



# Aging Office of Western Nebraska

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1517 Broadway,  
Suite 122  
Scottsbluff, NE 69361  
**Winter Edition**

## From the Director ~ Cheryl Brunz

Merry Christmas and a Happy New Year!

I would like to start this edition of our newsletter by thanking two very important men; Doug Hashman and Webb Johnson. The two of them have been on our Governing Board for many years. We appreciate Doug and Webb for their dedication, commitment, leadership, and service. Doug Hashman is from Box Butte County and Webb Johnson is from Dawes County. These two men have been instrumental in helping to make decisions for the Aging Office of Western Nebraska. We wish them well and we will miss you!

I leave you this month with Healthy eating as we age.

### Healthy Eating As We Age

As we age, healthy eating can make a difference in our health, help to improve how we feel, and encourage a sense of well-being. Eating healthy has benefits that can help older adults:

#### Nutrients

- Obtain nutrients needed by the body such as potassium, calcium, vitamin D, vitamin B<sub>12</sub>, minerals, and dietary fiber.
- Lose weight or maintain a healthy weight
- Reduce the risk of developing chronic diseases such as high blood pressure, diabetes, hypertension, and heart disease. If you have a chronic disease, eating well can help to manage the disease.
- Meet individual calorie and nutrition needs.

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## Sudoku No. 1

4			1		9			3
		3				5		
9				7				4
		2			8			
	5						7	
			3			1		
7				5				2
		9				8		
1			2		4			6

## Sudoku No. 2

2					9			
	9	6				2	7	
			4	1				9
					3	5		
	8						9	
		4	8					
3				5	7			
	5	1				4	3	
			6					8

## Senior Center Locations

Alliance 308-762-8774	Hemingford 308-635-0851
Banner Co. Sch. 308-436-5262	Kimball 308-235-4505
Bayard 308-586-1966	Lewellen Tiger Den 308-778-0102
Bridgeport 308-262-1868	Mitchell 308-623-1145
Chadron 308-432-2734	Morrill 308-247-3323
Chappell 308-874-2954	Oshkosh 308-772-3400
Crawford 308-665-1515	Rushville 308-327-2061
Gering 308-436-3233	Scottsbluff 308-436-3233
Gordon 308-282-2939	Sidney 308-254-4835
Harrison 308-668-2261	
Hay Springs 308-638-4534	

## Handy-Bus Contacts

Box Butte Co.	308-762-3596
Cheyenne Co. Sidney	308-254-7070
Chadron	308-432-0520
Crawford	308-665-1256
Kimball Co.	308-235-0262
Panhandle Trails	308-761-8747
Scotts Bluff Co.	308-436-6688
Sheridan Co.	308-360-3504



## Recipe 1—SOFT SNICKERDOODLE COOKIES

### Ingredients

- 1 cup butter, softened
- 1 1/2 cups sugar
- 2 large eggs
- 2 3/4 cups flour
- 2 teaspoons cream of tartar
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 3 tablespoons sugar
- 3 teaspoons cinnamon
- 1 teaspoon vanilla extract

### Directions

- Preheat oven to 350°F.
- Mix softened butter, 1 1/2 cups sugar, 1 tps of vanilla extract and eggs thoroughly in a large bowl.
- Combine flour, cream of tartar, baking soda and salt in a separate bowl.
- Blend dry ingredients into butter mixture.
- Chill dough, and chill an ungreased cookie sheet for about 10-15 minutes in the fridge.
- Meanwhile, mix 3 tablespoons sugar, and 3 teaspoons cinnamon in a small bowl.
- Scoop 1 inch globs of dough into the sugar/ cinnamon mixture.
- Coat by gently rolling balls of dough in the sugar mixture.

Place on chilled ungreased cookie sheet and bake 10 minutes.



# Elder Access Line

Any Nebraskan aged 60 and older regardless of income, race or ethnicity is able to receive help with questions on topics like bankruptcy, homestead exemptions, bill collections, power of attorney, Medicare, Medicaid, grandparent rights and Section 8 housing. Legal Aid of Nebraska operates the Elder Access Line through a free telephone access line.

