



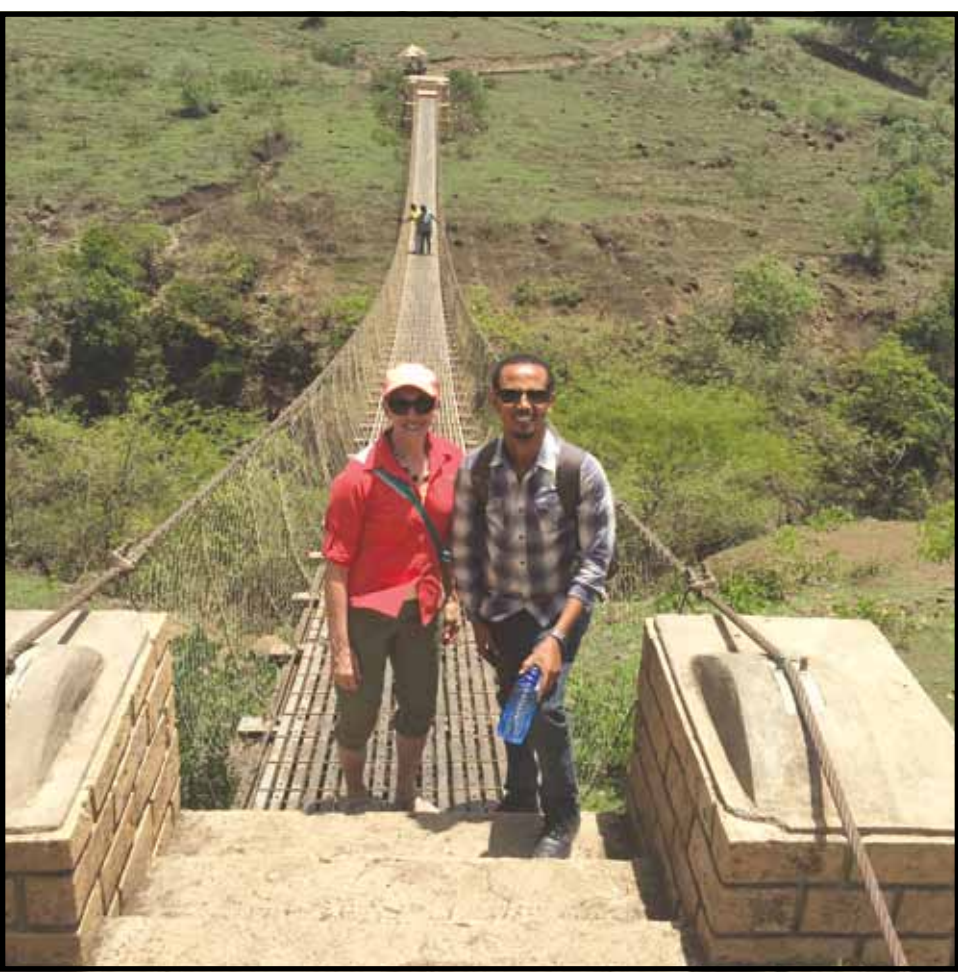
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The Wayne Herald

Thursday, March 9, 2017 141st Year - No. 23

Daily updates, video and more on the Web at www.mywaynenews.com

FIGHTING OFF INFLUENZA



(Contributed photo)

Engebretsen (left) said her joint project has been in development since first meeting with international colleagues while on sabbatical in 2015. She said she decided to apply for the Fulbright Global Award after returning from Ethiopia and Nepal.

Dr. Barbara Engebretsen honored with Fulbright Global Award

Dr. Barbara Engebretsen, professor of exercise physiology and public and global health at Wayne State College, has been awarded a prestigious Fulbright Global Award by the J. William Fulbright Foreign Scholarship Board. The award will assist Dr. Engebretsen's efforts to implement the HEARTS Initiative: Engaging Student Health Clubs to Address Hypertension in Ethiopia, Nepal and Nebraska. "I'd like to quote Senator J. William Fulbright, who sponsored the program after World War II," Engebretsen said. "The Fulbright Program aims to bring a little more knowledge, a little more reason, and a little more compassion into world affairs and thereby to increase the chance that nations will learn at last to live in peace and friendship."

