

# SPRING ATHLETIC PARENT MEETING

– Wednesday, February 24, 7:00 p.m.

**SOCCKER, TRACK & FIELD, BASEBALL, BOYS GOLF, GIRLS TENNIS**

**First practice for spring sports - March 1**

All student athletes, not previously out for a fall or winter sport this school year, who have not received a clearance card, need to stop by the activities office to get one prior to starting practice.



**To be on the clearance list or to obtain a clearance card, student athletes are responsible for the following:**

1. Pay their \$53 activity fee.
2. Turn in parent consent and emergency information forms.
3. Turn in physical exam form signed by a doctor.
4. Have a parent attend the required parent meeting.



**STUDENT ATHLETES MAY NOT PARTICIPATE IN PRACTICE UNTIL THEY HAVE GIVEN THIS "PROOF OF CLEARANCE" CARD TO THEIR COACH.**

## SENIOR CLASS CHOICES



**COLORS:** Orange and Black

**FLOWER:** Orange Tiger Lily

**SONG:** "No Such Things " by John Mayer

**MOTTO:** *I will not follow where the path may lead, but I will go where there is no path and I will leave a trail.....* from Muriel Strode

**Beatrice High School**  
600 Orange Blvd.  
Beatrice, NE 68310

Non-Profit Org.  
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Beatrice, NE

# Orange Peal

**Beatrice High School**

600 Orange Blvd. • Beatrice, NE 68310 • (402) 223-1515

Volume 36, Issue 7

## February 2010



Principal • Jason Sutter  
Assistant Principal • John Jarosh  
Assistant Principal/Activities Director • Neal Randel

**Monday, February 1**  
*Orange Booster Mtg - 7:00 p.m.*

**Tuesday, February 2**  
*Beatrice Wrestling Invite (V) rescheduled 4:00*

**Thursday, February 4**  
*Dental Clinic - 8:30 - 9:30 a.m.*

**Saturday, February 6**  
*ACT Test Site*

**Monday, February 8**  
*Mid-Winter Band Concert - 7:00 p.m.*  
*School Board Meeting, 7:00 p.m.*

**Thursday, February 11**  
*HS/Elem. P/T Conferences 4:30 - 8:30*

**Fri. & Sat., February 12 & 13**  
*Wrestling Districts*  
*RCC- Diving on 12th, Swim on 13th*

**Monday, February 15**  
*Fine Arts Booster Meeting - 6:00 p.m.*  
*Orchestra Concert - 7:00 p.m.*

**Tuesday, February 16**  
*HS/MS P/T Conferences 4:30 - 8:30*

**Thurs., Fri. & Sat., February 18- 20**  
*STATE WRESTLING*

**Friday, February 20**  
*NO SCHOOL - District Wide*

**Monday, February 22**  
*Mid-Winter Choral Concert - 7:00 p.m.*

**Tues., Thurs., & Fri. Febr. 23,25 & 26**  
*Girls District Basketball Tourney*

**Wednesday, February 24**  
*Early Dismissal-11:45a.m.*  
*School Improvement Inservice*  
*Spring Sports Parents Mtg - 7:00 p.m.*

**Thursday, February 25**  
*STATE DIVING*

**Fri., & Sat., Febr. 26 & 27**  
*STATE SWIMMING*

**Sat., Mon., & Tues., Febr. 27, March 1 & 2**  
*Boys District Basketball Tourney*

**Monday, March 1**  
*Spring Athletic Practices Start*

## HIGH SCHOOL PARENT-TEACHER CONFERENCES

**THURSDAY and TUESDAY, FEBRUARY 11 & 16**

**4:30 - 8:30 p.m.**

**Teacher tables will be set up in the Commons Area. Student progress reports will be inside the front door.**

Parent Council will have - Junior Post-Prom & Senior Post-Graduation tables for you to sign up to help &/or to reserve your student's inclusion or ticket to either event.

**The school calendar is correct in showing the Elementary and High School conferences on the Thursday before (February 11). State Wrestling was instrumental in the decision to help families and staff wishing to attend the preliminary rounds.**

## SOPHOMORE CLASS SPAGHETTI FEED

**February 12, 2010**

**4:30-7:30 in the Commons Area in conjunction with Orangeman Basketball vs GINW**

*Beatrice Public Schools.....to prepare all students for life-long learning and responsible citizenship.*

# DONATIONS FOR POST-PROM PARTY

will be accepted during  
Parent-Teacher Conferences.  
Thursday & Tuesday, February 11 & 16

Families are being asked to make a "donation" to help fund the post-prom party. With this donation, your student will receive their admittance, food, games with lots of great prizes and a memory t-shirt at the post-prom event.

