



HEALTH & Wellness

April 27, 2022

SEWARD COUNTY
INDEPENDENT

THE
CRETE NEWS

THE MILFORD
Times

Friend
the Sentinel

THE
WILBER
REPUBLICAN

Be Inspired.
Live Better.

Center could provide more recreational opportunities

Seward residents to vote on new facility

by Emily Hemphill
emily@sewardindependent.com

An indoor swimming pool, basketball courts, a youth center and workout areas will be up for consideration May 10, when Seward residents will vote on the proposed Seward Wellness Center.

The 62,000-square-foot center, as initially proposed, would include a six-lane indoor swimming pool, kids' pool, two full-size basketball courts, men's, women's and family locker rooms, office space, a child-watch area, youth center/adult room, a walking track, cardio and strength equipment and fitness studios, as well as a multipurpose room for before and after school childcare.

Construction and furnishing of the \$18 million facility would be paid for by dona-



A preliminary architectural rendering shows what the Seward Wellness Center pool area could look like, though plans may change during the final design process.

tions, grants and a half-cent city sales tax, if voters OK the tax in the primary election.

Read more about the tax initiative in this week's election pages.

City staff would operate the center, just as it does recreation programs or the swimming pool in the summer.

Dr. Matt Dominy, curric-

ulum and staff development director for Seward Public Schools, and local resident and school board member Jana Hughes are on the wellness center committee.

They spoke at a March city council meeting to place the wellness center tax on the May 10 ballot.

The committee also has **(continued on 3)**

College Heights Country Club



Enjoy Golf at one of Nebraska's Prettiest 9-hole golf courses



1225 E. 4th Street
Crete, NE
(402) 826-4653
chccgolf.com

SEEKING NEW MEMBERS & GREAT FOR FAMILIES

▶ All skill levels are welcome ▶ Fun, friendly, & welcoming

Find Membership information: ▶ bit.ly/34os5f7

MEMBERSHIP INCLUDES:

▶ Unlimited rounds of golf ▶ Summer golf leagues ▶ Practice Green
▶ Club Tournaments ▶ Fun Golf Events ▶ Driving Range

JUNIOR GOLF CLINIC

▶ OPEN TO THE PUBLIC
▶ Designed to teach golf fundamentals
▶ No experience necessary
▶ \$65 Includes 6 hours of teaching, range balls, t-shirt, & ice cream on the last day.

DATES:

▶ June 14, 15, 16, 21, 22, 23

AGE DIVISIONS

▶ 6 - 10
▶ 11+
▶ High School

MEMBERSHIP

▶ Single \$725 ▶ Family \$850
▶ Single age 68+ \$675 ▶ Family age 68+ \$775



BVH ARCHITECTURE

COURTESY BVH ARCHITECTURE

A drawing shows preliminary plans for the second floor of the proposed Seward Wellness Center. It would include strength and cardio workout areas.

Wellness center

(continued from 2)
presented to local civic groups and has held public meetings about the project.

The facility's features are modeled in part after Papillion Landing, a \$62 million indoor/outdoor recreational center in Papillion.

Seward's plan is largely scaled down, but offers some of the same amenities.

"We asked the questions of how did they utilize the space, what would they do differently... We tried to eliminate as much waste as possible," Seward City Administrator Greg Butcher said.

Butcher said as many spaces as possible in the wellness center would be built to accommodate multiple types of use.

Youth rooms, for example, could be used before and after school during the week and could be rented out for parties or receptions on the weekends.

If voters approve the project, Hughes said it would take about a year for construction to begin.

The project would still have to go through detailed design, and the city would bring in experts on swimming pools, fitness equipment and other areas to make sure the design included the right components.

Hughes said the committee doesn't think the city-run center would compete with local businesses, such as fitness centers or yoga studios.

"We've discussed partnering with those facilities," Hughes said, "but nothing competes directly."

She said those facilities tend to cater to more specific audiences – some are open 24 hours a day or they offer classes that wouldn't be available at the wellness center.

She said instructors from privately owned businesses might be invited to host a



BVH ARCHITECTURE

COURTESY BVH ARCHITECTURE

The wellness center would be built along Waverly Road near Seward Middle School and would serve as a youth center for kids before and after school.

fitness class at the wellness center once or twice a week, which would in turn draw more customers to their businesses.

"I think this can all co-exist, and I think there are opportunities for some partnerships," Hughes said. Membership rates have not

been decided, but are estimated to be around \$39 for individuals and \$65 for families. Assistance may be available for families with low income.

Crete's growing one-stop shop to wellness

A collective of health-based businesses are working together to bring quality care to Crete

by Meaghan Stout
design@sewardindependent.com

Dawn Havlat opened the doors of Therapeutic Wellness in October 2019.

Starting out, Havlat, a medical massage therapist, and Raeleigh Pracheil, a licensed massage therapist and esthetician, began the business on Main Street together.

Since then, the storefront has added new businesses and covers multiple bases for wellness, hence the new addition to the name, "Therapeutic Wellness: a Wellness Collective."

Each business is run out of the same building near the corner of 13th and Main Streets.

After some recent construction

work, the building now has separate rooms and spaces for each individual business to work with clients privately.

Currently, the "wellness collective" includes:

- Havlat's medical massage business, Therapeutic Wellness;
- Massage and Esthetics by Raeleigh Pracheil, who is a licensed massage therapist and licensed esthetician;
- En Route Spa, run by licensed esthetician Ashley Pavlish;
- Kersten Counseling specializing in mental health and substance abuse therapy with Laura Kersten; and
- their newest addition, Resilient Hope Counseling, specializing in childhood mental health services with Ben Piper.

Raeleigh Pracheil has been with Therapeutic Wellness since it opened

"My goal for this place is to continue to bring knowledgeable experts to Crete so that Crete is able to access great care. Whether it be for back pain or mental health."

