

Lakeview Community Schools

Vikings Voyager

November 2024

Issue 3



From the Desk of the Superintendent

As we settle into November, I am excited to continue reflecting on our progress and the momentum we've built since the start of the school year. Our theme for the year, INVEST, remains at the forefront of what we do, and it has been inspiring to see how this focus has been embraced across the district. November is a month of gratitude and growth, and I'm eager to share how our investments in students, staff, and the community continue to pay off.

Investing in Our Students

In October, we celebrated the dedication and enthusiasm of our students, and that energy hasn't slowed. This month, our focus turns to deepening learning as students move from the foundational work of the first quarter into more complex concepts and projects. I am so impressed with how they have risen to new challenges. Whether exploring new science topics, creating thoughtful essays, or building solutions through teamwork, our students are showing that they are not just learning but thriving.

We are also seeing tremendous participation and success in our extracurricular activities. From sports teams preparing for conference tournaments, district play, and state competition to different clubs and organizations engaging in community service, or attending national conferences our students are discovering the power of investing time and effort into things they are passionate about. I encourage everyone to continue supporting our students by attending their performances, games, and presentations throughout the month.

Investing in Each Other

Our staff continues to exemplify what it means to invest in one another. This year, we've prioritized professional development, and the feedback has been positive. Teachers are incorporating new strategies into their classrooms and collaborating in ways that benefit students across grade levels. In particular, I've seen great work and discussions happening in our Professional Learning Communities, where different topics are brought together to create more cohesive and enriched learning experiences. The collaboration among staff not only sharpens their skills but enhances the entire educational environment for our students.

Investing in Our Community

Our connection with the community has continued to grow. The partnership with the area Chamber of Commerce and the Drive for Five Program continues to bring new experiences and skills to our students. During October our high school students were able to participate in Mock Interviews Days. This opportunity not only provided experiences to our students but also helped in building the relationships between our community and students. Our elementary students continue to utilize the Platte County Extension 4-H Youth Development Program which provides hands-on experiments and exploration. Our schools have also enjoyed visitors, mentors, and different presentations from community partnerships with the Columbus Hospital, Central Community College, Cloud 9, and many more.

Investing in Ourselves

As we discussed in October, investing in ourselves is critical to sustaining the energy and focus needed for success. This month, I encourage everyone to reflect on their personal growth and well-being. For students, this might mean setting academic goals for the remainder of the semester or getting involved in a new activity that stretches their creativity. For our staff, November is a good time to recharge before the holidays.

To our parents and guardians, I encourage you to find balance and self-care space. The holidays can be a busy and sometimes stressful time, and it's important to make time for yourself so that you can continue to support your family and community. Remember, by investing in ourselves, we are better able to support those around us.

Looking Ahead

As we approach the Thanksgiving holiday, I want to express my gratitude for the incredible partnership we have with all of you—our families, our community, students, and staff. The positive energy that has carried us through the first few months of the year gives me confidence that we are building something truly special. Together, we will continue to make this school year one of growth, achievement, and community.

Wishing you all a restful and happy Thanksgiving. Thank you for your ongoing support and commitment to our schools.

Sincerely,

Jason Cline
Superintendent
Lakeview Community Schools



Bank of the Valley's Ethan Scheffler presented Lakeview Superintendent Jason Cline with a check for \$4,400 on October 17. These funds were raised through the Bank's School Pride Card Program, which includes a Visa Debit Card featuring the Lakeview Vikings logo. When Bank of the Valley customers choose the Lakeview School Pride Card they have an opportunity to earn cash for the school and continue that earning with card purchases. With this check presentation, Bank of the Valley has been able to donate over \$36,400 to Lakeview Community Schools since the program began in 2015.

To learn how you can earn cash for your school with Bank of the Valley, call or visit their website: www.bankofthevalley.com.

Bank of the Valley is a Member FDIC, Equal Housing Lender.

The Viking Way Students of the Month

We strive to build a strong **academic** foundation with educational opportunities that develop **character** and the **mindset** needed for all students to be successful members of their community.

Caleb Sloup

Congratulations to Caleb Sloup for being selected as a Viking Way Student of the Month for October! Caleb is a hard worker, he is responsible, dependable and if you give him a task he gets the job done. He is kind, respectful, and he enjoys helping his classmates and his teachers.
Awesome job Caleb!



Brian Aguilar Lopez

Congratulations to Brian Aguilar Lopez for being selected as the Viking Way Student of the Month for October! Brian is a friendly student. He is respectful and he enjoys helping others. Great job Brian!



