



Elmwood Murdock Merchants' Association
 P.O. Box 258
 Elmwood, NE 68349

Watch EMMA's website
www.elmwoodmurdock.com
 and facebook for other events.

PRESORT
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 ELMWOOD, NE

2022-23 SCHEDULE OF EVENTS

Saturday, November 26, 2022	Holiday Extravaganza, Elmwood, NE
November 26 - 27, December 3 - 4, 10 - 11, 17 - 18, 2022	Bess Streeter Aldrich House, Journey Into Christmas Celebrating the Aldrich House's 100th Birthday
Friday, April 21, 2023	Aldrich Spring Tea
Saturday, May 6, 2023	Aldrich Plant Exchange
Monday, May 29, 2023	Memorial Day Services, Elmwood Cemetery
June 9 - 10, 2023	Community Garage Sales
Sunday, June 11, 2023	Aldrich Foundation Recognition Event at the Christian Church
Tuesday, July 4, 2023	4th of July Parade & Events, Murdock, NE
August 9 - 12, 2023	Cass County Fair
Sunday, August 20, 2023	20th Annual Ice Cream Social, Elmwood G.A.R. Hall Veterans Museum
September 2023	Community Health Fair TBD
Sunday, November 12, 2023	American Legion Post 247 Veterans' Day Pancakes & More! Elmwood Fire Hall
TBD	Elmwood/Murdock Good Neighbor Festival
Saturday, November 25, 2023	Holiday Extravaganza, Elmwood, NE

ECRWSS BOXHOLDERS



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Holiday Extravaganza



Another Brought Gifts

SATURDAY, NOVEMBER 26, 2022 • ELMWOOD, NEBRASKA

Promotional materials funded in part by a grant from Cass County Tourism - www.visitcasscounty.com

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Holiday Extravaganza

SATURDAY, NOVEMBER 26, 2022, ELMWOOD, NEBRASKA

7:00 a.m. - 11:00 a.m.	PANCAKE FEED	FIRE HALL
9:00 a.m. - 2:00 p.m.	ELMWOOD/MURDOCK BACKPACK CRAFT FAIR <i>30+ Vendors, Concessions all day</i>	E-M ELEMENTARY SCHOOL
9:00 a.m. - 6:00 p.m.	BITS & PIECES <i>(Antiques, Collectibles, & Thrift)</i>	BITS & PIECES
10:00 a.m. - 12:00 p.m.	CANDY CANE LANE <i>Buy some homemade goodies to benefit Operation Santa</i>	COMMUNITY CENTER
10:00 a.m. - 4:00 p.m.	SHOPPE OF LIL SHOPS	116 N. 4TH STREET
10:00 a.m. - 12:30 p.m.	WINTER HOLIDAY MOVIE FOR KIDS! *FREE <i>This year the library will be hosting a 10am showing of, "The Polar Express," Parents are welcome to drop-off their kids, and they will be entertained with a movie and some light snacks.</i>	ELMWOOD LIBRARY
11:00 a.m. - 5:00 p.m.	JOURNEY INTO CHRISTMAS HOLIDAY PREVIEW <i>The Aldrich House, a 1922 Prairie Mansion, has 12 beautifully decorated trees honoring the decorators' childhood memories and Mrs. Aldrich's short story "Another Brought Gifts" \$5 admission.</i>	ALDRICH HOUSE
12:00 p.m.	COLORING PAGE DRAWING <i>Submit to Elmwood Convenience by noon. Coloring page is available at elmwoodmurdock.com.</i>	ELMWOOD CONVENIENCE STORE
12:00 p.m. - 2:00 p.m.	BALLOON ARTIST <i>Bring the kids in anytime during the 2 hours of balloon fun! Enjoy free balloons made into animals, superheroes, and more. Sponsored by Burrows Tracts</i>	BURROWS TRACTS REAL ESTATE
12:00 p.m. - 2:00 p.m.	FREE CRAFT FOR KIDS <i>Join Massage By Jolean in making a fun holiday craft!</i>	MASSAGE BY JOLEAN, 104 S. 4th
2:00 p.m. - 5:00 p.m.	LIVING NATIVITY <i>Experience the Christmas story as you walk through the barn or drive through the Homestead, Interact with the nativity animals and learn more about the baby who was laid in a manger.</i>	3B HOMESTEAD, LLC 7603 298th (4 miles north on highway 1)
3:00 p.m. - 5:30 p.m.	SANTA IN THE STREET <i>Santa and Mrs Claus are going to hand out goodie bags and take letters</i>	ELMWOOD
3:30 p.m. - 5:30 p.m.	ECA'S ACTIVITIES IN THE PARK <i>Enjoy multiple crafts, hot cocoa station, and Basketball Knock-Out contest</i>	ALDRICH PARK
3:30 p.m. - 5:30 p.m.	BEAN BOX COFFEE TRAILER <i>Enjoy a variety of coffee flavor drinks, hot and cold, to sip on as you walk around the park</i>	ALDRICH PARK
4:30 p.m. - 7:00 p.m.	SOUP SUPPER <i>Benefit for the Community Center. Your "free-will offering" is appreciated.</i>	COMMUNITY CENTER
5:00 p.m.	COMMUNITY MEMORIAL RECOGNITION <i>Let's recognize those Elmwood supporters who passed away this past year. Send your nominee's name to shrader1957@hotmail.com.</i>	ACROSS THE STREET FROM THE COMMUNITY CENTER
5:30 p.m.	STARRY KNIGHT IN THE PARK <i>Proclamation at the gazebo and fun activities in the park</i>	ALDRICH PARK
7:00 p.m.	KARAOKE AT THE QUONSET <i>Limited Menu for this event.</i>	THE QUONSET <i>Open Tuesday-Friday 11am-9pm - Daily Specials - 402-994-2020</i>

