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The Wayne Herald

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(Photo by Clara Osten)

Lucas Thompson showed plans for the lots he plans to develop in the Savidge Court Administrative Replat in Western Ridge during Tuesday's meeting of the Wayne City Council.

Council debates sewer bill, property re-plat

By Clara Osten,
clara@wayneherald.com

Considerable discussion on several agenda items resulted in a lengthy meeting for the Wayne City Council on Tuesday.

Among those items was whether or not to adjust the sewer rate charge for Patty Wieland.

Wieland told the council that a water faucet on the outside of her house was turned on, by what she believes were vandals in the neighborhood. This resulted in a much higher water usage and, because sewer rates are determined by water usage in the months of November, December and January, a higher sewer bill. The sewer rate changes every year, based on this usage.

Wieland asked the council to have her rates go back to what she has been historically paying and provided a detailed list of the usage for her property for a number of years. She also said that she has paid three of the bills already and "isn't asking for forgiveness of what I have already paid, only an adjustment going forward."

The amount involved is approximately \$200.

Council members debated whether or not this would set a precedent going forward and what a property owner's responsibility is in regard to checking on this type of situation.

"This type of thing is really difficult. If we approve this request, what else will be brought before us?" said Council member

Jason Karsky.

The council has had three water/sewer issues come before them in the last several months and council members noted "each of them have been different."

After going back and forth for some time, the council voted unanimously in favor of granting the return to the rate based on last year's consumption.

Council members also considered a replat request for a piece of property known as the Savidge Court Administrative Replat in Western Ridge.

Lucas Thompson requested the change to allow the property be changed from three lots to four lots to allow him to build two duplexes on the property.

During the public hearing portion of the meeting, City Planner Joel Hansen told the council the item had been brought before the Planning Commission and had received unanimous approval. He said the parcel had originally been divided into four lots, but due to construction on adjacent properties, had been changed to three lots. He also noted that making it four lots would clear up some issues with the property.

Thompson was at the meeting and showed council members his plans for the area, which includes building four, 1,500 square foot units. These would each have four bedrooms, for a total of 16 bedrooms and will be rental units.

Alex Wieland, who lives in the area under consideration, voiced his concerns with having the duplexes in the neighborhood and the possibility of having 16 cars

parked in the area.

"There are a lot of kids in the neighborhood and you can't park in the cul de sac," Alex said.

Following the public hearing, the council voted 5-2 to allow for the replat. Council members Terri Buck, Yasuko Taoka, Jason Karsky, Nick Muir and Jill Brodersen voted in favor, while council members Chris Woehler and Dwaine Spieker voted against.

Two requests for easements were granted to Allo Communications LLC for properties owned by the city. One of these is located off Fourth Street in what is known as "the old Girl Scout Cabin" property and one is located near Viken Park.

A bid for \$25,426.51 was awarded to No-sweet Fencing & Decks of Columbus for the Lagoon Fence Project.

Also during Tuesday's meeting, approval was given on the application of Logan Miller to the Wayne Volunteer Fire Department's Cadet program.

Logan will be a junior at Wayne High School. Her father is currently a member of the department. She is the fifth cadet currently on the department.

Council members also spent some time discussing the issue of food trucks parked on city streets or on public property.

No action was taken as council directed city staff to look into how other communities handle the issue.

The council will hold a mini retreat on Tuesday, June 29 at 5:30 p.m. at the Wayne Fire Hall.

Commissioners receive updates on courthouse restoration project

By Clara Osten,
clara@wayneherald.com

Wayne County Commissioners spent considerable time during Tuesday's regular meeting discussing the status of the courthouse renovation project.

A list of items still needing attention was drawn up since the commissioners' last meeting and some progress has been made to get them completed.

However, there are still several concerns, most notably the locks on the doors on the courthouse.

Commissioner Terry Sievers said he had worked to get one of the doors locked this week and had difficulty doing so.

Several other issues, including the automatic door-opening button, an area of the building on the northeast corner, re-seeding of grass and a door that does not close correctly, were also discussed.

Eli Dull with Kingery Construction, the general contractor for the project, was present at the meeting to discuss with the commissioners solutions to the punch list items that still need to be addressed.

Commissioner Sievers asked Doug Elting with Berggren Architects what the next

step in getting the project completed should be.

Elting said after the items discussed at the meeting are taken care of, a final inspection will take place and then the final pay application submitted.

After that, the paperwork can be submitted for the county to receive the tax credits available for the project. An exact amount for this credit is not yet available.

Commissioners did vote to make a payment of \$67,720.74 to Kingery Construction. The county had been holding this check until more of the work was completed. An additional \$20,109.03 is still remaining to be paid, pending final completion of the project.

In other action, the commissioners approved a resolution for the issuance of revenue bonds in an amount not to exceed \$7,000,000 for the Providence Medical Center (PMC) project.

Jim Frank, CEO of PMC, spoke to the commissioners on the renovation project, which includes expansion of the radiology department, upgrades to the surgical department and mechanical upgrades to the

See Commissioners, Page 4A

Board of Education approves first reading of policies, handbooks

By Clara Osten,
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The acceptance of an athletic training services agreement, the first reading of a number of policies and several handbooks were among the items on the agenda when the Wayne Community Schools Board of Education met in regular session on Monday.

Board members first listened to a presentation from Becky Zavada and Rodney Cupp on their feelings about the district's response plan for the elementary school in regard to COVID-19.

The two, parents of an elementary student, said they felt the school should retain the mask requirement for students when school starts in the fall to allow time for children who are 11 years of age and younger time to be fully vaccinated.

An agreement with Providence Medical Center for athletic training services for the 2021-2022 school year was approved. It is similar to a former agreement with the hospital, but will reduce the cost to the district from \$82,000 to \$40,000 and will include services from August of 2021 to May

of 2022.

First reading approval was given to policies ranging from bulletin boards to anti-discrimination to professional boundaries.

Superintendent Dr. Mark Lenihan told the board that a number of these policies were the result of recently passed legislation.

The policies will be brought back for final approval at the board's next meeting.

First reading approval was given to the K-6 Student Handbook and 2021-2022 Teacher Handbook.

Elementary Principal Russ Plager said there were only minor changes to the K-6 handbook, mostly in the form of updates on policies.

Action on the 2021-2022 Classified Staff Handbook was tabled until a future meeting.

The Wayne Community School Foundation Annual Report was presented by Director Brandon Foote.

Foote listed a number of activities supported by the Foundation that took place in the last year.

See Approves, Page 4A



(Photos by Clara Osten)

Music in the park

Members of the 43rd Army Band presented a 90-minute concert in Bressler Park on Sunday. The concert included selections with the full band (above), the Sharpshooter Winds ensemble and the Heartland Revival (bottom left). A large crowd was scattered throughout the park to enjoy the afternoon of music. Josh Calkin, an instructor at Wayne State College (above) served as guest conductor for one selection. His wife, Lauren, is among the members of the band. The 43rd Army Band spent a week in northeast Nebraska and had concerts in Norfolk, Pierce, Wayne, Pender, Hartington, Plainview and West Point. During that time, they were headquartered at Wayne State College. During the concert, the band thanked the college and community for their welcome.

'The Lion King JR' to be presented in Wayne

Disney's The Lion King JR. is playing at Ramsey Theatre on the campus of Wayne State College on Friday and Saturday, June 25-26.

Performances of Disney's The Lion King JR. are open to the public at Ramsey Theatre on Friday, June 25 at 7:30 p.m. and Saturday, June

26 at 2 p.m. Admission will be a free-will donation.

The 60-minute musical, designed for middle-school aged performers, is based on the Broadway production directed by Julie Taymor and the 1994 Disney film.

The cast at this performance contains approximately 18 students, led by Melissa Derechailo and Tracy Anderson.

"The past year has been a trying one for arts performers of all kinds. We could sense a real creative drive in our middle school-aged performers and once COVID-19 restrictions were lifted, we started brainstorming about how we could provide an opportunity to energize them this summer. It is an ambitious four-week undertaking, but we have an amazing bunch of young actors who are learning all aspects of a theatrical production, from singing, acting and dancing to set construction and costume design. We are excited to be able to present this show for the public which is a perfect length for families and kids!" Anderson said.

The Lion King JR. tells the story of the epic adventures of a curious cub named Simba as he struggles to accept the responsibilities of adulthood and his destiny as king. Along the way, the young lion encounters a colorful cast of characters including spunky lioness Nala, charismatic

meerkat Timon, and loveable wart-hog Pumbaa. To claim his rightful place on the throne and save his beloved Pridelands, Simba must find his inner strength and confront his wicked Uncle Scar. The Lion King JR. features classic songs from the 1994 film such as "Hakuna Matata," "I Just Can't Wait To Be King," and the Academy Award®-winning "Can You Feel the Love Tonight" as well as additional songs penned for the Broadway production.

For more information about licensing The Lion King JR. or other Disney shows, please visit www.DisneyMusicals.com.

Disney Theatrical Group (DTG) operates under the direction of Thomas Schumacher and is among the world's most successful commercial theater enterprises, bringing live entertainment events to a global annual audience of more than 19 million people in more than 50 countries. Under the Disney Theatrical Productions banner, the group produces and licenses Broadway musicals around the world, including Beauty and the Beast; The Lion King; Elton John & Tim Rice's Aida; TARZAN®; Mary Poppins, a co-production with Cameron Mackintosh; The Little Mermaid; Newsies; Peter and the Starcatcher; and Aladdin. Other successful stage musical ventures have included King David in concert, the national tour of On the Record, several touring versions of Disney's High School Musical, and Der Glöckner Von Notre Dame in Berlin.

Disney Theatrical Group also delivers live shows globally through its license to Feld Entertainment, producer of Disney on Ice and Disney Live! For over 30 years, Disney on Ice and Disney Live! have brought beloved Disney stories and characters annually to over 12 million guests in nearly 50 countries worldwide through productions such as Toy Story 3, Dare to Dream, Rockin' Ever After, and Disney Junior Live on Tour! Pirate & Princess Adventure. In addition, DTG licenses musical titles for local, school, and community theater productions through Music Theatre International.

Music Theatre International (MTI) www.mtishows.com, is one of the world's leading dramatic licensing agencies, granting schools as well as amateur and professional theaters from around the world the rights to perform the largest selection of great musicals from Broadway and beyond. MTI works directly with the composers, lyricists, and book writers of these shows to provide official scripts, musical materials, and dynamic theatrical resources to over 60,000 theatrical organizations in the U.S. and in over 60 countries worldwide.

MTI is particularly dedicated to the idea of theater as education and has created special collections for younger performers. The MTI Broadway Junior Collection® includes JR. titles, 60-minute musicals for performance by middle school children; and KIDS titles, 30-minute musicals for performance by elementary school children. MTI School Editions™ are musicals that have been annotated for performance by high school students, and the Theatre For Young Audiences (TYA) Collection are 70-minute musicals designed for adults to perform for children.



(Photo by Clara Osten)

New in town

Dr. Thadius Field (left) spoke during last week's Chamber Coffee. He has recently joined the staff at Herman Chiropractic. At right is Dr. Joelle Herman who also spoke during the coffee.



(Photo by Clara Osten)

Special donation

The Wayne Kiwanis Club recently presented a check for \$250 to the Wayne Activity Center to purchase family pool pass for two families. Accepting the check from Kiwanis member Jill Sweetland (right) is Amber Schwarte, CAC Director.



Speaking contest

Emily Fuoss recited the poem, "The Secret" at the Public Speaking Contest held June 3 at the Wayne County Courthouse. Youth ages 5-18 have an opportunity to participate in the 4-H Public Speaking program from county to state levels. Emily participated in the Clover Kids division which is non-competitive and youth may read a poem, story, or talk to the audience about any topic they choose. Emily is the daughter of David and Nicole Fuoss of Wayne.

Looking back...

Roll." Having performed extensively throughout western Iowa, eastern Nebraska, northern Kansas, and northern Missouri, numerous fans have said, "It's the closest I'll get to seeing Elvis, he's incredible!"

(20 Years Ago (2001))

All of us, no matter how much we love our children, have been known to crack under the combined pressure of our own stressed lives and our children's ability to pester us to the brink of insanity. Caving in just makes small problems bigger. Caving in tells the children that misbehavior works.

So, no matter how exhausted you are, you don't really have any choice - you've got to do something.

Here's how to stand firm and find peace.

1. Slow and steady wins the race -

Discipline means more than the Evil Eye or a prolonged stay in time out. Discipline is everything we do to teach our children how to make healthy, positive decisions for themselves.

2. Nip problems in the bud - In the best of all worlds, our kids wouldn't misbehave to begin with. If we anticipate potential trouble-spots and plan ahead, we can find ways to short-circuit them.

3. Teach kids to help themselves - When the inevitable breakdown does occur, we need to react in a way that will help not only to defuse the situation but also teach our children to solve problems for themselves.

4. Go to the rule book - Despite our best-laid plans, children do break rules. When this happens, parents need to enforce the rules. With today's fast paced schedule, it's easy for parents to give into the stress of life.

Kids needs to know that both their good behavior and their bad behavior have consequences. As parents, we only have a few hours a day with our kids, so it is important to stand firm and make the

time we have with our children pleasant.

Source: working Mother, June 1999.

(50 Years Ago (1971))

John Smith, shot to death about one year ago, had a flag pole and plaque dedicated in his name in a brief and simple ceremony at Allen High Thursday afternoon.

The flag pole and plaque were the results of a fund drive started by Mrs. Horace Tibbitts of Allen shortly after the shooting last May 1st.

