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# The Wayne Herald

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Daily updates on the Web at [www.thewayneherald.com](http://www.thewayneherald.com)



(Photo by Jeremy Buss)

Members of the Wayne Girls Bowling team hoist the state championship trophy in the air following Tuesday's win over Humphrey/Lindsay Holy Family. This is the second championship for the girls' team in as many years.

Wayne boys finish third with heartbreaking loss

## Blue Devil girls go back-to-back

By MICHAEL CARNES  
For the Herald

LINCOLN — You can't improve on perfection, but you can sure try to match it. Last year, the Wayne High girls bowling team set an unbeatable standard by going a perfect 12-0 in winning the first-ever Nebraska Girls State Bowling Championships title. This year's team couldn't quite match the

perfect run that last year's team achieved, but they came pretty darn close, losing just one game on their way to a second consecutive state title Tuesday evening at Sun Valley Lanes. The two smallest schools in the eight-team, double-elimination bracket wound up rolling for the title, and the Blue Devils were able to jump on Humphrey/Lindsay Holy Family early in each of the three

Baker games, posting wins of 194-143, 161-137 and 156-129 to retain the honor of being the only girls bowling team in the state to win an NSAA state title.

"It felt pretty dang good," coach Josh Johnson said after the girls accepted the trophy. "The girls bowled well all day and just kept the pressure on people."

Johnson said he was happy the Wayne girls were able to overcome a third-game loss to Seward in the first round. They won the first two games (157-99, 215-157) and came back from the third-game defeat (191-171) to finish off the Bluejays 173-165 in the best-of-five series — and never lost again after that.

"We were just tickled pink to get that first match," Johnson said. "Seward bowled really well after that second game, and I think Jamie Janke had to throw a turkey in the 10th to close them out, so we were just tickled to get past them and just kept rolling from there."

The Blue Devils were on fire throughout their four-game win over Seward and three-game sweeps of Omaha Westside (215-142, 179-160, 138-119) and Humphrey/Lindsay Holy Family (204-146, 216-164, 195-128) that put them in the Monday night final, and Johnson was worried that the team might cool off in the rematch with the Bulldogs that evening.

"Earlier in the day we were hotter than a pistol and averaged almost 200 a game, which is unheard of in Baker bowling," he



(Photo by Jeremy Buss)

Wayne Bowling Coach Josh Johnson offers advice to (left) Lindsay Niemann, Brianna Nissen and Jamie Janke during state competition on Tuesday.

See Blue Devils, Page 4A

## Candidates file for re-election

Candidate filings received at the county clerk's office on Feb. 7, 2022 include:  
For Wayne City Council, First Ward — Clayton W. Bratcher, New filer.  
For Wayne City Council, Fourth Ward — Jill Brodersen, Incumbent.  
For Winside Board of Education — Kate Falk, Incumbent.  
For Wakefield Board of Education — Sherri Lynn Lundahl, Incumbent.  
Candidate filings received at the county clerk's office on Feb. 2, 2022 include the following:  
For Wayne Board of Education — Sylvia Ruhl, Incumbent  
For Wayne Board of Education — Justin A. Davis, Incumbent.  
The filing deadline for incumbents is Tuesday, Feb. 15. The deadline for new filers is Tuesday, March 1.  
Candidate filings previously received

at the Wayne County Clerk's office include:  
For Clerk of District Court — Debra K. Allemann-Dannelly, Republican, Incumbent.  
For Wayne City Airport Authority — Travis Meyer, Incumbent.  
For Wakefield Board of Education — Jeff Keagle, Incumbent.  
For County Assessor: Dawn Duffy, Republican, Incumbent.  
For County Attorney: Amy Miller, Republican, Incumbent.  
For County Clerk: Debra Finn, Republican, Incumbent.  
For County Treasurer: Tammy Paustian, Republican, Incumbent.  
For County Commissioner, District #1, Wayne — Terry Sievers, Republican, Incumbent.  
For Wayne City Mayor — Cale Giese,

Incumbent.  
For Board of Education, Winside — Jonathan Jaeger, Incumbent.  
For County Sheriff — Jason Dwinell, Republican, Incumbent.  
For Wayne City Council, Ward 1 — Karen Granberg, New filer.  
County Surveyor — Terry L. Schulz, Democrat, Incumbent.  
Wayne City Council, 2nd Ward — Matthew Eischeid, Incumbent.  
County Commissioner, District #3, Winside — James Rabe, Republican, Incumbent.  
For Wayne Board of Education — Jodi Pulfer, Incumbent.  
For Wayne City Council, Ward 3 — Jason Karsky, Incumbent.  
The filing deadline for incumbents is Tuesday, Feb. 15; the deadline for new candidates is Tuesday, March 1.

## WSC lands \$1.2M grant from National Science Foundation for Teachers

Wayne State College has announced that it has been awarded the Track 1 Robert Noyce Teacher Scholarship grant focused on recruiting talented students into science, technology, engineering, and mathematics (STEM)-educator preparation. This five-year, \$1.2-million grant from the National Science Foundation includes \$745,000 of funding for students entering STEM-education fields.

Wayne State's project, titled "Wildcat Initiative for STEM Education" (WISE), is designed to recruit, prepare, and provide scholarships to STEM majors to become qualified teachers of mathematics (grades 6-12) and science (grades 7-12).

The overarching goal of the program is to address regional STEM teacher shortages in rural, high-need local educational service units (ESUs), many of which serve a majority of underrepresented minorities. U.S. Senator Deb Fischer (R-Neb.), a member of the Senate Commerce, Science, and Transportation Committee, made the announcement this week.

"STEM instruction is vital for future generations of Nebraskans, no matter where they live. This NSF grant will engage students at Wayne State and local schools for a stronger pipeline of STEM teachers across northeast Nebraska," Senator Fischer said.

"Wayne State is proud to receive these funds from the National Science Foundation," WSC President Marysz Rames said. "Our College has long been a leader in teacher education and this grant will support our efforts to continually improve the

quality of instruction in high-need classrooms in rural Nebraska."

Dr. Nicholas J. Shudak, principal investigator and dean of WSC's School of Education and Behavioral Sciences, and a team of math, science, and education professors will develop and implement evidence-based strategies to recruit, prepare, and support culturally competent STEM educators. Through WISE, WSC will partner with Columbus Public Schools, Grand Island Public Schools, Norfolk Public Schools, and South Sioux City Community Schools to leverage the College's existing dual-credit and pathway program — Students to Teachers through Educator Pathways (STEP) — to establish a Noyce scholar teacher pathway.

"This is an unbelievable opportunity for high school students interested in STEM education," Shudak said. "The entire team I work with is excited to steward through this grant as a part of our storied history with teacher education. It is no secret that application to teacher education programs in our state and across the country are dwindling, and especially in areas like STEM-education. Our sincerest of hopes is that through this grant, and in partnering with key districts and ESUs in our service region, that we can start moving the needle on increasing interest in and application to teacher education in the STEM areas."

For information about the grant, contact Dr. Nicholas Shudak at [nishuda1@wsc.edu](mailto:nishuda1@wsc.edu) or (402) 375-7164.



## Wayne firefighters respond to early morning fire

The Wayne Volunteer Fire Department responded to a fire call at 12:40 a.m. on Friday (Feb. 4).

When they arrived on scene they found an apartment fully engulfed in flames. One person was transported from the scene to Providence Medical Center with burns. Firefighters remained on scene until approximately 4:45 a.m. The State Fire Marshal was called in to assist with the investigation. It was determined that the fire was caused by electrical wiring in the structure. The structure and all the contents were determined to be a total loss.







(Photo by Clara Osten)

## Coffee host

St. Mary's Elementary School hosted the weekly Chamber Coffee on Feb. 4 in observance of Catholic Schools Week. Head teacher Sara Westerhold (left) spoke of the activities that took place during the week, both at the school and in the community.

## Trio Mezzklarno debuts World Premiere, Embraces Humanity with Music

Poignant expressions of humanity intertwine throughout the Trio Mezzklarno concert Friday, Feb. 25 at 7:30 p.m. in Ley Theatre at Wayne State College.

The performance is free and open to the public and will also be livestreamed. To view the livestream, go to [www.wsc.edu/watch-live](http://www.wsc.edu/watch-live). The program is accessible by selecting the event from the Music Events list at [www.wsc.edu/music](http://www.wsc.edu/music).

Trio Mezzklarno is a faculty chamber ensemble in residence at WSC. Members include Dr. Sarah Farr, mezzo-soprano; Dr. Karl Kolbeck, clarinet; and Dr. Angela Miller-Niles, piano. The musicians are equal partners in the musical landscape, creating tight conversations among the three instruments. Concert repertoire embraces works by living Midwestern composers, with three compositions expressly written for the Trio and one world premiere.

The premiere selection, "Songs of the Open Road" by Evan Fein, was commissioned through a grant provided by WSC. This work was composed from late fall 2020 into spring 2021, in the heart of the coronavirus pandemic.

"I'm very happy with how this

work turned out," Fein said. "It's full of hope and optimism yet acknowledging something distressing in the recent past. I know Trio Mezzklarno will breathe life into it!" Fein, originally from Ohio, works at The Julliard School in New York City.

"A Red, Red Rose," composed by WSC Associate Professor Matthew Haakenson, was written specifically for the Trio. This gentle, lyrical piece celebrates a pure love as depicted in the 1794 Robert Burns poem by the same name.

"What lips my lips have kissed, and where, and why," by Kurt Knecht of Kansas City, Missouri, was commissioned through a WSC

grant explicitly for the Trio.

Reflecting the 1920 poem by Edna St. Vincent Milay, this composition examines the process of aging, looking at what was and what never will be again. It is sometimes harsh and jarring, and sometimes tender and lyrical.

"Along the River," by composer and professor Rick Sowash of Ohio, draws on poetry from James Joyce's "Chamber Music," first published in 1907. This lush, lyrical piece exploits the distinct timbres of each instrument in charming, and often unexpected, combination.

For more information, contact the WSC Department of Music at (402) 375-7359.



# Wayne State to present events for Black History Month

Wayne State and the Office of Multicultural and International Programs will present four special events to mark Black History Month at the College during the month of February. The events are free and open to the public.

There will be two events on Wednesday, Feb. 16. The first will be at 11 a.m. in the Student Center Atrium. Students will be provided with art kits to use to paint portraits of Black historical figures.

The second event on Feb. 16 will be at 5:30 p.m. in the Niobrara Room in the Student Center. The Office of Multicultural and International Programs will present the first of its Courageous Conversation series, which are conversations intended for biracial or multi-racial and mixed race students at Wayne State College. Multi-racial students are the second largest minority population among current students at WSC. Courageous Conversations will be an organic, diverse, mixed environment where attendees can be themselves, have a voice, and

have ideas and concerns valued.

"The Office of Multicultural and International Programs is committed to celebrating mixed identities and embracing contradictions while fighting for a world beyond 'othering'," said Dr. Everette Oredein, Director of Student Diversity and Inclusion at Wayne State. "We serve the community through recognition of our space, the right to self-definition, and a commitment to social justice."

Conversation topics will include challenges in the lives of multiracial students; racial devaluation; how race affects personal development; not feeling wanted and/or accepted; confusion of self identity through the merging of two distinct cultures; and where do you fit in.

The third event of the month, "Women of Color Rock," will be held from 5:30 to 6:30 p.m. on Tuesday, Feb. 22 in the Niobrara Room of the Student Center.

"Women of color" is a phrase used to describe female non-whites. The political term "women of color" surfaced in the violence against women movement. In the late 70s it unified all women experiencing multiple

layers of marginalization with race or ethnicity as a common issue.

Topics to be covered at the event include BeYOUtiful: Living as You Are; I Am Not Your Superwoman. Debunking Women Having to Take Care Of Everything; I Got Your Back: The Importance Of Sponsorship And Having More Women In Executive Leadership; What's Wrong With Being Confident?; Wear Your Crown with Pride; and Networking: Creating Your Own Beehive

The final event of the month will be the screening of the film "Girls Trip" at 5 p.m. Monday, Feb. 28 in Gardner Auditorium. "Girls Trip" is a story about "four lifelong friends who travel to New Orleans for the annual Essence Festival. Sisterhoods are rekindled, wild sides are rediscovered, and there's enough dancing, drinking, brawling, and romancing to make the Big Easy blush," according to the Internet Movie Database (IMDB).

For information contact Edi Hernandez, coordinator of Multicultural and International Programs, at 402-375-7112 or [edherna1@wsc.edu](mailto:edherna1@wsc.edu).

## Wayne High hosts Speech Invitational

The Wayne High Speech Team took part in the Wayne High/Wayne State Classic Speech Invitational on Saturday:

Results from the meet include: Olivia Hanson, 10th in Informative; Brayden Woehler, 10th in Entertainment; Maiah Davis, 10th in both Extemporaneous and Persuasive; the Oral Interpretation of Drama team of Orion Spieker, Ashton Brandow, Easton Blecke, Kaden Hopkins, and Ethan Wibben, 10th; Parker Kesting, sixth in Extemp.; the Duet Acting team of Ashton Brandow and Easton Blecke, ninth; Orion Spieker, fourth in Humorous; the Duet Acting team of Kaden Hopkins and Brooklyn Bierbower, third.

As a team, Wayne finished in seventh place out of 19 teams.

Next up for the Wayne speakers is the Home Show on Friday, Feb. 11 at 6 p.m. in the High School Lecture Hall.

## The Wayne Herald

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(Courtesy Photo)

## Top spellers

The Wayne preliminary spelling bee was held on Feb. 4. Those taking part included (front) Natalia Piersanti (sixth grade), Sidney Nelson (sixth grade), Colston Starzl (fifth grade), Caleb Raulston (sixth grade), Gabriel Armstrong (seventh grade) and Sarah Surber (sixth grade). (back) Brennan Brunken (sixth grade), Theo Claussen (sixth grade), Jaxson Kneiff (seventh grade), Whitney Hadcock (sixth grade) and Gavin Anderson (eighth grade). Gavin Anderson and Caleb Raulston advanced to the county spelling bee competition in Winside, which was scheduled to take place Feb. 8.

