

# Your *Country* Neighbor

April, 2016

**Free**

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

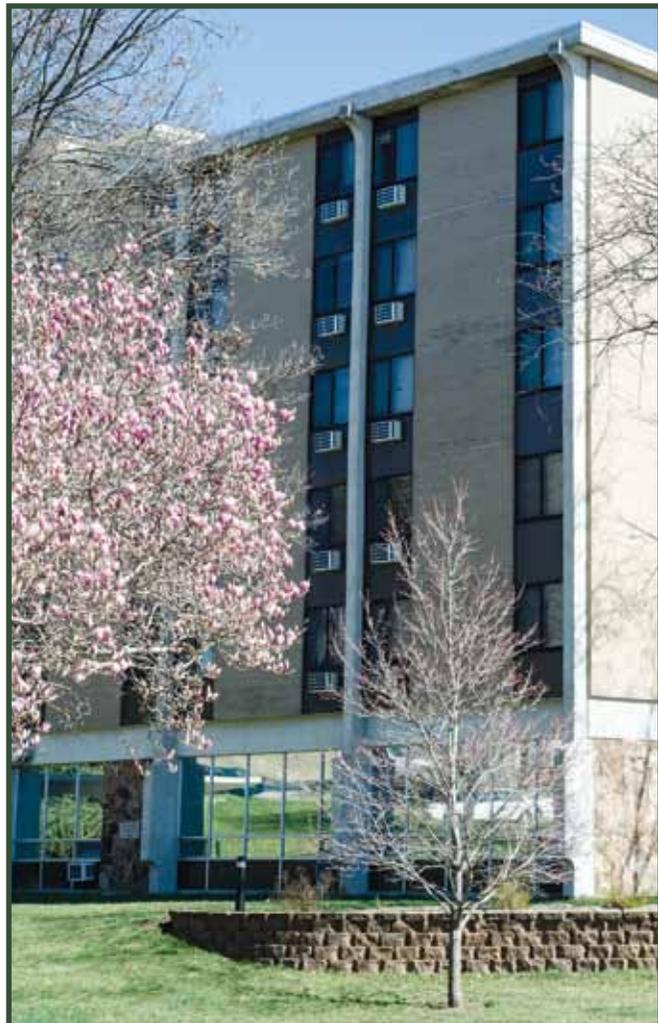
**A Magazine for  
Small Towns and  
Rural America**



House Finches are common, and melodius.



Cedar Waxwings pause during migration; Courthouse Square, Auburn, March 5, 2016



LEFT: In several South-east Nebraska communities, this publication is hand delivered to senior living facilities.

BELOW: The waterfall is picturesque at the winery in Brownville.









FINE JEWELRY & GIFTS

**Locations in Nebraska City & Omaha**  
martinjewelry.net

10000 California Street Omaha, Nebraska 68114	904 Central Avenue Nebraska City, Nebraska 68114
--	---

(402) 873-5058

## THE CLEANERS

*Professional Dry Cleaning*

**4 more locations to serve you!**

- Nebraska City - Brown's Shoe Fit
- Falls City - Brown's Shoe Fit
- Seneca - Seneca Variety
- Sabetha - Main Street Auto



Pickup and delivery to these locations each Monday and Thursday.

402-274-3213  
809 Central Ave, Auburn, Nebraska

# Contents

Cover Comments.....	2
“A Different Way Of Thinking”.....	3
“Where Life Is Good”.....	4
Devon’s Poetry.....	5
More Photography.....	6,7
Merri’s Diary.....	8
Carol’s Poetry & Photos.....	9
One More Photo.....	10
Dementia vs. Cognitive Issues.....	11
<b>VALENTINO’S COUPON!.....</b>	<b>12</b>

**Your Country Neighbor**  
*A Voice and a View From the  
 Valleys of the Nemaha*  
 Publisher & Photographer, Stephen Hassler

**Writers This Month**

Devon Adams  
 Carol Carpenter  
 Stephen Hassler  
 Merri Johnson  
 Lee Nyberg  
 Marilyn Woerth

**Thank You!**

**Your Country Neighbor**

P.O. Box 126  
 Peru, Nebraska 68421

[countryneighbor@windstream.net](mailto:countryneighbor@windstream.net)

View Online Version at  
[www.yourcountryneighbor.com](http://www.yourcountryneighbor.com)

Copyright 2016, 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.

