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# The Wayne Herald

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## Second member of Council resigns

By Clara Osten,  
[clara@wayneherald.com](mailto:clara@wayneherald.com)

For the second time in a month, the Wayne City Council was asked to accept the resignation of one of its members.

Council member Dwaine Spieker, who represents Ward 3 (the northwest quadrant of the city) has resigned from his position due to the fact that he is moving out of the Ward.

"I will still be living in Wayne and I thank the council for allowing me to be a part of the council," Spieker said.

Earlier this month, Council member Yasuko Taoka, who represented Ward 2, submitted her resignation.

A notice of vacancy for these positions has been published and interested persons are encouraged to contact Mayor Cale Giese or the city office for more information.

Council members spent considerable time discussing whether or not to act on request for a change order from Myers Construction, Inc. for the Pine Heights Road & Utility Improvements Project.

The request was to extend the substantial and final completion dates to Nov. 5, 2021 and Nov. 19, 2021 respectively.

The city had received a letter from the firm which indicated that labor shortages due to COVID-19 and changes in the project were reasons for the request.

Jon Mooberry with JEO, engineer for the project, told the council that in requests such as this he looks at being flexible with the contractor and noted that the contractor did communicate with him on a regular basis. He also noted that the project is progressing fairly quickly at the present time.

Council member Chris Woehler questioned why the contractor waited so long to ask for an extension and why they took so long to start the project. The original bid specified that the start date was April 4 and construction did not begin until July 22. He noted that other bidders on the project specified they could begin work July 1 and finish Oct. 1.

City Administrator Wes Blecke said the contractors have "been good to work with and the project has gone well. The city has extended completion dates for other projects in recent history."

He said one of his early concerns involved the deadline for grant funding for the project. However, the deadline for this has been extended to May of 2022, thereby extending the time frame for completion.

City Planner/Street Director Joel Hansen told the council that the project is 90-95 percent complete and talked about what work remains to be completed.

Council member Matt Eischied said he felt comfortable with the percentage of paving that has been done and is happy with the way the project is going.

"This is not ideal, but unfortunately, we have had to deal with this on other projects and have granted extensions in the past,"

Eischied said.

Following debate, council voted 5-1 to allow for the extension with Council member Woehler voting against.

Action was taken on a certificate of an extended warranty for corrective action on the 2019 Nebraska Street Improvements Project with Robert Woehler & Sons Construction.

Jon Mooberry also spoke on this agenda item and said that, following discussion with the contractor, the original request for a 12-month extended warranty was revised to a nine-month warranty. This would take the warranty through the winter freeze/thaw period and into July 2022.

He also explained what the engineer would be looking for in terms of cracks in the concrete and what would be required of the contractor should additional cracking occur.

City Attorney Amy Miller told the council that the agreement had been negotiated with the contractor and all were comfortable with it.

Council members voted 5-0-1 in favor of the agreement with Council member Woehler abstaining.

In other action, the council approved Resolution 2021-62 which will allow for a community-wide blanket construction permit agreement between the city of Wayne and Black Hills Nebraska Gas, LLC, doing business as Black Hills Energy.

The request was made as the company finishes up work in the northeast portion of the city and moves into the southeast portion.

Work in the area could begin as early as Monday, Oct. 25 and the preliminary work should be completed in two to three weeks.

Council members approved a resolution accepting a proposal from Olsson for engineering design services for the Chicago Street and Storm Sewer and Paving Project.

Three bids for the work had been received and the bid of \$32,600 from Olsson was the lowest.

The final resolution of the evening involved accepting a bid and awarding a contract on the Well No. 6 Pump Replacement Project.

The well, located on West 21st Street, has been shut down due to nitrate issues. Well No. 7, located on the Golf Course, has also been shut down for approximately 18 months and is in emergency status.

City staff feels that there is a possibility that pumping water from Well No. 6 to irrigate the golf course might clear up the water from Well No. 7.

To get Well No. 6 operational, a new pump needs to be installed. The Golf Course has agreed to cost share the \$34,405 cost. This is the amount of the bid submitted by Downey Drilling.

The Wayne City Council will next meet in regular session on Tuesday, Nov. 2 at 5:30 p.m. in council chambers.



(Photo by Michael Carnes)

## A high-five invitation to state

Wayne cross country runner Laura Hasemann high-fives her coach, Courtney Maas, after learning that the Blue Devils girls cross country team qualified for this week's state meet in Kearney. Hasemann will make her third trip to state, but first as part of a team, when the team competes this Friday in the State Cross Country Championships.

## Commissioners receive updates on new projects

At Tuesday's meeting, the Wayne County Commissioners discussed new projects and updates.

Nic Kennitz of Emergency Management started the meeting by presenting new projects that must be completed. The Nebraska Emergency Management Agency (NEMA) will work to fulfill certain goals within a set amount of years. Each region is going to help to reach these goals by setting up their own goals and plans.

There are 12 counties that make up the Northeast Nebraska Planning Exercising Training Region and they are Antelope, Burt, Cedar, Cuming, Dakota, Dixon, Knox, Madison, Pierce, Stanton, Thurston and Wayne. This region takes up 6,985 square miles, 89 communities and a population of 132,047 (mixed 2010/2020 census), according to Kennitz.

They are also putting together a Type 3 Incident Management Team with the following positions: Incident Commander, Public

Information Officer, Safety Officer, Liaison Officer, Operations Section Chief, Logistics Section Chief, Finance/Administration Section Chief, Communications Unit Leader, Situation Unit Leader, Resource Unit Leader and a Planning Section Chief which Kennitz is already.

If anyone is interested, they can contact Kennitz for more information.

The meeting ended with the Commissioners voting to have the chairman (Terry Sievers) and vice-chairman (Dean Burbach) as the designated individuals to cast ballots for the election of officers at the 2021 National Association of Counties (NACo) Convention in December.

The Wayne County Board of Commissioners will next meet in regular session on Tuesday, Nov. 2 at 9 a.m. in the Wayne County Courthouse.



(Photo by Michael Carnes)

Friday night was the final time the Allen Eagles stormed out of the end zone at Isom-Hill Field before their regular season finale against Emerson-Hubbard. Next year, the two schools will play as a co-operative one team, the Tri County Northeast Wolfpack.

## Final flight

Allen, Emerson-Hubbard to return to 11-man football as one team

By MICHAEL CARNES  
For The Herald

ALLEN — After the final second ticked off the scoreboard at Isom-Hill Field on a picture-perfect Friday night, members of the Allen and Emerson-Hubbard football teams shook hands, hugged and got together for a group photo.

The photo, coming after Allen's 50-14 win over the visiting Pirates, documented the final time the two schools would play against one another in a high school sporting event. Next year, the two teams will play as one, part of the Tri County Northeast co-operative between the two schools that is already in its second year.

Two years ago, the two school districts were in talks with Wakefield Public Schools about a co-op between the three schools. The co-operative was all but set, including a name (Quad County) and mascot (Trail-

blazers), but the idea that was unanimously approved by school boards at Emerson-Hubbard and Allen was rejected on a 3-3 vote by the Wakefield Board of Education.

Because of the timing of the decision, officials in Emerson-Hubbard and Allen had to scramble to put their own co-operative together. Tri County Northeast was the result of that co-op, allowing the two schools to participate in every interscholastic activity — except football.

Every two years, the Nebraska School Activities Association requires schools to declare what level of football they will compete in (11-man, 8-man or 6-man). The deadline for that declaration came days before the proposed Quad County co-operative dissolved, forcing Emerson-Hubbard and Allen to play two years of eight-man football on their own while their schools came together in all other activities as Tri Coun-

ty Northeast.

Longtime Allen athletic director and football coach Dave Uldrich said the people in his community were fine with the co-op arrangement with Emerson-Hubbard, and they're looking forward to seeing it happen in football as well beginning in the 2022-23 school year.

"I don't think anybody here is resentful of it," he said. "You have to analyze your numbers and know what's good for your kids, and I think both (school districts) have worked pretty amicably to put it together."

Uldrich has been part of the Allen school for 40 years as a teacher and a coach. He came on board during the school's last year as an 11-man team in 1982 and has seen the community support its football program without fail, in good times and bad.

See Final Flight, Page 4

## Providence Medical Center CEO announces resignation

The Board of Directors at Providence Medical Center in Wayne (PMC) has announced the resignation of Jim Frank, Chief Executive Officer (CEO) effective Dec. 31, 2021.

Frank has served as the CEO since June of 2015 and has played an integral role in Providence Medical Center's many successes throughout his tenure.

The board said, "We are grateful to Frank for his leadership, vision and dedication to PMC the past 6.5 years and wish him the best in his future endeavors."

Frank said, "It has been an honor to serve as the CEO of Providence Medical Center the past 6.5 years. It was a difficult decision to leave PMC because of the incredible staff I have come to know and the many accomplishments they have achieved. With that being said, the future of PMC remains bright with these individuals carrying on the mission of providing Quality Healthcare in the Spirit of Christ and continuing to serve Wayne and surrounding communities."

"The Board of Directors can't thank Jim enough for his time and efforts to continue PMC's goal of providing extraordinary medical care for our service area," said Matt Ley, President of the PMC Board of Directors. "During his term, PMC has received the Top 100 Critical Access Hospital award three times in the last six years along with numerous other recognitions. We wish Jim all of the best in his future endeavors."

Ley continued, "We are excited to start our search for the next leader. Providence Medical Center provides a great opportunity for any healthcare executive seeking to find a progressive organization that offers a state of the art facility, dedicated staff, and strong community support."

The Board of Directors has initiated the search for Frank's successor.



Jim Frank



# Josh Hoyer and Soul Colossal to perform at Little Red Hen Theatre

Make plans to rock the night away at the Little Red Hen Theatre! The blues, funk, rock, and soul sound of Josh Hoyer and Soul Colossal will be bringing the house down for a special “one-night-only” performance at 7 p.m. on Friday, Nov. 5. Josh Hoyer and Soul Colossal promise to “... deliver a sound so big, so funky, so wring-the-sweat-out-of-you energetic that it reaches through the speakers and shakes you until you start moving”. Tickets are \$20 for the event with wine and beer available for purchase at the venue. Seating is limited and advanced reservations are highly recommended.

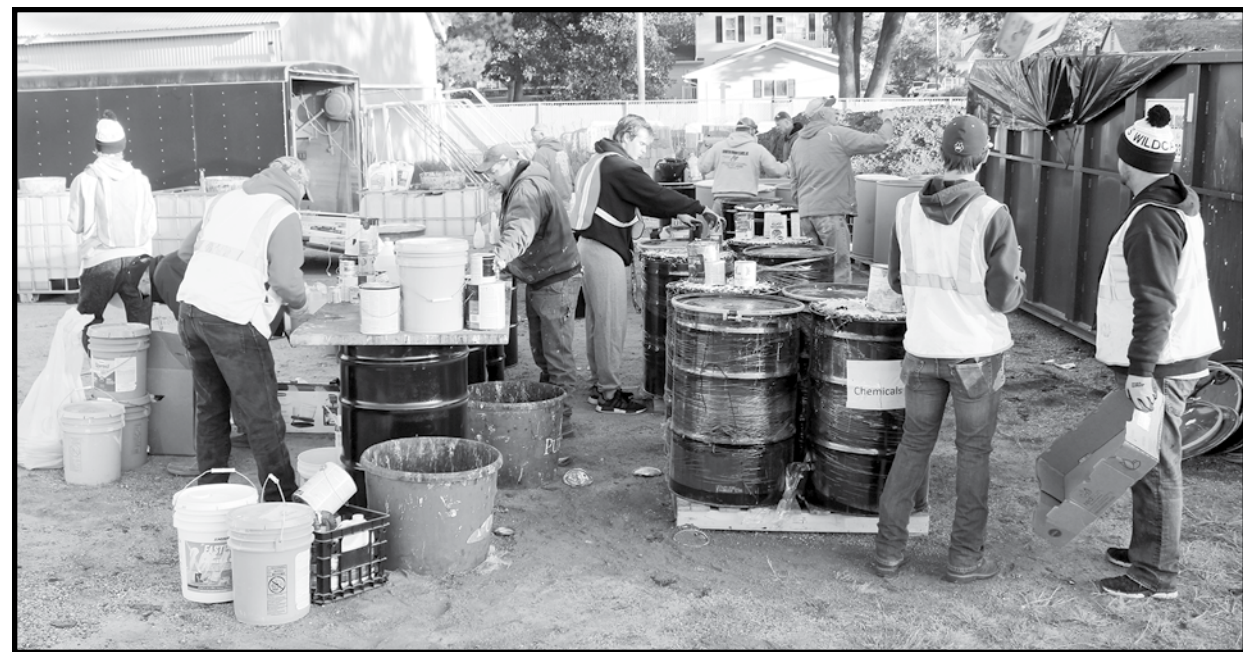
Josh Hoyer and Soul Colossal can be described as a real working band of music for the people and by the people. Featuring Hoyer's signature voice, hammering keyboards, and horns over a “freight – train” rhythm section, the raucous funk and smooth soul sound dutifully pays homage to the past soul giants while simultaneously charging forward into the modern era. Formed in 2012 in Lincoln, the award-winning five-piece band includes some of the area's most revered and accomplished musicians. Joining Hoyer (keyboards/vocals) is Blake DeForest (trumpet), Mike Keeling (bass), Benjamin Kushner (guitar) and Harri-

son Eldorado (drums). Inspired by the sounds of Stax, Motown, Muscle Shoals, New Orleans, Philly and San Francisco, the band continuously crosses musical boundaries both in style and era, and joins forces each show with a common goal - to have the crowd dancing so much they forget even their smallest troubles.