"I find comfort in the word 'little,'" Engebretsen said. "The Fulbright Global Scholar Award is a tremendous honor, and I would be crushed by the responsibility of living up to it. I believe that with like-minded colleagues, we can contribute 'a little knowledge, reason and compassion' to this collaborative work. I'm humbled by the honor. I am also delighted by the important recognition and, more importantly, the opportunity for opening doors and pursuing the excellence that it gives to all

of WSC, not just me."

"I cannot think of a better scholar that will be able to lead Ethiopian and Nepali students and faculty in global-health service learning activities," said Dr. Tammy Evetovich, dean of the School of Natural and Social Sciences at Wayne State. "Her expertise and passion for global health is apparent and will translate into a strong academic experience for all involved. Not only will this project benefit her international partners, her project will further enrich her scholarly and teaching aspirations by bringing back to WSC experiences gained while teaching and completing research with faculty and students in Ethiopia and Nepal."

Engebretsen said her joint project has been in development since first meeting with international colleagues while on sabbatical in 2015. The Hypertension Education and Resourcing Talented Students (HEARTS) Initiative brings academics, health professionals, and university students together to provide workshops to teach and mentor high school students in the basic physiology of blood pressure, teach skills for measuring BP, and develop health risk survey strategies. "These high school students - HEARTS Teams - will then lead community screen-

See Fulbright, Page 4A

"The Fulbright Global Scholar Award is a tremendous honor... I'm humbled by the honor. I am also delighted by the important recognition and, more importantly, the opportunity for opening doors and pursuing the excellence that it gives to all of WSC, not just me."

Dr. Barbara Engebretsen
Professor at Wayne State College



(Contributed photo)

Connie Bargstadt, an RN from Winside, administers a flu shot. While no flu vaccine is guaranteed protection, it is better than not having one at all, experts say.

Influenza A still working area residents over even after months with it around

By Sami Taylor
Wayne Herald Intern

Fever. Body aches. Fatigue. Sore throat.

At some point, we've all been there. There being a bed or couch -- moving only for necessary tasks and hoping that the chicken noodle soup in front of us holds the magic needed to invigorate our immune systems.

And more often than not, disappointment ensues because chicken noodle soup isn't magic. Especially the kind from the can.

This year a vast majority of the population has been hit with the flu, and in some cases, the flu again. Or the flu paired with some other illness like bronchitis or sinus infections.

Influenza A, commonly known as the flu, is a very contagious air-borne virus that is more prominent during winter and early spring. The virus attacks the body by spreading through the respiratory systems.

With the flu, the likelihood that a person will be running a high fever lasting for a number of days is very high. A person showing symptoms may also have body aches, weakness and fatigue, cough, sometimes congestion or sore throat.

"Sometimes it's hard to tell the difference

"We don't necessarily want people to go to the hospital if they are showing symptoms of the flu. The flu is caused by a virus and a lot of the time all we can do for it is treat the symptoms."

Julie Rother
Health Director of NNPHD

between the flu and other respiratory infections," Julie Rother, Health Director of Northeast Nebraska Public Health Department, said. "But usually if you have a fever and either a cough or a sore throat and some body aches that is a good indication that it is the flu."

If a person is showing these symptoms they should contact their doctors.

"We don't necessarily want people to go to the hospital if they are showing symptoms of the flu," said Rother. "The flu is caused by a virus and a lot of time all we can do for it is treat the symptoms."

Going to the hospital just increases the chance of spreading the virus to others.

That being said, people with underlying health problems, children under the age of

5 and elderly can have more complications with the flu than other people and are considered to be a higher risk. Those people should stay in very good contact with their doctors.

"If you start to notice you are having symptoms of the flu, contact your doctor as soon as possible," Rother said.

By contacting a doctor right away they can decide whether or not to prescribe antiviral, which can decrease or lessen the severity of the symptoms. They can also cut down the amount of time that a person is sick.