## Cover Comments

I think the Cedar Waxwing is the most exotic bird in Southeast Nebraska. It is frequently seen with Robins in early Spring, because during migration both are attracted to trees with berries, like the crab apple trees surrounding the Nemaha County Courthouse in Auburn, Nebraska. If you google “Robins and Waxwings” you will find more facts about this interesting camaraderie.

The song of the House Finch reminds me of the Wren’s.

This ‘high rise’ in Nebraska City is one of the more recent destinations for this publication. Thank you residents, for your appreciation.

The waterfall at the Whiskey Run Creek Winery in Brownville, is one of the earlier signs of Spring.

Have fun in April!

Stephen

**SEE ME FOR YOUR INSURANCE AND FINANCIAL REVIEW.**

Together we'll prioritize your needs and help you plan your financial future. Schedule your free review today.

WE LIVE WHERE YOU LIVE.®



Patrick Castle Ins Agcy Inc  
 Pat Castle, Agent  
 Auburn, NE 68305  
 Bus: 402-274-5121



**LIKE A GOOD NEIGHBOR, STATE FARM IS THERE.®**

Providing Insurance and Financial Services

Consult your tax or legal advisor for specific advice.  
 State Farm • Home Offices: Bloomington, IL  
 P036333 10/03

**FARMERS BANK OF COOK**  
 Growing in Southeast Nebraska





**Main Office**  
 Cook, NE 68329  
 864-4191

Bank of Peru  
 Peru, NE 68421

Citizens State Bank  
 Virginia, NE 68458

State bank of Liberty  
 Liberty, NE 68381

Wymore State Bank  
 Wymore, NE 68466

Tecumseh Branch  
 Tecumseh, NE 68450

Louisville Branch  
 Louisville, NE 68037

Syracuse Branch  
 Syracuse, NE 68446

## Share With Others!

If you like this publication, please send the internet address (below), to your relatives and friends who live outside our ‘Country Neighbor’ area. Or tell them to google “your country neighbor”. There are more than ten years of monthly issues ‘online’ for everyone’s viewing pleasure.

[www.yourcountryneighbor.com](http://www.yourcountryneighbor.com)

Please consider supporting the advertisers who support *Your Country Neighbor*, and mention where you saw their ad.

Thank you!



**Cody's U-Save Pharmacy**

**U-SAVE PHARMACY**

- Convenient Drive-Thru Window
- Free Delivery Service In Auburn Mon thru Sat
- Free Delivery Service In Peru on Tue & Thu
- Same-Day Prescription Mail-out Service
- We Accept All Major Insurance Plans
- We Accept **All Medicare D Plans**
- We Administer Whooping Cough, Shingles and Flu Vaccines (except Thur & Sun)
- Hours: Mon-Fri 8:30-5:30, Sat 8:30 - 1:00



buy 1 get 1  
**FREE**  
ALL Mason Nature Vitamins

Offer Good Through April, 2016

[www.Stores.Healthmart/CodysUsavePharmacy](http://www.Stores.Healthmart/CodysUsavePharmacy)



(402) 274-4186 or (800) 628-6394    2220 J Street • Auburn, Nebraska 68305



**Certified Tire Center**  
**Schneider OK Tire**

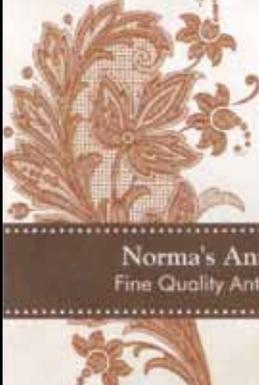
Authorized Dealer




2314 J Street, Auburn, NE

**Tires**  
**Batteries**  
**Alignments**  
**Oil Changes**  
**Brake Work**  
**Shock & Strut Installation**

402-274-4947



Norma's Antique Mall, LLC  
1715 Stone Street  
Falls City, NE 68355

Norma Brittell  
Owner

Norma's Antique Mall, LLC  
Fine Quality Antiques & Collectibles

402-245-4338

FaceBook At Normasantiquemall

## A Different Way of Thinking

Stephen Hassler

Recently I was visiting a friend at a home for seniors. It was one of those rare, warm days before the first of Spring, so we decided to have our conversation outside in the sunshine. There were a few small trees around the perimeter of the courtyard; the largest was a crab apple tree which would soon become a "red-bud" in bloom. We sat in metal, outdoor chairs in the sunny center of the courtyard.

