

The Arnold Sentinel

"Serving the South Loup River Valley"

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CUSTER COUNTY, ARNOLD, NEBRASKA 69120

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Courtesy Photos

(From left) Tammy Weinman, Runner-Up EMT of the Year; Andrew Tickle, EMT of the Year; Robbi Smith, Fireman of the Year; Cameron Meyer, Runner-Up Fireman of the Year.



Spring Forward

Residents are reminded to set their clocks forward one hour this Saturday night before retiring. Daylight Savings Time begins on Sunday, March 14, at 2:00 a.m.

Attendance up at Rotary Pancake Feed

By Melody Jennings

The annual Rotary Pancake Feed was held on March 4, at the community center with a higher-than-average attendance, as 228 people stopped in to enjoy pancakes - some with chocolate chips - sausages and a visit with friends and neighbors. The nice weather was probably a factor in so many people deciding to come.

The Rotary Club is thankful for the support of the Arnold community because this is our main fund-raising event each year and the monies received at this supper are used to fund local projects. If you look around town and out at the recreation area, you will see many projects that Rotary has organized and funded. It takes the cooperation of everyone to keep a small, rural community alive and Arnold is certainly blessed to have forward thinking leaders in many organizations. Thank you to everyone who came to support the efforts of the Arnold Rotary Club. We are always looking for people who would like to be a part of the largest service organization in the world. If you'd like to know more about Rotary just ask a Rotarian.

South Loup 3 Point Program

Arnold Pinnacle Bank congratulates the girls and boys basketball teams for an outstanding 2020-2021 season. For every 3-point shot made by the varsity teams, Pinnacle Bank will make a \$3.00 donation to the team's booster clubs. Together, the teams made a total of \$561.00 or 187 - 3's to be divided between the Booster Clubs at Arnold and Callaway.

Volunteers Receive Awards at Annual AVFD Awards Night

By Tammy Weinman
Contributing Writer

The Arnold Volunteer Fire Department held their annual awards banquet on Friday, February 26, at Grazers. In attendance were fire department members, their spouses/significant others and retired members John Phillips and Irving Jennings and his wife Melody, and guest speaker Mike Vargas and his wife Mandy. Mike is a flight paramedic with Life Net. Years of service pins were presented to Cassy DeLosh - 5 years, Andrew Tickle - 10 years, Donnell DeLosh - 10 years, Heather Hagler - 10 years, Austin Snyder - 10 years, April Tickle - 10 years, Gregg Tickle - 15 years, and Eric Nelson - 20 years. Andrew Tickle was awarded

EMT of the Year for 2020 and Tammy Weinman was Runner-Up EMT of the Year. Fireman of the Year for 2020 was Robbi Smith and Runner-Up Fireman of the Year was Cameron Meyer.

Eric Nelson, fire chief, and Tammy Weinman, rescue captain, were honored with plaques for their dedication and leadership to the department.

The year 2020 was definitely a challenging year. EMS personnel and the Arnold Volunteer Fire Department continue to be dedicated to serving their community.

"Next to creating a life, the finest thing a man can do is save one."

- Abraham Lincoln



Tammy Weinman, rescue captain, and Eric Nelson, fire chief, received plaques for their dedication and leadership to the department.



Receiving years of service pins were: back (l-r) Austin Snyder - 10 years, Cassy DeLosh - 5 years, Andrew Tickle - 10 years, Donnell DeLosh - 10 years, Gregg Tickle - 15 years; front (l-r) Heather Hagler - 10 years, Eric Nelson - 20 years, April Tickle - 10 years.

Callaway District Hospital and Medical Clinics Announces Senior Life Solutions Partnership

Callaway, Nebraska - Callaway District Hospital and Medical Clinics is pleased to announce a partnership with Senior Life Solutions. Senior Life Solutions will be located inside the Callaway District Hospital and Medical Clinics located at 211 East Kimball Street. Callaway District Hospital and Medical Clinics' Senior Life Solutions program is an intensive outpatient group therapy program designed to meet the unique needs of senior adults struggling with symptoms of depression and anxiety, stress from age-related health concerns, or difficult life transitions such as the loss of a loved one. Individuals may benefit from the Senior Life Solutions program if they are experiencing any of the following common indicators or triggers of depression and anxiety:

- Recently experienced a traumatic event
- Lost a spouse or close family member
- Loss of interest in previously enjoyed activities
- Changes in appetite
- Difficulty sleeping
- Loss of energy
- Feelings of sadness or grief lasting more than two weeks
- Feelings of worthlessness or

hopelessness. Following an individual assessment, patients meet up to three times per week in a supportive, encouraging group setting. The program staff includes a board-certified psychiatrist, licensed social workers, a registered nurse, and other healthcare professionals dedicated to the emotional well-being of the seniors in our community. "I am proud to partner with the Senior Life Solutions program. I see the value this program can bring to our patients, and our communities. During this time of a worldwide pandemic, maintaining all aspects of health is important, and the Senior Life Solutions program allows us the ability to further accomplish that goal for our patients," says Brett Eggleston, CEO. Referrals to the program can be made by anyone, including a patient's physician, family member, the patient themselves, or another healthcare professional.

For more information, call the Callaway District Hospital and Medical Clinics Senior Life Solutions program at 308-836-2228.

See Callaway Hospital, Page 4.