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From Jo Ann Baum's Kitchen

Nebraska Beef Supreme

Beef is a staple on many Nebraska dinner tables.

Happy New Year!



What's for supper tonite? BEEF.

Hope everyone had a wonderful holiday! We sure did at our house. My favorite part was having all the kids and grandkids around the dinner table. Yes, Ted did serve beef for Christmas dinner. It was delicious! This week's recipe is so

easy and simply delicious. Crockpot dishes are the best, especially in the winter time.

Using a very lean cut of roast is really what you need to use for this recipe. Others cuts - you might have too much fat in the gravy mixture, but you are welcome to use whatever you have on hand. Give it a try and find what works for you. The leftovers are amazing! Enjoy! Beef is the Best!

Jo Ann

NEBRASKA BEEF SUPREME

4 lb chuck roast (very lean)  
1/2 of a 20 oz bottle of ketchup  
1 envelope instant onion soup mix

1 12-ounce can of beer  
1/4 cup brown sugar

Put the roast in the crockpot. Cover it with the other ingredients (not the brown sugar). Cook on low for eight hours. Prior to serving, skim off any fat. Remove two cups juice from the crockpot. Place juices in a saucepan and thicken with two tablespoons of cornstarch and a 1/4 cup of brown sugar. Add the thickened mixture back to the crockpot and heat until juices are thickened. Slice the roast and serve it with the juices. Delicious!

Obituaries

Clara Kamphaus, 90

Born in Bliss, Nebraska, she lived near Raeville for many years before moving to Elgin.

A Mass of Christian Burial was held at 10:30 a.m. Tuesday, January 10, 2023, at St. Boniface Catholic Church in Elgin with Fr. John Norman and Deacon Dennis Wiehn officiating. Burial followed at St. Boniface Catholic Cemetery, Elgin.



Visitation was held on Monday from 5-7 p.m. at the church with a 7 p.m. Wake Service. In lieu of flowers, memorials are suggested to the Elgin Community Center or St. Boniface Catholic Church.

face Catholic Church.

Levander Funeral Home of Elgin is in charge of the arrangements.

Condolences may be sent to the family at [www.levanderfuneralhome.com](http://www.levanderfuneralhome.com)

\*\*\*\*\*

Clara (Hinrichsen) Kamphaus was born on August 5, 1933, in Bliss, NE (an old rural community at the Wheeler and Holt County line) to William and Lydia (Hoerle) Hinrichsen. In the spring of 1944, the family moved southeast of Chambers, NE.

She married Frank Kamphaus on June 11, 1955, at St. Bonaventure Church in Raeville. They lived on a

farm northeast of Raeville until Frank was drafted in the U.S. Navy. After basic training they lived in Alameda, California for two years where Clara worked at Fosters Freeze, a fast-food diner. They moved back to the Raeville area to farm until 1963 when they moved to Elgin. She worked at the bowling alley, then at FCX for 24 1/2 years until retirement.

Clara was a member of St. Boniface Catholic Church as well as the Christian Mothers Society. She loved quilting, playing cards, traveling, bowling, and homecare. In her later years, she became a football expert and won several of

the pools in *The Elgin Review* football contest.

Clara is survived by her daughters: Ramona (Al) Hagemaster of Phoenix, AZ and Ruth (Terry) Wornath of Fredericksburg, TX; granddaughter: Christa (Matthew) Czajka-Robinson of Central Point, OR; brother: Lawrence (Sharon) Hinrichsen of Plattsmouth, NE; sister-in-law: Ruth Hinrichsen as well as many nieces, nephews, other relatives and friends.

Preceding her in death were husband: Frank Kamphaus; parents: William and Lydia Hinrichsen; brother: Arthur Hinrichsen; and stepmother: Eleta (Mesner) Hinrichsen.

Jeanette A. Thiele, 87

A native of Raeville, she graduated from St. Bonaventure High School in 1953.

Funeral Service for Jeanette A. Thiele age 87 of Clearwater will be 10 a.m. Thursday, January 12, 2023 at St. Theresa's Catholic Church in Clearwater with Father John Norman, and Father James Kramper officiating.

Visitation will be Wednesday, January 11, 2023 at 5:00 p.m. to 7:00 p.m. with a 7:00 p.m. Wake Service at St. Theresa's Catholic Church. Burial will be at St. Theresa's Catholic Cemetery.

Snider Memorial Funeral Home in Clearwater will be handling the arrangements.

Jeanette passed away Sunday, January 8, 2023 at Arbor Care Center in Neligh, NE.

Condolences may be directed to the family at [www.snidermemorialfh.com](http://www.snidermemorialfh.com)

In lieu of flowers memorials are suggested to the Clearwater Volunteer Fire Department

\*\*\*\*\*

Jeanette Anne (Moser) Thiele was born on August 9, 1935 to Alois (A.V.) and Mary (Mackel) Moser at Raeville, Nebraska. She attended school at St. Bonaventure in Raeville and graduated with the Class of 1953. She went to college at Wayne State College for teach-

ing. She taught at St. Bonaventure and country school. On June 14, 1958, she was united in marriage to Louis Thiele. Jeanette loved spending time with her family. She also enjoyed reading her Bible, going to cattle sales, watching horse races and going to rodeos. She also always enjoyed hearing hunting stories from her children and grandchildren.

She is survived by her husband of 64 years, Louis Thiele of Clearwater. Her children: Joe and Carol Thiele of Clear-

water, NE, Dean Thiele of Clearwater, NE, Dan and Kris Thiele of Buffalo, WY, Ted and Colleen Thiele of Atkinson, NE, Pete and Joan Thiele of Oakland, NE, Jim and Leenda Thiele of Clearwater, NE, and Mary and Arnold Talero of Martell, NE.; 22 grandchildren and 5 great grandchildren. Sister, Caroline Kallhoff of LaVista, NE.

She was preceded in death by her parents, brother Michael in infancy, and sister Phyllis Keller.

City

From Page One

willing to sit on a committee to move the process forward. Cooperation — Utilities Su-

perintendent Donnie Poulsen, Jr., told the council that community residents cooperated well with moving vehicles off

the streets to allow for snow removal. Also, he said the tree dump was burned on January 1st.



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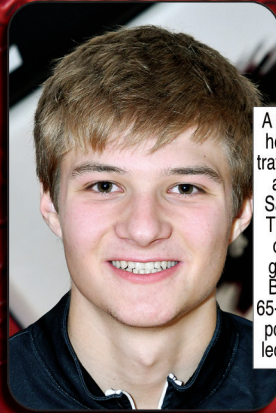
Dr. Furstenau will begin seeing patients January 3rd.

Peter Diedrichsen, M.D.  
Richard W. Meyer, O.D.

Sarah Langan, O.D.  
Russell M. Vetick, O.D.

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304 N Street • Neligh • 402-887-4506 | 432 W. Main • Albion • 402-395-2627

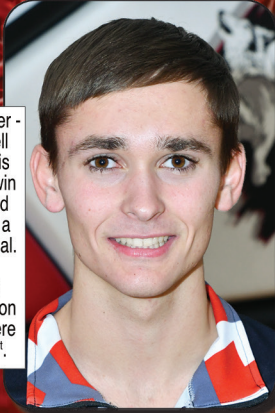
Pride of the Pack



Paiton Hofer  
BOYS BASKETBALL



Maddie Kolm  
GIRLS BASKETBALL



Carter Beckman  
WRESTLING

A senior, Paiton helped orchestrate a comeback at Bloomfield Saturday night. The team blew open a close game with the Bees, winning 65-46. He had 24 points and also led in rebounds.

A senior, Maddie and her teammates played at the Nebraska Girls Basketball Showcase in Kearney. She had her best game of the season, scoring 13 points.

A senior, Carter at the Burwell Invite - got his 100th career win on Friday and finished with a 2nd place medal. The team wrestled at Summerland on Saturday where he placed 1st.

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## NOTICE - ANTELOPE COUNTY SNOW REMOVAL POLICIES

### ANTELOPE COUNTY DEPARTMENT OF ROADS Snow Removal Plan and Policies

The Antelope County Road Department is responsible for providing snow removal for approximately 1300 miles of gravel and asphalt county roads. The Road Department attempts to maintain adequate traction for vehicles properly equipped for winter driving conditions. Planning for a winter storm is difficult. The differences in rate of snowfall, moisture content, temperature, time of day, and wind velocity make each storm unique. However, it is the intent of this program to establish general policies and procedures to make travel within the County as safe as possible. Safety is the primary concern and all persons involved with this plan will consider safety first in their operating procedures.

Plowing, when deemed necessary by the Road Superintendent with input from County Commissioners, will begin on all PRIORITY ONE (Emergency and School Bus Routes) and PRIORITY TWO (Mail Routes, Occupied Residences, and Rural Businesses) County Roads, with PRIORITY ONE roads being opened first, then PRIORITY TWO roads, followed by some PRIORITY THREE (No Occupied Residences) roads. After all roads are opened satisfactorily to allow vehicles in and out access to all occupied residences, additional road widening may be done.

State Statute 60-6140 states the driver of any motor vehicle when traveling upon a roadway outside of a business or residential district shall not follow any highway maintenance vehicle more

closely than one hundred feet if such vehicle is engaged in plowing snow or performing other highway maintenance duties. Operating a snowplow can be a dangerous task. When ice, snow, wind and cold create treacherous operating conditions, such as limited visibility, the snowplow operators require tremendous operating skill and courage to operate.

If an Antelope County employee, while they are plowing snow, comes upon an abandoned vehicle that is blocking a county road and must be moved, the sheriff's office will attempt to contact the owner. If the owner cannot be located and the vehicle must be removed, steps will be taken to move the vehicle.

Antelope County or the employees of Antelope County cannot be held liable for damages caused by removing the abandoned vehicle. Occupied vehicles will only be removed from a snowdrift by the county employee when the owner is present and able to attach a tow rope to the personal vehicle.

