohydrates 28 g	
Fiber 4 g	
Sugars	$15~\mathrm{g}$
Protein	2 g
Dietary Exchanges:	1 fruit,
1.	

This recipe is brought to you by the American Heart Association's Food Certification Program. Recipe copyright © 2008 American Heart ping, visit heartcheckmark.org.

### Don't be fooled by healthy foods

By Katie Walz, MS, RD, LifePointe by BryanLGH

Are you trying to improve the way you eat? Have you decided to eat more nutritious food?

To be successful, it's important to face some common "myths" about certain foods that are perceived as healthy, but in truth, are padding our hips and arteries. Here is a look at the top five offenders on grocery

1. Yogurt. It starts out as good stuff. There's calcium and protein like you find in all milk products. However, since straight yogurt can be bitter, manufactures dress it up as a fruit flavor. But beware - the flavor is coming from very little fruit and a lot of added sugar or high fructose corn syrup. What is the best solution? Buy plain yogurt and flavor it yourself with a handful of raspberries or a tablespoon of honey. Also, choose the low fat or fat free varieties.

2. Wheat Bread. Most people know that wheat bread is better for you than white bread. However, many labels deceive shoppers by saving multi-grain, 7-grain or even heart healthy. Make sure that each grain listed on the label has one word in front of it—whole.

3. Chicken. If you opt for dark meat such as the wings, thighs and legs, you're losing protein and gaining fat. The solution is to go for the breast and ditch the skin.

4. Peanut Butter. It's true that peanut butter is a good source of protein. However, most of leading brands have added sugar or high fructose corn syrup. Choose a natural peanut butter with only peanuts and salt. It's easy to spot since natural peanut butter has oil resting on the top and requires stirring before 5. Juice. The range in the nutri-

tional value of store-bought juices is massive. Some are better than others. However, even those labeled 100 percent juice should be left on the grocery store shelf if weight loss is your goal. Juice lacks fiber which assists in the absorption of sugar Plus, you consume it faster, which means you are more likely to drink more. Whole fruit is a much better choice. However, if you must drink juice, choose fresh squeezed and limit your intake to less than eight ounces per day.

## Pinching pennies may lead to unhealthy choices for people with type 2 diabetes Americans with type 2 diabetes when living on a budget; increase their physical activity. May be making unhealthy choices when living on a budget; increase their physical activity. Approximately 20 percent may Visit IKnowDiabetes.org for tips

in an effort to save money, according to results from an American Heart Association survey.

Cardiovascular disease is the betes are concerned with making leading cause of death among people ends meet financially (65 percent) with type 2 diabetes, and canceling doctor's appointments or opting for cheaper, fattier foods can put one at increased risk for cardiovascular disease, such as heart attack or stroke.

For people with type 2 diabetes, tain a healthy lifestyle, even when money is tight.

The Challenges of Making Healthy

Two-thirds of those surveyed say they have difficulty eating healthy foods when trying to save

· Nearly 25 percent say they are more likely to buy frozen entrees

skip doctor's visits in an effort to · More people with type 2 dia-

than having high cholesterol (40 percent); · Sadly, 20 percent eat fast or

be eating healthy foods · And more than one in three it is critically important to main- surveyed still do not exercise regularly, even though most (91 percent)

say they know it is important to

fried foods daily, even though nearly all (96 percent) know they should

patients with type 2 diabetes. This national custom survey of 500 adults with type 2 diabetes, age 18 and older, was conducted on behalf of the American Heart Association's The Heart of Diabetes<sup>TM</sup> program in June, 2009. The survey has a margin of error of

4.5 percent, in 95 out of 100 cases.

on how to live healthily on a bud-

get. On this Web site, there is also

information about the connection

between type 2 diabetes and cardio-

vascular disease, as well as healthy recipes, quizzes and stories from

### Will an aspirin a day keep the doctor away?

By Joseph Kummer, MD, cardiologist,

BryanLGH Heart Institute

Aspirin is one of the oldest medications still in use today. Its current form was developed over 175 years ago. It is an inexpensive, easily accessible medication for treating pain.

However, aspirin can do more than just soothe aches and pains. It can also prevent a heart attack something acetaminophen (Tylenol) or ibuprofen (Advil) can not do.

Heart attacks are caused by the acute formation of a blood clot in an artery that supplies blood to the heart. Aspirin has the powerful the platelets, which are small particles instrumental in forming clots. The aspirin renders the platelets incapable of forming a clot. For this every person who has had a heart

attack unless the individual has a

high risk of bleeding.

A physician may recommend aspirin to a person who hasn't had a heart attack as primary prevention. Multiple studies have shown that certain people can reduce their risk of a heart attack with aspirin. Doctors will frequently recommend a low-dose of aspirin, referred to as "baby" aspirin, usually an 81 milligram dose vs. the typical 325 milligrams in a regular adult dose. Studies have shown that a low does is as protective as a regular dose. with less risk of heavy bleeding.

The decision to take aspiring should be discussed with a physiability to thin blood by binding to cian, taking into consideration one's risk of a heart attack vs. the risk of complications such as heavy bleeding. Your physician will use your personal health history to decide reason, aspirin is recommended for if daily aspirin therapy is right for

### discomfort. Often people aren't sure what's wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening. If you experience any of these call 911 or go directly to the hospital.

Some heart attacks are sudden and intense — but most start slowly, with mild pain or

Because

### Men's Symptoms

- Dramatic onset of sudden pressure, fullness, squeezing or pain in the center of the chest
- Sudden onset of rapid heartbeats Fainting or Sweating
- Shortness of breath

### Women's Symptoms

- Slight discomfort in the chest
- Warning signs appear to be only stress or indigestion
- ▶ Shortness of breath, fatigue
- ▶ Pain below left shoulder blade or back
- ▶ Pain or tingling in the jaw, elbow, arm or throat



The Seart of Nebraska Norfolk, Nebraska • www.frhs.org



**Wayne Community Activity Center** 

For Our Members! 901 West 7th St. · Wayne · 402-375-4803



# Herald

# Agriculture

# Olympics, high school sports abound this time of year

days of continuous snow on the ground and for low temps that persist into the last week of February: some records I would just as soon not be seeing!

Of course, it usually does snow for state wrestling, at least many of the ones I attended. And somehow, it just doesn't seem the same at the Qwest center instead of Devaney. It was neat to see Kalin Koch hug his dad, also a state champ, on Saturday. I met a former wrestler from Amherst last month; they are team champs in class D this year, and when I said I was from Winside, he commented, "Oh, yes, the striped singlets. Don't ever let them take them away!"

My new mantra this year is that if the sun is shining and the wind isn't blowing, it's a good day! The sun came out today (Monday) but the wind was cold.

