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# The Wayne Herald

Thursday, February 11, 2016 140th Year - No. 21

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## Wayne voters may see bond issue

Public hearing Thursday, board may put issue on May 10 ballot

By MICHAEL CARNES  
Of The Herald

The Wayne Community Schools Board of Education will seek public input later this week on a proposed bond issue that will address future building needs for the district.

Superintendent of Schools Mark Lenihan presented a master facility plan to the Board of Education during Monday's meeting. The proposed \$18 million bond issue would not only address needs at both the elementary and junior-senior high school buildings, but would call for the building of a preschool-kindergarten facility and adding a theater, competition gym and other classroom facilities to the junior-senior high school building.

"I think it was received positively by the board," Lenihan told The Wayne Herald after Monday's meeting. "We're always in discussions on facilities, and this is something that, even when we finished the junior high addition in 2012, was something we knew we'd be looking at. Master planning has been ongoing for a couple of years on this, and now it's being rolled out to the public."

In his presentation made at Monday's Board of Education meeting, Lenihan discussed findings from a facility audit conducted during the 2009-10 school year that pointed out a number of issues.

At the now-demolished elementary school, a number of infrastructure issues were found, including a leaking roof, electrical limitations, and not meeting safety, fire and American with Disabilities Act (ADA) standards. In addition, a lack of space for additional rooms, an insufficient area for computers in the library, physical education classes being conducted in the cafeteria and an undersized and unsafe kitchen area were noted.

At the middle school, an inefficient use of space was noted, particularly on the first floor. There was no true middle school concept that separated fifth and sixth

graders from seventh and eighth graders, and school staff had to travel between some or all three of the buildings, which caused an inefficiency in scheduling.

In the high school, space is lacking in the locker rooms, which also lack heating and air conditioning. No air conditioning and inefficient heat were found in the gymnasium and lecture hall. The entry way was not ADA compliant and the building was not sprinkled for fire code, and with the scheduling challenges it was difficult for eighth graders to take high school math courses.

With the new preschool that started this year, Lenihan noted that the district would like to have the facility on campus. A grant is taking care of some of the costs for the three-year lease agreement the school has on its current facility, but there is no guarantee that similar grant funding would be available once the lease runs out at the end of the 2017-18 school year.

Currently, the elementary school is short on areas for group meetings and space for support staff, and with more than 460 kids now in the building, the building is near capacity.

In the recently-renovated junior-senior high school, the lecture hall has poor accessibility and modernization of the stage area is needed. The one competition gymnasium is unquestionably the most-used room in the building, requiring the sharing of space for junior and senior high PE classes, as well as band and choir concerts. ADA access to the facility is poor, and there is no easy access to public restrooms or concessions near the gym. In addition, locker rooms are substandard, the wrestling room is in a small room by the shop, and the weight room is located outside the main building with no water or rest room facilities.

The proposed additions would include a preschool-kindergarten facility that would hold sufficient space for preschool and kindergarten classes, along with office areas and a commons area. A couple of locations are

under consideration for the building near the junior-senior high building, either in the area where school vans and maintenance vehicles are kept or the south parking area on the site of the old elementary school.

Also a part of the proposal is a second competition gymnasium facility that would include locker rooms, concessions, public restrooms, areas for a wrestling room and a strength and fitness facility, and expansion of career education and applied skilled tech classroom spaces.

A new performing arts facility would also be part of the proposal, which would provide for an expanded stage area for plays and concerts. The current lecture hall would be renovated with new seating and lighting, and would be used for study halls, testing and staff meetings. The gymnasium, athletic facilities and performing arts facility would be built on the current parking area on the west side of the junior-senior high campus, with parking to be built on the south side of the building, taking out the existing pod buildings to create additional parking space.

The total projected bond issue is \$18 million. The public's responsibility from a taxing perspective would amount to about \$119 per \$100,000 of valuation, and the bond would be combined with bonds from a 2000 middle school renovation that would be rolled over into a single bond. The bonds from the 2012 junior high addition are part of a Build America Bonds program that are separate from the proposed bond issue.

Lenihan said that a public forum on the proposed bond issue will be held Thursday at 7 p.m. at the Wayne Junior-Senior High School lecture hall. The information presented to the board at Monday's meeting will be presented to the public. Plans for the construction projects will be shown at the meeting, and those in attendance will have a chance to tour the locker rooms, wrestling room, shop area and other areas that would be affected by the bond issue.

### Proposed Bond Issue

Item	Amount
Junior/Senior High addition/renovation	\$10,640,000
New Preschool/Kindergarten facility	2,780,000
Locker room renovation	320,000
Shop renovation	160,000
Existing auditorium renovation	350,000
Replacement parking/paving	600,000
Design/construction contingency allowance	1,485,000
Other project expenses	1,665,000
<b>Total projected project budget</b>	<b>\$18,000,000</b>

(Data courtesy Wayne Community Schools)

### Project scope/tax levy

*(Figures are approximate)*

Amount	Tax rate	Levy impact*
\$18M bond	.167	\$167.00
Current bond	.048	\$ 48.00
Levy increase	.119**	\$119.00**

\* -- annually per \$100,000 valuation  
\*\* -- Figure is after current bond rolled in to \$18M bond  
(Data courtesy Wayne Community Schools)

## Board accepts retirements

By CLARA OSTEN  
Of The Herald

While the major item on the agenda of the Wayne Community Schools Board of Education's agenda was a facility expansion presentation, two teachers submitted resignations and a check for \$2,000 was presented to the school during Monday's meeting.

See RETIREMENTS, Page 3A

## State attorney general brings abuse information to Wayne

By MICHAEL CARNES  
Of The Herald

Child abuse and child sexual assault crimes are an ongoing problem in the state of Nebraska, and the state's Attorney General was in Wayne recently as part of a statewide training program to provide law enforcement with the tools they need to successfully investigate and prosecute these horrific crimes.

Attorney General Doug Peterson's office, working with the state's League of Municipalities, is using funds appropriated by the Legislature to conduct a series of eight training sessions across the state for area law enforcement and prosecuting attorneys who deal with child abuse and child sexual assault crimes.

Peterson, who was elected to the Attorney General position in 2014, said crimes against children has been a priority for him.

"As a prosecutor in North Platte, the toughest cases for me were those where a child was in a dysfunctional home and was being abused either physically or sexually," he said. "The big discouragement is that it hasn't changed, and when you add the technology, the Internet and other issues, it amplifies the deviance and just makes the problem worse."

More than 40 representatives of the crim-



(Courtesy photo)

inal justice system took part in the day-long program at Wayne State College. Peterson said his office has planned for each of the eight training sessions to be no more than an hour away from most law enforcement officers in the state, but the Wayne event drew officials from all over the state, from as far away as Alliance and Ashland.

"The idea of doing eight different programs was so that no law enforcement agency would have to drive more than an hour, but they came from all over because they want to get this training," Peterson said. "There are also some officers who are waiting to get in the law enforcement training academy and have a 12-month wait, but

we want to make sure they get some type of training now."

A lead prosecutor and a lead investigator conducted the program in Wayne, and those in attendance received a notebook and a DVD with information they can use to help them as they work through a child sexual assault case.

Peterson said it is of utmost importance to properly train law enforcement in investigating and prosecuting a child sexual assault because of how difficult the crime is for children to deal with.

"If a 10-year old kid is living with his or

See ABUSE, Page 4A



(Photos courtesy Tracy Keating)

### Final game ball

(top) Wayne High girls basketball coach Dave Hix is congratulated after athletic director Rocky Ruhl presented him with the game ball after Tuesday's game against Ponca. Hix is retiring after 27 years of coaching and teaching, the last 23 in his home town of Wayne. (above) He shares the game ball with his mother, Phyllis, and wife, Karla, after the game.



Peterson

(Photo by Matt Wachter)

### Boys night out

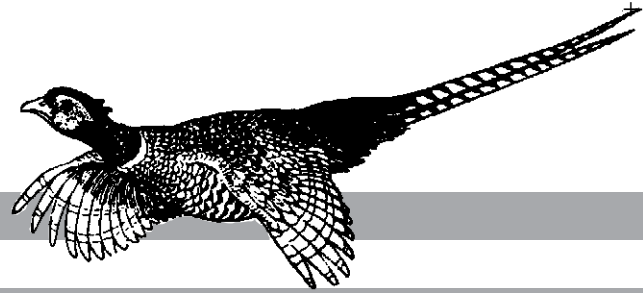
Wayne Elementary School boys partied the night away last week during the Valentine Son Dance. This year's theme was "Knights of the Castle." Hosted by the WEB group, the event attracted nearly 300 people and included the opportunity to have a photo taken and an auction. Over \$5,000 was raised during the event to support the school. Additional photos can be found on page 3A of this week's paper.





# Record

The Wayne  
Herald



## Obituaries

### Elaine Anderson

Elaine Grace (Murray) Anderson, 81, died Friday, Jan. 22, 2016.

A graveside service in Wayne is being planned for sometime next summer.

Elaine Grace (Murray) Anderson, daughter of Paul and Grace (Weldon) Murray was born Dec. 19, 1934 at Pender. She was baptized and confirmed at the Pender Methodist Church and graduated from Pender High School in 1953. She married Maurice D. Anderson on June 1, 1954 in Pender. The family lived in Wichita, Kan. and Wayne, where she was involved with Girl Scouts, Boy Scouts and also worked at Dr. Roy Matson's office. She did daycare in her home and worked at the Wayne Country Club. She loved doing crafts and for many years set up a Christmas Shop in her home to sell gift items. In her retirement years she loved to travel with family members and winter in Arizona.

Survivors include a daughter and son-in-law, Maureen and Duane Smith of Caldwell, Idaho; two sons and daughters-in-law, David Anderson and Lottie Hufford of Great Falls, Mont. and Greg and Sally Anderson of Grand Island; six grandchildren and 10 great-grandchildren.

She was preceded in death by her husband of 51 years, Maurice, in 2005; her parents; and a son, Larry Anderson.

### Harvey L. Jacobsen

Harvey LeRoy Jacobsen, 75, of Hawthorne, Nev., died Saturday, Feb. 6, 2016.

Harvey was born and raised in Laurel, and graduated from Laurel High School.

Survived by his wife, Shioko, and children, Mary Ann Jacobsen and Harvey Jacobsen Jr.; brothers Don (Oma) Jacobsen of Hartington, Dick (Toots) Jacobsen of Denver, Colo., Jim Jacobsen of Laurel, Morris Jacobsen of Laurel, Ray Jacobsen of Winside, and Mike (Cathie) Jacobsen of Sioux City, Iowa; sister-law Donna Jacobsen of Wayne; two grandchildren and many nieces and nephews.

He was preceded in death by his parents, Jens and Ingeborg (Bach) Jacobsen; sisters Shirley Keifer, twins, Judy and Julia Jacobsen and Ruby Johnson; brothers, Chris Jacobsen, Duaine Jacobsen, and Leonard Jacobsen; sisters-in-law, Betty Jacobsen, Judy Jacobsen and Vicki Jacobsen; brother-in-law, Loren Keifer; and nephew, Scott Jacobsen.

### Vernon Wittler

Vernon 'Bud' Wittler, 73, of Hoskins, died Saturday, Feb. 6, 2016 at Heritage of Bel Air in Norfolk.

Memorial services were held Wednesday, Feb. 10, 2016 at Hoskins Community Center in Hoskins. Pastor Clark Jenkinson officiated. Burial will be at a later date.

Vernon G. "Bud" Wittler was born Jan. 19, 1943 at Hoskins, to Carl and Hazel Wittler. He attended grade school at District 60 in rural Hoskins and graduated from Winside High School in 1961. He served in the United States Navy from 1961 until 1965. Later on, he moved back to Bremeron, Wash., where he worked in the naval shipyards, before moving back to Hoskins in 1999. Bud loved to work in his garden, play shuffleboard, and put puzzles together as well as watch all kinds of sports. He was the family sports commentator and politician.

Survivors include two brothers, Gerald of Hoskins and Lyle (Cookie) of Lincoln; three sisters, Carolyn (Dale) Carstens of Brandon, S.D., Norma (Bill) Marquardt of Hygiene, Colo. and Linda (Larry) Brudigan of Norfolk; several nieces and nephews.

He was preceded in death by his parents, Carl and Hazel Wittler; and a sister-in-law, Barb (Gerald) Wittler.

Arrangements were with Brockhaus-Howser-Fillmer Funeral Home in Norfolk.

### Paul Telgren

Paul Telgren, 83, of Wayne, died Friday, Feb. 5, 2016 at the Norfolk Veterans Home in Norfolk.



1951. He served two years in the United States Army, having completed basic training at Fort Leonardwood, Mo. Paul was sent to Korea in 1953, where he served his country for 15 months. He was sent back to the United States and discharged in 1954. Paul worked as a lineman for the city of Wayne for 10 years. He then worked for the postal service for the next 28 years before his retirement in 1994. Paul was a member of the Veterans of Foreign Wars, Wayne Senior Citizens Center and First United Methodist Church in Wayne. He also participated in bowling and golf leagues in Wayne.

Survivors include a son, Brad of Wayne; daughters, Paula of Denver, Colo. and Cheri of Lake Forest, Calif.; grandson, Matthew and granddaughter, Rachel both of Lincoln; sister, Kim of Oakdale; and brothers, Arden of Brookings, S.D., Joe of Mt. Pleasant, Iowa, and David of Omaha.

He was preceded in death by his wife, Vivian; parents, Joseph and Nina Telgren; and brother, Randall.

Arrangements were with Brockhaus-Harlan Funeral Home in Tilden.

## Wayne State presents 'A Touch of Brass' in concert on Feb. 21

The Wayne State College Department of Music will present "A Touch of Brass" performing its 2016 concert series "Sea Shanties" on Sunday, Feb. 21 at 2 p.m. in Ley Theatre in the Brandenburg Education Building.

"A Touch of Brass" has been an active brass quintet in Northeast Nebraska for 30 years, performing a range of repertoire from classical to jazz to modern transcriptions in a variety of settings.

Keith Krueger, the group's founder, is a WSC graduate and lives in Wakefield where he operates his family farm. Krueger performed with the Air Force bands for 10 years, and plays the trumpet in "A Touch of Brass." Other members of the quintet include David Bohnert,

trumpet, Director of Bands at WSC; Gary Reeves, horn, Professor of Music at the University of South Dakota (USD); Randy Neuharth, trombone, Director of Instrumental Music at Northeast Community College (retired); and Josh Calkin, tuba, Assistant Director of Bands at WSC.

Highlights of the concert include the "Overture to H.M.S. Pinafore" by Sir Arthur Sullivan, "Devil and the Deep Blue Sea" featuring Calkin as tuba soloist, "Beyond the Sea" as recorded by Frank Sinatra, the Beach Boy favorite "Sloop John B." and a tribute to the U.S. Navy.

For more information, please contact Dr. Calkin at (402) 375-7599 or e-mail jocalki1@wsc.edu.



## Cookies are here

At total of 392 cases of Girl Scout cookies were delivered to Our Savior Lutheran Church last week to kick off this year's Girl Scout Cookie sales. Girls Scouts will be selling the cookies through Sunday, March 6. Above, Judy Krueger helps Tami and Greg Worner sort and load the cookies for their Scout troop. In addition to the cookies delivered to the church, an additional 190 cases will be available through the Cookie Cupboard to be sold in the community. Prices for the cookies this year are \$4 per box, with the exception of gluten free cookies, which are \$5 per box.

## Rotary Potato Bake, dessert bar luncheon planned for Feb. 21

Wayne Rotary Club's Potato Bake and Dessert Bar luncheon is quickly approaching. It will be held at the Wayne City Auditorium on Sunday, Feb. 21 from 11 a.m.-1:30 p.m.

Tickets are available in advance from Rotary members and are also available to purchase at the door. Adult tickets are \$6, and children ages 8 and under can get tickets for \$3.

The menu includes baked potatoes with various toppings, along with a wide selection of pies and other desserts.

This event is the major fund raising activity by the Wayne Rotary club to use toward community service. Most of the proceeds go toward youth-related educational projects.

A \$1,000 scholarship is awarded each year to a Wayne High School senior for studies at Wayne State College. One of the primary selection criteria for this scholarship is financial need. Your contribution can make the difference in helping a local graduating senior pursue a higher education degree.

A \$500 annual scholarship is awarded to a Wayne State College student who participates in Rotaract, which is a college affiliate of the Rotary International organization. The selection criteria for this scholarship include leadership potential and community service.

More than 2,259 dictionaries have been distributed to third graders in area schools by the Wayne Rotary Club since the project started in 2007. Schools include Wayne Elementary and St. Mary's in Wayne, Allen, Emerson-Hubbard, Laurel-Concord-Coleridge, Pender, Wakefield, Winside, and Wisner-Pilger.

The Wayne Rotary club gives annual financial support to the Wayne TeamMates program. A number of Rotary members serve as mentors in this program as well.

St. Mary's Catholic Church Bake Sale will have a variety of foods available for purchase.

## Pet of the Week

This week's Pet of the Week at TenderHeart Animal Rescue is Barney. He hails from Randolph, a former resident at the bus barn. He is a young guy with lots of love and snuggles to give to anyone who will hold still long enough. This orange tabby would make a good family cat!

For more information or to adopt Barney, contact Tenderheart Rescue at (402) 369-6030.



## A Quick Look



We use newsprint with recycled fiber.

Please recycle after use.

Date	High	Low	Precip	Snow
Feb. 4	NA	NA	—	—
Feb. 5	NA	NA	—	—
Feb. 6	NA	NA	—	—
Feb. 7	NA	NA	—	—
Feb. 8	NA	NA	—	—
Feb. 9	NA	NA	—	—
Feb. 10	NA	NA	—	—

Recorded 7 a.m. for previous 24 hour period  
Precip./mo. — NA / Monthly snow — NA  
Yr./Date — NA / Seasonal snow — NA

## Chamber Coffee

WAYNE — This week's Chamber Coffee will be held Friday, Feb. 12 at Black Hills Energy's office on Centennial Road. The coffee on Friday, Feb. 19 will be held at the Elkhorn Valley Bank and Trust Community Room. It will be hosted by the Wayne County Republicans. The coffee begins at 10 a.m. and announcements at 10:15 a.m.



## White Elephant Sale

AREA — The Providence Medical Center Care Squad will be having a White Elephant Sale on Friday, Feb. 12 from 3:30-5:30 at the hospital, located at 1200 Centennial Road in Wayne. Proceeds will go to Relay For Life of Wayne County.

## Carroll UMC Fish Fry

CARROLL — The Carroll United Methodist Church will hold their annual Fish Fry events on Fridays during Lent from 5:30-8:30 p.m. at the Carroll Auditorium. Fish, macaroni salad, dinner roll, dessert, coffee and tea will be served. All proceeds go to the building fund for the Carroll United Methodist Church.



(Photo by Clara Osten)

## Eighteen years and counting

Sandra Gathje (right) spoke during last week's Chamber Coffee, which was hosted by Tacos & More. She and her husband, Rick, took over the business on Feb. 1, 1998 and have added items to the 'More' side of the business while maintaining the same recipes for the taco side originally belonging to Taco del Sol.



(Photo by Clara Osten)

## ACT Standouts

Among those recognized at Monday's Honor Coffee held in conjunction with the Wayne Community Schools' Board of Education meeting were the seniors who have obtained a 30 or higher on the ACT. They include (left) Jack Tyson, Meg Osnes, Sylvia Jager and Morgan Carson. Each of the students spoke briefly during the coffee and told the audience where they plan to attend college and what they intend to study. Each month the Board of Education recognizes individual students and groups for their accomplishments both in and out of the classroom.



# Knights of the Castle



(Photos courtesy of Angie Rethwisch and Matt Wachter) Wayne Elementary Boosters (WEB) hosted a successful Valentine Son Dance on Feb 5, honoring our Knights of the Castle. A total of 291 tickets were sold, and 110 photos were taken at the photo booth. The event raised \$300 from a raffle, and made nearly \$2,800 from the silent auction. More than 40 volunteers donated food and time to the dance. Overall, the dance raised \$5,100 to support WEB activities, students, families and teachers at Wayne Elementary. WEB thanks our generous community for all of its support and donations.



(top) While they may not have dancing with their partners, the boys attending the Valentine Son Dance were having a good time. (above) This year's theme revolved around Knights of the Castle and the school was decorated accordingly. (left) Andrea and Easton Blecke take a spin on the dance floor. This is the second year for this event, which helps raise funds for various school activities.



Mandy and Maddux Heithold



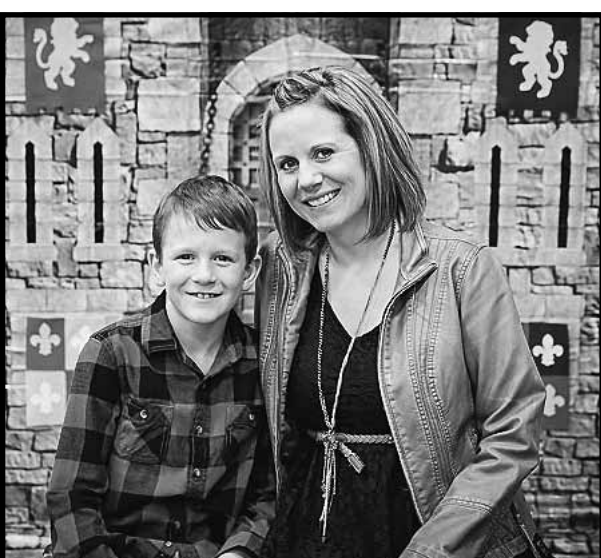
Shandi and Hunter Nolte



Denise and Carter Mostek



Kyran and Jennifer Bartos



Colson and Melissa Nelsen



Caleb and Sara Ruch



More than 90 shooters from 10 counties took part in the Sharp Shooters 4-H Club's annual Air Gun Invitational and NRA Sectionals at the Carroll Auditorium recently.

## Area shooters set their sights on shooting event in Carroll

A total of 96 shooters representing 10 counties competed in the Sharp Shooters 4-H Club's annual Air Gun Invitational and NRA Sectionals held in Carroll Jan. 30-31.

Participants entered 4-H and/or NRA BB Gun- 4 position, Sporter Air Rifle- 3 position, or Precision Air Rifle- all standing events. Some participants competed in multiple categories.

In BB Gun- 4 position, competitors shot 10 shots for score in the prone, standing, sitting and kneeling positions. In the 8 year old division earning honors from Wayne County were Alexis Frye, first place and Allen Brenner, second place. In the 9-10 year old division, Leah Perry placed ninth and Zach McManigal, 11th. In the 11-12 year old division, Aubrie Edwards finished fourth, Mikaela McManigal fifth and Jacob Anderson sixth. In the 13-15 year olds, Joshua Greunke placed first, James Simpson fifth, Ky Kenny sixth, Hunter VanHouten seventh, and Sam Perry, eighth.

The Sporter Air Rifle matches were a 60 shot format, 20 shots each from the prone, standing, and kneeling positions. There were two divisions shooters could compete in depending on age, 4-H and/or NRA OPEN. Anyone, including adults, could shoot the NRA OPEN division.



Award winners at the shoot included (front) Leah Perry, Sarah Thomson, Connor Thomson, Alexis Frye, Allen Brenner, (back) Andrew Simpson, Sam Perry, Joshua Greunke, James Simpson, Larissa Thomson and Trevor Thomson.

In 4-H Sporter 3 position Air Rifle 13-18 year old saw Andrew Simpson first, James Simpson third, Sam Perry fourth, Joshua Greunke sixth, Hunter VanHouten seventh, and Ky Kenny eighth.

In the NRA Sporter 3 position matches, Andrew Simpson captured both the Junior and Open categories.

In the Air Rifle all standing, Shooters shot all 60 shots for score from the standing position. In the 4-H division, Andrew Simpson took first with James Simpson second. In NRA Precision Junior division,

Andrew Simpson placed second with James Simpson third. NRA Open precision had Andrew Simpson place first.

The next events for the Sharp Shooters will be the Pierce County Shoot on Sunday, March 13. It will be followed closely by the Nebraska State 4-H BB Gun and Air Rifle Championships on April 2-3 in Wayne.

For more information about the 4-H Shooting Sports program please contact Darin Greunke, Leader at (402) 286-4895.

## Retirements

From Page 1A

Superintendent Mark Lenihan presented a history of the school's facilities, including the issues that led to the demolition of the Wayne Elementary School, the renovation of the former Middle School and the construction of the junior high addition at Wayne High School.

Lenihan also talked about areas of concern with the present facilities. These include the desire to have a pre-school facility on campus, the lack of space in certain areas at the elementary school and the need to modernize the current lecture hall and make it handicapped accessible and build an additional gym at the high school. The high school locker rooms are also outdated.

Several people spoke during the meeting on the expansion project proposal.

Kevin Koenig told the board that "We all care about the kids, but we need to consider all aspects (of the project) and look at how it will affect the community."

Laura Gamble said she was in favor of the expansion and has been thinking about it for a long time.

"We need to do something. The lockers are the same as when I went to school. We also need to address ADA issues. We need to start somewhere."

Roger Brandt said that while he is not against education, "\$18 million is lots of money. We need to use common sense. We need to pay off the current bond first. Most of the tax money comes from ag land. We also need to think about the people who are retired."

A public hearing has been scheduled for Thursday, Feb. 11 at 7 p.m. at the lecture hall. A tour of the building will be included in the hearing.

The board approved, with regrets, the resignations of Dave Hix, industrial technology instructor, and Lee Brogie, 7-8 science instructor. Both are retiring at the end of the 2015-2016 school year. Hix's position will remain open, but the school does not plan to hire someone to replace him at this time. Brogie's position will be filled by a shift in teachers from the elementary school to the junior high.

During Monday's meeting, high school teachers Teri Hypse, Lisa Janke, Stephanie Reynolds, Christa Dutcher and Sue Buryanek pre-

**"\$18 million is lots of money. We need to use common sense. We need to pay off the current bond first. Most of the tax money comes from ag land. We also need to think about the people who are retired."**

- Roger Brandt

Discussing \$18 million school bond issue presented at Monday's Board of Education meeting

sented information to the board on the pilot program at the school in regard to improving reading scores and creating better readers. Each of the teachers spoke on specific areas being implemented with the project, including student goal setting and improving lexile scores, which measure reading levels.

Dan Wibben, Manager of the Wayne Shopko, presented the school with a check for \$2,000. The money represents an annual promotion at the store that took place before Christmas. Lenihan told the board the money will be used for in-class technology items.

The board approved the 2016-2017 school calendar. School will

begin the week of Aug. 15 with teacher in-services and students returning to class that same week.

During the administrator portion of the meeting, it was noted that Kindergarten Round-Up will be held Friday, March 18. This date is approximately one month earlier than in the past.

The board will hold a special meeting on Wednesday, Feb. 17 at 5 p.m. for the purpose of establishing a resolution to move forward with the bond issue.

The next regular meeting of the board will be Monday, March 14 at 5 p.m. in the junior-senior high school.

## The Wayne Herald

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(Photo by Clara Osten)

## Shopko helps out Wayne school

Dan Wibben, manager of the Wayne Shopko (right) presented a check for \$2,000 to the Wayne Community Schools through the store's "Help Us Give Back" program conducted in December. Accepting the check are (left) Superintendent Mark Lenihan and Lindsay McLaughlin, Director of the Wayne Community Schools Foundation.