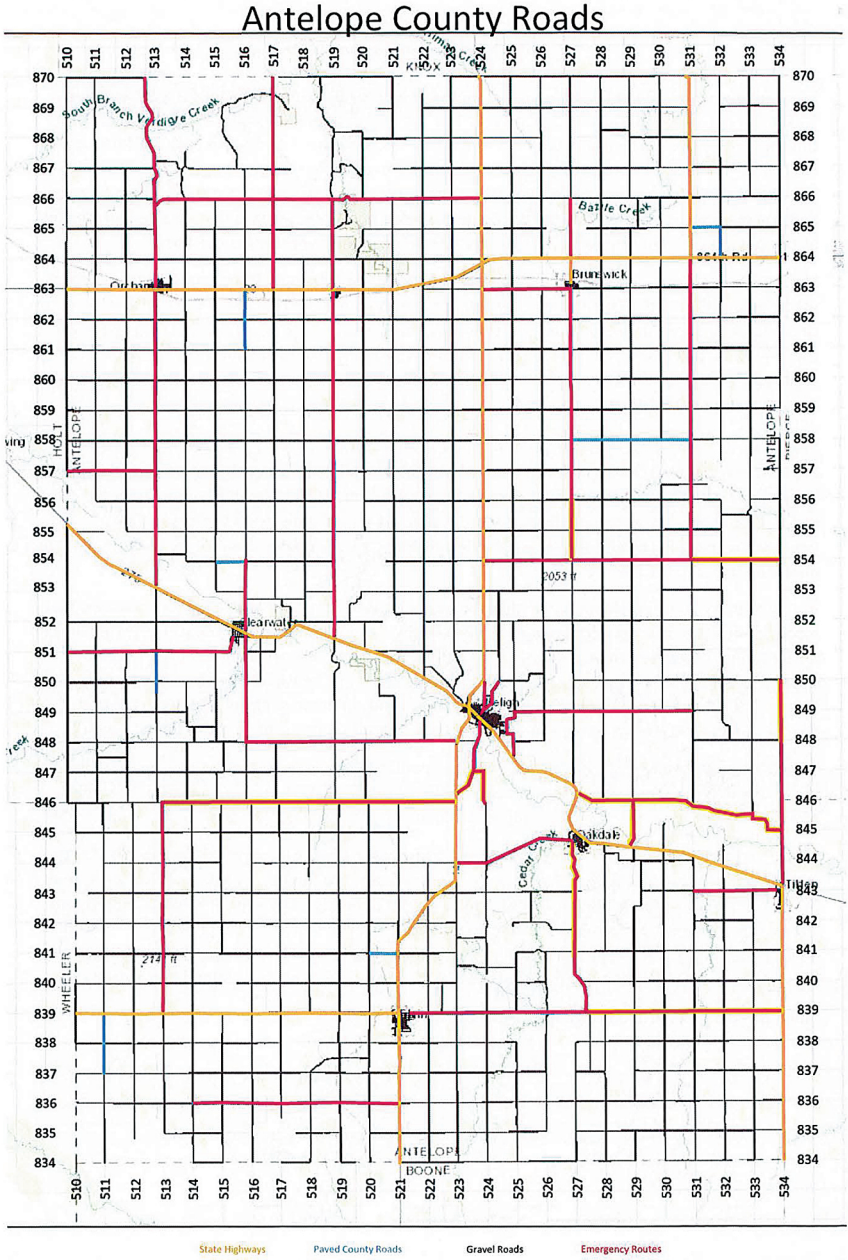
The Road Superintendent, in conjunction with the Sheriff's Office, is authorized to announce publicly that non-emergency travel is not recommended when conditions warrant such a warning. This public notice is not, nor is it intended to encompass all details of Antelope County's snow removal operations.

**ADJACENT DRIVEWAYS:** The cleaning of adjacent driveways to County Roads is the responsibility of the adjacent property owner. When plowing snow, several passes are

sometimes necessary before a county road is clear. Every effort is made to prevent plowing into driveways; however, the Roads Department will not clean driveways adjacent to County Roads. Cleaning driveways, that are plowed closed by the Roads Department, is the responsibility of the adjacent property owner.

It is generally best for the adjacent property owner to open driveways AFTER the snowplows have completed their operations.

Antelope County Road and Bridge Phone (message): 402.887.8000  
Publish: January 11, 2023



## Neligh food pantry date announced

The mobile food pantry, sponsored by the Neligh Faith Community Church as well as various other churches, individuals, and businesses in the area, will be dispersing food on Tuesday, January 17, from 3-4:30 pm at the American Legion Club in Neligh.

Volunteers will assist with loading the product into cars, parking and collecting the necessary information.



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✉ [hr@boonecohealth.org](mailto:hr@boonecohealth.org)

🌐 [boonecohealth.org/careers](http://boonecohealth.org/careers)

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## Personal Property AUCTION

Saturday, January 14, 2023 • 9:30 A.M. • Randolph, NE

Lonnie Bartak Estate • Guns sell at 11:30 A.M.

**Motorcycles, Pickup, Trailers**  
•1995 Honda Goldwing GL1500 SE12 Touring trike, 2 seater, 92,809 miles, CB receiver, air pressure control, radio, back supports, storage bags, VIN:1HFS02231SA701300 •1997 Harley Davidson FLST Special, 38,800 miles, back rest, radio, saddle bags, VIN:1HD1B-JL4XVY030911 •2007 Chevrolet Silverado, ext cab, 4x4, 191,637 miles, Vortec engine, automatic, power windows/locks, bed cover, VIN:2GCEK19J671641560 •2020 Carry-on 5.5x10 trailer, single axle, ramp, 2 in ball •2013 Time Out 2 wheel motorcycle camping trailer, fold out tent table and air conditioner, VIN: 1T9MC4515DE210064 •2013 motorcycle 2 wheel box trailer •Motorcycle helmets and accessories

**Antiques**  
•Lunchboxes-Dukes of Hazard, Peanuts and Holly Hobbie •Treadle sewing machine •Coffee pot •Roadmaster Tricycle •Radio Flyer wagon •Bikes •Pogo stick •Tonka trucks & toys •Walk behind cultivator •Yokes •Tree saw •Steel Delphos Gas can •Oil cans •Glass milk bottles, jars •Lantern •Yardsticks •Sleighs •Cream cans •Milk cow tags

**Furniture**  
•2-Recliners •Couch •Dining room table w/6 chairs •Shelving •End tables •4-pc bedroom set w/ full size mattress •Cedar chest

**Outdoor**  
•Yard machine, 24 in cut, 7 HP, self-propelled snowblower •Craftsman DYT 4000 lawnmower, 42 in deck, hydro, 18.5 HP engine, bagger, LIKE NEW •Torro push mower, 7.5 HP, 22 in cut, self-propelled •Propane tank •Lawn thatcher •Patio table & chairs w/ umbrella •Coolers •Lawn chairs •Winegard Portable satellite dish •Fishing tackle •Fertilizer spreader •Wheelbarrow •Bird bath •Windmill

**Beer Signs & Games**  
•Foosball table •Coca-Cola popcorn popper •Miller lighted sign •Storx wooden box •Wooden porch cooler •Camel clock •Jim Beam tin •Old Milwaukee tin •Budweiser tin •Milwaukee's Best Light tin •Busch Light lighted sign

**Tools**  
•Ryobi 40 volt leaf blower •Ryobi Sawzall •Ryobi circular saw •Ryobi drill •PowerPal 3/4 HP air compressor •Pro Tech table saw •Wilson router w/table •Tocraft chop saw •Jet 12.5 deluxe wood planer •Drill press •Scroll saw •4 in Belt and 6 in disk sander •Electric chainsaw •Tool chest •Union Mfg tool chest •Brooms •Extension cords •Step ladder •Skil Sawzall •Tool set •Assort. hand tools •Shovels •Rakes •Hoes •Sanders •Straps •Jigsaw •Wood clamps •Toolboxes

**Guns/Bow/Ammunition**  
•BushMaster XM15-ES2 223, tripod stand, extendable stock, with clip SN: BF1599273 •Sold separate-DPMVS 223 barrel with tripod w/Simmons scope •Ruger Model 1022, 22LR Simmons scope, shoulder strap, wood stock SN:250-84009 •Mossberg 270 cal, bolt action, shoulder strap, wood stock SN:BA262642 •Mossberg 7.62MM/308 MVP series, bolt action, extendable stock SN:MVP097460 •New England Fire Arms 30-06, single shot, shoulder strap, Barska scope SN:NL234304 •Hoyt Carbon Element Compound Bow w/level and site gauge, IBO Speed 332 FPS, draw weight from 30-80 lbs •Several arrows, tips, and repair kits •(12) .223 ballistic tip, remanufactured •(3) .223 Remington reloads •(9) .223 NEW Remington ballistic tip •(7) .223 Remington reloads •(2) .223 reloads •(1) .223 ballistic tip reloads •(3) .223 New Hornady •Over 2300 Rounds of .223 •(5) 30-06 Reloads •(2) 30-06 reloads •(7) 270 Win Hornady •(1) Winchester 8 mm Mauser •(7) .308 Winchester New •(3) .308 Reloads •(2) 500 Bricks of Blazer 22LR •Several .223 clips, .308 clips •Turkey decoys •Buck decoys •Antelope decoys •Miss September decoy •Crossfire Re Scope 4-12x40 NEW •NV 5x60 Night vision scope •Thompson Center Arms 3-12x40 scope NEW •NC Star 3-9x40 scope •Simmons 4x42 scope •Weatherproof 3-9x40 scope •Tasco 3-9x40 scope •IR 3-12x50 scope •Numerous soft gun cases •Camo clothing •X-Stand gun sighting table •Animal traps

All bidders must have a Nebraska operator's license, Nebraska Firearms Certificate, Nebraska Concealed Carry Permit, or Federal Firearms License to buy Firearms.

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Live Event: Friday, January 13, 2023 at 10:30 AM

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Bidding closes Friday, January 13, 2023 at close of live event.

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Edward R. Murrow

# Opinion

Read. Reflect. Respond.

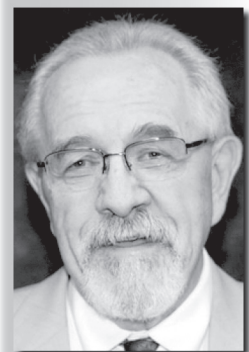
## Partisanship on the line, urban-rural divide too!

There's been a lot of talk about preserving the officially nonpartisan nature of the Nebraska Legislature. But there is another issue, occasionally discussed with similar zeal in years past, that's creeping up again.

