



Single Copy \$1.00
Sections - 3
Pages - ??

Thursday, October 13, 2022 147th Year - No. 2

The Wayne Herald

Daily updates on the Web at www.thewayneherald.com



(Photo by Michael Carnes)

Celebrating

Wayne High girls cross country coach Courtney Maas and senior Laura Hasemann (back to camera) share a moment after finding out the Blue Devils won the Mid State Conference girls cross country title during action Thursday at the Wayne Country Club. It was a clean sweep for the Blue Devils, as the boys won a tie-breaker over Boone Central to claim the boys crown. It was the first time since 2010 that both Wayne cross county teams claimed conference titles in the same year. Highlights are in the Sports section.

Wayne Escapes will add new puzzle room this October

By Aubreanna Miller
For the Herald

Wayne Escapes, a new activity-based business in town, will feature a new escape room Oct. 22. As a direct contrast of the first room, which has a darker theme, the new project will focus on vibrant colors, according to owner Ryan Zoucha. Zoucha, a student at WSC majoring in skilled and technical sciences education, had bounced around the idea of starting this business a year before deciding to jump in. "Being in college, I hear all the time, 'Man, we need something else to do,'" Zoucha said. "I started telling people about my idea and thought this could actually work. It was just a culmination of a bunch of small things going right." Participants going through the first and only current room called "Stolen Knowledge" will "break into" a professor's study and try to escape with the secret research. Zoucha's concepts for puzzles stemmed from late nights trying to sleep. Many of his props came from garage sales or Facebook marketplace. To finalize the activity before the return of college students in August, Zoucha looked to Resident Assistants at the college to test out the mechanics of the room. Since these students had to come to the college early for training, Zoucha saw this as

a perfect opportunity to finalize the project and gain some publicity from students who tested the room for free. Even though each puzzle began with a specific way of solving it, Zoucha says many groups have figured out new, exciting ways to work out solutions. Just in the first week, people came up with four different ways of solving one of the many clues. "It is very fun to watch the different ways people go about solving the room," Zoucha said. "You get to peer into their lives and their perspectives for a bit. It's crazy how differently everyone can go about it. It's kind of like watching reality TV, like Big Brother. That's the best way I can compare it." Zoucha, as a college student, juggles the operation as the only employee. The escape room is mostly open during the weekend and by appointment during the week. Many of his classes, Zoucha said, assign projects instead of big tests, which allows him to keep up with schooling, the escape room and his other job. Previously, the escape room opened Thursday nights as well, but since it did not gain much traction those days, the hours have now moved to primarily Friday evenings and Saturday from noon until midnight. Pricing stays at \$60 per group per room, no matter the number of people. Parties have one hour to escape the room.

See Escapes, Page 4A

Job Shadow/Career Day event on board agenda

By Clara Osten,
clara@wayneherald.com

A presentation regarding an upcoming Job Shadow/Career Day was among the items on the agenda when the Wayne Community Schools Board of Education met in regular session on Monday.

Kiley Koch, Spanish and Business instructor and Lindsey Knutson, 7-12 School Counselor, spoke to the board about the upcoming Job Shadow/Career Day, scheduled for Nov. 10.

This year's event will allow juniors at Wayne High School the opportunity to job shadow at two different businesses in careers of their choosing. New this year will be an open house over the lunch hour to allow businesses the opportunity to visit with students and conduct mock interviews.

Knutson also told the board that prior to the Job Shadow Day time will be allocated to mock interviews. This will take place on Tuesday, Nov. 1 with a 2 p.m. class schedule that day. All students will remain in school the entire school day and the hour and a half until regular dismissal will be used for various activities for the students. This includes "Minute to Win It" for junior high students with student leaders organizing group activities. Freshmen students will take part in various community service projects. The sophomores will have "Real World" activities and the seniors will receive information from EdQuest on applying to colleges and financial aid.

In other action, the board approved the snow removal bid from Sebade Snow Removal for the 2022-2023 season. This bid was the only bid received and includes a going rate price.

Discussion was held and a bid of \$7,000 approved from Kay Contracting for the demolition and removal of the old School District 83 building located 13 miles west of Wayne.

Superintendent Dr. Mark Lenihan told the board that the one acre parcel of land could be used in a number of ways by students enrolled in the Ag programs. This includes such things as planting native grasses or pumpkins in the area.

Board members received an update on



(Photo by Clara Osten)

Kiley Koch (left) and Lindsey Knutson spoke during Monday's Board of Education meeting on the upcoming Job Shadow Day. talks between the city and the school district on the future of the Community Activity Center.

Additional meetings will take place between the school and city in coming days.

In other action board members approved on second reading Policy 6212 which deals with assessments in the areas of Language Arts and Math.

First reading approval was given to Policy 5003 and Policy 5208. Both deal with junior high students who take high school courses. The language in the policies clarifies how the grades received affect a student's grade point average.

During administration reports, Dr. Lenihan shared information on option enrollment numbers. There are currently 75 students who have opted into the district and 55 who have opted out. This gives the Wayne district a net gain of 19 students. The district receives \$10,300 per student for those students.

Other items on his report were an update on the district's audit and the strategic

plan, which includes completed updates on a number of indicators, and an update on the contract for the use of the building that houses the Early Learning Center.

Foundation Director Brandon Foote told the board that the alumni mailing will be going out in the near future. He also said he has submitted his resignation as he is taking a position at State Nebraska Bank.

The facilities committee report included the dates of upcoming meetings and what each of these meetings will involve. Three board members will attend each of the next two meetings but will not be present at the Nov. 10 meeting.

Honor Recognition recipients at the meeting were Olivia Hanson, who has been selected to the National FFA Choir and the 25 students who have been selected as the 2022-2023 Blue Devil Branch Student Tellers.

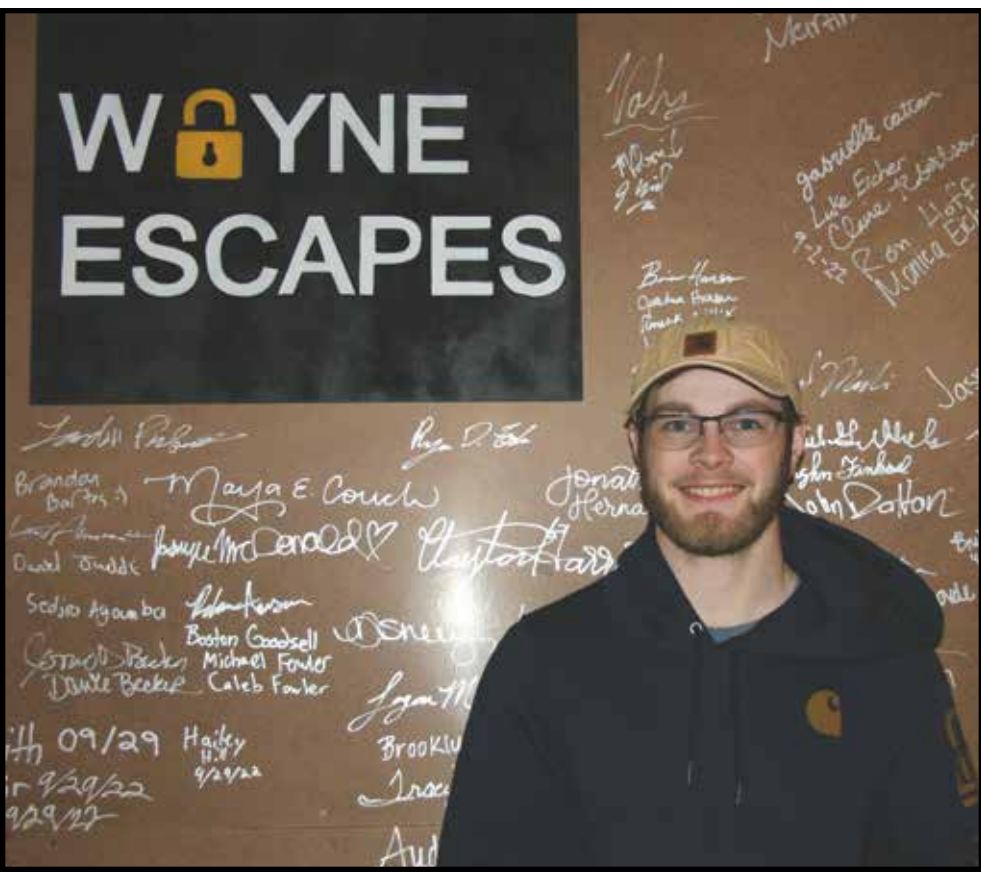
The Wayne Community Schools' Board of Education will next meet in regular session on Monday, Nov. 14 at 5 p.m. in the junior-senior high school library.

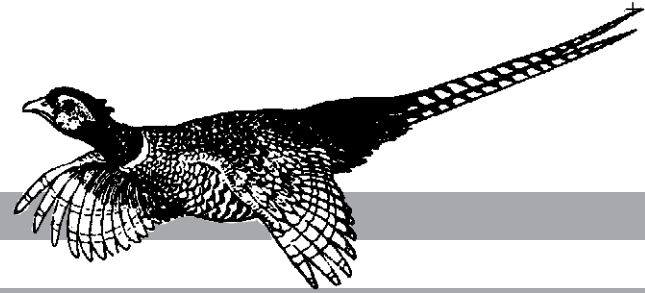


(Photos by Clara Osten)

WSC Homecoming

The Wayne State College Marching Band (above) led this year's WSC Band Day Homecoming Parade on Saturday. High school bands from throughout the area took part in the parade. In addition, a number of WSC organizations, such as the Wayne State College Drama Club (below) marched from First Street to Wayne State College. Awards were presented to the bands following the parade.





Record

Obituaries

James R.W. Nickols

James Raymond William Nickols, 80, died Tuesday, Oct. 3, 2022. A memorial service was held on Friday, Oct. 7. Private family burial was held at Omaha National Cemetery.



Arrangements were with Kahler-Dolce Mortuary in Papillion. James Raymond William Nickols was born June 6, 1942 in Wakefield to Raymond and Leora Nickols. He had five sisters; Wauneita, Lorraine, Lavonne, Joan and Ethel. He graduated from Wayne High School in 1960, where he lettered in football. Right after, he joined the Air Force and served four years overseas. Following his military service, he worked for ITT, where he built radio and TV towers across the nation.

On Valentines' Day 1970 his daughter, Anita Johanna, was born. Three years later he had his son, Jerome Phillip. He worked for Millard Public Schools for over 20 years and retired at the age of 58. Family was always the most important to him. He made sure to attend all of his grandchildren's school activities and

sporting events. When Anita deployed to Iraq in 2010, he was a fulltime caregiver to his youngest granddaughter, Mallory.

His passions in life include the pride he took in his yard, flowers and gardens, feeding the birds and squirrels on his patio and sitting outside to chat with the neighbors. The Huskers were constantly on the screen and cooking soup in the winter was a must. He was always prepared with a welcome mat and a cookie for anyone who came to his house. He will truly be missed by many people but will forever be in the hearts of his family and his legacy of being an amazing son, brother, father, grandfather and great-grandfather will continue.

Survivors include his children, Anita (William) Hays and Jerome (Fernanda) Nickols; grandchildren, Marlenna, Michael, Mallory and Beatriz; great-grandchildren, Mackenzie, Maison, Maizee and Malix; and sisters, Lorraine and Ethel.

He was preceded in death by his parents, Raymond and Leora Nickols; and sisters, Wauneita, Lavonne and Joan.

Vera M. Hummel

Vera M. Hummel, 84, of Wayne, died Wednesday, Oct. 5, 2022 at her home at Kinship Pointe in Wayne.



Services were held Saturday, Oct. 8 at Our Savior Lutheran Church in Wayne. Private family interment was in Veterans Memorial Cemetery in Wayne.

Memorials may be directed to The Jim and Vera Hummel Scholarship Fund/Wayne State College Foundation.

Arrangements were with Hase-mann Funeral Home of Wayne.

Vera Muree Churchill Hummel was born Aug. 14, 1938 in Woodbine Iowa to George H. Churchill and Ida Bintz Churchill. She was the youngest of 11 children.

She graduated from Woodbine High School and earned her bachelors and master's degrees from Wayne State College. Vera married Jim Hummel on Dec. 28, 1958 in Woodbine Iowa. The couple lived in Mead, Nebraska for six years prior

to moving to Wayne in 1964.

Vera retired in 2000 after serving as emeritus faculty at Wayne State College. She later served as a founding Director of Seeking the Spirit Within, the Nebraska Synod of the ELCA Institute of Spiritual Direction Formation; Spiritual Director; Spiritual Retreat Facilitator. She was a volunteer in hospice for many years; served as member of the Board of Trustees for Wayne State Foundation; served in many church roles at Our Savior Lutheran Church (organist, choir, council, committees).

She will be remembered as a loving wife, mother, and grandmother who shared her faith, integrity, love, and care for others.

Survivors include her sons and families, Jay (Janet) Hummel of Yankton, South Dakota, Doug (Brenda) Hummel of Omaha and Mark (Becky) Hummel of Lincoln; seven grandchildren: Garrett (Michelle) Hummel, Hannah (Shelby) Sidel, Tyler Hummel, Nathan Hummel, Andrew (Maria) Hummel, Brooke Hummel, and Jordan Hummel; five great-grandchildren: Hailey and Hadley Hummel, Eleanor and Willa Sidel, and Henry Hummel.

She was preceded in death by her husband, Jim; parents, and 10 siblings: George, Lester, Ida May, Donald, Darlene, Gertrude, Fern, Paul, Raymond, and John, and a granddaughter, Courtney Nicole Hummel.

Virginia Lee Cook

Virginia Lee Cook, originally of Carroll, aka Gini, aka Rosie, died at her Las Vegas home on Oct. 6, 2022.



Virginia's final resting place will be in Carroll. Virginia was a dog lover and dog mom to JR, Jessica, and Zack. Memorials can be directed to The Animal Foundation, a non-profit animal shelter, 655 N Mojave Road, Las Vegas, Nevada 89101.

She was born on March 18, 1944 in the Wayne Benthack Hospital to Arthur and Edith (Sahs) Cook. She was baptized and confirmed at St. Paul's Lutheran Church in Carroll. She attended grade school at Carroll elementary and graduated from Wayne High School in 1962.

She moved to Lincoln after graduating to attend the University of Nebraska, where she received a bachelor's degree in 1970. She worked during her years in Lincoln to pay the costs of attending college. As resources were scant, her mother would periodically mail a loaf of homemade bread to go with her b-loney and mustard. Her favorite past time while living in Lincoln was going to Duffy's Tavern on Friday nights where she needed only one quarter to be entertained for the evening; the guys bought all drinks but the first.

Upon graduating from UNL, she moved to Ft. Lauderdale, Florida and took a job waitressing at Denny's, a national restaurant chain. She quickly advanced to higher levels of responsibility, ultimately becoming the first female District Manager in the Denny's system. As a result, the company was forced to change its dress code to allow dresses to be worn by District Managers. She was a crusader for women in the workplace.

In September 1978 she married Ernest Galindo, a California native and a restaurateur, with whom she enjoyed a wonderful relationship until her passing. Ernie and Virginia lived in various southern US locations over the years as a result of employment opportunities, with a final move to Las Vegas in 2006.

After leaving Denny's in 1985, Virginia worked in various positions, including owning a florist shop and working for national moving companies. Before officially retiring, she returned to the industry where she started and that she loved the most, working part time as a waitress for Denny's.

Survivors include her husband, Ernie; sisters, Barbara (Kent) Sprague of Lincoln, Mary Jo (Gordon) Jorgensen of Milford, Iowa and Catherine Cook of Sioux Falls, South Dakota; brothers Craig (Lori) Cook of Gretna, Rodney Cook of Plainview, and Gordon (Alicia) Cook of Parkville, Missouri; several nieces and nephews, and many lifelong friends.

She was preceded in death by her father in 1992, mother in 2015, brother, Warren, in 2012, and brother, Alan, in 2018.

Courthouse News

Criminal Proceedings

State of Neb., pltf., vs. Taylor E. Roger, def. Complaint for 2nd Degree Criminal Trespassing. Fined \$500 and costs.

State of Neb., pltf., vs. Mark T. Ellis, def. Complaint for Theft/Shoplifting. Sentenced three months jail.

State of Neb., pltf., vs. Myles I. Bailey, def. Complaint for No Proof of Insurance (Count I) and Operating or Parking Unregistered Vehicle (Count II). Fined \$250 and costs.

State of Neb., pltf., vs. Leslie G. Lundquist, def. Complaint for Driving Under Suspension/ Before Reinstatement. Fined \$300 and costs.

State of Neb., pltf., vs. Lynell E. Thies, def. Complaint for No Proof of Insurance (Count I), Operating or Parking Unregistered Vehicle

(Count II) and Driving Under Suspension/ Before Reinstatement (Count III). Fined \$275 and costs.

State of Neb., pltf., vs. Bailey I. Myles, def. Complaint for No Proof of Insurance. Fined \$250 and costs.

State of Neb., pltf., vs. Colton J. Broer, def. Complaint for Possession of Marijuana (Count I), Possession or Use of Drug Paraphernalia (Count II) and Possession or Consumption of an Open Alcohol Container. Fined \$500 and costs.

State of Neb., pltf., vs. Kyle T. Kaus, def. Complaint for Minor in Possession. Fined \$300 and costs.

Traffic Violations

Renee R. Wilson, spd., \$75; Ethan B. Manley, no valid car registration, \$25; Colby R. Hamilton, spd., \$200.

A Quick Look



We use newsprint with recycled fiber.

Please recycle after use.

Date	High	Low	Precip	Snow
Oct. 6	72	49	—	—
Oct. 7	61	36	—	—
Oct. 8	56	25	—	—
Oct. 9	70	38	—	—
Oct. 10	81	40	—	—
Oct. 11	81	45	—	—
Oct. 12	83	40	T	—

Recorded 7 a.m. for previous 24 hour period
Precip./mo. — T
Yr./Date — 12.00"

Chamber Coffee

WAYNE — This week's Chamber Coffee#chamberpercs will be held Friday, Oct. 14 will be held at Farm Bureau Financial Services, located at 318 Main Street. The coffee on Friday, Oct. 21 will be held at Elkhorn Valley Bank & Trust, hosted by the Wayne County Republicans. The coffee begins at 10 a.m. and announcements at 10:15 a.m.



Gifts for Kids

AREA — Gifts for Kids applications will be available Oct. 15 and are due back by Friday, Nov. 11. To receive one, contact Kathy Berry at (402) 375-3066. Those applying must meet the income guidelines required on the application.

Coat give away

AREA — The First Presbyterian Church Deacons will be hosting a coat give away on Saturday, Oct. 15.

Coats for all ages will be available; however, the selection will be limited to stock on hand.

The event will be held in the Fellowship Hall of the church. In addition to coats, there is a limited selection of hats, scarves and gloves and other winter accessories. Each "shopper" can select one coat and accessories, parents may select for their children. The event is open to all area individuals and families and will be held from 10 a.m. to 1 p.m.

Paper Drive

AREA — The Wayne Boy Scouts will be conducting the monthly paper drive on Saturday, Oct. 15. Paper and aluminum beverage cans should be placed in paper grocery bags or boxes and set at the curb by 8 a.m. No plastic, no cardboard, no items with a spiral binding (plastic or metal) can be mixed with the paper. Recyclables can also be dropped off at the Scout trailer at the Transfer Station Monday, Friday or Saturday mornings.



L-C-C royalty

Queen Haley Christensen and King Daniel Puppe reined over Homecoming festivities at Laurel-Concord Coleridge Schools this year. Other members of the court included Abby Tasler, Paige Cook, Ella Hartung, Berniece McCorkindale, Mollie Schutte, Delaney Hall, Miles Forsberg, Aaron Bloom, Kolby Casey, Sutton Ehlers, Jake Rath and Jackson Hall.

The Wayne Herald

114 Main Street Wayne, NE 68787 402-375-2600
PUBLICATION NUMBER USPS 670-560
on the web at: www.thewayneherald.com

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POSTMASTER: "Address Service Requested" Send address change to The Wayne Herald, P.O. Box 70, Wayne, Nebraska, 68787

Publisher - Kevin Peterson
Advertising - Tracy Daniels
Advertising - Talesha Hopkins
Bookkeeper - Emily Patefield
Editorial/Circulation - Clara Osten
Reporter - Aubre Miller
Composition - Alyce Henschke
Pressman - Rob Zara
Press/Circulation - Joe Ridling
Circulation - Brad Telgren

Official Newspaper of the City of Wayne, County of Wayne and State of Nebraska

SUBSCRIPTION RATES
In Wayne, County - \$48.00 per year.
\$58 In-State Out-Of-County • \$68 Out of State.
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Two vehicle accident investigated

The Nebraska State Patrol and several other agencies responded to a two-vehicle accident early Tuesday morning (Oct. 11). The accident happened at approximately 6:40 a.m. at the inter-

section of Highway 35 and 572 Avenue, four miles west of Wayne. A school bus and pickup truck were involved in the crash, although there were no students on the bus at the time of the crash.