It shows that young Smith, 16 years old when he died, had a great influence on the people in and around Allen, said Father Anthony Malone of the Dixon Waterbury parish, speaker for the ceremony. Father Malone, noting that Smith was neither an all-state athlete nor an outstanding student, said that the flag pole and plaque in front of the school should remind the adults of the worth of young people. It should also remind the youths that the adults do care about them he said.

The flag pole and plaque should serve as a reminder to everybody that any evil or good a person does will have an influence on a community, regardless of how small or secret it might seem to the person doing it, he said.

Smith, a junior at Allen High when he was killed in the shooting last spring, was one of the 13 children of Mr. and Mrs. Bert Smith of Allen. All except one of those children attended Thursday's dedication.

All students in the school were dismissed shortly before 3 o'clock for the affair. The Allen High band played three numbers and a small wreath was placed at the base of the flag pole during the dedication. Several adults from the community also attended the event.

Serving a sentence of 10 to 25 years in the Nebraska Penal Complex in connection with the shooting death of Smith is Richard Hamilton, also of Allen.



(10 Years Ago (2011))

Only 49 days until Elvis Presley and Marilyn Monroe arrive in Wayne, America as part of the 31st Chicken Show.

Craig Florian and Brooke Engeman will perform their "Elvis & Marilyn: Together At Last!" tribute show during the 2011 Chicken show celebration on Friday, July 8. Show time is 8:30 p.m. on the main stage in downtown Wayne. There is no admission charge and the public is invited.

"Elvis and Marilyn: Together At Last!" is a tribute show honoring Elvis Presley and Marilyn Monroe - two of the greatest entertainers of all time. Audience members of all ages will delight in Florian's rendition of "Burnin' Love," "Hound Dog," "Suspicious Minds," "My Way," and several other standards made famous by Elvis, while Engeman keeps the audience mesmerized with her version of "I Wanna Be Loved by You," "My Heart Belongs to Daddy," and Marilyn's show-stopping signature song, "Diamonds are A Girl's Best Friend."

Engeman, a native of Ames, Iowa, possesses the unique ability to conquer a song while injecting it with a lot of her personality, as well as a lot of Marilyn's. Growing up a Marilyn fan gave her a tremendous head start in learning about Marilyn and the Marilyn mystique, which still has a strong presence in our culture today. She made a few appearances as Marilyn in the past, but never performed any songs.

Florian, a native of Glenwood, Iowa, has made more than 100 appearances as Elvis since beginning performances in 2002 as a tribute to the King of Rock 'n

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GROUND BREAKING

Please join us as we break ground for the renovations to our Surgery, Radiology and Outpatient departments. The groundbreaking ceremony will be part of the Wayne Chamber Coffee starting at 10 am.





(Photo by Clara Osten)

Wayne Community Schools' Board member Jodi Pulfer presented flowers to Rochelle Nelson as a going away gift at the conclusion of Monday's board meeting.

Approves

From Page 1A

These included the awarding of five, \$1,500 grants to teachers through the IDEA program. These will allow the teachers to purchase additional materials for the classrooms.

Footo told the board that the number of scholarships awarded by the Foundation, as well as sponsors for the scholarships, have increased.

Also in regard to the Foundation, a golf tournament has been scheduled for Friday, July 9 and an all-school reunion for July 10.

A bid from Hiland Dairy in Norfolk was approved for milk and dairy prices for the coming year, as was the addendum from First Student Bus (formerly Midstates Bus).

No action was taken on an agenda item dealing with district's membership in the Wayne Area Economic Development (WAED).

Board member Lynn Junck questioned what the district gets from being a member and the \$750 cost to do so.

Board President Jeryl Nelson said he felt being a member "was a good thing, but I question our being a member at this level (silver)."

Additional discussion will be held on the topic at a future meeting.

During reports from administrators, Dr. Lenihan discussed the district's wellness policy and talked about the end-of-the-year administrative retreat.

Dr. Lenihan said the administrators talked about how things went during the recently completed school year and thanked everyone for "a really good school year."

Special Education Director Misty Bear presented information to the board on testing results and noted that "our students came back with higher scores than the national av-

erage. This might be due, in part, to the fact that we were able to be in school the entire year and our teachers worked hard at the beginning of the year, not knowing if we would be able to be in school the entire year."

The meeting ended with the presentation of a gift to Rochelle Nelson, who has served as the district's Business Manager for number of years. She will be leaving the position on June 30.

A board planning retreat has been scheduled for Tuesday, June 22 at the Early Learning Center. The 5 p.m. meeting will be facilitated by Marcia Herring, Director of Board Leadership with the Nebraska Association of School Boards (NASB).

The Wayne Community Schools' Board of Education will next meet in regular session on Monday, July 12 at 5 p.m.

Toni Rasmussen receives 'Teacher Turn the Key' award

Toni Rasmussen, Agricultural Education Instructor at Wayne High School, was awarded the Teacher Turn the Key by the Nebraska Agricultural Educators Association (NAEA) at the NAEA Virtual Awards Ceremony held on June 9 at the Nebraska Career Education Conference. Award winners are nominated and selected by their peers.

Teacher Turn the Key recognizes NAEA members who are working

to meet the growing demand in the field of agriculture education. As a means of encouraging young teachers to remain in the profession and to encourage and recognize participation in professional activities, National Association of Agricultural Educators (NAAE) offers the Teachers Turn the Key Scholarship to attend the NAAE Convention the same year they are selected as the state winner.

Rasmussen believes that the



Toni Rasmussen

learner must be involved in a process or concept in order to completely understand, whether it be through interactive classroom learning or in a laboratory setting. She does this through hands-on learning with hands-off teaching, guiding only when necessary, allowing for students to learn information by truly interacting with and pioneering their knowledge gain.

Rasmussen began the program at Wayne and instructs students in a variety of labs, as well as works closely with the local community, to help build students into stronger agriculture advocates and educated consumers.

NAEA is a professional organization consisting of 200 agricultural education instructors from across the state with membership also in the National Association of Agricultural Educators."

'Sun To Moon' takes place as third installment

The third piece in this series is called "Sun to Moon" by Mary Angers and can be found outside of State Nebraska Bank and Trust.

Angers, a multi-disciplinary artist, was born in Manhattan on July 22, 1958. She has resided in Long Branch, New Jersey for the past 20 years.

Working in two and three-dimensional media as well as video, television, light and computer generated work, she has been shown extensively in Manhattan, New Jersey, France, California, Florida and other states around the United States, as well as doing public artwork around the United States, Canada and abroad.

Working in a variety of media and themes, Angers has created public artwork in laminated glass, metalworking, aluminum and metal and iron sculptures, paintings and frescoes, animated and computer generated video, film work and projections and also light work.

She has also created works in etched granite, sculpted and painted winterstone, and cast aluminum as well as laser cut metalworks. Her themes are self-created, but also inherent to the sites she works on.

The themes include historical timescapes, biological, natural, cellular and otherwise scientific and earth and body related; ecologically related to the rhythms and cycles of life and events in life; and experimenting with coordinate and orthogonal space; and always



related to a highly contemporary and technological view of all of the aforementioned.

In the end, Angers tries to focus on an energy and inceptional moments with an eye towards beauty sometimes gone unnoticed in her areas of interest.

Relating the pieces, whether it

is a sculpture or a glass curtain wall, to the site where it will exist is of equal importance to her body of work.

Angers' work has been written up and televised in states like Florida and Tennessee, as well as New Jersey and New York, including the noted art critic, Roberta Smith.

Commissioners

From Page 1A

facility. The entire cost of the project is \$13.5 million and will be completed over a two-year time frame.

The county has no financial liability with the issuance of the bank-qualified bonds. The issuance of these bonds is similar to what was done by PMC and the county during 2015.

Wayne Area Economic Development (WAED) Director Luke Virgil spoke to the commissioners on the county's financial support for the organization.

He said that his office has worked to support local businesses in the past year, many of which have "had a rough year."

The WAED request was for \$8,200, which is the same as it was in the previous fiscal year. Virgil did indicate that he would like to visit with the board prior to setting the

next fiscal year's budget on a possible increase in this contribution.

Updates from Blattner Energy were shared with the commissioners on the wind tower project during the meeting.

It is anticipated that the delivery of the actual towers will begin next week for the towers being installed on the south side of Highway 35 west of Wayne.

Commissioners had several questions for the Blattner Energy representatives, including the number of trucks that will be on county roads and road work that needs to be done before additional towers are installed.

Sandra Hansen, representing the Veterans Memorial Committee, spoke to the commissioners on a request to replace some of the concrete approaching the Veterans Memorial on the east side of the courthouse. She asked if the work could

be done at the same time as sidewalk is replaced near the Sheriff's Office. The work would be paid for with money raised by the Veterans Memorial Committee.

The commissioners said they had no problem with this idea, however, Hansen would have to contact the contractor to see if it would be possible.

Commissioners also listened, via phone, to information from Jared Reimers, District Coordinator for Congressman Adrian Smith.

Reimers explained to the commissioners what areas the congressman could assist constituents with and talked about his opposition to the president's 30 x 30 proposal in regard to federal control of land and water in the U.S. by 2030.

The Wayne County Board of Commissioners will next meet in regular session on Tuesday, July 6 at 9 a.m. in the Wayne County Courthouse.

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Wayne Area MEMBER SPOTLIGHT

Economic Development Chamber • Main Street

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Pizza Hut

Who they are: Jon Lierman

What they offer: Made to order pizza, boneless chicken wings, pasta and more. Dine in, Delivery and carryout available.

Where they are located: 901 E 7th Street

Check out the full videos online waynewestnews.org and our social media

Wayne, NE | wayneNE68787 | @wayneNE68787

Cowntess Moo Moo is the mascot for the Pac 'N' Save Dairy Month promotion.

Pac N Save celebrates Dairy Month with new promotion

June is National Dairy Month and Pac N Save has put out a new promotion for it.

Rhonda Rager, the front end manager, came up with the idea for the promotion called "Drink Milk!"

"We have 'Drink Milk!' punch cards that have 10 punches on them," Rager said. "We have them on the registers and the cashiers ask the customers if they would like to have one or use one."

For each gallon of milk a customer buys, they will get one punch on their card. The milk can also be any type of milk in the store as long as it is a gallon.

Once a card is filled up with the customer's name and address written on the back, they can give the card to a cashier and then be entered into a drawing.

"On July 1, we will draw one card and you will win one gallon of Best Choice white milk per week for a year," Rager said.

Rager decided to come up with the promotion since it is National Dairy Month. She wanted to promote the month along with dairy and other milk products.

"Every Thursday we have a secret 'cowtastic' give away," Rager said. "That's just a random person who happens to be in the store at a certain time buying a gallon of milk and they get gift certificates for dairy products that can use in a week."

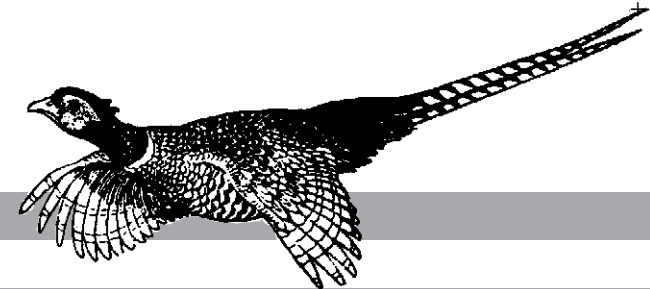
Pac N Save also has a mascot for the promotion. It is a stuffed animal cow named Cowntess Moo Moo.

The "Drink Milk!" promotion will go on through the whole month of June and a winner will be drawn on July 1.

(Photo by Morgan Cardenas)

Sports

The Wayne Herald



Seniors drop three straight before ending week with win at Crofton

By Mark Vrbicky
 Though their six-game win streak was snapped over the weekend during tournament play, the Wayne Seniors were able to close out the past week with a respectable road win in league competition, taking their record to 7-3 this season.
 Blake Bartos came to the ballpark Monday night as a man on a mission, tallying four hits and leading the Blue Devils to an 8-3 win over Crofton.
 Bartos went 4-for-4 at the plate – singling in the first and second, then tripling in the fifth and sixth innings – to help spark the offense. James Dorsey got the pitching win for Wayne, striking out eight while allowing three runs on four hits in a complete game performance.
 Uncharacteristic of how they've

played during the regular season thus far, the Devils went 0-3 during the 2021 Wood Bat Tournament, played in both Wakefield and Wayne.
 The Wayne Legion Seniors fell behind early and couldn't come back in an 11-0 loss to Arlington Sunday afternoon.
 The Blue Devils couldn't buy a hit, and Max Miller was given the unenviable task of trying to shut down the high-powered Arlington offense from the pitcher's mound, with little success. Though Miller allowed just two hits, 10 runs were put up during his one and one-third innings of throwing.
 Wayne's second game of the tournament closed out Saturday night's schedule – but even the lights of Hank Overin Field weren't bright

enough to shine a path to victory as 7-1. the Devils fell to Beresford (S.D.), Wayne's Seniors were very much



(Photo by Michael Carnes) Blake Bartos fires a pitch home for the Wayne American Legion Seniors during their home win over Hooper-Scribner last week.

in the ball game until the top of the fifth when Beresford put up five runs to pull away for good.
 Brock Hopkins led Wayne with one hit in three at bats. Jacob Kneifl suffered the pitching loss, allowing seven runs on seven hits while striking out six and walking one in five innings of work.
 The Blue Devils' opening game of the tournament was a similar story, though the runs were more spread out across the six innings played against the Wahoo State Bank Reds. Wahoo bested the home ball club, 8-1.
 Wayne lost despite outpitching Wahoo (five hits to four), led by Bartos who went 2-for-3 at the plate to lead team offensively. Defensively, Bartos allowed six runs over three and a third innings, despite only giving up one hit – as his supporting cast committed four costly er-

rors. He sat four batters in the loss.
 In regular league play last Wednesday, June 9, at home, Wayne held off a late rally by Scribner-Hooper to prevail, 10-9.
 The Blue Devil batters saw the ball well that night, registering eight hits in the game. Reid Korth, Dorsey and Miller each managed two hits for Wayne.
 Bartos led things off on the hill, surrendering three runs on two hits over three innings, while striking out two.
 Wayne was in Columbus to battle Columbus Lakeview Wednesday night and will next face off against Ponca at home this coming Monday. The boys will then travel to Arlington on Wednesday to see if they can get their win back from the Wood Bat Tournament. Both the latter games are scheduled for an 8 p.m. first pitch.

