



# City of Wayne Newsletter

City of Wayne  
Utilities

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## Energy-Wise Tip ~ Old Eyes

As a child, I remember doing homework at the kitchen table around dusk one evening when my father walked in and said, "How can you see? Turn the light on!" I could not believe this came from the same guy who was always telling me, "Turn the lights off when you leave a room!" I could see just fine!

Several decades later, I have aged past that point in my father's lifetime and finally realize why he would question my ability to see. He could not. And now, I cannot either.

As everyone ages, a number of things occur in our eyes that degrade vision. From the day we are born, the lens of our eyes yellow with age. Usually after age 40, hardening of the lens capsule and often, atrophy of the ciliary muscles that focus the lens create a condition known as "presbyopia" which is the loss of being able to focus on things close up.

Shape and clarity changes in the cornea (clear outer covering of the eye) cause light to refract which decreases the amount reaching the retina. Our iris' ability to regulate pupil size decreases and limits the amount of light entering the eye as well as the ability to quickly adjust sight to different lighting levels.

As if these symptoms of aging are not enough, our lenses cloud (cataracts) and the vitreous fluid inside the eye takes away our abilities to

discern contrast and colors. To top it off, increased scattering of light inside the eye makes us more susceptible to glare.

What is an old set of eyes supposed to do? Best answer: Accommodate for these natural changes. Start by providing more light. The Lighting Research Center at Rensselaer Polytechnic Institute estimates that for the same light level, a typical 60-year old receives about one-third the retinal illuminance of a 20-year old. Consider some remodeling using light-colored surfaces (ceiling, walls, floor, furniture, etc.) in order to maximize the amount of light in a room.

Improve the uniformity of light distribution to reduce shadows. Try to maintain uniform lighting within a room, as well as from one room to another. Since older eyes take longer to adjust to changes in light levels, this will increase safety while moving about.

Select glare-free light fixtures as glare reduces the ability to see subtle details at lower light levels. Avoid fixtures with bare or exposed light bulbs or tubes as these notoriously produce glare.

At night, use several in-wall and/or plug-in night lights in bedrooms, bathrooms and kitchens to safely navigate through your home. Look for night lights that provide an amber-reddish light rather than a bluish-white light

to avoid interrupting natural human circadian rhythms.

Finally, start by looking at LED (light-emitting diode) bulbs, tubes and fixtures for providing solutions to the abovementioned concerns. Why? Because LEDs tend to be more directional in dispersing light so that it can be focused on what is being lit rather than scattering light around as other lighting technologies do. LEDs are often twice as energy efficient as fluorescent and four times more efficient than incandescent lights. Plus, LEDs come in options varying from very cool white to warm white with a reddish glow to correlate with time-of-day lighting recommendations. LEDs also tend to have a much longer-rated life than other lighting technologies which means a replacement may not be needed in the future.

Your local electric utility and Nebraska Public Power District want to help customers illuminate the dark corners of their world and make the most of every dollar spent on energy. They may also offer EnergyWiseSM energy efficiency financial incentives to offset the cost of installing LED technology. Contact your local utility to find out more.

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### CITY COUNCIL

#### MEETINGS

October 4th  
October 18th

### VACANCIES

The City of Wayne is looking for people interested in serving on the following Boards and/or Commissions:

- Board of Appeal**
- Library Board**
- Civil Service**
- Planning Commission**
- Recreation –Leisure Services**
- Board of Health**

If you are interested in serving your community by being on one of these boards/commission, please contact Betty McGuire, City Clerk, at (402) 375-1733.



## Department News ~

### Wayne Public Library ~

Story Hours have begun! Saturday mornings at 10:30, or Thursday nights at 6:30—all ages are welcome. And, Mother Goose is on the Loose! Wednesday mornings at 10:30, for infants, toddlers and pre-schoolers and their parent or caregiver.

We have one story hour coming up we are particularly excited about, Thursday night October 13<sup>th</sup>, at 6:30 p.m. is "Ninja Story Night." Sara Westerhold will be bringing students up from Main Street's own Wayne Martial Arts Center for a demonstration. Join us in congratulating them on their 10-year anniversary.

The importance of reading aloud to children of all ages cannot be stressed enough, even children who can read on their own. What are the benefits to be gained from reading aloud together? It can: instill a love of reading in your child, increase vocabulary and understanding – because you can share books that your child may not be able to read alone, encourage reluctant readers, and increase family involvement. It is time together that you can treasure as a family.

