

April 2018 Volume XXXII Number 8

Mitch Bartholomew

Lance Smith

Principal

Activities Director/Assistant Principal

FROM THE PRINCIPAL'S OFFICE —

Important Day for all YHS Students

April 3rd is a very important day for all York High School students. Attendance is required at every event. All students must be at YHS by 8am.

- Seniors Real World Boot Camp @ Holthus Convention Center
- Juniors ACT Test @ YHS
- Sophomores Practice ACT Test @ YHS
- Freshman College Visit

Real World Boot Camp – YHS seniors will participate in a number of stations focused on topics they will encounter after high school. Some of the panels include – personal finance, basic auto maintenance, laundry/basic cleaning, and healthy lifestyles.

ACT and Practice ACT – Juniors and Sophomores will be at YHS taking the ACT test. For juniors, this is a mandatory test required by the Department of Education. Sophomores will take a practice ACT to get ready for their junior year. The ACT has five tests – English, Math, Science, Reading, and Writing. When students are done testing they will be dismissed from school.

College Visit – All 9th grade students will visit Central Community College in Hastings. Students will tour the campus, look at various programs offered, and eat in the cafeteria (YHS pays for food).

Cyclonaire Business Partnership

This semester YHS is very fortunate to have a senior in a work study with Cyclonaire. Cyclonaire recognizes the role it plays in developing our area's youth for the future that lies ahead of them. The intent of this partnership is to prepare interested students with the skills for entry level positions at any manufacturing facility. While at Cyclonaire students will complete the following objectives –

- Safety
- Lean Enterprise and Manufacturing
- Inventory Control, Management, and Planning
- Industrial Distribution
- Blue Print Reading
- Fabrication Cutting
- Fabrication Welding
- Fabrication Painting
- Production Panel Shop Process
- Production Assembly Process

I appreciate the time and effort Cyclonaire is willing to give to our students. This partnership will give many YHS students a great opportunity to learn important manufacturing skills.

mitch.bartholomew@yorkdukes.org @MitchBartYHS

FROM THE ASSISTANT PRINCIPAL'S OFFICE —

How does the saying go? April showers bring May flowers? We certainly have had our share of rainy and cold days to start the spring season. As always, check the schedules on <u>centralconference.org</u> to stay up-to-date on all of the changes to York activities. It has been an exciting year up to this point with student success in every category. There are several events coming up this spring to help celebrate those successes.

Academic Honors Night: April 16 – 7:00 pm – York High Theater - *Free* **Fine Arts Banquet:** April 30 – 6:30 pm – Chance's R – *Ticket required* **Athletic Banquet:** May 4 – 6:00 pm – City Auditorium – *Ticket required*

Freshmen Leadership Summit

Current freshmen and current 8th graders that plan to participate in sports or activities next year are invited to a leadership event at York High School on Saturday, April 14. The event will begin at 9:00 am and finish around 12:30 pm with pizza provided for students. They will hear a keynote from Dr. Mike Lucas, attend 3-4 breakout sessions, and hear the staff from Striv TV speak about digital leadership in high school.

This is a great opportunity for current and incoming freshmen to learn from our current student leaders, coaches, and administration and position themselves to become the next generation of leaders at the high school. Current freshmen have received a sign-up form via their school email. Current 8th graders will have the chance to sign-up during lunch on April 6 and 9 at the middle school. This is a free event. If you have questions, see Mr. Smith at the high school or Mr. Loosvelt at the middle school.

Go Dukes!

Lance Smith
Assistant Principal/Activities Director
@yhs_dukes on Twitter, Instagram, and Snapchat

Honors Night

Honors Night will be held in the high school theater on Monday, April 16th at 7:00 p.m. This event is designed to honor our students for their participation and achievements during this school year.

Please consider taking the time to join us in support and appreciation of the fine young men and women who will be recognized for their outstanding achievements.

FINE ARTS BOOSTERS

The "Fine Arts Fiesta" will be Monday, April 30th at Chances "R" at 6:00 p.m.



Tickets go on sale
the middle
of April.
Fine Arts seniors
will
receive a
complimentary ticket.



A GOLDEN NIGHT IN PARIS

Juniors and Seniors at York High School are invited to this year's prom, "A Golden Night in Paris", April 7th. This year's prom will be held at the Holthus Convention Center.

Tickets for seniors are \$15; Juniors and other guests are \$20. Tickets may be purchased in the York High School office, and photo reservations can be made at the time tickets are purchased. Tickets and photo reservations will be available in the

York High School office starting on March 5.

Doors will be opened at 6:30 p.m., and students must have their tickets to enter. The meal will be served at 7:00 pm with coronation following at 8:15 p.m. After coronation is complete, the dance will begin and go until 11:00pm.

Students will not be allowed to enter after 7:30 p.m., and once a student leaves prom, they will not be allowed to re-enter.

Parents are invited to coronation of this year's Duke and Duchess as well. The ceremony will begin at 8:15 pm; doors for the parents will open at 8:05 p.m. Limited seating will be available during the ceremony.

VARSITY DUKETTE TRY-OUTS

Registration forms are available in the YMS/YHS offices. Registration forms must be turned in to the YMS/YHS offices by Monday, April 9th. An informational parent meeting will be held on Wednesday, April 4th at 5:30 p.m. in the YHS Media Center.

