



PLUME

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Bishop Neumann Central Catholic Jr/Sr. High School
202 South Linden Avenue, Wahoo, NE 68066 (402) 443-4151

April 2010

“A Fine Farewell”

As many know, our principal, Father Brian Kane, is leaving us to join the troops overseas. He has accomplished many great things for Bishop Neumann. All in all, Father Kane has helped make the school a more fun-filled place, and he continues work to make every student feel important.

Father Kane may not have made many big changes to the school, but it is the little things he has done that will stick in our memories. During school dances Father Kane was seen by students having a great time while joking around with Father Vandewalle. School assemblies sometimes featured YouTube videos of comical things to get our attention before a slideshow was presented. “I always found Fr. Kane’s presentations amusing because that’s how Father Kane rolls,” commented senior Ryan Luetkenhaus. There were also days Father Kane was seen wearing a smile and washing lunch trays in the cafeteria. Father Kane’s cordial personality brightened up an otherwise drab school day. It is this quality, along with others, that will make Father Kane irreplaceable.



Along with these things, Father Kane has also helped with athletic programs. The trap team enjoys Father Kane’s sponsoring. “Fr. Kane was very helpful to the trap team in organizing trap team meetings during school,” stated junior Alex Johnson. The other sports teams also have a great fan in Father Kane who is almost always seen at games and meets throughout the seasons. He also aids students looking to go into the military. Many students have had easier decisions on whether the military was right for them, and if so, which branch, because of Father Kane.

The faculty and staff are going to miss the ease of working with him. Mrs. Joyce Benes stated, “Father Kane worked well with all of the student body presidents to make changes and improvements for the students. He came up with some great ideas and always addressed the concerns of student council.” Mrs. Laura Frederick, who was new to the staff this year, thought that Father Kane was very patient and gentle with teaching her the rules and ways of Neumann. Mr. Rick Ahrens described Father Kane as a “people person” because he “works well with other people.” Mr. Ahrens also added that Father Kane handled conflict with ease. Father Kane was also known to sneak into Mrs. Mary Larsen’s Family and Consumer Science classes to eat lunch whenever one of her classes would cook Asian cuisine.

As we bid Father Kane farewell, we will also bid farewell to the class of 2010, the only class taught by Father Kane. He taught them as freshmen. All of the members of this class had nothing but good things to say about Father Kane and they all agreed that he was a fabulous teacher and that they will miss seeing him around. Josh Hartman commented, “Father Kane taught us about the history of the Bible and gave us awesome laminated book marks.” Chad Machovec added, “Father Kane was very informative and really knew about the things he taught us instead of just teaching from a book. Anytime one of us needed help, he was always willing to lend a hand.” Many seniors remembered the first day of class when Father Kane jokingly said he was going to run Neumann like a military school. Father Kane obviously did not run Neumann this way, but instead the complete opposite—with laid-back ease and patience.

All of the faculty, staff and students at Bishop Neumann High School are going to miss Father Kane dearly. Although we would like to keep him in Wahoo, Father Kane is going to aid in a great cause. Hopefully we will cross paths with Father Kane in the near future, but for now we will say goodbye and hold on to the memories we have of him, and the great impression he will leave on Neumann.

-Joanna Uden & Walker Payton



From the desk of...

We celebrate and invest in Catholic Schools because we want the faith involved with student-life throughout the whole day. Mass, prayer, and the celebration of the sacraments is the focus of our lives as Catholics, and I can happily say that it is an important part of everyday student life in our Catholic schools. So nearing the end of another year, I feel that we are still growing in our mission to provide a Christ-centered education and focus that reminds us that we must be on guard with the world around us continuously.

Six of us went to the National Catholic Education Association Convention the week after Easter in Minneapolis. I went to several conferences on fundraising and development work because the continued work that needs to be done to fund our Catholic schools is crucial and continues to be at the forefront of “problems” in keeping Catholic schools available. But I also went to a couple of conferences on bullying and another on the culture of entitlement that we live within. Both were excellent conferences and dealt with important issues we face. I want to share with you a portion of Dr. David Walsh’s conference entitled “NO.” Dr. Walsh is the author of the book *NO Why Kids—of All Ages—Need to Hear It and Ways Parents Can Say It*. Dr. Walsh explains that we live in a culture in which parents are forced to say “yes” more than “no” because we live in a culture of “yes.” Our culture demands “more, fast, easy, and fun.” Advertisers have created a culture in which we are never happy with what we have. We have grown into a culture in which we want more of something; we want it faster, easier, and we have to have fun getting it and using it! Whatever “it” is!