We had not been there long, when a woman with white hair approached in a wheelchair from a door on the other side of the courtyard. Seated, but 'stepping along', she slowly rolled toward us, her hands folded in her lap. She paused as I moved a chair out of her way, so she could move into our 'circle'. "Is that going to bloom?" she asked, pointing at the nearby crab apple tree. I said that I thought it would within a few weeks. Then I asked her if she knew my friend. She looked at Ron for a few seconds before quietly replying, "I don't know." Ron mentioned that he thought they ate in different dining rooms. After introducing Ron, I asked her name. "Clare," she said. She spoke low, her voice an even tone. Then Ron informed her, "He does the Country Neighbor." She replied, "Oh! I used to get that, but they don't do it anymore." I said that I still do it and that I would bring her a copy next month. Ron, always prepared, had a current copy in the 'seat compartment' of his walker, and gave it to her. She commented favorably on the photos on the front page, especially the Robin.

At some point in our conversation she brought up her age. "I'm in my nineties," she softly spoke. "I'm almost 100. I don't know how close. They'll tell me on my birthday." I smiled inside when she said that. Once again she pointed at the crab apple tree. "Is that going to bloom?" Again, I said I thought it would in a few weeks.

Clare rolled over to a shaded area on the patio. She didn't want to get sunburn. Politely, Ron and I moved our chairs as well, but I remained on the edge of the shade because I wanted to sit in the sun. She noticed some rust on the metal patio table. "They should paint that or it will rust," she said, "I always liked to paint things. Things look so much better when they're painted." She looked around at the trim on the building. "It looks so nice when it's painted."

An attendant appeared at the door where Clare had entered, informing her of 'lunchtime'. "Oh, I better go," she said, turning her chair around. I said that it was nice meeting her. Half way to the door I heard her reply, "It was nice meeting you too."

It was time for Ron's lunch as well, so we headed back toward the entrance on 'his side' of the courtyard.

I glanced at the crab apple tree as we walked past. I'll be back when it's in bloom, and make sure Clare sees it.

## Where Life Is Good

Marilyn Woerth

My daughter-in-law posted on Facebook, Saturday March 19, "Go home Mother Nature you are drunk." I don't know what she was expecting. It was March and Mother Nature loves to play Russian roulette in the Midwest in the spring. I have noticed that when we have a really mild, late winter, well, you can just about expect a blast from the past before the last (possible) frost date. Of course that frost date is relevant only to the area you live in; for instance I live in a zone 5 and Kansas City is zone 4. Of course that means they get spring blooms a week or two before we do. Anyway, all of us here in zone 5 can expect the possibility of a frost or snow until mid May around the 10th or 15th.

Today, blood root and Lenten roses are blooming in the woodland. Forsythia, daffodils, hyacinth, crocuses and windflowers are putting a smile on my face. I planted my spinach, lettuce, and kale in the salad bowl garden box mid March. Then I started some broccoli and Brussels sprouts inside about the same time. Green onions and beets will go in soon, and then there will be a wait for the peppers, tomatoes, cucumbers, and squash. My husband has weeded the strawberry/asparagus bed. I can almost taste them both.

Steve was cleaning out the pond waterfall and was not thrilled with the latest surprise. A mass of root material has grown under the lining and up the waterfall and into his bio filter area. He's had to chop it up to remove it thus pushing back the date for turning on the pond. Oh well, now that he knows this is happening he will keep more of an eye on it and look for a safe solution.

