

A bi-monthly publication for Family published by The Wayne Herald — November 9, 2023

Family



The Fall Thing Fun

Young people and those young at heart took part in The Fall Thing festivities in Wayne recently. (left) dinosaurs and princesses were among those making a stop at F&M Bank for treats. (left) Princesses greeted children at Refind & Refresh. They are Emma (Osnes) Halsey (Anna), Stormee Bradbury (Snow White) and Anna Kruger (Elsa). In addition to Trick or Treating, a variety of activities were held, including pumpkin painting, crafts and bowling.



THE WAYNE HERALD

Sharing Stories
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Gifts to get kids off the couch

Devices can be hard to ignore. Seemingly always within arm's length, devices such as tablets and smartphones are as popular as ever. In a survey designed to gauge smartphone ownership, the Pew Research Center found that 85% of Americans owned a smartphone in 2021. That reflects a significant increase since 2011, when 35% of Americans owned a smartphone.

Adults may recognize the potential pitfalls of spending too much time on their devices, but those pitfalls are not nearly as apparent to children. For instance, a 2021 study published in the journal *Frontiers in Psychiatry* found that excessive smartphone use is associated with various health problems in adolescents and young adults. Such issues include psychiatric, cognitive, emotional, medical and brain changes. A separate 2021 study published in the *International*

Journal of Eating Disorders found children have a 62% greater risk of developing a binge-eating disorder for each additional hour they spend on social media.

Parents know that getting kids to put down their devices is no small task. However, the holiday season can be the perfect time to find fun gifts for kids that have nothing to do with screens and encourage kids to be more physically active.

· **Lessons:** Whether it is surfing, boating or music lessons, various courses do not require devices or even allow them to be used during sessions. Parents and loved ones of children can look for lessons that inspire youngsters to pursue a new passion that promotes physical activity and encourages kids to get up and go.

· **Trampoline:** Aunts and uncles should definitely clear this one with mom and dad before purchasing it. However, no kid, including tweens and newly minted teenagers, can resist a good trampoline. Modern trampolines are safer than yes-

terday's models, especially when shoppers choose ones with enclosures that prevent kids from falling off the trampoline and onto the hard ground below.

· **Sports equipment:** Organized sports instill lessons about sportsmanship, hard work, overcoming adversity and the value of working as a team, all the while promoting physical activity. Young children who have not yet participated in organized sports may be compelled to do so if a new baseball mitt or basketball hoop is waiting under the tree this holiday season.

· **Kites:** Kites can be perfect for kids who don't take to sports or those who simply need a break from competition. Kites can help young children develop their gross motor skills and instill in them a love of the great outdoors that lasts a lifetime.

Getting kids to put down their devices is no small task. But parents and loved ones can do their best by giving gifts that encourage kids to get off the couch and be more physically active.



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TASTE — Sample beverages from local breweries and wineries. Tickets for the Taste event are \$20 for PCC members or \$25 for non-members. Must be 21.

CREATE — Join Connie for a bow making class in the Community Room at 6:00 PM. Learn how to make beautiful bows for gift giving and decorating. No cost to join!

SNACK — Mini charcuterie boards will be available to purchase so you can snack while you sip and shop.

To register as a vendor or purchase Taste tickets, please contact Amy at 402-640-0936 or coordinator@pendercommunitycenter.com



What a treat!

PMC celebrated the grand opening of its new entrance with a pumpkin contest, photo booth and candy. Throughout the day on Halloween, families came in to take pictures, vote on their favorite pumpkin creations and see the newly renovated space.

Nov 13: Winter Sports practices begin

Nov 22 - 24: NO SCHOOL - Thanksgiving Break

Nov 27: One Act Districts @ O'Neill

Dec 19: PK - Gr 12 Holiday Concert

Dec 20 - 21: EARLY OUT - 1PM - Semester Tests

Dec 22 - Jan 3: NO SCHOOL - Christmas Break

Jan 4: Classes Resume

Allen Consolidated School

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Fun ways to enjoy the start of winter

Winter begins on Dec. 21, and ends on March 19, 2024. Many people lament the arrival of winter, perhaps thinking the colder temperatures and shorter hours of sunlight will compromise their chances to have fun. Even though particularly chilly thermostat readings or stormy conditions can hamper some plans, when people dig deeper they may find that even the coldest days present opportunities for enjoyment.

