

March 4-H Project of the Month - Public Speaking

Communication is important in every aspect of our lives. We use communication to form connections, motivate change, and influence decisions every day. We want youth to be confident in their ability to communicate with the world and develop these important life skills. The 4-H public speaking contest is a great way to do this.

The Public Speaking Contest consists of two different events. Youth can enter their local county event and then, if chosen, have the opportunity to move on to the state contest. The local contest typically takes place in April, and the state contest will be held

in Lincoln June 24th, 2022. Categories for the state contest include Public Service Announcements (PSAs), Public Speaking, and Presentations. The top 5 youth in Public Speaking and PSA (must receive a purple ribbon) are eligible for the state contest. Presentations must receive a purple ribbon and will have additional guidelines for state fair. Local contests may have extra classes that are not eligible for state.

Rules and guidelines vary per contest, but common themes are as follows; all speeches and presentations must be related to 4-H, include an introduction, body, and

conclusion and all references used, and be original. Local contest ages divisions are clover kid 5-7, junior 8-10, intermediate 11-13, and senior 14-18. State contest age divisions are intermediate 10-13 and senior 14-18.

Local contest dates have not been set yet but will be soon.

For more information on the state public speaking contest please visit 4h.unl.edu/public-speaking.

If your 4-Her is interested in the public speaking contest and you want more information, please contact the 4-H Assistant Shaniya at s.albertus@unl.edu.

Security First Bank Holds Third Annual Feeding Hearts Food Drive

Security First Bank, with the help of their customers and employees, collected over 229 food items and made a \$500 monetary donation to go towards gift boxes for families in need and to benefit the Bethel Assembly of God Church and through their recently completed “Feeding Hearts” food drive.

From February 1st through the 14th, Security First Bank collected canned goods and non-perishable food items at each of their 26 bank branch locations and 12 insurance offices throughout Nebraska and

southwest South Dakota.

“It’s been very rewarding to watch our food drive initiative grow and gain traction each year. For the past three years

we’ve enjoyed seeing the positive impact this has had on our community,” comments Brent Thomas, Thedford Security First Bank Branch President.



COURTESY
Food donations collected by Security First Bank branch in Thedford.

Nebraska Severe Weather Awareness Week March 21-25, 2022

Gov. Pete Ricketts signed a proclamation declaring March 21-25, 2022 as Nebraska Severe Weather Awareness Week, a time to remind Nebraskans that community preparedness can minimize the dangers of the annual severe weather season to

the lives and property of Nebraskans.

Wednesday, March 23, 2022 at 10:00 AM CT/ 9:00 MT is the State of Nebraska Tornado Drill. NWS North Platte will be sending out the TEST warning as a Routine Weekly Test on NOAA

Weather Radio as well as social media and NWS Chat.

NWS North Platte urges everyone to take this opportunity to practice your sheltering plan as if this were an actual warning. If this were a real warning, you should move to a

basement, an interior room, or a tornado/storm shelter if available. We also urge you to review your plans, practice your plans, and have multiple ways to receive severe weather watch and warning information.

DON'T GET CAUGHT OUTSIDE

No place outside is safe when a thunderstorm is in the area. Get inside as soon as you hear thunder. Run to a substantial building or hard-topped metal vehicle as fast as you can. If you can't get to a safe building or vehicle:

- ✓ Avoid open areas. Don't be the tallest object in the area.
- ✓ Stay away from isolated tall trees, towers or utility poles. Lightning tends to strike the taller objects in an area.
- ✓ Stay away from metal conductors such as wires or fences. Metal does not attract lightning, but lightning can travel long distances through it.
- ✓ If you are with a group of people, spread out. While this actually increases the chance that someone might get struck, it tends to prevent multiple casualties, and increases the chances that someone could help if a person is struck.

IF SOMEONE IS STRUCK

Cardiac arrest is the immediate cause of death for those who die. Lightning victims do not carry an electrical charge and may need first aid immediately.

- ✓ Call for help. Call 9-1-1.
- ✓ Give first aid. Begin CPR if you are trained.
- ✓ Use an Automatic External Defibrillator if one is available. These units are lifesavers!
- ✓ Don't be a victim. If possible, move the victim to a safer place. Lightning CAN strike twice.

