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THE BENEFITS OF
ATTENDING
SUMMER CAMP

Summer camp is something akin to a rite of passage for millions of youngsters each year. Many adults look back fondly on their experiences at summer camp, often crediting such times as formative periods in their lives.

Summer camp benefits children in myriad ways. Recognition of the many advantages of attending summer camp can serve as a great reminder of just how fun it can be for children to spend their time away from school at a camp of their choosing.

- Campers continue to socialize throughout summer. Socializing isn't just for the school year. While children in high school might be independent enough to come and go with their friends during summer break, kids who are still in elementary school or middle school might not be old enough to handle such freedom. That can make it hard to stay in touch with friends, which in turn can contribute to feelings of boredom and loneliness. Camp provides ample opportunities for young children to socialize during a time of year when they might not see their school friends as often as they're used to.
- Campers can expand their horizons. Though some summer camps are exclusive to residents of certain communities, many tend to feature children from numerous towns or municipalities. Such camps provide an opportunity for campers to expand their horizons by engaging with youngsters who come from different backgrounds. Indeed, the Graduate School of Education at Harvard University notes that summer camp may be the first time children spend substantial amounts of time with people whose backgrounds differ from their own.

- Camp can get kids off their devices. Modern children are growing up in a digital world, and parents know how hard it can be to get kids to put down their devices and get outdoors. But the key to making that pivot could be access to outdoor play spaces. A 2025 study from researchers at the University of Michigan published in the journal Health and Place found that efforts to reduce kids' screen time are more successful when children are given a chance to play outside. Many summer camps are structured around outdoor play, making them a potentially invaluable ally as parents seek to help children cut back on the time they spend using their devices. Children who do not attend camp and live in households where both parents work or in single-parent households where Mom or Dad works may be forced to spend much of summer indoors, which could increase the frequency with which they turn to devices to occupy their time.
- Camp adds structure to summer days. Once a school year ends, the structure a school day provides vanishes into thin air. Couple that with extracurricular activities that go on hiatus during summer vacation, and kids accustomed to structure are left with little to do and no need to schedule their time. That can add an aimlessness to summer days. Camp can provide the structure kids are accustomed to but still offer a break from responsibilities like homework or the commitments required of extracurricular activities.

There's no shortage of benefits to enrolling youngsters in summer camp, where kids can socialize, grow and get off their devices while engaged in structured but stress-free activities.

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ADVENTURE AWAITS. EVEN CLOSE TO HOME

It's not uncommon for individuals to think that the ultimate vacation adventure requires venturing far and wide. But there are plenty of exciting ways to get your thrills even if you don't stray too far from home. Here is how to plan a summer adventure right in your own neighborhood.



• Visit an amusement or theme park. Spending a day or two at a theme park or amusement park can expose travelers to different rides, sights, attractions, food, and people. Six Flags Entertainment Corporation operates 27 parks across the United States, Mexico and Canada. Water parks, summer carnivals and local theme parks also can make for fun excursions.

• Scale great heights. Figure out what is the highest peak where you live and then hike to the top of that lookout. Many of the tallest peaks in North America are along the border between the state of Alaska and Canada, but there are plenty of lofty elevations elsewhere on the continent.

• Try a new food. Experience a new culture by visiting a restaurant that serves food from a country that you've never visited. You can score even more brownie points if you opt for an ingredient that is new to

- you as well.
- Go rafting or tubing. The power of moving water is very impressive. Rafting and tubing enables people to get swept away by rapids and see the landscape as it goes rushing by. Choose a pace that suits you and build up rapid size and speed as you gain more experience.
 - Try a new water sport. Stand-up paddleboarding or kayaking can be entertaining ways to enjoy the water. These are not only great adventurous activities, they're also solid workouts for many parts of the body.
 - Go fishing. Fishing may seem like a slow-paced sport, but your adrenaline soon will be pumping when a fish bites and you're reeling in a monster catch. Some of the best times to fish are at dawn and dusk when fish are more likely to hit.

• Swim in the ocean. Head to the coast and dive through the waves. The summer months are the perfect times to take a dip as the ocean water becomes a more comfortable swimming temperature. Always swim in locations where lifeguards are present, and be sure to check red flag warnings for rip currents or rough surf. Keep an eye out for marine life as well.