It's always fun to watch the Olympics, even if we don't know what the hash-pipe is; or just exactly what they are attempting in hurling! Mike had a roommate in grad school from Winnipeg and he used to talk about curling; in fact, he and his wife still do it on occasion. Since it's on ice. I assumed the players were on skates, but not so; they are simply pushing brooms. But speaking of ice, aren't the

Private pesticide applicator

trainings are winding down but

we still have three for you to go to

if you haven't been able to attend

so far. On Tuesday, March 2 we

will return to the USDA Service

Center in Dakota City at 1505

Broadway. This will be an evening

session beginning at 6 p.m. On

Thursday, March 4, we will have

a session at the Newcastle Fire

Hall beginning at 1 p.m. Our last

meeting will be in Walthill at the

Extension office on Monday, March

Attendance at any session will

certify you as a private applicator

or recertify you if you already have

a license. Remember to bring your

bar-coded letter with you from the

Nebraska Deptartment of Ag for easier processing. The session last for 2 1/2 to 3 hours and the cost for

4-H News\_\_\_\_

The Hi-Raters 4-H Club met at

There were nine members pres-

Co-Presidents Anna Osten and

Lauren Braun called the meeting

to order. Isaac Braun led the

Anna Osten gave the secretary's

Old business included a report

New business included Bake and

Take Day on March 27, a fundrais-

ing project and bowling as a club

The next meeting will be Sunday,

March 14 at the Bowling Alley.

Michaela Fehringer,

Newsreporter.

report and Noah Braun gave the

BankFirst on Feb. 21 at 6 p.m.

8 and will begin at 1 p.m.

the training is \$30.

HI-RATERS

4-H CLUB

pledges.

treasurer's report.

on the election of officers.

stand up in ice skates, they take my breath away with the jumps and axels and swirls. And the speed skating; think of the cardiovascular fitness involved. And then there are the skiers who perform antics after jumping off hills; and bobsled-



ders racing down a steep track. The announcers have never figured out how to pronounce Tomahawk!

When we aren't watching

Ag Happenings

Bruce Anderson, UNL's for-

age specialist has some thoughts

on protein supplementation for

cows. As winter forage quality

declines and cow nutrient demands

increase, most operators begin to

feed protein supplements to assure

healthy calves plus cows that re-

breed quickly. However, protein

supplements can be expensive, so

producers typically try to feed only

as much as the cow needs to stay

New research, though, suggests

this strategy of minimizing input

costs may overlook the impact

supplements have on the future

performance of the calf. Recent

Nebraska research shows prop-

erly supplementing the cow can

increase profitability of the calf

In one study, steers from cows

that received protein supplement

while grazing winter range pro-

duced an extra 60 pounds of car-

cass weight worth \$80 to \$100

per animal compared to steers

Extension

basket ball games; our lady Bug Eaters have had a couple of challenges lately and we aren't excited about playing the Spooners in Norman on Wodinsday. I feel so sorry for Doc Sadler; he seems like a great guy and he keeps saying he has a good team. But they can't get a break!

In between all that, when the weather isn't too bad, we catch some grandkids' games. I've learned one thing, it is not as nerve wracking to watch grandkids as it was to watch their parents. And it's more fun. But the bleachers seem a bit harder. High school coaches are just as hard to figure out as they were thirty years ago!

We even caught a sixth grade game last Saturday. Trouble was, they were playing seventh and eighth graders and at that age, that's too much difference. The other team had a gal who was at least a head taller than everyone else; guess who had the rebounds?

We enjoyed it anyway. Now, the serious stuff starts; districts. We will be expecting

Lutheran High Northeast, Seward, and Elmwood-Murdock girls get to state. And it's good to see Norfolk boys rated #1. Bring on March Madness!

### Protein Supplementation discussed from non-supplemented cows. In other studies, the pregnancy rate of heifers from cows that received protein supplements while grazing corn residue or winter range was

5 to 14 percent higher than heif-

ers from non-supplemented cows.

Steers from these supplemented

cows graded choice 5 to 23 percent

more often. Since fetal growth rate is highest during the last third of gestation, nutrient requirements of

the cow and her calf are higher than earlier in her pregnancy. Most winter grazing programs use low quality forages so adequate supplementing can pay big dividends. As cows approach calving time, don't scrimp on the protein. Feed what is needed, both for the cow and her

### The Nebraska Livestock Market \$100. conducted a fat cattle sale on

The market was \$2 to \$3 higher on fat cattle and lower on cows.

There were 725 head sold. Strictly choice fed steers, \$87 to \$88.50. Good and choice steers, \$86 to \$87. Medium and good steers, \$83 to \$86. Standard steers, \$70 to \$74. Strictly choice fed heifers, \$87 to \$88.40. Good and choice heifers, \$86 to \$87. Medium and good heifers, \$83 to \$87. Standard heifers, \$60 to \$70.

Beef cows, \$50 to \$54. Utility cows, \$54 to \$58.50. Canner and cutters, \$45 to \$50. Bologna bulls, \$62 to \$72.

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

The market was higher on the 250 head sold. 300-400 lb. steers, \$120 to \$137;

heifers, \$110 to \$120. 400 to 500 lb. steers, \$115 to

\$131; heifers, \$100 to \$110. 500 to 600 lb. steers, \$110 to

\$128; heifers, \$97 to \$107. 600 to 700 lb. steers, \$100 to \$112; heifers, \$90 to \$100.

700 to 800 lb. steers, \$95 to \$103; heifers, \$87 to \$95.

800 to 900 lb. steers, \$90 to \$100; heifers, \$80 to \$90.

400 to 700 lb. holstein steers, \$50

700 to 1,000 lb. holstein steers, \$45 to \$55.

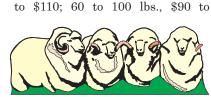
Good bred cows and heifers, \$850 to \$1185.

Medium bred cows and heifers, \$650 to \$850.

The sheep sale was held Saturday at the Nebraska Livestock Market. The market was higher on fat

lambs and steady on ewes and feeder lambs. Fat lambs: 125 to 150 lbs., \$99 to

\$101.50. Feeder lambs: 40 to 60 lbs., \$100



### Informational Farmers' Market/ Community Garden meeting being planned in Wayne

A Wayne Farmers' Market and Community Garden Informational Workshop will be held Tuesday, March 23 in the North Meeting Room of the Wayne City Auditorium.

There will be a choice of two meeting times, 12:30 - 4:00 p.m. and 5:30 - 8:00 p.m.

Topics will include:

· What is "Farmers' Market Moms Project";

- · The Makings of a Successful
- Farmers' Market' Communicating with the
- Consumer:
- · Buy Fresh Buy Local;
- Funding opportunities; · Community Gardens;
- · Marketing and Promoting Your

The workshop is co-sponsored by Farmers' Market Moms and the City of Wayne and Wayne Green Committee

It is a project of the Northeast Nebraska Resource Conservation & Development Council in Plainview.

This project is based on work supported by the Farmers' Market Promotion Program (FMPP) Grant Program, Agricultural Marketing Service, USDA, under Award No. 12-25-G0956.

Free Estimates

### THE GUTTER **CREW**

Seamless Gutters & Downspouts

28 Years of Experience Art Sehi (402)776-2563

Steve Cornett (402)776-2646 PO Box 27 Oakdale, NE 68761 (402)776-2600 • 1-800-867-7492

# Case IH Annual Oil, Filter & Parts Sale

she's carrying.

We're proud to offer you industry-leading Case IH agricultural equipment, dedicated service and flexible financing. Please join us!

February 22 - 26, 2010



East Highway 35 Wayne, Nebr. 402-375-2166 1-800-477-2166



Tires, Tuneup, Brakes, Exhaust, Computer **Analysis, Air Conditioning & Alignments** 

MICHELIN BFGoodrich UNIROYAL

# FREDRICKSON

402-375-3535 1-800-672-3313 Open 7 Days A Week • 7:00 AM - 9:30 PM

Ewes: Good, \$50 to \$85; medium, \$35 to \$50; slaughter, \$25 to \$35.

