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The Wayne Herald

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Personnel, building project highlight board meeting Ag program implementation discussed by teacher



(Photo by Clara Osten)

Toni Rasmussen, recently hired Ag Teacher at Wayne Community Schools, spoke to board members on Monday.

By Clara Osten
clara@wayneherald.com

The resignations of three faculty members and the hiring of three faculty members, along with a detailed report on the bid for the locker room renovation took up the majority of Monday's meeting of the Wayne Community Schools Board of Education.

Resignations were accepted, with regrets for sixth grade teacher Heidi Thompson, Special Education teacher Cathy Hobza and ELL teacher Darlene Lililenkamp.

Teaching positions were filled in three areas. Julie Osnes was hired for the Library Media position, Pam VanderVeen was hired for the high school English position and Gwen Frideres was hired for the preschool position.

Ms. Toni Rasmussen, who has been hired for the position of Ag Teacher, was at Monday's meeting to talk about her background and plans for implementing an Ag program at the school.

The Albion area native told the board she will graduate from the University of Nebraska - Lincoln in May and is "extremely excited to begin this program."

She told the board she plans to offer more than one section of several classes to allow students in grade 9-12 the opportunity to take introductory level classes. In addition, she will be teaching exploratory classes to seventh and eighth grade students to allow them to "get a taste of the program."

Jon Carlson of Carlson, West Povondra spoke at length to the board on the bids that were received for the locker room/CTE project.

The district received five bids for the project with the low bid from TIJ Construction of Council Bluffs, Iowa. Carlson said he has done reference checks on the firm and found out that the project manager for the Wayne project lives in this area and would be on-site throughout the project. He also said he has checked the firm's sub-contractors and is pleased with them.

Carlson spent considerable time talking about the ways the district could possibly save money on the project and some of the more expensive portions of the bid.

He told the board his suggestion would be for the building committee to put together a list of the items that could be eliminated, or at least postponed, and meet with the contractor to determine how much money could be saved.

He said the bid submitted by the contractor is valid for 40 days, although it is hoped the bid approval could be given before that to allow for construction to begin in March.

The board took no action on the bid for the project.

During his administrator's report, Superintendent Mark Lenihan updated the board on a number of bills currently being debated in the Nebraska Legislature. He said not a lot of action has taken place on these bills at this time.

Superintendent Lenihan also announced sev-
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Members of the Wayne High School Speech Team include (front) Jack Osnes, Claire Barnes, Megan Keiser, Darian Bell, Madi Hamik, Alyssa Chinn and Savannah Leseberg. (middle) Jaci Torres, Grace Heithold, Colton Spahr, Marcella Jurotich, Emily Matthes, Halie Chinn, Hana Nelsen, Madison Jenkins, Miranda Fehringer and Cailee Brugger. (back) Nate Burrows, Jessica Schenck, Brittney Hunke, Sarah Wibben, Sam Bruckner, Liz Junck, Shanda Lambert, Andrea Torres, Marta Pulfer, Avianna Doring and Isaiah Longe. Not Pictured, RJ Liska, Maura Loberg and Aidan Consoli.

Blue Devil speakers earn champ honors at Wakefield

Members of the Wayne High School Speech team competed in the Wakefield "Sweet Meet" Invitation in Wakefield on Feb. 10.

The team won first place in nearly all of the events and brought home the 'first of the century' regular contest win in varsity competition.

"Wayne speech was really firing on all cylinders today. We won first place in seven of the nine events and placed highly in the other two. Our kids have been practicing hard, and today it really paid off. This is the kind of day a coach dreams about," Head Coach Dwaine Spieker said of his team on Friday.

Leading the way for the team was Megan Keiser, who earned gold medals in three contests. While no searchable records are available, Spieker said that this is a first in his tenure as coach at Wayne High.

Keiser won first place in Humorous Prose and was part of the Duet Acting Team, with Sam Bruckner which received a gold medal. Additionally, she was part of the Oral Interpretation of Drama (OID) Team, along with Nate Burrows, Claire Barnes, Grace Heithold and Jack Osnes which was also received a gold medal at the invitational.

"I have been in speech for three years and every year I have done humorous prose. Last year I made it to state with my humorous script. This year I am triple entered in humorous prose, duet acting, and oral interpretation of drama. My main goal for this year to be double entered at state!" Keiser said.

Other students placing at the meet were: Avianna Doring, sixth in JV Poetry; Alyssa Chinn, sixth in JV Informative; Jaci Torres, sixth in Serious Prose; Jessica Schenck, sixth in Poetry; Andrea Torres and Madison Jenkins, fifth in JV Duet; Jaci Torres, fifth in Poetry; Maura Loberg, fifth in Humorous Prose;



Megan Keiser earned gold medals in three separate events at the Wakefield Sweet Meet last week. She became the first Blue Devil Speech team member to do so.

Miranda Fehringer, fourth in Persuasive; Marcella Jurotich, third in Persuasive; and Claire Barnes, third in Serious Prose.

Also, Sarah Wibben was runner-up in Humorous; Nate Burrows, was runner-up in Entertainment; and Emily Matthes was runner-up in Informative.

Crowned champions in their respective varsity events were: Savannah Leseberg, Persuasive; Marcella Jurotich, Extemporaneous; Jack Osnes, Poetry and Marta Pulfer, Informative.

SEEING THE VALUE



(Contributed graphic)

The above architect's rendering shows what the lobby of PMC will look like once construction is complete. The welcome desk will be open to the lobby, rather than tucked into an office to ensure patients and visitors know someone is there to help if needed.

Benefits of new facility are easy to see for employees, patients alike

By Calyn Dunklau
calyn@wayneherald.com

As Providence Medical Center pushes forward in its impressive construction and renovation project, we have published a series of articles centered around various aspects of PMC. This is the final installment of that series.

After hours of brainstorming and planning, Providence Medical Center was able to break ground on the biggest construction project to date for the hospital, where basically every surface of the hospital will be touched in some way.

Now the project is well underway, having already met the halfway point, so patients and employees alike can see the light at the end of the tunnel.

The massive project includes a complete renovation of all patient rooms, ancillary services wing, main entrance and patient check-in, administration offices, emergency department, dining and kitchen areas among many others.

"The core building from 1975 has never really undergone infrastructure changes. It's been added onto and maintained aesthetically, but a lot of things have changed since 1975," Kristine Giese, Chief Operating Officer at PMC said. "Healthcare has changed and we have a lot more technology."

The value such renovation and construction has brought to patients at Providence is overwhelming.

The emergency department, for example, was once scattered between several locations throughout the hospital forcing patients to be wheeled from the ambulance garage down the halls to get to an emergency

"Patients' families stay a lot more than they used to, so we have the ability to accommodate family members staying with more accessible, larger rooms."

KRISTINE GIESE

room. Now the state-of-the-art facility has an ambulance bay included in it, maintaining privacy and allowing for physicians and nurses to attend to a trauma in a matter of seconds which is critical for positive outcomes.

The new emergency wing is equipped with modern technology and large rooms to make the nurses and physicians more efficient as they attend to patients, which is exactly what the rooms will be like in the patient wings once they are finished.

In the "B" wing, larger rooms for critical or intensive care patients have already been completed. The rooms allow for better access, not only for employees to work, but for families and the patient's comfort.

"Patients' families stay a lot more than they used to, so we have the ability to accommodate family members staying with more accessible, larger rooms," Giese said.

The bathrooms inside the rooms include a shower without any barrier to step over or tray to step into, making them safer.

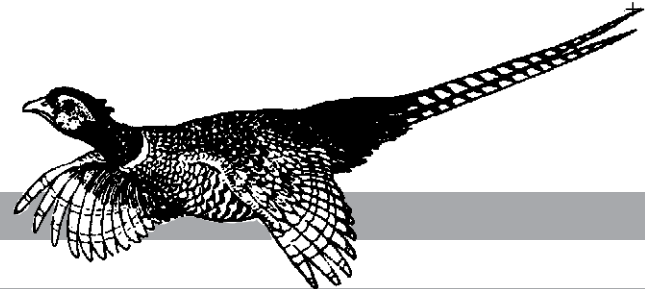
Patients who may be expecting a child also get to
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Record

The Wayne
Herald



Obituaries

Richard 'Dick' Longe

Dick Longe, 79, of Wayne, died Friday, Feb. 10, 2017 at the Wakefield Health Care Center.

An open house to Celebrate his life was held at Miss Molly's on Main Street in Wayne on Wednesday, Feb. 15.



Private graveside services were held at the Wakefield Cemetery with military rites. The Rev. Jeanne Madsen and Chaplain Deb Hammer officiated.

Memorials may be directed to the Longe family for later designation.

Arrangements are with Hasemann Funeral Home of Wayne.

Richard "Dick" Arlan Longe was born May 25, 1937 at Wayne to Rollie and Tinabelle (Killion) Longe. He graduated from Wayne High School in 1955. He served in the United States Army from 1957 to 1959 and was a member of the 101st Airborne Division, Ft. Campbell, Ky. Dick married Vera Schopke on Dec.

4, 1964 in Emerson. The couple farmed and fed cattle near Wayne for all of their life. Dick enjoyed cattle sales, fishing and watching baseball. In his younger years, he pitched for local town teams. He was a member of Our Savior Lutheran Church in Wayne.

Survivors include his wife, Vera; their children and families, Karen Longe (Mark Hill) and Kate, Kayla, and Gordon of Marshall, Va., Russell (Becky) Longe and Lucas and Emily of Wakefield and Carol (Chris) McGuire and Reagan and Kinnley of Wayne; a brother, David (Sandra) Longe of Fremont, Calif.; and a sister-in-law, Mary Longe of Lincoln.

He was preceded in death by his parents and a brother, Robert.

Pallbearers will be members of his family.

Dorothy Hook Hamilton

Dorothy Hook Hamilton, 98, formerly of Wayne, died Dec. 27, 2016 in her Port Orange, Fla. home, surrounded by her five sons.

Dorothy was born in Gardnerville, Nev. on June 13, 1918 and later lived in Iowa. She moved to Wayne with her parents, Ted and Lenora Hook, when her father became superintendent of the Wayne schools. Dorothy graduated from Wayne High School and from Wayne State Teachers College. She taught band and Commerce at Allen before moving to Chicago, Ill. to work for a realtor. She taught in Colorado and later moved to Los Angeles for a secretarial opportunity. Later, her father was instrumental in getting her a secretarial position for Senator Kenneth Wherry in Washington, D.C. She married Art Hamilton in Daytona Beach, Fla. on April 1, 1944. They had five sons. Dorothy earned her



Master's degree from Stetson University and was a guidance counselor at Seabreeze Senior High School for over 12 years. Survivors include her sons, Chip (Sharon) of Port Orange, Fla., Ted (Teddi) of College Station, Texas, Rus (her caregiver) of Port Orange, Fla., Buz (Terry) of De Land, Fla. and Steve (Sandy) of De Land, Fla.; 11 grandchildren; 15 great-grandchildren and a sister, Pat Hook Straight of Wayne.

She was preceded in death by her husband, Art; a sister, Marjorie; brothers-in-law, Quentin Whitmore, Dale Craun and Lloyd Straight and a great nephew, Kyle Straight.

Barbara Hook Craun

Barbara Hook Craun, 93, of Guthrie Center, Iowa, died Jan. 21, 2017 in Guthrie Center, Iowa.

Barbara Hook Craun, the daughter of Ted and Lenora (Parry) Hook was born May 29, 1923 in Whiting, Iowa. She graduated from Wayne High School and from Wayne State Teachers College in Wayne. She attended the University of Iowa to receive her Master's degree in Mathematics. She moved to Primghar, Iowa where she was the principal, taught Math and was senior class sponsor. On June 21, 1948 she married Dale Craun at the Presbyterian Church in Wayne. She worked at the O'Brien County Courthouse before working at the Primghar Savings Bank until her retirement. Her husband, Dale, preceded her in death on Oct. 16, 2006 and she later moved to Guthrie Center, Iowa to live with her daughter and son-in-law, Mary Ann and Danny Gute. She was a former Girl Scout leader, member of PEO, Women's Club, Primghar Playhouse Board, Order of the Eastern Star and treasurer of the Primghar Library Board. She enjoyed reading, singing in church choir and other events and playing bridge and cribbage.



Survivors include her sister, Pat Straight of Wayne; her children, Carol Jean McGuire (Wayne Jordan) of San Antonio, Texas; Jim (Sue) Craun of Elliott, Iowa and Mary Ann (Danny) Gute of Guthrie Center, Iowa; former son-in-law, Jerry McGuire of Des Moines, Iowa; nine grandchildren; 13 great-grandchildren and one great-great grandchildren and 14 nieces and nephews and their families.

She was preceded in death by her parents, Ted and Lenora Hook; her husband, Dale; sisters, Dorothy (Art) Hamilton, Marjorie (Quentin) Whitmore; brother-in-law, Lloyd Straight and great nephew, Kyle Straight.

Annual Kiwanis Pancake Feed to benefit local youth-oriented projects

Members of the Wayne Kiwanis Club are putting the finishing touches on the plans for this year's Pancake Feed

It will be held Tuesday, Feb. 28 from 5 to 7:30 p.m. at the Wayne City Auditorium.

The menu consists of all-you-can-eat pancakes, eggs, sausage, applesauce, orange juice and coffee. Suggested donations will be \$8 for adults, \$4 for children age 10 and under.

Founded in 1923, Kiwanis Club of Wayne is part of Kiwanis International, a global organization of volunteers dedicated to changing the world one child and one community at a time. Kiwanis International serves children and communities worldwide with nearly 600,000 adult and youth members in 96 nations, whose members annually devote over 6 million hours and \$100 million in projects that strengthen communities.

