

Blue Valley Junior League Results

The Blue Valley Junior League finished up the season Saturday and here are the results:

First place team "Livin' on a Spare": Keegan Casey, Cooper Casey, Shevin Solomon and Kaisha Solomon.

Second place team "The A's": Walker Dick, Alexia Dick, Andrew Engle and Logan Dick.

High boys game: Shevin Solomon with a 195 game.

High boys series: Joseph Bower with a 357 series.

High girls game: Samantha Roskilly with a 146 game.

High Girls Series: Leah Schmidt with a 357 series.

Most pins over average for boys was Logan Dick who increased his average by 10.79 pins. For the girls, it was Jadyn Bowman who increased her average by 8.43 pins.

Perfect attendance: Keegan Casey, Cooper Casey, Shevin Solomon, Walker Dick, Alexia Dick, Logan Dick and Anthony Collins.

High average for the boys was Shevin Solomon with a 132 and for the girls it was Samantha Roskilly with a 119 average.

The next event for the bowling season is the National Family Doubles Tournament. Blue Valley Bowl will host the Southeast District Regionals in February which includes the bowling centers east of Highway 81 such as York, Seward, Lincoln, Sutton and Nebraska City.



Courtesy Photo

First place team "Livin' on a Spare" from left to right: Cooper Casey, Keegan Casey, Kaisha Solomon and Shevin Solomon.



Courtesy Photo

Second place team "The A's" from left to right: Andrew Engle, Walker Dick, Alexia Dick and Logan Dick (front).



Courtesy Photo

From left to right: Shevin Solomon (high boys game), Joseph Bower (high boys series), Leah Schmidt (high girls series) and Samantha Roskelly (high girls game).

A section of the Journal-Register

Banner-Argus

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Belvidere

By LaDonna Avers

This week is just more of the same. Cold, cold, cold. People are hunkering down with their favorite books, TV shows, football and basketball games, solitaire, jigsaw puzzles and Theraflu. Soon we will be complaining about the heat.

The Saturday morning breakfast group met to discuss the weather and current events. Those attending were Audrey Else, Ruth Yoachim, Paula McGinness, Betty Dudgeon, Ila Currey and LaDonna Avers.

Linda Hudson and Bonnie Priefert accompanied LaDonna Avers to Hampton

on Sunday where they attended a baby shower at the home of Ardys Dunsmoor.

The shower was held in honor of LaDonna's granddaughter, Annie Dunsmoor Korth. Hostesses for the shower were her sister, Chelsea and one of her best friends, Ivette Kinney from Lexington.

They planned the shower using an ethnic theme and had a few cute and different baby games. They served a bountiful lunch topped off with a traditional ethnic cake. Everyone had a wonderful time eating, visiting and watching Annie unwrap her gifts.

ACTIVITIES

Thursday, January 15: JH BBB vs. Thayer Central at Davenport, 6 p.m.; MUDECAS G and B BB.

Friday, January 16: MUDECAS GBB.

Saturday, January 17: Deshler speech; MUDECAS BBB.

Monday, January 19: JH BBB at Blue Hill, 4 p.m.; JH GBB vs. Silver Lake at Roseland, 6 p.m.; JV tourney at Thayer Central, TBA; Dist. 4 FCCLA star at York MS.

Tuesday, January 20: G/B V BB at McCool Jct, 6:15 p.m./8 p.m.

Wednesday, January 21: TCHCC meeting at noon.

BRUNING

MENU

Thursday, January 15: Biscuits and gravy, peas, pear halves, cheeseburger soup.

Friday, January 16: Hamburger on bun, fries, broccoli, banana halves, brownies, salad bar.

Monday, January 19: Nebraska stew, corn, strawberries and bananas, cornbread muffin, salad bar.

Tuesday, January 20: Spaghetti with meat sauce, Cali blend veggies, Texas toast, Wisconsin cheese soup.

Wednesday, January 21: Stromboli, Romaine lettuce, banana halves, salad bar.

DAVENPORT

MENU

Thursday, January 15: Goulash, peas, cornbread.

Friday, January 16: Pizza, cooked carrots, strawberries/bananas.

Monday, January 19: Hot ham and cheese, chips with cheese, baked beans.

Tuesday, January 20: Baked potato bar (ham, taco, cheese), broccoli, bread slice.

Wednesday, January 21: Chicken rings, mashed potatoes and gravy, peas.

Fruit and vegetable bar served every day. Milk served with all meals. Menu subject to change.

Davenport Senior Diners

Exercise Monday, Wednesday and Friday at 9:30 a.m.

