

ORANGE BOOSTER CLUB REMINDERS:

Senior athlete pictures for the Orange and Black Banquet (scheduled for May 8th) slide show need to be turned in soon to give them time to scan and manipulate. Senior picture should be accompanied by a baby or toddler picture, labeled so we can return them to you, dropped off to the main office ladies to be collected.

Spring sports photos are set for Tuesday, March 16, starting at 6 pm in the HS commons area. The schedule is as follows:

6:00 - girls soccer 6:20 - boys soccer 6:40 - girls tennis
7:00 - boys golf 7:20 - girls track 7:40 - boys track
8:00 - baseball

Please have your student-athletes ready to go 5-10 minutes prior to their assigned photo time. Be prepared with props that you wish to use (bats, hurdles, racquets, etc...). We want to emphasize the need for all athletes, coaches, and managers to be dressed and ready. We want them all to be in the photos, but will not wait for those who are late.

Please have your student athletes leave the building as soon as they are done so they don't cause a disruption/distraction for other groups.

POST-PROM meetng

Tuesday, March 9 at 5:30 p.m. in Media Center

NEXT DRIVERS EDUCATION OFFERING:

March 18-20, 8:00 – 2:00, pizza provided for lunch
finishes up on Sunday, March 21, 12:00 p.m. – 4:00 p.m.
Driving to be scheduled later.

This is not a Beatrice Public Schools offering, but as NE Safety Council is using our building. Wwe do have registration forms available to be picked up or you may call the Safety Council at 402-483-2511 to register.

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

TAKE STATE

Students are reminded that you are representing not only yourselves, but your families and of course Beatrice High School. We expect appropriate behavior at all times from participants, as well as spectators.

Meeting Monday
March 1 at 7:00 p.m.
in the Media Center.

Old Business
Orange & Black Committees
Orange Boosters Storage Unit
Coaches Requests 2010

Teacher Appreciation Luncheon is Tuesday March 2nd



Parent Council

representatives have been contacting patrons requesting soups, salads or desserts (in a disposable or clearly marked container) to be brought to the high school Family Consumer Sciences foods lab by 11:00 that morning. Sounds yummy!

Non-Profit Org.
U.S. Postage
PAID
PERMIT NO. 64
Beatrice, NE

- Don't forget to visit the BHS Home Page at www.beatricepublicschools.org -

Orange Peal

Beatrice High School

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

Volume 35, Issue 8

March - 2010



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

Monday, March 1

Spring Season Practices start
Orange Booster Mtg. 7:00, Media Center
Boys District Tournament - TBA

Tuesday, March 2

Teacher Appreciation Day
District Speech
Boys District Tournament - TBA

Wednesday, March 3

ASVAB Testing - Juniors

Thurs, Fri. & Sat., March 4-5-6

Girls State Basketball Tourney - TBA

Saturday, March 6

Tryout workshop Dance 7:30 - 9:30 a.m.
Tryout workshop Cheer 9:15 - 11:00 a.m.

Monday, March 8

Dance/Cheer Tryouts 6:00 p.m. (MS gym)
School Board Meeting - 7:00 p.m.

Thurs., Fri. & Sat., March 11-12-13

Boys State Basketball Tourney - TBA

Sunday, March 14

Daylight Savings Time starts

Tuesday, March 16

Athletic Spring Sports Photos

Wednesday, March 17

Third Quarter Ends

Thursday, March 18

State Speech

Thursday & Friday, March 18 & 19

Spring Inter-session (No School for Students)

Monday, March 22

Fine Arts Booster Mtg. 7:00 p.m. Media Cntr

Wednesday, March 24

Statewide Tornado Drill - 10:00 a.m.

Thursday, March 25

Boys Golf Beatrice Invite, 10:00 a.m.

