Your Country Neighbor Free!

Your Window With a View of Rural America



Solie Barn, January 16, 2024 page 5. Hosterman Barn, January 21, 2006.

PSC Basketball pages 6, 7 & 14

Inside, Sweeten your Coffee Break with Voices and Views from the Nemaha River Valleys.



Bird feeders were 'busy' with Winter visitors over a couple of weeks of very Wintery time in January.

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February 2024

"Your Country Neighbor" is delivered to the following communities in Southeast Nebraska & NW Missouri. **Auburn • Brownville • Cook • Falls City • Johnson • Nebraska City**

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Your Country Neighbor

Voices and Views from the Valleys of the Nemaha Publisher & Photographer, Stephen Hassler

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This Month's Writers & Contributors

Devon Adams 23 Angela Allgood, Peru City News 8,9,10,11 *The Late* Frieda Burston 4 Stephen Hassler 2, 21 Merri Johnson 3 (KHN Center for the Arts 14) DiAnna Loy 10 (Bruce Madsen 14) Nebraska City's Morton-James Public Library 16,17 (Nebraska City Tourism and Commerce) Dorothy Rieke 21 Sheila Tinkham 22 Thank You!

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

"People will forget what you said, people will forget what you did, but people will never forget how you made them feel." Maya Angelou Fantastic February!

Valentine's Day! Super Bowl Sunday! Snow geese migration, and before too long, kite-flying weather. So live it up! Start those garden plans and seed orders. Plant zinnias to attract butterflies to your flower garden this Summer. You'll only need to buy seeds one time because each flower will yield dozens of seeds for the next year's planting. To attract migrating songbirds this Spring, hang a feeder from out of reach of squirrels, and fill regularly with "black oil sunflower seed." I save by buying 40 pound bags from "Tractor Supply" to last a season. And their store in Nebraska City makes "Your Country Neighbor" available to its customers.

So pour a second cup of coffee and peruse "Your Country Neighbor" with it's magazine articles and poetry, small town news and festivals, and regional photos of wildlife and landscapes. And if you are near *Bureikou Tea* & *More* in **Papillion, Nebraska,** you can find "Your Country Neighbor" there, (formerly Diana's Tea Shop), and peruse it while sipping one of their fantastic teas.

Have a happy Valentine's Day! And don't forget to clip the **Valentino's coupon** on the back page, and **carry it with you!**

And if February is anything like January, drive carefully!

Stephen

Who Was Frieda Burston?

Stephen Hassler, Peru

Note from your publisher; For those of you who have not been reading this publication for 15 or more years, Frieda Burston was a frequent writer introduced to me by my late friend, Joe Smith, of Johnson, Nebraska. Frieda lived in Israel at the time. I don't remember how Joe knew her, perhaps Marta does. As I recall, Frieda's family lost their Kansas farm during the Great Depression, and moved to St. Joseph, Missouri, the location of her "depression years" stories. Years later, after WWII, Frieda and her husband moved to Israel.

After her husband passed, Frieda moved from Israel to California to be near her daughter. Frieda spent her last years in a condominium, on the edge of a greenbelt where she spotted a deer now and then, and where she continued to write for "Your Country Neighbor" until her last days without fear of rocket attacks. Frieda was a remarkable and unforgettable person. I wish I could read more of her stories of growing up in St. Joseph, Missouri. I'm still scrounging old papers for her past articles. When I find one, I will add it to these pages. Until then, you might enjoy my most recent 'Frieda' find on page 4.

Diary of a Part-time Housewife Merri Johnson, Auburn

I am writing this on January 12, the 98th anniversary of my mother's birth. It is the first time since 2001 (when she turned 75) that my siblings and I have not celebrated with her in person. Instead, she is spending this birthday with all ten of her siblings, eating angel food cake, no doubt. My siblings and I have been texting memories and photos of our mom today; a good way to while away the hours as a blizzard howls around the house. This second storm in less than a week brings to mind the blizzard of January 10, 1975, just a few days before my father passed. That storm was worse than this one. We lived in northwest Iowa then and could barely get into the cemetery to bury him.

But I don't mean to dwell on sad things, it's just that today is one of those days for digging around in the past, also known as cleaning closets and drawers. Since the weather is too nasty to tempt even me to go outside, I decided to tackle my backlog of purging "historical documents" in the office. I gave Hubby a stack of files at least six inches high and asked him to sort through them. Some of them were old financial statements, and some pertained to previous jobs. I assumed the financial statements would be deemed disposable, but I thought he might want to keep some reminders of his career in the nuclear industry. What I thought might take an hour, took all of five minutes. He got a chuckle out of a decades-old job review, and then chucked the rest into the trash can. The only thing he kept was a slim 3-ring binder containing notes he had taken from the writings of Peter Lynch, a prominent financial advisor of the 1990s. I'm not sure what to make of that.

For myself, I decided it was time to finally part with my collection of appointment calendars dating back to 2007. I'm currently reading a biography of Mary Nisbet, Countess of Elgin, who lived from 1778 to 1855. Never mind what she is known for. The point is that biographies rely on the existence of detailed diaries, appointment calendars, correspondence, etc., maintained by the subject of the biography. So, I thought, "Maybe there's something interesting to be learned from my own appointment calendars." I leafed through a few of them, noting that I must have been having a lot of neck problems in 2007 because "massage" shows up in the third week of almost every month. Other than that, my calendars reveal a very busy schedule of very mundane activities. One would have to employ a novelist's imagination to discern anything worth writing about. Even I felt a little let-down after my cursory review. Somehow, my days had seemed (at the time) somewhat more interesting and fulfilling than the entries on my calendars imply.

