

A bi-monthly publication for Family published by The Wayne Herald — July 11, 2024

# Family



## Celebrating 125 years

Water seemed to be the popular theme during the June 29 portion of the Hoskins Q125 celebration. Children used water guns and water balloons to spray those taking part in the bathtub races, which also involved lots of water. The three-day celebration recognized the past and looked to the future.

## Students receive training for emergency situations

It would be tough to find a more fitting acronym than HEROES for the training that Northeast Community College nursing and other medical students completed last spring.

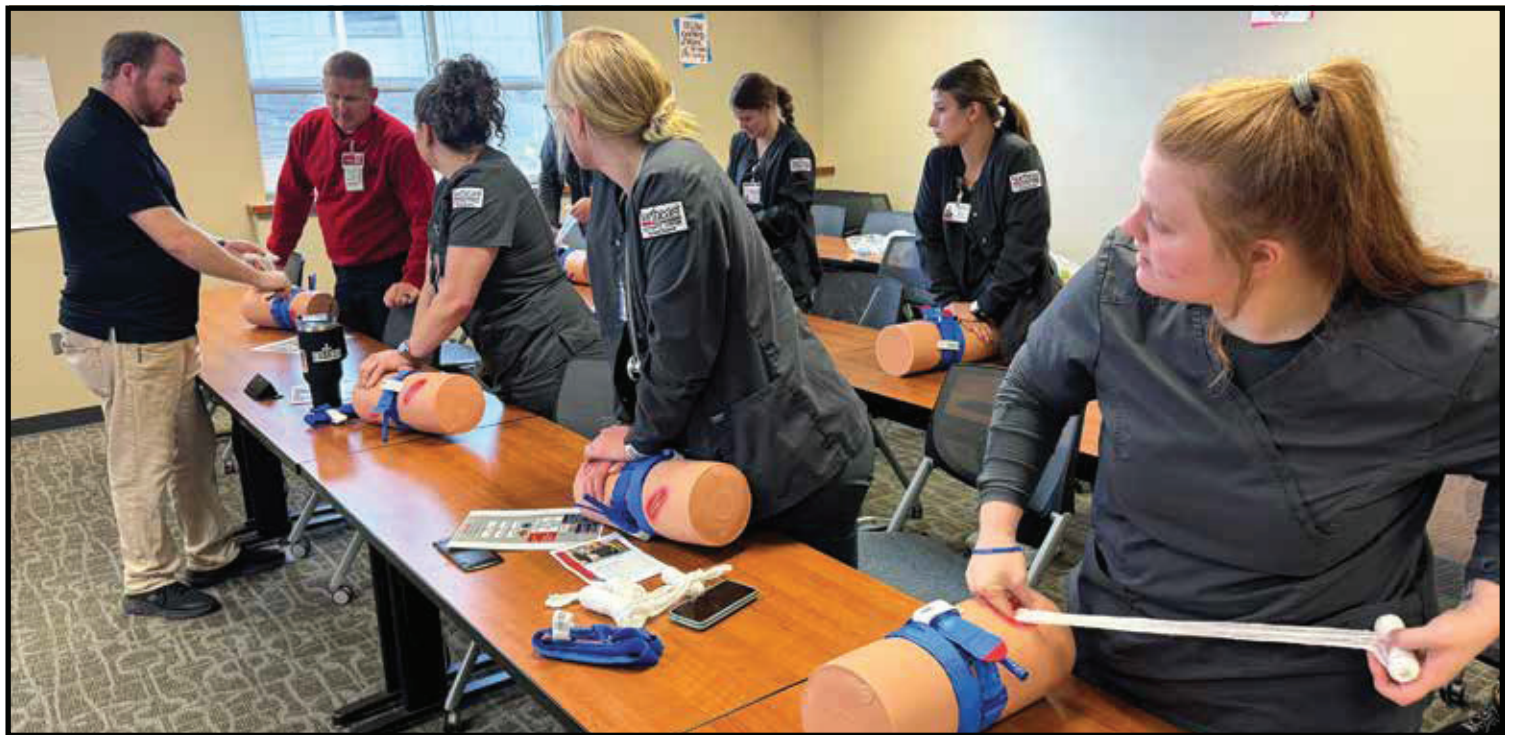
HEROES stands for Healthcare and Emergency Responder Organization Education through Simulation, and it covers a range of scenarios. Staff come in each year to help provide education and training for emergency preparedness.

Austin Brake of the HEROES program said it is offered to LPN (licensed practical nurse) and RN (registered nurse) students, along with paramedic and PTA (physical therapist assistant) students. The training was offered April 17-18.

The students were divided into groups and took part in five stations, with a large group activity each day consisting of a mass casualty incident at the end.

Brake taught the "Stop the Bleed and Overdose Response" session, covering such things as how to recognize life threatening bleeding, critical skills of using direct pressure, how to pack a wound and using a tourniquet. He also covered procedures for opioid overdose, including using Narcan.

The HEROES program started in 2005 in Omaha and became mobile in 2006. Since then, it has traveled more than 80,000 miles conducting training in Nebraska. It has been offered at Northeast at least 10 years.



(Northeast Community College)  
**Austin Brake of Omaha, who teaches the HEROES program, checks the tourniquets of nursing students during training at the College of Nursing last April. (Northeast Community College)**

# Transform a playroom into a space that grows with the family

Parents typically make certain changes around a home to ensure it's accommodating to children. Childproofing is a necessity, but entire rooms also may be transformed with children's enjoyment and well-being in mind.

It's common for homeowners to set aside rooms for children to play and explore. These playrooms may initially feature infant swings and bouncers, and eventually start to accumulate the toys that kids receive on holidays and birthdays. Easels, building block sets, puzzles, video games, books, and so much more fill these playrooms where young children spend the majority of their time engrossed in imaginative play. But as children grow, playrooms may no longer be necessary. Homeowners can ensure these rooms evolve with the family, and here are a few ways to do just that.

### Make it a home theater/gaming room

The National Institutes of Health says children between the ages of eight and 17 spend an average of 1.5 to 2 hours playing video games each day. It's important for parents to monitor their children's gaming, particularly when kids participate in social platform games that involve people with an internet connection chatting and working together. One way to do so is to locate the gaming setup in a central location, like a home theater room.

