

A bi-monthly publication for Family published by The Wayne Herald — November 10, 2022

Family

PMC Pharmacy provides immunizations

Now is an ideal time of year to schedule immunizations and Providence Community Pharmacy is able to administer a number of these vaccines.

COVID-19, Influenza, pneumonia, shingles and tetanus shots are available at PMC Pharmacy.

Those over six months of age are eligible to receive the primary COVID-19 series. The bivalent Pfizer booster is available to those ages five and up who have received the primary series. The Bivalent Moderna vaccine is available to those 18 years of age and older.

Those receiving the booster may receive either vaccine.

"There needs to be at least two months from the last shot," said Becky Barner, Pharm.D, R.P. at Providence Community Pharmacy.

Influenza immunizations are available to those ages six months and over. It involves one shot.

"The influenza vaccine is slightly different each year. The strains occurring in Australia are monitored and the vaccine administered in the U.S. is based off that information," Barner said.

She noted that any time a vaccine is given, it can "turn on" a person's immune system.

"This can make a person feel 'under the weather,' but the vaccine does not cause the flu," Barner said.

She added that influenza shots are given during the flu season, which runs through February and into March.

"Now is the prime time to get a shot, but we give the shots through the entire flu season," she said.

The Center for Disease Control (CDC) is encouraging those receiving the immunizations to get both the COVID-19 and influenza shots at the same time.

Pneumonia shots are available to those over the age of 65 and involve one dose to last the general public a lifetime. However medical providers can recommend additional immunizations.

The shot can be given in conjunction with other immunizations.

Tetanus vaccines are recommended every 10 years for adults. They should receive at least one dose that includes



diphtheria and pertussis (Tdap) vaccines.

Protection against shingles involves two doses of the vaccine, given two to six

months apart.

"If you have had chicken pox and are over 50 years of age, it is recommended you get the shingles vaccine. If you are not sure if you have had the chicken pox, we generally err on the side of caution and vaccinate against the disease," Barner said.

At the present time, the two-dose vaccination is only needed once in a lifetime.

Private insurance generally covers 100% of the cost of the immunizations. Starting in January of 2023, Medicare will cover the cost of all recommended vaccines.

The COVID-19 vaccine is provided by the government and the administration costs are covered by insurance.

"We appreciate it if those wanting immunizations call ahead, but we can take walk-ins," Barner said.

The shots can be administered between 10 a.m. and 5 p.m. Monday through Friday and from 10 a.m. to 1 p.m. on Saturday.

To make an appointment, contact the pharmacy at (402) 375-8862 or visit the website: www.providencecommunity-pharmacy.com

Nebraska Public Media selected to receive Ready to Learn Grant

Nebraska Public Media was awarded a planning grant to support early literacy and critical thinking skills for children. The network will develop a "Learning Neighborhood" plan to engage local partners and extend the reach and impact of PBS KIDS early learning resources.

Nebraska Public Media will receive approximately \$10,000 through the CPB-PBS Ready to Learn Initiative, funded by the U.S. Department of Education.

Nebraska Public Media is one of 24 PBS stations across the country to receive training and guidance to research and develop a proposal for a "Learning Neighborhood," a collaborative effort with community partners to foster a culture of learning at home, in the neighborhood and within local systems and spaces.

In a second phase of the project, 18

proposals will be selected for funding in 2023-2024, joining 22 other stations that launched "Learning Neighborhoods" in 2020 and 2021.

"Learning Neighborhoods foster a 'Learn Together' theme. Public television stations and local partners leverage public media content, characters, events and activities to encourage children and adults to learn anytime and anywhere in their neighborhoods and communities," said Debra Tica Sanchez, CPB's senior vice president of education and children's content. "The planning process helps stations formalize their connections with community partners to best serve kids and families now and in the future."

"At PBS KIDS our goal is to use the power of media to help children learn lessons that last a lifetime," said Sara DeWitt, senior vice president and gener-

al manager, PBS KIDS. "These planning grants will help stations create partnerships with local organizations across the country, providing access to high-impact learning resources for children, parents, and caregivers in their communities."