Weekly meetings of the Kiwanis Club of Wayne are held at noon on Mondays at Taco's & More. The meetings are supplemented by a number of annual projects accomplished by Kiwanis members, often in collaboration with other community organizations such as the City

Free Quickbooks training offered to area small business owners

A free two-part QuickBooks training will be offered for local entrepreneurs and business owners this month, sponsored by the Center for Rural Affairs' Rural Enterprise Assistance Project.

The sessions are set for Thursdays, March 2 and March 9, from 5:30 to 8:30 p.m. each evening. The class will be held at the Wayne Public Library/Wayne Senior Citizen Center, 410 N. Pearl Street in Wayne.

"In this economy, many, if not most, small businesses are operating on very tight budgets to simply get by," said Juan Sandoval, Center for Rural Affairs' Latino Business Center director. "Improving book-keeping is a way to tighten up in these economic times."

Computers equipped with QuickBooks will be available. Diann Ballard, owner of db Consulting, and Sandoval will assist individuals with setting up their books.

There is no cost for the class. Pre-registration is required. The classes are offered through the Latino Business Center and Women's Business Center, both programs of Center for Rural Affairs' Rural Enterprise Assistance Project.

"Accurate recordkeeping can be very beneficial to the success of a small business owner's business," Sandoval said.

For more information or to register, contact Sandoval at juans@cfra.org or 402.371.7786.



The U.S. Postal Service will be issuing a stamp on March 1 commemorating the 150th birthday of Nebraska.

Stamp to celebrate Nebraska's birthday

A First-Day-of-Issue dedication ceremony for the Nebraska Statehood Forever Stamp celebrating the state's sesquicentennial (150th birthday) will be held in Lincoln on March 1.

At the event, native Nebraskan photographer Michael Forsberg will discuss the perseverance involved in capturing this photo of Sandhill Cranes migrating along the Platte River.

The stamp goes on sale at Nebraska Post Offices March 1 and may be pre-ordered now at usps.com for delivery shortly after March 1. A large quantity will be available at the Wayne Post Office.

The U.S. Postal Service is celebrating the 150th anniversary of Nebraska's statehood with a Forever Stamp. Known for its agricultural bounty, the Cornhusker State became the 37th state of the Union on March 1, 1867. The Postal Service traditionally issues commemorative postage stamps at intervals of 50 years from the date of a state's first entry into the Union.

Photographer Forsberg tucked himself among prairie grasses on the riverbank between the cities of Grand Island and Kearney to capture the stamp image. His photo depicts Sandhill Cranes flying low as they scout for sandbars for nighttime roosts that offer safety from riverbank predators. Annually, more than 500,000 Sandhill Cranes make a stop along the Platte River valley in March and early April for a mid-migratory rest. The timeless spectacle is unique to Nebraska.

Forsberg planned weeks in advance for this challenging shot. As to not disturb the cranes, he would enter the blind hours prior to their sunset arrival and remained there until their next morning's departure.

A Quick Look

Date	High	Low	Precip	Snow
Feb. 9	11	2	—	—
Feb. 10	33	-2	—	—
Feb. 11	56	33	—	—
Feb. 12	47	30	—	—
Feb. 13	46	27	—	—
Feb. 14	53	29	—	—
Feb. 15	46	31	—	—

Recorded 7 a.m. for previous 24 hour period
Precip./mo. — 3" / Monthly snow — 4"
Yr./Date — 1.25" / Seasonal snow — 18"

Chamber Coffee

WAYNE — This week's Chamber Coffee will be held Friday, Feb. 17 at Providence Medical Center. At this time, there is no host for the coffee on Friday, Feb. 24.

Anyone wishing to host a coffee is asked to contact the Wayne Area Economic Development Office at (402) 375-2240. The coffee begins at 10 a.m. and announcements at 10:15 a.m.



Mobile Food Bank

AREA — The Mobile Food Bank will be held Saturday, Feb. 25 at Our Savior Lutheran Church, 421 North Pearl Street in Wayne. Food distribution will be from 10 to 11:30 a.m.

Rotary Potato Bake set for Feb. 19

AREA — Wayne Rotary Club's Potato Bake and Dessert Bar luncheon will be held at the Wayne City Auditorium on Sunday, Feb. 19 from 11 a.m. — 1 p.m. Tickets are available in advance from Rotary members for adults and children the age of 8 and under. Tickets will also be available to purchase at the door for a slightly higher price for adults. St. Mary's Catholic Church will conduct a bake sale at the same time and will have a variety of foods available for purchase.

Council meeting location

WAYNE — Due to the on-going construction at Wayne City Hall, the Tuesday, Feb. 21 meeting of the Wayne City Council will be held at the Wayne Senior Center. The meeting begins at 5:30 p.m. and is open to the public.

Soup Supper

AREA — First Lutheran Church of Allen will host a Soup Supper on Sunday, Feb. 26. The event runs from 4:30 to 7 p.m. Soup, sandwiches and desserts will be served for a free-will donation.



Reading is fun

Members of the Wayne Kiwanis Club, as well as several employees of First National Bank, took time from their day to read books to the students at Head Start. The Kiwanis Club annually purchases the books and reads them to the students. The students then get to take the books home with them. Above, Deb Lundahl reads a book to two very attentive students. Right, Bob Foxhoven seems to be enjoying the book as much as the young lady he is reading to. This is one of several projects undertaken each year by the Kiwanis Club to benefit the youth of the community.



Wildcat women sweep final road games

The Wayne State women's basketball team put themselves in position to possibly host a first-round game in the Northern Sun Conference tournament after winning two on the road over the weekend.

On Friday, the Wildcats had four players finish in double figures as they came away with a 71-60 win at Southwest Minnesota State.

The hosts got out to a 5-0 lead early, but Wayne State went on a 13-2 run to take a 13-7 lead and never trailed again, leading 18-16 after one period.

The Wildcats led by as many as seven after a 3-pointer by Maggie Lowe. Southwest cut the lead down to one, but Haley Moore drilled a trey and Paige Ballinger followed with a layup to end the half, giving Wayne State a 34-28 edge at intermission.

Wayne State continued to control the game and led by as many as nine in the fourth when the Mustangs made one last run, getting as close as four point. The deficit could have been

closer after Wayne State was whistled for a technical foul, but the Mustangs missed the free throws and Moore followed with another 3-pointer to make it 63-57 and Wayne State would go on to collect the win, going 6-for-6 at the foul line to ice the game.

Ballinger led the way with 19 points and had six blocked shots to move up to fourth on the school's all-time blocks list with 126 career blocks. She is now third in single-season blocks with 62, passing Whitney Epp's total of 59 in the 2011-12 season.

Anna Martensen and Kacie O'Connor each added 15 points in the win while Moore tossed in 10. Maggie Schulte and O'Connor shared rebounding honors with five apiece. Schulte also led the team with five assists and four steals.

On Saturday, Wayne State never trailed in the second half as they pulled away with a 67-57 win over Sioux Falls, improving to 19-6 overall and 14-6 in NSIC action.

Wayne State trailed 6-2 early, but used a 12-0 run to take a 14-

6 lead late in the first quarter. Sioux Falls came back and led 19-14 early in the second when the Wildcats regained the lead on a Katie Hoskins layup. The lead switched sides until Ballinger and O'Connor closed the half with baskets to give Wayne State a 28-25 halftime lead.

Wayne State took control of the game in the second half and the hosts never got closer than two points. The Wildcats built a 46-38 lead after three quarters and led by as many as 15 on their way to the big win.

Martensen led three Wildcats in double figures with 18 points, with Schulte adding 16 and Ballinger putting in 14. Schulte led the team with eight rebounds and Taylor Reiner had six. O'Connor had three assists and Hoskins and Moore each had two steals.

Wayne State's closes out the regular season at home this weekend, with Upper Iowa coming to town Friday for a 6 p.m. matchup, followed by Winona State on Saturday at 4 p.m. at Rice Auditorium.



(Photo copyright Mikey C Production)

In the photo above, Allen's Katie Bathke (21) tries to defend against Winside's Sarah Wolfe during action last week. The host Wildcats got their first win of the season with a 45-40 decision. Below, Allen's Kyle Smith drives to the basket as Winside's Caleb Kampa defends during action between the two area teams last week in Winside. The Wildcats scored late to edge the Eagles, 45-44.



(Photo copyright Mikey C Productions)

Jessica Borg (3) and Savannah Nelson try to tie up Homer's Kylie Murphy as Emily Reis (34) tries to help out during C2-4 subdistrict play Monday.

Wakefield girls season ends in subdistrict play against Homer

WEST POINT - The Wakefield girls basketball team faded down the stretch in the second half and ended their season with a 69-48 loss to Homer in the play-in round of the C2-4 subdistrict Monday night.

Wakefield got out to an early lead and played Homer close throughout the first half, trailing 28-23 at intermission. Homer came out and took advantage of some Wakefield turnovers to build a 13-point lead going to the final period, then pulled away down the stretch to come away with the win.

Jessica Borg scored a team-high 14 points and Kenna Mackling added 13 for the Wakefield girls. Also scoring were Savannah Nelson with seven, Liz Delgado with five, Jamie Dolph with four, Heidi Borg with three and Megan Borg with two.

Wakefield ends its season with a 6-16 record.

Homer 69, Wakefield 48	
Wakefield	11 12 11 14 - 48
Homer	12 16 19 22 - 69
WAKEFIELD - J. Borg 14, Nelson 7, Delgado 5, M. Borg 2, H. Borg 3, Dolph 4, Mackling 13.	
HOMER - Woodard 13, Murphy 9, Harris 10, Price 20, Baker 2, Hamling 6, Jensen 3, Arnold 4, Moe 2.	

Wayne High School seeking Athletic Hall of Fame nominations

To recognize exceptional achievements of Wayne High School athletes and others who have made worthy contributions to the athletic program, the Hall of Fame Board is accepting nominations for the "Athletic Hall of Fame".

To be considered for the Hall of Fame, a period of 15 years must

have passed since graduation for an athlete and a period of five years since leaving Wayne High School must have passed before coaches are eligible.

Nomination forms for former athletes/coaches may be obtained at the Wayne High School office or by visiting the Wayne Schools web page.

Deadline for nominations is: Wednesday, March 8, 2017. Nominations must be submitted to: Rocky Ruhl, Athletic Director, Wayne Jr/Sr High School or ruhl1@waynebluedevils.org.

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Wayne State College's School of Education and Counseling is seeking public comments in advance of an accreditation visit by the Council for the Accreditation Educator Preparation (CAEP). The visit will be March 12-14, 2017. Interested parties are invited to submit third-party comments to the visiting team.

Comments should specify the commenter's relationship to WSC's Educator Preparation Program (i.e., graduate, present or former faculty member, partner school administrator or cooperating teacher, and/or employer of graduates of the program). Comments can address any substantive matters related to the quality of the professional education programs offered by Wayne State College.

The public is invited to submit written testimony to:

Site Visitors
CAEP

1140 19th Street NW, Suite 400
Washington, DC 20036

Or by e-mail to: callforcomments@caepnet.org

All comments should be submitted no later than March 1, 2017.

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Izac Reifenrath goes to the hole for two points during LCC's 67-58 home win over Wisner-Pilger last week. (Photo copyright Mikey C Productions)

Bears bite Gators, get bitten by Tigers

Laurel-Concord-Coleridge got a big win in their home finale and dropped a tough game on the road this past week. On Thursday, the Bears celebrated Parents Night with a 67-58 win over Wisner-Pilger. The Bears built an 11-point halftime advantage to take control of the game. Wisner-Pilger used a 10-0 run to start the second half to cut the lead to one, but the Bears responded and withstood another Gator run to earn the win. Jayden Reifenrath had a team-high 17 points to lead three Bears in double figures. Mason Forsberg scored 14 points and Izac Reifenrath put in 12. Also scoring were Noah Schutte with nine, Trey Erwin with seven and DJ Spahr with six. Schutte had six rebounds while Spahr and Forsberg both had five. Jayden Reifenrath recorded six assists and Izac Reifenrath dished out five assists and three steals.

On Saturday, the Bears were on the wrong end of a 23-9 second-quarter run as Osmond edged the LCC boys at home, 60-55. Jayden Reifenrath led LCC with 15 points, Erwin had 13 and Forsberg scored 11. Spahr added six points and Schutte and Izac Reifenrath each had five. Forsberg led the team with seven rebounds, Erwin had four steals and Jayden Reifenrath had four blocked shots. LCC, 14-6, finishes the regular season Friday at Wynot.

LCC 67, Wisner-Pilger 58
LCC 18 18 15 16 - 67
Wis-Pilg. 11 14 18 15 - 58
LCC – Spahr 6, J. Reifenrath 17, Tr. Erwin 7, I. Reifenrath 12, Schutte 9, Forsberg 14.
WIS.-PILG. – Waterman 5, Loberg 5, Koehlmooos 3, Ruskamp 10, Raabe 18, Halterman 17.

Osmond 60, LCC 55
LCC 13 9 8 25 - 55
Osmond 10 23 9 18 - 60
LCC – Spahr 6, J. Reifenrath 15, Tr. Erwin 13, I. Reifenrath 5, Schutte 5, Forsberg 11.
OSMOND – Scoring not available.

Metz ties 28-year-old school record for Wayne State College track

Junior Brady Metz tied a 28-year-old school record in the triple jump at the Concordia Invitational Friday evening in Seward, while other Wildcats competed Friday and Saturday at the South Dakota State Indoor Classic in Brookings, S.D. Metz took first in the triple jump to lead Wildcat jumpers at the Concordia Invitational in Seward on Friday, recording a leap of 48 feet, 4 1/2 inches that was an NCAA provisional mark, tying the school record set by Mark Vollmer in the 1988 season. Metz also finished third place in the long jump at 22-2 1/4. Other top performers at the

Concordia Invite saw Josh Spenner take fifth in the pole vault (15-5), Nick Schmit was sixth in the 800-meter run (2:01.40) and Travis Eller finished 10th in the 600-meter run (1:26.10). Top Friday finishers for Wayne State at the SDSU Indoor Classic included Nick Fly placing 18th in the 1,000-meter run (2:36.68) while Clay Kramer was 18th in the 200-meter dash with a time of 22.31 seconds. Saturday's top performer in Brookings was Antoine Bardou, who took third place in the 800-meter run in a time of 1:52.50, hitting an NCAA provisional mark.