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Holiday Extravaganza

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Another Brought Gifts

If you're looking for something to add to your yearly holiday traditions or just simply something to do after so much wonderful Thanksgiving food, the Elmwood Murdock Merchants' Association encourages you to enjoy this year's Holiday Extravaganza. The theme this year is "Another Brought Gifts", a story by Bess Streeter Aldrich.

Start your day with pancakes at the Fire Hall then make your way to the Backpack Craft Fair at the elementary school. Don't forget to stop by Candy Cane Lane and fill a plate (or two) with holiday goodies. Bring your kids to the

library to watch a movie, then on to Burrows Tracts and Massage by Jolene for more fun kids' activities! The Aldrich House will be open to showcase their Journey into Christmas event and the Living Nativity is a wonderful way to start the holiday season.

Due to the overwhelming popularity of Santa in the Streets, Santa and Mrs. Claus will be doing it again this year! Kids, get your letters to Santa ready to deliver!

The late afternoon includes the Community Center soup supper and memorial recognition. The Elmwood Community Association has decorated

the gazebo and park for the holidays and will have activities for the family to enjoy. Finish the day by participating in karaoke at the Quonset.

The complete schedule of events can be found in this newsletter and is also available at elmwoodmurdock.com. Look for coupons throughout this newsletter for entries into drawings being offered by various event sponsors. Coupons can be found on the EMMA website as well.

Happy Holidays from the Elmwood Murdock Merchants' Association!

Kris Shrader, President

Please Support These EMMA Sponsors



Elmwood/Murdock Merchants' Association Members



View the Schedule of Events in this newsletter and at elmwoodmurdock.com

Visit EMMA's Facebook page! Friend us today.



WELCOME!