Try-out practices will be in the main gym on Monday, April 9th and Tuesday, April 10th from 6:00-8:00 p.m., Wednesday, April 11th from 4:30-6:30 p.m. and Thursday, April 12th from 6:00-8:00 p.m. Dukette try-outs will be Friday, April 13th from 5:30-7:30 p.m. in the YHS Gym.

Please contact Katie Burger with any questions: <u>katie.burger@yorkdukes.org</u>

VARSITY CHEERLEADING TRY-OUTS

A Parent/Student meeting will be held Wednesday, April 11th at 5:00 p.m. in the YHS Library. Registration forms are due Friday, April 13th. Cheer try-out practices will be Monday, April 16th and Tuesday, April 17th from 6:00-8:00 p.m., Wednesday, April 18th from 4:30-6:30 p.m. and Thursday, April 19th from 6:00-8:00 p.m. in the YHS Gym. Practices are not mandatory, but strongly recommended for those that will be trying out. Try-outs will be held Friday, April 20th from 5:30-7:30 p.m. in the YHS Gym.

Registration forms are available at YMS/YHS Offices. Please contact Dena Bushnell with any questions: dena.bushnell@yorkdukes.org

YORK HIGH SCHOOL MUSIC DEPARTMENT NEWS!

Special Points of Interest:

- Show Choir & Chamber Choir Auditions
- District Music Contest
- Men's Choir
- End of the Year Dates

YORK MEN'S CHOIR

Again this year, the vocal music department will assemble a Men's Choir to perform on the Pops Concert on Tuesday, May 8th! All men are welcome, regardless of age or experience; students, teachers, dads, grandpas, teammates, etc. Rehearsals will be on Tuesdays from 7:00-8:00 am and Thursdays from 6:00-7:00 am beginning on April 10th. If you have questions or would like more information, contact Mrs. Wagner.

DISTRICT MUSIC CONTEST

District Music Contest is held at Norris High School on Friday, April 20th. Groups performing on Friday, April 20th include: Chamber Singers, Concert Choir, Small Ensembles and Solos.

An event schedule will be made available at a later date.

This is a day filled with music, you are welcome to attend and see as many of the York entries as you can, but also entries by other schools.

D & D, SHOW CHOIR & CHAMBER SINGERS AUDITIONS

Auditions for next years Dukes & Duchesses Show Choir and Chamber Singers will take place on Wednesday, May 2nd, 2:15 - 4:30 pm. D&D audition will consist of a singing audition and a dancing audition; Chamber auditions will simply be singing. We will have choreography rehearsal on Monday, April 30th, Tuesday, May 1st, and Wednesday May 2nd from 7:00 - 7:45 am. This is when the students will learn and rehearse the dance portion of the audition.

Please be watching for more audition information.

END OF THE YEAR AT A GLANCE

As we come to the end of the year, we have a few dates to remember.

April 10 - Men's Choir Rehearsal Begins, 7am

April 20 - District Music Contest

April 23-27 - Pops Concert Auditions

April 30 - Fine Arts Banquet

April 30, May 1 & 2 - D&D Audition Rehearsal, 7:00 am

May 2 - D&D & Chamber Auditions, 2:15 - 4:30 pm

May 7 - YMS Talent Show, 7:00 pm

May 8 - Choir 'Pops' Concert 7:00 pm

May 13 - Graduation (Band & Choir will be playing & singing)

YORK HIGH SCHOOL BAND NEWS

DISTRICT MUSIC CONTEST

Senior High Band members are rehearsing to enter the following solo/small ensemble categories in this year's District Music Contest to be held at Norris High School on Thursday, April 19th and Friday, April 20th.

Instrumental Solos - Thursday, April 19th

Piano SoloSophia Chavanu (9)Piano SoloAnn Magner (12)Piano SoloAnne Thomas (10)

Instrumental Solos - Friday, April 20th

Alto Saxophone Solo
Trumpet Solo
Trumpet Solo
Trumpet Solo
Trumpet Duet
Tuba Solo
Mallet Percussion Solo
Anthonie Gomez (10)
Jason Franklin (10)
Ann Magner (12)
Riley Nigh (10)
Jacob Howe (9)
Rylie Krause (9)

Mallet Percussion Solo Alexandra Saathoff (11)

Instrumental Ensembles - Friday, April 20th

<u>Tuba Duet</u> Jacob Howe (9)

Alexandra Saathoff (11)

Brass Quintet Sophia Chavanu (9) - Trumpet

Jason Franklin (10) - French Horn Ross Fraser (10) - Trombone Jacob Howe (9) - Tuba Ann Magner (12) - Trumpet

BAND BOOSTER NOTES

Mark your calendar for April 10th.

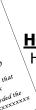
The YHS Pep Band will be playing at Friends & Family Night at KFC/Taco Bell from 6:00-6:45 pm.

8TH GRADE ORIENTATION

On Wednesday, April 25th at 1:00 p.m., 8th grade public and parochial students are invited to YHS for 8th Grade Orientation.

