

A bi-monthly publication for Family published by The Morning Shopper — January 11, 2022

Family

Providence Medical Center earns Summit Awards of Excellence

The 21st Annual Night of Excellence Summit Awards Celebration was held recently in La Jolla, California.

Providence Medical Center received several 2021 Pinnacle Awards including:

Wayne Briner — Exceptional Nurse;
Kim Lueders — OASIS Super Coach;
James Frank — Inspiring CEO/President and the 2021 Breakthrough Award Highlight, which was: Most Notable in HCAHPS Hospital Environment – Clean – 72.2% in 2021, which is a score 19% higher than the comparative Top Box Score.

The Summit Award is the highest award of excellence presented at the HealthCare Service Excellence Conference. It is awarded to qualified, innovative, and progressive individuals, teams, and healthcare facilities who have made outstanding progress towards improving the patient experience and staff engagement. Individuals, teams, or organizations must be nominated to be eligible for a Summit Award.

In 2021, the Summit Awards committee received 240 nominations from 21 different healthcare organizations spanning 10 states. Of those, 68 of the nominees were chosen as Pinnacle Achievers (the best of the best), and 19 of those were presented the Summit Award at the Night of Excellence held Nov. 10, 2021.

The 2021 Breakthrough Awards



Staff from Providence Medical Center in Wayne were recently recognized at the 21st Annual Night of Excellence Summit Awards celebration. Wayne Briner (on the left) and Kim Lueders (second from the right) received Pinnacle Awards at the event.

were open to all Service Excellence Initiative™ participants and alumni and highlights improvements and achievements of Patient Satisfaction and Patient Experience Scores within an organization. These awards were presented during the Breakthrough Awards Luncheon and serve to draw attention to and

reward excellence in score improvement. Both the 2021 Summit and Breakthrough Awards are presented by Custom Learning Systems during the annual HealthCare Service Excellence Conference, held this year at the Hilton La Jolla Torrey Pines, La Jolla, California. (www.customlearning.

com) The HealthCare Service Excellence Conference is dedicated to delivering evidence-based solutions to help hospitals and other healthcare facilities improve the overall patient experience.

At the celebration, Providence Medical Center received a total of three Pinnacle Awards and 46 Breakthrough Awards

Reading challenges abound at Wayne Public Library

The Wayne Public Library offers a variety of opportunities for readers of all ages to take part in challenges related to reading.

A recently completed challenge allowed readers who logged all their reading to win one of four mystery prizes, including such things as Chamber Bucks and coupons to upcoming Friends

of the Library book sales.

"We also want to announce we have a new adult year long challenge coming in 2022, available to those 19 years and older. Take a reading road trip with us across the United States and beyond! Earn prize tickets by reading books either set in, about or by an author from each of our 50 states," said Sharon Carr, Adult Services Librarian.

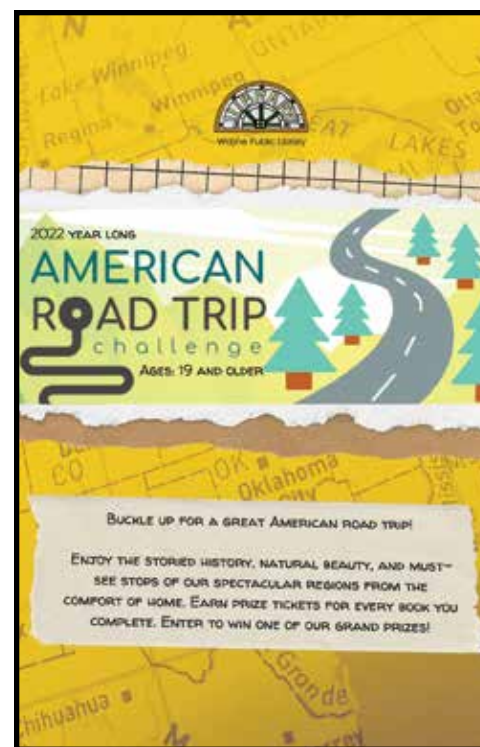
Each book challenge completed equals one prize ticket. Readers are encouraged to complete as many entries as he or she can by the end of 2022.

"You do not have to complete all entries to have a chance at winning a prize! Complete world bonus challenges and write reviews for extra ticket entries. Visit cityofwayne.beanstack.org or stop in the library for more info and to pre-register for this challenge. Not tech savvy? Paper book versions of this challenge are available at circulation desk," Carr said.

