# Your Country Neighbor

Free! May 2023

Auburn · Brownville · Cook · Falls City · Johnson · Nebraska City · Nemaha · Peru · Rock Port · Syracuse · Tecumseh · Verdon



Getting Hands Dirty - Story Page 8 Nebraska City Pioneers High School Marching Band Arbor Day, April 29, 2023 *Inside, Sweeten your Coffee Break with Voices and Views from the Nemaha River Valleys.* 



May is Apple Blossom Time! Arbor Lodge State Historical Park Volume Twentyfour, Number Five



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May 2023

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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

#### www.yourcountryneighbor.com

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### This Month's Writers & Contributors

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"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

To track Covid-19, google; your **county**, your **state**, **covid**. (example) otoe county, nebraska, covid cases *Wash hands often when out in public*. *Wear a paper mask or an N95 mask per CDC guidelines*.

#### **Contents**

### Here's the May Issue of "Your Country Neighbor"

"Your Country Neighbor" is your "2-cups-of-coffee" companion! And every month allows each reader to reach out and share with friends, neighbors, and relatives. Enjoy the local photos and articles with a flavor of rural America. This month, features included are; "Peru City News," *Peru State College* news and ballgame photos, and more news in the "Arbor City News" section.

You can pick up your free **2023 Brownville Calendar of Events** at the Winery in Brownville. See ad page 5.

Don't forget to **clip the Valentino's coupon on page 24 and carry it with you!** 

I wish you a Happy Mother's Day (if applicable), and a happy May!

Stephen



American Coot I once heard my Grandmother call my Grandfather an "old coot." I understand a little better now.

### Diary of a Part-time Housewife

Merri Johnson, Auburn

I'm guessing that many of you have had cataracts removed. Hubby underwent the procedure on both eyes about four months ago. His eyes positively sparkle now that the film of cataracts is gone. I used to think that descriptions of "sparkling eyes" were just exaggerated, romantic language. But now I see that it is a real thing; actually, a little disconcerting, almost like a glass eye.

Hubby used to need a magnifying glass to read fine print. He still needs reading glasses, but no more magnifying glass. And he can read ball-game scores on the TV from bed without glasses at all!

Despite the demonstrable improvement in his vision, some things still manage to escape his notice. A couple of examples.

I thought for sure that after the cataract surgery, he would notice the puddles of water on the kitchen countertop always left behind by his mopping up after washing dishes or just rinsing his coffee cup. But no, I still find myself wiping up puddles of water on the countertop beside the sink. Baffling.

The other day, Hubby came home from grocery shopping with a bag of Tootsie Roll Pops. I asked why he had bought them, and he replied that I had put them on the list. Not so. Among other items, I had written "Tostitos scoops." If you are unfamiliar with those, they are a corn chip used to scoop salsa or dip. I asked to see the shopping list and confirmed that my handwriting, though not pretty, was fully legible. Hubby apparently had merely glanced at the words and misread them.

Upon further questioning I learned that he assumed I wanted Tootsie Roll Pops for Sunday School treats. Why would you assume that, I asked? His response was something along the lines of, "you sometimes buy Sunday School treats and you had put this item on the list, therefore it must be Sunday School treats." He was reluctant to admit his error, still insisting that "Tostitos Scoops" was nearly identical to "Tootsie Roll Pops." He went so far as to tamper with the evidence by tossing the list in the waste basket. But I found it and showed him again that it was plainly NOT Tootsie Roll Pops.

Not so long ago, Hubby used to call me nearly every time he went grocery shopping to confirm some item or other. But lately, he has been relying on his own faulty logic or simply buying something on impulse without calling to see if we actually already have it.

It seems that Hubby's vision now resembles his hearing: he hears what he wants to hear and sees what he wants to see. Or, more to the point, he just doesn't pay attention. I foresee future episodes of this sort of thing: tomato paste instead of tooth paste, dish soap instead of bath soap, I could go on. I guess I'll just be happy if coming home with Tootsie Roll Pops is the goofiest thing he does.

### Lilies Of The Field

Frieda Burston, (Deceased)

One of the nice things about a small town newspaper is that you don't usually line the litter box with it as soon as you've read it; you let it hang around for a few days while you think about the things you read.

Often, what you think about is only connected to what you've read by a thin thread, but that thread clings to another thread, and pretty soon you've got a whole fabric in your head. Bea's Flower Buzz about the White Lily led from one thought to another, and ended up with my thinking about how language changes.

I was sitting in third grade in Missouri in Bible-Reading days, when I first heard the verse that Bea quoted, "Consider the lilies of the field— ." Like everyone else, I could imagine fields of white flowers blowing in the wind. And then years later, when I was sitting in my kitchen with friends in Israel, I learned that the quotation wasn't about lilies — and the flowers in the fields weren't white as I had pictured them, anyhow.

Language changes faster than styles in underwear. The basic thing about those flowers was that they weren't planted, they just grew. The poet wanted to point out that nobody took care of them, they just grew. They were not a crop, yet they predictably came up every year. And they're still doing it—.

Language changes. The men who translated from the Hebrew to the Greek to the English, were men of the cloister, not of the field. During the days when that was written, the word used —"shoh-shahn-ote" was not the name of one lily, but a generic term, "flower." The men who wrote it down apparently were city men and didn't know the names of country things. They wrote in general terms— "Consider the flowers of the fields— ."

Nobody sows them. Of course not; the rains bring them out of the ground. Nobody in his right mind goes around putting his back into crops out of which you can't make anything. God wouldn't give man a brain and then tell him to sow flowers before he put in the barley after Passover. So God provides for them.

Today a shoshana is a rose. But whole fields of roses don't

#### <<<<< Lilies Continued from page 3

rise out of the ground by themselves when Spring invites them out, so the quotation can't be about roses. Nor can it be about the white lily, which spreads slowly by one bulb growing from another, and a whole field of them is more like spilled cream than like Solomon's glory.

