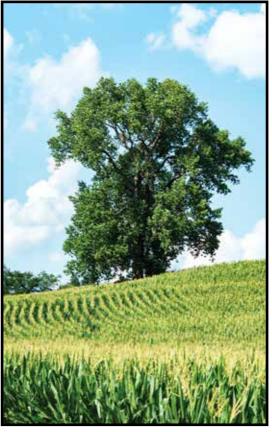
# Your Country Neighbor

Free!
August 2023

Auburn · Brownville · Cook · Falls City · Johnson · Nebraska City · Nemaha · Peru · Rock Port · Syracuse · Tecumseh · Verdon





Swimming Pool in the Steinhart Aquatic Center, Nebraska City

Cottonwood & Corn

#### Inside, Sweeten your Coffee Break with Voices and Views from the Nemaha River Valleys.

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Juvenile Bald Eagle, possibly hatched this Spring or Spring 2022. It will develop its white head and tail by adulthood, about 5 years.

#### Your Country Neighbor

Voices and Views from the Valleys of the Nemaha Publisher & Photographer, Stephen Hassler

> P.O. Box 126 Peru, Nebraska 68421

countryneighbor@windstream.net

#### www.yourcountryneighbor.com

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#### This Month's Writers & Contributors

Devon Adams 23 Angela Allgood, Peru City News 9,10,11 Stephen Hassler 2, 21 (Merri Johnson has the month off.) Mark Kattleman 14 KHN Center for the Arts 14 DiAnna Loy 10 Bruce Madsen 18 Nebraska City's Morton-James Public Library 15 Nebraska City Tourism & Commerce 16 Dorothy Rieke 21 Sheila Tinkham 22

Thank You!

"Do not go where the path may lead, go instead where there is no path and leave a trail." Ralph Waldo Emerson

"People will forget what you said, people will forget what you did, but people will never forget how you made them feel." Maya Angelou

# Amazing August! Stephen Hassler, Peru

Welcome new Southeast Nebraska area readers! Features this issue of "Your Country Neighbor" include monthly columns and poetry by southeast Nebraskans (see list at left), plus my most recent photography, and news of coming events such as Nebraska City's September "Applejack" festival (pp 16 & 17), and Brownville's "Old Time Autumn" festival in October which includes Willa Cather's birthday celebration (details and ticket info on page 4).

Visitors to, and residents of **Papillion**, **Nebraska** might find this publication at Sauced by Alfaro Restaurant, located on South 84 Street, in Papillion on the quaint block of the 'downtown.' I'm eagar to know if Papillion residents find the paper and ask for more copies.

Peru City News and Arbor City News continue to interest readers.

If you haven't already, stop at the Whiskey Run Creek Winery & Distillery in Brownville and pick up your free **Brownville Calendar of Events** for planning your Summer and Autumn fun in Southeast Nebraska.

Next month, color photos in the **September issue** might include late Summer wildflowers, migrating butterflies, and hopefully, some PSC sports action.

The UNL Revitalization plan for Peru, all 112 pages, is on my website, www.yourcountryneighbor.com. Link to it from the "publications" page. Then read it on screen or download it. Just don't print it unless you have a lot of paper and ink!

Don't forget to clip the **Valentino's coupon** on the back page and carry it with you!

Enjoy August; it's still Summertime, but the nights will be getting cooler, with feelings of Fall, football, and farmers markets.

And enjoy perusing "Your Country Neighbor!"

Stephen

p.s. FOUND: several dollars on a Peru street near 5th. To claim, email countrynieghbor@windstream.net with description. After September 1st, money will be donated to a city charity.



#### Supplement (overflow) from the Peru City News section (pages 8-11)

#### Continued from page 9 in Peru City News section.

still wondering what to call her business. She wanted something rustic but also wanted to depict what her business would offer people. She said one day she googled names again and there it was! It "popped up out of nowhere and I thought to myself, Yep, this is going to be us! The Fork & Tiller."

Cailyn stated that it took her a long time to work out everything for the business. She had an idea, but needed to "get the kinks worked out before she shared it with the world." She wanted everything to be perfect when she started, but she is also learning to adjust as a business owner to better serve our their customers. "It's always a learning process."

Her "business" includes year round products of soaps, lotions, candles, and butterbalms. The butter balms and candles are more of a season offering so these items are offered during the holidays or colder months but the soaps and lotions are always available. She has been making soap since 2018.

The next part of her "business" is the "flower farm". This will be her third full time season being a flower farm. During peak flower season, from about June to the end of September, they offer fresh flower bouquets, DIY bountiful buckets, U-Picks and a farm stand open every weekend. You can also book the farm for wedding or event florals. You are allowed to pick your own flowers if you contact her to set up a time for you and/or a group of folks to come out to the U-Pick. If it is just you and a friend, it is \$1.00/stem. You must bring your own vessel or vase for your flowers. She does have snips that are available to use. If you book for a group there is a \$40 deposit and you can bring your own drinks and snacks. Then it is a \$1.00/stem for each person that participates in the U-Pick. These are booked for two (2) hour time slots and you will have a huge variety of flowers to pick from.

She tries to plant varieties that do well in the heat like zinnias, cosmos, amaranth, giant marigolds, celosia, and yarrow. She also grows a large quantity of sunflowers, dahlias and is working on planting more perennials such as peonies and garden roses. "We do not offer any flowers in the winter just because we do not have the proper facilities to do so. So, no greenhouse. Everything grown here on the farm is during the spring, summer and fall months until about the first hard freeze then everything gets put to bed."

When I asked her why she wanted to start a business like this, Cailyn stated the she has always loved growing things and making things. So she thought to myself, "why can't I do this as my job?" She did a lot while still working part-time and then finally this last year decided to make the leap and flower farm full-time. That way she could focus and put all my her energy into her business. When she was working part-time and farming the other time, it was taking a toll on her,trying to balance everything. Knowing she needed to make the change "to doing what I love all the time, not just part-time. I wanted to do offer something that wasn't offered in the area and I think I have accomplished that so far."