Livestock Market Report)

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

Holstein baby calves, \$40 to \$60.

The feeder pig sale was held Saturday at the Nebraska Livestock Market.

There was no test on the mar-

Butcher hogs were sold at the Nebraska Livestock Market on

Saturday. Prices were steady to \$1 higher on butchers. Sows were \$5 higher.

There were 187 head sold. U.S. 1's + 2's, 230 to 260 lbs.,

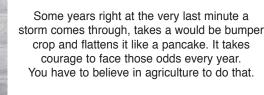
\$48.50 to \$49.80; 2's + 3's, 230 to 260 lbs., \$47.50 to \$49.50. 2's + 3's, 260 to 280 lbs., \$47 to \$49; 2's + 3's, 280 to 300 lbs., \$45 to \$49; 3's + 4's, 300 lbs. +, \$44 to \$45.

Sows — 350 to 500 lbs., \$45 to \$52. 500 to 650 lbs., \$52 to \$60.50. Boars — \$10 to \$20.



### Something vou're born to do

Everybody has something that they do best. It's something you're born to do. Farming is like that. It's not easy and it's not for everybody.



We believe in it, too. Ag banking...it's what we do best. If you're in agriculture, we would like to be your bank.







### BRING ON THE SPRING FEVER.



JOHN DEERE

NORTHEAST EQUIPMENT, INC. 1819 Chiefs Way • Wayne, NE 68787 (402) 375-3325

NORTHEAST EQUIPMENT, INC.

106 Oak Street • Laurel, NE 68745

(402) 373-4449

NORTHEAST EQUIPMENT, INC. 88189 Hwy 57 • Hartington, NE 68739

NORTHEAST EQUIPMENT, INC.

712 W. Main · Bloomfield, NE 68718

(402) 254-3908

(402) 256-3221

To place your ad call: Jan at 402-375-2600 or 1-800-672-3418 • Fax: 375-1888 DEADLINES: Line Ads Tuesdays at Noon • Display Ads Monday 5:00 p.m.

Rate Schedule: 5 LINES, \$12.00 • \$1.25 EACH ADDITIONAL LINE • This is a Combination Rate with The Morning Shopper

Ads must be prepaid unless you have pre-approved credit. Cash, personal checks, money orders, VISA, or MasterCard are welcome. Call: 402-375-2600, Fax: 402-375-1888, or Visit Our Office: 114 Main Street, Wayne, NE.

POLICIES — •We ask that you check your ad after its first insertion for mistakes. The Wayne Herald is not responsible for more than ONE incorrect insertion or omission on any ad ordered for more than one insertion.
•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.



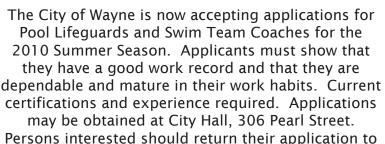
### HELP WANTED

**10C** 

### BASEBALL COACHES NEEDED

The Wayne Baseball Association is seeking coaches for Little League and Pony League baseball (ages Coaches must have previous coaching experience along with general First Aid. Contact Jacki Zeiss at 369-1919 after 3:30 p.m. for more information.





Persons interested should return their application to the Personnel Office at City Hall or the City Clerk's office no later than Wednesday, March 17, 2010. EOE

Pender Community Hospital, a 25-bed Critical Access Hospital, has a full-time opportunity for a Registered Nurse. This position will be rotating 12 hour shifts and working every 3rd weekend. Experience in MED Surgery, OB and the ER preferred. Computer skills a plus and must be able to handle multiple tasks. We offer a generous compensation package including paid time off, health insurance, flex-benefits, life insurance and 403B retirement match.

Apply today in confidence to: Pender Community Hospital Attn: Katie Peterson, DON P.O. Box 100 Pender, NE 68047 402-385-4099 petersks@mercyhealth.com

Apply online at: www.pendercommunityhospital.com



### Help Wanted: Regional truck drivers Truck based in Norfolk NE

Home most nights and weekends.

Company dispatches daily during the week. Flatbed experience preferred, but not required. Roll-tite type trailers are used. Average annual salary 50k +. Class A CDL with good MVR required We offer a great benefits package and a pay program that rewards driver productivity. Call Corey Pospisil at (402) 379-5429

Or stop in the office to pick up an application at 3001 N. Victory Road Norfolk, NE 68701

SERVICE REPRESENTATIVES...

### **JOIN OUR TEAM**

First National, a leader in personal credit card issuing has parttime opportunities with the Collections Department in their Contact Center at Wayne, NE location. These positions require a high school diploma or equivalent, strong phone communication skills and the ability to work independently in a diverse, fast-paced work environment.

We're proud to offer:

A competitive base salary • Incentives based on Performance • Paid Training • Holiday Pay • Paid Time Off • Shift Differential • 401K · Health, Life, Dental & Vision Insurance · Long/Short Term Disability Insurance • Tuition Reimbursement • Investment Plans for the Future

> Apply today at www.firstnational.com We're an equal opportunity employer

Wayne, NE 402-375-1502



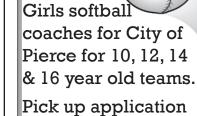
**Pender Community Hospital** Accounts Payable Clerk – Full time

Excellent opportunity for a strong financial individual with detail oriented skills. Computer skills required along with the ability to handle multiple tasks. We offer flexible working hours and a competitive compensation package.

If interested, please complete an application on-line at www.pendercommunityhospital.com or submit your resume to:

Nancy Wichman, Materials Management Director. **Pender Community Hospital** P.O. Box 100

Pender, NE. 68047 402-385-4007



at or send resume to:

City Office 106 S. 1st Street **Pierce, NE 68767** 

MILO MEYER CONSTRUCTION is now accepting applications for an experienced motor grader operator. Please apply at 1002 Industrial Rd. in Wayne or call 402-375-3440 and ask for Steve or

# Holt

Transportation Inc. is looking for

### A COUPLE OF **DEPENDABLE OWNERS**/ **OPERATORS**

Must be 23 years of age with a good driving record. YOU WILL HAVE PLENTY OF MILES.

**CDL Required** SIGN ON **& SAFETY BONUS** 

Call 877-626-4658

### HELP WANTED

Positions Available for:

CNA's 2-10 p.m. Full Time

Med Aids Full time • All Shifts

Weekend Cook



SENIOR LIVING COMMUNITY

Apply At: 811 East 14th Street Wayne, NE 402-375-1922

Kirkwood House a 12-bed residential rehabilitation facility in Wayne, NE, is looking for a dynamic, self-starting individu to help our consumers gain the skills to get on with their quest for independence.

This is an exciting position with an opportunity to actually make a difference in someone's life. There are full and part time "awake" overnight shifts available with computer and cleaning duties. If you work for us, you will be using Microsoft Word so please be

prepared to demonstrate your skills when you apply. If you have previous experience or are a medication aide we certainly will negotiate with you on your salary! Please call Tracy at 833-5197 to pick up an application or e mail resume to tracy@r-way.org. We are an EOE.

The Wayne County Sheriff's Office is taking applications for a part-time office assistant.

Applicants should have good telephone communication's skills, good typing and computer skills and be flexible in hours of employment. Applicants are asked to work forty hours per month and fill in for others' off-time.

Please send letters of application to:

Wayne County Sheriff's Office 510 Pearl Street Suite 2 Wayne, Nebraska 68787

Applications will be taken till the position is filled.