This effort is part of a five-year grant awarded to CPB and PBS through the U.S. Department of Education's Ready To Learn Initiative to develop new multi-platform media and engagement tools that introduce children to career and workforce options and help them build everyday literacy skills. The effort will empower and equip parents, caregivers, and communities to support children's learning and growth in these areas through a network of "Learning Neighborhoods," and conduct efficacy research on the newly produced educational resources.

FCCLA chapter holds Fall Festival

The Wayne FCCLA Chapter held the annual Fall Festival on Oct. 29 at the Wayne High Gymnasium.

Children and families from throughout the community gathered to enjoy fall games, treats and a silent auction.

The entrance fee was a free will donation or items needed for Wayne Haven House. All proceeds will be donated to Haven House at a later date.

The FCCLA Chapter has extended a thank you to area businesses and individuals who donated baskets for the silent auction and supplies to put on the Fall Festival:

Kinship Pointe, Countryview Care Center, Swan's Apparel, Vala's Pumpkin Patch, Poppy's Pumpkin Patch, Ace Hardware, Fiesta Brava, Herman Chiropractic, Progressive Builders, Aqua Pop, Wayne Greenhouse, Mandi Fernau, Norfolk Earl May, Thrift Warehouse, W.W. Galore and Farmers Business Network



Wayne Community Schools FCCLA students organized a number of activities for youth. Proceeds from the event will be donated to Haven House.



**we protect your
home. because, well,
somebody should.**

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

Winside Public Schools

203 Crawford Ave.
Winside, NE 68790
Phone 402-286-4466
Fax: 866-469-0437
www.winsidewildcats.org

Winside Public Schools' mission is to Educate, Support, Inspire – This is the Wildcat Way!

“School + Family + Community = **THE WILDCAT NATION** “

- 1 to 1 Chromebooks for grades 7 – 12
- Elementary iPad and Chromebook Carts
- \$14.7 Million Bond for upgrades, safety, one campus, new Career Technical Education spaces, and much more
- Members of the Lewis and Clark Conference
- Experienced teaching and coaching staff
- 9 to 1 student to teacher ratio
- Two sections of 3 and 4-year-old full day Monday through Friday preschool
- Winside High School students participate in "Friday's at Northeast" and have the opportunity to take a large number of dual credit courses through our local colleges
- Graduation Rate above the state average
- Winside's 2021 ACT composite score was above the state average
- Tremendous community support of all programs
- Winside offers Industrial Technology courses, FCS courses, Business courses, Agriculture Education courses
- Programs offered include FCCLA, FBLA, FFA, Fine Arts, and Extra Curricular opportunities
- PK – 12 Art Program

If you would like to become a member of the Wildcat Family, contact us!

Recycle and reduce waste for the holidays

The holiday season is a special time of year. Individuals often spend a little more on gifts, indulge a little more on rich foods and treats and make a concerted effort to enjoy more time with their loved ones during the holidays.

The tendency to overdo things during

paper and reuse it next year, doing the same with boxes and bows.

According to researchers at Stanford University, if every American family wrapped just three presents in reused materials, it would save enough paper to cover 45,000 football fields.



the holiday season can create a lot of waste.

In fact, Americans produce 25 percent more garbage from Thanksgiving through the end of the year, according to Waste Advantage magazine, a publication of the waste and recycling industry. That uptick equates to one million tons of extra trash per week throughout the holidays.

Extra food, plastic and paper waste is generated this time of year, but people should be mindful of the potential to go overboard and take some steps to be more waste-conscious as they entertain.

First, reuse a small portion of wrapping paper or look for other wrapping items.

Sunday comics, newsprint, colorful magazine pages and even pieces of fabric can be used to wrap gifts in lieu of purchasing new wrapping paper.

Otherwise, collect used wrapping

Next, skip disposable party items. It is certainly easy to use disposable plates, napkins and cups when hosting holiday parties, but that is very wasteful. Opt for durable, reusable products that can be packed away and used each year during holiday events.

Thirdly, buy durable and reusable items as gifts. Avoid fad gifts and focus on items that will have staying power. Homemade gifts, such as food, knitted scarves, artwork and more, are generally eco-friendly.

