

## Public Notices

(First Published December 26, 2024  
in The Superior Express)

**Notice**  
In the County Court of Nuckolls County, Nebraska  
Estate of Harold Eugene Soper, deceased.

**Estate No. PR 24-20**  
Notice is hereby given that on December 23, 2024, in the County Court of Nuckolls County, Nebraska, the Registrar issued a written statement of Informal Probate of the Will of said Decedent and that Lynda Paulk, whose address is 611 Main St., Hardy, NE 68943, was informally appointed by the Registrar as Personal Representative of the estate.

Creditors of this estate must file their claims with this Court on or before February 26, 2025, or be forever barred.

Diana L. Wehrman  
Clerk of the County Court  
Nuckolls County Court  
150 S. Main St.  
Nelson, NE 68961  
Randall Alexander (Bar ID #15337)  
Downing, Alexander & Wood  
355 N. Commercial  
P.O. Box 185  
Superior, Nebraska 68978  
(402) 879-4751

ZNEZ 52-3c

(First Published January 9, 2025  
in The Superior Express)

**Notice of Meeting**  
The regular monthly meeting of the board of Educational Service Unit 9 will be held on Monday January 20th, 2025, at 6:00 p.m. in the ESU 9 main conference room, 5807 Osborne Drive West in Hastings, NE. In the event the board is unable to meet on this date, the alternate meeting date will be Tuesday, January 21st, at 6:00 p.m.

An agenda containing a listing of subjects requiring the attention of the board is available for public inspection during normal business hours in the ESU 9 main office or at esu9.org. Except for items of an emergency nature, the agenda will not be enlarged later than 24 hours before the scheduled commencement of the meeting.

Julie Jensen, Board Secretary

ZNEZ 2-1c

(First Published January 9, 2025  
in The Superior Express)

**Notice of Meeting**  
Notice is hereby given, that a meeting of the Board of Education of the School District of Superior in the Counties of Nuckolls, Webster, and Thayer, in the State of Nebraska—Nuckolls County School District No. 011—will be held at 7:30 p.m. on Monday, January 13, 2025, in the Senior High Library in the District. The agenda, which shall be kept continually current, is readily available for public inspection at the Superintendent's office of Superior High School during normal business hours.

ZNEZ 2-1c

(First Published January 9, 2025  
in The Superior Express)

**Notice of Public Hearing**  
Notice is hereby given that a Public Hearing will be held on by the City of Superior Board of Zoning Adjustment on Thursday, January 16, 2025 at 6:30 p.m. in the Conference Room at the City Utility Building, 135 W. 4th Street, Superior, NE on the following case(s):

On an application for variances being sought to allow for the erection of a permanent garage or outbuilding in a Low Density Residential Zoning District being constructed out of non-customary (Shipping Container) materials. More specifically relief is being sought from Section 4.14.07 Accessory Building and Uses of the City of Superior Nuckolls County Zoning Ordinance. The Subject Property is located at 1108 North Park Street and is legally described as North Superior Subdivision Park Lot 14 Block 20, Superior, Nuckolls County Nebraska (Owner/Applicant: Codi Jo Thompson; Case No. BZ-VA25/01)

All persons interested in the aforementioned case(s) will be heard at the Public Hearing. If you have any questions or comments regarding the proposed variances, please contact the Department of Planning and Zoning at (402) 879-4713.

ZNEZ 2-1c

(Published Jan. 9, 2020  
in The Superior Express)

**Notice of Meeting**  
**Region 9 Planning Region Team**  
The next regular meeting of the Board of Region 9 Planning Region Team will be held on Monday, January 27, 2025 at 4:00 p.m. at Head Start, 123 N. Marian Road, Hastings, NE VIA ZOOM. An agenda containing a listing of subjects requiring the attention of the board is available for public inspection during normal business hours. Except for items of an emergency nature, the agenda will not be enlarged later than 24 hours before the scheduled commencement of the meeting.

