

Your

FREE!

Country Neighbor



January 2006



“Didn’t anybody tell these guys I’m on the ‘Endangered’ list?”

A Pictorial Review of 2005

Here’s Your Country Neighborhood!
see pages 5 through 8

Merits of Alternative Health	4
Pictorial Review	5, 6, 7, & 8
Poetry, Etc.	12 & 13
Face of Drought	14
Subscribe to The Nemaha County Voice	16

January is about...

January is about Winter...deep Winter... barren trees, cold, dark mornings, short days, and...seed catalogs! Yes, before Winter is one month old, the earliest sign of Spring is that gloriously green and flowery, blooming cover of hope that introduces sprouts of Spring! Seed packets of green beans and wax beans, watermelon and zucchini, pictures of shrubs and bulbs.

January is also about days getting longer, and the anticipation of Spring, inspiration for rebirth, motivation for creation, like planning a garden.

January is also about relaxing by a warm fire and reading *Your Country Neighbor*.

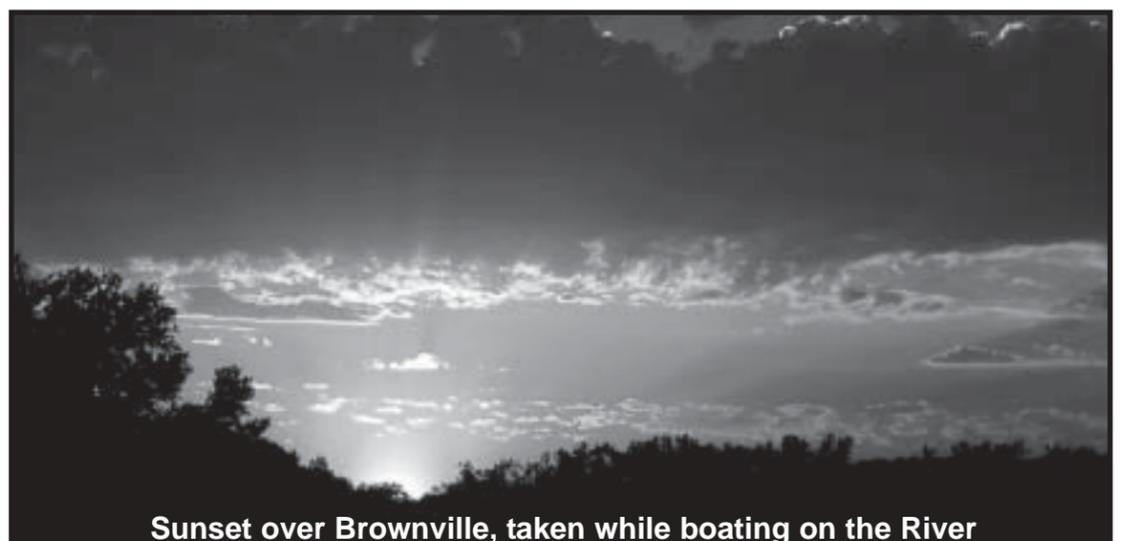
If you live in Nemaha County, Nebraska, you can begin your year by ordering a subscription to the *Nemaha County Voice*! It’s a great way to engage in ‘what’s happening’ in 2006; and the best way to get the ‘Other Side’.

But don’t forget the seed catalogs.

Your Window with a Country...Review. A 2005 Country Review... in Pictures! Pages 5 - 8.



On a Summer Afternoon in Kansas



Sunset over Brownville, taken while boating on the River

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Your

COUNTRY NEIGHBOR

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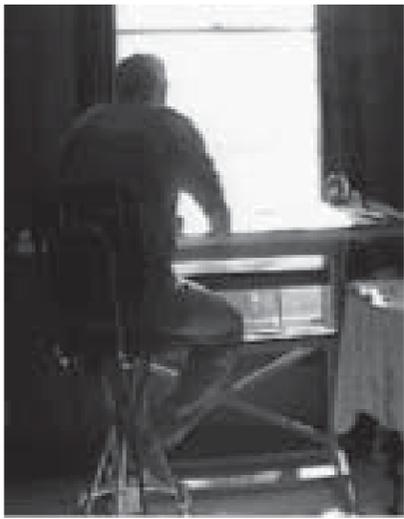


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Window on Fifth Street

I didn't see much of 'Christmas' looking out my window on Fifth Street on Christmas day, but looking in was a different view. The dining room table and the Christmas tree made our holiday bright. I spent much of mid day preparing a turkey dinner with the various side dishes that have been traditional in either Darla's family or mine.

