

Family

Providence Medical Center Receives the 2022 Women’s Choice Award® as one of America’s Best Hospitals for Outpatient Experience

Providence Medical Center has been named one of America’s Best Hospitals for Outpatient Experience by the Women’s Choice Award®, America’s trusted referral source for the best in healthcare.

Hospitals aiming to provide the most appropriate and value-based care along with advances in technology such as minimally invasive techniques have shifted many patient cases to outpatient settings. As a result, hospitals have made significant strides in providing increased customer service to improve the outpatient experience.

The methodology used to select Providence Medical Center as one of America’s Best Hospitals for Outpatient Experience is exclusive in that it evaluates patient satisfaction measures with a hospital visit based on the criteria in the Outpatient and Ambulatory Surgery Survey (OAS-CAHPS). The evaluation process is the only national list that focuses on the opinion of females. It is the only award recognizing excellence in outpatient satisfaction based on robust criteria that considers the patient experience and clinical excellence.

To receive the award, hospitals must first be accredited by the Joint Commission (JC), The Healthcare Facilities Outpatient Program (HFAP) or Det Norske Veritas Healthcare (DNV). Accredited facilities are continuously improving the safety and quality of patient care and this certification signifies the facility’s commitment in meeting regulations and best practices for the medical industry. The categories in the OAS-CAHPS survey are assigned weights based on the feedback received from the Women’s Choice Award Survey. Only hospitals that achieve rankings higher or equal to the national average in communication and care by hospital staff, pre and post-surgical coordination, facility ratings and patients’ recommendation are eligible for the outpatient experience award.

Providence Medical Center is one of 267 award recipients representing the hospitals that have met the highest standards for outpatient experience in the U.S. by the Women’s Choice Award.

“We could not be prouder of our hospital and our staff who are dedicated to providing extraordinary patient care. Our Outpatient Clinic hosts over 25 medical professionals of many different specialties so that those in our service area do not have to travel far for expert

specialty care. Being nationally recognized for our hard work is a true honor.” Says Carrie Fertig, Director of Outpatient Specialty Services at Providence Medical Center.

For more information about Providence Medical Center’s Specialty Services,

visit providencemedical.com.

For more information about the America’s Best Hospitals for Outpatient Experience, please visit <https://womenschoiceaward.com/best-outpatient-experience>

Wayne's Summer Reading Program had patrons diving into ocean-themed fun

Wayne Public Library’s summer reading program, “Oceans of Possibilities,” recently concluded after a month filled with reading, programming, and prizes.

The youth reading program consisted of keeping track of reading minutes to win coupons to local supporting businesses, and snack or school supply prizes.

The final prize was Chamber Bucks for those that reached tiered reading goals. A total of 181 youth participated, reading over 75,000 minutes (1250 hours) from May 25 - June 25.

Programming kicked off on May 25 featuring magician Jeff Quinn, who performed fishy tricks and told boatloads of jokes and messages promoting nautical-themed reads. The audience participation was a hit with kids and adults alike.

Other summer reading fun included finding treasures in water beads and sand, creating chalk art, and expressive painting as groups with large canvases. Youth programming concluded with a final movie party in the library, and a visit from Virtual Reality Game Truck Nebraska, which hosted a virtual safari and walk on the moon. Take-and-makes for both youth and adult patrons have been available throughout May and June.

The adult summer reading also began on May 25 and is ongoing until Aug. 8. Currently, there are 36 adults signed up. Patrons have a chance of winning Chamber Bucks for all of their summer reading, and the top adult reader will win a mystery grand prize bag. It’s not too late to sign up if you haven’t done so already.

The Summer Reading Program may be over, but the summer fun at the library isn’t! An additional summer youth reading challenge is now available. Prizes up for grabs during this challenge include science kits, art supplies, cozy-cuddly

See Reading, page 2



Summer reading participants take part in an expressive painting project during this summer's program at the Wayne Public Library.

Reading

(continued from page 1)

goodies, building kits, and outdoor fun toys.

