



# DUKE NEWS

November 2017

Volume XXXII Number 3

**Mitch Bartholomew**  
Principal

**Lance Smith**  
Assistant Principal/Activities Director

## A MESSAGE FROM THE PRINCIPAL —

On October 19<sup>th</sup>, several York High School students participated in the first Nebraska Public Power District Utility Career Day. The purpose of the day was to expose a wide variety of YHS students to the numerous career opportunities that NPPD offers. The NPPD personnel did an excellent job organizing the day.

Throughout the day YHS students learned about many careers that NPPD is focused on in the coming years. Students rotated through several stations that focused on careers in the NPPD Career Clusters –

- Agriculture, Food, and Natural Resources
- Communication and Information Systems
- Skilled and Technical Sciences
- Health Sciences
- Human Services and Education
- Business Marketing and Management

YHS will continue to support our local businesses and community by attending these very important events. I do believe these events give our students great information to consider, as they are beginning to think about potential careers for their future.

Mitch Bartholomew  
Twitter - @MitchBartYHS



### Notice of Nondiscrimination

It is the policy of York Public Schools not to discriminate on the basis of gender, disability, race, color, religion, marital status, age, or national origin in its educational programs, administration, policies, employment, or other district programs.

## FROM THE ASSISTANT PRINCIPAL'S OFFICE —

November is here and is traditionally the month to give thanks. While I am thankful every single month for so many things, November seems like the right time to enumerate and share those things. One thing that has caught my attention lately are the huge number of positive role models we have in the high school. I watch my own kids (5 and 2) look up to and try to emulate the older students and I am reminded how much they pick up on and observe. I not only want to be thankful for those positive influencers, but I want to remind every student that you never know who's watching. At any given time, you are influencing others in either a positive or negative way. Let's strive to "BE ONE" that makes those connections positive.

Here are a couple of items for this month from the activities department.

### Winter Sports

The winter sports season (girl's and boy's basketball and wrestling) officially begins on Monday, November 13. If you did not participate in a fall sport, make sure you complete the three required forms. 1) Yearly physical, 2) NSAA consent, 3) Insurance verification. If you have questions or need these forms, please visit the administration office at the high school.

We also have many non-athletic activities that have started or will be starting this month from One Act to Mock Trial to Show Choir. This is also the time of year where activities begin to conflict if you are involved in multiple things. Always remember to communicate early and often with your coaches and activity sponsors if you know of a conflict. While we make every effort to allow kids to participate in multiple events, there are times when students must choose one or the other. Your coaches or myself would be happy to talk through those situations as they arise.

### Exciting Events

We are extremely excited to host some large events at York High School this winter. These will bring a lot of people and exposure to our community and give us an opportunity to show off our great facilities and people. On December 1 we will be hosting a class A district play production competition that will bring schools like Millard North, Bellevue East, and Grand Island for a full day of one act productions. December 2 will be our annual York wrestling invitational held in both gyms at the high school. On December 28-29 we welcome some incredibly talented basketball programs to our holiday basketball tournament. Finally, York will host a class B district wrestling tournament on February 9-10 that will bring 11 different schools to town that weekend. We hope to see all of you participating or attending many of these great events.

Go Dukes!

Lance Smith

Assistant Principal/Activities Director

@yhs\_dukes on Twitter, Instagram, and Snapchat

### Winter Sports Pictures

#### Thursday, November 16 — Gym

Girls' Basketball — after school

Wrestling — after school

Unified Bowling - after school

#### Friday, November 17 — Gym

Boys' Basketball — after school

Dukettes — after school

### WINTER SPORTS MEETING

Our Winter Sports Meeting for athletes involved in winter activities will be on **Thursday, November 16th at 7:00 p.m.** in the auxiliary gym. Parents and student-athletes will meet with Mr. Smith from 7:00–7:30 p.m. to discuss rules, regulations, and philosophies. From 7:30–8:00 p.m. parents will meet with the coach(es) of the sport that their son/daughter will be participating in to discuss any further information that pertains to that sport.



Thanksgiving Vacation will be Wednesday, November 22nd, Thursday, November 23rd and Friday, November 24th.



One Act Plays

York's One-Act has started out strong this season. The high school one-act cast will be performing *A Home For Anya*. This is the story of the historical figure, Anastasia Romanov. She was a Russian princess who rumored to survive her family's execution during the Bolshevik Revolution. The show is written by R.M. Walz. This show is does ct matter and strobe lighting. It will be thirty minutes long.

## One-Act Dates

November 2 - Public Performance @ 8 pm  
November 4 - Norfolk Competition  
November 11 - York Competition  
November 14 - Gothenburg Competition  
November 18 - Student Workshop  
November 21 - Conference at Grand Island - College Park  
November 28 - School Performance / Public Performance @ 8 pm  
December 1 - Districts at York  
December 8 - State at Norfolk

Technical Directors - Andee Bubak, Bob Soderholm



The Art Club is currently involved in the 25th year of a "Christmas tradition" fund-raising project.

This year's Christmas ornament is made of solid pewter and was designed by Gwen Arthurton and Ashley Isom.

The cost per ornament is \$15.00. You may order an ornament by contacting the high school office at 362-6655. Letters will be mailed to those that purchased ornaments in the past around the first part of November. If you would like to purchase an ornament, please let us know by November 17th.

## FREE AND REDUCED LUNCH

Reminder: Free and reduced lunch applications may be turned in at any time during the school year. If you wish to apply, please contact the high school office for an application. **ALL APPLICATIONS WILL BE KEPT IN STRICT CONFIDENCE!**

## POST-PROM

York Post Prom Committee is looking for some new parents to join the committee.

For information you can email [yorkpostprom@gmail.com](mailto:yorkpostprom@gmail.com) or you can contact Patsy Beins @ [402-366-6127](tel:402-366-6127) or Amanda Peterson @ [402-710-1554](tel:402-710-1554).

