



McPherson County News

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From The Tryon Graphic Files

TEN YEARS AGO
MAY 3, 2007

Improvements are being made to Miller Cemetery. The Chapel is getting new roofing and siding.

Commencement would be held May 5 at McPherson County High School. Those graduating were: Natasha M. Carr, Joseph Blake Christopher, Dave M. Christopher, Kasey Dailey, Bret Elliot Daly, Aleksandr Jiri Janecek, Taylor Ray Lovitt, Matthew D. Fiechtner, Anna Marie Licking, Margo McNutt, Talia Marie Miller and Whitney Michelle Trumbull.

TWENTY YEARS AGO
MAY 8, 1997

LeAnn Reichenberg of Ogallala, was recently named 1997 State Outstanding Junior Member by the Nebraska State Society Daughters of the American Revolution.

The 77th Graduation Exercises would be held May 11 at MCHS. Those featured on the Senior Salute page were: Sarah Jayne Schultheiss, Jay D. Powers, Amanda Jackson, Darrin Dean Munson, Chad W. Fisher, Justin Lee Moore, Travis Beck, Tammy Dawn Black and Lana Kae Streiff.

THIRTY YEARS AGO
MAY 7, 1987

Eighth grade graduates pictured in this issue were Zane Connell, Bill Finney, Mike Daly, Dana Paxton, Trudy Dobbins and Dawn Streiff.

Medal winners for receiving the most points for field and track events on Rural Field Day at Tryon were Dawn Streiff, Kelly Long, Kevin Starr, Terri Rodewald, Justin Moore and Megan Wilkie.

Kerri Moore, daughter of Don and Carol Moore was class valedictorian at the MCHS graduation exercises May 3, 1987. Melanie Jameson and Arlan Paxton were co-salutatorians.

FORTY YEARS AGO
MAY 5, 1977

The annual Rural Field Day was held April 27, 1977. Division winners in grades K-4 were Kerri Moore and Arlan Paxton. Winners in grades 5-8 were Mike Miller and Stacy Tucker.

Bruce Correll placed second in the Business Communications to assist the Chadron State College Chapter of Phi Beta Lambda, National Business Fraternity, which tied for top honors at the PBL State Leadership Conference at Fremont.

The Merlin Pettits of Lincoln brought their son Mark to North Platte Saturday to participate in the State Bowling contest. Mark was highest bowler from his district in Lincoln.

The teacher, Janice Thompson and pupils of school Dist. No. 15 and most all the patrons of the school attended the track meet at Tryon on Wednesday.

FIFTY YEARS AGO
MAY 4, 1967

A bridal shower for Linda Daly was to be held May 13 at the Lodge Hall. Mr. and Mrs. Clay Kemp observed their 25th wedding anniversary April 30, 1967, with an open house at their home north of Tryon.

A Centennial meeting was held April 28 at the Courthouse with a nice sized crowd attending. Several activities were planned including a pa-

rade, a beard contest, a dress review, a picnic and program in the park, and a horseshoe contest. Evening events would include a barbecue and dance with the Riverside Dance Orchestra playing. The big celebration was set for June 3.

SIXTY YEARS AGO
MAY 9, 1957

Mr. and Mrs. Harry Trumbull and Mr. and Mrs. Clyde Wilson and Bob helped Mr. and Mrs. Larry Trumbull complete the house cleaning and rug laying at their new home Saturday.

Mr. and Mrs. Floyd Popham, Ramona Popham and Herchel Foster attended the wedding of Genie Wade and Victor Allen at Stapleton last Saturday.

SEVENTY YEARS AGO
MAY 8, 1947

In the track meet during Rural School Day in Tryon Thursday, Charles Essley was high individual scorer with three firsts and two seconds. Ruth Hunn was second with two firsts, two seconds and one third. Others placing were Bill Fisher, Martin Smolik, Genevieve Wade, Twyla Heldenbrand, Bertha McCormick, Don Daly, Ramona Neal, John Andre, Hazel Thompson, Joanne Black, Loa Jean Doyle, Karen McClintock, and John Andre.

