

A bi-monthly publication for Family published by The Wayne Herald — July 13, 2023

Family

Strategies to encourage kids to read more

Many adults feel there is no better way to relax than curling up with a good book. Though a relaxing afternoon of reading may appeal to adults, kids could prove a little more reluctant to crack a book.

Children have much to gain from reading and being read to. According to the Children's Bureau of Southern California, a nonprofit organization devoted to strengthening vulnerable children, their families and the communities where they live, reading aloud to children supports their cognitive development; improves their language skills; prepares them for academic success; increases their discipline and ability to concentrate and improves their imagination and creativity.

Many of those same benefits apply to kids who read on their own, which may be more appealing as kids advance through elementary school and aspire to become more independent.

Since children have so much to gain from cuddling up with a good book, parents can try these strategies to encourage kids to read more.

- Allow kids to read the same book. Parents of young readers or children learning to read undoubtedly know how much children like to read the same book

over and over again. Though that might not engage moms and dads, experts note that allowing kids to read the same books again and again is an effective way to foster a love of reading in children. Researchers have linked reading the same books again and again to greater vocabulary acquisition and improved reading comprehension, among other benefits. Kids are more likely to enjoy reading if they recognize more words and can better understand the stories, so parents can encourage kids to read the same books again and again.

- Take a book along when running errands or traveling. The Children's Book Review notes that books can be just as handy in cars as tablets and other devices kids use to watch movies while on the go. Though some children may get car sick when reading while a car is in motion, those who do not have plenty of time to read while in the backseat. On long road trips, promise a movie after kids have read for an hour. When running errands with the kids in tow, encourage them to read by keeping a couple of books or magazines in the backseat at all times.

- Practice positive reinforcement with emerging readers.

See STRATEGIES, page 3



End of the season party

Wayne Public Library hosted a Superhero Party to mark the end of this year's Summer Reading Program. A variety of activities, hosted by local superheroes, were available to those in attendance. (Above) Lulea and Piper try their luck at identifying the items in a box while Sandy Brown gives them directions. (Bottom right) Three-year old Ryan was very persistent in trying to knock down the bowling balls. (Bottom left) Wyatt, with assistance from Jason Barelman, sprays the backdrop with silly string.



How to choose pets based on your lifestyle

Getting a pet can seem like a fabulous idea in the heat of the moment when puppy dog eyes are blinking back from behind the bars of a cage or when a cuddly hamster peeks out from his hiding spot and makes kids swoon.

Even though pets can make wonderful companions, approximately 6.3 million pets enter United States shelters nationwide every year, according to the ASPCA.

In addition, around 80,000 cats and dogs entered shelters in Canada in 2021, according to Humane Canada. Such figures suggest companion animals are not suitable to every animal lover's lifestyle.

Though many shelter pets find new homes, one of the ways to reduce the number of surrendered pets is to avoid impulse decisions. A careful consideration of lifestyle can ensure potential

pet owners find an animal they are fully capable of caring for.

- Consider time constraints. People can be honest about their schedules and how pets can fit in. A busy executive who works 12-hour days and travels often may not be able to have a high-maintenance pet. Animals that do not require much interaction, such as aquarium fish or reptiles, may be better fits.

- Consider your interests. It can be beneficial to find a pet who aligns with one's interests and hobbies, as this can make the connection even stronger. A person who likes to hike may benefit from a pet that can handle long periods traversing the great outdoors.

- Factor in budget. Pets can be expensive. The American Kennel Club says the lifetime costs of dog ownership can range from \$14,480 to \$15,051 depending on the size of the dog (which relates to life expectancy). Exotic pets, such as macaws, may have large expenses for specialty vet care and cages. If money is tight, a pet that has minimal expenses might be a smarter move.

- Assess your personal health. Someone with allergies may have to avoid furry pets because dander



and fur may trigger allergic reactions. Mobility issues can make it challenging for someone to walk a dog every day, making a cat who is relatively independent a more practical choice.

Lifestyle should be a major consideration when deciding if the time is right to introduce a pet into a home. A pet who aligns with the household dynamic can increase the likelihood of a successful pet-owner relationship.