**Dawn Havlat
Medical Massage Therapist
Therapeutic Wellness**

its doors in 2019. She works both in massage therapy and esthetics.

En Route Spa, run by Ashley Pavlish, is a more recent addition to the collective. Pavlish is a licensed esthetician.

Kersten Counseling is run by Doane graduate Laura Kersten. She is a licensed independent mental health **(continued on 5)**



MEAGHAN STOUT

En Route Spa, run by licensed esthetician Ashley Pavlish, is one of multiple within the Therapeutic Wellness Collective storefront on Main Street in Crete.



1302 Linden Ave. • Crete
402-826-3784

Kenneth L. Marvin, Pharm.D., R.P.
Kari Maly, Pharm.D., R.P.

Drive Thru
Free Local Delivery

Periodic eye and vision examinations are an important part of preventive health care. Many eye and vision problems have no obvious signs or symptoms, so you might not know a problem exists. Early diagnosis and treatment can help prevent vision loss.



Dr. Craig Slepicka
Dr. Keith Wintz

334 S. 4th St.
Seward

402-643-2944

sewardvision.com



Therapeutic Wellness

(continued from 4)

practitioner as well as a licensed alcohol and drug counselor. Kersten uses various methods in her counseling, including cognitive behavior therapy, dialectic behavior therapy, motivational interviewing and more.

Resilient Hope Counseling is run by Ben Piper, whose wife was a Doane graduate. Piper uses approaches such as cognitive behavioral therapy, behavior therapy, solution-focused brief therapy, trauma focused cognitive behavioral therapy and he is certified in play therapy.

Havlat, the owner of Therapeutic Wellness, graduated from Crete High School. However, she spent most of her childhood in Massachusetts. After spending some time traveling, Havlat and her husband, who was raised in Dorchester, moved back to Crete around 2010 with their children.

Prior to opening up shop in Crete, Havlat worked with large universities and doctor's offices as a medical massage therapist, specializing in

(continued on 8)



COURTESY PHOTOS

The wellness collective within Therapeutic Wellness includes two different counseling businesses. Both specialize in different types of mental health counseling. Kersten Counseling is run by Laura Kersten, a Crete graduate who also attended Doane University. Kersten specializes in mental health and substance abuse therapy. Resilient Hope Counseling is run by Ben Piper. Piper specializes in play therapy, career counseling, trauma and more.



kinshippointe.com



KINSHIP POINTE

Independent Living and Assisted Living

- **Large Apartments - Open Floor Plans**
- **Excellence In Senior Living**
- **Established Care Team**
- **Engaging Activities**
- **Great Food**

**Come
Take A
Tour!**



402-643-6500

500 Heartland Park Dr Seward NE 68434

CHECK OUT THESE GAMES AND ACTIVITIES!

Fit4Seward equipment available

Seward Memorial Library continues to offer the Fit4Seward program that launched in 2014 thanks to a grant from Four Corners Health Department.

Anyone with an SML library card can check out outdoor games and fitness equipment.

Currently, 51 different items are available for check out, with new equipment added regularly.

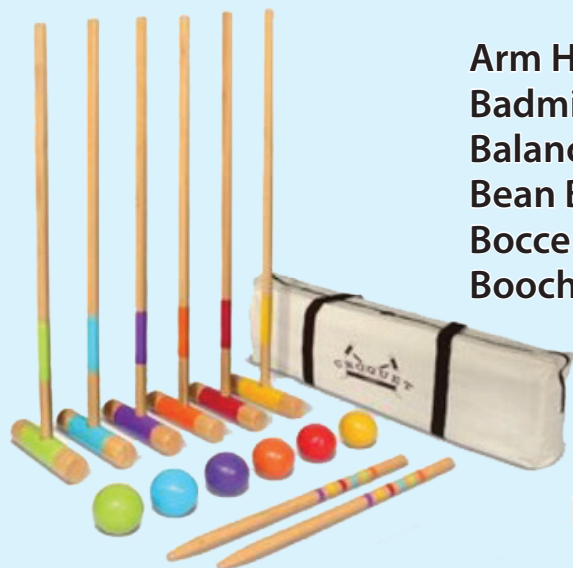
Games and activities may be found in SML's Library of Things at seward.bliblionix.com/catalog/?lot=1 under Fit4Seward. Items also may be reserved for pick up.

The library also has hundreds of books, as well as magazines, audiobooks and DVDs, on health and wellness topics.

Learn more at sewardlibrary.org or call (402) 643-3318.

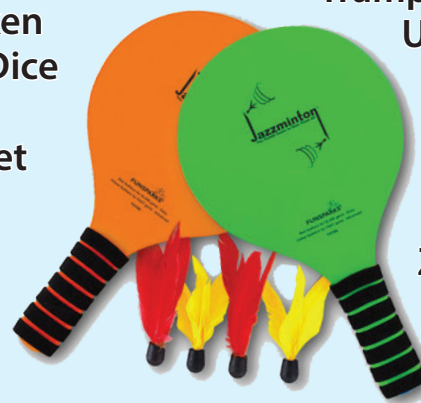


Laser Battle
Lawn Darts
Medicine Ball & DVD
Metal Detector
Monster Feet
Obstacle Course
P90X Extreme
Pickleball
Pogo Jumper
Resistance Bands
Ring Stix
Sky Ripperz
Slammo
Snipe Hunt
Speed Rope



Arm Hoops
Badminton Rackets
Balance Board
Bean Bag Toss
Bocce Ball
Boochie Set
Croquet
Disc Golf
Djubi
Dodge Tag
Dodge Ball

Fat Loss Monitor
Fitness Hoop
Flickin' Chicken
Giant Lawn Dice
Scoop Game
Horseshoe Set
Hyper Toss
Jazzminton
Kan Jam
Viking Chess
Ladder Toss



Tennis Sets
Tootle Turtle Target Game
Trampoline Paddle Ball
UFO Interactive Aircraft
Washers
Weighted Hula Hoop
Wicked Big Kickball
Yard Pong
Zip Ball
Zumba Exhilarate Kit
Zumba Fitness Kit

One monthly trip to the pharmacy

We can help you synchronize your meds with our Auto Refill program so you only have to make one stop for the month.