Oh well, the calendars are gone now, freeing up a cubic foot of storage space for something else that I (or my kids) will decide to jettison ten years from now.

In the midst of the cabinet cleaning, our grandson called seeking help for a snow-day social studies assignment. He was to find out if any of his ancestors had emigrated to the U.S. and when, as well as their country of origin and why they left. That set me off on a search for family genealogy records. I was actually able to supply my paternal great-great-grandfather's name and the approximate year he left Germany (presumably sometime between his own birth in Germany in 1834 and the birth of his son in the U.S. in 1863). No doubt, the chance to own land was his motivation to emigrate. My search for Hubby's ancestry records was a bust, but a phone call by Hubby to his sister struck paydirt with a date of 1876 for his mother's family's departure from Sweden. A text to my siblings yielded information about my mother's ancestors who came from The Netherlands around 1900, all likely for the same reason as my great-great-grandfather.

While looking for official documents, I delved into a box of handwritten letters (you read that right: handwritten letters) from my mom, my kids and other family members. It was like finding something from the 1800s, so rare are handwritten letters today. I will save those for more thorough reminiscing on some other inclement day. I am certain re-reading those personal letters will be much more satisfying than looking at old appointment calendars.

For now, it's time to tidy up the office, make a cup of tea and watch Hubby out the kitchen window, pushing a few remaining patches of snow off the driveway. After clearing our own driveway of that first seven inches earlier in the week, I encouraged Hubby to hire someone this time. Days like this tempt him to buy his own snowblower. But really, we don't hire someone often enough to ever recoup the expense. Besides, I think Hubby derives a fair amount of satisfaction proving to himself that he can still do battle with cold and snow... like our immigrant ancestors used to do. He does not have quite the existential motivation they had, but the vestige of survival instinct remains. I'm confident that my Hubby would brave the elements on my behalf if necessary. But I hope we never have to put that to the test!

Catastrophes

Frieda Burston, July 2006

Coming to my 87th birthday in June, I asked myself, "WHY?" What's the point in people living this long, when all the good stuff is over? Then, reading two of the articles in "Country Neighbor" about preparing for catastrophes and disasters, I understood why people live this long. Somebody has to be around to tell the younger folks about the catastrophes and disasters that THEY had gone through in THEIR time, and what THEY had learned from it. If nobody passes on these practical lessons, then everybody has to make the same miserable mistakes over and over again.

So there is a point to my getting to this age, and clearly it gives me an excuse to tell my stories. I have gone through tornados in Missouri, hurricanes in Texas, earthquakes in California, and enemy attack here. The same basic things were in our Tornado Cellar, our Hurricane Pantry, our Earthquake Shed, and our War Chest. And the most basic of all the Basic things was Water.

No matter what happens, you will always need clean water to drink. Your Safe Room, whether it's under the house, outside the house, or deep inside the house, needs to contain as much water as you have room for. You can go without food for 70 days, but if you go without water for 70 hours, you won't last much longer. The problem is: what containers? Glass breaks. Small pots and pans take up too much space. Metal contaminates. Plastic contaminates too. In the last crisis, I laid in a dozen bottles of bottled water. I knew that chemicals erode from the bottles into the water, so I did what I could by rotating the bottles, using them and replacing them every few weeks, not saving them for disasters.. There must be a better solution, surely?

That's the drinking water you need. You also need a lot of sanitation water. Your Safe Room either has a toilet in it, or you provide a covered corner with a covered slop bucket for human waste and a bucket of sanitation water to keep the solid waste submerged. It's amazing how a stressful situation can cause the body to jettison waste, but that's the good old flight-or-fight reaction — and you'd better have more than one bucket of sanitation water if you have old people and children taking shelter in that Safe Room. I don't know what to do about the family pet — cats can have a litter box, but dogs? One friend told me they are affected like humans, and she provided a stack of newspapers in the Safe Room for the dog. Others closed the dog into the family bathroom and hoped he would forgive them.

Food is a different problem, because it varies not only with taste and custom and availability, but with the disaster. I see TV pictures of big bags of rice being distributed at earthquakes, mud slides, tsunamis, and hurricanes — but rice has to be cooked, and I don't see anyone handing out stoves or firewood on TV. How do those starving people get the rice soft enough to eat without cooking it? In a big disaster everything is wet, or everything is buried under rubble. How will they make a fire?

And that reminds me of something else — In earthquakes (and the Midwest has had some big earthquakes, too!), the first thing they tell you to do, is to turn off your gas and your electricity at the connections into the house, to prevent fire. (No use burning down the house to cook the rice they'll fly in for you.) That means you have to know where the turn-offs are — do you?

Tornados are the simplest to prepare for — you have time to use the bath- room before you pop into the cellar or the inside closet, and you won't be there long enough to need water. But take a flashlight — don't turn on the electricity, and stay away from electric outlets or electric appliances — lightning can come inside and get you. And if your stomach curls up and cries when you see a darkening funnel outside, carry some Tums in your pocket on stormy days — you may survive a climate attack, but the GERD may get you. One friend in the Midwest rates tornados by how many Tums she took.

Hurricanes last longer than the usual tornado, and sometimes it doesn't help to evacuate because the hurricane can turn a little and come on land at exactly the place you've gone to — happened one time when Abe was in Japan and I was home in South Texas with Lulu. Radio told us to leave and head north. I had no car, so we couldn't. Radio told us to board up the windows. I had no boards and no expertise in nailing them across windows in a concrete block house. I opened windows on opposite sides of the house and then sat up rocking Lulu all night so we'd both blow away together. In the morning we learned that the hurricane had turned away from Brownsville and had come inland on the road north. People in cars on that road had a fearful time.