Next, set up marked trash and recycling receptacles. Remind party guests to recycle the appropriate materials by clearly marking a pail designed for collecting recyclables, such as cans, plastic beverage bottles and glass wine bottles. Most hard plastics can be recycled.

Another tip is to remove your name from catalog lists. Call companies and ask to be taken off promotional mailing

lists to reduce paper waste.

Next, send a photo. Mail holiday card recipients photos of the kids or the entire family in lieu of cards. They are apt to save the photos and display them, helping to keep even more paper trash out of landfills.

Finally, research new recipes for

leftovers. With an abundance of food remaining after entertaining, turn leftovers into new meals by exploring recipes from friends or by doing a little research online.

Waste can get out of control during the holidays, but there are ways to tame the excess.

When is the right time for kids to start volunteering?

Aristotle once said the essence of life is "to serve others and do good."

Volunteerism offers many benefits to those who are recipients of the charitable work as well as the volunteers.

According to The Corporation for National & Community Service, one in four Americans volunteer. Volunteers come from all walks of life and various age groups. Nearly one-quarter of all volunteers are people under the age of 24.

Parents and guardians who want to introduce their children to volunteerism may not know when is the right age to do so.

Many experts agree there is not a definitive age for children to get involved in volunteering. In fact, no child is too young to volunteer.

Joseph F. Hagan Jr., M.D., a clinical professor of pediatrics at Larner College of Medicine at the University of Vermont, says helping out during the toddler and preschool years helps shape a child's sense of morality.

Rather than wondering if a child is too young to volunteer, adults should focus on finding the right activity to match the child's age.

For example, a three- or four-year-old child can fill bags or boxes with donated

food or help gather blankets and towels to donate to an animal rescue. However, a toddler or preschooler may not have the stamina to complete a 5K walk.

Volunteerism does not even have to be in the traditional sense of working with an established charity. A youngster can pick flowers from a field and deliver them to an elderly neighbor.

Or a preschooler can invite a child playing alone to come play together. A toddler who loves sorting items can help sort recycling items at home and watch a parent deliver them to the recycling center.

Another way to engage kids in volunteer work is to match their interests with the tasks. Many kids cannot get enough of animals, so they may want to help out an animal organization or be involved with a conservation group. A child can collect change to "adopt" an endangered species.

Kids also can visit a children's hospital and deliver gifts to youngsters battling illnesses. In such situations, kids may be more engaged if they can help kids their own ages.

Children are never too young to volunteer. Finding the right fit can inspire a lifetime of giving back that benefits youngsters throughout their lives.

George Phelps

Wayne, NE

CFP, CLU, ChFC

Independent Securities & Insurance Broker

50 YEARS OF EXPERIENCE

• Managing Money

• Tax Savings

• Estate Planning

• IRA Rollovers

• Retirement Planning

• Life Insurance

Call 402.369.1818 for an appointment

www.georgephelps.com

email: gphelps@dhill.com

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

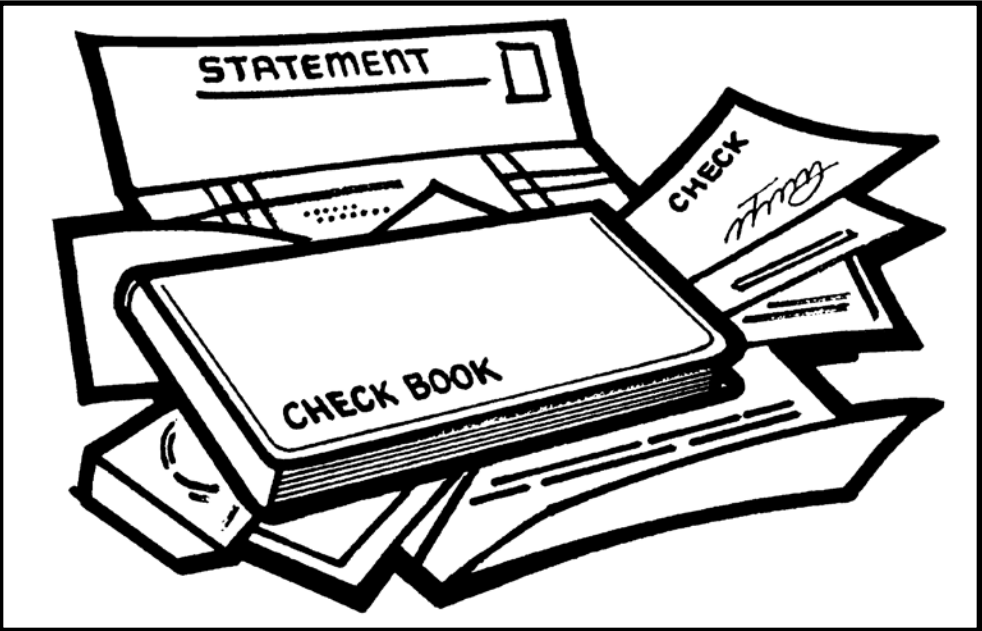
Tricks are given to trim your utility bill this year

