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Thursday, December 8, 2022 147th Year - No. 8

# The Wayne Herald

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

## Graduation ceremonies planned at Wayne State

Wayne State College will hold a commencement ceremony for graduate and undergraduate students at 1:30 p.m. Friday, Dec. 16, in Rice Auditorium.

A total of 296 degrees will be conferred. Those students receiving their degrees include 203 undergraduates and 93 graduate students from the college's Master of Science in Education, Master of Organizational Management, Master of Business Administration, and Education Specialist programs.

The ceremony will be livestreamed at [www.wsc.edu/watch-live](http://www.wsc.edu/watch-live).

### Graduation Speakers

Brianna L. Pfund of Hartington will deliver the invocation. She is graduating with a degree in Elementary Education and Special Education.

She is the daughter of Joe and Sonya Schroeder. She is engaged to be married to Justin Lange.

Pfund was on the Deans List for four years while active with Kappa Delta Pi, the International Honor Society in Education, and the Newman Center.

Pfund joins her mother, Sonya, her sister, Brittany Garthoff, and her brother-in-law, Jared Garthoff, as a Wayne State graduate.

Halle Hiemstra of Wahoo will deliver the undergraduate commencement address. She is graduating with a degree in Business Administration with a concentration in Marketing. She is the daughter of Kirk and Amy Hiemstra.

Hiemstra was a Neihardt Scholar, one of Wayne State's marquee scholarship programs, and was a member of the Wildcat Academy of Leadership and Knowledge (WALK) and the Honors Program.

She served as a Wayne State Navigator as part of the team of students who work for the Admissions office, and was active with the Newman Club and Wildcat PR, the student public relations club.

Hiemstra said she plans to enter the workforce in Lincoln this spring. She and her fiancé, Tommy Benes, plan to marry in March and hope to do mission work together for a few years, starting in May 2023, before moving back to the Wahoo area near their families to fully pursue their careers.

Jesse Zavadil of Schuyler will deliver the graduate commencement address. He is graduating with an Education Specialist graduate degree in School Administration and Educational Leadership.

He is the son of David and Barbara Zavadil of Crofton.

Zavadil works as the Middle School principal in Schuyler. He is a member of the Nebraska Council of School Administrators and secretary/treasurer of the Nebraska State Association of Secondary School Principals (NSASSP) Region III. He coaches youth softball and basketball for his daughters' teams in Schuyler. He was named the NSASSP Region III Middle School Principal of the Year for the 2020-21 school year.

He plans to continue to serve as the Middle School Principal for Schuyler Community Schools. He said as his family grows, he hopes to someday apply for and serve as a superintendent of schools for a district in the state of Nebraska.

Zavadil's wife, Brandi, is receiving her master's degree in Secondary School Ad-



Laura Robinett

ministration in today's ceremony as well. Jesse and Brandi have two daughters: Reagan, 12, and Harper, 9.

Laura Robinett will receive the Alumni Achievement Award during the ceremony. She graduated from Wayne State in 2013 with a bachelor's degree in mass communications, with a journalism concentration and a double minor in art and online media. She is graduating with her Master of Business Administration (MBA) degree during the ceremony.

After earning her bachelor's degree, she started a portrait and event photography business in Wayne, LMB Visual Creations, and at the same time returned to Wayne State to work in the Departments of Art & Design and Music as an office assistant. She was hired as the director of alumni relations with the Wayne State Foundation in 2016, where she developed her passion for philanthropy in higher education. She served in that position for four years before being promoted in 2020 to director of major gifts within the foundation.

After five and a half years at the Wayne State Foundation, she was hired as the vice president for institutional advancement for Midland University in September 2021, a private liberal arts college in Fremont. In this role, Robinett sits on Midland's senior leadership team and leads the development of the strategic plan for advancement, alumni relations, and annual giving initiatives, and executes fundraising for a comprehensive capital campaign. She also earned the designation of certified fundraising executive this year.

Robinett is an advocate for volunteerism and giving back to the community. While in Wayne, she served as the secretary for the Wayne Area Economic Development Board of Directors, and was a member of the Wayne Kiwanis Club, Wayne Young Professionals, and member of two committees within the Wayne Chamber of Commerce. She currently serves as a board member for the Greater Fremont Development Council, and a member of the planning committee for the ELCA College & Seminary Advancement Vice Presidents Annual Conference.

Originally from rural central Nebraska and a graduate of Chambers High School, Robinett is the daughter of Jim and Jennifer Burtwistle. She and her partner, Ryan Jensen, live north of Lincoln.



(Photo by Clara Osten)

City Attorney Amy Miller (left) administered the Oath of Office to council members Jason Karsky, Matt Eischied, Clayton Bratcher, Jill Brodersen and Mayor Cale Giese during Tuesday's meeting of the Wayne City Council.

## Council member recognized, another sworn in

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

One council member was recognized for his years of service to the city and a new council member sworn in during Tuesday's meeting of the Wayne City Council.

Chris Woehler has served on the council for four years and did not seek re-election this year.

Clayton Bratcher will now represent Ward 1 of the city.

City Attorney Amy Miller conducted the swearing in ceremony for council members Bratcher, Jill Brodersen, Matt Eischied and Jason Karsky, as well as Mayor Cale Giese.

Jill Brodersen was selected to serve as Council President.

Several agenda items dealt with annual renewals and appointments.

Council members unanimously approved the Nebraska Department of Transportation's Maintenance Agreement.

Joel Hansen, City Street Director/Planner, told the council the state sends out the agreement and details both the city's and state's responsibilities.

Council members took action to appoint Joel Hansen, Class B License number S-1155 as the Street Superintendent for calendar year 2022.

Resolution 2022-74 was approved. It authorizes the signing of the Year-End Certification of Street Superintendent Form for 2022.

Also approved was Resolution 2022-75, which appoints JEO Consulting Group, Inc. as the special engineer to be used on various City of Wayne projects for 2023.

City Administrator Wes Blecke said this will become an annual appointment, but does not mean JEO will be the only consulting firm used by the city.

Council members approved the 2022 Rural Workforce Housing Land Development Program Letter of Intent.

It will allow the city to work with the Wayne Community Housing Development to apply for up to \$1 million for workforce housing.

The grant does not require any matching funds but Wayne Area Economic Development Director Luke Virgil and Wayne Community Housing Development Director Mytzy Kufner-Rodriguez told the council



(Photo by Clara Osten)

Chris Woehler (left) received a plaque from Mayor Cale Giese for his service on the council for the last four years.

that the application is looked on more favorably if there is some type of match.

The two also told the council that there are several ideas for using the funds should the city be awarded the grant.

Considerable discussion was held on the possible purchase of two parcels of property from Ameritas Life Insurance Corporation.

Council members discussed the benefits of having an engineer or contractor tour the building and get cost estimates for renovation after looking at the configuration of the building.

Council member Jason Karsky said he has concerns with the police department's needs and the safety of the public should the city purchase the building.

"Just because it fits (all the departments in the building), does not mean it will function," Karsky said.

Police Chief Marlen Chinn also told the council that the current layout fits, "but will not function for security."

Council member Matt Eischied said "nothing is set in stone. We can tweak the design. I feel confident that if we purchase the building, the security concerns can be met."

Resolution 2022-77 was approved. It approves the acquisition of real estate from the First Methodist Church of Wayne.

The \$50,000 purchase is contingent on the city purchasing the Ameritas property.

Council members approved the following appointments:

Betty McGuire, City Clerk; Beth Porter, Finance Director; Joel Hansen, Street and Planning Director; Marlen Chinn, Police Chief; Lowell Heggemeyer, Park and Recreation Director; Diane Bertrand, Senior Citizens Coordinator; Heather Headley, Library Director; Jeff Triggs, Electric Production Superintendent; Tim Sutton, Electric Distribution Superintendent and Casey Junck, Water/Wastewater Superintendent.

Named to the Problem Resolution Team were Ellen Imdieke and Rita McLean.

Kevin Peterson was appointed to the Civil Service Commission.

No names were brought forth to serve on the LB840 Revolving Loan Fund Committee or the LB840 Sales Tax Advisory Committee.

The Wayne City Council will next meet in regular session on Tuesday, Dec. 20 at 5:30 p.m. in council chambers.

## Commissioners discuss building updates, safety concerns at meeting

By Aubreanna Miller  
For the Herald

County Commissioners quickly passed two resolutions before moving into considerations coming up in 2023 at their Dec. 6 meeting.

After approving the consent and regular agendas for the morning's meeting, the County Commissioners voted to designate a representative and alternate to cast a ballot for Wayne County at the National Association of Counties (NACO) at its 2022 officer election.

Commissioner Jim Rabe will serve as the representative and Dean Burbach will hold the title of alternate.

They then passed the approval of two bond payments. Those include the Highway Allocation Fund Pledge Refunding Bonds, Series 2019, for \$197,366.75 and a \$200 agent fee, and the highway refunding bond for the 2021 year, totaling \$141,930 also with a \$200 agent fee.

Resolution 22-22 authorized the County Treasurer to reinvest county funds.

Those funds, as determined with the passing of Resolution 22-23, will be invested in the Elkhorn Valley Bank of Wayne, F&M Bank of Wayne, Wayne County Bank of Winside and the Nebraska Bank of Carroll.

The meeting ended with several discussions regarding the building maintenance for the courthouse and other plans to discuss at the start of the new year.

Jill Brodersen, a city council member and architect, presented the commissioners with plans for new courthouse windows.

The new windows, Brodersen said, would be energy efficient and single hung to reduce the price.

In early January, Brodersen plans to have prices for the board to consider.

Pat Brentlinger then offered a list of updates the courthouse may have to undergo within the next few years.

"The list is in no particular order, but we want to be on top of problems before they become major," Brentlinger said.

Along with new windows, the list included a water heater, replacing the previous

one from 2003, the water sewage system and security concerns.

Furthering the conversation around security, a safety committee member for the courthouse brought concerns of security to the commissioners.

Several times, according to the report, the Sheriff's office was called to handle unruly people attending court.

Commissioner Dean Burbach said the group has held many discussions regarding safety concerns in recent weeks.

They hope to come to a solution that works best for all the different facets of the courthouse such as a security system.

Next, the commissioners discussed future uses of the ARPA Funds. Currently, they plan to use the money toward the window replacement project.

Finally, the meeting adjourned with talks regarding the bidding process for future equipment purchases and employee raises for 2023.

The potential for employee raises resulted from the increase in minimum wage and cost of livings, the commissioners said.

No decision was made and the topic was moved to early January for further deliberation.

The Commissioners will meet next in regular session on Tuesday, Dec. 20 at 9 a.m. at the Wayne County Courthouse.



(Photo by Aubreanna Miller)

Jill Brodersen (left) discussed window replacement at the courthouse during Tuesday's meeting





(Photo by Clara Osten)

### Five years of learning

Holly Doring (left) owner of Serenity School of Massage Therapy spoke during last week's Chamber Coffee. She talked about the school's five year anniversary and the fact that a second session of classes will be starting after the first of the year. The current class is made up of five students who are able to provide massages to the community.



### Reading with friends

Bill Dickey (above) and Megan Muller (below), members of the Wayne Kiwanis Club, were among those who visited the Wayne Early Learning Center recently to read with the younger group of students. As part of its 100th anniversary celebration, the Kiwanis Club also presented each of the students with a book of their own to take home with them. Throughout the course of the year, the club intends to get at least 100 books into the hands of young children. The Wayne Kiwanis Club meets every Monday at noon at The Table.

## WSC students take part in SkillsUSA events

A number of Wayne State College students involved in the SkillsUSA program have had success at competitions this year.

Zach Covington and Sarahi Lopez, sophomores at WSC earned National Championship honors in Additive Manufacturing (3D Printing) at competition earlier this year in Atlanta, Georgia.

Covington provided the following summary of the program, along with thoughts on his project for the competition.

In addition, Greg Vander Weil, advisor for the group, shared thoughts on the accomplishments.

"First off, SkillsUSA has been a great opportunity for me in the past five years with much different leadership and skill-developing activities. I was president of my chapter as a senior in high school, secretary as a freshman, and now the current president at Wayne State SkillsUSA," Covington said.

"As far as Additive Manufactur-



in Atlanta, Georgia, we had three eight-hour days to work on the different challenges they gave us. First, we were to design a motor box housing that had a motor, computer chip, and a fan in it. Our design had a snap-fit lid, an area around the motor for airflow, and small details like warnings along the side of the housing. We also had to lightweight a part they gave us, and follow a drawing they gave us to connect a whole assembly together from other competitors," he added.