In 2017, Josh was featured as a contestant on NBC's The Voice, and the band completed their first European tour; a 27-city stint capped with a live album release from their show in Brussels, Belgium. The hard-working band completed several national tours from 2015-2017, playing more than 150 shows in 32 states each year, including opening for George Clinton, Charles Bradley, Booker T Jones, and Muscle Shoals Revue.

Tickets for the Josh Hoyer and Soul Colossal are on sale now and can be purchased at [www.littleredhen-theatre.com](http://www.littleredhen-theatre.com) or by calling the Little Red Hen theatre at (402) 287-2818.

The event is made possible in part with the support of the Nebraska Arts Council and the Nebraska Cultural Endowment, as well as the Dixon County Convention & Visitors Bureau and the Wayne County Convention & Visitors Bureau.



(Photo by Clara Osten)

## Hazardous Household Waste collection

A large group of volunteers were on hand at the Wayne Recycling and Trash Center on Oct. 16 to collect and sort a large volume of household hazardous waste materials. The event was sponsored by the Nebraska Resource Conservation & Development, the Wayne Green Team and Waste Connections with assistance from the WSC baseball team. Funding was provided by the Nebraska Environmental Trust.



(Photo by Clara Osten)

## Haven House coffee

Haven House in Wayne hosted last week's Chamber Coffee. Executive Director Debbie Goettsch (right) spoke on services offered and the activities taking place throughout the month of October in observance of Domestic Violence Awareness Month.

# Wayne Rotarians celebrate World Polio Eradication Day

If you are older than say 60 or so, you undoubtedly remember getting vaccinated for Polio, and probably knew someone who had been affected by Polio. But most Americans today rarely give Polio a second thought, because the United States has been “Polio Free” since 1979.

On Sunday Oct. 24, Rotarians around the world will celebrate World Polio Eradication Day, an annual holiday celebrated since 1988 by Rotary International to honor Jonas Salk, the developer of the first polio vaccine in 1953.

The Polio virus is highly contagious, attacking the nervous system which can cause total paralysis within hours. Haunting images of rooms filled with patients in ‘Iron Lungs’ to assist breathing are a somber reminder of its devastating impact. With the development of the Salk vaccine, vaccination programs began to eliminate polio around the world, but many countries faced impossible barriers to vaccination coverage.

So in 1979, Rotary International took on the challenge of providing for and coordinating the vaccination of children all over the world. By mobilizing local and international volunteers, Rotary International facilitated oral Polio vaccination days with one single objective – Eradicate Polio Worldwide.

Thus was born the Rotary International “Polio Plus” program, which in 1988 was joined by the WHO, the United States CDC, UNICEF, a vaccine alliance known as GAVI, and the Bill & Melinda Gates Foundation, establishing the Global Polio Eradication Initiative (GPEI).

In 1988 Polio was endemic in 125 countries, disabling over 350,000 people every year, mostly children. Today, 99.9% of polio cases have been eliminated in all but two countries, Afghanistan and Pakistan. This translates into more than 19 million people who have not been paralyzed by polio, and 1.5 million more who have not died. This is reason to celebrate, but we are not finished with the fight!

We are “This Close”! But there are challenges. Polio must be eliminated everywhere for people to be safe from polio anywhere. The political instability and uncertainty in countries where Polio is still endemic, or has only recently been eliminated remain a threat to global polio eradication. The COVID-19 pandemic has further challenged eradication efforts, even as the infrastructure developed to address Polio has actually benefitted local responses to COVID-19 in many resource poor countries.

One of Rotary International's greatest resources is people – more than 1 million ‘Rotarians of action’ in every country have volunteered

for Polio Plus, building trust in communities, and collaborating with local and regional health officials.

And the Rotary Foundation continues to be one of the largest funders of these efforts having so far con-

tributed more than \$2.2 billion toward the eradication of polio.

Wayne Rotarians have generously contributed to the Rotary Foundation's Polio-Plus efforts, often participating in fundraising efforts over the years. Individual giving by Wayne Rotarians to the Rotary Foundation in support of local and global projects such as Polio Plus

in 2020, earned recognition at the annual District Convention for “Every Member” contributing. Wayne's generosity this year came to over \$19,000 for International Rotary Foundation and Polio Plus funds.

Wayne Rotarians continue to promote awareness, because “We are this close” to eliminating this global health threat, but the last mile is

always the hardest. So today, we share this story of how far we've come, and encourage everyone to learn more about the next great global health victory – the Eradication of Polio.

For more information, ask a Rotarian – or join us 7 a.m. any Wednesday morning at Taco's & More.



In 2016 Wayne Rotarian Barbara Engebretsen took part in "A Ride to End Polio," raising \$1,150 for Polio Plus.

## The Wayne Herald

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## A JUMP START to a healthier heart

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(Photo courtesy Katie Olesen)

Members of the Allen and Emerson-Hubbard football teams get together for a group photo after Friday's matchup at Isom-Hill Field. Next year they will join forces as the Tri County Wolfpack.

# Final flight

**From Page 1A**

"We've always had decent numbers of kids interested in playing," he said. "In the old days it was the traditional farm families and there wasn't a lot of weightlifting involved. Now we have to keep up with the Joneses because kids aren't working on the farm like they used to."

Football Friday nights in Allen are always a must-attend event, regardless of how well the team is playing or who the opponent is.

"Our community enjoys football Friday nights," he said. "We don't always travel the best, but on Fridays here it's the only show in town and everybody either has kids playing or relatives on the team, so there's always a lot of interest."

Longtime resident Jay Jones can attest to that. The 1985 Allen High graduate and mayor of the small town, played for the Eagles during the time when they transitioned from 11-man to 8-man and remembers home football games being THE topic of discussion, both on game day and the morning after.

"Back 20-30 years ago, that was the talk of the town," he said. "It was what people talked about at morning coffee, and then on Satur-

day morning they would talk about the game and what happened."

Jones said the school has always been good about locally-promoting its high school sports, which has helped the community maintain its interest in the team over the years.

"The school has always been upbeat about promoting all the sports and the community has kind of grasped that ideal as well," he said. "It's dwindled down to some extent as the number of people in the community has shrunk over the years, but it's still the thing to do here on Friday nights."

Jones said that small-town football programs like Allen's gives a younger player a chance to see the kind of playing time he would never see in a big-school program.

"In a lot of the bigger schools, they have tryouts to make the team, but in a place like Allen, if you have any athletic ability as a freshman, you're going to see some playing time," he said. "You actually have an opportunity to play, as opposed to just standing on the sidelines."

Uldrich said that by having the Tri County Northeast co-operative already in place for sports like basketball, track and wrestling, it will give the kids playing football from

the two schools a better opportunity to get to know one another as they begin playing together next season.

"I think there are good relations among the kids and the kids have really bought into it," Uldrich said. "After the game Friday night, the two kids were shaking hands and hugging each other and congratulating each other so I think there are good relationships among the kids. It might take a year or two to really get it on its feet, but when you start something new like this you have to get to know people."

One of the big changes that will come with the co-op is the return to 11-man football. The two schools will have enough boys participating that it will move them out of the eight-man division and into 11-man football.

With that change, both schools will have to make adjustments to their football fields to accommodate the 11-man game, which is both longer and wider for 11-man than it is for 8-man.

Uldrich said that the two schools will work together on scheduling and will both play host to the Wolfpack's home games.

"It's kind of like what we're doing now for the other sports," Uldrich

said. "(E-H athletic director Doug Mackling) and I look at our home games and determine which teams come from which directions, and some of the games will be played here and some will be played over in Emerson."

Who coaches those teams is also a decision jointly made by the two school districts. No decisions have been made as to who will coach the Tri County Northeast football team, but Uldrich expects the two boards and administrators to have that sorted out before next season.

Jones said he feels the new co-op team will do both school districts proud.

"There was some skepticism in the beginning because the two schools have been rivals since the 90's, but these days it's different," he said. "My son played for Allen a few years ago, and there were people (at Emerson-Hubbard) that he got to know from playing and they would meet on the football field and a lot of friendships were formed because of that. I think people in both school districts saw the writing was on the wall and I think the kids get along a lot better than they did even a few years ago. I think we've come a long way with that."

# Halloween poison prevention tips shared

Halloween is one of the most exciting holidays for children, and the staff at the Poison Center would like to remind parents and caregivers to take some simple precautions to make sure that everyone has a safe and happy Halloween. Here are a few tips to know about these tricks!

- Glow sticks can cause a stinging and a burning sensation if the liquid comes into contact with the mouth or eyes. Be careful when children put these in their mouths as they are soft to chew on and can easily break open. If this happens, rinse with water and call the Poison Center.
- When children trick-or-treat, treats should be carefully checked by adults. Homemade treats or anything out of its original wrapper should be thrown away unless parents are positive of the identity of the person from which it came.
- Marijuana edibles can be found in many shapes and sizes and they resemble traditional candies in their names and packaging. This is another good reason to check all your children's candy when they get home.
- Costumes should be warm, well-

fitting and non-flammable. Masks should allow adequate vision and should be removed while children are crossing streets. Make sure children are accompanied by an adult and take a flashlight along if it is dark.

- Use nontoxic face paint as an alternative to masks. All makeup and fluorescent hair sprays should be removed before going to bed. Consider using reflective tape on costumes worn after dark.
- Serving punch containing dry ice is not considered dangerous if the ice is not swallowed in its solid form. Small pieces should not be put in individual glasses. Frostbite can occur if dry ice touches the skin or mouth.
- Chocolate and xylitol are very poisonous to dogs. Xylitol is the sweetener found in sugar free candies and gum. Store all candy up and out of reach of dogs and other pets.

The Nebraska Regional Poison Center is a free and confidential service to the public.

Call 1-800-222-1222 to immediately talk with a Registered Nurse or Pharmacist 24/7/365

# Board to host Community Engagement Meeting

The Wayne Community Schools Board of Education has scheduled community meetings for Wednesday, Oct. 27 at the Carroll Auditorium, and Thursday, Nov. 11 at the Wayne Junior/Senior High School Commons.

The public sessions will take place beginning at 5:30 p.m.

This community discussion is part of a larger Strategic Planning process and will give the Board of

Education and district administration the opportunity to listen to community stakeholders.

Community members are being invited by the district for two reasons: to ensure that a broad cross-section of interests, backgrounds and perspectives are included, and to ensure that board members are able to hear from all participants in a purposeful and efficient manner.

Any patron wishing to attend

these sessions or to submit written comments that will be considered as part of the process is encouraged to do so.

Representatives of the Nebraska Association of School Boards will facilitate the community engagement process.

For more information, call or email Mark Lenihan, Superintendent at (402) 375-3150, or malenih1@waynebluedevils.org.



(Photo by Clara Osten)

# Superior performance

The Wayne High Pride of the Blue Devils Marching Band earned a Superior rating for their performance at the Ox-bow Marching Band Invitational at Ashland on Oct. 16. The band also earned Superior ratings during competition at Wayne on Oct. 2 and at Pierce on Oct. 6. In addition, the band earned top honors in the Wayne State College Homecoming/Band Day Parade. Pictured are drum majors Jamie Janke and Dakota Spann and Band Director Alex Wieland.

# Wayne State Geography Bowl is set for Nov. 4

The 10th annual Geography Bowl at Wayne State College is set for Thursday, Nov. 4 at 4 p.m. in the Frey Conference Suite of the Student Center.

This event is free and open to the public.

The Geography Bowl features teams of WSC undergraduates answering questions on topics of global consequence. Subjects range from the physical properties of earth to cultural impacts on the environment. Competition can grow fierce during this 90-minute session of humor and enlightenment. The victorious team wins a prize. Spectators are eligible for door prizes.

Sponsored by WSC's Geography Honor Society, Gamma Theta Upsilon, the Geography Bowl is held each year to honor Geography Awareness Week. This nationally recognized week raises awareness of geography as a discipline and part of daily life. Nov. 15-21 marks this year's Geography Awareness Week.

For more information, contact Dr. Lesli Rawlings, professor of geography, at lerawl1@wsc.edu

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10/13/2021

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Where they are located: 1819 Chiefs Way  
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(Photo by Michael Carnes)

LCC's Tali Erwin attacks the ball during action against Winside in the Lewis & Clark Conference tournament Saturday at Laurel.

