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# The Wayne Herald

Thursday, February 13, 2020 144th Year - No. 20

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(Contributed photo) Governor Pete Ricketts signed the paperwork to formally change the name of Nebraska's Highway 20 to the Nebraska Medal of Honor Highway. Also with Gov. Ricketts is District 17 Senator, Joni Albrecht (far left).

## Organization on mission 'to honor Nebraska's finest warriors'

By Sarah Lentz  
editor@wayneherald.com

Daryl Harrison, of Thurston, is up front about the fact that anyone can see where his passions lie, especially when it comes to honoring America's veterans. Harrison, a veteran himself, is the president of the Nebraska Medal of Honor Foundation, and couldn't quite put into words how he felt about the work the foundation is doing. Then he saw a vocabulary word on TV - agape - meaning a selfless, sacrificial, unconditional love. That's the type of passion Harrison is bringing to a project to bring attention to the renaming of Nebraska's Highway 20 as the Medal of Honor Highway. Harrison and the Nebraska Medal of Honor Foundation are planning a unique fundraiser to purchase signs along the route.

On Jan. 31, Governor Pete Ricketts signed paperwork to formally name Nebraska's stretch of Highway 20 the Nebraska Medal of Honor Highway. It's a designation that has been in the works for awhile, and Harrison credits Laurel's Gene Twiford, with recognizing the importance of getting the designation.

According to a press release from the Governor's office, one of the reasons the name change was approved was because it allows Nebraska to take part in a national effort to rename Highway 20, which runs 3,365 miles from Newport, Ore. to Boston, Mass. "Naming US-20 as the 'Nebraska Medal of Honor Highway' pays homage to our nation's most heroic soldiers," Gov. Ricketts said. "It's a fitting way for Nebraska to show respect and appreciation to our veterans for their sacrifices to keep us safe."

Nebraska also has the American Legion Highway, VFW Memorial Highway and Crazy Horse Memorial Highway and those three will all cross the Medal of Honor Highway at some point.

"When we get to Valentine on Highway 83, that highway north to south is the VFW Memorial Highway and Nebraska has that crossing. In O'Neill, Neb., Highway 281 is named the American Legion Memorial Highway and crosses highway 20. Then when we get to South Sioux City, Neb., the end of old Highway 20 could be said to be at Siouxland Freedom Park, Harrison said. Harrison said he sees that as a testate to "Nebraska's finest warriors."

A Medal of Honor winner from Oregon,

Bob Maxwell, who has since died, was involved with the movement to rename the Highway. Harrison heard about the movement through the American Legion and jumped at the chance to get involved.

While the Nebraska Department of Transportation (NDOT) only allows two, very basic signs to denote a highway's name, the Nebraska Medal of Honor Foundation has bigger goals.

"The first phase is for 10 signs that we would put up along the highway, and that would be at Gordon, Valentine, O'Neill, near Royal and one at the Iowa border," Harrison said. "Our second phase includes four signs, two for the north and south side of Valentine so that people recognize as they're traveling the VFW Memorial Highway, that they are about to cross the Medal of Honor Highway and two for the same reasons north and south of O'Neill for the American Legion Highway."

To bring attention to the campaign, Harrison, and fellow foundation board member, Ken Hanel, will be walking Nebraska's Medal of Honor Highway from border to border over 12 days.

See Medal Walk, Page 3A



(Photo by Clara Osten) FCCLA participants recognized at the Honor Coffee were (left) Braden Adams, Laura Hasemann, Ruben Vega, Reagan Maas and Natasha Peterson. At right is Hannah Mayo, advisor for the group.

## Board moves forward with determining facility needs

By Clara Osten  
clara@wayneherald.com

Action taken during Monday's meeting of the Wayne Community Schools Board of Education will allow the district to move forward with community meetings to determine future needs.

Board members approved a contract with Carlson West Povondra for \$6,000 to facilitate meetings to gather community input on possible needs of the district.

It is anticipated that six meetings will be held in the coming weeks to gain input on possible options. Should the district decide to move forward with some type of building project, the firm would reimburse the district half of this cost.

Discussion was held on the positions of paraprofessionals (paras) in the district.

Superintendent Dr. Mark Lenihan told the board that 10 paras have left the district this year. The majority of these have left for full-time jobs or those with benefits.

"The situation is becoming problematic. We are losing good people because they average 30 hours per week and are not benefit eligible," Lenihan said.

Board members discussed the costs of allowing paras to work additional hours and offering them "affordable insurance."

Board member Lynn Junck said that if the district adds the compensation packages to the paras "we need to look for places in the budget we can cut costs."

Board member Sylvia Ruhl said she

would like to see information with a comparison of what other schools offer for those in these same positions.

Documentation on the costs of changing the compensation for paras will be put together in an Application Implementation Methodology (AIM) document and brought to the next meeting.

In other action, the board accepted the resignation of Jesse Mayo, a special education teacher with the district. The resignation is effective at the end of the current school year.

Board members also discussed the possibility of leasing space for use by the softball and baseball teams. It would allow for

See School board, Page 3A

## Faith Regional Foundation provides businesses, schools with Automated External Defibrillators

Faith Regional Health Services recently delivered an Automated External Defibrillator (AED) to Burrows Family Dentistry and Kaler Orthodontics in Wayne.

Staff at the facility submitted an application for the AED earlier this year and were notified that they were among those who received the life-saving devices.

Faith Regional Health Services' cardiac care coordinator Jenny Simmons, RN and manager of cardiac services, Kim Long, RN have been traveling the region, gifting Automated External Defibrillators (AEDs) to businesses, schools and organizations.

"We've really enjoyed being able to give back to our communities and the surrounding area," said Simmons. "Especially since it's a gift that could save a life."

AEDs are, by design, easy to use. By following an AED's simple, clear voice, bystanders can perform the crucial steps that can save a life.

Sudden cardiac arrest occurs when the heart stops beating suddenly and unexpectedly. Often, this is caused by ventricular fibrillation, an abnormality in the heart's electrical system. When this occurs, blood stops pumping to the brain, heart and rest of the vital organs. Bystanders who promptly begin CPR and defibrillation can keep oxygenated blood flowing through the body and preserve life.

However, the biggest hurdle for many schools and businesses who don't have an AED, is cost. The minimum cost for an AED is around \$1,200 which is why Faith Regional launched its AED Community Initiative in 2019. The goal of this initiative is to raise funds to equip schools, businesses and organizations across the region with an AED if in need.

Funds to purchase AEDs were raised through two big events - Faith Regional's

participation in the annual Norfolk Area Big Give last May and Faith Regional's Game of Hearts event in August.

After funds were raised, any business, school or organization could submit an application to Faith Regional. All 26 of those that applied received a free AED.

Burrows Family Dentistry/Kaler Orthodontics in Wayne was among those on the list of recipients.

"Every two years we (staff) have to be CPR certified. An AED is often talked about at these certifications and demonstrations given on how to use one. That is one reason we chose to apply for one for our office. It is nice to have, but we hope never to have to use it," Dr. Rob Burrows said.

This AED will be kept at the office, located at Seventh and Pearl Streets, and is available to whomever needs it during regular business hours.

Other entities receiving the devices include businesses, schools and churches in Norfolk and Battle Creek, schools in Hartington, the nursing home in Laurel, the Madison County courthouse, schools in Madison, the Neligh Community Center, Northeast Nebraska Area Agency on Aging and Disability, Norfolk, Norfolk Country Club, Norfolk Fire and Rescue, Station #1 and Station #2, Norfolk Senior Center, Randolph Community Center, Tilden Community Pool and a school in Plainview.

Sudden Cardiac arrest is the leading cause of death in the United States. Even if you don't have access to an AED, CPR can help sustain a life until paramedics arrive.

Any business, school, or organization that is interested in offering on-site hands-only CPR training to employees, students, or members, is asked to call (402) 644-7222 or email [jsimmons@frhs.org](mailto:jsimmons@frhs.org).



(Contributed photo) Accepting the AED at Burrows Family Dentistry and Kaler Orthodontics were (left) Camille Bryce, Chris Wilson and Missy Alcorn (Dr. Kaler's staff), Drs. Daniel Kaler and Robert Burrows and Mindy Haase, Kal-ynda Kuhl and Angie Beiermann (Dr. Burrows' staff).



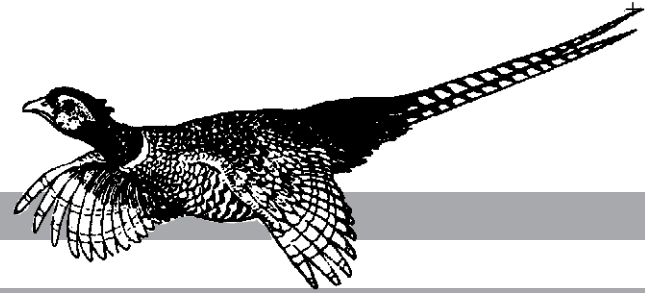
(Photo by Kevin Peterson)

## Early audition

Eight-year-old Izabella Moser tries to convince Dr. Josh Caulkin that she is ready to help out the Wayne State pep band during the Wildcats game with Minot State, recently. The 'Cats close out the home portion of their schedule this weekend with contests against Concordia St. Paul and Minnesota State Mankato.

# Record

# The Wayne Herald



## Obituaries

### Janet Anderson

Janet L. Anderson, 86, of Wayne, died Tuesday, Feb. 5, 2020 at Providence Medical Center in Wayne.

Services were held Monday, Feb. 10, at Our Savior Lutheran Church in Wayne. The Rev. Jeanne Madsen and Deb Hammer, PMA officiated. Burial was in Greenwood Cemetery in Wayne.

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

Arrangements were with Hase-mann Funeral Home of Wayne.

Janet Louise Anderson was born Jan. 21, 1934 in Wayne, to Kenneth and Louise Lautenbaugh Ramsey. She grew up on a farm southeast of Wayne where her love for horses began. Janet was an avid horse-man who loved telling stories about showing and racing her horses. Her family was original members of the Wayne Saddle Club and 4th of July Horseshow. She attended grade school at District 47 and graduated from Wayne High School in 1951, then went to work at Wayne International as their bookkeeper. In 1955 Janet married Alvin Anderson from Concord. They lived in Concord for a few years then moved to a farm south of Wayne. In 2001, Janet and Alvin retired and moved to Wayne. She enjoyed working in retail at several clothing stores in Wayne. For fun, Janet was a member of Club 15 and helped her children and grandchildren through 4-H. She never missed the Wayne County Fair. Janet's greatest joy was spending time with her grandchildren and great grandchildren. She always appreciated the company of her extended family, friends and the church family at Our Savior.

Survivors include her husband, Alvin; son, Reed (Ann) Anderson, of Columbus, and their daughters, Meghan (Ryan) Smith and children Stryder, Ramsey, and Kellynn, Whitney (Mark) Gillings and child Audrey; daughter, Linda Anderson of Wayne; daughter, Janelle Fleeer of Wayne, and her daughter, Jill (Jack) Mogensen and children, George and Deven; son, Michael Anderson of Wayne, and his children, Justin (Megan) Anderson, Jared Anderson and fiancée, Brenna Vovos, and Shania Anderson.

She was preceded in death by her parents, Kenneth and Louise Ramsey; a daughter, Jody; son, Mitchell, and daughter-in-law, Jana (Mike) Anderson.

Pallbearers were David Anderson, Mark Koch, Richard Anderson, Guy Anderson, Dwight Anderson, Kandace McCoy, Brenda Meyer Steve Anderson, Craig Anderson, Kevin Anderson and Kay Anderson.

### Tamara Nash to talk at WSC

Wayne State College alumna Tamara P. Nash will speak at 3:30 p.m. on Thursday, Feb. 20 in Connell Hall Room 131 on the WSC campus. There is no admission charge. The public is welcome.

Nash graduated magna cum laude in 2009 and as an honors graduate of USD Law School of Law in 2013. Nash later clerked with the Second Judicial Circuit in South Dakota and works as a South Dakota Special Prosecutor based in Sioux Falls, S.D.

Nash will talk about what it takes to reach your ultimate career goals. She is the immediate past president of the South Dakota Young Lawyers Section and a member of the State

Bar's Law School Committee. She volunteers with the American Bar Association (ABA) Young Lawyers Division, and serves as the Director of Diversity and Inclusion for that organization.

Nash created and implemented Union County's first juvenile diversion program, prosecutes firearm and high intensity drug cases, and maintains a commitment to public service through the South Dakota State Bar Association.

The event is sponsored by Pi Gamma Mu, international honor society in the social sciences. For more information, contact Dr. Randy Bertolas (402-375-7018, raber-tol@wsc.edu).

### A Quick Look

Date	High	Low	Precip	Snow
Feb. 6	34	15	—	—
Feb. 7	39	16	—	—
Feb. 8	22	8	—	—
Feb. 9	37	10	—	—
Feb. 10	36	16	—	—
Feb. 11	42	17	—	—
Feb. 12	43	19	—	—

Recorded 7 a.m. for previous 24 hour period  
Precip./mo. — 0.0" / Monthly snow — 0  
Yr./Date — .69" / Seasonal snow — 26.5"

### Chamber Coffee

WAYNE — This week's Chamber Coffee will be held Friday, Feb. 14 will be held at Exhaust Pros Total Car Care, located at 213 West First Street. It will include a ribbon cutting for the business. The coffee on Friday, Feb. 21 will be held at Ekeko Blends, located at 110 Main Street. The coffee begins at 10 a.m. and announcements at 10:15 a.m.

### Wayne State music concert

AREA — The Wayne State College Symphonic Band and Wind Ensemble will present a concert Tuesday, Feb. 25 at 7:30 p.m. in Ramsey Theatre. The Symphonic Band honors Ludwig van Beethoven's 250th birthday, with a movement from Beethoven's Symphony No. 7. The Wind Ensemble will present Until the Stars by John Mackey as well as Danzas Cuban, a multi-cultural experience by Robert Sheldon. This concert is free and open to the public. A reception sponsored by National Association for Music Education (NAfME) follows the concert in the Peterson Fine Arts Lobby. For those unable to attend, the event will be broadcast on the web stream at wsc.edu/music.

### Paper Drive

AREA — The Wayne Boy Scouts will be conducting the monthly paper drive on Saturday, Feb. 15. 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.

### Free Throw contest

AREA — The annual Knights of Columbus Free Throw Contest will be held Sunday, Feb. 16 at the Wayne High School gym. Registration begins at 1 p.m., with competition beginning at 1:30 p.m. The event is open to anyone who was between the ages of 9 and 14 as of Jan. 1, 2020.



### Potatoes and pie

The annual Rotary Potato Bake and Pie event was held Feb. 9. Above, Rotarians Garry Weddel, Rusty Ruth, Kaki Ley, Marie Janke and Fauneil Bennett man the serving line. Below, Shelley Frevert was in charge of desserts. Proceeds from the event support a variety of youth projects in the community.



### Project underway

Crews from Ardent Lighting Group, LLC began work this week on lighting projects at both Hank Overin Field and the Kearn Track. Six poles will be installed at Hank Overin and four at the track.

**PUBLIC NOTICE**  
**Republican Party of Wayne County Nebraska shall hold its biennial County Convention on Wednesday, April 1, 2020 at 7 PM at the Wayne County Courthouse Courtroom (elevator accessible), 510 Pearl Street, Wayne NE.**  
**Registered Republican voters of Wayne County need to file for Delegate to County Convention papers with the Wayne County Clerk's Office no later than March 1, 2020.**  
 Paid for by Republican Party of Wayne County Nebraska

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### Kiwanis Pancake Feed to benefit youth of the Wayne community

The annual Pancake Feed hosted by the Kiwanis Club of Wayne will take place on Tuesday, Feb. 25 from 5 to 7 p.m. at the Wayne City Auditorium.

The menu consists of all-you-can-eat pancakes, sausage, scrambled eggs, juice and coffee. Advance tickets are currently on sale from any Kiwanis member and will be available at the door.

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

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

tions such as the City of Wayne, Boy Scouts, Girl Scouts, and 4-H. The Kiwanis Club of Wayne also initiates special projects such as reading to youth at Goldenrod Hills Head-Start. In addition, support has been given to the Wayne Coat Closet and Backpack Program.

The Wayne Kiwanis Club sponsors a Circle K Club on the WSC campus, sponsors the Aktion Club for adults living with disabilities, takes part in the Gifts for Kids program, provides Camp OK youth scholarships and helps support the Wayne Public Library's Summer Reading Program.

For more than 50 years, the Wayne Kiwanis Club has also sponsored an Achievement Banquet for top academic students in Wayne Public Schools.

For additional information please contact Robert Foxhoven, Chairman of this year's pancake feed, at 402-375-1502. Anyone who is unable to attend the event, but wishing to donate to the youth projects supported by Kiwanis, can send monetary donations to Kiwanis Club of Wayne, P.O. Box 165, Wayne Neb. 68787.

### Speech students compete in Wayne State Classic Speech Invitational

The Wayne High School Speech Team, took part in the second annual Wayne High/Wayne State Classic Speech Invitational on Feb. 8.

Individual results include:

Ruben Vega placed 18th in Extemporaneous; the Oral Interpretation of Drama team of Bo Armstrong, Courtney Brink, Elle Jech, Alexis Hamik, and Kaden Hopkins placed 18th; Hannah Vick placed 10th in Poetry; Ethan Tyson placed ninth in Entertainment; Kaden Hopkins placed eighth in Humorous; Orion Spieker placed sixth in Humorous; Isaac Davis placed fourth in Extemporaneous; Christopher Woerdemann placed second in Extemporaneous; the OID team of

Dylan Anderson, Walker Hochstein, Isaac Davis, Christopher Woerdemann, and Liam Spieker placed second; and Liam Spieker was named champion in Entertainment.

In the team sweepstakes, Wayne finished in fifth place out of 24 schools.

Next up for the Blue Devils is the team's Home Show at Wayne High on Friday, Feb. 14, at 5 p.m.

"The Wayne High Speech Team would like to extend its gratitude to the many volunteers who helped with Saturday's event, as well as to Wayne State for agreeing to host the tournament. The Wayne Speakers appreciate it," said Head Coach Dwaine Spieker.



### Talking TeamMates

Shalee Hoffman, coordinator of the Wayne TeamMates program (right) spoke to those in attendance at last week's Chamber Coffee. She thanked the community for its support of the program and talked about the current activities of the organization. Also speaking during the event was Jay Wright, Regional coordinator for the TeamMates program. Wayne High senior mentees were also introduced. For more information on TeamMates visit teammates.org.

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(Photo by Clara Osten)

The Wayne Municipal Airport is now home to a RedBird FULLMOTION flight simulator. The equipment is available for members of the newly formed Northeast Nebraska Aviators Club.

## Airport simulator installed at Wayne Airport

Airplane enthusiasts have a new reason to visit the Wayne Municipal Airport.

Since November of last year, the airport is home to a RedBird FULLMOTION flight simulator.

The simulator will be available for use by those joining the newly formed Northeast Nebraska Aviators Club. The club is designed for those who are interested in flying and these people will be able to use the airport's simulator.

"We have established a membership fee for those joining the club with a 68787 zip code and a membership fee for those from other areas. We want to make the simulator available to people outside of Wayne and have them come to Wayne to spend their money. I would also like to work with area high schools and the college to get students here who might have an interest in some type of aviation career," said Travis Meyer, a member of the Airport Authority Board and Northeast Nebraska Aviators Club member.

The simulator was purchased with funds received from the wind farm near Allen.

Meyer said the goal of aviator's group is to educate people, especially students, about the opportunities



(Photo by Clara Osten)

Scott Hammer watches on as two students try the new flight simulator.

available in the aviation industry.

"There are a lot of jobs other than that of a pilot.

Meyer also explained the newly formed group has a goal of obtaining 40 members. In addition, they are planning an Aviation Day this spring with assistance from Aircraft Owners and Pilots Association (AO-PA).

Meyer said he plans to visit with

area high schools and Wayne State College and hopes to have groups visit the airport and learn more about the simulator and the aircraft industry.

For more information on the airport simulator or the Northeast Nebraska Aviators Club, contact Dom Consoli at (402) 750-8193, Scott Hammer at (402) 316-8984 or Travis Meyer at (402) 369-3227.

## Moms, sons catch a wave at WEB's Valentine Son Dance

Wayne Elementary Boosters (WEB) hosted the sixth annual Valentine Son Dance on Feb. 7 at Wayne Elementary School. The Surf's Up dance raised \$6,500, with 300 people attending. The silent auction raised \$3,700, the most ever from any dance. Over 100 businesses, organizations, parents and teachers donated auction items, and over 40 parents and kids donated food or time to help.

The evening offered dancing to tunes by PinMonkey Entertainment, a photo booth by Laura Robinson, candid photos by Sue Hansen, two chocolate fountains, special punch and lots of desserts. Leis



were handed out to every guest, thanks to Roeber Repair LLC.

Sixth grader Drew Miller won the raffle for Husker football tickets donated by Dave and Kaki Ley, and first grader Mason Rhods won the raffle for the five-foot-tall inflatable t-rex donated by Mr. Hoskins

and the sixth grade teachers.

Six years ago, WEB started hosting dances twice a year, and since then they have raised a combined total of \$64,000 to support Wayne Elementary. WEB has already spent \$10,000 this school year on a variety of resources.

Moving forward, WEB will expand a literacy program, bring in more exciting speakers, and provide a free book to every student to kick off summer reading in May. WEB thanks everyone in the community for their support.

For more info, like Wayne Elementary Boosters on Facebook or visit wayneweb.org.

## Medal walk

From Page 1A

"Ken and I will walk it, alternating six miles on, six miles off," Harrison said. "We walk 36 miles plus one each day, so we walk 37 miles a day."

The duo will begin their walk at the Wyoming border at 5 a.m. on Monday, May 11, which is also the first anniversary of Maxwell's death. Their journey will also include stops in 11 different communities, including Laurel, and Harrison said he hopes local veterans groups will host fundraisers for the signs and roll out that famous Nebraska hospitality.

"I tell people the things I look forward to two things out of this walk and it's what Nebraskans do — there's going to be visiting and there's going to be eating," Harrison said with a smile.

With them on the walk will be a special memorial to Maxwell.

"Bob Maxwell's flag will be handed off to us at the Wyoming border," Harrison said. "We will carry that flag in the vehicles because of the weight, but we'll bring it out in each of the communities and it will have the streamers from each state it's already been through. When we get to South Sioux, to the park, we will put our streamer on it, pass it on to the American Legion National Commander, who will in turn pass it on to the state of Iowa's representatives."

Harrison said he's working now to get prepared to walk the route, but either way, he's making the journey. This act is where his agape

attitude comes in.

"If I have to gnaw my foot off to make this walk, this is my walk," Harrison said.

Harrison said the goal of the Nebraska Medal of Honor Foundation is to honor all of those who have received the honor, and this walk is just the first in what the foundation hopes, is many activities to

bring awareness to medal winners and their stories of selfless service to the nation.

Each sign will cost the foundation \$2,000, and Harrison is optimistic they can raise the funds for all 14 signs. More information about the foundation can be found at nebraskamedalofhonorfoundation.org. Donations can also be made on the site.

## School board



(Photo by Clara Osten)

Students participating in the recent Wayne State Science Quiz Bowl who were able to attend the Honor Coffee were (left) Josie Ley, Abi Hawthorne, Nina Hammer, Mason Ley, Parker Kesting, Andy Wibben, Carlyle Young, Dean Young and James Tompkins. Dr. Mark Lenihan (far right) congratulated them for their accomplishment and also thanked Jeanne Brink and Dr. Mark Hammer for the work they did to prepare the students for the competition.

From Page 1A

the teams to have a batting cage and costs would be paid through the activity fund.

The issue of who would manage the facility was discussed and sharing the space with the non-school sponsored teams.

Additional details will be presented at a future meeting.

## Public invited to cheer on Wayne bowlers at state

The Wayne Bowling Team will be at Kings Lanes in Norfolk on Sunday, Feb. 16, hoping to bring home state championships in all divisions.

All matches will begin at 9:30 a.m. The Wayne junior varsity boys will start competition against Boone Central. The varsity boys begin competition against Hartington, the Wayne junior varsity girls begin competition against Boone Central and the varsity girls also begin competition against Boone Central.

Other teams involved in the competition include Plainview, Wisner-Pilger, Norfolk Catholic and Newman Grove.

Coaches for both the boys' and girls' team invite the public to come watch the event.

"It's free to come watch and cheer these bowlers on," they said.

The format for the state tournament will be 14 Baker games for each group of teams, depending on seeding. There will be two separate rounds of Round Robin competition.

After the first seven head-to-head matches, teams will be re-seeded for the final seven matches. After the second seven head-to-head matches, total pinfall will determine seeding for the stepladder bracket.

The stepladder bracket format will be best three out of five Baker games, single elimination. Alternate lanes after each game, the highest seed gets choice of starting at the beginning of each stepladder game.

During the championship game, alternate frame format will be used. This means the first bowler completes frame 1 before the other team bowls their first frame. This is done until all 10 frames are bowled. The highest seed gets his or her choice of starting first and finishing first or starting second and finishing last.

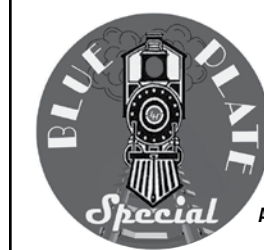
The contract with ESU for the 2020-2021 school year was approved.

Director of Special Education Misty Bear presented information to the board on this contract which would include having a full-time psychologist available to the students in the district.

"We have more students with needs and need to provide support

for the mental health of our students," Bear said. She also told the board of the results of testing and the use of Multi Tiered System of Support (MTSS) within the district in regard to reading and behavior.

The Wayne Community Schools' Board of Education will next meet in regular session on Monday, March 9 at 5 p.m. in the junior-senior high school conference room.



### LUNCH SPECIALS

Tuesday — French Dip & French Fries - \$7.75  
Wednesday — Hot Turkey Sandwich - \$7.75  
Thursday — 3 Pc. Cod & French Fries - \$8.50  
Friday — 2 Pc. Chicken & Jojos - \$5.95

Add a Side Salad for \$2.95 • Drinks Not Included • Extra Plate Charge \$2.95

### 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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## The Wayne Herald

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Six-month: Area - \$36.00 Out-of-Area \$46.00.

