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Thursday, October 17, 2019 144th Year - No. 3

The Wayne Herald

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Wakefield City Council approves lot sale for commercial shop

Wakefield's City Council met Oct. 9 and discussed several agenda items, including a new member of the fire department, projects and the sale of an industrial lot for a commercial shop.

Jason Ladely, who has been working out of Rose's Transport, discussed his plan for a new shop of his own at Industrial Tract Lot #5 on Highway 35 near Dollar General. The business would be a four-bay shop to handle cars, trucks and semis. Ladely said he has no employee currently, but his workload may necessitate hiring someone soon. He told the council that he'd like dirt work to begin before the first hard freeze. The council approved the purchase agreement.

"We appreciate that you want to do something like this," mayor Paul Eaton said.

Nicolas Gonzalez was approved for membership on the Wakefield Volunteer Fire Department. The council also approved the fire department's bylaws, which the department has been working on for the past couple of years. The fire department's breakfast is scheduled for Nov. 3. Fire hoses were recently tested and some lengths of the hoses didn't pass, but will be replaced.

The council discussed the possibility of creating a City Council/School Board Task Force to encourage and grow a positive relationship between the school and the City. Both council members Ross Hansen and Larry Soderberg expressed an interest in sharing information and goals with the school board. Hansen and Wakefield city administrator Jim Litchfield both volunteered to reach out to the school board to get a feeling if they are also interested.

Utilities foreman Mike Mogus presented requests to purchase a new truck and a new salt spreader. The truck would be used to haul things in the bed from work site to work site. The council approved the purchase of a 2012 GMC SLE 4x4 extended cab truck from Arnie's Ford in Wayne for \$18,000.

Mogus said the current salt spreader needs to be repaired nearly every time it's used. Instead of purchasing a snow blower that was in the budget, Mogus requested to purchase a new salt spreader with those funds. The council approved the purchase of a spreader from Steffen Truck Equipment in Sioux City, Iowa for \$9,786.44, which includes installation.

Also approved was the final pay request of \$3,469.50 from Olsson for the South Main Water Project. The council decided to table an ordinance pertaining to CRA membership to require seven members on that board instead of five.

The next Wakefield City Council meeting will be held Wednesday, Nov. 13 at 5:30 p.m. in City Council Chambers.

Ceremony planned to honor Civil War veteran

The public is invited to a ceremony at Greenwood Cemetery at 3 p.m. on Sunday, Oct. 20 to honor of Pvt. James Phalen.

Pvt. Phalen is the first veteran buried in Greenwood Cemetery. While the exact date of his burial is not known, Pvt. Phalen died Nov. 11, 1886.

A group of Civil War Re-enactment 'soldiers,' conducted by Norm Webber of Wisner, will perform a Civil War Re-enactment of a Comrade Burial Detail at Pvt. Phalen's grave.

According to information gathered by local historian Steve Gross, Pvt. Phalen served in Company K 12 of the Vermont Infantry from Aug. 25, 1862 until July 14, 1863. His nine months of duty was served as a hospital nurse.

In case of inclement weather, the event will be cancelled and will not be re-scheduled.

Anyone with questions is asked to contact Steve Gross at (402) 375-8848.



(Photo by Sarah Lentz)

Over 20 seniors attended the Wayne Community Schools Board of Education meeting on Oct. 14. The students got to see how they ranked as a class on the ACT tests they took as juniors.

Wayne High ACT scores about point and a half higher than state average, school board hears EL program report

By Sarah Lentz
editor@wayneherald.com

The Wayne Community Schools Board of Education met Oct. 14 at the Wayne Junior/Senior High. The board saw a presentation of district wide test scores and analysis of the districts educational standards.

Every junior at Wayne High takes the ACT test. Superintendent Dr. Mark Lenihan presented the board with last year's junior class results. The state average composite ACT score was about 19. Wayne High testers averaged a little over a 20.5 composite score. Of the students who took the ACT in the district last year, 17 percent tested at the STEM (Science, Technology, Engineering, Mathematics) benchmark. The state average for STEM benchmark scores state-wide was only 14 percent.

The board also heard a report about the district's Nebraska Education profile, which can be found at nep.education.ne.gov. Students are tested over the course of several years and test scores are

compiled by the Nebraska Department of Education. District attendance, collage admission rates, expenditures and more are also tracked to give the district an overall rating. The Wayne Community Schools District is rated as "Great." Among the data provided, the board heard that as a district, the students have been testing at 77 percent proficiency in Science based on Nebraska Student-Centered Assessment System, 56 percent in Mathematics and 55 percent in Language Arts. A whopping 90 percent of the district's students attend some sort of college education and the district has a 96 percent attendance rate.

Laura Hochstein and Mallorie Koch talked about the English Learners (EL) program for students whose first language isn't English. About 80 students at Wayne Community Schools require some EL instructional time. Hochstein said in the elementary about 43 students are non-English speakers and about 10 are "newcomers" possessing little to no English language proficiency. There are also about 16 students at the elementary that don't

speak English at home so are monitored to ensure they're able to succeed in school.

Koch is busy with 18-20 EL students in the Junior High and High School. The older a student is, the more challenging English acquisition becomes, so while Koch has fewer students, they require more instruction. Currently Koch is the only instructor for the EL students and has students ranging in age from 12 to 20 in one classroom. She told the board she'd appreciate a para to help manage the students more effectively.

A bid for \$6,900 from Gill Hauling was approved for refuse services. Lenihan reported that this year 69 students are opting in to the district while 59 students are opting out. A presentation about property casualty insurance is planned for the November meeting and ribbon cutting for the Bank in the School program is planned at 8 a.m. on Thursday, Oct. 24 at the elementary school.

The next Wayne Community Schools Board of Education meeting will be held on Monday, Nov. 11 at 5 p.m.

Water bill, utility warranties on council agenda

By Clara Osten
clara@wayneherald.com

A request to consider reducing a water

charge and presentation on water and sewer line warranties were among the items discussed during Tuesday's meeting of the Wayne City Council.

Denny Lutt, on behalf of the Wayne Consolidated Veterans, came before the council to ask if anything could be done with the fact the Vets Club had received a "huge water/sewer bill because of a toilet that had been running."

Lutt said the Vets Club, which is run by volunteers, is struggling to keep going and the \$854 bill for the month of September will substantially affect the organization.

Council members said that while they sympathized with the situation, felt that granting the Vets Club some type of deduction in their bill would be setting a precedent for future requests. They did, however, vote unanimously to allow the Club to spread the payment of the bill out over the next 12 months.

A presentation was given by Ashley Shirwarski, director of Business Development with Utility Services Partners (USP).

Shirwarski told the council her company works with cities in raising awareness on the responsibilities of homeowners in regard to water and sewer lines. USP offers the homeowners the opportunity to purchase a warranty on one of the following -

water service lines, sanitary sewer lines or in-home plumbing.

She said the company works with the city on mailings to customers and explained what coverage is offered under these warranties. At the present time, there are six other municipalities in Nebraska using this service.

No action was taken during the meeting, as the item will be brought before the council at a future date.

Council members also spent a considerable amount of time discussing Resolution 2019-59, which would have awarded a bid on the Senior Center Freezer/Pantry Storage Addition Project.

City Administrator Wes Blecke told the council three bids had been received for the project, including the low bid of \$27,215 from Benscoter Construction. Other bids were received from Horizon Construction (\$37,901) and Otte Construction (\$41,670).

Discussion was held on the need to make the additional look as close to the original building as possible, including the match-

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(Photos by Clara Osten)

Above, Kyauna Kring and, below, Carter Hasemann, were presented before the Wayne City Council for membership approval to the Wayne Volunteer Fire Department. With them is Fire Chief Phil Monahan.

Wayne County Commissioners meet Tuesday

By Sarah Lentz
editor@wayneherald.com

On Oct. 15, the Wayne County Commissioners met in the district courtroom at the Wayne County Courthouse. The commissioner heard an update from the highway department, discussed lodging tax applications and discussed housing programs.

Charla Nedza, of Goldenrod Regional Housing Agency, met with the commissioners to discuss HUD housing. She said the Northeast Nebraska Joint Housing Agency, which currently handles subsidized, low-income housing in the county, is looking to dissolve and transfer the Housing Choice Voucher Program to Goldenrod Regional Housing Agency. The commissioners approved the transfer and officially joined Goldenrod Regional Housing Agency's jurisdictional area.

Highway superintendent Mark Casey gave an update. He told the commissioners that BNT Broadband and Klein Electric would be running fiber optic line and electrical lines in the area. He also told the commissioners that the FEMA process from March flooding is nearly complete, with only paperwork left. Casey will be busy finishing up the dozen bridge inspections that remain.

The commissioners approved all but one Wayne Community Convention & Visitors Bureau lodging tax applications. Bressler-Fest, Winside Public School Foundation Craft Show, Christmas-N-Carroll, Christmas on Main, Wayne Area Economic Development and the Hoskins Craft Show's requests were approved. Dave Woslager was approved for a four year term on the Bureau's board. A request for funding for a custodial conference sponsored by Berggren Architects was the only request denied because it fell outside the Bureau's guidelines.

The next Wayne County Commissioners meeting will be held at 9 a.m. in the district court room of the Wayne County Courthouse on Tuesday, Nov. 5.

Blue Devils open state with 4-0 shutout

HASTINGS — Tori Kniesche pitched 5 2/3 innings of no-hit ball and finished with a one-hit, 19-strikeout performance as Wayne shut out Hastings 4-0 in the first round of the Class B State Softball Championships Wednesday morning at the Smith Softball Complex.

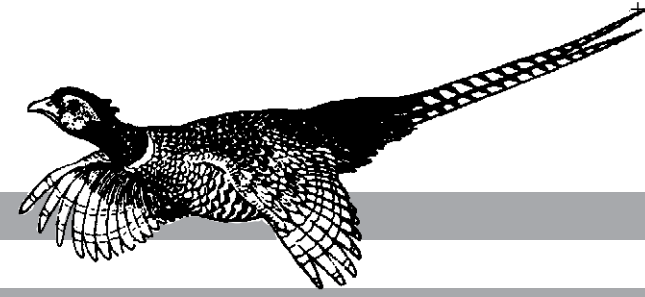
Wayne did all of their offensive damage in the first two innings. Kendall Dorey singled and scored on an error, and Aliah Schulz followed with a two-run single that scored Kayla Fleming and Hope O'Reilly to give the 31-3 Blue Devils a 3-0 lead.

Wayne added another run in the second, as O'Reilly singled home Dorey to make it 4-0, and Kniesche took it from there, scattering six walks and a strikeout to help Wayne advance.

Wayne faced Seward, a winner over Omaha Skutt, in the second round Wednesday evening. The tournament continues through Friday.

Record

The Wayne Herald



Obituaries

Wilbur Bergerson

Wilbur Ervin Bergerson died Saturday, Oct. 5, 2019 at the age of 101 years, 11 months and 17 days.

Visitation will be from 11 a.m. to noon on Friday, Oct. 18 at the Anderson Funeral Home in Alexandria, Minn. A memorial service will be held noon at the funeral home. Interment will follow Saturday, Oct. 19 in the Wakefield Cemetery in Wakefield at 1 p.m. There will be a family gathering at the bowling alley in Wakefield after the interment.

Memorial funds are not necessary. Wilbur Ervin Bergerson was born Oct. 19, 1917 in Concord to Agnes and John Bergerson. He was the youngest of nine children. He attended Myrtle Creek School, where he met the only love of his life, Virginia Borg. He attended through the eighth grade and then stayed home to help his dad on the farm. Surely that is where he learned his passion for the outdoors.

He moved to California in 1940 and was joined there by Virginia shortly after. They were married Nov. 29, 1941 in Glendale, Calif., seven days before Pearl Harbor. They both worked at Lockheed during the war. Their two boys, Gary and Steven, were born there. Wilbur decided he wanted to farm again so they moved back to Nebraska in 1953. In 1954 they moved on to Iowa, where their daughter, Debra, was born. In 1957 they were able to find a farm near Rose City, Minn. where he farmed until 1996. He worked hard there; he milked cows for a short while and then started to raise pigs. The youngest daughter, Diane, was born there. In later years he raised Black Angus/Charolais cross stock cows and did custom round baling. He felt his farm was a "show farm" as he took great pride in the buildings and farming the land. His favorite thing to do with farming was combining corn. He said "he Loved being out in the crisp air, harvesting".

He moved to Alexandria where he built a new house at the age of 79. He had thousands of day lilies and tulips and was known as "The Lily Man". He also planted over 100 trees on his lot. He was always busy working on something. He volunteered for 15 years at Knute Nelson Memorial Home where he helped with the lunch counter, taking residents to appointments (he got a kick out "pushing around people younger than him"), gardening and other duties. His favorite job there was delivering the mail. He "retired" from that volunteer position at the age of 95. He lived at the Village Cooperative for seven years. Shortly before his 100th birthday he received a letter from the State of Minnesota stating that his driving privileges were being revoked. He figured "someone had tattled on him".

One month after his 100th birthday he moved to Perham, Minn. to live with his daughter, Diane. There he enjoyed living with his dog, Bear, and taking care of the two cats. He had many visitors and continued getting into mischief like he always had.

Survivors include four children, seven grandchildren and seven great grandchildren.

He is preceded in death by his parents, siblings and loving wife Virginia.

Haunted Trail planned

The public is invited to the Haunted Trail at Wayne State College Thursday through Saturday, Oct. 24-26 from 8 to 11 p.m. and again on Halloween from 7 to 10 p.m.

The trail begins and ends near Mamie McCorkindale School Museum, Lindahl Drive, on the WSC

campus. Tickets are \$5 per person or \$3 each for groups of eight or more.

The Haunted Trail is sponsored by the WSC Drama Club. Proceeds will benefit theatre activities.

For more information, contact Brian Begley at brbegle1@wsc.edu.

A Quick Look

We use newsprint with recycled fiber.

Please recycle after use.

Date	High	Low	Precip	Snow
Oct. 10	71	43	—	—
Oct. 11	43	32	.14"	—
Oct. 12	40	27	—	—
Oct. 13	54	31	—	—
Oct. 14	56	24	—	—
Oct. 15	69	37	—	—
Oct. 16	54	40	—	—

Recorded 7 a.m. for previous 24 hour period
Precip./mo. — 1.86"
Yr./Date — 22.18"

Chamber Coffee

WAYNE — This week's Chamber Coffee will be held Friday, Oct. 18 at Micah's Closet (the west portion of the Verizon building at Sixth and Main Streets). The coffee on Friday, Oct. 25 will be held at Brookdale. The coffee begins at 10 a.m. and announcements at 10:15 a.m.



Blood drive

AREA — LifeServe Blood Center will be accepting blood donations at the Wayne Fire Hall on Wednesday, Oct. 23 from 8 a.m. to 1:30 p.m. All eligible donors are encouraged to give the gift of life.



Paper Drive

AREA — The Wayne Boy Scouts will be conducting the monthly paper drive on Saturday, Oct. 19. Paper and aluminum beverage cans should be placed in paper grocery bags or boxes and set at the curb by 8 a.m. No plastic, no cardboard, no items with a spiral binding (plastic or metal) can be mixed with the paper. Recyclables may also be dropped off at the Scout trailer at the Transfer Station Monday, Friday or Saturday mornings.

Fish fry

AREA — The Roy Reed Squadron 252 Sons of the American Legion in Winside will be holding a Fish Fry and Homemade Ice Cream event on Sunday, Oct. 27 at the Winside Legion Post. Serving will be from 11 a.m. to 2 p.m. and a free will donation will be accepted. Fish, baked beans, potato salad, homemade ice cream, brownies and desserts will be served.



Leon Meyer

Leon F. Meyer, 96, of Wayne, died Sunday, Oct. 13, 2019 at Providence Medical Center in Wayne.

Services will be held Saturday, Oct. 19 at 10:30 a.m. at Grace Lutheran Church in Wayne. The Rev. Carl Lilienkamp and the Rev. Michael Buchhorn will officiate. Visitation will be Friday, Oct. 18 from 5 to 7 p.m. at Grace Lutheran Church in Wayne with family present. Burial with military rites will be in Greenwood Cemetery.

Memorials may be directed to the Lutheran Hour or the Orphan Grain Train.

Arrangements are with Hasemann Funeral Home Wayne. Leon F. Meyer was born Aug. 6, 1923 on a farm near Altona in Wayne County to Emil F. and Augusta (Sturudhoff) Meyer. He attended District #26, Trinity Lutheran Parochial School at Altona and graduated from Wayne High School. He served in the United States Army

Infantry and Paratroopers from February 1945 - January 1946. During his military service, He was stationed at Camp Walters, Texas, Camp McCall and Fort Brag N.C.. Leon farmed near Altona for a few years. Leon married Melvina Steblow on June 11, 1952 at St. Peter's Lutheran Church in Humphrey. The couple operated the Altona Store for over 21 years. Leon served as the Wayne County Treasurer for 24 years before his retirement. He was a member of Grace Lutheran Church and the Duo Club. He also served as treasurer for the Wayne County Historical Society and AAL Branch #1470.

Survivors include his wife, Melvina "Melvy"; their sons and their families, Timothy L. (Susan) Meyer (son and daughter-in-law) of Norfolk, Matthew (Katie) Meyer (grandson), Kirby, Nora and Charlie (great-granddaughters); Todd Meyer (grandson); and Larry (Sue) Meyer (son and daughter-in-law) of Omaha; Mike (Megan) Meyer (grandson), Jackson, Baeron and Maddon (great-grandsons) and Jennifer (Tim) Geary (granddaughter); Andeline, Aidan, and Samuel (great-granddaughters and great-grandson).

He was preceded in death by his parents; stepmother, Johannah; brothers, Wallace (Elta) Meyer and Milo (Betty) Meyer; sisters, Norma (Norman) Klunder and Vernelda (Vernon) Lienemann; and a nephew, Terry Meyer.

Honorary pallbearers will be members of the Duo Club. Active pallbearers will be Matthew Meyer, Mike Meyer, Jennifer Geary, Todd Meyer, Steve Meyer and Mark Meyer.

Courthouse News

County Court Proceedings Judge Ross A. Stoffer presiding

On Sept. 23 the Wayne County Court heard a total of 36 cases, including three bond hearings, two juvenile case, two civil cases and 29 criminal cases.

During the previous week there were 10 civil cases filed, 15 criminal cases filed and 40 traffic tickets filed.

There were three criminal signings and 10 civil signings.

Court was held again on Sept. 30. There were 32 cases heard, including four juvenile cases and 28 criminal cases.

During the previous week there were 12 criminal cases filed, four juvenile cases filed and 40 traffic tickets filed.