### **WAYNE COMMUNITY SCHOOLS** SPEECH PATHOLOGIST Wayne Community Schools, a vibrant learning

community with a student population of approximately 850 students, is seeking a full-time Speech Pathologist for the 2010-2011 school year. Coaching opportunities are available but not required.

> Please send letter of application, resume, transcripts, and teaching certificate to: Mr. Mark Lenihan Superintendent of Schools Wayne Community Schools 611 W 7th Street, Wayne, NE 68787 EOE

Position will be open until filled.

### ACCEPTING APPLICATIONS FOR SWIMMING POOL LIFE GUARDS AND ASSISTANT POOL MANAGER

The City of Wakefield is now accepting applications for seasonal full-time and seasonal part-time Life Guards for the 2010 season.

The City of Wakefield is now accepting applications for a seasonal full-time Assistant Pool Manager for the 2010 season. Applicants must have good work habits and show dependability.

Current Nebraska certifications are required, along with references. Interested persons may obtain an application form at the City

Office, 405 Main Street, Wakefield, Nebraska. Applications must be returned no later than April 1, 2010 at 5:00 p.m. Applications can be mailed to City of Wakefield, P.O. Box 178, Wakefield, NE 68784.

### **ACCEPTING APPLICATIONS FOR**

### SWIMMING POOL MANAGER

The City of Wakefield is now accepting applications for a seasonal full-time Swimming Pool Manager for the 2010 season.

Applicants must have good work habits and be able to work independently. The successful candidate must be able to supervise lifeguards, operate, clean and manage all pool facilities, work with the public and work with children. This person must be a role model for safety and work ethic. A current Nebraska Class A Pool Operators certification is required, along with references. A current Nebraska Life Guard certification is preferred.

Interested persons may obtain an application at the City Office at 405 Main Street, Wakefield, Nebraska. Applications must be returned no later than April 1, 2010 at 5:00 p.m. Applications can be mailed to City of Wakefield, P.O. Box 178, Wakefield, Nebraska 68784. EOE.

# Class A CDL Drivers

Are you looking for a small family run trucking company? A company that cares about you and your family. Where you are a person and not just another number.

### We Offer:

- Nice Trucks
- · Good Miles Each Week
- Be Home Weekly · PLUS Other Benefits

If this sounds like somewhere you would like to make a future with, then just give us a call! All we need is that you have a Class A CDL, at least 24 yrs. old, 1 year OTR, good MVR, pass DOT physical/drug screen.

Call our Safety Department at 800-228-1008 or 402-731-5047

# **Zeitner & Sons**

Check Our Website: www.mywaynenews.com

# CARRIERS WANTE

Morning Shopper and Wayne Herald carrier(s) wanted in Wayne.

If you are interested contact Clara at 375-2600





FOR SALE

# **Investment Opportunities!**



613 West 2nd Street \$75,000



308 East 9th Street \$64,500



716 Nebraska Street \$52,5000



120 West 11th Street \$58,500



939 Main Street \$59,500



321 Pearl Street \$59,000



420 West 6th Street \$45,000



114 Lincoln Street \$54,500



923 Main Street



1016 Douglas Street \$45,000



Wayne, NE 68787

Phone: 402-375-1477 Mail: anolte@1strealtysal

FOR ALL your baking and/or gift giving needs, contact your local Tupperware consultant. Over 15 years of experience. Call Clara Osten at 402-518-8030 or 585-4323. Leave a message

FOR SALE in Wayne: Over 2,000 VHS movies. Buy individually or in bulk. Ph.

712-212-5844 FOR SALE: 1997 Chevy S-10 pickup,

2WD, light blue with topper, 43,000 actual miles, new rear tires. In excellent condition. Ph. 402-632-4567.

FOR SALE: 2004 Toyota Highlander Limited, 89,000 miles. Dark blue, 4 wheel drive, leather, heated seats, 3rd row seating. New tires, loaded. Asking \$13,500. Books at \$15,500. Call (402) 287-2331

FOR SALE: A 3,000 bushel drying bin. Has air floor and fan with heater. Ph.

FOR SALE: Bali Northern Heights Wood Blind. Maple, 63" wide x 53" tall with 2" slats. Outside mount, 2 3/4" ext. brackets, cord tilt, standard valance. New, never used. Original cost \$210. Asking \$150. Call 402-584-1584.

## pertvexchange





### **NEBRASKA STATEWIDES**

ADOPTION: HAPPILY married couple desires to give newborn a secure, loving home and family. We'll cherish your baby forever. Expenses paid. Randi and Michael, 1-800-861-1482.

ADOPTION: LOVING, warm, educated family will give your baby the best in life. Expenses paid. Christine, 1-800-913-

ADVERTISE STATEWIDE for \$210/25 word classified ad. Over 170 newspapers with circulation of more than 365,000. Contact your local newspaper or call 1-

TIME HAS run out. Must sell 4-bedroom manufactured home. Owner will finance. Must move to your land. 785-841-4887.

EXPERIENCED HEAVY equipment operator needed. Ability to manage jobs independently, operate a variety of equipment, survey. Benefits/pickup provided, home nights. Albion, NE, 402-

MACHINIST/FABRICATOR: Looking for individual with lathes, milling and welding experience. Able to repair or build ag and industrial components or parts. Salary commensurate on experience. Health insurance, 401K, sick leave and paid holidays. Send resume to PO Box 657, Alliance, NE 69301.

BANKRUPTCY: FREE initial consultation. Fast relief from creditors. Low rates. Statewide filing. No office appointment necessary. Call Steffens Law Office, 308-872-8327. www.steffenslaw.com. We are a debt relief agency, which helps people file bankruptcy under the bankruptcy

RESTAURANT EQUIPMENT Outlet; new & used restaurant equipment. See www. Chillmasters.biz for more info; Sioux City, IA, 1-800-526-7105.

NEW, USED and unfinished furniture. Buy, sell, trade. Hometown Furniture Plus, 915 Lake Ave., Gothenburg, Nebraska, 308-537-5225

**Number Words** 

25 or less

For every

5 words over

ONLY

SELL YOUR classic car, truck or motorcycle online. Call this newspaper or call 800-369-2850 to place your ad on the national www.midwestclassiccars. com web site for only \$25.00. Your ad runs until your vehicle is sold!

MOTHER OF All Garage Sales, Saturday, April 10, 8-4, Lancaster Event Center, 84th & Havelock, Lincoln. Call 402-475-4567 to reserve your booth. Froggy 98, 105.3 WOW-FM and KLIN. Presented by Anderson Auto Group, Nebraska's Only Motor Trend Certified Advantage Dealership!

HOT TUBS \$995 to \$4,995. Walk-in bathtubs \$2,995 up. Saunas \$1,995 to \$2,795. Clearance sale in progress. Call 1-800-869-0406 for price list and pictures. goodlifespa.com.

TURN KEY Auction: Bud's Steakhouse, Lounge & Campground on leased land on Lake Maloney, North Platte. Quality kitchen equipment, coolers, bar, furnishings, camper hook-ups and more included. Minimum Reserve \$85,000. Saturday, 2-27-10, 10:30 a.m. Central Time. email brucerichmanc21@yahoo. com for flyer. CENTURY21 Select Properties, 1-800-511-2121.

CARL DETHLEFS & Sons 42nd Annual Angus Production Sale. Friday, March 5, 2010, 1:00 p.m. CST. Jerry and Gary Dethlefs, Rockville, NE, dethlefsangus. com, 308-372-3200.

