



The Senior Star



410 N. Pearl Street

A monthly publication for The Wayne Senior Center

August 2023

AUGUST—FUN FACT: DID YOU KNOW???

Originally, August did not have 31 days

Now this is probably one of the most intriguing facts about August because it seemingly came from a tinge of jealousy. August had only 30 days, while July, which was named after Julius Caesar, had 31 days. However, Augustus, the Roman Emperor after whom August is named, did not want his month to have fewer days than Julius Caesar's month. So, he added a day to August, making it 31 days long, just like July!

AUGUST HIGHLIGHTS!!

Tuesday—August 1st

Noon—Special Luncheon Drawing by Kinship

Wednesday—August 2nd

10:45 am—Music by Bob Doughty
And Monthly Birthday Party Day

Friday—August 4th

CLOSED FOR STAFF WORK DAY

Wednesday—August 9th

10:45 am—Music by Bob Doughty

Thursday—August 10th

11:15 to 11:45 am—Wayne Eye Care Glass Clinic

Friday—August 11th

11:30—Music by Dan Hansen

Noon—Sr. Day Luncheon Drawing by Countryview

Monday—August 14th

9:15 am—Toe Nail Clinic with Rachael

CALL FOR A TIME

Tuesday—August 15th

10:00 to 11:45 Am—Health Care Clinic with Katie

Wednesday—August 16th

10:45 am—Music by Bob Doughty

12:30 pm —Monthly Board Meeting

We serve Wednesday w/ Hillcrest

Friday—August 18th

11:30 Music by Connie Webber

Wednesday—August 23rd

10:45 am—Music by Bob Doughty

Friday—August 25th

11:30 am—Music by Deb Dickey

Fine Dining Friday with Kinship

Wednesday—August 30th

10:00 am—Caregivers support Group

10:45 am—Music by Bob Doughty

Thursday—August 31st

Noon—Special Luncheon Drawing with Kinship

PLEASE NOTE:

The center will be closed for a Staff work day—Friday, August 4th. **No** meals or activities that day. Staff will be available to take your calls. The Wayne City Transit will run as normal.

DOG DAYS OF SUMMER

July 3rd through August 11th

Many of the ancients became ill this time of year because of the hot and sultry weather. As a result, there was a belief that July heat and the resulting sicknesses were connected with the rising and setting of Sirius - "The Dog Star". This period became known as the "Dog Days of Summer". People sacrificed a brown dog at the beginning of this hot time to appease the rage of Sirius.

Although Sirius does not necessarily appear this time of year (due to the precession of the equinoxes), these are traditionally the hottest days in the Northern Hemisphere.

Wayne County Fair

Wednesday, July 27th through Sunday, July 30th

Nebraska State Fair: August 25th—September 4th

FAIR TRIVIA: DID YOU KNOW???

Carnivals consist of games, rides, shows, feasting, and overall merriment, which developed from the traditional outdoor festivals of Europe in honor of seasonal changes or religious holidays that date back hundreds of years ago.

Fairs are large theme based events held to promote and present agricultural, commercial, industrial, and artistic exhibits to fairgoers while also providing the fun and amusement of carnivals.

The USA's first state fair was held in Syracuse, New York in September of 1841

The **Ferris wheel** was invented by George W. Ferris for the 1893 World's Fair, which was held in Chicago to commemorate the 400th anniversary of Columbus's landing in America.

The first time that fairgoers ate hot dogs and ice cream as they walked along the midway was during the Saint Louis **World's Fair** in 1904, thus coining these two foods as the

world's first "**Fast Foods**".

What we call "**Cotton Candy**" was originally called "Fairy Floss" and was invented in 1897 by candy makers William Morris and John C. Wharton of Nashville, Tennessee. It was introduced at the St. Louis **World's Fair** in 1904. It has also been called "Spun Sugar" and in the United Kingdom it is called "Candy Floss."



AUGUST FUN FACT: DID YOU KNOW??
August celebrates National Underwear Day along with other weird celebrations.

If you don't know, August celebrates several weird occasions that leave you scratching your head. But whoever come up with these, we aren't complaining. August 3rd is National Watermelon Day for you to appreciate this summer time fruit. August 5th is National Underwear Day to celebrate various types of undergarments. And perhaps the best one of all—August 10th is National Lazy Day!!!

DOG DAYS of SUMMER!

