



October 2018—Issue 2

Voyager



From The Superintendent's Desk — By Dr. Plas

#BeKind

There is a movement happening in metro Omaha that is not only great for that area, but should be a focus for all of the state. It is the #BeKind movement. The premise of #BeKind is that all students will treat each other with respect at all times. The purpose is to bring awareness of all types of bullying and harassment while simultaneously pushing for everyone to #BeKind to each other.

At Lakeview Community Schools, we have been focusing on these very same principals for quite some time. Our school, like all schools, isn't perfect when it comes to bullying, but we are continually providing education and opportunities to our students on digital citizenship, proper conduct, and the effects of bullying. The teaching of these items is something we take very seriously! To see a snapshot list of all the different bullying education we provide to students, I would encourage you to look at the district website (www.lakeview.esu7.org) and under the school building tabs click on 'Bullying Help'. There you will see a Boys Town site to help parents, a district snapshot of the bullying/digital citizenship curriculum, and a bullying reporting form.

We are all in this together, so please help us spread the message on treating others with respect both face-to-face and on social media. We need parents, teachers, students, and all stakeholders to have a strong commitment to pay forward the traits of compassion, care, and acceptance. We can make a positive impact ensuring 'random acts of kindness' are less random and more regular. It costs nothing to #BeKind to others, but the dividends of that effort will last a lifetime.

Attendance

School attendance is so important to the education of our students. Chronic absenteeism, which is defined as missing 10 percent or more of school for any reason including excused and unexcused absences, is a proven predictor of academic trouble. In addition, attendance gaps can often lead to achievement gaps that can undermine student success. The issues with chronic absenteeism extend beyond just those that are missing as it can cause the teacher to spend time reviewing for students who missed lessons.

Good attendance is essential to student achievement and ultimately graduation. Lakeview Community Schools is committed to dedicating resources and attention to reducing chronic absenteeism. But the best way to reduce chronic absenteeism is when schools, families, and the community work together to monitor and promote good attendance. Together we can get this done!

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In & Around the Jr/Sr High School...



Lakeview FFA Update

State Fair

The State Fair ran from August 24 to September 3rd. It allows youth exhibitors the chance to show off their hard work and dedication over the prior year. In addition to this, many FFA members attended the fair as guests. The Lakeview FFA Chapter was well represented this year among the livestock exhibitors. Ella Meyer had the Grand Champion Chester White Gilt and FFA Overall Grand Champion Market Gilt. Evan Tessendorf had Reserve Market Steer in his division. In addition to this Karston Runge had Grand Champion Hampshire Ram and Overall Reserve Ram. Megan Coan brought home two Grand Champion titles in the Breeding Ewe classes. In addition, many purple and blue ribbons were brought home.

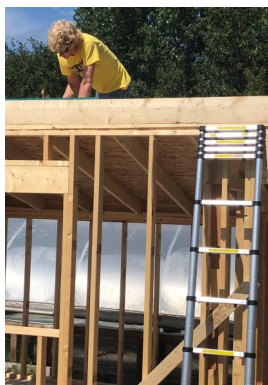


Corn Maze

The Lakeview FFA Chapter will be running a corn maze the last three Saturdays in October. The maze is located across from Farm Credit Services of America. The maze will run in two shifts: from 4 to 6pm a kid's themed session will run and from 8 to 11 pm the maze will be transformed into a haunted corn maze. Admission for the kid's session will be 3 and under free, 4-12 \$3, and 12 and over \$5. For the haunted session we will charge \$7 and all Lakeview staff and students, who bring a valid ID, will be let in for a discounted price of \$5.

Get Growing

Great strides have been made on the Get Growing project at Lakeview. The chicken coop is standing and ready for insulation, walls, and siding. The outdoor classroom is flagged and dirt work will be completed in the coming weeks to prepare the ground for immediate planting in the spring.



National Leadership Conference in Baltimore, Maryland

June 27- July 1 marked the National Leadership Conference for this year's 'Elevate Your Future'. This conference was held in Baltimore, Maryland, and Lakeview sent two competitors: Halla Paschold and Ethan Goldfish-Vinson. Halla competed in Public Speaking 1, and Ethan competed in Introduction to Public Speaking. Lakeview is home to a top-ten finisher in Introduction to Public Speaking, Ethan Vinson finished in 7th place!

Ethan and Halla enjoyed many tours that included an Orioles baseball game, a Medieval melodrama, Fort McHenry Tour, and touring Baltimore. They also attended sessions and conferences to bring ideas back to the chapter. Congratulations Ethan and Halla on representing the Lakeview chapter!



Human Hungry Hippos

As a recruitment activity, Lakeview FBLA held an exciting game of human hungry hippos. Members and any high-schooler that wanted to join FBLA was invited to participate in this event. We had a great turn out, and we are hoping our membership number will increase!

Food Feud

The annual Lakeview vs. Scotus food feud is coming up very soon. On October 5th, during the Lakeview vs. Scotus football game, we will be collecting our cans or donations for this event. All donations are donated to local food banks. If you cannot attend the game, but would like to donate, please drop off your donation at the school anytime.