"Going up on stage was one of the coolest moments I have been a part of. It was exciting being up there with the top three in the nation and to hear your name called out as the National Champions was very cool. Some of the things we received for winning were we each got a 3d Printer, a scholarship, and conference passes to an additive manufacturing conference in the spring," Covington said.

In Lincoln, the students were awarded the Commissioner of Education's award for Career and Technical Education Excellence.

"Overall these experiences have been very beneficial to me and my future as a Skilled and Technical Education Teacher (Shop Teacher), and I look forward to my future endeavors with SkillsUSA. I also recommend SkillsUSA to anyone to be a part of at the high school, and college levels because of the enormous amounts of different opportunities, and competitions there are," Covington said.

"These two outstanding Wayne State College Industrial Technology freshman Teacher Education majors beat out other teams, at State and Nationals, who are majoring in manufacturing and have a much more concentrated curriculum and opportunity to develop knowledge and skills in 3D printing. So to achieve this National Championship, they truly have exceptional skills and a lot of it came from Zach and Sarahi's high school classes. That strong foundation along with the classes here at Wayne State College, helped achieve this first place finish in Additive Manufacturing," Vander Weil said.

"I'm excited to have them both on the path to being the next generation of Industrial Technology Teachers, future students will benefit from both Zach and Sarahi as their teachers," he added.



Sarahi Lopez (left) and Zach Covington display the banner they received for earning a SkillsUSA National Championship in Atlanta, Georgia earlier this year.

ing and State SkillsUSA Sarhai and I worked on the "Lockbox challenge" It was a cylindrical shaped container with knobs that would lock the lid on the bottom of our container. This box had to roll, drop and hold \$4 worth of change without breaking open," he said.

"At state, we also had a challenge of designing a coin sorter, in this challenge we went away from the traditional thoughts of a sorter where you dump a heap load of coins in and let gravity sort them into columns. Instead, we went the route that would help aid someone who is visually challenged. Our design was small and fit inside a wallet, the user would be able to grab a coin without knowing what it was and drag it along the piece of plastic until it fit into its desired hole. Each hole was labeled with the specific coin that it was. That way someone with this problem would easily be able to pay with their change. These were the winning designs for the additive manufacturing Nebraska state challenge," Covington said.

"At Nationals, which were held

## The Wayne Herald

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Dr. Thomas Brush  
Urologist





(Photos by Clara Osten)

## Ag Outlook seminar

The Ag Task Force with the Wayne Area Economic Development hosted the annual Ag Outlook Seminar and Appreciation Lunch at the Wayne Fire Hall last week. Attendees (far left) were able to get information from a number of presenters throughout the morning. These included Curtis Riganti with the National Drought Mitigation Center (center) and Ag Task Force member Doug Temme (right). Temme shared information on his recent International Trade Destination: Columbia which promoted Nebraska ag export products.

## Capitol View

# New coach, new governor, new U.S. senator

Commentary by J.L. Schmidt  
Statehouse Correspondent  
Nebraska Press Association

Unless you've been out of the country or living off the grid in a cave, you probably know by now that the University of Nebraska Lincoln football team has a new head coach, Matt Rhule, who is making more money than is humanly possible to spend.

If you've been paying attention, you've also likely heard that it's going to take several years to rebuild a once mighty culture that saw the Huskers competing for

conference and national championships. In recent years, it's been a chore to teach the football team how to tackle and how to participate in rigorous practices.

Let's give credit right now to former interim head coach Mickey Joseph, a Husker quarterback from the Tom Osborne era, who did more to right the ship in the past 11 weeks than a number of his predecessors did in years.

As for the "years to rebuild," let's remember that Bob Devaney came to Lincoln in 1962 from the University of Wyoming and turned the program around in one year.

He inherited a 3-6-1 record under former coach Bill - three plays up the middle and punt - Jennings and gave the Husker faithful a 9-2 record. In later years, Devaney became athletic director and passed the baton to Osborne.

While Rhule appears to have the chops to change things, a number of fans were pulling for Joseph who is now on administrative leave.

I like what Lincoln Journal Star sports columnist Amy Just wrote. Joseph "has been the glue that held this rickety ship together."

Meanwhile over at the State Capitol, pig farmer Governor-elect Jim Pillen has been announcing his new "Team Pillen." Yes, he's a former Husker football player and has mostly been keeping loyalists from the Pete Ricketts administration in place. That makes sense for a political novice who has a lot to learn in a short amount of time if he wants to effectively lead the state.

I'm sure he'll prune the ranks and replace in subsequent years if he sees change as necessary. So far: Tony Goins stays on as director of Economic Development where he has been since 2019; John Albin stays on as state Labor Commissioner, a post he's held since 2014; Eric Dunning stays on as head of the state Department of Insurance, a post he's held since 2021; Lee Will remains as state budget director, a post he's held for two years; John Hilgert stays as director of Veterans' Affairs where he has served since 2001 after a stint as a state senator; Jim Macy will remain as Director of Environment and Energy and Jason Jackson stays on as Director of the Department of Administrative Services.

One exciting new hire has been the appointment of Sandhills rancher Sherry Vinton of Whitman as the Director of Agriculture, the first



woman to fill that post. She and her husband run a cow-calf operation and she currently serves as first Vice President of the Nebraska Farm Bureau.

With current Nebraska U.S. Senator Ben Sasse set to step down in January for a private sector job as President of the University of Florida, many expect Pillen to appoint term-limited Nebraska Governor Pete Ricketts to the post. He'll be the fifth Nebraska governor to move to the Senate since 1970. Three Democrats - Jim Exon, Bob Kerrey and Ben Nelson - and Republican Mike Johanns have all served post gubernatorial.

Exon served three terms; Kerrey and Nelson two; Johanns one. All left the Senate when they chose.

It's December, but it looks like this year that awkward time between the last Husker Football game and the first day of the New

Legislature will be a bit more exciting.

J.L. Schmidt has been covering Nebraska government and politics since 1979. He has been a registered Independent for more than 20 years.

## Celebrate holidays with specials on Nebraska Public Media

Nebraska Public Media offers a festive holiday lineup of television and radio programs to brighten the season. Enjoy musical performances, drama and PBS KIDS programs sure to warm the heart and light up

the day. All times Central. This list is also available at NebraskaPublicMedia.org/holiday.

### Television Holiday Programming on Nebraska Public Media

- "Rick Steves' European Christmas," 11:30 p.m., Saturday, Dec. 10
- "Santa School," 9 p.m. Monday, Dec. 12; 4 p.m. Saturday, Dec. 17
- "O Holy Night: Christmas with the Tabernacle Choir," 7 p.m. CT, Tuesday, Dec. 13; 1 p.m., Sunday, Dec. 25
- "America's Test Kitchen Special: Home for the Holidays," 7 p.m., Thursday, Dec. 15
- "A Chef's Life Holiday Special," 8 p.m., Friday, Dec. 16
- "Casting Call to Curtain Call," 9 p.m., Friday, Dec. 16; 8 p.m., Tuesday, Dec. 20
- "The Real Bedford Falls: It's a Wonderful Life," 3 p.m., Saturday, Dec. 17; 6:30 p.m., Sunday Dec. 18; 7 p.m., Thursday, Dec. 22
- "Crane Candlelight Concert: Peace & Love," 10 p.m., Saturday, Dec. 17
- "Holidays at Murray State 2022," 1 p.m., Sunday, Dec. 18; 2 p.m., Sunday, Dec. 25
- "All Is Calm: The Christmas Truce of 1914," 5 p.m., Sunday, Dec. 18; 7 p.m., Saturday, Dec. 24
- "America's Forests with Chuck Leavell: U.S. Capitol Christmas Tree," 11:30 p.m., Sunday, Dec. 18
- "Mary Berry's Ultimate Christmas," 8 p.m., Monday, Dec. 19
- "Dreaming of a Jewish Christmas," 9 p.m., Monday, Dec. 19; 4 p.m., Saturday, Dec. 24
- "Lucy Worsley's 12 Days of Tudor Christmas," 9 p.m., Tuesday, Dec. 20
- "The Nutcracker and the Mouse King," 8 p.m., Friday, Dec. 23
- "CLOWN by Quentin Blake," 9:30 p.m., Friday, Dec. 23
- "Ask This Old House: Happy Holidays," 5:30 p.m., Saturday, Dec. 24
- "All Is Bright: A Concordia Christmas," 8:30 p.m., Saturday, Dec. 24; 3 p.m. and 9:30 p.m., Sunday, Dec. 25
- "Home for Christmas with Jim McDonough," 9 p.m., Saturday, Dec. 24



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- The Apothecary, Pender 402-385-3350 Emerson 402-695-8100
- Providence Community Pharmacy, Wayne 402-375-8862
- Northeast NE Community Action Partnership, NENCAP 800-445-2505

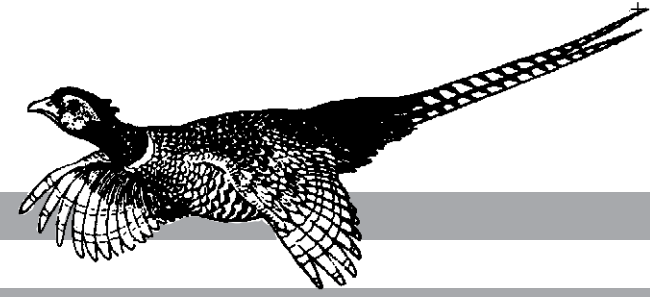
NENCAP offers vaccine clinics in Hartington, Pender, Wakefield, and Wayne. Call for more information.

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Northeast Nebraska Public Health Department  
402-375-2200  
www.nnphd.org





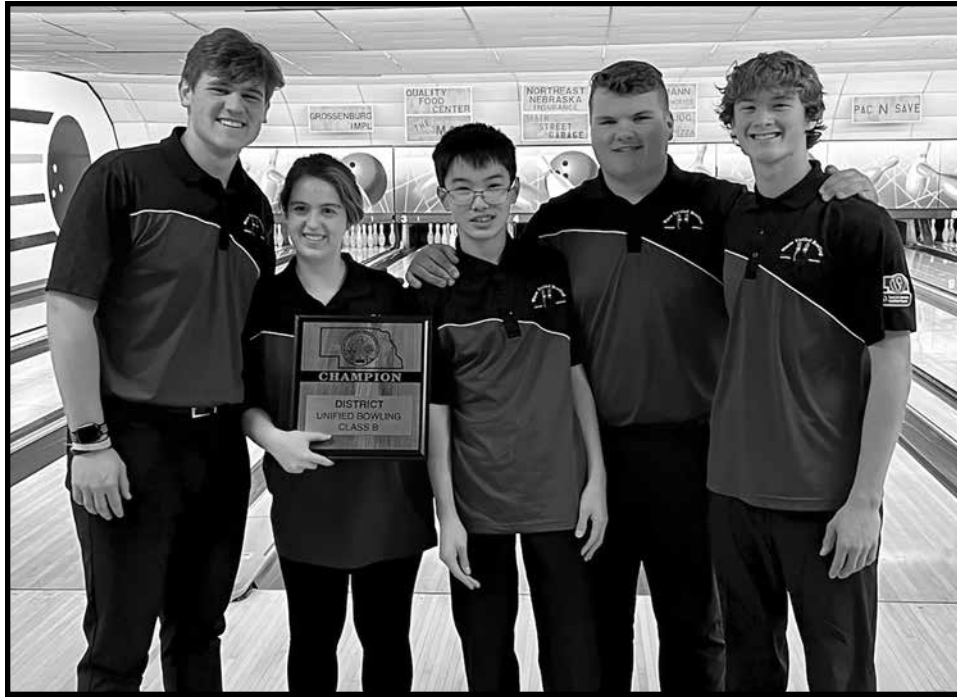
# Sports



(Contributed Photo)

## Unified Bowling Team

The Wayne Unified Bowling Team participated with the top eight teams in Nebraska at the State Tournament. They had won district championship to advance to the Class B state championships. This is the second year they competed at state. They earned the #5 seed for the Class B NSAA Unified Sports Bowling State Championships in Lincoln. Members of the state team were Hannah Davis, Brady Colfack, Bo Armstrong, Brooks Kneif and Gavin Redden. Wayne's team suffered a 3-1 loss to #4 Alliance on Monday morning. Complete roster is Naomi Olivares-Casillas, Ebony Moore, Bo Armstrong, Brooks Kneif, Chase Adams, Caden Wiese, Sammi Gubbels, Arianna Mulhair, Jake Barner, Garvin Redden, Dillon Hanau, Brady Colfack, Regan Fernau, Hannah Davis, Reagan McGuire, Mackenzie Nissen and Mia Kuester. Kayla Varley is their coach.