• Catch a baseball game. Purchase tickets to a game at a stadium near you and cheer on the team with thousands of other fans. In addition to watching Major League Baseball, there are many minor league teams with impressive stadiums. Tickets for minor league games may be easier to come by and softer on the wallet.

Summer adventures do not have to require traveling far. There are plenty of exciting ideas close to home.

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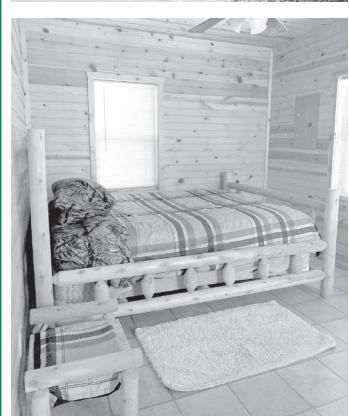
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RECREATIONAL SPORTS THAT MAKE FOR A GREAT WORKOUT

Billions of people across the globe share a passion for sports. Whether it’s youngsters playing on sandlots, adolescents competing in scholastic sports or even professional athletes locking horns at the highest level, there’s no denying that sports appeals to people of all ages.

The thrill of competition undoubtedly compels many athletes to engage in sports, but playing a sport also makes for great exercise. That’s even the case for various recreational sports, which many athletes look to after their more formal playing days have ended. In fact, the following recreational sports are not only fun, but also make for a great workout.

Pickleball
Perhaps no recreational sport has enjoyed a surge popularity as significant as pickleball in recent years. The 2023 Topline Participation Report from the Sports & Fitness Industry Association indicates participation in pickleball grew by 159 percent between 2019 and 2022. Pickleball is something of a hybrid sport that combines elements of tennis and ping-pong to form a fun activity that’s also great exercise. An ongoing examination of pickleball by Apple has found that participation in the sports helps players reach moderate to vigorous heart rate zones, which cardiologists note can improve cardiac fitness. In addition, a 2023 study published in the journal Frontiers in Psychology found that pickleball players enjoyed significant improvements in happiness, life satisfaction and personal well-being after taking up the sport.

Basketball
Basketball is among the more accessible recreational sports, as it’s not uncommon for players

to find a pickup game at their local park on a nice spring or summer afternoon or evening. Basketball combines various components of a great workout, including cardiovascular exercise, coordination and balance and weight-bearing activity. A 2018 study published in the Journal of Sport and Health Science found that both half-court and full-court basketball helped to increase lean body mass, bone mineral density and oxygen uptake, each of which helps to make recreational basketball a great way for players to improve their overall health.

Golf
The serene setting of a typical golf course can make it easy to see the sport as fun but not necessarily a great workout. But that’s a misconception, as a round of 18 can make for great exercise. A 2016 study published in the British Journal of Sports Medicine noted that golf can be a useful ally in



the prevention and treatment of chronic diseases such as heart attack, stroke, certain cancers, and diabetes, among other conditions. Walking the course, as opposed to renting a cart during a round, makes for

excellent cardiovascular exercise as well. Athletes may embrace recreational sports for fun, but these physical activities also can make for a great workout.



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July 26, 2025 - Regular Night of Racing

Aug. 2, 2025 - Bob Haase Memorial

Aug. 9, 2025 - Regular Night of Racing

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Aug. 23, 2025 - Lynn Langenberg Memorial

Aug. 30, 2025 - Championship Night

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Pit Pass: \$35.00

Kids 6-13 Pit Pass: \$10.00

Kids 5 & Under Pit Pass: Free

Independence Day Special July 3

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Kids 10-15: \$10.00

Kids 9 & Under: Free

Pit Pass: \$35.00

Kids 6-13 Pit Pass: \$10.00

Kids 5 & Under Pit Pass: Free

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Kids 9 and under: Free

Pit Pass: \$35.00

Kids 6-13 Pit Pass: \$10.00

Kids 5 & Under Pit Pass: Free

Lynn Langenberg Memorial Aug 24

360 Sprints, Championship Night

Adult Ticket: \$25.00

Kids: 10-15: \$10.00

Kids: 9 and under Free

Pit Pass: \$35.00

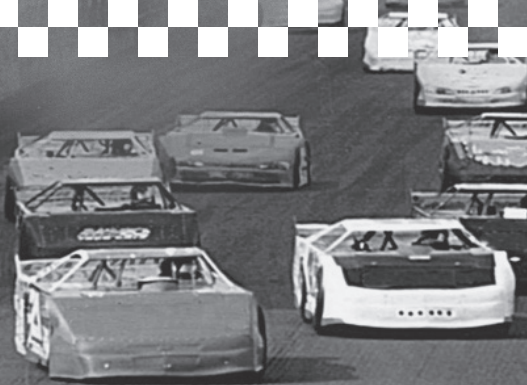
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SAFETY TIPS AHEAD OF YOUR MEMORIAL DAY BARBECUE