Her family helps her out when they can, otherwise, it is just her doing everything. You can reach her either by email at cailynwinkelman@gmail.com, cell phone is 402-297-1008, home phone is 402-414-0599 and she is social media too. "The Fork & Tiller is on both Facebook and Instagram. We also have a website;"

https://the-fork-tiller.square.site "Please contact us there and sign up for our weekly newsletter as well."

Cailyn ended by saying, "Being a flower farmer is not just growing flowers. I do it because it brings joy and happiness to people everywhere. These are more than just flowers. They are memories. They are feelings. They are hugs and laughs and smiles. The whole world revolves around flowers and if I can share that with more people and offer happiness to more people than I am going to do that to the best of my ability! As the years go on we plan on expanding our flower farm each year so we can offer more and more beauty to all."

#### New City of Peru Ordinance

Marty Peregoy, City Council

A new Peru ordinance prohibiting dogs and cats running at large within the city of Peru was adopted on its third reading in the June 27, 2023 City Council meeting.

Violations of Ordinance No. 2023-04 shall constitute an offense, and upon conviction shall be punishable by the following fines:

- First offense within a 12-month period: No penalty if licensed. If unlicensed, \$5 late fee if animal is licensed within 30 days: \$25 penalty if animal is not licensed within 30 days.
- Second offense within a 12-month period: \$50 regardless of whether or not the animal is licensed.
- Third and subsequent offenses within a 12-month period: \$100 regardless of whether or not the animal is licensed.

The ordinance may be viewed in its entirety at City Hall, 614 5th Street, Peru, NE 68421.

The Animal Humanity and Control Committee has also been dealing with barking dog complaints. Dogs barking and offensive within the municipal limits is contrary to Ordinance 2005-0003, which states:

"It shall be unlawful for any person to own, keep, or harbor any dog which by loud, continued, or frequent barking, howling, or yelping shall annoy or disturb any neighborhood, or person, or which habitually barks at or chases pedestrians, drivers, or owners of horses or vehicles while they are on any public sidewalks, streets, or alleys in the Municipality." If you are being disturbed by a cat/dog that violates either of these two ordinances, you may contact City Hall, who will refer the complaint to the Animal Humanity and Control Committee.

If your cat/dog is currently unlicensed, it's not too late. You will need a veterinary certificate showing the animal's gender and current rabies vaccination. Cost for licensing after the March 31, 2023 due date is \$5 for each spayed/neutered cat/dog, and \$20 for each intact cat/dog. A \$5 late fee will be charged unless you have moved into the community within the past thirty days.

If you have questions, contact City Hall or Marty Peregoy, Chair of the Animal Humanity and Control Committee.

#### Willa Cather 150th Birthday Celebration

Saturday, October 14th

3 pm - Brownville Village Theatre production of "A Resurrection," a story based in Brownville, written by Willa Cather, adapted by Rachel Curtiss.

4:30 - 6:30 PM - Dinner and music at the Brownville Concert Hall. Menu inspired by Willa Cather novels and life – Chef Paul will present an "amuse the mouth" meal of wine, barley soup with mushrooms, chiffonade salad with rosemary vinaigrette, czechoslovak pepper steak with caraway noodles and steamed asparagus, followed by delectable rhubarb dainty.

Live music from the late 1800's by singers in costume from Opera Omaha, Mary Carrick and CeCe Hastreiter accompanied by pianist, J. Gawf.

7:15 PM - Embark on an evening river cruise on the spirit of Brownville with wine and chocolates.

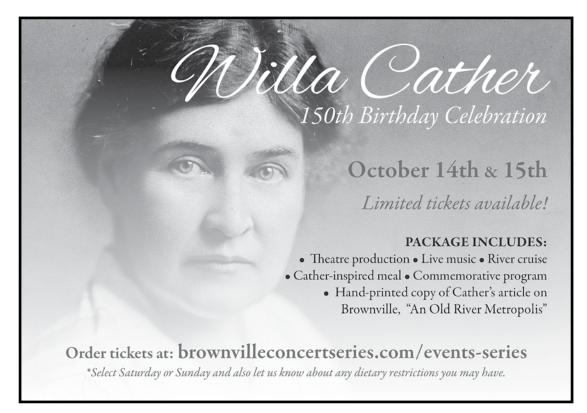
Sunday, October 15

11:30 AM to 1:00 PM - Light lunch and river cruise on the Spirit of Brownville.

3 PM - Brownville Village Theater production of "A Resurrection," a story based in Brownville, written by Willa Cather, adapted by Rachel Curtiss.

4:30 - 6:30 PM - \*Dinner and music at the Brownville concert hall.

\*Menu and entertainment same as Saturday.



If you enjoy perusing
"Your Country Neighbor,"
Share with friends.
Send them this link;
www.yourcountryneighbor.com



It's hard to imagine that just beyond those trees and over the rise lies the "campus of a thousand oaks," Peru State College.



Whiskey Run Creek Winery & Distillery

# Whiskey Run Creek

#### **Wine-Tasting Hours:**

Thursday through Sunday 1 p.m. to 6 p.m. Closed Monday through Wednesday

From your table on the deck, you have a serene view of the garden and waterfall which help make Whiskey Run Creek Winery & Distillery, a unique attraction to Southeast Nebraska.

#### Join us for a pleasant Summer afternoon.

Relax by our Waterfall with one of our award-winning wines.

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402-825-4601 www.whiskeyruncreek.com

702 Main Street Brownville, Nebraska 68321

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#### **Country Furniture** Original Paint Smalls

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Queen Anne's Lace (Wild Carrot).



#### Flatwater Folk Art Museum

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An art collection of vernacular expressions and creations reflecting the human spirit and the passion of common folk celebrating the diverse and universal traditions of life's experiences, ceremony and rituals...











Above and Below; Entries in the Brownville Freedom Parade



August 2023

**Your Country Neighbor** 



As your growing child gets ready for a new school year, think beyond shopping for a bigger backpack or a bigger pair of shoes. You may also need to upgrade to bigger speeds for your home's internet connection — to better handle the bigger demands of more online homework (not to mention more streaming when the homework's done).