(Gasp!) It's the urban-rural split. While the focus has been on party loyalty – there are 32 Republicans and 17 Democrats in the officially nonpartisan Legislature – there are also 26 "urban" lawmakers (18 from Omaha and 8 from Lincoln) to just 23 "rural" senators. That reflects the shift of two rural districts, 49 and 36) to the Omaha metro area in the past four years.

### CAPITOL VIEW

Nebraska Press Association



Statehouse Correspondent  
J.L. Schmidt

District 49 was moved from the upper Panhandle to the Gretna area in 2018 and attorney Andrew La Grone was appointed to be the Senator. He was defeated two years later by current Senator Jen Day. Then, just last year, redistricting moved Central Nebraska's District 36 to Bellevue when term-limited Sen. Matt Williams of Gothenburg offered the district number to easily solve the problem.

Yes, the population center of the state has, as predicted, shifted toward the east end. But it hasn't created much of a floor fight so far. Redistricting

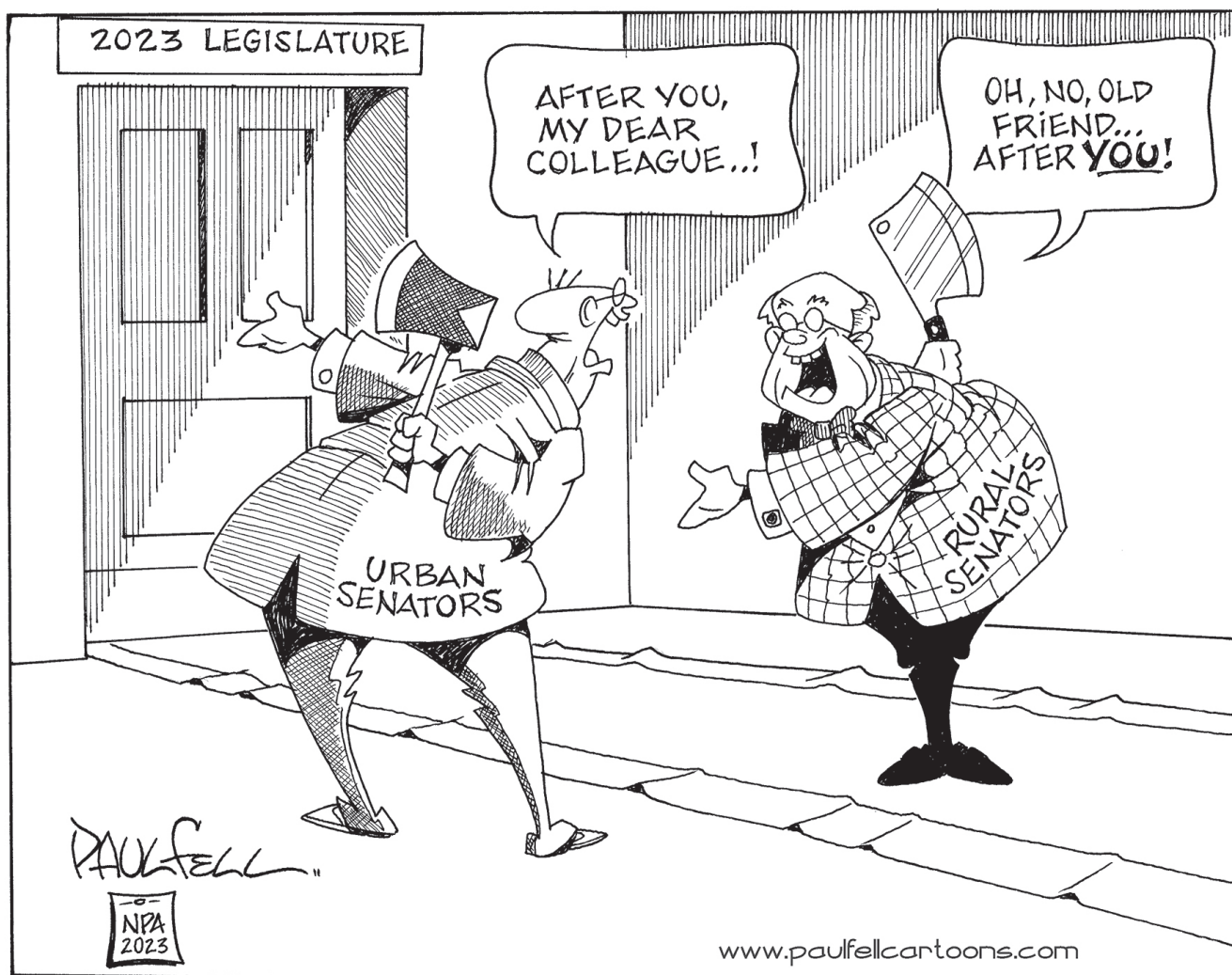
debate coincides with the taking of the census.

Urban-rural discussion could surface this year as lawmakers, at the urging of Governor Jim Pillen and a special committee he has appointed, start digging into school finance. The urban-rural divide is huge in that arena with sparsely populated schools needing more resources while urban schools sometimes suffer a loss of state aid under some proposed finance schemes.

I don't want to encourage the debate, but in more than 40 years of observing the Legislature I have seen my share of such nastiness. Criminal justice reform is another area that could trigger the issue. After all, the common belief is that most of the criminals are in Lincoln and Omaha and the prisons are mostly in the eastern part of the state.

Comments made recently by the Department of Corrections interim director indicate even if the state builds a new prison, they may need a second one to handle the nation's worst overcrowding. Potential sites have been evaluated in Fremont, Omaha and Lincoln. It's a costly issue.

"If there's not some meaningful prison reform — which by the way will make our communities safer — then we're looking at spending half a bil-



lion dollars to accommodate our prison population to the year 2030," retiring State Sen. Steve Lathrop of Omaha said. Lathrop headed the Judiciary Committee and was the primary advocate for measures that would include alternative sentencing and programming.

Then-Governor Pete Ricketts said the measure was "soft on crime." His law-and-order partner, then-Attorney General Doug Peterson agreed and pushed the "lock 'em up" mentality, with the help of Lincoln Senator Suzanne Geist. That ultimately stalled the Lathrop-supported bill through a filibuster.

Geist, who represents southeast Lincoln, said she'll focus on issues affecting law enforcement and the Nebraska Department of Correctional Services as she moves into her final two years in the Legislature.

She said she also plans to sponsor legislation that seeks to enact some of the criminal justice reforms sought in the sweeping package that she helped de-

rail. She was part of a panel that engaged with the nonprofit Crime and Justice Institute to develop the recommendations.

Her opposition centered on concerns about softening sentencing for minor drug crimes so judges could order inmates to serve consecutive sentences and cap minimum sentences to provide inmates more time on parole. The Republican lawmaker has vowed to work with

Democrat Omaha Sens. Justin Wayne and Terrell McKinney to reintroduce portions of the failed reform attempt.

Of note, Geist is challenging Lincoln's Democrat Mayor Leirion Gaylor Baird in the city's spring election. One can only imagine her vision that the promise of a new prison being built in the community would sweeten the pot for her..

\*\*\*\*\*

*J.L. Schmidt has been covering Nebraska government and politics since 1979. He has been a registered Independent for more than 20 years.*

## Together, we've grown Nebraska

This week, we officially gaveled in the 118th Congress. With Kevin McCarthy as Speaker of the House, I know House Republicans will deliver on our Commitment to America to restore a government that's accountable, a nation that's safe, an economy that's strong, and a future that's free.

Our challenges are great. Inflation is soaring, our supply chains are broken, and with a workforce participation rate which remains historically low at 62.1 percent, it's clear too many American workers are on the sidelines of the economy. Crime is out of control, our southern border is not secure, and bureaucrats have tried to rob Americans

of their power to make the best decisions for their families time and time again. The stakes are high.

The road to economic recovery clearly leads through connecting Americans to good-paying jobs and making sure wage gains are not destroyed by inflation. We should be focused on encouraging investment in domestic manufacturing and supply chains to minimize our dependence on China. From baby formula to semiconductors, these past couple years have been a hard lesson in what happens when supply chains fail. Identifying and making critical supply chains more resilient is a common goal across both parties.

The key will be in using a smart and tactical approach that does not just throw money at the problem without fixing the underlying vulnerabilities.

Promoting the competitiveness of American producers and companies in the global marketplace is not a partisan issue. Two uncontroversial trade programs, the Generalized System of Preferences (GSP) and Miscellaneous Tariff Bill (MTB) do just that and should be reauthorized without delay. GSP and MTB should not be held hostage by bigger and more complicated trade debates, particularly as small businesses relying on them face other economic challenges brought on by workforce shortages and inflation.

Cultivating an environment that does not choke out American businesses, but instead encourages economic growth is critical to our mission to help Americans flourish. The Tax Cuts and Jobs Act (TCJA) doubled the standard deduction, doubled the child tax credit, and lowered rates for earners across all income brackets. Those provisions have greatly benefited our economy, but they're only temporary. We should work together to make tax relief for families and small businesses permanent.

## Law enforcement appreciation day

This Monday was National Law Enforcement Appreciation Day — an opportunity to thank the men and women who keep Nebraskans safe. It's particularly important that we use this special day to celebrate our law enforcement officers because in some parts of the country their life-saving work is undervalued and even demonized.

That life-saving work was on full display recently as the Midwest was hit with intense winter storms. During the December storms in Nebraska, law enforcement responded to hundreds of incidents. While others gathered with relatives for the holiday, many officers had to spend Christmas Day away from their families on the road answering the call of duty.

The Nebraska State Patrol alone reported that its troopers performed 517 motorist assists and 27 crash responses on December 21 and 22, when extreme wind chill and snow swept across our state. Officers, dispatchers, plow teams, tow truck drivers, and first responders worked around the clock to help those in danger.

These are just a few examples of the heroic actions law enforcement officers take every day. Our officers go above and beyond for us, so it's critical that we do our part to support their work in the community. My bill, the Recruit and Retain Act, is one way we can ensure police departments get more of the resources they deserve.

Speaking with law enforcement across Nebraska, I know many departments are concerned about inadequate staffing levels. There has been an increase in retirements and a decline in new applications. Understaffed departments are doing their best to keep up, but there are ways we can help them reduce the costs associated with hiring.