DOG DAYS OF SUMMER

The dog days of summer are traditionally the 40 days beginning July 3 and ending August 11 which coincide with the rising of the Dog Star, Sirius. National Dog Day is held annually on August 26, so let's celebrate August with all things dogs!!!!

DOG WORDS

(Choose from Words Below)

1. Variety of dog of remarkable ferocity, courage, and tenacity of grip.
2. Hot dog topped with chili
3. Fruit of the dogwood.
4. Community official assigned to catch and dispose of stray dogs
5. Having many pages with corners that have been folded down.
6. Twisting and turning battle between two or more military aircraft especially between fighters.
7. Persistent or stubborn.
8. Expression of annoyance.
9. That which is held as an opinion.
10. To abduct (especially a dog).
11. One who rides in a dog sled.
12. Golf word to describe a sharp bend in the fairway.
13. Steady trotting motion similar to that of a dog.
14. Ray of light seen amidst fog.
15. Usually a small dog cuddles in the lap.
16. Sailor accustomed to the sea.
17. Dog who guards property.
18. Phrase for mud puppy or someone who is At home in or on the water.

WATCH DOG—DOG NAP—DOG EARED
BULLDOG—FOG DOG—DOG SLEDDER
DOG FIGHT—DOG TROT—DOG LEG
LAP DOG—CHILI DOG—DOGGED
SEA DOG—DOG BERRY—WATER DOG
DOG GONE—DOGMA—DOG CATCHER



Enjoy a
Hot Dog Snack @
2:30: Friday August 11th

**"There are four kinds of people in the world:
Those who have been caregivers;
those who currently are caregivers;
those who will be caregivers;
and those who will need caregivers."**

Rosalynn Carter
Former First Lady

CARE GIVER SUPPORT GROUP
TUESDAY—AUGUST 30th @ 10:00 AM
8 Benefits of Care Giver Support Groups

1. Feeling less lonely, isolated or judged
2. Gaining a sense of empowerment and control
3. Improving your coping skills
4. Reducing distress, depression or anxiety and having lower rates of
5. clinical depression
6. Developing a clearer understanding of what to expect with your situation
7. Getting practical advice or information about treatment options
8. Improving your caregiving ability and giving better quality of life for the older adult
9. Helping you keep your loved one at home longer

ALL WELCOME! COFFEE & GOODIES
SERVED AT 10:00 AM

MEETING HELD IN CONFERENCE ROOM

Person, Place or Thing? Can you guess what I am?

I was first constructed in 1893

I often get lit up at night

To most people, I'm good old-fashioned fun

Usually, I require a ticket

In Singapore, I'm called a "Flyer"

I'm bad for those afraid of heights

I love carnivals and state fairs

If you've been on the London Eye, You've been on me

I like to go in circles

I share my name with a Bueller

(Answer on back page)



AUGUST FUN FACT: DID YOU KNOW??
August was once considered an unlucky month for weddings.

In ancient Rome, August was considered an unlucky month for weddings. This is because it was the month of the Feriae Augusti, a period of rest and celebration that made it difficult to plan weddings.

**Wayne Senior Center at Wayne, Nebraska --
Monthly Business Meeting
July 14, 2023 (Rescheduled from regular date of July 19, 2023)**

The monthly meeting of the Wayne Senior Center was held with President George Burcum calling the meeting to order. (12:30 p.m.) Present: Senior Center Coordinator: Diane Bertrand, President: George Burcum Vice President: Carol Dunning, Secretary: Verna Mae Baier, Board Member: Joan Lage and Treasurer: Jeanette Swanson.

The minutes of the June 21, 2023 meeting were approved as published in the July Senior Star in a motion by Carol Dunning and seconded by Joan Lage.. Motion carried.

Treasurer Swanson presented financial information for 6-22-23 7-14-23 with expenses of \$3,644.33 [\$50.00--Wayne Herald for Memorial Day; \$3,535.49--steam table/supplies; \$58.84—temperature gauge on kitchen dishwasher.] This amount of expenses was approved in a motion by Verna Mae Baier and seconded by Joan Lage. Motion carried and this financial report was accepted.

Coordinator Bertrand presented an overview of July and August. .. The August newsletter is being prepared Daily numbers continue to be exceptionally good. A Center cleaning day will be used in August.

President Burcum will represent the Senior Center at the upcoming meeting of the Wayne Community Chest.

Coordinator Bertrand reported the completion of the kitchen equipment purchase/replacement. A new commercial carpet shampooer will be purchased as well as a hand-held battery-powered vacuum cleaner.