A sign-up sheet will also be available for those parents who might like to help with the post-prom event.

Times available: before, during and after the event.

# RESERVE TICKETS for POST-GRADUATION PARTY

during Parent-Teacher Conferences  
Thursday and Tuesday,  
February 11 & 16.

Ticket price has not been announced as of Orange Peel deadline.

This will help cover admission for activities & their keepsake t-shirt.

No one will be admitted without a ticket.

Be sure to plan ahead to get one.

## Tips for Parents on Addressing School-Aged Drinking

Students who begin drinking while they are in middle school or earlier usually have a wide variety of problems that last well into adulthood. Including employment problems, abuse of other drugs, and committing criminal and violent acts before age 23. Various studies show almost 20% (1 in 5) of 7<sup>th</sup> graders say they have been drunk at least once, 25% (1 in 4) of 8<sup>th</sup> graders have reported being drunk and a whopping 75% (3 of 4) of this same group have reported having used alcohol. The numbers for these students cannot decrease but they don't have to get worse either.

Members of the Science Inside Alcohol Project at American Association for the Advancement of Science (AAAS) have developed five suggested steps for parents to use to talk with their students about alcohol:

**FIND TEACHABLE MOMENTS:** We live in a culture of celebrity. If a celebrity your child admires admits to a drinking problem or if an instance of alcohol abuse occurs in your community, talk about it. Ask your student if they know anyone who drinks alcohol, and whether it is at parties or has been brought into the school. Answer questions also. Have this conversation often.

**TALK TO YOUR KIDS WHEN EVERYTHING IS FINE:** Teenagers are hormonal beings. They are sweet one moment and blow up the next. Pick a time when things are quiet and they're a captive audience such as in the car. Don't let them dodge the subject.

**ENGAGE YOUR KIDS IN THE SCIENCE OF ALCOHOL:** Adolescents are incredibly self-involved. Remind them that alcohol can cause memory loss, impair sports performance, incite embarrassing behavior and affect how they look. Make them aware that these are facts. If there is a history of alcoholism in your family, explain about genetic predispositions toward alcohol abuse.

**BE VIGILANT:** There is no alternative to monitoring your kids. Have a curfew. Know where they are at all times. Even if you are not home, make sure you can reach or be reached by your kids on the phone. Get to know their friends and parents especially new ones. Find out what their rules and level of engagement are.

**TEACH YOUR CHILD HOW TO DEVELOP TRUST:** Now's the time when all the work you have put into creating a value system for your child to live by begins to pay off. Set limits and enforce rules, but remember your child needs to be able to make good decisions (within your comfort zone.) Praise them when they do well.

(Source: <http://alcoholism.about.com> 09-22-09)

As I read a paragraph in Assets in Action: A Handbook for Making Communities Better Places to Grow Up by Deborah Fisher, I felt it described my work and the coalition well. "This reminds me of why I do the work I do, to support communities that are working to weave a community-wide net of relationships, opportunities, supports and experiences –developmental assets – that children and youth need to thrive. No one person or system can create. It takes many adults partnering with many youth and organizations and systems to ensure a net strong enough to do the job." If you are not familiar with the coalition, this is what we strive to do. Christina Lyons, Coordinator

**MAPPS Mission:** "... to coordinate, enhance, and broaden countywide services that promote healthy attitudes and behaviors for individuals, families, and communities." [www.gagecountymaps.org](http://www.gagecountymaps.org) 402-223-1500 x 1059

## From the Nurse:

### ORAL HYGIENE- A PRIORITY FOR YOUR FAMILY'S LIVES!!!

We in Beatrice Public Schools are VERY lucky to have had a wonderful program started MANY years ago by the Gage Co. Dental Society, which is made up of the Beatrice dentist's, and the nurses employed at BPS at that time, called the FREE Dental Clinic. This clinic is held for an hour at every school in the district, to give brief/non-invasive exams, by a professional dentist. If a student has not been seen by a dentist within the past year, they are eligible to be seen. Volunteers come in and help with the clinic so as many students can be seen as possible. If referrals are made by the dentist to be seen by a dentist of their choice to have something taken care of, the nurse will send a note home to the parent or guardian soon after the Dental Clinic is held. The Gage Co. Dental Society is also active in supporting the annual Health Fair, the Ready-Set-Go Program and many other programs for families or individuals.

Obviously, not every student can be seen during this one hour time session of the FREE Dental Clinic, so it is VERY important for families that do have insurance and do have a primary care dentist to continue to visit them on a regular basis! Dental and oral hygiene is as important as personal hygiene. Studies show that it can be much harder for friends or co-workers to tell someone they have bad breath, than to tell them they have body odor or their clothes aren't clean or are stained. Whether it's personal or oral hygiene, these are habits that have to be taught and learned, they do NOT come automatically to us.

