

# Family

## Nebraskans encouraged to start preparing for winter weather

It is never too early to start preparing for winter weather. Nebraskans could experience more power outages this year. Take the advice from state officials and the National Weather Service during National Preparedness Month and keep you, your family and community safe.

Governor Jim Pillen declared Nov. 7 as Nebraska Winter Weather Awareness Day.

"Winters in Nebraska are known for being unpredictable. Just think back to January, and the impact that mounting snow, blizzards and cold had on travel, businesses, and ag operations across our state," said Gov. Pillen. "When severe weather strikes, a little preparation can go a long way. Staying alert to changing conditions and knowing what tools are available can help mitigate the outcome of a bad weather event."

The Nebraska Department of Transportation's Nebraska 511 map provides traffic cameras, winter road conditions and plow trackers across the state.

If weather forecasters are predicting severe weather, stay inside and wait until it's over. If you are stranded in your car during a blizzard, officials ask you make a call and wait for help. Do not try and walk to safety.

"Checking road conditions should be a part of your everyday routine," Nebraska Emergency Management Agency (NEMA) Assistant Director, Erv Portis said. "Knowing this important information can mean the difference between arriving at your destination on-time or not at all."

Make sure you are updating or creating a winter storm supply kit. It is recommended you do this for every one of your family members vehicles. You can start by adding some of the items below.

- Blankets
- Extra sets of dry clothing
- Windshield scraper
- Shovel
- Jumper cables
- First aid kit

- Cell phone charger

For more winter weather prepared-

ness tips, visit NEMA's website - [nema.nebraska.gov](http://nema.nebraska.gov)

## Great reasons to donate unwanted items

People may wonder if they should donate or sell items they no longer use. Of course, some unwanted items can be sold through various channels. However, the benefits of donating merit consideration as individuals ponder what to do with unwanted items taking up space around the house.

### Save time and stress

Selling items can take time, and that may be stressful to busy individuals. Donating items is less time-consuming and stressful, and donors won't find themselves waiting around for buyers who fail to arrive on time, if at all.

### No diminished returns

It's easy to overestimate how much a particular item is worth. Even if something was a collectible in the family, it might not have much value in the eyes of potential buyers. Holding out for a

price that is unattainable may be unrealistic. But donating items clears them out quickly and ensures others can benefit from them.

### Facilitates a process

Since selling items can take time, people who tend to hoard items may end up procrastinating even more if they try to sell. If the goal is to clear away clutter, donating is the simplest and quickest means to doing so.

### Tax implications or benefits

Those who sell enough items and turn profits may have to claim it on their income taxes. Conversely, donating items comes with potential tax deductions that can help them save money.

Donating unwanted items can have certain perks over selling those same belongings.



## Fall Festival

The Wayne FCCLA chapter hosted a Fall Festival just before Halloween. Over 70 area children and their parents took part in several activities including pumpkin painting, Fall coloring, BINGO, pumpkin bowling and sack races. The group collected hundreds of items for the Wayne Food Pantry. "Thank you to FCCLA members for your help and community members for attending the event," said Advisor Alina Surber.

# Adults can take action to prevent bullying

Millions of children wake up very day in fear of harassment. Bullying is an epidemic that can result in humiliation, poor grades, low spirits, and even suicide. In years past, bullying may have ended after kids left the classroom or school grounds, but technology has enabled bullying to follow children home through their devices.

Studies indicate bullying is getting worse. The National Center of Safe Supportive Learning Environments says that, despite a number of school programs designed to decrease bullying, one in five students between the ages

of 12 and 18 are bullied every year in the United States. According to 3rd Millennium Classrooms, which offers schools courses on topics like bullying, the most common type of bullying is verbal harassment, followed by social harassment. Cyberbullying now accounts for 25 percent of all bullying.

Bystander intervention, when someone steps in to help, can help to reduce bullying incidents. Intervening in bullying can be a multifaceted process that requires adults know what to do as they seek to safeguard youngsters.