Sat. & Sun. , March 27 & 28

Prom - 9:00 p.m. - 12:00 a.m.
Post-Prom - 12:30 am - 2:30 am

Student Services

ASVAB Testing on March 3 for Juniors

All juniors will be taking the ASVAB (Armed Services Vocational Aptitude Battery) test during the morning of Wednesday, March 3. This test is a career exploration assessment that will help assist our students in learning more about themselves and the occupations they might find rewarding. This test will also help students decide how their interests, abilities and personal preferences match career opportunities. An interpretation session will be scheduled when we receive the results (usually two to three weeks later).

The results are NEVER released to any branch of the military or any other institution WITHOUT student and parents WRITTEN RELEASE FIRST. Each student must sign a release of testing records form if they wish a recruiter to see their scores. We are often told by recruiters that we are the ONLY school who is this strict. We are not sure if that's true, but we intend to keep it that way. The real advantage of taking the exam is the career information (all careers—not just those needed by the military) that students receive based on their own test responses in an interpretation session (one hour in length) that will be held a couple weeks after the test. All juniors are expected to take this test—just like all sophomores are expected to take the PLAN and all freshmen are expected to take the EXPLORE test.



Beatrice High School students will be asked to complete a perceptual survey of BHS during the month of March in their Mentor period using school computers. This survey will ask students their opinions on various aspects of our school. These include: Staff/Student Relationships, School Climate, Teaching and Learning, Performance and Evaluation and Overall Satisfaction.

If you do not wish for your child to participate in this survey, please contact Mr. Sutter.

BPS....Mission Statementto prepare all students for life-long learning and responsible citizenship.

Congratulations to:

....**THE ORANGEMEN WRESTLING TEAM** on their 7th place finish at the Nebraska State Wrestling Tournament. Jesse Hinz finished as a State Champion, KC Block- 4th. Justin Kelch- 4th. Drae Swarhout was 2-2. Spencer Trout was 1-2.

....**THE SPEECH TEAM FOR PLACING 1ST AT THE RCC SPEECH MEET:** Sara Mencl 1st-Entertainment, 1st-Impromptu and 1st-OID, Ross Jensby 1st-Extemp, Ryan Stegemann-1st-Persuasive, Ryan Rabstojnek-1st-OID and 3rd Serious, Anna Spilker-1st OID and 2nd Duet Acting, JR Beavers-1st OID and 2nd Entertainment, Hillary Fischer-1st OID and 3rd Humorous, Bethany Randel-2nd Poetry and 2nd Duet Acting, Erin Jardine-3rd Poetry and 4th Serious, Steven Roberts-4th OID, Lauren Hubka-4th OID, Travis Eubanks-4th OID, McKenzie James-4th OID, Alec Bartels-4th OID, Amanda Daubendiek-5th Persuasive and 6th Duet Acting, Callie Busboom-5th Informative, Molly Schroeder-6th Duet Acting, Caitlin Kelch-6th Informative, Garrett Easley-6th Extemp

....**THE CHEERLEADERS AND DANCE TEAM MEMBERS** for great performances at the state cheer and dance championship. Dance team received honorable mention in the jazz division. Cheer received honorable mention in the tumbling division and state runner- up in the sideline division. Great job to all who participated.

....**THE CO-OP SWIMMERS and DIVERS** for qualifying for STATE swimming in multiple events - 4 divers, 3 relays, 200 intermediate medley, 200 and 500 freestyle and the 100 breaststroke involving: Seth DeBoer, Trevor Williams, Zach Warner, Lucas Martin, Andrew Nelson, Josh Karel, Lucas Lyra, Mikel Summers and Christian Dixon. State was still in progress when this went to print so no results are available at this time.