Brushing, flossing your teeth and rinsing with mouth wash is what is needed to take care of your teeth and keep them healthy. These things are generally taught at a young age so that permanent teeth can come in healthy and stay healthy. By doing these three things, you are not only going to be doing your teeth good, but you will be doing yourself good also! With February being National Dental Month let's all make our teeth a priority!

**THURSDAY, FEBRUARY 4, BHS Nurses Office**

Nurse Lori



## 2010 Beatrice Summer Football Camp Dates Set:

|                                      |       |                           |                      |
|--------------------------------------|-------|---------------------------|----------------------|
| <b>BHS Camp (grds 9-12)</b>          | ..... | <b>June 1,2,3 &amp; 4</b> | <b>8:30-11:00 am</b> |
| <b>Middle School Camp (grds 7-8)</b> | ..... | <b>June 1,2,3 &amp; 4</b> | <b>12:30-2:30 pm</b> |
| <b>Youth Camp (grds 3-6)</b>         | ..... | <b>August 2,3 &amp; 4</b> | <b>6:30- 8:30 pm</b> |

Forms will be sent home nearer to summer.

**Congratulations to the following for being selected to either the 2009 Omaha World Herald or Lincoln Journal Star All-State football teams:**

**1st Team All-State, 2nd Team Super State**

**Jesse Hinz**

**All-State Honorable Mention**

**Phil McClure, Derek Klaus, Jace Bowhay, Cody Walters, Jon Kolman and Daniel Davie**



## BHS Fine Arts meeting, February 15 in the Media Center at High School.

We will be discussing the results of the Chili cook-off and organizing some up coming events we will be helping with.

The BHS Fine Arts Assoc. is in charge of bringing food in for the staff one day of Parent Teacher Conferences on Thursday, February 11th. If you have students that are in Art, Band, Orchestra, Choir, Woods/Industrial Arts, Drama, Forensics, Journalism/Photography, Family/Consumer Science and/or Poetry/Creative Writing, we are asking for your help. If you would be willing to bring a main dish, vegetable, salad or dessert, please call Rhondarae Henderson at 230-0424 or email her at [Rhhenderson@bpsne.org](mailto:Rhhenderson@bpsne.org).

## “BE THERE” Campaign

The initial “invitation” brochures for the “BE THERE” campaign will again be handed out at parent-teacher conferences in February. As you know, the purpose of the program is to remind parents to **be there** for their children; do things together, have family discussions, use teachable moments to convey your family beliefs, attitudes and values. Several parent web-sites are listed in the brochures. We hope you will find them helpful.



## Why “Be There?”

**When you connect with your child every day, your child benefits for life.**

**When he or she knows you care and are concerned about education, the following occurs:**

- Achievement in school improves; students earn higher grades and test scores and enroll in higher-level programs.
- Children want to go to school.
- Courses are passed, credits earned and students are promoted to the next grade.
- Self-confidence improves
- Children have better social skills and behavior at home and at school.
- Students graduate from high school and go on to postsecondary education.

## Here are some ideas you can adapt to any age group on how you can “Be There” for your child.

- Have your child help you sort the laundry. Make up a story together about the “laundry monster” who likes to ruin your clothing.
- While eating dinner, ask your teen a question to stretch their imagination, such as “If you were the smartest person on earth, what would you use your intelligence to do?”
- In the grocery store, tell your child he/she may pick out three items to take home, but they must contain less than 10 grams of sugar each.
- When driving in the car, ask your young child to find the letters of the alphabet in signs you pass. With the teenager, ask them to help you calculate how many miles per gallon you’re getting with each automobile you drive.
- At the ATM or bank, help your child determine how long it would take to save \$ 2,000 if you put \$5 in a savings account each week. Ask your child what he/she would do with that saved amount?
- While shooting hoops or playing cards, ask a caring question, such as: “How did ball practice go today?” Or “How was your science test?”
- When making a salad for dinner, let your child assemble the ingredients.
- Read a story to your child. Before you get to the end, ask your child how he/she thinks it will end. Or, if the main character walked through your door today, what would you say to them?
- As a surprise - leave a caring note in your child’s lunchbox or under his/her pillow that says you are proud of your child and love him/her.