It will help you save time and trips, but more importantly, it allows us to help you adhere to your medication guidelines. We keep track of what medications you need, provide you with a courtesy call, and arrange pick-up.



**PAC N SAVE
PHARMACY**

402-643-2918

pacnsaverx@windstream.net
www.pacnsaverx.com

Knowing what you're putting in your tank is **IMPORTANT** for the health of your vehicle.

Get Better Gas Mileage

Phillips Gas has more additives in it to help your vehicle that most gas stations do not offer.

Additional Services

- Wheel Alignment
- Fluid Replacements
- Tune-ups
- Brake Service
- Car Batteries

402-826-2980 • 237 West 13th • Crete
Crete's only locally-owned service station



Serving Crete and the surrounding area for 42 years and counting!

Why are migraines so much worse?

Anyone who has experienced a headache is aware of just how overwhelming they can be. And when it comes to pain and disruption of daily life, perhaps no type of headache is more overwhelming than migraines.

The World Health Organization notes that migraines are caused by the activation of a mechanism deep in the brain that leads to the release of pain-producing inflammatory substances around the nerves and blood vessels of the head. Though all headaches can be painful, migraines tend to be especially so, and even long-time migraine sufferers may not know why that is.

Health care experts say that migraines are more than just headaches. When a person is suffering a migraine, the changes in brain activity that are occurring are affecting blood in the brain and surrounding tissues. That can cause a range of symptoms that can make migraines an especially difficult issue to contend with. Severe head pain is a common characteristic of migraines, but individuals also may develop these symptoms while suffering from a migraine:

- Nausea
- Increasing sensitivity to light, sound or smells
- Dizziness
- Extreme fatigue

Each of these symptoms is difficult to contend with on its own, and much more so when individuals also are experiencing migraine-related pain. In addition, some individuals experience some or all of these symptoms during the course of a mi-



graine. What's more, estimates from the American Migraine Foundation indicate that untreated migraines can last anywhere from four to 72 hours. In addition, the AMF notes that a migraine attack is made up of four phases, and a week can go by between the onset of the first phase and the completion of the fourth.

The symptoms combined with the length of the migraine undoubtedly contribute to the well-earned reputation that migraines are the most difficult of all headaches to confront.

So what can be done?

The AMF said that the exact causes of migraines remain unclear. However, there may be a hereditary link, and various environmental factors can trigger an attack. Individuals should ask close family members, including parents, if they have dealt with migraines.

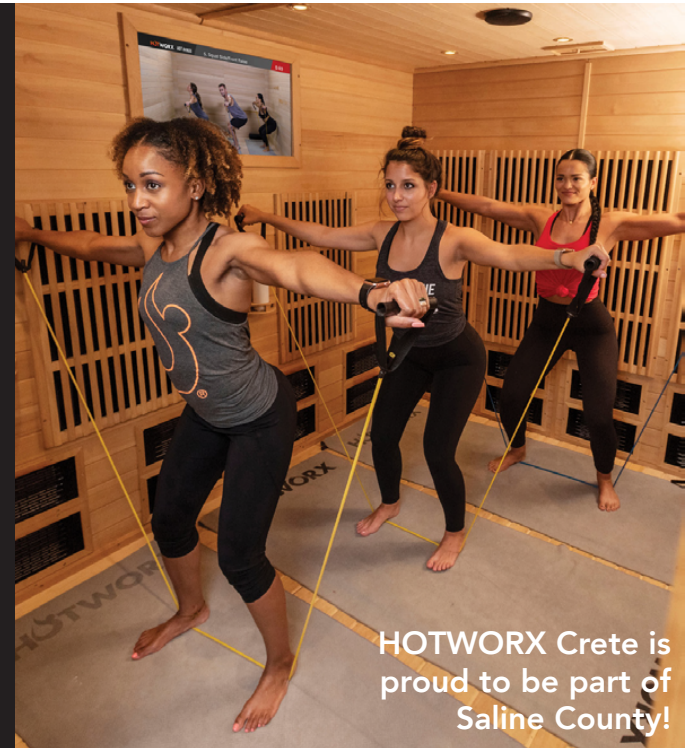
It also can be wise to avoid common triggers, which may include certain foods and alcohol. Making a concerted effort to stay hydrated

also may help in the fight against migraines.

Data indicates that women suffer considerably more migraines than men, and the AMF suggests that hormonal fluctuations, such as those that occur during menstrual cycles,

could be behind that. Women armed with this knowledge can do their best to avoid potential migraine triggers when they're menstruating.

Individuals can learn more about migraines at www.americanmigraine.org.



HOTWORX Crete is proud to be part of Saline County!

**Get Ready to
EARN THE BURN**
at HOTWORX Crete,
Saline County's **NEWEST** 24-Hour
Infrared Fitness Studio.
Scan the QR Code or call our studio
to schedule a **FREE** session!



402-418-7260
1236 Main Ave. • Crete, NE 68333

Walk-ins welcome!

Full Service Salon (excludes nails)

Massage Therapy & Esthetics

*Hairtrix
Salon & Day Spa*

Monday - Saturday
629 Jackson Ave
Seward, NE 68434
402-643-9680
Call today!

Therapeutic Wellness

(continued from 5) sports injury.

She still specializes in sports injury but now also works with lymphatic massage, sciatic relief, whiplash, headache management, supplemental oncology treatments and more.

As a medical massage therapist, Havlat had to go through more education than a masseuse.

