

A bi-monthly publication for Family published by The Wayne Herald — May 4, 2023

# Family

## PMC to host Bike Fest 2023

Providence Medical Center will once again be holding a Bike Fest to promote bike safety for all ages.

This year's event will be held Wednesday, May 17 from 4 to 6 p.m. in the Providence Medical Center Parking Lot at 1200 Providence Road.

All ages are welcome.

Activities include bike fitting, hel-

met fitting, bike maintenance checks, information on bike safety and bike licensing and inspection for a \$3 fee.

In addition, those attending will be able to register for a bike to be given away. It is being donated by Elkhorn Valley Bank Wayne.

The event was hosted by Providence Therapy Services.



Molly Redden with Providence Therapy Services registers some of the youth who attended the 2022 Bike Fest at Providence Medical Center. The event is open to bike riders of all ages and offers a variety of activities.

## Nebraska organizations bring awareness to looming childcare crisis

Parents, families and early child care teachers have come together to spread awareness of the child care shortage that has become a statewide problem in Nebraska.

The Nebraska Economic Developers Association, First Five Nebraska and the We Care for Kids organization recently held a digital town hall, held on March 21, 2023, to discuss survey results released by Nebraska Extension at the University of Nebraska-Lincoln on the same day. The town hall featured a group of panelist, including:

- Claire Brown, Child and Family Wellbeing Coordinator at the Wellbeing Partners.
- Dulce Sherman, Chief of Human Resources and Diversity, Equity and Inclusion at the Nebraska Early Childcare Collaborative.
- Luke Virgil, the Executive Director at Wayne Area Economic Development.
- Mike Feeken, the Strategic Partnerships Advisor at First Five Nebraska and moderator of the town hall event.

The town hall panelist were accompanied by roughly 4,000 participants who joined by phone and an additional 350+ participants who engaged with the town hall meeting via a livestream on Facebook and Twitter.

At the start of the town hall, panelist were able to give their reactions to the results of the the survey results and provide answers to questions that audience members had during the town hall event.

Luke Virgil, Wayne Economic Department Chairperson said. "In Wayne, we are fortunate to have Rainbow World and several in-home childcare/preschool providers that cover most of the childcare needs in town." he said, "When Wayne Community Schools added the Early Learning Center a few years ago, it had a positive impact on the school and the students that were able to enroll.

The county of Wayne provides great opportunities in Early Child care education; existing providers have found their abilities limited by their ability to employ qualified employees and state rules regarding how many children they can provide care for and what it takes to start a new facility in the first place.

Kathleen Lodl, Associate Dean and Professor for the Nebraska Extension organization, said "We have a responsibility to our children, our families, and our communities to come together as a state to identify effective solutions to address this crisis."



### *Dreamer's Place*

Laura Nelson "talks" with one of the eight horses at Dreamer's Place, located just north of Wayne. Also pictured is Eeyore, a donkey that was recently rescued. See page 4 for complete story on how the facility came into being.



# Great gifts for moms from all walks of life

Mother's Day is an opportunity to show moms how much they are loved and appreciated. Though many moms may insist they do not want anything beyond spending the day with their children, gifts are a big part of Mother's Day. No two moms are the same, and though standards like flowers and greeting cards will always have a place on



Mother's Day, the following are some gift ideas that can put smiles on the faces of moms from all walks of life.

**Bookworm**

There is no end to the gift options for mothers who love to curl up with a good book. Of course, some new books may delight Mom, but gifts that can improve the reading experience also merit consideration. For example, an ergonomic backrest reading pillow can make bedtime reading sessions more comfortable and ensure Mom's neck and back get ample support as she reads the latest page-turner. A nightstand book holder also can be ideal for moms who cannot seem to keep track of their bookmarks.

**Fitness enthusiast**

Some moms simply love to get in a good workout. Shoppers whose mothers or wives love to break a sweat might want to look into home gym equipment, as many fitness enthusiasts transformed part of their homes into exercise areas during the pandemic.

If that sounds like the mom on your shopping list, then a suspension training system will not take up much room but can provide an intense, full-body workout. A new yoga mat, some wireless Bluetooth headphones or a compression stretching mat are some additional gifts that might make exercise-loving moms smile this Mother's Day.