There were phone calls and e-mail from the relatives, with news and photos. Darla and I wrapped up the day with an evening TV Christmas movie.

I try to look out my window on Fifth Street frequently in January to get a glimpse of falling snow or sparkling drifts in the yard on a cold, sunny morning, or to see how many different birds are visiting the feeder; the Cardinal, Junco, Chickadee, or Downy Woodpecker. I wonder where they go at night when it's so cold and dark? How can they survive a wintery night, only to awaken hungry at dawn? And more cold... .

In January I get a warm feeling while gazing into the fireplace. Maybe it's the warmth coming back at me, or a hypnotizing effect. January can be an inward-looking month. I review and reflect on the year gone by, and develop my Spring and Summer plans. Life is more fun when there is something to look forward to. Why wait for someone else to affect your life? Create your future; at least enough that you feel as if you are steering a course.

The best thing about January for me is noticing the evenings getting lighter earlier, a reminder that Spring will not be held back...delayed maybe, but it's downhill from here. I suppose it depends on what's between here and there. Don't wait, have a Happy New Year.

TOMORROW WILL BE WINTER

by Devon Adams

Today the last soft moments of autumn came to say goodbye under a pewter sky that dripped with moisture. There have been scattered days of frost and chilling winds, but warmth and sunshine have returned each time and offered a reprieve from the inevitable grip of winter. Drought has shown its insatiable hunger for the moisture that hides ever deeper in the soil. Southern winds have battered and defeated the dry and painted leaves and now the trees are bones set along the seam between the land and sky. Pasture grasses glow like burnished copper in the metal light from rainy skies and take the place of the glorious burning trees that have lost their skirts. The cedar break is still green, and mosquitoes dance in the mist on the lee side of the trees. Wind has dislodged a finch's nest made from horsehair and it lies alone and empty on the ground. The ancient mulberry that lost half its trunk last summer stands bravely upright, although wounded, to face the winter soldiers that will try to knock it down with ice and wind. Voices call in urgent words from the dark gray clouds as geese run before the coming storm. They carry summer on their backs and will bring it back again in spring. The crops have been and gone, and fields hold only open furrows, as corn shucks blow across the road and stick to barbed wire fences. In town, sycamore leaves have races up and down main street; when they all arrive at the post office the wind changes direction and they run back to the bank. Deer are crazy from their breeding season, and from the rifle shots that try to kill them, and they run in front of automobiles and both parties lose. Crows are doing lots of talking and chickadees have made their presence known. The waxwings sneaked by again without anyone seeing them and are probably in Mexico by now. Field mice are trying to become house mice, and the grasshoppers are all vacant shells waiting for the sun. Lightning crashes to the ground in massive bolts as God stomps on the clouds in his big noisy boots. Rain changes to ice as this day blows into night. Tomorrow it will be winter and we will see the world in black and white and diamonds and blue lace shadows dancing on the snow.

For something new and different this year,
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but most succeed because they are determined to." Henry Van Dyke



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Alternative Health

by Joe Smith

We get a lot of info about different ways to cure things. A lot of it is probably a little on the shady side. How to lose all the belly fat with just one pill. Who knows? It might work for some people. Why I brought this up is for a real serious reason. There are a lot of people that have or have had cancer. If the cancer doesn't get you, the treatment will.

I know of several people close by that have been on chemotherapy, pronounced clear of disease, only to have it resurface again. Since I wrote this, one fellow died and another came up with brain tumors right near us. It really hurts to know you might have helped them if only they had asked. When asked, I will do 'hands on' for these people. The fellow that died was a neighbor, I was gone for ten days on a teaching trip and I got a call to come over and see what I could do for him. He died before I got home. In this case I probably couldn't have helped, way too late. By the time the Doctors give up, it is way too late for any help.

I have been taking some herbs from the Amazon rain forest for a serious problem that showed up a while back. The treatment that the medical community wants you to take for this problem is similar to chemotherapy. The side effects are really bad. I visited with my doctor about it and decided to go with natural things. I had a marked improvement in a few months without all the side effects of the prescription medicines. I started with stuff from a health food store and believe it was the reason I improved so fast.

