



# Mr. Arneson



It's that time of year again where the days grow short and the weather turns cold. Please make sure your student comes prepared to spend time outside. We try to get the students some fresh air when the temperature or wind chill is 10 degrees or above. Mornings can be chilly and we like to have our students able to be comfortable spending time outside.

On Sunday, November 3rd we switch to Mountain Standard time and will mark the beginning of no more shorts in the elementary school. Please help your student make good clothing choices starting that week.



A big thank you to all the parents who joined us for parent-teacher conferences. Your engagement can help your student be as successful as they can be.

## School Dates-November

NO SCHOOL FOR K-6TH ELEMENTARY STUDENTS NOVEMBER 26TH. PRE-SCHOOL AM & PM , JUNIOR HIGH AND HIGH SCHOOL WILL HAVE SCHOOL THAT DAY! HEMINGFORD HOSTING ONE-ACT PLAY!!



NO SCHOOL FOR THANKSGIVING NOV. 27-29

### Special points of interest:

- Mr. Arneson
- No School Elementary Nov. 26th
- Mr. Isom
- Nebraska Department of Education
- Mr. Kluver
- Elementary Honor Roll
- High School Honor Roll
- Mrs. Hucke
- Treats on the Streets
- Hemingford Holiday Play
- One Act
- Basketball Fundraiser
- Sports Schedules
- Chamber Newsletter

# Mr. Isom-School Superintendent

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Effective Teacher Model—We have been working with the professional development team from ESU 13 to help implement the Danielson Framework for Teaching. This is a collaboration between the administration and teaching staff on becoming more effective in our teacher evaluation process. The Danielson model will help us develop a common language between staff and administration, which will guide us in developing our staff to its fullest. The staff at Hemingford does a great job, we hope that this will be a support and help the staff to continue to grow in all areas of teaching.

The model has four domains. The first two domains are described below.

## Domain 1: Planning and Preparation

Instructional planning includes a deep understanding of content and pedagogy and an understanding and appreciation of the students and what they bring to the educational encounter. But understanding the content is not sufficient; the content must be transformed through instructional design into sequences of activities and exercises that make it accessible to students. All elements of the instructional design - learning activities, materials, and strategies – must be appropriate to both the content and the students and aligned with larger instructional goals. In their content and process, assessment techniques must also reflect the instructional outcomes and should serve to document student progress during and at the end of a teaching episode. Furthermore, in designing assessment strategies, teachers must consider their use for formative purposes, and how assessments can provide diagnostic opportunities for students to demonstrate tier level of understanding during the instructional sequence, while there is still time to make adjustments.

## Domain 2: The Classroom Environment

Teachers create a learning environment through positive interpersonal interactions, efficient routines and procedures, clear and consistent standards of conduct, and a safe physical environment that supports the learning purposes. In addition, the environment encourages students to take pride in their work and to assume responsibility for their learning. Students respond to the warmth and caring of teachers, their high expectations for achievement, and their commitment to students. Students feel safe with these teachers and know that they can count on the teachers to be fair and, when necessary, compassionate. Students are also sensitive to the subtle messages they receive from teachers as to their capabilities. The components of Domain 2 are not associated with the learning of any particular content; instead, they set the stage for all learning. The teacher establishes a comfortable and respectful classroom environment, which cultivates, a culture of learning and creates a safe place for risk-taking. The atmosphere is businesslike, with non-instructional routines and procedures handled efficiently: student behavior is cooperative and non-disruptive; and the physical environment conducive to learning.





Matthew L. Blomstedt, Ph.D., Commissioner

# NEBRASKA

## DEPARTMENT OF EDUCATION

[www.education.ne.gov](http://www.education.ne.gov)  
301 Centennial Mall South  
P.O. Box 94987  
Lincoln, NE 68509-4987  
TEL 402.471.2295  
FAX 402.471.0117

Dear Parents/Guardians:

Recently you should have received your student's Individual Student Report (ISR). The results are from the Nebraska Student-Centered Assessment System (NSCAS) English Language Arts (ELA), Math, and Science summative assessments that were administered in spring 2019. The NSCAS, pronounced "en-skass," is Nebraska's statewide assessment system that embodies the state's holistic view of student's performance and helps them prepare for success in postsecondary education, career, and civic life. The results provide educators and decision makers at all levels with the insights they need to support instruction of College and Career Ready (CCR) standards and student learning.

A variety of factors influence student achievement, and no single test is able to measure all of those factors. NSCAS scores are used, however, to help identify areas of academic strength as well as areas that students, schools, and the district can improve. These results provide one piece of evidence about your student's academic progress. Your student's teachers, school, and district have additional evidence that can help provide you with a more complete picture of your student's progress.

### Nebraska Adopts More Rigorous Standards

In the spring of 2017, the English Language Arts portion of the statewide assessment transitioned from Legacy standards to the more rigorous CCR standards. The Mathematics assessment made this transition during the spring of 2018. Science will make the transition to CCR standards in the spring of 2021.

Students will each receive an achievement level that indicates their performance on the NSCAS assessments. Students performing at the On Track and College and Career Ready Benchmark are considered proficient. Additionally, students scoring at these levels are meeting or exceeding expectations and are likely to be ready for success at the next grade level.

An *ISR Interpretive Guide for Parents* is available online to provide additional information and aid in understanding test results. This guide provides a definition of each achievement level. Visit <https://community.nwea.org/community/nebraska> and look for the "Parents/Students" tab.

If you have additional questions, we encourage you to reach out to your student's teachers and school.

Sincerely,

**Jeremy Heneger**

Jeremy Heneger (Oct 21, 2019)

Jeremy Heneger  
Director of Statewide Assessment  
Nebraska Department of Education

To lead and support the preparation of all Nebraskans for learning, earning, and living.

## Mr. Kluver –High School Principal

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I wanted to start by thanking all the parents and students that attended the Fall Parent/Teacher Conferences held recently on October 16th, 2019. Many important conversations that occurred between parents and teachers and I am encouraged by the increase in attendance as well. Please keep March 11th, 2020 available for our Spring Parent/Teacher Conferences from 2pm to 8pm. If you want to set up appointments

with the Jr./Sr. High teachers you may do so just like you can for elementary.

