

December, 2019



Central  
High School



## ***"CENTRAL PRIDE IS SCHOOLWIDE"***

### **Central Alumni Association Update**

The Class of 2019 received 67 scholarship checks valued at \$107,000 from the various Alumni Association Scholarship funds.

This year the total value of the Alumni Scholarship account broke the \$700,000 mark! Several CHS classes either started or made sizable contributions to their accounts. We were also able to add a couple of new scholarships this year, but we also had to close some older ones that have run out of funds.

Last year there were some large donations, and there have been lots of smaller donations made by people who gave what they could. No donation is too small as every dollar has the potential to change a life. Please consider the Central Alumni Association in your charitable giving for 2019. We are a 501c3 non-profit so your donation is tax deductible. Any questions, write to the Central Alumni Association, P.O, Box 3012, La Crosse, WI 54602.

**Seniors:** You will need to apply for the Central Alumni Scholarships the first week of January. See Mrs. Silha in the Student Services Department for details on what is available. You may apply on-line for most but there are a few where a separate sheet needs to be filled out.

The Central Alumni Association strongly urges all students who plan on going onward with their education to visit with their school counselor or the staff in the Future Center. They can help find the right school for you to attend after graduation and maybe some scholarship monies from that school. They are all more than happy to help all underclassmen find the right path to a great school.

## SCHOOL CLOSINGS AND EARLY DISMISSALS

In the event school is closed or dismissed early due to bad weather, the announcement will be made on the following TV and radio stations:

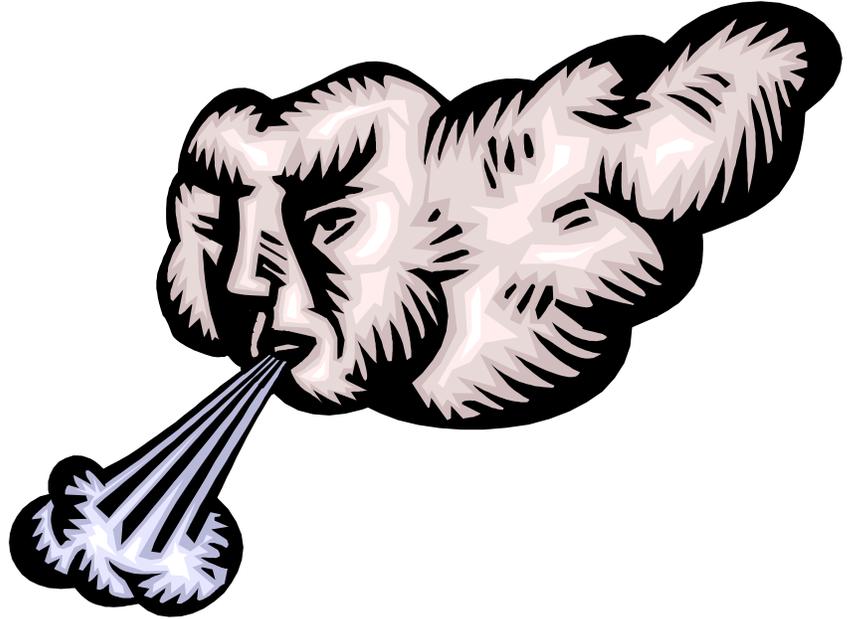
WKBT TV 8  
WEAU TV 13  
WXOW TV 19

### FM STATIONS

WLSU	88.99
WIZM	93.3
KCLH	94.7
WRQT	95.7
COW	97
KQ	98
CLASSIC ROC	100.1
EAGLE	102.7
MAGIC	104.9
CC	106.3

### AM STATIONS

WKTY	580
WIZM	1410
WLFN	1490



The announcement will also be listed on the homepage of the school district's website at [www.lacrosseschools.org](http://www.lacrosseschools.org). All after school programs and activities will be cancelled unless otherwise noted. After school programs include *Surround Care*, *Park and Rec Programs* operated in district schools, and the *21st Century Community Learning Center After School Programs*. In the event of an early dismissal the Boys & Girls Club will operate their program at their facility until 5:00 PM. However, there will be no transportation provided from the school to the Boys & Girls Club.

Exceptions for evening events may be made on a case-by-case basis. If an event is to be held, it will be posted on the district's website and cable channel 4 as well as publicized on the media stations listed above.

### CENTRAL HIGH SCHOOL DIRECT PHONE NUMBERS

<i>Activities</i>	<i>789-3009</i>
<i>Attendance</i>	<i>789-3008</i>
<i>Kitchen</i>	<i>789-3016</i>
<i>Main Office</i>	<i>789-7900</i>
<i>Student Services</i>	<i>789-3006</i>
<i>Go Riteway Bus Service:</i>	<i>881-6370</i>

## **Let's Talk About Juuling**

*There is a newer brand of e-cigarette (e-cig) called JUUL that has quickly become very popular, especially among our youth. Among high school and middle school students the current use of e-cigarettes has increased considerably in the last couple of years. In 2018 one in four high school students and one in fourteen middle school students had used a tobacco product in the last 30 days. The numbers are predicted to be even higher for 2019 due to the increase in use of e-cigarettes with JUUL being the most popular. The U.S. Surgeon General is calling it an epidemic.*

*JUUL looks different than other e-cigarettes as it is small and sleek and looks like a flash drive. This means it can easily be hidden in your child's pocket or hand. It can be plugged into any USB port, such as a laptop, to recharge. JUUL devices are battery operated and work by heating a pod of e-liquid or "juice" that contains nicotine, flavoring, and other chemicals. The device comes with a vaporizer and a prefilled container which when heated produces an aerosol or vapor that is inhaled. Many believe there isn't anything harmful about "juuling". In fact, one JUUL cartridge has the same amount of nicotine as a pack of cigarettes and the concentration of the nicotine is more than twice the amount found in other e-cigarettes.*

*There are about 200 puffs per JUUL pod so if a teen uses one pod a week, in 5 weeks that would equal about 100 cigarettes. Research is showing that many teens are actually using more than one pod per week. Nicotine is highly addictive and can affect the development of your child's brain. Using nicotine up to age 25 can harm parts of the brain that control attention, learning, mood, and impulse control. JUUL is attractive to kids because it has different flavors that are appealing. The device can be easily shared amongst friends, which can then impact socialization.*

*Non-users are involuntarily exposed to the aerosol of the device allowing exposure to chemicals that could possibly harm them. Some companies are now making cartridges containing marijuana that fit into the JUUL device attracting people of all ages.*

