



**EAST BUTLER BULLETIN**  
**"WHERE FUTURES BEGIN"**  
**JANUARY 9, 2018**  
**[www.ebutlertigers.org](http://www.ebutlertigers.org)**



**TUESDAY, JANUARY 9, 2018**

4:00-5:00-6:15-8:00 P.M. - JV Girls; JV Boys'; Varsity Girls';  
Varsity Boys' Basketball - Nebraska Lutheran - Here  
Ticket Takers: Mrs. Hermelbracht & Mrs. Chapek Concessions: FFA

**WEDNESDAY, JANUARY 10, 2018**

6:30 P.M. - Board of Education Meeting - Brainard Library

**THURSDAY, JANUARY 11, 2018**

2:00-3:00 P.M. - Jr. Hi. Girls' & Boys' Basketball - Cross County - Here

4:00-5:00-6:00-7:30 P.M. - JV Girls'; JV Boys'; Varsity Girls'; Varsity  
Boys' Basketball - Dorchester - Away

6:30 P.M. - Wrestling - EB-DC-Aquinas Triangular - Here

Ticket Taker: Mrs. Dozler Concessions: Cheerleaders

**FRIDAY, JANUARY 12, 2018**

3:00 P.M. - Wrestling - Weeping Water Invitational

4:00-5:00-6:15-8:00 P.M. - JV Girls'; JV Boys'; Varsity Girls'; Varsity  
Boys' Basketball - Heartland Community - Here

Ticket Takers: Mrs. Bohac & Mrs. Brabec Concessions: Close-Up

**SATURDAY, JANUARY 13, 2018**

Close-Up to make Pizzas

9:00 A.M. - Knights of Columbus Free Throw Contest at East Butler Gym

East Butler Tiger-Bots Competition-Columbus Middle School-*See Attachment*

**MONDAY, JANUARY 15, 2018**

**NO SPECIAL ACTIVITIES**

**TUESDAY, JANUARY 16, 2018**

4:00-5:00-6:15-8:00 P.M. - Varsity Girls' & Boys' Basketball -  
Giltner - Away

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**THE NEBRASKA SCHOOL ACTIVITIES ASSOCIATION (NSAA) IS PLEASED  
TO ANNOUNCE THE STUDENT RECIPIENTS OF THE FALL 2017-2018  
NEBRASKA CHIROPRACTIC PHYSICIANS ASSOCIATION (NCPA)**

**ACADEMIC ALL-STATE AWARDS:** These students are recognized for their individual academic excellence, leadership and significant contributions in their NSAA activity. Congratulations to: Cross Country - Miranda Spatz; Football - Dalton Bohac, & Jacob Janak; Play Production - Erin Barta; and Volleyball - Erin Barta & Jadyn Robley.

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**TOPP NOTE:** *Discover new roads to success as you step into another great year!*

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**SPECIAL THANK YOU TO THE DWIGHT ASSUMPTION CATHOLIC CHURCH FOR THE USE OF THE PARISH HALL FOR THE DWIGHT ELEMENTARY CHRISTMAS PROGRAM!**

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**MENU CHANGE:**

January 15: Salisbury Steak, Mashed Potatoes, WG Roll, Green Beans

January 22: 7-12 Pasta Choice, K-6 Spaghetti, Garlic Bread

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**STATE FOOTBALL CHAMPIONSHIP APPAREL** - We are going to place another order for state championship shirts, sweatshirts and hats. If you missed the last order or forgot to order an item, this will be your last chance. **WE NEED A MINIMUM OF 40 TO PLACE AN ORDER.** Please use the attached order form and return by Wednesday, January 24 at noon to Mr. Glasshoff.