Jr High Honor Roll 2024-2025 School Year Q1

Student Name	Grade Level	Level	Student Name	Grade Level	Level
Anderson, Gage Chase	8	Distinction	Curtis, Lathan Eli	7	Distinction
Barrera Yanes, Ahuner Yanluiz	8	Distinction	Epley, Kaira Rose	7	Distinction
Becker, Maci Morgan	8	Distinction	Escen, Brady Donald	7	Distinction
Behlen, Addison RaeAnn	8	Distinction	Fendrick, Amber Lynn	7	Distinction
Bello-Solis, Kaylee Ximena	8	Distinction	Glendy, Oliver Ace	7	Distinction
Bentz, Gunner Allen	8	Distinction	Hadenfeldt, Hunter Thomas	7	Distinction
Blum, Shelly Rose	8	Distinction	Hernandez Santos, Natalia	7	Distinction
Buss, Anaiah Grey	8	Distinction	Jimenez Vargas, Diego	7	Distinction
Ceder, Evan Stockton	8	Distinction	Luckey, Kodee Lynn	7	Distinction
Elm, Zachary Adam	8	Distinction	Marker-Brezina, McKinlee Dawn	7	Distinction
Escen, Carter Michael	8	Distinction	Marxsen, Colton James	7	Distinction
Espiritu Emigdio, Ana Karla	8	Distinction	Mohrman, Avery Lance	7	Distinction
Faltys, Lucy Ann	8	Distinction	Molt, Tylea Ann	7	Distinction
Faltys, Natalie Marie	8	Distinction	Mora, Daisy	7	Distinction
Hellbusch, Landon Charles	8	Distinction	Perrin, Elyena Grace	7	Distinction
Henk, Hallie Jean	8	Distinction	Runge, Vivienne Rose	7	Distinction
Huhman, Kenidee Jean	8	Distinction	Schreiber, Carly Jo	7	Distinction
Jareske, Ava Christine	8	Distinction	Schroeder, Hailey Annette	7	Distinction
Kavan, Tatum Lynn	8	Distinction	Sutton, Addisyn Danielle	7	Distinction
Killham, Keeshen Samuel	8	Distinction	Wemhoff, Carley Marie	7	Distinction
Leon Carrillo, David Emmanuel	8	Distinction	Wemhoff, Kase Christopher	7	Distinction
Lorenz, Molly Renee	8	Distinction	Whitmore, Alexa Nicole	7	Distinction
Manak, Wyatt Joseph Allen	8	Distinction	Wortmann, Taylor Raegan	7	Distinction
Martinez, James Arcilio	8	Distinction	Zamora Rodriguez, Juan Pablo	7	Distinction
Masek, Bentley Kaye	8	Distinction	Arndt, Addison Ann	8	Honor Roll
Perez Reyes, Cindy	8	Distinction	Buss, Ann Marie	8	Honor Roll
Peterson, Savannah Grace	8	Distinction	Epperson, Presley Jane	8	Honor Roll
Ramirez Mora, Lesly	8	Distinction	Gil Gutierrez, Isabella	8	Honor Roll
Robinson, Mila Neriah	8	Distinction	Kragness, Gavin James	8	Honor Roll
Soulliere, Mason Joel	8	Distinction	Labenz, Ella Graceyn	8	Honor Roll
Spohn, Linley June	8	Distinction	Loseke, Quaid Stuart	8	Honor Roll
Tomky, Kammi Loree	8	Distinction	Marty, Hailey Lynn	8	Honor Roll
Valdivia, Natalie Marie	8	Distinction	Pilakowski, Milo Jasper	8	Honor Roll
Wetgen, Brooklyn Madison	8	Distinction	Salazar-Gomez, Fredi Imanol	8	Honor Roll
Wolfe, Alyse Katherine	8	Distinction	Wichman, Aizlynn Sue	8	Honor Roll
Bartos, Aida Mae	7	Distinction	Aerni, Ethan G	7	Honor Roll
Bauer, Lauren Michelle	7	Distinction	Berkeland, Nathan Kash	7	Honor Roll
Behnk, John Michael	7	Distinction	Brunott, Avy Ruth	7	Honor Roll
Bell, Akryn Gene	7	Distinction	Castro Nava, Diana	7	Honor Roll
Bell, Jaxon Steven	7	Distinction	Delgado Vazquez, Kenel Alberto	7	Honor Roll
Brichacek, Mavrik Jesse	7	Distinction	Kaup, Makenna Rae	7	Honor Roll
Buss, Aliyah Rae	7	Distinction	Reicks, Leyton Michael	7	Honor Roll
Caballero Vega, Kevin	7	Distinction	Robinson, Keeley Jonel	7	Honor Roll
Castaneda Garcia, Alexia Denisse	7	Distinction	Sucha, Bailey Ann	7	Honor Roll
Cochrane, Jesse Dean	7	Distinction	Zulkoski, Avery Lynn	7	Honor Roll
Cruz Flores, Gisselle Alice	7	Distinction			

➔ SENIOR PICTURES DUE SOON!

It's time to submit **senior pictures** for this year's yearbook! Please submit headshots to Mrs. Schatz at kschatz@lakeview.esu7.org. Specifications for submission are below. If we do not receive a picture for your senior student by **January 31**, we will use the headshot taken for school pictures. These pictures will be used for the yearbook, for the senior slide show, and for the Columbus Telegram.

Senior Photo Submission Requirements:

- CD or email the image to be used (kschatz@lakeview.esu7.org)
- JPG Format
- Minimum 200 DPI
- Cropped vertically
- No special effects (soft focus, b/w, sepia, etc...)
- **Submission due by January 31**

****Note**** Headshots are required for the Telegram. If you wish to use a different photo for the yearbook, you may, but the above requirements still apply. If you are sending 2 different pictures, please specify where each picture is to be used.

If you can't afford senior pictures, we have a professional photographer who will do a brief session for FREE! Contact Mrs. Schatz at kschatz@lakeview.esu7.org for more information.

Important Yearbook Info

➔ SENIOR ADS FOR YOUR SPECIAL SENIOR - Get Yours NOW!

Attention Parents of Seniors!! Graduating from high school is such a wonderful milestone in your child's life. We would like to offer the opportunity for you to mark this occasion by ordering a senior advertisement in the yearbook. These "ads" will contain your child's senior picture already submitted and a baby picture if that was also submitted. You can then personalize the ad by writing a note to your child. Past notes have been ones of encouragement and love. The limit is 150 words. You can submit these ads to kschatz@lakeview.esu7.org. The cost is \$50 per ad. Please make payment to Lakeview High School with senior ad marked in the memo. All ads and payment must be submitted by **January 31**. We have **VERY** limited spots available, so get your senior ad today! These ads will be first come, first served. Once our space is filled, we will not be able to take any more ads.

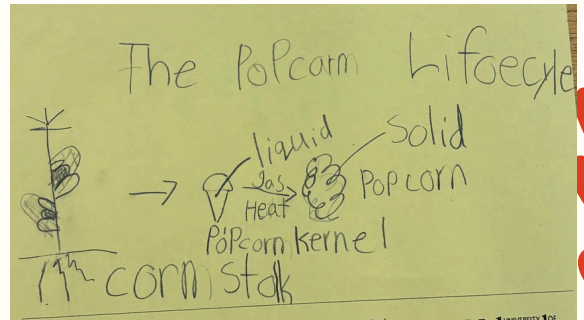
2nd Grade

November 2024

Omaha Children's Museum

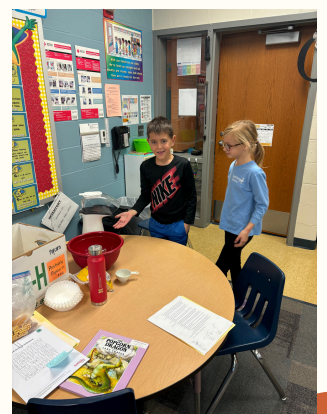
The 2nd graders from Platte Center and Shell Creek went on a field trip to the Omaha Children's Museum on Friday, October 11th. The students explored many exhibits throughout the museum. The special area was called Power Up, which taught the kids that they have the power to create a happy and healthy life! It was a great day of imagining, building, and learning.