AAA GOVERNMENT funds available for manufactured homes. We own the bank. Damaged credit okay. Zero down programs if you own the land. 15 homes available. 785-862-0321.

SPORTS BAR for lease, fully equipped kitchen, in Sidney, NE. This restaurant is setting on an eighteen-hole golf course. 308-249-2248

HIGH SPEED Internet. Still waiting for high-speed where you live? Call WildBlue! Available virtually anywhere through satellite! Get Free standard installation. 24/7 customer support. 1-800-820-0154.

Goes in the Wayne Herald

and Morning Shopper

For 25 words or less!

2 Weeks

\$20.00

\$1.50

**CLASSIFIED AD RATES** 

1 Week

\$12.00

\$1.25



201 East 5th Street, Laurel

FOR SALE: Scooter. Slightly damaged in Cozumel, MX. Call Brian, 402-375-

206 Main, Wayne • 375-3385

FOR SALE: Toro 20" CCR 2000 snowblower, 4.5 hp, runs perfect. Asking \$265. Call 402-286-4316 and leave a message

FOR SALE: Wedding dress, size 6.

MOVING SALE: 4 refrigerators, 1 freezer, 3 couches, 2 beds, 2 dressers, 2 coffee tables. 1 lawn mower. 1 meat cutter. 1 table, 2-door refrigerator, camping tools, working tools and a lot more!!! February 27, 8 am-4 pm. If you want to buy ahead of time, call 402-369-0338 af-

SWAN'S BARGAIN BASEMENT- Save an Extra 25% off Red Sale Tag Clothing except for \$49 leather coats and the \$10 shoes. 205 Main St., Wayne.

### Home for Sale 311 E. 9th St. Wayne

120 West 8th Street

Ranch Style 2 Bedroom, 1,358 sq. ft. Full basement, Steam heat Low maintenance, \$91,000

\$75.00 OBO. Ph. 402-518-0248.

ter 5 pm, 102 W. 5th St., Wakefield, NE.

### THANK YOU

TO TO THE PARTY OF THE PARTY OF

The family of John Dinklage wants to express our sincere appreciation to everyone for their support during Johnny's illness and when he was called home by our Heavenly Father.

We thank you for the many cards, flowers, memorials and phone calls

Melvina Dinklage & Family

A BIG Thank You to all of those who expressed their sympathy after the death of my Dad. Your kind words, cards, food, and memorials were sincerely appreciated. Lona Meyer

### **HELP WANTED**

······ Employment Works, Inc. ····· has a full time position open in the Wayne and Hartington area providing community based support 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. Mandatory evening and weekends and variety of daytime hours. Starting wage of \$9.00 per hour and based on experience and flexibility

Please call Employment Works, Inc. at (402) 371-1011 and ask for Jodi or Michelle for more information or stop by the office at 1203 South 8th St. in Norfolk for an application or visit online at www.emloymentworksinc.com

### **Position Open for PN/RN Charge Nurse** Apply in person or contact Melia Tullberg at Wakefield Health Care Center 306 Ash Street, Wakefield, NE 68784

Phone 402-287-2244 E0E

WAYNE COUNTY Historical Society is seeking bids for lawn care at the museum. For specifics, please call 375-1278.

\* \* \* \* \* \* NEW CLASSIFIED RATE PLAN for the Wayne Herald and Morning Shopper combination. \$20 for two weeks worth of ads! Call Jan for details 375-2600 \* \* \* \* \*

### TO GIVE AWAY

GIVE AWAY to good home: Border collie, Australian mix puppies. 9 weeks old, shots. Call Jolene, 402-286-4327.

> **JAN STARK Classified Dept.** whclass@inebraska.com

Wayne Herald Morning Shopper 114 Main Street Wayne, NE 68787 402-375-2600

800-672-3418

Mail with your payment to: Attn.: Jan, Wayne Herald P.O. Box 70, Wayne, NE 68787

(10)(15)(20)(25)(30)(35)(40)(45)(50)

Egg Products Company Wakefield, Nebraska

Operator - Vats 2nd and 3rd Shifts \$9.25 to \$13/hr. based on experience

This position would be

responsible for setting up lines and mixes, mixing product batches by adding ingredients and liquid egg to vats and possible pasteurization of the liquid product. The successful candidate will ensure accurate, quality product through accurate monitoring and record keeping of the product throughout its processing. Related experience preferred, but will train.

For immediate consideration apply at the Main Office 105 N Main St Wakefield, NE 68784

### **SERVICES**

FARMSTEAD CLEAN-UP: Buildings demo.- burn or bury. Snow/concrete/tree removal. Ditch work and basements dug. Dennis Otte, 375-1634.

### WANTED

WANT TO BUY: Bin sweep augers; 15, 21 and 30 foot diameters. Call 402-375-

### FOR RENT

375-2134 • 800-457-2134

### **SUNNYHILL** VILLA APTS.

Wayne, Nebraska If you are 62+ and/or Disabled

and would like to live in a family

type environment, we have the apartment for you! 1 Bedroom Apartment Available

Rent Based on Income Rental Assistance may be available

for those who qualify Call Mary for details 375-5013

TDD 1-800-833-7352 Managed by R.W. Investments, Inc.



in Wakefield. Rent based on income with special lower rents to those who qualify. Call 375-3374 or 800-658-3126 to see or get an application. Wakefield Village apartments are Equal Opportunity Providers and Employers.

ALL REAL estate advertised herein is subject to the Federal Fair housing Act which makes it illegal to advertise "any preference, limitation, or discrimination because of race, color, religion, sex handicap, familial status or national origin, or intention to make any such preference, limitation, or discrimination. State law also forbids discrimination based on these factors. We will not knowingly accept any advertising for real estate which is in violation of the law All person are hereby informed that al dwellings advertised are available on ar equal opportunity basis.

ment. Stove, fridge and central air. No smoking, parties, or pets. References and deposit required. Ph. 402-286-4839. FOR RENT: 2, 3, & 4 bedroom trailers.

FOR RENT IN WINSIDE: Two-bedroom

apartment and a one-bedroom apart-

Off street parking. Appliances included Available now. Call 375-4290 FOR RENT: 3-bedroom apartment, 721

Main St., Wayne. Stove and refrigerator furnished. Off street parking. Clean. Ph. 402-494-3712 or 712-253-5381.

FOR RENT: Nice, furnished one-bedroom apartment in downtown Laurel

FOR RENT: Nice 1, 2, 3, and 4 bed-

room apartments. All new heat pumps

and central air. No parties. Call 375-

See at NAPA building, 105 E. 2nd St. Ph. 402-256-3811. FOR RENT: One-bedroom apartment

with central air. Basic cable provided Laundry facility available. No pets, parties or smoking. References required Ph. 402-375-1200.

FOR SALE: 12 x 60, one-bedroom trailer. Great for single working person. Pender. 402-750-7812.

LEISURE APARTMENTS: Now accepting applications. Rent subsidy available to qualified applicants. 1 & 2 bedroom family apts. - 1 bedroom elderly, handicapped-disabled apts. Disabled of any age welcome to apply. Stove & refrigerator furnished. Rent based on income All ages welcome to apply. Call 402-375-1724 before 9 pm or 1-800-762-7209. TDD# 1-800-233-7352. Leisure is an equal opportunity provider and employer.