The accident remains under investigation and no further details are available at this time. This marks the third crash on the stretch of Highway 35 in less than three weeks.



(Photos by Clara Osten)

WSC Homecoming

Parade participants and spectators braved chilly temperatures during this year's Wayne State College Homecoming/Band Day Parade on Saturday morning. A number of WSC organizations, along with local groups made up this year's entries. The parade was one of many events scheduled last week to celebrate the college's Homecoming.



(Photos by Clara Osten)

Serving breakfast

Wayne Volunteer Firemen, along with some family members took turns serving up breakfast items during this year's Breakfast. Proceeds from the free-will donation event are used annually to update equipment for the department. Hundreds of area residents were able to enjoy both breakfast and fellowship during the event.



Medicare Open enrollment begins soon

Now that it's October we can really notice the changing of the seasons, and I just don't mean cooler weather and leaves falling. I mean it's almost Medicare Open Enrollment Season!

Medicare Open Enrollment is an annual event just like autumn. From Oct.15 through Dec.7 all Medicare recipients can compare their Medicare Prescription Drug Plans to make sure they are getting the most bang for their buck for 2023.

By now most individuals have received information from their Medicare Prescription Drug Plans or Medicare Advantage Plans advising them of changes in premiums, deductibles and drug coverages. However, if you just look at that information, you won't know there are three new Medicare Prescription Drug Plans available in Nebraska this year. Just because your 2022 plan reduced their premium does not mean that you will receive the same service for a lower cost. It is important to look at all 24 plans offered in Nebraska for 2023 to determine which plan will be best for you.

Plan premiums for 2023 range from \$4.70/month to \$113.60/month with deductibles ranging from \$0 to \$505.00. As you can see there is more changing this season than just the color of the leaves.

While the premium costs are important, it's the coverage of the prescriptions you take that really matters as well as the anticipated cost

of them throughout the year at the pharmacy you want to use.

It looks like a very interesting year ahead as more Medicare Advantage Plans and Medicare Prescription Drug Plans compete to cover your healthcare needs.

Just remember, the most important thing with any Medicare Advantage Plan is to make sure all your providers (doctors, specialists and hospitals) fully participate in the program and that your prescriptions are covered at the pharmacy you want to patronize.

The only way you can really get the best deal in this season of change is by comparing. You can go to the website: medicare.gov on the internet and work through the process yourself, or you can get help from a trained SHIP (State Health Insurance Program) counselor. SHIP counselors want the best for you personally, because do not get paid for signing you up with one plan or another. This unbiased assistance is free but you need to register for a time to compare.

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da Vinci surgical robot



To learn more about robotic-assisted urological procedures with Dr. Brush at Pender Community Hospital, visit pchne.org/urology

Dr. Thomas Brush
Urologist



Escapes

From Page 1A
 Zoucha said most escape rooms have people pay per person and group people together if there are not enough in a party. He did not want groups to feel uncomfortable working with strangers, so if two people want to do the room together, they can with a flat rate.
 For the future of the business, Zoucha said he did not feel sure how far he will take this business

venture. Since he will start student teaching next semester, the business might not hold permanence in the community. If the escape room continues to gain popularity, Zoucha might look into purchasing his own building to keep it going.
 "I would love for it to become popular enough to where it is justifiable for me to keep it in Wayne and maintain," Zoucha said. "I'm going to be a teacher and I'm going

to be in South Sioux for that. I'd love for [the escape room] to be a permanent thing. It's a creative outlet for me."
 Wayne Escapes is located in the back of Ekeko Galleries and Studios at 110 Main St. Appointments can be made on the website at waynes-escapes.com or by contacting Zoucha at 531-289-0176.

Cancer survivor to speak during Pink Flamingo Nite

The seventh annual Pink Flamingo Nite at Our Savior Lutheran Church in Wayne is drawing closer. This year's event will be held Thursday, Oct. 27 and will focus on the theme "Believe There is Hope for a Cure - Be The Hope." It includes a light supper, vendors, wine bar, cancer information, survivor style show, and guest speaker, Kathleen Splitt.

Vendors and wine bar will open at 5 p.m. They will include a variety of personal care items, clothing and housewares. The meal will be served starting at 5:30 p.m.
 This year's speaker will be Kathleen Splitt, who was born and raised in York County, Nebraska on a farm near McCool Junction.
 "I grew up in 4-H, learning to cook, sew, babysit, raise livestock, and other miscellaneous things young women did on the farm in those days. Though I had a sister who died before I was born from a brain tumor, and an uncle who died from Non Hodgkins' Lymphoma when I was still in preschool, I never thought much about cancer, and certainly never anticipated it would be a part of my story," she said.
 She was ordained as Minister of Word and Sacrament of the Presbyterian Church USA at The Presbyterian Church in Fremont on Nov.

22, 1998.
 In 2013 she received the diagnosis of breast cancer the day she and her husband were packing to move from Adrian, Michigan to Axtell, Nebraska.

"I knew no one near Axtell but a beloved "un-sister" who was an X-ray technician at Good Samaritan hospital in Kearney. She was my bridge from the diagnosis in Michigan to my treatment in Nebraska," Splitt said.

Her treatment included radiation and Herceptin, in addition to surgery.
 She has now been cancer free for nine years and continues to have regular mammograms and follow-ups due to being part of a trial group. She says she was fortunate because her cancer was found at Stage 0.

Kathleen is married to Rev. Jim Splitt, also a PCUSA minister and currently transitional minister at Our Savior Lutheran Church in Wayne.
 "He loves me through the mountaintops and valley lows of life. He gently and patiently cared for me through the scary 'Big C.' Cancer is one of the worst things that ever happened to me, and Jim is the best!" she said.
 Together the couple have six sons, two granddaughters, and are

owned by a five-pound toy fox terrier named Skeeter Bug.

Tickets for this year's Pink Flamingo Nite are now on sale and can be purchased at Our Savior Lutheran Church, all of the banks in Wayne, Swans Apparel, IKT, Hair Envy, Providence Community Pharmacy, Wayne Area Economic Development Office in Wayne, as well as Missa Sue Salon in Laurel and The Quilt Shop in Wakefield. They will be available until Oct. 21. Musical entertainment will be part of the evening's program.

A style show with cancer survivors as models will feature clothing from local clothing stores.

In addition, a quilt raffle will be held for a quilt sewn by Vernae Luhr.

Tickets for the raffle are now on sale and can be purchased at Our Savior Lutheran Church, The Quilt Shop in Wakefield and other participating locations or by contacting Tracy Henschke (tracyhenschke@gmail.com) or Christina Junck at (402) 369-0676. They are \$5 each, three for \$10 or seven for \$20.

Sponsors for the event include Providence Medical Center, Our Savior Women of the Evangelical Lutheran Churches in America (WELCA) and Pac 'N Save.

Supporting funds are being provided by Thrivent Financial.

Sheriff's Department investigates two-vehicle accident Oct. 6

The Wayne County Sheriff's Department, along with the Winside

Fire and Rescue Department and the Carroll Volunteer Fire De-

partment, Nebraska Department of Transportation and Nebraska State Patrol were among the agencies responding to a two-vehicle accident on Highway 35 Thursday afternoon (Oct. 6).

The accident happened just before 5 p.m. at the intersection of Highway 35 and 569th Avenue, seven miles west of Wayne.

An eastbound vehicle, driven by Kyle Roeber, had stopped and was attempting to turn north. A second eastbound vehicle, driven by Carolyn Childs, failed to stop and struck the first vehicle.

Roeber was transported to Providence Medical Center for treatment of injuries. Childs was transported from the scene by Mercy One helicopter for treatment of her injuries.

The collision remains under investigation.



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Taking part in the ElectroRally were, (front) Nina Hammer, Matthew Kufner-Rodriguez, Braden Adams and Assistant Coach Brady Henderson. (middle) Josh Doring, Adrea Bard, Brett Johnson, Assistant Coach Garret Reynolds and Coach Tony Cantrell. (back) Abby Allvin, Allan Brenner and Skylor Belt.

Power Drive team competes in Kansas City

The Wayne High School Power Drive team traveled to Hays, Kansas on Sept. 29 to compete in the 2022 High Plains ElectroRally.

The 3/8 mile course located at Frontier Park provided new challenges for the two senior drivers.

The Blue Devils competed with two cars in two separate classes. Car 22, driven by Brett Johnson, compet-

ing in standard class, finished with 65 laps in second place out of 18 cars.

Car 39x, driven by Matthew Kufner Rodriguez, competing in the solar class, finished with 70 laps in first place out of five cars. Car 39x also had the highest lap total of the day.

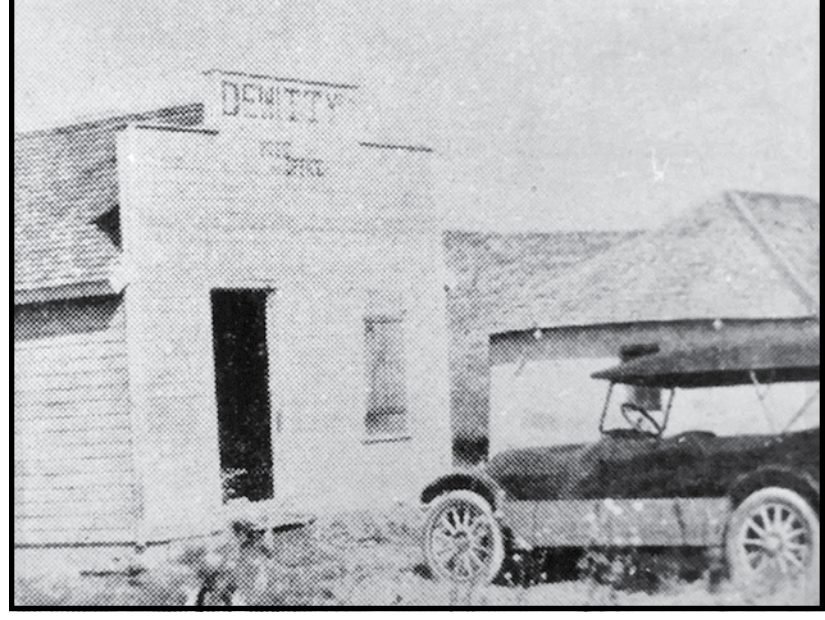
Historic exhibit of Sandhills pioneers is on display at Northeast Community College

An exhibition that focuses on the largest black settlement in Nebraska is now on display at Northeast Community College in Norfolk. The exhibit, Descendants of DeWitty, features photos of residents and everyday life in settlement, which was located in Cherry County from 1907 - 1936.

Twelve families, after fleeing Canada to escape slavery, left their home in North Buxton, Ontario in the early 1880s to journey to the Sandhills of Nebraska to settle as homesteaders. The settlers began to arrive in 1906-07, attracted by the 1904 Kincaid Act's offer of 640 acres of free land in the Sandhills. Spread out along the North Loup River, DeWitty, later known as Audacious, was the largest and longest-lasting African American settlement in rural Nebraska.

DeWitty included a church, store, barber, post office, and a baseball team, the North Loup Sluggers, which competed against teams from nearby communities. Three rural schools educated the children. On Independence Day, residents of DeWitty and nearby Brownlee would come together for a rodeo, baseball game and picnic.

A historical marker erected by the Nebraska State Historical Society, Cherry County Historical Society and Descendants of DeWitty in 2015 on Highway 83 tells the story of the settlement. The 1910 census recorded 82 residents. The number of occupied African American homesteads peaked in 1914, although some settlers had already canceled or sold their claims and moved away. The black homestead-



A photograph of the post office in DeWitty, Nebraska is featured in an exhibition now on display at Northeast Community College in Norfolk. The exhibit, Descendants of DeWitty, features photos of residents and everyday life in the largest black settlement in Nebraska, which was in Cherry County in the Nebraska Sandhills region from 1907 - 1936. The display runs through Nov. 1. (Descendants of DeWitty) ers, like their white counterparts, found 640 acres in the semi-arid region insufficient for ranching and marginal for farming. The last African American left the area in 1936. The last parcel still owned by DeWitty settler descendants was sold in 1993.

Pam Saalfeld, director of the center for global engagement at Northeast, said Descendants of DeWitty is a fascinating photo exhibit of little-known Nebraska and African American history.

"Northeast is so excited to host

this exhibit on campus," Saalfeld said. "It is a little-known, but significant, piece of Nebraska history. We are proud to be able to help bring this to people's attention."

The Descendants of DeWitty exhibit is on display in the upper level of Union 73 on Northeast's Norfolk campus through Nov. 1 during regular business hours. It is free and open to the public.

To learn more about the DeWitty settlement, including a documentary on the settlement, visit descendantsofdeewitty.org.

Nebraska Poetry Festival to be held in Wayne

Well-known regional poets and writers will read from their works during a special two-day event in Norfolk and Wayne this November.

The Northeast Community College Visiting Writers Series and Wayne State College's Plains Writers Series sponsor the Nebraska Poetry Festival Wednesday, Nov. 16 and Thursday, Nov. 17, on their respective campuses.

Featured authors include Matt Mason, Twyla Hansen, JV Brummels, Michael Catherwood, Neil Harrison, Greg Kosmicki, Kiara

Letcher, Stephanie Marcellus, Gailmarie Pahmeier, Todd Robinson, Marjorie Saiser, Mark Sanders, Barbara Schmitz, Shyla Shehan, Michael Skau, William Trowbridge, Scott Abels, Bonnie Bartee, Chad Christensen, Lin Brummels, Kelly Weber, and Rich Wyatt.

The Nebraska Poetry Festival takes place Wednesday, Nov. 16, from 11 a.m. to 3 p.m., in Northeast Community College's Union 73. The event continues Thursday, Nov. 17, from 11 a.m. to 3 p.m., in Wayne State College's Gardner Hall.

Following the festival on Nov. 17 is Poetry Slam 45. The slam will be held at the Max Bar and Grill in downtown Wayne at 7 p.m., with registration at 6 p.m. Slam participants need four original poems. The registration fee is \$5.

All events are free and open to the public.

For more information on the Nebraska Poetry Festival, visit wscpress.com or contact: Chad Christensen (chchris1@wsc.edu) or Bonnie Johnson-Bartee (bonnie@northeast.edu).

B.J. WOEHLER

For Mayor of Wayne

Lifelong Leader across a wide range of Organization and Public Service

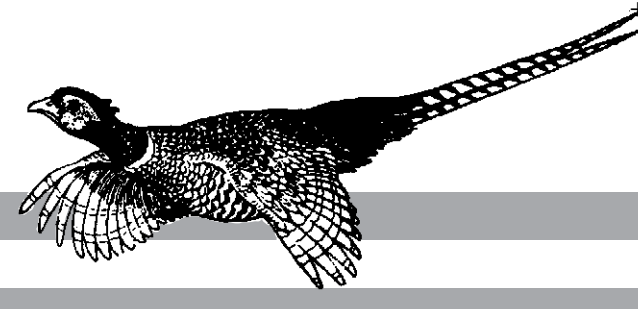
In College I was involved in several student organizations and Honor Society. Upon returning to Wayne I have been in the following, Wayne Area Ducks Unlimited (Re-Founding member & past Treasurer), Wayne Sons of American Legion (member & Past Officer), Wayne Masonic Lodge (member & past Chaplain), Wayne Izaak Walton Lake, North East Nebraska Investor (past President) and a Lifelong member of Our Savior Lutheran Church until marrying into Grace Lutheran Church

Currently I am serving as immediate past president of NUCA of Nebraska and serving as a contractor representative on the NE 811 board. Locally I am currently president of WAEDI business and industry committee and on the Wayne Public School Community Facility Committee I have enjoyed working with several community groups to get such things as a new pool, find a reuse for the old pool area and currently serve on the problem resolution team of Wayne.

All of this and years of working with/around the city and attending hundreds of council meetings has led to my desire to run for mayor. I have seen things run several different ways, some good some bad, but recently I have seen government go beyond the basics and quit listening to the people. I plan to change that if you give me that opportunity.

Thank You. BJ Woehler

Paid for by B.J. Woehler, 902 Bressler Ct., Wayne, NE 68787



Sports

Haschke ties for 13th; LCC, Wayne tie for ninth

By MICHAEL CARNES
For The Herald
COLUMBUS — Both Wayne and LCC's golf teams had a lot of similarities going into the Nebraska

tournament, nothing had changed. Both teams, led by seniors, tied for ninth place in the 15-team tournament at the Columbus Elks Club, shooting identical rounds both days.

The scores might show otherwise. "We scored better on the first day, and it was tough conditions (Tuesday) with the wind but the girls battled and played hard," he said. "It was a good experience for them and I'm looking forward to seeing how this plays out the next couple of years."

The Blue Devils were led by lone senior Riley Haschke, who achieved a number of personal goals in her final high school golf tournament.

After making it last year as a junior, she said she wanted to bring the whole team along this year.

"It was pretty exciting to be able to help everyone and tell them it's just another round of golf, so it was pretty exciting to be able to bring the whole team down," she said after Tuesday's final round.

She also achieved another goal by finishing in the top 15, all of whom earned medals for their efforts. She tied Lainey Palmer of Broken Bow and Mia Hiebner of Heartland for 13th place with her two-day total of 180.

"It's pretty exciting," she said of her medal-winning effort. "During the front nine, I was a little nervous because I didn't shoot as well as I did the first day. It's exciting to know that I ended my career with a medal at state."

Johnson said the senior did a good job of making some adjustments during the second day of action after a couple of bad holes.

"She had a couple of oopsies with her irons and we had to hit a reset button there, but she really played well down the stretch," he said. "For a girl who works as hard as she does, I'm really proud of her. She played her best at the end of the year last year and really put in a lot of hard work this year and it really paid off for her."

Haschke was tied for seventh place after the first day with an impressive round of 85, but had to scramble on the back nine the sec-

ond day to finish with a 95 that kept her in contention for a medal.

"My arms were tight and I kept pushing my irons to the right, but I relaxed more on the back nine and that helped me swing through the ball and hit my irons better," she said.

Riley was joined by sophomore Joslyn Johnson and Lindsay Niemann, along with freshmen Carli Canham and Charli Sievers. All four were making their first appearance at state, and Johnson said they were a little tight coming in the first day.

"I don't think we needed the wind to shake us up (Monday) because they already were," he said, laughing. "The girls learned what it was

like to play with pressure and the people at the tournament and everything. We had a few bad breaks here and there, but I think the girls played better than our score showed."

Joslyn Johnson shot back-to-back rounds of 95, Canham improved from day one (111) to day two (108), and Niemann (107-112) and Sievers (116-109) both showed some good things in their first state appearances.

THE LCC GIRLS HAD THE advantage from an experience perspective, as three of the Lady Bears were making their third straight team appearance at state, which helped them be a little more relaxed

coming in.

"I could see how much more relaxed the girls were and the composure they had, they weren't really concerned coming in and just went out and competed like it was another tournament," coach Christina Patefield said. "When we came for our practice round Sunday, the seniors did a good job just telling the younger girls what to do and just go out and have fun and don't stress about it and just play your game."

Seniors Sarah Karnes, Delaney Hall and Maddy Graham led the way both days for LCC, while newcomers Skylar Swanson and Holly Patefield both competed in the two-day tournament.

Karnes just missed making it to the medal stand, finishing two shots away from a top 15 finish with a 182, shooting 90 on Monday and 92 on Tuesday. Delaney Hall improved from the first day to the second (102-96), as did Graham (106-98). Swanson shot rounds of 109 and 112 and Patefield finished with a 112 and a 118.

While it was the last go-round for the three Lady Bear seniors, Patefield said the younger girls are already making plans to keep LCC's three-year state qualifying streak as a team going next year.

"They're already talking about what they need to do to get back here, and that's good to see," Patefield said. "They want to encourage our younger players so we can get back here again."

One other similarity the two area teams shared were coaches who had the opportunity for the first time to coach their daughters in a state tournament, an experience they probably enjoyed more than their children want to admit — at least for now.

"I really wanted to see how she was doing, but it kind of helped that she didn't really want me around,



(Photo by Michael Carnes)

Wayne senior Riley Haschke tees off during the second day of the Nebraska Class C State Girls Golf Championships in Columbus. She finished her high school career tying for 13th to earn the school's first individual medal in 11 years.