In women's action, top finishers for at Concordia included Shelby Roth taking fifth in the high jump at 5-1 while Riana Noelle came in seventh in the triple jump (34-8 1/2) and 14th in the long jump with a top mark of 15-2 3/4. At the South Dakota State Indoor Classic, senior Melissa Kroll posted an 11th-place finish in the 600-meter dash at 1:37.52. Wayne State will compete at a pair of indoor meets Friday, Feb. 17, participating at the Husker Tune-up Invite in Lincoln and the South Dakota Last Chance Invite at the Dakota Dome in Vermillion.

Winside girls advance, Allen girls fall in subdistrict play

Both Allen and Winside were involved in Class D2 subdistrict action on Tuesday, with the Winside Wildcats advancing. In the D2-2 subdistrict at Clarkson, Winside came away with a 57-46 win over Mead to improve to 2-17 and advance to Thursday's subdistrict final against Humphrey St. Francis. The Wildcats shot the ball well all night and got out to a nice lead early. Mead cut the deficit to three points at the half, but Winside used a key 14-5 run in the third to take control and go on to the win. Callie Finn scored a game-

high 22 points for Winside, while Sarah Wolfe added 15 points and Alex Bargstadt had 13. Alyssa Brogren scored five and Morgan Remm had two. Bargstadt had five rebounds, Brogren grabbed four and Wolfe had four. Remm had six steals, Finn had five and Wolfe had four. In the D2-3 subdistrict at Hartington Cedar Catholic, Allen fell to top-seeded Wynot 59-29 to end their season at 0-20. Wynot jumped on Allen early, building a 19-8 lead after one period and extending that lead to 20 by halftime on their way to the easy win.

Madisen Schneiders led Allen with 14 points and Bri Hingst added 10. Also scoring were Sierra Brahmsteadt with three and Bethany Kneifl with two. **D2-2 at Clarkson Winside 57, Mead 46**
Winside 17 7 14 19 - 57
Mead 12 9 5 20 - 46
WINSIDE – Finn 22, Al. Bargstadt 13, Mo. Remm 2, Brogren 5, Wolfe 15.
MEAD – Scoring not available. **D2-3 at Hartington CC Wynot 59, Allen 29**
Allen 8 4 17 0 - 29
Wynot 19 13 27 0 - 59
ALLEN – Hingst 10, Kneifl 2, Brahmsteadt 3, Schneiders 14.
WYNOT – Scoring not available.

Sullivan wins NSIC Heptathlon, Lahm earns third place honors

Wayne State sophomore Robert Sullivan set a new school record with 5,141 points to win the NSIC Heptathlon held Sunday and Monday at Myers Fieldhouse in Mankato, Minn. Wildcat teammate Derek Lahm also earned All-NSIC honors with a third place finish at 4,970 points to help Wayne State College score 16 points for the NSIC Indoor Championships that will take place Feb. 24-25 in Mankato. Sullivan broke Lahm's previous school record of 4,991 points, set Jan. 27-28 at the Minnesota State Open. He won the shot put (42-9 3/4), was second in the long jump (23-1 1/4) and placed third in the high jump (6-8) and 60-meter dash (7.38). Sullivan's 5,141 points in the event was also an NCAA provisional qualifying mark that now puts him sixth in NCAA Div. II. Lahm was third in the heptathlon with 4,970 points out of 20 competitors. Lahm took first place in the long jump with a top mark of 23-6, followed by third-place finishes in the 60-meter dash (7.24) and 1,000-meter run (2:43.33). Lahm fell just shy of his season-best point total of 4,991 points, which is tied for 14th in NCAA Div. II.



Robert Sullivan, WSC sophomore, set a new school record with 5,141 points to win the NSIC Heptathlon. (Photo courtesy Marlon Brink)

Allen teams fall to Bloomfield

Allen's boys and girls basketball teams hosted Bloomfield on Thursday, and the visitors came away with wins in both matchups. In the girls game, Bloomfield got off to a good start and carried that momentum to a 55-40 win over Allen. Bloomfield built a 13-point lead after one period and maintained a double-digit advantage the rest of the way. Chase Johnson led Allen with nine points and Tayler Kumm added eight. Lukas Oswald and Garrett Brentlinger each

had seven, Brogan Jones scored four, Steven Cooks had three and Kyle Smith added two. **Girls Result Bloomfield 53, Allen 24**
Allen 12 0 7 5 - 24
Bloomfield 26 0 15 12 - 53
ALLEN – Hingst 8, Stapleton 2, Kneifl 2, Madsen 5, Schneiders 6, Twohig 1.
BLOOMFIELD – Scoring not available. **Boys Result Bloomfield 55, Allen 40**
Allen 8 11 13 8 - 40
Bloomfield 21 15 14 5 - 55
ALLEN – Kumm 8, Johnson 9, Jones 4, Oswald 7, Brentlinger 7, Cooks 3, Smith 2.
BLOOMFIELD – Scoring not available.

WSC women's soccer coach resigns, taking position at Northern Iowa

Wayne State women's soccer coach Bruce Erickson, who led the Wildcats to just its second winning record in the last 11 years this season, has resigned to become the new head coach at Division I Northern Iowa. "We are extremely thankful to coach Erickson for his efforts in continuing to build a successful women's soccer program here at Wayne State," said Wayne State athletic director Mike Powicki. "Coach Erickson, along with assistant coach Joe Cleary, have made incredible strides forward and improvements during their two seasons on staff. Bruce is a true professional and I wish him a tremendous amount of success at UNI." Erickson coached at Wayne State for two seasons. The 2016 team finished with a record of 9-6-3 overall and 6-6-3 in the NSIC, marking just the second winning season in the last 11 years at Wayne State. The nine overall wins were the most for a Wildcat soccer team since 2006 and also marked a five-win improvement from the previous year and the six conference wins this season were the most at Wayne State since the 2005

campaign. Erickson's record at Wayne State in two seasons was 13-17-6. "I would like to thank Mr. Powicki for the opportunity to lead this program and for the support in making it successful again," remarked coach Erickson. "I also want to thank Coach Cleary and our players for pouring all the effort into creating a winning culture that featured many firsts for the program. We accomplished a lot in two years' time – winning nine games this year and more is on the horizon." Powicki added, "I could not be more excited about the current group of student-athletes we have returning, along with the caliber of new student-athletes who will be joining the program next fall. The talent and foundation are most definitely in place. I am confident our Wildcat Soccer program has a very bright future." Powicki said assistant coach Joe Cleary will take charge of all Wildcat women's soccer operations during the interim process. The search for a new head women's soccer coach will begin immediately.

WSC cross country teams earn academic honors

Wayne State's men's and women's cross country teams were honored with the U.S. Track and Field and Cross Country Association All-Academic Team awards recently. For the sixth consecutive year, the Wayne State men's cross country team was awarded the USTFCCA All-Academic Team Award for the 2016 season. Junior Antoine Bardou was also named to the individual USTFCCA All-Academic list. The Wildcat men's team was one of eight from the NSIC and

115 in NCAA Division II to receive the honor as WSC recorded a cumulative grade-point average of 3.12. To qualify for the team academic award, a team must have compiled a cumulative grade point average of 3.00 or better and compiled a team score at their respective NCAA regional meet. The individual All-Academic honor is given to those student-athletes who have compiled a cumulative grade point average of at least 3.25 and finished among the top 30 percent of eligible runners and his/her regional championship. The Wayne State women's cross country team was honored for the fourth time in the last five years, recording an overall grade-point average of 3.80, the third best team GPA among 156 NCAA Div. II schools that received the award. Wayne State was one of 12 schools from the Northern Sun Intercollegiate Conference to collect the All-Academic Team Award.

Area youth wrestlers take home honors

PreK through sixth grade junior wrestlers competed in Pender on Sunday, Feb. 12. Of the competing athletes, several came home with honors. Those awarded include: **PreK-K results**
Ryden Hanson: 1st
Merrick Miller: 2nd
Reagan McManigal: 4th
Colton Smith: 4th
Tucker hasenauer: 1st
Isaiah Zarate: 4th **1st & 2nd grade results**
Jaheim Hamick: 4th
Kade Sharer: 1st
Maddox Heithold: 1st

Dylan Jensen: 3rd
3rd grade results
Payton Junck: 4th
Grant Maas: 5th
4th-6th grade results
Garrett Hasenauer: 2nd
Kingston Hanson: 2nd
Zander Listen 3rd
Alex Frank: 2nd
Joseph Woerdemann: 2nd
Ashton Munsell: 1st
Aiden Listen: 2nd
Zach McManigal: 2nd
Christopher Woerdemann: 2nd

DELINQUENT TAX LIST FOR YEAR 2016

Wayne County Treasurer's Office
Wayne, Nebraska

February 3, 2017

Notice is hereby given that in compliance with the revenue laws of the State of Nebraska, Karen McDonald, County Treasurer of Wayne County, Nebraska, will on Monday the 6th day of March, 2017 from 9:00 A.M. to 4:00 P.M. at the office of the County Treasurer in the County Court House at Wayne Nebraska, offer at public sale and sell the following real estate for the amount of the taxes due thereon together with interest and advertising costs for the year 2015 and previous years and delinquent special taxes if any are unpaid. Said sale will continue from day to day until all such taxes have been offered for sale. The amounts listed below do not include interest and advertising.

Karen McDonald
County Treasurer

Table with 5 columns: Co Name, Co #, Parcel ID, Legal Description, Amount. Lists property details for various parcels in Wayne County.

SPECIAL ASSESSMENT TAX

Table with 5 columns: Co Name, Co #, Parcel ID, Legal Description, Amount. Lists special assessment taxes for specific parcels.



The Wayne High Bowling team (the middle group) took home third place at the state bowling competition.

Wayne bowling team finishes third at state tournament

The Wayne High bowling team reached the semifinals before losing in the Class C division of the Nebraska High School Bowling Federation state tournament Saturday in Lincoln. Wayne High finished third in the four-game team race that set up seeding for the Baker-series brackets, placing three individual bowlers in the top 10. Ronnie Forney finished third with a 513 for a four-game series, Emily Claussen was eighth with a 488 and Collin Clausen finished 10th overall with a 477. In the Baker-series bracket, Wayne opened the tournament with a 3-0 win over Boone Central, winning 126-115, 180-166 and 140-139. They moved on to the semifinals, where they lost a tough five-game series to Broken Bow, taking the first two games before the Indians came back to win 104-145, 145-151, 177-157, 174-130, 159-146. Class C Boys Team Standings North Bend 2641, Broken Bow 2391, Wayne 2367, Burwell/Ord 2357, Ogallala 2245, Boone Central 2192, Wisner-Pilger 2126, Chase County 2104. Bakers Series First Round North Bend vs. Broken Bow



The Wayne High Bowling team had three bowlers place in singles action. In the photo above right, those bowlers are Ronnie Forney with 3rd, Emily Claussen with 8th and Collin Clausen with 10th. In the photo above left, the team celebrates mid tournament.

A wrestling mother's love is never silent



Sean Mann's mom, Brooke, and younger brother, Jacoby, celebrate after a big win in the district wrestling tournament over the weekend in Columbus. Mann is one of 10 area wrestlers who qualified for this week's state tournament in Omaha.

Boy Scouts celebrating Boy Scout Month!



Ethan Bohnert



Issac Davis



Shayne Geidner



Nolan Kruse



Matthew Kufner



Silas Marks



Zach Schenk



Brandon Sebade



Ethan Sebade



James Simpson



Jon Worner



Stacy Schenk
Scout Leader

Not pictured, Nathan Kufner and Zander Bilheimer.



Scout leaders include (front) Mytzy Kufner, Tami Worner, Jen Geidner and David Bohnert. (back) Chad Sebade, Bill Schenk, Dan Kruse, Jeff Simpson, Adam Davis and Michelle Mark.

Scouts share highlights from 2016

Camping was a highlight of our programming again this year, camping in nine out of 12 months.

The Scouts participated in the Klondike Derby, Camp Cedars, Camp Wilderness, Jubilee and the Missouri River Expo. They had troop campouts at several of Nebraska's SRA's including Willow Creek, Fort Kearney and Stanton. We had two scouts spend a week at Philmont Scout Ranch and one attend National Youth Leadership Training.

Scouts continue to provide service to the community. As a part of Scouting for Food, they collected food for the Wayne Food Pantry. They also continued their traditions of putting out flags at the cemetery for Memorial Day, working the barbecue at the Wayne County Fair and helping at the Fireman's breakfasts. This year, they also assisted at the Ike's Lake Outdoor day, culminating the event with a flag retirement ceremony.

Troop 174 had 40 percent of the scouts advance at least one rank in 2016, including Matthew Kufner, Ethan Sebade, Isaac Davis and Silas Mark.

Steven Keiser and Zach Schenk earned their Eagle Scout. Steven's project included several updates at Ike's Lake and Zach's project was to build a fire pit at the Girl Scout Cabin.