# GUIDANCE NEWS

## **IMPORTANT DATES:**

**ACT TEST** - December 9

**REGISTRATION DEADLINE** - November 3

**NOTE:** Seniors, this is the last ACT test you could take to have scores available in time for freshmen scholarship consideration offered by MOST colleges. Check with your college choice to determine their scholarship deadline. Registration online at [www.act.org](http://www.act.org)

**When registering for the ACT test it is VERY IMPORTANT to include:**

- **The York High School code (282-590) to ensure we receive the score for the transcript and your file.**
- **UNL or UNO as one of your choices if they are in your plans at all. UNL and UNO have changed their admissions policy to only accept scores directly from the testing center (ACT or SAT). UNL ACT College Code is 2482 and UNO ACT College Code is 2464.**
- **The NCAA or NAIA as one of your college choices if planning to play college sports. NCAA code is 9999. NAIA code is 9876.**
- **The codes for FOUR colleges you may be interested in. Failure to record these codes will mean you will have to order scores later, directly from ACT, and pay a fee for each score that is sent per college.**

## **ON TO COLLEGE (FORMERLY JOHN BAYLOR) ACT TEST PREP FOR DECEMBER**

The John Baylor Test Prep will be offered again for the December ACT test. These sessions will run from November 16 – December 8. Students should sign up in the counseling office. It will be posted in the daily announcements when sign up is available. Sign up is first come, first served and space is limited. Students who took the October prep are welcome to take the December prep but will need to sign up again (but not pay again). Cost is a one-time fee per school year of \$75.00 for any or all sessions.

## **SCHOLARSHIPS WITH NOVEMBER, EARLY DECEMBER & JANUARY DEADLINES**

|         |   |
|---------|---|
| Nov. 15 | UNL Honors Program (Early Notification Deadline – <b>RECOMMENDED</b> /Mar. 1 – Final)   |
| Nov. 15 | Jeffrey S. Raikes School of Computer Science and Management (formerly the J.D. Edwards Honors Program) (This is the <b>ONLY</b> deadline) |
| Nov. 15 | UNL CBA Honors Academy  |
| Nov. 15 | Rural Health Opportunities Program RHOP (Chadron, Peru and Wayne)   |
| Nov. 15 | Omaha World Herald/Kearney Hub Scholarship  |
| Dec. 1  | UNK Honors Program (Early Deadline/Feb. 1 Final)  |
| Dec. 1  | Wayne, Hastings and Peru State College Freshman Scholarships  |
| Jan. 15 | Governor's Opportunity Half-Tuition Scholarship (Wayne, Peru or Chadron)  |
| Jan. 15 | Board of Trustee's Full-Tuition Scholarship (Wayne, Peru or Chadron)  |
| Jan. 15 | Chadron State College Freshman Scholarships   |
| Jan. 15 | UNL Freshman Scholarships   |

## **SUSAN BUFFETT SCHOLARSHIP**

The Susan T. Buffett scholarship application opens November 1. This scholarship can be used at any Nebraska community college, state college or university. Seniors must have a 2.5 GPA and have financial need. Check it out at [buffettscholarships.org](http://buffettscholarships.org) Deadline is Feb. 1, 2018, at 4 PM.

## **NEBRASKA STATE COLLEGES SCHOLARSHIP**

Students planning to attend Peru, Wayne or Chadron State Colleges should plan to apply for the Board of Trustees Full-Tuition scholarships if they score at least a 25 on the ACT and can provide one letter of recommendation. The Governor's Opportunity Half-Tuition Scholarship is also being offered again for students with ACT scores from 21-24. The deadline for these scholarships is January 15. (Students must apply AND be admitted by January 15 at Wayne and Peru for these. At Chadron they just have to have applied by this date.) The Davis/Chambers Scholarship is offered for students with financial need. Deadline is January 15.

## **TUITION REDUCTION PROGRAMS**

Various two and four-year colleges and universities in Kansas, Michigan, Minnesota, and Missouri participate in the Midwest Student Exchange Program which reduces tuition to in-state cost. Missouri Western State University in St. Joseph, Missouri, offers the Western Neighboring State Scholarship which provides in-state tuition scholarships to students from Nebraska, Kansas, Illinois or Iowa. Seniors may pick up information in the Counseling Office if interested in either of these programs.

## **WAITING LIST REMINDER**

Some community and vocational/technical schools have waiting lists for students who wish to enter certain programs. Some programs could have up to a one-year waiting list. To be placed on a waiting list, a student must take the Accuplacer test, apply for admission, and be accepted into the program. Sophomores, juniors, and seniors who are interested in vocational and technical areas are encouraged to visit the Counseling Office as soon as possible to begin this process and/or check with your college to ask about the related time frame for interests. Remember when applying to still select your preferred starting date as there are sometimes last-minute cancellations by others ahead of you.

## **PSAT TEST RESULTS**

The PSAT test was given to sophomores and juniors who chose to take it on October 11. Results will be sent home in December (or shortly after we receive them), along with their test booklets if they wish to check their answers with the test questions. This provides each student with an excellent opportunity to learn from the results of the test. Please review the results with your son/daughter. If you have any questions, please feel free to contact the Counseling Office.

## **GRADE LEVEL CAMPUS VISITS**

YHS eleventh graders will visit University of Nebraska-Kearney on Wednesday, November 15. YHS tenth graders will make their campus visit to Wayne State College on Tuesday, November 28. Postcards with details are being sent to parents. If you have any questions, let us know.

## **SENIOR COLLEGE VISITS**

Your senior has two exempt absence days to use for college visits. We encourage students to use these days to step foot on campuses in which they are interested to get a true feeling of life there. If you need assistance setting up these visits, please call Mrs. Stuhr in the counseling office. We'll be glad to help make this happen.

### ***Picture Retakes***

If your child did not have his/her school picture taken  
or if he/she is not satisfied with their picture,  
retakes will be on Friday, November 17th  
Starting at **7:30 am** on the gym deck.





## NOTES FROM THE SCHOOL NURSES

### It's not too late for flu shots.

There are several places in York that offer walk-in clinics (no appointment necessary) to get your flu shots for minimal cost or some will bill to your insurance depending on your coverage. Consider having your school age child immunized this year.

The flu shot or Influenza vaccine protects you from a virus that causes symptoms like chills, fever, runny nose, sore throat, muscle pains, headache (often severe), coughing, weakness/fatigue and general discomfort. The flu shot does not keep you from getting the nausea, vomiting or diarrhea type "flu" also seen in these fall/winter/spring months. Keep in mind that the flu shot takes about 2 weeks before it is working in your body to provide protection. Influenza season may start as early as October and last as late as May with the peak usually in January and February. Your student should stay home from school with a temperature of 100 F or above.

These are some options in York for the flu shot.

Call to see when their walk-in clinics are or if you need an appointment.