A rapid rise in the cost of living will undoubtedly prove to be one of the major stories of 2022. According to the U.S. Bureau of Labor Statistics, energy prices rose by 41.6 percent in the 12-month period ending in June 2022, marking the highest 12-month increase since April 1980.

The significant spike in energy costs

Families need to eat and many professionals now must return to in-person work after years of pandemic-related remote working, which means they must confront higher fuel costs.

That leaves little room to save money in those areas. However, there are ways for families to reduce home energy costs without adversely affecting their quality



is somewhat misleading, as the BLS considers motor fuel prices, which rose more than 60 percent in the 12-month period ending in June 2022, part of the energy category.

However, during that same period, electricity prices rose by nearly 14 percent while natural gas prices increased by 38 percent. Both of those increases were more significant than the more publicized rise in food prices, which rose by right around 10 percent.

of life.

First, run appliances during off-peak hours. According to the United States Department of Energy and the U.S. Environmental Protection Agency, the best time to use appliances in a home is when overall electricity use is low. Though this time changes depending on the season and can vary based on geography, the DOE and the EPA both note after 9 p.m. and before 9 a.m. are generally the off-peak hours in most areas.

Next, strategically use shades and blinds. The energy providers at ConEd estimate about 40 percent of unwanted heat comes through windows.

Strategic use of curtains, shades and blinds can keep heat out on hot days, thus allowing homeowners to turn the thermostat up on their air conditioning units in summer. Opening curtains, blinds and shades on winter mornings and afternoons will allow more sunlight in, allowing homeowners to control heating costs more effectively.

Also, consider reorganizing the refrigerator. There are plenty of contradictory strategies regarding how best to store foods in a refrigerator so the unit consumes as little energy as possible while still keeping foods fresh and chilled. But various energy providers, including ConEd, recommend consumers to avoid packing a fridge too tightly. By allowing

cold air to circulate within the refrigerator, the refrigerator will not need to work as hard, and thus consume as much energy, to keep foods cool.

It is important to note the opposite should govern how the freezer is packed. Packing frozen items tightly in the freezer will help the refrigerator work a little less hard.

Finally, turn off the lights. Estimates from the U.S. Energy Information Administration indicate electricity for lighting accounts for around 10 percent of electricity consumption in homes.

A concerted effort to turn off lights in rooms that are not being used can help consumers save money.

Rising utility bills are compelling millions of people to seek ways to trim their energy consumption. Thankfully, there are many ways to do that without upsetting daily routines.

Consider these gratifying Thanksgiving facts

Thanksgiving is a time to gather with family and friends and reflect on one's blessings.

In 2022, Americans celebrate on November 24. In anticipation of these holidays, here are some interesting facts about the Thanksgiving celebration.

1. American Thanksgiving is largely modeled on a 17th century harvest feast shared by the English settlers and the Wampanoag tribe.
2. The National Turkey Federation says around 45 million turkeys will be eaten on Thanksgiving, which equates to about 720 million pounds of turkey being consumed (with the average turkey size being 16 pounds).
3. The Butterball hotline answers

roughly 100,000 calls every year on its turkey question hotline.

