

A Magazine for
Small Towns and
Rural America



Pride of the Pioneers, Nebraska City's High School Marching Band -- AppleJack Festival, September 17, 2016



First 'at-home' Touchdown of the Season, September 3, 2016.

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Your Country Neighbor

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October Writers

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Thank You!

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Diary of a Part-time Housewife

Merri Johnson

September 7 marked the 45th anniversary of the day hubby and I took vows. I should probably make it clear that I'm referring to marriage vows. Although, after 45 years, other kinds of vows may be applicable.

I vow to never answer a trick question again!

I vow to get even with that scoundrel if it's the last thing I do!

I vow to keep quiet when politics comes up at the next family reunion!

Actually, the kinds of situations that would give rise to such vows have been few and far between in our marriage. We may quibble a bit, but it's harmless.

So, you're thinking that noting 45 years of relative marital bliss surely called for a special event.

Actually, I can't quite decide which verb to use in describing how we noted the day. I suppose I should say we celebrated. If waiting around all day for a Windstream technician to come do something with our Internet connection is celebrating, then I guess we celebrated all day. Or I could say we commemorated it, but that sounds an awful lot like what we do on Veterans' Day: somberly reflect on sacrifice. (Now that I think about it.... just kidding.)

Perhaps observance is the most accurate way to characterize it. Hubby brought me a lovely bouquet and I presented him with a framed photograph of us taken in approximately 1973. We're still recognizable (at least to each other), so that's a plus. Any downgrades in youthful physical appearance are offset by upgrades in matters of devotion and understanding.

Of course there can be a slight downside to "understanding," as in knowing each other's habits a little too well.

Take, for example, this recent conversation that took place as hubby and I were watching television after supper. The dishwasher was sloshing away when I casually remarked, "We need to remember to put the coffee carafe back on the coffee maker hot plate when the dishwasher is finished."

To which hubby replied with some agitation, "I knew you were going to put the coffee pot in there! I saw that empty space, and I knew you were going to have to find something to put in there so the machine would be full enough to justify running it. If we forget to put the carafe back, we'll have coffee all over the counter top in the morning when it starts brewing automatically."

"Which," I patiently explained, "is exactly why I am making a point of announcing that we need to remember to put it back."

This rationale did not appease him. "I can't believe you did that. But I knew you were going to."

"Well," I reasoned, "if you thought all that, why didn't you say something at the time?"

By that point, there was no way for either of us to come out on top of that squabble. To his credit, hubby dutifully took the carafe out of the dishwasher as soon as the cycle finished and put it on the hot plate, averting a major mess the next morning.

Good thing, too, because I had completely forgotten about it.

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Oct. 19	Nebraska City	The Ambassador	1800 14 th Avenue	9:00-4:30	402-269-2301
Oct. 20	Plattsmouth	Plattsmouth Library	400 Ave. A	9:00-4:30	402-267-2205
Oct. 24	Weeping Water	Cass Co. Extension	8400 144 th St., Ste. 100	9:00-4:30	402-267-2205
Oct. 25	Syracuse	Otoe Co. Extension	620 1 st Street	9:00-4:00	402-269-2301
Oct. 27	Sterling	First National Bank	255 Hwy. 41	9:00-3:30	402-866-2050
Oct. 28	Sterling	First National Bank	255 Hwy. 41	9:00-3:30	402-866-2050
Nov. 1	Pawnee City	Pawnee Co. Extension	Courthouse	9:00-4:00	402-852-2970
Nov. 2	Tecumseh	Ridgeview Towers	1143 N. 3 rd Street	9:00-4:00	402-335-3669
Nov. 3	Weeping Water	Cass Co. Extension	8400 144 th St., Ste. 100	9:00-4:30	402-267-2205
Nov. 8	Nebraska City	The Ambassador	1800 14 th Avenue	9:00-4:30	402-269-2301
Nov. 9	Auburn	Auburn Library	1810 Courthouse Ave.	10:00-4:30	402-274-4755
Nov. 10	Weeping Water	Cass Co. Extension	8400 144 th St., Ste. 100	9:00-4:30	402-267-2205
Nov. 15	Plattsmouth	Plattsmouth Library	400 Ave. A	9:00-4:30	402-267-2205
Nov. 16	Syracuse	Otoe Co. Extension	620 1 st Street	9:00-4:00	402-269-2301
Nov. 17	Pawnee City	Pawnee Co. Extension	Courthouse	9:00-4:00	402-852-2970
Nov. 21	Tecumseh	Ridgeview Towers	1143 N. 3 rd Street	9:00-4:00	402-335-3669
Nov. 22	Palmyra	Palmyra Senior Ctr.	425 C Street	9:00-4:00	402-780-5606
Nov. 28	Nebraska City	The Ambassador	1800 14 th Avenue	9:00-4:30	402-269-2301
Nov. 29	Auburn	Auburn Library	1810 Courthouse Ave.	10:00-4:30	402-274-4755
Dec. 1	Plattsmouth	Plattsmouth Library	400 Ave. A	9:00-4:30	402-267-2205
Dec. 2	Syracuse	Otoe Co. Extension	620 1 st Street	9:00-4:00	402-269-2301
Dec. 5	Weeping Water	Cass Co. Extension	8400 144 th St., Ste. 100	9:00-4:30	402-267-2205
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Poetry by Devon Adams