### Lady Bears win pod at conference tourney

After sweeping Winnebago, the Laurel-Concord-Coleridge volleyball team beat Walthill (25-15, 25-9) and Winside (25-17, 25-14) to win their pod in the Lewis & Clark Conference tournament on Saturday. In the 25-16, 25-13, 25-13 win over Winnebago, Mallory Eriksen had six kills, Tali Erwin added four and Kinsey Hall and Chelsea Potts each had three. Kinsey Hall had 17 assists. Berniece McCorkindale had three ace serves while Erwin

and Eriksen each had two. Hall had 13 digs and Jody Urwiler added 10. In the win over Walthill, Hall had four kills, Potts added three and Paige Cook and Delaney Johnson added two apiece. Hall had seven assists. Johnson recorded eight ace serves, Cook added five and Hall and Rachel Rasmussen had two apiece. Against Winside, Erwin led with eight kills, Eriksen added six, Mollie Schutte put up five and Hall

had four. Hall had 19 assists and four ace serves. Urwiler and Cassie Granquist both had 11 digs. On Monday, LCC defeated Randolph in the quarterfinals 25-18, 25-23, then lost to Wynot in the semifinals 17-25, 25-11, 25-21, 25-19. Statistics were not available at press time. LCC, 21-10, played Wakefield in the consolation match Tuesday at Ponca, their final match before sub-districts next week.

### Eagles extend final season with 50-14 win

Allen's final season on the gridiron as the Eagles was a successful one, as they handled their future teammates from Emerson-Hubbard in a 50-14 decision Friday at Isom-Hill Field. Next year, Allen and Emerson-Hubbard will complete their co-op as Tri County Northeast by adding football for the 2022 and 2023 seasons. The two schools started the co-op two years ago after an effort to set up a three-school co-op with Wakefield was rejected by the Wakefield Board of Education. "Our community, school, parents, fans should be proud of the season the team has put together,

considering how it began and the challenges they faced," coach Dave Uldrich said after the win. "It truly was a good way to close the chapter on Eagle football on Isom-Hill Field." The Eagles had no problems moving the ball on the Pirates, racking up 368 yards in total offense on the night. Allen raced to a 21-0 lead after one period on the strength of three touchdowns. Gabe Reinert scored on a 26-yard run, and Nathan Oswald found Ty Krommenhoek for a 17-yard score before calling his own number on a 20-yard gallop. After a scoreless second quar-

ter, Allen's offense started rolling again. Oswald scored on a one-yard plunge and Renert scored his second touchdown of the night on a 24-yard sprint to make it 35-0 and leave the rest of the game to the reserves, where Brayden McCorkindale and Bryan Isom added short touchdown runs for the Eagles. The Eagle defense was stifling in the effort. Emerson-Hubbard gain 122 yards on the ground for the night, but 76 on the two late touchdown runs. Michael Dickens led tacklers with 13. Brayden McCorkindale chipped in nine, while Joe Grone and Gabe Reinert added eight each. Offensively, Reinert rushed for 128 yards on 11 carries, scoring twice. Joe Grone added 121 yards on 15 carries. Five Eagles registered touchdowns in the effort. The offensive line of Kumm, Kallsen, Anderson, Olesen and Krommenhoek allowed the massive number by consistently providing good running lanes for the backs. The win moves the Eagle season record to 3-5, and 3-1 in district play. The win also put the Eagles in the playoff for the sixth consecutive season. They will play at Humphrey St. Francis on Thursday at 6 p.m. Allen 50 Emerson-Hubbard 14 Allen 21 0 14 15 - 50 Emer.-Hubb.0 0 0 14 - 14



(Photo by Michael Carnes)

Allen's Gabe Reinert finds the end zone for a first-quarter touchdown run to help Allen defeat Emerson-Hubbard 50-14 Friday at Isom-Hill Field.

### Wildcat soccer earns win, draw at home

The Wayne State women's soccer team handed University of Mary its first conference loss and settled for a draw against Minot State in home action this past week. Payton Haliburton scored on a free kick late in the second half to lift Wayne State to a 2-1 win over University of Mary in NSIC women's soccer action Friday at the WSC Pitch. The visiting Marauders broke the ice midway through the first half of a Noelle Vigneri goal, but the Wildcats answered two minutes later after a corner kick by the Wildcats ricocheted off a Mary defender for an own goal to tie it at 1-1. Haliburton got the game-winner from about 35 yards out on a free kick in the 76th minute, as the ball floated over the goalkeeper's hands and into the back of the net for what proved to be the deciding goal. Goalkeeper Katherine Hageman made four saves in the match to get the win for the Wildcats. Wayne State battled Minot State

to a scoreless draw in NSIC women's soccer action Sunday afternoon at the WSC Soccer Complex. Wayne State used an eight-save match from sophomore goalkeeper Katherine Hageman to keep Minot State off the scoreboard. The first half saw WSC fail to get a shot on goal while only taking two during the first period. Minot State took seven shots in the first half. Wayne State again took two shots in the second half with a Morgan Rhodes shot on goal. The Bears used five shots in the second half to force four WSC saves. During overtime and double overtime WSC took one shot and the Bears took five in the extra periods. The Wildcats had five players with shots and Rhodes had the lone 'Cats shot on goal. The Wildcats (4-6-3, 4-4-2 NSIC) will be on the road this weekend, visiting Minnesota Duluth Friday night at 6 p.m. followed by a Sunday afternoon 1 p.m. contest at St. Cloud State.

### Bears fall to Eagles, ready for playoffs

Playing without 1,000-yard back Evan Haisch, the LCC football team ended its regular season Friday with a 46-14 loss to Lutheran High Northeast at Haskell Field. Haisch missed Friday's game due to an injury, and the Eagles were able to take control of the game early and build a 26-0 halftime advantage. LCC got on the board in the third quarter with a short touchdown pass from Evan Schmitt to Jake Rath, and added another late in the game when Schmitt hit Wilton Roberts for a 50-yard score. Schmitt finished the night 11-of-26 for 119 yards and two touch-

downs. Rath had five receptions for 45 yards, Roberts caught two balls for 60 yards and Deagan Puppe had four catches for 14 yards. In the rushing department, Lucas Rasmussen rushed eight times for 45 yards, Dan Puppe had six carries for 15 yards and Sutton Ehlers rushed six times for 11 yards. Kolby Casey led the defense with 11 total tackles, Dan Puppe added 10 and Dylan Taylor had nine. Ehlers and Rasmussen both had seven tackles. The Bears drew the No. 8 seed in the East Bracket for the Class D-1 playoffs that start on Thursday. The Bears will host Exeter-Milli-

gan/Friend in a 6:30 p.m. game at Haskell Field. LCC 0 0 8 6 - 14 LHNE 20 6 0 20 - 46 Scoring Summary LHNE: Landon Johnson 1 run (PAT failed) LHNE: Cort McKeown 10 pass from Johnson (PAT failed) LHNE: Keaton Ranslem 18 run (Ranslem run) LHNE: Ranslem 61 run (PAT failed) LCC: Jake Rath 2 pass from Evan Schmitt (Lucas Rasmussen run) LHNE: Josh Rojas 20 pass from Johnson (PAT failed) LHNE: McKeown 32 pass from Johnson (PAT failed) LCC: Wilton Roberts 50 pass from Schmitt (PAT failed) LHNE: Ranslem 1 run (Ranslem run)

### Trojans end season with 62-52 road win

The Wakefield football team ended the 2021 season on the right note, coming away with a 62-52 win at Hartington-Newcastle. The Trojans got off to a fast start, taking a 10-point lead after one period and maintaining that advantage from there. Logan Bokemper got the scoring started with a 46-yard touchdown run and Cade Johnson added a two-yard run later in the period to give Wakefield a 16-6 advantage. Hartington-Newcastle never went away in this contest, but Wakefield was able to answer every score the Wildcats had in the final three quarters. Johnson threw a six-yard touchdown pass to Hunter Schultz to answer a Wildcat score for a 24-12 halftime advantage. Hartington-Newcastle was never able to get closer than five points after that as

the Trojans finished their 3-5 season with the 10-point win. Bokemper rushed 30 times for 283 yards and five touchdowns to highlight the Wakefield offensive attack. Johnson was 5-of-7 for 58 yards passing and added 43 yards on 11 carries. Schultz caught three passes for 31 yards, Kaden Kratke had a 23-yard pass and Bokemper caught a four-yard connection. Defensively, Bokemper had 16 tackles, Johnson added 13 along with a sack, Kratke had 10 tackles and two sacks, Schultz recorded nine tackles and Diego Martin had eight stops. Wakefield 62, Hartington-Newcastle 52 Wakefield 16 8 14 24 - 62 Hart.-New. 6 6 14 26 - 52 Scoring Summary WAKEFIELD — Logan Bokemper 46 run (Bokemper run) HART.-NEW. — Lane Heimes 2 run (PAT failed)

WAKEFIELD — Cade Johnson 2 run (Bokemper run) HART.-NEW. — Jake Peitz 9 run (PAT failed) WAKEFIELD — Hunter Schultz 6 pass from Johnson (Bokemper run) HART.-NEW. — Heimes 50 run (Heimes run) WAKEFIELD — Bokemper 4 run (Bokemper run) HART.-NEW. — Heimes 3 run (PAT failed) WAKEFIELD — Kaden Kratke 23 pass from Johnson (PAT failed) HART.-NEW. — Peitz 3 pass from Heimes (Peitz kick) WAKEFIELD — Bokemper 25 run (Schultz pass from Johnson) HART.-NEW. — Heimes 16 run (PAT failed) WAKEFIELD — Bokemper 25 run (Bokemper run) HART.-NEW. — Peitz 47 pass from Heimes (PAT failed) WAKEFIELD — Bokemper 58 run (Bokemper run) HART.-NEW. — Carson Sudbeck 19 pass from Heimes (Peitz kick)

### Wakefield girls reach L&C semifinals

The Wakefield girls volleyball team reached the semifinals of the Lewis & Clark conference tournament after a win over Wausa on Monday night. The Trojans beat the Vikings 28-26, 23-25, 25-22. Alex Arenas led the way with 11 kills and Daveigh Munter-McAfee added eight. Jordan Metzler put down four kills and Makenna Decker, Alice Brown and Destiny Helzer each had three. Metzler had 14 assists and Olivia Donner added nine. Donner, Metzler and Katie Borg each had two ace serves. Defensively, Aishah Valenzuela had 12 digs, Donner and Arenas each had seven, Munter-McAfee had six and Borg and Metzler each had five. In the semifinals, Wakefield fell to Ponca, 25-21, 25-23, 18-25, 25-21. Arenas has 17 kills and Munter-

Munter-McAfee added 13. Metzler recorded 20 assists and Donner added 15. Donner had five ace serves and Valenzuela and Arenas each had two. Defensively, Valenzuela had 35 assists, Metzler added 26, Arenas had 20, Borg added 19 and Donner had 12. In other action, the Trojans handled Tri County Northeast 25-9, 25-20, 25-23. Arenas had 14 kills, Munter-McAfee added seven and Brown had six. Metzler had 15 assists and Donner added four. Valenzuela had 21 digs, Metzler added nine and Arenas had seven. Wakefield was to play LCC in the consolation match Tuesday at Ponca. They begin subdistrict play next week.

### Local event raises money for wetlands and waterfowl conservation

The Wayne Area Chapter of Ducks Unlimited will host its 17th annual Auction and Member Banquet fundraiser for wetlands and waterfowl conservation on Friday Nov. 5. The Banquet will take place at the Beaumont Event & Concert Hall, 2611 N Highway 15 in Wayne. Doors will open at 5:30 p.m. with dinner at 7 p.m. with a live auction to follow. Tickets are available by contacting Kent Bearnes at (402) 360-5005. Kent Bearnes of Laurel, chairman of the organized Wayne Area Chapter of Ducks Unlimited committee, said that this event will give local residents an opportunity to get involved in a practical conservation program and have a good time as well. "Ducks unlimited is the world's largest wetlands, waterfowl, and wildlife conservation organization," Bearnes said. "Our organization has conserved more than 13 million acres of wetlands and related waterfowl habitat since 1937, thanks to contributions from more than a million supporters and members from across the continent." "Come help us celebrate 84 years of Ducks Unlimited. "Join us for a great dinner, exciting prizes, and good time for you and your family while helping support wetlands conservation," he added. For more information, contact Kent Bearnes at (402) 360-5005.

**NOTICE OF VACANCY**  
There is hereby created a vacancy in the office of Councilmember in Ward 3  
This position will be filled by mayoral appointment with Council approval of a current resident of Ward 3 of the City of Wayne. The unexpired term will end in December, 2024. Any resident interested in being appointed to fill that vacancy should contact the Mayor's office at (402) 375-1733.

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(Photo by Mary Vanderbeek)

Madi Sievers fires an attack for Wayne during Thursday's five-set loss to Battle Creek.

# Blue Devils fall in first round at conference

The Wayne High volleyball team is heading into postseason play next week after a matchup with Battle Creek and play in the Mid State Conference Tournament.

On Thursday, the Blue Devils finished up the regular season with an exciting matchup against Battle Creek. The two teams battled through an exciting five-set match, with the visiting Bravettes coming out on top, 22-25, 22-25, 25-20, 25-20, 15-12.

