



# March 16

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## Bobcats of the Month

### Atlynn Witthuhn

I would like to nominate Atlynn Witthuhn for Bobcat of the month because of her positive attitude and her leadership skills. Atlynn always strives to do her best whether it's in the classroom, on the basketball court or in speech. She works hard in everything she sets out to do. She is quick to offer help to others and is kind to all students.

Mrs. Keeney



### Brady Brestel

I would like to nominate Brady for student of the month. Brady shows integrity by always doing the right thing. He has a great work ethic and strives to do his best! Brady has an awesome attitude towards school. What a great role model!

Mrs. Rush



### Hallie Conroy

Hallie always comes to class ready to work and has a positive attitude. She completes all of her work in a timely manner and is a joy to have in class.

Mrs. Walz



### Grady Lashley & Brett Hidle

These two guys have come in day in and day out all year long and never wavered in working on their metals projects. I have received good comments from the subs that I have had, on how hard they work and how much thought they put into what they are doing. It is fun to watch them. It is great to have these two guys in the shop class.

Mr. Brown





I recently had the opportunity to visit with our rural schools association, NRCSA, and the NDE regarding the very pressing issue of a lack of Career and Tech Ed (CTE) teachers graduating from higher education institutions in Nebraska. The reality that our CTE have been working for many years and will be approaching retirement soon is becoming a huge concern for many schools, and so our conversations centered around how to attract students to the teaching profession in these critical areas.

There are avenues to certification that may fit many different teachers, but a lack of knowledge of school leaders may prevent schools from pursuing these candidates, and the paycheck that teachers earn deters many from entering education when they can earn more applying their skills in the private sector. We hope to continue this conversation with university and college leaders, who are dropping their CTE programs for lack of interest, exacerbating the problem even further. Wayne State College currently

has an Industrial Arts education program, and UNL is attempting to revitalize theirs. UNL has the only Ag Education program in the state.

I am also continuing to follow the legislation that I shared in my article last month. A public hearing of the Education Committee regarding LB 959 was held a couple of weeks ago, and lasted nearly 8 hours with many school leaders testifying in opposition to this bill, which would eliminate lid exclusions from tax levies, and limit budget growth and access to unused budget authority even further. Dr. Lewis

## **Speech**

### **Red Raider Speech Tournament, Loup City Saturday, February 20, 2016**

#### **Varsity Medals:**

Noah Edgington, 10th in Serious Prose  
Amber Ross, 10th in Informative Speaking

#### **Varsity Superior Rating:**

Noah Edgington, Serious Prose, Oral Interpretation of Poetry  
Amber Ross, Informative Speaking  
Brittany Trumbull, Serious Prose  
Natalie G'Schwind, Entertainment Speaking  
Amber Ross, Sami Stowell, Garrett Hrupek, Weston Kunkee, Oral Interpretation of Drama

#### **Novice Medals:**

Grady Lashley, 2nd in Informative Speaking

#### **Novice Superior Ratings:**

Grady Lashley, Informative Speaking  
Wryleigh Doyle, Humorous Prose

## Football

The loud whistle blew.  
The football game was starting.  
They kicked the brown ball.  
We received it flying fast.

First ten yards was hard.  
I smelled the dry dirt.  
Second down they felt it.  
We got an amazing run.

They barely got us down.  
At the five yard line.  
We did our pass play.  
We got the points the crowd clapped.

We kicked the leather ball.  
The opponent picked it and ran.  
We got them down at the forty yard line.  
We were ready for the next play.

The fullback ran the ball.  
Ran it right to me.  
I got him down right away. They had nine  
more yards  
They broke the huddle

The next play they did  
Was a fake over to me.  
I went to the other side.  
They got twenty-five yards.

The next three quarters  
Were the hardest ever.  
We were up 36;32  
The last second here.

We won the game.  
We were done  
For the rest of the year.  
For me it was forever.

By: Jacob Heusman

## Calving!!

We stay up the whole night.  
To finally see the good sight.  
Of the newborn baby calf.

It is so cute and small.  
We finally make the call.  
To tell my Uncle Brian.

I know the calf can stand.  
Cause I am his fan.  
I truly believe in him.

He is finally standing.  
It is like a great landing.  
Now it is time to eat.

The calf thinks the milk is yummy.  
It must be warm in his tummy.  
He eats, swallows, and devours.

The milk smells extremely sweet.  
It drips on his feet.  
It must feel weird.

It is so unusually quiet.  
His name is surely Wyatt.  
I have to go to bed.

