

## Finally: Awesome medical advice

Finally, medical advice I can follow without fear of hard-to-live with repercussions, such as giving up chocolate or experiencing sore muscles.

Take a nap. What a deal.

Not only does this just-released research justify what I often yearn to do after lunch; it tells me a nap improves my memory.



Joyce Ore

Remembering why I am at the grocery store standing next to calves' liver is a good thing.

This news beats my doctor telling me that my backache will go away if I simply lose those extra 20 pounds that keep me warm in the winter-time. It is better than being told that 30 minutes of intense exercise is good for my overall well-being or that eating too much sugar will cause my face to wrinkle, teeth to fall out and feet to go flat.

I've waited most of my adult life for someone to tell me to take a nap. Now I am learning that while a nap is good for me, it also will help me become creative, solve my problems, think of new ideas and see the big picture. I don't know what the difference is between the small picture that I see and the big one that politicians and CEOs view. It must be a little like comparing the big screens in IMAX theaters with the 13-inch television in our bedroom.

No doubt, this great napping advice is true. I read it in a newspaper, then heard it on the late-night talk shows. How can it not be true? The other reason it must be true is research, and not just on mice or monkeys, but on real people like college students. All of this was reported by a cognitive neuroscientist at one of his professional meetings. Coming up with a creative professional title like that probably took a lot of napping.

I don't pretend to understand all the mumbo jumbo involved, but I like the bottom line. Just take a nap.

Joyce Ore, of Hastings, is a columnist for the Tribune. Contact Joyce at 402-461-7327 or jore@alltel.net.

## Calendar

### HASTINGS

- ◆ **Sunday Sundaes**, 2-3 p.m. Sunday, College View Assisted Living, 1100 N. Sixth Ave. Open to public ages 55 and older.
- ◆ **Free Community Meal**, 5 p.m. Sunday, Crossroads Center, 702 W. 14 St. Volunteers also welcome.
- ◆ **Alateen**, 5:15 p.m. Sunday, 521 S. St. Joseph Ave.
- ◆ **Al-Anon**, 8 p.m. Sunday and 8 p.m. Monday, First United Methodist Church; and noon Monday, The Kensington.
- ◆ **Alcoholics Anonymous**, noon and 8 p.m. Sunday; and noon, 5:15 and 8 p.m. Monday, 521 S. St. Joseph Ave.
- ◆ **Mary Lanning Cancer Support Group**, 7-8 p.m. Monday, Morrison Cancer Center, north end of MLMH campus.
- ◆ **Narcotics Anonymous**, 8 p.m. Monday, 401 N. Lincoln Ave.
- ◆ **Overeaters Anonymous**, 5-6 p.m. Monday, Mary Lanning Medical Center basement.
- ◆ **Gamblers Anonymous**, 6:30 p.m. Monday, Mary Lanning Memorial Hospital Education Building basement, Room D.
- ◆ **Chorus of the Plains**, 7:30 p.m. Monday, ballroom of Kensington. Barbershop style music open to men of all ages.

## Lotteries

### WINNING NUMBERS

**Friday**  
Kansas Pick 3 ..... 3-4-6  
Nebraska Pick 5 ..... 8-18-19-26-30  
Jackpot: \$62,000  
Nebraska Pick 3 ..... 3-9-7  
MyDaY ..... 9-30-72  
2by2 ..... Red 6-23, White 11-15

# Supervisors to accept Moeller's resignation

EMBATTLED  
TREASURER'S LAST DAY  
TO BE MONDAY

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The Adams County Board of Supervisors is scheduled to accept the resignation of Treasurer Julia Moeller one day after her last official day in office. Moeller originally submitted a letter of retirement to the board in November 2008, stat-

ing that she planned to retire Jan. 5.

The board then approved that retirement date request.

However, at the Dec. 16 meeting, Adams County Clerk and Election Commissioner Chris Lewis notified the board that legally Moeller, an elected official, cannot retire. To leave an elected office, she must resign.