A special thanks goes out to the parents that came with us on the trip, the lunches that were provided by the school, and all the staff at the museum that made it a great day!



Positively Popcorn

The UNL Extension Office came to help the students describe the physical properties of matter and how it changes through... POPCORN! The students enjoyed a book, watched popcorn pop (and of course eat it!), and drew the life cycle of popcorn. The students learned how the three stages of matter: solids, liquids, and gases are all present when we pop popcorn!



PLATTE CENTER PRECHOOL

FALL PROJECT

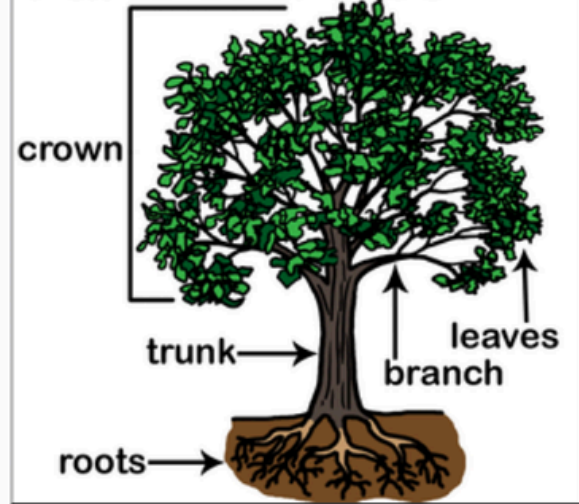


Lakeview Community Preschoolers at Platte Center Elementary learned about different kinds of trees. There are deciduous trees (lose their leaves) and evergreen trees (keep their leaves).

Students also learned the parts of a tree and what grows on trees.



Parts of a Tree



Students learned about their senses (look, sound, touch, taste, and smell). They used all their senses while they explored three different types of apples.



Children's Museum Trip

The 2nd graders at Platte Center went on a field trip to Omaha's Children Museum. The kids had so much fun exploring the different exhibits. The museum has many different areas where children are able to freely explore. There was a water table where students could build their own dam with legos. There was a large space with different areas for students to participate in pretend play including a hospital, car shop, grocery store, and pizza parlor. Students had the opportunity to complete their own crafts or face painting as well. The options were endless and fun was had by all!



1ST GRADE GOES TO POPPY'S

The first grade class visited Poppy's Pumpkin Patch which was a beautiful fall day! There are so many things to do and see, we had a day filled with fun! There are many attractions to see, our favorites included: the tall slides, zip lines, corn maze, petting zoo, tractor train, jump pillows and corn pit. We got to enjoy sack lunches in the new picnic area at the pumpkin patch, and ended our visit by picking a pumpkin to take home. This field trip is always a highlight of our year.



St. John's Lutheran School Newsletter

"Rooted in Love"

October is flying by this year. Early October was filled with Social Study projects and finishing our first quarter AR goals. We also played Volleyball games and football games after school which kept older students busy.

Sunday was our 20th Annual Oktoberfest German Meal. Parents and students worked hard to get things ready for the event. We had over 1,000 people attend. The weather was perfect.

Monday, October. 28th, *Arison*, a singing group from Nashville, held a concert in the morning for our chapel service. We enjoyed hearing old and new songs that the children love to sing and dance too. On Thursday, students also enjoyed the Fall Festival Party where they dressed up in costumes and played games for treats.

"I pray that Christ may dwell in your hearts through faith.....being rooted and grounded in love" Ephesians 3:17-18

CHRIST LUTHERAN SCHOOL NEWSLETTER



"THEREFORE, SINCE WE ARE SURROUNDED BY SO GREAT A CLOUD OF WITNESSES, LET US ALSO LAY ASIDE EVERY WEIGHT, AND SIN WHICH CLINGS SO CLOSELY, AND LET US RUN WITH ENDURANCE THE RACE THAT IS SET BEFORE US, LOOKING TO JESUS" - HEBREWS 12:1-2

ISSUE 3 | 2024-2025 SCHOOL YEAR |

Christ Lutheran Happenings

This month our chapel families completed their first service project of the year. We tied fleece blankets for cancer treatment patients in Columbus. We prayed over the blankets and hope they bring warmth and comfort to those who receive them!

Our middle grades classroom just enjoyed their big fall field trip to the Stuhr Museum where they learned all about life in the 1800's, including a typical day of school.

Both the lower and middle grades classrooms will be attending the 4-H STEM Field Day in early November.

We ended our first quarter by honoring those students who had straight A's, and A averages. We also handed out our first QUACK awards, for students who consistently embody and demonstrate the "QUALities of a Christian Kid!"

We are busy preparing for our annual Veteran's Day luncheon and program, which will be held on Friday, November 8th. Please let us know if you would like to attend!

Upcoming Dates

- **November 1st - No School November**
- **3rd - Hand Chimes in Church November**
- **8th - Veteran's Day Program November**
- **10th - Preschool Choir November 17th -**
- **K-8th Choir November 25-29 -**
- **Thanksgiving Break**

Straight A Honor Roll - 1st Quarter

Maggie Frese, Coy Klug, Kason Marxsen, Paisley Saalfeld, and Stetsyn Wilke

A Average Honor Roll - 1st Quarter

Ellie Frese, Kendall Goedeken, Ayden Hetzel, Hazelle Holt, Beau Janssen, Briggs Klug, Gentry Klug, Breckin Laudenklos, Jacob Marxsen, Jaxton Oltman, Kaelyn Oltman, Kendall Wolta

QUACK Awards - 1st Quarter

Jacob Marxsen
Kason Marxsen
Stetsyn Wilke
Emily Brown
Braden Kavan



Celebrating the Christ Lutheran Community!





Scholarship Blood Drive

Lakeview High School

West Gym
In Honor of Dennis Micek's 100th Donation

Monday, November 11, 2024
9:00 a.m. to 3:00 p.m.