Other ways of treating the flu involve getting plenty of fluids, get a lot of rest, and taking medicine that will treat the symptoms.

"Tylenol and ibuprofen are good for reducing fevers," said Rother. "We really don't recommend aspirin, especially with children under the age of 18 because aspirin can cause other very serious complications for children."

It is very important for people who are sick with the flu to stay home and not mingle with anyone. A person with a high fever should not go out until they have been fever

See Influenza, Page 4A

Personnel, building project addressed at special meeting



Jay Spearman (left) explains the financing plan for the upcoming locker room/CTE project at Wayne High School.

By Clara Osten
clara@wayneherald.com

Two hirings were approved and plans made to move forward on a building project during Monday's special meeting of the Wayne Community Schools Board of Education.

Board members approved the hiring of Dennis Dolliver as Junior High Principal/Athletic Director for the 2017-2018 school year. He will receive a salary of \$88,000.

Also hired was Kiley Koch, who will be teaching English Language Learner (ELL), Business and Spanish classes. Koch will also be assigned coaching duties which have not yet been determined.

A considerable portion of the meeting revolved around the building/remodeling project at the high school set to be completed before the start of the 2017-2018 school year.

Jay Spearman with Ameritas Investment Corp. spoke to the board on the financing of the project.

He explained that the district could borrow money short term and re-pay it with money put into the Building Fund in the next fiscal year. He said the paperwork for the bonds could

be completed sometime in April and his preliminary estimate of an interest rate is 1.35 percent.

Following Spearman's presentation, the board voted to borrow \$1,215,000 for the project.

The final item on Monday's agenda was the approving of a contract with TIJ Construction LLC from Council Bluffs, Iowa for the Locker Room/CTE project.

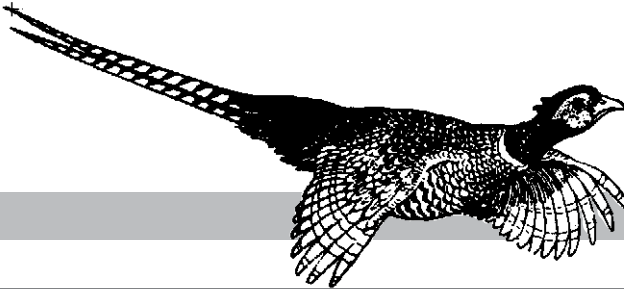
Jon Carlson with Carlson, West Provanda Architects spoke to the board on the changes that have been made to the project in recent weeks in order to lower the total cost of the project.

Through discussions with the schools' building committee and the contractor, \$84,437 in work has been removed from the project.

Among the changes will be paint, flooring in certain areas and counter tops in the Tech area.

The contract for the project was approved and work will begin in the boys locker room area of the school before the end of March.

The next regular meeting of the board will be Monday, March 13 at 5 p.m. in the junior-senior high school library.



Lots of excitement with state basketball tournament

We've had quite a wind today! Some trees, and even a light pole, were blown over. And it's dry. Makes one wonder about the rest of the year, but I guess it's too early to worry.

A real sports fan commented in Bible study a couple of weeks ago that we always get snow for state basketball tournament, but not this year. We did watch a lot of the championship games on Saturday, and there were some really close ones.

A week ago, we were disappointed when Lutheran High fell to Randolph in their subdistrict game.

We knew they had a chance for a wild card, but we had to wait quite a few days to know the outcome. Lourdes in Nebraska City had been ranked number one by the papers, and Lutheran number two.

Of all things, Lourdes lost in their district game! We knew they had an automatic wild card. So, now, it was up to West Point Guardian Angels and Dundy



The Farmer's Wife
By: Pat Meierhenry

County-Stratton.

Somehow, the Kants in Norfolk were keeping track of all these games. And I was getting periodic updates via text. GACC won easily. But the other game did not start until 8 p.m. our time, because it is on Mountain time.