Catastrophes: Continued on page 14 >>>>

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The Apple Barn on H-136, January 16, 2024 West of Brownville, Nebraska Preserved by the Solie family



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PSC v Graceland University, 01/03/2024, Loss 52-61





PSC 73 v Benedictine 57







Cold and snowy weather usually results in much more time spent indoors. (Unless, of course, it's a day when you and the kids head for the hills with sleds in your trunk and boots on your feet.)

During all the hours your family is cozying up at home, you'll be keeping busy with lots of online activities including streaming, gaming, chatting, posting, studying, working, browsing, and shopping. Which means you'll need super-fast internet this winter almost as much you'll need a good furnace.

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CRESTVIEW SQUARE APARTMENTS



Pinpoint Communications Receives Additional Nebraska Broadband Bridge Program Grant Funding

The Nebraska Public Service Commission recently approved a third Order awarding 22 grants totaling more than \$20 million from the Nebraska Broadband Bridge Program (NBBP). In total, Pinpoint Communications received more than \$3.7 million in funding (breakdown by location is as follows):

- Cambridge Telephone Company, Bartley North \$1,125,000
- Pinpoint Communications

Rural Beatrice 2: \$535,500 Rural Cook to Talmage: \$1,165,500 Rural Oxford-Edison: \$945,000

"Pinpoint is proud to continue their mission of providing high-speed broadband in our unserved and underserved areas of Nebraska," said Tom Shoemaker, Pinpoint president. "We are excited and thankful to receive this grant funding for the cost of our expansion efforts and look forward to serving these new customers."

Pinpoint is slated to have the projects complete in 18 months from the date of the Order by the Commission. The added investment will reach an estimated 151 locations throughout these areas.

Created by the Nebraska Broadband Bridge Act (Neb. Rev. Stat. § 86-1301- 86-1310) the NBBP provides up to \$40 million dollars over three grant cycles for the deployment of broadband networks capable of at least 100/100 Mbps (up/down) in unserved and underserved areas of the state.

For more information, visit pnpt.com.

About Pinpoint: Pinpoint is a communications services company operating under the umbrella of Pinpoint Holdings, Inc., a Nebraska company, which owns and operates telecommunications services through its various subsidiaries. Pinpoint is headquartered in Cambridge, NE, with offices in McCook, Auburn, Alma, Gothenburg, Beatrice and Nebraska City, NE through which they provide telephone, Fiber connected Internet, long distance, and fixed wireless services. Pinpoint has been in business for over 30 years and was started out of Cambridge Telephone, which has been in business for 115 years.



PSC v Graceland University, 01/03/2024, Win 77-73



🙈 State Farm

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The hours have changed at The Market. The Market is open Monday through Thursday, Noon to 7pm.



February report on Wemhoff building, same as was January. Still working, building things "up to code."



Some activity has been noticed at the anticipated sandwich and tea-shop, but we have not met anyone to talk to since we noticed lights on some evenings.



Astilbe



Coreopsis



Shasta Daisies



Hostas







Roses are red, violets are blue...

Angela Allgood

Flower photos by Julia Perry, printed with permission. Keep reading, this isn't some cheesy Valentine article! It is an article of all the beautiful colors of Spring and Summer! It is my flower bed that I cannot wait to dig into this Spring.

I was thinking that since I hate the cold doom and gloom of winter, I could focus on something cheery... pretty. I love it when Spring has arrived. I will go to my flower bed and dig up the dirt and take in a deep breath. The wonderful smell of the dirt being turned in my hands.

The only problem I have with Spring flowers is which ones to get. I love the colors and the beauty of so many of them. The Daffodils and Lilies, the Tulips and Daises, and what about all those Iris and Geraniums and the roses and sunflowers! The reds and the blues, purples and yellows ... all so colorful, all so beautiful.

The best time to plant flowers outside is usually after the last frost (mid-March is recommended). Looking out the window right now doesn't feel like any time soon, but Spring will be here before we know it! Most people who know flowers and how to plant them know about the last frost as well as the USDA Hardiness Zone. This tells you what plants can grow and thrive in your area. The state of Nebraska is 4a to 5b. That means you need flowers that can withstand extreme temperature changes through the summer and winter months.

As many of you know, I am not the best flower gardener. I may buy 30 plants and hope that 10 survive, but those 10 that do survive... bring a smile to my face. The Hardiness Zone... I don't know what that means. If they sell it at a nursery in Southeast Nebraska, I buy it. It should grow... right!

I asked some ladies in town what they have for flowers so I could get some ideas! Boy did I get ideas! Janet Hope says she plants "mostly cone flowers, black-eyed suesans, mums, perennials, then mix in marigolds and other annuals for continuous color"

Marty Bohart Peregoy told me, "I love the array of colors provided by zinnias and always have them lining my deck. The rest are chosen because they are either perennials or bee and

Lotus Lily

Roses: Continued on page 9 >>>>

Flower photos by Julia Perry, printed with permission.

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No More Snow

I may have mentioned that I hate snow and cold in a couple more articles this month, and it won't stop there! All of this snow is a hazard to people. There are wrecks, people stranded, people falling and getting hurt, highways closed, and that is just to name a few reasons why winter brings chaos to a town. With a foot of snow or more, total, Peru residents experienced some chaos.