In an interview with the Tribune on Dec. 17, Moeller said she would do whatever is necessary to comply with the requirements. She turned in her letter

of resignation Friday.

Moeller also told the Tribune Friday that she still plans on leaving office officially on Monday.

If for any reason Moeller does not resign as planned, a recall election will be conducted to determine if she should be removed from office.

Petition circulator Marvin "Butch" Hughes started circulating petitions with the help of 75 volunteers just after the November general election and presented the county board

with 4,000 signatures Dec. 2. Just 3,080 signatures were needed for the election slated to be conducted Jan. 27.

According to Nebraska law, if Moeller chooses to leave office at least 16 days prior to the election, the recall election can be canceled.

If she leaves office any time after the 16-day limit, the county still will be required to conduct the election, which would cost about \$25,000.

With the Jan. 5 date Moeller has stated, there would be 22

days between her leaving and the election, meaning there would be time for the election to be canceled.

Moeller is being charged in district court with tax evasion, official misconduct in office and abuse of public records stemming from the licensing of a motor home in Texas without paying the associated taxes in Nebraska.

The board meets 9:30 a.m. Tuesday in the Adams County Courthouse board room, 500 W. Fourth St.

Please see **MOELLER**/page A7



AMY ROH/Tribune

Bill Gordon (right) and Jason Juraneck of Ace Rent-To-Own load furniture for a customer Friday outside of the store.

## In-store credit gains popularity

STORES SAY RECESSION  
HELPING BUSINESS

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With the current state of the economy, some people are trying to avoid using their credit cards because of poor credit scores.

For some businesses, like furniture and appliance rental and purchase stores, the financial crisis is actually a business benefit as more people are purchasing items using in-store cred-

it programs.

At Ace Rent to Own, 1040 W. Second St., manager Rex Baker said high gas prices, like were seen this summer, can have a toll on a business.

However, he said the current national financial issues haven't had the same impact because his business doesn't base its financing on a person's credit score.

"You can come in and purchase something sort of like buying something with credit card, without the credit cards," Baker said.

At Rent to Own, a person makes payments to the store and owns the product when the last payment is

made.

But as with any other credit plan, there is interest, so the sooner the purchase is paid off, the more a consumer saves.

At Rent to Own, Baker said he doesn't need a credit score to give a line of credit. Instead, he just needs a contact number for friends, family or neighbors to reach you about payment issues.

"It's pretty simple," he said. "It just takes a few minutes to fill out an application. And this is the only way some people can go get a sofa or loveseat."

Please see **CREDIT**/page A7

# Hastings man bringing 'Ragz' to downtown

WISCONSIN NATIVE  
USING INHERITANCE  
MONEY TO LAUNCH  
CLOTHING STORE

JOHN HUTHMACHER  
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A Madison, Wis. native is bringing big city clothing to small town Hastings.

Bryan Gatling, the great-grandson of Gatling Gun inventor Richard Gatling, opened the doors of his Urban Ragz store this morning at 838 W. 2nd Street, on the corner of Second Street and Burlington Avenue.

The 1,500-square-foot store carries a large selection of distinct attire and accessories featuring name-brand merchandise pop-

ular with high school and college-aged consumers.

Store inventory includes shoes, belts, hats, shirts, sweat-shirts, jackets and accessories.

For Gatling, 30, the venture represents his first go-around in the clothing store realm. Fashion-conscious by nature, he spent many an hour during his college years perusing the vast selection of clothing sold at the multiple clothing stores in his hometown.

After moving to Hastings a few years back to pursue work in the construction industry, he noticed there were few stores offering the mainstream youth fashion choices he enjoyed back home.

And so, after receiving a sizable inheritance from his grandfather, he has decided to put his business degree from the

University of Wisconsin to work. His hope is to eventually grow the one-store, one-man operation into a chain of franchise stores. As he sees it, the niche market is definitely ripe for hip and happening threads for young adults.