ORGANIZED OUTDOOR ACTIVITIES

It's essential that people in charge of organized outdoor activities understand the dangers of lightning and have a lightning safety plan. Don't be afraid to ask. If you hear thunder, it's time to get to a safe building or vehicle. Speak out!

When Thunder Roars, Go Indoors!

STOP all activities.

Seek shelter in a substantial building or hard-topped vehicle.

Wait 30 minutes after storm to resume activities.

www.lightningsafety.noaa.gov

LEARN MORE ABOUT LIGHTNING SAFETY AT:
www.weather.gov/lightning

NATIONAL WEATHER SERVICE

LIGHTNING SAFETY

FOR YOU AND YOUR FAMILY

Callaway District Hospital to host free colorectal cancer screening, March 14-25

Survival rate for colon cancer is 90 percent when it's caught in the early stages, unfortunately only 40 percent of cases are being diagnosed during this window. CHI Health Good Samaritan and several area health care facilities have joined forces during Colorectal Cancer Awareness Month to increase screening.

March 14-25, men and women ages 45 to 75 are encouraged to call Callaway District Hospital & Arnold Medical Clinics, Callaway at 308-836-2228 to request a free colorectal cancer screening test kit.

Participants will be mailed an at-home Fecal Occult Blood Test kit with easy-to-follow instructions requiring three consecutive samples. Good Samaritan will then ana-

lyze completed tests for microscopic signs of blood, a potential sign of colorectal cancer, and inform participants and their primary care physicians of the results.

Colorectal cancer is the third most frequently diagnosed cancer in both men and women – and the third leading cause of cancer deaths—in the United States. If everyone age 45 or older had regular screening tests, at least 60 percent of these deaths could be avoided.

If you have a history of polyps and/or colon cancer in your family, talk with your doctor about earlier and more frequent screening. Recommended screening options include: home screening test (Fecal Occult Blood Test) every year, a flexible sigmoidoscopy every 5

years and a colonoscopy every 10 years. A colonoscopy is still the most effective way to detect colon cancer. People who are in good health with life expectancy of more than 10 years should continue regular colorectal cancer screening through the age of 75. People ages 76 through 85 should make a decision with their medical provider about whether to be screened, based on their overall health and prior screening history. People over 85 should no longer get colorectal cancer screening.

You may also clip out the form on this page with your information and send to: Callaway District Hospital, 211 Kimball, P.O. Box 100, Callaway, NE 68825

Brewer LB 773 Bill Advances By A Vote Of 35-9

Senator Tom Brewer, Representing Nebraska's 43rd legislative district which covers eleven counties of western and central Nebraska, advanced LB 773 to the second round of debate on a 35-9 vote Friday, March 11. The bill survived an eight-hour filibuster after the motion to invoke cloture was successful. LB 773 would end the requirement for Nebraskans to have a state-issued permit to carry a concealed weapon. The permit program will continue for citizens who wish to have a permit to use in other states. Twenty-two states have passed similar legislation including five of Nebraska's six neighboring states. The bill only applies to law-abiding citizens who are authorized under the law to own and possess a firearm. The law does not change existing gun laws or where concealed weapons are al-

lowed. Senator Brewer has introduced similar legislation every session since he was first elected to the legislature in 2016. LB 773 had to be moved from the Judiciary Committee using the “pull motion” and may face a filibuster in the remain-

ing two rounds of debate. Senator Brewer believes our state government should not be requiring law-abiding citizens to jump through hoops and spend money to enjoy a constitutionally-protected “right” that has been endowed by their creator.

Reforming the USPS

Americans all across the country rely on the U.S. Postal Service to deliver mail and packages in a timely and efficient manner. The USPS is especially important to people who live in rural areas and to our seniors, for whom the Postal Service is often a crucial connection to the rest of the world.

The USPS has a budget of about \$80 billion a year. But for more than a

decade now, the agency has suffered regular losses. In the 2021 fiscal year alone, USPS reported a net loss of \$4.9 billion. And over the 14 years before that, USPS lost nearly \$90 billion.

One reason for this is a sharp decline in mail volume, as more and more people adopt email instead. USPS is also re-