**The statewide Elder Access Line is 1-800-527-7249**

## Let's Talk About it – Remembering Our Service Members

Writing a column for our newsletter during this season gives good reason to write about thankfulness, family, and blessings. This seems difficult for the year 2020 as it feels quite the opposite. I read something recently, however, that reminded me to be grateful as, without it, our country would not be what it is today.

During the COVID-19 pandemic, we have been asked to comply with restrictive demands for our safety and have witnessed unimaginable horrors. While this tragedy is still in the midst of its destruction, I stopped in my tracks as I read and reread “your grandparents were called to war; you are being asked to sit on a couch. You can do this”.

I realized I would be submitting my column for print on December 7, a day marked in history where we were faced with a different sort of monster – the date Pearl Harbor was attacked. I felt bereft thinking of a time so significant knowing I could only recall it through stories and history books. It was during a time where we would serve our country and our fellow Americans through selfless acts, fully understanding the potential consequences. Regardless, it didn't stop us from lining up. We chose to be fierce. We chose to serve. We chose to protect.



During this time where it is accustomed to regale in blessings, I wanted to introduce you to someone. Please, meet my grandfather, Peter Stasiak.

Peter was born in 1920 and destined to be a hero battling a different type of monster. Through an odd circumstance, Peter's high school swim coach made a bet with a coach of an Olympic swim team. As the “my swimmer can beat your swimmer” story was told to me to as a young child, I found it fascinating to learn that Peter became an Olympic swimmer himself. As I grew older, I learned to appreciate more about my grandfather. Peter chose to use his gift, something that had never been in the family before, to the advantage of our country by becoming a swim instructor for the United States Army. Peter trained our Americans for treacherous waters, waters we experienced on days like December 7, 1941 and as I specifically remember through the stories, D-Day on June 6, 1944. This photo of Peter was  
(Continued on page 8)

## From the Director ~ Cheryl Brunz—Continued

Help to maintain energy levels.

### Special Nutrition Concerns for Older Adults

Our daily eating habits change as our bodies get older. Make small adjustments to help you enjoy the foods and beverages you eat and drink.

- Add flavor to foods with spices and herbs instead of salt and look for low-sodium packaged foods.
- Add sliced fruits and vegetable to your meals and snacks. Look for pre-sliced fruits and vegetables on sale if slicing and chopping is a challenge.
- Ask your doctor to suggest other options if the medications you take affect your appetite or change your desire to eat.
- Drink 3 cups of fat-free or low-fat milk throughout the day. If you cannot tolerate milk try small amounts of yogurt, butter milk, hard cheese or lactose-free foods. Drink water instead of sugary drinks.
- Consume foods fortified with vitamin B12, such as fortified cereals.

### Be Active Your Way

Focus on maintaining a healthy body weight. Being physically active can help you stay strong and independent as you grow older. If you are overweight or obese, weight loss can improve your quality of life and reduce the risk of disease and disability.

Adults at any age need at least 2 ½ hours or 150 minutes of moderate-intensity physical activity each week. Being active at least 3 days a week is a good goal.

Find an activity that is appropriate for your fitness level. If you are not active, start by walking or riding a stationary bike. Strive for at least 10 minutes of exercise at a time and be as active as possible.

(Continued on Page 12)

## Hidden Pictures Winners

**Were you a Hidden Picture Winner in the last edition of our newsletter? These folks were!!**

Barbara Snyder—Alliance; Marge Stephenson—Bayard; Rose Hutchinson—Bridgeport; Bonnie Hald—Chadron; Beth Gibbons—Crawford; Lawanda Mendez—Gering; Margaret Dunn—Harrison; Maria Koeteman—Mitchell; Mary Soper—Morrill; Ruth Rubsam—Oshkosh; Moneen Rasmussen - Rushville; Letha Tagler—Scottsbluff; Blanche Frerichs—Sidney.

