

WATCH OUT FOR THESE POISONOUS BACKYARD PLANTS

pending time in the backyard can be restorative and relaxing. Is it any wonder why homeowners are increasingly improving their homes so that they can blur the lines between the indoors and outside and enjoy more recreational moments in nature?

Part of what makes a landscape inviting is the bevy of plants dotting suburban landscapes. Individuals may take painstaking pleasure in mapping out landscapes that are both functional and appealing. When selecting foliage, it's wise for homeowners to familiarize themselves with certain plants that may not be very welcome in their entertaining areas, particularly those that are dangerous. Poison ivy, oak and sumac may be some of the better-known poisonous plants, but there are others that can prove problematic as well.

- **Hogweed:** This is an invasive plant that grows throughout North America but is particularly wellknown along the Atlantic coast. The sap in the leaves can cause phytophotodermatitis, which is a chemical reaction after exposure to sunlight. Painful, severe blisters can form on the skin wherever it touches, and hogweed sap may cause blindness if it gets into the eyes.
- Lily of the Valley: This plant is known for delicate, bell-shaped flowers and a sweet scent. While Lily of the Valley is not poisonous to touch, if ingested, toxic glycosides in the flowers, berries, leaves, and stems may cause a host of problems, including
- disorientation, vomiting, blurry vision, and rashes. Bleeding Heart: Native to woodlands, this perennial loves the shade. It produces unique flowers that

Boat

insurance

without

a hitch.

resemble tiny pink or white hearts with drops of blood at the bottom. Roots and foliage of Bleeding Heart contain alkaloids that are toxic to animals if ingested in high quantities.

- Nerrium Oleander: All parts of this beautiful shrub are extremely poisonous. It should definitely be kept away from pets and treated with caution or avoided altogether.
- Foxgloves: Adored among pollinators, Foxgloves produce towering pink and white trumpet blooms in early summer. The whole plant is toxic if eaten, however. People who eat any part or attempt to make tea may find their heart rate slowing down or becoming irregular.
- Stinging Nettle: Brushing up against Stinging Nettle can be a painful experience. The plant has tiny stinging hairs on its leaves and stems.
- Wild Hemlock: This is a very poisonous member of the carrot family. If consumed, Wild Hemlock, which looks like parsley, can cause health problems. Toxins



also can be absorbed through the skin.

Deadly Nightshade (Belladonna): A beautiful plant that produces shiny, black cherry-like berries, this contains a poison that can paralyze the gastrointestinal muscles and eventually the heart. The Royal Horticultural Society says that even rubbing up against it can irritate the skin.

Many plants, however beautiful, can be dangerous if ingested or touched.

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DID YOU KNOW?

The month of August is named in honor of Augustus Caesar and previously went by the name "Sextilis." Sextilis referred to the sixth month of the Gregorian calendar before January and February were added at the start of the year. Historians theorize that August has 31 days because Augustus wanted the month to have the same number of days as July, which was named in honor of his uncle, Gaius Julius Caesar. The traditional birthstone of August is peridot, and the gladiolus and poppy are the month's traditional flowers. August also is the last full month of summer.









SUMMER DAZE WORD SEARCH

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WORDS

BEACH

CAMPING COASTAL COOLING FAN **HAMMOCK** HAZY HOT LAZY **OUTDOORS** RECREATION SEASIDE SHADY **SUMMER** SUNSHINE SUNTAN SWEATING **SWIMMING SWIMSUIT TEMPERATURE** TOWEL **TRAVEL** UMBRELLA

VACATION



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SUMMERTIME PROJECTS FOR KIDS

Summer slide is a concept that has been on educators' minds since 1996, when the first comprehensive study on the topic was published. Students lose significant knowledge in core subjects over the summer break, and those losses increase each year. There's much parents can do to help their children continue learning over the summer. Educational projects may be a good start. Here's a brief list of educational projects children can work on this summer.

- •Conduct informal science experiments, such as growing the biggest vegetable or studying butterflies or insects that visit the backyard.
- Maintain a journal about adventures during summer vacation through personal narratives or even through creative fictional accounts based on the child's experiences.
- Search for patterns in nature, such as those in shells or flowers.

Butte, NE

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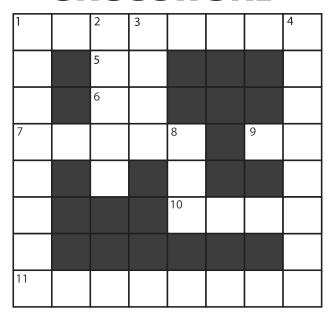
- Learn about money by keeping tallies on souvenir purchases or the cost of items in stores.
- Calculate distances from home by using maps and mileage.
- Become amateur meteorologists, keeping track of changing weather patterns and which signs indicate precipitation.
- Stock up on summer reading books that everyone in the family can enjoy while sitting poolside or at the beach.
- Visit a museum or a local point of interest and learn about something historical.



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KID'S **CROSSWORD**



ACROSS

- 1. Silliest, craziest
- 5. Account of (abbr)
- 6. To a great extent 7. Smiles slightly
- 9. Either ___
- 10. Not any
- 11. Response to a situation

DOWN

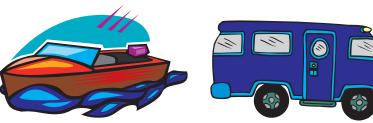
- 1. Happy sound
- 2. Calm, pleasant place
- 3. Midday
- 4. Unlucky number

:SIƏMSUY

8. Boy child

8. Son 1. Laughter 2. Oasis 3. Noon 4. Thirteen 10. None 11. Reaction 1. Looniest 5. AO 6. So 7. Grins 9. Or Across

DON'T FORGET TO INSURE THOSE WLY PURCHASED SUMMER TOYS!!





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PLAN THE PERFECT ROAD TRIP

road trip can be a relaxing and exciting way to see the country. According to the financial firm IPX 1031, 51 percent of Americans planned to travel more in 2023 than the year prior, and 67 percent were considering road trips over other options. Canadians also planned to travel, with the 2023 edition of the annual Toyota Canada Summer Road Trip Survey finding 74 percent of those polled were still desiring a road trip despite high fuel costs.

It remains to be seen how many travelers will opt for car over plane travel in 2024, but those who aspire to plan road trips to remember can consider these pointers.

- Choose a destination. Although the ride can be an adventure on its own, eventually a destination will need to be reached. Travelers can choose destinations by distance and incrementally increase that distance as they gain road trip experience. For example, the first trip can be a few hours from home. As drivers grow more accustomed to the open road, they can take lengthier trips.
- Know your time constraints. The road trip distance and route will

depend on how much time travelers can devote to the trip. Road trips should be fun and include plenty of breaks along the way to see the sites. Time constraints can pressure individuals to race there and back, which isn't enjoyable.

- Determine how many drivers are coming along. Bringing along other licensed drivers means that driving duties can be split up and the trip can be enjoyable, not exhausting.
- Don't forget the scenic route. The journey is part of the road trip experience. When planning the route, travelers can be sure to include back roads that feature interesting views. However, they should be sure to research rest stops and fuel spots, which may be more spaced out on rural roads.
- Schedule a tune-up. Breakdowns are not enjoyable, and having a breakdown on a trip on unfamiliar roads can be even worse. Drivers should schedule a vehicle checkup prior to the trip. AAA suggests using the acronym "good BET," referring to Battery, Engine and Tires to reduce risk of roadside emergencies.
- Use planning tools. Various



applications can help road trippers get from point A to point B and back more easily. Furkot, for example, is a road trip planning service that helps drivers map out routes, find interesting places and book hotels with ease.

