

Family



Providence Therapy Services provides variety of specialities

Providence Therapy Services at Providence Medical Center handles a wide variety of patient needs and offers a number of specialties within the department.

Providence Therapy employs eight physical therapists (six doctors of physical therapy), two physical therapy assistants, four occupational therapists and two speech therapists. This highly specialized team brings many years of practice along with additional certifications and training that allow for the best possible patient outcomes.

The vision of American Physical Therapy Association is "Transforming society by optimizing movement to improve the human experience."

"This statement outlines our approach to treating patients. Our programs are holistic and incorporate individual goals," said Andrea Blecke, PT, DPT, ATC, Director of Therapy Services at Providence Medical Center.

Using several of the specialty services, the staff at Providence Therapy Services work to help their patients regain opti-



Jean Harrold-Loberg, PT works with the RealEyes™ xDVR Binocular system to assist patients with vertigo.

imum mobility, strength and pain relief from a number of conditions.

"Many people will experience back pain, an injury, an illness or a surgery

at some point in their lives. While most people are treated with a progression of therapeutic exercises that can be transitioned to a home program, Providence

Therapy Services has additional therapy options to ensure success in meeting therapy goals," Blecke said. For example, people with back pain, chronic pain or weight bearing restrictions, Providence offers aquatic therapy in both the Wayne and Laurel clinics. Aquatic therapy is an excellent mode of exercise because it allows for increased movement with less stress on the joints. If pain is of a chronic nature and aquatic exercise is the best form of exercise for long term, patients can transition to an independent aquatic program using the PMC pool through a punch card.

Another special option patients can access at Providence Therapy is the Solo Step harness system. This system includes an overhead track and harness that allows therapists to work with patients to safely regain strength and balance faster while providing a safe way for people to practice walking.

When it comes to physical therapy, most people immediately think of the obvious issues such as rehabilitation after knee replacement or back issues. Physical therapists who are specially trained also help people with things like vertigo, pelvic floor issues, and muscle trigger points deep in the body. Providence therapists have numerous specialized certifications.

Patients who need treatment for vertigo can work with therapists, like Jean Harrold-Loberg who has had specialized training and uses technology called RealEyes™ xDVR Binocular to assess and plan treatment for the fastest possible relief.

For patients with pelvic floor issues, Andrea Johnson, PT, DPT has advanced training and necessary equipment to address the problem. She sees patients in both the Wayne and Laurel clinics.

Dry needling is an excellent adjunct treatment for people with painful trigger points in their muscles. Dry needling is a technique physical therapists use for the treatment of pain and movement impairments. The technique uses a "dry" needle, one without medication, inserted through the skin into areas of the muscle. Many of our patients have experienced great results with this treatment. The public is welcome to make an appointment for this service for a cash charge.

Providence also offers a state-of-the-art wellness center where athletes and people wanting to get back to working out in a gym have access to during therapy sessions to advance the return to a sport or to transition back to their gym program.

"Having this number of therapists with additional training and expertise in so many areas are unique to this area. We are proud to offer the variety of services we have available," Blecke said.

State Nebraska Bank & Trust's SNBuilding shows Ley family commitment to community

State Nebraska Bank & Trust welcomed the community to the official grand opening of the SNBuilding located at 1010 Main Street in Wayne in late August.

The SNBuilding is a 14,000-square-foot

facility located across from Wayne State College. This state-of-the art building is home to the bank's second location in Wayne, the Campus Branch, featuring a walk-in lobby, 24-hour ATM, and drive-thru lanes. The building has a basket-

ball/pickleball court for community use. Since opening late last year, over 200 people have used the community gym for nearly 500 hours of play time.

See SNBuilding, page 2



Youth Center provides safe environment for youth

Stressing that all youth are encouraged to take part in the activities, a Youth Center is being planned at Our Savior Lutheran's Front Porch.

The church received a grant to transform the building on Main Street that was once the town's library into a space for youth prior to the onset of COVID-19 in 2020. Discussion was put on hold until earlier this year.

Since that time a committee from the church has worked to make the area ready for the youth.

Grant money helped purchase couches, video chairs, a ping pong table, TV with sound bar, MS Pac Man arcade game and approximately 15 board games. Additional items will be purchased based on requests from those using the facility.

Plans call for the youth center to be open Friday nights from 7:30 to 9:30 p.m. for youth in junior high school and from 9:30 to 11:30 p.m. for those in senior high school. The possibility of being open on other nights because of scheduling conflicts has also been discussed.

"We want the youth to be able to have a clean hang-out in a safe environment," said Wes Blecke, one of those helping organize the youth center.

The center will offer a variety of activities such as Game Night, movies and games of all kinds.

