



Nebraska Wildflower



“Solie” Barn, H-136. West of Brownville, East of Auburn

*Voices and Views from the Valleys of the Nemaha to sweeten your coffee break.*  
**A Magazine for Small Towns & Rural America**




Cases “tested positive” for Covid-19  
in our “Country Neighborhood.”

Source: Google Search; ‘Name’ County, Nebraska Covid Cases

Date	Nemaha	Otoe	Johnson	Richardson
June 27	5	16	6	5
July 3	5	25	7	5
July 10	5	27	7	6
July 17	6	29	8	10
July 24	10	38	10	16
July 31	16	40	12	18

This table shows that these southeast Nebraska counties increased in Covid-19 cases through the month of July. August data, if available, will be presented here next month.

## Inside

Covid-19 Cases in Southeast Nebraska.....1  
*“Medicare Cost Plans -- What Are They?”*.....2  
 Wildflowers, Butterflies, & Barns..1,3,4,5,8,10,12  
*“Small Choices Make Big Impact In Sleeping”*...5  
 Merri’s *“Diary of a Part-time Housewife”*.....6  
 Devon’s Poetry.....7  
*“A Dying Barn”* by Janet Sobczyk.....12  
*“Window On Fifth Street”*.....12  
 PSC Football Camps.....13  
 PSC Volleyball News.....14  
 PSC Scholar-Athletes.....15  
 **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**

**Online at [yourcountryneighbor.com](http://yourcountryneighbor.com)**

Copyright 2020, 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

## ***Your Country Neighbor***

**can be found online at;  
[yourcountryneighbor.com](http://yourcountryneighbor.com)**

### **August Writers & Contributors**

Devon Adams - 7

Stephen Hassler - 12

Mary Ann Holland - 2

Merri Johnson - 6

Dorothy Rieke - 5

Janet Sobczyk - 12

Thank You!



### **Medicare Cost Plans — What are they?**

Submitted by Mary Holland, Nebraska SHIP Counselor

A Medicare Cost Plan is a type of Medicare health plan that was introduced to Nebraska in 2019. These plans have rules similar to Medicare Advantage Plans but the coverage provided by a Cost Plan works in addition to your Original Medicare coverage. You continue to be covered by Original Medicare benefits when needed but you will see costs comparable to a Medicare Supplement when you use the plan's network.

Some Cost Plans offer extra benefits not provided by Original Medicare such as dental benefits. Cost Plan members have access to a network of providers and hospitals, but also have the option of receiving Medicare-covered services outside of the plan's network. Members who choose to go to an in-network provider, will have a lower copay for the visit. With some plans, there will be no cost. If a member chooses a provider who is not in the plan's network, the individual would be responsible for Part A and Part B coinsurance and deductibles. This would equal 20% for doctors' visits or \$1,408 for an inpatient hospital stay.

Cost Plans are available by county, meaning there are some locations that do not have this option. You can enroll into a Cost Plan anytime a plan is accepting new members and you may leave anytime to return to Original Medicare. Leaving a Cost plan does not guarantee you would be able to enroll in a Medicare Supplement, Medicare Advantage Plan or Prescription Drug Plan at that time. Cost Plans may or may not offer drug coverage. Cost Plan members are able to decide if they want to get their Medicare prescription drug coverage from the plan, if it is offered, or they may enroll into a Part D prescription drug plan.

Cost Plans may be an attractive option if you are seeking a way to control healthcare costs. If you have Original Medicare with a supplement and your premiums are increasing to a point that it is no longer affordable, a Cost Plan could be an option. When making this decision, it is important to understand the unique rules and coverage that accompanies Medicare Cost Plans.

If you would like to learn more about Medicare Cost Plans or your other Medicare options, contact Nebraska SHIP. SHIP, a division of the Nebraska Department of Insurance, provides local help for Nebraskans with Medicare, and can be reached at 1.800.234.7119.



Sulphur Butterfly on Red Clover



There are still some Black-eyed Susans around.



Not in my wildflower book, but I see them each year.