There were 12 criminal signings and six civil signings.

Criminal Proceedings

St. of Neb., pltf., vs. Alex D. Onnen, Wayne, def. Complaint for Driving While Under the Influence of Alcoholic Liquor. Fined \$500 and costs, dr. lic. revoked for 60 days, sentenced to six months probation, ordered to attend Alcohol Education, Victim Impact and Attitudinal Dynamics classes.

St. of Neb., pltf., vs. Jerry D. Woldt, Jr. Wayne, def. Complaint for First Degree Sexual Assault of a Child (three counts). Case bound over to District Court.

St. of Neb., pltf., vs. John G. Neel, Virginia, def. Complaint for Strangulation. Case bound over to District Court.

St. of Neb., pltf., vs. Kody A. Erbst, Columbus, def. Complaint for Driving While Under the Influence of Alcoholic Liquor. Fined \$500 and costs, dr. lic. revoked for 60 days, sentenced to nine months probation, ordered to attend Alcohol Education, Victim Impact and Attitudinal Dynamics classes.

St. of Neb., pltf., vs. Gerson Romero, Wakefield, def. Complaint for Possession of Open Alcohol Container. Fined \$50 and costs.

St. of Neb., pltf., vs. Austin S. Cooper, Wilmington, N.C., def. Complaint for Disturbing the Peace. Fined \$250 and costs.

St. of Neb., pltf., vs. Derick Peterson, Dixon, def. Complaint for Possession of Marijuana, one ounce or less. Fined \$300 and costs.

St. of Neb., pltf., vs. Vincent E. Kistner, Wayne, def. Complaint for No Valid Registration (count I) and Unlawful Display of Plates or Certificates (count II). Fined \$75 and costs.

St. of Neb., pltf., vs. Cole R. Preister, Petersburg, def. Complaint for Minor in Possession or Consumption. Fined \$400 and costs.

St. of Neb., pltf., vs. Ruben Garcia-Zuniga, Norfolk, def. Complaint for Driving Without License (third offense). Fined \$200 and costs.

St. of Neb., pltf., vs. Jeremiah C. Denniss-Burks, West Point, def. Complaint for No Proof of Financial Responsibility. Fined \$100 and costs.

St. of Neb., pltf., vs. Luis A. Trujillo, West Point, def. Complaint for Possession of Marijuana, one ounce or less (count I) and Possession of Drug Paraphernalia. Fined \$400 and costs.

St. of Neb. vs. Jordan M. Hanson, Madison, def. Complaint for Possession of Marijuana, one ounce or less (count I), Possession of Drug Paraphernalia (count II) and No Proof of Financial Responsibility (count III). Fined \$400 and costs. Count III dismissed.

Traffic Violations

Alexia Hrbek, Verdigre, spd., \$124; Kawsar Lai, Sioux City, spd., \$124; Joshua Sturgeon, Wayne, fictitious license plates, \$99; Lilah Mitchek, Waxahacie, Texas, spd., \$124; Cherie Foote, Wisner, spd.,

Shirley Bergt

Shirley M. (Powers) Bergt, 94, died Sunday, Oct. 13, 2019.

Services will be held on Wednesday, Oct. 23 at 10:30 a.m. at Grace Lutheran Church in Wayne with no visitation. Burial will be in Greenwood Cemetery in Wayne.

Arrangements are with Hasemann Funeral Home. Shirley M. (Powers) Bergt was born to Mildred (Malzacher) and Clarence Powers on Nov. 29, 1924. She graduated from Wayne High School in 1942. She was united in marriage to Robert B. Bergt on June 17, 1945. They lived and worked on the family farm until moving into Wayne.

Survivors include her three children: daughters Sallie (Jim) Pryor of Norfolk, BethAnn (Tim) Sharer of Wayne and son Robert (Helen) Bergt of Omaha; five grandchildren and 10 great-grandchildren, nieces and nephews and cousins.

She was preceded in death by husband Robert, her parents and brothers, Dale and Paul.

Obituary policy

The Wayne Herald welcomes the submission of obituaries for publication in our paper and inclusion on our website, www.mywaynews.com. Call (402) 375-2600 for details and submission information.

Looking Ahead in Wayne

By Wes Blecke, City Administrator

City Council meetings

Regular Wayne City Council meetings are at 5:30 pm on the first and third Tuesdays of each month in City Hall at Third and Pearl Streets. Join us just once. You never know, you might enjoy it!

Next Mini-Retreat

The City Council continues to meet when there are five Tuesdays in a month for "mini-retreats" in the Council Chambers. The next one will be Tuesday, Oct. 29, starting at 5 p.m. These mini-retreats allow Council to dive a little deeper into topics that need more time than a regular Council meeting to discuss.

These meetings hope to address opportunities and challenges more timely than to wait until the annual retreat. The annual two-day retreats still occur in late winter. This

is when Council goals for the next year are discussed; it's a time for a little "bigger picture" discussion. The public is always welcome at all of these meetings.

Christmas Lights Recycling

In the next couple of months, you will undoubtedly become frustrated with those Christmas lights that don't work or worse yet, intermittently work. Remember the City encourages you to recycle those strands. Please bring these old lights to the Recycling and Trash Center.

Service Line Warranty Program

At the last Council meeting a presentation was made by a representative from Utility Services Partners (USP) about a service line warranty program offered to municipalities.

The Council will consider whether to allow this program at a later meeting. The program would allow City residents using City water and/or sewer to pay a monthly fee for warranty programs: 1. Water (service) lines from the City main to the house/building; 2. Sanitary sewer (service) lines from the City main to the house/building; and, 3. Internal plumbing in the house/building. These are three separate programs. If the Council approves, this only allows USP to market their program to the City utility customers. This in no way is required of customers. If Council approves, much more information will be forthcoming.

Questions, comments, concerns?

Contact Wes Blecke, City Administrator at 375-1733 or wblecke@cityofwayne.org

Baha'is around the world celebrate of birth of founder

The Interfaith Action Group at Wayne State College is hosting two showings of the new movie, The Gate, produced by the Peabody Award Winning director, Bob Hercules, telling the story of the Báb's life.

The movie will be shown on the Wayne State College campus on Sunday, Oct. 20 at 7 p.m. and on Tuesday, Oct. 22 at 4 p.m. Both showings will be in Connell Hall, Room 131.

Following the presentation, there will be time for questions and discussion.

Just as John the Baptist foretold the coming of Jesus, so The Báb foretold the coming of the Baha'i Faith, Bahá'u'lláh. In an interesting parallel to Christianity, this story sets the stage for the beginning of new world-wide faith centered on love and unity.

Baha'is around the world will be celebrating the bicentenary of the birth of the Báb this weekend. He was born Siyyid 'Ali-Muhammad and took the title of the Báb, meaning "The Gate," when he declared his mission in 1844. He was born on Oct. 20, 1819 in Persia. His short but dramatic ministry paved the way for Bahá'u'lláh, who preached harmony and world unity while celebrating the diversity of humankind. The Báb's followers suffered banishment, imprisonment, torture and death to spread the word of the new faith, just as the disciples of Christ did. Also reminiscent of Christ was the Báb's own martyrdom in 1850 after a show trial that European witnesses could only compare to the trial of Christ.

For more information, call Chris Tee Weixelman at (402) 369-4227.

If The Shoe Fits ...

**Monday, October 28
6:00 - 6:30 pm**

Walk (or run) to this event and learn how the right shoes can help you achieve your fitness goals

**Hosted by Providence Medical Center
Physical Therapy Department**

Enter through the
Therapy Wing Doors to join us!
October is National Physical Therapy Month

*Light Refreshments Provided

Providence Medical Center

Peak Performance

Council

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ing of the bricks on the outside of the building. Also discussed was the need for Bencoter Construction to provide the necessary documentation and bonding before beginning the work.

Following considerable discussion, council members voted 8-0 to reject the bids and enlist the aid of an engineer and possibly an architect to determine what the proposed addition would look like. It was determined that doing so would likely push the project back into next year due to the fact that concrete could not be poured yet this fall.

In other action, the council ap-

proved the membership application of Carter Hasemann as a cadet on the Wayne Volunteer Fire Department and Kyauna Kring as a member on the department.

Council members also approved Resolution 2019-60, which authorizes the purchase of a 2019 Ford Police Interceptor Sedan for the Wayne Police Department.

This vehicle will replace one that was demolished in an incident earlier this year.

Police Chief Marlen Chinn told the council this vehicle will allow for the transfer of equipment from the previous vehicle and has already been built. It was purchased through the state bid process from

Arnie's Ford in Wayne.

A request to participate in an alley paving cost share program for the State Nebraska Bank & Trust Drive-Thru at 10th and Main Streets was accepted.

Council members discussed the options, which include the bank's proposal or creating a paving district. The district would only be created if those owning 51 percent of the property involved would agree to the district.

Discussion was also held on what paving of the area would do to the water run-off in the area.

The Wayne city council will next meet in regular session on Tuesday, Nov. 5 at 5:30 p.m. in council



(Photo by Clara Osten)

Wayne Elementary Boosters sponsored a visit by school-favorite Dean Jacobs on Oct. 11.

Dean Jacobs returns to Wayne Elementary School

World explorer and Fremont-native Dean Jacobs told students at Wayne Elementary School to "Dream Big, Live Tall and Make the World a Better Place" during his presentation on Oct. 11.

Jacobs shared pictures of his adventures discovering a world of animals in a program called, "Wondrous Creatures." Students

learned about the various habitats around the world and some of the amazing animals that live there. Jacobs showed pictures of himself at the equator, in the rain forest and in the desert.

The presentation, which was Jacobs' eighth visit to Wayne, was sponsored by Wayne Elementary Boosters (WEB).

To learn more about Dean Jacobs, visit his website at www.deanjacobs.org.

WEB is a parent-teacher organization working to promote the educational growth and well-being of elementary school children. For more info on WEB, visit wayneweb.org or like us on Facebook.



(Photo by Clara Osten)

Jacobs shared pictures and stories from his travels around the equator, rain forests and deserts.



(Photo by Clara Osten)

Taking care of the planet

Volunteers were all bundled up during the Household Hazardous Waste Collection event on Oct. 12. Those participating began arriving even before the official "opening time" and a steady stream of vehicles made their way to the Wayne Transfer Station. Official numbers from the event have not yet been released. The event was sponsored by Northeast Nebraska RC&D, Nebraska Environmental Trust, Wayne Green Team and Gill Hauling.



(Contributed photo)

Members of the Nebraska Brass Band with northeast Nebraska connections include (left) Micah Schut, Kaylee Moe, Brad Weber, Ben Aschoff, Dr. Randy Neuharth, Dr. Josh Calkin and Lauren Calkin. In front is Joshua Greet, the son of Glenn Greet, the Executive and Musical Director of the Nebraska Brass Band and Laura Greet, who plays 2nd Baritone with the Nebraska Brass Band.

Nebraska Brass Band includes locals

The Nebraska Brass Band (NEBB) started its 2019-2020 season with a concert at the KROC Performing Arts Center in Omaha on Oct. 12.

The concert program was "Brass & Voices at the Movies".

Musicians from northeast Nebraska who are members of the Nebraska Brass Band include:

Micah Schut – Bb Bass, a Wayne State College music student working on his BMUS degree; Kaylee Moe – Eb Bass, a Wayne State College Music Student working on her

BMUS degree; Brad Weber – Principle Percussionist, Instructor of Percussion at Wayne State College; Ben Aschoff – Solo Cornet, Wayne State College Alumni; Dr. Randy Neuharth – 2nd Trombone, Retired Music Instructor at Northeast Community College in Norfolk; Dr. Josh Calkin – Eb Bass and Assistant Director of the Nebraska Brass Band. He is the Assistant Director of Bands and Low Brass Instructor at Wayne State College; Lauren Calkin – Percussionist, Percussion Director Percussion Source Divi-

sion of West Music and a member of the Percussion Section in the 43rd Army National Guard Band

The next NEBB Concert is Saturday, Dec. 14 at 6 p.m. It will be "NEBB 2019 City Of Omaha Carol Concert" at the KROC Performing Arts Center in Omaha again.

The Nebraska Brass Band will also be on tour in March 2020. On Saturday, March 7 the group will be performing in the Johnny Carson Theatre in Norfolk and on Sunday, March 8 they will be performing in Wayne.



(Contributed Photo)

Pictured above, members of Wayne's Rotary club will observe World Polio Day on Thursday, Oct. 24.

Wayne Rotary Club celebrates World Polio Day

When Rotary and its partners launched the Global Eradication Initiative more than three decades ago, polio paralyzed 1,000 children every day.

Great progress has been made against this disease since then. Polio cases have dropped 99.9 percent from 350,000 cases in 1988 in 125 countries to 33 cases of wild

poliovirus in 2018 in just two countries - Afghanistan and Pakistan.

With polio nearly eradicated, Rotary and its partners must sustain this progress and continue to reach every child with the polio vaccine. Without full funding and political commitment, this paralyzing disease could return to polio-free countries, putting children every-

where at risk.

Rotary has committed to raising \$50 million each year to support global polio eradication efforts. The Bill & Melinda Gates Foundation has pledged to match that 2-to-1, for a total yearly contribution of \$150 million. Rotary has contributed more than \$1.9 billion to ending polio since 1985, including approximately \$20,000 in the last 11 years by the Rotary Club of Wayne, according to Dan Rose, local Foundation Chair.

World Polio Day was initiated by the Rotary Foundation nearly a decade ago. It will be celebrated on Thursday, Oct. 24, globally, to generate awareness towards polio eradication as well as to commemorate the efforts of thousands of employees of the World Health Organization and other volunteers committed to the eradication of polio.

Bridge east of Pender reopens ahead of schedule

The Nebraska Department of Transportation (NDOT) announced N-94 east of Pender reopened on Oct. 12, ahead of the scheduled November completion date. The roadway was damaged during the March 2019 flooding, including significant damage to the bridge structure.

The NDOT partnered with contractor, Valley Corporation, of Valley, Nebraska, who received the \$2,307,519.67 emergency contract to repair the existing bridge. Work began on July 1 to repair the bridge after flood waters in Logan Creek damaged the west bridge approach and severely scoured the adjacent channel. The flooding undercut the bridge supports, impacting the bridge's ability to support traffic. Work includes channel erosion repair, pavement approach replacement, repair of the damaged bridge supports and guardrail repair.

"As we continue progress in restoring our transportation system after historic flooding earlier this year, the partnerships we have with our contractors such as Valley Corporation and the local community make the reopening of this highway ahead of schedule possible," said NDOT Director Kyle Schneeweis. "It has been a top priority to get this roadway open as soon as possible, and it is a day to celebrate as mobility is restored for the community."

The NDOT thanks all involved for their partnership, effort, and dedication on completing repairs in an expedited time period.

To view updates on progress of repairs to State highways and bridges visit: dot.nebraska.gov/news-media/nebraska-flood-2019/.

The Wayne Herald

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Youth-Mentor Hunt again successful

The Logan Creek Chapter of Pheasants Forever held its annual Youth Mentor Hunt on Oct. 13 at Izaak Walton Lake and Thompson/Barnes Wildlife Management Area northwest of Wayne. Seventeen Wayne county youth ages 11 to 15 participated in this year's hunt.

The day began with check-in, followed by a lunch. During the check-in process the youth had to show their Hunter Safety Card which they obtained by taking a 10 hour course provided free of charge by Nebraska Game and Parks.

After that, the youth picked up their hunting vest which is theirs to

keep, and was provided courtesy of Pheasants Forever and Nebraska Game and Parks.

The youth were then split into four groups and each was paired up with an adult volunteer "Mentor." They took turns throughout the afternoon at six educational stations.

"For some of these kids it was the first time they had shot a shotgun. With that in mind Jeff Jones, conservation officer with Nebraska Game and Parks gave the kids a message on gun safety," said Tim Reinhardt, one of the organizers of the event.

Following the gun safety mes-

sage, the youth were given the opportunity shoot a few rounds of trap followed by a live pheasant hunt which was lead by several volunteers from the Wayne area and their trusty pointing dogs. Dr. Melissa Heithold, DMV, gave the kid's some information before the hunt got started on how to best care for the type of dog that they would be hunting with.

Russ Hamer, a wildlife biologist with Nebraska Game and Parks provided some useful information about the importance of habitat for not only pheasants, but all wildlife in general.

Duane Schroeder talked to them about how to go about asking land-owners for permission to hunt their land, and then did a role play activity for the kids to experience all different types of responses to their asking. Darin Gruenke, who is the leader of the 4-H Sharp Shooters Club, had an air rifle range set up for the groups to try their skills at shooting targets from different ranges.

The final event of the day was an archery target shoot which was taught by Ed and Lee Brogie, along with Bill Boese. The day finished up with bird cleaning, demonstrat-

ed by Lonnie Matthes. Attendees then enjoyed some refreshments provided by Kory Leseberg and Helena Agri-Enterprises.

"The chapter would like to thank State Nebraska Bank and Trust, Elkhorn Valley Bank, BankFirst, F&M Bank, and Pac-N-Save for helping provide the meals for the youth. We would also like to thank the Izaak Walton League for the use of the facility, and also Clara Osten with the Wayne Herald for her continued support and coverage of this event. Finally we would especially like to thank all of the adult volunteers who to take time

out of their schedules make this event such a great success. This event would not be possible without the support of our generous donors, chapter members, adult volunteers, and the parents of the hunt participant's for getting their kids out there to enjoy the great outdoors," Reinhardt said.

Check out the chapter Facebook page Logan Creek Pheasants Forever Chapter #303 to view some great pictures of the event. If anyone is interested in how to get signed up for next year's hunt, contact Reinhardt at (402)518-0597 for information.



(Photos by Clara Osten) Seventeen youth took part in the annual Youth Mentor Hunt at the Izaak Walton Lake and Thompson-Barnes Wildlife Management Area on Oct. 13. (clockwise from right) Attendees listened to a presentation on gun safety, tested their skills at hunting pheasants, learned about different breeds of hunting dogs and took turns shooting air rifles at targets. Each youth was paired with a mentor and other volunteers assisted throughout the event.



(Photo by Clara Osten)

Fire Prevention observance

Wayne Volunteer Fire Chief Phil Monahan (right) welcomed all those in attendance at last week's Chamber Coffee. The event was hosted by the Wayne Volunteer Fire Department as part of Fire Prevention Month observances. Monahan recognized long-time fire department members Dick Korn (50 years) and Bill Kugler (70 years). Monahan also discussed fire safety measures everyone should observe.

