

February, 2020

Bobcat Bits



Hemingford Public Schools



Mr. Isom– Superintendent

Special points of interest:

- * Mr. Isom-School Superintendent
- * Mr. Arneson-Elementary Principal
- * Mr. Kluver-High School Principal
- * Library Update
- * National Honor Society News
- * Family Fun Night
- * Elementary Honor Roll
- * High School Honor Roll
- * Spelling Bee
- * Fight Flu
- * Chamber Newsletter
- * Autism Awareness
- * Panhandle Partnership
- * Breakfast & Lunch Menus
- * Nutrition Nuggets
- * Activity Schedules

The week of February 9 through February 15 is School Board Recognition week.

Please take the time to thank the following individuals when you see them: Justin Ansley, Brett Cullan, Rick Horstman, Blanche Randolph, Trish Schumacher and Troy Turek.

Leadership, Innovation, Vision, Engagement—Those are a few of the words that come to mind to describe the school board. Without their guidance, we would not be able to provide the education we do.

The class of 2032 is walking the halls at Hemingford Schools. The present school board will help educate the next generation of school board members.

The board helps us keep the main thing the main thing—that is providing the best opportunities for our students.

And to all the previous board members that took the time and helped get Hemingford to the place we are. Thank you, school board, for your hard work and dedication!!

The 2020 Unicameral is in full swing. The senators have 10 days to introduce bills. There were 512 bills (LBs) introduced, 481 carry over bills and 11 resolutions (LRs). The senators will be busy.

There are several bills that we will be monitoring. Senator Groene was reelected as the chair of the Education Committee. Senator Erdman of Bayard represents our area. Senator Erdman is the vice chairman for the rules committee and is also a member of the Appropriations committee.

The senators have a thankless task ahead of them. Property tax relief is the focus for the session. Some of the plans that are being looked at involve cutting option funding. As a district, we receive \$927,000 in net option funding, which correlates to tax relief of about .13 cents on the levy.

Mr. Arneson-Elementary Principal

The students in the Elementary school have just wrapped up their Winter MAP Growth testing. For Kindergarten through third-grade students, this is a portion of the requirements for the NebraskaREADS program. By progress monitoring the students, we can better help those students who are struggling before they fall further behind. With all of our students, the MAP Growth data can give us insight into how well each individual student is progressing through the year. This gives us the opportunity to develop an educational plan to work areas that a student might be struggling in, or to further enrich a successful subject.

While spring conferences are a ways down the road, I wanted to share one change we'll be making this year. Instead of scheduling meetings from 2:00 to 8:00, we're going to schedule from 1:00 to 7:00. This will be reflected in the sheets that come home later.

With sickness ramping up for the season, please remember if your child will miss school, please give the office a call so we can note that they will be gone.



Mr. Kluver-High School Principal

A new semester has begun and classes are finishing up their fourth week already. This time of year starts slow but tends to pick up pace very quickly. Basketball and wrestling will be finishing up in February and track and golf seasons will be starting. With that being said, it is important that we don't lose track or focus on why we are in school. Sports and activities are important to our students and our community and I have a passion for

them as well. Unfortunately, if we focus all our time and energy on the pursuit of athletics and activities, something is going to suffer. Let's make sure that what suffers is not our grades. Finish the year strong and set yourselves up for a very bright future.

We have received permission from Chadron State and WNCC to offer Dual Credit Nutrition from Chadron State starting next year. This course will be taught by Mrs. Neefe. We will continue to work towards offering more and more dual credit courses here at Hemingford. We are proud of the courses we currently offer and appreciate the hard work those teachers do to ensure we can continue to offer them.

All juniors will be taking the ACT this spring on April 8th. We will be taking all juniors to an ACT workshop in Bridgeport on March 18th starting at 8:45 am. Mrs. Huckle will be taking the students to this workshop. There are many other opportunities for students to take the ACT, so encourage your students to talk to Mrs. Huckle and find out those testing dates and locations.



Library Update

Big things are happening in the elementary library! Ms. Karla has decorated with a pirate theme, and is implementing a new reading incentive program. Students in first, second, and third grades receive a “punch card” and get a punch every time they get 100% on an AR quiz. After five punches, they get to choose a prize from the small “treasure chest.” After ten punches, they can select an item from the medium chest, and after fifteen punches they get to pick a prize from the large chest! A wide variety of prizes are available, from pencils and bookmarks to snack foods and even books! Additional grade levels will be able to participate soon.



Thank you to Mr. Karney for his help with the treasure chests and to everyone who has loaned their pirate-themed decor! Also, several anonymous community donors have offered to provide funds that can be used to purchase prizes—your support is greatly appreciated! Thank you so much!



National Honor Society

National Honor Society News



Throughout the month of February, NHS is hosting a fundraising event called Pennies for Patients. All proceeds will be donated to the Leukemia and Lymphoma Society. The donation boxes will be in the high school and elementary offices, high school classrooms, and in elementary classrooms. This year, the classroom who raises the most funds for our cause will be rewarded with a pizza party!

We also have a website for our school for those who wish to donate online:

<https://events.ils.org/pages/ne/Hemingford-Jr-Sr-High-School-2020>

Also, we are hosting a blood drive here at the school. Specific information about the blood drive will be posted throughout the school at a later date.

Thank you in advance for participating in these events!