**Traveler**

Moms whose children still live under

the same roof may not have much opportunity to travel, but empty nesters and grandmothers might.

For such moms, a foldable, hanging travel bag can make it easy and convenient for mom to carry all of her toiletries and access them without taking up what is often minimal hotel room counter space.

For moms who want to document their excursions, a leather travel journal encourages them to note their experiences and gives them something they can revisit for years to come. Of course, some new luggage can make the perfect gift for newly retired moms who can't wait to start visiting places on their travel bucket lists.

**Businesswoman**



## Show me your mad face

Attendees at the Nebraska Public Media KIDS Family event at the Wayne Community Activity Center were encouraged to show their emotions as one of the morning's activities. In addition, the group was able to listen to a story, create an emotion chain and book. Among the highlights was a visit from Daniel Tiger. Nebraska Public Media spent several day in April visiting locations in northeast Nebraska including Wayne, West Point, Columbus and Fremont. Five-year old Mabel (left) and four-year old Ezra were happy to share their feelings with their family members.

## Join us for Kindergarten Exam Days! Wednesday, June 7th

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# Must-have items for summer entertaining in the backyard

Summer entertaining season provides ample opportunities to soak up some sun and have some fun with family and friends. Backyard barbecues and other get-togethers at home are even more fun when hosts ensure they have certain must-have items for summer soirees.



· **Fire features:** The days when summer hosts only needed a few extra lawn chairs and some burgers and hot dogs on the grill for a backyard barbecue are long gone. Though those items still have a place at backyard barbecues, summer parties have taken a step up. Fire features, whether it is a standalone fire pit, one built into a patio or a gas-powered

fire table, are now wildly popular. Fire features provide a welcome place to relax and converse with guests after the sun goes down. And much to kids' delight, a fire feature also paves the way for some post-meal s'mores.

· **Insulated wine cooler:** Coolers are great places to store water, soda, beer, seltzers and other popular beverages. But what about wine? An insulated wine cooler ensures wine stays properly cooled but does not get too cold, which can happen when wine is stored in a more traditional cooler filled with ice. Bottles are simply placed in the insulated cooler (much like canned beverages slide easily into can koozies), and the bottle can be kept on the table much like you would for formal dinners indoors. Hosts can go the extra mile by pairing insulated wine tumblers with their wine cooler.

· **Games:** Summer entertaining season might be all about relaxation, but games can up the fun factor at backyard gatherings. Cornhole is a wildly popular game, and customized cornhole boards can help hosts come across as party professionals. Ladder toss, bocce and wiffle ball are some additional games that can make the festivities more fun. Hosts who do not have a pool also can invest in an inflatable pool big enough to fit all the kids who will be coming to the party.

· **Outdoor storage cabinet:** Hosts can save themselves the stress and effort of walking in and out for dinnerware and other table accessories by investing in a sturdy outdoor storage cabinet. As meal time draws near, hosts will appreciate that all the plates, napkins, utensils and placemats are already outside. The top of the storage cabinet can double as a

small but convenient buffet station for sides that are not being cooked over an open flame.

· **Projector and screen:** A projector and screen can really up the ante on summer entertaining, turning a backyard barbecue into a great place to watch a game or cuddle up after dinner for a movie night under the stars. Projectors and screens will not bust the budget, but those who have more to spend may want to consider an outdoor television. Outdoor televi-

sions are built to handle the glare of the summer sun, but a retractable awning may be a good safety net for hosts who plan to spend many a weekend afternoon outside watching games or movies with family and friends.

These are just a handful of items that can up the ante on traditional backyard barbecues. Homeowners should know that there is no limit to the number of items that can make summer entertaining season more special.

## Winside Public School Important Dates

Seniors last day: May 3, 2023

Preschool last day: May 12, 2023

Kindergarten -11th grade last day: May 19, 2023

Graduation: May 6th, 2023 2pm

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## Wayne Community School District

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Seniors Last Full Day: May 5  
May 10, 17:200 Dismissal  
Last Day of PK3: May 9  
Last Day of PK4: May 10  
Last Day of School:  
May 23 - Noon Dismissal

# Horse therapy program comes to Wayne

**Aubreanna Miller**  
For the Herald

For decades, Laura Nelson has dreamed of helping others, specifically focusing on serving those who have given their lives to serve our country. Now, after moving to a farm north of Wayne with her husband Randy, Nelson's dream has become a reality.

