



Village Voice

SEPTEMBER 2023 ISSUE 178

Newsletter for the Odell and Diller Communities



Fifth Year for the Odell Harvest Festival

The Harvest Festival Committee 2023 hosted their annual event on Sunday, August 27. From 3-5 pm kids could play FREE games in the park and win tickets to buy prizes. Bingo for all ages was held in the community building for 25 cents a card and winners take the pot. A free will offering meal was served and raffle prize winners were drawn.

Managing Our Anger

Anger can be caused by both external and internal events. You could be angry at a specific person (such as a coworker or supervisor) or event (a traffic jam, a canceled flight), or your anger could be caused by worrying or brooding about your personal problems. Memories of traumatic or enraging events can also trigger angry feelings. I have often wondered if we are an “angrier” society than in the past? (see page 10 for more)

1ST ANNUAL  2023
RUN FOR RETT

5K AND 1 MILE FUN RUN



SUNDAY, OCTOBER 1ST
WHISKEY BARREL BAR & GRILL



415 COMMERCIAL ST, DILLER, NE

REGISTER HERE:



WWW.GETMEREGERED.COM/RUNFORRETT

MORE INFO ON PG. 2!

COMING SOON TO DILLER NEI



WHISKEY BARREL

WHISKEY BARREL BAR & GRILL HOURS

Monday-Thursday..7am-2pm, 4pm-10pm
Friday.....7am-2pm, 4pm-2am
Saturday.....3pm-2am (earlier for events)
Sunday.....closed

KITCHEN HOURS

Monday-Friday.....11am-2pm, 5:30pm-9:30pm
Saturday.....5:30pm-9:30pm

HAPPY HOUR

Daily.....4pm-6pm



Recycling in the 90s

The photo above is from 1990, when Odell second grade teacher, Sharon Gydesen started a recycling program with her class. In the photo the kids planted trees (which unfortunately were pulled up by someone over that weekend) that were given to them by Recycling Unlimited of Beatrice to recognize their recycling efforts throughout the year. Mrs. Gydesen began this Community Involvement Project by having her class collect over 200 pounds of plastic within their school year of 1989-1990. They were able to put three recycling boxes in the Odell Park for the community to use. (more pp. 8 & 9)

The State Bank of Odell and its Diller Branch will be closed on Monday, September 4 in observance of Labor Day

"Anger is the feeling that makes your mouth work faster than your brain."—Evan Esar

PACKET PICKUP & REGISTRATION AT WHISKEY BARREL: 1:00 PM.

RACES START: 2:00 PM



T-SHIRT INCLUDED WITH REGISTRATION. REGISTER BY SEPTEMBER 20TH TO GUARANTEE A T-SHIRT ON RACE DAY

ALL PROCEEDS GO TO SUPPORT EDEN'S ENTOURAGE

CONTACT INFO: MICHELLE WEYER (402) 300-0430
JOSIE VITOSH : (402) 806-3244

REGISTER HERE:



CAN YOU HELP US KEEP MOVING?

F O R W A R D

Odell Public Library Restoration Project
ZEFFY FUNDRAISING CAMPAIGN

Zeffy is the first and only 100% free online fundraising platform for nonprofits. Trusted by over 10000 nonprofit organizations across North America.

As we get ready to finish the exterior of our project and move on to the interior, we are hoping to keep moving forward with this stage of our project. It will include:

- Ceiling Insulation
- HVAC
- Plumbing
- Electrical
- Finish brick wall
- Drywall
- Paint
- Trim & Doors
- Furnishings

To "SEE OUR PROGRESS": go to our website @ odellnebraskapubliclibrary.weebly.com or on our Facebook Page Odell Public Library

How can you GIVE?

