

The Arnold Sentinel

“Serving the South Loup River Valley”

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CUSTER COUNTY, ARNOLD, NEBRASKA 69120

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Village Advertising for Pool Personnel

Spread the word to those you know that the Village of Arnold is currently advertising for pool personnel, including manager and assistant manager, lifeguards and a water safety instructor. For more details, please turn to the classifieds section.

Rotary to Host Pancake Feed

The Arnold Rotary Club will be raising money for community projects at their annual pancake feed on Tuesday, February 27. Serving will be from 5:00 to 7:00 p.m., at the Arnold Community Center. Admission is a free will donation.

Entries Sought for Chili Cook-Off

The 30th Annual Chili Cook-Off will be held Saturday, March 3, at the Arnold Community Center. Chairman Ali Rosentrater says entries are still open for the event. Please turn to page 4 for more information on how to enter and more details about the cook-off, which will include entertainment.

Chamber Dues Update

As of Friday, February 16, the following businesses and individuals have paid 2018 Chamber dues: A & B Hay Company - A-1 Auto Repair - Vicki Ambler - Julie Barton - Carroll Street Designs - Custer Economic Development Corp. - Don and Beverly Dailey - 1st State Insurance - Larreau Construction, Inc. - Betty McKain - Margie McDowell (Yoli) - Mighty Mart - Bill and Cyd Miller - Mohr's Custom Craft - Nails for Starz - Nansel's Best Service - Nansel Oil Company - RT Green - Sandhills Motors - Sal's Dog Grooming - Bobbie Smith - Sue's Beauty Shop - Bill and Carolyn Watkins - Ken and Emily Wehrman.

Dues are \$30.00 for each business and \$10.00 for individuals. They can be mailed to: Arnold Chamber, PO Box 166, Arnold, NE 69120, or dropped off at 1st State Insurance.

Updates will continue monthly as dues come in.

An Overwhelming Miracle

Diane Sanford Undergoes State of the Art Surgery to Restore Hearing

By Pepper Werner

From zero percent hearing to 64 percent in less than a month. Arnold resident Diane Sanford calls it an “overwhelming, complicated miracle.” Overwhelming because Diane has never had surgery before and because she was sent home with a backpack of gadgets for use; and a miracle, well, that speaks for itself.

It is nothing short of miraculous when modern technology can trump the effects of damage done from natural causes. Diane had lost all but 30 percent of her hearing, when on January 11, 2018, she decided to finally “be brave and just do it.” From the words of Dr. Kimberly Andresen in Grand Island, that was the deciding factor in changing the course of her hearing challenges.

Diane lived in Riverside, California, when she started having hearing issues 25 years ago. She would have severe dizzy spells that would lead to nausea, vomiting, passing out, or having to pull the car over to the side of the road and go to

sleep. There wasn't any consistency to the episodes. They could happen three times per week or once a month. After visiting a top specialist in Riverside, it was determined that Diane had Ménière's disease. According to the Mayo Clinic, Ménière's disease is a disorder of the inner ear that causes episodes in which you feel as if you're spinning (vertigo), and you have fluctuating hearing loss with a progressive, ultimately permanent loss of hearing, ringing in the ear (tinnitus), and sometimes a feeling of fullness or pressure in your ear. It cannot be 'fixed' or reversed or undone.

There are approximately 12,000 hairs inside the cochlea - 2,000 of them make sound clarity, the remaining 10,000 determine the loudness of the sound. If those are damaged from injury, illness, age, or something hereditary, it is non-reversible. The cochlea is the size of a sesame seed and has constant fluid running through it. If too much endolymph fluid is pushed through at once, this can cause the dizziness. Doctors say that the variance decreases with age.

If you are a cochlear implant candidate, it means that some or all of these hair cells are damaged. Therefore, when sound comes into the ear, they get distorted because hair cells are not doing the job properly. Some or most sounds don't even make it to the auditory nerve. Electrode arrays are there to replace the dead hair cells that make you hear.

Diane was down to hearing 30 percent in her right ear and she does wear a hearing aid. While hearing aids can magnify the sound, a cochlear implant transforms sound into electrical energy that is used to stimulate auditory nerves in the ear.

In layman's terms, Diane had a permanent implant inserted behind her left ear that uses an external processor (held on by a magnet) and the miniature coil is replacing the damaged “hairs” inside of her cochlea. Before the surgery, Diane could not hear in her left ear at all.



Diane Sanford had cochlear implant surgery on January 11 and has already seen a remarkable improvement in her hearing. The benefits far outweighed any risks. (Pepper Werner photo)

Within two weeks of the surgery—after the brain swelling subsided—Diane returned to Grand Island to have the implant turned on. There is so much brain stimulation that it is only turned partially on.