I asked some of the Peru residents how this affected their lives. Here in Peru, we have had residents in wrecks (thank God they were okay), Jill Hardy stated that she was snowed in at the Nebraska City hospital for three nights; Katy Novak said that she and her daughter Vera got stuck in Omaha trying to fly out. Their original flight was cancelled. "We spent 7 total hours sitting in planes on the tarmac and two nights in hotels in Omaha." Stacy Fowler Parker stated that she likes it a lot less the older she gets. She stated that she has a home based business, so it hasn't affected her as much work-wise. "But my husband works at Cooper on a rotating shift. He is currently on nights. Trying to keep our driveway open so he can leave and then come home has been a bit of a challenge with the cold and timing of the snow. The Cooper party was cancelled. My elderly dad has been in the hospital in Lincoln for a few weeks and was just transferred to a rehabilitation home for a few weeks before being released to home. We haven't been able to go up and see him, and he's feeling forgotten. My daughter had ankle surgery a couple of weeks ago and we have to keep rescheduling her follow up. It's scheduled again for Monday, so we will hopefully make it. Nothing that's really a big deal (other than Dad), just a big aggravation." Michelle Chowning stated, "I couldn't make it home yesterday from KC due to the blowing snow and road hazards. Had to have the county road crew come plow my road to get me home. They plowed it less than 6 hours prior and it blew shut again! I hate winter and cold! Not to mention, the safety hazards associated with it all!"

I have family and friends that live out of city limits and they are still snowed in. They have plowed the roads, but the drifting is terrible. With me being snowed in, I was getting nervous. I was out of bread, milk and chips (I knew I would starve to death - haha) because the grocery store was closed due to DJ not being able to drive down here. He stated that he went off in a ditch trying to get down here. The grocery store was closed for awhile but DJ was home and safe.

With this bad weather and difficult traveling, the college cafeteria is also closed. Students have nowhere on campus to eat. Kim Allgood, co-owner of KJ Whitehorse stated that, "We are open due to reasons that there is always someone that wants to get out and come down town. The students don't have the cafeteria to go to for food so we are here."

I am glad to see that I am not the only one that does not like snow and winter. I am glad everyone got through this safely and thank you for telling us your stories.

Peru 4-H Club - Selling Fruit Angela Allgood

Peru, Nebraska has a new 4-H Club thanks to Cailynn Winkelman. As a fundraiser, they are selling fruit and February 12th is the last day for sales. For local delivery only, you can contact any of the following families: Novak (Katy & Nick) family, Montanelli family (Sarah), Pond family (Jordan & Kyle), Sayer family (Kelsee & Justin), Siebold family (Mallory & Andre), Reeves family (Kirsten & Jamie) family, and the Winkelman family (Cailyn & Luke). Local sales will be delivered March 2-3. If you are not local, you can also order online at http://myfruitsale.com/pages/support-your-organization The code is VUWP-5534.

Thank you for supporting the Peru 4-H Club.

<<<< Roses: *Continued from page 8* butterfly friendly. I keep the zinnia heads and use the seeds for the next year. I also love massive plants like castor beans, Hollyhocks and canna lilies. They make a dramatic background plant."

Sara Halvorsen said, "I'm a purely indoor plant girl because outdoor plants and I don't seem to get along, but if you're ever talking indoor plants, I'm your girl!"

Josie Lynn Coatney told me, "My favorite perrenial I have is my Bleeding Heart. I mostly have Perrenials but when I do buy annuals my favorite is Lantana. I plan on planting wildflowers again this year."

Julia Perry sent me pictures of her gardens. She has a lot of pretty flowers ... a lot! I am going to get clippings from her this year! I loved the snowball bush she showed me! She also shared this, "Flowers and gardens are one of my favorite things (or a few of my favorite things...). Perennials -- my perennials (they come back year after year) - I like to think of as my Friendship Garden - these starters all came from beautiful flower gardens of friends right here in Peru. Some of them were my mentors in flower gardening and veggie gardening. Many have passed away and the rest have moved away. So they are a perennial sweet reminder of them. Hostas from Betsy and Charlotte, peonies from our fav cousin, hydrangeas from my mother in law, roses, corn flowers and tiger lilies from other Peru Women who gardened the ole Peru soil before me. Clematis that grow so wild I have to just keep cutting them back! I love my "snowball" bush that we got from a friend on the outside of town where an aunt and uncle lived. Biennials seed themselves back also all from friends - white and purple coneflowers, black eyed Susans and daisies. Annuals, I still harvest Zinnia seeds from original seed I got from my 4th grade teacher... also my neighbor for 30 plus years. I plant the TALL ones in our veggie garden and they just keep blooming their beautiful colors well into fall. I learned from my green thumb mentors to plant items in such a way that something is blooming from spring until the snow flies. I'm sure I forgot a few of my favorite things but you get the idea... I LOVE flowers and flower gardens...

Roses: Continued on page 11 >>>> February 2024 Your Country Neighbor 9

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Keeping with our theme of foreign settings or authors, Sylvie Shires chose to review "Under Gemini" by Rosamunde Pilcher. Pilcher was born in Cornwall in 1924.

We join our main character, Flora as she is leaving her childhood home to journey to London for the purpose of finding a flat and a job. She was raised by her divorced father and now that he is remarried, she feels she should head out and let the newlyweds make the house their home. Upon arriving in London, she finds the flat she was to share with her friend has fallen through and she must make other arrangements. She treats herself to dinner in a restaurant and while there meets her twin sister she never knew existed, Rose.

