

The Arnold Sentinel

“Serving the South Loup River Valley”

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October Is Breast Cancer Awareness Month

Caught at Stage Zero

How Early Screening Saved One Woman’s Life

Arnold resident Sheryl Holt had always been diligent with her mammograms since she was in her late 30s, having gone through menopause at a young age. Years later, that decision was life-changing.

Sheryl was told early on with the mammograms that she had ‘dense breasts,’ which can often make finding lesions in the breast more difficult. A mammogram in November of 2019 showed a small lesion in the right breast, diagnosed as a calcium deposit, but the radiologist wanted a six month follow-up. Sheryl’s doctor ordered one for May of 2020. That follow-up was done on May 25, 2020, and results demonstrated two lesions found at that time and a biopsy was recommended. These biopsies showed Intraductal Carcinoma In Situ, known as DCIS present in the first lesion that was found.

“When Dr. Krieger called me with the diagnosis, I was surprised, but yet not. There were so many types of cancer in my immediate family,” said Sheryl. “My first thought was to get a plan and get going, and that is exactly what I told her. Bill was

with me when she called. I called both (children) Brandon and Megan with the news. That was the hardest part of the ordeal. I knew God was with me, and I was pretty much at peace with what was about to happen, and that I would handle whatever I needed to do.”

Sheryl had a lumpectomy on July 5th. The tissue came back negative for the presence of any cancer cells. The cancer was so small, it had all been removed with the biopsy; it was caught so early, that she was classified as Stage-0. She had a follow-up with an oncologist who assured her that she did not need any form of chemotherapy, but definitely wanted her to see radiation oncology as well.

“The radiation oncologist told me I was truly a very rare case. That finding cancer at Stage-0 is truly a blessing,” she said.

Sheryl had two mammograms at six month intervals post op and now has yearly exams. She did have to have another biopsy in 2024 of a lesion at the surgical site, which was negative.

“Through my 43 years of nursing, I cared for many

women with varying degrees of breast cancer,” she said. “I worked in surgery assisting with numerous mastectomies. Each stage of diagnosis meant a whole different degree of surgical tissue removed back then, some being very radical. These types of situations made me realize that none of us are invincible when it comes to this type of disease. It can overcome and conquer anyone of us, so protect yourself. I always felt that I had a fairly good relationship with God, but this did teach me to be grateful and truly feel blessed in each and every day and situation.”

She went on to say that there are numerous studies, MRI, CT, and probably some she is not aware of, that are utilized, as well as mammography for breast cancer diagnosis. It is just absolutely necessary to undergo some type of breast exam early. Generally, less than 50% of calcium deposits become cancerous; secondly, they are non-palpable. Women should always palpate up into the armpit checking for nodules. Impalpable lesions can become cancerous rapidly and will follow the lymph nodes



Breast cancer survivor
Sheryl Holt

up into he armpit as they spread.

“Doctors have to follow what is suggested by radiologists. If mine had not, I could have been a much different diagnosis,” she said. “In saying that, I feel it is very important for every woman to ask for a copy of the interpretation of her study so she is aware of any suggestions regarding her further care. I have opted to have my surgeon continue as the doctor for all follow-ups of any sort. I feel she has been with me from the beginning and knows what is best for me.”

Ag Education, FFA Will Be Returning to Arnold Schools

Duane Bowers was the last president of Arnold’s Chapter of FFA in 1980. He was president-elect for his senior year in 1981/1982, but it never happened. The school couldn’t find a teacher, and the program was dropped. Forty-five years later, Bowers, along with other school board members Shane Cool, Jen Dalrymple, Justin Strasburg, Joe Cool, and Merle Bierman, unanimously voted to bring FFA and ag education back into the classroom.

“I learned a lot and am excited for the kids,” said Bowers. “It’s a good program and the careers it can lead to are so broad. It’s going to add a lot of work for the administration to get it in the schedule, but that’s what it’s all about – the kids. I was shocked when I found out that we are the only school west of Grand Island that doesn’t have an ag program. (Our board members) are all in ag, or in one way or another connected to it.”