We've done this in divided government once, and we can do it again. We should ensure job creators have the certainty needed to encourage investment so the United States can remain the most innovative country in the world. There are many other issues we must work through. These are things we can achieve in a bipartisan way, and I stand ready to work with anyone who is willing to come to the table in good faith with ideas to deliver the solutions needed to rebuild our economy.

My legislation would boost officer recruitment opportunities through the Department of Justice's Community Oriented Policing Services (COPS) grants so departments can cover costs related to the hiring process. These grants are a financial lifeline for departments, but recruitment expenses like background checks, psychological evaluations, and other tests are not currently included as eligible expenses. Reducing the strain of these costs would go a long way in helping law enforcement raise staffing levels.

The bill would also establish the Pipeline Partnership Program, a new initiative aimed at fostering student interest in law enforcement careers. Departments and local schools would work together to launch mentorship opportunities, job fairs, and other activities that give young people better insight into law enforcement work. This program would bolster community relationships and open up a stronger hiring pipeline for police departments.

Finally, the bill would direct the Government Accountability Office to study both the causes of these latest recruitment challenges and the effects they have on public safety. The Recruit and Retain Act is just one of many legislative changes I hope we will make this Congress to support the men and women devoted to protecting their communities.

### FROM THE HILL



Congressman  
Adrian Smith

### WASHINGTON REPORT



U.S. Senator  
Deb Fischer

## Why can't open minds heal the nation's wounds?

You don't know what you've got, until you lose it.

Those words have been put to music, they've been spoken in the aftermath of a situation which has gone wrong.

What I'm about to say next is about a topic which I absolutely abhor - politics. It's never been an honorable profession and the deterioration of society has only made matters worse.

Having said that, I feel the need to use this space to share some thoughts.

Talk radio shows fill the air in the newspaper office for hours on end every day. The 'talking heads' tell anyone who will listen how they should think, who they should detest and who they should follow.

It reminds me of the televangelists who used the Bible to line their pockets with the hard-earned dollars of the vulnerable, promising this which will heal that.

Politics is as sleazy as it gets.

The latest debacle involves the Republican Party and their amusing (if it wasn't so sad) effort to elect a new Speaker of the House. It took 15 votes to get a new Speaker of the House. Twenty congressmen held out their support for Rep. Kevin McCarthy in order to gain concessions.

Just the latest in a reality show of idiotic actors whereby the GOP, when given the opportunity to lead, look like amateurs. Instead of GOP, they should be renamed "The Gang That Couldn't Vote Straight."

This, on the heels of the supposed GOP 'Tidal Wave' 2022 election which played out to be little more than a ripple. Yes, they retook the House, but barely, like a race where the winner barely crosses the finish line before collapsing.

Trust me, this isn't written to bash the GOP. The Democrats are equally horrible, and in some cases worse, in the way they play politics. They would have all of us wearing COVID masks if they could, their disdain for anyone who doesn't think like them is palpable. If you don't walk 'lock-step' with them you are labeled a Nazi. Free speech? Sure, as long as it is one-sided.

Then there's Puppet Biden and his removal of classified documents. How bout the Afghanistan withdrawal? Inflation? Fuel prices? Border? Leadership doesn't come from the bottom and rise up. No, it starts at the top and flows downhill Joe.

Does any honest-thinking man or woman want this man's limited mental capacity running the nation?

I'm nostalgic for times past when open minds could sit down and attempt to bind the nation's wounds. I miss the idea that the political party occupying 1600 Pennsylvania Avenue was the president of all the people, not just the donors.

This was true once upon a time in America, but not now.

It is true, you really don't know what you've got until you lose it.

\*\*\*\*\*

Closer to home, we have a new governor in the name of Jim Pillen. One of his biggest decisions early on will be to appoint a replacement for Senator Ben Sasse who announced his decision months ago to step down and take a position with the University of Florida. Just one name has been tossed about as Sasse's successor - former governor Pete Ricketts.

Maybe Pillen will surprise us, but do you think anyone else is being considered? Surely, there are others who have the necessary skills to represent Nebraskans in D.C. No one, not even the one with the shiny dome, is a slam dunk. If Ricketts gets the nod, consider it Pillen's first 'quid

See TALES, Page Five

## Numbers To Know

**President Joe Biden**, 1600 Pennsylvania Avenue, Washington, D.C. 20510; phone (202) 456-1111.

**U.S. Senate Website:**  
[www.senate.gov](http://www.senate.gov)

**Senator Deb Fischer**: 825 B Hart Senate Office Bldg., Washington D.C. 20510. Phone: (202) 224-6551. Fax: (202) 228-1325.

**U.S. House Website:**  
[www.house.gov](http://www.house.gov)

**Representative Adrian Smith**: 503 House Office Bldg., Washington, D.C. 20515-2703. Phone (202) 225-6435. Fax: (202) 225-0207. E-mail: [hqs@house.gov](mailto:hqs@house.gov)/writerep/.

**Nebr. Unicameral Website**  
[www.unicam.state.ne.us](http://www.unicam.state.ne.us)

**Governor Jim Pillen**: Executive Suite, P.O. Box 94848, Lincoln, NE 68509. Phone: (402) 471-2244.

**Lieutenant Governor Joe Kelly**: Office of the Lt. Gov., P.O. Box 94863, Lincoln, NE 68509-4863. Phone: (402) 471-2256.

**District 40 State Senator Barry DeKay**: P.O. Box 94604, Lincoln, NE 68509. Phone: (402) 471-2801. E-mail: [bdekay@leg.ne.gov](mailto:bdekay@leg.ne.gov).

## About Us



Award  
Winning  
Newspaper

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Notice of Organization — Al Warner Trucking, LLC

**NOTICE OF ORGANIZATION OF: AL WARNER TRUCKING, LLC**  
DESIGNATED OFFICE: 51363 836th Road, Elgin, Nebraska 68636  
REGISTERED AGENT: Katherine E. Sharp, P.O. Box 106, 525 W. State Street, Albion, NE

68620  
AL WARNER TRUCKING, LLC shall engage in any lawful business for which a company may be formed under the Nebraska Uniform Limited Liability Company Act. Perpetual existence commenced on January 6, 2023, when the Certificate of Organization was filed with the Nebraska Secretary of State. Affairs are to be conducted by the Manager of the Company as set forth in the Operating Agreement.  
PUBLISH: January 11, 18 & 25, 2023  
ZNEZ

tion was filed with the Nebraska Secretary of State. Affairs are to be conducted by the Manager of the Company as set forth in the Operating Agreement.  
PUBLISH: January 11, 18 & 25, 2023  
ZNEZ

Notice of Dissolution — Al Warner Trucking, LLC

**NOTICE OF DISSOLUTION OF AL WARNER TRUCKING, LLC**  
Notice is hereby given that pursuant to Nebraska Statute Sections 21-148 and 21-150, AL WARNER TRUCKING, LLC, by and through its member, Alton J. Warner, has dissolved with a Statement of Dissolution of Limited Liability Company being filed with the Nebraska Secretary of State on December 30, 2022.

Persons having any claims AL WARNER TRUCKING, LLC shall present them by mailing them to Alton J. Warner, with the address of 51363 836th Road, Elgin, Nebraska 68636. The claim shall provide with specificity the nature of the claim and the date the claim arose. A claim against AL WARNER TRUCKING, LLC is barred unless an action to enforce the claim is commenced within five years after the publication date of the third required notice as provided herein.  
AL WARNER TRUCKING, LLC,  
By: Alton J. Warner, Managing Member  
PUBLISH: January 4, 11 & 18, 2023  
ZNEZ

force the claim is commenced within five years after the publication date of the third required notice as provided herein.  
AL WARNER TRUCKING, LLC,  
By: Alton J. Warner, Managing Member  
PUBLISH: January 4, 11 & 18, 2023  
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Notice to Bidders — Antelope County

**NOTICE TO BIDDERS**  
Bids: Antelope County is considering contracting mowing and snow removal of County Courthouse and Museum grounds. The grounds consist of courthouse square and the buildings and grounds

of the Antelope County Museum, including the church, schoolhouse, and log cabin. Bids may be submitted to Antelope County Clerk, PO Box 26, 501 M Street, Neligh, NE 68756, and will be opened and considered during

the February 7<sup>th</sup>, 2023, Board of Commissioners Meeting. Bids should be received by 9:00 AM on the 7<sup>th</sup> of February.  
PUBLISH: December 28, 2022, January 4 & 11, 2023  
ZNEZ

Notice — Estate of L. Nadene Hughes

**NOTICE Estate of L. NADENE HUGHES, Deceased**  
Notice is hereby given that the Co-Personal Representatives have filed a report of their administration and a formal

closing petition for complete settlement after informal probate of Will of said deceased, for determination of heirship, and for determination of inheritance tax, which have been set for hearing in the Antelope County,

Nebraska, Court on January 18, 2023 at 9:00 a.m.  
Jeffrey M. Doerr, #16821  
Attorney for Petitioner  
PUBLISH: December 28, 2022, January 4 and 11, 2023  
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Notice of Organization — Suckstorf Farms, L.L.C.

**NOTICE OF ORGANIZATION**  
The name of the limited liability company: Suckstorf Farms, L.L.C. The address of the designated office is: 137 S. 10th, Burwell, Nebraska 68823. The name and mailing address of the initial agent for service of process of the company is Martin V. Klein, 101 W. 4th Street, P.O. Box 166, Neligh, NE 68756. It is organized to transact any lawful acts concerning any and

all lawful business, other than banking or insurance, for which a limited liability company may be organized under the laws of the State of Nebraska.  
This company commenced upon filing the Certificate of Organization with the Secretary of State on December 22, 2022, and its existence shall be perpetual. The affairs of the limited liability company are to

be conducted by the members under an operation agreement duly approved by its members.  
SUCKSTORF FARMS, L.L.C.  
Martin V. Klein  
Doerr & Klein, P.C.  
P.O. Box 166  
Neligh, NE 68756-0166  
(402)887-4190  
PUBLISH: December 28, 2022, January 4 and 11, 2023  
ZNEZ

Proceedings — Elgin City Council

**ELGIN CITY COUNCIL Proceedings January 4, 2023**

The Elgin City Council met in regular session on Wednesday, January 4, 2023, at 7:30 p.m., pursuant to posted notice.