RENT ROOM in 4-bedroom home in Wayne. \$200/month. Deposit \$200. Four tenants split utilities. Moving and snow removal provided. Call 369-3007 or 640-5789.

STORAGE UNITS available. Size 14' > 31', \$50 per month. Please contact Dave Zach at 375-3149 or Jon Haase at

SUNNYVIEW APARTMENTS now has 2-bedroom apartments available. No restrictions on income. Please call 375-3374 or 800-658-3126 to pick up an application and to view an apartment.

### SPECIAL NOTICES

MADISON BIRD and Animal Consignment Auction. Sunday, March 7, 8:30 A M Madison County Fairgrounds. Madison, NE. www.madisonauction.com or 402-379-1845.

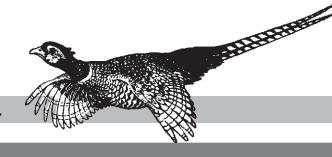
SOUP & PIE LUNCHEON Sunday, March 14 (snow date March 28), 10:30 am-1:00 pm, at the Parish Hall, St. Anne's Catholic Church, Dixon, NE Serving four kinds of soup, lots of pies and sandwiches. Free will donation Raffle chances.



any more! Did you just read this ad? Then so did hundreds of other people Snap ads are cheap and effective, cal the Wayne Herald--Morning Shopper today @ 402-375-2600 and start making money from your old stuff today!

# Legal Notices

# Heral



### ADVERTISEMENT FOR BIDS

The City of Wayne will be accepting bids for the mowing (mulching) and trimming of lawns at the following locations: City Hall. City Auditorium, and Library/Senior Center. Proof of liability insurance will be required. Questions regarding this can be referred to Betty McGuire, City Clerk, at 402-375-1733.

Sealed bids must be received at the Wayne City Clerk's Office at 306 Pearl Street, Wayne, NE, by 2:00 p.m. on Friday, March 5, 2010.



### **ADVERTISEMENT FOR BIDS**

The City of Wayne will be accepting bids for spring clean-up of the Library Senior Center, which will include the raking up of leaves, removing blown-in trash, and the cutting off the tops of vegetation, and shrub trimming if necessary. Proof of liability insurance will be required. Questions regarding this can be referred to Betty McGuire, City Clerk, at 402-375-1733.

Sealed bids must be received at the Wayne City Clerk's Office at 306 Pearl Street, Wayne, NE, by 2:00 p.m. on Friday, March 5, 2010

Business & Professional Directory

STATE FARM

(111)

INSURANCE

Like a good neighbor,

State Farm is there.®

Rusty Parker.

Auto, Home,

Life, Health

402-375-3470

202 Pearl Street

**PLUMBING** 

For All

Your

Plumbing

Needs

**Contact:** 

**Spethman** 

**Plumbing** 

Wayne, Nebraska

Jim Spethman

375-4499

### NOTICE OF MEETING

There will be a meeting of the Airport Authority Monday, March 8, 2010 at 7:00 P.M. at the Wayne Municipal Airport, An agenda for such meeting, kept continuously current, is available for public inspection in the City Clerk's Office and the airport office

Mitch Nissen, Chairman Wayne Airport Authority (Publ. Feb. 25, 2010)

### NOTICE OF MEETING

The Wayne Community Schools Board of Education will meet in regular session at 5:00 p.m. on Monday, March 8, 2010, at the High School located at, 611 West 7th, Wayne, Nebraska. An agenda of said meeting, kept continually current, may be inspected at the office of the superintendent of schools.

> Ann Ruwe, Secretary (Publ. Feb. 25, 2010)

### NOTICE

IN THE COUNTY COURT OF WAYNE COUNTY, NEBRASKA

ESTATE OF WILBUR NOLTE, Deceased. Estate No. PR 09-13

Notice is hereby given that a Petition for Complete settlement, Probate of Will, and Determination of Heirs have been filed and are set for hearing in the County Court of Wayne County, Nebraska, located at 510 N. Pearl Street, Wayne, Nebraska, on March 15, 2010 at or after 11:30 a m Richard J. Nolte, Application

57760 858th Road Wayne, NE 68787 Phone #402-375-4318

Michael E. Pieper, No. 18147 Pieper, Miller & Dahl P.O. Box 427 Wayne, NE 68787 (402) 375-3585

**SERVICES** 

Are you 50

or better?

Free personalized

checks.

No charge on

offers.

**Join the Century Club** 

Kaki Ley

The State National

**JOHN'S** 

WELDING

& TOOL

375-5203 • 800-669-6571

Lathe & Mill Work: Steel &

Aluminum Repair & Fabrication

24 Hr. Service • Portable Welder

Pivot Bridges & Steel Feed Bunks

Hours: 8:00 am - 6:00 pm Mon.-Fri.;

8 am - Noon Sat.

After Hours — 369-0912 320 W 21st St., 1 mi North &

1/8 West of Wayne.

**Bank & Trust Company** 

Wayne, NE 68787 • (402)375-1130

(Publ. Feb. 25, March 4, 11, 2010) 1 clip - 1 POF

### NOTICE OF ORGANIZATION

Notice is hereby given that Nissen Farms, L.L.C., a Nebraska limited liability company is organized under the laws of the State of Nebraska, with its registered office at 85813

572nd Avenue, Wayne, NE 68787. The general nature of its business is to engage in and to do any lawful act concerning any and all lawful business, other than banking or insurance, for which a limited liability company may be organized under the laws of Nebraska, and for all other purposes authorized by law, to the same extent as natural persons might or could do. The limited liability company was formed on January 29, 210, and its duration shall be perpetual. Its affairs shall be conducted by a Manager pursuant to an Operating Agreement duly adopted by the Company.

Nissen Farms, L.L.C. Robert L. Nissen, Member Timothy E. Brogan, #19194

Attorney at Law P.O. Box 1901 Norfolk, NE 68702 Phone: (402) 644-7242

(Publ. Feb. 11, 18, 25, 2010)

### NOTICE OF PUBLICATION TO: KENYON BRITTAIN

You are hereby notified that on 8/6/09, the Plaintiff Credit Management Services, Inc., filed a Complaint in the COUNTY Court of WAYNE County. Nebraska, against you shown as Case Number Cl09 223. The object and prayer of which is a judgment in the amount of 184.08, plus court costs, pre-judgment interest and attorney fees, if applicable.

The Complaint prays that judgment be entered against you. You are hereby notified that you must answer the Complaint on or before 4/2/10 at the COUNTY court of WAYNE County, WAYNE, Nebraska

By Dana Kay Fries #22411 Jane J. Richardson #19833 Tessa P. Hermanson #23179 Jessica L.V. Piskorski #24243 PO Box 1512 Grand Island, NE 68802 308-398-3801 Attorney for Plaintiff

(Publ. Feb. 18, 25, March 4, 2010)

### NOTICE

A Limited Liability Company has been formed: 1. The name of the Limited Liability Company is ISW, LLC; 2. The address of the registered office is 1018 Lincoln Street, Wayne, Ne 68787; 3. The general nature of the business to be transacted is to engage in in the business of providing stone countertops, stone monuments, other types of residential/commercial stone products. cabinets, home and commercial improvements and construction and to engage in any lawful activities for which a Limited Liability Company may be organized under Nebraska Statute; and to engage in any business or activity that is necessary and proper to the accomplishment of the above purposes; 4 The existence of the Limited Liability Company commenced on February 16, 2010, and its period of duration is perpetual; 5. Management of the affairs of the Limited Liability Company Matthew Roeber

Dated February 22. 2010

ISW. LLC By Duane W. Schroeder #13718 Its Attorney 110 West Second Street Wayne, Nebraska 68787 (402) 375-2080 (Publ. Feb. 25, March 4, 11, 2010)

### NOTICE OF TRUSTEE'S SALE The following described property will be

sold at public auction to the highest bidder on 03/08/2010, between the hours of 9:00 a.m. and 5:00 p.m. (10:00 a.m.) in the main lobby of the Wayne County Courthouse, 510 North Pearl Street. Wavne. NE 68787:

LOT 10 AND THE SOUTH HALF OF LOT 11, BLOCK 1, ROBINSON'S ADDITION TO CARROLL, WAYNE COUNTY, NEBRASKA.