“With medical massage, you go through more training in specific diagnosis,” Havlat said. “Most deep-tissue massage can treat things like sciatica but with whiplash, it takes more education on how to treat that soft tissue. If a client has fibromyalgia or some other autoimmune issue, having further knowledge of that condition...you need to treat that massage differently.”

Prior to beginning any massage, Havlat talks with clients about their medical history and what types of issues they are experiencing. With this information, she is able to customize every massage to the client based on their needs.

For Havlat, the personalization of her massages is one of the most important differences between medical massage and relaxation massages.

“All of my massages are goal-based. Each massage we [Havlat and the client] find our mutual goal for that

“Everybody deserves to be without pain.”

Dawn Havlat
Medical Massage Therapist
Therapeutic Wellness

treatment,” Havlat said. “No one massage is the same.”

Havlat is also qualified to use tools for her medical massages, referred to as instrument-assisted soft tissue mobilization. She uses kinesiology tape and the practice of cupping to help clients.

Havlat works with doctor’s offices and medical professionals rather than in place of them. Her work is supplemental and can often replace prescription drugs that come with side effects.

As one of few nationally licensed medical massage therapists in Nebraska, Havlat works with Pinnacle Bank Arena and CHI Arena. She is often called to help professional athletes and performing artists when they come to town for games and shows.

Though she has traveled and worked in many places, Havlat chose to open her business in Crete.

“I wanted Crete to have access to the same services as the bigger cities,” Havlat said.

Her goal is to add another business to the collective and continue to bring experts to the Crete area.

“My goal for this place

is to continue to bring knowledgeable experts to Crete so that Crete is able to access great care. Whether it be for back pain or mental health...,” Havlat said.

Havlat and most of the other specialists at the collective have worked in other places prior to coming to Crete. Each person involved in the collective has been associated with Crete and made the decision to open their businesses in town.

“What’s really neat is that everyone here really has a strong tie to Crete,” Havlat said.

Ashley Pavlish of En Route Spa married a Crete local and came back to raise her children after being in Lincoln for a while, according to Havlat. Pracheil was raised in rural Crete and went to Milford and wanted to stay in a small community after going to massage school in Lincoln. Kersten of Kersten Counseling was also a Crete grad and went to Doane. Piper’s wife went to Doane, as well.

Havlat hopes to end the idea that people have to drive to Lincoln to get quality care.

“There’s this idea that you



COURTESY PHOTOS

The Therapeutic Wellness building has two different licensed estheticians: Massage and Esthetics by Raeleigh Pracheil, a licensed massage therapist and a licensed esthetician, and En Route Skin Spa by Ashley Pavlish, a licensed esthetician.

have to drive to Lincoln for quality care and that’s not true,” Havlat said. “We chose to be a part of this community.”

Though she used to work more exclusively with athletes, Havlat has found a passion for helping people

who aren’t preparing for competitions or the like.

“Everybody deserves to be without pain,” Havlat said. “It’s actually very rewarding to help somebody who’s just trying to live life.”

Havlat enjoys working
(continued on 9)



Blue Valley
Behavioral Health

Hope. Healing. Wellness.

1212 Ivy Ave., Ste. 2 | 459 South 6th, Ste. 1
Crete, NE | Seward, NE
402-826-2000 | 402-643-3343

bvbh.net

Providing Behavioral Health Services for over 50 years

- Individual, Family, Marital & Group Counseling
- Adults and Children
- Substance Abuse Evaluation & Counseling
- Medication Management Services
- Crisis Intervention

Evening Hours Available
Medicare, Medicaid, Insurance Accepted
Sliding fee scale available to those who qualify.



HACKBART
CHIROPRACTIC

for the best life possible

CALL TODAY:
(402) 646-2020



Therapeutic Wellness
Massage & Body Work

COURTESY PHOTO

Therapeutic Wellness: Massage and Body Work is run by Dawn Havlat, a Crete graduate. Havlat is a licensed medical massage therapist and started the storefront back in 2019 with Raeleigh Pracheil.

Therapeutic

(continued from 8)

in the small town of Crete, seeing clients regularly for work and outside of work and being able to see their progress and recovery.

“I was surprised how rewarding it was to help the ‘Average Joe’ with their pain,” Havlat said. “It’s more rewarding to work on somebody who is trying to sit on a bleacher, without having back pain, to watch their son’s basketball game.”

Gone fishing: Fun for whole family

Join the Nebraska Game and Parks Commission for another spring and summer of fun with Community Fishing Events.

Community Fishing Events provide opportunities for people of all ages who have never fished or have not fished in years to learn and enjoy the activity. Rods and reels, as well as bait and fishing instruction, will be available for free.

“We invite you to join us at one or several of our events to learn how to fish or to bring a friend and spend time fishing,” said Larry Pape, fisheries education specialist. “Spring and summer can be busy, but fishing is a fun, convenient activity that can provide quality time for everyone, and we are here to help you have great outdoor experiences.”

Look for the Community Fishing Events Trailer at each site. Appropriate fishing and park permits are required. All fishing regulations apply.

The fourth year of the Discover Fly-Fishing program also will kick off May 26 at Lincoln’s Holmes Lake. Discover Fly-Fishing events, which are held in conjunction with Community Fishing Events, are free and open to anyone interested in a basic introduction to fly-fishing.

Learn about the equipment and how to use it, then watch a fly-tying demonstration. Loaner fly rods will be available.

The following Community Fishing Events are from 6-8 p.m., unless otherwise noted. The area schedule is:

- May 26 – Lincoln, Holmes Lake
- June 15 – Lincoln, Holmes Lake
- June 21 – Lincoln, Bowling Lake
- July 6 – Lincoln, Holmes Lake
- July 13 – Lincoln, Bowling Lake
- Aug. 3 – Lincoln, Holmes Lake

Discover Fly-Fishing – 6-8 p.m.