# Nebraska to kick Off 2022 Girl Scout Cookie season

Girl Scouts will soon kick off the 2022 Girl Scout Cookie Program in Nebraska, giving consumers the opportunity to support local girl entrepreneurs by purchasing their favorite varieties and the new Adventurefuls™ cookie.



The adventure begins Friday, Feb. 11 when Girl Scout Cookies go on sale across the state. The new Adventurefuls are crunchy, brownie-inspired cookies with caramel-flavored crème and a delectable taste of adventure in every bite.

The remainder of the 2022 Girl Scout Cookie lineup includes Thin Mints, Caramel deLites, Peanut Butter Patties, Peanut Butter Sandwich, Toast-Yay!, Lemonades, Shortbread and gluten-free Caramel Chocolate Chip cookies. All varieties are \$5 per package. Cookies will be on sale through Sunday, March 20.

Every Girl Scout Cookie purchase is an investment in that cookie lover's local community and in Nebraska girls — 100% of the net revenue stays in the state. The cookie program powers amazing adventures for Girl Scouts as they use their cookie earnings to better

their communities, explore new things in STEM and the outdoors, plan exciting travel adventures, enjoy fun experiences with their friends and so much more. Nebraska Girl Scouts also donate cookies to first responders and local charities through the Gift of Sharing program.

This season, girls will sell cookies in creative, socially distant and contact-free ways to keep themselves and their customers safe during the ongoing COVID-19 pandemic.

Many Girl Scouts will offer outdoor cookie booths, drive-through booths, curbside pickup and online sales that ship cookies directly to customers' homes. Some Girl Scouts also will participate in traditional, in-person sales.

Cookie booths open Friday, Feb. 18. To find Girl Scouts selling cookies, visit GirlScoutsNebraska.org or use the official Girl Scout Cookie Finder app, free on iOS and Android devices. Cookie lovers can enter their ZIP code to find nearby booths or purchase cookies online from a local troop.

## Blue Devils

From Page 1A  
said. "The problem is that was during the morning and we didn't bowl again for eight hours, so I was worried that we wouldn't get the momentum going again under the bright lights of the finals."

His worries, as it turns out, were unfounded. The team of seniors Brianna Nissen, Jamie Janke and Catherine Rutenback, junior Riley Haschke, sophomore Jersi Jensen and freshman Lindsay Niemann and Joslyn Johnson came out with a 30-point win in the first game, then used a five-spares start in the second game to give them a two-game advantage.

In the final game, Wayne built a 22-pin lead before an open in the sixth frame allowed the Bulldogs to use a spare that got them within eight pins. Wayne was able to get a spare in the eighth while the Bulldogs had open frames in the eighth and ninth frames that sealed the deal for the victorious Blue Devils.

Johnson said it was great for the three seniors to finish their careers as champions, and gives the younger kids something to look forward to next year as they go for the threepeat.

"The TV people were asking the seniors afterward about how long they've been bowling, and it was neat for them to be able to look back on the years it took for them to get there and all that time and effort," he said. "For Jersi, Riley, Lindsay and Joslyn, it will be nice to have them back next year and there are a bunch of girls waiting in the wings to take the seniors' place, and that next-girl-up mentality is something we hope continues."

**WHILE THE GIRLS WON** for the second straight year, it was a heartbreaking finish for the Wayne High boys, who were painfully close from beating both eventual champion Grand Island and runner-up Northwest, but had to settle for third-place honors.

The boys team — seniors Jacob Anderson and James Dorcy, juniors Shayne Geidner, Brogan Foote, Calvin Starzl and Brooks Kneiff, and freshman Jaden Dramse — opened the tournament with an exciting 3-2 win over Bellevue West, then knocked off top-seed Northwest in a 3-1 decision to put themselves one match away from the championship finals.

Wayne had their chances to close out Grand Island, but Grand Island battled back and claimed a 3-1 win to knock Wayne down into the consolation final, where a rematch with Northwest awaited them.

The Blue Devils held a 2-1 advantage in the best-of-five match and were one frame away after Northwest opened in the 10th frame. Wayne needed a spare and three pins in their 10th frame to advance to the finals, but the ball didn't spin Wayne's way. Northwest tied the match and used the momentum to win the decisive fifth game to advance to the finals.

"Brogan had a good ball and we thought it was going to get it, but it didn't catch the front pin quite enough," Johnson said. "But there were a lot of other opportunities we had to get it done in that game, and we've asked Brogan to throw a lot of 10th-frame turkeys this year. A mark anywhere else would have sealed that game, and (Northwest) came out in that fifth game and threw a 3-4 bagger (strikes) that was just a punch in the gut. We couldn't match that string, and if you give great teams too many chances, they capitalize."

Johnson said the Wayne boys bowled well throughout the day, including their first-round win over the Thunderbirds in a match that was tight up to the very end.

"We took Bellevue West right out of the gates and that was a great win for us, and then we came out and got Northwest, who was the top seed, and that was a great win for the boys. We could taste it against Grand Island and just couldn't grasp it."

Despite the loss, Johnson said the boys had nothing to be ashamed of.

"We had a couple of one-frame-away moments where they could have been on TV with the girls, and just couldn't quite get it done," he said.

**ON MONDAY, SIX WAYNE** kids competed in singles action and three came home with medals for a top-eight finish.

Leading the way was Jersi Jensen, who finished second in the four-game qualifying round and rode that No. 2 seed to the finals, where she lost to Claire Busch of Papillion-LaVista South in the championship match.

"Jersi was able to stay hot

throughout the day," Johnson said. "She threw a split on her first ball and came back and was so consistent and picked up a lot of spares and had a great day."

Jensen opened the quarterfinals with a 374-317 win over Lexi Montoya of Fremont, then outpolled Montoya's teammate, Haylee Bates, 446-345 to reach the finals, where she was defeated by Busch 449-320.

"Claire came out and put the pressure on Jersi, and when she threw a turkey in the second game it was kind of a punch in the gut," Johnson said. "Jersi recovered nicely the last few frames, but it just wasn't enough."

Jensen was joined by Nissen in the eight-girl knockout round. Nissen qualified as the No. 3 seed, but fell to Bates 373-330 in the quarterfinals and finished seventh.

"Brianna had some bad luck there in the quarterfinals," Johnson said. "It was hard to find the groove in the oil in her match, and she was able to eventually find it but it just wasn't enough."

Two other Blue Devils bowled in the girls singles competition. Janke, last year's state runner-up, had a hard time finding a consistent groove and finished 17th in the 50-girl competition, while Haschke placed 35th.

The boys competition was very tough and it took some big numbers to get to the round of eight. Foote was able to bowl a 224 average and ended up the No. 7 seed, where he fell in the first round to McCool Junction's Garrett Hansen, 486-331.

"Calvin (Starzl) averaged a 215 for four games and (finished 12th), so that gives you a good idea of how good the bowling was in the boys tournament," Johnson said. "Calvin and Brogan both bowled unbelievably well, but there was some lights-out bowling in that boys competition."

Nebraska State Bowling Championships

- Girls Bracket
- First Round
- (1) Papio-LV South def. (8) Bellevue West, 3-0
- (5) Humphrey/LHF def. (4) Fremont, 3-1
- (3) Wayne def. (6) Seward, 3-1
- (7) Omaha Westside def. (2) Lexington, 3-2
- Semifinals
- H/LHF def. PLVS, 3-2
- Wayne def. O. Westside, 3-0
- Winner's Bracket Final
- Wayne def. H/LHF, 3-0
- Loser's Bracket
- Fremont def. Bellevue West, 3-0
- Seward def. Lexington, 3-0
- Fremont def. O. Westside, 3-0
- Seward def. PLVS, 3-1
- Fremont def. Seward, 3-1
- H/LHF def. Fremont, 3-0
- Championship
- Wayne def. H/LHF, 3-0

Nebraska State Bowling Championships

- Boys Bracket
- (1) Northwest def. (8) Hastings, 3-2
- (4) Wayne def. (5) Bellevue West, 3-2
- (6) Lincoln Pius def. (3) Seward, 3-0
- (2) Grand Island def. (7) Millard South, 3-1
- Semifinals
- Wayne def. Northwest, 3-1
- Grand Island def. Lincoln Pius, 3-1
- Winner's Bracket Final
- Grand Island def. Wayne, 3-1
- Loser's Bracket
- Bellevue West def. Hastings, 3-0
- Seward def. Millard South, 3-2
- Bellevue West def. Lincoln Pius, 3-0
- Northwest def. Seward, 3-1
- Northwest def. Bellevue West, 3-1
- Northwest def. Wayne, 3-2
- Championship
- Grand Island def. Northwest, 3-

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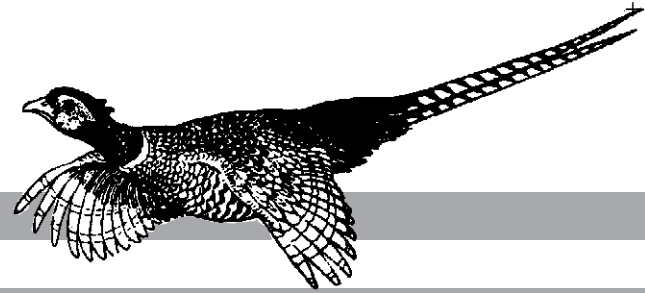
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# Sports

## THREE OF A KIND

### Blue Devils claim third straight MSC tourney title

Winning a conference tournament championship is tough enough on its own.

Two in a row? Even more rare. But a three-peat? Ahh, you're looking at a special moment in a program's history.

Wayne High's boys basketball team continued its dominance of the Mid State Conference by winning its third consecutive conference tournament title Saturday night, holding off Norfolk Catholic and avenging an earlier defeat with a 51-47 win at Wayne High School.

"I don't know if it's been done before," Wayne coach Rob Sweetland said. "It's not easy to do it once, so to do it three times in a row is pretty special."

It certainly wasn't easy, especially in the finals.

After Wayne reached the title game with wins over Battle Creek (58-42) and O'Neill (53-42), they looked to be in good position to make it an easy run through the bracket by coming out in the second half and using a 12-0 run — sparked by three Sedjro Agoumba baskets — to take a 36-22 advantage midway through the third period.

But the Knights, who held Wayne to its lowest output of the season in a 38-26 decision a month earlier —

stormed back into the game, tying it at 40-40 early in the final period and held a 44-43 advantage midway through the final stanza.

That was when the Blue Devils' seniors took over, led by Tanner Walling. The senior guard made a dandy layup inside, then took a pass from junior guard Alex Phelps and calmly drained a 3-pointer to make it 48-44, and the Knights could never recover.

"Our seniors have kept our team together when things are tough," Sweetland said. "We've had a lot of games where teams have come back and it's the seniors who have been the ones to make the big plays and keep our younger guys focused and win some of those tight games."

Unlike the loss a month ago, Wayne was able to attack Norfolk Catholic's zone and hit shots from the perimeter more, opening things up for their inside game.

"We attacked their zone better and got it inside more," he said. "We saw some things they do with their guards that left the middle vulnerable and used that to our advantage. We had a lot of good movement and got good shots."

Wayne's two senior scoring guards, Tanner and Brandon Bartos, finished in double figures in all



(Photo courtesy Leanne Westphal)

**Wayne High's Carter Junck looks to make a pass during championship action in the Mid State Conference tournament Saturday at Wayne High School. The Blue Devils beat the Knights, 51-47.**

three conference tournament games and made several key plays to help the Blue Devils' run to a third straight tournament title.

"Brandon and Tanner really complement each other well," Sweetland said. "They have played together since they were young and seem to know what each other is going to be doing. They both want to make plays and have made a lot of big plays, and it's rare when you have two guys like that who want the ball and make the right play when you need it."

Phelps led the way with 17 points, followed by Bartos with 14 and Agoumba with 12. Daniel Judd had four and Phelps and Camron Weaselhead each had two.

Wayne opened the conference tournament Tuesday with a 58-42 win over Battle Creek last Tuesday. The Blue Devils jumped on the Braves early, building a 31-15 half-time advantage to advance to the semifinals.

Walling led three Blue Devils in double figures with 17 points, followed by Agoumba with 15 and Bartos with 12. Carter Junck put in six points, Judd had five and Phelps put in three.

In the semifinals, Walling and Junck combined for 27 points as the Blue Devils advanced to the finals with a 53-42 win over O'Neill in Friday night action.

Walling led the way with 16 points while Bartos added 11. Agoumba, Judd and Colson Nelsen

each had six points, Phelps added four and Junck and Weaselhead each had two.

The wins put Wayne at 20-2 as they head into the home stretch of the regular season, with games at home against Seward on Thursday and Pierce next Friday, Feb. 11.

"We'll have some time to spend on some things that we need to work on, and we'll be home for at least the next four games and we've done pretty well here," Sweetland said. "Seward is pretty battle-tested and play in a tough Class B conference, so they'll be tough coming in here. Pierce is getting better every week, so we'll have a tough couple of tests before subs."

Wayne 58, Battle Creek 42  
Wayne 17 14 17 10 — 58  
B. Creek 6 9 9 18 — 42

WAYNE — Phelps 3, Junck 6, Bartos 12, Walling 17, Agoumba 15, Judd 5.

BATTLE CREEK — Scoring not available.

Wayne 53, O'Neill 42  
Wayne 14 15 6 18 — 53  
O'Neill 12 11 9 10 — 42

WAYNE — Phelps 4, Junck 2, Nelsen 6, Bartos 11, Walling 16, Agoumba 6, Judd 6, Weaselhead 2.

O'NEILL — Dean 1, Classen 19, Coventry 2, Morrow 6, Wattier 5, Sidak 9.

Wayne 51 Norfolk Catholic 47  
Wayne 13 11 16 11 — 51

Norfolk Cath. 12 10 15 10 — 47

WAYNE — Phelps 2, Bartos 14, Walling 17, Agoumba 12, Judd 4, Weaselhead 2.

NORFOLK CATH. — Timmerman 7, Kelley 9, Burbach 8, Hammond 8, Pieper 9, Fennessy 6.