## Wayne State College CAMPUS EVENTS...

**Feb. 26** - Spring Career Fair, attend the career fair to explore job opportunities

**Feb. 28** - Focus on You Friday: A visit day for high school seniors and their families

**March 4** - Transfer to WSC Day: A visit day for students transferring to WSC from another college or university

**March 4** - Le Cirque Esprit at 7:30 p.m. in Ramsey Theatre, Peterson Fine Arts: A circus-like performance with lights, acrobatics and aerial work. An event for the Black and Gold Performing Arts Series

**March 20** - Senior Visit Day, 9 a.m. to 1:45 p.m. Focus on You Friday: A visit day for high school seniors and their families

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



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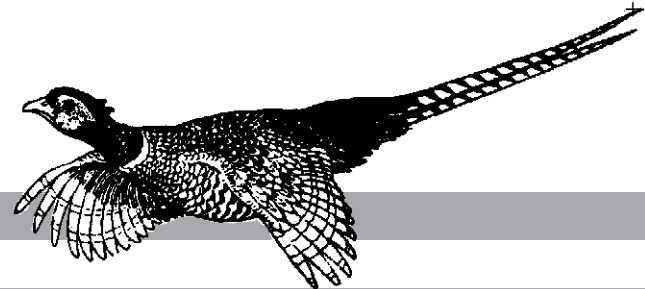


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# Sports

## Wayne State women come home with weekend split

Wayne State ended St. Cloud State's 10-game winning streak to highlight a road split in women's basketball over the weekend.

Erin Norling and Halley Busse each scored 20 points to lead the Wayne State to a convincing 79-58 win Friday at St. Cloud State, snapping the Huskies' 10-game win streak.

St. Cloud State opened the game with a 3-pointer, then Wayne State held the Huskies scoreless over the next 5:31 while going on a 15-3 run on their way to a 21-10 first-quarter advantage.

The Wildcats maintained a double digit lead in the second quarter, holding the Huskies scoreless for another stretch of 5:12, to take a 37-20 lead into the locker room, and the Huskies never got closer than 12 after that.

Wayne State continued the pressure on the Huskies in the third quarter, starting the second half with a 13-3 run, to take their biggest lead of the game at 50-23 with 5:32 to play in the third quarter. The Huskies got as close as 12 with less than six minutes to go, but Norling hit a 3-pointer and Josey Ryan hit a basket and a 3-pointer to kill any hopes of a Huskie comeback.

Norling led Wayne State with 23 points on 10-of-20 shooting. Busse followed with 20 points on 7-of-12 shooting, including 4-for-8 behind the arc. Kylie Hammer also hit double figures with 10 points.

Norling had eight rebounds and Awoti Akoi and Brittany Bongartz each had six. Busse handed out five assists and had three steals.

On Saturday, Minnesota Duluth outscored Wayne State 20-8 in the second quarter to take control and come away with a 77-54 victory over the Wildcats at Romano Gymnasium in Duluth, Minn.

The first quarter was a high-scoring, back-and-forth 10 minutes of play with the Wildcats leading much of the quarter before ending in a 22-22 tie.

The host Bulldogs then took control in the second quarter as Duluth held Wayne State to just 3-of-16 shooting for 18 percent, closing with a 10-2 run to take a 42-30 halftime advantage.

The Bulldogs used efficient shooting in the second half, going 15-of-30 from the floor, and did not allow any chance of a Wildcat comeback. Wayne State ended the game making just 2-of-12 shots in the final quarter.

Norling paced Wayne State in scoring with 22 points and eight rebounds. Bongartz also reached double digits with 10 points and grabbed seven rebounds.

The Wildcats (16-8, 11-7 NSIC) are home this weekend, hosting Concordia-St. Paul Friday at 5:30 p.m. and Minnesota State Saturday at 3:30 p.m. in Rice Auditorium.

## Winside girls claim consolation win

The Winside girls basketball team managed a win in the consolation round of the Lewis & Clark Conference tournament on Tuesday, shutting down Emerson-Hubbard in a 53-33 win.



Winside got off to a fast start, taking a 17-3 lead after one period and leading by 18 at the half to keep the Lady Pirates from mounting a comeback.

Jackie Escalante scored a game-high 18 points for the 6-13 Wildcats while Kati Topp added 14. Also scoring were McKenna Russell with seven, Andi Bargstadt with six and Micah Stenwall and Hannah Gubbels with four apiece.

Topp had 11 rebounds, Gubbels had nine and Escalante grabbed eight in the win. Bargstadt had 10 assists.

Winside hosts Osmond on Thursday to close the regular season. They will be at Hartington Cedar Catholic for subdistrict play next week.



The Wayne High boys basketball team captured the Mid State Conference title Saturday with a 54-41 win over Pierce at Wayne State College. After an 0-4 start, the Blue Devils have won 16 of their last 18 games.

(Photo by Mary Vanderbeek)

## Wayne boys roll to Mid State Conference title

After an 0-4 start to the season, it can safely be said that the Wayne High boys basketball team is on a roll.

The Blue Devils ran their current win streak to seven games and improved to 16-6 on the season with a three-game run to the Mid State Conference tournament championship, capping it with a 54-41 win over Pierce Saturday at Wayne State College's Rice Auditorium.

For Sweetland, winning conference titles isn't anything new, as he has won multiple titles as the school's softball coach. However, this is a first for him as the Blue Devils boys basketball mentor.

"We've had some good teams that had a chance to win it (in boys basketball), but we haven't put it all together in the time I've been coaching this team, so it was good to get over that," he said. "We didn't shoot the ball well the first game, but we played more to our capabilities in the other two games."

Wayne had to hang on in the fourth quarter to come away with a 57-53 win over Norfolk Catholic to open tournament play last Tuesday. The Blue Devils rode the hot hand of senior post player Tyrus Eischeid, who scored a career-high 29 points and grabbed 10 rebounds to lead Wayne to the opening-round win.

Shea Sweetland added 10 points and five assists in the win over the Knights, while Tanner Walling scored seven, Cody Rogers added

six, Brandon Bartos had three and Josh Lutt had two points and four assists.

Wayne overcame a slow start in Friday's semifinals and came back from a nine-point halftime deficit to defeat Hartington Cedar Catholic 59-52 and move on to Saturday's championship game.

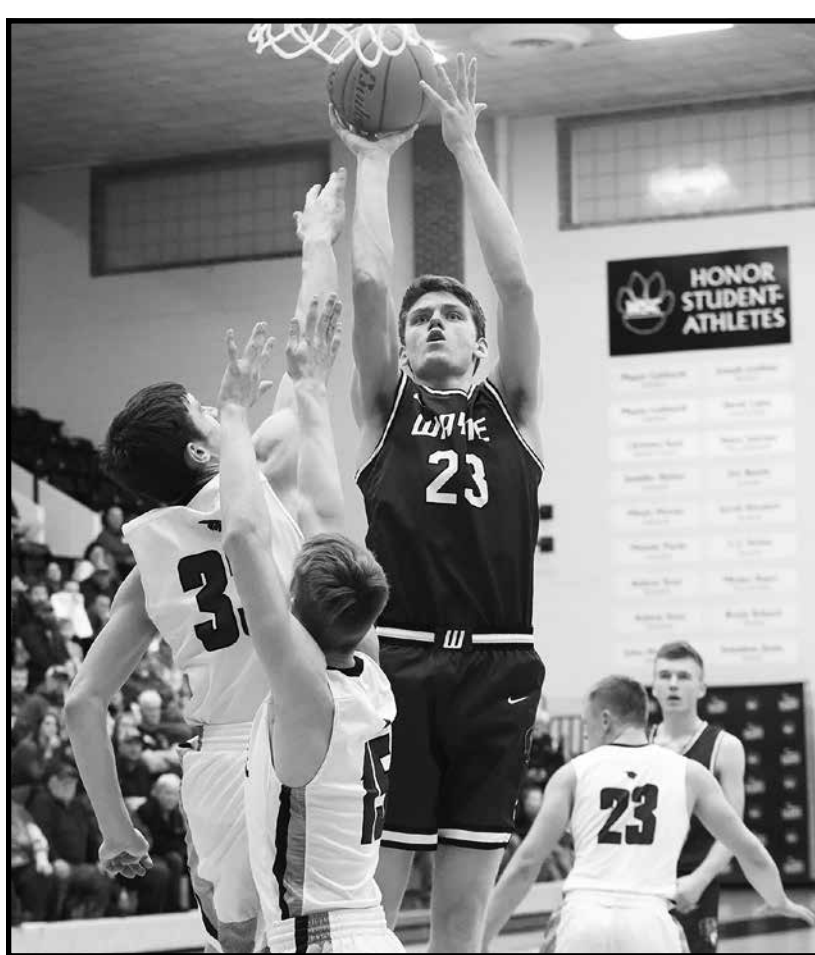
Shea Sweetland scored his 1,000th career point and led all scorers with a game-high 22 points in the win. Eischeid and Walling each had 11 points, Rogers had a double-double with 10 points and 10 rebounds, and Lutt added five to go with five assists.

In Saturday's championship game, the Blue Devils pulled away in the second half and came away with the 13-point win over the Bluejays to win the conference title.

Four Blue Devils finished the night in double figures, led by Sweetland's 16 points. Eischeid added 12, Walling had 11 and Rogers had 10. Bartos finished with three points and Lutt added two. Walling, Rogers and Eischeid shared rebounding honors with seven each.

Sweetland said the team has rebounded nicely from its 0-4 start to win 16 of its last 18 games with a combination of solid defense and smart offensive play.

"I think things turned around when the kids started paying more attention to how we want to stop the other team and take away their strengths on defense, and we've



(Photo by Mary Vanderbeek)

Tyrus Eischeid goes up for two points for the Wayne High boys during their 54-41 win over Pierce in the title game of the Mid State Conference tournament.

gotten better offensively at getting good-to-great shots, rather than

forcing shots," he said. "We've done a good job of getting the ball inside more and establishing that part of the game, which helps open up some other things."

The Blue Devils close the regular season with two home games, facing Arlington on Friday before a rematch with Pierce the following week.

"It's good to have a couple more home games, and we have a big senior class so I want them to try to enjoy these last home games," Sweetland said. "We've worked ourselves into position for a decent seeding for subdistricts, and Arlington is a scrappy team that competes hard so hopefully we'll keep playing the way we have and not overlook them."

Wayne 57, Norfolk Catholic 53  
Wayne 18 15 10 14 -57  
Norf. Cath. 12 17 12 12 -53  
WAYNE — J. Lutt 2, Walling 7, Bartos 3, Rogers 6, Eischeid 29, Sweetland 10.

N. CATH. — Burbach 5, Lammers 4, Kelley 2, Hammond 12, Brungardt 1, Clausen 4, Bettenhausen 1, Timmerman 2.

Wayne 59, Hartington CC 52  
Wayne 9 12 17 21 -59  
Hartington CC 12 18 11 11 -52

WAYNE — J. Lutt 5, Walling 11, Rogers 10, Eischeid 11, Sweetland 22.

HARTINGTON CC — T. Thoene 14, Steffen 2, Schroeder 8, M. Thoene 17, Arens 7, Bernecker 4.

Wayne 54, Pierce 41  
Wayne 13 15 13 13 -54  
Pierce 15 7 11 8 -41

WAYNE — J. Lutt 2, Walling 11, Bartos 3, Rogers 10, Eischeid 12, Sweetland 16.  
PIERCE — Dale 3, Watts 16, Roth 3, Oesterich 4, Freeman 15.



(Photo by Mary Vanderbeek)

Tanner Walling comes down with a rebound as Cody Rogers (21) looks on during Mid State Conference tournament action Saturday at Wayne State College.

## Wayne State men see hot-shooting teams on the road

It was a rough weekend on the road for the Wayne State men's basketball team, running into a pair of hot-shooting Northern Sun Conference opponents that ended the Wildcats' four-game winning streak.

On Friday night, St. Cloud State led from start to finish, shooting almost 56 percent from the floor on their way to a 90-68 win at Halenbeck Hall in St. Cloud, Minn.

Wayne State got as close as two at 12-10 in the first half following a pair of Nate Mohr free throws with 12:51 to play in the half, but the Huskies scored nine unanswered points to take a 21-10 advantage and Wayne State couldn't get closer than four after that.

St. Cloud State used a 21-4 surge over the final 5:17 of the half and took control of the game with a 44-23 lead at the half, shooting 62.5 percent from the floor in the first 20 minutes.

Jordan Janssen led Wayne State in scoring with 16 points, his 35th consecutive game scoring in double figures. Al'Tavius Jackson followed with 13 points while Nick Ferrarini and Nate Mohr added 11 and 10 points, respectively.

Ben Dentlinger paced the Wildcats with six rebounds. Mohr and Jackson each recorded four assists.

On Saturday, Minnesota Duluth sank 15 3-pointers and shot 57 percent for the game to post a 91-70 win, dropping the Wildcats to 10-17 overall and 7-11 in NSIC play.

The host Bulldogs took a 12-2 lead less than four minutes into the contest and never looked back. Wayne State cut the 10-point lead to 16-8 on a Ferrarini layup with 14:22 to play in the half, but the Bulldogs scored the next five points to push the lead back to double digits and stayed that way the rest of the game.

Jackson scored 16 points for Wayne State followed by Mohr with 14. Henry Penner scored 12 with Dentlinger adding 10. Janssen saw his streak of 35 consecutive games in double figures come to an end as he was held to eight points while grabbing 11 rebounds.

Wayne State will be at home this weekend, hosting Concordia-St. Paul Friday at 7:30 p.m. and Minnesota State Saturday at 5:30 p.m.

## Trojans third, Blaze fourth at Wakefield

Wakefield/Allen hosted its own invitational Saturday and came away with a third-place finish, with Quad County Northeast following close behind in fourth.

Jeremiah Chase (138), Wyatt Verzani (145) and Mitchell Fischer (160) all came away with first-place medals to lead the Trojans on the day. Gabe Reinert was second at 132 and Caleb Chase earned runner-up honors at 120 pounds.

For the Blaze, Nolan Ohlrich was the lone champion, running the table for a first-place finish at 152 pounds. Carter Olson (113) and Kolby Casey (195) both earned runner-up honors. Both teams will compete in the C-3 district this weekend at Oakland-Craig High School.

Wakefield/Allen Invitational Team Standings  
Winnebago 137, Omaha South 124, Wakefield/Allen 120, Quad County Northeast 106.5, Madison 63, Ponca 61.5, Cedar Bluffs 59, Stanton 53, B-R/L-D 38.

Area Medalists  
113: 2. Carter Olson, QCNE, 0-2 (round robin). 120: 2. Caleb Chase, W/A, 1-1 (round-robin). 126: 4. Gabe Wortman, QCNE, 1-3; 5. Kolton Fischer, W/A, 0-4 (round robin). 132: 2. Gabe Reinert, W/A, 3-1 (round robin). 138: 1. Jeremiah Chase, W/A, 2-0 (round robin). 145: 1. Wyatt Verzani, W/A, 4-0; 4. Sutton Ehlers, QCNE, 0-4 (round robin). 152: 1. Nolan Ohlrich, QCNE, pinned Aiden Cook, Ponca, 3:25; 3. Agustus Gomez, B-R/L-D, pinned Ajay Gubbels, QCNE, 2:27; 5. Cole Verzani, W/A, pinned Mario Suniga Winnebago, :34. 160: 1. Mitchell Fischer, W/A, 4-0; 3. Colby Wathor, QCNE, 1-2 (round robin). 182: 4. Israhel Vance, QCNE, 1-3 (round robin). 195: 2. Kolby Casey, QCNE, 3-1; 5. Rylan Weaver, W/A, 0-4 (round robin). 220: 4. Fischer Carson, QCNE, 0-3 (round robin). 285: 5. Patrick Kuehn, OS, pinned Austin Gregerson, W/A, 1:18.

# Wildcats come away with sixth-place finish at state duals

KEARNEY — Winside went into the Nebraska State Wrestling Duals Championships as the No. 8 seed, facing the dubious task of taking on top-ranked Plainview in the opening round Saturday morning.

After suffering a 76-4 loss to the eventual-champion Pirates, Winside bounced back to outscore Pender 40-24 before losing to Maxwell 54-30 and upgrade their placing from eighth to sixth by day's end.

The Wildcats, who were already spotting 36 points in forfeits to Plainview, were simply no match for the top seed in the eight-team tournament in Saturday morning's opening round, but did manage to win one of the seven contested matches as Art Escalante earned a 16-6 major decision over Keagan Mosel at 132 pounds.

Cayden Ellis was the only other Winside wrestler to go the full six minutes with his opponent, losing to top-ranked Scout Ashburn 10-0 in their 120-pound matchup.

Winside responded nicely in consolation action against the Penndragons, winning all seven matches between the two teams.

Ellis started with a major decision at 113 pounds and was followed by four straight pins from Matthew Frederick (126), Escalante, Sean Heimdale (138) and Maddox Magwire (145). Tyson Carlson added an 8-3 decision at 160 pounds and Mason Topp closed out the win with a 10-4 decision at 170 pounds to move the Wildcats into the fifth-place match.

Winside won four of six matches on the mat, but gave up too many forfeits as Maxwell came away with fifth-place honors.

Art Escalante, Magwire and Gabe Escalante (145) all picked up pins for the Wildcats early on. Topp closed the dual with a second-period pin at 170 pounds.

Winside now turns its attention to district action, competing in D-2 district tournament this weekend

at Greeley. The top four in each weight class advance to next week's State Wrestling Championships in Omaha.

- Class D Dual Results**  
**First Round**  
 Plainview 76, Winside 4  
 Mullen 49, Pender 27  
 Burwell 54, Elkhorn Valley 27  
 Neligh-Oakdale 40, Maxwell 39  
**Semifinals**  
 Plainview 50, Mullen 14  
 Burwell 43, Neligh-Oakdale 33  
**Consolation Semifinals**  
 Winside 40, Pender 24  
 Maxwell 54, Elkhorn Valley 30  
**Final Results**  
**Fifth Place —** Maxwell 54, Winside 30  
**Consolation —** Neligh-Oakdale 42, Mullen 39  
**Championship —** Plainview 54, Burwell 21  
**Winside Results**  
 Plainview 76, Winside 4

See State Duals, Page 3B



(Photo by Mary Vanderbeek)

Ty Erwin floats in the lane for two points during LCC's first-round win over Wausa in the Lewis & Clark Conference tournament.

## Erwin, Schutte lead Bears to L&C title

HARTINGTON — Laurel-Concord-Coleridge let a 12-point lead get away in the first half and were in danger of seeing their hopes of a conference title slipping away in the second half.

The Bears turned to senior Ty Erwin, who caught fire in the fourth quarter and scored 11 of his 17 points in the fourth quarters, helping LCC outscore Ponca 25-9 in the final eight minutes to post a 66-56 win and claim the Lewis & Clark Conference championship Monday night at Hartington Cedar Catholic High School.

The Bears capped a four-game run through the conference tournament bracket, defeating Wausa (78-40), Wakefield (52-38) and Winnebago (59-42) before posting a fourth-quarter comeback to beat Ponca for the second time this season.

And as far as coach Todd Erwin is concerned, that's enough.

"I'm so happy for the kids and the school and everybody who's worked on it," he said as his players cut down the nets. "It's great and Ponca is a great team and I don't want to play them again this year. It's a great matchup and we are so fortunate to get them two times this year. That's not going to happen very often."

The Bears got off to a hot start early and raced to an 18-6 lead. Noah Schutte hit a pair of 3-pointers and scored 10 of his game-high 23 points in the opening stanza.

Ponca hit a late jumper to make it 18-8 after one period, and that late score seemed to flip the momentum into the second period. LCC led by as many as 12 at 28-16 with 4:48 to go in the half, but the Indians rallied, using a late first-half run highlighted by consecutive 3-pointers from Brandon Kneif and Bryar Bennett to forget a 30-30 halftime deadlock.

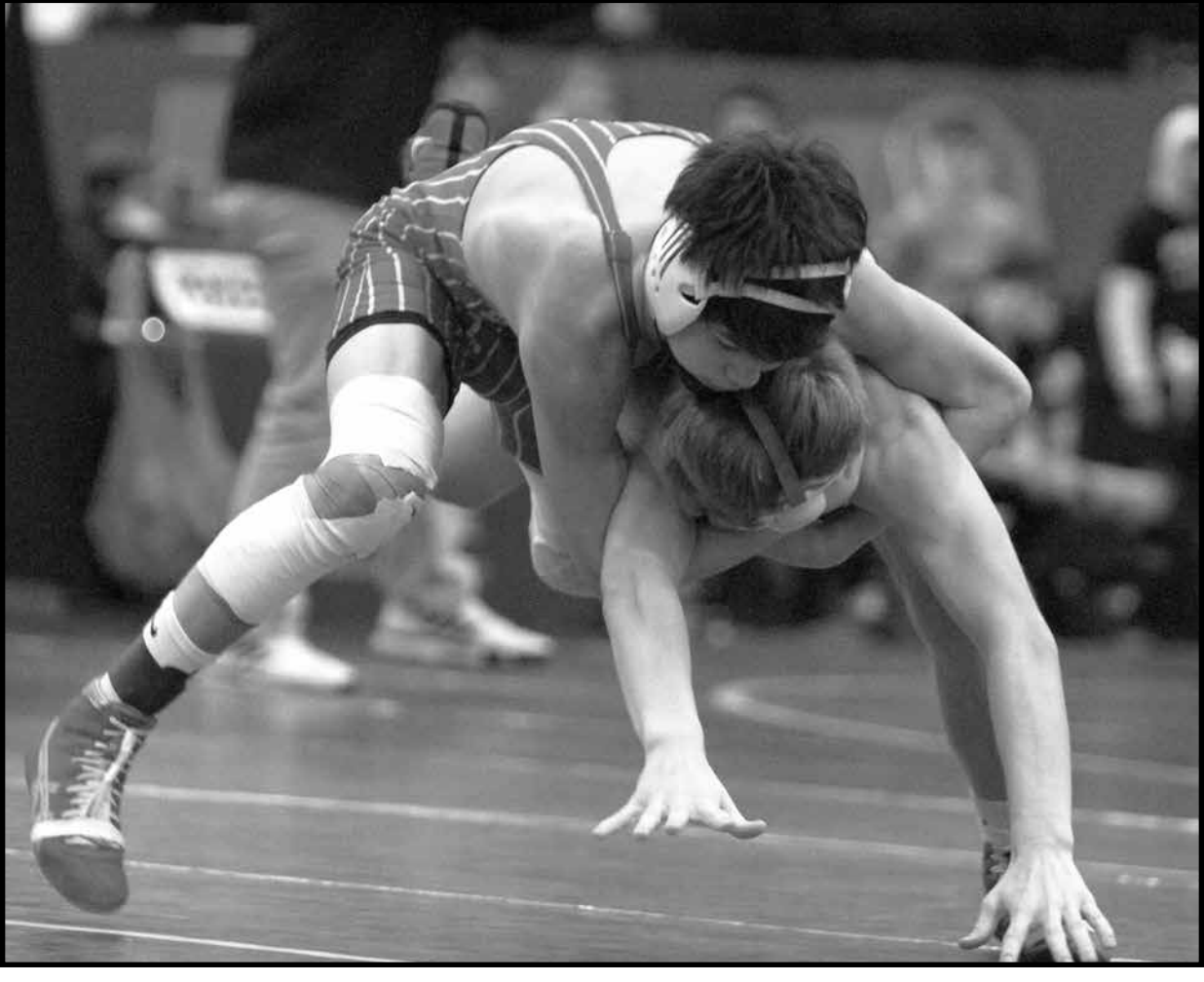
"We got lackadaisical when Ponca had their run," Erwin said. "We like that 1-2-2 (defense) but we got distracted and lost our guys, and you have to play them three feet off the (3-point) line and they're quick enough to drive, so it's not easy what we're asking them to do."

At the half, the elder Erwin called on the senior forward to step it up after being limited to four points in the opening two periods.

"I told him at halftime what he had, and we're not all about points, but you need to be there as a senior," Erwin said. "He got to driving and creating and it kind of came around."

Ponca took a 47-41 lead into the fourth quarter when Erwin went to work. He scored eight straight points to tie the game at 49-49, then

See Bears win, Page 3B



(Photo by Michael Carnes)

Winside's Art Escalante had the Wildcats' only win in their opening-round loss to Plainview at the Class D State Wrestling Duals tournament in Kearney. He is controlling Plainview's Keagan Mosel, who he defeated on a 16-6 major decision.

## YOUTH BOWLING

### Wayne Youth League Week #1 of 16

Team Name:	W	L
ACD	8	0
CCTR	8	0
HS BOYS	4	4
100 Club	4	4
Ghost Busters	4	4
VSCO Legends	4	4
FOOTBALLERS	0	8
HS Girls	0	8

### Splits

Konnor Kai, 5-10.

### Division 1 - Top Scorers

Scratch Game: Boys - Colston Starzl, 135; Ben Haschke, 132; Colton Smith, 123; Kael Frana, 121; Aiden Petersen, 199. Girls - Graycen Trautman, 99; Stephanie Hasemann, 87; Chloe Kai, 76; Lucile Ocampo, 69; Ady Hays, 55.  
 Scratch Series: Boys - Konnor Kai, 344; Kael Frana, 339; Aiden Petersen, 336; Colston Starzl, 326; Blake Smith, 325. Girls - Graycen Trautman, 251; Stephanie Hasemann, 229; Chloe Kai, 206; Lucille Ocampo, 159; Ady Hays, 133.

### Division 2 - Top Scorers

Scratch Game: Boys - Zane Sievers, 201; Taven Ocampo, 129 Joe Leatherdale, 116. Girls - Riley Haschke, 153.  
 Scratch Series: Boys - Zane Sievers, 418; Taven Ocampo, 356; Joe Leatherdale, 280. Girls - Riley Haschke, 372.

### Division 3 - Top Scorers

Scratch Game: Boys - Shayne Geidner, 170; Calvin Starzl, 130; Chase Leatherdale, 109. Girls - Andi Belt, 179.  
 Scratch Series: Boys - Shayne Geidner, 473; Calvin Starzl, 359; Chase Leatherdale, 304. Girls - Andi Belt, 474.



(Photo by Michael Carnes)

The Laurel-Concord-Coleridge boys basketball team won the Lewis & Clark Conference title Monday with a 66-56 win over Ponca.

## Kalkowski, Kaup lead Wildcat tracksters

Wayne State throwers Cade Kalkowski and Dylan Kaup shined in the weight throw for the Wildcat men's indoor track and field teams last weekend at the Frank Sevigne/Husker Invite in Lincoln Friday and the Dakota Alumni Reality Meet, hosted by the University of South Dakota, in Vermillion, S.D., Saturday.

Kalkowski posted back-to-back season best marks in the weight throw, placing fifth Friday in Lin-

coln with a mark of 65 feet, 3 1/2 inches, and followed that performance with another season-best mark of 66-1 3/4 Saturday to take first place in the event at the South Dakota Meet. Kalkowski's throws were NCAA provisional marks and his mark Saturday at USD now ranks him sixth in NCAA Div. II.

Kaup notched an eighth-place mark Friday in Lincoln at 61-9 3/4 and produced a best throw of 61-10 1/4 Saturday in Vermillion to take

second.

Other Wildcat top performers Saturday at the Dakota Alumni Reality Meet included Aaron English, who tied for sixth in the high jump; and Preston Davis, who recorded an 11th-place finish in the 400-meter dash in 53.83 seconds.

In women's action, McKenzie Scheil posted NCAA provisional marks in the weight throw and shot put to lead Wayne State.