- May 26 – Lincoln, Holmes Lake
- July 13 – Lincoln, Bowling Lake

Other events

- June 18 – Lincoln, Conestoga Lake, Day at the Lake, Aquatic Habitat 25th anniversary event
- June 23 – Lincoln, Wildwood Lake, Lower Platte South Natural Resources District 50th Anniversary Celebration, 5:30-8 p.m.
- June 25 – Lincoln, Branched Oak Lake, White Perch Tournament, 8 a.m.-1 p.m.
- July 9 – Lincoln, Branched Oak Lake, Family Fishing Event, 9 a.m.-noon
- July 16 – Lincoln, Holmes Lake, Cornhusker State Games, 8 a.m.-1 p.m.

Visit OutdoorNebraska.gov/familyfishing for more information on Family Fishing Events or OutdoorNebraska.org to purchase fishing or park permits.

Spring into good health!

It may still feel like winter in many parts of the country, but the calendar tells us spring is near. As the sun and warmer weather arrive, what better time to spring into good health! Here are a few suggestions to get you started:

Clean. A good spring cleaning is a great way to reduce allergens. Less clutter can also have mental health benefits.

Get outside. Did you know that just ten minutes in a natural setting can make you feel happier and reduce both physical and mental stress? Spending time in nature can improve mood, focus, and even affect your blood pressure and heart rate. Take advantage of the longer days and milder weather to spend more time outside.

Be mindful. There really is research to support the adage “Enjoy the moment – life is short!” Studies have shown that being mindful can help you reduce stress, better cope with difficult situations, and reduce anxiety. So, take a moment and breathe in the fresh spring air!

Move more. After being cooped up all winter, warmer temperatures mean more chances to move your exercise routines outside. From losing weight and reducing health risks to simply boosting your mood moving more can have big impacts on your health.

Try something new. New experiences can lead to increased happiness. This month, why not try a new food or recipe, take up the new hobby, or explore somewhere you’ve never been? What better time than spring to try something new!

Get some sun. The sun provides vital Vitamin D which plays a big role in bone health. Just a few minutes of exposure can be enough to reach your daily value. If you are going to be out longer, however, be sure to protect your skin with sunscreen.

For many of us, spring marks a time of renewal. As the cold weather starts to lessen and the trees start to green and flowers begin to blossom, take a moment to appreciate the changing of the seasons. How will you spring into wellness this season?



MUERI DRUG
544 Seward St.
Seward, NE
402-643-3332



Board plans overhaul to community parks, pool

by Emily Hemphill
emily@sewardindependent.com

Utica's Parks and Pool Board is dreaming big.

About \$8 million big.

The board shared its plans for an overhaul of the village's two community parks, ballfields and swimming pool at an open house April 11.

About 25 people attended to see the plans and give their opinions on the proposed projects.

"It's one thing for us as a board to throw together a ballpark or playground, but it's not our ballpark or playground," said Autumn Walford, chair of the Parks and Pool Board. "It's important that we come together as a community and share those thoughts and ideas."

Subcommittees of the nine-member board presented proposals for enhancements at the north Tower Park, a complete revamp of the two ballfields, updates to the south Conns Park and a brand new swimming pool.

(continued on 16)



A drawing shows a possible inclusive playground design at Utica's north park.

COURTESY LANDSCAPE STRUCTURES



The power of partnership

Amazing things happen when you build a healthcare partnership with your local family physician. At the heart of Memorial Health Care Systems are 9 physicians and 5 Physicians Assistants who are committed to caring for you through all of life's stages. A long standing partnership with your provider leads to: Better communication and outcomes, a trusting physician-patient relationship, a comprehensive medical history and focused health and well-being for all ages.

The power of convenience

Memorial Health Care Systems provides accessible, affordable and quality medical care for you and your loved ones close to home. Because we know the life happens, we also offer the convenience of urgent and virtual care options.



Walk-in Clinic

No Appointment necessary.
Milford | Seward | Utica
Mon-Fri: 8 am - 4:30 pm
Seward, Sat: 8 - 11:30 am



Memorial ezVisit

A 1-on-1 virtual visit with your primary care provider from the comfort of your home, it's easy, secure, and safe.



Online Portal & Scheduling

Schedule appointments and access your medical records through your MHCS clinic portal.



MEAGHAN STOUT

A new HOTWORX studio is now open for pre-sale members and will be open for public May 2 on Main Street in Crete.

HOTWORX: 24 hours of sweat and saunas

by Meaghan Stout
design@sewardindependent.com

A new 24-hour fitness studio has opened on Main Street in Crete. As of now, anyone who pre-registered for a Hotworks membership will be allowed to use the studio. Non-members will be allowed into the facility starting May 2.

The owner, Katie Becker, doesn't live in Crete but her grandmother grew up in town.

"My grandma, she and her four sisters grew up in the little white house by the Dairy Queen," Becker said.

Her husband, Allen, is from Hastings. Becker and her husband drive through Crete often to get to Highway 6.

They were driving through town when they first saw the storefront for sale.

Becker runs a toffee shop, Totally Toffee, using her grandmother's recipe.

When she saw the storefront, she wanted to use it for the toffee business. The building, though, was too large for just a toffee shop, she said.

Becker said she has been a member of the Hotworx studio in Lincoln for about two and a half years and knew the owners of one of the Lincoln franchises and another owner of an Omaha franchise.

"These friends were joking, saying you should just buy a Hotworx franchise," Becker said.

Eventually, she and her husband decided to go for it.

The new studio has five different infrared saunas, each one with a specific workout style. Every sauna can fit three people at a time.

When its time for the workout to start, a screen in the middle of the wall will turn on and go through a virtual workout.

Members are able to book their workouts through an app and come into the studio at any time during the day or night.

Members are allowed to bring guests for free, but only during regular staffed hours.