Many insurances cover the cost of the shot. Depending on your circumstance you may be eligible for a free or low cost shot.

#### **Home Care Plus/York County Immunization Clinic**

**402-362-2566**

#### **Urgent Care**

**402-745-6279**

#### **Walgreen's**

**402-362-1280**

#### **Walmart**

**402-362-2092**

#### **York Medical Clinic**

**402-362-5555**





The American Psychological Association (APA) released its Stress in America™ report highlighting the stress experienced by American youth (teens ages 13-17) stating "high stress and ineffective coping mechanisms appear to be ingrained in our culture". Since the survey has begun, it has continued to find that American adults report higher stress levels than what they believe to be healthy. For example, recent results indicated that adults report that stress impacts their physical health (30 percent) and mental health (33 percent). This report, continues to drive home one important message, "we need to improve our health system to equally address both physical and mental health".

### **Suggestions for coping with stress for your student.**

**Get some sleep** Between homework, activities and hanging with friends, it can be hard to get enough sleep, especially during the school week. Ideally, adolescents should get nine hours a night. To maximize your chance of sleeping soundly, cut back on watching TV or engaging in a lot of screen time in the late evening hours. Don't drink caffeine late in the day and try not to do stimulating activities too close to bedtime.

**Focus on your strengths** Spend some time really thinking about the things you're good at, and find ways to do more of those things. If you're a math ace, you might tutor a younger neighbor who's having trouble with the subject. If you are a spiritual person, you might volunteer at your church. If you're artistic, take a photography class. Focusing on your strengths will help you keep your stresses in perspective.

**Engage in physical activity** Physical activity is one of the most effective stress busters. That doesn't mean you have to go for a jog if you hate running. Find activities you enjoy and build them into your routine such as yoga, hiking, biking, skateboarding or walking. The best types of physical activities are those that have a social component. Whether you're into team sports, or prefer kayaking or rollerblading with a friend or two, you're more likely to have fun — and keep at it — if you're being active with friends.

**Do things that make you happy** Besides physical activities, find other hobbies or activities that bring you joy. That might be listening to music, going to the movies or drawing. Make a point to keep doing these things even when you're stressed and busy.

**Talk to someone** It's so much easier to manage stress when you let others lend a hand. Talk to a parent, teacher or other trusted adult. They may be able to help you find new ways to manage stress. Or they may help put you in touch with a psychologist who is trained in helping people make healthy choices

**What Color Do You Bleed?**

**"DUKE BLUE"**

**The York Fire Department, York FFA, FBLA, FCCLA,  
SkillsUSA, and Community Blood Bank**

### **Blood Drive**

**Tuesday, November 21st**

**Mobile Unit - High School - East Parking Lot  
10:00 am till 3:00 pm**

**PLEASE BE THE TYPE THAT GIVES!  
Step Up To Save Lives in Our Community!!  
Please call 402-641-6564 or 402-362-6655  
or visit NCBB.ORG for details  
to sign up and support this  
Outstanding Community Project.**

# YORK HIGH SCHOOL MUSIC DEPARTMENT NEWS!

November 2017

## Special Points of Interest:

- *D & D - Mark your calendar*
- *Madrigal Dinner*
- *Marching Band Results*
- *UNO Woodwind Day*
- *Band Boosters Notes/Soup Supper*

## REMINDER: D&D COMPETITION DATES

Please take note of these competition dates, not all were available at the time the school calendar was printed.

- ♦ February 2 - NCDA Show Choir Competition at Central City
- ♦ ~~February 8 (TBA) - UNO Show Choir Competition - Cancelled~~
- ♦ February 16 - Court of Champions at Wahoo High School
- ♦ February 24 - Islander Invitational at Grand Island Senior High
- ♦ March 3 - Lincoln Northeast Competition

## MADRIGAL DINNER

This year the Chamber Singers will be preparing and performing a Madrigal Dinner on December 2nd & 3rd at the First United Methodist Church. This is going to be a great event. It will be a renaissance style, dinner theater with singing, acting, comedy and dinner. Tickets will go on sale Monday, November 13th. They will be available at the YHS Office and Wagner Decorating. This is an event you don't want to miss!




## SENIOR HIGH BAND CONTEST RESULTS

Congratulations to the Senior High Marching Dukes on another successful marching season. In street marching competition the band received a Superior (I) rating from each of their judges at the "Yorkfest Parade" and a "1<sup>st</sup> Place Class A" trophy. They were also awarded a Superior (I) rating at the "Harvest of Harmony" and "Minden Bandfest" street marching contests. They received an Excellent (II) rating at the "Harvest of Harmony" and "Minden Bandfest" field marching competitions.

## UNIVERSITY OF NEBRASKA-OMAHA WOODWIND DAY

Senior High Band woodwind players Cristian Alarion, Erin Frink, Anthonie Gomez, Kimberly Hallisey, Giselle Hernandez, Brisa Lara, Jacey Nelson, Chloe Rice, Jennifer Rodriguez and Madason Wilson will be attending this year's University of Nebraska-Omaha Woodwind Day on Monday, November 6<sup>th</sup>. They will perform in the "Woodwind Day Ensemble," attend master classes on their instruments with UNO faculty and rehearse with the UNO Symphonic Wind Ensemble.

**Band Boosters  
Soup Supper**  
Tuesday, December 5th  
5:00-6:45 pm  
YHS Gym Commons

 before the  
YHS/YMS Christmas  
Band  
Concert

## BAND BOOSTER NOTES

The Band Boosters meeting will be November 1st @ 6:30 pm in the band room.

The KFC/Taco Bell Friends and Family night will be Tuesday, November 14th from 5:00-8:00 pm. 10% of the net sales will come back to the band.



# York FFA Holiday Sales 2017

Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 FFA Member \_\_\_\_\_  
 FFA Member Cell: \_\_\_\_\_

**Orders are due Monday, November 27th**  
**Delivery will be the week of December 11th**

## A. Fruit

The Freshest fruit you will buy anywhere. Straight from the Orchard And Grove. The fruit will be picked the week before shipping.