*Source: Southwest Educational Development Laboratory; (Henderson & Mapp, 2002)*

## ATTENDANCE

It is important to contact the attendance secretary at school if your student will be absent from or needs to leave school. We encourage you to leave a voice message (available 24 hours/day) on 223-1516. If the school does not hear from home before the absence, we will attempt to contact you to ensure the safety of the student. Failing contact over the phone, absence notes from the parent/guardian or medical professional, will also be accepted upon the student’s return to school.

## Bulletin Date

## Scholarships

## Deadline

|        |   |           |
|--------|---|-----------|
| 26-Jan | Eldon and Frances Goble Agriculture/Business Scholarship. Pursue Agriculture/business. ADD TO LOCAL SCHOLARSHIP application.  | 2/15/2010 |
| 27-Jan | Best Buy. Grades 9-12. Solid grades and involvement in volunteer community services or work experience. On-line: <a href="http://www.bestbuy.com/scholarships">www.bestbuy.com/scholarships</a>   | 2/15/2020 |
| 28-Jan | Kohl’s Kids Who Care Scholarship Program. Must be nominated, Age 6-18 and been outstanding volunteers. Apply on-line: <a href="http://www.kohlskids.com">www.kohlskids.com</a> click on tool kit link.  | 3/15/2010 |
|        | National Association of Insurance and Financial Advisors-Cornhusker. Scholarships for students interested in education/business/management/finance, marketing/sales, or actuarial studies. Preference for students attending a Nebraska institution.            | 3/1/2010  |
|        | Nebraska Writing Project, Poetry of Place Celebration reflection life in Nebraska. Grades 1-12. We may submit four student’s work. On-line: <a href="http://www.unl.edu/newp">www.unl.edu/newp</a>  | 3/26/2010 |
| 29-Jan | Home Builders Association of Lincoln. Major in construction field, electrical, plumbing construction management, architecture, etc.   | 3/1/2010  |
|        | America’s Milk Processors/USA TODAY. Scholar Athlete Milk Mustache of the Year. Nominations based on academic performance, athletic excellence, leadership, community services, and milk experience. <a href="http://www.bodybymilk.com">www.bodybymilk.com</a> | 3/5/2010  |
|        | Tri-County Board of Realtors. Attending Southeast Community College-any campus  | 3/15/2010 |

## BAND:

- Feb 8 Mid Winter Band Concert Hevelone 7:00 p.m.
- Feb 9 RCC Honor Band at Ralston
- Feb 13 BHS Drumline and Flag Corps Show in the morning here at BHS - Come out and support the arts! Seward in the p.m.
- Feb 19 & 20 UNO Jazz Festival
- Feb 27 BHS Drumline and Flag Corps performances in Plattsmouth in the a.m. and Bellevue West in the p.m.

- March 5 & 6 Special Visit by Lied Center artist Abraham Inc \*
- April 22 & 23 District Music Contest - Norris
- May 3 High School Band Concert 7:00 p.m., Hevelone Center
- May 10 End of the year band banquet

\*Abraham Inc blends traditional Jewish party music with the sounds of funk, hip hop, rap, and jazz, described as an “all out klezmer funk party”. Due to a generous grant through the Hevelone Foundation these amazing artists are going to come down to Beatrice to work with our students on March 5. Then on March 6 the same grant has made it possible for 49 select band members and their parents to ride a motor coach to Lincoln for a meal and concert - all for free! If you are interested in going along, talk it over with your student and have them sign up when the time comes. If you have further questions contact Mr. LeFeber at 223.1515 x 1845. Special thanks to the Lied Center and the Hevelone Center for making it all possible.

## Chorus:

- Nebraska All State-** Silas Dell, Ryan Rabstojek, Anna Spilker
- Doane Vocal Festival-** Megan Decker, Silas Dell
- NE Wesleyan Honor Chorus-** Silas Dell
- RCC Honor Choir** (as of 1/18/10): Kaitlin Brown, Shawna Carel, Morgan Cowell, Nick Christensen, Kendra Dittbrenner, Isaiah Friesen, Allie Hardman, Lindsey Howell, Lauren Hubka, Breanna Janzen, Brittany Lenner, Jessica Pinkerton, T.J. Rayburn, Miranda Rinne, Cali Shellburn, Sly Shively, Garrett Thompson, Myles Weaver, Kassie Wood

## Limited Edition competition schedule:

- 1/30 - Omaha Westside
- 2/6 - Lincoln Southwest
- 2/11 - UNO
- 2/15 - NCCA at Norris

**Mid Winter Choral Concert** February 22, 7:00 p.m.

## Music Notes

Quote for the month:  
*Music is a higher revelation than all wisdom and philosophy*  
 ~Ludwig Von Beethoven



It's FAFSA time!! The Free Application for Federal Student Aid (FAFSA) is the application for state, federal and college-specific financial aid. The process can go smoothly if you're prepared and know where to get help. To make an appointment call the Lincoln EducationQuest office at (800) 303-3745 or (402) 479-6692.