Class C Girls State Golf Championships this week.

For Wayne coach Josh Johnson, he said the team probably played better on the second day, although

By the end of the two-day, 36-hole



(Photo by Michael Carnes)

LCC senior Delaney Hall chips on the 18th green during the Class C State Girls Golf tournament in Columbus.



(Photo by Michael Carnes)

Maddy Graham was a three-time state qualifier for the LCC girls, ending her senior season at the Class C state tournament.



(Photo by Michael Carnes)

Both Wayne's boys and girls cross country teams won the Mid State Conference title last week at the Wayne Country Club.

Razor-thin finishes net Wayne title sweep

By MICHAEL CARNES
For the Herald

To cut it any closer, you'd need a set of Ginsu knives.

The difference between first and second place in the team races for the Mid State Conference cross country meet couldn't get any closer than they did Thursday at Wayne Country Club, and both outcomes favored the Wayne High teams.

The Blue Devils swept the team cross country titles for the first time since 2010, with the boys winning in a tie-breaker and the girls edging Crofton 23-24 on an exciting afternoon that provided runners with ideal conditions for a top-notch race.

Wayne's boys had three medalists and matched Boone Central's 44 points in the team race, but Ethan McCraney's 23rd place finish gave Wayne the tie-breaker for the fastest non-scoring runner as they were able to win on their home course.

"Knowing the teams coming in, we knew it would be a close one and we had to break up some groups and everything just fell into

place," coach Terry Bear said. "I'm so proud of these kids. They're just tipping the iceberg of what they can do and they ran with a lot of confidence today."

Leading the way for the Wayne boys was freshman Drew Miller, who placed about 39 seconds behind medalist Jason Kilmurry of Battle Creek and was happy to lead the team to the conference title.

"It feels pretty good," he said. "I thought we all ran well today. I probably could have pushed it more in the middle of the race, but it was a really good day for us."

Bear was thrilled with the freshman's effort.

"He's running so well and I think he can go a little faster year," Bear said. "Even though he's young, he's leading by example and has done a really nice job."

One of the keys to the Wayne win was the finish of Alex Frank and Kasen York, who worked their way up the ladder and came home in 10th and 11th place.

and it really is great to see them not only challenging opponents, but challenging each other."

Adrian Klinetobe rounded out the Wayne scoring by finishing 21st, leaving it up to McCraney and Easton Blecke's who finished 23rd and 24th to give Wayne the needed tie-breaker to earn the conference title.

"I'm just proud of everyone," Bear added. "This is our first win and the first time we've had more than two medalists in the last seven years, so we're just really happy as coaches for these kids and hopefully we can keep that momentum going into districts."

THE GIRLS RACE DIDN'T need a tie-breaker, but Wayne needed every one of their four scoring runners' finishes to slip past Crofton, which was led by medalist Jordyn Arens' winning effort of 19:11.80.

Jala Krusemark was the first Wayne girl home, placing 72 seconds behind Arens, and senior Laura Hasemann and Krusemark's twin sister, Kyla, were fourth and fifth, setting the stage where Lily-an Hurner finished 14th to give

Wayne the final edge, even though Crofton's four runners all finished in the top 11.

"This is awesome," an ecstatic coach Courtney Maas said after the race. "I thought the girls ran very well today and I was really happy with what I saw. Some of the girls got PR's today, so you can't ask for much better than that."

Having three of the top five medalists at Thursday's race certainly didn't hurt, either.

"They all ran really well," Maas said of the senior Hasemann and the sophomore Krusemark sisters. "Laura is really coming on strong at the end of the year, and this is the best shape that I've seen her in physically and mentally. She really is giving everything she's got because she knows she's only got two (races) left, so she's really leaving it all out there."

While Jala Krusemark was more than a minute behind Arens, she said she and her teammates strategy of running in a pack paid off big.

"We've been working so hard in practice to try to stay in a pack and



(Photo by Michael Carnes)

LCC's Sarah Karnes capped her third trip to state with a top 20 finish, ending her senior season with a two-day total of 182 to miss the medal cut by two shots.

Lady Bears claim H-N honors

An exciting five-set win at Hartington-Newcastle sparked a perfect 4-0 week for the LCC Lady Bears volleyball team that included a tournament win.

On Thursday, the Lady Bears won a wild one in Hartington, coming back from a 2-1 deficit to edge the Wildcats 25-27, 25-14, 22-25, 20-25, 16-14.

Mallory Eriksen had 14 kills, Berniece McCorkindale added 11 and Mollie Schutte recorded eight for the Lady Bears. Tali Erwin added six kills and Delaney Johnson had five, with Haley Christensen recording 41 assists. McCorkindale served up eight aces, Avery Hahne had four and Eriksen added three.

Defensively, Johnson had three blocks while Schutte, Eriksen and McCorkindale had two apiece. Christensen led with 26 digs, Eriksen added 22, Erwin had 19, Ella Hartung had 16 and Baylie Graf had 12.

On Saturday, the Lady Bears won three matches to claim the first-place trophy at the Hartington-Newcastle Invitational, beating Hartington-Newcastle (8-25, 25-20, 25-19), Winside (25-20, 25-19) and Wausa (25-14, 18-25, 25-23).

In the first match, Eriksen led with 11 kills, McCorkindale and Schutte both had four and Johnson had three. Christensen had 21 assists and Erwin and Hartung both had two ace serves. Hartung had 11 digs, Eriksen added 10, Erwin had six and Christensen had five. Johnson recorded four blocks, Christensen had three and Schutte and Eriksen each had two.

Against Winside, Schutte had nine kills, Eriksen added six, Johnson had five and McCorkindale and Erwin both had four. Christensen had 20 assists. Hartung led the defense with 10 digs, Eriksen added nine and Erwin had three.

In the finals, Erwin put down 13 kills, Eriksen added nine and Schutte and McCorkindale each had four. Christensen had 25 assists, Erwin had three aces and Graf added two. Eriksen led in digs with 11, Hartung had 10, Erwin had eight and McCorkindale had six.

The 15-10 Lady Bears hosted Hartington CC on Tuesday. They are at Winnebago Thursday and start Lewis & Clark Conference play on Saturday.

Title Sweep

run together, so it felt good to get another win," she said. "Crofton really made us push each other, so we knew who we had to beat and running in a pack really helped us."

All six of Wayne's varsity runners finished in the top 20. Following the four scoring runners were Olivia Hanson in 15th place and Frantzdie Barner, who just missed the medal stand while placing 16th.

Wayne's JV runners also scored very well on the day. The girls swept the top four place and had eight in the top 10 to easily win their division, while the Wayne boys had the top two spots and finished second behind Norfolk Catholic.

In the girls JV competition, Norah Armstrong, Kennasyn Blecke, Ava Elliott, Yama Kantai and Josie Ley claimed the top five spots, with Sharon Vasquez placing eighth.

On the boys side, Mason Ley and Boden Dobbins went 1-2, followed by Zander Liston in 14th, Parker Kesting in 19th and Payton Junck in 25th.

Both Wayne teams will run in district action Thursday at Pierce Community Golf Course, and both coaches are excited about their chances of qualifying for next week's state meet in Kearney.

"This is where we're looking to peak, so I'm really happy with our girls right now," Maas said.

"We're going to have to use this momentum to keep it going, but I think our boys can do it," Bear added.



(Photo by Michael Carnes)

Wayne High freshman Drew Miller was impressive in posting a second-place finish to help the Wayne boys win the Mid State Conference title Thursday at Wayne Country Club

Kassidey Beister, BCen, 22:02.50; 11. Elizabeth Wortmann, Crofton, 22:08.10; 12. Aylla Weeder, Pierce, 22:21.70; 13. Ashley Dickau, O'Neill, 22:32.60; 14. Lilyan Hurner, Wayne, 22:34.10; 15. Oliva Hanson, Wayne, 22:49.60.

Area Results
WAYNE — 2. Jala Krusemark, 20:23.40; 4. Laura Hase- mann, 20:43.30; 5. Kyla Kruse- mark, 21:08.70; 14. Lilyan Hurner, 22:34.10; 15. Olivia Hanson, 22:49.60; 16. Frantzdie Barner, 22:55.20.

Varsity Boys Team Standings
Wayne 44, Boone Central 44, Norfolk Catholic 47, Battle Creek 51, Pierce 61, O'Neill 100, GACC 124, Crofton 148.

Top 15 Medalists
1. Jaxon Kilmurry, BCrk, 17:13.70; 2. Drew Miller, Wayne, 17:52.20; 3. Ashton Koch, Pierce, 18:10.00; 4. Kolton Kralik, GACC, 18:10.20; 5. Nathan Kalous, NC, 18:10.30; 6. Parker Clausen, BCrk, 18:17.50; 7. Zander Jarecki, BCen, 18:20.70; 8. Alec Foecking, NC, 18:24.80; 9. Logan Spence, BCen, 18:26.60; 10. Alex Frank, Wayne, 18:39.70; 11. Kasen York, Wayne, 18:43.00; 12. Giles Deeder, BCen, 18:45.30; 13. Eli Streff, Pierce, 18:51.10; 14. Jonah Ash, NC, 18:51.50; 15. Trevor Alder, O'Neill, 18:52.10.

Bears roll to 7-0 with 54-21 road win

HARTINGTON — The state-ranked and undefeated LCC football team pulled away in the second half to claim a 54-21 win at Hartington-Newcastle.

The Bears built a 30-8 lead at the half as quarter-back Dylan Taylor ran for two touchdowns and passed for two more. He scored on runs of 4 and 31 yards in the first period, and followed that with a 33-yard pass to Jake Rath and a 42-yarder to Dan Puppe to help the Bears build the 22-point halftime advantage.

LCC continued to pull away in the second half. Puppe scored on a 40-yard run and Taylor added his fifth score of the night with a nine-yard run. Puppe scored his third touchdown in the fourth on a five-yard run to

close out the Bears' offensive assault.

Taylor was 5-of-6 passing for 130 yards with two touchdowns and rushed 10 times for 74 yards and three more scores for the 7-0 Bears. Puppe added 101 yards on 10 carries with two touchdowns and caught two passes for 43 yards and a score.

Rath caught two passes for 60 yards and a touchdown. Sutton Ehlers added 45 yards on six carries.

Defensively, Ehlers led with 16 tackles, Puppe added 10, Kolby Casey had nine and Rath, Taylor and Aaron Bloom each had six.

The Bears close out the regular season at home Friday against Tri County Northeast.

Mid State Conference
Varsity Girls Team Standings
Wayne 23, Crofton 24, O'Neill 54, Boone Central 61, Battle Creek 78.

Top 15 Medalists
1. Jordyn Arens, Crofton, 19:11.80; 2. Jala Krusemark, Wayne, 20:23.40; 3. Tya Dickau, O'Neill, 20:37.00; 4. Laura Hase- mann, Wayne, 20:43.30; 5. Kyla Kruse- mark, Wayne, 21:08.70; 6. C.C. Kahn, NC, 21:14.30; 7. Sophia Wortmann, Crofton, 21:16.60; 8. Rylie Arens, Crofton, 21:43.50; 9. Afhtynn Stusse, BCrk, 22:00.80; 10.

BOWLING RESULTS

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City League			Hits N Misses		
Week #5 of 32 - 10/4/22			Week #4 of 30 - 9/28/22		
One Office	59	41	Ruwe Farms	10	6
PMC Scrubs	58.5	41.5	Sterling Computer	10	6
Harder & Ankeny	56.5	43.5	Wildcat Lanes	9	7
White Dog	56	44	Dixon Elevator	8	8
Half-Ton Club	55.5	44.5	Smokin' Diesel Repair	6	10
Wildcat Lanes	54	46	State Nebraska Bank & T	5	11
#Rookies	53	47	High Game: Jamie Janke, 239; Lynda Belt, 197; Renee Saunders, 182; Annmarie Tentinger, 182; Brianna Nissen, 182.		
Pigg Farms	51	49	High Series: Jamie Janke, 598; Renee Saunders, 510; Rochelle Fleishmann, 506; Andi Belt, 501; Julie Hartun, 500; Brianna Nissen, 487.		
Wildcat Cubs	50	50	Week #5 of 30 - 10/5/22		
Wayne Country Club	48.5	51.5	Ruwe Farms	13	7
Klein Electric	41	59	Wildcat Lanes	12	8
Pin Pals	39.5	60.5	Dixon Elevator	12	8
Grossenburg Impl.	37.5	62.5	Sterling Computer	10	10
Ghost	40	60	Smokin' Diesel Repair	7	13
Women: Jamie Janke - 247,204,255,706; Jessi Jensen - 206,236,615; Kayleen Roberts - 214,182,561.			State Nebraska Bank & T	6	14
Men: Darin Bargholz - 212,222,225,659; Dustin Barghol - 211, 237,639; Tay Guill - 235; Ronnie Forney - 204,238,603; Dylan Sokol - 202; Doug Rose - 268,234,699; Kelly Hansen - 204; Rich Rethwisch - 200; Kyle Kempf - 242,231,623; Lukas Clark - 208; Darin Jensen - 211; Trent Beza - 214; Brad Hansen - 223,236,615; Nate Temme - 247,200; Mike Grosz - 215; Joel Ankeny - 233; Michael Denkluva - 226,225,642; Brian Kemp - 205,207; Keith Roberts - 226.			High Game: Brianna Nissen, 236; Jessi Jensen, 219; Tonya Janke, 198; Renee Saunders, 191; Lisa Lindsay, 188.		
			High Series: Jessi Jensen, 583; Brianna Nissen, 563; Renee Saunders, 510; Tonya Janke, 499; Linda Stewart, 497.		

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(Photo by Michael Carnes)

Jala Krusemark led a quintet of medalists for the Wayne High girls cross country team, which edged Crofton by one point to claim the Mid State Conference title.

She started her week with a career-high 18 kills and a .457 hitting percentage in a 3-1 Tuesday win at Augustana. Beller added 15 kills and four blocks in Friday's 3-0 win at Northern State and had 12 kills with a .478 hitting percentage in a 3-0 Saturday sweep at MSU Moorhead.

For the season, Beller ranks third in the NSIC in kills per set (4.06), second in hitting percentage (.437), third in points per set (4.59) and 10th in blocks per set (0.93).

It's the second time this season that Beller has received NSIC Player of the Week recognition.

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(Photo by Michael Carnes)

Wayne senior Sedjro Agomba races up the field after catching a pass during the Blue Devils' 27-25 win over West Point-Beemer Friday at Wayne State College.

Blue Devils outlast Cadets in home finale

Wayne took advantage of a fourth-quarter turnover by West Point-Beemer and sealed a wild 27-25 win Friday at Wayne State College's Cunningham Field.

Wayne High fumbled the opening kickoff, and the Cadets capitalized with a one-yard touchdown by Conner Troyer to make it 7-0.

The Blue Devils answered, however, driving down the field and finding paydirt on a 32-yard pass from Kaden Keller to Alex Phelps to tie it at 7-7 with 6:31 to go in the first.

The Cadets regained the lead at 13-7 on the first play of the second quarter, a six-yard run by Treven Weddle, but Wayne would come back with a pair of scores to take their biggest lead of the night at 21-13. Keller found Daniel Judd from four yards out to give Wayne the lead, and then Bo Armstrong recovered a fumble that set up a littler trickery, as Ashton Munsell took a lateral from Keller and found Phelps open for a 65-yard touchdown pass.

The Cadets would come back late in the first half on a Weddle 55-yard touchdown run to make it 21-19 at intermission, and early in the fourth would take the lead when Weddle scored again, this time from three yards out.

The Blue Devils couldn't capitalize on their next drive, but got a second chance when Aiden Liston recovered a fumble with less than seven minutes to go. Wayne scored on an eight-yard connection between Keller and Phelps, and the Wayne defense was able to silence the Cadets from there to seal the victory.

WSC men fifth, women seventh

The Wayne State cross country teams saw action Saturday in the Dordt Invitational in Sioux Center, Iowa.

The Wildcat men finished the day fifth while the women were seventh.

In women's action, Alison Stine-man led WSC with a 24th place finish, coming home in 19:28.97. Kelsey Larsen followed in 36th place at 19:53.62, then Kylie Pachta (50th, 20:16.48) and Lindsey Stuckey (57th, 20:27.94).

Also running were Madeline Kunz (68th, 20:41.18), Maelee Beacom (83rd, 21:08.10), Sydney Escritt (92nd, 21:16.49), Ava McGown (98th, 21:27.06), Jozlyn Barnes

(100th, 21:31.41) and Kenzie Mosel (101st, 21:31.86).

On the men's side, Titus Kiptoo and Brandon Mundorf both finished in the top 20 to lead the WSC men. Kiptoo was 12th in 25:04.21 and Mundorf placed 19th in 25:36.52.

Rounding out the WSC scoring was Quentin Drey in 36th place (26:21.32) and Abe Schroeder in 49th (26:38.39).

Also running were Isaac Richards (62nd, 27:01.78), Brandon Mitzel (73rd, 27:17.68), Gabe Peitz (86th, 27:37.71), and Andrew Wylie (128th, 29:07.72).

Wayne State will run at the Mount Marty Invitational in Yankton, S.D., on Oct. 22.

Area runners medal at L&C

WAUSA — Area runners got their final times in before districts with Thursday's Lewis & Clark Confer-

19th for the Wolfpack, followed by Bre Millard (27th), Shantel Miller (36th) and Jenni Olson (39th).



(Photo by Michael Carnes)

Tri County Northeast's Rhyanne Mackling earned a fifth-place medal at Friday's Lewis & Clark Conference cross country meet.

ence meet, held Friday at Rolling Hills Country Club.

In the boys race, the LCC runners finished third and had three top-15 finishes. Tyler Olson led the way with a seventh-place finish, followed by Carter Korth in 11th and Preston Rose in 14th. Koby Detlefsen rounded out the scoring with a 40th place effort, with Taner Stanley (49th) and Kolby Hansen (53rd) both competing for the Bears.

Other area boys results included Winside's Myles Kampa in 46th and Gabe Franklin of TCNE in 48th.

In girls action, Tri County Northeast finished fourth and had a top 10 medalist in Rhyanne Mackling, who finished fifth in a time of 21:57.58. Alejandra Hermosillo placed

Other runners included LCC's Kate Tasler (23rd) and Gabriella Kock (42nd) and Winside's Megan Gnirk (37th) and Stephanie Naeve (40th).

All three area teams will compete in district action on Thursday at Twin Creeks Golf Club in Pender.

Lewis & Clark Conference Boys Team Standings
Bloomfield/Wausa 26, Hartington-Newcastle 32, LCC 55, Osmond 61, Plainview 62, Homer 86.

Top 15 Finishes
1. Carson Noecker, H-N, 14:38.93; 2. Dyami Berridge, WInnebago, 16:53.85; 3. Brody Taylor, Ponca, 17:10.10; 4. Luke Wookman, B/W, 17:27.70; 5. Cade Wakeley, B/W, 17:58.01; 6. Cole Rosener, H-N, 18:00.00; 7. Tyler Olson, LCC,

18:16.24; 8. Kyler Mosel, Plainview, 18:22.87; 9. Robert Aschoff, Osmond, 18:25.36; 10. Jordan Mossel, Plainview, 18:26.18; 11. Carter Korth, LCC, 18:29.51; 12. Tomik Duffy, B/W, 18:32.72; 13. Tyler Hanson, B/W, 18:48.61; 14. Preston Rose, LCC, 18:57.76; 15. Alex Elks, H-N, 19:00.60.

Area Results
LCC — 7. Tyler Olson, 18:16.24; 11. Carter Korth, 18:29.51; 14. Preston Rose, 18:57.76; 40. Koby Detlefsen, 21:45.81; 49. Taner Stanley, 22:55.82; 53. Kolby Hansen, 24:36.43.

WINSIDE — 46. Myles Kampa, 22:26.73.

TRI COUNTY NE — 48. Gabe Franklin, 22:54.44.

Girls Team Standings
Homer 17, Bloomfield/Wausa 30, Hartington-Newcastle 41, Tri County NE 61.

Top 15 Finishes
1. Lilly Harris, Homer, 20:15.63;

2. Christina Martinson, B/W, 21:20.67; 3. Tori Gaarder, Homer, 21:42.01; 4. Ava Noecker, H-N, 21:53.16; 5. Rhyanne Mackling, TCNE, 21:57.58; 6. Jovee Valentin, Homer, 22:09.37; 7. Ali Albrecht, Homer, 22:15.05; 8. CarryLee Martinson, B/W, 22:17.76; 9. Tiernee Freeman, B/W, 22:18.66; 10. Keli Aschoff, Osmond, 22:32.00; 11. Carmen Buschkamp, H-N, 22:41.16; 12. Madie Ziegler, B/W, 22:44.27; 13. Alyssa Petersen, Homer, 22:46.98; 14. Claire Rolfs, H-N, 22:54.88; 15. Isabel Rolfs, H-N 22:56.15.