What my Israeli friends believe is that those flowers of the field were the "Coronel"— a small red poppy that pops up everywhere. The wind blows its seeds from the mountains to the seashore. It comes up before the end of winter. When the cold first begins to draw back, the little red poppy shows its green leaves. In a week or two, when the spring hasn't even settled in, the fields are greened over and the red begins to blush the ground. Like the mountains in California, the land begins to look as if someone got on top and threw buckets of paint over the ground everywhere.

Suddenly when you walk to town, you see coronels everywhere— in the vacant lots, in the cracks between sidewalk and curb, between the drainpipes and the walls, in the carefully manicured little pieces of grass in front of the city hall. We're not talking just fields here, we're talking anyplace there's a spare inch of dirt where the wind might have floated a seed. A glowing, blowing red, lights up the whole town, skyscrapers and all.

And then, three weeks later, there's nothing to show that Solomon in all his glory, never looked as glorious. The Biblical poet chose to use this small worthless flower to immortalize an idea; that you don't have to be rich or successful or impressive to help make the world a beautiful place. You just have to bloom where you find yourself, wherever you were planted. Open your petals and let your color shine.

Note from your publisher; For those of you who have not been reading this publication for 15 years, Frieda Burston used to be a frequent writer introduced to me by my friend, Joe Smith of Johnson, Nebraska. Frieda lived in Israel at the time. She is deceased now. I don't remember how Joe knew her, perhaps his widow 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 in several "YCN" issues.

Frieda moved from Israel to California to be near her daughter. Frieda spent her last years in a condo (as I recall), on the edge of a greenbelt where she spotted a deer now and then, and absent of Palestinian rocket attacks. She continued to write for "Your Country Neighbor" until her last days. Frieda was an unforgettable and remarkable person. I wish I could hear more of her stories of growing up in St. Joseph, Missouri. I have one more for next month.

### KJ Whitehorse Bar & Grill

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Peru Nebraska

### May

Sheila Tinkham

She blushes as she winds around the May pole Flowers in her hair A bouquet to Spring in her arms And then she warms The days stretching longer and longer Unfurling toward June And Mothers are honored with meals And flowers And May breathes life into the earth, the grass, the seeds And we all dance to her May pole of life.



#### **River Crossing Antiques** Whiskey Run Creek **Country Furniture** WINERY & DISTILLERY **Original Paint** Smalls **Wine-Tasting Hours:** Open Tue - Sun Thursday through Sunday 1 p.m. to 6 p.m. 127 Main Street 11:00 am - 5:00 pm Closed Monday through Wednesday Brownville, NE 68321 402.825.3981 Wine Special On Flea Market Friday Opening at 10:00 A.M. on May 26th -- May 29th. Share Your Country Neighbor with friends by sending them this link; **30% OFF All Wines May 26th!** www.yourcountryneighbor.com (Except Wines Already On Sale) See us at "TOAST" Wine-Tasting at Stenson Park in Omaha, Friday, May 12th & Saturday May 13th **KNOW WHAT'S BELOW...** 402-825-4601 **702 Main Street** Brownville, Nebraska 68321 www.whiskeyruncreek.com



American Cardinal amongst the branches.

**be buried on your property.** In some cases, they're close to the surface and easily damaged by even shallow digging, which can result in service interruptions to your neighborhood.

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As one of your local service providers, we thank you in advance for your cooperation!



5



Almost Golden - Goldfinch



Red Bellied Woodpecker



Downy Woodpecker

**MEMORIAL DAY** 



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### **PERU CITY NEWS** Communication • Information • Pride In Community



Old Man RiverDays 2023

Submitted by Vanessa Sherman

Friday June 2nd, 2023 All Day: Raffle Baskets, T-shirt Sales & OMRD Photo Backdrop 7:00 pm Fish Fry, Horseshoes & Entertainment – 5th Post 7:00 pm Games on the Green (bags, croquet, bocci ball, washers) - Trailhead 8:00 pm Glow Walk Registration - Trailhead 8:00-8:30 pm Glow Yourself (deck yourself in glow paint for the walk) 8:30 pm Glow Walk – To Genie Hollow ? Beer Garden - Whitehorse 9:00 pm Tyson Wessels & Logan Merz - Whitehorse

6:00 am-3:00 pm Fishing Tournament 9:00 am - 12:00 pm Food Trucks - Beef Jerky Stand, Loretta 9:30 am-1:00 pm Brunch & Horseshoes -5th Post 10:00 am – 3:00 pm Cruise In – Main Street **OMRD** Photo Backdrop 9:30 am Check in - Kids Parade 10:00 am Kids Parade (walk your dog, decorate bike or wagon, play your instrument) 10:00 am Opening Ceremony 10:00-1:00 pm Kids Carnival, Balloon Animals, Face Painting, Petting Zoo & Mini Train 10:30 am Cake Walk 10:00 am-3:00 pm Vendor Market 11:00 am - 1:00 pm PVFD Fish Fry 1:00 pm Fling a Fish 1:00 pm – 4:00 pm Town Scavenger Hunt 1:00-2:00 pm Lemonade Stand Competition 2:00 pm Ping Pong Tournament & Craft Vendors – 5th Post 2:30 Crafting - Painted Tortoise - City Hall 3:00 pm - Kids Water Battle/ (water balloons and water guns) - Green Space 3:15 pm Fishing Tournament Winner Announcement - Main Street 5:00 pm-8:00 pm Food Specials – 5th Post 7:00 pm Entertainment 5th Post 9:00 pm - 1:00 am Street Dance - Whitehorse -Hanyak's Sunday June 4th, 2023 Duck Creek Day/Sunday Funday

8:00 am-10:00 am Kids Fishing Tournament
9:00 am Outdoor Education
9:30-11:30 am Kayaks
10:00 am Josh the Otter book
9:00 am - 1:00 pm Cornhole Tournament & Brunch

Family Wildflower Mudballs Angela Allgood

April 22 was another cold and windy day for Peru, Nebraska, but that did not stop families from showing up at the Trailhead for a little fun in the mud.