It is time to say goodbye.  
I think I might cry.  
So goodbye now, Wyatt.

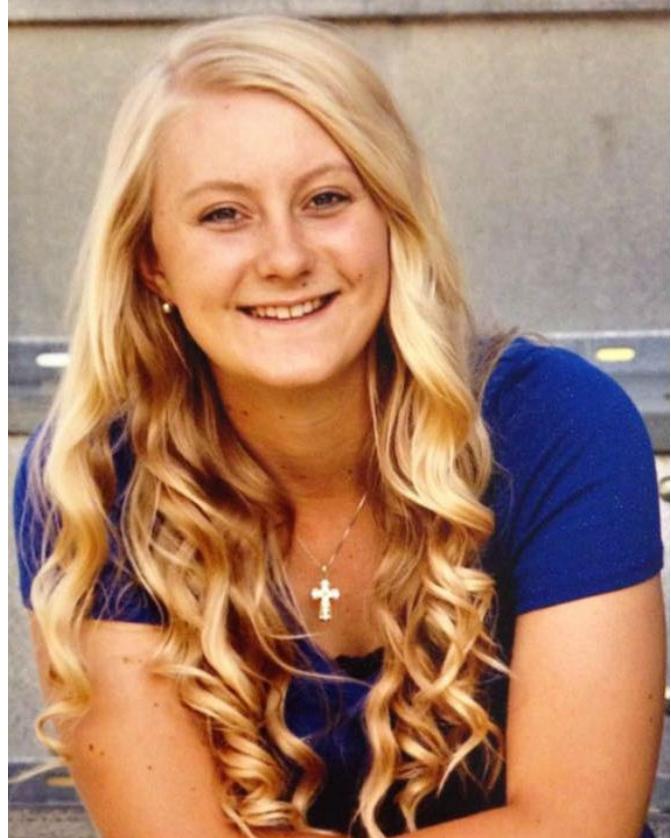
I will never see him again.  
I cry every now and then.  
Cause I will never forget him.

He will always be my friend.  
Even though it came to the end.  
I will always love you, Wyatt!

By: Emalee Glendy

## Senior Spotlight...

1. Name: Amber Rae Ross
2. Family: Parents: Vaughn & Stephanie, Siblings: Justin & Jinay, Reagan
3. Birthday: 03-03-1997
4. Extracurricular Activities: One-Acts, Speech, FCCLA, 4-H, and YLCC
5. Favorite Food: Nachos
6. Favorite kind of music: Country
7. Favorite movie/tv show: NCIS
8. Favorite book or author: Nicolas Sparks
9. In my spare time, I: Ride horses and work with calves
10. Best memory so far: My time in Atlanta, Georgia for National 4-H Congress
11. Best thing about being raised in a small community: Everyone is looking out for each other
12. Best advice my parents ever gave me: Give your all; don't half it
13. My greatest talent (or trait): public speaking
14. Motto, inspiration or favorite quote: "Out of your vulnerabilities will come our strengths." Sigmund Freud
15. I think the most important issue is America today is: Our economy/debt
16. What did you want to be when you were little: Teacher/pro barrel racer



1. Name: Hunter Lane Willis
2. Family: Mom—Lynette Svenson, Dad— Jeff Willis
3. Birthday: 04-17-1998
4. Extracurricular Activities: Football
5. Favorite Food: Crab Legs
6. Favorite kind of music: Rap
7. Favorite movie/tv show: Cops
8. Favorite book or author: The Outsiders
9. In my spare time, I: Sleep



10. Best memory so far: Going to Las Vegas
11. Best thing about being raised in a small community: You can get out of bed at 7:55am and be in school by 8:00am
12. Best advice my parents ever gave me: Don't do drugs
13. My greatest talent (or trait): eating
14. Motto, inspiration or favorite quote: I'm actually not funny. I'm mean and people think I'm joking.
15. I think the most important issue is America today is: Donald Trump is running for President
16. What did you want to be when you were little: soldier
17. Future Plans: Work at the Grocery Store

### **SPEC – Suicide Prevention Education Coalition**

Because our community has been greatly affected by suicide, last fall a group of people led by Ivan Phelps and Amy Lewandowski gathered to address the issue. We feel now is a good time to educate not only our students but our community as well about prevention, education and support.

From that first meeting, the Suicide Prevention Education Coalition (SPEC) was formed. This is a group of people working to bring mental health, suicide prevention and education to the forefront of our community. If you would like to know more about or become a member of SPEC, please contact Ivan Phelps or Amy Lewandowski.