Part of the “yes” epidemic in our culture is that parents are not able to say “no” and stick to it according to Dr. Walsh. He believes that parenting in this generation makes it very hard, if not impossible, to refuse our children anything. Every parent wants things to be better for their children. They naturally want their children to have things better than they had things. Happily, we live in a time that allows for many of our wants to be within our reach, but it has also created a world in which we think NEED everything within our reach—*more, fast, easy, fun!* So I can see the vicious cycle as we’re caught in it. However, Dr. Walsh says that we need to say “no” more to our children because it teaches self discipline—something our culture doesn’t cultivate. As we listened to Dr. Walsh’s lecture, we could see how the lack of “no” in one’s life leads to a grand sense of entitlement later in life. If children do not learn the meaning of “no” initially then there is nothing that will mean that we can’t have what we want, when we want it, because we want it. Of course, those of us who live in reality realize this, but some young people never learn limitations because they have never known the meaning of “no!” Dr. Walsh recounted many examples of his own experience where he has experienced with his own children the need to say no, and recounted many instances that he had witnessed in the world where parents lost the battle of “no” and gave in to incessant whining, complaining, and demanding children to pacify their wants. I’m reading his book now, and I’m finding it fascinating and educational to read. It makes sense in this world to help parents all we can to help teach responsible self-discipline, and maybe we can help each other with the simple two-letter word: “no!”

I hope you all have a good summer and safe end of the school year. We thank you for the trust and confidence you have placed in us to help you educate your children. May God continue to bless our work and community!

Fr. Charles Townsend

May 2010

BISHOP NEUMANN JR. SR. HIGH SCHOOL, WAHOO, NE 68066

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Golf (A) Oakland INV 9 AM
2	3 Athletic Banquet 6:30 PM	4 Track (A) Bergan Invite 2 PM	5 Faculty Meeting School Starts 10 AM JEAN DAY Homeroom B-day Celebration	6 Spring Vocal Concert & Art Show 7:30 PM Jr. High Track (A) Arlington Invite 4 PM	7	8 Conference Track (A) Scotus TBA
9	10 Golf (A) Waverly Invite 8:30 AM Jr. High Track (A) Bergan Invite 3:30 PM Spring Band Concert & FCS & IA Display 7:30 PM	11 Senior Field Trip Senior Reception 5 PM to 7 PM	12 Performing Arts Banquet 7:00 PM Senior Last Day 1:30 Schedule Baccalaureate Mass	13 Ascension Thursday NO SCHOOL District Track TBA	14 Jr. High Track (A) Wahoo Invite 4 PM Last Day - St. Wenceslaus & Jr. High	15 Neumann Graduation 1 PM
16	17 Golf Districts TBA Music Booster Mtg. 7 PM	18 Golf Districts TBA Finals	19 Athletic Booster MTG 7:00 PM Vets Finals	20 Faculty Golf/Dinner Finals	21 State Track (A) Omaha TBA	22 State Track (A) Omaha TBA
23	24	25 Golf State TBA	26 Golf State TBA	27	28	29 Ordinations?
30	31 Memorial Day					

**BISHOP NEUMANN JR. SR. HIGH SCHOOL, WAHOO, NE
68066**

May 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 BREADED MEAT ON BUN CHIPS VEGETABLE FRUIT MILK	4 TURKEY & GRAVY MASHED POTATOES TEA ROLL FRUIT MILK	5 CHICKEN PATTY BUN BROCCOLI&CAULIFLOWER FRUIT MILK	6 TACO'S ON CHIPS LETTUCE & CHEESE CORN FRUIT MILK	7 CHICKEN NUGGETS K-6 CHINESE RICE FRUIT MILK
10 SPAGHETTI COLESLAW GARLIC BREAD FRUIT MILK	11 BREADED MEAT STICKS MEATBALLS & GRAVY MASHED POTATOES FRUIT MILK	12 TATOT TOT BAKE TEA ROLL VEGETABLE FRUIT MILK	13 NO SCHOOL	14 HAM SCALLOPED POTATOES COFFEE CAKE FRUIT MILK
17 COOK'S CHOICE MILK	18 Finals COOK'S CHOICE MILK	19 Finals COOK'S CHOICE MILK	20 Finals MILK	21 MILK
24	25	26	27	28
31 Memorial Day				