## Abuse

From Page 1A

her mom and she has a boyfriend living in the house and the boyfriend is abusing the mom or the kids, and the kids summon the courage to report it, we've got an important duty to make sure that when that kid shows the courage to come forward, that we are as thorough and complete as possible in doing a very good investigation to make sure we can get a conviction and the assaulter pays the price," he said. "We're trying to make sure everyone has that type of training."

Getting children to speak up about the crime is important, because many times the child's attacker is somebody the child knows.

"When these children are abused, it's typically by people they know, from family members to a known acquaintance," he said. "You can't put words on how disgusting it is, so it's important for me to prosecute it."

Peterson said that there has been

an increase in the number of Internet-related crimes, particularly in the area of child pornography.

"It's really a depressing part of our office," he said. "We're constantly monitoring this industry, and it's a sickness that I don't see going away so we have to go at it aggressively. You almost want to install a shower in that part of our office at the end of the day because it's so sickening. Where does the mind go to get there?"

Another area Peterson said his office is focusing on is in human trafficking, particularly sex trafficking of young children. Girls, and some boys, between the ages of 14-17 are prime targets for traffickers, and Peterson said the problem isn't limited to high-traffic regions like the Interstate 80 corridor.

"We have communities of less than 10,000, and even some less than 5,000, where we've had human trafficking cases," he said. "The U.S. Attorney's office has a strong

federal law and typically engages in cases along the Interstate, but with the new laws we have here, we can pursue a smaller case that might happen in a small community such as this one. It's a sick business, because it takes the dignity of these young people and completely turns them into a commodity, and trafficking is becoming attractive to the criminal element."

Peterson said his office is aggressively pursuing crimes against children, and hopes these training sessions will help local law enforcement successfully investigate and prosecute these crimes.

"(Law enforcement) just needs to get on the phone with us, whether it's a county attorney or a law enforcement agency," Peterson said. "We'll get someone there as fast as possible to help them. We have two lawyers completely designated for child abuse and child sexual assault cases. Unfortunately, those guys are very busy."



(Photo by Michael Carnes)

Representatives from more than eight regional agencies were in Wayne Monday for an organizational meeting for COAD (Community Organizations Active in Disasters) at the Wayne Fire Hall.

# New COAD organized to assist in disaster efforts

By MICHAEL CARNES  
Of The Herald

Having an established network of disaster-related assistance to help Wayne respond to the aftermath of the Oct. 4, 2013 tornado is something Wayne city administrator Lowell Johnson wished was in place.

"We really did start from scratch on that, because nobody had any experience for a decade or more in dealing with the kind of disaster that was thrust on us," he said. "There's always chaos in a disaster, and the chaos could have been organized sooner if we'd had something in place."

On Monday, more than 30 people representing area hospitals, emergency managers and public health departments in the region met at the Wayne Fire Hall to begin the process of organizing a Community Organizations Active in Disasters (COAD) group that will serve an eight-county region in Northeast Nebraska that can help communities like Wayne, Wakefield, Pilger and Coleridge - all of whom were affected by devastating tornadoes in 2013 and 2014 - better respond to area needs and assist in recovery efforts after a major disaster.

Rev. Mark Martin, regional manager of World Renew Disaster Response Services, helped organize Monday's meeting, and said that putting a COAD together can help a region more quickly and effectively respond to the needs of those who are impacted by a major disaster.

"The purpose of a COAD in any area is to bring together the people

and the resources that would be used at the time of a disaster, both for response and recovery," he said. "If you have a good COAD when the disaster hits, it can move quicker into being a long-term recovery group and the people are there and the relationships are already in place."

Rev. Martin and his wife, Carol, were in Pilger shortly after the 2014 tornado struck there, and they were asked by Nebraska's volunteer disaster group to help start such a long-term recovery group for this part of the state. A meeting last summer in Norfolk, followed by a meeting more recently here in Wayne, sparked the formation of the group that was put together at Monday's meeting.

"I was very pleased with how this meeting went," Martin said. "There were a great group of folks here who are invested in dealing with disasters and we had more than enough to help get a steering committee formed, so I think they'll definitely be off and running and we'll continue to help them out."

Wayne County Emergency Manager Nic Kennitz said that the creation of such a group and building a network is something he learned from his experience in helping to coordinate recovery efforts in the aftermath of storms in Wayne, Pilger and Wakefield.

"We learned that you need a lot of help from everybody. It takes a community and a county and even a state to help recover from disasters like the ones we had," he said. "We established long-term recovery teams after those disasters, and this will be a continuation of that

and be the next step in the process." Johnson said Monday's meeting was a good step forward in the effort to make sure a community is ready in the event another disaster occurs down the road.

"There is so much information in the first hours after a disaster that you need to know, and there needs to be a structure set up so that you can sort through the information," he said. "In our tornado, as it is in any disaster, lifesaving and rescue is the first priority until you find everybody, and then it moves toward property recovery. Our tornado was more of a property recovery, while Pilger's had a loss of life that they had to deal with before the recovery. Every disaster is different, but the structure needs to be in place so we can know who to pick up the phone and contact for help."

It's something Johnson said will be important for the city of Wayne to be involved in on a long-term basis.

"I see Wayne being a long-term part of this, because we have some responsibility to have a plan in place in the event of a disaster," he said. "Nebraska Emergency Management has encouraged us to keep the knowledge and experience that we have in place from the recent tornadoes in the area so that, if there's another disaster, we don't have to start from scratch. We can have the organizational structure already in place."

The steering committee that was put together will construct bylaws for the group and they are expected to have an organizational meeting later on this year.



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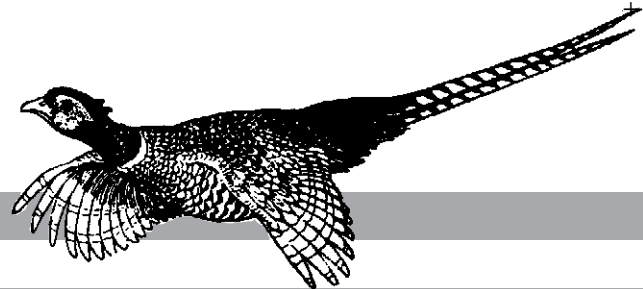
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# Sports

## From The Bleachers

Michael Carnes



### Next match is all that matters now

The next game. The next battle. The next matchup. Coaches who are the most successful from a win-loss perspective have a pretty good grasp on the here and now when it comes to their teams' victories and defeats. When it comes to focus, keeping it on the NEXT contest is one of the tougher challenges a coach has to deal with in preparing his team on a game-by-game basis.

It's really easy for an athlete to look ahead and see a big event coming down the road. That big matchup with the school's biggest rival is coming up, but it's two weeks away and there are 3-4 events going on in between that they need to focus on.

On the wrestling mat, there isn't a lot of wiggle room when it comes to looking ahead. Your next opponent is right there in front of you and you must attack that situation and put all your focus on what you are doing, what your opponent is doing and what the situation is in the match. There's no time to think about anything else.

Like every other sport, wrestling's ultimate destination is the state tournament. The 2016 Nebraska State Wrestling Championships kick off next Thursday in Omaha, and our four area wrestling teams have been working hard to prepare themselves for the opportunity to take part in that 896-man festival of physical domination.

There is but one thing standing in the way of our area wrestlers and a three-day weekend in Omaha - this weekend's district tournaments. A top-four finish this weekend will guarantee a spot in one of the 56 16-man brackets set up at the Century Link Center. Anything less than that - and the season is over.

A lot can happen during the two-day district tournaments. Upsets can take place. Injuries can pop up. Infections can ruin a chance at glory. There are even self-destructive events like not making weight that throw a monkey wrench in the hopes and dreams of wrestlers all over the state. One never knows what awaits a wrestler as he prepares to take on the challenges that stand between him (or her) and a spot in the state tournament.

After watching all four teams, I think I've got a pretty good guess on how many each team will qualify for state. While I hope all four teams send every kid who competes, here's who I think have the best shots for making it to "The CLink" next week:

**Wayne** - The Blue Devils have 4-5 very good shots and a couple that could slip in under the radar.

Schuyler Schweers, Cole Koenig and Gage Schultz all made it to Omaha last year. Schweers has been solid all year at 195 and should make it to the show, while Koenig has had some ups and downs but has wrestled well at the end of the year and looks to be in good shape. I enjoy watching Schultz more than any other member of the Blue Devil team, because he's aggressive from the word go and creates a lot of excitement on the mat. If he's fully focused on what he's doing in the circle, he will be a very tough out for anybody who goes up against him at districts and state.

Two other wrestlers who have established themselves as good bets are the two big fellas, Mikey Reyes and Hunter Jorgensen. Both were pretty raw talents when they came on to the varsity last year, and being young heavyweights often put them at a disadvantage from an experience perspective. Both have gotten a lot stronger and a lot smarter, however, and I look for both of them to make it as well.

After that, Wayne has some outside shots with Cameron Muhs and Jorge Vergara, which would give Wayne seven qualifiers, the most they've had in quite a while. The addition of Winnebago to the wrestling community moved perennial

See NEXT MATCH, Page 2B



(Photo by Michael Carnes)

Kelsey Boyer puts up a 3-pointer for Wayne during action in the Mid State Conference tournament. The Blue Devils finished fourth in the tournament.

## Blue Devils girls settle for fourth in conference

The Wayne High girls posted a fourth-place finish in a very tough Mid State Conference tournament, losing to a pair of the top teams in all of Class C.

In Thursday's semifinals, the Blue Devils played a very lackluster game against top-seeded Guardian Angels Central Catholic, and the Lady Bluejays had no problem advancing to the tournament finals, dispatching Wayne in a 62-27 blowout that was very disappointing to coach Dave Hix.

"I couldn't call this a game, since we didn't even give an effort towards it," he said. "As a coaching staff, we were very disappointed in the effort. It seemed as though we had no pride and desire to even be there, and hopefully the girls learned from this debacle."

The Bluejays got out to a 19-6 lead after one quarter and dominated the game to the point where Hix pulled his starting five for a few minutes in the second quarter and engaged them in a passionate discussion on the bench while the re-

serves played on.

"When you have to pull your top five because of a lack of effort, that's not a good thing," he said. "We'll regroup and move on for the next challenge."

That challenge came on Saturday in the consolation game, and the Blue Devils put forth a much better effort and gave defending Class C-1 champion Pierce all it could handle before the Bluejays managed a 49-40 win.

"It was a lot closer game than the final score," Hix said. "We were down two late and had a good look at a 3-pointer, but it just didn't fall."

The Blue Devils played much better on Saturday and got a game-high 20 points from Kylie Hammer, while Kelsey Boyer added 13 points.

"Kylie played with a lot of aggression and attacked the middle and hit some key shots on the outside," Hix said. "Kelsey hit double figures and she was 8-for-8 at the charity stripe."

On Tuesday, the Blue Devils played an exciting game with Pon-

ca on Parents Night, winning their home finale with a come-from-behind 78-70 win over the Indians.

Ponca carried a seven-point lead into the fourth quarter, but the Blue Devils exploded for 31 points in the final stanza and finished off the exciting comeback.

"Never give up," Hix said. "That's one thing we didn't do was give up. We were down 12 in the fourth and had to dig and fight our way back. I don't think I've seen a team work as hard as this team did to overcome that deficit. I couldn't be more proud."

The Blue Devils took the lead on a Boyer 3-pointer to make it 69-68, then hit 9-of-12 from the foul line to close out the game.

"Our seniors played with a lot of emotion, and Tarah and Danica played their hearts out and didn't want to lose their last home game," Hix said. "What an effort by the whole team."

Hammer finished with 22 points, nine rebounds and three assists to

See BLUE DEVILS, Page 2B

## Wildcats split on road, key player is out

### Broken ankle sidelines Ballinger for rest of season

The road was very unkind to the Wayne State women's basketball team, as a key player went down with a season-ending injury during last weekend's two-game split

On Friday, sophomore forward Paige Ballinger went down with a broken ankle in the third period, and MSU Moorhead scored the game's final eight points after Wayne State took a rare lead late in the game to post a 67-59 win at Nemzek Fieldhouse in Moorhead, Minn.

Wayne State led early, but MSU Moorhead responded with an 11-0 run to take a 15-7 advantage. They led by as many as nine for much of the first half before the Wildcats cut it to five at the half, 27-22.

The Wildcats used baskets by Maggie Schulte and Kacie O'Connor to start the third quarter, getting Wayne State within one at 27-26 at the 7:41 mark of the third quarter. But MSU Moorhead scored 11 of the next 13 points to take their biggest lead of the game at 38-28 following a Heather Strese layup with 4:18 to play in the third quarter.

Wayne State countered with their own 11-2 run over the next 2:50 and was within one at 40-39 following an Anna Martensen free throw with 1:28 left in the quarter before finishing the third quarter trailing 44-42.

A Martensen three-point play with 7:59 remaining tied the score at 45-45, but MSU Moorhead's Morgan Banasik scored the next seven points in just 1:07 on a 3-pointer, jumper and two free throws, to put the Dragons in front 52-45.

Wayne State came back again, using a Schulte basket, 3-pointer and layup by Sadie Murren and a pair of Alisa Petersen free throws to take a 59-58 lead with 2:10 to play. The Dragons has the last word, though, using a pair of free throws and a 3-pointer from Banasek to take the lead for good and go on to the eight-point victory.

Martensen led Wayne State in scoring with a career-high 18 points while Sadie Murren also reached double figures with 13.

On Saturday, Maggie Schulte stepped up with the best game of her career, scoring 22 of her career-high 28 points in the second half to help Wayne State College to a 66-51 win over Northern State at Wachs Arena in Aberdeen, S.D.

Northern took an early 7-3 lead in the contest, but Wayne State scored the next 12 points while holding the

See WILDCATS, Page 2B



Ballinger

## 2016-17 Football Schedules

Wayne High		
Week 1	Columbus Scotus	Week 6
Week 2	at Boone Central/N. Grove	Week 7
Week 3	at Arlington	Week 8
Week 4	David City	Week 9
Week 5	at Madison	
(Sites switch in 2017)		
Wakefield		
Week 1	Winnebago	Week 1
Week 2	Homer	Week 2
Week 3	BYE	Week 3
Week 4	at Pender	Week 4
Week 5	at Plainview	Week 5
Week 6	Hartington-Newcastle	Week 6
Week 7	at Creighton	Week 7
Week 8	at LCC	Week 8
Week 9	Niobrara/Verdigre	Week 9
LCC		
Week 1	Randolph	Week 1
Week 2	at Wynot	Week 2
Week 3	BYE	Week 3
Week 4	Homer	Week 4
Week 5	at Niobrara/Verdigre	Week 5
Week 6	Plainview	Week 6
Week 7	at Hartington-Newcastle	Week 7
Week 8	Wakefield	Week 8
Week 9	at Creighton	Week 9
Allen		
	O'Neill St. Mary's	
	Cedar Bluffs	
	BYE	
	at Elkhorn Valley	
	Wynot	
	at Randolph	
	at Winside	
	Emerson-Hubbard	
	at Wausa	
Winside		
	at Elkhorn Valley	
	Fullerton	
	BYE	
	Scribner-Snyder	
	at Randolph	
	at Emerson-Hubbard	
	Allen	
	Wausa	
	at Wynot	

## No time to stop and enjoy new school record

### LCC senior Wolfgram sets career scoring mark

By MICHAEL CARNES  
Of The Herald

Sometimes, when a school record is broken, the action stops and the new record holder is acknowledged, presented a game ball and basks in the glow of a standing ovation.

Dillan Wolfgram wasn't afforded that luxury when he broke a 44-year old school record earlier this season - he had to get back and play some defense.

The Laurel-Concord-Coleridge standout hit the Bears' first bucket of the game in a Jan. 23 matchup against Winnebago, but there wasn't time to enjoy the moment because the Indians were quickly moving the ball back up the floor on their way to an 83-63 blowout of the Bears at Winnebago High School.

It wasn't until after the game, Wolfgram said, when he was able to acknowledge and enjoy the moment.

"I was just focused on getting back on defense," he said after his left-handed layup gave him 1,556 points, passing the mark set by 1972 Laurel High graduate George Schroeder, who scored 1,554 points. "It didn't really hit me until after the game I was talking to my teammates and my family."

Wolfgram tied the long-held school mark with his final points in a game earlier in the week against Battle Creek. Getting the first basket of the night the following night in Winnebago helped him surpass one of the longest-standing career marks in school history.

"It's been there for a lot of years, and I'm just really thankful and blessed to have passed it," Wolfgram said. "There have been a lot of really good players who have come through here, so to be able to hold that is really just a good feeling, and I couldn't have done it without my teammates, my coaches and my family."

Wolfgram actually had visions of being a football star as a young boy, but by the time he hit junior high school, the son of John and Lisa Wolfgram had been bitten by the basketball bug.

"I played rec ball in third grade, but I'd always loved football and I thought that's the sport I'd play," he said. "By seventh grade, I'd been traveling a lot more playing basketball and by that time I started thinking that maybe I could play at the next level."

Wolfgram quickly found himself as the starting point guard for the Bears during his freshman year, and the game didn't always come by him as easy and effortlessly as it looks today. Playing with a refreshing degree of reckless abandon, his raw talent would sometimes catch teammates by surprise and they didn't appear ready for some of the passes and moves Wolfgram would make.

"I had to be able to manage the game more than attack it, and as the season went on I tried to let the game come to me more, and that really helped out a lot," he said. "When you're a freshman playing at that level, you definitely have to step up to the plate."

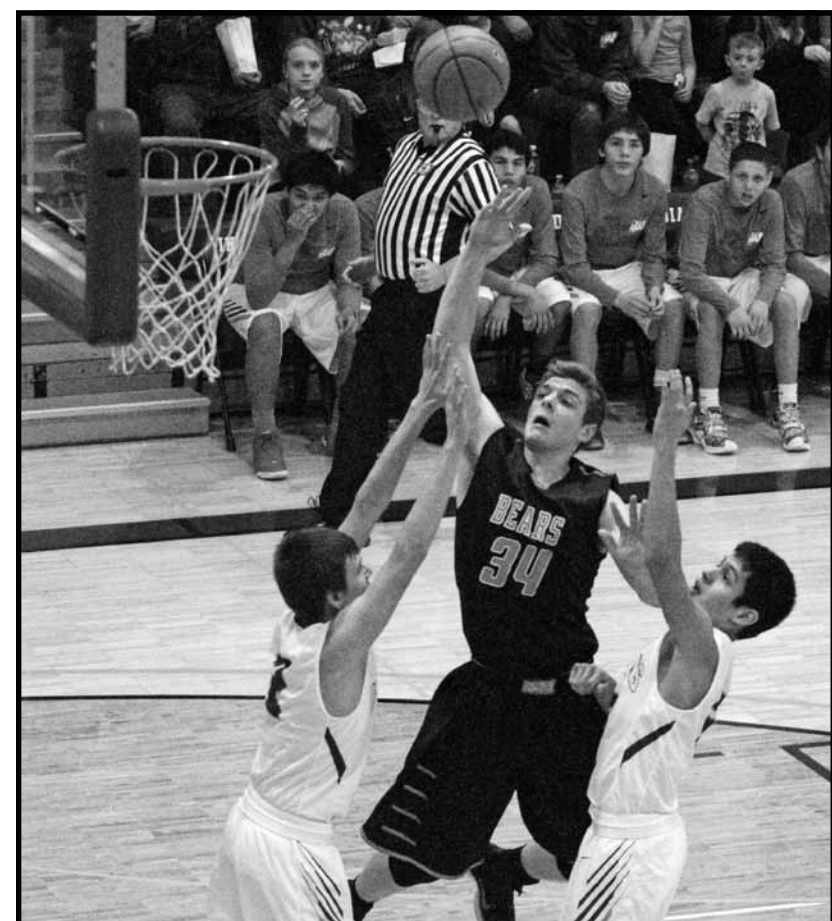
Wolfgram refined his game, though, using two time-honored tools - practice and playing with and against tough competition in the offseason.

"I played with the Nebraska Bison for a couple of years and also played with a team in Sioux City, and playing with those different teams really helped me out," he said.

Wolfgram said he noticed changes beginning with his sophomore year.

"When you're a freshman at this level, it's so much of a faster pace than what you're used to, so going from that freshman to sophomore year was a huge jump," he

See NEXT MATCH, Page 2B



(Photo by Michael Carnes)

LCC senior Dillan Wolfgram recently broke the school's career scoring record. The senior guard passed Laurel High alum George Schroeder's 44-year old record of 1,554 points in this matchup against Winnebago.



2B The Wayne Herald – Thursday, February 11, 2016

# Wakefield boys fall to Winnebago

The Wakefield boys basketball team got behind early against top-ranked Winnebago and couldn't catch up as the Indians routed the Trojans 79-44 in action Tuesday at Wakefield High School.

The visiting Indians shot 48 percent from the field in the game,

while the Trojans hit 38 percent from the floor.

Jose Sanchez led a balanced Trojan attack with 12 points, Edgar Godinez added nine and Parker Lehmkuhl put in eight points. Lehmkuhl and Solomon Peitz each had seven rebounds and Lehmkuhl had four

steals.

Winnebago 79, Wakefield 44				
Wakefield	10	10	8	16
Winnebago	22	11	22	24

WAKEFIELD – Jo. Sanchez 12, Godinez 9, Lehmkuhl 8, Peitz 7, Camarena 5, Lamprecht 2, Nuno 1.

WINNEBAGO – Scoring not available.

## Blue Devils

**From Page 1B**  
lead the Blue Devils. Boyer added 16 points and three steals, Stegemann had 13 points, seven rebounds and four assists; Morgan Keating put in 10 points, Schaefer had nine points and nine rebounds and Jamie Gamble came off the bench to score six.

Seedings for subdistrict play will be announced on Thursday. Wayne

is expected to play Norfolk Catholic in the first round of subdistricts on Tuesday at Norfolk High School. Check mywaynews.com for updated subdistrict information.

**Guardian Angels CC 62, Wayne 27**

Wayne	6	9	5	7	-	27
GACC	19	14	16	13	-	62

WAYNE – Boyer 6, Keating 2, Schaefer 4, Gamble 7, Hammer 8.

GACC – Scoring not available.

**Pierce 49, Wayne 40**

Wayne	7	14	7	12	-	40
Pierce	13	10	12	14	-	49

WAYNE – Boyer 13, Keating 1, Stegemann 2, Schaefer 4, Hammer 20.

PIERCE – Scoring not available.

**Wayne 78, Ponca 70**

Wayne	20	14	13	31	-	78
Ponca	14	22	18	16	-	70

WAYNE – Boyer 16, Keating 10, Stegemann 13, Schaefer 9, Meyer 2, Gamble 6, Hammer 22.

PONCA – Scoring not available.

## Wildcats

**From Page 1B**  
Wolves without a point for 7:20 to take a 15-7 first quarter lead before finishing the quarter with a 17-9 advantage.

Wayne State then went cold from the field in the second quarter, making just 2 of 12 shots, as the Wolves rallied for a 25-24 lead at intermission.

Schulte took over from there.

After Taylor Reiner opened the second half with Wayne State's first basket, Schulte reeled off 12 straight points for the Wildcats with a pair of 3-pointers and three jumpers.

A Sadie Murren 3-pointer with 1:36 to play in the third quarter put Wayne State up by 10 at 44-34, but Northern chipped away at the Wildcat lead and was within one at 50-49 with 5:43 to play.

Leading 54-51, Wayne State held Northern scoreless the last 3:41 of the game and sealed the win by going 10-for-10 from the foul line in the final 77 seconds of the game.

Schulte made 10 of 19 shots from the field and was a perfect 6 of 6 from the line in scoring her career-high 28 points with 22 coming in the second half. Senior guard Sadie Murren also reached double digits

with 12 points. The Wildcats (14-9, 11-7 NSIC) will be on the road again next weekend, visiting Sioux Falls Friday night at 6 p.m. and Southwest Minnesota Saturday in a 5 p.m. contest.

**MSU Moorhead 67, Wayne State 59**

Wayne State	11	11	20	17	-	59
MSU Moorhead	17	10	17	23	-	67

WAYNE STATE – Martensen 5-7 8-12 18, Murren 5-11 1-2 13, Moore 1-4 0-0 3, Schulte 3-11 1-2 7, Ballinger 2-5 1-2 5, Lowe 0-2 0-0 0, O'Connor 3-8 1-2 7, Bretol 0-0 0-0 0, Peterson 2-5 2-2 6, Reiner 0-5 0-0 0. Totals 21-58 14-22 59.

MSU MOORHEAD – Thorson 2-12 6-6 10, Banasik 7-14 6-6 23, VanWyhe 2-2 0-0 5, Handevit 1-10 0-0 2, Stresse 9-14 3-4 21, Hart 1-4 0-0 2, Volkert 0-2 0-0 0, Salegher 0-0 0-0 0, Sannes 1-8 2-2 4. Totals 23-66 4-13 67.

Three-point shots: WSC 3-11 (Murren 2-4, Moore 1-4, Schulte 0-2, O'Connor 0-1), MSUM 4-13 (Thorson 0-3, Banasik 3-6, VanWyhe 1-1, Handevit 0-1, Volkert 0-1, Sannes 0-1). Rebounds: WSC 39 (Schulte, Peterson 7), MSUM 48 (Stresse 10). Assists: WSC 8 (Moore 3), MSUM 8 (VanWyhe 3). Team fouls: WSC 17, MSUM 21.

**Wayne State 66, Northern State 51**

Wayne State	17	7	20	22	-	66
Northern State	9	16	14	12	-	51

WAYNE STATE – Martensen 4-5 1-4 9, Schulte 10-19 6-6 28, Reiner 3-5 2-2 8, Murren 2-8 6-6 12, Moore 0-5 2-2 2, Lowe 0-2 0-0 0, O'Connor 1-3 2-2 5, Bretol 0-0 0-0 0, Peterson 0-1 2-2 2, Larson 0-0 0-0 0. Totals 20-48 21-24 66.

NORTHERN ST. – Conrad 7-19 0-0 15, Deadrick 5-12 1-3 11, Waytashek 2-10 0-0 6, Brecke 1-8 1-2 4, Crosswait 2-4 0-0 4, Laimer 0-2 0-0 0, Tappe 1-2 0-0 2, Ristau 4-10 1-1 9. Totals 22-67 3-6 51.

Three-point shots: WSC 5-16 (Schulte 2-5, Murren 2-4, Moore 0-4, O'Connor 1-3), NSU 4-13 (Conrad 1-2, Waytashek 2-6, Brecke 1-3, Laimer 0-2). Rebounds: WSC 39 (Schulte, Peterson 7), NSU 37 (Deadrick 13). Assists: WSC 11 (Murren, Moore 3), NSU 16 (Conrad 4). Team fouls: WSC 16, NSU 18.

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City League	Week #21 1/19/16		
Ghost Team	16.0	4.0	
El Pollo Loco	14.0	6.0	
Mikey's	12.0	8.0	
Tom's Body Shop	11.5	8.5	
Wayne Country Club	11.0	9.0	
Bryan's Plumbing	10.0	10.0	
Big Red Country	9.0	11.0	
Michael's Foods	8.5	11.5	
Vet's Club	4.0	16.0	
Half-Ton Club	4.0	16.0	

**High Team Game and Series: Mikey's, 839 and 2497. High Game and Series: Dusty Baker, 269 and 676.**

**High Scores:** Joe Clevenger 247/200/200, Jessi Jensen 22/191, Doug Rose 224/216, Darin Jensen 223/223/214, Kyle Kempf 222/218, Brad Jones 222/203/201, Trevor Beza 221, Mike Bentjen 213, Dallas Hansen 209, Jim Johnson 209, Bryan Denklau 205, Dusty Baker 204/203, Jeremy Loberg 203, Joel Ankeny 200.