# Better Way AUTOMOTIVE

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



2011 KIA Sorento LX AWD



2003 Chev Avalanche Z71 4WD



2003 Ford Expedition XLT



2001 Grand Cherokee Larado



2006 GMC Envoy XL SLE



2007 Tahoe



2007 Chrysler Pacifica Limited



2008 Ford Explorer XLT 4.0L V6

Heavy Engine Repair  
Transmission Repair  
Alignments  
Exhaust Repair  
Brake Work



Call 402-274-2277  
Visit [www.BetterwayAutomotive.com](http://www.BetterwayAutomotive.com)

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



**ATTENTION!**

**Staying Home?**

**Worried your mail order meds might possibly be damaged by the heat?**

**Pay the same low price as mail order for your Prescriptions at**

**Cody's USAVE Pharmacy in Auburn**

**Bring In Your Prescriptions Today!**

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

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

Like Us on Facebook @codysusavepharmacy

(402) 274-4186 or (800) 628-6394



2220 J Street • Auburn, Nebraska 68305




Cone Flowers with Painted Lady & Yellow Sulfur Butterflies.



Queen Anne's Lace



Wild Chicory



**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](http://blaynebehrends.com)

1400 Courthouse Avenue  
Auburn, NE 68305  
Bus 402.274.5121 Fax 402.274.5171

**Here to help life go right.®**



## SMALL CHOICES MAKE BIG IMPACT IN SLEEPING

Dorothy Rieke, Julian

Do you have trouble sleeping? Some of us occasionally have problems with going to sleep; or if we do fall asleep easily, we may awaken in the middle of the night tossing and turning. This time of sleeplessness and restlessness can be annoying and disrupt our peace of mind. In addition, an excess of sleeplessness for long periods of time may cause health problems.

If this condition occurs, what are our options? Actually this time can be used productively. The following are suggestions for sleepless nights:

Ponder past blessings and accomplishments. Review them and feel pleasure in your achievements. Dwell on pleasant memories.

Consider your family members and loved ones. In what ways can you improve your relationships? Are there ways you can assist or help?

Reflect on your circumstances. Develop an all-time appreciation and gratitude. Thankfulness produces an attitude of gratitude.

Remember your country. Make plans to participate as a citizen who is interested in improving conditions by making your opinions known.

Analyze your community and its conditions. What role can you play for a better life for all?

Focus on your work. How can you improve your status and gain recognition for what you do? Success often appears with planning and perseverance.

Contemplate your circumstances and dream of what might be and how to reach that condition. Set goals and make plans for reaching those goals.

Consider others and devise benevolent actions that will help them.

Because our minds seem especially fertile during sleeplessness, we can utilize this opportunity to assess conditions in our lives and to make plans for future days. Sleeplessness may be a burden, but using thought and reflection, we can overcome some of its ill effects and make it a productive time.



*Whiskey Run Creek*  
VINEYARD & WINERY

## We Are Open! With Social Distancing

**August Wine-Tasting Hours:**

Thursday through Sunday 1 pm to 6 pm

Closed Monday through Wednesday

## Our Newest Wine Releases Are Apple Pie & Peach!

*Or choose from the wide selection of  
wines and spirits that we produce.*

‘Like us’ on Facebook at [www.facebook.com/WRCWinery/](http://www.facebook.com/WRCWinery/)

402-825-4601

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

702 Main Street

Brownville, Nebraska 68321



I've not seen many Canada Thistles this year.  
This one with a Painted Lady Butterfly.

## Diary of a Part-time Housewife

Merri Johnson, Auburn

### It's Back To School!



### So Drive 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  
(402) 274-3614 2000 N Street  
Auburn, Nebraska

### OREGON TERRACE APARTMENTS



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.

For Applications Call Lydia at 402-274-5460

### 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



Dear Readers, I hope you don't mind reading a re-run of an old column. Unanticipated events are going to keep me too busy to compose a new, original column for this month. The granddaughter, who is the subject of this column, is now 12 years old. We have had many, many memorable times together, but I still enjoyed re-reading my thoughts about her arrival. Perhaps this column will bring back some memories of becoming first-time grandparents for some of you, as well.

-----  
August 2008

When my husband and I learned last fall that we were to become first-time grandparents this June, I immediately began knitting a sweater and cap for the baby's first winter. I intentionally chose a gender-neutral yarn with flecks of primary colors, reasoning sensibly that it could be passed on to a future sibling, or maybe even a cousin, of either gender.

But within about an hour of our granddaughter's arrival, I was gripped with the irresistible impulse to purchase something girly. Penney's just happened to be having a redecorating sale, so I purchased not one, not two, but three newborn outfits. On viewing the miniature fashions, my son noted, with just a slight hint of vexation, that Breckin had more newborn summer clothes than she could possibly wear before she either outgrew them or the weather turned cold. I assumed this was just a typical male attitude toward the feminine wardrobe.