Do you know what I hate the most about Easter in March? It leaves little to look forward to in April except cleaning out more of the flower beds. So why did I develop a new one this fall? I must have felt a few minutes of energetic youth or regrettably, insanity. And I plan to enlarge that bed this spring at least that's what I told myself last fall.

Hubby and grandsons are planning on putting a zip line over the gully. My young nieces have put their two cents in on how to build it as well, everyone is an engineer around here. I play in the dirt.

Today in church I prayed for all my family, those with us and those that are not. I also got a little selfish and prayed for more energy and less arthritis. I hope that's okay with Him.

Been thinking about the elections a lot lately, feeling depressed. Why can't they all just live by the Ten Commandments? Sure would make my burden a lot less. I have also been thinking that the Midwest is changing. Use to be we were all so friendly. The mass migrations to the big towns seem to be changing that lately. I mean here in my little county people are still friendly but when I go to the mega cities seems like friendliness is a hard commodity to find. I wonder if people are losing themselves in all that noise and business.

Think I will unplug this week, kick back and enjoy the peace and quiet where life is good. Hopefully, there will be a bit of sun on my face as well. Please Mother Nature no more drinking.

*Whiskey Run Creek*  
VINEYARD & WINERY

**April Wine-Tasting Hours:**  
Wednesday through Saturday  
10:00 a.m. to 5:00 p.m.  
Sundays  
1:00 p.m. to 5:00 p.m.  
Closed Mondays and Tuesdays



*Whiskey Run Creek Vineyard & Winery*

### Watch For Our Weekly Entertainment!

## Our Summer Music Series Begins

### The First Friday In May!

## We Begin With *The Porcelain Throne*

**Ask Us About Our "Case Customer" Program.**  
Reserve the 'Loft' for your Wedding, Party, or other Event.

402-825-4601  
whiskeyruncreek.com

702 Main Street  
Brownville, Nebraska 68321

## *Brownville Lyceum Cafe*



**Open Daily**  
11:00 A.M. to 2:00 P.M.

plus

**Saturdays**  
5:00 P.M. - 8:00 P.M.

**Closed Mondays**

**Be our guest Saturday evenings; enjoy *Prime Rib* or other *Delicious Entrées* with the Lyceum's home cooked flavor.**

**Anita Robertson, Owner/Manager**

402-825-4321 228 Main Street Brownville, Nebraska  
Like Us on [facebook.com/BrownvilleLyceumCafe](https://www.facebook.com/BrownvilleLyceumCafe)

## HIDDEN WINGS

The subtle rustle of feathers makes ripples in sweet spring air. Busy birds are building nests and waiting for the eggs. Summer is coming, and it will bring long light and green growth. Hidden among the criss-cross patterns of wrens and jays, cardinals and finches, hawks and doves, and the flashes of blue indigo, are other wings. They are always there, waiting to fly to those who need help. When a fawn steps too close to danger, something bumps it out of trouble. A newborn calf watches a figure flap his iridescent wings to scatter coyotes, before his mother can find the strength to charge at them. A person stumbles from a totaled car, with no injuries, and he feels the caress of wings on his cheek. A child is gripped by strong arms that grab him before the speeding truck makes contact, but bystanders only see the boy tumble backwards. There are forces in the spaces between what we can see, and they are always close enough to help when we can't help ourselves.

## DECISIONS

Thoughts bubble and seethe inside a troubled mind, and no solution seems simple. There is only confusion when emotions clash. Wants and needs and former choices come together in a bloody battle. Add to the mix delusions that cloud our judgement, and our minds can manufacture reasons that seem to make sense. So we make a decision. The hard part is driving down the road into the future, hoping we haven't laid out land mines that will blow apart our hopeful plans.

# Poetry by Devon Adams

## SKY DANCERS

Eagles soar and flirt and mate in circled spirals, twisted flips and daring dives. With bodies made for flying and for killing, their streamlined muscles and telephoto vision also let them play in games that humans can't imagine. The sky belongs to them in ways that even other birds can't own.

## FAST LIVES

Every year the bulbs explode with stalks that punch up through the soil to grab the heat and light. Flowers form, from memories written in the roots, and drink the rain and touch the bees that come to kiss them. Then they fade and fall away, leaving only perfumed ghosts.