*New Members in 2022

Join EMMA today!
elmwoodmurdock.com



3B Homestead
American Exchange Bank
 American Legion Post 247
 Bess Streeter Aldrich Foundation
 Bits & Pieces
 Block Ten Apartments (Allgayer)
 Burrows Tracts Real Estate
 Cass County Rural Water District 2
 Cass County Tourism
CHI T.E.A.M.
 Clements & Drevo Law Firm
 Clements Insurance Agency
 Connour Sixplex Apartments
Corn Growers State Bank
 Corner House Market Goods
 Down Syndrome Advocates in Action
 Eastern Nebraska Office on Aging
 Elmwood Christian Church
Elmwood Community Association*
 Elmwood Community Center
 Elmwood Convenience Store
 Elmwood Meat Plant
 Elmwood Public Library

Elmwood Small Engine Repair & Recycling
 Elmwood - Murdock Public School FBLA
 Elmwood-Murdock Public School Booster Club
 For the Love of Junk
Fountain Creek DesignWorks
Green Ribbon Mental Wellness*
Frontier Cooperative
 Fusselman-Allen-Harvey Funeral Home
 Grandpa's Woods Golf Course
 Hammons Family Funeral Service
 Impulsive Works, Inc.
 J.H. Sporhase Plumbing and Heating
 Keep Cass County Beautiful
Meisinger Floral*
 MiWay Enterprises LLC
 Mowen Owen's Lawn Mowing
 Murdock Historical Society
 Nebraska Digging Services
Oxbow Farms
 Quonset Bar & Grill
 Romero's Drywall

Seitec Genetics - Heath Vogt
 SCC Learning Center at Plattsmouth
 St. Paul United Methodist Church
Stock Seed Farms
Syracuse Area Health*
Tea and More (Dawn Tyrrell)*
 The Loft Theatre
 The Quilted Gardens
 The Stylist Next Dorr
 Village of Elmwood
 Your Therapist
Elmwood - Murdock Public School FBLA
LEADERS
 Julie Anderson
 Kris Shrader
STUDENTS
 Karly Anderson
 Henry Coleman
 Haylee Joseph
 Rylan Kastens
 Nate Rust

Holiday CRAFT FAIR



NOVEMBER 26

SATURDAY
9:00 AM - 2:00 PM

FREE

ADMISSION

50 LOCAL VENDORS
LUNCH FROM 11:00AM-
1:00PM

LOCATION

ELMWOOD-MURDOCK
ELEMENTARY SCHOOL

400 WEST F STREET ELMWOOD, NEBRASKA

FOR MORE INFORMATION CALL TRISHA
NICHELSON AT (402) 994-2125



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Learning Center

Professional, up-scale office
and meeting space
(\$500/month utilities included)

221 S 4th St
Elmwood

Kurk Shrader: (402) 867-4233
Bonnie Brewer: (402) 540-1662



The Holiday Extravaganza
promotional materials
funded in part by a grant from
Cass County Tourism
www.visitcasscounty.com

See this newsletter online at
www.elmwoodmurdock.com



Join EMMA today! www.elmwoodmurdock.com



ELMWOOD
MURDOCK
MERCHANTS'
ASSOCIATION



EMMA Scholarships



Congratulations to our 2022 \$500 scholarship winners: Sela Rikli, attending UNL with a major in nutrition, exercise and health sciences, and Bailey Frahm, also attending UNL. For more information about these scholarships, seniors should contact Ms. Bornemeier.

Merchants' Association Grants, 2022

Merchant Association members and nonprofit organizations who are seeking funds to promote the communities of Elmwood and Murdock are eligible to apply for the Elmwood Murdock Merchants' Association Community Betterment Grant. The grants (up to \$500 with a 50/50 match) are designed to improve the local communities. The grant details are posted on elmwoodmurdock.com and are due January 10 and July 10. The July 2022 recipient was the Nebraska Trails Foundation for the Elmwood Pie Ride / Music in the Park events.

Romero's
Drywall & Construction
ELMWOOD, NE
Gonzalo Romero
402-540-6525
gandsromero@hotmail.com

St. Paul United Methodist Church
400 West G Street • Elmwood, NE 68349 • 402-994-6735

Also the Home of the **Son-Shine Child Care Center**
Nurturing, Loving and Educating Children Daily

PLEASE COME JOIN US EVERY SUNDAY FOR:
9:30 a.m. Sunday School • 10:35 a.m. Worship Services

SPECIAL UPCOMING SERVICES
Sunday, November 27th • Advent Season Begins
Sunday, December 18th, 10:35 a.m. • Children's Christmas Program
Saturday, December 24th, 6:30 p.m. • Christmas Eve Candlelight Service
Sunday, December 25th, 10:35 a.m. • The Light of the World Has Arrived