Second grader, Marie Vogt (and her assistant, mother Kimmy Vogt) had 8-10 students that she taught how to make wildflower mudballs. She explained that it is 3 spoons of dirt, 1 spoon of sand and 2 spoons of wildflower seeds. Once you mix it up, add water and roll into small balls then wrap in foil and wait at least 24 hours before throwing them along the trail.

Natural Resources Districts (NRD) gave Peggy Groff money for the seeds so there was little cost involved yet these wildflower mudballs will leave beautiful blooms for bees and butterflies all along the trail.

This fun family event was sponsored by *Peru Depot Gandys*.

NorthRidge Church Art Gallery Angela Allgood

NorthRidge Church sponsored an art gallery for college students and community members. Elijah Kennedy was in charge of the gallery. You could have viewed the art April 20-22. There were thirty pieces of art in sketches, paintings, photography and woodwork. If you went to the gallery, you were amazed at the talent of our local community members and college students who had their work displayed, and some were for sale. I noticed paintings from Kirsten Reeves and Rebekah Hutchison as well as woodwork from another local, Randy Perry.

When I asked Elijah Kennedy why they wanted to sponsor the art gallery, he told me, "We as a church want our building to bless the community. We want to welcome artists and lovers of art, and we value art as a signpost or pointer to The Beautiful; God".

Share this experience with others by sending this link; yourcountryneighbor.com



Peru Cemetery Auxiliary's

#### Annual Memorial Day Fundraiser

#### It's a Pancake Feed!

Benefitting the care and upkeep of Mount Vernon Cemetery

#### Sunday May 28<sup>th</sup> 8 am-11 am

#### At Peru's City Hall

#### All are Welcome!

Pancakes, Sausage, Eggs, Juice & Coffee will be served



Free Will Donations Accepted! Can't make it? Please consider mailing in a donation to: Peru Cemetery Auxiiary Treasurer PO Box 453 Peru, NE 68421

#### The Peru Cemetery Auxiliary Theresa Westfall, President

The Peru Cemetery Auxiliary exists to help raise money for the care and upkeep of Mt. Vernon Cemetery and to help the Peru community in times of need. The volunteers on the auxiliary spend countless volunteer hours every year making and serving funeral meals in support of community members after the loss of a loved one. These funeral meals are prepared and served at no cost to the family, but donations are welcome. Each year the auxiliary donates a portion of funds raised to the Mt. Vernon Cemetery Association to support the cemetery's upkeep.



# **PERU CITY NEWS**



Communication • Information • Pride In Community

# Hoppin' Down the Bunny Trail

The Easter Egg Hunt in Peru, NE had over 100 children plus their parents.

PCIG worked with approximately 20 PSC Student Volunteers from three Clubs (Rotaract, Optimists and AIM Clubs) plus their Advisors.

This year, since the Quad on campus is torn up for construction, the Easter Egg Hunt was on the football field. There were 3,000 eggs scattered around and the field had three areas for ages, Toddler to Pre-K; K-2nd Grade; and the 3rd-5th grader. There was one "Golden Egg" per Zone. Jasper Karpinski found the golden egg in the K-2nd grade age group. His sister Kinley was in the 3-5th group and Kamber in the K-2nd group. Although his sisters did not find a golden egg, they had a lot of fun. The toddler to Pre-K winner was Axel Graf, but unfortunately the 3rd-5th grade winner was not identified. Piper Hutchison was also known to have fun. Her dad said she was having a sad morning but cheered up immediately when everyone was told they could "go." Another family that had a lot of fun was Kristin and Jamie Reeves and their boys. Kristin said they got lots of eggs and goodies and their cousin Jasper found a golden egg! She said the boys were "jumping with excitement and participation" before the chaos broke out. There was a golden egg for each age group. The "golden egg" got them a large Prize Basket that was sponsored by Western National Bank and Sarah Monteinelli with USBooks.

There were a couple of different things new at the Easter Egg hunt. This year they had a table area which had information about the Peru community that was handed out to families who attended the Easter Egg Hunt. Northridge Church had volunteers to greet the families and it provided refreshments for the volunteers. The Easter Bunny also attended the hunt this year!

PCIG had a fund raiser for "Happy Bunnies" and "you've been egged," Happy bunnies had over 30 people from the community and former residents who contributed enough to pay for the cost of the eggs. They also had a few businesses do a "Join the Hunt" fund raiser. There were four sponsors. Western National Bank purchased 15 eggs, 5th Street post purchased 20 eggs, Gallery 75 in Auburn purchased 20 eggs and Lone Tree Saloon purchased 10 eggs.

Barb Decker and PSC's First Lady, Joanna Evans found eggs at Western National Bank. A business could buy a certain number of eggs and hide them around their business for people to find. Joanna received some delicious candy and a WNB T-shirt. Barb Decker found a \$50 bill in her egg!

Each year the Easter Egg Hunt gets bigger and more successful. I cannot wait to see what PCIG has in store for us next!



PCIG worked with approximately 20 PSC Student Volunteers.



Due to Campus Construction, the Easter Egg Hunt was held in the Oak Bowl.



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# **PERU CITY NEWS** Communication • Information • Pride In Community



Tuesday Literary Club Reads DiAnna Loy and Alice Holtz, Tuesday Literary Club

In April, Alice Holtz reviewed The Horse Whisperer. She talked about the book, which was written by English author Nicholas Evans and the movie which was directed by, and starred in by, Robert Redford. The story is set in Chatham, New York and Choteau, Montana.