I thought to myself, just where is Dundy County, anyway? Here I am, rooting for them, and I don't know a soul on their team or even where they are located. So, to the search engine on the computer. They are at Benkelman, Nebraska. To my knowledge, I have never been to Benkelman. Plus, even though they are a county wide school, they have even attached another school.

For an entire hour, I was getting texts: first, they were ahead. Then, they were behind. Then, tied. Finally, pulled ahead again. The suspense was awful!! Be the time of the 10 p.m. news, we knew that DCS had won, and that LHNE would play the first round of the state basketball tournament right across the street from us at 9 a.m. sharp on Thursday.

Their opponent? Heartland, another merged school composed of Henderson and Bradshaw. In fact, the grandson of one of my distant cousins, who happens to be a fraternity brother of the Big Farmer, was an outstanding run-

ning back for their football team last fall. At that point, of course, we were rooting for them! Now, we have to beat them.

Another winning team in districts was Centennial, which is Utica, Waco, Thayer, Gresham, and Beaver Crossing. They are C2 and our team is D1, so at least, we don't have to face more of my family there. My youngest cousin has two sons on that team. It all makes for great fun.

Thinking back to the girls' games, we were all rooting for Red Cloud, who qualified with six players. They did get the sportsmanship award. With one minute left in their first round game, their coach called a time out, and pointed them towards their fans. Soon, all the fans, including those from Wynot, their opponent, were standing and applauding them for what they accomplished just for being there.

That's what I hope all these teams remember; just getting here is a huge feat. Now, let's play basketball!

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Wind energy in Nebraska to be discussed at session

Nebraska Extension in Pierce County is hosting a session to discuss Wind Energy in Nebraska.

This session is open to the public and will be held at the Lied Pierce Public Library (207 West Court Street) from 6 to 9 p.m. on Tuesday March 14. There is no cost for this session.

The potential for Utility Scale wind turbines has become a possibility in the Pierce and Wayne County Area.

This prospect leads to lots of questions, excitement, and uncertainty. Nebraska Extension will discuss Wind Energy in Nebraska and give an overview of the issue including, policy, land owner issues, how wind turbines work, and how wind development might impact the region.

F. John Hay will talk about policy and how wind turbines work, and Darrell Hayek will speak about land owner issues and contracts.

Last Pesticide Applicator trainings scheduled

As we near the end of private pesticide applicator trainings, you need to get to one of these meetings or you will have to find an alternative way to get certified to buy and apply restricted use pesticides.

On Tuesday, March 14 there will be a meeting at the Community Building at the Stanton County fairgrounds at 6:30 p.m.

On Thursday, March 16 there will be a make-up meeting at the Haskell Ag Lab one mile east of Concord at 1:30 p.m. since the one in Martinsburg was snowed out a couple of weeks ago.

Finally, there will be meetings at the Lifelong Learning Center in Norfolk on Thursday, March 23 at 6 p.m. Tuesday, March 28 at 1 p.m. and Thursday, April 6 at 9 a.m.

The final Commercial/Non-commercial Pesticide applicator recertification training in the area will be held at the Lifelong Learning Center on Tuesday, March 14 at 9 a.m.

The final chemigation certification training will be held on Tuesday, March 28 also at the Learning Center.

For home gardeners interested in using cover crops in the garden to stabilize and enrich



Ag Happenings
Keith Jarvi
Extension Educator

the soil there will be a gathering at 10 a.m. at the South Sioux City Library, 2121 Dakota Avenue, on Saturday, March 11.

This free two hour workshop will be conducted by Gary Le-soing, and Extension Educator whose focus is with local feed producers, beginning farmers, and sustainable agriculture.

Nebraska Beef Quality Assurance Trainings offered

Nebraska Extension will be offering three Beef Quality Assurance informational meetings for area beef producers.

The dates and locations are:
Wednesday, March 29 — 9 a.m., Stanton County Community Building, 302 6th Street, Stanton;

Wednesday, March 29 — 1:30 p.m., Cuming County Courthouse Meeting Room, 200 S Lincoln Street, West Point;

Thursday, March 30 — 10 a.m., First Nebraska Bank Meeting Room, 1000 Main Street, Emerson.

