



Norfolk Area PATCH

Planned Approach To Community Health

Norfolk Area Health Fair 2026

Lifelong Learning Center at Northeast Community College, Norfolk

Fri., Sept. 25

6:30 a.m.-3:00 p.m.
Blood Draw Lab, Vendors
and Presentations

Sat., Sept. 26

6:30 a.m.-9:00 a.m.
Blood Draw Lab Only

AVAILABLE FOR ALL AGES



*PRESENTATIONS FOR FRIDAY

- 8 a.m. - Kathy Steffensmeier RN, Faith Health Rehab Therapies
◦ Topic: Joint Replacement
- 9 a.m. - Dr. Keleny, Faith Health
◦ Topic: Colon Cancer Awareness
- 10 a.m. - Stephanie Hoff, AseraCare Hospice/Alzheimer's Association Volunteer
Sadie Hinkel, Program Director with Alzheimer's Association
◦ Topic: New Advances in Alzheimer's Treatments
- 11 a.m. - Katie Frye Senior Life Solutions
◦ Topic: Program Overview
- 12 p.m. - Dr. Vrbicky
◦ Topic: Nitric Oxide: Our Bodies Miracle Molecule
- 1 p.m. - Tina Collision - Joy Center
◦ Topic: Brain Gym-Exercise for the Brain
- 2 p.m. - Jon Schlomer - MagneThera Advanced Physical Therapy
◦ Topic: Key to weight loss, insulin balance and fasting

DEMONSTRATIONS

- 10-10:30 a.m. - YMCA line dancing (session 1)
- 10:30-11 a.m. - YMCA Zumba
- 11-11:30 a.m. - YMCA line dancing (session 2)
- 12 p.m. - Tina Collision - Joy Center
◦ Boom Move

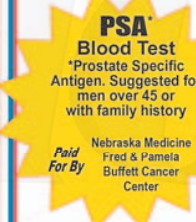
*SCREENINGS FRIDAY

- Midtown Health Center Booth A1C-\$20
- YMCA Booth InBody Assessment-\$10
- BP checks at Northeast Community College and UNMC booths
- NECAP free Iron checks (finger poke)
- Oasis Counseling-Free Anxiety Screenings
- ELVPHD- Vaccines for the season Flu and Covid, Colon test kits, Radon Tests, Water test strips all depending on availability.
- Zinzino- blood test to measure omega ratio and gut health testing, stop at booth to discuss cost.
- * Presentations and additional screenings are subject to change without notice.

LOW-COST SCREENINGS

COMPLETE BLOOD WORK UP*

10-12 hour fasting is preferred. Drink plenty of water and take medications if possible.



\$50.00
ONLY

(Up to \$750 Value)

For All Ages With NO Senior Discount.

Blood workup includes CBC, Chemistry Panel, Lipid Screen, Free T4, TSH. Lab results will be mailed to your home.

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Fri., September 25th
Dr. Keith Vrbicky, Sr.,
will be speaking on
**Nitric Oxide:
The Miracle Molecule**
at 12:00 p.m.
MIDWEST Health Partners, P.C. (402) 379-2322
1410 North 13th • Norfolk
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AUCTIONS & REAL ESTATE

AUCTION

Oct 21st, 2026

1:00 pm

52275 848th Rd.

Neligh NE

REAL ESTATE SOLUTIONS TEAM

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Vist our website for more info:

www.RestAgAuction.com

Craig Korth

Realtor

402-920-1239

Penny Korth

Realtor

402-640-4000



REST. Ag & Auction

Tract 1

3.35 +/- Acres

Tract 2

111 +/- Acres

WEST POINT LIVESTOCK AUCTION

Thurs Sept 24 Weekly

Thursday Oct. 1 Weekly

Thursday - 10:00 a.m. Fat Cattle / Weigh Cows / Bulls 12:30 Feeder / Bred Cows / PRs

Market Report: September 17, 2026

Had some good sets of fats in town for our Thursday Sept. 17th sale. Finding good activity, sending those top fats out at 230.00. We followed with the weigh cows and bulls, finding that market to be fully steady from past weeks. We finished the afternoon with a short run of feeders and bred cows. If you are wanting to move any feeders, fats or cows, please give us a call and we would be happy to stop out and visit with you about our upcoming specials.