First quarter has come and gone, so it is very important for our students to really concentrate on their grades. Remember students must have a 70% average (50/50 average of first and second quarters) for the semester in order to receive credit for their classes. Those students that are struggling should be meeting with their teachers before or after school during SST (7:45-8:00, 3:45-4:00) or other times as arranged. Do not let the semester go on too long before you seek out assistance.

We are continuing to work on increasing our course offerings for students. If you have any questions about what classes we offer now and what classes we could possibly be offering in the future, please email Mr. Kluver ([dkluver@gubn.org](mailto:dkluver@gubn.org)) or Mrs. Hucke ([rhucke@gubn.org](mailto:rhucke@gubn.org)).

Congrats to a successful season for our fall sports teams, Cross Country, Football, and Volleyball. Congrats to Jori Stewart for qualifying and running in the state cross country meet. You made us all proud to be BOBCATS. Good luck to football team in the post-season. You have done an amazing job representing your school, your families, and your community.

# Elementary Honor Roll-1st Quarter

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Student Name	Grade Level	Level	Student Name	Grade Level	Level
Jacob Bryner	6	Distinguished List	Marvin Dyer	5	Honors List
Dakota Horstman	6	Distinguished List	Jacob Garner	5	Honors List
Sophia Hruby	6	Distinguished List	Anthony Haas	5	Honors List
Daniel Kløver	6	Distinguished List	Carson Haas	5	Honors List
Cody Penaluna	6	Distinguished List	Emma Hitchcock	5	Honors List
Ryan Ragsdale	6	Distinguished List	Grayson Hunter	5	Honors List
Gattlen Bell	5	Distinguished List	Bethany Kresl	5	Honors List
Austin Benda	5	Distinguished List	Luke Laws	5	Honors List
John Radspinner	5	Distinguished List	Jonathan Moreno	5	Honors List
EvaDena Helmink	4	Distinguished List	MarryJane Palmer	5	Honors List
Tyan Hruby	4	Distinguished List	Karly Ragsdale	5	Honors List
Cash Keane	4	Distinguished List	Terrell Ramos	5	Honors List
Lydia Lilley-Gitch	4	Distinguished List	Lucas Sulzbach	5	Honors List
Isabel Rutkowski	4	Distinguished List	Taylor Swanson	5	Honors List
Jade Sorensen	4	Distinguished List	Jackson Buser	4	Honors List
Porter Sorensen	4	Distinguished List	Keith Buskirk	4	Honors List
Clayton Butler	6	Honors List	Isabell Donker	4	Honors List
Laney Dahlberg	6	Honors List	Sofia Gomez	4	Honors List
Madison Dietrich-Cafego	6	Honors List	Jayce Haas	4	Honors List
Kaiden Freeman	6	Honors List	Desilee Hinman	4	Honors List
Tayten Haas	6	Honors List	Ty Horstman	4	Honors List
Megan Jones	6	Honors List	Eli Hunter	4	Honors List
Grace Lilley-Gitch	6	Honors List	Rylei Manion	4	Honors List
Allisen Meek	6	Honors List	Devin Mundt	4	Honors List
Cayden Peterson	6	Honors List	Natasha Randolph	4	Honors List
Bailey Sellman	6	Honors List	Aubrey Schledewitz	4	Honors List
Willum Sulzbach	6	Honors List	Alexis Stricker	4	Honors List
Taylor Wilder (Sherlock)	6	Honors List	Kenton Walker	4	Honors List
Tehya Buser	5	Honors List	Ainslee Woltman	4	Honors List



@wondercliparts.com

# High School Honor Roll-1st Quarter

Student Name	Grade Level	Level
Bell, Gavin J	7	Distinguished List
Galles, Cody J	7	Distinguished List
Meyring, Seth O	7	Distinguished List
Rutkowski, Abigail G	7	Distinguished List
Benda, Aiden W.E.	8	Distinguished List
Bryner, Catherine M	9	Distinguished List
Specht, Ethan C	10	Distinguished List
Wyland, Kenneth T	11	Distinguished List
Bell, Stacia L	7	Honors List
Dillard, Serenity R	7	Honors List
Garza, Mersades L	7	Honors List
Hinman, Aurora J	7	Honors List
Jespersen, Kyra L	7	Honors List
Miller, Korissa L	7	Honors List
Soto, Anjelina L	7	Honors List
Tessman, Kaitlyn N	7	Honors List
Walker, Kyran L	7	Honors List
Warner, Ariel K	7	Honors List
Wilkins, Gracie M	7	Honors List
Garner, Lauren A	8	Honors List
Hickman, Savanna M	8	Honors List
Keane, Jaxon D	8	Honors List
Kresl, Carlye A	8	Honors List
Kumpf, Mikayla E	8	Honors List
Meek, Madisen L	8	Honors List
Specht, Breana D	8	Honors List
Vарner, Drew T	8	Honors List
Hunter, Taren R	9	Honors List
Meyring, Jayda A	9	Honors List
Stallings, Arielle A	9	Honors List
Wright, Rylie B	9	Honors List
Wyland, Hunter J	9	Honors List

Student Name	Grade Level	Level
Hanson, Destiny R	10	Honors List
McConville, Daren W	10	Honors List
Turek, Alysen K	10	Honors List
Hanson, Danea J	11	Honors List
Jacobs, James D	11	Honors List
Jespersen, Rayne J	11	Honors List
Knote, Sara C	11	Honors List
Mendiola, Kylie M	11	Honors List
Meyring, Jayce L	11	Honors List
Neefe, Alex N	11	Honors List
Payne, Jack A	11	Honors List
Schekall, Rachel M	11	Honors List
Anglesey, Melissa A	12	Honors List
Bryner, Isaiah T	12	Honors List
Buchheit, Carter S	12	Honors List
Fritzler, Kaitlyn M	12	Honors List
Knote, Emily R	12	Honors List
Moss, Maggie C	12	Honors List
Neefe, Rashell S	12	Honors List
Plog, Alexander M	12	Honors List
Sellman, Jake M	12	Honors List
Stewart, Jori S	12	Honors List
Stumpff, Jace R	12	Honors List
Swanson, Kinzee M	12	Honors List
Walker, Jaydon A	12	Honors List



C O U N S E L O R ' S  
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**Juniors and Seniors** need to listen to announcements and sign up on the bulletin board across from my office if they want to attend the college representatives coming to school.