Area Results
LCC — 23. Kate Tasler, 24:07.80; 42. Gabriella Kock, 34:15.75.

WINSIDE — 37. Megan Gnirk, 26:56.72; 40. Stephanie Naeve, 30:33.20.

TRI COUNTY NE — 5. Rhyanne Mackling, 21:57.58; 19. Alejandra Hermosillo, 23:35.13; 27. Bre Millard, 24:31.49; 36. Shantel Miller, 26:36.76; 39. Jenni Olson, 28:31.16.

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(Photo by Michael Carnes)

LCC teammates Tyler Olson and Carter Korth keep the pace during the Lewis & Clark Conference meet Friday in Wausa. Olson placed seventh while Korth was 11th to lead the Bears to a third-place finish.

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WSC gridgers earn weekly honors

Wayne State linebacker Alex Kowalczyk and kicker Alex Powders were announced as NSIC Defense and Special Teams Players of the Week following their play in Saturday's 41-33 homecoming shootout victory over Minnesota State.

Kowalczyk, a 5-foot-11, 210-pounder, recorded a career-high 18 tackles and a forced fumble that led to a fumble return touchdown for the Wildcats in Saturday's win over the Mavericks. He was credited with eight solo and 10 assisted tackles in the win.

Last season, Kowalczyk also garnered NSIC Defensive Player of the Week honors against Minnesota State when he had 13 tackles, three tackles for loss and one sack in a 35-24 come-from-behind win at No. 11 MSU.

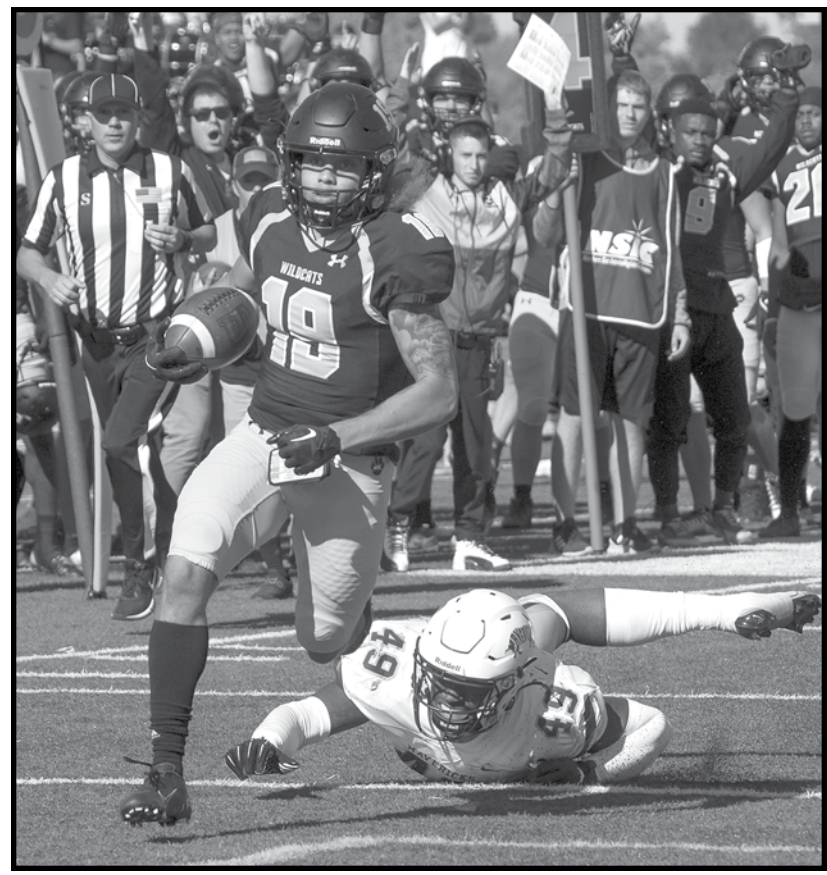
For the season, Kowalczyk leads WSC with 56 total tackles and ranks third in the NSIC with 9.3 tackles per game. It is the second time this season he has earned the honor and third time in his career.

Powders, a 5-foot-10 180-pounder, made all five PAT kicks and was 2-for-2 on field goals in Saturday's win. He booted field goals of 24 and 26 yards, averaged 40.5 yards on two punts and had four touchbacks on seven kickoffs averaging 60.4 yards per kickoff. For the season, Powders is 24-25 on PAT kicks and 4-5 on field goals. This is his second career NSIC honor.



(Photo by Michael Carnes)

Wayne State receiver Shane Orr makes a diving catch of a pass for a key first down that kept a third-quarter drive alive for the Wildcats during Saturday's 41-33 homecoming win over Minnesota State.



(Photo by Michael Carnes)

David Elder escapes the last Minnesota State defender on his way to a fourth-quarter touchdown that helped seal Wayne State's 41-33 homecoming win over Minnesota State on Saturday.

Wildcats win homecoming shootout over MSU

Wayne State's defense forced two turnovers that the offense converted into points as the Wildcats won a wild 41-33 shootout over Minnesota State on homecoming Saturday at Cunningham Field.

In front of a crowd of more than 2,100, the Wildcats built an early 24-3, lead only to see the visitors come back with two late second-quarter touchdowns to make it a 27-13 game at the half.

Anthony Watkins got the Wildcats started with a 67-yard touchdown run after it appeared he rolled off a MSU tackler and escaped to paydirt. Alex Powders added a 26-yard field goal to make it 10-0, but MSU countered with a 54-yard field goal by Matthew Jaeger to make it 10-3.

Nick Bohn hit Mason Lee with a 45-yard touchdown pass early in the second, and a MSU fumble was picked up by Gerale Flye, who sprinted 34 yards to make it a 24-3 game.

Powders hit his second field goal of the game to make it 27-3 with 5:27 left in the first half, but the Mavericks scored on a 22-yard pass from Hayden Ekern to Grant Guyett and got a 34-yard field goal from Damian Chowaniec to make it 27-13 at the break.

Wayne State got a four-yard run from Jacob Keiser to make it 34-20, but the Mavericks came back with a touchdown early in the fourth. The extra-point kick was blocked to make it 34-26, and Wayne State followed with a 27-yard pass from Bohn to David Elder on fourth down to put the game out of reach.

MSU scored late and tried an on-side kick, but the Wildcats recovered to seal the win and improve to 5-1 on the season, beating Minnesota State for the second straight year.

Both teams racked up big numbers on offense, with Wayne State holding a 545-541 edge. They balanced it with 279 yards rushing and 266 passing.

Watkins rushed for 116 yards on 12 carries and Bohn added 93 yards on 13 attempts, while also going 10-of-16 for 266 yards and two touchdowns passing. Elder had two catches for 71 yards and Shane Orr added two catches for 40 yards.

Defensively, Alex Kowalczyk had another big game with 18 total

tackles and a forced fumble. Dexter Larsen added nine tackles. J'Von France had four tackles, three pass breakups and an interception and Flye had three tackles and fumble return for a touchdown.

The Wildcats make the trip north to Sioux Falls on Saturday for a 1 p.m. matchup with South Division-leading Augustana.

Top-ranked Wildcats win two, now 21-0

Top-ranked Wayne State had little trouble with MSU Moorhead on Saturday, quickly dispatching the Dragons with a 25-15, 25-9, 25-16 win Saturday in Moorhead, Minn.

Wayne State cruised through the opening set as Taya Beller notched six kills and Maggie Brahmaer added five to get the Wildcats rolling.

The Wildcats were on a fire in the second set, hitting at a .538 cli with zero hitting errors and five ace serves. Kelsie Cada served three aces in a row at one point and recorded five kills to help Wayne State to a quick 2-0 lead.

In the final set, Cada and Beller both had four kills and Brooke Peitz put up a pair of service aces as the Wildcats finished off the Dragons.

Wayne State posted a .322 hitting percentage, recording 44 kills and just seven errors on 115 attacks. MSU Moorhead was held to a .117 percentage on 29 kills, 15 errors and 120 attempts. WSC held a 71-60 advantage on digs, 5-3 in blocks and 10-1 on service aces.

Beller posted 12 kills for Wayne State followed by Brahmaer with 11. Cada had a double-double with 11 kills and 11 digs to go with three service aces. Setter Rachel Walker also had another double-double with 31 assists and 11 digs along with two aces. Jessie Brandl had a team-high 17 digs with Jordan McCormick adding 12 and sophomore Havyn Heinz 10.

In Friday action, double-doubles by Cada and Walker powered the Wildcats past Northern State in a 25-19, 25-17, 25-21 decision in Aberdeen, S.D.

The Wildcats got off to a slow start and trailed much of the opening set until they rallied from a 14-

kills to lead Wayne State in hitting. Cada and Walker both added double-doubles as Cada accounted for 10 kills and 14 digs while Walker recorded 31 set assists with a season-high 15 digs. McCormick had 11 digs with Brandl adding 10 while Heinz had two service aces.

Wayne State started last week's road journey with a four-set win at Augustana on Tuesday, winning 25-16, 25-19, 20-25, 25-19.

Wayne State finished the match hitting .203 compared to .191 for Augustana. The Vikings had 10 more kills than WSC (57-47) but the Wildcats held an advantage of 11 errors in attacking (28 on Augustana) while the Vikings also had 10 serving errors to just one by WSC. WSC held a slight 8-6 edge in blocks while Augustana had nine more digs than WSC (69-60).

Beller led WSC with her career-best 18 kills, followed by Brahmaer with 14. Cada posted a team-high 17 digs followed by Brandl with 11 and McCormick 10. Brandl had two aces while setter Rachel Walker had 42 assists.

The Wildcats (21-0, 11-0 NSIC) will be at home next weekend, hosting the University of Mary Friday at 6 p.m. and Minot State Saturday at 1 p.m. at Rice Auditorium.

WSC golfers tie for third at regional preview

The Wayne State women's golf team fired rounds of 325 and 319 and finished in a tie for third with a 644 at the Augustana Regional Preview Tournament, played Saturday and Sunday at The Falls at Grand Falls Casino in Larchwood, Iowa.

Junior Jazmine Taylor was the top Wayne State finisher, tied for 11th overall out of 66 players, with a 36-hole score of 157 following rounds of 77 and 80. Sophomore Abigail Brodersen followed in a tie for 17th place at 160 with rounds of 81 and 79.

Other Wayne State finishers were Abbey Kurlmel, tied for 24th at 163 (86-77), Saffire Sayre tied for 26th with a 164 (81-83) and Tricia Hemann tied for 53rd with rounds

of 88 and 88 for 176. Individually, Viktoria Bortkiewicz-Hamelin placed 52nd overall with a 175 after shooting scores of 90 and 85.

Host Augustana edged Nebraska-Kearney 609-619 to capture the team title with Wayne State and Minnesota State tied for third at 644. Winona State was right behind in fifth at 646 followed by Fort Hays State (649), Concordia-St. Paul (651) and Northwest Missouri State eighth at 659 in the 11-team field.

Wayne State will conclude the fall portion of their 2022-23 schedule on Monday and Tuesday, October 17 and 18 at the Midwest Classic in Warrensburg, Mo.

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Wildcats shut out on North Dakota trip

The long trip up to North Dakota was a rough one for the Wayne State women's soccer team, as they were shut out in matches against University of Mary (2-0) and Minot State (1-0).

On Friday, Mary struck early in the contest as Mo Malone sailed an approximate 30-yard shot past Wildcat goalkeeper Hayden Wallace into the back of the net just 5:43 into the contest. They would make it 2-0 later in the half as Kendra Park scored with assists from Malone and Jessica Lemmon.

The University of Mary had just one more shot than WSC (8-7) while the 'Cats had one more shot on goal (4-3). The Marauders held a 2-1 edge in corner kicks over the Wildcats with Wayne State called for one more foul than UMary (6-5).

Reagan Allen had two shots on goal for WSC while Abby Sutton and Alyssa Ferin were also credited

with shots on goal. Wallace was credited with one save while allowing two goals in the loss at goalkeeper.

On Sunday, Mila Robichon scored the only goal of the game with an assist by Anabel Noches at the 12:25 mark of the first half for the Beavers.

WSC had one more shot than Minot State (19-18). The Wildcats held a 3-2 edge in corner kicks while Minot State had one more foul than the Wildcats (9-8).

Defender Paide Pemberton had three shots on goal for WSC, while Farin, Allen, Annika Syvrud, Riann Daas and Skylar Stueckrath each had one. Wallace had eight saves in the losing effort.

The 2-7-4 (2-4-3 NSIC) Wildcats are back home this weekend, hosting Minnesota Duluth on Friday at 3 p.m. and St. Cloud State in a 1 p.m. matchup Sunday.



(Photo by XXX)

Haley Kramer digs a Crofton attack during action Thursday at Wayne High School. The Blue Devils fell to the Warriors in their final home match of the season.

No change at the top, WSC still No. 1 in AVCA

Wayne State's volleyball team remained a unanimous No. 1 in the AVCA Div. II Coaches Poll this week after winning three conference games on the road last week.



With wins at Augustana (3-1), Northern State (3-0) and MSU Moorhead (3-0), the Wildcats improve to 21-0 on the season and 11-0 in Northern Sun Conference play, keeping them one game ahead of both Minnesota Duluth and Concordia-St. Paul, both of whom have losses only to WSC on their records so far this season.

The NSIC continues its dominance of Div. II volleyball in the latest poll, holding five of the top seven spots. CSP is third, Duluth is fifth, St. Cloud State is sixth and Southwest Minnesota State is sev-

enth.

The Wildcats will host University of Mary (Friday, 6 p.m.) and Minot State (Saturday, 1 p.m.) this week at Rice Auditorium.

The latest AVCA Div. II coaches poll is as follows (last week's rank in parenthesis):

- Wayne State (1)
- MSU Denver (2)
- Concordia-St. Paul (3)
- Tampa (4)
- Minnesota Duluth (6)
- St. Cloud State (7)
- SW Minnesota State (8)
- Nebraska-Kearney (9)
- Alaska Anchorage (5)
- Washburn (12)
- Western Washington (11)
- West Texas A&M (14)
- (tie) West Florida (13)
- (tie) Cal State San Bernardino (15)
- NW Missouri State (10)
- Regis (16)
- Barry (18)
- Cal Polly Pomona (17)
- Central Oklahoma (24)
- Colorado Mesa (19)
- Wingate (22)
- Lewis (20)
- Colorado School of Mines (21)
- Cal State Los Angeles (25)
- Central Missouri (23)

Lady Wolfpack netters struggle

It was a rough week for the Tri County Northeast volleyball team as they dropped five of six matches to fall to 6-16 on the season.

TCNE split a triangular at Bancroft-Rosalie last Tuesday, falling to the hosts 25-20, 25-14 and beating Walthill 25-15, 25-18.

In the loss to B-R, Kiya Tornez and Rylinn Mitchell both had four kills, Brianna Bousquet added three and Mica Tornez had two. Sydney Baker recorded 14 assists. Bousquet led with 12 digs, Getsamani Ferrusca had six and Baker, Brianna Novak and Myleah Mackling each had five.

Against Walthill, Mica Tornez had 10 kills, Kaylynn Novak added four and Mitchell and Kiya Tornez each had three. Baker had 15 assists, Bousquet recorded four ace serves, Baker and Mica Tornez both had three and Ferrusca added two along with five digs. Mackling added four digs.

On Thursday, TCNE fell in four sets at Homer, 25-22, 20-25, 25-16, 25-10. Kiya Tornez had seven kills, Bousquet added four and Novak had three. Baker had 11 assists, two aces and two blocks. Ferrusca led with 16 digs, Bousquet added 14, Novak had 10 and Mackling

picked up seven.

TCNE went 0-3 in tournament action Saturday at Hartington-Newcastle, falling to Wausa (25-17, 21-25, 25-12), North Central (25-23, 20-25, 28-26) and Hartington-Newcastle (26-24, 25-14).

Against Wausa, Bousquet had nine kills, Kiya Tornez added seven, Mica Tornez had six and Novak and Mitchell both had two. Baker had 16 assists and Ferrusca had three aces. Bousquet led the defense with 16 digs.

In the NC loss, Bousquet had 19 kills, Mica Tornez added 10, Kiya Tornez had six and Mitchell had four, with Baker recording 23 assists and two ace serves. Mitchell and Mica Tornez both had two blocks. Ferrusca led in digs with 17, Bousquet added 15 and Mackling had eight.

Losing to the hosts, Bousquet had eight kills and Mica Tornez added five. Baker recorded 12 assists and led in digs with nine, followed by Bousquet with seven and Ferrusca with six.

Tri County Northeast played a triangular at Winside on Tuesday. They host Wakefield on Thursday and start Lewis & Clark Conference tournament play on Saturday.

Blue Devil netters pick up fourth win

The Wayne High volleyball team split a triangular at Boone Central on Tuesday to improve their record to 4-20 on the season.

The Blue Devils beat the host Cardinals 23-25, 25-23, 26-24, then lost to state-rated Pierce 25-18, 25-20.

In the win, Kate Hill had 10 kills, Amelia Legler added six, Jaycee Bruns had five, Gabbi Judd had four and Haley Kramer recorded three. Isabelle Francis had 25 assists and two ace serves. Bruns had four aces and Legler added two. Defensively, Legler had three blocks and Hill added two. Faith Powicki led with 19 digs, Bruns added 12, Hill had nine and Francis had five.

Against Pierce, Kramer had four

kills, Hill added three and Bruns had two. Francis had nine assists. Powicki had seven digs, Hill added five and Kramer had three, while Judd had two blocks.

Thursday, Wayne played Crofton tough but couldn't come away with the win, falling in three sets to the Warriors, 25-20, 25-23, 25-19.

Hill led the net attack with 16 kills, Judd added 10, Kramer picked up eight and Legler and Bruns each had six. Francis had 14 assists, Anna Kaup added six and Hill had two ace serves. Judd recorded two blocks.

Wayne travels to Battle Creek on Thursday, then plays in the Mid State Conference tournament next week.

Winside at .500 after 3-1 week

The Winside volleyball team reached the .500 mark entering the homestretch of the season with three wins in four matches last week.

On Tuesday, the Wildcats won on the road at Niobrara-Verdigr, 25-15, 25-17, 25-19. Anslee Waters recorded 17 kills, Aubrey Russell added 10, Micah Stenwall and Natalie Kruger each had six and Skye Schultz and Rande Haase had three apiece. Kruger had 29 assists and Skylar Spann added four. Waters served seven aces and Jerzi Carlson had three.

Defensively, Russell had four blocks and Haase added two. Hannah Gubbels had 20 digs, Waters added 13, Stenwall and Samantha Gubbels each had six and Carlson and Kruger had five apiece.

On Saturday, Winside claimed consolation honors at the Hartington-Newcastle Invitational, opening with a win over the host Wildcats () and losing to eventual champion LCC () before coming back to sweep

North Central () for third place.

In the win over H-N, Watters had 14 kills, Russell added four and Haase had three with Kruger recording 21 assists. Hannah Gubbels had 15 digs, Watters added 11 and Carlson, Kruger and Samantha Gubbels each had four.

Losing to LCC, the Wildcats were led by Watters with 10 kills and Russell with four. Kruger had 14 assists. Hannah Gubbels had 11 digs, Watters added eight, Carlson had seven and Russell and Kruger each had five. Haase recorded two blocks.

In the win over North Central, Watters had eight kills and Haase added five. Kruger had 16 assists and three ace serves and Hannah Gubbels added two aces and eight digs. Carlson and Watters both added seven digs and Russell had two blocks.

Winside (10-10) hosted a triangular on Tuesday in their final tuneup before the Lewis & Clark Conference tournament, which begins on Saturday. The will close the season Oct. 20 at home against Lyons-Decatur.

JH cross country runners at state

PAPILLION — Wayne Junior High's cross country runners competed in the state tournament on Saturday at Papillion-LaVista South High School.

Essynce Owens-Webb brought home a medal as the only Wayne girl participating, finishing 11th out of 237 runners.

In boys action, Wayne's team finished 18th overall, led by Cole Zach's 36th place finish in the 302-runner field with a time of 11:14.79.

Also running were Emmanuel Gonzalez (79th, 11:49.27), Alejandro Archundia (104th, 12:13.28), Landen Claussen (221st, 13:24.11) and Lance Brink, (227th, 13:27.74).

In seventh-grade action, Grady Maas placed 189th with a time of 12:58.12.