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Troop Sponsor



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IPI

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State Nebraska Bank & Trust Co., Member FDIC

State National Insurance Agency

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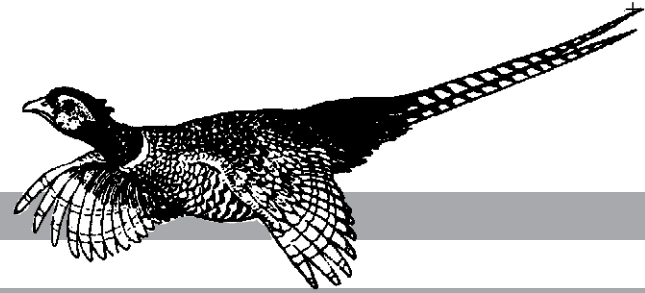
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Lifestyle

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Dixon County

Sarah (Paulos) Roberts



Extension Educator

UNL Extension

Do you LOVE nature?

A few weeks ago, I had the pleasure of presenting a program with a group of lively preschoolers. In this particular program, we talked about owls and dissected owl pellets.

Now, some of you may be thinking that dissecting owl pellets with preschoolers may be a bit challenging. On the contrary, it is quite fun and entertaining!

The kids absolutely loved it and were excited every time they uncovered a bone within the pellet. (By the way, an owl pellet is throw-up, not poop.) As we finished up the activity, a few of the kids approached me asking, "Do you love nature?" to which I replied with an enthusiastic yes!

As I thought about this question a little more, I asked myself what that actually means. For me, it means I have a connection with and a personal attachment to nature. If you really think about it, everyone has

this attachment. It may be positive or negative, but it is there.

Even so, I think it goes deeper than that. It means wanting to conserve our environment, as well. As a nature educator, I want to help take care of our natural environment and educate others so that our future generations can have something to enjoy for years to come. In this sense, I try to instill that same love and excitement I have for nature and the outdoors within the children and adults who I work with every day.

My goal is for children and adults to form a bond with the natural world that spurs their creativity and imagination. In the words of Dr. Seuss, "Unless someone like you cares a whole awful lot, nothing is going to get better. It's not."

For more ideas about getting back into nature and for upcoming programs, check out my blog: NatureRocksEducation.wordpress.com.



Margie Meyer
Happy 75th Birthday!

February 20
We are blessed with the most wonderful Wife, Mother & Grandmother.

We love you.
*Your loving husband,
Ferris & your girls,
Penny, Shelli and Vickie*

Acme Club meets in Wayne

Delores Utecht hosted the Feb. 6 meeting in the Wayne Library/Senior Center's meeting room with the roll call question: Have you ever been to the Badlands?

After canceling the January meetings because of the weather, it was a pleasure to see the sun shining and the snow melting.

Bonnadell Koch read the thought for the day: "All the world is birthday cake, so take a piece, but not too much."

Betty Wittig read both the secretarial and financial reports, kept the roll, and read correspondence.

Discussion was held on summer meetings and special events coordination.

Following the meeting everyone enjoyed Valentine's Day snacks while listening to Delores Utecht's presentation on the Badlands National Park.

It has been verified that over 11,000 years ago the Indians used this area as their hunting grounds. The government took the land away from the Indians and gave it to homesteaders in the middle of the 19th century.

The homesteaders were given 640 acres to settle instead of the usual 160 acres because of the amount needed to support a family and the animals that would graze this land. Fossils have been found dating back to 55,000 years ago of more than 84 extinct fossils.

The last chief to live on this and was Spotted Elk. For many of the war years some of this land was used as a gunnery range and for bombing practice.

The next ACME Club meeting will be held on Monday, Feb. 20 and will be hosted by Joann Temme at The Senior Center immediately following lunch.

School Lunches

ALLEN COMMUNITY SCHOOLS (Feb. 20 - 24)

Monday: Breakfast — Biscuit & gravy. Lunch — Hamburger on a bun, tator tots.

Tuesday: Breakfast — Donut. Lunch — Chicken fajita, Spanish rice, peach crisp.

Wednesday: Breakfast — Pancakes & sausage. Lunch — biscuit & gravy, corn, cheese stick.

Thursday: Breakfast — Un-crustable. Lunch — Mini corn dogs, baked beans, tea roll.

Friday: No School.

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. 20 - 24)

Monday: Breakfast — Breakfast pizza. Lunch — French dip sandwich.

Tuesday: Breakfast — Breakfast cookie. Lunch — Walking tacos.

Wednesday: Breakfast — Tornado. Lunch — Macaroni & cheese.

Thursday: Breakfast — Pop Tart, yogurt. Lunch — Hamburger gravy over potatoes.

Friday: Breakfast — Twist

donut. Lunch — Breaded pork sandwich.

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. 20 - 24)

Monday: Breakfast — Breakfast pizza, grapefruit. Lunch — Chicken noodle soup, peanut butter & jelly sandwiches, grapes.

Tuesday: Breakfast — Cinnamon bun, grapefruit. Lunch — Pigs in a blanket, baked beans.

Wednesday: Breakfast — Banana cake, pears. Lunch — Oriental chicken, egg rolls, carrots, pineapple.

Thursday: Breakfast — French toast sticks. Lunch — Rib puppy on a homemade bun, broccoli, melon.

Friday: Breakfast — Cereal & nutri-grain bar, oranges. Lunch — Tacos, corn, juice.

Milk and juice are served every day with breakfast. Milk is served with lunch.

WAYNE COMMUNITY SCHOOLS (Feb. 20 - 24)

Monday: Breakfast — Mini pancakes. Lunch — Chicken patty on a bun, sweet potato, broccoli, apple.

Tuesday: Breakfast — French toast sticks. Lunch — Chili soup, cinnamon roll, baby carrots,

pears.

Wednesday: Breakfast — Omelet. Lunch — Hot dog on a bun, potato rounds, green beans, orange.

Thursday: Breakfast — Pancake on a stick. Lunch — Stromboli, corn, Romaine lettuce, bananas.

Friday: Breakfast — Breakfast pizza. Lunch — Pulled pork sandwich, cauliflower, baked beans, peaches.

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. 20 - 24)

Monday: Breakfast — Pancake. Lunch — Chicken nuggets, cooked carrots, mandarin oranges, roll.

Tuesday: Breakfast — Omelet. Lunch — Barbecue beef rib on a bun, baked beans, apple crisp.

Wednesday: Breakfast — Cinnamon French toast. Lunch — Pizza cheese crunchers, cheesy broccoli, peaches.

Thursday: Breakfast — Cereal. Lunch — Pork steak, mashed potatoes & gravy, pineapple, roll.

Friday: Breakfast — French toast sticks. Lunch — Beef fiestada, green beans, pears.

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.

Senior Center Calendar

(Week of Feb. 20 - 24)

Monday, Feb. 20: Morning Coffee Time. Morning Walking; FROG exercises, 9:15 a.m.; Quilting; Pool; Hand and Foot; Pitch; Coffee time, 2:30 p.m.

Tuesday, Feb. 21: Morning Coffee Time. Morning Walking; Quilting; Afternoon Bridge Club; Pitch; Ann Liska Toe Clinic, 2 p.m.; Coffee Time, 2:30 p.m.

Wednesday, Feb. 22: Morning Coffee Time. Morning Walking; FROG exercises, 9:15 a.m.; Quilting; Brookdale Day, 12:30 p.m.; Hand & Foot; Pitch; Pool; Coffee Time, 2:30 p.m.

Thursday, Feb. 23: Morning Coffee Time; Morning Walking; Quilting; Pitch; Afternoon Bridge Club; Coffee Time, 2:30 p.m.

Friday, Feb. 24: Morning Coffee Time. Morning Walking; FROG Exercises 9:15 a.m.; Quilting; Providence Bingo Time, 1 p.m.; Hand & Foot; Pitch; Pool; Coffee Time, 2:30 p.m.

Senior Center Congregate Meal Menu

(Week of Feb. 20 - 24)

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: Meatballs & mushroom sauce, cheesy hash brown potatoes, green bean casserole, peach gelatin with peaches, dinner roll, Promise, cherry crisp/cobbler.

Tuesday: Swiss steak with stewed tomatoes, gravy, scalloped potatoes, beets, mixed fruit, whole wheat fresh bread, Promise.

Wednesday: Barbecue chicken quarters, ranch roasted potatoes, mixed vegetables, frozen fruit with yogurt, whole wheat fresh bread, Promise.

Thursday: Sliced beef, twice baked potatoes, Key Largo blend vegetables, mandarin oranges, whole wheat fresh bread, Promise.

Friday: Turkey stack & gravy, mashed potatoes, applesauce, whole wheat fresh bread, Promise.



Honor students

(Contributed photo)

Students at Winside Elementary School were recently recognized for their accomplishments during the second quarter of the school year. Named to the second quarter A and B Honor Roll for students in grades 2-4 were (front) Katelyn Jaeger, Ashton Janssen, Mason Edwards, Raylyn Behmer and Aleah Bilstein. (middle) Adrianna Miller, Ellie Topp, Braxton Rastede, Brayden Lurz and Carter Krause. (back) Aubrey Russell, Skylar Spann, Myles Ferry, Emily Jaeger, Matthew Gubbels, Carter Anson, Natalie Cautrell, Korbin Carlson, Landon Carlson, Dane Behmer and Jerzi Carlson.



(Contributed photo)

Named to the Winside second quarter A and B Honor Roll for grades 5-6 were (left) Myles Kampa, Nevaeh Rastede and Elayna Hoskinson.

Sunday, February 19th, 2017
12 p.m.-4 p.m.

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it's never too late to let someone know how much they mean to you

We should imitate God's loving relationship

As I write this, the snow has just fallen and it looks absolutely amazing outside. For me, to see the dead brown grass completely covered with snow, to see mysterious ways the snow hangs on a drift, or to see the birds resting in the bushes surrounded by snow ... it is absolutely breath taking. There is something majestic about the looks of freshly fallen snow.

Yet at the same time, as I look out at the snow ... I'm reminded of the hour of shoveling I did to clear off my driveway and sidewalk. My sore muscles are not praising and admiring the freshly fallen snow but instead they are screaming at it. I think I can speak for all of us ... well, at least the majority of us ... when I say that there is this respectable love-hate relationship when it comes to freshly fallen snow.

When the snow does fall however, I can't help but think of a passage from Isaiah 1:18 which says, "though your sins are like scarlet, they shall be as white as snow; though they are red like crimson, they shall become like wool." The sins which we commit ... which are many ... stain us. And when I say they stain us I don't mean like an accidental brush with a marker on the skin stain but a deep stain which goes to the heart and soul of who we are as humans. There is nothing we can do to avoid sinning, there is nothing we can do to make them go away or to make up for them ... so how do they become

as white as snow? The answer ... the blood of Jesus shed on the cross washes our sins away. The blood of Jesus purifies the sinner to make him/her a new creation (2 Corinthians 5:17).

Like me and my love-hate relationship with snow, God has a love-hate relationship with sin and sinners. Psalm 5:5 says "The arrogant cannot stand in your presence; you hate all who do wrong."

lowed after Adam and Eve are contaminated with sin and the effects of sin.

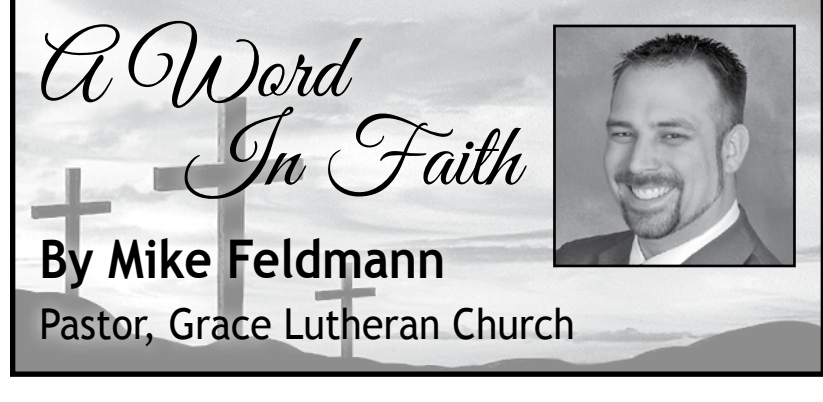
But remember that passage up above from Isaiah 1? "Though your sins are like scarlet, they shall be as white as snow." God hates sin and sinners, but He also loves His creation and those who believe in him. St. Paul writes in Ephesians 2:4-6, "4 But God, being rich in mercy, because of the great love with which

creation, those who believe in Him are raised up to be with him in the heavenly places ... aka, the new creation.

God hates everything there is about sin and the sinner, but because of His love for all within His creation, He sent His one and only Son into the world so that whoever believes in Him may have eternal life (John 3:16). This love from God is so intense and so abounding that it should literally overflow from within us to those around us.

Valentine's Day is here. The national day of love where countless flowers are killed so that they may be given to those we love ... talk about a love-hate relationship. I know many husbands, dads, boyfriends, etc. have already bought flowers for their significant others, but I would like to throw this out there ... instead of flowers, champagne, fancy dinners, and jewelry ... let's share the abundant love which God gives to His children with those who are around us.

Let's quit trying to bottle it up inside. Instead, love your neighbor, love your family, love the one who disagrees with you on everything. God's love shows no difference to His children as Jesus didn't die and rise for only a select few. Instead, "For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life" (John 3:16).



In other words ... God hates sin and sinners. That seems like a bold and hard statement to swallow ... but it is the truth. God created this world of ours to be perfect and sinless. When Satan brought sin into the world by causing Adam and Eve to fall for his nasty trick of telling them they could be like God ... the beauty of a perfect creation was spoiled. The first sin deeply stained all of mankind and everything else within all of creation (Romans 8:20-21). All who and that has fol-

he loved us, 5 even when we were dead in our trespasses, made us alive together with Christ—by grace you have been saved—6 and raised us up with him and seated us with him in the heavenly places in Christ Jesus."Look at what Paul is saying. Even in the midst of our sin, because of the sacrificial and selfless love of Jesus, those who follow him, those who believe in him have been cleansed. They have been cleansed of their sin now and when Christ returns to judge all of

Young researchers explore the wonders of animals, design robots



(Contributed photo)

Members of the Dixon County Lego Lassie team included Gunner Stanwick, Brandon Mellick, Keiziah Connell and Addy Stanwick. In the photo at right, members of Team Twisters of Wayne won the Core Values Award and are state qualifiers.

