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



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.





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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 Such figures suggest companion aniwhen a cuddly hamster peeks out from mals are not suitable to every animal his hiding spot and makes kids swoon. lover's lifestyle.

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

dogs entered shelters in Canada in fully capable of caring for. 2021, according to Humane Canada.

homes, one of the ways to reduce the a high-maintenance pet. Animals that impulse decisions. A careful consideration of lifestyle can ensure potential



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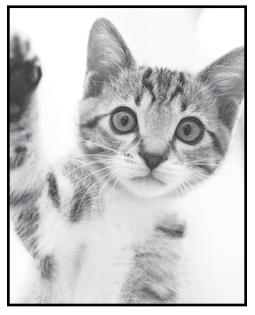
In addition, around 80,000 cats and pet owners find an animal they are

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 Though many shelter pets find new travels often may not be able to have 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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Stop by to join the \$um Buddy's Kids Club today and see tips on how to raise a money-smart kid, here.

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SOCCER	FOOTBALL	LEAGUE	TAE KWON DO
Aug. 8 - Sept. 21 Tuesdays & Thursdays Girls & Boys Grades: Pre-K - 6	Aug. 29 – Oct. 15 Practice: Tues. or Thurs. Games: Sundays Boys & Girls Grades: 1–6	Oct. 3 - Nov. 16 Practices: Tuesdays Games: Thursdays Boys & Girls Grades: 3-6	Aug. 15 - Oct. 5 Tuesdays & Thursdays Boys & Girls Ages 5+
NORFOLK FAMILY	YMCA	Check out our website for more information- www.norfolkymca.org 402-371-9770	

Plan your next trip to a family friendly lake

fortable and have great fish-catching Nebraska. Here, you can catch bass, are other area towns with similar ponds. 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

the Nebraska National Forest at Halsey, to keep the family busy, including walkmaking for some beautiful scenery. ing trails, playgrounds and volleyball Anglers can catch bass, bluegill, some courts. 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 ing paths and a ball diamond. Take a 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 trout are stocked seasonally. 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

If you are headed across the state on I-80, stop to wet a line; there are dozens of lakes within casting distance. One

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 This small sandpit lake is located on dock, and has plenty of other attractions

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, hikbreak from fishing to enjoy some pickleball, horseshoes or sand volleyball. Anglers can expect to catch bass, bluegill and channel catfish, and rainbow

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 Hershev Wildlife Management Area, 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 of them is the 53-acre lake at Hershey around the lake and a nearby play-Wildlife Management Area, which in ground, campground and ballpark. recent years produced the most trophy- Trout are stocked in October and March.



Family-friendly lakes are safe, com- size fish of all the I-80 lakes in western Fall City, Nebraska City and Humboldt 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 panthe cabins or campgrounds and visiting the Lewis and Clark Museum displays sible deck is available, too. while you are there.

Strategies_

(continued from page 1)

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

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 fish. Consider spending a weekend in acres, you can catch bass, bluegill, crappies and channel catfish, and an acces-

Another way to encourage young 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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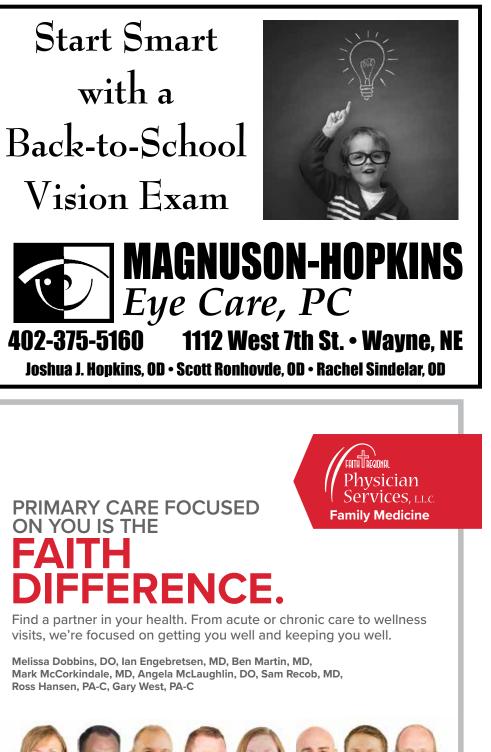
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Start preparing for school now

of a new school year generates mixed does not mean school should be forgotemotions among students. Many chil- ten entirely. In fact, doing some prepadren look forward to being back on campus with their friends but may not revel begins can make the year go much more in the idea of waking up early or doing smoothly. Here is how students and homework each night.