When winter begins, the following activities can make for an entertaining way to celebrate the arrival of the season.

- Build a snow creation. Use the first significant snowfall of the season to organize a snowman, snowwoman or snow-animal-making event or contest. Waterproof gloves are a necessary piece of equipment, as are buckets for moving snow, shovels, carving and shaping tools (which can be plastic cutlery) and accessories to dress up the final product.

- Go sledding on the best hills. Sledding is a popular wintertime activity that does not require too much equipment. Sleds can be purchased at sporting goods stores or toy stores.

Sledders of all ages should consider wearing helmets to protect against injury if they will be traversing especially steep hills.

- Host a winter block party. Many cities and towns across North America participate in WinterFest events, which run the gamut from food and craft festivals to sporting events. Individuals can take cues from these type of activities and plan neighborhood festivals right on their streets. Neighbors can wheel out their fire pits or utilize outdoor propane heaters to keep spots cozy. Hot cocoa and cider stations and warm treats can keep everyone from feeling too cold. Electric slow cookers can keep everything from soups to chilis to stews warm and participants can enjoy a buffet of hearty foods.

- Visit an ice rink. Whether a rink is indoors or outside, ice skating is a quintessential wintertime activity. Skaters of all skill levels can take to the ice and enjoy some exercise and laughs. Check local rink schedules to take advantage of open skate times when hockey games or practices are not dominating the ice.

- Mark the winter solstice. The win-

ter solstice, also known as the start of astronomical winter, is the shortest day of sunlight on the calendar. It occurs when either of the Earth's poles reaches maximum tilt away from the sun. In the Northern Hemisphere, this occurs on Dec. 21. Because there will be only roughly seven hours of daylight, take steps to make the fact that the sun will set at its earliest a little easier to swal-

low. Kids can run around outdoors with glow sticks, while adults can deck their homes in twinkle lights if they are not decorated for Christmas. Lanterns, campfires and candles can be lit, and everyone can gather outdoors to chat and socialize.

Winter begins on Dec. 21, and there are plenty of ways to celebrate this fun, if sometimes frigid, season.

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Upcoming Events

- Nov. 10--Veterans Day Program
- Nov. 22-Nov. 24—No School
Thanksgiving Break
- Dec. 5—Elementary Concert
- Dec. 11—JH/HS Concert
- Dec. 20—End of
Second Quarter
Community
Pancake Feed
- Dec. 21-Jan. 2—
No School
Holiday Break



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These tips can help make turkey terrific

Sweet potatoes may be stars; cornbread dressing a contender. Dinner rolls are divine and green bean casserole a go-to. But Thanksgiving dinner is not complete without turkey.

Given the emphasis placed on the main course each Thanksgiving, cooking a turkey can be intimidating. These turkey-cooking tips can calm anyone's nerves and result in a mouth-watering main course.

Some people may not be able to buy a fresh turkey, and millions of individuals purchase frozen turkeys each year. The Food Network says it can take 24 hours per every five pounds to thaw a turkey. Therefore, if you have a 15-pounder, allow for three days for thawing. Always thaw a turkey in a refrigerator.

· Get the right size bird. The general rule of thumb is 1 pound (uncooked) to 1 1/2 pounds of turkey per person if you're buying a whole turkey. Rather than purchasing the largest turkey you can find for a large crowd, consider two smaller turkeys or one turkey and one breast to make cooking more even. Smaller birds are more tender as well.

· Adjust the temperature. The food and cooking resource TheKitchn advises preheating an oven to 450 F, then dropping the temperature to 350 F after putting the turkey into the oven. Cook, on average, 13 minutes per each pound of turkey. The turkey is done when it registers a minimum temperature of 165 F in the thickest part of the thigh.

· To brine or not to brine? Many food fanatics swear by brining turkey to achieve more moist and flavorful meat. However, a wet brine may not

lead to the crispiest skin possible. Good Housekeeping suggests trying a dry brine instead. This involves rubbing salt all over the raw turkey, placing the bird into a large plastic bag and refrigerating overnight or up to two days before cooking; otherwise, purchase a kosher turkey, which already has been salted from the inside out.

