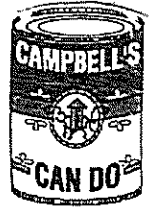




CAN DO NEWS



PUBLISHED BY THE NEWSLETTER COMMITTEE

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VOLUME 20 ISSUE 10

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JANUARY 22, 2015

UPCOMING EVENTS

- 1/27/15: Campbell Foundation Meeting, 8:00am
- 2/01/15: Ground Hog Day
- 2/01/15: Super Bowl Game
- 2/10/15: Campbell Foundation Meeting, 8:00am
- 2/14/15: Valentine's Day
- 2/16/15: President's Day
- 2/16/15: Campbell Blood Mobile at Community Hall
- 2/17/15: Chamber of Commerce Meeting
- 2/18/15: Ash Wednesday
- 2/19/15: Chinese New Year
- 2/21/15: "Tropical Paradise" fundraiser at Legion Hall

FOOT CARE DATE



On Tuesday, February 3, Juliet Stauffer, will be at the Community Hall to do foot care at 1:00 P.M. If anyone is interested in having this service done, call Shirley at 402-756-8611 to set up an appointment. The cost is \$15.00

February Is....

4-H Month

American Heart Month

A Bit of Trivia...

The first person selected as the Time Magazine Man of the Year was Charles Lindbergh in 1927.

The sound of E.T. walking was made by someone squishing her hands in jelly.

It took Leo Tolstoy six years to write "War & Peace"

CAMPBELL BLOOD DRIVE

The next Red Cross Bloodmobile will be at the Campbell Community Hall February 16, 2015. Please call LuAnn Kosse for an appointment at 402-756-8678.

THANK YOU

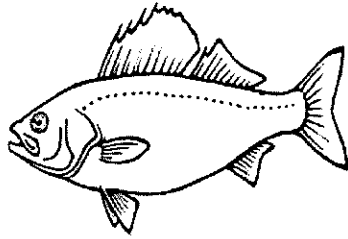
The Campbell Legion gives sincere thanks to all who attended and donated to their annual soup-pie luncheon fundraiser.

NOTICE



DINNER TICKETS to the Campbell Area Foundation "Tropical Paradise" fundraiser to be held Saturday, February 21, 2015, have been **SOLD OUT**, but people will be able to purchase a \$10.00 ticket to enjoy the local entertainers, cash bar, silent auction, and comedian, Tommy Treadway, to begin at approximately 7:00 pm. These special \$10.00 tickets can be purchased from a Foundation Member. (Seating will be in the bleachers for those attending entertainment only)

Mark your calendars!
St. Anne's Altar Society
Fish Fry



Friday, March 20, 2015
5:00 pm – 7:00 pm
Campbell Community Hall

Adults - \$9.00 per plate
Children 10 & Under - \$5.00 per plate

Take-out Available
Everyone Welcome!

Sorry

January Village Board Minutes will be in next month's issue of the Can Do News. Sorry for the omission.

FEBRUARY IS AMERICAN HEART MONTH



According to the American Heart Association, cardiovascular diseases including stroke are our nation's number one killer. Since 1963 Congress has required the President to declare February America Heart Month. This is done in an effort to raise awareness and urge people to join in the fight against these diseases. Each day more than 95 percent of Americans who suffer sudden cardiac arrest die before reaching the hospital. By knowing what to do in an emergency situation, we can give these victims a second chance in life.

What is heart disease?

Coronary heart disease is the most common form of heart disease. Usually referred to simply as heart disease, it is a disorder of the blood vessels of the heart that can lead to a heart attack. A heart attack happens when an artery becomes blocked, preventing oxygen and nutrients from getting to the heart. It is important to realize that heart disease is a lifelong condition—once you get it, you'll always have it. What's more, the condition of your blood vessels will steadily worsen unless you make changes in your daily habits. That's why it is so vital to take action now to prevent this disease.

What are the risk factors for heart disease?

The risk factors for heart disease include: high blood pressure, high blood cholesterol, diabetes, smoking, being overweight, being physically inactive, having a family history of early heart disease, and age (55 or older for women).

Heart disease is the #1 killer of women. One in four American women die of heart disease and most fail to make the connection between risk factors.

Recognize the Symptoms

The list below shows some basic differences between symptoms of a heart attack and heartburn. It is not intended to take the place of a visit to, or discussion with, a qualified health professional. Furthermore, not all heart attacks occur with the same symptoms, and not all of the symptoms below have to be present.