*In addition to the JUUL, there are many other electronic devices. Some are manufactured and some are homemade using various substances which all including the flavorings contain chemicals that are very dangerous to ingest causing injury and sometimes death.*

*Talk with your child. Educate them. Be observant.*

*Thank You  
Kim Mahum-RN  
La Crosse School District*

*The La Crosse Education Association, in collaboration with the School District of La Crosse, is working with many groups in our community to bring to light many of the untaught histories of people in our community. We are highlighting people, events, etc. that are frequently missed in the regular history books. To that end, we are featuring Native Americans, Black Americans, Asian Americans, Latino Americans, Women, LGBTQ+ individuals, and more. We feel that to truly achieve the ideal of “one nation”, we must know our brothers and sisters in our community first.*

*So as you get a cup of coffee or a bite to eat in local businesses, read about these amazing contributions by these amazing people. The local businesses so far are: Java Vino, Fiesta Mexicana, Smith’s Bike Shop, The Bodega, Root Note, Moka on West Avenue, Marine Credit Union, Family Video, Fathead Steve’s, Old Crow, and The Eagle’s Nest.*

**#WhoKnew**  
Untaught Histories of our World

**Who was Corporal Mitchell Red Cloud?  
(1925 - 1950)**

**Red Cloud was a member of the Ho Chunk nation and was born in Hatfield, WI**



When he lost his life, he was single handedly defending his company against an ambush, supporting himself against a tree after being shot eight times, so that his men could escape with their lives.

**Red Cloud Park in La Crosse was dedicated to this Ho Chunk war hero in 1957.**



Corporal Mitchell Red Cloud Jr. was a Marine hero of the Korean War and was posthumously awarded the Congressional Medal of Honor, the most prestigious military honor one can receive from the US Gov't.

Visit these websites for more information ...

  
Wikipedia

  
WI Historical Society

  
Army.com

  
City of La Crosse

  
La Crosse Tribune

SCHOOL DISTRICT OF LA CROSSE  **LEA**  
LA CROSSE EDUCATION ASSOCIATION

**#WhoKnew**  
Untaught Histories of our World

**George Poage (1880-1962)**

**Poage was born in Missouri, but his family moved to La Crosse when he was four years old.**



He ran track at the University of Wisconsin before earning his degree in History.



**In the 1904 Summer Olympics in St. Louis, MO, he became the first African-American to win an Olympic medal, taking bronze in the 200 and 400 yard hurdles.**

He graduated from La Crosse HS in 1899, one of the first African-American graduates, was the class salutatorian, and was considered the top athlete at the school.

Visit these websites for more information ...

  
City of La Crosse

  
BlackPast.org

  
Harvard's Isthmian Center

  
La Crosse Tribune

SCHOOL DISTRICT OF LA CROSSE  **LEA**  
LA CROSSE EDUCATION ASSOCIATION

*Looking for an opportunity to do biological research in the future? Learn from Scientists? Travel the world? We are looking to take a group of students on this adventure during the summer of 2021.*

*Operation Wallacea ([www.opwall.com](http://www.opwall.com)) conducts biodiversity conservation research worldwide using a unique tuition-free funded model. Our programs run in some of the most remote, spectacular habitats on the planet.*

*Groups of high school students lead by an accompanying teacher will join these expeditions to work alongside a range of different field scientists and academics from universities and institutes from all over the globe. In addition to an incredible fieldwork experience, the expeditions supplement and enhance student learning of key concepts in biology, geography and environmental science.*

*What is offered:*

- ♦ *2 week academic research expeditions for students*
- ♦ *A choice of 15 countries including Peru, Indonesia, Ecuador & the Galapagos, Transylvania & South Africa*
- ♦ *Free teacher places—one teacher for every 8 students*
- ♦ *Full pre-expedition training*
- ♦ *A range of lecture series designed by academics that link with high school biology, geography, and environmental science courses*
- ♦ *PADI Open Water scuba diving course at marine sites*
- ♦ *Choice of expedition options (rainforest, cloud forest, coral reefs, savannah)*
- ♦ *Educational resources including data sets, lectures, and posters*
- ♦ *Fundraising training and support if required*
- ♦ *College Credit available.*

*For more information, check out the video at <https://youtu.be/OI9R72kVLPk>*

*If interested, contact Joe Anglehart at:  
[jangleha@lacrossesd.org](mailto:jangleha@lacrossesd.org)*



**Congratulations to the thirty-one new members that were inducted into the Circle Chapter of the National Honor Society on Monday, November 18th. Central High School Administrator, Jeff Axness, addressed the inductees with an inspirational speech ennobling this group of youth to aspire to uphold the four pillars of the National Honor Society: Scholarship, Leadership, Service, and Character. National Honor Society Officers Emma Ehlers, Anna Durall, Ruby Blake, Julian Goldstein, Abby Hilby and Emma Scott conducted the ceremony and spoke to each of these pillars.**

**The new inductees are: Kendra Arendt, Martin Backstrand, Mackenzie Breidel, Hailey Constanti, Ellie Dingel, Kacy Eckhardt, Lucille Franklin, William Head, Abby Heiderscheit, Lara Heiderscheit, Julia Her, Rachel Jones, Quincy Kay, Ava Krause, Maddisyn Marx, Madeline Masewicz, Jenna Morris, Katie Murphy, Nicole Paulson, Julia Poelma, Avery Rox, Jacqueline Schneider, Eliana Short, Elle Shuda, Aubrey Strittmater, Alejandro Tofstad, Samantha Tunks, Lydia Wilson, Eden Winga, Chia Mee Yang, Abigail Ziegelbein.**

## IMPORTANT DATES

December 16	Holiday Concert 7:00 P.M., Auditorium
December 23-January 1	Winter Break No School
January 2	Classes Resume
January 15-17	Final Exams
January 17	End of Semester
January 20,21	NO SCHOOL
January 27	Curriculum Fair—Hackett Gym 6:00—7:00 PM
January 27	8th Grade Orientation Meeting 6:00 PM—Auditorium
February 10	Mid-Winter Band Concert 7:00 PM, Auditorium
February 14,17	NO SCHOOL



**Thank a Teacher, or any staff member, with a gift to the La Crosse Public Education Foundation.**

Looking for a way to shorten your holiday shopping list? Instead of purchasing a gift for your child's teacher, consider making a donation to the La Crosse Public Education Foundation in their honor. The Education Foundation supports the School District of La Crosse by awarding Classroom Innovation Grants for creative classroom projects; funding Random Acts of Kindness for students who need financial support; and supporting Teacher Excellence through staff development training. The foundation will send the staff member a card letting them know of your gift. Make a gift by visiting the LPEF website at [www.lpefonline](http://www.lpefonline) or by calling 608-787-0226.