### Be observant

Bullying generally happens in areas away from crowds, such as in the bathroom, school buses or via cell phones and computers. Adults need to be vigi-

**Encourage participation in activities**  
Children should be encouraged to do what they enjoy and try out various activities in and out of school. These



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lant in recognizing that bullying may be taking place. Warning signs of bullying include being afraid to go to school; using excuses to stay home or return home from school; having nightmares; becoming withdrawn; or a decline in academic performance.

### Be an authoritative parent

According to Diana Divecha, a developmental psychologist who has counseled families on bullying, an authoritative style of parenting may help. This style offers a high degree of warmth, love and closeness, but also provides clear limits and high expectations with the support necessary to meet those expectations. Children raised in this environment have better mental health and stronger relationship skills.

### Create a zero-tolerance policy

Schools can implement strong policies against bullying where students should be able to speak to someone confidentially, and bullies will be investigated and dealt with promptly and effectively.

activities give kids a chance to have fun, let off steam and meet others with similar interests. A strong circle of friends can boost kids' confidence and serve as another defense against bullying.

### Keep lines of communication open

When children feel comfortable speaking with their parents, an older sibling or another trusted adult about their feelings, they can express their concerns and seek advice regarding how to address them. This can go a long way toward making children feel better.

### Cultivate a strong parent-school relationship

Children benefit the most when there is a strong partnership between schools and families. Schools should foster strong pathways of communication with parents.

Adults can do their part to prevent bullying by embracing various strategies designed to keep youngsters safe and happy.

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# Tips to simplify your Thanksgiving dinner menu

Thanksgiving is a much anticipated and beloved holiday. Celebrated on the second Monday in October in Canada and the fourth Thursday of November in the United States, Thanksgiving in each country offers families and friends an opportunity to gather and break bread together.

Food is indeed a focus of Thanksgiving in both Canada and the United States, and that can be a little overwhelming if not intimidating for those tasked with hosting the celebration. Guests might

table if too many guests bring dishes from home, and that can lead to hurt feelings if certain sides are ignored or left on the kitchen counter due to a lack of real estate.

## Explain your desire to reduce food waste

Another way to simplify the meal is to avoid succumbing to the temptation to cook too much food. Guests may expect to go home with full bellies. Indeed, the Calorie Control Council notes that Americans consume between 3,000 and

elaborate formal table settings in favor of a simple setup you might use on most nights when dining at home. Polishing the fancy silver and folding cloth napkins in a way that would impress a seasoned maître d' is a time-consuming task that can complicate meal preparation. Keep it simple with less formal settings, which will allow guests to direct their focus to the task at hand: eating a delicious, homecooked holiday meal.

## Purchase a premade dessert

It might be tempting to try your hand at a homemade dessert, but it's far easier to purchase pies and ice cream from a local farmer's market in the days leading up to Thanksgiving. This approach ensures hosts have it a little easier once the main course has been served and consumed.

Hosting Thanksgiving dinner is no small task. However, hosts can take various steps to simplify Thanksgiving meal planning this year.



come to expect certain Thanksgiving staples, including turkey and mashed potatoes. Such expectations can make it easier to plan a Thanksgiving menu, and sticking to Turkey Day standard bearers is not the only way to simplify meal planning on this beloved holiday.

## Accept help, but keep it limited

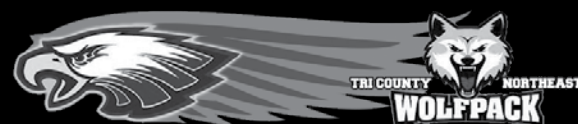
It's customary for loved ones invited to Thanksgiving celebrations to offer to bring a dish to dinner, and that can alleviate some of the work hosts are tasked with managing. However, hosts can keep things simple by asking only a small handful of guests to prepare a side dish. Once the quota is filled, politely decline any additional offers to bring food. It can be hard to find space on the

4,500 calories during Thanksgiving celebrations. Such consumption is not only unhealthy for humans, but the planet as well. The U.S.-based nonprofit ReFED, which is devoted to stopping food waste, estimated that Americans would waste 312 million pounds of food on Thanksgiving 2023. Hosts who want to avoid cooking excessive amounts of food, much of which may eventually end up in the trash can, can simplify meal prep by cooking less and explaining to guests that they aspire to reduce food waste this Thanksgiving.