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**CONGRATULATIONS TO THE EAST BUTLER MUSIC BOOSTERS CHRISTMAS RAFFLE WINNERS AND A SPECIAL THANK YOU TO ALL THOSE WHO DONATED PRIZES/CASH AND PURCHASED TICKETS – IT WAS GREATLY APPRECIATED:**

<b><u>PRIZE</u></b>	<b><u>DONOR</u></b>	<b><u>WINNER</u></b>
\$100 Brainard Meats Gift Card	East Butler Music Boosters	Sandy Bongers
\$100 Wahoo Locker Gift Card	East Butler Music Boosters	Morgan Havlovic
\$50 WalMart Gift Card	East Butler Music Boosters	Kathy Witzel
Musical Rudolph	Samantha Rezac	Toni Bohac
Quilted Blanket	Sarah & Miranda Strizek	Kathy Witzel
Grey Fleece Throw	Brayden Brecka	Judy Severin
Thomas Kinkadee Disney Puzzles	Randy & Kim Fuehrer	Mitchell Janak
Bucket of Pop & Candy	John & Kim Bongers	Adam Tejral
Vera Bradley Coffee Mug	Marty & Janene Helman	Keith Strizek
Vera Bradley Tumbler	Marty & Janene Helman	Carla Zak
Snowman Hanging	Vickie Hines	Gayle Wilkinson
Crystal Ornaments	Anonymous	Meagan Janak
Crock Pot	Duane Pierce Family	Keverne Spatz
Target Gift Certificate	Chris & Brenda Janak	Patti Romshek
Winter Candle	Bret & Kim Haney	Dylan Klement

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**JUNIOR OR SENIOR DWIGHT LEGION BASEBALL** - Any boys interested in playing Junior or Senior Dwight Legion Baseball this summer please contact Duane Pierce at 402-326-8380 by Monday January 15th.

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# State Football Championship Apparel Order

Name: \_\_\_\_\_

SHORT SLEEVE T-SHIRT		
Size	Price	Quantity
Youth Small	\$8.00	
Youth Medium	\$8.00	
Youth Large	\$8.00	
Small	\$8.00	
Medium	\$8.00	
Large	\$8.00	
X-Large	\$8.00	
2X-Large	\$10.00	
3X-Large	\$10.00	
4X-Large	\$10.00	
5X-Large	\$10.00	

LONG SLEEVE T-SHIRT		
Size	Price	Quantity
Youth Small	\$14.00	
Youth Medium	\$14.00	
Youth Large	\$14.00	
Small	\$14.00	
Medium	\$14.00	
Large	\$14.00	
X-Large	\$14.00	
2X-Large	\$16.00	
3X-Large	\$16.00	
4X-Large	\$16.00	
5X-Large	\$16.00	

CREWNECK SWEATSHIRT		
Size	Price	Quantity
Youth Medium	\$18.00	
Youth Large	\$18.00	
Small	\$18.00	
Medium	\$18.00	
Large	\$18.00	
X-Large	\$18.00	
2X-Large	\$20.00	
3X-Large	\$20.00	
4X-Large	\$20.00	
5X-Large	\$20.00	

HOODED SWEATSHIRT		
Size	Price	Quantity
Youth Medium	\$23.00	
Youth Large	\$23.00	
Small	\$23.00	
Medium	\$23.00	
Large	\$23.00	
X-Large	\$23.00	
2X-Large	\$25.00	
3X-Large	\$25.00	
4X-Large	\$25.00	
5X-Large	\$25.00	

FITTED HATS		
Size	Price	Quantity
S/M (6 7/8-7 1/4)	\$15.00	
M/L (7 1/8-7 1/2)	\$15.00	
L/XL (7 3/8-7 3/4)	\$15.00	



Estimated Quantity:

Items Priced:

Date Needed by:

Order by/for:  
East Butler Football Champions  
Nov. 2017

Style of Shirt:  
Regular

Shirt Color:  
Dark Heather



## PAYMENT DUE WITH ORDER

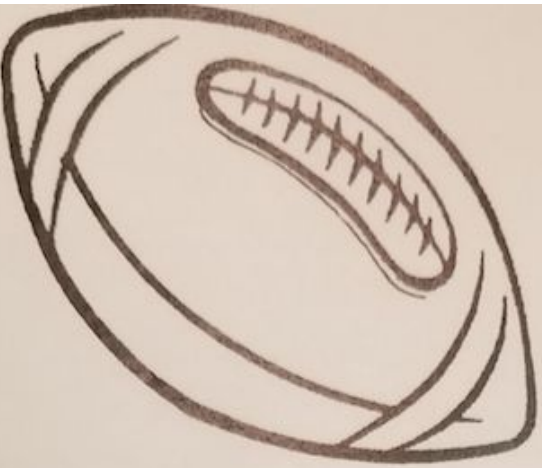
Total Items Ordered: \_\_\_\_\_

Total Amount Paid:

(Please make checks payable to East Butler.)

Return order to Mr. Glasshoff or the office by Wednesday, January 24, by Noon

# East Butler Football Community Celebration



When: Saturday, January 13<sup>th</sup> 6 pm. Game will  
be shown at 7:30 pm

Where: Dwight Legion

Who: All Tiger Fans

What to Bring: The EB Athletic Committee will  
be providing pork, buns and condiments

\*\*\*\*\*Please bring a side dish or appetizer to share\*\*\*\*\*

# High School YEARS

Working Together for Lifelong Success



## Short Clips

### Motivate with magazines

Looking for a surefire way to boost your high schooler's enthusiasm for reading? He could look for magazines that match his interests, such as animation, soccer, cooking, sports cars, or music. Consider getting him a subscription, or he might borrow magazines from the library or read them online.

### Earning trust

If you discover that your teen told you a "white lie," try this idea to show her how important it is to tell the truth. Ask her to name a friend she can always trust. Why does she feel that way? Point out that trust is earned—and even a tiny lie can make you question whether she might tell bigger ones.

### DID YOU KNOW?

The cost of taking the SAT or ACT doesn't have to stand in your child's way of going to college. Both test makers are increasingly partnering with states and school districts to offer these tests for free to students in need. Have your teenager contact his school counselor to see if he qualifies for a fee waiver, or offer to find out for him.

### Worth quoting

"Patience attracts happiness; it brings near that which is far." *Swahili proverb*

### Just for fun

**Q:** What is a snowman's favorite cereal?

**A:** Snow Flakes.



## Usher in a fresh start

January is the perfect time to reevaluate school habits. Encourage your teen to draw up resolutions that will help her succeed in 2018—and beyond. Share these suggestions.

**Resolution:** Do my best work.

**How to keep it:** Write down steps to take, and post them by your desk. For example, "I will review all my work carefully to verify facts, double-check math answers, and proofread for spelling and punctuation." When you hear yourself thinking, "I'm sure it's fine. I don't need to look at it again," read the statement out loud.

**Resolution:** Take careful notes.

**How to keep it:** When taking notes in class, write neatly and leave plenty of room to add details and answer questions later. Look over your notes every day to cement the information in your mind.

**Resolution:** Back up computer work.

**How to keep it:** Computers crash, and networks sometimes go down. When



working on the computer, hit "save" every few paragraphs, and regularly copy your files onto a flash drive or back them up in the cloud.

**Resolution:** Stay on top of my schedule.

**How to keep it:** Maintain a calendar that includes school assignments, job shifts, and social events. Seeing a day, week, and month at a glance will help you manage your time better. Plan study time and extracurricular obligations first, then work your social life around them. 👍

## A supportive home environment

When your teenager was younger, he probably couldn't wait to tell you what happened in school. Although that may have changed, your interest and involvement in his education are still important. Consider these ideas.

■ **Create a check-in time.** During the morning commute to school or at dinner, chat about his classes and after-school activities. Get him talking with an open-ended question, such as "What made you laugh today?"