The library has plenty of reading challenge fun available for youth patrons as well.

"Our Youth Winter Reading challenge was recently completed. This challenge was for those 0-18 years old, and available via paper copy at the library," said Kim Warner, Youth Services Librarian.

Warner also shared the following



advice for those with young children:

"Enjoy reading 1,000 books with your little ones! The challenge is open to patrons 0-5. Log book reading and earn badges, physical buttons, coloring sheets, and prizes along the way.

"Numerous studies estimate that as many as one in five children have dif-

ficulties learning to read. Reading has been associated as an early indicator of academic success. Public formal education does not typically start until ages 5-6. Before then, parents and caregivers are the first education providers during the 0-5 early critical years. The 1000 Books Before Kindergarten challenge is a simple (read a book, any book to your child, with the goal of reading 1,000 before kindergarten) and very manageable endeavor," Warner said.

Library staff also encourages parents to build reading habits and encourage visits to the library for your Kindergarten through fourth graders with the 300 Books before Junior High challenge.

"For every 25 books read, readers will receive a reading-themed flair button! You will get to choose your button from our designs. If all 300 books are read, you will receive a tote bag highlighting your excellent readings skills," Warner said.

"Build reading habits and encourage visits to the library for your fifth - eighth graders with our 100 Books Before High School challenge. For every 25 books read, you'll receive a reading-themed flair button! You will get to choose your

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Stave off cabin fever with family nights

If the global pandemic has taught the public anything, it is how to be resourceful.

Many components of daily life have changed as a result of the COVID-19 virus, and quite a number of people have discovered new things about themselves in the process — including interesting ways they can keep busy.

Indulging different hobbies and forms of entertainment has long been a way to stave off the cabin fever that often accompanies cold weather and spending increased time indoors. Now these activities also are ways to pass the time in safe manners when social distancing from others. Reconnect with the joys of playful interaction afforded by any number of board games, video games, movies, and other activities. There are many great methods to getting the family together in entertaining ways. Consider the following ideas.

Themed movie night

Set aside one night each week for a family movie night. The twist is that each week the movie selection must fit a particular theme or contain a certain criterion chosen randomly from a jar. For example, if “animal” is selected, then the movie must be about animals or have an

animal as a main character or component of the film. A theme helps add some variety to the movie selection process.

Classic game night

Many homes have a closet or drawer filled with various games. Chances are many of them are classic offerings that have withstood the test of time, such as Monopoly® or Scrabble®. Revisit these beloved games and see if you can improve your strategies.

Action game night

Look for games that involve action and give all ages a chance to win. Action games combine a physical activity and family interaction. Games can be commercial offerings with regimented rules, or freestyle games that the family creates. Relay races, timed scavenger hunts or physical games like Twister® are some options. You also can divide up into two groups and engage in a heated game of charades.

Puzzle or trivia night

Puzzles can put the brain to the test. Research shows that puzzle and trivia work can strengthen cognition. Puzzling actually stimulates the brain and can potentially ward off Alzheimer’s disease, according to a recent study published in the Archives of Neurology. If you like

to do jigsaw puzzles, you can improve visual-spatial reasoning by figuring out where pieces fit into the big picture.

Spending time at home can involve movie or game nights that become part of families’ weekly routines.



Ivan Niles was all smiles after receiving his "1,000 Books" Challenge bag from the Wayne Public Library.

Reading

(continued from page 1)

button from our designs. If all 100 books are read, you will receive a tote bag highlighting your excellent readings skills," Warner added.

The 100 Books Before Graduation challenge is a reading initiative for teens to read 100 books before they graduate from high school.

It is modeled after 1,000 Books Before Kindergarten program, which gets younger children exposed to books before they begin school. Students who are entering ninth grade may begin the program the summer after eighth grade. Those who are already in high school may also participate and challenge themselves to finish 100 books (although in a shorter time). Besides being exposed to amazing stories, characters, and authors, and having a sense of accomplishment, all those who complete 100 Books Before Graduation will receive a completion button for every 25 books read, and a grand prize of a tote bag if they make it all the way to 100.

Library staff encourage everyone to stop by the library or start a Beanstack

account with us at cityofwayne.beanstack.org to learn more about the activities and challenges available throughout the year.



Everett Knudsen also received a "1,000 Books" Challenge bag for his reading accomplishments.