South Sioux City Middle School was the place to be on Feb. 4. Seventeen teams from the region competed at the Nebraska First Lego League (FLL) Qualifier event. FLL is a science, technology, engineering, and math (STEM) competition for youth between the ages of 9 to 14 years (2 to 10 members on a team) led by at least two or more coaches. Youth are guided by adult coaches to research a real-world problem such as how people and animals interact (the 2016-2017 theme was "Animal Allies"), and develop a solution. They also design, build and program a robot and then compete on a playing field. The youth have fun as they learn to use STEM concepts and imagination to solve a problem. They also develop critical thinking, team-building skills and presentation skills, as they must creatively present their solutions to judges. Eight teams from the qualifier will advance

to the Nebraska State Qualifier that will be held on Saturday, Feb. 18 at the Strategic Air Command and Space Museum. South Sioux City (SSC) Qualifier results include:
ChewbaccaBots (Omaha) — Champion's Award and State Qualifier.
League of Lions (Omaha) — Second Place Champion's Award and State Qualifier.
Team Twisters (Wayne) — Core Values Award and State Qualifier.
Lego Lassie (Dixon County) — Research Project Award and State Qualifier.
O-C KnighTroBots (Oakland-Craig) — Judge's Award and State Qualifier.
Team Beast Mode (St. Edward) — Robot Design Award, Global Innovation Award Candidate & State Qualifier.
EV3 Stampede (South Sioux City) — State Qualifier.
Feather Fighters (South Sioux City) — State Qualifier.

Techno Falcons (Council Bluffs, Iowa) Robot Performance Award.
Mindstormers: Neon Edition (Lyons).
Mechatronic Steampunks (South Sioux City).
Fantastic Fins (Dakota County).
Falcon Gold (Council Bluffs, Iowa).
O-C Digibots (Oakland-Craig).
Kobra Kai (South Sioux City).
Rogue 8 (Wayne).
Cardinal Craniums (Randolph).
Coaches Award: Penny Patrick and Angela Von Hagel (Feather Fighters).
Volunteer Award: Tom Luxford (SSC High School Principal) and South Sioux City High School Students.
For more information about FLL and 4-H, please contact your local extension office or visit the website at <http://4h.unl.edu/first-robotics>.

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Business & Professional Directory

Allen News

Nicole Johnson newspaperallen@icloud.com P.O. Box 196, Allen, Neb. 68710
School Lunch Menu
Friday, Feb. 17: Breakfast — Cinnamon roll. Lunch — Chicken patty, carrots, Sun Chips.
Monday, Feb. 20: Breakfast — Biscuits & gravy Lunch — Hamburger on a bun, tator tots.
Tuesday, Feb. 21: Breakfast — Donuts. Lunch — Chicken fajita, Spanish rice, peach crisp.
Wednesday, Feb. 22: Breakfast Pancake & sausage, Lunch — Biscuits & gravy, corn, cheese stick.
Thursday, Feb. 23: Breakfast — Uncrustable. Lunch — Mini corn dogs, baked beans, tea roll.
Senior Center Menu
Milk and bread served with all meals. Meals subject to change.
Friday, Feb. 17: Pancakes, sausage links, mixed fruit, juice.
Monday, Feb. 20: Meatloaf, mashed potatoes, green beans, strawberry bananas
Tuesday, Feb. 21: Chicken, potatoes, corn, fruited gelatin.
Wednesday, Feb. 22: Ham & scalloped potatoes, peas, plums.

Thursday, Feb. 23: Taverns, baked beans, tater wedges.
Birthdays, Anniversaries
Friday, Feb. 17: Leroy Bathke, Joseph Kinzey, John Noe.
Saturday, Feb. 18: Bobbi Lamprecht, Linda Means, Annie Schruck, Cliff & Donna Stalling.
Sunday, Feb. 19: Rusty Dickens.
Monday, Feb. 20: Chase Johnson, Scott Roth, Shirley Woodward.
Tuesday, Feb. 21: Billy Chase, Josh Malcom, Rebeckah Mcnear, Vandel Rahn.
Wednesday, Feb. 22: Pat Brentlinger, Joe Collins, Drew Diedkier, Jeanette Hohenstein.
Thursday, Feb. 23: Cindy Kraemer, Marvin Oswald.
Sports, Activities Calendar
Monday, Feb. 20: Book Fair, 8 a.m. - 4 p.m. in the Library; Pennies for Patients; VB Basketball - Sub Districts first round - TBA; Music Booster Meeting, 7 p.m., Allen School.
Tuesday, Feb. 21: FFA Breakfast, Allen Fire Hall, 7 - 10:30 a.m.; Book Fair, 8 a.m. - 4 p.m., Library; Pennies for Patients; VB Basketball - Sub Districts second round - TBA.
Wednesday, Feb. 22: Book Fair

8 a.m. - 4 p.m., Library; Pennies for Patients; HS G/B Tentative Track Meeting in Mr. Uldrich's Room, 3:35 p.m.
Thursday, Feb. 23: Parent Teacher Conferences, Early out, 1:50 p.m.; Conferences 3 - 7 p.m.; Book Fair, 8 a.m. in the Library - Open late for Conferences; Music Booster Bake Sale/Raffle/Jamberry Nails during Conferences; FFA Meeting 7 p.m.; Pennies for Patients; VB Basketball - Sub District Final - TBA.
Friday, Feb. 24: No School; Science Mt. Mankato Ski Trip, Mankato, Minn.; Science Students 9-12, Depart 5:30 a.m.; Pennies for Patients; HS Girls Basketball - District Final - TBA; HS Boys Basketball - TBA.
Saturday, Feb. 25: Speech Team-Conference Speech Contest at Plaviview, 9 a.m.
Peewee Sports
The Pee Wee girls basketball team played their final tournament at Homer.
Scores were as follows: Allen - 21, Crofton - 18; Allen - 2, Homer - 20; Ponca 12-14.
Junior High Sports
The JH Boys played their last regular season games at Wakefield on Feb. 11. The undefeated B team was able to put another win under their belt, demolishing the B team from Wakefield, 34-13.
The Allen A team battled hard during their match-up with Wakefield but could not come up with one final win. The final score was Wakefield - 38, Allen - 28.
Len B Team finished their season undefeated, 6-0 while the A team went 4-5 during regular season play. Tournament action is in the planning stages for this JH group.
Community Calendar
Friday, Feb. 17: Blood Pressures, 8:30 a.m. at Senior Citizen Center.
Saturday, Feb. 18: St. Michael's Catholic Church in Coleridge, 6 p.m..
Sunday, Feb. 19: St. Mary's in Laurel, 8 a.m.; First Lutheran Church, 9 a.m. (Sunday School, 9:30 a.m.); United Methodist Church, 9 a.m.; St. Anne's in Dixon, 10 a.m.; Concordia Lutheran Church, 10:45 a.m.; First Lutheran Soup Supper, 4:30 to 7 p.m..
The Dixon County 4-H Junior Leaders will be having a Soup Dinner on Sunday, Feb. 19 at the Dixon Community Center, from 11 a.m. to 1 p.m. Chicken noodle soup, chili, desserts, and drinks will be served for a free will donation. Raffle tickets are for sale now until

the drawing at 1 p.m. on the day of the Dinner. Money raised goes for scholarships and Citizen Washington Focus Trips.
Monday, Feb. 20: Allen Community Club meeting, at fire hall.
Tuesday, Feb. 21: FROG Class, 8:30 a.m., Senior Citizen Center; Dixon County Historical Society, 1:30 p.m., museum.
Wednesday, Feb. 22: Confirmation at Concordia Church, 7 p.m.; Parent's Night; Book Club, 2 p.m. at Library.
Thursday, Feb. 23: Cards, 8:30 a.m. at Senior Citizen Center.
Rastede Scholarship
Sophomore and junior undergraduate college students who are graduates of Allen Consolidated School are encouraged to apply for the Alvin G. and Anita D. Rastede Scholarship, available through the Allen School Foundation.
In order to apply for this \$2,000 scholarship, the following questions must be answered and then sent to the Allen School Foundation, P.O. Box 190, Allen, Neb. 68710-0190 by Friday, March 31, 2017.
One scholarship will be given and must be used during the 2017-18 college year for undergraduate studies. The recipient will be notified by April 30, 2017, and required (or a representative) to attend the May 13, 2017, graduation ceremony for formal recognition.
Questions to be answered are as follows:
1. What is your college grade classification and GPA?
2. What are your major and/or minor field(s) of study and career goals?
3. In what on-campus activities/work and organizations are you involved?
4. In what off-campus activities/work and organizations are you involved?
5. How will this scholarship be beneficial to you and why are you deserving of it?
Community Hours
Library: Wednesday — 4-6 p.m., Friday — 9 a.m. - noon; Monday — 9 to 11 a.m.
Post Office: Monday - Friday — 7:45 - 11:45 a.m.; Saturday — 9:45 - 10:30 a.m.
Gas Station: Monday - Saturday — 6 a.m. - 10 p.m., Sunday — 7:30 a.m. - 8 p.m.
Bank: Monday - Friday — 8:30 a.m. - noon, 1 - 4 p.m.; Saturday - 8 - 11 a.m.
Senior Citizen Center: Monday - Thursday — 7 a.m. - 11 a.m.; Friday — 7 - 11 a.m.; Saturday — 7 a.m. - noon.

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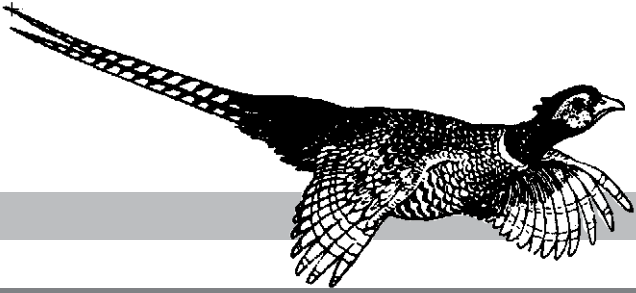
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Reading helps keep the brain sharp

Another spring like day! Will we pay for this in March? Friend Marsha in Wisconsin says according to fog days April will be rainy. I think it's ninety days after fog that we are supposed to get rain?

Tomorrow is Valentine's day, and the paper says that the post office at Valentine, as usual, is swamped with envelopes that desire that cachet. Not sure what a cachet is, but in the picures, it looks like a special stamp, some with hearts, all with the name.

In a rare spurt of activity, the Big Farmer cleaned off some of his desk. When I put it in the recycling box, I noticed a valentine I had given him. I have no idea when, as piles on his desk get deep sometimes. Anyway, I rescued it, and plan to give it to him tomorrow. I will let you know if he recognizes it. That's recycling, right?



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

After all that research regarding brain health last week, I finally found what I needed to hear,

namely that reading books gives you 23 months of longer life! This from that esteemed institute of higher learning: Yale. They had 3,635 participants in a Health and Retirement Study and this was one thing they determined. It has to be books, not newspapers or the internet. They theorize that regular readers acquire critical thinking skills while at the same time developing empathy, social participation, and emotional intelligence. Or, more simply, reading books is helping you keep your brain sharp, which helps you live longer. Because, after all, who wants to live longer if your brain is no longer sharp?

This actually coincides somewhat with the nun study, in a book I read years ago. A group of nuns donated their brains after death to a research group. One of the things each one had done be-

fore entering the convent was to write an autobiography - these were kept in files.

Some of these stories were rather dull; others were very creative. The study showed that even when the brain had the same tangles and plaques that are the hallmark of Alzheimer's, those women who had written imaginatively had not shown the symptoms of the disease early as much as the other members of the order. I find that very interesting.

I don't consider myself creative. I think you ladies who create beautiful quilts, or gorgeous gardens, or decorated cakes are creative. I actually consider myself a bit of a sloth, one who prefers to sit in an easy chair and read. Maybe there is redemption for me, too! We can only hope.

Nebraska On Farm Research Network available to assist corn growers

Just a reminder the next area pesticide safety training sessions (private applicator certifications) are at the Martinsburg Fire Hall on Thursday, Feb. 23 at 1:30 p.m. and 6:30 p.m.

On Tuesday, Feb. 28 there will be a training at the Community Building in Pilger at 1 p.m. and at the Winside Legion Hall at 1:30 p.m.

You can go to any one of these meetings to get initially certified or recertified as a private applicator.

Growers are constantly challenged to grow corn responsibly using proven best-management practices with less impact on the environment while conserving natural resources.

Corn growers can take an ac-



Ag Happenings
Keith Jarvi
Extension
Educator

tive role in a new on-farm research project sponsored by Ne-

braska Extension in partnership with the Nebraska Corn Growers Association.

The goal of the Nebraska On-Farm Research Network (NO-FRN) is to implement a state-wide on-farm research program addressing critical farmer production, profitability and natural resources questions.

There is no fee to join the network and you will gain valuable, useful information for your operation.

Replicated treatment comparisons are done in growers' fields, using their equipment.

Results from the 2016 year results will be shared in Norfolk on Tuesday, Feb. 21 at the Lifelong Learning Center at the Northeast Community College Campus in Norfolk.

The meeting is free and will go from 9 a.m. till about 4 p.m.

Research projects to be discussed will include: cover crops, variable rate seeding, planting populations, multi-hybrid planting, starter fertilizer, fungicide applications, alternate crop rotations, multi-hybrid planting uses, seed treatments (including treatment for Sudden Death Syndrome), and sidedress nitrogen management technologies including commercially available models and Project SENSE which uses crop canopy sensors for in-season, variable-rate nitrogen management.