SCIENCE: Special Topics =Competitions=National Conference

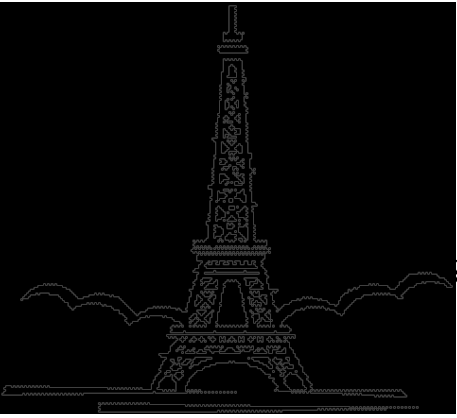
The AAAS (American Association for the Advancement of Science) convened February 18, 2010, in San Diego, California, with thousands of scientists, engineers, educators, journalists from all over the world and students from all over the United States in attendance. Two former Beatrice High School students, Zachary Karges (North Carolina State University) and Logan Cullison (University of Nebraska-Omaha) were among the attendees. Both young men represented the 2009 top five Nebraska Junior Academy of Science winners and were among 131 students from across the United States presenting their research at the meeting.

Zach's project was entitled, "Algae—Hot or Cold?" dealt with the best temperature in which to grow algae. At a separate session at the conference by bioenergy expert Al Darzins, it was stated that "a growing sector of researchers and investors are looking to derive oils from algae to power vehicles." Zach and his project were one of fifteen projects selected by the Stockholm Institute to enter in another competition later this year. Logan's project was entitled, "Rooting for the Ivy" in which he presented his findings on the effectiveness of powdered vs. liquid rooting hormones. Students presented both a poster session and a powerpoint about their project. Zach and Logan qualified to represent Nebraska by competing and placing at Regional and State levels last spring, using research projects they developed through Dr. Christen's Special Topics coursework at Beatrice High School.



Other highlights of the conference included a tour of the aircraft carrier USS Midway, a whale watching expedition, visits to the Birch Aquarium, the San Diego wildlife park, University of California—San Diego, and General Atomics. Students also had the opportunity to attend lectures by some of the brightest and most influential minds in American science. Dr. Carol W. Greider, winner of the 2009 Nobel Prize in Physiology or Medicine spoke about telomeres found at the end of a chromosome that keeps the chromosome from unraveling or clinging to its companions. A special treat was a visit to the students by Dr. Francis Collins, the pioneer of the Human Genome Project who now is the head of the U.S. National Institute of Health (NIH). Students were also treated to a Breakfast with the Scientists where scientists from all over the world visited with students.

Also attending the national conference from Beatrice were Dr. Joan Christen, BHS Science Instructor, Kelly Karges, and Jeff, Sherry, and Morgan Cullison.



Midnight in Paris

Junior/Senior Prom 2010

9:00p.m. – 12:00 a.m. in the BHS Auxiliary Gym

Semi-formal attire is required. (Shirt & tie for boys, dresses for girls)

Invited underclassmen and registered guests under 21

Professional pictures can be purchased at the dance.

Parent Council sponsored Post-Prom

12:30 a.m. -3:00 a.m. (Admittance only from 12:30 a.m. -1:00 a.m.)

Location: Beatrice High School Commons Area and O-Zone

Tickets: Can be purchased from Mrs. Lineweber at the high school front window for \$20 (T-shirt included). Prizes will be raffled off and/or won at individual games throughout the morning.

A Breathalyzer test will be administered when entering both the Prom and Post-Prom. Re-admittance will not be allowed for either event.

Join the Team.



Be a Mentor.

WWW.BHSBASKETBALL.COM
1-877-33-TEAM

WATCH FOR INFORMATION REGARDING:

TeamMates sponsoring the
BHS Alumni Basketball Tourney
April 3, 2010

The **Draft Calendar for 2010-2011** is on our website at <http://www.beatricepublicschools.org> for review. As you look at the article you will see that you can give us feedback on the calendar. Please go out to the site and take a look at the calendar and then give us your feedback. We also ask that you encourage patrons of the District to visit the website and give us their feedback also.



---Deb Rickers, Board Office Administrative Assistant

Brian "Fox" Ellis, Storyteller, Author, Educator
Hevelone Center, Tuesday, March 30th, at 7:00 p.m.
FREE to the general public.
portraying John Jay Audubon
at this special evening performance.