All subject to any and all: (1) real estate taxes. (2) special assessments. (3) easements. restrictions, ordinances, and covenants, resolutions of record which affect the property, and (4) unpaid water bills, (5) prior mortgages and trust deed of record and (6) ground leases of record. The purchaser is responsible for all fees or taxes. This sale is made without any warranties as to title or condition of the property.

By: Erika Knapstein, Trustee, NSBA# 24088

Kozeny & McCubbin, LC 12400 Olive Blvd., Suite 555

St. Louis, MO 63141 (314) 991-0255

First Publication 01/28/2010 final 02/25/2010 Published in the Wayne Herald

K&M Filename: SCRRINOR THIS FIRM IS A DEBT COLLECTOR AND ANY INFORMATION WE OBTAIN FROM

WILL BE USED FOR THAT PURPOSE (Publ. Jan. 28, Feb. 4, 11, 18, 25, 2010) Abbreviations for this legal: PS-Personal Services, OE-Operating Expenses, SU-Supplies MA-Materials, ER-Equipment Rental, CO-Capital Outlays, RP-Repairs, RE-Reimbursement. WAYNE COUNTY BOARD PROCEEDINGS

No Board of Equalization Session was held.

Wayne, Nebraska

Wayne, Nebraska

February 16, 2010

February 16, 2010

The Wayne County Board of Commissioners met in regular session at 9:15 a.m. on Tuesday February 16, 2010 in the upstairs conference room of the Courthouse Roll call was answered by Chairman Rabe, Members Wurdeman and Burbach, and Clerk

Advance notice of this meeting was published in the Wayne Herald, a legal newspaper, or February 4, 2010.

A current copy of the Open Meetings Act was posted in the meeting room and accessible to

the public. The agenda was approved

The minutes of the February 2, 2010, meeting were approved as printed in

Commissioner's Record. Ken Kwapnioski of Arnie's Ford-Mercury delivered the 2010 Ford Escape ordered by the county This vehicle will be used for travel to meetings and appraisal work as opposed to the cour

reimbursing mileage Jan Jorgensen of Northeast Nebraska Resource Conservation & Development District rescheduled her appointment to the March 2nd meeting.

### One and Six Year Road Hearing

The One and Six Year Road Hearing convened at 10:02 a.m.

Those in attendance included Chairman Rabe, Members Wurdeman and Burbach, Clerk Finr Highway Superintendent Carlson, and Mike Carnes from the Wayne Herald. Carlson stated the hearing was an opportunity for the public to provide input on the plan

projects included in the plan were reviewed Motion by Wurdeman, second by Burbach to adjourn the hearing at 10:17 a.m. Roll call

Wurdeman-aye, Burbach-aye, Rabe-aye; motion carried. Thomas L. Higginbotham Jr. presented a pre-application for the 2010 Nebraska Affordable Housing Program. It was noted that the county was not obligated to submit a full application in there is not enough interest in the program. Participation in the program was clarified - rural home

owners can also participate in the program. Motion by Wurdeman, second by Burbach to authorize the chairman to sign the pre-application. Roll call vote: Wurdeman-aye, Burbach-aye, Rabe-aye motion carried. Emergency Manager Nic Kemnitz reported the Emergency Operations Center was open or February 14th from 14:30 to 23:30, and on February 15th from 03:27 to 05:00. A state of

emergency for the February 14th snowstorm/blizzard was declared by the board in attempt to obtain access to pay loaders Motion by Wurdeman, second by Burbach to adopt Resolution No. 10-05 adopting the 2010 One

and Six Year Road Plan as presented. Roll call vote: Wurdeman-aye, Burbach-aye, Rabe-aye Motion by Burbach, second by Wurdeman to table action on the purchase of a skid loader. call vote: Burbach-aye, Wurdeman-aye, Rabe-aye; motion carried.

A \$1,000 lodging tax grant application for the March Rugby Tournament was approved on motion by Wurdeman, second by Burbach. Roll call vote: Wurdeman-aye, Burbach-aye, Rabe-aye

A Substitution of Securities submitted by First National Bank of Wayne was approved on motion by Wurdeman, second by Burbach. Roll call vote: Wurdeman-aye, Burbach-aye, Rabe-aye; motio

### GENERAL FUND: Salaries, \$87,818.63; Albin, Mark D, OE, 221.40; All Native Solution

SU, 164.00; All Native Solutions, SU, 74.42; Appeara, OE, 654.24; Arnie's Ford Mercury, CO 19,202.00; Barnes, Ann M., RE, 28.50; Black Hills Energy, OE, 223.53; Brogan & Stafford, OE 1,386.35; Carney Law PC, OE, 404.90; Copy Write/Keepsake, SU, 41.52; Dell Marketing, SU 1,709.92; Des Moines Stamp Mfg Co, SU, 248.00; Eakes Office Plus, SU, 103.95; Elite Office Products, ER, 101.97; First National Bank of Omaha, MA, 106.48; Floor Maintenance, SU, 95.99 Fredrickson Oil Company, MA, 22.00; Holiday Inn Express, OE, 280.00; Jager, Huck, RE, 9.90 Johnson, Morland, Easland & Lohrberg, OE, 5,752.40; Keenan Law PC LLO, OE, 93.75; Kittle Rhonda, RE, 45.00; Kleensang, Randall, RE, 23.00; Lange, Rick, RE, 76.64; Lundahl, Virginia RE, 7.70; Maul & Bodlak LLP, OE, 579.00; McDonald, Karen S., RE, 110.00; Meyer, Kelly, RE 52.25; Microfilm Imaging Systems, ER, 155.00; Nebraska Assessor Assoc., OE, 95.00; Northeas Nebraska RC&D Inc, OE, 300.00; Pamida, Inc., SU, 14.97; Pieper, Miller & Dahl, OE, ER, 2,344.68 Postmaster, OE, 220.00; Puntney, Kelvin, RE, 38.40; Quill Corporation, SU, 35.93; Qwest, OE 1.184.78; RL Polk & Co. OE. 220.00; Schuttler, Marlin, RE, 10.00; Seventh Judicial Mental Health OE, 302.01; Sooland Bobcat, ER, 2,700.00; Sparkling Klean Service Inc., OE, 1,869.15; Staybridge Suites, OE, 150.00; Stratton Law PC, OE, 3,920.18; Suburban Extended Stay Downtown, OE 325.00; Temme, Doug RE, 45.00; Topp, Amy, RE, 330.46; Toshiba Financial Services, ER, 205.62 University of Nebraska, OE, 5.00; Verizon Wireless, OE, 103.47; Verizon Wireless, OE, 200.97 Waste Connections of Nebraska, OE, 164,55; Wattier, Patti, OE, 375,00; Wayne Area Economic Development, OE, 3,100.00; Wayne County Clerk of Dist Court, OE, 404.00; Wayne Herald. Morning Shopper, OE, 679.07; Wayne, City of, OE, 3,000.00; Western Office Products Plus, RP 277.87; Woslager, Richard R, RE, 12.50; Zach Oil Co OE, MA, 411.66