\$12 Dues

In order to be a part of FBLA, each member has to pay a small fee of \$12. With this fee, they are officially a member of Lakeview FBLA, and they can participate in any activities they choose. Paying this \$12 opens many doors for every student, and is a small fee for them to be a part of such a beneficial organization. We ask that they have their dues in by October 1st.

Blue Pride Cards are In!

One of the many things that Lakeview FBLA is known for is our Blue Pride Cards. They are such a great fundraiser for our chapter, and they sell themselves! As of Tuesday, September 11th, members who have paid their dues will be able to take their cards. Contact Mrs. Dlouhy, any officer, or any member if you would like a card!

Leadership Team

Mrs. Tara Dlouhy
Halla Paschold
Ethan Goldfish-Vinson
Savanna Denton
Andrew Herley
Kassidy Soulliere
Britney Kouma
Emily Stevenson
Sydney Loeske

Adviser
President
Vice-President
Secretary
Treasurer
Reporter
Historian
Parliamentarian
Public Relations

Attention Current 7th graders and 8th graders Travel to Washington D.C. May 2019



Price per student \$1700

Price per Adult \$1900

ROUND-TRIP TRANSPORTATION

Hotel Accommodations

Overnight Security

Meal and all Gratuities

Guided Tour and Activities: Including White House, Lincoln Memorial, Capitol, Mt. Vernon. WWII memorial, Vietnam memorial, Martin Luther King Jr.

Contact Audrey Blaser at ablaser@lakeview.esu7.org in interested in going.

The following students are the new members of the Lakeview Chapter of the National Honor Society. They were formally inducted in a ceremony on Sept. 6 at the High School.

Kaleb Buck, Aaron Chin, Lucien Engel, Madeline Fremarek, Axel Juarez, Whitney Kuta, Endy Leon, Stan Pieper, Emma Stewart, Jordan Runge and Ethan Vinson.

The list published last month inadvertently omitted 3 students. Mrs. Brock would like to apologize for the error



~ Watch For ~

Homecoming White-out T-Shirt order
forms will be available the week of
September 17th 2018



Tidbits from the Technology Department

-Jan Went, Instructor

Lakeview Continues as a Certified Microsoft IT Academy

In the spring of 2014, the Nebraska State Legislature appropriated \$250,000 in funds to support the implementation of Microsoft Information Technology Academies in Nebraska high schools and community colleges. At that time, Lakeview High School was selected and continues to be a Certified Microsoft IT Academy and Certiport Testing Center. Funds were appropriated for three school years. Over the past three years, over 200 Lakeview students have received their certifications.

Unfortunately, the funding was cut by the legislature. It is the hope that this funding will continue once the agriculture economy becomes more stable. Until that time, the administration has approved funding for this year so that Lakeview students can continue to be a part of this fantastic opportunity.

Students who received their specialist certification for the 2017-2018 school year include:

Microsoft Word Specialists:

Aaron Chin, Lucien Engel, Madeline Fremarek, Ethan Goldfish Vinson, Allison Jaixen, Brayden Kucera, Whitney Kuta, Cole Langmack, Endy Leon, Kayla Milosich, Adam Nelson, Michal Nelson, Colby Pieper, Thunder Pilakowski, Luke Sliva, Delaney Snyder, Emma Stewart, Emily Stevenson, Kade Stromberg and Dawson Wurdeman.

Microsoft PowerPoint Specialists:

Lance Borer, Aaron Chin, Lucien Engel, Madeline Fremarek, Ethan Goldfish Vinson, Bradyn Kucera, Whitney Kuta, Cole Langmack, Endy Leon, Carsten Loseke, Michal Nelson, Colby Pieper, Thunder Pilakowski, Luke Sliva and Delaney Snyder.

Microsoft Excel Specialists:

Lucien Engel, Endy Leon, Ethan Goldfish Vinson, Whitney Kuta, Thunder Pilakowski and Luke Sliva.

We look forward to certifying many more students during the 2018-2019 school year. Remember, if you are a student, staff or community member of Lakeview Community Schools, you may test your knowledge and become certified as well! Contact Mrs. Went for more information if interested.

Microsoft Office 365 Available for Free Download!

Lakeview students and staff are able to download Microsoft Office 365 on their home computers using their school e-mail address as verification that they are students or staff of Lakeview Community Schools.