Rubie Klausen finished with a match-high 23 kills while Kate Hill

added 17. Kiara Krusemark had 44 assists. Defensively, Sydney Redden had 46 digs, Klausen added 31, Reagan Backer picked up 25, Faith Powicki had 16 and Hill had 11. Klausen and Anna Kaup each had two blocks.

On Monday at Pierce, the Blue Devils were swept by Crofton, 25-22, 25-18, 25-18.

Klausen led the Blue Devils with 13 kills, followed by Hill with nine and Anna Kaup with four. Krusemark had 23 assists. Redden recorded two ace serves, Kaup had

two blocks. Redden led the team in digs with 24. Backer and Klausen both had 16 and Powicki and Krusemark each had nine. Hill had seven digs and Mady Sievers had five.

Wayne was to play in consolation action on Tuesday at Norfolk Catholic. A win would put them in the fifth-place match Thursday at Pierce, which closes out the regular season. Subdistrict play begins next week.



(Photo by Mary Vanderbeek)

Faith Powicki makes a pass to set up the Wayne offense during Thursday's home matchup against Battle Creek.



(Photo by Michael Carnes)

Winside's McKenna Russell makes an attack at the net for Winside during Lewis & Clark Conference action Saturday in Laurel.

# Wildcats 2-1 in conference play

The Winside volleyball team won two of three matches in the Lewis & Clark Conference tournament, going 1-1 in triangular play with a win over Walthill (25-11, 25-3) and a loss to LCC (25-17, 25-14).

In the win over the Blujays, Natalie Kruger had six kills, Skye Schultz added three and Hannah Gubbels, Carsan Brogren, Reagan Strong, Rande Haase, Micah Stenwall and McKenna Russell each had two. Russell had 14 assists and Brogren had five. Brogren led the team with six ace serves and five digs.

four kills and Russell had seven assists. Brogren led the team with 13 digs, Stenwall and Russell each had seven and Kruger had six.

On Monday, Winside lost to Winnebago, 25-12, 21-25, 27-25, 25-23. Kruger had six kills and Brogren, Haase and Stenwall each had four. Russell recorded 21 assists. Ashley Abler had four ace serves, Brogren had three and Gubbels and Stenwall both had two. Gubbels led in digs with 22, Stenwall added 15, Brogren had 12 and Russell and Sam Gubbels each had eight.

Northeast (25-23, 23-25, 25-21) and lost to Hartington-Newcastle (25-22, 25-12).

In the win over the Wolfpack, Kruger had nine kills, Stenwall added six and Brogren, Haase and Schultz each had four. Russell had 20 assists and three kills, and also led in digs with 22. Hannah Gubbels had 16 and Brogren added 12.

Against Hartington-Newcastle, Kruger had three kills and Brogren added two. Russell had seven assists. Brogren led the team with 13 digs, Gubbels added 10 and Stenwall had nine.

# Wildcats lose heartbreaker to Wynot

In a game that went down to the wire, the Winside football team came up short in a 34-32 loss at home to Wynot.

The Wildcats got on the board first when Gabe Escalante hauled in a 46-yard pass from Dax Behmer for a 6-0 advantage.

Wynot broke the tie with a score of their own, but Winside answered later in the period on a one-yard run by Art Escalante to make it 12-7 at the half.

Gabe Escalante returned the second-half kickoff 7-yards for a score to make it a 20-7 game, but Wynot responded with two touchdowns to tie the game at 20-20.

Winside turned the tables on their next score as it was Behmer catching the touchdown pass from Gabe Escalante, a 62-yard connection that put the Wildcats in front, 26-20.

Wynot responded with a late third-quarter touchdown to tie the game at 26-26, then scored again in the fourth to take a 34-26 advantage.

Winside answered later in the final stanza with a four-yard Behmer-to-Escalante pass, but the two-point conversion failed and the visiting Blue Devils came away with the win, dropping Winside to 5-3 on the season.

Beamer was 11-of-20 for 118 yards and two touchdowns passing and rushed for 27 yards on five tries. Escalante caught five balls for 75 yards, but was limited to just 47 yards on 15 tries on the ground. Behmer caught a 62-yard pass, Cayden Ellis caught a 29-yard pass and Dean Kreuger caught three balls for 13 yards. Art Escalante had two catches for 13 yards.

Defensively, Art Escalante had 20 total tackles, Ellis added 16, Ma-

son Topp had 12, Madox Magwire made 10, Gabe Escalante had nine and Tyler Carlson had seven.

Winside is the No. 10 seed in the East Bracket for the Class D-2 playoffs. They will travel to Johnson-Brock Thursday for a 4 p.m. matchup.

Winside	6	6	14	6	-	32
Wynot	0	7	19	8	-	34

Scoring Summary  
 WINSIDE — Gabe Escalante 46 pass from Dax Behmer (PAT failed)  
 WYNOT — 1 run (kick good)  
 WINSIDE — Art Escalante 1 run (PAT failed)  
 WINSIDE — G. Escalante 70 kickoff return (PAT good)  
 WYNOT — 22 pass (kick good)  
 WYNOT — 21 pass (kick failed)  
 WINSIDE — Behmer 62 pass from G. Escalante (PAT failed)  
 WYNOT — 14 pass (PAT failed)  
 WYNOT — 33 pass (PAT good)  
 WINSIDE — G. Escalante 4 pass from Behmer (PAT failed)

# Kids can attend the annual 2021 Wayne Area Ducks Unlimited banquet for free

The Wayne area chapter of Ducks Unlimited is looking to the next generation of wildlife conservationist and hunters.

Greenwings: (DU young members 15 years old and younger) can attend the 2021 banquet for free when accompanied by an adult DU member.

Chairman Kent Bearnese of Laurel said that the Wayne Area Chapter has been given a sponsor gift from area committee members to support the Greenwings in the local area. The chapter will pay for the "Greenwing" youth membership in DU and a meal for the first 50 youth to register.

The banquet will be held Friday Nov. 5 at the Beaumont Event & Concert Hall (2611 N Highway 15 Wayne).

A social will begin at 5:30 p.m. followed by a dinner and auction at 7 p.m.

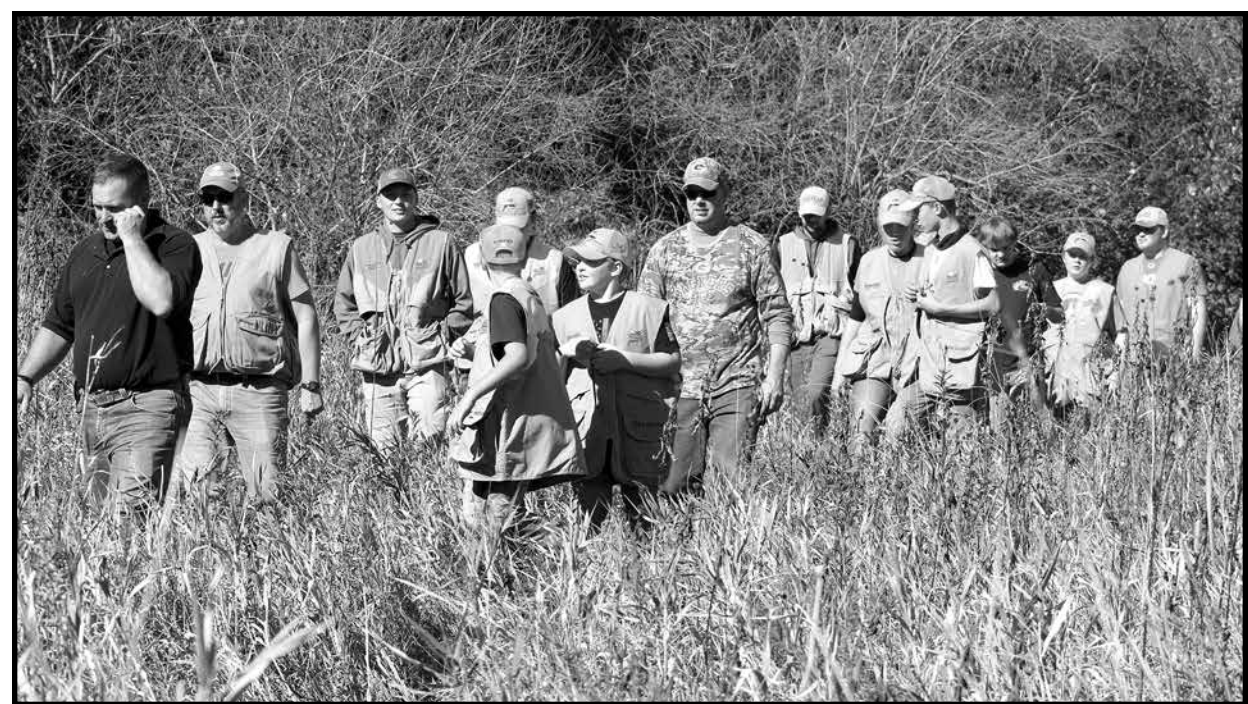
Bearnese said that the new generation of hunters will be the leaders of conservation in the future. Focus on the Greenwings in the area is important to future programming and events.

Committee members Chad Johnson and Steve Smith of Laurel said in addition to membership and a meal, all Greenwings will be entered into a drawing of youth items.

Tickets are available at the door or from any committee member or to buy tickets online please visit ([www.ducks.org/Nebraska/events](http://www.ducks.org/Nebraska/events)). A single is \$45 with couples at \$65, greenwings at \$20 and National Bronze level sponsorship at \$270. The price includes dinner and membership in Ducks Unlimited.

This year's banquet will include an auction of both collectible DU art and memorabilia and other useful items for the hunter and collector.

For additional information call Kent Bearnese at (402) 360-5005.



(Photos by Clara Osten)

# Youth Mentor Hunt

(top) Ed Brogie demonstrates the proper way to hold a bow during the archery portion of the Pheasants Forever Youth Mentor Hunt. (middle) Russ Hamer, Biologist with the Nebraska Game & Parks lead the youth and mentors on a walk around Ike's Lake discussing various forms of wildlife habitat. (bottom) The youth and their mentors divided into groups before moving to the various stations that were part of this year's event. Following the educational portion of the afternoon, the youth were able to take part in a live hunt.





# Northeast's Barrett and Hollmann earn recognition from national marketing organization

Two representatives of Northeast Community College have earned recognition from an organization that exclusively represents marketing and public relations professionals at community and technical colleges across North America.

Leah Barrett, president, was presented the National Council for Marketing and Public Relations (NCMPR) District 5 Pacesetter Award while Crystal Hollmann, director of marketing, received the District 5 Communicator of the Year Award. The presentations were made at the District 5 Annual Conference in Omaha recently.

The district includes the states of Iowa, Kansas, Minnesota, Missouri, Nebraska, North Dakota, South Dakota, the Canadian province of Manitoba, Puerto Rico and Virgin Islands.

The Pacesetter of the Year Award recognizes a community college president or CEO who has demonstrated special leadership and support in college communications and marketing. In accepting the award, Barrett said marketing and public

relations play important roles at the nation's community and technical colleges.

Barrett was nominated for the award by Northeast's marketing and public relations departments. Her nomination stressed Barrett's inclusion of marketing in several areas including in the development of the College's new strategic direction, "enVISION."

"To be a part of why we do what we do and empowering others who are a part of Northeast is why marketing and public relations exists in community colleges," the nomination reads. "Telling our story, working with the campuses, students, community, workforce - we are often times referred to as the 'knowers of all' and it's a heavy lift sometimes, however, Dr. Barrett empowers us to be the key resource of the college. She welcomes discussions of how we represent the college, what's our vision, empowering others, and how the Marketing and Public Relations teams can continue to support the college."

"They are our voice, they create



(Courtesy photo)

Crystal Hollmann, director marketing at Northeast Community College (left), and Leah Barrett college president, were presented prestigious awards from the National Council for Marketing and Public Relations (NCMPR) at the organization's District 5 Annual Conference in Omaha recently.

our brand and they tell our story," Barrett said. "Marketing and public relations professionals need to be part of our planning process so they can understand how we get to our strategic directions, our values, our missions and visions and how we want our students to see our institutions. I am honored to be selected for this award."

The Communicator of the Year Award is one of the most prestigious awards presented to an NCMPR member who has demonstrated leadership and ability in the area of college communications.

Hollmann was nominated for the award by her colleagues in Northeast's marketing and public relations departments.

"Crystal consistently finds ways to support faculty, staff and students across Northeast Community College in offering advice or strategies by thinking outside the box to accomplish a task. She is quick to respond to requests for further details on items that are necessary to complete an assignment so it comes to fruition." She is a go-getter who

is willing to go above and beyond her typical responsibilities to reach out and offer her assistance or solutions."

Hollmann credits her team for their work and dedication to Northeast in allowing her to be where she is today.

"Our team made it our mission to reach out to the College community and make communications our priority," Hollmann said. "I enjoy being the person so many come to create communication plans and to show how their communications impact and work for them. It's our role to be the foundation of information and support our campus communities to solve problems and guide others."

Both the Pacesetter, Communicator of the Year and the Rising Star awards are presented annually in each of NCMPR's seven districts. District recipients automatically qualify to compete for the national award in their respective categories which will be presented at the organization's national conference in Denver in March 2022.