Mayor Schmitt called the meeting to order, and announced the location of the Open Meeting Act.

Councilmembers present for regular meeting were Mike Dvorak, Jim Kittelson, Leigh Kluthe, and Craig Niewohner.

A complete and accurate copy of the minutes is available for public inspection during normal business hours at the City Clerk's office.

The following agenda items were approved:

• December regular and special meetings minutes, treasurer's report, transaction report, and paying the claims

**GENERAL:** ERPPD, se, 111.10; Great Plains Communications, se, 67.77; APPEARA, su, 52.32; The Elgin Review, se, 150.43; Brenda Reikofski, se, 169.00; Eakes, su, 641.72; Kristin Childers, su, 692.25; Amazon Business, su, 59.23; Black Hills Energy, se, 183.71; Elgin Chamber of Commerce, misc, 425.00; Prudential, retirement, 359.32; American Funds, retirement, 187.48; US Treasury, tax, 3885.74; NE Dept of Revenue, tax, 1413.21; Payroll, 2730.56; Transfer to Rescue, 885.00  
**SALES TAX:** Pool Fund: 2063.78  
**STREET:** ERPPD, se, 965.90; Verizonwireless, su, 75.23; Elgin One Stop, fuel, 449.82; Hometown Station, fuel, 165.22; Blackstrap Inc., su, 390.50; Traffic Logix Corporation, su,

6273.00; Black Hills Energy, se, 115.11; Payroll, 1823.33  
**WATER:** ERPPD, se, 766.33; Great Plains Communications, se, 67.76; Verizonwireless, su, 75.22; NE Health Lab, se, 33.00; One Call Concepts, se, 1.18; NE Municipal Power Pool, se, 671.00; Municipal Supply Inc of Omaha, su, 528.87; Rutjens Construction Inc, se, 550.00; NE Rural Water Association, se, 197.50; NE Dept of Revenue, tax, 21.13; US Post Office, postage, 27.70; To Heather Bauer Acct, on acct, 200.00; Payroll, 3646.67  
**SEWER:** ERPPD, se, 765.44; Great Plains Communications, se, 35.34; One Call Concepts, se, 1.18; Elgin One Stop, su, 57.99; NE Municipal Power Pool, se, 671.00; NE Rural Water Association, se, 197.50; NE Dept of Revenue, tax, 326.36; Payroll, 1393.58  
**FIRE:** ERPPD, se, 151.67; Great Plains Communications, se, 58.46; APPEARA, su, 52.31; Black Hills Energy, se, 393.51  
**POLICE:** Antelope Co Sheriff, se, 2,700.00  
**TRASH PICKUP/RECYCLING:** Bud's Sanitary Service, se, 5310.00; Betty Moser, rent, 100.00; NE Municipal Power Pool, se, 671.00  
**POOL:** ERPPD, se, 67.76; Black Hills Energy, se, 35.05; Bank of Elgin, loan, 2227.79  
**PARK:** ERPPD, se, 263.94; NE Dept. of Revenue, tax, 23.69; Payroll, 429.75  
**LIBRARY:** ERPPD, se, 65.18; Great Plains Communications, se, 58.47; Amazon, su, 444.54; Dean's Market, su, 43.74; Dianne Gunderson, su, 78.02; Black Hills Energy, se, 126.39; Payroll, 1199.52  
**YOUTH:** ERPPD, se, 33.60  
**RESCUE:** Elgin One Stop, fuel,

109.19; Northeast Community College, se, 2011.50; Dean's Market, su, 20.97; Tyler Iburg, misc, 25.00; Dean Schrage, captain fees, 100.00; Kari Schindler, training officer fees, 100.00; Vicki Miller, secretary/ billing fees, 250.00; Quick Med Claims, su, 610.63• Purchase a new 2023 RAM 1500 classic regular cab 4x4 pickup through Jonny Dodge Chrysler Jeep for \$36,250.00  
• Building Permits: KNBB Enterprise LLC  
The following agenda items were discussed:  
• City owned lot at 304 N. Second St  
• Elgin Community Club withdrew lease for digital sign  
• Metering yard hydrants  
• Most vehicles were removed from streets for snow removal  
• Tree dump burned  
• Moving forward with citation at 409 N. Second St.  
• Garbage pickup not occurring for the week due to snow  
• Contact individuals to help move forward development of LB840  
• New cement heaved at The Bargain Box  
Next regular meeting will be held on Monday, February 6, 2023  
Reorganizational Meeting adjourned at 8:14 p.m.  
Mayor Mike Schmitt  
City Clerk Kristin L. Childers  
PUBLISH: January 11, 2023  
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Attending church on a regular basis is an integral part of faith communities and adds to an individual's sense of a faith family. If it's been a while since you've attended a service/Mass, come back. You are always welcome.

**Eureka!**

When Jesus' first disciples encountered Him, their lives changed forever.

It can be the same for you.  
Whether you are new to Jesus or returning to Him, you can find Him in a church.

Do encounter your Messiah this week. Find Him in church!

**We have found the Messiah.**  
John 1:29-42  
Isaiah 49:1-7 1 Corinthians 1:1-9 Psalm 40:1-11  
Revised Common Lectionary © 1992 by the Consultation on Common Texts for  
Sunday, January 15, 2023  
Second Sunday After The Epiphany

For from him and through him and for him are all things.  
To him be the glory forever!  
Amen.  
Romans 11:36

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Fr. John Norman, Pastor  
Fr. Joseph Sund, Associate Pastor  
Confessions: 5-5:30 on Wednesdays.  
Weekend Mass: Sunday, 10 am.  
cppnebraska.org

**St. Bonaventure Catholic Church**  
Raeville, NE  
Fr. John Norman, Pastor  
Fr. Joseph Sund, Associate Pastor  
Weekend Mass: Sunday, 8 am.  
cppnebraska.org

**Park Congregational U.C.C. Church**  
Elgin, NE  
Rev. Kate West, pastor  
Sunday Worship Service: 9:15 am.  
Sunday School: 10:15 am.  
Communion Sunday: 1st Sunday of each month. Park Women's Fellowship: 2 pm on the 3rd Thursday of each month at the church. Parish Council: 7:30 pm on the 2nd Wednesday of each month at the church.

**St. John the Baptist Catholic Church**  
Petersburg, NE  
Fr. John Norman, Pastor  
Fr. Joseph Sund, Associate Pastor  
Weekend Mass: Saturday, 7 pm.  
cppnebraska.org

**Bartlett United Methodist Church**  
Bartlett, NE  
Pastor Duane Waddle  
Sunday Worship Service: 10:45 am.  
Sunday School: 10 am.

**Calvary Bible Church**  
Neligh, NE  
Pastor Peter Sample  
Sunday School: 9:30 am.  
Worship Service: 10:45 am.

**Cattle Sales on Mondays, 1 p.m.**  
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Chris Baum 848-9875  
Dan Baum 848-9813  
Dave Baum 849-4616  
Office 843-2275  
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**Trinity Lutheran Church**  
Elgin, NE  
Pastor Norlyn Bartens  
Sunday Worship Service: 8 am.  
Sunday school follows service.  
Saturday Evening Service: 6 pm on the 2nd Saturday of each month.

**Elgin Community Christian Church**  
Elgin, NE  
Interim Celebrants  
Adult Sunday School:  
Children Sunday School: 9:30 am.  
Sunday Worship Service: 9 am.  
Church Council: 2nd Sunday of each month following worship.

**St. John's Catholic Church**  
Rural Clearwater, NE  
Fr. John Norman, Pastor  
Fr. Joseph Sund, Associate Pastor  
Weekend Mass: Sunday, 11:30 am.  
cppnebraska.org

**Our Savior Lutheran Church**  
Bartlett, NE  
Rev. Jon Franson  
Sunday Worship Service: 8:15 am.  
No Sunday School

**St. Paul Lutheran Church**  
Chambers, NE  
Pastor Leif Hasskarl  
Sunday Worship: 8:30 am.  
Sunday School/Bible Study: 9:30 am.

**Immanuel-Zion Lutheran Church**  
ELCA  
Rural Albion, NE  
Vicar Elizabeth Goehring  
Worship Service: 9:30 am.  
Coffee following services  
Sunday School: 10:30 am.  
Holy Communion, 1st & 3rd Sundays  
(facility is handicap accessible plus Facebook Live and broadcasts on cable channel 65, Tuesday at 10:30 am.)

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**~ Proverbs 19:11 ~**  
A person's wisdom yields patience; it is to one's glory to overlook an offense.

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**Brenna Martinsen** ‘flew’ by her defender to score two of her 11 points Saturday against Alma. *E-R photo/DMorgan*

## Wolfpack fall to Alma at NE ‘Showcase’

KEARNEY — Showing they belong among the elite teams in Class D1, the Wolfpack put on a show at the 2023 Nebraska Showcase Saturday. Playing undefeated Alma, the Wolfpack pushed the Cardinals deep into the fourth quarter before falling 72 to 64.

The setting, pitting two powerhouse teams,



**Basketball IS** a collision sport as Maddie Kolm found out on this play. The senior had 13 points against the Cardinals. *E-R photo/DMorgan*

felt like a state tournament atmosphere and both teams played like it.

EPPJ led 30 to 27 at the end of the first half of action. The Wolfpack opened the third quarter strong as Skyler Meis and Eisenhauer each added baskets to maintain the lead. Charf then had back-to-back baskets, the last coming at 4:35 left in the quarter to give EPPJ their largest lead of the game, 38 to 32.

Alma, behind Addison Neal then took over. One of just two seniors on the team, Neal led her team back with 14 points in the quarter as the Cardinals built a 53 to 48 lead. In the quarter, Alma made three treys, two by Neal.

EPPJ made one last charge in the fourth quarter. Baskets by Martinsen and Charf cut the lead to five points twice, the last (65 to 60) coming with 3:40 left in the game. From that point on, EPPJ would manage just four more points, all coming from Furstenau.

At the other end of the court, Neal had five points while Miley Whitney and Addison Siebels each added free throws.