All apples are Washington Extra Fancy, Extra Large and packed In a White Holiday Box.

|                      |      |           |                  |
|----------------------|------|-----------|------------------|
| Red Delicious Apples | Half | 40 apples | _____ @ \$ 25.00 |
| Golden Delicious     | Half | 40 apples | _____ @ \$ 25.00 |
| Cameo                | Half | 40 apples | _____ @ \$ 25.00 |
| Fuji                 | Half | 40 apples | _____ @ \$ 25.00 |
| Gala                 | Half | 40 apples | _____ @ \$ 28.00 |
| Ambrosia             | Half | 40 apples | _____ @ \$ 28.00 |

The sweetest apples you will find

|             |      |           |                  |
|-------------|------|-----------|------------------|
| Pink Lady   | Half | 40 apples | _____ @ \$ 29.00 |
| Honey Crisp | Half | 40 apples | _____ @ \$ 43.00 |

**California Grown Oranges - Direct from the Grove**

|  |      |            |                  |
|--|------|------------|------------------|
|  | Full | 88 oranges | _____ @ \$ 41.00 |
|  | Half | 44 oranges | _____ @ \$ 21.00 |

**Texas Rio Start Grapefruit**

|  |      |               |                  |
|--|------|---------------|------------------|
|  | Full | 36 Grapefruit | _____ @ \$ 36.00 |
|  | Half | 18 Grapefruit | _____ @ \$ 18.00 |

**Washington D' Anjou Pears**

|  |       |          |                  |
|--|-------|----------|------------------|
|  | Third | 30 pears | _____ @ \$ 18.00 |
|  | Half  | 45 pears | _____ @ \$ 25.00 |
|  | Full  | 90 pears | _____ @ \$ 48.00 |

**Dole "Tropical Gold" Costa Rican Pineapple**

|  |        |              |                  |
|--|--------|--------------|------------------|
|  | Single | Pineapple    | _____ @ \$ 4.00  |
|  | Case   | 6 pineapples | _____ @ \$ 22.00 |

**A. Total \$ Amount of Fruit Ordered** \_\_\_\_\_

## B. Full Size Gift Boxes

**"Red" Gift Box** \_\_\_\_\_ @ \$ 31.00

12 Fuji, 12 Ambrosia, 12 Golden, 12 Oranges

**"Combo" Gift Box** \_\_\_\_\_ @ \$ 33.00

8 Fuji, 8 Ambrosia, 8 Golden, 10 Oranges, 8 Grapefruit, 8 Pears

**"Deluxe" Gift Box** \_\_\_\_\_ @ \$ 35.00

10 Fuji, 10 Cameo, 6 Golden, 12 Oranges, 8 Grapefruit, 6 Pears

**"Holiday" Gift Box** \_\_\_\_\_ @ \$ 30.00

6 Fuji, 6 Gala, 6 Golden, 10 Oranges, 4 Grapefruit, 4 Pears, 1 Pineapple

**"Citrus" Gift Box** \_\_\_\_\_ @ \$ 29.00

22 Oranges, 9 Grapefruit, 1 Pineapple

### Medium Size Gift Boxes

**"Gift Box A"** \_\_\_\_\_ @ \$ 22.00

5 Fuji, 10 Cameo, 5 Golden, 10 Pears

**"Gift Box B"** \_\_\_\_\_ @ \$ 13.00

2 Fuji, 2 Ambrosia, 2 oranges, 2 Grapefruit, 2 Pears, 1 Pineapple

**"Gift Box C"** \_\_\_\_\_ @ \$ 21.00

5 Pink Lady, 5 Oranges, 5 Grapefruit, 5 Pears, 1 Pineapple

**B. Total \$ Amount of Gift Boxes Ordered** \_\_\_\_\_

## C. Gourmet Frozen Pies – Full 10 Inches Total

|                                |      |                 |
|--------------------------------|------|-----------------|
| Classic Pumpkin                | 46oz | _____ @ \$ 7.00 |
| Classic Apple                  | 46oz | _____ @ \$ 7.00 |
| Classic Strawberry Rhubarb     | 46oz | _____ @ \$ 9.00 |
| Classic Southern Pecan         | 36oz | _____ @ \$ 9.00 |
| Classic Cherry                 | 46oz | _____ @ \$ 9.00 |
| Gourmet Dutch Apple            | 47oz | _____ @ \$ 8.00 |
| Gourmet Blueberry              | 47oz | _____ @ \$ 9.00 |
| Gourmet Peach                  | 47oz | _____ @ \$ 9.00 |
| Gourmet Fruit of the Forest    | 48oz | _____ @ \$14.00 |
| Imperial French Silk Chocolate | 40oz | _____ @ \$14.00 |

**C. Total Amount of Pies Ordered** \_\_\_\_\_



## D. Butter Braids

**\$12 Each**

|                               |
|-------------------------------|
| _____ Cinnamon                |
| _____ Blueberry-Cream Cheese  |
| _____ Strawberry Cream Cheese |
| _____ Apple                   |
| _____ Cherry                  |
| _____ Raspberry               |
| _____ Caramel Rolls 9count    |

**D. Total \$ Amount Ordered** \_\_\_\_\_



## E. Pastry Puffins

**\$12 Each**

|                                  |                  |
|----------------------------------|------------------|
| _____ Cinnamon                   |                  |
| _____ Strawberry Cream           |                  |
| _____ Blueberry Cream            |                  |
| _____ Apple                      |                  |
| _____ Cherry                     |                  |
| _____ Classic Butter Hearts      |                  |
| _____ Pepperoni Puff Crust Pizza | <b>\$13 Each</b> |
| _____ Sausage Puff Crust Pizza   | <b>\$13 Each</b> |

**E. Total \$ Amount Ordered** \_\_\_\_\_

## Total Order:

|                             |       |
|-----------------------------|-------|
| A. Fruit Total              | _____ |
| B. Gift Boxes Total         | _____ |
| C. Pies Total               | _____ |
| D. Butter Braid Total       | _____ |
| E. Puffin Total             | _____ |
| F. Appetite Delight Total   | _____ |
| G. Parlour Collection Total | _____ |