## Blue Devils win two to open season

The Wayne High boys basketball team started the season on a positive note with a pair of wins over the weekend.

On Friday, the Blue Devils won a defensive battle at Battle Creek, outlasting the Braves 37-28.

Wayne had a balanced attack with Sedjro Agoumba's nine points leading the way. Carter Junck and Daniel Judd both had six, Colson Nelsen and Kaleb Moormeier each had five, Alex Phelps put in four and Gavin Redden scored two.

Agoumba led in rebounds with eight, Judd had five and Junck recorded four. Adoumba also had

three steals.

On Saturday, Wayne pulled away in the second half for a 50-28 home win over Ponca.

Phelps scored a game-high 15 points and Nelsen added 12 for the 2-0 Blue Devils. Judd added eight points, Agoumba scored six and Junck, Drue Davis and Devin Anderson each had three points. Agoumba had 11 rebounds and Judd had eight for the winners.

Wayne was at Wakefield on Tuesday and will host Wahoo on Friday before going to Columbus Lakeview on Saturday.



(Photo by Mary Vanderbeek)

Sedjro Agoumba goes up for a shot in the lane during Wayne's season-opening win over Ponca on Saturday.



(Photo by Mary Vanderbeek)

Wayne High's Daniel Judd looks to pound the ball inside for two in Wayne's win over Ponca on Saturday.

## Bowling boys roll shutout

The Wayne High boys bowling team had no problems in their season opener Thursday at Wildcat Lanes, pitching a 21-0 shutout as they hosted Norfolk Catholic.

In head-to-head action, Wayne won the two games 830-489 and 862-50, with Wayne's team consisting of Zane Sievers, Jaden Drame, Shayne Geidner, Calvin Starzl, Brogan Foote, Jamison Meyer, and Bo Armstrong.

The Baker game was much closer, but the Wayne boys were able to convert a number of key spares and finished strong for a 204-159 win for the final five points and the shutout.

The JV team was in intrasquad competition as well. Scoring for Wayne was Chase Adams (122, 113, 135), Carlyle Young (104, 146, 119), Dillon Hanau (132, 104, 102), Lucas Allemann (121, 115, 95) and Landen Roerber (103, 86, 96).

Wayne was in action Tuesday at Columbus. They will compete in the Boone Central Invite on Saturday at King's Lanes in Norfolk.

## Wayne wrestlers get off to a good start

It was a successful debut for the Wayne High boys and girls wrestling teams Thursday as they defeated Summerland and host Wisner-Pilger to kick off the season.

In boys action, the Blue Devils beat Summerland 51-12 and outlasted Wisner-Pilger 45-33.

In the win over Summerland, Alex Frank (132) and Ashton Munsell (145) won matches by pin while freshman Grant Maas picked up a win at 138 pounds to highlight the Wayne effort.

Against the Gators, Munsell picked up a decision and Eli Barner got a defensive pin to help spark the Blue Devils. Frank ended the dual with a pin to clinch the team's second win of the night.

In girls action, Raegan Maas came through with a second-period pin to highlight the Blue Devil girls' win over Summerland. Wayne scored six forfeits in the win over Wisner-Pilger.

On Friday, the Wayne boys finished sixth and the girls placed third at the Lakeview Invitational.

In boys action, Ashton Munsell came away with a first-place finish at 145 pounds and Garrett Schultz was runner-up at 120.

Lakin Stange (195) and Tyrian Chen Lo (285) both earned runner-up honors for the Blue Devils, while Alex Frank was fourth at 132 and Eli Barner finished sixth at 160.

The Blue Devil girls finished with eight medalists, led by first-place efforts from Jaycee Bruns (125) and Nyla Bolles (130). Raegan Maas was a runner-up at 105 pounds, as was Liberty Titiml at 155.

Third-place medals went to Serenity Heil-Ellis (135), Cici Stashkiw-Risor (140) and Kadence Rees (155). Hannah Burris was fourth at 120 and Macy Wilson placed fifth at 115.

### Boys Results

Wayne 51, Summerland 12  
 132: Alex Frank, Wayne, pinned Connor Thompson, 1:05; 138: Grant Maas, Wayne, dec. Logan Kester, 5-2; 145: Ashton Munsell, Wayne, pinned Willis Mast, 1:04; 152: Summerland open; 160: Keaton Thiele, Summerland, dec. Eli Barner, 9-7 (SV); 170: AJ Hobbs, Summerland, pinned Francisco Jinez De La Rosa, 5:28; 182: Summerland open; 195: Summerland open; 220: Summerland open; 285: Summerland open; 106: Both open; 113: Both open; 120: Alex Thiele, Summerland, dec. Garrett Schultz, 3-2; 126: Summerland open.

Wayne 45, Wisner-Pilger 33  
 138: Walker Ott, W-P, dec. Maas, 8-4; 145: Munsell dec. Ryan Woitaszewski, 5-0; 152: Devon Schultz, W-P, pinned Joseph Woerdemann, 1:13; 160: Barner pinned Keegan

Poppe, 1:27; 170: Logan Nelson, W-P, pinned Jinez, :31; 182: W-P open; 195: W-P open; 22: W-P open; 285: W-P open; 106: Wayne open; 113: Wayne open; 120: W-P open; 126: Braxton Siebrandt, W-P, pinned Eli Alexander, 1:02; 132: Frank pinned Gabe Liermann, 1:07.

### Girls Results

Wayne 36, Summerland 30  
 100: Both open; 105: Raegan Maas, Wayne, pinned Amor Zermeno, 2:37; 110: Both open; 115: Lenora Kester, Summerland, pinned Macy Wilson, :07. 120: Ashley Melcher, Summerland, pinned Hannah Burris, 1:06; 125: Summerland open; 130: Summerland open; 135: Summerland open; 140: Summerland open; 145: Wayne open; 155: Summerland open; 170: Both open; 190: Wayne open; 235: Wayne open.

Wayne 36, Wisner-Pilger 18  
 110: Both open; 115: W-P open; 120: W-P open; 125: W-P open; 130: W-P open; 135: Isabella Manning, W-P, pinned Serenity Heil-Ellis, :09; 140: Jocelyn Russman, W-P, pinned Cici Stashkiw-Risor, :19; 145: Both open; 155: W-P open; 170: McKenna Slonecker, W-P, pinned Kadence Rees, 2:00; 190: Both open; 235: Both open; 100: W-P open; 105: Both open.

### Lakeview Invitational

Boys Team Standings  
 Raymond Central 193, Lakeview 177, Elkhorn Valley 129.5, East Butler 126, Shelby-Rising City 88.5, Wayne 82, Ashland-Greenwood 73.5, North Bend Central 69, Gibbon 57, Columbus Scotus 43, Cross County/Osceola 42, Arlington 29, Fullerton 23.5.

### Wayne Medalists

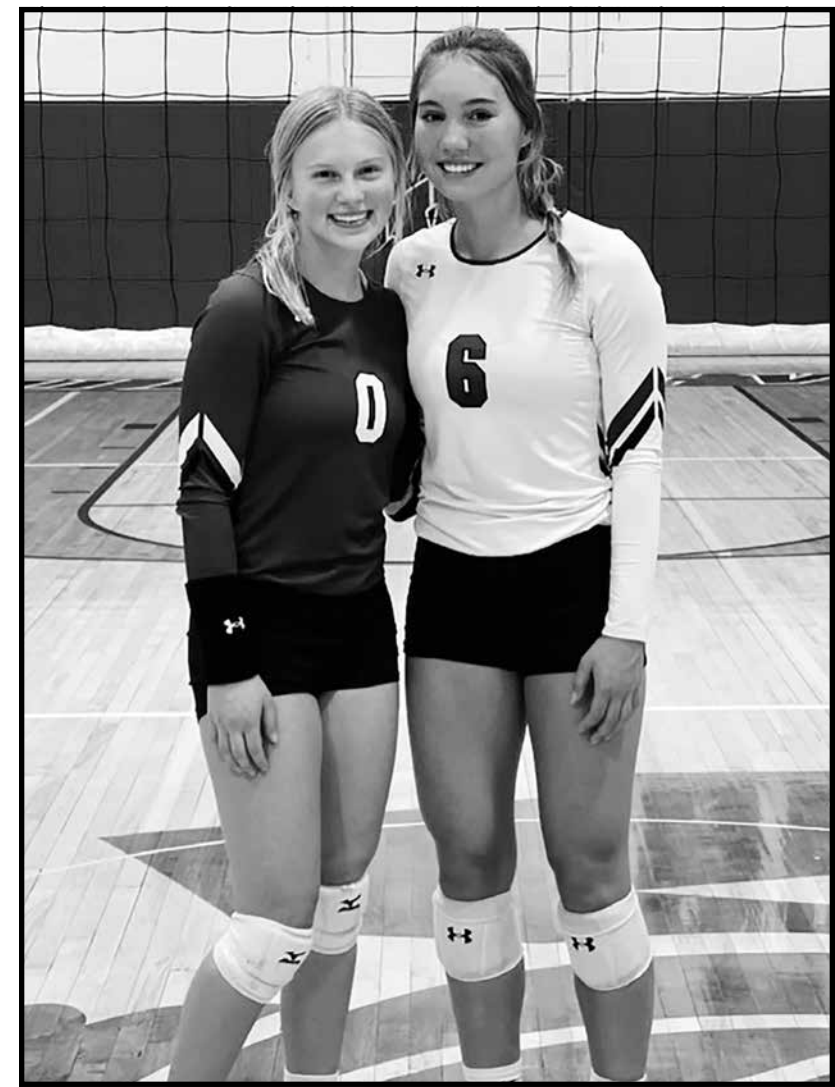
120: 1. Owen Vondra, EV, dec. Garrett Schultz, Wayne, 11-6. 132: 3. Isaac Eckert, EV, dec. Alex Frank, Wayne, 7-6. 145: 1. Ashton Munsell, Wayne, dec. Maverick Hagemann, EV, 3-1 (TB). 160: 5. Rocco Hageman, EB, won by no contest over Eli Barner, Wayne. 160: 2. Francisco Jinez De La Rosa, 3-1 (round robin). 195: 3. Lakin Stange, Wayne, dec. Sebastian De La Cruz, Lakeview, 6-4. 285: 3. Tyrian Chen Lo, Wayne, pinned Preston Scott, NBC, :33.

### Girls Team Standings

Aurora 97, Lakeview 96, Wayne 61, Arlington 41, Raymond Central 22, Elkhorn Valley 18, North Bend Central 4.

### Wayne Medalists

(All brackets round robin)  
 105: 2. Raegan Maas. 115: 5. Macy Wilson. 120: 4. Hannah Burris. \125: 1. Jaycee Bruns. 130: 1. Nyla Bolles. 135: 3. Serenity Heil-Ellis. 140: 3. Cici Stashkiw-Risor. 155: 2. Liberty Titiml, 3. Kadence Rees.



(Contributed Photo)

## Conference honorees

The Mid-State Conference volleyball coaches have voted and named the 2022 All-Conference and Honorable Mention performers for this year's volleyball season. Named to the Honorable Mention list were Wayne High volleyball team members Faith Powicki (left) and Kate Hill.





(Photo courtesy WSC Sports Information)  
Justin Eagins chases down a loose ball during Wayne State's 83-62 win over Southwest Minnesota State in action Saturday at Rice Auditorium.

## Wildcat men split hoop tilts

The Wayne State men's basketball team dropped their first NSIC game of the season before rebounding at home.

On Thursday, Sioux Falls rallied from a 47-36 deficit with 13:30 remaining to post a 65-60 win at the Stewart Center in Sioux Falls, S.D.

The Wildcats opened the contest with a 9-5 lead thanks to a three-point play from sophomore guard Jay Saunders with 15:24 to go in the half, but Sioux Falls went on an 11-4 run and took their biggest lead of the first half at three, 16-13, at the 8:43 mark.

WSC came back to tie the score at 21-21 and then scored nine of the next 10 points to take a 30-22 lead following a David Harmon 3-pointer with 2:33 left in the half before Wayne State closed with a 30-25 advantage at intermission.

Wayne State led by as many as 11 at 45-34 with 14:02 to go on a Jordan Janssen basket, but the Wildcats went cold from the field for almost eight years and the Cougars were able to mount a comeback, tying the game at 50-50 with 6:28 to go and taking the lead for good with just under five minutes to go to claim the win.

Janssen made 12-of-18 shots from the field and scored a game-high 27 points for the Wildcats.

Cody McCullough was the only other WSC player in double digits with 10 and also had 10 rebounds.