ELMWOOD COMMUNITY CENTER

DAILY HOMEMADE LUNCHES

M-F AT NOON
CALL FOR RESERVATIONS
BY 9:00 AM THAT DAY
402-994-2145

ALSO AVAILABLE TO RENT FOR YOUR
SPECIAL OCCASIONS

**CUT OUT AND BRING THIS AD
WITH YOU TO THE SOUP SUPPER
ON 11/26 TO ENTER A DRAWING
FOR A HOME COOKED MEAL
FOR 4 PEOPLE**

TO BE PROVIDED IN JANUARY
OR FEBRUARY

Name _____

Phone _____

Memorial Recognition Service

At the Holiday Extravaganza, the Merchants' Association will honor residents who have passed away during the past year. There will be a recognition service at 5:00 p.m. on Main Street at the fence in front of Bill and Sue Connour's apartments.

To include a name(s) in the service, email your information to shrader1957@hotmail.com by November 19.

What's new in Murdock?

Sign up to receive the Murdock newsletter!
Send in your news! Check it out at
www.murdocknebraska.com

Keep Up With Elmwood's news!

Sign up to receive the Elmwood newsletter!
Send in your news! Get the scoop at
www.elmwoodnebraska.com





**ELMWOOD
MURDOCK
MERCHANTS'
ASSOCIATION**



Journey into Christmas

Bess Streeter Aldrich House
204 East F Street
Elmwood, Nebraska

*The Aldrich House, a 1922 Prairie Mansion,
has 12 beautifully decorated trees/rooms
honoring the house's 100th birthday and Mrs. Aldrich's
short story "Another Brought Gifts." \$5 Admission*

Save the Dates: Nov. 26 (11 a.m. to 5 p.m.)
Nov. 27; Dec. 3-4, 10-11, 17-18 (1 - 4 p.m.)
or by Appointment



Funded in Part by Cass County Tourism, visitcasscounty.com

CELEBRATE THE LIVES OF THOSE YOU LOVE

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Allen-Harvey*
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402-267-2485



Brian Harvey



Cody Busekist

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Weeping Water, NE 68463
402-267-2485



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Area Since
1889**



AEB

AMERICAN EXCHANGE BANK

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Elmwood, NE 68349
(402) 994-4000

Eagle Branch
440 D St
Eagle, NE 68347
(402) 781-2229

WWW.AEBANK.COM



Member
FDIC

Open Shop and Sale

**Saturday,
December 3, 2022
9:00 a.m. to 5:00 p.m.**

**At
7702 286th Street
Murdock, Nebraska**

*Join me at my wood shop/studio
where I design and create
wood art on lathes*

*Enjoy refreshments!
Bring your friends!*

**Elmer H. Miller
402.525.2785**



Elmwood Convenience Store

209 South 4th Street

Elmwood, NE 68349

402.994.3305

Coupon

FREE

Ice Cream

Cone

OR

Fountain

Drink

at C-Store

2022/2023

Coupon

Sit Down Dining & Take Out

Burgers	Soft Serve Ice Cream
Hand Made Pizza	Wraps
Salad Bar	Breakfast Sandwiches
Fish, Shrimp	Chicken
Fries	Onion Rings
Donuts, Pastries	Cookies

Check out our full menu at ElmwoodCStore.com

Fuels & Auto Supplies

E-10	Diesel (Blended in winter)
UnLeaded	Propane
Oil	DEF
Brake Fluid	Fuses
Windshield Washer Fluid & Antifreeze	

Adult Beverages

Imported & American Wines
Limited Run & American Beer
Spirits, Liqueurs, Schnapps, Mixers, & More

Groceries

Candy, Baking supplies, Canned Soup & Veggies, Gravy mixes, Noodles, Spaghetti sauce, Bread, Coffee, Potato chips, Gum, Jerky, Nuts, Crackers, Granola & breakfast bars, Pop, Milk, Energy drinks, Eggs, Bacon, Ice, Ice cream, Frozen pizzas, Sandwich makings, PLUS . . .