- Make regular stops. Travelers should pull over every two hours or 100 miles to stretch, improve alertness and give their eyes a break.
- Identify where to sleep in road trip goes smoothly. advance. Although spontaneity can be exciting, it's probably a good

idea for drivers to have a general idea of where they will be spending the night each evening of the trip. Few things are worse than finding a no vacancy sign or realizing a motel has closed down when people are hungry and in need of rest. Making reservations in advance is less risky and more comfortable than sleeping in the car.

Road trips tend to be less regimented than other excursions. But a little planning can ensure a road trip goes smoothly.









BOAT SAFE WITH THESE 10 SAFETY



Take a boater safety course — Though it's only a legal requirement for those born after Dec. 31, 1985, consider completing the Nebraska boating safety course to learn the top things you need to know about navigating Nebraska waters, what to do in an emergency and more. Find an inperson or online class at OutdoorNebraska.gov; search for "boater education."

Check equipment — Before you launch, ensure your boat or kayak is in good running condition and all essential equipment is present, including a life jacket for every person on board. Paddlers of kayaks or canoes also should physically inspect their planned take-out point to make sure it is accessible.

Tell someone your plans — Before leaving home, let someone know where you are going and when you expect to return. Consider carrying a cellphone in a waterproof pouch, as well, in case an emergency occurs.





Wear a life jacket — Make your life jacket a statement piece and wear it, as it does no good stowed away if an emergency occurs. Children under age 13, those using personal watercraft and those being towed on skis or similar device must wear a U.S. Coast Guard-approved personal flotation device; it's required by the law.

Be wary of surroundings — According to the National Safe Boating Council, nearly a quarter of all reported boating accidents in 2021 were caused by operator inattention or improper look-out. Pay attention to other boats, personal watercraft, swimmers, stumps and other hazards. Speeds in excess of 5 mph are prohibited if within 30 yards of any other vessel, swimming area or dock. If padding a kayak or canoe, be aware of possible debris below the surface or under bridges.

Have all required safety equipment — Life jackets, throw cushions, fire extinguishers and bailing devices are required on most boats. An engine-cut-off device or switch also is a good idea.

Avoid alcohol — Nearly one-third of all recreational boating fatalities occur when someone is Boating Under the Influence, a criminal violation enforced in Nebraska. Always designate a sober driver.

Watch the weather — Storms can pop up quickly in Nebraska. Check the weather in advance and monitor it during the day, if necessary.

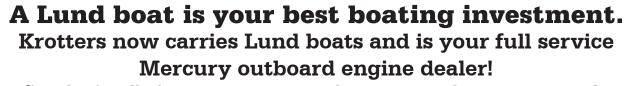
Avoid hypothermia — Even though temperatures are rising, the water still can be cold. Hypothermia is caused by exposure to cold weather or water. Take caution to prevent hypothermia.

Keep it legal — Make sure you've registered your boat and, if a nonresident, purchased an Aquatic Invasive Species stamp at OutdoorNebraska.gov. Also remember anyone operating a motorboat or personal watercraft in Nebraska must be at least 14 years of age. Learn more about Nebraska's boating regulations at OutdoorNebraska. gov; search "Go boating."

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HEALTHY EXPOSURE TO THE SUN



pring and summer are times of the year when the great outdoor beckons more strongly than it does in fall and winter. Temperate climates and abundant sunshine encourage people to leave their homes and bask in the warm rays of the sun.

Spending time outdoors is good for mental health and it's a natural way for people to get adequate vitamin D, also known as the sunshine vitamin. The

National Institutes of Health It's a conundrum, to be sure. say exposure to sunshine for five to 30 minutes a day, most days a week is optimal to make vitamin D. A large percentage of the population is deficient in vitamin D. The NIH says there are many studies correlating vitamin D insufficiency with increased risk of numerous chronic conditions. including

hypertension, diabetes, myocardial infarctions, and brittle bones. However, sun exposure to make vitamin D needs to occur without sunscreen for maximum impact. That begs the question of just how safe it may be to spend time outdoors without sun protection, and what are the risks of doing so? Also, do the risks of vitamin D deficiency outrank those involving sun exposure and cancer causation?

The good news is that most people can safely enjoy the sun and obtain vitamin D. Here are some tips and safety precautions.

- Keep in mind that the sun's rays are strongest between 10 am and 4 pm. Therefore, if you must spend time in the sun, do so outside of this time period.
- Promptly apply sunscreen. After a short period of unprotected sunshine of no more than 30 minutes, put on sunblock right away. Also, reapply as indicated on the packaging depending on activity. Harvard Health says that sunscreen cannot block all UV rays, and even usage of sunblock will not staunch all vitamin D production.
- The National Cancer Institute suggests using an SPF of at least 15, but some doctors recommend SPF 30.
- Ultraviolet radiation is the number one cause of skin cancer. Utilize wide-brimmed hats, sunscreen and protective clothing to prevent

cumulative sun exposure, which can lead to basal cell and squamous cell skin cancers.

- Keep in mind that episodes of severe sunburns, usually before age 18, can raise the risk of developing melanoma. Children should be just as mindful of sun exposure as adults.
- It is challenging to define what "too much sun" actually is, says the European Code Against Cancer. Strength of the sun (UV index), skin type and the strength of sunscreen all merit consideration A person with very fair skin exposed to an ultraviolet index of 6, which is easily reached at noon in summer, can suffer sunburn in as little as 10 to 15 minutes.

It's a fine line to balance healthy sun exposure to obtain vitamin D and avoiding sun damage to the skin. But it's best that people walk that tightrope with sun safety in mind.





Natural Resources District

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GET FIRED UP ABOUT CAMPFIRE COOKING

amping season revs up when the temperature warms. In a recent survey by Kampgrounds of America, Inc., the main reasons people say they go camping are to reconnect with nature, spend time with family and friends and reduce stress and relax. The roughly 40 million people who go camping in the United States each year also may have food on their minds. Campfire cooking - which involves cooking over an open fire and eating outdoors - makes camping that much more enjoyable for many people.

Campfire cooking is about simplicity of ingredients and ease of cooking. Chances are campers do not want to lug too many cooking instruments to the campsite, so ingredients that are portable and can cook quickly over an open fire are attractive. Cast iron skillets, grills and Dutch ovens often are the gear of choice. Here are some delicious campfire meals to try on your next camping trip.

Campfire Casserole

Mix your favorite ground meat (beef, chicken or pork) with kidney beans and cubed bacon (leftover from breakfast works well). Add barbecue sauce or diced tomatoes,

depending on your preference. Allow to simmer in a Dutch oven on low for 45 minutes to an hour. Season to taste. During the last 10 minutes of cooking, place refrigerated biscuits over the top of the casserole, cover and cook until

the biscuits are done. **Seafood No-Boil**Cut foil shorts about

Cut foil sheets about 12 inches long. Add 5 to 6 shrimp, one quarter of an ear of corn, a few slices of smoked andouille sausage, a lemon slice, and seasonings to taste. Fold the foil packets carefully to seal in the ingredients. Place the packets on a grill over the campfire and allow to cook for around 10 to 15 minutes.

