



# EAGLE UPDATE

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Elgin Public School  
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Elgin, NE 68636-0399

Volume XXVI, Issue 7

February, 2011

## DATES TO REMEMBER



## STAR COMPETITION



Feb. 4th  
NO SCHOOL  
Teacher Inservice



Feb. 7th  
Early Dismissal  
1:00 p.m.

Student-Led  
Conferences  
2:30 - 8:30



Feb. 9th  
School Board  
Mtg.  
7:30 p.m.  
in ITV Room



Feb. 18th  
NO SCHOOL



Feb. 28th  
NO SCHOOL  
NVC Speech at  
Elgin Public  
School



The Elgin FCCLA competed in the STAR competition on January 19th. Pictured with their awards are: (l. to r.) AJ Braband, Michelle Bauer, Briann Grosserode, Jessica Heithoff, Ashley Bode, Ivy Prater, and Stephanie Bode. Please read the complete story inside on page 2.



## AlertNow Adds Text Messaging

Keeping you informed is a top priority at Elgin Public Schools which is why we adopted the ALERTNOW Notification System.

We are excited to provide you with an additional way to be notified in the event of an emergency! Parents now have the option of receiving text messages from the district in the event of an emergency at their child's school. Parents must opt-in to receive this text messaging service because there may be additional charges for text messaging based on the contract with your phone company. The cell phone user will be responsible for these charges.

To sign-up to receive this new text service:

- 1) Visit the portal of the Elgin Public School District AlertNow text site at [www.alertnowsms.com](http://www.alertnowsms.com). There is a link under "Quick Links" on our website. "ALERTNOW TEXT OPT-IN"
- 2) Enter Elgin School District 18 six-digit PIN: ELGINS and click Opt-In.
- 3) Provide a primary and an optional, secondary cell phone number.
- 4) Agree to the text terms and conditions and then submit the information.

After confirmation, Elgin Public School District will be able to send emergency or non-emergency alerts to the designated cell phones, keeping parents/students informed of the latest information.

If you have questions about the district new automatic notification system, please call Paula Jensen at (402) 843-2455.



For the latest in news, check out our website: [www.elgineagles.org](http://www.elgineagles.org)



## STUDENT LED CONFERENCES PLANNED

During the 3rd quarter of the spring semester, all students will participate in Student-Led Conferences with their parents. Students will be required to complete a portfolio each year that will include various pieces of work from each of their enrolled classes. Teachers will be available during the Student-Led Conferences, but the main goal of the conference is for students to lead a discussion regarding their school performance with their parents.

The conferences will be held at the school and each student will be assigned a time to review their portfolio with their parent(s). The conference must take place at the school and all efforts should be made to attend during the assigned time. Students are required to participate in the Student-Led Conference.

Student-Led Conferences will be held February 7th from 2:30 - 8:30 p.m. Schedules will be sent out to parents soon. Please call the school if you need to have your conference time rescheduled.

A parent survey will be included in the envelope with the conference schedule. This survey is part of the School Improvement process asking for feedback from parents of current students. Please complete the survey and bring it with you to conferences or mail it back to the school. Thank you for your participation in our parent survey!

*"Failure will never overtake me if my determination to succeed is strong enough."*

Og Mandino  
American Essayist & Psychologist

### FCCLA CandyGrams For Sale

Balloon with candy delivered in Elgin with a special message for your Valentine!



*Large mylar balloon/candy \$5.00*

*Small latex balloon/candy \$3.00*

Kinds of Poppables available:

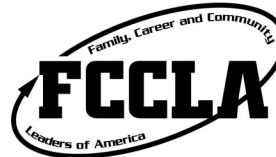
Snickers, Reeses, Skittles, Nibs,

Plain or Peanut M & M's, Hugs & Kisses, Starbursts

Place your order by February 11th with any FCCLA member or call the school 843-2455.

Payment must accompany your order.

Order forms are available on the website.



