

YMS



Kenny Loosvelt

PRINCIPAL

Volume 6

Number 4

Be Safe, Be Respectful, Be Responsible

DECEMBER 2020 - JANUARY 2021

Greetings YMS Parent(s):

Well, this first semester has been one for the history books. I am so proud of our students and staff. We have navigated this crazy pandemic and in my opinion, we have students and staff who have excelled. Even in a year that is anything but normal we have students who have grown **academically**.

While we certainly have been busy growing academically, we also have seen tremendous growth **socially** and **emotionally** at YMS. The adults in this building pride themselves on developing the **whole child** as they navigate through some of the busiest times for a change in their young lives.

As we finish our first semester this year and say goodbye to 2020 I would like to **ask for your help** in a few different areas to help **improve your child's experience at YMS**:

1. Please continue to follow ALL RECOMMENDED safety precautions set forth by our local and national **health directors**. I want **your students** in our building in front of our **great teachers!**
2. Remind your child(ren) that the **last few weeks** of this semester are **critical**. We have many important education topics to discuss and experiences to encounter to finish off a positive first semester. Encourage them to **run through the finish line**.
3. Continue to foster a **growth mindset** at home. Encourage the process not the ability. Remind them that it is ok to fail, but **not OK to quit** and that it is always possible to **improve** any situation.
4. This is a **challenging time** for young people and sometimes they can have doubts about themselves. Help remind your child(ren) during this period of doubt that **the only thing that matters is how you see yourself**.
5. Now that the normal daily temperature has fallen please try to make sure your student(s) are **dressed for the weather**. Even though it might be a bit colder, most of the time we will be sending kids outside at noon recess. We will not go outside if it is dangerously cold but will send them out if only to, as my dad would say, "**blow the stink off of em**" and let them release some energy.

We also have discussed with students a saying which states, "The only thing that matters is how you see yourself!" We tell kids if you **think you are** strong, caring, brave, kind, confident, curious, genuine, self-reliant **then you are!**

I hope you take time during the holiday break to enjoy family and friends. Thank you for all your effort to make this first semester at YMS one of the best for your child. I can't wait to finish off this fantastic first semester and then work hard to make the second semester even better than the first. Go, Dukes!

Kenny Loosvelt
YMS Principal

Middle Years

Working Together for School Success



Short Stops

The power of zero

Help your child understand the importance of turning in every assignment. Have her add up several of her grades ($97 + 89 + 93 = 279$) and divide by the number of grades to get her average ($279 \div 3 = 93$). Then, ask her to change the last grade to zero and average again—suddenly, the 93 becomes a 62.

Great advice!

Want to raise the odds that your middle schooler will actually follow your advice? Get his input. Instead of saying, “Setting your alarm 10 minutes earlier will keep you from scrambling to get ready every morning,” try, “I’ve been running late in the mornings, too. What ideas do you think could help us?”

DID YOU KNOW?

Just a few minutes of physical activity can immediately improve your middle grader’s concentration. Remind her to use her distance-learning or study breaks to move around. She could write quick ideas on slips of paper (“Dance to a song,” “Do 5 jumping jacks”) and pick one to do between classes or subjects.

Worth quoting

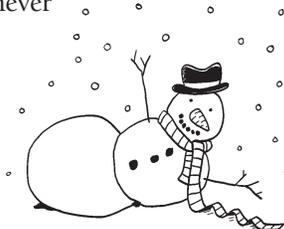
“The mind that opens to a new idea never returns to its original size.”

Albert Einstein

Just for fun

Q: What falls in winter but never gets hurt?

A: Snow!



Kindness makes a difference

Clue your middle schooler in on this formula for a happier, more successful life: When he is kind and sees kindness in others, he will feel better about himself and the world around him—and other people will view him more favorably, too. Try these ideas.

Be a detective

Challenge your tween to spot kind acts throughout the day and jot them down in a pocket notebook. He might notice someone stepping aside to let him pass on the sidewalk, for instance. How many kindnesses can he find in one day? Make it a point to call out his kind acts, too: “It was kind of you to offer your seat on the bus to that woman holding her baby.”

Watch for opportunities

Suggest that your middle grader think of safe ways to assist people who are struggling or lonely. Maybe he’ll make cards or bookmarks for nursing



home residents or have a virtual game night with younger cousins who miss seeing their friends.