### Establish a hobby space

Trade in kids' toys for "toys" that

everyone in the family will enjoy. Turn the room into one where family members can explore their passions. This may include scrapbooking, painting, yarn crafts, collecting, photography, and more.

### Create a quiet learning spot

As children grow up, they may need to spend more time studying. Transforming a playroom into a library or a study space can provide that out-of-the-way spot to get homework and studying done. Adults in the home also can use it for reading, paying the bills or any other task that requires concentration and quiet.

### Build a home gym

If the space is large enough, bring in some workout equipment and make the play space one that encourages exercise and fitness. You may not even need large equipment and can utilize interlocking foam tiles that already may be in the playroom. With some free weights, resistance bands and even your own body weight, you can perform a number of beneficial exercises.

### Expand your living space

If the playroom currently abuts another room that can use some more real estate but is separated by a wall, take down the wall to increase the square footage.

### Set it aside for guests

Clean out the toys and bring in a bed and nightstand. Now you'll have a dedi-

cated spot for overnight guests to stay, or a room that visiting older children (and eventually grandchildren) can call their own.

Playrooms are much-used areas when children are young. These rooms can evolve as kids get older and families' needs change.



## 2024 Dakota-Thurston County Fair

July 31 - August 4

Check [www.dtfair.com](http://www.dtfair.com) or Facebook Dakota/Thurston County Fair for updates & complete schedule

- Wednesday - July 31 - Little Prince and Princess Contest
- Thursday - August 1 - Parade, Tractor Pull, Rocky Mountain Oyster Feed
- Friday - August 2 - Figure 8 Racing & Kids Night
- Saturday - August 3 - Extreme Bull Riding  
Cornhole Tournament, Pony Rides  
Critter Close-Up Exotic Animal Encounters  
Mechanical Bull, Laser Tag, Bouncey Houses, Kids Games
- Sunday - August 4 - Free Movie Matinee

### Beer Garden Open Daily

Free Fairgrounds Entry & Free Parking

**Dakota Thurston County Fair**  
1547 Stable Drive, South Sioux City, NE 68776



## UNL Haskell Ag Lab Family Field Day

Wednesday, Aug. 7 from 9 a.m. to 3 p.m.  
57905 866 Rd • Concord, NE • 402-584-2261

**FREE and open to the public**  
**All ages welcome**

Registration begins at 8:30 a.m.  
Research tours | Demonstrations | Farm Safety  
Backyard Farmer Panel | Educational Trailers  
Trolley Rides | Mobile Beef Lab | UNMC  
Free meal tickets for food trucks on site at registration table

**For complete schedule go to: [go.unl.edu/halfieldday24](http://go.unl.edu/halfieldday24)**  
Find us on Facebook: [facebook.com/HALenrec](https://facebook.com/HALenrec)

*Funded in part by the Dixon County Convention & Visitors Bureau, Grossenburg Implement, Farm Credit Services of America, NNTC*

# NICU nurses tend to the youngest patients

Nurses care for patients from all walks of life — from elderly senior citizens to newborn babies.

Neonatal intensive care nurses, often referred to as NICU nurses or neonatal nurses, dedicate their professional lives to caring for the most delicate and vulnerable patients, including infants who are born prematurely or with serious

illnesses. Yale-New Haven hospital in 1960. Since then, NICUs have opened in medical centers around the country. Within those centers, NICU nurses are part of multidisciplinary teams that care for infants during the earliest days of life.

The National Association of Neonatal Nurses says there are approximately 40,000 low-birth-weight infants born

years past.

## Working in an NICU

Working in an NICU presents new challenges every day. NICU nurses may cuddle small patients, administer medications and comfort parents when they receive heartbreaking news.

NICU nurses spend a lot of their time monitoring and assessing vital signs of their patients. They administer intravenous fluids and other treatments prescribed by physicians. NICU nurses often must administer specialized feeding and oxygen therapies.

NICU nurses also perform the important task of ensuring support equipment, such as ventilators and incubators, is operating properly.

## Becoming an NICU nurse

The nursing program resource Nurse Journal notes that there are certain requirements to join the ranks of NICU professionals.

- Education: NICU nurses follow a similar path as other registered nurses. One can pursue an associate degree in nursing or a bachelor of science in nursing.

- Licensure: Nursing students must complete the appropriate testing and schooling to receive RN licensure.

- General pediatrics training: Many nurses who hope to work in an NICU

start out in a general pediatrics ward before ultimately working in an NICU. Some hospitals offer new graduate residency in neonatal nursing, which is a key way for new nursing graduates to gain experience and important education while also earning a living.

- Certification: Nurses can pursue various certifications in neonatal care. Nurses interested in NICU certification have career-specific options through the National Certification Corporation and the American Association of Critical-Care Nurses, among other organizations. Other helpful certifications include Basic Life Support, Advanced Cardiovascular Support and Neonatal Resuscitation Program.

## Job growth and security

The U.S. Bureau of Labor Statistics predicts that positions for registered nurses will grow by 15 percent between 2016 and 2026. The demand for NICU nurses should increase at a similar pace considering the steady growth of the population and the rate of infants being admitted to NICUs.

Neonatal intensive care nurses are hardworking individuals. They care for very young and fragile patients, and do their best to ensure infants ultimately live long, healthy lives.



illnesses.