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## October 19, 1961 Packing plant gives tour

A complete tour of the Iowa Beef Packers packing plant at Denison, IA., Wednesday, gave area businessmen and farmers a look at an operation brought about by the cooperation of residents interested in their area's future. The plant - which has processed 110,000 head of cattle since beginning operations in March - has a yearly payroll of over one million dollars. Wayne is one of the communities in Nebraska that will be surveyed this fall as a possible location for such an operation.

## October 21, 1971 Theodore Reegs Wed 50 Years

Friends and relatives from West Point, Wisner, Winside, Norfolk, Pierce, Columbus, Pilger and Wayne, were present for the 40th wedding anniversary open house reception of Mr. and Mrs. Theodore Reeg Sr., Pilger, held last Sunday at the Pilger Community Building. Guests were registered by Reter Reeg and Randy Koll and gifts and cards were arranged by Mrs. Marvin Fuoss and Mrs. Richard Koll, Winside. Mrs. Neils Skovsende, Pilger, and Mrs. Albert Reeg, Pierce, cut and served the cake which had been baked and decorated by Mrs. Fred Koehlmoos. Mrs. Lowell Dinkel, Norfolk, poured and Mrs. Eugene Farr, Norfolk, and Mrs. Ronald Mueller, Columbus, served punch. Assisting in the kitchen were Mrs. Henry Willers, Mrs. Alvena Winch, Mrs. Melvin Mayer, Mrs. Russell Miller, Mrs. Alma Splitterger and Mrs. Rudy Romm. Reegs were married Aug. 21, 1931, at St. Peter's Lutheran Church, Pilger, by the Rev. M. A. Jensen. Attendants were Leonard Kempf, Omaha, and Lillian Jensen, Pierce, who was among the guests at the anniversary observance. Reegs, who have spent their entire married life on a Wayne County farm located north of Pilger, are members of St. Peter's Lutheran Church. Mrs. Reeg is presently serving as president of the Lutheran Church Women and for five years served in the capacity of Sunday school superintendent. The couple's children are Mrs. Richard Koll of Winside; Ted Jr., of Pilger and Peter at home. There are three grandsons.

## October 22, 1981 SkyMed to Start Wayne Air-Ambulance Service

Dr. Willis Wiseman of the Wayne Family Practice Group takes a look inside the SkyMed air-ambulance helicopter, a jet-powered Bell Long Ranger, minutes after it landed at Providence Medical Center Hospital at 9:10 a.m. Wednesday. John Boone was representing five Omaha hospitals that have agreed to use SkyMed, a 24-hour emergency helicopter service offered by Midland Helicopter Inc., Omaha. SkyMed was on the ground for about an hour to allow Wayne hospital and medial personnel time to examine the on-board medical equipment. SkyMed will be available for service in the Wayne area starting Monday. Hospitals involved in the cooperative air-ambulance venture include Bishop Clarkson Memorial Hospital, Childrens Memorial Hospital, Immanuel Medical Center, Methodist Hospital and the UNL Medical Center.

## October 18, 2001 Homecoming activities planned at Wayne High

Homecoming activities at Wayne High School will take place Sunday through Friday Oct. 21 - 26. On Sunday, hall decorating will take place at the school from 4:30 to 6 p.m. Spirit activities will take place each school day with Monday being Impersonation-Famous Couple or Beach dress; Tuesday will be Adhesive or Cross Dress Day; Wednesday is PJ-Bad Hair Day; Thursday is Blue Day and Friday is Past Era-Cowboy Day. Candidates for king this year include: Brad Hochstein, son of Dale and Laura Hochstein of Wayne; David Jammer, son of Bill and Sue Jammer of Wayne; Nicholas Lipp, son of Dennis and Gerald Lipp of Wayne; Marcus Berns, son of Mike and Nancy Berns of Wayne and Brad Hansen, son of Gene and Karen Hansen of Wayne. This year's queen candidates include: Andrea Simpson, daughter of Ed Simpson of Wayne and Colleen Simpson of Norfolk; Karla Keller, daughter of Tim and Rita Keller of Wayne; Kayla Schmale, daughter of Ed and Sherri Schmale of Carroll; Jessica Murtaugh, daughter of John and Mary Murtaugh of Wayne and Lacey Ball, daughter of Deb Kieckhafer-Ball of Wayne and Hugh Ball of Wayne.

## October 20, 2011 Learning Center renamed in honor of Holland family

The Wayne State College Learning Center has been renamed the Holland Academic Success Center in honor of Marge and Bill Holland. The Holland Center remains in the same space in the lower level of the Student Center and will continue with the same services. An official dedication was held during the 2011 Homecoming festivities on Oct. 7. Bill and Marge Holland have lived their lives with a commitment to education and service to community. Marge was employed at WSC from 1979-1989 as the director of the Learning Center, which was known as the Teaching Learning Center at that time. They continue to remain active in promoting and supporting this program. The Hollands have been loyal financial supporters of WSC and active trustees of the Wayne State Foundation since 1995. The Learning Center has been renamed the Holland Academic Success Center to recognize the Holland's significant impact on student success at Wayne State College.

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**Custodian**

Wayne Community Schools seeks an individual for a Part-Time Second Shift Custodian position. Flexible evening hours with the possibility of some weekend hours. We are looking for a responsible, self-motivated and detail-oriented person. Salary will be based on experience. Qualified candidate must have a High School Diploma and a Valid Driver's License. Applications are available at the Wayne Community Schools District Office. A background check will be concluded prior to an individual being hired. Applications will be accepted until position is filled

Send Applications to:

Jordan Widner, Director of Maintenance  
Wayne Community Schools

611 West 7th St., Wayne, NE 68787 • 402-375-3150

Wayne Community Schools is an Equal Opportunity and Veterans Preference employer

**FULL TIME NURSE NEEDED**

Northeast Nebraska Public Health Department (NNPHD) is looking for a Public Health Nurse to work on a variety of public health programs such as:

- Disease Surveillance, Investigations and Response,
- Immunizations,
- Chronic Disease Prevention, and
- Case Management.

**Required licensures, knowledge and skills:**

- Nebraska Nurse License
- Current Driver's License
- Independent and Team Worker
- Strong Writing and Computer Skills

Position will remain open until qualified candidate is hired. Salary commensurate with experience and skill level.



For more information email julie@nnphd.org  
Send resume and cover letter to the email listed or send via USPS mail to Northeast Nebraska Public Health Department, ATTN: Health Director, 215 N Pearl Street, Wayne, NE 68787.

NNPHD serves Cedar Dixon, Thurston and Wayne Counties.

**Custodian**

Wayne Community Schools seeks an individual for a Full-Time Second Shift Custodian position.

Flexible evening hours with the possibility of some weekend hours. We are looking for a responsible, self-motivated and detail-oriented person. Salary will be based on experience. Qualified candidate must have a High School Diploma and a Valid Driver's License.

Applications are available at the Wayne Community Schools District Office. A background check will be concluded prior to an individual being hired. Applications will be accepted until position is filled

Send Applications to:

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**PROJECT COORDINATOR NEEDED**

Northeast Nebraska Public Health Department is looking for a Project Coordinator to work on a variety of public health programs and activities including Chronic Disease Prevention, Data Collection and Assessment, Behavioral Health, and others.

**Duties and Responsibilities:**

- Implement program work plans,
- Develop and implement outreach plans,
- Complete required reports, and
- Coordinate with management team on grants, projects, work plans, policies and procedures, etc.

**Required Knowledge and Skills:**

- Health or human service-related college degree
- Public health experience a plus
- Ability to work independently and as a team member
- Ability to work with the public and with individuals
- Excellent written and oral communication skills
- Proficient computer skills, particularly in Microsoft Office

Hours most generally Monday - Friday

Position will remain open until qualified candidate is hired. Salary commensurate with experience and education.



For more information call (402) 375-2200. Send resume and cover letter via email to [julie@nnphd.org](mailto:julie@nnphd.org) or via USPS Mail to Northeast Nebraska Public Health Department, ATTN: Health Director, 215 Pearl Street, Wayne, NE 68787.

NNPHD serves Cedar Dixon, Thurston and Wayne Counties.

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**The Wayne Herald**  
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**JOB ANNOUNCEMENT**  
Northeast Nebraska Community Action Partnership has an excellent opportunity for an **LPN or RN NURSE** in their **HEALTH SERVICES and WIC PROGRAMS.**

Work location is the Pender Central Office. 40 hours per week M-F. No weekends or holiday rotation! Hourly wage plus benefits. Responsible for aiding in the operation of the Immunization and WIC Programs. Duties include the care and administration of vaccine, basic medical screening, nutrition, and breastfeeding education to clients as well as maintenance of client records. Will travel to assigned clinics as requested with agency vehicle provided or group travel. RN or LPN license required. Job application, job description, wage and benefit information are located on our website [www.nencap.org](http://www.nencap.org) under Employment or contact HR at 1-800-445-2505, 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

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To apply, submit a completed Agency application with education credentials or transcripts. No resumes accepted. Send applications to Northeast Nebraska Community Action Partnership, PO Box 667, Pender, NE 68047-0667. Position open until filled EOE

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Northeast Nebraska Public Health Department is looking to fill the position of Disease Investigator whose primary work will focus on infectious disease investigation and surveillance. In addition, this position will also assist NNPHD Program Coordinators with a variety of other public health programs and activities including Chronic Disease Prevention, Environmental Health, Behavioral Health, and others.

**Duties and Responsibilities:**  
-Assist with infectious disease interviews  
-Assist with data collection and assessment activities,  
-Assist with implementation of program work plans,  
-Assist with outreach activities, and  
-Assist with required program reporting.

**Required Knowledge and Skills:**  
-College degree in a health related field  
-Public health experience a plus  
-Ability to work independently and as a team member  
-Ability to work with the public and with individuals  
-Excellent written and oral communication skills  
-Proficient computer skills, particularly in Microsoft Office

Position will remain open until qualified candidate is hired. Salary commensurate with experience and education. For more information email [julie@nnphd.org](mailto:julie@nnphd.org). Send resume and cover letter to the email listed or send via USPS mail to Northeast Nebraska Public Health Department, ATTN: Health Director, 215 N Pearl Street, Wayne, NE 68787.

NNPHD serves Cedar Dixon, Thurston and Wayne Counties.



**ALL REAL** estate advertised herein is subject to the Federal Fair housing Act which makes it illegal to advertise "any preference, limitation, or discrimination because of race, color, religion, sex, handicap, familial status or national origin, or intention to make any such preference, limitation, or discrimination." State law also forbids discrimination based on these factors. We will not knowingly accept any advertising for real estate which is in violation of the law. All person are hereby informed that all dwellings advertised are available on an equal opportunity basis.









# Congratulations Wayne High Girls Golf Team and to Riley Haschke for Making it to State!



(Photos by Michael Carnes)



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Congrats to Riley Haschke for qualifying for state

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Great Job This Season  
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## Rabbit owners should talk with vets about RHDV vaccine options

The Nebraska Department of Agriculture (NDA) recommends that rabbit owners talk with their veterinarians about vaccine options to protect their rabbits from Rabbit Hemorrhagic Disease Virus (RHDV). RHDV is a highly contagious and often deadly viral disease that affects wild and domestic rabbits.

"Even though RHDV hasn't been confirmed in Nebraska to date, it has been found in wild and/or domestic rabbits in several states including the bordering states of Colorado, South Dakota and Wyoming," said NDA State Veterinarian Dr. Dennis Hughes. "It's important for rabbit owners to know about this disease so they can more closely monitor the health of their rabbits and talk with their veterinarians about RHDV vaccine options."

Symptoms of RHDV include fever, anorexia, wasting, diarrhea, lethargy, seizures, bleeding (from nose, mouth or rectum) and respiratory illness. RHDV can also cause sudden death in rabbits, even if they aren't showing any other symptoms.

RHDV is not contagious to people, livestock or other animals, but it is spread between rabbits and can also survive for weeks in contaminated environments.

Enhanced biosecurity helps prevent the introduction and spread of viruses and diseases including RHDV and should always be taken to protect rabbits, even if they are vaccinated. In addition to thorough cleaning and sanitation practices, rabbit owners should consider

housing rabbits indoors, restricting visitors to their rabbitries, and isolating new rabbit additions for 30 days.

The U.S. Department of Agriculture has issued a conditional license to Medgene Labs, located in Brookings, South Dakota, to distribute their RHDV vaccine. As the State Veterinarian, Dr. Hughes has given permission to Medgene Labs to distribute their vaccine to licensed veterinarians in Nebraska who will order and distribute the vaccine to clients.

RHDV is a notifiable Foreign Animal Disease, and practitioners who suspect RHDV in their domestic rabbits should contact the Nebraska Department of Agriculture at (402) 471-2351. People concerned about unusual deaths of wild rabbit and hare populations in Nebraska are encouraged to contact Nebraska Game and Parks at (308) 763-2940.

All rabbits entering Nebraska must be accompanied by a Certificate of Veterinary Inspection (CVI, or health certificate). If you are considering moving an animal into Nebraska from an affected state, please call (402) 471-2351 to learn more. Nebraska rabbit owners wanting to ship rabbits out of state should consult the State Veterinarian of the destination states for import requirements.

