A bi-monthly publication for Family published by The Wayne Herald — May 1, 2025

Family







Health & Wellness Night

Wayne Elementary School hosted a Health & Wellness Night to encourage and support overall wellness for families in the community. Clockwise from top left, members of the Wayne High football team assisted with an obstacle course; Lindsay Hallgren with Northeast Nebraska Public Health talks to Thomas Plager about the importance of hand washing; freshmen football players Trent Hays and Hunter Nolte were in charge of one of the stations. In addition, healthy snacks, relaxation stations and community resources were available to attendees.



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What are perfect gifts for Mother's Day

Mother's Day is celebrated annually on the second Sunday of May. Since 1914, when it was officially recognized as a national holiday by President Woodrow Wilson, families have been gathering to celebrate mothers, and celebrations typically include thought-

The role of mother can be a challenging job. Even though people strive to give moms the accolades they deserve, oftentimes mothers don't get enough credit or attention. That all changes on Mother's Day, when Mom is in the spotlight. Although there is no way to completely pay mothers back for their selfless actions and unwavering love, these gifts can help them feel that much more special.

Special meal

According to a survey by the National Restaurant Association, around 48 percent of people make plans to visit restaurants on Mother's Day. Since Mother's Day is so busy for restaurants, it is wise to book reservations early to ensure you get on the list, particularly if there is a specific restaurant Mom wants to visit.

Anna Jarvis is credited with starting the push for a national day of recogni- percent of the time parents spend with tion for mothers. Jarvis incorporated their children happens during their

Various pronouncements state that 90 Offering your time as an older child



carnations into the holiday. If you plan first 18 years of those youngsters' lives. to gift Mom a bouquet of flowers, add As children get older, they naturally some carnations to the mix as a subtle nod to the founder of Mother's Day.

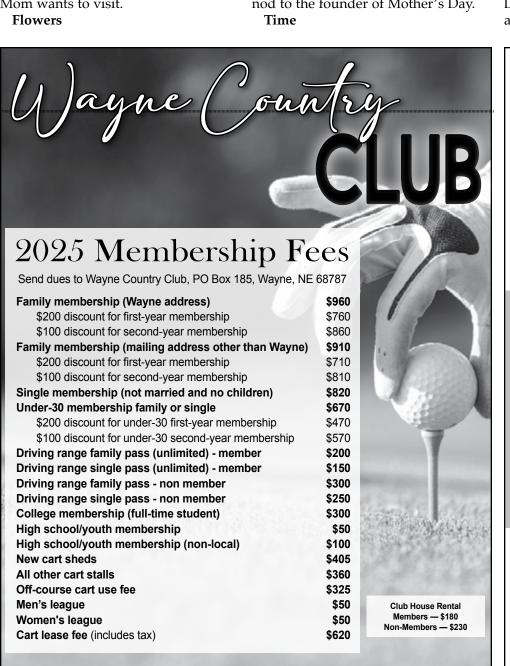
spend much less time with Mom and Dad, as they are spreading their wings and finding their place in the world.

can be the best gift of all on Mother's Day. Do something Mom loves, and do it together. That can be engaging in a hobby she enjoys, attending a theater show or concert, taking a walk through the park, or even planning to cook her a meal on a night apart from Mother's

Gift of pampering

Mothers have a lot going on in their lives, and most of it involves helping others. Your Mom's needs and whims likely take a back seat to the demands she places on herself, and that can change on Mother's Day. Treat Mom to gifts that prioritize rest and relaxation. Put together a gift package that includes a massage, hair styling and a manicure at a local salon. Maybe Mom has been interested in trying acupuncture or an aromatherapy treatment to ease stress? There also are soaking and floating salt bath businesses where she can float in silence as the pressures of life drain away.

Mother's Day offers an opportunity to turn all attention towards Mom and treat her to various amenities and gifts.





|May 26 | 12-7pm free will offering pulled pork, beans, & dessert!