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MEN'S Total Points standings for season

Nicklaus Division	Palmer Division
Team 6 . . . 36.5	Team 44 . . . 40.5
Team 1 . . . 35.5	Team 41 . . . 38
Team 5 . . . 34	Team 43 . . . 37.5
Team 12 . . 33.5	Team 39 . . . 37
Team 9 . . . 33	Team 52 . . . 34
Team 26 . . 31.5	Team 32 . . . 32
Team 19 . . . 31	Team 50 . . . 31.5
Team 18 . . 30.5	Team 31 . . . 30
Team 14 . . 29.5	Team 49 . . . 29.5
Team 10 . . 28.5	Team 48 . . . 28.5
Team 21 . . 28.5	Team 34 . . . 28.5
Team 13 . . . 28	Team 37 . . . 28.5
Team 24 . . . 27	Team 27 . . . 27.5
Team 7 . . . 27	Team 40 . . . 26.5
Team 8 . . . 27	Team 38 . . . 26.5
Team 23 . . . 26	Team 33 . . . 26
Team 25 . . 24.5	Team 35 . . . 25
Team 17 . . 24.5	Team 51 . . . 25
Team 4 . . . 24.5	Team 30 . . . 24.5
Team 20 . . . 24	Team 28 . . . 20.5
Team 11 . . 23.5	Team 36 . . . 20.5
Team 22 . . . 22	Team 42 . . . 19
Team 3 . . . 19.5	Team 46 . . . 17.5
Team 2 . . . 19	Team 47 . . . 17.5
Team 15 . . . 17	Team 45 . . . 16.5
Team 16 . . 16.5	Team 29 . . . 14

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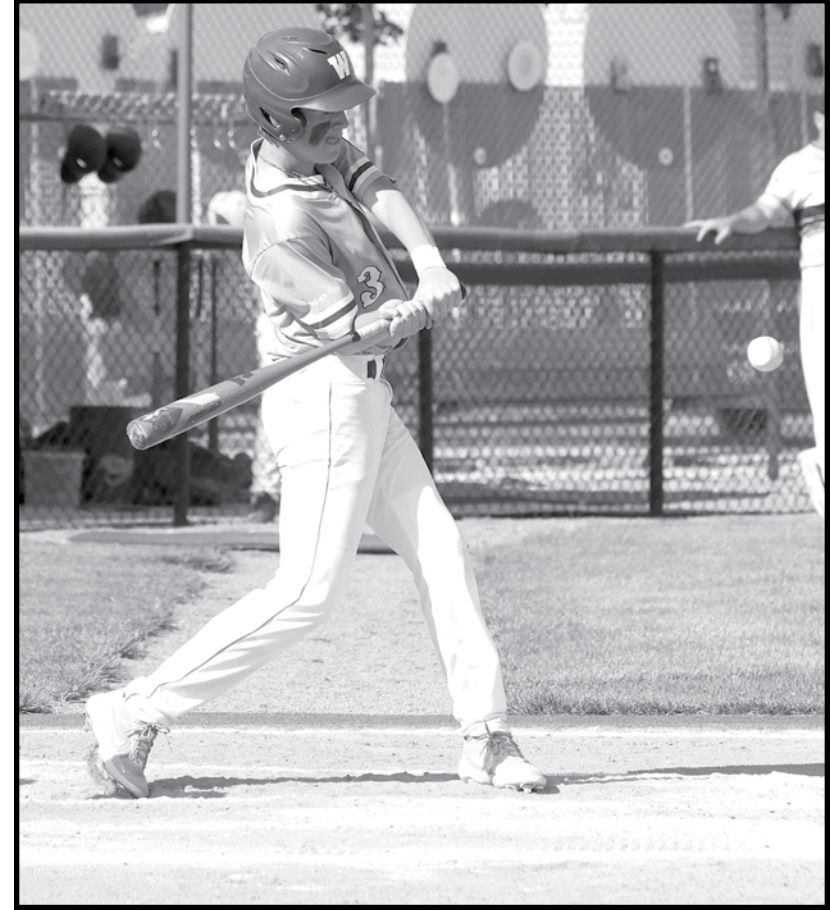
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(Photo by Michael Carnes) Jase Dean lines a base hit for the Wayne American Legion Juniors during action at Hank Overin Field last week against Hooper-Scribner.

Junior Legion team collects two more wins

By Mark Vrbicky
 The Blue Devils of Wayne added a couple more wins and, unfortunately, a couple more losses to their season record over the past week. They're now sitting at 4-5 halfway through June in Junior Legion competition.
 Monday night in Crofton was a winning night for Wayne, as the local boys pushed past the home team, 6-2.
 Wayne's Juniors recorded five hits in the game. James Dorsey and Jase Dean both managed two hits to lead the way. Cooper Zara helped out with a pair of stolen bases, two of the five the Devils acquired throughout the night.
 Dean pitched for five innings, allowing two runs on one hit and striking out five.
 Wayne didn't fare too well in the 2021 Wood Bat Tournament over the weekend, dropping its two pool games on Saturday to a couple of well-prepared ball teams.
 The Juniors' second outing on Saturday ended up being an 8-2 loss to the Wahoo Pharmacy Blues.
 The game was tied, 2-2, after three innings. That's when the Wa-

hoo boys really turned their bats on, putting up six runs in the top of the fourth to seal the deal. Four errors on Wayne's part didn't exactly help the local crew.
 Wayne struggled to put runs on the board, and hits were hard to come by. Devin Anderson, Dean and Dorsey provided the Devils with their only hits in the loss. Wyatt Heikes took the loss on the hill, as the hurler surrendered six runs on two hits over three and two-thirds innings, striking out three.
 Earlier in the day, the hometown Juniors were zonked by a team from South Dakota. Lennox held Wayne to no runs or hits in a 9-0 trouncing of the Blue Devils.
 Anderson suffered the pitching loss for Wayne, lasting three innings where he allowed six runs on four hits while striking out four.
 Speaking of trouncing, the Blue Devils were on the opposite side of a blowout last Wednesday, June 9, at home against Scribner-Hooper. Wayne scored six runs in the first, eight in the second and five in the fourth inning to send the visitors

See Junior Legion, Page 2B

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Wayne 12U girls qualify for Class C state tournament

Wayne's 12U Dirt Devils will be a part of the Class C state softball tournament next month thanks to their strong showing at districts. Wayne went 2-2 in Blair over the weekend to move its overall record to 10-10.

In their final game of the district tourney Saturday evening, the Wayne girls fell just short against Norfolk Kelly's 12U, 5-4, in extra innings.

Reagan McGuire was all hustle as she managed to get a hard-earned inside the park home run, as well as a single, to lead the Dirt Devil bats.

Also hitting for singles were Courtney Roeber, Jordyn Gamble and Anna Dutcher.

Kinnley McGuire pitched the first six innings with six strikeouts before R. McGuire came in for the final inning to get one K.

Just a few hours earlier, Wayne celebrated a 7-3 win over WDSA (Wahoo).

In that outing, Caylie Hopkins recorded a pair of singles, Dutcher doubled and Kassidee Holz singled. R. McGuire pitched, sitting five batters this time out.

Saturday's second game for the

local 12s featured a no-hitter pitching performance from Gamble, who had four strikeouts to lead Wayne past the Millard United Sports All-Stars, 9-1.

Devils getting hits during this outing were R. McGuire (two singles), Justice Olson (double), Roeber (single) and Holz (single).

Wayne actually dropped its first district matchup to an area foe Saturday morning, falling to the West Point Yellow Jackets, 8-2.

Alexis Legler and Roeber both singled in the loss, while the McGuire girls both pitched for two



(Photo by Tracy Daniels)



(Photo by Tracy Daniels)

Courtney Roeber connects on a pitch during action at the district softball tournament in Blair over the weekend. The 12-under team went 2-2 at districts and qualified for the state softball tournament.

The 12-under softball squad gets fired up prior to taking the field during action at the district tournament.

strikeouts each for the Dirt Devils.

Prior to districts, the Wayne 12s played a tune-up doubleheader at Logan View, outscoring their opponent 33-0 over the course of two games.

The first game set the tone for the rest of the night, as Wayne outshined LV, 20-0, in just three innings.

Roeber and Olson each mustered

up a pair of singles, and McKenna Mattison and Gamble also contributed with singles.

R. McGuire pitched the first two innings with six strikeouts. Then Gamble pitched the third inning, recording two strikeouts.

The second game was much of the same, as Wayne racked up hit after hit to post a 13-0 final score after just two and a half innings against

Logan View.

Gamble singled twice in the night cap. Others who made it to first base on hits included Sydney Nelson, R. McGuire, Olson, Mattison and Holz.

K. McGuire started the game on the pitcher's mound and threw for five K's in just two innings of work. Olson pitched the third inning with two strikeouts of her own.

Junior Legion

From Page 1B

home early, dominating the whole way in a 21-2 shellacking.

Aiden Liston was an RBI anomaly for the Blue Devil crew, driving in seven runs on three hits. He drove in runs on a wild pitch in the first, a single in the second, another single in the second and a single in the fourth inning. He also stole two bases on his journey back to home plate.

Liston wasn't the only one doing damage in the batter's box, how-

ever. As a team, the Juniors scattered 12 hits in the game (compared to just two for Scribner-Hooper). Heikes and Zara also collected three hits in the contest.

Heikes was again in charge of the pitcher's mound in this game. He surrendered two runs on two hits over four innings of work, striking out nine with no walks. Devin Anderson threw one inning of relief out of the bullpen, recording the last three outs to earn the save for Wayne

President's, Deans' lists released at Northeast Community College

Northeast Community College has released the President's Honor List and Deans' Honor List for both full and part-time students for the Spring 2021 semester.

To be named to the President's Honor List, students must earn a grade point average of 4.0 and be enrolled for at least 12 credit hours. Some 200 students made the President's Full-time Honor List this past spring semester. Students named to the Deans' Honor List must have earned a grade point average of 3.75 or above and be enrolled for at least 12 credit hours. Two-hundred-sixteen students were named to the Deans' Honor List.

Another 354 students named to the President's Part-Time list attained a 4.0 grade point average while taking at least six credit hours, and 81 students named to the Deans' Part-Time list earned a grade point average of 3.75 or above while taking at least six credit hours.

President's Honor List - full-

time, Spring 2021

These students earned a 4.0 grade point for at least 12 credit hours.

Hoskins - Luke Hobbs.
Laurel - Ryan Bathke, Makayla Forsberg, Lorna Maxon.
Wakefield - Geena Graber, Makayla Heithold.
Wayne - Daryl Lambert, Randall Lockhart, Melissa Nelson.
Winside - Alea Downing, Sarah Wolfe.

Deans' honor list-full-time - Spring 2021

These students attained a grade point average of 3.75 for the semester while being enrolled for at least 12 credit hours.

Allen - Terri Whittaker.
Hoskins - Riley Classen, Makayla Dominguez.
Wakefield - Sidney Biggerstaff.
Wayne - Katherine Ibarra, Preston Paulson, Brandon Wacker.

President's honor list - part-time, Spring 2021

These students attained a grade point average of 4.0 for the semes-

ter while being enrolled for at least six credit hours.

Allen - Ana Biederman.
Dixon - Katelin Schutte.
Hoskins - Bradley Gillett, Heather Hardisty, John Hobbs, Emily Jensen.
Laurel - Kaylee Donner.
Wakefield - Jessica Borg, Abby Heimann, Sahrai Luna.
Wayne - Stephanie Casarrubias Gonzalez, Netahya Munn, Donna Aimee Oswald, Elizabeth Schla-

mann.

Winside - Cynthia Downing.

Dean's honor list part-time, Spring 2021

These students attained a grade point average of 3.75 for the semester while being enrolled for at least six credit hours.

Carroll - Mandi Fernau.
Hoskins - Hailey Bobeldyke.
Laurel - McKenna Leonard.
Wayne - Samantha Patocka-Brewster.

Wayne 18s settle for road split with Pender

By Mark Vrbecky

With a doubleheader split on the road last Thursday in Pender, Wayne's 18U softball team dropped its incidental three-game series to the Pendragon softballers. The Dirt Devils now sit at 10-5 on the season.

In the first contest, Wayne was able to take the lead in the top of the fifth and hold on to topple the home team, 4-3.

The game was all knotted up, 2-2, after four innings, when Rachel Hobbs singled on the first pitch of her at bat, scoring a runner in the process for the Devils. Another Wayne run later in the side proved to be the difference.

Mikaela McManigal, Logan Miller, Hope O'Reilly, Taytum Sweetland, Kylan Robbins, Aliah Schulz and Hobbs all managed a hit in the victory.

Hobbs was credited with the pitching win for Wayne, allowing three runs off eight hits over five innings, striking out eight and walking one. The local 18s didn't commit a single error in the field, though Pender suffered three.

Perhaps motivated by the one-

run loss in game one, the Pendragons quickly turned things around and easily took the second match, 9-1, thanks to a five-run showcase in the top of the second inning.