575th Ave. in Wayne, will have its grand opening. Named after Nelson's father-in-law, a serviceman named Dreamer, the ranch offers animal therapy, focusing on horses, to veterans, their families or anyone else who needs a break from the stresses of life.

The grand opening will feature pulled pork sandwiches, family games, tours of the ranch, horse introductions and more information about the services the orga-



Laura Nelson works with Sweetpea, a miniature horse that is now at home at Dreamer's Place. Nelson is planning a grand opening for the animal therapy facility for veterans and those wishing to take a break from stress.

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nization plans to provide.

Nelson and her family fully moved to Wayne in December of 2022 from Bertrand, beginning their new adventure with the start of the new year.

"We have met a lot of great people," Nelson said. "Everybody has been very friendly and more than accommodating. The unconditional welcome we have received sets Wayne apart from anywhere else I have ever been."

Inspired by her mother's love of service, Nelson has always focused on formulating relationships and a welcoming atmosphere for veterans and their families, at-risk youth, women in shelters, those experiencing homelessness and people with mental health disorders.

Society generally turns these groups "out to pasture," Nelson said. She wishes to offer a space for them to find solace in their differences and just breathe outside of the expectations of others.

"These people connect through animals," Nelson said. "Animals just love unconditionally. There are no strings attached. People cannot unlive or unseen what they have been through, but they can start to heal themselves through peace. That is what Dreamer's Place is going to do: bring peace."

Dreamer's Place has eight horses, five big and three mini, a donkey named "Eeyore" and an array of cats and dogs. The Nelsons rescued one of the mini horses, aptly named "Sweetpea," and the donkey around a month ago. Both were terribly malnourished, Nelson said, but now have come a long way to trusting people through consistent love and care.

Though the ranch has a focus on vet-

See Horse Therapy, page 5

**May 5: Seniors last day**

**May 9: Preschool graduation - 6:30pm**

**May 12: 6th Grade graduation - 2:30pm**

**May 13: Graduation - 11am**

**May 15: Last Day of Elementary - dismiss at 1pm**

**May 16: Last Day of High School - dismiss at 12pm**



## Allen Consolidated School

126 East 5th Street - Allen - 402-635-2484 - [www.allenschools.org](http://www.allenschools.org)



# Horse therapy

(continued from page 4)

erans, anyone, from local teachers and first responders to high school and college students, are welcome to find their peace and come back to nature, Nelson explained. Right now, visitors can spend time with the animals, but will not be able to ride them. Nelson hopes to offer this in the future but will need certified instructors to ensure safety.

Along with inviting members of the community to visit the ranch, Dreamer's Place will also bring the horses out to the community.

The mini-horses will travel to local nursing homes, hospitals and wherever else people might need a "pick-me-up." The horses and donkey are currently going through a training that preps them

for interactions with people of all ages and discourages them from using the bathroom inside of establishments.

Dreamer's Place will also host a multitude of community events, including a once-a-week women's group starting on May 1. "Soar into the Week" will take place every Monday from 9 – 10 a.m. and again from 7 – 8 p.m. for those who cannot attend the morning sessions.

This event will provide a space for women to kick off the week with support from others. Kids may come as well and play on the on-site playground.

Other events include "Wine Wednesdays" at 7:30 p.m. and other community events which the ranch will give information for as they approach. To follow ranch happenings, visit the

Facebook page or the website at <http://dreamersplaceequestrianranch.com>.

They also have worked to finalize a few office spaces where physical therapists, psychologists and more can bring their clients to meet outside of their normal office spaces. Businesses will also have the opportunity to rent these areas for meetings or company outings.

Dreamer's Place is currently entirely ran by Nelson and her family. Eventually, generous community members will be able to sponsor a horse, which will cover the cost of boarding fees, nutrition, veterinary bills and trips to local businesses. Since the services for visitors are completely free, these donations would

allow Dreamer's Place to continue its support for those in need, Nelson said.