■ **Attend school events.** Show your high schooler that curriculum nights, parent information programs, or college fairs are as vital as any family appointment. Hang school notices on a bulletin board or the refrigerator as reminders. 👍



## Q & A The opioid epidemic and teenagers

You may have heard news reports about the opioid epidemic and wondered whether it could affect your teenager. Here are answers to questions about opioids, which include heroin and prescription pain relievers like OxyContin, Vicodin, and codeine.

**Q:** How can I talk to my teen about opioids?

**A:** Explain the dangers, including the serious consequences like addiction and even fatal overdose. When you hear sobering statistics in the news, such as the number of overdoses in your state, share them with your high schooler.



**Q:** What if a doctor prescribes an opioid for one of us?

**A:** Keep all medications locked up between doses. Also, promptly dispose of any leftovers. That will keep them away from teens who are tempted to explore medicine cabinets or face peer pressure from friends to do so.

**Q:** What are the signs of opioid use, and what should I do if I think my child has tried these drugs?

**A:** Signs of opioid use include shifts in relationships with family and friends, not caring about one's appearance, changes in sleep habits, and poor concentration. If you suspect or discover your teen is using drugs, contact his pediatrician immediately. 🙌

## Thoughtful course planning

Four years of math? Or three, with a computer course senior year? Whether your teen goes to college or directly to work after high school graduation, course selection matters.

■ Some colleges require more math, science, or foreign language classes than

your child needs to graduate from high school. Suggest that she check websites for the requirements at schools she may be interested in.

■ Honors and Advanced Placement classes show readiness for college. Also, encourage your teenager to choose interesting, higher-level electives like environmental science or psychology.

■ Vocational courses teach skills that meet employers' needs. The school career center can help your teen identify interests and pick classes. 🙌



## How to increase confidence

Feeling confident can pave the way for your high schooler's future success, both in and out of the classroom. Try these tips to boost her self-esteem.

**Stay upbeat.** Encourage your teen with positive statements like "I know you'll rock your presentation today!" Also, share what gives you confidence. "I was a little nervous about my presentation at work, but I felt good because I had backed up my points with solid information."

**Give her responsibility.** Put your teenager in charge of home projects like replacing a water filter or a printer cartridge. Accomplishing tasks successfully, and seeing family members benefit from her efforts, will boost her confidence.

**Focus on what your teen can do.** Shine the spotlight on what your child is good at. Say she has a knack for explaining complicated ideas in simple language. Ask her to help her younger brother with his fractions homework or to teach the whole family how to play a challenging board game. 🙌



## Parent to Parent Learning a language—together

My son Parker is taking German this year. I took it in high school, too, but I don't remember much. I thought I could motivate Parker by learning some words and phrases alongside him.

I've been encouraging him to text me in German occasionally, and I use a German-English dictionary to

reply to him. Before we went to the grocery store together, I asked him to translate the list into German, and we had fun using it to shop.

Finally, I suggested that we download one of his favorite childhood movies in German. Since Parker remembered much of the story, this was a great way for both of us to pick up new vocabulary. 🙌



### OUR PURPOSE

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

Resources for Educators, a division of CCH Incorporated  
128 N. Royal Avenue • Front Royal, VA 22630  
800-394-5052 • rfeconsumer@wolterskluwer.com  
www.rfeonline.com  
ISSN 1540-5605