Peg Johnson  
Board Secretary

ZNEZ 2-1c

(First Published January 2, 2025  
in The Superior Express)

**Notice to Bidders**  
Sealed bids will be received at the office of the Nuckolls County Clerk until January 21, 2025 at 9:30 a.m. for the construction of one asphaltic concrete overlay project. Bids will be opened shortly thereafter and presented to the Board for consideration at their regularly scheduled meeting. The project site is located on Road 4100 between Highway 136 and Road M, in Nuckolls County, Nebraska.

The projects are referred to as "Nora South, C-65(741)" and shall include all labor, materials, transportation and equipment required for the construction of approximately 0.8 miles of 3" asphaltic concrete overlay, type "SPR" with cold milling, and other related incidental work.

Copies of the Bid Documents and Specifications are open to public inspection at the office of the Nuckolls

County Clerk, 150 Main Street, Nelson, Nebraska 68961. A set of documents may be obtained from Mainelli Wagner & Associates, Inc. for a non-refundable fee of \$20.00, (6920 Van Dorn St., Lincoln, Nebraska 68506; PH: 402-421-1717). All Bid Proposals must be submitted on the forms furnished with the Bid Documents.

The sealed bids may be mailed or delivered to the County Clerk of Nuckolls County, Nuckolls County Courthouse, 150 Main Street, Nelson, Nebraska 68961, and should be plainly marked as, "Construction Bid Proposal - Nora South, C-65(741)".

Along with its Bid Proposal, each bidder shall submit an unconditional Bid Bond or Certified Check made payable to the Nuckolls County Treasurer, Nuckolls County, Nebraska, in an amount equal to five (5) percent of the total Bid Proposal. Also, each bidder is to provide a Start of Construction date and End of Construction date for the project with its Bid Proposal. The desired completion date is October 1, 2025. The Contractor will be allowed twenty-five (25) calendar days for C-65(741). The required completion date for each site will be the earlier of the date indicated in the bid proposal or the actual start date plus the allotted calendar days for that site. Additional days due to weather may be granted at the discretion of the Engineer.

Within ten (10) days following the award of the Contract, the successful bidder shall furnish a surety bond or bonds in an amount equal to or greater than the full amount of the contract. The surety and form of the bonds are subject to the acceptance by the Nuckolls County Board of Commissioners.

The Nuckolls County Board of Commissioners reserves the right to reject any and all bids or to waive any irregularities in bids received. Award of the Contract will be in accordance with the County Purchasing Act's competitive bidding considerations as set forth in Neb. Rev. Stat. §§ 23-3110 to 23-3114. Nuckolls County is an Equal Opportunity Employer.

Carrie Miller, Nuckolls County Clerk

ZNEZ 1-2c

(First Published January 9, 2025  
in The Superior Express)

**The Nuckolls County Board of Commissioners Proceedings**  
**December 16, 2024**

The Nuckolls County Board of Commissioners met Monday, December 16, 2024, in the Board Meeting Room at the Courthouse, Nelson, Nebraska, per recess of December 2, 2024. Zikmund, Grove and Mussmann were present for the meeting. The agenda of said meeting was remitted to board members in advance of the meeting and is posted in the County Clerk's office and on the County Website. Chairman Zikmund announced the "Open Meetings Act Law" as posted in the Commissioners Board Meeting Room and handouts are available.

The board reconvened at 8:30 a.m. A motion was made by Mussmann to approve the Agenda and December 2, 2024, Minutes. Seconded by Grove, Zikmund, Grove and Mussmann all voted Aye. 0 voted Nay. Motion carried.

A motion was made by Grove to approve all the claims for the total of \$608,262.64. Seconded by Mussmann, Zikmund, Grove and Mussmann all voted Aye. 0 voted Nay. Motion carried.

Cindy Buescher, Executive Secretary re: weekly activities and miscellaneous business: a report submitted by Buescher on the Road Department employees' daily activities. Buescher reported that a road department pickup would be going back into the shop. Williams and Buescher presented quotes for a pickup that they had budgeted for. The board agreed to proceed with the purchase. Buescher confirmed that the 2025 Tire Recycling will be August 8th at the Nuckolls County Road Department.