**Grand Total \$\$** \_\_\_\_\_

Paid by: Cash \_\_\_\_\_ Check \_\_\_\_\_  
 Ck. # \_\_\_\_\_

**F.**

**"Appetite Delights"**  
**Cheese, Jerky, Sausage, Soup Mix**

| ITEM  | # | Price    | Total |
|---|---|----------|-------|
| 2300 21 oz. Three's Company                   |   | \$ 20.00 |       |
| 2301 34 oz. Appetite Delight                  |   | \$ 27.00 |       |
| 2302 48 oz. Goldfield's Pride                 |   | \$ 30.00 |       |
| 2303 1.4 lb. String Cheese                    |   | \$ 17.00 |       |
| 2305 3 lb. Summer Sausage                     |   | \$ 24.00 |       |
| 2306 12 oz. Summer Sausage                    |   | \$ 12.00 |       |
| 2307 22 oz. Beef Sticks                       |   | \$ 20.00 |       |
| 2308 16 oz. Pepper Jack Cheese Spread         |   | \$ 11.00 |       |
| 2311 16 oz. Jalapeno Cheddar Cheese Spread    |   | \$ 11.00 |       |
| 2312 16 oz. Bacon Cheddar Cheese Spread       |   | \$ 11.00 |       |
| 2313 16 oz. Sharp Cheddar Cheese Spread       |   | \$ 11.00 |       |
| 2314 16 oz. Horseradish Cheddar Cheese Spread |   | \$ 11.00 |       |
| 2315 1 lb. Pepper Jack Cheese Block           |   | \$ 11.00 |       |
| 2317 1 lb. Buffalo Wing Jack Cheese Block     |   | \$ 11.00 |       |
| 2318 22 oz. Snack n'Go Pack                   |   | \$ 21.00 |       |
| 2319 12 oz. Smoke House Variety Pack          |   | \$ 16.00 |       |
| 2320 3.5 oz. Bacon Jerky                      |   | \$ 12.00 |       |
| 2321 3.5 oz. Pepper Bacon Jerky               |   | \$ 12.00 |       |
| 2322 4oz. Cherry Maple Elk Bites              |   | \$13.00  |       |
| 2323 12 oz. White Cheddar Cheese Curds        |   | \$12.00  |       |
| 2324 7.6 oz. Jalapeno Ranch Cheese Curds      |   | \$12.00  |       |
| S3010 5.1 oz. Baked Potato Soup Mix           |   | \$12.00  |       |

**F. Total \$ Amount of Appetite Delights Ordered** \_\_\_\_\_

**G.**

**The Parlour Collection**  
**Chocolates, Nuts, Candies, Cajun Mix**

| ITEM   | # | Price    | Total |
|--|---|----------|-------|
| 2400 8 oz. Pecan Clusters                        |   | \$ 14.00 |       |
| 2401 7 oz. Caramel Apples                        |   | \$ 10.00 |       |
| 2403 6 oz. Mint Penguins                         |   | \$ 10.00 |       |
| 2405 7.5 oz. Peanut Caramel clusters             |   | \$ 10.00 |       |
| 2406 6.5 oz. Peanut Butter Bears                 |   | \$ 10.00 |       |
| 2407 6 oz. English Butter Toffee                 |   | \$ 12.00 |       |
| 2409 8 oz. Cashew Caramel Clusters               |   | \$ 14.00 |       |
| 2410 16 oz. Chocolate Covered Raisins            |   | \$ 11.00 |       |
| 2411 16 oz. Honey Roasted Peanuts                |   | \$ 11.00 |       |
| 2413 16 oz. Malted Milk Balls                    |   | \$ 11.00 |       |
| 2414 16oz. Chocolate Covered Peanuts             |   | \$ 12.00 |       |
| 2415 16 oz. Gourmet Caramel Corn                 |   | \$ 11.00 |       |
| 2416 16 oz. Hot Cajun Mix                        |   | \$ 11.00 |       |
| 2417 14oz. Gummi Bears                           |   | \$ 11.00 |       |
| 2418 14 oz. Whole Cashews                        |   | \$ 20.00 |       |
| 2421 10 oz. Roasted Pistachios                   |   | \$ 15.00 |       |
| 2422 6 oz. Cherry Cordials                       |   | \$ 10.00 |       |
| 2423 7 oz. Dark Chocolate Raspberry Hearts       |   | \$ 10.00 |       |
| 2425 6 oz. Dark Chocolate Caramels with Sea Salt |   | \$ 10.00 |       |
| 2426 7 oz. Cranberry Nut Mix                     |   | \$10.00  |       |

**G. Total \$ Amount of the Parlour Ordered** \_\_\_\_\_

**York FFA Chapter 2017 Holiday Sales**

*For any questions*

*Please call 362-6655, 641-6564*

*Or call an FFA member*

*Delivery will be The Week of Dec. 11<sup>th</sup>*

**Thanks again for the support!!**



# FFA Holiday Sales

**Please Order by Monday, November 27<sup>th</sup>**

**Fruit** - Our *California grown oranges* are coming straight from the grove. We are promised they are coming from some of the best orange growers in California. Meaning you will be getting the juiciest and freshest oranges available. *The apples are coming straight from Washington orchards.* The varieties we are offering this year are: Red Delicious, Golden Delicious, Ambrosia, Fuji, Royal Gala, Cameo, and the sweetest apples grown - Honey Crisp and Pink Lady. We also have Washington D' Anjou Pears, Dole "Tropical Gold" Costa Rican Pineapple, and Texas Rio Star Grapefruit. Fresh produce means longer shelf life, sweeter tasting, and more nutritious for you.

**Gift Boxes** – York FFA is offering Five **Full Size White Holiday Gift Boxes** this year. The “Red” Gift Box: 12 Fuji, 12 Ambrosia, 12 Golden and 12 oranges. “Combo” Gift Box: 8 Fuji, 8 Ambrosia, 8 Golden, 10 Oranges, 8 Grapefruit and 8 Pears. “Deluxe” Gift Box: 10 Fuji, 10 Cameo, 6 Golden, 12 Oranges, 8 Grapefruit and 6 Pears. “Holiday” Gift Box: 6 Fuji, 6 Royal Gala, 6 Golden, 10 Oranges, 4 Grapefruit, 4 Pears, and 1 Pineapple. “Citrus” Gift Box: 22 Oranges, 9 Grapefruit and 1 Pineapple. There are **Three Medium Size Gift Boxes.** “Gift Box A”: 5 Fuji, 10 Cameo, 5 Golden and 10 Pears. “Gift Box B”: 2 Fuji, 2 Ambrosia, 2 Oranges, 2 Grapefruit, 2 Pears and 1 Pineapple. “Gift Box C” 5 Pink Lady, 5 Oranges, 5 Grapefruit, 5 Pears and 1 Pineapple.

