



Shelton Housing Authority

June 2010

*Pioneer
Apartments
News*

Elaine Wiseman, Executive Director

Shelton Housing Authority
306 C Street, P.O. Box 427
Shelton, NE 68876
Office Hours: W, 1:30-4pm
(308) 647-6673
(308) 647-6673 (FAX)

Kearney Housing Agency
2715 Avenue I
PO Box 1236
Kearney, NE 68848
Office Hours: M-F, 8am-5pm
(308) 234-3000
(308) 237-3113 (FAX)
director@khaweb.com (email)
www.khaweb.com (website)

Shelton Police Department
Emergency 911
Non-Emergency 647-5110

Shelton Fire Department
Emergency 911
Non-Emergency 647-6772

South Central Nebraska
Area Agency on Aging
(Kearney)
308-234-1851

Life Line Program (Kearney)
308-865-2720

Gibbon/Shelton
Community Center
468-5469

Health & Human Services
(Kearney)
308-865-5592

Community Action
Partnership of Mid-NE
(Kearney)
308-865-5680

Salvation Army (Kearney)
308-234-9998

FACTS ABOUT STROKE

Stroke is the third leading cause of death in the United States and in Nebraska. It is also one of the leading causes of adult disability.

A stroke occurs when a blood vessel to the brain is either blocked by a clot or bursts. As a result, part of the brain does not get the blood it needs and begins to die. The longer the blood flow is cut off to the brain, the greater the damage.

ACT FAST

Stroke is a medical emergency. Every minute counts when someone is having a stroke. Go to the emergency room immediately when any of the signs of stroke are noticed or suspected. Immediate treatment can save someone's life and prevent or reduce disability.

RISK FACTORS FOR STROKE

High Blood Pressure: Control it! Treat it!

The #1 cause of stroke. To help control your blood pressure, eat a balance diet, maintain a healthy weight, be active, and always take blood pressure medication as prescribed by your healthcare provider.

Mini-Stroke (TIAs): Seek Help!

When stroke symptoms appear and disappear, call 9-1-1! You may be able to prevent a major stroke by seeking treatment from your healthcare provider.

Diabetes: Treat it! Control it!

Treating and controlling diabetes through diet, activity, and medication, can delay complications that increase your risk of stroke.

Smoking: Quit!

Smoking increases your risk of stroke by two to three times. Medical help is available through your healthcare provider or call the toll-free Nebraska Tobacco Quitline at 1-800-QUIT-NOW.

Obesity: Prevent it! Reduce it!

Being just 20 pounds overweight significantly increases your risk of stroke and other cardiovascular diseases. You can prevent obesity or reduce weight by eating a balanced diet, controlling food portion sizes, and being physically active. Even small decreases in weight can produce significant risk reduction.

High Blood Cholesterol: Control it! Treat it!

Cholesterol can build up and cause hardening of your blood vessels. This increases your risk for stroke. To help control your cholesterol, eat a balanced diet, maintain a healthy weight, be active, and always take cholesterol medication as prescribed by your healthcare provider.

For more information on stroke visit:
<http://nihseniorhealth.gov/stroke/toc.html>
<http://www.ninds.nih.gov/>
<http://www.americanstroke.org/>

Cardiovascular Health Program

May is National Stroke Month

LEARN THE SIGNS OF STROKE

YOU COULD SAVE A LIFE OR
HELP PREVENT DISABILITY

nebraska
cvh
program

ACT FAST

Does one arm
drift down?

ARM

ask the person to raise
both of their arms.



Does the face
look uneven?



FACE

ask the person to
smile.

If you notice any
of these signs, it's
time to call 9-1-1!

TIME

call 9-1-1 if any
of these signs
are observed.



Does their speech
sound strange?



SPEECH

ask the person to
repeat a simple
phrase, such as, "the
grass is green."

PROVERBS



A first grade teacher had twenty-five students in her class and she presented each child in her class the first half of a well known proverb and asked them to come up with the remainder of the proverb. It's hard to believe these were actually done by first graders. Their insight may surprise you. While reading these keep in mind that these are first graders, 6-year olds, because the last one is classic!