Additional information on RHDV can be found on NDA's website at: <https://nda.nebraska.gov/animal/diseases/rhd/index.html>.

## Youth Mentor Hunt is a success

The Logan Creek Chapter of Pheasants Forever held its annual Youth Mentor Hunt this past weekend at Izaak Walton Lake and Thompson/Barnes Wildlife Management Area northwest of Wayne.

The Wayne State College Shooting Sports Team. The live pheasant hunt was next, which was led by several volunteers from the Wayne area and their trusty pointing dogs.

Dr. Melissa Heithold, DMV,

gave the kids some information before the hunt got started on how to best care for the type of dog that they would be hunting with.

Once the live hunt was completed Pheasants Forever volunteer Duane Schroeder talked to the youth about how to go about asking landowners for permission, and also where to find information on public hunting lands in Nebraska.

Darin Gruenke, who is the leader of the 4-H Sharp Shooters Club, had an air rifle range set up for the groups to try their skills at shooting targets from different ranges.

The final event of the day was an archery target shoot which was taught by Ed and Lea Brogie.

The day finished up with bird cleaning demonstrated by Lonnie Matthes.

The youth then enjoyed some refreshments provided by Kory Leseberg and Lutt Oil.

"The chapter would like to thank State Nebraska Bank & Trust, Elkhorn Valley Bank, BankFirst, F&M Bank, and Pac-N-Save for helping

provide the meals for the youth. We would also like to thank the Izaak Walton League for the use of the facility, Clara Osten with Wayne Herald for her continued support, and Mikey C Productions for the media coverage. Also, we would like to thank Dave and A.J. Longe for their financial support to help us purchase enough shotgun shells to make this hunt happen. Finally, we would especially like to thank all of the adult volunteers who to take time out of their schedules make this event such a great success. This event would not be possible without the support of our generous donors, chapter members, adult volunteers, and the parents of the hunt participant's for getting their kids out there to enjoy the great outdoors," said Tim Reinhardt with the Logan Creek Chapter of Pheasants Forever, and one of the organizers of the event.

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



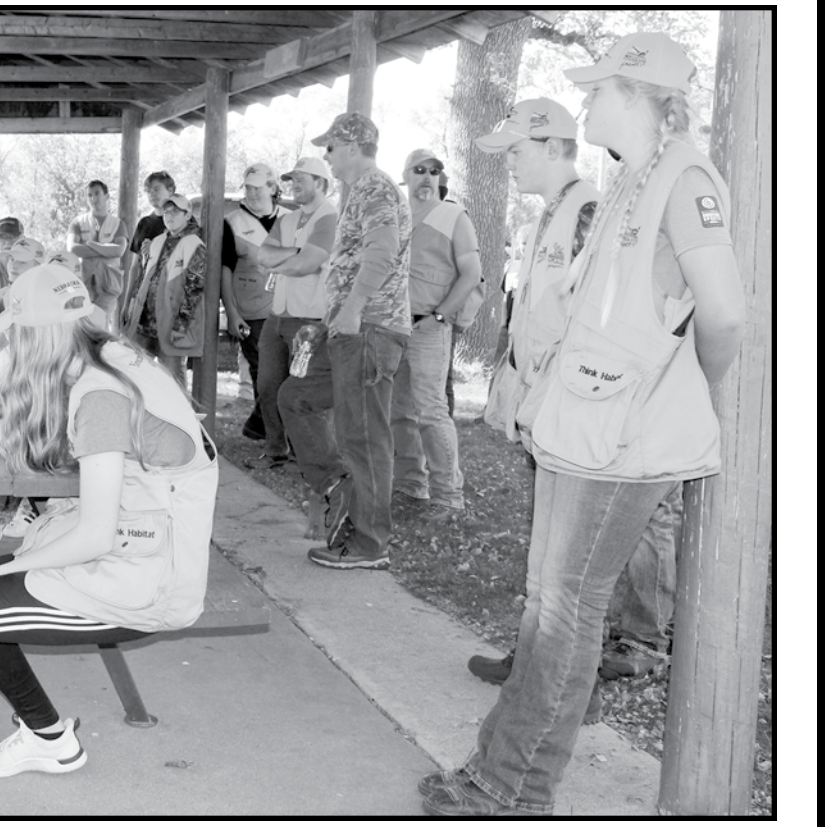
Thirteen Wayne county youth, ages 11 to 15, participated in this year's hunt.

The day began with check-in, followed by a lunch. During the check-in process the youth had to show their Hunter Safety Card which they obtained by taking a 10 hour course provided free of charge by Nebraska Game and Parks. After that, the kids picked up their hunting vest which is theirs to keep, provided courtesy of Pheasants Forever and Nebraska Game and Parks.

The day started with a habitat walk with Nebraska Game and Parks wildlife biologist Russ Hamer. He explained the different types of habitat and the importance of habitat for not only pheasants, but all wildlife.

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

After the youth were split into their groups, they were given the opportunity shoot a few rounds of trap, which was coached by members of



(Photos by Clara Osten) (clockwise) Trap shooting, dog care and air rifle shooting were among the educational stations making up this year's Youth Mentor Hunt, sponsored by the Logan Creek Chapter of Pheasants Forever. In addition, the youth were able to use the skills learned during the live hunt portion of the event.



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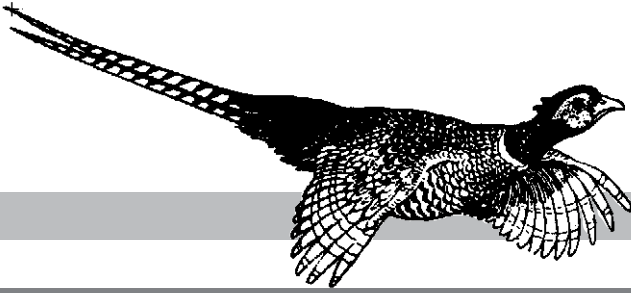
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## We all need to find opportunities to laugh

Well, at least the volleyball team keeps winning, right? And it's time for high school playoffs, so that will give me something to keep track of this week.

As I said, I'm rereading some books from my shelf. I actually gave away most of my Erma Bombeck books, knowing I would probably not read them again because the fun stuff about keeping house and raising kids is all behind me.

I do find it interesting that she and Phil Donahue actually lived in the same housing development in Dayton, Ohio. What are the chances? Phil also spoke at her memorial service. I kept one big book that has three of her best, and another with her best columns.

Then, I got out *The Courage to Laugh*, by Allen Klein. I actually participated in a workshop by him in Norfolk once. Allen is a funny guy in a low tempo way. He usually makes you chuckle instead of good belly laughs, but they are equally stress relieving.

The chapters in this book are divided by subject; for instance, hu-



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

mor and hospice. You think there is no humor in hospice? Well, there is, and I've been a participant in it at times. My favorite quote is "there is nothing so sad or so traumatic that we can't find humor in it." And, often, humor helps us get through the crisis.

In the chapter on Cancer and Comedy, the two "C" words, he makes an important point. He calls it the Circle Theory. Those experiencing a life-challenging adversity, like cancer or disability, or who are in high-stress jobs, like nurses, firefighters, EMTs, have a common bond. Therefore, they can laugh about things even when the situation itself is not laughable. These folks are in the circle.

The Big Farmer used to say nurses tell the most macabre jokes, and he was right. But it only happens with other nurses. We have our own circle. So, a cancer patient attending a support group may laugh about some humorous incident within the group, but when they try to explain why they are laughing to someone outside the group, it's not funny.

A woman being treated for cancer made numerous trips to the hospital and one day, in an emergency room, her regular doctor wasn't on call and she had a different physician. She says he barged in, was very cold and very sterile, looked at

her chart and announced she had a very low blood pressure for someone as large as she was! She responded by asking, "Did you know the number one predictor of a malpractice suit is a poor bedside manner?" (And it is.) The nurse had to leave the room because she could not stop laughing.

And, when he gets to children and cancer, he quotes Erma! Erma went to a cancer camp for kids and wrote a book about it. As we all would, she expected it to be a sad experience. But she found children, especially, could find the funny in their experiences. She says if you can't handle optimism, don't go around children with cancer.

If they have one leg, they will jump into a puddle of water. If the pass a mirror reflecting a bald head, they will stick their tongue out. And if you put 'em in a wheelchair, they'll find another to race.

We all should be as children and find more opportunities to laugh. And I have only scratched the surface of things Allen Klein writes about. I need to finish the book!

## Deadline approaching to apply for conservation funds

Farmers and ranchers interested in preventing erosion, improving soil health, conserving water and wildlife, or making any other natural resource conservation improvements to their property are encouraged to apply now for funding available from the USDA Natural Resources Conservation Service (NRCS). Those interested in receiving funding should sign up before Nov. 19, 2021.

According to John Wilson, acting state conservationist for NRCS in Nebraska, there are several options available to producers.

"NRCS has a whole suite of conservation programs available to farmers and ranchers looking for assistance in improving and protecting the natural resources on their ag land. These programs provide funding on cropland and rangeland, as well as for animal feeding operations and establishing or enhancing wildlife habitat and wetlands. NRCS staff can help landowners and operators identify their options," Wilson said.

The most widely applied conservation programs in Nebraska are the Environmental Quality Incentives Program (EQIP) and the Conservation Stewardship Program (CSP). The goal of these conservation programs is to provide a financial incentive to encourage landowners to install conservation practices that protect natural resources, resulting in cleaner air and water, healthy soil, and more wildlife habitat.

"Participation in our conservation programs is totally voluntary. We offer assistance that can help make farming and ranching operations more sustainable while conserving the natural resources like soil and water on which all Nebraskans depend," Wilson said.

Individuals interested in applying for these conservation programs may do so at any time, but applications need to be submitted by Nov. 19 to be considered for this year's funding.

For more information about conservation programs and other assistance available, call your local NRCS field office or visit [www.ne.nrcs.usda.gov](http://www.ne.nrcs.usda.gov).

## Fall pasture, alfalfa care advice offered

### Prussic acid and frost

By Ben Beckman  
With a warmer than usual fall so far, we've been able to graze later in the year with few concerns. However, cold temperatures are not far off and with our first freezes of the year comes the risk of prussic acid in sorghum species.

When temperatures drop, freeze damaged members of the sorghum family, including sudangrass, sorghum-sudan hybrids, forage sorghum, or grain sorghum (milo) releases a toxic cyanide compound we know as prussic acid. Plants like pearl and foxtail millet that are not of the sorghum family don't carry this risk. If digested, prussic acid interferes with the blood's ability to transport oxygen, often resulting in death.

While deadly, prussic acid doesn't stick around for long. After 5-7 days, the toxin has dissipated enough that forages are once again safe to graze. However, this doesn't mean the danger is over. Every time a new part of the plant receives damage from a frost, our timer must again be reset. This continues until the entire plant has been killed by frost.

So how do we stay safe? Pull animals from sorghum before a frost and keep them off for the 5-7 days. Prussic acid also accumulates in new growth, so keep an eye out for new shoots and consider pulling animals until they reach 15-18 inches in height, or the plant dies.



Since prussic acid dissipates from dead tissues, haying sorghums won't be a concern, as long as moisture content is low enough. If harvesting for silage is an option, the proper ensiling will reduce prussic acid to safe levels.

Prussic acid is a real risk, but one easily dealt with by proper management. Don't graze sorghums 5-7 days after each frost until the entire plant is killed, and keep an eye out for equally dangerous new shoots. If this prevents grazing from being an option, consider haying or silage as safe solutions.

### Fall irrigation on alfalfa

By Brad Schick  
There have been many stressors on alfalfa fields this year, from early weevils to drought and hail and now fall armyworms and cutworms. Can fall irrigation help with stand stress?

For irrigated alfalfa, targeted fall irrigation may help the long-term strength of the stand. Although alfalfa is drought tolerant with its deep roots, it uses a lot of water. With warmer than normal projections for the fall, alfalfa will continue to grow and use water, depleting the soil profile. Additionally, some moisture on the surface is necessary to prevent the roots from drying out and dying over the winter. With a full soil moisture profile headed into winter, soil temperature is better regulated, helping keep plants alive during the winter and initiating growth better in the spring.

Late season irrigation occurs during a time when evaporation is very low. This means little of what

we supply will be lost, with most going to late season growth or filling the soil profile for strong spring growth. In many alfalfa fields, the water supplied during the growing season may never reach beyond 4 feet, when the roots go down 8 feet. By padding the profile now, extra water will help plants better deal with stress during high heat and high water demands next summer. Alfalfa fields that have soils with low infiltration rates may not be able to absorb enough water during peak use periods of the year, even when supplemented with irrigation. Having a full profile going into next year for these fields to start out ahead instead of playing catch-up is one more reason for fall irrigation if available.

Watering dry alfalfa fields in the fall will help recharge water in the soil profile, combat winter stress, and start plants growing strong during the spring of a dry year.