Programming with special guests Amy Topp of the 4-H extension office and area educator Brandi Kolbeck will be happening in July as well, in addition to teen 3D printing classes.

Youth Services Librarian Kim hosted a special Henoween story time at the library and will be making appearances

at the Wayne County Fair to read stories.

Adult programming will include a Crescent Moon Wreath Craft Night on July 19, and a quilting program with Yvonne Hollenbeck on Aug. 4 at 10:30 a.m. at the library.

For more information on all of the upcoming summer programming at the library, stop by 410 Pearl Street and grab a calendar, or visit our website: www.cityofwayne.org/Library

Pearl Street Counseling, LLC
provides mental health counseling.
Office at 421 N. Pearl Street,
Room 206 in Wayne is open
Monday-Thursday by appointment.
Ask about our telehealth options.
Call requested counselor:
Lin Brummels 402-286-4891
or Karen Granberg 402-369-4752

we insure your car.
because accidents
happen.
simple human sense

Northeast Nebraska Insurance Agency

Wayne 375-2696 • Wakefield 287-9150 • Laurel 256-9138 • Pender 385-6500

Auto-Owners
INSURANCE
LIFE • HOME • CAR • BUSINESS



Digging for treasures was among the activities conducted at the Wayne Public Library this summer.

Wayne Community School District

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

Monday, August 15: Open House K-12
Wednesday, August 17: K-12 First Day of School -
Noon Dismissal - No lunch served
Thursday, August 18: K-12 First Full Day of School
Wednesday, August 24: First Day of PK4
Thursday, August 25: First Day of PK3
Monday, September 5: No School - Labor Day
Wednesday, September 7: Jr/Sr High School Pictures
Thursday, September 8: K-Grade 2 School Pictures
Friday, September 9: Grade 3-6 School Pictures
Wednesday, September 14: PK4 School Pictures
Thursday, September 15: PK3 School Pictures

Reunion brings relatives from across the country

A Behmer Family Reunion was held in Hoskins in early June.

Descendants of Ernest and Ernestine Behmer came from Arizona, California, Colorado, Illinois, Iowa, Michigan, Nebraska, North Carolina, South Dakota, Texas, Utah and Virginia.

Co-Hosts were Matt Behmer of Scottsdale, Arizona and Rich Behmer of Hoskins.

The reunion began with a social gathering at original E.O. Behmer farmstead, near Hoskins. It is now occupied by Jon (grandson) and Peg Behmer.

The following day, a social gathering was held at the Hoskins Community Center, hosted by Rich and Connie Behmer.

A social gathering of California and Arizona Behmer families (pictured at right at the farmstead site) was also held at Divots Convention Center in Norfolk.

On Saturday, the reunion was held at the Hoskins Community Center, on Main Street Hoskins. It included presentation of colors by American Legion Roy Reed Post 252, Winside, and the national anthem sung by Beckie Stigge of Omaha. Behmer family musicians who played live music included Chris Behmer, Freeport, Illinois, Bode Behmer, Norfolk



and Dana Cox, Winters, California. Karaoke followed.

On Sunday, attendees took part in a church service at Peace Evangelical Church, near Norfolk, followed by a Spring Branch Cemetery visit on the church property to view Ernest and Ernestine Behmer's gravesite among other Behmer family gravesites.

Lunch was held at the Rich and Connie Behmer farm near Hoskins.

Informal visits were made to the Ernest and Ernestine Behmer farmstead immediately west of Hoskins throughout the

reunion weekend.

This year's reunion came about after Matt Behmer began searching for persons from Nebraska with the last name of Behmer last year. Andrea, Matt's wife, and Matt were accompanying their son, Carty, who was participating in a youth ball tournament in Omaha with his team, ahead of the College World Series. They wanted to make a family connection while in Nebraska last year. Ultimately, Matt connected with Rich Behmer of Hoskins and an informal get-together was held. This connection

prompted the idea of a family reunion across all branches of the family tree.

