

## CHERRY COUNTY HOSPITAL



The two new building additions at Cherry County Hospital in Valentine, NE will be opening their doors to accepting new patients and staff this September. A total of 25,000 sqft of new construction was completed in 1.5 years, which consisted of a new surgery wing, patient wing, kitchen, and mechanical penthouses. It took a combined effort of 34 subcontractors and suppliers roughly 78,000 man hours to accomplish Phase 1.



With the help and coordination between Hospital Staff and Beckenhauer Construction the 2<sup>nd</sup> Phase of Construction will be able to commence directly following the move. Beckenhauer Construction and Subcontractors are on standby to assist as needed in the transition.

*(continued on page 4)*



# BUMPER STICKER HUMOR

No one is listening until you make a mistake.

I used to have a handle on life, but it broke.

I'm not a complete idiot-some parts are missing.

Age is a very high price to pay for maturity.

I doubt, therefore I might be.

My life has a superb cast, but I can't figure out the plot.

My opinions may have changed, but not the fact that I am right.

It doesn't matter what temperature a room is. It is always room temperature.

Sarcasm help keep you from telling people what you really think of them.

Repetition is always better the second time.

Q: What did the first sock say to the second sock in the dryer?

A: I'll see you the next time around!

Q: Why did the golfer have an extra pair of pants?

A: In case he got a hole in one!

Q: What kind of ties can't you wear?

A: Railroad ties!

Q: How do you warm up a room after it's been painted?

A: Give it a second coat!

Q: What shoes should you wear when the basement is flooded?

A: Pumps!

Q: What's the biggest problem with snow boots?

A: They melt!

Q: What clothing does a house wear?

A: Address!

Q: What did the shoes say to the hat?

A: "You go on a head—I'll follow you on foot!"

Q: Why was the belt arrested?

A: Because it held up some pants!



## QUICK TIPS

Outdoor lighting is a beautiful way to update your home's appearance, but take care not to up your energy bill with these lights. A typical 100-watt floodlight used six hours per day can cost up to \$40 in electricity costs. Instead replace outdoor lights with compact fluorescent versions or upgrade to LED lights. You'll cut your energy costs by over 80 percent, and these bulbs can last up to 10 years.

If you are putting your house up for sale, you may be looking for ways to update it to get a better selling price. But surprisingly, the number one thing you can do to increase the value of your home is simply clean it. Prospective buyers notice a dingy house and can be turned off by that. Decluttering and cleaning makes your home feel clean and welcoming, which can help sell it quickly and for the best price possible.

Everyone gets hit with a craving for sweets every now and again. In fact, some people find that their sweet tooth gets going every day. If you are trying to lose weight, this can end up being your downfall. But to combat this, you don't have to give up all sweets. Simply opt for fruit instead of candy or cake every time you have a sweets craving. If you foster this habit, soon it will be easy to manage this type of craving.

The average life of a cell phone is 18 months--not because it quits working, but because people upgrade to newer models rather quickly. That means lots of phones are discarded each year. To recycle your phone instead, you can donate it to one of the many charities that collect used cell phones. They will repurpose it for use by others, refurbish it and sell it to raise money, or will contract with a recycling company to extract the metals and plastics in your phone.

One of the best things you can do to improve your nutrition, help lose weight, and save money is to cook your food yourself. When you eat out at a restaurant, you have limited information about what has gone into your food. Prepared food is usually loaded with extra fat, calories, and carbs. When you cook at home, you can control what goes into your meals, limiting your fat and calorie intake. As a bonus, you'll save money, as cooking for yourself is cheaper than eating out.

# Name that 80s Movie!

## Trivia Quiz: Movies from the 80s

1. *"I am serious. And don't call me Shirley"*
2. *"Snakes. Why'd it have to be snakes?"*
3. *"We came. We saw. We kicked its ass."*
4. *"Don't mess with the bull, young man. You'll get his horns."*
5. *"Life moves prey fast. You don't stop and look around once in awhile, you could miss it."*
6. *"Hello, my name is Inigo Montoya. You killed my father. Prepare to die!"*
7. *"Carpe Diem boys. Seize the day. Make your lives extraordinary."*
8. *"I could disappear forever and it wouldn't make any difference."*
9. *"Ohh God the dog wet on the picnic basket."*
10. *"Alright, alright, Mickey's a mouse, Donald's a duck, Pluto's a dog. What's Goofy?"*

1. Which 80s movie was the highest grossing film of the decade?
2. Which 80s movie spawned 6 sequels and a T.V. series?
3. Which 80s movie was the first to become a hit largely due to MTV?
4. What artist sang the 1986 song "Danger Zone" from Top Gun?
5. Which 1980s theme song was entirely instrumental and reached No. 1 in multiple countries due to a remix?
6. Which 1980s theme song inspired its own separate film?
7. Which movie marked the beginning of a long string of successful Disney movies, sometimes called the Disney Renaissance era?
8. What is the name of the lead character in The Secret of NIMH?
9. Which film was Disney's first animated film to use computer graphics?
10. Which 80s animated movie is the song "There Are No Cats in America" from?

Answers:

1. Dr. Rumack in Airplane
2. Indiana Jones in Raiders of the Lost Ark
3. Peter Venkman in Ghostbusters
4. Ferris Bueller in Ferris Bueller's Day Off
5. Dick Vernon in The Breakfast Club
6. Inigo Montoya in The Princess Bride
7. John Keating in Dead Poet's Society
8. Sam Baker in Sixteen Candles
9. Ellen Griswold in National Lampoon's Vacation

1. E.T. The extraterrestrial
2. Police Academy
3. Flashdance
4. Kenny Loggins
5. Axel F
6. Eye of the Tiger
7. The Little Mermaid
8. Mrs. Brisby
9. The Fox and the Hound
10. An American Tail





The 2<sup>nd</sup> Phase will consist of renovating existing space. These spaces will include Renovated Patient rooms, CT-Scan and other Imaging Equipment as well as a new Dinning Hall. With a quick and ambitious schedule the construction team is planning on having Phase 2 completed by 1st quarter 2019.