Trojans outlast Knights in high-scoring tilt

WAKEFIELD — Mason Lamprecht returned two kickoffs for touchdowns and Cade Johnson was in on four touchdowns as the Wakefield Trojans outlasted Homer 59-41 in a wild high-scoring affair Friday at Gardner Stadium.

It was a quality effort for the Trojans, one that coach Mike Hassler said was their most complete game of the season.

"I honestly feel like for the first time all season we put all three phases of the game together," he said. "We brought the physical, emotional, and mental aspects and played one of our better games on the season. This group of boys wanted to send the seniors out with a home win and they got the job done. It was just a good solid performance across the board."

The two teams traded scores in the first quarter, with Johnson answering Homer's first touchdown with a one-yard run and Lamprecht following up the Knights' second with a 76-yard kickoff return.

Wakefield seized the momentum in the second quarter with a pair of touchdown runs by Adrian Flores and a 50-yard pass from Johnson to Isaac Walsh to give the hosts a 36-21 halftime lead they would not relinquish.

"We've been a little beat up of late, but this group hasn't let that be an excuse," Hassler said. "It has been next man up all season. We had back-ups step in and step up. Adrian Flores, Anthony Valenzuela, Cael Johnson, and Juan Martin have all filled in holes and kept this offense moving forward. We scored on every offensive possession, kept mental penalties down, and didn't turn the ball over. You do that you are going to put yourself in position to win football games."

Wakefield opened the second half with Lamprecht's second return for a score, this one from 71 yards away, and the Wakefield offense answered every Homer challenge after that to come away with the win.

Hassler was especially proud of the special teams' effort.

"This aspect often gets overlooked, but it played a huge part in

us winning the game," he said. "Mason Lamprecht had two key kick returns for touchdowns with the help of some great blocks by his teammates, and I felt like Jose Rodriguez did a great job of kicking for us. When you get two scores out of your special teams units you are gonna win a lot of games on Fridays."

The Trojans held a slight 423-412 edge in total offense and were led by Flores, who had a big night with a career-high 201 yards on 13 carries with two touchdowns. Johnson added 102 yards on 19 tries and was 2-of-3 for 58 yards, having a hand in four touchdowns on the night.

Sam Chase ran for 50 yards on four tries and Jacob Borg had 12 yards in three carries. Walsh and Jesse Lundahl both caught passes for 50 and eight yards, respectively.

Defensively, Johnson had 17 tackles, Maynor Vargas added 11 along with a fumble recovery, Walsh had nine and Brad Haglund also had nine.

Wakefield finishes the regular season Friday at Crofton.

Wakefield 59, Homer 41

Wakefield 12 24 8 15 — 59
Homer 14 7 8 12 — 41

Scoring Summary

HOMER — HHH16 14 run (HHH24 kick)

WAKEFIELD — Cade Johnson 1 run (PAT failed)

HOMER — HHH5 5 run (HHH24 kick)

WAKEFIELD — Mason Lamprecht 76 kickoff return (PAT failed)

WAKEFIELD — Adrian Flores 14 run (Johnson run)

WAKEFIELD — Flores 14 run (Flores run)

HOMER — HHH16 53 run (HHH24 kick)

WAKEFIELD — Isaac Walsh 50 pass from Johnson (Johnson run)

WAKEFIELD — Lamprecht 71 kickoff return (Johnson run)

HOMER — HHH5 13 run (HHH5 run)

WAKEFIELD — Johnson 1 run (Flores run)

HOMER — HHH5 1 run (kick failed)

WAKEFIELD — Johnson 4 run (Josie Rodriguez kick)

HOMER — HHH16 1 run (PAT failed)

Wakefield Trojans 17-8 after volleyball wins

The Wakefield volleyball team continued its winning ways, posting conference wins at Ponca (25-22, 21-25, 14-25, 25-14, 15-9) and Creighton (25-14, 25-17, 25-15) to improve to 17-8 on the season.

In the five-set thriller at Ponca, Alex Arenas had a huge night with a career-high 26 kills, followed by Alli Brown with 12 and Daveigh Munter-McAfee with 11. Jordan Metzler had a career-best 52 assists and added four ace serves.

Defensively, Arenas had 27 digs, Katie Borg added 26, Munter-McAfee recorded 22, Metzler had 14, Makenna Decker had seven and Brown added five.

In the win over Creighton, Munt-

er-McAfee put down 13 kills, Arenas added 11, Brianna Martinez had seven and Decker added six, with Metzler recording 29 assists and three ace serves. Brown and Arenas both had two aces.

Borg paced the defense with 14 digs, Munter-McAfee added 12, Arenas had 11, Metzler had six, Brown had four and Martinez and Decker each had three.

Wakefield played Tri County Northeast at Allen on Tuesday. They will compete in the Lewis & Clark Conference tournament and close the regular season next Thursday with a triangular at Winnebago.

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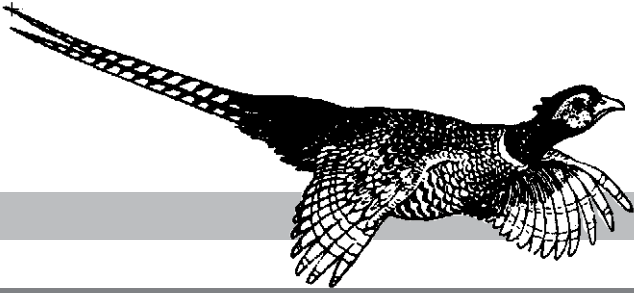
10.14 WOMEN'S SOCCER
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*POST-GAME AUTOGRAPH SESSION

10.14 VOLLEYBALL
6:00PM VS. UNIVERSITY OF MARY

10.15 VOLLEYBALL
1:00PM VS. MINOT STATE

10.16 WOMEN'S SOCCER
1:00PM VS. ST. CLOUD STATE



Lots of opportunities for community dinners

Another beautiful Fall day! It can stay like this until Christmas, as far as I'm concerned.

I've just finished the first part of the Omaha paper. Depressing, to say the least. The latest war crime by Russia, OPEC stubbornly refuses to turn on the pumps, there has been a hacking of airline computers, students at University of Florida protesting Ben Sasse, citizens in Iran protesting something they have reason to protest, and on and on. I have stopped watching much television news; I may have to stop reading the paper, also.

Meanwhile, it's community dinners time. I remember in Cass county this time of year, we could eat at one of the churches on Sunday all around us. Ham at St. Pat's, roast beef at Elmwood Methodist, soup at Trinity, all with generous servings and opportunity to see friends and neighbors.

I was back in Steinauer on Sunday. That's pronounced stine-our by the locals, even though when I worked in that area we said steener. Our hosts were Bob and Barb



The Farmer's Wife
By: Pat Meierhenry

Steinauer and we ate at the local Knights of Columbus hall. I guess if your name is Steinauer, you have a right to say how it should be pronounced.

Bob's grandfather homesteaded the land the hall is located on, and was involved in building it and the

church and the convent. AND the house he lives in, which is full of neat old wood and features of the times. As my friend, Connie, pointed out, he must have been of small stature, judging by how low the doorknobs are.

I helped with a hospice volunteer class in Steinauer many years ago, and stayed at the Convent Bed and Breakfast after the last session. The members of the parish run it, and it's busy this time of year for pheasant hunters. Just like the Farm House, it's also popular for baptisms, confirmations, weddings and such. When we were growing up and relatives came from out of town, we kids slept on couches and gave up our beds. We also made do with one bathroom. Not any more!

Back to the dinner. It's an annual money raising event called Fall Festival. There was a COVID hiatus, but they are back at it, full steam ahead, now. Bob helped cook 26 turkeys on Saturday, and deboned them. I sat by a lady who made 350 cranberry Jello cups. Barb made three pies. After many years, they

know when and how to organize. They also offer carry out.

I suspect there were a lot of harvesters eating turkey and dressing in the field Sunday. We could see one combine just south of where we were standing. Bob reported yields "better than expected." Wish Wayne county farmers could say that.

We chuckled at the loaded plates for some of the guys who were present; they got their money's worth! To me, it was another example of a community, or a church, or both working together to keep their community viable. They no longer have a school; it's part of Humboldt, Table Rock, Steinauer, but as long as they can keep their church thriving, they have a good chance of keeping their town doing so, also. It's a great example of: "one for all, all for one". We were told there are young folks moving back; they can work from home via Zoom, and they can let their kids run around without worry.

It's a way of life worth keeping, if we can.

Alfalfa, reside in fields discussed

Winterizing Alfalfa & GDDs
By Ben Beckman

Allowing for alfalfa to winterize before dormancy is a key factor preventing winter kill across a stand. Traditionally, my recommendation has been to time the last cutting for roughly six weeks before the first frost. At a minimum, plants need three uninterrupted weeks to complete the transfer of carbohydrates to the crown and roots that is the winterization process. The additional three weeks gives us a cushion in case of an early frost.

While this general guideline has proven its worth over the years, many producers would love to have a bit more accurate method to time last cuttings. One way to narrow the no-harvest window down is by utilizing growing degree days (GDD). Researchers at the University of Wisconsin calculated winter-kill risk looking at GDD at a base 41°F accumulating until a killing frost of 25°F. They noticed two GDD levels of importance for alfalfa stands; 500 and 200 GDD.

By providing at least 500 base 41°F GDD after harvest, research showed that there was sufficient time for alfalfa to winterize. If harvest occurred with under 200 GDD left, alfalfa plants did not have sufficient time to regrow and deplete carbohydrate reserves to a level that would negatively impact winterization.

While other factors like ground cover and stress of the stand over the course of the year need to factor into the decision for a late cutting, this gives us a more accurate calendar point to shoot for if forage is needed.



A tool like the High Plains RCC CLIMOD can be used to look at past years GDD and decide if we can accumulate 500 GDD or less than 200 GDD going forward. When we are between the two wait to cut, but once chances of surpassing 200 GDD are low and extra hay is needed, it's probably safe to take that final cutting.

Nightshade In Corn Residue
By Jerry Volesky

While droughty areas or corners in cornfields can raise concern about potential nitrates when grazing residue, one might also be aware of any black nightshade in your corn residue that you are grazing or plan to graze? If these fields have too much black nightshade, be careful, it might be toxic.

Black nightshade is common in many corn fields in the fall, especially those that had hail damage in the summer or any situation where the corn canopy became thin or open. It usually isn't a problem, but if the density of nightshade is

very high, there is the potential that it could poison livestock.

Black nightshade plants average about two feet in height and have simple alternating leaves. In the fall, berries are green and become black as the plant matures. All plant parts contain some of the toxin and the concentration increases as plants mature, except in the berries. Freezing temperatures will not reduce the toxicity.

It is very difficult to determine exactly how much black nightshade is risky. Guidelines say that a cow would need to consume 3 to 4 pounds of fresh black nightshade to be at risk of being poisoned. These guidelines, though, are considered conservative since there is little data on the actual toxicity of nightshade plants. Also encouraging is that reports of nightshade poisoning have been very scarce in the past.

Fortunately, even though nightshade plants remain green fairly late into the fall, cattle usually don't appear to seek out nightshade plants to graze. However, green plants of nightshade might become tempting toward the end of a field's grazing period, when there is less grain, husks, or leaves to consume.

Scouting fields to estimate the general density of nightshade plants will help you determine any potential risk. Secondly, and particularly near the end of a field's grazing period, closely observe what the cattle are eating to see if animals might be selecting nightshade plants.

Soybean Residue Value
By Todd Whitney
Baling of soybean residue after harvest has gained popularity

again this fall due to higher hay prices and forage shortages following drought. Further, delayed corn harvests are also slowing stalks residue baling and stalks grazing. According to the USDA AMS Nebraska Direct Hay sales report, large round corn stalks bale values are \$110 per ton versus \$80 per ton for large round soybean residue bales.

So, the question arises, do soybean residue bale values justify raking & baling costs; reduced soil protection; and nutrient removal? Overall, soybean residue feeding value is less; since this forage is not as palatable as other fall crop residues. Based on research, it is recommended to leave at least 2 tons of residue in the field to maintain soil organic matter; and even more cover residue may be needed to protect fields from wind and soil erosion. So, soybean residue baling is only recommended on fields where yields were higher than 60 bushels per acre linked with only 1 ton of soybean forage produced for every 30 bushels of soybean seeds harvested per acre.

For soybean fields with yields higher than 60 bushels per acre, lightly raking and baling a portion of the residue may be justified especially when forages are in short supply. Our UNL Nebraska Custom Rates guide pegs statewide average baling costs at \$16.20 per acre and raking costs at \$8.09 per acre. Then, the \$55 per ton valuing difference between input costs and market price comes down to placing a final value on nutrients removed and possible soil and water erosion.

More crop residues information is available on our cropwatch.unl.edu and beef.unl.edu websites.

Nebraska FFA Foundation announces \$52,000 in grants awarded for 2022

Seventeen Nebraska FFA chapters or FFA members were awarded funds through the Nebraska FFA Foundation grant program with \$52,000 in grant funding.

Among the recipients of grant funding is the Wayne FFA Chapter, which received a Classroom Grant for Greenhouse and Plant Science CASE.

This grant program, in its sixth year, supports Nebraska agricultural education classrooms, FFA programs and individual student entrepreneurship Supervised Agricultural Experiences (SAE). Each year, funds are provided by the Nebraska FFA Foundation and its general fund donors. Many other generous supporters partnered this year and are listed on our blog.

"Our board worked many years to develop sustainable funding to provide this program. The Board knew there were many programs in need of financial support to develop career-ready students in agriculture, and awarding nearly \$52,000 will give students in these schools some of the resources necessary to reach their full potential," said Stacey Agnew, Nebraska FFA Foundation Executive Director.

Many of these grant recipients will be showcased on the Nebraska FFA Foundation website and social media throughout the next couple of years. Applications for the 2023 Nebraska FFA Foundation Grant Program will open in April.

Other Nebraska FFA Chapters and Classroom Grant Recipients were:

- Maxwell, New Agricultural Education Program Starter Project;
- Johnson Brock, Upgrades to Maximize Space and Learning;
- Norfolk, Expansion;
- Neligh-Oakdale, Small Engines Class;
- Mead, Welding Lab Renovation;
- Scribner-Snyder, Greenhouse;
- Ralston, New Agriculture Program Implementation;
- Weeping Water, New Program Curriculum Supplies;
- FFA Member SAE Grant Recipients included:
- Nicholas Berger, Berger Pit (Wildlife) - Agriscience Integrated Systems SAE;
- RiLee Schutz, RiLee's Hen House - Poultry SAE;
- Claire Ahrens, Ahrens Farm Raised (AFR) Beef Enterprise - Beef Production SAE;
- Libby Macklin, Libby's Beekeeping Project - Animal Systems Specialty Animal SAE;
- Carson Mau, Prime Lawn Service - Plant Systems Turf Grass Management SAE;
- Alex Morner, Squirrel Chow - Agricultural Sales SAE;
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Nextgen Beginning Farmer program raises net worth eligibility requirement

NextGen, a program administered by the Nebraska Department of Agriculture (NDA), provides tax credits to the owner of agricultural assets who rents to an eligible beginning farmer or rancher for a minimum of three years.

Effective Oct. 1, the net worth requirement for beginning farmer applicants was raised from not more than \$200,000 to not more than \$250,000. The Beginning Farmer Tax Credit Act, administered as NextGen, was created to encourage the pursuit of farming, or ranching as a career and to aid the beginner in acquiring access to agricultural assets.

"It is important to encourage and help our next generation of farmers and ranchers, sustaining Nebraska's number one industry, agriculture," said Program Administrator Karla Bahm. "NextGen is a great tool for beginners to use when vying for agricultural assets for rent."

Beginning farmers may also apply for a personal property tax exemption on farm equipment and machinery used in production agriculture or horticulture, valued up to \$100,000.

Those interested in applying for the 2022 income tax credit or the personal property tax exemption must have their applications postmarked by Nov. 1, 2022.

For more information on NextGen visit <https://nextgen.nebraska.gov/> or contact Karla Bahm at 402-471-4876.

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Sample for soybean cyst nematode this fall

By Dylan Mangel, Extension Plant Pathologist and Mitiku Mamo, Extension Educator

The end of the field season is near, and many producers are likely to spend some time watching the yield monitor as they harvest. This time is a great opportunity to identify spots in the field with unexplained yield loss. A potential explanation for these areas could be soybean cyst nematode (SCN). This small roundworm is the number one yield limiting biotic agent of soybeans in North America and is estimated to cause U.S. producers \$1.5 billion a year. The reason this pest is so insidious is because SCN can cause up to 30% yield loss with no noticeable above ground symptoms. For this reason, SCN is an invisible threat that many producers do not know they have and are not actively managing.

As of Jan. 1, 2022, SCN has been identified in 59 Nebraska counties. However, this parasite is not found in every field of positive counties. In

Northeast Nebraska, SCN has been identified in Cedar, Dixon, Knox, and Wayne, all four counties Mitiku Mamo is accountable for. Of the 241 samples received, Cedar 112(24), Dixon 41(19), Knox 67(28), and Wayne 21(4), numbers in parenthesis are positive samples, the average positivity rate was 31%. SCN has likely spread to other counties in the region. However, few soil samples have been submitted from certain counties. For example, Logan County has only submitted one sample to date. More testing is required so producers can determine the status of individual fields.

Currently, the Nebraska Soybean Board in partnership with Nebraska Extension and the UNL Department of Plant pathology is sponsoring cost free soybean cyst nematode soil testing for samples from any Nebraska field. To take advantage of this program, contact your local extension office or request free soil sample bags to be shipped to you at <https://go.unl.edu/scnsample>.

Effective soil sampling can be done by collecting SCN samples

with a soil sampling probe or spade. Peak soil SCN levels will occur near the end of a soybean season. This makes October and November a great time to soil sample for SCN. Samples should be collected from the root zone to a depth of about 6-8 inches. Initial testing is encouraged in areas of unexplained low yield or areas of introduction risk like field entryways, previously flooded areas, field borders, or areas with increased sudden death syndrome or brown stem rot development. Place at least 2 cups of the composite soil sample in a bag and submit for SCN testing.

Once you have identified fields with SCN, there are four broad management recommendations. The first is to rotate between resistant varieties. The most common resistance sources available are 'PI88788' and 'Peking'. Rotation will help prevent your SCN populations from evolving to overcome resistance sources. The second management recommendation is to rotate to a non-host crop like corn or wheat. Rotation alone will not get

rid of SCN, but it will help decrease their numbers in the soil. The third management recommendation is to consider the use of a nematode-protectant seed treatment. If you plan to use one, be aware that these should only be used in combination with a resistant soybean variety. The final recommendation is to continue to monitor SCN populations and levels through testing. As you make management changes, monitoring of SCN levels is important to determine if your management is effective. Sampling should be continued every 3-5 years to verify management effectiveness.

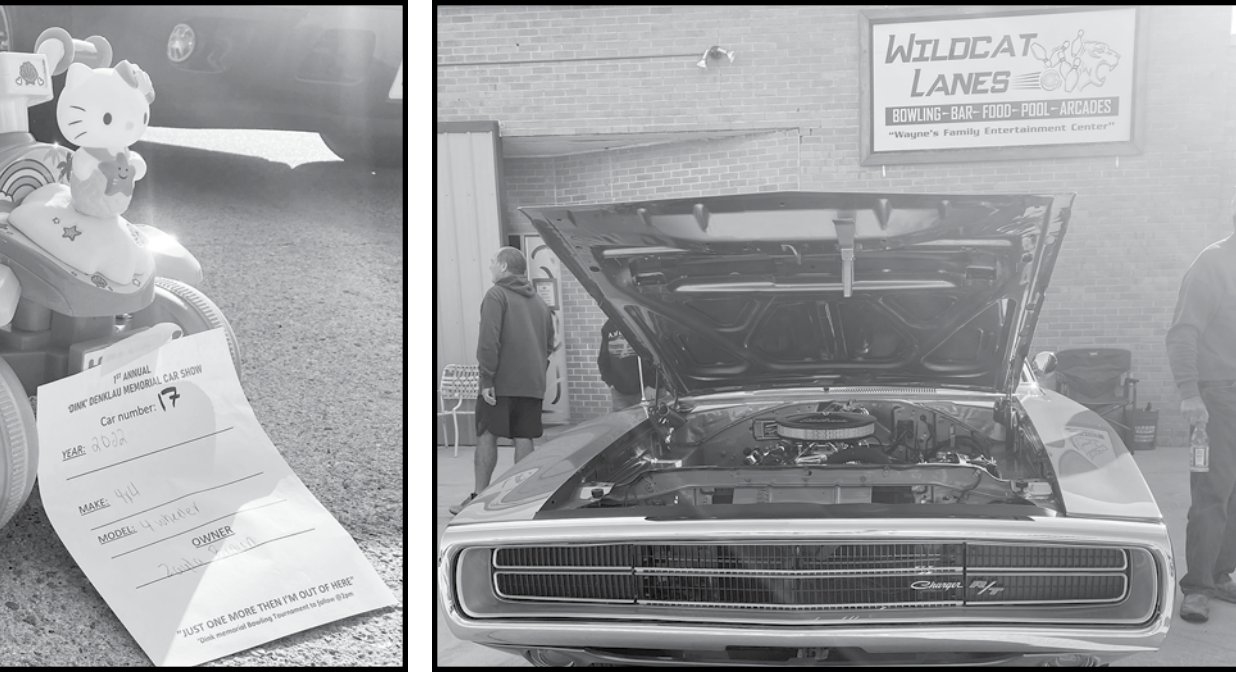
Many producers are experiencing some yield loss to SCN. Actively managing these populations will provide the opportunity to recover this yield. Remember that this pest is often invisible and soil testing is the only way to accurately identify and monitor the pest. If you don't recall the last time you tested, it is time to test again. Request free soil sample bags today. Find more information at <https://go.unl.edu/scninfo>.