Bridget Raben
NHS Sponsor



Family Fun Night

And Spaghetti Dinner

**Sponsored By Hemingford High School's
2020 World Strides Group**



**Monday, February 10th, 2020
@ Hemingford Gymnasium
From 6:00 - 8:00 p.m.**

Activities:

- ★ BINGO
 - 25¢/card or 5 for \$1
 - Great Prizes
- ★ 50/50 Raffle
- ★ Coloring Contest
- ★ Card/Board Games
- ★ Cotton Candy - 5 Flavors!!

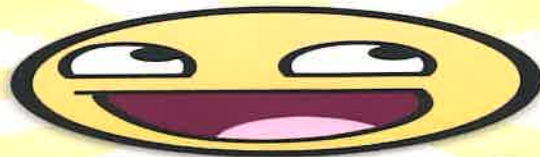
Spaghetti Dinner:

- ★ Plate Includes:
 - Spaghetti, Bread Stick and Choice of Dessert
- ★ Pre-sale Tickets are \$5
- ★ \$8/plate at the Door
- ★ Email jcollins@gubn.org for Ticket Purchasing Info

We Hope to See You There!

Elementary Honor Roll-Semester 1

Student Name	Grade Level	Level	Student Name	Grade Level	Level
Jacob Bryner	6	Distinguished List	Kaiden Freeman	6	Honors List
Clayton Butler	6	Distinguished List	Megan Jones	6	Honors List
Tayten Haas	6	Distinguished List	Nicole King	6	Honors List
Dakota Horstman	6	Distinguished List	Allisen Meek	6	Honors List
Sophia Hruby	6	Distinguished List	Talon Payne	6	Honors List
Daniel Kluver	6	Distinguished List	Cayden Peterson	6	Honors List
Mileigh Krebs	6	Distinguished List	Owen Plog	6	Honors List
Grace Lilley-Gitch	6	Distinguished List	Ava Schock	6	Honors List
Cody Penaluna	6	Distinguished List	Brenna Schumacher	6	Honors List
Ryan Ragsdale	6	Distinguished List	Bailey Sellman	6	Honors List
Gattlen Bell	5	Distinguished List	Taylor Sherlock	6	Honors List
Austin Benda	5	Distinguished List	Rowan Griewank	5	Honors List
Tehya Buser	5	Distinguished List	Anthony Haas	5	Honors List
Marvin Dyer	5	Distinguished List	Carson Haas	5	Honors List
Jacob Garner	5	Distinguished List	Grayson Hunter	5	Honors List
Emma Hitchcock	5	Distinguished List	Bethany Kresl	5	Honors List
MarryJane Palmer	5	Distinguished List	Luke Laws	5	Honors List
John Radspinner	5	Distinguished List	Jonathan Moreno	5	Honors List
Karly Ragsdale	5	Distinguished List	Terrell Ramos	5	Honors List
Lucas Sulzbach	5	Distinguished List	Isabella Tallon	5	Honors List
Taylor Swanson	5	Distinguished List	Teagen Thompson	5	Honors List
Jayce Haas	4	Distinguished List	Jackson Buser	4	Honors List
EvaDena Helmink	4	Distinguished List	Keith Buskirk	4	Honors List
Tyan Hruby	4	Distinguished List	Connor Butler	4	Honors List
Cash Keane	4	Distinguished List	Isabell Donker	4	Honors List
Lydia Lilley-Gitch	4	Distinguished List	Sofia Gomez	4	Honors List
Rylei Manion	4	Distinguished List	Desilee Hinman	4	Honors List
Isabel Rutkowski	4	Distinguished List	Ty Horstman	4	Honors List
Aubrey Schledewitz	4	Distinguished List	Eli Hunter	4	Honors List
Jade Sorensen	4	Distinguished List	Devin Mundt	4	Honors List
Porter Sorensen	4	Distinguished List	Kenton Walker	4	Honors List
Alexis Stricker	4	Distinguished List	Gabriel Wear	4	Honors List
Laney Dahlberg	6	Honors List	Ainslee Woltman	4	Honors List
Madison Dietrich-Cafego	6	Honors List			



Awesome

Elementary Honor Roll-Quarter 2

Student Name	Grade Level	Level	Student Name	Grade Level	Level
Jacob Bryner	6	Distinguished List	Owen Plog	6	Honors List
Clayton Butler	6	Distinguished List	Ryan Ragsdale	6	Honors List
Sophia Hruby	6	Distinguished List	Brenna Schumacher	6	Honors List
Austin Benda	5	Distinguished List	Bailey Sellman	6	Honors List
Tehya Buser	5	Distinguished List	Parker Wright	6	Honors List
Marvin Dyer	5	Distinguished List	Gattlen Bell	5	Honors List
Jacob Garner	5	Distinguished List	Kamree Christner	5	Honors List
Grayson Hunter	5	Distinguished List	Rowan Griewank	5	Honors List
Luke Laws	5	Distinguished List	Anthony Haas	5	Honors List
Karly Ragsdale	5	Distinguished List	Carson Haas	5	Honors List
Lucas Sulzbach	5	Distinguished List	Emma Hitchcock	5	Honors List
Taylor Swanson	5	Distinguished List	Jonathan Moreno	5	Honors List
Isabell Donker	4	Distinguished List	MarryJane Palmer	5	Honors List
Jayce Haas	4	Distinguished List	John Radspinner	5	Honors List
Tyan Hruby	4	Distinguished List	Terrell Ramos	5	Honors List
Cash Keane	4	Distinguished List	Teagen Thompson	5	Honors List
Lydia Lilley-Gitch	4	Distinguished List	Nathaniel Bell	4	Honors List
Rylei Manion	4	Distinguished List	Jackson Buser	4	Honors List
Isabel Rutkowski	4	Distinguished List	Keith Buskirk	4	Honors List
Aubrey Schledewitz	4	Distinguished List	Connor Butler	4	Honors List
Porter Sorensen	4	Distinguished List	Sofia Gomez	4	Honors List
Alexis Stricker	4	Distinguished List	EvaDena Helmink	4	Honors List
Madison Dietrich-Cafego	6	Honors List	Desilee Hinman	4	Honors List
Tayten Haas	6	Honors List	Ty Horstman	4	Honors List
Dakota Horstman	6	Honors List	Eli Hunter	4	Honors List
Nicole King	6	Honors List	Devin Mundt	4	Honors List
Daniel Kluver	6	Honors List	Jade Sorensen	4	Honors List
Grace Lilley-Gitch	6	Honors List	Kenton Walker	4	Honors List
Mileigh Krebs	6	Honors List	Ainslee Woltman	4	Honors List
Cody Penaluna	6	Honors List			