But he spoke the truth. On the day she was born, Breckin's clothes already nearly filled three bureau drawers and a closet. This is what comes of knowing the baby's gender in advance. The gift-givers must have all shopped at Penneys, judging by the multiple, identical pink and lavender and mint green onesies, sleepers, booties, and dresses, not to mention enough blankets to stock a hospital maternity ward. Someone had even given her a lovely little Easter dress, but she'll have to wear it at Christmas to make use of it. Fortunately I had kept the receipt for the itty-bitty, warm-weather clothes I bought, so they can be exchanged for merely small, cool-weather outfits in a few months.

My son's family lives in St. Joe, so I haven't been involved with my granddaughter on a daily basis, but I'm getting fairly well re-acquainted with the reality of newborns just the same.

When Breckin was ten days old, my son invited me to come spend a few days. I was happy to go and take the night shift so my daughter-in-law could catch up on sleep. Breckin and I would bond during our private time with nothing to intrude. I even took along a storybook to instill a

# P O E T R Y

b  
y  
D  
e  
v  
o  
n

A  
d  
a  
m  
s,  
P  
e  
r  
u

## MONARCHS AND WAXWINGS

Wearing gold and black robes, the royal procession arrived at the field by the barn. The delicate creatures were escorted by a squadron of cedar waxwings, cutting military formations in the sultry afternoon air. Like good soldiers, the troops were never still, as they hopped from branch to branch, gobbling juicy bits of wild fruits that were abundant on the edge of the meadow. With constant changes in position they would spot any dangers in the area. Like the big black cat masquerading as a shadow under a bush. Only the glow of his burnt orange eyes belied the stealth of his crouch. But in an instant, the shadow exploded into motion, as a greedy bird forgot to be smart, and both he and the bright berry in his beak became one less soldier.

## MAYHEM

In the midst of the mayhem of the mad virus, there is no solid ground, no schedule to follow, no day to day routine to keep us sane. The sneak attack was sudden, and continues. Because it is new, it is unknown. How do you fight an enemy who hides like a ghost, and then appears with a sudden sword that can kill or ignore any certain person? How can you plan when each day comes with a question? We are walking through a minefield, where solutions can turn into bombs, experts are only guessing, and time may have it's limits.

## THE POLLEN SHOP

They seem very quiet, but maybe they aren't. Do they have flutter words that we can't hear? Of course they do! The garden must be big news on this warm day, as tiny bodies hover and dive over it's pollen shop. Many hues and patterns make up a moving art display of butterflies that are themselves echoes of the flowers they desire to discover. It must be a wonderland of scent that draws them all together. Humans can only guess what maps and patterns are laid out in the tiny brains of those who take part in the smorgasbord that Mother Nature has laid out. How do they know which flashy flowers they've already kissed? When to move over to the next field of clover? I don't know the answers, but watching the show puts wings on the clock.

## TO BEE OR NOT

It's hard to walk straight through a field of red clover. Stems are like strings that trip your toes, and blooms are so sweet that bees are busy bumbling. While you're trying to balance, you meet a mean stinger who makes you move into the path of a meaner stinger. Dodging, you fall into fragrant bunches of blooms, and come face to face with a Katydid, whose immense dignity is disrupted. Best to crawl away before a bomb squad of bumblebees comes looking for the creepy human who broke up their party.

## PENCIL PORTRAITS OF PEOPLE, ANIMALS, & BUILDINGS

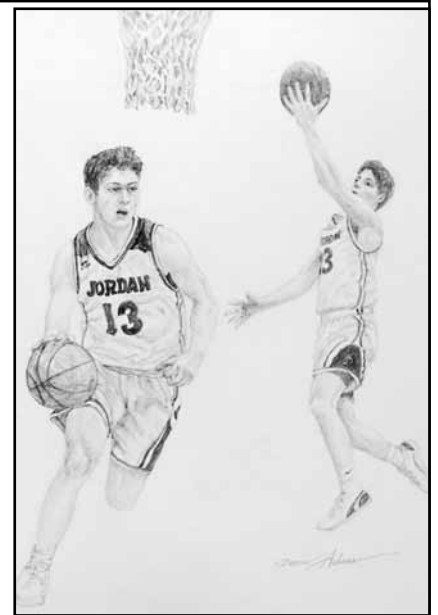
Portraits drawn  
from your  
photographs.