## DISTRICT STAR

On Wednesday, January 19, 2011, seven members of the Elgin FCCLA Chapter competed at District STAR. There were a total of nine schools present with over 175 entries. Ivy Prater received top silver for her Family Forever Presentation. She will present her project at State FCCLA in April. Stephanie Bode's project was on "Game Day Eats." Steph received a silver medal. Lifestyles of the Healthy and Fit was the title of Ashley Bode's speech. She received a silver medal as well. Briann Grossrode's interpersonal category project was about texting and was awarded silver. AJ Braband participated in the investigation category receiving silver. Michelle Bauer and Jessica Heithoff were partners. Their project was titled Keeping It Real-the Effects of Reality TV. They were runner-ups in their category and received a gold medal. Pam Heithoff and Joann Anderson accompanied the group to judge, and Connor Kinney also went along to help as a timer and door monitor. The FCCLA members would like to thank Mrs. Bode for all her help and time.

Submitted by Ashley Bode  
FCCLA News Reporter



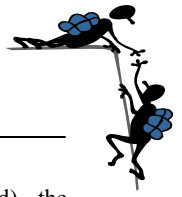
## NVC BAND CONCERT IN ELGIN!

The NVC schools on the east half of the conference will rehearse songs together for a concert on Tuesday, March 22, 2011. Schools involved are: Clearwater, Ewing, Elgin Public, Niobrara, Verdigre, and Orchard. The clinician is Mr. Brad Weber, a teacher of instrumental music at Wayne Community Schools in Wayne, Nebraska. The students will perform five songs with the conference band from all the schools as well as individual school performances at the concert. Elgin Public Schools will be performing with our band. There is no charge to go to the concert. It will begin at 7:00 pm in the Elgin Public School Gym. We look forward to seeing you there!

The Music Boosters will be hosting the evening meal at the event for the students. We will be calling on them to help supply food and help to put the meal together that day. There will be a meeting to finish organizing the food and work shifts on Tuesday, March 1<sup>st</sup> at 5:30 p.m. in the lunchroom. Please come!

# Counselor's Corner

by Mrs. Barb Bode



## It's FAFSA Time!

If you're a college-bound senior, it's time for you and your parents to prepare for the FAFSA (Free Application for Federal Student Aid) - the application for state, federal and college-based financial aid. It's important to complete and submit the form before your college's FAFSA priority date because financial aid is awarded on a first-come, first-served basis. If you don't know your college's priority date, contact the school's financial aid office.

## Follow these steps to complete the FAFSA

### Step 1: Request a PIN

Request a Personal Identification Number (PIN) for you and one for a parent at [pin.ed.gov](http://pin.ed.gov). The PIN is your signature for the electronic FAFSA and is used to track your financial aid application.

### Step 2: Complete your taxes early

Even though you don't have to *submit* your taxes early, you should *complete* them early because colleges prefer current tax information on the FAFSA."

### Step 3: Gather these student and parent items:

- 2010 federal income tax forms and, if applicable, Schedule K-1 (Form 1065)
- 2010 W-2 forms
- Student's driver's license number
- Social Security numbers
- Birth dates
- Date parents were married, separated, divorced or widowed
- Current cash, savings and checking account balances
- Current investment values (stocks, bonds, mutual funds, CDs, etc.) excluding your home and retirement accounts
- Value of business (if more than 100 employees)
- Value of investment farm (Do not include the value of a family farm that you or your parents live on and operate.)
- 2010 child support (paid and/or received)
- 2010 Workers' Compensation
- Other untaxed income in 2010 such as housing/food/ living allowances for military and clergy

Alien Registration Number for eligible non-citizens

## Be prepared to answer the following FAFSA question:

Did you or anyone in your household receive any of the following federal benefits?

- Supplemental Security Income
- Food Stamps
- TANF
- Free or Reduced Price Lunch
- WIC

### Step 4: Complete and file the FAFSA

Complete and file the FAFSA at [fafsa.gov](http://fafsa.gov). The colleges you list on the application will receive the results.

If you're filing the FAFSA for the first time and need help completing the form, call the EducationQuest location nearest you to set up an appointment. Call the Kearney office at 800-666-3721, Lincoln at 800-303-3745 or Omaha at 888-357-6300. All services are *free*.

## Free tools available to help you complete the FAFSA

EducationQuest has online tools to help you complete the FAFSA. They are available in the "[Completing the FAFSA](#)" section at [EducationQuest.org](http://EducationQuest.org).