College students have been hired to chaperon the youth. Those coming to the facility will be asked to check in when they arrive and check when they leave for safety reasons. Contact information



The Front Porch at Our Savior Lutheran Church is being transformed into a place where all area youth are being invited to come to on Friday nights.

will also be required from those attending in case of an emergency.

There is no cost to attend and at the present time, those planning to come to the center can bring their own snacks.

The possibility of adding some type

of concession area in the future has also been discussed but a decision on this will be made based on youth recommendations.

For more information contact Blecke at (402) 369-1188.

SNBuilding

(continued from page 1)

The SNBuilding is also home to the bank's partner, State National Insurance Company; BeckAg, a leader in consulting services for the agricultural industry; and Title Services of the Plains. The building is now 80% full, with only three individual office suites remaining for lease on the second floor.

"We wanted to give back to our community and make another long-term investment in Wayne by opening this facility," said Matthew Ley, CEO of State Nebraska Bank & Trust. "We look forward to welcoming Wayne State College students to Wayne this fall, and seeing more community members use our gym." Those interested in leasing individual office suites should contact Mr. Ley.

Ashley Rewinkel is Branch Manager and Personal Banker at the Campus Branch. Ms. Rewinkel is responsible for opening and administering loans, managing the day-to-day workflow of the Campus Branch, and overseeing use of the SNBuilding's community gym. "We've had such great usage of our gym, from families playing pickleball and basketball to companies hosting conferences."

Community members can sign up to use the gym at the Campus Branch. The

space is also available to rent for parties and conferences. The Campus Branch is open Monday through Saturday, 9 a.m. to 6 p.m., with Saturdays open only via the drive thru.

The SNBuilding was designed by Roy Ley with Hoke Ley, an architecture and interior design firm in Lawrence, Kansas. Roy is the brother of Matthew Ley and designer of the Main Branch at Second and Main Streets in Wayne. The bank used Otte Construction from Wayne as the general contractor, and made it a priority to hire local contractors as much as possible throughout construction to help support the local economy.

Henry Ley, Sr. founded the bank in 1892. At that time it was known as The State Bank of Wayne. Later his son, Rollie Ley was involved in the business, as were Rollie's son, Henry E. Ley; Henry's son, David Ley; and David's son, Matthew Ley. Currently, Matthew's son, Mason Ley, who is employed as a part-time teller, makes the sixth generation of the Ley family to be involved in the banking business in Wayne. Founded in 1892, State Nebraska Bank & Trust is the only bank locally owned in Wayne, run by the same family for five generations. For more information, visit www.statenebank.com or call (402) 375-1130.

Poison Center offers tips for back-to-school

For all kids, returning to school is full of possibilities, but it can also be full of potential dangers. By talking to your children about substances that can harm them, you can help them get the best experience during their school age years.

Here are a few of the potential dangers:

Hand sanitizers and food safety: with back-to-school lunches be sure to encourage hand washing and good hygiene, and when water and soap are not accessible, hand sanitizer is a good option. Remind young children that hand sanitizer is for hands only, and not to ingest it. Many hand sanitizers contain alcohol and other antibacterial additives that can cause irritation and stomach upset. Call your Poison Center if your child ingests these products. Practice food safety with proper refrigeration of foods and be conscious of packing lunches with foods such as meat and cheese products that may easily spoil, ensure adequate freezer packs are included.

Energy Drinks: can contain large doses of caffeine. Students may use these to cram during late-night study sessions, and some products contain additional stimulants promoted to increase energy, enhance mood and delay sleep. The amount of caffeine in many energy drinks is much greater than the amount found in soda and is often much greater than the amount found in a cup of coffee, posing a far greater risk of caffeine overdose and related health problems. Caffeine powders and over-the-counter energy pills can cause symptoms of stomach upset, shakiness, restlessness, sweating, headache, and may progress to seizures. Many energy drinks are consumed by teens participating in sports activities because they are believed to boost performance and to replenish fluids. These products actually increase dehydration, which can be very dangerous in outdoor sports practices, especially in areas in which higher outdoor temperatures are common.

Vaping: A vaporizer that stimulates smoking, also known as an e-cigarette,

can contain more than just nicotine. Added flavorings, propylene glycol, glycerin, additives, and other contaminants are all elements of e-cigarettes. According to the National Youth Tobacco survey, vaping has steadily increased in middle school through high school students since 2013. There is heavily marketed misconception that e-cigarettes are safer than smoking an actual cigarette, and a growing body of evidence that using e-cigarettes also leads to increased use of marijuana. Vaping can increase addiction, cause breathing irritation, blurry vision, cough, chest pain, and stomach upset. Nicotine poisoning can cause stomach pain, salivation, faster heart rate, and seizures. There is also an increased risk of the device to explode due to battery temperature increase, causing injury and harm. The long-term effects to the vapor additives are unknown, and the potential risk of carcinogens.