RP, 1,000.00; Carroll Station Inc., The, SU,MA, 16,229.23; Carroll Station Inc., The, MA, 761.77 Caterpillar Financial Services, ER, 4,425.61; Robert Chapman/Norene Klinger, CO, 1,233.20 ConocoPhilips, MA, 33.46; DMC Repair, RP, 46.48; Farmers Co-operative, Pilger, OE, SU, MA, RP 9,887.56; Farmers Co-operative, Pilger, MA, 321.83; Fredrickson Oil Company, MA, 1,309.50 Glen's Auto Body, RP, 59.65; Heikes Automotive Service, RP, 114.08; HireRight Solutions Inc., OE 129 00: Jack's Uniforms & Equipment, SU, 22 95: John's Welding & Tool, SU RP, 308 63: Kimbal Midwest, SU, 71.07; Linweld, OE, 410.38; Lynn Peavey Company, OE, 23.94; Midwest Service 8 Sales Co., SU,MA,RP, 8,945.38; Murphy Tractor & Equipment Co, RP,MA,SU, 21,715.65; NMC Exchange LLC, RP,ER, 10,310.80; Nebr Dept of Correctional Services, OE, 2,853.26; Northeas Equipment, RP,SU,ER, 2,007.76; Northeast Nebraska Public Power Dist, OE, 35.32; Owens Randy, OE, 2,512,50: Pender Community Hospital, OE, 63,00: Police Officers Assoc of Nebr. OE 112.50; Qwest, OE, 32.55; Robert Woehler & Sons Construction, OE, 200.00; Ron's Radio, Ror Wriedt, RP,CO, 4,670.20; Sievers, Larry G., RE, 57.50; Tacos & More, OE, 25.96; Thurston County Sheriff, OE, 5,650.00; Verizon Wireless, OE, 102.24; Wade's Welding, RP, 330.00; Watchguard Video, RP, 168.70; Wayne Auto Parts, RP,SU,OE, 360.78; Wayne Auto Parts, RP, 22.04; Wayne County Sheriff, OE, 237.94; Wayne County Treasurer, CO, 366.80; Zach Oil Co., MA, 2,285.18

COUNTY ROAD FUND: Salaries, \$22,091.73; Appeara, OE, 80.00; C&H Truck Parts

Debra Finn, Wayne County Clerk

**Donations** 

### STATE OF NEBRASKA SS. COUNTY OF WAYNE

Meeting was adjourned

Goal

I, the undersigned, County Clerk of Wayne County, Nebraska, hereby certify that all of the subjects included in the attached proceed-ings were contained in the agenda for the meeting of February 16, 2010, kept continually current and available for the public inspection at the office of the County Clerk; that such subjects were contained in said agenda for at least 24 hours prior to said meeting; that the said minutes of the meeting of the County Commissioners of the County of Wayne were in written form and available for public inspection within 10 working days and prior to the next convened meeting of said body

IN WITNESS WHEREOF, I have hereunto set my hand this 18th day of February, 2010. Debra Finn, Wayne County Clerk

Deadlines for all legal notices to be published by TheWayne Herald is Mondays at 5 pm

# **INSURANCE**

### Complete **Insurance Services**

ACCOUNTING

**Certified** 

**Public** 

**Accountant** 

Kathol &

Associate P.C.

104 West Second Wayne

375-4718

Serving 6 weeks - 12 years old

Certified/Degreed teachers & staff

·Specialized curriculum for all ages

School Age Program with Transportation

·Summer camp for school-age children

Child Development Center

www.therainbowchildcare.com

IIIO E. 14th St., Wayne, NE

402-375-3200

**CHILD CARE** 

Auto •Home •Life Farm •Business •Crop



Gary Boehle - Steve Muir 411 E. 7th - Wayne 375-2511

firstnatlins@inebraska.com



111 West Third St. Wayne 375-2696

### Auto •Home •Life ·Health ·Farm

Serving the needs of Nebraskans for over 50 years. Independent Agent





• Farm Sales • Home Sales Farm Management

206 Main • Wayne, NE • 402-375-3385 **Quality Representation** For Over 48 Years!

### **VEHICLES**

# HEIKES

Automotive Service

 ASE Certified ·Complete Car & Truck Repair ·Wrecker • Tires • Tune-up Computer Diagnosis

419 Main Street Wayne Phone: 375-4385

# FOR RENT

# Kawasaki $\mathbf{\mathscr{M}}$ HONDA

Come ride with us. MotorcyclesJet Skis

Snowmobiles B&B

So. Hwy 81 Norfolk, NE **Telephone: 371-9151** 

# **Wayne County Veterans Memorial Fundraising** Campaign

Construction is underway on the Wayne County Veterans Memorial located on the grounds of the Wayne County Courthouse. Support for the Memorial has been outstanding, but MORE HELP IS NEEDED. The flag at the right will remain at half-staff and the Memorial will remain unfinished until \$185,000 is raised.

\$150,000 \$118,000

can be mailed to: Wayne County Veterans Memorial, P.O. Box 196, Wayne, NE 68787

Check out our website at www.wayneveterans.net



### **FEDERAL LIFELINE NOTICE**

Verizon Wireless customers may be eligible to receive reduced-rate telecommunications service under the Federal Lifeline and Link Up programs.

Qualifying customers will save at least \$8.25 per month. Service activation fees may also be waived if you qualify for Link Up assistance. Additional discounts are available for eligible residents of Tribal lands. You may be eligible for Lifeline and Link Up assistance if you currently participate in a qualifying public assistance program or otherwise satisfy the federal income requirements. These requirements vary by state. To receive further information about the Lifeline and Link Up program, call Verizon Wireless at 800-924-0585 or go to verizonwireless.com/lifeline.

Verizon Wireless only offers Lifeline/Link Up assistance in areas where the company has been designated as an Eligible Telecommunications Carrier.

functional equivalent, single-party service, access to emergency services, operator services, interexchange service and directory assistance, toll included Taxes, surcharges and fees, such as E911 and gross receipts charges, vary by market & could add between 5% & 37% to your bill; 92¢ Administrative/line/mo is not tax, is not pro-rated & is subject to change.

IMPORTANT CONSUMER INFORMATION: Subject to Month to Month Customer Agreement and Calling Plan, 45¢/min after allowance. Customers eligible for

Link Up assistance will receive a 50% discount on the Activation Fee, and Verizon Wireless will waive the remainder of the Activation Fee. Limited time offer  $Offer not available in all areas. \ Restrictions \ may \ apply. \ Network \ details \ at \ verizon wireless. com. \ @\ 2010 \ Verizon \ Wireless \ and \ Section \ An extraction \ Wireless \ and \ Section \ An extraction \ Wireless \ and \ Section \ An extraction \ An ext$ 

All Verizon Wireless plans in the designated areas include the following: voice grade access to the PSTN, local usage, dual tone multi-frequency signaling or