Students and parents can go to the following web site and follow the on screen instructions to download Office 365 on up to five devices, Windows or Macintosh:

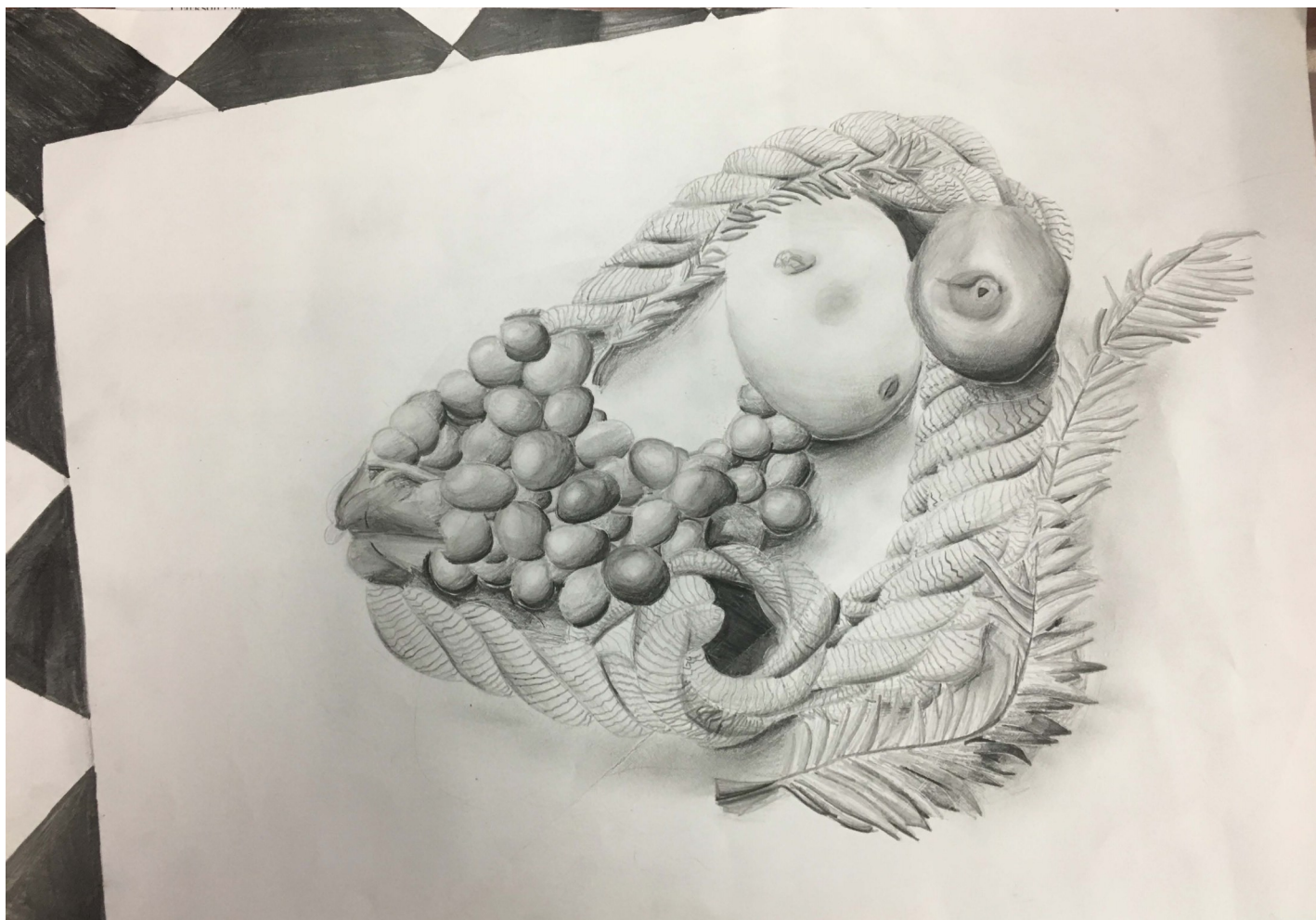
products.office.com/en-us/student/office-in-education

Apps included in the download include Microsoft Word, Microsoft Excel, Powerpoint, Outlook, Exchange Online, OneDrive, Publisher, Microsoft Access, Skype for Business, InfoPath, SharePoint and Microsoft Teams.



ARTIST OF THE MONTH

Lilly Rowe is the first Artist of the Month! Lilly is a freshman enrolled in Intro to Art. Her parents are Danika and Mike Rowe. When asked what she would like to say about her art she replied, "My art is a still life. It used value of black and white to show dimension. It has apples. a rope and grapes as a centerpiece."



Hidden Heroes

Feeding the Hearts of Many

Heroes can be found anywhere, anytime, and in many forms. Often, true heroes are not recognized or even seen. Lakeview hides many. The lunch staff at Lakeview is a prime example of true heroes among us.

Business teacher, Mrs. Jan Went said, "They go above and beyond what they need to. They are here really early and they add love to everything." The hidden heroes of the Lakeview cafeteria are the lunch staff it houses. These heroes light up our lives with their bright faces everyday, even if they do not realize it.

A common perception of feeling unimportant blanketed the lunch staff.

Head Food Service Director, Mrs. Jenny Sloup, hesitantly said, "[We feel] Like normal people. Like moms because most of us have kids that go to school here." All of the lunch staff is here for 6-8 hours each day making food, washing dishes, setting up the salad bar, and getting ready for the next day's food, yet they do not feel special. They feel normal.

Sloup also said that her favorite part of the day is the interaction with the students. This lunch staff wants to be more involved with the students and have hopes that students will change their view of them.

Unbeknownst to the cafeteria staff, students tend to put the lunch staff on a pedestal they deserve.