After a summer of relaxation, the start ed-respite from the rigors of school, it ratory steps before a new school year parents can direct their focus during the

While summer break is a much need- final countdown.



Keep reading

is a concept that was first acknowledged by researchers in 1996. Many comprehensive studies have come out since knowledge in reading and math over summer break, which can have a cumuyear. Some research says up to 20 percent of school year gains in reading and 27 percent in math are lost during summer break.

read as much as possible during summer break, particularly since many schools ily be rectified by sleeping in the next require summer reading and subsequent day. But when school resumes, the alarm 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 so kids are getting the rest they will read before.

Accumulate supplies

School may not be on the radar early in summer, but it is wise to purchase tion to emails and social media posts supplies early. Right before school starts from schools as they will likely contain there is a mad dash to grab notebooks, pens, clothing and more, which can make for a stressful shopping experience registration), changes in personnel or for all involved. Shopping early helps any additional updates. This will help families avoid that outcome.

Brush up on math skills It cannot hurt for students to do a few

math problems over the summer. Practice ready for school as the first day draws keeps skills fresh and any mathematical near.

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

Visit educational attractions

Families can include museums, art then and indicated kids lose significant exhibits, animal sanctuaries, libraries, science centers and similar attractions in the list of places they visit over the sumlative effect and lead to skill loss each mer. 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 Children should be encouraged to night, according to KidsHealth.org. During the summer, late nights can easclock will be ringing earlier than expected. Parents can gradually implement earlier bedtimes as summer winds down need.

Get in the know

Parents can begin to pay closer atteninformation about upcoming school calendars, bus routes (or transportation alleviate any surprises on the first day of school.

Families can take several steps to get

2023 Dakota-Thurston County Fair August 2 - 5

Check www.dtfair.com or Facebook 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 Critter Close-Up Exotic Animal Encounters Mechanical Bull, Laser Tag, Bouncey Houses, Kids Games Free Fairgrounds Entry & Free Parking

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Family – The Wayne Herald – July 13, 2023 – 5 How to make homes safer from fires

sures.

Smoke detectors are a key component homeowners can do to protect themand their homes from structure fires.

Smoke detectors can only alert residents room fires include leaving room for launto a fire if they are working properly. Battery-powered smoke detectors will not work if the batteries die. Routine the buildup of dust, fiber and lint, which smoke detector check-ups can ensure the NFPA notes are often the first items the batteries still have juice and that the to ignite in fires linked to dryers; and devices themselves are still functioning ensuring the outlets washing machines properly. Test alarms to make sure the and dryers are plugged into can handle devices are functioning and audible in the voltage such appliances require. It is nearby rooms. Install additional detec- also a good idea to clean dryer exhaust tors as necessary so alarms and warnings vents and ducts every year. can be heard in every room of the house.

Over a five-year period beginning in electricians to look over every part of fires by ensuring all items that utilize are some additional home fire safety 2015 and 2019, fire departments across the house, including attics and crawl fire, including grills and firepits, are hazards. Never leave candles burning in the United States responded to roughly spaces. Oft-overlooked areas like attics always used at least 10 feet away from empty rooms and make sure beauty and 347,000 home structure fires per year. and crawl spaces pose a potentially sig-That data, courtesy of the National Fire nificant fire safety threat, as data from eaves, and do not use grills on decks. Protection Association, underscores the the Federal Emergency Management significance of home fire protection mea- Association (FEMA) indicates 13 percent of electrical fires begin in such spaces.

· Audit the laundry room. The laundry of fire protection, but there is much more room is another potential source of home structure fires. NFPA data indicates hair straighteners, scented candles, selves, their families, their belongings around three percent of home structure clothes irons and holiday decorations a fire will overtake your home. fires begin in laundry rooms each year. · Routinely inspect smoke detectors. Strategies to reduce the risk of laundry dry to tumble in washers and dryers; routinely cleaning lint screens to avoid

· Look outward as well. Though the · Hire an electrician to audit your majority of home fires begin inside, home. Electricians can inspect a home the NFPA reports that four percent and identify any issues that could make of such fires begin outside the home. the home more vulnerable to fires. Ask Homeowners can reduce the risk of such

Scooter's Coffee reveals new kid-friendly menu

Coffee has unveiled its first-ever kid- Scooter's Coffee Chief Marketing Officer friendly menu. Three new 10-ounce Malorie Maddox said. "Scooter's Coffee drink delights quench kids' thirst as they takes pride in being a fast, fresh and embark on their next summer adventure. family-friendly drive-thru destination

This meld of blue raspberry is blended Now kids can enjoy our special treats with Scooter's Coffee's ice cream base to designed just for them." 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 madefrom-scratch vanilla Mini Sugar Cookies are complete with rainbow sprinkles.