Prescription Medication: Prescribed and used correctly, prescription drugs have legitimate uses and positive results. But prescription pain medicine, also known as opioids, are commonly misused and abused among all age groups. Opioids can slow the body's systems down to the point where a person stops breathing. Other potential dangers include ADHD drugs which are abused as "brain boosters" or "academic enhancers." Misusing or abusing them could lead to an increased heart rate, agitation, difficulty breathing, and seizures. Teens are increasingly casual about their use of over-the-counter and prescription drugs, recreationally abusing them without regard for the potential health impacts. Many times alcohol is used as a chaser, complicating the effects of the drugs. We encourage a frank discussion with your child about the dangers of experimenting with drugs. Please check out our partners at Coalition Rx at www.coalitionrx.org for more resources on this topic.

Contact the Nebraska Regional Poison Center for any questions you may have at 1-800-222-1222.

Wayne Community School District

611 West Seventh Street • Wayne, Nebraska 68787
402-375-3150 • www.wayneschools.org

September 15: 2:00 Dismissal

September 22: 2:00 Dismissal

September 29: P/T Conferences 2:00 Dismissal

September 29 P/T Conferences 2:00 Dismissal

October 1: NO SCHOOL PK-12 P/T Conferences

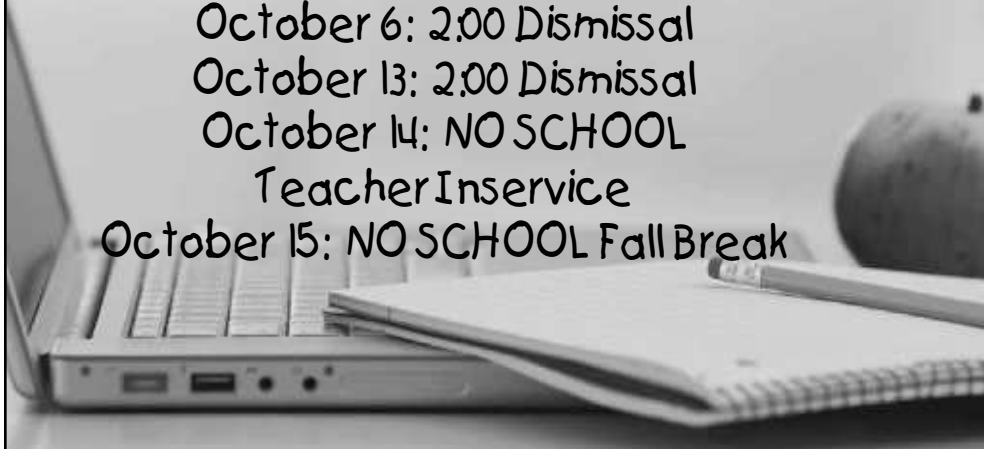
October 6: 2:00 Dismissal

October 13: 2:00 Dismissal

October 14: NO SCHOOL

Teacher Inservice

October 15: NO SCHOOL Fall Break



Northeast Community College joins national student mental health organization

Northeast Community College has joined a national effort in support of student well-being and mental health. The program is a nationwide initiative of The Jed Foundation (JED) that is designed to help schools evaluate and strengthen their mental health, substance misuse and suicide prevention programs and systems to ensure that schools have the strongest possible mental health safety nets.

By joining JED Campus, Northeast demonstrates a commitment to the emotional well-being of its students. JED Campuses embark on a multi-year strategic collaboration that not only assesses and enhances the work that is already being done but also helps create posi-

tive, lasting, systemic change in the campus community. The program provides schools with a framework for supporting student mental health, as well as assessment tools, feedback reports, a strategic plan, and ongoing support from the JED Campus team.

"I'm thrilled Northeast Community College is partnering with the JED Foundation to develop campus-wide systems, programs and policies to support mental health and prevent substance abuse and suicide," said Stephanie Brundieck, Northeast counselor. "There couldn't be a better time for this. We join two other colleges in Nebraska and over 200 campuses across the country in creating more intentional efforts around mental

health, substance abuse and suicide prevention."

"The college years are the age when many mental health issues first manifest, and it can be a time of significant stress and pressure," said John MacPhee, executive director of JED. "JED Campus helps schools by working with them to survey everything their university is doing to support their students' emotional health and find practical ways to augment these efforts in a comprehensive way. We believe that the implementation of a campus-wide approach to mental health will lead to safer, healthier communities, and likely greater student retention."

Northeast's membership in JED Campus begins with establishing an interdis-

ciplinary, campus-wide team to assess, support and implement program, policy, and system improvements and completing a confidential, self-assessment survey on its mental health promotion, substance abuse, and suicide prevention efforts. Upon completion of the assessment, JED Campus clinicians provide schools with a comprehensive feedback report identifying successes and opportunities for enhancements. Over the course of four years, Northeast Community College will collaborate with JED to help implement enhancements. All self-assessment responses and feedback reports are confidential.