## By: Isaac Stallbaumer

One of the classes our school offers that many students don't take is physics. It is probably because they think that it will be hard and that they won't understand anything that goes on in the class. As a student that is about two thirds of the way through the class, I am here to say that that is not entirely the case and that I have found joy through physics.

If you look around, you will see objects in motion traveling at different speeds, in different directions, all interacting with each other. The study of these interactions is physics. Wouldn't it be nice to be able to put a numerical value on how fast a ball is traveling through the air, or how much force is applied to a pencil to make the graphite rub off of it? How much friction there is between your shoes and the carpet you walk across every day? All of these questions have been answered to me in the past few months.

The class started out with measuring the velocity of bodies in motion. We were introduced to vector quantities and what they mean. Vector quantities are values that have a magnitude, the speed of the body, and a direction. Then we combined two vectors to create a single vector that was a product of the other two.

Then we learned about acceleration. That would tell us how fast the ball would be traveling after a period of time. We learned that when throwing a ball up in the air, the time up is equal to the time down and the speed it takes off from the ground equal to the speed it comes down. That was an interesting skill to possess.

Next, we learned about force and friction. Force is a physical quantity that can affect the state of motion of an object and friction is the force that opposes motion. There we learned the three Laws of Newton and inertia. This explained many of the questions I had about objects in motion. We calculated how much force would be pushing an object down a slope due to gravity and how much friction there was between the two surfaces. Now we are learning about torque and how levers work. This is used to find where a nail should be to balance out a shelf or where to sit on a teeter totter to balance the load out.

In combining all of these things, now I would be able to find out how much force would be needed to pull off that trick shot in basketball, what you could do to your shoes to keep you from slipping on the ice after a snow day, or how hard to swing a bat and where to hit the ball to hit a homerun.

## 3rd Grade Field Trip

The third grade class of Callaway Schools has been on a trip back in time. After reading Boom Town in class and Children at Work on the Frontier in small group, they were able to visit the Woodward sodhouse. Students could look through windows of the protective covering and see the sod bricks of the soddy. The following day they took part in a virtual field trip with a park ranger from Homestead National Monument in Beatrice, Nebraska. Traveling back to the 1800's has been a fun learning experience.



With our continuing efforts to control head lice in our school, several people have offered advice on products and information they have found useful.

## First, just a few facts about head lice.

1. Head lice are parasitic insects that only attack humans. You won't catch lice from the family pet.
2. The most common way head lice are spread is through direct head-to-head contact with an infested person. Head lice cannot fly or jump.
3. Head lice are very small – about the size of a sesame seed. They can be tan, brown or grey in color.
4. Head lice thrive on the scalp and are often found behind the ears and near the neckline at the back of the head. They can also be found on eyebrows and eyelashes.
5. Head lice stay alive by sucking blood from the human scalp.
6. A female head louse can lay up to 10 eggs daily. They prefer to lay their eggs  $\frac{1}{2}$  inch from the scalp.
7. At first glance, head lice eggs (nits) might be mistaken for dandruff. But unlike dandruff, they are firmly attached to the hair shaft with a waterproof glue-like substance.
8. Head lice off of a person's head will die within 1 to 2 days because they no longer have a food source.
9. **Anyone can get head lice. They know no socioeconomic or ethnic boundaries. They are equal opportunity infesters. Personal hygiene and the cleanliness of your home or school do not have anything to do with whether you get lice.**

10. Males are less likely to get head lice than females because they typically have shorter hair.

(Don't panic and shave anyone's head! Just keep your hair to yourself by pulling long hair back into a gathered ponytail or bun to make it less of a target.)

## Products parents have found to work for them

After decades of treatment with anti-lice remedies sold in drugstores, head lice are evolving to resist our efforts to snuff them out. There is growing evidence of "super lice" that are genetically resistant to some over-the-counter lice treatments. Products containing the ingredient "benzyl alcohol" seem to be working for some.

Licefree Spray – Instant Head Lice Treatment      Mfg. by Tec Laboratories, Inc., Albany, OR 97321

Vamousse      Found at Wal-mart but not with the lice shampoo – ask a pharmacist where it is located.