Visit their web site at: [www.educationquest.org](http://www.educationquest.org) and click on the button that says, "your FAFSA appointment" and find out what you need to bring.



## Scholarship Applications

We now have many scholarship applications on the school web site. Go to [www.beatricepublicschools.org](http://www.beatricepublicschools.org), click on the high school tab across the top, click on Student Services along the left hand side, click on the heading, Scholarship Applications and the applications should come up. Click on an application link and the application will open and you should be able to fill it out and then print it off. Please let us know if you have questions.

### Calling all Junior Girls - Cornhusker Girls State

The American Legion Auxiliary sponsors .....

**CLOSED: Many candidates this year to choose from.**

Contact Carla Meyer,  
Counselor, Student Services

### Calling all Junior Boys - Cornhusker Boys State

The American Legion sponsors.....  
.....an expense paid workshop with a hands-on study of government, democratic leadership, and personal leadership skills. It is held at UNL during the first week in June. Besides being a fun learning experience, it is highly recognized by state and national scholarship committees as an honor. If your eleventh grader might like to attend along with 400 other students from across the state, please ask them to pick up an application form in the student services office.

Contact Tracy Post,  
Counselor, Student Services  
before the Boys' March 1 deadline.

*Watch for information regarding an ACT Prep class to be sponsored by BHS.*

## COUNSELOR COURSE REGISTRATION MEETINGS

High school counselors will be hosting parent meetings about course registration for next year during February parent-teacher conferences. We welcome your attendance and questions:

- Thursday, February 11 – 6:00 p.m. for current 8<sup>th</sup> grade parents
- " " - 7:00 p.m. for current 9<sup>th</sup> grade parents
- Tuesday, February 16 – 6:00 p.m. for current 10<sup>th</sup> grade parents
- " " - 7:00 p.m. for current 11<sup>th</sup> grade parents

All registration meetings will be held in the Hevelone Center for Performing Arts.

#### Freshman:

Ethan Adams  
Brianna Aden  
Rebecca Behrends  
Shelby Bloomquist  
Katlin Brown  
Taylor Buhr  
Abigail Burenheide  
Jordan Busboom  
Leighann Campbell  
Devin Carey  
Emily Carothers  
Joseph Cherry  
Jennifer Christensen  
Kayla Cody  
Justin Comer  
Elizabeth Cowan  
Tanner Dewey  
Garrett Easley  
Travis Eubanks  
Isaiah Friesen  
Jesse Gronewold  
Katelin Harlan  
Kevin Hartley  
Courtney Hays  
Jordan Henkel  
Emily Hoffman  
LeeAnn Howe  
Mackenzie James  
Breanna Janzen  
Michael Karas  
Selene Knobel  
Mary Ellen Langley  
Meagan Leseberg  
Whitney Leseberg  
Elyse Lyons  
Jordan Pethoud  
Steven Petty  
Timothy Rayburn  
Chandler Sandman  
Katelyn Schoneweis  
Taylor Schultze  
Ehren Schwarz  
Garrett Thompson  
Jordan Workman  
Tristin Zastera

#### Sophomores:

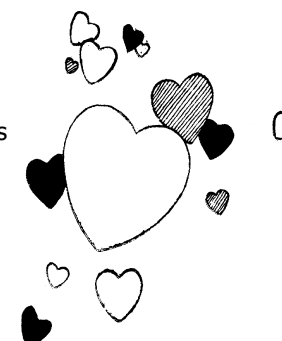
Berenice Almanza  
Alicia Armstrong  
Trey Bardsley  
James Beavers  
Patrick Bell  
Kelly Byrne  
Paxton Diehl  
Tandon Dorn  
Natalie Frahm  
Elise Gerten  
Megan Gronewold  
Chaley Hamilton  
Caleb Havekost  
Emily Herman  
Hannah Herman  
Lauren Howell  
Logan Husa  
Courtney Lovell  
Kinzie Mabon  
Jami Mann  
Cody Moslander  
Amanda Nutsch  
Megan Overfield  
Jonathan Policky  
Lindy Randel  
Jayme Sederberg  
Meaghan Setzer  
Morgan Sexton  
Ramsay Shuck  
Lacey Spilker  
Cassandra Thornburg  
Bryston White  
Sydney Workman