A motion was made by Grove to approve Utility Permit #36 for Windstream, Nebraska, LLC. Seconded by Mussmann, Zikmund, Grove and Mussmann all voted Aye. 0 voted Nay. Motion carried.

A motion was made by Grove to approve Utility Permit #37 for Brett and Nate Carlson. Seconded by Zikmund, Zikmund, Grove and Mussmann all voted Aye. 0 voted Nay. Motion carried.

Jenna Gilbert with the Nuckolls/Thayer County Extension Office explained that it was time to replace Nick Elledge on the Extension Board. Gilbert presented the option of Laura Elledge. A motion was made by Grove to approve Laura Elledge for the Extension Board. Seconded by Mussmann, Zikmund, Grove and Mussmann all voted Aye. 0 voted Nay. Motion carried.

A discussion was held regarding Ken Himmelberg would be resigning as Nuckolls County RC&D Trailblazers representative at the end of 2024.

A motion was made by Zikmund to accept the Nirma Property Inspection/ Appraisal Update Report. Seconded by Mussmann, Zikmund, Grove and Mussmann all voted Aye. 0 voted Nay. Motion carried.

Chairman Zikmund recessed the regular Board Meeting at 9:50 a.m. to enter Board of Equalization meeting. Chairman Zikmund reconvened the Board of Commissioners meeting at 10:15 a.m.

There being no further business the meeting was recessed at 10:25 a.m. until Monday, January 6, 2025.

Timothy Zikmund, Chairman  
By: Carrie Miller, County Clerk  
Applied Connective Technologies, inv#217235 ..... \$ 2,812.40  
Bear Graphics Inc., inv#950737 ..... \$ 271.91  
Beloit Auto & Truck Plaza, inv#103158 ..... \$12,702.25  
Black Hills Energy, inv#7318690329 ..... \$47.51  
Blue 360 Media, LLC, in2411244310 ..... \$99.95  
Bockstadter & Glen Law, LLC, inv#6548 ..... \$437.90  
Business World Products, inv#682332 ..... \$419.26  
C & M Supply - Nelson, tran#1013530 ..... \$346.46  
Casey's Business Advantage, acc#2713803 ..... \$1,079.84  
Cooperative Producers Inc., cust#404744 ..... \$123.95  
Crowne Plaza Kearney, inv#9250 ..... \$123.95  
Culligan of Hastings, inv#1016355 ..... \$230.65  
DAS State Acc-Central Finance, inv#1