The updates on the Senior Center checking account have been completed with all signatures in place.

FY'24 began on July 1, 2023.

The Yearly Overview of NENAAA Policy requirements was presented. All officers read and signed these policies: (1) Background check policy (2) Blood Born Disease Policy (3) Conflict of Interest Policy (4) Drug Free Work Place Policy (5) Personnel Policy (6) Prayer Policy (7) Refusal Policy (8) Center Weather Closing Policy (9) Whistleblower Policy and (10) Dress Code for Wayne Senior Center Policy.

No additional items were presented.

The meeting was adjourned at 12:55 p.m.

The next meeting will be August 16 2023.

Verna Mae Baier, Secretary

Do You Have Heat Stroke or Heat Exhaustion?

Learn the Signs. Keep our Seniors Safe.

Heat exhaustion occurs when your body loses excess amounts of water and salt, typically from sweating. On the other hand, heat stroke is a serious medical emergency that occurs when your body is unable to control its internal temperature. As the weather gets warmer, we tend to spend more time outside under the hot sun. It's important to know the difference between heat stroke and heat exhaustion. Knowing the signs and symptoms of these two conditions could save your life or that of a loved one.

Symptoms

Symptoms related to heat stroke or heat exhaustion can be very serious. Developing muscle cramping may be the first indication that you're developing a heat-related illness. Other symptoms include:

Heat exhaustion symptoms	What to do	Heat stroke symptoms	What to do
general weakness	take a cool shower or use a cold compress to decrease body temperature	elevated body temperature above 104°F (40°C)	call 911 for emergency treatment
increased heavy sweating	hydrate with water or sports drinks	rapid and strong pulse or heart rate	move to a shaded or cool area
a weak but faster pulse or heart rate	move to a shaded or cool area	loss or change of consciousness	circulate air to speed up cooling
nausea or vomiting	seek medical treatment if vomiting continues	hot, red, dry, or moist skin	use a cold compress or cold, wet cloth to help lower body temperature
possible fainting, lightheadedness, dizziness	lie down		
pale, cold, clammy skin	remove any extra layers or unnecessary clothing, like shoes or socks		

Keep in mind that heat stroke can be much more serious than heat exhaustion and requires immediate medical attention to prevent complications.

Back to School

X A S R O S S I C S T U A B G V T A D G Z E W C
 O Y T O O E B I A C N F F U T Y H U W H K P S O
 O N T N E D U T S D C J V S C I S U M A U R E A
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 G D W F R E N F E M G V Q O E E R O N G G R H E
 H U Q Z X I B F L L H J Z D P T L C J I E S C R
 W T Y W Y R L O J G X J N N A X L I L G E S A J
 C S K S O F I W O S C H O O L C M A P N T A E L
 C L N C W I R A J K L K L L X Q G T A I O L T U
 Y A D I E N E V N V V I C H W L B Y B L R C R N
 I I P E R O A L P C M O E H O H Z R R L D B O C
 J C C N A S D U S E Z M P B J S K U X E Z I B H
 Y O X C S S I X H F W B E F J Q L C B P H Z A G
 A S Y E E E N R A D N E L A C E U R L S X L A G
 B W H C R L G O G B D Z U C R B K C A P K C A B