Topics that will be covered at the meetings include Antibiotic Stewardship, Veterinary Feed Di-

rective, and General Beef Quality Assurance (BQA) Assessment topics. These meetings are also for those producers that need BQA certification or recertification.

There is a \$20 fee for those who wish to become BQA certified.

Pre-registration is encouraged by contacting Larry Howard, Nebraska Extension Educator in Cuming County located in West Point at (402) 372-6006.

For additional information contact the Nebraska Extension office in Cuming County or Rob Eirich, Nebraska Director of Beef Quality Assurance at (308) 632-1230.

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Learn the latest information on Diabetes at local event

The Wednesday, March 29 Control Diabetes for Life gathering is the last of the series. The theme for the March session is "Make Your Commitment to Diabetes Self-Management."

Topics that will be addressed during the two-hour program are: "Commit to be Fit", "What's New in Diabetes Care", "Fiber and Protein in Your Diet", and "The Dos and Don'ts of Dealing with Criticism" along with other helpful hints. Participants will sample a new recipe for a diabetic appropriate food.

Yes, we have come a long way since we first began working in the field of diabetes education. We now know that the complications associated with diabetes can be prevented or delayed. Our growing knowledge of various

foods and their effect on blood sugar levels enables people with diabetes to eat food they like, choose when and how much to eat, and still control blood-sugar levels.

In the March 29 session of Control Diabetes for Life, Stacie Peterson, B.S.N. and Certified Diabetes Educator will provide attendees with an up-to-date review of blood glucose meters, insulin pens, apps available to help track what you eat, as well as record blood sugar readings without pen and paper. These tips will assist with self-care and also help you hold your diabetes in tight control by selecting products that will work best for you.

Today people with diabetes can choose from a wide variety of non-nutritive sweeteners and can even figure out how to fit sugar-containing foods into their meal plan. With carbohydrate information now readily available for most foods, diabetics can easily learn to count carbohydrates at each meal.

Fitting diabetes into your lifestyle is the key message. Diabetes does not have to dictate how you live. University of Nebraska-Lincoln Extension and Franciscan Care Services of West Point invite you and your family members to participate in a new and exciting diabetes educational program. The series of programs is being offered via the two-way interactive distance education. Participants will learn about current issues related to diabetes from educators with over 25 years of team-teaching experience.

Team-teaching the program will be Deborah Willcox, R.D. and L.M.N.T., and Stacie Peterson, B.S.N. and Certified Diabetes Educator both of Franciscan Care Services in West Point and Debra Schroeder, UNL Extension Educator in Cuming County. Guest Speaker for the session will be Terry Nelson, DPT, with Franciscan Care Services.

"Control Diabetes for Life" is a joint project of University of Nebraska-Lincoln Extension, Franciscan Care Services of West Point and the schools hosting the presentation. The program is offered free-of-charge. "Control Diabetes for Life" will help participants learn to control diabetes and prolong the onset of complications from the disease. These sessions are designed to supplement the education that you receive from your local diabetes education team and are not a substitute for diabetes classes through your local health care providers.

Participants are asked to pre-register for "Control Diabetes for Life" by calling their local Extension office. Please register by Monday, March 27, so the proper number of handouts may be prepared. Nebraska School Food Service Association has approved this session for two hours of continuing education credits.

SOURCE: Amy Topp, Nebraska Extension Educator.

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UNL Extension Board - Wayne County meeting planned

The Nebraska Extension Board in Wayne County will meet on Tuesday, March 14 at the Wayne County Courthouse. The 7 p.m. meeting is open to the public. An agenda is available at the Extension Office, 510 Pearl Street, Suite C, Wayne, Nebraska for public inspection during normal business hours.

Kick those germs to the curb!

Knox County UNL Extension

Ruth Vonderohe
 Extension Educator

Germs. They are everywhere. We carry millions of them on our hands. Some are harmful, many are not. Starting in the fall, many illnesses increase, like colds, the flu, diarrhea, and some that are food related. Many of these outbreaks are caused by poor hygiene, usually unwashed or poorly washed hands. Proper hand washing is the single most effective way to decrease these illnesses.