## ACADEMIC EXCELLENCE CEREMONY

On November 4th, the La Crosse Board of Education recognized 538 Logan/Central/7 Rivers/LaCrosseRoads students for achieving a 3.5 grade point average for one or both of the past semester grading periods. The recognition took place at Viterbo University. Student addresses were given by Anna Durall, Central and Thomas Lenz, Logan. Teacher responses were given by Central teacher, Kim Butterfield, and Logan teacher, Rhonda McGowan. The awards ceremony was followed by an ice cream social in the Main Theatre Lobby.



The Future is Now!

As we near the middle of the school year, there are important items and deadlines coming up for college and career readiness. Whatever path you choose, it is imperative that you have a plan in place to achieve success. Here is a quick recap of things you should be planning for:

**Military:** The ASVAB test is offered yearly at Central high school, if students miss the test at the high school they should [take the ASVAB test](#) at the Military Entrance Processing Station (MEPS), pass the physical exam, meet with enlistment counselors to determine career, and take the oath to enlist.

**College:** Apply to schools, complete FAFSA for federal student aid, seek scholarships through local organizations, colleges you have been accepted to, and national scholarships. Use the [Future Center scholarship list](#), [Central Student Services website](#), Central's announcements, and employers or other organizations you are associated with.

**Work or Trades:** Create or update resume. Have someone review your resume, seek out job opportunities for working with trades. Many of the trades pay for apprenticeships, on-the-job training, and certification that guarantees a job upon completion of requirements.

As always stop by the Future Center with questions or if you are looking for assistance with completion of these items.

**Hayley Moe, MSW**  
Future Center Advisor  
La Crosse Promise  
(608) 789-2054  
[hmoe@lacrossepromise.org](mailto:hmoe@lacrossepromise.org)

# CENTRAL HIGH SCHOOL

## SEMESTER I FINAL EXAM SCHEDULE

2019-2020

Wednesday, January 15

8:00–9:30 AM	-	Period 1
9:45 - 11:15 AM	-	Period 2
11:15 -12:00 PM	-	Lunch
12:00–1:30 PM	-	Period 8

Thursday, January 16

8:00-9:30 AM	-	Period 3
9:45–11:15 AM	-	Period 4
11:15–12:00 PM	-	Lunch
12:00–1:30 PM	-	Period 5

Friday, January 17

8:00-9:30 AM	-	Period 6
9:45–11:15 AM	-	Period 7
11:15–11:45 AM	-	Lunch
11:45 AM-3:25 PM	-	Grading & Make-ups

**Buses leave at 1:40 on Wednesday & Thursday and at 11:55 on Friday**

### All Academic - 3.5 GPA or Better Fall 2019 Letter Winners

Macey Heath, Heleyna Kammel, Marlie Voigt, Emma Ehlers, Eden Winga, Julia Poelma, Jada Johnson, Lilith Wehrs, Katie Christensen, Emilia Veum, Taryn Winga, Gavin Rees, Aiden Hutschenreuter, Max Olson, Wesley Barnhart, Anton Bruley, Cameron Weilandt, Lingo Vue, Phoenix Jones, Rayhan Siddiqui, Kohl Blanco, Quincy Kay, Colin Adams, Gavin Burrill, Jack Olson, Kyle Lee, Ava Scholl, Anna Whitford-Hawkins, Mya Colburn, Rachel Jones, Camille Blake, Maddie Masewicz, Kayla Holman, Maggie Hannum, Sophie Hannum, Ella Lysne, Samantha Vandermolten, Odessa Barreyro, Sienna Torgerud, Alli Schlicht, Devin Bocook, Max Popp, Andrew Winkers, Julian Goldstein, Drew Johnson, Gunnar Wilcox, Deston Woolley, Theo Walz, Austin Beitlich, Mason Herlitzke, Quinn Servais, Therin Smith, Luke Clements, Makayla Sheard, Isabela Pericek, Gloria Guild, Danessa Brocks, Elle Shuda, Cleo Tillman, Tasia Kohler, Abby Ziegelbein, Jakyra Abraham, Lauren Buley



*Central will be holding its annual Curriculum Fair on Monday, January 27th from 6:00-7:00 PM in the Hackett Gymnasium starting with a parent meeting at 6:00 in the auditorium. The Curriculum Fair is for all current and potential Central students and their parents. Information about curricular and co-curricular options will be available along with the opportunity to discuss specific questions with the teachers and advisors from Central. Class registration for the following year corresponds with the Curriculum Fair so this is a great opportunity to receive guidance in selecting classes for your future. Teachers will be in their classrooms to field any questions.*



Congratulations to the following "Students of the Month". Students are nominated by the various departments at Central and voted on by all Central faculty.

**SEPTEMBER**



*Megan Anderegg*



*Emma Ehlers*



*Mason Elston*



*Jenna Morris*



*Makayla Olson*



*Kamyia Redditt*



*Jack Rogers*



*Isabella Seymour*

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**STUDENT OF THE MONTH NOMINEES**

The following students were nominated for Student of the Month in September of this school year. Although they were not elected as Students of the Month, it is an honor just to be nominated.

**Freshmen:** Wyatt Kennedy, Darren Lee, Marcelino Schoen, Donna Schwabe, Ryan Titcomb, Averi Vu, Taryn Winga

**Sophomores:** Izabella Britten, Eli Graewin, Aleena Hellerud, Montgomery Jacobs, Taylor Mendiola, Ncaylee Niemann, Aidan Weverstad, Ava Wintin, Gao Nou Xiong, Macy Zielke

**Juniors:** Michael Darling, Kimberly Gloede, Noah Moline, Marlin Schulze, Breanna Thill, Tou Chor Xiong

**Seniors:** Catherine Cunningham, Julia Parins, Lyla Tolle, Jonah Whitedog, Zena Xiong



Congratulations to the following "Students of the Month". Students are nominated by the various departments at Central and voted on by all Central faculty.

### OCTOBER



*Jakyra Abraham*



*Mya Colburn*



*Darius Driver*



*Cecilia Hall*



*Aliyah Schlicht*



*Xai Thao*



*Pheng Shila Vang*



*Deston Woolley*

### STUDENT OF THE MONTH NOMINEES

The following students were nominated for Student of the Month in October of this school year. Although they were not elected as Students of the Month, it is an honor just to be nominated.