#### Juniors:

Kelsi Boesiger  
Callie Busboom  
Kayla Busboom  
Kya Campbell  
Mason Carey  
Nicholas Christensen  
Thomas Cowan  
Morgan Cowell  
Amanda Daubendiek  
Megan Decker  
Silas Dell  
Patrick Doyle  
Matthew Dunker  
Ambrel Fakler  
Hillary Fischer  
Julian Fuchs  
Matthew Goossen  
Bobbie Harder  
Alexandra Hardman  
Lindsey Howell  
Mitchell Irmer  
Laura Jantz  
Jordan Junker  
Samantha Keuten  
Jack Knispel  
Tyler Kruger  
Tatyana Larionova  
Shelby Lauritsen  
Brittany Lenners  
Kayla Mabon  
Cody Minor  
Andrew Nelson  
John Oltman  
Justin Oltman  
Jason Pike  
Jessica Pinkerton  
Kelsie Post  
Stephanie Rudder  
Kelsey Schlake  
Lindsey Schlake  
Molly Schroeder  
Bessie Smith  
Mikel Summers  
Neely Sutter  
Abbie Vitosh  
Stephanie Whitlow

#### Seniors:

Caelan Adams  
Tommie Bardsley  
Katie Bornemeier  
Patrick Campbell  
Brandon Clark  
Taylor Cossel  
Joshua Cramer  
Cameron Creek  
Caitlin Eis  
Daleigh Fossler  
Constance Gritz  
Camden Harlan  
Blaine Harms  
Colin Hays  
Jesse Hinz  
Samantha Hovendick  
Trevor Hutchison  
Aubry Jarvis  
Ross Jensby  
Dana Johnson  
Tabetha Jurgens  
Nathaniel Knobel  
Cassandra Knoop  
Jonathan Kolman  
Sheena Larsen  
Kasen Lee  
Trevor Meints  
Sara Mendl  
Trevor Menke  
Taylor Millwood  
Adam Norris  
Mariah Ostermann  
Anna Petersen  
Gemma Pretzer  
Ryan Rabstojnek  
Bethany Randel  
McKayla Randel  
Courtney Slightom  
Anna Spilker  
Courtney Spilker  
Troy Summers  
Tasha Traylor  
Brittany VanLaningham  
Taylor Warren  
Ashley Werner  
Jalisa Winkle  
Ashley Winter  
Alyssa Wolken  
Lauren Zimmerman



# THE SCOOP ON SCHOLARSHIPS

Merit scholarships can be helpful in financing student's college education. In contrast to need-based grants or scholarships, merit scholarships are awarded to students based on their grades, accomplishments or other personal characteristics rather than financial need. However, few students receive merit scholarships out of the blue. Students can maximize their chances of receiving a scholarship with the right research to find the scholarships and work to complete the applications.

## Finding the Scholarships

In the search for possible scholarships, students should start with the obvious. Encourage them to call the financial aid offices of the colleges they're interested in and ask about their merit or non-need-based scholarships. Different colleges have differing amounts, types and requirements for merit scholarships. Make sure students find out how to apply for any eligible scholarships when they call the financial aid office as all schools will have different requirements.

Organizations in which students or their parents are involved are another common source of scholarships. Suggest students check with the local chamber of commerce, optimists club or any associations to which their parents belong. Many corporations also award scholarships to their employees' children. Local or national religious organizations often have scholarships available to their members.

If students have a particular talent, such as music or forensics, they should explore national organizations related to that talent that might offer scholarships. To research scholarships outside the local area or personal contacts, students should look for directories of scholarships in the library, bookstore or school counseling office. There are also a variety of helpful Web sites, like [www.fastweb.com](http://www.fastweb.com) or [www.finaid.org](http://www.finaid.org) for a start.

## Avoiding the Scams

Many students and parents receive mail from organizations with official-sounding names that offer to find merit scholarships for students – for a fee. Unfortunately, many of these companies are scams whose only purpose is to take students' money. And with the help of free Internet scholarship search sites and a few trips to the library, students can find the same information these companies offer. The U.S. Federal Trade Commission offers these six signs that a "scholarship offer" may not be legitimate:

"The scholarship is guaranteed or your money back."

"You can't get this information anywhere else."

"May I have your credit card or bank account number to hold this scholarship?"

"We'll do all the work."

"The scholarship will cost some money."

"You've been selected" by a 'national foundation' to receive a scholarship," or "You're a finalist" in a contest the student never entered.

Once students find scholarships they might be eligible for, they should contact the sponsoring organizations and request scholarship applications. Have them complete the applications to the best of their ability, and send them in by the deadlines. If your students don't have enough time to complete every application, encourage them to choose the scholarships for which they are most qualified.