Play bingo

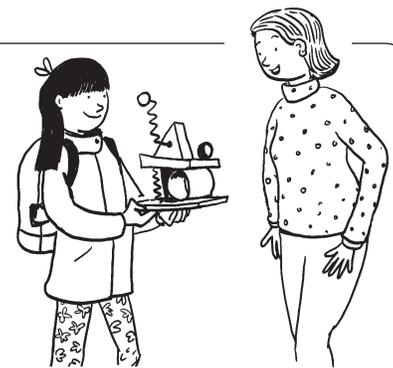
Your child can create a bingo card to fill with kind acts (donate clothes you’ve outgrown, let someone go ahead of you in line, do a chore for a sibling). Make a copy for each family member, and cross off acts you complete. Who will get bingo (five in a row) first? Can everyone finish their cards? 🍷

Look on the bright side

Having a good attitude toward school can help your tween learn more. Here’s how to nurture positive thinking.

■ **Use upbeat language.** Encourage your child to reframe negative remarks. “We get too much homework in math” becomes “All this practice means I’ll remember the formulas.” Let her hear you talk up school, too. (“Your art teacher gives really interesting assignments!”)

■ **Act as a cheerleader.** Show your tween that you believe in her and expect her to do well. Regularly ask to see or hear work she’s proud of, such as a poem she wrote in English or a solo she’s working on in chorus. 🍷



Plan ahead for better essays

Like going for a hike, writing an essay requires advance planning. In both situations, your tween needs to know where she's headed and how she'll get there. Share these steps to map out a well-written paper.

1. Choose a destination. Suggest that your child list at least three ideas for her essay topic. Say she's asked to write a personal narrative about an obstacle she overcame. Possibilities might include moving to a new town or recovering from



a soccer injury. Then she can pick the one she believes will make the most compelling narrative.

2. Make a map. Your middle grader could draw a big soccer ball in the middle of her paper and write her essay title inside ("Getting Back in the Game"). Then, she can surround it with medium-sized balls for subtopics (her injury, physical therapy) and

add small balls with supporting details (recovery milestones, teammates' support). Now she can refer to her map as she writes her essay. 👍



Q & A Screen addiction?

Q I think my son is addicted to screens. He only wants to play video games in his free time and can't seem to go a minute without checking his phone. What should I do?

A While "screen addiction" isn't an official diagnosis, excessive screen use can be connected to anxiety and depression.

Ask yourself whether your child's usage is so all-consuming that it's having a negative effect on him. Consult his pediatrician if you notice any of these red flags:



- He can't control his screen use or lies about it.
- He has lost interest in other activities.
- His screen time interferes with sleep, school, or relationships.
- Screens are his main source of happiness or comfort.

You can help your son cut back by setting limits for the whole family. That way, he's not watching others play on their phones when he can't use his. Finally, encourage him to fill downtime with screen-free activities he enjoys, perhaps running or drawing. 👍

OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

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Kitchen chemistry

Holiday baking is a science—literally! Talk about these physical and chemical reactions while making treats with your middle grader.

What happens when you melt butter?

When energy (heat) is added to a solid, like butter, it causes the atoms to speed up—and the butter becomes a liquid. This is an example of a physical reaction. Together, observe what happens when melted butter cools again. It turns back into a solid because the atoms slow down.

What makes cakes rise?

Have your tween mix 1 tsp. baking soda with 1 tbsp. vinegar. He'll see bubbles, signaling a chemical reaction. In a cake recipe, baking soda reacts with acidic ingredients like vinegar, lemon juice, or buttermilk to release carbon dioxide, and the expanding gases make the cake rise. 👍



Parent to Parent

Peer pressure: Trust your instincts

My daughter Rosa went to the mall with friends when they were supposed to be at the park. Because she broke our pandemic-safety rule about no indoor socializing, I told her she had to stay home for two weeks.

When I asked Rosa why she went somewhere she wasn't supposed to, she said, "Because everyone else did." Then she admitted to feeling nervous and guilty inside the mall.

I encouraged her to think of feelings like those as "alarms"—when an alarm goes off, that's a sign to "wake up" and think for herself.

Next, we brainstormed responses she could have used like "My parents would ground me" or "My family is careful about indoor spaces."

My daughter wasn't happy to be grounded—but next time she's pressured to do something that sets off alarm bells, I hope she'll make a better choice. 👍



A message from the school nurse

As we continue to deal with all of the challenges that the pandemic has brought with it, it is important to continue to work at maintaining a healthy and productive routine for your pre-teen/teen. This practice will benefit everyone in the household.