Freshman: Connor Becker, Gandharv Eadara, Elijah Hundt, Jaybriel Jones, Sophia Pence, Taya Schraith, Sienna Torgerud

Sophomores: Colin Adams, Nicholas Jarman, Le'Mia Jenkins, Jack Rogers, Samantha Vandermolen, Kari Wynos, Meng Yang

Juniors: Kendra Arendt, Kai Luhman, Sririvong Vang

Seniors: Henry Blegen, Catherine Cunningham, Fuechee Lee, Cameron Weilandt



Congratulations to the following "Students of the Month". Students are nominated by the various departments at Central and voted on by all Central faculty.

### NOVEMBER



*Lilian Bingol*



*Bennett Fried*



*Mason Herlitzke*



*Jordyn Mickschl*



*Jack Olson*



*Julia Poelma*



*Eliana Short*



*Chantell Tyson*

### STUDENT OF THE MONTH NOMINEES

The following students were nominated for Student of the Month in November of this school year. Although they were not elected as Students of the Month, it is an honor just to be nominated.

Freshman: Adrian Ehler, Kaitlyn Erickson, Cadie Gray, Ava Herlitzke, Morgan Lawrence, Mollie Peterson-Johnson, Megan Starch, Taryn Winga, Neena Yang, Pa Chia Yang

Sophomores: Bishop Clancy, Amelia Northwood, Elyse Ramseier, Abigail Rosenstein

Juniors: Abby Youngbauer

Seniors: Carsyn Colburn, Ethan Davis, Olivia Hubbard, Malina Moua, Astoria Wichelt, Zena Xiong



## **UPCOMING CONCERT EVENTS AT CHS ARE CHANGING**

The Winter concerts at CHS this year will have a different twist than the past several years. The CHS Choirs (Robed Choir, Upper Treble Choir, 9th Treble Choir, TBB Choir) will present their concert on Sunday, December 15th at 4:30 PM. Band and Orchestra will present their concert on Monday, December 16th at 7:00 PM. Both performances will be held in the CHS Auditorium. Everyone is invited to come and support these young musicians. Holiday treats will be available to purchase. Please join us for an eclectic program of music.

Congratulations to Ava Shively, Chia Mee Yang and Eden Winga for their success in being chosen as finalists at the National Association of Teachers of Singing Fall auditions held at Viterbo University. Ava competed in the HS Treble Music Theatre Division. Eden and Chia Mee competed in the HS Treble Classical Song Division. All three received Honorable Mentions. Over 70 high school singers attended this event.

Congratulations to Grand Central Station and Central Connection for their successful performances at the Dinner Show. Thanks to all who came and enjoyed the event.

Central's Grand River Concert and Show Choir Competition will be held on January 24th and 25th. Check the CHS Webpage for future music performance dates and information.

Central is hosting the Solo/Ensemble Contest on Saturday, February 15th. Logan, Onalaska, La Crescent, and Holmen student musicians will be attending. The CHS Show Choir parent group will be taking care of the concessions. Additionally, we will need parent volunteers to be door monitors, room managers, office workers, etc. More details will be shared via Skyward e-mails and concert announcements. Please sign up to help, parent volunteers help make the day a success.

## Laptop Need a Good Cleaning?

It is important to keep laptop keyboards and displays clean. It is especially important during cold and flu season. It's easy and will only take a minute.

Follow these general rules when cleaning the keyboard, display and outside of your computer.

- ◆ Shut down and detach the power adapter.
- ◆ Use a damp, soft, lint-free cloth to clean the computer's keyboard, display and outside.

Water will damage your computer. Do not get any moisture in any openings on the keyboard.

Do not spray any type of liquid directly on any part of the computer.

Do not use any aerosol sprays, solvents or abrasives.

- ◆ Wipe the computer dry with a soft, lint-free cloth after wiping it clean with a damp cloth.



## UPCOMING DATES FOR 2019-2020

December 1 .....	Central Scholarship Applications Available
December 6 .....	Practice ACT Test for Juniors
January 3 .....	Central Scholarship Application due by 3:30 PM
January 10 .....	Deadline to register for February 8th ACT
January 27 .....	Curriculum Fair, 8th Grade Orientation, 6:00 –7:00 PM
February 14 .....	Deadline to register for March 14th SAT
February 19-20 .....	ACT pre-admin work with Juniors
February 28 .....	Deadline to register for April 4th ACT
March 1 .....	Deadline for Start College Now & Early College Credit Program Registration for Fall, 2020
March 3 .....	ACT for Juniors
March 9 .....	Parent/Teacher Conferences—12:00-8:00 PM
March 11 .....	Parent/Teacher Conferences—4:00-8:00 PM
April 1-2 .....	10th Grade WI Forward Testing
April 15-16 .....	9th Grade Aspire Testing
April 22-23 .....	10th Grade Aspire Testing

**FEE WAIVERS—Students who qualify for free or reduced lunches may receive two fee waivers for the ACT/SAT tests, all college applications, and up to four transcripts. See your counselor if you think you may qualify.**

## COLLEGE APPLICATIONS – TIPS & HINTS

Seniors who plan to attend college should have their applications submitted before winter break. Every college varies on their application deadline. Check with the specific schools your student is interested in to find out their deadline. Make sure to send your ACT scores to the college. If you did not have your scores sent to the college you are currently applying to, you will need to have them sent. To do so, contact ACT at [www.actstudent.org/scores](http://www.actstudent.org/scores). In addition, be sure to have your transcript sent to each college. Go to the Central website, under Student Services and Request Transcripts. This will take you to the Parchment website which is where you will make your request.