4. In 1953, the Swanson company overestimated the number of frozen turkeys it would sell for the holiday season by 26 tons. Rather than waste the meat, Swanson sliced it up, repackaged it and created the first frozen TV dinners.
5. Thanksgiving in America may be older than many recognize. While Thanksgiving is largely tied to the 17th century settlers, the National Parks Service says in 1565, Spanish settlers in St. Augustine (now Florida) celebrated by having a meal to which they invited the native Seloy tribe. The Spanish served pork stew, sea biscuits, red wine and garbanzo beans. Some say the Seloy contributed turkey, venison and maize.
6. Thanksgiving did not become a civic holiday until Abraham Lincoln made it one after the Civil War. Thanksgiving was declared a national holiday on Oct. 20, 1864.
7. The Pilgrims did not refer to themselves as "pilgrims." They used the word "separatists" as they were separating themselves from a larger belief system.
8. Each year, the American president "pardons" a turkey from slaughter on Thanksgiving. This tradition dates back to when Abraham Lincoln's son was upset his family's turkey that was going to be killed for Thanksgiving dinner.
9. According to the U.S. Calorie Control Council (CCC), an average American may consume 4,500 calories and 229 grams of fat on Thanksgiving Day.
10. The Macy's Thanksgiving Day Parade is an annual tradition. People line the parade route in New York City or tune in to watch the parade on television. It originated in 1924 and the famed balloons were added in 1927.
11. Apple pie is the pie of choice for Thanksgiving, even though pumpkin pie is prevalent this time of year.



Providence
Community
Pharmacy



Friendly Faces



Convenient
Drive-Thru



Curbside Deliveries

Open Monday-Friday
9:00am- 6:00pm.

Saturdays
9:00am- 2:00pm

803 Providence Rd. Suite 101 | 402-375-8862 | providencecommunitypharmacy.com

Tips to introduce a new dog to your other dog

The value dogs bring to a home is undeniable. Dog owners and their families may welcome a new dog with open arms because they recognize these pets provide unconditional love and can make their human companions smile no matter what else is going on in their lives.

However, other dogs may be considerably less enthusiastic about rolling out the proverbial welcome mat to another furry member of the family.

In recognition of the potential difficulties of welcoming a new dog into a home where a dog already lives, the Humane Society of the United States and the American Kennel Club offer these suggestions to help dogs get along from the moment they meet.

- Make introductions on neutral territory. The HSUS recommends familiarizing dogs with one another outdoors. Outdoors is neutral territory, so a dog already well-established in a home is less likely to feel threatened here than if



it meets its new housemate indoors in an area it already thinks is its own.

The HSUS recommends walking dogs separately on a leash during this intro-

duction, ideally at a distance where they can see each other but are not provoked by the other's presence. Carry treats and reward the dogs for seeing each other.

- Keep a watchful eye on body language. The HSUS notes hair standing up on a dog's back, teeth baring, growling, a stiff-legged gait or a prolonged stare indicate a defensive or wary response from a dog.

The sight of these postures merits an

immediate interruption to the interaction. If dogs respond in a more relaxed and comfortable way during the introduction, the distance between them can be reduced, though owners should still be mindful of their body language.

- Recognize puppies and older dogs may react differently. The AKC notes puppies are developing communication skills, so they may not recognize the rules that older dogs are trying to establish.

A puppy may be willing to play with an older, larger dog, while the older dog may growl at its younger companion.

The AKC notes that this is normal so long as the older dog does not become aggressive and injure the puppy.

Growling can help the younger puppy learn and can be an effective way for the older dog to communicate.

- Separate the dogs during initial inside introductions. The HSUS recommends using a sturdy and tall baby gate to separate dogs when introducing them inside. Watch how they interact with this barrier in place and reinforce positive interactions with treats.

Introducing a new dog to a home where a dog already lives can be challenging. But various strategies can help such interactions go smoothly.

Family-friendly resolutions to pursue together

There are plenty of resolutions families can enjoy together. Undertaking goals as a family unit can create an accountability that keeps everyone on track. Here are some resolutions to think about making right now.

First, eating healthier meals together can move everyone's personal health in the right direction.



Start by adding a fruit or vegetable to every meal and try whole grains or a new grain, like quinoa. Small changes can add up to big gains and healthy results.

Next, transform negative thinking patterns into positive ones. The family can keep gratitude journals, highlighting things in their lives they are grateful for or actions that make each person proud.