# January 2021 ~ What's for Lunch?

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Meals are subject to change</b>				<sup>1</sup> <b>Closed for Holiday</b>
<sup>4</sup> Beef Fritter Potatoes Vegetable Bread Milk Dessert	<sup>5</sup> Ham & Beans Vegetable Jello Bread Milk Dessert	<sup>6</sup> Breaded Chicken Patty Potato Vegetable Bread Milk / Juice Dessert	<sup>7</sup> Cheddar Egg Bake Sausage links Baked Tomatoes Bread Milk Dessert	<sup>8</sup> Liver & onions or Alternative Vegetable Bread Milk Dessert
<sup>11</sup> Meatloaf Potatoes Vegetable Bread Milk Dessert	<sup>12</sup> Fish Nuggets Mac & Cheese Vegetable Bread Milk Dessert	<sup>13</sup> Salisbury Steak Potatoes Vegetable Bread Milk Dessert	<sup>14</sup> Rosemary Orange Pork Roast Potato Vegetable Bread Milk Dessert	<sup>15</sup> Hot Turkey Sandwich Potato Vegetable Bread Milk Dessert
<sup>18</sup> Chicken & Noodles Salad Vegetables Bread Milk Dessert	<sup>19</sup> Bake Sausage Ziti Vegetable Bread Milk Dessert	<sup>20</sup> Roast Beef & Gravy Potato Vegetable Bread Milk Dessert	<sup>21</sup> Battered Fish Filet Rice Pilaf Bread Milk Dessert	<sup>22</sup> Barbecue Pork Chops Potato Vegetable Bread Milk Dessert
<sup>25</sup> Turkey ALA King Over Biscuit Potatoes Vegetable Bread Milk Dessert	<sup>26</sup> Swedish Meatballs Potato Fruit & Veg. Bread Milk Dessert	<sup>27</sup> Potato Ham Bake Vegetable Jello Bread Milk Dessert	<sup>28</sup> Fish and Cheese Sandwich Potatoes Coleslaw Bread Milk Dessert	<sup>29</sup> Creamy Chicken Spaghetti Vegetable Bread Milk Dessert

## Let's Talk About It –Continued

taken by his Commanding Officer in 1941 to show off his swimming physique.

Sitting on a couch isn't so difficult, right? But it easily becomes daunting when you are forcibly separated from those you love. Love letters are things of the past; what do we do *now*? Personally, I vote for letters.

As always, you are welcome to submit any questions, topics, or stories you'd like to share for our quarterly "Let' Talk About It". I would absolutely cherish anything our community has to offer. You may remain anonymous if you wish.

Email or write to me at [AnneMarie.Lauderdale@aown.org](mailto:AnneMarie.Lauderdale@aown.org) or 1517 Broadway, Suite #122, Scottsbluff NE, 69341.



**ACROSS**

- 1. Half-pint
- 3. Sleepy
- 9. Sean Lennon's mom
- 10. Sneezy (phrase)
- 12. "\_\_\_ apple a day ..."
- 14. Bloom of the Netherlands
- 16. Dopey
- 18. Grumpy
- 22. Happy
- 24. Cheap and showy
- 26. Physician's request
- 28. Doc
- 32. \_\_\_ Mahal
- 34. Bashful
- 35. Suitable

**DOWN**

- 1. Unsullied
- 2. Flower part
- 3. August baby, probably
- 4. Tic-\_\_\_-toe
- 5. Hubbub
- 6. Monopoly starting space
- 7. Barefoot Food Network star
- 8. Communicate
- 11. Santa syllables
- 13. Clean with a cloth
- 15. Concise
- 16. Don Draper, for example
- 17. Unfit
- 19. Compatriot

**20.** What a swindler does

- 21. Young swan
- 23. Unusual
- 25. Pause mark
- 27. "So there!"
- 29. Forever and a day
- 30. Shakespeare classic: Richard \_\_\_
- 31. *Life of Pi* director Lee
- 33. *Dallas* villain

1		2		3		4		5		6	7	8
										9		
10							11				12	
										13		
14				15		16		17				
	18	19										
20												21
22					23			24		25		
26	27		28	29		30		31				
32		33										
34										35		

# Two Old Guys at Dinner

An elderly couple has dinner at another couple's house, and after eating, the wives leave the table and go into the kitchen. The two gentlemen were talking, and one says, 'Last night we went out to a new restaurant and it was really great. I would recommend it very highly.'