## TRANSCRIPT REQUESTS



**Seniors: If you are still working on your college applications, remember that your high school transcript needs to be sent. Please note that transcripts may not be processed over the winter break. Therefore, transcript requests must be made by 3:30 PM on Thursday, December 19th.**



## ON THE SCHOLARSHIP TRAIL?

1. Check the Scholarship Display located in the Student Services Office. It contains applications and/or information for all the scholarships that have been mailed to Central. A list will be posted on top of the display including the scholarship name, a brief description, and a deadline for each scholarship. Applications are located in the slots in the display. New scholarship opportunities arrive frequently and the list is updated every two weeks.
2. The above mentioned scholarships posted through the Student Services Office are also posted on the Student Services webpage. Go to Central's webpage, [www.lacrosseschools.org/central](http://www.lacrosseschools.org/central). Click on Office and then Student Services.
3. Brainstorm lists of sources such as clubs, insurance companies, businesses, unions, churches, and other organizations to which you or your family are affiliated. They might have scholarship money available for students; inquire directly to those organizations.
4. Browse through the Scholarship Books located in the Student Services Office.
5. Seniors planning to go on to any school following graduation should apply for the Central High School Scholarship. The scholarship application will be available on the Student Services webpage on Sunday, December 1st. Applications must be submitted online by Friday, January 3, 2020 at 3:30 PM. LATE APPLICATIONS ARE NOT ACCEPTED. The CHS Scholarships include dozens of scholarships for two and four year schools. The scholarships are designed for many types of students. For example, some are for students with a high GPA and some are for students with a middle or low GPA. One considers GPA and athletic letters earned in high school. Some take into consideration community service involvement. Some are only for students applying to programs in health related areas. There are many possibilities so all students should apply!
6. Check directly with the schools/colleges you are applying to. They may have scholarships available.
7. File the Free Application for Federal Student Aid (FAFSA). We encourage all students to complete the FAFSA even if they are not likely to receive federal funds. Some programs/colleges may require filing the FAFSA before they will consider a student for other scholarships.

**Good Luck! Please stop in and ask questions. We're here to help!**



*Happy Holidays*



# ***SDLAX HPL PRESENTS HOUR OF CODE***

## ***THURSDAY, DEC. 12TH @ CENTRAL HIGH SCHOOL***

### **JOIN THE LARGEST MULTI-GENERATIONAL LEARNING EVENT IN HISTORY!**

The Hour of Code is a global movement reaching tens of millions of students in 180+ countries. Anyone anywhere can organize an Hour of Code event. One-hour tutorials are available in over 30 languages. No experience needed. Ages 4 to 144.

This event is open to ALL students, parents, staff and community members!

Bring your laptop, Chromebook, iPad, smartphone, or other electronic device and join us at **Central High in room 232** as we join the largest learning event in history as we spend an hour coding!

### **LA CROSSE CENTRAL HIGH SCHOOL: ROOM 232**

**When:** Thursday, Dec. 12th, 4-5 pm

**Where:** 1801 Losey Boulevard South La Crosse, WI

**More information:**

Open to all students and their families. The event will include hands-on coding stations. Students under 16 should be accompanied by a guardian. Please RSVP below.

### **REGISTRATION INFORMATION**

Visit the HOUR OF CODE digital flyer to register at <https://www.smores.com/dfm9e> or use QR code below.



What will you create?  
Try an Hour of Code  
657,123,886 served



# Harvest of the Month



## **Pick:**

- Choose winter squash with firm skin that is free of nicks, cracks, or soft areas.
- Select squash with an attached stem.

## **Store:**

- Fresh, whole squash can be stored in a cool dark place for several weeks to months, depending on the variety.
- Store cooked squash for a few days in the refrigerator or freeze up to 6 months.

## **Prepare:**

- Winter Squash is versatile. It can be baked, microwaved, roasted, sautéed, boiled, and/or steamed.
- Use a very sharp knife to cut or peel squash.

## **December**



## **Winter Squash**

### **Nutrition Info**

One cup of cooked, cubed squash has 115 calories and provides vitamins A & C and fiber.

### **Fun Facts**

In Native American folklore, winter squash was one of the "three sisters," along with corn and beans. These were staple foods in the Native American diet.

There are over 15 different types of winter squash including: butternut, Delicata, Hubbard, banana, acorn and spaghetti squash.

The heaviest squash ever recorded was 1234 pounds!

### **Uses**

- Puree cooked squash and add to soups for a creamy texture. Squash seeds can be roasted and eaten just like pumpkin seeds.
- Try stuffing squash with a blend of rice, apples and kale, adding roasted squash cubes to a savory pizza, or using a spiralizer to make squash noodles. No spiralizer? Try a spaghetti squash!

### **Family Friendly Activities**

Have your child help scoop out a cooked spaghetti squash; show them that the flesh looks like spaghetti noodles!

Let your child find, pick out and count the seeds in the squash. Then roast them and enjoy as a healthysnack!

# Harvest of the Month

## Roasted Butternut Squash Fries

Serves 6 (1/2 cup per serving)

### Ingredients:

1 medium butternut squash  
1 Tbsp. olive oil  
1 tsp. dried thyme or 1 Tbsp. chopped fresh thyme  
1 tsp. dried rosemary or 1 Tbsp. chopped fresh rosemary  
1/2 tsp. salt

### Directions:

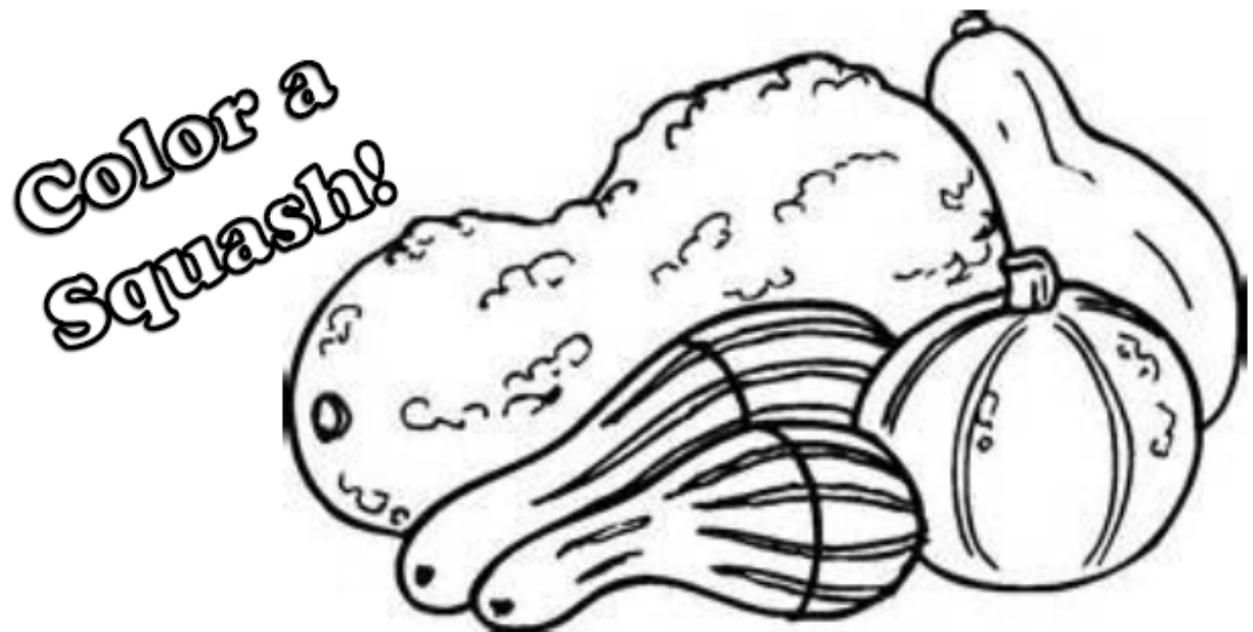
Heat oven to 425 degrees. Lightly coat a baking sheet with olive oil. Peel skin from butternut squash and cut into even sticks, about 1/2 inch wide and 3 inches long. In a medium bowl, combine the squash, oil, thyme, rosemary, and salt; mix until the squash is evenly coated. Spread onto the baking sheet and roast for 15 minutes. Remove the baking sheet from the oven and shake to loosen the squash. Flip squash and place back in the oven; continue to roast for another 15 to 25 minutes until golden brown.