Weigh cows / Finish Cattle	135 HD
Drug Free Top Fats	229-230
Choice / Select	226-229
2-way Cattle	215-226
Hol / Jer / LH	225-240
Top Cows	No Test
Bulk	150-170
Low Yield	130-150
Bulls	80-130
Young Feeding Cows	165-191
	170-200

OFFICE 402-372-2493 • www.westpointlivestock.com

Brian Brester (Mg): 402-750-5821

LARGE AUCTION

Sunday, September 27, 2026 • 11:00 AM

National Guard Armory (603 Princeton) Vermillion, SD

Lunch Served

Please do not park in campgrounds or grass areas.

Auctioneer Notes: Double ring at 11:00 with coins and again at 2:00 with guns Cash, good check, or card (4% processing fee on cards) not responsible for accidents/theft.

2025 Polaris 1500 ranger, MG midget car 1975 convertible, Coins over 600 lots and silver rounds, guns and ammo, and much more.

Full listing and photos go to dakotarealty.com.

Madsen Auction Service:

Gary Madsen (605-638-0643)

Auctioneers: Jim Brady, Hazen Bye and Kelly Konken

Guest Auctioneer: Jacob Ogan

Sale day announcements take precedence

Dakota Realty

& PROPERTY MANAGEMENT

125 E. Cherry Street Vermillion, SD

ONLINE LAND AUCTION

CROPLAND & GRASSLAND

110.76± ACRES MADISON COUNTY, NE

»SELLING IN 2 TRACTS«

Tract #1: 25.7± Acres

Legal: Part of the N ½ of the NE ¼ & Part of the E ½ of the NW ¼ of Section 26-24-4W Madison County, NE.

Location: West side of Meadow Grove, NE on Hwy 275.

Tract #2: 85.06± Acres

Legal: Part of the NE ¼, pt of the SE ¼ of the NW ¼ & Pt of the NE ¼ of the SW ¼ in Section 26-24-4W Madison County, NE.

Location: From the intersection of S 4th Street and Grove Avenue in Meadow Grove, NE, go west on Grove Avenue a ¼ mile then follow the access road to the south to the entrance of the farm.

BID ONLINE OCT. 8-22, 2026

BIDDING ENDS AT 10 A.M. CENTRAL

Get a salebill, register and bid at www.bigiron.com

Contact "Your Farm & Ranch Specialists"

John Stock 402.920.3180

Jim Stock 402.920.0604

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SALE SCHEDULE

Weigh Up Cows / Bull Sale

Every Monday 8:30 am

Fed Cattle

Tuesday 7:30 am

Followed by Weigh-Ups

Feeder Cattle

Wednesday 8:00 am

Followed by Weigh-Ups

Bred Cows & Pairs

Friday 11:00 am

(During Season)

Special Feeder Sale

As Announced

FIELD REPS

Greg Ryken (Owner)605-661-1451

Dan Koupal605-491-1331

Duane Haberman605-661-4282

Ed Sage.....402-640-8420

Brian Bjerkaas.....605-661-5083

Mark Herbolzheimer402-649-9061

Doug Johnson.....402-394-1484

Jerry Stoebner605-661-2404

Steve Welch712-898-6519

Dr. Tony Sees (Veterinarian).....605-760-9149

AUTOMOTIVE

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NORTHEAST NORFOLK

FOR SALE: 2011 GMC YUKON DENALI; 98K MILES; EXCELLENT CONDITION. TEXT 402-851-1128

1305 Eldorado Road, Thursday 1-7PM, Friday 10AM-6PM, Bargain Saturday 9AM-1PM. High Quality Items! Like New women's size small clothes, size 6 shoes, men's clothing, kid's clothing, toys, lots of nice bedspread sets/bedding, kitchen/household items, flower pots, furniture, lots of High Quality home decor and much more. Something for everyone!

1707 Imperial Road, Friday Only, 8AM-4PM; Chain saw, cappuccino machine, desk chairs & everything in between.

BARB'S BOUTIQUE & DECOR - YOU DON'T WANT TO MISS OUT! 2810 Pinnacle Drive, Friday 8AM-6PM, Saturday 7:30AM-11:30AM. Women's clothing L-XXL, pants/jeans 12-16, men's clothing L-XL, pants 34x32, 34x34, Hundreds of new/gently worn items, many with tags. 100's of Halloween, Fall & Christmas decorations, trees, Santa's, deer, lights, garland, ornaments, swag, Magnolia decor & more, 2-antique console radios, new queen/king flannel sheets, picture easel, gift wrap/bags & miscellaneous. Priced according to brand name & original purchase price. Pet & smoke free home!