**Seniors** you need to be:

Working on college applications. Many applications are due in early January.

Check with your prospective colleges about additional financial aid application forms and requirements.

Working on your FAFSA. If you have any questions, do not hesitate to call and we will find the answer.

**Juniors** you need to be:

Thinking about your college choice.

We will be meeting for a 15 minute conference in the near future to talk about your life after high school.

Here are some scholarship resources on the web available for anyone to check out

ScholarshipQuest at Education Quest.org  
HYPERLINK

"<http://www.scholarshipmonkey.com>"  
[www.scholarshipmonkey.com](http://www.scholarshipmonkey.com)

ScholarshipExperts.com  
HYPERLINK

"<https://studentaid2.ed.gov/logon.asp>"  
<https://studentaid2.ed.gov/logon.asp>

Schoolsoup.com  
Scholarships.com  
Collegeboard.com

The Bullying Prevention Program we are using is *Steps to Respect*. Students will be practicing friendship-making skills, learning to recognize bullying, learning bullying-refusal skills, learning how to reach out to someone who is being bullied, and developing bullying-reporting skills. It also prepares students for conflicts that may happen when working in a group. If you have any questions, I can be reached at (308)487-3330 or (308)487-3328 Ext. 203.

**With every new child that's born, each rainbow that shines,  
and all the smiles we share -- a miracle is created.  
Patty J. Rice**

# 2019 TREATS ON THE STREETS

**October 31, 2019  
4:00pm - 5:30pm**

**Downtown Hemingford**

We are encouraging safe and fun Trick or Treating for our Hemingford Youth and fun for the businesses

We have added a new Division this year -

**Group/Family/Business - Three or more people of any ages, no pets please.**



**Costume contest at the  
Body Shop  
starts @ 5:15 pm**





# Hemingford Holiday Play

## AUDITIONS

NOVEMBER 7, 5PM-6:30PM  
AT THE MULTIPURPOSE HALL

**ACTORS AND TECHNICIANS OF ALL AGES NEEDED!**

THERE IS NO ONE TOO OLD AND IF YOU ARE IN SCHOOL OR HAVE A PARENT INVOLVED YOU ARE OLD ENOUGH!

IF YOU WOULD LIKE TO BE INVOLVED AND CAN'T MAKE AUDITIONS OR HAVE ANY QUESTIONS GIVE ME A CALL OR TEXT.

TABI BRYNER 760-1120



*save the date*

**DECEMBER 22ND  
in Hemingford**

**DECEMBER 23RD  
in Alliance**

COME SEE THE  
HEMINGFORD  
ONE ACT TEAM IN  
*SPY SCHOOL*

Please support the team as  
they take on competitions  
across the Panhandle!

BLUE/GOLD PLAY PRODUCTION  
INVITE

November 16, Time TBD, North Platte

PANHANDLE CONFERENCE

November 22, Time TBD, Edgemont

WESTERN TRAILS CONFERENCE

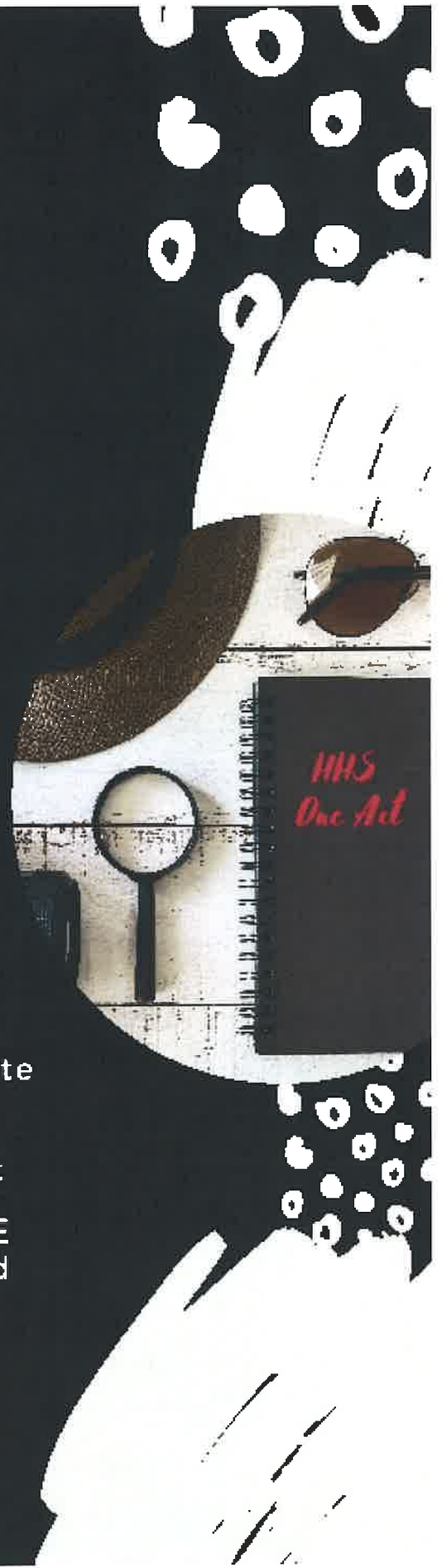
November 26, 9:00 AM, Hemingford

PUBLIC PERFORMANCE

December 1, 7:00 PM, Hemingford

DISTRICT COMPETITION

December 7, TBD, Sidney



# HEMINGFORD HIGH SCHOOL

BOYS BASKETBALL APPAREL FUNDRAISER

ALLIANCE  
T-shirt  
*Shelmadine*  
PRINT  
SHOP



ORDER ONLINE AT:

<https://hhsboysbasketball.itemorder.com>

## Junior High Wrestling

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Nov. 2-Banner County Invite (Harrisburg) 9:00 AM  
Nov. 7-Gordon-Rushville Invite (Rushville) 1:00 PM  
Nov. 14- Hemingford Invite  
Nov. 16- Lusk Invite  
Nov 22- Morrill Invite 9:00 AM  
Nov. 23- Alliance Invite 9:00 AM  
Nov. 26- Sidney Invite 3:00 PM  
Dec. 3 Bayard Invite 9:00 AM



