

AINSWORTH STAR-JOURNAL

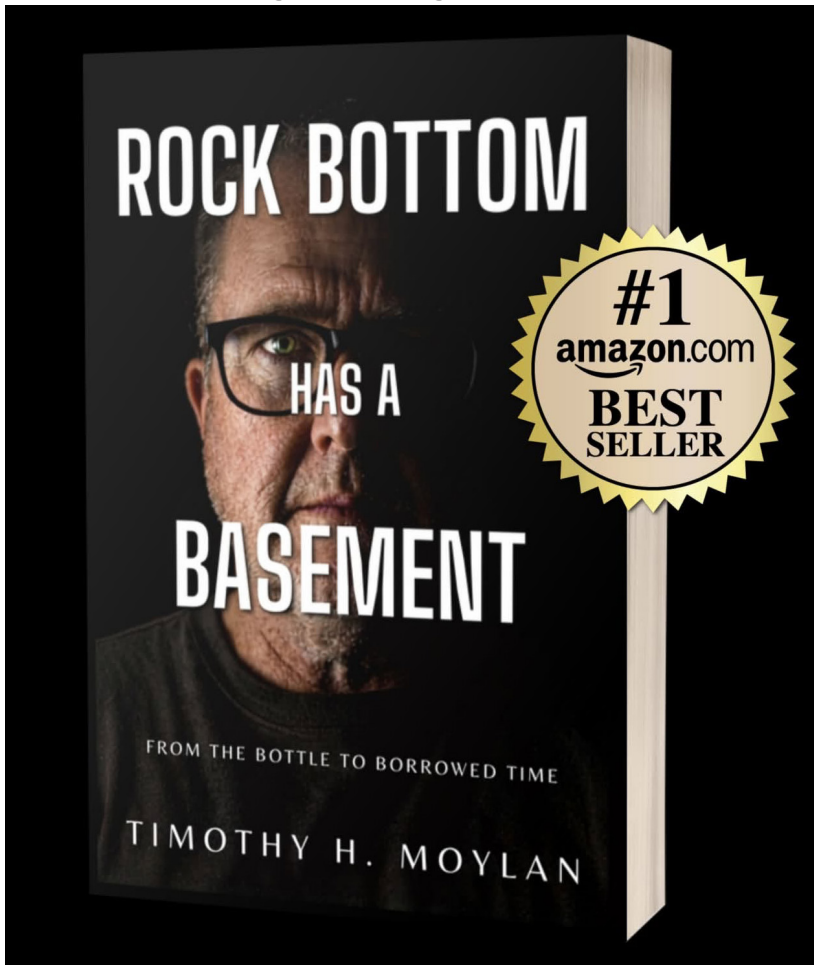
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Former Ainsworth Resident Timothy Moylan Publishes Memoir



Former Ainsworth resident Timothy Harold Moylan announced the pre-order his deeply personal memoir, "Rock Bottom Has a Basement: From the Bottle to Borrowed Time" on July 1.

More than simply a story about alcoholism, the book is an honest account of addiction, depression, broken relationships, near-death experiences, faith, and ultimately finding hope through recovery.

Moylan shares the difficult road that nearly cost him everything—including his life. Readers follow his journey from growing up in the Nebraska Sandhills to years of alcoholism, legal troubles, and devastating personal struggles before a medical emergency forced him to confront the life he had been living.

Life-flighted to Great Falls with only a small chance of sur-

vival, Moylan describes the events that became the turning point in his life. Today, years into recovery, he has dedicated himself to helping others understand that no one is ever beyond hope.

Written with honesty, humor, and humility, "Rock Bottom Has a Basement" offers encouragement not only to those struggling with addiction, but also to spouses, parents, children, friends, and anyone who has watched someone they love battle alcoholism.

The memoir is a reminder that recovery is possible, redemption is real, and even life's darkest chapters can lead to a new beginning.

Moylan said in 2025 he was on the "Stepping in with Kara" podcast and he got a lot of calls from listeners, which helped him understand it was time to publish a book and share his story.

He said, "If I can help one person with a struggle it will make the time I put in writing this book worth it."

Moylan realized he needed to change his life as he was being life flighted after Labor Day weekend 2017, after using alcohol and nicotine.

He said on that ride, his life flashed before his eyes and he knew he could change his life and other lives as well.

He wanted kids, and hadn't had them yet, and wanted to strengthen his then rocky marriage.

After his recovery from alcoholism and addiction, he returned to the small town of Shelby, where he actively gives back to the community, wants to help others and 'pay it forward', and wants to continue making a difference for the better.

"There is always help out there, there are other ways out from rock bottom, it may take time, but things will get better," he said.

Moylan said several Ainsworth community members reached out and played a role in his recovery and he also gives credit to his siblings for their help.

Moylan said growing up in the Nebraska Sandhills influenced his life and the person he became.

He said people in the area are the nicest he's ever met, everyone is caring and outgoing.

