

Donations lead to AED purchase

The Thedford Volunteer Rescue Squad routinely receives donations in memory of local residents. In October 2022, Purdum Assistant Fire Chief Mike Moody passed away and his family graciously designated the Thedford Volunteer Rescue Squad as one of the organizations to whom people could make a donation in memory of Mike.

The contributions people sent were used to purchase an Automated External Defibrillator (AED) that will be placed in the Thedford Fire and Rescue command vehicle.

This vehicle is often on wildland fires and at larger incidents where the ambulance may be staged farther away. It is also capable of driving off-road in sand and rough terrain, making it easier to reach patients in remote locations.

With the purchase of a LifePak CR2 AED, and other medical supplies in this vehicle, the capabilities and preparedness of the firefighters and EMTs will be enhanced. The LifePak CR2 AED is one of the most state of the art AEDs in the field.

The inSight technology provides the LIFEPAK CR2 defibrillator with cprINSIGHT, which is the only AED that allows



COURTESY

Members of the Thedford Volunteer Rescue Squad, l-r: Shirley Hanna, Jemma DeNaeyer, Cheryl Moody, Loren Eaton, Wade Neben, Brenda Corbin, and Sandy Heavican are pictured with the Automated External Defibrillator (AED) that will be placed in the Thedford Fire and Rescue command vehicle. It was made possible from contributions made in memory of Mike Moody.

chest compressions during ECG rhythm analysis. Once CPR begins, cprINSIGHT Analysis Technology automatically analyzes and detects if a

shock is needed. This significantly reduces any pauses in chest compressions, even eliminating pauses, if the rhythm is determined to be non-

shockable.

As people living in small rural communities understand, it takes a little bit from everyone to make things successful. The

small EMS services understand this well and often depend upon donations and volunteers to thrive. The Thedford Volunteer Rescue Squad

greatly appreciates all the support over the past years and looks forward to providing a great service to the citizens in 2023.

Hereford Champions selected at 2023 Cattlemen's Congress



COURTESY

Grand and champion polled yearling bull, Dry Creek Farm, Pell City, Alabama; Walker Herefords, Morrison, Tennessee; Landgren Ranch, Bartlett, Nebraska; and Dirt Road Farms, Franklin, Tennessee, with Land Slinger 2296 1046, an April 16, 2021, son of UPS Sensation 2296 ET.

Excitement was in the air as Jason Hoffman, Thedford, sorted the 72-head Hereford bull show and 186-head Hereford female show at the 2023 Cattlemen's Congress in Oklahoma City, Oklahoma. A total of 309 Herefords were exhibited throughout the four-day national Hereford show, January 4-7.

"I think it's so flattering as a breeder to be able to have the balance in this breed that we do," Hoffman said during the champion polled Hereford bull selection. "You can have these really nice heifers that can go out and compete, and their bull mates in a flush also serve a purpose. There's no byproduct of the Hereford breed."

The champion horned bull went to Barber Ranch, Channing, Texas, and GKB Cattle, Desdemona, Texas, with BR GKB Winchester 1314, sired by BR Belle Air E133 ET. The September 19, 2021, entry was first named champion senior bull calf. Chad Breeding,

Miami, Texas, exhibited the reserve champion horned bull; B & C El Sensation 1207J. Sired by B&C El Jefe 7086E, this champion yearling bull was born March 5 2021.

Dry Creek Farm, Pell City, Alabama; Walker Herefords, Morrison, Tennessee; Landgren Ranch, Bartlett, Nebraska; and Dirt Road Farms, Franklin, Tennessee, took home polled champion bull honors with Land Slinger 2296 1046. This son of UPS Sensation 2296 ET was born April 16, 2021, and was first named champion yearling bull. Moore Cattle Co., Madill, Oklahoma received the polled reserve champion bull banner with BK CMCC Kool Profit K001ET. The champion junior bull calf was born February 26, 2022, and was sired by H The Profit 8426 ET.

The American Hereford Association, with headquarters in Kansas City, Missouri, is one of the largest U.S. beef breed associations.

Are you living with hypertension (HTN) or high blood pressure? Are you concerned about developing HTN? Are you caring for someone with HTN? This class is for you.

Join this six-week series aimed to improve HTN self-management. Topics include:

- Basics of hypertension control,
- Nutrition, physical activity
- Tobacco cessation
- Medication management
- Stress management
- Creating short-term and long-term action personal action plans

Living Well is being offered FREE virtual series by Nebraska Extension beginning on March 20 at 6 p.m. Hypertension affects approximately 116 million adults in the United States and more than one billion adults

worldwide. Hypertension is the leading cause of CVD morbidity and mortality.

Registration is available at: <https://go.unl.edu/HTNCONTROL> or call 402-426-9455.

Participants will learn how to control hypertension self-management through small groups educational sessions and support by trained Ne-

braska Extension Health Coaches.

Participants will increase knowledge about hypertension self-management; increase stage of readiness to make lifestyle changes required for successful self-management; promote positive behavior changes in nutrition, physical activity, stress management, tobacco use, and medica-

tion management.

Participants need to register and attend all six-sessions from 6:00 to 7:30 p.m. CT via a weblink. Participants will be receive a notebook of activities prior to the first night class.

Classes are March 20 and 27; April 3, 10, 17 and 24.

This Hypertension Control course is offered in partnership with the Nebraska Department of Health and Human Services, University of Nebraska Extension Educators, Jordan Luxa, Brenda Aufdenkamp, Emily Gratopp, Natalie Sehi and Thays Silva are offering this course for FREE as a part of the University of Nebraska-Lincoln Extension.

Registration deadline is March 13, 2023. For further information contact your local Extension office.

Troopers Respond To Over 400 Weather-Related Incidents



COURTESY

Nebraska State Troopers responded to more than 400 weather-related incidents over the last two days as snow and ice accumulated across Nebraska.

Between Wednesday, January 18 and Thursday, January 19 troopers re-

sponded to 42 crashes and performed 385 motorist assists. Motorist assists often include slide-offs and drivers who get stranded in the snow.

"Many people made the choice to stay off the roads during the worst

part of the snowstorm, but the number of incidents increased once the snow stopped falling," said Colonel John Bolduc, Superintendent of the Ne-

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Six-week series will help improve your high blood pressure



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