Diane said, “Having the surgery is the easy part. The struggle is to retrain the brain to hear. I didn't realize all of the things that I couldn't hear or hadn't heard for so many years - a bird, the wind, a car driving down the road, or the sound of my own voice. Now everything is becoming clearer and I don't even recognize myself. I am having to relearn the English language, what things sound like and how to process words. It takes total concentration to talk on the telephone.”

There was a long road leading to this place of hearing. Medication, ear cleanings, test upon test and numerous specialists. Through the process, Diane learned that sometime in life she had broken her neck. The chiropractor informed her that there might not have been enough nerve damage to realize the injury, but it probably wasn't the cause of her hearing loss. “Not impossible, but highly unlikely” was his diagnosis.

Twenty-five years ago when Diane returned to Nebraska, the dizzy spells stopped. She

has only had four or five episodes in all of these years. One specialist told her that they can be brought on by change in altitude or air pressure. Diane was also under a lot of stress in California, so perhaps leaving that life behind had helped reduce her symptoms.

A trip to Kansas City, Missouri, a few years ago proved fruitless when she was told that she was a candidate for an implant, when what Diane really wanted to know was how to FIX the problem. She thought she could take the right supplements or vitamins or change her eating habits somehow and that would bring her hearing back. She didn't want to accept the idea that her hearing would never return on its own and that she would need an implant to be able to hear her kids on the telephone or even hear her husband Mo when he was sitting just across the table from her. So she did nothing.

Six months ago, when things had gotten dramatically worse with Diane's hearing (left ear, zero percent; right ear, 37 percent), she visited a specialist in Omaha - Dr. Britt Thedinger, the brother of the doctor she had seen in Kansas City several years before. He repeated the

Continued on page 2.

Proposed Housing Development Brought Up at Village Board Meeting

By Janet Larreau

At the February 12 village board meeting, Ron and Shane Cool informed board members that the Arnold Economic Development Corporation has intentions of applying for a Rural Workforce Housing Fund Grant of \$200,000.00. Ron Cool said that this is a matching grant, and he is willing to donate the \$200,000.00 for the match.

The Rural Workforce Housing Fund (RWHF) provides matching grants to non-profit development organizations to reduce the cost of workforce housing in Nebraska's rural communities. Workforce housing is housing that meets the needs of working families and is attractive to new residents locating in a rural community. Housing projects eligible for RWHF grants include:

- New owner-occupied housing costing no more than \$275,000.00.
- New rental housing units costing no more than \$200,000.00.
- Owner-occupied or rental housing units for which the cost to substantially rehabilitate exceeds 50 percent of a unit's assessed value.
- Upper-story housing.

Communities in a county with a population of less than 100,000 as determined by the most recent federal decennial census are eligible. Eligible grantees must be non-profit de-

velopment organizations that invest or intend to invest in workforce housing eligible activities and have active board of directors with expertise in development, construction and finance.

Competitive awards from the RWHF are evaluated on demonstrations of ongoing workforce housing needs as identified by a recent housing study; difficulties filling employment positions or attracting workers in communities or regions with a low unemployment rate; a community's or region's commitment to growing its housing stock; a project's likelihood of occupancy in a period of 24 months; and the ability to grow and manage an investment fund for rural workforce housing.

Through fiscal year 2020-21, these grants are awarded on a competitive basis until grant funds are no longer available. The first deadline for the grant is March 30, 2018.

Ron asked for the board's consideration in waiving the infrastructure fees for electric, water and sewer for the housing development - proposed for an area on the west edge of town, within the city limits.

Board members tabled the discussion, but did note that there is only a two inch water main where the proposed housing development will be built, and that it would need to be up-

graded.

Discussion was also held on a section of Arnold's Municipal Code regarding animals. According to a portion of the section, no person shall keep any horse, mule, cow, sheep, goat, rabbit or any other animal within 100 feet of any business or residence within the corporate limits. It was mentioned that there will be livestock within 100 feet of this housing development. There will be more discussion on the code.

Water Improvement Project

Board members approved a water improvement project that will consist of upgrading the water main on North Haskell from a two inch to an eight inch water main. The \$600.00 cost for the Nebraska Department of Health and Human Services to review the plans was also approved.

Community Clean-Up Month

Board members voted to designate the month of April as Community Clean-Up Month. Village customers will be able to use the roll off container located at the street shop at no charge for the entire month. Community Clean-Up Day has been set for April 9 with a storm date of April 16. Volunteers will provide assistance to those in need on that day. Chamber will provide a meal for the volunteers.



Tate Brings Home Medal From State

Tayten Eggleston brought home the 6th place medal from the State Wrestling Meet in Omaha last weekend. Competing in the 120 lb. weight class in Class D, this was Tayten's third trip to state.

“Tayten will be looking forward to his senior year and hungry for a higher place next year,” said Coach James Johnson.

A complete report of how the South Loup team fared at Omaha can be found on page 4.

(Krista Eggleston photo)