Did you know:

- 50 percent of Americans do not wash their hands after using the restroom? Another 25 percent only use cold water and soap, which does not remove germs well. Only 25 percent of the population washes their hands appropriately to remove these illness causing germs.
- 50 percent of many illnesses could be eliminated by proper hand washing.
- 30 percent of people who cough or sneeze into their hands wash them afterwards.
- Kids who wash their hands at least four times per day experience up to 51 percent less sick days.
- Over-use of anti-bacterial gels can lead to antibiotic resistance.

There are more germs in your kitchen sink, on your steering wheel, and your cell phone then in your toilet.

When should you wash your hands?

- Before preparing or eating meal;
- After going to the restroom;
- After playing with a pet;
- When you are around an ill person;
- Anytime you touch your hair, face, mouth or other body parts;
- After you blow your nose or take out the garbage;
- After changing a diaper;
- After shopping;
- Any time your hands may come into contact with something unclean.

Stay healthy this winter-get your flu shot and Wash your hands, Wash your hands, Wash your hands!

Source: food.unl.edu

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MORE HELP WANTEDS - PAGE 6C

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Preference given to individuals who can work 40 hours during the week, and once a month for 2 to 3 hours on Saturday and Sunday mornings, May through September.
Work will consist of manual labor, but experience in operating dump trucks, tractors, and large mowing equipment is a plus. Summer work includes mowing, trimming, watering flowers, picking up debris in parks and city property, etc.
Position is part-time, and applicants must be at least 18 years of age and have a valid driver's license. Starting wage is \$11.00 per hour.
Applications are available at Wayne City Hall, Monday - Friday, from 8:30 AM to 5:00 PM, 306 Pearl Street. On the application please write: **ATTN: TODD** Questions, please contact the Public Works Department at 402-375-1300 and ask for Todd. Applications will be accepted until March 31, 2017.
City of Wayne is EEO/AAE

RESEARCH TECHNOLOGIST I

(Haskell Ag Lab, Concord, NE)
*Eastern Nebraska Research & Extension Center –
Northeast District — University of Nebraska*

The Entomology Research Technologist will be a manager of field and laboratory experiments, data collection and processing, and take leadership on field equipment maintenance, repair, and use. In addition, the Technologist will aide in experimental design. Responsibilities will include implementing and conducting field and laboratory experiments, maintaining field plot areas, applying insecticides, data entry and statistical analysis, hiring of and supervising summer and other hourly employees, assisting graduate students with research, equipment and transportation logistics, acquisition of supplies, report writing, and other duties that may be delegated. A pesticide applicators license must be obtained within six months of hire. Applicant review begins March 17. View requisition S_170078 at <http://employment.unl.edu> for details and to apply. UNL does not discriminate based upon any protected status. Please see <http://www.unl.edu/equity/notice-nondiscrimination>.

Material Handlers

Seeking to hire **MATERIAL HANDLERS** on all shifts with many opportunities for advancement.
If you are serious about joining our team apply in person at:

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WEST POINT GALVANIZING
1700 S. Beemer St., West Point, NE

ASinc.net
Advance Services
1900 E. Military Ave., Ste. 268, Fremont, NE

All qualified applicants will receive consideration for employment without regard to race, color, religion, sex, national origin, disability or protected veteran status.

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Industrial Maintenance Technician

**Are you a self-motivated team player?
Are you looking for a long term career opportunity with a worldwide company?**

Our team needs you if you are a self-starter with a proven track record of dependability, dedication, hard work and like working with other people. Experience preferred in project management, electrical, and fabrication. If you are serious about joining our team apply on line at www.valmontcareers.com
All qualified applicants will receive consideration for employment without regard to race, color, religion, sex, national origin, disability or protected veteran status.

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Great Dane

Maintenance Supervisor

Our Engineering Department is seeking an individual for Maintenance Supervisor

The successful candidate will supervise and manage the preventative and repair maintenance activities at the Wayne Plant of Great Dane Trailers.