In 1861 Ernest (Ernst) and Ernestine Behmer, both 29 years old, made the journey to America from their native homeland of Hasebeck, Germany, where they were farmers. The boarded the ship "Geestemunde" at the Port of Brmen and arrived on June 7, 1861 in New York. They had no money, spoke no English and there was vast anit-German and Irish sentiment in the United States.

The couple made their way to the Midwest, eventually settling in Jamesville, Wisconsin, where they worked as dairy farmers for 11 years.

In 1872 Ernest purchased his own land (as opposed to homesteading) just outside Hoskins and prepared to move his family (which included seven children - Adda, Lydea, Frederick, August, Amelia, Ernest O. (E.O.) and Martha) to Nebraska.

An untimely tragedy struck at this time when four of the seven children contracted diphtheria and succumbed to the disease.

After the move to Nebraska to more children were born - Edward and William.

Ernest went on to become a successful farmer, businessman and community steward. He donated the land fro the German Reformed Church (now known as Peace Church).



See us
for your
family's
furniture
needs!

DISCOUNT FURNITURE

YOUR FURNITURE HEADQUARTERS FOR NORTHEAST NEBRASKA

1 1/2 MILES NORTH OF WAYNE

402-375-1885 OR 1-855-375-1885



**School
Starts
Thursday,
August 11**

Allen Consolidated School

126 East 5th Street - Allen - 402-635-2484 - www.allenschools.org



Wayne Izaak Walton League Chapter

Looking back at 100-year legacy of Izaak Walton League of America

This year is the 100th anniversary of the National Izaak Walton League of America organization.

The local Wayne, Nebraska Chapter of the Izaak Walton League, which was founded in 1954, has provided conservation and outdoor recreation activities for local residents. Since it was founded, the Wayne Ike’s chapter has engaged the local community with various hands on outdoor experiences through events like fishing derbies, family outdoor day, and open gate day.

The recreational area located northwest of Wayne is used for many outdoor activities such as: fishing, youth mentoring projects, birding activities, camping, kayaking. Various groups have also used the area for learning activities such as 4-H, Pheasants Forever, Boy Scouts, Girl Scouts, Church groups, Wayne Community School, Wayne State College, and more.

Throughout its 100-year history, the National Izaak Walton League’s chapters have served as the place where kids caught their first fish, tried their hand at shooting sports or found their own way to appreciate nature.

Nationally, the Izaak Walton League has more than 200 chapters and thou-



The Izaak Walton Lake, located northwest of Wayne, provides recreational activities for all ages. It has been in existence for nearly 70 years.

**WHEN YOU’RE SICK
OR NEED A CHECK-UP,
HAVE FAITH.**

Find a partner in your health. From acute or chronic care, wellness visits, and even mental health, we’re focused on getting you well and keeping you well.

Melissa Dobbins, DO, Ian Engebretsen, MD, Ben Martin, MD, Mark McCorkindale, MD, Angela McLaughlin, DO, Sam Recob, MD, Ross Hansen, PA-C, Gary West, PA-C, Jill Belt, LIMHP

LAUREL
218 E. 2nd Street
(402) 256-3042

WAKEFIELD
301 E. 7th Street
(402) 287-2267

WAYNE
615 E. 14th Street
(402) 375-2500

WISNER
1101 9th Street
(402) 529-3218

frpsclinics.org |

sands of members and supporters who champion community-based conservation, outdoor traditions and protection of the nation’s natural resources. The Izaak Walton League’s motto is defenders of soil, air, woods, waters, and wildlife.

The chapters have provided the backbone for many conservation achievements over the past century, whether restoring bass populations in streams during the 1920s, promoting ethical hunting in the 1950s or serving as recycling hubs in the 1970s. The chapters also advanced some of the most effective conservation ideas in the nation’s history, like the Land and Water Conservation Fund, shaping the laws and policies that protect natural resources now and for generations to come.

History of the National Organization

In January 1922, a group of concerned anglers and hunters gathered in Illinois to create an organization to stop the degradation of America’s waterways and natural areas. They named the organization after Izaak Walton, the conservationist and author of The Compleat Angler.