For more information about JED Campus, visit jedcampus.org.

We all need to respect people's choices

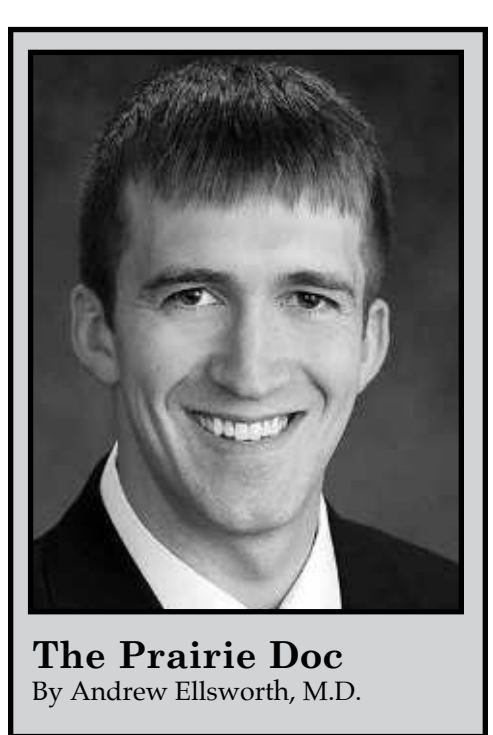
This summer I attended the celebration of life service for Dr. Rick Holm, the original Prairie Doc who founded this newspaper column, a radio show and a television show now entering its 20th season. He died from pancreatic cancer in March of 2020 during the early days of the Covid-19 pandemic and thus there was no public service at the time.

Many friends and family gathered to celebrate Rick. We sat on lawn chairs, shared tales, and sang songs in a beautiful park on a gorgeous evening. We recalled stories of him being notoriously late, knocking over wine glasses with his large hand gestures, and mistakenly eating potpourri thinking it was trail mix. Themes emerged of Rick's amazing ability to accomplish so much in a day, his skill for active listening, and his passion for finding the best in people.

His children shared memories of their dad, including their family bedtime prayer "Help us to be kind and honest and respect people's choices, and help us to be better people tomorrow." Rick crafted that prayer from the Hippocratic Oath, the promise that doctors make when they complete their training and before they begin their careers. The oath emphasizes the medical ethics principles of beneficence (to do good), and non-maleficence (to do no harm), and the importance of patient autonomy (to respect people's choices).

Listening to the Holm bedtime prayer, I realized how the oath had taken on new meaning for me this past year as I observed people choosing to get vaccinated for Covid-19, or not. As a primary

care physician, I know Rick would have recommended vaccination for all who are eligible. He was a proponent of preventative care and vaccines help prevent disease. Rick would have listened with kindness to the concerns of each patient. He would have explained with honest science how the vaccine works and how



The Prairie Doc
By Andrew Ellsworth, M.D.

the risk of a severe reaction from the vaccine is greatly outweighed by the benefits of being vaccinated, such as reducing the chance of serious illness and complications from Covid-19.

Just as my colleagues and I promise to do, Rick would have cared with beneficence for his patients that were sick

with Covid-19, even if they refused the vaccine. He would have respected their choices and held their hand with no maleficence, no judgement, or condescendence. At the same time, he would have celebrated with a Snoopy dance those who choose to get vaccinated, those who choose to quit smoking, to start exercising, and to eat healthier. As we carry his legacy into another decade, we continue the message of The Prairie Doc, "Stay healthy out there, people!"

Andrew Ellsworth, M.D. is part of The Prairie Doc® team of physicians and currently practices family medicine in Brookings, South Dakota. Follow The Prairie Doc® at www.prairiedoc.org and on Facebook featuring On Call with the Prairie Doc® a medical Q&A show celebrating its twentieth season of truthful, tested, and timely medical information streaming live on Facebook most Thursdays at 7 p.m. central.

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Welcome to our new certified and classified staff members for the upcoming school year.

- Sarah Beckwith (HS English/Language Arts Teacher)
- Shasta Hans (EL/MS/HS Art Teacher)
- Erica Mogensen (K-12 Speech Language Pathologist)
- Alyssa Arens (MS Paraprofessional)
- Diana Badley (MS Paraprofessional)
- Joe Ellis (MS Custodian)
- Megan Granquist (Admin Asst to Superintendent)
- Corrine Reifenrath (EL Paraprofessional)
- James Roberts (School Bus Driver)
- Raina Sherman (HS/EL Kitchen Assistant)
- Meaghan Vollers (HS Paraprofessional)



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Providence Medical Center takes part in HazMat drill

Hazardous Materials (HazMat) events are an identified risk for hospitals, first responders and community members. Being aware of the risk and being prepared to receive contaminated victims is the best way Providence Medical Center can keep the staff and patients safe.