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YOUTH SPORTS

KICKSTARTER SOCCER CLINIC
July 24-26
Boys & Girls, Grades Pre-K - 4
Pre-K & K, 9-9:45am or 1-1:45pm
Grades 1-4, 10-11am or 2-3pm

JUMPSTARTER BASKETBALL CLINIC
July 31 - August 2
Boys & Girls, Grades Pre-K - 4
Pre-K & K, 9-9:45am or 1-1:45pm
Grades 1-4, 10-11am or 2-3pm

UPCOMING FALL SPORTS

3-ON-3 SOCCER Aug. 8 - Sept. 21 Tuesdays & Thursdays Girls & Boys Grades: Pre-K - 6	FLAG FOOTBALL Aug. 29 - Oct. 15 Practice: Tues. or Thurs. Games: Sundays Boys & Girls Grades: 1-6	VOLLEYBALL LEAGUE Oct. 3 - Nov. 16 Practices: Tuesdays Games: Thursdays Boys & Girls Grades: 3-6	TAE KWON DO Aug. 15 - Oct. 5 Tuesdays & Thursdays Boys & Girls Ages 5+
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NORFOLK FAMILY YMCA

Check out our website for more information - www.norfolkyymca.org
402-371-9770

Plan your next trip to a family friendly lake

Family-friendly lakes are safe, comfortable and have great fish-catching potential. These locations have a combination of barrier-free fishing access, fishing piers, fishing trails, groomed park areas, concessions, playgrounds, picnic shelters and highly maintained fish populations.

If you are planning a family fishing adventure, use the interactive map below to locate family-friendly lakes by using the filter system in the top right.

Plan your next trip!

Here are nine family-friendly fishing lakes to add to your list of top places to go with the little ones.

Bessey Fish Pond, Halsey

This small sandpit lake is located on the Nebraska National Forest at Halsey, making for some beautiful scenery. Anglers can catch bass, bluegill, some large channel catfish and trout in fall and winter. The area features a nice fishing deck with a concrete path leading to it, as well as campgrounds, a playground across the river by the visitor's center, and restrooms. Take the weekend and camp in the forest!

Fort Robinson State Park, Crawford

Several fishing lakes can be found near Fort Robinson State Park and all have great angler access, thanks to a major renovation project. Expect to catch primarily bass, bluegill and trout and to enjoy the scenery – it is some of the best in the state. Make sure to take advantage of everything else Fort Robinson has to offer, including camping, historic lodging, swimming, hiking, equestrian trails and more.

Hershey Wildlife Management Area, Hershey

If you are headed across the state on I-80, stop to wet a line; there are dozens of lakes within casting distance. One of them is the 53-acre lake at Hershey Wildlife Management Area, which in recent years produced the most trophy-

size fish of all the I-80 lakes in western Nebraska. Here, you can catch bass, bluegill, channel catfish and perhaps rock bass, crappie, walleye and pike. The lake boasts several angler access improvements, including an improved boat ramp.

Holmes Lake, Lincoln

Located in one of the state's biggest population centers, Holmes Lake sees a lot of use but is still a great place to fish. Take the kids and go catch bluegills, or cast for crappies, largemouth bass, channel catfish, walleye and trout, which are stocked in fall, winter and spring. Holmes Lake also features two concrete boat ramps and an accessible dock, and has plenty of other attractions to keep the family busy, including walking trails, playgrounds and volleyball courts.

Lake Halleck, Papillion

Lake Halleck, located in Papillion is a good little city lake. It's part of Halleck Park, which offers 70 acres of parkland as well as playgrounds, restrooms, hiking paths and a ball diamond. Take a break from fishing to enjoy some pickleball, horseshoes or sand volleyball. Anglers can expect to catch bass, bluegill and channel catfish, and rainbow trout are stocked seasonally.

Lakes Ogallala and McConaughy, Keith County

These two state recreation areas offer opportunity for a day-trip or weekend getaway that includes fishing. Trout can be caught from the shorelines or fishing docks of Lake Ogallala, or spend time on Lake McConaughy's sandy shores and fish for just about anything. Bring your sand toys and build a castle while you wait for a bite.