technology
 spelling
 principal
 lunch
 globe
 computer
 art

science
 social studies
 pencil
 lesson
 friendship
 classroom
 backpack

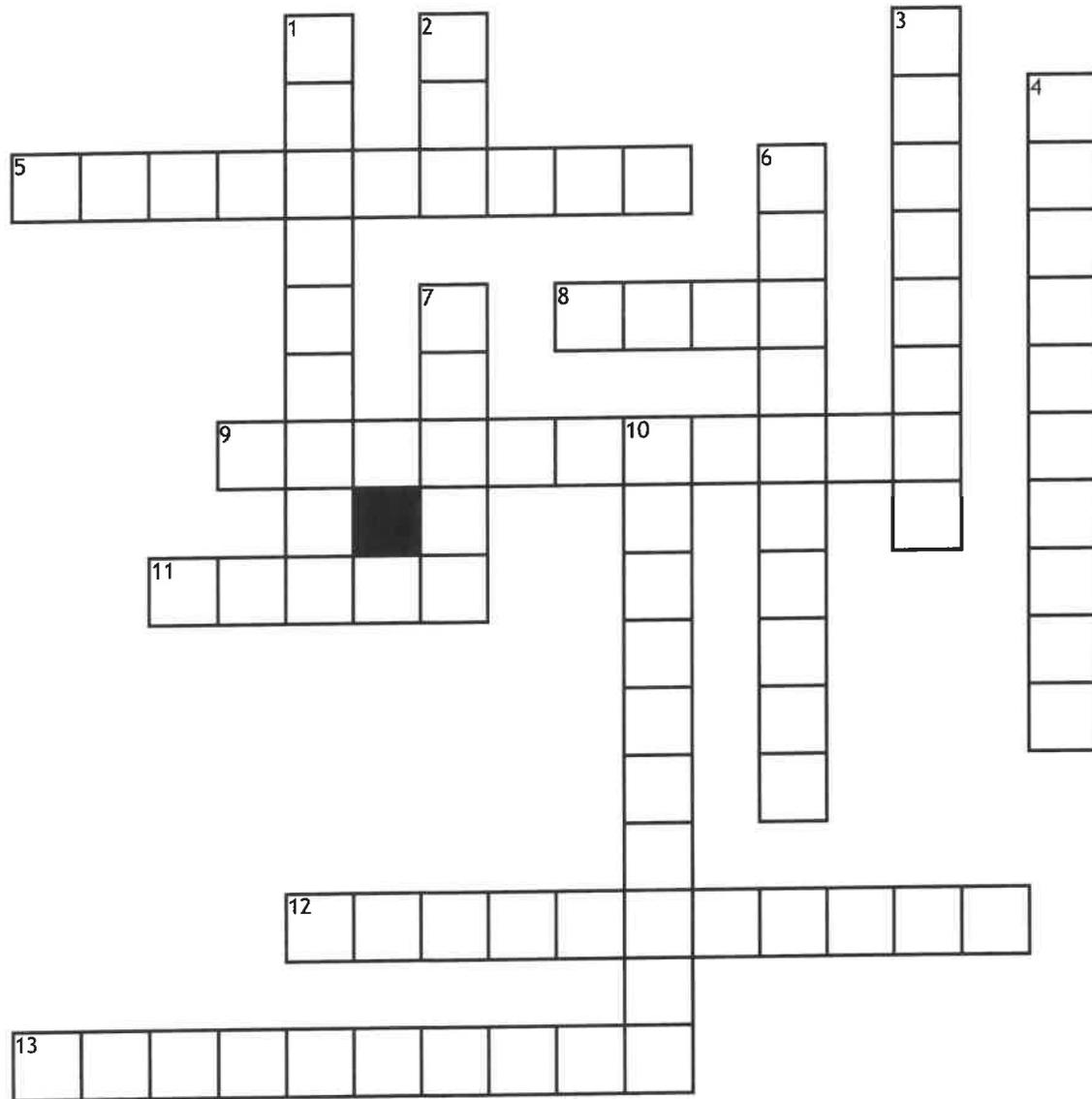
writing
 scissors
 notebook
 learn
 folder
 calendar

welcome
 school
 music
 gym
 eraser
 cafeteria

teacher
 ruler
 math
 grade
 desk
 bus

student
 reading
 map
 glue
 crayons
 activities

County Fair



Across

- 5. Exotic/baby animals
- 8. Fair weather
- 9. Circular ride
- 11. Music groups
- 12. Pink Fluff
- 13. Edible bird leg

3. Hot Ride

- 4. Mirrors
- 6. Powdered sugar treat
- 7. Animal houses
- 10. Fair jewelry

Down

- 1. Pageant
- 2. Band + 2 tickets

CAN ANIMALS PREDICT THE WEATHER??

Folklore, Fun Facts and Traditions from "The Old Farmer's Almanac"

Centuries ago, farmers and others observed animal behavior and recognized patterns that corresponded to weather events. These observations were passed through generations as advice, which survive today as adages.

Are they true? Do they work? Read, watch and see for yourself.

CAN COWS FORCAST WEATHER?

Many weather adages involve cows because they were common animals on farms.

- If a cow stands with its tail to the west, the weather is said to be fair.
- If a cow grazes with its tail to the east, the weather is likely to turn sour.
- If the bull leads the cows to pasture, expect rain: If the cows precede the bull, the weather will be Uncertain.

There is some truth here. Animals graze with their tail toward the wind so that if a predator sneaks up behind them, the wind will help catch the scent of the predator and prevent an attack.