Heart Attack

- Crushing pressure or pain in the chest
- Feeling of fullness in the chest
- Usually occurs with exercise or exertion
- Pain may move to shoulders, back, neck, arms, and jaw
- Irregular heart rate (pulse) may occur
- Shortness of breath
- Cold sweats
- Nausea
- Vomiting
- Lightheadedness, weakness or dizziness

Heartburn

- Burning, irritation below breastbone

- Pain usually does not move to back, shoulders, neck, arms, and jaw
- Usually occurs after meals
- Gets worse when lying down
- Antacids will often make the pain go away
- Rarely cause shortness of breath, lightheadedness, dizziness, or cold sweats

CHRISTMAS LIGHTING CONTEST WINNERS

Vic & Shery Osantowski

Derek & Ashley Meyer

Ron & Bev Pankoke

Mindy Pankoke

Gene & Sherry Hendricks

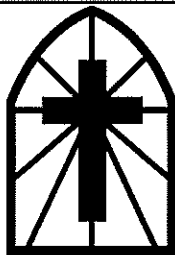
Soncey Kondrotis & David Crosby

Winners will receive Chamber Bucks. Thanks to everyone for decorating and making our community so bright and beautiful.

CAMPBELL AREA CHAMBER OF COMMERCE

The Campbell Area Chamber of Commerce met January 20, 2015, with 13 members present. A delicious pot luck meal was enjoyed. Birthdays and anniversaries were recognized. Usual reports were given and approved. Thank you notes were read from some who received the Christmas cookie and fruit plates. A motion was made and carried that the current officers remain in office another year. A suggestion was made to forget our pancake feed until fall due to many other community activities. A good turnout for the Santa pictures held at the Dazzle Boutique was reported. Due to a hold up of supplies, the electronic sign should be complete by the end of February. It was decided to give 2 scholarships this year and applications will be sent to schools. The February meeting will be held on February 17, with a pot luck meal.

CHURCH SERVICES



TRINITY EVANGELICAL LUTHERAN CHURCH

Divine Service 8:30 A.M. Campbell
10:30 A.M. Calvary Lutheran at Rosemont
Sunday School 9:30 A.M.

WESTMINSTER UNITED PRESBYTERIAN CHURCH

Worship Service 8:30 A.M.
Sunday School 9:30 A.M.

ST. ANNE'S CATHOLIC CHURCH

MASS TIMES

5:30 P.M. Saturday at St. Anne's
8:00 A.M. Sun at St. Anne's
10:30 A.M. Sun. at Holy Trinity in Blue Hill

Thanks to these local businesses for supporting the Can Do News:

CAMPBELL AERIAL SPRAYING

402-756-8888

CAMPBELL FCMH CLINIC

402-756-8080

HOURS:

TUESDAY	9:00 am – 4:30 pm	HONEY KIBBEE, APRN
WEDNESDAY	9:00 am – 11:00 pm	DAN MAZOUR, M.D.
THURSDAY	9:00 am – 12:00 pm	STEPH BURGE, APRN

CAMPBELL FUNERAL HOME

402-756-8001

CAMPBELL TAVERN

402-756-8027

CHRISTENSEN LAWN MOWING

Ronnie Christensen 402-756-8546 (evenings)

CPI

402-756-8291

DAZZLE BOUTIQUE

Teresa Schmidt, owner
Office: 402-756-8837, Cell: 402-469-6680
tschmidt@gtmc.net

DEAN'S REPAIR

Dean Place 402-756-8731

GOLTER & SONS LAWN SERVICE

Larry & Randy Golter 402-756-8022

GRAMS AUCTION SERVICE

Elger Grams 402-756-0213

HALL'S OIL, INC.

402-756-8691
24-hr fuel with major credit card
Winter Hours:
Mon. - Fri.: 8:00 am – 5:00 pm
Sat: 8:00 am – 1:00 pm

HAZEN PLUMBING

David Hazen, Blue Hill, NE 402-469-8870

KNEHANS AUTO BODY

Travis Knehans 402-756-8199

KOCH LAWN SERVICE

Steve & Beth Koch 402-756-8347

LORA'S BEAUTY SHOP

402-756-8411

OAK CREEK AVIARIES

402-756-8765

OSANTOWSKI WELDING & REPAIR

Shop: 756-8990 Cell: 402-767-0046

PARTY LITE CANDLE CONSULTANT

Peggy I Hart 402-756-8383

PEARSON'S ANTIQUES & S'MORE

Bill & Rosalie Pearson 402-756-8851

PHOTOGRAPHY BY TERESA

Teresa Schmidt, owner
Office: 402-756-8837, Cell: 402-469-6680
tschmidt@gtmc.net

PREMIER BUILDING & REMODELING

Jason L'Heureux 402-756-8113

SKUPA AGENCY INC.

402-756-8661

SOUTH CENTRAL STATE BANK OF CAMPBELL

402-756-8601

THE HAIR SHOP

Janene Kolbet—call for appointments—402-756-8350