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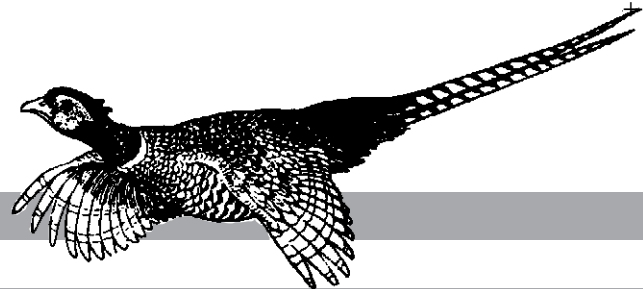


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Wayne State College CAMPUS EVENTS...

- Friday, Oct. 26 – Planetarium Show: The Sistine Chapel at 2 p.m. Kids \$3, Adults \$5
- Friday, Nov. 1 – Planetarium Show: The Dark Matter Mystery from 7 p.m. to 8 p.m. Kids \$3, Adults \$5
- Saturday, Nov. 2 – Planetarium Show: Chasing the Ghost Particle from 2 p.m. to 3 p.m. Kids \$3, Adults \$5
- Friday, Nov. 8 – Planetarium Show: Exoplanets from 7 p.m. to 8 p.m. Kids \$3, Adults \$5
- Saturday, Nov. 9 – Planetarium Show: Cosmology from 2 p.m. to 3 p.m. Kids \$3, Adults \$5

For a full listing of events happening at Wayne State College, please visit www.wsc.edu/calendar. Some events are subject to changes. Please contact College Relations with questions at 402-375-7324



Sports

Wildcat soccer nets first-ever win over Winona

The Wayne State soccer team has put together a three-game winning streak after a pair of home wins over the weekend that included a first-ever win over Winona State.

A pair of goals by Madison Kemp and Carleigh Wilson powered Wayne State to a 2-1 win over the Warriors Sunday afternoon for the team's first-ever win over Winona State in program history at the WSC Soccer Pitch.

The game was played with cross winds of 30-40 mph that affected how the ball was played all afternoon. Both teams recorded four shots in a scoreless first half despite Upper Iowa holding a 4-0 advantage in corner kicks.

Wayne State enjoyed a 9-5 shot advantage in the second half and broke through in the scoring column when Phillips picked up a loose ball and booted a shot into the

WSC soccer earns academic honors

For the fifth consecutive season, the Wayne State College women's soccer team has earned the United Soccer Coaches Team Academic Award for the 2018-19 academic year.

The Wildcats recorded a cumulative team grade-point average of 3.67 that was the fourth-highest in NCAA Div. II. Wayne State had the highest grade-point average of eight Northern Sun Conference schools that received the award.

To qualify for the honor, a team must have a cumulative grade point average of 3.0 or higher for the entire academic year.

The Warriors came out of the gates aggressive and got off three shots in the first five minutes of the match, but the Wildcats found their way on the board at the 22:44 mark with a Kemp goal from nearly 30 yards out that flew over the arms of Winona State goalkeeper Yanel Ortiz for a 1-0 lead.

Winona State recorded a goal in the 62nd minute on a Macy Miller shot from inside the box to tie the game at 1-1, but Wilson scored her first goal of the season a minute later for what proved to be the deciding goal.

Rylie Wehner led the way for the Wildcats in shots as she recorded six for the match. Rachel Grisham recorded five saves, while surrendering her first goal in three games.

On Friday, Megan Phillips sailed a 25-yard shot over Upper Iowa goalkeeper Natalie Rudrud with just under 12 minutes remaining to give Wayne State a 1-0 win over the Peacocks on a cold, windy afternoon at home.

Blue Devil netters win three more, up to 23-4

The Wayne High volleyball team added three more wins to its record last week to improve to 23-4 on the season.

Junior middle hitter Lauren Pick recorded her 1,000th career kill Tuesday to highlight a triangular sweep for the Wayne High volleyball team Tuesday.

Pick's first kill in Wayne's 25-13, 26-24 win over host Boone Central/Newman Grove was her 1,000th, as she finished with 12 in the contest. Emily Armstrong added four and Frankie Klausen had three, with Kiara Krusemark dishing out 20 assists. Pick also had three blocks in the match, along with Krusemark and Mikaela McManigal. Armstrong led the team in digs with 12, Hailey Backer had eight, Pick had six and Sydney Redden added five.

net at the 78:09 mark.

Upper Iowa got off one last shot with just over a minute left and Wildcat goalkeeper Rachel Grisham came up with her seventh and final save to preserve the shutout.

The Wildcats finished with a 13-9 advantage in shots while UIU held a 7-6 edge in shots on goal. The Peacocks had a 6-2 edge in corner kicks while WSC was called for nine fouls compared to seven on UIU.

Phillips had four shots, all on goal, and the lone goal of the contest for WSC, her second goal of the season. Wehner added four shots (one on goal) while Gabi Rosa had the remaining shot on goal. Grisham posted her fifth shutout of the season recording seven saves in the Wildcat win.

The Wildcats (5-3-3, 5-2-1 NSIC) look to continue a three-game winning streak at home this weekend, hosting MSU Moorhead Friday at 3 p.m. and Northern State Sunday at 1 p.m.

Wayne also beat Pierce 25-17, 25-15, led by 10 kills from Pick, seven from Armstrong and four from Frankie Klausen. Krusemark had 25 assists. Redden led the defense with 18 digs, Armstrong added 12, Pick had 11 and Backer had 10.

On Thursday, the Blue Devils took care of business at home against Crofton, winning 25-11, 26-24, 25-10. Pick had 16 kills, Armstrong added 10 and Frankie Klausen put down eight for the winners. Krusemark recorded 34 assists. Redden had four ace serves and Backer added two. Armstrong paced the defense with 25 digs, Backer added 18, Pick had 16 and Redden had six.

Wayne faces a key Mid State Conference matchup on Thursday, playing host to Battle Creek.

Erb runs Trojans to 50-36 win over GACC

With a cold, brisk wind creating havoc, the Wakefield Trojans kept their game plan simple: just give the ball to Justin Erb and let him take it from there.

The junior running back had another huge outing, accounting for 347 of Wakefield's 398 yards in total offense while scoring six touchdowns to lead the Trojans to a 50-36 win over Guardian Angels Central Catholic in a rare afternoon game Friday at Eaton Field.

With wind chills below freezing and the threat of wintry weather on the horizon, coach Mike Hassler said it was the kind of day for his 5-1 Trojans to experience, and learn, from adversity.

"Was it our cleanest game of the year? Not by a long way, but what I was pleased with was how we dealt with some adversity," he said. "We've had a lot of balls bounce our way this season and have been the beneficiary of a lot of good breaks, so to have some bad breaks against GACC, in a way, was a good thing. We got out to that big lead and then they came charging back. I think for a couple drives they had us flustered, but I was proud of how the guys hung together and fought through it and swung the tide back

in to our favor in the second half."

Erb scored on runs of 4 and 36 yards in the first period, then added a 5-yard score in the second to get the Trojans out to a 20-0 advantage.

The Bluejays came back and made it interesting, getting as close as 30-20 after scoring early in the third quarter, but Erb would counter with his fifth touchdown on a 14-yard run in the third period to get the lead back to 38-20.

All but one of Wakefield's 44 offensive plays were on the ground, as the windy conditions limited their passing attack, and Hassler praised his team's offensive line for making it possible for the Trojans to have the success they had with their ground attack.

"On such a windy day it made it hard to throw the ball, so GACC really loaded up the line of scrimmage as the game progressed," he said. "What impressed me is our Offensive Line just kept hammering away at them. They had some big boys up front and made it difficult to move the ball at times, and I thought over the course of the game, and especially the fourth quarter, we wore them down."

See Trojan Football, Page 2B



(Photo copyright Mikey C Productions)

The Wayne High softball team earned another trip to the Nebraska State Softball Championships after winning the B-4 title Saturday in Wayne. Pictured are (front) managers Caitlyn Mostek and Kierah Haase, Hailey Schroeder, Taytum Sweetland, Tori Kniesche, Kayla Fleming, Virginia Kniesche, Kylan Robbins, manager Liberty Titimil, (back) assistant coach Kiley Koch, Kendall Dorey, Jamie Janke, Hope O'Reilly, Aliah Schulz, Nicole Fertig, Amara Hurlbert, Brianna Nissen, Logan Miller, Brooklyn Kruse, assistant coach Sydney Graver and coach Rob Sweetland.

Blue Devil softballers do it again with B-4 series sweep

By MICHAEL CARNES
For The Herald

After shutting down a hot-hitting Adams Central squad twice to win the B-4 district best-of-three series and securing a trip to the state softball tournament, one would think it would be cause for celebration.

You know — gloves tossed skyward, screams of joy . . . maybe a dogpile in the pitcher's circle and a bunch girls in dirt-caked uniforms running toward the presentation of the district championship plaque with dancing on home plate afterward.

Evidently, the Wayne High softball team missed that memo — after dismissing Adams Central 2-0 and 7-2 in Saturday's district final at the Wayne Sports Complex, they jogged to the third-base line and shook hands with the Adams Central players and coaches, then quietly made their way to the outfield to await comments from their coach, saving the celebration for when the championship trophy was handed to them by Wayne High principal Tucker Hight.

"I think our girls sometimes just expect it, and they probably should enjoy it a little more," Sweetland said with a smile after Saturday's two-game sweep gave the team its 17th trip to state in the program's 18-year history. "Most teams who

make state will start a dogpile and throw their gloves in the air. Maybe we need to practice that."

Wayne's seemingly-annual return to the Smith Softball Complex in Hastings was due thanks to the usual combination of dominating pitching and timely offense that has become the "same ol' same ol'" for a team that has won 25 consecutive games over the last month and a half.

About the only thing Sweetland could be critical of was the 11 baserunners Wayne left through the first six innings of the second game.

"It was frustrating offensively because we put a lot of runners on and then weren't coming up with the hits to drive them in," he said. "It makes it easier on yourself to come up with hits in those situations, but we got enough to get it done."

In the opener, Wayne was limited to just three hits, but the first one proved to be one that would dictate the rest of the two-game series.

Senior Tori Kniesche stepped to the plate in the bottom of the first with two out and nobody on and, on the first pitch to her by Sadie Carpenter, launched a bomb over the wall in center field to give Wayne a 1-0 lead.

The shot was one of just three hits Wayne had in the opener — Brooklyn Kruse's double led to the second run scoring on a wild pitch in



(Photo copyright Mikey C Productions)

Kayla Fleming makes a play at second base during B-4 district action Saturday. Fleming is one of two seniors on the team and one of three starters back from last year's 35-0 state championship squad.

ter that, intentionally walking her of the game — but Adams Central was taking no chances with her af-

See State-bound, Page 2B

Blue Devils beat cold, Cadets, in 28-11 decision

WEST POINT — Reid Korth and Tyrus Eischeid both found the end zone twice and Wayne's offensive heat took some of the sting out of Friday's sub-freezing temperatures as the Blue Devils beat West Point-Beemer, 28-11.

The Blue Devils got off to a good start with a pair of short touchdowns by Korth. He scored on a seven-yard run in the opening period, then added a two-yard surge in the second to make it 14-0.

West Point-Beemer had a golden opportunity to cut that deficit in half after blocking a Wayne punt, but Wayne's defense stepped up and kept the Cadets out of the end zone, forcing them to settle for a 23-yard field goal to make it 14-3 at the half.

Wayne marched down the field to start the second half and take control of the game. Eischeid reached across the goal line to finish off a seven-yard run to make it 21-3, and the defense forced a fumble on the ensuing drive that Eischeid finished off with a five-yard score to put the game out of reach.

Both Korth and Blake Bartos cracked the century mark as Wayne put up all but 17 of its 255 yards in total offense on the ground. Bartos led the way with 109 yards on 16 carries, while Korth added 103 yards on 20 tries. Eischeid was 1-of-4 passing for 17 yards, with Bartos making the 17-yard reception.

Defensively, Korth, Mike Leatherdale and Victor Kniesche each had six tackles to lead the Blue Devil defense. Cade Janke and Brenden



(Photo copyright Mikey C Productions)

Victor Kniesche (19) and Cade Janke bring down a West Point-Beemer ball carrier during Friday's 28-11 win at West Point.

Swanson both had five tackles and Bartos had four. Janke and Mason Frevert each had a quarterback sack.

The 5-2 Blue Devils face a key district showdown at home Friday, hosting Boone Central/Newman Grove in a 7 p.m. battle at Wayne State Col-

Wayne	6	8	14	0	-28
WP-Beemer	0	3	0	8	-11

Scoring Summary
WAYNE — Reid Korth 7 run (PAT failed)

WAYNE	—	Korth 2 run (PAT good)
WP-B	—	Arturo Barrios 23 field goal
WAYNE	—	Tyrus Eischeid 7 run (Yair Alcantara kick)
WAYNE	—	Eischeid 5 run (Alcantara kick)
WP-B	—	Touchdown (PAT good)

No. 23 Duluth scotches Wayne State upset bid

No. 23-ranked Minnesota Duluth used two fourth-quarter touchdowns while holding Wayne State to minus-5 yards in the second half as the host Bulldogs wore down the Wildcats 21-7 Saturday in Duluth, Minn.

Duluth was looking to score early before the Wildcat defense forced a fumble and Jalen Burgess recovered at the Wildcats' 9-yard line.

Wayne State was able to move the ball on their first drive, covering 52 yards on six plays before the drive stalled at the UMD 39 to force a punt on their lone drive of the first quarter.

Early in the second quarter, the Bulldogs intercepted a Wildcat pass at the Wayne State 18-yard line and turned that miscue into points as Wade Sullivan scored on a four-yard run to give the Bulldogs a 7-0 lead with 10:06 remaining in the first half.

With time running out in the first half, the Wildcats drove from their own 28 and took advantage of two big plays — a Devin Merkuris 25-yard run followed by a Tavian Willis-to-Mason Lee pass for 37 yards to set up the Wildcats at the Bulldogs' 8-yard line. After a pass interference call in the end zone

moved the ball to the 2-yard line, Willis ran a bootleg to the right side of the field for the tying core with :03 left in the first half to knot things up at 7-7.

had the first scoring opportunity of the second half as the Wildcats forced a Bulldog turnover on Duluth's first series of the half. MJ Blankenfeld recovered a Wade Sullivan fumble that gave Wayne State the ball at the Duluth 29, but a penalty and sack took Wayne State out of field goal range.

Duluth took control of the game from there, putting together a ball-control drive that spanned 12 plays and 83 yards. The drive finished when reserve quarterback Garrett Olson found Byron Bynum on a nine-yard scoring pass to give the Bulldogs a 14-7 lead with 13:23 to go.

Duluth got another break later in the fourth when a long punt return set up the game-clinching score, with Sullivan going in from five yards out with 4:54 to give Duluth the victory.

Minnesota Duluth outgained Wayne State in the contest 291-106 as the Bulldogs held the Wildcats to minus-5 yards in the second half, thanks to seven sacks for 44

yards. Wayne State had 30 yards rushing and 76 passing while Duluth gained 175 rushing and 116 passing.

Merkuris led Wayne State in rushing with 40 yards on nine carries. Willis completed 4-of-11 passes for 71 yards with one interception while Alex Thrasher was 1-of-2 for five yards. Lee was the top Wildcat receiver with two grabs for 48 yards.

Defensively, sophomore linebacker Nicholas Joynt recorded a game-high 11 tackles followed by Ian Ailts and Zaiden Hernandez with six stops each. Blankenfeld and Jalen Burgess each had fumble recoveries.

Wayne State (2-4, 1-3 NSIC South) will be at home Saturday, hosting Northern State in a 1 p.m. contest at Bob Cunningham Field in Wayne.

Minnesota Duluth 21, Wayne State 7
Wayne State 0 7 0 0 -7
Minn. Duluth 0 7 0 14 -21
Scoring Summary
UMD — Sullivan 4 run (Branger kick)
WSC — Tavian willis 2 run (Ethan Knudsen kick)
UMD — Bynum 9 pass from Olson (Branger kick)
UMD — Sullivan 5 run (Branger kick)

Wildcats take two on the road against ranked foes

No. 15-ranked Wayne State College picked up a couple of tough wins on the road over the weekend against ranked Northern Sun Conference foes.

On Friday, the Wildcats recorded 11 blocks and forced an opponent season-high in attack errors (30) to claim a 25-18, 19-25, 25-16, 25-16 win at No. 19 Winona State.

The Wildcats hit a sizzling .412 in the first set, as Tarrin Beller had the hot hand five kills on just seven attacks.

Winona State got back into the match in the second set, recording 17 kills and a .343 attack percentage to tie up the match. Beller and

Kelsie Cada each had four kills to pace the Wildcats in the set.

Wayne State took control of the match from there, recording eight blocks to go with three service aces and 10 Winona State errors in the third set before finishing the match with efficient attacking and a strong defense in the fourth and final set.

Beller paced Wayne State with 15 kills, hitting .483 in the match. She also had six blocks to lead the Wildcats. Katie Stephens followed with 12 kills while hitting .440 and Kelsie Cada finished with 10 kills and a team-high 15 digs along with four blocks. Hope Carter produced 14

digs along with three service aces while libero Haley Kauth added 11 digs. Rachel Walker handed out 44 set assists.

Wayne State rallied from a two-set deficit on Saturday to come away with a 22-25, 17-25, 25-23, 25-21, 15-8 win over No. 18 Upper Iowa.

Wayne State held an early 10-7 lead in the opening set, but the Peacocks reeled off seven straight points to grab a 14-10 lead. The Wildcats rallied again to lead 20-17, but the Peacocks came back one more time to claim the first-set victory.

Upper Iowa led from start to finish in the second set, hitting .375 with 19 kills as the Peacocks took a 2-0 lead into the break, and Wayne State was trailing 14-9 in the third set before responding with their comeback effort.

Katie Stephens rallied the Wildcats in the middle set by recording seven kills with Alyssa Ballenger adding five. That momentum carried into the fourth set as Tarrin Beller put up back-to-back aces to make it 11-4 and held off a late rally with a block by Stephens and Jaci Brehmer to force a winner-take-all fifth set.

It was all Wildcats in the finale as Wayne State held Upper Iowa to a minus-.095 attack percentage with six errors and just four kills while Stephens and Ballenger carried the Wildcats attack with five and three kills, respectively.

Stephens led Wayne State in kills with 18, 15 of them in the final three sets. Beller added 15 kills while Ballenger contributed 10 in just three sets of work. Brahmher had eight kills and led in blocks with eight while Maddie Knobbe had five. Kauth and Carter both accounted for 26 digs with Carter posting a career-high. Morgan Alexander had 14 digs in three sets of play. Walker was credited with 48 assists and 10 digs.