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Maddy Graham

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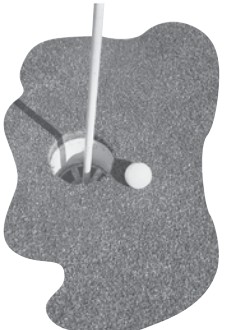


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## Pink Flamingo

Pink . . . in all shades . . . could be found at the annual Pink Flamingo Cancer Awareness event on Oct. 7. The event provides attendees with the opportunity to socialize, get information on cancer awareness, shop at a number of vendors and listen to a program. This year's theme, highlighted by speaker Nicole Phillips, was "Spread Kindness Like Wildflowers."

## Causes

(continued from page 7)

to increase the risk of getting cancer, having cancer spread, or having it get worse. Still, sugars and sugar-sweetened drinks add a lot of calories to the diet and can cause weight gain, which is linked to cancer.

### Is cancer contagious?

You can't catch cancer from someone who has it. You won't get cancer by being around or touching someone with cancer. When family and friends stay away, people with cancer may feel isolated and alone. They need your visits and support. To learn more, see Is Cancer Contagious?

### Is cancer inherited?

Sometimes, certain types of cancer seem to run in some families. In some cases, this might be because family members share certain behaviors or exposures that increase cancer risk, such as such as smoking. Cancer risk might also be affected by other factors, like obesity, that tend to run in some families.

But in some cases the cancer is caused by an abnormal gene that is being passed along from generation to generation. Although this is often referred to as inherited cancer, what is inherited is the abnormal gene that can lead to cancer, not the cancer itself. To learn more, see Genetics and Cancer.

# Cancer Affects Everyone!



## Proceeds from Pink Flamingo to assist lymphedema patients

Funds raised from the 2021 Pink Flamingo event will be used to provide funds for treatment of lymphedema patients at the Providence Medical Center Therapy Department.

During this year's program, Michelle Theis, Occupational Therapist, Certified Lymphedema Specialist, spoke on the disease and the need for proper treatment.

Lymphedema is a disease that causes

swelling in the arm(s) or trunk of the body after treatment for breast cancer. It is caused from an accumulation of fluid that collects when the lymph vessels or lymph nodes are blocked or removed. This typically results from surgery and/or radiation, trauma, or infection that may occur following these treatments.

The lymphatic system is part of the body's circulatory system and removes

waste products from the tissues. There are lymph nodes within the system which are kidney bean shaped collecting centers. These lymph nodes screen out waste from the lymph fluid and destroy harmful substances such as bacteria.

When the system is impaired, the lymph fluid backs up into the tissues.

This back up of stagnant fluid is called lymphedema which may cause

swelling of the affected tissue area. Left untreated, lymphedema may lead to chronic inflammation, infection and changes of the skin that, in turn, results in further lymph vessel damage and distortion of the shape of affected body parts.

Symptoms of lymphedema may include a full sensation in the arm or chest wall, skin feeling tight, decreased flexibility in the hand or wrist, and difficulty fitting into clothing in one specific area, or ring/wristwatch/bracelet tightness.

Wearing a compression sleeve and glove can be helpful in preventing lymphedema and progression of lymphedema by not allowing this fluid to accumulate. A compression sleeve and glove may be measured and fitted by a therapy professional with specialized training or a Certified Lymphedema Therapist (CLT).

Appropriately fitted compression garments are just one step in multifaceted treatment of true lymphedema following breast cancer treatment.

Although lymphedema as a disease has no cure, treatment can help prevent infection, increase self-esteem, prevent scar tissue formation, and improve extremity function for ease completing activities of daily living, work and leisure.

Sleeves, gloves and other compression garments needed by patients experiencing lymphedema will be purchased with funds from this year's Pink Flamingo event. These items are not typically covered by insurance.



Kim Dunklau and Melissa Nelson served as emcee's for this year's Pink Flamingo event. Those wishing to view a recorded version of the program can contact Our Savior Lutheran Church at (402) 375-2899 to purchase the link.



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# What is cancer recurrence?

If cancer is found after treatment, and after a period of time when the cancer couldn't be detected, it's called a cancer recurrence.

The recurrent cancer might come back in the same place it first started, or it might come back somewhere else in the body. When cancer spreads to a new part of the body, it's still named after the part of the body where it started. For instance, prostate cancer might come back in the area of the prostate gland (even if the gland was removed), or it might come back in the bones. In either case it's a prostate cancer recurrence. It may be called recurrent prostate cancer. The cancer in the bones is treated like prostate cancer.

If cancer is found after you have been treated for one type of cancer, tests will be done to see if the cancer is the same type you had before or a new type.

It's not possible to predict how likely a cancer is to recur, but cancer is harder to treat and more likely to come back if it's:

- Fast growing
  - More advanced or widespread
- Most types of cancer recur in a typical pattern – your cancer care team can tell you more about this if it's something you'd like to know.

**What are the types of recurrence?**  
There are different types of cancer

recurrence:

**Local recurrence** means that the cancer has come back in the same place it first started.

**Regional recurrence** means that the cancer has come back in the lymph nodes near the place it first started.

**Distant recurrence** means the cancer has come back in another part of the body, some distance from where it started (often the lungs, liver, bone, or brain).

If you have a cancer recurrence, your cancer care team can give you the best information about what type of recurrence you have and what it means to have that type. They can also talk to you about your options for treatment and outlook (prognosis).

## Describing cancer and cancer recurrence

**What does it mean if the doctor says, "The cancer is controlled"?**

A doctor may use the term "controlled" if your tests or scans show that the cancer is still there, but it's not changing over time. Controlled means that the tumor doesn't appear to be growing. Another way of defining control would be calling the disease stable. Some tumors can stay the same for a long time, even without any treatment. Some stay the same size after cancer treatment and are watched to be sure

that they don't start growing again.

**What does it mean if the doctor says, "The cancer has progressed"?**

If the cancer does grow, the status of your cancer changes and your doctor might say that the cancer has progressed. Most clinical trials define a tumor as progressive when there is a 25% measured growth in the tumor. Your doctor may be referring to a different amount of growth or spread, so ask for more details if you'd like to know.

**What's the difference between recurrence and progression?**

When cancer spreads or gets worse, it's called progression. Sometimes it's hard to tell the difference between recurrence and progression. For instance, if cancer has been gone for only 3 months before it comes back, was it ever really gone? Is this a recurrence or progression? Chances are this is not really a recurrence. In this case, it's likely 1 of 2 things happened:

- The surgery done to take out the cancer didn't get all of it. Tiny clusters of cancer cells that couldn't be seen or found on scans or other tests were left behind. Over time they grow large enough to show up on scans or cause symptoms. These cancers tend to be very aggressive (fast-growing and quick to spread).
- The cancer has become resistant to treatment. Cancer cells can become resistant to treatment just like germs can become resistant to antibiotics. This means chemotherapy or radiation may have killed most of the cancer cells, but some of them were either not affected or changed enough to survive the treatment. These cancer cells can then grow and show up again.

The less time between when the cancer was thought to be gone and the time it came back, the more serious the situation. There's no standard length of time to decide if it's recurrence or progression. But most doctors consider recurrence to be cancer that comes back after you've had no signs of it for

at least a year.

**Response and remission**  
**Complete remission**

When a treatment completely gets rid of all tumors that were seen on a test or were measured in some way, it's called a complete response or complete remission. A complete response or complete remission does not mean the cancer has been cured, only that it can no longer be seen on tests.

**Partial remission**

In general, a partial response (or partial remission) means the cancer responded to treatment, but still has not gone away. A partial response is most often defined as at least a 50% reduction in measurable tumor. (If you're in a clinical trial, response is usually defined very precisely.) The reduction in tumor size must last for at least a month to qualify as a response. Again, you can ask for more details about the kind of response to treatment the doctor sees, and how long it lasts.

**What is a second cancer?**

Getting a second cancer is different from having a cancer recurrence. If tests show a new area of cancer is a different type of cancer from the first type, you would have 2 types of cancer, or 2 primary cancers. These 2 types of cancer will have started in different kinds of cells and will look different under the microscope. This is much rarer than cancer recurrence, but it does happen. Having cancer once does not mean you cannot get another type of cancer in the future.

Let's say, for instance, you were treated for colon cancer, and there are no signs of it at your check-up. Then the doctor finds a tumor in your liver. If this tumor turns out to be a type of cancer that starts in the liver cells – it's not colon cancer that has spread to the liver. You would have colon cancer (in remission) and liver cancer – 2 different kinds of cancer. Your treatment for the liver cancer would be different from the treatment you would get if it had been recurrent colon cancer.

# Friend

(continued from page 6)

take a lot of time.

- Look for ways to help on a regular basis.
- Plan projects in advance and start them only after talking with the caregiver.
- Include the person in usual work projects, plans, and social events. Let them be the one to tell you if the commitment is too much to manage.
- Check before doing something for your co-worker with cancer, no matter how helpful you think you are being. Keep them up-to-date with what's happening at work.

**Suggested ideas:**

- Get a list of tasks. Organize friends, neighbors, and co-workers to help complete the tasks on a regular, weekly basis. There are special websites that can help with this.
- Make lunch for your friend and their caregiver one day a week. If your friend is getting chemo, ask what they feel like eating.
- Clean your friend's home for an hour every Saturday.
- Care for your friend's lawn or garden twice a month.
- Baby-sit, pet-sit, or take care of your friend's plants.
- Commit to taking their child to soccer practice or music lessons twice a week.
- Return or pick up library books, movies, or books on CD.
- Buy groceries.
- Go to the post office.
- Pick up prescriptions.
- Help make to-do lists.
- Drive family or friends to and from the airport or hotel.

**What you can do:**  
**How to offer support**

- Some people find it hard to accept support – even when they need it. Don't be surprised or hurt if your friend refuses help. It's not you. It's more about pride and their need for independence.
- Provide emotional support through your presence and your touch.
  - Help the caregiver. In doing so, you'll

help your friend. Many people are afraid of being a burden to their loved ones.

- Offer practical ideas on what you can do to help, and then follow through.
- Assume your help is needed, even if there are others also helping out.
- If your friend needs medical equipment or money for treatment, you can look into getting something donated or organizing ways to help raise money.

**What you can do: Gifts**

Look for small, practical things your friend may need or just enjoy. Think about what their average day is like and what might make it a little better. It's always good to laugh and smile, too, so look for fun things for your friend.

- Make sure gifts are useful right away. Small gifts given frequently are usually better than large, one-time gifts.
- Give a gift to the caregiver; it's as welcome as a gift to your friend.
- Insist that a thank-you note is not needed.

**Suggested ideas:**

- Soft or silly socks
- Fun hats or scarves
- Bright, soft washcloths, towels, or sheets
- Silk or satin pillowcases
- Pajamas or a robe
- Unusual toiletries, such as soap and lotion
- Stamped postcards
- Favorite or unusual foods or snacks
- Self-care items, such as a cancer resource book, a special pillow, or a heating pad
- A massage device
- A small cordless phone
- Pictures of friends
- A CD or download of your friend's favorite soothing music or nature sounds
- Funny movies
- Audio books
- Journal or notebook

Everyone, no matter how strong, can benefit from having a friend. Your friend with cancer needs you and your support.

What not to do:  
•Offer advice they don't ask for or be judgmental.

- Feel you must put up with serious displays of temper or mood swings. You shouldn't accept disruptive or abusive behavior just because someone is ill.
- Assume your co-worker can no longer do the job. They need to feel like a valuable contributing member of the company or department.
- Take things too personally. It's normal for the person with cancer to be quieter than usual, to need time alone, and to be angry at times.
- Be afraid to talk about the illness.
- Always feel you have to talk about

cancer. The person with cancer may enjoy conversations that don't involve the illness.

- Be afraid to hug or touch your friend if that was a part of your friendship before the illness.
- Be patronizing or stigmatizing. For example, try not to ask about past behaviors or talk about what might have caused their cancer. And, try not to use a "How sick are you today?" tone when asking how the person is doing.
- Tell the person with cancer, "I can imagine how you must feel," because you really can't.
- Go around someone with cancer if you are sick or have a fever or any other signs of infection.

## Common questions about causes of cancer

There are a lot of rumors and myths about cancer that make it hard for people to know what's true. Here are answers to some of the questions people ask about the causes of cancer. If you want to know more about how cancer starts and spreads, see What Is Cancer? If you have questions that aren't answered here, please call one of our Cancer Information Specialists at 1-800-227-2345.

**What is a risk factor?**

A risk factor is something that raises the chance of getting a disease. Each cancer has its own risk factors. Having risk factors does not mean that someone will get cancer. Even when a person with a risk factor is found to have cancer, there's no way to prove that the risk factor caused the cancer.

Some risk factors, like a person's age or gene damage, can't be changed. But some risk factors can be controlled. Tobacco use, contact with secondhand smoke, being in the sun, excess body weight, not being active, drinking alcohol, and not eating a healthy diet are risk factors that can be managed. Other risk factors include getting cer-

tain viruses and contact with certain kinds of radiation or chemicals.

**Can injuries cause cancer?**

Falls, bruises, broken bones, or other such injuries do not cause cancer. Sometimes a person might visit a health care provider for an injury and cancer is found. But the injury did not cause the cancer; the cancer was already there.