- Stay on schedule. Keep a set time to wake up, to have breakfast, whatever they need to start their day.
- If off-site learning is necessary, encourage them to limit distractions while completing school assignments. Schedule lunch breaks and mini breaks throughout the day.
- Help them to 'plan' for things and to set goals.
- Your child may have creative ways to stay connected with family and friends. Enlist their help in using online resources where everyone can interact.
- Find a time when each family member can declutter a room or closet and donate items to charity.
- Enjoy the days with decent weather and encourage outdoor walks or runs while practicing social distancing.
- Help each other to explore new interests, and learn a new skill or find a new hobby.
- Talk with your pre-teen/teen about how they are feeling. Watch for signs that may indicate your adolescent is struggling or needs more support.
- Continue to model good health habits: Eat more fruits and vegetables, be active, buckle your seatbelt and make time to relax!



In case of a weather emergency, we will follow the same procedure that has been in practice in the past years. That procedure is as follows:

1. Radio Station KOOL (103.5 FM 1370 AM), and KTMX-FM (104.9) will again serve as our primary source for dispensing "school closing information." They are 24 hour stations.
2. If severe weather necessitates an early dismissal, a school cancellation, or information concerning school buses, it will be broadcast on KOOL and KTMX.
3. Bus drivers are instructed to use good judgment in determining whether a road is passable. The Transportation Department will notify parents where children can be loaded if a specific road cannot be traveled. Buses will travel the regular routes and maintain a time schedule consistent with the conditions of the roads.
4. "Emergency Messages" will be sent to our student's parents and guardians who have an email or cell phone number listed in Infinite Campus, and the YPS Staff. Information will be posted on our website at www.yorkpublic.org, on our Facebook page at York Public Schools and on Twitter at @MitchBartYPS (#yorkdukes). **Parents and Guardians – please be sure to provide the school secretaries with your current email address and cell phone number in order to be notified!!**

December/January 2020-21 School Counselor Connection Family Games

An all too familiar family scene...toddler glued to the television, preteen watching YouTube on a device, teenager on TikTok on his/her phone, parents on laptops working, surfing, or shopping. Sound familiar?

While we cannot argue with some of the benefits of technology, it does sometimes wreak havoc on family relationships.

As we near the holiday season and as the weather may be turning a bit frightful and we are stuck indoors, why not take a break from devices and play family games?

Below are just three benefits from playing games with your family. I'm sure there are many, many more!

1. **Developing Skills**-board and card games provide a lot of opportunities when it comes not only to reasoning and academic skills, but social and emotional skills as well. Most games require some thinking and strategizing. Some even encourage and promote math, reading, language and vocabulary skills. Playing games also teaches self-control, rules following, and how to win and how to lose with grace.
2. **Childhood Memories**-good old-fashioned board games provide the structure to bring the family together. Some of my favorite childhood memories centered around our family playing cards, Trivial Pursuit, and putting together puzzles. Laughter, sharing, and simply being near one other can provide some great life-time memories with your kids.
3. **Bonding Time**-Board games can provide quality family time. Instead of silence as each person is focused on their device, there is laughter, talking, and yes, even arguing as rules are discussed and there are winners and losers. But these learning moments provide time for positive conversations and working together as a family unit.

So whether board games are brought out just during a snow day or a holiday, or you establish a family game night, consider the benefits of playing together as a family. It will be a fun time with many benefits.



CHRISTMAS BREAK

December 18 will be the last student day of the semester. December 21 & 22 will be academic intervention and teacher workdays. If your student is behind or struggling with academics as we get to the end of 2nd quarter your child may be required to come in and finish their work.

School will resume on Tuesday, January 5th.



*Sounds
of the
Season*

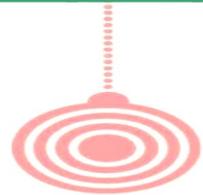
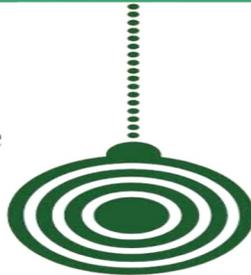
HOLIDAY BAND CONCERT

Rehearsals are under way for this year's Holiday Band Concert that will be held on Tuesday, December 8th in the High School Gymnasium. To allow for social distancing the middle school bands' portion of the concert begins at 7:00 p.m. and the high school band part of the program will start at 8:00 p.m. Two family members are allowed attendance for each band member and masks are required. There is no admission charge for the concert.