High School Honor Roll-Quarter 2

Quarter 2 Student Name	Grade Level	Level	Quarter 2 Student Name	Grade Level	Level
Meyring, Seth O	7	Distinguished List	Schekall, Rachel M	11	Honors List
Benda, Aiden W.E.	8	Distinguished List	Turek, Brian E	11	Honors List
Kresl, Carlye A	8	Distinguished List	Varner, Katelyn N	11	Honors List
Kumpf, Mikayla E	8	Distinguished List	Woodbeck, Mariha R	11	Honors List
Specht, Breana D	8	Distinguished List	Buchheit, Carter S	12	Honors List
Bryner, Catherine M	9	Distinguished List	Neefe, Rashell S	12	Honors List
Hanson, Danea J	11	Distinguished List	Stewart, Jori S	12	Honors List
Wyland, Kenneth T	11	Distinguished List	Stumpff, Jace R	12	Honors List
Anglesey, Melissa A	12	Distinguished List	Swanson, Kinzee M	12	Honors List
Hanson, Rebecca J	12	Distinguished List			
Knote, Emily R	12	Distinguished List			
Plog, Alexander M	12	Distinguished List			
Bell, Gavin J	7	Honors List			
Galles, Cody J	7	Honors List			
Jespersen, Kyra L	7	Honors List			
Radspinner, Madelyn K	7	Honors List			
Rutkowski, Abigail G	7	Honors List			
Meek, Madisen L	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			
Hanson, Destiny R	10	Honors List			
Mayer, Elizabeth P	10	Honors List			
Specht, Ethan C	10	Honors List			
Knote, Sara C	11	Honors List			
Meyring, Jayce L	11	Honors List			
Neefe, Alex N	11	Honors List			
Payne, Jack A	11	Honors List			
Rozmiarek, Zachary A	11	Honors List			

AWESOME

happy
Valentine's
day

Honor Roll-Semester 1

Semester 1 Student Name	Grade Level	Level	Semester 1 Student Name	Grade Level	Level
Bell, Gavin J	7	Distinguished List	Rozmiarek, Zachary A	11	Honors List
Galles, Cody J	7	Distinguished List	Schekall, Rachel M	11	Honors List
Meyring, Seth O	7	Distinguished List	Varner, Katelyn N	11	Honors List
Rutkowski, Abigail G	7	Distinguished List	Woodbeck, Mariha R	11	Honors List
Benda, Aiden W.E.	8	Distinguished List	Anglesey, Melissa A	12	Honors List
Kresl, Carlye A	8	Distinguished List	Bryner, Isaiah T	12	Honors List
Specht, Breana D	8	Distinguished List	Fritzler, Kaitlyn M	12	Honors List
Bryner, Catherine M	9	Distinguished List	Jespersen, Storm J	12	Honors List
Meyring, Jayda A	9	Distinguished List	Knote, Emily R	12	Honors List
Wyland, Kenneth T	11	Distinguished List	Neefe, Rashell S	12	Honors List
Buchheit, Carter S	12	Distinguished List	Stewart, Jori S	12	Honors List
Hanson, Rebecca J	12	Distinguished List	Stumpff, Jace R	12	Honors List
Plog, Alexander M	12	Distinguished List	Swanson, Kinzee M	12	Honors List
Bell, Stacia L	7	Honors List	Walker, Jaydon A	12	Honors List
Hinman, Aurora J	7	Honors List			
Jespersen, Kyra L	7	Honors List			
Radspinner, Madelyn K	7	Honors List			
Soto, Anjelina L	7	Honors List			
Tessman, Kaitlyn N	7	Honors List			
Walker, Kyrin L	7	Honors List			
Wilkins, Gracie M	7	Honors List			
Hickman, Savanna M	8	Honors List			
Keane, Jaxon D	8	Honors List			
Kumpf, Mikayla E	8	Honors List			
Meek, Madisen L	8	Honors List			
Hunter, Taren R	9	Honors List			
Stallings, Arielle A	9	Honors List			
Wright, Rylie B	9	Honors List			
Wyland, Hunter J	9	Honors List			
Hanson, Destiny R	10	Honors List			
Mayer, Elizabeth P	10	Honors List			
McConville, Daren W	10	Honors List			
Specht, Ethan C	10	Honors List			
Turek, Alysén K	10	Honors List			
Hanson, Danae J	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			

**WHO IS THE
MOST AWESOME
PERSON TODAY?**



Spelling Bee



What's the Buzz?