This is the story of the Maclean family who has been fractured by a horrific accident. The Maclean daughter, Grace, and her friend, Judith, go riding on a snowy morning. As they ride up an icy slope Judith's horse slips and hits Grace's horse, Pilgrim. Both horses and riders fall into a road and into a collision with a tractor-trailer. Grace's friend and her horse are killed while Grace and Pilgrim are both severely injured. Grace is left with a partially amputated right leg and is bitter and withdrawn; Pilgrim is severely wounded, traumatized, and uncontrollable.

Grace's mother, Anne, controls her emotions and becomes obsessed with finding a cure for Pilgrim even though others say he should be destroyed. She believes that the fate of her daughter and the horse are intertwined. Anne puts her faith in Tom Booker, a cowboy and rancher in Montana who is a "horse whisperer." Anne drives both Grace and Pilgrim to Montana to work with Tom Booker together as a joint project. Anne and Grace move to the spare house at the ranch so that Grace can work with Tom as he works with Pilgrim. The critical point in the rehabilitation process is when Grace is able to ride Pilgrim again.

Having reached the desired point of rehabilitation, Anne and Grace are preparing to return home to New York. The are having a farewell party and Anne and Tom let it slip that they have been seeing each other. Enraged, Grace flees the ranch on horseback into the fields. Tom pursues her on his own horse. Blinded by rage, Grace inadvertently triggers a stampede of wild horses. Tom gets Grace and Pilgrim out of harm's way, and then, throwing himself in front of a mustang, seemingly as a death wish, is trampled to death.

At the end of the novel, Anne drives Grace and Pilgrim back to New York. She apologizes to her husband, who forgives her. Annie learns she is pregnant and gives birth to a boy with the same striking blue eyes as Tom.

The story is a wonderful tale of a family that has fallen apart, a girl and horse painfully wounded and the calm man who supplied solutions to cure them both.

Ms. Holtz had also watched the movie of the same name and noted a few differences in the movie and the book. In the movie:

- 1. Tom doesn't go to New York to access Pilgrim's injuries.
- 2. The affair is not as intense as it is illustrated in the book.
- 3. Tom does not die in the movie.
- 4. Annie is not pregnant.

I have personally read the book and seen the movie and recommend both. Even though there are differences, they are both worthwhile and worth taking the time to enjoy.

### Semi-annual Plant Exchange

Marty Peregoy

The 4th semi-annual Peru Spring Plant Exchange will be May 20, 2023 from 9-11 a.m. in front of Peru City Hall, 614 5th Street.

Show your unruly, potbound indoor and outdoor plants who's boss by thinning them out, trimming them back, and sending some of them to new homes. Plants need not be planted: slips in water are fine, as are disposable containers and seeds.

We'll start with an exchange, but the last half hour, if you want it, it's yours. Let's help beautify Peru for years to come by planting perennial plants, trees and bushes outdoors! And don't forget the benefit of houseplants inside your home to freshen the air and help you through those long days of winter.

Donations of excess potting soil, pots and advice are also welcome. If you have old gardening tools or gardening books you no longer use, let us help you clean out your garage and bookshelves as well. It's a great way to pass your love of gardening on to the next generation of Peruvians.

#### Peru Progress Angela Allgood

The Gandys are working hard to get the Trailhead fixed up. They are looking into grants to get five campsites ready with picnic tables, grills, and trash cans. The kitchen is cleaned and for now they will keep the cupboards until they can be replaced. They have a long wish list of items needed, so they will be fundraising and asking for donations soon.

Old Man River Days will be exciting this year. The group has a lot of NEW things planned for families. Watch for fliers around town with more updates.

Abatement properties are moving forward for demolition.

ImPERUving as ONE is going to become active again. The group is going to focus on the "business" aspect of Peru. Once the group is organized there will be more information coming.



## **PERU CITY NEWS** Communication • Information • Pride In Community





Depot Dash Angela Allgood

The cold and dreary April day did not stop the runners and walkers from gathering for the Depot Dash at the Peru trailhead of the Steamboat Trace.

The "Dash" started at 9 am and finished around 10 am. There were 50 runners between the ages of 18 and 70 from Iowa, Kansas, Texas, South Dakota, and several towns in Nebraska; Burr, Syracuse, Auburn, Lincoln, Nebraska City, and Omaha.

I talked to the lady from Texas and she said she moved to Nebraska City just last week and was excited to come down and run. She and her dog ran the 5K while holding a flag with fallen Police Officers names.

Many comments were made that people will be coming back down and trying to "bike it" saying that it was "lovely."

We had a few local people running/walking in the Depot Dash as well. People from town as well as college students signed up. Gavin Smith, age 20, noted to be from Peru came in first place with a run time of 19:15. For the females, Kristin Kwan, age 40, from Lincoln came in first place in the female division and overall in 8th place.

For more information and results, go to: https://www.facebook.com/NemahaNRD. There is a link that says onlineraceresults.com in the comment section. What I learned at City Council

Angela Allgood

Illegal dumping at the yard refuge site will result in a fine of \$10,000 or more to the City. Please DO NOT dump anything other than tree limbs, grass, and leaves (not in a bag). When the dump site opens back up, there will be signs. Please follow the rules or it will be closed for good.

The Abatement process is continuing. There are three places that have been deemed "unsafe" by the building inspector: 600 5th, 909 6th and 913 6th. The next step for the City is to have the Board of Health meet with the building inspector.

Arcs and Sparks received the bid to fix the grate in front of the 5th Street Post.

Jimmy Smith received the bid for repair of drainage ditches at Sid Brown Park and 7th and Oregon.

Triston Davis is our newest volunteer fire-fighter.