Since 1980 Brian "Fox" Ellis has been touring the world as a performer and educator at a variety of educational and environmental conferences including award winning artist-in-residence programs presented at schools throughout the United States and Europe. Through stories and song, myth and poetry, Fox brings the world to your school, library, festival or conference. He is a dynamic teller who, in a warmly entertaining manner, captures what is most life-affirming and beautiful in the human experience.

Fox believes that within each of us is a story to tell. One of his goals is to awaken the tale teller in all of us and an appreciation of the arts. His "Adventures in Nature" celebrate our relationships with all of creation. Fox's retelling of American Indian tales enriches the listener with the wit and wisdom of his elders. He brings to life the history of America through the voices of presidents and slaves, farmers and factory workers. Most programs include songs, poetry, audience participation, and a variety of humorous, adventurous, and touching stories.

Fox is the author of nine books including, *The WEB at Dragonfly Pond*. He also writes for more than a dozen magazines. As a working writer he sheds new light on the writing process helping students to find their own voice. Through public performances, teaching and creative writing, he hopes to evoke the storyteller within everyone and inspire people to awaken to a deeper understanding of who they are in their relationship to human history and the natural world around them. As an educator, his aim is to use storytelling and theatre to integrate science, math, and social studies, while helping students develop language skills, the self esteem that comes with finding your voice, and an appreciation of the arts.

Fox will present "Adventures in Nature" with students at all four elementary schools during the day on Monday, March 29th, "River Ecology" with the Middle School on Tuesday, March 30th and "A Portrayal of Charles Darwin" at the High School on Wednesday, March 30th.

Information taken from and reprinted here from Mr. Fox's website, "FoxTale International. More information can be found at <http://www.foxtalesint.com/> An opportunity will be available to purchase some of his books and CD's after the evening performance.

UPWARD BOUND / TRIO

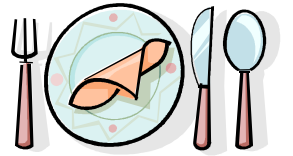
Do you have dreams of going to college, but aren't sure how to get there? Are you interested in getting to know other students with similar goals? Upward Bound might be for you. Upward Bound is a federally funded college preparatory program serving select students at Beatrice, Fairbury, and Southern High Schools. Students are selected based on their parents' income, level of education, and the student's academic potential. Upward Bound is free to all participants. During the academic year, the program provides opportunities for tutoring, mentoring, college visits, cultural events, and college planning. Participants are required to attend a 5-week summer program and can earn the privilege of attending an out-of-state trip each summer.

Upward Bound is currently seeking applications from **current** 8th and 9th graders. Any interested students/parents should attend an Open House at Southeast Community College (Hoover Hall) on March 24th between 5 and 8 pm.

If you are unable to attend the open house but would like a pre-screening application, please call Melissa Decker at (402) 228-3468 ext. 1406.

Thank you to Fine Arts Booster Association on Thursday and Orange Booster Club on Tuesday for the meals they provided during Parent-Teacher conferences this quarter. Your meals were greatly appreciated, some recipes were also requested.

Teachers & Administration



BHS Fine Arts Association meeting will be March 22nd @ 7:00 p.m. in the Media Center at the High School. On the agenda, officers for next year and "Go Green" fundraiser.

Thank you to all the Fine Arts parents who brought food for Parent/Teacher Conferences. It was greatly appreciated by all.

Rhondarae Henderson, President

YRI-Summer Recreation Softball & Baseball sign-ups starting.

Forms are available in the main office. Sign-ups will continue through March with teams being drawn/assigned in April.

Youth Recreation, Inc. (YRI) is a non-profit organization that provides recreational summertime ball games for any student, current grades 1 through 12, at no cost to the families. (Donations are accepted/encouraged, but not required.) Students signing up are placed on a team. Teams are scheduled to play 2 times a week throughout the weeks in late May - July. Volunteer coaches will generally call a practice once a week. Sponsors are recruited to provide t-shirts and money to pay for umpiring and equipment. Students do need to provide their own ball gloves and sign up before leagues start.