Westridge United Methodist Church Rummage & Bake Sale, 2000 W Norfolk Avenue, Friday 4-7PM, Saturday 8AM-2PM, clothes, household, miscellaneous, furniture, scrap booking.

FILL-IT-UP SPECIAL!

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WITH COMMITMENT THRU NEXT YEAR

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ASK ABOUT DISCOUNTS WITH TWO OR MORE UNITS

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The Wayne VFW Aux. is having their

Annual

Pillow Cleaning Day

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Wayne - Fri., September 25th

Baier Residence 803 W 1st St.

9:00am-3:00pm

All types of bed pillows - feather, foam, fiber-fill, down, etc. Clean, sanitized, deodorized, refluffed, germ free, replace with new ticking (outside material covering).

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ISO JUNKERS AND THRIFTERS FLIPPIN' HUGE SALE!

3 DAY SALE! THURSDAY 11AM-6PM, FRIDAY 9AM-7PM, SATURDAY 9AM-4PM.

84535 559th Ave, Norfolk- (just north of Industrial Highway) PLEASE NO EARLY SALES!! CONSTANTLY NEW ITEMS ARRIVING!! RAIN OR SHINE!! Latest INFO on Facebook FLIPPIN' HUGE SALE group *Tools *Animal supplies, *Man Treasures, *Tent, Fishing poles, *Luggage, *Toys, Bounce House, Lots for baby *Electronics, Turntables, Speakers, **Music Books, Books, Jewelry, *Video Games, CD's, DVD's, VHS, Vinyl, Cassettes, *Office supplies, Crafting/Needlework, Fabric/Patterns, *Holiday/Home Decor, *Bedding/Towels/Curtains, *Retro Kitchen/small appliances, Jars. *Vintage/Collectibles Glass, Tobacco, cast iron, enamel, 1800's Buggy Blanket, Toys, Avon, Coins, Dolls, Bells, *Sports Items/Cards, Comics, Disney, Nascar, Soda, Beer Lots of nice clean Clothes/Shoes/Boots Restocked-sizes 4XL-newborn \$5 BAG SALE. Lots of .50 & \$1, and so much more flippin' stuff!

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FIREARMS

GUN SHOW! 1784 Fairgrounds Road, Central City, NE; September 26th 9AM-5PM, September 27th 9AM-4PM; 100+ tables, concessions;

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HIRING

Continued on Page 7

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DIRECTV Stream - Carries the most local MLB Games! Choice Package \$89.99/mo for 12 mos Stream on 20 devices at once. HBO Max included for 3 mos (w/Choice Package or higher.) No contract or hidden fees! Some restrictions apply. Call IVS 1-866-859-0405

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Suicide Prevention & Awareness

In the United States, **suicide claims more than 48,000 lives annually**, according to the most recently reported statistics from the Centers for Disease Control and Prevention. The Government of Canada reports that suicide is **the second leading cause of death among youth and young adults ages 15 to 34 years.**

Northeast Nebraska Suicide Prevention Coalition

988
SUICIDE & CRISIS
LIFELINE

If you have lost a family member, loved one or friend to suicide, you are not alone. The healing process is unique for everyone and we are here to support you during this difficult time.

Survivors of Suicide Support Groups

Norfolk Area

Meets the second Tuesday of each month at 7pm at First Baptist Church
404 W. Benjamin Ave, Norfolk, Ne
Contact Tami Kietzmann at 402-640-0397 or toejam804@hotmail.com

Columbus Area

Meets the first Tuesday of each month at 7pm at United Methodist Church
2710 14th St, Columbus, Ne
Contact Robin Swearingen at 402-910-5855 or robin.swearingen70@gmail.com





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- Substance Abuse Treatment
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402-379-2030
333 W. Norfolk Ave., Ste. 201
Norfolk, NE 68701

402-336-3009
221 W. Douglas Street
O'Neill, NE 68763

For more information, please visit: www.ocinternational.org



SUICIDE PREVENTION MONTH

You matter. Your story matters. **Help is available.**

REACH OUT. BE KIND. SAVE LIVES.

Help is always here.