## Keep table settings simple

Unless you're planning to post photos of the family meal on Instagram this Thanksgiving, you can skip the more

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# Get creative with your home's holiday decor

The end of the year is upon us and that often involves decorating a home in its holiday finest. According to Today's Homeowner, nearly 70 percent of Americans plan to display outdoor holiday decorations. Among those choosing to decorate, 34 percent will do so before Thanksgiving.



Everyone has a different vision of a well-appointed holiday home, but there's always room to make things more unique and creative. These ideas can add a little extra to holiday displays.

## Decorate other rooms

Who says holiday decorating is exclusive to living and dining areas? Think about decorating unexpected places, like swapping out everyday towels and shower curtains with something festive. Swags of greenery wrapped in lights can

be added to bed frames.

## Coordinate the ornaments

Identify a color theme and then showcase it with ornaments. Think about matching the ornaments to the presents wrapped under the tree as well. Purchase white package paper and color or paint the paper to be the same hues as the ornaments on the tree boughs.

## It's hip to be square

While round wreaths are traditional, make your own wreaths in a different geometric shape by using wire or another material as the frame. Square wreaths may be unexpected, and you also can turn the square on its side for a diamond shape.

## Add a spot of color

Certain holidays are known for their particular color palettes, such as red and green for Christmas. But you also can do something unexpected. Whether using a lighter shade of the same color family or adding an accent color like purple or blue, you can change things up in a creative way.

## Make an unexpected bouquet

Swap flowers for pine cones, berries and greenery in unique vessels. For example, arrange your centerpiece in a tall fountain glass or even a cocktail shaker.

## Try a different accent tree

Use a styrofoam cone as the base of a tree for a centerpiece or sideboard. Attach poinsettia branches for a vibrant red tree, or stacked lemons or oranges filled with greenery for a fresh-smelling citrus creation.

## Suspend belief

Instead of attaching a tree topper to the tallest bough, hang one from the ceiling just above the tree to add even more whimsy.

## Mix and match

When it comes to a holiday table, mix and match table settings for an eclectic tableau.

## Shift into neutral

Instead of a large holiday display in familiar colors, rely on neutral, wintry tones that will blend in with the home but add a festive touch. Natural wood, whites and creams, and muted greens can fill spaces.

Unique holiday decorations and schemes can be a great way to add new life to a home this December.

## Tips for dining out as a crowd

Visiting a restaurant is a popular way to enjoy a night out with family or friends. Dining out affords individuals a break from cooking at home and offers an opportunity to try new cuisines and enjoy a complicated dish that novices may find difficult to prepare.

Special occasions also may be celebrated by dining out, bringing together a large party of customers at one time. When dining out as a crowd, some additional planning may be necessary to ensure the experience goes well.

The first thing is to consider speaking with the restaurant about how they handle large dining parties. While some restaurants may simply request a reservation (and updates on whether the party count changes), others may treat a crowd of eight or more differently and refer such groups to a party planner or catering manager. Follow the rules of the restaurant to make things easy for their kitchen staff and the waitstaff.

When bringing a large dining party, sometimes it can be easier to work with the restaurant and have a party menu set up. This menu will feature a few different options rather than giving the group free rein over the standard menu. A party menu means you can keep things to a set price and advise those dining out about what they can expect to pay if the bill will be split.

Who will pay for the meal also merits consideration. It's essential to decide in advance if the bill will be paid by one individual or if it will be split equally among those attending the dinner. If it is the latter, it may be easiest if everyone brings cash to make chipping in for a single check more seamless than handing over 10 different credit cards or requesting multiple checks. Also, paying cash means diners will not be subjected to the extra fee that many restaurants are now placing on credit card payments to help offset their costs for accepting such forms of payment.

Plan for the group to arrive at the same time. Many restaurants will not seat a party until all diners are present. Also, once the group is finished dining, it may be tempting to linger for a while and engage in conversation. This can affect the turnover rate of the table and some establishments may not be fond of it. Rather, think about moving over to the bar area (if there is one) or take the group to another bar nearby to continue catching up.

Dining out as a large party involves planning ahead and being cognizant of the protocols in place at the establishment you will be visiting.