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  
402-209-9377

or to: [buckskinz@windstream.net](mailto:buckskinz@windstream.net)



## STARS AND STRIPES

Sky stars began to shine as strips of clouds rippled like ribbons above the gold globe of fire setting slowly behind the rolling hills. Deeper than forever, black space held all the diamonds like a lush velvet cloth on a jeweler's counter. Here on earth, fireflies flitted fitfully through the trees. The last of the light caught the flag with a burnished glow, as a military detail lowered the brilliant red and white stripes with their blue field of threaded stars. It is more than a fancy rag, this symbol of the soul of a nation. Behind those striking colors are the ghosts of the fighters who have given their lives to keep our country free for you and me. Once again, we find ourselves caught in the grip of a mortal battle between tyranny and the rule of justice. But the conflict is a civil war, and the fight is on our own soil. It is time to read again the words of our original constitution. It was written as an anchor that would keep our sometimes weak and deceitful impulses from changing the nature of our rights and laws. Freedom isn't free any more if you let someone steal it from you.

## A DEMENTED SPIRIT

Not so long ago, a major story was being written about floods. Hell on earth was located in Nebraska, where Winter had run away like a thief. Spring had arrived in the form of a demented spirit. Her breath was hot, and it caused thick ice on rivers and streams to crack and break up into huge chunks as big as cars. In the meantime, rain was falling on frozen ground that was covered with deep snow. Does that sound like a disaster movie? It was worse, because it was real. Rain ran into rivers, and the water pushed the ice boulders over the banks. Like bulldozers, they plowed into farms and barns and houses and livestock. With the "help" of extra water from the massive dams that "control" the wild Missouri river, destruction was a moving massacre. Scars remain in many places. And yet, in this present year, there are drought maps on the weather reports, and the soil is thirsty. Be careful if you do a rain dance though. You may not want to fool with Mother Nature's crazy, mean sister.



# AKRS EQUIPMENT



(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

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



John Deere, Honda, and Toro Mowers in Inventory.

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

(S) '05 JD 1445 4wd, 60" rear discharge.....	\$7,555
(A) '10 JD LA145, 483 hrs, 48" deck.....	\$510
(S) '09 JD LA145, 193 hrs, 48" deck.....	\$1,000
(S) Cub cadet LTX1040, 231 hrs, 42" deck, bagger.....	\$890
(S) '12 Cub Cadet GTX1054, 251 hrs, 54" deck.....	\$1,375
(S) '17 JD X390, 117 hrs, 54" deck, pwr deck lift, pwr steering.....	\$4,480
(S) '18 JD X390, 60 hrs, 54" deck, pwr deck lift, pwr steering.....	\$4,600
(S) '13 JD 997, commercial zero turn, diesel, 72" deck, 2530 hrs.....	\$7,800
(S) '17 JD 825i, 1545 hrs, alloy wheels, new tires, pwr steering.....	\$8,900
(S) '13 JD 825i Gator, 140 hrs, camo, alloy wheels, roof, bucket seats....	\$11,800
(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.....	\$6,200



8 August 2020 Your Country Neighbor

Monarch on Milkweed



Nebraska Sunflower



## Humboldt Listing



**72035 637 Avenue, Humboldt \$175,000**

All the charm of a country cottage, with so much more! 2398 square foot unique floor plan and plenty of yard space, lofted dairy or horse barn, two story 2-car detached garage. Three bedrooms, three baths. Seller has listed with 10 acres, but will adjust to buyers wants/needs. Potential to purchase full 160 acres - currently bulk of area is pasture ground with several ponds.

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, Broker .....274-1817



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.



## Commercial Property

1100 Central Avenue \$130,000  
Corner lot with Hwy frontage. Bldg size; 3150 sq ft. Lot size; 10,224 sq ft.



905 O St., Auburn \$110,000  
3 bedrooms, 1 3/4 bath, ALL fresh paint/carpet, New Roof.



208 California St., Peru \$175,000  
2 bedrms upstairs, Master suite w/ jetted tub & corner shower. Bs-mnt 90% finished w/fam room



1213 3rd St., Peru \$45,000  
3 bedroom, 1.0 bath, 1768 sq ft single family home with full basement. Approx. .26 acre lot.