Appointments are recommended.
Go to <https://www.redcrossblood.org/>
or
Scan the QR code



★ SAVE THE ★
★ DATE ★

★ A DECEMBER ★
★ TO REMEMBER ★

● ADULTS - \$5 ●
KIDS - FREE ●

DECEMBER 8TH



CRAFT SHOW



12 - 5 P.M.

| SANTA

| GAMES

| BAKE SALE |

@LAKEVIEW HIGH

★ SCHOOL ★

COLUMBUS, NE

Thank you
To the following SPONSORS
of the 2024-2025
LAKEVIEW VIKING BAND

From the BPO

Thank You!

Band Parent Level Sponsors

GPS Great Plains Bank

Ace Sanitation

Thege's Wild West BBQ

Choppers Computers

Mancusso & Quattrocchi Dental

Pinnacle Bank

Lakeview Booster Club

Great Plains Management

The Hill Family

Thank You!

Pit Crew Level Sponsors

Columbus Women's Health

JACKSON SERVICES

Gene Steffey Ford

McDonald's

CCH Pediatric Clinic, PC

RUNZA

MARK & RUTH FITTJE

CENTRAL COMM. COLLEGE

Big Apple Bagels

Thank You!

Symphonic Band Level Sponsors

Great Plains Building Supply

Pathfinder Wealth Advisors

Axe IN The Box

B-D CONSTRUCTION INC

Thank You!

Honor Band Level Sponsors

Lakeview Small Engine

Columbus Bank & Trust

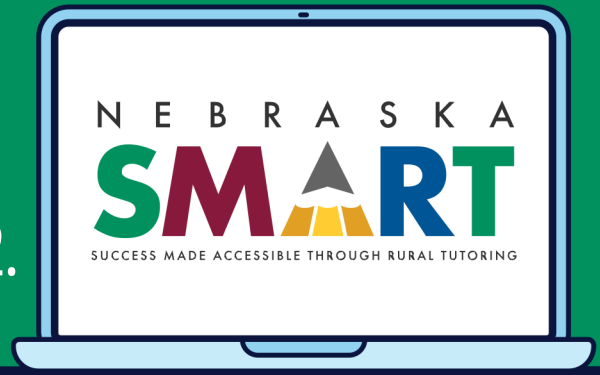
Rutt's Heating & Air

City view Storage LLC

State Farm- Michael Brittenham

Canine Clipping Creations LLC

NEBRASKA SMART IS A FREE VIRTUAL TUTORING PROGRAM FOR STUDENTS IN GRADES K-12.



Teacher education candidates from Chadron State, Peru State, and Wayne State Colleges remotely tutor students in rural Nebraska. This program is currently offering services to:

- All NRCSA member school districts
- Educational Service Unit 1
- Educational Service Unit 4
- Educational Service Unit 13
- Other select smaller rural school districts

Visit our website for the full list of school districts served.

HOW IT WORKS

Nebraska students in grades K-12 have free access to online tutoring with a qualified Tutor in English, math, science, and social studies. Parents must first register their child. Once registered, students can request pre-scheduled appointments with a Tutor or log in and request on-demand tutoring to be connected with the next Tutor available in the queue. Students should provide homework for which they wish to receive help or topics that they would like to cover.



TUTORING HOURS



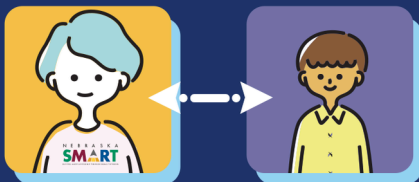
OUR PARTNERS

The Nebraska Department of Education has awarded a grant to the Nebraska State Colleges to develop a program that provides free online tutoring to K-12 students in rural Nebraska.



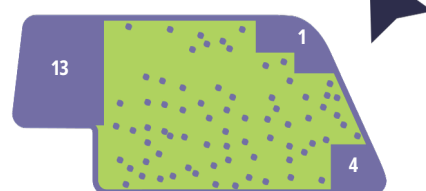
OUR TUTORS

Tutors are full-time students at Chadron, Peru, and Wayne State Colleges who have been admitted to the teacher education program, have completed background checks, and received training through their teacher education program coursework.



PLEASE VISIT

nscs.edu/NebraskaSMART



FOR THE FULL LIST OF SCHOOL DISTRICTS SERVED.

NEBRASKA SMART ES UN PROGRAMA DE TUTORÍA VIRTUAL PARA ESTUDIANTES EN LOS GRADOS K-12.



Los candidatos a maestros de las Universidades de Chadron State, Peru State y Wayne State College imparten tutorías en forma virtual a estudiantes en las zonas rurales de Nebraska. Este programa ofrece actualmente servicios a:

- Todos los distritos escolares miembros de la NRCSA
- Unidad de Servicio Educativo 1
- Unidad de Servicio Educativo 4
- Unidad de Servicio Educativo 13
- Otros distritos escolares rurales más pequeños

Visite nuestro sitio web para la lista completa de los distritos escolares que son atendidos.

COMO FUNCIONA

Los estudiantes de Nebraska en los grados K-12 tienen acceso gratuito a tutorías en línea con un tutor calificado en inglés, matemáticas, ciencias y estudios sociales. Los padres deben registrar primero a su hijo. Una vez registrados, los estudiantes pueden solicitar citas previamente programadas con un Tutor o iniciar sesión y solicitar tutorías bajo demanda para conectarse con el próximo Tutor disponible en la lista. Los estudiantes deben proporcionar las tareas para las que quieren recibir ayuda o los temas que les gustaría cubrir.



HORAS DE TUTORÍA



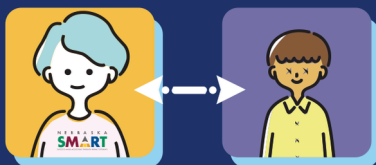
NUESTROS SOCIOS

El Departamento de Educación de Nebraska ha otorgado una subvención a las Universidades Estatales de Nebraska para desarrollar un programa que ofrezca tutorías gratuitas en línea a estudiantes en K-12 en las zonas rurales de Nebraska.

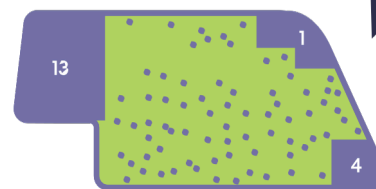


NUESTROS TUTORES

Tutores son estudiantes a tiempo completo en los colegios Chadron, Peru y Wayne State que han sido admitidos al programa de educación para maestros; han completado una revisión de antecedentes; y han recibido entrenamiento a través de su currículo de estudio en educación.



