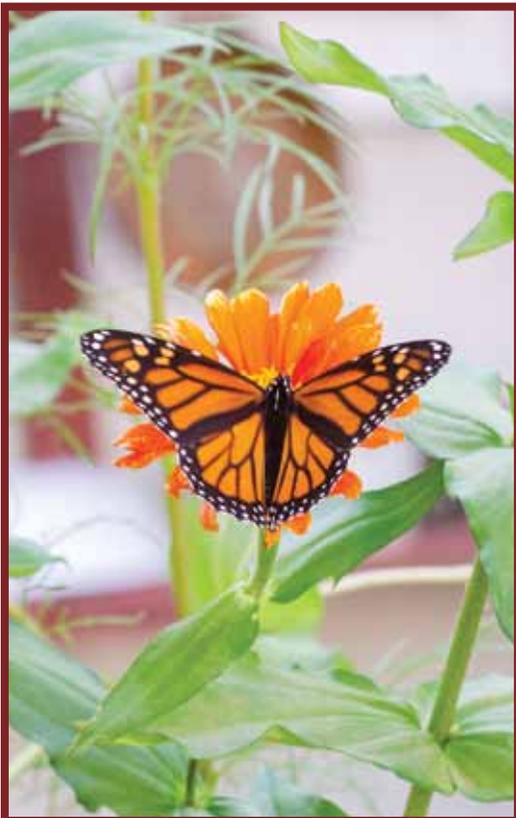


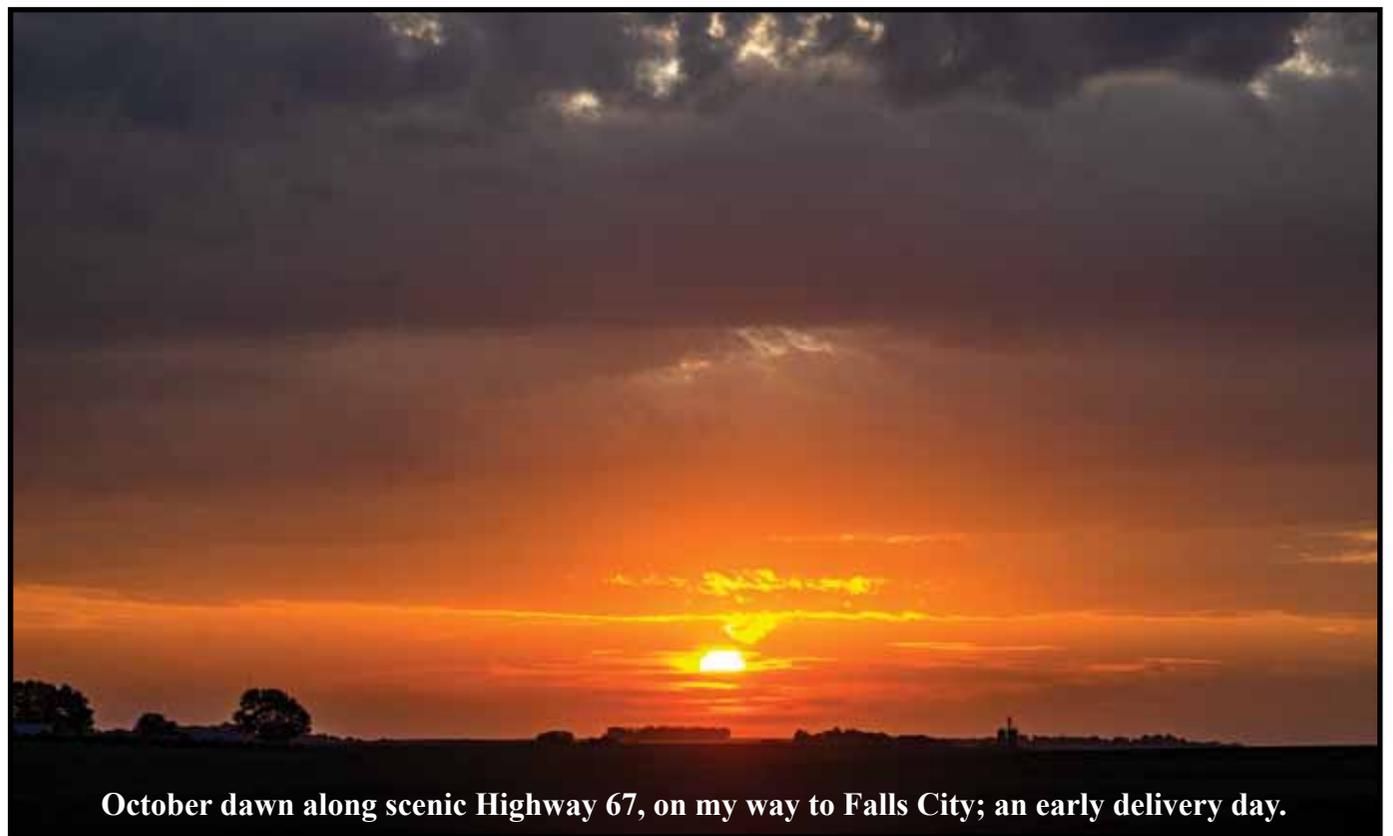
Your *Country* Neighbor **Free** November 2019

Auburn • Brownville • Cook • Falls City • Hiawatha • Johnson • Nebraska City • Peru • Rock Port • Sabetha • Syracuse • Tecumseh

A Magazine for Small Towns & Rural America



Late migrating Monarch outside “Bird’s Nest” Thrift Store in Brownville.