Pinpoint Communications offers A+ internet plans with speeds up to 1 Gig, and they all include responsive customer service and support by our local team.

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Wild Chicory grows on the "shoulders" of roads in Southeast Nebraska.







#### Kris LaRock

rit My name is Kris Lakock, and am a Ticensed Insurance Agent with Expedition Insurance Services ocoted in West Des Moines, IA, am assisting Cody's U-Save thormacy to make sure your realth insurance and prescriptions

My passion has always been making sure my clients are in the best possible position regarding their insurance needs. Let me help you find the best option at the lowest cost!

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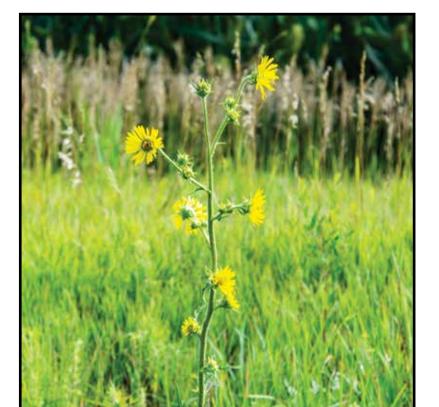


Auburn (402) 274-4186 • 2220 J St. www.codysusave.com

Hours: Mon-Fri 8:30 - 5:30, Sat 8:30 - Noon

Nebraska City (402) 873-3397 • 1821 S 11 St. www.codysusavenebraskacity.com

Hours: Mon-Fri 8:30 - 6:00, Sat 8:30 - 1:00



An early variety of wild sunflowers

## It's Back To School!



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A message from all of us at STRIGGOW'S SOUTHSIDE BODY SHOP INC.

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#### Blayne Behrends

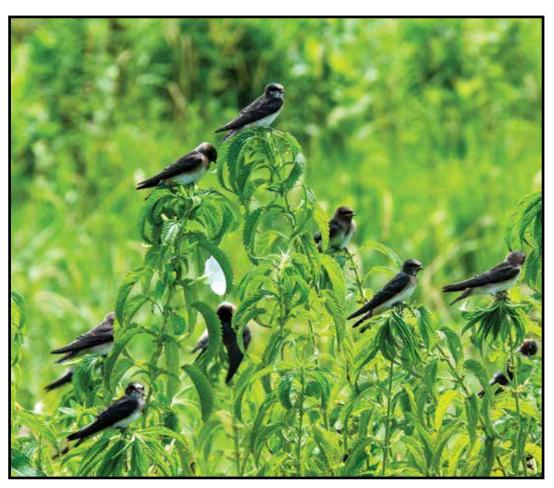
Agent

website: blaynebehrends.com

2210 J Street Auburn, NE 68305 Bus 402.274.5121 Fax 402.274.5171



Here to help life go right.



Must be a family gathering; too early for migration, right?

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Rent based on gross income and family size Rental assistance available for qualified applicants

For Applications

Call Lydia at 402-274-5460



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7th & Oregon Streets in Peru, Nebraska



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- · Applications will be placed on waiting lists
- No pets
- Handicap accessible

This Institution is an Equal Opportunity Provider.

For Applications Call Lydia at 402-274-5460

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Movie Night Coming Soon

Angela Allgood

Although no exact dates have been set, the updates on family movie night are as follows: Theresa Westfall is hoping that the Justin Hiykel Memorial Movie Night will be on a Saturday in September. She told me that the licensing is ready to be secured, the popcorn machine has been purchased, she has narrowed the projector down to two options and just look at the cool graphic! Keep reading PCN for more updates!



^ **Not** forgotten Christmas lights, rather "Holiday Lights." ^ Look closely for Valentines and Shamrocks.

Garden at "Western National Bank." >>>



Peru Rescue in the July 4th Brownville Freedom Parade



Peru Fire Dept. in the July 4th Brownville Freedom Parade



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#### Water bill too high? Help is available.

Angela Allgood

The Low Income Household Water Assistance Program (LIHWAP) helps low-income households with water utility services (drinking water or wastewater) costs, including deposits, reconnect fees, standard charges, standard fees, and taxes included in the household's water utility services bill.

#### LIHWAP can help in the following ways:

Rate Reduction Assistance: A one-time payment issued to a water utility provider to reduce an eligible household's water burden. Water burden is the amount of income the household must pay towards water utility services. The payment amount is based on a calculation that accounts for the household's income and costs for water utility services. The minimum payment amount is \$50, and the maximum payment amount is \$500. These payments may result in a credit balance and do not require the household to have a past-due balance.

Priority Assistance: A one-time payment of up to \$2,500 issued to a water utility provider to restore water utility services or eliminate a past-due balance for water utility services for an eligible household. A priority payment cannot result in a credit balance.

Eligible households may receive one LIHWAP payment (rate reduction or priority assistance) from October through September unless extenuating circumstances exist.

#### You are eligible for LIHWAP if:

you are responsible for water utility services; meet the citizenship and residency requirements; not otherwise be disqualified or ineligible; and, include an individual that has an active Low Income Home Energy Assistance Program (LIHEAP) case or gross countable household income must be equal to or less than 150% of the federal poverty level (FPL).

LIHWAP Maximum Allowable Income household size and gross income limit:

- 1 \$20,385.00
- 2 \$27,465.00
- 3 \$34,545.00
- 4 \$41,625.00
- 5 \$48,705.00
- 6 \$55,785.00
- 7 \$62,865.00
- 8 \$69,945.00
- \* For each additional household member, add \$7,080.

You can apply for LIHWAP if your household has an active or pending Economic Assistance (EA) case, you may request LIHWAP without submitting a new application. If your household does not have an active or pending EA case, you must submit an agency approved application for LIHWAP.

To request help or apply for LIHWAP you can go In-person at a Department of Health and Human Services (DHHS) Office; or, call ACCESSNebraska toll free: (800) 383-4278 approved to receive LIHWAP payments.