Locations:

Albion • Central City • Columbus • Hartington
Neligh • Norfolk • O'Neill • Wayne

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Compassionate Care for Your Mental Health

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Mental Health Crisis Lines

Boone, Colfax, Cuming, Madison, Nance, Platte, and Stanton Counties:	Antelope, Boyd, Brown, Cedar, Cherry, Holt, Keya Paha, Knox, Pierce and Rock Counties:	Burt, Dakota, Dixon, Thurston and Wayne Counties:
(888) 370-7003	(877) 488-9928	(877) 958-7776

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This advertisement is 100% funded through state dollars, contracted from the Nebraska Department of Health and Human Services, Division of Behavioral Health and through Region 4 Behavioral Health System

MIDTOWN HEALTH CENTER

MEDICAL - BEHAVIORAL HEALTH - DENTAL

NORFOLK CLINIC 402-371-8000 302 W. Phillip Ave. Norfolk, NE 68701	XPRESS CLINIC 402-371-8000 210 S. 3rd St. Norfolk, NE 68701
WEST POINT CLINIC 402-313-3735 303 Plaza Dr. West Point, NE 68788	MADISON CLINIC 402-454-3304 222 Main St. Madison, NE 68748

Many Insurances Accepted - Sliding Fees Available

WARNING SIGNS to RECOGNIZE

The signs that someone is thinking about suicide may appear in conversations, actions or social media posts. If you notice any of the warning signs listed below, it's important to connect and start a conversation. Let the person know you are concerned, listen attentively without judgement, let them know you care, and offer to help them find professional help. For more information and resources, visit sprc.org or suicideispreventable.org.

- Comments about attempting suicide, feeling unbearable pain; feeling hopeless, worthless or trapped; or feeling like a burden to others
- Increased alcohol or drug use
- Loss of interest in personal appearance or hygiene
- Withdrawal from family, friends or community
- Saying goodbye to family or friends
- Giving away prized possessions
- Changes in eating or sleep patterns
- Expressing rage or exhibiting reckless behavior
- Becoming violent or being a victim of violence

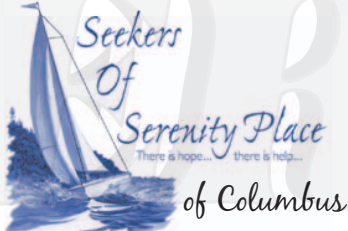
Source: Suicide Prevention Resource Center
Disclaimer: The content presented here is intended for informational purposes only and does not constitute or substitute for medical or clinical advice, consultation, diagnosis, intervention or treatment from a licensed healthcare professional.

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- ~ Outpatient treatment
Mental health / Substance abuse
- ~ Community Support Services

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www.4bhs.org

9-8-8 Lifeline

If you or someone you know is struggling emotionally or thinking about suicide, calling or texting 9-8-8 can connect you with a trained counselor who can help, or go to 988lifeline.org.



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CNA's

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For Job Details And To Apply,
visit <https://veterans.nebraska.gov/employment-ndva>



EOE/AA/V

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Weborg Feeding Co. Feedlot Cowboy Wanted



Full-time position at Weborg Feeding near
Pender. Duties include riding pens, checking
cattle health, pulling/sorting, and assisting
with processing and treatments.

Must have solid horsemanship, cattle handling
skills, and be dependable. Experience in a feedlot
setting preferred.

Competitive pay, year-round work, and great benefits.
Apply in person at the office, call Alex at 402-385-3441
or email alex@weborgfeeding.com

Weborg Feeding Co. Feed Truck Driver Wanted



Full-time position at Weborg Feeding near
Pender. Responsibilities include mixing
and delivering feed to pens, maintaining
equipment, and working with feedlot staff to
ensure cattle receive proper nutrition.

Must have a valid driver's license, strong work ethic,
and ability to work in all weather. Experience with
feed trucks and ag equipment preferred.

Competitive pay, year-round work, and great benefits.
Apply in person at the office, call Alex at 402-385-3441
or email alex@weborgfeeding.com

Hiland Dairy Foods has an opening for a Maintenance Mechanic

We're looking for someone with basic,
general maintenance knowledge.

Applicant Must Have:

- The basic electrical knowledge & ability to
rewire & change electric motors
- Knowledge of hydraulics & pneumatics in
regard to the operation of packaging equipment
- Ability to do light welding
- The ability to lift up to 70 pounds

Food production machinery experience
preferred or will train.