Optimist Lake, Auburn

Optimist Lake has a walking trail around the lake and a nearby playground, campground and ballpark. Trout are stocked in October and March.

Fall City, Nebraska City and Humboldt are other area towns with similar ponds.

Ponca State Park, Ponca

Ponca State Park has a one-acre pond with a boardwalk to fish from and mowed grass shorelines. Fishing rods and reels can be checked out at the visitor center to catch trout and panfish. Consider spending a weekend in the cabins or campgrounds and visiting the Lewis and Clark Museum displays while you are there.

Skyview Lake, Norfolk

Located in Norfolk, Skyview Lake is one of the state's urban waters, located in a major city. Much like Holmes Lake, it has a lot to recommend it to families planning a day of fishing: picnic shelters, a playground area, hike-bike trail and restrooms. Within Skyview's 50 acres, you can catch bass, bluegill, crappies and channel catfish, and an accessible deck is available, too.

Strategies

(continued from page 1)

Another way to encourage young readers to pick up a book more often is to praise their efforts even if they struggle with words. Patience can go a long way toward instilling a love of reading in children. If kids are struggling with a word or words, read the sentence aloud with them. Reading also has a tendency to pique readers' curiosity, so parents can encourage kids to ask questions about the books they read and help them find answers to those questions if necessary.

Enroll kids in library reading programs. Summer reading programs sponsored by local libraries have been found to be conducive to promoting reading in young children. In its report

titled "The Role of Public Libraries in Children's Literacy Development," the Pennsylvania Library Association indicated preschool and summer reading programs encourage children to spend significant amounts of time with books and also encourage parents to play a greater role in their children's literacy development. Participation in such programs is typically free of charge, so there's no reason why families cannot take advantage of these highly effective programs.

Reading benefits children in myriad ways. Parents can look to various strategies to foster a love of reading in their children.

Upcoming Events:

- School-Community Back-to-School BBQ ... August 10th • 5:30-7:00 pm
- K-12 First Day of School ... August 11th • 2:00 p.m. Dismissal
- Early Dismissal 2:00 p.m. • August 18th and August 25th

To Do's:

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



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Start preparing for school now

After a summer of relaxation, the start of a new school year generates mixed emotions among students. Many children look forward to being back on campus with their friends but may not revel in the idea of waking up early or doing homework each night.

While summer break is a much needed-respite from the rigors of school, it does not mean school should be forgotten entirely. In fact, doing some preparatory steps before a new school year begins can make the year go much more smoothly. Here is how students and parents can direct their focus during the final countdown.

Keep reading

According to Scholastic, summer slide is a concept that was first acknowledged by researchers in 1996. Many comprehensive studies have come out since then and indicated kids lose significant knowledge in reading and math over summer break, which can have a cumulative effect and lead to skill loss each year. Some research says up to 20 percent of school year gains in reading and 27 percent in math are lost during summer break.

Children should be encouraged to read as much as possible during summer break, particularly since many schools require summer reading and subsequent essays or book reports upon returning to the classroom. Let kids read what they want, whether it's comics, magazines, the newspaper or even books they have read before.

Accumulate supplies

School may not be on the radar early in summer, but it is wise to purchase supplies early. Right before school starts there is a mad dash to grab notebooks, pens, clothing and more, which can make for a stressful shopping experience for all involved. Shopping early helps families avoid that outcome.

Brush up on math skills

It cannot hurt for students to do a few math problems over the summer. Practice keeps skills fresh and any mathematical

formulas prominent in their minds. All it takes is one or two problems per day to stay on top of math skills.

Visit educational attractions

Families can include museums, art exhibits, animal sanctuaries, libraries, science centers and similar attractions in the list of places they visit over the summer. This way students can learn and be entertained simultaneously.

Start enforcing bedtimes

School-aged children (six to 13 years) need nine to 12 hours of sleep every night, according to KidsHealth.org. During the summer, late nights can easily be rectified by sleeping in the next day. But when school resumes, the alarm clock will be ringing earlier than expected. Parents can gradually implement earlier bedtimes as summer winds down so kids are getting the rest they will need.