· Avoid stuffing the bird. Rather than stuffing the turkey and cooking everything en masse, prepare the stuffing mixture separate from the turkey. This reduces the risk of contamination from the turkey's raw juices and helps to achieve a crispy coating on the stuffing guests will enjoy.

· Make an aromatic roasting rack. Turkeys typically are placed on a metal rack for cooking so the juices do not cause the turkey to stick to the pan. However, you also can cut onions and lay them with a bed of whole celery stalks and carrots to elevate the roast. This creates extra flavor in the bird and the vegetables also can be served or mixed into the stuffing.

Some turkey-roasting techniques can ensure a moist and flavorful main course this Thanksgiving.

Wayne Community School District

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

Nov. 15, Nov. 29, Dec. 6, Dec. 13, Dec. 22

Wednesday - Early Dismissal

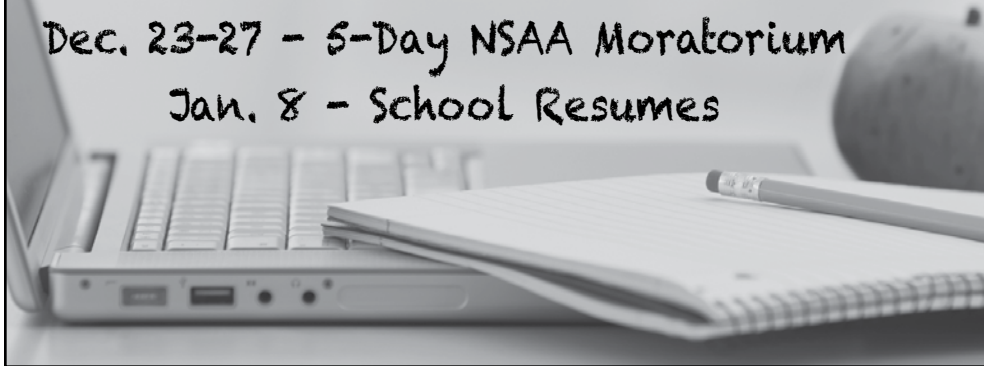
Nov. 22-24 - No School -

Thanksgiving Break

Dec. 23 - Jan. 5 - Christmas Break

Dec. 23-27 - 5-Day NSAA Moratorium

Jan. 8 - School Resumes



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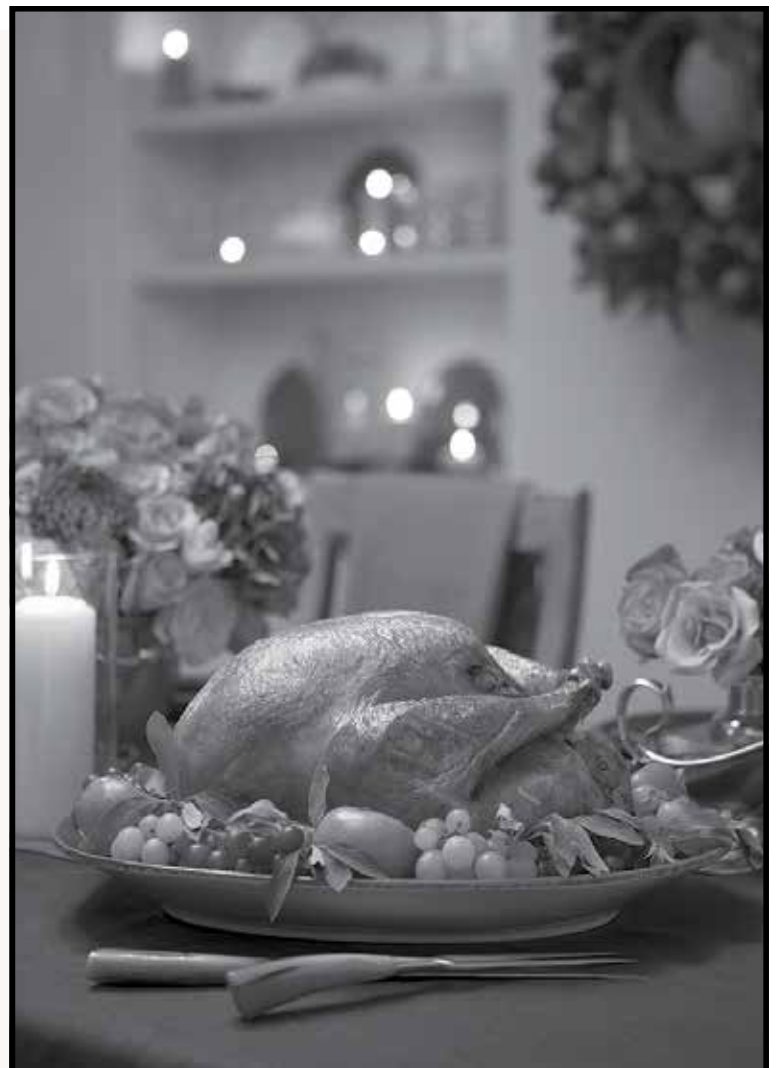
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How to get house cats some exercise