## Home Remedies

1. Comb and Oil Treatment: Coat hair with olive or almond oil, separate hair into small sections and comb using the nit comb (rinse the comb out often under running hot water). Wash hair using regular shampoo, rinse, and repeat. Make sure to wash all towels used and clean out lice comb in a solution of 10% bleach or 2 % Lysol for 30 minutes. Follow the procedure every day for a week, then comb through hair every night with nit comb for two weeks to be sure lice are gone.
2. Essential Oil Treatment: List of essential oils from MOST effective to LEAST effective – tea tree oil, lavender oil, neem oil, clove oil, eucalyptus oil, aniseed oil, cinnamon leaf oil, red thyme oil, peppermint oil, nutmeg oil. Mix 2 ounces of olive oil with 15 to 20 drops of essential oil. Apply to scalp using cotton balls. Leave on scalp and hair overnight (at least 12 hours). Alternatively, mix the 15 to 20 drops of essential oil in 4 ounces of rubbing alcohol. Place mixture in spray bottle and saturate hair leaving in 12 hours. Following morning, comb out hair, shampoo, rinse, and repeat. Once lice are eliminated, the alcohol/essential oil spray can be used as a preventive treatment. REMEMBER: Combing out the hair is absolutely essential to removing the lice!
3. Rubbing alcohol and vinegar: Put the alcohol on the hair in small strands and then the vinegar everywhere, do not wash it out. It is important to repeat this process everyday for a few days and then twice a week for a couple of weeks to be sure you get them all.

## Household Cleaning

Wash clothes and bed linens in HOT water and dry them on HIGH heat for at least 20 minutes. Dry clean all non-machine-washable clothes and stuffed animals or store them in a sealed bag for two weeks. Vacuum your home, furniture, and car thoroughly. Soak hair accessories, such as combs, hair ties, and barrettes, in medicated shampoo or rubbing alcohol for 60 minutes.

## Preventing Head Lice Infestation

Refrain from head-to-head contact. Don't share personal items, such as hair accessories, scarves, and towels. Carefully inspect hair and scalp of family members who may have come in contact with someone with lice. Start treatment right away if you find live lice or nits.

## Be Aware of Your Child's Social Media Apps

Pop Quiz: What is Yik Yak? If you're scratching your head, it's time to read up on the new social media apps kids are using.

1. Yik Yak – Producers of this app call it “the anonymous social wall for anything and everything.” All users are anonymous and their posts are called “Yaks” and show up in a live feed for other users in their area. The app’s content-generation and moderation is entirely in the hands of its users. The app is rated ages 17+ and targets college students, but younger users are easily getting their hands on the app and using it to post hurtful comments and rumors about their peers, even threats against their school.
2. Tinder – Described as “the fun way to connect with new and interesting people around you”, it is mainly used as a dating tool or an anonymous hook-up locator. Rated ages 17+, the privacy policy allows teens as young as 13 to register (the app connects with Facebook). Tinder helps people find others in their geographic location and allows users to view each others’ photos and start instant messaging once both people have “liked” one another.
3. Ask.fm – Allows users to interact in a question-and-answer format with friends, peers and anonymous users. Rated ages 13+, some kids have used the app for hurtful cyberbullying that has been linked to suicides.
4. Kik Messenger – Can be used to text with friends at high speed and with more of a “face-to-face feel” than regular texting. Rated ages 17+, but there is no age verification so anyone can download it. Allows your teen to connect with others using just a username. Kik has also been connected with cyberbullying. Many people use Kik to meet strangers for sexting. Kik has been described as a prime vehicle for sexual predators to locate targets. There is no way for parents to monitor Kik messages or group chats. There are no records to review and chats are easily deleted. One review of Kik said it is getting very popular with children under the age of 10 years old in Australia.
5. Snapchat – Allows users to send photos and videos that disappear from view within 10 seconds after they are received. Rated ages 12+, some kids send racy pics because they believe the images can’t be saved and circulated. Turns out Snapchat pics don’t completely disappear from a device and users can take a screenshot before an image vanishes in the app.
6. Poke – Poke is Facebook’s app that, similar to Snapchat, promises that photos will “self-destruct” within seconds after they are received. Not nearly as popular as Snapchat, but gaining young users. The App store rates it ages 4+ (but it is connected to Facebook, which is a 13+ site).
7. Vine – Twitter’s mobile app that allows users to shoot and share short loops of video (6 seconds or less). Rated 17+, but children and teens are still downloading it.
8. Whisper – This 17+ app’s motto is: “Share Secrets, Express Yourself, Meet New People.” It has a similar feel to the now-defunct PostSecret app, which was discontinued shortly after its release because it filled up with abusive content. Whisper lets users set up anonymous accounts to make their messages or confessions overlap an image or graphic (similar to e-postcards), which other users can then “like,” share, or comment on. While it allows for creative expression, it can also take overly personal content viral. The app also shows a user’s location. Although the app is geared toward older teens and adults, younger children are finding their way to it. A 12-year-old girl in Washington was reportedly raped by a 21-year-old man who met her on Whisper.
9. Tumblr – This 17+ photo-sharing app can be used to share videos and chat. Common Sense Media says Tumblr is “too raunchy for tykes” because users can easily access pornographic, violent, and inappropriate content. Users need to jump through hoops to set up privacy settings – and until then, all of a user’s photo and content is public for all to see. Mental health experts say that Tumblr can be damaging to adolescents’ mental health because it tends to glorify self-harm and eating disorders.