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Legacy Fund grants benefitting the community

In 2020, the Wayne Area Legacy Fund (WALF) presented two checks as part of the inaugural grant distribution. WALF had successfully raised enough funds through their endowment to begin granting funds to applicants.

In 2021 checks totaling \$23,000 were distributed to four recipients.

Since the Wayne Area Legacy Fund was started in Wayne, a total of \$44,000 has been distributed and will be used to assist such entities as Rainbow World Childcare, the Wayne Senior Center, the After School Program (Kids Club) at Wayne Community School, Greenwood Cemetery, the Wayne Scouts, the University of Nebraska's Connect the Dots Program and the Wayne FFA Beef program.

The Legacy Fund has also worked with The Majestic Theatre in the past. Anyone interested in supporting the theatre specifically may designate that a donation be earmarked for the theatre.

The Wayne Area Legacy Fund is an affiliated fund of the Nebraska Community Foundation (NCF). There are approximately 250 communities in the state that are affiliates of the Nebraska Community Foundation.

Only the earnings off the endowed funds can be distributed to organizations, clubs or various entities in Wayne County.

Legacy Fund Chairman Bill Dickey said he was pleased to see the funds distributed benefiting both the young people and seniors in the community.

"It's great to see how the funds raised will impact this area. We hope this is a stepping stone to larger grants in the future. With each additional contribution, we are closer to our goal of \$500,000 donated and \$25,000 annual grant availability; can you imagine the impact?" said Karissa Hays, WALF committee member.

The application process is open through the month of January and allows for non-profit organizations the opportunity to ask for funds for specific needs. Each organization is required to submit a grant application and provide required documentation to establish their need for the funds.

This is \$10,000 available to be distributed as a grant in 2022.



Legacy Fund board members Karen Longe, Karissa Hays and Bill Dickey (front) and Scot Saul (on the right in the back row) presented a check for \$2,000 to Wayne FFA Advisor Toni Rasmussen and her students earlier this month.



Legacy Fund board members Bill Dickey and Karissa Hays presented a check to scouts and leaders from Troop #174 to assist in purchase of a recycling bin.

To learn more about the Wayne Area Legacy Fund or how to apply for funds for a community project, visit Wayne

Area Legacy Fund on Facebook, <https://www.nebcommfound.org/give/wayne-area-legacy-fund/> for the application or

contact Bill Dickey at bill.dickey67@gmail.com.

Comfortable winter entertaining ideas don't need to end after the holidays

Winter entertaining need not end once Christmas and New Year's Day have come and gone. Getting together with friends and family is still possible even if the weather outside is frightful. When Mother Nature takes a chilly turn, those who don't want the party can consider the following entertaining ideas.

- Indulge in sweet treats. Comfort foods can make even the most blustery winds easier to tolerate. Invite people over for a dessert party. At a dessert pot luck party, everyone brings along a favorite decadent dessert, from molten lava chocolate cake to warm bread pudding. Serve alongside tea, coffee and hot chocolate. Adults can enjoy the added punch of spiked beverages, which can warm everyone up instantly.

- Host a "snowed in" party. Spending a day cooped up inside when the roads are covered in snow might not be your idea of fun, but invite a mix of friends and neighbors who live nearby over, and this impromptu party can make the cabin fever disappear. Ask guests to bring one food item or beverage. Light a fire in the fireplace and set out some

cozy throw blankets. If possible, invite everyone outdoors to build a snowman.

- Get physical. Get physically active with friends or family members by staging mock Olympic events in the yard. These can be fun "sports" created by participants or variations on fun winter activities. Sledding races, snowball dodging contests, ice skating obstacle courses, and much more can make for an entertaining afternoon.

- Get cooking. Cooking can certainly pass the time, and it can be even more enjoyable when done in the company of others. Send out an invitation for friends to stop by for a meal or plan a meal prep party.

- Host a movie marathon. Handpick some favorite films and invite everyone over for a movie marathon. Fill the family room, home theater room or living room to capacity and host a group for a film fest. If space permits, set up one room with a children's movie for youngsters, while the adults retire to another room for movies that are more their speed. A buffet table set up with assorted snacks will help keep bellies full while

guests watch some favorite flicks.

Winter days and nights are ripe for entertaining possibilities. These events

help squash the cabin fever that can sometimes develop during the colder times of year.