On Saturday, Janssen became the first Wildcat to record 1,000 career rebounds to highlight an 83-62 win over Southwest Minnesota State at Rice Auditorium.

The game started slow, but Wayne State would build an 11-6 lead five minutes into the contest. Nate Mohr hit a 3-pointer and Janssen grabbed the magical 1,000th rebound with 5:20 to go in the first half as the Wildcats built a 44-30 halftime advantage.

Wayne State carried that momentum into the second half, starting with a 7-0 run to make it a 51-30 lead, and Southwest never got closer than nine after that as Wayne State improve to 7-2 overall and 3-1 in NSIC play.

Janssen and Eagins each scored 16 points to share scoring honors. McCullough produced his third double-double of the season with 10 points and 11 rebounds. Eagins also produced four steals, and five assists in the contest.

Wayne State hits the road next weekend for NSIC South Division games, playing at Concordia-St. Paul Friday at 7:30 p.m. and at No. 16 Minnesota State Saturday in a 7 p.m. contest.

## QCNE boys second at Creighton

The Quad County Northeast boys wrestlers came away with runner-up honors at Saturday's Creighton Invitational.

Returning state qualifier Kolby Casey and freshman Lance Stange both earned first-place honors. Casey was 4-0 at 220 pounds with four first-period pins, while Stange had three pins at heavyweight to

take top honors. Ethan Gregory also earned the top spot on the podium with a 2-0 effort at 106 pounds.

Runner-up efforts were made by Carter Olson (132) and Ajay Gubbels (195), Gage Jensen was third at 160 and fourths were earned by Bryson Eledge (145) and Justin Becker (170).

## Winside gets individual wins

Winside coach Jesse Thies said that with his team not having enough wrestlers to field half of varsity lineup, the focus this year will be more on individual results than team wins and losses.

Winside performed well at Saturday's Plainview Duals Tournament, going 1-4 but getting a number of qualify wins, including the 100th career win for senior Mason Topp.

Winside opened with a 60-18 loss to Guardian Angels Central Catholic. Winside won three of the seven contested matches, getting pins from Topp (220), Korbin Carlson (132) and Cooper Behmer (138).

The second dual saw Winside

win two of five matches in a 54-24 loss to Elkhorn Valley. Winners for Winside were Behmer and Topp, who had a 33-second pin.

The third dual saw Pender outscore Winside 54-18. Six matches were contested and Winside won two, getting pins from Topp and Behmer.

In the fourth dual, host Plainview won 60-18. Topp recorded Winside's only win on the mat with a second-period fall.

The final dual of the day was a win for Winside, as they edged Tri County Northeast 33-18. Topp had a 22-second pin and Behmer won a match by decision to give Winside wins in two of the three matchups.



(Courtesy Photo)

## Carnes recognized by NSWCA

Michael Carnes of Wayne was presented with the 2022 Nebraska Scholastic Wrestling Coaches Association Media Member of the Year for his work in covering high school wrestling in the state of Nebraska. The award was presented during the Friday Fracas at West Point-Beemer High School, with West Point-Beemer girls wrestling coach Ray Maxwell making the presentation.

# Four Wildcats on Super Region list

Wayne State College sophomore linebacker Alex Kowalczyk and senior placekicker Alex Powders were selected to the D2CCA All-Super Region 4 Football Team, voted on by Division II sports information directors within the region.

Kowalczyk was recognized with First Team honors on defense and now advances to the All-America ballot while Powders collected Second Team All-Region honors on special teams.

Kowalczyk, a 5-foot-11, 210-pound linebacker, is the first Wildcat to earn All-Region First Team honors since linebacker Tyler Thomsen in 2018. He was an All-NSIC South Division First Team selection this season after leading Wayne State in tackles with 106, ranking fourth in the NSIC with 8.8 tackles per game. Kowalczyk tied for sixth in the NSIC with two forced fumbles and was tied for eighth in interceptions with three for 23 yards while also recording 7.5 tackles for loss for 21 yards and 2.5 sacks for nine yards.

Kowalczyk was named NSIC Defensive Player of the Week twice this season and had five games with 10 or more tackles. He recorded a career-best 18 tackles with one forced fumble in a 41-33 win over Minnesota State to be named Defensive Player of the Week and had 12 tackles with two quarterback hurries and one interception Sept. 10 vs. Northern State to earn an-

other NSIC Player of the Week honor on defense. Kowalczyk, an All-NSIC Second Team selection last season as a freshman, has led WSC in tackles the last two seasons and has 191 career tackles in two years.

Powders, a 5-foot-10 180-pound placekicker, was a repeat All-NSIC South Division First Team selection at kicker this season for the Wildcats. He ranked second in the NSIC this season in kicker points with 79 and was third in field goals made (13 of 15) and PAT kicks made (40-41). Powders made a school record 52-yard field goal at #24 Augustana Oct. 15 and was 4-of-4 on field goals that game to become just the third player in school history to make four field goals in a game.

Powders was named NSIC Special Teams Player of the Week Oct. 10 after making a pair of field goals and all five PAT kicks in Wayne State's 41-33 victory over Minnesota State. As a punter, Powders averaged 39.1 yards per punt this season with just two touchbacks, 18 fair catches and 16 punts inside the 20-yard line.

The 13 field goals made this season by Powders tied for third most in a single season at WSC and the 79 points scored as a kicker ranked third most in school history. In just two seasons as Wayne State placekicker, Powders ranks third in career points scored by a kicker (153) and is fourth in PAT kicks made (84-86).



(Photo courtesy WSC Sports Information)  
Kassidy Pingel goes up for two during the Wayne State Wildcats' 72-62 win over Southwest Minnesota State Saturday. Pingel had a game-high 18 points in the win.

## Bears ballers split openers

The LCC boys and girls basketball teams opened the 2022-23 campaign with road games at Creighton Thursday and their home opener Friday against Crofton, with both going 1-1 for the weekend.

On Thursday, the Lady Bears took care of business a Creighton with a 54-26 win over the Lady Bulldogs, while the LCC boys were on the short end of a 68-58 decision.

In the girls game, LCC got off to a 13-2 start and never looked back, leading 28-11 at the half. Individual scoring and statistics were not available at press time.

In the boys game, Gibson Roberts lit up the nets for a team-high 31 points, but it wasn't enough as the Bulldogs were able to come away with the win.

Tyler Olson added eight points, Carter Kvolts had seven and Dylan Taylor and Kolby Hansen each had six for the Bears.

On Friday, the Bears boys bounced back to take a 47-32 win over Crofton, while the Lady Bears were overrun by the state-ranked Lady Warriors 71-41.

Three Bears led a balanced attack in the boys game. Roberts had 15 points, Kvolts added 13 and Olson put in 12, with Hansen adding four, Eli Haisch scoring two and Kayton Hall putting in a free throw.

Hansen had 11 rebounds, Olson had six and Kvolts added five. Roberts and Kvolts both had three assists and Olson had four steals. Hansen blocked seven shots.

Stats and highlights from the girls' loss to Crofton were not available at press time.

LCC's teams played at Homer on Tuesday and will host Tri County Northeast on Friday in Laurel. They play at Ponca next Tuesday, Dec. 13.

## Olson gets first in Friday Fracas

Quad County Northeast's girls wrestlers saw their first action of the season at the Friday Fracas in West Point.

Emily Olson went 4-0 on the day in her bracket at 130 pounds to come away with a first-place finish.

She won three of her matches by fall, with the fourth win coming on a major decision.

Darly Garcia competed for the Blaze at 155 pounds and went 0-2 on the day, losing both of her matches by pin.

## Wakefield boys open with dual wins

The Wakefield boys wrestlers made a good showing at Saturday's Howells-Dodge Invitational to start the season.

Four Trojans came home with medals from the 16-team tournament, led by a third-place effort from Caleb Chase at 138 pounds. Brother Samuel Chase followed with a fourth-place effort at 120 pounds.

Franco Tapia came away with a fifth-place finish at 126 pounds, and Ronnie Ramirez was sixth at

182 pounds.

On Thursday, Wakefield dropped a 60-16 dual at Pender. Caleb Chase earned a major decision at 145 pounds, while Samuel Chase (120) and Calix Barge (126) won by forfeit.

In home action Monday, Wakefield defeated Homer by a 48-22 margin. Pins were won by Caleb Chase, Isaac Walsh (145), Kolton Fischer (152) and Domingo Centino (160).

## Trojan boys put Pender away, 58-21

The Wakefield boys basketball team opened the 2022-23 season on the right note, coming home with a 58-21 win over Pender in action Thursday at Pender High School.

The Trojans led by 11 at the half, but outscored Pender 31-5 in the second half to pull away with the easy win, shooting 51 percent from the floor and posting a 42-8 advantage in the paint while outrebounding Pender 38-12.

Cade Johnson shot 11-of-15 from

the floor and scored a game-high 23 points to lead the 1-0 Trojans. Hunter Schultz added 10 points, Eliseo Sarmiento scored nine, Ryan Anderson had five, Cael Johnson scored four, Isiah Villa had three and Johnathan Birckley scored two.

Cade Johnson had 10 rebounds and six assists in the win.

Wakefield hosted Wayne on Tuesday and is at Battle Creek on Friday.

## Wildcat women pick off USF, SWMS

The Wayne State women ended a nine-game losing streak to University of Sioux Falls to highlight a 2-for-2 weekend in Northern Sun Conference basketball action.

On Thursday, Logan Hughes scored a game-high 19 points to power Wayne State in a 71-55 victory at University of Sioux Falls, marking their first win over the Cougars in nine games dating back to 2018.

The game went back and forth early on, with the Wildcats tying the game at 14-14 by scoring the last four points of the opening period. They continued that run into the second quarter, going on a 6-0 run to open the period and leading by as many as 12 before taking a 34-26 halftime lead.

After the Cougars opened the second half with a basket, Wayne State scored the next nine points to make it 43-28 and Hughes hit a 3-pointer to highlight a seven-second, seven-point run to make it 59-39 and the Wildcats never looked back.

Hughes poured in a game-high 19 points in just 15 minutes of playing time to lead the Wildcats. Lauren Zacharias also hit double digits with 11. Wayne State held a slight 37-35 edge in rebounding over USF thanks to seven boards from freshman Rachel Dahlen. Maya Fitzpatrick had four steals, Dahlen

had two blocked shots and Annie Guntzel had two assists.

On Saturday, Kassidy Pingel scored a game-high 18 points and Zacharias recorded a double-double with 13 points and 10 rebounds to carry Wayne State in a 72-62 win over Southwest Minnesota State at Rice Auditorium.

Wayne State got off to a slow start, trailing 13-7 minutes midway through the period when they heated up, outscoring the Mustangs 12-2 and capping it with a Zacharias 3-pointer to take a 19-15 lead after one period.

Wayne State's defensive pressure forced 10 turnovers by the Mustangs in the second quarter, and that helped Wayne State build a 17-point halftime lead. Wayne State led by as many as 21 in the second half and Southwest closed it to nine with 90 seconds to go, but that's as close as the visitors would get.

Pingel produced a game-high 18 points for Wayne State, while Zacharias had 13 points and a career-high 10 rebounds for her first career double-double. Abby Kopecky added eight rebounds.

The Wildcats (6-1, 2-1 NSIC) will be on the road this weekend for NSIC South Division games at Concordia-St. Paul Friday at 5:30 p.m. and at No. 6 Minnesota State Saturday at 5 p.m.

## Winside teams fall to Wynot

The Winside boys and girls basketball teams opened the season with home matchups against Plainview and Wynot, with both teams coming up short in each game.

In Friday's girls game, Wynot came out strong in the first and third quarters and came away with a 75-33 win over the Wildcats.

Aubrey Russell and Natalie Kruger both had 13 points to lead the Wildcats, while SSSS Gubbels had five points and Jerzi Carlson had one. Kruger grabbed 10 rebounds and had three assists, while Anslee Watters had three assists.

In boys action, Winside got off to a slow start and came back in the second half to make it interesting, dropping a 46-34 decision to the Blue Devils.

Den Kruger scored 16 of his team-high 19 points in the second half to lead the Wildcats. Jake Bargstadt added five points, DeAndre Redwing and Dax Behmer each had four points, while Gavin Schutt contributed two points.

On Thursday, the Wildcat girls came up on the short end of a 57-38

decision against Plainview.

Russell led the way with 15 points and Kruger added 11 points and eight rebounds. Elayna Hoskinson had six points, Watters added four and Hannah Gubbels had two.

In the boys game, Plainview came away with a 61-51 win over Winside.

