

# The Hastings Senior Times™

A Weekly Publication for Seniors.

May 5, 2003 - Vol. 1 No. 6

P.O. Box 1361, Hastings, NE 68902

## Historical Society Seeks Photos, NAD Workers

by Andrew Callahan, Editor

"We're always looking for photos of Adams County, particularly pictures of farmsteads taken prior to 1960," said Catherine Renschler, Executive Director of the Adams County Historical Society. "We're also looking for old photos of homes, commercial buildings, churches, or schools."

The Adams County Historical Society was founded in 1965 and was first housed in the library, before moving to its current location in the Hastings Museum in 1972. Catherine, who has been the Executive Director for 17 years, is an Adams County native.



**Catherine Renschler**

There are also wooden bookshelves along one wall, microfilm readers, an extensive card catalog, and several filing cabinets.

There are approximately 900 members of the society, mostly living in the local area, but many from far away. "Most of our members are older folks, but younger people are interested in history too," said Catherine. The Society's annual meeting was held April 27, and featured a slide presentation by Bill Ganzel about the 'Dust Bowl.' "We had 87 people attend and that's pretty good. We can fit 100 in there, but that's the absolute limit."

Currently a project is under way to interview as many people as possible who worked at the Naval Ammunition Depot. "We've got quite a few interviews done," explained Catherine, "but we're still looking for more, particularly women who worked there." Volunteers to type up the tape recorded interviews are also needed.

Other projects currently in the works include indexing all the cemeteries in Clay County (all of the Adams County cemeteries have already been indexed) and indexing local newspapers.

While we were talking we were interrupted several times for telephone calls from researchers. "I get lots of phone calls," said Catherine, "and more and more I'm getting lots of e-mail inquiries." In 2002 more than 1500 visitors came to the Historical Society to do research, from all over the United States and several foreign countries. "Last year I think we had researchers from Africa, I think that was a first, but every year people come from Maine to California to do research here," said Catherine. She also gets an average of several letters per week requesting assistance with research.

During one of the telephone calls I heard Catherine explain to the caller that the Historical Society would accept donations of almost any document or archival information about Adams County, such as maps, photos, blueprints, directories, class lists, etc. but for artifacts (tangible objects) such as desks, pottery, clothing and the like the caller should contact the Hastings Museum. Later she told me "This is a good place for people who write their memoirs or family histories to deposit them. Sometimes people may worry that their children or grandchildren would throw out their memoirs, but if they donate them here, it will be in our archive, and be here for their posterity."

The Historical Society has several publications dealing with Adams County history available for purchase.

Catherine's husband Pat is the owner of Juniata Roofing, which the couple's son Mark now runs.

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# Community Calendar

\*See Calendar Key below for abbreviations  
(Readers may wish to verify event time & location.)  
If you wish to have something placed on our Community Calendar, please mail it to: Calendar Coordinator, The Hastings Senior Times, PO Box 1361, Hastings, NE 68902-1361 at least three weeks prior to event. Or, send e-mail to: [calendar@hastingstimes.com](mailto:calendar@hastingstimes.com) (no attachments please.)

Daily – Shuffleboard 12:45 p.m. - **GFC**  
Thru May 9 – Hastings Art Club Art Show, **HM**  
Thru June 9 – Film - "Lewis & Clark: Great Journey West," **HM**  
Thru Sep 8 – Film - "Jane Goodall's Wild Chimpanzees," **HM**  
Thru June 2 – "Sun Spotting," Planetarium, **HM**  
May 5 – Cancer Support Grp Mtg, 7 pm **YW**  
May 6 – Men's Choir, Jazz Choir & HC Singers, 8 p.m., Perkins Auditorium, **HC**  
May 6 – Stroke of Luck Club - 3:30 pm - **ML** - 461-5763  
May 6 – Brown Bag Book Review, "Last Chance, Last Dance" - noon - **YW**  
May 7 – Family Caregiver Support Mtg. - 3:00 pm **GFC**  
May 7 – Bipolar & Depression Support - 7:00 pm **ML** 462-4014  
May 8 – Music Theatre Ensemble, 8 pm, Perkins Auditorium, **HC**  
May 9 – League of Women Voters Meeting, 11:45 a.m., **YW**  
May 9 – Family Friday **HM** 5:30 p.m., pizza, museum viewing & large-format film, "Adrenaline Rush, The Science of Fear" (reservations required)  
May 9-10 – Gift Wrapping to benefit Relay for Life (free will donation) - Friday 10-9, Sat. 10-7 - **IM**  
May 9-11 – Craft Show, **IM**  
May 10 – Commencement, Central Community College, East Hwy 6. 461-2479