Scan QR Code to the right

OR go to:
odellnebraskapubliclibrary.weebly.com
(home page, click on any donate buttons)

OR mail to:
Odell Public Library, PO Box 30, Odell, NE 68415



NEW FALL HOURS~

Odell Library
HOURS

Tue: 2-6 p

Wed: 4-6 p

Thu: 3-5 p

Fri: 9-11 a

Sat: 10a-12p



NEED VOLUNTEERS!
Help out once a week for an hour! (11am-noon) Or be a Substitute!
Call Barb Z. @
402-766-3780 or 402-806-6999



Kristie Sutton
Independent Scentsy Director
<http://odellsutton.scentsy.us>
402-806-2468

PENNER AG

Tom Penner
(402)230-0464



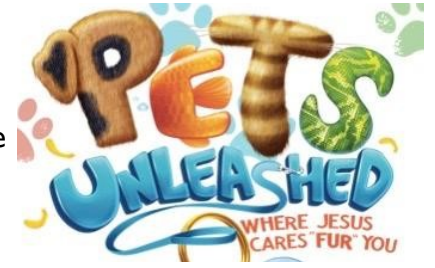
Sid Penner
(402)520-2321

"Feelings are something you have, not something you are."—Shannon L Alder

Local Churches Combine Efforts with a Shared VBS at Camp Jefferson

Ellis and Odell United Methodist Church youth joined with the youth from Diller's St. Paul's Lutheran Church to praise God at a one day Vacation Bible School on August 3, 2023 at Camp Jefferson near Fairbury, NE. The theme was "PETS UNLEASHED". They learned that Jesus Cares for Us, Everyday, At All Times, Without Fail. A collection for the Humane Society is continuing until the end of SEPTEMBER. The day was spent with lessons, crafts, music, games, and food! The evening was a

celebration with all three congregations enjoying a meal, ice cream, and music from the campers. The day was such a success that plans are already being made to join up with these great churches for a 2024 VBS!



33 Years Ago

Photo to the left shows kids lined up in front of the Odell Methodist Church. "Youngsters" from both Ellis & Odell Methodist churches joined together to attend VBS from June 12-16, 1990

Odell Methodist Church

- Sunday Services @ 10:30 am
- Communion - 2nd Sundays
- Reading of the "Bible in a Year" - 3rd Sundays



EVERYONE WELCOME -
The Chosen Season 1
Wednesdays @ 5 pm,
starting July 12



From the 5th Annual
HARVEST FESTIVAL
COMMITTEE

Thank you to all
volunteers who helped and
to all who came and joined
in the fun!

Save the Date: August 25, 2024

Youth Midweek Programs to Begin in Local Churches

H.U.G.S.

(HELPING US GROW SPIRITUALLY)

Wednesdays from
4:30-5:30 pm

ELLIS METHODIST CHURCH

STARTING ON SEPTEMBER 6TH!

free and open
to all kids grades PreK-6th
**VOLUNTEERS
NEEDED!**
Older students,
parents, adults
to help with
program, provide
snacks and ideas
for crafts



FOR DETAILS CALL ANN @ 402-806-2202

CROSSWALK

Wednesdays from
3:30-5:00 pm

STARTING ON SEPTEMBER 13TH!
HELD AT ST PAUL'S IN DILLER

Welcomes preschoolers-5th grades
6th grade helpers!

REGISTER ON ST. PAUL'S
FACEBOOK PAGE
LINK TO FORM

free and open to all
kids

FOR DETAILS CALL:
402-793-5556



Midweek

Wednesdays from
4:00-5:30 pm

OUR SAVIOR LUTHERAN IN ODELL
7TH-8TH BEGIN ON SEP. 6TH
1ST-6TH BEGIN ON SEP. 27TH

free and open
to all kids grades
1st-8th

FOR DETAILS CALL
PASTOR @:
402-239-0698



August Hours

Saturday, August 12 - OPEN 9 am - 1 pm

Saturday, August 19 - OPEN 9 am - 1 pm

Saturday, August 26 - OPEN 9 am - 1 pm

Mag + MAIN
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Hours Subject to Change

Check Social Media for updates

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CLOTHING CO.

Owner: Carson Ebeling
magandmain22@gmail.com

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Boutique



Magnolia & Main
App



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Small Town Service, Big Time Know-How

Student of the Month

The Diller-Odell Elementary August Student of the Month is Aubrey Roelfs. Aubrey is a student who works incredibly hard and always tries to do her best. She acts in a safe, responsible, and respectful way and is a great Griffin! She is the 6th grade daughter of Allen & Stacy Roelfs. Congratulations Aubrey!