Junior Adam Nelson said, "With even just the simple interactions with the lunch staff, they tend to compliment the little things about us (the students) and make our days better."

Senior Cody Thompson agreed with Nelson, "I believe many students and other staff at Lakeview Community Schools have noticed how little recognition the lunch staff receives." One group in particular took this dilemma to heart and decided to be the change. This school year, the multicultural club and the lunch staff are pairing up to make a diverse foods week. This will be happening during the second week of February. A different dish from a different culture will be served each day of this week. This collaboration is a prime example of a great connection between the lunch staff and students.

As a community and school, it is our duty to recognize the forgotten and show the true importance of these hidden heroes. Lakeview High School lunch staff brings joy, light, and care to the lunch line every day, which in students' minds, means everything.



Over the summer, our robotics team went to China to compete in the China Cup Robotics Tournament. We had this opportunity thanks to our hard work and determination throughout the year. During the CREATE Open Robotics Competition we ended up in fourth place and the top five teams would be able to compete in China. The teams that would be going to China were announced at the state competition. After we found out that we would be going, we fundraised for the trip around the community.

Our first four days in China were spent at the NEBS boarding school in Shanghai. There we participated in handwriting, kung fu, and language classes. During the classes, we got to experience their culture and traditions. We spent one day mentoring the Chinese children in the VEX junior robotics competition. We were each paired up with one child and had three hours to design, build, and program a robot. We also took part in interviews where we practiced speaking the Chinese that we were taught in class. The next day, we competed in the regular competition with the robotics that we brought with us. There were five teams from America and eight teams from China.

We left the boarding school and met with our tour guide: Terry. We took a bus to the neighboring city of Hangzhou. We stayed on the 20th floor of the Braim Hotel. We had an amazing view of the city streets lined with trees and the massive courtyard full of people. We went to an underground mall with aisles that seemed to be endless. While searching for the exit we finally found some stairs, but they led to a supermarket underneath the mall. We explored the supermarket and then went to another mall above ground. This mall was five stories tall and split into two buildings. The next day, we went to the West Lake. We took a cruise and saw some of the ancient buildings on the hills. Next we visited one of the largest Buddhist temples in China. There were 300 Buddhas carved into the rock walls and seven separate temples. Each temple contained many huge statues of the deities. The next day we went to the Tea Village. There we got to sample their best green tea and see the terraces of tea plants on the mountains. We visited the Panmen Watergate. It is an extremely old fort that used to divide the provinces. We also went to a traditional Chinese garden. This consisted of a cluster of rooms surrounding a pond and landscaping. We had the opportunity to visit the National Embroidery Institute. There we saw beautiful works of embroidery which took thousands of hours to create. Beside a second garden, we haggled with the locals in their bazaar. On our last day in China, we went to the business district along the waterfront of Shanghai. There we saw the second tallest building in the world among other skyscrapers. That night we took another cruise around the bay to see those same buildings at night. As the sun went down, the buildings were lit up in different designs.

We would like to thank everyone who supported and helped us get to China.



Lakeview's 2018 Athletic Hall of Fame Inductees

This years Lakeview Athletic Hall of Fame Inductees below and on the next page are copies of the plaques that now hang on the "Lakeview Wall of Fame". These people and one team were introduced at halftime of the Lakeview Football game on September 14. Congratulations to all of these athletes, coaches, contributors, and teams!

Contributors Lorenz & Lois Rodehorst



Inducted 2018

Lorenz and Lois Rodehorst, were the familiar faces behind the admissions table at sporting events from the time Lakeview began until 1997. This role gave them the title of "The" ticket takers at Lakeview High School. They began supporting the Vikings in this capacity by volunteering when the Lakeview Booster Club requested help taking tickets at home games. They were the primary ticket takers for all home events. In 1977, they took over the additional responsibility of organizing ticket takers for all sporting events.

In 1991 at the All Sports Athletic Banquet, Mr. and Mrs. Rodehorst were honored by the Lakeview Booster Club for their commitment to providing this service to Lakeview athletics. Former Athletic Director, Doug Moss, thanked them for their dedication. No one prior to that time, or since, has consistently taken tickets for all home games.