Facts According to God

In our society, the media and other entertainment industry leaders are continuously trying to force false doctrines and immoral behaviors upon our culture. In our defense of Christ and his teachings, we must be vigilant to help our students and young people understand how inappropriate or immoral some ideas are and how incompatible some teachings (regardless of political correctness) are with Christian beliefs. Sadly, some groups then paint faithful people of God as intolerant; or worse yet, insist that Jesus' teachings are intolerant—neither of which is true. One such recent example was that April 19th was "declared" national day of silence in support of gays and lesbians. A few of our students wore (or attempted to wear) arm bands that said "I am silent..." or some form of statement.

Prior to the event, one of our students asked permission to organize a day of silence at Neumann. We explained that, while the Catholic Church does not in any way condone mistreatment of people who are gay or lesbian, the Church also teaches that this type of sexual behavior is not in keeping with God's plan for His gift of sexuality to men and women.

Unfortunately, our culture's continued push to include acceptance of gay and lesbian lifestyles has caused some confusion among young people who may believe the Church's teaching on this subject is unjust.

Without drawing much attention to the arm bands, students were asked to remove them as they were not part of the school uniform.

To follow up, the religious education department will take some time in religion classes to review with our students the Church's teaching on this matter and relate the true charity required to love people according to what God has revealed for us and our salvation.

One of the things a student brought up in a discussion that is worth noting is a seeming acceptance at times of peoples using the terms "you are gay" or "that's gay." If you discuss this with your child, it would probably be worth addressing and reminding students that those sayings, like many others, are not charitable and should not be used. Let us continue promote Christ and His teachings in the spirit of true charity.

Scholastic Book Fair in Room 31 – through April30th!

The Scholastic Book Fair is back and better than ever. Now is a great chance to stock up for summer reading fun! This year, Scholastic is offering a chance to donate books to an organization in need. ***One for Books*** will reach organizations beyond our community by matching whatever small change we collect. They will match the monetary donation total with a donation of up to one million books. These books will go to national non-profit organizations such as Marine Toys for Tots, Kids in Distressed Situations, or the National Center for Family Literacy. Any money donated at Neumann will stay at Neumann and be used to purchase books for the Junior High School library in Room 31.

So please be generous—you have 'double-buying power' with ***One for Books***—both our school and a non-profit organization will benefit from your generosity. The ***One for Books*** donation box is located in the front office at Neumann.

Construction Materials Needed

Fall 2010 Industrial Arts students will get very real construction experience as they build a garage/storage shed on the north side of Neumann. Tim Turman's IA classes will be learning by doing as they create this very necessary storage facility. Preliminary plans aim for a two-car garage-sized storage building with two access doors on the south and west sides.

If you have any extra construction materials or are able to help Mr. Turman purchase them through a gift please contact him or Theresa Klein at 402-443-4151. At this time he is asking for any 2x4s, 2x6s, construction plywood or other materials ranging from shingles and siding to nails!

The Class of 2010 is invited....

Again this year the faculty and staff at Bishop Neumann would like to continue a tradition for our senior classes. We would like to honor the senior students with an open house, this year to be held on Friday, May 11th, from 5:00 p.m. to 7:00 p.m., in the Neumann Cafeteria. We have invited all of the students to stop by and visit with the faculty and staff members. This is in no way intended to replace faculty visits at graduation parties, but it will make it possible to spend a few minutes with each student. In the past, some of the faculty and staff are honored to receive 20-30 invitations to graduation parties and we simply cannot