Dreamer's Place, after the grand opening, will be open from 9 a.m. to 9 p.m. Saturday through Wednesday. To make an appointment, just call or text the Nelsons during those hours of operation.

"We hope to see everyone out to our Grand Opening to show veterans that we support them," Nelson said. "We do not do enough for those who have served and this will be an opportunity to show appreciation without expectations. You could be the only person who has given someone genuine compassion that week and that goes a long way toward helping those who are struggling."

# Summer crafts families can enjoy together

Things seem to slow down in summer. Come summer, the hurried pace that dominates much of the year takes a backseat to vacations, lounging around the pool, diving through ocean waves, and setting up tents at campsites near or far.

When the weather is accommodating, there is a seemingly endless list of ways to enjoy time spent outdoors.

But as everyone knows, Mother Nature tends to be a bit unpredictable during the hazy days of summer. Thunderstorms can roll in quite suddenly, or rain may persist for a few days as the atmosphere attempts to right itself after an abundance of steamy days. Keep a list of craft ideas at the ready to make the most of time spent inside or out. The following are a few ideas.

· Friendship bracelets: There have been different iterations of friendship bracelets for every generation. With some general craft supplies, such as embroidery thread, beads, plastic lanyards or other jewelry-making materials, kids can make and share a variety of friendship bracelets.

· Seashell creatures: At the next beach excursion, pick up differently shaped shells. They can be painted and glued together to resemble different animals or whatever designs one can imagine.

· Dreamcatchers: With some twigs, yarn and feathers, crafters can make dreamcatchers to hang bedside.

· Sunprints: Check out the craft store for a special light-sensitive solution that can be painted onto thick craft paper. Set various natural items on top (such as fern boughs, shells, feathers and more) and let the sun do its work. You'll ultimately be left with some beautiful silhouettes.

· Leather sewing kits: Evoke the feelings of summer camp right at home with leather sewing kits that enable everyone to make handcrafted leather wallets or small purses.

· Painted stones: Kids can have fun gathering smooth pebbles from trails or at the shores of lakes. They can be painted with various designs or sweet sentiments, only to be left around the neighborhood for others to discover.

· Sea glass jewelry: An adult can use a very thin drill bit to make holes in sea glass remnants that washed up on beaches. Feed through earring hooks or chains to create one-of-a-kind jewelry.

· Dyed shoes or accessories: Use commercially produced or homemade dyes made from teabags, berry juice, turmeric powder or more to color certain items. Dress up canvas sneakers with summertime hues, or make colorful bandanas to help keep you cool.

Summer craft ideas abound to keep everyone entertained all season long.

May 5 — Senior Release

May 6 — Prom at Hubbard Community Center

May 9 — MS/HS Music Concert

May 11 — Elementary Music Concert, High School Gym

May 13 — Graduation

May 15-16 — HS Semester Tests - Early Dismissal 1 p.m.

May 16 — Last Day of School for Elementary

May 16 — End of Second Semester

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# Focusing on men's mental health is vital

Awareness of the importance of recognizing mental health issues has grown considerably in recent years. Prominent individuals from various industries have come forward to speak about their struggles, and that has done much to remove the stigma long associated with mental health.

Though recognition of the importance of addressing mental health issues has increased in recent years, there is still much to be done, particularly regarding

men and mental health.

A 2019 study published in the American Journal of Men's Health noted that men have historically been more hesitant than women to seek help for mental health difficulties.

That hesitancy can have grave consequences, as the Centers for Disease Control and Prevention notes that men are more likely to die by suicide than women.

Recognition of the symptoms sug-



gesting someone is experiencing mental health troubles could compel men to seek treatment or lead to their family members encouraging them to get help.

The NIMH notes men and women can experience the same mental health conditions, such as depression and anxiety.

However, that does not mean their experiences will be the same. In fact, experiences can differ widely among men as well. A 2017 study published in the Journal of Counseling Psychology found that men who exhibit stereotypically masculine personality traits often have worse mental health outcomes than men who do not exhibit such traits.

Despite the differences in responses to mental health issues, it is still important for individuals to learn the symptoms of mental health issues.

Such recognition may compel individuals to seek help for their own issues or serve as warning signs to concerned friends and family members, potentially prompting them to initiate discussions that can save a loved one's life.