Dean Kruger led with 17 points and Redwing added 14 points for Winside. Kaden Hunt had nine points, and Behmer scored six and Bargstadt scored five.

Winside's boys and girls both play at Bloomfield on Friday.

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## Wakefield girls wrestling debuts with good results

The Wakefield girls wrestling team made its debut Friday with a good showing at the Friday Fracas and their first-ever win in dual action.

At the Friday Fracas in West Point, four Lady Trojans competed and were led by Mayte Alandra Flores Garcia, who finished sixth in the 140-pound weight bracket. She went 2-2 on the day with a pair of pins that helped her finish in the top six.

Maria Perez went 1-2 at 130 pounds, picking up her first pin in consolation action. Brainna Martinez also earned a pin in consolation action at 155 pounds, while Natalie Ramirez was 0-2 at 125 pounds.

On Monday, Wakefield hosted its first-ever girls wrestling dual and won on criteria over another first-year program, edging Homer 25-24.

Six of the eight weight classes were decided by forfeits and each team won a match by pin. Martinez earned a second-period pin at 155

pounds, while Ramirez was pinned in her match at 125 pounds. The ninth criteria, first takedown, decided the winner.



(Photo by Michael Carnes)  
Mayte Alandra Flores Garcia of Wakefield tries to turn her opponent during action at the Friday Fracas in West Point.

## Winside girl grapplers hit the mats

WEST POINT — The first-ever action for the Winside girls wrestling team was a successful one, as they had one medalist of their three wrestlers that competed in the 37-team Friday Fracas.

The tournament, which drew more than 260 girls from central and eastern Nebraska, was the first big tournament of the year for girls wrestlers, and Winside's three-girl squad performed well in their first outing.

Skylar Spann went 3-1 on the day in her bracket at 130 pounds. Spann won all three of her matches fall, coming back from a semifinal loss to earn a second-period pin against Sienna Swanson of Malcolm to finish in third place.

Emily Jaeger (125) and Stephanie Spann (135) also saw action at the meet. Both went 0-2 in their matches, wrestling hard before being pinned in each of their matches.



(Photo by Michael Carnes)  
Winside's Skylar Spann works for a pin against Aly Espinoza Mares of York during action at the Friday Fracas at West Point-Beemer High School. Spann finished third in her bracket at 130 pounds.



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**December 6, 1962**

### Comstock, Olson, Otte, Wolske on C. of C. Board

Four new board of director members were elected Monday night at the annual Wayne Chamber of Commerce meeting. Taking office will be LeRoy Otte, Calvin Comstock, C. N. Olson and Ed Wolske. They join present directors, Alvin Voorhies, Dr. Russ Owen and Dr. W. A. Koeber. A near capacity house turned out for the meeting where four members of the WSTC faculty told of the college's progress and future. An election of officers from the board of directors is tentatively planned for next Wednesday.

**December 7, 1972**

### Local girls take county 4-H honors

Two girls from Winside and one from Wayne were named senior division award winners during Monday night's annual Wayne County 4-H achievement program at the city auditorium. Division winners for the older youths were Vickie Baird, daughter of Mr. and Mrs. Warren Baird of Winside, in home living, Patti Holtgrew, daughter of Mr. and Mrs. Warren Holtgrew of Winside, in foods and Pat Dangberg, daughter of Mr. and Mrs. Paul Dangberg of Wayne, in clothing. Junior division winners were Susan Rethwisch in homeliving, Marilyn Strate in foods and Kari Wittler in clothing. Speaker for the evening event, which attracted about 175 persons, was Dr. John Orr, University of Nebraska-Lincoln extension specialist in 4-H and youth development. Dr. Orr emphasized that 4-H is a brick in the wall of life and participation in 4-H activities is important in helping youths develop into productive adults.

**December 6, 1982**

### Families can putter around at Rich's Food'n Fun center

Rich's Super Foods has a new look. In fact, owner-manager Rich Anderson has made changes designed to please everyone. A nine-hole miniature golf course is one of the many new attractions added to the business. Probably the most unusual point about the course is that it is indoors. Most of the holes on the "Putter Golf" course are patterned after courses in Grand Island, Omaha and Columbus. The course is laid out in the north section of Rich's store. According to Anderson, indoor golf is a new concept that has caught on in Grand Island and Fremont. There is no more worry about getting eaten by mosquitos or rained on, he pointed out. The miniature golf gives parents an opportunity to spend some time with their children while having fun he noted.

**December 11, 1992**

### Letters of love going to Somalia

Second and third grade students of West Elementary School in Wayne are helping to brighten the holiday season for at least one U.S. Navy man who won't be home for Christmas. The students are classmates of third grader Andy Costa and second grader Nick Costa, whose father, Sr. Chief Dennis A. Costa, is serving in Somalia aboard the aircraft carrier USS Ranger. "Mom sent us a note saying that Dennis wouldn't be home for Christmas and he would appreciate our letters and cards," second grade teacher Nadine Lubberstedt said. In response, Mrs. Lubberstedt and third grade teacher Amy Hill asked the students to write Christmas cards, notes and letters to their classmates' father in hopes of raising his spirits during this time away from his family. In addition to Nick and Andy, Dennis is the father of five-year-old Amber and 17-month-old Lindsey. "Dennis has no idea the kids are doing this and he's going to love it," his wife, Christine Costa, said.

**December 5, 2002**

### 'Under the Sea' project completed

A culmination of a month's worth of work and two art classes' creativity is now on display at Wayne Middle School. Eighth grade students in both of Amy Jackson's eighth grade art classes recently put up a mural and other works of art to create the "Under the Sea" project. "The students first brainstormed with what they already knew about animal and plant life under the sea from science classes," Mrs. Jackson said. "They then did research on specific types of fish and other things that live deep below the ocean's surface." Following research, the students made paper mache designs and created a mural to be used as a back drop for the fish and other creatures that are 'floating' from the ceiling.

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**20 Day Punch Card**  
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Punch Cards are available to purchase  
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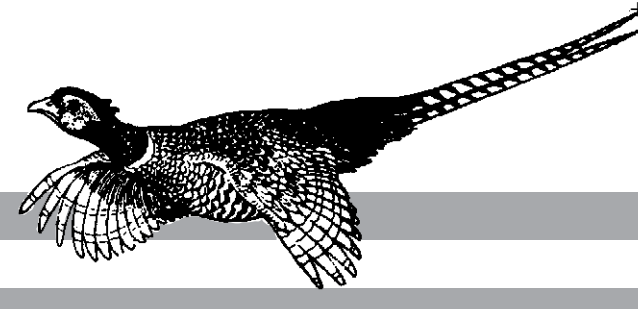
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# Lifestyle The Wayne Herald

## Now is the time for Vitamin D

## School Lunches

Vitamin D needs can be sufficiently met during the summer months thanks to the sun. Just 10-15 minutes of sunlight (without sunscreen) can provide us with 10,000 IU of vitamin D, which can be stored and used when needed.

However, starting in November, the sun doesn't get high enough in the sky to provide us with the rays

we need to absorb vitamin D in our skin. It may be necessary to take a vitamin D supplement in the winter months (November through February).

Vitamin D may be related to a wide range of health benefits, including an increase in immunity and muscle strength. It can also help with preventing osteoporosis, cancer, heart disease, diabetes, autoimmune disease (such as rheumatoid arthritis), depression and others. Research in these areas is still ongoing but shows some promising results.

Wish the Holtgreys a Happy 68th Anniversary at: Warren & Virginia Holtgrew CSL - Hillsville 100 Kyle Drive Hillsville, VA 24343

**Pierce County**



**Ann Fenton**  
Extension Educator  
**UNL Extension**

fortified cereals and breads, and some fortified beverages (soy milk and orange juice). Vitamin D will be listed with the other vitamins and minerals on the nutrition label.

Vitamin D is typically measured in IU or International Units. Infants up to age 1 need 400 IU daily; children (age 1 and up), adults (up to age 70), and women who are pregnant or breastfeeding need 600 IU daily. Adults age 71 and up need 800 IU daily.

spring, summer and early fall to get the vitamin D they need. Vitamin D can be stored, so the supplement doesn't have to be taken every day. It is best taken with a calcium supplement or with dairy foods, to help with absorption of the calcium.

The tolerable upper level intake, the highest amount recommended, for vitamin D is 4,000 IU, but research has shown no toxicity in levels up to 10,000 IU. Toxicity would only occur from excessive supplement use, too much vitamin D from the sunlight will not occur.

Older adults, those with darker skin, those who always use sunscreen and obese individuals are at a higher risk for vitamin D deficiency because the body doesn't synthesize the vitamin as well. These individuals may need to supplement at a higher level to get enough vitamin D.

Talk with your physician if you are interested in a vitamin D supplement. Some medications may interfere with a supplement, and some may need to be taken at a different time.

**Source:** Melissa Bess, former Nutrition and Health Education Specialist, Camden County, University of Missouri Extension.

**ALLEN COMMUNITY SCHOOLS (Dec. 12 - 16)**  
**Monday:** Breakfast — Pancakes. Lunch — Salisbury steak, mashed potatoes with gravy, tea roll.

**Tuesday:** Breakfast — Egg-stravaganza. Lunch — Chicken Alfredo, peas, tea roll.  
**Wednesday:** Breakfast — Yogurt, Pop tart. Lunch — Country fried steak, mashed potatoes, gravy, tea roll.

**Thursday:** Breakfast — Cinnamon roll. Lunch — Mini corn dogs, tri tater, green beans.  
**Friday:** Breakfast — Sausage, biscuit. Lunch — Calzone, carrots, cookie.

All breakfast meals include a variety of cereal or oatmeal, 8 oz. of milk, fruit or fruit juice. All lunch meals include 8 oz. of milk. Salad bar will include the following options: fresh lettuce, fresh spinach, carrots/celery, tomatoes, diced eggs, bean variety, cucumbers and fruit variety.

served with every lunch. Menus are subject to change.

**WAYNE COMMUNITY SCHOOLS and ST. MARY'S ELEMENTARY (Dec. 12 - 16)**  
**Monday:** Breakfast — French toast. Lunch — Popcorn chicken, mashed potatoes, dinner roll, tomatoes, mandarin oranges.

**Tuesday:** Breakfast — Pancake on a stick. Lunch — Hot ham & cheese sandwich, sweet potato fries, lettuce, warm apples.  
**Wednesday:** Breakfast — Breakfast burrito. Lunch — Chicken & noodles, cinnamon roll, carrots, celery, mixed berries.

**Thursday:** Breakfast — Cheese omelet. Lunch — Chicken patty on a bun, black beans, broccoli, pears.  
**Friday:** Breakfast — Cinnamon roll. Lunch — Pizza crunchers, corn, mixed or fresh vegetables, strawberries.

Chef salad is optional for K-12. Milk served with every meal. Menus subject to change.

**WINSIDE PUBLIC SCHOOLS (Dec. 12 - 16)**  
**Monday:** Breakfast — Waffles. Lunch — Rib patty with bun, sweet potato fries, fruit.

**Tuesday:** Breakfast — Muffin. Lunch — Hot ham & cheese, baby carrots, fruit.  
**Wednesday:** Breakfast — Scrambled eggs. Lunch — chicken parmesan, green beans, fruit, roll.

**Thursday:** Breakfast — Cereal. Lunch — Pizza.  
**Friday:** Breakfast — No Breakfast — Community Pancake Feed.

Chef salad, fruit and vegetable bar served daily. Milk served with all meals. Menu subject to change. Late starts - no breakfast or K-2 salad plates.

## Senior Center Congregate Meal Menu

**(Week of Dec. 12 - 16)**  
The Wayne Senior Center will be open from 7 a.m. to 4 p.m. Meals are being served at the Senior Center at 11:45 a.m. Staff will still be providing Meals on Wheels, which go out at 11 a.m. and curbside pickup meal service from 11:15 to 11:30 a.m. for noon meals. Please call the Senior Center staff at (402) 375-1460 for details or email them at [dberrtrand@cityofwayne.org](mailto:dberrtrand@cityofwayne.org) for information. Staff will be available between 7 a.m. and 4 p.m.

**Monday:** Elementary School caroling, 12:30 p.m. Barbecue meatballs, scalloped potatoes, butter beets, whole wheat dinner roll, apple crisp with topping.

**Tuesday:** Tater tot casserole, seven layer salad, mandarin oranges, gelatin, homemade banana muffin.

**Wednesday:** We serve Wednesday with Countryview. Vegetable beef soup, blueberry muffin, lime green gelatin with cottage cheese and pears.