Skillet Pizza

Place a little cornmeal and oil on the bottom of a cast iron skillet. Spread refrigerated pizza dough out on the skillet. Cover with pizza sauce, cheese and favorite toppings and cook over

the fire until the cheese boils and the crust browns.

Campsite Cobbler

Line a Dutch oven with aluminum foil. Mix together a yellow cake mix, 11/4 cups water and 1/2 cup canola oil and pour over two cans of a favorite pie filling flavor in the pot. Prepare the campfire for low heat. Put the Dutch oven in the ashes and cover with remaining ash or charcoal briquettes. Cook until bubbly, around 30 to 40 minutes.

Campfire cooking is delicious, and few things can beat eating tasty foods under an open sky.



Niobrara Bridge Days July 19-21, 2024

FRIDAY, JULY 19th

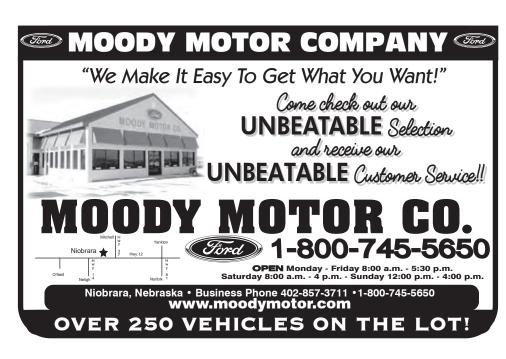
- Alumni Golf Tournament 8 am Registration, 9 am Tee Off
- Minute Mission Town Wide Minute To Win It \$40 per Team of 2-4 People

SATURDAY, JULY20th

- 5k Walk/Run beginning at 8:00 am
- Pancake Feed Sponsored by Niobrara Verdigre Football Team 8-11 am
- Coin dig 10:00 am
- Inflatables 11 am-5 pm
- Corn Hole Tournament beginning at 1 pm in Beer Garden
- Alumni Banquet Dinner at Niobrara School 5:30 pm
- Niobrara Fire & Rescue Feed in Beer Garden 5-7 pm
- Catfish Races with Calcutta in Beer Garden 7 pm
- Free Admission Street dance featuring Pioneer Bank 8:30 pm to 12:30 am south of Sage Memorial *Niobrara Fire Department operating cash bar*

SUNDAY, JULY 21th

- Coffee Hour at Niobrara Public School Multipurpose Room 9 am
- Ecumenical Service 10:30 am at Sage Memorial, bring your own Lawn Chair







HOW TO AVOID DEHYDRATION IN THE GREAT OUTDOORS

Hiking, fishing and swimming are among the more popular ways to experience the great outdoors. Outdoor enthusiasts may find nothing better than a day on their favorite trail or an afternoon spent fishing or swimming in a nearby lake.

Nature can inspire a sense of awe and wonder, and in such situations it can be easy to overlook safety. That's a potentially dangerous mistake but one that is easily avoided. Nature enthusiasts accustomed to spending long hours in the great outdoors are vulnerable to a host of potentially dangerous conditions, including dehydration. Avoiding dehydration involves learning to recognize its signs and symptoms and how to prevent it from occurring.

What is dehydration?

According to the U.S. National Library of Medicine, dehydration occurs when the body loses more fluids than it is taking in. When that happens, the body does not have enough fluids to function properly. What causes dehydration?

Numerous things can cause someone to become dehydrated, including not

drinking enough fluids. Diarrhea, vomiting, sweating too much, and urinating too much are some other factors that can cause someone to become dehydrated.

Why are outdoors enthusiasts at risk of dehydration?

Outdoor enthusiasts who spend ample time outdoors during hot weather are at risk of dehydration if they do not drink enough fluids while outside. The risk of dehydration on hot days is higher because people are more likely to sweat a lot when the temperature rises. If those fluids are not replenished, and replenished often, dehydration can occur. In addition, the USNLM notes that outdoor exercise during hot days increases the risk of dehydration. Outdoor activities that are physically challenging, such as hiking, rock climbing and kayaking, are a form of exercise that can make participants more vulnerable to dehydration.

are the symptoms dehydration?

The Mayo Clinic notes that thirst is not always a reliable indicator that the body needs water. Older adults are more vulnerable to dehydration than others because they naturally have a lower volume of water in their bodies. Aging men and women also don't typically feel thirsty until they're already dehydrated. So it benefits people of all ages, and

June 15

July 3

July 27

July 29

Aug 3

Aug 11

Aug 2

June 29 & 30 Men's Open

2024 Tournaments & Events

Youth Golf Tournament

Ladies Scramble @ 5:45

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2nd Tuesday of the month

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Alumni ScrambleTournament

Adult/Child Tournament @ 2:00

Couples Tournament @ 9am

Best of the Best 4 Person Scramble



especially the elderly, to learn these symptoms of dehydration.

- Extreme thirst
- Less frequent urination
- Dark-colored urine
- Dry mouth
- Less frequent sweating
- Feeling tired
- Dizziness
- Dry skin

Parents should know that infants and children may exhibit symptoms of dehydration that differ from those experienced by adults. Such symptoms may include:

- Dry mouth and tongue
- Crying without tears
- No wet diaper for three hours or more
- High fever
- · Being unusually sleepy or drowsy

Irritability

• Eyes that appear sunken dehydration Can prevented?

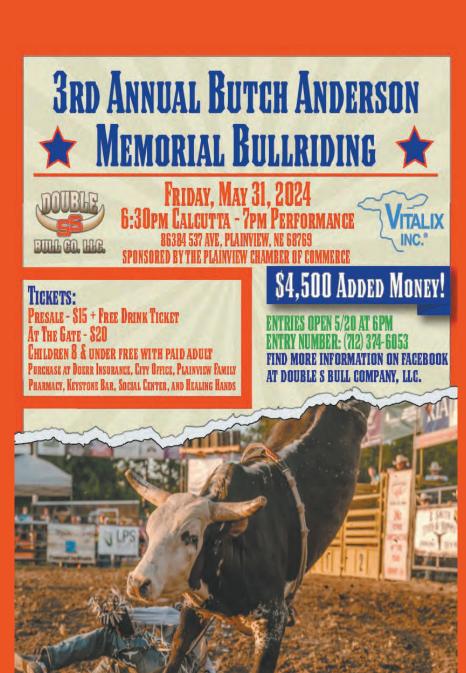
Ensuring sufficient fluid intake can help people avoid dehydration. Drinking enough water each day and avoiding outdoor physical activity on hot days are some other ways to reduce dehydration risk. addition, avoid sugary and/ or caffeinated beverages to reduce risk for dehydration.

A perfect day outdoors involves drinking enough fluids to stay hydrated.

Answer to Maze

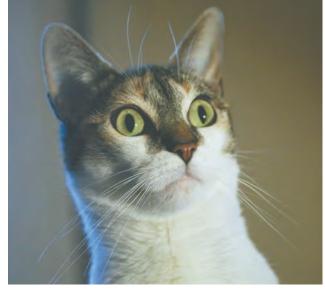








PREPARE PETS FOR FOURTH OF JULY ACTIVITIES



any people are eager for Independence Day celebrations in early summer. There is much to be excited about, as festivities often begin in the afternoon with barbecues and pool parties, and commence late at night after fireworks shows that light up the night sky. Still, not everyone enjoys the extra noise and busy nature of July 4th parties, particularly furry members of the family.