At Providence Medical Center (PMC) 19 staff members have taken the 9-hour Hospital First Receivers course. Part of this training consists of completing a decontamination exercise to practice the skills we learn. On Aug. 19 that training was put to the test with a full-scale decontamination exercise.

This year the primary objective focused on non-ambulatory mock victims that were 'unresponsive' or unable to walk and needed to be lying down as they went through the decontamination shower. The hospital staff also worked with the Wayne Fire Department HazMat trained responders. They set up their decontamination tent to demonstrate and practice decontaminating ambulatory mock victims through the decon process.

Working with the Emergency Managers was a great opportunity for us to have all participants and observers

tracked through their Salamander Software. This software is used at the scene of a disaster to track all responders and volunteers for accountability and safety purposes.

Participating Emergency Managers were Nic Kemnitz, Wayne County, Kevin Garvin, Cedar County, Shea Scollard, Dixon County, Jeff McGill, Cuming County, Mike Frohberg, Stanton County, Bobbi Risor, Region 11 (Antelope, Madison, and Pierce Counties), Paul Scherschligt, Yankton Counties, Erin Hacecky, Yankton County Deputy Emergency Manager, Austin Frideres, Wayne State College Campus Security/Emergency Management. Dennis Coltsden, Rural Region One Medical Response System (RROMRS) Healthcare Coalition Coordinator also assisted in the drill. Working with the Healthcare Coalition is a vital part of mitigation, preparedness, response and recovery for all-hazard emergencies.

This year PMC was asked to invite the Elkhorn Valley Local Emergency Planning Committee (LEPC) and local communities to observe the exercise and to be the host site of the LEPC HazMat Night



"Patients" were treated following exposure to contaminated material during a HazMat Drill at Providence Medical Center.

Out. The LEPC is a part of the Emergency Planning and Community Right-to Know Act (EPCRA) and the State Emergency Response Commissions (SERC).

The LEPC provided a meal and John Grimes explained the LEPC, Alyssa Sanders, SERC Coordinator at Nebraska Emergency Management Agency

(NEMA) shared about the role of the SERC, Jodie Thompson explained how Hospital First Receivers (HFRs) never go into the hot zone (where the hazmat event happened) but are trained to receive contaminated patients at a location away from the hot zone. Scott Brogren explained the role of Wayne Fire Department's HazMat trained responders and Nic Kemnitz demonstrated the new PE-AC Software that gives decision making information to responders at a HazMat event. This education provided continuing education credits for attending EMS and Fire responders.

Best practice actions for a HazMat exposure include:

- Get out of the area A.S.A.P.;
- Take off your clothes (this removes 90% of the contaminate);
- Remove remaining contaminate as directed by poison control, the container label or 9-1-1;
- Inform (of hazardous material exposure):
 - 9-1-1 dispatcher;
 - Responders and
 - the receiving hospital .



Staff at Providence Medical Center put on the necessary gear before taking part in a HazMat Drill involving a number of patients with varying exposure to contaminated material.

How to get kids interested in cooking at home

Parents introduce their children to all types of new hobbies and skills. There are plenty of opportunities to open kids' eyes to the world around them. One of the more useful lessons parents can teach their children is how to cook.

Knowing how to cook is a vital skill that can help children become more independent and ensure they know how to survive later in life on their own. So many young adults go off to college without the ability to do more than power up a microwave or boil noodles. Ordering takeout all the time is expensive, and frozen dinners often lack the nutrition of homemade dishes. Learning how to cook a variety of foods at an early age can lay the foundation for a lifetime of healthy eating and fun in the kitchen.

Parents can encourage children who show early inclinations in the kitchen, but also help reluctant learners to develop some basic cooking skills. Here are some ways to make cooking something kids can look forward to.

•Involve children in meal planning. Get input from your children about what they might like to see on the menu. While

there may be some items that are expected, including comfort foods like mac-and-cheese, parents may be surprised at how mature their children's palates can be. Maybe they've heard about a dish on television or learned about a specific ethnic cuisine at school and want to give it a try.

•Watch cooking shows together. How-to cooking shows and competitions appear on both cable and network television. Kids may enjoy watching Gordon Ramsay mentor young chefs; Robert Irvine help to renovate a failing restaurant; or Ann Burrell assist self-proclaimed "worst chefs" shed those monikers. Cooking shows can introduce kids to food-related terminology and get them heated up about cooking their own meals.

•Ask for help in the kitchen. Tailor cooking activities to youngsters' ages. Little ones can begin by adding and stirring ingredients. As they get older, children can segue into chopping or even mixing foods on the stove. Many kids like being taste testers and offering advice on whether a food needs more spic-

es. By middle school, many kids have the wherewithal to plan meals themselves and cook them from start to finish.