Memorial Day weekend marks the unofficial start of summer for millions of people across the country. Backyard barbecues are a staple of Memorial Day weekend, and such informal gatherings contribute much to the laid back vibe of this beloved three-day weekend. Backyard barbecues may be all about food and fun,

but it's important that hosts take measures to ensure such soirees are safe as well. By employing the following measures, hosts can ensure their Memorial Day barbecues are safe for all in attendance.

- Place the grill in a safe location. The National Fire Protection Association urges hosts to place their grills a safe distance away from the home, deck railings

and out from under eaves or overhanging branches. The NFPA also notes no grill should be placed within 10 feet of any structure, including a home.

- Check propane tanks for leaks prior to using the grill. Memorial Day may be the first time many people use their grill since the previous summer or fall. The NFPA recommends propane grill users check their tanks for leaks prior to using the grill for the first time. This inspection is simple. Apply a light solution of soap and water to the hose. The NFPA notes a propane leak will release bubbles. The smell test also can reveal a leak, as a strong odor of gas can indicate a leak. In such instances, close the tank valve and turn off the grill. If the leak stops, have the grill serviced by a professional. If the leak persists, call the fire department. The NFPA urges hosts who detect an odor of gas while cooking to get away from the grill immediately and call the fire department. Do not move the grill in such instances.
- Man the grill at all times. An unattended grill poses a significant safety hazard. Whether you're using a

propane grill, a charcoal grill, a smoker, or a hybrid, make sure an adult is keeping an eye on the grill at all times.

- Purchase long-handled cooking tools. The American Red Cross notes that long-handled cooking tools are designed to keep chefs safe. Such tools ensure cooks' hands and arms do not have to be directly over flames, which can periodically flare up and pose a safety hazard.
- Ensure children are supervised when swimming. The grill is not the only safety threat that may be present at Memorial Day barbecues. Hosts who will open their pools or provide inflatable pools for children should make sure kids are supervised when in or around the water at all times. Before allowing kids in a pool, hosts should confirm their swimming abilities and insist kids who cannot swim or only recently learned to swim wear inflatables or life jackets to reduce drowning risk.

Memorial Day weekend is a festive time at many households. By emphasizing backyard barbecue safety strategies, hosts can ensure everyone has a great time and gets home safe this Memorial Day weekend

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OUTDOOR ACTIVITIES IDEAL FOR SUMMERTIME

George Gershwin’s song “Summertime,” from “Porgy and Bess,” offers: Summertime and the livin’ is easy Fish are jumpin’ and the cotton is high.

Summer can be a magical season full of fresh air, warm days and nights, blooming flowers, and plenty of opportunities to spend time in the great outdoors. There are so many ways to fill summer days, and people are urged to maximize time spent outdoors during this time of year. Since the sun’s rays can be particularly harmful between the hours of 10 a.m. and 3 p.m., protective clothing and sunscreen is recommended during this time; otherwise, people can engage in outdoor activities during times when the sun is less potent.

Those seeking some summertime recreation inspiration can consider these activities.

- Family bike ride: Explore trails or bike paths in the area in advance, and then prepare bikes for an excursion. Bicycle riding is a great cardiovascular activity that people of all ages and fitness levels can enjoy. Try flat paths for beginners, and then build up the length and intensity of rides as experience is gained.
- Day at the beach: Some attest there is no more perfect place than the beach on a summer day. The waves lapping the sand, the birds calling in the air, and the sounds of children’s laughter and sunbathers’

chatter all combine to create a relaxing seaside symphony. According to WebMD, the negative ions given off by the ocean can improve mood and add to the calming effect the beach provides.