Pender opened up the scoring in the first inning with a run scored off the Wayne 18s only error of the night. Hobbs hit an RBI single in her first plate appearance, which ended up being the lone run for the Dirt Devils in the ball game.

Robbins, Miller, Hobbs, Sweetland, and McManigal each made a hit for Wayne. Defensively, it was Erica Brown taking the pitching loss, as she gave up six runs on six hits during her one and two-thirds innings stay on the mound.

Wayne was scheduled for another twin bill on the road Tuesday night in Yankton, S.D., against the hometown Fury Red. The Dirt Devils will return to Yankton on Saturday for tournament play, first taking on Midwest United at 11 a.m., followed by the Sioux Falls Cyclones at approximately 12:30 p.m., before finishing off the day with a showdown against the Rapid City Rage at around 6:30 p.m. at Ser-toma Park.

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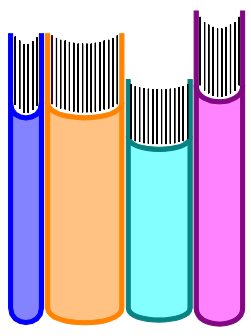
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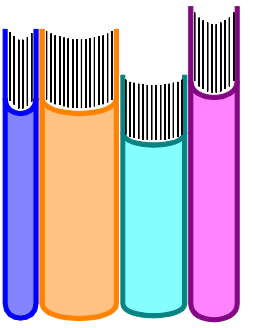
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We at Elkhorn Valley Bank care about the future of Wayne Community Schools. To do our part, we are going to donate \$1.00 each quarter for every student in Grades 7-12 who make the Honor Roll during the 2020-2021 school year. At the end of the year, the money earned will be used toward the purchase of materials to enrich the academic program at their schools.

Below are the names of the students making the four quarter Honor Roll!!

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Dylan Anderson*
 Natalie Bentjen*
 Treyton Blecke*
 Anthony Blickenstaff
 Synaija Chen Lo*
 Manuel Contreras
 Isaac Davis
 Emily Eilers*
 Edwin Espino
 Layne Evans
 Nicole Fertig
 Peyton French*
 Jess Gibson*
 Anthony Hansen
 Juan Hernandez-Medina
 Nolan Hunke*
 Karlee Janke*
 Jaden Jenkins
 Nakuyo Kantai
 Jacob Kneiff*
 Victor Kniesche
 Anaka Krueger*
 Nathan Kufner-Rodriguez*
 Claire Lindsay*
 Emily Longe*

Mackenzie McKenna
 Kylie Milligan
 Paige Milliken*
 Ebony Moore
 Jaxon Mrsny*
 Lance Muhs*
 Koby Nelson*
 Zachary Nordhues*
 Naomi Olivares-Casillas*
 Alejandro Pascacio Torres
 Lauren Pick
 Raschell Ping
 Peyton Riesberg
 Garret Robinson
 Corey Rogers*
 Angelica Sarmiento Barreto
 Liam Spieker*
 Ethan Tyson
 Edwin Vahlkamp II
 Mariabelen Valadez
 Hannah Vick*
 Colton Vovos*
 Reece Wilson-Jaqua
 Christopher Woerdemann*

JUNIORS

Yair Alcantara, Jr.
 Jacob Anderson
 Ethan Ankeny
 Kortney Aschoff
 Reagan Backer
 Julio Barrera Ajqui
 Brandon Bartos*
 Brooklyn Bierbower*
 Kiera Brader
 Courtney Brink
 Alyssa Carlson
 James Dorcey
 Kendall Dorey*
 Carter Hasemann
 Christopher Hernandez
 Kaden Hopkins
 Amara Hurlbert*
 Ellie Jech
 Caitlyn Jepsen
 Gracie Jepsen
 Jaydyn Jorgensen*
 Courtney Klug*
 Rubie Klausen
 Virginia Kniesche
 Kiara Krusemark
 Chase Leatherdale*

Maryann Magana
 Mikaela McManigal
 Maria Maturey
 Mia Nelsen
 Brianna Nissen
 Hope O'Reilly
 Ignacio Pedro Pedro
 Sydney Redden
 Brendy Ruiz de Leon*
 Angel Sanchez
 Madyson Sievers
 Aracely Suarez
 Brenden Swanson
 Taytum Sweetland
 Tanner Walling
 Camron Weaselhead
 Leanne Westphal
 Ethan Wibben
 Abigail Wieseler

SOPHOMORES

Sedjro Agumba
 Evan Allemann
 Bo Armstrong
 Wyatt Ashburn
 Erin Avery
 Sydney Baker
 Elijah Barner
 Easton Blecke

Jaycee Bruns
 Jack Bruckner
 Maiyah Davis
 Judith Echeveste-Morales*
 Brogan Foote
 Diana Garcia Morales
 Shayne Geidner
 Martin Grave Ortiz
 Riley Haschke
 Laura Hasemann*
 Candace Heggemeyer*
 Avery Herman*
 Brett Johnson
 Daniel Judd
 Carter Junck
 Brooks Kneiff
 Brooklyn Kruse
 Matthew Kufner-Rodriguez
 Gaspar Lares Ciprian
 Ella Leseberg
 Aiden Liston
 Fatima Lucas Garcia
 Brooklyn Mattison
 Braydn McCorkindale
 Ethan McCraney
 Zachary McManigal
 Natalia Meyer

Juana Mendoza
 Logan Miller
 Natasha Petersen
 Jacob Phelps
 Alessandra Piersanti*
 Jace Piper
 Jessica Quino Ajqui
 Sophia Reeg
 Ben Sandoz
 Logan Schafer
 Hailey Schroeder
 Jacob Silver
 Madison Urbanec
 Alonra Vasquez

FRESHMEN

Braden Adams
 Ana Ajqui Benito
 Frantzie Barner
 Aidan Cliff
 Harrison Collier
 Drue Davis
 Madalyn Franta
 Kierah Haase
 Nina Hammer*
 Laythn Hanish
 Kate Hill*
 Jersi Jensen
 Kathlyne Jones

Gabriella Judd*
 Samuel Junck
 Ryan Karsky
 Anna Kaup*
 Parker Kesting*
 Adrian Klinetobe
 Delaney Kruse
 Mason Ley*
 Nathan McKenna
 Kaleb Moormeier
 Caitlyn Mostek
 Harlie Muncie
 Andrea Olivares-Casillas*
 Leah Perry*
 Faith Powicki*
 Katherine Reynolds
 Maya Spahr
 Trinity Surber
 Liberty Titiml*
 Jazmin Torres Sanchez
 Bernabe Urgell Reyes
 Katelyn Vanhorn
 Alondra Vega
 Jayla Walton
 Andy Wibben*
 Caden Wiese
 Joseph Woerdemann

* Denotes 4.0

WAYNE 7TH & 8TH GRADE JUNIOR HIGH SCHOOL STUDENTS

EIGHTH GRADE

Calvin Ankeny
 Norah Armstrong
 Jacob Barner
 Mason Beatty
 Genesis Bernal
 Andrew Brink
 Haley Brogren
 Heidi De La Cruz Ajqui
 Rylee Durant
 Eli Elliott
 Taytem Ellis
 Emma Forsythe
 Isabelle Francis

Alexis Frye
 Samantha Gubbels
 Rylin Hall
 Dillon Hanau
 Olivia Hanson
 Abigail Hawthorne
 Ceilus Ibarra
 Madilyn Janke
 Emiley Jeppesen
 Joslyn Johnson
 Nyamalo Kantai
 Kaden Keller
 Mar'keidron King
 Jala Krusemark

Kyla Krusemark
 Amelia Legler
 Zander Liston
 Jamison Meyer
 Arianna Mulhair
 Colson Nelsen
 Lindsay Niemann
 Summer Palu
 Gavin Redden
 Kadence Rees
 Landen Roeber
 Alec Schaffer
 Cristina Segundo Nicolas
 Charli Sievers

Alexis Stashkiw-Risor
 Braden Wheat
 Brayden Woehler

SEVENTH GRADE

Arrienne Anderson
 Gavin Anderson
 Clara Ankeny
 Herwin Bernal
 Kennasyn Blecke
 Aidan Bohnert
 Nyla Bolles
 Allen Brenner
 Hannah Burris

Kevin Campbell
 Carli Canham
 Andra Carrillo Arias
 Caleb Carroll
 Amy De La Isla Cardenas
 Boden Dobbins
 Joshua Doring
 Regan Fernau
 Jordyn Gamble
 Katy Garcia Morales
 Aleigha Hale
 Jacen Hasemann
 Mason Heikes
 Austin Heiser
 Hallie Heithold
 Rachel Holland
 Kassidee Holz

Lilyan Hurner
 Jace Jorgensen
 Grace Junck
 Payton Junck
 Mason Karsky
 Sienna Klientobe
 Haley Kramer
 Mia Kuester
 Josie Ley
 Jaxon Lindner
 Claire Lutter
 Grant Maas
 Megan Magnuson
 Reagan McGuire
 Reginae Menyweather
 Drew Miller
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 John Piper
 Elle Powicki
 Colby Raulston
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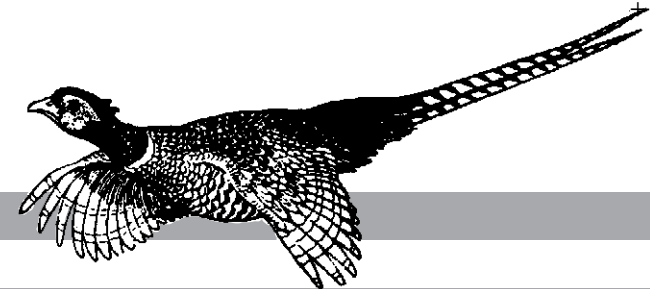
1st Quarter	279
2nd Quarter	288
3rd Quarter	287
4th Quarter	286
Total	1140

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The many levels of 4-H involvement discussed

4-H is a national organization delivered by Extension – a community of more than 100 public universities across the nation that provides experiences where young people learn by doing. Youth complete hands-on projects in areas like health, science, agriculture and citizenship, in a positive environment where they receive guidance from adult mentors and are encouraged to take on

proactive leadership roles. Kids experience 4-H in every county and parish in the country.

In Nebraska, youth, ages 5-18, participate in 4-H through:

Camps - 4-H overnight and day camps offer recreational, educational, and even career exploration opportunities. Enrollment is not required for participation. 10,000 youth in Nebraska participate in 4-H camp programs each year.

Clubs - 4-H clubs are an organized group that meets regularly to focus on a series of educational experiences. Official enrollment is required. 25,000 youth in Nebraska participate in 4-H club programs each year.

School Enrichment - School enrichment programs offer non-formal, hands-on educational experiences in classrooms in support of school curriculum. Enrollment is not required. 80,000 youth in Nebraska participate in 4-H school enrichment programs each year.

Afterschool - Afterschool programs meet between 3-6 p.m. to offer youth a safe, fun, and educational experience through hands-on activities and 4-H curriculum. Enrollment is not required unless the afterschool program is also an official 4-H club. 50,000 youth in Nebraska participate in 4-H afterschool programs each year.

Special Interest Programs - Special interest programs include

Dakota County

Angela Abts

Extension Educator



UNL Extension

short-term experiences, such as workshops or clinics, as well as experiences focused on a single topic or interest. Special interest programs are not part of a school enrichment curriculum and are not restricted to 4-H members. 80,000 youth in Nebraska participate in 4-H special interest programs each year.

Additionally, youth may enroll in 4-H as:

Clover Kids - Clover Kids are youth between the ages of 5 and 7. Clover Kids may participate in 4-H through a variety of delivery modes, such as clubs and camps. As an enrolled member, Clover Kids may also exhibit at county fairs.

Independent Members - Youth who choose not to be involved in a formal 4-H club may still join 4-H as independent members. These youth have the opportunity to participate in their county fair, the Nebraska State Fair, and additional statewide events and events.

Nebraska 4-H is delivered primarily on a local level by county-based Extension faculty and staff. County 4-H programs are supported, in part, by county commissioners and their communities in delivering educational youth programs. Statewide, Nebraska 4-H sponsored by University of Nebraska-Lincoln Extension, a division of the Institute of Agriculture and Natural Resources, commonly referred to as IANR. Nationally, 4-H is part of the National Institute of Food and Agriculture in the United States Department of Agriculture, or USDA. Additionally, the Nebraska 4-H Foundation works closely with Nebraska 4-H through fund genera-

tion efforts.

Nebraska 4-H prepares young people for successful futures. Educational programs place a strong emphasis on life skills, such as critical thinking, problem-solving, social skills, communication, responsibility, citizenship, and leadership. These skills are fostered through educational programming based on an experiential learning model. This gives youth the opportunity to participate in hands-on learning experiences built around the concept of positive youth development, which is centered on structured out-of-school time learning, leadership experiences, and adult mentoring.

There are over 150 projects in which youth can enroll in 4-H. For more information about becoming involved in 4-H this summer, interested persons are encouraged to contact their local Nebraska Extension Office or visit the website at www.extension.unl.edu.

Senior Center Congregate Meal Menu

(Week of June 21 — 25)

The Wayne Senior Center will be open from 7 a.m. to 4 p.m. through the month of June for morning walking, FROGS exercises, coffee time and socialization, as well as regular activities are now taking place. Meals are being served at the Senior Center. Senior Center staff will still be providing Meals on Wheels and curbside pickup meal service for noon meals.

Please call the Senior Center staff at (402) 375-1460 for details or email them at dbertrand@cityofwayne.org

for information. Staff will be available between 7 a.m. and 4 p.m.

Monday: Spaghetti with meat sauce, lettuce salad with assorted vegetables, garlic bread stick, peaches.

Tuesday: Lime crusted tilapia, cheesy hash brown potatoes, green beans with almonds, dinner roll, mandarin oranges.