POR FAVOR VISITE
nscs.edu/NebraskaSMART



PARA LA LISTA COMPLETA DE LOS DISTRITOS ESCOLARES QUE SON ATENDIDOS.

TROPICAL SMOOTHIE CAFE & LAKEVIEW BOOSTER CLUB PRESENTS



HALFTIME HOOPS



**HALFTIME OF
BOYS VARSITY**

**\$1/TICKET OR
\$20 FOR THE
AMOUNT OF
YOUR HEIGHT**

**3 PAID
CONTESTANTS
WILL BE SELECTED**

**1 MINUTE PER CONTESTANT
MAKE (1) LAYUP & (1) FREE-THROW**
Receive 1 FREE Smoothie Coupon

MAKE (1) LAYUP, (1) FREE-THROW, & (1) 3-POINTER
Receive 1 FREE Combo Meal Coupon

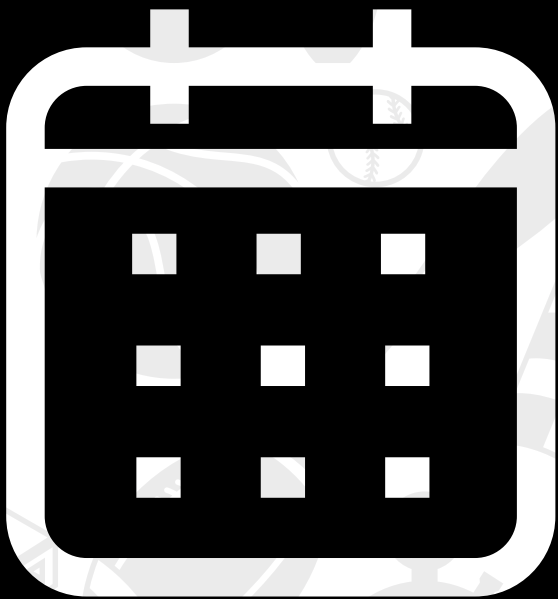
MAKE (1) LAYUP, (1) FREE-THROW, (1) 3-POINTER, & (1) HALF COURT SHOT
Receive FREE Smoothies for a Year (1 Smoothie per week for 1 year)

Proceeds will be donated to Lakeview Community School and the Lakeview Booster Club.

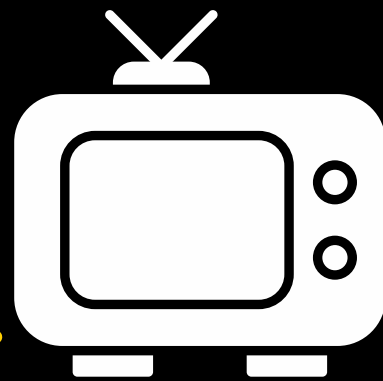
Lakeview Community Schools

ACTIVITIES

Lakeview Community Schools Activities Calendar



Watch activities live on Striv



November 2024

Lunch Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Chicken Quesadilla Tri potato Green beans	2 This is an equal opportunity and employer.
3	4 Cream chicken Biscuit Mixed veggies Fruit crisp	5 Rib patty Baked beans Chips	6 Chicken Alfredo Peas Bread stick	7 Breaded pork Mashed potaoes,gravy Corn Roll	8 Fish sticks Mac cheese Green beans	9 Fruit & veggies bar Pbj Milk, water offered daily
10	11 Pulled pork Baked beans Chips	12 Crispitos w/ cheese sauce Rice Corn	13 Hot dog wraps Mac cheese Peas Cookie	14 Chicken Nuggets French fries Carrots	15 Baked pasta Corn Bread stick	16 7-12 grab n go meals offered daily
17	18 French toast Sausage patty Fruit cup Juice	19 Mandarin orange chicken Brown rice Broccoli Fortune cookie	20 Hamburgers Chips Baked beans	21 Turkey Mashed potaoes,gravy Corn Roll	22 Pizza Tri-potatoes Green beans	23
24	25 Hot ham cheese Baked beans Chips	26 Chili soup Crackers Cheese Frosted cinnamon roll	27 NO SCHOOL	28 NO SCHOOL	29 NO SCHOOL	30



Lakeview

COUNSELING DEPARTMENT

Community Resources

[Columbus Area Mental Health and Counseling Services](#)

[Community Response](#): to assist children, youth and families to be healthy and resilient through a prevention network of community resources.

Community Response contact information:

Email: rmiksche@columbusunitedway.com

Office: 402-564-5661

Locations:

1119 B Street	3214 25th St, Ste 2
Schuyler, NE	Columbus, NE

[Columbus Area Service Directory](#)

Lakeview Resources

- Need to talk to someone? Does your family have any basic needs that are not being met?

→ Mrs. Mollie Rambour, Junior High & Platte Center School Counselor

→ Mrs. Hellbusch, Shell Creek School Counselor

→ Mrs. Paige Rambour, High School Counselor

[99 Coping Skills](#)


[Mindfulness Practice Cards](#)


[101 Positive Things to Say to Myself](#)

[Your Life Your Voice Website](#)


Hotlines/ Helplines

Your Life Your Voice- Boystown National Hotline:


 1-800-448-3000

 Text "Voice" to 20121


Crisis Response- use in case of an emergency or mental health crisis:

 (402) 564-3264


National Suicide and Crisis Hotline:


 988
 800-273-8255 (TALK)

DHHS Child Abuse and Neglect:

 800-652-1999

211 Helpline:

 2-1-1 or 402-444-6666

 Text your zip code (68601) to 898211

Support Lakeview Viking History...



BUY A BRICK!

Lakeview Education Foundation is offering a unique opportunity for our fans to become a permanent part of Lakeview High School's history. 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, forming a walkway for our fans. The walkway, to be named the "VIKING WALK OF PRIDE", will capture the LHS tradition of excellence. Order your brick today!

Purchaser's Name	
Address	
Email	
Phone	

- Send acknowledgment letter to the above address
- This brick is a surprise, no need to send an acknowledgment letter

Bricks are a Standard 4"x8" Size and cost \$100.