#### Announcements

Angela Allgood

Theresa Westfall is the newest City Council member. She will take Spencer Vogt's position until his term on City Council is over and someone new is voted in.

Mark your calendars! The Community Potluck Dinners are starting back up in August! Join us on Sunday from Noon to 2 pm and Monday evenings from 5 pm -7 pm. All dinners will be at the City Hall unless otherwise noted.

I do not want to put the dates in writing now as they may be subject to change with other events going on in town, so watch for flyers, the PCIG website, etc. for actual dates.

Each year, the Auburn Middle / High School offers snacks to students throughout the year. These snacks are to curb hunger during the day and help students focus on school activities / classes. It may also help them with their blood sugars and other health benefits.

If anyone would like to donate, they ask for individually wrapped snacks like granola bars, crackers with cheese in them or any other individually wrapped snacks you would like to donate.

There will be a box down at KJ Whitehorse for both snacks and school supplies.

Thank you for your willingness to donate. Our community has children that attend APS (Auburn Public Schools) so you will be helping our children with snacks throughout the day if they need them! Thank you!

#### Fork & Tiller

Angela Allgood

When I heard the business name, "The Fork & Tiller", I had no idea what that meant or what it was about. After stalking the facebook page, I learned a little more about it and now I want to share this business with you. It is a gem in Peru.

First of all, I wanted to know why "The Fork & Tiller." Cailyn Winkelman, owner, stated that when she searched for business names, she went to a lot of search engines. She typed in "cut flower farm," or "names for a flower farm." She said nothing really stood out to her at that time. She watched a show on Discover+ that she loved. It was called "The Lost Kitchen" plus, she had been following a flower farm out of Washington State called Floret that also had a documentary coming out. Cailyn stated she binged both shows

Continued back on page 3.

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#### Going, Going, Gone

Angela Allgood



In 1955 Peru State College built apartments called Oak Hill Apartments. They were originally built to serve as student housing for married students. Over the years, the apartments became popular with upperclassmen because the apartments offered independent living arrangements by including kitchens.

Oak Hill Apartments were scheduled for demolition this summer. The apartments need extensive upgrades and renovations, so the college has decided they need to be demolished because they are a safety concern for students as well as a risk, plus the cost of continuing insurance on the property.

Demolition does not use outside funding. The college budget includes the cost of the demoltion of property. This project is not a part of Project ROAR. Project ROAR is adding five new buildings to campus, not demolition of any buildings.

Said Jennifer Rieken, Vice President for Administration & Finance, "At this time, any new use for the Oak Hill Apartment site has not yet been determined. The transformation of the Oak Hill Apartment site is another example of the College's commitment to providing excellent programs, facilities, and services to its students."

#### Tuesday Literary Club Reads

DiAnna Loy, Tuesday Literary Club

The Tuesday Literary Club's book for July, The Art of Racing in the Rain by Garth Stein was presented by Jana Smith. The book is narrated by a dog named Enzo and was a New York Times bestseller for 156 weeks.

The characters in the book are: Denny Swift, wife Eve, daughter Zoe, Zoe's maternal grandparents Marshall and Trisha, and Denny's dog Enzo.

The book begins at the end of Enzo's life with Enzo talking us through his life. Denny finds Enzo, a golden retriever, on a farm in Spangle, Washington and takes him home to Seattle. Denny is a professional race care driver and finds that Enzo loves to watch shows on car racing, the faster the better. Enzo also watched a documentary on Mongolia. He learned that when dogs die they are buried high up in the mountains so no one could walk on their graves and their master whispers in the dog's ear that they will return as a man in their next life; Enzo believes this.

Denny had the opportunity for a job at Thunderball Raceway Park in Willows, CA. He took Enzo with him on the 10 hour drive to the raceway. When they went to the track Denny asked for a tie-down for Enzo so he could ride in the race car with him. Denny told Enzo to bark once to slow down and twice to go faster and they were off. The only sound from Enzo was to bark twice. After the ride, when Enzo was released from the tie-down, he jumped around expressing his delight.

Enzo can sense a disease inside of Eve that is causing her to have debilitating headaches but can do nothing to help. Eve is finally diagnosed with a terminal illness but it is too late to help her; she will fight it as long as she can. It is decided that Eve and Zoe will live with Marshall and Trisha for a time during her illness; it is a battle Eve doesn't win.

After Eve's death, Denny is presented with a lawsuit that Eve's parents start for custody of Zoe. They think they can provide a better life for Zoe. A young female relative also comes forward to claim that Denny had sexually assaulted her after a family reunion. Denny has to sell his home and give up racing to pay his lawyer fees. At the last minute the teenager admits that she is lying and Eve's parents drop the lawsuit. Denny is given full custody of his daughter to raise in peace.

About this time, Denny is offered a promising mentorship, a new job in Italy as a car tester and track instructor, a home and schooling for Zoe, and the chance for him to race again... all from Ferrari. It's the best offer he has ever heard.

Enzo's life is ending and he knows he won't be following Denny and Zoe to Italy. He and Denny share a last sweet moment and then he knows it is time to go. In Enzo's mind he is in a large field, enjoying everything that is around him; the earth, wind, rivers, rain, and sun. Enzo thinks when he is reborn he will be a man.

Denny becomes a Formula One Champion Race Car Driver. One day a father and son come to see Denny. The father tells Denny the son is big fan and worships him. The son races karts and is very good. As Denny starts to sign an autograph for the boy, he asks his name. The boy replies, "Enzo."

Happy Reading!

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#### Peru Recycling

Theresa Westfall

Did you know the City of Peru contracts with American Recycling and Sanitation for our trash and recycling services? Our regular trash day is Monday and trash must be curbside by 7 am. American Recycling will also take bulk items, remodeling materials, computer monitors, TV's, sofas and mattresses if arranged in advance through their office with some special requirements. There may be a cost for these additional items. Help keep Peru beautiful by properly disposing of trash and bulk items!