- Backyard obstacle course: Construct an obstacle course in the backyard that everyone can try. It can include having to jump through tires; climb a jungle gym; run through a sprinkler; and crawl under a low-hung clothesline. Family members can compete to see who can finish the course in the least amount of time.
- Walk a boardwalk: Those lucky to live near a coast can spend an afternoon or evening strolling the boardwalk, enjoying the various fare and fun activities offered. Many boardwalks have games of chance and small rides for kids. Adults may enjoy the restaurants, bars and shops. Of course, no trip to a boardwalk is complete without coming home with some saltwater taffy.
- Hike: In a survey of Americans 18 and older conducted by the National Recreation and Park Association, nearly 50 percent said going for a walk or hike was their favorite outdoor summer activity. Hiking requires very little to get started and can produce numerous opportunities to witness nature and get some exercise.

There’s no limit to the ways people can enjoy the great outdoors when the weather warms up.



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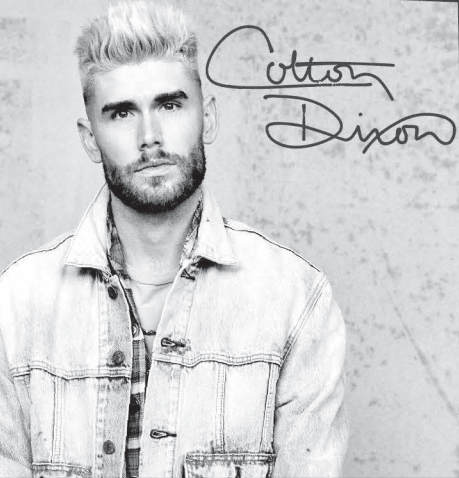
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GET SUMMER
ROAD TRIP READY

Road trips can present a perfect escape any time of the year, but they're especially popular during the summer when people have time off from school and work. According to a 2024 summer travel survey from The Vacationer, 82 percent of Americans were planning to travel this year, and driving is the most popular method of getting around. Seventy-five percent of those in the U.S. intend to take at least one road trip this summer. The 2024 Blue Cross Travel Study revealed that more Canadians are optimistic about travel and are planning more trips this year.

Perhaps road trips are so popular because they don't require booking tickets, complicated transportation to and from airports and rigid itineraries. Many road trips can be spur of the moment, explore-as-you-go excursions. But it still pays to prepare a bit for an upcoming road trip. These guidelines can get you started.

• Create a generalized itinerary. While it may be tempting to fill up the gas tank and see where the ride takes you, an itinerary will ensure that you know distances between stops so that you will not get burnt out by driving. Use mapping apps to research the trip before departure and plot out points of interest and where you will rest, fuel up (both body and vehicle) and stay overnight.

• Slow is pro. A large part of the road trip is about the ride itself. Resist the temptation to speed and rush through various towns. Get out and stretch your legs as much as possible and

take advantage of roadside attractions, tourist traps, rest stops, restaurants, and so much more.

• Find your inspiration to travel. Check out travel blogs, online videos and magazines or get recommendations from friends and family regarding spots of interest. Maybe you've always dreamed about seeing the California Redwoods but you live on the East Coast? It may take several days, but an epic road trip adventure can get you to your destination no matter how far away it might be.

• Emphasize fuel efficiency. Fuel is one of the biggest expenses on a road trip. Before setting out on the trip, ensure that the vehicle is inspected and road-ready. This means that oil and fluids have been changed and the tires are in good shape (with a spare on hand). While driving, stick to the speed limit and do not over-pack the vehicle, as more weight leads to greater fuel consumption.

• Research everything about your destination(s). Who can forget the deep disappointment when the Griswold family reaches Wally World, billed as "America's Favorite Family Fun Park," after a cross-country trip from Chicago only to discover it is closed for the next two weeks for repairs? Before such mishaps happen to you, make sure you know the hours of places you plan to visit, as well as any scheduling changes that may be happening while you're traveling.

These are just a few tips for having a road trip to remember this summer.

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6 TIPS FOR STAYING HYDRATED THIS SUMMER

Summer is marked by hot and humid conditions. After all, the band The Lovin’ Spoonful didn’t sing, “Hot town, summer in the city. Back of my neck getting dirty and gritty” because the summer weather is crisp and cool. Although summer temperatures can make a day at the beach or in the pool ideal, that rising mercury also can contribute to dehydration.