Three Day Final Exam Schedule

<u>Tuesday, May 18</u>	<u>Wednesday, May 19</u>	<u>Thursday, May 20</u>
<u>Day 1 Period</u>	<u>Day 2 Period</u>	<u>Day 3 Period</u>
10th Period – Final	6th Period—Final	2nd Period—Final
9th Period – Final	5th Period – Final	1st Period—Final
8th Period – Final	4th Period – Final	

School will be dismissed Monday and Tuesday at 1:50 p.m. and Wednesday at 12:20 p.m. Any changes will be posted on the website:
www.bishopneumann.com

**THE END OF THE
YEAR REPORT
CARDS AND THE
NEXT PLUME
WILL BE SENT OUT
THE
FIRST WEEK OF
JUNE.**

LOST AND FOUND

Please feel free to remind your student to check the Library for any lost and found items.



*The Guardian Angel Plan
Is available for any family needing assistance in Class or book fees. Please contact the Development Office to apply.*

2010-2011 School Fees

*Book Fees: 225.00
Class Fees 7-12: \$1000.00
Non-Catholic Tuition: \$3265.00
Bus Fees \$190.00 per family
(for grades K-6)*

8th Grade Dance given by the Freshmen Class

When: Friday, May 7, 2010 from 6pm-9pm. Door closes: 6:30 pm

Where: Neumann Cafeteria

Wear: T-shirts with jeans or capri pants or basketball shorts. No short shorts or tank tops allowed. School polo shirts will be available for those who might forget! Sandals, tennis shoes or flip flops are acceptable foot wear.

Cost: **\$1.00 per student**

Food: Pizza, chips, desserts, and water will be provided. Students may bring their own bottled drink (pop, gatorade).

Once a student registers they will not be able to leave without a phone contact with the parent, or a written note ahead of the dance. All students must list a parent's phone number in case of emergencies. Students must have transportation arranged following the dance.

Sponsors: Mrs. Brandi Sladky and Mr. Howard Gilman. Parent Sponsors will also help chaperone.

The History of the Rosary:



The rosary is one of the most cherished prayers of our Catholic Church. Introduced by the Creed, the Our Father, three Hail Marys and the Doxology ("Glory Be"), and concluded with the Salve Regina, the rosary involves the recitation of five decades consisting of the Our Father, 10 Hail Marys and the Doxology. During this recitation, the individual meditates on the saving mysteries of our Lord's life and the faithful witness of our Blessed Mother.

Journeying through the Joyful, Sorrowful and Glorious mysteries of the rosary, the individual brings to mind our Lord's incarnation, His passion and death and His resurrection from the dead. In so doing, the rosary assists us in growing in a deeper appreciation of these mysteries, in uniting our life more closely to our Lord and in imploring His graced assistance to live the faith. We also ask for the prayers of our Blessed Mother, who leads all believers to her Son.

The origins of the rosary are "sketchy" at best. The use of "prayer beads" and the repeated recitation of prayers to aid in meditation stem from the earliest days of the Church and has roots in pre-Christian times. Evidence exists from the Middle Ages that strings of beads were used to count Our Fathers and Hail Marys. Actually, these strings of beads became known as "Paternosters," the Latin for "Our Father."

The structure of the rosary gradually evolved between the 12th and 15th centuries. Eventually 50 Hail Marys were recited and linked with verses of psalms or other phrases evoking the lives of Jesus and Mary. During this time, this prayer form became known as the rosarium ("rose garden"), actually a common term to designate a collection of similar material, such as an anthology of stories on the same subject or theme. During the 16th century, the structure of the five-decade rosary based on the three sets of mysteries prevailed.

Tradition does hold that St. Dominic (d. 1221) devised the rosary as we know it. Moved by a vision of our Blessed Mother, he preached the use of the rosary in his missionary work among the Albigensians, who had denied the mystery of Christ. Some scholars take exception to St. Dominic's role in forming the rosary. The earliest accounts of his life do not mention it, the Dominican constitutions do not link him with it and contemporaneous portraits do not include it as a symbol to identify the saint.