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3-5pm Pony Rides & Petting Zoo

5-8pm All you can eat BBQ

8-11pm Wayne County Troubadours
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Sunday, June 22

Ideal foods for a Memorial Day barbecue

three-day weekend in late May is widely viewed as the unofficial start of summer. Backvard barbecues have become a popular way to celebrate Memorial Day weekend, and all eyes tend to be on the grill once a party kicks off.

Memorial Day weekend. A 2024 sur-

grilled fare.

Smoked foods

Smoking meats has become wildly popular in recent years. A 2024 report from Research and Markets indicated that the global market for smoker grills Food is indeed a big component of is projected to increase from \$6.8 billion in 2023 to \$9.3 billion in 2030. Memorial

Though Memorial Day precedes the staples like macaroni and potato salad, dogs and Memorial Day weekend seem at Memorial Day weekend barbecues. summer solstice by several weeks, the which are often best served alongside to go hand-in-hand, but that doesn't mean a grill should go burger-free come this popular late-May holiday. Upside reports hamburger bun sales increase by 273 percent over Memorial Day weekend, proving hosts and guests really favor these staples when kicking off summer celebration season.

Water

It's easy to overlook when the focus is on food, but water is a necessity

Water can help people remain hydrated and cool off if temperatures spike, and it also can help adults avoid overindulging in alcohol. The Numerator study found 76 percent of Memorial Day shoppers purchase beer over the weekend, and alcohol can lead to dehydration. Offering water can help guests remain hydrated and encourage responsible alcohol consumption.



vey from the market research experts Day weekend barbecue hosts can consid-Memorial Day celebrants intended to grill or barbecue at home during the that guests will expect to eat during a backyard barbecue, and the following are some ideal dishes to offer this Memorial Day weekend.

Salads

tions tend to be warm in many parts of the country by Memorial Day weekend. That means some guests will be looking for lighter fare that won't make them feel too sluggish in the late-spring sun. Salads can fit the bill for hungry guests who want to satisfy their cravings with-

at Numerator found that 52 percent of er the growing affinity for smoked foods and offer something up from their own smoker. There's no shortage of foods holiday weekend. Hosts likely recognize that can be smoked, from whole chickens to brisket to desserts, and guests may appreciate a smoky taste of something different this Memorial Day weekend.

Hot dogs and hamburgers

Though experimentation and unique Weather is unpredictable, but condi- offerings are sure to be appreciated, it's also important to offer guests some traditional backyard barbecue staples. Perhaps nothing fits that bill better than hot dogs and hamburgers. A 2024 analysis of grocery store sales conducted by Upside found that sales of storebrand hot dog buns increase by 449 out feeling bloated. Tri-color pasta salad, percent over Memorial Day weekend, antipasto and tossed salad make for even though hamburger bun sales make great appetizers that pack a nutritional up more than half (54 percent) of all punch as well. Of course, don't forget bun sales over the rest of the year. Hot





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Water recreation safety tips are given to the pubic

in the water. Whether you're soaking up some rays in a backyard pool, catching some ocean waves on a surfboard or sliding your way across a Slip 'N Slide, there's no shortage of ways to incorporate water into warm weather recreation.

Water-based recreation makes especially warm days more comfortable, but caution must reign supreme when engaging in water play. The National Drowning Prevention Alliance offers the following safety tips to lower the risk of water recreation accidents.

Brush up on your swimming skills

The NDPA reports that learning how to swim can reduce drowning risk by 88 percent. Adults and children alike are urged to go over the basics of swimming before getting in the water to ensure their skills are up to the task. If possible, practice the basics in the shallow end of a pool to reacclimate your body to swimming. Parents can keep a watchful eye on their young swimmers to ensure they haven't forgotten how to swim since last

Never swim alone

Swimming with a partner is a fun way when and where it's safe to swim. A feel right, exit the water. Falling rain, someone is there to look after swimmers is unsafe, whereas a green flag means and offer help if a swimmer is strug-

Fun in the sun often involves playing alerting a lifeguard when swimming in NDPA notes it's always preferable to sign of doubt. You can always return community swimming pool.