8th grade students will meet YHS teachers and learn more about activities, athletics, curriculum and tour the building.

COUNSELING CENTER NEWS



HONORS NIGHT/SENIORS AND PARENTS:

Honors Night will be held on Monday, April 16, at 7:00 p.m. If your student has received college scholarships and/or is planning to go into the **MILITARY (including National Guard)**, please let us know so we can include them in our program. Colleges and other organizations do <u>not</u> always let us know about these and we want to honor those students for their accomplishments.

AFTER HONORS NIGHT:

After Honors Night, seniors will be sent important information on how to collect their scholarship funds. An e-mail will be sent to each student via their <u>personal</u> email. (If a parent wishes to also receive this e-mail, please notify Deb Stuhr at <u>deb.stuhr@yorkdukes.org</u> requesting this.) Most scholarships are paid per semester, <u>so it's important to hold onto these contacts through second semester because students will be asked to submit information to these committees again.</u> If you do not receive the information in a few weeks, please let the counseling office know.

Students are also required to promptly write a thank you note for each scholarship received. The notes are provided by the Counseling office, but postage must be handled by your student.

REMINDER: SUMMER SCHOOL CLASSES FOR CREDIT RECOVERY

Summer school classes for credit recovery will be offered at the Enrichment Center again this year. This is only through the month of June for students who are at risk of not meeting York High School graduation requirements. Space is limited and priority will be given to first semester failures. There is a fee for attending summer school. A letter will be sent out to parents with at-risk students later in April explaining the process to follow if you want your child to take a class. If you have questions, please feel free to contact your child's counselor as soon as possible.

2018-2019 SENIORS:

If you are considering college and plan to apply for scholarships, we encourage you take the June and/or July ACT test. Fee waivers for the June and July tests are available until the regular registration deadline of May 4/June 15. ACT scores from tests taken in the junior year are used for Regents scholarship competition. Seniors have three chances (September, October and December) to better their scores for scholarships and college entrances (UNL, UNK and UNO require a score of 20). Many scholarships have very early deadlines (example: Horatio Alger – Oct. 31) so taking those earlier tests ensures scores will be available when needed.

ACT TEST DATE

REGISTRATION DEADLINE

Saturday, June 9 Saturday, July 14

May 4 June 15

FEE WAIVERS:

Cost should never be a deterrent when it comes to college opportunities. If this is an issue for your child, please take full advantage of fee waivers available through the ACT, SAT or the NAIA and NCAA. These are available for our students who qualify for free or reduced lunches. If you would like to know if you qualify or just want to pick up a waiver, you or your student needs to come to the counseling office

NAIA AND NCAA REGISTRATION:

If you want to play sports in college, you will need to register with the NAIA (fee is charged) or the NCAA, depending on the college you wish to attend. These two organizations require ACT scores sent directly from the ACT testing center so you will need to include the NAIA code (9876) or the NCAA code (9999) in your choices of where you want your scores sent. If scores need to be sent later, there is a fee for each score sent. Please also be sure Mrs. Stuhr is aware of your college sport participation so your final transcript gets sent to these entities.

Sophomore and junior parents are invited to a meeting on Wednesday, April 11, beginning at 6:00 PM about scholarships and "what's new" for 2018-19! (This meeting should last about 30 min.)

JUNIORS STATE-WIDE ACT

As you are probably aware and have heard by now, all YHS juniors will take the ACT test at York High School on Tuesday, April 3. The sophomores will also be at YHS taking a practice ACT. They will report to school between 7:30-8:00 AM.

COLLEGE CAMPUS VISIT AND REAL WORLD LEADERSHIP ACADEMY

Our final college campus visit for this school year is planned for Tuesday, April 3, and this will be for our freshmen students. All freshmen will visit the campus of Central Community College in Hastings. Information is sent to the parents of each student. If you have questions, please call the Counseling office.

Also on April 3, seniors will participate in our Real World Boot Camp. Seniors will go to the Holthus Convention Center and participate in business and finance sessions as well as basic auto maintenance, insurance, loans and get feedback from alumni.

NEW: An additional campus visit is planned to NCTA (Curtis) on Wednesday, April 25, for students who register. Interested students should sign up in the Counseling office as soon as possible.

CELEBRATING 2018 SENIORS

We have extremely awesome seniors at York High School! Therefore, we look forward to celebrating them and their future plans with some special recognition on Wednesday, April 25. Seniors are strongly encouraged to wear a t-shirt representing the college he/she plans to attend and stay for lunch at school that day so a class photo can be taken. We are proud of these hard-working students and future leaders!



FAFSA UPDATE FROM EDUCATIONQUEST

Senior parents, it's not too late! You can still complete the FAFSA for college for the 2018-19 school year. Contact EducationQuest for free help or let us know if we can answer any questions.

COLLEGE FAIR IN LINCOLN

Lincoln will host a College Fair on Sunday, April 22, at Southeast Community College, 8800 "O" Street, from 1:00-3:00 PM if you are interested.

YORK ATHLETIC BOOSTER CLUB NEWS

The 2018 Athletic Sports Banquet event is quickly approaching as we are entering spring sports. Eric Eckert of the York News Times will be creating the Video/Slideshow this year for the event and we would like ALL Athlete Parents to submit their photos to the York News Times Email below to be considered for inclusion in the video for this years banquet.