(Photo courtesy Leanne Westphal)

**Brandon Bartos drives for the basket during Wayne's 51-47 win over Norfolk Catholic in the finals of the Mid State Conference basketball tournament Saturday at Wayne High School. Bartos finished with 14 points in the win.**

## Area wrestlers tune up at Wakefield

Wakefield and QCNE wrestlers geared up for this week's district action with some quality results at Saturday's Wakefield Invitational.

The Blaze finished fourth in the 11-team tournament and had five medalists, led by champion Kolby Casey at 195 pounds, who went 3-0 in round-robin action.

Other medalists for the QCNE grapplers included runner-ups Gavin Wortman (1450 and Ajay Gubbels (170). Fischer Carson was third at 285 and Gabe Wortman placed fourth at 132 pounds.

Wakefield finished the day with three medalists, led by champion Gabe Lamprecht at 138 pounds. He posted a 9-2 decision over Peyton Lincoln of team champion Fort Calhoun.

Samuel Chase was also a first-place finisher, going 2-0 in round-robin competition. Brad Haglund was fourth at 195 pounds.

Wakefield wrestles in the C-2 district at Oakland-Craig, while Quad

County NE goes to the C-3 district at Centennial High School in Utica.

Wakefield Invitational Team Standings

Fort Calhoun 157, Millard South JV 122, Concordia/DC West JV 103, Quad County NE 90, Stanton 79, B-R/L-D 75, Oakland-Craig 62, Ponca 54, Wakefield 48, Madison 42, Cedar Bluffs 16.

Area Medalists

113: 1. Samuel Chase, Wakefield, 2-0 round robin. 132: 3. Jayden Reed, Stanton, maj. dec. Gabe Wortman, QCNE, 16-4. 138: 1. Gabe Lamprecht, Wakefield, dec. Peyton Lincoln, FC, 9-2. 145: 1. Damien Erickson, Stanton, pinned Gavin Wortman, QCNE, :58. 160: 3. Andrew Sohler, QCNE, 1-3 round robin. 170: 1. Grant Nixon, FC, dec. Ajay Gubbels, QCNE, 4-3. 195: 1. Kolby Casey, QCNE, 3-0 round robin; 4. Bradley Haglund, Wakefield, 0-3 round robin. 285: 3. Fischer Carson, QCNE, pinned Gavin Wood, C/DC, :47.

## Wayne Junior High teams compete against Clarkson/Leigh

The Wayne Junior High boys basketball teams saw action last week against Clarkson/Leigh.

In the seventh-grade game, Wayne posted a 47-13 win, led by Jaxon Kneiff's 11 points.

Aiden Peterson scored nine points, Jaxon Chase had eight, Quentin Brunken scored six, Wayne Barner had four, Dylan Jensen scored three and Chase Nelson,

Chase Strum and Maddox Heithold had two apiece.

In eighth-grade action, Wayne dropped a 33-29 decision to C/L.

Jace Jorgensen led with 10 points, followed by Gavin Anderson with six, Brody Munter with three, Payton Junck with three, Parker Patefield and Drew Reinhardt with two each and Blade Nelson with one.

## McMenamin steps down as WSC grid coach

Wayne State Athletic Director Mike Powicki announced Thursday that Wildcat head football coach John McMenamin has resigned his position to become wide receivers coach at NCAA Div. I Tulane University in New Orleans, La.

"I want to thank Coach McMenamin for his leadership to improve and advance the Wildcat Football program," said Powicki. "We are most certainly in a better spot than when he first arrived. John inherited a challenging situation building a program through a pandemic, but he and his coaching staff rose to the challenge. We have some very exciting things happening at WSC and I am excited for the future of Wildcat football. I wish John the best as I know he will continue to have a great coaching career."

McMenamin served two years and coached one season at Wayne State (2020 season canceled due to COVID), guiding the Wildcats to a 7-4 record last season and the first seven-win season for the Wildcat program since 2011. Highlighting the seven-win season were road wins at No. 11 Minnesota Duluth 31-28 followed by another nationally ranked road win two weeks later at No. 11 Minnesota State 35-24.

Prior to arriving at Wayne State, McMenamin served five years as offensive coordinator at Central Missouri, accumulating a 42-17 record with two NCAA Div. II playoff appearances and one trip to the Mineral Water Bowl while directing one of the top offenses in NCAA Div. II during those five years.

McMenamin was Wayne State's offensive coordinator for four seasons (2011-14), helping the Wildcats to a pair of winning seasons with his 2014 team ranked in the top 25 in NCAA Div. II in seven different categories.

Other coaching stops for McMenamin were two years (2009-10) as offensive coordinator at Midland University while starting his collegiate coaching career at Nebraska Omaha as an assistant coach from 2006-08.

"Andrea and I would like to thank Wayne State College for the opportunity to come back to such a special place for us as the head coach of the Wildcats two years ago," commented Coach McMenamin. "We are grateful for all the college has done for us as a family as well as providing all of the resources necessary to be one of the top football teams in the NSIC. I have no doubt, Wayne State football will continue on its current trajectory of both athletic and academic success."

## Sweetland nominee for national award

Longtime Wayne High softball coach Rob Sweetland is one of 11 Nebraska coaches who have been nominated for the National High School Athletic Coaches Association's National coach of the Year award.

The award is a career award, based on longevity, success, service and honors at the local, state and national levels. Each coach was nominated by the Nebraska Coaches Association.

Sweetland has been the softball coach at Wayne High School for 20 years, taking Wayne to state 17 times and winning four state titles (2003, 2004, 2018, 2019) and three runner-up trophies (2007, 2009, 2013). In 2019, he became the first coach to win state titles in two different classes. The 2003 and 2018 champions were the first two undefeated state champions in state history. He has a career record of 546-118 (.822).

Two Nebraska coaches will be inducted into the NHSACA Hall of Fame this summer in Des Moines. They are volleyball coach Diane Rouse of Grand Island Northwest and girls basketball coach Russ Ninemire of Douglas County West.

Joining Sweetland as Nebraska NHSACA National Coach of the Year finalists are:

Greg Geary, Millard South (baseball); Doug Goltz, Falls City Sacred Heart (boys basketball); Michelle Kontor, Milford (boys cross country); Tim Kassmeier, Norfolk Catholic (boys track and field); Kim Dieckmann, Archbishop Bergan (girls assistant); Rick Petri, Kearney Catholic (girls basketball); Mimi Ramsbottom, Elkhorn South (girls golf); B.J. Christiansen, Omaha Marian (swimming and diving); Renee Saunders, Omaha Skutt (volleyball); Alan Pokorny, Bennington (wrestling).



(Photo courtesy Wayne Community Schools)

## Wayne boys win third straight

For the third straight year, the Wayne High boys basketball team are your Mid State Conference tournament champions after a 51-47 win over Norfolk Catholic Saturday at Wayne High School. Team members are (front) Camron Weaselhead, Kaleb Morrmeier, Braydn McCorkindale, Devin Anderson, Alex Phelps, Colson Nelsen, (back) coach Rob Sweetland, assistant coach Adam Hoffman, Tanner Walling, Brandon Bartos, Carter Junck, Sedjro Agoumba, Daniel Judd, Yair Alcantara, assistant coach Wes Blecke and assistant coach Matt Ley.





# Wayne Junior High Teams compete in Nebraska Science Bowl

Two teams of seventh and eighth grade students from Wayne Junior High competed in the Nebraska Middle School Science Bowl held Feb. 5.

Wayne's Team 1, made up of four returning eighth graders, placed 13th out of 26 teams, while Team 2 and its five first-time seventh graders placed 16th.

The teams competed in two rounds of questions in the categories of biology, chemistry, earth and space, energy, math, and physics.

Wayne science teacher Jeanne Brink and volunteer Sandy Brown coached the teams.

This year's event was hosted virtually by Concordia University and is sponsored by the U.S. Department of Energy.



Representing Wayne Junior High Team 1 are eighth grade students (left) Aidan Bohnert, John Piper, Gavin Anderson and Josie Ley.



Representing Wayne Junior High Team 2 are seventh grade students (left) Ben Haschke, Kearstin Schaffer, Ryder Olberding, Blake Smith and Konnor Kai.



(Photo by Michael Carnes)

Wayne High's Ashton Munsell puts the finishing touches on his conference win in the 138-pound weight class, pinning Norfolk Catholic's Kanyon Talton in the finals at O'Neill High School.

## Munsell claims conference title, Blue Devils sixth

O'NEILL — The Wayne High wrestling team came away with a sixth-place finish and saw some tough competition during Thursday's Mid State Conference tournament at O'Neill High School.

The Blue Devils placed three wrestlers in the finals and came away with one champion in 138-pounder Ashton Munsell, who avenged a loss in last week's finals at Plainview with a second-period pin over Kanyon Talton.

"That shows what kind of kid Ashton is," coach Dave Wragge said. "You can hang your head and sulk after a loss like that, or you can bounce back and he worked really hard and was very motivated and wrestled with a purpose tonight."

Two other Blue Devils reached the finals and came up short in exciting matches. Garrett Schultz gave up a late takedown in a 4-2 loss to state-ranked Hudson Barger of Crofton/Bloomfield in the 120-pound championship, while Martin Carrillo lost a 4-3 ultimate

tie-breaker to Salvador Rodriguez of O'Neill in the 195-pound final.

Aiden Liston was a consolation champion at 170 pounds for the Blue Devils, while Will Leseberg (103) and Dakota Spann (182) both finished fourth.

"I thought we wrestled well all night," Wragge said. "Everybody is a little banged up this time of year, but overall we wrestled well."

On Saturday, a limited lineup participated in the Norfolk Catholic Invitational as the final tune-up before this week's district competition.

Zach McManigal (126), Eli Barner (145) and Colton Shepherd (160) all earned runner-up finishes on the day, while Kasen York was fifth at 126.

Wayne will wrestle in the B-1 district Friday and Saturday at Nebraska City High School.

Mid State Conference Team Standings

Battle Creek 203.5, O'Neill 195.5, Pierce 168, Crofton/Bloomfield 154.5, Boone Central/Newman

Grove 118, Wayne 114.5, Norfolk Catholic 64, Guardian Angels CC 56, Hartington CC 36.

Wayne Medalists

106: 3. Dylan Parks, O'Neill dec. Will Leseberg, Wayne, 6-1. 120: 1. Hudson Barger, C/B, dec. Garrett Schultz, Wayne, 4-2. 138: 1. Ashton Munsell, Wayne, pinned Kanyon Talton, NC, 3:38.170: 3. Aiden Liston Wayne, def. Garret Buschkamp, C/B, forfeit. 182: 3. Casey Jeannoutot, C/B, dec. Dakota Spann, Wayne, 5-2. 195: 1. Salvador Rodriguez, O'Neill, def. Martin Carrillo, Wayne, 4-3 (UTB).

Norfolk Catholic Invitational Team Standings

Bishop Neumann 166.5, Guardian Angels CC 120, West Point-Beemer 113, Wisner-Pilger 88, Norfolk Catholic 81.5, Osmond 69, Wayne 45, Lutheran High NE 5.

Wayne Medalists (Round robin)

126: 2. Zach McManigal, 4-1; 5. Kasen York, 1-4. 145: 2. Eli Barner, 3-1. 160: 2. Colton Sheppherd, 3-1.



(Photo by Michael Carnes)

Martin Carrillo of Wayne battles O'Neill's Salvador Rodriguez in the 195-pound finals at the Mid State Conference tournament. Carrillo lost in the ultimate tiebreaker, 4-3.

# BOWLING RESULTS

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City League	
Week #22 of 32 — 2/1/22	
Wildcat Lanes	17 7
Wayne Country Club	15.5 8.5
The Odd Balls	15.5 8.5
Grossenburg Impl.	15 9
White Dog	15 9
Klein Electric	14 10
Wildcat Cubs	13 11
Harder & Ankeny	10 14
Half-Ton Club	9 155
Pin Pals	9 15
PMC Scrubs	6 18
One Office	5 19

High Team Game: Wildcat Lanes, 847.  
High Team Series: The Odd Balls, 2,308.  
High Game: Caleb Lammers, 256.  
High Series: Darin Bargholz, 664.  
High Scores: Taurean Grady, 246, 200; Tay Guill, 246; Darin Bargholz, 244, 224; Kyle Kempf, 236, 217, 208; Darin Jensen, 235, 211; Ronnie Forney, 223; Kent Roberts, 221; Zane Shearman, 212; Lukas

Clark, 211; Brad Jones, 204; Caleb Lammers, 203; Dylan Sokol, 202; Kayleen Roberts, 200, 185, 184; Trent Beza 200; Dustin Bargholz, 200; Brady Ping, 200; Katie Saul, 191; Jessi Jensen, 190, 187.

High Series: Kyle Kempf, 661; Caleb Lammers, 627; Darin Jensen, 623; Taurean Grady, 616; Kent Roberts, 607; Kayleen Roberts, 569; Jessi Jensen, 555.

Hits N Misses	
Week #21 of 30 — 2/2/22	
Pac N Save	64 20
Dixon Elevator	53 31
State Nebr. Bank & T	47 37
Sterling Computer	46 38
Wildcat Lanes	45 39
White Dog Pub	45 39
Ruwe Farms	36 48

High Game: Tonya Janke, 203; McKenzie Surber, 188; Diane Roeber, 184; Stefanie McLagan, 180; Renee Saunders, 180.

High Series: Tonya Janke, 560; Renee Saunders, 502; Stefanie McLagan, 481.



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## Winside boys seventh in Clark tourney

Winside's boys basketball team finished seventh in the Clark Bracket of the Lewis & Clark Conference tournament.

On Thursday, the Wildcats dropped a 60-50 decision to Tri County Northeast. Dax Behmer led the way with a game-high 25 points followed by Dean Kruger with 20. Kaden Hunt had four points, Austin Nelson scored two and DeAndre Redwing added a free throw.

In Friday's game for seventh place, Winside held on for a 38-28 win over Randolph. Kruger led the way with 17 points, Behmer added eight, Austin Nelson had six, Tucker Bowers scored three and Redwing and Hunt each had two.

Winside is at Osmond Thursday and home to face Pender on Friday. They close the regular season net Thursday at Cedar Bluffs.