Scheil started her weekend taking third in the weight throw at the Husker Invite in Lincoln on Friday with a mark of 61-1 1/2. Saturday in Vermillion, the sophomore won the weight throw at 62-2 and later took second in the shot put with a mark of 47-0 1/4. Scheil's effort in the weight throw now ranks fourth in NCAA Div. II while her NCAA provisional mark in the shot put now sits 13 in NCAA Div. II.

Kenzie Sullivan had a solid day Saturday at the South Dakota Open, taking second in the weight throw (56-7 1/2) and fifth in the shot put at 45-6 1/2, an NCAA provisional mark.

Jordyn Pester collected a fourth-place finish in the 400-meter dash (1:00.21), Ali Dykman cleared 5' 2 1/2 to place eighth in the high jump with Hanna Lazure right behind in ninth at 5-0 3/4. Mikayla Marvin finished 10th in the pole vault, clearing 11-2 1/4.

Wayne State's next meet is Friday at the Concordia Invite in Seward.

## BOWLING RESULTS

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Hits N Misses	W	L
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State Nebraska Bank	14	6
Kathol & Associates	13	7
Sterling Computer	11	9
White Dog Pub	8	12
Ruwe Farms	8	12
Wildcat Lanes	7	13
Bye	0	0

**High Games and Series:** Deanna Thompson, 222; Diane Roeber, 191; Renee Saunders, 185; Sara Beth Ruwe, 182; Julie Hartung, 179; Deb Moore, 177; Angie Rath, 176; Stefanie McLagan, 175; Dawn Navrkal, 171; Adel Bohlken, 166. Deanna Thompson, 533; Renee Saunders, 519; Deb Moore, 493; Sara Beth Ruwe, 487; Julie Hartung, 487; Diane Roeber, 478; Emily Claussen, 475; Angie Rath, 467; Stefanie McLagan, 454; Dawn Navrkal, 452.

### Tuesday City League Week #23

Grossenburg Impl.	21	7
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Half-Ton Club	18	10
The Odd Balls	18	10
Bryan's Plumbing	18	10
Wildcat Lanes	16	12
One Office	15.5	12.5
Wildcat Cubs	12	16
Broken Antler	12	16
Harder & Ankeny	11	17
Wayne Country Club	11	17
4th Jug	8	20
Klein Electric	7.5	20.5

**High Games and Series:** Wildcat Lanes, 816; Dylan Sokol, 265. Wildcat Lanes, 2,381; Dylan Sokol, 703; Darin Jensen, 668; Michael Denklaue, 667; Ronnie Forney, 657; Brad Jones, 630; Kyle Kempf, 614; Rich Rethwisch, 603; Jessi Jensen, 528; Kayleen Roberts, 487.

**High Scores:** Ronnie Forney, 250; Darin Jensen, 246; Brad Jones, 244; Kyle Kempf, 241; Michael Denklaue, 239; Dylan Sokol, 232; Zane Shearman, 220; Darin Bargholz, 216; Bryan Denklaue, 213; Rich Rethwisch, 211; Brady Ping, 207; Kent Roberts, 206; Sam Wesely, 203; Jessi Jensen, 196.

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## Blue Devils gear up for district week with meets

The Wayne High wrestling team came away with four medals, two of them champions, at Thursday's Mid State Conference meet at Battle Creek High School.

Reece Jaqua and Cade Janke both earned conference titles for the Blue Devils. Jaqua dominated Oscar Lopez of O'Neill in a 16-6 major decision to win the 126-pound title, while Janke needed just 93 seconds to pin Taylor Weber of Boone Central/Newman Grove to win the 195-pound title.

Dakota Spann was the consolation champion at 182 pounds with a 5-3 decision, while Ashton Munsell posted a fourth-place finish at 120 pounds.

The Wayne High wrestlers brought home six medalists and a fourth-place finish from Saturday's Norfolk Catholic Invitational in their final tune-up before this week's district tournament.

Jaqua (126) and Mike Leatherdale (285) were individual champions for the Blue Devils. Janke was a runner-up at 195 pounds.

Munsell claimed consolation honors at 120, while Zach McManigal (106) and Eli Barner (132) both finished fourth.

Wayne will be in the B-4 district on Friday and Saturday at Pierce High School.

Mid State Conference Team Standings

Pierce 188.5, O'Neill 157.5, Boone Central/Newman Grove 144, Battle Creek 138.5, Crofton/Bloomfield 109, Guardian Angels CC 84, Wayne 83, Norfolk Catholic 66, Hartington CC 44.

Wayne Medalists

120: 3. Jayden Coulter, Pierce, maj. dec. Ashton Munsell, Wayne, 10-2. 126: 1. Reece Jaqua, Wayne, maj. dec. Oscar Lopez, O'Neill, 16-6. 182: 3. Dakota Spann, Wayne, dec.

Parker Sackville, Pierce, 5-3. 195: 1. Cade Janke, Wayne, pinned Taylor Weber, BC/NG, 1:33.

Norfolk Catholic Invitational Team Standings

O'Neill 171.5, Columbus Lakeview 159.5, Bishop Neumann 134, Wayne 106, West Point-Beemer 103, Guardian Angels CC 68, Norfolk Catholic 61.5, Hartington CC 54, Wisner-Pilger 43, Lutheran High NE 26, Clarkson/Leigh 25.

Wayne Medalists

106: 3. Joseph Yates, O'Neill, pinned Zach McManigal, Wayne, 2:13. 120: 3. Ashton Munsell, Wayne, pinned Josh Urlacher, BN, 5:11. 126: 1. Reece Jaqua, Wayne, dec. Lucien Engel, Lakeview, 3-1. 132: 3. Max Lautenschlager, BN, pinned Eli Barner, Wayne, 1:48. 195: 1. Jazper Ames, LHNE, dec. Cade Janke, Wayne, 4-1. 285: 1. Mike Leatherdale, Wayne, pinned Bradyn Kucera, Lakeview, 2:51.

## McMenamin signs 26 to play football at WSC

Wayne State football coach John McMenamin announced the addition of 26 student-athletes that have signed national letters of intent or committed to attend Wayne State and play football for the Wildcats in the 2020 season.

The list of high school signings and transfers includes 15 athletes from Nebraska — including one from Allen — four in South Dakota, three from Iowa and one each from Louisiana, Minnesota, Washington and Wisconsin.

"It's a great day to be a Wildcat," McMenamin said of his first recruiting class at Wayne State College. "I would first like to thank our coaching staff as their tireless approach and attention to detail allowed us to recruit and sign the type of quality student athletes we need. Our staff has surpassed all expectations. I had and have delivered an inaugural recruiting class second to none. I couldn't be more proud of what they were able to accomplish in the few short weeks we had to recruit."

"We went in and focused on both sides of the line of scrimmage," he added. "We needed to address some size concerns and I definitely feel we accomplished that. We have signed a number of impactful young men that will help pave the future of the Wildcats. We also looked to add to our team speed. I feel that we hit some home runs here as the additions as the additions at the skill positions will provide some game-changing ability on both sides of the ball."

Student-athletes who have signed with Wayne State include:

### Nebraska

Dylan Baker, Omaha (Omaha Central) — TE, 6-1, 220

Baker is a two-year starter in football and powerlifting and one-year starter in baseball. He served as a team captain during his senior season and had eight catches with 90 yards and one touchdown, earned Honorable Mention All-Metro and All-State Honors as a junior and senior, placed third at the state powerlifting championships in 2019 and received All-State Academic Honors twice in football and one year in baseball.

Rex Becker, Hartington (Hartington CC) — DL, 6-1, 250

Becker is a four-year starter in football and three-year starter in track and field. He recorded 94 tackles including 28 tackles for loss and 11.5 sacks during senior season for the Trojans. He earned Class C-2 All-State honors three years and was an All-District selection three seasons while also receiving Academic All-State honors as a senior, and holds school records for career sacks (26), single season sacks (11.5) and most pancakes in a game (20).

Gage Dengel, Bellevue (Bellevue East) — TE, 6-4, 200

Dengel is a multi-sport standout, starting three years in football, basketball and track and field. He was named Most Valuable Player as a junior and senior and is career record-holder in career receptions (73) and receiving yards (1472). He averaged over 20 yards per catch during his junior and senior seasons, making 32 catches for 720 yards as a senior and 26 receptions for 613 yards during junior campaign. He is the first player in school history to have a 200-yard receiving game, was named third-team All-Metro Conference as a senior and Class A All-State Honorable Mention as a junior and senior, and also excels in the classroom with Academic All-State honors during junior and senior season.

Benjamin Flott, Papillion (Papillion-LaVista) — OL, 6-3, 260

Flott was a two-year starter on the offensive and defensive line who led Class A in tackles for loss during the regular season with 17, recording 46 tackles and four sacks. He earned third-team All-Metro and Class A All-State Honorable Mention honors and was voted to the All-Sarpy County Defensive Team.

Uzziah Freeman, Omaha (Boys Town) — WR, 6-4, 180

Freeman is a multi-sport standout at Boys Town, starting three years in football and basketball and two in track and field. During his senior season, he had 29 receptions for 518 yards and nine touchdowns, averaging 17.8 yards per catch. He was a two-time first-team All-District and All-Conference selection in football and was also a two-time All-Conference and All-State Honorable Mention in basketball.

Nick Halleen, Lincoln (Lincoln SE) — RB, 5-10, 200

Halleen is a three-year starter in football and four years in track and field at Lincoln Southeast High School. He earned Class A first-team All-State and Lincoln Journal Star First Team Super State honors as a senior after rushing for 1,655 yards and 23 touchdowns (7.4 avg), and also gained 1,052 yards averaging seven yards per carry during junior season. He was a two-time All-City and All-Heartland Athletic Conference selection and named Academic All-State twice and finished his high school career with 2,901 yards rushing and 32 touchdowns.

Jett Janssen, Lincoln (Lincoln East) — OL, 6-5, 250

Janssen started two years in football, basketball and baseball at Lincoln East High School. During his senior season, he was named Lincoln Journal Star Second Team All-Super State defensive end after recording 65 tackles with eight sacks, one safety, one blocked field

goal and one interception. He was named first-team All-City at defensive end and was an Academic All-Conference selection in three sports. His older brother, Jordan, is a member of the Wildcat men's basketball team.

Jaxon Johnson, Bancroft (B-R/L-D) — DE, 6-3, 235

Johnson is a four-year starter in football and three years in basketball for the Wolverines. He was named Class C-2 All-State during his senior season, helping BRLD to a 10-2 record and a spot in the Class C-2 semifinals. On defense, he recorded 79 tackles with seven sacks and 12 tackles for a loss, and as a tight end on offense had 787 yards receiving and seven touchdowns. He was named to the Huskerland Class C-2 All-Decade Team and was voted Defensive MVP of the River Battle Bowl. He is also a standout in basketball, earning Class C-2 second-team All-State honors last season after grabbing 466 rebounds as a junior.

Brogan Jones, Allen (Allen) — LB, 5-10, 170

Jones is a four-year starter in football, basketball and track and field for the Eagles. He averaged 14.6 tackles per game (131 total tackles) this season, helping Allen to a 6-3 record and a Class D-2 playoff berth. He notched 140 total tackles (14.0 per game) during his junior season and finished his high school career with 356 total tackles. He was a three-time All-District selection in football and was Class D-2 All-State Honorable Mention, has earned six medals at the Class D State Track Meet and is an Academic All-State selection in three sports.

Jacob Kuznia, Papillion (Papillion-LaVista) — OL, 6-2, 285

Kuznia is a three-year letter winner in football who earned Class A All-State Honorable Mention during his senior year playing offensive and defensive line. He was credited with 19 tackles and 1.5 sacks as a senior.

Shane Orr, Omaha (Omaha Roncalli) — WR, 5-10, 170

Orr is a three-year starter in football and two years in basketball. He earned Class B first-team All-State honors at wide receiver during senior season, setting the Class B single-season record with 17 TD catches for the Crimson Pride. He had a school record 52 receptions for 991 yards as a senior, helping them reach the Class B semifinals with 9-3 record. As a junior, he averaged over 20 yards per grab with 27 catches for 600 yards and eight TD's. Other postseason honors include Lincoln Journal Star Second Team Super State, All-District and

See Football recruits, Page 4B

## Bears win

From Page 2B

found a wide open Evan Haisch in the corner. The sophomore calmly drilled the uncontested triple to make it 52-49 and Erwin added another basket to give LCC a five-point lead that they would never relinquish.

Schutte led four Bears in double figures with 23 points while Erwin finished with 17. Cael Hartung scored 15 points and Evan Haisch added 11.

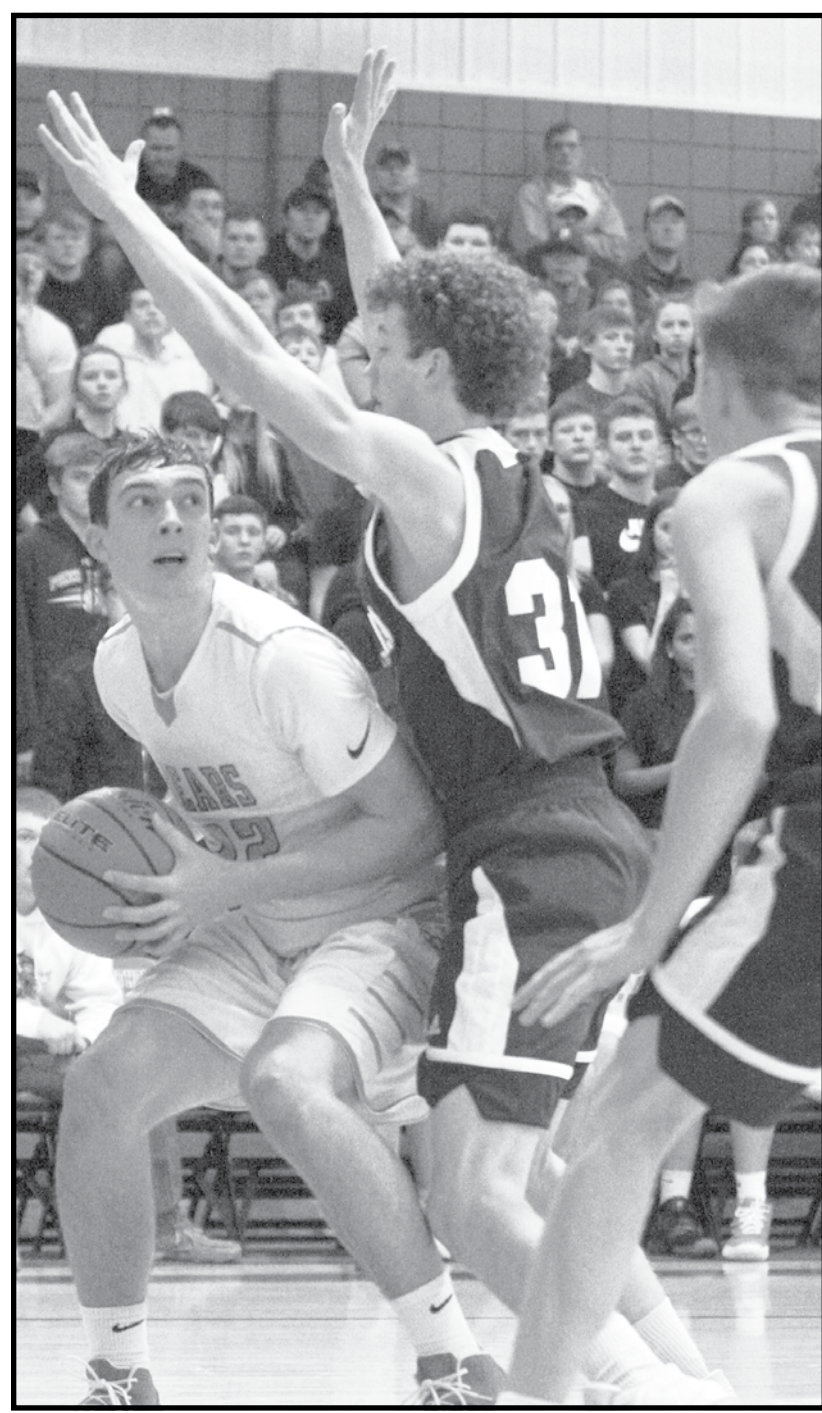
Schutte led the team with 12 rebounds while Haisch had five. Schutte and Evan Schmitt each had three assists.

In Thursday's quarterfinals, the Bears handled Wakefield, 52-38. Three Bears finished in double figures, led by Hartung's 15 points. Schutte added 13 and Erwin put up 11, while Haisch scored seven, Wilton Roberts had three and Austin Hall scored two.

LCC handled Winnebago in the semifinals on Saturday, 59-42. Schutte had a game-high 26 points and a career-high 22 rebounds in the win. Erwin added 23 points, Hartung had six and Haisch and Hall both had two.

The 18-4 Beras play at Wisner-Pilger on Thursday and Summerland on Friday before closing the regular season next Friday, Feb. 21 at home against Wynot.

LCC 52, Wakefield 38  
LCC 16 5 19 12 -52  
Wakefield 8 10 12 8 -38  
LCC — Roberts 3, Hartung 15, Schutte 13, Haisch 7, Erwin 11, Hall 2.  
WAKEFIELD — Erb 5, Heimann 7, Brown 16, Ca. Johnson 10.  
LCC 59, Winnebago 42  
LCC 19 12 10 18 -59  
Winnebago 7 11 16 8 -42  
LCC — Hartung 6, Schutte 26, Haisch 2, Erwin 23, Hall 2.  
WINNEBAGO — Scoring not available.  
LCC 66, Ponca 56  
LCC 18 12 11 25 -66  
Ponca 8 22 17 9 -56  
LCC — Hartung 15, Schutte 23, Haisch 11, Erwin 17.  
PONCA — Phillips 11, Kneiff 17, Bennett 5, Kingsbury 23.



(Photo by Michael Carnes) Noah Schutte looks to go up while under pressure by Ponca's Paul Masin during Monday's Lewis & Clark Conference championship game. The Bears beat Ponca 66-56 to win the title.

## State Duals

From Page 2B

106: Winside open. 113: Winside open. 120: Scout Ashburn, Plainview, maj. dec. Cayden Ellis, 10-0. 126: Tanner Frahm, Plainview, pinned Matthew Frederick, 5:15. 132: Art Escalante, Winside, maj. dec. Keagan Mosel, 16-6. 138: Devon Tunender Plainview, pinned Maddox Magwire, 5:28. 145: Nate Christensen, Plainview, pinned Gabe Escalante, 1:56.  
152: Bode Wortman, Plainview, pinned Tyler Carlson, 3:15. 160: Winside open. 170: Winside open. 182: Alizae Majia, Plainview, pinned Mason Topp, 3:42. 195: Winside open. 220: Winside open. 285: Both open.  
Winside 40, Pender 24  
113: Cayden Ellis, Winside, maj. dec. Braxton Volk, 15-4. 120: Winside open. 126: Matthew Frederick, Winside, pinned Trey Johnson, 1:05. 132: Art Escalante, Winside, pinned Chase Hofmeister, :49. 138: Sean Heimdale, Winside, pinned Alexander Johnson, :41. 145: Maddox Magwire, Winside, pinned Brian Robertson, 1:08. 152: Pender open.  
160: Tyler Carlson, Winside, dec. Zachery Randall, 8-3. 170: Mason Topp, Winside, dec. Jacob Bruns, 10-4. 182: Both open. 195: Both open. 220: Winside open. 285: Winside open. 106: Winside open.  
Maxwell 54, Winside 30  
120: Winside open. 126: Jacob Gholson, Maxwell, pinned Matthew Frederick, :43. 132: Art Escalante, Winside, pinned Jagger Baird, :30. 138: Maddox Magwire, Winside, pinned Shane Schneider, 4:00. 145: Gabe Escalante, Winside, pinned Kaydan Hunt, :43. 152: Winside

open. 160: Derek Gibson, Maxwell, pinned Tyler Carlson, 1:26.  
170: Mason Topp, Winside, pinned Ayden Steffens, 3:09. 182: Winside open. 195: Winside open. 220: Winside open. 285: Winside open. 106: Winside open. 113: Maxwell open.

## Junior high teams beat Clarkson/Leigh

The Wayne Junior High basketball teams claimed victories over Clarkson/Leigh in action last week.

In the seventh-grade game, Wayne used its pressure defense to come away with a 41-27 win. Leading the way for Wayne was Gavin Redden with 23 points. Other scorers were Kaden Keller (6), Colson Nelson (5), John Heithold (3), Alex Rodriguez (2)

and Jake Barner (2).

The eighth-graders won a hard-fought road game at Clarkson-Leigh, 41-37. They were paced by a dozen points from Drue Davis. Jase Dean added nine points, including three clutch free throws. Also scoring for the Devils were Devin Anderson (6), Parker Kesting (4), Ryan Karsky (3), Jamari Williams (3), and Sam Junck (2).

## Hanson named NSIC Player of the Week

Wayne State junior infielder Andrew Hanson has been named the first Northern Sun Conference Baseball Player of the Week for the 2020 season following his performances in four games at the Alpine Fresh 4 Him Baseball Classic in Texas last week.

Hanson, a 6-foot-1, 185-pound first baseman/second baseman, hit .421 in four games to open the season (8-for-19) with four doubles, one triple, five RBI and five runs scored. He hit safely

in all four games and had three multi-hit contests, opening the season with a 3-for-5 day at the plate with two doubles, a stolen base and two runs scored in an 8-6 win over Newman (Kan.). Hanson was 2-for-5 with two RBI and two runs scored and two stolen bases in an 18-12 loss to Oklahoma Panhandle State and went 2-for-5 with a double and triple in a 10-4 win over Southern Nazarene.

## Area conference basketball tournament results

<p>Mid State Conference</p> <p>Girls Division Play-In Game BC/NG 51, Wayne 49 First Round GACC 59, BC/NG 26 Norfolk Catholic 57, O'Neill 45 Battle Creek 48, Pierce 33 Crofton 53, Hartington CC 39 Consolation Semifinals O'Neill 48, BC/NG 40 Hartington CC 46, Pierce 42 Championship Semifinals Norfolk Catholic 54, GACC 47 Crofton 66, Battle Creek 39 Saturday's Results Fifth Place: O'Neill 48, Hartington CC 46 Consolation: GACC 54, Battle Creek 42 Championship: Crofton 45, Norfolk Catholic 30</p> <p>Boys Division Play-In Game BC/NG 81, Crofton 67 First Round</p>	<p>Battle Creek 65, BC/NG 38 Pierce 61, GACC 35 Wayne 57, Norfolk Catholic 53 Hartington CC 65, O'Neill 45 Consolation Semifinals GACC 73, BC/NG 61 Norfolk Catholic 66, O'Neill 41 Championship Semifinals Pierce 45, Battle Creek 24 Wayne 59, Hartington CC 52 Saturday's Results Fifth Place: Norfolk Catholic 67, GACC 66 Consolation: Hartington CC 61, Battle Creek 56 Championship: Wayne 54, Pierce 41</p> <p>----- Lewis &amp; Clark Conference</p> <p>Girls Division First Round Wynot 58, Plainview 18 Bloomfield 47, Wausa 37 Homer 48, Randolph 25 LCC 59, Winside 12</p>	<p>Winnebago 70, Emerson-Hubbard 30 Hartington-Newcastle 51, Creighton 46 Wakefield/Allen 57, Osmond 39 Ponca 78, Walthill 29 Consolation Games Randolph 39, Walthill 30 Osmond 50, Plainview 32 Winside 53, Emerson-Hubbard 26 33 Creighton 52, Wausa 42 Quarterfinals Wynot 61, Bloomfield 33 Homer 64, LCC 51 Winnebago 78, Hartington-Newcastle 51 Ponca 58, Wakefield/Allen 14 Semifinals Wynot 41, Homer 32 Ponca 64, Winnebago 32 Championship Wynot 53, Ponca 50</p> <p>Boys Division Play-In Game Wausa 60, Winside 21 First Round</p>	<p>LCC 78, Wausa 40 Wakefield 57, Bloomfield 50 Homer 57, Creighton 51 Winnebago 75, Randolph 67 Ponca 65, Plainview 43 Hartington-Newcastle 39, Wynot 36 Allen 51, Walthill 46 Osmond 76, Emerson-Hubbard 26 Consolation Games Creighton 70, Wynot 35 Emerson-Hubbard 47, Wausa 42 Walthill 56, Plainview 49 Randolph 63, Bloomfield 39 Quarterfinals LCC 52, Wakefield 38 Winnebago 78, Homer 45 Ponca 56, Hartington-Newcastle 44 Osmond 50, Allen 40 Semifinals LCC 59, Winnebago 42 Ponca 58, Osmond 44 Championship LCC 66, Ponca 56</p>
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# Football recruits

From Page 3B

All-River Cities Conference First Team and All-Omaha Area First Team.

Barrett Skrobecki, Waverly (Waverly) — LB, 6-0, 195

Skrobecki was a two-year starter in football and earned Class B first-team All-State Honors during his senior season. He averaged 6.6 tackles per game with eight sacks and one interception as a senior, helping Waverly to a 10-2 record and a Class B semifinal appearance. He also excels in the classroom, earning Academic All-Conference Honors.

Luke Stueve, Battle Creek (Battle Creek) — OL, 6-3, 260

Stueve started three years in football, two years in basketball, and four years in golf for the Braves, earning Class C-2 first-team All-State honors at defensive line as a senior, recording 46 tackles and helping Battle Creek to a 9-2 record and a state playoff quarterfinal appearance. He was also Battle Creek's punter and averaged nearly 40 yards per punt over three years. Other postseason honors in football included first-team All-Area and All-District, and he was an All-Mid States conference selection as a junior.

Ciaran Thompsen, Elkhorn (Elkhorn South) — DL, 6-0, 250

Thompsen was a two-year starter and three-year letterwinner in football. He was named two-time Elkhorn South Lifter of the Year while helping his team reach the playoffs every year.

Dawson Wright, Lincoln (Lincoln NE) — WR, 5-7, 157

Wright was a three-year letterwinner in football who earned All-City Honorable Mention honors as a senior after recording 20 catches for 247 yards and two touchdowns, along with 53 tackles as a defensive back.

**South Dakota**

Jacob Byrd, Sioux Falls (O'Gorman) — DB, 6-0, 170

Byrd was a two-year starter and also competed in basketball and track and field for the Knights. As a senior, he earned Class 11AAA First Team All-State honors, helping his team win its first state title since 2005. He also started at wide receiver (14 catches, 205 yards, 4 TD's) and was a punt and kick returner. He received All-Metro Conference honors and was Academic All-State selection.

Mohamed Ibrahim, Sioux Falls (Tri Valley) — LB, 5-10, 190

Ibrahim is a football and track and field standout who started two years in football and three in track and field. He was named Class 11A All-State First Team at linebacker this season after posting 74 tackles with one interception, and also caught 10 passes for 220 yards and four TD's. As a junior, he ran legs on two relay teams that placed at South Dakota State Track Meet.