Please email to: online@yorknewstimes.com

FALL — **WINTER** — **SPRING COACHES:** Please reach out to your varsity and senior parents to submit one or more photos to be considered !!! Want to ensure that varsity and seniors are all recognized.

YOWELL TRACK MEET VOLUNTEERS NEEDED — PARENTS AND BOOSTER CLUB MEMBERS

We are also gearing up for the Yowell track meet and looking for volunteers once again to help feed the officials and coaches and to man the many track and field events that day. Please contact Kerry Conner (402-363-2383), Stacy Kohmetscher (402-366-3499) or Barb Ivey (402-363-8128) or any booster club member, if you are able to help during this annual one day event.

DATE IS SATURDAY, APRIL 21st !!!!

This years Athletic Booster Banquet will be FRIDAY, MAY 4th !!!! Tickets will be available prior at the High School Office as we approach the event!! This is OPEN to the public and all are welcome to attend and celebrate the success of the York High School Athletics during the 2017-2018 Season !!!!

It's a great time to be a Duke!!

York Athletic Booster Club

SUMMER DRIVER'S EDUCATION DATES

We are planning on offering summer driver's education again this summer. We will be offering <u>2 sessions</u>. Both sessions will be from 8:00 a.m. to 1:00 p.m. Our first session will run from **Monday, June 4th through Thursday, June 7th.** The second session will run from **Monday, June 11th through Thursday, June 14th.** Students must

have a permit (Learners or School permit) by August 1 to be able to complete the driving portion of the class. PLEASE NOTE: Sign up is on a first come-first serve basis. If you have a special need to get into one of these sessions, please make arrangements to do so early.

Driver's Education courses will offer classroom instruction and behind-the-wheel training. The cost is \$300.00 for in-district and \$350.00 for out-of district students. If you are interested, please contact the high school office.

The deadline for signing up and payment will be Friday, May 4th.

YORK FFA CHAPTER

York AG ED Celebrating 101 Years

York FFA Chapter Celebrating 91 Years

York FFA's Greenhouse Opens April 7th We Have Filled the Greenhouse to Overflowing!!





We can bring beauty to your home, business or garden. Let us plant or help plant your containers and we will grow them in the greenhouse through May. If you are searching for a new container to plant in—we offer those as well. Come on in and see the hard work the York FFA Chapter has put in.

Greenhouse Hours

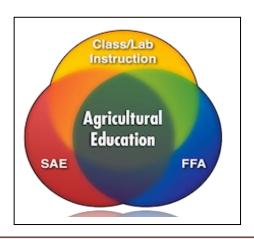
3:30 - 5:30 M-F 9:00 - 1:00 SAT. while supplies last...

We are planting containers now!

- * You bring in your container
- * Select the plants you like
- * We will help you plant your container
- * We will grow your container until freeze warnings have passed.

Call or Text:

Jason Hirschfeld: 402-366-5231 Cal Williams: 402-641-6564



What Color Do You Bleed? "DUKE BLUE"

The York Fire Dept., York FFA, FBLA and Community Blood Bank

Our Next Blood Drive
Is Thursday, May 3rd
East Parking Lot
11:00 am till 3:00 pm

PLEASE BE THE TYPE THAT GIVES!

Please call 402-641-6564 or 402-362-6655

We receive \$10 per unit collected for the FFA Scholarship Fund.



Congratulations and Good Luck at State FFA To the following * *46 State Qualifiers **

QUALIFING FOR STATE CAREER DEVELOPMENT EVENTS

Ag Sales

Max Kohmetscher Sam Kohmetscher Garrett Snodgrass Maxx Troester

Ag Science

Keeley Conrad Jacob Howe Kirby Linhart Ty Bartholomew Cassidy Cole Josh Saathoff

Ag Biotechnology

Nicole Mittman Garrett Snodgrass Dawson Tietmeyer Simon Otte

Natural Resources

Nicole Mittman Marshall Buss Nikki Portz TraetenThorell AJ Beins Tyler Cast

Veterinary Science

Sam Reorda
Lauren Kaliff
Cooper Koch
Shelbi Pieper
Erika Hinz
Hannah Norquest
Nicole Mittman
Kaylee Gibson

<u>QUALIFING FOR</u> <u>STATE LEADERSHIP</u> **DEVELOPMENT EVENTS**

(Speaking Contests)

Creed Speaking

Erin Case

Ag Literacy Speaking

Annsley Vernon

Extemp Speaking

Max Kohmetscher Leon Linhart

Jr. Public Speaking

Lindsey Stuckey

Sr. Public Speaking

Genevieve Tonniges

Employment Skills

Welding Team

<u>ARC</u>

Gabe Miller Doug Lazo

OXYACETYLENE

Keelan Osentowski Jacob Kopcho

MIG

Jordan Staehr Manuel Acosta

<u>Jr Livestock Selection</u>

Chase Cotton
Creighton Hirschfeld
Lilly Holthus
Cooper Koch

Sr Livestock Selection

Wyatt Cast Tyler Cast Lauren Kaliff Hailee Pohl

Earning the 2018 State FFA Degree

Congratulations

Colby Andersen
Donovan Buss
Bryce Danielson
Leon Linhart
Carlos Munoz
Sam Reorda
Genevieve Tonniges