**Gourmet Frozen Pies** – all are 10” pies made with the finest ingredients and contain over a quart of fruit. Featured this year is **The Fruit of the Forest** made with apples, cherries, strawberries, rhubarb, and blueberries. Also available: Classic Pumpkin, Classic Apple, Gourmet Blueberry, Gourmet Peach, Gourmet Dutch Apple, Classic Strawberry Rhubarb, Classic Southern Pecan (T&S), Classic Cherry, Imperial French Silk Chocolate (T&S). (T&S = Thaw & Serve, all other pies are READY TO BAKE)

**Butter Braids** – a 22 oz. frozen pastry dough. When baked, it produces a homemade tasting breakfast entrée or dessert. Let it rise 10 – 12 hours until it doubles in size. Bake for 20 – 25 minutes to make a delicious special pastry. Cinnamon, Blueberry Cream Cheese, Strawberry Cream Cheese, Cherry, Apple, Raspberry and Carmel Roll (9 count).

**Pastry Puffins** – Thin layers of puff pastry dough filled with a dollop of scrumptious filling create a delicious pastry that is light and flakey. One frozen package of Pastry Puffins weighs 27 oz. and contains 12 individual Puffins. Two, 1.5 oz. frosting packets are included. Puffins are FREEZER-TO-OVEN easy to prepare. Pastry Puffins come in six delectable flavors: Cinnamon, Blueberry Cream, Strawberry Cream, Apple, and Cherry. **Puff Crust Pizza**: Pepperoni and Sausage. A one-of-a-kind pizza experience. The Puff Pastry Crust and unique Lattice top are infused with cheese and pizza seasoning. Delicious meats and cheeses are inside making this a Pizza-Lovers delight.

## ***NEW THIS YEAR! “ButterHearts”:***

Flakey, multi-layered puff pastry shaped like a heart that is sprinkled with sugar, baked until the sugar is caramelized. You will be thrilled with the delightful look and taste of this pastry cookie.

## ***From 4 Seasons***

***“Appetite Delights from Nature’s Pantry”*** features Wisconsin Cheeses, Summer Sausage, Beef Sticks, Cheese Spreads, Block Cheese, String Cheese, and Jerky.

***Included are Four gift boxes: Goldfield’s Pride:*** Three full pounds of Wisconsin’s most desired varieties, 16 oz. blocks of Colby, Cheddar and Co-jack. Net Wt. 48 oz. ***Appetite Delight:*** contains two 5 oz. links of summer sausage and 8 oz. sticks of Colby and Co-jack cheese, 4 oz. of Cheddar and a 4 oz. tube of smoked Cheddar spread. Net Wt. 34 oz. ***Three’s Company:*** 8 oz. sticks both Colby and Co-jack cheese and 5oz. summer sausage. Net Wt. 21 oz. ***Snack n’ Go Pack:*** Individually wrapped string cheese and 11 oz. package of our famous beef sticks. Approx. Net Wt. 22 oz.

***“The Parlour Collection”*** features the finest chocolates, nuts, gourmet caramel corn and candies. The gourmet Pecan Clusters, English Butter Toffee, and Dark Chocolate Caramels with Sea Salt are their featured products in this Collection.

# Digital Footprints and Photo Sharing

Today's social media makes photo sharing easy. Kids love to follow friends' photos, share casual moments visually, and simply stay in touch. However, kids don't always think through what they post. Photos they thought were private can easily go public. Likewise, their choice of photos can affect others as well. Together, discuss the importance of showing respect to oneself and others when sharing photos online.

- **Set boundaries together.**

Discuss your family's values and expectations around photo sharing. Photos that show illegal behavior (for example, underage drinking or texting while driving) are clearly a no-go. But agreeing where to draw the line on certain other photos — for example, pictures of your daughter in her bikini or your son making a rude gesture to the camera — may pose a challenge. Start by discussing the possible consequences of posting these types of pictures. How will they affect your kids' reputation? Remind your kids that once they post a picture online, it's out of their control — such photos could be seen by a friend's parent, a college admissions counselor, or a future employer. Online content is easily searchable and often ends up in hands of those we didn't intend it for. And it is easily taken out of context. Lastly, it also is permanent, meaning it can resurface at any time.

- **Remind your kids to consider the impact of a photo on the people in the picture.**

It may not be realistic to expect your kids to get everyone's permission before they upload an image, but it's a worthy goal. When they're about to upload a picture that someone has just snapped, encourage them to stop and ask, "Hey — I'm going to put this on Instagram, is that okay with everyone?" Ask your kid to think honestly if every person in the photograph would be comfortable with the photo going online. If she misjudges and someone asks her to take a photo down, tell her it is her responsibility to remove the photograph. The best way to drive this concept home is to set an example. If you want to upload a photo of your child from a recent family vacation, first ask permission to do so or ask for her feedback. This can also offer a great opportunity to model this type of respect with your child.

- **Encourage your kid to talk face-to-face with a person who posts an unflattering photo.**

Online photo sharing is a part of our world today, and opting out is unlikely. Even if your kids choose not to share photos online, their friends might upload photos of them. But it can be difficult to ask others not to post or to take down photographs. If your child is struggling with what to say, you can offer the following as an example, "Hey, I already untagged myself from the photo you put up, but I was wondering if you would be okay with taking it down. It's not my favorite picture and I'd rather if it wasn't on [Facebook/Instagram/etc.]. I'd really appreciate it." It may be helpful to have the conversation offline, face-to-face, so that it doesn't end up further perpetuating a digital problem.



## Breakfast Choices

Available every day, breakfast includes:

- Breakfast entrée or Choice of cereals with toast
- Fruit
- 100% Fruit Juice
- Milk choices



## Fruit and Juice Available Every Day

Start your day off right

## Additional Middle & High School Choices offered daily

- Smucker's Uncrustable
- Dutch Waffle
- Cheese Pretzel

## Stop & Go Breakfast-High School Only

**STOP** by the cafeteria. Bag your breakfast, and **GO** on with your day!

### Choices Daily:

- Pancake or French Toast Minis
- MiniCinis
- Frudel
- Yogurt with Goldfish Grahams




Includes Fruit and 100% juice choice and milk

This breakfast is available for students that qualify for free or reduced price meals.