While waiting for a sauna to open up or for

your booked time to start, the studio will also have an area for more traditional workouts.

There will be weights and exercise equipment available for use in that area, called the FX zone.

There will be another screen in the area showing various workouts for people to follow if they choose.

Anyone who does not have a membership will be able to come in during regularly staffed hours for a free trial session in one of the infrared saunas.



MEAGHAN STOUT

The new studio in Crete opens at the beginning of May. Pictured here is the unfinished wall in the lobby entrance.



Best of both worlds.

Say hello to health and aesthetic services — all in one facility for your convenience!

HEALTH services

Gynecological Exams, Robotic Surgery, Infertility, Bone Density Scans, Menopause Management, Contraceptive Management, In-Office Lab, Diagnostic Imaging, FemTouch, 3D Mammography, Body Composition, Clinical Research

AESTHETIC services

Smartlipo/Mini Tummy Tuck WITH JAMES J MALY, MD, SURGEON, Skin Tightening, CoolSculpting®, Botox & Fillers, Latisse, Colorscience/SkinMedica/SeneGence, Facials, Advanced Laser Removal of Tattoos, Pigmentation, Sun Spots & Hair, Facial & Skin Rejuvenation, Hormone Pellet Therapy, IPL Skin Rejuvenation, Spa Services, Skincare by Colorescience, Skinmedica, Skinceuticals, & Senegence



Schedule your annual preventative appointment or free aesthetic consultation with our providers or certified trained staff today!

Health 402.434.3370 • womensclinicoflincoln.com

Aesthetics 402.484.4231 • advancedskinbody.com

STEPHEN G SWANSON, MD FACOG | JAMES J MALY, MD FACOG
MOLLY SNOW, APRN | PAULA RAILSBACK, APRN | JACKIE ODEN, APRN | JODI WEGNER, APRN | COURTNEY SAMS, APRN | ANDREA DAVIS, APRN

Stepping On: injury prevention for older adults

Stepping On is an evidenced-based fall prevention program supported by Public Health Solutions through a grant from the Department of Health and Human Services Injury Prevention Program.

The Stepping On program, throughout a five county area, offers older people a way of reducing falls and at the same time increasing self-confidence in situations where they are at risk of falling.

Falls are a serious problem, but can be prevented at any age.

This program, which was developed in Australia and has been implemented in the USA and internationally, is considered one of the most effective falls prevention programs available, giving people the confidence to un-

dertake their everyday activities safely.

Participation in a program like Stepping On will help older people maintain independence and give them confidence in their mobility so they are able to undertake their everyday activities without the risk of falling.

The Stepping On program incorporates a group setting plus individualized follow-up.

It covers a range of issues, including falls and risk, strength and balance exercises, home hazards, safe footwear, vision and falls, safety in public places, community mobility, coping after a fall and understanding how to initiate a medication review.

To find a class in your county, contact Jill Kuzelka at (402) 826-3880.



COURTESY PHOTO

Learning safe mobility habits can help prevent falls for older adults.

Find a good vacation spot for your family

Summer vacations were once an annual tradition for millions of families across the globe. Warm weather getaways to idyllic beaches and welcoming resorts have long helped families make lasting memories, and revisiting that trend can be good for everyone.

Family vacation plans were put on the back burner during the COVID-19 pandemic. According to a survey from IPX 1031®, 40% of respondents canceled vacation plans during the pandemic, while an additional 29% didn't plan a vacation at all.

But the pandemic alone cannot be blamed for people's unwillingness to take time off from work, as pre-pandemic studies noted how professionals had increasingly begun to work longer hours and take fewer vacation days. For example, data from the U.S.

Travel Association indicates that American workers failed to use 768 million vacation days in 2018.

Pandemic-related cancellations and postponements proved a bitter pill to swallow, and that sour taste could be one reason why travel bounced back in a big way in 2021. A hotel market data firm reported that hotel occupancy reached nearly 70% in July 2021. That's no doubt due to the successful rollout of coronavirus vaccines.

This summer could be even better for the travel and tourism industry, as children as young as five are now eligible to be vaccinated, and there's hope that children younger than five will be soon. That means more families will likely be on the lookout for vacation spots, and the following are some qualities they can look for as they search for the perfect place to

spend their summer vacations.

- **Affordability:** Travel costs have spiked in the aftermath of the pandemic, and that may stretch families' budgets thin. Data indicates that jet fuel prices have been rising somewhat steadily since mid-2020, and that spike could lead to higher airfare costs this summer. In addition, families should compare the cost of hotel lodging versus single-family homes on different websites. Some might have more budget-friendly inventory.

- **Accessibility:** Families won't want to travel only to find out local attractions are closed or open on a more limited basis. Before booking a trip, confirm the rules and regulations in a given locale and contact local tourist attractions, such as theme parks, to confirm that they'll be open for business as usual this summer.

- **Kid-friendly activities:** After more than two years locked up at home, parents may be dreaming of spending a week doing little more than sitting on a beach. However, kids may grow antsy after a day or so with their toes in the sand. Many all-inclusive resorts include kid-friendly activities, such as sailing lessons or arts and crafts sessions, that give moms and dads a break and keep youngsters engaged in a fun way.

- **Dining:** Research local restaurants when perusing destinations to confirm there's plenty of dining options. Parents have done more than their fair share of cooking at home since the onset of the pandemic, so a great vacation spot is one that includes an array of dining options to give parents time off from cooking detail.

Chiropractic care for your family's health care needs,
for overall health, wellness and optimal performance!



1106 Main Ave • Crete • (402) 826-5097



Keeping an Eye on Your Health

Bessler Family Eye Care
1119 Main Street, Crete, NE
(402) 826-2246



Tai Chi benefits mental and physical wellness

Tai Chi is a graceful form of exercise that involves a series of movements, known as forms, that are performed in a slow, focused manner combined with controlled breathing.