During the 1920s, industrial pollution, raw sewage and soil erosion threatened many of the nation’s rivers. Forests and other wild areas were also suffering as road building, development, and commercial hunting and fishing took an immense toll.

For 100 years, the League has been at the forefront of local and national efforts

to safeguard water resources and our drinking water across the U.S. – from a push for sewage treatment in the 1930s to the landmark Clean Water Act of 1972, which tackled pollution and protected wetlands.

The League has also created thriving volunteer citizen science programs like Save Our Streams and Salt Watch to monitor stream health and collect data about water quality. By collecting and reporting data in dozens of states, these programs now provide a wealth of information for scientists and policymakers and a basis for taking action to protect water quality.

For many decades, the League has also served as a leader in conserving the natural resources on the hundreds of millions of acres of agricultural land in the U.S. Beginning in 1937, the League began a push for a national program to conserve soil.

In short, no other organization has done more to shape the nation’s bedrock laws that protect our environment and natural resources. The League has a unique role in promoting conservation and citizen science locally while advocating for strong state and national policies to protect our air, water and wildlife.

For millions of people, the League has provided a pathway to outdoor recreation and traditions. Looking to the future, the Izaak Walton League has ambitious goals to get more Americans involved in local conservation, citizen

See Izaak Walton, page 5

Izaak Walton

(continued from page 4)

science and advocacy.

Erin Eilers, Wayne Ike's chapter president, said "The Wayne Izaak Walton League's goal is to get as many local youth interested and involved in the outdoors as possible so that we will have future generations that respect and protect our natural resources."

The chapter recently upgraded the playground to give youth additional things to do while they are at Ike's Lake.

The chapter is always looking for help to improve and maintain the area. Anyone who would like to become an active member in the local Wayne Chapter is asked to contact Chapter President Erin Eilers at 402-375-2359 or Treasurer/Membership Chair Scott Brummond 402-375-0747.

Follow the Wayne Ike's on Facebook at – "Wayne Izaak Walton League".



New, modern playground equipment was installed at Ike's Lake this year. It was paid for, in part, with a grant from the Wayne Area Legacy Fund.

Bring home the memories, not the ticks

Recently our family went on a camping trip. Our kids loved how we canoed our supplies across a lake and set up our campsite. My wife and I were reminded how much work it is. Soon our children were experiencing more mosquitos, flies, caterpillars, and ticks than they had ever seen before.


On one of our lovely hikes, nearly every time I looked down, I found another tick crawling on my shoe or leg. Ticks love tall grass, wooded areas, and other moist and humid environments often close to the ground. Although you may find them on your head, they don't normally drop down from above, rather, they start low and crawl up.

Ticks are not insects. They are part of the arachnid family, cousins to scorpions, mites, and spiders with two body parts and eight legs. Ticks commonly enjoy sucking the blood of deer, cats, dogs, mice, squirrels...and humans.

Blacklegged ticks, sometimes called deer ticks, carry borrelia burgdorferi, the bacteria that can cause Lyme disease. These ticks live in the eastern half of the United States.

Symptoms of Lyme disease include fever, headache, fatigue, and the classic target-like rash called erythema migrans. If caught early, this disease is often successfully treated with antibiotics. If not, later stages can affect multiple body systems including the heart, joints, eyes, and nerves.

Other types of ticks can cause Rocky Mountain spotted fever, tularemia, babesiosis, and ehrlichiosis. Rocky Mountain



The Prairie Doc
By Andrew Ellsworth, M.D.

spotted fever also causes fever, headache, nausea, and rash. Treatment within five days decreases the risk of progression to severe disease.

If you find a tick latched onto your body, it is best to use tweezers and pull it off at its head as close to the point of attachment as possible. Pull upwards with steady, even pressure and avoid squeezing the tick's body. Clean the skin afterwards and dispose of the tick.

When outside in the grass, weeds, garden, or woods, consider wearing long pants and tucking the pant legs into your socks to help prevent ticks from accessing your skin. Apply tick repellant on

lower clothing and check for ticks at the end of the day.