820 Central Avenue

Auburn, Nebraska 68305

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



## This Size Ad

**\$40 per month or  
\$96.00 for 3 months**

**4-Color is**

**NO EXTRA  
CHARGE**

WHEN PAID IN ADVANCE

Includes Preferred Positioning  
(when available))

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



## 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**



**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 internet address:

**yourcountryneighbor.com**

*Diary continued from page 6*

love of reading right off the bat. If recollection serves, the book remained unread.

Nights one and two weren't too tough. But by nights three and four, that second feeding at around four a.m. was grueling. It took all the concentration and coordination I could muster to mix up the instant formula, while cradling the baby simultaneously to keep her contented and quiet so as not to wake her parents.

Then halfway through her 2-ounce ration, she'd fall asleep. But just try to put her back in bed. I'd no more than lay my head on the pillow than she'd start to fuss. Pick her up, she fell asleep. Lay her down, she woke up. She was like those old-fashioned baby dolls that open and close their eyes depending on their position, except that Breckin had the positions reversed, or her eyes reversed, or maybe her days and nights reversed. How could she manage to nap soundly through the barking and yipping of the family's two dogs every time a car drove by during the day, but wake to the slightest disturbance in the middle of the night?

I know I'm not relating anything most of you haven't already experienced yourself. But isn't it amazing how a six and a half pound newborn can command your attention so completely and effortlessly? Babies get to be cuddled and cared for and loved "just because." We should all be so lucky.



Cone Flowers on a Rainy Day.

# World AUTO SALES



Vonna



Yolanda



John



Debby



Navy



Steve

## WELCOME! ¡BIENVENIDOS! SAVE BIG MONEY AT WORLD AUTO SALES

Over 30 vehicles in stock and more arriving every week!

Ask us about "no money down"!

Visit us online at [worldautosalesneb.com](http://worldautosalesneb.com)



\$13,897  
2013 Audi A5 2dr Coupe



\$20,375  
2010 Ford F250 Super Duty SRW



\$6750 Sale \$5,451  
2004 Lexus GX 470 Sport Utility



\$11,300  
1979 Jeep CJ-5, Restored



\$12,000  
2007 Dodge Ram 1500 4WD



\$7,750  
2008 Chevrolet TrailBlazer 4WD



\$28,900  
2016 BMW 4-Series Gran Coupe



\$12,700  
2011 Buick Enclave V6 FWD



\$16,773  
2017 Chevy Malibu LS



\$16,188 Sale 15,988  
2015 Chevrolet Traverse LS AWD



\$10,000  
2017 Honda Fit LX CVT



\$8,000  
2003 Dodge Ram 2500 ST



\$28,900  
2019 RAM 1500 Classic SLT

## Fast Friendly Financing Quality Cars

Fast Credit Approval! Text or Call For Payment Quote 402-873-6925

1651 South 11th St. Nebraska City -- Across from El Portal



## A Dying Barn

Janet Sobczyk, © 2020, Omaha

Abandoned barn amid neatly tilled rows  
red paint worn down to gray wood  
decrepit boards broken, sagging  
vines creep up sides, to pitch of roof  
appear to hold the structure together  
wrap it in a soft green blanket  
shingles blown off in patches  
let setting rays shine through  
an orange sunburst  
like the last breath of life  
leaving an old man's skeletal frame  
soul's glow resilient, ascends  
follows the directional arms of steel weathervane  
its silhouette forming a cross  
pointing the way heavenward.

## Window On Fifth Street

Stephen Hassler, Peru

Humans are good at being able to adapt, but not at wanting to change. Through my window on Fifth Street I can observe people; walking their dogs, walking to school, jogging to get in shape, driving to work. People repeat their routines by habit, even if an alternative is better. But if not given a choice, they will have to go in a different direction, leave or arrive at a different time, they will have to change... change.

If there is an activity that hurts my back and causes pain somewhere else that doesn't clear up, then those activities that hurt my back are going to do permanent pain/damage to those other areas if I keep doing that stuff. The drawback of eliminating those activities/habits from my life is obvious; I don't get to do certain things anymore, can't lift certain heavy things anymore. But if nothing else, my back should improve a lot, not to mention that my other areas of pain should not get worse, and might even get better given time to heal.