North of town near the Peru Depot Trailhead is Peru's recycling dumpster. There are designated spots for cardboard and miscellaneous recyclables. Any plastic or household chemical container with a number '1' or '2' on the container, tin, and aluminum are accepted. Plastic pumps should be thrown away, labels removed, and containers rinsed clean. Recyclables should be removed from plastic bags prior to placing in the dumpster. Plastic bags should be recycled at designated store drop offs. Cardboard must have any plastic or Styrofoam removed from it and broken down. Styrofoam and glass are not currently part of the recycling offered by American Recycling. Jon Gladman of American Recycling & Sanitation shared that fees are incurred when 'trash' items must be sorted from the recyclables. The company would like to continue to offer recycling services, but we must do our part to keep the process cost-effective.

#### Yes:

Paper
Cardboard
#1 and #2 Plastics
Tin cans, rinsed
Aluminum
No:
Styrofoam
Glass
Plastic Bags

## What I learned at City Council Angela Allgood

What I learned at the July City Council meeting was that Peru really does want their pride back. This little town has so many natural gems (the river, the trail, parks etc.) and is worth fighting for. I am learning that people want something done. They want City Council to start making and enforcing rules. But when letters go out to people not mowing their properties, residents complain. They want City Council to start communicating better with the town people. The town wants better roads, potholes fixed, streets downtown cleaned and new businesses. Many of us believe that Peru will never be like it used to be "when I was growing up," but it can be better than what it is now.

City Council discussed having house numbers readable from the street for emergency purposes.

They discussed getting rid of the "Jack Jean" building and putting in a 3-sided building that would hold the gravel and sand, etc. plus have an office for the supervisor, a bathroom and a temperature controlled shed so the city workers could work on the city trucks (oil changes, etc.) This would save taking vehicles to Auburn and paying maintenance costs. Attendees stated that project could wait until the roads were fixed.

Come to City Council meetings and let your voice be heard. Join an organization and help bring the community back to life! It takes each of us, but we can say that we have our "Peru Pride" back.



St. Clara's Catholic Church 604 6th Street Pastor Fr. Timothy Danek Mass - Sunday 8:30 am Confessions - Sunday 8:00-8:20 am



Northridge Church 808 5th Street Pastor Daniel Hutchison Services - Sunday 10:00 am



Peru Community Church 520 Nebraska Street Pastors Raymond & Rebecca Girard Services - Sunday 10:45 am



#### THAT'S WHERE I COME FROM

aRates and prices vary, see your nearest AKRS location for details.





Rated best overall mower of 2023 by USA Today

Taken July 3rd, 2023.

The phrase, "Knee high by the fourth of July," is antiquated. These river bottom stalks have ears on them!

1617 Central Ave. Auburn \$325,000



Turnkey Business Opportunity. Steakhouse & Lounge, with Gazebo and 4 rental units.



28-Room Motel including 2 bed/2 bath living quarters with open floor plan.

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1103 E Street, Auburn This is vacant land on approx. 1.92 acres.



1017 5th Street, Peru Must Be Sold Together -- \$140,000 5 bedroom, 2 bath 2,016 sq ft Home



1023 5th Street, Peru 5 apartments 1,568 sq ft



1100 Central Av, Auburn \$130,000 Commercial property, 2 overhead doors, office space, corner lot.



\$20,000 910 10th St., Auburn 5 Bedroom, 2 bath.



\$259,000 1604 G Street 3 bedroom, 2 bath on approx .35 acre 2-car garage



Auburn, Nebraska 68305 820 Central Avenue www.americandreamrealestatecompany.com



"Your Country Neighbor" is delivered to the following communities in Southeast Nebraska & Missouri.

Auburn · Brownville · Cook · Falls City · Johnson · Nebraska City · Nemaha · Peru · Rock Port · Syracuse · Tecumseh · Verdon

#### **BEGINNER WRITER(S) WELCOME**

Are you a Nebraska City resident? Do you feel as if you have something to say? You are invited to volunteer any positive item(s) of interest for the "Arbor City News" section of "Your Country Neighbor," Please, no political, religious, nor business promotions (no advertising). You will be considered for publication in a future monthly issue.

The Deadline for September is August 20th Deadline for October is September 23rd.

(YCN email address is on page 2)



(High Rise) • 1017 H Street • Auburn, NE

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#### News from Nebraska City

#### Food Labels: Know What You're Getting

Submitted by Mark Kattleman, Nebraska City Nutrition

You can start to make healthy choices for your life right now – just by getting a few food packages from the kitchen and reviewing the following explanations of "Nutritional Facts." If you're counting calories, fats or carbohydrates, it's important to know how those numbers are calculated in the food you eat.

Serving Size: Defines what is considered a normal serving of this food based on portion size or measurements like cups, tablespoons, etc. Information on calories, amounts of protein, fat, etc., is based on this measured size.

Total Fat: Look at the grams of total fat in a serving. A low fat food is defined as containing 3 grams of fat or less per serving.

Total Carbohydrate: Look at the grams of total carbohydrate, rather than the indented grams of sugar. If you look only at the sugar number, you may end up excluding foods such as fruits and milk thinking they are too high in sugar, while you may overeat foods such as cereals that have no sugar, but do contain significant amounts of carbohydrate.

The grams of sugar and fiber are counted as part of the grams of total carbohydrate. If a food has 5 grams or more fiber in a serving, subtract the fiber grams from the total grams of carbohydrate for a more accurate estimate of the carbohydrate content.

Sugar alcohols (also known as polyols) include sorbitol, xylitol and mannitol, and have fewer calories than sugar and starches, although use of the sugar alcohols in a product does not necessarily mean the product is low in carbohydrate. Always remember to check the label for the grams of carbohydrate.

The grams of sugar alcohols are indented under the total carbohydrate heading and aligned under dietary fiber and sugars. The grams of sugar alcohols are required on the label only when a claim is made about sugar alcohols of sugars when sugar alcohols are present.

% Daily Value: Indicates how much of a specific nutrient a serving of food contains compared to a 2000-calorie diet. A product is considered a good source of a particular nutrient if one serving provides 10% to 19% of the Daily Value, and is considered high in a given nutrient if it contains 20% or more of the Daily Value. If the Daily Value is 5% or less, the food is low in that nutrient.