May 10 – Star Gazing, 9:30 p.m., Sachtleben Observatory of **HC** 4725 S. Wabash Ave. Call for schedule changes 462-7378  
May 10-11 – "SUPER-MOM" Celebration, **HM**  
May 11 – Hastings College Choir at 1st Presbyterian Church, 8:00pm., 621 N. Lincoln. 461-7448  
May 12 – Senior Tea & Tour, 9 a.m., **HM** with refreshments, planetarium show, museum, and film "Adrenaline Rush, The Science of Fear" (reservations required)  
May 12 – Alzheimer's/Dementia Information Session, 6:30 p.m. The Homestead, 12<sup>th</sup> & Sycamore. 461-3841  
May 13 – Blood Pressure Checks, 8:30-9:30 **IM**  
May 14 – YWCA afternoon at Heartwell Park, noon-1 pm 462-8821  
May 16 – Hastings College Baccalaureate, 6:00pm., First Presbyterian Church, 621 N. Lincoln. 402-461-7439  
May 17 – Commencement, 10:00am., **HC** 461-7439.  
May 19 – Hastings Christian Women's Club meeting with speaker Sylvana Airan "My Two Worlds: From Pakistan to the USA," 12:30-2:15, Knights of Columbus, 114 E. 3<sup>rd</sup>, open to the public. reservations required - admission charge - 463-1954

## Calendar Key

**GFC** = Golden Friendship Center 463-4439  
**HC** = Hastings College 461-7448  
**HM** = Hastings Museum 461-4629  
**IM** = Imperial Mall 462-6671  
**ML** = Mary Lanning Medical Services Building  
**YW** = YWCA, 604 N. St. Joe, 462-8821

The Hastings Senior Times™ welcomes your letters. Editor, The Hastings Senior Times, PO Box 1361, Hastings, NE 68902 or via e-mail: [editor@hastingstimes.com](mailto:editor@hastingstimes.com).

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## Tips for Getting a Good Night's Sleep

We all look forward to a good night's sleep. Getting enough sleep and sleeping well help us stay healthy. Many older people do not enjoy a good night's sleep on a regular basis. They have trouble falling or staying asleep. Sleep patterns change as we age, but disturbed sleep and waking up tired every day is not part of normal aging. In fact, troubled sleep may be a sign of emotional or physical disorders and something you should talk about with a doctor or sleep specialist.

A good night's sleep can make a big difference in how you feel. Here are some suggestions to help you:

Follow a regular schedule - go to sleep and get up at the same time. Try not to nap too much during the day - you might be less

sleepy at night.

Try to exercise at regular times each day. Try to get some natural light in the afternoon each day.

Be careful about what you eat. Don't drink beverages with caffeine late in the day. Caffeine is a stimulant and can keep you awake. Also, if you like a snack before bed, a warm beverage and a few crackers may help.

Don't drink alcohol or smoke cigarettes to help you sleep. Even small amounts of alcohol can make it harder to stay asleep. Smoking is dangerous for many reasons including the hazard of falling asleep with a lit cigarette. The nicotine in cigarettes is also a stimulant. -National Institute on Aging

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