When I hurt my arm lifting something, I know that safely, I can't do that any more, at least for 3 to 6 months until I heal. And I've made that mistake often enough that another mistake means another 6 months of not doing something that I want to be able to do. So I've given up trying to lift what I would like to lift and accept that what I am able to lift is good enough.

Another plus is that I am improving the likelihood that I can continue to go to the store or pharmacy, cook my own meals, and go for more jogs.

We all can add helpers to our lives. I plan to hire a cleaning person because I don't keep my house as clean as I want it to be. I have a pile of branches in my yard higher than me. I'm going to pay someone else to haul them, plus, I'm paying the post office to deliver some of my YCN publication.

There comes a time when we must change, and often that's uncomfortable, but resisting change can become more uncomfortable. I can choose to be grumpy if I can't control everything, or I can be grateful that I can do many things that I enjoy, and still other things that make my life easier.

It was frustrating as children when we couldn't do what grown-ups were doing. But we got through those childhood years, not to mention young adult experiences! So if you are entering your golden years, adapt. Change even. Keep them golden!



# Peru State College Summer Camps

## Football Camps



### Peru State Hosts Three Football Camps

The Peru State football coaching staff recently hosted three one-day camps in the historic Oak Bowl on the College's campus.

The first day of the camp was for youth campers to help with their overall skill development. Those attending listed by their schools were: **Nebraska City** – Jayden Adams and Beaux Bender; **Nebraska City Lourdes** – Levi Anthens, Gabe Baxa, Braedon Watkins, and Seth Whitney; **Auburn** – Zane Carmen; **Pawnee City** – Deacon Bernadt, Jett Farwell, Anthony Kling, and Atreyu Kling; **Johnson-Brock** – Christopher Melvin; **Lincoln Blessed Sacrament** – Bryce Adams; **Omaha Alfonza Davis** – Damini Allen; **Weeping Water** – Tucker Bickford; **Lincoln Scott** – Brentyn Ebeler and Westin True; **Omaha Paddock** – Nathan Furgison; **Tarkio (MO)** – Luke Gebhards; **La Vista West** – Reese Haberer; **Raymore-Peculiar (MO)** – Brady Lowe; **Lincoln Lux** – Grant Matson; **Allen** – Jayden Moon; and **Gretna Aspen Creek** – Aiden Vaughn.

The second camp was a high school skills camp where the focus was on individualized training and team drills. Those attending are listed by their high school (or coop name of football program): **Syracuse** – Sam Bennett, Burton Brandt, Barret Brandt, and Ethan Wittler; **Gretna** – Colt Smith; **Omaha Westside** – Parker Kotas; **Falls City Sacred Heart** – Kyle Bauman; **Falls City** – Jayden Kreifels, Jade Heckenlively, Alex Pelletier, and Jayden McNeilly; **Omaha Burke** – Jamari Allen; **Sterling** – Kody Goracke; **Elkhorn** – Grant Gutschow and Mikey Hart; **Blair** – Noah Kuefler; **Waterloo (IA) Althoff Catholic** – Rick Smith; **AHSTW Avoca (IA)** – Blake Tuma; **Fillmore Central** – Parker Uldrich; **Logan View** – Braydon Wobken; **Humboldt-Table Rock-Steinauer** – Jaekwan McQueen and Aiden Worthey; **Bellevue** – Mark Anderson; and **Omaha** – Kent Robertson.

The final camp was held for offensive and defensive line players and focused on techniques relevant to their positions. Those attending are listed by their high school (or coop name of football program): **Falls City** – Thomas Fields, Stiephan Fields and Jaden Nolte; **Bennington** – Jake Stier; **Sidney (IA)** – Kenny Osborn; **Weeping Water** – Weston Reiman; **Papillion LaVista South** – Mitchell Steenbock; **Syracuse** – Barrett Bischoff, Cody Damme, Kayden DeGolyer, Bryce Draeger, Jackson Nordhues, Kaleb Swanson, and Jase Voorhees; **Lincoln Pius X** – Tyler Castle; **Olathe West (KS)** – Joshua Clark; **Tri-County** – Brevin Damrow; **Omaha Central** – Christian Dump; **Beatrice** – Takeo Glynn; **Marysville (KS)** – Connor Halbert; **Lawrence-Nelson** – Rocky Miller; **Gretna** – Colt Smith and Gavin Smith; **Malcolm** – Kyle Nordmeyer; and **Humboldt-Table Rock-Steinauer** – Atlee Eppen, Dayton Eppen, and Tristan Thackett.