Certified Crop Advisor Credits are applied for and pending upon approval.

AKSARBEN Stock Show finds new home in Grand Island

AKSARBEN Foundation has announced a new partnership with the Grand Island Livestock Complex Authority and the relocation of the AKSARBEN Stock Show and Purple Ribbon Auction to Grand Island, NE beginning in 2017.

The \$42 million livestock facilities located at Fonner Park will host the event. Completed in 2012, the facilities include nearly 500,000 sq.ft. of state-of-the-art exhibition, livestock and equine facilities constructed initially for the Nebraska State Fair and utilized throughout the year. Buildings include the Five Points Bank Arena and dedicated barns for cattle, swine, sheep and goats, as well as the Pinnacle Bank Expo Center.

"With the continued growth of the Stock Show, we believe this is the right fit for us," said Kevin Kock, executive director of AKSARBEN Agriculture Initiatives. "It will provide everyone from exhibitors to spectators with cutting-edge facilities and proper space to improve on what is already the premier livestock show in our region."

For 89 years, the AKSARBEN Stock Show has called Omaha home. As the nation's largest 4-H Stock Show, the event draws thousands of 4-H youth, family members and attendees from across the country, creating millions in direct economic impact for the Heartland. Proceeds from the event benefit scholarships, premiums, and awards for 4-H youth.

Foundation officials believe the move to Grand Island provides the Foundation with opportunities to expand its impact statewide and increase the number of business and community leaders carrying out its mission to leverage collective business leadership to build a more prosperous Heartland.

"AKSARBEN Foundation has a long tradition of making meaningful and sustainable impacts beyond Omaha," said Kirk Kellner, chairman of the Knights of AKSARBEN and regional president of Wells Fargo Bank. "Moving the Stock Show to Grand Island demonstrates a commitment by the Foundation to

maximize its impact in Greater Nebraska and grow the Knights of AKSARBEN leadership network."

As part of the transition, day-to-day operations will shift to the Grand Island Livestock Complex Authority (GILCA) by 2019. GILCA is a collaborative which includes the Nebraska State Fair, Fonner Park, the Grand Island Chamber of Commerce, and Grand Island Hall County Convention and Visitors Bureau. The Foundation will remain the perpetual title sponsor, and members of the Knights of AKSARBEN will sit on the event's oversight committee.

The Purple Ribbon Auction, which supports AKSARBEN Foundation's annual contribution of \$150,000 to 4-H youth in the form of scholarships, premiums and awards, will be driven by a committee of Grand Island and Tri-Cities business and community leaders.

Cindy Johnson, President of the Grand Island Area Chamber of Commerce, said Grand Island and communities across central Nebraska will enthusiastically embrace the new location.

"Our region has made significant investments to attract leaders in the livestock show industry and drive economic impact," Johnson said. "The AKSARBEN Stock Show is the premier 4-H stock show in the nation, and we anticipate tremendous interest among 4-H families and the Tri-Cities community. It's a win-win for central Nebraska."

"In the four short years since the creation of the Grand Island Livestock Complex Authority, we have worked diligently to bring national shows to Grand Island, with considerable success," said Joseph McDermott, Executive Director of the Nebraska State Fair. "This move to Grand Island exemplifies the hard work and hospitality of our community."

"The impacts of the cattle shows in Grand Island have been enormous and now the ability to have AKSARBEN, one of the most prestigious names in the livestock industry to come here, is a real identifier for our community," said Brad

Mellema, Executive Director of the Grand Island Convention and Visitors Bureau.

At its new venue in Grand Island, the AKSARBEN Stock Show is expected to draw more than 1,200 4-H Exhibitors from states throughout the Midwest, including Colorado, Illinois, Iowa, Kansas, Minnesota, Missouri, Nebraska, North Dakota, South Dakota and Wyoming.

The expanded facilities will house various exhibits including the Raising Nebraska interactive agriculture science experience, birthing pavilion and milking parlor, offering youth and visitors opportunities to learn more about the agriculture landscape of food, fiber and fuel production.

"Agriculture and education are central to the prosperity of our Heartland and are core initiatives of AKSARBEN Foundation," Kock said. "With our partnership with Grand Island, AKSARBEN Stock Show's vision is to grow as a premier destination for 4-H youth and as a leader in our support of youth agriculture education."

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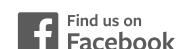
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 Equal Opportunity Employer/Protected Veterans/Individuals with Disabilities

ASSISTANT POOL MANAGER

The City of Wayne is now accepting applications for Assistant Pool Manager for the 2017 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 License 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 Friday, March 10, 2017. EOE.

INTEGRATED LIFE CHOICES

Are you looking for a job where you can inspire others?
 Integrated Life Choices is seeking innovative and dedicated individuals for Direct Support Professional positions at our new vocational site in Wayne, NE.
 Apply online at www.integratedlifechoices.com
 ILC is an Equal Opportunity Employer

INDOOR CONSTRUCTION

Heritage Homes, located in Wayne, is currently accepting applications for workers with home building experience and also entry level apprentices interested in learning home building skills. This is an excellent opportunity for indoor, year-round employment in a friendly, secure atmosphere. **Work FOUR 10-hour days, 6:00am - 4:45pm Monday - Thursday.** Above average wages based on experience. Benefits include incentive pay, overtime opportunities, health insurance, life & dental insurance, paid vacations and holidays, 401(k) retirement and Safe Worker Awards.
Apply in person at the office on the east side of Wayne behind the Shell gas station or call Dick Broders at 402-375-4770 for more information. EOE

HERITAGE HOMES
 1320 E. Seventh Street | Wayne, NE 68787
 Phone: (402) 375-4770 | Fax: (402) 375-4773

1 First National Bank
 Apply online at firstnational.com
 EO • AA • Veteran • Disability Employer • Member FDIC

- Benefits available for full time employees**
- Health, Dental & Vision
 - 401k with Employer Match & Annual Company Contribution
 - Paid Time Off plus Bank Holidays
 - Learning & Career Development
 - Employee Banking Incentives
 - Community Involvement
 - Plus many more...

Collections Representatives

Sign on Bonus of \$1,000 Available.

We are looking for self-motivated individuals who possess negotiation skills to join our Collections team in Wayne, NE. Previous experience is not required, as we will train you for your new career. Starting wage \$12 plus lucrative individual and group monthly incentive plan. Flexible work schedules and now featuring new work hours.
 Wayne, NE 402-375-1502 (call if you have questions)

FULL TIME farm/feedlot help wanted: Call 402-256-9353. Leave message or send resume/references to pleed-yards@gmail.com

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 1, 2017

HELP WANTED
Full time live-in Manager for motel in Laurel, NE
 Great opportunity for a couple or single person of any age.
Call for more info at 402-518-0658 or send resume to bigredmotelandsuites@gmail.com.

RN OR LPN

These full-time RN or LPN positions are for Tyson Foods' Madison, Nebraska, location. Competitive wages with night differential pay. Successful candidates will be responsible for providing primary and emergency care for occupational and non-occupational injuries and illnesses. Position hours will primarily be 2 p.m. to 10 p.m Monday through Friday and every other Saturday when the plant runs for second shift. Both shifts will work Monday through Friday and Saturday, if the plant is running.

REQUIREMENTS:

- Must have a degree from a school with an accredited nursing program
- Must be a licensed practical or registered nurse in Nebraska
- Must be able to walk up steps and use ladders
- Strong problem-solving, organization, and written and verbal communication skills
- Must have basic computer skills

CONTACT:
 To apply for this opportunity and view all current opportunities with Tyson Foods, please visit www.tysonfoods Careers.com or call 402-454-4260.

www.tyson.com
 Tyson Foods is an Equal Opportunity/Affirmative Action Employer.
 All qualified applicants will be considered without regard to race, national origin, color, religion, age, genetics, sex, sexual orientation, gender identity, disability or veteran status.

Providence Medical Center

has the following openings available:

Registered Nurse - Med/Surg/OB/ER
 (full time - benefit eligible)

Certified Nurse Assistant - Med/Surg
 (full time - benefit eligible)

Lab Technician / Lab Technologist
 (full time - benefit eligible)

Surgery Technician
 (full time - benefit eligible)

Environmental Service Specialist (Housekeeping)
 (full time - benefit eligible)

Ward Clerk
 (full time - benefit eligible)

If interested, please inquire or submit resume to:
Jackie Backer, VP of Human Resources
 1200 Providence Road, Wayne, NE 68787
 Or FAX/email resume to
 402-375-7604 or jbacker@providencemedical.com
 Apply Online at www.providencemedical.com

One of the Nation's Top 100 Critical Access Hospitals



EEO/AA/VETS/DISABILITY



PRODUCTION ENGINEERING DRAFTER

Our Engineering Department is seeking an individual for drafting.
DESCRIPTION: The successful candidate will create new, (or revise existing), assembly, weldment, and detail drawings for the manufacture of semi-trailers. This person will also process custom orders for manufacturing, with the supervision of a team leader and checker. All drafting is done on CATIA 3-D modeling.
RESPONSIBILITIES:

- Drafting of assembly, weldment, and detail drawings.
- To 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.
- To work on special projects relating to new trailer design changes.
- To resolve problems or questions regarding Bill of Materials and/or drawings as encountered by manufacturing.
- To keep current with changes in the trailer design.
- To work on projects assigned by supervisor, as necessary.

EXPERIENCE: 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 and 3-D modeling is required. Candidates are to successfully complete a post job offer drug screen and medical examination

Interested individuals should submit resumes to HABreitkreutz@GREATDANETRAILERS.COM or mail to POB 157, Wayne, NE 68787 or apply at the Wayne Plant
Great Dane Trailers
 1200 Centennial Road, Wayne, NE 68787
 A Division of Great Dane Limited Partnership — EOE
 ISO 9001:2008 Registered Plant

CLASSIFIEDS

HELP WANTED

1 First National Bank

Apply online at firstnational.com

EO • AA • Veteran • Disability Employer • Member FDIC

Benefits available for full time employees

- Health, Dental & Vision
- 401k with Employer Match & Annual Company Contribution
- Paid Time Off plus Bank Holidays
- Learning & Career Development
- Employee Banking Incentives
- Community Involvement
- Plus many more...

Sr. Specialist, Fraud & Activity Alert

Sign on Bonus of \$1,000 Available.

We are looking for individuals to monitor, evaluate and investigate fraudulent credit and debit card transactions by supporting FNBO and affiliates from fraudulent credit and debit card usage, losses and liability. Starting wage up to \$15.00 plus incentive.

Wayne, NE 402-375-1502 (call if you have questions)

SUMMER OUTDOOR REC WORKER

This position will begin as soon as the weather cooperates to start working outside on a regular basis. Work will include but not limited to; mowing and prepping baseball and softball fields at the Summer Sports Complex and Hank Overin Field. Routine maintenance around the Activity Center and other City facilities. Applicants must show that they have a good work record and that they are dependable and mature in their work habits. 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 Friday, March 10, 2017. EOE.

WAITRESS AND BARTENDERS WANTED

Cedarview Country Club

Laurel, Nebr.
Must be 19 years of age

Please call 402-518-0146

We Want To See You Smile!

Now Hiring —

Part Time Sales Assistant

Please send resumes to:
kevin@wayneherald.com or call for appointment

The Wayne Herald

114 Main Street • Wayne, NE 68787 • 402-375-2600



LIFEGUARDS

The City of Wayne is now accepting applications for Lifeguards for the 2017 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 Community Activity Center, 901 W. 7th Street. Persons interested should return their application to the Recreation Services Director no later than Friday, March 10, 2017. EOE.

Accepting Applications for ASSISTANT POOL MANAGER & SWIMMING POOL LIFE GUARDS

The City of Wakefield is now accepting applications for a seasonal full-time Assistant Pool Manager for the 2017 season.

The City of Wakefield is now accepting applications for seasonal full-time and seasonal part-time Life Guards for the 2017 season.

Applicants must have good work habits and show dependability. Current Nebraska certifications are required, along with references.

Interested persons may obtain an application form at the City Office, 405 Main Street, Wakefield, Nebraska. Applications must be returned no later than May 1, 2016 at 5:00 p.m. Applications can be mailed to City of Wakefield, P.O. Box 178, Wakefield, NE 68784. EOE.

CAC AIDE

This position works primarily at the front desk of the Community Activity Center but has other cleaning duties around the facility. Training for this position will begin immediately. Persons applying for this position must be able to work during summer break, into Fall Semester including holiday breaks and some weekends. Applicants must show that they have a good work record and that they are dependable and mature in their work habits. 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 Friday, March 10, 2017. EOE.

NOW HIRING

Now hiring: Full time production associates in Wayne, NE. Experience or knowledge of construction and/or manufacturing is preferred. Full benefit package including paid vacation, health, dental, vision, and 401(k) plan.

Apply at
116 West 1st Street or
1614 Chiefs Way in Wayne.




We have an opening for a full-time production worker position that includes hands on detail oriented work with some heavy lifting.

We are a Leading Manufacturer of Steel Fire-Rated Windows. We offer Competitive Wages and a Full Benefits Package.
Benefits Package: *Health Insurance / Prescription *Dental *Vision *Health Savings *Monthly Incentive Pay *Paid Vacation & Holiday's *Life Insurance *Matched 401K.

Applicants must be 18 and should have steady work history. Measuring Proficiency & Good Work Ethics Required! Previous production experience is beneficial but not required. Apply in person at 701 Centennial Rd., Wayne, NE.
Phone: 402-375-3261

HELP WANTED

Part-Time Press Room Help Needed

Contact Kevin Peterson at **The Wayne Herald**

114 Main Street • Wayne

402-375-2600

or email: kevin@wayneherald.com

Now Hiring!