It is a low impact exercise that puts minimal stress on muscles and joints, making it suitable for many older adults.

It doesn't require special equipment and can be practiced indoors or outdoors, either alone or in a group.

People 60 years of age or older especially benefit from Tai Chi.

Each year, about one third of adults aged 65 years of age and older fall.

About 20 to 30% of those who fall suffer moderate to severe injuries, such as bruises, hip fractures and head traumas.

Falls are the leading cause of injury deaths and the most common cause of nonfatal injuries among this population.



COURTESY PHOTO

Tai Chi is supported and promoted across the Public Health Solutions district to reduce unintentional injuries from falls and to allow older adults to remain independent in their own homes longer.

By taking a Tai Chi class you improve your strength and balance, and helps prevent falls.

Research has shown that practicing Tai Chi, a balance-prompting exercise, is an effective way for older adults to reduce the risk of falling and to maintain their independence.

Branched Oak, Pawnee Lake top parks for riding

Horseback riding is a great way to get outdoors and see the beauty of Nebraska via miles of extensive equestrian trails in state parks.

With beautiful scenery, amenities for horse and rider, and considerable acres to roam, here are nine Nebraska Game and Parks locations every equestrian should put on their list for this year.

Featuring the largest lake in eastern Nebraska, Branched Oak is a popular recreation spot – and can accommodate equestrians, with 6 miles of interlocking multipurpose trails and a horse camp. Trails wind through trees, open grasslands and scenic overlooks, and the horse camp offers 15 electrical rock pad campsites, water, restrooms, grills, picnic facilities, an accessible mounting ramp, hitching posts and corrals.

Enjoy a scenic ride around the

lake with Pawnee State Recreation Area's six miles of multipurpose trails. For those who wish to camp with their horses, Pawnee offers a primitive camp that includes picnic tables, drinking water, fire rings and pit toilets. The area has mature trees that provide plenty of shade.

The other seven parks on the NGP list are Fort Robinson State Park, Summit Lake State Recreation Area, Danish Alps State Recreation Area in Dakota County, Lewis and Clark State Recreation Area, Willow Creek State Recreation Area southwest of Pierce, Rock Creek Station State Historical Park near Fairbury and Two Rivers State Recreation Area.

To learn more about these parks, visit OutdoorNebraska.org. A Nebraska state park entry permit is required for each vehicle entering a park.

York General - Through All Stages of Life

York General Hospital

Inpatient Care
- Acute and Skilled
Cardiac & Pulmonary Rehab
Obstetrical Services
Oncology/Infusion Services
Emergency Services
Surgical Services

Specialty Clinic
Rehabilitation Services
Respiratory Services
Laboratory Services
Imaging Services
Wellness Center

York General Hearthstone

Certified Skilled Nursing Care
Rehabilitation Services
Adult Day Care/Respite Care
Hospice

Willow Brook Assisted Living

Independent Living
Personalized 24-hour Care
Social/Recreational Activities

York General Medical Plaza

York Quick Clinic

West View Medical Campus

Dialysis
Home Health Care
Sleep Studies
Child Care
CNA Training Classes
Wound Care



YORK GENERAL

2222 N. Lincoln Ave. | York, NE 68467 | 402-362-6671 | YorkGeneral.org | Join us on Facebook and Instagram

We see you.

You're amazing.



It's OK to ask for help.

REPRINTED FROM THE NEBRASKA STATE EDUCATION ASSOCIATION



Did you know?

Texting 911 is an option in southeast Nebraska counties.

For anyone in a place where they cannot safely talk on the phone, are unable to speak or lack of service won't allow for a voice call, Text to 911 can be an important and life-saving tool.

For individuals who are hearing or speech impaired, Text to 911 provides a more convenient method to report an emergency.

The National Emergency Number Association Text to 911 campaign reminds citizens to "Call if you can, text if you can't."

Calling 911 is still preferred as texting has some limitations:

- Location acquisition is limited and often not available.

- There is no guarantee your text has made it to an emergency dispatch center until you receive a reply.

- Information can be obtained more quickly with a voice conversation.

Visit www.fcc.gov/consumers/guides/what-you-need-know-about-text-911.

Mental health resources available around the clock

Call 911 if you or someone you know is in immediate danger, or go to the nearest emergency room.

National Suicide Prevention Lifeline
800-273-TALK (8255).

En Español: 888-628-9454
For hearing and speech impaired with TTY equipment: 800-799-4889
suicidepreventionlifeline.org/chat

Nebraska Family Helpline
1-888-866-8660

Crisis Text Line
Text HELLO to 741741

REACH Clinic at UNMC
402-559-6408
Telehealth services for children & adolescents

Disaster Distress Helpline
Call or text 1-800-985-5990

National Child Abuse Hotline
800-422-4453

National Domestic Violence Hotline
800-799-7233

Rape, Abuse & Incest National Network (RAINN)
800-656-4673

The Trevor Project
866-488-7386

Trans Lifeline
877-565-8860 Canada: 877-330-6366

Veterans Crisis Line
800-273-8255, press 1 or text to 838255
veteranscrisisline.net/get-help/chat

For non-emergency resources from the National Institute of Mental Health, go to www.nimh.nih.gov.

Keep kids occupied with fun over summer break

Kids look forward to summer vacation every year. The last day of school gives way to less structured days when kids can spend more time outdoors and less time cracking the books.

Summer vacation can be a dilemma for parents, especially in households where both parents work full-time. A pandemic-related increase in remote working has made that problem somewhat more manageable, but even parents working from home must find fun way for kids to stay occupied until the new school year begins.

No two kids are the same, so parents may need to try various activities on for size until they find something their children enjoy doing during the lazy days of summer.

- **Day camp:** Day camps provide much of the structure of school without all the homework or time spent indoors. Many parks and recreation departments run summer day camps for kids.