October dawn along scenic Highway 67, on my way to Falls City; an early delivery day.

BVT's Radio Theatre

A Christmas Carol

By Charles Dickens

December 5 & 6 7:30PM
December 7 & 8 2:00PM

For tickets visit
brownvillagetheatre.com
or contact bvt1967@windstream.net
402-825-4121

Brownville Village Theatre
222 Water St.
Brownville, NE 68321

Paid for by Nemaha County Visitors Committee

Inside

Dorothy's "Have A Thankful Thanksgiving".....	2
A Country Road Out Of The Past.....	3
Autumn Colors.....	4,5,6,8,9,11
Brownville Page.....	5
4WD 'Deliverymobile' For Sale.....	6
Devon's Poetry.....	7
Southeast Nebraska Harvest Photo.....	8
19th Century "Power".....	9
Merri's "Diary of a Part-time Housewife".....	10
"The Prank" by Janet Sobczyk.....	11
"Window On Fifth Street" by Stephen Hassler.....	12
 PSC Football.....	13
 PSC Volleyball.....	14
 PSC News and Game Schedule.....	15, 16
 Valentino's Coupon!!	16

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

Copyright 2019, by *Your Country Neighbor*. All rights are reserved. No part of this publication may be reproduced in any form or by any method without the written permission of the publisher. Ownership of some photos and/or articles is retained by the author.

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

November Contributors

Devon Adams
Stephen Hassler
Merri Johnson
Dorothy Rieke
Janet Sobczyk

Thank You!

Your Relatives and Friends
might appreciate this magazine online.

Just send them this address:
yourcountryneighbor.com

Have A Thankful Thanksgiving!

Dorothy Rieke

What wonderful memories Thanksgiving celebrations bring! Years ago, my family always celebrated Thanksgiving. We were even more thankful on that day if Dad had finished shucking corn, a major accomplishment during fall days which provided income for the following months.

Even though that was a special day, my family generally used what we had in the poultry house, in the barn, and in the cellar for our dinner. From the poultry house, we looked forward to a delicious roasted hen stuffed with dressing and surrounded with roasted potatoes, carrots, onions from our cellar.

On a blue and white platter would be homemade bread and nearby creamy churned butter. Jam from Mother’s hoard in the cupboard would add “special” to the bread and butter. Maybe a jar of green beans heated with onions and butter would be in a nearby dish. Nearly always, we had a small oblong dish of pickles. For dessert, we had thick pieces of Mother’s favorite recipe pumpkin pie topped with sweetened whipped cream.

It seemed that certain specialties were served on every Thanksgiving table. My grandma’s table always had some of her special bread-and-butter pickles and fried corn. My aunt served her luscious frosted cinnamon rolls to eat with the meal. Of course, Mom’s pumpkin pie took all the honors when she prepared that dinner.

My friend Agnes often told of her experience preparing a Thanksgiving dinner while her dad and mom finished shucking the corn for that year. Even though the gravy was a bit thin and the bread did not have time to rise sufficiently, everyone raved over the meal cooked by a twelve-year-old and the fact that harvest was over.

On this day, all controlling feelings of blessing invaded our thoughts. Hopefully, at this time, we have not lost the feelings of gratitude for our blessings. Being thankful has many advantages. First, being thankful improves our relationships with others. Of course, our attitude of thankfulness is often adopted by others who recall their blessings. Appreciating what we have definitely alters attitudes and often influences others.

Also, being thankful has a tendency to create thoughts of optimism because it plays a role in stress relief by reducing anxiety.

Thanksgiving Day is a wonderful day to be thankful, however, living here in the United States gives all of us many reasons to be thankful at all times. The freedoms of democracy, the benefits of a good economy, and the many natural resources found in the United States all enrich our lives. Because I need reminders of my blessings, I am glad I live in a world that celebrates **THANKSGIVING!**

Better Way AUTOMOTIVE

814 Central Avenue Auburn, Nebraska 68305
COMPLETE AUTO SERVICE AND REPAIR - ALL MAKES AND MODELS



\$4650

2008 Chevrolet Cobalt 2.2L FWD



\$8950

2009 Chevy Traverse LTZ



\$8250

2011 Chevrolet Cruze LT



\$2450

2000 Dodge Durango SLT



\$2750

2000 Jeep Cherokee Sport



\$2800

1998 Dodge Ram 1500 4x4 V8 Magnum

Heavy Engine Repair
Transmission Repair
Alignments
Exhaust Repair
Brake Work



We employ technicians certified by the
National Institute for
**AUTOMOTIVE
SERVICE
EXCELLENCE**
Let us show you their credentials

Call 402-274-2277

Visit www.BetterwayAutomotive.com

Your Relatives and Friends
might appreciate this magazine online.

Just send them this address:

yourcountryneighbor.com



This scene from H-67 could have been a view in the 50's leaving the one-room schoolhouse around 3:30 in the afternoon, for home, just over the hill.