Moylan's book, a #1 Amazon Bestseller in the recovery section, will be available for purchase from Walmart and Amazon on July 17.

The book will also be available for purchase at the *Ainsworth Star-Journal* (356 S. Main St.) at the end of the week for \$17.

Moylan, who now has two daughters with his wife Kayla, says one lesson for readers is to pay attention to others, you can make a difference in their day or even life if you notice something.

ACS Board of Education Convenes for July Meeting

The Ainsworth Community Schools Board of Education met for its regularly scheduled meeting on Monday, July 13.

Board members Jake Graff, Bryan Doke, Jessica Pozehl, Crystal Dailey, Frank Beel and Brad Wilkins were present.

Also present were superintendent Dale Hafer, principals Kelsey Riesen and Cory Friedrich, and activities director Luke Wroblewski.

Jessi Hedlund of Jobs for America's Graduates (JAG) Nebraska, a statewide job force development program, met with the board via Zoom.

The program is available for 7-12 grades, but the district can determine which grades are able to use the program. The class would be an elective for all students, learning work management and life skills.

The class is taught by a JAG specialist.

The first two years of the program would be free, the district would need to provide a teaching space, 10 days of substitute coverage and usage of school vehicles.

Year three would cost \$10,000, which increases by \$2,500 per year, capped about \$22,500.

Doke asked if the program has issues filling spaces in a rural area. Hedlund said in urban Nebraska it has been harder to retain staff members. The board will weigh options on the program.

Riesen and Friedrich gave a presentation on the three tiers of chronic absenteeism. Tier one includes all students and families, staff will share expectations regarding attendance at the beginning of the year. Tier two students miss four to eight days per semester and staff will collaborate with students and families for solutions. Tier three is when a student misses nine or more days, which would require a meeting and further evaluation.

"The intent is to have a tiered approach to attendance and to be deliberate about reaching out to parents and positively promoting attendance," said Hafer.

Hafer gave his report, he has been working on the budget. The board will host a budget retreat

on August 24.

The board hired a para and has interviews for an administrative assistant position.

The board voted to increase the substitute teacher and para rates by \$10 for the 2026-27 school year. Hafer said there is a shortage of substitute teachers and the school often shares the same substitutes with Rock County and Keya Paha County schools.

The board approved to add a professional development day during the school year for Leader in Me training.

The board approved an enrollment option for Maxwell Sybrant and Miles Angelilli to attend Rock County Community Schools. They also approved the option of kindergarten student Theo Norwood to attend Keya Paha County Schools.

In other business, the board approved the student-parent and teacher-staff handbooks for the 2026-27 school year.

The next meeting of the ACS Board of Education will be held on Monday, August 10, at 7 p.m. in the district office.

Ainsworth City Council Holds July Meeting

The Ainsworth City Council met for its regularly scheduled meeting on Wednesday, July 8. Council members Brad Fiala, Kent Taylor and Heather Lutter were present. Dustin Barthel was not in attendance.

Also in attendance were Mayor Joel Klammer and Clerk Lisa Schroedl.

The board approved a special designated liquor license for the Ainsworth Golf Course to serve alcohol at the Ainsworth Conference Center during the school's annual Bulldog Pride event, which will be held this year on Friday, August 14.

James Battershaw with the Middle Niobrara NRD met with the board to discuss an urban forestry project. The MNNRD received a \$120,000 grant for replacing dead, dying, diseased or dangerous trees in the city,

and trimming trees in the municipality.

Battershaw said the NRD will be looking at trees in Ainsworth, and the project will begin in a couple months, taking around 2.5 years for completion.

The project will limit replacement trees to one per household. The council approved an LB840 loan in the amount of \$49,717.

Carol Woods attended the meeting, and asked that the council think about putting limits on a neighboring property in which the owners will be having hogs. Woods lives in the one-mile zoning jurisdiction.

"I would like to have a happy retirement and not worry about animals," she said.

She said she is worried about cleanliness and smell.