Mr. and Mrs. Andy Newberry are the parents of a baby boy born April 28.

Mr. Oliver Zierlein, brother of Mrs. Harry Lamb, arrived in North Platte April 28 from Boise, Idaho. He will be employed at the Lamb Ranch, helping with the new construction of their new home.

EIGHTY YEARS AGO
MAY 6, 1937

Robert Howard was a Tryon visitor Monday and while in town dropped in

at the Graphic office to have the Howard family's copy of the Graphic changed from their Lincoln address to Flats. Mrs. Howard, Robert and Helen are back at the ranch again after having spent the winter in Lincoln with Senator R.M. Howard.

The small son of Mr. and Mrs. Clarence Munson of the north Ringgold community, was released from a North Platte hospital recently, where he had been treated following an accident. He was injured when a horse ran away.

Donald Beach is now employed at the Ringgold Store helping with serving the many new customers of this business.

A baby boy was born to Mr. and Mrs. Bennie Dike-man on April 30.

Dorsie Kammerer recently moved some household goods belonging to his mother, to the Wisner place northwest of Tryon. His mother will spend the summer with him, we understand.

NINETY YEARS AGO
MAY 5, 1927

The count commissioners met Monday and decided to fence the Courthouse grounds. Ray Herriman, janitor, has planted several trees and expects to have flowers and a lawn around the building this summer.

A large crowd was in town Saturday afternoon to take in the Seneca-Tryon ball game. Many were disappointed when the Seneca team failed to show up.

While getting dinner Saturday, a spark flew from the chimney of Henry Shinalls house north of Tryon and set fire to the prairie. The fire burned for several hours and over a strip four miles long and a mile wide.

Aunt Bea's Senior Meals Lunch Menu

Monday, May 8 - Grilled chicken breast, scalloped potatoes and carrots.

Tuesday, May 9 - Steak-fingers, mashed potatoes and corn.

Wednesday, May 10 - Meatloaf, baked potatoes and peas.

Thursday, May 11 - Pork roast, pork dressing and green beans.

Friday, May 12 - Chili soup with hamburger sandwich.

Monday, May 15 - Ham-burger gravy with rice and peas.

Youth Camp Scholarships Offered

Scholarships are available from the Twin Platte Natural Resources District (TPNRD) on a first come, first serve basis until all are allocated or until the May 24th TPNRD deadline. The scholarships are for Junior High students and High School students who attend one of two camps held in June of 2017.

The Adventure Camp about the Environment (ACE Camp) will be held June 11-14, 2017 at the State 4-H Camp near Halsey, NE. The ACE Camp is for students who have completed 6th, 7th or 8th grade this year and want to learn more about natural resources while having an adventure at camp! The cost and TPNRD scholarship for the camp is \$190 per student. The registration covers meals, lodging and camp activities, but not transportation to the camp. Visit the <https://www.nrdnet.org/programs/education> website for more ACE Camp information.

Range Youth Camp will take place June 5-9, 2017 at the State 4-H Camp near Halsey. Range Youth Camp is for youth from 14 to 18 years of age. The camp features information on range management, conservation, ecology, animal science, and wildlife on Nebraska's most extensive natural resource - rangelands. The cost and TPNRD scholarship for the camp is \$200 per student. The registration covers meals, lodging and camp activities, but not transportation to the camp. Visit the www.nesrm.org website for more Range Youth Camp information.

Contact the TPNRD office or visit www.tpnrd.org before the May 24th deadline to download scholarship applications.



Over The Hills

By J.R. Trumbull

Quote: "Givers have to learn to set limits because takers don't have any."

Unknown
Life is often described as a book. In many ways it is except you can't go back and edit out mistakes or change what has or hasn't happened. Just because you have had some bad chapters in your life doesn't mean that the story can't end well. Learn from mistakes or misdirection. Turn to a new page and go on to better things. Don't look back and dwell on what happened or what might have been. Look forward to exciting and positive adventures ahead.