Alex Kowalczyk, Sioux Falls (O'Gorman) — LB, 5-11, 200

Kowalczyk is a two-year starter in football and powerlifting and one year in track and field for the Knights. He led O'Gorman in tackles this season with 71 along with one sack, helping his team win Class 11AAA State Championship in South Dakota. He was named to the Argus Leader Elite 45 Honorable Mention and was an Academic All-State selection.

Lane VanderWal, Volga (Sioux Valley) — WR, 6-2, 180

VanderWal played four sports, starting four years in track and baseball, two in football and one in basketball. He was named Big East All-Conference as a senior after averaging 25.2 yards per catch (18 for 453 yards) with seven touchdowns, helping the team to a 6-4 record and

the Class 11B State Quarterfinals. During his junior season, he averaged 29.4 yards a catch with four TDs. He was named Academic All-State in football and placed second in the triple jump as a junior at state track.

**Iowa**

Trey Guerrero, Des Moines (Roos-evelt) — WR, 5-11, 170

Guerrero was a three-year letterwinner in football at Des Moines Roosevelt High School. During his senior season, he had 36 catches for 379 yards and two touchdowns in helping his team to a 6-4 record and its first trip to the Class 4A state playoffs in 23 years. He was a two-time All-Conference selection.

Noah Neofotist, Toddville (Alburnett) — DL, 6-3, 210

Neofotist was a three-year starter in track and two years in football and wrestling. He was named All-District and Class A All-State during senior season after recording 59 tackles (40 solo) with 18 tackles for loss and four sacks with two blocked punts.

**Louisiana**

Jadon Johnson, Lake Charles (St. Louis Catholic) — WR, 6-0, 185

Johnson is a three-year starter in football and basketball who re-

ceived first-team All-District honors during his senior season after making 45 catches for 737 yards and six TD's. He also rushed for 287 yards on 50 carries with four scores and was an I-10 All-Star Football Game participant, helping his team reach the Louisiana Class 3A state semifinals.

**Minnesota**

Dustin Sarvie, Buffalo (Buffalo) — LB, 6-1, 215

Sarvie is a three-year starter and four-year letter winner in football who is a two-time Defensive Most Valuable Player and a two-time All-District selection. He missed senior season due to injury, but as a junior he recorded 97 tackles with six tackles for loss, one forced fumble and one pass defended and had 91 tackles during his sophomore year with three sacks and three tackles for loss. He is the bench press contest winner at the Mississippi 8 lifting competition.

**Transfers**

Ijaaz Rashid, Renton, Wash. (LA Pierce College) — DB, 6-1, 185

Transfers to Wayne State after playing two years at LA Pierce College in California. In the 2019 season he played in nine games and ranked fifth on the team in tackles

with 32 (18 solo) to go with 2.5 tackles for loss, one interception and two pass breakups. He attended Renton High School in Washington where he was the Offensive MVP and a second-team All-Conference selection at wide receiver and defensive back.

Clarke Solo, Des Moines, Iowa (Iowa Western CC) — DB, 5-9, 190

Transfers to Wayne State after playing at Iowa Western Community College, where he appeared in six games last season and had four tackles with one sack. He played high school at Des Moines Roosevelt where he was a three-year starter and earned All-District honors.

Tysen White, McFarland, Wisc. (Minnesota Crookston) — DB, 5-10, 175

Transfers to Wayne State after playing the 2019 season at Minnesota Crookston. He was a starting defensive back for the Golden Eagles last season and led the team in tackles with 82, ranking sixth in the NSIC averaging 7.5 tackles per game. He is a native of McFarland, Wisc., where he was a football and wrestling standout in high school and was named All-Region at defensive back and running back and is also a three-time All-Rock Valley Conference selection in football.



(Photo by Mary Vanderbeek)

Cade Johnson brings the ball up against the Bloomfield defense during Lewis & Clark Conference tournament play last week.

## Trojans fall to LCC in L&C quarterfinals

In spite of a 50-38 loss to eventual champion LCC in Thursday's Lewis & Clark Conference tournament semifinals, coach Joe Wendte saw some good things from his team.

"I thought that we really did some nice things on both sides of the floor," he said. "We were able to slow down their pressure in the first half and get some really nice shots. We

just weren't able to knock enough of them down to develop the lead that we needed. On the defensive end, I thought that we stuck to the game plan arguably more than any other game all year. We were fun to watch defensively, and I expect us to keep moving forward and improving on that side of the ball."

The Trojans kept things close with

the Bears, trailing by only three at the half. LCC was able to put the game away in the fourth quarter, limiting Wakefield to just two baskets in the final eight minutes.

Blake Brown led Wakefield with 16 points and Cade Johnson added 10. Also scoring were Blake Heimann with seven points and Justin Erb with five.

## Lady Bears fall in L&C quarterfinals

The Laurel-Concord-Coleridge Lady Bears' hopes to win the Lewis & Clark Conference title came up short Tuesday, as they dropped a 64-51 decision to Homer in the quarterfinal round of the 16-team tournament.

Homer built a 12-point halftime lead and LCC's offense just couldn't get anything rolling in the second half to mount a comeback. LCC did outscore the Lady Knights 14-11 in the final eight minutes, but it wasn't enough as Homer advanced.

Kinsey Hall paced the Lady Bears with 19 points, the lone LCC player in double figures. Makayla Forsberg and Erica Wolfgram each added seven points.

Also scoring were Delaney Ehlers

with six, Mollie Schutte with five and Haley Christensen with four.

Hall led the team in rebounds with five and steals with seven. Schutte and Jordynn Urwiler both had three rebounds and Christensen had two steals.

On Friday, LCC defeated Creighton 56-49 as three Lady Bears finished in double figures.

Hall led the way with a game-high 19 points, with Forsberg adding 16 and Ehlers putting in 10. Wolfgram added six points and Christensen scored five.

Hall had seven rebounds, Ehlers grabbed six and Forsberg had five. Hall had four assists and Forsberg had three.

The 11-9 Lady Bears finish the reg-

ular season on the road with games at Wisner-Pilger on Thursday and Summerland on Friday. Subdistrict play begins next week at Battle Creek.

Homer 64, LCC 51

LCC	12	10	15	14	—51
Homer	16	18	19	11	—64

LCC — Schutte 5, Forsberg 7, Christensen 4, Hall 19, Wolfgram 7, Ehlers 6.

HOMER — Eisea 3, Schmidt 5, Harris 13, Rasmussen 10, Baker 8, Johnson 23, Peters 2.

LCC 56, Creighton 49

LCC	13	22	11	10	—56
Creighton	11	9	11	18	—49

LCC — Forsberg 16, Christensen 5, Hall 19, Wolfgram 6, Ehlers 10

CREIGHTON — Scoring not available.



(Photo by Mary Vanderbeek)

Wakefield/Allen's Rachel Borg (4) gets the loose ball as teammates Maddie Mogus (25) and Jordyn Carr (22) look to help out during recent action.

## Lady Trojans fall in L&C quarterfinals

The Wakefield/Allen Lady Trojans found themselves on the short side of a 58-15 decision against Ponca in the quarterfinals of the Lewis & Clark Conference basketball tournament last Tuesday.

Ponca broke the game open in the

second period, limiting Wakefield/Allen to just a single free throw to take a 34-5 halftime advantage and put the game out of reach.

Alex Arenas and Jordyn Carr both had four points, Aishah Valenzuela added three and Cassidy Bru-

digam and Maddie Mogus each had two for the Lady Trojans.

The 12-7 Lady Trojans ended the regular season Tuesday with a home game against Winnebago. They will compete in subdistrict action next week at Wisner-Pilger.

## Wayne high school bowlers preparing for state competition

The last regular season bowling tournament was held in Wayne on Feb. 1 with eight bowling clubs participating.

The Wayne girl's junior varsity team won, with Jamie Janke scoring her personal best with a score of 152 and a series of 413.

The Wayne junior varsity boy's team earned first place. Sean Aschoff bowled the high game of 168 and series of 428; Shayen Geidner bowled a 427 series; Carter Hasemann had a 422 series and Peyton Reisberg a 403.

Wayne's girls' varsity team won with Jeri Jensen bowling a 192 game and 435 series. Andi Belt bowled games of 191, 170 and 162 for a 523 series. Natalie Bentjen bowled games of 157, 184 and 185 for a high series of 526. Riley Hascke bowled games of 153, 120 and 125 for a series of 398.

Boone Central came in second for the day, followed by Newman Grove in third, Plainview fourth with team member Kyla Pollard bowling the high game for the girls with a 194 and series of 479. Norfolk Catholic finished the day in fifth place.

The Hartington boys' varsity team took first place with Colin Potts rolling games of 175, 215 and 218 for a 608 series. Wyatt Wiebelhaus bowled a 503 series; Charlie Dendinger a 439 series and Aiden Gratsfeld bowled a 487 series.

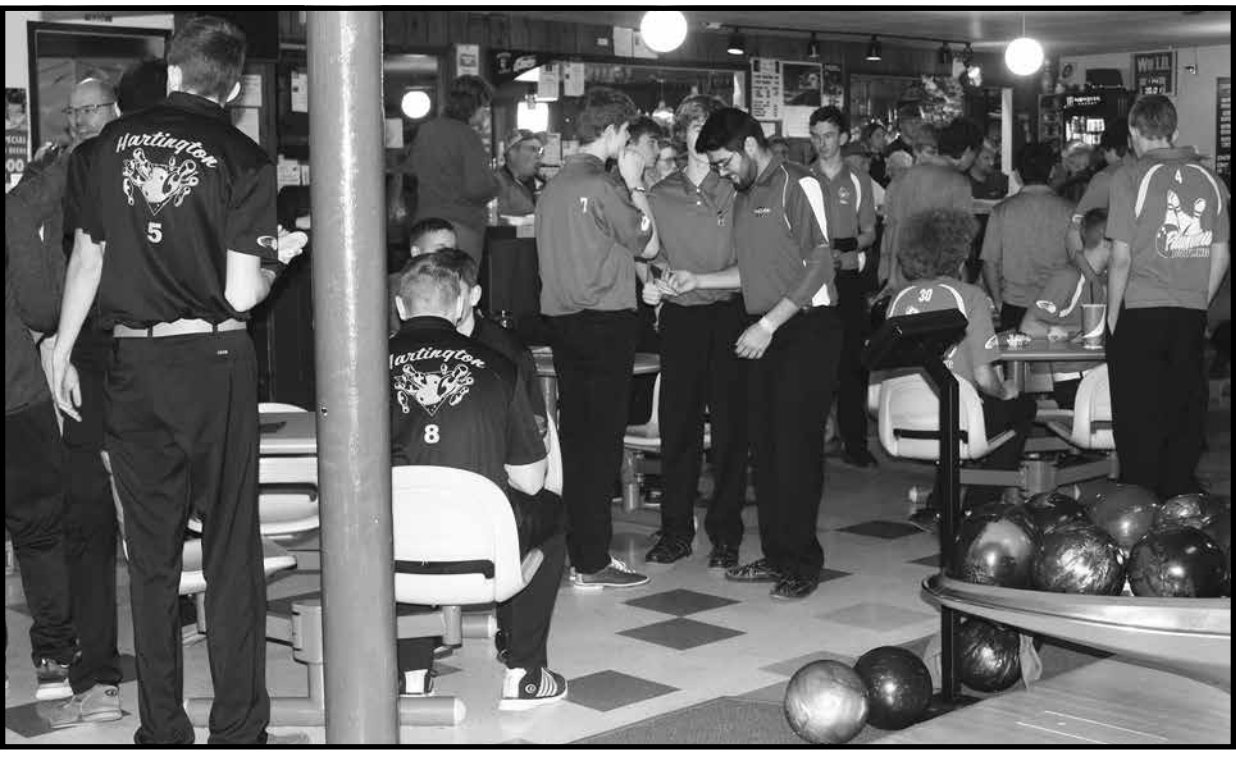
The Wayne varsity boys' team earned second place with Israel Rodriguez bowling games of 145, 201 and 173 for a 519 series. Brogan Foote bowled games of 158, 158 and 189 for a 505 series. Tanner Sievers had scores of 130, 190 and 169 for a 489 series and Calvin Starzl bowled games of 174, 145

and 174 for a 493 series.

Plainview came in third with Luke Pelletz bowling games of 168, 205 and 146 for a series of 519. Norfolk Catholic was fourth for the day with Matt Doerr bowling games of 166, 219 and 133 for a 518 series. Wisner-Pilger was in fifth place and Boone Central was sixth.

Wildcat Lanes and an anonymous donor awarded scholarship money to the high game bowler in each division. Jamie Janke of Wayne won the junior varsity girls' money; Kyla Pollard of Plainview won the varsity girls' money; Sean Aschoff of Wayne won the junior varsity boys' money and Matt Doerr of Norfolk Catholic won the varsity boys' money.

Wayne's teams will be headed to Norfolk on Sunday, Feb. 16 to participate in the Nebraska Class C/D state tournament.



(Photo by Clara Osten)

Members of the Wayne boys' bowling team make final preparations before last week's meet in Wayne.

## Eagles fall to Osmond in L&C quarters

The Allen boys basketball team were looking for an upset, but couldn't quite pull it off as the seventh-seeded Eagles fell to No. 2 Osmond 50-40 in the Lewis & Clark Conference quarterfinals.

The Eagles kept pace with Osmond in the first half and trailed 21-20 at intermission, then came out in the third quarter and took a 30-25 lead into the fourth quarter with a 10-4 run.

Osmond showed why it's one of the top teams in the state, coming back

with a flurry in the fourth quarter to end Allen's upset hopes and knock the Eagles out of the tournament.

Nate Oswald tossed in 15 points to lead the 13-3 Eagles in the losing effort. Noah Carr added seven points, Brogan Jones, Steven Cooks and Lukas Oswald each had four, and Kobe Kumm and Josh Grone had three points apiece.

Jones led the team in rebounds with seven and Grone had six. The Oswald brothers both had four boards.

Allen hosted Winside on Tuesday and will host Siouxland Christian on Thursday and Bloomfield on Friday before closing the regular season next Friday at Omaha Nation.

Osmond 50, Allen 40

Allen	6	14	10	10	—40
Osmond	12	9	4	25	—50

ALLEN — N. Oswald 15, Kumm 3, Jones 4, Carr 7, Cooks 4, Grone 3, L. Oswald 4.

OSMOND — Chishiba 6, Schmit 9, Timmerman 20, Schultze 8, Maertins 7.

## WSC track adds three recruits for 2020-21

Wayne State track and field coach Marlon Brink has announced that Jercey Irish of Lexington, Makenna Taake from Battle Creek and Reilly Young of Greeley have signed national letters of intent to compete for the Wildcat track and field teams in the 2020-21 academic year.

Irish is a sprinter from Lexington High School where she was a four-year starter in softball and three-year letterwinner and starter in track and field. As a junior last season, Irish was a Class B state qualifier in three events — 100 and 200-meter dashes and 400-meter relay. In 2018 as a sophomore, she also qualified for state in the 100 and 200-meter dash-

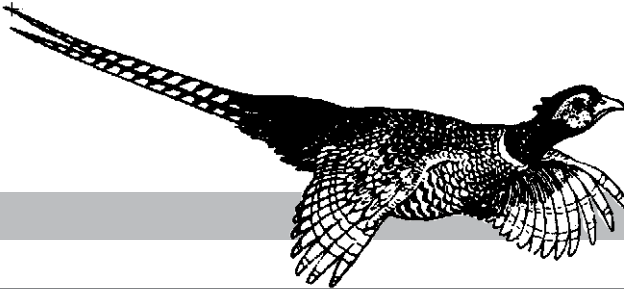
es and ran a leg on the seventh place 400-meter relay and was a state qualifier in two events — 100 meter dash and 400 meter relay (5th place) — as a freshman. In softball, Irish was a two-time All-Southwest Conference honoree in softball.

Taake is a jumper from Battle Creek High School where she lettered four years in track and field, three in basketball and two in volleyball. Taake is the reigning Class C state champion in the long jump (17-9 1/2) and was also a state qualifier in the triple jump while running a leg on the eighth place 400-meter relay team. As a sophomore in 2018, she placed fourth in the long jump (16-4 3/4)

and seventh in the triple jump (35-0 1/2) and was a state qualifier in both events as a freshman in 2017 placing eighth in the long jump (15-7 1/2).

Young is a thrower from Central Valley High School where she has started four years in softball and track and field and one season in basketball. Young is a two-time Class D state runner-up in the discus as a freshman and junior and was fifth in her sophomore year at 120-11. She is also a two-time state qualifier in the shot put. Young is a Class C All-State honorable mention selection in softball, hitting 10 home runs as a senior, seven as a junior and five as a sophomore.





(Publ. Feb. 13, 20, 27, 2020) ZNEZ 1 clip - 1 POP

MORE LEGALS ON PAGE 6B

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

Free Estimates THE GUTTER CREW Seamless Gutters & Downspouts 28 Years of Experience

HARTINGTON TREE L.L.C. TREE SERVICE TREE NURSERY 402-254-6710

NOTICE OF RENEWAL OF RETAIL LIQUOR LICENSE

Notice is hereby given that pursuant to Section 53-145.01, a liquor license may be automatically renewed for one year from May 1, 2020, for the following retail liquor licensee, to wit:

Go Mirage, LLC d/b/a G's Quick Stop 1034 N. Main Street Wayne, NE 68787

Notice is hereby given that written protests to the issuance of automatic renewal of license may be filed by any resident of the City on or before March 13, 2020, in the office of the City Clerk...

THE CITY OF WAYNE, NEBRASKA Betty A. McGuire, City Clerk (Publ. Feb. 13, 2020) ZNEZ

NOTICE OF RENEWAL OF RETAIL LIQUOR LICENSE

Notice is hereby given that pursuant to Section 53-145.01, a liquor license may be automatically renewed for one year from May 1, 2020, for the following retail liquor licensee, to wit:

Wisner West, Inc. d/b/a Wayne East 1330 7th Street Wayne, NE 68787

Notice is hereby given that written protests to the issuance of automatic renewal of license may be filed by any resident of the City on or before March 13, 2020, in the office of the City Clerk...

THE CITY OF WAYNE, NEBRASKA Betty A. McGuire, City Clerk (Publ. Feb. 13, 2020) ZNEZ

NOTICE OF RENEWAL OF RETAIL LIQUOR LICENSE

Notice is hereby given that pursuant to Section 53-145.01, a liquor license may be automatically renewed for one year from May 1, 2020, for the following retail liquor licensee, to wit:

Lutt Oil & Service, LLC d/b/a Lutt Oil & Service 310 South Main Street Wayne, NE 68787

Notice is hereby given that written protests to the issuance of automatic renewal of license may be filed by any resident of the City on or before March 13, 2020, in the office of the City Clerk...

THE CITY OF WAYNE, NEBRASKA Betty A. McGuire, City Clerk (Publ. Feb. 13, 2020) ZNEZ

NOTICE OF RENEWAL OF RETAIL LIQUOR LICENSE

Notice is hereby given that pursuant to Section 53-145.01, a liquor license may be automatically renewed for one year from May 1, 2020, for the following retail liquor licensee, to wit:

Casey's Retail Company d/b/a Casey's General Store #2738 407 E. 7th Street Wayne, NE 68787

Notice is hereby given that written protests to the issuance of automatic renewal of license may be filed by any resident of the City on or before March 13, 2020, in the office of the City Clerk...

THE CITY OF WAYNE, NEBRASKA Betty A. McGuire, City Clerk (Publ. Feb. 13, 2020) ZNEZ

NOTICE OF RENEWAL OF RETAIL LIQUOR LICENSE

Notice is hereby given that pursuant to Section 53-145.01, a liquor license may be automatically renewed for one year from May 1, 2020, for the following retail liquor licensee, to wit:

Staab PH Units, LLC d/b/a Pizza Hut of Wayne 901 E. 7th Street Wayne, NE 68787

Notice is hereby given that written protests to the issuance of automatic renewal of license may be filed by any resident of the City on or before March 13, 2020, in the office of the City Clerk...

THE CITY OF WAYNE, NEBRASKA Betty A. McGuire, City Clerk (Publ. Feb. 13, 2020) ZNEZ

NOTICE OF RENEWAL OF RETAIL LIQUOR LICENSE

Notice is hereby given that pursuant to Section 53-145.01, a liquor license may be automatically renewed for one year from May 1, 2020, for the following retail liquor licensee, to wit:

Johnnie Byrd Brewing Company 117 W 2nd Street Wayne NE 68787

Notice is hereby given that written protests to the issuance of automatic renewal of license may be filed by any resident of the City on or before March 13, 2020, in the office of the City Clerk...

THE CITY OF WAYNE, NEBRASKA Betty A. McGuire, City Clerk (Publ. Feb. 13, 2020) ZNEZ

NOTICE OF RENEWAL OF RETAIL LIQUOR LICENSE

Notice is hereby given that pursuant to Section 53-145.01, a liquor license may be automatically renewed for one year from May 1, 2020, for the following retail liquor licensee, to wit:

JB Mart, Inc. d/b/a "JB Mart" 603 Main Street Wayne, NE 68787

Notice is hereby given that written protests to the issuance of automatic renewal of license may be filed by any resident of the City on or before March 13, 2020, in the office of the City Clerk...

THE CITY OF WAYNE, NEBRASKA Betty A. McGuire, City Clerk (Publ. Feb. 13, 2020) ZNEZ

NOTICE OF RENEWAL OF RETAIL LIQUOR LICENSE

Notice is hereby given that pursuant to Section 53-145.01, a liquor license may be automatically renewed for one year from May 1, 2020, for the following retail liquor licensee, to wit:

Wayne Hospitality Group LLC d/b/a Cobblestone Hotel 505 Tomar Drive Wayne, NE 68787

Notice is hereby given that written protests to the issuance of automatic renewal of license may be filed by any resident of the City on or before March 13, 2020, in the office of the City Clerk...

THE CITY OF WAYNE, NEBRASKA Betty A. McGuire, City Clerk (Publ. Feb. 13, 2020) ZNEZ

NOTICE OF RENEWAL OF RETAIL LIQUOR LICENSE

Notice is hereby given that pursuant to Section 53-145.01, a liquor license may be automatically renewed for one year from May 1, 2020, for the following retail liquor licensee, to wit:

Lewellyn B Whitmore Post 5291 d/b/a Wayne Veteran's Club 220 Main Street Wayne NE 68787

Notice is hereby given that written protests to the issuance of automatic renewal of license may be filed by any resident of the City on or before March 13, 2020, in the office of the City Clerk...

THE CITY OF WAYNE, NEBRASKA Betty A. McGuire, City Clerk (Publ. Feb. 13, 2020) ZNEZ

VILLAGE OF WINSIDE BOARD PROCEEDINGS

February 3, 2020 Winside, Nebraska The Board of Trustees of the Village of Winside, Nebraska met in regular session on Monday, February 3, 2020 at 7:30 p.m.

in the library meeting room. Present were Chairperson Watters; Trustees Edwards, Rohde, Skokan and Lowe. Visitors were Kevin Cleveland, Jeff Hrouda, Trever Hartmann, Duane Thies, Charles Peter and Mr. & Mrs. Grove.

Action taken by the Board included: 1. Approved January meeting minutes 2. Accepted January Treasurer's report 3. Heard report concerning recycling in village

4. Introduced Ordinance No. 502 & since it didn't pass dispensing of three readings will be brought back for next regular meeting with revisions

5. US Census Bureau is needing workers for population census 6. Ordinance No. 503 ...Discontinuance of Service was passed 7. Agreed to a five year loan for purchase of skid loader 8. Discussion on office/shop building replacement

The following claims were approved for payment: Payroll, 4,049.19; Post Office, ex, 26.50, 75.60, 340.00; Stamp Fulfillment Services, 332.25; Farmers Coop, ex, 631.34; Wayne Co. Bank, ex, 52.22; NE Dept of Revenue, tax, 1,968.14; Black Hills Energy, ex, 1,386.58; IRS, tax, 3,036.27 & 2,998.24; Payroll, 3,727.00; Y&Y Lawn Service, ex, 821.75; Titan Machinery, ex, 392.44; Winsupply, ex, 57.00; Platte Valley Comm., ex, 149.00; One Office, ex, 16.83; Norfolk NAPA, ex, 7.55; Menards, ex, 101.56; Dearborn National, ex, 116.96; DnT Repair, ex, 561.65; Complete Pest Elimination, ex, 2,603.00; Bomgaars, ex, 82.30; NE Harvestore Systems, ex, 3,397.00; Utility Fund, ex, 2,268.45; Warnemunde Ins, ex, 9,512.00; The Store, ex, 16.49; UPS Store, ex, 42.58; Northeast Power, ex, 12,393.45; USA Blue Book, ex, 161.55; NE Municipal Power Pool, ex, 47.53; NJE PHE Lab, ex, 15.00; Krier Technologies, ex, 816.75; MCI, ex, 27.50; Kevin Gother, ex, 1,015.85; Dutton Lainson, ex, 299.17; Carol Brugger, ex, 784.97; Kevin Cleveland, ex, 1,015.85; Clark Equipment Co., ex, 33,718.30

The meeting adjourned at 9:27 P.M.

The Board of Trustees of the Village of Winside, Nebraska will meet in regular session on Monday, March 2, 2020 at 7:30 p.m. in the library meeting room. The meeting will be open to the public and an agenda for such meeting kept continuously current is available for inspection at the office of the Village Clerk of said Village.

Teresa Watters, Chairperson

Attest: Carol M. Brugger, clerk (Publ. Feb. 13, 2020) ZNEZ

NOTICE OF ORGANIZATION OF BLW RENTALS, LLC

A Nebraska Limited Liability Company Notice is hereby given that BLW Rentals, LLC, a Nebraska Limited Liability Company, has been organized under the laws of the State of Nebraska, with its designated office at 1425 Claycomb Road, Wayne, NE 68787. The registered agent of the Company is William H. Blecke, 1425 Claycomb Road, Wayne, NE 68787.

William H. Blecke, Organizer

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TOURS YOU'LL REMEMBER FOREVER! SAVANNAH & CHARLESTON Mar. 20-29 NASHVILLE U.S.A. Mar. 30-4/4 NEW ORLEANS & DEEP SOUTH Apr. 17-26 'FIXER UPPER' & 'PIONEER WOMAN' Apr. 20-25 PALO DURO CANYON June 3-8 CALIFORNIA ZEPHYR June 9-15 ALASKA CRUISE & TOUR July 18-29 ALASKA CRUISE Aug. 7-15

CALL 800-672-1009 FOR A FREE TOUR BOOK! WE PICK UP IN OMAHA AND COUNCIL BLUFFS. ALLIED tour&travel ALLIEDT.COM

Edward Jones MAKING SENSE OF INVESTING Edward Jones Investments of Wayne is proud to sponsor Presidential Scholar Night, recognizing the academic achievements of student athletes at Wayne State College. 211 student athletes have posted at least a 3.20 grade point average or better to receive the Presidential Scholar Athlete Award. 47 had a perfect 4.00 grade point average during either the 2019 spring and/or fall semester with 14 of those students recording a 4.00 GPA both semesters. 15 seniors received the 11th annual NSIC Myles Brand All-Academic With Distinction Award, given to athletes in their final year of eligibility that carry a cumulative grade point average of 3.75 or higher.