Monday, January 19: Closed - MLK Jr. Day.

Tuesday, January 20: Potato and ham bake, apple rings, peas and carrots, pumpkin cake/glaze. *Qwirkle.*

Wednesday, January 21: Chili soup, cinnamon roll, celery sticks, fruited jello. *Scrabble.*

Thursday, January 22: Beef pot roast (onions, potatoes, carrots), layered lettuce salad, ice cream. *Hot potato.*

Friday, January 23: Hot turkey and cheese sandwich, creamy wild rice, peas, dark sweet cherries. *Senior bowling.*

Meals served with bread, butter and milk. For reservations, call 364-2449 by 1:30 p.m., the day before.

Chester Senior Diners

Monday, January 19: Closed - MLK Jr. Day.

Tuesday, January 20: Potato and ham bake, apple rings, peas and carrots, pumpkin cake/glaze. *Bingo*

Wednesday, January 21: Chili soup, cinnamon roll, celery sticks, fruited jello. *Tea tidbits.*

Thursday, January 22: Beef pot roast (onions, potatoes, carrots), layered lettuce salad, ice cream. *Hot potato.*

Friday, January 23: Hot turkey and cheese sandwich, creamy wild rice, peas, dark sweet cherries. *Mystery saying.*

Meals served with bread, butter and milk. To make reservations, phone 324-5271 by 1:30 p.m., the day before you wish to dine.

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Show your love for your sweethearts by placing their photo in our Cupid's Corner that will run in the February 11th issue.

Send or bring in a photo of your child, grandchild, or loved one by **Monday, February 9th.**

Include name, age, and family members (parents, grandparents, etc.)

Photos can be picked up at the Hebron Journal-Register office or include a self addressed stamped envelope.



Sweetheart's Name and Age Here

Parents:

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01-2

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01-2

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02-4p

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02-2

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01-3p

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LOST/FOUND

LOST: Many years ago I taped an event at the Bruning Opera House with my Sylvania VHS video recorder. Someone borrowed the video recorder and I haven't seen it since. I would sure like it back. Everyone look around and if you see it, call Bob Norder at 402-768-1162.

01-2

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Home & Community Connections

Phyllis Schoenholz, Extension Educator
UN-L Cooperative Extension in Southern Plains Unit

Happy New Year

I'm giving credit to my friend and UNL dietitian with the information written below.

H - ealth The first wealth is health." (Source: Ralph Waldo Emerson)

Make health a priority this year. Health should be more than the absence of disease – read on for ideas.

A - ttitude "Health and cheerfulness naturally beget each other." (Source: Joseph Addison)

A positive attitude may not cure a disease. However, thinking positive can help you deal with misfortune, make the most of your situation and enjoy life more.

P - hysical activity "A man's health can be judged by which he takes two at a time - pills or stairs." (Source: Joan Welsh)

The U.S. Department of Health and Human Services 2008 Physical Activity Guidelines for Americans recommends for adults: "Most health benefits occur with at least 150 minutes (2 hours and 30 minutes) a week of moderate intensity physical activity, such as brisk walking. Additional benefits occur with more physical activity. Both aerobic (endurance) and muscle-strengthening (resistance) physical activity are beneficial."

P - eople "Love cures people - both the ones who give it and the ones who receive it..." (Source: Dr. Karl Menninger)

Numerous studies indicate social networks, whether formal (such as a church or social club) or informal (such as meeting with friends), make people less vulnerable to ill health and premature death. Be wary, however, of social support that drains you through people being too demanding or encouraging you to engage in harmful behaviors.

Y - our body "Take care of your body. It's the only place you have to live." (Source: Jim Rohn)

Schedule physical check-ups as needed: eyes, teeth, mammogram, colonoscopy, general physical, etc.

N - O! "Half of the troubles of this life can be traced to saying yes too quickly and not saying no soon enough." (Source: Josh Billings)

Rather than adding "take a time management class" to your "to do" list, consider starting a "don't do" list. You may discover doing LESS can bring MORE enjoyment to your life. Especially if doing

less allows you to spend time doing more to contribute to your health and happiness and that of family and friends!

E - at healthy "Rich, fatty foods are like destiny: they too, shape our ends." (Source: Author Unknown)

ChooseMyPlate.gov recommends: "Calories are the fuel you need to work and play. You even need calories to rest and sleep! Foods and beverages vary in how many calories and nutrients they contain. When choosing what to eat and drink, it's important to get the right mix - enough nutrients, but not too many calories."