In 1922, Dom Louis Cougand stated, "The various elements which enter into the composition of that Catholic devotion commonly called the rosary are the product of a long and gradual development which began before St. Dominic's time, which continued without his having any share in it, and which only attained its final shape several centuries after his death." However, other scholars would rebut that St. Dominic not so much "invented" the rosary as he preached its use to convert sinners and those who had strayed from the faith. Moreover, at least a dozen popes have mentioned St. Dominic's connection with the rosary, sanctioning his role as at least a "pious belief."

The rosary gained greater popularity in the 1500s, when Moslem Turks were ravaging Eastern Europe. Recall that in 1453, Constantinople had fallen to the Moslems, leaving the Balkans and Hungary open to conquest. With Moslems raiding even the coast of Italy, the control of the Mediterranean was now at stake.

In 1571, Pope Pius V organized a fleet under the command of Don Juan of Austria the half-brother of King Philip II of Spain. While preparations were underway, the Holy Father asked all of the faithful to say the rosary and implore our Blessed Mother's prayers, under the title Our Lady of Victory, that our Lord would grant victory to the Christians. Although the Moslem fleet outnumbered that of the Christians in both vessels and sailors, the forces were ready to meet in battle. The Christian flagship flew a blue banner depicting Christ crucified. On October 7, 1571, the Moslems were defeated at the Battle of Lepanto. The following year, Pope St. Pius V established the Feast of the Holy Rosary on October 7, where the faithful would not only remember this victory, but also give thanks to the Lord for all of His benefits and remember the powerful intercession of our Blessed Mother.

The fact that our Church continues to include the Feast of the Holy Rosary on the liturgical calendar testifies to the importance and goodness of this form of prayer. Archbishop Fulton Sheen said, "The rosary is the book of the blind, where souls see and there enact the greatest drama of love the world has ever known; it is the book of the simple, which initiates them into mysteries and knowledge more satisfying than the education of other men; it is the book of the aged, whose eyes close upon the shadow of this world, and open on the substance of the next. The power of the rosary is beyond description."

The Five Joyful Mysteries: (Said on Monday and Saturday) 1) The Annunciation, 2)The Visitation, 3)The Nativity, 4)The Presentation, 5)The Finding in the Temple

The Five Sorrowful Mysteries: (Said on Tuesday and Friday) 1) The Agony in the Garden, 2)The Scourging at the Pillar, 3)The Crowning of Thorns, 4)The Carrying of the Cross, 5)The Crucifixion

The Five Glorious Mysteries: (Said on Wednesday and Sunday) 1)The Resurrection, 2)The Ascension, 3)The Descent of the Holy Spirit, 4)The Assumption, 5)The Crowning of the Blessed Virgin Mary as Queen of Heaven & Earth

In October 2002, the month of the Holy Rosary, Our Holy Father, Pope John Paul II, issued a special apostolic letter in which he announced the creation of a new set of Mysteries to be used in praying the Rosary.

Our Holy Father states: "The Rosary clearly belongs to the kind of veneration of the Mother of God described by the Second Vatican Council: a devotion directed to the Christological center of the Christian faith, in such a way that when the Mother is honored, the Son...is duly known, loved and glorified."

The new Mysteries center around decisive events in the life of Christ. Our Holy Father calls them "The Mysteries of Light" because Christ in his public life manifests himself as the "Mystery of Light." These events are:

The Five Mysteries of Light: (Said on Thursday)1) Jesus' Baptism in the Jordan, 2) Jesus self-manifestation at the wedding of Cana, 3) Jesus' proclamation of the Kingdom of God, with his call to conversion 4)Jesus' transfiguration 5)Jesus' institution of the Eucharist, as the sacramental expression of the Paschal mystery.

Teacher Wishlist



April 2010

“Let your kindness be known to all. The Lord is near.”