•Be adventurous. Introduce kids to various flavors by not only cooking various dishes at home, but by dining out at different restaurants. This can encourage

kids to appreciate different cultures and cuisines.

Learning to cook is a vital skill. Lessons can begin early in childhood and become more extensive as children age.



Healthy activities for kids of all ages to do

Children have a seemingly endless supply of energy. Channeling that energy into something positive can benefit kids' minds and bodies.

The American Academy of Pediatrics recommends various amounts of daily physical activity for children depending on their ages and abilities. Adhering to



Smart food choices for kids

Nutritious foods are a valuable commodity in the fight against childhood obesity. Obesity is a serious medical condition that affects people of all ages — children and adolescents included. Children who gain extra pounds may develop health issues like high blood pressure, diabetes and high cholesterol later in life. The Centers for Disease Control and Prevention says obesity affects about 14.4 million children and adolescents in the United States.

Combatting obesity may come down to helping children make smarter food choices through the years. These strategies can inspire kids to choose healthy foods.

- Offer items that are colorful. People tend to eat with their eyes and noses, and a colorful meal that looks good may encourage kids to dive in.
- Parents can set a positive example by choosing healthy foods as well.
- Involve kids in cooking meals, as they might be more inclined to eat healthy dishes they helped to prepare.
- Make “junk food” at home so you can control the ingredients and portion sizes.
- Tie foods to desired results. Let children know that eating lean proteins may improve sports performance or that certain fruits and vegetables can make their hair and skin look good.
- Praise children when they choose healthy foods.



New Adventurefuls™ Girl Scout cookie joins lineup for 2022 season

Girl Scouts Spirit of Nebraska and Girl Scouts of the USA welcome a new cookie to the nationwide lineup for the 2022 Girl Scout Cookie season. Adventurefuls are an indulgent, brownie-inspired cookie with caramel-flavored crème and a hint of sea salt that takes cookie lovers on a taste adventure — akin to the amazing adventures girls go on through Girl Scouts.

Every purchase of Adventurefuls, and the whole portfolio of iconic cookies, fuels local Girl Scouts' adventures throughout the year; Girl Scouts explore what interests them, discover their passions and take action on issues they care about. Whether they're using STEM skills to solve a problem, changing a law to help their community, enjoying a courageous outdoor experience, or starting an innovative nonprofit, Girl Scouts build a better future for themselves and the world.

Now is the perfect time to join Girl Scouts. Open to all girls in kindergarten through 12th grade, new troops and groups are forming as girls are heading back to school.

Thanks to grant funds, Girl Scouts Spirit of Nebraska is offering a buy one, get one membership incentive this fall. Nebraska girls who buy a membership now will receive a second, free membership that they can give to a sister, friend, or caregiver, while funds last. The special offer is open to new members and girls who took last year off due to the pandemic. Families can get details at girlscouts.org/how/bogo.

Girl Scouts also recently announced new Cookie Business badges that help

girls think like entrepreneurs as they run their own cookie businesses and incorporate online sales. The badges progress from goal setting and effective sales-pitching to using market research, creating business plans and implementing digital marketing campaigns. Other new badges introduced this month encourage girls to explore math in nature and digital leadership development.

Girl Scouts will offer the Adventurefuls cookie in the 2022 season alongside favorites like Thin Mints® and Caramel deLites®. Cookie season in Nebraska begins Feb. 11, 2022. Visit www.girlscoutcookies.org to sign up to be notified when Adventurefuls and other Girl Scout Cookies go on sale.

To begin your Girl Scout adventure, visit GirlScoutsNebraska.org to join or volunteer.

Girl Scouts Spirit of Nebraska is the largest girl-serving organization in the state. Nationally, there are 2.5 million girl and adult members who believe that girls together can change the world.

It began more than 100 years ago with one woman, Juliette Gordon “Daisy” Low, who saw the potential of every girl. Today, we uphold her vision of building girls of courage, confidence and character, who make the world a better place by helping them discover their inner strengths, passions and talents.

We are the Girl Scouts. We provide the opportunity for every girl to be someone amazing. To volunteer, reconnect, donate or join, visit GirlScoutsNebraska.org or call 800.695.6690.

these recommendations is especially important in the wake of what many public health officials fear has become an epidemic of childhood obesity in many nations.

For example, the United States-based Centers for Disease Control and Prevention reports that roughly 13.7 million children between the ages of two and 19 are presently obese.

Routine physical activity can help children maintain healthy weights, and it also pays dividends for youngsters' mental health. According to the American Psychological Association, children between the ages of six and 18 who exercise regularly tend to have lower levels of depression, stress and psychological distress. Those findings, part of a 2019 study published in the journal *Sports Medicine*, reflect the ways exercise affects the mind. And the mental benefits don't stop there, as the study also found that youngsters who are physically active also have higher levels of positive self-image, life satisfaction and psychological well-being.