W - isdom "A wise man makes his own decisions, an ignorant man follows public opinion." (Source: Chinese Proverb)

Take time to listen to your own body. Rather than set your goals based on how fast other people walk or jog, how little sleep others can get by on or how much someone else eats, concentrate on what makes YOU healthy.

Y - our hands "Keeping hands clean is one of the most important ways to prevent the spread of infection and illness." (Source: Centers for Disease Control and Prevention.) Their advice is wash your hands with soap and water:

- Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.

- Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.

- Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.

- Rinse your hands well under clean, running water. Dry your hands using a clean towel or air dry them.

E - ough sleep "A good laugh and a long sleep are the best cures in the doctor's book." (Source: Irish Proverb)

"Insufficient sleep is a public health epidemic," according to the Centers for Disease Control and Prevention (CDC). Insufficient sleep is linked to motor vehicle crashes, industrial disasters, and medical and other occupational disorders. People who don't get enough sleep are more likely to suffer from chronic diseases such as hypertension, diabetes,

depression, and obesity, as well as from cancer.

The U.S. Department of Health and Human Services offers these tips to help you get a good night's sleep:

- Follow a regular sleep schedule. Go to sleep and get up at the same time each day, even on weekends. Try to avoid napping in the late afternoon or evening, as it may keep you awake at night.

- Develop a bedtime routine. Take time to relax before bedtime each night. Some people watch television, read a book, listen to soothing music, or soak in a warm bath.

- Keep your bedroom dark, not too hot or too cold, and as quiet as possible.

- Have a comfortable mattress, a pillow you like, and enough blankets for the season.

- Exercise at regular times each day but not within three hours of your bedtime.

- Make an effort to get outside in the sunlight each day.

- Be careful about when and how much you eat. Large meals close to bedtime may keep you awake, but a light snack in the evening can help you get a good night's sleep.

- Stay away from caffeine late in the day. Caffeine (found in coffee, tea, soda, and hot chocolate) can keep you awake.

- Drink fewer beverages in the evening. Waking up to go to the bathroom and turning on a bright light break up your sleep.

- Remember that alcohol won't help you sleep. Even small amounts make it harder to stay asleep.

- Use your bedroom only for sleeping. After turning off the light, give yourself about 20 minutes to fall asleep. If you're still awake and not drowsy, get out of bed. When you feel sleepy, go back to bed.

A - void portion distortion "Never eat more than you can lift." (Source: Miss Piggy, Muppet character)

Rather than worry so much about "what" you eat, consider "how much" you eat. Downsize your portion sizes. Serve food on smaller plates. Eat from plates and bowls rather than packages and bags, so you see how much you're eating.

R - eading materials "Be careful about reading health books. You may die of a misprint." (Source: Mark Twain)

Consider the source before starting a new drastic diet or exercise plan. Beware of plans that:

- Promise quick, dramatic results

- Charge large fees for consultations, equipment, supplements, etc.

- Rely solely on testimonials and statements from "professionals" with unusual-sounding degrees.

Oak

By Phyllis Schmitt

Donna Gillan was a Hastings visitor on Monday.

Tuesday morning, Pauline Hanson attended the ladies coffee at Wilde Ridge. Mary Ray attended with her and then visited Pauline in her apartment. Dick and Claudia drop in regularly to see Pauline.

Phyllis Schmitt attended three basketball games this past week in which Landon Schmitt played. Thayer Central won two of the games and lost one. They played Wilber Clatonia Tuesday night; Friday night was at Superior and Saturday night at Deshler.

Gerry Eckles was in Superior on Thursday and visited Beulah McKenney. On Sunday, Phil and Gerry attended the fundraiser at the Legion Club.

Going to Deweese on Friday night for supper to celebrate Mattison Sullivan's birthday were Matt, Teresa, Mattison and John Sullivan, Alfred and Janell Hanson, Pauline

Hanson, John and Marlice Sullivan, Janet Kuhlmann and Kelly Swanson. On Sunday, Alfred and Janell took Pauline out for dinner in Superior.

Phyllis Schmitt and Keith and Lynda Brich went out for breakfast on Wednesday to celebrate Lynda's birthday. Sunday was Georgia Biltoft's birthday, and she and Phyllis went to Davenport for dinner.

Among the many that attended the wedding reception for April (Wilton) and Eric Musgrave were Dick Lowery, Pat Brusseau and Don and Lola Biltoft on Saturday night.

Visitors of Gaylen and Jackie Cox on Saturday were Shelley and Conner Kapperman of Seward and Amanda Hofts of Hebron. They were also supper guests. Sunday afternoon, Gaylen and Jackie attended grandson Hunter's basketball game at Trumbull.

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