458859 ..... \$288.00  
Dept. Correctional Svcs, prison housing ..... \$3,192.78  
Eakes Office Solutions, inv#9041411-0 ..... \$119.00  
Gilbert, Jenna, Lodging ..... \$91.14  
Hodge, John Voyle, ci 24-12 ..... \$100.00  
Hometown Leasing, payment 11 ..... \$287.28  
Ideal Market, acc#4361 ..... \$65.24  
Microfilm Imaging Systems Inc., inv#96404 ..... \$135.00  
Mitchell County Jail, inmate Detimor ..... \$160.00  
NACO-Nebraska, conf haba ..... \$160.00  
National Association of Counties, inv#202434694 ..... \$450.00  
NE Law Enforce. Training Center, inv#14627 ..... \$142.00  
Nuckolls County Locom-Gazette, cust#292 ..... \$128.00  
Nuckolls County Sheriff, Nov paper serv ..... \$98.60  
Nuckolls County Treasurer, par#514404 ..... \$4,695.62  
Pierce Electronics, inv#32146 ..... \$207.78  
Ray's Auto Sales, inv#15649 ..... \$16.00  
Skalka & Baack Law Firm, jv16-7 ..... \$2,157.44  
Stanard Appraisal Service Inc., inv#3260 ..... \$2,160.00  
Stichka, Jean, mileage ..... \$30.15  
Sullivan Shoemaker P.C., L.L.O., jv24-05 ..... \$3,338.58  
Superior Ace Hardware, inv#238434/1 ..... \$184.97  
Superior Paint & Body, 2019 windshield ..... \$1,437.50  
Superior Publishing Co., Inc., cust#371 ..... \$970.91  
Thornberry, Doris, prior services ..... \$17.00  
Unifirst, inv#1940094264 ..... \$69.13  
University of Nebraska-Lincoln, mileage ..... \$ 285.47  
US Bank, acc ending 5689 ..... \$808.28  
U S Postal Service - Quadient-Poc, postage meter ..... \$2,000.00  
Verizon Wireless, inv#9979313611 ..... \$287.64  
Wheeland, Mary, prior services ..... \$15.00  
Woodward's Disposal Serv, Inc., inv#9231-1632 ..... \$51.50  
Baum Hydraulics Company, #2338195 ..... \$282.33  
BG&S Transmissions, #1250 ..... \$1,666.00  
Black Hills Energy, act#554490892 ..... \$700.17  
C & M Supply, Inc., #350344 ..... \$16,205.23  
City of Superior Utilities, #1795 ..... \$181.67  
DPL Enterprises, Inc., #19061 ..... \$5,802.49  
Eggers Motor Service & Sales, #042548 ..... \$1,438.72  
John Deere Financial, #11820526 ..... \$203.80  
Lawrence Village, act#165 ..... \$46.00  
Mainelli Wagner & Associates Inc, 12/2/2024 ..... \$50,472.30  
Murphy Tractor, #10666754 ..... \$324,017.00  
Superior Motor Parts, Inc., #442997 ..... \$203.78  
Verizon, #382000060611 ..... \$465.50  
C & M Supply - Nelson, tran#10135318 ..... \$194.97  
NE Assn. of Emergency Managers, naem dues ..... \$50.00  
Verizon Wireless, inv#6100097166 ..... \$101.00  
Mid-American Benefits, Inc., #101 ..... \$4,671.25  
Wellness Partners LLC, inv#5484

\$315.00  
C-Tech Restoration, Inc., inv#5859 ..... \$19,833.47  
Nelson Vol. Fire Dept. & Rescue Squad, reimbursement ..... \$524.39  
South Central Electric, inv#9227 ..... \$11,954.90  
C-Tech Restoration, Inc., inv#5859 ..... \$100,000.00  
C-Tech Restoration, Inc., inv#5859 ..... \$24,616.95  
Totals ..... \$608,262.64  
ZNEZ 2-1c

## Courthouse News

## Nuckolls County

## County Traffic Court

Lauren Buettner, Kearney, speeding, \$59.  
Kenneth Keever, Nelson, speeding, \$74.  
Judy Meadows, Uteca, speeding, \$74.  
Tammy Kendall, Hebron, speeding, \$74.  
Jerrod Dionne, Superior, speeding, \$74.  
Hollis Rohloff, Grand Island, speeding, \$74.  
Jeffrey Dohman, Superior, speeding, \$124.  
Keith Soderquist, Kimberly, Idaho, speeding, \$124.  
Todd Wilson, Cape Coral, Florida, speeding, \$124.  
Miranda Krone, Fairfield, speeding, \$74.  
Ezekiel Meyer, Superior, no valid registration, \$74.  
Gaylene Franzen, Nelson, speeding, \$59.

## County Civil Court

LVNV Funding LLC., vs. John Gibbs: judgement entered.  
Discover Bank vs. Richard Weber: judgement entered.  
Collection Services vs. Pixie Kyle: judgement entered.  
Credit Bureau Services Inc. vs. Danielle M. Warneking: judgement entered.  
Credit Management Services Inc. vs. Adam Harding: judgement entered.  
Credit Management Services Inc. vs. Alissa Bushnell: judgement entered.  
Accelerated Receivables Solutions vs. Joshua Thompson: judgement entered.  
Credit Management Services Inc. vs. Michelle Kline: judgement entered.  
Credit Management Services Inc. vs. Sierra Banzhaf: judgement entered.  
Collection Associates vs. Brandon Woerner: judgement entered.  
Credit Management Services, Inc. vs. Desiree Steward: judgement ordered.