The other man asks, 'What is the name of the restaurant?'

The first man thinks and thinks and finally asks, 'What is the name of that flower you give to someone you love? You know... The one that's red and has thorns.'

'Do you mean a rose?'

'Yes, that's the one,' replied the man. He then turns towards the kitchen and yells, 'Rose, what's the name of that restaurant we went to last night?'

# February 2021 ~ What's for Lunch?

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b> Polish Sausage With Kraut Potatoes Bread Milk Dessert</p>	<p><b>2</b> Chicken and Dumplings Salad Jello Bread Milk Dessert</p>	<p><b>3</b> Mushroom Swiss Patty Melt Potato Vegetable Bread Milk Dessert</p>	<p><b>4</b> Three Bean Soup Rice Vegetable Bread Milk Dessert</p>	<p><b>5</b> Chicken Tenders Mac &amp; Cheese Vegetable Jello Bread Milk Dessert</p>
<p><b>8</b> Beef tips in Gravy Buttered Noodles Vegetable Bread Milk Dessert</p>	<p><b>9</b> Oven Fried Chicken Potato Vegetable Bread Milk Dessert</p>	<p><b>10</b> Lemon Baked Fish Rice Vegetable Bread Milk Dessert</p>	<p><b>11</b> Roast Pork Stuffing Salad Bread Milk Dessert</p>	<p><b>12</b> Hamburger with Fixings Potato Salad Vegetable Bread Milk Dessert</p>
<p><b>15</b> Homemade Garden Vegetable Soup Egg Salad Sand. Juice Bread Milk / Juice Dessert</p>	<p><b>16</b> Pancakes Bacon Scrambled Eggs Vegetable Bread Milk Dessert</p>	<p><b>17</b> Baked Fish Potato Vegetable Bread Milk Dessert</p>	<p><b>18</b> Pork chop W/ Mushroom Gravy Potatoes Vegetable Bread Milk Dessert</p>	<p><b>19</b> Tuna Noodle Casserole Jello Vegetable Bread Milk Dessert</p>
<p><b>22</b> Fiesta Taco Salad Spanish Rice Refried Beans Vegetable Bread Milk Dessert</p>	<p><b>23</b> Sausage w/ Sauteed peppers and Oniond Vegetable Bread Milk Dessert</p>	<p><b>24</b> Porcupine Meatballs Buttered Noodles Bread Milk Dessert</p>	<p><b>25</b> Grilled Turkey Cheese Sandwich Potatoes Vegetable Bread Milk Dessert</p>	<p><b>26</b> Parmesan Baked Fish Potatoes Vegetable Bread Milk Dessert</p>
				<p><b>Meals are subject to change</b></p>

## Continuation : Directors Letter

Include activities that improve balance and reduce your risk of falling such as lifting small weights. Add strength building activities at least 2 times per week.

- Being active will make it easier to enjoy other activities such as shopping, playing a sport, or gardening.

If you are not sure about your level of fitness, check with your doctor before starting an intense exercise program or vigorous physical activity.

Cheryl Brunz, Executive Director

Something for fun!

**Last year, I replaced all the windows in my house with those expensive double pane energy efficient kind.** But this week, I got a call from the contractor complaining that his work had been completed a whole year and I had yet to pay for them. Boy, oh boy, did we go around! Just because I'm blonde doesn't mean that I am automatically stupid. So, I proceeded to tell him just what his fast-talking sales guy had told me last year. He said that in one year, the windows would pay for themselves. There was silence on the other end of the line, so I just hung up, and he hasn't called back. Guess he was embarrassed.