Wednesday: Ham balls, stewed tomatoes, baked potato, Hawaiian dinner roll, strawberries, bananas.

Thursday: Breaded chicken sandwich, may, lettuce leaf, homemade bun, creamed potatoes, peas, tapioca fruit salad.

Friday: Center closed to the public for staff work day. No Drive Thru or home delivered meals. Staff will be available from 7 a.m. to 4 p.m. to take calls. City transit will be available.



(Contributed Photo)

Summer reading fun

The Summer Reading program is underway at the Lied Public Library in Winside. Last week Real Reptiles presented a program at the Winside Public Library. Other scheduled events include a magician on July 6, Wildlife Encounters in the auditorium on July 14 and a 'Build a shark/build a Flamingo' Day on July 21. Two adult programs have also been scheduled to take place in July. On July 13 Yammy Marshall will have a reading and presentation in the library meeting room at 6:30 p.m. and on July 20, Jeff Barnes will present "Marking Nebraska: Our (Mostly) Hidden Historical Monuments." This program is funded by Humanities Nebraska and will be held in the library meeting room at 6 p.m. For more information on the summer reading activities, contact the library at (402) 286-1122.

Senior Center Calendar

(Week of June 21 — 25)

The Wayne Senior Center will be open from 7 a.m. to 4 p.m. through the month of June. Meals are being served at the Senior Center at 11:45 a.m. Staff will still be providing Meals on Wheels and curbside pickup meal service for noon meals. Please call the Senior Center staff at (402) 375-1460 for details or email them at dbertrand@cityofwayne.org

for information. Staff will be available between 7 a.m. and 4 p.m.

Monday: Morning Walking; Quilting & FROGS; Hand & Foot; Pitch.

Tuesday: Morning Walking; Quilting & FROGS; Hand & Foot; Pitch; Pool.

Wednesday: Morning Walking; Quilting & FROGS; Hand & Foot; Pitch; Pool.

Thursday: Morning Walking; Quilting & FROGS; Hand & Foot; Pitch; Pool.

Friday: Center closed to the public for staff work day. No Drive Thru or home delivered meals. Staff will be available from 7 a.m. to 4 p.m. to take calls. City transit will be available.

Pitch; Pool.

Tuesday: Morning Walking; Quilting; Afternoon Bridge Club; Pitch.

Wednesday: Morning walking; Quilting & FROGS; Hand & Foot; Pitch; Pool.

Thursday: Morning Walking; Quilting; Afternoon Bridge Club; Pitch.

Friday: Center closed to the public for staff work day. No Drive Thru or home delivered meals. Staff will be available from 7 a.m. to 4 p.m. to take calls. City transit will be available.

WINSIDE ALUMNI BANQUET

Saturday, June 19

Winside Auditorium

Social Hour at 5:00 PM
Dinner at 6:00 catered by Vel's Bakery
Advance tickets on sale now through June 15
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All Winside Alumni and Spouses are invited!

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Expressing our love for Jesus can be costly

Have you ever thought about where your understanding of love between two individuals comes from? Is it from your parents? Books? Movies? (With the exception of a very few, I hope it's not from movies!)

Each of us have different ways we communicate love and ways we best receive and accept it. Today I would like to point out an event in the life of Jesus where a woman expressed her love for him in what, at first glance, seems like a rather unusual way. It's found in Matthew 26:6-13.

In the home of Simon the Leper, an unnamed woman comes to Jesus and expresses her love and devotion to Jesus in what appears to be a radical and reckless way.

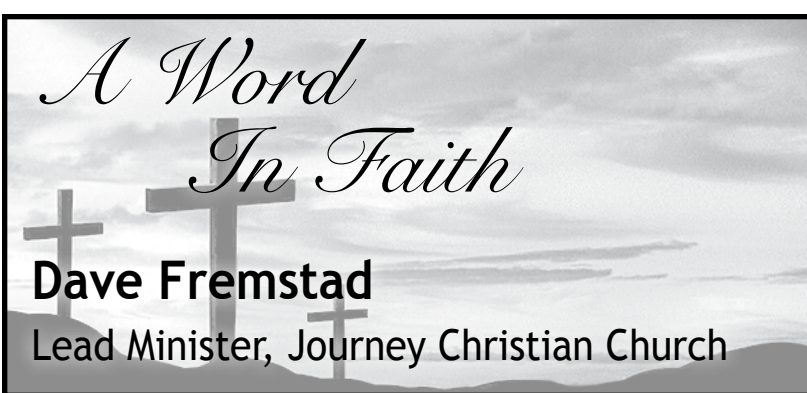
...a woman came up to him with an alabaster flask of very expensive perfume, which she poured on his head..." (Matthew 26:7)

I would like to highlight three things about this woman's expression of devotion towards Jesus.

First, she loved Jesus above all. This pouring out of ointment was really an act of worship. It was her way of saying, "Jesus you are first in my life, everything and everyone else is second." She expressed this worship and devotion in the best way she knew how.

Second, her demonstration of love was costly. Matthew describes this as a "very expensive perfume." Mark and John's gospel tell us that it's "pure nard," which is an oil from the root of the nard plant grown in India. A jar, like this, was worth about a year's salary; the equivalent of roughly \$30-50,000 in today's money.

Imagine taking your annual salary, whatever that is, and giving it all as your expression of loyalty and



A Word In Faith
Dave Fremstad
Lead Minister, Journey Christian Church

passion to Jesus. You would have more than a few people in your life echoing the words of the disciples when they said, "Why this waste?"

The actions of this woman bring before us a very real question: are we willing to love Jesus with what is most valuable to you? Whatever that might be? Are we willing to take that and give it over to Jesus? Are we willing to let it go, if he calls us to do so?

As we can imagine, the disciples balk at this display of passion and call it a "waste." Jesus, however, immediately comes to her defense and says, "she has done a beautiful thing to me" (Matthew 26:10). This wasn't a frivolous and wasteful use of some high-end perfume. It was an act of worship, an expression of devotion. She loved Jesus above all, and she knew that it was costly to do so.

Third, she loved Jesus for who he said he was. Jesus uses this moment to teach his disciples. He says, "When she poured this perfume on my body, she did it to prepare me for burial. Truly, I tell you, wherever this gospel is preached throughout the whole world, what she has done will also be told, in memory of her" (Mt. 26:12-13).

She acted as best she could, and

with the one way she knew how. I think the same holds true for us today. We don't have to know all there is to know about Jesus before we begin to live a lifestyle of worship. In fact, not until we pass away and meet Jesus face to face will our understanding of him be complete. However, we can begin to act on what we do know, right now.

Don't let a lack of knowledge, or a lack of understanding Scripture, stop you from loving Jesus for who he says he is. He is the Son of Man who was delivered over to die, was buried, and rose again to take away the punishment for our sins. By doing so, he has restored for us the reality of a relationship with God the Father - the relationship that he desired from the very beginning. Jesus is calling us into that relationship today.

The woman we read about in Matthew 26 gives us a good example to follow. Like her, let us love Jesus above all, knowing that at times this love may be costly, and let us love Jesus for who he says he is.

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



(Contributed Photos)

Senior recognition

Members of the Class of 2021 at Our Savior Lutheran Church were recently recognized at a brunch prior to worship and during the church service. The recipients of the first annual Youth Servant Leadership Scholarship were Natalie Bentjen, Treyton Blecke, Anthony Hansen and Paige Milliken. The Gordon M. Nedergaard Scholarship Fund assists qualified members of Our Savior Lutheran Church with first-year expenses for college or vocational schools. This year's recipients are Natalie Bentjen, Treyton Blecke, Cassidy Brudigam and Anthony Hansen. Members of Our Savior Lutheran Church who attended the Senior Brunch included, (left) Treyton Blecke, Natalie Bentjen, Corey Rogers, Kylie Milligan, Paige Milliken, Christopher Rutenbeck, Reece Wilson-Jaqua, Anthony Hansen, Victor Kniesche, Lauren Pick and Cassidy Brudigam.



(Contributed Photo)

Pictured at the Rite of Confirmation service were (left) Rev. Jim Splitt, Alec Schaffer, Amelia Legler, Norah Armstrong, Brayden Woehler and Alexis Frye.

Confirmation held at Our Savior Lutheran Church

Our Savior Lutheran Church of Wayne celebrated the Rite of Confirmation on Pentecost Sunday, on May 23, at the 10 a.m. worship service.

Five youth affirmed their faith and were received into the fellowship of Our Savior Lutheran Church.

Those affirming their baptism included: Norah Armstrong, daughter of Matthew and Shelly Armstrong; Alexis Frye, daughter of Eric and Katie Frye; Amelia Legler, daughter of Christian and Kelly Legler; Alec

Schaffer, son of Peg Schaffer and Brayden Woehler, son of Matt and Kara Woehler.

Each confirmand at Our Savior Lutheran Church selects an adult member of the congregation to serve as their mentor during the year before they are confirmed. Those serving as mentors were: Sue Olson for Norah; Trisha Peters for Alexis; Carol McGuire for Amelia; Tom Hansen for Alec and Steve Rasmussen for Brayden.

Allen News

Callie Anderson
canderson@allenschools.org

Allen Community Center

- Menu:
- Thursday, June 17: Potato bake, ham & cheese, peas, pears.
- Friday, June 18: Biscuits & gravy, scrambled eggs, sausage, apple-sauce, apple juice.
- Monday, June 21: Hot turkey, Mashed Potatoes & Gravy, Carrots, Peaches
- Tuesday, June 22: Ham, scalloped potatoes, peas, oranges.
- Wednesday, June 23: Taverns, potato salad, corn salad, pears.
- Events:
- Thursday, June 17: FROGS.
- Friday, June 18: Health screens.
- Tuesday, June 22: FROGS.
- Allen Consolidated Schools
- Events:

- Thursday June 17: Seventh-12th grade weights 7- 8 a.m. or 5 -6 p.m.; Best Shooting Camp 3 - 4 p.m. and 4 - 5 p.m.
- Friday June 18: FFA Officer's Meeting, 10 a.m
- Monday, June 2: Seventh-12th grade weights 7- 8 a.m. or 5 -6 p.m.
- Tuesday, June 22: Seventh-12th grade weights 7- 8 a.m. or 5 -6 p.m.; Best Shooting Camp 3 - 4 p.m. and 4 - 5 p.m.
- Wednesday, June 23: Seventh-12th grade Conditioning, 7-8 a.m.
- Allen Community Churches First Lutheran Church
- Events:
- Sunday, June 27: Outdoor Services at 8:30 am
- Anniversaries:
- Saturday, June 19: Richie and Tina Monteith.
- Wednesday, June 23: Tom and Vickie Sands.

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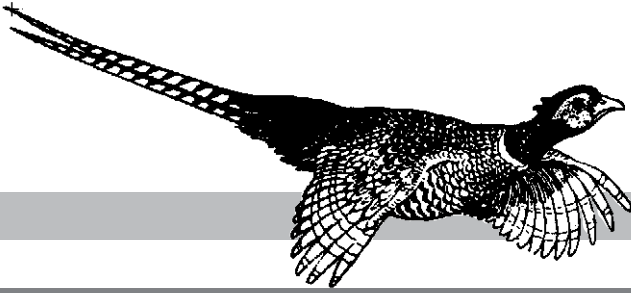
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Enjoying being able to attend activities

It's HOT! As if you did not know!! But they tell me there are cooler days ahead; I hope so.

After Nebraska baseball beat Arkansas once, I knew they could be beat, and they were; by North Carolina State. Mike's best friend in college taught there for many years, so we had to support the Wolf Pack. They are headed to Omaha, and that will be exciting.

Right now, Omaha is hosting the Olympic swim trials, and receiving all kinds of compliments on the warm up pool, the venue, the hotel, and the people! All that "Nebraska Nice" comes out when we host these big events.

My "social calendar" is also warming up; I think we are all just so happy to be able to plan a par-



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

ty. Last Saturday, my first function was a birthday party for a dear nurse friend planned by her daughters because "Mom always tells us she has such interesting friends, so we'd like to meet them!" Actually, the honoree is the interesting one, but we had a lovely time.

Then, on my way out of town, I stopped at my church for a celebration of a gal's 80th birthday, a major milestone for all of us seniors. Here, there was no cake.

And finally, I headed to Winside for a 60th wedding anniversary. Remember when golden weddings were observed? Now, we see 60 and 70 years all the time. We are not only living longer, but we are also still able to enjoy a good party.

I had to use my cane to get from

my car to the auditorium, but then, I left it in the bathroom and retrieved it when I left. On that nice, even floor, without any bumps, I did just fine without it...I sure didn't want to appear old!!

After a restful day in Norfolk, I dropped off medical supplies at Orphan Grain Train. I had not seen their facilities; I was amazed! The office sign says "International headquarters"; I believe the world is a bit smaller because of this wonderful organization. I doubt Pastor Wilke could have imagined this when he came up with the idea. God has blessed it, and all the volunteers, mightily!

Actually, we've all been blessed, and I remind myself of that frequently.

Helping cattle cope with summer heat

Ready or not, summer heat has arrived. Cattle have had little opportunity to become acclimated to summer conditions this year, so helping cattle cope is critical.

The combination of hot temperatures, high humidity, and lack of air movement can cause severe cases of heat stress for cattle. This can result in reduced intakes and gains, and in extreme cases, death.

Cattle do not handle heat stress as well as humans. The range of temperature in which cattle do not use additional energy to maintain core body temperature is referred to as the thermoneutral zone. This zone generally ranges from 32°F to 75°F for cattle but can vary depending on metabolic size. When temperatures exceed the upper critical temperature, cattle expend energy in attempt to dissipate heat. Pant-



ing and elevated respiration and heart rate are signs that this is occurring. When temperatures remain above 70°F during the night, cattle are unable to recover before the next episode of heat exposure.