Some old roads don't need to be "improved" since they don't lead to schools or farmsteads anymore and are not needed by horse and wagon or the family car. The fields are accesssable by farm tractors and other giant machines.

These roads are still good for walking. And one can still wander barefoot, squeezing the cool powdery dirt between one's toes with each step. And good for listening for the Meadowlark's lilting song, "When are you going to plant the wheat?" Well, not for a while, now. First this road will be covered with snow and then mud. Come Spring ruts might be graded by the county, and then access to the fields once again will result in Spring planting, and the rural life cycle begins again.



Migrating Monarchs resting in Auburn, September 30.



Not many Milkweed Pods this Fall. Strange year.



**MEDICARE PART D
OPEN ENROLLMENT**

Until December 7

**Stop by and ask us to help you
review plans for 2020.**

Flu Shots Available Now!

**No Appointment Needed
Zero copay with most
Insurance plans**

Hours: Mon-Fri 8:30-5:30, Sat 8:30-Noon
www.codysusave.com
Like Us on Facebook @codysusavepharmacy
(402) 274-4186 or (800) 628-6394

2220 J Street • Auburn, Nebraska 68305



CRESTVIEW SQUARE APARTMENTS

2 & 3 BEDROOM APARTMENTS AVAILABLE

Electric stove, refrigerator and garbage disposal
Water, sewer, garbage removal, lawn care and
snow removal furnished
Laundry Facility On Site
Tenant pays for electricity, gas, TV cable and phone
Apartments have central air and heat
Located close to shopping center
Rent based on gross income and family size
Rental assistance available for qualified applicants

For Applications

Call Lydia at 402-274-5460




OREGON TERRACE APARTMENTS

This institution is an equal opportunity
provider and employer.

7th & Oregon Streets in Peru, Nebraska

1 Bedroom Apartment Utilities Included

- Affordable quality living
- Rent based on income
- Applications will be placed on waiting lists
- No pets
- Handicap accessible

This Institution is an Equal Opportunity Provider and Employer

For Applications Call Lydia at 402-274-5460




Brownville Historical Society's Annual Soup Supper & Bake Sale at the Town Hall Saturday, Dec. 7 5:30 - 7:00 p.m.



Serving: Chili, Chicken Noodle, butternut, and Sicilian Sausage Soup, Desserts and Beverages

Enjoy the Brownville Christmas Festivities!




Whiskey Run Creek
VINEYARD & WINERY

November Wine-Tasting Hours:
Wed & Thu 10:00 am - 5:00 pm
Fri & Sat 10:00 am - 5:00 pm
Sun 1:00 pm to 5:00 pm
Closed Mondays and Tuesdays

New Frontenac Blanc!
A Semi-Sweet White Wine
Available Now!

Whiskey Run Creek Winery

**Plan to join us during
Christmas in Brownville, December 7th**

**And Visit Us Throughout This Holiday Season
Select your Favorite Wines and Spirits
Thanksgiving, Christmas, and New Years**

402-825-4601
www.whiskeyruncreek.com

702 Main Street
Brownville, Nebraska 68321



School House Art Gallery, Brownville



Eagle nest near Rock Port



1st Nebraska Volunteers Brass Band. "Re-Created" (circa 1861-1862).
Performing at *Old Time Autumn Days* in Brownville.

Back up your Winter transportation with this 4WD SUV.



For Sale! \$2900.00

1999 Chevy Blazer 4.3L, 4WD

Looks Great and Runs Great!

Fog lights, CD player, cassette player, am/fm radio.

Power windows and power locks.

Indigo Blue color, luggage "rack", upgraded wheels.

Back seats fold down for extra cargo space.

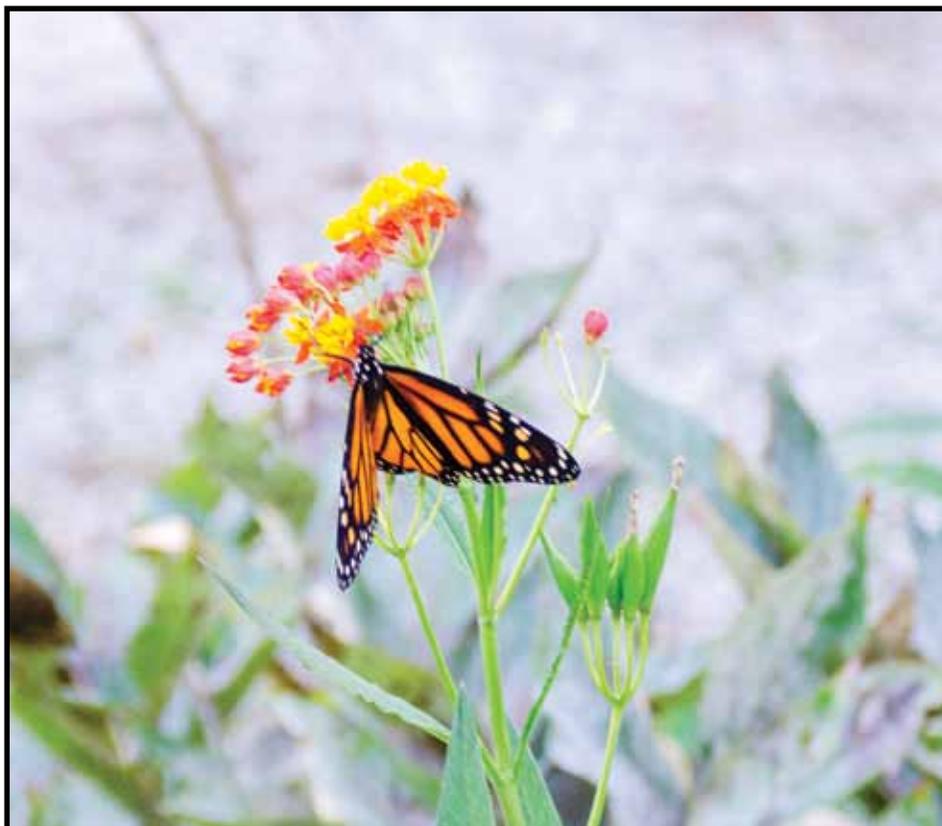
202,000 mostly easy highway miles delivering