Fed From the Farm APPRECIATION NIGHT & TAILGATE MEAL



Friday, September 8, 2023
Griffin Home Football Game in Diller



Tailgate Meal begins at 6:00 pm
Serving Hamburgers & Hot Dogs
Free Will Donation

Fed From the Farm Donors recognized at Halftime



Diller-Odell FCA

MEETINGS

WEDNESDAYS

- September 20, 2023
- October 18, 2023
- November 15, 2023
- December 20, 2023
- January 17, 2023
- February 21, 2023
- March 20, 2023
- April 17, 2023



FELLOWSHIP OF
CHRISTIAN
ATHLETES

September Events @ School

- 5—Home Vball @ 5:30 pm
- 7—Home Softball @ 5:30 pm & Home Vball (Varsity only) @ 6:00 pm
- 8—Home Fball @ 7 pm & Fed from the Farm Tailgate
- 9—JH Home Vball Triangular
- 11—JH Home Fball @ Diller—4:30 pm
- 14—FFA meeting—7 am
- 15—Home Fball @ 7 pm & Post Prom Tailgate
- 18—JV Home Fball @ 6 pm
- 20—PTC 4-7 pm & FCA 6 pm
- 21—NO SCHOOL, PTC 8-noon, JH Home Vball @ 3 & HS Home Vball @ 5:30
- 22—NO SCHOOL
- 28—Home Vball Triangular @ 5 pm
- 29—Home Fball @ 3:00 pm (HOMECOMING)

Post Prom TAILGATE

FRIDAY, SEPTEMBER 15, 2023

During Diller-Odell Griffin Home Football Game in Diller

6:30 THROUGH HALFTIME



DILLER TELEPHONE COMPANY

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"There are two things a person should never be angry at—what they can help and what they cannot" - Plato



Local Youth Plays in CIS MVP Games

Claire Duis, a 6th grader at Diller-Odell Public Schools, recently participated in the Central Iowa Sports MVP Games August 12-13 in Des Moines, Iowa. There are two ways for a player to be eligible for the MVP Games. Each coach can nominate one player from the opposing team per game in a CIS event or the player is selected as a CIS Game MVP. Duis earned a Game MVP while playing in the USSSA Midwest National Championships in July which immediately

qualified her for the games. Over 2,000 players from around the Midwest participate in the multiage division event. Duis represented Prodigy Fastpitch Sluka IUU in the 12U A/B division. Duis' team, Team 11, placed 7th out of 13 teams, going 2-2 in pool play. Duis served as a valuable utility player; playing 1st base, 2nd base, pitcher, right field, and center field for Team 11. Claire says the best part of the experience was "meeting new people."

OACE Meeting

MONDAY, OCTOBER 16, 2023
7:00 pm

ODELL FIRE HALL

On the Agenda: Trunk or Treat & Odell Craft Fair

ODELL COMMUNITY MARKET HOURS

MONDAY-SATURDAY
8:00 AM - 7:00 PM



PIZZA OVEN SHUTS DOWN 30 MINUTES BEFORE CLOSING

402-766-4177

WEEKLY DRINK SPECIALS

HOT LUNCH SERVED DAILY STARTING @ 11AM

BINGO

FREE Wednesday
September 13
1-3 pm

ODELL BUCKS FOR PRIZES!
ODELL MARKET COFFEE SHOP

COME ON IN-WE ARE OPEN!

THE CORNER BAR
ODELL, NE

HOURS:

TUE-THU: 4-9 PM

FRI. & SAT: 4 PM - 1 AM

CLOSED SUNDAYS & MONDAYS



Follow on Facebook! Corner Bar Odell

Diller-Odell Board of Education

Elementary Media Center-Diller

Monday, August 14, 2023

Regular Board Meeting—6:00 pm

Present: Adam Engelman, Angie Clifford, Dusty Duis, Kolin Kotas & Kasey Murphy. The absence of Paul Kostal was excused. Motion to approve minutes of last meeting made by Angie Clifford, seconded by Dusty Duis. Passed with 5 yea, 0 nay.

Principal Mezger reported on attending Administrator Days and on the beginning of the school year.

The Board received feedback on possible high school coop with Southern High School in track. The Board sees it as beneficial at some point, but not at this time. It seems a coop would not grow the number of participants that the school was hoping for. A coop of Diller-Odell Schools would mean moving up from Class D to Class C. Noting the change in classes, coupled with the little increase in participants, the Board was not interested in pursuing a coop at this time.