There is an herb called Graviola that is grown in the Amazon. There are several companies that sell this herb. It is being studied at several universities now. They have known of its value for many years but still can't figure out how to get rich off of an herb. What it does is shrink tumors. I have a friend that had prostate problems and his PSA test got high. So he started on these capsules. Before long the test was back to normal.

There are herbs out there that will help a person with cancer or tumors but people are afraid to try it. I guess if that is what they want, that is okay with me, but not really. I would like for them to at least look into other methods. It breaks your heart that there may be better ways than Chemo but most people are afraid to try them. If I came up with cancer, I might act the same way. Fear has a lot of power on people.

The Japanese are working with new herbs that do the same thing. The herbs come from a Paw Paw tree. Did you ever stop and think how much money the drug companies and medical profession make out of cancer? I believe they have known for years that there are natural herbs out there that will do a better job of curing you than some of the drugs that cost an arm and a leg, and sometimes even your life. I'm not an expert at any thing but I'm not afraid to try new things.

My mother died of Larynx cancer; I wish I had known about this herb then. We have been brainwashed for so long over this chemo thing we believe it is the only way out. I'm

not so sure now. There are clinics that use alternative methods. Some the AMA has tried to shut down. Maybe for good reason but it makes you wonder. These herbs are not cheap but they are really helping me, so I'm going to stay with them with the blessing from my doctor. This story is just so some of you will know that there are other ways besides the discomfort of radiation and chemotherapy. Your health food store will have some information for you; if not locally then check with your closest one, Akins is one good one in our area.

You can think what you want about me as long as I made you think about yourself a little. Our doctors are good people and just do what they have been taught. They are very necessary to our survival. An herb won't set a broken arm or operate on a kidney stone for you. So whatever you do, use common sense.

My wife and I believe in the power of the mind to heal. It is simple; if you believe you're going to be sick, you will be. If you believe you will get well, you have a lot better chance of reaching that goal. Positive thinking is very important.

As a postscript to this article. I am down to 160 lbs, from 186 lbs, 90 days before. My liver is back to normal, my PSA test is really good, and my cholesterol is down to 143 from 235. I'm almost 74 years old. I take no meds from the doctors at this time. I believe that it's safer that way.

When you are faced with the things I was looking at, you take a look at every route you can. I have worked on myself, and other healers have worked on me. Did they help? I probably wouldn't be here now if I hadn't used the power of thought methods, and had help from other dowsers. Anyone that ever came to one of my classes will vouch for that. Joe Smith

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It was a good year here in my country neighbor territory. It began with snow. A fair amount for Southeast Nebraska; not enough for agriculture, but plenty for shoveling.



I have never loved snow more, in any of the six states I've lived, than right here through my window on Fifth Street, in scenic Peru. This is Delzel Hall on the PSC campus.



Few architectural views in Southeast Nebraska exceed the beauty of Nemaha County's Courthouse.



Hallie's Restaurant in Pawnee City looks nice in every season. They liked Leo.



This 'apple barn' on Highway 136 west of Brownville is a favorite country scene of mine...



As is this country church.



Here's a church I discovered while exploring country roads near Barada.



I found this farmstead near Syracuse the same way.



I visited picturesque Brownville a lot.



This little school is south of Tabor,



There were many fun events in Brownville.



The Auburn High School Marching Band made a good showing in one of Syracuse's 2005 events.



These 'Plow Birds' were one sign of Spring.



Peru State campus is always is picturesque.



In 'Ag' communities, this is a sign of Spring too.



Coming and going at Verdon State recreation Area.



I found exotic birds...



I'm fortunate to live where Eagles soar.



as well as familiar.



Wildlife pose for me wherever I go.



Some with sweet, melodious songs...



Still, I am frequently surprised.



Some with bad breath.



Trees pose the best.



I found different roads that I had not driven before...



Old farm houses remind me of my roots.



...and I observed my normal routes in a different way.



This reminds me of clean air and summer breezes.



I frequently brake for windmills.



And this says both 'Mid West' and 'far away'.



We have great sunsets in Southeast Nebraska; it's hard to choose, but I found a few to publish, and I'll find more. In the meantime, I wish you a Happy New Year.