- Jennifer Gross (National Association for College Admission Counseling)

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## STATEWIDE WRITING ASSESSMENT for JUNIORS

- WHO:** Administered to high school Juniors  
**WHEN:** Third period on Tuesday, February 9<sup>th</sup>, Fourth period on Wednesday, February 10  
**GOAL:** Again score higher as a class than the state average (93.9%)  
**FORMAT:** Juniors report to the Commons the first day to create an outline for the chosen writing assignment. Second day when they report they will complete the handwritten assignment.  
**REWARD:** Mr. Sutter springs for Pizza Party during their Senior year after results are published **IF** the goal has been met or exceeded.

# Live Your Life Well Tips.....Get Enough Sleep

Beatrice Community Hospital PATCH February 2010

Sleep may seem like a waste of time. You could instead be answering e-mail, doing the dishes, repairing the deck or decking the halls. But research shows that you're more likely to succeed at your tasks—and enjoy greater well-being—if you get some serious shuteye.

Of course, it's not easy to sleep when you're feeling overwhelmed. In fact, nearly two-thirds of Americans say they lose sleep because of stress. That's especially unfortunate because sleep combats some of the fallout of stress, and poor sleep has been linked to significant problems, including:

- greater risk of depression and anxiety
- increased risk of heart disease and cancer
- impaired memory
- reduced immune system functioning
- weight gain
- greater likelihood of accidents

## Creating Good Nights .....Are You Getting Enough Rest?

Experts suggest that adults get seven to nine hours of sleep a night. Everyone is different, though, and you may need more after a few days of burning the midnight (or 2 a.m.) oil.

To assess your sleep deficit, ask yourself:

Am I often tired?

Am I using caffeine to get through the day?

Do I sleep well?

Do I wake up feeling refreshed?

Do I get drowsy while driving or watching TV?

If you want more ways to measure your zzzz's, try the National Sleep Foundation's Sleepiness Scale.

## Tips for Upping Your Sleep.....To sleep longer—and better—consider these suggestions:

**Set a regular bedtime.** Your body craves consistency, plus you're more likely to get enough sleep if you schedule rest like your other important tasks.

**De-caffeinate yourself.** Drinking caffeine to stay awake during the day can keep you up at night. Try resisting the coffee and colas starting six to eight hours before bed.

**De-stress yourself.** Relax by taking a hot bath, meditating or envisioning a soothing scene while lying in bed. Turn off daytime worries by finishing any next-day preparations about an hour before bed.

**Exercise.** Working out can improve sleep in lots of ways, including by relieving muscle tension. Don't work out right before bed, though, since exercise may make you more alert. If you like, try gentle upper-body stretches to help transition into sleep.

**Make your bed a sleep haven.** No paying bills or writing reports in bed. Also, if you can't fall asleep after 15 minutes you can try some soothing music, but if you remain alert experts recommend getting up until you feel more tired.

For additional sleep guidelines, see the National Sleep Foundation's website, [www.sleepfoundation.org](http://www.sleepfoundation.org). The above information is from the Live Your Life Well campaign. For more suggestions and sleep aids, check [www.liveyourlifewell.org](http://www.liveyourlifewell.org) or [www.beatricene.com/patch](http://www.beatricene.com/patch).

This message is brought to you as part of the "Healthy Minds/Healthy Bodies" educational campaign sponsored by Beatrice Community Hospital Gage County PATCH.. For further information and resources, contact Sharon Langvardt, MS, LIMHP, CMFT, Blue Valley Behavioral Health and Beatrice Hospital PATCH coordinator (402) 228-3386 or [slangvardt@bvbh.net](mailto:slangvardt@bvbh.net) or [slangvardt@bchhc.org](mailto:slangvardt@bchhc.org).

# The Greek Mythology Olympiaganza by Don Zolidas

A parody of all the stories you were supposed to have read in literature class, but maybe didn't. Surely not!?!  
Tryouts - first week in February, after school (8-75 actors possible)



Two battling narrators attempt to cover all the Greek myths using audience participation, a beauty contest, even G.I. Joe action figures. Famous myths such as Pandora's box, Jason and the Argonauts, Medea, Hercules and Icarus are only some of the stories covered in the play.

## TEACHING GOOD SPORTSMANSHIP IN THIS WORLD OF POOR SPORTSMEN

Most of our children have seen it, imitated it and practiced it for their friends' enjoyment and encouragement. The football player scores a touchdown and begins his taunting dance celebration in the end zone. A baseball player is hit by a pitch and charges the mound. A basketball coach doesn't like a referee's call and begins yelling in outrage, stirring up the crowd. Many of us have laughed, joked and debated about it. In situations like this, how can we teach our children to practice good sportsmanship? Unfortunately, in recent years the traditional value of sportsmanship has almost become a lost art in the professional, collegiate, high school and even youth levels.