- "[Guide to College Funding](#)" video – explains the financial aid process and the FAFSA
- "[FAFSA Made Easy](#)" video – demonstrates, in a humorous way, that the FAFSA isn't as difficult as it seems
- [FAFSA Checklist](#) – provides a list of items needed to complete the FAFSA
- [FAFSA Tutorial](#) – explains each FAFSA question
- [Podcasts](#) – explain the FAFSA - and how to prepare

## February "To Do" List

Complete these tasks during February to stay on the right college planning track.

### Seniors:

- \_\_\_ Apply for a Department of Education PIN (one for you and one for a parent) at [pin.ed.gov](http://pin.ed.gov).
- \_\_\_ Complete student and parent 2010 tax returns.
- \_\_\_ Complete the FAFSA at [fafsa.gov](http://fafsa.gov).
- \_\_\_ Continue to apply for scholarships.

### Juniors:

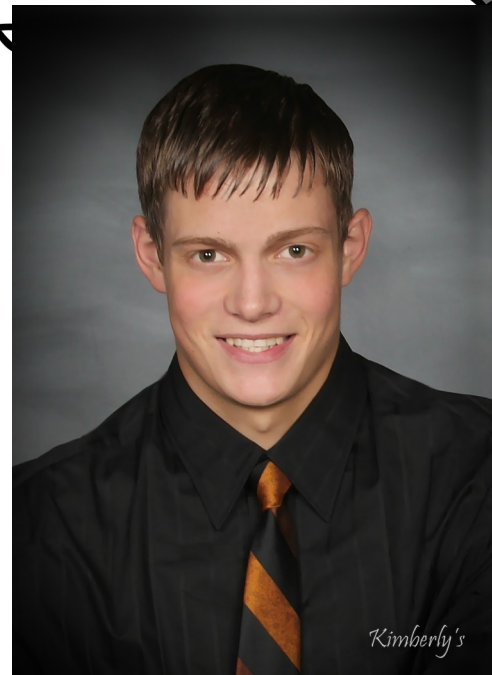
- \_\_\_ Register by February 11 for the March 12 SAT.
- \_\_\_ Register by March 4 for the April 9 ACT.



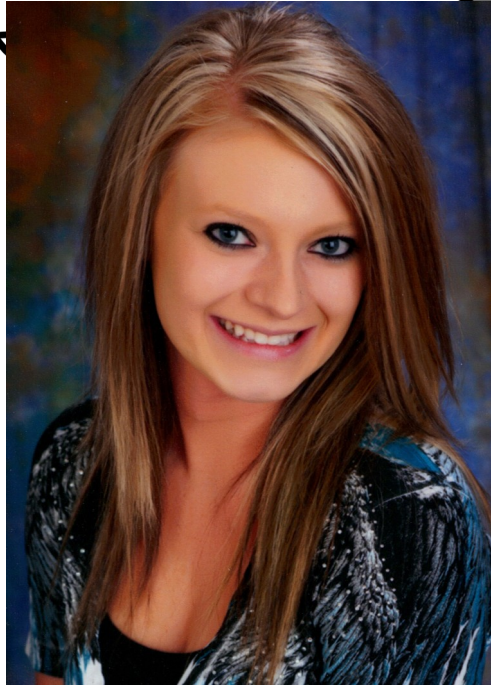
*Allen Miller*

Full name: Allen Joseph Miller  
Parents: David and Ruth Miller  
Brothers: Michael  
Pets: 2 dogs and a cat  
Favorite teacher: Mrs. Heithoff  
Activities: FFA, FCCLA, basketball, wrestling, golf  
Greatest honor during school: going to UNK honor choir  
Favorite activity: FFA because I get to meet people who share the same interests  
Most inspirational person: my uncle  
Favorite color: blue  
Favorite thing to do in spare time: Watch TV or drive around  
Pet peeve: People who tell me I don't have a life.  
If I could go back in time I would go: the 60's  
Something most people don't know about me: I am a Blacksmith  
Favorite movie: "Good Morning, Vietnam"  
Dream car: Dodge Viper  
Favorite food: pizza  
Favorite school lunch: hot dogs  
Favorite pop: Mt. Dew  
Favorite TV show: "The Big Bang Theory"  
Favorite type of music: 80's Rock  
Future plans after graduation: go to college at Milford