1. Don't change horses... until they stop running.
 2. Strike while the... bug is close.
 3. It's always darkest before... Daylight Savings Time.
 4. Never underestimate the power of... termites.
 5. You can lead a horse to water but... how?
 6. Don't bite the hand that... looks dirty.
 7. No news is... impossible.
 8. A miss is as good as a... Mr.
 9. You can't teach an old dog new... math.
 10. If you lie down with dogs, you'll... stink in the morning.
 11. Love all, trust... me.
 12. The pen is might that the... pigs.
 13. An idle mind is... the best way to relax.
 14. Where there's smoke there's... pollution.
 15. Happy the bride who... gets all the presents.
 16. A penny saved is... not much.
 17. Two's company, three's... the Musketeers.
 18. Don't' put off till tomorrow what... you can put on to go to bed.
 19. Laugh and the whole world laughs with you, cry and you... and you have to blow your nose.
 20. There are none so blind as... Stevie Wonder.
 21. Children should be seen and not... spanked or grounded.
 22. If at first you don't succeed... get new batteries.
 23. You get out of something only what you... see in the picture on the box.
 24. When the blind lead the blind... get out of the way.
- And the WINNER and the last one...
25. Better late than... pregnant.

Submitted by Inez S.

Word Pictures May 2010

1. Back in the saddle again
2. Diamonds are a girl's best friend.
3. Lash back
4. Fraternal twins
5. Big bad wolf
6. Knuckles down
7. Decreasing sales tax revenue
8. Pecan pie
9. Angling for a compliment
10. Tough break
11. Winds of change
12. Hot rod



June Birthdays

Day Name

NONE

Upcoming Area Events

June 1— Foreigner, Styx & Kansas—United in Rock Tour, 7pm, Heartland Events Center, Grand Island. For info 308-745-3000.

June 3— Susie Thorne, jazz vocalist, Red Cloud Opera House, Red Cloud. For info 402-746-2641.

June 3, 10, 17, 24— FREE FLICK! Minden Opera House, 7:30pm, Minden. 3-TBA, 10- “Monsters vs. Aliens,” 17- TBA, 24- “The Blind Side.” For info 308-832-0588.

June 4-5— Cattlemen’s Ball of Nebraska, “Give Cancer the Boot.” Prime rib dinner & Randy Travis concert. For info 308-237-5253.

June 5— South Central Nebraska Czech Festival, 11am-10pm, VFW Club, Hastings. A celebration of Czech heritage. Accordion jam session, Polka dancing, ethnic foods. For info 402-772-3451.

June 5— A Country Tour, 9am-3pm, Holdrege. Visit the Red Shed to pick up a map. Gifts, artisan products, vintage collectibles, demonstrations, landscaping. For info 308-991-3783.

June 5-6— Yanney Park Heritage Days, Kearney. For info 308-237-4644.

June 5-6— Pioneer Village Days, 10am-4pm, Harold Warp Pioneer Village, Minden. Inventors display their newest concepts conceived in garages, sheds & kitchens brought to life with dedication. For info 308-832-1181.

June 5-6— Wilsonville Rodeo, daily at 1:30pm, Wilsonville. Calf roping, steer wrestling, team roping, ladies breakaway, barrels. Admission \$3-6. For info 308-349-4336.

June 6— Nebraska Rod & Custom Car Tour, 11:30-1:30pm, Minden. Come out on the square & take a look.

June 6— Summer Celebration, noon-3pm, Hastings Museum, Hastings. Spend a day at the museum. New exhibits, large-format films & planetarium show. For info 800-508-4629.

June 6— Concerts in the Park, Sweetwater Band, 7pm, Harmon Park, Kearney.

June 7-11— Exploritas Red Cloud— Willa Cather’s Window to the World, Red Cloud Opera House, Red Cloud. Immerse yourself in the world of Pulitzer Prize winning author Willa Cather. Analyze the literature, life, times & history of Willa Cather. For info 402-746-2641.

June 9-10— Nebraska Ranch & Home Expo, Viaero Event Center, Kearney. Learn what’s new in the ranching industry along with innovative home ideas. For info 402-244-5471.