- CNAs - Nights & Days
- Housekeepers
- Dietary Aide

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



Accepting Applications for SWIMMING POOL MANAGER

The City of Wakefield is now accepting applications for a seasonal full-time Swimming Pool Manager for the 2017 season.

Applicants must have good work habits and be able to work independently. The successful candidate must be able to supervise lifeguards, operate, clean and manage all pool facilities, work with the public and work with children. This person must be a role model for safety and work ethic. A current Nebraska Class A Pool Operators certification is required, along with references. A current Nebraska Life Guard certification is preferred.

Interested persons may obtain an application at the City Office at 405 Main Street, Wakefield, Nebraska. Applications must be returned no later than May 1, 2016 at 5:00 p.m. Applications can be mailed to City of Wakefield, P.O. Box 178, Wakefield, Nebraska 68784. EOE.

HELP WANTED

- Full time RN
- Full time Certified Dietary Manager
- Part time Cook/Aide

Approx. 24 hours per week

HILLCREST CARE CENTER & ASSISTED LIVING

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

Now Hiring **WISNER CARE CENTER** *Come Join Our Team!*

Continuing a Legacy of Quality Care

CNA Full time evening and night positions open.

Sign on bonus available.
Great benefits and an opportunity to work with a wonderful team. Flexible schedules available.

NURSE Full or part time evenings

Apply online: WisnerCareCenter.com or in person at:
Wisner Care Center • 1105 9th St, Wisner, NE 68791
Phone 402-529-3286

CURRENT JOB OPENINGS

Pender Community Hospital

100 Hospital Drive • Pender, NE (402) 385-3083

- Accounts Payable / Materials Management Clerk (Part-Time)
- Pharmacy Technician (Full-Time)

200 Valley View Drive • Pender, NE (402) 385-3072

Legacy Garden Rehabilitation and Living Center

- Registered Nurse (Part-Time)
- Housekeeper (Part-Time)
- Dietary Cook (Full-Time)
- CNA and CMA (All Shifts Available)

Brookdale Wayne Assisted Living Community, is looking for:

- 1 Full Time Resident Care Provider, Hours vary and some weekend hours
- 3 Part Time/PRN Resident Care Providers, Hours vary and some weekend hours
- Part Time Maintenance Technician, Week day hours, flexible
- Part Time Cook

BROOKDALE SENIOR LIVING SOLUTIONS
ALL THE PLACES LIFE CAN GO™ EOE

1500 Vintage Hill Drive • Wayne • 402-375-1500

Brookdale: Enriching the lives of those we serve with compassion, respect, excellence and integrity.

NorthStar Services in Wayne has part-time positions available on the morning, evening, weekend, and overnight shifts.

As an organization, we support persons with developmental disabilities to access and participate in their community, develop social networks and teach life skills, so people are successful in their homes, community and with employment opportunities.

All applicants must be at least 18 years of age, have a valid drivers license, the ability to lift 45 lbs., possess a high school diploma or GED, and be able to read, write, and comprehend the English language.

Applicants should have good interpersonal skills and the ability to work with a wide variety of people. Positions are up to 30 hours per week.

Applicants are required to attend job training, most of which are day hours (example: 8:30 am - 4:30 pm) Part-time positions must be available to work on holidays and weekends.

Starting wage is \$10.14 per hour with a wage increase to \$10.45 after completion of training.

Serious applicants should apply at:

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



APPLY ONLINE

www.pendercommunityhospital.com

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

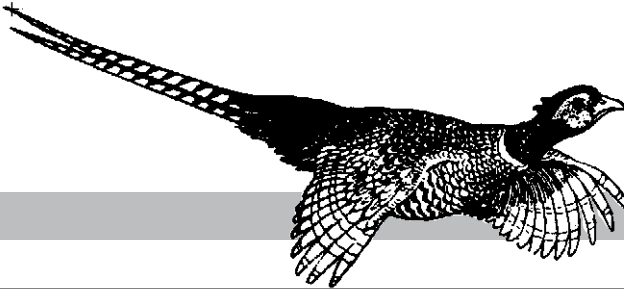
LIBERTY CENTRE SERVICES

Part-Time Residential Staff (Evenings / Weekends)
(Schedule and hours may vary)

This position delivers community based mental health services to adults recovering from mental illness and substance abuse in a community-based setting.

Bachelor's or Associates degree in Human Services Field preferred; 2 years' experience or 2 years of coursework in the behavioral health field will be considered. Valid driver's license with a good driving record required.

Submit application and resume to Lisa Dike at ldike@cableone.net
900 E. Norfolk Ave.
Norfolk, NE 68701



Abbreviations for this legal: PS-Personal Services, OE-Operating Expenses, SU-Supplies, MA-Materials, ER-Equipment Rental, CO-Capital Outlays, RP-Repairs, RE-Reimbursement. WAYNE COUNTY BOARD PROCEEDINGS

Wayne, Nebraska February 7, 2017
The Wayne County Board of Equalization meeting was called to order by Chairman Larson at 9:00 a.m. on Tuesday, February 7, 2017, in the upstairs conference room of the Courthouse. Chairman Larson, Members Burbach and Rabe, Assessor Duffy, Attorney Pieper, Sheriff Dwinell, and Clerk Finn were present. Notice of this meeting was published in the Wayne Herald, a legal newspaper, on January 26, 2017. A current copy of the Open Meetings Act was posted and accessible to the public.

Wayne, Nebraska February 7, 2017
The Wayne County Board of Commissioners meeting was called to order by Chairman Larson at 9:10 a.m. on Tuesday, February 7, 2017, in the upstairs conference room of the Courthouse. Chairman Larson, Members Burbach and Larson, Attorney Pieper, Sheriff Dwinell, and Clerk Finn were present. Notice of this meeting was published in the Wayne Herald, a legal newspaper, on January 26, 2017. A current copy of the Open Meetings Act was posted and accessible to the public.

Wayne, Nebraska February 7, 2017
Rabe presented the following consent agenda items:
a. Approve minutes of January 17, 2017, meeting as printed in the Commissioners Record
b. Approve fee reports
c. Approve payroll
d. Approve County Burial Application No. 17-01
e. Accept UNL Extension Wayne County Annual Report covering 2016

Wayne, Nebraska February 7, 2017
Resolution No. 17-01: "WHEREAS: Wayne County is proposing a transportation project for which it would like to obtain Federal funds;
Whereas: Wayne County understands that it must strictly follow all Federal, State and local laws rules, regulations, policies and guidelines applicable to the funding of the Federal-aid project; and
Whereas: Wayne County and Nebraska Department of Roads (NDOR) wish to enter into a new Project Program Agreement setting out the various duties and funding responsibilities for the Federal-aid project.

Wayne, Nebraska February 7, 2017
A public hearing on the proposed One and Six Year Road Improvement Plan convened at 9:47 a.m. Chairman Rabe, Members Larson and Burbach, Highway Superintendent Casey, Attorney Pieper, Sheriff Dwinell and Clerk Finn were present. Aaron Scheffler of KTCH Radio, Calyn Dunklau of The Wayne Herald, and Steve Rames of McLauri Engineering were also in attendance. Notice of this hearing was published in the Wayne Herald, posted in all banks and post offices in the county, and provided to KTCH Radio and The Wayne Herald.

Wayne, Nebraska February 7, 2017
Resolution No. 17-02: "Whereas, the Wayne County Roads Department has presented a One and Six Year Highway Improvement Plan to the County Board of said County, and
Whereas, the said Board deems it to be in the best interest of the County to adopt said plan as presented.
Now therefore be it resolved, by the County Board of Wayne County, Nebraska, that said plan be and hereby is approved and accepted."

Wayne, Nebraska February 7, 2017
Fee Reports: Debra K. Alleman-Dannely, Clerk of District Court, \$2,317.60 (Jan Fees); Debra Finn, County Clerk, \$16,892.50 (Dec Fees).

Wayne, Nebraska February 7, 2017
GENERAL FUND: Salaries, \$66,192.44; Barnes, Ann M., RE, 220.96; Albin, Mark D., OE, 796.25; Anderson, Christina, OE, 62.80; Antelope County Court, OE, 5.71; Arnie's Ford Mercury, RP, 274.08; Arnie's Ford Mercury, CO, 27,825.00; Benscotter, Jaxon, OE, 20.00; Black Hills Energy, OE, 1,309.75; Blecher, JoBeth, OE, 32.10; Bomgaars, SU, 188.97; Counsel, RP, 165.09; Dahl, Kyle C., OE, 457.50; Des Moines Stamp Mfg Co., SU, 183.05; Floor Maintenance, SU, 168.88; Fredrickson Oil Company, RP, 510.12; Schmidt Construction, OE, 75.00; Humphrey, Jennifer, OE, 110.95; Jensen, Javanah, OE, 30.70; Jorgensen Law Office - Kate Jorgensen, OE, 2,492.40

Wayne, Nebraska February 7, 2017
COUNTY ROAD FUND: Salaries, \$40,777.45; Bauer Built, RP, 456.26; Black Hills Energy, OE, 507.29; Bomgaars, SU, 554.45; Caterpillar Financial Services, ER, 3,871.41; Christiansen, Rick, CO, 2,723.51; CNH Industrial Capital America LLC, ER, 2,256.69; Deere Credit Inc., ER, 3,446.15; Electrical Engineering & Equipment, SU, 913.14; Glen's Auto Body, RP, 100.00; Grossenburg Implement, RP, 34.54; Midwest Service & Sales Co., MA, 5,225.45; NMC Exchange LLC, RP, 2,217.01; Northeast Nebraska Public Power Dist., OE, 335.83; RDO Truck Centers, RP, 138.43; Shopko, SU, 29.84; Wayne NAPA, RP, 6.46

Wayne, Nebraska February 7, 2017
COUNTY IMPROVEMENT FUND: Beiermann Electric, CO, 5,000.00
Meeting was adjourned.

Wayne, Nebraska February 7, 2017
STATE OF NEBRASKA))
COUNTY OF WAYNE) ss.
I, the undersigned, County Clerk of Wayne County, Nebraska, hereby certify that all of the subjects included in the attached proceedings were contained in the agenda for the meeting of February 7, 2017, kept continually current and available for the public inspection at the office of the County Clerk; that such subjects were contained in said agenda for at least 24 hours prior to said meeting; that the said minutes of the meeting of the County Commissioners of the County of Wayne were in written form and available for public inspection within 10 working days and prior to the next convened meeting of said body.

NOTICE TO BIDDERS
Sealed bids will be received at the office of the Wayne County Clerk until March 7, 2017 at 9:45 a.m., for supplying materials required to construct: C-90(630) - Triple 72" x 43'-0" round equivalent and C-90(646) - triple 96" x 45'-0", both corrugated metal pipes with steel headwalls and wingwalls and other related incidental work.

Carroll, Nebraska February 8, 2017
Board of Trustees for the Village of Carroll met in regular session on the above date with the following members present: Mark Tietz, Scott Hurlbert, Dalton Dunklau. Absent Board Members were Diana Davis and Michael Staub.

Wayne, Nebraska February 7, 2017
The project is referred to as "Wayne County 2017 Culverts, C-90(630) and C-90(646)" and shall include all labor, materials, transportation and equipment required to fabricate and deliver the materials necessary to construct: C-90(630) triple 72" x 43'-0" round equivalent on a 20 deg. skew (lhb) and C-90(646) triple 96" x 45'-0" on a 25 deg. skew (rnb), both corrugated metal pipes with steel headwalls and wingwalls.

Village of Winside Board Proceedings February 6, 2017
Winside, Nebraska
The Board of Trustees of the Village of Winside, Nebraska met in regular session on Monday, February 6, 2017 at 7:30 p.m. in the library meeting room. Present were Chairperson Watters; Trustees Peter, Carlson, Edwards and Skokan. Visitors were Kevin Cleveland, Roger Protzman, and Brad Jaeger.

Village of Winside Board Proceedings February 6, 2017
Winside, Nebraska
The Board of Trustees of the Village of Winside, Nebraska met in regular session on Monday, February 6, 2017 at 7:30 p.m. in the library meeting room. Present were Chairperson Watters; Trustees Peter, Carlson, Edwards and Skokan. Visitors were Kevin Cleveland, Roger Protzman, and Brad Jaeger.

Wayne County Clerk
(Publ. Feb. 16, 23, March 2, 2017) ZNEZ

Village of Winside Board Proceedings February 6, 2017
Winside, Nebraska

Wayne County Clerk
(Publ. Feb. 16, 23, March 2, 2017) ZNEZ

Wayne County Clerk
(Publ. Feb. 16, 23, March 2, 2017) ZNEZ

Wayne County Clerk
(Publ. Feb. 16, 23, March 2, 2017) ZNEZ

Wayne County Clerk
(Publ. Feb. 16, 23, March 2, 2017) ZNEZ

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

CARROLL VILLAGE BOARD PROCEEDINGS Carroll, Nebraska February 8, 2017

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Wayne, Nebraska February 7, 2017
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Village of Winside Board Proceedings February 6, 2017
Winside, Nebraska

Village of Winside Board Proceedings February 6, 2017
Winside, Nebraska

Wayne County Clerk
(Publ. Feb. 16, 23, March 2, 2017) ZNEZ

Village of Winside Board Proceedings February 6, 2017
Winside, Nebraska

Wayne County Clerk
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Wayne County Clerk
(Publ. Feb. 16, 23, March 2, 2017) ZNEZ

Wayne County Clerk
(Publ. Feb. 16, 23, March 2, 2017) ZNEZ

Motion carried.
Mark informed the Board of a repair the City of Wayne performed on a lift station at the lagoon. He also stated the water operator released some water from the new lagoon pools into the older cell because of the level of the water.