## Junior High Girls Basketball

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Nov. 16- Hay Springs 10:00 AM  
Nov. 19- Crawford 4:00 PM @ Home  
Nov. 22- Sioux County 4:00 PM  
Nov. 25- Bayard 4:00 PM @ Home  
Nov. 26- Morrill 4:00  
Dec. 5- Gordon-Rushville 5:00 @ Home  
Dec. 9- Alliance St. Agnes 4:30 PM @Home  
Dec. 12- Bridgeport 4:00 PM @ Home

**NO SCHOOL FOR K-6TH  
GRADE ON NOVEMBER 26,  
2019. HOWEVER PRE-  
SCHOOL A.M. & P.M . JUNIOR  
HIGH & HIGH SCHOOL WILL  
HAVE SCHOOL THAT DAY!!**



November 2019

### HEMINGFORD PUBLIC SCHOOLS

Our mission at Hemingford Public Schools is to cooperatively work with the community to provide our youth a safe and healthy learning environment for all students. Our school district and staff are committed to provide and promote opportunities for high academic achievement, capitalizing on student career interests and aptitudes, with a purpose to encourage student involvement and accomplishments in order to prepare accountable, responsible, self-disciplined, successful citizens in an ever-changing, global society.

Charles Isom, Superintendent  
Mr. Daniel Kluver, High School Principal  
Mr. Eric Arneson, Elementary Principal  
Mrs. Mandy Plog, Special Education Director

PO Box 217  
911 Niobrara Avenue  
Hemingford NE 69348

Phone: 308-487-3328 High School  
Phone: 308-487-3330 Elementary  
Fax: 308-487-5215



## COMMUNICATION SOURCES

In an effort to maintain all possible communication links, Hemingford Public Schools will offer numerous ways for parents, students, community members and all other interested citizens to stay abreast of happenings at the schools. Some ways to communicate are: Hemingford Public Schools Website

<http://www.hemingfordschools.org>

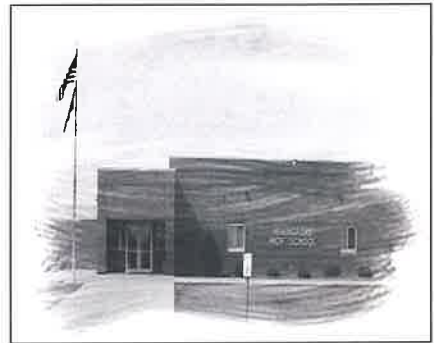
Hemingford Ledger - Important information is posted in the Briefs. Sports info and other needed school info can be found here as well.

Monthly newsletter - Posted on Remind, Facebook and the School Website.

Notices sent home with students  
Information sent home with reports cards.

Phone calls to students' homes when necessary.

PowerSchool for attendance, grades and other notes to students and parents found on the Hemingford Schools webpage.



### EQUAL OPPORTUNITY

Hemingford Public School District #10 will not discriminate on the basis of race, color, national origin, religion, sex, disability, or marital status in admission or access to, or treatment or employment in its programs and activities

### Web-Email Lunch Account System

Access your current account information online-at [www.hemingford schools.org](http://www.hemingford schools.org) and click the button on the right labeled "What's for Lunch".

### INCLEMENT WEATHER

The Superintendent of schools is authorized by the Board of Education to close public schools in case of severe weather. The Superintendent's will notify local news media when inclement weather warrants such action. The **information is broadcast regularly by radio stations, (KCOW AM 1400, KQ 106 & 97.5 FM, KMOR 92.9 FM), our web site ([www.hemingfordschools.org](http://www.hemingfordschools.org)), and Mobius web site ([www.bbc.net](http://www.bbc.net)).**

### School Information

School notifications will also will be posted through the school Facebook, twitter, website and local radio stations. If you have any questions please contact school at 487-3330. To get direct notifications please download the Remind app.



# Nutrition Nuggets™

Food and Fitness for a Healthy Child

November 2019

Hemingford Public Schools



**BEST BITES**

## Taco-in-a-mug

Here's an easy way for your child to make her own "taco-in-a-mug." Let her put cooked shredded chicken in the bottom, then layer taco ingredients. She might add low-fat pepper jack cheese, salsa, and lettuce. She can sprinkle on crumbled baked tortilla chips and eat right out of the cup!



## Playing together

What's one of the best ways to get your youngster moving and having fun? Join him! Suggest that the two of you throw a football together, or ask him to teach you how to skateboard. You'll set a good example, get some exercise, and enjoy time together.

**DID YOU KNOW?**

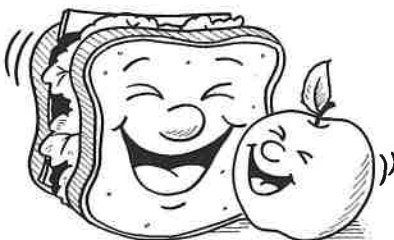
Introduce your child to healthy foods at the grocery store—for free.

Stores often let shoppers sample new items, such as edamame or tri-color quinoa. Say "yes" to anything nutritious that's offered and encourage her to try it. Then, add the products you both like to your shopping cart.

## Just for fun

**Q:** What did the apple say to the sandwich?

**A:** Nothing. Apples can't talk!



## Give peas (and carrots) a chance

Can vegetables be your child's new favorite foods? Yes! Try these ideas, and watch as veggies become something he looks forward to every day.

### Featured vegetable

Think like an advertiser, and "sell" nutritious food choices to your youngster. You could post a menu with a featured vegetable. Give it a name that will make your child laugh. Maybe "Tina Turnip" will be the roasted root vegetable you'll serve with pot roast and brown rice pilaf. Tomorrow, ask him to sell you on the starring vegetable!

### Vary the prep

Does your youngster prefer that vegetables have a certain texture or temperature? You might steam, roast, saute, puree, or blanch carrots or zucchini—which way does he like best? Or if you



always make cooked peas, offer cold pea salad or raw snap peas instead.

