

The Arnold Sentinel

“Serving the South Loup River Valley”

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Arnold Students Unplug for Learning

School seeks to reduce distractions with new cell phone policy

On Monday, March 3, Arnold Principal Alison Goodenow posted a group update to students and parents in Grades 7-11 that all cell phones would be turned in.

“Throughout this school year, I have found that many students are utilizing their cell phones to connect to the internet with their personal hotspots. They are using their cell phones to play video games, listen to music and social media entertainment instead of focusing on their academics. I have tried to give the students the privilege of using their cell phones during passing periods, but unfortunately, they have proved that they are unable to stay off their phones during classroom time,” Ms. Goodenow said in her post through Schoology.

The principal pointed out that there is a disturbing number of middle and high school students fail-

ing at least one or more classes – something she truly believes cell phones are a big part of. She said that she is confident that Arnold School will see a change in student performance and behavior by not having access to their phones during the school day. Seniors, however, have earned the privilege of keeping their cell phones during the day, with the expectation of turning the cellphones into the classroom teacher as they enter each class. If parents need to get a hold of their student, they can contact the school office. On the academic side, students who are struggling with their grades will work with their homeroom teacher.

Nation is Seeing Growing Push for Cellphone Bans

School administrators and teachers across the nation are agreeing that cell phones are a distraction kids just don’t need

and are enacting cell-phone policies on their own. For those schools that haven’t, state governments are getting involved. On the same day as the post went out to Arnold students, LB140 - a proposal that would require Nebraska school boards to adopt policies regarding student use of cellphones before the 2025-26 school year – gained first round approval by Nebraska senators by a vote of 44-0. An Education Committee amendment to the bill clarifies that the bill would apply to all electronic communication devices, not just cellphones, and that school districts rather than individual teachers may permit device use for education purposes. With this bill, Nebraska is joining a growing number of states considering laws or policies restricting the devices; some states

See Unplug for Learning, page 2.



Seventh graders Carlee Smith and Jose Melendez, Jr. place their cell phones in pouches in their homeroom at the beginning of the school day last Thursday. The new school policy of grades 7-11 turning in their cell phones for the entire school day went into effect on March 3. - APS photo

AVFD Presents Yearly Awards



Receiving awards at the Arnold Fire Department’s Annual Awards Night and Banquet were: (l-r) Cassy DeLosh, runner-up EMT of the Year; Robbi Smith, runner-up Fireman of the Year; and Tammy Weinman, EMT of the Year. Not pictured is Andrew Tickle, who was named Fireman of the Year. - Courtesy photo

The Arnold Volunteer Fire Department held their Annual Awards Night and Banquet with 24 in attendance. It was held at the Legion on Friday, February 28.

Mike Bailey, paramedic from Ansley, was the speaker for the night. He had mentioned that for his speech he had talked to other area departments and asked what they would say about the Arnold Fire Department. One person said that Arnold continues to build on the foundation that was set a long time ago. One word kept coming to the forefront was the word family.

Robbi Smith read a speech from Andrew Tickle, Fire Chief. Andrew was unable to attend due to being out of town for a funeral.

Robbi presented the “Years of Service” pins to Cassy DeLosh for 10 years of service and to Tammy

Weinman for 25 years of service. Tammy looked back over her 25 years on the department and talked about the highlights and memories of those years.

Lee Eastburn was given a plaque for his retirement and 42 years of service to the department. Brock Dailey also retired and had 21 years of service but was unable to attend the awards banquet.

EMT of the Year was awarded to Tammy Weinman and runner-up EMT of the Year was awarded to Cassy DeLosh. Fireman of the Year was awarded to Andrew Tickle and runner-up Fireman of the Year was awarded to Robbi Smith. These awards are voted on by department members.

Retired member in attendance was Mike Gunther and his wife Barb Gunther. We always appreciate retired members joining us for the night.

Safranek Providing Massage Therapy at A-Z Ventures

Olivia (Furne) Safranek has started her own massage therapy business in the A-Z Ventures building in Arnold. A 2016 graduate of Arnold High, she received her schooling from Myotherapy Institute in Lincoln, becoming licensed in August of 2020. She said massage therapy wasn’t her first choice when going to college.

“I found myself not really knowing what to do, so with the help of family and friends, I decided on massage therapy,” she said. “My parents always told me that a trade never really goes out of business, and we always need more people doing them. I also liked giving massag-

es when I was younger, so that helped my decision as well.”

After becoming licensed, Olivia worked in Gretna, Nebraska, for three years, and another year in Lincoln before moving back home.

“I was raised in Arnold and my husband is from Merna, so long term, we always saw ourselves moving back home. It was God’s timing that my husband was able to secure a great job in Broken Bow, while we were expecting our first kid, and it was an easy choice. I decided to go into business because even though I am a full-time mom, I still have a passion for massage

therapy. I know how much the area needs more therapists and how it is a practice that many back here can greatly use,” she said.

Olivia likes to say that she didn’t choose the A-Z building, it chose her. April Tickle, who owns the building with husband Andrew, and who is a licensed massage therapist, reached out to her when the couple moved back about possibly working in the building.

“I was solely focused on being a mom, but as time went on, I found myself wanting to get back into it. April and I met, and it was an easy choice. I

See Massage Therapy, Page 2.



Olivia Safranek is now providing massage therapy services in the A-Z Ventures building in Arnold. - Debbie Connolly photo