Full name: Kevin John Schindler  
Parents: Ken and Julie Schindler  
Sisters: Meghan Schindler  
Pets: Dog - Raven  
Favorite school subject: Weights  
Favorite teacher: Miss J  
Activities: Football, track  
Greatest honor during school: honor roll  
Favorite activity: football because you can hit people  
Most educational experience: visiting the moving Vietnam Wall  
Most inspirational person: my dad  
Favorite color: Red  
Favorite thing to do in spare time: hunt  
Pet peeve: when people chew their gum loudly  
If I could go back in time I would go: the 90's  
Favorite saying: "You bet"  
Favorite movie: "The Longest Yard"  
Dream car: Dodge Viper  
Favorite food: pizza  
Favorite school lunch: sloppy Joes  
Favorite pop: Mt. Dew  
Favorite TV show: Family Guy  
Favorite type of music: Country and Rock  
Future plans after graduation: Getting a good job



*Kevin Schindler*



*Rose Fangman*

Full name: Rose Marie Karalynn Fangman  
Parents: Rick and Kim Fangman  
Sisters: Bridgette, Bryttanie, and Victoriah  
Pets: dog - Taya  
Favorite school subject: history  
Favorite teacher: Miss J.  
Activities: Dance, student council  
Most educational experience: Girl's State 2010  
Most inspirational person: my mom  
Favorite color: purple  
Favorite thing to do in spare time: go to Newman Grove  
Pet peeve: when people smack their gum extremely loud  
If I could go back in time I would go: The Roaring 20's  
Favorite saying: "Don't touch it!"  
Favorite movie: "Footloose"  
Favorite food: Pepsi BBQ  
Favorite school lunch: sloppy Joes  
Favorite pop: Dr. Pepper  
Favorite TV show: "Jersey Shore"  
Favorite type of music: 80's music  
Future plans after graduation: attend Southeast Community College and major in radiology

Full name: Breanna Marie Bode  
Parents: Jeff and Sandy Bode  
Brothers: Ross  
Sisters: Cecily  
Pets: Amy, Jenny  
Favorite school subject: music theory  
Favorite teacher: Mr. & Mrs. Jones  
Activities: FCCLA, NHS, PALS, FFA, speech  
Greatest honor during school: National Honor Society  
Favorite activity: 20 minute reading  
Most educational experience: State FFA  
Most inspirational person: my parents  
Favorite color: purple  
Favorite thing to do in spare time: read  
Pet peeve: when people live in a world of "what if"  
If you could go back in time where would you go: 1920-1930's  
Favorite saying: "Karma"  
Something most people don't know about me: I have had 7 surgeries.  
Favorite movie: "Gone With the Wind"  
Dream car: Aston Martin  
Favorite food: almonds  
Favorite school lunch: tater tot casserole  
Favorite pop: Coca Cola  
Favorite TV show: "Modern Family"  
Favorite type of music: big band swing, classical, & 80's rock  
Future plans after graduation: attend UNL



*Breanna Bode*

# CYBERSMART CURRICULUM

*The technology students at Elgin Public Schools have begun taking part in classroom lessons from the CyberSmart! Student Curriculum. These lessons are part of their technology time with Mrs. Selting at the elementary level and in Computer App class at the high school level. It is our hope that you will support an ongoing dialogue about online safety in school and in your family. CyberSmart! has carefully examined all the most up-to-date research and as part of their curriculum, we would like to share it with you.*



## Technology solutions are not enough.

Filters, antispam software, and other technological solutions are useful but not sufficient to keep children and teens safe online. Ultimately, Internet safety depends on the decisions that youths make when they go online at school, at home, or at the library. That is why CyberSmart! teaches critical thinking and decision-making skills and recommends that younger children be supervised by parents or guardians. We know some of the information in this curriculum can be a hard topic, but CyberSmart! does an excellent job of keeping it age appropriate and our hope is it will lead to discussions at home.

## Rethinking the “conventional wisdom”

The latest research from the [University of New Hampshire Crimes Against Children Research Center](#) shows that while parents may worry most about the online safety of their youngest children, it is teens who are the primary targets of Internet sex crimes. Furthermore, statistics reveal that Internet offenders target those teens who are willing to talk online about sex. The conventional wisdom that offenders piece together bits of private identity information in order to locate children is largely unfounded. Almost all teen victims go voluntarily to meet these offenders face to face. For this reason, CyberSmart! lessons focus on educating your child, not scaring them or you.