### Add extras

Switch up your veggies with flavors your child likes—or may like once he tries them! Add cinnamon to butternut squash or sliced almonds to string beans. Or before cooking veggies, drizzle them with olive oil, then sprinkle on cayenne pepper or chili powder (for heat) or oregano, rosemary, and basil (for an Italian flair). ●

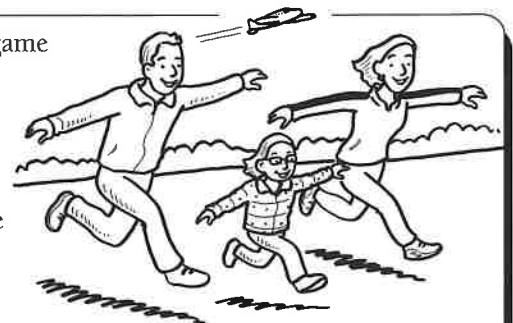
## Make an activity spinner

Turn a spinner from an old board game into a fitness tool. Here's how.

**1.** Your child can cover each wedge of the spinner with a strip of masking tape. On each strip, have her write a fun way to move. *Examples:* "Hop like a frog." "Twirl like a ballet dancer." "Fly like an airplane."

**2.** To play, one person spins the spinner, reads the action, and calls out something in the yard to tag (perhaps a bush).

**3.** Everyone follows the direction (hop, twirl) on the way to the bush and back to the spinner. The first person back spins next. ●



This institution is an equal opportunity provider.

# Our family cookbook

This keepsake will teach your child about nutritious foods—and help you add more options to your family’s meals.

**Collect.** Have your youngster ask relatives for recipes they’d like to share. Look them over together, and pick out the healthier ones. For instance, your child might choose a casserole with tomato sauce rather than one with heavy cream.



**Compile.** Your youngster can glue each recipe onto a piece of notebook paper and illustrate it. Then, let her sort the recipes into categories, such as pasta, casseroles, and soups, and put them in a binder.

**Use.** Ask your child to pick out recipes and help you cook them. She could take a photograph of herself with each dish and mail it in a thank-you card to the relative who gave her the recipe.

*Idea:* Invite your youngster to share her cookbook with relatives at Thanksgiving. 🍂

## ACTIVITY CORNER Pumpkin games

Anytime is the perfect time to play outdoors, and November is no exception. Try these games that use a pumpkin instead of a ball!



**Roll it.** Create start and finish lines. Players stand at the start line with a pumpkin at each person’s feet. At “Go,” racers roll the pumpkin along the ground with their hands. The first person to cross the finish line with his pumpkin wins.

**Pass it.** Everyone stands in a circle, arms length apart, with the “starter” holding a pumpkin. Turn on music, signaling the starter to pass the pumpkin to his left. When the music stops, whoever is holding the pumpkin stands still while everyone else runs around the outside of the circle once and stops in any available spot. Turn the music back on, and play again. 🍂



## Q&A Nutrition for vegetarians

**Q:** My daughter has decided to become a vegetarian. How can I help her get the nutrients she needs?

**A:** Good news: A vegetarian diet can give your daughter all the nutrients her growing body needs. Talk to the school nurse, the cafeteria manager, or her doctor for advice. They may recommend protein sources like tofu, beans, and nuts. For iron, they’re likely to mention leafy green vegetables, dried fruits, and whole grains. Dairy products are good for protein and calcium, and eggs also do double-duty—they contain iron and protein.

Of course, your daughter’s choice means changes for you, too. Try to show support by how you prepare dinner. On spaghetti night, you might serve meatballs on the side. Or make vegetarian versions of favorite recipes, like spinach and mushroom enchiladas instead of chicken, or black bean burgers rather than beef. 🍂



## IN THE KITCHEN Sheet-pan chicken dinners

Cooking an entire dinner for four on one sheet pan means quicker cleanup. Use 1 lb. boneless, skinless chicken breasts for each of these recipes.

### Cheesy potatoes and broccoli

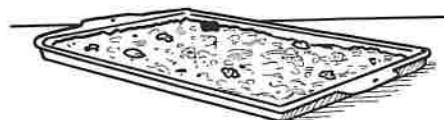
Drizzle the juice of one lemon on the chicken. In a large bowl, mix ½ lb. cubed red potatoes and 1 broccoli head cut into florets with 1 tbsp. olive oil and 2–3 crushed garlic cloves. Add to pan and lightly season with salt, pepper, and Parmesan cheese.

Bake at 400° for 35–40 minutes, until chicken is cooked through.

### Fruit and veggie fajitas

Cut chicken into 1-inch strips, and place on cooking sheet. Add 1 sliced bell pepper, 1 sliced onion, and 1 16-oz. can pineapple chunks (in their own juice). In a small bowl, stir together 1 tbsp. each olive oil and lime juice, and 1 tsp. each honey, chili powder, and cumin. Drizzle over chicken mixture. Bake at 350° for 20 minutes.

When cooked through, serve in warmed whole-grain tortillas. 🍂



### OUR PURPOSE

To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.

Resources for Educators,  
a division of CCH Incorporated  
128 N. Royal Avenue • Front Royal, VA 22630  
800-394-5052 • rfcustomer@wolterskluwer.com  
www.rfeonline.com

Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.

ISSN 1935-4630

**Hemingford Public Schools  
Breakfast Menu**

**November**

Milk is served with all meals: Grab N' Go for Jr. and Sr. High pick 3 items in line or on corner table, (water not included) as of 1of 3 items. Check out and go directly to class. Breakfast starts @7:45 a.m.

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> Breakfast Pizza Cold Cereal Fruit/Juice
<b>4</b> Breakfast Burrito Cold Cereal Fruit/Juice	<b>5</b> French Toast Sticks Sausage Links PBJ Fruit/Juice	<b>6</b> Scrambled Eggs Toast PBJ Fruit/Juice	<b>7</b> Waffles Sausage Patty Cold Cereal Fruit/Juice	<b>8</b> Breakfast Sandwich Cold Cereal Fruit/Juice
<b>11</b> Biscuits & Sausage Gravy Cold Cereal Fruit/Juice	<b>12</b> Yogurt Cup Muffin PBJ Fruit/Juice	<b>13</b> Omelet Toast PBJ Fruit/Juice	<b>14</b> Pancakes Sausage Patty Cold Cereal Fruit/Juice	<b>15</b> Breakfast Pizza Cold Cereal Fruit/Juice
<b>18</b> Breakfast Burrito Cold Cereal Fruit/Juice	<b>19</b> French Toast Sticks Sausage Links PBJ Fruit/Juice	<b>20</b> Scrambled Eggs Toast PBJ Fruit/Juice	<b>21</b> Waffles Sausage Patty Cold Cereal Fruit/Juice	<b>22</b> Breakfast Pizza Cold Cereal Fruit/Juice
<b>25</b> Biscuits & Sausage Gravy Cold Cereal Fruit/Juice	<b>26</b> Yogurt Cup Muffin PBJ Fruit/Juice (No Elementary)	 <p><b>Thanksgiving Break No School November 27-29</b></p>		