**Thursday:** Sliced pork roast, mashed potatoes, sauerkraut, green beans, bacon, homemade rye bread, apricot salad.

**Friday:** Closed for staff Work Day.

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December 12-16, 2022  
Enjoy homemade sweets and hot drinks



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**MAJESTIC THEATRE**  
**HOLIDAY MOVIES**  
Saturdays at 2:00 p.m.  
Doors open 1:15 p.m.  
**December 10: National Lampoon's Christmas Vacation (1989) Rated PG-13**  
**December 17: The Star (2017 PG)**

**FREE passes available at these HOLIDAY MOVIE SPONSORS**

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Laurel's Hometown Market	Northeast Nebraska Insurance Agency	Providence Community Pharmacy	Rose's Transport-Wakefield	Wash House	Sidelines Bar & Grille, Wakefield	State Nebraska Bank	The Wayne Herald	Wakefield Dental,	James Bierbower DDS	Wayne Area Economic Development	Wayne Community Activity Center					

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\* Annual Percentage Yield (APY) effective 11/29/2022. CDs offered by Edward Jones are bank-issued and FDIC-insured up to \$250,000 (principal and interest accrued but not yet paid) per depositor, per insured depository institution, for each account ownership category. Please visit [www.fdic.gov](http://www.fdic.gov) or contact your financial advisor for additional information. Subject to availability and price change. CD values are subject to interest rate risk such that when interest rates rise, the prices of CDs can decrease. If CDs are sold prior to maturity, the investor can lose principal value. FDIC insurance does not cover losses in market value. Early withdrawal may not be permitted. Yields quoted are net of all commissions. CDs require the distribution of interest and do not allow interest to compound. CDs offered through Edward Jones are issued by banks and thrifts nationwide. All CDs sold by Edward Jones are registered with the Depository Trust Corp. (DTC).

## The Prairie Doc Lung cancer screening saves lives

**By Daniel G Petereit, MD, FABS, FASTRO**

This year nearly 250,000 patients will be diagnosed with lung cancer and 130,000 will die from it. In SD, 660 people will be diagnosed and over 400 will die from the disease. Lung cancer accounts for the most cancer deaths in both the US and in SD.

Smoking is the most important risk factor for lung cancer and accounts for 80% of lung cancer deaths. Although smoking rates continue to decline in the US, in SD there are many rural and tribal communities where the smoking rates are still 20-40%. These patients continue to be at risk for developing and dying from lung cancer. The Lakota Sioux have the highest lung cancer death rates in the nation at 95%.

Lung cancer screening with low-dose computed tomography (LDCT) has been demonstrated to reduce lung cancer death rates by detecting earlier stages of cancer with relatively high cure rates — similar to other screen detectable cancers such as cervical, prostate, breast and colorectal.

An LDCT is a five-minute, outpatient CT scan performed without IV contrast and has minimal radiation exposure. The current recommendations are for healthy adults ages 50-80 with a 20 pack year smoking history or who have quit within the last 15 years.

Unfortunately, many South Dakota patients are at risk, and are unaware of the value of an LDCT. In South Dakota, there are at least 30,000 patients who are eligible for this test.

If patients are diagnosed with early stage lung cancer, surgery is the standard treatment with high cure rates. If patients are not surgical candidates, they can be safely

treated with 4 to 5 radiation doses, called stereotactic ablative radio-surgery, with essentially no side effects and also very high cure rates. This specialized form of radiation is offered at most cancer centers in South Dakota.

To address the high lung cancer death rates among the Lakota Sioux, we implemented a lung cancer screening navigation program on the west river reservations in an attempt to lower these death rates as part of an ongoing program called Walking Forward that has been in existence since 2002. This is a community-based program based in Rapid City with staff who live and work in their communities of Pine Ridge and Rosebud. The overarching program goal is to lower cancer death rates for Lakota Sioux, through patient navigation, access to cancer screening and early detection and state of the art cancer treatments. To date we have referred over 420 patients for an LDCT with over 335 completed scans.

So, if you are a smoker: 1) try to quit; 2) if you are a candidate for lung cancer screening talk to your primary care provider about an LDCT, and 3) for the younger generation — don't start smoking!

**Bottom Line:** lung cancer can be successfully treated if caught early — get screened if you are eligible.

Daniel G Petereit, MD, FABS, FASTRO is a Radiation Oncologist at the Monument Health Cancer Care Institute in Rapid City, South Dakota. Follow The Prairie Doc® at [www.prairiemed.com](http://www.prairiemed.com) and on Facebook featuring On Call with the Prairie Doc® a medical Q&A show based on science, built on trust for 21 seasons, streaming live on Facebook most Thursdays at 7 p.m. central.

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**Weddings**

The Wayne Herald welcomes news accounts and photographs of weddings involving families living in the Wayne area. We feel there is a widespread interest in local and area weddings and are happy to make space available for their publication.

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# CLASSIFIEDS

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•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

### 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 \$16.26 to \$19.93**

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



### Naturally Recycled Proteins, LLC

Wakefield, Nebraska

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Apply In Person (Monday - Friday 8:00 a.m. - 5:00 p.m.) at:  
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For Any Questions, Please Call:

Brian or Daniel at 402-287-9176

EOE

EOE

### Senior Center Part-Time Kitchen Aide

CITY OF WAYNE

The City of Wayne is accepting applications for the position of a Kitchen Aide.

This is a part-time position. Wage rate is \$10.23 - \$13.22 per hour, depending upon qualifications and experience. High school diploma is required. Application and job description are available by writing or phoning the Wayne Senior Center at 402/375-1460. Completed application, résumé, and letter of interest due by 5:00 p.m., Wednesday, December 14, 2022, to the Wayne Senior Center, 410 Pearl Street, Wayne, Nebraska, 68787. EOE

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## - HELP WANTED -

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**Weekends required for all positions**

If interested, please pick up an application at customer service.

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#### •Custodial positions:

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#### •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](http://www.wsc.edu/hr), call 402-375-7403 or email [hr@wsc.edu](mailto:hr@wsc.edu). WSC is an EOE.

## PUBLIC HEALTH JOBS AVAILABLE

Do you like doing something new and different every day? Does working in and with the community interest you? If so, Northeast Nebraska Public Health Department (NNPHD) may be the place for you! New and open positions include:

- Operations Coordinator
- Nurse
- Assistant Director

NNPHD offers a very competitive benefits package that includes:

- Paid Employee Health Insurance
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For more information email [julie@nnphd.org](mailto:julie@nnphd.org)  
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ATTN: Health Director,  
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## 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 Services  
209 South Main Street,  
Wayne, NE 68787

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





# CLASSIFIEDS

## HELP WANTED



### Providence Medical Center

Providence Medical Center in Wayne, NE is looking for passionate and caring individuals to join our GROWING team!

#### Opportunities Include:

- Nutritional Services Cook | Full-time
- Certified Nurse Aide, Med Surg | Full-time
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To apply visit the Career's Tab at: [www.providencemedical.com](http://www.providencemedical.com)

EEO/AA/VETS/DISABILITY

1200 Providence Road, Wayne  
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### ELECTRICIAN WANTED APPRENTICE OR JOURNEYMAN

Experience not necessary. Healthcare and other benefits available

**Klein Electric**  
Wakefield, NE  
402-369-2948

**Position Available: Marketing, Events & Tourism Coordinator**  
FT, salaried position. Candidates must have good public relations, communication, organizational, and time management skills, as well as proficiency with computers, telephones, and general office procedures. The preferred candidate will have experience in website management, social media curation, event planning, and graphic design.

Please submit a cover letter and resume via email to [lvirgil@waynetworks.org](mailto:lvirgil@waynetworks.org). Review of applications to begin immediately.

**Wayne Area**  
Economic Development Chamber • Main Street

**• HELP WANTED •**  
**Full Time Cook**

1500 Vintage Hill Drive  
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402-375-1500

KINSHIP POINTE EOE

**The Thurston County Law Enforcement Center has openings for Full-Time and Part-Time, Female Corrections Officers**

We are seeking motivated, dependable individuals. Must be a US citizen, have a High School Diploma or GED certificate and be at least 19 years of age. You must be able to read, write and possess a valid Nebraska driver's license. You will work various shifts, including days, nights, holidays and weekends. Starting wage is \$17.00/hour.

Please call 402-385-6210 for an application  
EOE

**Kitchen Opening**  
Wakefield Community School has an immediate opening for a kitchen team member.

This is a ten-month position while school is in session. Hours would be 7:30 am – 3:30 pm. Eligible for retirement, health and dental insurance, sick and personal leave. If you have any questions please contact Superintendent Matt Farup at 402-287-2012 or pick up an application at the high school office. Subject to veteran's preference. Position will remain open until filled.  
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FOR SALE

## - LAND FOR SALE -

**Simulcast Auction - Dec. 9, 2022 (Friday) - 11:00AM**

Auction Location: American Legion - Jackson, NE  
 3 Tracts located in Dixon & Dakota County, NE  
 Tract 1 - Dixon County 115+/- Acres - All in CRP till Sept 2026  
 Tract 2 - Dakota County 152+/- Acres - All in CRP till Sept 2026  
 Tract 3 - Dakota County 35+/- Acres - Cropland - Dry  
 L-2300030



Please call or visit our website for more details.

## - LAND SALE -

**Simulcast Land Sale - Jan. 13, 2023 (Friday) - 10:30AM**

Auction Location:  
 Randolph City Auditorium - Randolph, NE  
 160 Acres Dryland - Cedar County, NE  
 Located between Randolph & Belden, south of  
 HWY 20 on the corner of 563 AVE & 866 RD.  
 L-2300054



## - NEW LISTINGS -



**111 Dixon St. - EMERSON - \$195,000**

4 Bedrooms, 4 Bathrooms, 2 "Bonus rooms". Large ranch style home on large corner lot. Attached garage & privacy fence in backyard. Many updates & remodels. L-2300074



**302 Eagle Avenue - ALLEN - \$192,000**

3 Bedrooms, 2 Bathrooms, zero entry home. 1 car oversized attached garage, guest bedroom & bath in the basement. Wonderful location. L-2300044



**602 W 3rd Street - Laurel**

4 Bedroom, 4 Bath, fully finished walk out basement, with attached 2 car garage. This is a beautiful ranch style home sitting on a large quiet lot. Very nice deck in the back over looking a large backyard. Nice shed in back too. L-2300056

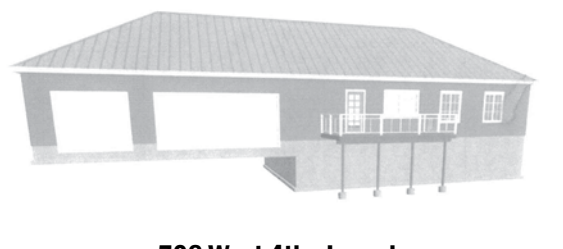


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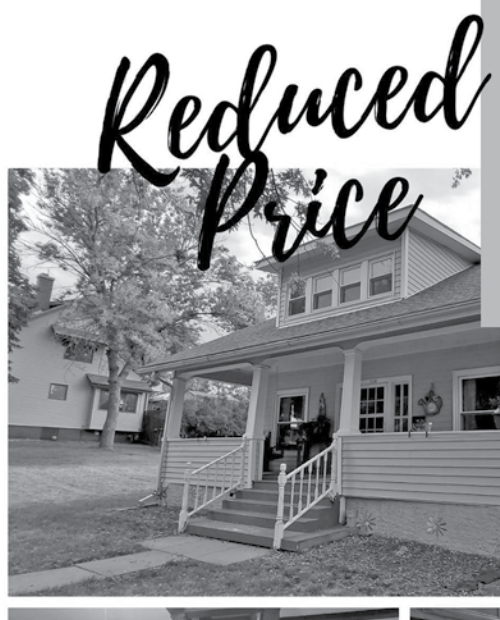
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## THANK YOU

The family of Merlin Beiermann wish to extend our sincere thanks for your many kindnesses and for the condolences and support we have received in Dad's passing. We also send our gratitude and appreciation to Providence Medical Center, Dr. Mark McCorkindale, Ross Hansen and Hasemann Funeral Home for their professional and compassionate help. Thank you so much to Hospice. Teri and Dawn deserve so many thanks along with Madge and all the volunteers who became part of Dad's life for a short while. A special thank you to Pastor Buchhorn for his wonderful visits and prayers. The Wakefield Health Care Center for your kindness and compassion with our Dad and showing him love and respect til the end of his journey. You are ALL the best!! We also want to thank all involved with Dad's service ie. Pastor, Bonnie, Dave, all the ushers and the wonderful meal served by the church ladies. Your many acts of kindness and sympathy continue to be a great comfort to our family. Mike and Carolyn, Mark and JoAnn, Todd and Teresa Beiermann.