## County Criminal Court

State of Nebraska vs. Christal G. Brundage, careless driving, \$100; driving left of center, \$25.  
State of Nebraska vs. Paul Urbanec, no use of caution when passing emergency vehicles, \$100.  
State of Nebraska vs. Angela D. Teague, possession of marijuana 1 oz. or less, fine \$300; possession of drug paraphernalia, fine \$100.  
State of Nebraska vs. Dairien L. Edgar, driving under suspension, fine \$100.  
State of Nebraska vs. Marissa A. Nelson, theft by shoplifting, less than \$500, fine \$150.  
State of Nebraska vs. Dairien L. Edgar, driving under suspension, fine \$100.  
State of Nebraska vs. Marissa A. Nelson, no proof of insurance, fine \$100.

## Save and Preserve through movement

By Carter Holm, RN  
Prairie Doc Perspective

Plato observed some 2,300 years ago that "Lack of activity destroys the good condition of every human being while movement and methodical physical exercise saves and preserves it."

It is not news to anyone that moving the body is the best way to stay healthy. But sometimes life gets in the way, whether in the form of a motor vehicle accident, a nerve condition like Guillain-Barre syndrome, or a health condition like a stroke, there are times in life when knowing exercise is good for you is not enough. And it is during those times that physical therapy becomes crucial.

My work in inpatient rehab places me directly in connection to a wonderful team of physical therapists, and I see first-hand the role they play in helping our patients overcome adversity. Strengthening the muscles is just one aspect of their jobs, they must also help the patients learn to adapt. For example, if an elderly patient has a stroke, in addition to helping the patient work on strengthening the affected side, therapists are tasked with optimizing the patient's abilities, while helping them overcome their disabilities. They do this in tons of different ways, including introducing adaptive equipment, like walkers, canes, crutches, hemi-walkers, slide boards, etc. They also help train patients in alternative lifestyle changes, sometimes the best way to overcome a problem is to find a workaround. Physical therapists are experts at problem solving with their patients, and coming up with safe and effective ways to help them improve.

Luckily, exercise is its own reward, and my patients almost always feel better, although a little worn out, after a good session. This is because our body rewards itself with neurotransmitters following physical activity. Endorphins are released giving people that runner's high sensation. Endorphins can relieve pain, reduce stress, improve mood and overall feelings of wellbeing. Working with physical therapists can cause a patient to release dopamine, the feel good hormone, which causes improved mood, increased attentiveness and can even improve memory and learning.

Exercise also releases serotonin, which combats depression, improves sleep-wake cycles and plays a role in digestive health. In my line of work we often talk about pre-medicating the patient, giving a pain medication before the patient needs to do something physically taxing. But it is striking how rarely we need to give pain medications after a patient finishes working with PT. Nature has taken care or that, by providing a built in system of pain relievers, mood improvers and antidepressants that accompany exercise.

Every patient is different and so is the plan of care developed by the therapy team. If you or a loved one is dealing with a health condition that may require physical therapy, I want to be a calming voice or assurance. The therapist or team of therapists will customize a plan of care focused on the patient's specific needs. A plan that will help them adapt to changes, regain what they can and improve their wellbeing.

Just pick a goal and stick to it no big complicated secret. — Richelle Goodrich, Smile Anyway: Quotes, Verse, and Grumblings for Every Day of the Year

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**Nuckolls County Courthouse NEW Hours**  
**Effective January 1,**  
**the Nuckolls County Courthouse**  
**will be**  
**open from**  
**8 a.m. to 4 p.m.**



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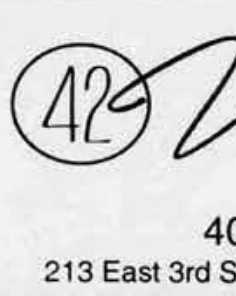
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