**High Series:** Darin Jensen 660, Joe Clevenger 647, Brad Jones 626, Kyle Kempf 618, Doug Rose 615, Jessi Jensen 583.

**Splits:** John Rebensdorf 3-10.

Hits and Misses	Week #20 1/27/16		
Gary's Food Town	15.0	5.0	
Wildcat Lanes	11.5	8.5	
Deerfield Ghost	10.5	9.5	

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(Photo by Michael Carnes)

Gage Schultz was one of four Wayne High wrestlers to earn runner-up honors in the Mid State Conference wrestling tournament Saturday in Norfolk.

# Blue Devils take fourth in MSC; B-2 district tourney is on deck

NORFOLK – The Wayne High wrestling team entered the postseason on a pretty good note, finishing fourth and earning seven individual medals in the Mid State Conference tournament Saturday at Norfolk Catholic High School.

The Blue Devils finished a solid fourth in the nine-team tournament, trailing champion Battle Creek, O'Neill and Boone Central/Newman Grove.

Four of Wayne's seven medalists were in the finals, but all four came up short. Three Blue Devils were defeated by Battle Creek wrestlers, with Cameron Muhs (106), Schuyler Schweers (195) and Hunter Jorgensen (285) all suffering losses by pin. Gage Schultz finished second at 120, losing on a decision.

Cole Koenig (182) and Mikey Reyes (220) both came through the consolation bracket and finished the day as consolation champions. Koenig won a tough 1-0 decision to take third, while Reyes got a win by pin to take consolation honors.

Brandon Wacker, wrestling as a JV at 120 pounds, also earned a medal, finishing fourth.

The Wayne High wrestlers will compete in the B-2 district tournament at West Point-Beemer High



(Photo by Michael Carnes)

Hunter Jorgensen finished second in the 285-pound weight class at the Mid State Conference meet.

School on Friday and Saturday. The top four wrestlers in each class qualify for the state tournament in Omaha Feb. 18-20.

**Mid State Conference Team Standings**

Battle Creek	223
O'Neill	190
Boone Central/Newman Grove	126
Wayne	110.5
Crofton	96
Pierce	90
Norfolk Catholic	89
Guardian Angels CC	26
Harrington CC	21

**Wayne Medalists**

106:	1. Caydon McCracken, BC, pinned
195:	1. Jaden Ziemba, BC, dec. Gage Schultz, Wayne, 9-2;
220:	3. Christian Peterson, O'Neill, dec. Brandon Wacker, Wayne, 13-6.
285:	3. Cole Koenig, Wayne, dec. Spencer Bode, BC, 1-0.
195:	1. Jan-lou de Jager, BC, pinned Schuyler Schweers, Wayne, 1-27.
220:	3. Mike Reyes, Wayne, pinned Caleb Beckenhauer, BC, 2-14.
285:	1. Isaac Sullivan, BC/NG, pinned Hunter Jorgensen, Wayne, 1-40.

## Next Match

**From Page 1B**  
power Omaha Skutt out of the B-2 district, and that opens up the entire district for the rest of the field to get more kids in than they might otherwise. Wayne has a chance to benefit from this as much as any other team in the district, so we'll see how it shakes out, but I'm going to go with the seven mentioned above, with Schweers, Schultz and Reyes my best bets for bringing home a medal.

**Wakefield** – The Trojans have been solid in the upper weights, and I think that's where they will be seen in the state tournament this year with a trio of big fellows competing.

Cody Thomas, Efen Godinez and David Olvera have all been ranked at some point this season by the NSWCA, and all three have very good shots at qualifying in what will be a very entertaining C-2 district at North Bend. Thomas' brother was a two-time state finalist for Wakefield and is part of a co-operative between Wakefield and Allen, and I think the Eagle-turned-Trojan has a very good shot at earning a medal. Wakefield's lighter wrestlers are probably a year away from being state tournament material, but an upset here or there could sneak another Wakefield kid in the show. Look for Wakefield to send three to Omaha, with Thomas your best bet for a medal.

LCC – The Bears have been pretty thin in numbers this season, but Billy Barelman and Nolan Casey have both been consistent winners for coach Don Maxwell, and I think that, barring injury or some other unforeseen circumstance, both will not only qualify for state, but could go as district champions.

Both have been ranked in the NSWCA this year, and Barelman owns the school's career win record. If either wins their district, they'll be in good shape for a potential state medal. Don't bet against either one making

it to the medal stand – they will likely be LCC's only two qualifiers out of a very tough D-2 district meet in Tilden.

**Winside** – Death, taxes and Winside in the Class D top 10. These are the only three consistencies in life, and the Wildcats making the top 10 has been about as regular as the sun rising in the east. Paul Sok once again has a load of talent that will make the Wildcats a player in the Class D race, and if they can win districts again, they'll extend their season a week with a trip to the state duals tournament. The D-2 district is loaded, but Winside will be very competitive in a lot of weights. Marcos Escalera has a state championship on his resume and looks to be at a level that will take him deep into the 132-pound bracket. He and 220-pounder Corey Shoff have been rated almost all year in the NSWCA rankings, and it wouldn't surprise me to see both in the Walk of Champions for Saturday's finals.

The Wildcats also have some pretty good options up and down the lineup. Koby Ellis, Zach Morris, Sean Mann, Mason King, Isaiah Muhs, Colby Erickson, Hayden King, Jon Escalante and Chase Magwire all have good shots at making the top four in their respective weight classes. In that best-case scenario, that gives Winside 11 qualifiers and makes them a good bet to challenge perennial powerhouse Amherst for the team title.

I'd like to see the Wildcats hit double digits, but with as tough as the D-2 district is (five of the top six teams in the state will compete here), I'm going to be safe and predict the Wildcats will have eight qualifiers – Escalera, Shoff and any six of the remaining nine mentioned here.

The next step toward the ultimate destination starts Friday – good luck to all the area wrestlers.

## Wayne State Coaches Show

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mywaynews.com's Michael Carnes sits down each week to talk to Wayne State coaches about their teams' efforts throughout the 2015-16 season. We'll recap the previous week's games and talk about upcoming opponents.





(Photo by Michael Carnes)

Allen's Garrett Brentlinger looks for an opening as he tries to drive past Winside's Brandon Watters during Tuesday's matchup at Allen High School. The Wildcats posted a 50-27 win over the Eagles.

## Allen girls, Winside boys claim wins in area matchup

ALLEN - The Winside boys picked up their second win of the year while the Allen girls came away with a win over the Winside girls in an inter-area showdown between the two schools Tuesday at Allen High School.

The Winside boys, who had ended a 77-game losing streak earlier in the season, ended a much shorter losing skid on Tuesday, frustrating the Allen offense and putting the brakes on an eight-game slide to post a 50-27 win over the Eagles.

Winside got off to a 9-0 run early in the game, with Dylan Brogren scoring five of those points early in the contest. Garrett Brentlinger put the Eagles on the board midway through the first with the first of five 3-pointers the Allen boys made in the first half.

Taylor Kumm hit back-to-back threes to draw Allen within 10 at 21-11 with 3:39 to go in the half, and threes by Kumm and Chase

Johnson later in the half got Allen as close as they would get, trailing 23-17.

Keith Mundil's buzzer-beating shot gave Winside an eight-point advantage, and they carried that momentum into the third period, limiting the Eagles to a late free throw and using an 11-0 run to take control of the game.

Brogren led all scorers in the win with 21 points while Mundil added 11. Brandon Watters, JaShaun Vyborny and Caleb Kampa each had four, and Billy Chappell, Colton Jensen and Jacob Wagner each had two.

For Allen, Kumm hit five 3-pointers and finished with 13 points to lead the Eagles' charge. Johnson added six points, Brentlinger put in three and Austin Crom had two.

The Allen girls raced to a 15-0 lead early in the game and never led by fewer than seven after that. The Lady Eagles got out to the big lead

before back-to-back baskets by Ellie Jaeger and Alex Bargstadt made it 15-4 after one period.

Winside cut the deficit in the second pointer, limiting Allen to a 3-pointer by Lexi Oswald to get the game within seven points at the half, 18-11. Allen responded with a 9-0 run to start the third, highlighted by another Oswald trifecta and baskets by Gabby Sullivan, Mariah Keiser and Bri Hingst, to reclaim the momentum and go on to the 15-point triumph.

Sullivan led all scorers with 12 points, Hingst added seven and Oswald put in six. Also scoring were

**See ALLEN-WINSIDE, Page 4B**



(Photos by Michael Carnes)

There were a lot of battles for loose balls during the girls matchup between Allen and Winside on Tuesday at Allen High School. (left) Allen's Madisen Schneiders is tied up by Winside's Ellie Jaeger. (above) Winside's Kelly Tweedy tries to keep the ball away from Allen's Gabby Sullivan.



(Photo by Michael Carnes)

Winside's Sean Mann battles an Elkhorn Valley wrestler during Friday's Cyclone Invitational in Clearwater.

## Winside takes Cyclone Invite in final pre-district tuneup

CLEARWATER - The Winside wrestling team stumbled down the stretch, but had just enough to come away with first-place honors in the Cyclone Invitational on Friday.

The Wildcats had seven wrestlers in the finals, but only came away with two titles. Marcos Escalera won the 132-pound title with a 6-3 decision over Ryan Molacek of Howells-Dodge, while Cory Schoff gutted out a 1-0 decision over Seth Wentworth of West Holt in the 220-pound finals.

The Wildcats had to hold off an Elkhorn Valley team that won six individual titles and finished 12 points behind the Wildcats.

Runner-ups for Winside included Koby Ellis (106), Seth Mann (120), Colby Erickson (126), Isaiah Muhs (152) and Hayden King (182). Thirds were earned by Zachary Morris (145) and Jon Escalante

(195), while Mason King was fourth at 113 pounds.

It's the final regular-season action for Winside, as they will travel to Tilden next Friday and Saturday for the D-2 district tournament at Elkhorn Valley High School in Tilden.

**Cyclone Invitational Team Standings**

Winside 179, Elkhorn Valley 167, West Holt 118.5, Clearwater/Orchard 95, Plainview 92.5, Howells-Dodge 75, West Point-Beemer JV 55.5, Osmond 52, St. Mary's 49, Fullerton 38, Niobrara/Verdigris 25, Lutheran High Northeast 21, Elgin Public/Pope John 18, North Central 18, Riverside 0.

- Winside Medalists**
- 106: 1. Dillon Steward, EV, maj. dec. Koby Ellis, Winside, 8-0.
  - 113: 3. Cole Laible, WH, pinned Mason King, Winside, 4:53.
  - 120: 1. Darren Steward, EV, pinned Sean Mann, Winside, 4:39.
  - 126: 1. Christian Miller, Plainview, tech. fall Colby Erickson, Winside, 15-0.
  - 132: 1. Marcos Escalera, Winside, dec. Ryan Molacek, H-D, 6-3.
  - 145: 3. Zachary Morris, Winside, dec. Schuyler Sauser, Plainview, 9-6.
  - 152: 1. Quin Smith, EV, pinned Isaiah Muhs, Winside, :55.
  - 182: 1. Riley Snider, C/O, pinned Hayden King, Winside, 3:09.
  - 195: 3. Jon Escalante, Winside, pinned Tyler Palmer, NC, 1:35.
  - 220: 1. Cory Schoff, Winside, dec. Seth Wentworth, WH, 1-0.

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# Wayne boys basketball takes sixth in tourney

The Wayne boys basketball team went 2-2 in the Mid State Conference tournament last week, coming away with a sixth-place finish. After getting into the main bracket with a win in the play-in round, the Blue Devils had to wait out a weather-delayed first-round match-up with top-seeded O'Neill until Thursday. The Blue Devils gave the state-rated Eagles all they could handle, but came up short in a 43-38 decision. Grayson McBride led the Blue Devils' attack with 16 points in the losing effort, while Payten Gamble added eight points. Tyler Gilliland and Mason Lee both had four points. On Friday, the Blue Devils and Battle Creek played a tough consolation game, with the Blue Devils hitting several key free throws down the stretch for a 51-44 win over the Braves. Gamble came through with a game-high 21 points for the winners, while Gilliland added nine and McBride put in eight. In the game for fifth place on Sat-

urday, Norfolk Catholic got hot from the outside in the third quarter, hitting several three-point shots that helped them build a 15-point lead going to the fourth quarter. The Knights hung on for a 64-53 win and avenge an earlier loss to Wayne for the fifth-place trophy. Gamble had 21 points for the second straight game to lead Wayne, while McBride added 13 and Gilliland put in eight points. Wayne plays at Guardian Angels Central Catholic on Saturday in West Point.

**O'Neill 43, Wayne 38**  
Wayne 6 13 11 8 - 38  
O'Neill 8 14 13 8 - 43  
WAYNE - McBride 16, Anderson 2, Gamble 8, Gilliland 4, Kesler 2, Davie 2, Lee 4.  
O'NEILL - Appleyby 13, Young 4, Regan 15, Thramer 4, Liewer 7.

**Wayne 51, Battle Creek 44**  
Wayne 11 16 8 16 - 51  
Battle Creek 10 15 9 10 - 44  
WAYNE - Evetovich 4, Lee 2, McBride 8, Gamble 21, Gilliland 9, Kesler 2, Davie 5.  
BATTLE CREEK - Scoring not available.

**Norfolk Catholic 64, Wayne 53**  
Wayne 13 15 7 18 - 53  
Norf. Cath. 18 16 16 14 - 64  
WAYNE - Evetovich 4, McBride 13, Anderson 3, Gamble 21, Gilliland 8, Kesler 4.  
NORF. CATH. - Scoring not available.

# Hot shooting burns Wayne State men

Wayne State collided with a pair of hot-shooting teams on the road this past week, suffering a pair of losses to fall to 5-19 overall and 3-15 in NSIC action. On Friday, No. 8-ranked MSU Moorhead used 58 percent shooting to defeat Wayne State 84-72 Fat Nemzek Fieldhouse in Moorhead, Minn. The Dragons led the entire game, using 56.7 percent shooting in the first half to build a 45-32 halftime lead on the Wildcats. Wayne State kept the game close until a late run by the host Dragons to end the half. MSUM built a 23-16 lead at the midway point of the first half. The Wildcats got as close as four at 31-27 following a J.J. Zumbrennen 3-pointer with 6:18 to play, and a Vance Janssen 3-pointer pulled the Wildcats within six at 38-32 with 3:13 left before halftime. The Dragons then held Wayne State without a point the rest of the half to build the 45-32 lead at intermission, and maintained a double-digit lead in the second half, never letting Wayne State get closer than 10 points after that. Matt Thomas led three double-digit scorers for Wayne State with 18 points, followed by Janssen with 15 and senior forward David Andersen with 11.

On Saturday, Northern State used 56 percent field goal shooting and 13 3-pointers to shoot down Wayne State 86-74 at Wachs Arena in Aberdeen, S.D. The hosts jumped out to a 19-9 lead in the opening 6:30 of the contest, but Wayne State responded with a 10-2 run over the next 4:57 and got as close as two at 21-19 on a Jordan Cornelius 3-pointer with 8:33 to go in the first half. The Wolves came right back, scoring the next 10 points in just 2:32 to take a 31-19 lead. Northern State maintained a double-figure lead in the first half and held a 41-29 advantage at intermission. Wayne State got as close at 10 early in the second half at 44-34 following a Cornelius lay-up with 19:15 to play. Northern pushed the lead back up to as many as 21, but Thomas scored nine straight points in a 10-0 run to get Wayne State within 11 at 83-72 with 1:26 to go before the Wolves closed the door on any comeback effort. Thomas led four Wildcats in double figures with 19 points, followed by Adam Moon with 18. Cornelius (14) and Janssen (12) also hit double figures for WSC. Wayne State will be on the road again this weekend, playing at Sioux Falls Friday evening

at 8 p.m. and at Southwest Minnesota State Saturday in a 7 p.m. contest.

**MSU Moorhead 84, Wayne State 72**  
Wayne State 32 40 - 72  
MSU Moorhead 45 39 - 84  
WAYNE STATE - Moon 1-4 0-0 3, Janssen 6-12 0-0 15, Thomas 5-16 5-8 18, Goodwin 3-6 0-0 7, Cornelius 2-7 1-2 7, Esters 2-4 1-1 5, Zumbrennen 2-3 0-0 6, Andersen 5-8 1-1 11. Totals 26-60 8-12 72.  
MSU MOORHEAD - Songolo 3-5 2-5 10, Kretchman 5-6 1-2 13, Lien 3-6 0-0 8, Vaughan 5-11 0-1 12, Seville 7-11 9-11 23, Holt 1-3 1-2 3, Edwards 1-3 0-0 2, Ayob 4-4 0-0 11, Park 1-2 0-2 2. Totals 30-51 13-23 84.  
Three-point shots: WSC 12-22 (Moon 1-1, Janssen 3-5, Thomas 3-7, Goodwin 1-2, Cornelius 2-5, Zumbrennen 2-2), MSUM 11-22 (Songolo 2-3, Kretchman 2-3, Lien 2-4, Vaughan 2-6, Holt 0-2, Edwards 0-1, Ayob 3-3). Rebounds: WSC 31 (Moon 7), MSUM 31 (Songolo, Seville 6). Assists: WSC 16 (Janssen 4), MSUM 22 (Vaughan 10). Team fouls: WSC 19, MSUM 17.

**Northern State 86, Wayne State 74**  
Wayne State 29 45 - 74  
Northern State 41 45 - 86  
WAYNE STATE - Moon 7-11 4-6 18, Cornelius 4-10 4-4 14, Janssen 5-9 1-2 12, Thomas 7-18 4-4 19, Goodwin 1-2 0-0 2, Nagy 1-4 0-0 2, Burneika 0-0 0-0 0, Esters 0-0 4-7 4, Zumbrennen 0-0 3-4 3, Andersen 0-1 0-1 0. Totals 25-55 20-28 74.  
NORTHERN ST. - Fries 2-4 0-0 5, Evans 7-11 3-6 17, Pollard 3-3 5-7 13, Peterka 3-5 1-3 7, Warwick 6-11 1-2 18, Smith 0-2 3-4 3, Arvison 2-5 0-0 5, Pankonin 5-7 0-1 14, Schreiber 2-5 0-0 4. Totals 30-53 13-23 86.  
Three-point shots: WSC 4-15 (Cornelius 2-3, Janssen 1-2, Thomas 1-7, Nagy 0-3), NSU 13-25 (Fries 1-2, Pollard 2-2, Peterka 0-1, Warwick 5-10, Smith 0-1, Arvidson 1-3, Pankonin 4-6). Rebounds: WSC 32 (Moon 8), NSU (Four with 5). Assists: WSC 6 (Janssen, Thomas 2), NSU 19 (Peterka 6). Team fouls: WSC 21, NSU 19.

# Allen-Winside

**From Page 3B**  
Madisen Schneiders with four, Kaylen Smith and Sierra Brahmstead with three apiece and Keiser with two. Winside was led by Jaeger with six points, Callie Finn and Kelly Tweedy each had five, Bargstdd scored four and Jaydn Prince put in two.

Allen 15 3 13 6 - 37  
Winside 4 7 3 8 - 22  
ALLEN - Hingst 7, Oswald 6, Brahmstead 3, Sullivan 12, Smith 3, Keiser 2, Schneiders 4.  
WINSIDE - Finn 5, Jaeger 6, Bargstadt 4, Prince 2, Tweedy 5.

**Boys Result**  
**Winside 50, Allen 27**  
Allen 5 12 1 9 - 27  
Winside 13 12 13 12 - 50  
ALLEN - Kumm 16, Johnson 2, Brentlinger 3, Crom 2  
WINSIDE - Chappell 2, Watters 4, Brogren 21, Jensen 2, Mundil 11, Wagner 2, Vyborny 4, C. Kampa 4.

**Girls Result**  
**Allen 37, Winside 22**

# Wildcats win six events at Doane meet

Wayne State track and field athletes brought home a total of six first-place efforts from competition in the Fred Beile Classic at Doane College in Crete. On the men's side, sprinter Braxton Adams hit an NCAA provisional mark in the 60-meter dash Friday night at the UNL Frank Sevigne Invite in Lincoln, and won the 60-meter dash Saturday at the Fred Beile Classic. He hit a season-best time Friday night in 6.86 seconds for an NCAA provisional mark, then crossed the line first Saturday at Crete in 6.88 seconds after posting a 6.97 time in prelims to advance to the finals. Wayne State had three of the top nine finishers in the 3,000-meter

run as Justin Brueggemann came in second at 9:03.59, Nick Fly was right behind in third at 9:17.15 with Cortland Cassidy ninth in 9:40.84. Other top finishers for the Wildcats included Josh Spenner taking fourth in the pole vault (15-5), Robert Sullivan cleared 6-foot-5 in the high jump to tie for seventh, Clay Kramper recorded an eighth-place finish in the 200-meter dash in 23.06 seconds and Brady Metz took ninth in the triple jump (43-10 1/2). The distance medley relay team of Nick Schmit, Brandon Marker, Joey Black and Nick Fly came in third with a time of 10:49.40. Senior thrower Bryan Dunn competed Friday night in the weight throw at the Frank Sevigne Invite

in Lincoln and placed seventh overall with a top mark of 61 feet. On the women's side, Molly Kingsley and Kyndra Sturm took first place in the 3,000 meter run and weight throw, respectively, to lead the Wildcats women's team. Sturm captured first place in the weight throw Saturday with a top mark of 54-10 3/4 and also competed Friday night at the Frank Sevigne Invite in Lincoln, finishing 14th in 53-4 1/2. Kingsley led a 1-3-4 finish for Wayne State in the 3,000-meter run by crossing the line first with a time of 11:11.42. Shelby Connert was third at 11:20.48 with Andrea DeSimone right behind in fourth (11:21.77).

Other top finishers for the Wildcats included Ellen Wulf fourth in the long jump (17-0 1/2), Kelsey Dietrich came in fifth in the 60-meter hurdles (9.32), Tessa Ives was 10th in the weight throw (46-2 1/2) and Rachel Rauner took 10th in the 60-meter dash (8.16). The 1,600-meter relay team of Dietrich, Melissa Kroll, Rauner and Wulf came in second with a time of 4:07.52. The Wildcats will compete at a pair of meets this weekend, sending most athletes to the Concordia Invite in Seward on Friday afternoon with other athletes competing at the South Dakota State Invite in Brookings, S.D. Friday and Saturday.

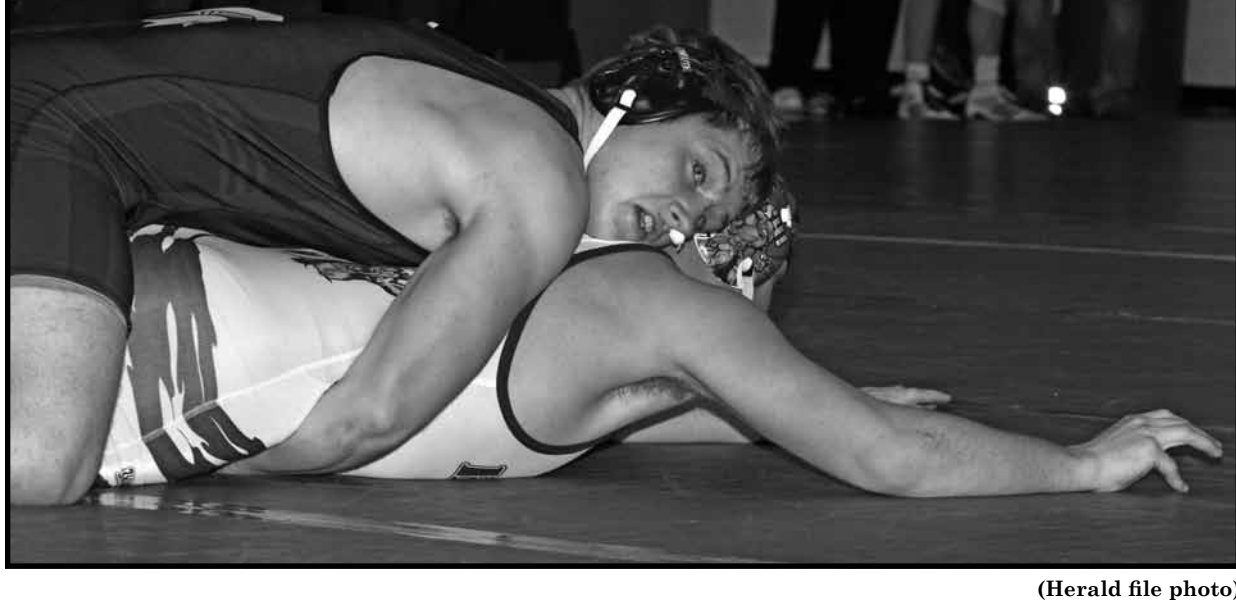
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HOME APPLIANCES



Cody Thomas and the Wakefield wrestling team will be in North Bend for the C-2 district tournament this weekend. They hosted their home tournament Saturday.

# Wakefield, LCC wrestlers tune up for districts at Wakefield Invite

WAKEFIELD - Wakefield and Laurel-Concord-Coleridge wrestlers got their final regular-season matches in Saturday at the Wakefield Invitational, combining for eight medals for the day's efforts. The host Trojans finished third in the 10-team tournament and claimed six medals. The Trojans had three champions on the day, as Cody Thomas, Efen Godinez and David Olvera won titles. Thomas got a first-period pin at 170 pounds to take top honors, Godinez won an exciting all-area matchup with LCC's Billy Barelman 8-6 to claim the 182-pound title, and Olvera earned a 4-2 decision at heavyweight to account for the championship trio. Juan Delgado (195) and Moises Barboza (220) both claimed consolation honors for the Trojans, while Charlie Lopez finished fourth at 113 pounds. Joining Barelman on the medal stand for the Bears was Nolan Casey, who came up with runner-up honors

at 195 pounds, losing on a second-period pin. Both teams will be involved in district action this weekend. Wakefield travels to North Bend for the C-2 district tournament, while LCC heads to Tilden for the D-2 tournament at Elkhorn Valley High School. The top four wrestlers in each weight class qualifies for the state tournament next week in Omaha.

**Wakefield Invitational Team Standings**  
Logan View 188, Millard South JV 184.5, Wakefield 109.5, Randolph 107, Oakland-Craig 72, Omaha South JV 69, Stanton 60.5, Ponca 53.5, Laurel-Concord-Coleridge 35, Winnebago 16.

**Area Medalists**  
113: 3. Jack Theisen, MSJV, pinned Charlie Lopez, Wakefield, 1:49. 170: 1. Cody Thomas, Wakefield, pinned Gavin Peitzmeier, MSJV, :49. 182: 1. Efen Godinez, Wakefield, dec. Billy Barelman, LCC, 8-6. 195: 1. Zach Heinke, LV, pinned Nolan Casey, LCC, 2:12; 3. Juan Delgado, Wakefield, pinned Lauren Renshaw, OSJV, :51. 220: 3. Moises Barboza, Wakefield, pinned Dalton Rath, Randolph, 3:43. 285: 1. David Olvera, Wakefield, dec. Andrew Goff, MSJV, 4-2.