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**303.57± Acres • Dixon and Dakota Counties, Nebraska**  
 Farmers National Company L-2300030  
**Live Event: Friday, December 9, 2022 at 11:00 AM**  
**American Legion**  
**103 East Elk Street • Jackson, Nebraska**  
 ONLINE SIMULCAST BIDDING: Bidding starts Monday, December 5, 2022 at 8:00 AM  
 Bidding ends Friday, December 9, 2022 at close of live event  
 To Register and Bid on this Auction, go to: **www.FNCBid.com**  
 For more information on property details, please contact:  
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**Laurel, Nebraska**  
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# Providence Medical Center

## Senior Support, Close to Home



Senior Life Solutions is a group therapy program dedicated to addressing the emotional and behavioral health of older adults. The program is designed to meet the unique needs of seniors by providing support, answers, and direction for an improved quality of life. If you or someone you know:

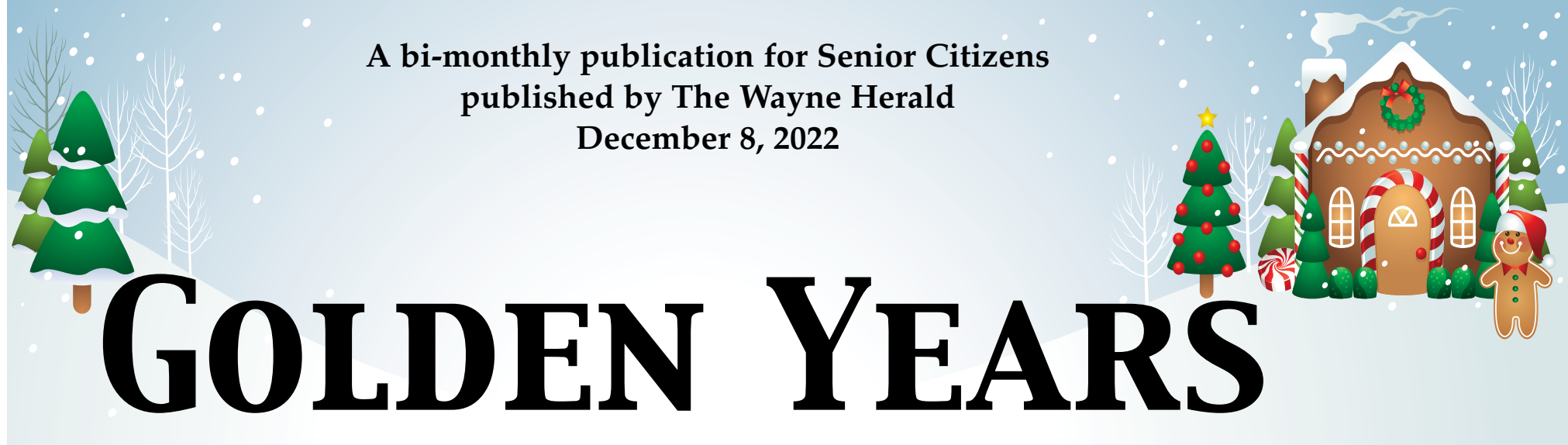
- Recently experienced a traumatic event
- Lost a spouse or close family member
- Loss of interest in previously enjoyed activities
- Feelings of sadness or grief lasting more than 2 weeks
- Feelings of worthlessness or hopelessness

**WE CAN HELP**



### Providence Medical Center

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A bi-monthly publication for Senior Citizens  
published by The Wayne Herald  
December 8, 2022

# GOLDEN YEARS

## Providence Hospice recognized as a We Honor Veterans Partner

It may surprise many people to learn that 25 percent of those who die every year in the U.S. are Veterans.

To help provide care and support that reflect the important contributions made by these men and women, Providence Hospice has become a national partner of We Honor Veterans, a pioneering campaign developed by National Hospice and Palliative Care Organization in collaboration with the Department of Veterans Affairs.

As a We Honor Veterans Partner, Providence Hospice will implement ongoing Veteran-centered education for their staff and volunteers to help improve the care they provide to the veterans they proudly serve. The nation is seeing many of the veterans who served in World War II and Korean pass away—and the number of deaths of Vietnam Veterans is beginning to rise.

The We Honor Veterans campaign provides tiered recognition to organizations that demonstrate a systematic commitment to improving care for veterans.

“Partners” can assess their ability to serve veterans and, using resources provided as part of the campaign, integrate best practices for providing end-of-life care to veterans into their

organization. By recognizing the unique needs of our nation’s Veterans who are facing a life-limiting illness, Providence Hospice is better able to accompany and guide veterans and their families toward a more peaceful ending. And in cases where there might be some specific needs related to the veteran’s military service, combat experience or other traumatic events, Providence Hospice will find tools to help support those they are caring for.

“We thank Providence Medical Center Hospice for partnering in the We Honor Veterans program,” says NHPCO President & CEO Edo Banach. “We Honor Veterans partners are committed to providing quality veteran-centric care to the Veteran patients they serve. They understand how a veteran’s military service, combat experience or other traumatic events, could impact their end-of-life experience.”

The resources of We Honor Veterans focus on respectful inquiry, compassionate listening, and grateful acknowledgment, coupled with veteran-centric education of health care staff caring for veterans. To learn more about We Honor Veterans or to support this important work via a secure, online donation, please visit [www.wehonorveterans.org](http://www.wehonorveterans.org).



Providence Hospice team members conducted a Veterans Day program at Countryview Care and Rehabilitation to honor local veterans.

“VA shares a common goal with our nation’s hospices, and that is to provide the best possible care specifically tailored for veterans, meeting their goals of care in their preferred setting. As we focus on

working together and unite our services and skills, We Honor Veterans will channel our combined strengths directly to Veterans - wherever they are receiving care,” added Banach.

## Should you consider tapping the equity in your home?

Contributed by George Phelps, CFP

With home values skyrocketing recently, your home may be one of your largest assets. Using home equity to help finance other financial objectives is a strategy many people consider, but before doing so be sure you understand the risks as well as the potential benefits.

Home equity is the difference between how much your home is worth, based on current market conditions, minus your mortgage balance. Let’s say your home is worth \$450,000 in the current market and your outstanding mortgage is \$250,000. That means you have \$200,000 in equity.

In most cases, lenders will allow you to borrow up to 80% of your home’s value minus your mortgage balance. In the example above, the total amount you might borrow would be \$110,000 (assuming you qualify).

It’s probably best to be as conservative as possible when using home equity. There’s no guarantee that your home will maintain its current market value, so you could end up owing more than it’s worth. Moreover, in the unfortunate event of default, you could lose your house.

### How to Access Home Equity

Generally, there are three ways to access home equity:

1. Cash-out refinance: In a cash-out refinance, you would refinance your mortgage for more than what you owe and take the difference in cash.
2. Home equity loan: With this type of loan, you would leave your current mortgage untouched and take out a separate loan against the equity in your home, with a fixed interest rate and fixed monthly payments.



Members of the Providence Medical Center Hospice team taking part in a recent veteran's program at Countryview Care and Rehabilitation included (left) Joanna Rayford, Lora Heithold and Tasha Forsyth.

# Equity

(Continued from page 1)

3. Home equity line of credit: A HELOC works much like a credit card. You apply for a revolving credit amount up to a certain limit and, upon approval, have access to that money for a specific period, known as the draw period (usually 10 years). HELOC funds don't all have to be used right away or at the same time. You can usually access the funds as needed by writing a check or using a

linked credit card. Interest rates are variable; required payments will depend on how much you borrow and the prevailing rate. When the draw period ends, all outstanding balances need to be repaid.

Keep in mind that each of these options will have specific fees, including appraisal fees. A refinance could also require closing costs, which can equal thousands of dollars, depending on the amount borrowed.

The best type of loan will depend

on your specific situation. If you need a fixed amount of money, a cash-out refinance or home equity loan might be appropriate. If you need an indeterminate amount over time or seek an emergency cash reserve, a HELOC might better serve your needs.

### Increase in Median Home Sales Price Since 2019

The national median home sales price increased from \$250,100 in 2019 to \$357,300 in 2022, a 42.9% increase. The 2019 median price in Western states increased from \$379,200 in 2019 to \$512,600 in 2022, a 35.2% increase. The median price in Midwest states increased from \$188,800 in 2019 to \$248,900 in 2022, a 31.8% increase. The median price in Southern states increased from \$219,900 in 2019 to \$318,800 in 2022, a 45.0% increase. The median price in Northeast states increased from \$273,000 in 2019 to \$383,700 in 2022, a 40.5% increase.

This sales data is for February 2019 and February 2022.

**Source:** National Association of Realtors, 2020-2022 (median existing-home sales data as of February 2019 and February 2022)

### When Using Home Equity Might Make Sense

Because you're putting your home at risk, it's important to think critically and strategically when using home equity. Are you using the funds in a way that could reap future financial benefits, such as home repairs and improvements, helping to pay for a child's college education, or consolidating high-interest debt? Then it might make sense. (A loan used for home repairs may also offer tax benefits; talk to a tax professional.) On the other hand, it might not be in your best financial interest if you're thinking of using the money to fund an extravagant purchase, such as an expensive vacation or new luxury car.

Home equity loans and lines of credit that are not used to buy, build, or substantially improve your primary home (or a second home) are considered home equity debt; you cannot deduct the interest on home equity debt. With a cash-out refinance, you can only deduct interest on the new loan if you use the cash to make a capital improvement on your property.

## The impact of reading on long-term cognitive health

Older adults recognize the threat posed by cognitive decline, which can make it hard for individuals to live independently.

According to data from the Max Planck Institute for Demographic Research published in 2020 in the journal *Epidemiology*, since the mid-1990s, rates of dementia cases in the United States have risen steadily. Since that time, the annual increase for men is 2.0 percent and for women it is 1.7 percent. Researchers concluded that, "undercovering determinants of increasing cognitive impairment risk should become a research priority."

As doctors grapple with figuring out why dementia rates are growing, individuals can do all they can to help reduce their risk for serious cognitive decline. Some reduction in cognition is to be expected with age, but dementias, such as Alzheimer's disease, should not be accepted as an inevitable side effect of aging. In fact, reading more can help people keep their brains sharp.

Studies looking at the effects of daily reading activity on the risk of cognitive decline point out that reading does, in fact, make a big difference.

See **READING** page 3

# Technical

(Continued from page 6)

Yet despite the fact that the population of tech users age 65+ has grown in the past decade, some older adults still face barriers to technology use. One of these is technophobia.

What is technophobia? In simplest terms, technophobia is an overwhelming fear of new technology. Older adults are especially prone to technophobia, since they grew up without 21st century innovations like cell phones, email and internet.

This fear goes beyond a reluctance to learn new technologies. According to the Cleveland Clinic, people with technophobia may:

- Resist using technology of any kind, even cell phones
- Become preoccupied with thoughts of technology
- Worry about being forced to use technology
- Criticize new or upgraded technologies
- Refuse to update software on a device

How can I overcome my fear of technology and build technical confidence?

Adapting to new technologies may feel daunting—and it won't happen overnight. The key to reducing your anxiety is to ease yourself into it. Below are some practical tips on how to overcome technophobia and reap the benefits of digital advancements.

Break it down and set realistic goals: Remember that you don't have to master everything there is to know all at once. Don't rush; it's better to set small, manageable goals. A good rule of thumb is to focus on just one device, program, or task at a time—such as learning how to create and save a new document in Microsoft Word.

Focus on what's useful to you: While some technologies may catch your interest, ask yourself, is this tool or skill going to provide value to me? Stick to what will help you reach your goals—whether it's to find a job, communicate with distant family members, or reduce your trips to the store.

Buy simpler digital products: The hype around fancy gadgets can be difficult to resist. But you'll be better served by going with basic-model, user-friendly devices. These scaled-down versions will allow you to experience the benefits of the technology without getting overwhelmed by extra bells and whistles. Start simple and work your way up to more complex gadgets as you build your digital tolerance.

Be patient with yourself: Mastering new technologies has a learning curve, and it's not always smooth sailing. You're bound to hit roadblocks and get frustrated along the way. However, aim to keep a positive mindset—and have faith in yourself! Everyone has to start somewhere. You can do this.

Take a class: If you'd prefer to learn in person, check with your local library, place of worship, senior center, community college, or employment center. Many of these places regularly offer no-cost or low-cost classes on basic computing. This setting will give you hands-on experience and is also a great way to meet new people.