Camps can be generalized or specialized. For example, some may offer an array of activities, including sports and nature walks, in a given day, while others may focus on a single activity, like musical lessons or science-based programs.

Camps run by local parks and rec departments do not typically last all summer long, which parents should keep in mind when enrolling youngsters.

Many towns offer summer recreation programs like baseball and swimming options at the local pool.



EMILY HEMPHILL/SCI/MT/CN/FS/WR

Jameson von Kampen, 6, of Seward dribbles down the field during a city rec soccer match April 14 at Plum Creek Park. Pre-K through second graders will wrap up their season at the end of the month.

- **Reading:** Parents may be surprised by how much their children enjoy a good book. A recent poll from the National Education Association found that 70 percent of middle school students read more than 10 books a year. The National Literacy Trust reports that roughly 45 percent of children between the ages of eight and 11 enjoy reading “very much.”

When suggesting to children that they read more this summer, parents can note the many ways that reading for pleasure differs from reading for school. Point out that kids won’t have to submit book reports and emphasize that they can choose their own books.

Depending on children’s ages, introduce kids to a series like “Harry Potter,” which is a set of seven fan-

tasy novels that has helped millions of young people across the globe discover and develop a fondness for reading. Weekly visits to the library, where kids can pick from hundreds of books, can get youngsters even more excited about reading.

Libraries, including Seward and Crete, often have summer reading programs through which children can participate in other activities related to a summer theme. This summer’s theme is Oceans of Possibilities.

- **Play dates:** Play dates are a great way to make kids happy and take a little off of parents’ daily plates. Arrange routine summer play dates with children’s school friends, neighbors and/or cousins. Parents can alternate hosting responsibilities so

they can get work done at home and enjoy a break when it’s not their turn to host.

- **Find something free:** Perhaps in recognition of the need for affordable, family-friendly fare, many communities now host free events for kids and their parents each week.

Weekly movie nights under the stars and concerts in community squares are popular in many communities, but those same towns also may host events specifically for kids during the daytime.

A simple internet search of “free events near me” may unveil a host of activities that can keep kids happy and occupied on summer days when their schedules are open. Local libraries can be great resources for free events as well.



Utica parks

(continued from 10)

All together, the cost would reach into the \$8 million range. Walford said it's more likely that each project will be completed one at a time as funds allow – but the board isn't quite to that point.

"We have to look at wants, needs and what we can afford," Walford said. "We are not at the 'what we can afford' yet. This conversation is about wants and needs."

The board conducted an online survey prior to the meeting. It received 51 responses.

Those results, coupled with the results of a survey on the village's 10-year comprehensive plan, showed residents' top four priorities for improvements when it comes to recreation:

1. Swimming pool
2. Conns Park
3. The ballfields
4. Tower Park

At the swimming pool

The board presented five different concepts for a new pool, each with a different combination of features from lap lanes and slides to a splash pad and lazy river.

Board member Danae Soliz spoke about the existing pool, which was originally built in 1969.

"Right now, it's just a swimming area. There's not much to do in the pool," she said.

Though the pool has had extensive work done over the years, Village Board member Sharon Powell said its shallow end and deep end basins are separating.

"We have to fix that seam every year," Powell said.

Nearby communities including Friend and Hebron have recently built new pools similar to what the board is looking at. Each of those cost between \$2 million and \$3 million – a cost that likely will never be fully recouped.

"It's a benefit to the com-



COURTESY CLARK & ENERSEN

Plans to redo the Utica ballfields include more space for parking and playground equipment.

munity, but pools don't make money," Walford said.

At the ballfields

Plans at the ballfields on the north side of town include relocating the two main fields so that their home plates back up to one another.

Seating would be installed where the fields come together to make it easy for families to watch two games at once.

The existing playground would move further to the north, and more play equipment would be added closer to the grandstands.

A new concession stand with wheelchair-accessible restrooms would double as a

storm shelter.

Indoor batting and pitching cages also are included in the plans, as well as an underground sprinkler system.

Board member Stephanie Cradick said the cost of \$2 million to \$3 million is a lot of money, but that the committee wanted to draw up the best plan possible.

"Things can be pulled back, or we can still get this idea with room to grow into the future," she said. "If we could host tournaments, what it would do for businesses in town while people are here."

The village would have to acquire additional property in order for the proposed plan

to work.

At Tower Park

Tower Park is named for its proximity to the village water tower, but not many people currently use it because of minimal parking, rough sidewalks and old equipment.

Plans include new swings, slides, a merry-go-round, an area for toddler play, better sidewalks and bathrooms added in the park.

An outdoor workout area is also part of the plan.

The goal is to make as much of the park as possible inclusive for children with disabilities. That includes

taking a closer look at everything from swings to steps to the surface underneath.

"Being ADA compliant does not mean inclusive," Walford said, noting that the Americans with Disabilities Act requires that projects only meet certain criteria, but those criteria don't always make it easier.

"A child with a wheelchair is going to have a very hard time maneuvering through wood chips," she said. "Moving forward, we always need to be thinking about being inclusive."

The park plans could be turned into reality for \$500,000 or less.

At Conns Park

Plans at the park next to the swimming pool include installing a fitness/obstacle course and replacing the current playground with inclusive equipment.

Ziplines, round web swings and musical play pieces also were mentioned, as well as a splash pad outside of the pool if not included in the pool project.

The obstacle course alone would cost around \$99,000, but it could be built in phases, adding new pieces as funding allows.

Funding the projects

The Parks and Pool Board is a featured entity in the Seward County Gives campaign May 1-5.

Walford said that will be a starting point for fundraising, as well as a mailing that went out a few weeks ago to some area residents.

Donations could be routed through the Utica Community Foundation, which would hold the funds until work is ready to begin on one or more of the projects, but details for that have not been finalized.

Questions and comments about the projects may be sent to the board at uticapark-sandpool@gmail.com.