Some heat stress mitigation strategies to consider include:

- First and foremost, providing plenty of water and space around water tanks for each animal. When the temperature is above 80°F, cattle require nearly twice as much

water (up to 30 gallons per head per day).

- Sprinklers with a large droplet size can be effective in cooling cattle and pen surfaces in dry conditions; however, limit use when humidity and moisture are high.

- Removal of excess manure is critical. When manure builds up, it holds moisture and increases humidity.

- Bedding pens is also an option to help lower the temperature of the pen surface.

- Providing shade can help reduce the heat load on cattle up to 20 degrees. Again, providing adequate space per animal is important when using shade structures. Overcrowding will have very little production benefit.

- Avoid working or transporting cattle during extreme temperatures. If necessary, handle cattle early in the mornings and not any time after 10 a.m.

- Consider reducing the amount of feed delivered in the morning to help lower the heat load on cattle, starting the morning before a heat event occurs.

- Improve air flow by incorporating tall mounds and placing cattle in pens with fewer windbreaks in the summer.

Monitor weather frequently for potential heat events. Keep an eye

out for predicted temperatures in the high 80s and 90s, especially following a rain and in situations where the wind speed is going to be less than 5 mph for several days. The Temperature Humidity Index chart, U.S. Meat Animal Research Center Cattle Heat Stress Forecast, and Nebraska Mesonet Cattle Comfort Index can be helpful in determining when cattle are at risk for heat stress.

Being proactive rather than reactive is important for avoiding any train wrecks when it comes to heat stress. For more information, see the Heat Stress Mitigation in Feedlot Cattle webinar or the Feedlot Heat Stress Information and Management Guide.

NDA selects students to attend annual youth agricultural event

What started years ago, as a way of connecting high school students with agriculture, is still going strong today. This year marks the 50th anniversary of the Nebraska Agricultural Youth Institute (NAYI), the longest running program of its kind in the nation.

Local youth selected to attend this year's event include: Jaclyn Kempf, Carroll, Reid Korth, Wayne, Emily Longe, Wakefield, Mikaela McManigal, Wayne, Mia Nelsen, Wayne, Katelyn Pehrson, Laurel and Leanne Westphal, Wayne.

The Nebraska Department of Agriculture (NDA) coordinates NAYI with the help of the Nebraska Agricultural Youth Council. Today, NDA is announcing the high school juniors and seniors selected to attend NAYI's golden anniversary celebration this summer.

"NAYI is a great opportunity for Nebraska juniors and seniors to learn about the agricultural industry and the many careers available in ag," said NDA Communications Director and NAYC Advisor Christin Kamm. "With 50 years of history, we have parents who attended NAYI years ago, sharing NAYI experiences with their own high school juniors and seniors, who are looking forward to attending this year. NAYI's theme this year

is 'Timeless Traditions,' which will give us a chance to highlight NAYI through the years."

NAYI is a week-long event featuring speakers, workshops, agricultural education, networking with peers and industry leaders, professional development opportunities and leadership experience. This year, NAYI will be held July 12-16, at the University of Nebraska-Lincoln's East Campus. NAYI is made possible through numerous donations from agricultural businesses, commodity groups and industry organizations.

NAYI and additional youth learning opportunities throughout the year are organized by the Nebraska Agricultural Youth Council (NAYC). The 21 college students who serve on NAYC are chosen by NDA to share their passion and knowledge about agriculture with young people across Nebraska. During NAYI, NAYC members provide valuable insight and advice about agriculture, college coursework and career building.

To learn more about NAYC or NAYI 2021 - visit <https://nda.nebraska.gov/nayi/>. Follow NAYI activities on Facebook by searching and liking the Nebraska Agricultural Youth Institute. On Twitter, follow @THE_NAYC or #NAYI21.

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

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Application procedure: Job application is available on our website at <https://www.wayneschools.org/vnews/display.v/SEC/District%7CEmployment>

Please send your application, cover letter, resume, and recommendations to:

Dr. Mark Lenihan, Superintendent
Wayne Community Schools
611 W. 7th St. Wayne NE 68787
malenih1@waynebluedevils.org

Applications will be accepted until the position is filled. Wayne Community Schools is an Equal Opportunity and Veterans Preference Employer.

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602 West 2nd - Laurel - \$163,000
3 Bedrooms, 2 1/2 Baths traditional style home. Very nice location on large lot. All original woodwork throughout. Large house with finished basement, enclosed porch, and sun room. 1 car unattached garage with additional shed in back. L-2000672

- RIVERFRONT PROPERTY -



Recreational - L-2000597 - \$149,500
Right on the Missouri River! Located on NEBRASKA side under the Vermillion Bridge. BEAUTIFUL scenic view of the river! Lots of privacy on this 1 +/- Acre lot. Seller is including their 2013 Jayco Premiere Camper, which is in like new condition! or Zoning allows for you to build on this lot. Electrical is already there. Will need to bring water & sewer in. Perfect get away spot!!

- HOUSES FOR SALE -



208 Alma St. - LAUREL - \$159,000
This is a BEAUTIFUL Traditional Style Home. Amazing original woodwork running throughout the home, beautiful established landscaping, large 2 car attached garage, full basement, large attic for storage, and small shed in the back. Corner lot for extra space. Many updates including newer furnace, A/C, & roof.



319 Cleland St. - CONCORD - \$64,500
2 Bedroom plus 1 "Bonus" room, 1 full Bathroom. 1 car attached garage. Nice shed in the back, corner lot for more room. Great starter home in a quiet small community.

- COMMERCIAL LISTING -

122 E. 2nd St. - LAUREL - \$49,500
1950 square footage. Lot size: 100' x 19.50'. Small town business space up for sale. This building would work great for any small business ventures.



Located in downtown Laurel, NE. Where the downtown is thriving!! Currently divided up into 5 rooms, but could be arranged however you need the space. Vaulted Ceiling with the old tiles and original brick behind the walls could make for an awesome renovation!!



519 Broadway - CONCORD - \$94,000
4 Bedrooms, 3 Baths, 2 car unattached garage. Large lot that includes a green house! Located in the quiet small town of Concord. This home has a lot of room! Original wood running through out! Basement is partially finished. Nice large back deck to over look the beautiful back yard.

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FOR RENT: 4 bedroom house. 2 girls looking for 2 roommates to share expenses, close to campus. Washer and dryer. No pets. Available June 1st. Call 402-750-4650. 6/22

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We are a Section 8 Elderly/Disabled property. If you are 62 and older and / or disabled, you may apply. The apartment has new carpet and flooring and a new washer and dryer.

Please call **402.256.3526** for an application

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ESU #1 seeks applicants for the following full-time position

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JOB ANNOUNCEMENT

Northeast Nebraska Community Action Partnership has an immediate opening for a **HEALTHY FAMILIES ADVOCATE** for their **Health Services Program**.

Work location is the Pender Central Office with travel to serve clients within our 14 county area. Agency vehicles are provided. 40 hours per week M-F. Daily hours scheduled to meet the needs of clients. Hourly wage plus benefits. Bilingual skills (English/Spanish) a plus. Facilitate case management including health and parenting education to home visitation clients using the designated curriculum and other supplemental resources. Provide referrals and coordination of services while advocating for clients. Bachelor's degree preferred and/or experience in human services, home visits or skills in early childhood development. Must meet Agency auto insurance standards.

Job application, job description, education requirements, wage and benefit information are located on our website www.nencap.org under Employment or contact HR at 1-800-445-2505 or 402-385-6300. To apply, submit a completed Agency application. No resumes accepted.

Send applications to Northeast Nebraska Community Action Partnership, P O Box 667, Pender, NE 68047-0667. Position open until filled. EOE Non-Profit Agency

GARAGE SALE

GARAGE SALE SCHEDULE

(Dates subject to change)

August 6 & 7
Ad deadline is July 28 at 5:00 p.m.

September 24 & 25
Ad deadline is Sept. 15 at 5:00 p.m.

THANK YOU

Thank you to all my friends who sent me cards and notes for my 95th birthday. They were wonderful to receive. I enjoyed the weekend with most of my family here.

Ruth Kerstine

We cannot thank everyone enough for the support we received with the Memorial Poppy Day in Wayne County. The businesses, employees, general public, out-of-town guests and more all gave generously. We could not have done this without you! "Thank you" for wearing the Poppy with pride to Honor & Respect Veterans. Freedom is not free. God Bless you all.

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I-29 Moo University podcast delivers timely, relevant topics

Dairy specialists from Iowa, Minnesota, Nebraska and the Dakotas have developed a new, twice-monthly podcast for dairy producers. The podcast is focused on issues of interest to dairy producers, including economics, animal health, forage, labor, farm programs and more.

The first podcast released featured Kim Clark Nebraska Extension dairy educator; Jim Salfer, Minnesota Extension dairy educator; and Fred M. Hall, Northwest Iowa Extension dairy specialist, discussing the Coronavirus

Food Assistance Program (CFAP). Other podcast topics to date include heat stress, forage preservation and sampling, feeding strategies, animal activism, silage safety, risk-management tools, reproduction, and quality assurance programs.

Episodes are released every two weeks, and feature commentary by I-29 Moo University Extension dairy specialists in conversation with other dairy industry experts.

“Podcasts give dairy producers another avenue to receive timely, relevant



dairy related information such as production practices, financial management and practical strategies, and they don't have to attend a workshop or be in front of their computer,” Salfer said.

The discussions are driven by current topics and questions from producers. The podcast is geared toward dairy producers of all sizes from 20 cows to 10,000 cows.

“We hope that producers will interact with questions and comments that can help develop more programs,” Hall said.

Each episode is about 30 minutes and is available on the I-29 Moo University website as well as on each state's dairy Extension website. Producers can also subscribe to the podcast on iTunes and Spotify. Past episodes are archived, so listeners can tune in whenever they choose.

For more information, contact Kim Clark at kimclark@unl.edu or 402.472.6065; Jim Salfer at salfe001@umn.edu or 612.360.4506; or Fred M. Hall at fredhall@iastate.edu or 712.737.4230.

I-29 Moo University is a consortium of Extension dairy specialists from the land-grant universities in Iowa, Minnesota, Nebraska, North Dakota, and South Dakota. The I-29 Moo University Collaboration is a multi-state learning community and connects extension dairy staff and dairy producers to share research, information and management practices through workshops, webinars, monthly e-newsletters and on-farm tours. For more information about the I-29 Moo University Collaboration and programs visit <https://dairy.unl.edu/i-29-moo-university>.

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Cheeseburger Macaroni Casserole

Transform your favorite dinner classic. Mix macaroni with lean ground beef and cheese for a delicious casserole that is just as good when served as leftovers.

8x8-inch baking pan with nonstick cooking spray; set aside. In large skillet over medium heat, cook ground beef and onion until beef is brown and onion is soft; drain.

Cook macaroni according to package directions; drain. Spoon macaroni into prepared pan.

Spread beef mixture and chopped tomato over macaroni. Pour tomato sauce over beef. Sprinkle with seasoned salt, pepper and shredded cheese.

Cover loosely with foil and bake for 35 minutes or until cheese is melted and edges of casserole are bubbling.

1 pound lean ground beef
½ cup chopped onion
whole-wheat elbow macaroni or penne or rotini pasta
1 medium tomato chopped
1 can tomato sauce 8-ounce
½ teaspoon seasoned salt optional
¼ teaspoon black pepper
1 cup shredded cheddar cheese
Preheat oven to 350°F. Spray an

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NATIONAL DAIRY MONTH

The Wayne Herald — June 17, 2021

Things you should know about dairy nutrition

From fermented foods like yogurt and cheese to milk and lactose-free milk, dairy foods can help give you the nutrients you need to keep your body going strong.

See what experts are saying about dairy foods' contributions when it comes to a healthy gut and immune function, reduced inflammation, reduced risk of chronic diseases and optimizing wellness.

The variety of nutrient-rich dairy foods available offers something for almost everyone's wellness and taste needs throughout their lives.

Milk packs in 13 essential nutrients in every serving, including, protein, zinc, selenium, vitamin A and vitamin D, which contribute to healthy immune function.

And dairy foods like cheese and yogurt also provide high-quality protein, calcium, vitamin A, B vitamins and more!

Dairy foods provide about 52% of the calcium, 51% of the vitamin D and 17% of the protein consumed by Americans.

Research shows that healthy eating styles, which include low-fat and fat-free dairy foods, are linked to a reduced risk of some of the most prevalent chronic diseases in the U.S.—type

2 diabetes and cardiovascular disease in adults—as well as improved bone health.

Nutrient Profile

Did you know that real cow's milk contains a powerful punch of nutrients? Milk contains essential nutrients like high-quality protein, calcium, vitamins A and D and more.

These key nutrients help our bodies thrive. And eating a balanced diet, which includes fruits, vegetables, dairy, lean meats and whole grains, can help keep you healthy, including your immune system. Here are some nutrients in dairy foods your body needs:

Protein, which is found in milk, cheese and yogurt, helps build and repair muscle tissue and is the building block of all cells in the body—including immune cells and immune-signaling molecules.

Milk and yogurt are good sources of zinc, known to be important for normal immune function. Milk is a good source of vitamin A, which helps support healthy immune cells and keep skin and eyes healthy.

Calcium, phosphorus and vitamin D help build and maintain strong bones and teeth.

Dairy foods also contain B vitamins, which can help your body convert food into fuel: Vitamin B12 — milk, cheese and yogurt, riboflavin (vitamin B2) — milk and yogurt, pantothenic acid (vitamin B5) — milk and yogurt and niacin (vitamin B3) — milk and cheese

The body of research supports eating dairy as part of an overall healthy diet to help reduce the risk of chronic diseases.

