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Free

April, 2017

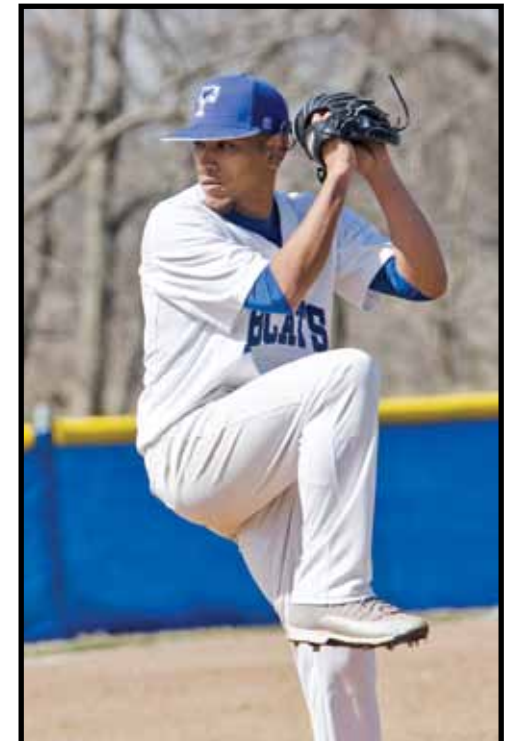
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More Spring Blossoms on pages 6 & 9

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More PSC Sports on pages 3 & 10

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April Writers

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Thank You!

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Guitar Poems

Steve Adams



This ol' country lane
has seen a lot of pain
seen a lot of tears
and seen its share of rain

Wide open spaces
neighbors, they were few
it's just what we wanted
we knew it was true

Mostly it was work
but good times too
we stood up straight
red, white, and blue

I guess we were protected
out there all alone
but now years later
it's my idea of home

Grass is always greener
but not on this hill
hot apple pie
cooling' on the window sill

You could say we were proud
and that would be true
we stood up straight
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Where Life Is Good

Marilyn Woerth

My girl flick bank is back on schedule. At our house, with two sons and three grandsons that bank is usually on empty. Now, my super hero, shoot 'em up, and karate kick them bank is usually overflowing. Recently for the girl flick bank there was Manchester by the Sea, and since it's my birthday week hubby had to take me to Beauty and the Beast (last title is sung in my mind). I think Logan might have counted as two for the guy flick bank. So I think it is my turn again. What us girls have to endure for the men in our lives. Seriously, I think the guy flick bank is usually three to one to my girl flick bank.

Such is life. I am off this weekend (March 23-25) to a Daughters of American Revolution conference so I am going to get something I rarely get, girl time. There is even going to be a pajama party Thursday night. Hubby and middle grandson are going on a weekend camping trip with Boy Scouts at Indian Cave. So we both will be happy. And since it's supposed to rain this weekend I am getting the better end of the deal.

One of the cool things that will be done during the conference and is always done at all DAR conferences is a tribute program honoring veterans. D.A.R. members are expected to wear dresses as well as hats and white gloves to this program. So I did something different. I went to Etsy and found vintage hats and gloves. It took me two days to make my choice but I am thrilled with my choices and I may even look very lady like at the program. Maybe!

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tion is such a neat organization. Did you know that even if your ancestor sold the American soldiers or sailors a horse, cow, or bushel of corn you can join? The government kept receipts on everything. Also, if your ancestor held public office during that time, say a judge, sheriff, or village counsel etc. you can join. The D.A.R. has an extensive genealogy library. My patriot came from Pennsylvania. Actually, I have two more, but I haven't done the paperwork on either of them.

I am so proud of the D.A.R. chapter I belong to. This year alone; we honored the veterans at the local nursing home on Veterans Day, collected baby items for an Indian Reservation, donated books to the library, gave a presentation to a grade school class, passed out small flags at the Brownville Freedom Day parade, donated blankets to

homeless veterans, and right now we are gathering items to send to female Nebraska service members overseas. That's just a few of the things I can think of off the top of my head. If you're interested give us a call. We have a recruiting meeting in Auburn in May. Check on-line at the National and state level for more information on contact people in your area. Did you know that there is also a Sons of American Revolution as well?