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# Eight ways to avoid holiday weight gain

A popular, familiar holiday song insists the period between Thanksgiving and New Year's Day is "the most wonderful time of the year." But for people who are mindful of eating and trying to maintain a healthy weight, the holiday season can very well turn into the "most compromising time of the year."

Weight gain during the holiday season is quite common, although the amount gained can vary and it may not be as high as people think. According to research published in the *Journal of Obesity*, the average weight gain during the holidays is anywhere from 0.8 pounds to just under two pounds. Although that doesn't sound like a lot, that extra weight stays on, says Dr. Donald Hensrud, a Mayo Clinic physician specializing in nutrition. Cumulative holiday weight gain can add up over the years. Dr.

Hensrud says studies also show that people who weigh more to begin with may also gain more weight during the holiday season.

Though the holiday season can be food-centric, it is possible to avoid gaining weight between late November and the start of a new year.

**1. Eat protein in the morning.** A high-protein breakfast can keep blood sugar more stable throughout the day and help control appetite. This can curb snacking as well as over-indulgence later in the day during holiday meals.

**2. Keep a consistent schedule.** Just because it's the holiday season doesn't mean schedules should go out the window. Stick to structured mealtimes and your usual exercise routine even amid all the celebrating.

**3. Use smaller plates.** It's possible to



fool yourself into thinking you ate more if you fill up a small plate rather than a large one. This can keep your portion sizes more within reason.

**4. Curtail the cocktails.** Many people enjoy more alcoholic drinks during the holiday season than they do at other times of the year. But alcoholic beverages can be high in calories, especially mixed drinks and traditional egg nog. If you choose to drink, Columbia University Irvington Medical Center suggests sticking to clear liquors with club soda in moderation, and limiting consumption of beer, wine and mixed drinks.

**5. Load up on a protein-laden snack.** An hour before heading out for a holiday party or meal, enjoy a protein-rich shake or yogurt to allow for more self-control later on.

**6. Eat strategically.** Fill up on vegetables, whole grains and other less calorie-

dense foods. Go sparingly with the foods you know are historically less healthy, including fried offerings or cream-based dishes.

**7. Manage stress effectively.** Although the holiday season is a festive time of year, it also can be stressful. Many people cope with stress by eating comfort foods, which can contribute to weight gain. Alleviate stress through exercise, meditation, talking with friends or a therapist, or taking other measures that do not involve food or drinks.

**8. Take the focus off food.** Whenever possible, build holiday-related activities around something other than food. For example, replace family baking sessions with some homemade wreath-making.

Weight gain doesn't have to be a part of the holiday season. By being mindful of behaviors, it's possible to enjoy the season and still maintain health.

## Things to know before giving pets as gifts

Imagine this scenario: A family is gathered around exchanging presents. There is one last gift tucked away. You hand the present to a child, and he or she opens it to find a puppy or kitten. The tears of happiness start flowing and the big smiles on all involved will be forever captured in photos and video. The pet immediately becomes a cherished member of the family.

Of course this scenario is perfect when giving a pet as a gift. A recent ASPCA study found that pets received as gifts generally have a low return rate. According to the survey, 96 percent of the people who received pets as gifts thought it either increased or had no impact on their love or attachment to that pet. The survey also revealed no difference in attachment based on the gift being a surprise or being known in advance.

Even with such sunny outcomes, there is still the possibility that a pet given as a surprise gift may not be welcomed with open arms. In fact, many animal organizations frown upon giving pets as gifts. Rather than getting into a situation where an animal's welfare could be at risk, it is important to keep a few things in mind when considering gifting a pet.

### Don't make it a surprise

Unless it's for your own children, do not give a pet as a surprise gift. Even if a person has expressed an interest in having a pet, he or she may not be ready at the moment. Talk the gift idea over with the potential recipient if your mind is set on gifting a pet so that you can make it a collaborative effort. The thought is still there.

### Pay for adoption fees

You can visit a shelter and preemptively pay the adoption fees if you know that a person will be adopting a pet in the near future. This way you can make the gift a surprise and enable the recipient to choose the right timing to go pick

out a pet.

### Offer supplies instead

Another pet-related gift idea is to offer a gift card to a nearby pet retailer so that the person will be able to stock up on supplies when the time comes to get a pet.