The Board and Administration are very thankful for the shared programs with the Southern Public Schools in softball, boys golf, and JH football, as those ventures have been very beneficial to both schools. The Board is willing to revisit the track coop again in the future when the number of participants may be greater.

Superintendent Meyerle reported that the new kitchen hood at the elementary has been installed. He also reminded the Board that he would budget for a resurfacing of the track that is due next summer.

Superintendent Meyerle provided a Pioneer Conference and home pass list for athletic events to the Board as requested.

He provided information to the Board Negotiation team that will meet with DOEA team members in the coming weeks to begin negotiations with certified staff. Superintendent Meyerle reminded the Board of the Special meeting on August 23 to take comments on Americanism, and to discuss budget planning.

Motion to approve bills as presented made by Dusty Duis and seconded by Kasey Murphy. Motion passed with 5

yea and 0 nay.

Superintendent Meyerle reminded the Board of the upcoming NASB conference in November and encouraged them to attend.

Motion to adjourn made by Angie Clifford and seconded by Kolin Kotas. Passed with 5 yea, 0 nay.

Vice President Engelman adjourned the meeting at 6:37 pm.

The Board will hold a Special meeting on Americanism and Budget planning on August 23 at 6:00 pm at the high school media center.

The next regular Board meeting is scheduled to follow the Budget Hearing on September 12, 2023 at the Elementary School Media Center in Diller. The 2023-2023 Budget Hearing is scheduled for 6:00 pm.

The regular meeting will be held at 6:15 pm or at the conclusion of the Budget Hearing.

The Board will hold the 2023-2024 Tax Request Hearing on September 13, 2023 at the Elementary School Media Center in Diller. The Tax Request hearing is scheduled for 6:00 pm. There will be a Special meeting to approve the 2023-2024 budget and approve the 2023-2024 tax request on September 13, 2023 at the Elementary School Media Center in Diller at 6:15 pm

High School Media Center-Odell

Wednesday, August 23, 2023

Regular Board Meeting—6:00 pm

Present: Paul Kostal, Adam Engelman, Angie Clifford, Dusty Duis, Kolin Kotas & Kasey Murphy. Motion to approve minutes of last meeting made by Adam Engelman, seconded by Angie Clifford. Passed with 6 yea, 0 nay.

No public comment on Americanism. Principal Mezger reported on attending Administrator Days and on the beginning of the school year.

The Board reviewed the budget prepared by Superintendent Meyerle.

With the increase in state aid, the district will be able to lower its tax request from 2022-2023 when it was \$4,719,494. The tax request for 2023-2024 will be \$4,599,331. Overall the levy will decrease by over 7 cents from .7871 in 2022-2023 to .7162 in 2023-2024. Superintendent Meyerle reminded the Board that the school district controls the tax request (which will be down). However, the school district has no control over what county valuations are set at. He also reminded the Board how fortunate we are as many schools are up against the \$1.05 levy limit.

Motion to approve bills as presented made by Kasey Murphy and seconded by Dusty Duis. Motion passed with 6 yea and 0 nay.

Motion to adjourn made by Adam Engelman and seconded by Kolin Kotas. Passed with 6 yea, 0 nay.

President Kostal adjourned the meeting at 6:36 pm. The next regular Board meeting is scheduled to follow the Budget Hearing on September 12, 2023 at the Elementary School Media Center in Diller. The 2023-2023 Budget Hearing is scheduled for 6:00 pm. The regular meeting will be held at 6:15 pm or at the conclusion of the Budget Hearing.

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1989-90 Second Grade “recyclers”: (back from left): Sam Franzen, Mrs. Sharon Gydesen, Lindsey Adam, Tasha Day, Fritz Bartell, Kathi Holst, Kristie Klecan, Jodi Wittmus, Tanner Parde, and Lucas Billesbach. (front from left): Jon Kuepfer, Thomas Penner, Jacki Wittmus, Shaena Hackler, Jared Riggert & Sean Rickers. Sharon Gydesen applied for a recycling award for these kids. They were presented a certificate of recognition for their outstanding contributions to recycling in the state of Nebraska.