## Here’s what CyberSmart! teaches, at age-appropriate levels, about safety online:

- All students learn strategies for responsibly managing online messages and avoiding situations that make them feel uncomfortable.
- All students learn when to seek the help of a trusted adult.
- For young children, no personal identity information should be shared online without a parent’s or guardian’s permission.
- Students learn to always think about protecting private identity information—including full name, postal address, e-mail address, phone numbers, calling card numbers, credit and debit card numbers, and Social Security numbers—for privacy and to avoid identity theft.
- It’s normal for both younger children and teens to experiment with their identities online, so student learning is focused on skills for managing impressions and audiences.
- Teens learn that it is inappropriate for adults to flirt or exchange sexual messages with them—online or offline.
- Teens learn that it’s risky to give personal identity information to people only known online *in combination with* talking online to such people about sex.

## Here’s what families can do:

- Start a conversation with your children about what they do online. Let them know that you understand how important using the Internet and other networked devices, such as cell phones, are to their lives.
- Keep the family computer in an open part of your home, showing your child that you are aware of, and interested in, his or her online activities.
- Let your children know that safety challenges—such as protecting the identities of family members—are a shared responsibility of all members of the family. As a family, set rules that consider the age and developmental stage of each child. Hold family meetings to revisit these rules on a regular basis.
- Let your teens know you understand that it’s normal for them to be interested in romance and sex. Talk about how to avoid risky behaviors online, such as engaging in flirting or sexual talk with adults they’ve met online, sending/posting provocative photos of themselves, or planning to meet people face to face that they only know online. Make sure they understand that adults who talk to teens online about sex are committing a crime.
- Start a conversation at home about unintended audiences, so that your children understand that what they post online can never be deleted and could be viewed by teachers, principals, college admissions offices, and future employers.
- If you think your family has been the target of identity theft or other online fraud, contact the [Federal Trade Commission](#) ([www.ftc.gov](http://www.ftc.gov)) to learn what to do.



This month has been a busy one at Elgin Public Schools. Along with the great things happening in the classrooms there have been numerous activities. Looking at my calendar for the next three weeks I see little space left to add any more entries. It is great to see the students involved. There are so many skills and life lessons that can be learned by participating and being involved. I have always believed that if you are putting forth the best effort you can you are on the right track to success. Success is a relative term. It reminds me of the ending to one of my favorite poems I used to recite to my team during my old coaching days, "... Life's battles don't always go to the stronger or swifter man, But sooner or later the man who wins is the one who thinks he can."

At the January Board of Education Meeting new board member Robert Hoefler was sworn in. Robert took the place of Mary Bauer who elected to "retire" from the board after eight years of service to the district. Thanks for all you did, Mary. During the Reorganization of the Board of Education Laurie Waterbury was elected president, Steve Heithoff as vice president, Kim Wells as secretary and Stan Heithoff as treasurer. The other two members of the Board are Ryan Reestman and Robert Hoefler.

The 2011 Legislative Sessions convened on January 5, 2011. As usual there are a number of proposals which could impact schools across the state of Nebraska. Among the bills introduced to date: LB 247, "Classrooms First Act" which require at least 65% of a district's total operating expenditures on classroom education beginning in 2012-13; LB 235 suggests one-half of one percent base limitation for 2011-12 and 2012-13; LB 236 offers a zero percent lid for the same two year period; LB 382 would change the employee contribution rate under the School Employee Retirement Plan; and LB 516 which would authorize carrying of concealed handguns in educational institutions by security personnel, administrators or teaching staff. There are many other bills already. How many and what they will be is still to be determined. Funding of public schools is one of the top issues this session. Stay tuned as it may be a really interesting session.