A third tip is to collectively aim to get more sleep each night. This may be achieved by turning electronics off earlier each night and spending the hour or two before bed engaged in lighthearted conversation or stress-busting activities like reading books.

Finally, plan for screen-free family time each day so everyone can engage without the distractions of social media, work, friends and other digital activities.

\$um Buddy Kids Club

\$um Buddy Kids Club is a special club for kids (ages 0 to 12) who want to save money and have fun too!

Join the club by opening a \$um Buddy Kids Club Savings Account or an Add-On Certificate of Deposit.

Get a free gift when you join! Plus receive free online banking and special invitations to club exclusive fun activities like pool parties, coloring contests and more.

Stop by to join the \$um Buddy Kids Club today and see tips on how to raise a money-smart kid, here.

Choose F&M Bank - banking that feels right



Gretna . Sioux City . South Sioux City . Wayne . West Point
402.375.2043 . fmbankne.bank . NMLS #422218 . Member FDIC

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**

How to show your support for veterans

Supporting veterans is a worthy endeavor at any time of year, though such efforts tend to be more prominent in November. Veterans Day is celebrated annually on November 11 in honor of the millions of individuals across the United States who are military veterans. The day coincides with holidays such as Armistice Day and Remembrance Day, which are celebrated in other countries and also honor military veterans.

There is no denying veterans need the support of the people whose freedoms they protect.

According to a 2021 study from researchers at Brown University's Watson Institute for International and Public Affairs, the percentage of veterans with disabilities is significantly higher among post-9/11 veterans (40 percent) than it was with veterans from previous eras (25 percent for Gulf War I veterans and 13 percent for veterans of previous wars).

Veterans can benefit from support legislated by elected officials in Washington, D.C., but there are also many things ordinary citizens can do to show how much they appreciate the sacrifices veterans and their families have made and will make in the years to come.

- Visit wounded veterans. The United States Census Bureau reports that more than one-third of the nearly 3.8 million men and women who have served in the U.S. Armed Forces since September 2001 have a service-connected disability.

Many of these individuals are fighting to overcome physical injuries sustained while on active duty. Individuals who want to show their support for veterans can contact their local VA facility to arrange a visit to wounded veterans.

Such visits can lift veterans' spirits and reassure them that their sacrifices are both acknowledged and appreciated.

- Support legislation that supports veterans. Though it might seem like a no-brainer, legislation to support veterans often faces an uphill battle to get passed.

By supporting legislation ensuring veterans get the support they need, indi-

viduals can send a message to veterans that they have not been forgotten and the very democratic principles they fought to protect are alive and well.

Citizens can write letters to their elected officials, urging them to support veteran-friendly legislation and raise awareness of bills and laws through social media.

- Help raise awareness about homeless veterans. Data from the U.S. Department of Housing and Urban Development estimates that approximately 40,000 vet-

erans are homeless on any given night.

But that figure does not tell the whole story, as the National Coalition for Homeless Veterans notes, over the course of a year, roughly twice that many veterans experience homelessness.

The NCHV believes programs to assist homeless veterans should focus on helping them reach a point where they can obtain and sustain gainful employment.

In addition, the NCHV feels the most effective programs are community-based, nonprofit, "veterans helping vet-

erans" groups. Individuals can offer their support to such groups through financial donations or other means so they can continue to ensure no veteran sleeps on the street.

Veterans Day is a time to show veterans their service and sacrifices are not taken for granted. Visiting wounded veterans and supporting efforts to ensure veterans get what they need to live full, healthy and happy lives is a great way to send the message veterans are appreciated.

Charities whose missions support veterans, active military and their families

The support Americans have for their armed forces is evident in how much they donate each year to charities with military-related missions.

According to Charity Navigator, Americans donate more than \$2.5 billion annually to charities with missions dedicated to the military.

Individuals who want to donate to a charitable organization with a military-related mission may not know where to start, and that can be daunting given the number of organizations fitting the criteria.

Charity Navigator indicates there are more than 40,000 American charities with military-related missions, which underscores how difficult it can be to find one to support.

Thankfully, Charity Navigator, which has provided donors with free access to data, tools and resources to guide their philanthropic decision-making since 2001, has curated a list of highly rated organizations that provide a variety of services to military members and their families. The following is a brief run-down of that list that can serve as a solid foundation for prospective donors. The full list can be found at charitynavigator.org.