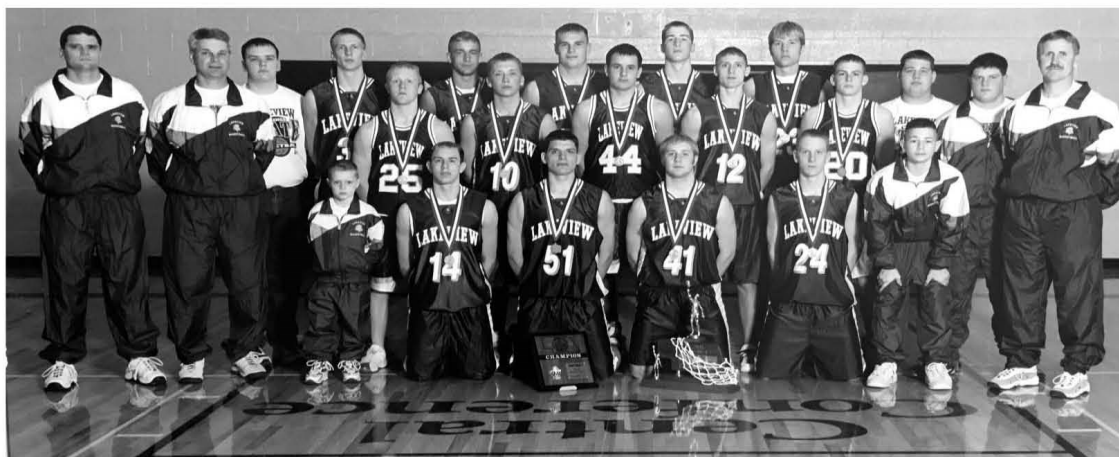
The Rodehorsts decided in 1997 that their role as Viking fans needed to move from the ticket taking booth to the bleachers so they could cheer for their thirteen Viking grandchildren. After Lorenz passed away in 2001, Lois has continued to support Lakeview athletics. Upon requests of the coaches, she has mended numerous football and wrestling uniforms and has a needle and blue thread ready for any emergency repairs.

Lois served as study hall monitor for Lakeview High School for 12 years and is currently a para-educator for the English Learner classroom.



This wall, located on the south side of the east gym, is where you will find these plaques and past years inductees.

Anyone can nominate anyone for this HOF. Applications are available at the office, on Facebook (Lakeview Athletic Hall of Fame), or email Ed Kinzer at ekinzer@neb.rr.com



2000-2001 Boys Basketball Team

Class C-1 State Champions - Record 23-2

(Front Row): Jack Shadley (MGR), Dusty Wilke, Kurtis Abbott, Andy Brandl, Wesley Gehring, Cody Luchsinger (MGR)

(Middle Row): Head Coach Jake Shadley, Asst. Coach Brad Luchsinger, Justin Asche, Brett Kapels, Beau Klug, Trevor Osten, Kurt Kapels, Cody Osten (MGR), Asst. Coach Rick Thomas

(Back Row): Jeremy Loseke (Stats), Daniel Skiles, Calvin Kapels, Josh Mueller, Dusty Jura, Daniel Koch, Ben Hellbusch

Inducted 2018

LAKEVIEW HIGH SCHOOL'S FIRST ATHLETIC STATE TEAM CHAMPIONSHIP!

Coeach Connie Jensen



Inducted 2018

In 1987, Coach Connie Jensen became Lakeview's first high school girl's golf coach. Her talent as a coach was evident as she took that team to the Class B State tournament as District Champions. In her 14-year career she would coach eight state-qualifying teams from 1987 until 1998. This was the most state-qualifying teams in any sport in Lakeview's history at that time.

Her 1997 team finished in second place at the Class B State Tournament. During the tournament, Coach Jensen's resume also boasts four Central Conference Championships (1990, 1994, 1997, and 1998), four Conference Runner-up finishes, fourteen regular season championships, and twelve regular season tournament runners-up. Lakeview girl's golf, during Coach Jensen's illustrious career, was a dominant presence in high school golf.

The respect and bond that Coach Jensen had with her female athletes were key factors in the success of the Lakeview girl's golf program. One of her former golfers said of her, "She was not only my coach, but a good friend, and she still is today. She always has a smile on her face when I see her. She modeled the drive and dedication for the female golfers at Lakeview High School. Her coaching was clear and concise." The best coaches are the ones that are there to teach, to discipline, and to be a friend. Coach Jensen was that kind of coach.

Athlete Kaycee (Kapels) Gardner



Inducted 2018

As a dominant force in Lakeview athletics during the 1990's, Kaycee excelled at every sport in which she competed. A three-year starter in volleyball, Kaycee was named All-Conference First Team her junior and senior years. She held school records for most ace spikes in a match, highest ace spikes percentage ratio, and most blocks in a match.

Kaycee also held track records for the 4x200 and the 4x100 meter relays. She was a three-time state track qualifier in six events.

As a four-year starter, Kaycee was the most prolific scorer in Lakeview girl's basketball history. She scored 1,494 points in her career and she held nine other basketball records. As a senior she averaged 21.1 points and 7 rebounds per game. She earned All-Conference honors all four years, Class B All-State Second Team as a sophomore, and Class C-1 First Team All-State and Honorary Captain both her junior and senior years. Kaycee achieved Academic All-State for three years.

Kaycee was named the KJLP Prep Athlete of the Year, Seneca Athlete of the Year, and Lakeview Female Athlete of the Year. Kaycee was the honor roll all eight years and was a National Honor Society member for three years.

After graduation, Kaycee was a starter for the University of Missouri at Kansas City (UMKC) basketball team. She led the team in scoring, assists, steals, and three-pointers for two years. She was inducted into the UMKC Athletic Hall of Fame in 2012.

Athlete Calvin Kapels



Inducted 2018

Calvin Kapels began his football career at Lakeview as a junior. The 2002 graduate earned starting positions as wide receiver and defensive back and set records with three pass interceptions in a game and most career interceptions with ten.