Feeling very patriotic right now, and looking forward to my conference, where life is good.

mwoerth@gmail.com

Poetry by Devon Adams

HOLLOW HEART

Things had changed, since the old maple was just a sprout. He used to stand in a pasture, next to a gravel road, but then the city grew. Soon the gravel was paved, and vehicles hurried by, leaving trails of smoggy exhaust and noise. Still, the birds needed him, and over the years he saw hundreds of eggs hatch and watched their occupants grow and fly away. He loved them all. Even in winter, his limbs were a haven. In time, his massive girth split into a little crack in the bark, letting in moisture, and some major branches blew off, leaving major holes in his hide. Critters crawled in and their babies would peek out, waiting for Mom to come home. Rain, insects, mold and time worked together to ravage the old boys stability. Then a nasty storm passed by and his mighty heart was broken. He was hollow on the inside and he couldn't fight anymore.

WILLOW MOON

The willows are going green as they stand in deep dry grass that was cured by the sun many months ago. Snow has come for the last time, and ice is a chilly memory. Flashy wings cut low above the lake water, as they come in for a landing. Setting their wing brakes, the snow geese coast into a slide across the mirrored sheen from a molten sun. Subtle rustles and ripples are a muted background for the orchestra of sleepy songs sung by birds in a hurry to proceed with spring. As the day falls into night, a gold moon rises, staring through the delicate saplings.

FLUTTERS AND SHUTTERS

They flit and flutter through the flowers, seeking the sweetest scents. Their colors rival the blooms, but the butterfly designs painted on their wings are intricate to a higher degree of art. Survival against the elements is a daily stress, but their lovely dance goes on, flashing in the sun. The guy with the camera is trying to keep up, tripping over vines, being stung by bees, waiting for a pause so he can snap his shutter fast enough to catch them in a magic moment that he gets to keep forever.

AROUND THE BEND

The river is lazy in the late afternoon, as it flows past the cottonwood giants lining it's shore. Resting from spring floods, the muscles of the currents have relaxed, but are always restless. The journey to the sea is constant and forever. Floating through the soft, warm air are tufts of cotton released by the trees in a yearly effort to live. They light on the sparkly ripples and ride into the distance and around a tight curve. From the shore, there is no line of sight beyond the bend, no way to see into the future, but the river goes there anyway, because that's the only path.

SIMPLE EQUATIONS

Math is simple, in the spring. One and one together, multiply, to make more than before. Nests are built in trees and in the grass, and even under the dirt in dens, waiting for babies to come out of hiding and into the wide world of wonder. Moms are in awe of the tiny creatures who are all wet and wiggly and ugly until they're dry and fed and up and on the go. Class is dismissed!

SEE YOU SOON

On an ordinary day, although each day is an only one, not a copy, a friendly chat with a friend happens with no new news. Just the usual talk about the families and babies and the kids in school, and the distant cousins. And the jobs and hobbies waiting. Then, that evening, a late phone call changes the world, when one is gone and the other is left behind to hope they'll meet again somewhere in time.

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I missed the 'Stopover' of the Cedar Waxwings at the Auburn Courthouse Square this Spring. I spotted these few in the treetops in my yard, 3/24/2017.



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Diary of a Part-time Naturalist
 Merri Johnson

When I began keeping a birding life list over three years ago, I was focused on merely recording data: the species name, date of observation, and location of sighting. My January 2014 list consisted mostly of birds that I'd been watching at my own birdfeeders for years already. But I took satisfaction in seeing that list grow longer as the month went by.

I took my binoculars and I.D. book with me almost any time I thought there was a chance of spying something not already on my list. It was becoming – if not an obsession – then at least a distraction from other things. A drive in the countryside to watch the sunset, a hike in the woods with hubby, a visit to out-of-state relatives all became ancillary to keeping an eye out for birds. Then there were the hikes and other excursions taken for the express purpose of watching birds.