Source: American Diabetes Association. www.diabetes.org



# KHN Center for the Arts

Established in 2001, the Kimmel Harding Nelson Center for the Arts is a renowned Artist Residency program that supports established and emerging visual artists, writers, composers, and interdisciplinary artists from around the world.

Uniquely housed in a residential prairie-style complex, KHN also hosts a public gallery that showcases the work of Nebraska and regional artists, and is home to the Kimmel Permanent Collection.



August 17, 5 - 7 PM KHN Center for the Arts 801 Third Corso

#### News from Nebraska City's Morton-James Public Library

923 1st Corso, Nebraska City, Nebraska 68410

#### **Morton-James Public Program Calendar August 2023**

**ALL SUMMER LONG...** Morton-James Public Library has Pickle Ball kits and Disc Golf kits for checkout to MJPL card holders!

MJPL's Kimmel Gallery Artist of the Month: Nita Whitney August 2 - 29

#### **Story Time**

Wednesday, August 2 10 AM at the Library

American Roots Music and Resophonic Guitar with Mike McCracken - Humanities Nebraska Program Thursday, August 3 7 PM

The history and influence of the resophonic guitar is seldom discussed or understood. McCracken will provide an informative review of this instrument. From its inception in 1925, the resophonic guitar has played a strategic role in Americana music Story Time and the impact/acceptance of lead guitar within several genres including: Rock and Roll, Blues, Jazz, Hawaiian, Country. He'll focus on these genres and their artists utilizing the resophonic guitar and providing kinetic musical examples.

#### **Build a Dog (Stuffed Animal) Workshop**

Saturday, August 5 10 AM at the Library Registration required Call 402-873-5609 for more information.



Morton-James Public Library

#### Music Heals in Rwanda

August 10 Reception 6:30 PM Program 7 PM

Lilly Frields discusses the Rwandan genocide and how the country used music therapy to help rebuild itself. She will share about her recent study trip abroad to Rwanda, working with local musicians and the HIV Clinic, WEACTX.

#### **Book Club**

Tuesday, August 15 2 PM The Mystery of Hunting's End by Mignon G. Eberhart (One Book One Nebraska title)

Wednesday, August 16 10 AM at the Library

#### **Evening Book Club**

Wednesday, August 16 5:30 PM Every Now and Then by Leslie Kagen

#### **Coaster Craft Class**

August 23 7 PM

Registration required. Call for information 402-873-5609 Maximum 12 adults

**Chess Club** every Thursday from 4:30 – 6 PM

Donna S. Kruse, Director Office: 402-873-5609 Email: dkruse@nebraskacity.com www.morton-jamespubliclibrary.com

"Home of Arbor Day, Where Great Ideas Grow"



#### From Nebraska City Tourism & Commerce





*Left:* Participants in the AppleJack Fun Run snack on fresh apples after the 5K event. The Fun Run is organized by a local chapter of Beta Sigma Phi; proceeds are donated back to the community.

*Above:* The Nebraska City High School Marching Band placed 1st in the AppleJack Parade Marching Band Competition in 2022. The Competition features bands from schools of all sizes.

# NEBRASKA CITY TO CELEBRATE 55TH APPLEJACK IN SEPTEMBER

For 55 years, Nebraska City has opened its arms to guests from far and wide during the month of September for the AppleJack Festival, a celebration centered around one of America's most favorite fruits.

"Apples and other fruits have always grown well in the soil in this area," said Tammy Partsch, Nebraska City Tourism & Commerce's Marketing Director. "Even before an official festival was

created in the late

1960s, we were known as the place to go to get fresh fruit."

The 2023 AppleJack Festival encompasses two weekends; **September 15-17** is known as the **Traditional Weekend** and

features such events as a flea market, craft and vendor fairs, 5K, parade, quilt show, bull riding, carnival, water barrel fights, and classic car show. The weekend of

**September 23-24** is **All About Apples** and includes a vendor fair, a

progressive dinner, and the "All Things Apple" Recipe Contest. Nebraska City's three apple orchards - Arbor Day Farm, Kimmel Orchard, and Union Orchard are open special hours both weekends and strive to provide

fun and family-friendly experiences for their guests.

"The orchards are a popular draw for Nebraska City," Partsch said. "That's where you can get fresh apples, cider, pie, wine, and more."

Details about the 2023 AppleJack Festival can be found online at NebraskaCity.com/festivals.



Visitors to Nebraska City's three apple orchards often take advantage of the U-Pick option.

"THE ORCHARDS ARE A

**POPULAR DRAW FOR** 

**NEBRASKA CITY," PARTSCH** 

SAID. "THAT'S WHERE YOU

CAN GET FRESH APPLES,

CIDER, PIE, WINE, AND MORE."



## **OUR EMERALD YEAR: APPLEJACK TURNS 55!**

**SEPTEMBER 15-17** TRADITIONAL WEEKEND

5K Fun Run/Walk | Quilt Show | Parade | Orchards Extreme Bull Riding Tour | Parade | Carnival Water Barrel Fights | Vendor Fairs | Classic Car Show

**SEPTEMBER 23-24**TASTE OF APPLEJACK

"All Things Apple" Recipe Contest | **Shopping Orchards** | Progressive Dinner | **Museums** 

#### NebraskaCity.com/festivals



Nebraska City Community Garden



Blades are "all wood" on this restored piece in the "Kregel Windmill Factory Museum."

News from Nebraska City

#### Retirement

Bruce Madsen

Maybe, this is the day your retirement should start
The kids are back in school but you're not... a part
Of the system that teaches, disciplines, and requires
That, each do their best and never tire
Of learning and dreaming as each year they pass
Through the twelve grades of knowledge, to the head of the class

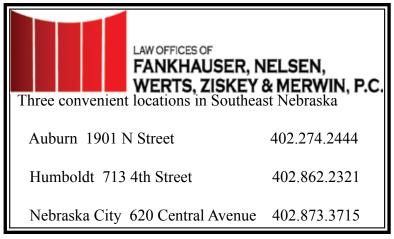
So I hope you find peace as this new era begins
Of not leaving for school again and again
Early each morning, alone in the dark
To arrive there in time to make the kids smart
Just know what you did was wonderful and great
'cause each student you helped will make no mistake

When they remember that time, they won't hesitate You'll be the one they'll most appreciate



Windmill displayed near the "Kregel Window Factory Museum" in Nebraska City.