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CAR CARE WAYNE AUTO PARTS INC. COMPLETE MACHINE SHOP SERVICE TRUCK & TRACTOR PARTS. 117 SOUTH MAIN - WAYNE 375-3424

TOW'S Body & Paint Shop, Inc. Member of Nebraska Auto Body Association. 108 Pearl Street Wayne, NE 68787 Phone 402-375-4555

Herman CHIROPRACTIC Headaches • Sciatica • Low Back Pain Athletic Injuries • Industrial Injuries Smoking Cessation • Prenatal Care Colic • Ear Infection • Bed Wetting. 1302 W. 7th Street Wayne, Nebraska (402) 375-3450

MORE LEGALS ON PAGE 10C

SHOP LOCALLY Support Your Local Merchants. Diamond Center, Doescher Appliance, Elkhorn Valley Bank & Trust Member FDIC, Wayne Vision Center, State Nebraska Bank & Trust Member FDIC, Pac'N'Save, Magnuson-Hopkins Eye Care, P.C., Tom's Body & Paint Shop, Inc., Wayne Auto Parts, Inc., Wayne Herald & Morning Shopper



American Heart Month

Foundation started to help save lives

By Calyn Dunklau
calyn@wayneherald.com

They say a person's life can change in a matter of seconds and that was the case for Sam Simon.

On Nov. 18, 2015, Sam played a pick-up game of basketball at Wayne State before returning home feeling unwell.

"He called me from the basement and just said he didn't feel good and asked me to come check on him," his mother Chele Meisenbach said. "So I went down and within about three minutes he was in cardiac arrest."

Sam's previously-unknown condition had caused his heart rate to speed up rapidly, Meisenbach said. She commented that it felt similar to when a person picks up a rabbit or other small animal and holds them,

able to feel their heart beat quickly. "At the time, his heartbeat was about 300-plus beats a minute," she said. "And your heart can only take so much before it just quits."

Having taken CPR recently, Meisenbach knew enough to get him onto the floor to start compressions as she called 911. The ambulance arrived at their house within minutes, and while she said they were the longest few minutes of her life, it was merely minutes.

Providence Medical Center staff managed to get Sam stable enough to transport him to Sioux City to see a cardiologist where he was later diagnosed with a rare heart condition called Arrhythmogenic Right Ventricular Dysplasia (ARVD) after that cardiologist got a second opinion with the Mayo Clinic.

With ARVD, the right ventricle of the heart dies and is replaced by scar tissue. This disrupts the heart's electrical signals, causing arrhythmias, which are exacerbated by physical activity. Those who are highly active in sports and with exercising see symptoms much sooner in life, which was Sam's case.

Essentially the activity of Sam's basketball game put him in cardiac arrest at a mere 22 years old and he's one of the lucky ones. Many who suffer an episode the way Sam did don't live.

And while no longer being able to participate in some of your favorite activities is a process many don't understand, out of this grew the idea for Northeast Nebraska Sports Screenings.

See Foundation, page 2D



Wear Red!

National Wear Red Day was this month with several participating businesses in town showing their support. This is just one way more awareness is being raised about heart disease and strokes among women. Heart disease and stroke cause 1 in 3 deaths among women each year, killing approximately one woman every 80 seconds. At top, these Providence Medical Center employees were among many who donned red in support of women's heart health this month. In the middle photo, both the staff and residents of Brookdale Wayne wore red on Feb. 3, which has been designated as Wear Red Day by the American Heart Association. Below, employees of State Nebraska Bank wore red and made hearts with their hands in observance of the day.



Make us your choice!

Wayne
COMMUNITY

ACTIVITY CENTER
402-375-4803
901 West 7th Street • Wayne, NE

Join NOW!

Your heart is in
the best place.



24/7 care along with Siouxland's most experienced cardiology team.

UnityPoint Health
St. Luke's

Physicians' Services provided by



unitypoint.org

Our heart is in
everything we do.

In honor of *Heart Month*, we say thank you for trusting us to take care of you and the people you love!

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American Heart Month

Five facts you need to know to live well

Heart failure: Make a plan

If you have just been diagnosed with heart failure, you can take comfort in the fact that you're not alone. More than 5 million Americans are living with the disease—with the emphasis on the word living. Even though heart failure is serious and there is no cure, it is treatable. And the more you learn about it, the more you can do to have an active and healthy life. "There is a misconception that patients with heart failure only come to a heart failure specialist when they either get a LVAD/Heart Transplant or they go on to hospice care," said Eric Rome, D.O., a heart failure specialist at Faith Regional CardioVascular Institute. "With the advancements in heart failure care, I can get involved much earlier and have much more to offer. This is one of the reasons why I chose a career in advanced heart failure." Here are five facts about heart failure and living with the condition that you should know:

- 1. Heart failure doesn't mean your heart is about to stop.**
The term simply means your heart isn't pumping like it should. If the right side of your heart is affected, it can be hard for blood to get to your lungs to pick up oxygen. Fluid may then build up in your body, and you may feel fatigued or short of breath. If the problem is with your heart's left side, it's difficult for oxygenated blood to reach the rest of your body. Chances are, both sides of your
- 2. You may be the most important member of your health care team.**
Taking medications and making lifestyle changes—such as cutting back on salt, exercising with your doctor's guidance, avoiding alcohol and tobacco, and maintaining a healthy weight—are cornerstones of treatment. In addition, you need to see your doctor regularly, take medicines as directed and follow your doctor's advice. Also key is watching for signs and symptoms that may indicate your disease is getting worse—and bringing them to your doctor's attention right away. They include having:
 - Swelling in your legs, feet or abdomen.
 - An ongoing cough or congestion.
 - Increased fatigue.
 - Shortness of breath.
 - Confusion, dizziness or lightheadedness.
 - Loss of appetite or nausea.
- 3. The bathroom scale will become a valuable health tool.**
It's important for people with heart failure to weigh themselves daily. Weight gain can be a sign that your body is retaining fluid. Your doctor will explain when weight changes need attention and how to handle them.
- 4. If you have trouble sticking with your treatment plan, there are solutions.**
Managing heart failure can be

heart are affected. For example, you may need to take several medicines, which can be expensive—and confusing to remember. You may discover that a lot of the foods you normally eat are loaded with salt, and you may not know how to cook more healthful meals. If you have challenges, let your doctor know. He or she can help you with them. There may be less expensive medicines you can take, for instance. Or tools—such as medicine charts or pillboxes—might make it easier to keep track of which medicines to take and when. If cooking or eating well is a problem, your doctor can refer you to a registered dietitian who can help you plan tasty and healthy meals. The important thing to know is that you don't have to figure things out on your own.

5. Heart failure isn't just a physical condition.
Fear, anxiety, depression, stress. It's perfectly normal to have feelings like these when diagnosed with a serious illness. If you have any of them, it's essential to tell your doctor because they can affect the quality of your life. And they can keep you from taking good care of yourself. Often, it's helpful to talk about these feelings—perhaps with a counselor. Joining a support group for people with heart failure may be useful as well. You can do this! Learn more about the signs of congestive heart failure at frhs.org. Sources: American Heart Association; Heart Failure Society of America; National Institutes of Health.

Foundation



Chele Meisenbach stands with her son Sam Simon in a recent family photo. Sam suffers from a rare heart condition that led the two to start a foundation in order to identify heart problems in student athletes and teach them CPR.

Women: Reduce your risk of heart disease



By Rebecca Rundlett, M.D., FACC. Nebraska Heart Women's Heart Program Medical Director

Women at all ages and stages in life (grandmothers, mothers, wives, career women, business women, daughters, graduate students and college students) have things in common. All may be at risk for heart disease, and all may not be aware of their personal risk. We at Nebraska Heart Women's Heart Program would like to focus on the basics and remind everyone that heart disease is preventable. The risk factors for developing cardiovascular disease also form the basis of preventive strategies, which were developed through decades of research and experience in treating and preventing coronary artery disease.

- High blood pressure
 - Diabetes
 - High cholesterol
 - Family history of cardiovascular disease (especially heart attacks)
 - Sedentary lifestyle
 - Obesity
 - Post-menopausal status
- Each of these risk factors will be reviewed individually and extensively in upcoming Nebraska Heart Women's Heart blog posts, so stay tuned!

Coronary artery disease (CAD), also called "hardening of the arteries," can result in disabling symptoms, heart attack or even death. CAD typically develops over time, often silently; therein lies both the hazard and the hope of prevention. Fortunately, the atherosclerotic process can often be slowed, or even reversed; thus avoiding a heart attack or stroke.

As women, why do we care about all of this? Heart disease is the number one cause of sickness, disability and death in American women. One in three women will show evidence of cardiovascular disease in her lifetime. Increased risk often translates into earlier manifestation of heart disease, i.e. at a younger age. The earlier prevention begins in a woman's life, the less likely that serious heart disease will develop or progress. The major risk factors for heart disease in women are:

- Tobacco use

(continued from page 1D)

After things settled down for the family, Sam and his mother started talking about how they could get more people trained in CPR seeing how important it had been in those minutes for him. "I've always been a big proponent of CPR," Meisenbach said. "I always thought if I was going to I'd be one of those people who would use my CPR training on somebody where I'm in a mall or a restaurant. To know that I had the training to see what was going on with my kid was priceless." Meisenbach met several people and several groups through social media whose children suffer or suffered from the condition, one of which was in Alabama called Hearts for Athletes. The group is run by a mother whose son, also named Sam, suffers from ARVD.

ARVD, and other heart conditions, can be caught by a simple heart screening, which is what Hearts for Athletes does. Meisenbach decided to combine the two. Last fall, a class of over 90 learned CPR at Our Savior Lutheran Church. The class was free and was led by a nurse from Providence Medical Center. While it's not a certification class, it teaches the fundamentals of CPR just like any other class would, enabling people to learn how to perform it safely and effectively without incurring any cost. "We taught people from age 7 up. I think the oldest person taking the class was 80." Another class is scheduled for this month and another is slated for the fall, though a date hasn't been set yet. With the first step underway, Meisenbach turned her sights toward ways to offer heart screenings, similar to what Hearts for Athletes does. "The idea is that the child would

be able to bring that EKG reading to their doctor to read it at their physical." Since an EKG isn't part of a routine physical and generally isn't covered by insurance unless there are symptoms or reason to believe it's necessary, having the read out available to a child's physician without the hassle of dealing with insurance would be a benefit for all. Plans like this aren't easy to execute, especially when trying to set up the group as a non-profit organization legally and doing the paperwork associated with that, but plans such as this one would help to save lives. "Our goal is for next spring to be our first screening. If we could save just one child, it will be worth it." The clinics would consist of the screenings as well as teaching those in attendance CPR, all free of cost, to help ensure the safety and wellbeing of student athletes in the area. To help offset the cost of these clinics, fundraising efforts like the current t-shirt sale fundraiser will be held. You can get information on the shirts and other fundraising efforts on the foundation's Facebook page <https://www.facebook.com/groups/478843255655230/>. The step Meisenbach plans to take after that is politically driven. She hopes to have a bill introduced in the legislature to require all students to be trained in CPR before graduating high school. Some states already have that requirement in place for their students, but Nebraska isn't one of them. The process is a long one to make all this happen, but Meisenbach and the entire board of the Northeast Nebraska Sports Screening foundation are in it for the long haul. "It's not only about helping kids but saving kids and other people's lives."

mercy heart expo

Sunday, February 19, 11am-1pm
4th Floor, Mercy Heart Center - 801 5th St.

Join us at the Heart Expo to learn the latest information on keeping your heart healthy. The Heart Expo will include:

- Free Carotid Artery Demonstrations
- Open Heart Surgery Simulation
- Meet the Mercy Cardiologists
- Cardiac Rehab Tour
- Blood Pressure Screening
- Electrophysiology Lab Tour
- Cath Lab Tour
- Free Hors d'oeuvres

All attendees will be included in drawings for free screenings and prizes.

Just for Teenagers

Ages 13 through 18
Leiter Room, Mercy Medical Center
Next to the Kaleidoscope Gift Shop

Sunday, February 19, 11 am – 1 pm,
Leiter Room, Mercy Medical Center

The Teen Heart Expo will include:

- Educational Games
- Teen Heart Health Screenings
- Interactive Sessions on CPR and AED Devices
- Tour of the Mercy Heart Center
- Awesome Giveaways, Prizes and Snacks
- Nutritional Displays
- New this Year – Lifesize Operation Game

Both events free to the public.
Free parking is available in the Mercy Parking Ramp.

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Heart Attack?

Survive. Don't Drive.

Call 911 immediately because every second counts. Paramedics can start life-saving treatment right away and are trained to revive a person if their heart stops.

You may be having a heart attack if you feel:

- 1 Uncomfortable pressure, squeezing, tightness, or pain in the center of the chest that comes and goes, or lasts several minutes.
- 2 Lightheadedness, anxiety, nervousness, fainting, fever, cold sweat.
- 3 Pain, discomfort, or numbness of arms, back, neck, jaw or stomach.
- 4 Shortness of breath, nausea.

FAITH REGIONAL CardioVascular Institute

Clinics are located in Atkinson, Creighton, Genoa, Lynch, Neligh, Norfolk, O'Neill, Osmond, Tilden and Wayne

frhs.org

Faith Regional Health Services is an Accredited Chest Pain Center.

In the fight against heart disease, it's important to KNOW YOUR NUMBERS

Stop by any one of our family medicine clinics during regular office hours for **Free Blood Pressure Checks**

FAITH REGIONAL Physician Services, L.L.C. Family Medicine

Family Medicine Clinics located in:
Battle Creek, Laurel, Madison, Norfolk, Pierce, Stanton, Tilden, Wakefield, Wayne, Wisner and Woodland Park.

Visit frpsclinics.org for clinic locations and phone numbers.