## What is the NICU?

The first neonatal intensive care unit in the United States was established at the

each year. Thanks to advances in medicine and the care of NICU nurses, the survival rates of vulnerable infants are now 10 times higher than they were in

## Emerson-Hubbard Community Schools

School starts for all students: August 14<sup>th</sup> | 1:30 Early Dismissal

### Elementary

Meet your Teacher open house: Aug 13<sup>th</sup> 5:30–6:30pm

- All paperwork will be sent home first day of school

### Before entering Kindergarten

- Physical & Vision exams
- Everything must be on file in Preschool list

### Before entering Preschool

- Copy of State Certified Birth Certificate & Social Security Card on file
- Immunizations up-to-date and records on file

### Middle & High School

6th grade orientation: Aug 13<sup>th</sup> @ 6:00pm

- Fill out all necessary forms & turn into the office
- Physical forms for athletics
- All paperwork will be sent home the first day of school

[www.emersonhubbardschools.org](http://www.emersonhubbardschools.org)



## Upcoming Events:

- Back-to-School/Community BBQ ... Date TBD
- PK-12 first Day of School ... August 22 (Full day)
  - Early Dismissal at 2pm - August 23 & 30
  - No School - September 2 - Labor Day

### To Do's:

- School supply lists located on school website: [www.winsidewildcats.org](http://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



## WINSIDE PUBLIC SCHOOLS

203 Crawford Avenue • 402-286-4466

# Make your next family vacation more affordable

The cost of everyday items continues to stretch many people's budgets, even as financial experts note that inflation is cooling off. When individuals feel a pinch in their wallets, non-essentials, such as vacations, often are on the chopping block. But they may not have to be. After remaining below 3 percent for

Higher prices are exacerbated by the fact that the cost of living is still outpacing what people are bringing home. A 2023 survey from Bankrate revealed that, of the workers surveyed whose wages rose, only 33 percent said their income kept up with or exceeded increases in household expenses due to inflation.



a long time, the U.S. Consumer Price Index began to rise in 2021, ultimately reaching 9.1 percent in June 2022 (it has since fallen to more manageable levels, hitting 3.5 percent as of March 2024), according to Forbes. Although inflation may be "deflating," typically once the costs of goods and services rise, they are more likely to remain that way. It still may be a few years before consumers grow accustomed to these prices.

Families who are watching their pennies but still want to vacation this year can rest assured there are ways to travel without breaking the bank.

### Visit a national park

National Parks are located throughout the country and around the world. The U.S. National Park Service says that entry to many of these parks is free, and those that are not free charge much lower entrance fees than typical family

attractions like theme parks.

### Be a visitor in your own city (or one nearby)

Who says you have to travel far to have a good time? Enjoy the sights closer to home that you may never have experienced. Some day trips to attractions within driving distance can cut costs when a family is traveling together.

### Split a rental home cost

Rental sites like Airbnb and VRBO give you plenty of options when traveling. It may be more cost-effective to rent a large home at a particular destination with several bedrooms or sleeping areas and take a vacation with extended family or friends to divide up the costs.

### Buy or rent an RV

The RV lifestyle has grown by leaps and bounds. While always a popular way to see the country, RVing interest

exploded during the pandemic, when people wanted safer options for getting away. An RV is essentially a hotel on wheels, so the opportunities for affordable vacations are innumerable once the initial RV investment is made. Plus, people who purchased RVs at the height of COVID-19 may be looking to unload their relatively brand-new vehicles at discounted costs.

### Tailor splurges

If you want to splurge on a more expensive vacation, cut back on other luxuries, such as limiting how many meals you eat out or how many new vacation outfits you buy. Put dollars toward the most important elements of the trip.

Money is still tight for many people, but smart vacationing allows families to get away.

## New online abuse hotline launches

The Nebraska Department of Health and Human Services (DHHS), Division of Children and Family Services (CFS) is pleased to announce the launch of a new online portal for reporting suspected child and adult abuse and neglect. This user-friendly online portal, located at [neabusehotline-dhhs.ne.gov](http://neabusehotline-dhhs.ne.gov), complements the existing statewide Child Abuse and Neglect Hotline, providing Nebraskans with an additional avenue to report their concerns of abuse and neglect.

"This new website not only simplifies the reporting process, but also makes it easier for CFS to catalogue these reports," said CFS Director Dr. Alyssa Bish. "Having such an important tool available to the public is a vital part of making sure we can take action on reports of abuse and neglect in our state."

The online reporting portal can be accessed 24/7, allowing individuals to report concerns on their own schedule. The website has separate options for reporting allegations of abuse and neglect against a child and a vulnerable adult. Upon selecting an option, report-

ers will be asked to input their personal information so they can be contacted for clarifying information by CFS, a court, or law enforcement agency. Reporters can still choose to remain anonymous.

Reporters will be asked to include as much information as possible about the victim, including the victim's personal information and means of communication, the alleged perpetrator, and other household members. The report includes an option to give as much detail for the incident of abuse or neglect, previous efforts to contact law enforcement, and other supporting information.

Reports submitted online will be routed to the appropriate staff within DHHS. By including their email, reporters can be notified on whether their report was accepted for assessment.

The Child Abuse and Neglect Hotline remains available 24/7 at 1-800-652-1999.

For more information about child abuse and neglect reporting in Nebraska, visit the DHHS website at <https://dhhs.ne.gov/Pages/Child-Abuse.aspx>.

### In Person Pre-Registration - Thursday, August 1<sup>st</sup>

This will be held in the High School Commons Area

### On-line Pre-Registration - July 23<sup>rd</sup> - August 2<sup>nd</sup>

### Freshman Orientation - August 5<sup>th</sup>

### Welcome Back to School Night - Monday, August 12<sup>th</sup>

**First day of School** for Elementary, Middle & High School students

**Wednesday, August 14<sup>th</sup> - 1:10 p.m. Dismissal**

**Normal School Hours will be:** Elementary & Middle 8:00 a.m. - 3:37 p.m.

High School 8:00 a.m. - 3:37 p.m.

**First Day of Preschool** - Monday, August 19<sup>th</sup>

**First Day of Level III** - Monday, August 19<sup>th</sup>

Preschool Hours - Morning Session 8:00 a.m. - 11:20 p.m.

Afternoon Session 12:20 - 3:37 p.m. Monday, Tuesday, Thursday and Friday.

### Dates to Remember:

Labor Day - September 2<sup>nd</sup>

Parent Teacher Conferences - October 24<sup>th</sup>

Thanksgiving Vacation - November 28<sup>th</sup> & 29<sup>th</sup>

Christmas Vacation Begins - December 23<sup>rd</sup>

School Resumes - January 6<sup>th</sup>

### School Lunch Prices

Grades K-5 Breakfast \$2.30

Grades K-5 Lunch \$3.10

Grades 6-8 Breakfast \$2.40

Grades 6-8 Lunch \$3.25

Grades 9-12 Breakfast \$2.40

Grades 9-12 Lunch \$3.25

K-5 Milk Ticket Prices:

20 punches \$12.00

Preschool Milk Ticket Prices:

20 punches \$7.00



**Laurel-Concord-Coleridge School**

Laurel, NE • 402-256-3731  
[www.lccschool.org](http://www.lccschool.org)

Elementary Students should access the building using the East Doors.  
High School Students should access the building using the West Doors.  
The Middle School bus will leave both schools at 7:35 a.m.