Wayne State (15-2, 6-2 NSIC) hosted No. 9 Southwest Minnesota State on Tuesday and will face No. 4-ranked Minnesota Duluth on Friday at 6 p.m. before a 4 p.m. match-up with No. 11 St. Cloud State on Saturday.

Rastede had four. Russell had 23 assists and Behmer added 14. Cummins had five aces and Escalante and Behmer each had three. On defense, Topp had two blocks and six digs, Escalante and Bargstadt both had 11 digs, Abler and Behmer had five apiece, Russell added four and Rastede had three.

Seniors night was a success last Tuesday as Winside beat Niobrara-Verdigre 25-12, 25-15, 25-14. Bargstadt had 11 kills, Topp added nine, Behmer had seven, Rastede had five and Cummins added four. Russell had 18 assists and Behmer added 13. Topp had a career-high eight blocks at the net and Behmer had six ace serves. Russell, Escalante and Bargstadt each had nine digs and Behmer and Topp had six apiece.

Winside played in a triangular at Hartington-Newcastle on Tuesday and will be in the Lewis & Clark Conference tournament that starts on Saturday.



(Photo copyright Mikey C Productions)

Wayne Junior High eighth grader Jesus Zavala pushed himself to finish line at the Nebraska State Junior High Cross Country Championships in Papillion.

Zavala wins junior high state title

The Wayne Junior High cross country teams competed in the Nebraska State Junior High Cross Country Championships in Papillion, and one runner came home with a state championship.

Eighth-grader Jesus Zavala outran a field of more than 330 runners, catching the last of them in the final 100 meters of the 3,000-meter race to claim the first-place medal in the open race with a time of 11:13.

Zavala was one of three Wayne

runners to earn a medal for finishing in the top 25. Eighth-grader Alex Frank and seventh-grader Kyla Krusemark both finished 11th in their respective races. Frank's time was 12:01 in the boys race, while Krusemark finished the girls race in 13:19.

Raegan Maas just missed making it into the top 25, as the eighth-grader placed 29th out of 262 girls runners in 13:53. Wayne's efforts were as follows:

8th Boys — 1. Jesus Zavala,

11:13; 11. Alex Frank, 12:01; 71. Mason Ley, 12:57; 225. Parker Kesting, 15:07.

7th Boys — 156. Will Leseberg, 13:50.

8th Girls — 29. Raegan Maas, 13:53; 147. Jayla Walton, 15:58; 155. Jersi Jensen, 16:04; 176. Maya Spahr, 16:23.

7th Girls — 11. Kyla Krusemark, 13:19; 59. Ava Elliott, 14:29.06; 61. Olivia Hanson, 14:29.61; 170. Norah Armstrong, 16:17.

Winside netters take Hartington honors

The Winside volleyball team improved to 18-4 on the season with three wins, highlighted by a first-place finish in Saturday's Hartington-Newcastle Invitational.

The Lady Wildcats defeated Wausa 25-14, 25-13, then won a three-set battle with LCC, 20-25, 25-23, 25-16 to claim the first-place trophy.

In the Wausa match, Kati Topp led the net attack with six kills and Brooklyn Behmer and Hope Cummins each had five. McKenna Russell had 11 assists and Behmer added eight. Jackie Escalante served up three aces and Andi Bargstadt added a pair. Defensively, Cummins had four blocks while Bargstadt, Behmer and Topp each had two. Bargstadt, Behmer, Russell and Escalante each had six digs and Ashelyn Abler added three.

In the win over the Lady Bears, Bargstadt finished with 13 kills, Cummins added 11, Behmer had eight, Topp had six and Jaiden

Rastede had four. Russell had 23 assists and Behmer added 14. Cummins had five aces and Escalante and Behmer each had three. On defense, Topp had two blocks and six digs, Escalante and Bargstadt both had 11 digs, Abler and Behmer had five apiece, Russell added four and Rastede had three.

Seniors night was a success last Tuesday as Winside beat Niobrara-Verdigre 25-12, 25-15, 25-14. Bargstadt had 11 kills, Topp added nine, Behmer had seven, Rastede had five and Cummins added four. Russell had 18 assists and Behmer added 13. Topp had a career-high eight blocks at the net and Behmer had six ace serves. Russell, Escalante and Bargstadt each had nine digs and Behmer and Topp had six apiece.

Winside played in a triangular at Hartington-Newcastle on Tuesday and will be in the Lewis & Clark Conference tournament that starts on Saturday.

Junior high runners compete at Pierce

The Wayne Junior High cross country teams competed in a meet at Pierce last week. The girls finished third as a team while boys placed fourth.

Kyla Krusemark led the girls with a fifth-place finish of 14:09, while Jesus Zavala (third) and Alex Frank (ninth) both placed in the top 10 to lead the boys.

Wayne results were as follows:

GIRLS — 5. Kyla Krusemark, 14:09; 13. Raegan Maas, 14:45; 30. Olivia Hanson, 16:29; 35. Ava Elliott, 16:46; 42. Norah Armstrong, 17:13; 51. Jersi Jensen, 17:56; 55. Maya Spahr, 18:17; 56. Jayla Walton, 18:40.

BOYS — 3. Jesus Zavala, 12:19; 9. Alex Frank, 13:08; 36. Mason Ley, 14:35; 37. Kaleb Moormeier, 14:36; 60. Andrew Brink, 16:32.

Wayne junior high teams beat West Point-Beemer

The Wayne Junior High volleyball teams all came away with wins over West Point-Beemer.

In the "A" game, Wayne won 25-14, 25-18. The "B" team also won, 19-25, 25-19, 15-5.

The "C" team played two

matches and won both, taking the first 18-25, 25-10, 15-8 and sweeping the second 25-23, 25-11.

Spend the weekend with your Wayne State Wildcats!

Friday, Oct. 18

**Soccer | 3pm
vs MN ST Moorhead**

**Volleyball | 6pm
vs MN Duluth**

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Saturday, Oct. 19

**Football | 1pm
vs Northern State**

Sponsored by:



ARMY ROTC

**Volleyball | 4pm
vs St Cloud State**

Sunday, Oct. 20

**Soccer | 1pm
vs Northern State**



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NOON BUFFET, Tues.-Fri.**

~ CATERING ~



(Photo by Sarah Lentz)

Resourceful school spirit

Wayne High and Junior High students met outside on Tuesday afternoon to send the Blue Devil Softball team off to the state championship tournament in Hastings. Ever the resourceful fan, Industrial Technology teacher Tony Cantrell passed out ratchets, tubing, lighting and traffic cones to serve as noise makers to send the team off.

The Prairie Doc

Imaging with a little help from my friends

The world of radiology began in 1895 when a European physicist Wilhelm Röntgen noticed fluorescence behind heavy cardboard when a cathode tube was activated nearby. Röntgen used his wife's hand to demonstrate for the first time how these unknown rays, or X-rays, could penetrate the soft tissue of a hand and illustrate the bones that lay within. Röntgen generously refused to patent his discovery which allowed the explosive growth and development of a new industry.

Unfortunately, the first researchers were unaware of the dangers of too much X-ray exposure and, during the early years, harm was done even causing death to some experimenters before safeguards were established. Over time, as technology advanced and more X-rays were being utilized in medicine, interpreting the images became a more difficult challenge and the field of radiology developed. Physicians trained in X-ray INTERPRETATION helped other physicians make better clinical decisions.

I was a first-year resident at Emory University Hospital in Atlanta in the fall of 1975 when the hospital purchased one of the earliest computerized tomography (CT) scanners. It was called an EMI scanner named after the British company, Electric and Music Industries, that took the financial risk for develop-



The Prairie Doc
By Dr. Rick Holm, MD

ing the technology. Years earlier, EMI had signed with the Beatles as their recording company. Having amassed a fortune from the exponential rise of Beatles popularity, EMI was able to fund the theoretical work of Godfrey Hounsfield. His invention took X-rays of the head from all directions while a computer compiled the results. "With a little help from his friends" at EMI, Hounsfield's brainchild happened.

I was rotating through neurology when the results of the EMI scans

started making an impact. We were amazed how they showed tumors, blood clots and lesions inside the skull. We thought it was going to change everything, and indeed it did!

Jump to the present and see how INTERPRETIVE radiologists have expanded into INTERVENTION. Now, instead of simply identifying a tumor or abscess with ultrasound, X-ray, CT or MRI, radiologists, under the guidance of an imaging modality, can pass a needle into a deep tumor and take a biopsy, drain an abscess, open-up a blocked tube and much more. Procedures that, in the past, would have required open abdominal or chest surgery, now can be done with minimal trauma, with minimal pain and with quick recovery.

As a patient who has benefited under the expert image-guided hands of an INTERVENTIONAL radiologist, I too can sing loud and clear, "I get by with a lot of help from my friends."

Richard P. Holm, MD is founder of The Prairie Doc and author of "Life's Final Season, A Guide for Aging and Dying with Grace" available on Amazon. For free and easy access to the entire Prairie Doc library, visitprairiedoc.org and follow Prairie Doc on Facebook, featuring On Call with the Prairie Doc a medical Q&A show streamed most Thursdays at 7 p.m. central.

Northeast men come up short in Mason City

The Northeast Community College men's soccer team couldn't find any answers on the offensive end of an ICCAC match on Monday.

The Hawks (2-12-1, 0-7-1 ICCAC) ultimately fell to North Iowa Area Community College, 3-0 in Mason City, Iowa.

"The second half of this game was the best we have played all year," head coach Chad Miller said. The guys were having fun and playing really good soccer. Almost all of our shots came in the second half of the match. With that said, we couldn't buy a goal. We had so many great chances that were either missed or their goalie made great saves. We even had one goal take back. It was great to see these guys play well."



NIACC out-shot the Hawks, 19-12. Ivan Castillo-Garcia (Broomfield, Colo.) had five saves in the loss.

The Hawks continue conference action at 3 p.m. Saturday against Indian Hills Community College in Ottumwa, Iowa.

Wayne girls third, boys sixth at conference cross country meet

The Wayne High girls had four runners place in the top 20 to take third in the Mid State Conference cross country meet Thursday at Crofton.

Freshman Laura Hasemann led the way for the Blue Devils, finishing seventh in a time of 21:04. Senior Autumn Avery followed in 21:26 to finish ninth, while Fatima Lucas-Garcia was 15th (22:07) and Allyson Avery finished 16th (22:18).

Also running for Wayne were

Andi Belt (24th, 23:26), Erin Avery (32nd, 24:32) and Karlee Janke (35th, 24:51).

The Wayne High boys finished sixth overall, led by Christopher Woerdeemann, who placed 17th in 18:30 with Sean Aschoff two seconds behind in 18th place. Roundout the team scoring were Hunter Schultz (26th, 19:03) and Treyton Blecke (27th, 19:05).

Also running for Wayne were Ashton Munsell (31st, 19:27), Ethan McCraney (33rd, 19:33),

Ethan Wibben (38th, 20:03), Lance Muhs (41st, 20:12), Liam Spieker (44th, 20:34), Sedro Agoumba (51st, 21:32), Tristan Clausen (54th, 21:50), Easton Blecke (57th, 22:15), Nathan Kufner (60th, 22:58), Carter Hasemann (62nd, 24:08), Kevin Kielty (66th, 26:59), and Ayden Ellis (67th, 28:01).

Wayne High will run in district competition on Thursday at the Pierce Golf Course, beginning at 4:30 p.m.

Fast start sinks Bears in 42-16 defeat

Lutheran High Northeast got off to a fast start and came away with a 42-16 win over Laurel-Concord-Coleridge in district action Thursday at Norfolk's Memorial Field.

The Eagles scored the first four times they had the ball to build a quick 30-0 lead in the second quarter before the Bears closed the half with a 6-yard pass from Ty Erwin to Noah Schutte. Cael Hartung caught a pass from Erwin to make it 30-8 at intermission.

The Bears scored a second touchdown in the third period when Schutte took a pass from Erwin and went 73 yards for another touchdown. The duo connected on the two-point conversion to make it 36-16 before LHNE scored a final time to finish off the win.

Erwin was 12-of-22 for 142 yards with two scores and two interceptions. Schutte caught seven passes for 120 yards, while Hartung had two catches for nine yards and Nolan Ohlrich had eight yards on two receptions. In the running department, Evan Haisch had 36 yards on nine carries to lead the Bears.

Defensively, Ohlrich had 15 total tackles, Austin Hall added 13 tackles, Hartung added eight and Haisch, Wyatt Taylor and Cutter Haberman each had seven tackles.

LCC hosts Howells-Dodge in a key district matchup Friday at Haskell Field.

Lutheran High NE	42	LCC	16		
LCC	0	8	8	0	-16
LHNE	14	16	12	0	-42

Scoring Summary
LHNE — Jaxson Kant 55 run (PAT failed)
LHNE — Tanner Koss 60 pass from Kant (Trystan Scott run)
LHNE — Mason Petersen 5 pass from Kant (PAT good)
LHNE — Petersen 14 pass from Kant (Koss run)
LCC — Noah Schutte 6 pass from Ty Erwin (Cael Hartung pass from Erwin)
LHNE — Kant 12 run (PAT failed)
LCC — Schutte 73 pass from Erwin (Schutte pass from Erwin)
LHNE — Kant 1 ru (PAT failed)

Trojan netters split conference matchups

The Wakefield/Allen Lady Trojans won one and lost one in action against conference foes last week.

On Tuesday, the Lady Trojans dropped a four-set match at Ponca, losing 25-15, 25-18, 23-25, 25-20.

Alex Arenas had 12 kills, Jordyn Carr adde 11 and Hayden Ekberg hit for nine in the losing effort. Carly Dickens had 31 assists.

Defensively, Ekberg had four block and Alli Jackson added

three. Aishah Valenzuela was the leader in digs with 24, with Carr and Abby Heiman adding 15 apiece, Dickens picking up 14 and Arenas adding 10.

The Lady Trojans rebounded on Thursday with a win over Creighton, 25-14, 25-16, 25-17.

Jackson had a team-high seven kills, Carr and Ekberg each added six, Heiman had four and Arenas had three for the winners. Dickens had 28 assists. Chelly Dominguez

had four ace serves, Jackson added three and Carr had two.

On defense, Heiman had three blocks and Ekberg had two. Valenzuela had 11 digs, Carr added 10, Heiman and Dickens both had six, Heiman had four and Arenas and Destiny Helzer had three apiece.

The 13-11 Trojans host Emerson-Hubbard on Thursday and start Lewis & Clark Conference tournament play on Saturday.

Wildcats fall to Osmond

The Winside football team dropped a 50-20 decision to Osmond in a Friday afternoon matchup at Winch Memorial Field.

Osmond got out to a 20-0 lead in the first quarter before the Wildcats got on the board with a 41-yard pass from Art Escalante to Gabe Escalante, cutting the deficit to 20-6.

Osmond added another score before halftime, then scored two more touchdowns before the Wildcats answered with two of their own. Art Escalante connected with Cayden Ellis on a 65-yard pass, and Ellis added a

defensive score with a 24-yard interception return for a touchdown.

Art Escalante was 5-of-10 for 130 yards to lead the offensive effort. Ellis had two receptions for 76 yards while Gabe Escalante caught three balls for 54 yards. Art Escalante added 48 rushing yards on 18 attempts.

Defensively, Ellis had 13 tackles, Dominic Reed, Kalob Fuchs and Cody North added seven tackles apiece, and Tanner Board had five stops.

Winside, 0-7, hits the road Friday for a matchup at Plainview.



(Photo by Bill Dickey)

New leadership

Installation ceremonies were held recently for the 2019-2020 officers and board for the Wayne Kiwanis Club. Pictured are those present for the installation. (front) Levi Kenny, Deb Lundahl, Clara Osten and Pastor James Seal. (back) Jared Dahlkoetter (installing of fiscal), Jill Sweetland, Karissa Hayes, Rusty Parker, George Phelps and Kyla Miller. The 96-year-old Wayne Kiwanis Club meets at noon on Mondays at Tacos & More in Wayne.

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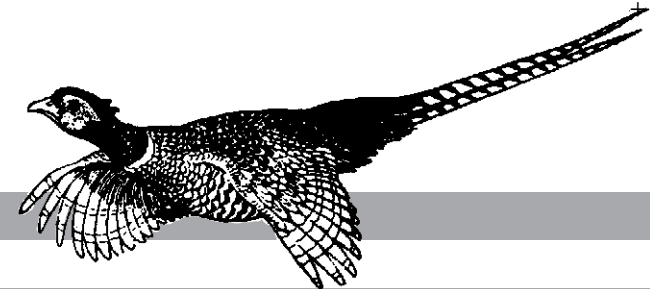
Pink Flamingo Nite



(Photos by Clara Osten)

Despite less than ideal weather, more than 300 people attended the annual Pink Flamingo Nite at Our Savior Lutheran Church on Oct. 10. The event, organized by the Our Savior Women of the Evangelical Lutheran-an Church (WELCA) and community volunteers, consisted of a light meal, an inspirational presentation by Laura Frankl Pedersen, a style show, educational booths, door prize drawings and music by the Front Porch Pickers. This year's theme was "Be Flamazing" and focused on health and breast cancer awareness. Proceeds from the event will go toward the purchase of the SmartCurve™ breast stabilization system for Providence Medical Center. This system will be used with PMC's 3D Mammogram.

Lifestyle



What's your routine? School Lunches


Your alarm goes off at 6 a.m. You hit snooze once or twice and then get out of bed. You shower and get dressed, then grab some coffee or breakfast on the way out the door. You start your car, back out of the driveway and head into work.

I can only guess what your morning routine looks like, but it is probably similar to what you just read. As adults, we tend to stick to our routines most of the time. Some of us even get slightly stressed if we have to deviate from our normal habits.

So, if we as adults are this way, don't you think children are probably the same? If you thought yes, then you are correct.

Children need routines even more than adults. Routines play an important role in their development and your sanity as a parent. You might be thinking, "What's the big deal?" Children are adaptable and need to learn to go with the flow. While this is true to some

Dixon County



Sarah (Paulos) Roberts
Extension Educator

UNL Extension

extent, having a routine for daily activities such as getting ready for school, nap time, meals, and bedtime are beneficial for several reasons.

Zero to Three (zerotothree.org) encourages parents to create routines for children to help with self-control, parent-child relationships, behavior, social skills, transitions, and general learning. Predictable and consistent daily patterns bring

a sense of security and stability to children. This feeling of safety allows them to focus on the real "work" of childhood, which is to play and explore the world around them. Additionally, the predictability of daily activities helps to encourage positive behavior. Children anticipate what is coming next and have less opportunity to say no and challenge the outcome (ie. bedtime).