The time commitment and physical effort required to get a good look at a bird is fairly significant. Occasionally I get lucky and quickly spot something that's easy to I.D. But most of my new finds close to home have come at the expense of a crick in my neck brought on by tree-top gazing, and likely several bug bites while sitting quietly and waiting for the birds to come to me. I haven't taken to sprinkling bird seed on my head to attract them, but I have been pooped on once or twice. Nobody ever said birds had manners.

Over time, I have expanded my criteria for justifying the addition of a bird to my list. On hikes with trained naturalists, I don't feel a bit guilty about claiming the experts' identification of a bird by its voice, even if neither I nor the expert actually sees the bird. We both heard it, after all. I've also included several "possible" sightings, noting descriptive features or the bird's song. Songs and calls, absent a visual clue, can be unreliable, however. I recently learned that the black-capped chickadee sounds almost exactly like what I had thought was an Eastern wood pewee. I plan to return to the location in question and try for a positive visual I.D. I may have to lie on my back for an hour with my binoculars propped on my eye sockets to get a conclusive I.D. of the small bird, whichever one it is.

I've collected a number of nests and egg shells that have fallen to the ground and attempted to identify those as well. But, again, nests and eggs of differing species can be very similar in appearance. I should issue a caveat here: there may be some regulations about collecting nests and eggs, so collect at your own risk. Personally, I'm counting on the bird police to have better things to do than inspect my collection.

Recently I was introduced to another I.D. technique: bird-watching forensics, if you will. The pileated woodpecker is a large bird – 17 inches from head to tip of tail – with a prominent red crest. It will be easy to recognize if you spot it. But even if you don't see, or even hear it, the evidence of its insect-hunting activity is obvious and unique as far as I know in this area. This bird literally shreds the bark from a tree, rather than drilling a neat round hole. On a hike at Waubonsie State Park in Iowa a few weeks ago, my companions showed me a basswood tree trunk that had been ripped apart up and down over a distance of several feet. Shreds of wood littered the ground and floated in a small pond below the tree. It looked like the scene of a bizarre beaver rampage. Our area is on the far western edge of the pileated woodpecker's range, so it's pretty cool to know that I have a good chance of actually seeing one in the near future.

If you've soldiered on through this column despite the fact that you have zero interest in birds, I thank you. But there's more to glean from my experience than some technical information about bird watching.

Close involvement with and observation of nature always teaches us about ourselves as well as about non-human creatures.

- Our passions, no matter how worthwhile, can become too consuming.
- Diligence and some degree of self-sacrifice are necessary to achieve anything of worth.
- Appearances and vocal communication can be misinterpreted.
- With experience comes understanding and a broadening of perspective.
- All things, including people, are inter-related and inter-dependent.

I could go on, but I hope you get the idea. Don't limit your life to just checking things off (or adding them to) a list. Dig a little deeper. Engage more with those around you. Learn something new and develop a greater appreciation for the wider world we all share.

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A Few Floral Scenes



Nebraska City



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Alzheimer's Affects Us All



Alzheimer's And Surgery: Preparation For The Best Outcome Begins At Home

By Lee Nyberg

Hospital stays make everyone uneasy. They are worse for people with dementia because the confusion which comes from their disease is magnified by the strangeness of the hospital's noise, odors, lighting, and people. Alzheimer's prevents a person understanding why painful procedures, like the insertion of an intravenous tube, are happening to them and therefore contributes to the fear they feel.

Families can help their loved ones prior to a hospital stay in ways which increase the chances of a successful procedure and minimize the risk of having to return.