"Your Country Neighbor" to Southeast Nebraska.

If interested, email me at;

countryneighbor@windstream.net

or call 402-274-1403



Migrating Monarch in Merri's garden, that windy day, September 30.



Happy Thanksgiving

Drive Safely!

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

All Makes & Models

- **Collision Work • Body Work**
- **Frame Repair • Welding**
- **Glass Installation**



Open 8:00 AM - 5:30 PM Monday - Friday
(402) 274-3614 2000 N St., Auburn, Nebraska



LAW OFFICES OF
**FANKHAUSER, NELSEN,
WERTS, ZISKEY & MERWIN, P.C.**

Three convenient locations in Southeast Nebraska

Auburn 1901 N Street	402.274.2444
Humboldt 713 4th Street	402.862.2321
Nebraska City 620 Central Avenue	402.873.3715



Blayne Behrends
Agent
website: blaynebehrends.com

1400 Courthouse Avenue
Auburn, NE 68305
Bus 402.274.5121 Fax 402.274.5171



Here to help life go right.®

SKY LAND

The sweep of distance and deep resonance of the golden atmosphere permeated the interior of the cabin on the hill. No obstacles blocked the lines of sight in all four directions, and the large windows, absent curtains, were not in any way obstructions to the ambiance of the endless vista of the sky and the rolling waves of prairie. In the distant valley the wild river was marked by a brave line of aged cottonwoods. The old soldiers were battered and broken from the wounds of weather, with missing branches and seared trunks healed over with scars from the lightning strikes that hit them with fury during ferocious summer storms. The singing wind combed through tough grass whose roots had a death grip on the soil of the sand hills. It was a scene infused with the ghosts of indian tribes and buffalo and ancient memories from before humans ever set foot on the vast and lonely land of the sky.

FLAMEOUT

We hope by now that trees have lost the leaves that get in trouble if they cling too tight to branches in the autumn of the year. Without a killing freeze, and the flaming colors that result, the chance looms large that rain will fall as ice that coats everything with glass. And that glass will shatter with the force of guns blasting bullets when strong winds come out of the north and knock branches bearing jewels to the ground.

P o e t r y

by Devon Adams

WELCOME BACK

It's almost time again for the family gatherings that can feel like heaven or hell on wheels to attend. The lucky people who are close to their parents and siblings, and even to all their cousins and aunts and uncles, and out along the branches of the family tree to the most distant relatives won't know what you mean when you tell them you'd rather walk through a nest of rattlers than sit down for a meal with your immediate family. So you try to explain that it's impossible to carry on a civil conversation with humans who think you're a crazy loon to support the democrats or the republicans, take your pick. If you're not on the right side, there is something wrong with you, even though your blood is their blood. Forget trying to argue, because they won't listen. So you lie, and come up with an excuse not to attend; anything to escape the sour stomach and the twisted gut that are always your reward for sitting down to a heart-warming meal. Better to watch football, alone with your TV dinner, than to stick your hand in a hornet's nest of stingers.

FAINT MUSIC

As she worked her way through the rooms, cleaning from floor to ceiling, her mind was free to roam the roads of her memory and her imagination. Music was just barely there, like a shadow playing with the light. Then a scattered shot of notes caught her attention, catapulting her back to high school days, when time was mostly an illusion and the future only speculation. She turned up the volume to soak in the feeling of being back there on a certain day and time, with a special person who was almost the perfect match to her wildest dreams. But then the station threw out a loud commercial and the spell was broken into little pieces of sharp reality. From her perch on the edge of today, she looked back at the misty evening of her prom and saw with clarity that her prince had been a bandit in disguise, ready and willing to steal her heart without giving back anything but grief in return.

PENCIL PORTRAITS OF PEOPLE, ANIMALS, & BUILDINGS

Portraits drawn
from your
photographs.