“What an environment for the kids to be part of,” Coach Randy Eisenhauer said. “The game didn’t go as we would have liked but the overall atmosphere was second to none. We did a good job of scoring but Alma knocked down a lot of open shots the 2nd half to beat us.”

The Wolfpack was led in scoring by Charf with 16 points, Maddie Kolm (in her best game of the season) added 13, Martinsen had 11 and Furstenau scored 10. EPPJ connected on 23 of 51 field goal attempts and 15 of 21 free throws.

Alma was led by Neal with 25 points, Siebels and Whitney each had 12.

The loss dropped EPPJ’s record to 9-3. After a Tuesday night game at Fullerton (too late for press time), EPPJ will be home Friday night to face Stuart.

<b>Alma 72, EPPJ 64</b>	
Wolfpack.....	14 16 18 16 — 64
Cardinals.....	18 9 26 19 — 72
Wolfpack — Taylynne Charf 0-0 0-0 0, Ashlynne Charf 7-12 2-4 16, Skyler Meis 3-11 0-0 6, Brenna Martinsen 3-8 4-4 11, Kate Furstenau 3-5 4-5 10, Keyera Eisenhauer 2-8 2-2 8, Maddie Kolm 5-6 3-6 13, Sara Bode 0-1 0-0 0. Team totals: 23-51 15-21 64. Alma team totals: 24-41 15-25 72. Three-point shots — Wolfpack 3-12 (Brenna Martinsen, Keyera Eisenhauer 2), Cardinals 9-15.	
Team statistics: Rebounds — Wolfpack 30 (Ashlynne Charf 11), Cardinals 21. Assists — Wolfpack 17 (Skyler Meis 5, Ashlynne Charf 4), Cardinals 16. Steals — Wolfpack 17 (Ashlynne Charf 5, Skyler Meis 3, Kate Furstenau 3), Cardinals 13. Turnovers — Wolfpack 25, Cardinals 26.	

## Cardinals stun EPPJ with 65-45 home loss

ELGIN — Home losses have been rare for the Wolfpack girls basketball team in recent years. A double-digit loss even more so.

Yet that’s what happened Thursday night as visiting O’Neill St. Mary’s defeated EPPJ 65 to 45.

Coming off winning the Maison Holiday Tournament, the Wolfpack just couldn’t keep pace with the talented Cardinals.

EPPJ led just once in the game, six to four, early in the first quarter.

From that point on, the Cardinals, led by Lorissa Reiman and Alissa Brabec, built a 10-point lead by the end of the quarter.

The Wolfpack got the offense going in the second quarter as Keyera Eisenhauer drilled a trey, Ashlynne Charf and Skyler Meis had field goals and sophomore Kate Furstenau sank all four of her free throw attempts to close the deficit to 24 to 21 at halftime.

However, the momentum wouldn’t last as, over the final two quarters, St. Mary’s out-scored EPPJ 41 to 24 to earn a victory in a battle of NVC foes.

“We came out right away and did a good job of attacking and keeping them off the boards,” Coach Randy Eisenhauer said. “The second half though I thought we kind of let our guard down and gave up way too many offensive rebounds

and easy buckets.”

Eisenauer led the Wolfpack with 15 points which included three treys. Charf had a double-double in the game, scoring 14 points and pulling down 10 rebounds.

EPPJ made 16 of 48 field goal attempts and nine of 11 free throws in the game, St. Mary’s was 24 of 60 to go along with 13 of 14 free throws.

The Cardinals were led by Reiman who scored 22 points and pulled down 25 rebounds. Brabec made four treys and finished with 18 points.

**St. Mary’s 65, EPPJ 45**  
Cardinals.....18 6 21 20 — 65  
Wolfpack.....8 13 12 12 — 45  
Wolfpack — Taylynne Charf 0-3 0-0 0, Ashlynne Charf 7-12 0-0 14, Skyler Meis 2-8 0-0 4, Brenna Martinsen 1-7 0-0 3, Kate Furstenau 0-3 9-10 9, Keyera Eisenhauer 6-14 0-0 15, Maddie Kolm 0-1 0-0 0, Sara Bode 0-0 0-1 0. Team totals: 16-48 9-11 45. St. Mary’s team totals: 24-60 13-14 65. Three-point shots — Wolfpack 4-17 (Keyera Eisenhauer 3, Brenna Martinsen), St. Mary’s 4-15.

Team statistics: Rebounds — Wolfpack 27 (Ashlynne Charf 10), Cardinals 40. Assists — Wolfpack 11 (Ashlynne Charf 4, Keyera Eisenhauer 3), Cardinals 13. Steals — Wolfpack 11 (Ashlynne Charf 5), Cardinals 12. Turnovers — Wolfpack 17, Cardinals 15.



**Ashlynne Charf** recorded a double-double (14 points and 10 rebounds against St. Mary’s. *E-R photo/DMorgan*

## Two medal at wrestling invite at Burwell Friday

BURWELL — Competing for the first time since December 21, Elgin Public-Pope John wrestlers brought home two medals Friday from the Burwell Invite.

Carter Beckman and Sam Hemenway were among the elite wrestlers competing on the purple mats at Burwell. They did not disappoint loyal Wolfpack fans who made the trek to the Longhorns’ gymnasium.

Hemenway, a junior, won the 195-pound weight class. In two of his three matches he recorded pins. His star shined brightest in the championship match late Friday against Tyson Sanger (Crofton-Bloomfield). Hemenway recorded his second pin in 2:36 to claim the gold medal, much to the delight of the Wolfpack faithful in the stands.

Beckman wrestled four times in the 126-pound weight class, winning three matches (two by pin). In the championship match, Crofton-Bloomfield’s Robbie Fisher (16-1) got the better of Beckman, posting a nine to one major decision. The loss dropped Beckman’s record to 11-2.

Another highlight from the tournament was the performance of senior 220-pound wrestler David Durre. He recorded his first two pins of the season.

Individual results were:  
113 — Champ. Round 1 - Kaeden Schwarting (EPPJ) won by fall over Xackary Lowry (Twin Loup) (Fall 1:28); Quarterfinal - Canon Holley (Central Valley) won by decision over Schwarting (Dec 10:6); Cons. Round 2 - Schwarting won by fall over Joey Gibbons (Ansley/Litchfield) (Fall 0:27); Cons. Round 3 - Kale Glasshoff (East Butler) won by fall over Schwarting (Fall 2:17). Schwarting’s record is now 9-5  
120 — Champ. Round 1 -



**Carter Beckman** defeated North Central’s Tristen Krueger to claim his 100th victory. *E-R photo/DMorgan*

Carter Beckman (EPPJ) 11-2 won by fall over Caden Hunt (Loomis/Bertrand) (Fall 1:10); Quarterfinal - Beckman won by fall over Ky Cargill (Central Valley) (Fall 1:14); Semifinal - Beckman won by major decision over Tristen Krueger (North Central) (MD 9-0); 1st Place Match - Robbie Fisher (Crofton-Bloomfield) won by major decision over Beckman (MD 9-1). Beckman’s record is now 11-2.

120 — Champ. Round 1 - Robbie Fisher (Crofton-Bloomfield) won by fall over Austin Hinkle (EPPJ) (Fall 0:36); Cons. Round 1 - Hinkle received a bye; Cons. Round 2 - Carter Horner (Loomis/Bertrand) won by fall over Hinkle (Fall 2:07). Hinkle’s record is now 0-6.

126 — Champ. Round

1 - Hector Estrada (Twin Loup) won by fall over Grady Drueke (EPPJ) (Fall 1:49); Cons. Round 1 - Drueke won by decision over Elkin Reyes (Loomis/Bertrand) (Dec 8-2); Cons. Round 2 - Drueke won by decision over Maximilian Giggel (Newman Grove) (Dec 5-1); Cons. Round 3 - Evan Hollander (Crofton-Bloomfield) won by fall over Drueke (Fall 1:31). Drueke’s record is now 3-9.

132 — Champ. Round 1 - Sam Titus (Ainsworth) won by decision over Isaac Hemenway (EPPJ) (Dec 6-4); Cons. Round 1 - Atwood Albrecht (North Central) won by decision over Hemenway (Dec 3-1). Hemenway’s record is now 3-8.

132 — Champ. Round 1 - Lane Bohac (East Butler)

See BURWELL, Page Nine

## Fourth quarter surge lifts EPPJ past Bees

BLOOMFIELD — It was close and then it was not.

Elgin Public-Pope John turned a close game into a rout Saturday, defeating Bloomfield 65 to 46 in this, their first game of 2023.

The Wolfpack led by only one point, 42 to 41, after Bloomfield’s Beau Eisenhauer sank a three-pointer with 1:43 left in the third quarter.

Then Wolfpack senior Jack Wemhoff, seeing his first action of the season, drained a trey which seemed to ignite the Wolfpack.

They closed out the quarter

with a six-point barrage which started with a two-pointer by Blake Henn who was fouled on the play.

Henn’s missed free throw ended up in the hands of senior Paiton Hoefer who scored on a putback.

Hoefer then stole the in-bounds pass and scored again, making the score 51 to 43 entering the fourth quarter.

“That was a huge momentum swing,” Coach Matt Euse said about the turning point in the game.

“Our guys knew we were getting right into our press after a made basket ...We were just playing and having fun. We knew what to do, we didn’t have to think about it. It was second nature tonight.”

Over the final eight minutes of the game, the Wolfpack closed out the game with a 14 to three scoring advantage. Wemhoff again made his presence known with back-to-back assists to Myles Kittelson on back-door cuts to the basket. Kittelson finished with seven points in the quarter.

In all, in the fourth quarter, EPPJ made nine of 10 free throws, the last two coming from freshman Karson Kallhoff with less than a minute to



**Seeing their first varsity action** of the season were (above) Jack Wemhoff (2) and (below) Gage Thiessen (3). Both contributed to the team’s victory Saturday against the Bees. *E-R photos/DMorgan*

See EPPJ, Page Nine





Eating habits for 2023

It's the start of 2023, and everyone is looking to tighten up their eating habits and start the year on a healthy note. It's the perfect time to review my simple, real food approach to nutrition.