Animal control services often report an increase in lost animals between July 4th and July 6th. That's because the excitement of the holiday puts pets out of their comfort zones.

While pet owners need not cancel their July 4th plans, they should take heed of the many ways to keep their pets safe during the festivities.

Update identification

Be sure prior to any July 4th events that pets are wearing collars with current identification information. If an address or phone number has changed since the last time you updated microchip records, be sure to check the account is current.

Be careful with alcoholic drinks

Party hosts typically serve beer, wine and cocktails.

Alcoholic beverages have the potential to poison pets, says the ASPCA. Animals can become very intoxicated, severely depressed or go into comas if they drink alcohol. Keep spirited drinks well out of reach.

Check with the vet

Many pets are prone to anxiety from loud noises, such as thunderstorms and fireworks, and lots of commotion, something that occurs in spades come July 4th. Some veterinarians recommend a small course of anti-anxiety medication or a sedative to help pets cope with the stimuli.

Create a quiet space

Allow pets to ride out the day in their comfortable, quiet and cozy retreats. If necessary, create a space in an interior room. Cover the pet crate with a blanket and offer favorite toys or bedding to create a soothing environment.

Place notes on doors and gates

While it's best to keep pets in a locked room away from the fray, some pets like to socialize with guests and are not bothered by noises. However, alert guests with notes posted on doors and fence gates to check to make sure pets are not trying to escape behind them. All doors should be closed firmly when entering or exiting.

Pick up debris

Firework debris can rain down on properties even if you were not shooting off the fireworks. Curious pets may pick it up or eat it, which runs the risk of an upset stomach or even an intestinal blockage. Check your yard before letting pets out to play.

Keep an eye on the grill

Pets can be opportunists, and those burgers and chicken drumsticks smell delicious to pets. Pets that get too close

to the grill can become injured. And if pets eat leftovers, they may end up with digestive distress or even be poisoned by foods that are toxic to cats and dogs.

Pets need to be protected during summertime parties like Independence Day celebrations.



Other attractions on the Midway are Color Da Clow Face Painting, Too Much Fun, Critters Close-ups, JD Bears Chainsaw Carving PLUS all the 4-H & FFA Livestock Shows!









assassinated in 44 B.C.

5 FUN FACTS ABOUT THE MONTH OF JULY

'uly is synonymous with fun in the sun. In the northern hemisphere, July is typically characterized by sunny days, warm weather and long hours of daylight, making it an ideal month to enjoy a little rest and relaxation. Though it might be a great time for some R&R, July also boasts an interesting history. As revelers soak up some sun this summer, they can ponder these fun facts about the month of July.

1. July is named after a person whose been famous for thousands of years. According to the Farmer's Almanac, Roman dictator Julis Caesar developed the precursor to the Gregorian calendar used today. Though that made him worthy of a month named in his honor, it didn't do much to protect him during his life, as Caesar was famously

2. July is a celebratory month for fans of revolution. American Independence Day (July 4) and Bastille Day (July 14), which commemorates the storming of the Bastille and the dawn of the French Revolution in 1789, are among the notable revolutionary moments celebrated in July

3. Baseball historians know that many significant events in the game have taken place in July, and some records set in the month have withstood longer than others. On July 12, 1931, Mel Ott of the New York Giants hit his 100th career homerun, becoming the youngest player to reach that milestone. Ott was 22 years and 132 days old when he set the mark, which still stands today.

ALBION

GUN SHOW

4. One of the more famous statements in United States history was uttered in July, though it wasn't within American borders or even on the planet Earth. On July 20, 1969, American astronaut Neil Armstrong, after stepping onto the surface of the moon, declared, "That's one small step for man, one giant leap for mankind."

5. Two men who played integral roles in the American colonies gaining their independence from Great Britain both passed away on July 4th, the day that celebrates that very independence. On July 4th, 1826, former presidents John Adams and Thomas Jefferson, who were once friends, then political rivals and, finally, friends again, passed away within hours of each other.





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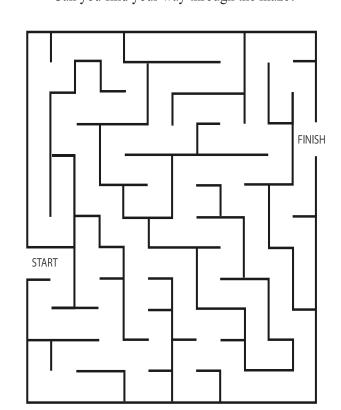


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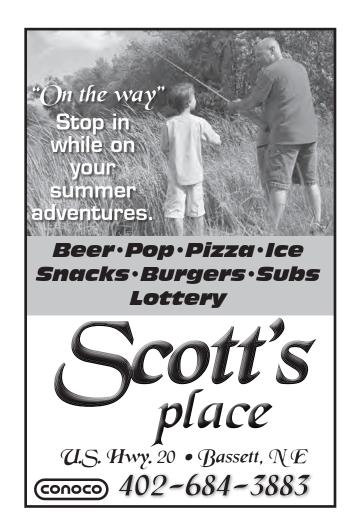
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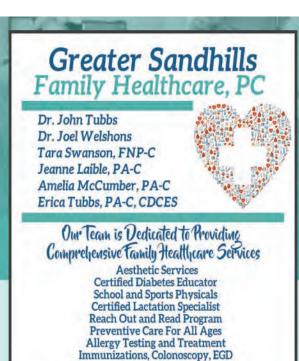
Maze Craze

Can you find your way through the maze?



Answer on page 9





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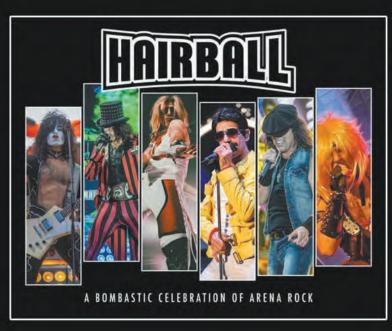


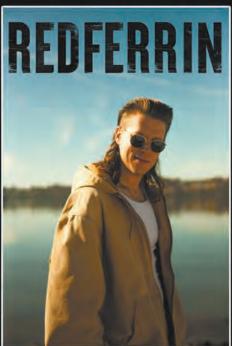




It can be easy to forget to apply sunscreen when a sunny summer day beckons you to get outside and enjoy the great outdoors. But forgetting to apply sunscreen before spending time in the sun is a potentially deadly mistake. According to the World Health Organization, one in every three cancers diagnosed is a skin cancer. In addition, the Skin Cancer Foundation notes that one in five Americans will develop skin cancer by the age of 70. The discomfort of a sunburn might seem relatively harmless, but the relationship between sunburns and cancer risk is significant. The SCF notes that having five or more sunburns doubles your risk for melanoma, a type of skin cancer that often and quickly spreads to nearby lymph nodes. Perhaps that's one reason why the American Cancer Society reports that the number of new invasive melanoma cases diagnosed annually increased by 47 percent between 2010 and 2020. Avoiding sunburn by applying and reapplying a broad-spectrum sunscreen with a minimum sun protection factor (SPF) of 30 should be a priority for anyone spending time outdoors.















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SUN EXPOSURE AND SKIN CANCER

he phrase "get some sun" is heard far and wide between the months of May and September. Many people spend much of their weekends outdoors between Memorial Day and Labor Day, and that means exposure to the sun.