(Herald file photo)

# LCC upset in L&C semifinals

The Laurel-Concord-Coleridge boys basketball team reached the semifinals of the Lewis & Clark Conference tournament before being upset by Randolph. In action Friday, the Bears overcame a fast start by the Tigers and pulled away late, posting an 80-66 win to move on to the semifinals. Four Bears finished in double figures, with Jayden Reifenrath and Dillan Wolfgram each scoring 22 points. Jordan Jansen added 20 and Mason Forsberg put in 10 points. The upset bug bit the Bears on Saturday, as a solid Randolph defense held LCC well below its season average while posting a 64-35 victory. The Cardinals limited Wolfgram to 13 points and Jansen to 14, while Reifenrath struggled offensively and was limited to two points, allowing Randolph to move on to the conference finals.

**LCC 80, Osmond 66**  
LCC 17 22 19 22 - 80  
Osmond 20 17 13 16 - 66  
LCC - Reifenrath 22, Knox 2, Jansen 20, Eddie 4, Wolfgram 22, Forsberg 10.  
OSMOND - Scoring not available.

**Randolph 64, LCC 35**  
LCC 3 9 14 9 - 35  
Randolph 14 15 24 11 - 64  
LCC - Reifenrath 2, Knox 1, Jansen 14, Eddie 2, Wolfgram 13, Forsberg 3.  
RANDOLPH - Scoring not available.

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Generally, the 19 substations and other outlying properties will be cut once per month and the office lawn in Wayne mowed once per week. Dry weather may lengthen these periods. Weed trimming around fences and sidewalks is required. Bidders must own and operate their own equipment, maintain liability insurance in the amount of \$1,000,000, workman's compensation insurance and must be responsible for all work and the safety of the job site. This work is spread over five counties. Bids may be submitted for the entire District or any portion. It should be understood that the District must be able to award work to cover the entire District and may re-bid in total if some sites are not bid. Written bids must be in the hands of Mr. Randy Gamble by noon February 25, 2016 to be considered. The Northeast Nebraska PPD reserves the right to reject any and all bids.

The Northeast Nebraska PPD is an equal opportunity employer and follows all applicable citizenship verification laws.

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# McLaughlin signs 21 recruits for 2016 WSC team

Wayne State football coach Dan McLaughlin has announced the signing of 21 student-athletes to national letters of intent and/or tender agreements for athletic scholarship to attend Wayne State College and continue their football careers with the Wildcats.

The 2016 recruiting class includes 14 high school signings and three transfers. The 14 high school signings come from 10 different states. More signings were expected later in the week, as weather-related delays were noted by the coach. "This year we really focused on improving our overall team speed and athleticism," said McLaughlin. "Of course, you don't really know until the kids get here and get out on the field, but we really feel good about the kids we are signing this year."



McLaughlin

McLaughlin added, "We wanted to bring in junior college help at each level of the defense and we did that signing a safety, linebacker and defensive tackle. We needed depth in the secondary and at receiver and we signed four wide receivers and five defensive backs who can all run. We added needed depth on the offensive line, and six commits and five linebackers should help our special teams play. And perhaps our biggest addition is Ethan Knudson, a kicker from Harlan, Iowa who is a tremendous kicker."

"We signed kids from all over the country, so it shows just how hard this coaching staff worked to find and target kids that we wanted to

add to our football team," stated McLaughlin. "I cannot give them enough credit for all of the time and effort they have expended over the past few months to secure this great class of recruits."

Wayne State's 2016 recruits include the following:

**Tristan Mills, offensive line (6-3, 230, Bellevue)**  
Earned honorable mention All-Metro Conference honors as an offensive lineman during senior season at Bellevue East. He was a two-year letterwinner in football and started one season.

**Corbin Foster, safety (6-1, 195, Omaha)**  
Foster joins older brother Kolbie, who signed with Wayne State as a linebacker one year ago. Foster was an honorable mention All-Metro Conference and Class A All-State selection during senior season after recording 49 tackles, two fumble recoveries and one interception. As a junior, he had 95 tackles (78 solo) with three interceptions and two fumble recoveries.

**Josh Taylor, linebacker (5-11, 225, Norfolk)**  
Played running back and defensive end for the Panthers during senior season, helping Norfolk High to an 8-3 record and the second round (quarterfinals) of the Class A playoffs. He earned Class A honorable mention All-State honors as a junior and senior and was an Academic All-State selection in football, track and field and basketball.

**Odessa Clark, wide receiver (6-1, 185, Sioux City, Iowa)**  
Clark played wide receiver and linebacker during senior season, helping Bishop Heelan High School to an 8-2 record and Class 3A playoff appearance. He recorded 36 catches for 444 yards (12.3 avg.) with one TD while rushing for another 173 yards on 21 rushes (8.2 avg.) and two TD's. He added 48 tackles on defense with one sack and two tackles for loss as a senior. A three-year starter in football and track and field, he served as co-captain on football team during senior season and as a junior in track and field qualified for the Drake Relays in the long jump.

**Marquise Jones, offensive line (6-3, 340, Cedar Falls, Iowa)**  
Earned All-Metro and All-District honors during senior season as an offensive lineman at Cedar Falls High School, helping team to a 6-4 record and first round of Iowa Class 4A playoffs. He was a two-year starter, earning All-Metro honorable mention honors during junior season. As a junior, he was a Class 4A State Track Meet qualifier in the shot put.

**Ethan Knudson, kicker/punter (6-4, 175, Harlan, Iowa)**  
Made 49 of 52 PAT Kicks and 10 of 12 field goals during senior season to earn Iowa News-

paper Association Class 3A First Team All-State honors, helping Harlan to an 8-2 record and Class 3A state playoff appearance. He had 49 touchbacks on 73 kickoffs as a senior while averaging 37.7 yards per punt, and was also named first-team All-District during senior season and selected to play in the Iowa Shrine Bowl Game. He finished high school career making 139 of 149 PAT kicks and 18 of 24 field goals with 76 career touchbacks on kickoffs and his career long field goal was 45 yards during senior season. He is also a two-year starter in basketball and three-year starter in soccer at Harlan High School and also excels in the classroom, earning Academic All-District and All-State honors.

**Jamal Albousafi, wide receiver (6-2, 180, Sioux Falls, S.D.)**  
Earned All-City honors at wide receiver for Roosevelt High during senior season, helping team to Class 11AAA state championship game the last two seasons. He had 35 catches for 650 yards and nine TD's as a receiver and is a three-year starter in basketball and four year-starter in track and field, placing eighth in Class AA high jump as a junior in 2015.

**Mitch Hansen, quarterback (6-0, 210, Madison, S.D.)**  
Hansen helped the Madison Bulldogs win the school's first state title last fall as a senior, going 12-0 to win the Class 11A title in South Dakota. He was named to the Argus Leader Elite 45 and South Dakota Football Coaches Association 11A All-State team after completing 107 of 191 passes for 2,073 yards and 22 TD's while rushing for another 537 yards during senior season. Hansen finished his career completing 230-of-396 passes for 3,960 yards and 41 TD's to go with 1,552 yards rushing, he was named All-Dakota 12 Conference, SDFCA All-State and Argus Leader Elite 45 during junior season as well and was an All-Conference and All-State baseball selection last summer. He helped Madison to Class 11A state runner-up finishes as a sophomore and junior in football.

**Michael Bentley, defensive line (6-1, 275, Atlanta, Ga.)**  
Was a three-year starter at Carver Early College High School in Atlanta, Ga., earning first-team All-Region 6 honors as an offensive lineman during his senior season. He averaged four pancakes and four tackles per game on defense.

**Jordan Lampkin, linebacker (6-0, 230, Las Vegas, Nev.)**

Was a two-year starter and three-year letterwinner at Sierra Vista High School in Las Vegas, Nev., where he earned second-team All-Sunset Conference honors at defensive lineman as a senior, recording 39 tackles in eight games with eight tackles for loss, three forced fumbles and one sack. He was named to All-Sunset Conference honorable mention honors as a junior, helping his team to a Division 1A

first-round playoff victory and the best record in school history.

**Jordan Leake, fullback (5-1, 215, Burnsville, Minn.)**  
Named All-District Class 6A and All-East Metro White District Conference honors during his senior season. As a fullback, he rushed for 315 yards and scored three TD's, and on defense recorded 62 tackles with 12 tackles for loss, one sack and one forced fumble. He also competed in Olympic weightlifting and track and field at Burnsville High School.

**Troyante McConico, quarterback (6-3, 195, Pinole, Calif.)**  
Was a three-year starter in football at Pinole Valley High School in California. He was an All-League first-team selection at quarterback and named Offensive Player of the Year during his senior season. As a dual threat quarterback, he rushed for 1,332 yards on 267 carries (5.0/carry) with 24 TD's while completing 113-of-192 passes for 1,575 yards and 12 touchdowns during senior season. As a junior, he combined for 2,531 yards and 29 touchdowns (1,128 rushing and 1,403 passing).

**Isaiah Otis, running back (5-9, 180, Camarillo, Calif.)**  
Rushed for 1,520 yards (126.7/game) and added another 507 yards receiving with 29 combined touchdowns during his senior season at Adolfo Camarillo High School in California. He was named All-Camino League first-team Offense, All-CIF Conference and All-CIF Southern Section First Team, helping team to a 15-1 record. He averaged 7.7 yards per carry and 13.7 yards per catch during senior season.

**Shaquille Paddy, cornerback (6-3, 185, Kissimmee, Fla.)**  
Received honorable mention All-Polk County Conference honors while leading his team in tackles during his senior season. He played football, basketball and ran track and field at Haines City High School in Kissimmee, Fla.

**Kevin Ransom, safety (6-0, 190, Port Allen, La.)**  
Was a four-year starter in football and three-year starter in baseball at Port Allen High School in Louisiana. Was selected second-team All 13-A District during his senior season in football after recording 80 tackles and 12 pass breakups. He received second-team All-District honors the last two seasons in baseball with averages of .385 in 2015 (junior) and .365 in 2014 as a sophomore.

**Willie Walton, wide receiver (5-11, 180, Homewood, Ill.)**

Was a three-year starter in football and basketball at St. Laurence High School in Illinois. He set a single-season receiving yards record during senior season with 63 catches for 1,028 yards and 11 TD's, averaging 16.3 yards per catch, and also averaged 23 yards per kickoff return with one touchdown and had 13 total TD's. As a junior at Urban Prep West HS, he ac-

cumulated 2,252 all-purpose yards with 1,184 yards rushing, 755 receiving and 29 total TD's. Walton received All-Conference honors in the Chicago Catholic League as a junior and senior, and was named Newcomer of the Year in the Chicago Catholic League as a senior. He was an All-Conference Academic honoree in football as a senior and received All-Conference honors in basketball as a junior.

**Kevin Scott, offensive line (6-5, 290, Puyallup, Wash.)**  
Was a two year starter in football and track and field at Gov. John Rogers High School in Washington. Older brother DeWayne is a sophomore starting linebacker at Wayne State.

**Emeka Etta, outside linebacker (6-0, 210, Pinole, Calif.)**  
Transferring to Wayne State from Laney College in Oakland, Calif., Etta was credited with 24 tackles in eight games during the 2015 season with two sacks and five tackles for loss (11 yds).

**Glenn Harris, safety (6-3, 195, Kansas City, Mo.)**  
Transferring to Wayne State from Chabot College in Hayward, Calif., where he played in seven games during 2015 season, helping team

to a 9-3 record. He had 18 tackles with one interception (25 yards), two breakups and one blocked kick.

**Joe Raouse, offensive line (6-7, 290, Daytona Beach, Fla.)**  
Sat out last season with a leg injury and transferred to Wayne State from Division I Weber State, where he saw action in eight games as an offensive lineman and special teams in the 2013 season. In high school, he earned All-State honors as a long snapper and first-team All-Country at offensive line for Mainland High School.

**Justin Pleasant, defensive line (6-1, 290, Salinas, Calif.)**

Transferring to Wayne State from Hartnell College in Salinas, California, where he was the team's top tackler in 2015 season with 70 tackles, helping Hartnell to a 10-1 record and bowl victory to end the season. He was credited with nine sacks for 35 yards, 16 tackles for loss for 58 yards, two forced fumbles, two pass breakups and one blocked kick to earn first-team All-CCCAA All-Region honors. Pleasant was voted Most Valuable Defensive Player at Hartnell College last season.

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## Replacing five starters tough; Wildcats' softball team ready to tee off season

The 2016 Wayne State softball team will look to replace five four-year starters as they hope to improve on last year's 34-21 mark.

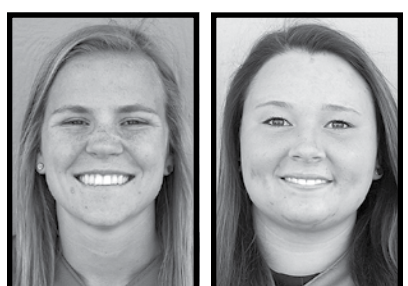


Manson

This is the second year for coach Shellie Manson, who led the Wildcats to a 18-12 record in NSIC play, good for a tie for fourth. She'll be looking to replace three starting pitchers and three of the team's top four hitters for 2015.

Last year's offense produced a school record 487 hits and tied the school record for doubles in a season with 80 while ranking second in runs scored (267) and third in batting average (.315) and runs batted in (236).

"Fortunately we return four ev-



Loos

Miller

eryday starters along with adding Morgan Hoeg, a Division I player," said Manson. "There will be some new faces in the lineup, but we are still very mature for the most part."

Top returners offensively are senior outfielder Lexie Loos and senior shortstop Sam O'Brien. Loos had an incredible junior season for the Wildcats, setting single-season school records for batting average (.467), hits (93), runs scored (53) and total bases (118) to earn Daktronics/D2CCA third-team All-American honors.

Anchoring the Wildcat infield will be senior shortstop Sam O'Brien, who hit a team-high eight home runs last season with a .311 average and 34 RBI's. She ranks second in career home runs with 25 and with a strong senior season can become the school's all-time RBI leader.

The top returner in the circle is senior Cassidy Miller, a Wayne High graduate. Last season, Miller posted an 8-4 record in 15 starts with three complete games and a 3.10 ERA. She struck out 103 batters in 83 2/3 innings and ranked fourth in the NSIC in strike outs per game (8.62) and seventh in opponent batting average (.244).

"We look for Cassidy to take over as our No. 1 starter this season," remarked Manson. "Shelby Wobken and Riley Vanderveen will work to handle the No. 2 duties along with senior Sarah Macias in relief."

The 2016 Wildcat roster features a 17-player roster with seven seniors, three juniors, four sopho-

mores and three freshmen.

"Our maturity is our best asset," added Manson. "With that comes great leadership and team chemistry. We have a very tight team this year – they support each other on and off the field."

Wayne State College was picked to finish seventh in the 2016 NSIC Preseason Softball Coaches Poll. The top three teams in this year's poll – Winona State, Augustana and Minnesota State – each qualified for the NCAA Central Regional last year, with Augustana advancing to the Super Regional championship game.

The Wildcats open the 2016 season on Friday at the Arkansas Monticello 8-State Classic in Bentonville, Ark. Wayne State will take its annual spring break trip to Florida March 6-10 and is scheduled to open the home schedule on Wednesday, March 23 against No 20 Augustana University at the Pete Chapman Softball Complex.

## Wayne native returns to WSC position

Wayne State College athletic director Mike Powicki has announced that Linda Anderson has been named Assistant Athletic Director for Internal Affairs.

Anderson, a native of Wayne, will begin her duties with WSC on March 1.

"We feel extremely fortunate to hire a professional of Linda's caliber and expertise," Powicki said. "She brings numerous years of coaching and athletics administrative experience at all levels to Wayne State College. Linda will most definitely

be an asset to Wildcat Athletics moving forward."

Anderson comes to Wayne State after serving the last eight years as Associate Director of Athletics and Senior Woman Administrator at Truman State University in Kirksville, Mo. Her duties included being the senior compliance officer for 20 sports and supervisor of six at Truman State, advisor to the Student



Anderson

Athletic Advisory Committee and oversight of game management.

Prior to Truman State, Anderson served as Director of Athletics at Maryville University in St. Louis from 2004-07, Associate Director of Athletics and Senior Woman Administrator at St. Mary's University in Winona, Minn., (1985-2004) and was interim director of women's athletics, head softball coach and

interim volleyball coach at Bemidji State University in Minnesota from 1983-85.

"I am excited about joining the athletics staff at Wayne State College and returning to my home town," stated Anderson. "The athletics leadership at Wayne State has an enthusiastic vision for Wildcat teams which I am eager to be a part of. I look forward to working with the coaches and staff and getting re-acquainted with the Wayne community."

### Leaving a Legacy: Tax-free Income for Your Heirs

Have you considered the benefits of converting your traditional Individual Retirement Account (IRA) to a Roth IRA? With a Roth IRA, you can pass along your money – tax free – to your heirs and potentially allow them to enjoy more tax-free growth after inheritance.

There are tax considerations and other factors that determine whether converting to a Roth IRA is right for you.

Call today to schedule an appointment to learn more. We'll discuss your wealth transfer goals to help determine if an IRA conversion makes sense for you.

Edward Jones, its employees and financial advisors cannot provide tax or legal advice. Please consult your attorney or qualified tax advisor regarding your situation.

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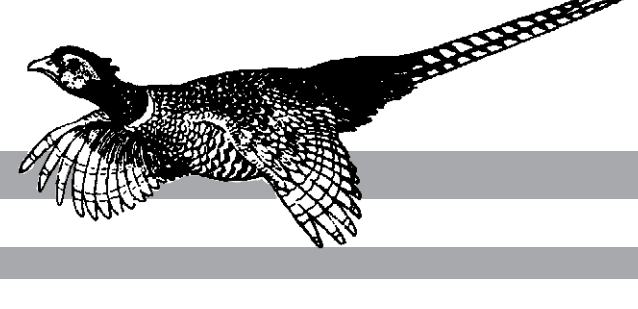
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NOTICE OF MEETING OF THE WAYNE COMMUNITY REDEVELOPMENT AUTHORITY

ADVERTISEMENT FOR BIDS The City of Wayne is seeking bids for the purchase and preparation of hot meals as part of the nutrition program for the elderly at the Wayne Senior Center for a period of one year.

NOTICE OF HEARING WAYNE COUNTY ROADS DEPARTMENT Public notice is hereby given in compliance with Section 39-2119, R.R.S. Nebraska, 1943, as amended, that the Board of Commissioners of the County of Wayne, Nebraska, will meet on the 16th day of February, 2016, at 10:00 A.M. in the Board Room at the Wayne County Courthouse, Wayne, Nebraska, for the purpose of hearing support, opposition, criticism, suggestions or observations relating to the Wayne County One-and-Six-Year Proposed Highway Improvement Program.

BOARD OF COMMISSIONERS WAYNE COUNTY, NEBRASKA by: Randall Larson, Chairman

NOTICE TO BIDDERS Sealed bids for furnishing one new bottom-dump gravel trailer will be received by Wayne County, Nebraska, at the office of the Wayne County Clerk, Wayne County Courthouse, 510 Pearl Street, P.O. Box 248, Wayne, Nebraska 68787, until 11:00 o'clock p.m. on February 16th, 2016.

DELINQUENT TAX LIST FOR YEAR 2015

Table with columns: Parcel ID, Legal Description, Amount. Lists delinquent taxes for Wayne County, Nebraska for the year 2015.

NOTICE OF RENEWAL OF RETAIL LIQUOR LICENSE Notice is hereby given that pursuant to Section 53-135.01, a liquor license may be automatically renewed for one year from May 1, 2016, for the following retail liquor licensee, to wit:

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Table with columns: Taxpayer Name, Address, Amount. Lists delinquent taxes for Wayne County, Nebraska for the year 2015, including Bruce's Add L 2, Kollath & Langenberg Add L 8, etc.

City on or before March 11, 2016, in the office of the City Clerk; that in the event protests are filed by three or more such persons, hearing will be had to determine whether continuation of said license should be allowed.

THE CITY OF WAYNE, NEBRASKA Betty A. McGuire, City Clerk (Publ. Feb. 11, 2016) ZNEZ

NOTICE A total of 151 cases will be heard by the Board in February, 2016. The following cases sentenced in Wayne County will be seen by the Board of Pardon.

IN THE COUNTY COURT OF WAYNE COUNTY, NEBRASKA ESTATE OF DOROTHY H. GRONE, Deceased. Estate No. PR 16-2

(s) KimBerly Hansen Clerk Magistrate/Registrar 510 Pearl Street, Suite B Wayne, Nebraska 68787

Jim R. Titus, #16064 Morris & Titus Law Firm, PC, LLO 4645 Normal Blvd., Suite 272 Lincoln, NE 68506

ADVERTISEMENT FOR BIDS The City of Wayne will be accepting sealed bids for the razing of three properties located at:

- > House located at 307 S. Nebraska Street;
> Concrete block building located at 209 Windom Street; and
> Trailer located at 821 Valley Drive, Wayne, Nebraska.

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Section 53-135.01, the liquor and catering license may be automatically renewed for one year from May 1, 2016, for the following retail liquor licensee, to wit:

THE CITY OF WAYNE, NEBRASKA Betty A. McGuire, City Clerk (Publ. Feb. 11, 2016) ZNEZ

VILLAGE OF WINSIDE BOARD PROCEEDINGS February 1, 2016 Winside, Nebraska

The Board of Trustees of the Village of Winside, Nebraska met in regular session on Monday, February 1, 2016 at 7:30 p.m. in the library meeting room.

- 1. Approved January meeting minutes
2. Accepted January Treasurer's report
3. Granted a SDLP to Jensen Café for March 3rd

The meeting adjourned at 9:53 P.M. The Board of Trustees of the Village of Winside, Nebraska will meet in regular session on Monday, March 7, 2016 at 7:30 p.m. in the library meeting room.

Teresa Watters, Chairperson Attest: Carol M. Brugger, clerk

Deadline for all legal notices to be published by The Wayne Herald is Mondays at 5 pm

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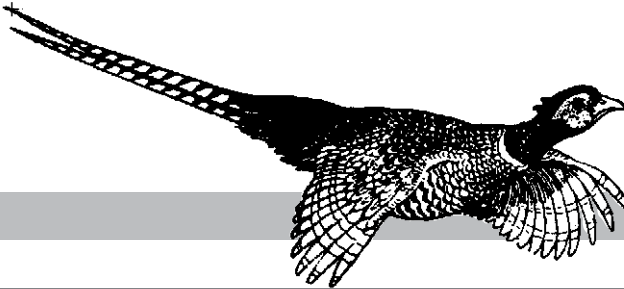
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SPECIAL ASSESSMENT TAX City Resolution 10-82 Original Wayne L 7 Blk 24 City Resolution 14-96 Wayne Tracts Pt NW1/4SW1/4 TL 22 18-26-4

Debra Finn, Wayne County Clerk (Publ. Feb. 11, 2016) ZNEZ





## Don't get me started

By: Michael Carnes  
Managing Editor

## Voting for Prez: why vote for ANY evils?

We're still close to nine months away from the 2016 election for President of the United States, and already I'm hearing how this election is going to come down to being a vote for the lesser of two evils.

On the right side of the aisle, you have a handful of Republicans, most of whom wouldn't know true Conservatism if it ran up the leg of their pants and bit them on the backside. The GOP race is being led by a former Democrat (or maybe a Democrat wolf in GOP sheep's clothing) who is known more for high-profile bankruptcies and a mouth that rarely, if ever, engages with the common-sense spot in his brain. Behind him are a bunch of candidates, all with dubious track records in current or previous positions of "representing" their constituents.

On the left side, there are two candidates. One is an actual independent and unapologetic Socialist who is gaining more and more interest and support by the day. The other is the wife of a former President who seems adept at three things – lies, lies and more lies.

Oh, what wonderful choices We The People have before us. Most of these candidates aren't worthy – or qualified – of being elected assistant dog catcher in Shoes, and they want us to elect them President of the United States?

What's even funnier is the response I get when I tell somebody that I'm planning on voting for the Libertarian candidate for President, whoever that might be. Gary Johnson is running again, and right now he'd be my choice among the Libertarian Party's candidates. (NOTE: The Wayne Herald's policy states that the newspaper does not officially endorse candidates for public office, so consider the previous statement a personal endorsement on the part of the author.)

The response is as predictable as a ticking clock – "Why would you waste your vote on a candidate that has no chance of winning?"

My response is always the same – "If I want real change in Washington, why would I waste my vote on a candidate who is represented by one of the two parties that has created the complete disaster that our halls of representative government has become?"

I stopped voting for Republicans and Democrats a long, long time ago. Once I came to a very simple realization, the decision to avoid voting for a candidate with an (R) or a (D) by their name was very easy.

The realization I discovered was this: When you look at EVERY issue and problem that has been created by our government, there have been two groups who have always been responsible – Republicans and Democrats. The federal deficit got its start during the Kennedy regime, and every President – both Republican and Democrat – have contributed to its escalation past the \$19 TRILLION mark (the current "leader" is responsible for almost half of it on his own).

You see – the Republicans and the Democrats in Washington aren't really controlled by you and I. We may vote for them at election time, but the bottom line is that they are not acting or operating with our best interests in mind. Both parties are controlled by mega-billionaire money men who pull the strings for the puppets who act as our "representatives" in the halls of Congress.

This year's race for the White House is no different. There isn't a candidate in the field that isn't controlled by Big Money (with the exception of Sanders, who's a loony-left Socialist who is riding a media-driven wave of popularity that will fade the moment Big Media thinks Clinton, their pet candidate, is susceptible to a 2008-like upset). Whether it's the Koch Brothers on the right, or George Soros on the left, you won't get any REAL change if you vote Republican or Democrat this November.

So the two-party race for the White House comes down to a decision of voting for the lesser of two evils? Here's a crazy thought – why vote for ANY evil? How about voting evil OUT of the White House this November? If that doesn't work – we could always go back to the "evil" parties.

## Capitol View

# Lengthy debate, but little progress

By J.L. SCHMIDT  
Statehouse Correspondent  
The Nebraska Press Association

The 104th Legislature Second Session doesn't seem to be having daily bill discussions anymore. But it is having the daily filibuster.

One senses that Speaker of the Legislature Galen Hadley knew this was coming early on when he decided to shorten by 2 hours the length of time a bill could be discussed before a vote is taken. His decision to allow for a cloture vote sooner may be the saving grace of this year's gathering at the House of Babble.

It all started last year with a freshman class that included some independent thinkers and a few people who just seem to like to hear themselves talk. Never mind that a lot of that chatter is "nothing new." Remember, this is a direct result of term limits. Nobody remembers that the topic was discussed at length years ago.

As I discovered in years of daily coverage of the Legislature, a stupid idea 10 years ago is probably still a stupid idea. But some people just feel the need to talk about it again, and again. At times, such jabber is also accompanied by some unbelievable occurrence off the floor. Take a recent weekend of robo calls from some anonymous source trying to strong-arm senators on a gun control measure.

Appropriations Committee Chairman Sen. Heath Mello of Omaha characterized the incident as "Reasonable people trying to solve a problem are falling victim to outside political influence and divisive rhetoric."