News from Nebraska City



1651 South 11th St. Nebraska City 402-873-6925 Debra Chesterman, Owner





"Offer valid on a variety of in-stock options. Offer valid only with purchase. Financing available with approved credit."



"Your Country Neighbor" is delivered to the following communities in Southeast Nebraska & Missouri.

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Saint Clara's Church within the hills of Peru.



#### Adeline's Bakery 1910 R Road, Burr, NE 68324

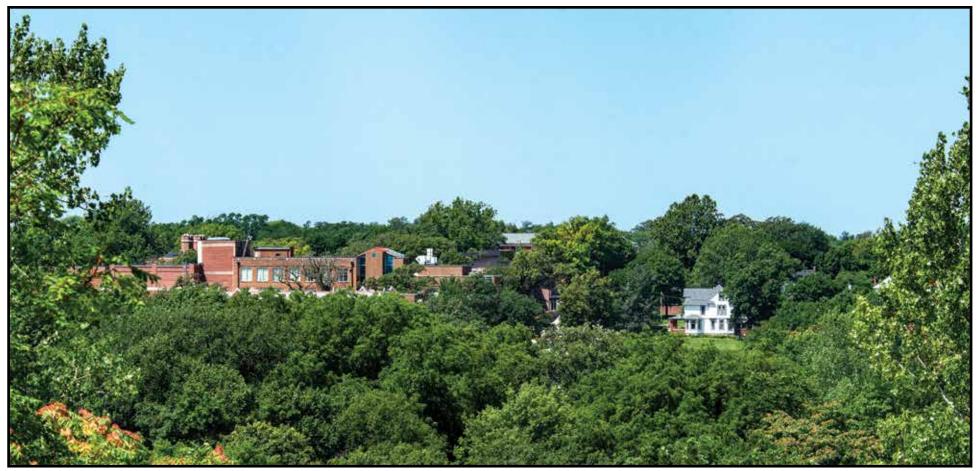
Wed & Thu 11 to 6, Fri 8 to 6 Every Other Saturday 8 to 12 402-430-0565



Facebook Page: Adeline's Bakery adeline's bakery@outlook.com

If you enjoy reading "Your Country Neighbor," Share with friends. Send them this link;

www.yourcountryneighbor.com



Peru State College, Campus of a Thousand Oaks, in the hills of Peru. President's house to the right.

## Teaching Is So Special Dorothy Rieke, Julian

The month of August always brings thoughts of school. Some times, I feel depressed because I am no longer in the classroom. Above all, I miss working with the children. While teaching, my desire was that each child would discover that he or she may not excel in English but could excel in other classes. I also wanted each one to put forth effort to understand our English lessons.

One retired Auburn teacher liked school so well, that he left Auburn on the first week of school. The beginning of school was painful to him because he was no longer involved. I do not leave the farm on the first day of school, but I do try to occupy my mind with other activities.

Oh, yes, I still miss teaching which was the "high point" of my life. I enjoyed teaching English, working with the children, seeing them learn, and applying what they learned.

During my years of teaching, I received encouragement from the students, their parents, and administrators. I did not dream that some years after my retirement, that I would have some wonderful experiences with former students.

This last Teacher Appreciation Day was made special by a former student phoning me from Grand Island. This student had also entered the teaching profession but was now retired. We had much to talk about. Just the remembrance meant much to me. He was an excellent student and enjoyed school. He was a "natural" for the teaching profession.

A few weeks ago, when I left my car to enter Subway I noticed a young man leaving the cafe and rushing to his car. He deposited his pizza in his car and ran back to open the door for me. He spoke to me using my name. What a thrill that was! He was one of my special students at Auburn.

Recently, I was in a dental office in Lincoln. Before I left, a very pretty young lady came into the room. She said, "You taught English to me." I could not believe it! This woman rivaled Grace Kelly in appearance. She told me she had been employed in that office for about thirty years. What a thrill that was!

School teaching has so many benefits and advantages. However, it also requires people who love children, have the patience to teach them, and the knowledge to teach them. I can not say enough for teaching.

My grandmother taught school in the 1880s when the boys wore guns to school, my mother taught school before and after her marriage, I taught the longest and relished my work with each child. I will have to admit that in Auburn, during several of those years, I had students that I would have willingly taught with no salary. They were such joys to have in class!

#### Window On Fifth Street

Stephen Hassler, Peru

The year I began college, students had to take two years of physical education as a requirement for graduation. I thought not a big deal for me. I had PE in high school for 4 years, and that was literally fun and games. But at Iowa State University, there was a kicker; everyone had to swim 100 yards (the length of a football field), under three minutes in order to graduate. I could run that far, but I couldn't swim well enough to make it half that distance.

I had not liked being in water since I got pushed into a public swimming pool when I was 12 or 13 and swallowed a lot of water before I hit my head on the metal ladder. And that was in the shallow end. Everyone watching thought I was "goofing off." It felt like drowning to me. So my mother enrolled me in swimming lessons and I learned how to stand up in the water (on the shallow end), how to float, and how to "see" under water, but I could barely swim across the community pool the short way.

The Olympic sized pool at ISU was 25 yards across, sloping from four feet deep at the side to six feet out in the middle. It was scary swimming almost 40 feet to the middle where the water was over my head, and then continue the same distance to the other side.