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



Send to:

Devon Adams
P.O. Box 192
Peru, NE 68421

or to: buckskinz@windstream.net

Phone: 402-209-9377

Web Site: BuckSkinz.com

FADING FAST

Summer sheets are frayed at the seams, along with trees still trying to believe that green will last forever, even as their leaves turn gold and red and float away on a final journey into dust. The earth will turn in spite of wishes and curses, but the changes can be bright and beautiful instead of sad and gray. Behold the torch of sumac, burning in the dying sun, and the magic path of gold beneath the ancient maple on the corner. Squirrels are too busy hiding nuts to stop and notice colors; if they don't work hard enough they won't see spring. But when sky blankets finally shake out their snow, and sunshine paints bright blue shadows over sparkled white, we'll know how far we've come from summer.

RIVER DAZE

We must be sleeping, because the water is still spread from bluff to bluff, and that would happen only in a nightmare shadowland of dread. "Oh wait, our eyes are open wide and we can see across the sparkling blue expanse that fields are only memories lying deep below the waves." 'They' said this couldn't happen in a hundred years, the chances were so slim, but there it is, and it's still wet, and you can't bet that it will go away.



Toys for the Little Farmers that are just like the “Toys” that the Big Farmers have.



(S) Syracuse, NE on Highway 50
800-374-4630 or 402-269-2241
(A) Auburn, NE on Highway 75
800-456-9916 or 402-274-4941
**Large Enough To Accommodate You,
Small Enough To Appreciate You.**

- (S) '89 JD F912, 2600 hrs, 60” deck, broom, snowblower.....\$3,200
- (S) '09 Toro 4200, 42” deck, 19hp Kohler.....\$840
- (A) '05 EverRide EZKW2352S, zero turn, 1487 hrs, 52” deck, 23 HP Kawasaki.....\$900
- (S) '14 Grasshopper 727K, 255 hrs, 52” deck, bagger w/ dump from seat, Kohler.....\$7,900
- (S) '11 JD X530, 54” deck, 807 hrs, bagger, HDAP tires.....\$1,950
- (S) '16 JD X380, 48” deck, 300 hrs, front grill guard.....\$3,250
- (S) '13 JD 825i Gator, 140 hrs, camo, alloy wheels, roof, bucket seats....\$11,800
- (S) '16 JD 1550 front mount mower, 180 hrs, 72” 7 iron deck, diesel, 4wd...\$17,300
- (S) '08 JD Z727A, 660 hrs, 54” 7 iron deck, 23Hp Kawasaki.....\$3,300
- (A) '12 JD 825i Gator, 1047 hrs, dlx cab frame, pwr steering.....\$10,750
- (S) '03 Frontier GM1084, 7’ cut, 540 PTO, cat1, rear discharge.....\$2,500
- (S) '14 JD Z930R, 1094.5 hrs, 54” MOD deck, sus seat.....\$6,900
- (A) '16 JD 825i Gator, 816 hrs, pwr steering, dlx cab w/ glass doors.....\$15,200
- (A) '13 JD 825i Gator, 465 hrs, pwr steering, roof, turn signal kit.....\$12,900

John Deere, Honda, and Toro Mowers in Inventory.



Visit us in Auburn or Syracuse, to see our lineup of John Deere Tractors.

Harvesting Soybeans, October, 2019



PRICE REDUCED!!



64814 711 Road, Verdon \$238,000

This one has it ALL!!! Approx 1.57 +/- seclued acres, with a beautiful, peaceful view! Home has 4 bedrooms and 2 full baths on main level plus another legal bedroom, a non-conforming bedroom, and 3/4 bath in lower walk-out level. Gorgeous, fully updated kitchen and master suite. (Master update completed after sellers moved, so never used!) Main floor also has formal dining room, beautiful sun room right off kitchen, perfect for casual dining, large living room and tons of storage, and 2-car attached garage. Lower level has it's own full kitchen, family room, wet bar, TV room, and well oversized 2 car attached garage. Exterior features include deck area, tiled patio, fire pit, and raised deck for yard swing. Lots of mature landscaping and terrific windbreak.

Whether it's buying, selling, renting, or looking for a place to build, let

**The American Dream
Real Estate Company**

be your first choice.

402-274-4410

Andrea Mellage, Associate Broker..274-8557
Carla Mason, Broker274-1817



1023 5th St., Peru \$75,000
Five 1 bedroom apartments. Newer roof, furnace, water heaters, and some new windows. 2-car detached garage, large lot



508 Nebraska St., Peru \$65,000
Three 2 bedroom apartments, with potential for 4th apartment. Fully occupied at present.



1017 5th St., Peru \$65,000
5 bedroom, 2 bath home. Currently rented by the bedroom. Full unfinished basement.



1202 14th Street \$68,000
2-bed, 1 1/2 bath, new roof, windows, siding, 1-car atch. garage.



412 California Street \$18,900
Duplex - upstairs 2 bedroom, 1 bath. Basement is 1 bedroom 1 bath. Both apartments occupied.



63018 724 Road \$109,900
One +/- acre South of Johnson. 3 bed, 2.5 bath, full bsmt. 2-car gar.



820 Central Avenue

Auburn, Nebraska 68305

www.americandreamrealestatecompany.com



Valley View Apartments
(High Rise) • 1017 H Street • Auburn, NE

Carefree Living!