Cats make beloved pets for any number of reasons. Many pet owners love their cats for their quirky personalities, while others like the companionship of an animal that does not require the same level of hands-on attention as a dog.

In a testament to the love pet owners have for their cats, many would do anything to keep them safe, happy and healthy. Cat health can be easy to take for granted, as felines are generally quiet and many prefer to spend ample time alone. However, pet owners must take an active role in the health of their cats, and that includes ensuring the felines get enough exercise. Cat owners know the very quirks that make cats such lovable pets also can make it hard to get them to do things they won't necessarily want to do. But the following are some ways to ensure cats get enough exercise to stay fit and healthy.

- Determine which toys cats like best. Some pre-exercise observation can help lay a strong foundation for feline fitness sessions. The PDSA advises cat owners to identify which toys cats seem to like best and then use those toys during exercise sessions to entice participation. Use one or two toys each session and swap them every few days so cats do not grow bored with their fitness routines.

- Incentivize physical activity. Much like dogs respond to treats during behavior training, cats are more likely to engage in exercise when sessions end with a reward. PetMD notes some post-exercise praise and a few healthy treats can encourage cats to participate willingly in exercise sessions.

- Do not overdo it. Cats are not humans, so felines' fitness sessions do not need to mirror their owners' lengthy workouts. Play sessions intended to get cats to exercise can last between 10 and 15 minutes each. PetMD recommends limiting sessions to two or three per day for older cats, while as many as 10 sessions per day can be effective for younger cats.

- Let cats sink their teeth and claws into a workout. This type of engagement satisfies cats and will encourage them to embrace exercise sessions. Keep some replacements at the ready in case cats are especially enthusiastic.

- Employ a laser pointer. Cat owners are undoubtedly aware and likely amused by how much cats are drawn to laser pointers. Make the most of that inability to resist laser light by using a laser pointer during a cat's workout routine. Cats will chase the pointer all over the room, all the while getting some beneficial exercise.

Cats can benefit from routine exercise just as much as their owners, and there are several fun and even some amusing ways to encourage felines to engage enthusiastically in physical activity.



Do you want a little color?

Mackenzie Nissen and Lilly Johnson, members of the Wayne High School FBLA chapter, were among those assisting with a Color Run at Countryview Care & Rehabilitation recently. Several other members of the club, along with Advisor Kiley Koch, took part in the event and had an opportunity to visit with the residents.

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Tips to make overnight stays fun for kids this holiday season

Travel is a common component of celebrating the holiday season. In 2022, AAA estimated that 112.7 million people would journey 50 miles or more away from home between Dec. 23 and Jan. 2. It stands to reason that a similar number of people will find themselves on the road, rails or in the sky this year as well.

Holiday travelers recognize there is much to coordinate to make travel comfortable and convenient during this busy time of year. The holiday season is an especially exciting time of year for chil-

dren, so special attention can be afforded to youngsters who are making holiday journeys as well. Holiday hosts can employ these strategies to ensure kids have as much fun as their adult traveling companions.

- Share your Wifi password. Kids spend a lot of time on their phones and tablets. Parents may police those hours during school days, but during holiday breaks there may be more free reign. Hosts can alert their guests to the Wifi router name and password so that kids will be able to

jump online without missing a beat.

- Plan activities for all. Children may feel left out if adults gather for drinks and chit-chat. Hosts can avoid such an outcome by organizing activities and engaging in conversations that everyone can be involved in. Game night, family movie sessions with snacks or something similar can keep kids entertained.