When it comes to building your plate based on real, whole foods, I recommend a simple method entitled PFC balanced. PFC stands for protein, fat, and carbohydrates, each of the three macronutrients. Pairing all three together at each meal ensures that our blood sugar, energy, mood, digestion, and hormones stay stable, all of which are critical for leading an overall healthy lifestyle!

Putting PFC into practice might seem a bit overwhelming at first glance, but I like to break it down into manageable bites (pun intended).

First up, protein. Protein is the building block of our muscles, and aids in the structure, function, and regulation of every cell in the body. It is important to eat protein in its most bioavailable and absorbable forms found in animal proteins. Beef, chicken, turkey, pork, eggs, and seafood are all wonderful sources of protein to include at each meal, especially at breakfast, as it sets us up for steady and stable energy throughout the day. Avoid processed meats, 99% lean cuts, or eating only white meat. The fat in animal protein is natural to the food itself and aids in the absorption of several nutrients.

Second, add in several sources of healthy fats. No, fat won't make you fat – trust me on that one! As long as you are choosing the right sources of healthy fats, you will see benefits in mental and hormonal health, as fat and cholesterol are the precursors to numerous hormones in the body. Dietary cholesterol also forms the structure of every single cell in the body.

The best sources of healthy fat come from whole food sources such as avocados, avocado oil, olives, olive oil, butter, lard, coconut oil, and dry roasted or raw nuts and seeds.

On the other hand, the inflammatory sources of fat that should be avoided include highly processed vegetable oils (canola, grapeseed, safflower, etc), as well as margarine, fake butter spreads, shortening, and trans fats (also labeled as partially hydrogenated oils). These fats are highly toxic to the body via the way they are created (because they aren't found in nature). Read your ingredient labels carefully as vegetable oils hide in every-thing.

Finally, to complete the PFC framework, we have carbohydrates. Carbohydrates break down into glucose in our blood stream supplying our muscles, brain, and other organs with quick energy. They also provide fiber, which is food for our good gut bacteria and vital for digestive health.

However, most of us are eating carbohydrates from less than ideal sources: processed foods, bread, cereal, crackers, pasta, etc. Even the "healthy" whole grain varieties will fall into this category too. Foods containing artificial sweeteners can also be counted here as potential inflammatory and toxic foods to the body. Preferably, the carbohy-

drates.

Dr. Russell Vetick, OD and Dr. Jennifer Furstenau, OD are eye physicians in Elgin, Nebraska. They provide comprehensive eye exams, contact lens fittings, and vision therapy. Their office is located at 304 N Street, Elgin, Nebraska. Phone: 402-887-4506.



304 N Street  
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Phone 402-887-4506

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EHS choir attends choral clinic

The Elgin High School Choir members attended the Boone Central Choral Clinic on Monday, January 9. They sang *Non Nobis Domine, Dreams of Thee, My Good Lord's Done Been Here, and I Remember*. The Clinic had 245 members this year, and was directed by Greg Woodin from Omaha Westside High School. Photo submitted.

Looking Back

Sixty Years Ago  
January 10, 1963

Margaret Shoemaker, senior at the Elgin Public High School, received a one-year scholarship from the University of Nebraska as a result of her attainment on the Regents tests given at the High School early this year. Margaret was one of the four seniors taking the examination at the Elgin High School and one of the 5,097 seniors taking the exam in Nebraska this year. Of this group there were 100 4-year and 207 1-year scholarships awarded by the University.

Sen. Matt Wylie of Elgin, representing the 27th district (Boone and Antelope counties) was looking forward to a long but interesting Unicameral session. The sophomore senator, who cut his teeth on state politics just two years prior, believed the biggest state problem at the time was legislative redistricting.

Fifty Years Ago  
January 11, 1973

Temperatures here the past several days have been anything but temperate and nearly every night has found the mercury skidding down below zero. Morning temperatures registered 16 degrees below zero. Even daytime temperatures have not climbed to a moderate range.

Nine Elgin residents were among interested representatives from five communities attending the Nebraska Community Improvement Program workshop. Elgin had the largest representation which included Sr. Elizabeth, Gene Boes, Ron Connick, Kenneth Bergstrom, George Vooorhies, Robert Schmitt, Ron Vanourney, Dan Sutton and Duane Johnson.

Thirty Years Ago  
January 13, 1993

The Elgin's Young Men's Club, a very active local organization since its formation about eight years ago, was in need of more members to attend meetings and

participate in activities. The club had only four members in attendance at its monthly meetings. Officers said this is too few members to continue planning activities and fundraisers. Among the community activities sponsored by the club are contributions to the Youth Baseball Program and Legion Baseball Program for equipment; the annual T-ball Tournament; Hot Shot Contest; Punt Pass and Kick Contest; scholarships to seniors from both schools. The club also rebuilt all the picnic tables in the city park, contributed to the park rest room and shower buildings; built a sand volleyball court and helped with other park improvements. The annual Vetch Day's Parade was organized and staged by the Young Men's Club.

Several fund-raising events sponsored by the club include an annual "Fun Night" for support of baseball programs, the Vetch Days Dance, Memorial Day Dance and an Easter Dance. One major project sponsored by the club was the construction of a portable outdoor stage that had been leased to other area organizations for their use.

New Arrivals

Matt and Melissa (Eischeid) Hampl of Norfolk are the proud parents of a baby girl, Mia Charlotte Hampl. She was born December 20, 2022 at 6:23 a.m. at CHI Health Maternity Center at Bergan Mercy in Omaha.



Mia weighed seven pounds, five ounces, and was twenty inches long.

She was welcomed home by her big sister, Journey.

Mia's grandparents are David and Janice Eischeid of Elgin and Gary and Marlene Hampl of Morse Bluff.

Pam Becklun, registered nurse was named the 1992 Employee of the Year at Lutheran Community Hospital in Norfolk. Becklun was recognized at the hospital's Christmas party, where she was awarded a \$500 check by Hospital Administrator Daryl Mackender. Becklun has worked in the Renal Dialysis Unit since her start in 1984 at the hospital, where over 400 people are currently employed.

Twenty Years Ago  
January 8, 2003

A total of 46 area youngsters competed in the annual Knights of Columbus Free Throw Championships held at the St. Boniface Gym. Placing first for the girls various age divisions were Ashley Bode, Kasi Stoltz, Jamie Bode, Megan Veik, Paige Dinslage, Stacy Schiltmeyer. Placing first for the boys various age divisions were, Evan Parks, Eric Schiltmeyer, Dylan Heithoff, Kevin Selting, Dean Veik and Tony Selting.

By Jessie Reestman

Court News

All fines in addition to \$49 court costs. \*Denotes an amendment of original charge(s).

Kaleb E. Mozer, Neligh, NE 11/14/22 no valid registration-car/pickup/stepvan, fined \$25 - Johnson.

Gerardo Lopez Garcia, Papillion, NE 11/12/22 violate deer regulations, fined \$100 - Johnson.

Jonathan E. Lopez, Bellevue, NE 11/12/22 violate deer regulations, fined \$100 - Johnson.

Joseph A. Lopez, Papillion, NE. 11/12/22 violate deer regulations, fined \$100 - Johnson.

Kipp V. Polston, Elgin, NE 10/29/22 speeding 80/65 mph, fined \$75 - McHale.


Jason M. Bard, Joplin, MO 7/13/22 speeding 75/65 mph, fined \$25 - Lawson.

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Community Center Menus

Elgin Community Center meals next week are:

Monday, January 16: Cream chicken over biscuits, mixed vegetables, mandarin oranges, milk.

Tuesday, January 17: Chicken patty on a bun, potato wedges, broccoli salad, apple wedges, milk.

Wednesday, January 18 (Evening Meal): Boneless pork chop, stuffing, corn, scalloped potatoes, cake, milk.

Thursday, January 19: French toast, scrambled eggs, hashbrowns, sausage patties, tropical fruit, milk.

Friday, January 20: Pork tenderloin sandwich, French fries, carrots, pineapple, milk.

(All meals served with bread & butter. Menus are provided by the Community Center and are subject to change)

Suggested price is \$6 per meal for persons 60 years of age and older. Under 60 is \$8.50.

While traveling is a bit tricky right now, don't let your passport expire. It will cost you more in time and money for your next trip!



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The Upper Elkhorn Natural Resources District is accepting applications to fill the Natural Resources Technician position. Responsibilities will include assisting the Water Resources Department and supervising the conservation tree and wildlife programs. This position will also be involved with working with the general public; chemigation program, basic equipment & ground maintenance, collecting water quality and quantity data, assisting in preparation of reports, updates and presentations to the NRD board/committees and partnering agencies. A college degree or training in a natural resource or forestry/wildlife related field is beneficial. Knowledge of Microsoft office programs and ArcGIS experience is highly beneficial. This is a fulltime position with a starting range of \$36,000-\$44,000, plus paid holidays, vacation & sick leave, medical, vision and dental insurance, and retirement. Resumes and (three) references must be submitted to: Upper Elkhorn NRD 301 North Harrison St, O'Neill NE 68763. Resumes will be reviewed starting at 4:30PM January 13, 2023 and the position will remain open until satisfactory candidate is selected. Please call 402-336-3867 with any questions or visit our website at: [www.uenrd.org](http://www.uenrd.org)

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balances and interactions in a ration is well beyond the scope of this segment, but today we are going to look at some research from UNL on Vitamin A. Vitamin A is one of those micronutrients that when out of balance can cause big issues, especially in new calves. Proper levels of Vitamin A are vital to the proper development of a strong immune system in newborn calves, although calves themselves are born with no Vitamin A stores at all. All their initial Vitamin A comes from a cow's colostrum. So, making sure our cow is not deficient in Vitamin A during late gestation when colostrum is forming is important. Without it, we are setting our

calves up for a difficult start to life and more than likely, reduced overall performance later on.

Hannah Speer, UNL Animal Science PhD student and Mary Drewnoski, UNL Beef Systems Specialist have been looking into how Vitamin A is provided to a cow through her diet. In many cases, meeting a cow's requirement for Vitamin A isn't a big issue. Vitamin A is produced by the cow from β-carotene, which is found in abundance in green forage, and stored for use later in the year when dietary levels are restricted.