"With the prices that I'm selling these clothes at, it'll be pretty big," he said. "My 10-year plan is to have a few stores and maybe move to Italy."

In addition to carrying the freshest fashions for teens and young adults from the East and West coast garment scenes, Urban Ragz will offer skateboards and other accessories in the spring to accommodate the local skate crowd.

Please see **RAGZ**/page A7



JOHN HUTHMACHER/Tribune

Bryan Gatling poses in front of merchandise at his new store, Urban Ragz, on Friday afternoon. The store, which opened this morning, specializes in clothing and accessories geared toward teenagers and young adults.

## Goodfellows support remained strong

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Even with the economic downturn, local philanthropy seemed to remain strong through the 2008 Goodfellows campaign.

Galen Quick, Goodfellows coordinator, said 2008 was one of the better years for the annual program as far as donations of money and toys.

"I was quite surprised due to the state of the economy," Quick said.

The Goodfellows campaign served 239 families, providing about 500 boxes with food and gifts. Each box came with enough supplies to feed a family for about two weeks, along with a gift for each child.

"I think it's fantastic that we're

helping families in need, especially around the holidays when they need it the most," he said.

He said recipients of the program seemed to be thankful for the gifts and food during the season.

"Everyone that I talked to was very grateful," Quick said. "They were overwhelmed that we could do this for them around the holidays."

Volunteers from schools, businesses and other organizations in the area helped assemble, pack and deliver the boxes with food and toys to the needy families.

Participating businesses included: Allen's Shopping Center, Bank of Doniphan, Dollar General,

Gibraltar Packaging Group Inc., Hastings Federal Credit Union, Kmart Store, Pepsi Cola Bottling Co., Roger's Inc., Sara Lee Bakery Group and Woodward's Disposal Service.

Other organizations that participated included: Adams County Fairgrounds, Hastings Food Pantry, Hastings Noon Sertoma, Hastings High School DECA club, Hastings Middle School, Hastings Senior High, Hawthorne Elementary School, Hometown Variety, Lincoln Elementary School, Lincoln Federal Savings Bank, Morton Elementary School, Tier One Bank, Watson Elementary School, Wells Fargo Bank and Zion Lutheran School.



### Donations

Gloria Karr .....	\$25.00
Happy Birthday Jesus .....	\$65.00
In loving memory of Merle & Cheryl from Marlyce & family ..	\$50.00
In honor of my grandchildren. Grandma Smartie .....	\$100.00
Floyd & Phyllis Marian .....	\$25.00
George & Sandy Landgren .....	\$100.00
In memory of Meriam Dygert from Larry and family .....	\$100.00
From a friend .....	\$500.00
Total to date .....	\$16,483.44

Local

PLANNING  
AND ZONING

The Adams County Planning and Zoning Commission is scheduled to consider a conditional use permit to allow for livestock to be pastured within the village limits of Prosser.

According to the application, Michael and Michelle Matthews are hoping to pasture 17 head of livestock on a 27-acre parcel in Prosser.

This is a permitted use according to the county's zoning regulations; however, according to village ordinance, the owners must acquire a conditional use permit to harbor the animals there.

According to notes from the planning department, adjacent land to the north, south and west is primarily agricultural land while land to the east is residential in nature.

The property currently is zoned R-2 urban residential.

The commission meets 6 p.m. Monday at the City Building, 220 N. Hastings Ave.

State

BEATRICE TROUBLES

LINCOLN — Gov. Dave Heineman wants to spend \$17 million more on the troubled Beatrice State Developmental Center over the next three years and study whether it should be privatized.

He says the spending plan he announced Friday would help correct problems at the center so it can retain \$29 million in annual federal support. The money is in jeopardy because the federal government has decertified the center.

The state is getting the federal money while it appeals the decision.