Despite checking frequently, my son found a tick on him after we got home, and I found one on me two days later. We enjoyed sharing our love and respect for nature with our children, plus they learned how to safely remove a tick. Next time, we hope to bring home lots of great memories, and no ticks.

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.

Stop in and SEE us!



Protect the precious gift of your vision by making regular checkups a part of your healthcare routine. We specialize in eye care for the whole family. From eye health and vision exams, LASIK Consultation, Contact Lenses, a wide selection of designer frames and friendly service, you'll find it all right here.



MAGNUSON-HOPKINS

Eye Care, PC

Dr. Josh Hopkins, Optometrist • Dr. Scott Ronhovde, Optometrist • Rachel Gilliland, OD

402-375-5160 • 1112 West 7th Street • Wayne, NE

Did you know?

Watchdog organizations like the Better Business Bureau warn against donating to charities over the telephone, but reports indicate that fraudsters are still utilizing robocalls to great effect as they prey on donors' generous natures. According to the Federal Trade Commission, consumers report losing hundreds of millions of dollars a year to

robocalls, a scam used by perpetrators of fraud in which donations to bogus charities are solicited over the phone. While some people may be surprised to learn such scams are still effective, a report from YouMail, a free robocall-blocking service, sheds some light on just how common robocalls are. According to YouMail, in one month, 1,591 robocalls

were placed every second. That means roughly 137.5 million such calls are made every day. And the people behind these calls are very clever, sometimes using famous people's actual voices to convince innocent people of a bogus charity's legitimacy. Several years ago, the Connecticut Better Business Bureau issued a warning about

robocalls using the voices of celebrities. The warning indicated that, after hearing the voice of a famous person, consumers were prompted to press a button to speak with a "donation agent." Consumers concerned about being victimized by robocalls should heed the advice of watchdog organizations and never donate or agree to donate over the phone.



Golf lessons

This group of young golfers was all smiles after completing a two-week session earlier this summer. On the last day of classes, the youth were treated to hot dogs, chips and drinks, courtesy of the Wayne Country Club. A second session of lessens was held in late June.



Outdoor activities benefit kids

Modern amenities and indoor comforts have made life easier in many ways, but they’ve also helped to fashion a generation of people who spend much of their time inside. A 2018 report from the international research firm YouGov found that around 90 percent of study respondents from North America and Europe spend close to 22 hours inside every day. Children may get a little more time outdoors than adults, particularly if they participate in outdoor sports. There are distinct advantages to engaging in more outdoor activities. Here’s a look at some of them.

- Improved mood and reduced risk of depression: The YouGov report notes that around 15 percent of the world’s population is affected by different levels of seasonal affective disorder, which is believed to be a direct result of lack of daylight. Symptoms go away when days are longer and individuals can enjoy more sunshine. Children who go outside and get ample exposure to sunlight may experience a more positive mood and renewed energy.

- Lower risk of obesity: Dr. Kenneth Ginsburg from the American Academy of Pediatrics says outdoor play can help reduce obesity in today’s youth. Children can enjoy self-directed physical activity that also stimulates awareness of one’s surroundings.

- Improved vitamin D levels: Vitamin D has been dubbed the “sunshine vitamin” because sunlight hitting the skin prompts the liver and kidneys to create vitamin D in the body. A deficiency in

vitamin D can lead to depression and heart failure and may compromise the immune system. Children can improve current and future health by maintaining adequate vitamin D levels through healthy exposure to sunlight.

- Lower stress levels: Students of all ages are faced with stressful situations that come at them from every angle. The arrival of the global pandemic has been an added stressor that continues to affect children and adults. According to research by the University of Essex, outdoor exercise offers mental health benefits that exceed those gleaned from indoor exercise. Spending time in a green space can result in improved mood and self-esteem. A 2017 study of Japanese students found those who spent time in the forest for two nights returned home with lower levels of cortisol, a hormone used as a marker of stress, than students who remained in the city. The practice of de-stressing outdoors is often referred to as “forest bathing” or “nature therapy.”