The Mayo Clinic advises that water is critical to every cell, tissue and organ in the human body. The body relies on water to function properly. Water helps to regulate body temperature, flush waste from the body, lubricate and cushion joints, and promote healthy digestion. And that’s just the start. So when temperatures climb and the body begins sweating to cool off, it is vital to replenish lost fluids at a faster rate. The U.S. National Academies of Science, Engineering and Medicine says women should consume 2.7 liters of fluid per day, while men need 3.7 liters. These amounts increase if one is exercising, sweating, has an illness like a fever, or is vomiting.

The following are six ways to stay properly hydrated to avoid adverse reactions during hot summer days.

1. Consume a glass of water when you wake up. Start the day off with some water to give you an energy boost and get your metabolism moving.
2. Coffee and tea count toward fluid intake. Drinking your favorite tea or coffee is an another way to take in fluids. A 2016 meta-analysis published in the Journal of Science and Medicine in Sport found that

caffeine doesn’t contribute to dehydration for healthy adults, so having a cup or two should be fine.

3. Certain foods are hydrating as well. Hydrating foods include cucumbers, celery, tomatoes, watermelon, strawberries, grapefruit, and peppers. The Mayo Clinic says the average person gets 20 percent of his fluid intake from food.

4. Make water more fun. Add unsweetened flavoring to water if you find plain water too bland. You can squeeze in lemon or lime juice, or float cucumber or apple slices in the water for some flavor.

5. Reach for calorie-free beverages before food. It’s easy to mistake the signs of dehydration for hunger. By drinking a glass of water or another unsweetened beverage prior to every meal, you can stay hydrated and reduce the amount of food you eat. This can be part of a healthy weight loss plan.

6. Occasionally consume electrolyte powders and drinks. Working out in the heat or sweating profusely can unbalance electrolytes in the body. The Cleveland Clinic says electrolytes are substances that help the body regulate chemical reactions and maintain balance between fluids inside and outside of your cells. They include sodium, calcium and potassium. An electrolyte-infused beverage can help replenish these lost substances.

Staying hydrated is essential at all times, but it’s especially important when summer temperatures can make loss of body fluid more significant.



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Gene Snodgrass Arena



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Rodeo information
clearwaterconcert@gmail.com
Concert information

Friday Night - June 27th
7:00 p.m. - Mutton Busting
7:30 p.m. - Rodeo

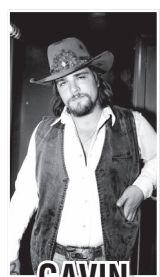
Saturday Night - June 28th
6 p.m. - Mutton Busting
6:30 p.m. - Rodeo
MAIN STREET CONCERT:
8 p.m. - Borderline
9 p.m. - Conner Smith
10 p.m. - Gavin Adcock

Sunday Night - June 29th
6:00 p.m. - Mutton Busting
6:30 p.m. - Rodeo

For More Information Visit: clearwaterrodeo.com



CONNER SMITH



GAVIN ADCOCK

CONCERT TICKETS AVAILABLE ONLINE AT:
clearwaterrodeo.com
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Pine Valley Resort • Hidden Paradise Cabins • Short Cedar Cabin • or look on Vrbo and AirBnB for more options!

Long Pine Outlaw Days: June 20-21
Fall Craft/Vendor Show & Car Show: October 18



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QUESTIONS TO ASK BEFORE ENROLLING IN A SUMMER CAMP

Millions of children spend a significant portion of their summers at camp. The American Camp Association reports that 26 million children enroll in summer camp each year, and many of those youngsters make memories that last a lifetime while building lifelong friendships along the way.

Camps have arguably become even more important in recent decades as more and more households have featured two working parents. Single-parent households also rely on summer camp to keep kids occupied and entertained while school is not in session and Mom or Dad is working. Such situations illustrate how important summer camp can be and underscore the significance of asking the right questions before enrolling a child in camp. In addition to inquiring about hours of operation, insurance and pricing, parents can ask the following questions before enrolling a child in summer camp.

What is the history of the camp?
A camp that has been in business for decades is not necessarily superior to one that opened more recently, but it's still worth asking how long a camp has

been around. It might be easier to determine if a given camp is what you're looking for if it's been around awhile. Such camps may have a significant number of Google reviews and may even provide testimonials from past campers and parents. A camp that's been around awhile also can share information regarding its return rate, which indicates the number of youngsters who have come back each summer. A strong return rate can indicate campers enjoy their experiences each summer.

