

# The Arnold Sentinel

“Serving the South Loup River Valley”

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## Seniors Say Their Goodbyes and Express Gratitude at 111th A.H.S. Commencement



Graduate Pedro Flores gives Loxley Berglund a big squeeze in the reception line following Saturday's commencement. - Debbie Connelly Photos

The Class of 2024 said goodbye to their high school days and hello to their future at the 111th A.H.S. Commencement held on Saturday, May 11. Dressed in robes and caps in the colors of white, light blue, and silver, the class was led into the auditorium by attendants Ivy Tullis and Ethan Furne and took their places on the stage under their motto of “The only limit to our realization of tomorrow will be our doubts of today.” - FDR Superintendent Joel Morgan gave the welcome,

and the class salutatorian and valedictorian were introduced and went to the podium to give their speeches.

“These last 13 years have been filled with many highs and lows, said salutatorian Charli Vickers. “The class of 2024 has been through it all together, the laughs, the arguments, and even some tears. Throughout the years, we have made so many memories, both big and small. We have faced many challenges, individually and collectively, but at the end of

the day, we would do anything for each other. From helping each other up after falling face first in the intense elementary field day sack races, to helping each other survive senior year and getting each other through hard times. I have enjoyed being a part of this class, and I genuinely hope for nothing but the best for each and every one of you... I pray that we all find happiness and that we can cherish the moments we had at Arnold Public Schools.”

Valedictorian Gracie Neth said that growing up

in Arnold Public Schools has been an extraordinary experience for her, and with fabulous teachers, she has learned so much.

“I can now do algebra, tell you quite a few of the 206 bones in the human body, and write using the semicolon properly. However, the most important lessons I learned here did not come out of a textbook. I learned hard work, tenacity, and how to get along with all sorts of different people,” she said. “One of the lessons that took me all four years to learn, and quite frankly, I am still learning each and every day, is that it doesn't matter how many times you win or lose, fail or succeed. People won't remember those things. They will remember how you made them feel. For example, this might come as a surprise to even those who know me quite well, but I am not very athletic. Despite this, I ran in the cross country team for four years, alongside some very athletic, talented, and dedicated runners. I don't remember anyone's times, even my own. But I do remember what it felt like to be on the team. Despite my weaknesses and very evident flaws, I was never made to feel like I didn't belong. On the cross country team, I wasn't a number, a time, or a waste of space. I wasn't valued because I was a means to



Cache Gracey presents his great-grandmother Evelyn Gracey a wood carnation rose during graduation ceremonies.

an end or just a stepping-stone to success, but simply because I was there and because I was me. So many people have shown me that I am more than whatever medals I may earn or whatever failures I may collect.”

Gracie went on to say that it was God's grace that got her through high school, and in closing said, “So, as we step into the adventure waiting for us outside these gym doors, ladies and gentlemen, I hope we do what so many have done for me... Show the people around

us that they are not burdens, but wonderful gifts that are valued, appreciated, and loved...”

Guidance counselor Ashley Nansel presented many scholarship awards, and in an emotional time, the graduates stepped down into the auditorium to give their mothers a wood carnation rose and hug family members.

In closing, Joel Morgan presented the 15 graduates, and everyone gathered outside to congratulate them in the receiving line.

## Fifty Years and Counting... EMS continues to forge ahead

By Janet Larreau

It's been 46 years since Arnold resident Harvey Foran became certified as an EMT. With the 50th anniversary of National EMS week approaching, Foran recalled those early days of jumping in the unit and going on calls.

“They were using a van as an ambulance. There were no compartments,” he said. “We were very limited on the supplies we had. All of these things they are using now...blood pressure, pulse...it was all done manually. They had a little bit of advanced first aid and some splints. I was involved when they got the first defibrillator and first jaws of life. They were starting to get newer equipment in the years that followed.”

Back then, department members were notified by the city siren when there was an emergency. EMTs went to the fire barn to report, the first to arrive picked up the phone, and the dispatcher told them where to go. The department then upgraded to a telephone system where every EMT's personal phone would keep ringing until someone picked it up. And who or what blew the siren? Foran said he thinks it was somehow tied into the phone system.

When Foran got certi-

fied, it took 86 hours of training and 10 hours of clinicals where students went to a hospital ER and observed whatever came in that day. There was only one ambulance and no life flight, which is very prominent today. The department was on a program of getting a new ambulance every five years, and the old one was easy to sell. That changed when all departments started getting new ones.

In the early days, Foran described the department as an “all men's club.” Women were not allowed to be EMTs, but there was a women's auxiliary.

“I remember those meetings about women being able to be members. It wasn't just Arnold. It was controversial and a hard sell,” he said.

In the late 1980s, Nancy Cool, who already had a medical background, went around town and talked to a lot of people about allowing women to join the department. There was some push-back, but she persevered.

“I promoted whenever I could what women could do. I felt we needed to prove ourselves that we were capable on the emergency scenes and being on the department,” said Cool.

In September of 1988, the first group of women, including Cool, Susan Nel-



The above photo taken in 1996 captures an early training exercise held in Arnold. Directed by Training Director Nancy Cool, the exercise drew EMTs from not only Arnold, but the surrounding area who were invited to treat the many patients in a mock school bus rollover. Next week, May 19-25, is the 50th anniversary of National EMS Week, celebrating how EMTs have learned from lessons in the past and continue to forge ahead.

- Photo Courtesy of Nancy Cool

son, Barb Foran, and Connie Nansel, received their certification and were allowed to join the department. From that time on, others followed.

“We were all very dedicated to take the class. An instructor from North Platte came over and taught us. It was such a big deal. We were all very happy. It brought lots and lots and lots of changes to the department.”

Cool forged ahead and in 1991, she began teaching EMS courses all over the state of Nebraska. In 2000, she was named rescue captain for the Arnold Volunteer Fire Department and continued in that capacity until 2014, when she turned the role over to Tammy Weinman. Cool continued on the department as training director and EMT, serv-

ing for a total of nearly 30 years.

Weinman was trained by Cool and became certified in 1999-2000. She was brand new to the Arnold ambulance crew and also remembers the struggles of saving lives with limited equipment. She has seen vast changes in emergency services since that time. Certification now requires 138 hours of training and 10 patient evaluations in the field, in addition to continued training. Advances in technology have changed most everything in the EMS field, and Arnold is keeping up with those changes.

“I remember doing CPR all the way to Callaway with many providers in the back of the ambulance to trade out doing compressions so we could

maintain circulation for long transport times. One piece of equipment that has made a tremendous impact on EMS in recent years is the LUCAS device that is developed to deliver uninterrupted chest compressions to a victim in cardiac arrest. Arnold now has a LUCAS device in each ambulance,” she said. “This is one reason why every member of our department has been CPR certified. Now the LUCAS device does the impressions for us and frees the EMTs up to concentrate on airway, IVs and other lifesaving measures.”

Although Foran retired as an EMT in 2002, he still has a part in helping emergency services by serving on the Arnold Rural Fire District Board. The board does all of the financing, collects prop-

erty taxes, and purchases new ambulances and equipment.

“If the department needs something, they approach the board. There is a very good camaraderie between the board and the department,” he said.

- Tammy Weinman  
Rescue Captain  
AVFD