Congratulations to our hard-working HHS WordCat Spellers!

The Hemingford High School 2020 Spelling Champion is Abigail Rutkowski, grade 7; Runner-Up is Anjelina Soto, also grade 7.

Supporting WordCats are Aiden Benda, grade 8; Gavin Bell, grade 7; Isabell Gomez, grade 8; Madisen Meek, grade 8, and Breana Specht, grade 8.

Team members buzzed off to Alliance Middle School Wednesday, January 29, for the 1:00 p.m. Box Butte County Spelling Bee, where three HHS Wordcats placed among the top 10 (of 37!) spellers: Isabell Gomez and Breana Specht tied in fourth place, and Aiden Benda placed ninth.

Mrs. Smaha would like to thank these students for their dedication in spelling. WordCats are the best!

Watch for the Buzz about the 2021 Bee!



HEMINGFORD PUBLIC SCHOOLS

February 2020

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

Check out our Website:
<http://www.hemingfordschools.org>



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.hemingfordschools.org and click the button on the right labeled "What's for Lunch".

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.

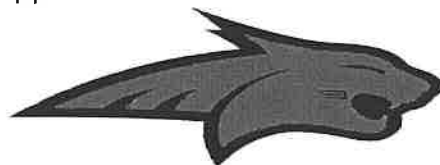


INCLEMENT WEATHER

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), and Mobius web site (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.



Everyday Preventive Actions Can Help Fight Germs, Like Flu

FIGHT FLU



CDC recommends three actions to fight flu.

1. The first and most important step is to get a flu vaccination each year.
2. If you get sick with flu, take prescription antiviral drugs if your doctor prescribes them. Early treatment is especially important for the elderly, the very young, people with certain chronic health conditions, and pregnant women.
3. Take everyday preventive actions that may slow the spread of germs that cause respiratory (nose, throat, and lungs) illnesses, like flu. This flyer contains information about everyday preventive actions.

How does flu spread?

Flu viruses are thought to spread mainly from person to person through droplets made when people with flu cough, sneeze, or talk. Less often, a person might get flu by touching a surface or object that has flu virus on it and then touching his or her own mouth, nose, or possibly eyes. Many other viruses spread these ways too. People infected with flu may be able to infect others beginning 1 day before symptoms develop and up to 5-7 days after becoming sick. That means you may be able to spread flu to someone else before you know you are sick as well as while you are sick. Young children, those who are severely ill, and those who have severely weakened immune systems may be able to infect others for longer than 5-7 days.

What are everyday preventive actions?

- Try to avoid close contact with sick people.
- If you or your child gets sick with flu-like illness, CDC recommends that you (or your child) stay home for at least 24 hours after the fever is gone except to get medical care or for other necessities. The fever should be gone without the use of a fever-reducing medicine.
- While sick, limit contact with others as much as possible to keep from infecting them.
- Cover your nose and mouth with a tissue when you cough or sneeze. After using a tissue, throw it in the trash and wash your hands.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs that can cause respiratory illnesses like flu.
- If an outbreak of flu or another illness occurs, follow public health advice. This may include information about how to increase distance between people and other measures.
- If an outbreak of flu or another illness occurs, follow public health advice. This may include information about how to increase distance between people and other measures.



For more information, visit:

www.cdc.gov/flu

or call **1-800-CDC-INFO**



**U.S. Department of
Health and Human Services**
Centers for Disease
Control and Prevention

Panhandle

Public Health District

What additional steps can I take at work to help stop the spread of germs that can cause respiratory illness, like flu?

- Find out about your employer's plans if an outbreak of flu or another illness occurs and whether flu vaccinations are offered on-site.
- Routinely clean frequently touched objects and surfaces like doorknobs, keyboards, and phones, to help remove germs.
- Make sure your workplace has an adequate supply of tissues, soap, paper towels, alcohol-based hand rubs, and disposable wipes.
- Train others on how to do your job so they can cover for you in case you or a family member gets sick and you have to stay home.
- If you begin to feel sick while at work, go home as soon as possible.



What additional preventive actions can I take to protect my child from germs that can cause respiratory illness, like flu?

- Find out about plans your child's school, child care program, or college has if an outbreak of flu or another illness occurs and whether flu vaccinations are offered on-site.
- Make sure your child's school, child care program, or college routinely cleans frequently touched objects and surfaces, and that they have a good supply of tissues, soap, paper towels, alcohol-based hand rubs, and disposable wipes on-site.
- Ask how sick students and staff are separated from others and who will care for them until they can go home.

Everyday preventive actions can help slow the spread of germs that can cause many different illnesses and may offer some protection against flu.

2020 WINTER NEWSLETTER

CHAMBER CHATTER

HEMINGFORD CHAMBER FEATURED BUSINESS

The Hemingford Cooperative Telephone Company and Mobius Communications are proud to serve their customers from right here in Hemingford. The majority of the revenues from our services are kept right here in Nebraska. "We feel like we are rural Nebraskans working for the good of our state and the communities we serve", stated, Tonya Mayer, General Manager.



We are honored to be chosen the Hemingford Chamber of Commerce featured businesses. The successes of our companies are collaborative efforts--it takes our dedicated staff to support our loyal customers in Western Nebraska and Eastern Wyoming.