## EHS SPORTS HALL OF FAME INDUCTEE

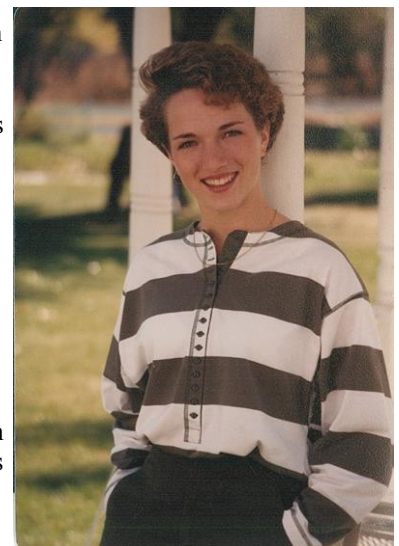
Elgin Public Schools is proud to release the name of the recent inductee to the Elgin Public School Hall of Fame. Shelli Riedmiller Swerzck a 1988 graduate of Elgin Public School will be inducted January 21, 2011 at the Elgin Public School/ Pope John Basketball game. Ms. Swerzck (Riedmiller) received numerous letters and several distinguished awards throughout her involvement in Volleyball, basketball and track at EPS. She also held or holds a variety of records in many sports.

Throughout her volleyball career, she was a 4 year letter winner. She was also named a First Team All State Volleyball player in 87 by the Omaha World Herald and Lincoln Journal Star. Mrs. Swerzck was also named to the Top 12 Northeast Nebraska Volleyball by the Norfolk Daily news and a 2 year All Conference Volleyball Player. In addition, Shelli Swerzck holds many school records in volleyball. To name just a few: Most points in a Season (157), Most Kills in a season, (255), Most Kills in a single game (33).

On the basketball court, Shelli Riedmiller Swerzck also played an integral role as a Four-year starter and letter winner. She played on the 1988 State Champion Basketball Team and helped lead her team to an undefeated season. In addition, Mrs. Riedmiller Swerzck was selected to the All Class All tournament team, the Class D-1 All tournament team and she was selected as a All State Lincoln Journal Star and All State Omaha World Herald First team player. Mrs. Riedmiller continues to hold many records today. Such as Most points in One Game (35), most points in a Career (1492), Most Field Goals in one game (15 vs. Cedar Rapids).

In Track and Field, Mrs. Riedmiller Swerzck excelled in many running events. She was a multi letter winner in track. Today, Shelli and her teammates still hold the 3200m school record. Shelli also qualified for the state track and field meet.

Shelli Riedmiller Swerzck athletic career continued into college. She attended Midland Lutheran College where she competed in basketball. She went on to graduate from Midland Lutheran College with a Degree in Teaching.



*Shelli Riedmiller Swerzck*

# F

## rom the Principal's desk . . .

by Jimmy Feeney  
jfeeney@esu8.org



“We would never fill a diesel pick-up with unleaded gasoline and expect it to run correctly, so why do we fill our bodies with bad foods and expect them to run like a diesel?”

Annie Beckman has been looking into organizations that are offering incentive programs for healthy lifestyle changes. We have been working together to decide if one will fit our staff or if we would be better off building a program on our own. Either way, we are hoping to have something in place to promote healthy lifestyle choices for our staff this spring.

It is often the simple choices we make that have the most significant impacts on ourselves and our children. Information is readily available through a variety of media. There are programs that focus on cutting 100 calories a day (check [www.prevention.com/100calories/](http://www.prevention.com/100calories/) for ideas) and adding 1,000 steps a day. The American Heart Association ([www.heart.org](http://www.heart.org)) has the “Simple 7” program on their website. The Mayo Clinic ([www.mayoclinic.com](http://www.mayoclinic.com)) has some great information and resources as well. No matter the goal, healthy choices are contagious. When a simple change takes place, the positive results will spark a desire to continue down that path.

One consistent in anything healthy is the importance of water. The benefits of drinking water and being hydrated speak for themselves. This is one of the toughest times of year to be healthy with the cold, wind and busy schedules. So I want to take this opportunity to share a couple facts I have found about the significance of water in everyday life. Hopefully you find this information useful!

Even mild dehydration can drain your energy and make you tired.

An estimated seventy-five percent of Americans have mild, chronic dehydration.

Water is your body's principal chemical component and makes up about 60 percent of your body weight. Every system in your body depends on water.

A mere 2% drop in our body's water supply can trigger signs of dehydration: fuzzy short-term memory, trouble with basic math, and difficulty focusing on smaller print, such as a computer screen.



Referenced websites:

[www.heart.org](http://www.heart.org); [www.mayoclinic.org](http://www.mayoclinic.org); [www.prevention.com](http://www.prevention.com); [www.mangosteen-natural-remedies.com](http://www.mangosteen-natural-remedies.com); [www.freedrinkingwater.com](http://www.freedrinkingwater.com)

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