**PARENTS ALLOWED**

Pit #	Team #	Team Name	Project Building			Robot Design Judging			Core Values Judging			Practice Round			Round 1			Round 2			Round 3		
			Time	Room	Time	Room	Time	Room	Time	Room	Table	Time	Table	Time	Table	Time	Table	Time	Table	Time	Table		
1	1388	KCHS Stars 1	8:30 AM	0	8:45 AM	0	9:00 AM	0	10:00 AM	0	10:00 AM	1A	12:45 PM	2A	1:36 PM	2A	2:30 PM	1B					
2	1414	The Legatistic Nerds	9:00 AM	0	8:30 AM	0	8:45 AM	0	10:00 AM	0	10:00 AM	2B	12:45 PM	1A	1:39 PM	3A	2:27 PM	3B					
3	3775	Windstorm: Neon Edition	8:45 AM	0	9:00 AM	0	8:30 AM	0	10:03 AM	0	10:03 AM	3A	12:48 PM	2A	1:36 PM	2B	2:27 PM	3A					
4	5553	A/NOVA Bots	8:30 AM	0	8:45 AM	0	9:00 AM	0	10:03 AM	0	10:03 AM	3B	12:48 PM	2B	1:39 PM	3B	2:30 PM	1A					
5	7698	EAE Thunderbots	8:00 AM	0	8:30 AM	0	8:45 AM	0	10:06 AM	0	10:06 AM	1B	12:51 PM	3A	1:42 PM	2A	2:33 PM	2B					
6	10908	Building Builders	8:45 AM	0	9:00 AM	0	8:30 AM	0	10:09 AM	0	10:09 AM	2A	12:54 PM	1A	1:42 PM	1B	2:33 PM	2A					
7	12802	Misio Makers	8:30 AM	0	8:45 AM	0	9:00 AM	0	10:09 AM	0	10:09 AM	2B	12:54 PM	1B	1:45 PM	2B	2:36 PM	3A					
8	13444	KCHS Gold 2	9:00 AM	0	8:30 AM	0	8:45 AM	0	10:12 AM	0	10:12 AM	2A	12:57 PM	2A	1:48 PM	3A	2:42 PM	1B					
9	18227	Rusty Coyotes	8:45 AM	0	9:00 AM	0	8:30 AM	0	10:12 AM	0	10:12 AM	3B	12:57 PM	2B	1:51 PM	1A	2:39 PM	1B					
10	19198	Gear Gators	9:15 AM	0	9:30 AM	0	9:45 AM	0	10:15 AM	0	10:15 AM	1A	1:00 PM	3A	1:48 PM	3B	2:39 PM	2A					
11	19347	Da Hackers	9:45 AM	0	9:15 AM	0	9:15 AM	0	10:15 AM	0	10:15 AM	1B	1:00 PM	3B	1:53 PM	1B	2:42 PM	2A					
12	20912	Thunder Chickens	9:30 AM	0	9:45 AM	0	9:45 AM	0	10:18 AM	0	10:18 AM	2A	1:03 PM	1A	1:54 PM	2A	2:48 PM	1B					
13	1387	KCHS Gold 1	9:15 AM	0	9:30 AM	0	9:45 AM	0	10:21 AM	0	10:21 AM	2B	1:03 PM	1B	1:57 PM	3A	2:45 PM	3B					
14	21343	Mance County 4-H	9:45 AM	0	9:15 AM	0	9:30 AM	0	10:24 AM	0	10:24 AM	1A	1:09 PM	2B	1:57 PM	2B	2:48 PM	1A					
15	22247	Water Wizards	9:30 AM	0	9:45 AM	0	9:45 AM	0	10:24 AM	0	10:24 AM	1B	1:09 PM	3A	2:00 PM	1A	2:54 PM	3B					
16	22598	Designing Dream Makers	9:15 AM	0	9:30 AM	0	9:45 AM	0	10:24 AM	0	10:24 AM	1B	1:09 PM	3B	2:03 PM	2A	2:54 PM	3A					
17	25563	Columbus Night Owls	9:45 AM	0	9:15 AM	0	9:30 AM	0	10:24 AM	0	10:24 AM	1A	1:12 PM	1A	2:00 PM	1B	2:51 PM	2B					
