

# The Hastings Senior Times™

A Weekly Publication for Seniors.

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P.O. Box 1361, Hastings, NE 68902

## "Lest We Forget" - Memorial Day Thoughts

by Andrew Callahan, Editor

Cool mornings are yielding to warm, sunny afternoons. Summer is fast approaching. The traditional first day of summer is Memorial Day.

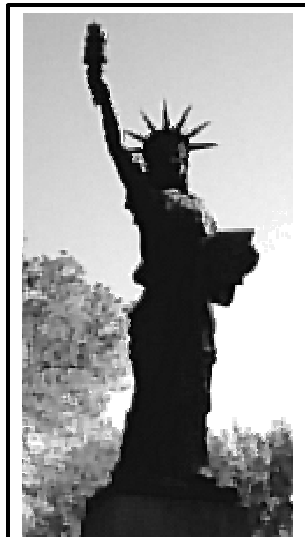
Memorial Day will be celebrated this year on Monday, May 26. There will no doubt be cookouts and swimming parties and general celebrations by those who have the day off school or work, but that isn't how the holiday started.

Originally called Decoration Day and designed to be a day to adorn the graves of the soldiers and sailors killed in the Civil War, the holiday is now observed to recognize all those who died while serving their country.

The exact early history of the holiday is uncertain, with several places claiming to have started the tradition. In May of 1868, General John Logan, Commander-in-Chief of the Grand Army of the Republic declared that May 30th would be a day to decorate the graves

of fallen comrades. He noted "In this observance no form of ceremony is prescribed, but posts and comrades will in their own way arrange such fitting services and testimonials of respect as circumstances may permit."

Memorial Park in Hast-



The replica of the Statue of Liberty in Utility Park dedicated as a pledge of everlasting fidelity and loyalty by the Boy Scouts in 1950. These scouts no doubt had fathers and grandfathers who fought in the World Wars, and sons and grandsons who fought in Vietnam and the Persian Gulf.

ings (at the corner of 12th and Hastings) has a permanent memorial to the Adams County soldiers and sailors who perished in World War I. The inscription is titled "Lest We Forget" then reads "In Memory of the Boys from Adams County who gave their lives in the World War, 1914-1918." This is followed by the names of 30 young men from Adams County.

Also in Memorial Park is a marker commemorating the contribution made by the three Apollo I astronauts and the Challenger 7.

At this time when memories of another foreign war, and the loss

of yet seven more astronauts are fresh and vivid in our minds, a visit to Memorial Park, or some other solemn observation to mark the holiday might be in order.

Our own recent traditions of picnics and play build families and friendships and are worthwhile as well.

The heroes who fought and died to preserve the union, and those who have been called on by their nation since, have given us the right, and the opportunity to picnic and play freely. This year amid the hot dogs and softball, let us remember the price others have paid for our freedom.



Marker Honoring Apollo I and Challenger crews

Let us, then, at the time appointed gather around their sacred remains and garland the passionless mounds above them with the choicest flowers of spring-time; let us raise above them the dear old flag they saved from dishonor; let us in this solemn presence renew our pledges to aid and assist those whom they have left among us a sacred charge upon a nation's gratitude, the soldier's and sailor's widow and orphan.

- General John Logan

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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 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 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 8<sup>th</sup> 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 – Circus - Adams County Fairgrounds, 4:30 & 7:30 pm  
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 30-31 – American Cancer Society "Relay For Life" 6:00 pm - 10:00 a.m. - Hastings High School Track - 463-9518  
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. 4<sup>th</sup> Ave. 463-1500  
May 31 – Pre-Show Dinner at **GSV** Senior Center prior to Community Theatre - 6:30. Reservations required 460-3259  
June 6,7,8 – "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. 4<sup>th</sup> Ave. 463-1500  
June 7 – Czech Festival - VFW Building - Hwy 6 & S. Wabash - noon-9:00 p.m.  
June 13-15 – Cottonwood Prairie Festival three day outdoor, family festival, Brickyard Park. 461-2368

## 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).

# Cancer Facts for People Over 50

Cancer strikes people of all ages, but you are more likely to get cancer as they get older, even if no one in the family has had it. The good news, is that the chances of surviving cancer are better today than ever before.

When cancer is found early, it is more likely to be treated successfully. You can help safeguard your health by learning the warning signs of cancer and by having regular checkups.

## What Symptoms Should I Watch For?

You should see your doctor for regular checkups; don't wait for problems to occur. But you also should know that the following symptoms may be signs of cancer:

- changes in bowel or bladder habits
- a sore that does not heal
- unusual bleeding or discharge
- thickening or lump in the breast or any other body part
- indigestion or difficulty swallowing
- obvious change in a wart or mole
- nagging cough or hoarseness
- unexplained changes in weight

## What If I Have One of These Symptoms?

These symptoms are not always a sign of cancer. They also can be caused by less serious conditions. It's important to see a doctor if you have symptoms because only a doctor can make a diagnosis. Don't wait to feel pain! Early cancer usually doesn't cause pain.

Some people believe that as they age their symptoms are due to "growing older." Because of this myth, many illnesses go undiagnosed and untreated. Don't ignore your symptoms because you think they are not important or because you believe they are normal for your age. Talk to your doctor.

Most cancers in their earliest, most treatable stages don't cause any symptoms or pain. That is why it's important to have regular tests to check for cancer long before you might notice anything wrong.

Checking for cancer in a person who does not have any symptoms is called screening. Screening may involve a physical exam, lab tests, or procedures to look at internal organs.

Medicare now covers a number of screening tests for cancer. For details, check with the Medicare toll-free help line at 1-800-633-4227. *—National Institute on Aging*

Is The Hastings Senior Times new to you?  
This is our eighth issue. If you would like the previous issues, send your name, mailing address and \$1 to The Hastings Senior Times, PO Box 1361, Hastings, NE 68902 and we will mail you all seven previous issues.

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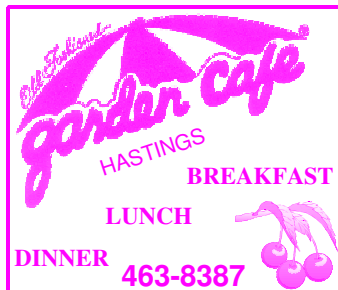
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