Congratulations

Donovan Buss

For Earning

Finalist For State
FFA Star Placement

&

Finalist For State
FFA Proficiency
Applications
IN

*Diversified Livestock
*Forage Production

State FFA
Delegates Are Bryce Danielson
Max Kohmetscher

YORK SCHOOL DISTRICT GR K-12



Breakfast Menu - April 2018

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 Dav

Start your day off right

Additional Middle & High School Choices offered daily

- Smucker's Uncrustable
- **Dutch Waffle**
- Cheese Pretzel

Ston & Go Breakfast-High School Only STOP by the cafeteria. Bag your breakfast, and

Stop & Go

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
2 No school	3 A. Egg & Cheese Taco Roll B. Cereal Choices and Toast Juice Choices	A. Sausage Gravy over Biscuit B. Cereal Choices and Toast Juice Choices	5 A. Breakfast Pizza B. Cereal Choices and Toast Juice Choices	6 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices
	Mixed Fruit	Pineapple	Sliced Peaches	Applesauce
9 A. Breakfast Pizza B. Cereal Choices and Toast	10 A. Iced Long John B. Cereal Choices and Toast	11 A. Yogurt with Goldfish Grahams B. Cereal Choices and Toast	12 A. Pancake Sausage Stick B. Cereal Choices and Toast	13 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast
Juice Choices Pineapple	Juice Choices Applesauce	Juice Choices Fresh Orange	Juice Choices Mixed Fruit	Juice Choices Sliced Pears
16 A. Pancakes with Syrup B. Cereal Choices and Toast	17 A. Sausage Gravy over Biscuit B. Cereal Choices and Toast	18 A. Ultimate Breakfast Round B. Cereal Choices and Toast	19 A. Breakfast Pizza B. Cereal Choices and Toast	20 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast
Juice Choices Mixed Fruit	Juice Choices Pineapple	Juice Choices Apple Wedges	Juice Choices Applesauce	Juice Choices Sliced Peaches
23 A. Breakfast Sliders B. Cereal Choices and Toast	24 A. Iced Long John B. Cereal Choices and Toast	25 A. Breakfast Pizza B. Cereal Choices and Toast	26 A. Egg & Cheese Biscuit Sandwich B. Cereal Choices and Toast	27 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast
Juice Choices Sliced Pears	Mixed Fruit Juice Choices	Juice Choices Pineapple	Juice Choices Sliced Peaches	Juice Choices Applesauce
30 A. French Toast Sticks B. Cereal Choices and Toast				
Juice Choices Pineapple				
23 A. Breakfast Sliders B. Cereal Choices and Toast Juice Choices Sliced Pears 30 A. French Toast Sticks B. Cereal Choices and Toast Juice Choices Pineapple	Pineapple 24 A. Iced Long John B. Cereal Choices and Toast Mixed Fruit	Apple Wedges 25 A. Breakfast Pizza B. Cereal Choices and Toast Juice Choices Pineapple	26 A. Egg & Cheese Biscuit Sandwich B. Cereal Choices and Toast Juice Choices Sliced Peaches	27 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices Applesauce

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

Solutions, Inc.

This institution is an equal opportunity provider and employer.

YORK HIGH SCHOOL (9-12)

LUNCH MENU APRIL 2018

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.



MARKET

SELECTIONS

My Locally Grown Foods!

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

FARMERS

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	 Extra Entrée	\$1.75
Chef Entrée	Extra Milk	\$0.45
Adult Lunch	 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	
2 No School	3 Pizza Station And Grill only	4 Chicken Nuggets and Dinner Roll Mashed Potatoes	5 Beef Stroganoff With Dinner Roll Peas Frosted Cinnamon Roll	6 Taco Burger Golden Corn	
9 Orange Chicken over Rice Green Beans	10 Super Nachos Refried Beans Cinnamon Bread Stick	11 Italian Dunkers with Marinara Sauce Candied Carrots Coleslaw	12 Tater Hot Dish and Dinner Roll Mixed Veggies Chocolate Chip Cookie	13 Baked Fish & Cheese Sandwich Golden Corn	
16 Cheeseburger Soup and Dinner Roll Steamed Carrots	17 Soft Shell Tacos Chili Lime Corn Carnival Cookie	18 Chicken Nuggets and Dinner Roll Mashed Potatoes	19 Chicken Ranch Pasta & Roll Roasted Asparagus Sugar Cookie	20 Taquito Grande BBQ Beans	
23 Home-style Chicken Stew over Fresh Baked Biscuit Baked Fries	24 Buffalo Chicken Pasta & Roll Baked Beans Chocolate Chip Cookie	25 Chili Smothered Baked Potato & Dinner Roll Mixed Vegetables	26 Epic Meltdown Cheddar Bacon Apple Grilled Cheese Green Beans Sugar Cookie	27 Mexi Tots with Dinner Roll Golden Corn	
30 Chicken Fajitas Refried Beans			Epic Meltdown The Big Apple Melty Cheddar Cheese with Bacon, Crisp Apple and Sweet Blackberry Jam.		