Menus are subject to change

*USDA is an equal opportunity provider & employer.*

*The Hemingford Public School provides lunches in accordance with the National School Lunch Program.*

*The cost of a breakfast is as follows: PreK-12 - \$1.65 Adult Breakfast - \$2.15*

*The cost of a lunch is as follows: PreK - \$2.15 K-6th - \$2.40 7-12 Lunch - \$2.70 Adult Lunch - \$3.85*

*Questions or comments email [pjesse@gubn.org](mailto:pjesse@gubn.org)*



Hemingford Public Schools  
Lunch Menu

November

Milk is served with all meals. Fruit/Salad/Vegetable Bar Offered Daily. Each child is required to have ½ cup Fruit/Vegetable. 7-12 may order a pre-made chef salad as their main entrée.

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> Beef Nachos Refried Beans Apple Crisp Salad Bar
<b>4</b> Ham & Cheese Sub Corn Salad Bar	<b>5</b> Chili Cheese Fries Carrots/Celery Salad Bar	<b>6</b> Chicken Noodles Mashed Potato Dinner Roll Salad Bar	<b>7</b> Pork Fritter Cheesy Hash browns Dinner Roll Salad Bar	<b>8</b> Beef and Bean Burrito w/cheese Peas Pudding Salad Bar
<b>11</b> Chicken Sandwich Corn Salad Bar	<b>12</b> Shepard's Pie Applesauce Dinner Roll Salad Bar	<b>13</b> Lasagna Roll Ups Green Beans Breadstick Salad Bar	<b>14</b> Salisbury Steak Mashed Potato Gravy Dinner Roll Salad Bar	<b>15</b> Chicken Bacon Ranch Flatbread Peas Banana Bar Salad Bar
<b>18</b> Hamburgers Baked Beans Salad Bar	<b>19</b> Ham & Scalloped Potatoes Carrots Dinner Roll Salad Bar	<b>20</b> Meat Ball Subs Creamed Peas Salad Bar	<b>21</b> Teriyaki Chicken Over Rice Green Beans Salad Bar	<b>22</b> Corndogs Tater Tots Pumpkin Cookie Salad Bar
<b>25</b> Turkey Gravy Mashed Potato Dressing Cranberry Salad Dinner Roll Salad Bar	<b>26</b> Chicken Bowls Dinner Roll Salad Bar (No Elementary)	 <p><b>Thanksgiving Break No School November 27-29</b></p>		

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Questions or comments email [pjesse@gubn.org](mailto:pjesse@gubn.org)

# Hemingford Public School District #10

<div style="display: flex; justify-content: center; gap: 20px;"> <span>November ▾</span> <span>2019 ▾</span> </div>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					White	VB @ Sub-State
					All Day School	● 9:00am: JHWR @ Banner County Invite
3	4	5	6	7	8	9
	Red	White	VFB 2nd Round Playoffs	White	Red	VB @ State
	● 8:30am: CSC Art Day		Panhandle Conference Music Clinic @ Sioux County	VB @ State	VB @ State	
			Red	● 1:00pm: JHWR @ Gordon-Rushville Invite		
10	11	12	13	14	15	16
	White	VFB Quarterfinals	White	Red	White	Blue/Gold Play Production Invite @ North Platte HS
		Red		● 10:00am: JHWR @ Hemingford Invite	● 2:00pm: Teacher Inservice - 2 - 4 pm	● 9:00am: JHWR @ Lusk Invite (if possible)
						● 10:00am: JHGGB @ Hay Springs
17	18	19	20	21	22	23
	VFB Semi-Finals	White	Red	White	Red	● 9:00am: JHWR @ Alliance Invite
	Red	● 8:30am: 2019 NSAA Leadership Summit	● 9:00am: FFA District Leadership @ Chadron	Big Brother Big Sister	Panhandle Play Production @ Hay Springs HS	
		● 4:00pm: JHGGB vs. Crawford		● 6:30pm: FFA Meeting	● 9:00am: JHWR @ Morrill Invite	
					● 4:00pm: JHGGB @ Sioux County	
24	25	26	27	28	29	30
	VFB Finals	Red	No School - Thanksgiving Break	No School - Thanksgiving Break	No School - Thanksgiving Break	
	White	● 9:00am: WTC Play Production @ Hemingford				
	● 4:00pm: JHGGB vs. Bayard	● 3:00pm: JHWR @ Sidney Invite				
		● 4:00pm: JHGGB @ Morrill				