Peru State Bobcat football coaching assistant Lou Varley was in charge of the camps and was assisted by graduate assistants Jake Coughlin, Colton Audsley and Justin Barnes, new head coach Casey Creehan, and Tanner McCormick.



First Day, Overall Skill Development



Second Day, High School Skills



Time trial, 40 yard dash.



# Bobcat Volleyball Among NAIA Top Teams Academically In AVCA



## Volleyball Camps Hosted by PSC July 27-29

Several camps for different ages were conducted by the Bobcat volleyball coaching staff and players. The clinics included grades 1-12. Below are grades 1-4.

The United States Marine Corps (USMC) and the American Volleyball Coaches Association (AVCA) announced that 1,313 teams have earned the USMC/AVCA Team Academic Award for the 2019-2020 season, topping last year's record by almost 200 teams. 232 programs received Team Academic honors for the first time in 2020.

The Peru State Bobcat volleyball team had a cumulative grade point average of 3.601. This was the 12th time in program history that a Bobcat team has been recognized. This was eighth year in a row for Peru State.

All eligible team members who played during the season were included when determining the team's grade point average. Those team members included Cheyenne Birkle (Holden, MO), Sarah Brown (Seward), Hannah Burianek (Lincoln), Alexandria Chavarria (Hollister, Calif.), Alyssa Childers (Lincoln), Jaime Copenhavre (Omaha), Alexis Cox (Brighton, CO), Claire Cudney (Marysville, Kan.), Cassidy Davis (Colorado Springs), Savanna Davis (Anchorage, AK), Grace Frederick (Benkelman), Mallory Matthies (Omaha), Tyra Mollhoff (Lincoln), Darlene Quinonez Holguin (Las Cruces, NM), Pyper Roseberry (La Vista), Hannah Sexton (Beatrice), Dawson Sharman (Sidney), Arianna Waschkowski (Bellevue), and Randee Witt (Salem).

"Coaches have the most influence during difficult times," said AVCA Executive Director Kathy DeBoer. "Keeping student-athletes focused on their academic success when their volleyball identity was suddenly gone is leadership worth celebrating!"

The award, which was initiated in the 1992-93 academic year, honors collegiate and high school volleyball teams that displayed excellence in the classroom during the school year by maintaining at least a 3.30 cumulative team grade-point average on a 4.0 scale or a 4.10 cumulative team GPA on a 5.0 scale.

The AVCA is proud to recognize six 2019 National Championship winners that also excelled in the classroom: Stanford University (NCAA Division I), Cal State San Bernardino (NCAA Division II), Johns Hopkins University (NCAA DIII), Marian University (NAIA Women), Scottsdale (NJCAA DII), and Bob Jones University (NCCAA DII).

Additionally, schools that reached their Dig Pink® fundraising goals through the Side-Out Foundation will continue to be honored. Dig Pink® is a nationwide movement to provide meaningful and impactful experiences for athletes while inspiring and empowering them to come together in support of the stage IV breast cancer community. Each year, hundreds of teams across the country (and some overseas) participate in the Dig Pink® Rally.

Peru State head coach Laurie Felderman was pleased with the acknowledgment of her team's academic success. She stated, "We discussed as a team at the beginning of the pre-season that while success on the court is important that we needed to also be successful in the classroom. The girls obviously took that to heart and earned this excellent honor."

The Bobcats will report for the fall season on Monday, August 10. They will open the regular season in the GoSarpy.com Labor Day Tournament hosted by Bellevue University on Saturday, Sept. 5.