**“To improve is to change: to be perfect is to change often.” Winston Churchill**

**“Be so busy loving your life that you have no time for hate, regret or fear.” Unknown**

## ADRC

The Aging and Disability Resource Center (ADRC) provides Nebraskans with useful information, assistance, and education on community services and supports related to aging or disability. We will point you in the right direction. People of any age or any disability can call us for resources that may be available to you or your loved one. Our ADRC staff is available to assist eligible people/or their representatives in making informed choices about the services and supports that best meet the person's needs. We will provide the available options and discuss what may work best for you or your family member. Long term care is very overwhelming! Talk it through with someone who can explain and sort through your needs.

There are many programs that have varying financial eligibility. We also can discuss private pay options. It is always nice to have someone to help you prioritize. Take the time to invest in your future needs.

Do you have questions related to transportation, in home assistance, housing, facilities, assistive technology, meals, Medicare/Medicaid, food pantries, community meals, respite? Call Mandy at 308-635-0851 with questions.



People born in the  
50's have lived in  
7 decades, 2 centuries  
& 2 millenniums.  
We had the best  
music, fastest cars,  
Drive-in theaters,  
soda fountains  
& happy days.  
And we are not  
even that old yet,  
we're just that cool.

# March 2021 ~ What's for Lunch?

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 French Dip Sandwich Potato Vegetable Bread Milk Dessert</p>	<p>2 Chicken Alfredo Over Fettuccini Vegetables Jello Bread Milk Dessert</p>	<p>3 Swedish Meatballs Rice Vegetable Bread Milk Dessert</p>	<p>4 Pork Tenderloin Sandwich Potato Vegetable Bread Milk / Juice Dessert</p>	<p>5 Baked Tilapia Potatoes Vegetables Bread Milk Dessert</p>
<p>8 Spaghetti &amp; Meat Sauce Vegetables Bread Milk Dessert</p>	<p>9 Oven Fried Chicken Potato Vegetable Bread Milk Dessert</p>	<p>10 Cheeseburger On a Bun Potatoes Vegetable Bread Milk Dessert</p>	<p>11 Creamy Broccoli Soup Egg Salad Sand. Bread Milk Dessert</p>	<p>12 Fish Sticks Vegetable Bread Milk Dessert</p>
<p>15 Baked Ham Potatoes Vegetable Salad Bread Milk Dessert</p>	<p>16 Chili Cheese Dog Potatoes Vegetable Bread Milk Dessert</p>	<p>17 Corn Beef &amp; Cabbage Potatoes Fruit Bread Milk Dessert</p>	<p>18 Vegetable Stew Ham Salad Sandwich Jello Bread Milk Dessert</p>	<p>19 Fish Potatoes Vegetable Bread Milk / Juice Dessert</p>
<p>22 Chicken Salad Sandwich Salad Fruit Bread Milk Dessert</p>	<p>23 Pork Tips in Gravy Buttered Noodles Vegetable Bread Milk Dessert</p>	<p>24 Beef &amp; Macaroni Corn Salad Bread Milk / Juice Dessert</p>	<p>25 Liver &amp; Onions or Alternate Potato Vegetable Bread Milk Dessert</p>	<p>26 Baked Lemon Dill Tilapia Rice Vegetable Bread Milk Dessert</p>
<p>29 Lasagna Vegetables Fruit Bread Milk Dessert</p>	<p>30 BBQ Pork Riblette Potato Cottage cheese W/ Fruit Bread Milk Dessert</p>	<p>31 Bacon Ranch Chicken Potatoes Vegetables Bread Milk Dessert</p>	<p>Spaghetti &amp; Meat Sauce</p>	<p><b>Meals are subject to change</b></p>