We are community support driven and we believe in giving back through contributions to local organizations. Our company employees are dedicated to help our area succeed by working countless hours with numerous community organizations. The fire department, Chamber of Commerce, Box Butte County Fair, Bobcats Beating Cancer, Hemingford Community Foundation, Panhandle Public Health Wellness Programs, East Point Horspice, Village Board, Box Butte General Hospital Board, Hemingford Clinic Board, Food Pantry, Community Redevelopment Board are just a few organizations our employees support.

Offerings through our company have grown over the years--from telephone service to now include the following Technology Solutions services: High Speed Internet offerings like Fiber to the Home, fixed wireless, DSL and satellite internet; Security and Monitoring, Computer Sales and Service, Low Voltage and Network Wiring, Business Telephone Systems, Cell Phones and one of the newest services is Network Management which protects your company's devices, programs and data from attacks or unwanted access.

We continue to research ways we can assist our customers with everything they may need to succeed in the technology world and stay connected through state of the art equipment and excellent customers service.

Pictured below are the dedicated employees at MOBIUS



MARK YOUR CALENDARS! SATURDAY MAY 30th TOWN WIDE GARAGE SALE

Deadline to register your garage sale to be listed in the Ledger Ads is **MAY 15th**.

Contact the Ledger (308) 487-3334 or Kathy Gettert (308) 487-5578 at the Hemingford Credit Union for details.



BECOME A HEMINGFORD CHAMBER MEMBER AND GET INVOLVED

(308) 487-3300

email: hemingfordchamber@bbc.net

Chamber meeting date/time will be posted on FB and our website

Membership dues are as follows:

Individual \$25
1-9 employee \$50
10-50 employee \$75
over 50 employees \$100



Hemingford will be the host Village for the start of the 40th annual Bike Ride Across Nebraska (BRAN40). The ride will start from Hemingford on the morning of June 7, 2020 and riders will make their way across Nebraska ending their trip in Wahoo on the 13th of June. There is expected to be somewhere between 600 and 1000 riders and their support personnel in Hemingford, with some of them arriving on Friday the 5th and a majority arriving on Saturday the 6th.

Hemingford Public Schools and the Box Butte Ag Society have very graciously offered the use of land and buildings for the event. Most of the riders will be

tent camping on the school grounds while others may have campers at the fairgrounds, and yet others will be looking to participate in a "Bed a Biker" program. The BRAN40 Committee will be looking for those that would be willing to share their home with a biker or two for an overnight stay or to volunteer their time and talents for the event.

To learn more about the event please check out the Facebook Page BRAN40:Hemingford or the Village of Hemingford website ci.hemingford.ne.us or contact the village office at 487-3465. We are looking forward to hosting this event in Hemingford and showing off just what a small town with a big heart has to offer.



DIORAMA FOOD BOOTH CHAIRPERSON NEEDED!

The Diorama Food Booth is the one fundraiser a year for our community's Diorama. Each year, repairs, painting and upgrades are needed. The Randolph family did a wonderful job last year and we look forward to keeping up that standard. Blanche will be available to provide direction and planning assistance, plus all the set-up supplies and information to help with the process.

If you're interested in leading up the Diorama Food Booth at the fair this year, please contact Kathy Gettert at the Hemingford Community Federal Credit Union (308) 487-5578.

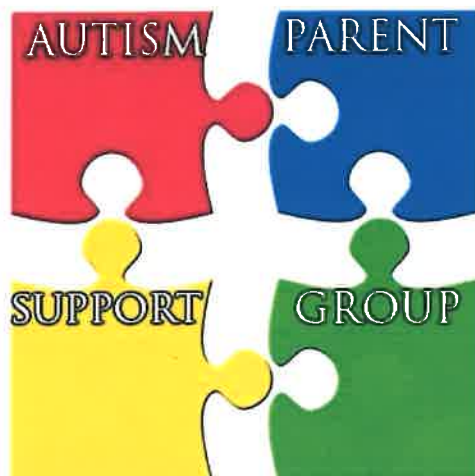
BAND ON THE BUTTE Friday - June 26th

Band on the Bricks will kick off their 2020 Season with **Band on the Butte in Hemingford on June 26th.**

The band is yet to be announced, but will feature a local group opening for a country-western style artist/group. Food vendors will be on hand as well, so mark your calendars for this fun night out in Hemingford.



Alliance Autism Awareness Support Group



Alliance Public Library, Meeting room A, 10:30am

Meeting Dates for 2020

January 11th

February 8th

March 14th

April 11th

May 9th

June 13th

July 11th

August 8th

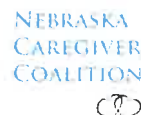
September 12th

October 10th

November 14th

December 12th

**Parents, children, and interested
individuals are all welcome to attend!!**



Save the Date

3rd Annual Panhandle Day of Caring

March 18, 2020 - 12:00 p.m. to 4:00 p.m.
Harms Advanced Technology Center-WNCC
2620 College Park, Scottsbluff, NE
Register at www.panhandlepartnership.com

or call 308-432-8190

Please share with everyone you know who provides care to someone at home.

Family Caregivers—Free Vendors—\$20.00 Respite Providers—\$10.00

Respite can be arranged for your family member.



Transportation from other towns in the Panhandle
available through
Panhandle Trails Intercity Public Transit.