Get in the know

Parents can begin to pay closer attention to emails and social media posts from schools as they will likely contain information about upcoming school calendars, bus routes (or transportation registration), changes in personnel or any additional updates. This will help alleviate any surprises on the first day of school.

Families can take several steps to get ready for school as the first day draws near.

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2023 Dakota-Thurston County Fair

August 2 - 5

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Dakota/Thurston County Fair for updates & complete schedule

- **Wednesday - August 2nd** - Little Prince and Princess Contest
- **Thursday - August 3rd** - Parade, Tractor Pull,
- **Friday - August 4th** - Outdoor Concert - Canaan Smith
Opening act is Brad Morgan
- **Saturday - August 5th** - Extreme Bull Riding
Free Movie Night • Free Video Gaming Truck
Cornhole Tournament • Petting Zoo & Pony Rides
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How to make homes safer from fires

Over a five-year period beginning in 2015 and 2019, fire departments across the United States responded to roughly 347,000 home structure fires per year. That data, courtesy of the National Fire Protection Association, underscores the significance of home fire protection measures.

Smoke detectors are a key component of fire protection, but there is much more homeowners can do to protect themselves, their families, their belongings and their homes from structure fires.

- Routinely inspect smoke detectors. Smoke detectors can only alert residents to a fire if they are working properly. Battery-powered smoke detectors will not work if the batteries die. Routine smoke detector check-ups can ensure the batteries still have juice and that the devices themselves are still functioning properly. Test alarms to make sure the devices are functioning and audible in nearby rooms. Install additional detectors as necessary so alarms and warnings can be heard in every room of the house.

- Hire an electrician to audit your home. Electricians can inspect a home and identify any issues that could make the home more vulnerable to fires. Ask

electricians to look over every part of the house, including attics and crawl spaces. Oft-overlooked areas like attics and crawl spaces pose a potentially significant fire safety threat, as data from the Federal Emergency Management Association (FEMA) indicates 13 percent of electrical fires begin in such spaces.

- Audit the laundry room. The laundry room is another potential source of home structure fires. NFPA data indicates around three percent of home structure fires begin in laundry rooms each year. Strategies to reduce the risk of laundry room fires include leaving room for laundry to tumble in washers and dryers; routinely cleaning lint screens to avoid the buildup of dust, fiber and lint, which the NFPA notes are often the first items to ignite in fires linked to dryers; and ensuring the outlets washing machines and dryers are plugged into can handle the voltage such appliances require. It is also a good idea to clean dryer exhaust vents and ducts every year.

- Look outward as well. Though the majority of home fires begin inside, the NFPA reports that four percent of such fires begin outside the home. Homeowners can reduce the risk of such

fires by ensuring all items that utilize fire, including grills and firepits, are always used at least 10 feet away from the home. Never operate a grill beneath eaves, and do not use grills on decks. Never leave children unattended around firepits, as all it takes is a single mistake and a moment for a fire to become unwieldy.

- Sweat the small stuff. Hair dryers, hair straighteners, scented candles, clothes irons and holiday decorations

are some additional home fire safety hazards. Never leave candles burning in empty rooms and make sure beauty and grooming items like dryers, straighteners and irons are unplugged and placed in a safe place to cool down when not in use.

Fire departments respond to hundreds of thousands of home fires each year. Some simple strategies and preventive measures can greatly reduce the risk that a fire will overtake your home.

Scooter's Coffee reveals new kid-friendly menu

As summer is in full force, Scooter's Coffee has unveiled its first-ever kid-friendly menu. Three new 10-ounce drink delights quench kids' thirst as they embark on their next summer adventure.

Cotton Candy Lil' Smiley Smoothie: This meld of blue raspberry is blended with Scooter's Coffee's ice cream base to create a sweet, berry, cotton-candy flavor. Blended and topped with whipped cream, this instant fave will bring the smiles every time.

Strawberry Lil' Smiley Smoothie: Get ready for smiles with this strawberry fruit-and-cream smoothie. Sweet and refreshing, real fruit puree blends beautifully with an ice cream base before being topped with classic whipped cream for a dream of a drink.

Berry Silly Slush: For a dairy-free delight, a blend of blackberries, blueberries, strawberries, raspberries and acai berries are churned together with ice and lemonade to create a sweet and slightly tart drink.

