

Family



Providence Medical Center welcomes new CEO

Providence Medical Center's Board of Directors has announced the appointment of Danielle (Danni) Gearhart, as the new Chief Executive Officer for Providence Medical Center.

The hospital partnered with recruiting agency, Seim Johnson to do an extensive search for the new Chief Executive Officer (CEO).

Gearhart is the former CEO of Cozad Community Health System and is originally from Oelwein, Iowa.

"There were many strong candidates for this position, but Danni fit the overall package of what we were seeking in a CEO. With her experience and expertise, we are confident she will lead us in continuing to be the hospital and employer of choice in northeast Nebraska," said Director of Human Resources, McKayla Thege.

The senior executive has over 18 years of experience in various settings, including not-for-profit, community, critical access hospitals, medical practice, and long-term care operations.

"The PMC Board of Directors is excited to welcome Danielle Gearhart to our team and community. Danni has a wealth of CEO experience with multiple critical care rural hospitals in the Midwest, including Nebraska. We had many strong candidates for this position, showing the vibrancy and health of PMC. We are confident Mrs. Gearhart will be a great fit with our staff, providers, and communities. Thank you to everyone who participated in the hiring process, especially the PMC staff and providers. The Board is very excited for the future of our hospital," said Matt Ley, President of the PMC Board of Directors.

"I am impressed with how committed the board, the medical staff, and the staff of PMC are to the healthcare of our community. I am excited for this opportunity to work with and serve the exceptional team at Providence Medical Center and build on our strong foundation as we evolve to support the future needs of the community," said Gearhart.

"We had multiple quality candidates in our final pool. In reviewing the resumes of the finalists, Danni's clearly stood out

as having the preferred amount of experience and knowledge. It helped that her last job was at a similarly-sized Critical Access Hospital in rural Nebraska, so Wayne and PMC would not feel unfamiliar to her. After meeting one-on-one with Danni, it became evident she would be a great fit for our hospital and for Wayne, in general. She seemed genuine and very excited about the possibility of becoming our CEO. While it took a little longer than we expected to hire a new CEO, I think we found a good one in Danni," said Eric Knutson, a member of the PMC Board of Directors.

"A special shout out to Nate Raabe, Jodi Pulfer, and Ross Hansen for the extra hours of work they put in as the hir-

ing committee, and to the members of PMC's HR team for their hard work during this process," Knutson added.

Gearhart assumed the role of Chief Executive Officer (CEO) for Providence Medical Center effective Aug. 1.

For more than 40 years, Providence Medical Center (PMC) has been recognized as a leader in providing extraordinary rural healthcare to over 15,000 individuals and families in Northeast Nebraska. Located in Wayne, NE the Medical Center offers 21 spacious patient rooms including 2 OB suites, 2 critical care rooms and 1 hospice family room.

The Medical Center also offers nearly 20 different specialty physician services

through the Outpatient Clinic and performs 15,000 procedures annually utilizing Providence's laboratory, imaging, and surgical services. In addition to these services, PMC is home to several highly developed behavior health, rehabilitation therapy and wellness programs.

Providence Medical Center employs more than 200 individuals, making it one of the major employers in Wayne and the surrounding rural communities. This team of professionals is committed to carry out PMC's mission of providing quality healthcare in the Spirit of Christ.



Danielle "Danni" Gearheart (right) introduced herself to those attending a recent Chamber Coffee. She was recently chosen to be the CEO at Providence Medical Center. She and her family have moved to Wayne and are enjoying being a part of the community.

West Nile Virus is detected in health district

The Northeast Nebraska Public Health Department is alerting the public that the first pool of mosquitoes testing positive for West Nile Virus (WNV) has been found within the health district of Cedar, Dixon, Thurston and Wayne Counties for the 2022 season. West Nile Virus is present in Northeast Nebraska.

Prevent mosquito bites and the spread of West Nile Virus by taking the proper precautions below:

- Apply a mosquito repellent approved by the Environmental Protection Agency (EPA) whenever you go outdoors. This includes repellants with Deet, Picaridin, Oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD), IR3535, and 2-undecanone. Follow directions when applying repellent on children. Do not use insect repellent on babies younger than 2 months. Oil of lemon eucalyptus or para-menthane-diol should NOT be used on children under 3 years of age.
- Wear long sleeves and pants when outdoors to limit skin exposure.
- Remove standing water where mosquitoes breed: birdbaths, old tires, clogged roof gutters or wading pools.
- Vaccinate horses.