June 9-13— 7th Annual Plum Creek Rodeo & Plum Creek Days, Lexington. A celebration of the community’s heritage. Rodeo on 11 & 12, 7:30pm. For info 308-324-5504.

June 10-12— Nebraska State Truck Driving Championships, Fonner Park, Grand Island. FREE Admission. The state’s best drivers demonstrate their talent & skill. For info 402-476-8504.

June 10-13— Turkey Days, Oxford. Children’s activities, turkey feed, parades, dances. For info 308-824-3827.

June 11-13— Bargains on the Byways, 6pm-midnight, South Central Nebraska Communities, Franklin. A 3-day yard sale covering a 300-mile radius. Antiques, collectibles & beautiful scenery. FREE admission. For info 308-470-0499.

June 12— 10th Anniversary Celebration, Archway Monument, Kearney. Cake & punch served. Tours will be provided. For info 308-237-1000.

June 12— Stuhr Goes to the Dogs, 9am-5pm, Stuhr Museum, Grand

Island. Agility shows, sheep dog demonstrations. For info 308-385-5316.

June 12— A Special Trail Experience to Remember, 10am & 2pm, Archway Monument, Kearney. Author April Whitten will be presentations all along the Oregon Trail. FREE! For info 308-237-1000.

June 13— Concerts in the Park, Wes & Verle, 7pm, Harmon Park, Kearney.

June 13— Doofus & Doolittle, 2pm & 7pm, Minden Opera House, Minden. Tickets \$15. For info 308-832-0588.

June 15— Trails & Rails Museum’s 4th Annual Trivia Contest & Soup Dinner, 6:30-9:30pm, Kearney. Admission \$10. For info call 308-234-3041.

June 17— “Sounds of Summer at MONA,” with Tesdall, Thalken & Thalken, 7pm, Museum of Nebraska Art, Kearney. For info call 308-865-8559.

June 18— “Lorie Line & Her Fab Five” piano concert, 7:30pm, Merryman Performing Arts Center, Kearney. For info 308-698-8052.

June 18— Dancers of the Plains Breakfast, 7:30am, Viaero Event Center. Tickets \$25. For info 308-338-8011.

June 18-20— Swedish Days, “Midsommerfest,” Holdrege. Parade, car show, children’s games, Swedish foods. For info 308-995-6628.

June 18-19— Dancers of the Plains Dance & Drum Exhibition, 10am-4pm, Archway Monument, Kearney. Native American education, food, crafts & exhibits. For info 308-237-1000.

June 18-19— 21st Annual Cottonwood Festival, Brickyard Park, Hastings. Fine arts festival, children’s activities, & wine tastings. Fri, 4-9pm; Sat, 10am-9pm. For info 402-461-8412.

June 19— Community Garage Sales, Minden.

June 20— 150th Anniversary Celebration of the Pony Express, 1pm, Ft. Kearny State Historical Park, Kearney. For info 308-865-5305.

June 20— Concerts in the Park, Tesdall, Thalken & Thalken, 7pm, Harmon Park, Kearney.

June 25-27— Flatwater Folk Festival, Prairie Loft Cent for Outdoor & Ag Learning, Hastings. A celebration of music art, culture & fun. Songwriting classes, live concerts on 2 stages, music jams, art & craft vendors & children’s activities. For info 402-463-0565.

June 25-27— Central Nebraska Ethnic Festival, downtown 3rd St, Grand Island. Celebrate cultural diversity through ethnic foods, entertainment & educational activities. Fri, 5pm-midnight; Sat, 10am-midnight; Sun, noon-5pm. FREE admission. For info 308-385-5444.

June 26— Concerts on the Creek, 5-9pm, Cambridge. Enjoy a wonderful evening of fine food & chamber music over looking the Republican River Valley. Admission \$30. For info 402-429-8227.

June 26— Heartland Celebration of Freedom, 5-10pm, Grand Island. A community independence celebration with fireworks, food carnival & concert. For info 308-384-5038.