Mini Sugar Cookies: Deliciously made-from-scratch vanilla Mini Sugar Cookies are complete with rainbow sprinkles.

Kid's Snack Combo: A perfect snack for summer outings and activities, this value combo features any kid's drink, two Mini Sugar Cookies, plus a secret fun surprise.

"We are excited to offer kids drinks and treats to our new and loyal customers who want to fuel their family

with fun, kid-friendly flavors and sizes," Scooter's Coffee Chief Marketing Officer Malorie Maddox said. "Scooter's Coffee takes pride in being a fast, fresh and family-friendly drive-thru destination every morning, afternoon and evening. Now kids can enjoy our special treats designed just for them."



2023 Wayne County Fair

July 27-30, 2023



Wednesday, July 26, 2023
 Free Day at the Fair
 Check-in of 4-H/FFA entries and animals and Open Class entries

Thursday, July 27, 2023
 4-H/FFA Livestock shows throughout the day
 7:30 PM — Ultimate Bull Riding
 9:00 PM — Tegan Nissen in the Beer Garden

Friday, July 28, 2023
 4-H/FFA Livestock shows throughout the day
 6:00 - 7:30 PM — 59th Annual Barbeque
 6:00 PM — Pioneer Award & Oldest Farmer (Farm Bureau)
 6:30 PM — The Outlaws Truck & Tractor Pull, Grandstand
 9:00 PM — Jetley Park in the Beer Garden

Saturday, July 29, 2023
 5:00 PM — 4-H Style Show/Awards Presentation — Grandstand
 8:00 PM — Elvie Shane
 9:00 PM — Sawyer Brown
 10:30 PM — Mason Michaels in the Beer Garden

Sunday, July 30, 2023
 10:00 AM — Worship Service, Grandstand
 1:00 PM — Sweet Tooth Contest, The Wayne Co. Expo Center
 2:00 PM — Barnyard Pedal Pull (1:00 PM registration)
 4:30 PM — Auction of Wood Carvings, Grandstand
 6:00 PM — Demo Derby, Grandstand
 7:00 PM — Dave Merkel in the Beer Garden



Elvie Shane



Sawyer Brown





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How to establish fitness goals for kids

Physical activity benefits people of all ages, including kids. Despite widespread recognition of the positive impact physical activity has on children, many kids are not getting enough exercise.

In an analysis of data collected as part of the 2019 Youth Risk Behavior Survey, the Centers for Disease Control and Prevention found less than one in four children between the ages of six and 17 participates in 60 minutes of physical activity per day.

When established in childhood and adolescence, good habits like exercising regularly can set young people up for a long, healthy life.

Perhaps in recognition of that, parents often look for ways to promote physical activity to their youngsters.

Setting fitness goals is one way to help young people exercise more, and the following are a handful of strategies parents can try as they seek to promote a love of physical activity in their children.

- Include fun activities in a fitness plan. Adults recognize the importance of planning when aspiring to achieve certain goals, and a plan can be just as integral to getting kids to be more physically active. When devising a fitness plan, parents should be sure to include activities kids find fun. Just because Dad liked playing baseball does not mean his children will. Identify activities that kids enjoy, whether it is hiking or cycling or playing an organized sport, and include that in the fitness plan.

- Involve kids' friends. Parents often make exercising a family affair, but a 2015 study found that children who exercised with friends were far less likely to cite barriers such as lack of enjoyment or lack of energy as reasons for not exercising.

In essence, kids are more inspired to exercise with friends than they are with family members. When establishing fitness goals for kids, parents can work with other parents so kids can pursue those goals together, increasing the chances those pursuits will be successful.

- Set aside time to exercise each day. Physical activity should be part of everyone's daily routine, and kids are no exception. Such activity does not need to be a grueling workout, and indeed children's bodies will need time

to recover after especially strenuous exercise. But setting aside time each day to be physically active is a good way to ensure kids' lifestyles are not predominantly sedentary.

- Make the goals attainable. Parents may know before kids begin exercising or notice shortly after they start being more physically active how much kids can reasonably handle. A child's pediatrician can advise on how much exercise youngsters should get each day, and parents can help kids gradually reach that point by setting challenging but attainable goals.