Who is eligible to attend camp?
Some camps restrict enrollment to youngsters within a predetermined age bracket, while others may be exclusive to legal residents of the town where the camp is being held. Eligibility is not only a significant variable in regard to determining who can and cannot attend a given camp; it's also notable because parents may want their children to attend a camp that will feature some familiar faces. Attending camp alongside classmates or neighbors or teammates can calm kids' nerves and make them more excited about going to camp each day in the summer. But camps open to children from other towns also can be beneficial by



allowing children to expand their social networks beyond their own towns.

What is the experience of camp staff?
Camp directors and staff members spend a lot of time with campers each summer, so it's important that parents ask who these people are, how they're trained and how much experience they have. No business can avoid employee turnover completely, so parents who hold out for a camp that's had the same employees for decades will likely find themselves with an unhappy non-camper come the start of summer. But questions about turnover rate, training and the counselor selection process are viable questions to ask prior to enrolling a child in a particular camp.

What is the camp itinerary?
Kids might grow bored if camp features the same itinerary each day, and parents might feel

such camps are not worth the investment. Ask about the typical camp itinerary, including field trips, daily activities, special events, and entertainment. The more entertaining and fun a camp is, the more likely youngsters are to love spending time there.

Is physical activity part of the camp?
Many students attend academic camps or camps where they learn to play music or further their existing skills. But parents know that physical activity is a vital component of a healthy lifestyle and a great way to make the best of the summer sun. When considering a specialty offering like band camp or STEM camp, ask about what role, if any, physical activity plays in a typical day.

Summer camps will be up and running before parents know it. Asking the right questions can help parents identify the best camp for their children

Explore Someplace New

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the recreation areas the Lower Elkhorn NRD has to offer:

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



NRD RECREATION EXPLORATION

The NRD recreation exploration challenges participants to explore as many NRD recreation areas as they can between March 1, 2025 & September 19, 2025.

Join in on the fun this summer!



STARS, STROLLS & SMORES

Join us under the moon for our Stars, Strolls & S'mores Moon Walks!

Wednesday, June 11th
Wednesday, July 9th
Wednesday, August 6th

visit our website to see a complete list of locations and activities



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 informative 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.

Sharp's Outfitters

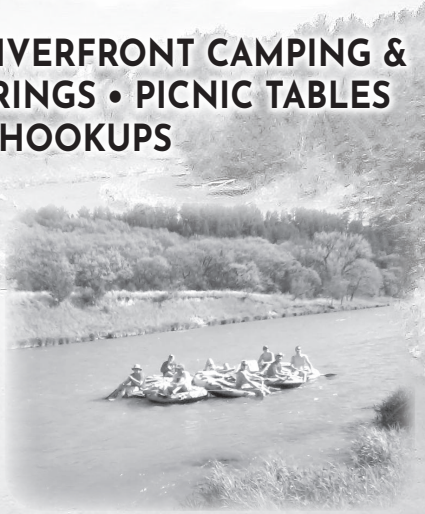
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JULY 23 - JULY 27 2025

Enjoy These Great Events!



TEAM ROPING
Wed. July 23 at 5 p.m.



OUTLAW TRUCK & TRACTOR PULLING ASSOCIATION
Thurs. July 24 at 7 p.m.



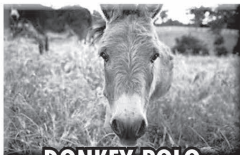
DEMO DERBY
Fri. July 25 at 7:30 p.m.
Limited Weld, Mini Vans, Bonestock, Bonestock Compact, Powerwheels, Bonestock Pickups, Youth Class
Kimberly Meyer Band
In Beer Garden



MUD VOLLEYBALL
Sat. July 26 at 9 a.m.



KIDS PEDAL PULL
Sat. July 26 at 1 p.m.