BY THE LIGHT

They have gathered in a field that lies between the gurgle of a stream and an open space occupied by soldiers of corn. Ranks and files of dry stalks whisper to each other about when they will die. Nearby timber flames out in gaudy reds and yellows and oranges, leaving stark skeletons waving their bony fingers at the rows of infantry. The round fellows hear a muted rumble, as they smell the scent of diesel riding the chilly breeze. A monster creeps off the dusty county road and eases it's way into the crowd next door. Ears of corn are ripped from stalks, screaming in silence as they're dumped in trucks and hauled away. In time, the noise and dust fade, and the fat pumpkins watch a red moon rise and spill it's bloody light over the broken field, whose soldiers have all gone.

CAMO KAT

She's no bigger than a puff, and quiet as a whisper, but she can hide so well that birds and mice will never see her as she comes to kill them. Nothing personal, but no apologies are offered either. In her ancient memory, she is a lion in the brush, waiting for her prey, and it matters not that every night she sleeps inside a human house, curled inside her cozy box.

GHOST SMOKE

A haze hangs over the little town because frost has plucked the leaves and they are being burned in piles in yards on all the streets. But they don't want to disappear, so as each fragile, lovely leaf curls into a flame, it's ghost jumps up to join the other souls who are rising toward the infinite sky.

LONG HOT SUMMER

Day after day of smothering heat, lying like a wet blanket over the rolling prairies, accompanied by rain and rain and rain, was the main menu. It was the only item, with no option to choose another type of weather. Unlike a nice restaurant with multiple choices listed on fancy, fold-out parchment paper, and a relaxing ambiance, each day dawned with an open air location that was already baking before the sun came up. Sweat was always present, even when clouds were stretched across the high blue arch between the earth and the stars. Evenings were stifling, with the addition of skeeters, gnats and other flying missiles whose targets were defenseless creatures with blood beneath their skin. But calendars are always right, eventually, and soon the sun will shiver in reflected silver light from a winter moon.

SENIOR YEAR

Time is slow when you are young, and patience isn't on your menu. A year is forever and even minutes drag. But parents can't believe how fast you've grown, and now they see the future coming like a bullet train. You'll be leaving soon, for tomorrows that are your own. They'll miss the child that you will always be to them, but will come to know the you that you will be.

WHITE SHADOWS

His spots were only shadows in the memory of his mother, and he was growing antler buds beside his ears. But spring was only yesterday, and there were lots of things to learn. One evening, when the moon was rising like a big bright rock, he watched his long legged shadow walk across the field in front of him until he came up to the fence beside the house. He liked to watch the two-legged creatures that were always there. Tonight he saw a bright hot spot of light that was dancing in the wind. It was alive, he thought, as flames jumped and crackled, and he was almost scared. But when a big white plume of smoke rose and rode over on the wind to chase him, he ran back to his patient mom.