Please fill out an application on our website:
hilanddairy.com/careers/



Hiland Dairy Foods is
an Equal Opportunity
Employer offering
competitive wages and
full benefit package.

HELP WANTED Maintenance Technician

Apply online at
www.valmont.com/careers
search for West Point positions
Call 402-313-2423 for an immediate
interview or questions

START IMMEDIATELY

- Paid time off upon hire
- Low premium/low deductible insurance
- Benefits including accident insurance,
critical illness, and auto/home insurance

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



valmont
COATINGS

1700 S. Beemer St., West Point, NE



NOW HIRING! MAINTENANCE TECHNICIAN

\$3,000 New Hire Incentive!
JOB TRAINING PROVIDED!

PAID TIME OFF - INSURANCE
RETIREMENT PLANS

IF YOU ARE INTERESTED IN JOINING OUR
TEAM AT THE ATKINSON ETHANOL PLANT

STOP IN AND APPLY IN PERSON
at 87590 Hillcrest Rd, Atkinson
ask for an application
or send a resume to
meganb@huskerag.com



Wisner-Pilger Public Schools

is seeking applications for the following position:

Food Service Manager

- o 11 months/ year (Approximately July 15 – June 15 each year)
- o Single health and dental insurance provided
- o Starting at \$21/ hr.
- o Experience in school nutrition services and/ or food service management preferred
- o Responsibilities include, but are not limited to:
 - Oversee and manage the kitchen, food service staff, and all related activities
 - Organize and create monthly menus based on nutritional guidelines
 - Order and organize the food supply and keep an accurate inventory
 - Prepare and oversee the preparation of all daily meals
 - Ensure health and safety guidelines are strictly followed
 - Manage school nutrition paperwork and funds

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

Chad Boyer, Superintendent
Wisner-Pilger Public Schools
PO Box 580, Wisner, NE 68791
cboyer@igators.org

Please direct all inquiries to Chad Boyer at (402) 529-3248. Applications will be accepted until the position is filled.
Wisner-Pilger Public Schools is an Equal Opportunity and Veterans Preference Employer.

Norfolk Veterans' Home is Gearing Up For Another Successful

C.N.A TRAINING CLASS

November 2ND through
November 20TH, 2026

Class Size is Limited

Full time employment after course completion

For Details and to apply, visit:

<https://veterans.nebraska.gov/employment-nvh>



EOE/AA/V

NORFOLK VETERANS' HOME
"CARING FOR AMERICA'S HEROES"

600 E. BENJAMIN AVENUE NORFOLK, NE • 402-370-3141

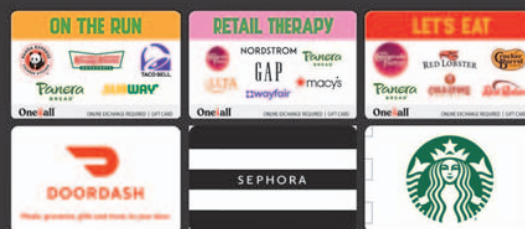




Spend \$50 or more in
select gift cards

SAVE 60¢

per gallon on fuel



Offer valid in store 09/21/26 - 10/04/26 Subject to availability. See gift cards for details, terms, conditions and (if applicable) fees. All trademarks are property of their respective owners. Product may not be available in all states. The gift cards featured are not sponsors or otherwise affiliated with this company. Oneall Gift Cards are issued by Pathward®, N.A., Member FDIC.

Hy-Vee mini
spice .2 to 1.3 oz.

Our Special Recipe
bratwurst links
or patties
regular or skinless,
3 or 3.75 oz.

Campbell's cream
of mushroom,
cream of chicken,
tomato or chicken
noodle soup
10.5 or 10.75 oz.

Hy-Vee large
eggs dozen

Gatorade
sports drink
28 fl. oz.

Hy-Vee Midwest
Pork boneless
pork top loin chop
4 oz.

Birds Eye
vegetables
10 or 10.8 oz.

Armour
Lunchmakers
2.44 to 3.3 oz.

Market Grille
chicken tender
each

Hy-Vee fire
roasted tomatoes
14.5 oz.

Grimmway Farms
baby carrots
16 oz. pkg.

Totino's
Party Pizza
9.8 to 10.9 oz.

Hy-Vee Midwest
Pork loin ribeye
or tenderized
chops 5 oz.