Taylor discussed the topic and

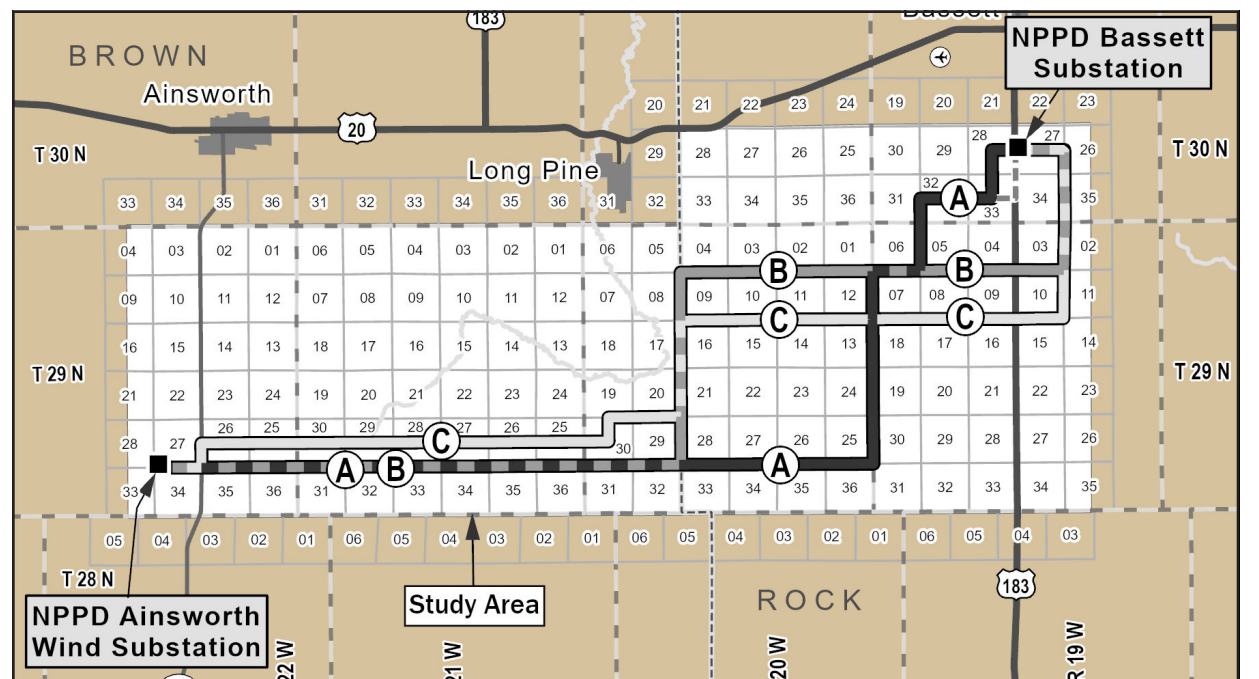
told Woods he had no interest in changing the ag-residential zoning policies, and that if the zoning policy was changed, it would cause issues to other farmers or ranchers located in the one-mile jurisdiction.

The council said it is a small raise in price compared to other recent renewal rates.

Schroedl gave her monthly report. The board will host its annual budget workshop in late August.

The next meeting of the Ainsworth City Council will be held on Wednesday, August 12.

NPPD Hosting Second Open Houses for Ainsworth Wind-Bassett Transmission Line



Several proposed lines will be discussed at the open houses on July 22.

Nebraska Public Power District (NPPD) will host two open houses on July 22 in Ainsworth and Bassett to gather public input for a new transmission project in the area.

The open house sessions are informal and offer an opportunity to review project information and visit with project team members. In-person meetings will be held Wednesday, July 22, at the Ainsworth Conference Center from 10 a.m. to 1 p.m., and at the Rock County Community Center from 4 to 7 p.m.

NPPD plans to build an approximately 25-mile, 115,000-volt (115kV) transmission line to connect the existing Ainsworth Wind Substation south of Ainsworth to the existing substation south of Bassett. NPPD

plans to build this line to provide a necessary path between the two substations to increase the system's transmission capacity to meet increasing demand and further enhance reliability and resiliency in the north central Nebraska area.

NPPD has identified preferred and alternative routes, utilizing information gathered during the first phase of the project. Information gathered from landowners and stakeholders at the second set of open houses will help NPPD assess those potential routes.

The upcoming open houses are the second of three rounds of public informational meetings NPPD plans to host for the project. The first round of open houses were held in March to

gather information on the study area. The second round of open houses, scheduled for July will highlight preferred and alternative line routes. The third public meeting will be a formal public hearing dedicated to presenting key factors and community input that shaped the proposed route. The final line route will be announced no earlier than 30 days after the public hearing.

For those unable to attend in person, a self-paced virtual open house and project information are available on nppd.com/Ainsworth-Wind-Bassett with the same project information and an opportunity to submit feedback. The virtual open house will be available from Monday, July 20, through Friday, August 7.

Brown County Commissioners Hold First July Meeting

The Brown County Board of Commissioners met for their first meeting of July on Tuesday, July 7.

Commissioners Dennis Bauer and Don Painter were present, and commissioner Jeremiah Dailey was excused absent.

Also present was Clerk Travee Hobbs and Road Superintendent Kenneth Turpin.

The board approved the transfer of \$7,070 for the interest payment on the Ambulance Barn

loan.

Turpin gave a road department update. He said with the rain, some of the roads had gravel put on them.

The commissioners and Turpin discussed water runoff near the community fishing pond.

With the excess of rain the area has received, water has been pooling.

Bauer said that area could become a nuisance if the water

stays standing.

Candace Meridith attended the meeting and gave a NACO update.

She reported that the legislative meeting will be held in Burwell.

She said there were 550 bills that were introduced legislation.

She said LB648 regarding inheritance funds was not passed. A piece of legislature that was passed now requires the county

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