PENCIL PORTRAITS: PEOPLE & ANIMALS

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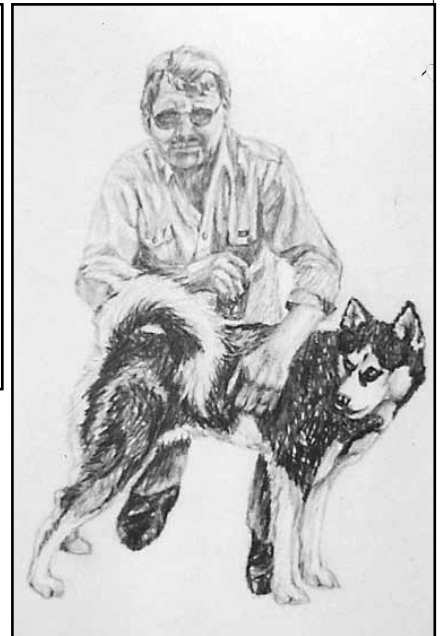
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9/10	AVILA UNIVERSITY	KANSAS CITY, MO	12 PM
9/17	MISSOURI VALLEY COLLEGE (STUDENT/ATHELETE RECOGNITION)	PERU, NE	1 PM
9/24	MIDAMERICA NAZARENE UNIVERSITY	OLATHE, KS	1 PM
10/1	BAKER UNIVERSITY (HOMECOMING)	PERU, NE	2 PM
10/15	WILLIAM PENN UNIVERSITY	OSKALOOSA, IA	1 PM
10/22	GRAND VIEW UNIVERSITY (HALL OF FAME DAY, ESPN 3 TELEVISED)	PERU, NE	11 AM
10/29	GRACELAND UNIVERSITY (ESPN 3 TELEVISED)	LAMONI, IA	11 AM
11/5	CULVER-STOCKTON COLLEGE (SENIOR DAY)	PERU, NE	1 PM
11/12	BENEDICTINE COLLEGE	ATCHISON, KS	1 PM



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Where Life Is Good

Marilyn Woerth

Do you have grandchildren, children, nephews, nieces, young students, friends that have young children? If the answer is yes then you really know how to laugh. Our two (two months apart) twelve-year-old grandsons used to make us really laugh, big belly laughs, now they just play video games and try to be cool. Sometimes though, they unintentionally can bring a good giggle up from you.

But that four-year-old of ours, oh my heavens! A couple of weekends ago, we were visiting at our youngest son's house and having a great time. We brought the Nebraska twelve-year-old grandson with us to visit the Iowa twelve-year-old and his four-year-old brother. The two twelve-year-olds mostly went off by themselves playing video games and talking their own special language. Both boys are as different as night and day but best of buddies. The four year tries as younger siblings do to tag along, but sometimes comes back crying because they wouldn't let him tag along. Mostly though, the boys tolerate the little guy.

It was a busy weekend; grandpa helped his son make a few repairs up on the roof and gutters. Then there was laser tag and video games at a popular arcade. Then we practiced soccer with the four year who keeps tackling the other players as well as his own. Saturday found us at the Des Moines Renaissance Faire (we are a Renaissance going family, going to them in several states.) Events at the Faire included holding a baby pig, riding a pony, watching a joust, eating, buying weapons (hey, they're boys), jewelry for grandma, playing Renaissance games like archery and knife throwing. It was a very good weekend and we were all tired the last night there. "Grandma, do you want to play quietly with Zach (grandpa doesn't know how to play quietly) before bed and then read him a story?" We were to have a battle I'm told. Okay, how does one do a quiet battle? You talk softly. So the play castle was set-up, knights and soldiers versus transformers. His room was a typical little boys room, littered with mega blocks, action figures, various sizes of dinosaurs and dragons, well you get the drift.

So while we were playing, grandma is quietly picking up those toys outside the realm of the battle. I have small cube boxes around me and am dropping the toys into them. Sometimes the large dragon helps holding them in his mouth and dropping them in the box. Suddenly I hear "Grandma what are you doing?" said with indignation. I explain that I am doing just a little bit of cleaning as we play. "But you are doing it all wrong, no grandma that is not where they go, you have just messed everything up, bad grandma," he says, standing with hands on hips.

Then he runs out of his room to go tattle on me to his father and grandpa. I am sitting in the semi-clean room mulling over what just happened in my mind and how cute he was while telling me off and I did what any grandma would do. I started laughing. Then I couldn't stop. Of course when mom came back from walking the new puppy, grandma was told on again. I still wasn't able to stop laughing. Mother gave grandma (me) a stern look, usually reserved for grandpa, and said something about letting her son wind down, quietly, (as mom hid a laugh). Grandma said she was sorry for messing the room up and finished the evening by reading a quiet book to the unhappy grandson.

Later that night as I was trying to go to sleep, I'd almost get to sleep, then think of my four-year-old grandson, and his righteous indignation, and laughter would bubble up once again. It was a long night but an interesting memory. In the morning, we reorganized his room, putting everything in its right place. Grandma was able to go home redeemed, with hugs and kisses. Since then, every so often a quiet bubble of laughter surfaces. Where life is good, and sometimes grandma is as well.