Print information exactly as you would like it to appear, noting there are a maximum of 14 characters per line (including spaces). If you wish to order more than one brick or would like your bricks placed 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.

Line 1														
Line 2														
Line 3														

Enclose your check or money order along with this form in an envelope and mail it to:

Lakeview Education Foundation

3744 83rd Street

COLUMBUS, NE 68601



East Central

District Health Department

4321 41st Avenue, Columbus, NE 68601 (402) 563-9224

Dear Parents and Guardians,

It has been a little over 10 years since e-cigarettes, or vapes, were introduced to the United States. E-cigarettes were marketed as a safer option than cigarettes which has led many people to assume that using e-cigarettes, or vaping, is safe. After all, e-cigarettes can come in flavors like candy and packaging that looks like cute toys or school pens, so how bad can they really be? The truth is vaping causes serious health risks. This includes exposure to dangerous chemicals including the drug nicotine.

What exactly is an e-cigarette and why is it harmful? E-cigarettes are battery-operated vaporizers, meaning they create an aerosol, or vapor, for a user to inhale. When a person puffs on an e-cigarette, the liquid inside a cartridge or pod heats up and becomes the vapor. The vapor typically contains the addictive drug nicotine, flavorings, and other toxic chemicals. These chemicals include **formaldehyde** which is a carcinogen (meaning it can cause cancer), **acrolein** which is an herbicide primarily used to kill weeds, and **metal particles** such as aluminum, lead, nickel, tin, and chromium. Vaping or breathing in the e-cigarette vapor takes these chemicals directly to your lungs which can cause inflammation, lung damage, and even cancer.

What is nicotine and what does it do? Nicotine is an extremely addictive drug. Even one puff of a cigarette or e-cigarette can cause an addiction to nicotine. This is especially bad in e-cigarettes due to the high concentration of nicotine. For example, **one JUUL pod contains as much nicotine as one pack of 20 cigarettes**. Nicotine addiction can lead to increased anxiety, crankiness, cravings, depression, frustration, anger, difficulty concentrating, and restlessness. Additionally, nicotine increases your stress hormone levels which can lead to high blood pressure and increased likelihood of a heart attack.

Can e-cigarettes help people quit other tobacco products? No vaping product has been approved by the Food and Drug Administration (FDA) for adults or teens to quit other tobacco products. However, there is increasing evidence that e-cigarettes have severe long-term side effects. Usage of a vape can also lead to dangerous circumstances because many people do not know what is in the vape when they use it due to mislabeling, lack of regulation on the contents of the vape cartridges, or simply not asking whoever put the vape together.

Aren't there limits on vape products? The FDA has issued limitations on flavored e-cigarette products, including fruit and mint flavors that appeal to kids. Additionally, there is an age limit of 21 years old to be able to purchase vape products. However, Big Tobacco manufacturers are finding loopholes and continuing to market vaping to kids. A 2024 FDA survey revealed that nearly 90% of kids who vape continue to use flavored vaping products like fruit, candy, menthol, and mint. Not only are the flavors marketed for children and

teens, but also the design of the vape itself is too. Vapes come in a variety of shapes and sizes. Some vapes are shaped to look like pens, USB drives, recording devices, and small toys. There is a variety of sizes as well; some are mini (often called cig-a-like), mid-size, vape pens, vape pod systems, e-hookahs, e-cigars, advanced personal vaporizers or mods. Although most underage e-cigarette users get their e-cigarettes from peers and family members, many underage users get vaping devices illegally from retail sources according to the Truth Continuous Tracking Survey done in 2022.

Approximately 9% of 8th graders or 2 out of every 20 students in 8th grade have used a vape in Boone, Colfax, Nance, and Platte counties according to the 2023 Nebraska Student Health and Risk Prevention (SHARP) Survey. This amount increases as students get older as **28% of 12th graders or 5 of every 20 students in 12th grade have used a vape in Boone, Colfax, Nance and Platte counties** according to the same 2023 SHARP Survey. The SHARP survey also found the current usage of vapes for students is around 5% for 8th graders and 16% for 12th graders.

As parents or guardians, you are the best person to educate and protect your child. Talk to your kids and remember that you are not alone. Schools, healthcare providers and community partners are important allies in helping your kids live a healthy, tobacco-free and vape-free life. Below are some tips to talk to your kids:

1. **The goal is to keep the conversation going.** Listen, ask open-ended questions, and share clear information to support the health of your child. Some questions could be: What do you think about vaping? Are there kids vaping at your school? What would you do if someone offered you a vape? Listen to your children, and try to avoid lecturing, pressuring, and criticizing.
2. **Stay calm.** Just because they know about vapes or are asking you about vaping does not mean they are doing it. Even if they are using a vape, show your disappointment and other emotions, but do your best to remain calm to continue the discussion. If necessary, you can always give some time before continuing the discussion.
3. **Talk in low-pressure moments.** Kids may be less receptive when tired, stressed, or busy. Are you trying to start a conversation while they are studying for a test or playing a video game? Look instead for low-pressure moments, such as when driving in the car. Another good time may be while you are cooking, and they are snacking at the kitchen table.
4. **Keep your talking points short but consistent.** Small, frequent conversations are much more effective than one big sit-down conversation. There can be too much pressure in a serious sit-down and your kids may not listen to you.
5. **Look for teachable moments.** E-cigarettes are often in the news or part of prevention talks at school. Make the conversation relevant to recent events, and your child or teen will not feel like the conversation topic is random or out of the blue.
6. **If your kid is using e-cigarettes, try to understand the reasons why and how they feel about vaping.** Many teens want to quit but have been unable to because nicotine is so addictive. They may struggle because these products are easily accessible – in stores and gas stations, on social media, and sometimes with their peers. As you approach this conversation, understand they may need your help to quit.
 - a. Within Nebraska, we have the *My Life, My Quit* program for youth under 18. Their website is <https://ne.mylifemyquit.org/en-US> or Text "START MY QUIT" to 36072 for help quitting.

b. We also have a *Nebraska Tobacco Quitline* for adults 18 years and over. Call 1-800-QUIT-NOW (1-800-784-8669) or Text QUITNOW to 333888 for help quitting.