### Do not act on impulse

A pet is a very personal decision. Even if someone you know is very interested in getting a pet, he or she may want to pick out the pet rather than have that choice made by a loved one. Taking away the opportunity to select and bond with a given companion animal could backfire.



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# Get more rest while doing your holiday traveling

The holiday season is a time of year when there never seems to be enough hours in the day. Calendars are jam-packed with all sort of activities from the moment Thanksgiving arrives until revelers scream "Happy New Year!" Travel also is a common component of the holiday season, as millions cross time

tips for getting some relief while traveling for the holidays.

## Bring familiar items from home

It is not just children who can benefit from some comforting items from home. Adults also can enjoy the benefits of familiar pillows and blankets, for example. Aromas are strongly associated with

fatigue. That could translate into not enjoying yourself as much as possible because you're simply too tired.

## Avoid too much alcohol

Some people indulge a bit too much while celebrating the holidays. Although alcohol initially can make you feel sleepy, it leads to poor sleep quality that eventually can wake you up in the middle of the night or contribute to a restless few hours of sleep. Limit drinking, particularly late at night.

## Put electronics away

Lauri Leadly, a sleep educator at Valley Sleep Center in Arizona, says the blue light emitted from many digital devices can disrupt the circadian rhythm

in your body that regulates sleep and wake. When the sun begins to set, turn off devices and stick to darker rooms to begin to set the body up for rest. This is a great time to gather in a room filled with firelight or candlelight.

## Move your body

Be active during the day even when you are traveling for the holidays. Physical exertion is good for the mind and the body, and may help you get better rest each night.

Resting while traveling during the holiday season may not be so easy. But some simple strategies can increase the chances holiday travelers get adequate rest while away from home.



zones in order to see loved ones each December.

Rest does not always come easy while away from home. A number of factors can contribute to this inability to settle.

"In an unfamiliar place, our brains become instinctively more alert, increasing adrenaline to keep us awake and ready to defend ourselves or our loved ones," says Martin Seeley, CEO of Mattress Next Day in the United Kingdom. This "fight" response may be even stronger when traveling with family.

People have a lot on their minds and tasks to get done in a short period of time during the holiday season. It can be challenging to wind down and find rest when one is so frequently on the move.

It is possible to get more rest for those who plan accordingly. Here are some

familiarity and triggering memories. So a pillowcase that smells like a home laundry detergent can trigger the body to relax.

## Utilize noise-cancelling earplugs/headphones

Unfamiliar noises can interrupt rest and sleep. Using noise-cancelling products or listening to white noise while settling down to rest can induce sleep.

## Follow the two-day rule

Johns Hopkins Medicine recommends those who will be staying somewhere for fewer than two days to try to keep to a typical schedule. By the time your body adapts to a different schedule, it will be time to come home again.

## Don't overfill your schedule

It's tempting to try and do too much during holiday visits, but jamming your schedule could lead to additional

## Eight guidelines for safe gifts

Everyone wants their gifts to be well-received. For those giving presents to children, they want to see kids' faces light up with excitement when they find a spectacular present underneath all that wrapping paper. In order to elicit that joy, some people may sacrifice safety in order to buy the "coolest" or the "hottest" gifts around. But that could be a recipe for injury. It is essential to consider safety anytime one is buying gifts for children.

The U.S. Consumer Product Safety Commission says an estimated 200,000 toy-related injuries were treated in United States hospital emergency depart-

ments in 2020, with most patients four or younger. The Public Health Agency of Canada notes that, between April 1, 2011 and Nov. 9, 2022, there were 29,268 cases of toy-related injuries, and children between the ages of one and four were the most affected.

## Check durability

Avoid gifts that seem flimsy or delicate. Stay away from toys made from glass or thin plastic, as they could shatter if dropped or thrown.

## Be mindful of antiques

Although older or antique toys and games can be interesting and readily found at garage sales and flea markets, some older toys could be unsafe. They may contain lead or toxic paints. Others may not have been made in adherence to modern toy safety standards.

## Look for the ASTM label

ASTM International is a standards organization that publishes technical international standards for a range of materials. Games and toys that meet ASTM safety standards are better choices.