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Bringing history to life

Sixth grade students at Wayne Elementary School recently completed a reading assignment that included researching a historical figure. From Sacagawea to Gerald R. Ford, from Michael Jordan to Amelia Ehrardt, and from Millivan Dean to Steve Jobs, the students drew posters and learned interesting facts about the lives of these people. Before school dismissed for the holiday, the students presented their findings to friends and family as part of a Wax Museum event. Above, Ivette Ozuna portrayed Millivana Dean, the youngest person to survive the sinking of the Titanic. Below, Whitney Hadcock talked about her life as Sacagawea.

Healthy resolutions that are easy to keep

The dawn of a new year is a great time to take stock of the year that just passed and set goals for the next 12 months. Resolutions focused on improving personal health are especially popular, and for good reason. Improving one's overall health can have positive implications for years to come.

Even with the best intentions, resolutions have historically proven hard to



keep. Simplifying health-based resolutions can lead to a higher success rate and a healthier you.

- Walk more. It is easy to get preoccupied with the "10,000 steps per day" mantra that many people follow and that certain fitness trackers promote.

Walking 10,000 steps daily, which equates to roughly five miles per day, is a healthy goal, but it may not be realistic for everyone. Take stock of how many steps you currently take each day, and then resolve to walk 2,000 more. As your body acclimates to walking more, add another 2,000 steps, continuing to do so until you reach 10,000 steps.

- Learn something new about being healthy. Informed health decisions require gaining a greater understanding of your body. Rely on a reputable source such as the Centers for Disease Control and Prevention to learn more about how to be healthy.

- Spend less time on social media.

Staring at your phone or tablet for multiple hours browsing tweets or checking messages might not be the best thing for your physical and mental health. Browsing the internet may take up time that could be better spent engaging in physical activity. According to Dr. Elia Abi-Jaoude, a staff psychiatrist at the Hospital for Sick Children and Toronto Western Hospital, various studies have shown how excessive social media usage can adversely affect relationships, sense of self, sleep, academic performance, and emotional well-being.

- Eat more whole foods. Whole foods, including vegetables, fruits, nuts, seeds, whole grains, and fish, contain vari-

ous nutrients the body needs to function at peak capacity. These foods may help reduce the risk of many diseases and help people maintain healthy body weights. Start slowly by introducing a new whole food to your diet each day. A gradual approach is more manageable than going on a drastic diet.

- Avoid sweetened beverages. You are what you eat, but also what you drink. A report published in 2006 in the American Journal of Clinical Nutrition found consumption of sugar-sweetened beverages, particularly carbonated soft drinks, may be a key contributor in the epidemic of overweight and obesity. Skip sweetened beverages (even fruit juices can be

unhealthy if consumed in excess) and opt for more water or unsweetened teas.

- Find a physical activity you like. Rather than resolving to join the gym or signing up for a 5K because it's what everyone is doing, find a physical activity you truly enjoy and aim to do it a few times a week. Maybe it's a sport like tennis or recreational cycling with the family. But if the idea of a gym membership excites you, then by all means sign up. Avoid restrictive health and wellness resolutions that can be unsustainable. By downsizing expectations and taking small steps en route to your goals, you may be more motivated to stay the course and realize your resolutions.

Skin cancer still poses a threat in winter

Skin cancer may be something on the minds of beachgoers and summer revelers frolicking around the pool. After all, when the sun is blazing hot and one's skin reddens after mere minutes outside, it's hard to ignore the potential for skin damage. But summer isn't the only time of year that skin must be protected.

According to the health and wellness resource Cancer Therapy Advisor, ultraviolet radiation is just as dangerous in the winter as it is in the summer, and people should continue to care for and protect their skin as the weather gets colder. In fact, sunscreen is something that should be worn year-round.

Various lifestyle choices increase a person's risk for skin damage and even skin cancer.

- Spending time outdoors in high altitudes: MD Anderson Cancer Centers warns that UV rays are especially intense in higher altitudes. The risk for sunburn increases because the thinner atmosphere isn't able to block many of the sun's most harmful rays.

- Enjoying snow-related activities: Snow reflects up to 80 percent of the sun's rays. Individuals may not realize that time spent on the slopes can result in sun damage that is just as harmful as that caused after a day at the beach.

- Heading out on cloudy days: Fog and clouds will not deter UVA rays



from reaching the surface of the Earth. UVA rays, which are present throughout the year, can penetrate fog and clouds and even glass, warns the Skin Cancer Foundation.