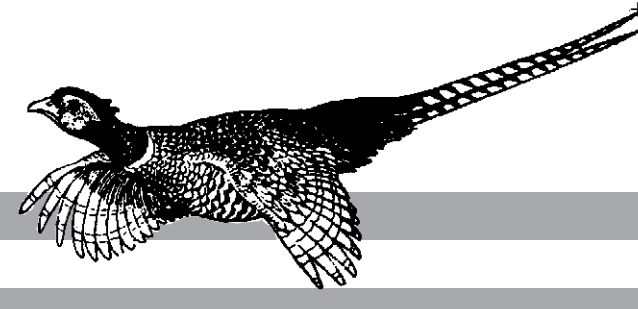
WAYNE STATE PRESIDENTIAL SCHOLAR ATHLETES - SPRING/FALL 2019 Wayne State vs. Minnesota State Saturday, February 15 ( 3:30 & 5:30 p.m.)

Table listing athletes and their sports: Makenna Adkison (Softball), Ian Ailts (Football), Trey Albert (Football), Morgan Alexander (Volleyball), Benjamin Allen (Men's Track & Field), Hunter Babe (Baseball), Alyssa Ballenger (Volleyball), Brandon Barker (Baseball), Alexandra Bauer (Women's XC/Track), Tarrin Beller (Volleyball), Taya Beller (Volleyball), Bryce Bisenius (Baseball), MJ Blankenfeld (Football), Brittany Bongartz (Women's Basketball), Jaci Brahmer (Volleyball), Maggie Brahmer (Volleyball), Aidan Breedlove (Baseball), Donte Brooks (Football), Kortney Buresh (Softball), Madison Burgard (Women's Soccer), Halley Busse (Women's Basketball), Brooke Buzzell (Women's Soccer), Kelsie Cada (Volleyball), Hope Carter (Volleyball), Colin Chick (Baseball), Brooklyn Chippis (Women's Track & Field), Cole Christoffersen (Men's Track & Field), Prince Chukwuma (Men's Basketball), Hadley Chvatal (Softball), Austin Coffman (Football), Cassidy Connell (Women's Track & Field), Chris Cornish (Baseball), Madison Craig (Women's Soccer), Brianna Crouch (Women's XC/Track), Preston Davis (Men's Track & Field), Benjamin Dentlinger (Men's Basketball), Maddie Duffy (Volleyball), Alison Dykman (Women's Track & Field), Dylan Emanuel (Baseball), Aaron English (Men's Track & Field), Connor Fee (Football), Kory Fitch (Football), Lauren Fleming (Women's Soccer), Corbin Foster (Football), Kolbie Foster (Football), Rachel Fraser (Women's Soccer), Trenton Frerichs (Baseball), Grayson Garey (Football), Claire Gay (Women's Soccer), Annie Grammer (Softball), Garrett Graveline (Baseball), Nick Gray (Football), Rachel Grisham (Women's Soccer), Ashley Gustavson (Women's Basketball), Emily Hale (Softball), Kylie Hammer (Women's Basketball), Charles Hasty (Baseball), Nicole Heeren (Women's Track & Field), Brock Hegarty (Men's Track & Field), Ashley Hernandez (Softball), Zaiden Hernandez (Football), Cade Herrmann (Baseball), Nathan Hiemer (Men's XC/Track & Field), Jayle Hinkle (Men's Track & Field), Bryce Holcomb (Men's XC/Track & Field), Trevor Hudson (Football), Amelia Ivester (Women's Basketball), Nosa Iyagbaye (Men's Basketball), Lauren Jacobsen (Volleyball), Jordan Janssen (Men's Basketball), Vance Janssen (Men's Basketball), Soren Jensen (Football), Marin Jetensky (Women's Track & Field), Kim Johnson (Women's XC/Track), Madison Johnson (Women's Soccer), Marquise Jones (Football), Tia Jones (Women's Track & Field), Nicholas Jojnt (Football), Cade Kalkowski (Men's Track & Field), Dylan Kaup (Men's Track & Field), Haley Kauth (Volleyball), Tre'Von Kearney (Football), Madison Kemp (Women's Soccer), Jakob Kemper (Men's XC/Track), Ryan Kennedy (Football), Dylan Kessler (Men's XC/Track), Sophie Ketchmark (Women's Soccer), Maddie Knobbe (Volleyball), Evelyn Knox (Women's Basketball), Ethan Knudson (Football), Michael Kueny (Men's Track & Field), David Kunes (Football), Andrea Larson (Women's Basketball), Ely Larson (Volleyball), Hanna Lazure (Women's Track & Field), Mason Lee (Football), Jacob Lemar (Baseball), Alex Lindsay (Football), Alex Logelin (Baseball), Kyle Lowe (Men's Track & Field), Paul Mach (Football), Mikayla Marvin (Women's Track & Field), Andy McCance (Football), Molly McCartney (Women's XC/Track), Jordan McCormick (Volleyball), Taylor Menard (Softball), Travis Miller (Baseball), Autumn Mlinar (Women's Basketball), Madeline Moser (Softball), Amanda Mote (Women's XC/Track), Matthew Neme (Men's Track & Field), Chase Netusil (Football), CJ Neumann (Baseball), Dan Ngoyi (Football), Jake Nielsen (Baseball), Sophie Noecker (Women's Track & Field), Erin Norling (Women's Basketball), Ryan Obrecht (Baseball), Regan Ott (Women's Soccer), Jonathan Owens (Football), Kendra Paasch (Women's Track & Field), Shaquille Paddy (Football), Ryan Parker (Football), Obi Patrick (Men's Basketball), Conner Paxton (Football), Will Pattison (Football), Nathan Pearson (Men's XC/Track & Field), Bailey Peckham (Men's XC/Track & Field), Josephine Peitz (Women's XC/Track), Henry Penner (Men's Basketball), Hannah Perkins (Women's XC/Track), Jordyn Pester (Women's Track & Field), Ryan Petersen (Baseball), Megan Phillips (Women's Soccer), Samantha Phillips (Women's Soccer), Cassidy Pingel (Women's Basketball), Maxwell Ploof (Baseball), Jade Poelstra (Women's Soccer), Alex Powders (Football), Jacob Protzman (Football), Aaron Ras (Baseball), Natalie Rech (Women's Soccer), Taylor Reiner (Women's Basketball), Clare Reinhart (Softball), Josh Renken (Baseball), Baylee Rial (Softball), Jade Rickard (Women's XC/Track), Noah Roberts (Baseball), Gabriella Rosa (Women's Soccer), Allie Rosener (Women's XC/Track), Keegan Ruskamp (Baseball), Josey Ryan (Women's Basketball), Keyla Sambo (Women's Track & Field), Joana Sato (Women's Track & Field), Isaac Schafbuch (Football), Chloe Schlines (Women's Soccer), Megan Schuster (Women's Soccer), Noah Scott (Football), Selena Shady (Women's Basketball), Morgan Shearer (Women's Track & Field), Kori Siebert (Women's Track & Field), Brody Sintek (Baseball), Michaela Smith (Softball), Tori Solley (Women's Soccer), Kamryn Sparks (Softball), Brittan Speck (Women's Soccer), Sarah Stang (Women's Track & Field), Christina Stasi (Women's Soccer), Ben Steffens (Football), Katie Stephens (Volleyball), Alexis Strothers (Women's Soccer), Kenzie Sullivan (Women's Track & Field), Robert Sullivan (Men's Track & Field), Garrett Svoboda (Baseball), Richard Sweeney (Men's Track & Field), Joshua Taylor (Football), Nate Thayer (Men's Basketball), Olivia Thompson (Women's Soccer), Tyler Thomsen (Football), Alex Thramer (Football), Andrea Torres (Women's XC/Track), Moriah Troeman (Women's Track & Field), Riley Vanderveen (Softball), Morgan Vasa (Softball), Haley Vesey (Women's Basketball), Kim Vidlak (Softball), Jadin Wagner (Women's Track & Field), Rachel Walker (Volleyball), Logan Walters (Baseball), Taylor Wangerin (Women's Basketball), Jace Weber (Volleyball), Rylie Wehner (Women's Soccer), Dorian Welch (Football), Cole Wemhoff (Football), Ryan Wilkins (Football), Carleigh Wilson (Women's Soccer), MacKenna Witte (Women's Track & Field), Brooke Worrel (Women's Soccer), Maria Wortmann (Volleyball), Jordan Zautke (Men's Track & Field), Lawson Zenner (Baseball)

# = 4.0 GPA in Fall 2019 \$ = 4.0 GPA in Spring 2019 % = 4.0 GPA in Spring and Fall 2019 ! = Myles Brand Academic With Distinction

# Legal Notices

## The Wayne Herald



### NOTICE OF MEETING OF THE WAYNE COMMUNITY REDEVELOPMENT AUTHORITY

The Community Redevelopment Authority will meet at 4:00 P.M. on Tuesday, February 25, 2020, in the Council Chambers, 306 Pearl Street. An agenda for such meeting, kept continuously current, is available for public inspection in the City Clerk's Office.

No person of the City of Wayne shall, on the ground of race, color or national origin, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any program or activity.

Individuals requiring sensory accommodations, including interpreter services, Braille, large print, or recorded materials should contact Betty McGuire, City

Clerk, at 402-375-1733, no later than 4:30 p.m. on the Friday preceding the meeting.  
**Betty A. McGuire, City Clerk**  
 (Publ. Feb. 13, 2020) ZNEZ

### NOTICE

A total of 136 cases will be heard by the Board in February, 2020. The following case(s) sentenced in Wayne County will be seen by the Board of Parole.  
**February 24, 2020 – 9:30 a.m.**  
 Tecumseh State Correctional Institution, Tecumseh, Nebraska  
 Nelson, Joshua 73272  
 Pos Firearm by Fugitive/Felon  
**ROSALYN COTTON, CHAIR**  
**NEBRASKA BOARD OF PAROLE**  
 (Publ. Feb. 13) ZNEZ

### NOTICE TO CREDITORS

IN THE COUNTY COURT OF WAYNE COUNTY, NEBRASKA  
 IN THE MATTER OF THE ESTATE OF GLENDA FAYE HURLBERT, Deceased.  
 Estate No. PR 19-29  
 Notice is hereby given that on January 27, 2020, in the County Court of Wayne County, Nebraska, Trevor Hurlbert, whose address is 1209 Douglas Street, Wayne, NE 68787, was appointed by the Court as Personal Representative of the Estate.  
 Creditors of this estate must file their claims with this Court on or before the 27th day of March, 2020, or be forever barred.  
**(s) Deb Theisen**

### Clerk of the County Court 510 Pearl Street, Suite B Wayne, Nebraska 68787

**Charles W. Balsiger, #10180**  
**Carney Law PC**  
**P.O. Box 1776**  
**Norfolk, NE 68702-1776**  
**(402) 379-5600**  
 (Publ. Feb. 6, 13, 20, 2020) ZNEZ  
 1 clip - 1 POP

### NOTICE

IN THE COUNTY COURT OF WAYNE COUNTY, NEBRASKA  
 ESTATE OF MARY LOUISE GEORGE, Deceased.  
 Estate No. PR 20-1  
 Notice is hereby given that on January 22, 2020, in the County Court of Wayne County, Nebraska, the Registrar issued a written statement of Informal Probate of the Will of said Decedent and that ALENE WALKER, whose address is 2333 Texas Avenue S.; St. Louis Park, MN 55426-2522, was informally appointed by the Registrar as Personal Representative of the Estate.  
 Creditors of this Estate must file their claims with this Court on or before March 30, 2020 or be forever barred.  
**(s) Phyllis Cleveland**  
**Clerk of the County Court**  
**Wayne County Court**  
**510 Pearl Street, Suite B**  
**Wayne, Nebraska 68787**  
**(402) 375-1622**

**Shawn D. Beaudette, #24381**  
**Lamml, Locke & Beaudette**  
**Law Office, L.L.P.**  
**100 N. 34th Street, Suite E**  
**Norfolk, NE 68701**  
**(402) 371-2278**  
 (Publ. Jan. 30, Feb. 6, 13, 2020) ZNEZ  
 1 clip - 1 POP

### NOTICE TO CONTRACTORS CITY OF WAYNE IMPROVEMENTS WAYNE, NEBRASKA

Separate sealed proposals will be received

at the City of Wayne, City Clerk's Office, 306 Pearl Street, Wayne, Nebraska, 68787, until 2:00 p.m., local time, on the 11th day of March, 2020, for the furnishing of all labor, materials, use of Contractor's equipment and plant, and all else necessary to properly construct the

### RESTORATION OF WALKING TRAIL WAYNE, NEBRASKA.

At which hour, or as soon as possible thereafter, the city of Wayne, Nebraska will proceed to publicly open in the presence of bidders and consider the bids received for the furnishing of said labor, materials, and equipment necessary for the proper construction of the improvements. Bids must be prepared on the forms provided by the Engineer. Any bid by a contractor that is not on the list of contractors documented by the Engineer will not be opened and will be deemed invalid.

The extent of the work for said project includes generally the construction of the items listed below and other related and preparatory work.

- Removal and replacement of 150 feet of sidewalk for the walking trail west of Highway 15 along Logan Creek.
  - Removal and replacement of 151 feet of steel sheet piling stabilizing the north bank of Logan Creek west of Highway 15.
  - Remove and replacement 129 feet of railing for the walking trail west of Highway 15 along Logan Creek.
  - Replace approximately 420 cubic yards of fill material along north bank of Logan Creek west of Highway 15.
- Plans, Specifications, and Contract Documents may be examined at the City of Wayne, City Clerk's office at 306 Pearl Street, Wayne, Nebraska and may be procured from the office of the Engineer, LEO A DALY, Attention: David Wiggins/Shonn Maxon, 8600 Indian Hills Drive, Omaha, NE, 68114, upon the payment of \$50.00 for a CD of the contract documents. The payment will not be refunded.

The City reserves the right to waive informalities and to reject any or all bids.  
 Dated March 11, 2020.

**SIGNED BY CITY OF WAYNE**  
**By: Betty A. McGuire, City Clerk**  
 (Publ. Feb. 13, 20, 2020) ZNEZ

### WAYNE CITY COUNCIL PROCEEDINGS

**January 21, 2020**  
 Wayne City Council was called to order at 5:30 p.m. on January 21, 2020, followed by the Pledge of Allegiance. In attendance: Mayor Giese; Councilmembers Spieker, Buck, Haase, Sievers, Woehler, Karsky and Brodersen; Attorney Miller; Administrators Blecke; and City Clerk McGuire. Absent: Councilmember Eischeid.  
 Minutes of the January 7 and 15, 2020, meetings were approved.

The following claims were approved:

- VARIOUS FUNDS:** AMERICAN UNDERGROUND SUPPLY, SU, 345.80; APPEARA, SE, 48.50; APX, INC, SE, 21.40; BAIRD HOLM LLP, SE, 272.74; BIG RIVERS ELECTRIC CORPORATION, SE, 173661.80; BLUE CROSS BLUE SHIELD, SE, 50267.01; BORDER STATES INDUSTRIES, SU, 111.02; BSN SPORTS, SU, 2757.29; CITY EMPLOYEE, RE, 18.20; CITY EMPLOYEE, RE, 504.78; CITY EMPLOYEE, RE, 11.47; CITY EMPLOYEE, RE, 97.75; CITY EMPLOYEE, RE, 12.01; CITY EMPLOYEE, RE, 132.66; CITY EMPLOYEE, RE, 460.56; CITY OF WAYNE, PY, 448.36; CITY OF WAYNE, PY, 517.16; CITY OF WAYNE, RE, 2147.57; CITY OF WAYNE, RE, 1397.51; COLONIAL RESEARCH, SE, 17.70; COTTONWOOD WIND PROJECT, SE, 12564.92; DANLADI, PHIMWANALA, SE, 90.00; DAS STATE ACCTG-CENTRAL FINANCE, SE, 60.15; DEARBORN LIFE INSURANCE, SE, 2446.57; ECHO GROUP, SU, 9.42; EMPLOYERS MUTUAL CASUALTY, SE, 681.70; EVETOVICH, MARK, SE, 90.00; FEHRER, LAURA, RE, 75.00; FIRST CONCORD GROUP, SE, 156.00; FLOOR MAINTENANCE, SU, 299.80; GROSSENBURG IMPLEMENT, SU, 194.74; HEARTLAND FIRE PROTECTION, SU, 111.00; HILAND DAIRY, SE, 128.78; ICMA, SE, 7676.18; IMPACT SPECIALTIES, SU, 697.50; IOWA PUMP WORKS, SU, 679.27; JACK'S UNIFORMS, SU, 17.90; JOHNNIE BYRD BREWING, RE, 40000.00; MAIN STREET GARAGE, SE, 100.00; MATHESON-LINWELD, SU, 33.51; MATT PARROTT, SU, 32.50; MIDWEST LABORATORIES, SE, 177.00; MUNICIPAL SUPPLY, SU, 679.40; N.E. NEB CLERKS ASSOCIATION, FE, 20.00; NE AIR FILTER, SU, 100.47; NPPD, SE, 29208.61; PITNEY BOWES, SE, 253.85; PROGRESSIVE PROPERTIES, RE, 3780.73; PROGRESSIVE PROPERTIES, RE, 1185.75; PROGRESSIVE PROPERTIES, RE, 3283.42; QUALITY FOOD CENTER, SE, 304.89; RETAIL RECLAIMERS, RE, 200000.00; ST OF NE-CHARITABLE GAMING DIVISION, TX, 1220.00; STAPLES, SU, 483.64; TOM'S BODY & PAINT SHOP, SE, 4897.47; TYLER TECHNOLOGIES, SE, 1572.50; WAYNE AUTO PARTS, SU, 1056.62; WAYNE HERALD, SE, 366.00; WAYNE RENTALS, RE, 23073.77; WAYNE VETERINARY CLINIC, SE, 364.00; WESTERN RIDGE III, RE, 3939.45; WISNER WEST, SU, 32.85; COUNCIL APPROVAL 1-15-20: KAY CONTRACTING, SE, 18926.40

### WAYNE COUNTY BOARD PROCEEDINGS

**Wayne, Nebraska**  
**February 4, 2020**

The Wayne County Board of Commissioners meeting was called to order by Chairman Dean Burbach at 9:00 a.m. on Tuesday, February 4, 2020, in the meeting room of the Public Safety Annex. Chairman Burbach, Members James Rabe and Terry Sievers, Attorney Amy Miller, Sheriff Jason Dwinell, and Clerk Debra Finn were present. Notice of this meeting was published in the Wayne Herald, a legal newspaper, on January 30, 2020. A current copy of the Open Meetings Act was posted and accessible to the public.

Chairman Burbach presented the following consent agenda items:

- Approve minutes of January 21, 2020, as printed in the Commissioners Record
- Approve fee reports
- Approve payroll
- Cancel General Fund Check #20010108 for \$500.00 due to duplicate payment
- Approve Special Designated Liquor License for White Dog Pub Inc. for a reception at the Commercial Building at the Wayne County Fairgrounds on May 23, 2020, from 2:00 p.m. until midnight
- Approve withdrawal of Security Cusip No. 66432LFC1 for \$35,000.00 as pledged by State Nebraska Bank & Trust
- Approve listing of Wayne County Extension Board members for 2020
- Receive Nebraska Extension Wayne County 2019 Annual Report

A motion to approve the consent agenda was made by Rabe and seconded by Sievers. Roll call vote: Rabe, Sievers, Burbach – aye; motion carried.

A motion to approve the regular agenda was made by Sievers and seconded by Rabe. Roll call vote: Sievers, Rabe, Burbach – aye; motion carried.

A motion to approve the claims was made by Rabe and seconded by Sievers. Roll call vote: Rabe, Sievers, Burbach – aye; motion carried.

UNL Extension Educator Amy Topp reported the Cooperative Extension Division is changing from four districts to eleven zones. They are hoping the smaller zones will enable them to be more involved with their residents. All Zone Administrator positions have been filled except for Zones 3 and 5. Last November Topp was asked to serve as Interim Director in Zone 5, which is a nine-county area. She is currently doing this one day a week in addition to her Educator Position. The board offered the use of the county extension vehicle when traveling as Interim Director.

Topp also said a 15" Dell Precision laptop will be purchased by the Extension Office for \$1,628.59 with a \$700.00 grant from the state.

Jean Grove was recruiting help for the 2020 Census. They are looking for people available evenings and weekends from Mid-March through June/July. Applicants will work in their home areas. The census bureau is paying \$17.50 per hour and 58 cents per mile. Individuals can apply at 2020census.gov/jobs

Highway Superintendent Mark Casey reported Lincoln Clean Energy has proposed spanning bridge CD09002810 on 851st Rd, east of 559th Ave. They are proposing extending each end of the 34' wood deck bridge by 5 feet. The county will have to commit to replacing the bridge after the project is complete, it will probably be replaced with a box culvert.

Engineer Mark Mainelli met with Casey, Rabe, and representatives of Lincoln Clean Energy. They said as a result of bad data received from GE, they will have to cut down the crowns on several hills along the Plum Creek Wind hauling routes. They proposed starting immediately with a milling machine. The county requested they wait until the ground was no longer frozen and the roads could be rebuilt easier. Lincoln Clean Energy is in charge of rebuilding any damaged roads when they are done, so they would take care of that concern. Waiting would cause too much of a delay for the project, and the county actually has no control because it is a renewable energy project.

The meeting was recessed for a public hearing

A public hearing to receive public input on the One and Six Year Highway Improvement Plan convened at 10:03 a.m. Chairman Burbach, Members Sievers and Rabe, Highway Superintendent Casey, Attorney Miller, Sheriff Dwinell, and Clerk Finn were present. Sarah Lentz of The Wayne Herald, Aaron Scheffler of KTCH Radio, Cally Blake, Rod Hefti, and Virgil Kardell were also present.

Notice of this hearing was published in the Wayne Herald on January 22nd, posted in all banks and post offices in the county, provided to KTCH Radio and The Wayne Herald, and posted on the courthouse bulletin board.

Casey reported there are nineteen projects in the One-Year Plan, 31 projects in the Six-Year Plan. Due to the repair work necessitated by flooding, only six projects were completed last year. An overview of the plan was presented.

No oral or written testimony was received from the public.

The hearing was closed.

The commissioner meeting reconvened.

A motion was made by Rabe and seconded by Sievers to approve Resolution No. 20-03 adopting the 2020 One and Six-Year Highway Improvement Plan. Roll call vote: Rabe, Sievers, Burbach – aye; motion carried.

**Resolution No. 20-03:** "Whereas, the Wayne County Roads Department has presented a One and Six Year Highway Improvement Plan to the County Board of said County, and Whereas, the said Board deems it to be in the best interest of the County to adopt said plan as presented.

Now therefore be it resolved, by the County Board of Wayne County, Nebraska, that said plan be and hereby is approved and accepted."

**Fee Reports:** Debra K. Allemann-Dannelly, Clerk of District Court, \$1,557.55 (Jan Fees).

**Abbreviations:** PS - Personal Services, OE - Operating Expenses, SU - Supplies, MA - Materials, ER - Equipment Rental, CO - Capital Outlays, RP - Repairs, RE - Reimburse-ment.

**Claims:**

**GENERAL FUND:** Salaries \$61,666.31; Barnes, Ann M., RE, 293.83; Bratcher, Clayton W., RE, 30.00; Greve, Arthur G., RE, 6.96; Kleensang, Randy L., RE, 34.80; Lutt, Louis, RE, 23.20; Reinhardt, Bryan, RE, 6.96; Woslager, Richard R, RE, 23.78; Miller, Amy, RE, 33.35; Alarcon-Flory, Perla J, OE, 25.00; Albin, Mark D, OE, 382.50; Antelope County Sheriff, OE, 4,590.00; Beiermann Electric, RP, 345.64; Black Hills Energy, OE, 1,037.81; Bomgaars, SU, OE, 81.88; Carroll Public Library, OE, 2,250.00; Copy Write/Keepsake, SU, 306.96; CVSOAN, OE, 60.00; Dept Correctional Svcs, OE, 1,798.44; Floor Maintenance, SU, 244.32; Lincoln Regional Center, OE, 186.00; Madison County Court, OE, 1.75; Miller Law, OE, ER, 4,312.52; MIPS Inc, CO, 328.50; Nebraska Assoc of Emergency Mgr, OE, 85.00; O'Reilly First Call, RP, 33.55; Quality Printing & Office Supplies, SU, 150.28; Verizon Wireless, OE, 40.01; Wayne County Clerk, OE, 591.76; Wayne County Treasurer, OE, 25.00; Wayne Public Library, OE, 6,500.00; Wayne, City of, OE, 1,443.65; Winside Public Library, OE, 4,250.00; Woehler Trailer Court LLC, ER, 700.00

**COUNTY ROAD FUND:** Salaries, \$31,312.70; Ambroz, Connie J, ER, 60.00; Black Hills Energy, OE, 403.42; Bomgaars, SU, 490.21; Carhart Lumber Company, SU, 102.83; Fredrickson Oil Company, MA, 1,565.10; Gary Backhaus Gravel, MA, 6,672.96; Grossenburg Implement, SU, MA, 108.52; Hireright, LLC, OE, 93.04; ITM, CO, 55,976.00; Martin Marietta Materials, MA, 3,863.66; Midwest Service and Sales Co, MA, 1,750.30; Nebraska Harvestore Systems, RP, 194.50; NMC Exchange LLC, RP, 159.72; Northeast Power, OE, 257.79; Overhead Door Co of Norfolk, RP, 467.05; Titan Machinery, RP, 515.95; Vakoc Builder's Resource, SU, 36.71; Wayne, City of, OE, 541.66

Meeting was adjourned.

**Debra Finn, Wayne County Clerk**

STATE OF NEBRASKA )  
 ) ss.  
 COUNTY OF WAYNE )

I, the undersigned, County Clerk of Wayne County, Nebraska, hereby certify that all of the subjects included in the attached proceedings were contained in the agenda for the meeting of February 4, 2020, kept continually current and available for the public inspection at the office of the County Clerk; that such subjects were contained in said agenda for at least 24 hours prior to said meeting; that the said minutes of the meeting of the County Commissioners of the County of Wayne were in written form and available for public inspection within 10 working days and prior to the next convened meeting of said body.

IN WITNESS WHEREOF, I have hereunto set my hand this 7th day of February, 2020.