Questions or Comments? Contact Mitch Novak, Food Service Director at 402-363-9169 or m.novak@lunchtimesolutions.com

The institution is an equal opportunity employer and provider.



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/ Bread Stick
 M-F Uncrustable, String Cheese & Bread stick

COME SHOW YOUR SUPPORT FOR YORK ATHLETICS

-On April 19th we will be hosting our 7th Annual York Lift-A-

Thon at 6:30 PM for next year's freshmen and sophmores & 7:30 for next year's juniors and seniors.

- -Your York football players will be performing max lifts on four core lifts: Squat, Bench Press, Hang Clean, Push Press
- -Your pledges for these lifts will help York athletes earn money to attend summer camp (50%). Also a percentage (40%) of the money will go toward buying weight room equipment to benefit all York athletes as well as football equipment. We will also donate 10% of our profits to a charity of the football team's choice!
- -You are more than welcome to come show your support for our athletes on April 19th in the Conerstone Fitness Center on the York High School campus.
- -If you are interested in donating, you may fill out the pledge sheet for any athlete and return it to Coach Snodgrass or any football coach at 1005 Duke Drive York Ne 68467, or just give it to any football player.

THANK YOU VERY MUCH IN ADVANCE FOR YOUR SUPPORT OF YORK ATHLETICS!

2018 YORK FOOTBALL LIFT-A-THON PLEDGE SHEET

**Any non-business pledge

Average lifs for a se	enior:	over \$50 gets a free t-shirt &
BENCH PRESS:	200 LBS	any non-business pledge
SQUAT:	300 LBS	over \$100 gets a hoodie!! (list size below)
HANG CLEAN:	215 LBS	**Any business which donates
PUSH PRESS:	185 LBS	\$50 or more will get
TOTAL:	895	noted in next year's
\$50.00. A flat rate dona	ation is also accept	game program! d pound lifter would mean a donation of ed and recommended. d pound lifter would mean a donation of
\$10.00. A flat rate dona	ation is also accept	ed and recommended.
weight room\FB equipm	nent(40%) to benefi	er camp for football players (50%) and new tall York athletes. Also 10% of all profits will te. (ask a player about it.)
	xt year's freshman	nd watch the lift-a-thon on Monday April 3rd and sophmores will lift from 6:30-7:30 and 7:30-8:30.
		ork athletics. Your help will allow students to se may not be able to afford it.
Circle One: Person	/Business	Name
I am making the pl	edge for (name	e of athlete):
Pledge per pound:		
Flat rate pledge (re	ecommended)	
My Address:		MY SHIRT SIZE:
My Phone #:		

Camp Staff

Coach Glen Snodgrass

Coach Matt Kern

Coach Jake Snodgrass

Coach Randy Howell

Coach Matt Brackhan

Coach Justin Rodrigues

Coach Scott Kohmetscher

Coach Matt Maltsberger



York Duke Football W.E. are STILL HUNGRY

W.E. are STILL HUNGRY





Coach Snodgrass Phone (308)325-6555

(402)362-6655 York High School 1005 Duke Drive York Ne 68467

8th Annual York Future Dukes Football Camp

You are the future of our program!!



WE PLAY FOR THOSE WHO CAME BEFORE US. WE SET THE STANDARD FOR THOSE TO COME

May 23nd-May 25th

-3rd-5th grade 9:00-11:00: -6th-8th grade 11:00-1:00

CUT THIS SECTION OFF AND RETURN IT TO YHS. KEEP FORM FOR FUTURE REFER-**ENCE OF DATES.**

Application:	I
Name:	I
School:	1
Grade entering:	
T-shirt size: YS YM YL S M L XL	1
Contact:	
Home phone:	
Work phone:	'
Cell:	
I herby certify that the York Duke Future Duke camp staff has full and unconditional authority to proceed with diagnosis and treatment as judgment indicates for injuries during camp. The camp staff shall not be held responsible for any consequences resulting from such injuries. We, the undersigned parents or guardians of the above named minor, do herby authorize the camp staff or their designee to select hospital facilities and or a physician of his choice and authorize treatment of the above-named camper on an emergency basis in the event such treatment becomes necessary as a result of the participation in the Future Duke Camp. We herby grant permission for him to participate in the camp and acknowledge the fact that he is physically able to participate in camp activities. I will be responsible for all medical bills incurred as a result of illness or accidents for which medical treatment is necessary while the above applicant is at camp. I declare that I am the father\mother\guardian of the above-named minor. Signature:	1 1 1 1 1 1 .
Date:	1
**PLEASE HAVE FORMS TURNED IN BY MAY 6TH TO GUARANTEE A T-SHIRT. LATE FORMS WILL BE ACCEPTED UP TO	1
THE FIRST DAY OF CAMP	

WHEN: May 23nd-May 25th.

WHO:

Students going into 3rd-5th grade will begin at 9:00 AM and be finished daily at 11:00 AM.

Students going into 6th-8th grade will begin at 11:00 and be finished daily at 1:00

**please have students at the field 5-10 minutes early

WHERE

Camp will take place at the YORK HIGH SCHOOL Field. In case of bad weather, camp will take place in the gym.