"Faith is not about everything turning out okay. Faith is about being okay no matter how things turn out."

Dr. Wayne W. Dyer

CLASSIFIED AD RATES

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Two Weeks - \$7.50

Three Weeks - \$8.75

\$1.00 Per Week

Thereafter

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LIFE ISN'T EASY

Life isn't easy,
No one said it was.
You meet all sorts of folks
And battle many a cause.

Stand up for what's right.
Don't fall for the snare
"Cause life isn't easy
But Christ is always there.

Some of us trip often
Or at least that's how it seems
And it seems like more misery
Than the hopes of our dreams.

But, we keep on trudging
Over hills and cross the plain
Because at life's end,
With Christ there is gain.

No, life isn't easy,
Just don't travel it alone
Because Jesus is there
Every sin to atone.

You have to go to Him.
He's waiting for you.
Life isn't easy
But He will see you through.

J.R. Trumbull
19 Nov 2013

Screen Time: Create Your Family Plan

Back in "my day", screen time wasn't an issue. The only screen to look at was the television and that was reserved for special programs and specific times. We called other people on a telephone that was attached to the wall by a cord. We wrote letters using paper and pen. We played games with the family, and children played outdoors in all types of weather and didn't come inside until dark.

These days, children spend much time looking at a computer screen for school work, communicating with friends (and family), asking Siri and Google questions, and finding information on Wikipedia.org.

What does all of this mean for families in 2017? This past October, the American Academy of Pediatrics (AAP) released

new recommendations and resources for families regarding screen time. Screen time includes activities done in front of a screen, such as using an app on your phone or watching music videos on a tablet.

Infant and toddler's brains are growing at an exceptional rate during the first two years of life. It is critical for these children to have positive social interactions with the people caring for them. Therefore, the AAP recommends children younger than 18 months participate with screens only for video chatting. For children 18 months to 24 months only high quality programming (such as PBS or Sesame Street) is suggested. It is vitally important for an adult to be with the infant during the video chat and while watching the program to help them better understand what they are seeing and hearing. Research also shows that unstructured playtime is more valuable for a young child's developing brain than electronic media. Young children are more likely to remember doing an activity than watching an activity be done.

Children ages 2 to 5 years should be limited to 1 hour of screen time per day. Again, the programs watched should be of high-quality, and be viewed with parents. For children 6 years and older, screen time should not interfere with time spent doing other activities. Sleep, physical activities, and mealtimes should be of top priority. Studies show a relationship between television viewing and young children being overweight.

What does this mean for adults? It means that we need to be good role models for our children. Put the phone down and play with your child when they are at the park. Make it a rule to turn off the

T.V. during meal times. Silence phones and charge them outside of your child's bedroom at night.

To help families navigate the evolving digital world, the AAP has developed a guide for creating a family plan for screen time and media use. The plan is broken up into 9 areas: screen free zones, screen free times, device curfew, choose & diversify your media, balancing online and off-line time, manners matter, digital citizenship, safety first, and sleep & exercise. Create your own family plan by going to <http://www.healthychildren.org>. There are examples and suggestions pre-populated and areas to write in personal guidelines and to help guide you in making your plan. Delight in the company of your family, and treasure every moment.

To learn more about improving screen time and healthy children, the following publications can be found at <http://www.ianr.unl.edu/pubs->

Nebraska Extension NebGuide "Brain Development and Learning in the Primary Years" (G2198)

"The Importance of Outdoor Experiences in the Primary Years" (G2202)
Nebraska Extension NebGuide "Enjoyable Time Together: A Journey of Happy Memories" (G1882)

Notable Quotes

Where a love of natural beauty has been cultivated, all nature becomes a stupendous gallery, as much superior in form and in coloring to the choicest collections of human art, as the heavens are broader and loftier than the Louvre or the Vatican.

HORACE MANN,
A Few Thoughts
for a Young Man