

The Arnold Sentinel

“Serving the South Loup River Valley”

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Egg-citing Hunt Draws Big Crowd



Photos/Debbie Connelly

Brynn Samuelson, daughter of Bret and Brandy Samuelson of Arnold, high fives the bunny while waiting at the start line at the Chamber sponsored Easter egg hunt held at the city park last Saturday.



First time egg hunter Grace Peterson gets a helping hand from great-grandma Julie Barton and her father Brandon Peterson at Saturday's hunt.

Under sunny skies, Saturday's Chamber-sponsored Easter Egg Hunt was a huge success. A large crowd filled the city park, with kids fanning out to fill their baskets and sacks with colorful eggs and to find the hidden gold and silver eggs. Chairman Lacey Kramer, who was assisted by the National Honor Society and Junior Honor Society, said several businesses donated to make the Hunt possible. Lacey thought outside the box this year, and gold and silver egg prize winners received fun outdoor game sets to keep them busy. Please turn to page 4 to find out who the winners were.



Photo/Debbie Connelly

School's Parking Project Passes the Test

Monday's South Loup Invitational was the first test of how well the track's enlarged parking space would work, and it passed. The fence alongside the street was moved in 24 feet and dirt work was done to create an angle for parking that helped alleviate congestion. Superintendent Joel Morgan said that with the former parking situation, he wasn't sure emergency vehicles could get in if needed. The project was approved in December. Due to high winds, the large invitational was postponed from the original date of April 8. Results of the meet will be in next week's issue.

Hough Starts Business to Help Residents With Ailments

Sets up iMRS PEMF Therapy System in her Arnold home

By Janet Larreau

Karen Hough has started a new business in Arnold that, for many people, has proven to help with ailments that they had resigned themselves to living with. The business, called Feeling Fine, opened on December 19, 2021, and is now located at 107 Washington, after she purchased the late Pat Parks home. There, she created a special area for the iMRS PEMF (Pulsed Electro Magnetic Field) therapy system.

Simply put, Karen said PEMF therapy restores pathways through the body and oxygenates the blood, which can eliminate pain and inflammation naturally. Other benefits include: a deep, rejuvenating sleep; increased energy and vitality, feeling younger, stronger and more flexible; keeping your bones strong and healthy; helping your body with healing and regeneration; and improving circulation and heart health.

Karen discovered the PEMF mat while she was doing massage therapy on a horse. The owner told her that she believed that massage therapy and PEMF were very effective together. She began taking PEMF treatments soon after.

“I regained balance and found myself able to do things that I

hadn't been able to do for years. I also saw healing in the horses that was impressive. I started to do research and decided that it could help many people that I knew were struggling with health issues in Arnold,” she said.

The original use of PEMF was for fractures and joint injuries, but has been found to aid in healing for many illnesses and injuries.

“Relief from sadness and restoring energy are two of things that I have seen. I've also seen the mat help with joint injuries and carpal tunnel syndrome,” said Karen.

She stresses to everyone who first tries the mat that it is not a “magic pill.” It is not a replacement for conventional treatments; however, as PEMF therapy improves the self-healing capacities, it serves as a powerful support to speed up repair and healing and may be capable of improving and optimizing the results of existing and applied primary therapy modalities.

As many people were not aware of PEMF treatments, interest is growing. Karen said she would be happy to give references to anyone who wants to talk to a person who has taken the treatments by calling her at 308-520-4594. She is open Mondays from 3:00 p.m. to 7:00 p.m., and Thursdays from 1:30 p.m. to 7:00 p.m.



Photo/Debbie Connelly

New business owner Karen Hough is pictured beside the PEMF (Pulsed Electro Magnetic Field) control system and mat that delivers frequencies inside the entire body using physical induction. The therapeutic system is pre-programmed for 340 conditions and has helped several Arnold residents, including Karen, with a variety of health issues.