Stick to designated swimming areas

The flag system is often employed at parks, beaches and lakes to indicate

a public place such as a beach, lake or swim under the supervision of a life- later if your physical condition and/or guard.

Err on the side of caution

The NDPA notes it's best to get out when in doubt. If water conditions don't



conditions are welcoming for swimmers.

to stay safe. The buddy system ensures red flag typically symbolizes swimming rough currents, muscle cramps, and/or physical fatigue can quickly transform a fun swimming session into a dangerous gling. A buddy also can call for help by Stick to areas designated as safe. The situation. Get out of the water at the first ndpa.org.

the conditions in the water change.

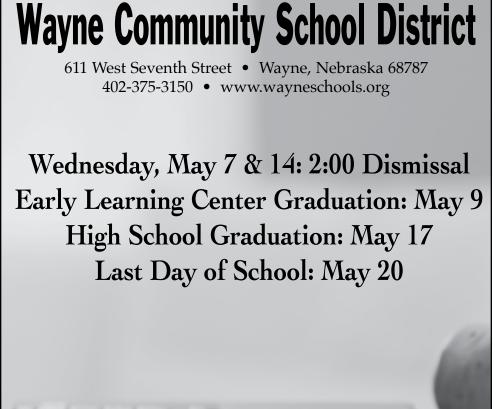
Be an educated swimmer

Savvy swimmers know to check the local forecast, including water conditions, before getting their toes wet. The NDPA notes it's unsafe to swim in the rain, particularly if there is thunder and lightning. That's true whether you're swimming in an ocean, a lake or a backvard pool. A wetsuit can help keep the body warm when water temperatures are low, but the NDPA notes such swimming sessions should be brief. In addition, the NDPA notes that swimming in a wetsuit when water temperatures are between 75 and 80 degrees could lead to heat exhaustion.

Don't swim after consuming alcohol

Swimming and alcohol are a bad mix, as the NDPA notes that alcohol impairs balance and coordination, each of which are vital for swimming. Alcohol also increases the likelihood of risky behavior, which can be hazardous when in the

Water-based recreation helps make warm weather seasons even more fun. But safety must be the utmost priority when having fun in the water. Additional water safety strategies can be found at





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Memorial Day weekend travel tips

travel than others. Memorial Day weekend certainly fits that bill. AAA estimated 44 million people traveled during Memorial Day weekend in 2024, and that popularity is at least in part due to the holiday's reputation as the unofficial beginning to summer.

can be just what people need to get into dren can plan for travel delays by pack-

Certain times of year inspire more leaving on Thursday and/or returning on the Tuesday after Memorial Day to reduce time spent in crowded airports or train stations.

Expect delays

Travel delays can be stressful, but they're nearly inevitable during peak travel periods like Memorial Day week-A Memorial Day weekend getaway end. Parents traveling with young chil-



the summer swing of things. With summer set to kick off, even if only unofficially, travelers can consider these tips to make the most of this popular time to travel.

Book early

Whether Memorial Day weekend travelers are flying or traveling by bus or train, it's important to book reservations as early as possible. Flights on popular travel weekends fill up quickly, so booking early can increase the chances flyers will be able to depart and return at the time of their choosing. The same goes for bus and train travel. Lodging also can fill up quickly, so book hotel reservations or reserve stays through sites such as Airbnb as early as possible. Booking early can help travelers ensure travelers can pack they aren't shut out of their desired destination, and it also can save money, as rates tend to go up the closer one gets to the travel weekend.

• Time your travel

Memorial Day weekend motorists might want to get on the road before the sun rises. Leaving early, when there are fewer cars on the road, reduces the chances of being caught in a traffic jam. If pre-dawn is simply too early, AAA indicates it's best for Thursday and Friday weekend is a busy travelers to be on the road prior to 11 time to travel. A a.m. Leaving after 7 p.m. on Thursday handful of strateor 8 p.m. on Friday is best for those who gies can make this must travel at night. Travelers taking to year's travels a little the air or the rails might also benefit by more manageable.

ing extra snacks and downloading extra entertainment onto kids' tablets. Adults traveling without children can build

delays into their itineraries and consider them before booking dining or entertainment reservations on the day of their arrival.