\* = Event displays only on this view

# Hemingford Public School District #10

December ▾		2019 ▾								
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday				
1	2	3	4	5	6	7				
<ul style="list-style-type: none"> <li>● 7:00pm: One Act Play Performance - Public Performance</li> </ul>	<div style="border: 1px solid black; padding: 2px;">White</div>	<div style="border: 1px solid black; padding: 2px;">Red</div> <ul style="list-style-type: none"> <li>● 9:00am: JHWR @ Bayard Invite</li> <li>● 6:00pm: Elementary Winter Music Program</li> </ul>	<div style="border: 1px solid black; padding: 2px;">White</div>	<div style="border: 1px solid black; padding: 2px;">Red</div> <ul style="list-style-type: none"> <li>● 5:00pm: JHGBB vs. Gordon-Rushville</li> <li>● 6:00pm: WR @ Morrill Dual</li> </ul>	<div style="border: 1px solid black; padding: 2px;">White</div> <ul style="list-style-type: none"> <li>● 2:00pm: G/B BB vs. Gordon-Rushville</li> <li>● 2:00pm: WR @ Custer Invite</li> </ul>	<ul style="list-style-type: none"> <li>● 9:00am: WR @ Custer Invite</li> <li>● 9:00am: District Play Production @ Sydney</li> <li>● 1:00pm: G/B BB @ Hyannis</li> </ul>				
8	9	10	11	12	13	14				
	<div style="border: 1px solid black; padding: 2px;">Red</div> <ul style="list-style-type: none"> <li>● 4:30pm: JHGBB vs. Alliance St. Agnes</li> </ul>	<div style="border: 1px solid black; padding: 2px;">White</div> <ul style="list-style-type: none"> <li>● 6:00pm: JH/HS Winter Music Program</li> </ul>	<div style="border: 1px solid black; padding: 2px;">Red</div> <div style="border: 1px solid black; padding: 2px;">State Play Production - Class D1 &amp; D2</div>	<div style="border: 1px solid black; padding: 2px;">White</div> <div style="border: 1px solid black; padding: 2px;">State Play Production - Class C1 &amp; C2</div> <ul style="list-style-type: none"> <li>● 4:00pm: JHGBB vs. Bridgeport</li> </ul>	<div style="border: 1px solid black; padding: 2px;">Red</div> <div style="border: 1px solid black; padding: 2px;">State Play Production - Class A &amp; B</div> <ul style="list-style-type: none"> <li>● 6:30pm: FFA Meeting</li> </ul>	<ul style="list-style-type: none"> <li>● 9:00am: WR @ Gordon-Rushville Invite</li> <li>● 1:00pm: G/B BB vs. Mitchell</li> <li>● 4:00pm: HPS Benefit Soup Supper-Family of LillyAnn Bates</li> </ul>				
15	16	17	18	19	20	21				
	<div style="border: 1px solid black; padding: 2px;">White</div> <div style="border: 1px solid black; padding: 2px;">JHGBB @ Panhandle Conference</div>	<div style="border: 1px solid black; padding: 2px;">Red</div> <ul style="list-style-type: none"> <li>● 2:00pm: G/B BB vs. Hay Springs</li> </ul>	<div style="border: 1px solid black; padding: 2px;">White</div> <div style="border: 1px solid black; padding: 2px;">Big Brother Big Sister</div>	<div style="border: 1px solid black; padding: 2px;">Red</div> <ul style="list-style-type: none"> <li>● 5:30pm: WR @ Bridgeport Triangular</li> </ul>	<div style="border: 1px solid black; padding: 2px;">End of Semester 1</div> <div style="border: 1px solid black; padding: 2px;">White</div> <ul style="list-style-type: none"> <li>● 2:00pm: G/B BB vs. Bridgeport</li> </ul>	<ul style="list-style-type: none"> <li>● 9:00am: WR @ Bridgeport/Sydney Invite</li> <li>● 1:00pm: G/B BB @ Leyton</li> </ul>				
22	23	24	25	26	27	28				
	<div style="border: 1px solid black; padding: 2px;">No School - Winter Break</div>	<div style="border: 1px solid black; padding: 2px;">No School - Winter Break</div>	<div style="border: 1px solid black; padding: 2px;">No School - Winter Break</div>	<div style="border: 1px solid black; padding: 2px;">No School - Winter Break</div>	<div style="border: 1px solid black; padding: 2px;">No School - Winter Break</div> <div style="border: 1px solid black; padding: 2px;">G/B BB @ CSC Holiday Tournament</div>	<div style="border: 1px solid black; padding: 2px;">G/B BB @ CSC Holiday Tournament</div>				
29	30	31								
	<div style="border: 1px solid black; padding: 2px;">No School - Winter Break</div>	<div style="border: 1px solid black; padding: 2px;">No School - Winter Break</div>								

\* = Event displays only on this view



## 2019 FALL NEWSLETTER

### HEMINGFORD CHAMBER FEATURED BUSINESS RABEN'S MARKET \* 814 BOX BUTTE AVE



Mike Raben has always wanted to own a grocery store. His great aunt, Irene Sibert was the bookkeeper and a manager at the grocery store in Crawford and his dad, Paul

Market is often called upon for special meat orders and prepares many main dishes for large gatherings.

Mike continues to operate the store with the help of his six part time employees; and his dad Paul assists on truck day stocking the dairy case .

Grocery stores can be the heartbeat in rural communities and with the changes over the years with technology, it has been more difficult to keep them in small towns like Hemingford. Mike has faced the changes of distributors and drastic increases in shipping. It makes it difficult to compete with a Walmart or Amazon. "People don't always realize the dollars spent here stay here", Mike commented. "They forget the small business owners support the community". Raben's Market has been a wonderful supporter of the Box Butte County Fair, Hemingford Schools and the booster club.

worked there as a carry out so it was "in the blood a little".

Mike was born in Chadron but his family moved to Hemingford in 1974. He began working at John's Jack & Jill for John Gaipl when he was just eleven years old – doing everything from sweeping, boxing and sacking groceries, stocking and basically anything else John would let him do.

Raben's Market appreciates the support of the customers and community businesses that help make up the awesome town of Hemingford.

From the age of fifteen and into his late teen years, Mike worked for Ron and Pat Schmit who purchased the store from Gaipl. After high school, Mike attended Cheyenne Aerotech and worked at Food Bonanza Warehouse and Grocery as the dairy and night manager in Cheyenne, Wyoming.

Thank you, Raben's Market for being a part of our Chamber and our Community!

Mike returned to Hemingford in January 1989 for a few months; working at the store part time with his sister Tonya before taking a job at Farmers Coop and then joined the Air Force. Mike served from May of 1989 to May of 1993 and was a Senior Airman. He was able to move home and work for Phillips F & T from 1993 until the opportunity to purchase the store in October 2002. Mike and his wife Amy, began running Raben's Market as a family affair. Mike recalled his son running his daughter up and down the aisles in the mop bucket and when they were old enough, ran the registers checking customers and assisted in the meat room.

### WELCOME TO HEMINGFORD – LUX SALON!



The Hemingford Chamber of Commerce and LUX Salon located at 600 Niobrara. Congratulations to Katie and Ryan Danner and Brooke Long! We love the new space!