Mosquitoes are most active between dusk and dawn when the air is calm, but some will feed at any time of day.

Mild cases of West Nile Virus (WNV) infection may include a slight fever and/or headache. Severe cases include a rapid onset of a high fever, head and body aches, and usually occur 5 - 15 days after being bitten by a mosquito infected with WNV. Go to your doctor if you have these symptoms during mosquito season (June – September).

ATTENTION: Persons at highest risk for serious WNV illness are:

- Over 50 years old;
- On steroid medicines or chemotherapy.

Healthy children and adults are at lower risk but can still become ill.

For more information: www.nnphd.org under the “Our Services” tab or www.cdc.gov/westnile. Stop in at the

NNPHD office, 215 North Pearl Street in Wayne for free DEET Insect Repellent wipes. For more information, call the NNPHD office at (402) 375-2200.



A Back-To-School Pizza Party was held recently to give mentors and mentees and their families a chance to get re-acquainted. Pizza was provided by the Wayne Rotary Club.

TeamMates program offers opportunity for friendships, fun

For more than 20 years, the TeamMates Mentoring program has been providing one-on-one matches between students and caring adults in the Wayne school system

The program ended with 2021-2022 with nearly 60 matches and several students will be matched with mentors as

the 2022-2023 school year gets underway.

The TeamMates program gives students and their mentors the opportunity to meet during school hours, in the school, to "build friendships and have fun."

Mentors spend approximately one hour per week with their mentee and enjoy a variety of non-academic activities, such as playing board games, playing basketball or taking a walk.

Mentors and mentees are matched based on hobbies and interests

Students who are part of the program throughout their high school years are eligible to apply for a number of scholarships, both on the local level and the state level.

Members of the Wayne TeamMates Advisory Board also strive to find at least one out-of-school activity for mentors and mentees each semester. In the past these have included activities such as bowling, attending Wayne State College sporting events, going to a movie or a visit to the Wayne State College planetarium.

Additional mentors are needed for both male and female students and anyone interested in becoming a member is encouraged to contact Shalee Hoffman, who serves as the Coordinator for the Wayne program, at shaleehoffman@yahoo.com

For more information, or to sign up to become a mentor, visit teammates.org

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September 26, 28: 2:00
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Near drowning incident remains secret for 80 years

Editor’s note: This story was provided to the Wayne Herald by Ronald “Butch” Fisher about an incident that happened in the early 1940s and has been kept a secret for 80 years.

Fisher provided the following information to the Herald:



This map shows the area of the near drowning incident on 577th Avenue, which is near Concord.

"This is a story that has been kept a secret for about 80 years.

It is a story about saving a life which probably occurred sometime between 1941-1944. The only timeline I have is from Donovan Dahlquist, whom I rescued. His guess is that he was about 10 years of age at the time and I might have been between the ages of 12 to 15.

A group of us had just ended our school day in Concord, Nebraska. We were walking on a country road to see the flooded Logan Creek. This was a daily route for farm kids coming to and from school. There might have been 4 to 6 of us, probably all boys.

Every spring, the creek would run full due to the snow melt and spring rains. As I recall, the creek was very full, chunks of ice were banging against the bottom of the bridge as we walked across it. Further east of the bridge was a wooden bridge, submerged by a foot of water, that went from the road into a field. This ditch, seemingly 4-6 feet deep,

was also running very full and swift. Being adventurous boys and guessing that the water did not come over the tops of our overshoes we decided to wade across the wooden bridge.

As we reached the center of the bridge,

out of the corner of my eye, I saw a body disappear downwards into the water. I spun around and glimpsing a cap floating away, I thrust my hand into the icy water, caught the boy by the hair and pulled him onto the bridge. In just another second or two he would have been gone forever.

If he had gone out of reach, he would have been swept into the Logan Creek and no one could have saved him.

It is now about 77-80 years later, and I have heard this story mentioned only once during that time. It was at a Concord school reunion and Donovan Dahlquist, quite unexpectedly, announced to my wife and myself that “this guy saved my life!” and I replied, “oh was that you? I thought it was your younger brother”. None of us ever mentioned it again and my memory of the event has dimmed over the years.