# PERU STATE COLLEGE

## Fifty-Six Bobcat Student-Athletes Earn Heart Scholar-Athlete Recognition

A total of 946 student-athletes have been honored for their academic achievements by being named Heart of America Athletic Conference (Heart) Scholar-Athletes for the 2019-20 academic season. Of the 946, 56 Peru State student-athletes were included on the list. This is the most recognized from Peru State since it joined the Heart. All nine of the official competitive teams had at least two team members recognized. The 13 reporting institutions averaged 72.77 honorees, with seven institutions boasting at least 70 academic standouts. This year's total showcases 125 more honorees than the previous calendar year. A total of 77 honorees currently boast a spotless 4.0 cumulative grade point averages. In order to qualify for this honor, a student-athlete must have earned a 3.40 grade point average (on a 4.0 scale), have accumulated at least 60 semester hours, at least five semesters, and attending the nominating institution for at least two semesters prior to being nominated. The Bobcats who graduated with a perfect 4.0 gpa include men's basketball player Drew Switzer (Casper, WY), cross country runner Julia Zurek (Louisville), and volleyball player Darlene Quinonez Holguin (Anthony, NM). Senior volleyball and women's basketball player Claire Cudney (Marysville, KS) was recognized for each sport. The student-athletes must also be a varsity competitor having made a significant contribution to their respective team and school. Below is a partial list of Scholar-Athletes.

*(Publisher's note; The total list was too long to fit here, so I only included Scholar-Athletes from our "4-corners" area, plus Omaha.)*

Jaxson Balm, Auburn, Baseball, Elementary Education & K-6 Special Education  
Jackson Tingwald, Ralston, Baseball, K-12 Health and Physical Education  
Isaac Simpson, Papillion, Men's Basketball, Elementary Education  
Claire Cudney, Marysville, KS, Women's Basketball Early Childhood Educ Incl B-3  
Maddy McPhillips, Omaha, Women's Basketball, Psychology  
Allison Tichy, Bellevue, Women's Basketball, Psychology  
Makalah Scheele, Beatrice, Women's Cross Country, Psychology  
Julia Zurek, Louisville, Women's Cross Country, Kinesiology  
Kayla Myers, Sidney, Iowa, Women's Golf, Mathematics Teaching & Mathematics  
Keegan Case, Omaha, Football, Natural Science Teaching  
Noah Kasbohm, Nebraska City, Football, Biochemical Science  
Tanner Pinyan, Lincoln, Football, Criminal Justice-Law and Society  
Justin Pool, Circleville, KS, Football, K-12 Special Education  
Claire Cudney, Marysville, KS, Volleyball, Early Childhood Educ Incl B-3  
Mallory Matthies, Omaha, Volleyball, Accounting & Management  
Tyra Mollhoff, Lincoln, Volleyball, Disease and Human Health  
Dawson Sharman, Sidney, Volleyball, Management  
Molly Brown, Falls City, Competitive Cheer, Elementary Education & Early Childhood Education PK-3  
Ashely Gebhard, Grand Island, Competitive Cheer, Criminal Justice-Counseling  
Bailey Johnson, Johnson, Competitive Cheer, Elementary Education & Eng as a Sec Language  
Jordyn Todd, Omaha, Competitive Cheer, Criminal Justice-Law and Society

Peru State athletic director Wayne Albury was proud to read the long list. Albury commented, "This is a true indication our coaching staff does make sure that our athletes know they can truly be 'student-athletes.'" With the addition of competitive cheer, this is the highest total ever for Peru State for Heart Scholar-Athletes.



**Peru State**  
College

**TRANSFER  
ADMISSION AWARDS**  
12+ college credit hours

**CHANCELLORS**  
\$3,000 (\$1,500/yr)

GPA of 3.75 out of 4.0

**PRESIDENTS**  
\$2,400 (\$1,200/yr)

GPA of 3.5 out of 4.0

**DEANS**  
\$2,000 (\$1,000/yr)

GPA of 3.25 out of 4.0

**T.J. MAJORS**  
\$1,000 (\$500/yr)

GPA of 2.5 out of 4.0

## INVESTING IN YOUR SUCCESS

We know that GPA is a strong predictor of student success at Peru State College. Students who qualify will be guaranteed a renewable tuition award. Apply now to lock in your admission award and check out our other Transfer scholarships at:

[WWW.PERU.EDU/ADMISSIONS/COST-AID](http://WWW.PERU.EDU/ADMISSIONS/COST-AID)

Nebraska's First College • Established in 1867 • Peru, Nebraska • 1-800-742-4412 • Member Institution of the 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!



**\$1 OFF ANY PURCHASE!!!**  
Good Through September 30, 2020



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

**\$1 OFF ANY PURCHASE!!!**

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

Another Great Favorite!

Country Style

***Fried Chicken!!***

Always Fresh, Never Frozen  
With Sides of Corn, Biscuits,  
Mashed Potatoes & Gravy

***And We Now Have  
Waitress-Served***

**Grand Italian Buffet!**

**Dine In!**

**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