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# TCNE boys claim fifth in Clark

Tri County Northeast won two games in conference tournament play to take fifth in the Clark Bracket of the Lewis & Clark Conference tournament. On Thursday, the Wolfpack edged Winside 60-52.

# Lady Wolfpack take fifth in conference

After losing in the first round of the Clark Bracket in the Lewis & Clark Conference tournament, Tri County Northeast's girls came back to earn a fifth-place finish with two tough wins.

On Tuesday, the Lady Wolfpack scored a 62-42 win over Randolph. Jordyn Carr had a season-high 33 points and also grabbed 12 steals, eight rebounds and five assists to lead the TCNE girls.

Also scoring was Rhyanne Mackling with 20 points, followed by Brianna Bousquet with three and Micaela Tornez, Shantel Miller and

Myleah Mackling with two each. In Friday's fifth-place matchup, TCNE came away with a 48-40 win over the Wildcats.

Carr had a game-high 20 points and Rhyanne Mackling followed with 14 points. Brynn Schock had six points, Miller added five and Rylinn Mitchell had three. Carr flirted with another triple double, recording 11 steals and eight rebounds. Schock also had eight boards.

TCNE wraps up the regular season this week with games at Randolph Tuesday and Omaha Nation on Saturday.

Garrett Blanke scored a career-high 26 to lead the way while Ty Krommenhoek added 10. Also scoring were Brock Mackling with nine, Nate Oswald with eight, Hunter Heikes with four and Ben Jorgensen with three.

On Saturday, the Wolfpack came from behind and beat Osmond in overtime, 50-45. TCNE trailed by six going to the fourth before rallying to force overtime and claim the win.

Josh Olesen led the way with 18 points and Blanke added 11. Heikes added eight, Krommenhoek scored four, Oswald had three and Mackling, Joe Grone and Michael Dickens each had two.

TCNE played at Randolph on Tuesday and will host Siouxland Christian Friday before playing at Omaha Nation Saturday. They close the regular season next Friday at Stanton.

# Low Vision/AMD Awareness Month observed

As the worldwide population ages, vision loss from eye disease is becoming a major health concern. More than 40 million people are of the age 65 or older, and that number is expected to more than double by 2050. By that same year, the number of Americans with age-related eye diseases is also expected to double, and the number of people living with low vision is projected to triple.

The National Eye Health Education Program (NEHEP) is dedicated to raising awareness, especially in February, about vision and aging and educating older Americans about how they can protect their sight.

Some vision changes are common with natural aging, including difficulty seeing close-up objects clearly, declining sensitivity, trouble distinguishing colors, such as blue from black, and needing more light to see well. These changes of-

ten can be easily corrected with a new prescription for glasses or improved lighting. However, older adults need to know the difference between normal changes and those that are not.

As people age, they are at higher risk for certain eye diseases and conditions, including age-related macular degeneration (AMD), cataracts, diabetic retinopathy, glaucoma, and dry eye.

Many lifestyle factors can also play an important role in protecting vision as we age. It's important to remind older adults to eat a balanced diet that includes dark, leafy greens and fish high in omega-3 fatty acids. They should maintain a healthy weight, not smoke, keep diabetes under control (if applicable), and wear sunglasses and a brimmed hat outdoors. They should wear protective eyewear as needed for projects. Knowing one's family eye

health history is important and should be discussed with an eye care professional.

Many of these diseases and conditions have no warning signs but can be detected in their early stages during a comprehensive dilated eye exam when drops are placed in the eye to dilate or widen the pupils. An eye care professional uses a special magnifying lens to examine the retina and optic nerve for signs of disease. Early detection and treatment are key to saving sight.

Even if older adults haven't noticed any problems with their vision, it's still important to remind them to get regular eye exams. How often a person needs an exam depends on individual risk factors. Many age-related eye diseases don't have any early symptoms, but they can be detected and treated early before noticeable vision loss occurs.



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**February 8, 1962**

## New wood carving installed

An inspiration to worship, was how Rev. S. K. de Freese described the wood carving recently installed at Redeemer Lutheran church, Wayne. The statue is five feet tall, made of one piece of Linden wood. It is an original statue titled "Our Lord." The work was done by hand carvers in Italy over a six-month period and has a waxed finish in natural color. The work has been placed on the crown of the altar and is a group memorial of the church.

Rev. de Freese said he felt the intricate detail work made the statue an outstanding masterpiece.

**February 10, 1972**

## Pam Smith Named Miss Photogenic

In a ceremony Saturday evening at the Laurel High School gym, Pamela Smith, daughter of Mr. and Mrs. Melvin Smith, and senior at Laurel High School, was named Miss Photogenic.

Miss Smith was chosen from a field of seven candidates selected by Genellis' Studios in Sioux City, Ia. on the basis of their senior class pictures.

Other finalists were Sandra Anderson, Ann Coughlin, Sally Finn, Rosie Hischman, Micky Mallet and Kim Matthews.

Each contestant wore formal attire and carried a single white rose.

Decorations were in shades of purple. Master of ceremonies was Senior Jon Dalao and entrance music was provided by Susan Purcell.

Miss Photogenic was presented a bouquet of red roses by the student council. The coronation and dance were sponsored by the annual staff and followed the basketball game.

**February 11, 1982**

## Wayne native to be featured in Wayne State College recital

Professional baritone John Brandstetter will accomplish two things when he visits Wayne State College on Feb. 17 - he will present a recital at the college and celebrate a homecoming in his native Wayne at the same time.

Brandstetter will perform on Wednesday, Feb. 17, at 8 p.m. in Ramsey Theatre of the Val Peterson Fina Arts center on the WSC campus.

Admission is \$2.50 at the door the night of the show.

Brandstetter received his musical education at the University of Nebraskam, and served an apprenticeship with the Santa Fe Opera.

Now based in St. Paul, Minn., Brandstetter is a regular member of the Minnesota Opeera.

His impressive list of credits includes engagemtns with the companies of Chicago, San Francisco, Philadelphia, Atlanta, Aspen, Virginia, and Omaha.

**February 7, 2002**

## Wayne County Jaycees elects board of directors

The Wayne County Jaycees has elected a new Board of Directors for 2002. The Wayne County Jaycees, also known as the Wayne Junior Chamber, is an organization dedicated to serving the community and building leadership skills for today's young leaders, ages 21-39.

Community projects run by the Wayne County Jaycees include the 4th of July Fireworks, Youth Sports Competitions, Youth Dances, Henowee games, Wayne Demo Derby, Easter Egg Hunt, donations to non-profit community and national organizations, and much more.

The Jaycees are always looking for more volunteers. If you are interested in building team and individual skills, serving your community and having fun, please call Matt Wachter at 375-3930 or Kate Salmons at 585-4388.

**February 9, 2012**

## Old Guard Fife and Fum Corps to be in Wayne Monday

Wayne State College will host the Old Guard Fife and Drum Corps on Monday, Feb. 13 for a concert at Our Savior Lutheran Church in Wayne.

Led by Chief Warrant Officer Frederick Ellwein, a South Dakota native, one of the U.S. Military's premier bands comes to South Dakota and Nebraska to present their lecture-recital series on the "Traditions of Military Field Music" from Feb. 9-13.

Dating back to our nation's formation more than 236 years ago, the sounds of the fife, bugles and drums moved American soldiers across the battlefield as they forged our freedom. Carrying on this tradition of early-American field music today, The United States Army Old Guard Fife and Drum Corps performs for millions annually while playing on parade or the South Lawn of the White House.

From Feb. 9-13, The United States Army Old Guard Fife and Drum Corps will bring these traditions to Brookings, S.D., Vermillion, S.D., and Wayne. Commanded by Chief Warrant Officer Frederick Ellwein, a Sioux Falls native, the Soldiers of the Fife and Drum Corps will present a unique lecture-recital series at South Dakota State University, the University of South Dakota and Our Savior Lutheran Church in Wayne.

Ellwein, having taught music and directed bands throughout South Dakota, has returned to his homestate to lead this group of modern Army soldier-musicians.

As one of the Army's premier musical ensembles, The U.S. Army Old Guard Fife and Drum Corps is charged with maintaining the Nation's rich traditions of martial music. The Corps' recital series aims to teach this great history to the next generation of Americans.

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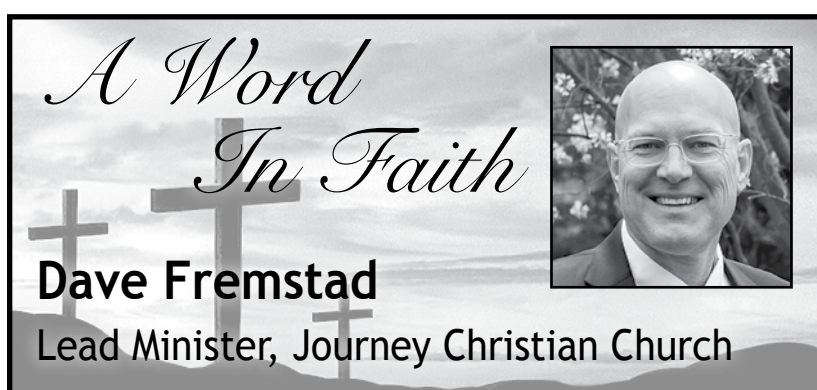


# What does a church's DNA look like? Tips

A few years ago we gave our whole family the 23 & Me DNA tests for Christmas presents.

It was fun exercise to trace our ancestry and learn about our history, all from a simple swab in the mouth. My results confirmed the ancestry work my father had studied years ago; that my ethnic heritage originates from southern Norway.

DNA helps define who we are. Those double helix strands help determine our looks, some of our characteristics, and even our health and disposition towards disease and cancer. They are the building blocks of our lives.



I've often wondered what the results of a church version of 23 and Me would look like. If your local church took the test, what DNA characteristics would rise to the top? Would it reveal the characteristics of being a disciple making church?

In the Gospel of John chapter 15, we find Jesus' discourse on vines, branches, and fruit. It almost reads like a horticultural lesson with all the talk of fruit and pruning. But within these verses we find the DNA of being a fruit bearing or disciple making church. Jesus says in John 15:4, "Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me" (NIV).

To produce fruit in our Christians lives, and within our churches, we must remain connected to the vine, Jesus. It all starts with that important connecting point, the relationship we have with Him. We cannot see growth in our spiritual lives if we have wandered away from Christ and his word. Want to see fruit in your Christian walk? Then stay put, remain connected, and abide in the presence of Jesus.

We can stay put in two different ways. First, stay put in His Word. Be a woman or man of God's Word (the Bible). God uses His Word to prune us so that we can become more and more fruitful in our lives (see Hebrews 4:12). Make it a goal this year to read through a large portion of the Bible. There are plenty of apps available (like YouVersion) to find a Bible reading plan that can take you through all 66 books, or sections of the Old and New Testaments.

Second, stay put in your local church community. Stay active, stay involved, and be present with those in your church family. Having fellow believers around you for encouragement as you navigate the highs and lows of life is a great aid to spiritual maturity.

As we mature and grow in our faith, we all produce our own unique fruit. There's not a one-size-fits-all option when it comes to our spiritual growth.

One thing does remain the same, however. Our need to stay connected to Jesus. He reminds us, "If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing" (John 15:5).

It is my prayer for each of you today that you remain connected to Jesus our Lord and Savior.

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

From Page 1C decrease.

Store seeds in a cool, dry location before they are planted. Any remaining seed can be stored in containers that are not airtight.

To watch a short bilingual video on selecting garden seed, please check out the "Garden Minute"

video at <https://youtu.be/ikdF2t-VIAWU> in English and Spanish.

If anyone has questions in English or Spanish about selecting vegetable and flower seeds, please send an e-mail message to [dlott2@unl.edu](mailto:dlott2@unl.edu), or call the Nebraska Extension Office in North Platte at (308) 532-2683 for more assistance.



Those involved in the globe presentation were (left) Acme Club members Bonnadell Koch, Ruth Victor, Mary Lou Erxleben, Library Director Heather Headley, Betty Wittig and Virginia Backstrom.

## Acme Club makes donation to library

Wayne Acme Club recently purchased a new world globe for the Wayne Public Library, replacing the library's previous globe, which had been damaged.

The globe was purchased with funds from Thrivent. Members also generously provided goodies like

shirts and stickers to be handed out to library patrons who were in attendance at WPL's recent open house highlighting the educational STEM and STEAM toys they have available for use.

Acme club has a long history of supporting libraries. The original

Acme Club spent several years working to establish a Carnegie Library in Wayne and succeeded in 1912.

They continue to support endeavors supporting intellect and culture within the Wayne community.



(Photos by Clara Osten)

## Celebrating

Students at St. Mary's Elementary School, under the direction of Mary Kay Hasemann, presented several vocal and instrumental selections during last week's Chamber Coffee at the school. The students celebrated Catholic Schools Week with a number of different activities including Pajama Day, a visit to the Wayne State College Planetarium and a cookie making day with distribution to a number of people in the community.



## Wanted ... Church news

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

All information submitted to the Herald by Monday at 5 p.m. (delivered to the Herald office) or emailed by 8 a.m. on Tuesday will be included in that week's edition of the paper.

Articles can be mailed to P.O. Box 70, Wayne, Neb. 68787 or emailed to [clara@wayneherald.com](mailto:clara@wayneherald.com)

The Herald thanks its readers and area ministers for their cooperation in our effort to keep informed on the happenings at various churches.

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**Valentine's Day Pitch Tournament**  
**Soup & Smoker Cookoff**  
 Saturday, February 12  
 Winside Legion Hall

Food entries must be submitted by 5:00 p.m.  
 Pitch Tournament starts at 6:00 p.m.

**Soup from the heart, not from the can! OR**  
**Smoke your favorite meat and see if it can't be beat!**

Prizes for top 3 in each category. Contact Sheila Jaeger or Amanda Lowe to register  
 (Sheila 402-841-1420 • Amanda 402-212-5375)

**5 Point Pitch (24 team limit)**  
**\*\$20/Team \*Payout for top 3 teams**  
 Contact Nancy Jensen or June Bowers to sign up in advance  
 (Nancy 402-360-4304 • June 402-640-1795)

**\*NO coolers please - beverages will be available for a suggested donation.**  
 Proceeds go towards the Gene Topp Memorial Car Show Scholarship program

# Allen News

Callie Anderson  
 canderson@allenschools.org

**Allen Community Information Rastede Scholarship**  
 Sophomore and junior undergraduate college students who are graduates of Allen Consolidated School are encouraged to apply for the Alvin G. and Anita D. Rastede scholarship available through the Allen School Foundation.

