

The Hastings Senior Times™

A Weekly Publication for Seniors.

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P.O. Box 1361, Hastings, NE 68902

Things I Like About Hastings

by Andrew Callahan, Editor

When I tell people that we moved to Hastings a year ago after living for 19 years in Tampa, Florida, they are often surprised and assume I miss being in Florida. Truth is, Hastings is the best place we've ever lived. We love it here.

The people in Hastings are without question what we love most about Hastings. Hastings is filled with friendly, outgoing and helpful people.

We love the Hastings Symphony

Orchestra, the Hastings Community Theater, the Community Concert Series, and the many other varied cultural opportunities here.

We have attended music presentations and plays at Hastings College and spent hours strolling through Hastings Museum. My family loves the Super-Screen Theatre.

The number of city parks and public spaces and the very high standards to which they are maintained is

outstanding. Additionally, we are fortunate to live within easy walking distance of both the beautiful Fisher-Rainbow Fountain and Heartwell Park.

In the year that we have lived here there has not been a single occasion when we needed to leave town to shop for our family's needs.

The size of the city means everything is only a few minutes away, and the low crime rate and uncongested traffic patterns are wonderful as well.



Ornate clock on the Victory Building was originally on the German National Bank.

...And, Did I Mention...

by Andrew Callahan, Editor

Other great things in Hastings include, the statues and sculptures downtown and other places, the clock that chimes on the Victory Building, the scale model of the Solar System at Hastings College, the beautiful Park-view Cemetery, two wonderful old train depots, hundreds and hundreds of beautiful old homes, brick sidewalks, Chautauqua Pavilion, the planetarium, Sachtleben Observatory, Good Samaritan Village, Mary Lanning Hospital, good public schools, an excellent daily newspaper, and much, much more.



Prairie Odyssey

Solar System at HC



Softball-sized sun at Hastings College in a 1 to 10 billion scale model of the solar system. Earth is the size of a BB and Pluto is 4 blocks away.

Horse was City's Only Pensioner

Old Seal started pulling fire wagons for the Hastings Volunteer Fire Department in the 1880s and faithfully answered the fire bell until retirement in 1901 due to old age. He was sold or given to a contractor who overworked him. Upon hearing of the plight of their old friend, some firefighters rescued him and returned him to the fire station. His upkeep was paid by the city until his death in 1907. At the time of his death, Old Seal was the city's only pensioner.

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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 (no attachments please.)
- Daily – Shuffleboard 12:45 p.m. - **GFC**
 - 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 12 – Alzheimer's/Dementia Information Session, 6:30 p.m.
The Homestead, 12th & 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 Sylvania Airan "My Two Worlds: From Pakistan to the USA," 12:30-2:15, Knights of Columbus, 114 E. 3rd, open to the public. reservations required - admission charge - 463-1954
 - May 20 – Brown Bag Book Review, "Discovering America's Past: A look at the evidence" **YW** noon
 - May 21 – Caregiver's Support Group - 3:00 pm - **GFC**
 - May 21 – Bipolar and Depression Support Group - 7:00 pm, **ML** - 462-4014
 - May 22 – Hastings Middle School 8th Grade Promotion at City Auditorium 12:30 p.m.
 - May 22 – Hastings Art Club Meeting, Studio A located in lower level of Bert's Rexall Drug, Downtown Hastings. Open to the public. 462-4925
 - May 22 – Diabetes Educ. Support Group - **ML** 462-5318 - 7:00pm
 - May 24 – Star Gazing, 9:30 p.m., Sachtleben Observatory of **HC** 4725 S. Wabash Ave. Call for schedule changes 462-7378
 - May 24-Aug 24 – Scarlet & Cream Quilt Exhibit, **HM**
 - May 30-June 1 – "Over the River and Through the Woods," Fri-Sat 8 p.m. & Sun 2:30 p.m., Hastings Community Theatre, Good Samaritan Village, 515 S. 4th Ave. 463-1500

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.

Too Much Heat Is Dangerous

Almost every summer there is a deadly heat wave in some part of the country. Too much heat is not safe for anyone. It is even riskier if you are older or if you have health problems. It is important to get relief from the heat quickly. If not, you might begin to feel confused or faint. Your heart could become stressed, and sometimes this causes death.

Your body works to keep a balance between how much heat it makes and how much it loses. Too much heat causes sweating. When the sweat dries from your skin, the surface of your body cools and your temperature goes down.

Being in heat for too long can cause many illnesses, all grouped under the name hyperthermia (hy-per-ther-mee-uh):

- **Heat cramps** are the painful tightening of muscles in your stomach area, arms, or legs. Cramps can result from hard work or exercise. While your body temperature and pulse usually stay normal during heat cramps, your skin may feel moist and cool. Take these cramps as a sign that you are too hot — find a way to cool your body down. Be sure to drink plenty of non-alcoholic non-caffeinated fluids.

- **Heat edema** is a swelling in your ankles and feet when you get hot. Putting your legs up should help. If that doesn't work fairly quickly, check with your doctor.

- **Heat syncope** is a sudden dizziness that may come on when you are active in the heat. If you take a form of heart medication known as a beta blocker or are not used to hot weather, you are even more likely to feel faint when in the heat. Putting your legs up and resting in a cool place should make the dizzy feeling go away.

- **Heat exhaustion** is a warning that your body can no longer keep itself cool in the hot air surrounding it. You might feel thirsty, dizzy, weak, uncoordinated, nauseated, and sweat a lot. Your body temperature is still normal, and your pulse might be normal or raised. Your skin feels cold and clammy. Resting in a cool place, drinking plenty of fluids, and getting medical care should help you feel better soon. If not, this condition can progress to heat stroke.

- **Heat stroke** is an emergency — it can be life threatening! You need to get medical help right away. Getting to a cool place is very important, but so is treatment by a doctor. Many people die of heat stroke each year. Older people living without air conditioning or good airflow are at most risk. So are people who don't drink enough water or those with chronic diseases or alcoholism.

The signs of heat stroke include: fainting, possibly the first sign; body temperature over 104° F; a change in behavior — confusion, being grouchy, acting strangely, or staggering; dry flushed skin and a strong rapid pulse or a slow weak pulse; not sweating, despite the heat, acting delirious, or being in a coma. *-National Institute on Aging*

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