## DO I KNOW YOU?

Faces used to be familiar when school was every day, and tomorrow didn't mean forever. Then time took us on a fast train ride. Now we meet on the street, or at reunions, and we aren't sure. Forget the bodies, which have changed too much to care. But underneath our masks of time, we are still the children that we've always been.

## SUN DAYS

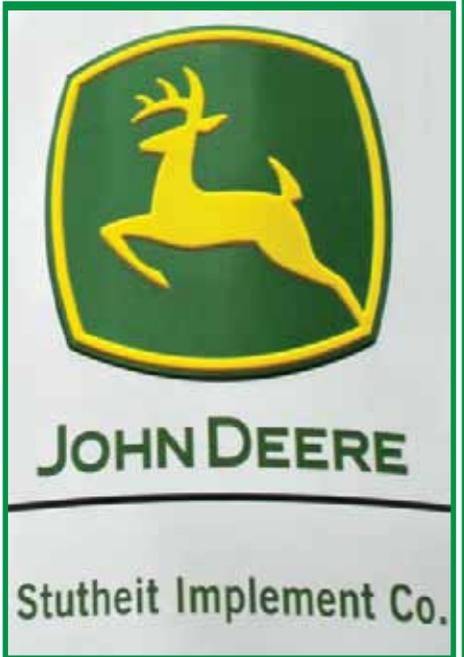
The long sun is coming back again, and sleepers will awaken early. Evenings will be lit with lovely glows that make the stars impatient for their turn to shine. Another planet couldn't be much more different than summer is from winter. The soft shell pink that arches overhead after heat and storms, diffused with colors reflected from the earth, is far away from frozen skies set with sun dogs howling at a cold-fired star.

**PENCIL PORTRAITS:  
PEOPLE & ANIMALS**  
Done from your photographs.  
Send to:  
Devon Adams  
P.O. Box 192  
Peru, NE 68421  
OR  
buckskinz@windstream.net

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

Phone: 402-209-9377  
Web Site: BuckSkinz.com





(A) Auburn, NE on Highway 75  
800-456-9916 or 402-274-4941

(S) Syracuse, NE on Highway 50  
800-374-4630 or 402-269-2241



**\$0 DOWN & 0% FOR 60 MONTHS!**

- 24.2 hp (17.8 kw)
- 4-wheel drive
- Crusie control
- Hydrostatic transmission

**ONLY  
\$210  
PER  
MONTH**

*Pick at least 2 Implements and receive  
an extra \$500 discount.*

BB2048 Box Blade  
\$17.50 per month



H120 Loader  
\$47 per month



60D Mower Deck  
\$47 per month



- (S) 90's Orthman Soil Mover 50, 5 yard, dump style .....\$6980
- (S) '12 JD 568 Round Baler, twine, wrap, hyd, Megawide pick up ....\$26,900
- (S) Frontier 8 ft 3 pt blade .....\$800
- (S) '14 JD X300, 86 hours, 42" deck, rear bagger, remaining warranty ...\$2400
- (S) '08 JD X724, 460 hours, 62" deck, 27HP, 2WD, 4WS, 54" snowblower .....\$5,000
- (A) '11 H&S HSCR12, 12 wheel carted rake, real good condition ...\$3200
- (A) '12 JD X320, 133HRS, 48" deck, hydro .....\$2500
- (S) '14 JD 5115M, 3 function,16F/16R PR, 3 SCV, 154 hrs .....\$62,000
- (S) '15 Schaben 60 gal utility sprayer, 10 ft booms .....\$720
- (S) '04 JD 4410,430 loader, 72" deck, Curtis cab with heat,4wd .....\$14,800
- (S) '04 Vermeer 605M Round Baler .....\$18,000
- (S) '14 JD 6115R, AutoQuad+Eco, Prem Cab, 3-function mid-mount ...\$91,500
- (S) Bobcat 84" Hyd Front Angle Blade .....\$2000

**John Deere - Honda - Toro Mowers in Inventory**  
[www.stutheitimpl.com](http://www.stutheitimpl.com)

**Large Enough To Accomodate You, Small Enough To Appreciate You**



Waxwing with crab apple 'berry'.



