

A bi-monthly publication for Family published by The Wayne Herald — January 12, 2023

Family

Rotary grant assists children at Rainbow World

Members of the Wayne Rotary Club recently presented a check for \$4,000 to Rainbow World Childcare in Wayne.

The money will be used to purchase three Cozy Corn Learning Centers for the Preschool classrooms and three Toddler Treehouse Hideaway corners for the wobbler/toddler classrooms.

These structures are designed to assist a child in self-regulation of "big emotions."

Rainbow World is a childcare center that currently serves 167 children ages 6 weeks to 12 years of age. In its application for the Rotary grant, it was noted that "one aspect of that care, having a space for children to go when they are experiencing big emotions."

Self-regulation is being able to manage feelings, so they do not intrude on relationships or day-to-day life. This may involve being able to resist a tantrum in a frustrating situation or being able to calm down when big feelings start to take over. Self-regulation is not about "not feeling." There is nothing wrong with having big feelings. All feelings are valid, and it is our duty as teachers to nurture children towards being able to acknowledge and express what they are feeling without causing harm to themselves or their peers.

When children can regulate their emotional responses, they become less vulnerable to the ongoing impact of stress. They are more likely to maintain healthy friendships, and the capacity to focus and learn. Research has shown that the ability to self-regulate is a strong predictor of academic success. Dealing with Big Feelings - Teaching Kids ... - Hey Sigmund, <https://www.heyigmund.com/how-to-self-regulate/>.

Every outburst is an opportunity to steer them in a different direction and to strengthen the skills they need to name and manage their emotions in a way that works for them. Rainbow World plans to accomplish this by providing cozy corners in the wobbler (older infant), toddler, and preschool classrooms.

A cozy corner is a learning center that provides a safe place for young children to go to calm down when they are feeling mad, sad, nervous, or any other

big emotion.

In the preschool classrooms, these corners will be in a quiet time privacy cube. They will contain moods and emotions mirrors (shatterproof mirrors that have an expressive photo on the other side to help children recognize and identify each emotion themselves), a calming cuddle ball (soft, cozy ball that is designed to give children a "hug"), and rainbow liquid sensory viewers.

In the wobbler/toddler classrooms,

these corners will be in a toddler treehouse hideaway. They will contain feelings and emotions washable dolls (soft-sewn cloth dolls that features a permanently stitched expression that helps children recognize the emotions of others) and see-inside rain sticks.

This will all come together by utilizing the Conscious Discipline Building Resilient Classrooms book by Dr. Becky A. Bailey. Rainbow World will purchase this book and provide trainings during

monthly staff meetings. With Conscious Discipline, we will learn to be mindful and show our children that we value how we act and respond. It will teach us to function from a higher level in our brain and notice situations instead of blindly judging and reacting to them.

Each year the Rotary Club can apply for a district grant. The district grant helps fund part of the project and then the Rotary Club provides funds for the match.



Carissa Lueschen (second from the right) explained to Rotary Club members how the Cozy Corn Learning Centers will be used at Rainbow World Childcare in Wayne.

Family-friendly resolutions to pursue together

There are plenty of resolutions that 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.

- 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.

- 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.

- 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.

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

These retailers offer year-round military discounts

Active military members and veterans make and have made an untold number of sacrifices to protect the freedoms of their fellow citizens, neighbors, friends and family members.

There is no such thing as too much support for members of the military, and many retailers acknowledge that by offering year-round discounts to active-duty military and veterans.

Individuals who qualify for such discounts should confirm their eligibility prior to making any purchases, but the following are just some of the many retailers who offer year-round discounts to veterans.

- Adidas: Adidas offers an exclusive discount of 30 percent online and in-store and 20 percent at factory outlets to all active duty military, veterans, retirees, spouses, dependents and more. More information is available at adidas.com/us/discount-programs.

- Allen Edmonds: Students, veterans and active military with valid ID are eligible for a 15 percent discount. Visit allenedmonds.com/about/exclusive-offers for more information.

- Carhartt: Carhartt offers a 25 percent discount on apparel and accessories to all members of the military and first responders. Additional information is

available at carhartt.com/discount-program.

- Champs Sports: The Champs Sports military discount provides a 10 percent discount on most online and store purchases. More information is available at help.champssports.com.

- Columbia Sportswear: Columbia Sportswear offers a 10 percent discount for all military. Learn more at shop.id.me/stores/506-columbia-sportswear.

- Eddie Bauer: Eddie Bauer offers a 10 percent discount on in-store purchases to U.S. military. Learn more at ebi.eddiebauer.com.

- Foot Locker: All active duty, veteran and retired service members of the Army, Navy, Air Force, Marines, Coast Guard and their eligible dependents are offered a 10 percent discount in Foot Locker stores and online. More information can be found at sheerid.com/shoppers/product/foot-locker-military-deal/.