Nutrition Nuggets™

Food and Fitness for a Healthy Child

February 2020

Hemingford Public Schools

BEST BITES

Put away the salt

Here's an easy way to cut back on the amount of salt your child eats: Don't invite the salt-shaker to the dinner table! If it's out of sight, he won't salt food without thinking. Too much salt can lead to high blood pressure and other health risks. *Idea:* Set out alternatives like lemon pepper and salt-free seasoning blends.

Active fundraisers

Offer to help plan a healthy PTA or PTO fundraiser. Instead of selling candy or other sugary foods, suggest active ways to raise money. Your group might hold a bike-a-thon or a student-teacher kickball tournament, for instance. This will get your youngster and her classmates moving and encourage healthy habits.

DID YOU KNOW?

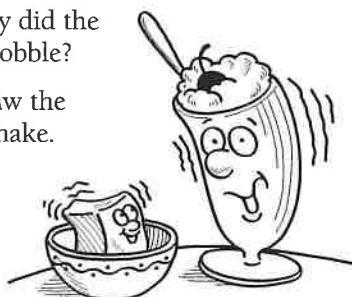
Your child can use science to determine whether an egg is fresh!

Have him put an egg in a glass of cold water. If it's fresh, it will sink. If it floats, it's past its prime. Why? Eggshells have tiny holes that air seeps into over time—the more air an egg has inside, the older it is and the more likely it is to float.

Just for fun

Q: Why did the jelly wobble?

A: It saw the milk shake.



Healthy choices at the store

Turn a trip to the supermarket into a healthy adventure for your child. Use these tips to teach her to make good food choices from the start.

Make a list

Before you head out, plan meals with your youngster. Ask her to name healthy foods to eat this week. Which lean protein (chicken, black beans, fish) would she like for dinner each night? What nutritious snacks should you buy?

Have her write a shopping list that includes her ideas. She'll learn that using a list can keep her focused and cut down on the tendency to toss chips or cookies into the cart.

Read labels

At the store, show your child how to read labels. Then, give her challenges. You might ask her to find a box of crackers with whole wheat as the first ingredient (meaning there's more whole wheat than anything else)



or the yogurt with the least amount of sugar per serving.

Discover new foods

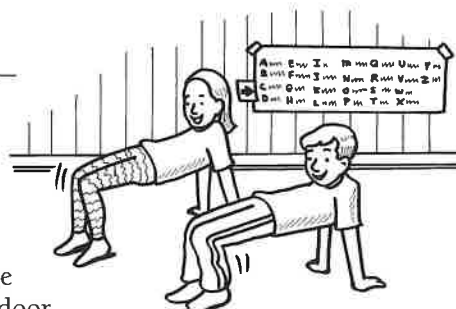
Work together to find a healthy new food to try. In the produce section, she might spot parsnips or rutabagas, for example. Check out the international aisle, which may have tahini (sesame seed paste) or brown rice noodles. Let her put the new food in the cart, and at home, research ways to include it in a meal. ♥

Alphabet fitness

Get fit from A to Z! With this suggestion, your youngster will always have something active to do.

First, help your child make a poster of fitness options, one for each letter of the alphabet. Encourage him to include a variety of ideas—indoor and outdoor, or ones he can do alone or with other people. *Examples:* A = acrobatics, B = beach ball toss.

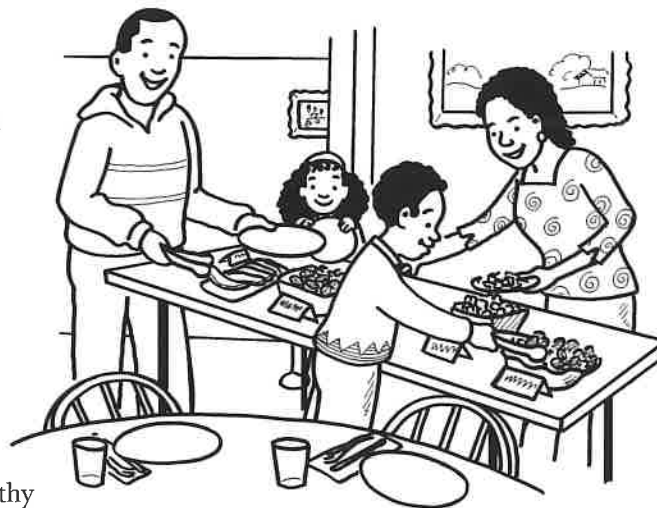
Now put a set of letter tiles or magnetic letters in a bag or bowl. Your youngster can pull out a letter anytime and do the matching activity. "It's C. Let's have a crab-walk race!" ♥



Salad days

Salads make it easy to get more vegetables into your youngster's diet. Try these kid-friendly strategies that will have your child asking, "More salad, please!"

Favorites first. Start with ingredients your youngster likes, such as croutons, cheddar cheese cubes, and broccoli crowns. Then, let him mix in greens like romaine or arugula. Finally, he could drizzle on a healthy dressing like ranch made with yogurt.



Give it a twist. Who says you have to eat salad with a fork? Have your child fill his plate with finger foods, such as baby kale leaves, red pepper spears, green beans, and cucumber slices. Or he might make a "deconstructed" salad by putting each ingredient in a separate section of his plate.