The Wayne Public Library will be offering a program to encourage you to become treasure hunters and increase the amount of time you spend reading to your children. When you sign up for the program, you agree to read aloud to your child on a regular basis. You set the amount of time. Whether it is ten minutes, or an hour a day doesn't matter. For each book you complete as a family, your name will be entered into a drawing for a family prize. In addition, there will

be a variety of programs for the whole family to enjoy. Our first will be the "Souper Soup Spectacular" November 3<sup>rd</sup>, from 5:30-7:30 p.m. with stories, games, food, art and more. You can get to know other families, find out about area activities, and tell others about the great products and activities your family enjoys.

Pre-registration is required at the Wayne Public Library for some of these events. Children younger than age 8 should be accompanied in the Library by a parent/caregiver over age 11. To register, or for more information: call 402-375-3135 – or stop by the Library today.

Wayne Public Library invites you to join Kim Endicott, as Pac-N-Save sponsors and the Library hosts "Adult Coloring Night," Tuesday, October 11<sup>th</sup>, from 6:00 to 7:30 p.m. All coloring pages, colors, supplies, and a light snack are furnished free of charge. Call [402-375-3135](tel:402-375-3135) to reserve your spot. Open to high school graduates and older.

**BOOK TO MOVIE MONTH:** The Library Book Club will be reading, *I am Malala, a memoir by Malala Yousafzai*. This book is the remarkable tale of a family uprooted by global terrorism, fight for girls' education, a father who championed and encouraged his daughter to write and attend school, and of brave parents with a fierce love for their daughter in a society that prizes sons. The book club will meet **on Tuesday, Octo-**



**ber 25<sup>th</sup> at 6:00 p.m.** We will watch the DVD and discuss the book. New members are always welcome.

Join Library Staff at the Wayne Senior Center to get pointers on how to write, "The Story of My Life." Participants will meet on Tuesdays in October at 11:00 a.m. to begin writing and/or journaling about their life. We will use Bob Greene's book, *To our children's children*, to tell our story and preserve our family histories for generations to come. Notebooks & pens/pencils will be provided. Call the Library 402-375-3135 to reserve your spot. If you'd like to stay for lunch, call the Senior Center 402-375-1460 for a reservation.

A fun way to celebrate the fall season is to decorate a pumpkin. Use your imagination and create a silly, scary, artsy, colorful, strange, eerie, out-of-the-ordinary, glamorous or any kind of pumpkin you would like. We do ask that you not carve the pumpkin, but just decorate the outside. Bring your pumpkin to the Library by October 24<sup>th</sup>, and it will be displayed until October 31<sup>st</sup>, when winners will be selected by guest judges. To round out Halloween fun, the Library invites Trick or Treaters of all ages to stop by the Library at 410 N. Pearl Street on October 31<sup>st</sup> for a treat!

### WISE WORDS

"Effective leadership is not about making speeches or being liked; leadership is defined by results, not attributes."

—Peter F. Drucker



School is in session so please drive carefully!!

### REMINDER

Tree pruning on city streets will take place the latter part of September/first part of October.



### Green Notes ~ HHW Event a Success!



Thank you to our community for great support at the Household Hazardous Waste Collection event held September 9, 2016. In just two hours, this event served more than 100 households and collected the following Household Hazardous Wastes (processed by Red Willow Hazardous Waste from McCook, NE):

- ◆ Antifreeze - 11 gallons
- ◆ Batteries - 240 pounds
- ◆ Mercury - 4 pounds
- ◆ Fluorescent light bulbs - 236
- ◆ 2-4 D - 12 gallons
- ◆ Roundup - 2 gallons
- ◆ Other recyclable material - 320 pounds
- ◆ Pesticide - 400 pounds
- ◆ Paint - 3,420 pounds
- ◆ Acids - 2 pounds
- ◆ Oil - 25 gallons

The Wayne Green Team thanks local business Thrift Warehouse and its owners, Lukas Rix and Mark Kanitz, for its donation of \$300 in support of this event,

as well as Gill Hauling for its donation of the roll-off and disposal fees. Thank you also to the Northeast Nebraska Resource Conservation & Development for choosing Wayne to host this event and providing funding from the Nebraska Environmental Trust. With committed partners like these in our community, we will no doubt reach our goal of Zero Waste in Wayne.

For more tips on the Green Path to the Good Life, like the Wayne Green Team on Facebook or visit [www.cityofwayne.org/greenteam](http://www.cityofwayne.org/greenteam).