Recycling Doesn't Seem to Be Gaining Ground

This above effort was made 33 years ago, and we don't seem to have learned from it. Our community is now without any sort of recycling program or easy way for interested community members to recycle. Why is this?

In 2022, a US survey reported that 94% of Americans support the idea of recycling and 74% say it should be a top priority. However, only 35% of people actually recycle. In a country that idolizes “winning” and being “winners”, we are losers at recycling. The top reason for why we are losing is called “recycling confusion” - People don't know how to recycle, where to go with it, or what can be recycled, so they don't. This is a lazy excuse. We live in a world with information at our fingertips, if we only make a little effort to figure it out. We spend hours and hours on social media, or streaming TV shows and movies, but no time educating ourselves on how to do things better for the planet. We are simply being lazy.

Another reason it is so hard to recycle is the fact that Americans make SO much waste. In 2018, China banned importing American trash for recycling. So, all of a sudden, America had to solve it's own issue with this instead of shipping it to China. One reason they had to stop was the pure volume they were getting from America, and another reason is that we were sending them contaminated recycling. IF any food product is left on recycling, it can't be used. Think about it, if you toss a used yogurt carton into a recycling bin, who is going to wash it out so it can run through recycling machines cleanly? NO ONE. You need to do the preparation first, so that item is clean and ready to be recycling into something else, like fabrics. It just takes a minute to wrap your mind around what actually has to happen to an item as it follows a path along the

recycling circle. Americans should have a much clearer and easy path to recycling, yes, but if we make just a little extra effort we can do better. Just because you can't do EVERYTHING, doesn't mean you shouldn't do SOMETHING.

The history of recycling actually dates back to 9th century Japan. As soon as they started make their own paper, they instantly started recycling it, because it was PRECIOUS to them. We value paper so little now, we toss it out our car windows as litter. Recycling actually came to the US in 1690 when a mill opened to recycle linen and cotton rags into paper used in Bibles and newsprint. They were on the right track. As we entered WWII, Americans were so on board with recycling, bringing in their tin, rubber, steel, paper, and more, because it was going to help the war effort. In 1960, the first curbside collections of yard waste, metals, and paper started popping up. Recycling has so in favor in the 1970s due to the concept of the Flower Child Power and so many people on board with environmental awareness. In 1980, nationwide coverage made us aware of “The Garbage Barge” that was floating at sea looking for a place to dump its trash in the ocean. Recycling programs began quickly, yet, by 1985, only 10% of Americans were on board. In the 1990s landfills began banning certain items from being dumped there (i.e. tires, recyclables, aluminum, foam, etc.). The 2000s remained a bit stagnate, with only the state of California making any real efforts. San Francisco reached it's goal of diverting 80% of their waste eight years earlier than planned. That means 80% of their waste is NOT going into landfills. WOW!

Today, the US is one of the worst of developed countries at controlling it's waste. We recycle just 36%, while Germany is at the top with 68%, South Korea at 59%, & the UK at 38%.

(cont. on next pg)

“Angry people are not always wise people.”—Jane Austen

The True Problem with American Recycling

The true, and underlying problem in America isn't recycling itself, but how much waste we produce. It's quite sickening how little we care about what we use and throw away. We are definite losers in this way. In 1960, Americans produced 2.68 pounds of garbage a day per person. In 2017, that number was up to 4.51 pounds a day per person. Now, in 2023, we are up to 5 pounds. A family produces about 18 pounds, and creates about 6,570 pounds a year. America represents 4% of the world population, yet we produce 12% of the waste. China and India make up 36% of the world's population, yet only generate 27% of the waste. THERE IS NO WAY can keep up with this amount of waste, no matter how many people recycle or how much is recycled. WE NEED TO CREATE LESS WASTE. Families need to stop living a disposable life.....just because we are busy and it's too much work to wash dishes, we just use disposable and throw it away. Foam plates are so much cheaper than compostable

plates, so because we don't want to spend our precious money, we throw away Styrofoam into the earth without even stopping to think about what we are doing to the generations that have to live after us. STOP and think about each and everything you are wasting and throwing away without putting any thought into what happens after you toss in into your trash can and drag it out to the curb to be driven to the landfill. DO WHAT YOU can. Stop using excuses like: "I'm not messing with that", "It's too much work", "I'm not taking my time to deal with that.", "Recycling is a scam anyway", "I don't even understand what I have to recycle.", "We don't even have recycling in our community." or making things political.....Stop being lazy about the life you are living and the waste you are making, stop ignoring it because it's too much work. DO SOMETHING. BE BETTER. America is losing this battle. We are losers. I know many of you thrive on "winning" things, so "win" at this battle of the problem of WASTE.