**Debra Finn, Wayne County Clerk**  
 (Publ. Feb. 13, 2020) ZNEZ

### DELINQUENT TAX LIST FOR 2019

**Wayne County Treasurer's Office - Wayne Nebraska**

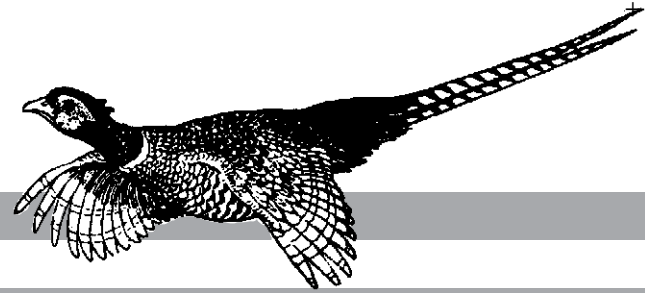
**February 4, 2020**

Notice is hereby given that in compliance with the revenue laws of the State of Nebraska, Tammy Paustian, County Treasurer of Wayne County, Nebraska, will be held on Monday the 2nd day of March, 2020 from 9:00 A.M. to 4:00 P.M. at the office of the County Treasurer in the County Court House at Wayne Nebraska, offer at public sale and sell the following real estate for the amount of the taxes due thereon together with interest and advertising costs for the year 2018 and previous years and delinquent special taxes if any are unpaid. Said sale will continue from day to day until all such taxes have been offered for sale. The amounts listed below do not include interest and advertising.

**Tammy Paustian, County Treasurer**

PARCEL	*** more then one year	Legal Description	Amount
515200	W 71' OF LOTS 4-5-6	BLK 4 ORIGL CARROLL	307.14
515800	E 80' OF LOT 1 & E 80' OF N 47' OF LOT 2	BLK 5 ORIG CARROLL	209.54
516400	*** N 46' OF LOT 8	BLK 5 ORIG CARROLL	1,302.62
522800	S1/2 OF LOT 2 & ALL LOT 3	BLK 6 CARROLL FIRST ADDITION	431.08
523800	LOTS 12 & 13	BLK 7 CARROLL FIRST ADDITION	427.50
525400	S 42' OF LOT 8 & N1/2 OF LOT 9	JONES ADDITION	365.26
526100	LOT 7	ROBINSON'S ADDITION	281.34
77401	W1/2NW1/4 & SE1/4NW1/4	2-26-2 AC: 120.480	7,754.74
815700	*** IOLL/HOUSE & SHED	SW1/4 6-26-2	6,579.12
142800	*** N1/2 LOT 4	BLK 2 MUHS' ACRES 1-26-3	443.56
163300	N1/2NE1/4NE1/4	35-26-3 AC: 20.000	2,011.88
206304	N1/2N1/2SW1/4 & PT SW1/4NW1/4	6-26-4 AC: 23.870	1,319.14
816900	*** IOLL/FEED BUNKS	SW1/4 21-25-4	152.44
825700	*** IOLL/BIN	NE1/4 29-25-4	2,655.14
14503	TL 23	PT NW1/4NW1/4 27-25-1 AC: 5.070	1,618.64
18900	SE1/4SE1/4	31-25-1 AC: 40.000	443.61
20300	NW1/4SW1/4	33-25-1 AC: 39.940	555.75
21600	TL 9	N1/2N1/2SE1/4 34-25-1 AC: 5.000	422.65
21601	PT N1/2N1/2SE1/4	34-25-1 AC: 35.000	791.78
34500	NW1/4SE1/4	24-26-1 AC: 40.000	1,695.20
39900	SW1/4	35-26-1 AC: 160.000	3,738.86
67801	TL 1	PT E1/2SE1/4 19-25-2 AC: 22.150	339.60
74903	TL 19	PT SW1/4 32-25-2 AC: 3.000	32.46
161600	*** PT NE1/4NE1/4	32-26-3 AC: 1.000	441.78
90701	TL 1	PT SW1/4SW1/4NW1/4 25-26-2 AC: 5.140	327.44
530900	S 25' OF E1/2 OF 3 & E1/2 OF LOT 4	BLK 3 ORIG HOSKINS	428.26
532300	LOT 15 & 8' VAC ALLEY	BLK 4 ORIG HOSKINS	598.84
532500	E 65' OF LOT 18 & N1/2 OF E 65' LOT 17	BLK 4 ORIG HOSKINS	655.86
535200	E 120' OF LOT 2	BLK 9 ORIG HOSKINS	57.88
535300	LOTS 3-4 & VACATED ALLEY	BLK 9 ORIG HOSKINS	656.90
537100	*** ALL LOT 4 & N1/2 OF LOT 5	BLK 13 ORIG HOSKINS	6,638.42
538100	LOT 7 & S35' OF LOT 8	BLK 15 ORIG HOSKINS	697.56
543900	*** TL 25	PTS 1/2NW1/4 HOSKINS TRACTS 27-25-1	62.22
546000	TL 39	PT NW1/4SW1/4 HOSKINS TRACTS 27-25-1	405.56
206300	LOT 1	BEAUMONT FIRST ADDITION	3,217.94
284300	LOT 10 & S 1/2 EXC W 60' OF N 18'	LOT 11 BLK 23 ORIGL WAYNE	442.35
286900	LOT 4 & N 1/2 LOT 5	BLK 26 ORIG WAYNE	574.12
288300	LOTS 9 & 10	BLK 27 ORIG WAYNE	554.31
289600	LOT 1	BENSHOOF SUBDIVISION	721.22
293000	E 75' OF N 1/2 (75') OF LOT 2	BLK 5 BRITTON & BRESSLER'S ADD	729.24
295300	E 80' OF LOT 4	BLK 7 BRITTON & BRESSLER'S ADD	785.89
303100	W 50' OF LOTS 9-10-11-12	BLK 10 COLLEGE HILL FIRST ADD	846.52
309200	LOTS 9 & 10	BLK 22 COLLEGE HILL FIRST ADD	901.84
309300	LOT 11 & PT LOT 12	BLK 22 COLLEGE HILL FIRST ADD	388.22
408600	LOT 16	BLK 3 COLLEGEVIEW ADD	894.40
411500	LOT 4 & N 10' LOT 5 & 8' VAC ALLEY	BLK 5 CRAWFORD & BROWN'S ADD	1,379.78
414800	W 1/3 OF LOTS 8-9-10-11	BLK 9 CRAWFORD & BROWN'S ADD	1,162.58
415200	E 100' OF LOT 7	BLK 10 CRAWFORD & BROWN'S ADD	1,162.40
423200	E 1/2 OF LOTS 7 & 8	BLK 3 EAST ADD	541.94
427415	LOTS 5 & 6	FAIRWAY ESTATES	3,608.23
434600	LOT 6	BLK 2 THE KNOLLS ADDITION	1,552.86
437500	LOT 4 & N1/2 LOT 5	BLK 1 JOHN LAKE'S ADD	698.23
438000	W 85' OF S 40' LOT 5 & W 85' OF LOT 6	BLK 2 JOHN LAKE'S ADDITION	811.52
449800	W 60' LOTS 6-7-8 EXC 12' X 12' OF LOT 8	BLK 2 NORTH ADD	339.41
451800	E 60' OF LOTS 10-11-12	BLK 5 NORTH ADDITION	1,178.90
460905	LOT 2	OAK VIEW ADDITION	1,327.92
462400	LOT 11	PINE HEIGHTS ADDITION	1,058.43
465900	W 75' OF LOTS 8 & 9	BLK 2 ROOSEVELT PARK ADDITION	1,229.54
470700	LOTS 13-14-15	BLK 1 SPAHR'S ADDITION	1,161.96
478700	LOT 19	TARA RIDGE ADDITION	1,450.27
488846	LOT 3	BLK 5 VINTAGE HILL 2ND ADDITION	2,273.99
488852	LOTS 9 & 10	BLK 5 VINTAGE HILL 2ND ADDITION	2,322.52
506800	*** LOT 7B	SOUTH SIDE ADDITION	661.00
508501	LOT 7	SOUTHWEST ADDITION (CONVENIENCE STORE)	3,442.30
509300	(TL 19) PT SE1/4SW1/4	WAYNE TRACTS 7-26-4	1,226.14
510401	PT NE1/4	WAYNE TRACTS 7-26-4 UNPLATTED AREA/VINTAGE HILL 3RD SPLIT	495.30
554300	LOT 6	BLK 1 SCHOOL SECOND ADDITION	1,908.76
555800	LOTS 8 & 9	BLK 1 ORIGINAL WINSIDE	179.36
560800	LOTS 10-11-12	BLK	

# Lifestyle




## 4-H: An everlasting impact School Lunches

When you think of 4-H, do you imagine a farm and exhibiting animals at a county fair? Well, think again. 4-H is about learning lifelong skills, creating new friendships, discovering new opportunities, exploring projects, and so much more. 4-H offers a wide variety of project interests such as consumer & family sciences, communications & expressive arts, animals & plants, healthy living, environmental sciences, science & technology, career and college readiness, agricultural literacy, citizenship and leadership. In fact, there are over 150 projects from which to choose. Some learning

activities 4-Hers might participate in include speech contests, quality assurance training for raising meat animals, livestock judging and home environment workshops. There are also a variety of camps 4-Hers may attend during the summer that also provide learning experiences as well as fun. What is 4-H? 4-H is an educational program that helps young people develop new skills, explore possible career choices and serve their communities. It is one of the largest and most respected youth organizations in the world! 4-H is a community of young people, ages 5-19, who are

**Dakota County**

**Angela Abts**  
Extension Educator



**UNL Extension**

learning leadership, citizenship, and life skills. 4-H empowers youth to reach their full potential by working and learning in partnership with community members. 4-H is education for life that uses a learn-by-doing approach. Youth between the ages of eight and 18 by Jan. 1 of the current year may join 4-H. The Clover Kid program is for children age five through seven as of Jan. 1 and features educational projects and activities that are non-competitive. Youth may join a club in their area or may be an independent member. Why join 4-H? 4-H helps its members develop citizenship and leadership skills. The projects and activities teach members responsibility and important life-long skills. 4-Hers establish new friendships with their fellow members and become more actively involved in their communities. 4-H offers many rewarding experiences and provides valuable benefits that shape a member's character and

knowledge, which lasts a lifetime. There are actually many entertainers who were in 4-H when they were growing up. They include David Letterman, Reba McEntire, Martina McBride, Faith Hill, Jennifer Nettles and Luke Bryan- and that's just to name a few. Great 4-H benefits: 4-H is for the whole family - 4-H is more than an activity for youth. 4-H can be a shared experience for the whole family. Parents, siblings, and relatives can have fun, discover, care, and grow along with their 4-H youth through 4-H projects and activities. By making 4-H a family affair, thousands of families enjoy the quality time it gives them. Adult volunteers can lead clubs, lend their expertise to particular project areas, and serve on teams with other volunteers. Lifetime Benefit-Strong Roots, Promising Future- 4-H prepares youth for higher education and potential careers by emphasizing life skills such as critical thinking, problem solving, communication, serving others, as well as managing change. Resume Builder - Colleges and Employers are looking for people who contribute to the community and are actively involved. Being in 4-H, you can gain leadership, public speaking, communication, problem solving, and critical thinking skills. (Students: All of these points look GREAT on a resume!)

Connection to University of Nebraska-Lincoln - Through participating in 4-H, it allows youth to experience their "first class" at UNL that offers them unique advantages like experiencing campus, scholarships, resources, networks, talking to college faculty and professors, building connections, and more. The local Extension Office is a connection between you and UNL. Find your career path! 4-H offers over 150 different projects to explore your interests and hobbies. Doing this or trying something new may even lead you to a career. By participating in 4-H projects and activities, you can also build the skills necessary for pursuing the career you chose. Both youth and adults should consider joining and supporting 4-H, if they don't already. Through the process of 4-H, youth gain leadership skills without even realizing it and 4-Hers are continuously learning and growing. It is also a fun way to learn and develop a sense of responsibility, and one of the best parts is that youth will have a blast participating in 4-H activities and developing new friendships with fellow 4-Hers. 4-H is a great program and it will be a fun, positive experience for your whole family. For more information about the 4-H and Youth Development, please contact the University of Nebraska Lincoln Extension Office in your local county or visit the website at 4h.unl.edu/.

**ALLEN COMMUNITY SCHOOLS (Feb. 17 - 21)**  
**Monday:** Breakfast - Pancake & sausage. Lunch - Chicken nuggets, mashed potatoes with gravy, tea roll.  
**Tuesday:** Breakfast - Glazed donut. Lunch - Biscuit & gravy, corn, cheese stick.  
**Wednesday:** Breakfast - Breakfast sliders. Lunch - Chicken quesadilla, carrots, tea roll.  
**Thursday:** Breakfast - Cinnamon roll. Lunch - Soft shell taco, refried beans, orange fluff.  
**Friday:** Breakfast - Chocolate donut. Lunch - Pepperoni pizza, green beans.

**LAUREL-CONCORD-COLERIDGE COMMUNITY SCHOOLS (Feb. 17 - 21)**  
**Monday:** Breakfast - Breakfast cookie. Lunch - Breaded pork sandwich.  
**Tuesday:** Breakfast - Coffee cake. Lunch - Creamed hamburger over mashed potatoes.  
**Wednesday:** Breakfast - Cinnamon roll. Lunch - Chicken Alfredo.  
**Thursday:** Breakfast - Egg basket. Lunch - Fiestada.  
**Friday:** Breakfast - French toast sticks. Lunch - Baked potato bar. Menus are the same for Elementary, Middle and High School and are subject to change. Cereal offered for breakfast everyday. Chef salad alternative at lunch.

**WAKEFIELD SCHOOLS (Feb. 17 - 21)**  
**Monday:** Breakfast - Tornados, peaches. Lunch - Tacos, hash brown rounds, dinner roll, grapes.  
**Tuesday:** Breakfast - Cinna bun, oranges. Lunch - Chili, cinnamon roll, peaches.  
**Wednesday:** Breakfast - Pancakes & sausage, oranges. Lunch - Rib sandwich, broccoli, melon.  
**Thursday:** Breakfast - Breakfast

pizza, pears. Lunch - Oriental chicken, egg roll, pineapple.  
**Friday:** Breakfast - Cereal, Scooby snacks, mixed fruit. Lunch - Mini corn dogs, mixed vegetables, dinner roll, juice.  
**WAYNE COMMUNITY SCHOOLS and ST. MARY'S ELEMENTARY (Feb. 17 - 21)**  
**Monday:** Breakfast - Mini pancakes. Lunch - Cheese boat, green beans, tomato, pears.  
**Tuesday:** Breakfast - Biscuits & gravy. Lunch - Pulled pork on a hamburger bun, baked beans, cauliflower, apple.  
**Wednesday:** Breakfast - Donuts. Lunch - Creamed turkey on potatoes, dinner roll, baby carrots, strawberries.  
**Thursday:** Breakfast - Cheese omelet. Lunch - Wayne County beef patty on a bun, broccoli, sweet potatoes, peaches.  
**Friday:** No School. 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 (Feb. 17 - 21)**  
**Monday:** Breakfast - Sausage. Lunch - Stuffed crust pizza, corn, pears.  
**Tuesday:** Breakfast - Cereal. Lunch - Potato bake and fixings, sorbet, roll.  
**Wednesday:** Breakfast - French toast sticks. Lunch - Popcorn chicken, green beans, applesauce, roll.  
**Thursday:** Breakfast - Donut. Lunch - Hot dog on a bun, smiley tots, peaches.  
**Friday:** No School. 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.

### Senior Center Calendar

Coffee Time at 8 a.m. and 2:20 p.m. daily.  
**Monday, Feb. 17:** Morning Walking; FROG exercises, 9:15 a.m.; Quilting; Hand & Foot; Pitch; Pool.  
**Tuesday, Feb. 18:** Morning Walking; Quilting; Board meeting, 10:30 a.m.; Spotlight on Promise, 11:30 a.m.; Afternoon Bridge Club; Hand & Foot; Pitch.  
**Wednesday, Feb. 19:** Morning Walking; FROG exercises, 9:15 a.m.; Quilting; Health screenings by Connie and Rhonda, 9:30 a.m. to noon; Hand & Foot; Pitch; Pool.  
**Thursday, Feb. 20:** Morning Walking; Quilting; FROG Exercises; National Cherry Pie Day; Dinner time music by Connie Webber; Afternoon Bridge Club; Pitch; Hand & Foot.  
**Friday, Feb. 21:** Morning Walking; FROG exercises, 9:15 a.m.; Quilting; Bingo; Hand & Foot; Pitch; Pool.

### Senior Center Meal Menu

(Week of Feb. 17 - 21)  
 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:** Pork chops, dressing, mashed potatoes with gravy, dilled carrots, white bread, raspberry applesauce gelatin.  
**Tuesday:** Tater tot casserole, seven layer salad, frozen fruit & yogurt, banana muffin.  
**Wednesday:** Sliced ham, pineapple glaze, mashed sweet potatoes, green beans with almonds, rye bread, applesauce bar, cranberry juice.  
**Thursday:** National Cherry Pie Day. Chili soup, carrots & celery sticks, crackers, honey corn bread, cherry pie.  
**Friday:** Meatloaf, mashed potatoes with gravy, creamed corn, dinner roll, peach gelatin with peaches.

## 10% OFF Tanning Packages for Prom

**STAFFED HOURS**  
 Monday-Thursday 10 AM - 7 PM  
 Friday 10 AM - 3 PM  
 Saturday 10 AM - Noon



**402-375-1271**  
 1020 Main • Wayne

Facebook: [SeasonsintheSun Wayne Ne](#)

## Wayne High School Junior Class PLANT SALE

post-prom fundraiser

**Sale Runs February 1 - March 1, 2020**  
**\$40 - \$130 Packages Available**  
 Talk to a Junior class student to purchase yours!  
 Plant pickup on May 9 at the Wayne High School parking lot

For information: [whspostprom@yahoo.com](mailto:whspostprom@yahoo.com)  
 Plants provided by Eaton's Greenhouse, Inc.

**W weightwatchers reimagined**

**WW-Weight Watchers Reimagined is coming back to the Wayne area!**  
 Please join us every Wednesday starting February 19.  
 We'll be at the Beaumont Meeting Room, 2611 N Hwy 15.  
 Check in starts at 5pm.  
 Workshop starts at 5:30pm.

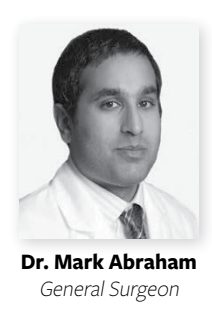
Discover "myWW," our most innovative program ever. Which plan will be for you-green, purple or blue?



## Robotic assisted surgery now available at Pender Community Hospital

Our **da Vinci robotic system** helps surgeons provide patients with outcomes that include;

- Less scarring
- Shorter recovery times
- Quicker healing
- Less pain
- Reduced need for opioid medication





- Surgeries performed:**
- Colon procedures
  - Hernia repair
  - Gallbladder operations
  - And more

We're not your standard operation - and yours shouldn't be either!



To learn more about robotic assisted surgery at Pender Community Hospital, or to make an appointment, call 402-385-4090 or visit [pendercommunityhospital.com](http://pendercommunityhospital.com) today.








## YOUR DIABETES & THYROID SPECIALISTS


NOW SEEING PATIENTS IN NORFOLK AND PENDER

Our endocrinologists work closely with other medical providers to help manage and treat adults with disorders of the endocrine system, including:

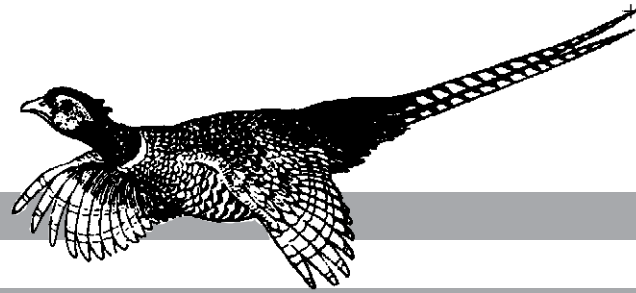
- Adrenal Disorders
- Diabetes
- Osteoporosis
- Thyroid and Parathyroid Disorders
- Pituitary Disorders

**Enas Al Zaghal, MD & Kaitlin G. Brau, MD**  
 Call (402) 844-8680 to schedule an appointment.

Norfolk, NE  
[frpsclinics.org](http://frpsclinics.org) |   



Pender, NE  
[pendercommunityhospital.com](http://pendercommunityhospital.com)



# Faith

## Church Services

### Wayne

**BAHA'I FAITH**  
1002 West 2nd Ave.  
(402) 369-4227 or (402) 922-0314  
Contact: Chris Tee Weixelman or Gary Weddel  
Every Sunday: Devotions, 10:30 a.m. - Open to all religions and spiritual convictions. Prayers from all faiths welcome. Investigate spiritual concepts and the relation of life and death.

**CALVARY BIBLE EVANGELICAL FREE**  
502 Lincoln Street  
(402) 375-4946  
website: www.cbefc.org  
email: james@cbefc.org  
(James Seal, pastor)  
Sunday: Adult Bible Class, 9 a.m.; Worship service, 10:30 a.m. Thursday: Call to Prayer, 7 p.m. Various Bible Studies - call for more information.

**FAITH BAPTIST Independent - Fundamental**  
208 E. Fourth St. - 375-3413  
(Pastor Jim Scallions)  
Sunday: Sunday school, 10 a.m.; Worship, 11 a.m.; Evening worship, 6 p.m. Wednesday: Evening service, 7:30 p.m.

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

**FIRST PRESBYTERIAN**  
216 West 3rd St.  
375-2669  
www.fpcwayne.org  
(Rev. Teresa Bartlett, pastor)  
Sunday: Presbyterian Pealers practice, 8:45 Worship (Scout Sunday with Pack #174), 10 a.m.; Fellowship, 11 a.m. Wednesday: Sewing Souls, 2 p.m.; Girl Scout meeting, 3:30 p.m.; Confirmation,

5 p.m.  
**FIRST TRINITY LUTHERAN**  
Altona, LC-MS  
57741 847th Road, Wayne  
(Rev. Timothy Booth, pastor)  
(402) 640-5115 cell phone  
Sunday: Worship at Faith Lutheran Church in Stanton, 8 a.m.; Worship at St. John's Lutheran Church in Pilger, 9:30 a.m.; Sunday School at First Trinity, 10 a.m.; Divine worship with Holy Communion, 11 a.m.

**FIRST UNITED METHODIST**  
6th & Main St.  
Pastor Nick Baker,  
(402) 375-3321  
Sunday: Sixth Sunday after the Epiphany. Worship Service, 9 a.m.; Sunday School, 10 a.m.; Adult Bible Study, 10:15 a.m. Monday: Newsletter deadline. Faithful Fitness, 5:30 p.m.; Bible Study with dinner, 6:30 p.m. Tuesday: Faithful Fitness, 5:30 p.m. Wednesday: Bell Choir practice, 5:45 p.m.; Vocal Choir practice, 6:45 p.m.; Confirmation class, 7 p.m. Thursday: Bible Study, 9 a.m.; Men's Group, 4:30 p.m.; Faithful Fitness, 5:30 p.m. Friday: W.I.C. & Immunization Clinic, 9:30 a.m. to 3:30 p.m.

**GRACE LUTHERAN**  
Missouri Synod  
904 Logan  
grace@gracewayne.com  
(Stephen Ministry cong.)  
(Pastor Michael Buchhorn)  
Thursday: Sunday School meeting, 6 p.m. 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. Monday: Choir, 6:15 p.m. Tuesday: Duo Club, noon. Wednesday: Bible Study, 9 a.m.; Bell Choir, 5:30 p.m.; Midweek, 6:30 p.m.

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**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.; Worship, 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 Friday at 7 p.m.). Tuesday: Women's Brown Bag Bible Study, 11 a.m. to noon; Boy Scouts, 7 p.m. Wednesday: 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, associate pastor)  
Thursday: Bible Study at Brookdale, 10:30 a.m. Friday: Great Bible Stories at Careage, 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 Ministry, 9 a.m.; Staff meeting, 2 p.m.; Ministry Team meetings, 6 p.m. Tuesday: Worship at Brookdale, 3:30 p.m. Wednesday: BookWorms Book Club, 10 a.m.; Visitation Ministry Group, 1 p.m.; PATH, 6:15 p.m.; Confirmation, 6:15 p.m.; High School Youth, 6:30 p.m.; Joyful Noise, 6:30 p.m. Thursday: OWL's Bible Study, 10 a.m. Saturday: 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: That Man is You, 5:45 a.m.; Rosary at Brookdale, 1 p.m.; Mass, 9 p.m. Friday: Mass, 8:15 a.m. Saturday: Mass, 6 p.m. Sunday: Mass, 8 and 10 a.m.; St. Mary's in Laurel Church Dinner, 11 a.m. to 1 p.m.; Mass, 7 p.m. Book Study 7 p.m. Monday: Bible Study, 1 p.m.; Prayer Group at PMC Chapel, 3:15 p.m.; Adoration, 4:05 p.m.; Mass, 5:15 p.m.; Hispanic Prayer Group, 6 p.m.; Prayer Teams, 7 p.m. Tuesday: Mass, 8:15 a.m.; RCIA, rectory, 7 p.m. Wednesday: Countryview Social, 2 p.m.; Adoration, 4:05 p.m.; Mass, 5:15 p.m.; Religious Education, 6:45 a.m. Thursday: That Man is You, 5:45 a.m.; Rosary at Brookdale, 1 p.m.; Mass, 9 p.m. Friday: Mass, 8:15 a.m. Saturday: Mass, 6 p.m.

**Allen**  
**FIRST LUTHERAN**  
Transitional Pastor Deb Valentine)  
(402) 635-2461  
502 S. Highway 9, Allen  
Sunday: Worship Service, 9 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 Communion, 8 a.m. Saturday: Worship, 5 p.m., followed by potluck.

**UNITED METHODIST CHURCH**  
202 Ericson Street, Carroll  
Pastor Nick Baker  
Sunday: Sixth Sunday after the Epiphany. Sunday School, 10 a.m.; Worship Service, 11 a.m. Tuesday: Carroll Advisory Board, 7 p.m.

**Concord**  
**CONCORDIA LUTHERAN**  
(Transitional Pastor Deb Valentine)  
(402) 584-2467  
616 Iowa Street, Concord  
Sunday: Sunday School, 9:30 a.m. (September through May); 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, 6:30 p.m. Wednesday: AWANA, 7 to 8:30 p.m.

**Dixon**  
**ST. ANNE'S CATHOLIC**  
(Fr. Jerry Connealy, pastor)  
Sunday: Mass at St. Mary's in

Laurel, 8 a.m.; Mass at St. Anne's in Dixon, 10 a.m.; St. Mary's in Laurel Church Dinner, 11 a.m. to 1 p.m. Tuesday - Thursday: Daily Mass, 8 a.m. at St. Mary's in Laurel.

**Hoskins**  
**PEACE EVANGELICAL CHURCH**  
(Pastor Clark Jenkinson)  
Sunday: Sunday School, 9:30 a.m.; Worship with Communion, 10:30 a.m.