Other

OTC health items, Feminine necessities, Office supplies, Pet food, Cleaning supplies, Greeting cards, Other seasonal items

Clean Restrooms www.ElmwoodCStore.com E-Mail: GreatPizza@ElmwoodCStore.com

Elmwood Small Engine Repair

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Weedeaters

4-Wheelers

Snowblowers

Trimmers

Chainsaws

Tillers

Golf Carts

& Recycling

We charge for TV recycling.



Metals	Appliances	Batteries
Cars	Electronic Scrap	

304 S. 4th St.
Elmwood, NE 68349
402-994-3663

Helping Cass County Go Green



ELMWOOD
MURDOCK
MERCHANTS'
ASSOCIATION



The Candy Cane Lane elves are busy making cookies, candies, and other goodies in preparation for the Holiday Extravaganza November 26. Stop by the Elmwood Community Center between the hours of 10:00 – 12:00 and take home delicious holiday treats and sweets!

Proceeds from sales will benefit Operation Santa.

The Merchants' Association would like to thank the Community Center for allowing us the use of the building, and the Elmwood Christian Church women for helping sponsor Candy Cane Lane this year. A big thank you to all who made and donated cookies, candies, etc. for this event.

Bring the entry coupon below to Candy Cane Lane to be entered in a drawing to win a \$50 gift certificate for the Elmwood Meat Plant!

No entry coupons will be available at the event.



Bring this coupon to Candy Cane Lane November 26, 2022 between the hours of 10 a.m. & 12 p.m. for a chance to win a \$50 gift certificate to the Elmwood Meat Plant.

Name _____

Address _____


City, State, ZIP _____

Phone _____

e-mail _____

THE LIVING NATIVITY 2022

3B HOMESTEAD MURDOCK



This Christmas you are invited to The Living Nativity 2022 at the 3B Homestead, Murdock, NE

Real stable animals help tell the beautiful Christmas Story from Luke 2 in a fun, meaningful & untraditional way.

A walk-through-the-barn experience for families and friends will be held every weekend between Thanksgiving to Christmas. Nov. 26, 27, Dec. 3, 4, 10, 11, 17, and 18 from 2:00 pm to 5:00 pm

A drive-through-the-homestead experience will be held on Christmas Eve and Christmas Day: Dec. 24 & 25 from noon to 4:30 pm

Bring your cell phone and listen to a podcast as you view the animals from your car.

Weekday private tours for homeschoolers, preschools, assisted living facilities, and other groups can be scheduled by contacting Mark and Sondra Buell at 402-867-1802.

The Living Nativity 2022 is a free community outreach of the 3B Homestead, LLC located on Highway 1 at 7603 298th Street, south of Murdock, NE 68407. For inclement weather closures, please check the 3B Homestead Facebook page or the 3B Homestead website.

For questions, please contact Mark and Sondra Buell at 402-867-1802, Email: 3BHomestead@gmail.com, Website: www.3BHomestead.com

Donations are accepted to help defray expenses: Venmo @ThreeB-homestead



The Elmwood Public Library

The Elmwood Public Library is a proud member of EMMA. Library Director Anne Pope said, "Our organization works hard to improve our community in one way, and we appreciate that other EMMA members work hard to improve it in others. I grew up with the saying, 'Many hands make light work,' and that's exactly what EMMA tries to do!"

The library's mission is to encourage lifelong learning and be an educational resource for the community, but books are just one part of the many goods and services that you can find available! The Elmwood Library has free Wifi, printing, faxing and scanning services, public computers, interlibrary loan services, materials for the

visually impaired, access to audio books for the blind, cake pans, electrical wattage testers, book clubs, preschool story times and so much more!

An active participant in the Holiday Extravaganza for many years, this year the library will be hosting a 10am showing of, "The Polar Express," on November 26.

Parents are welcome to drop-off their kids, and they will be entertained with a movie and some light snacks. Hopefully this will give mom and dad a chance to do some shopping at the craft fair, or even run home to wrap some presents!