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9 am - 6 pm
Weekdays

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SBO State Bank of Odell
 Odell, Nebraska

Fun From the Past



Before . . .

MEL'S UDDER MUDDERS didn't know what was in store before the mud volleyball tournament began last week in Odell. But before the day was done, sponsored by Vitosh Dairy Farm, won the tournament honors and a dip in the clean-up tank.



Looking for a Year for this Men's Fast Pitch Photo!



. . . after

LOOKING SLIGHTLY different than they did before the tournament began, team members (left to right) Amy Vitosh, Brad Vitosh, Larry Zarybnicky, Rhonda Vitosh, Gwen Vitosh and Bruce Vitosh won first place in the first Odell Mud Volleyball Tournament held over the Fourth of July weekend.

Angrier? Cont. from the cover

As a society, we are angrier for many reasons. One, being that we can see each other’s anger easier now because of social media, and this naturally passes anger around quicker. Another reason we are angrier, is that Millennials and Gen Z generations are fed up with seeing so much wrong with our country and no one seeming to want to do anything about it. Here are some reasons different generations are angrier now:

Millennials: feel that baby boomers and earlier generations are leaving behind a damaged planet. **Debt & Unfair Expectations:** No, millennials didn’t walk 75 miles to school uphill both ways. Rather, they took out loans to cover \$50k – \$100k for school, just so they could land an entry-level job making minimum wage. How much was college when boomers were 18? According to Yahoo Finance, public college in 1982 cost \$4,000. Total. There is a societal expectation that young people get married, buy a house, and start a family. However, due to massive debt and lower pay scales, millennials cannot afford marriage or children, much less a house. **Climate Change & Planet Neglect:** Climate change was ignored and doubted for years. Forests were clean-cut, animals hunted to extinction, and now the oceans are churning like the garbage chute on the death star. Millennials are angry because they are left to clean up the mess of past generations.

Workplace Values: Previous generations worked long hours, sacrificed family time, and stayed in jobs they hated to “live the American dream.” Now, people are eschewing this mentality in favor of maintaining a healthy, happy balance between work and home life. Millennials are under steady scrutiny to perform at the high level of expectations set by the boomers. While they want to uphold the standards of previous generations, millennials are also striving to live healthy, balanced lives, focusing on what makes them happy and content. (VPR article 2/2020)

Gen Z: This generation ranges in age from 9-24. The young adults of the group are angry, but seem to have a bit more hope. They feel they can change things. They are angry at **what they are being left on this planet**, and only one out of ten of them describe America as being a “healthy democracy”. They see that what older generations have **left them for a government** and leader-

ship is a failure, all around. They are tired of older generations continually trying to get back to corrupt older ways of the past. They are ready to step up and make some changes. However, the anger still burns.

Gen X & Baby Boomers seem to be angry at the younger generations for **wanting to change things, and for ruining the world with their strange ways of living.** Yet, what we don’t realize, is we are part to blame because we are their parents, we are the ones who have left their world like this. We need to admit to this and help each other. I believe at the crux of all of the anger in all of the generations is the overwhelming amount of information we have to deal with. It is too much for anyone’s brain to be able to deal with. **HOWEVER**, this is not going to change anytime soon, so instead of complaining and getting angry about it (because, that is only hurting everyone), we need to look at it with open eyes, deal with it, and find healthy solutions. Instead of letting this anger we are all feeling to snowball over the years, we need to look at our anger and learn to deal with it and change it. It is each of our individual responsibilities to do this for ourselves and for our children, so they can learn the correct ways to deal with their anger, instead of feeling they have to figure out everything on their own.