The center for developmentally disabled patients has repeatedly run afoul of federal standards. Investigations uncovered about 200 cases of alleged neglect and abuse from late 2006 to late 2007.

Heineman's plan is part of the budget proposal he'll release later this month.

PEPPER DRINK

BEATRICE — A woman arrested for mixing pepper into a glass of water may also lose her job at a private home for the developmentally disabled in Beatrice.

Linda Timmons, CEO of Mosaic, said Friday the Omaha-based company's still finishing up its investigation. But Timmons says if the allegation's true, the suspended employee will be fired.

Beatrice police arrested the woman Tuesday on suspicion of felony abuse of a vulnerable adult after Mosaic reported the incident.

Police say the employee mixed pepper into a water glass a resident of the home later drank. The 52-year-old woman who drank the pepper water had been known to drink from other people's glasses.

Timmons says the water laced with pepper didn't cause any lasting injury.

BARBS PROTECTED

LINCOLN — The Nebraska Supreme Court has upheld a decision in favor of an Omaha police officer who was fired for making inflammatory remarks in a union newspaper.

In 2005, police officer Kevin Housh was fired for writing an opinion piece that was sharply critical of city and police officials. Housh was later reinstated, but the police union said the city had interfered with the rights of union members to engage in protected labor speech.

The state Commission on Industrial Relations agreed but on appeal the state high court asked the commission to reconsider its decision.

The commission ruled that the comments did not constitute flagrant misconduct, and the high court upheld that decision in its ruling released on Friday.

The Associated Press

Courtyard: Family reopening restaurant

Continued from page A1

"This is what I want to do," the 25-year-old Geist said. "So I thought, 'What more perfect opportunity than to help establish a restaurant from the ground up and help my parents?' They're tapping me as their No. 1 resource for everything."

What will be different about the new restaurant — the owners say — is its menu offerings and overall customer service. Over the lunch hour, the family-friendly menu will include a hot meat buffet bar featuring a variety of offerings — pulled pork, smoked turkey, chicken brisket, and other meats smoked fresh over a hickory wood smoker on the premises.

Additional lunch offerings will include a rotating selection of daily specials, such as chicken fried steak, meatloaf, beef and noodles, and others. The half-pound Angus beef hamburgers on the menu will be cooked to order, not "out of a box or off a truck," Dana said.

For dinner, the restaurant will assume a more formal destination feel, with candles and

cloth napkins completing the transformation. Smoked baby back ribs, steaks, seafood and prime rib will accompany the selection of smoked meats on the lunch menu, with a generous selection of wines and other drinks available from the full bar.

But even with all its added evening charm, the restaurant remains committed to its family-friendly focus, Dana said.

"We're going for more of a family neighborhood bar and grill type thing," she said. "We want it to be casual family dining where children are welcome. What we're serving is going to be halfway between a Whiskey Creek and an Applebee's."

For the Reickses, the restaurant venture represents their first experience as business owners, but second go-around in the food service business. Both worked at the South Bar and Grill in Red Cloud in 1989-90.

Neither the slumping economy nor the diminished occupation of businesses in the Imperial Mall the past two years has dampened the cou-

ple's optimism toward the new business venture.

"We thought about it, but I'll tell you what, everybody in Hastings goes out and eats," Dave said. "They did a survey not long ago, and everybody in Hastings wanted a good place to go eat. And that's what we're going to supply them. We're excited about getting it going."

The hope — Dana said — is that the restaurant becomes a magnet for pulling in new business to the largely vacant mall, she said.

"So far, I think I might have started a trend," she said. "Since I've come out here, I know there are several businesses that are coming out here. I'm not at liberty to say what they are, but there are a couple of them that are coming out."

Marian Turner, event coordinator and interim manager at the mall, confirmed Wednesday that at least one new tenant is expected to sign a lease to occupy space in the mall in the coming months. Additional discussions with potential tenants are ongoing, she said.