### Roasted Butternut Squash Fries Nutrition Facts (per 1/2 cup serving):

62 calories, 2 g fat, 1 g protein, 11 g carbohydrate, 3 g fiber, 168 mg sodium

For more information on Farm2School visit:

[www.laxf2s.org](http://www.laxf2s.org)



## START TALKING!

### SPECIAL ALERT! Educate Yourself on E-Cigarette Products

Instead of singing “lions and tigers and bears oh my,” like they did in the Wizard of Oz; we are hearing more “E-cigarettes, Juul, Vaping, what is this all?” If you aren’t sure of what any of this is it is time to become educated

1.5 MILLION MORE STUDENTS USED  
E-CIGARETTES IN 2018 VS. 2017

about the subject as unfortunately it is here and happening more than we would like it to be, especially with youth.

Let’s get one thing straight to begin with, E-cigarettes aren’t a “safe” alternative to cigarette use. E-cigarettes have been causing an epidemic of youth use across the country for some time now. According to the La Crosse County preliminary Youth Risk Behavior Survey (YRBS) results for 2019, 18% of 12<sup>th</sup> graders stated that they have used vaping products in the last 30 days and 41% have tried vaping.

Vaping is the act of inhaling and exhaling the aerosol, often referred to as vapor, which is produced by e-cigarettes. This term is used because e-cigarettes do not produce tobacco smoke, but rather an aerosol, often mistaken for water vapor, that consists of tiny particles.

One fact that we need to understand and remember is that electronic tobacco delivery devices are still considered tobacco products because most of them contain nicotine, which comes from tobacco.

Juul, one of the most popular brands of an electronic device, is taking our world by storm. Companies are selling bottles of flavored “e-juice,” what is used to fill the electronic devices, which is then heated up and vaporized and the vapor is what is inhaled deep into the lungs. These flavors are very attractive to youth and don’t smell like your “typical” cigarette smoke; it smells like fruit, chocolate, cotton candy, and numerous other fun flavors.



A Juul has a pod that fits into the device that has the e-juice. A pod is equal to smoking 20 cigarettes, another words, equals a pack of cigarettes. Many youth, who are using Juul’s, are sometimes going through two or three of these pods a day, thus smoking two to three packs of cigarettes a day. The amount of nicotine being inhaled is changing how the brain is functioning and allowing youth to become addicted to these products at a faster rate than one would imagine.

According to the National Institute on Drug Abuse, many young people who begin using nicotine through e-cigarettes will start to use traditional cigarettes later.

More information about vaping and e-cigarettes can be found at <https://kidshealth.org/en/teens/e-cigarettes.html>



### **Budgeting: Income and Expenses**

Managing your money successfully isn't always easy. Once you start to make money, it can be easy to spend it! But in order to manage your money successfully, you have to look at the amount of money that is coming in and the amount of money that is going out (or what you are spending). An easy way to do this is to set up a budget. Using a budget can help you compare your income versus your expenses. This can also help you create a plan for savings and allows you to look at the "big picture" to determine where you might be able to cut costs.

In many cases, income typically comes from wages earned through a job. Income can vary month to month, which is why budgets shouldn't be completely set in stone. You may work fewer hours one week or more another because you have a few days off of school, so earnings tend to change frequently.

Expenses always seem to arrive faster than payday, with the seemingly endless list of needs and wants! When looking at expenses, most budgets will include housing, utilities, phone, internet, food, etc., which can add up quickly. But you also want to make sure that you plan for "fun expenses" as well, such as going to the movies or grabbing lunch with some friends. You should also plan for savings!

To help get a handle on your monthly income and expenses (or budget); here are a few steps to follow!

- **Record your monthly income.** This could include money from chores, babysitting or a job.
- **Record your expenses.** You should list your fixed monthly expenses (or expenses that don't change from month to month) and your non-monthly fixed expenses (or expenses that can vary).
- **Compare your numbers.** Is there more going out (expenses) than what is coming in (income)? If you don't have enough income, or spend more than you have, you will get a negative cash flow, which is something you want to try and avoid.
- **Do you have a negative cash flow?** Look at areas that you are spending money and see if there is anywhere that you can **reduce your spending**. Otherwise, you may have to consider **increasing your income** with a second job or doing extra chores.
- **Is there room for savings?** Are you able to pay yourself first? Do you have extra money left over at the end of the month? Always consider putting extra money into your savings.

Creating a spending plan can always be flexible and helps you look at your big picture. When you look at your income and expenses, you are able to determine a plan that will work for you!