Rose convinces Flora to stay at her apartment since she is leaving soon for Greece and the apartment will be empty. Still stunned by all that has happened, Flora agrees. The girls spend time figuring out how they are twins when neither of them knew about the other existed and catching up. A day later Rose is gone and shortly a young man is at the door saying, "Hello, Rose." It seems Rose had a fiancé she forgot to tell Flora about and he is there to pick her up to visit his grandmother Tuppy for the weekend. Tuppy appears to be on her death bed and her dying wish is to see Antony and Rose.

With much ado, Flora is convinced to travel to Scotland with Antony and pretend to be Rose for the weekend. Rose did visit Antony's village about five years ago but since the twins are identical and one does a lot of growing up in five years, no one will know Flora is not Rose. As you can imagine, nothing works out as smoothly as planned. Tuppy convinces Rose (Flora) to stay for the week with Antony returning the next weekend to fetch her. (Are you getting the idea that Flora is easily convinced into doing things she might find questionable?)

Much happens during Flora's week in Scotland. The better she gets to know Antony's family, the more she loves them and cares about them and the guiltier she feels for deceiving them. She also gets a letter from Rose telling her Rose never intended to marry Antony and that's why she left London without seeing him. Flora learns just how despicable Rose really is. Also during her week's stay she becomes very familiar with the local doctor, Hugh, who is caring for Tuppy. At first put off by him completely, after suffering severe food poisoning, she learns more about him and begins to fall in love with him.

Antony has made her promise she will tell no one the truth. He doesn't want Tuppy upset and her illness made worse. Everyone is still under the impression that Tuppy is at death's door even though that was never what the doctor had said. Antony's aunt got scared and told everyone that. Tuppy is really healing nicely.

Meanwhile, Hugh has figured out Flora is not Rose but has told no one. When Antony returns to get her the next weekend, Hugh demands Antony tell Tuppy the truth. Tuppy and the whole family have planned a large party to celebrate Antony and Rose but Antony tells Tuppy anyway. She is upset with him but forgives him. She has fallen in love with Flora for the kind and loving person she is and invites her to visit any time she wants and to consider herself part of the family.

I found "Under Gemini" to be an entertaining and enjoyable read suitable for almost any audience.

Happy reading!



Winter Blues (Blahs)

Everyone who reads my articles in the winter months knows I hate winter. I have hated winter since I was a young girl. Never liked sledding down the hills of Peru (it was cold and there were a couple of trees in my way!) As I grew up, it stayed the same, I hated winter. It was cold, the snow was not pretty (when they plowed it was brown from the dirt) and the road conditions were bad (again, those wonderful hills of Peru!). It is still the same as a full-grown adult only a little worse. I look out the window now and just want to go back to bed. Why not? It is cold out, the snow just will not quit, and I am getting used to being caged up in my home.

Most people call this the winter blues or blahs. The real name for it is Seasonal Affective Disorder or SAD. SAD it just what it says. It is "seasonal." It happens to many people during the winter months. I start feeling sad towards the end of October early November. The days are shorter, the skies are grayer, the days are usually colder, and everything is dying off. The beautiful flowers are no longer vibrant colors, they are withered and brown, and I dread what I know is coming... snow and colder weather. This can last 4-5 months out of the year. Sometimes these mood changes can be serious, but usually, most people start feeling better when the sun comes out and the days are longer and warmer.

About 10 million Americans experience SAD, which is a form of depression that usually affects people from mid to late fall through the early days of spring, although many may not know they have this common disorder. In most cases, SAD begins in young adulthood and occurs much more often in women than in men. If you feel symptoms of sadness, it could be SAD or it could be depression. You will need to learn the difference because they are not the same. SAD comes about when the weather changes and when daylight hours change, "holiday blues" and depression are different and depression is far more serious. Learn about ways to get help and find a health care provider.

My symptoms (and a few symptoms of SAD) are social withdrawal (like I just want to hiber-

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<<<< Roses: Continued from page 9

and gardens... and I dream of them this time of year... until the seed catalogs come! LOL. It is a great way to remember good friends and neighbors and pay them a little tribute by trying to keep them going year after year."

Traci Robertson loves, "salvias, four o'clocks, zinnias, and marigolds of all shapes and sizes too." Hope Kieler stated that she liked "Mums and all of the decorative grasses. My dogs and children are hard on plants, and so for the last five years I have cut back to just these simple things. I used to have a large floral garden because my grandma always had one, and had us help maintain it."

I cannot wait to try a few of these "favorites" in my flower beds this year! Thank you ladies for the suggestions!

What do you plant in your flower beds? Do you go for color or do you go for the beauty? Is it your favorite, a memory of a family member or other loved one?

https://a-z-animals.com/blog/best-perennial-flowers-for-nebraska/

City Council Items

1. Long discussion on bids to rent city farm land. Good progress, I believe.

2. No ribbon cutting for water line connection yet. There is a minor issue with "stickers," but no one wants to mess with pipes and flowing water in subzero temperatures anyway, so more time needed. <<< Blues: *Continued from page 10* nate), and oversleep. I get restless and feel like a caged animal, I have less energy, I eat. Boy, do I eat. I need the "comfort" foods. I am just self-diagnosing that I have SAD. In order to be diagnosed with SAD, a person usually meets the following criteria:

They have the symptoms of depression or the more specific symptoms of winter or summerpattern SAD.

Their depressive episodes occur during specific seasons (winter or summer) for at least 2 consecutive years. However, not all people with SAD experience symptoms every year. It does tend to get worse the older you get.