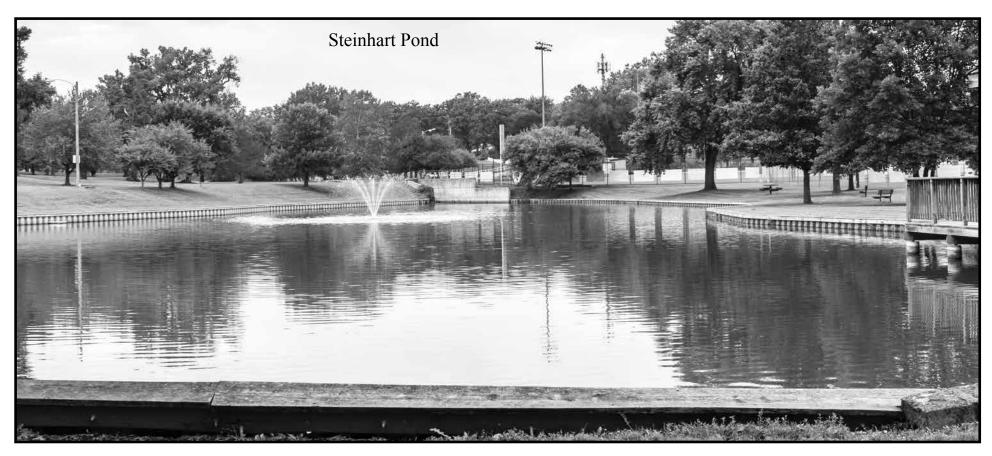
Anyway, three minutes was not enough time for me that first term, so second term my class was in "the old gym" with an "older" narrower pool. It was dark and damp and gloomy. However, in that second term the swimming coach assured the class we wouldn't have to swim 100 yards under three minutes. No one questioned that he was going against University policy. We were just relieved that the elephant was off our backs. And so on "Final Exam" day he announces, "All right, for you to pass, you will swim 250 feet under 2 1/2 minutes." But by now, after twenty weeks of lessons and practice, I could do that.

I "passed" swimming that term. The next term I signed up for archery. No water involved.

Perhaps a person can overcome a fear by telling themselves; "You don't have to take that exam," "You don't have to give that speech," "You don't have to marry that person." Might it only involve a 'change of mind?' Not quite the same as being offered an alternative. "Here's a different exam," Here's a different audience," Your old flame is still interested."

Fortunately, water isn't a fear I need to overcome anymore. I can stand up in shallow water, but I prefer to just stay on dry land. No Caribbean cruises on my bucket list.

But you go ahead and swim if you want to, it's August!



You can order Sheila's latest book of poetry; "Through my lens:

Poetry and Photos, January through December, a year full of wonder and beauty."
by Sheila Tinkham
\$20.00 includes shipping.
Send Check with your name and address to;

Sheila Roessle 4248 Ridgeview Drive Lincoln, NE 68506

sheilamariatinkham.yahoo.com

#### August

Sheila Tinkham

She is ripe, yet tart

Like a cherry plum picked fresh from the tree

Long days easing into a shorter Fall

I can inhale her heat and cotton candy days

And candied apples dipped in caramel

And forget school days beckoning

And cooler nights on the horizon

She is named after Augustus Caesar

And overflowing with tasseled corn and undulating wheat

She is aptly named, August.

#### A Valentine to the MIA

Sheila Tinkham, Lincoln

Dale Dewayne Thompson, 18

72 years Missing

Bang

Bang

Bang

A toddler cries

Bang

Bang

Bang

1 21 gun salute

BANG

a small box

All the remains of a local 18-year-old MIA

Dale Dewayne Thompson

From Valentine, Nebraska

Killed in Choisen Valley, North Korea

The crowd weeps

The American flag folded gently with white gloved soldiers

The air still

On June 30, his deceased mother's birthday

Welcome home Dewayne.

A purple heart awarded to you

The Order of the Bayonet

Thank you for your sacrifice

May God bless America.

May all the MIA come home.

# Poetry

#### by Devon Adams, Peru

#### ■ NIGHT DARK

City dark and country dark are not the same. Stars follow you from an inky sky on a vacant pavement on the back roads beyond the reach of electronic chaos. There are no stars where cars with demon eyes drive on streets with LED's that glare and stare you down, and noise comes on a scale of loud and louder. Sanity is safe on a dirt road at 2 a.m. but it gets shaky at the corner of walk and don't walk.

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#### SCHOOL RULES

Before they go inside the stacks of bricks and books, young folks leave a place that gave them space to be themselves. Now the five year olds will find a structure strong enough to make them change the way they think. 'Stand in line by alphabetic order, raise your hand to speak, do what you're told and don't object, write the right answers that you've been told.' By next year they won't know how to fly away inside their day dreams to great adventures that they imagine, unless they fit inside the "rules."

#### BLUE SHADOWS

In my yard grows a tree with longfingered branches that trace the seasons with delicate shadows. On a high Summer noon, cast blue shapes fall on soft green that swallows them, and they don't stray away from their parent tree. Autumn leaves will fall in party colors on frosted grass, as bone thin stems reach their skinny shadows closer to the far fence. Snowy Winter throws white blankets on the ground that carry the shadow lines across the yard and into the street. Spring comes with early thunder, as ice is drowned and rain comes down and sun will follow. Shadows at noon come back inside my yard. Time is a circle and a wheel that goes around and around.

# By Artist, Devon Adams PENCIL PORTRAITS OF PEOPLE, ANIMALS, & BUILDINGS

Drawn from your photographs.



# Send to: Devon Adams P.O. Box 192 Peru, NE 68421 402-209-9377

adamsdevon07@gmail.com

8x10 mat size \$25.00 11x14 mat size \$35.00 16x20 mat size \$55.00

#### THE EDGE OF DREAMS

Each night we travel to a world at the edge of reality, where dreams are true and we believe them We watch our life running before us on a movie screen on the back of our brain. But walking out of the theatre isn't possible here. We are glued to our seats, held there until light rescues us, or we wake up screaming. Or we don't want to come back because we're afraid of living.

#### FUTURE FICTION

Tomorrow is a time capsule we haven't opened. It is as good and as bad as fiction ever gets, because we haven't written it yet. Fantasies come in day dreams that change into night terrors in a blink. Count the missing minutes of your life that were full of dread because you believed that the worst of your fears would happen. Then they didn't.



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