## Sudoku No. 1—Answer

4	7	5	1	2	9	6	8	3
2	1	3	4	8	6	5	9	7
9	8	6	5	7	3	2	1	4
3	9	2	7	1	8	4	6	5
6	5	1	9	4	2	3	7	8
8	4	7	3	6	5	1	2	9
7	6	4	8	5	1	9	3	2
5	2	9	6	3	7	8	4	1
1	3	8	2	9	4	7	5	6

6

## Sudoku No. 2—Answer

2	1	3	7	6	9	8	4	5
4	9	6	3	8	5	2	7	1
8	7	5	4	1	2	3	6	9
1	6	9	2	7	3	5	8	4
7	8	2	5	4	1	6	9	3
5	3	4	8	9	6	7	1	2
3	4	8	1	5	7	9	2	6
6	5	1	9	2	8	4	3	7
9	2	7	6	3	4	1	5	8

**OLDIES-CLUB**

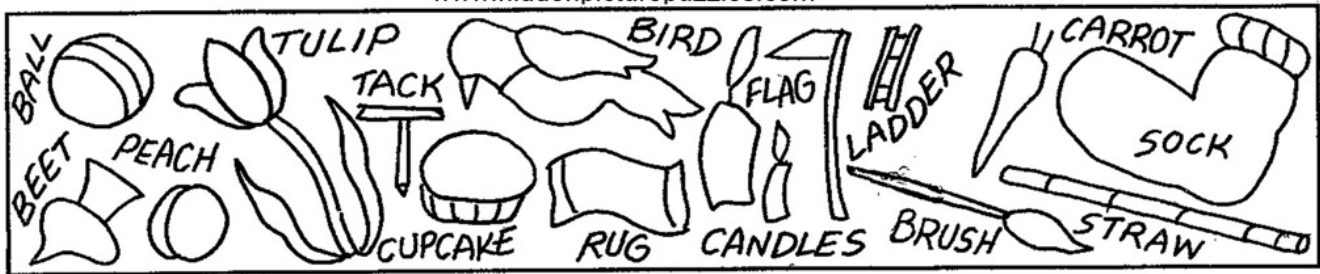
**YOU CAN'T FINE ME FOR  
TALKING ON THE MOBILE WHILE  
DRIVING! IT'S MY WIFE, I WAS  
ONLY LISTENING!**







www.hiddenpicturepuzzles.com



The first person aged 60 and older to find the Two Candles in the hidden picture and call our office to tell us where they are in the picture will receive one free meal at the Senior Center of your choosing. Aging Office of Western Nebraska 308-635-0851

## Recipe—Mulled Hot Cider

### Ingredients

- 1 gallon fresh apple cider or unfiltered apple juice
  - 1 medium orange
  - 1 (1 1/2-inch) piece fresh ginger
  - 5 (3-inch) cinnamon sticks
  - 1 tablespoon whole cloves
- Orange slices, for serving (optional)

**Fill the slow cooker.** Pour the cider or juice into a 5-quart or larger slow cooker.

**Add the fresh ingredients.** Cut the orange into 1/4-inch-thick rounds. Cut the ginger into 1/4-inch-thick slices. Add both to the slow cooker.

**Add the spices.** Add the cinnamon sticks. Add the cloves and optional spices. To make it easier to serve, place the cloves and spices in a tea ball first, or place in a double layer of cheesecloth or paper coffee filter, gather it up into a sachet, and tie closed with kitchen twine.

**Slow cook the cider for 4 hours.** Cover the slow cooker and cook until the flavors meld, 4 hours on LOW. (If there are clumps of spices floating at the top that you wish to remove, strain the cider through a fine-mesh strainer or cheesecloth into a large pot.) Keep warm and serve in mugs garnished with additional orange slices if desired.