A growing number of studies indicate that eating dairy foods is associated with a lower risk for type 2 diabetes and cardiovascular disease, reduced blood pressure, neutral to lower levels of inflammation and improved bone health.

Dietary Guidance

Dairy nourishes life, helping people thrive throughout their lives. Dairy foods are included in all of the healthy eating patterns recommended by the Dietary Guidelines for Americans (DGA), which are linked to reduced risk of chronic diseases.

Dairy foods also are included in recommendations for pre-natal and maternal health, and yogurt and cheese are recommended as complementary foods to human milk or iron-fortified formula

starting at age 6 months, with whole milk, plain reduced-fat yogurt and reduced-fat cheese at age appropriate servings from 12 to 23 months.

There are options in the dairy case for almost everyone—including lactose-free or low-lactose varieties for those with lactose intolerance.

Lactose Intolerance

Lactose intolerance can be a barrier to dairy consumption and can put people at risk of not getting the nutrition their bodies need. The good news is that living with lactose intolerance doesn't mean you have to give up your favorite dairy foods.

Did you know that each person with lactose intolerance is likely able to tolerate varying degrees of lactose? It is all about understanding how much lactose is in the foods you love and how much you can handle at once.

For example, there is lactose-free milk, which is real milk with milk's nutrients, just without the lactose.

No matter how you enjoy it, eating dairy as part of a healthy meal plan can help you keep your gut and immune function healthy with a powerful package of nutrients that are hard to replace.

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U.S. Dairy applauds congressional Dairy Champion letter urging USDA to make low-fat, flavored milk school flexibilities permanent

By Alan Bjerga, National Milk Producers Federation
A bipartisan group of more than 50 members of the U.S. House of Representatives recently sent a letter to U.S. Department of Agriculture (USDA) Secretary Tom Vilsack urging USDA to address the underconsumption of dairy foods among American school-aged children, specifically by making permanent a current flexibility that allows schools to offer low-fat

flavored milk—a nutrient dense option for improving the quality of children's diets.
The letter cites the 2020 Dietary Guidelines Advisory Committee report, which found that 79 percent of 9–13-year-olds, who rely on the school meal programs to meet their nutritional needs, are not meeting the recommended intake of dairy foods. "Both the 2015 and 2020 editions of the Dietary Guidelines for Americans



(DGAs) amplified this concern, stating that, beginning at a young age, average dairy consumption falls short of recommended amounts," the letter states.

While current USDA flexibilities allow schools to offer low-fat flavored milk through the 2021-2022 school year, USDA has before it a proposed rule that would make these flexibilities permanent. Importantly, this action would remain consistent with the 2020-2025 Dietary Guidelines for Americans.

The International Dairy Foods Association (IDFA) and National Milk Producers Federation (NMPF) issued the following statements applauding the lawmakers' proposed solution to addressing underconsumption of dairy among school-aged children:

"Milk, including low-fat flavored milk, is an important way for children to access the nutrient profile of dairy, providing thirteen essential nutrients and unique health benefits," said Michael Dykes, D.V.M., President and CEO, International Dairy Foods Association. "IDFA appreciates the leadership of the more than 50 champions for dairy in the House of Representatives for encouraging USDA to prioritize dairy in federal nutrition programs, specifically through the inclusion of low-fat flavored milk in school meal programs. Right now, USDA has before it a proposed rule that would return to flexibilities allowing flavored, low-fat milk to be served in child nutrition programs, and IDFA strongly encourages the USDA to adopt school milk flexibility in the rule as a long-term

solution. By doing so, the USDA would help ensure more kids meet the recommended intake for dairy set forth in the 2020-2025 Dietary Guidelines for Americans."

"Milk benefits children in many ways – but it can't benefit them at all if they don't drink it, and ensuring that they do so requires a wide range of options," said Jim Mulhern, President and CEO, National Milk Producers Federation. "Milk's unique nutritional package is of great benefit to the nation's schoolchildren, and this message to Secretary Vilsack strongly supports the critical goal of boosting consumption of essential nutrients of public health concern, including calcium, potassium, and vitamin D. The 2020 Dietary Guidelines Advisory Committee report found that 79 percent of 9-13-year-olds, who rely on school meals to meet their nutritional needs, are not meeting the recommended intake of dairy foods. Milk provides the foundation of a lifetime of better health, and we thank the signers of this letter, led by Reps. Courtney and Thompson, for recognizing and advancing its benefits."

The International Dairy Foods Association (IDFA), Washington, D.C., represents the nation's dairy manufacturing and marketing industry, which supports more than 3 million jobs that generate \$159 billion in wages and \$620 billion in overall economic impact. IDFA's diverse membership ranges from multinational organizations to single-plant companies, from dairy companies and cooperatives to food retailers and suppliers, all on the cutting edge of innovation and sustainable business practices. Together, they represent 90 percent of the milk, cheese, ice cream, yogurt and cultured products, and dairy ingredients produced and marketed in the United States and sold throughout the world. Delicious, safe and nutritious, dairy foods offer unparalleled health and consumer benefits to people of all ages.

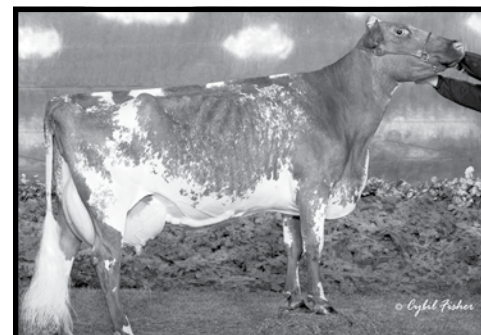
Meet the Dairy Cow Breeds of the U.S.

Information provided by Midwest Dairy™
Dairy cattle are cows bred for their ability to produce milk from which dairy foods are made. In the U.S., there are seven different dairy cow breeds, including Holstein, Jersey, Brown Swiss, Guernsey, Ayrshire, Milking Shorthorn and Red and White Holstein.

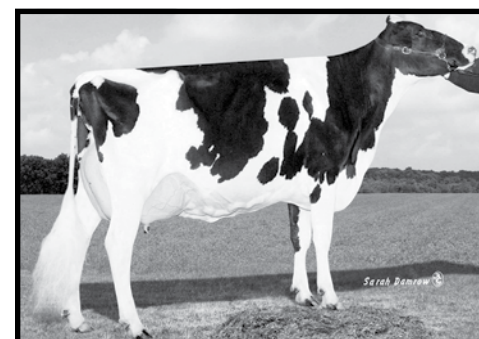
Channel
Characteristics: The Jersey ranges in color from light to dark brown, has big eyes and a docile nature. The most heat-tolerant of dairy breeds, she produces milk with very high butterfat content.
Fun Fact: Borden Dairy introduced the famous Elsie the Cow, a Jersey, in 1936. You can follow her on Twitter at @elsieborden.

Origin: First raised by the monks on the Isle of Guernsey in the English Channel
Characteristics: The Guernsey is a range of fawn to golden in color, often with white legs and white areas on the body.
Fun Fact: Because of Guernsey's renown as a unique producer of rich, golden-colored milk, she was given the title "Golden Guernsey."

ty, Ayrshires are found in most parts of the world, including Southern Africa.



Milking Shorthorn
The Milking Shorthorn is considered a dual purpose breed which can be used for milk or beef production.
Origin: Great Britain
Characteristics: Large in size, Milking Shorthorn is white and roan in color, but also can be mostly red with some white markings. Its milk is known for its high protein-to-fat ratio.
Fun Fact: Milking Shorthorn is part of the Shorthorn cattle breed originally developed for beef production.
Red and White Holstein
The Red and White Holstein is the most recent breed to be recognized, coming in to the breed family in 1964.



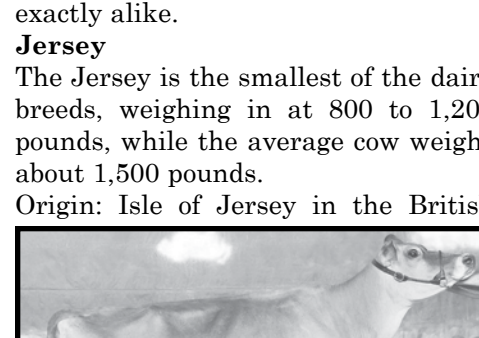
Holstein
The Holstein is the most common of the dairy breeds and is known for her black-and-white spots.
Origin: The Netherlands. A Dutch settler brought the first Holstein to America in 1621.
Characteristics: In addition to her black-and-white markings, she produces more milk than other dairy breeds.
Fun Fact: Did you know Holstein cows' spots are like snowflakes? No two are exactly alike.



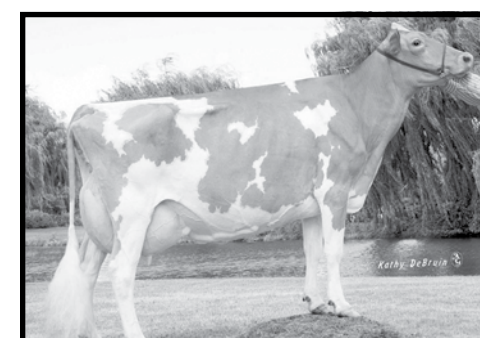
Brown Swiss
Many dairy historians consider the Brown Swiss the oldest of the dairy breeds.
Origin: Alps of Switzerland
Characteristics: Brown Swiss vary in color from silver to dark brown and are large with large ears. Their milk is ideal for making cheese because of its high protein-to-fat ratio.
Fun Fact: Brown Swiss have a kind nature and docile temperament.



Ayrshire
The Ayrshire is known as the "aristocrat" of dairy breeds because of its size and vigor.
Origin: Brought to America around 1800 from the county of Ayr, Scotland
Characteristics: Rusty-red and white in color, Ayrshires adapt easily to their environment.
Fun Fact: Because of their adaptability,



Jersey
The Jersey is the smallest of the dairy breeds, weighing in at 800 to 1,200 pounds, while the average cow weighs about 1,500 pounds.
Origin: Isle of Jersey in the British



Guernsey
The Guernsey is known for its rich, golden color of milk because of its high levels of beta carotene, a source of vitamin A.

See BREEDS, page 5A

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2021 Dairy ambassadors announced

The Nebraska Dairy Ambassador program has appointed four new student ambassadors and one returning ambassador for 2021. This year's group of ambassadors include:

- Abigail Langdon, a second-year dairy ambassador from Clarkson, is a sophomore agribusiness major with a banking and finance option at the University of Nebraska - Lincoln.
- Whitney Hochstein, a Wynot native, is a freshman graphic design

and entrepreneurship major with a minor in foods and nutrition at Wayne State College.

- Faith Junck from Carroll is a freshman agricultural and environmental science communications major at UNL.

• Claudia Leubner, a Marietta, New York native, is a freshman agribusiness major at UNL.

- Jordan Wilbur, a Kenesaw native, is a senior agriculture education with



2021 Nebraska Dairy Ambassadors (L-R): Claudia Leubner, Abigail Langdon, Whitney Hochstein, Faith Junck and Jordan Wilbur.

a leadership option major at UNL.

Each year, up to six ambassadors with an interest in dairy production are selected to improve their leadership and communication skills while advocating for the dairy industry. Ambassadors engage in conversations with consumers, school-age children and their peers at agriculture literacy festivals, farmers markets, Moo at the Zoo and via social media. At the end of their ambassador program, each ambassador has the opportunity to earn up to a \$1,000 scholarship provided by Midwest Dairy.

While serving as an ambassador, students have the opportunity to network with their peers and dairy industry partners, visit dairy farms, and tour agribusinesses in Nebraska.

"We have a great group of ambassadors this year. They have the drive,

ambition and leadership to positively impact the dairy industry while developing a number of skills," said Kim Clark, Nebraska Extension dairy educator.

The Nebraska Dairy Ambassador program began in 2016 at UNL with four ambassadors. Since its inception, 27 Nebraska college students have completed the yearlong program, which is open to any college student in Nebraska. In 2018, this program began partnering with Midwest Dairy. This program is now offered in a number of Midwestern states including South Dakota, Iowa, Minnesota, North Dakota, and Illinois.

For more information on the Nebraska Dairy Ambassador program, visit midwestdairy.com.

Visit the Nebraska Dairy Extension on Facebook, Twitter and Instagram.

Orecchiette Pasta With Radicchio, Broccoli Rabe and Pesto

Parmesan makes the pasta! Whether it's complementing radicchio's bitter



notes in this recipe or the finishing touch to a plate of buttered noodles, Parmesan's rich, sweet, nutty flavor can make even the simplest of pasta dishes seem gourmet. Try your next dish of orecchiette with broccoli rabe pesto.

Ingredients

- 12 ounces orecchiette pasta
- 1 tablespoon butter
- 1 1/2 teaspoons olive oil
- 1 clove garlic, thinly sliced
- 6 ounces broccoli rabe, cut into 1/2-inch pieces (3 cups)

- 2 tablespoons water
- 6 ounces radicchio, cored, cut into 1-inch pieces (4 cups)
- 1/4 teaspoon salt
- Pepper
- 1/2 cup prepared basil pesto
- 1/2 cup shaved Parmesan cheese

Instructions

Cook pasta according to package directions.

Meanwhile, heat butter and oil in a large skillet over medium heat. When foam subsides, add garlic; cook and stir until fragrant, 1 minute.

Increase heat to medium-high. Add broccoli rabe and 2 tablespoons water. Cook, stirring occasionally, 2 to 3 minutes. Stir in radicchio; cook 1 minute longer. Turn off the heat. Season with salt and pepper.