**Low Income
One Bedroom Apartment
Beautiful View**

**No More Snow Shoveling
No More Lawn Mowing**

- Utilities Paid
- Appliances Furnished
- Building Security
- Laundry Facility
- Assigned Parking
- Activity Room & Library



Office Hours: Mon-Fri. 9:00 to 4:00

(402) 274-4525



19th Century Power v. Modern Power

Diary of a Part-Time Housewife

Merri Johnson

Finally, the season I wait all year for is here. For me, autumn encompasses the best of Midwest weather and seasonal activities. It is simply my favorite time of year.

The warm, dry days under bright, blue skies pair up perfectly with clear, crisp nights under a harvest moon. My birthday in mid-October was marked by a full moon that set in the western sky early in the morning just as the rising sun lit up the east. You don't get that just any time.

Autumn stirs up lots of memories for me. As former farmers, Hubby and I had personal experience with the dichotomy of harvest emotions: the thrill of wagons filled with grain approaching the corn crib well after dark many times, tempered by the anxious prayer that Hubby would be spared an accident with an auger or PTO shaft. A drive in the country during harvest time now reminds us that no matter how much the technology of farming has changed, it's still a matter of long days with fingers crossed, hoping to avoid breakdowns and early frost (or even snow), that brings in the crop. Accidents are less frequent these days I believe. But farming is still a dangerous occupation.

But those aren't the only memories. The flame-colored foliage reminds me of great piles of leaves that cushioned flying leaps and covered small, giggling children in games of hide-and-seek. I have a photograph of my children and their cousins playing in the leaves in the backyard of our farm home in the mid-1980s. Those were the days....before mulching lawn mowers took the place of rakes.

I was listening to an NPR program recently about fall color tours in New England, in particular a 34-mile drive through the White Mountains. The guest speaker described how motorists on that route pull over time after time to gaze at yet another spectacular view. The host of the program asked the foliage expert, "What is it about the sight of brilliant maple leaves covering the mountainsides that is so enthralling?" The answer, it seems, is found in the fleeting nature of the phenomenon. We know that the mantle of red and gold spread across the landscape that seems so solid today can be gone overnight in a hard freeze. A number of years ago, I had the singular experience of sitting under the maple tree in my own backyard when that very thing happened. A sudden breeze released the entire load of glorious orange leaves all at once. It was magical. Under ideal conditions, the foliage show might last a few weeks, but that's it. And the knowledge that cold and snow are coming soon after makes the beauty of it that much more poignant.

Perhaps the fleeting beauty of autumn is its best gift to us; a reminder that all beauty is fleeting and we must not waste the opportunity to enjoy it.

But if somehow you miss out on the splendor of this year's fall foliage, take heart. Even as the foliage is fading, holiday decorations will appear out of nowhere to brighten every house and store front. One color scheme will be replaced with another. The contentment of having the crop safely stored in grain bins or in jars on basement shelves will soon give way to the eager anticipation of Thanksgiving and Christmas.

May you all enjoy a bounty of health, hope and happiness this harvest season.



HOMETOWN
BRAND CENTER SM

HOMETOWN BRAND APPLIANCES

GE • Hotpoint • Whirlpool • Maytag
SALES, SERVICE, & PARTS

1011 CENTRAL AVENUE
AUBURN, NEBRASKA 68305

(402) 274-5512

PEGGY KUSER

Certified Public Accountant
Income Tax Services

(402) 274-5106

peggy.kuser@cpa.com

916 Central Avenue Auburn, NE 68305



Mainstreet
BANK

themainstreet.bank

Cook Louisville Peru Syracuse Tecumseh Virginia Wymore

Member FDIC

Your Relatives and Friends
might appreciate this magazine online.

Just send them this address:

yourcountryneighbor.com



J. Sterling Morton House



Wildwood House



Nemaha County Court House

The Prank

Janet Sobczyk, Omaha

© 2019

Plant a fragile sapling
dig, settle in the dirt
fill in, shore up
enjoy over long seasons
notice it growing
unfolding into the sky
delayed gratification at its finest.

Plant a plastic skeleton
dig, settle in the dirt
build joists, lay the deck
enjoy impossible anticipation
for next homeowner to uncover
maybe, someday
delayed gratification most painful.

Won't it become Poe's telltale heart
lying under the deck
rasping a dry call to be found?
Won't the prankster pry up one board
show someone, anyone, everyone
for a shocked look, appreciative chuckle?
How could he not?

The inspiration for this poem was a Facebook post by "Dad Joke of the Day": "Redoing the deck, so I went to Party City and purchased a skeleton. Now in 20 years when the new homeowner needs to redo the deck....." The picture showed a realistic-looking, plastic skeleton half-buried in the dirt under the joists of the new deck in mid-construction. Creepy!

Window On Fifth Street

Stephen Hassler, Peru

You might have looked out your window on your street and seen some joggers lately. My jogging for the last several years has morphed into occasionally running five kilometer races in Southeast Nebraska (5K = 3.1 miles). I feel good after a morning jog, but running 5K events is even more invigorating for me.

I began by walking to the post office about ten years ago, then added a half block jog and slowly extended the exercise to jogging a mile a day. At first I competed against my previous run time, then against my fastest time, and finally pushed myself to run in the annual “Freedom Run” in Brownville. Most of the time the Freedom Run is “down the road and back,” but recently in downtown Omaha, I ran a more “zig-zag-like” 5K. I remember every turn, and nearly every block.