## Check battery sizes

Selecting powered gifts that utilize larger batteries could be safer for children. Size D, C, and even double A



are better than items that use very small, button-like batteries, which can be easily swallowed, potentially causing injuries to the digestive tract. Also, confirm that batteries are hard to access.

When buying gifts for children, shoppers can consider these safety strategies.

## Check the recommendations

Toys and games come with age recommendations for a reason. Note ages listed on boxes, never choosing above the child's age even if the youngster seems mature for his or her age.

## Be mindful of small parts

Small toys can present a choking hazard. Also, check to see if parts are secure

When buying gifts for children, well-meaning individuals must take the safety of an item into consideration.

## Learn how gifts work

Read the instructions and familiarize yourself with the operation of the gift so you can help the child use it correctly.

When buying gifts for children, well-meaning individuals must take the safety of an item into consideration.

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# Eight healthy snack ideas kids will love

Parents know that growing children need a lot of food. According to pediatric dietitian Hanna Leikin, MS, RD, CSP, LD, kids need a higher calorie demand per body weight compared to adults to support bone development, muscle growth and other bodily functions. Perhaps that's why it seems like a stocked refrigerator or pantry can become barren in just a few days when

wooden skewers. Simply slide a variety of chopped or sliced fruit onto the skewers and make a healthy, colorful snack. For an added bonus, include a small cup of low-fat vanilla yogurt for a fruit dip.

**2. Baby carrots and hummus:** Who can resist baby carrots? After all, they seem tailor-made for kids' small fingers. Pair with a homemade or store-bought hummus, which is full of protein and fiber.

can be given to kids as young as four months old, and that early exposure may prevent peanut allergies. Additional nut butters include almond and cashew. Let kids dip pretzels into the nut butter for a filling snack.

**5. Overnight oats creations:** Let kids take part in building jars or containers of overnight oats with their favorite ingredients. When old fashioned rolled oats are mixed with low-fat milk (or dairy alternatives), raisins, granola, fresh fruit, chia seeds, and even low-fat yogurt and left to sit overnight, the result is a spoonable treat that's ideal for meals and snacks. Plus the fiber in oatmeal will help keep children feeling fuller longer.

**6. Frozen smoothie bowl:** This is a great alternative to ice cream. Simply blend your child's favorite frozen fruits (and toss in a few veggies) with low-fat

Greek yogurt. Serve in a bowl with toppings like granola, finely chopped nuts or coconut flakes.

**7. Energy balls or bars:** Mix dates, nuts, seeds, and rolled oats and press into bar shapes or roll into bite-sized balls when kids need a sweet and energizing snack.

**8. Turkey and cheese roll-ups:** Ensure that kids are getting enough protein by offering a lean protein source like sliced turkey. Roll up a slice of turkey or sliced chicken breast around a cheese stick for a portable and fun snack.

Healthy snacks for children are easier to dream up than one may think. It can take children several times of seeing a new food on his or her plate before being inclined to try it, so parents should stay the course with healthy snacks even if kids are initially reluctant to try them.



kids are in the house.

Children are frequently looking for snacks between meals, which means that parents need to have a variety of snack foods at the ready for their youngsters. But it can be a struggle to find healthy snacks children will eat. With that in mind, parents can consider these eight healthy alternatives to less nutritional fare like chips or sugary treats.

**1. Fruit on a stick:** It seems any food enjoyed on a stick is fun to eat. This is certainly an item for older kids, as parents won't want to worry about younger children getting injured with the pointy

You can even find dessert hummus, which may prove particularly appealing to children's palates.

**3. Crackers and cheese:** Choose whole-grain crackers and a low-fat cheese. This provides the crunch of chips without the fat and calories. In addition, cheese adds protein and the benefits of calcium and other nutrients found in dairy.