The amount of physical activity children need each month depends on their age, and the AAP recommends the following age-based guidelines.

• **Infants:** The AAP recommends infants get at least 30 minutes of tummy time and other interactive play throughout the day.

• **Toddlers:** Toddlers can be tough to keep up with, and parents can channel that energy into something positive by ensuring their kids get at least three hours of physical activity every day. Free play outside and daily neighborhood walks are some examples of appropriate physical activities for children in this age

group.

• **Preschoolers:** Three-plus hours of physical activity, including one hour of moderate to vigorous exercise, is recommended for preschool-aged youngsters. Tumbling, throwing and catching are some of the activities recommended by the AAP.

• **Elementary school students:** School-aged children need at least 60 minutes of physical activity on most days of the week. The AAP recommends giving children in this age group ample opportunities for free play but also notes that organized sports focused on fun can be great outlets for kids in elementary school. Parents can speak with their children's pediatricians about appropriate muscle/bone strengthening activities, which the AAP recommends three days a week for kids in this age group.

• **Middle school students:** Students in this age group need the same amount and types of exercise that elementary school students need. But the AAP advises parents to guide children toward physical activities that encourage socialization and to avoid having kids this age specialize in a single sport.

• **Teenagers:** Teenagers need an hour or more of physical activity most days of the week. Muscle/bone strengthening activities should be included three days per week. Activities that encourage socialization and competition are beneficial to teenagers' development.

Physical activity can benefit kids in myriad ways and should be a vital component of their daily lives.

NDA receives \$500,000 grant for behavioral health assistance

The Nebraska Department of Agriculture (NDA) has received a one-year, \$500,000 grant from USDA's National Institute of Food and Agriculture for behavioral health assistance for people involved in the agriculture industry.

“The amount of stress experienced by many Nebraska farmers, ranchers and others involved in agriculture has increased significantly in recent years,” said NDA Director Steve Wellman. “When you factor in the flooding of 2019, followed by the pandemic, along with other financial challenges, this grant will help provide much needed support for those seeking professional counseling.”

NDA will work in partnership with Legal Aid of Nebraska to administer a behavioral assistance voucher program through the Nebraska Rural Response Hotline.

“The Rural Response Hotline has been in existence for more than 35 years and has the infrastructure in place to efficiently implement this program,” said NDA Program Administrator Karla Bahm. “In recent years, there has been a steady increase in requests from producers and others in the ag industry dealing with stressful issues.”

Funds from the grant will be expended beginning Sept. 1, 2021, through Aug. 31, 2022. Anyone wanting to make a request for a behavioral assistance voucher through this program can contact the Nebraska Rural Response Hotline at 800-464-0258.

The many benefits of arts education

Why does art matter? This is a question that has given philosophers and artists food for thought for centuries. It's also been a leading question in many school districts when budget cuts have forced school administrators to put various cur-

riculum on the chopping block. Very often arts programs are the first to be cut. From their earliest years, many children communicate and learn through artistic expression. Songs help them learn words and repetition to develop speech and reading skills. Drawing, painting and crafting helps to solidify motor skills. Though 88 percent of Americans consider the arts part of a well-rounded education, an American for the Arts public opinion survey found that the percentage of students receiving arts education has shrunk dramatically over the last few decades.

in conjunction with Houston Education Research Consortium, found a substantial increase in arts educational experiences had remarkable effects on students' academic, social and emotional outcomes. Students who participated in arts education experienced a 3.6 percent reduction in disciplinary infractions, an improvement of 13 percent of a standard deviation in standardized writing scores, and an increase of 8 percent of a standard deviation in students' compassion for others. Compassion translated into wanting to help people who were treated badly and being more conscious of how other people feel.

The Nation's Report Card, the largest ongoing assessment of what students in the United States know and can do, shows that American students continue to score lower than many of their peers in Europe and Asia. Seeking to improve

performance in reading and math may be as simple as including arts education. Researchers from the Johns Hopkins University School of Education say that instruction becomes more effective when educators integrate creative activities. Encouraging creativity and imagination across all disciplines can help shine light on new concepts and help students discover connections and innovative ideas.

To bolster support of arts in the classroom, parents and educators can point out the following benefits of arts education.

- **Increases creativity:** The arts let students express themselves in different ways and offer outlets for all types of skills.

- **Improves academic performance:** A report by Americans for the Arts indicates young people who regularly participate in the arts are four times more

likely to be recognized for academic achievement than non-participants.

- **Develops motor skills:** Arts helps foster motor skills, which are essential for writing letters and words, playing musical instruments, using paintbrushes, and much more.