Drumline and Flag Corps Championships
 - Saturday March 6th - tentative start
 time of 1:00 at Iowa Western Community
 College, Council Bluffs, IA. Drumline is
 pursuing their 6th consecutive
 championship title.

*2010-11 Concert Choir / Women's Choir Auditions
 begin now, will close on April 1*

By appointment only. Sign up on Mr. Meyer's office door. No preparation needed.

 FYI: 2010-11 Limited Edition Show Choir Auditions
 May 14th after final concert is wrapped up.
 Details will become available as that time nears.

"Taster Concert" with Abraham INC.

Friday March 5 at 5:30 p.m.

Come hear them play for free at the Hevelone.

Wonderful mix of funk, jazz, rap, and Klezmer music (traditional Jewish music).

They perform the next night at the Lied Center for \$40 a seat. You will not be disappointed!

Saturday, March 6

Free trip to the Lied Center to have dinner and take in the Abraham INC concert.

Open to band and jazz band students! Trip is courtesy of the Hevelone Foundation.

Music Quote for the month:

"One good thing about music, when it hits you, you feel no pain."

- Bob Marley

Bulletin Date:	Scholarship Name:	Deadline:
01-Feb	ISM (Institute for Supply Management) Nebraska "Excellence in Business" Pursue degree in business (administration). Academic performance and ranking, evidence of involvement in activities, leadership, recognition/awards and recommendations. On-line: www.napm-ne.org/	3/15/2010
	Better Business Bureau, Scott Meacham Student of Integrity Award. Applicant must value integrity and ethics in business, honor character and commitment to honesty, integrity, and accountability. www.bbbnebraska.org/studentaward/	3/05/2010
	RMEL Foundation. Encourage careers in engineering or related electric industry. On-line: www.RMEL.org	3/12/2010
02-Feb	Southeast Community College-all campuses. Davis/Chambers Scholarship. Rewards academically promising diverse racial, ethnic and cultural backgrounds.	4/01/2010
	UN-L Phi Delta Kappa. Planning careers as teachers at any level. www.pdkintl.org/	4/09/2010
	Susan G. Komen for the Cure Scholarship. Must have lost parent to breast cancer and have g.p.a. of 2.8 On line: www.komen.org/scholarship	2/15/2010
03-Feb	Ladies Professional Golf Association. High school female golfers On-line: www.nsaahome.org/nsaaforms/	4/30/2010
	James M. Cox Foundation. Need based. FAFSA's SAR required.	4/15/2010
02-Feb	Salvation Army D 1's Hero Scholarship Looking for recipient giving 100 percent.	3/08/2010
	BEATRICE DRUMLINE	Spring
		3/12/2010
		3/15/2010
		3/26/2010
		4/02/2010
		4/31/2010
25-Feb	Omaha Chapter, Association of Information Technology Professionals, plan career in Information Technology related fields	4/04/2010
	James M. Cox Foundation. Strong academic record. Based on need.	4/15/2010
	Lincoln Builders Bureau for members' children. www.buildersbureau.com	4/01/2010
26-Feb	Swanson Russell. Gus Swanson Memorial Communications. Nebraska college, degree in advertising, marketing, mass communications, communication studies, public relations, journalism, graphic design/desktop publishing. www.swansonrussell.com	4/15/2010
	Student Insights scholarship contest. Random draw. www.student-view.com	4/22/2010
	Vesper Chapter #9, Eastern Star Scholarship. Good citizenship & high moral character.	4/01/2010

FALL & WINTER CHEERLEADING AND WINTER DANCE TEAM TRYOUTS

INFORMATIONAL PACKET:

TRYOUT PACKETS WILL BE AVAILABLE THROUGH MARCH 3 FROM THE MAIN OFFICE

TRYOUT WORKSHOP:

SATURDAY, MARCH 6TH- @ BHS- OZONE

DANCE 7:30 AM TO 9:30AM - FALL & WINTER CHEER 9:15A.M.- 11:00A.M.