# December 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 MVCAD/AA Lunch GBK Wis. Rapids 5:45/7:15	4 ELD	5 ELD ALT Meeting 8:00 GBK at Aquinas WRS at West Salem Longfellow Choir Concert 7:00 Aud.	6 Early Release Day (Build) BLT Meeting 7:00 ACT Practice Exam 11th Grade students BBK Marshfield 5:45/7:15 GCS Choreography	7 GCS Choreography
8 GCS Choreography	9 BBK Menomonie 5:45/7:15 (4 levels) Staff Meeting 3:30 Booster Club 6:30	10 GBK EC North 5:45/7:15 HKY at Aquinas/Holmen	11 ELD	12 ELD GBK at Tomah 5:45/7:15 BBK ECM 5:45/7:15 Longfellow Band Concert 7:00	13 GBK at ECM 5:45/7:15	14 GBK at New Richmond BBK at Milwaukee Wash- ton BBK JV at EC Memorial 10:00 (2 games)
15 Vocal Concert 4:30	16 Winter Concert 7:00	17 GBK Osseo-Fairchild 5:45/7:15 HKY Tomah/Sparta WRS at Viroqua Longfellow Orchestra Con- cert 7:00	18 ELD Orchestra with Middle School 3rd Period	19 ELD WRS Sparta (at Logan) GYM at Tomah	20 BBK at Holmen 5:45/7:15 GBK Holmen 5:45/7:15 Robed Choir Alumni Day 11:15 Aud.	21
22	23 No School	24 No School	25 No School	26 No School	27 No School	28
29	30 No School GBK at G.E.T. 6:00/7:15	31 No School				

# January 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 No School	2 BBK Aquinas 5:45/7:15	3	4 GBK/BBK JV at Caledonia 8:30 (2)
5	6 BBK JV/VR at Caledonia 6:00/7:15	7 GBK at Sparta 5:45/7:15	8 ELD	9 ELD ALT Meeting 8:00 WRS at Aquinas GYM at Holmen ASL at Onalaska 4:15	10 BLT Meeting 7:00 GBK at Logan 4:15/5:45 BBK at Logan 5:45/7:15	11 Show Choir Competition (Viterbo) GCS and CC
12	13 Staff Meeting 3:30 Booster Club 6:30	14 HKY Aquinas/Holmen GBK River Falls 5:00/6:30	15 Finals 1, 2, 8	16 Finals 3, 4, 5 WRS Holmen (at CHS) GYM La Crosse Host BBK JV/VR at Onalaska 4:15/5:45 GBK VR at Onalaska 5:45 NBA convention Oshkosh	17 Finals 6, 7 GBK at Onalaska 5:45 BBK at Onalaska 7:15 NBA convention Oshkosh	18 NBA convention Oshkosh
19	20 No School MLK Day	21 No School Staff Development Grading and Building BBK at Tomah 5:45/7:15 GBK Tomah 5:45/7:15	22	23 WRS Onalaska (at Logan) GBK West Salem 5:45/7:15 ASL at Holmen 4:15 BBK at Montverde Academy	24 CHS Show Choir Invite BBK at Montverde Academy	25 CHS Show Choir Invite BBK at Montverde Academy
26	27 BBK VR LaCrescent 6:00 Curriculum Fair 6:00	28 SDLAX Band Extr. ASL VR at Onalaska 4:15	29 ELD (PD)	30 ELD (DEPT) GYM at Sparta	31 BBK Holmen 5:45/7:15 GBK at Holmen 5:45/7:15	

# February 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 BBK Border Battle CHS Host Show Choir Competition (Eau Claire Memorial) GCS
2	3 GBK Aquinas 5:45/7:15	4 HKY at Tomah/Sparta BBK at Aquinas 5:45/7:15 ASL Logan 4:15	5 ELD	6 ELD ALT Meeting 8:00 GBK Logan 4:15/5:45 BBK Logan 5:45/7:15 WRS at Tomah	7 BLT Meeting 7:00	8 BBK WJ/L Border Battle The Prairie School 7:15/8:00 vs. DeKalb Show Choir Competition (Logan) GCS and CC WSMA State Honors Audi- tions at CHS
9	10 OLYMPIC WEEK Staff Meeting 3:30 Mid-Winter Band Concert 7:00 BBK Caledonia JV/VR 6:00/7:15 Booster Club 6:30	11 OLYMPIC WEEK BBK at Hudson ASL Holmen 4:15	12 ELD OLYMPIC WEEK	13 ELD OLYMPIC WEEK GYM at Onalaska GBK Sparta 5:45/7:15	14 No School Convention Hosted by CHS BBK at Sparta 5:45/7:15	15 District Solo Ensemble at CHS
16	17 No School Staff Development AM District PM Building GBK VR Onalaska 5:45 BBK JV/VR Onalaska 5:45/7:15	18 GBK Onalaska 5:45 BBK Onalaska 7:15 ASL at Logan 4:15	19 ELD	20 ELD ASL Onalaska 4:15	21 BBK Tomah 5:45/7:15 NHS Blood Drive	22
23	24 District Show Choir Concert Prep groups and Middle Schools 7:00	25 GBK Regional BBK Sparta 5:45/7:15 ASL Tournament CHS 4:15	26 ELD (PD)	27 ELD (DEPT) ASL Tournament CHS 4:15 Track Spring Meeting 6:30	28 GBK Regional	29 GBK Regional Final Show Choir Competition (Marion, IA) GCS and CC

# March 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 MVC Coaches 8:00 Aquinas Winter Awards Program 6:30 Emerson Choir Concert 7:00	3 (11th Graders Only) ACT Final Band/Show Choir Concert 7:00	4 8 period day	5 8 period day GBK Sectional Semi D2 Host	6 No School Staff development CPI Training BBK Regional	7 GBK Sectional Final D5 Host BBK Regional Final
8	9 No School P/T Conf. 12:00 to 8:00 Booster Club 6:30 (TRK) Track	10 All-City Orchestra 7:00 La Crosse Center	11 ELD P/T Conferences 4:00 to 8:00	12 ELD BBK Sectional Semi	13 Early Release (Building) GBK State	14 BBK Sectional Final GBK State
15	16 (SB) Softball	17 ACT Make-Up	18 ELD	19 ELD	20 BBK State	21 BBK State
22	23 (BB) Baseball (GSC) Girls Soccer	24 TRK at St. Mary's 4:00 Josten's Deliver Cap and Gowns 10:00 to 2:00	25 ELD Vocal Large Group Choir Festival at CHS	26 ELD	27 End of Quarter TRK at Northern Badger 3:30 (UW-Stout)	28 7th Grade State BBK TRK at UW-L 3:00
29 7th Grade State BBK	30 (BTN) Boys Tennis (BGF) Boys Golf	31 SB at Holmen 4:30 BB V/VR Caledonia 4:30				