-- Philippians 4:5

English - Ms. Sydik			
“Elements of Literature (of Britain)” Textbooks	9 @	\$50	
Senior Religion & Geometry - Sr. Jeanette Rerucha			
DVD/VCR combo player		\$75	
Library - Mrs. Breunig			
Barnes & Noble Gift Certificates for Books		\$ Any Amt	
Media Storage Case for Movies & DVDs		\$350	
School Nurse - Mrs. Hoven			
Temple Thermometer		\$100	
Education Materials for March Wellness Program		\$400	
Audiometer (hearing screening)		\$750	
Guidance - Mrs. Chvatal			
Scheduling Whiteboard		\$537	
Spanish - Ms. Gilstrap			
“TPR is More Than Commands” - Book		\$20	
“Fluency Through TPR Storytelling” - Book		\$20	
TPR Storytelling Readers (4 Titles Each for Span. 1-3)			
80@ \$4.50/each		\$360	
Supporting Materials (Teacher’s Guide/Movie/CD)		\$65	
Spanish Scrabble	(2 to 4) @	\$25	
Spanish Textbooks	25 @	\$70 + shipping	\$1,936
Band - Mrs. Couton			
Rolling Cart for Keyboard & Amp		\$435	
Used Band Instruments		Any Kind	
Art - Mrs. Lorenz			
NEW Painting Brushes for Tempera/acrylic watercolor		any size	
Pottery & Sculpting Clay - 12 boxes @	\$20	\$240	
Electric Potting Wheel - New or Used	(new)	\$640	
Scholastic Art Magazine subscriptions (14 @)	\$6	\$84	
Junior High Science/Health - Mrs. Meduna			
LabQuest Technology Data Collection Units 5 @	\$329	\$1,645	
“ Motion Detectors 4 @	\$79	\$316	
“ Thermometer Probes 4 @	\$29	\$116	
“ Relative Humidity Sensor (1)		\$69	
Lab supplies (sugar, oil, batteries, alligator clips, etc.)		\$155	
Biology, Anatomy & Conceptual Science - Mr. Gerdes			
Waterproof Nylon Fabric		\$25	
LabQuest Technology Data Collection Units 5 @	\$329	\$1,645	
“ pH Probes 8@	\$79	\$632	
“ Photogates 6 @	\$45	\$270	
“ O2 Gas Sensor (1)		\$219	
Speech Class/Speech Team - Mrs. Unger/Miss Gilstrap			
“Point/Counterpoint Series (Research Materials)		\$350	
Play Scripts		\$100	
Business/Religion #41 - Mr. Shrader & Fr. Vandewalle			
DVD/VCR combo player		\$75	
Chapel - Sr. Michelle			
New Purificators for Daily Mass (12)		\$100	
Chemistry & Physics - Mr. Gilman			
Digital Thermometers (12 @	\$26)	\$312	
Eight Burets		\$660	
Twelve 100mL graduates		\$100	
Case of 250 mL Beakers		\$144	
Case of 400 mL Beakers		\$155	
Case of 125mL Erlenmeyer Flasks		\$230	
20 L Carboy		\$132	
THANKS! Beaker Tongs (6)		\$40	
THANKS! Crucible Tongs (6)		\$34	
Drying Racks (2)		\$176	
Junior High English - Mrs. Johnson			
New Books for Classroom Library		Any Amt.	
Journalism - Mrs. Unger			
DVD/VCR combo player		\$75	
Camera Battery (2)		\$40	
Memory Cards for Digital Camera -1 GB		\$70	
New Canon Rebel XT Camera (any amount!)		\$750	
Photo Paper		\$10-15	
I.A./Grounds - Mr. Turman			
NEW Construction Materials for Storage Bldg		Any Amt	
DeWalt Surface Planer		\$285	
Twist Drill Bits sets 1/16” to 1/2”		\$40	
Phillips & Straight Screw Driver Sets		\$20	
Tape Measures @	\$8	\$48	
Batteries for Cordless Drills (DeWalt & Milwaukee) @		\$60	
Random Orbit Palm Sander #B0590 (2)		\$140	
Replacement Bases/Motors for Trim Routers (2)		\$280	
Drama -Mr. Botsford			
Sewing Repair Work on Stage Curtains		PRICELESS	
Dimmer Pack for Stage Lights		\$350	
Lighting Units for Stage		\$150-450	
New Rear Traveling Curtain		\$1,000	
Home Economics - Mrs. Larsen			
Blue Pyrex Casserole Set w/ Lids (Lg. Rectangular)		\$30-35	
THANKS! Table-Top Hot Plate Burner		\$25	
Front Office			
Non-Herbal Cough Drops & Kleenex @	\$10	\$20	
Batteries - AAA, C, D, 9 volt		\$25	
Facility - Mr. Werner			
Automatic Floor Scrubber w/ Traction Drive		\$2,400	

Congratulations to

Joseph Benes, Emily Brabec, Stephanie Cernik, Michaela Steager, Lizzie Virgl and Kyler Weist who won at the SE-AHEC Science Meet in Milford on February 26th.