In order to apply for this \$2000 scholarship, the following questions must be answered and then sent to the Allen School Foundation, P.O. Box 190, Allen, Neb. 68710-0190 by Friday, March 25, 2022.

One scholarship will be given and must be used during the 2022-

2023 college year for undergraduate studies. The recipient will be notified by April 22, 2022, and will be required (or a representative) to attend the Allen High School graduation on May 14, 2022, to be formally recognized.

Questions to be answered are as follows:

1. What is your college grade classification and GPA?
2. What are your major and/or minor field(s) of study and career goals?
3. In what on-campus activities/work and organizations are you involved?
4. In what off-campus activities/work and organizations are you involved?

5. How will this scholarship be beneficial to you and why are you deserving of it?

**Allen Senior Center Weekly Menu**  
 Thursday, Feb. 10: Taverns, pork & beans, macaroni salad, cake,  
 Friday, Feb. 11: Pancakes, scrambled eggs, sausage, grapes.  
 Monday, Feb. 14: Baked pork chops, hash browns, peas & carrots, cranberries.  
 Tuesday, Feb. 15: Chili, corn, cinnamon roll, peaches.  
 Wednesday, Feb. 16: Tater tot casserole, lettuce salad, corn/ green beans, mixed fruit.

**Weekly Activities**  
 Friday, Feb. 11: Movement is Medicine with Lexi Curnyn

**Allen Consolidated Schools Weekly Events**  
 Thursday, Feb: 10: Jazz Band Practice, 7 a.m.; Early Out, 1:50 p.m.; Parent Teacher Conferences, 3 to 7 p.m.; NO JH Basketball Practices Today; HS Boys and Girls Basketball Practice from 2:15 - 3:45 p.m. Girls practice in Allen, Boys in Emerson  
 Friday, Feb. 11: No School. Speech Meet at Wakefield, 8 a.m. HS Girls and Boys Basketball Practice from 10- 11 a.m. Girls in Allen, Boys in Emerson; HS Wrestling Districts at Oakland-Craig, 4 p.m. - Depart, 1 p.m.  
 Saturday, Feb.12: JH Girls and Boys, A and B Basketball at Winside, 9 a.m. - Depart, 7:30 a.m.; HS Wrestling Districts at Oakland-Craig, 10 a.m.; -Depart, 7 a.m.; JV Varsity Girls and Boys Basketball at Omaha Nation, JV Girls, 1 p.m. (2 Quarters), JV Boys, 2 p.m., Varsity Girls, 3:15 p.m., Varsity Boys, 4:30 p.m. All fans must wear masks covering mouth and nose at all times. All fans need to check their temperature at home - anyone with a fever over 100 or showing COVID signs should remain home. Social Distancing encouraged. South bleachers are for visiting fans.

Next Week's Events:  
 HS Girls Practice in Emerson, HS Boys Basketball Practice in Allen.  
 Monday, Feb. 14: No School - Teacher In-Service; Varsity Girls Sub-Districts, TBA; School Board Meeting, 7 p.m.  
 Tuesday, Feb. 15: Jazz Band Practice, 7 a.m.; Varsity Girls Sub-Districts, TBA.  
 Wednesday, Feb. 16: ACT Math Prep for Juniors during seventh period.

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Wayne students taking part in the WSC Honor Band included (front) Nyamalo Kantai, Avery Herman, Ava Elliott, Sharon Vasquez Flores, Grace Junck and Aidan Bohnert. (back) Colby Raulston, Gavin Anderson, Ethan Wibben, Maiah Davis and Ceilus Ibarra.

## Wayne students selected to Wayne State Honor Band

Several Wayne students were among those taking part in the Wayne State College Honor Band recently.

The Department of Music at Wayne State College hosts this day-long festival featuring junior high and high school students from more than 60 schools across Nebraska, Iowa, and South Dakota.

Students must audition for participation in the festival. They rehearse most of the day with one of two clinicians in preparation for the concert.

This year's clinicians included Mr. Jeff Peabody from Columbus High School and Dr. Josh Calkin from Wayne State College. The festival offers an opportunity for students to learn and develop musical talent.

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## Youth encouraged to apply to attend Youth Institute

Apply now to attend one of the biggest youth agriculture outreach events in the state—the Nebraska Agricultural Youth Institute (NAYI). NAYI brings together high school juniors and seniors to learn more about Nebraska agriculture, network with agriculture leaders and discover the many careers available in agriculture. The Nebraska Department of Agriculture (NDA) helps sponsor and coordinate NAYI every year.

NAYI will be held at the University of Nebraska-Lincoln's East Campus July 11–15, 2022. Applications for NAYI are available at nda.nebraska.gov/nayi and must be submitted online. Current high school juniors and seniors interested in attending have until April 15, 2022, to apply. This year's theme is "Cultivating Connections."

"Whether it's connecting agriculture to people, rural Nebraska to the cities, or students to opportunities in Nebraska agriculture, connections are more important than ever," said NDA Director Steve Wellman. "NAYI is a creative and fun way for a new generation of people to connect with Nebraska agriculture. If you know high school juniors or seniors with an interest in agriculture, be sure to encourage them to apply to NAYI before the April 15th deadline. NAYI is a one-of-a-kind opportunity."

NAYI is in its 51st year, making it the longest running agricultural youth program of its kind in the nation. Approximately 200 students attend every year. NAYI will feature motivational speakers, discussions on agricultural issues, career development, networking opportunities, leadership activities, a farm management game, a formal banquet and awards presentation, and a street dance.

NDA selects students to attend NAYI based on their leadership skills, interests and involvement in agriculture. Students attend NAYI free of charge due to generous donations from numerous agricultural businesses, commodity groups and industry organizations.

NAYI is coordinated by the Nebraska Agricultural Youth Council, which is comprised of 21 college-aged students selected by NDA for their passion and interest in the agriculture industry. The Council's purpose is to provide young Nebraskans with a better understanding of agriculture, including agricultural opportunities available to today's youth.

## South Dakota State U. announces dean's list

Several area students have been named to the dean's list for academic excellence after the fall 2021 semester at South Dakota State University.

They include:  
 Allison Marie Claussen\*, Wayne, SAFES; Victoria Rose Kniesche, Wayne, SEHS and Erin Terese O'Reilly, Wayne, SNS.

School Codes are as follows:  
 SAFES – College of Agriculture, Food and Environmental Sciences;  
 SEHS – College of Education and Human Sciences;  
 SNS – College of Natural Sciences.

To earn dean's list distinctions in SDSU's colleges, students must have completed a minimum of 12 credits and must have earned at least a 3.5 GPA on a 4.0 scale. Students with an asterisk received a perfect 4.0 GPA.

Overall, more than 3,070 students from 35 states and 23 foreign nations are on the list. Nearly 1,300 students received a 4.0.

Students with F, I, U, RI or RU grades are not eligible regardless of system term GPA attained. Note that this report includes courses that were taken at other South Dakota institutions this term. A minimum of 12 credits within the 100-699 course range must be taken. A student who passes pregeneral education courses may still qualify, if the student has 12 other credits that do fall within the 100-699 range.

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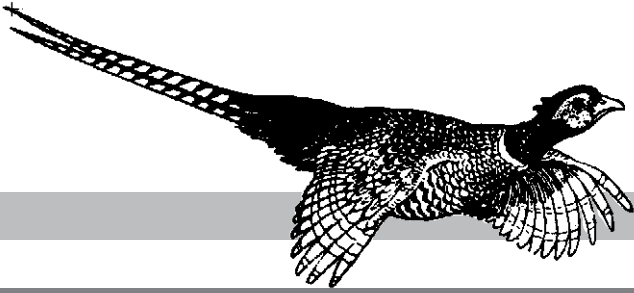
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## Discussing a possible housing plan

Even though I am enjoying these warm days, and remembering a year ago, when it was cold all over the Midwest and we were having rolling brownouts, I do join with those who say we need moisture! Two different people told me today they have cracks in their yards. Of course, I would prefer rain over snow any time, but it does make us think; last year, with the cold, there was a foot of the white stuff on the ground.

Not that we can do anything about it; we don't have giant snow machines like China does, for making snow for all the Winter Olympic events. The Olympics are becoming so expensive, and apparently, the demands of the IOC are becoming so difficult, no country will want to host them any more. And that would be a shame, if they came to an end for a lack of hosts.

I had an interesting telephone interview last week with someone



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

from the Foundation at Tabitha.

Last year, Tabitha unveiled a plan to build a three story building on its campus that would have

apartments, for senior citizens and for student nurses. I thought that sounded like an innovative plan, so I sent Christie, our administrator, an email that said they could save me a corner unit, but it had to have one meal provided, daily.

She responded we needed to talk, but it's been almost impossible for us to meet, so when the Foundation decided to do a blurb in the local Fifty Five Plus magazine, I was asked to say a few words about why I was intrigued by the plan. After we talked for thirty minutes, I got an emailed paragraph of four sentences, condensing our conversation.

I wish I could do that! Anyway, what I basically told her was, I did not believe in a bunch of old people all living in the same place. I remembered when I was doing home health/hospice visits and a patient would be living in a nice retirement place. First of all, there

was one group that always sat in the lobby, watching the front door for those who came and went.

Second, I just know from my own experience that when several of us get together, after we discuss our aches and pains, we regale each other with stories of what the young'uns today are doing! And then, we wish for the "good old days".

I enjoy knowing younger people, and I benefit from hearing their perspectives on things, and even if I don't always agree with them, I know it's good for me to be exposed. And besides, I told the interviewer, I love telling the young student nurses about what it was really like in the old days, and watching their eyes get big!

There was a reason we called our dorm the Convent; if you are interested, let me know, and I will elaborate!

## Beef Feedlot Roundtable series for 2022 underway

Plan to participate in this meeting at a location nearest you. Topics and speakers were chosen to benefit feedlot managers, owners, employees, and allied industry.

Beef feedlot managers, owners, employees, and allied industries will learn new information related to feedlot price reporting, health, labor and sustainability at Nebraska Extension's 2022 Beef Feedlot Roundtables Feb. 22-24 in Bridgeport, North Platte, and West Point.

University representatives will speak on new price reporting and risk production strategies, and economic impact of feedlots and the beef industry in Nebraska. As traditional, a portion of the event will be focused on feedlot cattle health with presentations by university and industry professionals on the impact of delayed vaccination on feedyard



health and developing a health program based on research data.

Employee management and concerns are always important, but especially in recent times. The new feedyard labor survey was recently completed, and new employee focused programs will be highlighted including employee training modules and ways to sustain your operations.

New research pertaining to beef

sustainability and the beef industry as a whole will be shared. A Nebraska research update from Extension professionals Galen Erickson, Pablo Loza, or Alfredo DiConstanzo will conclude the program. Topics from recent beef reports with work focused on improving feedlot programs will be highlighted plus some current issues.

Pre-register for the roundtables online at <https://go.unl.edu/2022roundtable> by Feb. 18. Cost is \$20 at the door.

Registration begins at 12:30 p.m. with each location with welcome and introductions at 1 p.m. Roundtables will conclude at 4:45 p.m. and refreshments will be served at the meeting.

Exact dates and locations are as follows:

BRIDGEPORT: Feb. 22, Prairie

Winds Community Center, 402 N. Main Street.

NORTH PLATTE: Feb. 23, West Central Research Extension and Education Center, 402 W State Farm Road.

WEST POINT: Feb. 24, Nielsen Community Center, 200 Anna Stalp. Ave.

For more information or to request a registration form, contact Galen Erickson at (402) 472-6486 (Karen) or email at [gerickson4@unl.edu](mailto:gerickson4@unl.edu)

The 2022 Beef Feedlot Roundtables are sponsored by Nebraska Extension and Iowa Beef Center along with support from Elanco Animal Health.

For more information visit: <https://beef.unl.edu/beefwatch/2022/2022-beef-feedlot-roundtables-bridgeport-north-platte-west-point>

## Nebraska soybean farmers encouraged to apply for candidacy

This year, the Nebraska Soybean Board (NSB) will be seeking soybean farmers to represent fellow soybean farmers and the industry in Districts 2, 4 and 8. The candidacy petition period began on December 1 and concludes on April 15.

The following districts are up for election this year:

District 2: Counties of Burt, Cuming, Dakota, Dixon, Stanton, Thurston and Wayne

District 4: Counties of Boone, Hamilton, Merrick, Nance, Platte, Polk and York

District 8: Counties of Arthur, Banner, Blaine, Box Butte, Brown, Chase, Cherry, Cheyenne, Custer, Dawes, Dawson, Deuel, Dundy, Frontier, Furnas, Garden, Garfield, Gosper, Grant, Greeley, Harlan, Hayes, Hitchcock, Hooker, Howard, Keith, Keya Paha, Kimball, Lincoln, Logan, Loup, McPherson, Morrill, Perkins, Phelps, Red Willow, Rock, Scottsbluff, Sheridan, Sherman, Sioux, Thomas, Valley and Wheeler

"Being on the Board is a great way for you to represent soybean farmers in your district and help make their voice heard," said Doug Saathoff, chairman of the Nebraska Soybean Board. "The future of the soybean industry is really exciting and I would encourage soybean farmers in an open district to run and continue to make that future even brighter."

Qualified candidates include those who are a resident of Nebraska, are at least 21 years old, reside in the district where election is be-

ing held, have been a soybean farmer in Nebraska for at least the previous five years and have submitted a NSB candidacy petition. The election is conducted by mail-in ballot in July for District 2, 4 and 8. Soybean farmers who reside in counties that are up for election will receive ballots and candidate information regarding NSB's election process via direct mail.

To apply for candidacy in District 2, 4 or 8 you must:

Obtain a NSB candidacy petition by contacting NSB's executive direc-

tor, Scott Ritzman, at 402-432-5720 or [scott@nebraskasoybeans.org](mailto:scott@nebraskasoybeans.org)

Complete the petition and collect the signatures of 50 soybean farmers in their district

Return such petition to the NSB office on or before April 15, 2022.