First, follow pre-surgery instructions carefully. Surgical complications are worse for people with certain health issues:

- Heavy drinkers may suffer from more complications and infections
- Diabetics or those with pre-diabetes may have infections and poor healing at the surgical site
- Poor physical health may lead to higher risks of cardiac incidents during or post-surgery
- A recent heart attack increases chances of another one
- Some medications must be reduced slowly to prevent withdrawal symptoms; others, such as blood thinners, are extremely dangerous to continue due to the risk of bleeding post-surgery
- Poor nutrition can result in infections

Doctors often advise patients to improve their health before a surgery, specifying nutritious meals, preparatory medications, and adherence to maintenance routines, such as blood sugar monitoring for diabetes, over a period of weeks or months.

Second, plan for your loved one to have rotating caregivers present 24 hours a day during the hospital stay. You may need doctor's orders to secure permission. Since a person with dementia cannot be expected to follow instructions, answer questions properly, or communicate problems like pain, he will need an advocate. While with your loved one, the caregiver's job will be to communicate with doctors and nurses; keep track of doctor's orders, including tests and procedures; support the patient with eating, using the restroom, and bathing; and provide a soothing presence.

Since hospital personnel will change constantly, a one page information sheet on your loved one will be a vital communication piece. (You will have already provided a medication list and medical history.) It should include:

- Your loved one's preferred name
- That they have dementia
- Things that cause increased agitation
- How the person takes medication
- Typical behavior when in pain, thirsty, and hungry
- Preferred foods
- Whether s/he is incontinent

During admission, ask that this information be included in the patient file. Have 10 to 15 copies and give one to each new nurse and doctor. Caregivers should be alert to sudden extreme agitation or increased confusion in the patient. Hospital delirium (sudden and severe confusion) is common in older adults and people with dementia. It can be triggered by fever, infection, or certain medications. Caregivers will be most familiar with the patient's typical behavior and should watch for heightened combativeness, more volatile emotions, hallucinations, and more disturbed sleep. If these dementia symptoms worsen suddenly, notify hospital staff.

The calming presence of caregivers who understand dementia and the unique condition of your loved one can help reduce anxiety and confusion in the hospital. Sometimes a familiar item, like a blanket, helps comfort and soothe.

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

<http://www.homecareassistanceomaha.com/hourly-home-care>

Or, if you'd like to speak with a Care Manager right away, call us at 402-763-9140.



2017 SEASON

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3-19	Graceland Univ.	Peru, NE	1 p.m.
3-25	Central Methodist Univ.	Peru, NE	1 p.m.
3-28	Bethany College	Peru, NE	1 p.m.
4-14	William Penn Univ. (Senior Day)	Peru, NE	1 p.m.
4-15	William Penn Univ.	Peru, NE	1 p.m.
4-18	Benedictine College	Peru, NE	1 p.m.
4-25	Tabor College	Peru, NE	2 p.m.
4-27	Grand View Univ.	Peru, NE	1 p.m.
4-28	Grand View Univ.	Peru, NE	1 p.m.

Bobcat Softball Schedule

3-11	Culver-Stockton College	Peru, NE	1 p.m.
3-24	Grand View Univ.	Peru, NE	2 p.m.
3-26	Central Methodist Univ.	Peru, NE	1 p.m.
3-29	Graceland Univ.	Peru, NE	2 p.m.
4-8	MidAmerica Nazarene Univ.	Peru, NE	1 p.m.
4-9	Avila Univ.	Peru, NE	1 p.m.
4-19	William Penn Univ.	Peru, NE	2 p.m.
4-29	Mount Mercy Univ. (Senior Day)	Peru, NE	1 p.m.
4-30	Clarke University	Peru, NE	1 p.m.



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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

Midwest Honey

Nice quality, great flavor, light clover/alfalfa mix. Pick up in Auburn, NE or we can ship. Prices below are FOB Auburn. Bee pollen also available. Call for pricing.

1 1/2 lb. bear	-----	\$ 6.50
5 lb. jug	-----	\$ 19.00
1 gallon jug (12.8#)	-----	\$ 42.00
5 gallon jug (60#)	-----	\$167.00

Phone: 402-274-3725