## KICK-START A HEALTHY SCHOOL YEAR!

School Physicals - \$75 (Kindergarten - 7th Grade)

Sports Physicals - \$35

\*not billed through insurance



Call (402) 375-2500 to schedule an appointment.

# Teaching young adults about how to handle credit

A young person's eighteenth birthday marks something of a turning point in his or her life. In addition to acquiring various rights, such as being able to vote or serve on a jury, this is the age at which teenagers may be introduced to credit cards and loans.

According to Forbes, prior to age 18 it is possible to have a credit card if the minor individual is added as an authorized user on another account, namely a parent's or guardian's. However, a person must be 18 in both the United States and Canada to be an account holder on his or her own credit card.

Around the same time, teenagers also may be exploring schooling options. According to data from U.S. News about the class of 2021, students who took out loans to pursue a bachelor's degree borrowed \$30,000 on average. Although loan information training is included in U.S. federal loan applications, many young adults do not fully understand this type of debt.

It's important that young adults learn about financial planning and smart credit

usage. Here are a few ways to get started.

### Define credit and interest

Young adults should recognize that credit is not free money, and it comes with an expense in some instances. When money is borrowed from a lender, it is understood it will be paid back later. Interest is the money the lender will charge for borrowing money. It is based on a certain interest rate. Credit card companies will charge interest on money spent only if the full amount is not paid off by the bill due date.

### Credit limits

Quite often young adults who have not yet established credit will have a lower credit limit than someone else. Credit limit is the maximum amount that can be borrowed. This limit may be raised as the lender has greater confidence in the borrower who is paying the bill each month.

### Minimum payment

Many teenagers new to credit (and even adults) quickly get themselves in debt by only paying the minimum pay-

ment. It should be explained that while the minimum payment is advertised on a billing statement, it is in the account holder's best interest to pay the entire balance to avoid paying interest, which can make it challenging to pay down the credit card bill. In fact, if a credit card is treated like cash, it is less likely that a borrower will get into financial trouble.

### Makeup of a credit score

Explain that a credit score is determined by payment history, how much money is owed, length of credit history, the types of credit, and the number of recently opened accounts. According to Monica Eaton, a certified financial education instructor and author, payment history makes up 35 to 40 percent of the

total credit score, and paying bills on time (even if only the minimum balance) is essential. Credit scores can range from 300 to 850, and the higher score the better.

Young adults are trusted with managing their own finances as they get older. Learning the right way to utilize credit is among the most important lessons a young adult can learn.



## When is the right time for kids to start volunteering?

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

It's well documented that volunteerism offers many benefits to those who are recipients of the charitable work as well as the volunteers.

According to The Corporation for National & Community Service, one in four Americans volunteers. Volunteers come from all walks of life and various age groups. Nearly one-quarter of all volunteers are people under the age of 24.

Parents and guardians who want to introduce their children to volunteerism may not know when is the right age to do so. Many experts agree that there isn't a definitive age for children to get involved in volunteering. In fact, no child is too young to volunteer. Joseph F. Hagan Jr., M.D., a clinical professor of pediatrics at Larner College of Medicine at the University of Vermont, says helping out during the toddler and preschool years helps shape a child's sense of morality.

Rather than wondering if a child is too young to volunteer, adults should focus on finding the right activity to match the child's age. For example, a three- or four-year-old child can fill bags or boxes with donated food or help gather blankets and towels to donate to an animal rescue. However, a toddler or preschooler may not have the stamina to complete a 5K walk.

Volunteerism doesn't even have to be in the traditional sense of working with an established charity. A youngster can pick flowers from a field and deliver them to an elderly neighbor. Or a preschooler can invite a child playing alone to come play together. A toddler who loves sorting items can help sort recycling items at home and watch a parent deliver them to the recycling center.

Another way to engage kids in volunteer work is to match their interests with the tasks. Many kids can't get enough of animals, so they may want to help out an animal organization or be involved with a conservation group. A child can collect change to "adopt" an endangered species.

Kids also can visit a children's hospital and deliver gifts to youngsters battling illnesses. In such situations, kids may be more engaged if they can help kids their own ages.

Children are never too young to volunteer. Finding the right fit can inspire a lifetime of giving back that benefits youngsters throughout their lives.

## In Person Fall Rec Sign Up Dates

### In-Person Registration dates:

July 31: 4pm-6pm  
Aug 1: 4pm-6pm  
(cash or check only)

**Online Registration:**  
All activities are open online to register

### Register your kids for:

- 5<sup>th</sup> & 6<sup>th</sup> grade Tackle Football - \$75
- 3<sup>rd</sup> & 4<sup>th</sup> grade Flag Football \$35
- 3<sup>rd</sup>-6<sup>th</sup> grade Volleyball - \$45
- 3<sup>rd</sup>-6<sup>th</sup> grade Cheer Club - \$50



Questions?  
402-375-4803



## Providence Community Pharmacy

803 Providence Road Suite 101  
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Saturdays  
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# Prevent pets from fighting like cats and dogs

Animal interactions are often portrayed as confrontational. Many people have undoubtedly watched a cartoon mouse outsmart a cat, or laughed as the Road Runner stays a few steps ahead of Wile E. Coyote. Common companion animals also have reputations for confrontation when forced to coexist under one roof.

Reality often differs from such depictions. Potential pet owners can rest assured that many animals of all different breeds and species have the potential to cohabitate peacefully. It's just a matter of doing your homework and facilitating the process of companion-

ship. Here's how to get started.

### Plan an initial meet and greet

When thinking about welcoming a new pet into the home, particularly one who has not previously bonded with another animal that you are adopting together, you should always bring your current pet along to gauge their interactions. Also, it is wise to get a disposition report from the rescue about whether the available animal has a history of confrontation with other pets. Rescues typically let prospective pet parents know if a pet is good with dogs, cats, small animals, and even children.