OTHER ANIMAL INDICATORS

- Expect rain when dogs eat grass, cats purr and wash, sheep turn into the wind, oxen sniff the air, and swine are restless.
 - When cats sneeze, it is a sign of rain.
 - When cattle lie down in the pasture, it indicates early rain.
- When horses and cattle stretch out their necks and sniff the air, it will rain.
- Woolly bear caterpillars are said to be winter weather predictors: the more brown they have on their bodies, the milder winter will be.
- If the mole digs its hole 2 1/2 feet deep, expect severe weather; if 2 feet deep, not so severe; if 1 foot deep, a mild winter.
 - When pigs gather leaves and straw in fall, expect a cold winter.
 - When rabbits are fat in October and November, expect a long, cold winter.
- If sheep ascend hills and scatter, expect clear weather.
 - Wolves always howl more before a storm.

LEARN MORE

Birds and insects may be the best weather predictors of them all.

USING A CRICKET AS A THERMOMETER

Did you know that you can tell the temperature by counting the Chirps of a Cricket?

Back in 1897, a scientist named Amos Dolbear published an article titled "The Cricket as a Thermometer" that noted the correlation between the ambient temperature and the rate at which crickets chirp. The formula expressed in that article became known as Dolbear's Law. It's surprisingly simple: To convert cricket chirps to degrees Fahrenheit, just count the number of chirps in 14 seconds, then add 40 to get the temperature. The number you get will be an approximation of the outside temperature.

Example: 30 chirps + 40 = 70 degrees F

Trip down Memory Lane!

Dandelions

The Dandelion is among the most hated of plants, yet it isn't poisonous and has no thorns. In fact, it's a healthy food source and has been the universal toy of childhood for uncounted generations. Let's take a new look at this despised plant. Throughout history the dandelion has been there for the joy and amusement of children of all ages. It has been a traditional and versatile toy, and it comes with an A1 safety rating. It's also inexpensive and available almost everywhere.

THINK BACK IN YOUR MEMORY ABOUT THE FUN THINGS YOU USED TO DO WITH A DANDELION!!!



FARMERS CASSEROLE

Hearty August time Dish for Brunch

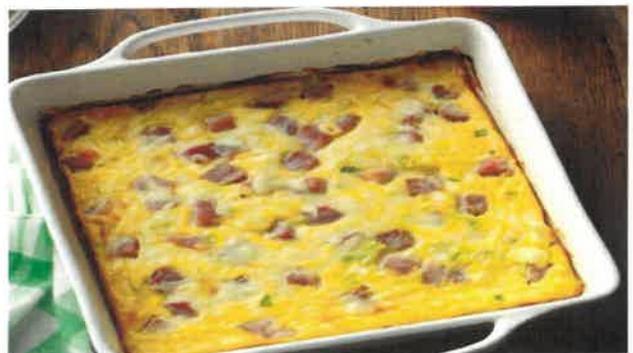
Great Recipe for family and friends. This casserole is handy—you can put it together the night before, let the flavors blend, then bake it in the morning!

INGREDIENTS

- 3 cups frozen shredded hash brown potatoes
- 3/4 cup shredded Monterey Jack cheese
 - 1 cup cubed fully cooked ham
 - 1/4 cup chopped green onions
 - 4 large eggs
- 1 can (12 ounces) evaporated milk
 - 1/4 tsp. pepper & 1/8 tsp. salt

DIRECTIONS

1. Place potatoes in an 8 inch sprayed/buttered baking dish. Sprinkle with cheese, ham and onions. Whisk eggs, milk, pepper and salt—pour over the top. Cover and refrigerated for several hours or over night.
2. Remove from refrigerator 30 minutes before baking. Preheat oven to 350 degrees. Baked, uncovered, until a knife inserted in the center comes out clean, approx. 45 minutes. Sprinkle with cheese and let melt—serve and enjoy!



CITY OF WAYNE / SENIOR CENTER



410 N. Pearl Street, Wayne, Nebraska 68787

OUR GENEROUS DONATIONS

Bob Schwartensbach— Barb & Byron Heier-
Janet Bull— Earl & Joyce Lundahl—George Burcum
Barb Greve— Jean Ping - Janet Reeg
Lyle Johanson—Donna Lundin
Charles & Ruth Maier

**Thanks to Country View and Kinship for
Sponsoring our Luncheon Drawings and the
Monthly Birthday Treats. Thanks to Kinship
For helping out with our "Fine Dining Friday"
and Hillcrest Care Center of Laurel for helping
With our "We Serve Wednesday"**