Their depressive episodes during the specific season are more frequent than depressive episodes experienced at other times of the year. If you are unsure, please consult a health care physician right away.

https://www.nimh.nih.gov/health/publications/ seasonal-affective-disorder

https://fortune.com/well/2022/09/29/seasonalaffective-disorder-affects-millions-of-peopleheres-what-to-look-out-for/

https://www.hopkinsmedicine.org/health/conditions-and-diseases/seasonal-affective-disorder

Note that in the online version of this publication, you may click on any https:// address to access the website.



PUBLIC NOTICE Is Hereby Given that the City of Peru, NE, is currently accepting sealed bids for the sale of the following: Legal Description – The South Half (S1/2) Lot Two (2) and all of Lot three (3), Block One-Hundred Seventy-Six (176), Peru Neals Addition to the City of Peru, Nemaha County, Nebraska, and located within the City of Peru, NE, also known as "1008 5th Street," within the following legally described real estate, identified within Parcel I.D. No. 640020127

All sealed bids shall by submitted to the Peru City Clerk, Peru City Hall, 614 5th St., Peru, NE 68421, on or before Thursday, February 8th, 2024 at 4:00 p.m. All bids shall be sealed and marked outside the envelope "Sealed Bid for 1008 5th Street."

All sealed bids shall be opened by the City Clerk at Peru City Hall, on Friday, February 9th, 2024 at 12:00 p.m., Noon. All bids will be disseminated to the City Council members, and Mayor for review.

The sealed bids will come on to be considered by the City Council on and at the Tuesday, February 20th, 2024, City Council Public Meeting starting at 6:00 p.m., at Peru City Hall.

Contact the City Offices at 402-872-6685 or cityclerkcityofperu@gmail.com with questions.

3. Ordinance passed to create Recreation Commission.



St. Clara's Catholic Church 604 6th Street Pastor Fr. Timothy Danek Mass - Sunday 8:30 am Confessions - Sunday 8:00-8:20 am



Northridge Church 808 5th Street Pastor Daniel Hutchison Services - Sunday 10:00 am



Peru Community Church 520 Nebraska Street Pastors Raymond & Rebecca Girard Services - Sunday 10:45 am February 2024 Your Country Neighbor 11





The AKRS Ag and Turf Expo showcases the most extensive line-up of John Deere equipment and technology in Nebraska.



12 February 2024 Your Country Neighbor

Windmill along H-136 West of Brownville, Nebraska



晶

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Samantha Stewart scores 1000th career point! 01/03/24



<<< "Catastrophes" Continued from page 4</pre>

The Chinese say that animals can sense earthquakes an hour ahead, so if you have pets who suddenly want to hide or want to lean on your legs and make whiney noises, fasten things down and stand under a door frame when the lights begin to swing from the ceiling and the road outside undulates like ocean waves. In California, school children were taught to get under the tables so they were protected if the lights fell or the windows broke. (We did the same thing for Nuke Drill, but I never understood why — if the windows blew in, we were dead ducks anyhow.)

Wars? That's the hardest to get ready for, but the government and Civil Defense will usually have specific instructions. My main comment here is that it's a great way to get rid of food addictions — I laid in a big supply of chocolate bars to reward us for living through the bombardments, and found when the crisis was all over and we had torn the tape off the windows, that I couldn't stand even looking at chocolate bars — in my mind, they were tied up with gas masks and slop buckets. As for food, be sure anything you stash away in the Safe Room can be eaten without cooking —if your windows are sealed to keep out poison gas, don't burn up your oxygen with a Sterno Stove. And candles are fine in case the electricity is knocked out, but again — sit in the dark and breathe, there's more of a future in it.

I don't know that there's any defense against nukes, or any preparation you can make, because you can't stay in the Safe Room forever, and the radiation will still be hanging around outside the house when you go out. My brother (who is even older than I am) was in the first boatload of Americans to enter Hiroshima after our bomb, and he described the radiation as still around weeks afterwards. However, if you check the Net, you will find that there are some minerals and a few B vitamins you can buy ahead of time, and keep handy to defend the body if you expect nuking. It would be fun to stay alive just to aggravate the Ayatollahs.

Lulu bought me a shirt when I turned 80 — it says on it, "I've Seen it all, I've Done it all, I just don't Remember any of it." At 87, today's world being the way it is, I'm looking for a shirt that says, "I've Seen it all, I've Done it all, and I'm ready to Tell it all, too."

ARBOR CITY NEWS News from Nebraska City



KHN Center for the Arts

Established in 2001, the Kimmel Harding Nelson Center for the Arts is a renowned Artist Residency program that supports established and emerging visual artists, writers, composers, and interdisciplinary artists from around the world.

Uniquely housed in a residential prairiestyle complex, KHN also hosts a public gallery that showcases the work of Nebraska and regional artists, and is home to the Kimmel Permanent Collection.



February 15th, 5 - 7 pm, KHN Center for the Arts 801 Third Corso, Nebraska City

Valentines Day Poem Bruce Madsen

You may wonder where the time has gone Years and seasons fade

Like words and music of a song That is no longer played

The memories of our time together Are safe and put away

In a place where memories go but can be instantly replayed

In the album of our wedding day The pictures are a lot

And showed us as we began to say The vows we've not forgot

Our kids are grown and have now gone on But we are not unbowed

And we say as we have all along That we are very proud

So in the years yet to come Let us enjoy the feast

Of love and life not come undone And is blessed with happy peace

Arbor City News

is a monthly news section in

Your Country Neighbor

A Southeast Nebraska Regional Magazine (w/News)

ARBOR CITY NEWS From Nebraska City's Morton-James Public Library

All activities take place at Morton-James Public Library, 923 1st Corso, Nebraska City - (402) 873-5609

Humanities Nebraska Program **GEORGE SHANNON: YOUNGEST MEMBER OF THE** LEWIS AND CLARK EXPEDITION with Bill Hayes Thursday, February 1 7:00 PM **Paint Together-Owl Painting** Saturday, February 3 10:00 AM- Noon

Register by calling 402-873-5609 Materials provided -must have a partner -for ages 8 years and older

Fire Truck Story Time Wednesday, February 7 10:00 AM Ages 2-6. Families welcome!