**4. Nut butters and pretzels:** Kids need unsaturated fats to spur brain growth and overall development. Nuts and nut butters offer these good fats. The National Institute of Allergy and Infectious Diseases says peanut butter



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December 4 - 2:00 Dismissal

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December 23-January 3 - Christmas Break

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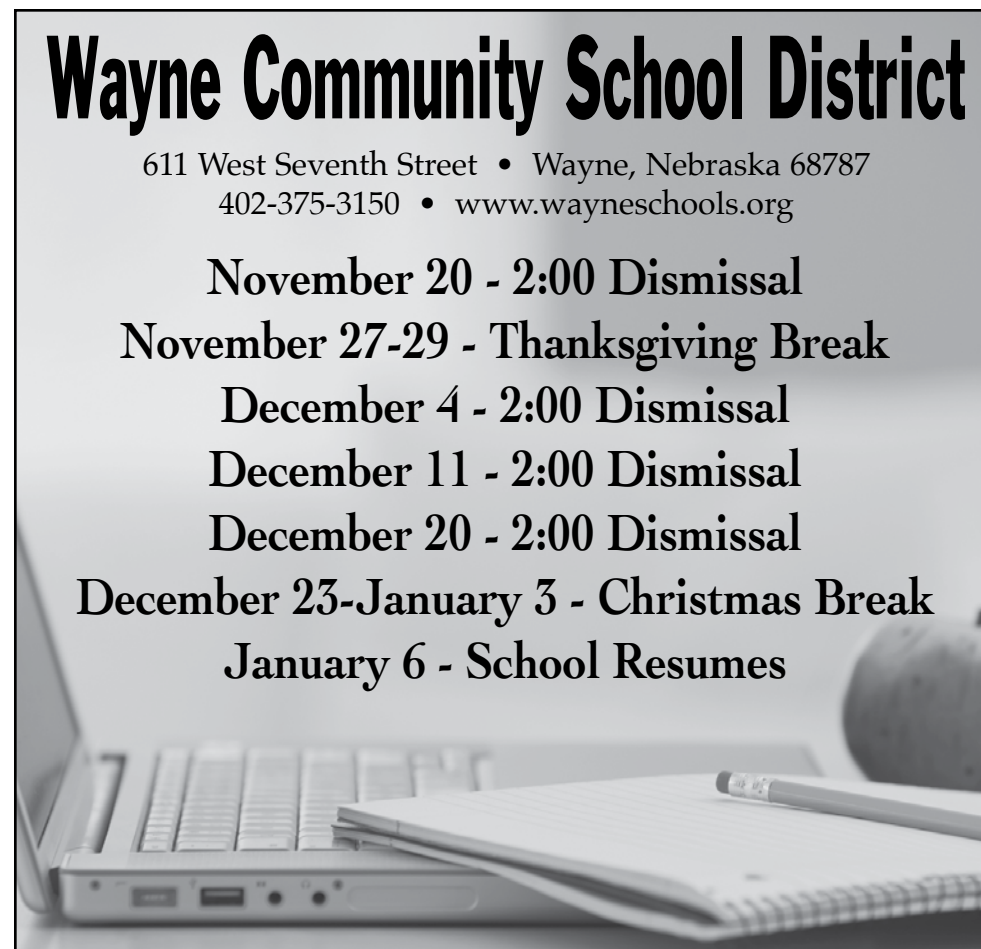
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# Providence Medical Center

1200 Providence Road, Wayne, NE | providencemedical.com

## Expert Orthopedic Care Close to Home

"Dr Joe Carreau is an amazing doctor/surgeon. Not only is he very knowledgeable and thorough, he is the most kind, caring personable doctor. He visits with me and truly cares about me as his patient."



"We would definitely recommend both Dr. Carreau and Molly Redden, PT to anyone who finds themselves in a situation to need their services."  
-Parents of Rylin Hall (patient)

Hip Replacement  
Knee Replacement  
Carpal Tunnel Surgery



Athletic Injuries  
Rotator Cuff Repair  
Knee Arthroscopes

Whether you are an athlete coming back from an injury, in need of knee or hip replacement, or simply ready to get back to life free of discomfort and pain, we are here to help.



For appointments call the  
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**402-375-7953**



### Dr. Justin Deans, CNOS

Orthopedic Surgeon  
Fellowship Trained in Adult Reconstruction  
Joint Replacement Surgery

### Dr. Joseph Carreau, CNOS

Board Certified Orthopedic Surgeon  
Fellowship Trained in  
Sports Medicine