According to the NIMH, the following are some symptoms of mental health problems.

- Anger, irritability, or aggressiveness.
  - Noticeable changes in mood, energy level or appetite.
  - Difficulty sleeping or sleeping too much.
  - Difficulty concentrating, feeling restless or on edge.
  - Increased worry or feeling stressed.
  - Misuse of alcohol and/or drugs.
  - Sadness or hopelessness.
  - Suicidal thoughts.
  - Feeling flat or having trouble feeling positive emotions.
  - Engaging in high-risk activities.
  - Aches, headaches and/or digestive problems without a clear cause
  - Obsessive thinking or compulsive behavior.
  - Thoughts or behaviors that interfere with work, family or social life.
  - Unusual thinking or behaviors that concern other people.
- The NIMH urges individuals in crisis or people who suspect someone is in crisis to call 911 or to call or text the 988 Suicide & Crisis Lifeline at 988. More information about mental health can be found at nimh.nih.gov.

Summer Dance "Summer Sampler" Mondays June 12, 19, 26, July 10, 17, 24 • \$60/Dancer Ages 3-4 • Ages 5-6	Summer Dance (Leaps, Turns, Technique) • \$60/Dancer Tuesday, June 13, 20, 27, July 11, 18, 25 Ages 7-9 • Ages 10+
Summer Tumbling • \$60/Dancer Tuesdays June 13, 20, 27 & July 11, 18, 25 Level 1: Ages 4-6 • Level 2: Ages 7-9	Little Mermaid Dance Camp Tuesday, Aug. 1 • 1-4 PM Ages 5-8 • \$50/Dancer (Includes crafts & snacks)

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## Shredding event

Employees at F&M Bank in Wayne assist those taking part in a free community shredding event recently. A large quantity of materials was shredded on-site by Security Shredding of Laurel during the annual event.



# Eight tips to make for a fun day at the water park

When summertime temperatures are hot and climbing, people look for ways to cool off. Trips to the beach or a pool often top the list of ideas, but water parks also make for great places to spend a hot summer day.

Water parks may be stand-alone facilities in town or components of larger amusement parks. They often feature a combination of wading pools, slides,



lazy rivers and splash zones to cater to visitors of all ages. Water parks can be great family fun for those who do their homework and prepare for visits accordingly. Certain tips can make the experience that much more enjoyable.

1. Pack light. Belongings can be tricky when it comes to water parks because most items cannot get wet. Leaving them beside rides also leaves you vulnerable to theft. Bring only the essentials and plan to stash car keys, mobile phones and minimal cash in lockers. Lockers in many modern facilities are paid for with your credit card and work by entering a self-generated code. This way there are no keys or locks to worry about.

2. Bring three bags. Bring a backpack or a tote bag filled with a change of clothes. Unless you dry off for the last hour by walking around the park, you likely will not want to get in your vehicle in your swimsuit. Leave the clothes in the aforementioned locker. Stash a plastic shopping bag or garbage bag inside the backpack, as it can hold wet swimsuits and other damp items after you've changed.

Bring a mesh or breathable shoulder bag that can hold a few essentials, like towels and water bottles. The mesh will enable air flow so that you do not end up with a sopping, mildew-riddled towel by the end of the day.

3. Wear comfortable swim gear. It is hard to get out of the sun at a water park, so covering up is key. A rash guard or swim shirt can be paired with swim trunks or one- or two-piece swimsuits. Avoid any swimsuits that have flimsy straps, as they are more likely to come undone while crashing through waves or during high speed water slide excursions.

4. Plan locker trips strategically. Aim to visit your locker at least two or three times if you are spending a full day at the water park. This gives you chances to reapply sunscreen (which you should always wear at the park) and grab a few dollars for snacks and beverages. Remember to stay hydrated while out in the sun, even if you are in the water most of the time.

5. Utilize water shoes. Water park pavement can get hot and slippery. Water shoes are ideal so that you do not injure your feet. Many rides prohibit flip flops, but secured water shoes are allowed.

6. Arrive early. Try to get to the water park shortly after it opens. Crowds will be sizable on hot days. You do not want to waste all of your time waiting in line for rides. Plus, the earlier in the day you arrive, the less steamy and the greater chance you will find parking near the entrance.