YMS CHOIR

The YMS choir concert scheduled for Tuesday, December 15th will not be done in person. The performance will be recorded during the school day and a link will be shared with you. Thank you for understanding.



York FFA Holiday Sales Update

**HOLIDAY SALES WILL BE
DELIVERED TO YOU BY THE FFA
MEMBER YOU CHOSE TO SUPPORT
ON THE WEEK OF DECEMBER 7TH**

**YORK FFA WOULD LIKE TO
THANK EVERYONE FOR ALL OF
YOUR SUPPORT!**

December 2020



	Mon	Tue	Wed	Thu	Fri	Sat
		1 7 & 8 WR @ Boone Central/ Newman Grove Dual - 4:30pm 7 GBB - Home vs. Northwest (@YMS) 4:30pm 8 GBB @ Northwest (Cedar Hollow) 4:30pm B	2 2:00 Dismissal G	3 7 GBB - Home vs. Aurora (@YMS) - 4:30pm 8 GBB @ Aurora (Penner Courts) 4:30pm B	4 G	5
6	7 7 GBB @ Seward MS - 4:30pm 8 GBB - Home vs Seward (@YMS) 4:30pm 7 & 8 WR @ Central City Invite 5:00pm Pearl Harbor Remembrance Day B	8 YMS/YHS Holiday Band Concert 7:00pm - YHS Theater  G	9 2:00 Dismissal B	10 7 GBB @ Adams Central - 4:30pm 8 GBB - Home vs Adams Central (@YMS) - 4:30pm G	11 B	12 7 & 8 WR - Boone Central/ Newman Grove HS Invite 9:30am
13	14 7 & 8 GBB - Home vs Columbus 4:30 pm (7 @ YES/8 @ YMS) Board of Education Mtg. G	15 B	16 2:00 Dismissal G	17 B	18 G	19 7 & 8 WR @ Seward MS Tournament 9:00am
20	21 Academic Intervention Teacher Workday	22 End of 2nd QRT. Academic Intervention Teacher Workday	23 NO SCHOOL - Christmas Break	24 	25 	26
27	28 Board of Education Mtg.	29	30	31 New Year's Eve NO SCHOOL - Christmas Break		



	01	02	03	04	
	Entree * Egg & Cheese Omelet with Toast * Muffin & Goldfish Grahams * Mini Chocolate Chip Pancakes Fruit Cafe Fruit & Juice Choices Milk Milk Choices	Entree * Chocolate Iced Long John * Cheese Stuffed Pretzel * Bacon & Egg Breakfast Pizza Fruit Cafe Fruit & Juice Choices Milk Milk Choices	Entree * Warm Apple Frudel * Monte Cristo Sandwich * Cini Minis Fruit Cafe Fruit & Juice Choices Milk Milk Choices	Entree * Vanilla-Berry Yogurt Parfait with Goldfish Grahams * Ultimate Chocolate Chip Breakfast Round * Fresh Baked Sausage Biscuit Sandwich Fruit Cafe Fruit & Juice Choices Milk Milk Choices	
	07	08	09	10	
	Entree * Glazed Donut * Frosted Pop-tarts * Yogurt with Goldfish Grahams Fruit Cafe Fruit & Juice Choices Milk Milk Choices	Entree * Dutch Waffle * Fresh Baked Breakfast Pizza * Strawberry Banana Yogurt Crunch Parfait Fruit Cafe Fruit & Juice Choices Milk Milk Choices	Entree * Breakfast Cereal Bar * Blueberry Muffin with Hard Boiled Egg * Mini Cinnamon French Toast Fruit Cafe Fruit & Juice Choices Milk Milk Choices	Entree * Warm Cherry Frudel * Chewy Iced Granola Bar * Bagel with Cream Cheese Fruit Cafe Fruit & Juice Choices Milk Milk Choices	Entree * Banana Chocolate Chunk BeneFIT Bar * Yogurt with Goldfish Grahams * Fresh Baked Ham, Egg & Cheese Biscuit Sandwich Fruit Cafe Fruit & Juice Choices Milk Milk Choices
	14	15	16	17	
	Entree * Cinnamon Sugar Donut * Fresh Baked Ham, Egg & Cheese Biscuit Sandwich * Vanilla-Orange Poka Dot Parfait Fruit Cafe Fruit & Juice Choices Milk Milk Choices	Entree * Dutch Waffle * Warm Cherry Frudel * Pancake Sausage Bites Fruit Cafe Fruit & Juice Choices Milk Milk Choices	Entree * Muffin & Goldfish Grahams * Egg & Cheese Omelet with Toast * Chocolate Filled Crescent Fruit Cafe Fruit & Juice Choices Milk Milk Choices	Entree * Chocolate Iced Long John * Ultimate Chocolate Chip Breakfast Round * Mini Confetti Pancakes Fruit Cafe Fruit & Juice Choices Milk Milk Choices	Entree * Muffin Top & Yogurt * Egg & Cheese Taco Roll * Cheese Stuffed Pretzel Fruit Cafe Fruit & Juice Choices Milk Milk Choices
	21	22	23	24	
	Entree * Fresh Baked Breakfast Pizza * Mini Chocolate Chip Pancakes * Bacon & Egg Breakfast Pizza Fruit Cafe Fruit & Juice Choices Milk Milk Choices	Entree * Chocolate Glazed Donut * Blueberry Muffin with Hard Boiled Egg * Pancake Sausage Stick Fruit Cafe Fruit & Juice Choices Milk Milk Choices	Misc. No School	Misc. No School	Misc. No School
	28	29	30	31	
	Misc. No School	Misc. No School	Misc. No School	Misc. No School	