## Breakfast Meal Prices & Extras

|                        |        |
|------------------------|--------|
| Student Breakfast      | \$1.45 |
| Adult Breakfast        | \$2.15 |
| Extra Breakfast Entrée | \$1.00 |
| Extra Cereal           | \$0.85 |
| Extra Toast            | \$0.25 |
| Extra Milk             | \$0.45 |

Menus are subject to change without notice.

| Mon   | Tue   | Wed  | Thu   | Fri   |
|---|---|--|---|---|
|   |   | 1<br>A. Ultimate Breakfast Round<br>B. Cereal Choices and Toast<br><br>Juice Choices<br>Apple Wedges | 2<br>A. Breakfast Pizza<br>B. Cereal Choices and Toast<br><br>Juice Choices<br>Applesauce                   | 3<br>A. Fresh Baked Cinnamon Roll<br>B. Cereal Choices and Toast<br><br>Juice Choices<br>Sliced Peaches |
| 6<br>A. Breakfast Sliders<br>B. Cereal Choices and Toast<br><br>Juice Choices<br>Sliced Pears         | 7<br>A. Iced Long John<br>B. Cereal Choices and Toast<br><br>Mixed Fruit<br>Juice Choices             | 8<br>A. Breakfast Pizza<br>B. Cereal Choices and Toast<br><br>Juice Choices<br>Pineapple             | 9<br>A. Egg & Cheese Biscuit Sandwich<br>B. Cereal Choices and Toast<br><br>Juice Choices<br>Sliced Peaches | 10<br>A. Fresh Baked Cinnamon Roll<br>B. Cereal Choices and Toast<br><br>Juice Choices<br>Applesauce    |
| 13<br>A. Pancake Sausage Stick<br>B. Cereal Choices and Toast<br><br>Juice Choices<br>Pineapple       | 14<br>A. Sausage Gravy over Biscuit<br>B. Cereal Choices and Toast<br><br>Juice Choices<br>Applesauce | 15<br>A. Egg & Cheese Taco Roll<br>B. Cereal Choices and Toast<br><br>Juice Choices<br>Fresh Orange  | 16<br>A. Breakfast Pizza<br>B. Cereal Choices and Toast<br><br>Juice Choices<br>Mixed Fruit                 | 17<br>A. Fresh Baked Cinnamon Roll<br>B. Cereal Choices and Toast<br><br>Juice Choices<br>Sliced Pears  |
| 20<br>A. Breakfast Pizza<br>B. Cereal Choices and Toast<br><br>Juice Choices<br>Pineapple             | 21<br>A. Oatmeal with Topping Bar<br>B. Cereal Choices and Toast<br><br>Juice Choices<br>Apple Wedges | 22<br><br><br><b>No School - Thanksgiving Break</b>  | 23  | 24<br>              |
| 27<br>A. Ultimate Breakfast Round<br>B. Cereal Choices and Toast<br><br>Juice Choices<br>Apple Wedges | 28<br>A. Sausage Gravy over Biscuit<br>B. Cereal Choices and Toast<br><br>Juice Choices<br>Pineapple  | 29<br>A. Pancakes with Syrup<br>B. Cereal Choices and Toast<br><br>Juice Choices<br>Mixed Fruit      | 30<br>A. Breakfast Pizza<br>B. Cereal Choices and Toast<br><br>Juice Choices<br>Pineapple                   |   |

**Questions or comments** - Contact Mitch Novak, Foodservice Director at 402-363-9169 or [m.novak@lunchtimesolutions.com](mailto:m.novak@lunchtimesolutions.com)  
Applications for Free and Reduced price meal are available in all building offices.

*This institution is an equal opportunity provider and employer.*



# YORK HIGH SCHOOL (9-12)

# LUNCH MENU NOVEMBER 2017

## Fruit & Veggie Bar

Included with lunch every day

8 to 10 choices of unlimited fruits and vegetables and choice of milk are included with the lunch meal everyday. *Each student is now required to have 1/2 cup of fruits or vegetables on their tray.*



## My Locally Grown Foods!

Look for the Farmer's Market Logo on this month's menu for the featured locally grown.

Learn more about this month's selection on the poster in the dining area or at:  
<http://server.lunchtimesolutions.com:81/farmersmarket.pdf>



## My Choices: Epic Meltdowns

### A Monthly Featured Entree

Available on the menu day indicated, Epic Meltdowns are your classic grilled cheese, elevated to a new level with amped-up ingredients, flavors and tastes. Enjoy!!



## My Choices: Chef Day

Chef Mitch will prepare a special entrée right in front of you. Look for the Chef Demo sign in the lunch area to learn what this month's item will be.

This entrée is available for \$2.25. The Fruit and Veggie bar and Milk can each be purchased separately for an additional amount. You must have money in your account or pay cash to choose this entrée.

## Lunch Meal Prices & Extras

|                                   |        |                     |        |
|-----------------------------------|--------|---------------------|--------|
| HS Lunch                          | \$2.85 | Extra Entrée        | \$1.75 |
| Chef Entrée                       | \$2.25 | Extra Milk          | \$0.45 |
| Adult Lunch                       | \$3.55 | Extra Branded Pizza | \$1.75 |
| Adult ONE TRIP Fruit & Veggie Bar |        |                     | \$1.75 |

Menus Subject to change without notice.



## Comfort Foods: Entrée & Featured Hot Veggie of the Day

| Mon  | Tue   | Wed   | Thu  | Fri   |
|--|---|---|--|---|
| <b>Epic Meltdown - Buffalo Chicken Grilled Cheese</b><br><br>Kickin Buffalo Chicken surrounded by golden-y melt-y perfection..... | 1<br>Chicken Nuggets and Dinner Roll<br><br>Mashed Potatoes   | 2<br>Home-style Chicken Ranch Pasta & Roll<br><br>Green Beans<br>Sugar Cookie | 3<br>Taquito Grande<br><br>BBQ Beans   |   |
| 6<br>Home-style Chicken Stew over Fresh Baked Biscuit<br><br>Baked Fries   | 7<br>Tuna & Noodle Hotdish<br>Dinner Roll<br>Baked Beans<br>Chocolate Chip Cookie   | 8<br>Cheesy Ham Baked Potato with Dinner Roll<br><br>Mixed Vegetables         | 9<br>Home-style Beef Goulash & Garlic Breadstick<br>Green Beans<br>Sugar Cookie  | 10<br>Mexi Tots with Dinner Roll<br><br>Golden Corn |
| 13<br>Chicken Fajitas<br><br>Refried Beans   | 14<br>Roasted Turkey Slice and Roll<br>Mashed Potatoes With Gravy<br>Butternut Squash<br>Holiday Cookie<br> | 15<br>Home-style Beef Chili With Crackers & Dinner Roll<br><br>Green Beans    | 16<br><b>Epic Meltdown: Buffalo Chicken Grilled Cheese</b><br><br>Peas<br>Cookie<br> | 17<br>Beef & Bean Burrito<br><br>Steamed Carrots    |
| 20<br>Chicken and Noodles<br>Dinner Roll<br><br>Green Beans  | 21<br>Chinese Tacos<br>Black Beans<br>Pineapple<br>Coleslaw<br>Cinnamon Bread Stick   | 22<br><b>No School - Thanksgiving Break</b>                                   | 23   | 24  |
| 27<br>Pancakes with Scrambled Eggs & Sausage Links<br><br>Potato Triangle  | 28<br>Buffalo Ranch Chicken Wrap<br><br>Peas<br>Carnival Cookie   | 29<br>Cheese Quesadilla & Beef Enchilada<br>Soup<br>Zesty Black Beans         | 30<br>Mini Corn Dogs<br><br>Green Beans<br>Sugar Cookie  |   |