Calvin's stats prove that basketball was his forte. He helped his team qualify for the State Tournament three times. When Calvin was a senior, the team finished the season as State Tournament Runner-up and as a junior, they were State Champions.

Calvin's basketball resume is long and illustrious. As a freshman he received All-Conference Second Team, All-State Tournament Team, and All-State Honorable Mention. His sophomore year he received All-Conference First Team and All-State Honorable Mention. During his junior year he added All-Conference First Team, All-State Tournament Team, Honorary Captain of the All-State First Team, and Academic All-State. He earned All-Conference First Team and All-State Class C-1 as a senior. Calvin received the Ed Johnson Memorial Scholarship from the Nebraska Coaches Association. Records set include most career points with 1,058, most career assists with 311 and most career free throws with 269.

After graduation, Calvin went on to play for the University of Nebraska at Omaha. He was the only player in UNO history to have over 1,000 points, 500 rebounds, and 400 assists during his career. This placed him in the top 25 all-time in scoring, rebounds, assists, steals, and blocks.

Calvin currently serves as a pastor for Saint Stephen Lutheran Church in Liberty, Missouri.

Athlete Lori (Eberhart) Hopkins



Inducted 2018

Lori was a three-sport varsity letter winner in volleyball, basketball and track. She won five different Central Conference awards in team sports and was also a state qualifier in basketball and track. Lori set school basketball records for most points scored with 38 and most field goals with 17 in the same game during the 1987-88 season.

Her leadership skills were evident as she was named team captain for the volleyball and basketball teams her senior year. She was known for her aggressive style of play, which earned her the respect of her teammates and opponents alike.

Lori was a true student athlete. She was on the honor roll all four years and was president of the National Honor Society her senior year. Lori was also a four-year band member, president of the band her senior year, and was captain of the flag corp.

Her athletic career extended into college where she went on to play basketball for Nebraska Wesleyan University. Following her graduation from Wesleyan, she went on to become the head girls' basketball coach at Ansley High School. Lori's next position was the head girls' basketball coach, head volleyball coach, and athletic director at Rising City High School. She then moved on to the collegiate ranks as the assistant basketball coach at Metropolitan State College of Denver.

Lori is currently the Associate Athletic Director for Athletic

In & Around Shell Creek Elementary School...

B-I-N-G-O

8/27/18

Parents + Students + Teachers = **SUCCESS**

The annual Title I *Back to School Bingo Night* was held at Lakeview High School on August 27, 2018, with **134 people** in attendance. Families, students, and teachers from Platte Center and Shell Creek enjoyed the parent involvement activity. Books and school supplies were awarded to the children.

Principals, Mr. Witt/Platte Center and Mr. Kluth/Shell Creek, held an informational parent meeting to discuss and review the Title I Parent/Student/Teacher compact and the Language Arts Resource Selection Process.

Many staff members and volunteers assisted throughout the evening to make this night possible. We all enjoyed the delicious cookies made by Mrs. Sloup and her staff from Lakeview's Food Service.

SPECIAL THANKS TO EVERYONE WHO HELPED MAKE THIS EVENING A HUGE SUCCESS!!



In & Around St. John's Lutheran School...

St. John's welcomed our Grandparents for Grandparents Day which was held on Friday, September 7th. Over 70 grandparents were here to enjoy a pizza lunch and several games of Bingo. We also had such a wonderful time doing crafts, reading books, and sharing our classrooms with them. We finished the day with Chapel and some of us went home with our grandparents.

Our Scholastic Book Fair is going on now through September 16th. With this program the school will be able to select some free books for our classrooms and library as well as getting quality books in our homes.

We had a Meet and Greet on Sunday with our Prayer Partners. This is a program at school in which church members are paired up with a chosen student. The church families support them through the year through prayers and also remember them on special occasions like birthdays and Christmas. In return the students remember them through prayers and special gifts. It's a great time to build each other up and make some lasting friendships.



In & Around Christ Lutheran School...

The 2018-19 school year is underway. There are some new faces at Christ Lutheran this year. We welcome Miss Alison Rudolph as our new K-1-2 teacher. Miss Rudolph comes to us as a new graduate from Concordia University, St. Paul, MN where she majored in Early Childhood Education with a minor in Lutheran Theology. She enjoys cooking, reading, writing, gardening, and being outside. She is originally from Elk River, MN.



We also welcome Mrs. Colleen Belitz as our aide/librarian. Mrs. Belitz graduated from Peru College with an education degree. She taught at St. Isidores's Grade School for 23 years. She enjoys singing, listening to music, yard work, crafts, and watching movies. She is also an avid Nebraska volleyball and football fan. We know both Miss Rudolph and Mrs. Belitz will be a blessing to our school.



State



September 9 was celebrated as Education Sunday. The K-8 choir sang at the church service. Day school and Sunday School teachers were rededicated for another year of service. The PTL held a Bake Sale following the service. Yummy cinnamon rolls, trail mixes, cookies, cakes, pies and more were available for purchase. Proceeds from the Bake Sale will be put toward the basement ceiling renovations. Thank you to all who supported our Bake Sale!