### TEACH YOUR CHILD:

1. to learn and abide by the rules of the game.
2. to avoid arguments with coaches, officials and opponents.
3. to share in the responsibilities of the team.
4. to encourage and support less talented players.
5. to always play fair, with honesty and integrity.
6. to follow the directions of the coach.
7. to respect the other team's effort.
8. to praise the other teammate's efforts.
9. to end the game smoothly, and accept the results.
10. to recognize and admire great model athletes.
11. MOST IMPORTANTLY - exhibit good sportsmanship yourself.



**Spring flowers bring...kittens!** But sadly, there are not enough homes for all of those kittens.

**During the month of February, the All Feline Hospital in Lincoln will be offering spay/neuter clinics every Tuesday, with spays being \$50 and neuters being \$30.** They will also offer discounted rates on vaccinations and parasite treatment.

Cats must be under the age of 5, and in good health. No purebred cats will be accepted. All cats will be done on injectable anesthesia, and will receive one injection of a pain medication. The cats will go home the same day as the surgery.

So, if you have a cat that needs to be spayed or neutered, or if you know of anyone with a cat that needs to be spayed or neutered, contact the All Feline Hospital for an appointment today! Spots are filling up fast.

The All Feline Hospital is located at 333 N. Cotner Blvd. Ste. 5, Lincoln (this is right across from Westfield Mall)  
402-467-2711 [www.allfelinehospital.com](http://www.allfelinehospital.com) [info@allfelinehospital.com](mailto:info@allfelinehospital.com)



## Live Your Life Well Tips....Create Joy and Satisfaction

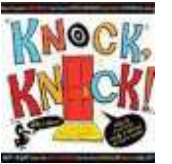
Beatrice Community Hospital PATCH February 2010

Do you have tons of items on your to-do list? Well, add one more. It's time to pencil in a little pleasure. Chances are, you simply deserve some joy and satisfaction. Experts say good feelings can boost your ability to bounce back from stress, solve problems, think flexibly and even fight disease. Studies show that:

Laughing decreases pain, may help your heart and lungs, promotes muscle relaxation and can reduce anxiety.

Positive emotions can decrease stress hormones and build emotional strength.

Leisure activities offer a distraction from problems, a sense of competence and many other benefits. For example, twins who participated in leisure activities were less likely to develop Alzheimer's disease or dementia than their fellow twins in one study.



### Ways to Create Joy and Satisfaction

#### Strengthen Your Funny Bone:

You can keep it together by cracking up: It's hard to be irritated, worried or glum when you're rolling in laughter. And gentle humor often helps defuse a tense situation.

#### Check out some tips:

**Pick up some joke books or humorous essays** at a bookstore or library. Keep a few handy for a quick pick-me-up.

**Put together a collection of sayings or photos** that make you smile, and stick them someplace visible. Change them occasionally, or you'll likely stop noticing them.

**Keep a humor tape in the car** and steer clear of traffic frustration.

**Watch or listen to comedy** via video, podcast or website. Or get a laugh the old-fashioned way—through the comics section.

**Try to laugh at some of the hassles** in your life if you can. Finding what's a bit absurd or amusing in a challenging situation just might offer relief.

#### Find Some Fun:

Whether it's playing golf or goofing around, having fun isn't just, well, fun. It also promotes our overall well-being and success. Leisure activities can boost our effectiveness, broaden our perspective, increase creativity and restock our energy supply. Leisure can combat stress by offering:

- social support
- chances to build confidence
- distractions from difficulties
- an emotional lift



#### Let's have some fun:

**Free up some time.** Can you afford to scratch something off your calendar? Is there anyone you can ask to help lighten your load? Set aside a time, and keep it like it was a doctor's appointment.

**Do something you loved to do as a kid.** Run through the sprinklers, hang from the monkey bars, make a mess with finger paints.

**Do something you've always wanted to do.** Bake a soufflé, build a tree house, learn to knit. If you're not sure how, take a class or look for a local group dedicated to the activity.

**Pursue a creative interest.** Writing, singing or making music all have therapeutic effects. Or just turn on a song you love: Brain images show that music can trigger feel-good hormones.

Do something FUN with someone you love. Get an extra boost from your leisure by sharing it. Good times build relationships, and good relationships are key to our happiness.

For the complete article and more tips on how to create joy in your life, check [www.liveyourlifewell.org](http://www.liveyourlifewell.org) or [www.beatricene.com/patch](http://www.beatricene.com/patch).

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