Yarn Crafters Club Wednesday, February 7 1st meeting! 2:00-3:30 PM Join us to work on your crocheting or knitting project. All levels of crafters invited. Bring your own materials, hooks, yarn, needles etc. Members

will help beginners and MJPL will have some patterns available. Free to attend, everyone 15 and older is welcome.

Chess Club Every Thursday 4:30-6:00 PM

Youth Valentine Party

Saturday, February 10 10:00-11:00 AM Enjoy Creating a gnome Valentine, snacks and coloring. Take a selfie with our mascot Mr. Oakley! Writers' Workshop

Writers' Workshop

Saturday, February 17 10:00-11:00 AM Join us to get feedback on your own writing and to learn more about the craft of writing. Zoom available if unable to attend in person. Everyone 15 years and older welcome!

Book Club - The Diamond Eye by Kate Quinn Tuesday, February 20 2:00 PM

Eat Your Veggies Story Time

Wednesday, February 21 10:00 AM AM Ages 2-6. Families welcome!

Evening Book Club - The 100-Year-Old Man Who Climbed Out the Window and Disappeared by

Jonas Jonasson Wednesday, February 21 5:30 PM

> Donna S. Kruse, Director Office: 402-873-5609 Email: dkruse@nebraskacity.com www.morton-jamespubliclibrary.com "Home of Arbor Day, Where Great Ideas Grow"

ARBOR CITY NEWS From Nebraska City's Morton-James Public Library

Katharine Bruce Contemporary Visual Artist February 1-28, 2024

Katharine Bruce comes to us with a bit of international flair. Born in New York City and growing up on the Canadian Prairies she developed a passion for nature, animals and the sheer vastness of the universe.

She attended the Boston Museum School of Arts and has a Bachelor of Fine Arts from the University of Manitoba, Canada.

Her art has been created in her studios in Holmfield ART Farm, Manitoba, Canada and San Miguel de Allende, Mexico and currently Nebraska City, Nebraska.

www.kbruce.com

Title: Evolution 1 39"x39" Acrylic on canvas/framed 2024



Title: Illinois 12"x12" Mixed media





Title: Evolution 2 39"x 39" Acrylic on canvas/framed 2024



Title: New Jersey 12"x12" Mixed media

Title: Nebraska

Mixed media

12"x12"



February 2024 Your Country Neighbor 17

ARBOR CITY NEWS From Nebraska City Tourism & Commerce





ARBOR CITY NEWS News from Nebraska City



This is the best image I was able to get of the male cardinal in January. The female was around more often, and she is on page 24.











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Chickadee, Female House Finch (likely), Male House Finch







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Window On Fifth Street

Stephen Hassler, Peru

It was a relatively mild Winter until mid January. Early January brought us the second measurable snow fall, but only an inch or two. By the time the sun came out to allow it to be photogenic, the branches were mostly bare again. But soon after, a significant Winter snowstorm resulted in at least 12" of snow, not to mention sub-zero temperatures.

Mild Winters are easier to live with. Not just for people, but animals too. And I'm curious what insect observations might result come Spring. More spiders? Bugs? Butterflies? The Monarch butterfly was added to the endangered species list in 2022, but that's because of less food, not cold Winters.

One very cold Winter many years ago, when I was about 13, my big old gray cat went away. I didn't think of him as dying, just finding another barn with more mice, or perhaps a farmhouse with more throw-away food scraps. He was the only cat I ever had that went sparrow hunting with me and my BB gun. That was a cold Winter in northeastern Nebraska, where I grew up on my father's farm. Twenty below was not uncommon in January and February. I believe it was the geography, but maybe those times were just colder. And when Ground Hog day came around, I was confused to hear that when he saw his shadow we were to expect "Six more weeks of Winter." I always wondered, "Huh? Only six? Good deal!" Winter often lasted until mid April or even later back then. Come February, I will take just six more weeks of Winter any year.

Never in those younger years of mine did I experience 70 degrees in March. "Warm" was 40 degrees, or when the snow would 'stick' for making snowballs. "Warm" was when the pigs' water-troughs were not frozen in the morning, not need-ing the kerosene lamps under them to be relit. Try striking a match with two pairs of gloves on. When my glove caught fire one time, I couldn't feel it. Actually, it was my father's glove pulled over my own. I just put the flame out in the snow.

February was also the month of "calving." I guess nature's plan was for the baby calves to have all Spring and Summer to fatten up, assuring they could withstand the Winter to come.

Momma cow would prefer privacy during delivery, so she would try to find a spot to hide on our 160 acre farm, or she went to the farthest corner so that a cold Winter's hike was necessary for me to inspect the newborn. Didn't she know the barn was warmer than an open cornfield stubble? But within a day or so the little one had the strength to follow momma home to water and the barn. No further inspection required.

So come February, my heart grows fonder, not just because of Valentine's Day, but for Ground Hog Day, and only six more weeks of Winter. I can live with that.

Trade In Your Personal Clunker

Dorothy Rieke, Julian

Recently, people have been trading in their "clunkers." Those are older "gas eating" vehicles.. Car dealers were encouraging everyone to trade in their clunkers for modern fuel-efficient cars, SUVs, and trucks.