As the mercury rises and more and more people $\,$ emerge from their winter and early spring hibernation, a rundown of the link between sun exposure and skin cancer can remind readers of the need to exercise caution when heading outdoors in the months to come.

Sun and skin cancer risk

Exposure to the sun is a risk factor for skin cancer. According to the American Institute for Cancer Research (AICR), exposure to ultraviolet radiation is the primary cause of skin cancer. Ultraviolet radiation comes from natural sources, like the sun, but also from artificial sources like tanning beds. The AIM at Melanoma Foundation notes that exposure to the ultraviolet radiation is the main risk factor for melanoma, which the Melanoma Research Alliance notes is the deadliest form of skin

Does past exposure affect my risk today?

AIM at Melanoma notes that cumulative sun exposure and episodes of severe sunburns increase the risk of developing melanoma. According to the Skin Cancer Foundation, research has shown that the UV rays that damage skin also can alter a tumor-suppressing gene, giving cells less of a chance to repair before a progression to cancer takes place.

A single blistering sunburn in childhood or adolescence more than doubles a person's risk of developing melanoma later in life, while five or more sunburns more than doubles that risk as well. The damage to skin caused by a sunburn is indeed cumulative, so the more sunburns a person gets, the greater that person's risk of developing skin cancer becomes.

So is a tan detrimental to overall health?

AIM at Melanoma notes that the tan many people hope to get and keep throughout late spring and summer is detrimental to their overall health. AIM notes that a tan develops when the skin tries to protect itself from UV rays by producing pigment as a protective shield. The more pigment the body produces, the darker the skin becomes. So a tan is evidence that the skin has been damaged by exposure to UV radiation. In fact, AIM notes that each time a person develops a tan, that individual's risk of developing skin cancer increases.

Spring and summer weather beckons people outside each day. When that call comes, individuals must make an effort to protect their skin from overexposure to the sun.





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Wednesday, August 7 - 4-H Static Project Check-In Thursday, August 8 - Hog, Sheep & Goat Show Friday, August 9 - Beef Show & Bonus Auction

Saturday, August 10 - Dairy, Chicken & Rabbit Show

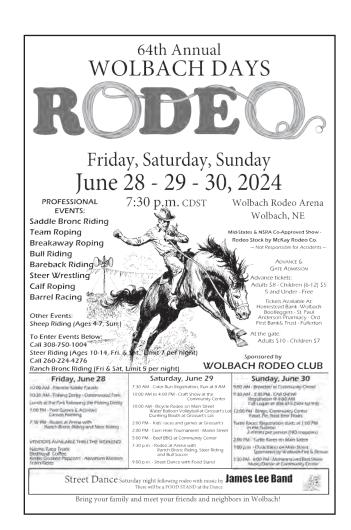




EXPLAINING THE SUMMER SOLSTICE

ach year, people in the Northern Hemisphere eagerly await the arrival of the summer solstice. The solstice was a key cultural event in many ancient communities, but in modern times, it marks an opportunity to celebrate the arrival of summer as well as the longest day of daylight and the shortest hours of night. The summer solstice occurs as a result of the tilt of Earth's rotational axis. According to Time and Date, as Earth orbits the sun over the course of each year, its axis always points in the same direction in space. The Northern Hemisphere angles toward the sun for half the year and away for the other half. When the North Pole is nearest to the sun, this is known as the summer solstice in the Northern Hemisphere. In the Southern Hemisphere,

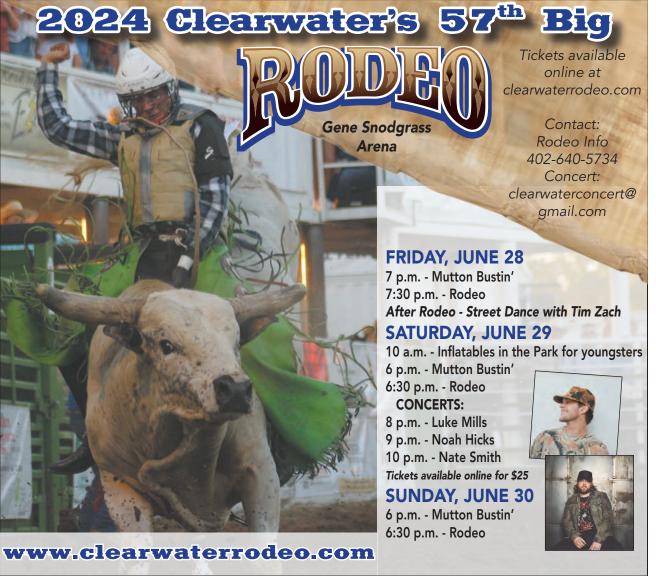
the solstices are reversed. The exact day that the solstices occur can vary by a day or two depending on the Earth's rotation. For 2024, the summer solstice occurs on Thursday, June 20, 2024 at 3:50 pm CDT. Along the border of the United States and Canada, daylight will last approximately 15 hours.





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ROAD TRIP PLANNING POINTERS





ravelers take to the open the road for any number of reasons. When traveling on a summer vacation, families may find it's more affordable to travel by car than to pay for airline tickets for parents and kids. Others take driving vacations because they afford more freedom to move at one's own pace than air or train travel. Whatever it is that motivates drivers to hit the open road, there's no denying such trips are more enjoyable when drivers make an effort to plan ahead. With that in mind. travelers can keep these road trip planning pointers in mind.

• Choose a nearby destination. Driving to a faraway place conjure romanticized visions of scenic roadways and heartwarming roadside cafés, but that may only appeal to drivers like retirees who have all the time in the world to get from point A to point B. Family travel is often dictated by how long parents can get away from the office, and in such instances shorter tips make more sense than spending days in the car. In addition, driving tends to be the more economical option when travelers are only going short distances. Parents may think driving to a destination that's a couple of days away from home by car is more economical than flying, but it's best to crunch the numbers first. The cost of hotels, meals and gas to get there and back may negate the cost savings of driving over flying.

• Develop an itinerary. A trip itinerary does not have to be

strictly followed, but it can provide some structure and help ensure drivers get to spend as much time at their desired destination as possible. Identify sights to see and restaurants to visit along the way, which can provide a welcome respite from sitting in the car. Do your best to stick to an itinerary that keeps the car moving toward your ultimate destination.

• Read the room. Who's going to be in the car also merits ample consideration when planning a road trip. Parents know that young children will need to be accommodated with some intrip entertainment to make any lengthy road trip more enjoyable for all. But adults also may require some extra creature comforts and accommodations. For example, seniors about to embark on a road trip can identify pitstops along the way where they can use



the restroom and even stretch their legs. And if the family pet is coming along, periodic pitstops for Fido to stretch his legs and burn off some energy will be necessary as well.

• Ensure you have support. Many automotive insurance providers offer roadside assistance to policy holders. Such plans are generally affordable and can provide a safety net for drivers taking road trips. They can be especially helpful when visiting remote locales. If an insurance provider does not offer a desirable roadside assistance plan, consider a membership in an automotive club like AAA.

Planning is a vital component of a successful and memorable road trip, which is something travelers can keep in mind regardless of where they're going.











MAKE WATERMELON THE CENTERPIECE OF MEALS

ew things are as delicious and refreshing as watermelon on a warm day. Watermelon grows quite readily in summer and is often ready to pick after three months of growing time. Harvesters look for a pale buttery yellow spot on the bottom of watermelon (the ground spot), indicating ripeness. However, shoppers can do their part and pick perfect watermelon at the store. The fruit should be firm, symmetrical and free from bruises, cuts or dents. The melon also should be heavy, as it is comprised of 92 percent water.