At these restricted periods of time, some dietary Vitamin A is still important. When dietary Vitamin A is low, stored reserves cannot be fully accessed. Stored forages that

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### CARD OF THANKS

Dear Elgin friends,

A thank you on paper does not seem to be enough. The generosity, kindness, and sympathy shown to our families is overwhelming. A heartfelt thank you for the many phone calls, visits, food, cards, memorials, flowers, and attendance at the visitation and mass considering the treacherous weather. Thank you to several of the Heithoff nieces for setting up coffee after the wake, to Altar Society Circle 2 for a lovely lunch, to those who donated food, to Julie and Mike Dwyer for their golden voices, and to the altar servers. We are very thankful for Deacon Dennis Wiehn's and Father Norman's prayers and comforting words and to Levander Funeral Home for their professionalism and kindness shown. Thank you also to the family for many responsibilities that they attended to. Delbert would have been so proud of his "Goodbye". I pray that he is home with all his Elgin relatives and friends. He missed his Elgin friends. Delbert, rest in eternal peace~pray for us. Gratefully,

Avis Heithoff

Heithoff Children - Lori, Beverly, David, JoLynn, Brian, and Rick  
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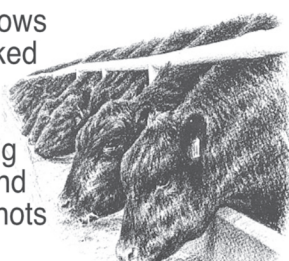
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## ELGIN LIVESTOCK SALES INC.

## NO SALE MONDAY, JAN. 16

Some results from Monday's (Jan. 9) auction:

7 Black Steers .....	454 .....	227. <sup>00</sup>
10 Black Steers .....	526 .....	222. <sup>00</sup>
25 Black Steers .....	690 .....	192. <sup>50</sup>
10 Black Steers .....	633 .....	195. <sup>00</sup>
76 Black Steers .....	803 .....	189. <sup>50</sup>
113 Black Steers .....	713 .....	196. <sup>00</sup>
84 Black Steers .....	801 .....	188. <sup>25</sup>
135 Charolais Steers .....	715 .....	193. <sup>75</sup>

Weigh cow market is better....

Heiferettes.....	up to 118. <sup>00</sup>
High Yielding Cows .....	82. <sup>00</sup> to 92. <sup>00</sup>
Average Yielding Cows.....	70. <sup>00</sup> to 81. <sup>00</sup>
Lower Yielding Cows .....	42. <sup>00</sup> to 68. <sup>00</sup>
Bulls .....	83. <sup>50</sup> to 103. <sup>00</sup>

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**Jan 23** - Feeders

**Feb 6** - Bred & Breeding Heifers

**Feb 20** - Feeders

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Burwell

From Page Six

won by fall over Jack Barlow (EPPJ) 0-8 (Fall 3:25); Cons. Round 1 - Blake Barg (St. Paul) 3-5 won by fall over Barlow (Fall 2:11). Barlow's record is now 0-8.

145 — Champ. Round 1 - Jaden Stoklasa (Clarkson/Leigh) won by fall over Landyn Veik (EPPJ) (Fall 3:22); Cons. Round 1 - Kaden Reeves (Arcadia/Loup City) won by fall over Veik (Fall 3:47). Veik's record is now 4-5. 195 — Quarterfinal - Samuel Hemenway (EPPJ) won by fall over Beau Wiebelhaus (North Central) (Fall 4:25); Semifinal - Hemenway won by decision over Wyatt Stieb (Arcadia/Loup City) (Dec 4-0); 1st Place Match - Hemenway won by fall over Tyson Sanger (Crofton-Bloomfield) (Fall 2:36). Hemenway's record is now 9-1.

220 — Champ. Round 1 - Slate Micheel (Twin Loup) 17-0 won by fall over David Durre (EPPJ) (Fall 0:15); Cons. Round 1 - Durre won by fall over Landon Hauptman (Wood River) (Fall 0:56); Cons. Round 2 - Durre won by fall over Kip Leonard (North Central) (Fall 3:42); Cons. Round 3 - Tristin Grim (Central Valley) won by fall over Durre (Fall 1:58). Durre's record is now 2-6.



David Durre recorded two pins Friday at Burwell. He pinned Kip Leonard of North Central in 3:42. E-R photo/DMorgan

EPPJ

From Page Six

play. How the Wolfpack finished the game was in stark contrast to how it began. Bloomfield jumped out to a 10 to 2 lead midway through the first quarter. Then, junior Dylan Lueking led a 14 to six run to narrow the score. Lueking had nine points including a trey in the run.

Leading by two to start the second quarter, EPPJ knotted the score at 20-all on free throws by Hoefer. Then, over the final two minutes of the half, the Wolfpack outscored the Bees 11 to four. Hoefer led the run with nine points, Jarek Erickson added two free throws.

Hoefer led the Wolfpack in points (24) and rebounds (6). Lueking was the only other Wolfpack in double digits with 12 points.

Layne Warrior led the Bees with 21 points.

Perhaps the most impressive statistic from the game was free throws as the Wolfpack made 20 of 22 from the line. In addition to Wemhoff, the game marked the return of Taylor Beckman and Gage Thiessen which will provide EPPJ with added depth for the rest of the season. However, on a bad note the Wolfpack has lost senior starter Camryn Pelster for an indefinite period of time due to a broken hand.

The victory boosted EPPJ's record to 7-4.

EPPJ 65, Bloomfield 46  
Wolfpack.....14 17 20 14 — 65  
Bees.....16 8 19 3 — 46  
Wolfpack — Blake Henn 2-5 0-1

Bartlett News

By Sherry Tetschner

Dale King was sworn into the office of Wheeler County Sheriff Thursday morning January 5, 2023.

Members of the Wheeler County community were invited to a cake reception that morning in Dale's honor.

The delicious cakes were made by Deb Slevin of Spalding.

The Bartlett community mourns the death of LaDonna Race, wife of Roger Race of Bartlett.

LaDonna died January 2, 2023 at the age of 88 years.

Our prayers are also lifted up for the Walter Duane Shermer family of Burwell. Duane "Slim," died January 2, 2023.

Chambers Wheeler Central Varsity basketball teams did well this past week.

CWC Girls Varsity played Elba Thursday evening in Bartlett.

The final score was CWC 56-Elba 31. Friday the CWC Varsity boys played Anselmo-Merna at Merna.

The final score was CWC 50-Anselmo Merna 33.

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4, Kellan Hoefer 0-0 0-0 0, Jack Wemhoff 2-3 0-0 6, Gage Thiessen 0-1 0-0 0, Paiton Hoefer 7-14 9-10 24, Austin Good 1-1 0-0 2, Myles Kittelson 2-5 5-5 9, Nick Anderson 1-7 0-0 2, Jarek Erickson 0-6 4-4 4, Taylor Beckman 0-0 0-0 0, Karson Kallhoff 0-0 2-2 2, Corbin Kinney 0-0 0-0 0, Dylan Lueking 5-8 0-0 12, Ethan Hinkle 0-0 0-0 0. Team totals: 20-50 20-22 65. Three-point shots — Wolfpack 5-18 (Dylon Lueking 2, Jack Wemhoff 2, Paiton Hoefer). Team statistics: Rebounds — Wolfpack 28 (Paiton Hoefer 6). Assists — Wolfpack 11 (Dylon Lueking 3). Steals — Wolfpack 11 (Dylon Lueking 5). Turnovers — Wolfpack 16.

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McEwen

From Page Seven

drates on your plate will come from fruits and vegetables, both starchy and non-starchy. I generally recommend aiming for five or more servings of vegetables per day with as much variety in colors as possible. Fruit is best eaten with protein and/or fat to minimize its effect on the blood sugar, and ideally capped at 1-3 servings per day (more for those that are more active, less for those that are generally more sedentary). You'll notice I don't mention anything about counting calories or points in this framework. I've been there and done that several times in my life, and it has taught me absolutely nothing about fueling my with the

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**Elgin Community Calendar**

**January**

**11** FFA District LDE @ Ainsworth

**12** District #18 Board of Education regular meeting in distance learning room starting @ 6:30 p.m.

**17** Antelope County Food Pantry @ Neligh.

**18** Elgin Community Center Evening Meal.

**19** NVC Wrestling Tournament @ Neligh.

**20** March For Life @ Norfolk.

**21** PJCC Winter Formal @ Elgin KC Hall.

**27** Petersburg Community Club Soup Supper.

**29** Knights of Columbus Free Throw Contest @ St. Boniface gym • "Evening With Friends" Gala @ Elgin KC Hall. •

**30** UNK Honor Band/Choir.

Events listing is courtesy of  
**ELGIN VETERANS' MEDICAL CLINIC**  
an Outpatient Department of Boone County Health Center  
116 N 2nd Street, Elgin  
**402-843-5910**

foods it actually needs. Instead, eating real foods following the PFC template teaches you to tune into your body's natural hunger and satiety signals to become intuitive with your eating. It's what I've found to work best in my own life and in the lives of all of my clients as well!

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CLINIC SPECIALTIES		February
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Cardiology	Dr. Tessendorf	14, 28
Cardiology	Dr. Urja	22
Pulmonology	Dr. Nepal	1
Pulmonology	Christensen, APRN	20
Sleep Studies		TBA
<b>Call 402.887.6264 for an appointment</b>		
Ears, Nose & Throat	Citta, APRN	15
Orthopedic	Dr. Rickert/Craig, PA	2, 16
Pain Management	Wortman, APRN	8
Pain Management	Dr. Price	21
Podiatry	Dr. Borer	7
Surgery	Dr. Beutler	7, 14, 21, 28
Telemental Health	Bryan Health	Call for appt.
Urology	Dr. Yemi	3, 17
<b>Call 402.887.6210 for an appointment</b>		
Telepsychiatry	Quick, APRN	13, 27
<b>Call 402.464.7454 for an appointment</b>		
Coumadin Clinic	Weekdays	All
<b>Call 402.887.6270 for an appointment</b>		
<b>DIAGNOSTIC IMAGING</b>		
Bone Density Scan	Weekdays	All
CT Scans/Mammos	Weekdays	All
MRI	T	7, 14, 21, 28
Nuclear Imaging	Th	On-call
Ultrasound, General	Weekdays	All
Ultrasound, Vascular	T, W, Th	All
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