TRYOUTS :

MONDAY, MARCH 8TH STARTING AT 6:00PM @ MIDDLE SCHOOL GYM

CLOSED TO SPECTATORS. ONLY JUDGES AND THE CANDIDATES WILL BE ADMITTED.

POSTINGS: 5:00 ON MARCH 17TH VIA SCHOOL WEBSITE.

Spring Calendar Changes & Up-Dates When in doubt, check it out.

Trust our web-site over the printed calendar.

We have a couple different places linked to our web-site to verify an athletic event, any other meeting or fine arts event. Our policy, once we hear of or decide to make a change is to: verify what change needs to be made and then to contact our district calendar secretary to make the change on-line. Mr. Randel will up-date the activities calendar found at highschoolsports.net at the same time. Both calendars are available on-line immediately up-dated.

Instructions from our home-page (www.beatricepublicschools.org) to the link for highschoolsports.net:

1. Click the Beatrice High School tab.
2. Along the left side is a list of categories, click on Activities.
3. This screen has articles down the middle, after scrolling you will find one offering "Related Sites". By clicking that web-site address you will be taken to www.highschoolsports.net
4. Screen will be headed: BEATRICE HS, 600 Orange Blvd. Etc., My Schedules, All Teams - by clicking on the change icon you will receive three boxes of drop downs. Select a Sport (will list down our individual sport categories). Select a Level (will list down All Levels, Varsity, JV, Freshman, Reserve). Select a Gender (All, Boys, Girls, Boys/Girls)
5. Once you have made your selections, use the Go icon and the computer will retrieve and list the schedule for that group. Home/Visitor, opponent, times and locations become available. In some instances, addresses are shown and for some we even have directions available.

Instructions from our home-page (www.beatricepublicschools.org) to the district calendar:

1. Remain on the Home/Front Page.
2. Find the Calendar icon box, right side of screen, under the weather / above the Employment Possibilities and the Infinite Campus Parent Portal.
3. Click there to access District Calendar. Different options are available.
 - a. Month at a Glance will give a calendar appearing synopsis of the month designated.
 - b. By scrolling toward the bottom you will find a drop down box to tell the computer which month/year you are interested in, you will then receive a vertical listing by day of the events for the month.



Our Mission:

"... to coordinate, enhance, and broaden countywide services that promote healthy attitudes and behaviors for individuals, families, and communities."

among young people even longer, and the degree to which teens disapprove of use of the drug has recently begun to decline," said lead researcher Lloyd Johnston. In 2009, 32.8% of 12th graders, 26.7% of 10th graders, and 11.8% of 8th graders reported past-year marijuana use.

PRESCRIPTION DRUGS: remain problematic, with one in 10 high school seniors reporting misuse of the prescription painkiller Vicodin, and prescription drugs account for 8 of 13 drugs most frequently abused by 12th graders.

SALVIA DIVINORUM: has received substantial media coverage in recent years. Researchers found that 5.7% of high school seniors reported using salvia in the past year.

ALCOHOL: use in 2009 ticked downward among 8th graders, but 10th and 12th graders drank and binged at about the same rate as 2007, showing the trend toward declining use may be slowing to a halt. Sixty percent of students reported they could easily obtain alcohol.

METHAMPHETAMINE: was identified as having a significant decline in reported teen use. Just 1.2% of high school students reported using the drug in 2009, the lowest rate since 1999.

SMOKING: rates among teens have fallen to the lowest levels in history, although tobacco-control experts worry that use of smokeless tobacco products could be rising. In 2009, smoking rates declined among 8th, 10th, and 12th graders. Just 11.2% of high school seniors report they smoke cigarettes, less than half the rate in 1997. Use of smokeless tobacco rose slightly among 10th graders, with 6.5% reporting use of products that the tobacco industry has been marketing as an alternative to smoking.