Regular physical activity can benefit kids for the rest of their lives. Parents can pitch in by embracing various strategies to help kids establish attainable goals that make fitness fun.



Have we met before?

Eighteen month old Frankie and 14-month old Lorraine appear to be having a conversation while enjoying hula hoops during this year's Juneteenth celebration at Bressler Park. The family-friendly event included games, food and information. It was sponsored by the It Ain't Right group.

WEDNESDAY, AUGUST 9
Elementary Open House 5:30-6:30 p.m.
6th Grade Orientation at MS/HS 6:00 p.m.

THURSDAY, AUGUST 10
First day of School (all students PreK-12)
1:30 p.m. Early Dismissal

THURSDAY, AUGUST 17
School Pictures

Emerson-Hubbard Community Schools

<https://www.emersonhubbardschools.org/>

Fall Rec Sign-Up 2023

In person sign up dates:

Online Registration
opens
July 1st.

Registration
Deadline is August
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July 31: 4 PM- 6PM
August 1: 4 PM- 6PM
August 2: 4 PM- 6PM

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How finances change when starting a family

Financial changes are a fact of life. Changes occur at every turn, including when students leave home for the first time, people get married and when families purchase their first home. One of the biggest financial changes occurs when starting a family.

Starting a family can come with a measure of sticker shock, particularly for young couples without much financial history.

Since the 1960s, the costs associated with raising a family have risen exponentially, says the financial resource MarketWatch. Between 2000 and 2010, costs rose by 40 percent. Data from Money.com indicates, as of 2015, American parents spent, on average, more than \$230,000 on child costs from birth until the age of 17.

The U.S. Department of Agriculture says that today that number is closer to \$245,000 per child, which does not include the cost of college. BabyCenter.com offers a cost comparison tool to help prospective parents get started on creating family budgets.

When mulling the cost of starting a family, prospective parents can ask themselves the following questions to get a handle on their finances.

- Can I afford big-ticket baby items

related to safety and comfort? Items may include a new vehicle with high crash-test ratings, or renovations to a home to provide a safe nursery. If renovations are unlikely, then would-be parents may need to consider the costs of moving.

- Have I considered daily child expenses? Diapers, formula, laundry detergent, clothing for each stage of growth and various other items are necessary when raising a child. Make a list of such items and their potential costs.

- Do I have adequate health insurance? Pew Research states expenses for a delivery can range from \$3,000 to upward of \$37,000 per child for a normal vaginal delivery, and from \$8,000 to \$70,000 if a C-section or special care is needed. Consider how much your health insurance will cover and how much adding a child to a policy will increase your rates.

- Will I need daycare? In order to afford added expenses, both parents may have to work. BabyCenter.com states that a family's average childcare costs are roughly \$755 per month.

- Can I afford life insurance? Once you begin a family it is important for both parents to have a life insurance policy in place to provide for surviving family members in the event of an untimely death.

Couples who want to start a family can make the transition go smoothly by figuring out their finances before welcoming a baby into the family.

Wayne Community School District

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

Monday, Aug. 14: K-12 Open House 5:00-7:00 p.m.

Wednesday, Aug. 16: First Day of School - Noon

Dismissal: NO LUNCH SERVED

Monday, Aug. 21: First PK4 Day of School

Tuesday, Aug. 22: First PK3 Day of School

Monday, Sept. 4: NO SCHOOL - Labor Day

Wednesday, Sept. 6: Jr/Sr High School Pictures

Thursday, Sept. 7: K-2 School Pictures

Friday, Sept. 8: 3-6 School Pictures

Wednesday, Sept. 13: ELC PK4 School Pictures

Thursday, Sept. 14: ELC PK3 School Pictures



— Tuesday, Aug. 8th —

5:30 pm - Community Club picnic
in commons area at school

6:00-7:00 pm Back-to School night for PK - Gr. 6

6:30 pm - 7th Grade Orientation

— Thursday, Aug. 10th —

School Starts Gr. K -12 with Early Out at 1:30pm

— Monday, Aug. 14th —

School Starts for Preschool



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