- Kohls: Service members are eligible for a 15 percent discount every Monday on in-store purchases. More information is available at cs.kohls.com.

- Nike: All active, reservist, veteran and retired U.S. military personnel, as well as their spouses and dependents, are eligible for a 10 percent discount

on in-store and online purchases. More information is available at nike.com/help/a/military-discount.

- Ray-Ban: Ray-Ban offers a 15 percent military discount after online verification. Visit military.com/discounts/ray-ban-military-discount for more information.

- Timberland: Active duty military, retirees, reservists, veterans and spouses/dependents are eligible for a 10 per-

cent discount off select styles. More information is available at timberland.com/military-discount.html.

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Northeast Community College student club collects shoes to send to developing countries

Individuals in developing countries are benefitting from the efforts of students at Northeast Community College. Members of the Early Childhood Education Club conducted a shoe drive to collect donated gently worn, used and new shoes that will be sent to help needy individuals create, maintain and grow small businesses in developing countries where economic opportunity and jobs are limited.

Proceeds from the sales of the shoes collected in the shoe drive will be used to feed, clothe and house their families. One budding entrepreneur in Haiti earned enough to send her son to law school.

"We are excited about our shoe drive," said Lisa Guenther, early childhood education instructor and organizer of the club. "We know that most people have extra shoes in their closets or have children who have outgrown their shoes or boots. By donating these shoes and boots, we have the chance to help families in developing nations who need economic opportunities. It's a win-win for everyone. The shoes are given a second chance and make a difference in peoples' lives around the world."

The Early Childhood Education Club was asked by Sara Markland of the Norfolk Elks Lodge to collect shoes. The Elks organized the effort and will complete distribution of the collected shoes from Northeast and others.

"It's the Northeast Nebraska way to work together to help others," Guenther said.

Early childhood education students were happy to be part of the effort to help others in need.

"It is nice to give away shoes to people from other countries who don't have shoes," said Tina Shank, Norfolk. "It's nice to clean out my closet."

Hannah Taylor, Norfolk, said, "The shoe drive can help those in poverty keep their toes warm in the winter and cool in the summer on the hot concrete."

"The shoe drive helps the children when they are in dire need of some shoes," added Lauren Lueken, Albion.



Some of the members of the Northeast Community College Early Childhood Education Club pose with some of the shoes they collected that will be sent to individuals in developing countries. Pictured (from left) are Alex Guenther, Hannah Taylor, Lindsey Hoehne Melany Mendoza, Tina Shank and Emily Miller. (Northeast Community College)

"They may tell you that they don't want them but they really do and the shoe donation will help them tremendously."

"This shoe drive is so important. It helps out those who are less fortunate and in need," said Emily Miller, Norfolk. "A small donation of a pair of shoes means the world to those who don't have any."

"I gave old shoes away to help others," said Lindsey Hoehne, Stanton.

The Early Education Club has been active in assisting groups in organizations. They have organized a diaper drive to support families who work with the Norfolk Public Schools' Sixpence program.

Another service project of the club has been Prime Time Family Reading Time. The Humanities Nebraska sponsored program invites families to come for a meal, storytelling and book sharing for school aged children. Club members provide childcare for preschool children during the evening. Members also plan and complete book sharing and activities

degree is designed to allow students to seek immediate employment in the early childhood workforce. Most graduates with this degree option work in early childhood facilities or home childcare settings.

The second option, the associate of arts (AA) degree transfers to four-year institutions. Students can pursue an early childhood education inclusive option, which prepares them to teach preschool through third grade. The other option is a degree in early childhood education in the family and consumer science field. Students who choose this option most often work in administration in childcare centers. Additionally, the College offers two certificates are in the program to meet industry needs.

Northeast also partners with the Council for Professional Development to offer coursework that satisfies 120 hours of professional early childhood education required for CDA® - Child Development Associate credentials. The second certificate option is the CDA certificate program. It prepares individuals to gain knowledge in four early childhood education courses. The certificate includes Safe with You training and Pediatric Basic Life Support and First Aid. This is a first step in the early childhood education profession.

Northeast Community College offers two degrees through its early childhood education program to meet industry needs.

An associate of applied science (AAS)

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Kids can set the pace for long-term health

Long-term health is not something that many young people routinely consider. After all, it's easy to feel invincible during one's childhood and adolescence. But the steps that young people take early on can affect their health as they get older.



According to the Centers for Disease Control and Prevention, establishing healthy behaviors during childhood and adolescence is more beneficial to long-term health than trying to change poor behaviors in adulthood. The following are some ways young people can set the course for healthy outcomes throughout life.