Responsibilities include:

- Supervises subordinate hourly employees. Participates in the selection of personnel. Directs, guides, counsels, and appraises. Recommends retention, discipline, etc.
- Insures that subordinates are trained and attuned to current and future GDT objectives.
- Prepares weekly maintenance assignment schedule based on known and anticipated production requirements, utilizing subordinates in the most overall, cost effective manner.
- Ensures that subordinates are meeting safety requirements and production and quality standards.
- Investigates employee suggestions, concerns, etc. Evaluates and responds as appropriate.
- Ensures subordinate compliance with mandated regulations as well as GDT rules and regulations.

Experience: 5 years of related experience or a combination of a technical degree and related experience. OSHA 10 Hour General Industry Certification is a plus.

Interested individuals should submit resumes to:
TChase@greatdanetrailers.com or mail to POB 157, Wayne, NE 68787.
Great Dane Trailers
1200 Centennial Road, Wayne, NE 68787
A Division of Great Dane Limited Partnership — EOE
ISO 9001:2008 Registered Plant

Brookdale Wayne Assisted Living Community, is looking for:
Part Time Cook

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

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

ALLEN CONSOLIDATED SCHOOLS
Applications are being accepted for the following positions:

7 – 12 Language Arts Teacher
Interested Persons please send
Resume, Letter of application
and credentials

Allen Consolidated Schools
Attn: Michael Pattee / Superintendent
PO Box 190
Allen, NE 68710-0190

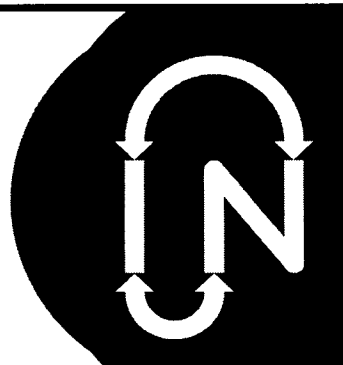
ARCHITECTURAL DRAFTER

Full time AutoCAD Architectural Drafting opportunity to design & draw custom homes for a premiere home builder that builds homes for customers in 11 states. Benefits include excellent pay, family health insurance, paid vacations & holidays, 401k retirement plan & profit sharing. Send resume to Jeff, Drafting Supervisor, at Heritage Homes, PO Box 37, Wayne, NE 68787 or email to jeff@heritageind.com or call for more information at (402) 375-4770.

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OF NEBRASKA, INC.