- Better focus: A dose of nature may help children diagnosed with attention deficit hyperactivity disorder improve their concentration levels. A 2008 study from researchers at the University of Illinois found that children with ADHD demonstrated greater attention performance following a 20-minute walk in a park as compared to a residential neighborhood or downtown area.

Getting outside and engaging in any activity has a variety of benefits for children and adults.

Upcoming Events:

- 7th Grade Orientation ... August 2nd • 6:30 pm
- School-Community Back-to-School BBQ ... August 10th • 5:30-7:00 pm
- Elementary Back-to-School Night ... August 10th • 5:30-6:30 pm
- 7-12 packets will be available to pick up on August 10th • 5:30-7:00 pm
- K-12 First Day of School ... August 11th (Full day)
- PK First Day of School ... August 15th (Full day)

To Do's:

- School supply lists located on school website: www.winsidewildcats.org
- Physicals for all 7th grade students and student athletes
- Updated immunization records for 7th grade
- Kindergarten students:
 - Immunizations up-to-date
 - Physical exam
 - Vision Exam
 - Copy of Birth Certificate and SS Card for files
 - Dental Exam – not required by law



WINSIDE PUBLIC SCHOOLS
203 Crawford Avenue • Winside • 286-4466



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.

2		10	15
	9	0	15
5			10
13	13	14	

4	1	5
0	6	9
10	3	2

Solution

Get Scrambled

Unscramble the words to
determine the phrase.

ANLAONIT DEIRP

Answer: National Pride

THIS DAY IN...



HISTORY

- **1608:** QUEBEC CITY IS FOUNDED BY SAMUEL DE CHAMPLAIN.
- **1775:** GEORGE WASHINGTON TAKES COMMAND OF THE CONTINENTAL ARMY AT CAMBRIDGE, MASS. DURING THE AMERICAN REVOLUTIONARY WAR.
- **1886:** THE "NEW-YORK TRIBUNE" BECOMES THE FIRST NEWSPAPER TO USE A LINOTYPE MACHINE AND NOT HAND TYPESETTING.



INDEPENDENT

free from
outside control



WHICH TWO COUNTRIES CELEBRATE
NATIONAL PRIDE AND INDEPENDENCE
ON JULY 1 AND JULY 4?

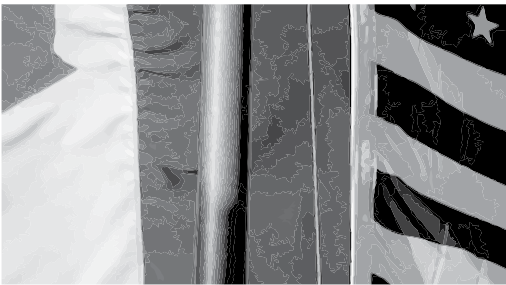
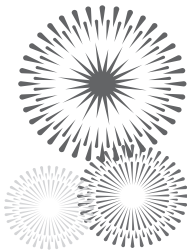
ANSWER: CANADA & THE UNITED STATES



- ENGLISH:** Country
- SPANISH:** País
- ITALIAN:** Paese
- FRENCH:** Pays
- GERMAN:** Land



FIREWORKS TYPICALLY ARE PART
OF CELEBRATIONS FOR CANADA
DAY AND AMERICAN
INDEPENDENCE DAY
(FOURTH OF JULY).



Can you guess what
the bigger picture is?

ANSWER: AMERICAN AND CANADIAN FLAGS



Providence Therapy Services

Experience and Excellence

For those that receive it, therapy services can be life changing. Providence Therapy provides an array of services to help people of all ages restore mobility and gain independence.

We offer comprehensive physical, occupational, and speech therapy services for outpatients, skilled and acute inpatients at Providence Medical Center, and Providence Home Health patients. Therapy services are also provided to the residents at Hillcrest Care Center of Laurel, Wakefield Health Care Center, Laurel Public Schools and Wayne Community Schools.



Wayne: 1200 Providence Rd | 402-375-7937 Laurel: 699 Cedar Avenue | 402-256-9551
Wakefield: 308 Ash Street | 402-287-1005