We hope to see you all at the library very soon!

Anne Pope
Director - Elmwood Public Library
124 West D St.
Elmwood, NE 68349
402-994-4125
elmwoodlibrary@outlook.com

CLIP AND WIN!

*We are a proud supporter of EMMA, their community works, and informative newsletters! Fill out this form, and drop it off at the **Elmwood Public Library** (during regular hours, or put in our book drop). A winner will be drawn for a **FREE 2023 NEBRASKA STATE PARK PASS!***

NAME: _____

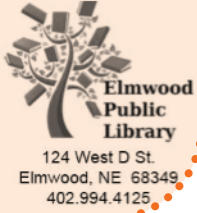
ADDRESS: _____

CITY: _____

PHONE: _____

EMAIL: _____

ARE YOU A LIBRARY PATRON?



Elmwood Public Library
124 West D St.
Elmwood, NE 68349
402.994.4125



The Elmwood Community Association

The Elmwood Community Association (ECA) encourages our community to thrive. Through events held throughout the year, and community projects we aim to bring the community closer together.

Our annual events such as our Movie Nights, Pitch Tournament, and the Lights in the Park for the Holiday Extravaganza (to name a few) have been hugely successful. Please join the ECA this year in the park for the annual tree lighting,



The Bean Box Coffee Trailer for a deliciously warm drink, and of course the festive lights viewable through the holiday season!



Pulmonary rehab – education, exercise and support to help you breathe easier

Expert care is right here at Syracuse Area Health

When you can't breathe, your entire life is impacted. Everyday activities like getting the mail or even spending time with family can feel impossible. Diseases like



chronic obstructive pulmonary disease (COPD), asthma, emphysema or lung damage from COVID-19 or other health issues, can make you feel isolated, even hopeless. But there is a solution to help to help you catch your breath and reclaim your quality of life.

At Syracuse Area Health, our pulmonary rehabilitation team collaborates with your medical team to personalize programs of education, exercise and support to help you understand your condition, manage the severity of your symptoms and learn techniques to help you regain lung health – and overall health.

First step: Pulmonary Function Test

The pulmonary – or lung – function test is painless, quick and helps rehab teams identify concerns and diagnose and treat lung disorders. The noninvasive evaluation shows how much air the lungs can hold and how

quickly air moves in and out of the lungs. It also shows how well the lungs remove carbon dioxide from your blood.

Rehab programs customized to you

Information from pulmonary function testing helps rehab teams tailor programs to each patient's needs, abilities and goals. Personalized programs help patients improve or manage shortness of breath, regain strength and independence and return to doing everyday activities.

Programs often include:

- Exercise and strength training
- Education about managing your condition
- Nutritional counseling
- Breathing techniques
- Emotional support



Sean Barry, MD, FACCP



Michelle Tyser, PA-C

Who needs respiratory therapy?

Simply put, respiratory therapists help people who have trouble breathing. Through diagnosis, education and individualized treatment plans, specialists can help patients reduce the severity of symptoms, regain lung function and live fuller, more complete

lives. At Syracuse Area Health, pulmonary rehab teams offer outpatient care to help with conditions including:

- Asthma
- Bronchitis
- Emphysema
- COPD
- Cystic fibrosis
- Post-COVID lung damage
- Heart or other health conditions that impact breathing

Experts who care

If you – or someone you love – have ongoing breathing issues, get the help you need. Ask your provider for a referral to pulmonary rehabilitation at Syracuse Area Health. Shannon Hoffman, MHA, RRT, is SAH's Director of Cardiopulmonary and leads our skilled teams. Hoffman provides treatments and collaborates with physicians and providers including Sean

Barry, MD, FACCP, and Michelle Tyser, PA-C, who specialize in pulmonary disease and sleep medicine.

Close care is right here

Talk to your provider about pulmonary rehabilitation and

ask for a referral to Syracuse Area Health where it's closer for you and your family. To learn more about the program, call 402-269-7638 or visit www.syracuseareahealth.com/our-services/pulmonary-rehab/.