Now I don’t know if we swore each other to secrecy, but I’m sure it could have been. We had a definite fear of

disapproval from our parents for taking the risk of walking onto the flooded bridge and I can imagine that Don had to come up with a plausible story about the loss of his cap. I don’t know how he

explained being soaking wet in a temperature barely above freezing.

I tell this story now because I think it is rather unique and should finally come to light."

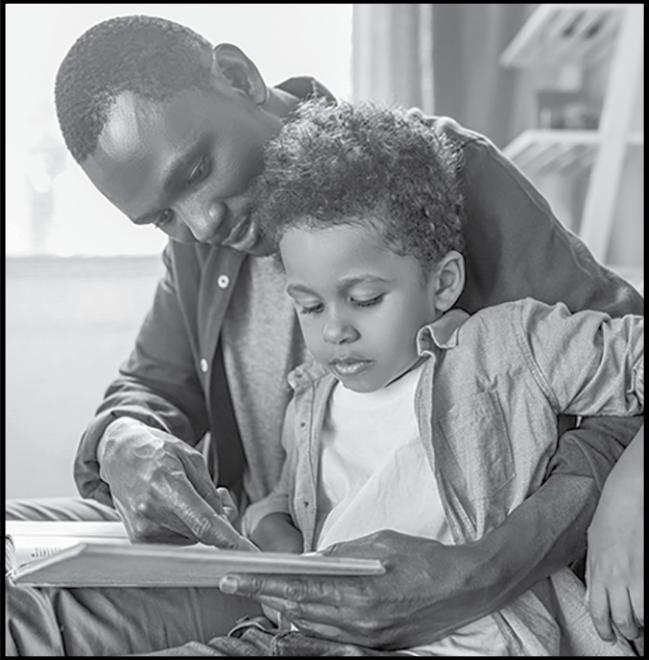
How young children’s vocabularies benefit from being read to

A recent study from researchers at The Ohio State University found that the disparity between the number of words young children who are frequently read to have heard compared to those who have not been read to is significant.

The study first appeared online in the Journal of Development and Behavioral Pediatrics and found that young children whose parents read them five books a day entered kindergarten having heard roughly 1.48 million words. By comparison, children whose parents never read to them had heard just over 4,600 words by the time they entered kindergarten. Even children who are read to daily hear significantly fewer words than children whose parents read them five books a day. Such children hear just under 300,000 words prior to entering kindergarten.

Exposure to a larger vocabulary is not the only benefit kids reap from being read to. Reach Out and Read, a national nonprofit that champions the positive effects of reading daily and engaging in additional language-rich activities with young children, reports that language-based interactions help children develop communication skills, patience, empathy, and literacy. Reading to young children also enhances their understanding of the world by transporting them to places and times they have never experienced.

One study also noted the effects that reading to young children can have on the relationship between parent and child. That study, authored by researchers at the University of Wollongong in Australia and Boston University and published in the journal Archives of Disease in Childhood, found that reading to young children supports a strong relationship between parent and child.



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Aspirin: Is it right for you?

By Phillip Meyer, M.D.

For most people, taking a daily 81 mg aspirin to prevent stroke and heart attack is more risky than beneficial.

Aspirin has been in use as a pharmaceutical for over 150 years making it



one of our oldest. One might assume with all this experience we would know exactly how to use it, but today’s recommendations are based on better evidence

gained from better science.

Originally used to treat pain, aspirin evolved to become a cornerstone for cardiovascular protection after compelling research in the 1970s. By the 1980s, it was recommended that almost anyone over the age of 50 take an 81 mg aspirin daily because it makes your blood clotting cells “slippery” thus helping prevent clots from forming in the arteries of your brain and heart.

Even at the low 81 mg dose, bleeding is aspirin’s most common side effect. Physicians have long accepted this risk, however, as multiple large scale research studies have established this risk as low and outweighed by its great benefits.

This risk vs. benefit relationship has been called into question by more recent research leading to the recommendation several years ago that only those at highest risk of stroke and heart attack should take a daily aspirin. This includes people with Diabetes, Hypertension and those who have had a stroke or heart attack in the past as well as those who have stents in their coronary or other arteries.

Research published in the April 2022 issue of the Journal of the American Medical Association is a game changing analysis confirming the benefits of aspi-

rin are indeed outweighed by the risk of bleeding, specifically among those who have never suffered a stroke or heart attack nor have a vascular stent. One out of every 250 people in this category taking a daily 81 mg aspirin for ten years successfully prevented a stroke or heart attack but one out of 200 suffered a major bleeding event.