Wounded Troops



- Air Warrior Courage Foundation (airwarriorcourage.org)
- DAV (Disabled American Veterans) Charitable Service Trust (cst.dav.org)
- Fisher House Foundation (fisherhouse.org)
- Higher Ground (highergroundusa.org)
- Homes for Our Troops (hfotusa.org)
- K9s for Warriors (k9sforwarriors.org)
- Operation Second Chance (operationsecondchance.org)
- Wounded Warrior Project (woundedwarriorproject.org)
- Yellow Ribbon Fund (yellowribbonfund.org)

Military Social Services

- AMVETS National Service Foundation (amvetsnsf.org)
- Hire Heroes USA (hireheroesusa.org)
- Honor Flight Network (honorflight.org)
- Iraq and Afghanistan Veterans of America (iava.org)
- Operation Gratitude (operationgratitude.com)
- Operation Healing Forces (operationhealingforces.org)
- Soldiers' Angels (soldiersangels.org)
- The Mission Continues (missioncontinues.org)

Military Family Support

- Army Emergency Relief (armyemergencyrelief.org)
- Blue Star Families (bluestarfam.org)
- Children of Fallen Patriots Foundation (fallenpatriots.org)
- Folds of Honor (foldsofhonor.org)
- Operation Homefront (operationhomefront.org)
- Our Military Kinds (ourmilitarykids.org)
- Travis Manion Foundation (travismanion.org)
- VFW National Home for Children (vfwnationalhome.org)



216 E. 7th Street | Wayne, NE | 402-375-2922

HOURS: Open Monday-Friday: 9:00a.m.-6:00p.m.
Saturday: 9:00a.m.-1:30p.m. | Sunday: Closed

FLU SHOTS

Flu Shots are now available.
WALK-INS ARE WELCOME!



*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



Creative Coloring

Celebrate cooking vegan foods.
Color in this picture to create your own masterpiece.



THIS DAY IN...



HISTORY

- **1892:** PUDGE HEFFEL-FINGER BECOMES THE FIRST PROFESSIONAL AMERICAN FOOTBALL PLAYER ON RECORD.
- **1933:** NAZI GERMANY USES A REFERENDUM TO RATIFY ITS WITH-DRAWAL FROM THE LEAGUE OF NATIONS.
- **1936:** IN CALIFORNIA, THE SAN FRANCISCO-OAKLAND BAY BRIDGE OPENS TO TRAFFIC.



THIS IS THE TERM FOR
SOMEONE WHO AVOIDS EATING
ANIMAL PRODUCTS.

ANSWER: VEGAN

New Word

EDAMAME

a dish of green
soybeans boiled or
steamed in their pods

How they SAY that in...

ENGLISH: Fruit

SPANISH: Fruta

ITALIAN: Frutto

FRENCH: Fruit

GERMAN: Frucht

Did you KNOW?



VEGETABLES, FRUITS
WHOLE GRAINS,
AND BEANS MAKE
UP MUCH OF VEGAN
DINING.

GET THE PICTURE?



Can you guess what
the bigger picture is?

ANSWER: SOY FOODS

Expert Surgical Care Close to Home



Dr. Craig Nemechek,
Gastroenterology & General Surgery
Midlands Clinic

"Very friendly and caring.
We are very lucky to have
Dr. Nemechek come to
Wayne!"- Outpatient
Survey Comment



Dr. Nemechek has been providing general surgery services to PMC for over 10 years. He works closely with each patient's physician to develop a surgical plan that is best for each individual.

No matter what your general surgery needs are, Dr. Nemechek and the surgical team at PMC will make sure you receive the best care possible.

- Colonoscopy
- EGD
- Gallbladder Removal
- Appendix Removal
- Lipoma & Cyst Removal
- Hernia Repair
- Hemorrhoid Treatment
- Breast Cancer Surgery

**For questions or to schedule an
appointment to see Dr. Nemechek
in Wayne call 402-375-7953**



**Providence
Medical Center**

1200 Providence Road, Wayne, NE | providencemedical.com