DEALING WITH ANGER:

(info from apa.org, 2023) Some people seem more easily angered than others for sure, but no matter your level of anger, we can all learn ways to deal with it. There is also a myth that’s been around for years that “letting it rip” or “letting it all hang out” is what’s best—let your anger out, it’s good for you....**THAT** is a **MYTH**. It actually leads to an escalated feeling of anger and aggression and does nothing to help you. Here are some tips you can control your anger before it controls you: 1. Relaxation: deep breathing, practicing patience. 2. Problem Solving: Solve the problem **BEFORE** you get angry. Ask yourself “What do I need to do to solve this problem?” Sometimes, anger can be justified. Not all anger is misplaced, and often it can be healthy. And we have to remember **NOT** every problem has a finite solution. But, the best attitude to have in those situations, is to not find a specific solution, but how to handle and face the problem. 3. Better Communication: Don’t “jump in”, “act quickly”, or “draw conclusions”. Slow down, talk

AND listen. 4. Using Humor: “silly humor” works to diffuse tense situations 5. Changing Your Environment: Simply stepping away, giving yourself a break, and not getting “trapped” into an angry situation. 6. Cognitive Restructuring: Simply put, this means “changing the way you think” **AND** is the best **LONG TERM** solution you can adapt to help yourself control your anger. Angry people tend to curse, swear, or speak in highly colorful terms that reflect their inner thoughts. When you’re angry, your thinking can get very exaggerated and overly dramatic. Try replacing these thoughts with more rational ones. For instance, instead of telling yourself, “this is the most terrible thing that could of happened, we are ruined., etc.”, tell yourself, “this is frustrating, and yes, I’m upset, but it’s not the end of the world, and getting angry isn’t going to fix anything.” Be careful of words like “never” or “always”. They just make your anger feel justified. They also alienate and humiliate those you are taking your anger out on. Remind yourself getting angry is **NOT** going to fix anything, and it won’t make you feel better. **LOGIC** defeats anger, because anger, even when it’s justified, can quickly become irrational. Use **COLD HARD** logic on yourself. Remind yourself that whoever is making you angry is not out to get you, they aren’t purposely doing something wrong to make you angry. It’s just a small, rough spot, that you have to get through. Do this each time you feel anger getting the best of you, and it will help you get a more balanced perspective. As part of cognitive restructuring, angry people need to become aware of their demanding nature and translate their expectations into desires. Saying “I would like”, instead of “I demand” something is healthier. If you are working with or teaching youth there are many ways to help you with your anger, because you are setting an example to the younger generation. Promote Great Behavior, not just Great Performance, to those around you. **IF** you are dealing with an anger issue that nothing seems to be helping, and if your anger is constantly hurting those around you and yourself, then you need to get professional help. You live one life here on earth, don’t make it a miserable one. To be your best, and make those around you their best, it is OK to get help.

"The greatest remedy for anger is delay."—Lucius Seneca

Area September Birthdays

- 1—Gail Engelman, Dorian Ficke, John Knabe, & Judy Krause
2—Dusty Duis, Cooper Ebeling, Jackie Klecan, & Jason McCown
3—Dawn Ebeling, Josh Novotny, & Randy Sandman
4—Jacki Tegtmeier
5—Amie Hackler, Riley Sasse, & Austin Zimmerman
6—Cathy Lyons & Deb Schramm
7—Samuel Alonzo, Dylan Hamel, Pat Rademacher, Jamie Schultis, & Kai Wendland
8—William Bogart & Andrew Hamel
9—Joyce Craig & Mark Weers
10—Jeff Humphreys & Randy Saathoff
11—Shawn Lottman, Lanie Newby, & Aubrey Roelfs
12—Kelsey Barnts, Gary Behrends, Roger Stein, Draedyn Lichty-Kenning, & Shawn Zabokrtsky
13—Kathleen Holle, Lawson Koch, & Lindsey Kostal
14—Arnie Vitosh
15—Charlene Barnard & Jan Shoff
16—Charles Barber Jr., Cheryl Denner, & Kim Thompson
17—Rita Becker, Shannon Stein, & BJ Stein
18—Tara Barth, Fern Kostal, & Robbyn Roelfs
19—Kristy Kauffman & Kelsay Schlichtman
20—Kevin Bohling, Peggy Franzen, Kathy Hill, & Auva Landenberger
21—Alissa Andersen, Greidys Cardenas, Holly Koch, Shelley Pollman, Robin Stanoscheck, Emmett Weers, & Teri Ann Zimmerman
22—Wayne Adam, Kevin Duis, Mylee Gaddy, Brekyn Vitosh, & Linda Wendland
23—Christopher Schmidt
24—Mallory Helton, Skylar Pretzer, & Amy Vitosh
25—Asa Craig, Gene Franzen, Eugene Humphreys, Misty Rupprecht, & Tori Smith
26—Landon Barr, Tim Barth, Matt Kauffman, Trevor Murphy, Matt Nippert, Kevin Sasse, & Ron Schroeder
27—Beth Jungbluth, Casey McLaughlin, & Paul Stanoscheck
28—Brandy Breeden & Tracie Novotny
29—Karen Lane, Julie Mezger, & Ty Schluter
30—Ty Becker, Mary Jo Bures, Eric McMurray, & Maggie Pryor