Christ Lutheran and St. John's Lutheran have again joined together for club volleyball. The girls are learning a lot and get a lot of experience playing. They are a young team, but have gone 1-1 in both triangulars they have played in. Way to go Lady Raiders! Good luck the rest of the season!



In & Around Lakeview Community...

October 2018							Nov 2018 ▶
◀ Sep 2018	Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Chicken Fajita Rice Steam Veggies	2 Meatball Mashed potatoes, gravy Corn Roll	3 Baked Potato bar w/all toppings Cheesy broccoli Bread stick	4 Grill out Hamburgers Chips Baked beans Cookie	5 Cream chicken Over a biscuit Green beans Orange slices	6
7		8 Baked chicken Scalloped potatoes carrots Roll	9 Pasta baked Green beans Bread stick	10 Pulled pork Baked beans Chips Cookie	11 Meat Nacho With all toppings Corn Cinn stick	12 Chicken sandwich French Fries Apple slices	13
14		15 No School	16 Hot ham cheese Chip Baked beans Pudding	17 Corn dogs Mac cheese Peas	18 Taco lasagna Green beans Cinn stick	19 Stir fry meal Rice Broccoli Fortune cookie	20
21		22 Chicken Nuggets French fries Carrots	23 Salisbury steak Mashed potatoes Gravy, Roll	24 Fiesta Pizza Broccoli Cake	25 Meat loaf Baked potatoes Corn Roll	26 Chicken Bacon Pasta Bread stick Green beans	27
28		29 No School	30 Pizza Green beans Side kicks	31 Mummy Wraps Bloody fingers Cats eyes Happy Halloween			

More Calendars: [Nov 2018](#), [Dec 2018](#), [2019](#)

Summary of USDA's Meal Pattern Requirements

General Information:

- All districts will follow the Food-Based Menu Planning format
- New grade groups established: Grades K-5, Grades 6-8 and Grades 9-12

Milk: All flavored milk must be fat-free (skim); unflavored milk must be skim or low-fat (1%)

Grains/Breads:

- At least half the grains must be whole-grain rich defined as one of the following:
 1. Contains 8 grams of whole grains per serving
 2. Carries the FDA whole grain health claim
 3. Whole grain must be the primary grain ingredient by weight
- May count up to two grain-based desserts per week towards the grain/bread requirement
- Overall decrease in the number of grains/breads offered weekly at lunch with daily/weekly minimum and maximum requirements
 1. 1 oz equivalent daily for K-5 (weekly total of 8-9 oz)
 2. 1 oz equivalent daily for 6-8 (weekly total of 8-10 oz)
 3. 2 oz equivalent daily for 9-12 (weekly total of 10-12 oz)

Fruits & Vegetables:

- Students must take at least 1/2 cup of a fruit or a vegetable at lunch.
- Pasteurized, full-strength, 100% juice may be used to meet no more than 1/2 of the fruit or vegetable component
- For crediting purposes:
 1. 1 cup of leafy greens counts as a 1/2 cup of vegetable
 2. 1/4 cup of dried fruit counts as a 1/2 cup of fruit

Fruits:

- Must offer 1/2 cup daily for grades K-8 and 1 cup daily for grades 9-12 at lunch
- Formulated grain-fruit products are not allowed to meet the grain or fruit components

Vegetables: Daily and weekly portion requirements, including specific sub groups:

- Dark Green Vegetables: broccoli, romaine, spinach, greens (mustard, kale, collard, turnip) dark green leaf lettuce, endive, bok choy
- Dark Orange/Red Vegetables: carrots, pumpkin, sweet potato, winter squash (Hubbard, acorn, butternut), tomatoes, red peppers
- Legumes: black beans, garbanzos, kidney beans, vegetarian beans, pinto beans, split peas, soybeans, lentils
- Starchy Vegetables: white potatoes, green peas, corn, edamame (soybeans), lima beans, water chestnuts
- Other Vegetables: green beans, cauliflower, cucumbers, onions, pepper, celery, asparagus, zucchini, iceberg lettuce, mushrooms

Meat/Meat Alternate:

- Commercially prepared tofu and soy yogurt can now be served as part of a reimbursable meal

Nutrient Standards:

- Calories: Minimum/maximum calorie ranges for Lunch have been identified:
 Grades K-5: 550-650 kcal Grades 6-8: 600-700 kcal Grades 9-12: 750-850 kcal
- Sodium: Sodium targets have been delayed until the start of SY 2014-15. Current NDE sodium requirements remain in effect for SY 2012-13 and SY 2013-14: Breakfast: 1000 mg Lunch: 1350 mg
- Trans Fat: All items must be trans fat free except naturally occurring in beef and dairy
- Saturated Fat: Less than 10% of total calories