Teach yourself: Overcoming a fear of technology often starts with simple curiosity. If you have a new tablet, smartphone, or computer, don't shy away from exploring it and seeing where it takes you. Today's devices tend to be much more intuitive and user-friendly than they were years ago. So don't underestimate yourself! You'll likely be able to figure out a lot on your own just by "playing around."

Turn to YouTube: YouTube is gaining popularity among older adults, with usage increasing from 38% to 49% between 2019 and 2021.1 That's great news, since there are many free tutorials available on YouTube that can help you build your technology mastery.

The beauty of a video is that you can fast-forward, rewind and rewatch it as much as you need to. You can find tutorials on YouTube and other sites by typing "how to (insert

skill here]" into the search engine prompt (for instance: "How to use Microsoft PowerPoint"). YouTube offers tutorials to help you:

- Set up a free email account with Gmail
- Use an iPhone
- Get started with Facebook
- Master the basics of Microsoft Office Word
- Create a LinkedIn profile

Ask someone for help: If you have a tech-loving spouse or grandchild, or a neighbor who always has the latest high-

tech gadgets, don't be afraid to ask them questions or request their assistance when you get stuck. Learning the basics from someone you know can make the experience less intimidating.

Build on your success: Celebrate the small "wins" in your quest to overcome your fear of technology—you should be proud of yourself! Once you become skilled in one area, give yourself permission to learn something else. As you build your technology skills bit by bit, your confidence will grow



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# How to build your technical confidence: Strategies for older adults

The National Council on Aging

Between Zoom meetups and online vaccination scheduling, the COVID-19 pandemic highlighted the need for older adults to embrace modern technology. Many seniors find that technology enhances their life. It helps them stay connected to family and friends, reduces feelings of isolation, keeps their brain active and sharp, and makes everyday tasks (like banking or shopping) more convenient.

For those looking for a job, using technology is even more vital since it's used at all stages of the job search. The internet, thanks to its efficiency, has become a mainstream job search tool.

You can complete several online applications in the time it would take you to fill one out in person. Some employers are even conducting virtual (video or phone) interviews to speed up the hiring process even more.

And, once you've done the interview, communication tools like email can help

you stay connected to hiring managers until a decision is made.

In today's market, having technical proficiency will also set you apart to

employers who rely on digital tools to run their business.

See TECHNICAL, page 7

## Scams

(Continued from page 5)

The use of cryptocurrency (digital assets, such as Bitcoin) is common in investment scams. In 2021, cryptocurrency was the basis for more than 5,100 fraud complaints.

Finally, the slower rate of technology adoption among some older people makes them easier targets for internet and email scams.

Pop-up browser windows that look like anti-virus software can fool victims into either downloading a fake anti-virus program (at a substantial cost) or an actual virus that exposes information on the user's computer to scammers.

Their unfamiliarity with the less visible aspects of browsing the web (firewalls and built-in virus protection, for example) makes older adults especially vulnerable to such traps.

Phishing emails and text messages may appear to be from a well-known bank, credit card company or online store. They request an older adult's personal data, such as a log-in or Social

Security number, to verify that person's account, or they ask the older adult to update their credit card info. Then, they use that information to steal money or more personal information.

If you think you have become a victim of a scam, there are a couple of steps to take.

Scams are specially designed to catch you off guard, and they can happen to anyone. There's nothing to be ashamed of if you think you're a victim. Keep handy the phone numbers of resources that can help, including the local police, your bank (if money has been taken from your accounts) and Adult Protective Services.

To obtain the contact information for Adult Protective Services in your area, call the Eldercare Locator, a government sponsored national resource line, at 1-800-677-1116, or visit their website.

You can also report scams online to the FTC. Sharing your experience can help prevent it from happening to another older adult.

# Habits that affect cognitive health

Various changes to appearance and health are associated with aging. Issues such as diminished vision, waning muscle strength and gray hairs are among the more common and noticeable side effects of aging.



## Reading

(Continued from page 2)

ence. According to research by Yu-Hung Chang, I-Chien Wu and Chao A. Hsiung, from the Department of Public Health, China Medical University and Institute of Population Health Sciences, a 14-year study of people aged 64 and above determined those with higher reading frequencies were less likely to have cognitive decline at 6-, 10- and 14-year interval measurements. This remained the same at all educational levels. The authors concluded that reading was protective of cognitive function later in life.

Dr. Wade Fish, Director at Northcentral University's Graduate School, advises that reading can improve memory and concentration, and also relieves stress. Brain-stimulating activities like reading have been shown to slow down cognitive decline in older age.

While reduction in cognitive decline is one benefit of reading, Psychology Today also reports that bibliotherapy, or the therapeutic use of select reading materials, can alleviate many different mental health challenges. It can improve one's social cognition and ability to empathize with others.

Reading also can be associated with a longer life. A cohort study drawn from the Health and Retirement Study (HRS) collected by the University of Michigan's Institute of Social Research and supported by the National Institute on Aging found book reading was associated with a 20 percent reduction in mortality.

Individuals who want to live longer and reduce their risk of cognitive decline can turn to books. Reading every day can support positive health outcomes.

Cognitive decline is another symptom often associated with aging, even if that needn't be the case.

Certain lifestyle choices can protect against cognitive decline and dementias. While there is no surefire way to prevent dementias, here are some good habits for maintaining cognitive function well into your golden years.

### Exercise frequently

Harvard Health reports that exercise, in addition to the many other benefits it provides, may help improve cognitive function in people who have already experienced memory issues. Exercise may be particularly advantageous to people who carry the APOE4 gene variant, which makes people more susceptible to Alzheimer's. Speak with a doctor about how much exercise is needed and what is safe for your age.

### Enjoy video games

Playing a favorite video game may improve long-term cognitive function. Researchers at Cambridge Brain Sciences found study participants who played non-cognitive-training video games were associated with better performance in several cognitive domains, but only for younger (age 18 to 64) participants. Cognitive training games, on the other hand, were not associated with any cognitive improvement.

### Stay socially engaged

According to a study published in the journal Experimental Aging Research, seniors who have high levels of social engagement also have better cognitive function. Getting together with friends, participating in a club, attending reli-

gious studies, and any other activity that gets you out with other people can help with cognitive function.

### Eat a healthy diet

Eating a diverse array of healthy foods is beneficial. Nutritious diets can help reduce the risk for illnesses that may affect cognitive ability. Eating well also helps keep the brain healthy. A Mediterranean diet appears to lower the risk or slow the progression of dementia

in people who have the condition.

### Get help for sleep disorders

Lack of sleep can affect memory and learning. By getting help for sleep disorders, you may reduce your risk for cognitive issues.

While it is not possible to prevent or cure cognitive conditions like dementias with lifestyle changes, certain behaviors can lower the risk of developing these illnesses or reduce their severity.

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# The top five financial scams targeting older adults

Genevieve Waterman  
National Council on aging  
Director, Economic Security  
July 27, 2022

on Aging Fraud Hotline received more than 8,000 complaints nationwide. The five scams outlined below made up more than 65% of these complaints.

1. Government impersonation scams. In government impersonation scams (also known as government imposter scams), scammers call unsuspecting older adults and pretend to be from the Internal Revenue Service (IRS), Social Security Administration or Medicare. They may say the victim has unpaid taxes and threaten arrest or deportation if they don't pay up immediately. Or they may say Social Security or Medicare benefits will be cut off if the victim doesn't provide personal identifying information. This information can then be used to commit identity theft. Government imposters may demand specific forms of payment, such as a pre-paid debit card, cash or wire transfer. Using special technology, they often "spoof" the actual phone number of a government agency or call from the same zip code (202 for Washington, D.C., for example). This can trick some people into thinking the caller is from a valid source.
2. Sweepstakes and lottery scams. The sweepstakes scam is one many

people are familiar with. Here, scammers call an older adult to tell them they've won a lottery or prize of some kind.

- If they want to claim their winnings, the older adult must send money, cash or gift cards up front—sometimes thousands of dollars' worth—to cover supposed taxes and processing fees. Scammers may impersonate well-known sweepstakes organizations (like Publishers Clearing House) to build trust among their victims. Of course, no prize is ever delivered. Sometimes, fraudsters are able to convince the older adult to send even more money by telling them their winnings will arrive soon. Many continue to call their victims for months and even years after defrauding them out of an initial sum of money.
3. Robocalls and phone scams. One common robocall is the "Can you hear me?" call. When the older person says "yes," the scammer records their voice and hangs up. Robocalls take advantage of sophisticated, automated phone technology to dial large numbers of households from anywhere in the world. While there are legal uses for this technology, robocalls can also be used to

carry out a variety of scams on trusting older adults who answer the phone.

- Some robocalls may claim that a warranty is expiring on the victim's car or electronic device, and payment is needed to renew it. Like with government impersonation calls, scammers often spoof the number from which they're calling to make it appear as if the call is from a reputed organization. Yet another popular phone scam is the "impending lawsuit" scam. In this case, the victim receives an urgent, frightening call from someone claiming to be from a government or law enforcement agency (like the police). They are told if they don't pay a fine by a certain deadline, they will be sued or arrested for some made-up offense.
4. Computer tech support scams. Technical support scams prey on older people's lack of knowledge about computers and cybersecurity. A pop-up message or blank screen usually appears on a computer or phone, telling the victim their device is damaged and needs fixing. When they call the support number for help, the scammer may either request remote access to the older person's computer and/or

See SCAMS, page 5

# Scams

(Continued from page 4)

demand they pay a fee to have it repaired.

In 2021, the Internet Crime Complaint Center (IC3) fielded 13,900 tech support fraud complaints from older victims who suffered nearly \$238 million in losses.

"Tech support fraud is increasingly common and targets some of the



most vulnerable individuals. Above all, remember that whether it's a phone call or a website, legitimate tech support won't ever proactively seek you out to fix an issue," Emma McGowan, a privacy and Security expert at Avast, said.

Behind the numbers are real people who have endured devastating losses at the hands of cybercriminals.

In 2021, a man from Illinois lost his

life savings to scammers pretending to be an employee of a known antivirus company. Under the guise of giving the man a refund for unused software, these scam artists gained remote access to his bank account and home equity line of credit. They ultimately made away with nearly \$200,000—money that was never recovered.

5. The grandparent scam.

The grandparent scam is so simple and so devious because it uses one of older adults' most reliable assets, their hearts.

Scammers call a would-be grandparent and say something along the lines of: "Hi, Grandma, do you know who this is?" When the unaware grandparent guesses the name of the grandchild the scammer most sounds like, the scammer is able to instantly secure their trust.

The fake grandchild then asks for money to solve some urgent financial problem (such as overdue rent, car repairs or jail bond). They may beg the grandparent not to tell anyone. Since fraudsters often ask to be paid via gift cards or money transfer, which do not always require identification to collect, the older adult may have no way of ever recovering their money.

In other versions of this scam, the caller claims to be an arresting police officer, doctor or lawyer trying to help

the grandchild.

They then use high-pressure tactics that play on the emotions of their victim to get them to send cash as quickly as possible. There are even reports of scammers showing up at older adults' homes, posing as a "courier" to pick up the money.

Another popular scam that targets older adults is romance scams.

As more people turn to online dating, con artists are seizing the opportunity. Romance scammers create elaborate fake profiles, often on social media, and exploit older adults' loneliness to get money.

In some cases, these scammers may be (or pretend to be) overseas. They may request money to pay for visas, medical emergencies and travel expenses to come visit the U.S.

Since they tend to drag on for a long time, romance scams (also called sweetheart scams) can bilk an older person out of substantial funds. The FTC found that in 2020 alone, older adults lost \$304 million to romance scams.

Additionally, watch out for Covid-19

scams. By June 2021, the FTC had already logged more than 500,000 consumer complaints related to COVID-19 and stimulus payments. Seventy-three per-

cent of those complaints involved fraud and identity theft. Examples of COVID-19 scams include:

- So-called miracle cures: Some companies have fraudulently marketed products as a "cure" to COVID-19 infection. These products are not backed by medical evidence nor are they FDA-approved.
- Vaccines: Scammers may call older people to offer vaccination in exchange for money or personal information. Please keep in mind that you can get vaccinated against COVID-19 at no cost and without providing your banking information. Learn how to avoid COVID vaccine scams.
- COVID-19 testing: Some older adults have reported offers of "free" COVID-19 tests or supplies from people claiming to be from Medicare or the Department of Health and Human Services. These fraudsters then use the victim's Medicare information to submit false health care claims.
- Next, investment scams involve the illegal or alleged sale of financial instruments that typically offer the victim low risk and guaranteed returns. Investment schemes were responsible for more than \$239 million in losses suffered by people age 60 and older in 2021.

See SCAMS, page 6



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