

Stray Cat T-N-R This Week in Union



Six stray/abandoned Union cats will be trapped Tuesday evening and taken to Hearts United for Animals Wednesday morning to be neutered or spayed and vaccinated. This process of trap/neuter/return helps control Union's cat population as well as the contagious disease that plagues them. After receiving medical attention the healthy, vaccinated will need someone to care for them . . . if you are interested in caring for a cat please email editor@unionnebraska.com or call Mindy at 402-890-8287. It is completely free to adopt, and these cats would make great companion animals - not to mention you would be saving them from the harsh elements and lack of food. . . .

It is not too late to play in the
Union United Golf Tournament!



Saturday, August 14th, 2:00p.m.
Grandpa's Woods, Murdock, NE
\$100 First Place Cash Prize!!

Two-person scramble. \$50/person entry fee-includes 18 holes, cart, and dinner
All proceeds benefit Union United, a non-profit community improvement group

To secure your spot, to sponsor a hole or for more information,
Call Dave @ (402)890-8287 . . .

Recycling Trailer in Union this week!



Click [HERE](#) for the full recycling trailer schedule or contact Mindy at editor@unionnebraska.com for your own paper schedule.

Remember, Union's recycling trailer is being rotated between Murray, Beaver Lake and Union. It will be located next to the post office in Union every third week. Items accepted are paper, magazines, cardboard, aluminum, tin, steel, and plastic. No glass at this time. Dates in Union are 8/7-13, 8/28-9/3, 9/18-24, 10/9-15, 10/30-11/5, 11/20-26, and 12/11-17. .

Where can you meet rural leaders and learn

about a variety of rural issues?



The 2nd annual Midwest Rural Assembly of course!

Join us in South Sioux City, Nebraska on August 16th and 17th, 2010.

The Midwest Rural Assembly will be offering over [20 learning roundtables](#) on a variety of different topics including:

Energy Sovereignty on Reservations
Facilitating Energy Efficiency Improvements in Rural Communities
Grassroots Approaches to Local Foods

Center for Rural Affairs staff will host roundtables on:

Opportunities for Beginning Farmers and Ranchers
Health Care Reform and Rural Communities
the 2012 Farm Bill
Rural Food Access

Find out more at www.midwestruralassembly.org .

**P.S. Feel free to give Virginia a call if you have any questions about the Rural Assembly,
virginiaw@cfra.org
or 402.687.2103 ext 1017.**

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Heatstroke 100 Entry Form
August 29, 2010, 7:30 a.m.

Name: _____
Address: _____
City: _____
State: _____ Zip: _____
Phone: _____
Email: _____

Distance (miles):
() 25 () 36 () 42 () 67 () 103

Registration fee (see below) \$ _____

Join GPBC, optional (see below) _____

Heatstroke T-Shirt (\$10 ea.) _____

(Available at event for registrations postmarked by 8/1;
if after 8/1 shirts can be picked up a few weeks after event)

(S) (M) (L) (XL) (XXL)

Total \$ _____

Registration fee is \$20 for individuals (\$25 if postmarked after August 1); \$40 for family (parents plus minor children) (\$50 if postmarked after August 1).

Registrations welcome day of ride.

Consider joining the GPBC; \$10 for an individual; \$15 for a family membership.

Please send your completed registration form and liability waiver to:

Great Plains Bicycling Club
P.O. Box 5621
Lincoln, NE 68505-0621

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Lincoln, NE 68505-0621
www.greatplainsbicyclingclub.org

ADDRESS SERVICE REQUESTED



Century Ride

RIDE DISTANCES ARE
25, 36, 42, 67 & 103 MILES

SUNDAY
AUGUST 29, 2010
7:30 A.M.

SAG SUPPORT PROVIDED

A bicycle ride brought to you by


GREAT PLAINS
bicycling club
lincoln nebraska

Heatstroke 100

Hot and humid in August? You bet! But Nebraska cyclists have endured the heat and pedaled in scorching sun time and time again. What better way to beat the heat than to ride in the Heatstroke 100 — if you dare!

The ride starts at the Strategic Air and Space Museum, next to Mahoney State Park near Ashland. We have several ride distances from 25 to 100 miles (a "century"). The route is on paved roads except about 1/4 mile of limestone trail on each side of the Lied Bridge. The limestone surface is suitable for road bikes.

For those cyclists who want an even hotter ride we will provide hot peppers and spicy hot sausages. We will even provide blankets for those afraid they might catch a chill.



For the saner cyclists (wimps) there will be the usual fruit, water and cookies at the SAGs.

This is not a race (unless that's how you're wired) so feel free to ride any of the above distances at any pace that you find comfortable. All ages may participate, however riders under 18 years old must ride with a parent or guardian.

For information please contact:
Steve Clements
(402) 710-1908
steve.clements@nifa.org



**For your safety,
helmets are required**

Registration:

7:00 - 7:30 a.m.
Strategic Air and Space Museum
2831B West Park Highway (Hwy 66)
Ashland, Nebraska 68001
(1/2 mile west from I-80 exit 426 on
Highway 66—next to Mahoney State
Park)

The ride begins at 7:30 a.m.

NO RAIN DATES, NO REFUNDS

The 100 mile route consists of three different loops in the Platte River valley and surrounding area. We will cross the Platte River using the beautiful Lied Platte River Bridge. This bridge is an abandoned Rock Island Railroad bridge rehabbed with concrete surfaces. The ride has scenic vistas and rolling hills.

Several SAG support stations will be provided and roving SAG vehicles will patrol to provide assistance and pick up cyclists in need of a ride back to the starting point.

Liability Waiver

In consideration of the GPBC providing bicycling opportunities and allowing me/us to participate in its events, I/we agree to assume the risks thereof. Further, I/we release the GPBC and its officers, directors, members and agents from any and all claims for death, personal injury, or property damage which may accrue to me/us (or a minor in my care) as a result of participation in any GPBC activity or event, even though the claim may arise out of negligence or carelessness on the part of the person or entities released.

Signed: _____

Parent/Guardian (for minor)

The liability waiver must be signed by each participant before participation.

GREAT PLAINS BICYCLING CLUB

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