"That incivility, that kind of desire to win at all costs, to try and use every ounce of political activity they can to make someone take a vote instead of trying to work and negotiate while protecting reasonable gun owners' rights – colleagues, I'm concerned that's the mentality that some of us have in this body right now," the Lincoln Journal Star quoted him as saying.

Fellow Omaha lawmaker John McCollister said the calls were a strong-arm tactic, a bare-knuckle



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approach more common to campaigns than to the everyday working of the Unicameral.

The calls, paid for by Save Our State Nebraska, went to residents in 10 senators' legislative districts. In most cases, the calls accused the lawmakers of aligning themselves with Omaha Sen. Ernie Chambers, a lead opponent of the gun measure who also championed last year's death penalty repeal.

McCollister, a member of the National Rifle Association, said the call accused him of going after Second Amendment rights. The bill, sponsored by Sen. Laura Ebke of Crete, would create one set of gun laws for the entire state. She said she worried that someone from another town might be carrying a legally registered weapon but fall victim to tougher gun control laws in Lincoln and Omaha and get in trouble.

The proposal which would eliminate cities' ability to restrict fire-

arms beyond what is included under state law failed to overcome a days-long filibuster, falling short by a single vote. That's nearly six hours of time the Legislature will never get back.

"It was an exceedingly sweeping bill," said Hadley of Kearney, who joined opponents in voting to block the measure.

As written, the bill would have pre-empted local ordinances in Lincoln that ban guns from domestic violence shelters and drug abuse treatment centers, and prohibit a wider range of offenders from possessing firearms than is covered under state law. In Omaha, the measure would have dashed a local law aimed at keeping guns out of the hands of juvenile gang members and a registration requirement that allows police to deny handguns for those who are mentally ill or involved in documented gang activity. Ebke says those local ordinanc-

es encroach on Nebraskans' constitutional right to bear arms and threaten responsible gun owners who might unknowingly break the law while traveling throughout the state. Senator Mike Groene of North Platte called the local laws feel-good attempts that have been ineffective.

To her credit, Ebke and colleagues from Lincoln and Omaha worked unsuccessfully to the 11th hour to find a compromise to preserve the local ordinances while allowing gun owners from elsewhere to travel freely without fear of prosecution.

But, it was a failed vote for cloture that effectively killed the bill for the rest of the session.

Now it's on to the next filibuster, er topic. And there are plenty of them left to discuss. The bottom line, there is just no room left for pointless palaver. Chop, chop senators. Get something done!

## Legislative Update

# Not enough votes to kill packer bill

Nebraska is the last state with a ban on packer ownership and some of us fought hard to keep it that way, but we lost. The supporters of LB176 managed to muster the votes necessary to end the filibuster on final reading.

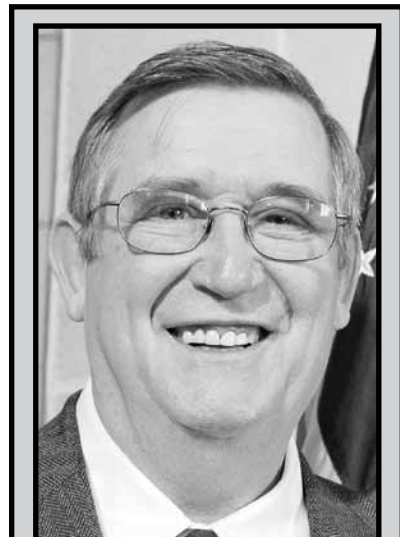
Supporters of LB176 argued that the passage of this bill would make Nebraska more competitive with

other states by opening our hog markets to companies like Tyson Foods and Smithfield Farms. They also claim that it will allow new pig farmers to start up without assuming all of the financial risks that come with ownership.

Opponents of LB176 argued that it could actually have a negative impact on the current pork producers



Joel Keller



**Legislative Update**  
By Dave Bloomfield  
State Senator, District 17

in the state and it could create large hog confinement facilities, which could become harmful to the environment.

The bill passed overwhelmingly and is now awaiting the signature of Governor Ricketts. Once the law goes into effect, processors like Tyson Foods and Smithfield Farms will be able to contract with producers to raise hogs in large operations, allowing packers to have more control over costs and consistency and

therefore get as much profit as they can.

In an update on the Nebraska School Activities Association (NSAA) transgender policy – it appears that a more restrictive policy that would be a gender-at-birth policy will fall short of the support needed to replace the policy adopted by the NSAA at their Jan. 14, 2016 meeting. The policy adopted at the January meeting would require transgender students to show evidence of hormone therapy or gender reassignment surgery before participating based on the gender that they identify with.

Before that policy was adopted, four of the six NSAA regions submitted the gender-at-birth policy. The gender-at-birth policy will be voted on at the April NSAA meeting. In January close to 300 representatives of Nebraska high schools voted on the gender-at-birth policy, the vote then was 169 in favor and 102 opposed with 26 not participating. This policy was not supported by the northeast and north-central counties, schools within District 17 that voted included – Omaha Nation, Winside, Bancroft-Rosalie, Pender, South Sioux City, Wakefield, Walthill, and Wayne.

As always, if we can be of any assistance, contact our office at (402) 471-2716 or e-mail dbloomfield@leg.ne.gov.

## Wayne City Council Members

- |   |   |
|---|---|
| <b>First Ward</b><br>Nick Muir — 369-0795<br>Rod Greve — 375-1486             | <b>Third Ward</b><br>Cale Giese — 369-2145<br>Jason Karsky — 369-3877   |
| <b>Second Ward</b><br>Jennifer Sievers — 833-1234<br>Matt Eischeid — 375-1944 | <b>Fourth Ward</b><br>Jon Haase — 375-3811<br>Jill Brodersen — 833-5504 |
| <b>Mayor</b><br>Ken Chamberlain<br>375-1699                                   |   |

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.

## Got News?

402-375-2600

800-672-3418

Fax: 402-375-1888

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



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Publisher  
Kevin Peterson  
kevin@wayneherald.com

Contact me with concerns from classified ads to editorial

## 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. The author's name will be printed with the letter; the address and the telephone number will be necessary to confirm the author's signature.







Shown displaying their trophies are (left) Caleb Ruch, Skylor Belt, Sara Westerhold, Sam Etter, Mike Bourelle, Anna Dutcher and Riley Belt.

## Martial Arts students earn trophies

Five students from the Wayne Martial Arts Center competed in sparring and form in the Nebraska Academy of Martial Arts tournament on Jan 30. Individual results include:  
**Skylor Belt** - third in sparring (brown belt);  
**Caleb Ruch** - third in sparring (blue belt);  
**Sam Etter** - third in form and second in sparring (advanced green belt);  
**Riley Belt** - first in form and first in sparring (yellow belt);  
**Anna Dutcher** - third in form and third in sparring (yellow belt).  
 Instructors for the students are Sara Westerhold and Mike Bourelle.



Taking part in the Wayne State College Honor Band were (front) Christopher Wordemann, Cole Hobza, Alyssa Chinn, Dylan Anderson, James Tompkins, (back) Jon Worner, Emily Longe, Faith Junck, Hannah Vick and Carrie Jensen (director).

## Wayne Junior High students attend recent Honor Bands

On Jan. 30, nine students from the seventh and eighth grades represented Wayne Community Schools at the annual Wayne State College Festival of Honor Bands. Over 400 students in the tri-state area auditioned, including the Omaha and Lincoln metro areas. Wayne Junior High and Elementary had a record number of participants, with a total of 16 students selected, including alternates.  
 On Feb. 6, nine students from the seventh and eighth grades participated in the Stanton Honor Band Clinic. This group was a nomination-type ensemble, with participation through director nomination. Approximately 100 students from northeast Nebraska participated in the honor band. Selected students spent the days rehearsing challenging music by renowned composers with other area individuals. Public concerts were presented in the late afternoon.



Participating in the Stanton Honor Band were (front) Juan Hernandez, Cole Hobza, Makayla Peterson, Andi Belt, Hannah Vick, (back) Nicole Fertig, Emily Longe, Claire Lindsay and Angelica Barreto.

## Winside honors

(above) Winside second-sixth Grade A and B Honor Roll for the second quarter included (front) Megan Gnirk, Gavin Schutt, Aubrey Russell, Matthew Gubbels, Peyton Remm, Landon Carlson, Jerzi Carlson, (back) Jake Bargstadt, Dax Behmer, Reagan Strong, Nevaeh Rastede, Dane Behmer, McKenna Russell and Myles Ferry. (right) Winside Elementary students named to the All A Honor Roll included Noah Janke (left) and Tyler Carlson.



## Wayne State College to present Choirs Concert at Our Savior Lutheran Church

The Wayne State College Department of Music will present the Choirs Concert performance "Forever Music" on Monday, Feb. 22 at 7:30 p.m. at Our Savior Lutheran Church in Wayne. The concert will feature the WSC Concert Choir, WSC Chorale and WSC Madrigal Singers performing timeless classic choral works by Haydn, Bach, Mozart, Britten, Faure, with a closing piece entitled "Forever Music" by Mark Hayes. The concert will also include a premiere performance of "Kyrie" by Dr. Matthew Haakenson, music theory professor at Wayne State College. The WSC Concert Choir and WSC Madrigal Singers are led by WSC Director of Choral Activities Dr. Maggie Owens, and the WSC Chorale is directed by WSC Staff Accompanist Philip Pfaltzgraff. Haakenson will accompany the Madrigal Singers and Chorale on the organ. The concert is free and open to the public. Our Savior Lutheran Church is located at 421 N. Pearl Street in Wayne. For more information, please contact the WSC Music Department at (402) 375-7359.

## Parents can help

# Teen Dating Violence Awareness Month being observed in February

February is Teen Dating Violence Awareness Month. Haven House wants parents to know that there's a lot they can do as a parent to prevent teen dating violence and abuse. More than one in 10 teens who have been on a date have also been physically abused by a boyfriend or girlfriend in the last year. One of the most important things you can do is keep the lines of communication open with your kids. Take steps to make a difference:  
 - Be a role model - treat your kids and others with respect.  
 - Start talking to your kids about healthy relationships early - before they start dating.  
 - Get involved with efforts to prevent dating violence at your teen's school.  
 - If you are worried about your teen, call the National Dating Abuse Helpline at (866) 331-9474 or text "loveis" to 25252.  
 "You can help keep your loved ones safe and healthy. Haven House has a variety of resources that are free to you. Stop by one of our office locations or call us today. There's no excuse for abuse, and you as a parent play a pivotal role with stopping dating violence in your children's lives," said Josh Sievers, Haven House Prevention Specialist.  
 Haven House office locations include:  
 Wayne: 509 Dearborn Street, (402) 375-5433;  
 South Sioux City: 117 E. 28th Street, (402) 494-7592;  
 24 Hour Crisis Line: 1-800-440-4633  
 You can also visit Haven House online at www.havenhousefsc.com.



## Courthouse News

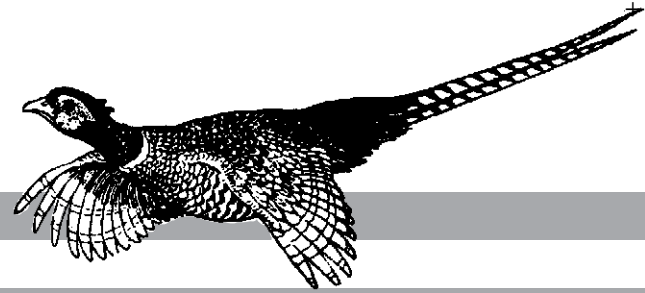
**December Property Transfers**  
 Dec. 21: Merlin R. Preston to Ann Brogren Trustee of Merlin P. Preston Family Trust. Part of the SW 1/4 of Section 17, Township 26, Range 4; the W 1/4 of the SE 1/4 of Section 17, Township 26, Range 4; part of the NW 1/4 of Section 17, Township 26, Range 4 and part of the NW 1/4 of Section 20, Township 26, Range 4. Exempt.  
 Dec. 21: David L. Curley Trustee of David L. Curley Revocable Trust to Edwin M. Brogie and Lee A. Brogie. Part of Lot 4, Conn & Britells Addition of Wayne. \$90.  
 Dec. 21: Peterson Therapy Services LLC to Brickett LLC. Lot 11, Block 12, Original Town of Wayne. \$193.50.  
 Dec. 21: Tim G. Schaefer to DLMT Properties LLC. Lot 7, 8, 9 and 10, Block 4 of North Addition of Wayne. \$384.75.  
 Dec. 22: The Estate of Mitchell O. Nissen, Glore Ann Clausen Personal Representative to Bradley F. Roberts and Lena M. Roberts. Part of Lot 4, 5 and 6, Block 4, John Lakes Addition of Wayne. \$74.25.  
 Dec. 22: Glore Ann Clausen to Bradley F. Roberts and Lena M. Roberts. Part of Lot 4, 5 and 6, Block 4, John Lakes Addition of Wayne. \$74.25.  
 Dec. 22: Ann Armstrong O'Donnell to Michael Belt and Lynda Belt. Part of Lot 8, Block 3, Bressler & Dearborn Subdivision of Wayne. \$139.50.  
 Dec. 23: City of Wakefield to Terry L. Baker and Patricia L. Baker. Lot 10 and 11, Gustafson Estates Second Addition of Wakefield. Exempt.  
 Dec. 23: First Nebraska Bank of Wayne to Elkhorn Valley Bank & Trust. Lot 1, 2, 3, 4 and 5, Block 2, East Addition of Wayne. Exempt.  
 Dec. 23: Donald E. Endicott and Nancy J. Endicott to Adam Endicott and Natalie W. Endicott. Lot 21, 22, 23 and 24, Block 4, College Hill Second Addition of Wane. \$326.25.  
 Dec. 24: Cory L. Miller POA and Diane M. Miller to Mary Ann Turner. Lot 78, Westwood Addition of Wayne. \$258.75.  
 Dec. 24: Mark P. Moser and Jason L. Barelman to PITA 816 LLC. Lot 11, Block 4, John Lakes Addition of Wayne. Exempt.  
 Dec. 24: Justin Ellis to PITA 816 LLC. Lot 11, Block 4, John Lakes Addition of Wayne. Exempt.  
 Dec. 28: Levern R. Lundahl Revocable Living Trust, Levern R. Lundahl Co-Trustee and Mary L. Lundahl Co-Trustee to Jean L. Lutt Living Trust, Jean L. Lutt Trustee and Dennis D. Lutt Trustee. The E 1/2 of the SW 1/4 of Section 16, Township 26, Range 4. \$1,260.  
 Dec. 30: Shannon Charles and Lou Angela Reed Joint Living Trust, Shannon Charles Reed Trustee, Lou Angela Reed Trustee, Lou Angela Reed and Shannon Charles Reed to John Agler and Leah Agler. Part of the SE 1/4 of Section 2, Township 26, Range 3. Exempt.  
 Dec. 30: Shannon Charles and Lou Angela Reed Joint Living Trust, Shannon Charles Reed Trustee, Lou Angela Reed Trustee, Lou Angela Reed and Shannon Charles Reed to John Agler. Part of the SE 1/4 of Section 2, Township 26, Range 3 and the N 1/2 of the NW 1/4 of Section 11, Township 26, Range 3. Exempt.  
 Dec. 30: Shannon Charles and Lou Angela Reed Joint Living Trust, Shannon Charles Reed Trustee, Lou Angela Reed Trustee, Lou Angela Reed and Shannon Charles Reed to John Agler. Part of the SE 1/4 of Section 2, Township 26, Range 3 and the N 1/2 of the NW 1/4 of Section 11, Township 26, Range 3. Exempt.  
 Dec. 30: Secretary of Housing and Urban Development to Matthew Paul Sudbeck. Part of Lot 4, Block 4, John Lakes Addition of Wayne. Exempt.  
 Dec. 31: Gale A. Nemece and Judith A. Nemece to MZRB Properties. Lot 1 and 2, Block 2, College View Addition of Wayne. \$218.25.  
 Dec. 31: Virginia A. Nelson Revocable Trust, Pamela Magdanz Trustee to Donald R. Nelson and Lisa L. Nelson. Lot 4, Block 4, Vintage Hill Second Addition of Wayne. \$498.50.  
 Dec. 31: Arlene Watteyne to Gurkan Ozenci. Lot 4, Block 5, John Lakes Addition of Wayne. \$105.75.

**January Property Transfers**  
 Jan. 4: Kenneth R. Marra and Karen A. Marra to Daniel Tiedtke and Teresa Tiedtke. Lot 12 and part of Lot 13, Block 4, East Addition of Wayne and Lot 14, 15 and part of Lot 13, Block 4, East Addition of Wayne. \$90.  
 Jan. 5: The Estate of Shirley Greiner, Daniel L. Greiner, Personal Representative to Loren Haselhorst and Terri Haselhorst. Part of the NW 1/4 of Section 4, Township 27, Range 1 and part of the E 1/2 of the NE 1/4 of Section 5, Township 27, Range 1. \$1,944.  
 Jan. 5: Colby Series I LLC to Wagclan LLC. Lot 1 and 2, Block 1, Industrial Park Addition of Wakefield. \$2,475.  
 Jan. 5: Mark P. Moser and Jason L. Barelman to Jeffrey E. Brown. Part of the SW 1/4 of the SW 1/4 of Section 22, Township 26, Range 5. \$83.25.  
 Jan. 6: Dale L. Samuelson to Dale and Lisa Samuelson Revocable Trust, Dale L. Samuelson Trustee and Lisa V. Samuelson Trustee. The SW 1/4 of Section 30, Township 26, Range 1. Exempt.  
 Jan. 6: Lisa V. Samuelson to Dale and Lisa Samuelson Revocable Trust, Dale L. Samuelson Trustee and Lisa V. Samuelson Trustee. The SW 1/4 of Section 30, Township 26, Range 1. Exempt.  
 Jan. 6: Carl E. Scholting and Anne M. Scholting to Larry Janssen and Jane Janssen. Part of the SE 1/4 of Section 7, Township 26, Range 1. \$303.75.  
 Jan. 6: Carl E. Scholting and Anne M. Scholting to Evan Janssen and Jordan Janssen. Part of the SE 1/4 of Section 7, Township 26, Range 1. \$607.50.





# Lifestyle



## Positive youth development is vital School Lunches

Positive youth development is a purposeful, pro-social approach to youth development that focuses on engaging youth in their communities, schools, organizations, peer groups and families by recognizing and utilizing youths' strengths. It supports positive outcomes for

young people by offering opportunities, encouraging positive relationships with peers and adults and providing the supports needed to build on their strengths. Youth who are engaged in positive youth development programs like 4-H will develop confidence, competence, compassion/caring, connection, and character, also known as the 5 C's of positive youth development.

As an adult with a young person in your life you play an important role in helping our youth develop the 5 C's. Here are some ways you can encourage positive youth development:

**Encourage youth input** - When youth feel they are being heard and taken seriously they are more likely to engage in programs and reap the benefits of that program. You can encourage youth to have a voice by listening, responding positively.

**Thurston County**

**Jennifer Hansen**  
Extension Educator



**UNL Extension**

**Provide guidelines and structure** - Structure and guidelines allow youth the freedom to complete

### Senior Center Calendar

**Monday, Feb. 15:** Morning Walking, 8:30 a.m.; FROG Exercises, 9:15 a.m.; Quilting; Pool; Music by Dan Hansen, 11:30 a.m.; Valentine Day Dinner at 12 p.m.; Valentine's Mystery Bingo; Pitch; Hand and Foot; Pitch; Board meeting, 1 p.m.

**Tuesday, Feb. 16:** Morning Walking; Quilting; Trip to Israel by Linda Christensen and John Brown, 11:30 a.m.; Afternoon Bridge Club; Pitch; Toe Clinic with Ann Liska, 1:30 p.m.

**Wednesday, Feb. 17:** Morning Walking; FROG Exercises, 9:15 a.m.; Quilting; Health Screening, thanks to Mary Nichols, 9:30 a.m.-12 p.m.; Special Luncheon sponsored by Brookdale, 12 p.m.; Pool; Hand and Foot; Pitch.

**Thursday, Feb. 18:** Morning Walking; Quilting; Pitch; Afternoon Bridge Club.

**Friday, Feb. 19:** Morning Walking; FROG Exercises, 9:15 a.m.; Quilting; Nutritional Visit by Judy Poehlman, 11:45 a.m.; Bingo, 1 p.m.; Hand and Foot; Pitch; Pool.

tasks in their own way while still allowing for adult guidance. As you monitor activities and provide help when needed ask purposeful questions to encourage youth to think about practical issues and to think critically about the projects they are working on.

**Empower youth** - To empower youth provide an inviting environment where youth are encouraged to take on new leadership roles, express their ideas, and feel support through success and failures. Give youth a chance to share their skills and recognize and praise their work. These environments will inspire youth to reach their full potential.

**Be intentional** - To promote and support positive youth development, you must be intentional in your work with youth. Encourage a mutually caring and respectful relationship with youth. Empowering youth to reach their full potential, working and learning in partnership with caring adults.

### Senior Center Congregate Meal Menu

**(Week of Feb. 15-19)**  
Meals served daily at noon. For reservations, call 375-1460. Each meal served with water, 2% milk, skim milk and coffee. All menus subject to change.

**Monday:** Valentine's Dinner. Chicken fried steak, country gravy, mashed potatoes with skins, corn, whole wheat fresh bread, cherry fluff salad, Valentine cookie.

**Tuesday:** Rotisserie pork loin, roasted Russet potato, frozen green beans, whole wheat fresh bread and Promise.

**Wednesday:** Sliced ham, sweet potato with marshmallows, peas, whole wheat dinner roll and Promise, canned pineapple, Apple Pie Day.

**Thursday:** Spaghetti and meatballs with sauce, honey glazed carrots, shredded lettuce with fresh carrot shreds, cheese, Dorothy Lynch, canned peaches, garlic bread stick, Promise.

**Friday:** Fried pollack and tarter sauce, baked potato, frozen mixed vegetables, canned apricots, whole wheat fresh bread, Promise.

### ALLEN COMMUNITY SCHOOLS (Feb. 15-19)

**Monday:** Breakfast - Biscuit and gravy. Lunch - Soft shell tacos, refried beans.

**Tuesday:** Breakfast - French toast. Lunch - Orange chicken, rice, tea roll.

**Wednesday:** Breakfast - Pancake and sausage. Lunch - Biscuits and gravy, cheese stick.

**Thursday:** Breakfast - Cinnamon roll. Lunch - Barbecue pork on a bun, carrots.

**Friday:** Breakfast - Long John. Lunch - Italian Dunkers, marina, green beans.

Most breakfast meals include: Choice of cereal or oatmeal. All breakfast meals include: 8 oz. milk, fruit or fruit juice. All lunch meals include: 8 oz. milk and salad bar. Salad bar may include the following options: fresh lettuce, fresh spinach, carrots/celery, tomatoes, diced eggs, bean variety, cucumbers, fruit variety.

### LAUREL-CONCORD-COLERIDGE COMMUNITY SCHOOLS (Feb. 15-19)

**Monday:** President's Day. Breakfast - Dutch waffles. Lunch: French dip sandwich.

**Tuesday:** Breakfast - Pretzel with cheese. Lunch - Burrito.

**Wednesday:** Breakfast - Breakfast cookie. Lunch - Chicken noodle soup.

**Thursday:** Breakfast - Cinnamon roll. Lunch - McRib sandwiches.

**Friday:** Breakfast - Combo bar. Lunch - Grilled cheese and tomato soup.

Menus are the same for Elementary, Middle and High School and are subject to change.

Orange juice, skim milk, fruit, yogurt and salad bar are available daily. All breads and pasta are whole grain.

### WAKEFIELD SCHOOLS (Feb. 15-19)

**Monday:** No School. Teacher in-service.

**Tuesday:** Breakfast - Biscuits and gravy, grapefruit. Lunch - Italian Dunkers, lettuce, peaches.

**Wednesday:** Breakfast - Frudels, mixed fruit. Lunch - Sloppy Joes, tator tots, lettuce, pears.

**Thursday:** Breakfast - Dutch

waffles, oranges. Lunch - Pork chop patty, baked beans, cucumbers, homemade bun, oranges.

**Friday:** Breakfast - Cereal and cheese stick, juice. Lunch - Grilled cheese, vegetable soup, celery, carrots, grape juice.

Milk and juice served with breakfast and lunch. Juice or fruit offered everyday.

### WAYNE COMMUNITY SCHOOLS (Feb. 15-19)

**Monday:** Breakfast - Whole grain bagel. Lunch - Chicken fajita, whole grain flatbread, Romaine lettuce, refried beans, apple.

**Tuesday:** Breakfast - Cheese omelet. Lunch - Breaded pork, whole grain bun, sweet potato wedges, cauliflower, strawberries.

**Wednesday:** Breakfast - Mini pancakes. Lunch - Chili, crackers, whole grain cinnamon roll, celery, banana.

**Thursday:** Breakfast - French toast sticks. Lunch - Mini corn dogs, bread sticks, tomato sauce, corn, carrots, pears.

**Friday:** Breakfast - Whole grain breakfast pizza. Lunch - (Elementary, Tower School, St. Mary's, Early Learning Center) - Stromboli, peas, broccoli, apricots; (High School) - Calzonette cheese Italian style or Calzonette pepperoni, peas, broccoli, apricots.

Fruit and vegetable bar available for K-12 with every reimbursable meal at breakfast and lunch. Chef salad is optional for K-12. Milk served with every meal.

### WINSIDE PUBLIC SCHOOLS (Feb. 15-19)

**Monday:** Breakfast - Omelet. Lunch - Chicken strips, corn, applesauce, roll.

**Tuesday:** Breakfast - Cinnamon French toast. Lunch - Barbecue pork on bun, baked beans, fruit cocktail.

**Wednesday:** Breakfast - Cereal. Lunch - Sweet and sour chicken, rice, carrot sticks, mandarin oranges, roll.

**Thursday:** Breakfast - Pancake. Lunch - Pizza, lettuce, pears.

**Friday:** No School.

Milk served with all meals. Menu may change without notice. Chef salad, fruit and vegetable bar available daily. Late start - no breakfast or K-3 salads.

**MAJESTIC THEATRE**

**NOW SHOWING**

**February 11 - 14**

# Joy

(PG-13)

**Thursday: 7:00 p.m.**  
**Friday: 7:00 p.m.**  
**Saturday: 7:00 p.m.**  
**Sunday: 2:00 p.m.**

**Admission \$5**

**COMING SOON:**  
**Hail, Caesar! (PG-13)**  
**Room (R)**  
**Deadpool (R)**

310 Main Street  
Wayne  
402-833-1833  
majesticonmain.org

Titles and times subject to change. Please check the website!

**Courtesy of Hasemann Funeral Homes**  
**Scott & Mary Kay Hasemann**

**THE best gift OF 2015**



**Kendra Diane Lundahl**  
Sept. 10, 2015  
Laurel, NE  
Parents: **Matt & Katie Lundahl.**  
Grandparents: **Tom Jacobsen, Kenny & Diane Lundahl, Michelle Kurlburg.**

**REGISTER NOW!**

Wayne State College Department of Music

# Piano Day 2016

February 19, 2016 - 9:00 a.m. to 3:00 p.m.