(Photos by Aubreanna Miller)

Honoring a friend

A number of activities were held at Wildcat Lanes in Wayne on Oct. 1 as part of Bryan 'Dink' Denklauf Day. The event included a car show and bowling tournament throughout the day. Vehicles of all sizes, colors and shapes were on display. This included the children's "four wheeler" above. Numerous vintage cars lined the parking lot and area around Wildcat Lanes during the early part of the day before the bowling tournament began.



Transferrable Skills: teaching resilience, humility, self confidence through youth sports

By Kelly Evans-Hullinger, M.D.

I love sports. I have enjoyed playing and watching sports for as long as I can remember. And as someone who participated in a sport year-round in high school and continued in athletics (golf) in college, I am constantly grateful for the large im-

pact being able to play competitive sports has had in my life. Now I am a parent, a proud coach of a young girls soccer team, and a more casual observer of youth athletics. I see youth sports through the lens of how they can impact our kids. Statistically, most children who try a sport or activity while

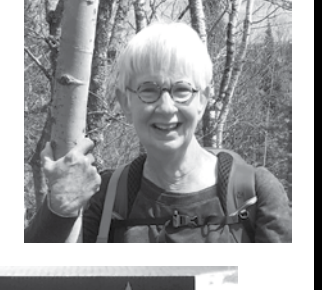
young will not compete in that activity in high school; still fewer will go on to college athletics, and of course hardly any will play a sport professionally. But I still think, if done with the right goals in mind, prioritizing fun and learning, sports can do amazing things for children as they develop.

shake their rival's hand after losing, winning, or playing for fun. Finally, sports can help shape our children's views of themselves and their bodies. Youth sports make exercise and activity fun, potentially affecting their view of exercise as an adult. Playing a sport helps young people focus on what their body can do and how it can feel, rather than how it looks or how someone judges it. Numerous studies have associated participation in sports with self-confidence. I think about that a lot with my own daughters.



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All sports can teach resilience and humility. Learning a new skill - walking on a balance beam or hitting a fast ball - is difficult but can be done with effort and persistence. Children can learn to manage their emotions and actions when things are not easy, because running a mile or making a putt takes persistence. They can learn to accept coaching and constructive criticism, skills we can all use as adults. They can quite literally fall down on the field or the court and learn to get back up and try again.

Another influential facet of sports is social. Being on a team teaches kids valuable social skills. Each child in a team sport will take a turn on the bench or sideline and learn to cheer on their teammates. They can encourage their teammate having a difficult time at practice. They can learn to offer a hand to an opponent who has fallen down. And they can learn how to respectfully

shake their rival's hand after losing, winning, or playing for fun. Finally, sports can help shape our children's views of themselves and their bodies. Youth sports make exercise and activity fun, potentially affecting their view of exercise as an adult. Playing a sport helps young people focus on what their body can do and how it can feel, rather than how it looks or how someone judges it. Numerous studies have associated participation in sports with self-confidence. I think about that a lot with my own daughters.

I did not become a Sue Bird or a Serena Williams, and my kids probably won't either. But I hope all the kids in my life can experience fun and learn some lessons by being included in sports. It sure made a difference for me.

Kelly Evans-Hullinger, M.D. is part of The Prairie Doc® team of physicians and currently practices internal medicine in Brookings, South Dakota. Follow The Prairie Doc® at www.prairiemed.org and on Facebook featuring On Call with the Prairie Doc® a medical Q&A show providing health information based on science, built on trust, streaming live on Facebook most Thursdays at 7 p.m. central.

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Be committed to service instead of status

Committed is an adjective used to describe a person who feels "dedication and loyalty to a cause, activity, or job; wholeheartedly dedicated" according to Oxford's English dictionary.

The church today lives and breathes on our commitment. As Christ's followers, we are created for good works and instructed to walk those things out every day (Ephesians 2:10). God has specifically designed and equipped each member of his family with special talents, gifts, and personalities that are essential to the function of the church as a whole (1 Corinthians 12:12-20).

I want to make sure you caught that: YOU are essential to the function of Christ's church, brother. YOU are essential to the function of Christ's church, sister. 1 Corinthians 12 goes into great depth to describe how the body of Christ (aka the church) is to function: as different parts with the same purpose.

The church today is consistently short on volunteers, but it doesn't have to be that way. In fact, God's Word sheds light on why serving is important and how we can know the gifts God has given us to serve the church. I write this to challenge you to evaluate your commitment to the mission and purpose of Jesus' local church.

If you have spent any time in church leadership you may have heard of what's referred to as "the 80/20 rule." This is a general rule of thumb in churches that 80 percent of the work is done by 20 percent of the people. To varying degrees this estimation is valid. Even though, in 2022 an average of 37%



A Word In Faith
By Deborah Sobotka
Worship Leader, Calvary Bible Church

of church-going adults and students have been engaged in volunteering (TheUnstuckGroup.com), the majority of the work is done in the background and rests on the 20 percent.

For church leaders this can often be a disheartening frustration of doing ministry. On top of that, who our volunteers are often changes as their lives and priorities change. This results in the people who make up our volunteer teams turning over as often as every three months to a year. Quick shout out to you faithful servants who have discovered your gifts and continued to volunteer you time, energy and money for God's glory. We don't thank you enough.

There are a few reasons why churches are always lacking volunteers. It may be that a church pays staff to accomplish everything and thus eliminates the seen need for anyone to volunteer. Sometimes church leadership lacks compelling vision and direction, and people are not encouraged to serve in a way that secures buy-in to the work being done. Ministry leaders can also be unskilled, uneducated, or outdated on good volunteer recruiting

strategies. Whatever the reason, we know even Jesus recognized the need for more workers to care for the flock (Matthew 9:37).

Jesus has a lot to say about serving and caring for others and the church. In our world, we see the one who benefits from the service of others as superior. But Jesus declared that he, whom is the highest authority in heaven and on earth, came to serve (Luke 22:27). When two of Jesus's close friends came to him asking for high honor in Heaven, Jesus responded to them with a seemingly upside down truth: the person who serves is greater than the one who has authority.

Jesus himself came to earth to serve, even to the point of death, that we might be free from death (Mark 10:35-45). Paul spoke to the leaders of the church in Ephesus in Acts 20 about the way he had faithfully served and he called them to continue in the same way. Before praying for them, he quoted Jesus' words, "It is more blessed to give than to receive."

Each of us believers, made alive in Jesus, are gifted by the Holy Spirit dwelling in us. What should we do

with this new life? Paul instructs us to walk in the Spirit instead of living for ourselves (Galatians 5:16). To my fellow ministry leaders: continue to serve. Remember to invite others to join you in ministry. May we pray for eyes to see the gifts of others and have words of encouragement to call these things out when we see them. Those we invite must often be trained. May we take the time to invest in equipping the saints for the work of the ministry of the Gospel. And may we continue to affirm each person and show gratitude for their sacrifice. Above all, may we change from a culture of status to a culture of service. Pray for more workers (Matthew 9:38). To those currently serving: we see you and we love you. Thank you for the hours, energy, emotion, stress, support, and passion you have given to the church. We could not function well as a body without you. Pray for your leaders that we might grow in wisdom and understanding in the area of recruiting and encouraging volunteers. Pray for more workers. To those who are not serving: I encourage you, friend, to seek God's call and the gifts he has given you. If you haven't ever identified the gifts he has bestowed on you, ask him to show you that you might serve him diligently in that way. You are the answer to our prayers for more workers.

In a time where less than half of our church bodies are using their gifts to serve, let us be different. May our churches break out of the 80/20 rule. The health and vitality of our churches will flourish when we lay aside our own desires and choose instead to commit, for better or worse, to serving and loving Christ's bride, the church.

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



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By taking part in a clinical research study with Celerion, you'll be helping develop the medicines of tomorrow. To participate in one of our studies is easy. With a variety of schedules during the weekdays or weekends it's more convenient than ever.
HelpResearch.com/500 866-213-2965
621 Rose Street • Lincoln, NE
2125 Transformation Drive • Lincoln, NE 8910 Indian Hills Dr. • Omaha, NE



GERKIN
WINDOWS & DOORS
join our team | gerkin.com
WE'RE HIRING! BUILD YOUR FUTURE WITH US!
Production starting wages are
\$18.50 FOR 1ST SHIFT AND \$19 FOR 2ND SHIFT.



I can see that

The Nebraska Lions Foundation Mobile Screen Unit was in Wayne recently to conduct screenings at Wayne schools. Allen C. Darrell, Program Administrator & Operator MSU #1 led the screening. He was assisted by Lions members Keith, Ken, Teresa, Verna Mae and Trish, along with Megan, Mitzy and Melissa, members of the Wayne Kiwanis Club. More than 400 students were screened during the event.

Ask

From Page 1C
unbearable pain, and about death. There may be mood swings, anger or anxiety, withdrawal from loved ones or activities, or unusual risk taking.

Sometimes the signs are more dramatic. There may be overt talk of suicide and actions that suggest preparation for death: saying goodbye, giving away treasured possessions, drafting a will. A person might research methods of suicide and take steps to implement a plan, such as buying a gun. Don't consider talk of suicide to be a bid for attention. It is a cry for help.

Of course, recognizing risk isn't enough. We need to know what to do. The first step is to ask the question: Are you thinking about suicide? Asking won't "plant the seed." It's okay, in fact it is crucial, to ask. Try to keep the person safe by reducing access to means of suicide. Listen, and try to understand what they are thinking and feeling. Connect them to help, via the crisis line or another source of support and assistance. Stay in touch.

Emily, if you ever read this, your life matters. I wish we'd understood how to show you that.

Debra Johnson, M.D. is part of The Prairie Doc® team of physicians and currently practices family medicine in Brookings, South

Dakota. Follow The Prairie Doc® at www.prairiedoc.org and on Facebook featuring On Call with the Prairie Doc® a medical Q&A show providing health information based on science, built on trust for 21 Seasons, streaming live on Facebook most Thursdays at 7 p.m. central.

Providence Community Pharmacy
Flu Shot & New COVID Booster Clinics Dates
All clinics open to the public
Allen Senior Center | Friday, October 14th | 8:45am - 10am
Carroll Senior Center/ Community Hall | Wednesday, October 19th | 9am-10am
Concord/Dixon Senior Center | Monday, October 10th | 11am-12pm
Hoskins Community Center | Thursday October 13th | 9am-10am
Wakefield Senior Center | Friday, October 14th | 1:30pm-2:30pm
Wayne Senior Center | Monday, October 17th: 10am-11:30am
Winside Library | Wednesday, October 19th | 10:30am-11:30am
Drive-Thru Clinic | Wayne Fire Hall
October 2nd | 10:30am-2pm
Insurance will be billed.
Please Bring your insurance, Medicare or Medicare Advantage card with you.
Providence Community Pharmacy

Step Up For A Veteran and Show Your Support!
Publishes Tuesday, Nov. 8 in the Morning Shopper
Recognize Your Veteran or Current Member of the Armed Forces
\$10 per entry (Discount may apply to multiple entries)
Contact The Wayne Herald 114 Main • Wayne or Call 402-375-2600
DEADLINE FOR ALL ADS IS OCT. 25
Businesses ... Show Your Support!
\$48 in Black & White or \$88 in Full Color




OPEN HOUSE CELEBRATION
IN HONOR OF THE
90th BIRTHDAY
of
JOHN T. NELSON
Saturday,
October 22, 2022
Wakefield Legion Hall
2:00 PM - 4:00 PM
Love, Laughter,
Challenges & Miracles

To place your ad contact: *The Wayne Herald* • sales@wayneherald.com • 402-375-2600

DEADLINES: Line Ads Tuesdays at 10:00 A.M. • Display Ads Monday 5:00 P.M.

CLASSIFIEDS

Rate Schedule: 25 WORDS OR LESS - 1 WEEK \$14 - 2 WEEKS \$24 • This is a Combination Rate with The Morning Shopper.

Ads must be prepaid unless you have pre-approved credit. Cash, personal checks, money orders, VISA, or MasterCard are welcome.

Call: 402-375-2600 or Visit Our Office: 114 Main Street, Wayne, NE.

POLICIES — •We ask that you check your ad after its first insertion for mistakes. The Wayne Herald is not responsible for more than ONE incorrect insertion or omission on any ad ordered for more than one insertion. •Requests for corrections should be made within 24 hours of the first publication. •The publisher reserves the right to edit, reject or properly classify any copy.



HELP WANTED

HIRING OVER THE ROAD CDL DRIVER

HERITAGE HOMES of Nebraska

HOME MOST NIGHTS & WEEKENDS!

Join a company that cares about their people. Family owned & operated. Paid downtime, 401k and insurance offered.

CALL 402-375-4770 OR VISIT WWW.HERITAGEHOMESOFNE.COM/CAREERS

WE ARE HIRING

JOIN OUR TEAM

- RN/LPN
- FT Day CNA
- FT Day Dietary Cook/Aide
- Van Driver

WWW.WAKEFIELDCARECENTER.COM

306 Ash Street
Wakefield, NE 68784
402-287-2244

WAKEFIELD HEALTH CARE CENTER

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
Questions Call Kate at 303-867-5874

Northeast Nebraska Community Action Partnership in Pender is hiring!

Program Aide
Work full time with our WIC and Immunization Programs.

Weatherization Installer
Install weatherization material on eligible homes. Basic carpentry skills/experience is preferred. 40 hours per week M-TH with benefits. 100% Federally Funded Program.

Health Professional-Nurse
RN or LPN to work full time in our WIC and Health Services Programs.

For job application, job description, education requirements, wage, and benefit information -Visit our website www.nencap.org

•Contact HR at 1-800-445-2505 or 402-385-6300
•Scan the QR Code

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

View all openings online-scan for more information

NORTHEAST NEBRASKA
community Action
PARTNERSHIP
Helping People. Changing Lives.

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/dental/vision insurance, retirement, tuition assistance (employee/family), paid leave time, and paid holidays.

•Custodial positions:
5:00 A.M. – 1:30 P.M. Monday – Friday. Starting pay \$15.24 per hour!

•Custodial Leader:
Performs duties of a Custodian and act as a lead in cleaning, performing preventative/routine maintenance, minor repairs and grounds keeping tasks. Leadership is exercised over a small crew of Custodians. Performs varied tasks such as scheduling, distributing supplies, and inspecting work performed by Custodians in addition to being a working member of the custodial crew. Starting pay is \$16.26 per hour!

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

Join an Innovative Team

BLUE OX
Automatic MAD-RAMPS

Assemblers 1st & 2nd Shifts
First Shift: 5:00am-3:30pm Second Shift: 4:00pm-2:30am
Machine Shop Operator
10:00am-8:00pm

Full Benefits After 60 Days
We provide on-job training. No experience required!

Scan the Code to Apply
Or Apply in Person: One Mill Road, Pender, NE 68047

SN BANK NOW HIRING Facilities Manager

OVERVIEW
Responsible for general upkeep, maintenance, and cleaning at two branches in Wayne. Hourly position with flexible hours, estimated 30-35/week.

BENEFITS
Competitive pay and benefits package, including health, dental, vision, paid holidays, PTO, and matching 401(K) plan. Community service supported.

DUTIES
Perform general, routine custodial duties and basic repairs, operate tools and equipment used in routine maintenance, troubleshoot issues to determine necessary repairs. Must reside within 15 miles of Wayne, NE.

APPLY
Submit cover letter and resume online at statenebank.com. Equal Opportunity Employer.

Come be part of a progressive, community-focused, locally-owned bank.

STATE NEBRASKA BANK & TRUST
122 Main Street Wayne, NE 68787 (402) 375-1130 statenebank.com

HELP WANTED
City of Wakefield

Utility Foreman
Full-Time Sharing On-Call Duties

Ideal candidate must possess the following:

- Hold/obtain a State of Nebraska Class L Wastewater certification and a State of Nebraska Grade 3 Water certification.
- Ability to work with, direct, coordinate, and monitor the work of the utility crew and part time workers. Clear and professional communication.
- Coordinate and assign work schedules to employees involved in service taps, utility locations, preventative maintenance, repairs and operations of the utility system and city owned property.
- Responsible for the preparation of a variety of reports and maintenance records as related to the utility systems.
- Monitor job sites to ensure employee safety and safe use of equipment.
- Have an understanding of plans, specifications and blue prints.
- Ability to operate large equipment and machinery.
- Pay scale based on work experience and current certifications.

The City of Wakefield offers paid vacation, holidays and sick time as well as company matched 401K and cost-share health and life insurances.

Pick up application or apply in person at the City of Wakefield • 405 Main St. • Wakefield, NE 68784
Position remains open until filled. EOE

Full-Time Bakery Manager needed

Benefits package is offered.
Must be able to work weekends.
Pay is negotiable.

Apply in person & fill out an application

PAC 'N' SAVE, INC
1115 W 7th Street • Wayne, NE 68787
www.pacsavegrocery.com

NorthStar Services in Wayne
*NOW HIRING PART TIME DIRECT SUPPORT PROFESSIONALS
Starting Wage — \$15.00 per hour
ALL SHIFTS AVAILABLE (mornings, evening, weekend, and overnight shifts available)

As an organization, we support persons with developmental disabilities to access and participate in their community, develop social networks and teach life skills, so people are successful in their homes, community and with employment opportunities

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., 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.

All positions must be available to work some holidays.
Positions will be opened until filled.
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
Supporting People in Reaching Their Goals

NorthStar Services
209 South Main Street,
Wayne, NE 68787

Or apply on-line at: www.northstarservices.net

Providence Medical Center in Wayne, NE is

NOW HIRING

- Housekeeper | Part-time
- Med Surg Registered Nurse (RN) | Full-time

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.

PERFORMANCE LEADERSHIP AWARD 2020

Equal Opportunity Employer

HELP WANTED

Dixon County Feedyard of Allen Ne is currently hiring for general help which includes machinery operator, feed truck driver, pen maintenance and jobs as necessary to help out.

We are a 25,000 head yard and offer competitive wages with great benefits including overtime, paid vacation, 401k, health insurance and holiday pay.

Stop by or call
Dixon County Feedyard
58351 Highway 20 • Allen
402-635-2411

CLASSIFIEDS

HELP WANTED

- 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

WHAT CONNECTS EACH OF US
IS THE GREATNESS IN ALL OF US.

EMBRACE YOUR

GREAT **GREAT DANE**

#GREATCONNECTSUS

**NOW HIRING FOR
THESE EXCITING
CAREERS IN
WAYNE, NE:**

- Production Supervisor - 2nd Shift
- Supply Chain Manager
- HR Associate
- HR Generalist
- Manufacturing Engineer I
- Security Guard
- Safety Supervisor II

APPLY TODAY:

WWW.GREATDANE.COM/CAREERS

(402) 375-5500

1200 N Centennial Rd

Wayne, NE 68787

HELP WANTED. Housekeeper needed. Apply at the Sports Club Motel, 900 East 7th Street in Wayne. tfn**BRU'S PACKAGE AND LOUNGE** in Wisner is looking for a bartender. Flexible evening and weekend hours in a fun work atmosphere. Just 21 short miles from Wayne. Must be 19 years old. Call 402-529-6118, if no answer please leave a message. 10/20**HELP WANTED**

Apply in person at

Vel's Bakery

309 Main Street

Wayne, NE

402-375-2088

THANK YOU

The family of Lila Jackson would like to thank everyone for the beautiful flowers, all the cards and memorials and prayers.