7. **Remember, it is fine to not have all the answers.** If you do not know an answer, it is okay to say, “I don’t know” and look it up with your children. They may respect you more for your honesty and taking the time to answer their questions. As a family, you can work together to help each other stay healthy. Below are some websites to learn more.

Vaping Facts. American Lung Association

<https://www.lung.org/quit-smoking/helping-teens-quit/talk-about-vaping/vaping-facts>

E-Cigarettes (Vapes). CDC

<https://www.cdc.gov/tobacco/e-cigarettes/index.html>



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Sources:

Vaping Facts by the American Lung Association (link or QR code below)

<https://www.lung.org/quit-smoking/helping-teens-quit/talk-about-vaping/vaping-facts>

Formaldehyde. American Lung Association

https://www.lung.org/clean-air/indoor-air/indoor-air-pollutants/formaldehyde#:~:text=Formaldehyde%20is%20used%20in%20the,nose%2C%20nausea%20and%20difficulty%20breathing_

The 101 on e-Cigarettes. American Heart Association

https://www.heart.org/-/media/Healthy-Living-Files/Infographics/101-on-ecigarettes-Infographic-English.pdf?sc_lang=en

Talk about Vaping. American Lung Association

<https://www.lung.org/quit-smoking/helping-teens-quit/talk-about-vaping>

How to Talk to Your Kids About Vaping. American Lung Association

<https://www.lung.org/getmedia/302f26c0-d4b1-451f-a05a-092a93183b6c/vape-conversation-guide.pdf>

Tips on Talking to Your Kids. Campaign for Tobacco-Free Kids.

https://www.tobaccofreekids.org/protectkids/resources-for-parents/tips-on-talking-to-your-kids?utm_medium=ads&utm_source=GoogleSearch&utm_content=9/23Update:ParentsKeywords&utm_campaign=TFK-Search-2024&gclid=EAlaIQobChMImbHf_dOiiQMV_s7CBB21ggrZEAAYASAAEgLHrPD_BwE

Vaping 101: Lung Damage and Chemicals. Tobacco Education Resource Library

https://digitalmedia.hhs.gov/tobacco/educator_hub/vaping_101/lung_damage_and_chemicals

Initial symptoms of nicotine dependence in adolescents. Tobacco Control

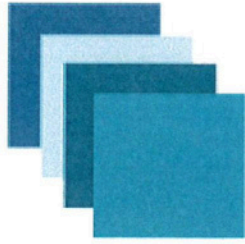
<https://pmc.ncbi.nlm.nih.gov/articles/PMC1748379/pdf/v009p00313.pdf#:~:text=nicotine%20dependence%20can%20appear%20within,to%20nicotine%20dependence%2C%20is%20postulated>

The Impact of E-Cigarettes on the Lung. American Lung Association

[https://www.lung.org/quit-smoking/e-cigarettes-vaping/impact-of-e-cigarettes-on-lung#:~:text=E%2Dcigarettes%20produce%20a%20number,as%20cardiovascular%20\(heart\)%20disease.&text=E%2Dcigarettes%20also%20contain%20acrolein,primarily%20used%20to%20kill%20weeds_](https://www.lung.org/quit-smoking/e-cigarettes-vaping/impact-of-e-cigarettes-on-lung#:~:text=E%2Dcigarettes%20produce%20a%20number,as%20cardiovascular%20(heart)%20disease.&text=E%2Dcigarettes%20also%20contain%20acrolein,primarily%20used%20to%20kill%20weeds_)

Underage Youth Continue to Obtain E-Cigarettes from Retail Sources in 2022: Evidence from the Truth Continuous Tracking Survey. Journal of Environmental Research and Public Health

<https://pubmed.ncbi.nlm.nih.gov/36674152/>



East Central

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Queridos padres y tutores,

Tal vez ha escuchado o visto noticias sobre los cigarrillos electrónicos o vaporizadores. Mucha gente piensa que es sano y seguro fumar estos aparatos. Vienen en muchos sabores dulces y con empaques que parecen juguetes lindos o plumas de la escuela... y es puro vaporcito. No pueden ser tan malos, ¿verdad? La verdad es que fumar vaporizadores causa muy serios riesgos a la salud. Esto incluye exposición a químicos peligrosos incluyendo la droga nicotina.

¿Qué es un cigarrillo electrónico y por qué daña a la salud? Cuando una persona fuma un cigarrillo electrónico, las baterías calientan el líquido adentro de la capsula del vaporizador y se hace vapor. El vapor típicamente contiene la droga nicotina, saborizantes y químicos tóxicos. Estos químicos carcinógenos (sustancias que causan cáncer), **acroleína** que es una herbicida y **partículas de metal** como aluminio, plomo, níquel, estaño y cromo. Fumar y respirar el vapor de los cigarrillos electrónicos entrega estos químicos directamente a los pulmones lo cual puede causar inflamación, daño al pulmón y cáncer.

¿Qué es la nicotina y qué causa? La nicotina es una droga extremadamente adictiva. Una adicción a la nicotina se puede formar con usarlo una sola vez. Este efecto es peor con cigarrillos electrónicos o vaporizadores porque tienen alta concentración de nicotina. **Por ejemplo, la nicotina en una capsula de la marca JUUL equivale la nicotina en un paquete de 20 cigarrillos.** La adicción a la nicotina puede causar ansiedad, irritabilidad, antojos, depresión, frustración, aumento de ira, dificultad en concentrarse e inquietud. Además, la nicotina aumenta los niveles de adrenalina que puede causar aumento de la presión arterial y aumenta el riesgo de un ataque cardiaco.

¿Pueden los cigarrillos electrónicos ayudar a las personas a dejar productos de tabaco? Ningún producto vaporizador ha sido aprobado por el “Food and Drug Administration” (FDA) para ayudar a los adultos o jóvenes dejar de fumar cigarrillos u otros productos de tabaco. Al contrario, hay evidencia que los cigarrillos electrónicos tienen efectos severos para la salud al largo plazo. Uso de un vaporizador también puede ser peligroso porque mucha gente no sabe los contenidos de los vaporizadores cuando lo usan porque lo etiquetan mal, no hay regulación del contenido de una capsula de vaporizador o simplemente el usuario no pregunta a la persona que armó el vaporizador lo que contiene antes de usarlo.