Includes a masterclass, keyboard ensemble experience, information about music study at WSC, and a concert by WSC students

Register by contacting Dr. Angela Miller-Niles at (402) 375-7514 or e-mail [anmille1@wsc.edu](mailto:anmille1@wsc.edu).

**Registration Deadline (ages 11-18): Feb. 12, 2016**


Wayne State College

**Winside Fire & Rescue Department Hosting Pancake-Omelet-French Toast Breakfast**

**Sunday, Feb. 14, 2016**  
**8:00 AM - 1:00 PM**  
**Winside Auditorium**

Free Will Donation

Goes toward updating tanker truck & equipment



### Acme Club gathers at Wayne Senior Center

Members of Acme Club met Feb. 1 at the Wayne Senior Center for dinner, a meeting and program.

Five members and guest Louise Green answered roll call. Louise was welcomed as new member. Joann Temme was hostess and gave the program.

Minutes were read and the treasurer's report was given by Betty Wittig.

Thought for Day was given by Bonnadell Koch. It was reasons to celebrate Ground Hog Day. 1.It's on nearly every calendar. 1. Helps relieve cabin fever. 3. Forecast is no less reliable than the National Weather Service. 4. At least one of those critters is bound to see things our way. 5. Valentine's Day is too depressing for nerds. 6. As they used to say on the radio, "The Shadow Knows." 7. It's fun to say "Punxsutowney." 8. If a rodent can bring us an early spring, more power to

him! 9. In Nebraska, either way, we come out ahead. 10. It's a true "American made holiday that serves no real purpose, but to be silly and have fun. How can you not love it.

Joann Temme gave the program on Walt Whitman, who was born in 1819 in New York and died in 1892. His verse collection "Leaves of Grass" is a landmark in the history of American literature. The poet's love of America grew from his faith that Americans might reach new worldly and spirited heights.

Mrs. Temme also read Whitman's most remembered poem, "O Captain! My Captain."

The next meeting will be Monday, Feb. 15 at 2 p.m. at Careage of Wayne with Ray and Verdelle Reeg. Husbands are invited to be guests.

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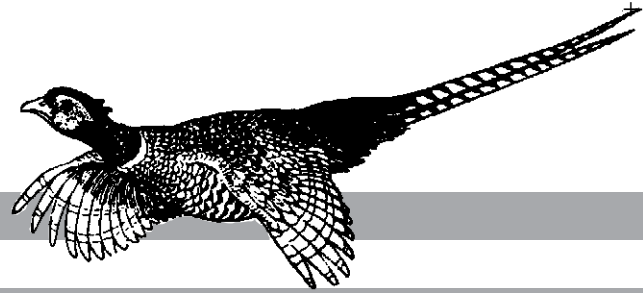
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# Faith

# The Wayne Herald



## Church Services

### Wayne

**BAHAI FAITH**  
1002 West 2nd Ave.  
(402) 833-5202 or (402) 833-0117  
Contact: Chris Tee Weixelman or Gary Weddel  
Second Sunday of the month: Prayers and Pastry, 10 a.m. - Open to all religions and spiritual convictions. Prayers from all faiths welcome. **Friday:** 7:30 p.m. Study Circle. Investigate spiritual concepts and the relation of life and death.

**EVANGELICAL FREE**  
502 Lincoln Street  
(402) 375-4946  
website: www.cbefc.org  
email: calvarybible@gmail.com  
(James Seal, pastor)  
**Sunday:** Sunday School, 9 a.m.; Worship service, 10:30 a.m.; Youth Group, 7 p.m. **Tuesday:** Calvary Kid's Club for kids kindergarten-fifth grade, 3:45-5 p.m.

**FAITH BAPTIST**  
Independent - Fundamental  
208 E. Fourth St. - 375-3413  
(Pastor Jim Scallions)

**Sunday:** Sunday school, 10 a.m.; Worship, 11 a.m.; Evening worship, 7:30 p.m.

**FIRST BAPTIST**  
400 Main St.  
375-3608  
(Douglas Shelton, pastor)  
**Sunday:** Sunday School, Adult and children's classes, 9:15 a.m.; Prayer and Fellowship, 10:15 a.m.; Worship, 10:30 a.m.

**FIRST PRESBYTERIAN**  
216 West 3rd St.  
375-2669  
www.fpcwayne.org  
Pastor Sally Carlson, Interim pastor  
**Sunday:** Handbell Rehearsal, 8:45 a.m.; Worship, 10 a.m.; Fellowship, 11 a.m.; Narcotics Anonymous, 6 p.m. **Tuesday:** Brown Bag with Pastor Sally, noon; Sewing Souls, 6:30 p.m. **Wednesday:** Soup Supper, 6 p.m.; Lent Service, 6:45 p.m.; Church School, 6:45 p.m.; High School Youth, 7:30 p.m.

(Stephen Ministry cong.)  
**Sunday:** Lutheran Hour on KTCH, 7:30 a.m.; Worship with Communion, 8 and 10:30 a.m.; Sunday School, 9:15 a.m.; Bible Class, 9:30 a.m.; Table Talk, 8 p.m. **Monday:** Worship with Communion, 6:45 p.m. **Wednesday:** Bible Class, 9 a.m.; Bell Choir, 5:30 p.m.; Lenten Supper, 6 p.m.; Lenten Devotion, 6:30 p.m.; Choir, 7 p.m.; Midweek, 7:15 p.m. **Thursday:** Bible Class, 8 a.m.; Cross Training, 8 p.m.

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

**JOURNEY CHRISTIAN CHURCH**  
1110 East 7th St.  
www.journeychristianonline.org  
375-4743  
(Troy Reynolds, minister)  
(Jeremy Jech, minister of discipleship)  
**Sunday:** Christians Hour on KTCH, 8:45 a.m.; Worship, 9 and 10:30 a.m.; Small group, 6:30 p.m.; Life group at various homes, 7 p.m. (also on several other days of the week).

**OUR SAVIOR LUTHERAN**  
421 Pearl St. • 375-2899  
oslc@oslewayne.org  
(Rev. Jeanne Madsen, senior pastor)  
**Friday:** Great Bible Stories, 10 a.m. **Saturday:** Worship, 5:30 p.m. **Sunday:** Coffee Hour, 9 a.m.; Sunday School, 9 a.m.; Worship, 10 a.m. **Monday:** Staff meeting, 2 p.m. **Tuesday:** Bible Study at Tacos & More, 6:45 a.m.; Bible Study at Brookdale, 10:30 a.m.; Worship at Brookdale, 3:30 p.m.; Mother/Daughter Tea Time, 6:30 p.m.; Foundation Board meeting, 7 p.m. **Wednesday:** Ecumenical Lenten Prayer Service, noon; Visitation Ministry Group, 1 p.m.; Joyful Noise, 5:30 p.m.; Lenten Supper, 5:45 - 6:45 p.m.; Charity Circle, 7:45 p.m.; Choir, 7:45 p.m. **Thursday:** OWL's Bible Study, 9 a.m.

Adoration, 4:30 p.m.; Mass, 5:15 p.m.; Mass, 9 p.m. **Wednesday:** Mass, 8:15 a.m.; Mass, 5:15 p.m.; Family Formation Class Night for kindergarten through sixth grade and parents, at church, 6:45 p.m.; catechists meeting cancelled (teachers pick up lesson plans at the rectory); Religious Education for seventh grade through W.I.N.G.S. **Thursday:** That Man is You, breakfast, 5:45 a.m.; Session, 6-7 a.m.; Adoration, 4:30 p.m.; Mass, 5:15 p.m.; The Light is on Reconciliation, 5:45 p.m.-6:45 p.m.; Hispanic Prayer Group and rosary at church, 6 p.m.; R.C.I.A., 7 p.m., rectory. **Friday:** Mass, 8 a.m. Adoration, 8:30 a.m.; Stations of the Cross, 7 p.m.

**Sunday:** Sunday School for all ages, 9:30 a.m.; Worship with Communion, 10:30 a.m.

**TRINITY EVANG LUTHERAN (Rodney Rixe, pastor)**  
**Sunday:** Trinity Bible Hour, 9 a.m.; Worship, 10 a.m.

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57741 847th Road, Wayne  
(Rev. Terry Makelin, pastor)  
(402) 336-7819 cell phone  
**Sunday:** Divine Worship with Holy Communion, 8:45 a.m. with Sunday School to follow worship. **Wednesday:** Lenten Worship at St. John's in Pilger, 7:30 p.m.

**ALLEN**

**FIRST LUTHERAN (Pastor Sarah Ruch)**  
**Sunday:** Worship service, 9 a.m. **Wednesday:** Kids 4 God at First Lutheran, 3:30 p.m.

**UNITED METHODIST (Pastor Lorrie Kentner)**  
**Sunday:** Worship service, 9 a.m. **Wednesday:** Kids 4 God at Allen Lutheran Church, 3:30-5 p.m.; Youth Group at Allen United Methodist Church for grades 7-12, 6:30-7:30 p.m.

## Allen

**ST. PAUL LUTHERAN (Pastor Harrison Goodman)**  
**Sunday:** Morning Worship, 9:30 a.m.; Sunday School, 10:30 a.m. **Tuesday:** Bible Study with Jensens at Careage in Wayne, 9 a.m. **Wednesday:** Junior Catechism Classes, 4 p.m.; Lenten Vespers at Immanuel 7 p.m. **Thursday:** Ladies Aid at Brookdale, 2 p.m.

## Wakefield

**CHRISTIAN CHURCH 3rd & Johnson**  
Gary Patterson, Pastor  
email: wakechristian@gmail.com  
Internet web site: www.wakefieldcc.blogspot.com  
**Sunday:** Christian Hour, KTCH, 8:45 a.m.; Prayer Warriors, 9 a.m.; Sunday School, 9:30 a.m.; Praise and Worship, 10:30 a.m.

**EVANGELICAL COVENANT**  
802 Winter St.  
e-mail: wakecov@msn.com  
(Kelly Johnston, Pastor)  
**Friday:** Bingo at Care Center, 2:30 p.m. **Sunday:** Sunday School, 9 a.m.; Morning Worship, 10 a.m.; Adult Bible Study, 7 p.m. **Wednesday:** Confirmation, 4:15 p.m.; Snak Shak, 5:30 p.m.; Pioneer Club, 6:15 p.m.

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**FIRST UNITED METHODIST 6th & Main St. (Pastor Kyle Nelson)**  
**Sunday:** First Sunday of Lent. Valentine's Day. Boy Scout Sunday. Worship Service, 9 a.m.; Sunday School, 10:15 a.m.; Bible Study, 10:15 a.m.; United Methodist Women meeting, 10:15 a.m.; Youth Group, 5 p.m.; Bible Study, 6:30 p.m. **Monday:** Newsletter deadline. **Tuesday:** Friends in Fellowship, 2 p.m. **Wednesday:** W.I.C. and Immunization Clinic, 9 a.m.-3 p.m.; Bell Choir, 5:45 p.m.; Choir, 6:45 p.m.; Praise Band, 7:45 p.m. **Thursday:** Bible Study and Communion, 9 a.m.; Faithful Fitness, 5:30 p.m.; Bible Study, 6:30 p.m. **Friday:** Faithful Fitness, 5:30 p.m. **Saturday:** Faithful Fitness, 8:30 a.m.

## Carroll

**ST. PAUL LUTHERAN (Pastor Harrison Goodman)**  
**Sunday:** Morning Worship, 9:30 a.m.; Sunday School, 10:30 a.m. **Tuesday:** Bible Study with Jensens at Careage in Wayne, 9 a.m. **Wednesday:** Junior Catechism Classes, 4 p.m.; Lenten Vespers at Immanuel 7 p.m. **Thursday:** Ladies Aid at Brookdale, 2 p.m.

**UNITED METHODIST CHURCH (Pastor Kyle Nelson)**  
**Friday:** Fish Fry, 5:30-8:30 p.m. **Sunday:** First Sunday in Lent. Valentine's Day. Boy Scout Sunday. Worship Service, 11 a.m.; Sunday School. **Tuesday:** Carroll Advisory Board meeting, 7 p.m.

**CONCORDIA LUTHERAN (Pastor Sarah Ruch)**  
**Sunday:** Sunday School, 9:30 a.m.; Worship Service, 10:45 a.m.

**ST. PAUL LUTHERAN East of town (Willie Bertrand, pastor)**  
**Sunday:** Morning Worship, 9:30 a.m.; Sunday School, 10:30 a.m. **Tuesday:** Bible Study with Jensens at Careage in Wayne, 9 a.m. **Wednesday:** Midweek/Junior Catechism classes, 4 p.m.; Lenten Vespers at Immanuel, 7 p.m.

**IMMANUEL LUTHERAN 4 North, 3 East of Wayne (Willie Bertrand, pastor)**  
**Sunday:** Morning Worship, 9:30 a.m.; Sunday School, 10:30 a.m. **Tuesday:** Bible Study with Jensens at Careage in Wayne, 9 a.m. **Wednesday:** Junior Catechism Classes, 4 p.m.; Lenten Vespers at Immanuel 7 p.m. **Thursday:** Ladies Aid at Brookdale, 2 p.m.

**PRESBYTERIAN 216 West 3rd (Rev. Charity Potter, pastor)**  
**Sunday:** Fellowship time, 10 a.m.; Worship, 11 a.m.

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**ST. MARY'S CATHOLIC 412 East 8th St. (Fr. Mark Beran, pastor)**  
375-2000; fax: 375-5782;  
E-mail: parish@stmaryswayne.com.  
**Friday:** Mass, 8 a.m. Adoration, 8:30 a.m.; Stations of the Cross, 7 p.m. **Saturday:** No Mass at 8 a.m.; Right to Life Breakfast, Holy Family Hall, 9:30 a.m.; Mass with World Marriage Day Blessing and Black and Indian Missions Collections, 6 p.m. **Sunday:** Mass with World Marriage Day Blessing and Black and Indian Missions Collections, 8 and 10 a.m.; Hospitality Sunday after both Masses, hosted by W.I.N.G.S. group; Mass with World Marriage Day Blessing and Black and Indian Missions Collections, 9 p.m.; Spanish Mass has been moved to Emerson on Sundays at 10 a.m. For more information contact Sacred Heart Parish at (402) 695-2505. **Monday:** Fr. Beran's Day off; Ecumenical Prayer group, 3 p.m. at Providence Medical Center Chapel. **Tuesday:**

**PRAISE ASSEMBLY OF GOD 1000 East 10th St. 375-3430**  
Rev. Philip Pfaltzgraff, Interim Pastor  
**Sunday:** Sunday School, 9:30 a.m.; Morning Worship Service, 10:30 a.m.; Prayer meeting, 6 p.m. **Wednesday:** Bible Study, 6:30 p.m.

**CONCORTIA LUTHERAN (Pastor Sarah Ruch)**  
**Sunday:** Sunday School, 9:30 a.m.; Worship Service, 10:45 a.m.

**ST. PAUL LUTHERAN East of town (Willie Bertrand, pastor)**  
**Sunday:** Morning Worship, 9:30 a.m.; Sunday School, 10:30 a.m. **Tuesday:** Bible Study with Jensens at Careage in Wayne, 9 a.m. **Wednesday:** Midweek/Junior Catechism classes, 4 p.m.; Lenten Vespers at Immanuel, 7 p.m.

**EVANGELICAL FREE (Pastor Todd Thelen) (Pastor Scott Kahn)**  
**Friday:** Women's Bible Study, 9:30 a.m. **Sunday:** Prayer Time, 9 a.m.; Sunday School, 9:30 a.m.; Morning Worship, 10:30 a.m.; Evening Bible Study, Axiom, Praying Kids - Mighty in Power, 7 p.m.

**SALEM LUTHERAN 411 Winter Street (Barb Hansen, Interim Pastor)**  
**Saturday:** Worship, 6:30 p.m. **Sunday:** Adult and Youth Sunday School, 9 a.m.; Worship, 10:30 a.m. **Monday:** President's Day. Boy Scout Webelos meeting, 6:30 p.m. **Tuesday:** Quilt Day, 9:30 a.m.; Boy Scouts - Wolf's Den, 6:30 p.m. **Wednesday:** Communion at Wakefield Health Care Center, 10 a.m.; Lenten Service; Bell Choir Practice, 7 p.m. **Thursday:** Salem Video on Channel 98, 10 a.m. and 7 p.m. **Saturday:** Worship with Noisy Offering, 6:30 p.m.

**ST. ANNE'S CATHOLIC (Fr. David Liewer, pastor)**  
**Saturday:** St. Michael's in Coleridge, 6 p.m. **Sunday:** St. Mary's in Laurel, 8 a.m.; St. Anne's in Dixon, 10 a.m.

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# Many ways to celebrate Lenten season

Lent is upon us!  
For those of you who might wonder what Lent is all about it signifies Jesus' 40 days of fasting and temptation in the desert. Lent begins with Ash Wednesday and ends with Easter and is considered a time for Christians to reflect, repent and pray as a way of preparing their hearts for Easter.

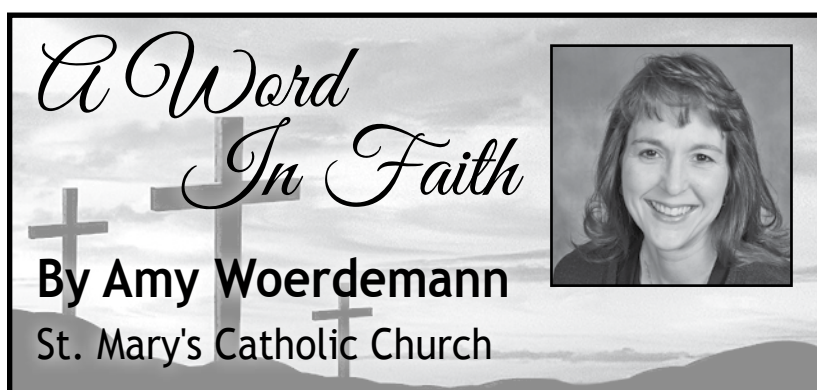
Lent is commonly observed by many Christian denominations but even if your particular denomination doesn't observe Lent it is still a good time to focus your thoughts on Jesus.

One might ask "How do I observe Lent?" You could attend an Ash Wednesday service, make an effort to attend weekly worship services, give up a habit or behavior that draws you away from Christ and/or devote extra time to prayer and volunteer work.

The choice to observe Lent is a personal one - the whole point is to focus your heart and mind on Jesus during the journey to Easter. There's no requirement to observe it, nor should you feel guilty into participating. However, millions of Christians around the world do observe Lent each year; if you've never done so, why not give it a try? Whether you observe Lent in a small or major way, you'll be amazed at what happens when you devote a part of each day to reflecting on Jesus Christ and God's Word.

A few weeks ago Pope Francis spoke about the act of fasting in regards to Lent and how we should be careful that the act of fasting doesn't become superficial. He encouraged us to choose activities of sacrifice that help enrich the lives of others. He suggested that instead of just giving up candy or alcohol for Lent, that we fast from indifference toward others.

In his annual Lenten message, the Pope writes, "Indifference to our neighbor and to God also represents a real temptation for us Christians. Each year during Lent we need to hear once more the voice of the prophets who cry out and trouble our conscience." He writes that "whenever our interior life becomes caught up in its own interests and concerns, there is no longer room for others, no place for the poor. God's voice is no longer heard, the quiet joy of his love is no longer felt, and



*A Word In Faith*  
By Amy Woerdemann  
St. Mary's Catholic Church

the desire to do good fades." He continues that, "We end up being incapable of feeling compassion at the outcry of the poor, weeping for other people's pain, and feeling a need to help them, as though all this were someone else's responsibility and not our own."

I personally am very challenged by his words and want to strive harder to stop being indifferent to the plight of others. Here are a few things I'm going to try to do and encourage all of you to think about them:

#### 1. Ask for forgiveness

Lent is a season of repentance. We often as God to forgive us for our sins but how often do we as those we have hurt to forgive us? What about praying for someone who has hurt us but has never asked for your forgiveness? What about asking for God's help to forgive yourself for things you have done wrong?

#### 2. Acts of kindness

Express your love for Jesus by loving others. Pay for the order of the person behind you in the drive-through. Give an extravagant tip. Carry gift cards to give away. Ask others how they are doing, then stop and listen to their responses. Share the love of Jesus in any way you can think of each day during Lent.

#### 3. Spend time each day reading the Bible or a devotional

I know that I struggle with this at times. I try to start out my day every morning by spending at least 15 minutes with a devotional and/or a passage from the Bible. Sadly I find myself distracted at times and I don't do this and I feel the effects during the day. I don't feel the peace in my heart like I do when I have started the day with God. Perhaps you can think about times you spend on email, social media, the internet, television, games, etc. and

just take 15 minutes of that and spend it with God. If you aren't accustomed to doing this it can be a battle - but believe me, you won't regret it!

#### 4. Help those in need

We have many organizations in our community that help those in need. We have several food banks, coat closets and shelters (people and animal). Call your churches or those organizations and ask how you can get involved. We take a mission trip every year to help the homeless and I have always tried to let the students know that the homeless are going to help you more than you will help them. "But if anyone has the world's goods and sees his brother in need, yet closes his heart against him, how does God's love abide in him? Little children, let us not love in word or talk but in deed and in truth." (1 John 3:17-18)

#### 5. Visit the lonely

How often do you go and visit people in the nursing homes or those who are homebound? I know that my grandma used to take me with her when I was little to do this, and those were such joyous times. I have sporadically done this over the years, but I need to do better. I have challenged Fr. Beran and some of the college students to join me every Friday afternoon to go visit the elderly and the homebound. I know it is a small sacrifice that we make, but the joy we might bring by visiting someone who never has visitors will hopefully encourage some to do it more regularly. "Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me." (Matthew 25:40)

#### 6. Say "I love you"

These are three simple words but it seems that people are afraid to say them. You can say "I love you"

to people without it having romantic connotations. Maybe we think that those in our lives already know that we love them so we don't have to say it. Perhaps we are afraid to say "I love you" because it might not be said in return. Try to fight through those fears and tell your friends and family that you love them. The most difficult challenge would be to say those words to someone who is mean or hurts you, but try to do it anyway. We need to remember that everyone needs love and perhaps those who are bitter or angry just don't hear "I love you" enough. I also encourage lots of hugs! Pastor Jeanne Madsen . . . I will know you read my article if you laugh out loud at this and then tell me about it. Apparently I hug too much!

#### 7. Serve in worship

Your church needs you. Sing in the choir, usher, serve as a reader, work with the tech team, help a young family with their baby, or find some other way to serve your church. Don't wait for someone to ask you to use your God-given gifts. Offer yourself in service to your church for the season.

#### 8. Say "thank you"

Parents, family members, mentors, coaches, teachers, pastors, Sunday school teachers, and others have shaped you into the person you are. Each week during Lent, send a note of gratitude to one of them. Tell them how much they meant to you and how they inspired you. Sending a thank you to someone only takes you a few minutes, but it will change a heart for a lifetime. I have kept every note of thanks that has been given to me over the past five years. Whenever I feel down or feel like giving after numerous criticisms I read those notes and try to remember that I have played a part in changing a few hearts.

I ask you - what are you giving up for Lent? I ask you to join me in fasting from indifference. These 40 days are a way for us to prepare for Easter and become more like Jesus. Who showed love to the poor, the broken and the outcasts more than Jesus? What if we all took this Lenten season to strive to be more like Jesus?

God bless you all. I will be praying for all of us during this Lenten season!

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## Local churches planning Ecumenical Lenten services

Ecumenical Lenten prayer services will be held on the first four Wednesdays (after Ash Wednesday) of Lent (Feb. 17 and 24 and March 2 and 9) in Wayne.

The services will be hosted at a different area church each week and will begin at noon and will be followed by a light lunch.

The service will be about 20 min-

utes - so anyone coming who only has an hour off for lunch will be able to attend the service and have lunch in under an hour.

A free-will offering will go to WACAM (Wayne Association of Congregations and Ministries)

All community members are welcome to attend any of these services.

The order and location of the ser-

vices will be as follows:

**Wednesday, Feb. 17:** Our Savior Lutheran Church;

**Wednesday, Feb. 24:** First United Methodist Church;

**Wednesday, March 2:** St. Mary's Catholic Church;

**Wednesday, March 9:** First Presbyterian Church.

## Valentine Supper planned at Winside Methodist Church Feb. 14

The youth group of Winside United Methodist Church will be hosting a Valentine Day spaghetti supper on Sunday, Feb. 14 from 4-6 p.m. in the church at 207 Jones Street in Winside.

They will serve spaghetti, garlic bread, lettuce salad, and a Brownie Sunday. A freewill donation will be

accepted.

At 5:30 p.m., there will be a showing of the movie "War Room" which is full of humor, faith, hope and love. It is a movie suitable for all ages. There is no charge for the movie, and proceeds from the supper will be used by the youth for future projects.

### Wanted: Church news

The Wayne Herald would like to print information and schedules from area churches.

All information submitted to the Herald by Monday at 5 p.m. (delivered to the Herald office) or emailed by 8 a.m. on Tuesday will be included in that week's edition of the paper.


Articles can be mailed to P.O. Box 70, Wayne, Neb. 68787 or e-mailed to clara@wayneherald.com

The Herald thanks its readers and area ministers for their cooperation in our effort to keep informed on the happenings at various churches.

Wayne Community Theatre Presents

## Rumors

by Neil Simon  
Used with permission from Samuel French



February 25 & 26, 2016 - 7:30pm  
and February 27, 2016 - 2:00pm

Ley Theatre, Brandenburg Education Building, Wayne State College  
Free admission (free will donations going to the Wayne Community Theatre)  
Due to language, this show is not suitable for children.

Wayne State University  
United Way

This show was produced with generous support from the Wayne United Way and Wayne State College. Event funded in part by a grant from the Wayne County Convention & Visitors Bureau.

www.waynecollege.edu  
www.waynecollege.edu  
(402) 375-2240

### Right to Life Breakfast set for Saturday, Feb. 13

The Wayne Area Right to Life is again sponsoring a Pro-Life Breakfast on Saturday, Feb. 13 at 9:30 a.m. at the Holy Family Hall of St. Mary's Catholic Church in Wayne.

The keynote speakers for this event will be Butch and Rita Woodman of rural Hartington, who will be sharing their personal pro-life testimony: "Our Gift from God." Other speakers will bring attendees up-to-date on current issues.

Egg casseroles, breakfast breads and fruit will be served and a free will offering will be taken. Those attending are encouraged to bring packages of disposable diapers to be given to crisis pregnancy centers in the area.

For more information, contact Bonnie at (402) 375-8960.

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**Tuesday - Men's Day**  
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**Thursday - Senior's Day**  
(55 & over, must have valid ID)  
(Earn 5 points receive \$10 Free Play)  
**Saturday Night - Prime Rib Dinner • 5:00 p.m.**

**Valentine's Day • Feb. 14**  
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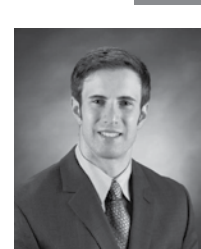
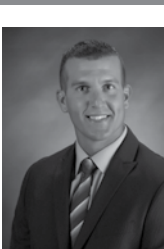


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### Orthopedic Outreach Clinic

Dr. John Lamml and Steven Janssen, PA-C, will be providing orthopedic services at Providence Medical Center on Friday, February 26, 2016.


For an appointment please contact your local physician or call (402) 375-7953.