All this being said, schedules change and things come up whether we like it or not. However, when children are accustomed to trusting their daily routines, they are less likely to be caught off guard when a change occurs. Keeping a routine can be challenging as a parent, but you and your child will be much happier in the long run.

For more information about the importance of routines for children, check out zerotothree.org/resources/223-creating-routines-for-love-and-learning.

ALLEN COMMUNITY SCHOOLS (Oct. 21 - 25)

Monday: Breakfast — Cinnamon round. Lunch — Chicken strips, mashed potatoes & gravy, tea roll.

Tuesday: Breakfast — French toast. Lunch — Pepperoni pizza, corn, coleslaw.

Wednesday: Breakfast — Biscuits & gravy. Lunch — Hot dog on bun, baked beans, Doritos.

Thursday: Breakfast — Uncrustable. Lunch — Chili, cinnamon roll, cheese stick.

Friday: Breakfast — Omelet. Lunch — Fish sticks, macaroni & cheese, tea roll.

LAUREL-CONCORD-COLERIDGE COMMUNITY SCHOOLS (Oct. 21 - 25)

Monday: Breakfast — Pancakes. Lunch — Chili dog.

Tuesday: Breakfast — Omelet. Lunch — Chicken taquitos.

Wednesday: Breakfast — Corn bread, sausage. Lunch — Goulash.

Thursday: Breakfast — Breakfast pizza. Lunch — Walking tacos.

Friday: Breakfast — Biscuits & gravy. Lunch — Hamburger.

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

Senior Center Calendar

(Week of Oct. 21 - 25)
Coffee and Snack Time at 2:20 p.m. daily.

Monday, Oct. 21: Morning Walking; FROG exercises, 9:15 a.m.; Quilting; Special Luncheon drawing; Hand & Foot; Pitch; Pool.

Tuesday, Oct. 22: Morning Walking; Quilting; Flu Shot Clinic, 9 a.m. to 11 a.m.; Afternoon Bridge Club; Pitch, Hand & Foot.

Wednesday, Oct. 23: Morning Walking; FROG exercises, 9:15 a.m.; Quilting; Music by Val Koeber, 11:30 a.m.; Hand & Foot; Pitch; Pool.

Thursday, Oct. 24: Morning Walking; Quilting; Dinner time music by Connie Webber; Afternoon Bridge Club; Pitch; Hand & Foot.

Friday, Oct. 25: Fine Dining. Morning Walking; FROG Exercises, 9:15 a.m.; Quilting; Music by Jerry Junck; Providence Bingo Certificates; Hand & Foot; Pitch; Pool.

Senior Center Congregate Meal Menu

(Week Oct. 21 - 25)
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: Hamburger vegetable soup, blueberry muffin, Grandma's lime green fruited gelatin salad with cottage cheese, juice.

Tuesday: Spaghetti, lettuce salad, assorted vegetables, garlic bread stick, peaches.

Wednesday: Sliced pork roast, mashed potatoes with gravy, sauerkraut, green beans with bacon, rye bread, apricot salad.

Thursday: Meatballs with mushroom gravy, au gratin potatoes, scalloped corn, pumpkin muffin, cherry fruited gelatin.

Friday: Turkey tetrazzini, Italian peas, biscuit, strawberry shortcake, tomato juice.

Cereal offered for breakfast everyday. Chef salad alternative at lunch.

WAKEFIELD SCHOOLS (Oct. 21 - 25)

Monday: Breakfast — Waffle sandwiches, apples. Lunch — Pizza, broccoli, peaches.

Tuesday: Breakfast — Breakfast bites, peaches. Lunch — KFC casserole, dinner roll, strawberries.

Wednesday: Breakfast — Mini cinnis, apples. Lunch — Sloppy Joes, carrots, pears.

Thursday: Breakfast — Long Johns, string cheese, mixed fruit. Lunch — Chicken sandwich, green beans, mixed fruit.

Friday: Breakfast — Cereal, Scooby snacks, pears. Lunch — Quesadillas, corn, juice.



WAYNE COMMUNITY SCHOOLS and ST. MARY'S ELEMENTARY (Oct. 21 - 25)

Monday: Breakfast — Mini pancakes. Lunch — Chicken fajita, flat bread, Romaine lettuce, refried.

Tuesday: Breakfast — Biscuits & gravy. Lunch — Spaghetti, meat

sauce, French bread, green beans, apricots.

Wednesday: Breakfast — Pancake on a stick. Lunch — Oven chicken, mashed potato, dinner roll, carrots, peaches.

Thursday: Breakfast — Cheese omelet. Lunch — Wayne County beef patty on a bun, broccoli, sweet potatoes, apple.

Friday: Breakfast — Breakfast pizza. Lunch — Cheese boat, lettuce, corn, 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. Menus subject to change.

WINSIDE PUBLIC SCHOOLS (Oct. 21 - 25)

Monday: Breakfast — Waffle. Lunch — Chicken tenders, cooked carrots, fruit cocktail, roll.

Tuesday: Breakfast — Egg taco. Lunch — Pizza, lettuce, peaches.

Wednesday: Breakfast — French toast sticks. Lunch — Barbecue rib patty on bun, baked beans, apple-sauce.

Thursday: Breakfast — Cereal. Lunch — Spaghetti, peas, pears, garlic bread.

Friday: Breakfast — Cook's Choice. Lunch — Chicken quesadilla, corn, pineapple.

Chef salad, fruit and vegetable bar daily. Milk served with all meals. Menu subject to change. Late starts - no breakfast or K-3 salad plates.

ACME Club history shared

President Bonnadell Koch called the Oct. 7 ACME Club meeting to order in the Wayne Public Library Meeting Room following the Senior Center luncheon with all members and six guests present.

All members expressed their pleasure as the guests were welcomed to the meeting. Betty Wittig gave the Thought for the Day.

The minutes of the last meeting were read and approved with one correction. Virginia Backstrom also reported the balance in the treasury following the deposit of the membership dues from the organizational meeting in September.

The birthday song was sung for Virginia's October birthday.

New business was presented and members were asked to think about donating toward the new freezer that is going to be purchased for use at the Wayne Senior Center. More discussion will be included in the next meeting.

New club booklets were handed out with the meetings for the upcoming year listed, along with presenters, and subject matter for the member presenters. Guests were officially invited to become active members of ACME Club.

Following the adjournment of the business meeting, Pat Straight read interesting highlights of the history of the 135 years of ACME

Club. The club was organized on Feb. 23, 1885 at the home of Mrs. Crawford to organize the club, and the first meeting was held on Feb. 27, 1885. ACME Club is the second oldest organized club in Nebraska. Originally the club met every week from 3-5 p.m. on Tuesdays; now the club meets twice a month on the first and third Mondays after a change made in 1932.

The club affiliated with the State Federation of Women's Clubs and accomplished many important things by working with other women's groups, including obtaining funds to build the Wayne Public Library.

They worked tirelessly for the "Library Fund" and purchased over 50 books at one time for the library. On April 21, 1897 the amount of \$160 was given to the Library Fund to purchase books. Books were always placed in the library as a memorial when one of their members or a member's husband passed away. This is still being done when we lose one of our members.

Blue and yellow were chosen as the club colors. Until recently, new members were presented with a silver spoon. This was abandoned because of the lack of availability of the silver spoons.

Weddings --

The Wayne Herald welcomes news accounts and photographs of weddings involving families living in the Wayne area.

We feel there is a widespread interest in local and area weddings and are happy to make space available for their publication.

Wedding photos to be returned should include a stamped, self-addressed envelope.

Upcoming Essential Oil Classes

- Wednesday, Oct. 23 - 6:30 - Pain Management with Oils
- Monday, Oct. 28 - 6:30 - Oil Application Basics
- Thursday, Nov. 7 - 7:00 - Oils 101 Pregnancy, Babies & Kids
- Wednesday, Nov. 13 - 6:30 - Pain Management with Oils
- Monday, Nov. 18 - 6:30 - Oil Application Basics

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Our local medical staff providers, Diane Meyer, APRN and Dr. McLaughlin will also be presenting some importation breast health information.
To reserve your spot, RSVP by calling 402-375-3800, ask to speak to Cortney.
Be sure to let Cortney know if you'd like to schedule a mammogram during the event or if you simply want to enjoy the presenters and 4Ms.

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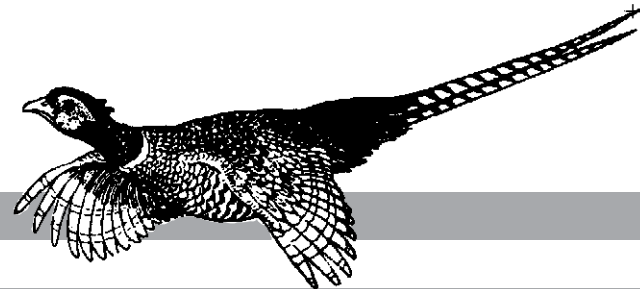
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Oct. 24, 2019 10:00 a.m. & 1:00 p.m.
Nov. 13, 2019 10:00 a.m. & 1:00 p.m.

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6 p.m. **Wednesday:** Evening service,
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(Douglas Shelton, pastor)
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and Fellowship, 10:15 a.m.; Wor-
ship, 10:30 a.m.

FIRST PRESBYTERIAN
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375-2669
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(Rev. Teresa Bartlett, pastor)
Sunday: Presbyterian Pealers
practice, 8:45 Worship, 10 a.m.; Fel-
lowship, 11 a.m. **Tuesday:** North-
ern Covenant Pastors Meeting, 11
a.m.; "Dialogues" Book Study at
Ekeko Blends, 7 p.m. **Wednesday:**
Brookdale Chapel, 3:30 p.m.; Con-

firmation, 5 p.m.; Youth Group,
7:30 p.m.

FIRST TRINITY LUTHERAN
Altona, LC-MS
57741 847th Road, Wayne
(Rev. Timothy Booth,
pastor)
(402) 640-5115 cell phone
Sunday: Divine worship with Holy
Communion, 8 a.m.; Sunday School
following worship. "Traveling Bake
sale to help Mikayla Booth further
her education, beginning at First
Trinity and traveling to St. John's
Pilger and Faith Lutheran in Stan-
ton.

FIRST UNITED METHODIST
6th & Main St.
Pastor Nick Baker,
(402) 375-3321
Thursday: Bible Study, 9 a.m.;
Men's Group, 4:30 p.m.; Faithful
Fitness, 5:30 p.m. **Friday:** Cham-
ber Coffee at Micah's Closet, 10
a.m. **Sunday:** Nineteenth Sunday
after Pentecost. Laity Sunday. Wor-
ship Service, 9 a.m.; Sunday School,
10 a.m.; Charge Conference, 5 p.m.
Monday: Newsletter Deadline.
WIC & Immunization Clinic, 9:30
a.m.; Faithful Fitness, 5:30 p.m.;
Bible Study with Dinner, 6:30 p.m.
Tuesday: Faithful Fitness, 5:30
p.m.; Bound Together Book Club,
7 p.m. **Wednesday:** Bell Choir
practice, 5:45 p.m.; Vocal Choir,
6:45 p.m. **Thursday:** Bible Study,
9 a.m.; Men's Group, 4:30 p.m.;
Faithful Fitness, 5:30 p.m. **Satur-
day:** Food Truck, 10 to 11:30 a.m.

GRACE LUTHERAN
Missouri Synod
904 Logan
grace@gracewayne.com
(Stephen Ministry cong.)
(Pastor Michael Buchhorn)
Sunday: The Lutheran Hour on
KTCH, 7:30 a.m.; Worship, 8 and
10:30 a.m.; Sunday School, 9:15
a.m.; Bible Class, 9:15 a.m. **Mon-
day:** Choir, 7 p.m. **Wednesday:**
Bible Study, 9 a.m.; Bell Choir, 5:30
p.m.; Midweek, 6:30 p.m. **Thurs-
day:** Sunday School meeting, 6
p.m.; Altar Guild, 7 p.m.

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for information

JOURNEY
CHRISTIAN CHURCH
1110 East 7th St.
www.jccwayne.org
375-4743
(Troy Reynolds, minister)
Sunday: Christians Hour on
KTCH, 8:45 a.m.; Sunday School
(Adult and students), 9 a.m.; Wor-
ship, 9 and 10:30 a.m.; Disciple
Town Kids, 10:30 a.m.; Life group at
various homes, (Sunday at 6 p.m.;
Monday at 7 p.m.; Wednesday at 7
p.m.; Thursday at 7 p.m. and Fri-
day at 7 p.m.). **Tuesday:** Women's
Brown Bag Bible Study, 11 a.m. to
noon; Boy Scouts, 7 p.m. **Wednes-
day:** TOPS, 5:30 p.m.; Junior High
Youth Ministry, 7 p.m.; Senior High
Youth Ministry, 7 p.m.

OUR SAVIOR LUTHERAN
421 Pearl St. • 375-2899
oslc@oslcwayne.org
(Rev. Jeanne Madsen,
senior pastor)
(Rev. Kristen E. Van Stee, asso-
ciate pastor)
Thursday: OWL's Bible Study,
10 a.m. **Saturday:** Worship, 5:30
p.m. **Sunday:** Coffee Hour, 9
a.m.; Choir, 9 a.m.; Worship, 10
a.m. **Monday:** Sleeping Mat Min-
istry, 9 a.m.; Half-Hour Power of
Prayer, 10 am.; Staff meeting, 2
p.m.; Senior Ministry Team Meet-
ing, 5 p.m.; Youth & Family Min-
istry Team Meeting, 7 p.m. **Tues-
day:** Bible Study at Tacos & More,
7:30 a.m. **Wednesday:** All-Church
Night and Confirmation, 6:15 p.m.;
Joyful Noise, 6:45 p.m. **Thursday:**

Bible Study at Brookdale, 10:30
a.m.; **Friday:** Great Bible Stories
at Wayne Countryview, 10 a.m.
Saturday: Food Truck, 10 to 11:30
a.m.; Worship, 5:30 p.m.

PRAISE ASSEMBLY OF GOD
1000 East 10th St.
375-3430
Pastor Janell Norton,
Interim pastor
Wednesday: "No Limits Youth
Ministry," 7 p.m.

ST. MARY'S CATHOLIC
412 East 8th St.
(Fr. Jeff Mollner, pastor)
375-2000; fax: 375-5782;
E-mail:
parish@stmmaryswayne.com
Thursday: No That Man is You
this week; Rosary at Brookdale,
1 p.m.; Knights of Columbus, 4:30
p.m.; Hispanic Prayer group and ro-
sary, 6 p.m.; Mass, 9 p.m. **Friday:**
Mass, 8:15 a.m.; Rosary at Coun-
tryview, 10 a.m. **Saturday:** World
Mission Sunday Special Collection;
Mass, 6 p.m. **Sunday:** World Mis-
sion Sunday Special Collection.
Priest/Deacon Appreciation Break-
fast; Mass, 8 and 10 a.m.; Knights
of Columbus Roadside Cleanup, 1
p.m.; Countryview Devotions, 1:30
p.m.; Newman Council, 5 p.m.;
Mass, 7 p.m.; Book Study, 7 p.m.
Monday: Bible Study Group, 1
p.m.; Prayer Group at PMC Chap-
el, 3:15 p.m.; Adoration, 4:05 p.m.;
Mass, 5:15 p.m.; Prayer Teams, 7
p.m. **Tuesday:** Mass, 8:15 a.m.;
RCIA, Holy Family Hall, 7 p.m.
Wednesday: Countryview Social,
2 p.m.; Adoration, 4:05 p.m.; Mass,
5:15 p.m.; Religious Education, 6:45
p.m. **Thursday:** That Man is You,
5:45 a.m.; Rosary at Brookdale, 1
p.m.; Hispanic Prayer group and
rosary, 6 p.m.; Mass, 9 p.m. **Friday:**
Mass, 8:15 a.m. **Saturday:** Mass,
6 p.m.

Allen
FIRST LUTHERAN
Transitional Pastor Deb Valen-
tine)
Sunday: Worship Service, 8:30
a.m.

UNITED METHODIST
(Pastor Cathy Cole)
Sunday: Worship service, 9 a.m.;
Sunday School, 9:15 a.m.

Carroll
ST. PAUL LUTHERAN
(William Engebretsen,
vacancy pastor)
Sunday: Worship with Commu-
nion, 8 a.m.

UNITED METHODIST

CHURCH
202 Ericson Street, Carroll
Pastor Nick Baker
Sunday: Nineteenth Sunday after
Pentecost. Laity Sunday. Sunday
School, 10 a.m.; Worship Service,
11 a.m.

Concord
CONCORDIA LUTHERAN
Transitional Pastor Deb Valen-
tine)
Sunday: Sunday School, 9:30 a.m.;
Worship Service, 10:15 a.m.

ST. PAUL LUTHERAN
East of town
(Pastor Willie Bertrand)
Sunday: Worship service, 8 a.m.

EVANGELICAL FREE
(Pastor Todd Thelen)
(Pastor Scott Kahn)
Sunday: Sunday School for all
ages, 9:30 a.m.; Worship Service,
10:30 a.m.; Evening Bible Study,
Axiom (Senior High Youth), Praying
Kids Mighty in Power, 7 p.m.
Wednesday: AWANA, 7 to 8:30
p.m.

Dixon
ST. ANNE'S CATHOLIC
(Fr. Jerry Connealy, pastor)
Sunday: Mass at St. Anne's in
Dixon, 8 a.m.; Mass at St. Mary's in
Laurel, 10 a.m. **Tuesday - Thurs-
day:** Daily Mass, 8 a.m. at St.
Mary's in Laurel.

Hoskins
PEACE EVANGELICAL
CHURCH
(Pastor Clark Jenkinson)
Sunday: Sunday School; Worship
with Communion, 9:30 a.m.

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

Wakefield
CHRISTIAN CHURCH
3rd & Johnson, P.O. Box 550
email:
WakefieldCC@Outlook.com
Contact - Melvin (Butch)
Mortenson, (402) 369-1681
Pastor Kobey Mortenson
Sunday: Christian Hour, KTCH,
8:45 a.m.; Worship Service, 10:45
a.m.

EVANGELICAL COVENANT
802 Winter St.
e-mail: wakecov@msn.com
Jill Craig, Pastor
Sunday: Sunday School, 9 a.m.;
Morning Worship, 10 a.m.; Spanish

Service, 3 p.m. **Wednesday:** Adult
Bible Study, 6:30 p.m.