OTHER DRUGS: Cocaine use is at its lowest levels since the early 1990's, and the use of ecstasy, inhalants and LSD have either fallen or flattened out at relatively low levels. (Source: www.jointogether.org 12-15-09)



hanging in my office since the inception of the coalition. It says "Holding young people holding fish responsible for dying in a polluted stream. Use your influence to help clean ng on continued grant funding, I look to this poster everyday for encouragement.

role modeling for our youth and the effects of the community's social norms. My first tance of being connected in your communities. We are all responsible and play a role

in the goal of a healthy, safe community and whether or not you are directly tied to the coalition and our efforts to reduce underage drinking, please be conscientious.

Safe Homes is a project that was originally designed by Pride Omaha. We have made a few changes, but the purpose remains the same. It is a parent networking program: parents and communities working together to keep kids safe from alcohol, drugs and violence.

In the beginning, I was one of those parents that read all the books and while those are helpful, I've found that connecting with other parents is the best resource that I have as a mother. For example, a few weeks ago, my daughter had a friend spend the night. Her mother stopped by on Friday night to talk with me briefly about the girls' plans for the evening, to leave her contact information and to visit. I was so impressed. It took energy on her part to be a good parent and keep her child safe. I used to call parents that I didn't know when Elyse spent time with their children, but stopped because it took work and because it embarrassed my child. Looking back on it - who cares if she was embarrassed and really, it only took a couple of minutes! What a small investment in keeping her safe and me informed.

The *Safe Homes* project will have a place on our redeveloped website. There will be informational pieces that are sent out to members of the group periodically, online courses for people to utilize at their convenience, as well as community meetings once a quarter. Some of the meetings will be to engage the entire family in fun, safe activities. Some of the meetings will be for just for parents. **Watch for more information.**

Our Vision: "Building on the strengths of our communities to improve the quality of life for all people."

Tuesday, March 2 @ 10:30—11:30 am

Individuals, Youth and Families Task Force meeting @ One Stop Resource Center Interagency

@ 12:00—1:00 p.m. @ One Stop Resource Center Lunch provided.

Monday, March 8 @ 12:00—1:15 p.m.

PATCH meeting @ Parkview Conference Room

Friday, March 19 @ 10:00—11:00 a.m.

Community Justice Task Force meeting @ Beatrice Police Department Conference Room

Live Your Life Well Tips

Eat Well...How Healthy Eating Helps

Beatrice Community Hospital PATCH - March 2010

Mother was right: You've got to eat well to function well. In case you didn't gobble up Mom's wisdom, here are some useful tidbits.

Among other benefits, good food can:

- boost your energy
- lower the risk of developing certain diseases
- provide fuel to your brain
- counteract the impact of stress on your body
- affect mood-related body chemicals

Good nutrition can help at times of stress, but that's exactly when lots of us tend to eat less well. We overeat or eat unhealthy food to cope with stress. In fact, it's not just that we're seeking comfort—our stress hormones actually give us the munchies.

If you follow some reasonable guidelines, you may be able to reduce your stress and promote your overall health and well-being.

The Basic Ingredients

From the www.LiveYourLifeWell.org, here are some basic suggestions that can boost your energy, mood and overall wellness.

Use the U.S. Department of Agriculture food pyramid.

- emphasize fruits, vegetables, whole grains and fat-free or low-fat dairy products
- include lean meats, poultry, fish, beans, eggs and nuts
- is low in saturated fats, trans fats, cholesterol, salt and added sugars

See mypyramid.gov. You'll find a food tracker, menu planner and other tools.

Don't skip meals. Eating consistently throughout the day provides your brain and body with a steady supply of fuel.

Snack well. Try to keep some nuts, whole or dried fruit or other portable food in your bag or backpack.

Work on your balance. Your brain needs a healthy supply of carbohydrates, fats and proteins, or it can't perform functions that affect your mood and thinking.