John Lamml, MD      Steven Janssen, PA-C



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# Business & Professional Directory

## Allen News

Heidi Keil  
 402-841-6237  
 heidiakeil@gmail.com

### Springbank Township Library

The cold snowy weather is here for a few months, so it is time to enjoy reading in the warmth. Hundreds of books for all ages are available at the Springbank Township Library.

New hours are Wednesday from 2-4 p.m., Friday 2-5 p.m., and Saturday 9-11 a.m. This month's book for Book Club is available in the library.

Check out a book and plan to attend Book Club on Wednesday, Feb. 17 at 2 p.m. in the library for an interesting discussion of the book.

### 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 must be answered and then sent to the Allen School Foundation, P.O. Box 190, Allen, Neb. 68710 by

March 31, 2016. One scholarship will be given and must be used during the 2016-2017 college year for undergraduate studies. The recipient will be notified by April 30, and he/she (or a representative) will be required to attend the May 14, 2016 graduation ceremony for formal recognition.

### Be a Volunteer

Becoming a school volunteer can be one of the most rewarding experiences in life. Sharing a special talent, reading a book to a student, assisting the school librarian, helping to put up an interesting bulletin board for the classroom teacher, or helping chaperone on a field trip are all ways that one can serve as a school volunteer.

Volunteers are made up of parents, grandparents, business people, retirees, high school students, and other community members. They can volunteer on a regular basis or on special occasions.

### Pennies for Patients

The Pre-K-12th grade students will again be involved with "Pennies for Patients." This is a fundraiser for the Leukemia and Lymphoma Society.

The Leukemia and Lymphoma

Society Student Series is an opportunity for students to see how important they can be in saving lives. The elementary students will be involved in a presentation during their guidance class time. Each classroom will have a box that will be used for monetary donations.

Last year, Allen Consolidated Schools raised almost \$1,000. The winning elementary class will receive a pizza party. If you have any questions, please contact Mrs. Kneiff, dkneiff@esu1.org or (402)635-2484 ext. 404.

### Kindergarten Roundup

The Allen Consolidated Schools will be hosting Kindergarten Roundup on Friday, April 8 from 9 a.m.-12 p.m. Anyone who has a child who will be 5 years old before July 31 and who has not enrolled or requested option paperwork, please contact the school at (402) 635-2484.

### Book Fair

The Scholastic Book Fair will be held in the school library from Thursday, Feb. 25-Monday, March 7 (tentatively). For questions please contact Connie Roberts at (402) 635-2484 ext. 208 or at croberts@esu1.org.

### Senior Center News

At our evaluation we had a couple of months ago it was stated that we need to raise \$1,410 a month to keep up with budget needs. During the month of January (as of Jan. 25), we have brought in \$342 from coffee, \$2000 in donations from the once-a-year donor, and \$4 from the quilt club; \$451 for meals and from Norfolk for meals \$461.85 and Senior Center activities \$110.70. Our expenses so far are \$598.85 for wages, \$288.01 for taxes, \$160 for rent, \$304.75 for utilities, \$31.44 for misc supplies, \$1500 toward cookbooks for fundraising, \$94.41 for coffee, \$40 for training, and \$417.64 for groceries. As you can see, without that \$2000. from the generous donor and the reimbursement from Norfolk, we would be \$2,638.10 in the red.

Please help us find a way to earn this money each month so we can keep paying our bills. There are going to be a couple of fundraising raffles for Valentine's Day for a dollar a chance. It will be held on Saturday, Feb. 13. They will be raffling off some tie blankets and a teddy bear. Thank you to Eleanor and Densel for your donations for the raffle. So please come in and check them out.

For each meal served we receive an additional \$2.85 from Norfolk on top of the \$4 suggested donation from each participant who eats a meal, so that really helps with our costs. Our meal count could be better than it has been. Please do you part in supporting the Center by eating at the Center, even once or twice a month helps a lot. If you don't want to get out in the weather, just call and have your meal delivered. Thank you to those who have been eating here, we couldn't keep the doors open without you. Thank you to Peggy Kennelly and Darlene Roberts for cooking while Kathy is gone.

### Yearbook Sales

The annual staff will be selling the 2016-2016 yearbook through Monday, Feb. 15. Cost of this year's yearbooks will be \$30 with a name and \$25 without a name. You can contact one of the annual staff members or the school at 635-2484 if you would like to purchase one. You can also contact annual staff members who are: Alexis Hoensing-Sachau, Mariah Keiser, Lexi Oswald, Kaylen Smith, Kay Stapleton, and Gabby Sullivan.

### School Lunch Menu

Friday, Feb. 12: Breakfast — Cinnamon Roll. Lunch — Cheese pizza, coleslaw.

Monday, Feb. 15: Breakfast — Biscuit and Gravy. Lunch — Soft shell tacos, refried beans.

Tuesday, Feb. 16: Breakfast — French toast. Lunch — Orange chicken, rice, tea roll.

Wednesday, Feb. 17: Breakfast — Pancake and Sausage. Lunch — Biscuits and gravy, cheese stick.

Thursday, Feb. 18: Breakfast — Cinnamon Roll. Lunch — BBQ Pork on a bun, carrots.

Friday, Feb. 19: Breakfast — Long John. Lunch: Italian dunkers, marinara sauce, green beans.

Most breakfast meals include: Choice of cereal or oatmeal. All breakfast meals include: 8 oz milk, fruit or fruit juice. All lunch meals include: 8 oz milk, salad bar. Salad bar may include the following options: Fresh lettuce, fresh spinach, carrots/celery, tomatoes, diced eggs, bean variety, cucumbers, fruit variety.

### Senior Center Menu

Friday, Feb. 12: Breakfast, 8:30 a.m. Biscuits and gravy, ham, fruit, juice.

Monday, Feb. 15: Taco with meat, lettuce, tomato, cheese, beans, pears.

Tuesday, Feb. 16: Chicken, mashed potatoes, beets, applesauce, cookie.

Wednesday, Feb. 17: Hamburger or Liver and Onion, mashed potatoes, creamed peas, pineapple.

Thursday, Feb. 18: Boneless pork chop, au gratin potatoes, corn, fruit cup.

Friday, Feb. 19: Breakfast, 8:30 a.m. Biscuits and gravy, sausage links, fruit, juice.

Milk, bread and butter offered at each meal.

### Community Birthdays

Friday, Feb. 12: Myles Flores, Abby Moore, Willy Whipple, Scott and Jean Morgan (A), Gerald and Barb Sands (A).

Saturday, Feb. 13: Dave Geiger, Jeremy Kumm.

Sunday, Feb. 14: Larry and Kathy Boswell (A), Brad and Suzanne Gonzales (A), Bob and Mary Jean Jones (A), Court and Darlene Roberts (A), Chris and Beth Swanger (A), Jim and Shirley Woodward (A).

Monday, Feb. 15: Garrett Hingst.

Tuesday, Feb. 16: Wayne Chase, Patti Mattes, Ryan Miller, Darwin Nice.

Wednesday, Feb. 17: Leroy Bathke, Joseph Kinzey, John Noe.

Thursday, Feb. 18: Bobbie Lamprecht, Linda Means, Annie Schrunck, Cliff and Donna Stalling (A).

Friday, Feb. 19: Rusty Dickens.

### Community Calendar

Friday, Feb. 12: Senior Center Breakfast, 8:30 a.m.; Springbank Library hours, 2-5 p.m.; District wrestling at North Bend; Speech at Wakefield, 8 a.m.

Saturday, Feb. 13: Springbank Library hours 9-11 a.m.; District wrestling at North Bend; Allen JH Boys vs. Wakefield, 9 a.m.; St. Michael's Catholic Church (Coleridge), 6 p.m.

Sunday, Feb. 14: St. Paul Lutheran Church, 8 a.m.; St. Mary's Catholic Church (Laurel) 8 a.m.; First Lutheran Church, 9 a.m.; Trinity Lutheran Church, 9 a.m.; United Methodist Church, 9 a.m.; St. Anne's Catholic Church (Dixon) 10 a.m.; Evangelical Free Church, 10:30 a.m.

Monday, Feb. 15: Exercise Class at Senior Center, 9 a.m.; Girls BB Subdistricts first round at Ponca; Allen Community Club at Fire Hall, 7 p.m.

Tuesday, Feb. 16: Girls BB Subdistricts second round at Ponca; Dixon County Historical Society at Museum, 1:30 p.m.

Wednesday, Feb. 17: Springbank Library hours 2-4 p.m.; Exercise Class at Senior Center, 9 a.m.; Book Club at Senior Center, 2 p.m.

Thursday, Feb. 18: Girls BB Subdistrict finals at Ponca; State wrestling in Omaha.

Friday, Feb. 19: Senior Center Breakfast, 8:30 a.m.; Springbank Library hours 2-5 p.m.; State wrestling in Omaha; JV/varsity boys basketball vs. Omaha Nation @ 6 p.m.

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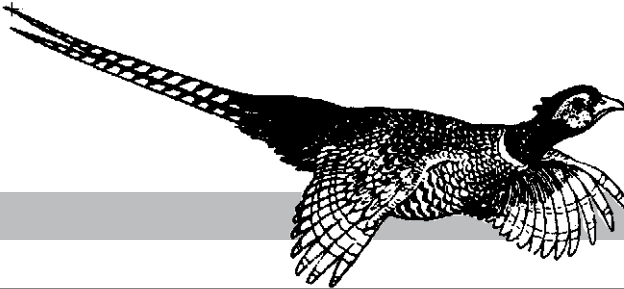
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## Sharing thoughts on recent events

This week, it's going to be an accumulation of bits and pieces, starting with those amazing kids who went to DC to participate in the March for Life. While a lot of groups decided to stay home because of the forecast, our Nebraska folks decided they would show up and then start for home immediately after. And that would have worked; in fact, it did work for the bus from Norfolk, but the rest got stalled because a semi jackknifed on the interstate ahead of them.

They built an altar of snow and celebrated Mass in the outdoors; the priests even wore their vestments. Kay's Godchild was on one of those buses, and her only complaint was she got bored. I salute them all for being such good sports about it, and for showing up.

Those same people marched two weeks ago from the capitol to the Student Union; and for once, they had nice weather and a huge crowd.



**The Farmer's Wife**  
By: Pat Meierhenry

My cousin organizes the Lutherans in the bunch, and I salute her for her faithfulness.

Moving on, some of the other snow stories were equally moving. You all know how it was in Grand Island last week. Well, a gentleman there had been on the heart transplant list and got the call! Only I 80 was shut down. Our faithful State Patrol got one lane open and got him to Omaha in time for the surgery. As my friend said, "Nebraska Nice!"

Then, there was our local boy making good as a referee for the Super Bowl. Clete Blakeman is from Norfolk, and many have told me his mother taught their children in fifth grade. I remember his Dad and Jerry Neely officiating all over northeast Nebraska.

Well, it seems he must also work out, because one friend commented about those biceps already after the play off game. But the Today show said the Twitter community was all "a twitter" about the "hottie" ref!

I personally was impressed with

Lady Gaga's red suit. After my rant about women and their clothes, and especially with her reputation, I thought it was very appropriate. I can't say I was equally impressed with her rendition of the National Anthem, but she got great reviews today for that, too. In my book, no one will beat Whitney Houston.

And, you know that cliché, "defense wins games"? Well, it does!

Finally, we all said a prayer for Shavon during that basketball game on Saturday. He's my favorite NU player. And the EMTs who took him out? The one at the head of the gurney was one of Jon's roommates at NWU. He's been a fireman/paramedic for a long time here in Lincoln and we are so proud of him.

All of which makes me pleased and happy to be a resident of the Cornhusker state! Have a Happy Valentine's Day!

## Beef Profit Meetings upcoming, resistance management discussed

This winter Nebraska Extension will host 16 Beef Profitability Workshops to help beef producers, especially cow/calf producers, evaluate their operations to make them more profitable through latest research information.

A team of UNL Extension Educators, including Larry Howard, Dennis Bauer, Gary Stauffer, Steve Niemeyer and Jim Jansen will present information as well as practical approaches for beef producers. These workshops have been held across Nebraska for the past 10 years.

Two meetings will be held on Monday, Feb. 22 in the area. The first is at Oakland Auditorium at 1 p.m. at the second is in Wayne at the Fire Hall at 7 p.m. Possible topics include Composting Livestock Mortality, Beef Economics/Industry Outlook, Management of Young Cows for Reproductive Efficiency and/or the Concord Forage Study Results. Pre-registration is not required but would be appreciated by Friday, Feb. 19 at each counties re-



**Ag Happenings**  
Keith Jarvi  
Extension Educator

spectively. There will be a charge to cover handouts.

Pest (weed, disease, insect) resistance to pesticides (eg. herbicides, insecticides, fungicides) is not a new thing. In fact, pest resistance

to any pest management tool, tactic or strategy (chemical or nonchemical) has been documented from nearly the time when humans began cultivating plants. Worldwide about 368 herbicide-resistant weed biotypes reported to be resistant to 19 different herbicide modes of action. For example, 40 dicot and 15 monocot species are known to have biotypes resistant to triazine herbicides. Also, at least 50 weed species have been reported to have biotypes resistant to one or more herbicide families (www.weedscience.com). Repeated use of the same herbicide was always the main reason for weed resistance to herbicides worldwide.

Insects have shown a similar pattern in developing resistance to many types of insecticides used to control crop pests. Insecticide resistance is a global issue for a wide variety of agriculturally important pests and has been reported in over 540 insect and mite species (www.pesticideresistance.com). Nebraska

has had a long history with insecticide resistant pests; the western corn rootworm has been particularly difficult and has developed resistance to numerous insecticides for both larval and adult controls. In addition, corn rootworm in parts of Nebraska and the Midwest have developed resistance to some of the Bt proteins found in genetically modified corn, leaving growers with fewer control options and greater management costs.

A resistance management workshop will be held Friday, March 7 at the Wayne Fire Hall to educate agricultural clientele and farmers about the importance of herbicide, insecticide and fungicide resistance management, mode of action, and how to use this information to reduce potential spread of weeds, insects and plant pathogens in Nebraska. To go to this meeting you MUST preregister online. For more information and to register for the meeting go to <http://agronomy.unl.edu/pest-resistance>.

## Beef from Nebraska is headed to Israel

WR Reserve, a beef processing company in Hastings, will send the first significant shipment of beef from the United States to Israel since that country placed a ban on U.S. beef imports in 2003. Israel is one of the last countries to open its doors to U.S. beef imports following a finding of a confirmed case of bovine spongiform encephalopathy (BSE) in the United States in December 2003.

"This is a major step toward increasing Nebraska beef exports to an important market," Nebraska Department of Agriculture (NDA) Director Greg Ibach said. "We applaud WR Reserve for complying with a rigorous inspection process that included Israeli government regulator visits and final sign off by the U.S. Department of Agriculture's (USDA) Food Safety and Inspection Service."

NDA officials and U.S. Senator Deb Fischer (R-Neb.) worked collaboratively to provide outreach to USDA in an effort to achieve final approval for the company to begin exporting product.

"Nebraska beef producers are the best in the world," said Senator Fischer. "This historic agreement with Israel is a testament to our producers' tireless commitment to delivering safe, high-quality beef products to dinner tables around the globe. I was pleased to work with the USDA and the Israeli government to enable our state to supply the first American beef shipments to Israel in over a decade."

Fishel Ziegelheim, owner/manager of Minnesota-based Noah's Ark Processors, parent company of WR Reserve, said the final approval could not have been achieved without the assistance of the various parties involved. The company is excited

to move forward and provide Israeli customers with high quality Nebraska beef.

"It is with great enthusiasm that we welcome the opportunity to export to the State of Israel," said Ziegelheim. "It is our intention to represent the United States and the State of Nebraska in the most professional manner, both in the highest level of Kosher and the highest level of quality."

According to USDA data, \$405 million of beef products were imported by Israel in 2014, with 95 percent of those imports coming from Latin America and the rest from Europe.

"We consider this a real success story that we will be able to build upon to continue to position beef from Nebraska as the world's choice of beef," said Ibach.

## LENRD workshop set for Feb. 17 at NECC

An educational workshop on no-till, cover crops and planned grazing will be held Wednesday, Feb. 17, from 9 a.m.-3 p.m. in the Life-long Learning Center on the campus of Northeast Community College in Norfolk.

Registration begins at 9 a.m., with a welcome and the opening session starting at 9:30 a.m. Lunch will be from 12-12:45 p.m., with the second half of the workshop to follow.

Dr. Jonathan Lundgren, an agro-ecologist, director of the ECDYSIS Foundation and CEO for Blue Dasher Farm, will give a presentation on soil bugs, predators, granivores and pollinators. His ecological

research focuses heavily on conserving healthy biological communities within agroecosystems by reducing disturbance and increasing biodiversity within cropland.

Also speaking in the morning session will be Dan Gillespie, who will discuss improving soil health in corn and soybean rotations. He will talk about cover crop seeding ap-

proaches and the Soil Health benefits and rapid soil organic matter improvement gained from integrating cover crops into no-till systems.

Afternoon lectures include Jonathan Lundgren, Ph.D., who will talk about the natural cycles and impacts of insects and how you can use them to your advantage; and Marty Marx, who will share information

and results on one of the latest approaches to seeding cover crops last year in Wayne County.

To RSVP by Friday, Feb. 12, call Lower Elkhorn Natural Resources District at (402) 371-7313. The workshop is sponsored by the Natural Resources Conservation Service and the Lower Elkhorn NRD.

## Wherley named on Midland University fall Dean's list

Midland University has recognized the outstanding achievements of students with the announcement of the Fall 2015 President's List and Dean's List. Overall, 261 students were honored.

Among those honored were Jessica Biermann and Megan Wherley, both of Wayne, who were named to the Dean's List.

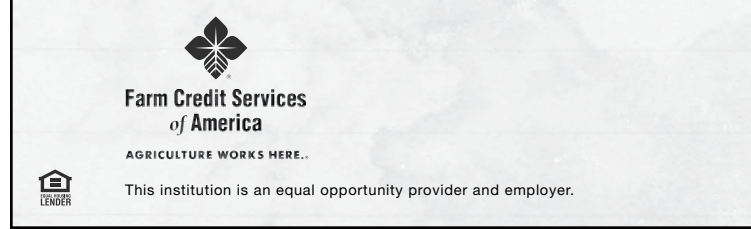
To qualify for the President's List, students must complete coursework with a semester GPA of 4.0. In order to qualify for the Dean's List, students must complete all coursework with a GPA of 3.5 or higher.

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**PLANTER Clinics**  
**WAYNE:**  
Tuesday Feb 16th, Tractor & Planter Clinic  
Tuesday Feb 23rd, Sprayer & AMS Clinic  
6:45 pm General Discussion & Explain Breakout Sessions. 7:00 pm Planter break out session w/discussion of evolution of planter technology, attachments available for upgrading equipment, along with general operation and maintenance. 7:00 pm Tractor break out session w/discussion of tractor optimization, top 10 JD DTAC cases, display calibration, maintenance recommendations  
7:45 pm Rotate Groups  
**BLOOMFIELD:**  
Thursday Feb 18th, Tractor & Planter Clinic  
Lunch @ 12:00 pm and clinic to follow discussing- Planter AMS setup, Field Connect Probes, Planter Inspections, Spring Catalog Discounts, & Rep from Talc USA to discuss new seed corn inoculants & benefits. We will have our New Planter Test Stand to Test All JD Seed Meters  
**HARTINGTON:**  
Thursday Feb 25th, Tractor, Planter & AMS Clinic  
10:00 am start with General Planter Discussion. Breakout into Separate Tractor/Planter Sessions. Regroup into Final AMS Sessions. Lunch Served.  
**Grossenburg**  
servicing your GROWING needs  
[www.grossenburg.com](http://www.grossenburg.com)  
Winner, SD (605) 842-2040  
Pierre 224-1631  
Philip 859-2636  
Wayne, NE (402) 375-3325  
Bloomfield 373-4449  
Hartington 254-3908



To place your ad call: Jan at 402-375-2600 or 1-800-672-3418 • Fax: 402-375-1888

DEADLINES: Line Ads Tuesdays at Noon • Display Ads Monday 5:00 p.m.

# CLASSIFIEDS

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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**

**NOW HIRING**

Full time production associates in Wayne, NE. Experience or knowledge of construction and/or manufacturing is preferred. Fast paced work environment. Mon.-Fri. 6:30 a.m. to 3 p.m. Full benefit package includes paid vacation, health, dental, vision, and 401(k) plan.

Apply at 116 West 1st Street in Wayne or email jknapp@sandcreekpostandbeam.com



**POOL — HELP WANTED**

The Village of Emerson is now accepting applications for Pool Manager & Lifeguards for the 2016 pool season. A good work record, dependable and mature work habits a must. Nebraska Pool Operator certification & lifeguard certification required. Applications may be obtained at the Village Office, 511 North Main Street, Emerson and will be accepted until the positions are filled. EOE

**LIFEGUARDS**

The City of Wayne is now accepting applications for Lifeguards for the 2016 summer season. Applicants must show that they have a good work record and that they are dependable and mature in their work habits. Current certifications and experience required.

Applications may be obtained at the Wayne Community Activity Center, 901 W. 7th Street.

Persons interested should return their application to the Recreation Services Director no later than Wednesday, February 29, 2016. EOE.

**~ HELP WANTED ~**

**Med Aide Sign-On Bonus: \$500 PT/\$1000 FT**

Contact Misty to apply - 402-375-1922



811 East 14th Street Wayne, NE 402-375-1922

**WANTED**

... someone to help build Wayne's future. General construction skills needed. Experience preferred but will train the right person. Must be dependable and have enough knowledge of English to understand job assignments. Full time or part time year round. Drug testing required. If interested, call 402-833-5000.

**• ACCEPTING APPLICATIONS •**

Join our team at Cubby's in Wakefield. Part-time positions - days, nights, weekends. Flexible around school schedules. Must be 19 years old for cashier, 16 years old for deli. Drug-free workplace. Drug screen, background checks. Apply in person, ask for the manager.

**CUBBY'S GODFATHER'S EXPRESS**  
Hours - Deli: Mon-Sat. 5 am-Midnight, Sun. 6 am-Midnight  
Store: Mon-Sat 5 a.m.-1 a.m. Sun. 6 a.m.-1 a.m.  
206 Oak Street Wakefield, NE 68784



Also hiring for 11 p.m. - 7 a.m. Shift to begin March 1

**Data Specialist - Ameritas**

Be part of a dynamic environment. Review, analyze and edit data for dental and eye care claims. Benefits include competitive starting wage, comprehensive health insurance with dental and vision coverage, paid time off and tuition assistance.

Ameritas challenges and rewards our most valuable assets -- our people.



Apply today at ameritas.com. Ameritas EOE

**Employment Opportunities**



WSC is accepting applications for the following positions. WSC offers a competitive salary and an excellent benefits package including health insurance, retirement, tuition assistance (employee/family), paid leave time, and paid holidays.

- Custodian - Various Shifts
- Office Assistant II - Human Resources
- Financial Aid Counselor
- IT Technician

For a complete listing of job requirements and application procedures, visit our Website at www.wsc.edu/hr, call 402-375-7365 or email hr@wsc.edu. WSC is an EOE.

**HELP WANTED**

**Accountant/Bookkeeper** needed by Wayne, NE CPA firm. Need full-time help

doing general ledger, payroll, general accounting and office work.

Pay has high top end and is commensurate with experience and ability.

Send Resume to: Kathol & Associate, P.C. 104 West 2nd Street, Wayne, NE 68787 Or Call: 402-375-4718

**Providence Medical Center** has an opening for **Registered Nurse**

Providence Medical Center, a critical access hospital, has an opening for a full-time (36 hours a week) Acute, Emergency, Skilled Services Registered Nurse. Providence Medical Center offers competitive wages and a generous benefit package. Sign On Bonus available.



Jackie Backer VP, Human Resources — 402-375-7618 jbacker@providencemedical.com Apply in person or online at: 1200 Providence Road, Wayne, NE; www.providencemedical.com

EEO/AA/Vets/Disability

**~ HELP WANTED ~**

**• RN/QA FT — 6 am to 6 pm \$3000 sign-on bonus**

**• LPN 6 pm to 6 am \$3000 sign-on bonus**

**• CNA / CMA FT/PT \$1500 FT/\$750 PT sign on bonus**

**• Maintenance Director FT**

Please contact Connie at 402-375-1922



811 East 14th Street Wayne, NE 402-375-1922

**Help Wanted**

Do you want a career where you can make a difference in someone's life?

Legacy Garden Rehabilitation and Living Center has an immediate opening for the following positions:



- Cook/Dietary Aide:** PT @ Legacy
- Activities Assistant:** PT @ Prairie Breeze

We offer a generous compensation package including competitive wages, paid time off, health insurance, company paid life insurance and 403b retirement match.

Apply today in confidence at

[www.pendercommunityhospital.com](http://www.pendercommunityhospital.com)

This institution is an EEO/AA Employer and Provider - Protected Veterans and Individuals with Disabilities.



Our Family Taking Care of Yours!

**WEEKEND SHIFT JANITOR**

Friday & Saturday • 5 AM-5:30 PM Sunday • Noon-12:30 AM

Great Dane Trailers of Wayne is accepting applications for a Weekend Shift Janitor.

**Responsibilities include:**

- Responsible for general cleaning & minor maintenance within the facility & cleaning debris from the ground outside the plant.
- Some climbing of ladders will be required.
- Responsible for scooping snow in the winter. Must also be able to run a snowblower.
- Must be able to run a tractor for mowing in the spring & summer as well as spraying weeds, etc.
- Must be able to lift up to 45 lbs. on a regular basis

We offer Medical, Dental, and Vision insurance, 401 (k) with company match, Pension plan, Holiday Pay, Vacation, and Quarterly Bonus Program. Candidates are to successfully complete a post job offer drug screen and medical examination. Individuals wanting to join a winning team need to apply in person at:



**Great Dane Trailers**

1200 N. Centennial Road • Wayne, NE 68787 A Division of Great Dane Limited Partnership EOE ISO 9001:2008 Registered Plant



**Employment Opportunities**

Great Dane Trailers of Wayne is accepting applications to fill the following positions

**Inventory Planner/ Parts Coordinator-**Material Control Department Duties include: Planning of assigned materials to ensure an uninterrupted flow of material to support the production schedule, Coordinating the transfer of parts and assemblies between the Wayne plant and the Parts Distribution Centers, Confirming the availability of materials prior to authorizing/processing after market orders, Verifying the physical transfer of material. General knowledge of the raw material required to build the Super Seal trailer would be helpful. Must have a working knowledge of bill of materials and sales orders, Maintain inventory records and data base information, Multitasking and paying close attention to detail. Must have strong PC skills (Microsoft Word, Excel, Office, etc...)

**Drafter-** Engineering Department Duties include: Drafting of assembly, weldment, and detail drawings, Review sales orders assigned by team leader/checker and make a complete Bill of Materials with drawings that reflect the options selected on that order. Work on special projects relating to new trailer design changes, and Resolve problems or questions regarding Bill of Materials and/or drawings as encountered by manufacturing. Minimum Associates Degree or equivalent in Drafting required. Degree to be focused on mechanical/manufacturing methods for sheet metal and welding operation. Knowledge of computer Aided Drafting is required

**Data & Systems Technician-** Engineering Department Duties include: Data review and input into computer systems, Input and maintenance of existing databases and Excel Spread sheets, Manage electronic folders from order creation to file archiving, File drawings, specification sheets, order folders, trailer order documentation, etc., scan documents for archiving, Maintain engineering library and engineering reference materials, Provide backup for receptionist. Must have strong PC skills (Microsoft Word, Excel, Office, etc...) and knowledge of Bill of Materials is preferred.