- Traveling to warm climates in winter: It's common for people to try to escape the cold and snow by vacationing in tropical locales during the winter. Many may mistakenly think it's a good idea to use a tanning bed to get a golden glow prior to departing. The Mayo Clinic reports that UV light from tanning beds

is 12 times as intense as light emitted by the sun. Couple that with time spent in the tropical sun and severe damage can occur to unprotected skin.

Protecting skin from the sun is a year-round endeavor. When thinking about skin damage and skin cancer prevention, do not overlook the lips as well, as the skin on the lips is very sensitive. Use a lip moisturizer with an SPF of at least 15 and sunscreen on the rest of the exposed parts of the body every day.

How to help kids find suitable volunteering opportunities

Volunteering is a great way for people to give back to their communities. Many people give back out of a desire to help others, but those same individuals may acknowledge that volunteering benefits volunteers most of all.

Various studies examining the benefits of volunteering on volunteers have been conducted in recent years. Seniors and retirees who volunteer often cite the sense of purpose that giving back provides.

But it's not just adults who benefit from volunteering. In fact, a report from the Institute of Agriculture and Natural Resources at the University of Nebraska-Lincoln Extension noted that volunteerism promotes positive citizenship among youth, contributes to youths' identity development and increases their self-esteem. The authors of the report

also note that volunteering helps youth develop empathy for others.

Parents who want their children to reap the rewards of volunteering can try various strategies to help youngsters find an opportunity to lend a hand.

- Utilize the internet. The internet is a great resource for aspiring volunteers. VolunteerMatch.org partners with more than 130,000 nonprofit organizations to help them find the volunteers they rely on to meet their missions. Volunteering opportunities listed on VolunteerMatch are broken into categories such as Animals, Arts & Culture and even Children & Youth, making this an ideal place for aspiring do-gooders to start their volunteering journey.

- Speak with school officials. A child's school is another great place to discover volunteering organizations.



Extracurricular activities like school-sponsored clubs may organize volunteering excursions throughout the school year. Educators, including school principals, teachers and guidance counselors, also can help parents find the right volunteering opportunities for their children.

- Speak with local church officials. Like schools, local churches often sponsor youth-based volunteering activities. Many churches encourage all youths to join in their efforts, including those who are not members of their congregations.

- Speak with children. Parents can encourage youngsters to offer their input

in regard to volunteering. Some youngsters may already have strong ideas on the types of volunteering activities that interest them. For example, avid surfers and nature enthusiasts may want to volunteer with their local parks system to help keep beaches and parks clean. The more enthusiastic children are about a volunteering opportunity, the more likely they are to stick with it for the long haul.

Volunteering benefits young people in myriad ways, especially when kids find an opportunity they can be passionate about.

Enjoy more time outdoors (even when it's cold)

The amount of time people spend outdoors has dramatically decreased, as the Environmental Protection Agency now reports the average American spends 87 percent of his or her time in a residence, school building or workplace.

Being outside is linked to better moods, more physical activity and less exposure to contaminants (concentrations of some pollutants are often two to five times higher indoors). Also, people who spend time outside may not come into contact with surface germs or develop various illnesses spread as often as those who spend a lot of time indoors.

Cold weather can make the desire to be outside less appealing, but it is important for one's mental and physical well-being to get outside. The following activities might coax people outside for some crisp air.

Create snow critters

Why do snowmen and women get all of the fanfare this time of year? Just about any living or fictional creature can be molded from snow and embellish landscapes. Use food-grade coloring in spray bottles to add even more creative flair to snow designs.

Go on a nature hike

While many plants and animals hibernate in winter, there is still plenty to see. Bring along a sketch book or camera and capture nature in winter. White-washed hills can be beautiful to behold, and many small animals and birds look even more vivid against the white backdrop of snow.

Make an obstacle course

Turn an area of the yard or

park into a homemade obstacle course. It's much more difficult, — and a great workout — to try to jump over snow mounds or run down paths when decked out in warm layers. Engage in lighthearted competitions with friends and family members.

Build a bonfire

Children can set off in different directions to gather up firewood to craft a bonfire with adults in a safe location. S'mores taste equally delicious whether it's warm or cold outside, and in winter they can be accompanied by toasty mugs of cocoa.

Get sporty

Sledding, skating, snowshoeing, and ice hockey are just a few of the winter sports that can get the heart pumping and muscles working outside. These activities are entertaining and also great exercise.

When venturing outdoors in winter, dress in layers. This way clothing can be put on or taking off to reduce the likelihood of hypothermia.