A special thank you to Pastor Bertrand for the wonderful service. Also to Karen for the delicious lunch, the staff at WCC and PMC for their great care and Munderloh-Smith for their support and assistance.

NEBRASKA STATEWIDES**ANNOUNCEMENT**

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, 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.

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 for more details.

GUN SHOW

GUN SHOW: October 14-16 Westfair, Council Bluffs, IA Fri 3-8pm, Sat. 9am-5pm, Sun. 9am-3pm. \$7 (under 14 FREE). More info: 563-608-4401 www.marvkrauspromotions.net

HOME SERVICES

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 1-844-958-3431

LEGAL SERVICES

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]

SATELLITE

DIRECTV Stream - Carries the Most Local MLB Games! CHOICE Package, \$89.99/mo for 12 months. Stream on 20 devices in your home at once. HBO Max included for 3 mos (w/CHOICE Package or higher.) No annual contract, no hidden fees! Some restrictions apply. Call IVS 1-855-763-0124

SENIORS

PORTABLE OXYGEN Concentrator? May be covered by Medicare! Reclaim independence and mobility with the compact design and long-lasting battery of Inogen One. Free information kit! Call 855-385-3580.

PUT ON your TV Ears and hear TV with unmatched clarity. TV Ears Original were originally \$129.95 - NOW WITH THIS SPECIAL OFFER are only \$59.95 with code MCB59! Call 1-833-926-4154

AMERICAN STANDARD Walk-In Tubs. Buy from a brand you trust. Patented Quick-Drain® technology. 44 hydrotherapy jets. Lifetime warranty on tub and installation! FREE in-home consultation at your convenience. Limited time offer - \$1,500 in savings includes a FREE right-height toilet. Call 1-833-511-0960

UTILITIES

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.

**Employment
Opportunities**

Wayne State College has an outstanding benefit package.

Benefit coverage begins the first day of the month after employment starts.

HEALTH AND DENTAL

Coverage through Blue Cross Blue Shield of Nebraska with two options: a Preferred Provider Plan (PPO) with a \$650 deductible or a High Deductible Health Plan (HDHP) with a \$3,800 deductible.

- Preferred Provider (PPO) = \$650.00 deductible, co-insurance 80/20, out of pocket maximum is \$4,600. Co-pays are \$35 for primary physician, \$55 for specialty physician or urgent care, \$85 for ER visits. This plan includes a prescription discount.
- High Deductible Health Plan (HDHP) = \$3,800.00 deductible, co-insurance 90/10, out of pocket maximum is \$4,350. Health Reimbursement Account funded by WSC for out of pocket expenses.
- Dental Plan includes two oral exams/cleanings each calendar year with no deductible. Any restorative or maintenance services cost a \$25 deductible per year.

VISION

Coverage through Ameritas-VSP; \$20 deductible for an annual exam; coverage includes specified maximums for lenses and frames and a discount on contacts.

LIFE INSURANCE

All full time employees receive a term life plan with a death benefit of \$30,000. Optional supplemental coverage is available.

RETIREMENT

Voluntary contributions are available for full time employees. Once employees meet the minimum age requirements, employees will contribute 6% of gross salary on a pre-tax basis and WSC contributes 8%. Employees are fully vested from the first date of contributions. Employees may contribute up to what law allows each year.

PAID LEAVE PROGRAMS

Full time employees receive sick leave, vacation leave, 6 days of bereavement leave, and 13 paid holidays.

ADDITIONAL BENEFITS AVAILABLE

Long Term Disability, Flexible Spending Accounts (FSA), Tuition Waivers, Employee Assistance Program (EAP) and Wellness Programs.

For more information on benefits please go to wsc.edu/hr and click on Benefits.**Wayne State College is hiring for the following Full-Time Positions:**

•Office Assistant III (College Relations)

•Student Activities Coordinator

•Office Assistant III (Library)

•Broadcast Engineer

•Athletic Trainer

**Apply online at wsc.edu/employment
Have questions, call the Human Resources Department
at 402-375-7403 or email us at hr@wsc.edu**

Wayne State College is a Non-Profit organization and qualifies for Public Service Loan Forgiveness.

Wayne State College is an EOE

CLASSIFIEDS

HELP WANTED

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

ELECTRICIAN WANTED

APPRENTICE OR JOURNEYMAN

Experience not necessary. Healthcare and other benefits available

Klein Electric
Wakefield, NE
402-369-2948

HELP WANTED

WASTE CONNECTIONS, INC. in Norfolk is ADDING a DIESEL MECHANIC
\$7,500 SIGN-ON BONUS
Perform repairs, preventive maintenance, and welding. Mon.-Fri., 40 hr./week. Class B CDL preferred (or ability to obtain in 60 days). Formal training preferred or 2 yr. experience. Starting wage based on experience. Up to \$2,400 ANNUAL SAFETY BONUS. Full benefits after 60 days: Medical, Dental, Vision, 401K, Paid time off & Holidays, Uniforms



Apply online:
www.NorfolkWasteConnections.com
Questions Call 402-644-8300

Employment Opportunities



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

Hourly wage starting from \$17.85 to \$22.05

- Maintenance Repair Worker III (Boiler/Chiller Operator)
- Maintenance Repair Worker III (Paint/Finishes)

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

Wayne Community Schools Paraprofessional Position

Wayne Community Schools is currently seeking interested candidates to join our educational team as a paraprofessional for the 2022-23 school year at the Elementary School

Starting pay is \$13.50 per hour, with wage increases given for education and/or experience. Experience is preferred but not required. The ability to lift up to 45 pounds and a valid driver's license are required. A background check will be required prior to starting. Applications will be accepted until positions are filled. Position is for 30 hours per week, general education at the Elementary School. Please pick an application up from the High School office, or email your resume and available work schedule to ruilage1@waynebluedevils.org. Questions: Please call Russ Plager at 402-375-3854. Wayne Community Schools is an Equal Opportunity and Veteran's Preference Employer.



FULL/PART TIME PRODUCTION WORKERS

GiantGear in Laurel, NE is expanding its manufacturing production team

We offer a great working environment, benefits and opportunities for advancement. No experience necessary.

Email resume to jan@giantgearusa.com
or complete application online at www.giantgearusa.com
No phone calls will be accepted.
Only those we wish to interview will be contacted.

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

SERVICES

WILL DO CUSTOM BAILING of corn stalks. Call or Text: 402-337-3105 or 402-337-3106. 11/8

DISH Network. \$59.99 for 190 Channels! Blazing Fast Internet, \$19.99/mo. (where available.) Switch & Get a FREE \$100 Visa Gift Card. FREE Voice Remote. FREE HD DVR. FREE Streaming on ALL Devices. Call today! 1-855-791-0623. MB

PORTABLE OXYGEN Concentrator May Be Covered by Medicare! Reclaim independence and mobility with the compact design and long-lasting battery of Inogen One. Free information kit! Call 877-381-5088. MB

DIRECTV for \$79.99/mo for 12 months with CHOICE Package. Watch your favorite live sports, news & entertainment anywhere. First 3 months of HBO Max, Cinemax, Showtime, Starz and Epix included! Directv is #1 in Customer Satisfaction (JD Power & Assoc.) Some restrictions apply. Call 1-833-778-0414. MB

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

FOR SALE



New Listing
713 Pearl Street, Wayne \$169,900

The woodwork will wow you the minute you step inside this 2+ bedroom home. From the central staircase, beamed ceiling, hardwood floors, wide woodwork, solid paneled doors, and built-in buffet in the dining room you will be in love. To balance the charm, the kitchen and bathrooms have been updated and modernized. The owners currently operate an in home daycare that showings are best after 5:30pm M-F and available anytime on the weekends and are to begin Wednesday, August 31st. Call today to learn how to make this home yours!



Contact Us Today!
402-375-2134
www.propertyexchangepartners.com

Amy Schweers, Broker 402.833.8038
Brian Frevert, Sales Associate 402.369.4540
Scott Abraham, Sales Associate 402.369.1665

SEEKING ARCHITECTURAL REVIT DRAFTER



CALL 402-375-4770 OR VISIT WWW.HERITAGEHOMESOFNE.COM/CAREERS

HELP WANTED

PT Evening Medication Aide
PT Morning Dietary Aide



1500 Vintage Hill Drive
Wayne
402-375-1500

EOE

NOTICE OF VACANCY PUBLIC SAFETY DISPATCHER CITY OF WAYNE

The City of Wayne is accepting applications for the position of a full-time Public Safety Dispatcher. This position has an hourly starting salary of \$16.41 hour with no experience, to \$17.37 hourly in first year upon successful training/probation period. Top pay range to \$21.84 hour, depending on qualifications and experience. 12 hour shifts, rotating daytime to overnights in two month intervals with every other weekend off. Responsible for coordinating all police, fire, ambulance and other emergency requests within the City of Wayne and Wayne County, as well as other related duties as required. Must have strong oral and written communication skills. Computer literacy a must. Drug-free-workplace. Application and job description available online at cityofwayne.org/jobs.aspx. Please submit completed application, resumé, and letter of interest to the Wayne Police Department, 306 Pearl Street, Wayne, Nebraska, 68787. Deadline for applications is Friday, Oct. 21at 5:00 p.m. EOE

WE ARE HIRING

CUSTOMER ENGAGEMENT SPECIALIST

WAYNE
9am-2pm,
Monday - Friday

learn more at elkhornvalleybank.com/careers
Member FDIC | Equal Housing Lender | Equal Opportunity Employer

Help Wanted in our Mail Room Part-Time • Flexible Hours

Contact Kevin Peterson at **The Wayne Herald**
114 Main Street • Wayne
402-375-2600 or
email: publisher@wayneherald.com

Spooktacular New Listings!



1027 Grainland Road

Take in the views from this 2 bedroom ranch-style home on the south edge of Wayne! Enjoy the open main floor living space along with the mostly finished basement. The sunroom addition is surrounded by windows on three sides. Recent upgrades include a newer water heater and electric furnace with central air conditioning. Relax on the front or back patio, or take a stroll or bike ride on the adjacent recreation trail!



409 West 10th Street

Lots of natural light, beautiful woodwork and wood floors are the highlights of this home! Other features include 2 bedrooms, 2 baths, plus a bonus room on the second floor. Convenient alley access, concrete parking pad, and appliances stay ~ call today!



Trisha Peters Broker/Owner (402) 518-0675
Marie Janke Sales Associate (402) 369-2182

www.whitefarmhouserealty.com
219 Main Street, Wayne • (402) 375-HOME (4663)

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

OFFICE SPACE FOR RENT, WYFY. Wayne Co-Working Space. 402 369 1818, 120 W 3rd, Wayne, NE

COMMERCIAL SPACE FOR RENT. 111 Main Street, north side. Please contact Cherry 402-369-3793 or Chad 402-369-0467. tfn

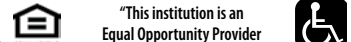
WINSIDE GUEST HOUSE

Fully furnished 3-bedroom, 2 bath, 2-story house PLUS Lower level (no stair steps) for 1-2 guests. Call for daily rates or to book your occasion. **Bill & Patti Burris** 402-286-4839 www.winsideguesthouse.com

MISCELLANEOUS

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.

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



Allen News

Callie Anderson
canderson@allenschools.org

Allen Community News
Senior Center
Menu
Thursday, Oct. 13: Meatloaf, mac

& cheese, corn, brussel sprouts, pears.
Friday, Oct. 14: Coffee & rolls for Shirley Lanser's birthday.
Monday, Oct. 17: Taverns on a bun, mac & cheese, baked beans,

grapes.
Tuesday, Oct. 18: Liver & onions, sweet potatoes, peas, cranberries.
Wednesday, Oct. 19: Goulash, green beans, salad, peaches.
Weekly Activities
Thursday, Oct. 13: FROGS.
Friday, Oct. 14: Flu Shot Clinic 8:45-10 a.m. & Health Presentation.
Tuesday, Oct. 18: FROGS.
Wednesday, Oct. 19: Book Club.
Allen Consolidated Schools
Fall 2022 Scholastic Book Fair - Most Successful Yet
A Thank you has been extended to all who purchased items from the Fall 2022 Scholastic Book Fair and making it the most successful book fair we've EVER had.
The fair ended with total sales of \$1968.26. With that total, the school earned hundreds of dollars book fair dollars to spend in classrooms and library.
The library purchased \$265 worth of books to be circulated to

students and staff. Over \$550 of books and materials were purchased for teachers, classrooms, and as a reward for our book fair bingo game, and book fairy program.
Elementary Winter Weather Attire
The days are starting to get cooler and keep in mind that the elementary students will be out at recess most days. Be sure that you send your child with the appropriate attire for recess each day.
As winter weather fast approaches, your child needs to bring snow pants, a heavy coat, boots, hat, and gloves every day for recess during the winter months (per the student handbook). The teacher on recess duty those days will decide which clothing items are needed in order to safely enjoy the recess time. If winter attire is needed and your child does not have the proper clothing, they will not be able to play and will be required to

stand in an area designated by the teacher on duty. Please send your child with the proper items needed for each days' weather forecast. They can be kept at school for your convenience. Please contact your child's teacher with any questions.
End of the First Quarter and Fall Break Reminder
The end of the First Quarter is Friday, Oct. 14. Students & staff will have no school on Friday, October 21st for Fall Break.
Weekly Events
Thursday, Oct. 13: One-Act Practice, 7:15 a.m.; ACT Prep for sophomores during fourth period; District Cross Country Meet at Pender, 11 a.m.; Quiz Bowl Meeting during lunch for interested 9th-12th graders. Bring your lunch to the library.; JV/Varsity Volleyball at Allen vs Wakefield, 5:30 p.m. The first game will be C team/JV team and played to 5 sets, followed by the varsity match. **Parents Night for Volleyball, Cross Country

and Girls Golf.
Friday, Oct. 14: ACT Prep for sophomores during first period. End of Quarter 1; Varsity Football at LCC, 7 p.m.
Saturday, Oct. 15: One-Act Practice, 9 a.m.; Varsity Volleyball L&C Conference, TBA, location TBA.
Next Week's Events:
High School Football and Volleyball Practice in Allen
Monday, Oct. 17: One-Act Practice, 7:15 a.m.
Tuesday, Oct. 18: One-Act Practice, 7:15 a.m.; Sophomore Career Day at WSC, 9:30 a.m.
Wednesday, Oct. 19: ACT Prep for sophomores during first period.
Allen Community Churches
First Lutheran Church
Events:
Monday, Oct. 17: Lay Internship Committee Meeting, 7 p.m.
Birthdays:
Friday, Oct. 14: Shirley Lanser.
Tuesday, Oct. 18: Henry Johnson.

INVITATION TO SUBMIT DEVELOPMENT PROPOSALS

Public notice and invitation to submit proposals is hereby given by the Community Redevelopment Authority of the City of Wayne, Nebraska (CRA), to private developers or any persons interested in the purchase and the development of 2 lots of property owned by the CRA located between Logan and Nebraska Streets on the north side of 2nd Street. The CRA is requesting proposals be submitted for development by the end of business on November 9, 2022. Proposal guidelines are available and may be obtained at City Hall, 306 Pearl Street, or from the City's website under Government, City Projects. Contact City Clerk, Betty McGuire, or City Administrator, Wes Blecke, at 402-375-1733 for more information - <https://www.cityofwayne.org/logan-nebraska-project>.
The CRA will consider all development proposals based on the established guidelines. The CRA reserves the right to negotiate a proposal once the original proposal is selected by the CRA.
The CRA reserves the right to reject any and all proposals.

Betty A. McGuire, City Clerk



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October 11, 1962

Governor attends association meeting

Tri-County Association for Special Children president, Mrs. Helen Abts, greeted Gov. Frank Morrison at the Association banquet in Hartington on Monday.
Attending the event were Mrs. Abts, Lt. Governor Dwight Burney and Senator Jule Burbach.
Also, Dr. Gaylen Dodge from the state special education department was the guest speaker.
The Association covers Cedar, Dixon and Wayne Counties.

October 12, 1972

Awards of merit to Four Scouting Boosters

Four leaders in the Lewis and Clark District received the Award of Merit Sunday night for exceptional service to Scouting. Recipients were Mrs. Lawrence Fuchs, Belden; Dr. Paul Byers, Wakefield; Mrs. Paul Rockwell and Robert Carhart, both of Wayne. They received the honor, the highest a district can bestow, at the annual Lewis and Clark recognition dinner at the Wayne State Student Center.
All four Award of Merit recipients have been active in various forms of Scout leadership for many years.
Mrs. Fuchs was a den mother of pack 263 for seven years and has been the Webelos leader the past three.
Dr. Byers served as Cubmaster of Pack 172 from 1967 to 1970 and has been Troop 172 Scoutmaster since then. He also has been chairman of the district Scout-o-rama, held annually at Wakefield the last three years.
Mrs. Rockwell was a den mother of Pack 175 years and she also has been active in the parents' auxiliary of Troop 175. She took charge of several money-raising projects to finance the troop's trip to the East Coast last summer.
Carhart has been Scoutmaster of Troop 221 for three years and was Scoutmaster of Troop 175 for two years a decade ago. He also worked as a troop and pack committeeman between Scoutmaster stints. As a Boy Scout, he reached the rank of Eagle.
District Chairman David Ley reported that Lewis and Clark membership of Scouts is gaining- now over 1,500 boys in five counties- and has met the 1972 goal.

October 11, 1982

Blue Devils crowned

Homecoming royalty at Wayne-Carroll High School are Shelley Emry and Dan Frevert. Shelly was crowned queen by last year's queen Kris Proett. Dan was crowned king by last year's king Jim Sperry. Crown bearer was Brandy Frevert, daughter of Brian and Shelley Frevert. The coronation, originally scheduled at 6:30 Friday, was moved to 10 p.m. in the Wayne High lecture hall due to weather.

October 13, 1992

Wayne sixth graders picked for 'Sing Around Nebraska'

Four sixth grade students at Wayne Middle School have received notification that they have been accepted to the "Sing Around Nebraska" chorus.
The chorus will perform at the Nebraska Choral Directors Association (NCDA) convention in Grand Island on Oct. 30 at 4:30 p.m. Performing with the chorus from Wayne Middle School will be Brian Hochstein, son of Dale and Laura Hochstein; Josh Mrsny, son of Franklin and Charna Mrsny; Chris Van Meter, son of Gary Van Meter and Paula Hennenman; and Brandon Williams, daughter of Steve and Catherine Williams.
Kathryn Ley, music director for the sixth grade, submitted audition tapes from seven students who were selected through an audition that Mrs. Ley held.
On the tapes, the student shad to sing "America" a cappella and another selected solo. The tapes were sent to a central committee which then selected the final members of the all-state chorus.
Sharon Smith, NCDA director, said that 120 students were selected from across Nebraska to sing in the choir. The choir clinician, Mary Goetze, has been commissioned to write a piece of music especially for this clinic using a poem by John G. Neihardt.
The final concert is open to the public.

October 10, 2002

Worship service becomes reality

What began as dream early this summer, has become a reality for a group of young people at Calvary Bible Evangelical Free Church in Wayne.
The group, headed by Gason Gangwish, has put together a Sunday evening contemporary worship service known as the ROCK. The service is held each week at 8 p.m. at Calvary Bible Evangelical Church at Fifth and Lincoln Streets.
"I got an idea for providing a service for younger adults in the community and then approached the church board with the idea. Everything just fell into place and we started the service early in September," Gangwish said.
Darwin Keeney, youth pastor at the church, has a sermon for each service that provides an application of the Bible to life and is directed toward growth.
Gangwish and Ethan Wiekamp lead the music portion of the service which includes a praise band.
Members of the band include Gangwish who plays guitar in does vocals; Nick Lipp on drums; Megan Weber, vocals; Blake Ridnour, bass and Whitney Wallerstedt, keyboard and vocals.

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GOLDEN YEARS

Pink Flamingo proceeds to benefit PMC oncology department

In recent years several departments at Providence Medical Center have been the recipients of funds from a cancer awareness event hosted by Our Savior Lutheran Church and this year is no different.

Plans are being finalized for the seventh annual Pink Flamingo Nite at Our Savior Lutheran Church in Wayne, which will be held Thursday, Oct. 27 and will focus on the theme "Believe There is Hope for a Cure - Be The Hope." It include a light supper, vendors, cancer information and a guest speaker, Kathleen Splitt.

Doors will open at 5 p.m. and meals will be served starting at 5:30 p.m. Vendors will be located upstairs in the church and will open for business at 5 p.m. They will include a variety of personal care items, clothing and housewares.

Proceeds from this year's Pink Flamingo event will be given to Providence Medical Center Oncology/Infusion Services.