Most people immediately think of watermelon as a sweet snack or as a palate cleanser after an evening meal, but watermelon is equally at home in savory dishes as it is in sweet offerings. You may enjoy this recipe for "Zesty Watermelon Chicken Salad Tortilla Cups" courtesy of The National Watermelon Promotion Board and recipe author Shannon Kohn. This is a great warm weather meal that looks impressive and is both cool and filling for summer entertaining.

ZESTY WATERMELON CHICKEN SALAD TORTILLA CUPS

Makes 12 servings



- 4 8-inch flour tortillas
- 1/4 cup softened cream cheese
- 2 tablespoons mayonnaise
- 1 tablespoon cayenne pepper sauce
- 2 tablespoons chopped green chiles
- 1 cup cooked, chopped chicken
- 1½ cups chopped watermelon
- ½ cup roasted, salted pumpkin seeds (pepitas)
- 1/4 cup sliced green onions
- 1. Preheat oven to 375 F.
- 2. Using a 4-inch cookie cutter or cup, cut rounds out of each tortilla. Press one tortilla round down into each cup of a 12-cup muffin pan.
- 3. Bake for 8 to 10 minutes or until tortilla cups are light brown and crispy. Remove from oven; allow to cool.
- 4. In the bottom of a large bowl, combine cream cheese, mayonnaise and pepper sauce until smooth.
- 5. Stir in chicken and green chiles. Fold in watermelon.
- 6. Divide and fill each tortilla cup with an extra amount of the watermelon-chicken mixture.
- 7. Divide and garnish with an equal amount of pumpkin seeds and green onion, respectively.

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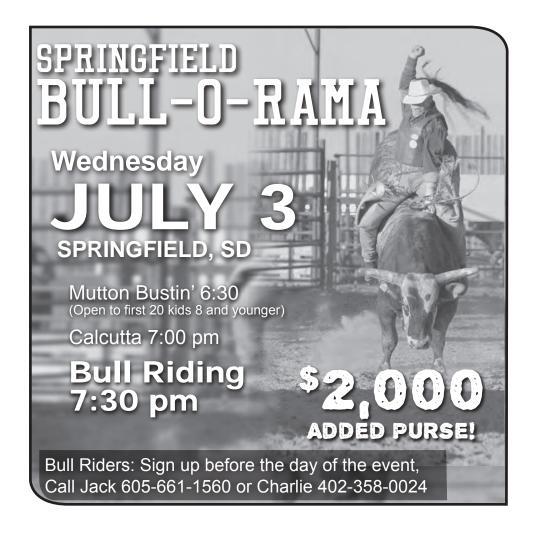
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GRILL SAFELY THIS SUMMER



lenty of people can be found working their grilling magic year-round. But the vast majority of people do the bulk of their grilling over the summer, when warm temperatures contribute to a relaxed atmosphere that makes outdoor cooking and dining that much more

The relaxing nature of summer can make it easy to overlook safety, particularly when grilling. However, the right safety measures when cooking over an open flame can prevent home fires and other accidents that can cause injury and even death. In recognition of the many things that can go wrong when grilling, the Federal Emergency Management Agency and the U.S. Fire Administration

• Only use a grill outside. Grills should never be used indoors, and that includes in garages with the doors open. Before lighting a flame, make sure the grill is at least three feet from siding, deck rails and eaves.

offer these simple fire safety tips that every grillmaster

can keep in mind as summer grilling season hits full swing.

- Establish a safe zone around the grill. A three-foot safe zone around the grill can decrease the likelihood that pets will run into and potentially tip over the grill. Kids can be taught to respect this zone as well so they avoid being
- Open a gas grill before lighting it. Charcoal grills,

hybrid grills and smokers cannot be lit unless the lid is lifted. That isn't the case with gas grills, but gas grills should never be lit with the lid closed. If a gas grill is lit with its lid closed, gas can build up inside and that could cause an explosion. Even if there's some summer rain falling, open the lid on a gas grill before turning the ignition switch.

- Keep an eye on the grill at all times. It's tempting to walk away from a grill while food is cooking, but someone should always be tasked with staying close to the grill. If cooks must walk away, ask another adult to stay close to the grill until you return. All it takes is a few seconds for a fire to start.
- Clean the grill regularly. Regular cleaning of the grill is both healthy and safe. Cleaning helps to ensure the cooking surface is clean and unlikely to cause food poisoning. But a grease-free grill also poses less of a fire hazard than one that hasn't been cleaned.
- · Let coals cool before discarding them. Coals from the grill should be given ample time to cool before they're removed from the grill and discarded.
- · Remember to turn the gas valve to the off position after cooking. When cooking with gas grills, cooks must remember to turn the valve to the off position once all the food has been cooked.

Simple safety measures can ensure summer grilling season goes off without a hitch.



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PLAYDAYS Saturday, August 31, 2024

Check-in at 11:45 am - Events start at 1 pm

TRAIL RIDE Sunday, September 1, 2024

Ride starts at 1 pm Supper 5-9:30 pm, free will donation

LIVE BAND - TIM ZACH

TRAIL RIDE

Monday, September 2, 2024

Ride starts at 9 am Breakfast 7-10 am, free will donation

ALL EVENTS TAKE PLACE IN VERDEL, NE

HOW TO BUILD A BETTER BURGER

Backyard barbecue season is starting to heat up. Although many people grill all year long, grilling season kicks into high gear in spring and summer.

Burgers will always be quintessential grilling fare. It should come as no surprise that the month of May is National Hamburger Month. That's likely due to Memorial Day weekend, which many view as the unofficial start of summer, being one of the first times of the year people begin grilling burgers. Despite burgers' popularity, it's easy to make mistakes when preparing them. These tips can help anyone build a better burger.

Use freshly ground meat

Buying ready-made ground meat (of any variety) is taking a gamble because you don't know when it was ground, how many animals it came from or how it was handled. By freshly grinding the meat at home you will have greater control over the cut of meat and the fat content. Personally ground meat will be fresher, especially when you get nice cuts of meat directly from your local butcher. Top chefs suggest dicing cold meat into chunks and freezing for about 10 minutes prior to grinding for the best results.

Fat is key

For the most juicy, flavorful burger, you'll want a ratio of 80 percent meat to 20 percent fat. Some people like to eat lean, but with a burger, the fat will be

necessary and it's better to select leaner meats for other dishes.

Don't overwork the meat

Handling the burger patties too much can lead to dense, tough burgers. Gently shape the burgers into round, 1-inch thick, flat discs. To prevent the burgers from rounding in the middle during cooking, press a dimple with your thumb in the center of the patty to help it cook evenly. It's a smart idea to weigh each patty to ensure uniformity of size and even cooking.

Don't add salt early on

Salt added to the ground meat before it's shaped can draw the liquid out of the meat, leaving a dry burger behind. Sprinkle salt sparingly while it is cooking for flavoring.

Avoid overcooking

Most health authorities recommend not leaving any pink meat in a burger made from ground meat. According to BBC Good Food, burgers can be cooked for 5 to 6 minutes on each side for medium and 8 to 9 minutes per side for well done. For

the best results, use a food thermometer to check internal temperature. The USDA says ground meat, whether it's pork, veal, beef, or lamb, should be cooked to 160 F

Flip as desired

The cooking resource Serious Eats debunked the myth that burgers should only be flipped once. Flipping the burger repeatedly, as often as once every 15 seconds, encourages faster, more even internal cooking and can dramatically reduce cooking time.