Lakeview

October, 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 TBD GOLF-G/Varsity Blair vs. Multiple Schools TBD VB-8th Scotus Central Catholic (FFA) Fruit Sales More...	2 Student Health Check Ups Mock Interviews for Seniors and Juniors 4:00pm-6:00pm 7th and 8th Volleyball Practice @ Both Gyms More...	3 8:00am-3:00pm Senior Retreat 4:00pm-5:00pm 7th and 8th Football Practice @ Football/Soccer Practice Field	4 TBD SB-Varsity Wisner-Pilger vs. Multiple Schools 4:00pm-5:30pm 7th and 8th Football Practice @ Football/Soccer Practice Field 4:00pm XC-Varsity Holdrege More...	5 TBD SB-Varsity Wisner-Pilger vs. Multiple Schools (FBLA) Lakeview/Scotus Food Feud West Gym Closed - Homecoming Decorating @ West Gym More...	6 (Band) Harvest of Harmony Festival (Vocal) All-State Vocal Digital Auditions Due 10:00am VB-9th Columbus vs. TBD More...
7 TBD GOLF-G/Varsity TBD vs. TBD 4:00pm-5:30pm 7th and 8th Football Practice @ Football/Soccer Practice Field 4:30pm VB-7th Schuyler Community More...	8 TBD GOLF-G/Varsity TBD vs. TBD 4:00pm-6:00pm 7th and 8th Volleyball Practice @ Both Gyms 4:30pm FB-7th Northwest More...	9 Early Dismissal - 1:30PM - All attendance centers TBD SB-Varsity TBD vs. TBD	10 TBD XC-Varsity Boone Central / Newman Grove vs. Multiple Schools TBD SB-Varsity TBD vs. TBD TBD VB-Varsity TBD vs. TBD More...	11 End of 1st Qt. TBD SB-Varsity TBD vs. TBD 7:00pm FB-Varsity Wahoo	12 9:00am FFA Fun Run @ Multiple locations 9:00am VB-Varsity Adams Central Junior-Senior vs. TBD	13
14 (FFA) Fruit Sales In-Service/Work Day (80/20) 5:00pm VB-9th Columbus 5:30pm FB-Reserve Central City	15 5:00pm FB-7th (Rescheduled from 09-04-18) Wahoo 5:00pm VB-Varsity Concordia Jr / Sr vs. Multiple Schools 5:00pm VB-JV Concordia Jr / Sr vs. Multiple Schools More...	16 Mock Interviews for Seniors and Juniors	17 5:30pm VB-9th North Bend Central 6:30pm VB-JV North Bend Central 7:30pm VB-Varsity North Bend Central	18 TBD XC-Varsity TBD vs. TBD 7:00pm FB-Varsity Raymond Central	19 (Band) NSBA Marching Festival in Kearney 9:00am VB-9th Scotus Central Catholic 9:00am VB-JV Scotus Central Catholic	20
21 (Awards Night) Girls Golf	22 Mock Interviews for Seniors and Juniors 6:00pm (Awards Night) Cross Country @ Cafeteria	23 6:00pm VB-JV Schuyler Community 6:00pm VB-9th Schuyler Community 7:00pm VB-Varsity Schuyler Community	24 Early Dismissal - 1:30PM - All attendance centers	25 7:00pm (Speech) Parent Meeting @ Cafeteria 7:00pm-1:00pm Fall Blood Drive @ West Gym	26 (Vocal) UNK Honor Choir Audition Applications Due TBD FB-Varsity TBD vs. TBD	27
28 6:00pm (Awards Night) Softball @ Cafeteria	29 No School TBD VB-Varsity TBD vs. Multiple Schools	30 TBD VB-Varsity TBD vs. Multiple Schools	31			

Support Lakeview Viking History...

BUY A BRICK!

For all those fans who wish to become a permanent part of Lakeview High School history and continue to building the Viking tradition, we offer a unique opportunity. Be a part of the most distinctive feature of the Lakeview Athletic Complex...the "VIKING WALK OF PRIDE". The entrance to the newly renovated stadium will consist of personalized bricks which will form a walkway for our fans. The walkway, to be named the "VIKING WALK OF PRIDE", will capture the LHS tradition of excellence. Viking athletics have produced some outstanding athletes. Now, the "VIKING WALK OF PRIDE" provides a unique opportunity to leave an enduring symbol of your support for Lakeview High School Athletics.

YES! I want to be a part of Viking History with a personalized **VIKING WALK OF PRIDE** brick!

Purchaser's Name _____

Address _____

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____ This is a SURPRISE gift. (Do not send acknowledgement letter.)

____ Send acknowledgement letter to:

Purchaser's Name _____

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Print information exactly as you would like it to appear, noting there are a maximum of 16 characters per line (including spaces). It could be the name of your company, a special message or something more creative.

4" X 8" Standard size, imprinted: \$100.00

Maximum of 14 characters per line (including spaces) - 3 lines. If you wish to order more than one brick or would like your bricks placed next to a friend's brick or with a group of bricks, your orders **MUST BE PLACED TOGETHER!** All contributions are tax deductible to the extent allowed by law.

All profits from this sale will be used for the construction and maintenance of a new track. **ALL STATE PLAYERS!** There will be a spot reserved for you along the main entrance.

ORDER YOUR BRICKS TODAY!

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