The starting area is always crowded with men, women, and children, runners, joggers, and walkers preparing to funnel through the seemingly narrow starting gate. Nearly three hundred entrants are bunched up in the starting area on a “blocked off” street in anticipation of the race organizer’s voice; “Three, two, one, GO!” A computer “chip” on each participant “starts their clock” as they pass through the starting gate and head down the street.

There’s crowded running, jogging, and walking, eastward for about half a block before turning south. At first I try to run comfortably and avoid bumping someone as I maneuver around people, avoiding slowing down or having to speed up. A boy about 10 years old stops running and walks off the street in front of us. Some people forget that a lot of the race is happening behind them. I never turn around because I’m too focused on who is beside me and what is happening up front, like someone stopping. And I’m careful “changing lanes.” Someone could be about to run past me.

It’s flat running at first for a block or two south, as everyone tries to find their “pace,” then uphill to the next intersection. Hills are usually not steep in a 5K, but always difficult for me. I take smaller steps to avoid increasing my running effort too early in the race.

The pace is slower up the hill, at least for me, but there is not much passing going on right now, and we are nearly shoulder-to-shoulder. The “elite” runners are far ahead already, and as the bulk of runners turn west and the street begins a slight downhill slope, I take advantage of gravity, picking up speed with longer strides. Some of the younger, fitter runners are passing confidently. We won’t be in each other’s way the rest of the race.

By now, I’m becoming familiar with the moving scene in which I have settled. About a dozen runners keeping the same pace with a little back and forth. I notice a few in my peripheral vision and a few more slightly ahead. Behind me it’s a mystery, and if I’m fortunate, it will remain that way. I’m aware of three women of various ages, a middle aged man, and one a bit older, near me, consistently stepping along, veteran runners, not expending too much energy too early.

Turning north, the course is essentially flat now, my running app tells me I’ve run about a mile. Runners are stringing out, with an occasional young male passing through my running space. The faster men, women, and yes, children, are a blur beyond half a block ahead, and I won’t see most of them again, but if my pace remains consistent, I’ll catch one or two who are short on cardio and become tired after two miles. But right now there is another turn coming up.

This time it’s west for a long, flat block, then north down a dip to the halfway point, just over 1.5 miles. The “turn-around” is an orange hazard cone with a volunteer standing nearby. Now back up the incline, I glance momentarily at the runners coming at me, almost single file but with various spacing. I’m encouraged to see so many people “behind” me.

My breathing is labored and this incline requires shorter steps. It is crucial not to over-exert, but I’m not motivated to do so anyway. I just want to keep moving. I don’t know if it’s the sunny 75 degrees or the pace, but this race feels harder than others.

We turn left, back east, returning along the flat, long block, approaching the water station that I ignored minutes ago. Volunteers stand shaded by an overpass, holding small paper cups of water. I grab one, trying not to break my stride, manage to mutter a thank you, take a sip, and drop the half empty cup into one of the trash barrels. Too much water would not feel good; I just want to moisten my dry mouth. I drank plenty of water hours before.

A right turn, and another incline after two miles. I’m still with my “pack”, but now I’m back 20 feet or so. We turn east up the final incline, shorter steps again, but maintaining a steady effort. At the top of this hill we turn left and head downhill to the “stretch.” A faster pace now, with longer, downhill strides, then a flat stretch to the finish line. I’m thinking my “pack” will finish in the same lineup as we are now running; about 20 feet separating three or four of us, but glancing up I see the finish gate within 100 feet, and I know I can pick up speed in this short distance and not run out of steam before I cross the finish line. In my final effort I pass three, maybe four runners who don’t have a chance to adjust their pace, and then the race is over for us.

A strong finish makes it difficult for me to catch my breath. Someone asks me, “Chocolate milk or water?” I find a space between gasping breaths to say, “Wait.” Both my hands are gripping the edge of a barrel full of bottled water and ice. I needed something to lean on. Finally accepting a bottle of water, I say, “Thank you,” leave the finish area, and walk around among the others, selecting orange slices and banana halves from the snack tables. But mostly, I just want to sip water. I’ll check results online later where I’ll see my time, pace, and overall ranking in the race.

When I said I feel good after a jog, I meant mentally as well as physically, although my gradual increase in physical stamina contributes to my overall “wellness.” And knowing that I can outrun men and women 20 and 30 years younger than I am, makes me think I am doing something right... , even if I’m beat by an occasional 11-year-old.

Send your friend or relative this web address:
www.yourcountryneighbor.com



Peru State College Football

PSC v. Culver-Stockton



This pass reception sets up a touchdown.



And the Quarterback takes it in.



The Quarterback rolling out.



A good run.



Punting from the end zone is pressure.



ESPN filming in the background.



Peru State College Volleyball



Peru State v. Benedictine



Pink Jerseys are for "Breast Cancer Awareness Month" -- October.



Peru State v. Culver-Stockton



PERU STATE COLLEGE NEWS

Peru State to Add Four Varsity and One Junior Varsity Program in 2020-21

After recruiting its largest freshman class in at least 30 years, Peru State College will add four varsity athletic programs and one junior varsity athletic program to begin competing in the fall of 2020. The new athletic programs are planned to continue the growth of on-campus opportunities.