¿Por qué no hay límites legales sobre vaporizadores? El FDA ha expedido una política sobre los productos de cigarrillos electrónicos que incluye sabores de fruta, menta y dulce que atraen a los niños y jóvenes. Además, legalmente se requiere que uno tenga 21 años para poder comprar y usar vaporizadores. Pero, las compañías de tabaco han encontrado tecnicismos y continúan creando estos productos, usando mercadotecnia para atraer a los

jóvenes y niños. Un estudio del FDA en 2024 reportó que casi 90% de niños que usan vaporizadores usan productos con sabores de fruta, dulce, mentol y menta. Pero no solo usan mercadotecnia en los sabores, sino también en el diseño de los vaporizadores. Los vaporizadores o cigarrillos electrónicos vienen en muchas variedades de forma y tamaño. Unos vaporizadores parecen juguetes, plumas para escribir, aparatos de grabación y unidades de USB. Los tamaños de los vaporizadores varían de mini, mediano, pluma vaporizador, cigs-en-un-pod, hookahs electrónicas, cigarros electrónicos, vaporizadores avanzados o “mods”. Usuarios que no tienen 21 años tienden a obtener sus cigarrillos de compañeros, amigos o miembros de la familia, pero también muchos lo compran ilegalmente en tiendas, según un estudio del 2022 por el “Truth Continuous Tracking Survey”.

Aproximadamente 9% de estudiantes de octavo (8) año y 28% de estudiantes “seniors” en duodécimo (12) año han usado un vaporizador en los condados de Boone, Colfax, Nance y Platte según una encuesta de 2023 de “Nebraska Student Health and Risk Prevention (SHARP) Survey”. **Esto equivale como 2 estudiantes de octavo en una clase de 20 y 5 “seniors” en una clase de 20.** En esta misma encuesta, el uso actual de vaporizadores en estos condados es 5% de estudiantes de octavo año y 16% de estudiantes de duodécimo año.

Como padre o tutor, usted es la mejor persona para educar y proteger a sus hijos.

Hable con sus hijos y recuerde que tiene aliados en la comunidad. Las escuelas, proveedores de salud y la comunidad son aliados importantes en ayudar a sus hijos vivir una vida sana, sin tabaco y vaporizadores. Puede encontrar abajo algunos consejos para facilitar conversaciones con sus hijos sobre los vaporizadores y los riesgos de fumarlos.

1. **La meta es a mantener una conversación continua.** Escuche a sus hijos, hágales preguntas abiertas y comparta información clara para apoyar la salud de su hijo o hija. Algunas preguntas abiertas para sus hijos pueden ser: ¿Qué piensas sobre vaporizadores y el uso de ellos? ¿Hay compañeros tuyos que fuman vaporizadores o hacen “vaping”? ¿Cómo reaccionas si te ofrecen fumar un vaporizador? Escuche a sus hijos y evite regañar, presionar o criticar.
2. **Mantenga la calma.** Si su hijo sabe sobre los vaporizadores o le pregunta sobre ellos, no necesariamente significa que los fuma. Y si los fuma, muestra su desilusión y otras emociones, pero haga lo posible para mantener la calma para continuar la conversación con su hijo. Si es necesario, puede dar un poco de tiempo para calmarse antes de continuar la conversación.
3. **Platique con su hijo o hija en momentos de baja presión.** Los jóvenes y niños están menos dispuestos a escuchar si están cansados, estresados o preocupados. ¿Intenta a empezar la conversación cuando estudian para un examen o juegan un videojuego? Intenta mejor a buscar un momento de baja presión. Por ejemplo, cuando están manejando en el coche, están cocinando o comiendo.
4. **Mantenga sus puntos de discusión cortos pero consistentes.** Frecuentes y cortas conversaciones son mucho más efectivas que una discusión grande con sus hijos. Hay demasiada presión en una conversación larga y seria y es posible que sus hijos no sean receptivos a la conversación.
5. **Busque momentos relevantes para sacar el tema.** Los cigarrillos electrónicos están frecuentemente en las noticias o como parte de presentaciones preventivas en las escuelas. Haga la conversación con su hijo relevante a eventos recientes y su niño o joven no sentirá que la conversación sale de la nada.

6. **Si su hijo o hija usa cigarrillos electrónicos o vaporizadores, intente entender las razones por las que lo usa y como se sienten ellos sobre su uso.** Muchos jóvenes quieren dejar de fumar, pero no han podido a causa de adicción a la nicotina. Muchos jóvenes luchan a dejar estos productos porque son muy fáciles de conseguir en tiendas o gasolineras, por redes sociales y a veces por medio de sus compañeros y amigos. Cuando empiece la conversación, entienda que su hijo o hija necesita su apoyo y ayuda para dejar de fumar.

a. En Nebraska, tenemos el programa “*My Life, My Quit*” para jóvenes menores de 18 años. El sitio de internet es <https://ne.mylifemyquit.org/en-US> o puede textear “**START MY QUIT**” a 36072 para obtener ayuda.

b. También hay una línea directa llamado a “*Nebraska Tobacco Quitline*” para adultos con 18 años y mayores de 18 años. **Llame a 1-855-DÉJELO-YA (1-855-335-3569) o textea “DÉJELOYA” a 333888** para obtener ayuda dejando los productos de tabaco y vaporizadores.

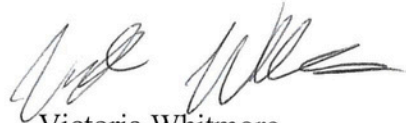
7. **Recuerde que no tiene que saber todas las respuestas en pláticas con sus hijos.** Si no sabe algo, es bueno decir, “No sé” y buscar la respuesta con sus hijos. Ellos le respetaran más por su humildad y apreciarán el tiempo que tome encontrar las respuestas. Pueden trabajar juntos como familia para apoyarse mutuamente en mantener la buena salud. Incluimos algunos sitios de ayuda abajo.

Cigarrillos electrónicos y vapeo. American Lung Association
<https://www.lung.org/getmedia/efb2a856-e9b6-45f6-a56c-67935f383884/cigarrillos-electronicos-padres.pdf.pdf>

Como proteger a los jóvenes de los cigarrillos electrónicos. CDC
<https://www.cdc.gov/tobacco/es/tobacco-features/spanish-back-to-school.html>



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