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## My Choices: Hot Grill Sandwich Choices - Every Day

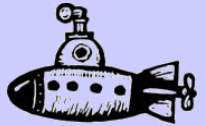
Cheeseburger  
 Hot Dog  
 Crispy Chicken Sandwich  
 Spicy Chicken Sandwich

## My Choices: Fresh Pizza Every Day!!

Cheese available daily  
 M - Pepperoni or Beef  
 T - Hot Hawaiian or Taco  
 W - Sausage or Beef  
 Th - BBQ Chicken or Breakfast  
 F - Supreme or Buffalo Ranch

## My Choices: Sub Station

Fresh Baked Sub Rolls and Toppings



Select your favorite variety of sub and add your choice of toppings, including lettuce, pickles, sliced tomato, sliced red onion, peppers and cucumbers.

## My Choices: Deli Style Wraps

Deli Meat, Cheese and Fresh Veggies in a soft regular or tomato basil tortilla.

Monday - Combo  
 Tuesday - Fajita Chicken  
 Wednesday - Turkey  
 Thursday - Ham  
 Friday - Grilled Chicken

## My Choices: Power Lunch Salads



Monday Grilled Chicken Salad  
 Tuesday Southwest Salad  
 Wednesday Chef Salad  
 Thursday Taco Salad  
 Friday Crispy Chicken Salad



## My Choices: Vegetarian

M-W Vegetarian Salad w/ Breadsticks  
 T-Th-F Fruit, Yogurt & Cheese Plate w/ Graham Crackers  
 M-F Uncrustable, String Chees & Goldfish Crackers

# November 2017

| Sunday   | Monday  | Tuesday   | Wednesday   | Thursday  | Friday   | Saturday  |
|--|---|---|---|---|--|---|
|                               |   |   | <p>1<br/>Early Student Dismissal<br/>2:03 pm</p>  | <p>2<br/>One-Act Community Performance<br/>8:00 pm - Theater</p>  | <p>3<br/>FB Playoffs (V) Quarterfinals - TBD<br/><br/>FFA Pathways to Careers Conference Nebr. Ag Ed. Symposium @ State Fairgrounds - G.I.</p> | <p>4<br/>One-Act Competition @ Norfolk District Volleyball Final (V) - TBD</p>  |
| <p>5<br/>Daylight Savings Time Ends<br/>FFA Harvest Moon Celebration - 5:30 pm @ Holthus Convention Center</p> | <p>6<br/>Begin 10th Grade Registration for 18-19 school year<br/>University of Nebraska-Omaha Woodwind Day Unified Bowling 4:00 pm @ Sunset Bowl - York</p> | <p>7<br/>ACES Induction 7:00 pm - Theater<br/><br/>District FFA Livestock Selection CDE @ York County Fairgrounds</p> | <p>8<br/>Early Student Dismissal<br/>2:03 pm</p>  | <p>9<br/>District Mock Trial 6:00 pm - Lincoln<br/><br/>State Volleyball Tournament (V) - TBD</p>                               | <p>10<br/>One-Act Competition @ Kearney<br/>FFA Holiday Sales Begin<br/>FB Playoffs Semi-Finals (V) - TBD</p>                                  | <p>11<br/>One-Act Competition @ York<br/>Unified Bowling 11:00 a @ Super Bowl - Grand Island<br/><br/>Veteran's Day</p> |
| <p>12</p>  | <p>13<br/>1st Day of Practice - Winter Sports<br/>District Mock Trial 6:00 pm - Lincoln<br/>Board of Education Meeting</p>                                  | <p>14<br/>One-Act Competition @ Gothenburg<br/><br/>Sportsmanship Summit</p>  | <p>15<br/>Early Student Dismissal 2:03 pm<br/>District Mock Trial 6:00 pm - Lincoln</p> | <p>16<br/>Winter Sports Parent Meeting - 7:00 pm - Auxiliary Gym<br/><br/>All-State Band &amp; Choir</p>                        | <p>17<br/>Picture retakes 7:30 am - Gym deck</p>   | <p>18<br/>Unified Bowling 10:00 am @ CEC King Lanes - Norfolk<br/>One-Act Student Workshop</p>                          |
| <p>19</p>  | <p>20<br/>FB State Championship (V) @ Memorial Stadium</p>  | <p>21<br/>Community Blood Drive 10:00 am - 3:00 pm East parking lot<br/>Conference One-Act @ College Park - G.I.</p>  | <p>22<br/>NO SCHOOL<br/>Thanksgiving Vacation</p>                                       | <p>23</p>                                  | <p>24</p>  | <p>25<br/>G/B BB Jamboree @ Millard West (V)<br/>G-1:00/B-2:45 pm</p>   |
| <p>26</p>  | <p>27<br/>Board of Education Meeting</p>  | <p>28<br/>One-Act Community Performance - 8:00 pm<br/>Unified Bowling - 11:00 am<br/>Super Bowl - Grand Island</p>    | <p>29<br/>Early Student Dismissal<br/>2:03 pm</p>                                       | <p>30<br/>GBB @ Ralston JV-4:30/V-6:00 pm<br/>BBB @ Ralston JV-4:30/V-7:30 pm<br/>WR @ Norris Tri w/Seward (JV/V) - 6:30 pm</p> |  |   |