You MUST have a building permit when building something new, adding on, etc. You can get the guidelines on line at perunebraska.org. Then go to the tab that says "City of Peru" and then "City forms," and finally click on "Building Permit Requirements." You can also get a copy of the guidelines at City Hall.

City Council Members approved Theresa Westfall to continue on with the idea of the "Justin Hiykel Memorial Familly Movie Night." Theresa is hoping to get it going soon at the mini park south of the City Hall. Justin Hiykel's family will provide funding for picnic tables or benches, popcorn machine, and a projector. They would like a plaque or something stating that this is the "Justin Hiykel Memorial Family Movie Night." Keep reading the PCN for future details.

Brodrick Nickens has purchased Dominic Potter's property along Mulberry Street and would like to put 6+ tiny homes which will be about 270 square feet each on the west end of that property. Councilmembers stated that he should first fill out building permits to get the project rolling.

It was mentioned that interviews are in the process for both the clerk/treasurer position and the maintenance position.



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





Wild Turkey near Lewis & Clark Visitors Center





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# ARBOR CITY NEWS News from Nebraska City

The Importance of Water Mark Kattelman

As incredible as it may seem, water is quite possibly the single most important catalyst in losing weight and keeping it off. Although most of us take it for granted, water may be the only true "magic potion" for permanent weight loss.

Water suppresses the appetite naturally, hydrates your body, and helps the body metabolize stored fat. The Kidneys cannot function properly without enough water. When the Kidneys can't function properly, they deposit everything into the Liver. The Liver's function is to metabolize stored fat into usable energy. If it is doing some of the Kidney's work, then it is not working at 100% capacity and more stored fat stays as stored fat.

Water reduces fluid retention in your body. When your body doesn't get enough water, it perceives this as a threat to survival and begins to hold on to every drop of water and every drop of fat. More often than not, when you feel hungry, it is because your body is dehydrated, not food-starved.

RULE: Drink half your body weight in ounces; at least one glass per hour until early evening. (example: weight is 160lbs/2 = 80/80oz. = 10 glasses per day)

Please give your body what it needs to shed stored fat....WATER!!!

Mark Kattelman Nebraska City Nutrition, Nebaska City, NE 402-713-0007

#### From the Orchard Dena Stevenson

Mother Nature's wake up during the month of April has been more like a fitful night of sleep than a wonderful, rested start to the spring growing season. For those who grow fresh fruits and vegetables in southeast Nebraska, it requires a mindset that makes the best of unpredictable weather. As the saying goes, if you don't like the weather in Nebraska, just wait a day. Record setting highs and lows, hail the size of golf balls and baseballs, and winds blowing over 40 miles an hour have all impacted the start of the spring 2023 growing season. For those of us waiting to enjoy the beauty of the apple blossoms, the wait is almost over.

#### History of Southeast Nebraska Orchard Industry

The area along the Missouri River in southeast Nebraska and southwest Iowa was known for fruit orchards. The Brownville, Nebraska City, and Peru areas all had an established group of fruit farmers, many of whom were apple growers prior to the 1940 Armistice Day freeze.

Even with the weather challenges we have faced this spring, the impact is slight compared to the killing freeze experienced on Armistice Day, November 11, 1940. Orchards in southeast Nebraska and southwest Iowa experienced a historic quick-freezing storm that killed an estimated 75 percent of the fruit trees in the area. The trees experienced frost crack with the moisture inside the tree freezing as the result of quickly plummeting temperatures.

The significant loss of fruit trees forced many of the fruit farmers in the area to abandon their orchards and begin to grow row crops that provided faster turnaround from planting to harvestable production. It takes years from planting to production for fruit trees. In the 1940s the variety of trees available took from 10 to 12 years to provide a



May 18, 5 - 7 PM KHN Center for the Arts 801 Third Corso



1651 So 11th St. Nebraska City Next to Arby's 402-873-6925 worldautosalesneb.com



6.2 L V8, FlexFuel 4WD, Black Interior, A Rare Find! Cash price \$15,901

# ARBOR CITY NEWS News from Nebraska City's Morton-James Public Library

923 1st Corso Nebraska City, Nebraska 68410

### Free May Events at Morton-James Public Library

#### **Lisa E Bristol Photography Cherishing Moments in Time** Exhibit in Kimmel Gallery May 4-26

"My photography has of late been realized as having captured moments in time, and thus the name of my photography business, Cherishing Moments in Time. In the past year between Nebraska City and Auburn we have lost four old barns due to strong winds or mankind choosing their removal. Things that we took for granted as always being there are no more, except for my remaining photographs."

#### **Teen Manga Maven Tuesdays in May 4:00-5:00 PM** Do you love Manga?

Want to learn how to create your own Manga? Free! A free 10-session class to improve storytelling and character design in a manga perspective. Focuses on how to use both art and writing skills to develop and design a story. You do not have to come to all classes, but that does help. Teens ages 13 and older.

**Favorite Characters Story Time** Wednesday, May 3 10:00 AM

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

### Humanities Nebraska Program

**Traditional Folk Music with Bill Behmer** This presentation is a brief overview of Anglo-American folk music, including 500-year-old British Isles ballads and American folk songs over the centuries. Gwen Meister and Bill Behmer describe the "folk process" as they accompany themselves on mountain dulcimer, autoharp and other traditional instruments. Thursday, May 4 7:00 PM

Mommy & Me Paint Together Join us to paint a canvas picture...all materials provided and free to everyone 8 years and older. Saturday, May 6 10:00 AM