WHAT TO BRING: Shorts, t-shirt, cleats if possible. if not, athletic shoes are fine.



WHAT\WHEN\WHERE

This will be a NON CONTACT football skills camp, focusing on

safety, fundamentals, basic football strategy, and rules. This is a great opportunity for your son or daughter to develop basic football kpg knowledge at an early age. This camp will also use terminology, plays, and skills that

Football Camp May 23rd-May 25th

Future Duke

Freshman, and Jr. High teams will use. This camp will prepare your child to become a Duke in a FUN and

the York Varsity,

SAFE environment. FREE T-SHIRT

HOW MUCH:

\$30.00 per student athlete

Make checks out to York Football

Sexual Imagery on the Internet

We want to help our kids develop healthy perspectives about sex, and not let the media be their only source of information. On the Internet, even innocent searches can lead to sexual imagery or pornographic content. So, it's important to talk early and often to make sure your kids get the messages you care most about communicating.

• Figure out what you want your kid to know.

Identify your own personal concerns: What are you most worried about with respect to sexual imagery on the Internet? Why? How might the Internet interfere with your goals for your child's healthy sexual development? What alternative messages do you want to make sure they receive?

It may be awkward, but it's important to talk to your kid about:

- your key concerns regarding his or her exposure to age-inappropriate sexual images and messages
- why you have these concerns
- what you hope for your son or daughter with respect to intimate relationships, now and for the future

At the same time, you can encourage your kids to view media messages critically. Point out that sex often gets everyone's attention, so in the media sex is often used to sell something. It is important that your children understand that scripted sex is not reality. Pornography is extreme and not representative of the vast landscape of human sexuality; plus it can convey an exploitive and degrading perspective.

• Pay attention to your tone.

It is important to remember that how you talk to your teen regarding this subject is just as important as what you discuss. Your tone and body language will communicate as much as your words! Think of two or three adjectives that describe how you hope you'll come across to your child when talking about sexuality. Then, keep those words in the front of your mind as you enter the conversation. Humiliating, shaming, or using scare tactics on your child regarding their sexual curiosity is both damaging and counterproductive. Your child's interest and exploration of sex and their own sexuality is both natural and normal. By making your son or daughter feel ashamed, you will lose the opportunity to help him or her navigate future challenges and develop his or her own values.

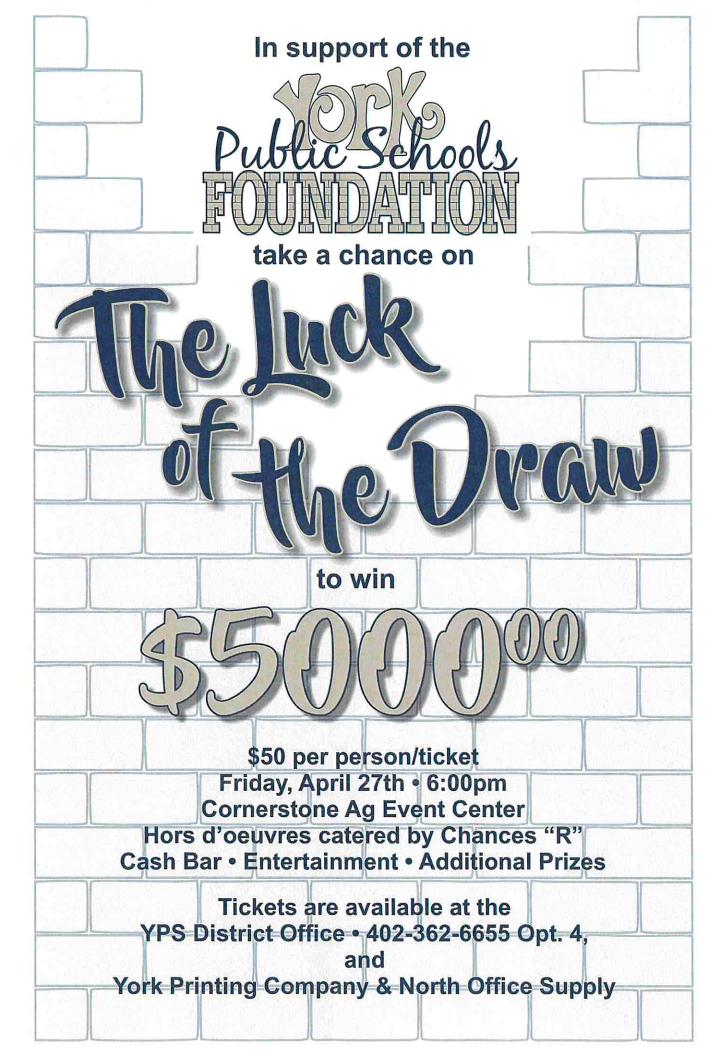


• Take that first (difficult) step.

A great way to start the conversation is by simply asking your child if any of their friends have had conversations with their parents about pornography or sexual imagery on the Internet. You can say, "I know it can be awkward to talk about at first, but there are some really important things I want you to know." If you are nervous, write down what you want to say or practice when no one is around. Remember that no matter how the first conversation goes, this isn't meant to be a one-time discussion; you can (and should!) revisit or continue the conversation later if you forgot to include something or want to reemphasize a particular point. You've already fought half the battle just by taking on the conversation. Just by starting a conversation, you have communicated to your child that this is on your mind and that you're clued-in, aware, and concerned.