I'm beginning to notice more green out in the country.

**PRICE REDUCED**



**706 14th Street \$110,000**  
 Charm, Character, Curb Appeal - This one has them all - and more!! Beautiful Oak floors greet you in the living room and dining room, along with a gorgeous new black marble fireplace. Two main floor bedrooms, with full bath and two sleeping rooms in the basement along with a full bath. Detached garage.

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 Melage, Sales.....274-8557  
 Carla Mason, Broker.....274-1817



**2311 Q Street \$136,500**  
 4 bed, 1 3/4 bath, family room, roomy kit/appliances, 1-car garage.



**1115 13th Street \$69,000**  
 2 bedroom, 1 3/4 bath home with detached garage



**NEW CONSTRUCTION**  
**1916 6th Street \$275,000**  
 3 bedroom 2 1/2 bath, Access to approx. 14x19 deck, full walkout bsmt



**713 4th St., Peru \$34,900**  
 3-bed 2-bath, large kitchen, main floor laundry.



**609 Neal, Peru \$59,900**  
 3-bed, 1-bath, w/full basement. Next to city park. 1-car garage.



**PRICE REDUCED**  
**1609 23rd Street \$149,900**  
 3-bed, 1 full bath, and two 3/4 baths. Bsmt apt w/sep entr, 2-car garage



**820 Central Avenue Auburn, Nebraska 68305**  
[www.americandreamrealestatecompany.com](http://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**



American Robin, March 5, 2016.  
 Nemaha County Courthouse Square

**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**  
 pkuse@windstream.net

916 Central Avenue  
 Auburn, NE 68305

---

(402) 274-5106      Fax: (402) 274-2580

**THE HAIR COTTAGE**

*-For All Your Family  
 Hair Care Needs*

**Shelly Nichols**  
 Peru, Nebraska      *-Tanning*  
 402-872-3107      *-Manicures*

**Hours:**  
 Tuesday - Friday 9-5; Sat. 8-12:00  
 After hours by appointment only  
 Walk-ins welcome

**Shop At The  
 Best Used  
 Clothing Store**



**Neighborhood Closet's Location is**  
**911 Central Ave. in Auburn**

Tue, Wed, Thu, Fri, 9 a.m. to 5 p.m.    Sat 10 a.m. to 2 p.m.

## Diary of a Part-time Housewife

Merri Johnson

Moss Creek Plantation, Bluffton, S.C.: I feel like a foreign correspondent, writing to you all from the Atlantic Coast of South Carolina. Hubby and I arrived here two days ago for our official retirement celebration trip.

Our daughter and son-in-law live nearby, so this area isn't completely new to us. But making an extended visit is a new experience. You know the feeling you get on vacation: your everyday world ceases to exist. Even if you just stay home, it feels as if you don't have a job at all. You are totally free to spend your days however you choose.

You can just "be in the moment." At least that's the theory. Hubby's thinking is still under the influence of planning for the next project or deadline. Yesterday, we were sitting at a sidewalk café just soaking up the warm air when hubby said, "I have to remember to get signed up for Medicare when we get home." I ask you, is that the sort of conversation couples are having in those resort commercials?

I shouldn't give him too hard a time about practical thinking, I guess. I'm the one who had misgivings about being gone during peak spring gardening time. We got most of the yard clean-up done before we left. We even planted lettuce and spinach, anticipating that it will be ready when we get home. But, we're going to miss out on the asparagus. Neighbors will get the benefit of that. And I guess we won't plant potatoes this year. But that leaves room to spread out the tomatoes and maybe even plant something new.

I'm missing out on enjoying my own daffodils and iris and crab apple and redbud blossoms. And I think this year will be the best yet for my service berry and dogwood blossoms. Sigh. I guess the azaleas and magnolias and wisteria and all sorts of other blooming trees and shrubs here will just have to do....