**Can I bring cancer on myself?**

Your personality and emotions cannot cause cancer and will not affect the outcome of your cancer. Research shows that there is no connection between personality types or attitude and cancer occurrence or outcomes.

**Can stress cause cancer?**

Researchers have done many studies to see if there's a link between personality, attitude, stress, and cancer. It's known that stress affects the immune system, but so do many other things. At this time, there is no clear evidence that a person's stress level affects their risk of getting cancer.

**Does sugar feed cancer?**

Sugar intake has not been shown to cause cancer. See CAUSES, page 8

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# How to be a friend to someone with cancer

## Friendship and cancer

Today, most people with cancer are treated as outpatients, meaning they don't have to stay in the hospital. During this time they often need help, support, and encouragement.

Many studies have found that cancer survivors with strong emotional support tend to better adjust to the changes cancer brings, have a more positive outlook, and often report a better quality of life. Research has shown that people with cancer need support from friends. You can make a big difference in the life of someone with cancer.

Friends of people with cancer often want to help, but don't know what to do.

As you spend time with your friend and learn more about how cancer is affecting their everyday life, keep your eyes open for other things you can offer. See how your friend responds to different activities, and know that the situation may change as treatment goes on. Tailoring your help to what they need and enjoy most is the best way to be a friend. Here we will give you some ideas about where to start.

**What you can do: Notes and calls**  
Make sure your friend knows that they're important to you. Show that

you still care for your friend despite changes in what they can do or how they look.

- Send brief, frequent notes or texts, or make short, regular calls
- Ask questions
- End a call or note with "I'll be in touch again soon," and follow through
- Call at times that work best for your friend or set times for them to call you
- Return their messages right away
- Check in with the person who helps with their daily care (caregiver) to see what else they might need

## What you can do: Visits

Cancer can be very isolating. Try to spend time with your friend — you may be a welcome distraction and help them feel like they did before cancer became a major focus of their life.

- Always call before you visit. Be understanding if your friend can't see you at that time.
- Schedule a visit that allows you to give physical and emotional support for the caregiver, too. Maybe you can arrange to stay with your friend while the caregiver gets out of the house for a couple of hours.
- Make short, regular visits rather than long, infrequent ones. Understand that your friend might not want to talk, but

they may not like being alone either.

- Begin and end the visit with a touch, a hug, or a handshake.
- Be understanding if you are asked.
- Always refer to your next visit so your friend can look forward to it.
- Offer to bring a snack or treat to share so your visit doesn't impose on the caregiver.
- Try to visit at times other than weekends or holidays, when others may visit. Time can seem the same to a house-bound patient. A Tuesday morning can be just as lonely as a Saturday night.
- Take your own needlework, crossword puzzle, or book, and keep your friend company while they doze or watch TV.
- Share music they enjoy, watch their favorite TV show, or watch a movie with your friend.
- Read sections of a book or newspaper, or find topics of interest online and summarize them for your friend.
- Offer to take a short walk with your friend if they are up to it.

Don't be afraid to touch, hug, or shake hands with your friend.

## What you can do: Conversation

Many people worry that they don't know what to say to someone with cancer. Try to remember that the most important thing is not what you say — it's that you're there and willing to listen. Try to hear and understand how your friend feels. Let them know that you're open to talking whenever they feel like it. Or, if the person doesn't feel like talking, let them know that's OK, too.

- Listen without always feeling that you have to respond. Sometimes a caring listener is what the person needs most.
- Gear the conversation to your friend's attention span so they don't feel overwhelmed or guilty about not being able to talk.
- Help your friend focus on whatever brings out good feelings, such as sports, religion, travel, or pets.

• Help your friend keep an active role in the friendship by asking advice, opinions, and questions — even if you don't get the response you expect.

- Ask your friend if they're having any discomfort. Suggest new ways to be more comfortable, such as using more pillows or moving the furniture.
- Give honest compliments, such as "You look rested today."
- Support your friend's feelings. Allow them to be negative, withdrawn, or silent. Resist the urge to change the subject.
- Don't urge your friend to fight the disease if they feel it's too hard to do it.
- Don't tell them how strong they are; they may feel the need to act strong even when they're sad or exhausted.
- Be sure to include your friend when talking to others in the room.
- Assume that your friend can hear you even if they seem to be asleep or dazed.
- Don't offer medical advice or your opinions on things like diet, vitamins, and herbal therapies.
- Respect their decisions about how their cancer care will be treated, even if you disagree.
- Don't remind them of past behaviors that might be related to the illness, such as drinking or smoking. Some people feel guilty over those things.

Ask your friend questions. Ask for their advice and opinions.

## What you can do: Errands and projects

Many people want to help friends facing a difficult time. Keep in mind that wanting to help and offering to be there for your friend is what matters most.

- Take care of any urgent errands your friend or the caregiver needs right away.
- Run an errand for the caregiver; it's as helpful as an errand for your friend.
- Your friend may appreciate it more if you take care of frequent, scheduled errands, rather than fewer ones that

See FRIEND, page 7

# Adjusting to life with cancer

A diagnosis of cancer impacts many parts of your life — whether you have just found out you have cancer, are getting treated, or have finished treatment. You likely feel both physical and emotional changes which can impact the way you feel and how you live.

These changes may affect daily life, but there are ways to cope.

## Dealing with a cancer diagnosis

When you learn you have cancer, you may feel like your life has been turned upside down. It can seem overwhelming at first, but knowing what to expect may help you feel more at ease.

Once the shock of learning you have cancer wears off, the process of making changes begins. You may have to rearrange things in your life as you start treatment. You may have to learn new ways of talking to your loved ones and to your health care team. And you probably have a lot of questions to ask about dealing with all the new issues that cancer brings. The following tips can help.

## Get in touch with your feelings

Just as cancer affects your physical health, it can bring up a wide range of feelings you're not used to. Having cancer can also make many feelings seem more intense. These feelings may change daily, hourly, or even minute to minute. This is true whether you're currently in treatment, done with treatment, or the friend or family member of someone with cancer. These feelings are all normal.

Learn how to recognize the wide range of emotions you could be experiencing, including:

- Feeling overwhelmed
- Denial
- Anger
- Fear and worry
- Hope
- Sadness and depression
- Stress and anxiety

## Tell your friends and family and let them help

Talking about your cancer can help you deal with all of the new emotions



you are feeling. Consider letting your family and friends know about your diagnosis. It may affect them as much as you. The people in your life may also feel worried, angry, or afraid.

Once people learn of your cancer, some will ask you how they can help. Others will wonder what they can do for you but won't be sure how to ask you. You can help your friends cope with the news by letting them help you in some way. For example, ask them to drive your carpool or go to the store. Make a list of things you think you might need help with, so they can pick something they're able to do for you.

## Know when to seek professional help

If you have feelings that overwhelm or concern you, or that go on for more than 2 weeks, talk to your health care team. Some of these symptoms may include:

- Feelings of sadness that don't go away
- Feelings of helplessness or hopelessness, as if life has no meaning
- A short temper, or feeling moody
- A hard time thinking or concentrating
- No interest in the hobbies and activities

ties you used to enjoy

- Sleep problems
- A racing heart
- Fatigue that doesn't go away

Call your health care team right away if you have thoughts about hurting or killing yourself.

## Tips for coping

There are many ways to deal with your emotions. Follow these tips to help you cope:

- Talk about your feelings, no matter what they are.
- Stay active and eat balanced meals.
- Treat yourself to things you enjoy, like a hot bath, a nap, or your favorite foods.
- Go to a movie, out to dinner, or to a game.
- Get help with everyday jobs like cooking and cleaning.
- Don't try to do it all yourself.
- Don't try to force yourself to be happy.
- Don't try to do too much in one day.
- Don't give up healthy habits.

Learn more coping skills in our checklist for patients.

## Adjusting to a "new normal"

Those who have gone through cancer treatment describe the first few months as a time of change. It's not so much "getting back to normal" as it is finding out what's normal for you now. People often say that life has new meaning or that they look at things differently. Your new normal may include:

- Changes in the way you eat and the things you do
- New or different sources of financial, social, or emotional support
- Needing help doing things you used to do without problems
- Permanent scars on your body
- Emotional scars from going through so much

You may see yourself in a different way or find that others think of you differently now. Whatever your new normal may be, give yourself time to adapt to the changes. Take it one day at a time.

## Dealing with the fear of recurrence

When your treatment is finished, you're probably happy to be done so you can get back to how things used to be. At the same time, you may feel sad and worried. It's very common to think about whether the cancer will come back and what happens now.

Fear about cancer coming back is the most common emotional challenge people face after cancer.

Cancer recurrence is defined as when cancer comes back after you finish treatment and cancer has not been found in your body for a while. Usually doctors call it a recurrence if there have been no signs of cancer for a year or more. The cancer may come back in the same place it first started, or it may appear somewhere else in the body.

You may have questions about the possibility of recurrence, such as:

- Will there ever be a time when I'll be sure my cancer won't come back?
- What should I look for if I am worried about a recurrence?
- What symptoms should I report to my health care team that might mean the cancer is back?
- What can I do to lower the chance my cancer will come back?
- What other health problems am I at risk for after my cancer treatment?

It's normal to worry about the cancer coming back, especially during the first year after treatment. Survivors may become concerned that any new symptom could mean that the cancer has come back. It may help to keep a diary of symptoms to discuss at your next follow-up visit. And ask what the next steps are in your cancer follow-up care.

And know that although many people say their fear of cancer returning fades over time, things like follow-up visits, anniversary events, or the illness of a family member can make you worry about your health. This is normal and a good time to seek support.

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# Signs and symptoms of cancer

Signs and symptoms are ways the body lets you know that you have an injury, illness, or disease.

- A sign, such as fever or bleeding, can be seen or measured by someone else.
- A symptom, such as pain or fatigue, is felt or noticed by the person who has it.

Signs and symptoms of cancer depend on where the cancer is, how big it is, and how much it affects nearby organs or tissues. If a cancer has spread (metastasized), signs or symptoms may appear in different parts of the body.

### How does cancer cause signs and symptoms?

A cancer can grow into, or begin to push on nearby organs, blood vessels, and nerves. This pressure causes some of the signs and symptoms of cancer. A cancer may also cause symptoms like fever, extreme tiredness (fatigue), or weight loss. This may be because cancer cells use up much of the body's energy supply. Or the cancer could release substances that change the way the body makes energy. Cancer can also cause the immune system to react in ways that produce these signs and symptoms.

### What are some general signs and symptoms of cancer?

Most signs and symptoms are not caused by cancer but can be caused by other things. If you have any signs and symptoms that don't go away or get worse, you should see a doctor to find out what's causing them. If cancer is not the cause, a doctor can help figure out what the cause is and treat it, if needed.

For instance, lymph nodes are part of the body's immune system and help capture harmful substances in the body. Normal lymph nodes are tiny and can be hard to find. But when there's infection, inflammation, or cancer, the nodes can get larger. Those near the body's surface can get big enough to feel with your fingers, and some can even be seen as swelling or a lump under the skin. One reason

lymph nodes may swell is if cancer gets trapped there. So, if you have unusual swelling or a lump, you should see your doctor to figure out what's going on.

Here are some of the more common signs and symptoms that may be caused by cancer. However, any of these can be caused by other problems as well.

- Fatigue or extreme tiredness that doesn't get better with rest.
- Weight loss or gain of 10 pounds or more for no known reason
- Eating problems such as not feeling hungry, trouble swallowing, belly pain, or nausea and vomiting
- Swelling or lumps anywhere in the body
- Thickening or lump in the breast or other part of the body
- Pain, especially new or with no known reason, that doesn't go away or gets worse
- Skin changes such as a lump that bleeds or turns scaly, a new mole or a change in a mole, a sore that does not heal, or a yellowish color to the skin or eyes (jaundice).
- Cough or hoarseness that does not go away
- Unusual bleeding or bruising for no known reason
- Change in bowel habits, such as constipation or diarrhea, that doesn't go away or a change in how your stools look
- Bladder changes such as pain when passing urine, blood in the urine or needing to pass urine more or less often
- Fever or night sweats
- Headaches
- Vision or hearing problems
- Mouth changes such as sores, bleeding, pain, or numbness

The signs and symptoms listed above are the more common ones seen with cancer, but there are many others that are not listed here. If you notice any major changes in the way your body works or the way you feel — especially if it lasts for a long time or gets worse

— let a doctor know. If it has nothing to do with cancer, the doctor can find out more about what's going on and, if needed, treat it. If it is cancer, you'll give yourself the chance to have it treated early, when treatment is more successful.

Sometimes, it's possible to find cancer before you have symptoms. The American Cancer Society and other health groups recommend cancer-related check-ups and certain tests for people even though they have no symp-

toms. This helps find certain cancers early. You can find more information on early detection at the American Cancer Society Guidelines for the Early Detection of Cancer.

And keep in mind, even if you have cancer-related screening tests, it's still important to see a doctor if you have any new or worsening signs or symptoms. The signs and symptoms might mean cancer or another illness that needs to be treated.

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