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Clements Insurance Agency

160 North 4th Street
Elmwood, NE 68349

Rob Clements, Andy Clements,
Penny Richter

Phone 402-994-4000
pennyr@aebank.com



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TOBACCO
EDUCATION &
ADVOCACY OF THE
MIDLANDS

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Are You Ready To Try To Quit Tobacco Again?

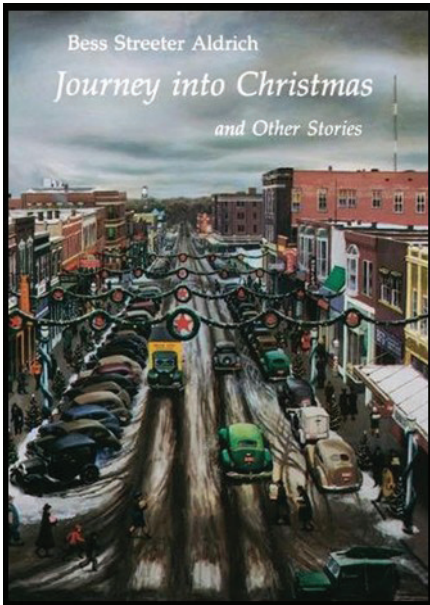
Are You Willing To Help Your Employees Try To Quit Tobacco Again?

EVERY TRY COUNTS AND WE ARE HERE TO HELP!



Contact Tobacco Education & Advocacy of the Midlands for free cessation resources or technical assistance setting up a cessation referral program.

INFO@TEAMTobaccoFree.org



America through the brush of JOHN PHILIP FALTER

a presentation by

DOBEY FALTER HAWS

Curator of the John Philip Falter Museum in Falls City

Sunday, December 11 | 5:30 pm – light refreshments
6:30 pm – presentation

Elmwood Cultural Arts & Learning Center
221 South 4th Street | Elmwood, NE

John Philip Falter was a world-renowned illustrator including 129 "Saturday Evening Post" magazine covers, over 300 recruiting posters, book illustrations, and others.



Become A Friend of the Foundation today!

Register for your membership online:



ELMWOOD
Community Foundation



ELMWOOD
MURDOCK
MERCHANTS'
ASSOCIATION

Elmwood's First Health and Wellness Fair



On Saturday September 24th, 2022, Elmwood's first health and wellness fair was hosted by Syracuse Area Health, E-M FBLA, and EMMA. The fair was held at the Elmwood Cultural Arts & Learning Center from 8 a.m. to 12 p.m. Approximately twenty vendors from across southeast Nebraska representing various health fields hosted booths at the event. Some of these vendors included: mental

health, home safety, child safety, suicide prevention, behavioral health, physical therapy, farm and tractor safety, veterans services, home health care services, and transportation services. There were free health screenings offered including blood pressure, blood sugar, lipid panel, and A1C. Shannon Josoff taught a free bootcamp fitness class at the Bess Streeter Aldrich Park followed by a free

wellness walk on the Mopac trail. Local business owner, Dawn Tyrell, owner of Tea & More, was on site for community members to purchase her homemade delicious beverages!

Over 80 community members attended the event. In addition to receiving information at each booth, patrons also came away with several freebies and giveaways from vendors. At the conclusion of the event, door prizes were drawn and awarded to five recipients; some of these door prizes included a fire extinguisher, medical lock boxes, and a blood pressure monitor.

Massage by
Jolean
SALE

60 Min. Massage Gift Card for ONLY \$55!

Stop in between 12 and 3 on Saturday November 26th to purchase

{LIMIT 3 PER CUSTOMER}

104 S 4TH ST
ELMWOOD, NE 68849
(402)643.0742

THE QUONSET BAR & GRILL

Open Tuesday-Friday
11am-9pm

Party Room available for Rent

Follow us on Facebook and Instagram

Extravaganza Night Karaoke
Starts at 7pm at the Bar
with a couple food specials only.
Kitchen closed that night.

126 S 4th || Elmwood, NE || 402-994-2020

Daily Specials