**Thanks to all our talented Musicians and all
Our dedicated Kitchen and MOW Volunteer.
YOUR ARE THE BEST!**

The Wayne Public Transit

A COMMUNITY SERVICE FOR ALL

Open for transportation: Monday through Friday
8:00 am to 4:00 pm (Only)

We are an on-demand service with
Reservations. Call: 402-375-1460

Please schedule trips and appointments according to the
ours of operation—\$1.50 Fare for each stop



*Person
Place
& Thing*

Answer!
(Riddle from Page 2)
**FERRIS
WHEEL**

WHO'S WHO AT THE WAYNE SENIOR CENTER

Diane Bertrand	Manager
Misty Brasch	Head Cook / Kitchen Manager
Jill Lehmkuhl	Office Assistant / Dispatch
Phil Does	Kitchen Aide / Sub Van Driver
Roger Hochstein	Van Driver
Dan Carroll	Van Driver
Terry King	Van Driver
Verdell Lutt	Sub Van Driver
Anaka Brasch	Sub Kitchen Aide
George Burcum	President
Carol Dunning	Vice President
Verna Mae Baier	Secretary
Jeanette Swanson	Treasurer
Joan Lage	Board Member

Services are provided without regard to race, origin, handi-
caps, age or sex. The Wayne Senior Center is funded by the
City of Wayne, Northeast Nebraska Area Agency on Aging,
The Department of Roads, Wayne Community Chest,
and your donations.

THREE—CENT SCHOOL LUNCHES

(Article written on August 29th, 1914)

Experiments in school lunches, with most gratifying results, have been made in seven of the elementary schools in Manhattan, provided for by the New York school lunch committee, an organization of women. These experiments in the schools of New York have been conducted on the principle that food should be furnished at cost. Last year 174,000 lunches were served in the seven schools at a cost of \$8640.50, of 4.96 cents per lunch. The receipts were \$5730.38, or 3.20 cents per lunch, a loss to the providers of only 1.07 cents per lunch.

It is believed, says a writer for the Mother's Magazine, that with buying on a large scale and with several centralized kitchens in which the food would be cooked, and prepared for a number of schools, this loss can be made up or nearly so, and the lunches placed on practically a paying basis.

At first, the pupils were required to purchase 3 cent meal tickets and were given the choice of a number of fixed menus, varied from day to day. This year, however, when the system was extended to 10 schools, seven of which are in Manhattan, the a la carte plan was adopted, and most of the articles put on a separate 1 cent basis. For pupils who prefer a fixed meal, however, there is still a special 3 cent menu in each school each day. The following is a sample special menu for a week:

Monday—Rice, Tomato soup and bread

Tuesday—Mashed Potatoes, meat,
gravy and bread

Wednesday—Pea soup and bread

Thursday—Lentils, rice and bread

Friday—Potato soup, croutons and bread

In addition to these 3 cent lunches a child may, for a cent, buy any one of the following: Hot cocoa, sandwiches of various kinds, four crackers, salads, cooked fruits, such as stewed prunes or apple sauce, or in fact any of the other articles on display. The following articles were selected at random, from one of the 1 cent counters. One baked sweet potato in jacket; Mashed sweet potato in cone; Rice pudding in cone; One hot sausage with slice of bread; One candied apple; 2 pieces of sweet chocolate; One banana; Three figs; Ice cream sandwich (one graham cracker with slice of ice cream); Half orange peeled, with one graham cracker.; Two small cakes or cookies of different kinds; 5 molasses candy kisses; Boiled dried peas in cone; Two thick slices of good bread and butter; Two Pretzels; One peanut butter sandwich; A two-inch spare of apple pie; A two-inch Square of custard pie; A two-inch Spare of shortcake; A single cake; Boiled beans in cone; One cheese sandwich;

The Service in each school is in charge of superintendent—usually one of the teachers—who makes weekly reports in regard to the expenditures and needs, and who draws for supplies on the stock purchased by the committee. The board of education furnishes the kitchen, dining rooms and the equipment for each.

The cooks, who services are paid by the committee, get \$1 a day. The dining room service is supplied by the pupils of the schools. There are always from 20 to 30 older children of each school who are glad enough to serve the food and wash the dishes afterward for their own lunches. Where more than the required number volunteer for this service, they are divided into shifts and given employment on alternate days. The "waiters" wear clean white caps and aprons and those who handle the bread wear white gloves. This paraphernalia is., of coarse, furnished by the committee. *What was your school lunch like when you were a child?*