In an update to their 2016 recommendations, The U.S. Preventative Services Task Force now discourages using aspirin for the primary prevention of stroke and heart attack in adults older than 60. To clarify, those who have had a previous stroke or heart attack and/or have a vascular stent, benefit greatly from a daily aspirin and this benefit outweighs the risk of bleeding.

There are exceptions to every rule and guideline so please, as always, consult

your personal physician regarding your unique situation and use of aspirin.

Philip Meyer, D.O., is a contributing Prairie Doc® columnist. Dr. Meyer has been practicing General Internal Medicine and Hospital Medicine in Pierre since 1997. Currently Dr. Meyer practices outpatient Internal Medicine at the Pierre VA clinic where he also serves as the medical director. In addition, he is an Associate Clinical Professor for the Sanford School of Medicine and the University of South Dakota Physician Assistant Program.

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Learning a lesson

Children from Rainbow World Child Care in Wayne (above) were among those watching an electrical demonstration during the Family Field Day at the Haskell Ag Lab. Employees with Northeast Power District showed the students the power of electricity by "cooking" a hot dog with an electrical wire. (below) Northeast Community College provided information on activities at the college as part of the event.



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Healthy and fun rainy day activities for kids

There are numerous reasons for children to spend time outdoors. Soaking up sunlight and fresh air can do everything from reduce stress to improve cardiovascular health.

Unfortunately, not every day is tailor-made for spending time outdoors. When inclement weather threatens, some creative thinking may be necessary to keep kids happy and occupied. As the COVID-19 pandemic is still affecting communities, there's the added challenge of ensuring indoor activities are conducted in a safe manner.

Here are a few ideas for getting started.

Plan a scavenger hunt

Parents or caregivers can hide an item and set children on the course toward finding the treasure by providing clues that incrementally lead to the final hiding place.

Visit the library

Libraries have a host of activities ideal for rainy days. Apart from various genres of reading materials, there are movies to rent, informational classes, rooms for club meetings, and even arts and crafts events. Check to see if your local library requires masks to participate indoors.

Establish an indoor campsite

Camping is a popular outdoor activity that can go on rain or shine. Those who are averse to camping in the rain can recreate the magic of camping indoors. Set up a tent or make a lean-to from blankets and sheets. Use a fireplace or stove to roast marshmallows and make indoor s'mores.

Make homemade playdough

Invite a few of the children's friends over and mix up a batch of homemade playdough. A handy recipe can be found at www.iheartnaptime.net/play-dough-recipe/. Children can spend hours molding the playdough into imaginative creations.

Visit a museum

Communities across the country are home to various museums, some showcasing ancient artifacts and others touting novelties. For those concerned about indoor crowds, try visiting shortly after doors open or an hour or two before doors close. Foot traffic tends to be lower at these times.

Host an outdoor movie viewing

Homeowners with covered awnings or outside porches can project a movie onto a screen and have movie-goers watch from their sheltered locations. Serve plenty of healthy snacks and a few sweet treats to munch on during the film.