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To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at:

http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410
- fax: (202) 690-7442; or
- email: program.intake@usda.gov.

This institution is an equal opportunity provider.

01	02	03	04
Entree * Fresh Baked Turkey Club Sub * Chicken Nuggets with Dinner Roll * Strawberry Banana Yogurt Parfait with Graham Crackers * Spicy Chicken Sandwich Vegetables Fresh Broccoli Florets Steamed Carrots Fruit Fruit of the Day Milk 1% Unflavored Milk Chocolate Skim Milk Skim Unflavored Milk	Entree * Fresh Baked Turkey & Cheese Sub * Mini Corn Dogs * Turkey Combo Deli Wrap Vegetables Fresh Baby Carrots Peas Fruit Fruit of the Day Milk 1% Unflavored Milk Chocolate Skim Milk Skim Unflavored Milk	Entree * Fresh Baked Ham & Cheese Sub * Breaded Beef Patty Sandwich * Cheeseburger Macaroni Skillet with Garlic Breadstick Vegetables Fresh Broccoli Florets Jalapeno BBQ Baked Beans Fruit Fruit of the Day Desserts Fresh Baked Sugar Cookie Milk 1% Unflavored Milk Chocolate Skim Milk Skim Unflavored Milk	Entree * Fresh Baked Ham & Turkey Sub * Honey Garlic Glazed Chicken over Rice * Pizza Station: Fresh Baked Pepperoni Pizza Vegetables Fresh Baby Carrots Mixed Vegetables Fruit Fruit of the Day Milk 1% Unflavored Milk Chocolate Skim Milk Skim Unflavored Milk
07	08	09	10
Entree * Fresh Baked Ham & Cheese Sub * Grilled Chicken Sandwich * Pizza Pasta Bake Vegetables Fresh Baby Carrots Fiesta Corn Salad Fruit Fruit of the Day Milk 1% Unflavored Milk Chocolate Skim Milk Skim Unflavored Milk	Entree * Roasted Chicken & Cheddar Deli Wrap * Cheeseburger * Chicken Ranch Pasta * Vanilla-Berry Yogurt Parfait with Goldfish Grahamers Vegetables Fresh Broccoli Florets Calico Beans Fruit Fruit of the Day Milk 1% Unflavored Milk Chocolate Skim Milk Skim Unflavored Milk	Entree * Fresh Baked Turkey & Cheese Sub * Oven-Roasted Hot Dog * Baked Breaded Steak Fingers Vegetables Fresh Baby Carrots Mashed Potatoes with Brown Gravy Fruit Fruit of the Day Milk 1% Unflavored Milk Chocolate Skim Milk Skim Unflavored Milk	Entree * Fresh Baked Dual-Cheese Sub * BBQ Rib Sandwich * Popcorn Chicken Bites Vegetables Fresh Broccoli Florets Baked Beans Fruit Fruit of the Day Desserts Frosted Chocolate Cake Milk 1% Unflavored Milk Chocolate Skim Milk Skim Unflavored Milk
14	15	16	17
Entree * Fresh Baked Ham & Cheese Sub * Toasted Cheese Sandwich with Creamy Tomato Soup * Teriyaki Chicken Sandwich Vegetables Fresh Baby Carrots Western Green Beans Fruit Fruit of the Day Milk 1% Unflavored Milk Chocolate Skim Milk Skim Unflavored Milk	Entree * Fresh Baked Combo Sub * Pork Fritter Sandwich * Soft Shell Beefy Tacos * Caramel Apple Yogurt Parfait with Graham Crackers Vegetables Fresh Broccoli Florets Refried Beans Fruit Fruit of the Day Milk 1% Unflavored Milk Chocolate Skim Milk Skim Unflavored Milk	Entree * Fresh Baked Turkey & Cheese Sub * Corn Dog * Beef Stroganoff Vegetables Fresh Baby Carrots Mixed Vegetables Fruit Fruit of the Day Milk 1% Unflavored Milk Chocolate Skim Milk Skim Unflavored Milk	Entree * Fresh Baked Ham & Cheese Sub * Chicken Nuggets * Pizza Station: Fresh Baked Cheesy Pizza Vegetables Fresh Broccoli Florets Ranch Potatoes Fruit Fruit of the Day Milk 1% Unflavored Milk Chocolate Skim Milk Skim Unflavored Milk
21	22	23	24
Entree * Fresh Baked Ham & Cheese Sub * Traditional Sloppy Joe * Grilled Chicken Sandwich Vegetables Fresh Baby Carrots Green Beans Fruit Fruit of the Day Milk 1% Unflavored Milk Chocolate Skim Milk Skim Unflavored Milk	Misc. No School	Misc. No School	Misc. No School
28	29	30	31
Misc. No School	Misc. No School	Misc. No School	Misc. No School