Roles and responsibilities for soybean board member representative: Attend every NSB meeting – 8-day fiscal year commitment;

Attend/participate in other educational events sponsored by the Nebraska Soybean Board;

Reimbursed for the expenses in-

curred carrying out board business; Serve a three-year term that would begin Oct. 1, 2022.

About the Nebraska Soybean Board: The nine-member Nebraska Soybean Board collects and disburses the Nebraska share of funds generated by the one-half of one percent times the net sales price per bushel of soybeans sold. Nebraska soybean checkoff funds are invested in research, education, domestic and foreign markets, including new uses for soybeans and soybean products.

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**Part-Time Med Aide/Caregiver - Day Shift**



KINSHIP POINTE

1500 Vintage Hill Drive  
Wayne  
402-375-1500

EOE

## Positions Currently Available

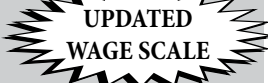
### ROUTE DRIVER IN WAYNE, NORFOLK AND CROFTON

•••NEW STARTING WAGE!•••  
Sign-on bonus \$7,500. Driving experience and Class B CDL preferred. Will provide assistance acquiring CDL. Benefits include health, dental, vision, 401K, uniforms, paid holidays and paid time off.



Apply online:  
[www.NorfolkWasteConnections.com](http://www.NorfolkWasteConnections.com)  
Questions Call Kate at 303-867-5874

Full Time Director of Nursing  
Full Time Infection Control Nurse  
Full Time Night Charge Nurse 8 or 12 hour shifts  
Full Time CNA Evening & Night shifts 8 or 12 hours  
Full Time Dietary Aide



Email resumes to: [administrator@clarksoncarecenter.com](mailto:administrator@clarksoncarecenter.com) or mail to 212 Sunrise Dr., Clarkson, NE 68629

## CLARKSON Community Care Center

212 Sunrise Drive • Clarkson, NE 68629  
402-892-3494

## Employment Opportunities



WSC is accepting applications for the following positions. WSC offers a competitive salary and an excellent benefits package including health insurance, retirement, tuition assistance (employee/family), paid leave time, and paid holidays.

### Human Resources Coordinator

The Human Resources department is looking for an energetic person to fill the position of Human Resources Coordinator. This position will support all aspects of the recruiting process.

### Office Assistant III

The Human Resources department is seeking an individual that possesses professionalism, adaptability, and interpersonal skills. This position provides administrative and clerical support to the Human Resources department.

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

## - HELP WANTED -

•Part-Time Cashier  
•Part-Time Deli  
•Part-Time Night Supervisors

Looking for serious year-round employees  
**Weekends required for all positions**  
If interested, please pick up an application at customer service.  
Please, no phone calls.

## PAC 'N' SAVE, INC

1115 W 7th Street • Wayne, NE 68787  
[www.pacnsavegrocery.com](http://www.pacnsavegrocery.com)

## NEW STARTING WAGE

NOT QUALIFIED?  
NO WORRIES!

FREE NURSING  
ASSISTANT TRAINING

Great Benefit Package

No Benefit Option:

\$1.00/hour

Mileage Program

Shift Differential

Nursing Assistants

Night Shift RN or LPN

Nursing Assistant - New Base Wage \$16.00

LPN - New Base Wage \$21.00

RN - New Base Wage \$26.00

Dietary Cook - Base Wage \$16

Hskp/Laun Supv - Base Wage \$17

Make a Difference, Apply Today!

# BEST PLACE TO WORK

*Heritage*  
of EMERSON

Great Place To Work  
Certified  
MAR 2021-MAR 2022  
USA

You are not just a team member—you are part of a family!  
APPLY ON OUR WEBSITE [WWW.HERITAGE-EMERSON.COM](http://WWW.HERITAGE-EMERSON.COM)

## Northeast Nebraska Community Action Partnership is hiring!

### Teacher Aide, Wayne Head Start

Assist the Teacher in planning and carrying out the educational activities of the center. Education: High School/GED  
80% Federally Funded Program

### Weatherization Installer, Pender

Join our team and learn to install weatherization materials on eligible homes throughout our 14-county service area. Basic carpentry skills/experience is preferred. Entry level position with possibility for advancement.  
100% Federally Funded program.

### Family Services Program Support, Pender

Assist with clerical duties, data entry, and day to day operations regarding client needs and services, Food Pantry and Commodity Supplemental Food Program clinics.

### RN or LPN, Pender

Work in our WIC and Health Services Programs.

Positions are full time with competitive wage and benefits.

For job application, job description, education requirements, wage, and benefit information

•Visit our website [www.nencap.org](http://www.nencap.org)

•Contact HR at 1-800-445-2505 or 402-385-6300

•Scan the QR Code

View all openings  
online-scan for  
more information



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



## NorthStar Services in Wayne has Part-Time Direct Support Staff positions available at

•Day Service Program  
•Residential Program

Residential Part-time positions available on the morning, evening, week-end, and overnight shifts.

All Part-time positions must be available to work on holidays. Positions will be opened until filled.

We are looking for dependable, self-motivated, organized persons with the ability to positively interact with persons with disabilities. All applicants must be 18 years of age, have a valid driver's license, the ability to lift 45 lbs., possess a high school diploma or GED, and be able to read, write and comprehend the English language.

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

Starting wage is \$14.25 per hour or \$14.50 with additional training to be a Medication Aide.

Applicants are **REQUIRED** to attend job training, and pass background checks. All required training is paid for by NorthStar.

**NorthStar does not hire temporary or seasonal help.**

Interested parties can pick up an application and apply at:



NorthStar Services  
209 South Main Street,  
Wayne, NE 68787

Or apply on-line at: [www.northstarservices.net](http://www.northstarservices.net)

Please note on the application:

Desired Position will be:

Direct Support Staff for Day Program or  
Direct Support Staff Residential Program



# CLASSIFIEDS

## HELP WANTED

**READERS BEWARE!** Job opportunities being offered that require cash investment should be investigated before sending money. Contact the Better Business Bureau to learn if the company advertised is on file for any wrong doing. The Wayne Herald/Morning Shopper attempts to protect readers from false offerings, but we are unable to screen all copy submitted.

**HELP WANTED** **New Wages**

**General Laborers**  
day and evening shifts  
full-time, part-time & seasonal hours available

**START IMMEDIATELY**

- Paid time off upon hire
- Low premium/low deductible insurance
- Benefits including accident insurance, critical illness, and auto/home insurance
- Up to \$1.25 shift differential
- Monthly paid production bonus

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

**SE BUSCA AYUDANTE** **Nuevos Salarios**

**Trabajo general**  
dia y tardes turno  
Horas de tiempo completo, tiempo parcial y estacionales disponibles

**EMPEZAR INMEDIATAMENTE**

- Tiempo libre pagado al comenzar
- Seguro de prima baja / deducible bajo
- Excelentes beneficios que incluyen seguro de accidentes, enfermedad critica y seguro de hogar y auto
- \$1.25 de diferencia en cambio de turno
- Bono de producción pagado mensual

Todos los solicitantes calificados recibirán consideración para el empleo sin distinción de raza, color, religión, sexo, nacionalidad, discapacidad o condición de veterano presunto.

# HERITAGE INDUSTRIES

## Drafting & Manufacturing Product Designer / Developer:

Heritage Industries is seeking a motivated individual to work with our Engineering, Drafting and Production teams. This individual would aid in the designing and development of our ATM enclosures, Kiosks and Electronic Equipment Enclosures that are sold and shipping Worldwide.

- Requirements:
- Associate's Degree in Drafting, or 2 years of experience
  - Experience with Solidworks, AutoCad and other 3D software capabilities preferred.

Heritage offers a comprehensive benefit package that includes vacation, health insurance and 401(k) plan. Send resume to rich@heritageind.com or apply at: Heritage Industries, Attention: Rich Poehlman, P.O. Box 37, 905 Centennial Rd., Wayne, NE 68787.

Providence Medical Center in Wayne, NE is

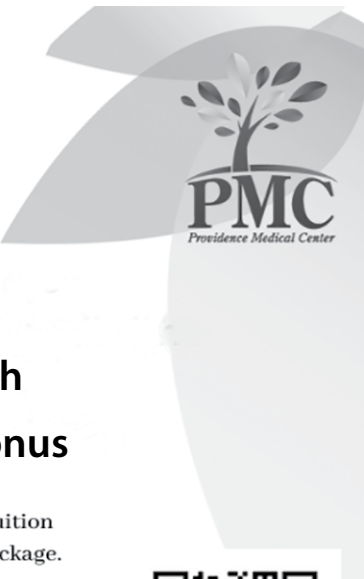
# NOW HIRING

- Accounts Payable and Materials Handler
- Office and Patient Specialist | Home Health
- Dietary Aide | Part-time | \$500 Sign-on Bonus

PMC offers competitive wages, shift premiums, tuition reimbursement, and a comprehensive benefits package.

For more details and to apply, please visit <https://providencemedical.com/careers/> or call the PMC HR team at 402-375-7618.

Equal Opportunity Employer



Apply online at [www.valmont.com/careers](http://www.valmont.com/careers) search for West Point positions  
Call **402-313-2404** for an immediate interview or questions  
1700 S. Beemer St., West Point, NE



**Pizza Hut** 901 E 7th Street Wayne 402-375-2540  
**Now Hiring**  
**DAY SERVER (10 AM - 5 PM)**  
30-35 HOURS MON.-FRI. • APPLY IN-STORE

**ACCEPTING APPLICATIONS**  
**Join our team at Cubby's in Wakefield.**  
**Now Hiring CASHIERS 1st and 2nd Shift & DELI ASSOCIATES 1st and 2nd Shift**  
Must be 19 years. Drug-free workplace. Drug screen, background checks.  
Apply in person, ask for the manager.  
**CUBBY'S GODFATHER'S EXPRESS**  
Hours - Deli: Mon.-Sat. 5 am-10 p.m., Sun. 5 am-10 p.m.  
Store: Sun.-Thurs. 5 a.m.-11 p.m.; Fri.-Sat. 5 a.m.-midnight  
206 Oak Street Wakefield, NE 68784

**Full-Time Deli Manager needed**  
Benefits package is offered. Must be able to work weekends. Pay is negotiable.  
Apply in person and fill out an application  
**PAC 'N' SAVE, INC**  
1115 W 7th Street • Wayne, NE 68787  
[www.pacnsavegrocery.com](http://www.pacnsavegrocery.com)

**St. Mary Catholic School in Wayne is searching for 3/4 Grade Combined Classroom Teacher**  
Do you desire to share your faith and help children become disciples of God? St. Mary's Catholic School is accepting applications to fill the 3rd and 4th grade combined classroom teacher position starting in the 2022-2023 school year. We are a small PreKindergarten through 6th-grade school that focuses on faith, academics, service, and joy in all. Applicants must possess a Nebraska Teaching Certificate or be able to obtain one before the year begins. Prospective teachers should possess strong classroom and time management skills. Individuals need to be team players to create a cohesive learning environment in the school, effectively communicate with parents and community members, and be willing to learn and adapt to new curriculum and standards.  
**Why applicants should consider St. Mary's Catholic School:**  
•The small class sizes allow teachers to meet the needs of students, especially during guided reading, while creating strong relationships.  
•We are one to one with technology and use a variety of applications for blended learning experiences.  
•St. Mary's sets high expectations for students.  
•We are a virtue-based restorative discipline school.  
•St. Mary's looks toward the future to provide staff and students with the best practices and choices for success.  
•St. Mary's has created a family atmosphere where staff, parents, and students all work together to grow as disciples of Christ.  
If interested, please send your resume and cover letter to Sara Westerhold at 420 E 7th St. Wayne, NE 68787 or email at [s.westerhold@stmaryswayne.org](mailto:s.westerhold@stmaryswayne.org).

**HELP WANTED**  
**Full Time CNA**  
**Part Time LPN or RN**  
**CNA Class Starting In January 2022**  
PLEASE CONTACT KATIE KVOLS  
**HILLCREST CARE CENTER**  
Laurel, NE • 402-256-3961

**ELEMENTARY TEACHER**  
**LEARNING STRATEGIST**  
**TECHNOLOGY INSTRUCTOR**  
Wakefield Community Schools has multiple openings for the 2022-23 school year. A valid Nebraska teacher's certificate with appropriate endorsements are required for these positions. Please to go [www.wakefieldschools.org](http://www.wakefieldschools.org) for job description details. Teachers hired in endorsed areas will be given all years of experience as allowed on the salary schedule. We are looking for dynamic individuals desiring to join our team with coaching skills preferred but not required. Collaborative staff, supportive community, significant technology support in each classroom, 1:1 I-pads in grades K-12. Subject to veterans preference. Positions will remain open until filled.  
Send letter of interest, resume, credentials, and references to: Jerad Wulf, Elementary Principal [jwulf@wakefieldschools.org](mailto:jwulf@wakefieldschools.org) Or Angie Zach, Secondary Principal [azach@wakefieldschools.org](mailto:azach@wakefieldschools.org) Wakefield Community School PO Box 330 Wakefield, NE 68784 EOE

### NEBRASKA STATEWIDES

**ATTENTION ADVERTISERS!** For \$225/25 word classified you can advertise in over 150 Nebraska newspapers. For more information contact your local newspaper or call 1-800-369-2850.

**HELLO NEBRASKA!** Introducing [www.nepublicnotices.com](http://www.nepublicnotices.com), a new public notice website presented as a public service by all Nebraska newspapers. Free access, fully searchable - because democracy depends upon open government and your right to know.

**SOCIAL SECURITY Disability Benefits.** Unable to work? Denied benefits? We Can Help! Strong, recent work history needed. Call to start your application or appeal today! 866-563-0161 [Steppacher Law Offices LLC Principal Office: 224 Adams Ave Scranton PA 18503]

**AFFORDABLE PRESS Release service.** Send your message to 155 newspapers across Nebraska for one low price! Call 1-800-369-2850 or [www.nepress.com](http://www.nepress.com) for more details.