Our home-away-from-home here is located in a development that includes salt water marshes and ponds as well as oodles of mature loblolly pines, palms and live oaks. Sitting on the patio yesterday we discovered three bright green tree(?) frogs perched up under the patio umbrella, along with several geckos and gray squirrels to entertain us. A short walk yielded sightings of herons, anhingas, a turtle, wharf crabs, and even a small alligator. I plan to spend a lot of time with my binoculars and nature field guides.

By the time our sojourn here is over, we'll probably feel right at home. We may even regret that it's time to turn the car around back west again. But I know that once we cross the Mississippi River, the cornfields and open spaces will be welcome sights. We won't just feel at home, we'll be home.

But until then, I plan to "be" in South Carolina. Happy Spring, y'all!!

# Photography & Poetry by Carol Carpenter



April

April seduces me  
fingers of wind  
comb the sky  
dressed in blue and pink  
the sunrise writes her poem  
while in the west, the sudden  
danger of purple lightning crackles

As I stand in the garden  
and face the wet wind  
my hands full of daffodils  
their goblets fresh  
with rain  
and I  
succumb

June

June blooms  
joyous and lusty green  
twigs burdened by dark leaves droop  
rain glittered pearls drip from serrated edges

The wind gathers  
birdsong of orioles  
and buntings  
Great blue herons claim  
the pond fringe beneath  
scolding red-winged blackbirds

Lazy daylight lingers  
hanging feathers  
under the Milky Way  
Campfire and grill smoke  
drape across the night  
while barred owls  
hunt constantly for  
their rapidly  
growing twins



May

Drink of live water  
and wild plums blooming,  
stand between the singing trees  
where bright birdsong breezes  
pour over the hills  
between branches of light.

In a torrent, an old tree catches  
in the culvert, overflowing the road  
and I catch a crappie at  
the end of the driveway  
while the cats chase crawfish  
flushed from their underground huts.

In the golden mist, a rainbow  
droops from the bottom  
of the clouds. The olive green  
finches turn gold and  
the house wrens  
begin to warble.



**HEARTHSIDE COUNTRY STORE**  
 2 MILES NORTH OF SABETHA, KANSAS ON HWY 75  
 BULK FOODS  
 KITCHENWARE  
 ORCHARD FRESH SUMMER FRUITS



Hours: Mon. - Sat. 8:00 a.m. - 5:30 p.m.  
 BEVERLY GOODMAN  
 Manager

---

2494 200th Road Sabetha, KS 66534  
 Phone & Fax: (785) 284-0303  
 E-mail: hearthside2494@att.net  
 www.hearthsidecountrystore.com  
 ~ Follow us on facebook ~

**Drink Responsibly**

**ARRIVE HOME SAFELY!**

---

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

**All Makes & Models**

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



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

**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**

**Golden Acres Apartments -- Cook, NE**  
 ONE BEDROOM APARTMENTS AVAILABLE

Electric stove, refrigerator  
 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 window air units  
 Rent based on gross income and family size  
 Rental assistance available for qualified applicants  
**This Institution is an Equal Opportunity Provider and Employer**

**For Applications  
 Call Lydia at 402-274-5460**



Red-bellied Woodpecker and Cedar Waxwing

# Alzheimer's Affects Us All



## Dementia is not the same as Mild Cognitive Impairment

By Lee Nyberg

Did you forget where you put your keys lately? How about your glasses? You've probably had a few secret conversations with yourself about how "with it" you still are and I don't mean "hip." I'm talking about the nagging fears many people have when they believe they are becoming forgetful.

Most adults in the 60+ group are concerned about developing cognitive difficulties which could lead to dementia. These understandable fears may in part be due to concerns about hereditary forms of dementia, as well as the growing numbers of parents, spouses, and friends living with dementia. In 2014, around 12% of Nebraska's seniors had some form of dementia. This percentage is expected to climb to 21% by 2025.

Normal aging is not helping the situation. From our 20's and on, mental function slows, we forget more, pay attention less, and take longer to think. Despite that, we can still learn and function at very high levels.