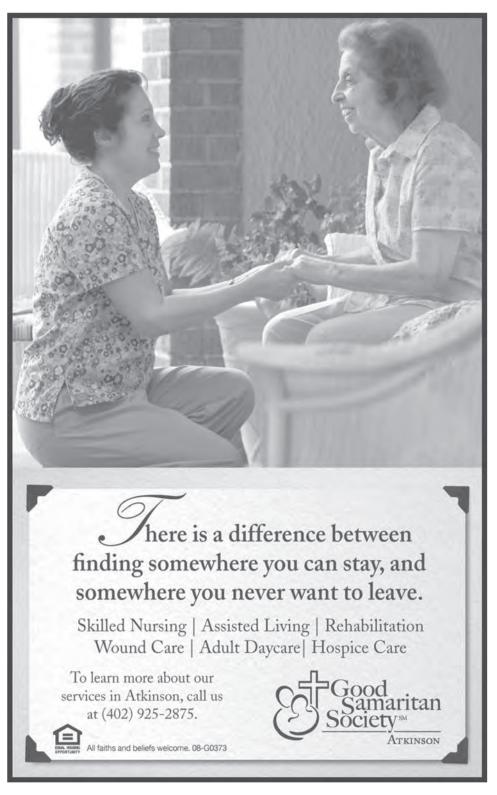
Keep the patties separate

Let everyone build their own burgers, as keeping the cooked meat away from the burger buns for as long as possible will reduce the chances of the juices making the buns soggy. Soft, squishy buns tend to make for good burger eating, as they will not overwhelm the meat with too much crusty bread.



The smell of grilling burgers is in the air. Ensure that every burger is a masterpiece by utilizing some important cooking tips.









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TIPS TO MAKE YOUR YARD LESS ATTRACTIVE TO TICKS

Backyards are ideal places to spend warm afternoons soaking up some sun. Lazy days in the yard are a big part of what makes warm weather seasons like spring and summer so appealing. But those afternoons can quickly go off the rails when an unwelcome visitor makes its presence known. Ticks can be found throughout the world, but the Centers for Disease Control and Prevention notes that only a select few types of ticks transmit bacteria, viruses and parasites, or pathogens, that cause diseases in people. But even if the number of tick species that transmit diseases to humans is relatively low, ticks that can infect humans are a notable threat. Such ticks carry pathogens that the CDC notes can cause a number of diseases, including Bourbon virus, Ehrlichiosis and, of course, Lyme disease, among others.

Human beings can come into contact with ticks in their own backyards. But humans can take various steps to make their lawns less welcoming to ticks.

- Cut your grass short and keep it that way. Black-legged ticks are transmitters of Lyme disease, which the CDC notes is the most common vector-borne disease in the United States. Black-legged ticks do not like environments that are dry and hot, so short grass makes lawns less attractive to this type of tick. Consumer Reports advises homeowners who have let their grass grow a little too high (around five or six inches) to bag their clippings when cutting the grass. Lots of clippings on the grass can provide a respite from the heat for black-legged ticks.
- Create a tick barrier if your property abuts woods. Woods provide a cover from summer heat that black-legged ticks crave. So properties that abut the woods may be more vulnerable to these unwanted guests than yards that do not border woodlands. A barrier of dry mulch made of wood chips between a property and a bordering wooded area can help repel ticks, who won't want to settle in often dry, hot mulch beds.
- Plant with infestation prevention in mind. Some plants can help to repel ticks because they boast certain
 characteristics that ticks cannot tolerate. The fragrances, textures and oils of plants like garlic, mint,
 lavender, marigolds, and others create less welcoming conditions for ticks. Homeowners can speak with
 local garden centers for advice on tick-repellant plants that can thrive in their particular climate and on
 their properties.
- Remove yard debris. Piles of wood, leaves and brush can make for good conditions for ticks that transmit disease. After raking leaves and gathering brush, discard the resulting piles immediately.

These measures will not necessarily prevent all ticks from establishing themselves on a property, so individuals are urged to inspect their bodies and the bodies of their pets after a day in the yard.



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- Special tours of groups, schools, clubs welcomed
- Ask about museum rental for special occasions











9 FACTS ABOUT THE DECLARATION OF INDEPENDENCE

The Declaration of Independence is a 1. While Thomas Jefferson wrote the document that indicates the founding principles of the United States of America. The declaration was issued by the Continental Congress on July 4, 1776, and announced the separation of the 13 British colonies in North America from the United Kingdom.

That significance means the public may want to learn more about the Declaration of Independence. Here are some key facts.



- Declaration of Independence, it was carefully reviewed and modified by other members of the Continental Congress, notably John Adams and Benjamin Franklin.
- 2. The Continental Congress actually voted for independence on July 2, 1776. The written Declaration was dated July 4, 1776, but it wasn't actually signed until August 2nd of that year. John Adams thought July 2nd would be marked as the national holiday.
- Fifty-six delegates signed the Declaration of Independence, but not all were present on that day in August.
- 4. While many know that John Hancock signed first, with his prominent signature readily visible, it is believed that Thomas McKean of Delaware was the last person

5. Others signed according to state delegation and in columns, starting with the northernmost state (New Hampshire) to the southernmost (Georgia).

- $6.\,About\,200\,copies\,of\,the\,Dunlap\,Broadside$ were printed. Today, 26 copies remain.
- 7. The original rough draft of the Declaration of Independence has been lost.
- 8. The Declaration of Independence was not universally accepted, and many people in the colonies remained loyal to the

British monarchy and opposed American independence.

9. The Declaration of Independence has a message written on the back of it. It reads, "Original Declaration of Independence dated 4th July 1776."

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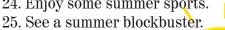


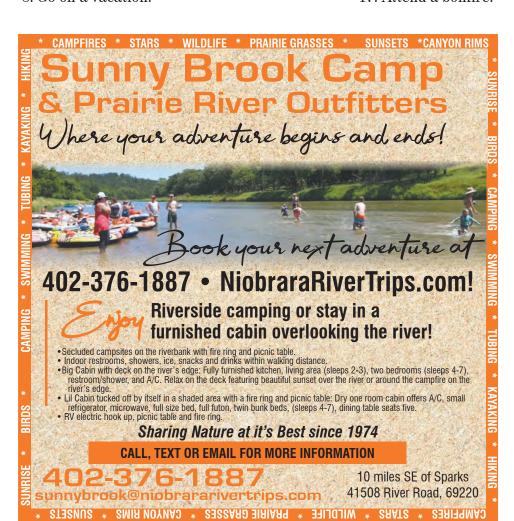
THINGS YOU MUST DO BEFORE SUMMER ENDS

- 1. Go for a picnic.
- 2. Unplug and go connect with your real life
- 3. Go find your nearest body of water.
- 4. Walk somewhere.
- 5. Try something you've never tried before.
- 6. Start a garden.
- 7. Plank yourself three times a day.
- 8. Go on a vacation.

- 9. Have a BBQ.
- 10. Do some house work.
- 11. Attend a parade.
- 12. Go see some fireworks.
- 13. Go hiking and camping.
- 14. Get yourself some fruity drinks.
- 15. Volunteer.
- 16. Have a garage sale.
- 17. Attend a bonfire.