**AUGMENTED REALITY victims!** Another mind-controlled zombie got the rap? Protect cranium with therapeutic Faraday hats. Free self-help literature: Dr. Tomsen, PO Box 6363, Omaha, NE 68106.

**SOYBEAN WHITE Mold** have you worried this year? We want to help with a winning strategy for 2022. Call Heads Up Plant Protectants 866/368-9306.

**NEVER PAY for covered home repairs again!** Complete Care Home Warranty covers all major systems and appliances. 30 day risk free. \$200.00 off. 2 Free Months! 1-888-262-6948.

**TWO GREAT new offers from AT&T Wireless!** Ask how to get the new iPhone 11 or Next Generation Samsung Galaxy 510e on us with AT&T's Buy One, Give One offer. While supplies last! Call 1-855-574-9119.

**BATHROOM RENOVATIONS.** Easy, One Day updates! We specialize in safe bathing. Grab bars, no slip flooring & seated showers. Call for a free in-home consultation: 844-596-6325.

**DIRECTV FOR \$69.99/month for 12 months with Choice Package.** Watch your favorite live sports, news & entertainment anywhere. One year of HBO Max Free. DirecTV is #1 in customer satisfaction (JD Power & Assoc.). Call for more details! (Some restrictions apply). Call 1-855-977-3794.

**DIRECTV NOW.** No Satellite needed. \$40/month. 65 Channels. Stream Breaking News, Live Events, Sports & On Demand Titles. No Annual Contract. No Commitment. Call 1-855-417-4299.

**DISH NETWORK \$64.99 for 190 Channels.** Blazing Fast Internet, \$19.99/month (where available). Switch & Get a Free \$100 Visa Gift Card. Free Voice Remote. Free HD DVR. Free Streaming on All Devices. Call today! 1-877-688-4784.

**THE GENERAC PWRcell, a solar plus battery storage system.** Save money, reduce your reliance on the grid, prepare for power outages and power your home. Full installation services available. \$0 Down Financing Option. Request a Free, no obligation, quote today. Call 1-833-513-0190.

**BECOME A Published Author.** We want to Read Your Book! Dorrance Publishing-Trusted by Authors Since 1920 Book manuscript submissions currently being reviewed. Comprehensive Services: Consultation, Production, Promotion and Distribution Call for Your Free Author's Guide 1-877-858-2822 or visit [dorranceinfo.com/Nebraska](http://dorranceinfo.com/Nebraska)

**DONATE YOUR car or truck to Heritage for the Blind.** Free 3 Day Vacation, tax deductible, free towing. All paperwork taken care of. Call 1-877-730-8167.

## 4 DAY WORK WEEK AND 3 DAY WEEKENDS! APPLY TODAY!!



**HERITAGE HOMES OF NEBRASKA IS SEEKING RESPONSIBLE, HARDWORKING, ENERGETIC PERSONEL TO JOIN OUR FAMILY OWNED BUSINESS! CONSTRUCTION EXPERIENCE IS PREFERRED, BUT WILL TRAIN THE RIGHT PERSON! COMPETITIVE WAGES AND FULL BENEFITS.**

**NOW ACCEPTING APPLICATIONS FOR: WARRANTY SERVICE MANAGER, MAINTENANCE, DRYWALL INSTALLER, CARPET INSTALLER**

1320 E 7TH STREET, WAYNE, NE 68787 (402)375-4770 | [www.hhofne.com/careers](http://www.hhofne.com/careers)

## Employment Opportunities WAYNE STATE COLLEGE

WSC is accepting applications for the following positions. WSC offers a competitive salary and an excellent benefits package including health insurance, retirement, tuition assistance (employee/family), paid leave time, and paid holidays.

**Maintenance Repair Worker III—HVAC and Plumbing**  
Primary duties are in the area of HVAC and related disciplines

**Maintenance Repair Worker III—Paint/Finishes**  
Primary duties are in the area of painting, finishes, and related disciplines

**Competitive, commensurate with qualifications and experience. Attractive and comprehensive fringe benefit package. Annual Salary range is \$30,292.00--\$43,131.00.**



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

**CHECK US OUT ONLINE AT [www.thewayneherald.com](http://www.thewayneherald.com)**

# CLASSIFIEDS

HELP WANTED

FOR SALE

## ARE YOU INTERESTED IN THE HEALTH OF YOUR COMMUNITY?

**If so, Northeast Nebraska Public Health Department has the job you are looking for! Fulfilling work, dedicated team members and great benefits are all added value to these rewarding positions:**

- Program Assistant
- Community Health Worker
- Public Health Nurse
- Dental Hygienist – part time only

**Required knowledge and skills:**

- Bilingual English/Spanish required for Community Health Worker
- NE Licensure required for nurse and hygienist
- Public health experience a plus
- Ability to work independently and as a team member
- Ability to work with the public
- Proficient computer skills, particularly in Microsoft Office

Pay commensurate with experience and education. Positions will remain open until qualified candidates are hired. 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.



**INSTALLER NEEDED**  
Experience Preferred  
Benefits: Health insurance  
Holiday & Vacation Pay  
Profit Sharing  
Wages based on experience

**ZACH Heating & Cooling**  
305 South Main Street  
[www.zachheatingcooling.com](http://www.zachheatingcooling.com)  
402-375-3555  
[zacpro@abnebraska.com](mailto:zacpro@abnebraska.com)

**FOR RENT**

**FOR RENT:** Large 2-bedroom apartment. Available now. Close to campus. Renter pays electricity and cable. No pets. No smoking. 712-212-5844. tfn

**FOR RENT:** 2, 3 and 4 bedrooms apartments. Close to campus. Most with all appliances. High efficiency. Central air & heat. No Pets or Parties. Call 712-899-0505. tfn

**FOR RENT:** 2 bdrm upstairs apartment. Available Jan 3rd. Partially furnished. Day Time phone 4023755203 evening time phone 4023751641. tfn

**FOR RENT**  
**Hillcrest Colonial Manor in Laurel now has an opening for a 2 Bedroom apartment & a 1 Bedroom apartment**

Those who qualify for subsidy could possibly reduce their rent to 30% of their income. Utilities are paid for, appliances are furnished. Apartments have been updated. This is a Section 8 Elderly/Disabled property. Those who are 62 years or older and/or disabled may apply.

Please call  
402.256.3526  
for an application

**IMMEDIATELY AVAILABLE**  
**Leisure Apartments**  
825 & 829 E. 6th Street, Wayne  
**Rental Assistance Available to Qualified Applicants**

- On-site Laundry
- Community Room for Activities

Please call:  
**PARK AVENUE MANAGEMENT**  
at 712-274-7740  
for an application  
TDD# 1-800-833-7352

This institution is an Equal Opportunity Provider

**SUNNYHILL VILLA APARTMENTS**  
900 Sunnyview Drive • Wayne  
ALL AGES 18+ & OVER WELCOME!  
1 BEDROOM APARTMENTS AVAILABLE

for Immediate Occupancy  
SECURITY DEPOSITS ONLY \$250  
Rent Based on Income.  
Rental Assistance Available for those who qualify!

Call Mary for details  
402-375-5013  
TDD 1-800-833-7352  
Managed by RWI Property Management, Inc.

Equal Housing Opportunity  
This institution is an Equal Opportunity Provider

**LOST & FOUND**

**FOUND:** Pair of black frame sunglasses found in the Wayne Herald parking lot Nov. 30. Stop by the office to retrieve.

**HELP WANTED**

**Tank Wagon Driver**  
Must have CDL and Hazmat

**Shop Help**  
Oil Changes  
Tire Mounting

**Convenience Store Help**

**Fredrickson Oil Co.**  
402-375-3535

SERVICES

**SMALL ENGINE REPAIR.** General repair. Welding. Stump grinding. ALSO: have a few snowblowers. Call 402-375-2471 after 6 p.m. tfn

**DOES YOUR** basement or crawl space need some attention? Call Thrasher Foundation Repair! A permanent solution for waterproofing, failing foundations, sinking concrete and nasty crawl spaces. FREE Inspection & Same Day Estimate. \$250 off ANY project with code GET250. Call 1-855-605-1034. MB

**LOOKING FOR** assisted living, memory care, or independent living? A Place for Mom simplifies the process of finding senior living at no cost to your family. Call 1-855-671-0457 today! MB

**SPECIAL NOTICES**

**STAINED GLASS IN SAD SHAPE?** I'll repair or buy as is. Call Norvin "Fuzz" Hansen, Pender, 402-385-3578.

**STROKE AND** Cardiovascular disease are leading causes of death, according to the American Heart Association. Screenings can provide peace of mind or early detection! Contact Life Line Screening to schedule your screening. Special offer - 5 screenings for just \$149. Call 1-855-957-1185. MB

**NEBRASKA STATEWIDES**

**NASDA** Work for the National Association of State Departments of Agriculture

Farmers require reliable information on production, supplies, marketing, prices, weather and a vast array of other inputs. Up-to-date information is essential in planning and administration of federal and state programs. Become part of the team that collects this data across Nebraska. Work includes interviewing farmers in person or over the phone and conducting crop counts in the field.

- Regular training is provided
- Part time flexible schedule
- Paid hourly plus mileage, starting out at the new \$15 per hour federal minimum
- Work in your local area
- Great for building experience in the agriculture sector
- Also a great second income or for those semi-retired

Contact Andrew Van Engelenhoven @ 402-440-3209 or [Andrew.vanengelenhoven@usda.gov](mailto:Andrew.vanengelenhoven@usda.gov)

# New Listings!



## - LAND SALES -

**SIMULCAST AUCTION - DAKOTA COUNTY, NE**  
56.75+/- Dry land Acres  
Land Location- Just South of Waterbury



Simulcast Auction Date: Friday, Feb 25, 2022 at 2:00PM  
Auction Location: Waterbury Community Center - Waterbury  
Online registration begins: Monday, Feb. 21 @ 8:00AM  
[www.fncbid.com](http://www.fncbid.com)  
L:2200169

**FOR SALE BY BIDS - DIXON COUNTY, NE**  
143+/- Dry land Acres (48+/- Acres in CRP)  
Located by Newcastle on 880.5 RD, off 585 AVE.



Sealed Bid Deadline: Jan. 18, 2022 @ 5PM  
Opening Bids & Call backs: Jan. 21, 2022 @ 10AM  
Possession at Closing: Feb. 18, 2022  
L:2200133

**SOLD**  
**\$8,250 ACRE!**

**SIMULCAST AUCTION - DIXON COUNTY, NE**  
160+/- Dry land Acres (28+/- Pasture)  
Located by Wakefield/Emerson on 861RD & 586 AVE.



Simulcast Auction: Feb. 2, 2022 @ 10:30AM  
Wakefield Civic Center - Meeting Room B  
Online Registration Begins: Jan. 31, 2022  
Register at: [www.fncbids.com](http://www.fncbids.com)  
L:2200137

**SOLD**  
**\$10,000 ACRE!**

## - HOMES FOR SALE -



**519 West 2nd Street - Laurel, NE - \$195,000**  
5 Bedroom, 2 Baths, 2 car attached garage, 1 garage shed. If you're looking for a home to add your own touch to and have plenty of room, this home is for you! It has so much potential to do so many things with. Large ranch style home on extra large lot! New siding, windows, A/C, furnace. Newer roof. L:2200141



**408 Jackson Street - Randolph - \$250,000**  
3 Bedroom, 3 Bathroom, 2 car heated attached heated garage. 1 large detached shop. Come with 1+/- acre! Very well maintained and beautiful home!! Located right off the HWY 20 in Randolph. Easy commute to Norfolk! L:2200167

To discuss real estate opportunities please contact your local FNC representative:



**Wendi Schutte**  
Assoc. Broker /  
Branch Manager  
(402) 518-0115



**Steve Schutte**  
AFM/Agent  
(402) 518-0111

**Office: (402) 256-9320**

103 West 2nd Street  
PO Box 368  
Laurel, Nebraska



**Farmers National Company**  
[www.FarmersNational.com/Laurel](http://www.FarmersNational.com/Laurel)  
Real Estate Sales • Auctions • Farm and Ranch Management Appraisals  
Insurance • Consultations • Oil and Gas Management • Forest Resource Management  
National Hunting Leases • FNC Ag Stock

You'll LOVE This New Listing!

**\$250,000**

**57840 862 Road, Wakefield**  
8+ acres with a great location between Wayne, Wakefield and Laurel!  
The original 4 bedroom farmhouse has a main floor laundry, and appliances are included. A 30'x60' open-front steel building provides excellent storage. There are a variety of additional outbuildings, as well as a livestock waterer in both pastures. Surrounded by a well-established grove, this acreage is ready for you!

**WHITE FARMHOUSE REALTY, LLC**  
[www.whitefarmhouserealty.com](http://www.whitefarmhouserealty.com)  
219 Main Street, Wayne • (402) 375-HOME (4663)

**Trisha Peters**  
Broker/Owner  
(402) 518-0675

**Marie Janke**  
Sales Associate  
(402) 369-2182

**PROPERTY PARTNERS**

OFFERED AT \$115,000

**just LISTED**

**1021 LINCOLN ST. WAYNE, NE 68787**

**2 bedrooms**  
**1 bathroom**  
**1 car garage**  
**840 sq. ft.**

**must see home**  
**EXCELLENT LOCATION**  
This updated small, but mighty ranch perfectly blends farmhouse style with functional living space. Built in 1951 with solid craftsmanship, hardwood floors, main floor laundry, slate patio, tandem off street parking, plus garage!

**Amy Schweers** Broker  
PROPERTY EXCHANGE PARTNERS  
112 W 2nd ST, WAYNE, NE  
402-375-2134

**MISCELLANEOUS**

**WANTED**

**CHECK US OUT ONLINE:**  
[www.thewayneherald.com](http://www.thewayneherald.com)

☆☆☆☆  
\$24 for two weeks worth of ads in the Shopper, Herald and on our website!  
Call for details 402-375-2600  
☆☆☆☆

**NEED MANURE HAULED.** Extra large loader and manure hauler. 3 years of manure. Spread in the pasture. 402-755-2394. 2/8



# AMERICAN HEART MONTH

## Understanding blood pressure readings

What do your blood pressure numbers mean?