18	25704	Fearsome Peeps	9:30 AM	0	9:45 AM	0	9:45 AM	0	10:24 AM	0	10:24 AM	1B	1:12 PM	1B	2:03 PM	2B	2:54 PM	3A					
19	25988	LEGO Ninjas	10:15 AM	0	10:30 AM	0	10:45 AM	0	10:30 AM	0	10:30 AM	2A	1:15 PM	2A	2:06 PM	3A	3:00 PM	2B					
20	28046	Callan County Automators	10:45 AM	0	10:15 AM	0	10:30 AM	0	10:30 AM	0	10:30 AM	1B	1:12 PM	1B	2:03 PM	2B	2:54 PM	3A					
21	28895	Rebel Robotics	10:30 AM	0	10:45 AM	0	10:15 AM	0	10:30 AM	0	10:30 AM	2A	1:15 PM	2A	2:09 PM	1A	2:57 PM	1B					
22	29542	Central Craniums	10:15 AM	0	10:30 AM	0	10:45 AM	0	10:30 AM	0	10:30 AM	2B	1:15 PM	2B	2:06 PM	3A	3:03 PM	1B					
23	32855	Lean Mean Building Machine	10:45 AM	0	10:15 AM	0	10:30 AM	0	10:30 AM	0	10:30 AM	1A	1:21 PM	1A	2:12 PM	2A	3:06 PM	1B					
24	1388	KCHS Green	10:30 AM	0	10:45 AM	0	10:15 AM	0	10:30 AM	0	10:30 AM	3B	1:18 PM	3B	2:09 PM	1B	2:57 PM	1A					
25	32827	Da Hints Katz	10:15 AM	0	10:30 AM	0	10:45 AM	0	10:30 AM	0	10:30 AM	1A	1:21 PM	1B	2:15 PM	3A	3:03 PM	3B					
26	34749	Henda bots	10:45 AM	0	10:15 AM	0	10:30 AM	0	10:30 AM	0	10:30 AM	1B	1:21 PM	1A	2:12 PM	2A	3:06 PM	1B					
27	35108	York County Robotics	10:30 AM	0	10:45 AM	0	10:15 AM	0	10:30 AM	0	10:30 AM	2A	1:24 PM	2A	2:15 PM	2B	3:06 PM	1A					
28	35759	Robo-Broncos	11:00 AM	0	11:15 AM	0	11:30 AM	0	11:30 AM	0	11:30 AM	2B	1:24 PM	2B	2:15 PM	3B	3:06 PM	3A					
29	38073	Lightning Bolts	11:30 AM	0	11:00 AM	0	11:15 AM	0	11:30 AM	0	11:30 AM	3A	1:27 PM	3A	2:18 PM	1A	3:12 PM	3B					
30	1385	KCHS Stars 2	11:00 AM	0	11:15 AM	0	11:30 AM	0	11:30 AM	0	11:30 AM	3B	1:27 PM	3B	2:21 PM	2A	3:09 PM	2B					
31	7691	Grey To Green Tigerbots	11:30 AM	0	11:00 AM	0	11:15 AM	0	11:30 AM	0	11:30 AM	1A	1:30 PM	1A	2:18 PM	1B	3:00 PM	2A					
32	25564	Tournament	11:00 AM	0	11:15 AM	0	11:30 AM	0	11:30 AM	0	11:30 AM	1B	1:30 PM	1B	2:21 PM	2B	3:12 PM	3A					

Team Check-in Begins  
7:30 AM  
Coach Meeting  
7:45 AM  
Opening Ceremony  
11:45 AM  
"High Five" and Closing Ceremony  
4:00 PM

**NEW LOCATION - MIDDLE SCHOOL  
(OLD HIGH SCHOOL BUILDING)  
2200 26th St  
COLUMBUS, NE**

**BUS DEPARTS AT 6:40 A.M. FROM BRAINARD  
TEAM SUPPER AT GODFATHERS AROUND 5:00 P.M.  
RETURN TO BRAINARD AROUND 6:30-7:00 P.M.  
MRS. CHAPEK'S PHONE NUMBER: 402-430-7849**