#### Book Club

The Girl Who Wore Silk by Kelli Estes Tuesday, May 16 2:00 PM

**More Favorite Characters Story Time** Wednesday, May 17 10:00 AM

#### **Evening Book Club**

A Slow Fire Burning by Paula Hawkins Wednesday, May 17 5:30 PM

**Farmers Market Story Time** Thursday, May 18 4:30 PM

#### Lost Treasures of Omaha Author Visit

Join us to hear Nebraska authors, Lisa & Tim Trudell, discuss their book. Omaha holds many stories at its heart, from its long history as a home to Indigenous peoples to its contemporary downtown, its growing surroundings, its vibrant community. Lost Treasures of Omaha unearths the places and memories you thought you'd forgotten, recounting the former city staples that have come and gone with historic photos and anecdotes that will take you back in time. Thursday, May 18 7:00 PM

#### Writer's Workshop

Join us to get feedback on your own writing and to learn more about the craft of writing! Everyone welcome! Saturday, May 20 10:00 AM

#### Adult Picture Frame Craft Class

Join us to craft a picture frame. Limit of 15 attendees. Bring a 4x6 pic or 2 3x3 pics

\*Must Register\* Call 402-873-5609 or email chfoust13@gmail.com Wednesday, May 24 7:00 PM



Lisa E Bristol Photography - Cherishing Moments in Time

<<<<< Orchard, Continued from page 14

harvestable fruit production. Many of the orchardists simply could not wait for the "fruits" of their labor.

#### Hardiness Required

Richard and Laurine Kimmel overcame the drought of the 1930s and the killing freeze of Armistice Day 1940, and continued to build their dream, an orchard that would produce fruit which could be shared with their neighbors. The Kimmel Orchard & Vineyard has provided farm to table fruit production for the area over the last 98 years, despite the weather.

Today's variety of apple trees are much hardier and produce harvestable fruit much quicker. There are also new planting techniques that help an orchard grow even more fruit on trees that are planted closer together. These new tree varieties are also shorter trees, so the work of harvesting can be more efficient. No ladders required. We are looking forward to providing fresh fruit to our neighbors again this season, just as the Kimmel's did over the last 98 years. Kimmel Orchard & Vineyard grows a variety of farm fresh fruit including strawberries, cherries, blackberries, peaches, Asian pears, apples, and pumpkins.

# ARBOR CITY NEWS Summer Fun From Nebraska City Tourism & Commerce







# **NEBRASKA CITY:** A PLACE FOR ALL SEASONS

Nebraska City is known to many as the Home of Arbor Day, with an annual celebration commemorating that fact held each April.

Others are familiar with the harvestrelated traditions that arise each fall with the annual AppleJack Festival, including apple-picking in the local orchards, viewing the parade, finding your favorite classic auto in the car show, hunting down the best fried food at the carnival, and more.

But locals with Nebraska City Tourism & Commerce are working to expand public perception of Nebraska City by increasing offerings in the summertime.

"You can make Nebraska City what you want, " said NCTC executive director Amy Allgood. "It's perfect for day trips - when you want a day on the golf course or a day shopping boutique "We might be known for our bookend festivals," Allgood said, "but the middle is just as sweet."

stores downtown. It's also a great weekend getaway."

With 300 acres of parks, a new aquatic center, and a variety of indoor and outdoor activity options, Nebraska City is a place for all seasons. NCTC keeps a full calendar of events on their website at NebraskaCity.com/calendar.

"We might be known for our bookend festivals," Allgood said, "but the middle is just as sweet."

## SUMMER 2023 ACTIVITIES

#### WEEKLY FARMERS MARKETS

- Thursdays (May 18 to August 17) in downtown Nebraska City on 8th Street from Central Avenue and 1st Corso from 3:45 to 6 p.m.
- Vendors have baked goods, in-season vegetables and fruits and flowers, homemade items
- ◆ Sponsor table with giveaways
- ♦ Kids Korner with activities

#### DOWNTOWN SUMMER MOVIE SERIES

- Saturdays (June 3 to July 29 not July 1) in downtown Nebraska City in the Sunken Parking Lot on Central Avenue at dusk
- ◆ FREE family-friendly movies
- Bring your own bag chairs or blanket
- ♦ Refreshments served
- Come at 8:30 for a game and giveaway

#### OTHER ACTIVITIES

- Steinhart Aquatic Center open Memorial Weekend through mid-August; slides, lazy river, diving boards, zero entry
- Wildwood Golf Course / The Golf Club at Table Creek - contact for tee times and prices
- Tennis, pickleball, and basketball courts first come, first served
- Museums Arbor Lodge Mansion, Nebraska City Museum of Firefighting, Lewis & Clark Interpretive Center, Wildwood Historic Center, Kregel Windmill Factory Museum, Civil War Museum, Nelson House, Old Freightors Museum
- ...and more!

# ARBOR CITY NEWS News from Nebraska City



- · WEEKLY FARMERS MARKETS
- · DOWNTOWN SUMMER MOVIE SERIES -
- · STEINHART AQUATIC CENTER
- · SHOPPING, DINING, MUSEUMS
- · GOLF, TENNIS, PICKLEBALL

### STAY UP-TO-DATE AT NEBRASKACITY.COM/CALENDAR



Celebration!" JULY 8 LYLE, LYLE, CROCODILE JULY 15 RUMBLE JULY 22 DC LEAGUE OF SUPER-PETS JULY 29 TOP GUN: MAVERICK

All movies are Saturday nights at dusk in the Sunken Parking Lot on Central Avenue. Bring your own lawn chairs or a blanket. Snacks available. Arrive by 8:30 p.m. for family activities!



Sponsored by a grant from Nebraska City's United Way δ the Steinhart Foundation.