Create a buffet. Ask your youngster to help you set up a salad bar for dinner. He could choose fun containers for ingredients and add signs. *Examples:*

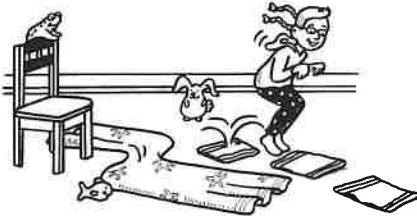
"Superhero Spinach," "Tasty Turkey." Encourage him to put veggies on half his plate, then add cheese for calcium, a whole grain (cooked pasta wheels or farro), and protein (hard-boiled egg slices, lean ham). 🍎

ACTIVITY CORNER

A "forest" obstacle course

Trekking through a forest is great exercise—and so is navigating this creative indoor version. Encourage your child to make and play in an obstacle course disguised as a forest.

1. Set it up. What can she find around the house to make her "forest"? She might use a blue beach towel for a stream, green washcloths for lily pads, blocks for stones, and chairs for trees.



2. Add "creatures." Now your youngster can scatter stuffed animals or magazine pictures of animals throughout.

3. Go exploring! Let your child move through her forest. She can hop across the lily pads, climb the chair, and move like the animals. Maybe she'll swim like a fish or jump like a bunny. 🐰

PARENT TO PARENT

Managing diabetes

When my son Logan was diagnosed with Type 2 diabetes, I worried about how he'd manage, especially when I wasn't with him. So we worked with a dietitian to create a healthy eating plan.

The dietitian said Logan doesn't need special foods—just a nutritious diet and plenty of exercise. She also told us to email copies of his care plan to his teachers, the school nurse, the cafeteria manager, and the principal. Now they know when Logan may need a blood sugar check or a snack. If he goes to a friend's house, I send a healthy treat to share and give the parent a list of symptoms that would indicate his blood sugar is dropping or spiking.

Our whole family is working on eating better and being more active. That's making things easier for Logan and keeping us all healthier. 🍎



IN THE KITCHEN

Four-ingredient meals

Healthy dinners don't need to be complicated. These meals taste great and burst with nutrition—and each one has just four ingredients.

Chicken caprese

Stir together: diced baked chicken, grape tomatoes, marinated mozzarella balls.

Toss with: whole-grain angel hair pasta (cooked, drained).

Quinoa bowl

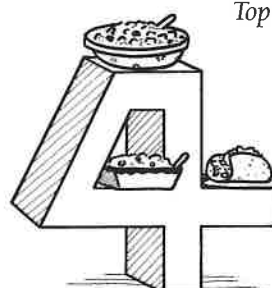
Stir together: cooked quinoa, canned chickpeas (drained and rinsed), sliced black olives.

Top with: plain nonfat yogurt.

Tuna tacos

Stir together: can or pouch of tuna (packed in water, drained), avocado chunks, shredded purple cabbage.

Serve in: whole-wheat 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 • rfeustomer@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.

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Hemingford Public Schools

Breakfast Menu

February 2020

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 1 of 3 items. Check out and go directly to class. Breakfast starts @ 7:45 a.m.

Monday	Tuesday	Wednesday	Thursday	Friday
3 Biscuits & Gravy Cold Cereal Fruit/Juice	4 Yogurt Cups Muffin PBJ Fruit/Juice	5 Omelet Toast PBJ Fruit/Juice	6 Pancakes Sausage Patty Cold Cereal Fruit/Juice	7 Breakfast Pizza Cold Cereal Fruit/Juice
10 Breakfast Burrito Cold Cereal Fruit/Juice	11 French Toast Sticks Sausage Links PBJ Fruit/Juice	12 Scrambled Eggs Toast PBJ Fruit/Juice	13 Waffles Sausage Patty Cold Cereal Fruit/Juice	14 No School  Mid-Winter Break
17  No School Teacher In Service	18 Yogurt Cups Muffin PBJ Fruit/Juice	19 Omelet Toast PBJ Fruit/Juice	20 Pancakes Sausage Patty Cold Cereal Fruit/Juice	21 Breakfast Pizza Cold Cereal Fruit/Juice
24 Breakfast Burrito Cold Cereal Fruit/Juice	25 French Toast Sticks Sausage Links PBJ Fruit/Juice	26 Scrambled Eggs Toast PBJ Fruit/Juice	27 Waffles Sausage Patty Cold Cereal Fruit/Juice	28 Breakfast Sandwich Cold Cereal Fruit/Juice

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 - \$1.15 Adult Breakfast - \$1.65

The cost of a lunch is as follows: PreK - 6 Lunch - \$1.65 7 - 12 Lunch - \$1.95 Adult Lunch - \$2.75

		Hemingford Public Schools Lunch Menu		
February 2020		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
3 Barbeque Rib Sub Sandwich Green Beans Salad Bar	4 Chicken Fried Steak Mashed Potatoes Dinner Roll Salad Bar	5 Chicken Strips "N" Waffles Carrots Salad Bar	6 Tater Tot Casserole Breadsticks Salad Bar	7 Bobcat Tacos Spanish Rice Cookie Salad Bar
10 Philly Steak Sub Sandwich Corn Salad Bar	11 Meatball Pasta Green Beans Dinner Roll Salad Bar	12 Assorted Chinese Chicken Egg Rolls Peas Salad Bar	13 Chili Carrots/Celery Cinnamon Roll Salad Bar	14  <div> Mid-Winter Break No School </div>
17  <div> No School Teacher In Service </div>	18 Spaghetti Green Beans Breadsticks Salad Bar	19 Cooks Choice Dinner Roll Salad Bar	20 Chicken Cheese Enchiladas Refried Beans Salad Bar	21 Crispitoe Mixed Veggies Zucchini Bar Salad Bar
24 Ham & Cheese Sub Sandwich Cheesy Broccoli Rice Salad Bar	25 Hamburgers Potato Salad Salad Bar	26 Beefy Nachos Green Beans Salad Bar	27 Chicken and Noodles Mashed Potato Dinner Roll Salad Bar	28 Grilled Cheese Sandwich Tomato Soup Carrots/Celery Applesauce Bar Salad Bar
<p align="center"> Menus are subject to change <i>USDA is an equal opportunity provider & employer.</i> 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 </p>				