The only way to know if you have high blood pressure (HBP, or hypertension) is to have your blood pressure tested. Understanding your results is key to controlling high blood pressure.

Healthy and unhealthy blood pressure ranges

Learn what's considered normal, as recommended by the American Heart Association.

**Blood pressure categories**

The five blood pressure ranges as recognized by the American Heart Association are:

**Normal**  
Blood pressure numbers of less than 120/80 mm Hg are considered within the normal range. If your results fall into this category, stick with heart-healthy habits like following a balanced diet and getting regular exercise.

**Elevated**  
Elevated blood pressure is when readings consistently range from 120-129 systolic and less than 80 mm Hg diastolic. People with elevated blood pressure are likely to develop high blood pressure unless steps are taken to control the condition.

**Hypertension Stage 1**  
Hypertension Stage 1 is when blood pressure consistently ranges

from 130-139 systolic or 80-89 mm Hg diastolic. At this stage of high blood pressure, doctors are likely to prescribe lifestyle changes and may consider adding blood pressure medication based on your risk of atherosclerotic cardiovascular disease (ASCVD), such as heart attack or stroke.

**Hypertension Stage 2**  
Hypertension Stage 2 is when blood pressure consistently ranges at 140/90 mm Hg or higher. At this stage of high blood pressure, doctors are likely to prescribe a combination of blood pressure medications and lifestyle changes.

**Hypertensive crisis**  
This stage of high blood pressure requires medical attention. If your blood pressure readings suddenly exceed 180/120 mm Hg, wait five minutes and then test your blood pressure again. If your readings are still unusually high, contact your doctor immediately. You could be experiencing a hypertensive crisis.

If your blood pressure is higher than 180/120 mm Hg and you are experiencing signs of possible organ damage such as chest pain, shortness of breath, back pain, numbness/weakness, change in vision or difficulty speaking, do not wait to see if your pressure comes down on its own. Call 911.

## Give your heart some X's and O's this month

Is your heart getting all the TLC it needs? If not, February, American Heart Month, is the ideal time to commit to giving your heart more love and attention. Here are five ways to spoil your body's most important muscle—and keep it pumping strong.

1. Take your heart for a walk. Staying active by simply putting one foot in front of the other is one of the easiest ways to help protect your heart. Walking is free, simple to do and there's a low risk of injury.

Most adults should aim for 30 minutes of moderate-intense activity, such as brisk walking, at least five days a week. But if you're pressed for time, you can break that up into three 10-minute workouts.

Get a doctor's OK before you start a walking program if:

- You have a chronic health problem like diabetes or high blood pressure.
- You're over 40 and haven't been active in a while.
- 2. Feed your heart smart snacks. Instead of snacks packed with unhealthy fats, sugar or salt, try heart-friendly options like these:
  - Whole-grain toast with peanut or almond butter.
  - Cherry tomatoes dipped in hummus.
  - Whole-grain crackers with canned tuna or salmon.
  - A fruit or veggie smoothie.
  - Fat-free or low-fat popcorn.
  - Fat-free or low-fat yogurt topped

with berries.

3. Test your heart. High blood cholesterol can raise your risk of heart disease, a heart attack or a stroke. But it usually doesn't cause symptoms, which is why all adults 20 and older need their cholesterol tested on a regular basis. Ask your doctor how often to get yours checked.

4. Stress your heart less. When tension mounts, talk out problems with a trusted friend, family member or counselor. And try to replace negative thoughts with positive ones—for example, replace "I've really messed up," with "Everybody makes mistakes," or "I can't do this," with "I'll give it my best shot."

5. Tend to your heart with thanks.

Research shows that practicing gratitude is good medicine for your heart and health. It can lower blood pressure and boost your immune system, and it can help you engage in healthy behaviors. To feel more thankful, try keeping a gratitude journal. Look for your blessings—large and small—and write them down.

If you need a primary care doctor, visit frpsclinics.org to learn more about our providers seeing patients in Laurel, Wakefield, Wayne and Wisner.

If you need a cardiologist, Dr. Maryanne Hartzell and Dr. Krishna Velagapudi travel to Wayne weekly to see patients at Providence Medical Center.



### Wear Red!

National Wear Red Day was Feb. 4, with several participating businesses in town showing their support. February is also American Heart Month, a month brings awareness to the importance of being heart-healthy. Each year, one in four Americans dies from heart disease. American Heart Month seeks to educate the public the importance of diet, exercise and lifestyle choices that can lower the risk of heart complications. Above, members of Providence Medical Center's staff showed their commitment to health by wearing red.

## Know your numbers — And what to do about them

When it comes to cholesterol, it's important to know your numbers.

Hyperlipidemia means your blood has too many lipids (or fats), such as cholesterol and triglycerides. One type of hyperlipidemia, hypercholesterolemia, means you have too much non-HDL cholesterol and LDL (bad) cholesterol in your blood. This condition increases fatty deposits in arteries and the risk of blockages.

Another way your cholesterol numbers can be out of balance is when your HDL (good) cholesterol level is too low. With less HDL to remove cholesterol from your arteries,

your risk of atherosclerotic plaque and blockages increases.

If you're diagnosed with hyperlipidemia, your overall health and other risks such as smoking or high blood pressure will help guide treatment. These factors can combine with high LDL cholesterol or low HDL cholesterol levels to affect your cardiovascular health. Your doctor may use the ASCVD Risk Calculator to assess your risk of a coronary event in the next 10 years.

The good news is, high cholesterol can be lowered, reducing risk of heart disease and stroke. If you're 20 years or older, have your cholesterol tested and work with your doctor to adjust your cholesterol levels as needed.

Often, changing behaviors can help bring your numbers into line. If lifestyle changes alone don't improve your cholesterol levels, medication may be prescribed. Lifestyle changes include:

**Eating a heart-healthy diet**  
From a dietary standpoint, the best way to lower your cholesterol is reduce your intake of saturated fat and trans fat. The American Heart Association recommends limiting saturated fat to less than 6% of daily calories and minimizing the amount of trans fat you eat.

Reducing these fats means limiting your intake of red meat and

dairy products made with whole milk. Choose skim milk, low-fat or fat-free dairy products instead. It also means limiting fried food and cooking with healthy oils, such as vegetable oil.

A heart-healthy diet emphasizes fruits, vegetables, whole grains, poultry, fish, nuts and nontropical vegetable oils, while limiting red and processed meats, sodium and sugar-sweetened foods and beverages.

Many diets fit this general description. For example, the DASH (Dietary Approaches to Stop Hypertension) eating plan promoted by the National Heart, Lung, and Blood Institute as well as diets suggested by the U.S. Department of Agriculture and the American Heart Association are heart-healthy approaches. Such diets can be adapted based on your cultural and food preferences.

To be smarter about what you eat, pay more attention to food labels. As a starting point:

Know your fats. Knowing which fats raise LDL cholesterol and which ones don't is key to lowering your risk of heart disease.

Cook for lower cholesterol. A heart-healthy eating plan can help you manage your blood cholesterol level.

Becoming more physically active  
A sedentary lifestyle lowers HDL

cholesterol. Less HDL means there's less good cholesterol to remove bad cholesterol from your arteries.

Physical activity is important. At least 150 minutes of moderate-intensity aerobic exercise a week is enough to lower both cholesterol and high blood pressure. And you have lots of options: brisk walking, swimming, bicycling or even yard work can fit the bill.

**Quitting smoking**  
Smoking and vaping lowers HDL cholesterol.

Worse still, when a person with unhealthy cholesterol levels also smokes, risk of coronary heart disease increases more than it otherwise would. Smoking also compounds the risk from other risk factors for heart disease, such as high blood pressure and diabetes.

By quitting, smokers can lower their LDL cholesterol and increase their HDL cholesterol levels. It can also help protect their arteries. Nonsmokers should avoid exposure to secondhand smoke.

**Losing weight**  
Being overweight or obese tends to raise bad cholesterol and lower good cholesterol. But a weight loss of as little as 5% to 10% can help improve cholesterol numbers.

Written by American Heart Association editorial staff and reviewed by science and medicine advisers.

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



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# AMERICAN HEART MONTH



## State Nebraska Bank Wears Red

In observance of National Wear Red Day, staff at State Nebraska Bank & Trust's main branch (above) and campus branch (left) wore red on Feb. 4. National Wear Red Day began in 2004 to bring awareness to heart health.

## Transplanting pig hearts into humans offers promise – and peril

By Laura Williamson, American Heart Association News

Recently, surgeons successfully transplanted a genetically modified pig's heart into a man with

life-threatening heart failure. It's a medical first that is raising hopes of a new, viable alternative for people at risk of dying before limited human cadaver hearts become available and for those too sick or ineligible for human heart transplantation.

But heart failure specialists say any optimism should be buffered with caution, as questions about short- and long-term safety and survival remain unanswered.

"There is promise embedded within this story, but also peril," said Dr. Clyde Yancy, chief of cardiology at Northwestern University Feinberg School of Medicine in Chicago and a past president of the American Heart Association. "I don't think we celebrate just yet."

The Food and Drug Administration has not approved the use of

porcine, or pig, heart transplants. But it made a one-time "compassionate use" exception for the Jan. 7 surgery in a 57-year-old man.

Heart transplants become necessary when there is severe heart failure, which occurs if one or both heart ventricles stop functioning properly. Human hearts for transplant come from organ donations made available when people die.

However, the need far exceeds availability and roughly 20% of people waiting for a donor heart either die before they reach the top of the list or become too ill for a successful transplant. According to the federal Organ Procurement and Transplantation Network, there are 3,484 people awaiting hearts as of Jan. 14.

Researchers have long been searching for alternatives to human heart transplants. The most suc-

cessful efforts have come through advances in technology, such as the left ventricular assist device – LVAD – which helps the heart pump blood and has greatly reduced death rates for people awaiting transplant over the past several decades.

Animal organ transplants, called xenotransplants, hold promise but come with a host of unknowns, Yancy said. While pig hearts are similar to human hearts and therefore good candidates for transplant, there are unforeseen risks, such as whether they could transfer porcine viruses into their human hosts.

"There are lots of reasons to be celebratory, but we need to pause and consider all of the questions that go along with this discovery," he said, "starting with any evidence of harm and a careful review of safety."

Another question is how long –

and how well – a pig's heart can work in a human host. Human heart transplants are highly successful with a one-year survival rate of 91%. On average, heart transplant recipients live another 12 to 13 years.

"Will these genetically modified pig hearts meet the now standard thresholds for transplantation?" Yancy asked. "Will they last as long as a human cadaver heart can last? Will they be as functional? Will the patient feel better?"

Whether they do or not, the fact that the recipient's body did not immediately reject the new heart is encouraging, said Dr. Sandra Chaparro, director of the advanced heart failure program at Miami Cardiac & Vascular Institute at Baptist Health South Florida.

"It's already a success because the patient did not develop acute rejection in the first 24 hours," she said. "Obviously it's going to take time to understand the long-term implications of the human body adapting to a pig organ transplant. But this is a historical step in the direction of getting therapies for end-stage heart failure patients."

Some also have raised ethical concerns over raising an animal for the sole purpose of creating an organ genetically tailored to save a human life, she said.

Other questions to be answered are how much it costs to raise and genetically modify a pig sufficiently for its heart to be transplanted into a human and how to make such transplants available in an equitable fashion, Chaparro said. "We obviously want to make sure access is equal for all patients who need this, not only the ones with the resources to pay for it."

While researchers continue to explore xenotransplantation and other solutions to end-stage heart failure, Yancy said he'd like to see more emphasis on the lifestyle behaviors that can help people maintain good heart health. These include not smoking, staying physically active, eating a heart-healthy diet, maintaining an appropriate weight and keeping blood glucose, cholesterol and blood pressure levels under control.

"As encouraging as it is to see this potential new resource for heart transplantation and the ability to extend definitive interventions for patients," Yancy said, "it is equally important to give consideration for how we can prevent the condition from the outset. The best treatment for heart failure is never having it."

If you have questions or comments about this story, please email editor@heart.org.

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## Do dog owners live longer?

As dog lovers have long suspected, owning a canine companion can be good for you.

In fact, two recent studies and analyses published in *Circulation: Cardiovascular Quality and Outcomes*, a scientific journal of the American Heart Association, suggest your four-legged friend may help you do better after a heart attack or stroke and may help you live a longer, healthier life.

Dog owners have better results after a heart health event.

The studies found that, overall, dog owners tend to live longer than non-owners. And they often recover better from major health events such as a heart attack or stroke, especially if they live alone.

Some exciting news for dog owners:

- Heart attack survivors who live alone had a reduced risk of death if they owned a dog, while survivors who lived with someone else (a partner or child) had a reduced risk.

- Stroke survivors who lived by themselves had a reduced risk of death if they owned a dog, while survivors who lived with someone else (a partner or child) had a reduced risk.

- Dog owners are less likely to die from a heart attack or stroke than non-dog owners.

**Move more, stress less.**  
 Interacting with dogs can boost your production of "happy hormones" such as oxytocin, serotonin and dopamine. This can lead to a greater sense of well-being and help lower levels of the stress hormone cortisol. And having a dog



can help lower blood pressure and cholesterol, ease depression and improve fitness.

Studies show that people who walk their dogs get significantly more exercise than those who don't. And there's a bonus: Our pets can also help us feel less social anxiety and interact more with other humans. Maybe that's why dog owners report less loneliness, depression and social isolation.

### Make the most of dog ownership.

Here are some tips to make the most of your four-legged companion time:

- Play and interact with your pooch to get the most health benefits — for both of you.

- Get moving with your pet. You'll both get exercise and fresh air, and you may find yourself meeting other dog owners in your area. Socializing can be a good thing.

- Hit the road. Love to travel? Your dog might too. Research pet-friendly hotels so you and your furry friend can go on adventures together.

- Savor the snuggles. Give lots of scratches behind the ears, belly rubs or good old-fashioned head pats. The more you love your pet, the more they'll love you back.

**Source:** Dog ownership associated with longer life, especially among heart attack and stroke survivors, *Circulation: Cardiovascular Quality and Outcomes Journal Report*, October 2019

Written by American Heart Association editorial staff and reviewed by science and medicine advisers.

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