"We will now be able to purchase two TV's that will go in each of our new infusion rooms for patients to enjoy while they are here for their appointments. Some of these appointments last several hours, so having a distraction and entertainment will really be appreciated by our patients" said Carrie Fertig,



Director of Outpatient/Specialty Services.

"We will then allocate any left-over funds from the TV purchase to the two workstations-on-wheels that the department needed to purchase this year,"Fertig added.

"We can't thank Our Savior Lutheran Church enough for their generosity with the Pink Flamingo Nite donation each year. It's a fun event that our staff get

excited about a well"- Rachel Miller, Director of Foundation/Marketing.

Other items that have been purchased with funds from Pink Flamingo Nite include lymphedema sleeves for breast cancer therapy patients, a SmartCurve Breast Stabilization system to assist with mammographies and a recliner for the infusion room at the hospital.

Tickets for this year's event are now on sale and can be purchased at Our

Savior Lutheran Church, all the banks in Wayne, Swans Apparel, IKT, Hair Envy, Providence Community Pharmacy, Wayne Area Economic Development Office in Wayne, as well as Missa Sue Salon in Laurel and The Quilt Shop in Wakefield. They will be available until Oct. 21.

Musical entertainment will be part of the evening's program.

A style show with cancer survivors as models will feature clothing from local clothing stores.

Those wishing to be models are asked to contact Kim Dunklau at (402)369-1696.

In addition, a quilt raffle will be held for a quilt sewn by Vernae Luhr.

Tickets for the raffle are now on sale and can be purchased at Our Savior Lutheran Church and can be purchased at The Quilt Shop in Wakefield or by contacting Tracy Henschke (tracyhenschke@gmail.com) or Christina Junck at (402) 369-0676. They are \$5 each, three for \$10 or seven for \$20.

Sponsors for the event include Providence Medical Center, Our Savior Women of the Evangelical Lutheran Churches in America (WELCA) and Pac 'N' Save.

Supporting funds are being provided by Thrivent Financial.

Data shows Americans 65+ only group to experience increase in poverty

By **Simona Combi**
Public Relations Manager

The following is a statement from Ramsey Alwin, president and CEO of NCOA, on the latest U.S. Census Bureau data on poverty, income, and health insurance in 2020.

"We are deeply dismayed to see that poverty increased among Americans age 65 and older from 8.9% in 2020 to 10.3% in 2021, according to the latest U.S. Census Bureau data. In fact, older adults are the only age segment that experienced an increase. The result is 1 million more older adults who rely on scarce resources to make ends meet. In total, almost 6 million older adults live below the poverty level. At the National Council on Aging, our goal is

to ensure that every person can age with



dignity, regardless of race, ethnicity, or background.'

This increase shines a glaring spotlight on the fact that Social Security and Medicare, the bedrock of retirement security for so many, are not sufficient to lift all older adults above poverty."

"We know this all too well from our work with community organizations that enroll older adults in benefits to help them defray the high—and true—cost of living as we age.

"Inflation is at a persistently high rate of 8.3%, but that is only one hit to older adults' budgets. The Elder Index, which measures their true cost of living, shows that it costs about \$1,000 more for an older adult to afford daily costs (with housing and health care taking the

biggest chunk) than the average Social Security retirement benefit, which was \$1,670 per month in January. That's why we are advocating for adoption of the Elder Index to establish eligibility for benefits.

"It is promising to see that the official poverty rate decreased by over half for people under age 18 since 1993, according to a new analysis. That's a testament to the power of the safety net, which was the biggest factor in this decline. This will help younger Americans lead healthy, productive lives, and age with dignity.

"We have the resources to ensure that all people can live without the threat of deprivation, but we need the political will to use them."

Library, Senior Center celebrates 25 years of service

The Wayne Public Library and Senior Center celebrate the 25th anniversary of the building this September.

Twenty-five years ago, the City of Wayne built a new structure to better suit the needs of the community than the original library.

The initial library, constructed in 1912, was 2,600 square feet, with a 1,500 square foot addition made in 1950.

In 1979, the City of Wayne proposed a comprehensive plan for the future of the city, which included a call for a

new development to accommodate an increasing need for a larger, updated library and a senior center.

"If Wayne is to continue to be the vibrant, progressive community it always has been and if we are to meet our Library and Senior Center needs now and into the 21st century, then the success of this fund-raising campaign is imperative," the proposal said.

The building proposal outlined three specific benefits including "to touch and benefit the lives of all of us - parents,



Diane Bertrand, Senior Center Director, spoke during a recent Chamber Coffee. She and (from left) Library Director Heather Headley, Adult Services Librarian Sharon Carr and Youth Services Director Kim Warner thanked the community for its support over the last 25 years the building has been in existence.

children, grandparents; give another vital thrust to the dynamic development of Wayne, which will impact every family and business in the area; and provide our ever-growing Senior population with facilities and space which is easily accessible."

The new structure, at 410 North Pearl Street, opened its 13,000 square feet of space to the public in September of 1997.

The Senior Center has notably served the community and transitioned into a space for much needed support of Wayne's elderly population.

According to the manager, Diane Bertrand, few towns have the opportunity to have a city-owned and supported senior center. Older generations in those spaces do not have access to social events, nutritious meals, exercise programs and more like they do here in Wayne.

Bertrand has worked as the manager for seven years now, starting when the meals came from Chartwells, which services Wayne State College. Around six years ago, Bertrand decided to make a deal with the company that would allow her and her staff to make home cooked meals every Monday. After a year, the Senior Center hired a cook, Misty Brasch, and has made all meals in-house ever since.

Meals are a suggested contribution of \$5 and are always approved by a dietitian to include all necessary food groups and nutrients. People must make a reservation by calling the day before

and can find menus in the center, on their website and published in the Wayne Herald. The Northeast Nebraska Area Agency on Aging works with the center to help finance the meals.

Starting during the pandemic, they also offer Meals on Wheels to transport meals while socially distancing. Now, the service remains as a method of caring for those who do not feel comfortable or have a challenging time leaving their house. People can also drive up to the center to have their meal delivered to their car. Statistics for meals given have now exceeded pre-Covid numbers.

After the pandemic's gradual decline, seniors have recently increased their in-person participation.

"What hurt the worst was the isolation because they did not eat, they didn't drink and they fell into depression," Bertrand said. "We are much more than food. We are social. At first, people were afraid to come back in, but now we are safely running again."

Programs that the Senior Center offers include quilting events, bridge club, morning walking, Pitch & Pool, caregivers support meetings, Bingo and more. The Senior Center also acts as a base for the City Transit system.

If anyone would like to volunteer, they always appreciate help with delivering Meals on Wheels. "Without support from the city, we could not be where we are today," Bertrand said.

Flu shot

(Continued from page 5)

During most seasons, people 65 years and older bear the greatest burden of disease. The burden from flu in 2020 was low due to COVID-19 protections—staying home, mask wearing, physical distancing, avoiding crowds, and less travel.

However, in previous years, CDC estimates that between 70-85% of seasonal flu-related deaths and between 50-70% of seasonal flu-related hospitalizations occurred in older adults.¹ People 65+ are at higher risk of developing serious complications from flu compared with younger adults. This increased risk is due in part to declines in immune response with age.

Older adults with chronic conditions, like heart disease, diabetes, and lung disease, such as asthma or COPD, are at highest risk for developing life-threatening complications from the flu.

Because of age-related changes in their immune systems, people 65 years and older may not respond as well to vaccination as younger people. Although immune responses may be lower in older people, studies have found that flu vaccine has been effective in reducing the risk of doctor visits and hospitalizations due to the flu.

In addition, a high dose vaccine and an adjuvanted flu vaccine are available; adjuvanted flu vaccine includes an additive that provide a higher immune response.

Both vaccines have been shown to be more effective in older adults in producing a stronger immune response and reducing illness compared to the standard flu vaccine shot. Your doctor or pharmacist will recommend which flu vaccine is best for you.

Why are flu shots needed every year?

If you're concerned about how to prevent catching the flu from someone, getting a flu vaccine is your best bet. CDC recommends that almost everyone 6 months and older get a seasonal flu vaccine every year, ideally by the end of October. However, as long as flu viruses are circulating, vaccination should continue throughout flu season, even into January or later.

Flu vaccines are updated each season to keep up with changing viruses. Also, immunity against the flu virus decreases over a year so annual vaccination is needed to make sure everyone has the best possible protection against flu. Because immunity may decrease more quickly in older people, it is especially important that older adults are not vaccinated too early like in July or August.

As of 2022, federal health officials now recommend a higher dose flu

vaccine for people age 65 and older. Known as Fluzone, or Fluzone High-Dose Quadrivalent, studies have shown it triggers a better immune response in older adults than the traditional flu vaccine.^{2,3} But if the Fluzone vaccine isn't available, a traditional flu shot is recommended.

What about the pneumococcal vaccine?

Pneumonia is an example of a serious flu-related complication that can cause death. People who are 65 years and older also should be up to date with pneumococcal vaccine to protect against pneumococcal disease, such as pneumonia, meningitis, and bloodstream infections.

Talk to your doctor to find out which pneumococcal vaccine is recommended for you. If you are not up to date on your pneumococcal vaccine, you can get that vaccine when you get a flu vaccine.

Does Medicare cover vaccines?

Medicare Part B covers both the flu shot and pneumococcal vaccines with no out-of-pocket costs to Medicare beneficiaries.

Get your flu shot now!

If you're wondering, "When will the flu vaccine be available?", the answer is right now. It's important to note that it takes about 2 weeks after the flu shot to develop antibodies or protection against the flu virus, so don't wait.

You can search by ZIP code to find flu vaccines near you at vaccines.gov. Check flu shot availability in your local area and make an appointment today. That way, you'll be protected when the flu

season starts in late fall/early winter. Getting an annual flu shot is an important way to stay active, healthy, and independent.

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Marci Woehler, Therapy Director

How to stay mentally sharp after retirement

If asked to describe how they envision retirement, many professionals might reference travel, time spent with grandchildren and various recreational pursuits. Few, if any, would mention cognitive decline. However, cognitive decline poses a significant threat to aging men and women, especially during retirement.

Researchers have long since recognized that certain cognitive abilities begin to decline with advanced age, even among elderly individuals who are healthy. However, despite that decline, the Centers for Disease Control and Prevention notes that dementias like Alzheimer's disease are not an inevitable part of aging. In fact, the CDC estimates that as many as 40 percent of dementia cases may be prevented or delayed. In addition, the CDC reports that it's not uncommon for routine memory, skills and knowledge to stabilize or even improve as the brain ages.

That's good news for retirees who want to spend their post-work life pursuing their passions and hobbies. Individuals also can embrace some strategies to stay mentally sharp in retirement.

- Consider delaying retirement. Even

if early retirement is a dream, it might be better to work a little longer than you had planned. A 2021 study published in the journal SSM - Population Health found that postponed retirement



is beneficial to cognitive function for all genders, races/ethnicities, educational levels, and professional status. The study

reported that individuals who waited until age 67 to retire experienced less cognitive decline than those who retired prior to turning 67.

- Make exercise part of your retirement

ees find that little structure loses its appeal quickly after calling it quits. When creating a new routine in retirement, include regular exercise. According to the Mayo Clinic, studies indicate that people who are physically active are less likely to experience a decline in their mental function. So daily exercise not only gives retirees something to do, but also benefits their brains.

- Enroll in an adult education course. A 2014 study published in the journal JAMA Neurology examined the association between lifetime intellectual enrichment and cognitive decline in the older population. The study's authors found that higher levels of late-life cognitive activity were associated with higher levels of cognition. The study's authors concluded that lifetime intellectual enrichment might delay the onset of cognitive impairment. Retirees can look into adult learning programs at local colleges and universities to see if anything piques their interest.

Retirement can be everything professionals hope it will be, especially for those who make a concerted effort to maintain optimal cognitive function after they call it a career.



Newman Club visits

(Photos courtesy of Anna Benes)

Wayne State College students in the college's Newman Catholic organization recently spent their morning visiting Country View nursing home to play Bingo, cards and socialize with local residents. The students (left) include (left to right) Anna Benes, Molly Johnson, Raeana Spech, Nathan Gusman, Emily Ferguson and Martina Braunsroth. Top left, Students Molly Johnson (left) and Martina Braunsroth (center) participate in a game of Bingo. Above, Wayne State College Sophomore Emily Ferguson engages in a conversation with a resident.



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Medication safety: Tips when starting new prescriptions and why creating a list is important

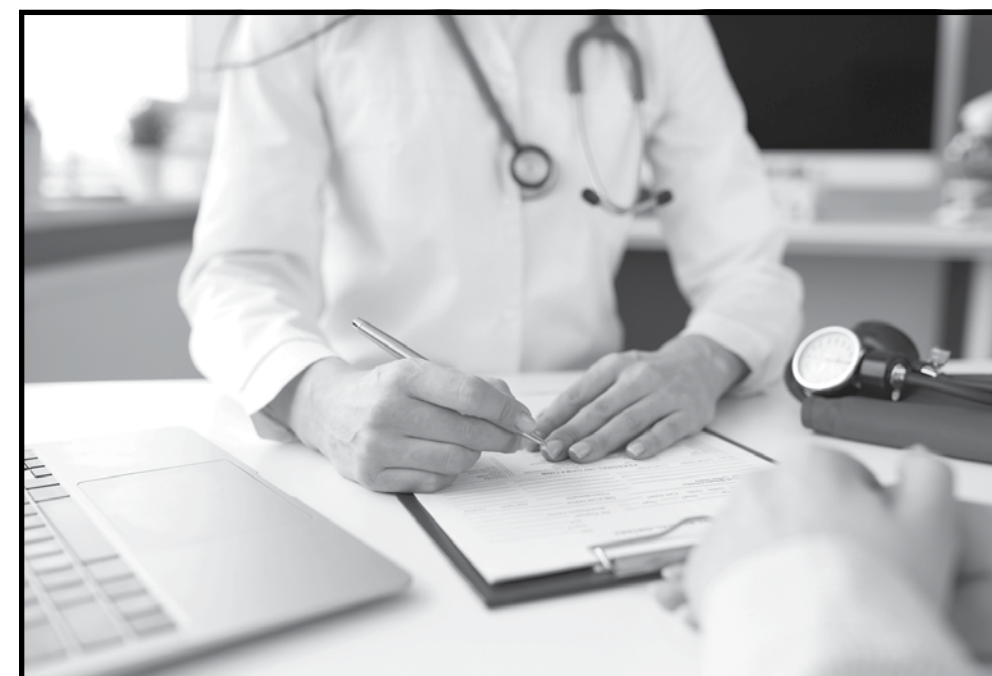
Jennifer Stoll
National Council on aging
Senior Research Scientist, Primary Care
Research Institute

This is the second article in a series from Team Alice, a project of The Center For Successful Aging at the University at Buffalo.

For most older adults, taking medications or supplements becomes a part of the daily routine and can improve quality of life for many. Still, as you get older, you should think twice about asking for a new medication or staying on medications that may no longer be necessary, as it could be dangerous to your overall

health care system failures because she was given an inappropriate drug for a woman of her age, triggering a six-week cascade to her death.

As we age, we become more sensitive to drugs because our bodies cannot process them as efficiently as when we are younger.



health. Why do medications affect older adults differently?

As we age, our bodies cannot process medication like when we were younger. The aging process can decrease our ability to absorb, process and remove medications from our system.

Because of this, some medications can create life-threatening conditions such as falls, memory problems, hospitalizations and even death, like in the case of Alice Brennan. Alice died tragically at the hands of medication harm and

In fact, some medications can cause more harm to people over 65 than help. The American Geriatrics Society has developed a tool for health care providers that guides them to make informed decisions about medication safety when prescribing potentially harmful medications to older adults.

Both patients and their doctors should become familiar with the Beers Criteria Medication List® list and consider the risks and benefits of these medications before they are prescribed and taken.

When a doctor prescribes a new medication, ask questions:

- What is the medication for?
- What are the benefits and risks of the medication?
- What are the potential side effects of the new medication?
- Are there any alternatives to taking the medication, such as physical therapy, change of diet or exercise?

Be on the lookout for any new or unfamiliar symptoms, as they could be a warning sign of new medication problems. Some examples of symptoms include: confusion, sleep problems, infections, nausea or diarrhea, feeling anxious, panic attacks, loss of appetite, weight loss, dizziness, falls and hallucinations.

If you do experience new symptoms, this may be a sign that your body is reacting poorly to the new medication.

Don't be afraid to ask questions. Talk to your doctor, pharmacist, or someone in charge of your medication. Don't stop asking until you know that the symptoms you are having are not related to the new medication.

Always notify your doctor, nurse, or pharmacist before making any changes to your medication. See MEDICATION, page 5

Medication

(Continued from page 4)

pharmacist before making any changes to your medication.

What are "Never Meds"? Because medications work differently as we age, they could become dangerous to you. Your doctor may advise you never to take them or stop taking them if you have already been prescribed them.

Did you know that when one of your doctors stops a medication, it is not automatically communicated to all members of your health care team, especially the hospital where you may be admitted

someday?

In Alice's case, when she was admitted to the hospital with a minor knee problem, her medication list in the hospital's system said that she was prescribed a muscle relaxant, Flexeril.

Although she was once prescribed it, her neurologist told her never to take it, so she did not and disposed of it.

However, Flexiril did not come off her medication list in her medical record, and the doctors in the hospital gave it to her, assuming it was a part of her medication routine without asking her or



It's time to get your flu shot: What you need to know during flu season

Kathleen Cameron
National Center on Aging

ent viruses, there are some similarities between COVID-19 and flu.

Much needed attention continues to focus on the importance of COVID-19 vaccines. Yet another very important vaccine for older adults is the seasonal influenza vaccine or "flu" shot. The importance of flu shots for older adults

The single best way to reduce your risk from flu and possibly serious complications is to get the flu shot every year. The good news is that flu shot availability is plentiful. Here are some flu facts to help explain why getting your vaccine is so important.

What is influenza or flu? Are influenza (flu) and COVID-19 caused by the same virus? The answer is no. Influenza is a highly contagious respiratory infection caused by the influenza virus. The flu virus is different from the coronavirus, and two different vaccines are required for protection. Individuals who have had the COVID-19 vaccine or are planning to be vaccinated against COVID-19 can safely get the flu shot this year and every year. Although they are caused by differ-

Just like COVID-19, flu is easily passed from person to person when someone coughs, talks, or sneezes.

You can also catch the flu virus from recently contaminated surfaces or objects that have the virus on them and then touch your mouth, eyes, or nose.

What are the symptoms of flu?

Some symptoms of flu are similar to the common cold, like sneezing, cough, sore throat, and chest discomfort. However, flu usually starts quicker and symptoms are much more severe than the common cold. Flu symptoms also include fever, body aches, chills, headaches, and feeling tired.

People often ask, "Can you get the flu from the flu shot?" No, you cannot. The flu shot is made from inactive (dead) virus that can't cause influenza infection. However, you may get brief, mild side effects from the flu vaccine that can feel almost flu-like.

Why are older adults at higher risk for flu?

While each flu season differs in sever-

telling her or her care partner. This was the beginning of Alice's medication harm journey that ended in her death.

Something as simple as having updated medication lists could save your life. It might have saved Alice's.

It is important to take charge and be proactive to ensure your health and safety. Here are some things you or a loved one should do to protect yourself from a similar fate, especially when going to the hospital or visiting a doctor.

Keep an updated list of all of your medications and include: over-the-counter medications, vitamins and supplements. Be sure to identify what you are taking them for.

Keep an updated allergy list and include any known allergies and your "Never Meds"—this will alert the health care providers that you shouldn't take the drug.

Be sure to:
-Carry your lists with you at all times.
-Provide your care partner or someone you trust with updated copies of both lists.

-Check that your doctors have an updated and accurate record of your current medications.

-Ask your doctor to review your medication lists annually. There may be medi-

cations that you no longer need or can be reduced. Remember, less is more.

-Don't wait to be asked about your medication lists. Make it clear to your loved ones, care partner and your health care team of any known "Never Meds" that you should not take.

Always notify your doctor, nurse or pharmacist before changing any medication.

Inspired by the tragic death of Alice Brennan due to medication harm and system failure, members from three senior centers in Western New York joined forces with the Western New York Deprescribing Partnership and the University at Buffalo Primary Care Research Institute to form Team Alice.

Their goal: to generate actionable lessons to protect others from medication harm. The senior center members, called Elder Voices, worked with members of Team Alice to generate messages on medication harm and the importance of self-advocacy. Their hope is to save the Alice's of the world.

For more about The Alice Story, please visit Team Alice, a project of The Center For Successful Aging at the University at Buffalo., at www.teamalice.org. And visit Team Alice's YouTube page for more information on medication safety.

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