Don't over-diet. Eat to be healthy and fit—not to fit into a certain pair of jeans.

Food Warnings

Take a look at a few cautions:

Be carb smart. To stay steady, pick carbs that enter your blood slowly and evenly, like whole-grain breads, fruits and veggies.

Reduce saturated fat and cholesterol. Look for healthy fats like the ones found in fish, avocados, olive oil and nuts.

Limit alcohol. If you're stressed out, alcohol may seem to offer relief. However, it actually adds stress to your body and cause problems like disturbed sleep and poor judgment.

Cut back on caffeine. Caffeine is a stimulant, so it can make you nervous and restless.

Diet and Depression

Nutrients that may play a role in combating depression include:

Vitamin B-12 and folate. Good sources of B-12 are fish like salmon and trout and fortified breakfast cereals. Folate is found in dark leafy vegetables, almonds, dairy and fortified whole-grain breakfast cereals.

Omega-3 fatty acids. The best sources of omega-3 fatty acids are fatty fish like salmon, catfish and trout.

If you're feeling depressed, diet alone is likely not the answer. Consider contacting a mental health professional.

For complete details and more tips on how to eat well, check www.beatricene.com/patch or www.liveyourlifewell.org

Reviewed by Susan Bowerman, MS, CSSD, a registered dietitian and lecturer in the Department of Food Science and Nutrition at California Polytechnic State University, San Luis Obispo.

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 or slangvardt@bchhc.org

ACT Prep Course

Once again Beatrice High School is pleased to offer a course to better prepare students for the ACT college entrance exam. The course will consist of four sessions each lasting approximately two hours covering the four main ACT tests in English, Math, Reading, and Science. Juniors wishing to attend (yes, it's limited to juniors) need to pay a nonrefundable fee at the time of registration. REGISTRATION WILL OPEN IN EARLY MARCH. Students will then sign up for a date and a time for each of the four sections. The number of students in each session is limited. Dates and times are available on a first come, first serve basis.

Each section (English, Reading, Math and Science) is offered three times during a three week period, March 22- April 9. Registration postmark deadline to take the ACT on April 10 is Friday, March 5. Students will select one session in each of the four categories and register those choices with Mrs. Morris to be able to attend those classes. Please pay attention to the daily announcements to find out when registration can begin. Students will also need to pick up an ACT practice test booklet from the Student Services office and have completed those four practice tests before attending the sessions (this can happen before registration anytime).



PATCH Walk to... Nicodemus Historical Site in Kansas

Annual PATCH event: Five -week wellness program encourages everyone; women, men, children to develop sustainable healthy exercise and eating habits. Keep an activity log of your participation. Convert any exercise into steps. For a chance at the main prize, attend the Saturday walks. Participate even if you can't be at the

Saturday walks. Other prizes available throughout the campaign....help us get to Nicodemus and back with your miles.

Walk in 3 of the 5 walks and keep an activity log to be eligible for the grand prize. Details at www.beatricene.com/patch, Saturday walks scheduled:

March 27 - 9:00-11:00 SCC-Truman Center BCHHC Health Fair... Walk on campus trail. Sign up for event here or at Beatrice Public Library.

April 3: 1:00 Chautauqua Park Tabernacle... (after Legion Easter Egg Hunt)

April 10: 1:00 Trailhead Park Pavilion...across from Gage County Museum. Partner with Beatrice Animal Shelter/ Walk your (or Shelter) dog!

April 17: 1:00 Riverside shelter....walk through the park to Court St.

April 24: 1:00 Homestead National Monument – sign in at Education Center (Visitor's Center). Partner with Homestead National Monument March for Parks event going on 9-3:00

Get your exercise shoes out and commit to change. Sign up at Health Fair or Beatrice Public Library. If you miss the 1st walk, you can get information at Beatrice Public Library or contact a coordinator.

PATCH— Planned Approach to Community Health

Beatrice Community Hospital/Gage County PATCH walking program coordinators:

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