*Pictured: Joni Jespersen and Holy Wade (Chamber), Brooke Long, Tina Frahm, Katie and Ryan Danner (owners), Kathy Gettert (Chamber)*



## WELCOME TO HEMINGFORD'S NEW BUSINESSES

**Congratulations** to Marcie and Chris Thomas on their Ribbon Cutting for MC Signs & Decals/MCT Trucking LLC located at 704 Box Butte Ave. Stop in and Congratulate them! Shop Local and Celebrate.

*Pictured: Holy Wade and Joni Jespersen (Chamber), owners Chris and Marcie Thomas, Barb Straub (Village), Kathy Gettert (Chamber) and Melanie Johnston (Village)*



The Hemingford Chamber of Commerce had a ribbon cutting for Honstein Repair located at 411 Niobrara. Congratulations to Matt, Amy, Braden and Luke Honstein!

*Pictured: Barb Straub (Village), Kathy Gettert & Joni Jespersen (Chamber), owners Amy Honstein, Luke Honstein, Matt Honstein and Braden Honstein, Blanche Randolph, Cheryl Linegar and Holly Wade (Chamber)*



### HEMINGFORD CHAMBER OF COMMERCE MEMBERS



A & A PORTA POTTIES  
A & T Electric  
BANK OF THE WEST  
BATES GOULD FUNERAL HOME  
\*\*BB DEVELOP, CHELSIE HERIAN  
BLACK HILLS ENERGY  
BOX BUTTE AG SERVICES, INC.  
BOX BUTTE COUNTY FAIR  
BROOK LONG MASSAGE THERAPY  
BRUCE FURNITURE  
BUCHHEIT PRECISION  
CHAMPION FARMS  
CHUCK & LINDA PETERSEN  
CLICKS BY KIM  
DAVE'S PHARMACY  
DON JESPERSEN  
DOROTHY RAY  
DOUG & SUE SHAVER  
EAGLE COMMUNICATIONS, INC  
FARMERS CO-OP  
FIX IT FROSTY - JAKE FROST  
FLANNEL BROS-PATRICK  
HARTMAN

GREATER NE MEDICAL SERVICES  
GREGORY'S INSURANCE  
GUS' BAR  
H & S PANELS - JIM KEEGAN  
HAAS FARMS  
HEMINGFORD CO-OP TEL.  
HEMINGFORD COMMUNITY CARE  
CENTER  
HEMINGFORD COMMUNITY  
FOUNDATION  
HEMINGFORD CREDIT UNION  
HEMINGFORD DENTAL CLINIC  
HEMINGFORD HOUSING  
AUTHORITY  
HEMINGFORD LEDGER  
HEMINGFORD SCHOOLS  
HEMINGFORD UTILITIES  
HONSTEIN REPAIR  
JAV  
JM & ASSOCIATES PC, ZACH  
JELINEK  
JOHN OLAFSON  
JULIE LAWRENCE  
LUX SALON  
MC SIGNS & DECALS

NEBRASKA TOTAL OFFICE  
PANHANDLE COOP  
PANHANDLE PUB. HEALTH  
PAT'S CREATIVE  
PHILLIPS F & T  
POST #9  
RABEN'S MARKET  
RICK & PATTI WOBIG  
ROD'S CUSTOM BODY SHOP  
SERENITY AT HERITAGE ACRES  
SORENSEN'S IRRIGATION  
TABLE TOP MEATS  
THE BEAUTY SHOP  
THE BODY SHOP  
THREE LITTLE BIRDS HEALTH &  
HEALING HOUSE  
TREASURED GROUNDS  
TW HOME Enterprises  
VILLAGE PIZZA  
WESTCO  
WNCC COMM. COLLEGE  
WOOD CONSTRUCTION C/O TERRY  
WOOD

## This Holiday Season.....Please Shop Local!!!

The Holiday Season is quickly coming our way and Hemingford Chamber of Commerce would like to urge folks to remember our local merchants when you begin to do your Holiday shopping. It may seem like there's "not much to shop for in Hemingford", but if you really stop and think about it there are many gift buying opportunities right here in **our hometown!** By shopping local you support local businesses and vendors who are your friends and neighbors. You help to sustain their businesses so they are here to serve your needs, day-in and day-out throughout the year. Also please remember, these same businesses are *paying taxes, supporting local fundraising efforts, donating to community events and projects.....continually investing back into our community.* When you shop on-line or out of town, **none** of your dollars come back to our community and **none** of those businesses do anything to support or sustain our community!

**While in town for these great events, don't forget to visit Hemingford's Own Christmas DIORAMA!**

Hemingford Chamber of Commerce would like to give a HUGE SHOUT OUT to Blanche Randolph and Family for spearheading this year's Diorama Food Booth at the Box Butte County Fair, to everyone who donated pies (the response was AWESOME!) and to each and every one who volunteered their time working at the booth. The community of Box Butte county turned out in a fantastic way to support the only fund raiser we have to maintain our unique and awesome tradition, the Christmas Diorama.

Soon it will be time for the display to go up once again. Between now and Thanksgiving volunteers are wanted to help spruce up some of the displays. This year the goal is to refurbish the narrative panels. (So artistic experience is not required to be of assistance.) This group will be

3rd Annual BELUEVE in Hemingford \* Sunday \* December 8th  
Hemingford Fire Hall \* Santa will be In the House  
Christmas Movie for the Whole Family 4:00 PM

Chicken Noodles, Mashed Potatoes & Pie  
5:00 PM

Downtown Christmas Tree Lighting  
6:30 PM

Free will offering for the purchase of new  
downtown Christmas Decorations



8th Annual Kris Kringle Christmas Boutique  
Saturday - DECEMBER 7, 2019  
9 AM - 4 PM  
Hemingford Box Butte County Fairgrounds  
Multipurpose Hall  
Lots of great VENDORS  
Delicious food at PEGGY'S KITCHEN  
Breakfast & Lunch served  
and... don't forget  
SANTA CLAUS,  
1 - 3 pm

[www.hemingfordkriskringlechristmas.com](http://www.hemingfordkriskringlechristmas.com)



meeting Tuesday nights from 6 – 8 PM (except on Halloween) and Thursday mornings from 9 – 11 AM in the art building at the Fair Grounds.

Coffee and cookies will be provided for the workers! Please consider this opportunity

to help with this project. Thanks again to everyone who helps perpetuate the Hemingford Christmas Diorama!