"I have a couple new tenants, but nothing is signed, so I'm not free to talk about it," Turner said. "I'm pretty sure that one more tenant will be in the mall and we're working with a second one. I do have hopes."

Regardless, Turner said, she expects the restaurant to generate a following of its own.

"I believe they are going to have a nice place," she said. "People have really missed having a nice restaurant out here. As walkers and other people see them working, they say how happy they are to see that it's going to open again."

The Reicks' plan is to host a "soft opening" a few weeks before the grand opening to help generate word-of-mouth publicity. A wine and cheese tasting occasion also is in the works. Already, dozens of mall walkers have expressed interest in the restaurant, Dana said. And that, she said, is encouraging.

"You've got to have the community support you," she said. "It will work if the community will come out and support us."

Boomlet: MLMH records birth increase

Continued from page A1

also tracks parents coming in from Grand Island and the surrounding area. A sample of November showed 20 mothers from Hastings, eight from Grand Island and seven more from the surrounding area.

The rise is not due to multiple births, either, Rutledge said. Those have remained fairly consistent, with 10 in 2007 and 11 in 2008.

Young parents also seem to be returning to the bigger-family mindset, Rutledge said. For the first time since 1971, the National Center for Health Statistics reported that the average number of children per household increased in 2006 to 2.1, an increase of 3 percent and the largest gain in more than 50 years.

"They're going back up a little bit," Rutledge said of family sizes. "It's just a

way of thinking... I see them getting bigger. I don't see that dropping down now."

Reasons for the boomlet are different from the original baby boom. Unlike the 1940s, '50s and '60s, Hispanics accounted for nearly one-quarter of all U.S. births in 2006. An increased Hispanic population within the U.S. has meant a blending of two fertility rates. Overall, Hispanics have a fertility rate 40 percent higher than that of the U.S., so their increased presence in the country has led to an increased U.S. fertility rate.

The national teen birth rate was also up one year ago, for the first time in 15 years. MLMH Healthy Beginnings director Susan Danehey said this fall that the local number of teen moms tracked is growing as well. As of early September, the Healthy Beginnings program had 35 teen mothers enrolled in its parenting

programs, as opposed to 20 at the same time in 2007.

Nationally, every 40.6 births per 1,000 were to mothers, ages 15-19, in 2006. Of those 40, only 23.7 were first births for the mother.

Experts believe births are up in part because of a decline in contraceptive use, drop in access to abortion in some states, poor education and poverty, the AP reported.

This could also be related to the fact that U.S. soldiers have been deployed overseas to Iraq and Afghanistan, Rutledge added, as in the original baby boom. War times often cause people to appreciate their families more, she said.

The U.S. also experienced a boomlet around 1990, when U.S. births were above 4.1 million for two straight years. They dropped to about 3.9 million in the mid-1990s, for an unknown reason.

Credit: Economy leads to popularity for in-store financing

Continued from page A5

Rent to Own carries furniture, appliances and electronics of various name brands including Panasonic, Sony and LG.

Rent-A-Center, at 3609 Cimarron Plaza, Suite 140, is the same type of store that uses in-store credit and carries computers, electronics, appliances and furniture, featuring brands like HP, Ashley, Philips, Sony, LG and Serta.

According to the store's Web site, there is no credit check and the buyer does not need credit to purchase any of the store's items.

No one at the corporate office could be reached for comment Friday.

Video Kingdom of Hastings has also seen an increase in business using their credit program.

Store owner and manager Ken Winfrey said customers fill out a credit application and are qualified for up to a certain credit amount.

"A lot of people are using credit, which I think is a good sign for the economy," Winfrey said. "I think it's a strong sign since people think they're going to have a job in two or three years to pay for it."

In the last several weeks, Winfrey said his store has had an interest free for 36 month sale, which has been very popular on the store's more expensive items.

"Our business is the strongest it's ever been, but a lot of people are using credit," he said.

He said people are using credit to purchase larger items like the flat panel televisions.