Great Dane has one of the best wage and benefits packages in Northeast Nebraska including Medical, Dental, and Vision Insurance, as well as 401K and a pension plan. Candidates are to successfully complete a post job offer drug screen and medical examination. Individuals wanting to join a winning team need to apply in person or mail in your resume at

1200 N. Centennial Road • Wayne, NE 68787

POBox 157

A Division of Great Dane Limited Partnership EOE

ISO 9007:2005 Registered Plant



# CLASSIFIEDS

## HELP WANTED

### Caring People Needed

Supplement your income and share your homemaking skills by assisting families in caring for their aging loved ones. It takes a special person to be a Home Instead Senior Care CAREGiver, yet does not require a special degree. Enjoy training support, flexible shifts that fit your life, and a job that nurtures the soul. Seeking CAREGivers for a variety of different shifts in the Wayne area.

Please call 1-800-732-2577 or apply online at [www.homeinstead.com/104](http://www.homeinstead.com/104)



**Drivers-OTR:** \$2,000 Sign On! Health, Dental, Life, 401k! Great Pay! Vacation. 2014 & Newer tractors. [www.universe-truck.com](http://www.universe-truck.com), 866-958-7825

The City of Laurel is accepting **APPLICATIONS** for the following part-time positions:

- Assistant Pool Manager
- Lifeguards

Pick up application at the Laurel City Office. **APPLICATION DEADLINE:** 5 p.m. on March 4, 2016

**READERS BEWARE!** Job opportunities being offered that require cash investment should be investigated before sending money. Contact the Better Business Bureau to learn if the company advertised is on file for any wrong doing. The Wayne Herald/Morning Shopper attempts to protect readers from false offerings, but due to the heavy volume we deal with, we are unable to screen all copy submitted.

### ASSISTANT POOL MANAGER

The City of Wayne is now accepting applications for Assistant Pool Manager for the 2016 summer season. Applicants must show that they have a good work record and that they are dependable and mature in their work habits. Nebraska Pool Operator Certification required. CPR/AED and Basic First Aid certification required. Previous lifeguard experience and current certification required. Previous management experience preferred.

Applications may be obtained at the Community Activity Center, 901 W. 7th Street.

Persons interested should return their application to the Recreation Services Director no later than Monday, February 29, 2016. EOE.

### FACULTY OPENING

#### 7-12 Spanish Teacher

Emerson-Hubbard Community Schools is accepting applications for a Spanish Teacher beginning August 2016. Emerson-Hubbard is a progressive school district located 25 minutes west of Sioux City, IA and within one hour of two major colleges. Send a letter of application, resume and credentials to: Mark Koch, PO Box 9, Emerson, NE 68733 or email to: [mkoch@ehpirates.org](mailto:mkoch@ehpirates.org).

Coaching and sponsorship positions are also available.

### NOW HIRING

#### Full Time Millwork Associate in Wayne, NE

Responsibilities include building windows, vents, doors and cupola's for our barn kits and detail measurements for custom products. 2 year degree in building construction and/or 5 years experience in finish carpentry preferred. Fast paced work environment. Mon.-Fri. 6:30 a.m. to 3 p.m. Full benefit package includes paid vacation, health, dental, vision, and 401(k) plan.

Apply at 116 West 1st Street in Wayne or email [jknapp@sandcreekpostandbeam.com](mailto:jknapp@sandcreekpostandbeam.com)

### Executive Director

The Wayne Community Housing Development Corporation is seeking a qualified individual to serve as Executive Director. Experience in administering grants, housing related programs and loans needed. Proven written and oral communication skills and ability to work with people is a must. Degree in business or public administration or related field preferred. Salary is negotiable. Interested persons should submit a letter of application and resume with references to Wayne Community Housing Development Corporation, 108 West 3rd, Wayne, NE 68787 by 2/28/2016. EOE

### Help Wanted

**Pender Community Hospital**, a 21-bed Critical Access Hospital, has immediate openings for:

- Outpatient Clinic/Surgery Nurse
- Information Technology Manager
- Materials Management Clerk
- Marketing Coordinator

We offer a generous compensation package including competitive wages, paid time off, health insurance, flex-benefits, company paid life insurance and 403b retirement match.

Apply today in confidence at [www.pendercommunityhospital.com](http://www.pendercommunityhospital.com)

*This institution is an EEO/AA Employer and Provider - Protected Veterans and Individuals with Disabilities.*

**402.385.3083**  
100 Hospital Drive  
Pender, NE

*Our Family Taking Care of Yours!*

### RN/LPN

Every 3rd Weekend / Holiday

### CNA/CMA

Every other weekend/Holiday

\$1500 sign on Bonus FT • \$750 sign on Bonus PT

Full benefit package includes Health, Dental, Vision 401K License Renewal for professionals Student Loan Reimbursement for New Graduates

**Contact: Jean Gall DON for more information 402-337-0444 or email at [jgall@ensigngroup.net](mailto:jgall@ensigngroup.net)**

### Colonial Manor of Randolph

811 South Main Street • Randolph, NE 68771  
402-337-0444

EOE

### FOR SALE

## HOMES FOR SALE

112 W. 2nd Street - Wayne, NE 68787  
(402) 375-2134 office - (402) 375-2134

84896 577th Avenue, Wayne **\$200,000**

DREAMING of your home in the country? Look no further. Acreage includes 5.68 acres, 3 bedroom/3 bathroom home that was built in 1991, plus an amazing barn with loft, and a detached garage/workshop. Gorgeous views and established trees to the north and south.

113 Wilcliff Drive, Wayne **\$169,000**

113 Wilcliff Drive has 2,462 square feet of living space with 4 bedrooms including a large master bedroom with master bath, 2 additional bathrooms, open living/dining room with vaulted ceilings and fireplace, large eat-in kitchen, large family room with heating/cooling, roof, interior/exterior paint, remodeled master bath. Other pluses include an amazing lot, built-in 2-car garage, basement with excellent storage, covered front porch, grilling patio, and large relaxing patio in the backyard.

[www.propertyexchangepartners.com](http://www.propertyexchangepartners.com)

### We'd LOVE to Help You Buy or Sell!

1031 Sunnyview Drive

710 Sunnyview Drive \$224,500

1017 Aspen Street \$179,500

1023 Poplar Street \$115,000

1421 Claycomb Road Now at \$179,500

1116 Lawndale Drive \$159,500

201 Main Street - Wayne, NE  
Phone: 402-375-1477  
E-Mail: [anoite@1strealtysales.com](mailto:anoite@1strealtysales.com)  
[www.1strealtysales.com](http://www.1strealtysales.com)

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### WANTED

**FARMER LOOKING** for farm ground to rent or custom farm for 2016 and beyond. Ph. 402-640-8864.

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Call this newspaper or 1-800-369-2850 for more information.

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Make your snap ad in the Morning Shopper or Herald really stand out, add a dingbat! Several to choose from. Call Jan at the Wayne Herald for all the details! 402-375-2600 or 1-800-672-3418.

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▲▲▲

### APPLY TODAY ONLINE at:

[www.Heritage-Emerson.com](http://www.Heritage-Emerson.com)

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Mileage Reimbursement  
Excellent Benefits Package - 2016 Health Insurance Premiums Reduced for Team Members  
Located just minutes from:

- Wayne - 20 min.
- Wakefield - 10 min.
- Pender - 12 min.
- S. Sioux City, NE - 25 min.
- Sioux City, IA - 30 min
- Allen - 20 min.
- Ponca - 30 min.

Check our website for details & other job opportunities

607 Nebraska Street • Emerson, NE 68733  
Phone: (402) 695-2683  
[www.heritage-emerson.com](http://www.heritage-emerson.com)  
A Proud Member of the Vetter Health Services Family

### HELP WANTED

## Van Driver/Maintenance

### Full Time

## Activity Assistant

### Full Time

## CNA, RN & LPN

### Full Time & Part Time, All Shifts

Apply in person at:

### WAKEFIELD HEALTH CARE CENTER

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

### COME HOME TO THIS!!!

707 Elm Street, Laurel  
3 bedroom ranch, with hardwood floors. Updated kitchen, appliances included. Non-conforming partial finished basement with spacious family room and laundry.

Take A Look!!

102 Alma Street, Laurel  
Spacious living and dining area. New carpet in living room and nice hardwood floor in dining area. New vinyl flooring in kitchen, bath and laundry. 1 bedroom on main floor with 2 bedrooms on 2nd floor. 1 car detached garage and a storage shed. \$25,000.

See all our listings at [www.korthrealtyandauktion.com](http://www.korthrealtyandauktion.com)

Marlene Jussel, Associate Broker  
Les Owen, Sales Associate  
402-256-9320 or 402-375-1002  
103 West 2nd Laurel, NE 68745

### Real Estate for Sale

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Ample sized lot in Muh's Acres. Perfect for walk-out basement home.

**Executive Home**  
4 bedroom, 3 bath home  
New Construction  
1007 Adam Drive

**Low Maintenance**  
3 Bedroom Duplex; located close to everything!  
1019 Providence Road

**Hobby Farm!**  
3 bedroom home with 4+ acres with updates!  
403 Sunset Street, Carroll

**One Level Living!**  
2 Bedroom, 2 Bath  
1,320 sq. ft, open plan  
806 Brookdale Drive

**Lots of Lots!**  
Get a jump on building. We still have many lots in 3 subdivisions.

**Handyman Special!**  
4 Bedroom home!  
Sale Pending!  
716 Nebraska Street

206 Main St. Wayne, NE  
402-375-3385  
[www.midwestlandco.com](http://www.midwestlandco.com)

### LOST & FOUND

## Cleaning out your closets?

## Finding things that you forgot were in there?

If you find a paper route carrier bag that belongs to the Wayne Herald/Morning Shopper, please bring it back - We miss it!

Thank you - Circulation Department



# CLASSIFIEDS

## FOR SALE

**FOR SALE:** Large square or big round corn stalk bales. Ph. 402-369-2534.

**GIFT GIVING** and baking are easy with Tupperware. Contact Clara Osten, your local consultant for over 25 years. 402-518-8030 or 585-4323. Leave a message.

**WAYNE STATE** College Surplus Auction!! Tables, chairs, shelves, cabinets, lights, etc. For a list of all items and bid instructions, go to [http://ecampus.wsc.edu/surplus\\_property/](http://ecampus.wsc.edu/surplus_property/). Submit bids by 5:00 pm on February 16th.

## SPECIAL NOTICES

☆☆☆☆  
\$24 for two weeks worth of ads in the Shopper, Herald and on the internet site!  
Call Jan for details. 375-2600  
☆☆☆☆

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**MidwestLand COMPANY**

**www.midwestlandco.com 402-375-3385 Call Wendy at 402-369-2647**

Wayne State College

**SURPLUS AUCTION**  
Tables, chairs, shelves, cabinets, lights, etc.

For a list of all items and bid instructions, go to [http://ecampus.wsc.edu/surplus\\_property/](http://ecampus.wsc.edu/surplus_property/)  
Submit bids by 5:00 pm on Feb. 16

## FOR RENT

**FOR RENT:** One-Bedroom, basement apartment. Available February 1. Call 402-375-5203 day or 402-375-1641 evenings.

**HOUSE AND APARTMENT FOR RENT:** Central air. ABB 60+ cable provided. Laundry available No pets, parties or smoking. References required. Ph. 402-375-1200.

**RENTERS WANTED:** COUNTRYSIDE APARTMENTS in Carroll has a one-bedroom apartment for rent. Utilities included. Immediate occupancy. Call 402-375-7805.

**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 all dwellings advertised are available on an equal opportunity basis.

**APARTMENT FOR Rent:** Very nice, one and two bedroom apartments in Wayne and Laurel. No Pets. Call 402-518-0658.

**FOR RENT** in Wayne: Large, clean, 2-BR apartment. Laundry facilities, stove and refrigerator furnished, central air, private parking. No pets. No parties. Quiet neighborhood. Close to public schools. References required. Call Wil-Mar Rentals at 402-375-4189.

**FOR RENT:** 1 & 2 BR apartments. Available February 1. One block west of campus. Owner pays water, sewer and trash. Off street parking. Ph. 402-369-3068 or 712-212-5844.

**FOR RENT:** 2, 3, and 4-bedroom apartments at 918 Main St. One block to campus. New high efficiency heat pumps with central air. Appliances furnished. Washer/dryer. Soft water. Paved parking. No pets. No parties. 712-899-0505.

**FOR RENT:** 3-BR/2 bath apartment with basement. Stove and refrigerator included. \$495/month. References and deposit required. Available March 18. CornerView Properties 402-640-1316.

**FOR RENT:** 4-bedroom and 2 bath house in Belden. References. Call 402-360-0696 or 402-360-3423.

**FOR RENT:** Nice 1, 2, 3, and 4 bedroom apartments. All new heat pumps and central air. No parties. Call 402-369-0772.

**FOR RENT:** Nice 2-BR duplex apartment. Includes washer, dryer, stove, fridge, dishwasher, central air and heat, and softwater. Available March 22. 529 East 4th St., Wayne. Ph. 605-638-6283.

**Check Our Website: [www.mywaynenews.com](http://www.mywaynenews.com)**



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# The Wayne Herald

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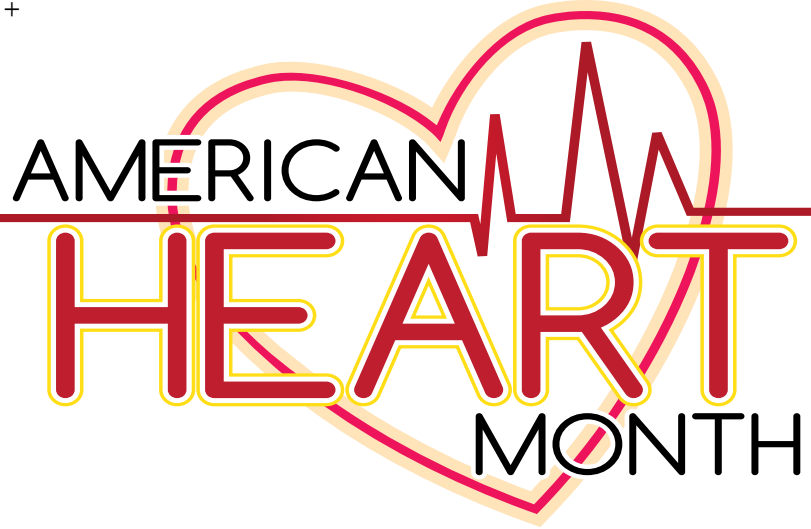
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# Heart attack symptoms in women not always the same as in men

We've all seen the movie scenes where a man gasps, clutches his chest and falls to the ground. In reality, a heart attack victim could easily be a woman, and the scene may not be that dramatic.

"Although men and women can experience chest pressure that feels like an elephant sitting across

the chest, women can experience a heart attack without chest pressure," said Nieca Goldberg, M.D., medical director for the Joan H. Tisch Center for Women's Health at NYU's Langone Medical Center and an American Heart Association volunteer. "Instead they may experience shortness of breath, pressure or pain in the lower chest or upper abdomen, dizziness, lightheadedness or fainting, upper back pressure or extreme fatigue."

Even when the signs are subtle, the consequences can be deadly, especially if the victim doesn't get help right away.

### 'I thought I had the flu'

Even though heart disease is the No. 1 killer of women in the United States, women often chalk up the symptoms to less life-threatening conditions like acid reflux, the flu or normal aging.

"They do this because they are scared and because they put their families first," Goldberg said. "There are still many women who are shocked that they could be having a heart attack."

Watch an animation of a heart attack. A heart attack strikes someone about every 43 seconds. It occurs when the blood flow that brings oxygen to the heart muscle is severely reduced or cut off completely. This happens because the arteries that supply the heart with blood can slowly narrow from a buildup of fat, cholesterol and other substances (plaque).

Many women think the signs of a heart attack are unmistakable —

## Heart attack signs in women

Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It lasts more than a few minutes, or goes away and comes back.

Pain or discomfort in one or both arms, the back, neck, jaw or stomach.

Shortness of breath with or without chest discomfort.

Other signs such as 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.

If you have any of these signs, call 9-1-1 and get to a hospital right away.

the image of the elephant comes to mind — but in fact they can be subtler and sometimes confusing.

You could feel so short of breath, "as though you ran a marathon, but you haven't made a move," Goldberg said.

Some women experiencing a heart attack describe upper back pressure that feels like squeezing or a rope being tied around them, Goldberg said. Dizziness, lightheadedness or actually fainting are other symptoms to look for.

"Many women I see take an aspirin if they think they are having a heart attack and never call 9-1-1," Goldberg said. "But if they think about taking an aspirin for their heart attack, they should also call 9-1-1."

**Take care of yourself**  
Heart disease is preventable.

Here are Goldberg's top tips:

- Schedule an appointment with your healthcare provider to learn your personal risk for heart disease. You can also learn your risk with our Heart Attack Risk Calculator.

- Quit smoking. Did you know that just one year after you quit, you'll cut your risk of coronary heart disease by 50 percent?

- Start an exercise program. Just walking 30 minutes a day can lower your risk for heart attack and stroke.

- Modify your family's diet if needed. For example, with poultry, use the leaner light meat (breasts) instead of the fattier dark meat (legs and thighs), and be sure to remove the skin.

This content was last reviewed July 2015. Updated: Oct 19, 2015

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## Wear Red!

Ameritas employees wore Red on Friday. Front: Chele Meisenbach and Jennifer Parker. Back row, left to right: Trish Schinke, Jacy Gibson, Alexa Hochstein, Char Detlefsen and Brandi Cole.

## American Heart Association releases recommendations for physical activity in adults

Being physically active is important to prevent heart disease and stroke, the nation's No. 1 and No. 5 killers. To improve overall cardiovascular health, we suggest at least 150 minutes per week of moderate exercise or 75 minutes per week of vigorous exercise (or a combination of moderate and vigorous activity). Thirty minutes a day, five times a week is an easy goal to remember. You will also experience benefits even if you divide your time into two or three segments of 10 to 15 minutes per day.

For people who would benefit from lowering their blood pressure or cholesterol, we recommend 40 minutes of aerobic exercise of moderate to vigorous intensity three to four times a week to lower the risk for heart attack and stroke.

Physical activity is anything that makes you move your body and burn calories.

This includes things like climb-

ing stairs or playing sports. Aerobic exercises benefit your heart, and include walking, jogging, swimming or biking. Strength and stretching exercises are best for overall stamina and flexibility.

The simplest, positive change you can make to effectively improve your heart health is to start walking. It's enjoyable, free, easy, social and great exercise. A walking program is flexible and boasts high success rates because people can stick with it. It's easy for walking to become a regular and satisfying part of life.

### AHA Recommendation

For Overall Cardiovascular Health

- At least 30 minutes of moderate-intensity aerobic activity at least 5 days per week for a total of 150 OR

- At least 25 minutes of vigorous aerobic activity at least 3 days per week for a total of 75 minutes; or a combination of moderate- and vigor-

ous-intensity aerobic activity AND

- Moderate- to high-intensity muscle-strengthening activity at least 2 days per week for additional health benefits.

For Lowering Blood Pressure and Cholesterol

- An average 40 minutes of moderate- to vigorous-intensity aerobic activity 3 or 4 times per week.

What if I can't make it to the time goal?

Something is always better than nothing!

And everyone has to start somewhere. Even if you've been sedentary for years, today is the day you can begin to make healthy changes in your life. If you don't think you'll make it for 30 or 40 minutes, set a reachable goal for today. You can work up toward your overall goal by increasing your time as you get stronger. Don't let all-or-nothing thinking rob you of doing what you can every day.

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# AMERICAN HEART MONTH

## Keep your heart healthy with Life's Simple 7 for Kids

As a young person, if you start doing small things every day that keep your body healthy, you have a better chance of living a longer, happier and healthier life. The things that you do to keep your heart healthy will also make you less likely to develop many other types of diseases, like type 2 diabetes and cancer. These small steps are not expensive or difficult to take, and taking them can go a long way toward helping you feel

your best. Make small choices every day to keep your heart healthy. You make many choices every day, like what color socks to wear or how to fix your hair. When it comes to making decisions that keep you healthy, it may seem difficult to choose better options when so many things seem easier or just more fun. You just need to take small steps in a healthy direction and that begins by knowing the healthy choices!



Then it gets easier to make choices every day that help keep you healthy. How do I know if my heart is healthy? Find out if your heart is healthy using Life's Simple 7. They are:

1. Avoid smoking and using tobacco products.
2. Be physically active every day.
3. Eat a heart-healthy diet.
4. Keep a healthy weight.
5. Keep your blood pressure healthy.
6. Keep your total cholesterol healthy.
7. Keep your blood sugar healthy.

We'll help you understand how to keep your heart healthy. To make it fun and exciting, the American Heart Association has created a website called "My Life Check" (link opens in a new window) that will help you understand your heart health and give you and your family ideas to make the best choices.

The Life's Simple 7 series describes things you can do on your own to keep your heart healthy and some things that may require the help of a health professional.

Are you ready? Let's start off by learning about heart disease and stroke.

### What is heart disease?

Heart disease is also known as cardiovascular disease or "CVD." CVD is a very serious health condition that keeps the heart or blood vessels from working properly. When our heart and blood vessels are working at their best, blood flows easily and is circulated around the body freely.

If there is a clog in our blood vessels or if our heart is not pumping blood properly, this prevents blood

## The American Heart Association's diet and lifestyle recommendations listed

A healthy diet and lifestyle are your best weapons to fight cardiovascular disease. It's not as hard as you may think. Remember, it's the overall pattern of your choices that counts. Make the simple steps below part of your life for long-term benefits to your health and your heart.

Use up at least as many calories as you take in.

• Start by knowing how many calories you should be eating and drinking to maintain your weight. Nutrition and calorie information on food labels is typically based on a 2,000 calorie diet. You may need fewer or more calories depending on several factors including age, gender, and level of physical activity.

• If you are trying not to gain weight, don't eat more calories than you know you can burn up every day.

• Increase the amount and intensity of your physical activity to match the number of calories you take in.

• Aim for at least 150 minutes of moderate physical activity or 75 minutes of vigorous physical activity — or an equal combination of both — each week.

Regular physical activity can help you maintain your weight, keep off weight that you lose and help you reach physical and cardiovascular fitness. If it's hard to schedule regular exercise sessions, try aiming for sessions of at least 10 minutes spread throughout the week.

If you would benefit from lowering your blood pressure or cholesterol, the American Heart Association recommends 40 minutes of aerobic exercise of moderate to vigorous intensity three to four times a week.

Eat a variety of nutritious foods from all the food groups.

You may be eating plenty of food, but your body may not be getting the nutrients it needs to be healthy. Nutrient-rich foods have minerals, protein, whole grains and other nutrients but are lower in calories. They may help you control your weight, cholesterol and blood pressure.

Eat an overall healthy dietary pattern that emphasizes:

- a variety of fruits and vegetables,
- whole grains,
- low-fat dairy products,
- skinless poultry and fish,
- nuts and legumes,
- non-tropical vegetable oils.

Limit saturated fat, trans fat, sodium, red meat, sweets and sugar-sweetened beverages. If you choose to eat red meat, compare labels and select the leanest cuts available.

One of the diets that fits this pattern is the DASH (Dietary Approaches to Stop Hypertension) eating plan. Most healthy eating patterns can be adapted based on calorie requirements and personal and cultural food preferences.

Eat less of the nutrient-poor foods.

The right number of calories to eat each day is based on your age and physical activity level and whether you're trying to gain, lose or maintain your weight. You could use your daily allotment of calories on a few high-calorie foods and beverages, but you probably wouldn't get the nutrients your body needs to be healthy.

Limit foods and beverages high

in calories but low in nutrients. Also limit the amount of saturated fat, trans fat and sodium you eat. Read Nutrition Facts labels carefully — the Nutrition Facts panel tells you the amount of healthy and unhealthy nutrients in a food or beverage.

As you make daily food choices, base your eating pattern on these recommendations:

• Eat a variety of fresh, frozen and canned vegetables and fruits without high-calorie sauces or added salt and sugars. Replace high-calorie foods with fruits and vegetables.

• Choose fiber-rich whole grains for most grain servings.

• Choose poultry and fish without skin and prepare them in healthy ways without added saturated and trans fat. If you choose to eat meat, look for the leanest cuts available and prepare them in healthy and delicious ways.

• Eat a variety of fish at least twice a week, especially fish containing omega-3 fatty acids (for example, salmon, trout and herring).

• Select fat-free (skim) and low-fat (1 percent) dairy products.

• Avoid foods containing partially hydrogenated vegetable oils to reduce trans fat in your diet.

• Limit saturated fat and trans fat and replace them with the better fats, monounsaturated and polyunsaturated. If you need to lower your blood cholesterol, reduce saturated fat to no more than 5 to 6 percent of total calories. For someone eating 2,000 calories a day, that's about 13 grams of saturated fat.

• Cut back on beverages and foods with added sugars.

• Choose foods with less sodium and prepare foods with little or no salt. To lower blood pressure, aim to eat no more than 2,400 milligrams of sodium per day. Reducing daily intake to 1,500 mg is desirable because it can lower blood pressure even further. If you can't meet these goals right now, even reducing sodium intake by 1,000 mg per day can benefit blood pressure.

• If you drink alcohol, drink in moderation. That means no more than one drink per day if you're a woman and no more than two drinks per day if you're a man.

• Follow the American Heart Association recommendations when you eat out, and keep an eye on your portion sizes.

Also, don't smoke tobacco — and avoid secondhand smoke.

Last reviewed 08/2015. Updated: Jan 20,2016.

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## Work Out at Work

If you're like most American adults, you spend most of your waking hours at work, and it could be taking a toll on your health. Sixty-nine percent of adults are obese or overweight, and many of us struggle to find time to work out and make healthy eating a priority. Get the most out of your work day with these tips to pick up the pace. Your heart will thank you!

There's no law that says you have to sit when you meet. Try brainstorming on the go. Make your next catch-up with your boss a walking meeting and discuss project ideas with a co-worker while you take a few laps around the building.

Here are some other ways to stay active during the work day:

- Walk during business calls. March in place or at least stand when you talk on the phone.
- Skip the email or the call and walk down the hall to talk to a co-worker.
- Tone your muscles while you work. You might be surprised by

how much you can improve your strength and balance with just a few minutes and a desk chair. Light hand weights are helpful and can be easily stored under your desk, but you can do these without weights too. It is generally recommended that you start with a set of 10-15 repetitions. The goal is to complete three sets of each activity.

• Take the stairs instead of the elevator. Or get off a few floors early and take the stairs the rest of the way.

• Schedule physical activity time on your business calendar — and treat it like an important appointment.

• Walk around your building for a break during the work day or during lunch.

• Traveling for business? Pack a jump rope or resistance band in your suitcase. Walk while you wait for your plane. Once you arrive at your destination, jump rope and do calisthenics in your hotel room. Take advantage of the fitness center or the swimming pool.

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