Banquet fruit
or meat pie 7 oz.

Cucumbers
each

Mars Wrigley
candy bar
1.08 to 2.17 oz.

Green Giant
vegetables
14.5 to 15.25 oz.

Hy-Vee
flavored rice
6.8 or 6.9 oz.

Kellogg's cereal
cup 1.5 to 2.5 oz.

Hy-Vee soda
or mixer 2 liter

Hy-Vee russet
potatoes
99¢
per lb.

Hy-Vee
skillet dinner
5 to 7.8 oz.

Chobani
Flip yogurt 4.5 oz.

Reynolds
pastel baking cups
50 ct.

Ellsworth
cheese curds
2 oz.

Kraft
mac & cheese
5.5 to 7.5 oz.

Starkist
chunk light
tuna 5 oz.

Green onions
each

Hy-Vee instant
potatoes 4 oz.

Hy-Vee sandwich
or snack bags
40 or 50 ct.

MIA Italian
single topping
flatbread
7.2 to 8.6 oz.
5.98

Van Camp's
pork and beans
15 oz.

Old El Paso
seasoning mix
.85 or 1 oz.

Highline
whole white
mushrooms
8 oz. pkg.

HyChi egg roll
each

Hy-Vee cake mix
13.25 to 16.5 oz.

Red Star yeast
3 ct., 75 oz.

Hy-Vee
Worcestershire,
soy or teriyaki
sauce 10 fl. oz.

Hy-Vee oyster
crackers 9 oz.

Hy-Vee
marshmallows
10 or 10.5 oz.

Nori Sushi
California
or spicy
California roll
7 or 7.5 oz. 6.99

Annie's pasta
& cheese
2.01 to 6 oz.

Hy-Vee tortillas
10.1 or 11.3 oz.

Hy-Vee soup mix
2 to 4.5 oz.

Hy-Vee rice
or pasta side
4 to 5.7 oz.

The Ryl Co.
iced tea 16 fl. oz.

Hy-Vee sloppy
joe or pizza
sauce 15 oz.

Hy-Vee pasta
15 oz.

Hy-Vee broth
14.5 oz.

Bakery-fresh
Italian bread
16 oz.

Laffy Taffy rope
.81 oz. 3/.99

Arm & Hammer
baking soda
16 oz.

Calypso
lemonade
16 fl. oz.

Bakery-fresh
large croissants
sold in a 6 ct.
5.94

Hy-Vee mustard
8 oz.

Hy-Vee ketchup
14 oz.

Betty Crocker
muffin mix
6.5 oz.

Hy-Vee
relish
10 fl. oz.

Oh Snap! pickles
whole or bites,
3 to 3.5 oz.

Hy-Vee
bread crumbs
6 or 10 oz.

HyChi crab
Rangoon each

Hy-Vee juice
or lemonade
16 fl. oz.

Hy-Vee
mini donuts
3 or 6 oz.

Hy-Vee

99¢

SALE

3 DAYS ONLY!

SEPTEMBER 25-27, 2026

Many more items included!

Norfolk Hy-Vee stores

Prices are effective while supplies last. We reserve the right to limit quantities. Select varieties included. Follow Hy-Vee on social: [f](#) [i](#) [x](#) [d](#) [p](#) [s](#)

Hy-Vee SUPER COUPON

LU 80010

1.99

Hy-Vee white milk
64 fl. oz.



Limit 2 per customer.
Limit 1 coupon per customer. Valid in-store at
Norfolk Hy-Vee stores September 21-27, 2026.

Hy-Vee SUPER COUPON

4.00

Market Grille
half order of
biscuits & gravy
present coupon at register



Limit 2 per customer.
Limit 1 coupon per customer. Valid in-store at
Norfolk Hy-Vee stores September 21-27, 2026.

Hy-Vee SUPER COUPON

LU 80011

1.99

Hy-Vee purified
drinking water
24 pk. bottles
16.9 fl. oz.



Limit 2 per customer.
Limit 1 coupon per customer. Valid in-store at
Norfolk Hy-Vee stores September 21-27, 2026.

Hy-Vee SUPER COUPON

LU 80012

3/\$5

with purchase of 3
Hy-Vee white corn
tostados chips
13 oz.



Limit 3 total per customer.
Limit 1 coupon per customer. Valid in-store at
Norfolk Hy-Vee stores September 21-27, 2026.