June 26-29— Bertrand Days, Fair & Rodeo, 8am-10pm, fairgrounds & city park, Bertrand. Enjoy 4-H events, sand volleyball games, parades, tractor pull, water games & 2 nights of rodeo. For info 308-472-5264.

June 27— Edible Flowers Tea, 2-4pm, Frank House, Kearney. Demonstration, recipe book, house & garden tours. Admission \$15. For info 308-865-8284.



TRIVIA PLUS

JUNE 2010 WORD PICTURES

YOU NEED TO THINK LITERALLY TO SOLVE THESE WORD PICTURES.

1.

MU|NY

2.

HE'S
SUSPICION

3.

WHAMMY
WHAMMY

4.

IMPERVIOUS
STAINS
STAINS

5.



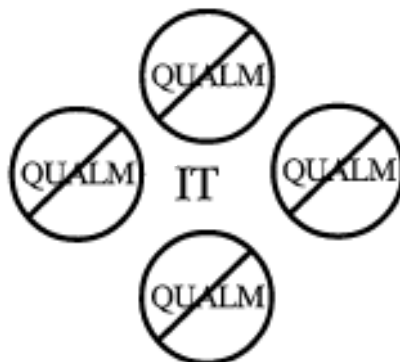
6.

I
RIVER
T

7.



8.



9.

COTT

10.

COUPON
COUPON
COUPON

11.

C
A
TER

12.

SUSPICION
HE'S

Family Ties

LANGUAGE

ATTENTION

VISUAL
SEARCH

How many words related to the family can you find here? We count 11. To spell out a family word, move from one letter to the next in any direction—up, down, across, or diagonally. You may move in several different directions for each word, but no letter can be used more than once in any one word.

A P O C S
P A U S I
F R T N M
O H E O I
M M S C E

Household Cleaning Tips--Toilet Bowl

- For basic cleaning, just toss 2 or 3 tablespoons of baking soda around the bowl, then scrub with a toilet brush.
- If you want a deodorizer and disinfectant as well as cleaning, pour 1/2 cup of distilled white vinegar around the bowl, with or without baking soda. Let it stay for a few minutes, then scrub with a brush and flush.
- Every now and then, pour a 1-liter bottle of cola—flat or fizzy, regular or diet—into the bowl. Let it stay there for an hour or so, then flush and notice how the porcelain sparkles.
- A ring in the toilet bowl is usually because of hard-water buildup. Make a paste of borax powder (available at supermarkets and drug stores) and a few drops of lemon juice. Wet the bowl by flushing the toilet. Then smear the paste on the ring with a sponge or plastic knife. Let it stay there for a couple of hours. Then scrub with a toilet brush and flush the toilet again.



- Toss a couple of Alka-Seltzer or denture cleansing tablets into the toilet bowl. Once the fizzing stops, scrub the stains with a brush and flush.
- If you have some Tang fruit juice powder, sprinkle 1/3 cup of the powder in the bowl. Leave it there for a few hours, then scrub with a brush and flush.
- If the stains are too tough for even Tang or denture cleanser, empty a few vitamin C capsules, or mash vitamin C tablets into a powder and drop it in the bowl. Let it stay that way for a few hours. Then scrub with a brush and flush.
- Once a month, before you go to bed, pour half of a 1-pound box of baking soda into the toilet tank. Then next morning, when you flush the toilet, the tank—and the bowl, too—should be nice and clean.

Source: Best Ever Home Secrets

June 2010



Pioneer Apartments

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		1	2 Office Open 1:30-4:00	3	4	5
6	7	8	9 Office Open 1:30-4:00	10	11	12
13	14 Flag Day	15	16 Office Open 1:30-4:00	17	18	19
20 Father's Day	21	22	23 Office Open 1:30-4:00	24	25	26
27	28 Commodities Delivered	29	30 Office Open 1:30-4:00			

Shelton Housing Authority
306 C Street , PO Box 427
Shelton, NE 68876



INSPECTION NOTICE!

Annual inspections of Pioneer Apartments in Shelton will be conducted, June 22-25 from 9:00 a.m. to 5:00 p.m. You do not have to be home. If you're not home, maintenance will enter and leave a door tag. Thank you for your cooperation.