# ARBOR CITY NEWS News from Nebraska City



Nebraska City Pioneers Middle School Marching Band - Arbor Day, April 29, 2023

LAW OFFICES OF FANKHAUSER, NELSEN, WERTS, ZISKEY & MERWIN, P.C. Three convenient locations in Southeast Nebraska	
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Nebraska City 620 Central Avenue	402.873.3715
<b>Summer Classes Start May 15</b> Fall Classes Start Aug. 21 southeast.edu/admissions	







# **Peru State Women's Softball** Thank you PSC Athletes for the Peru Cleanup Day!







E BEST

ONLINE MASTER'S PROGRAMS









# Peru State College News



#### Peru State College Student Takes Entrepreneur Leap and Succeeds

Randee (Witt) Castillo, a Peru State College senior, is also a multi-location business owner. She, her husband, and her family own Happy Life Nutrition locations in Auburn and Plattsmouth, Nebraska.

Castillo is a 2019 Falls City Sacred Heart High School graduate. She came to Peru State on a volleyball scholarship. During the Covid pandemic in early 2020, she returned home to continue online classes in Salem, Nebraska. Castillo began working at Brillows Nutrition in Falls City. She loves helping others live their best life. In July 2020, she opened Happy Life Nutrition in Auburn with the financial support from her family. The name was appropriate.

"At the time, everyone and everything was down," said Castillo, "I wanted the name 'Happy Life' to represent a place where anyone could walk in, see a friendly face, do something that would improve their life, and leave with a smile."

Castillo stopped playing volleyball after her sophomore year to focus more on her schoolwork and business. In January 2022, she and her family bought a building at 1900 O Street in Auburn and moved Happy Life Nutrition to its new location. Castillo and her fiancée Daniel, a former Peru State baseball player, then opened Plattsmouth Nutrition in March of 2022. The addition of the new store made life even more hectic. Randee and Daniel were married in August 2022.

"I wouldn't be where I am without Daniel and Wade taking care of the stores while I finish my degree," said Castillo. "Their support, as well as my family's, our other employees, the community, and our customers make this possible. As for our customers, we view every single one of them as family, too."

Castillo will graduate in May 2023 with a Psychology major and minors in Marketing and Drug and Alcohol Counseling. She will continue managing the Nutrition Stores with Daniel, coach other nutrition store owners, and explore additional ways to support the community and college that have supported her.

"Auburn, Peru State, and the surrounding community have been great to us," said Castillo, "and our customers are amazing. I ask myself everyday how we can continue to help the community in return."

This press release was contributed by Peru State College Copywriter, Paul Rieken.

#### PSC's School of Education Launches Innovative Teaching Experience Learning Lab

The School of Education at Peru State College is proud to announce the launch of its innovative Teaching Experience Learning Lab (TELL), a creative classroom space designed to enhance teacher candidates' skills and abilities using research-based instructional practices.



TELL is a unique classroom space modeled after 21st Century classrooms currently in the teaching field. The lab's flexible seating and furniture, SMART Board, and various one-to-one technologies provide teacher candidates with the tools needed to create an optimal learning experience for their future students. Additionally, the lab is equipped with recording devices to allow for in-depth personal reflection and collaborative feedback on teaching lessons.

"By creating a space with flexible furniture and 1 to 1 technology, we are empowered to cultivate a learning environment that encourages collaboration, creativity, and personalized teaching practices for every candidate that goes beyond traditional teaching methods," said Dr. Dwayne Chism, Dean of the School of Education. "The lab will help us prepare teaching candidates to be quality educators for tomorrow's learners."

The lab's flexible furniture design allows it to be transformed within minutes to take on the appearance of various high-impact teaching and learning environments. With TELL, teacher candidates can implement and explore course concepts and various methods first-hand, providing them with invaluable experience and preparing them to be quality educators for tomorrow's learners. Gabrielle Krienert, a Peru State teacher candidate said, "Learning in the TELL lab classroom has allowed me to see how my classroom set up can foster communication, teamwork, and creativity between my peers and future students with a hands-on approach."

#### Peru State Athletic Director Wayne Albury to Step Down

In March Peru State Athletic Director Wayne Albury informed the athletic department that he will be stepping down as Athletic Director. Albury will remain as the head coach of the baseball team.

Albury has overseen a lot of accomplishments within the Peru State athletic department including Peru State receiving the NAIA Gold Level Champions of Character award four times. In addition, Peru State athletes consistently had an overall GPA over 3.0 under his watch.

President Dr. Michael Evans had this to say about Albury's achievements as Athletic Director, "In addition to his great leadership of our program, his impact is tangible as well. The third basketball court in the Al Wheeler Activity Center is sporting a new floor."

"We have new scoreboards at our baseball and softball diamonds, with another one going up at the Oak Bowl soon. And Wayne has played a vital role in the development of Project ROAR, which will bring five new buildings to our campus."

Dr. Evans added, "Wayne also helped launch our Strategic Enrollment Management initiatives, including the addition of five varsity and five junior-varsity programs. These new programs are attracting students to Peru State and helping the College work toward our enrollment goals. I could go on. The point is—Wayne has had a profound impact on this College, and we are grateful for his efforts and success." Associate Athletic Director Kyle Pond will take over as Athletic Director at the beginning of the new fiscal year in July.

Share this experience with friends by sending them this link; www.yourcountryneighbor.com

#### Are May-Baskets Outdated?

Dorothy Rieke, Julian

Do you recall those May Days of long ago? Today, children seldom celebrate May Day, but years ago it was a time of joyous anticipation and an opportunity to give others a surprise.

Once upon a time, the first day of May brought good tidings and sweet little gifts for loved ones and neighbors from those weary of winter and thankful for spring. So, May baskets were used to commemorate the turn of chilly and rainy months into warmer and happier ones. Today, this is a somewhat forgotten special day.

At one time, in one European area, it was common for boys to leave a May basket on the door of the girl they especially liked and then run away. If the girl opened the door to see her admirer running way, she could chase him down and give him a kiss.

After Valentine's Day, children seemed to adjust to study in school. Yet, some were thinking about the upcoming May Day and what it meant in their community.