In our personal lives, we all have "clunkers." However, these personal clunkers which represent bad habits and irritating ways, are often more difficult to eliminate or "trade in."

Clunkers often cause embarrassment, failures, and worries. They are responsible for errors, misunderstandings, and misconceptions. They impede our progress, destroy relationships, and cause failure in many areas of our lives. Truthfully, they may not be recognized until damage results.

"Clunkers" once destroyed, never reappear. They remain in the past. However, they must be recognized and steps taken to correct the problems caused by them.

OUTDATED. Outdated generally refers to articles that have not been improved with the latest technology. Personally, outdated refers to refusing to take advantage of the latest. Tradition is wonderful, but in some cases, it can be improved and updated. Let your choices be the best of all using all the latest resources.

EXPENSIVE TO OPERATE. With the economy as it is, most of us are aware of the benefits of thriftiness and saving money. Rid yourself of extravagance and focus on economizing.

NO VISUAL APPEAL. Appearance often sets the trend for the day. Appearance not only contributes to self-esteem, it is responsible for creating the will to achieve.

FAILING TO PERFORM. Most of us have experienced failure in different situations. Failure is discouraging and causes unhappiness, but failure can be a learning experience. It also causes negative attitudes. Overcoming failure means correcting, redoing, and redefining.

UNRELIABLE. Reliability is a must in the business world as well as in our personal lives. Those who can not be trusted are usually stuck in the bottom of the ladder leading to achievement. Making others feel at ease depends on your mannerisms and attitudes.

LACK OF LATEST TECHNOLOGY. In order to compete and achieve, one must be prepared with education and training. Just as those in automobiles benefit from the latest developments in driving and technology, so do skilled workers benefit from training and advanced knowledge.

LACKING SAFETY FACTORS. Just as seat belts, air bags and improved tires increase safety, so do such traits as common sense, preparedness and knowledge.

These suggestions enhance our lives and bring desired results.



Dave and Pam by Sheila Tinkham, Lincoln

There is a couple in Denton, Nebraska They epitomize love of community The American Legion More than a place A sense of community A place where you matter Pam and Dave - Cheers to you And all those who depend upon you for food and fellowship. And that is my Valentine this February because every person matters And love of self, love of community, love of a spouse, partner, pet.... Happy Valentine's Day!

> Speaking of Poets... Stephen Hassler, Peru

I recently re-connected with a former writer who used to submit poetry to this publication, but took a break for some family time. For those of you who might miss Janet Sobczyk's poetry, you will enjoy her website at;

https://momsmusingsblog.blogspot.com/search?q=ycn (Best accessed from www.yourcountryneighbor.com) Valentine to America by Sheila Tinkham, Lincoln

Reading about General Patton and the Seabees All those men so young and talented To die for freedom, for love of country To avenge Pearl Harbor To protect those at home Valentine is about more than chocolate and roses We are free to love We are free to love We are free to work and live So to all those men and women who Have sacrificed their lives So we may dine and enjoy each other's company I raise a cheer And hail them My Valentine to America.



HEARTS AND FLOWERS

Love is in the air. or in the snow that's falling through the air. And if broken hearts could bleed. the white blanket on the ground would be stained a ruby red. Love can hurt for a month or forever. Or it can grow and last until we walk into the infinite sunset. But underneath the busy intrigue above the ground, there will always be tiny roots of bleeding heart flowers ready to grow in the spring into pretty petals.

PLAN AHEAD

"To do" is a list for life, a day at a time, or a year at a time. If you look so far ahead that there are no open dates, you may miss a few chances to run away from a day and find out what happens when you let life happen to you.

by Devon Adams, Peru

TOYS IN THE ATTIC

They are over in the corner, staring at you with their bright blue glass eyes. Their dresses are dusty and their hair is musty, but they seem to want to play. In a strange way you can hear them say to you, "We're lonesome." "So am I," says the little girl hiding in a woman's body. You hold them and softly sing a soothing song of rhymes and rhythms, as you start to dance away the sunny, happy day.

WHAT DO YOU LOVE?

Time is forever, but lives are short. There's only time to sing a song of sweet grace for what we have, and not enough for deep dark pain in grief for things that are not to be. or never were. Love is a question And also an answer.

By Artist, Devon Adams PENCIL PORTRAITS OF PEOPLE, ANIMALS, & BUILDINGS

Drawn from your photographs.



DOWN IN THE DARK

When I was little and Grandma was old, we would go down the stairs in the yard to a cave where summer lived all winter. It was a fruit cellar with jars and jars of jams, jellies and juices. It had crocks of pickles with dill, potatoes, tomatoes all canned in a row next to peaches, pears, beans and more greens so pretty and bright in the light from a single light bulb hanging from a long gray cord. It smelled like the earth, with shelves full of hours of love and work.

THE WIDE DIVIDE

Empty spaces echo with memories and windows feel like empty eyes looking over the valley. But there are signs on the breeze in the trees that gentle spirits still sing here. Energy survives and thrives and waits to be recognized as the shadow of love that remains. A sun flash on red wings catches the last rays of the day, as a feather floats into her garden.



Chickadee on a snowy day, January 9,2024 We'll remember that January for awhile.

"Your Country Neighbor" is delivered to the following communities in Southeast Nebraska & NW Missouri Auburn • Brownville • Cook • Falls City • Johnson • Nebraska City Nemaha • Papillion • Peru • Rock Port • Syracuse • Tecumseh • Verdon





February 2024 You

Your Country Neighbor

The Lady Cardinal, January 12, a cold day.