How to get kids interested in cooking

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 spices. 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.

Winter tailgating tips for sporting events shared

Winter may chill things down, but tailgating season is still hot. While the National Football League season gets started when the leaves still haven't changed colors, it runs through the heart of the winter, with the season culminating on February 13.

But that's not the only professional sports schedule that dominates the season. Hockey drops the puck in October and the season extends into the first week of summer. College and professional basketball also are games to catch during the winter months. With so much sporting action to enjoy, tailgating season likely won't stop just because the mercury has dropped.

Tailgating typically takes place in the parking lots of sports arenas and stadiums before and after big games. Even though weather starts out perfect for tailgating events, snow, ice and freezing temperatures may make their presence felt throughout the winter tailgating sea-

son. Tailgating doesn't necessarily have to end when Mother Nature cools things down. These winter tailgating tips can keep the fun flowing well into winter.

- Don warm gear. Body heat can escape through the head, hands, feet, and face. Pay attention to these areas in particular when bundling up, donning heavy gloves, thick socks, a hat, a scarf, and insulated boots when tailgating. Warming gear can serve double-duty when it's emblazoned with team colors and logos.

- Bring a tent. A camping tent or canopy can block wind and offer protection against precipitation. Secure it with bricks or tie it down to something heavy so it won't blow away.

- Create a barrier. Styrofoam takeout containers or even broken-down cardboard boxes can be placed underfoot and prevent cold from seeping up through shoes from the chilly ground.

- Snuggle next to the fire. A propane



fire can or a fire pit (if permitted) can provide the added warmth needed when temperatures plummet. These also can be places to gather around to toast hot dogs or sausages on sticks when the main grill is occupied.

- Use heated accessories. Electric or chemical hand warmers can provide

extra warmth, as can blankets, heated camping chairs and other items.

Tailgating is a popular activity during sports games, concerts and other group events. Winter weather doesn't have to dampen tailgating efforts when there's a focus on warmth along with camaraderie.



Dedicated volunteer

Dan Sukup received a gift of a pig ornament during a recent appreciation event. Sukup has volunteered his time at the Wayne Food Pantry for more than 40 years. The pig was symbolic of all the hams Sukup has been responsible for getting for those using the Food Pantry at Christmas time. During the appreciation luncheon, Sukup commented on how he got involved with the Food Pantry and listed a number of other volunteers he has worked with throughout the years. The Wayne Food Pantry is located at First Presbyterian Church.

Interesting facts about Martin Luther King, Jr.

Martin Luther King, Jr. was one of the most influential figures of the 21st century. King's tireless activism during the Civil Rights Movement of the 1950s and 1960s improved the lives of millions of people, and his tragic assassination on April 4, 1968 marked one of the darkest days in American history.

King's oratory prowess is well-documented. Individuals across the globe are familiar with his "I Have a Dream" speech, which King delivered during the March on Washington less than a year before his death. Less familiar are some other notable facts about the life of Martin Luther King, Jr.

- If he were alive today, Martin Luther King, Jr. would still be years away from his 100th birthday. King was assassinated in 1968, when he was not yet 40 years old. Born in Atlanta in 1929, King could very much still be alive today and would have celebrated his 93rd birthday on January 15, 2022.

- King was an extraordinarily gifted student. At an age when many students were preparing to enter their sophomore or junior year of high school, King began his freshman year of college at Morehouse College. King enrolled at Morehouse when he was 15 after the school opened enrollment to junior high students in an effort to overcome a dip in enrollment related to World War II. King passed the entrance exam and enrolled in the fall of 1944.

- King was ordained as a minister prior to graduating from Morehouse. The Baptist ministry was something of a family business for the Kings, as Martin Luther King Jr.'s father, grandfather and great grandfather were all Baptist ministers. However, King did not initially intend to follow that path. He ultimately changed course and entered the ministry at age 18, graduating from Morehouse with a degree in sociology a year later.

- King survived a knife attack years before his assassination. King was stabbed in the chest with a letter opener during a book signing event in Harlem in 1958. His assailant, Izola Curry, was ultimately deemed mentally incompetent to stand trial. Though the attack did not kill him, King had to undergo intensive emergency surgery and was hospitalized for several weeks.

- Conspiracy theories surround King's assassination. King's assassin, James Earl Ray, was found guilty and sentenced to 99 years in prison. Authorities, including the United States Department of Justice, concluded Ray, a career criminal, acted alone. However, some, including surviving members of King's family, believed his assassination was part of a conspiracy.