Some European nations had elaborate celebrations including dancing around May poles. Years ago, here in the Midwest, children generally searched for small boxes, decorated them, put candy in the bottoms and then placed violets or spirea or other flowers in the boxes. In other areas, May baskets included trinkets, treats, a single flower and a friendly note. Then, they delivered them to friends, parents, teachers, and older neighbors.

Locating so many small boxes for this endeavor was quite difficult. Match boxes were perfect to decorate. However, in the search for adequate boxes to use as May baskets to give to others, children often emptied baking soda boxes, salt boxes, and other boxed kitchen ingredients into sacks. Then, they cut down the sides of the boxes to fit their requirements for May baskets.

Pale colors of construction paper soon grew rare as yellow, pink, light green, lavender, light blue, and even gray were used to cover the boxes. Also, most boxes had handles made of double pieces of the colored paper. At times, the complete box was made of folded construction paper. However, these were not very durable. Once filled, they often collapsed.

Decorating these small boxes took time and creativity. Most candy placed in the boxes was store-bought. However, one Mother usually made pastel colored divinity which was a wonderful treat. In those days, because of the cost of candy, Mothers often made fudge and divinity for special occasions. High school class plays aways included candy sales near the entrance to the auditorium.

I soon learned to note the appearance of the candies. A lot of crumbs and stiff appearing sides with cracks on a piece of candy meant that it had been cooked too long. I especially liked creamy fudge filled with pieces of black walnuts.

I admit it took expertise to create good fudge and divinity or a very good recipe followed exactly. A cook in hurry could end up with liquid candy that had never set. Of course, that never stopped us from eating it with spoons and licking our fingers!

The May baskets were delivered to friends. However, some were delivered to older people who lived nearby. What smiles those people had upon receiving those little baskets with treats! What fun we children had in these simple acts of kindness and thoughtfulness!

I am not saying return to the days of May baskets. But today, the innocent giving of a May basket seems like a lovely tradition that could benefit all of us. Remembering the early days, I am saying be thoughtful of others. Any small kind act is appreciated and valued by others. Think about others of all ages; you will be a better person for doing so!

#### Window On Fifth Street

Stephen Hassler, Peru

(Edited From May, 2002)

Dear Mom,

This past winter I watched the snow blowing by my window on Fifth Street. I watched with a coffee mug in my hand and a warm blaze in the fireplace. No cows to milk anymore nor calves to feed. I live in town now and I can walk to the grocery store.

Not that I don't miss the farm! Someday I'll have a place in the country big enough for a garden with sweet corn and cantelope, plus a few acres for alfalfa. I really miss the fragrance of alfalfa blooming in June. I miss our walks through the fields on summer days. A lot has happened since we last talked. I raised some children, like you did, and I married above myself, like Dad did. Not too long ago I returned home to Nebraska. You lived here most of your life, but I wanted to try different things. I've lived in Colorado, Arizona, Texas, New Jersey, and Iowa. But now I'm back. Can you believe that I missed the Nebraska blizzards? It took me a long time to realize that I love watching a storm brushing through a stubble field of corn stalks.

And guess what? I published a magazine! I'm very excited about it and I know you would be proud. I am fortunate that I know so many people who are so talented and who help and support me. They make my publication possible, but they also make it special. I wish we could talk again. I miss you.

Happy Mother's Day, Mom.

Love, your son.

p.s. to all my country neighbors:

When we were children, we followed our parents everywhere. When we were teenagers, we tried to get away from them. As young adults, we were too busy for them. As we become older, we want to know them better and be closer to them. Don't be concerned as to how to go about it. Just take your parent to lunch or coffee or go fishing or camping. Let the magic happen. And give your Mom a rose; don't wait for Mother's Day.

u

### **GRADUATING**?

Sail away, young person, into your future on a ship that may have a leak or two. You'll never know if you don't get onboard, but they won't let you stay in school. Wait 'til you find out that you're finished with summer vacation. Forever. And that you're fired if you didn't b study for the test. У You can't earn extra points to pay your D bills. Having a baby е costs SO much, V almost as much as 0 sending that baby to n college. Unless there are Α student loan programs, d in which case you а may die before your m child gets out of debt. S, Oh well, it's such a sunny Saturday and Ρ the graduation party е will be a blast! r

A WALK IN THE PARK

by Devon Adams, Peru

There is another world that we can't see or hear or smell, but it's exactly where we are. All about us is a scenery of scents that only certain dogs can enter. Like a 3-D movie, scent trails are shapes that beings leave behind as they move.

Every creature has a certain scent that no one else could ever copy. So, if you see a busy dog who is after something you can't see, think about his nose that knows how to follow a trail to find the animal that was out for a walk in the park.

Your Country Neighbor Your "2-cups-of-coffee" companion including local photos and articles with the flavor of rural America.

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#### MEMORIAL WALL

The guys were young and brave and saved their loved ones tears by claiming to be okay when they went away to war Some came home. Others, cut down by lethal metal moving faster than a thought, were gone before they heard the crack from the pull of the trigger tripping death out of a barrel. Those are the names on the wall, cut into cold stone with chisels chipping memories to be read forever, until all the wars are over and there's no one left to remember.

#### **ON ALL FRONTS**

The report from the line of battle isn't good, and in the sky are black air ships aiming for your heart. Stress feels like bullets in your brain, as pressure mounts attacks against a weak defense line that is your ability to cope. You feel outnumbered, and you are, but not by the reality of war. Fear from within is the enemy, and it is you. So, don't scare yourself to death.



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8:00 to 5:00 Daily May 27, 28, 29

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Hand-Made Arts & Crafts, Antiques, Food, Shops, Museums

Free Admission 8-5 Daily BrownvilleHistoricalSociety.org

Paid for by Nemaha County Visitor's Committee

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