IMMANUEL LUTHERAN
4 North, 3 East of Wayne
(Willie Bertrand, pastor)
Thursday: Ladies Aid at Brook-
dale, 2 p.m. **Sunday:** Divine Wor-
ship with Holy Communion, 9:30
a.m.; Sunday School, 10:30 a.m.;
Quarterly Voters' meeting, 2 p.m.
Wednesday: Confirmation classes
at St. John's Church in Wakefield,
4 p.m.

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

ST. JOHN'S LUTHERAN
West 7th & Maple
(Willie Bertrand, pastor)
Sunday: Morning Worship, 11 a.m.
Wednesday: Confirmation classes,
4 p.m.

SALEM LUTHERAN
411 Winter Street
(Patti Meyer, Pastor)
Thursday: Scouts meeting, 6:30
p.m. **Saturday:** Worship, 5:30 p.m.
Sunday: Choir Practice, 8 a.m.;
Learning, 9 a.m.; Worship, 10:30
a.m.; Wakefield Healthcare Center
Worship, 1:15 p.m.; Confirmation
Review, 4 p.m. **Monday:** Scouts
meeting, 6:30 p.m. **Tuesday:** Eve-
ning Quilt Day, 4 p.m. **Wednesday:**
Confirmation, 4:30 p.m.; Youth
Group, 5:45 to 7:30 p.m. **Thursday:**
Scouts meeting, 6:30 p.m. **Satur-
day:** Worship, 5:30 p.m.

Winside
ST. PAUL'S LUTHERAN
218 Miner St.
(William Engebretsen,
vacancy pastor)
Sunday: Bible Study, 9:30 a.m.;
Sunday School, 9:30 a.m.; Divine
Worship with Communion, 10:30
a.m.

TRINITY LUTHERAN
(Parish Minister,
Glenn Kietzmann)
Sunday: Sunday School, 9:30 a.m.;
Council, 9:30 a.m.; Communion Ser-
vice, 10:30 a.m.

UNITED METHODIST
207 Jones Street
(Neil and Bridget Gately,
Pastors)
Sunday: Worship, 9 a.m.; Fellow-
ship to follow. **Wednesday:** Chris-
tian Kids Club, 3:45 to 5:15 p.m.
Thursday: Women's Bible Study,
10 a.m.

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(Contributed Photo)

Special visitors
Members of the Wayne Vol-
unteer Fire Department
brought a fire truck to Fish-
ers of Kids Preschool on
Oct. 10 and 11 as part of the
Fire Prevention Week obser-
vance. Right, the four-year
olds pose with firefighters
Matt Gross and Josh Wid-
ner. Above, the three year
old group stand beside the
fire truck.



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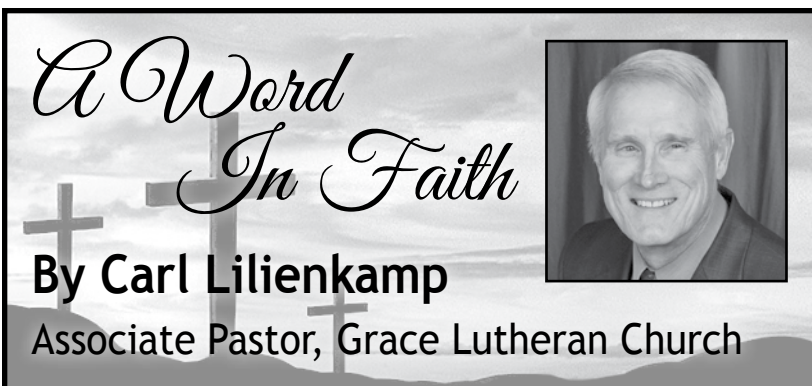
'Straight As A Plumb Line!'

Amos 7:8 "And the Lord said to me, 'Amos, what do you see?' And I said, 'A plumb line.' Then the Lord said, 'Behold, I am setting a plumb line in the midst of my people Israel; I will never again pass by them.'"

It is always a challenge to remodel an old home. For example, remodeling a hundred-year-old home brings the challenge that, when you start tearing into it, you find out that nothing is square or plumb. It makes a person wonder what they did when they built those houses in the first place. Didn't they have levels or squares to use to make the houses square, or didn't they care about making them square? Perhaps they built the houses square but over the years the houses settled and shifted, making them out of square.

Good carpenters know that their most important tools are the square and level. Making the building square will help everything go smoother as the carpenter continues to build. The Old Testament passage in Amos talks about God putting a plumb line in the midst of His people. What does this business of a plumb line mean? A plumb line in the midst of my people and I will never pass by them again? The plumb line stands for God measuring His people with His Word.

God measured Israel with the plumb line of His Word and Israel was found to be drastically out of square. Rather than have no other gods, they worshipped every one of the foreign gods of their neighbors. Rather than use God's name properly, they called on the foreign gods around them. Rather than worship God, they gave themselves over to



By Carl Lilienkamp
Associate Pastor, Grace Lutheran Church

the idolatrous practices of their neighbors and on and on. With each of the commandments they broke, they disregarded the will of God. They were out of square! Therefore, God said, "I will never pass by them." That means that God will no longer warn them by sending His prophets to call them to repentance. Simply put, God will let them go their own way into destruction.

All this talk about plumb lines and measuring prompts us to ask the question, would God find us out of plumb today? Would He find that we are perfectly square, keeping His word, or are we out of plumb by following our own sinful desires? Truth be told, our time is no different from the time of Israel in the Old Testament. In fact, we have gotten very skilled at ignoring the Word of God. We don't even talk about heaven and hell any longer. We don't talk about sin any longer--we talk about poor choices, failures, mistakes, inadequacies. Those are poor substitutes for the word sin, right? We are out of square. We are so out of plumb, that our society might not endure much longer. As God said to Israel long ago, I will never again pass by them,

God says the same thing to us today. In the book of Hebrews we read: "If we sin deliberately, no sacrifice for sin remains."

One of the things we learn from the Scriptures, both Old Testament and New, is that when a person persists in sin, God punishes the individual by simply letting him go deeper into sin, and that is what St. Paul means in Romans chapter one, when He writes: "God gave them up to a base mind and to improper con-

duct." As we consider our spiritual condition today, we need to ask the question: Are we so out of square that God is simply going to give us up to sin and let us go deeper?

God intends that self-examination, would lead us to repentance, that we might again enjoy a relationship with Him. Look long and hard at the plumb line of God's Word. We see that by ourselves, we're out of plumb. Hopelessly out of plumb in fact, that the only way to be plumb with God is to receive God's invitation of salvation through Jesus Christ. Let Jesus be the plumb line that puts you plumb with God. Then He'll pass by us again and again and again, always with His love and forgiveness in Christ. Get plumb. . . get plumb with God through Jesus. Amen

Word in Faith is a collaboration of Wayne Association of Congregations and Ministers (WACAM), an organization partially funded by the Wayne United Way.

Grace Ladies Aid gathers

Grace Ladies Aid met Oct. 9. President Rhonda Sebade opened the meeting. Ten members were present and Pastor Lilienkamp, Connie Mindrup was welcomed as a new member.

Members recited the LWML Pledge. Ellen Heinemann gave the devotion from Mark 10:21. Earthly possessions kept the rich young man from following Jesus. Earthly distractions can rob people of heavenly treasures.

The secretary's report was given and approved as read. A thank you was read. The treasurer's report was given and filed for financial review.

Mission Grant devotion is Grant#3. The Mission Outreach is for at-risk young women in Africa. Through our mite offerings, "Reaching Rahab", a Christ-centered program in Kenya, is making a difference in the lives of women and their young children who often live on the streets or in prisons.

Committee reports included the following:

Visiting — The new committee will be Bonnadell Koch and Rhonda Sebade. On Oct. 2 the two women visited at the Wayne nursing home. Sympathy cards and get well cards were sent. Members were reminded they should be visiting members in their homes who can't attend the meetings.

Kitchen — Some cleaning was done, including the coffee pots.

Sewing — Eight quilts were tied in September. Thursday, Oct. 24 will be the day to work on quilts. The group won't be sewing during the months of November or December.

Old Business included the follow: The coffee held at Brookdale on Sept. 26 was enjoyed by all who attended. A thank you was extended Fauneil Bennett for the goodies. Plans were finished for the Fall Ral-

ly which is being held this Tuesday Oct. 15 at Grace Lutheran Church in Wayne. The group voted give \$50 for "Gifts of the Heart" to help Pastor Flo's Mission. Fauneil Bennett will be a greeter at the door. All plans were finalized.

Pastor Lilienkamp gave the Bible Study. He used the pictures they had taken while visiting the Ice Sculptures at Fairbanks, Alaska. Jeremiah 18:1-10, God is the Potter we are the clay. We are the vessel, God's people. Prayer, Study, Struggles are some of the things that bring us closer to our Lord. Romans 9:21 and Ephesians 2:1-7 were used.

The birthday of Lavon Biermann on Oct. 16 was noted. The birthday song was sung.

Lunch was served by Mary Janke. November hostess will be Ellen Heinemann. The meeting closed with the Lords Prayer and Table Prayer.

'Traveling bake sale' to benefit Mikayla Booth

Mikayla Booth, daughter of the Rev. Tim and Lisa Booth recently enrolled in Concordia Theological Seminary in Ft. Wayne, Ind. She is studying to be a Deaconess.

A 'traveling bake sale' will be held Sunday, Oct. 20 to help Mikayla financially. This bake sale will be held at First Trinity Lutheran Church in Altona immediately following the 8 a.m. church service. All church members are encouraged to bring baked goods to the school.

The bake sale will "travel" to St. John's Lutheran Church in Pilger and then conclude at Faith Lutheran Church in Stanton.

Anyone who is interested in helping Mikayla further her Christian education is welcome to participate.

Allen News

Callie Anderson
canderson@allenschools.org

ALLEN COMMUNITY CENTER NEWS

Weekly menu
Thursday, Oct. 17- Ham, Baked Potato, Diced Tomatoes, Apple-sauce, Bread and Milk

Friday, Oct. 18- Biscuit & Gravy, Scrambled Eggs, Bacon, Apple-sauce, Cranberry Juice & Milk

Monday, Oct. 21- Chicken Caserole, Peas, Mandarin Oranges, Stuffing, Bread, Berry Blend Juice, and Milk

Tuesday, Oct. 22- Goulash, Corn, Peas, Bread, and Milk

Wednesday, Oct. 23- Dried Beef with Gravy on Toast, Green Beans, Peaches, Apple Juice, and Milk

Weekly activities
Thursday, Oct. 17- 8:30 a.m. FROGS

Friday, Oct. 18- 8:30 a.m. Kindergarten Class Visit

Tuesday, Oct. 22- 8:30 a.m. FROGS, 9 a.m. Game Day

Birthdays
Oct. 19- Kenny Burcham
Oct. 21- Fay Hubbard

Anniversaries
Oct. 21- Glenn & Fay Hubbard



(Photos by Owen Frideres)

Consecration ceremony

An over-flow crowd was on hand for the consecration ceremony for the new church building for Carroll United Methodist Church. (Above) The Rev. Nancy Tomlinson, D.S., Pastor Nick Baker and Brandon Hall, a member of the congregation who was instrumental in raising funds for the building were part of the ceremony. A total of 135 people from both the Carroll United Methodist and Wayne United Methodist Church attended the event, which was followed by a catered meal.



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Thursday — 3 Pc. Cod & French Fries - \$8.50
Friday — 2 Pc. Chicken & Jojos - \$5.95

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DINNER SPECIALS

Sunday — Chicken Fried Chicken or Chicken Fried Steak, Mashed Potatoes, Gravy - \$8.50
Tuesday — Hot Beef Sandwich - \$8.95
Wednesday — Meatloaf, Mashed Potatoes & Gravy, Veggie - \$8.95
Thursday — Butterfly Pork Chop, Rice & Beans - \$8.95
Friday — Fish & Chicken Feast - Fish will alternate weekly.
2 Pc. Chicken, 2 Pc. Fish, Baked Beans & Coleslaw - \$9.50

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Wayne participates in Northeast Area FFA Land Judging Contest

The Northeast Area FFA Land Judging Contest was held Oct. 8 near Leigh. All of the students involved first registered that morning at the Colfax County Fairgrounds in Leigh before traveling to the testing site. The contest was held on ground owned by Terry Kudera, six miles north of Leigh on Highway 57 and two miles west.

There were 21 Wayne FFA members who competed among 435 individuals from 24 different schools. Not every individual or team earns a ribbon, only about the top half.

Results for the Wayne students included:

Individuals — Kelsey Heggemeyer - blue; Shyann Wright - red; Emily Eilers - white; Trevor DeBoer - white and Brooklyn Mattison - white.

Teams — Trevor DeBoer, Cade Janke, Kelsey Heggemeyer, and Alex Echtenkamp - white.

Students taking part in the event included:

Trevor DeBoer, Kelsey Heggemeyer, Cade Janke, Alex Echtenkamp, Reid Korth, Emily Eilers, Victor Kniesche, Colton Vovos, Mike Leatherdale, Carter Fernau, Elle Barnes, Alyssa Carlson, James Dorcey, Toby Braun, Ethan Sebade, Sophia Reeg, Brooklyn Mattison, Brandon Sebade, Chance Schultz, Shyann Wright and Emily Addison.

A team from West Point High School finished first with the top score of 977 points.

A team from Pender High School placed second with a score of 970. Third place went to North Bend with a score of 929 points. Teams from North Bend and West Point came in fourth and fifth. The top six teams that will participate in the State competition are from West Point, Pender, North Bend, Blair, Logan View, and Wisner-Pilger. The State Land Judging competition will take place in the Tecumseh area on Oct. 23.

The site provided good diversity in soils and landscape positions for the students. The contest helps the students make informed decisions regarding soil utilization in the future. Scoring was completed the following day at the Lower Elkhorn Natural Resources District (LENRD) office in Norfolk.

The high schools participating were: Allen, Blair, Elkhorn Valley-Tilden, Emerson-Hubbard,



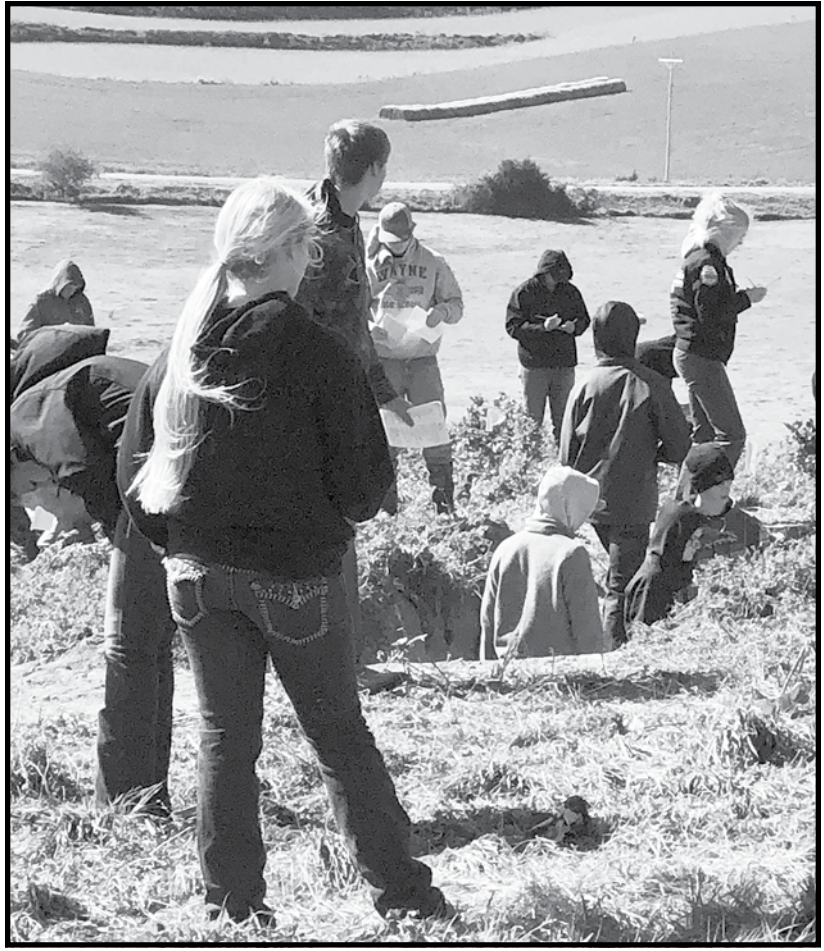
Members of the Wayne FFA involved in a recent land judging event pose in front of the school before departing for the contest site near Leigh (Contributed photo)



Wayne High students were among 435 students from throughout northeast Nebraska who had a chance to take part in the land evaluation event. Top finishers move on to state competition on Oct. 23. (Contributed photo)

Howells-Dodge, Humphrey, Laurel-Concord-Coleridge, Clarkson-Leigh, Logan View, Lyons-Decatur Northeast, Newman Grove, Norfolk, North Bend, Oakland-Craig, Osmond, Pender, Pierce, Randolph, Scribner-Snyder, Stanton, Tekamah-Herman, Wayne, West Point-Beemer, and Wisner-Pilger.

The LENRD, the Natural Resources Conservation Service, Leigh High School, and the Nebraska FFA Land Judging Committee organized and sponsored the contest.



Knowledge of a variety of soil types and the landscape were evaluated as part of the event. The event was organized by several groups, including the Lower Elkhorn Natural Resources District. (Contributed photo)

Undergraduate students explore health careers at UNMC

One hundred fifty-two undergraduate students and their faculty advisors representing four rural health academic pipeline programs spent two days exploring health careers at the University of Nebraska Medical Center on Sept. 30 and Oct. 1.

Each year students enrolled in the Rural Health Opportunities Program (RHOP), the Kearney Health Opportunities Program (KHOP), and the Public Health Early Admissions Student Track (PHEAST), visit UNMC to get a glimpse into their future as a UNMC student.

During the visit, students have the opportunity to learn more about their future careers in the allied health professions, dentistry, dental hygiene, medicine, nursing, pharmacy or public health. Students also get to connect with current students in their declared health profession training programs and gain information and tips on how to be prepared to thrive at UNMC.

"The annual visit to UNMC is an outstanding opportunity for our future students to visualize themselves in their health profession training program, and as a future health care provider," said Nikki Carritt, director of Rural Health Initiatives

"It is also an opportunity for faculty and staff across UNMC to demonstrate our commitment to their success in becoming Nebraska's rural health care workforce of the future," she said.

While at UNMC the students met with faculty in their training program, learned from presentations on how to prepare academically to meet the rigors of a health professions education, leadership, inclusivity, and well-being and stress management.

The visit was coordinated in collaboration by the UNMC Rural Health Initiatives, UNMC Office of



Marcus Tofflemire, an undergraduate student from Wayne State College was among those visiting UNMC. Student Services, and the Nebraska AHEC Program.