### Create safe spaces

Whether it is two dogs, two cats, or one of each, animals may need time to spend alone, particularly if they have different energy levels or needs. The Animal Humane Society says sanctuary

### Offer equal measures of attention

Pets may covet their owners' attention, and that could lead to jealousy, especially among particularly needy pets. While it's not always possible to




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## Wayne Community School District

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


**July 22-30: WCS Moratorium:  
NO ACTIVITIES, CAMPS, or WEIGHTS**

**August 12: Open House, 5:00-7:00**

**August 14: First Day of School - Noon Dismissal**

**August 15: First Day of Early Learning Center**

**August 21 & 28: 2:00 Dismissal**



rooms can be set up so pets can separate. Rooms should be secure, with a door and a ceiling. These also are good spots to place new pets as they get used to the smells and sounds of other pets and the people in the home.

Think about placing items that smell like the other pet in the new pet's area along with treats, so that the new animal comes to associate these items with good things, suggests the American Kennel Club.

### Utilize a gate or screen

After a few days, new pets can be given a chance to see one another separately through a baby gate or screen door without the risk of fights. When the pets are calm enough to meet without barriers, arrange the meeting in a neutral room, rather than in a sanctuary space.

be equal, offer adequate time with both animals, including time where each gets individualized attention.

### Sometimes it's a no-go

Pets may not be able to get along. For example, a dog with a very high prey drive, such as a breed that has been bred to flush out small animals or birds, may find a parakeet or guinea pig simply too tempting to leave alone. A large snake may not work out in a home that has gerbils or hamsters, as rodents are snakes' natural food sources. Always take a pet's breed, disposition and natural inclination into consideration before bringing in a new pet.

Various strategies can be employed to help pets peacefully coexist. Pet owners who may need some additional guidance can work with qualified animal trainers.

— **Monday, Aug. 12th** —

- 5pm Community Club picnic in commons area
- 6pm - 7pm Back-to-School night for PK - Gr. 6
- 6:30pm - 7th Grade Orientation

— **Wednesday, Aug. 14th** —

School Starts - K - 12 with early out at 1:30pm

— **Monday, Aug. 19th** —

School Starts for Preschool



## Allen Consolidated School

126 East 5th Street - Allen - 402-635-2484 - www.allenschools.org

# A rundown on sustainable weddings

Wedding trends come and go, but an emphasis on sustainability is one practice that could exhibit some staying power in the years to come. As the world confronts climate change, sustainability is gaining steam as a sound and vital practice.

Modern couples recognize the significance of sustainability. In fact, a 2022 Sustainable Wedding Alliance poll of couples planning their wedding found that 78 percent of respondents identified sustainability as important to them. As couples plan their big day, they can keep these sustainability practices in mind to ensure their wedding reflects their desire to protect the planet.

- Repurpose for the big day. Repurposing is a tenet of sustainability, and that pillar is easily applied to wed-

dings. Brides can repurpose wedding gowns used by family members, which can add a touch of sentimentality to a sustainable wedding, particularly if the dress is being handed down from a previous generation, such as a parent or grandparent. Furnishings and decor also can be repurposed after the wedding. For example, couples can encourage guests to take centerpieces home after the reception so they get a second life and are not simply discarded after a single use.

- Focus on reducing waste. Weddings are not the first event to come to mind when pondering eco-friendly affairs, and waste contributes to that less than environmentally-conscious reputation. But there are plenty of ways to cut back on wedding waste. When shop-

ping around for a reception venue, prioritize those that do not use single-use plastics. Cocktail hour plastic utensils might be convenient for venues, but



tic knives, forks and spoons from the world's waterways in a single day.

- Arrange for leftover food to be donated. Food waste is another notable area where weddings tend to be less eco-friendly. When discussing reception plans with their wedding venue representative, couples can express their desire that any leftover food be donated to a local organization catering to those in need. This is an especially effective strategy, as the organization Feeding America notes 92 billion pounds of food are wasted annually in the United States. Donating leftovers ensures that all the energy that goes into planting, harvesting, transporting, preparing, and serving food is not for naught.

- Host a local wedding. Destination weddings appeal to many couples, but those focused on sustainability may want to stay closer to home. Doing so decreases the likelihood that most guests will have to travel great distances to attend the wedding. That can help lower the carbon footprint of a couple's big day by lowering guests' overall fuel consumption in relation to the wedding.

Sustainability is having a moment, and couples can embrace the practice when planning their wedding.

they contribute to a substantial amount of ocean pollution. For instance, the Ocean Conservancy notes that volunteers removed nearly two million plas-

## This sweet 'sandwich' is a favorite summertime dessert

Ice cream sandwiches are a treat any day of the year, but can be particularly refreshing when the mercury climbs.

According to the ice cream novelty company Ice Cream Social, ice cream sandwiches may have evolved from a treat called "okey-pokey" that was once served by street vendors in London. This dessert was a slice of vanilla ice cream cut from a large slab. Providing an easier and more portable way to enjoy a serving of ice cream, ice cream sandwiches, food historians believe, were invented in 1899 by an unnamed pushcart vendor in New York City's Bowery neighborhood. This vendor served vanilla ice cream between two graham wafers.

The modern ice cream sandwich, which is the more recognizable rectangular serving of vanilla ice cream nestled between two chocolate cookie wafers, is attributed to Jerry Newberg. Newberg began selling these novelties at Forbes Field in Pittsburgh in 1945. Ice cream sandwiches gained popularity around this time for their portability as well as their flavor, so much so that the popular Carvel® ice cream company unveiled its own take on the ice cream sandwich - The Flying Saucer® - in 1951 to celebrate the opening of its 100th franchise shop.

Other manufacturers have their own ice cream sandwich incarnations, and ingredients vary around the world. Cookies, cakes, biscuits or other ingredients serve as the "bread" to hold the ice cream in place. The novelties also are not difficult to make at home. People can experiment at home by scooping softened ice cream and placing it between home-baked or store-bought cookies.

Ice cream sandwiches also can be turned into other desserts, such as an ice

cream sandwich cake or an icebox cake. All that is needed are a few ingredients and some imagination.