- **Helps one appreciate numeracy:** Art involves patterns and problem solving. Learning these skills translates into many different disciplines, including mathematics.

- **May accelerate brain development:** Bright Horizons, a U.S.-based child care provider, reports learning to play an instrument has been found to improve mathematical learning, boost memory and lead to improved academic scores.

The benefits of arts in the classroom cannot be ignored. The arts encourage students to utilize many skills that translate to various subjects.



Last minute instructions

Josh Johnson gives directions to his son, Tate, during Homecoming Coronation ceremonies for Wayne High School. He and Everly Surber served as crown bearers at this year's event.

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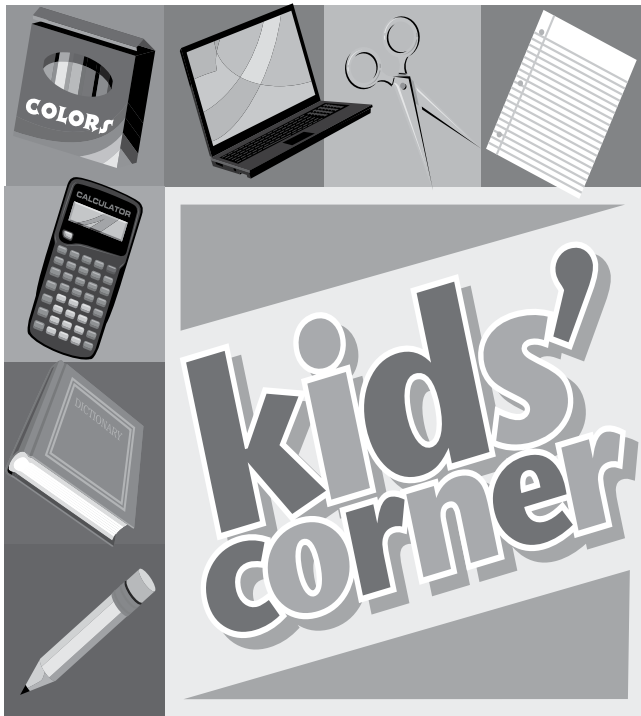
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Math Blocks

Fill in the missing blocks with numbers between 0-10.
The numbers in each row add up to the totals to the right.
The numbers in each column add up to the totals on the bottom.

	1	0	5
3		7	18
		5	13
9	15	12	

5	9	2
7	8	3
0	1	4

Solution

THIS DAY IN...



HISTORY

- **1783:** THE TREATY OF PARIS IS SIGNED, ENDING THE AMERICAN REVOLUTIONARY WAR BETWEEN THE UNITED STATES AND GREAT BRITAIN.
- **1939:** GREAT BRITAIN AND FRANCE DECLARE WAR ON GERMANY DURING WORLD WAR II.
- **1976:** THE UNMANNED SPACECRAFT VIKING 2 LANDS ON MARS AND TAKES THE FIRST SURFACE PICTURES.



THIS IS A SICKNESS
CAUSED BY BACTERIA AND
OTHER CONTAMINANTS
IN RAW OR UNDERCOOKED
FOOD.

ANSWER: FOOD-BORNE ILLNESS

Get Scrambled

Unscramble the words to
determine the phrase.

D F O O F S Y A T E

Answer: Food safety



CONTAMINATE

make
something impure

*How they
SAY that in...*

ENGLISH: Food

SPANISH: Comida

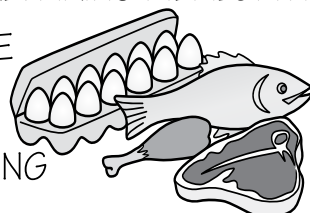
ITALIAN: Cibo

FRENCH: Nourriture

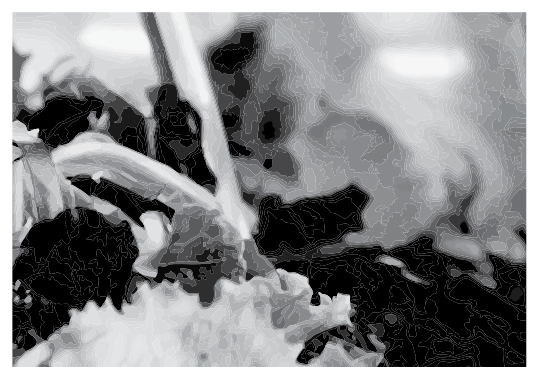
GERMAN: Essen

**Did you
KNOW?**

KEEP FOODS LIKE EGGS, FISH, MEAT,
AND POULTRY AWAY FROM OTHER RAW
FOODS WHEN PREPARING MEALS. THIS
WILL LESSEN THE
CHANCE OF
BACTERIA CAUSING
ILLNESS.



**GET THE
PICTURE?**



Can you guess what
the bigger picture is?

ANSWER: SALAD BOWL

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