- Accommodate all kids. Children are

bound to have more fun when other kids are around. If possible, make room for as many kids as you can. The kids can camp out in the living room or share a bedroom if space is limited. Creature comforts might be what adults are looking for, but the more kids the merrier applies to the youngsters.

See HOLIDAY, page 7

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Thanksgiving Word Search

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- GOBBLE
- PILGRIM
- DESSERT
- STUFFING
- GRATEFUL
- LEFTOVERS
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- NAPS
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How to create a welcoming entertaining space at home

The lasting effects of the pandemic that swept across the globe in 2020 will be studied for years to come. Though some consequences have yet to be discovered, others, including a heightened desire to entertain loved ones at home, were already apparent even before the world emerged from the darkest days of the pandemic.

A 2021 study from ButcherBox™ found that 46% of survey respondents were excited to host and entertain guests in their home when it was deemed safe to do so. Such gatherings were given the green light years ago, and homeowners have maintained their enthusiasm for entertaining. With that in mind, homeowners looking to upgrade their entertaining spaces can look to these tips as they prepare to welcome guests into their homes.

· Establish various seating areas. Ample seating is a must when welcoming guests into your home. Open layouts make it easier to add seating without feeling cramped, so homeowners whose properties feature such design schemes may find it easier to accommodate more guests than homes with more traditional, compartmentalized layouts. When arranging seating, aim to create multiple

seating areas so guests can speak privately to one another if they so desire. Multiple seating areas also ensure more than one conversation can take place at a time. That is especially useful when hosting a game watch, as some guests may come for the game while others may be more interested in socializing than the score.

· Designate spaces for children. Kids are typically part of the equation when entertaining at home, so it is important that hosts create spaces for them as well. A basement or children's playroom can do the trick. If the weather outside is welcoming, a fenced-in backyard with games and a trampoline can provide the perfect space for kids to have fun while the adults get to engage in conversation and catch up with friends and family apart from boisterous youngsters.

· Add lighting. Dimly lit rooms may be a homeowner's desired aesthetic when no one's visiting, but lack of light can give the impression certain rooms are off limits or lead to muted conversations. Adjust recessed lighting so bulbs provide a warm but well-lit space for guests to relax and converse. In rooms without such lighting, open blinds or curtains or add some floor lamps before the party so rooms

are well lit when guests arrive. Avoid lighting candles during the gathering, as flickering flames pose a fire hazard.

· Utilize Florida rooms or outdoor spaces when possible. Afford access to a Florida room or a deck or patio if the weather allows. The great outdoors tends to be a natural mood enhancer, and even some brief breaks in the fresh air can do guests some

good. If guests will be spending ample time in a Florida room or outdoors, ensure ample seating is available and make sure those spaces are well lit as well.

Entertaining at home is wildly popular, and homeowners can employ some simple strategies to make their homes welcoming spaces for friends and family.

Holiday

(continued from page 6)

· Offer some comforts reminiscent of home. Young children may be out of sorts sleeping away from their familiar spaces. Hosts can plan ahead and leave out some dolls, stuffed animals, a night light or other creature comforts in spaces where kids will be sleeping.

· Relax the rules. Just as kids may have more freedom with using their

devices, hosts can relax the rules of the house while guests are staying over. Let your own kids and your guests' children stay up a little later and plan to offer a nightly dessert.

Overnight stays are part of holiday travel, and there are many ways to make staying over more enjoyable for children.

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Christmas at the Homestead
Saturday, November 11
12:00 p.m.-4:00 p.m.


Adams Homestead and Nature Preserve would like to invite their visitors to get in the holiday spirit and take a step back in time by attending the annual Christmas at the Homestead on Saturday, November 11 from 12:00 p.m. – 4:00 p.m.

This free, family event allows participants to tour the Stavenger Church, Shay/Adams House and Lamont Country School decorated for the Christmas season. Adams Homestead volunteers will be showing off their talents in each of the homestead buildings. Visitors will also get to enjoy refreshments in the Visitor Center, make children's crafts in the Lamont Country School and hear Christmas music in the Stavenger Lutheran Church throughout the day.

Vendors will be displaying their talents and merchandise for all visitors to see and purchase. Take time to shop for Christmas, while enjoying homemade goodies and the warmth of the fireplace.

Santa Claus will also make an appearance in the Visitor Center and will be hanging out by the fireplace taking pictures with kids of all ages.

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