Unwrap ice cream sandwiches and layer them in a cake pan, such as a rectangular or a round springform pan (cut the sandwiches in half for the spring-



form pan and layer vertically versus horizontally in a rectangular pan), with hot fudge, caramel sauce and whipped topping, as desired. Extras like chopped nuts, sprinkles, crumbled cookies, or chopped up chocolate bars can be added to the cake to customize flavor. End with a top layer of whipped topping for the "frosting."

The ice cream cake should be covered and frozen for at least 30 minutes before serving. The internet is full of ice cream sandwich cake recipes in greater detail for those who need more guided instruction. This is one treat that probably won't have many leftovers.

Ice cream sandwiches originated more than a century ago and remain a delicious treat on a hot day.

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# Providence Medical Center

Outpatient Specialty Services

**30** Specialty Providers

**19** Specialty Services

**1** Location



## Outpatient Services Available at PMC

- |                              |                 |
|------------------------------|-----------------|
| OB-Gyn                       | Oncology        |
| Cardiology                   | Ophthalmology   |
| Dermatology                  | Orthopedics     |
| Ear, Nose, and Throat        | Pain Management |
| GI/Surgery                   | Podiatry        |
| Nephrology                   | Psychiatry      |
| Neurology                    | Pulmonology     |
| Neurosurgery                 | Urology         |
| Behavioral Health Counseling | Wound Care      |
| <b><i>Rheumatology</i></b>   |                 |

 pmcwayne68787

 Providence Medical Center

 402-375-7953

1200 Providence Road, Wayne | 402-375-7953 | www.providencemedical.com



# Couple start business, fulfill dream

By Emma Todd

We're Emma and Jaden Todd. Jaden is from California and I'm from southwest Iowa. We met at Wayne State College and always knew we wanted to work together. Jaden graduated WSC and became a Wayne County Deputy Sheriff and I went to grad school to be a clinical mental health counselor. After being in law enforcement for three years, we were told by God to leave Jaden's job. We had no plan, and I was pregnant with our second child.

Two years went by, and we finally had the funds to start our own business. Crimson Estates went from a dream to a tangible plan. Jaden is the builder and general contractor, while I am the visionary and designer. We made a deal for our first property the day our third baby was born and after months of renovation, we utilized it as a launch for our business to

showcase our talents.

We call this property Germaine, named after the previous owner's wife. It's a fully furnished long term rental for those traveling to Wayne. We believe Wayne needed more high-end and well cared for rentals. We add an extra touch with the craftsmanship and thoughtful design.

Crimson Estates also accepts clients in the city of Wayne. We specialize in homes older than 1940 to help keep people in the historical parts of Wayne but we're not opposed to adding charming touches to new-builds. There's something so special about breathing new life into an old home so that it lasts another century. Also, most homeowners are locked in at low percentage interest rates and can't afford to move right now. We can help make your house what you want.

We recently obtained a historical

property in the 200 Block of downtown Wayne. Our end goal is to create two fully furnished units and one rental. You can find these soon on Furnished Finders or Air BnB. We will also be opening the storefront and beautifying the exterior. We have an additional 2,000 square foot property that we are working closely with the city to make a space for the community to enjoy.

Jaden and I have a big heart for the

community of Wayne and someday dream to expand our business. While those ventures are unknown, we do what we do for two reasons: to serve God and to serve others. We've only been in business for a year, but it's been a joy to work as a married couple, raise our kids together, and meet new people along the way. You can find us at crimson-estates.com or our socials are @thehomeplace301



## Family activities to get kids off the couch

Thanks to increasingly busy weekday schedules that have families running in different directions for work, school and extracurricular activities, weekends are an ideal time to recharge. Too often, however, family members retire to their respective rooms, devices in hand.

Kommando Tech says people spend an average of three hours and 15 minutes on their phones each day, with Americans spending 5.4 hours a day using phones. Those statistics do not include how much additional time is likely spent on devices like tablets or laptops.

Chances are phones are being used while lounging on the couch or bed, something that has negative health consequences for many children and adults. A sedentary lifestyle can lead to weight gain, loss of muscle strength, weak bones, diminished immune system response, and poor blood circulation, according to the health information site Medline. These fun activities can get kids and parents off the couch on weekends.

### Take a family bike ride

Inflate those tires and tighten your helmet chin straps. A family bike ride is an ideal activity for the family because it is something that can be enjoyed by all age groups. Choose the pace and the terrain based on the age of the youngest and/or oldest rider (flat, easy-to-navigate paths for the very young or the elderly), and enjoy exercise in the great outdoors.

### Wash the cars

It's a chore, but it's one that has the potential for lots of laughs along the way — and possibly a suds fight. Washing vehicles also is a great way to cool off when the weather is warm.

### Engage in sports training

Whether the children participate in organized sports or not, set up an obstacle course or fitness circuit in the backyard. Everyone takes turns going through the course. The family can spend time together as everyone gets beneficial exercise.

### Do a walking tour

Educational attractions like museums, zoos, aquariums and arboretums are great to visit on weekends. The family will see new sights and learn important information about exhibits, all the while walking a few miles.

### Visit an amusement park

Research the nearest amusement park and take a road trip for the day. Hours will be spent walking around the park and going on thrilling rides. Consider discounted memberships or season passes if this is the type of activity the family plans to repeat.

### Check out a driving range

Practice golf swings at a driving range or a virtual driving range. Everyone can compete to see whose drive is the longest.

The possibilities for physically active family engagement are endless and beneficial for the body in myriad ways.

# Making the switch to early-morning workouts

One of the common complaints among people who want to be more active is that they can't seem to fit exercise in when work, school or family responsibilities get top billing. According to the Better Health Channel, lack of time is a common perceived barrier to physical activity, with men age 30 to 50 saying they are typically too busy with work and family commitments to exercise regularly. And when leisure time is limited, they'd much rather choose recreational activities over heading to the gym.

There are many ways to make exercise fit into a busy schedule, and one of them is to switch when you exercise. Opting for early-morning workouts can free up time later in the day. Plus, there are some benefits to getting a fitness fix in while the sun is rising. Get started with these tips.

- Skip afternoon caffeine and evening alcohol. Getting up early to exercise will likely require an adjustment period. One way to make it easier to rise and shine a few hours earlier is to limit behaviors that can make it hard to get out of bed. Coffee and other caffeinated products can make it challenging to fall asleep at night if consumed too late in the day. Alcoholic beverages, while they may cause you to fall asleep faster, adversely

affect sleep quality. When sleep is compromised, you may be more inclined to hit the snooze button.