Despite his tragic assassination in 1968, Martin Luther King, Jr. left his mark on the world. That legacy is even more remarkable when considering the unique twists and turns King's life took prior to his death.

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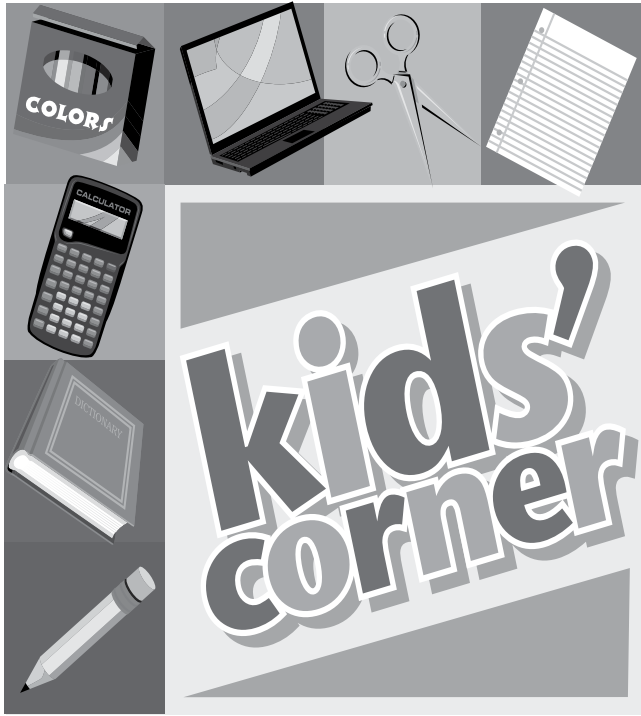
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The numbers in each row add up to the totals to the right.
The numbers in each column add up to the totals on the bottom.

2		6	12
	3		9
	8	9	24
10	15	20	

6	8	7
5	3	1
6	4	2

Solution

THIS DAY IN...



HISTORY

- **1781:** RICHMOND, VIRGINIA IS BURNED BY BRITISH NAVAL FORCES LED BY BENEDICT ARNOLD DURING THE REVOLUTIONARY WAR.
- **1914:** HENRY FORD INTRODUCES THE \$5-A-DAY MINIMUM WAGE.
- **2005:** THE DWARF PLANET ERIS IS DISCOVERED BY A GROUP OF ASTRONOMERS BASED IN SAN DIEGO.



THIS ROOM IN THE HOUSE IS ONE IN WHICH A HIGH NUMBER OF INJURIES CAN OCCUR, NAMELY FROM SLIPS AND FALLS.

ANSWER: BATHROOM

Get Scrambled

Unscramble the words to determine the phrase.

A B M O T O R H F Y S T E A

Answer: Bathroom Safety

New Word

HUMIDITY

a quantity of water vapor in the atmosphere

How they SAY that in...

ENGLISH: Towel

SPANISH: Toalla

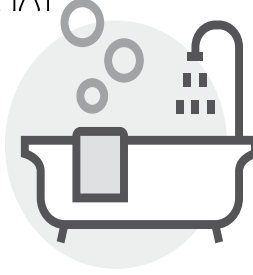
ITALIAN: Asciugamano

FRENCH: Serviette

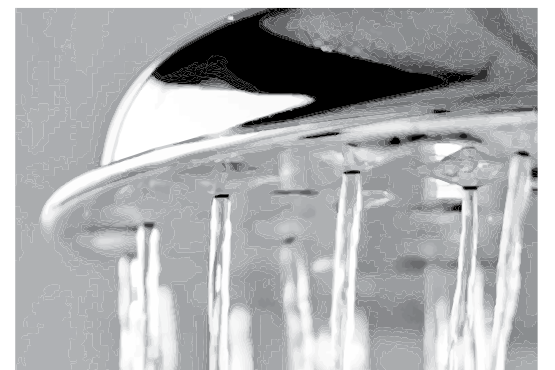
GERMAN: Handtuch

Did you know?

IT IS IMPORTANT TO CHECK THE TEMPERATURE OF THE WATER WHEN BATHING TO ENSURE THAT SCALDING DOES NOT OCCUR.



GET THE PICTURE?



Can you guess what the bigger picture is?

ANSWER: SHOWERHEAD



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