Wishing a very Happy Birthday to Koralyn Elaine Johnsen on Sep. 1st! We love you so much! From, Nanna & Papa Milligan

Happy Birthday to Mackenzie Vitosh on Sep. 1 Love, Your Family & Friends

Happy Birthday to Ron Bures on Sep. 7! Love, Dad & Mom

Happy Birthday to Melina Kostal on Sep. 10! Love, Dad, Mom, Kate, Bailey, & Juni

Happy Birthday to Jane Briggs on Sep. 10! Love, Paul, Joyce, Mel, & Kate

Happy Birthday to Meeghan Hubka on Sep. 10! Love, Paul, Joyce, Mel, & Kate

Happy Birthday to Julie Klecan on Sep. 13! Love, Your Family & Friends

Happy Birthday to TJ Vitosh on Sep 20! Love, Your Family & Friends

Happy Birthday to Mary Kostal on Sep 21! Love, Paul, Joyce, Mel, & Kate

Happy Birthday to Angie Clifford on Sep 21! Love, Your Family & Friends

Happy Birthday to Robin Stanoscheck on Sep 21! Love, Your Family

Happy Birthday to Dave Bures on Sep. 22! Love, Dad & Mom

Happy Birthday to Kristen Hennerberg on Sep 30! Love, Your Family & Friends

A very Happy Birthday to Evan Hirschler on Sep 30! Love, Mom & Shawn

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SATURDAY, SEPTEMBER 23, 2023
8:00 AM - BEATRICE, NE

3 EVENT CHOICES:

- 5K WALK/RUN
- HALF MARATHON
- HALF MARATHON RELAY
(2 OR 3 PERSON TEAM)

REGISTER BY:
SEPTEMBER 14 TO
RECEIVE T-SHIRT ON
THE DAY OF RACE

<http://GetMeRegistered.com/HoppyHalf>

More details on the registration site or contact:
Julie @ (402)641-5746 or jfeist85@gmail.com
or Timoree Klingler at timoree@gmail.com or
homesteadrunningclub@gmail.com

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September 9th, 2023
Gage County First Annual Stained Glass Window Tour.

Five churches in the county have graciously accepted to open their doors and discuss the history of their stained glass windows with us. We will meet at the museum at 1:00pm and the tour will go until 5:00pm. Light snack will be provided.
\$25.00 for Society members
\$30 for non-members



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Beatrice, Ne 68310
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e-mail: info@gagecountyhistory.org

Summer Hours:

April- September
Wednesday- Saturday
10:00am-4:00pm.
Sundays 1:00pm- 4:00pm*
*Memorial Weekend-Labor Day Weekend

Harvest Festival
October 7, 2023

10:00am-4:00pm
Filley Stone Barn
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Activities for the kids!
Lunch served by the American Lutheran Church of Filley!

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S E P T E M B E R
HOURS

Monday: 7 am - 12 pm
Tuesday: CLOSED
Wednesday: 7 am - 12 pm
Thursday: 7 am - 12 pm
Friday: 7 am - 12 pm
Occasional Saturdays

ANNOUNCEMENTS

OPEN: Saturday, Sep. 9; 9 am - 1 pm
OPEN: Saturday, Sep 16; 9 am - 1 pm
OPEN: Saturday, Sep 30; 9 am - 1 pm
CLOSED: September 2, 3, & 4 - Labor Day

**CLOSED ON TUESDAYS -
WATCH FOR UPDATES!**

204 Main Street, Odell, NE