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

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

**IMMANUEL LUTHERAN**  
4 North, 3 East of Wayne  
(Willie Bertrand, pastor)  
Sunday: Divine Worship with Communion, 9:30 a.m.; Sunday School, 10:30 a.m. Wednesday: Confirmation, 4 p.m. Thursday: Ladies Aid at Brookdale, 2 p.m.

**PRESBYTERIAN**  
216 West 3rd  
(Rev. Charity Potter, pastor)

Sunday: Fellowship time, 10 a.m.; Worship, 11 a.m.

**ST. JOHN'S LUTHERAN**  
West 7th & Maple  
(Willie Bertrand, pastor)  
Sunday: Morning Worship, 11 a.m. Wednesday: Confirmation, 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.; Inter generational Learning, 9 a.m.; Worship, 10:30 a.m. Monday: Scouts meeting, 6:30 p.m.; Christian Education Meeting, 7 p.m. Tuesday: Quilters, 9 a.m. Wednesday: Confirmation, 4:30 p.m.; Salem Lutheran Youth Group, 5:30 p.m.; Council meeting, 7:30 p.m. Thursday: Scouts meeting, 6:30 p.m. Saturday: 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.; Regular Service, 10:30 a.m.

**UNITED METHODIST**  
207 Jones Street  
(Neil and Bridget Gately, Pastors)  
Sunday: Worship, 9 a.m.; Fellowship to follow; Sunday School, 10 a.m. Wednesday: Kids Club, 3:45 to 5:15 p.m. Thursday: Bible Study, 10 to 11 a.m.

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## Winside St. Paul Ladies Aid gathers

Winside St. Paul's Ladies Aid and LWML met on Feb. 5 with 10 members and Pastor Engebretsen in attendance.

President Pat Janke called the

meeting to order and all recited the LWML pledge.

Pastor Engebretsen gave a devotion on 1 Corinthians chapter 12 verses 12-14 and also a reading all

based on teamwork. Hymns: "A Great and Mighty Wonder," "Just As I Am Without One Plea," "Go to Dark Gethsemane" and "My Faith Looks Up to Thee" were sung.

The secretary's and treasurer's reports were read and meters and dues were collected.

Pastor Engebretsen will find a new seminary student for the Aid to support as the student they had graduated from seminary.

Communications: Many thank you notes were read from shut ins who received the Christmas baskets and visits.

Committee report: The visiting committee reported on the Christmas baskets that were packed and delivered. The Mary Group reported on the Advent supper. Pastor and Janke reported on the memorials that are being purchased. Janke also reported on the backpack program. Next month Arlyn Vahlkamp will be on the visiting committee.

The Wayne Zone LWML spring rally will be Tuesday, April 21 at Immanuel Lutheran in Laurel and the district convention will be June 26-27 in Columbus. The theme will be "Let us fix our eyes on Jesus"

The birthday song was sung for Sally Pichler and birthday cards were sent to Esther Carlson and Mary Langenberg. Get well cards were sent to Ray Jacobsen and Paul Dangberg.

The next meeting will be Tuesday, March 4 with Daisy Janke serving.

The meeting closed with the Lord's Prayer and Table Prayer.



(Contributed photo)

## Birthday, Valentines celebration

Esther Carlson celebrated her 85th birthday on Feb. 4 at the Winside Community monthly potluck dinner. A special cake was made by Lorraine Prince. Carlson's actual birthday will be Monday, Feb. 17 and her family has requested a card shower for her. The community of Winside holds a potluck dinner the first Tuesday each month in the American Legion Post home at noon. Afterwards, cards and board games are available for those who want to stay. All ages are welcome to attend.

## Wanted ... Church news

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

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

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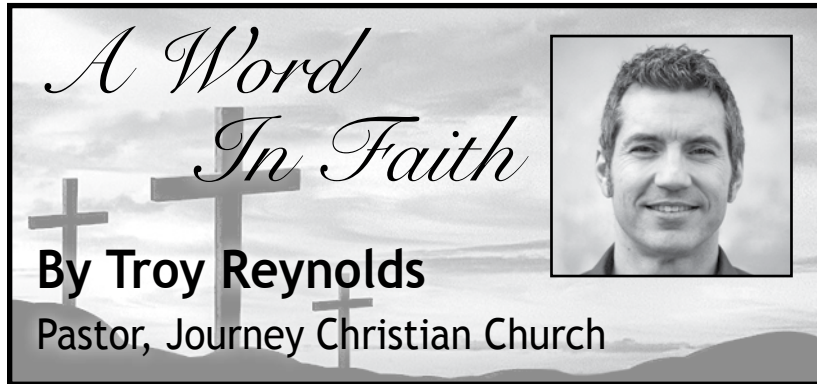
# God provides power along the way

I think we all have hopes and dreams. We have goals that we'd like to achieve. Often we've prayed about them and sought advice and believe this is what God wants us to do. And we set off full of energy and hope. But then we encounter all these obstacles and setbacks that we just want to quit.

That's how the Israelites felt in Exodus 14. They've just left Egypt after spending more than 400 years in slavery. They are on their way to the Promised Land. There's all this excitement about where they are going and what they're going to experience when they finally arrive where God is leading them.

But then God leads them to the edge of the Red Sea. There's no way through. There's no cruise ship waiting to take them to the other side. To make matters worse, they turn around and here comes the Egyptian army. The uncrossable Red Sea is in front of them and the Egyptian army is bearing down on them. They are scared out of their minds, rightfully so.

God says to them, "Start walking toward the water's edge. Don't be



afraid or to worry, just start walking forward in faith, walking forward on the path of obedience and watch what I will do."

This is what's known as the "power along the way principle." The power along the way principle is stated like this: "Even though God can do whatever He wants, whenever He wants, He waits to give us His power until we demonstrate enough faith in Him by walking forward on the path of obedience."

The apostle Paul puts it this way in Romans 15:13, "May the God of hope fill you with all joy and peace as you trust in Him, so that you

may overflow with hope by the power of the Holy Spirit." Did you catch those five little words in the middle of that verse - "as you trust in Him?" That's power along the way.

That is what God was telling us Moses and the rest of the Israelites. Just start walking toward the water's edge and I will give you my power along the way. We see it time and time again in the life and ministry of Jesus. To a leper, "Stretch forth your hand." To a blind man, "Go wash in the Pool of Siloam." But nowhere is it as clear as in the story of the 10 lepers who

came to Jesus to be healed in Luke 17. These 10 lepers cried out to Jesus to have pity on them. And verse 14 says, "When He saw them, He told them, 'Go and show yourselves to the priests.' And while they were going, they were cleansed" (Luke 17:14).

Jesus didn't say, "Be healed." He didn't say, "You're cleansed." He didn't say, "Your faith has made you well." He said, "Go show yourselves to the priests." They had no guarantee that when they arrived they would be healed. Jesus didn't tell them they would be healed. He just said, "Go." And as they walked forward on the path of obedience He provided His power. They had to move forward first.

And that is what God is calling us to do as well. "Move forward. Start walking toward the water's edge. You walk forward on the path of obedience and I will step in and give you my power along the way."

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

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## The Prairie Doc

# Your guide for prevention and wellness

Primary care doctors do a lot of different things. We diagnose illnesses from the trivial, to the catastrophic. We treat maladies both chronic and acute. We confront, and we console.

Of course, these are common roles in medicine, filled by many different providers. One role the primary care physician is more uniquely suited to fulfill, however, and one of my personal favorites, is that of guide. I'm talking specifically about the art of prevention, of maintaining wellness over the long term, and reducing the risk of diseases that might make it harder to do what you need to do, what you want to do, what you love to do.

Prevention is truly underutilized. We're a lot better at looking for a problem, and a pill or a procedure to fix it, than we are at fixing what might lead to a problem in the first place. In fairness, human beings are inclined to wait for the crisis to hit before we believe it is really

and truly ahead. Changing habits is hard and eating takeout pizza while watching must-see TV is a lot less work than hitting the gym and making a salad.

On the other hand, some parts of prevention are easy. It's easy to get a flu shot, or a shingles shot. It's easy to get a mammogram, or a colonoscopy. It's easy to get blood drawn, and get checked for diabetes or hepatitis C.

Of course, it's only easy to do these things if you are aware of the benefits of doing so. This is the value of the annual checkup. From birth, to your last birthday, wellness visits have an important role.

For infants and children, we monitor growth and development. For adults, we screen for diseases, and give advice on reducing risk factors that might lead to disease. Even the oldest of our old can benefit from simple tests for things such as hearing and memory. At every age, we



**The Prairie Doc**  
By Deb Johnston, MD

think about safety: is that infant sleeping on her back? Is that teen wearing his seatbelt? Is that adult drinking and driving? Is that elderly

person at risk for falls? Has that patient received their flu shot?

Under the Affordable Care Act, most insurance programs cover prevention visits with no copay. This even includes Medicare. Everyone can benefit from these opportunities to focus on staying well, rather than treating problems.

Prevention is an important part of being a primary care doctor, and an important reason to HAVE a primary care doctor. So, take your preventative action today, make a call and set up an appointment, just for that checkup.

Deb Johnston, M.D. is a contributing Prairie Doc author who has practiced family medicine for more than 20 years. For free and easy access to the entire Prairie Doc library, visit prairiedoc.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.

## Legislative Update

# Legislative session one-third over

The Legislative session is one-third complete. This week we began to have debate and vote on some of the bills passed to final reading. Fifteen bills were passed and signed by the Speaker. Next stop—the Governor's office. A number of bills were advanced from committees to general file. There is limited time left in session to actually debate bills coming out of committees, so the speaker has urged senators to identify priority bills as quickly as possible. The deadline for committees and senators to designate priority bills is Feb. 21.

**County Extension visitors:** Visitors to the legislature this week included about 120 members of County Extensions from across the state for UNL Extension Legislative Day. Several from District 17 made a point to stop by my office and speak to me about bills that affect or in some way touch their members and their mission. The group visited with me about LB1026 which, as introduced, would provide \$2.5 million for the University of Nebraska's Daugherty Water for Food Institute. The research and resource extension of the university investigates time-tested, as well as innovative water management strategies with an ultimate goal of determining how to best grow more food while using less water. LB1026 is currently scheduled for hearing before the Appropriations Committee on Feb. 12.

District 17 members from your Educational Service Unit (ESU) community also stopped by the office this week. Stuart Clark and Sarah Hansen, Wakefield and Mary Luhr, Norfolk from the ESU #1 in Wakefield to talk about educational resources for special education, the property tax reform bill LB974, and potential changes to the Student Discipline Act bill LB147. We fit a lot of valuable information into a short time before the session began at 9 a.m. and I am grateful for their insight.

A distinguished guest from a far-away place visited the office on Feb. 3. I was pleased to meet the Rev. Michael Z. Holder, Jr., Chaplain General of the Liberian Senate, Liberia, West Africa. It is always interesting to me how other governing bodies work in comparison to the Nebraska Unicameral. The Liberian senate is modeled on the United States Congress, with a House and a Senate. The counties each have two elected senators along with representation in the House. Our visit was fun and interesting.

**Proclamation presented and enjoyed:** As mentioned in last week's up-

date, on Feb. 3, the Governor signed a proclamation making 2020 The Year of the Eye Exam. Several members of the Nebraska Optometric Association joined the Governor and I as the proclamation was signed. On Tuesday, I was able to join those and other members of the group from all over Nebraska at a lunch. A quite delightful group of members from District 17 invited me and my Legislative Aide to join their table. There were smiles and pleasant conversation and, most of all, talk of the importance of eye health and the commitment of this group to know and meet the eye health needs of District 17 communities.

**Coming up Feb. 20:** During the first 10 days of the session, I introduced LB1167, which would require that members of the public be given opportunity to speak in any meeting that is subject to the Open Meetings Act. LB1167 will have public hearing in front of the Government, Military, and Veterans' Affairs Committee in Room #1507 on Feb. 20 at 1:30 p.m. Through my years of public service, whether city council, county board or the Nebraska legislature, I have continued to welcome and value input from community members. It is my strong belief that any elected body that has authority or ability to make decisions about taxpayer dollars should listen to what residents affected by those decisions have to say. In my view, it is not enough to simply consider and vote on what is before us. The voice of the public can bring valuable information to elected officials. Not only about issues and situations that the elected



**Legislative Update**  
By Joni Albrecht  
State Senator, District 17

officials may not yet be aware, but also about proposed solutions or ideas that may save taxpayer dollars and improve projects or programs being considered. Hopefully, public officials agree with me and there will not be too much pushback from them at the public hearing. Be sure to let me and members of the Government Committee know your thoughts about LB1167 and public comment. If you want to have a letter entered into the record, it should be to the Committee Clerk before 5:00 p.m. the day before the hearing. If you want to testify in person, all are welcome to do so. Contact our office and we can provide email and/or mail-

ing addresses.

**Dates you should know:**  
Feb. 13 will bring leaders from District 17 at the South Sioux City Legislative visit. Attendees will hear from the Governor, the State Chamber and others in state leadership positions.

Feb. 21 is the deadline for senators and committees to designate their priority bills for the session.

Feb. 26, the Northeast Nebraska Chamber group is visiting the Capitol. As always, it is of great importance that I hear from my constituents to effectively do my job as your voice in the Legislature. I encourage you to contact me and I look forward to hearing from you. You can reach me by phone at (402) 471-2716 or by email at jalbrecht@leg.ne.gov

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Nebraska's Natural Resources Districts (NRDs) sign a Memorandum of Agreement with the U.S. Department of Agriculture's Natural Resources Conservation Service (NRCS) Jan. 28. The agreement is a renewal of a long-standing commitment between the NRDs and NRCS to protect and conserve Nebraska's natural resources. Front row, from left: Lower Elkhorn NRD General Manager, Mike Sousek, shakes NRCS State Conservationist Craig Derickson's hand after signing the agreement. Lower Elkhorn NRD Directors in the back row, from left to right: Roger Gustafson of Emerson; Scott McHenry of Norfolk; Dennis Schultz of Wisner; Joel Hansen of Wayne; Jerry Allemann of Wayne; and David Kathol of Norfolk.

## NRDs sign agreement with NRCS to continue conservation efforts

Nebraska's Natural Resources Districts (NRDs) collectively signed a Memorandum of Agreement with the U.S. Department of Agriculture's Natural Resources Conservation Service (NRCS) on Jan. 28. This agreement is a renewal of a long-standing commitment between the NRDs and NRCS that reaches back to the Dust Bowl days.

"For more than 80 years Nebraska's NRDs and the NRCS have been working side-by-side to provide natural resource management assistance to Nebraskans," David Eigenberg, Upper Big Blue NRD general manager said. "We are committed to continuing our conservation efforts with NRCS to protect lives, property and the future."

In 1935 President Roosevelt signed the Soil Conservation Act. The law was designed, "To provide for the protection of land resources against soil erosion, and for other purposes."

A driving force behind the creation of the Soil Conservation Act was the severe drought that was occurring in the Great Plains. Beginning in 1932, persistent drought conditions caused widespread crop failures leaving soil exposed and vulnerable to wind. This period was prone to dust storms that would block out the sun.

The Soil Conservation Act formed the Soil Conservation Service, which today is called the Natural Resources Conservation Service. It didn't take long for the newly-formed Soil Conservation Service to learn that

they needed ways to extend conservation assistance to more farmers. There needed to be a locally-led approach, and the idea for the conservation district was born.

In 1937 the U.S. Department of Agriculture (USDA) drafted the Standard State Soil Conservation Districts Law, which President Roosevelt sent to the governors of all states. This law created Soil and Water Conservation Districts.

In 1938 the Papio Soil Conservation District became the first conservation district in Nebraska. By 1972 the Nebraska Unicameral created the NRD system, which combined the responsibilities of the 154 special-use districts into a modern network of 23 Natural Resources Districts established along river basins.

The USDA Natural Resources Conservation Service has 77 county offices in Nebraska divided into management areas that mimic NRD boundaries. This allows the NRD and NRCS staff to work together on the same, locally-identified natural resource concerns. Today, Nebraska's unique NRD system of locally-controlled, tax-funded, watershed-based conservation is widely admired throughout the nation.

"The signing of this agreement is a symbol of our commitment to continue the legacy of our conservation partnership established more than 80 years ago," said NRCS State Conservationist Craig Derickson. "It was true back in the Dust Bowl

that the issues facing agriculture couldn't be solved alone. That's still true today. By working together, we are able to accomplish more for farmers and ranchers in Nebraska."

"Through partnerships like this, we help Nebraska farmers and ranchers remain productive and profitable while ensuring our natural resources are protected for generations," Annette Sudbeck, Lewis & Clark NRD general manager said.

Each of the 23 NRDs will sign an agreement with NRCS, which reinforces the partnership between the agencies and will be in effect until mutually modified or terminated.

For more information about Nebraska's Natural Resources Districts, visit [nrdnet.org](http://nrdnet.org). To learn more about the programs and services available from the USDA Natural Resources Conservation Service, visit [ne.nrcs.usda.gov](http://ne.nrcs.usda.gov)

## Allen News

Callie Anderson  
canderson@allenschools.org

### COMMUNITY CENTER NEWS

#### Weekly menu

Feb. 13- Liver or Hamburger  
Feb. 14- Biscuits and Gravy  
Feb. 17- Hot Beef Sandwich  
Feb. 18- Meatloaf  
Feb. 19- Broccoli and Cheese Soup

#### Weekly activities

Feb. 13- FROGS 8:30 a.m., Birthday/Anniversary Lunch 11:30 a.m.  
Feb. 14- Valentine's Bingo Party  
Feb. 18- FROGS 8:30 a.m.  
Feb. 19- Book Club 9 a.m.

#### Birthdays

Feb. 16- Wayne Chase

#### Anniversaries

Feb. 14- Larry & Kathy Boswell, Bob & Mary Jean Jones, Court & Darlene Roberts  
Feb. 18- Cliff & Donna Stalling

### ALLEN COMMUNITY INFO

#### Important information for community members

A town ordinance was passed in 2019 that the one block section of Clark Street between 5th Street and 6th Street will be closed off to through traffic during the hours of 3:45 until 5:30 p.m., or when orange cones are in place during track season. This year the Eagle track season will begin Monday, Feb. 24. This town ordinance was put in place to keep our track athletes safe. The only vehicles allowed through are those that live directly on that block. All others are required by law to go around.

Allen Consolidated Schools thanks the public for their cooperation in keeping the Allen Eagle athletes safe.

#### Youth T-ball, baseball and softball registration

Allen Youth Rec/Emerson-Hubard Summer Rec sign-ups for the 2020 T-ball, baseball and softball season will take place on Saturday, Feb. 15 from 10 a.m.-12 p.m. at the Emerson Fire Hall and Monday, Feb. 17 from 6:30-7:30 p.m. at the Allen School Commons. This registration is for both boys and girls ages five and up. Contact Katie Olesen at (712) 259-0705 with questions.

### ALLEN CONSOLIDATED SCHOOLS NEWS

#### Book Fair is coming

The semi-annual Scholastic Book

Fair will be held Feb. 18-28 in the Allen Consolidated Schools Library Media Center.

Daily hours:  
M-F: 8 a.m. - 3:30 p.m.

The book fair will be held as a pre-celebration of Read Across America Week on March 2.

This book fair will not be available during parent-teacher conferences as it has been in years past.

Online Book Fair Sales began on Feb. 13 at [bookfairs.scholastic.com/bf/allenconsolidatedschool](http://bookfairs.scholastic.com/bf/allenconsolidatedschool)

#### Weekly activities

Friday, Feb. 14

- John Baylor Testing for Juniors during 1st and 7th periods (Math)
- Speech Invite @ Wakefield, 8:00am, Depart @ 7:15am
- Varsity Wrestling Districts @ Oakland, 4 p.m., Dismiss Class @ 10:45 a.m., Depart @ 11 a.m.

Saturday, Feb. 15

- Varsity Wrestling Districts @ Oakland, 10 a.m. Depart @ 6 a.m.
- JV Girls Basketball @ Logan View Tourney, 9 a.m., Depart @ 7 a.m.
- JV/Varsity Boys Basketball @ Bloomfield, 4:30 p.m., Depart @ 3 p.m., JV to play two quarters, followed by Varsity

Monday, Feb. 17

- John Baylor Testing for Juniors during 2nd period (Kneiff)

Tuesday, Feb. 18

- John Baylor Testing for Juniors during 5th period (Kneiff)
- Scholastic Book Fair in the Library, 8 a.m. - 3:30 p.m.
- W-A Girls Basketball Sub-Districts @ Wisner-Pilger, TBA

Wednesday, Feb. 19

- John Baylor Testing for Juniors during 4th Period (English)
- Scholastic Book Fair in the Library, 8 a.m. - 3:30 p.m.

### COMMUNITY CHURCH NEWS

#### First Lutheran Church

##### Upcoming events

Feb. 23- Soup Supper 4:30-7 p.m.  
February 26- Lenten Service 7 p.m.

#### Birthdays

Rett Hingst

#### Anniversaries

Feb. 14- Court & Darlene Roberts

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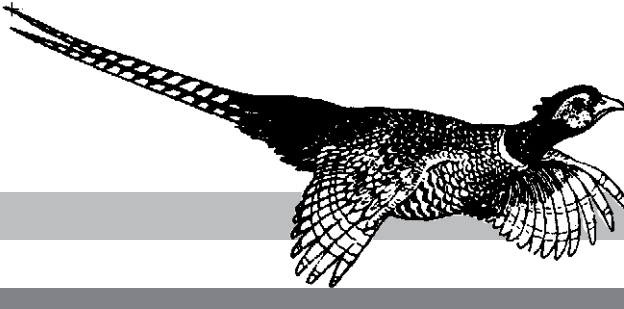
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### \*\*HOMESTEAD EXEMPTION NOTICE\*\*

Homestead Exemption applications must be made annually after February 1 and by June 30 with the county assessor. For certain individuals, the homestead exemption program provides relief from property taxes by exempting all or a portion of the valuation of a home from taxation.

If you have any questions please contact the Wayne County Assessor's Office at 402-375-1979, or stop in the office located in the Wayne County Courthouse at 510 Pearl Street.



## Academy award winners include 'old friends'

We don't ordinarily watch the Academy Awards any more; we haven't seen any of the movies, and a lot of times, we don't even know all the actor and actress nominees. But this year, we actually did know one, and we had to tune in to see her get an Oscar.

It's 25 years ago about now when we had a couple of interesting weeks at the Bed and Breakfast. TWO different movie companies knocked at the door, requesting permission to take pictures because someone in their outfit was thinking of staying there while making a movie in the area! Hey, that was big news, believe me.

As I said good bye to the first one, I asked who might be filming his movie; his answer? Stephen Spielberg. Oh, my goodness! Turns out the great Mr. Spielberg made "Tornado" over in Iowa.

The second guy who took photos called later and said that they



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

would be filming in the Murdock area and the leading lady would like to stay with us because some

of the filming would be in a near by farm house.

Innocently, I asked who the leading lady might be? The answer? Laura Dern. Neither of us had any idea who Laura Dern was. So, because he is a complete movie buff, I called son-in-law Monte.

"Who's Laura Dern?"  
"Oh, she was in 'Jurassic Park.' She's Bruce Dern's daughter, the only guy who ever shot John Wayne in 'The Cowboys.'"

"Well," I informed him, "she's going to be staying with us."

"Laura Dern is going to be staying at the Bed and Breakfast?"

The very one.

We had not viewed "Jurassic Park"; we were kind of busy in those days and did not hit the theaters very often. And we had seen "The Cowboys," but certainly did not recall a guy who shot John Wayne! We quickly rented "Jurassic Park." This Laura Dern was a

tall, slender blonde who could act, we could see that!

Well, Laura did stay at the Farm House, and she did make a very forgettable movie that was partially filmed in a farm house down the road, and it was the very first movie for a director named Alexander Payne, who also stayed with us.

And, of course, we've followed the careers of both of these folks ever since. And finally, on Sunday evening, a day before a birth date that Laura and Alexander share, she won a golden statue! We actually clapped, and got a little misty eyed with her mother, Diane Ladd (who also spent a night with us at the B and B.) It was fun, in spite of all the unusual dresses, and a few very strange people! We probably won't watch it next year, though, unless Alexander is nominated again; we have to root for our old friends!

## Growers statewide to share on-farm research in February meetings

Farm operators and agronomists from across the state are invited to attend the Nebraska On-Farm Research Network research results update meeting at a location near them. Producers will obtain valuable crop production-related information from over 100 on-farm research projects conducted on Nebraska farms by Nebraska farmers in partnership with University of Nebraska-Lincoln faculty. These research projects cover products, practices, and new technologies that impact farm productivity and profitability.

"These meetings provide a great opportunity to network with innovative farmers and hear directly from the farmers who have been



conducting research on their own farms. We anticipate that people who attend the meetings will leave with new ideas to try out on their operations in the upcoming growing season," says Laura Thompson, Nebraska Extension Educator.

A session will be held on Thursday, Feb. 20 in Norfolk at the Madi-

son County Extension Office. This session will run from 9 a.m. - 4 p.m. with check in beginning a half hour prior to the start time. Lunch will be served at all locations.

The Nebraska On-Farm Research Network is a statewide, on-farm research program that addresses critical farmer production, profitability and natural resources questions. Growers take an active role in the on-farm research project sponsored by Nebraska Extension in partnership with the Nebraska Corn Growers Association, the Nebraska Corn Board, the Nebraska Soybean Checkoff and the Nebraska Dry Bean Commission.

This February meeting will

provide an opportunity to hear growers who conducted on-farm research share their results from the 2019 growing season. Field length replicated treatment comparisons were completed in growers' fields, using their equipment. "Participants are using the data they collect from their own farms to evaluate new products or practices in order to improve their productivity and profitability," Thompson said.

Research projects to be discussed will include: cover crops, variable rate seeding, planting populations, starter fertilizer, fungicide applications, alternate crop rotations, seed treatments, and sidedress nitrogen management technologies including drone and sensor based, variable-rate nitrogen management. Certified Crop Advisor Credits are applied for and pending upon approval.

There is no fee to attend. Pre-registration is requested for meal planning purposes. Call (402) 624-8030 or e-mail onfarm@unl.edu to register.

## Celebrate Nebraska 4-H Month - Growing leaders in 4-H

By Sarah Polacek  
Extension Educator

Leadership is defined as the ability to influence and support others in a positive way to meet a common goal. 4-H offers many leadership opportunities in many capacities to help each member reach their full potential.

Every child is capable to become a leader. Leadership with youth participants help create an environment that encourages all members to develop skills, imagination, and creativity so that they can contribute to a project or vision of the goal and purpose they are trying to achieve. 4-H is an organization that can help give leadership opportunities to youth who have a desire and crave these skills. Youth who build these skills along with all contributing members will become successful adults.

4-H provides an environment to "try" their leadership skills in many different roles such as club officers, committee chairs and members, event planners, mentors, role models and other roles during their 4-H

career. With the assistance of adult volunteers, they can complete these roles and work towards using the skills gained in many different levels of 4-H as well as other youth organizations they participate with.