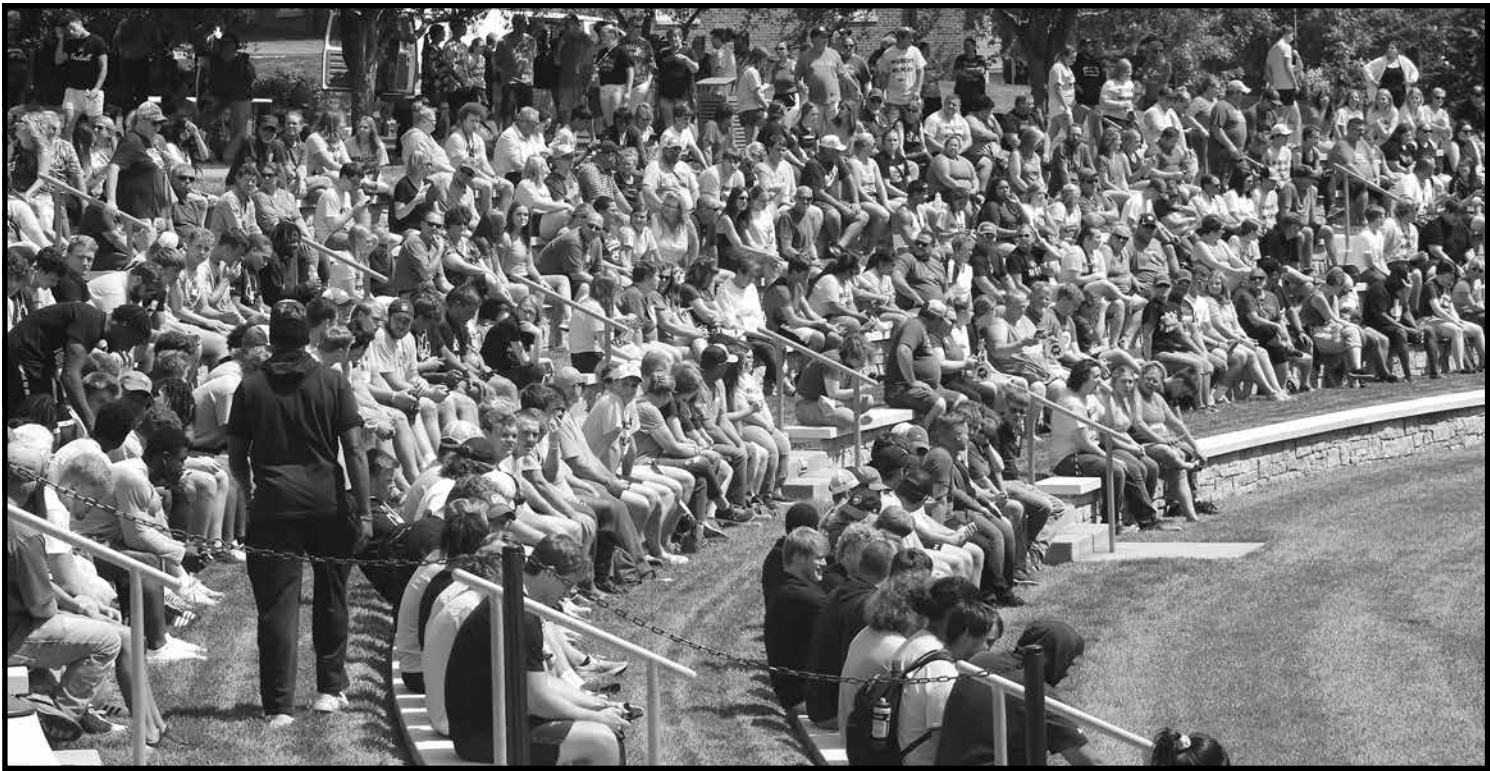
Play in the rain

Just because it's raining doesn't mean outdoor fun needs to be entirely curtailed. Children can gather in a garage with the door left open. Then they can take turns dashing out to stomp in puddles or dance in the rain showers. Just have plenty of towels on hand and

choose a warm rainy day so kids won't catch a chill.

Poor weather necessitates having indoor activities ready for kids.

Thankfully, there's plenty of entertaining ideas to keep them occupied.



Off to a good start
Students and parents, along with faculty and staff, gathered in the Wayne State College Willow Bowl for a convocation prior to the start of the 2022-2023 school year. They heard from several speakers, including WSC President Dr. Marysz Rames, WSC Student Sentate President Carter Ossian and Wayne Area Economic Development Director Luke Virgil.



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Adoption gives dogs a new ‘leash’ on life

“Adopt don’t shop” is a mantra utilized by many organizations devoted to finding loving homes for shelter animals. With thousands of dogs, cats and other companion animals residing in shelters or being fostered until they can find their forever homes, rescue orga-



nizations urge the pet-loving public to adopt rather than purchase dogs from private breeders. Individuals who choose to adopt a dog from a private rescue, humane society, animal shelter, or another welfare group would be wise to follow some guidelines

that can help individuals and families find the best matches with their new pets. “It’s important to be honest with the rescue group regarding, not only what you’re looking for in a dog, such as disposition, energy level, age, and size, but to describe the overall household dynamic,” advises Toni Diamond, founder of Diamond Dogs Rescue, Inc. (www.diamonddogsrescueinc.com), a foster-based rescue with resources in New Jersey and Massachusetts. “This way the rescue can match your needs with the dogs they have available to ensure the best opportunity the placed pet will remain in your home.” Here are some other tips to consider if you’re thinking of adopting a pet.