The College will add men's bowling, women's bowling, men's cross country, competitive dance, and junior varsity women's volleyball. Hiring of coaches and recruitment will begin immediately.

The President of Peru State, Dr. Dan Hanson, said, "We know many students choose Peru State to become involved in teams, clubs and other organizations. They want to train and improve, compete, volunteer and engage in our communities. As we expand opportunities, Peru State has a tremendous foundation to build on – from the perfect score on our most recent Champions of Character designation to the personal and engaging education our students receive. I am excited to grow as a campus and to better share Peru State with the region."

The Bobcat's Athletic Director, Wayne Albury, noted careful research went into the plan to offer additional sports, "This decision was not made without a thorough review of the College's resources and needs. We are confident the addition of these programs – and the opportunities they represent – will better serve the current and future needs of our student-athletes."

The College credits much of its recruitment success this year to adding four junior varsity athletic programs and competitive cheer. More than 70 freshmen were added to junior varsity teams and the competitive cheer team. In addition, at least 15 students transferred to Peru State for one of these athletic opportunities.

By adding the four varsity sports, the College will now have a total of 13 programs competing for conference and national championships. Presently, Peru State offers football, women's cross country, women's golf, women's volleyball, men's and women's basketball, baseball, softball, and competitive cheer. All of the programs compete in the National Association of Intercollegiate Athletics (NAIA).

While three of the varsity sports are completely new, the men's cross country program is actually being re-established. The program was discontinued in the early 1980s after many years of success including six top-ten national finishes and ten All-American citations.

With the addition of the junior varsity women's program, that will bring the College's junior varsity offering to five. Junior varsity programs new this fall were men's and women's basketball, baseball, and softball.

Current head volleyball coach Laurie Felderman is excited to begin recruiting for the junior varsity component for her volleyball program, "Watching the very competitive practices of the newly-added [junior varsity] programs proves to me that this will strengthen our entire volleyball program at Peru State."

At Peru State, student-athletes may compete at both the junior varsity and varsity levels. NAIA guidelines allow for cross competition within scheduling limitations.

Peru State competes in the Heart of America Athletic Conference (Heart) against member schools in Missouri, Kansas, Iowa and Nebraska. In addition to playing Heart schools, the new programs will also look to play against other NAIA schools in Nebraska and regional junior college athletic teams.

Heart Commissioner Lori Thomas was pleased to learn of Peru State's decision to add programs, "Congratulations to Peru State as they expand their sports offerings and student-athlete experience. With the addition of men's and women's bowling, the Heart will gain a national championship automatic berth; and competitive dance will bring the conference up to ten sponsoring institutions, the largest participation out of all NAIA conferences. It is great to see when an institution looks not only at what makes sense to their campus but also a great fit for the conference."

Potential students interested in athletics at Peru State are encouraged to visit www.pscbobcats.com, speak with an admissions representative or coach.

To express an interest, potential athletes can also complete the College's inquiry form at:
<http://my.peru.edu/athletics/inquiryform>



2019 BOBCAT FOOTBALL SCHEDULE

SEPT 28
BAKER UNIV.
PERU, NE - OAKBOWL
HOMECOMING

OCT 5
CENTRAL
METHODIST UNIV.
@Fayette, MO

OCT 19
CLARKE UNIV.
@Dubuque, IA

OCT 26
CULVER-STOCKTON
COLLEGE
PERU, NE - OAKBOWL

NOV 2
WILLIAM PENN
UNIV.
@Oskaloosa, IA

NOV 9
GRAND VIEW UNIV.
@Des Moines, IA

NOV 16
GRACELAND UNIV.
PERU, NE - OAKBOWL
SENIOR DAY



Nebraska's First College • Established in 1867 • Peru, Nebraska • 1-800-742-4412 • Member, Nebraska State College System
Accredited by the Higher Learning Commission since 1915
Accredited by the National Council for Accreditation of Teacher Education (NCATE)



Valentino's®

*The Best Pizza Ever Made
- Guaranteed!*



Purchase Gift Cards Totaling \$50, and
Receive a \$5 Gift Card Free!



Valentino's of Nebraska City
1710 South 11th Street
Nebraska City, NE 68410
(402) 873-5522

Stop in and have your fill of
The Grand Italian Buffet!
Includes Pizza, Salad & Dessert

\$1 off Grand Italian Buffet; Limit 6/coupon
Good Through December 31, 2019



Redeemable Only at Valentino's in Nebraska City.
(402) 873-5522 1710 South 11th Nebraska City, NE68410

\$1 off Grand Italian Buffet; Limit 6/coupon

PLUS

**Buy any pizza and
get a frozen pizza
'to go' for half price!**

Draper's



SUPER BEE

Pure Raw Honey

12 oz. bears	\$3.75
24 oz. bears	\$6.50
5 lb. jug	\$19.00
1 gallon jug (12 lbs.).....	\$44.00
5 gallon jug (60 lbs.).....	\$173.00

402 - 274 - 3725

Auburn, Nebraska
We Can Ship Any Amount