## Answer to Crossword

C	U	P		L	E	T	H	A	R	G	I	C	
H		E		E		A		D		O	N	O	
A	P	T	T	O	A	C	H	O	O		A	N	
S		A					O			W		V	
T	U	L	I	P			A	S	I	N	I	N	E
E					I		D		N		P		Y
	B	A	D	T	E	M	P	E	R	E	D		
C		L		H		A		P					C
H	A	L	C	Y	O	N			T	A	C	K	Y
E		Y			D					O			G
A	H		M	E	D	I	C	A	L	M	A	N	
T	A	J		O		I		N		M			E
S	H	R	I	N	K	I	N	G			A	P	T

# Observation on Aging

Some people try to turn back their odometers. Not me! My theory on aging is that I want people to know 'why' I look this way. I've traveled a long way and many of the roads weren't paved.

First you forget names, then you forget faces. Then you forget to pull up your zipper.

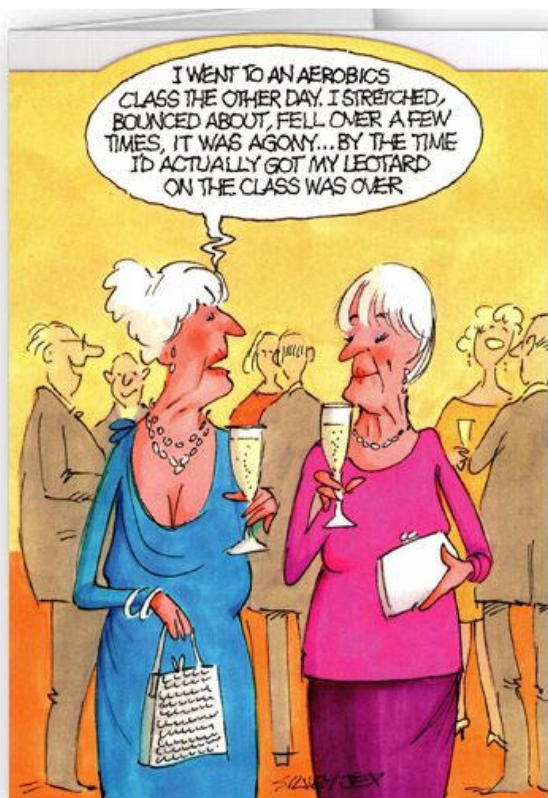
Being young is beautiful, but being old is comfortable.

When you are dissatisfied and would like to go back to your youth, remember Algebra.

One of the many things no one tells you about aging is that it is better than being young.

You know you are getting old when everything either dries up or leaks.

Life should NOT be a journey to the grave with the intention of arriving safely in an attractive and well preserved body, but rather to skid in sideways, chocolate in one hand, martini in the other, body thoroughly used up, totally worn out and screaming "WOO HOO what a ride!"



**amazon**smile  
You shop. Amazon gives.

The Aging Office of Western Nebraska is now registered as a participating charity for AmazonSmile! If you already shop on Amazon (even if you don't yet!), this is a simple way to help fund our mission. Simply go to [www.smile.amazon.com](http://www.smile.amazon.com) in your internet browser and choose Aging Office of Western Nebraska as your charity of choice. We will automatically receive a 5% donation of all eligible purchases. Thank you!

Aging Office of Western Nebraska  
1517 Broadway Suite 122  
Scottsbluff, NE 69361

POSTAGE  
INFO HERE

**RETURN SERVICE REQUESTED**

**VISIT US ON THE WEB!**

*AOWN.org OR facebook*

***Aging Office of Western Nebraska Governing Board***

Sharon Sandberg— Banner County  
Susanna Batterman – Morrill County  
Dawes County  
Hal Downer – Sioux County

Larry Engstrom – Kimball County  
Phil Sanders – Cheyenne County  
Loren Paul – Sheridan County  
Terry Krauter - Garden County

Box Butte County  
Ken Meyer – Scotts Bluff County  
William Klingman – Deuel County



## Dates to Remember

New Years Day—Jan 1st  
Epiphany—Jan 6th  
Martin Luther King Day—Jan 20th  
Groundhog Day—Feb 2nd  
Super Bowl—Feb 7th  
Valentine's Day—14th  
President's Day—Feb 15  
Ash Wednesday—Feb 17th  
Day light Savings—Mar 14th  
St. Patrick's Day—Mar 17th