If you or your teen comes across any material that sexually exploits minors, you do have a duty to report it. You can report it to your local authorities or contact the CyberTipline for the National Center for Missing and Exploited Children. You can contact the center 24 hours a day at 1-800-THE-LOST or report an incident online at **www.cybertipline.com**.





April 2018

A						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Easter	2 NO School EASTER Break	ACT Test for Juniors ACT Practice Test for Sophomores Freshman college visit to CCC-Hastings Seniors Real World Boot Camp @ Holthus Ctr. SC @ Hastings—V-G/B- 5:00/JV-G/B-6:30 GT-Home Dual w/Hastings (JV/V) - 4:00 pm	Early Student Dismissal 2:03 Dukette informational Meeting - 5:30 pm Library State FFA Convention - Lincoln	9 TR @ Hastings 5 Invitational - 4:00 pm GT @ Crete Dual (JV/V) - 4:00 pm TR @ Waverly Invitational (V) - 10:00 am (Rescheduled from 4/6) SC @ Lincoln High (JV) (Spirit Park)-G/B-5:00 pm State FBLA Leadership Conference - Omaha	6	7 Jr./Sr. Prom @ Holthus Convention Center Post-Prom @ YHS Greenhouse Open House - FFA Plant Sales Start
8	GT @ Elkhorn South Tri 9 w/Gretna (V) (Elkhorn South H.S.) - 4:00 pm GT @ Gretna Tri w/Elkhorn South (JV) (Thomas Elem. Greta) - 4:00 pm SC-Home vs. Columbus - JV Boys only - 5:00 pm SC @ Conestoga H.S V-G/B-7:00 pm Board of Education Meeting	10 GT @ GICC Dual (JV/V) (Ryder Park) - 4:00 pm TR @ Central City Tri w/Fillmore (V) - 4:30 pm SC-Home vs. Nebraska Lutheran (JV Boys only) 5:00 pm	Early Student Dismissal 2:03 BG @ GINW Invitational (JV) (Jackrabbit Run) - 10:00 am (Rescheduled 4/4) Sophomores/Juniors Parent Meeting - 6:00 pm - YHS Theater Cheer Parent meeting 5:00 pm - Library State Skills USA Convention @ State Fairground - G.I.	SC Central Conference Tournament - V-G/B-TBD BG-York Invitational (V) 9:00 am 9 TR @ Columbus Invitational (Pawnee Park) - 2:45 pm GT-Home Dual w/Waverly (JV/V) - 4:00 pm	13 TR @ Central City Invitational (V) - 1:00 pm SC @ Lincoln High (Boys JV Only) - 5:00 pm Dukette Try-outs 5:30-7:30 pm - Gym	ACT Test @ York College SC Central Conference Tournament - V-Girls @ Crete - TBD SC Central Conference Tournament - V-Boys - TBD
15	16 SC-Home vs. GICC (JV Boys) 4:30 pm (Rescheduled from 3/16) YHS Honors Night 7:00 pm - Theater	17 BG @ McCook Invitational (V) (Heritage Hill) 9:00 am GT @ Hastings St. Cecilia Dual (JV/V) - 4:00 pm SC @ Holdrege V-G/B-5:00 V-B/G-6:30pm	Early Student Dismissal 2:03 SC-Home vs. Columbus Lakeview (V) G/B-3:30 pm (Rescheduled from 3/19)	19 BG @ Columbus Scotus Invitational (V) (Quail Run) - 9:00 am GT-Home Dual w/Kearney Catholic (JV/V) - 4:00 pm District Music Contest	20 BG @ Lexington Invitational (JV) (Meadowlark Hills Golf Course) - Kearney 9:00 am Cheer Try-outs 5:30-7:30 pm - Gym	TR-Yowell Invitational (V) - 10:00 am
22	23 BG @ Beatrice Invitational (V) (Beatrice Country Club) 9:00 am BG @ Shelby Quad w/Heartland, High Plains (JV) (Osceola Country Club) - 4:15 pm SC-Home vs. Seward V-G/B-5:00/JV-G/B-6:30 pm Board of Education Meeting	24 GT @ GICC Invitational (V) (Ryder Park) - 9:00 am SC-Home vs. Lincoln East JV-G/B-5:00 pm	Early Student Dismissal 2:03 BG @ Centura Invitational (JV) (Centura Hills- Cairo) - 9:00 am 8th Grade Orientation 1:00-3:20 pm	26 GT @ Hastings Invitational (V) - 9:00 am SC @ Crete - (Boys only) V-4:45/JV-6:30 pm SC-Home vs. Crete (Girls only) V-5:00 JV-6:30 pm	27 TR @ Holdrege Invitational (V) - 1:00 pm Arbor Day	28 TR @ GINW Invitational (JV) - 9:30 am
29	30 District Soccer Tournament (V-G/B) - TBD Fine Art Banquet 6:00 pm - Chances R			hink		