Cont....10. Shots of Me – “Selfie-only” photo-sharing app rated 12+ has an “anti-trolling” aspect in that it does not have a comment section under photos posted on the app. The app does show a user’s location and how long ago a photo was added unless those features are managed in the app’s settings. Currently available only for Apple devices.

11. Jailbreak Programs and Icon-Hiding Apps – Jailbreaking an iPhone or rooting an Android phone basically means hacking your own device to lift restrictions on allowable applications – meaning, the user can then download third-party apps not sold in the App Store or Google Play store. Cydia is a popular application for jailbroken phones and is a gateway to other apps called Poof and SBSettings which are icon-hiding apps. Supposedly intended to help users clear the clutter from their screens, some young people are using them to hide questionable apps and violent games from their parents. Be aware of what the Cydia app icons look like so you know if you’re getting a complete picture of your teen’s app use.

#### **Next Steps for Parents**

Sit down with your child and find out which apps he/she is using, how they work, and whether he/she has experienced any issues on them, such as cyberbullying or contact from strangers. Look into apps that help you monitor your child online.

Keep these times in mind:

You can set up age limits on your child’s device. The 2013 Pew Research Center survey found that nearly 40 percent of teens say that they have lied about their age to gain access to a site or create an account, so restricting kids’ access to apps by age rating is a wise move.

You can’t join every site or app and monitor your child’s every move online; teens will always find a new platform that their parents don’t know about yet. Rather than hovering or completely barring your child from downloading every social media app, sit down and go over some general rules to keep him smart and safe online. Here’s a good one from Common Sense Media: “If you wouldn’t share it with your family, don’t share it online.”

Tell your child to let you know if someone is hurting her/him or making her/him feel uncomfortable online, even if the person is acting anonymously. Use the Cyberbullying Research Center’s “Questions Parents Should Ask Their Children About Technology” to guide your discussion.

Make a rule that your child must ask for permission before downloading any apps – even free ones – just so you are aware of them. When your child wants to join a new social media platform, go through the security settings together to choose the ones you are most comfortable with. Advise your child not to share passwords with anyone, including best friends, boyfriends, or girlfriends.

## **February Beef Facts**

If you are reading this you probably saw my article “Facts About Beef” in the February edition. I started the article for my FCCLA STAR project: Advocacy. As an advocate for agriculture, especially the beef industry, I am concerned about the negativity that beef receives in the media. The concern I would like to address is a lack of protein, especially animal based protein, how proper nutrition can help solve obesity, and why it is important to make educated decisions when it comes to your daily diet and not to rely on what the media tells you.

In an article in the New York Times, Dean Ornish talks about the benefits of a very low-fat, high-carbohydrate, vegetarian diet. Ornish says that despite being told to eat less fat, Americans have been doing the opposite: They have “actually consumed 67 percent more added fat, 39 percent more sugar and 41 percent more meat in 2000 than they had in 1950 and 24.5 percent more calories than they had in 1970.” The fact is that Americans have not only been eating more fat, sugar and meat, they have also ate more fruits and vegetables. During that time, the prevalence of obesity in the US has nearly tripled, the percentage of calories Americans consumed from protein and fat actually dropped and the percentage of calories Americans ingested from carbohydrates increased. Lyn Steffen, a nutritional epidemiologist at the University of Minnesota School of Public Health believes that the low-fat message has promoted the obesity epidemic because when we cut out fat, we begin eating foods that are not as good for us.