They will be attending the
State Science Meet in Omaha June 10-12.

Congratulations to Nate Davis who won 3rd place
at the SAC Museum Science Fair March 25th.

Healthier Eating Made Easy

Choose a variety of foods from each food group. Look for nutrient-dense foods. They have the most vitamins and minerals for the fewest calories.

Whole Grains

- Whole-grain breakfast cereal
- Whole-grain breads (wheat, rye, etc.)
- Oatmeal
- Brown rice
- Popcorn

Tips

- . Snack on ready-to-eat, whole-grain cereals such as toasted oat cereal
- . Try brown rice or whole-wheat pasta
- . Try whole-grain snack chips, such as baked tortilla chips
- . Use whole grains in mixed dishes, such as barley in vegetable soup or stews and bulgur wheat in stir-fry or casseroles
- . Choose foods that name whole wheat, whole oats, brown rice, etc. first on the label's ingredient list

Vegetables

- Broccoli
- Spinach
- Carrots
- Red or green pepper
- Tomatoes
- Sweet potatoes

Tips

- . Buy vegetables that are easy to prepare
- . Try crunchy vegetables, raw or lightly steamed
- . Shred carrots or zucchini into meatloaf, casseroles, quick breads, or muffins
- . Include chopped vegetables in pasta sauce or lasagna
- . Set a good example for children by eating vegetables with meals and as snacks

Fruits

- Peaches
- Bananas
- Grapefruit
- Blueberries
- Kiwi
- Cantaloupe

Tips

- . Buy fresh fruits in season
- . Vary your fruit choices—fruits differ in nutrient content
- . Keep a bowl of whole fruit on the table, counter, or in the refrigerator
- . Refrigerate cut-up fruit to store for later
- . Make most of your choices whole or cut-up fruit rather than juice, for the benefits dietary fiber provides
- . For dessert, have baked apples, pears, or a fruit salad

Milk and Milk Products Low-fat and Fat-free

- White milk
- Flavored milk
- Lactose-free milk
- Cheddar cheese
- Swiss cheese
- Mozzarella cheese
- Yogurt

Tips

- . Include milk as a beverage at meals
- . Use fat-free or low-fat milk instead of water to prepare oatmeal and hot cereals
- . Make a dip for fruits or vegetables from yogurt
- . Top casseroles, soups, stews, or vegetables with shredded reduced fat cheese
- . Make fruit-yogurt smoothies in the blender
- . If you are lactose intolerant, choose lactose-reduced or low-lactose alternatives such as cheese, yogurt, or lactose-reduced milk

Band News:

Congratulations to the Junior High Band students who participated in the 17th Annual Bishop Neumann Elementary / Junior High Music Contest held on March 27th. They all did a very fine job - ratings were as follows:

Superior Rating

Caleb Rezac - Trombone
Isaac Ingwersen - Tenor Sax
Connor Sabatka - Trumpet
Michaela Steager - French Horn
Gregory Knuth - Clarinet

McKinley Wilson - Clarinet
Caylee Abolins - Flute
Colette Quick - Clarinet
Lizzie Virgl - Flute
Anna Kastl - Piano
Gregory Knuth - Piano

Excellent Rating

Heather McCoy - Clarinet
Brass Sextet (Sabatka, Ingwersen, Steager, Chohon, Braunsroth, Byrd)

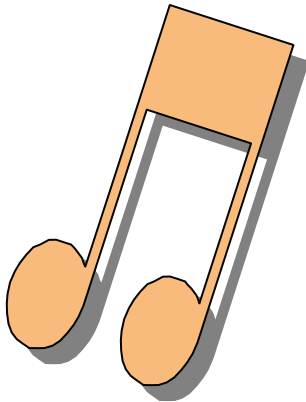
Katie Bohaty - Flute

The Spring Band Concert will be held on Monday, May 10th, and 7:30 p.m. It will include performances by the Beginner and Sixth Grade Bands, as well as the Junior High and Senior High Bands. The Jazz Band is scheduled to perform, as will the Woodwind, Brass and Percussion Ensembles. The concert will once again close with the combined Junior High / Senior High. This is always a crowd-pleaser. Plan to join us.