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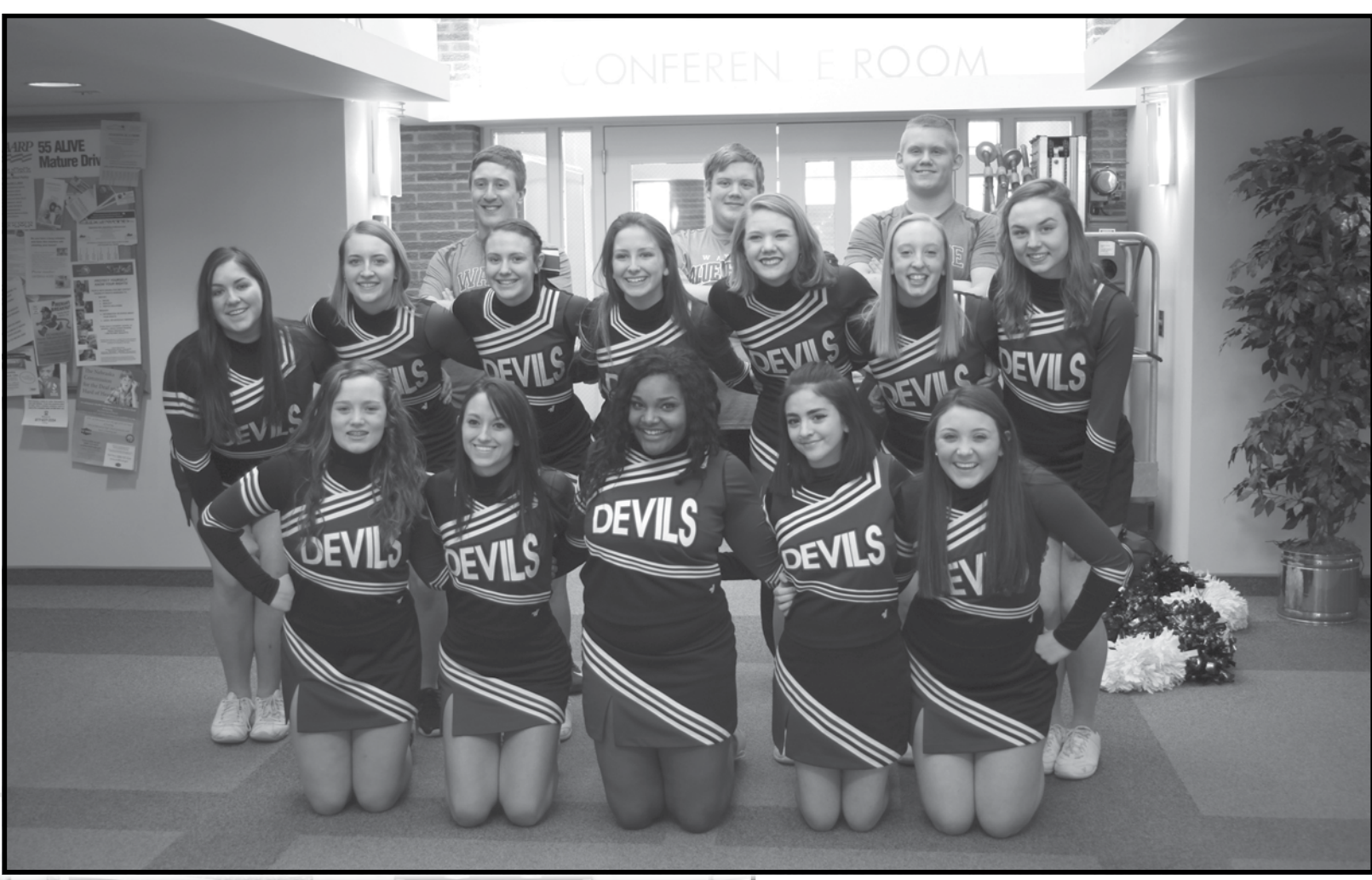
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NATIONAL CHEERLEADING WEEK



LOTS O' CHANCES TO WIN!



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Four Leaf Clover Drawing

March 17, 2017
6:00 p.m. to 10:00 p.m.

\$3000.00 CASH TORNADO

4 WINNERS 1 EVERY HOUR
EARN 13 POINTS ON YOUR REWARDS CARD DAILY.
PRINT TICKET AT KIOSK & PLACE IN DRAWING BARREL

Drawings
7:00 p.m., 8:00 p.m., 9:00 p.m. and 10:00 p.m.

CORNBEEF AND CABBAGE \$7.25
16. OZ GREEN CAN ICE COLD BUD LIGHTS \$2.00

IRON HORSE PONG GAME
HOT SEAT STYLE
6:00 P.M. TO 9:30 P.M.
EVERY 30 MINUTES
PRIZES INCLUDE
\$20 CASH, \$15.00, \$10.00, \$5.00, FREE PLAY
BOTTLE OF WINE, BOTTLE OF LIQUOR

The Iron Horse Casino is owned and operated by the Winnebago Tribe of Nebraska. The Iron Horse Casino reserves the right to change or cancel promotion without notice. Must be legal age. Must be present to win. See Casino for details.

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March 20th - 24th

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Q125

1892 - 2017

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(Photos by Calyn Dunklau)
The first week of March is National Cheerleading Week and in celebration of that the Wayne Senior Center invited Wayne High School's cheer squad to visit over lunch last week. The team performed several cheers, their dance to the school's fight song as well as having several girls stunt. There were cheerleaders in the audience who especially enjoyed the visit.

Get Fixed Up With the Collision Experts

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108 Pearl Street Wayne, Nebraska **402-375-4555**