• Limit luggage

Memorial Day weekend tends to feature ample sunshine and warm weather, which makes it easier to travel light. Air just a carry-on so they don't have to wait at the luggage carousel or worry about potentially lost bags. Car and train travelers also can pack light so they have more room to maneuver.

Memorial Day

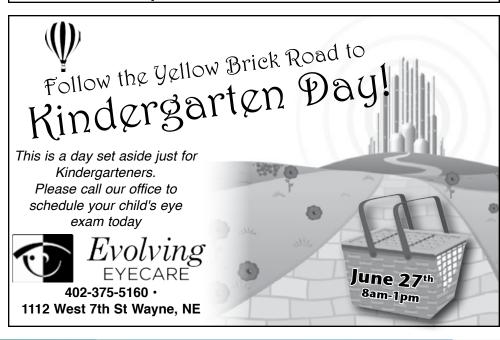


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What parents should know about asthma

No one ever fully knows what's personal health, and children are not immune from that uncertainty. A child can seem fully healthy one day only to be unexpectedly diagnosed with a medical condition the next.

That scenario has unfolded for millions of children diagnosed with asthma, an incurable yet manageable disease. The Asthma and Allergy Foundation estimates that 4.9 million children in the United States have asthma, while Asthma Canada reports that more than nostrils 900,000 Canadian youths under the age of 19 have the chronic disease. Such figures underscore how important it is for parents to learn the basics of asthma.

What is asthma?

Asthma Canada reports that doctors define asthma as a chronic inflammatory disease of the airway. The World Exaggerated Health Organization reports that asthma is caused by inflammation and muscle tightening around the airways that makes it harder to breathe.

What are the symptoms of asthma?

The AAFA notes that asthma often begins in children, but its initial symptoms tend to vary depending on a child's age. Babies and toddlers exhibit different symptoms than school-aged children and teenagers.

The AAFA reports that, among babies mucus membranes (tongue, lips, and chance of developing asthma. Such risk around the corner in regard to their and toddlers, signs and symptoms of around the eyes) and fingertips or nail factors include: asthma may include:

can occur at

night Fast or rapid breath-

- A need to work harder to breathe
- Flaring
- Skir that sucks in around and between ribs or above the sternum
- belly move ment

 Panting even when engaging in normal activities, such as age playing

- Wheezing (a whistling sound)
- Trouble sucking or eating
- Tiredness that contributes to disinterest in normal or favorite activities
 - Cyanosis, a tissue color change on

beds. Cyanosis appears grayish or whit-• Persistent, repeated coughing, which ish on darker skin tones and bluish on

ighter skin tones.

Signs and symptoms that affect school-aged children and teenagers may include the above but also:

- Cough
- Pain or tightness n the chest
- Waking at night due to these symp-
- A drop in their peak flow meter reading (if your child uses one)
- Exercise intolerance marked by an inability to engage in normal for the child's

Why do millions of children develop

the exact causes of asthma in youngsters. better identify when kids need treat-However, the AAFA identifies various ment that can greatly reduce the effects risk factors that could increase a child's asthma has on their daily lives.

- A family history of asthma
- · Respiratory illnesses, such as flu, RSV and colds
- Allergies and eczema (atopic dermatitis)
- A mother who smoked during pregnancy
- Exposure to secondhand and third-• Shortness of breath hand tobacco smoke or e-cigarette aerosol after birth
 - Living in an area with high air pol-

What is the prognosis for children diagnosed with asthma?

Treatment is vital to controlling asthma and limiting the extent of its effects on children's lives. According to the AAFA, when a child's asthma is under control he or she can expect to live a life with few or no symptoms and no interruptions to daily activities like sports, play and exercise. Kids whose asthma physical activity that's is being treated also can expect to miss fewer school days and require fewer trips to urgent care facilities and hospi-

Asthma affects millions of children. Medical experts are uncertain about Parents who learn about the disease can

Add to the Calender!