DONKEY POLO
Sat. July 26 at 5 p.m.
Limited to 8 Teams



FFA RIBFEST
Sat. July 26 at 5 p.m. till gone



CORNHOLE TOURNAMENT
Sun. July 27 at 12:30 p.m.
In the Beer Garden



BULL RIDING - 2 NIGHTS
Sat. July 26 at 8:00 p.m.
with Kancho in the Beer Garden (Sat. only)
Sun. July 27 at 7:00 p.m.
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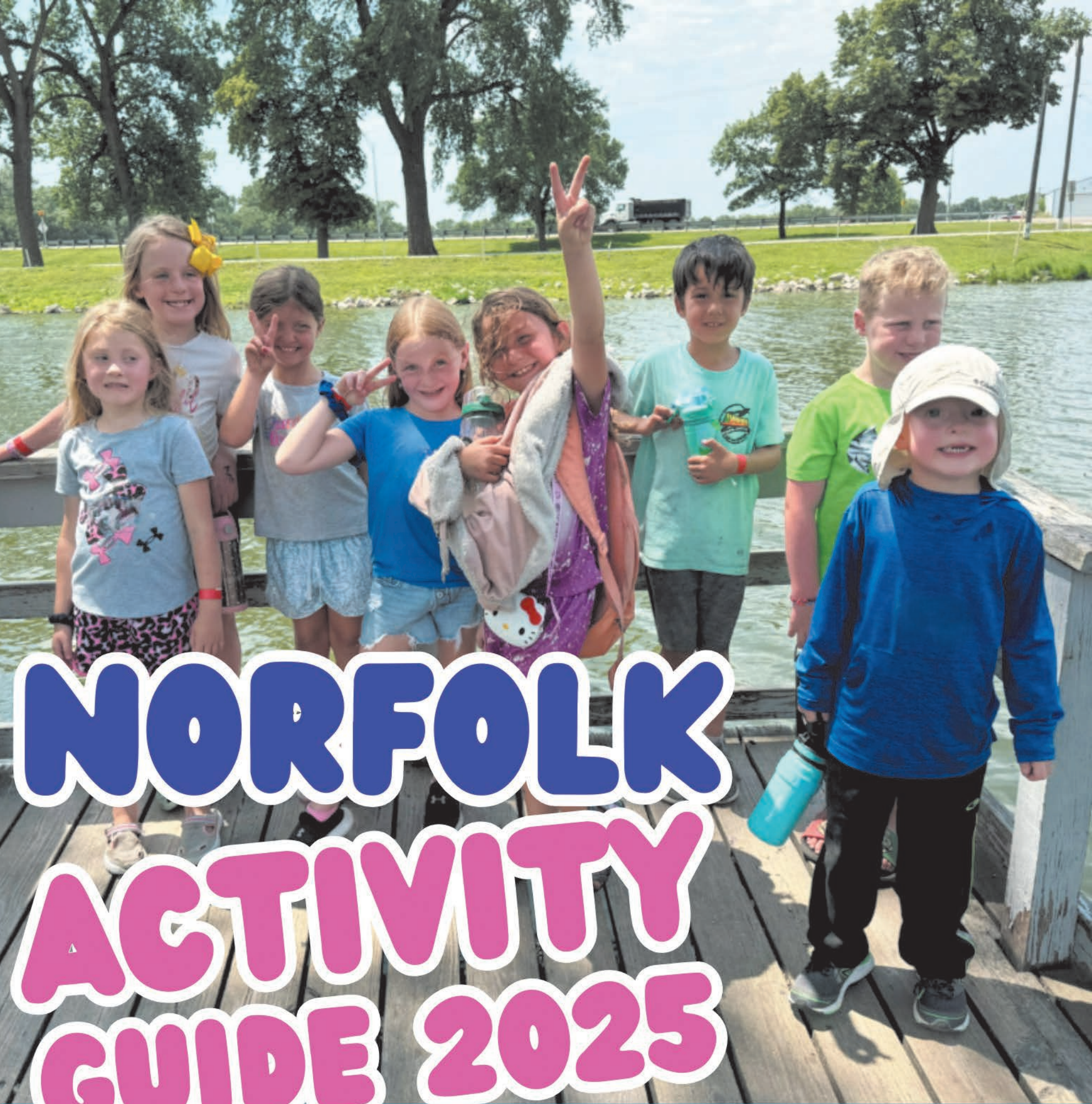
Before summer storms strike, take precautions. Assemble a power outage supply kit and create an action plan. Remember to call your local utility to report power outages and downed power lines.



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**For more information contact Parks and Recreation
402-844-2250 parksandrec@norfolkne.gov**