- Think about fostering first. If you’re on the fence about whether to take in a dog right now, fostering offers a way to gauge how life can change with a dog in the household. Fostering a dog can free up resources and enable rescues to help other dogs. Many “foster fails” are dogs that foster families adopted themselves because they couldn’t bear to give the dogs up.
- Expect to be vetted. Rescue groups generally do some type of adopter check, which includes an application question-

naire, and may want to visit your home to be sure that it is safe and comfortable for the dog. Expect an adoption fee, as this helps defray the cost of sheltering animals.

- Don’t feel limited by geography. Rescues handle dogs from across the country. Some may even be willing to facilitate travel from one area to another. If you see a dog online that seems to be a perfect fit but is a good distance away, contact the rescue to see what can be done.

- Be patient and open-minded. Rescued animals often have been jostled around a bit, moving from place to place. Expect a transition period for the shell-shocked animal to settle down before judging his or her true personality. It’s possible for rescued dogs to have accidents in a home, act out or be hesitant around people while they learn to trust their new owners.

Adopting a dog can be a great way to add to the family and provide a loving animal with new beginnings.

‘Color Your Recovery’ event planned in Norfolk

Liberty Centre Services in Norfolk will host the ninth annual 5K & 10K run/walk on Saturday, Oct. 8 starting at 9 a.m. at 900 E. Norfolk Avenue in Norfolk. This year’s event will include fun for the whole family. In addition to the 5K & 10K with cash prizes, there will also be a kid’s 1 mile fun run, silent auction, and kid’s prizes. “Color Your Recovery” has become an annual tradition in northeast Nebraska, drawing runners, walkers, families, and groups of friends/coworkers participating together to help raise mental health awareness. “I enjoy attending this event every year because it is not only a fun atmosphere, but it supports a good cause, bringing awareness to the importance of mental health.” -past participant Those registering before Sept. 18 will receive a discounted price and free event t-shirt if registered online at www.libertycentreservices.com. Those who are unable to register before the deadline can continue to register at www.libertycentreservices.com. Walk-ins are also welcome the morning of the event. Be sure to join us for a morning of fun with your family and friends!

FALL YOUTH SPORTS AT THE Y



Youth Volleyball League
Girls & Boys, Ages 9-12
Oct. 4 - Nov. 17, Tuesdays & Thursdays
Registration Deadline: September 22
Evaluations: September 20 & 22, 5:30-7:00pm
Fee: Members \$35/ Non-members \$55

Jump-Starter Basketball Clinic

Boys & Girls, Ages 3-10
October 10-12
Ages 3-6 - 5:30-6:15pm
Ages 7-10 - 6:30-7:30pm
Registration Deadline: October 9
Fee: Members \$25/Non-members \$40

Spirit 3-on-3 Basketball League

Boys & Girls, Ages 10-14
Mondays, November 7-28
2 games per night, 30 min. games
Registration Deadline: October 17
\$30/player, 6 player max per roster



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Volunteering time

Several members of the Wayne FFA Chapter helped paint the outside of the Lied Carroll Library in Carroll recently. The students volunteered their time as part of a community service project.



Creative Coloring

Celebrate baby safety.
Color in this picture to create your own masterpiece.



THIS DAY IN...



HISTORY

- **1609:** HENRY HUDSON BEGINS HIS EXPLORATION OF THE HUDSON RIVER WHILE ABOARD THE HALVE MAEN.
- **1940:** CAVE PAINTINGS ARE DISCOVERED IN LASCAUX, FRANCE.
- **2003:** TYPHOON MAEMI BECOMES THE STRONGEST RECORDED TYPHOON TO STRIKE SOUTH KOREA.



WHAT ARE THE MOST COMMON
CAUSES OF INJURY FOR KIDS
OF ALL AGES?

ANSWER: FALLS

New word

SCALD

injure with very
hot liquid
or steam

How they say that in...

ENGLISH: Injury

SPANISH: Herida

ITALIAN: Ferita

FRENCH: Blessure

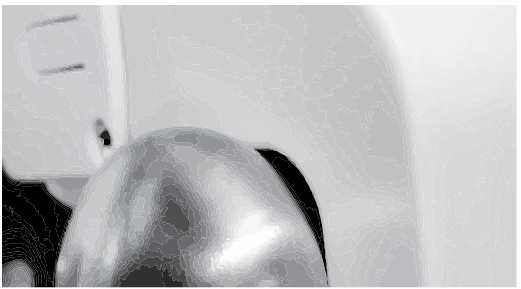
GERMAN: Verletzung

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