May 1 - School Cook Out!

May 1 - Academic Awards - NHS - Science & Art Showcase

May 2 - Senior Tea @ Methodist Church

May 2 - Seniors last day

May 3 - L& C Conference Track Meet @ Winnebago

May 4 - L & C Conference Golf Meet @ SSC

May 4 - FFA Banquet

May 7 - Elementary Track & Field Day

May 8 - Community Cleanup Day w/JH kids

May 9 - Gr 4&5 Field Trip to Lincoln

May 10 - Graduation at 11am

May 12 - 5th Grade Field trip to Aquafest

May 13 - Preschool Graduation

May 14 - 5th & 6th Grade Fishing Field Trip

May 15 - NSAAA C-3 District Track Meet @ Ponca

May 19 - Boys District Golf Meet @ Norfolk

May 19 & 20 - EARLY OUT at 1pm - semester tests

May 19 - Last Day of School for Elementary

May 20 - Last Day of School for High School

May 23-24 - State Track Meet

May 28-29 - State Golf Meet

Cowboy Trail - Norfolk Connector Maple Creek Recreation Area Maskenthine Lake Recreation Area Pilger Recreation Area Willow Creek State Recreation Area Stars, Strolls

Et S'mores

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NRD Recreation Exploration

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Celebrate Father's Day

Father's Day is a celebration of dads near and far. Falling on the third Sunday of June each year, Father's Day presents an opportunity for families to come together and put the spotlight on fathers who work tirelessly for their children and provide them with love and support. Father's Day also is a chance to honor the men who serve as father figures or play special roles in people's

It's easy for families to fall into a routine when it comes to celebrating Father's Day. Certainly dinner and giftgiving is traditional, but there are additional ways to provide Dad with the day he deserves. Explore these creative

Set up a scavenger hunt

Drag out the suspense of Dad getting his Father's Day gift by hiding it and requiring him to go through a series of clues to find it. When writing up the clue cards, spouses and children can reference particularly happy moments or things around the house that are representative of Dad's love. For example, a clue may read, "Here's where we like to snuggle together to watch our favorite show."

Take it outdoors

June weather tends to be pleasant, and

that means Father's Day celebrations can be held outside. Everyone can select a spot that Dad loves to visit, whether it's a hiking trail or a local park, and then plan activities around the chosen

Go on an adventure

Father's Day can be spent engaging in something the family has never tried before that may be exciting for Dad. Maybe he's always wanted to go offroading on quads or try his skills at hatchet-throwing? The family can get together and choose an activity Dad will find engaging and that everyone can

Make it a beach day

Dad might just want a break from the hectic pace of life on Father's Day. This is the perfect opportunity to head oceanside. For those who don't live by the coast, a river or lakefront spot can be an ideal alternative. Frequently these are touristy areas, so it could be relatively easy to find an eatery where everyone can make a reservation for lunch or dinner after enjoying a relaxing day with waves lapping the shore.

These are just a few clever ways to celebrate Father's Day. Families can choose activities that honor fathers and ensure he is feeling all the love.

Stay safe when around fireworks

Fireworks have been integral components of celebrations for centuries. These pyrotechnics originated in ancient China, with their earliest forms thought to be made from bamboo stalks thrown into a fire. Fireworks ultimately evolved into gunpowder-filled paper tubes. Modern fireworks still largely use traditional gunpowder as well as additional ingredients like aluminum and iron to create flashes, bangs and sparks. Additional elements are blended to create the colors that make for vivid fireworks displays.

Fireworks can be a wonder to behold, but there is no denying that shooting them off can be dangerous business. The U.S. Consumer Product Safety Commission reports that eight deaths and an estimated 9,700 injuries involving fireworks occurred in 2023. Of the eight deaths, five were associated with misuse of fireworks and two with a device malfunction. Fireworks injuries increased between 2008 and 2023, which underscores the importance of fireworks safety.