Prioritize healthy foods

According to the childhood recreation group Mountain Kids, habits and actions

performed subconsciously are hard to break because repeat habits trigger dopamine in the brain, causing pleasurable feelings that reinforce the behavior. So grabbing a slice of cake after school for a snack becomes rote. Instead, stocking the refrigerator and pantry with sliced fruits

and vegetables, low-fat yogurt, lean protein like hummus and whole wheat dipping crackers can set the course for more responsible eating behaviors.

Eat meals and shop together

Kids can learn what healthy eating and portion control looks like if it is modeled by their parents. Children should be involved with reading nutrition labels and understanding the ingredients that comprise the foods they commonly eat. When dining out, choose restaurants

that utilize menus that indicate the caloric content of meals. Children will learn to recognize and embrace nutritious foods and that can continue into adulthood.

Eating as a family also benefits mental health. Stanford Children's Health says eating together as a family can encourage children's confidence in themselves and improve communication. Children who regularly converse and interact with their parents may be less likely to engage in substance abuse or act out at school.

Increase physical activity

The CDC says 21 percent of adolescents aged 12 to 19 are obese, and two in five students have a chronic health condition. A sedentary lifestyle may be one contributor to these statistics. At home and in school, adults can encourage physical activity as an effective means to prevent obesity. The Department of

Health and Human Service recommends that children and adolescents age six and older get at least one hour a day of moderate or vigorous aerobic activity, such as running or biking. Muscle- and bone-strengthening activities also are recommended. Kids who learn early on to appreciate physical activity reap long-term benefits that extend well into adulthood.

Avoid tobacco

Tobacco and nicotine vaping products can contribute to many negative health conditions. Youngsters who avoid these products throughout their lives may improve longevity and reduce their risk for various illnesses.

Children who learn healthy behaviors at a young age are more likely to continue those good habits into adulthood, which ultimately benefits their long-term health.

Tips for choosing a family pet

There are many reasons to welcome a pet into a household. Companionship, unconditional love and protection are some of the reasons people get pets. Parents also may want children to have pets so they develop a sense of caring and responsibility.

When shopping for a new pet, the right fit can make all the difference. Before bringing any animal into a household, it is important to ask a few pointed questions and conduct an honest assessment of various factors that can affect the animal's well-being.

Assess budget first

Pets require different financial commitments. For example, a beta fish in a small tank will cost considerably less than a pet dog or a horse kept at a stable. Adults must consider what they can afford when it comes to pets, as each animal comes with a separate initial price tag and subsequent food and care costs.

Think about allergies

Dander, hair and feathers can trigger allergic reactions in children and adults,

so certain pets may need to be avoided. Speak with a pediatrician or a veterinarian and ask for suggestions on which pets may work best.

Consider a child's developmental stage

Children younger than age five or six may not be mature enough to view the pet as something other than a toy or plaything. Before committing to a pet, particularly one that will serve as a child's companion, be honest about the child's maturity level. Some pets may have easygoing temperaments, like family-friendly dog breeds, including beagles and retrievers. A parrot with a strong nipping instinct or a skittish cat may not be the best fit until children are older.

Look at family lifestyle

Families that go on frequent vacations or are involved in many after-work or extracurricular school activities may not have enough time to devote to pets that

See Pet, page 5

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When is the right time for kids to start volunteering?

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

It’s well documented that 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 volunteers. 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

Another way to engage kids in volunteer work is to match their interests with the tasks. Many kids can’t 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



may not know when is the right age to do so. Many experts agree that there isn’t 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 doesn’t 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.

a lifetime of giving back that benefits youngsters throughout their lives.



Pet

(continued from page 4)

thrive on interaction. Rather, a pet that is comfortable in a habitat or cage or one that is mostly self-sufficient might be a better fit.

Research, research, research

Before making a commitment, families should conduct significant research on the pets they are considering. This way

there will be fewer surprises. Look at information regarding pet/breed temperament, genetic illness predisposition, exercise requirements, veterinary checkup schedules, and immunizations, among other factors.

These recommendations can help families find pets that will thrive in their homes.



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Strategies to spend less time on your smartphone

Smartphones are a significant part of life in the 21st century. According to the technology, data and analytics experts at Zenith, in 2019 the average American adult spent three hours and 30 minutes using mobile internet every day, with estimates suggesting that number could increase to more than four hours per day by 2021.