7. If budget allows, rent a cabana. Some parks rent cabanas. A cabana can be a family's home base and a place to cool off and relax. For an extra cost, some cabanas come with food service.

8. Have extra adults on hand. When the kids outnumber the adults, it can be tricky keeping eyes on everyone, especially in larger attractions like wave pools. Plus, there is bound to be some kids who are more adventurous than others. An extra adult or two can wait with children who do not want to go on

particular slides or other rides.

Water parks are entertaining ways to

cool off on hot days. Following certain tips can make visits even more fun.



## Project Adam presentation

Wayne Community Schools' staff took part in a drill recently. Representatives from Children's Hospital were at the school to share advice on how to use an Automated Defibrillators (AED). The drill simulated a person going into cardiac arrest and the steps needed to insure the best outcome for a patient. The program began after the death of Adam Lemel, who was 17 years old when he suffered a sudden cardiac arrest and died.

# SUMMER AT THE Y

## GYMNASICS

Session 1: May 8 – June 23  
Registration opens: May 1  
Session 2: July 3 – August 18  
Registration opens: June 26

## SWIM LESSONS

Session 1: June 6–15  
Session 2: June 20–29  
Session 3: July 11–20  
Lessons will be held Tuesday, Wednesday, & Thursday evenings. Go to our website for registration dates.

## SUMMER SPORTS CAMPS

<b>INTERNATIONAL SOCCER CAMP</b>  June 5–9 Times on website Girls & Boys Ages: 3–14	<b>VOLLEYBALL CAMP</b>  June 12–14 9:00am–12:00pm Girls & Boys Grades 3–8	<b>MIKE TRADER'S BASKETBALL CAMP</b>  June 19–22 Times on website Boys & Girls Ages: 7–18	<b>FOOTBALL CAMP</b>  June 26–28 9:00am–12:00pm Boys & Girls Grades 1–8
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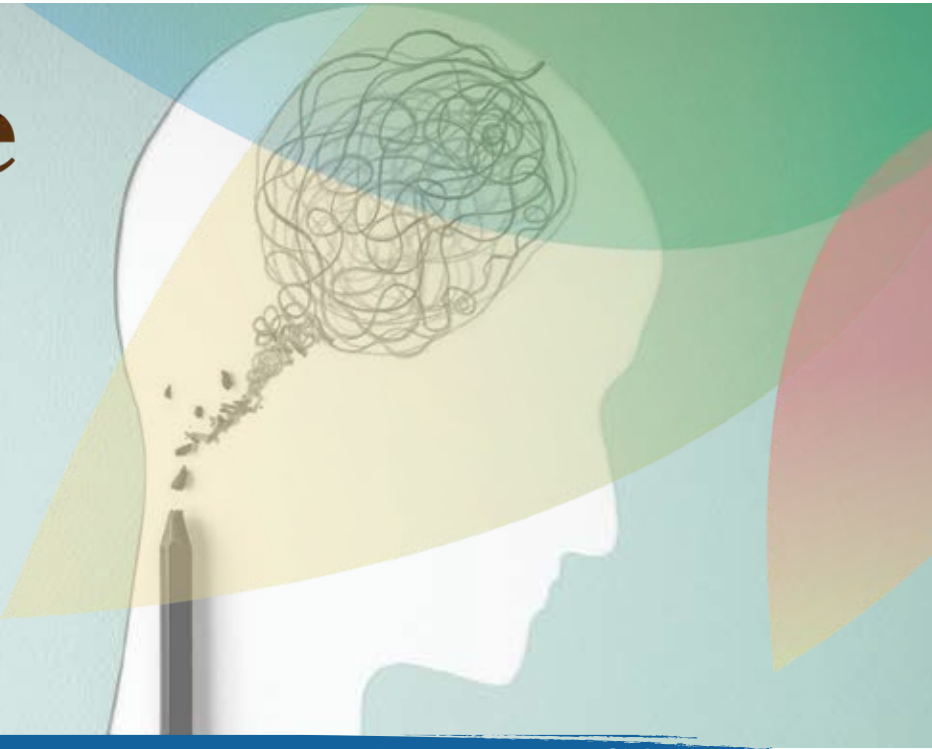
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