- Gradually move your wake-up time. Progressing slowly by waking up about 15 minutes earlier each week can help you achieve your goal without it being a big shock to the system. As you build up to the new wake-up time, fit in short workouts in this newly acquired free time.

- Consider a home gym setup. If the thought of venturing out to a gym or another facility in the wee hours of the morning is unappealing, think about outfitting a space in your home with workout equipment. Doing so may facilitate an early fitness routine.

- Prepare workout gear the night before. The lifestyle experts at Real Simple suggest laying out workout gear and other items needed for the day the night before. This way you can get up and out quickly without forgetting things.

- Enlist a buddy to exercise as well. Having someone to whom you are accountable can help keep early workouts on the docket. A workout pal can motivate you to get exercise in, and you can do the same for your partner. If someone is counting on you, you'll be

less likely to skip a workout.

There are benefits to early workouts. Healthline says that early morning workouts are best when the heat rises during the day and you'll be doing outdoor activities. A 2018 study published in the International Journal of Obesity

found that those who exercise first thing in the morning often choose healthier foods and eat less the rest of the day. Many who exercise early report greater overall energy and focus throughout the day as well.

## Renting vs. buying: Know the pros and cons

People typically have two options when they need a place to live: rent or buy. There are pros and cons to each option, and what is best depends on the person and the situation.

Choosing to rent or buy is a decision with many moving parts, says NerdWallet. Although buying a home is often presented as a fulfillment of the "American Dream," home ownership is not the right fit for everyone. A careful consideration of owning versus renting can help people decide which option is best for them.

### Home ownership

Purchasing a home is a large undertaking that requires a significant financial investment. People often buy a home because they want stability and an asset that maintains value and even appreciates in the long run. There's also more freedom over the living situation when a person buys, as he or she is not beholden to the rules of the landlord.

This affords more freedom to decorate and fewer restrictions regarding noise. Homeowners also may not be privy to rules regarding pets. People may be drawn to buying because they know precisely what they will pay each month in living expenses, provided taxes remain relatively stable. Furthermore, setting down roots can help a person feel like part of a community.

Home ownership has some disadvantages. It's a large financial investment that requires a potentially sizable down payment up front. Owning comes with an inherent, though not ironclad, lack of flexibility, as a person cannot simply move to a new geographic location on a whim. There's also responsibility involved in home ownership. Homeowners are required to pay for all maintenance and handle any additional issues that arise.

### Renting

Renting can be a more affordable short-term option than buying. Renting enables a person to get a residence at a lower monthly expense and with no down payment.

Those who rent have more flexibility if they want to change homes frequently. There's much less responsibility required to rent, as landlords will handle repairs and other concerns.

Expenses may be less because there is no need to pay property taxes, and some utilities may be covered by the property owner.

There is a sentiment that renters are throwing away money each month because they are not getting any equity with each monthly rental payment. Rental costs also may not be fixed, as a landlord can increase rent with each lease renewal. Renters also must abide by the rules and regulations of the landlord while renting. This may mean restrictions on parties, noise after a certain time, pets, and more.

There is no clear-cut answer as to which is better, renting or buying. People must identify their own priorities and needs during the decision-making process.



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Reg. opens: August 19 at 8:00am

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Aug. 13 - Oct. 3  
Tuesdays & Thursdays  
Ages 5+  
Space is limited!

**SUMMER GROUP SWIM LESSONS**  
T/W/Th Evenings  
Session 4: July 23 - Aug. 1  
Reg. opens: 7/8 M, 7/9 N  
Session 5: Aug. 6-15  
Reg. opens: 7/22 M, 7/23 N  
\$40 M / \$65 N

## UPCOMING FALL SPORTS

### SOCCER

Aug. 20 - Sept. 26  
Pre-K & Kinder. - Tues.  
Grades 1-6 - T/Th  
Fee: \$40 M / \$65 N  
Reg. Deadline: Aug. 8

### FLAG FOOTBALL

Aug. 27 - Oct. 13  
Practice: Tues. or Thurs.  
Games: Sundays  
Grades: 1-6  
Fee: \$40 M / \$65 N  
Reg. Deadline: Aug. 8

### VOLLEYBALL

Oct. 8 - Nov. 21  
Practices: Tuesdays  
Games: Thursdays  
Grades: 3-6  
Fee: \$40 M / \$65 N  
Reg. Deadline: Sept. 26

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# Parental involvement is a key factor in students' performance

Success in school can carry over to skills in the classroom. Students learn in successful experiences later in life. That underscores the benefits of developing their own way, and at times there may need to overcome various obstacles.

The job of education does not fully fall on educators and administrators. Education begins at home. Research has found that kids benefit significantly when parents and other caregivers are strongly involved in a child's education. A 2020 study published in the Journal of Prevention and Intervention in the Community found that parental involvement in a child's education is associated with improved academic performance. Specifically, children whose parents are more involved in their educations have higher levels of academic performance than children whose parents were not as involved.



## Help a child grow as a person

Parents want their children to be successful, healthy and happy. That often means providing the best education they can, encouraging quality friendships and being supportive when a child may need some extra guidance. Although there is no magic formula to guide children toward becoming the best versions of themselves, here are steps that parents and other caregivers can take to promote youngsters' personal growth.