# April 2020

Sun

Mon

Tue

Wed

Thu

Fri

Sat

			1 ELD WI Forward Exam	2 ELD ALT Meeting 8:00 WI Forward Exam SB Tomah 4:30 Band Large Group Festival at CHS (all day)	3 BLT Meeting 7:00 TRK at Caledonia 4:15 SB V/VR at DeForest 3:30 (2) GSC at UW-L Invite	4 GSC at UW-L Invite
5	6 BB V/VR LaCrescent 4:30 Staff Meeting 3:30 Band Spring Festival Concert 7:00	7 GSC at Arcadia ASL at Logan	8	9 No School GSC at Holmen 4:00/5:45	10 No School (UW-L BB)	11 (UW-L BB)
12 Easter	13 No School Booster Club 6:30	14 BB V/JV at Aquinas 4:30 BB VR Aquinas 4:30 SB Aquinas 4:30 GSC Aquinas 5:00/7:00 TRK at Holmen 3:30 BGF Tomah Invite 12:00	15 ELD ACT ASPIRE 9 BGF JV MVC at Cedar Creek 2:00	16 ELD ACT ASPIRE 9 BB V/JV Logan 4:30 BB VR at Logan 4:30 SB at Logan 4:30 GSC at Logan 5:00/7:00 ASL at Holmen	17 GSC 4:00 V 6:00 JV Richland Center	18 La Crosse Tennis Invite BB V/VR at WI Rap 11:00 (2) TRK at Richland Center 9:30
19	20 BB at V/JV Sparta 4:30 BB VR Sparta 4:30 TRK at PdC 4:15	21 SB Sparta 4:30 GSC Sparta 5:00/7:00 BTN at Sparta 4:30 ASL Onalaska BGF V/JV at River Run 2:00 Longfellow Track	22 ELD (PD) ACT ASPIRE 10	23 ELD (DEPT) ACT ASPIRE 10 BB V/JV Onalaska 4:30 BB VR at Onalaska 4:30 SB at Onalaska 4:30 GSC at Onalaska 5:00/7:00	24 GSC PdC 5:00/7:00 BTN Milton 2:00 BTN West Salem 6:00 NHS Blood Drive	25 BB V/VR at ECM 11:00 (2) SB V/VR at ECM Quad 11:00 TRK KC Relays at UW-L 10:00 BTN at Beaver Dam Inv. 9:00 State Solo Ensemble Contest at Viterbo all day
26	27 Senior Scholarship Night 7:00 BB V/JV Tomah 4:00 BB VR at Tomah 4:30 SB West Salem 4:00	28 SB at Tomah 4:30 GSC at Tomah 5:00/5:00 BB V/VR at W. Salem 4:00 (2) BTN Onalaska 4:30 ASL Logan Longfellow Band Concert 7:00	29 ELD BGF V MVC at Cedar Creek 1:00	30 ELD GSC at W. Salem 5:00/7:00 BTN Tomah 4:30 SB V/VR Arcadia 4:30 BB JV at DeSoto 5:00 Stoddard		

# May 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 TRK at GET 4:15 BGF at Onalaska Invite 9:00	2 PROM
3 AP Testing Week	4 Spring Vocal Concert 8:00 BB V/JV at Holmen 4:00 (2) BB VR Holmen 4:00 (2) TRK Fr/So at Tomah 4:30 BGF V/JV MVC at Forest Hills 1:00	5 SB Holmen 4:30 GSC Holmen 5:00/7:00 BTN Wis. Rapids 4:30 ASL Holmen Spence Spring Concert 6:30	6 ELD All School Awards 6:30	7 ELD BB V/JV Aquinas 5:00 BB VR at Aquinas 5:00 SB at Aquinas 4:30 GSC at Aquinas 5:00/7:00 TRK Hanson Relays BGF JV MVC at Coulee 2:30 Longfellow Vocal Con. 7:00	8 Early Release Day (Build) BB V/VR at SPASH 4:00 (2) SB V/VR WI Rapids 3:30 (2) BGF V at Reedsburg Invite 8:30 BGF JV at Baraboo 8:30	9 SB JV at DeSoto (2) 10:00 GSC MVC JV at West Salem BB JV at PdC 10:00 BGF at Sparta Invite 9:00 BTN Regis Invite GSC at Altoona 1:00
10 AP Testing Week	11 BB JV/VR at Logan 4:30/6:30 BB VR Logan 4:30 Booster Club 6:30 CHS Orchestra Spring Concert 7:30 BGF V/JV at Hiawatha 12:30	12 SB Logan 4:30 GSC Logan 5:00/7:00 BTN Aquinas 4:00 ASL at Onalaska TRK at Onalaska 4:00	13 ELD (Senior Finals)	14 ELD (Senior Finals) BB V/JV Sparta 5:00 BB VR at Sparta 5:00 BB JV DeSoto 5:00 SB at Sparta 4:30 GSC at Sparta 4:00/5:45 BTN Logan 4:00 BGF V MVC at Coulee 1:00 BGF JV at Drugans 2:30	15 HSA Open House 8:00 to 10:00	16 TRK MVC at UW-L (Host) BB V/VR Menom. 11:00 (2) SB V/VR Menom. 11:00 (2) BTN Sheboygan Invite 8:30
17 Band Spring Awards Concert 1:30	18 ELD BB V/JV at Onalaska 5:00 BB VR Onalaska 5:00 BGF V/JV at Hiawatha 2:00	19 ELD SB Onalaska 4:30 GSC Onalaska 5:00/7:00 TRK MVC JV at CHS 3:30 ASL Tournament at Holmen BTN JV MVC 2:00	20 Graduation Practice 10:00 Senior Lunch 11:15	21 BB V/JV at Tomah 5:00 BB VR Tomah 5:00 GSC Tomah 5:00/7:00 BTN MVC 8:00 BGF at Holmen Invite 1:00	22 Memorial Day Service 9:20 Graduation 7:00	23
24	25 No School Memorial Day RRMB Parade	26 GSC W. Salem 5:00/7:00 TRK Regional SB Regional BTN Sub Sectional	27 ELD MVC Coaches at Holmen 8:00 BGF MVC Championship at Viroqua 9:00	28 ELD BTN Sectional SB Regional BGF at Holmen Invite 1:00	29 TRK Sectional	30 BB V/VR EC North 11:00 (2)
31	1	2 FINALS 1-2-8 BGF Regional	3 FINALS 3-4-5	4 FINALS 6-7	5 Last Day	6

# June 2020

Sun

Mon

Tue

Wed

Thu

Fri

Sat

	1	2 <i>FINALS 1-2-8</i>	3 <i>FINALS 3-4-5</i>	4 <i>FINALS 6-7</i>	5 <i>Last Day of School</i>	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				