As summer is in full force, Scooter's with fun, kid-friendly flavors and sizes," Cotton Candy Lil' Smiley Smoothie: every morning, afternoon and evening.

the home. Never operate a grill beneath 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,

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

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













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How to establish fitness goals for kids

of all ages, including kids. Despite young people exercise more, and the widespread recognition of the positive following are a handful of strategies impact physical activity has on chil- parents can try as they seek to promote dren, many kids are not getting enough a love of physical activity in their chilexercise.

In an analysis of data collected as part of the 2019 Youth Risk Behavior plan. Adults recognize the importance Survey, the Centers for Disease Control of planning when aspiring to achieve and Prevention found less than one in certain goals, and a plan can be just as four children between the ages of six integral to getting kids to be more physand 17 participates in 60 minutes of ically active. When devising a fitness physical activity per day.

adolescence, good habits like exercis- Dad liked playing baseball does not ing regularly can set young people up for a long, healthy life.

ents often look for ways to promote sport, and include that in the fitness physical activity to their youngsters. plan.

Physical activity benefits people Setting fitness goals is one way to help dren.

Include fun activities in a fitness plan, parents should be sure to include When established in childhood and activities kids find fun. Just because mean his children will. Identify activities that kids enjoy, whether it is hik-Perhaps in recognition of that, par- ing or cycling or playing an organized

make exercising a family affair, but a exercise. But setting aside time each 2015 study found that children who day to be physically active is a good exercised with friends were far less way to ensure kids' lifestyles are not likely to cite barriers such as lack of predominantly sedentary. enjoyment or lack of energy as reasons for not exercising.

to exercise with friends than they are more physically active how much kids with family members. When establish- can reasonably handle. A child's pediaing fitness goals for kids, parents can trician can advise on how much exerwork with other parents so kids can cise youngsters should get each day, 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 kids for the rest of their lives. Parents everyone's daily routine, and kids are can pitch in by embracing various no exception. Such activity does not strategies to help kids establish attainneed to be a grueling workout, and able goals that make fitness fun. indeed children's bodies will need time

· Involve kids' friends. Parents often to recover after especially strenuous

· Make the goals attainable. Parents may know before kids begin exercising In essence, kids are more inspired or notice shortly after they start being and parents can help kids gradually reach that point by setting challenging but attainable goals.

Regular physical activity can benefit





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



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.



Emerson-Hubbard Community Schools

https://www.emersonhubbardschools.org/

Stop in and get registered for tackle football, flag football, and volleyball!

Questions? Call: 402-375-4803 Wayne COMMUNITY ACTIVITY CENTER

How finances change when starting a family

Changes occur at every turn, including include a new vehicle with high crashwhen students leave home for the first test ratings, or renovations to a home time, people get married and when fami- to provide a safe nursery. If renovations lies purchase their first home. One of the are unlikely, then would-be parents may biggest financial changes occurs when need to consider the costs of moving. starting a family.

measure of sticker shock, particularly for clothing for each stage of growth and young couples without much financial various other items are necessary when history.

Since the 1960s, the costs associated with raising a family have risen exponentially, says the financial resource Pew Research states expenses for a deliv-MarketWatch. Between 2000 and 2010, costs rose by 40 percent. Data from Money.com indicates, as of 2015, American parents spent, on average, a C-section or special care is needed. more than \$230,000 on child costs from birth until the age of 17.

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.

a family, prospective parents can ask themselves the following questions to get a handle on their finances.

Can I afford big-ticket baby items death.

Financial changes are a fact of life. related to safety and comfort? Items may

· Have I considered daily child expens-Starting a family can come with a es? Diapers, formula, laundry detergent, raising a child. Make a list of such items and their potential costs.

· Do I have adequate health insurance? ery 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 Consider how much your health insurance will cover and how much adding a The U.S. Department of Agriculture 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 When mulling the cost of starting 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

Couples who want to start a family can uring out their finances before welcommake the transition go smoothly by fig- ing a baby into the family.

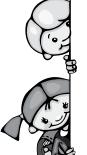
Wayne Community School District

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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



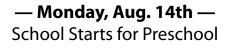
— Tuesday, Aug. 8th — 5:30 pm - Community Club picnic in commons area at school 6:00-7:00 pm Back-to School night for PK - Gr. 6 6:30 pm - 7th Grade Orientation — Thursday, Aug. 10th — School Starts Gr. K -12 with Early Out at 1:30pm



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