Hemingford Public School District #10

<div>February ▼</div> <div>2020 ▼</div>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<div>1</div> <div>Speech @ Gordon-Rushville Invite</div> <div>● 10:00am: WR @ Mitchell Invite</div> <div>● 1:00pm: G/B BB @ Edgemont</div>
<div>2</div>	<div>3</div> <div>White</div> <div>● 9:00am: JHBBB @ Panhandle Conference</div>	<div>4</div> <div>Red</div>	<div>5</div> <div>FCCLA STAR @ WNCC</div> <div>White</div> <div>● 9:00am: FFA Ag Mechanics Contest, Farm and Ranch, and Evirothon</div>	<div>6</div> <div>Red</div> <div>G/B BB @ WTC Tourney</div> <div>● 9:00am: WR @ WTC/SPVA Conferences</div>	<div>7</div> <div>White</div> <div>G/B BB @ WTC Tourney</div>	<div>8</div> <div>WR @ State Duals (if qualify)</div> <div>Speech @ Chadron Invite</div> <div>G/B BB @ WTC Tourney</div>
<div>9</div>	<div>10</div> <div>FCCLA Week</div> <div>Red</div> <div>World Strides Family Fun Night</div> <div>● 4:30pm: JHBBB @ Alliance St. Agnes</div>	<div>11</div> <div>FCCLA Week</div> <div>White</div> <div>● 4:00am: G/B BB @ Morrill</div>	<div>12</div> <div>Speech @ WTC</div> <div>FCCLA Week</div> <div>Red</div>	<div>13</div> <div>FCCLA Week</div> <div>White</div> <div>● 4:00pm: JHBBB vs. Alliance</div>	<div>14</div> <div>No School - Mid-Winter Break</div> <div>FCCLA Week</div> <div>WR @ Districts</div> <div>● 4:00pm: G/B BB @ Kimball</div>	<div>15</div> <div>Speech @ Hay Springs Invite</div> <div>WR @ Districts</div> <div>● 9:00am: JHBBB vs. Bridgeport</div>
<div>16</div>	<div>17</div> <div>NO School - Teacher Inservice - 8:00 am - 4:00 pm</div> <div>FCCLA ProStart Regional in Scottsbluff</div> <div>GBB Sub-State</div>	<div>18</div> <div>Red</div> <div>GBB Sub-State</div>	<div>19</div> <div>White</div> <div>Big Brother Big Sister</div>	<div>20</div> <div>Red</div> <div>GBB Sub-State</div> <div>WR @ State</div>	<div>21</div> <div>White</div> <div>WR @ State</div> <div>● 6:00pm: BBB vs. Crawford</div>	<div>22</div> <div>WR @ State</div> <div>● 9:00am: JHBBB @ Bayard Tourney</div>
<div>23</div> <div>FCCLA Peer Education Retreat in Kearney</div>	<div>24</div> <div>FCCLA Peer Education Retreat in Kearney</div> <div>Red</div> <div>BBB Sub-State</div>	<div>25</div> <div>White</div> <div>BBB Sub-State</div>	<div>26</div> <div>Red</div>	<div>27</div> <div>White</div> <div>BBB Sub-State</div> <div>● 6:30pm: FFA Meeting</div>	<div>28</div> <div>Red</div> <div>GBB District Finals</div> <div>● 2:00pm: Teacher Inservice - 2 - 4 pm</div>	<div>29</div> <div>Speech @ Mitchell Invite</div> <div>BBB District Finals</div>

Hemingford Public School District #10

<div> <div>March</div> <div>2020</div> </div>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 White ● 7:00pm: World Strides 2021 (sophomores) Parent Meeting	3 Red	4 White ● 9:00am: FFA Ag Ed Contest @ Kimball	5 Red GBB State ● 9:00am: FCCLA State ProStart @ Metro Community College - Omaha	6 White GBB State ● 6:30pm: FFA Rocky Mountain Oyster Feed	7 Speech @ WTC GBB State
8	9 Red	10 End of 3rd Quarter White	11 Parent/Teacher Conferences - 2:00 pm - 8:00 pm NO School - Teacher Inservice - 8:00 am - 12:00 pm	12 No School - Spring Break BBB State	13 No School - Spring Break BBB State	14 Speech @ Hemingford/PAC Invite BBB State
15	16 Speech Districts @ North Platte Red	17 White	18 Red ● 8:45am: ACT Workshop @ Bridgeport	19 White ● 6:30pm: FFA Meeting	20 Red ● 2:00pm: Teacher Inservice - 2 - 4 pm	21 HS Track @ Chadron Indoor
22	23 White	24 Red Kearney Science Olympiad	25 White	26 Red Speech @ State Speech	27 White Speech @ State Speech	28 HS Track @ Morrill Invite
29	30 Red Big Brother Big Sister	31 White Ogallala Science Olympiad				