Building leadership skills in 4-H can lead to accomplishments and the success that youth will carry with them into their future careers and lives. Developing communication skills, conflict resolution skills,

teamwork, confidence, public speaking skills, and the ability to standing up for what they believe in, setting goals, being creative, and making to a decision are skills youth will use for the rest of their lives.

To join 4-H or for information, contact the Nebraska Extension Office in Knox County at (402) 288-5611 or visit extension.unl.edu/statewide/knox/educational-programs/knox-county-4-h/



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**Soup Dinner & Raffle**  
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Dixon County  
4-H Junior Leaders  
**Sunday, Feb. 16**  
**11 AM - 1 PM**  
**Dixon Community Center**  
Serving Soup, Desserts & Drinks  
**FREE WILL DONATION**  
Junior Leaders are selling raffle tickets now and at the door. Drawing will be at 1 p.m. (need not be present to win) Prizes include: Several bags of different Soybean Seed & Application. Amazing Electronics and many other great items!  
Proceeds go to college scholarships and/or Citizen Washington Focus Trip.

## Pre-emerge Corn Herbicide Program

With a thick covering of snow on the ground, it's hard to think of weed control for our corn fields next year. One thing to keep in mind is we want to see about the same number of weeds in our fields in mid-June as we see today. The easiest time to kill most weeds is before you can actually see them. That is why we put so much emphasis on pre-emerge herbicides with good residual activity. These herbicides kill the weed when it is just germinating or emerging when it is at the weakest point in its life cycle. Once our problem weeds get above 3-4 inches tall so you can easily see them as you walk your field or pass through on an ATV, they are much more difficult to kill. Today, we are looking at herbicides that come to the table with multiple modes of action to combat weed resistance: Harness Max from Bayer, Acuron from Syngenta, and Resicore from Corteva.

**Harness Max** contains the Als acetochlor (Group 15 --Seedling shoot inhibitor) and mesotrione (Group 27-- HPPD Inhibitor). These are the active ingredients in Harness and Callisto, respectively.

**Acuron** contains s-metalachlor (Group 15), mesotrione (Group 27), bicyclopyrone (a 2nd Group 27), and atrazine (Group 5 -- Photosystem II inhibitor). These are the active ingredients in Dual II Magnum, Callisto, atrazine, and a unique ingredient (bicyclopyrone) not offered alone in a separate herbicide.

**Resicore** contains acetochlor (Group 15), mesotrione (Group 27), and clopyralid (Group 4 Growth Regulator). These are the active ingredients in Harness, Callisto, and Stinger respectively.

We want to make sure as we build a pre-emerge weed control game plan, we consider our postemergence plan. We may want to use these same herbicides or their components in our post spraying. If we are considering that we may want to be extra careful of the rate, we apply pre-emerge. The best way to build a complete plan is to sit down with your local Field Sales Agronomist and walk through your past weed problems and future crop plans to build a program that is right for your operation. For more information, visit cvacoop.com.



By Tim Mundorf  
CVA Nutrient Management Lead

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\*APPLICATION DEADLINE:  
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**To apply, stop by F & M Bank in Wayne to pick up an application.**

We would also review a resume in addition to the application.

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Interested parties should apply at:



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

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Wayne State College

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• Calificaciones requeridas: cualquier nivel de educación, experiencia o capacitación que proporcione las habilidades, el conocimiento y las habilidades necesarias para realizar el trabajo asignado. El empleado debe poder trabajar en condiciones extremas de frío y calor, doblarse, agacharse, subir escaleras, ayudar a levantar con seguridad más de 75 libras y tener la fuerza suficiente para realizar las tareas asignadas.  
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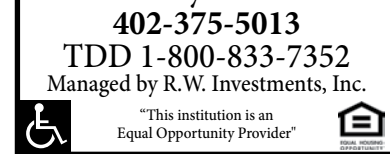
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### FEATURE OF THE WEEK



**701 Alma St., Laurel**  
NEW PRICE \$65,000

Two-bedroom, one-bathroom. Full partially finished basement. Attached garage, ranch-style home. L-1900657

### HOMES FOR SALE

**208 Alma Street, Laurel - \$169,500:** Four-bedroom, 2 1/2 baths, two-car attached garage, finished basement. Large family home on Large corner lot! L-1900527



**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



**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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**ACREAGE!! 57680 862nd Street, Wayne - \$330,000:** Four bedroom, two-baths. Located between Wayne and Laurel only 3/4 of a mile off of Highway 15. Comes with 12+/- acres (6+/- acres of that being pasture). Machine shed and barn, bonus fully insulated building!



Dream acreage!! L-1900446

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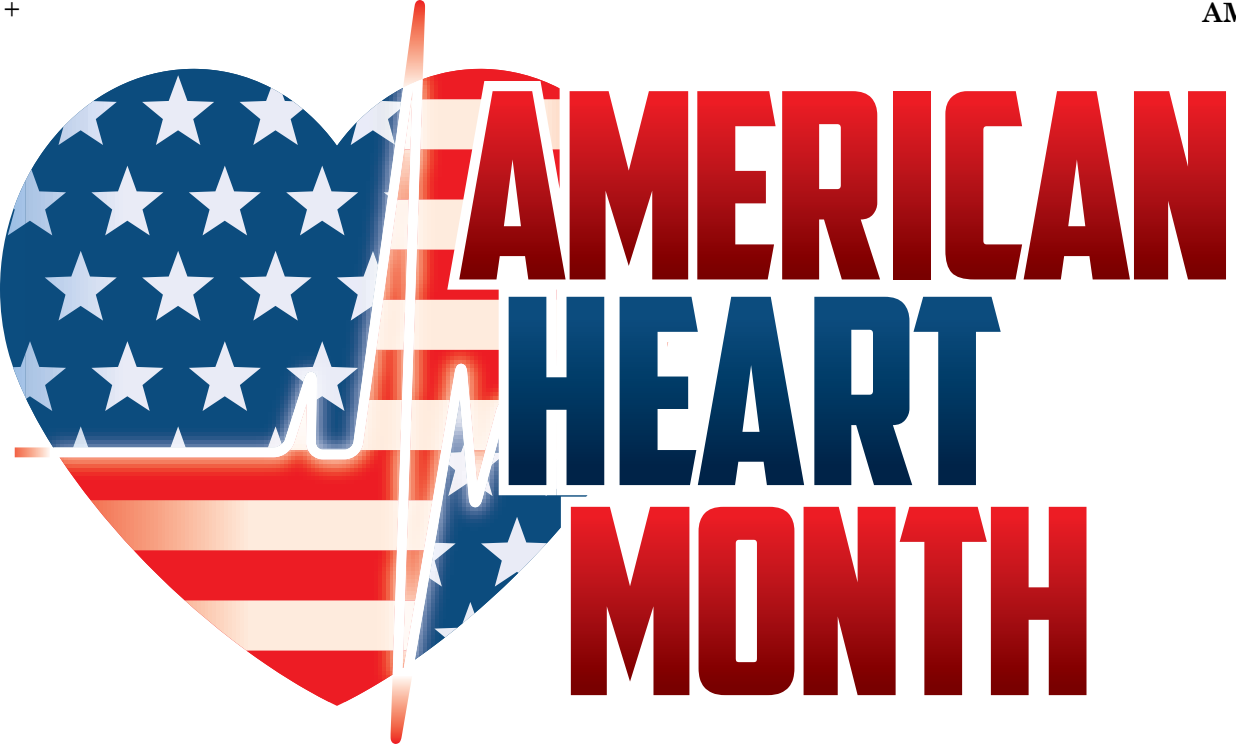
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## Providence Medical Center's outpatient specialty clinic offers close-to-home heart care

Patients know they can receive quality "close to home" care at Providence Medical Center's outpatient specialty clinic in Wayne. Whether patients need to see a cardiologist about congestive heart failure, coronary artery disease, arrhythmias or BP regulation, Providence Medical Center can help. The outpatient specialty clinic provides cardiology services on the first and third Wednesdays and every Mon-

day of each month. In addition to treating serious heart conditions, PMC also provides a multitude of cardiologic diagnostic screening services. Basic EKGs, Echocardiograms, nuclear cardiac studies and pace maker checks are just some of the screenings. Always on the cutting edge of technology, Providence Medical Center offers calcium scoring screenings. The results of this screen can de-

termine your risk for a heart attack by checking the calcium build up on the walls of the arteries of your heart. The test is fast and helps cardiologists save lives. Many of the patients in PMCs service area enjoy the ability to receive their cardiology follow up care, medication or maintenance care at the Wayne outpatient clinic. Providence Medical Center is proud to offer patients that "close to home" option for cardiology care. Cardiology Outpatient Clinic Schedule: Phone Number - (402) 375-7953 Faith Regional CardioVascular Institute every Monday Dr. Hartzel, Dr. Velagapudi; MercyOne Siouxland Heart & Vascular Center: first and third Wednesday Dr. Hakim.



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During **American Heart Month**, let us help you make your heart a priority!

## Depression can be a heartbreaker

Being diagnosed with heart disease or another chronic health condition can take its toll mentally. Providence Medical Center's Senior Life Solutions is here to help

During the month of February, American Heart Month, Providence Medical Center's Senior Life Solutions, is working to raise awareness of the connection between heart health and emotional health. In 1964, February was declared American Heart Month to help bring awareness to the number one killer of both men and women in America, heart disease. Heart related health concerns come with many physical symptoms ranging from chest pain or discomfort to shortness of breath; however, cardiac patients often experience depression after a heart attack, cardiac surgery, recent diagnosis of heart disease or recent hospitalization. According to the Cleveland Clinic, up to 15 percent of patients with cardiovascular disease and up to 20 percent of patients who have undergone bypass surgery experience major depression. Senior Life Solutions is an intensive outpatient group therapy program designed to meet the unique needs of older patients struggling with symptoms of depression and anxiety, stress from age-related health concerns, or difficult life transitions such as the loss of a

loved one. Individuals may benefit from Senior Life Solutions if they are experiencing any of the following common indicators or triggers of depression and anxiety:

- Recently experienced a traumatic event
- Lost a spouse or close family member
- Loss of interest in previously enjoyed activities
- Changes in appetite
- Difficulty sleeping
- Loss of energy
- Feelings of sadness or grief lasting more than two weeks
- Feelings of worthlessness or hopelessness

Following an individual assessment, patients meet up to three times per week in a supportive, encouraging group setting. The program staff includes a board-certified psychiatrist, licensed social workers, a registered nurse and other healthcare professionals dedicated to the emotional well-being of the seniors in our community. "Partnering with Senior Life Solutions helps us fill an important healthcare gap in our community. I am excited about the future of this program and confident it will bring

great value to the seniors in our area," said Jim Frank CEO Providence Medical Center. Temporary feelings of sadness are normal for patients recovering from recent heart surgery, heart attack or another heart or chronic health condition. If severe feelings of sadness or low mood continue for more than two weeks or result in withdrawal from activities or increased negative thoughts, it is time to seek help. For more information, call the Providence Medical Center's Senior Life Solutions at (402) 375-7958. *Founded in 2003, Senior Life Solutions is managed by Psychiatric Medical Care (PMC), a leading behavioral healthcare management company. Focused on addressing the needs of rural and underserved communities, PMC manages inpatient behavioral health units, intensive outpatient programs, and telehealth services in more than 20 states. The company's services provide evaluation and treatment for patients suffering from depression, anxiety, mood disorders, memory problems, post-traumatic stress disorder and other behavioral health problems. For more information, visit psychmc.com.*

## Cholesterol 101: An introduction

If you're reading this, you probably care about health and the role that cholesterol can play. That's an important first step. **So, what is cholesterol? What does it do?** Cholesterol is a waxy substance. It's not inherently "bad." In fact, your body needs it to build cells. But too much cholesterol can pose a problem. Cholesterol comes from two sources. Your liver makes all the cholesterol you need. The remainder of the cholesterol in your body comes from foods derived from animals. For example, meat, poultry and full-fat dairy products all contain cholesterol, called dietary cholesterol. Those same foods are high in saturated and trans fats. Those fats cause your liver to make more cholesterol than it otherwise would. For some people, this added production means they go from a normal

cholesterol level to one that's unhealthy. Some tropical oils – such as palm oil, palm kernel oil and coconut oil – can also trigger your liver to make more cholesterol. These oils are often found in baked goods. **Why cholesterol matters** Cholesterol circulates in the blood. As the amount of cholesterol in your blood increases, so does the risk to your health. That's why it's important to have your cholesterol tested, so you can know your levels. There are two types of cholesterol: LDL cholesterol, which is bad, and HDL, which is good. Too much of the bad kind, or not enough of the good kind, increases the risk that cholesterol will slowly build up in the inner walls of the arteries that feed the heart and brain. Cholesterol can join with other substances to form a thick, hard deposit on the inside of the arteries. This can narrow the arteries and

make them less flexible – a condition known as atherosclerosis. If a blood clot forms and blocks one of these narrowed arteries, a heart attack or stroke can result. When it comes to cholesterol, this is what to remember: check, change and control. That is: 

- Check your cholesterol levels. It's key to know your numbers.
- Change your diet and lifestyle to help improve your levels.
- Control your cholesterol, with help from your doctor if needed.

 High cholesterol is one of the major controllable risk factors for coronary heart disease, heart attack and stroke. If you have other risk factors such as smoking, high blood pressure or diabetes, your risk increases even more. The more risk factors you have and the more severe they are, the more your overall risk is compounded.

## Wear Red!

National Wear Red Day was Feb. 7, with several participating businesses in town showing their support. February is also American Heart Month, a month brings awareness to the importance of being heart-healthy. Each year, one in four Americans dies from heart disease. American Heart Month seeks to educate the public the importance of diet, exercise and lifestyle choices that can lower the risk of heart complications. Above, members of Providence Medical Center's staff showed their commitment to health by wearing red. Below, State Nebraska Bank employees rock red on National Wear Red Wayne.




## The facts about high blood pressure

What is high blood pressure? High blood pressure (also referred to as HBP, or hypertension) is when your blood pressure, the force of blood flowing through your blood vessels, is consistently too high. Learn more about high blood pressure. If you have high blood pressure, you are not alone. Nearly half of American adults have high blood pressure. (Many don't even know they have it.) The best way to know if you have high blood pressure it is to have

your blood pressure checked. Know your numbers Learn about your blood pressure numbers and what they mean. High blood pressure is a "silent killer." Most of the time there are no obvious symptoms. Certain physical traits and lifestyle choices can put you at a greater risk for high blood pressure. When left untreated, the damage that high blood pressure does to your circulatory system is a significant contributing factor to heart

attack, stroke and other health threats. Preventing and managing HBP This is one time that the old adage, "An ounce of prevention is worth a pound of cure," is particularly apt. It's best to avoid high blood pressure altogether. Healthy lifestyle choices are a great place to start. With proper treatment and management, you can control your blood pressure to help you live a long and healthy life.



# AMERICAN HEART MONTH

## Scared to exercise after a heart attack? It's probably scarier if you don't

By American Heart Association News

Exercise is good for you. But for people who have had a heart attack, starting or resuming a workout routine may sound scary, exhausting, complicated — in short, the last thing they'd want to do. Instead, it probably should be one of the first.

"We're trying to make it clear that exercise is as much a part of the standard of care as aspirin or statins or beta blockers," said cardiologist Dr. Benjamin D. Levine, director of the Institute for Exercise and Environmental Medicine and a professor of medicine and cardiology at UT Southwestern Medical Center in Dallas.

Research abounds on the benefits. A recent Swedish study found heart attack survivors who identified as "constantly active" had a 71 percent lower risk of death than the "inactive" participants. A 2017 review of research found heart attack survivors who receive cardiac rehab were 53 percent less likely to die from any cause and 57 percent less likely to die from heart-related causes than survivors who did not get cardiac rehab.

"Exercise preserves the strength and flexibility of the heart and enables blood vessels to relax," Levine said. "It helps improve lipids and blood pressure and reduces cardiovascular strain during daily activities."

A major key to reaping the benefits of exercise is incorporating it into a lifelong habit.

"Sometimes people have an epiphany after a heart attack and that makes it easier for them to come around in their lifestyle," said Kate Traynor, director of the cardiac rehabilitation program at Massachusetts General Hospital's Corrigan Minehan Heart Center. "But many people after a heart attack are just not really ready yet."

Maybe they're depressed or afraid to make changes, experts say. "What I think is that people are frightened after a heart attack, and they're not

sure what they're capable of doing, whether recreational exercise, occupational exercise, even sexual relations," Levine said.

"Everyone who has a heart attack should go through a period of cardiac rehabilitation. It helps people get past that initial fear and get control of all the risk factors within a multidisciplinary approach after a cardiovascular event," he said.

In cardiac rehab, cardiologists, cardiac nurses, physical therapists, exercise specialists, mental health counselors and nutritionists team up to support each patient. And thus, Traynor said, reduce the risk of another heart attack.

Starting small leads to attainable goals, she said. "We help them have successes being on the treadmill or bike and feeling, 'OK, maybe there's more to this.'" It becomes more self-fulfilling and keeps them going."

In Dallas, the cardiac rehab clinic at Parkland Health & Hospital Sys-

tem recently added high-intensity interval training (HIIT) — short bursts of activity with short rest periods — for heart disease patients who meet certain criteria. With HIIT, 15-minute sessions can be as effective as 60 minutes of a lower-intensity workout, according to some studies.

HIIT helped Parkland patient Jesus Rodrigo Sanchez feel better and to believe in himself. The 60-year-old, who has a family history of heart disease, had bypass surgery.

"It was hard at first," said Sanchez, who bought an elliptical machine to use at home, "but the rehab staff promises they won't give you anything you can't do. I didn't believe I could, but now I'm walking 2.8 mph at level 4 incline."

For patients whose doctor has not recommended cardiac rehab, Levine suggests they ask for a referral. "Exercise is just really important to aid return to a normal life."

## Sneaking more vegetables into meals

We all know we need to be eating more veggies. Some of us love them and eat them at every meal. And then there are those of us who can't stomach the thought of chomping on something green that looks like a tree. And no, we're not talking about four-year-olds - we mean adults, too!

If you're the primary cook in your family, and pasta sauce and French fries are the only veggies going down at your home, you may want to get a bit sneakier. We've come up with some pretty cool ways to help you add vegetables into meals without anyone knowing. You get to be creative and it doesn't take much work. Saving time and eating healthy -- sounds like a winning combination!

Get shredded! Grab a box grater or the grating attachment on your food processor to shred zucchini, beets, carrots or parsnips to add to all sorts of recipes. Add a vegetable serving to

your favorite whole grain muffins and quick breads by mixing shredded zucchini into your batter before baking. You can also sauté shredded carrots, summer squash or butternut squash for about five minutes before adding them to pasta sauce for a quick, veggie-filled meal. Even your pickiest of eaters may not notice!

Get mushy! Replace half the ground meat in recipes like burgers, meatloaf and meatballs with cooked chopped mushrooms. Finely chop your choice of mushrooms using a knife or a food processor, then sauté in a little olive oil until soft -- about three minutes or so. Once the mushrooms are cool, gently mix them with your lean ground chicken, turkey or beef. Cook thoroughly and follow the recipe as is. Voila! Another veggie-ful meal for the family.

Get Cheesy! Cooked and pureed orange vegetables like butternut squash, sweet

## Heart disease: It can happen at any age

Heart disease doesn't happen just to older adults. It is happening to younger adults more and more often. This is partly because the conditions that lead to heart disease are happening at younger ages. February is Heart Month, the perfect time to learn about your risk for heart disease and the steps you need to take now to help your heart.

Heart disease — and the conditions that lead to it — can happen at any age. High rates of obesity and high blood pressure among younger people (ages 35-64) are putting them at risk for heart disease earlier in life. Half of all Americans have at least one of the top three risk factors for heart disease (high blood pressure, high cholesterol, and smoking).

### You Could Be at Risk

Many of the conditions and behaviors that put people at risk for heart disease are appearing at younger ages:

**High blood pressure.** Millions of Americans of all ages have high blood pressure, including millions of people in their 40s and 50s. About half of people with high blood pressure don't have it under control. Having uncontrolled high blood pressure is one of the biggest risks for heart disease and other harmful conditions, such as stroke.

**High blood cholesterol.** High cholesterol can increase the risk for heart disease. Having diabetes and obesity, smoking, eating unhealthy foods, and not getting enough physical activity can all contribute to unhealthy cholesterol levels.

**Smoking.** More than 37 million U.S. adults are current smokers, and thousands of young people start smoking each day. Smoking damages the blood vessels and can cause heart disease.

**Other conditions and behaviors that affect your risk for heart disease include:**

**Obesity.** Carrying extra weight puts stress on the heart. More than

1 in 3 Americans—and nearly 1 in 6 children ages 2 to 19—has obesity. Diabetes. Diabetes causes sugar to build up in the blood. This can damage blood vessels and nerves that help control the heart muscle. Nearly 1 in 10 people in the United States has diabetes.

**Physical inactivity.** Staying physically active helps keep the heart and blood vessels healthy. Only 1 in 5 adults meets the physical activity guidelines of getting 150 minutes a week of moderate-intensity activity.

**Unhealthy eating patterns.** Most Americans, including children, eat too much sodium (salt), which increases blood pressure. Replacing foods high in sodium with fresh fruits and vegetables can help lower blood pressure. But only 1 in 10 adults is getting enough fruits and vegetables each day. Diet high in trans-fat, saturated fat, and added sugar increases the risk factor for heart disease.

**Four Ways to Take Control of Your Heart Health**

You're in the driver's seat when it

## Know your target heart rates for exercise, losing weight and health

What should your heart rate be when working out, and how can you keep track of it? Our simple chart will help keep you in the target training zone, whether you want to lose weight or just maximize your workout. Find out what normal resting and maximum heart rates are for your age and how exercise intensity and other factors affect heart rate.

How do you get your heart rate in the target zone?

When you work out, are you doing too much or not enough? There's a simple way to know: Your target heart rate helps you hit the bulls-eye so you can get max benefit from every step, swing and squat. Even if you're not a gym rat or elite athlete, knowing your heart rate (or pulse) can help you track your health and fitness level.

**First Things First: Resting Heart Rate**

Your resting heart rate is the number of times your heart beats per minute when you're at rest. A good time to check it is in the morning after you've had a good night's sleep, before you get out of bed or grab that first cup of java!

For most of us, between 60 and 100 beats per minute (bpm) is normal. The rate can be affected by factors like stress, anxiety, hormones, medication, and how physically active you are. An athlete or more active person may have a resting heart rate as low as 40 beats per minute. Now that's chill!

When it comes to resting heart rate, lower is better. It usually means your heart muscle is in better condition and doesn't have to work as hard to maintain a steady beat. Studies have found that a higher resting heart rate is linked with lower physical fitness and higher blood pressure and body weight.

Hit the Target: Find Your Heart

comes to your heart. Learn how to be heart healthy at any age.

**Don't smoke.** Smoking is the leading cause of preventable death in the United States. If you don't smoke, don't start. If you do smoke, learn how to quit.

**Manage conditions.** Work with your health care team to manage conditions such as high blood pressure and high cholesterol. This includes taking any medicines you have been prescribed. Learn more about preventing and managing high blood pressure and high cholesterol.

**Make heart-healthy eating changes.** Eat food low in trans-fat, saturated fat, added sugar and sodium. Try to fill at least half your plate with vegetables and fruits, and aim for low sodium options. Learn more about how to reduce sodium.

**Stay active.** Get moving for at least 150 minutes per week. You can even break up the 30 minutes into 10-minute blocks. Learn more about how to get enough physical activity.

Now that you have a target, you can monitor your heart rate to make sure you're in the zone. As you exercise, periodically check your heart rate. A wearable activity tracker makes it super easy, but if you don't use one you can also find it manually:

Take your pulse on the inside of your wrist, on the thumb side. Use the tips of your first two fingers (not your thumb) and press lightly over the artery.

Count your pulse for 30 seconds and multiply by two to find your beats per minute.

**Important Note:** Some drugs and medications affect heart rate, meaning you may have a lower maximum heart rate and target zone. If you have a heart condition or take medication, ask your healthcare provider what your heart rate should be.

So what's in a number?

If your heart rate is too high, you're straining. Slow your roll! If it's too low, and the intensity feels "light" to "moderate," you may want to push yourself to exercise a little harder, especially if you're trying to lose weight.

If you're just starting out, aim for the lower range of your target zone (50 percent) and gradually build up. In time, you'll be able to exercise comfortably at up to 85 percent of your maximum heart rate. Woo hoo!

Sources:

1. All About Heart Rate (Pulse), American Heart Association website

2. Elevated resting heart rate, physical fitness and all-cause mortality, Epidemiology, 2013 http://heart.bmj.com/content/99/12/882.full?sid=90e3623c-1250-4b94-928c-0a8f95c5b36b

3. Target Heart Rate and Estimated Maximum Heart Rate, Centers for Disease Control website https://www.cdc.gov/physicalactivity/basics/measuring/hearttrate.htm

## Causes of high cholesterol discussed

**Take a look at your lifestyle**

Odds are, there are lifestyle changes you can make to improve your cholesterol numbers. That's true because, more often than not, unhealthy behaviors are the main culprits behind high cholesterol.

Your body naturally produces all the LDL (bad) cholesterol it needs. An unhealthy lifestyle — not enough exercise, too many unhealthy foods — makes your body produce more LDL cholesterol than it needs. This is the cause of high LDL cholesterol for most people.

Behaviors that can negatively affect your cholesterol levels include:

- Unhealthy diet;
- Lack of physical activity;
- Smoking or exposure to tobacco smoke;
- Excess weight.

Stopping or reversing these unhealthy lifestyle factors can help improve your cholesterol numbers.

### How to prevent and treat high cholesterol

**Heredity can play a role**

Some people inherit genes from their mother, father or even grandparents that cause them to have too much cholesterol. This is called familial hypercholesterolemia. The severity of FH is related to the du-

ration and degree of LDL cholesterol in the blood. FH is dangerous because it can cause premature atherosclerotic heart disease.

If your cholesterol numbers are concerning, check your family history for problems related to high cholesterol.

### Make the changes worth making

If you have high blood cholesterol, making lifestyle modifications is a great first step to lower your risk of heart disease. If those steps don't reduce your risk enough, your doctor may prescribe medications to help.

## Providence Wellness Center is Heart Healthy!

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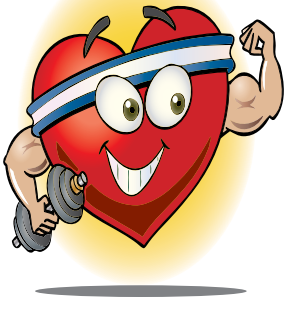
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## SURVIVE. DON'T DRIVE. CALL 9-1-1.



If you're having heart attack symptoms, call 911. Paramedics can start life-saving treatment right away.

**Every second counts.**



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