Recession: Midwest economy will worsen

Continued from page A5

Trade numbers remained weak in December with a record low export index of 27.5. That's down from November's 36.8. The import index climbed to 43.8 in December from November's record low of 38.6.

"The global economic slowdown is putting significant downward pressure on exports, just as the U.S. economic recession is curbing imports," Goss said.

Other components of December's overall index were:

◆ New orders fell to 26.8 from November's 30.4.

◆ Production slid to 29 from November's 35.4.

◆ Inventories at 37.3, down from 45.

◆ And delivery lead time at 47.4, down from 50.2.

Goss and the Creighton Economic Forecasting Group have conducted the monthly survey since 1994.

The Institute for Supply Management, formerly the Purchasing Management Association, began to formally survey its membership in 1931 to gauge business conditions. The Creighton Economic Forecasting Group uses the same methodology as the national survey.

Ragz: New clothing store opens

Continued from page A5

For customers on a budget, Gatling will buy and sell gently worn clothing to enable even financially-strapped students to dress well.

"I know when I was in college, I couldn't always afford to go out and buy a \$40 pair of jeans," he said. "If the kids need a little extra cash, they can come in and I'll buy their gently used clothing. I'm just trying to help a small town keep the economy going."

Already the store has captured the attention of many youthful passers-by in the downtown area, Gatling said.

"Every day I've been down there, people have stopped me and asked me to hurry up and open," he said. "They were trying to get me to open before Christmas, but I just wasn't ready."

In addition to its official opening today, the store will celebrate a grand opening and be featured in a series of local television spots in the coming weeks.

Tentative store hours are 9 a.m. to 10 p.m. seven days a week until permanent hours are decided upon, he said.

For information, call 402-705-9572.

Moeller: Treasurer resigns

Continued from page A5


The board also will:

- ◆ Open bids for the 2009 asphalt overlay projects.

- ◆ Consider an agreement with the Nebraska Department of Roads for overhead lighting at the intersection of Roseland Avenue and U.S. Highway 6.

- ◆ Consider reappointment of members to the grievance committee.

- ◆ Authorize the chairman to sign a resolution for employee recognition.
- ◆ Have a closed session regarding Pam Bourne to discuss personnel and possible litigation.



## NEW KIDS ON THE BLOCK!

Publishes:  
**Friday, January 16, 2009**  
Photo Deadline:  
**Monday, January 5, 2009**

**Advertisers call 462-2131 by January 8 to be included in this special section!**

The Hastings Tribune is giving you an opportunity to include your "bundle of joy" in our New Kids On The Block, devoted to babies born in 2008!

This section will include a photograph of your child (or grandchild!), date of birth, the town where baby lives, parents' names and the grandparents' names. An actual size sample ad is shown to the right.

The cost is **only \$14.95** to be included in this special section. Just fill out and clip the coupon below, find a really cute snapshot of your child or grandchild and bring it to the Tribune office or mail it along with your payment today!

**If photo was taken by a studio, we must have a release form with order to publish photo. Scanned photos not accepted. Photos will be returned only if a self-addressed stamped envelope is included with your payment.**


**Baby's Name**

**Birthdate**

**Town where baby lives**

Mommy and Daddy  
Grandma and Grandpa  
Grandma and Grandpa

**ACTUAL SIZE**



To be included in the Hastings Tribune's New Kids On The Block photo section, please fill out this coupon, before the January 5th Deadline, enclose payment and return to: Hastings Tribune, 908 West 2nd Street, Hastings, NE 68901.

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City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Daytime Phone Number \_\_\_\_\_

Child's Name \_\_\_\_\_

Child's Town \_\_\_\_\_

Birthdate (2008 birthdays only please!) \_\_\_\_\_

Parents:

Mom's Name \_\_\_\_\_

Dad's Name \_\_\_\_\_

Grandparents:

Grandma's Name \_\_\_\_\_

Grandpa's Name \_\_\_\_\_

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