## FCCLA Will Send 12 to State!



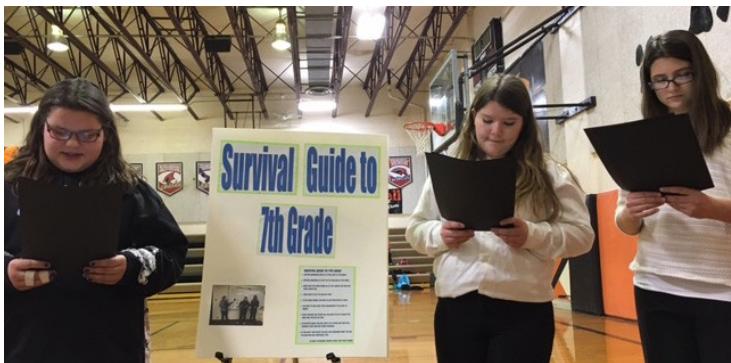
After an exciting day at FCCLA District STAR competition, 8 members qualify for state. FCCLA stands for Family, Career, and Community Leaders of America. It is a student lead career organization focusing on the development of young men and women in today's society. STAR stands for Students Taking Action through Recognition and is the competitive side of FCCLA. 11 members competed at District STAR on January 27<sup>th</sup> in Maxwell. Medals are awarded based off of points received for the completion of their project and the oral presentation with the top performing group or individual qualifying for state. Participants are

split into 2 categories- Junior (grades 7-9) and Senior (grades 10-12). Bronze medal winners receive a score between 50-69.9, silver medal winners- 70-89.9 and gold medal winners- 90-100.

Bronze medal winners include: Reagan Ross, Parliamentary Procedure Test. Silver medalists: Kalie Glendy and Calyn Laible (Sports Nutrition- Junior). District Champions that move on to state competition April 3-5 in Lincoln are as follows: Connor

Rosfeld (Career Investigation- Junior) Macy Rynearson, Tobie Schaad, and Brandi Coons (NE Health and Wellness- Junior) Brittany Ellison and Wryleigh Doyle (Food Innovations- Junior) and Hannah Pearson (Advocacy – Junior).

Amber Ross completed an Online STAR Event titled- FCCLA Chapter Website.



She will receive recognition at State FCCLA for completion and possibly qualify for Nationals in San Diego, California.

A returning category this year is the FCCLA Knowledge Bowl. Four students from each school will participate in an FCCLA knowledge test and the top four teams will participate in a tournament during the Business Recognition Meeting during the state conference. Members from Callaway are Emily and Lucy Kimball, Noah Edgington and Reagan Ross.



## Box Tops



The Sixth Graders of Callaway Elementary and Cassie Anderson are coordinating the Box Tops for Education. The sixth graders are helping to collect and count the Box Tops. The goal is to earn another SMART board. In the last two years we have collected enough Box Tops to help pay for Smart Boards for the second and third grade classrooms.

Each Box Top is worth \$.10, and the goal is \$1,000. Mrs. Pitkin thinks we can earn even more with your help. Every Friday the class is picking up the Box Tops from each class in the elementary and counting them. Mrs. Anderson will then submit them to the program. We have already earned over \$400, but we are behind from last year.

Anyone in the community and businesses that are willing to help can turn in their Box Tops to the school office or the Callaway Market. You can tape them on the collection sheet or turn them in individually. Please help us to reach our goal! We appreciate your participation! Sixth Grade Class

The Bobcat  
Callaway Public Schools  
P.O. Box 280  
101 N. Needham  
Callaway, NE 68825  
Phone: 308-836-2273  
Website: callawaypublicschools.org

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## BOXHOLDER

### **1<sup>st</sup> Grade Wins Pop Tab Competition Again**

The Callaway Chapter of Family, Career, and Community Leaders of America (FCCLA) celebrated FCCLA week February 9-13. This year's theme was "Empower, MEpower," so the week was filled with numerous activities focusing on three main goals: promote, publicize and recognize. Signs filled the hallways promoting FCCLA and the events for the week. FCCLA member were encouraged to wear their District shirts and received root-beer floats in recognition of membership. The rest of the week was filled with activities for the whole student body to compete in. Activities included guess the amount of candy hearts in the jar. As a fundraiser, the chapter sold Valentine's Day Candy-grams with messages from their families or friends. The funds raised will go to help purchase red polo shirts. Our service project for the week collected pop tabs for the Ronald McDonald House; which provide a variety of services to families and children including a place to stay for traveling families with seriously ill or injured children. The 1<sup>st</sup> Grade class won the competition collecting 24.5 lbs. of pop tabs which is equivalent to 39,200 Pop Tabs. The 2nd grade class was a close second, collecting 21 lbs. of pop tabs. We look forward to collecting pop tabs again next year. Stay tuned for more information and dates.