“There are a lot of unknowns, now, but we’ll get the ball rolling,” said Superintendent Joel Morgan. “We’ll start advertising and hope to have someone hired in January. A big part will depend on our applicant pool. We’ll apply to be an FFA Chapter, see what’s out there for grants and funding and get the program off the ground.”

Mr. Morgan said going back to the student engagement meetings through the Arnold Foundation, one area that was brought by the kids was ag education. There’s been a lot of discussion since, with proponents on the board.

“You look at the other programs we have, and we are spreading ourselves thin. But when you look what the ag industry brings, there’s endless possibilities and opportunities in careers, and the networking is going to be huge for our kids,” he said. “Adding ag is going



The familiar FFA emblem will be returning to Arnold Public Schools next year.

to be an exciting program to have, and our other academic programs that will feed into that...industrial tech, science, schoolhouse graphics. I can see multiple content areas working together to make this a strong program. It can carry into college and into careers. There will be more to come once we get someone hired, and their expertise will make it take off. I’m excited to see what it looks like next year,” said Mr. Morgan.

Board member Shane Cool said he has certainly been a proponent of bringing back ag and FFA. “It has been talked about over the years a number of times,” he said. “It’s time to teach what business keeps Arnold going. Ag pays over 80 percent of the school’s budget in either commercial or real estate, and it’s a shame we don’t have it. We’ve had five or six meetings with a lot of ag producers talking about a possible school bond and ag program. The vast majority of them think we should have ag. Not to teach what we are seems almost disrespectful to the ag community.”

One area that was brought up by board members is that the administration has a good handle on how to fit the new program into the curriculum. At the meeting, Mr. Morgan gave examples of how it could fit so kids can take the classes.

Cool added, “The search for the teacher will begin now, and it’s like any program we have. The success of the program oftentimes comes down to the instructor, and we’re really going to go after a good one. I think about all of the possibilities of careers, and I couldn’t be more excited about it.”

What it’s all about... High school agricultural (ag) programs teach science, technology, business, and hands-on practical skills related to food, fiber, and natural resources. The agriculture industry features 7 primary career pathways (or 6 depending on the framework), encompassing hundreds of specific job roles across production, science, and business.

The National FFA Organization teaches students leadership, practical agricultural skills, and career readiness through a three-part model combining classroom learning, hands-on work, and club activities.

CANDIDATE PROFILE

Lori Stutzman

Age: 52

Position Sought: Arnold Village Board

Non-Incumbent

Occupation: Firearms instructor and mom



Biography

Lori Stutzman has been a resident of Arnold for some 21 years. Her family includes husband Dusty and their three daughters: Aubree, Alexis, and Abigail.

Why are you running for Village Board?

I have been politically active for years with state and county party. I want to make an impact locally and the best way to do that is get in there, roll up my sleeves and work to make a difference. I have worked in management in a variety of types of businesses. I believe that my business background gives me a strong base to work from. I want to have the same mindset that I had in management. That is to operate as if it is my money and investment on the line. This keeps me very mindful to be accountable and responsible in all I do in that role.

Is there anything you would like to see changed?

I would like to see the team that works for the village have the man-power to continue to do a great job for the community and not burn out or need to cut corners out of exhaustion.

Polio Walk Oct. 24 In Arnold

The Arnold Rotary Club invites community members, families, and supporters to step out for a historic cause. On Saturday, October 24, the club will host a local walk as part of a massive, synchronized global effort to achieve the World’s Largest Polio Walk.

The event coincides with World Polio Day, celebrating decades of Rotary-led efforts that have successfully reduced polio cases worldwide. Because the disease is preventable but has no cure, continuing the momentum is vital to wiping it out for good.

The Arnold walk will kick off at 10:00 a.m. at the United Methodist Church in Arnold.

Wrapping Up The Sidewalk Project



Access to both Pinnacle Bank and Reed’s Food Center has been improved as part of the downtown sidewalk project. To ensure safety, Paulsen, Inc. initially put up temporary handrails. Early this week, a crew of two welders arrived to install the permanent railings. Meanwhile, the main sidewalk crew wrapped up about four and a half weeks of work and left town late last week after completing the vast majority of the project. - Debbie Connelly photo