Those attending from Wayne State College included: Kelsey Faust, Claire McCoy, Tyressa McManigal, Luke Jacobs, Janae Arens, Carter Kocian, Tyler Lutt, Bailey Peckham, Devon Dohrman, Keith Salimeno, Seerat Balraj, Elizabeth Blaser, Grayson Garey, Emily Gill and Jaden Johnson, Hannah Mills, Connor Dahl, Slayde Bittner and Ciara Catlin.


Also, Makayla Brockhaus, Jordyn Childears, Branden Dara, Courtney Kamler, Katie Voichahoske, Derek Ross, Austin Synder, Tanner Cromer, Jaedyn Leisy, Joseph Merkel, Benjamin Mestl, Abby Quadhamer, Jared Glinn, Kellie Kroeger, Madalynne Stubbendick, Kaitlyn Stukenholtz, Grant White

Also, Madison Suckstorf, Hannah Belt, Marcus Tofflemire, Hadley Chvatal, Gabriel Romero, Ashtyn Fritz, Amelia Sayer, Anthony Young, Lindy Sandoz, Robyn Isom, Aiwa Temme, James Lesiak, Olivia Thompson, Ruth Johnson, Kendra Paasch, Kae Earth, Natalie Gasselung, Brant Ridder, Sarah Smyth, Kayla Fitzgerald, Holly Kuhr, Delaney Carlstrom and Caden Ranslem.

AN ISSUE OF TRUST NEWS NOT FICTION

Nebraskans consider the news media, trust and American democracy.

7 pm CT | Tuesday Oct. 22



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This program is funded in part by Humanities Nebraska and the Nebraska Cultural Endowment.

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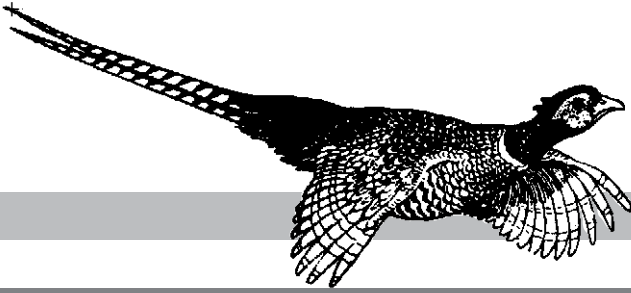
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Fall burndown treatments for winter annual weeds discussed

Plentiful to excessive rain in September and early October provided ideal conditions for winter annual weeds to germinate and get established. Many fields now have dense stands of these weeds going into the harvest season and winter. The wet springs we've endured in recent years complicates getting spring burndown herbicide applications made in a timely matter.

Fall burndown applications are an option that may be beneficial in fields with a history of problems with winter annuals such as horseweed or marestail as well as field pennycress and henbit.

The advantages of a fall application includes more consistent control since winter annuals are smaller, and there will be less weed biomass next spring that may inter-

fere with planter operations. Consider the following before choosing this management option:

Scout fields after harvest to determine if winter annuals are present and exposed through residue cover. Some winter annual weeds such as horseweed or marestail may emerge in both the fall and spring, making effective control with a single herbicide treatment difficult. Also, horseweed or marestail are more troublesome because they will grow actively and compete with crops throughout the growing season while pennycress and henbit plants will die after flowering and forming seed in late spring.

A single marestail plant can produce up to 200,000 seeds. About 80 percent can germinate immediately after falling from a mature

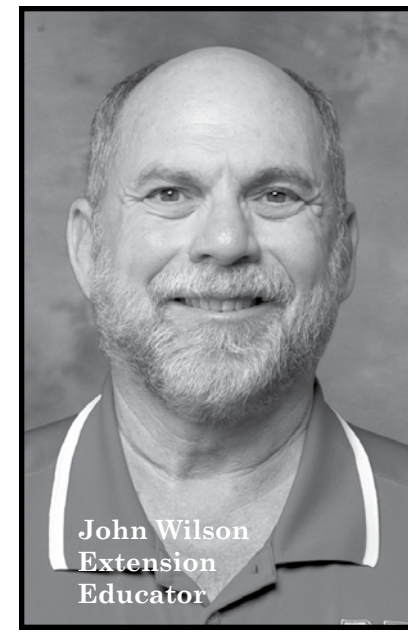
plant. The small seeds are wind-dispersed and can germinate on the soil surface. Studies show that most marestail plants emerge during fall and survive the winter as rosettes. However, significant spring and early summer emergence has also been observed. Therefore, scouting should be done in the fall as well as in early spring to make an effective management plan.

If making a herbicide application to control marestail or other winter annual weeds, follow the label suggestions for the carrier type, carrier volume, nozzle type, and weather conditions. Treatments made on sunny days with warm daytime temperatures (>55F) and nighttime temperatures (>40F) will generally be more successful than those made in cooler conditions. Winter annu-

als do not die after the first hard freeze, so treatments will still be effective if milder conditions return.

When selecting burndown treatments, consider the likelihood of resistant horseweed or marestail populations in the field. Glyphosate- and ALS-resistant weed populations are widespread across the state. Adding 1 quart of 2,4-D LVE or ½ pint of dicamba to glyphosate will increase the consistency of horseweed or marestail control, even in fields without glyphosate resistance.

The addition of a residual herbicide in fall applications is not recommended due to the lack of consistent benefit and the added expense. Residual herbicides are better left for spring herbicide applications, closer to the time when not only



John Wilson
Extension
Educator

that do favor a fall herbicide treatment include:

- fields with a history of high winter annual weed pressure,
- fields with a presence of high weed densities at harvest,
- fields with a presence of resistant biotypes that limit herbicide options in the spring, and
- factors that prevent timely herbicide applications in the spring while weeds are small such as poorly drained fields or sprayer availability.

Establishing a cover crop in fields in the fall or early next spring can greatly reduce weed establishment and competition in next year's crops. Effective control of winter annuals prior to planting is an important first step for weed management, especially in no-till fields. Starting clean in 2020 will benefit from some effort this fall. While fall-applied herbicides will reduce the amount of vegetation present next spring, they rarely eliminate the need to control weeds that have emerged at planting.

For more information on weed management strategies, contact your local Nebraska Extension office

marestail, but other troublesome weeds such as waterhemp, Palmer amaranth, velvetleaf, or cocklebur are germinating. The residual herbicide will help extend the control into the growing season and reduce problems from late germinating weeds.

Not all no-till fields require a fall herbicide application to control winter annuals. However, situations



(Contributed Photo)

Hi-Rater's on a ride

Recently the Hi-Rater's 4-H club celebrated National 4-H Week with a hayrack ride and bonfire.

Reminiscing about sports from days gone by

I just made my second trip to the mail box and it was still empty; finally, it dawned on me, it's Columbus Day. Not really, it was actually yesterday, but it makes a nice three day weekend for the mail man. Since we take the Norfolk paper, and the last one we received was Thursday's, I anticipate at least two tomorrow.

I read about Lutheran High's exploits on the web, but I like to see it in print. Jaxson had a good game last week, and gave credit to his line. Sure wish the Huskers quarter backs could say that about their offensive line! I'm not smart enough about football to know what is wrong with these guys, but I wish Coach Frost would hurry and figure it out!!

It seems our volleyball team has dug in since the loss to Wisconsin, and lost only one set in the last two games. Why can't that happen with the guys??

We did not get to see the game yesterday because we were entertaining some of the Big Farmer's relatives for dinner. I don't think I have to explain that dinner at our house is the noon meal. Our reason for the gathering was the visit by a cousin's daughter from Japan.



The
Farmer's Wife
By: Pat Meierhenry

She teaches there, was in the states for Homecoming at her alma mater, Kansas Wesleyan, and made a quick trip from Salina to Lincoln to see her last surviving aunt, who turned 90 this year and is still trimming her own trees! I know, because I could not get her on the phone one afternoon and learned that she had been on her garage!

It seems that Kansas Wesleyan was celebrating fifty years of wom-

en's sports, since Title IX, and honoring the first coach, who directed volleyball, basketball, and softball! One woman, age 23, all three sports. Of course, as we talked about it, she was not out and about recruiting, she simply gathered the students who wanted to play and molded a team. Somehow, I kind of wish it could still be like that. Cousin Jackie was one of the speakers at the festivities, and she got to see a current volleyball game there.

How things have changed! Even the small colleges, like the Wesleyans and Concordias, (being Lutheran means that your relatives graduated from a school named Concordia), have head coaches for the separate sports. And they do a certain amount of recruiting. Wesleyan cannot offer athletic scholarships, only academic. During the 80s, when times were tough in the Ag sector, Jon said the coaches knew they can only recruit Methodist preacher's kids and farmer's.

Well, it seems the Nationals might be heading to the World Series, for the first time in many years! The world of sports continues to entertain us, while we try not to concentrate on the other world, of politics, war, and trouble!! Some-

times, it's necessary to do that; or we get too depressed. This, too, shall pass.



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Triple C Cover Crop Considerations

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The answer to that question will help us decide which cover crops to consider. Often a grower will plant a mix of cover crop species to provide a little plant diversity for the soil microbial life as well as increased feed value for livestock. A cover crop mix can also give the planting a better chance of success in case one of the plant types is susceptible to weather issues such as above normal rainfall.

Another consideration is how does this cover crop work within our cropping system. It is often best to put legume cover crops in front of grass cash crops like corn or wheat. Grass cover crops, such as rye or oats, might work better in front of legume cash crops like soybeans. When you put a grass cover in front of a grass cash crop, you can double up on the nitrogen needs and potentially damage yield in your cash crop by shorting its nitrogen needs.

Talk to your CVA Field Sales Agronomist for more information to determine whether or not cover crops works on your operation.

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By Tim Mundorf
CVA Nutrient
Management Lead

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Applicants should have good interpersonal skills and the ability to work with a wide variety of people.

New Starting wage is \$12.25 per hour.

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Wayne State College

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For a complete listing of job requirements and application procedures, visit our Website at www.wsc.edu/hr, call 402-375-7403 or email hr@wsc.edu. WSC is an EOE.

Employment Opportunity

Wayne State College

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MORE HELP WANTEDS PAGE 6C

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L-1900709 167+/- Acres - Cedar County, NE: Dry-land with some nice Pasture. Pasture has water available for livestock. Comes as 3 tracts but are selling all together in one parcel. Located west of Menominee, on 894RD - 3 miles west of HWY 81. Offered at \$751,995.

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601 Wakefield St., Laurel - \$85,000: Two-bedroom, one-bathroom. Full unfinished basement w/electrical and plumbing done. Attached garage, ranch-style home. L-1900651

303 Oak St., Laurel - \$40,000: Two-bedroom, one-bathroom. Brand new A/C and furnace. Basement, unattached garage. Front porch and backyard deck. Great investment property for a rental or nice price for single buyers. L-1900648

203 East 3rd Street, Laurel - \$125,000: Three-bedroom, two-bath, historical home. Large partially finished basement, two-car unattached garage, and one-car attached garage. Broker Owned. L-1700819

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L-1900701 111 E Second St. - Allen: Very nice office space and machine shed/storage space that would work great for a commercial business. Loading area available. Approximate total amount of office space - 336 sq. ft. Over 8000 sq. ft. in the machine shed / storage area. Located right on the main street of Allen, right off of HWY 9 and only a few miles off of HWY 20.

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THANK YOU

The family of JoAnn Owens want to thank all of you for the numerous visits, phone calls, texts, e-mails, food, cards, flowers, memorials, mementos, and prayers. Thank you to Brookdale-Wayne staff, Providence Medical Center staff, and Dr. Angela McLaughlin for your excellent care of Mom. Thank you, Rev. Teresa Bartlett, Scott Hasemann and staff for a beautiful funeral service, Vel Temme and the ladies of First Presbyterian Church for the meal. Everyone's thoughtfulness, support, and love were so heartfelt by all of us.

Keith Owens, Cinda & Tim Wacker & family,
Randy & Lori Owens & family, Greg & Wendy Owens & family

FOR RENT: 2, 3 and 4 bedrooms apartments at 918 Main Street. Starting at \$200 per person. No Pets. No Parties. Call 712-899-0505. tfn

FOR RENT: Office space 15x25, desk, chair, utilities, WIFI included. 120 W 3rd St. Wayne, NE. Available on a monthly basis. Contact George Phelps. Text 402-369-1818. tfn

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Be Flamazing!

The theme for the fifth annual Pink Flamingo Nite at Our Savior Lutheran Church in Wayne was "Be Flamazing." Attendees, many wearing pink in observance of breast cancer, enjoyed food, educational booths and the opportunity to shop a variety of venders. This year's featured speaker was Laura Frankl Pedersen (below), who spoke on choosing joy in whatever difficulties life brings your way.

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Cancer Affects Everyone!

Providence Medical Center's outpatient oncology clinic offers cancer treatments close to home

Patients diagnosed with cancer may experience a wide range of emotion—fear, sadness and anxiety about what comes next. A complex diagnosis like cancer doesn't mean that patients need to travel far from home to see a specialist. Providence Medical Center offers an outpatient oncology clinic that can service many cancer treatment plans.

Dr. Rabih Fahed, from Norfolk Oncology, visits PMC's outpatient clinic once a month on the fourth Friday of the month. While the specialist's time is limited in Wayne, it doesn't mean the outpatient clinic's abilities are. From installing a port, to monitoring red and white blood cell counts and many services in between, the staff at PMC is there to help patients stay healthy while fighting cancer. At PMC patients can be administered infusions in the comfortable atmosphere of the infusion area, have blood drawn for testing between treatments and visit with healthcare professionals to answer any questions they may have. For a hospital its size, PMC can even offer some services other hospitals may not be able to, according to Pam Matthes, Oncology Certified nurse at PMC.

Effective Dec. 1, new regulations are requiring hospitals to mix chemotherapy medications in a special manner.

"We at PMC have been proactive with this and installed a new negative pressure venting system that complies with these regulations, so we didn't have

to turn patients away" explained Pam Matthes.

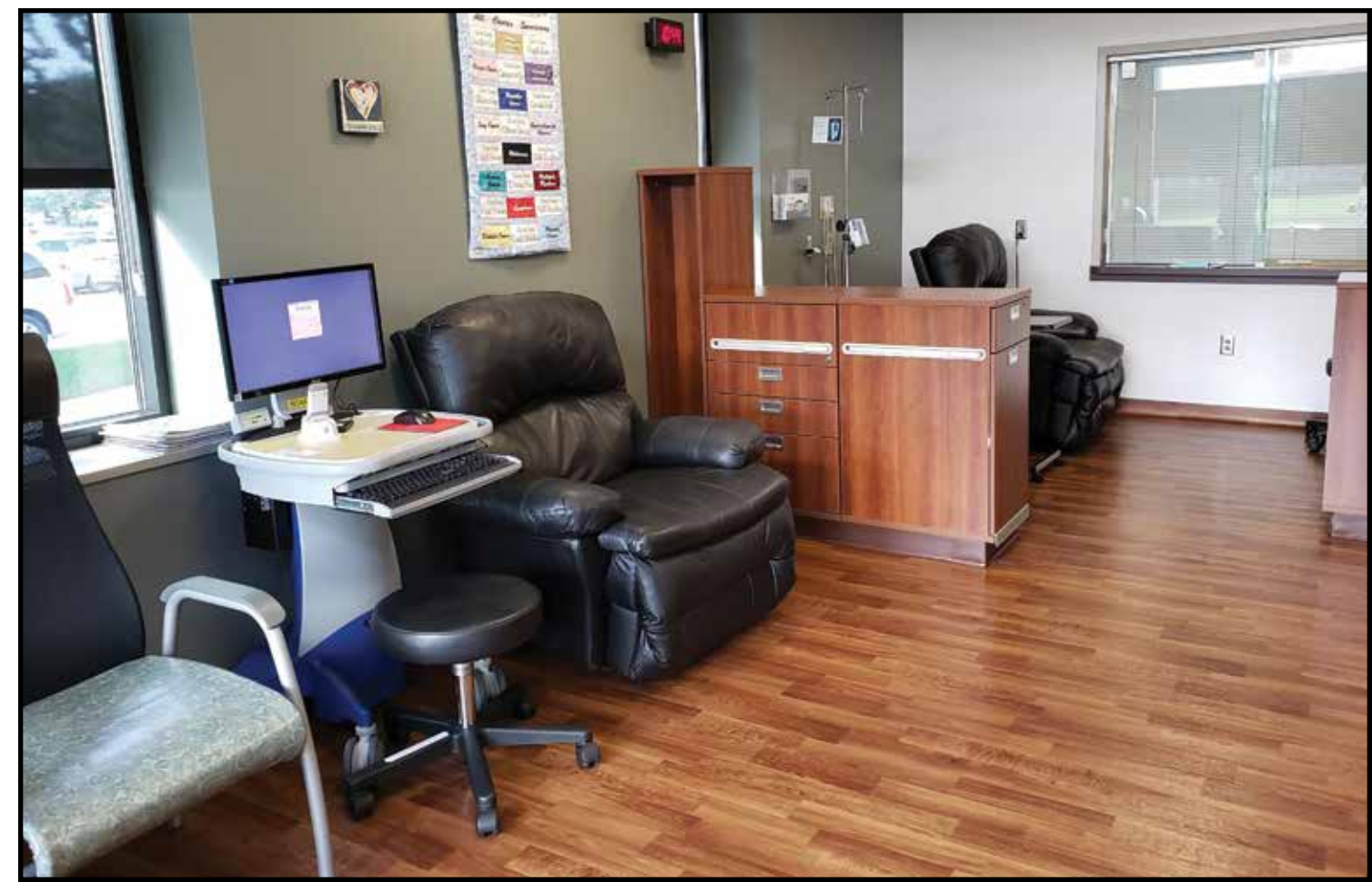
PMC's outpatient oncology clinic can also carry out orders from doctors outside of Wayne and the surrounding area.

"We get orders from Mayo, Sioux City, Omaha, and more, so even if a patient's oncologist doesn't provide services at

PMC, we are still able to help with some of the care or procedures needed. Things such as lab work, transfusions, infusions, etc. can be done at PMC if the patient chooses," Matthes said. It's as easy as communicating with your physician about this option and setting up an appointment."

A cancer diagnosis can cause lots of worry, but through services provided by PMC's outpatient oncology clinic, travel for care doesn't have to be one, even if patients are doctoring out of the area.

For more information about the outpatient oncology clinic, contact Providence Medical Center at (402) 375-3800.



New SmartCurve Breast Stabilization System

Providence Medical Center makes mammograms more comfortable, affective

"Mammogram" is a word that can strike anxiety in the hearts of women.