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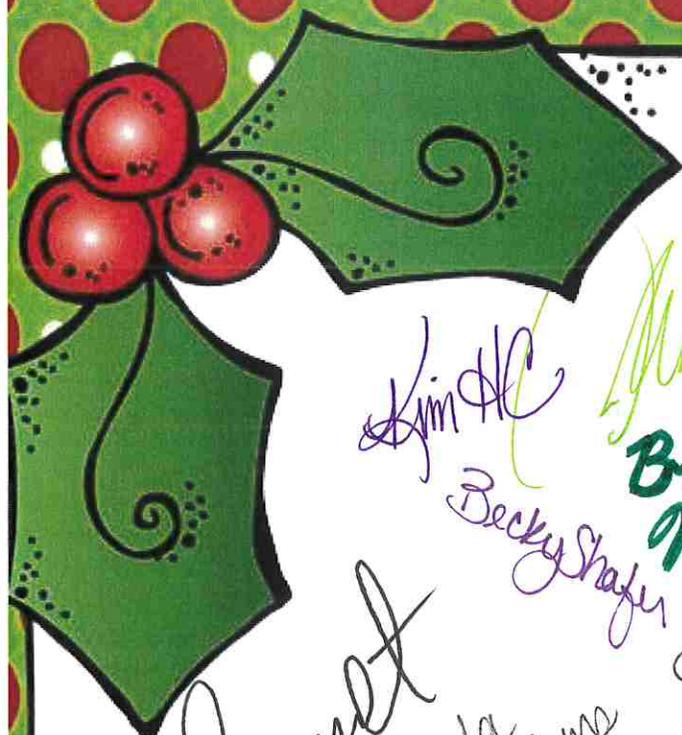
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- fax: (202) 690-7442, or
- email: program.intake@usda.gov

Merry Christmas
From the Staff at
York Middle School



Kim HC
Becky Shaffer
Brett Mauler
Kessie Gray
Chad Mathey
Nurse Sue
Melissa Manning
Curtis Paul
Brenda Stone
Stephan Satter
Carmen Fowler
Heather Gul
Matt Ken
GO DUKE!
Jace Butcher
Rich Harrison
Garry Coonert
Amanda Williams
Sheri Beins
Jessica Wagner
Randi Howe
Kelly Filer
Barbara Coleman
Kerry Conner
Jennifer Baker
Patsy Beins
Jamie Kaye
Gina Bude
Kimberly Schaper
Maggie
Jenna Schwan
Connie Nickel
Sally Balbridge
Tom Petersen