- Respond to children's sounds and gestures. Early childhood development specialists say parents should stimulate baby talk and treat it as real conversation. Individuals should respond to baby's gurgling and actions and engage throughout the day. As the child grows, responding to their words, questions and thoughts can help expand a child's vocabulary and boost reading levels later in life.
  - Help kids find their lanes. Parents may only know what they experienced and the paths they took. It is reasonable for mothers and fathers to want their children to follow in their footsteps, and sometimes parents push their kids into paths that do not fit. Helping kids find their niche requires trial and error, patience, and even creativity. Eventually children will discover their passions, particularly when encouraged by their parents.
  - Provide love and support, not criticism. Parents can be their kids' biggest fans, but not at the cost of doing everything for them or shielding children from disappointment. They also should not be harsh critics. To help shape strong children who can grow and mature, parents have to find a balance between being supportive and watching every move and preventing any obstacle. Adversity can help kids grow.
  - Share your own stories. Children may be embarrassed by struggles or failures and want to give up. One of the best ways parents can be supportive is by sharing stories of one's own struggles and how they overcame them. Perhaps a parent can help a kid who is finding material in school challenging by telling a story about a poor test grade and how he or she needed tutoring but was able to improve performance later on.
  - Talk about mistakes that ultimately proved learning opportunities. Children may believe they have to be perfect at everything, and that can set them up for failure when they don't accomplish every goal. Adults can offer an example of a mistake they made that helped them grow, such as getting stuck in foul weather on a hike because they didn't check the weather, and having to travel miles in wet shoes. That learning experience may have helped the adults be more mindful of being prepared for outdoor events.
  - Make time for fun. Success doesn't always come just from hard work. It also involves knowing when it is time to let loose and unwind with enjoyable activities. Then again, learning opportunities don't always need to be chores. Learning through play and exploration also is possible.
- Children can grow and develop positive traits with support from their parents.

A 2005 study from researchers at the Johns Hopkins University Center of School, Family and Community Partnerships showed that school practices that encourage families to support their students' math learning at home led to higher percentages of students scoring at or above proficiency on standardized math tests. Additional research indicates the benefits also extend to other subjects and areas of learning, including language comprehension and expressive language skills.

With so much to gain from parental involvement in students' educations, parents can embrace these strategies to get more involved.

- Develop a partnership with the teacher. Open communication with the teacher(s) can help parents stay up-to-date on what is going on in the classroom and learn early on where a student may need extra support. Then parents can offer extra guidance if it is feasible, or look into an experienced tutor.
- Be firm but supportive. Too much

academic pressure may cause a child to pull back or even test boundaries, and that can lead to students falling behind in school. Parents must find the right level of involvement and guide their kids without sounding like good grades are "make or break" the relationship.

• Attend school functions. Parents can go to open houses, back-to-school nights, conferences, and other events held at school to show support and interest in their children's education. Involved parents also build school-based networks this way, which can be called upon if their student needs additional support in the future.

• Establish a schedule at home. Students can benefit from a schedule, with regular bedtime, homework time and opportunities to relax. Knowing what to expect and when to expect it can take some of the stress out of learning and studying, according to Nemours health.

Parents working in concert with schools and their children can lead to better academic outcomes.

## Start Smart with a Back-to-School Vision Exam



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### RIDES GAMES & good times galore

## Concert & Event Calendar

Don't miss a beat!

- July 24**  
Free Day at the Fair!  
All-Day - Entry day for projects
- July 25**  
7:30p - Ultimate Bull Riding Tour  
9p - Jetley Park (beer garden)
- July 26**  
6-7:30p - Annual Barbeque  
6:30p - Outlaw Truck & Tractor Pull  
9p - Reinvented Wheels (beer garden)
- July 27**  
5p - 4-H Public Fashion Show (4-H/Expo Center)  
8p - The Frontmen  
9:30p - Priscilla Block  
10:30p - Tegan Nissen (beer garden)
- July 28**  
10a - Community Worship Service (grandstand)  
1p - Sweet Tooth Contest (4-H/Expo Center)  
6:30p - Demo Derby  
7-11p - Dave Merkel (Beer garden)

## Wayne County Fair

# JULY 25-28 2024



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 Commission & Board of Supervisors  
 waynecountyne.gov  
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# Ideas for fun on family vacations

Vacations are a great way to escape the daily grind and relax while making memories. According to a recent survey from Nationwide Travel Insurance, U.S. consumers are optimistic about travel plans throughout 2024. Ninety-one percent said they have plans to travel domestically, and 50 percent had international trips on the horizon. Also, 40 percent intended to travel more than they did in 2023.

A large percentage of those traveling will be doing so as families. School breaks make summer a great time for families to get away, although savvy family travelers also buck the trends and opt to travel when the crowds may be lighter. Certain vacations and activities are best geared toward family vacationers. Explore these ideas before booking a vacation.

• Stay at an all-inclusive resort. Whether you stay on domestic soil or travel abroad, an all-inclusive resort is a fine option for families. That's because once the trip is booked and paid for, all of the food, most of the beverages and many amenities are all handled. That

means families can simply check in and start having fun. All-inclusive resorts may feature board games, water sports, movie nights, and even kids-only dance clubs.

• Play miniature golf. Miniature golf games and warm summer evenings are a perfect match. Most resort towns have at least one mini golf course to test skills on the small-scale links. During times when the weather may not be ideal, indoor mini golf can be an entertaining diversion.

• Set up camp. Campsites and RV parks offer a bevy of activities for active families. Not only is there the excitement of sleeping away from home and next to nature, but certain campsites also serve as small, self-contained resorts with offerings like pools, hot tubs, golf courses, tennis courts, or boating options as part of their featured amenities.

• Take a sight-seeing tour. Check the local travel guides to see which type of entertaining or educational tours are available nearby. There are trolley tours, boat tours, bike tours, and walking tours that present the area sights in an infor-

mative light. The benefit of a tour is that all the work is removed and all tourists have to do is show up and enjoy the experience.

• Spend a day swimming. Plenty of family vacations revolve around time around the pool or along the coast. Swimming doesn't require much gear, and as long as the weather is amenable, it's possible to while away the hours for most of the day. Even after sundown, the beach can be a go-to spot for bonfires, music and fun. Remember to lather on

the sunblock so that sunburns do not derail vacation plans.

• Explore the thrills and attractions. Plan a family vacation a stone's throw away from an amusement park so that everyone can get their hearts racing on roller coasters and other fast-paced amusements. Theme parks have various rides that are geared toward different age groups.

Families can enjoy many recreational pursuits while on vacation this summer.



## Juneteenth observance

Attendees at the fifth annual Juneteenth celebration in Wayne on June 19 walked from Bressler Park to Freedom Park (above) after taking part in a number of family-friendly games such as a three-legged race (below).



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Friday, July 19<sup>th</sup> - 7pm  
Saturday, July 20<sup>th</sup> - 2pm

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July 29-August 3  
10am-noon  
& 12:30-2:30  
**Performance:**  
August 3



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