To celebrate safely, the CPSC urges consumers to follow these tips:

• Make sure fireworks are legal where you live and only purchase and set off those that are labeled for consumer use. Never purchase fireworks that are designed for professionals.

- · Children should not be allowed to play with or ignite fireworks. This includes sparklers. Sparklers burn at temperatures that can reach or exceed 2,000 F, which is hot enough to melt
- Stay sober when using fireworks. Alcohol or drug impairment can cause people to act recklessly and make mistakes when handling fireworks.
- Keep a bucket of water or a garden hose nearby in case of fire or another
- Only light one firework at a time, then move away from it quickly.
- Soak malfunctioning fireworks in water. Do not try to relight them.
- Never place any part of your body directly over a firework when lighting
- Never point or throw fireworks at
- Douse spent fireworks with water before tossing them in the trash.

Spectators should remain at a distance from any fireworks being ignited. Fireworks should be lit away from buildings or trees. Many times it is safer to let professionals handle the fireworks since they are trained in the proper safety precautions.



Fee: \$30 M / \$45 N

Registration opens: May 1

Grades 1-4 - 6:00-7:00pm

Grades 1-4: 6:30-7:30pm

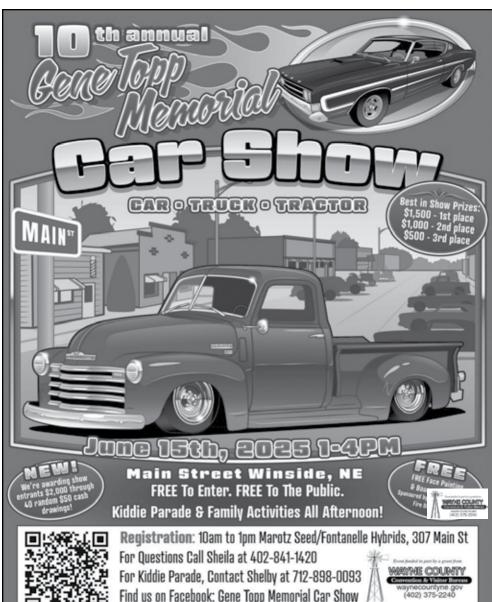
Pre-K & Kindergarten: 5:30-6:15pm

Jumpstarter Basketball Clinic – July 7–9

Check out our website for more information

Kickstarter Soccer Clinic - July 14-16

Volleyball Basics Clinic - July 21-23



Fee: \$45 M / \$75 N

SWIM LESSONS

Session 1: June 3-12

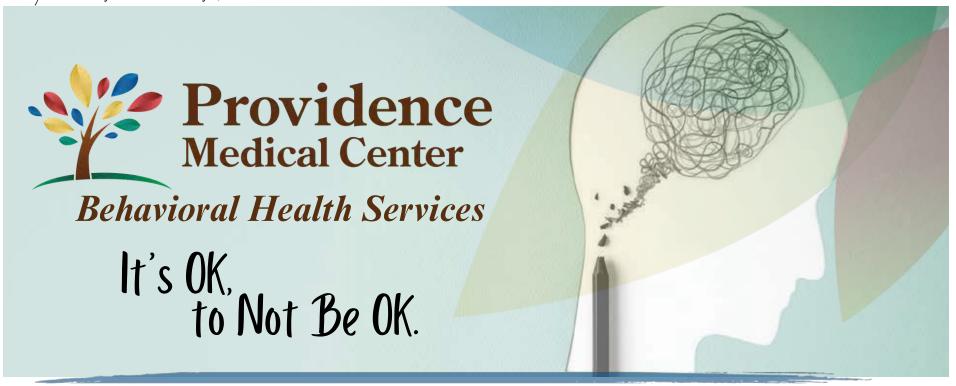
Session 3: July 8-17

Session 2: June 17-26

Session 5: Aug. 19-28

Session 4: July 29-Aug. 7

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