



# McPherson County News

~ Established 1889 ~

Incorporating The Tryon Graphic

## Graphic Files

From The Tryon Graphic Archives

**TEN YEARS AGO**  
**OCTOBER 15, 2009**  
SMC Homecoming activities were planned in Tryon with the game against Hay Springs on Friday, October 16.

The Lady Cyclones received the second place plaque at the Four Corners Tournament played Saturday, October 3 in Thedford.

**TWENTY YEARS AGO**  
**OCTOBER 14, 1999**  
Willing Workers Club met September 18 for their annual meeting with election of officers. Gayle Neal will be the new secretary-treasurer, Carol Moore will be the new president and Chris Schultis will be the new vice president. Baby quilts were given to Kara Pettit for her new daughter, and to Chris Schultis for her new son. A bridal shower was given for Dana Paxton.

Thomas P. Clifford, age 85, former resident of McPherson County, died September 29 in Idaho.

**THIRTY YEARS AGO**  
**OCTOBER 19, 1989**  
For the third year in a row, the McPherson County girls won the Oregon Trail Conference volleyball tournament by defeating Lodgepole in the semi finals, and Arthur in the finals.

Jacque Snyder was chosen to play a number with the Strategic Air Command Band from Omaha, when they were to appear at Chadron State College October 24.

**FORTY YEARS AGO**  
**OCTOBER 18, 1979**  
Rex Kemp and Evonnda Sharp were named Homecoming King and Queen during the MCHS Homecoming game here Friday afternoon.

Mrs. Arthur G. Ellis, 62, of Sioux City, Iowa, died October 9, 1979, after a long illness.

Services were to be held October 19 for Roy W. Black, age 71, of Tryon who was a retired rancher.

**FIFTY YEARS AGO**  
**OCTOBER 16, 1969**  
The weather for the past few days has well been on the winter side with plenty of snow. Saturday night through most of Sunday we had six to eight inches of snow with plenty of wind, making some good sized drifts. Then again Wednesday, we had approximately the same amount.

The Tryon Longhorns spoiled Arthur's homecoming 52-6 in football action last Friday afternoon. At the start of the game, the Arthur team quickly moved 60 yards to score the first touchdown to tie the score. Gary Cor-

rell broke the tie by going over the middle for the PAT, with the Longhorns taking the lead for the rest of the game.

Bible talks will be held every Tuesday, Thursday and Sunday at 8:00 p.m. at the Soddy. These talks will be given by George Gittins and LeRoy Sager.

**SIXTY YEARS AGO**  
**OCTOBER 22, 1959**  
A basket dinner at noon and a reception from 2 to 5 o'clock in the afternoon was held at Oshkosh, Sunday, in honor of the Golden Wedding Anniversary of Mr. and Mrs. Jess Bandy. Attending from this vicinity were Mr. and Mrs. Dick Bandy, Mr. and Mrs. Cecil Weems, and Mr. and Mrs. Dan Connell of Stapleton; Mr. and Mrs. Bob Cotton and Reva, and Mr. and Mrs. Frank Cotton of Tryon; and Mrs. Otis Anthony of North Platte.

Approximately 135 people attended the birthday dinner and celebration here Sunday for the 90th birthday of Mrs. Lydia Neal, known better in the community as "Grandma Neal." Mrs. Neal was among the first settlers of this county and is loved and admired by all who know her.

Mrs. Pearl Lange and Ray moved to their new home in North Platte Saturday, with the help of Orval Black, Ray Dobbins, Fay Thompson, Ray Coty, Mr. and Mrs. Floyd Popham, Francis Waits, and Mr. and Mrs. Don Lange. Three local ranchers purchased the Lange land at the public auction held last Thursday. Eddie Waits got the home place; Ray Dobbins the Hooker place; and Ray Kemp the remainder of the land. The sale was estimated to exceed \$65,000.

**SEVENTY YEARS AGO**  
**OCTOBER 20, 1949**  
The Happy Helpers Club met with Mrs. O. E. Black September 20th when the following officers were elected: Annabel Warren, president; Mildred Terwilliger, vice president; Mrs. John I. Neal, secretary-treasurer, and Mrs. Ella Popham, Mystery Mother. All will take office in January.

Lloyd Connell and Gordon Bassett reported that they killed 49 rattle snakes on Tuesday, and several had been killed by Lloyd Connell, Robert Neal and Karl Kemp before that, which totaled 86.

Home Builders Club met with Mrs. Tom Ellis October 5th and officers were elected as follows: Mrs. Ross Haase, president; Mrs. Gerald Pyzer, vice president; Mrs. Ed

Daly secretary and treasurer; and Mrs. Harold Neal as news reporter.

**EIGHTY YEARS AGO**  
**OCTOBER 19, 1939**  
Amos Kindig has moved into rooms at the Lamb property, partly occupied by Bill Smith and family. He formerly lived in the Dr. Warren residence.

The October meeting of the Willing Workers Club will be at the home of Mrs. Nona Moore on October 26.

The high school boys drove to the Platte bottom Tuesday afternoon where they played two softball games, one with the O'Fallons school and one with the Platte Valley team. They report winning both games, each a five-inning contest.