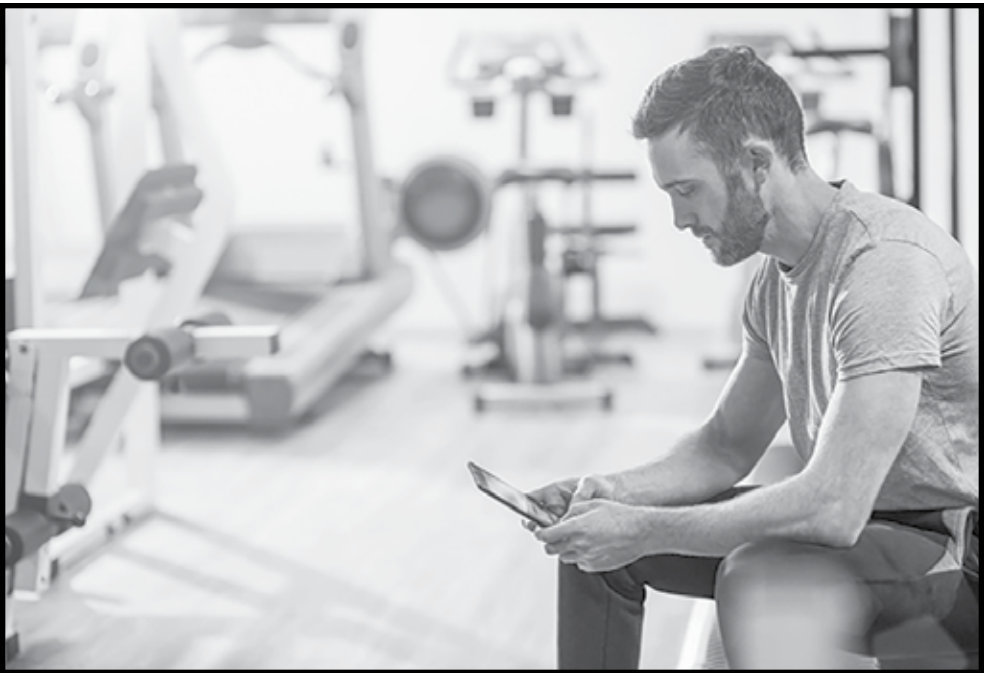
It's no secret that many people struggle when it comes to putting down their smartphones. The secret lies in learning how to unplug from smartphones, especially for the millions of people who are spending untold hours on such devices every day. A strong will to put smartphones down can help people do just that, and some additional strategies might make it easier to unplug as well.

- Keep your phone in another room.



Packing for the holidays

Deb Dickey (left) counts the correct number of bags of peanut butter, jelly and loaves of bread last week. Also volunteering with the project were Bill Dickey, Vern Kamrath and Rita McLean. The packages were distributed to those making use of the Wayne Backpack Program. Funds to purchase the food came from the City's Trust & Agency account, known as M.E. Way funds. In 1962 there was a donation by the Mary Elizabeth Way estate to the City of Wayne. The funds were to be put in an interest bearing security and the income from the investment shall be used each year by the City of Wayne for the use and benefit of undernourished and underprivileged children of the City of Wayne.



Many people are drawn to their smartphones by a seemingly endless stream of notifications. The addictive nature of notifications is debatable, but blaming notifications and merely turning them off may not be as effective a means to reducing smartphone reliance as you think.

A 2020 study by researchers at the London School of Economics and Political Science found that 89 percent of interactions with phones were unprompted. That suggests people are simply picking up their phones even when notifications or incoming calls aren't making them do so. Keeping a phone in another room when dining, reading a book, engaging with family members, or participating in other activities can help people avoid that familiar urge to pick up their phone.

- Utilize apps to curtail your usage. Various apps allow users to block their own access to other apps and websites. These apps, which include Flipd and Freedom, are designed to help smartphone users regain productivity they might have lost due to their smartphone usage.

The apps can be utilized in various ways, and one such way is to restrict

access to games and websites during the workday. They also can be used to restrict access during family time or other hours of the day when people don't want to be distracted by the internet.

- Set up auto reply. Many professionals set up out-of-office messages to notify colleagues and clients when they're on vacation or engaging in projects that will prevent them from answering emails. The same principle can be applied to text messages. According to a 2019 survey from CTIA, which has tracked the evolution of the United States wireless industry since 1985, two trillion text messages were exchanged in 2019. That's a lot of messages, and texting is a significant reason why so many people have problems putting down their phones. An automatic response informing friends, family and colleagues that you're away from your phone can be a great way to spend less time texting.

Smartphone usage is on the rise, even among people who want to put their phones down more often. Such users can try various approaches to spend less time on their phones.

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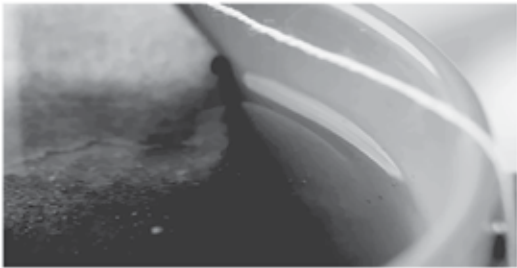
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