Anxiety because of the disease it tests for and because, for many women, it has the stigma of being an uncomfortable procedure. In fact, a 2017 study found that 71 percent of women who put off their yearly mammogram cited force of compression as the reason for delaying.

Wayne's Providence Medical Center is breaking that stigma with their new

SmartCurve Breast Stabilization System. Through the use of the SmartCurve system along with the 3D mammography, mammograms should be more comfortable and more efficient than ever before.

The 3D mammogram allows PMC staff to get more images in the same amount of time.

"In addition to the normal four images, the computer generates 300-400 additional images," Stacey Hawkins, director

of radiology said. "3D mammography can reduce the amount of additional imaging that was needed with 2D mammography because it allows the radiologist to see the different layers of dense tissue and avoids misdiagnosis due to

Flamingo Nite will go towards the purchase of the SmartCurve system. Hawkins said PMC hopes to have the system in place by the second annual Mammo, Massage, Munchies & Merlot night. The evening will include time for a limited



overlapping tissue."

3D mammography exam is more accurate than 2D mammograms detecting 20 percent -60 percent more invasive breast cancers.

Mammograms don't need to be scary and with the SmartCurve system, they no longer have to be as uncomfortable.

The curved design of the SmartCurve compression device mirrors the shape of woman's breast. That means that pinching is reduced and it applies uniform compression over the entire breast to provide added comfort.

This system is clinically proven to deliver a more comfortable mammogram, a woman's best defense in detecting breast cancer early.

Funds raised by this year's Pink

number of mammograms, a keynote presentation from Dr. Laura McNaughton, a plastic surgeon who will speak about breast reconstruction. PMC's own Diane Meyer, APRN and Dr. Angela McLaughlin will also present breast health information. Mammo, Massage, Munchies & Merlot night is scheduled from 4:30-7:30 p.m. on Wednesday, Oct. 23.

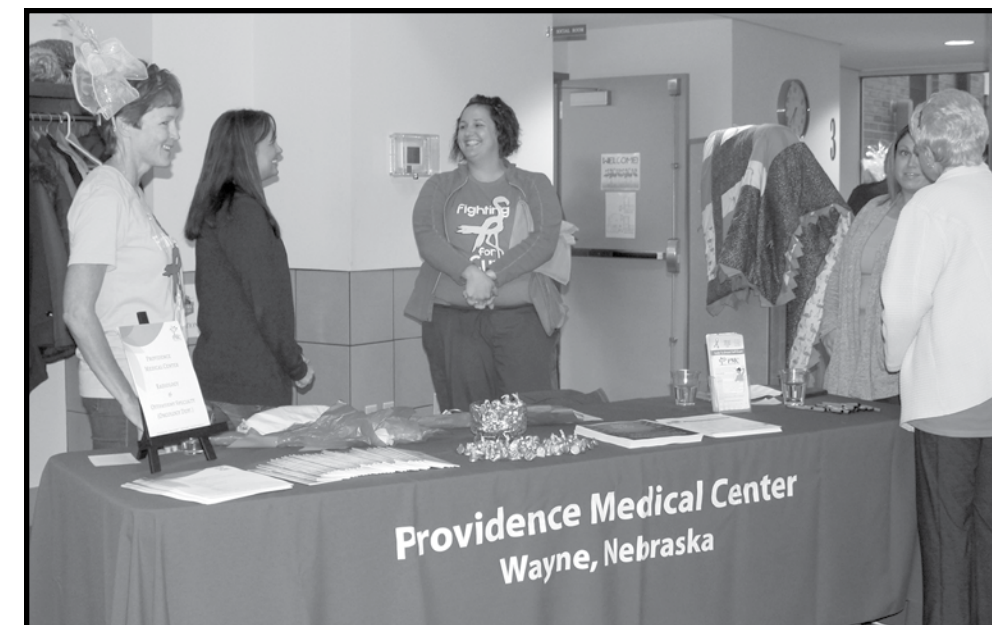
"Bring your friends and come check it out and have your mammograms. If you can't get your mammogram the night of the event, call to scheduled one with us at PMC. We can do it anytime," Hawkins said.

For questions or concerns about mammograms or Mammo, Massage, Munchies & Merlot night contact Providence Medical Center at (402) 375-3800.

Be Flamazing!



Health screenings, educational materials, food, the opportunity to shop and meet with old and new friends were all part of this year's Pink Flamingo event at Our Savior Lutheran Church. In addition, this year's gathering included a fundraiser for the purchase of a SmartCurve system at Providence Medical Center. Attendees at this year's event were also able to enjoy a fashion show and win a number of door prizes.



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Movember aims to address men's health issues

If you notice a number of men sporting mustaches in November, your eyes aren't deceiving you. While it's possible these gentlemen may be channeling their inner Tom Selleck or Freddie Mercury, it's more likely they're raising awareness for men's health issues.



Each November, "Movember" encourages a greater understanding of men's health issues, such as prostate cancer, testicular cancer and men's suicide. The Movember Foundation, which was founded in 2003 by brothers Adam and Travis Garone, was organized to help

change the face of men's health and raise money to fight various diseases. With that goal in mind, mustaches simply made sense as a face-changing symbol.

The Illinois Department of Public Health warns that men have shorter life expectancies than women, and certain

issues that are unique to men, and these issues garner much of Movember focus.

Prostate cancer and testicular cancer are the two most common cancers among American men (testicular cancer is number one). If prostate cancer is detected early, 98 percent of men can survive longer than five years. Those diagnosed early for testicular cancer have a 95 percent survival rate, according to The Movember Foundation.

If something doesn't feel right during

self-examinations or if men recognize symptoms like urinary leakage, pain or urgency, they should visit their physicians immediately.

Men's health is something to take seriously. A UK British Medical Journal study found general primary care consultation rates were 32 percent lower in men than women. This Movember, men can make their health a priority by communicating their needs and perhaps seeking the life-saving help they need and deserve.

Breast cancer signs and symptoms

Breast cancer is a formidable foe. According to the World Health Organization, an estimated 627,000 women lost their lives to breast cancer in 2018. But women are not helpless in the fight against breast cancer, as the WHO notes early detection is critical and could potentially save thousands of lives each year.

A proactive approach is a key component of protecting oneself against breast cancer. While the National Breast Cancer Foundation, Inc. notes that many breast cancer symptoms are invisible and not noticeable without a professional cancer screening, women can keep an eye out for certain signs of breast cancer they might be able to detect on their own. Monthly self-exams can help women more easily identify changes in their breasts. During such self-exams, women can look for the following signs and symptoms and are advised to report any abnormalities they discover to their physicians immediately.

Changes in how the breast or nipple feels: The NBCF says nipple tenderness or a lump or thickening in or near the breast or underarm could indicate the presence of breast cancer. Some women may notice changes in the skin texture or an enlargement of the pores in the skin of their breast. In many instances,

skin texture has been described as being similar to the texture of an orange peel. Lumps in the breast also may indicate breast cancer, though not all lumps are cancerous.

- Change in appearance of the breast or nipple: Unexplained changes in the size or shape of the breast; dimpling anywhere on the breast; unexplained swelling or shrinking of the breast, particularly when the shrinking or swelling is exclusive to one side only; and a nipple that is turned slightly inward or inverted are some signs and symptoms of breast cancer that can affect the appearance of the breast or nipple. It is common for women's breasts to be asymmetrical, but sudden asymmetry should be brought to the attention of a physician.

- Discharge from the nipple: The NBCF notes that any discharge from the nipple, but particularly a clear or bloody discharge, could be a sign of breast cancer. The NBCF also advises women that a milky discharge when they are not breastfeeding is not linked to breast cancer but should be discussed with a physician.

Learning to recognize the signs and symptoms of breast cancer can increase the likelihood of early diagnosis, which greatly improves women's chances of surviving this disease.

Decades-long drop in breast cancer death rate continues

A decades-long decline in the breast cancer death rate continues, but has begun to slow in recent years, while breast cancer incidence rates continue to inch up. These trends are outlined in Breast Cancer Statistics, 2019-2020, the latest edition of the American Cancer Society's biennial update of breast cancer statistics in the United States, published in CA: A Cancer Journal for Clinicians, and the accompanying Breast Cancer Facts & Figures.

Breast cancer is the most common cancer (excluding skin cancers) diagnosed among U.S. women and is the second leading cause

of cancer death among women after lung cancer. In 2019, approximately 268,600 new cases of invasive breast cancer will be diagnosed among U.S. women, and 41,760 women will die from the disease.

The overall breast cancer death rate has decreased consistently since 1989, attributed both to improvements in early detection (through screening as well as increased awareness of symptoms) and treatment for a total decline of 40 percent through 2017. As a result of this decline, 375,900 breast cancer deaths have been averted in U.S. women

through 2017. The latest data shows that the pace of the mortality decline has slowed in recent years—from a drop of 1.9 percent per year during 1998 through 2011 to 1.3 percent per year during 2011 through 2017, largely driven by the trend in white women. Consequently, the black-white disparity in breast cancer mortality that widened over the past three decades has remained stable since 2011. Nevertheless, in the most recent period (2013-2017), the breast cancer death rate was 40 percent higher in black women versus white women, despite slightly lower incidence rates. This disparity is magnified among black women under 50, among whom the death is rate double that of whites.

In the most recent five-year period (2013-2017), the breast cancer death rate declined by 2.1 percent per year in Hispanics/Latinas, 1.5 percent per year in blacks, 1.0 percent per year in whites, and 0.8 percent per year in Asians/Pacific Islanders, and was stable in American Indians/Alaska Natives. However, mortality rates are no longer declining for black women in Colorado and Wisconsin and for white women in Nebraska, Texas, and Virginia.

Meanwhile, the breast cancer incidence rate has continued to slowly increase by 0.3 percent per year since 2004, largely because

of rising rates of local stage and hormone receptor-positive (HR+) disease. The increase in rates of HR+ breast cancer is likely driven in part by increasing prevalence of excess body weight and declining fertility rates—risk factors that are more strongly associated with this subtype. In contrast, incidence rates have decreased for hormone receptor-negative breast cancer, which is associated with poorer survival.

During 2016-2017, breast cancer was the leading cause of cancer deaths (surpassing lung cancer) among black women in six states (Arizona, Colorado, Florida, Georgia, Mississippi, and South Carolina), as well as among white women in Utah. In Alabama, Massachusetts, New York, and Texas, the numbers of breast and lung cancer deaths among black women were similar.

"We can't say for sure what the reasons are for the slowing of the decline in breast cancer mortality. It could be due in part to the slight increase in incidence since 2004, as well as a sign that optimal breast cancer treatment has become more widespread, particularly among white women," said Carol DeSantis, MPH, lead author of the report. "However, more can and should be done to ensure that all women have access to quality care to help eliminate disparities and further reduce breast cancer mortality."

Free radicals, antioxidants and cancer

Cancer is a formidable foe. According to the World Health Organization, the global cancer burden is estimated to have risen to 18.1 million new cases and 9.6 million deaths in 2018. The WHO notes that current estimates indicate one in eight men and one in 11 women will die from cancer.

Statistics like those from WHO paint a scary picture, but those who have been diagnosed with cancer or watched as a brave loved one fought the disease know it is far scarier than any statistic. However, despite its prevalence, cancer can, and often is, beaten. Preventive efforts like applying sunscreen before spending time in the sun and adhering to cancer screening guidelines can help people lower their risk for cancer and/or detect it early, when the disease is most treatable.

People looking to lower their risk for cancer will uncover lots of information, some legitimate and some questionable, by simply entering "cancer prevention" into an online search engine. Two of the terms that are likely to pop up in such a search are "free radicals" and "antioxidants." Understanding these terms and their relationship to cancer can shed light on the disease.

What are free radicals?

The National Cancer Institute notes that free radicals are highly reactive chemicals that have the potential to harm cells. Free radicals form naturally in the body and actually play a key role in various cellular processes. However, high concentrations of free radicals can damage all major components of cells, including DNA and cell membranes. Researchers have long felt that the damage caused by free radicals may play a role in the development of cancer.

What are antioxidants?

Antioxidants, some of which are made by the body, are chemicals that interact with free radicals and neutralize them, thereby preventing the damage that they can cause. The body needs more antioxidants than it can produce on its own and gets most of them via a person's diet. These are referred to as dietary antioxidants, which can be gleaned from foods like fruits, vegetables and whole grains. The NCI notes that some dietary antioxidants are available as dietary supplements.

Can antioxidant supplements prevent cancer?

According to the NCI, analysis of nine randomized controlled clinical trials did not provide evidence that dietary anti-

See **FREE**, page 4

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The basics of bone marrow donation

Each year, thousands of people across the globe receive bone marrow transplants. While that might make donating bone marrow seem like an ordinary act, it's anything but. Donors are genuine heroes who help save the lives of both their own loved ones and complete strangers.

The global transplantation organization Be the Match notes that the likelihood of finding a fully matched marrow donor depends on a host of factors, including ethnic background. Patients in need of a bone marrow transplant are most likely to match with

donors who share their ethnic ancestry. Unfortunately, Be the Match notes that some groups are underrepresented on the donor registry. For example, Black or African American patients in need of a bone marrow transplant have only a 23 percent chance of finding a match because there simply aren't enough people who share their ethnic background on the registry. By choosing to become donors, people from all backgrounds greatly increase the chances that people in need will receive the transplants they desperately need and ultimately overcome their diseases.

Individuals who want to learn more about what it takes to become bone marrow donors can visit Be the Match at BeTheMatch.org. Once people make the selfless, potentially life-saving decision to become donors, they can follow the following five steps.

1. Join the registry. Joining the registry is as simple as spending five minutes to complete a cheek swabbing kit and returning it in a prepaid envelope. The donor organization Gift of Life makes it easy to order a donation kit via their website at www.GiftOfLife.org.

2. Confirmatory typing: Once a swab



kit has been submitted, donors may be contacted and told they are a potential match for a patient in need. Confirmatory Typing is a test to confirm the results of a swab kit and identify just how closely a donor and patient match up. This step involves a blood test.

3. Work-up: If the blood test confirms a match, donors will be given the option to proceed. Those who choose to do so will participate in an information session about the donation process. Donors can ask any questions they have, as the goal of the work-up is to provide as much detailed information to donors as possible. Donors are encouraged to bring a family member with them to the information session as an extra set of ears and to provide support. The work-up stage can last anywhere from a few weeks to

several months, and during this stage, donors will be given a physical exam to protect their own health and the health of the transplant recipient.

4. The donation: Bone marrow is donated through a surgical procedure, which will take place at the same location as the physical exam.

5. The transplant: The final step, and arguably the most rewarding, is the transplant itself. Unless they're donating to a family member, donors will not be present for the transplant, but they can rest easy knowing they saved a life.

Gift of Life receives periodic updates on recipients' recovery, and may share this information with donors.

Learn more about bone marrow donation at www.GiftOfLife.org.

Free

(continued from page 3)

oxidant supplements can prevent cancer. However, this should not discourage people from consuming antioxidants in foods, which the NCI notes contain complex mixtures of antioxidants, vitamins and minerals.

Men and women concerned about cancer and the role that antioxidants can play in cancer prevention should discuss their diets with their physicians.

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Skin cancer among the most diagnosed cancers

According to the World Health Organization, one in every three cancers diagnosed is a skin cancer. As troubling as that may seem, it might not give the full picture as to the prevalence of skin cancer.

The American Institute for Cancer Research notes that estimating skin cancer incidence is uniquely challenging because of the sheer volume of subtypes of skin cancer. The AICR says that non-melanoma skin cancer is often not tracked by cancer registries, and even when it is, many registrations are incomplete because most cases of non-melanoma skin cancer are successfully treated. So skin cancer might be even more prevalent today than statistics indicate, and the WHO notes it may only become more so in coming decades due to ozone depletion.

As ozone levels are depleted, the atmosphere loses more and more of its protective filter. That loss means more solar radiation will reach the Earth's surface, leading to a spike in skin cancer rates. In fact, the WHO estimates that a 10 percent decrease in ozone levels could result in 300,000 additional cases of non-melanoma skin cancers and 4,500 more cases of melanoma skin cancers.

The good news is that scientists with NASA recently documented direct proof that the Antarctic ozone is recovering, a recovery that scientists credit to the 1987 landmark agreement known as the Montreal Protocol on Substances That Deplete the Ozone Layer. That agreement, which was ratified by 197 United Nations member countries, led to the phasing out of substances linked to ozone depletion.

Debunking common myths associated with breast cancer

Cancer claims the lives of millions of people across the globe every year. But the fight against cancer is anything but hopeless, as the World Health Organization notes that between 30 and 50 percent of all cancer cases are preventable.

Learning about cancer is one of the best ways for people to protect themselves from this deadly disease. Researchers continue to learn more about cancer everyday and routinely discover that information once thought to be accurate was actually off-base.

Despite researchers' best efforts, some myths about cancer still prevail. Some of these myths are about cancer in general, while others refer to specific cancers, including breast cancer. Myths about breast cancer can be as harmful as accurate information is helpful, so learning the truth and debunking those myths can be an important part of women's preventive approach to breast cancer.

• Myth: Drinking milk increases your risk for breast cancer.

The American Cancer Society notes that early studies raised concerns that drinking milk from cows treated with

hormones could increase a person's risk for breast cancer. However, ensuing research failed to find a clear link between the two. In fact, a 2002 study published in the International Journal of Epidemiology found no significant association between dairy fluid intake and breast cancer risk.

• Myth: Lumps indicate breast cancer.

The National Breast Cancer Foundation, Inc. says that only a small percentage of breast lumps turn out to be cancer. However, abnormalities or changes in breast tissue should always be brought to the attention of a physician.

• Myth: Mammograms cause breast cancer to spread.

This myth is rooted in the incorrect notion that breast compression while getting a mammogram causes the cancer to spread. However, the NBCF insists that cannot happen. In fact, the National Cancer Institute touts the benefits of mammograms while the ACS recommends women between the ages of 45 and 54 get mammograms every year. For additional breast cancer screening guidelines, visit the ACS at www.cancer.org.

• Myth: Women with a family history of breast cancer are likely to develop breast cancer, too.

This myth is dangerous because, if taken at face value, it can give women with no family history of breast cancer a false sense of security. However, the NBCF notes that only about 10 percent of individuals diagnosed with breast cancer have a family history of the disease. The Centers for Disease Control

and Prevention note that a woman's risk for breast cancer is higher if she has a first-degree relative, including a mother, sister, daughter, or even a male family member, who have had the disease. But breast cancer can affect anyone, regardless of their family history.

Information is a valuable asset in the fight against breast cancer. Learning to decipher between accurate and false information can be especially valuable.

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