The Performing Arts Banquet will be held on Wednesday, May 12th, at 7:00 p.m. at the Mead Parish Hall. This banquet honors Senior High music, speech, and drama students. Price of tickets is \$4.00 for the Performing Arts Student, and \$8.00 for others. The meal will be a smoked pork chop dinner, with salads, potatoes, and dessert. Tickets must be purchased from Mrs. Couton by Thursday, April 29th.

The last Music Boosters meeting of the year is on Monday, May 17th. Care to win the **\$375.00** door prize? You must be present to win.

Please send your check, payable to **NEUMANN MUSIC BOOSTERS** to:



Joann Couton
Neumann High School
202 South Linden
Wahoo, NE 68066

** Please include this coupon.**

I would like _____ membership(S) at \$50.00 each for a total of _____ dollars

Name _____ Phone _____

Street Address _____

City _____ State _____ Zip _____



April 2010

Greetings from the Development Office:

"Do not grow weary of doing what is right." Thessalonians 3:13

Last Phase of the Campaign Kicked Off by GALA 2010

Thanks to everyone who attended, worked, donated to or bought at GALA 2010! You provided essential support to our three Saunders County Catholic Schools!! This event has been an integral part of our first campaign and renovation efforts and Fr. Townsend asked me to do a quick review to share with folks last Saturday night. Here is an outline to answer the question...**"Where Are We?"** in the context of all of our fund-raising efforts!

1. **Teacher Future Funding-PACE \$250,000 Match** - April 25th was our deadline for meeting this \$250,000 match - AS OF April 19th we had received \$219,707.48!! We made it – with the help of some great folks!
2. **Kitchen/Cafeteria Project** - Early GALA gifts allowed us to begin this project that was completed during the Summer of 2008 for a total cost of \$1,560,048. This project cost about \$43,000 more than originally projected, and required us to borrow \$1 million from the diocese in order to complete it. But thanks to GALA and early campaign gifts we have reduced that loan to \$143,000.
3. **Bleacher Replacement** - This \$111,563 project was completed in August 2008 and was partially funded by a \$40,000 gift from the Athletic Booster Club.
4. **Bathroom Renovation** - GALA 2009 helped fund these extremely necessary renovations that were completed during the summer of 2009. Budgeted at \$90,000 we were pleased to complete this project for \$55,656!
5. **Air Conditioning** - At last! This year's GALA proceeds will be used to add air conditioning and upgrade ventilation to the original classrooms and the gym. Budgeted in the campaign at \$850,000, we are cautiously optimistic since preliminary cost estimates are below that number.

And to answer the question **"Where Are We Going?"**...we are excited about the results of our preliminary meeting with HVAC experts, architects and engineers last Tuesday!

The information they shared motivated the decision to definitely schedule the last phase of our renovations and campaign efforts this summer! We are still awaiting firm costs on the entire project, because as you know, there are always opportunities that present themselves when you plan a project like this!

The new air conditioning units also have heating elements as new air vented in must be warmed. How much will this change our heating needs? The process of installing air ducts means removing ceilings and lighting. Is this an opportunity for us to replace the 1964 lighting that was upgraded back in 1994? We also are looking at the steps needed to "protect" our classrooms' 15-year-old carpet during the project! Or should we instead just replace it?

Lots of questions...but all answers mean a greatly improved, more efficient facility! We still need \$578,261 in campaign gifts and/or gift commitments to reach our goals. We are working to get this done within the next 6 months so that we don't have to borrow any more! Thanks for all you are doing to help with the campaign!

GALA 2010 will once again be a huge part of making this summer's campaign efforts successful! Thank you to all who attended and participated in anyway! Next time you are in Neumann, please look around and see the results of your support of GALA and of this Campaign! We are almost ready for the next 50 years!

Sincerely,

Theresa Konecky Klein '80
Development