Consistent changes in thinking ability make people nervous with good reason. Mayo Clinic recommends a neurological examination if you or others notice:

- Increased forgetfulness
- Great difficulty multi-tasking
- Inability to follow a movie or a conversation
- Forgetting important appointments or events
- Decision making overwhelms you

These changes could be signs of Mild Cognitive Impairment (MCI), which is altered cognitive ability beyond normal aging, but not so extreme as to be considered dementia. Important to note about MCI:

- It does not necessarily lead to developing dementia; only half of those with Mild Cognitive Impairment progress to dementia
- It is reversible when caused by medication, a vitamin B-12 deficiency, thyroid abnormalities, or depression
- Since doctors believe much of MCI is caused by vascular problems, they recommend addressing artery diseases, blood clots, and aneurisms to slow the progression of MCI
- Researchers believe a healthy lifestyle, including exercise, a Mediterranean-type diet, and continued learning, helps people maintain brain health and cognitive functioning.

People with MCI work and function very well in their daily activities, and are able to manage their own affairs and money. To help cope:

- Get enough sleep. If you have trouble sleeping, have a sleep study done. (National Library of Medicine confirms most older adults have trouble sleeping due to a variety of causes, including heart disease, pain, and/or bladder issues.)
- Use a calendar and carry it with you.
- Practice remembering; tell yourself what you're going to do before and during the action. (I am going to call John now. Now I am calling John.)
- Store things in routine places so you can find them; declutter
- Practice focusing and paying attention; such as listening and connecting during an introduction and turning down extraneous noise while reading instructions
- Challenge your brain; learn a new language or discuss books with friends
- Eat for brain health; choose the Mediterranean or MIND diet
- Exercise more: ask your doctor how much exercise you should be getting and then do it.
- Maintain a healthy weight to avoid diabetes and hypertension. Both conditions are connected to cognitive declines.

Make the most of your brain health with diet, exercise, and mental engagement. Your mind is worth it, isn't it?

Lee Nyberg seeks to help families and those living with Alzheimer's through education and her company, Home Care Assistance. 402-763-9140

# TINCHER OF AUBURN

sales and service

**WE FINANCE!**



**This Month's Special!**



2001 Ford Escape 4x4



2009 Dodge Ram 4x4



2001 Dodge Durango SLT 4x4



2006 Chrysler Town & Country



1997 Malibu, Clean, Low Miles!



2008 Toyota Sienna XLE



2011 Chev Equinox LS



2004 Dodge Stratus



2006 Pontiac G6 GT



2009 Kawasaki KZ 900

**VEHICLES NOT PICTURED**

- 1998 Ford Expedition Ed Bauer Package \$3995
- 2001 Oldsmobile Intrigue \$3350
- 2000 Ford Windstar, Reduced, Low Miles! \$3295
- 1995 Ford F350 Super Crew 4x4 Diesel \$2495
- 1999 Chev S-10 4x2 Extended Cab \$1400

**COMPLETE AUTO SERVICE AND REPAIR**  
**ALL MAKES AND MODELS**  
 Heavy & Light Engine Repair  
 Alignments Exhaust Repair  
 Brake Work Detailing

**814 Central Ave. Auburn, Nebraska 68305**  
 Call 402-274-2277 Visit [www.TincherAutoSales.com](http://www.TincherAutoSales.com)

# Valentino's

*The Best Pizza Ever Made - Guaranteed!*



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



**\$1 off Grand Italian Buffet; Limit 6/coupon**  
 Good Through May 31, 2016



Redeemable Only at Valentino's in Nebraska City.  
 (402) 873-5522 1710 South 11th Nebraska City, NE 68410

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

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

**Another Great Favorite!**  
**Country Style Fried Chicken!!**  
 Always Fresh, Never Frozen  
 With Sides of Corn, Biscuits,  
 Mashed Potatoes & Gravy

April, 2016

Your Country Neighbor



Serving Breakfast, Lunch and Dinner

Sunday 7:00 am - 2:00 pm  
 Monday - Thursday 5:00 am - 2:00 pm  
 Friday - Saturday 5:00 am - 8:00 pm

*On Our Dinner Menu:*  
 Prime Rib Seafood  
 Soup & Salad Bar  
 Homemade Desserts

[facebook.com/CafeMetroAuburn](http://facebook.com/CafeMetroAuburn)  
 402.274.1588 901 Central Ave, Auburn