Monarch migration through Southeast Nebraska peaked around the first day of Autumn and ended with the last of the 'sunflowers' a few days later..



Short yardage run to goal. September 3, 2016, Oak Bowl



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Alzheimer's Affects Us All



Dementia Care: Safety Is Worth Fighting For

By Lee Nyberg

“Safe at home” is more than an idea. For people with dementia, a safe home environment is a necessity.

When a person develops noticeable cognitive decline*, his ability to use judgement and think clearly in an emergency is damaged in unpredictable ways. A person with dementia can no longer be responsible for his own safety.

Be proactive and try to work with your loved one to make changes. If you're met with resistance or refusal, evaluate and make physical changes to your loved one's environment while he or she is absent. Start with the obvious hazards.

- Make an emergency plan for getting your loved one out, in case of fire. Plan for your loved one's extreme agitation and resistant behavior in such a chaotic situation.

- Reduce tripping hazards by arranging furniture to create straight pathways, and removing loose rugs and under-foot clutter. People with dementia lose coordination early.

- Replace locking interior door handles.

- Lock up household and lawn chemicals

- Use a locking box to safeguard medications, fire arms, extra eye glasses, and car keys.

- Keep extra house keys in an exterior locking box so you can get into the house if your loved one locks you out.

- Eliminate small appliances which could start fires, such as a curling iron or immersion heater.

- Secure second-story windows against opening more than a few inches. Lock balcony doors with a key. People with dementia have impaired spatial/visual perception and can easily fall out of windows.

- Remove excess clutter. Less stuff makes it easier for the confused person to process information and function. (Keep a junk drawer with safe items for your loved one to sort through and “look for” lost items.)

In the Kitchen and Bathroom:

- Remove control knobs or have an electrician put the kitchen stove/cooktop on a hidden switch to disable it when not in use.

- Store knives and matches in drawers or cabinets with childproof locks.

- Store personal care products in a childproof cabinet. Some people with dementia eat non-edible items due to hunger or compulsion.

Brighten lighting

- Use higher wattage bulbs and open curtains and blinds. Dim, shadowy rooms can increase confusion and agitation in a person with dementia and increase the likelihood of falls.

- Install night lights. People with dementia can get lost in their own houses at night while trying to find the bathroom.

These changes might cause anger or agitation in your loved one. Expect him to take 1-3 weeks to adjust. “Therapeutic lying” can help you ease concerns and redirect a loved one's attention. To use it, make short, clear responses and then change the subject.

Mom: “You've stolen my magazines!”

Daughter: “I've lent them for Sunday School at church. Let's water the plants on the deck.”

My mother, while in early stages of Alzheimer's, angrily refused to acknowledge any changes in her cognitive abilities. Doing any of the above would have been unthinkable for my Dad and me because we underestimated the dangers and dreaded her reactions.

We had to learn the hard way to put safety first.

*See The 10 Signs, Alz.org

Lee Nyberg serves older adults and their families through education on aging issues and her company, Home Care Assistance.

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- (A) '13 JD 825i Gator, 560 hrs, poly roof, mag wheels.....\$11,200
- (S) '14 JD x300, 235 hrs, 42" deck, mulch kit.....\$1800
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- (S) '00 JD 4300, 650 hrs, 430 loader, 5' shredder, mid PTO, 2wd, 32HP.....\$11,900
- (S) '12 JD 568 Round Baler, twine, wrap, hyd, Megawide pick up\$26,900
- (S) Frontier 8 ft 3 pt blade\$800
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October 2016

Your Country Neighbor



Old Time Autumn

Saturday, October 8th, 2016

- 10:00 AM • Battle by Fremont Pathfinders
- 11:30-1:00 • Chicken & Biscuit Bake at Town Hall
- 1:30-2:00 • Birthday Cake on Carson House Porch
- 2:00 • Battle by Fremont Pathfinders
- 6:00 PM • Dance at Town Hall/Roundhouse Band

Sunday, October 9th, 2016

- 8:00-9:30 • Breakfast at Christian Church
- 12:30 PM • Parade on Main Street
- 1:30 • Battle by Fremont Pathfinders
- 2:00 • Pie Reception at Brownville Depot Museum

Sponsored by Brownville Historical Society
Paid for by Nemaha County Visitor's Committee