Reserve 1/4 cup of pasta water just before draining. Drain pasta; place in large bowl. Add pesto and reserved pasta water. Mix until pasta is thoroughly coated with pesto. Add warm radicchio mixture; toss gently until everything is well combined.

Serve topped with Parmesan cheese.

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(continued from page 3A)



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New FARM Animal Care Guide will help dairies prepare

University of Nebraska-Lincoln Extension and South Dakota State University Extension have partnered to create a resource binder for dairy producers to prepare for the National Dairy FARM (Farmers Assuring Responsible Management) Animal Care Program Version 4.

Created by the National Milk Producers Federation in partnership with Dairy Management Inc., the



University of Nebraska-Lincoln Extension and South Dakota State University Extension have partnered to create a resource binder for dairy producers to prepare for the National Dairy FARM (Farmers Assuring Responsible Management) Animal Care Program Version 4.

National Dairy FARM Program works with all U.S. dairy farmers, co-ops and processors to demonstrate to dairy customers and consumers that the dairy industry is taking the very best care of cows and the environment, producing safe, wholesome milk and adhering to the highest standards of

workforce development.

The purpose of the FARM Animal Care resource guide is to help dairy farms of all sizes prepare for the FARM Animal Care evaluation.

"We knew there was a need for this resource binder. Dairy producers have reached out to us asking how they can prepare for the FARM Animal Care Program evaluation," said Kim Clark, Extension Dairy Educator at UNL.

"We wanted to help producers better prepare for and feel confident with the evaluation."

The resource guide includes resources, tools and standard operating procedures, which can be used to meet each animal care standard set by the National Dairy FARM Program. The binder is divided into sections by topic. Each topic includes a summary sheet to meet that specific standard. A standard operating procedure template also accompanies each topic with the intent that it can be completed with each dairy farm's step-by-step pro-

cesses to meet that standard, or the dairy can develop their own document to meet each standard.

Clark says completing the information in the resource binder does not guarantee each standard is met; it's only the first step. The FARM Animal Care Evaluator will determine if each standard is met by reviewing documentation and making observations. However, the dairy will be prepared with all the necessary documentation for each standard when the binder is complete.

"Dairy farms of all sizes will benefit from this resource binder," says Heidi Carroll, SDSU Extension Livestock Stewardship Field Specialist and South Dakota Beef Quality Assurance Coordinator.

"We want to meet the needs of dairy producers and provide them with the resources to make continuous improvement. This binder is a comprehensive package that processors and field representatives can offer to dairy farms, and it improves communication and clarity about the animal care standards."

Resource binders can be purchased for \$45 plus shipping. Binders can be purchased at the SDSU Bookstore and will be shipped within one to two weeks of ordering. Producers are encouraged to purchase binders now, as FARM Animal Care Evaluators are beginning to return to farms to conduct evaluations and follow-up on any prior evaluation's corrective actions. Before placing an order for your dairy, farms are encouraged to reach out to their cooperative or FARM evaluator to ensure a copy has not already been purchased for them.

For questions about this resource binder, contact Heidi Carroll at Heidi.Carroll@sdstate.edu or Kim Clark at kimclark@unl.edu.

For more information about the National Dairy FARM Animal Care Program, visit <https://nationaldairyfarm.com/>.

Latest economic report shows industry supports 3.3 million jobs

U.S. Dairy Industry's Economic Impact Totals \$753 Billion

The U.S. dairy industry continues to play a strong role in the U.S., supporting 3.3 million total jobs and \$41.6 billion in direct wages, according to the latest economic impact report from the International Dairy Foods Association.

IDFA's 2021 Economic Impact Study, which measures the combined impact of the dairy products industry, showed the U.S. dairy industry's economic impact totaled \$752.93 billion.

The newly released figures indicate that the U.S. dairy industry now contributes:

- 3.5 percent of U.S. GDP;
- 3.3 million total jobs;
- \$41.6 billion in direct wages for workers in dairy industry;
- \$67.1 billion in federal, state and local taxes (not including sales taxes paid by consumers).

For the first time, the total value of exports was included in the study, revealing the U.S. dairy industry is responsible for a total of \$6.5 billion in exported goods and reinforces the importance of fair international trade agreements for the industry.

"Every dairy company knows that dairy products offer significant benefits that go beyond improving consumers' health, and our latest eco-

nommic impact study provides specific numbers that reinforce just how true that is," said Michael Dykes, D.V.M., IDFA president and CEO. "Whether it's milk, cheese, ice cream, yogurt and cultured products, or dairy-derived ingredients, American dairy companies contribute significantly to the U.S. economy and their impact continues to grow year after year. IDFA's members remain dedicated to making safe, delicious products that nourish and sustain consumers while delivering for our economy."

The report also demonstrates how dairy product categories contribute directly to the U.S. economy, including:

Cheese: Adds \$55.4 billion in direct economic impact and supports 57,700 dairy industry jobs.

Milk: Adds \$49 billion in direct economic impact and supports 62,200 dairy industry jobs.

Ice Cream: Adds \$13.1 billion in direct economic impact and supports 28,800 dairy industry jobs.

Yogurt & Cultured Products: Adds \$6.8 billion in direct economic impact and supports 8,600 dairy industry jobs.

Dairy Ingredients: Adds \$17.7 bil-

lion in direct economic impact and supports 11,000 dairy industry jobs.

The study's findings are also available in an interactive economic impact tool on IDFA's Dairy Delivers® webpage where users can click on an interactive map of the U.S. to learn how dairy impacts their community. Just select an area of the country that interests you—options include the full U.S., any of the 50 states, or any of the 435 Congressional districts. Once you click on the state and/or district that interests you, select View/Print to generate your own detailed fact sheet or economic impact report. To learn more, visit www.idfa.org/dairydelivers.

The International Dairy Foods Association (IDFA), Washington, D.C., represents the nation's dairy manufacturing and marketing industry, which supports more than 3.3 million jobs that generate \$41.6 billion in direct wages and \$753 billion in overall economic impact. IDFA's diverse membership ranges from multinational organizations to single-plant companies, from dairy companies and cooperatives to food retailers and suppliers, all on the cutting edge of innovation and sus-

tainable business practices. Together, they represent 90 percent of the milk, cheese, ice cream, yogurt and cultured products, and dairy ingredients produced and marketed in the United States and sold throughout the world. Delicious, safe and nutritious, dairy foods offer unparalleled health and consumer benefits to people of all ages.



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How Much Dairy Should You Really Be Eating?

Since 1937, June has been officially dubbed "dairy month." However, a lot has changed over the past 80 years in regard to public perception of dairy products — particularly milk.

There's no doubt that dairy products still hold a meaningful place in American diets, but many of us may actually be consuming too much dairy.

Ironically, this is why National Dairy Month was initially established. In 1937 dairy production was at a surplus, and the month was used to raise awareness and boost dairy consumption.

What does the "Dietary Guidelines for Americans" say?

According to the guidelines put out by the U.S. Department of Agriculture (USDA) and the Department of Health and Human Services (HHS) it is recommended we consume three servings of dairy each day.

However, the "plate" created by Harvard defines a recommended limit of 1 to 2 servings of milk per day, significantly less than the recommendation by the USDA.

In fact, dairy products as a whole receive a minimal mention on Harvard's plan. Instead, Harvard's design places an emphasis on vegetable consumption.

What is the difference between dairy milk, soy milk, and almond

milk?

As a source of protein, dairy milk leads with 8 grams per cup. Soy milk is not far behind with 7 grams per cup while almond milk has just 1 gram per cup. This can vary from brand to brand.

However, some brands use pea protein or other tactics to boost protein and put their products more in line with the nutrition facts found on traditional dairy milk.

While the high amount of protein can make dairy milk seem like the best option, the Mayo Clinic recommends keeping a close eye on the added sugar content in milk. You can find this information via the nutrition facts label.

Not everyone's body responds well to the lactose found in dairy milk. Both soy milk and almond milk can be great alternatives, but soy milk is the more nutrient-rich alternative.

The calcium balance

Another driving factor in consuming dairy products can be the calcium they offer to help strengthen our bones.

Harvard points out that while calcium can lower our risk for osteoporosis and colon cancer, consuming too much can create issues of its own including increasing your risk for prostate cancer and ovarian cancer.

Maintaining a regular and adequate

calcium intake is key, but you can eat foods other than dairy milk.

Good alternative sources for calcium include "collards, bok Chou, fortified soy milk, baked beans, and supplements that contain both calcium and vitamin D."

More than just milk

Thus far we have talked primarily about milk in connection to being a common key dairy product many of us may consume.

But obviously, there is plenty of other great dairy products you can consume like yogurt, cheese or cottage cheese. These are also great sources of calcium but should be kept in moderation.

This National Dairy Month, Celebrate the Many Ways #DairyNourishes

No other type of food or beverage provides the unique combination of nutrients that dairy contributes to the American diet, including high quality protein, calcium, vitamin D, and potassium, and health benefits including better bone health and lower risk for type 2 diabetes and cardiovascular disease.

This June, International Dairy Foods Association is celebrating the health benefits that dairy products provide. All month long, IDFA is sharing facts about dairy products' nutritional benefits through our social media platforms with the hashtag #DairyNourishes.

Feel free to download the videos and images via the links below to

What if I can not tolerate the lactose?

With dairy currently caught in an on-going debate regarding its importance, it is critical to remember why we consume dairy products in the first place — because of the calcium, protein, vitamin D, and other nutrients.

If you stop consuming a dairy product and replace it with an alternative just be careful to ensure you are still making up for the nutrients in other foods you are consuming.

Additionally, you can check for lactose-reduced or lactose-free versions of the products you may have already been consuming.

share with your friends, family, and other followers on social media. Be sure to use #DairyNourishes and #JuneDairyMonth!

About National Dairy Month

National Dairy Month started out as National Milk Month in 1937 as a way to promote drinking milk.

It was initially created to stabilize the dairy demand when production was at a surplus, but has now developed into an annual tradition that celebrates the contributions the dairy industry has made to the world.

After the National Dairy Council stepped in to promote the cause, the name soon changed to "Dairy Month."

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(from left) Andi Belt, girls track; Koby Nelson, boys track; Tanner Sievers, boys golf; Jaxson Mrsny, baseball; Justin Sherman, baseball.

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Dairy judging

FFA students from throughout northeast Nebraska took part in the District Dairy competition at the Wayne County Fairgrounds last fall, following all the necessary precautions. Each group of students took turns evaluating different classes of dairy animals. The animals were provided by Sievers Farms, MPM Farms, Junk Dairy, Temme Dairy and Terry Gilliland.

Homemade Blueberry Lavender Lemon Yogurt Popsicles

The lavender in this frozen dessert will bring your "chill" to the next level. And it harmonizes with lemons and blueberry like some heavenly choir of flavor. So swirl up this Greek yogurt mixture and freeze for good times ahead.

2 cups low-fat Greek Yogurt (or fat level of choice)

1/2 teaspoon vanilla extract

Instructions

Place 1 to 2 tablespoons of dried lavender buds (depending on desired lavender intensity) in a blender or food processor and puree to a powder.

Add blueberries, 1 tablespoon of agave nectar and lemon juice to the lavender powder and blend until blueberries reach a chunky soup consistency.

Set aside.

In a large bowl, combine lemon zest, Greek yogurt, vanilla extract and remaining 2 tablespoons of agave

nectar. Stir until well combined, then gently fold in the blueberry mixture to create a swirled consistency — do not over mix.



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Milk and bone health: From childhood through adulthood

"Drink your milk for your bones!" Growing up, you may have heard this a time or two — and for good reason.

Did you know that milk and other delicious dairy foods like cheese and yogurt can help in a child's growth and development, as well as throughout an entire lifetime?

If you're younger, odds are bone diseases like osteoporosis are not yet on your radar. You likely know that milk can play several roles in a healthy diet, but may not realize the potential implications of not having enough until later in life.

Sustainability matters to dairy farmers

Dairy farmers have long shared a deep commitment to taking care of their animals and our shared resources including air, land and water.

This commitment, and the actions taken on dairy farms throughout the Midwest, play a vital role in providing sustainably produced foods; nourishing people, our planet and communities.

Dairy farmers live and work on their farms, so it's important for them to protect the land, water and air for their families, their communities and future generations.

All dairy farms must meet the standards for manure storage, handling and recycling set forth by their state and by the United States Environmental Protection Agency (EPA).

But did you know that osteoporosis

By combining scientific advancements and on-farm sensibilities, dairy farmers continually look for new ways to be sustainable.

Examples of sustainable farming practices include: crop rotation to mitigate weeds and improve soil quality, no-tillage or reduced tillage crop farming for soil and fuel conservation and the use of new products with enhanced environmental benefits.

What to know about dairy and bone health

Dairy foods contain nutrients essential for bone growth and development, including calcium, vitamin D, phosphorus, potassium and magnesium.

Developing peak bone mass by young adulthood with good nutrition, including adequate calcium and vitamin D intake, and physical activity is one strategy to optimize bone health and reduce the risk of bone diseases later in life.

Research indicates that dairy foods are integral dietary components for building and maintaining healthy bones throughout the lifespan, from early childhood to late adulthood.

Eating adequate amounts of dairy foods daily helps ensure that children and adolescents achieve peak bone

mass, which is associated with reduced risk for osteoporosis later in life.

Consuming dairy foods throughout adulthood, including older adulthood, can help ensure the maintenance of healthy bones and is linked with reduced fracture risk.

Research published since 2015, highlighted in our full report, "Science Summary: Dairy and Bone Health," provides further support for the 2020 Dietary Guidelines for Americans recommendations that all Americans aged 9 and older consume three servings of low-fat or fat-free dairy foods as part of the Healthy U.S.-Style Dietary Pattern, accompanied by adequate physical activity, to support bone health.



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