- 18. Visit the zoo.
- 19. Find a movie drive in.
- 20. Take a nap in a hammock.
- 21. Watch a sunset from an epic location.
- 22. Go to an outdoor concert.
- 23. Pick some wildflowers or fruit.
- 24. Enjoy some summer sports.







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• CALENDAR OF EVENTS •

ALBION	
IIINE	
	Alumni Weekend/Street Festival
JULY	
6-10 ATKINS	Boone County Fair
MAY	City Wide Garage Sale
JUNE	City Wide Garage Sale
	City Wide Garage Sale
5	Tractor Ride Across Nebraska
JULY	
10	Christmas in July
AUGUST	
BASSET	on Hay Days/Ranch Rodeo Celebration
JUNE	A STATE OF THE STA
JUINE 2-3	BRAN Bicyclists thru Bassett
5	TRAN Tractor riders thru Bassett
15-16	Rock County Alumni Weekend
19-20	Sandhills Ranch Expo
	Tour de Nebraska Bicyclists thru Bassett
JULY	11:-1-6-11 01
10-11	High School Rodeo Rock County Fair
2-3	Rock County Fair
BLOOM	FIELD
AUGUST	40
	Knox County Fair
BURWE	Knox County Fair
JUNE	
2	Calamus Carp Tournament
11-13	DC Lynch Carnival City-Wide Garage Sales
29-30 28-20	Alumni Reunion
JULY	Alumin Reumon
4	Fire Dept BBQ & Fireworks
23-27	Garfield County Fair
24-27	Nebraska's Bia Rodeo
27	Nebraska's Big Rodeo Parade
AUGUSI	Catfish Chasers Tournament
23-25	Cattish Chasers lournament
BUILE	
22	Cruise Night
28 30	Pancako Days
CHAMR	ERS Pancake Days
IIIIY	
4	Independence Day Celebration
AUGUST	
5-10	ATER
CLEARW	ATER
IUNF	
28-30	Clearwater's Big Rodeo
29	Clearwater Rodeo Concert featuring Nate Smith & Noah Hicks
AUGUST	leafuring Nate Smith & Noah Flicks
17	Rough Stock Rodeo
CREIGH	Rough Stock Rodeo
JUNE	
JUINE	
13-16	Berry Pepper Days
13-16 ELGIN	Berry Pepper Days
13-16 ELGIN MAY	
13-16 ELGIN MAY 31	Elgin Community Wide Garage Sales
13-16 ELGIN MAY 31	Elgin Community Wide Garage Sales
13-16 ELGIN MAY 31 JUNE 1	Elgin Community Wide Garage SalesElgin Community Wide Garage Sales
13-16 ELGIN MAY 31 JUNE 1	Elgin Community Wide Garage Sales Elgin Community Wide Garage Sales Tractor Pull
13-16	Elgin Community Wide Garage Sales Elgin Community Wide Garage Sales Tractor Pull Vetch Days
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13-16	Elgin Community Wide Garage SalesElgin Community Wide Garage SalesTractor PullVetch Days e John XXIII Alumni Softball Tournament ParadeMethodist Women's DinnerJr. RodeoVolunteer FD FundraiserTth Annual Paddle Poker RunGolf Cart ParadePancake FeedFireworks at Dusk CON Parage SalesTractorVetch Days
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GREELEY	
IIIIV	
SEPTEMBER	
LONG PINE	
7-9 Middle of Nowhere Carnival Days	
21-22 LYNCH Long Pine Days	
JUNE 13Cruise Night	
14Alumni Golf Tournament 15Alumni Banquet	
16 Alumni Parade, Pie & Ice Cream Social & Road Rally	
28-29 Dirt Road Rally@Springlake Angus Center SEPTEMBER	
6-7Steel Creek Bikefest@Springlake Angus Center	
JULY	
9-14	
NIOBRARA Madison Gun Show	
JUNE 3Sage Brothers Memorial	
JULY 19Alumni Golf	
20Alumni Banquet	
19-20Niobrara Bridge Days AUGUST	
2-4	
13-15Great American Comedy Festival	
28-29 Boomfest	
AUGUST	
16-18 Popcorn Days O'NEILL	
JUNE 8KBRX Garage Sales	
JULY 4Fireworks	
19-21 Summerfest/Rodeo/Car Show/Family Events 20BJ Jamison Opening for Parmalee Concert	
5-10Holt County Fair @ Chambers	
SEPTEMBER 14	
JULY	
5 Stars & Stripes Patriotic Concert 6 Midwest Makers Market	
AUGUST 5-10 Missoula Children's Theatre	
Jack & The Beanstalk Production	
PETERSBURG JUNE	
5-6 BRAN-Bike Ride Across Nebraska	
8Fire Dept. Cruise Night and Dance 25-26	
PIERCE	
24-28 Pierce County Fair	
PILGER	
29The Windmill Market, Live Music & Beer Garden JULY	
27The Windmill Market, Live Music & Beer Garden	
AUGUST 31The Windmill Market, Live Music & Beer Garden	
SEPTEMBER 28The Windmill Market, Live Music & Beer Garden	
PLAINVIEW MAY	
JUNE Klown Days	
1.0 Vlava Dava	
8Hwy 20 Hot Rod Assoc. Car Show	
JULY 19Euchre Tournament	
20	
JUNE	
18-22 Old Settlers Reunion	

SPENCER
JUNE
21Fireman's Burgers & Brats Fundraiser
22Alumni JULY
17SCED Ladies Night Quarter Auction 23-27Boyd County Fair
23-2/Boyd County Fair SEPTEMBER
21 Rescue Unit BBQ Fundraiser SPRINGFIELD, SD
SPRINGFIELD, SD
JULY 3 Bull-O-Rama
3Bull-O-Rama SPRINGVIEW
JUNE
1
16 Father's Day Golf Tournament
22 Golf Tournament hosted by Springview Fire & Rescue 22 Ranch Rodeo
22 Ranch Rodeo 22 Norden Dance (Loretta Lush & the Bittersweet Band)
25-30Tour de Nebraska
JULY Every FridaySandlot Baseball
4 Community Potluck, Baseball & Fireworks
7Golf Club's Open Tourney 20Norden Dance (Classic Country Club)
20 Springview Fire & Rescue Water Fight
& Street Dance & Fun Days Glow Ball Golf Tournament
AUGUST
3Norden Dance (Clay Creek) 16-18Keya Paha County Fair
1/Norden Dance (Jessica Loobey Band)
CEDTEMPED
21
JUNE
2, 9, 16, 23, 30Races at Stuart Raceway 30 Large Fireworks Show and Races at Stuart Raceway
JULY
14, 21, 28
4, 11Races at Stuart Raceway
IILDEN
26-28Tilden Prairie Days
VERDEL
AUGUST 31Ponca Creek Renegades Saddle Club Playday
SEPTEMBER
1-2 Ponca Creek Renegades Labor Day Trail Ride
JUNE
21Cruise Main in Wayne
JULY 12-14Chicken Show
19 Cruise Main in Wayne
25-28Wayne County Fair AUGUST
16Cruise Main in Wayne
MAUSA
AUGUST 30-31Labor Day Celebration
SEPTEMBER
1Labor Day Celebration WOLBACH
IIINE
28-30 Wolbach Rodeo Days
A STATE OF THE STA

ENJOY

THE SUMMER!