D.M. Howard, Missionary for American Sunday School Union, tells us that the annual group gathering of the McPherson County Sunday Schools will be held at the Flats church, Sunday, October 22 with Sunday School and preaching service in the morning.

**NINETY YEARS AGO**  
**OCTOBER 17, 1929**  
Cal Hill is in Beatrice this week attending a meeting of the I.O.O.F. Grand Lodge of Nebraska. A.L. Fuller is driving the Barta truck during Cal's absence. A.L. makes a fine truck driver and perhaps Cal will have a hard time getting him off the job on his return.

Zoda Wright, Mrs. L.C. Heldenbrand and Claudia spent Saturday and Sunday in Kearney at the Harry Childerston home. Darrell Childerston returned home with them.

The local high school boys have begun basketball practice under the direction of their coach, Mr. Nicholas.

Mr. Vern Coker was at White Water Ranch Friday demonstrating Maytag washers.

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### Eat Better, Eat Together

Do you have the necessary food in your home to fix a healthy meal quickly and economically? How often do you plan meals for your family? When do you plan them? Do you plan your meals and then shop? Have you ever gone into your kitchen with the plan of preparing a meal with the food that is on hand? Many of us end up 'going out' for meals simply because the thought of figuring out a meal is just too much and the drive through seems so much easier. This is fine on occasion but not something that is good for our health or our pocketbooks to do very often.

October is celebrated as Eat Better, Eat Together Month when families are encouraged to gather for mealtimes. When families enjoy their main meals together they tend to make more balanced food choices. Also, what better way to spend time together and share each other's daily adventures? Planning meals helps

you serve nutritious meals, saves money on groceries, saves time at the grocery store and when preparing meals.

Begin by reviewing MyPlate [www.myplate.gov](http://www.myplate.gov). There are five food groups: protein, grains, fruit, vegetables, and milk. Use this as a guide for planning your meal.

One idea to consider when planning meals for your family is to use note cards. Write each menu on one side of the note card and on the other side write down all the foods needed to prepare that meal. This method allows meals to be added as you find new meals that your family enjoys. When planning meals involve the whole family they will be more likely to enjoy these meals and you might get some new ideas for meals your family likes.

Start by planning your family's main meal. Begin by writing down 5-7 main dishes you know your family likes each on a dif-

ferent note card. Try to include foods from at least 3 of the 5 food groups for these meals by adding side dishes to complete the meal. Ideally, you will have foods from at least 4 of the 5 food groups, but 3 is a good starting point. As you are planning, be sure to plan some meals that are quick and easy for those nights that time is at a premium.

Plan some snacks. Snacks are important, especially for children. Snacks provide a chance to include foods from the 5 food groups that may be missing from meals. Fruits, like apples and bananas, and vegetables like carrot sticks make great healthy snacks.

After you have your meals and snacks planned, make a list of all the foods needed to prepare them on the back of the card.

Look through the menus you created. Do they look like ones you could follow and your family would

See Extension  
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## Nebraska NRDs Announce Poster Contest

Nebraska's Natural Resources Districts invites public, private, or home-schooled students grades K-12 to participate in the NACD Poster Contest. This competition provides an opportunity for individuals to showcase what our natural re-

sources mean to them by creating a poster that reflects the 2019 Stewardship Theme: Life in the Soil - Dig Deeper. Individuals can create a poster of any size (the average size we typically receive is 22x28). All projects are due to the Upper Loup

NRD by November 4, 2019. Our office is located at 39252 Highway 2, Thedford, NE 69166. For more information and contest rules, you can visit our website at [upperloupnrd.org/nacd-poster-contest/](http://upperloupnrd.org/nacd-poster-contest/)

## Over The Hills

J.R. Trumbull



Quote: "Courage doesn't mean you don't get afraid. Courage means you didn't let fear stop you."

Bethany Hamilton  
Without faith, nothing is possible. With it, nothing is impossible. We cannot force people to hear a message they are not ready to receive, but we must never underestimate the power of planting a seed.

WHO you are is what makes you special. Don't

change for anyone. WHAT lies ahead will always be a mystery. Do not be afraid. Keep your faith.

WHEN life pushes you over, be strong and push back harder. Pray and keep believing.

WHERE there are choices to make, make the one you won't regret.

WHY things happen is never certain. Take it in stride, trust God and move forward.

The past is your lesson. The present is your gift. The future is your motivation.

"Our lives begin to end the day we become silent about things that matter."  
Martin Luther King Jr.

### CUP OF FAITH

My cup of faith  
Sometimes grows weak  
When I don't feed it  
From the Word and seek  
To find the wisdom  
That I need  
And take the time  
To ponder and heed.

The tea bag of life  
Needs time to steep  
Through trails of life  
And woods dark and deep  
As life's lessons  
We learn and apply  
Thru struggles and joys  
As the days go by.

A cup of faith  
God provides for us.  
Accept it now,  
Do not fume and fuss  
For God is in control,  
He does know best.  
Drink from this cup  
And be blessed!

J.R. Trumbull  
12 Jan 2012

**EVENING**  
**Specials**

**Fridays: Chicken Fried Steak**  
**Saturdays: Enchiladas**

Served: 5:00-7:00 p.m.

Saturdays: Filipino Lunch Special

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