

# The Arnold Sentinel

“Serving the South Loup River Valley”

THURSDAY, MARCH 11, 2021

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.



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, Greg 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 Clinic's 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

See Callaway Hospital, Page 4.