



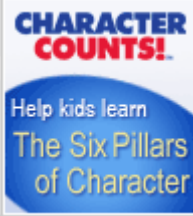
The Panther Preview!



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Character Counts Corner

Understanding Change: The Elephant and the Rider

It took me a long time to realize the limitations of logic. For much of my life, including a 20-year stint as a law professor, I relied on discourse and reasoning to understand and resolve problems. I believed that I should suppress feelings that could result in irrational behavior, and I had little patience for those who seemed to govern their lives by emotions.

Despite my intellectual resistance, life's experiences forced me to accept the reality that the relationship between the head and the heart is much more complicated. Not only did I find that many people I dealt with were unable or unwilling to give up the demands and satisfactions of giving in to their feelings, I came to realize how often my own behavior was dictated by those same feelings.

In his excellent book [The Happiness Hypothesis](#), Jonathan Haidt uses a memorable metaphor to describe the conflicting forces behind human conduct. He labels the conscious reasoning self as a Rider sitting atop an Elephant, the emotional self. The analytical Rider is constantly striving to direct and control the emotional Elephant. Dr. Haidt acknowledges that training the Elephant is possible and useful, but the larger and more powerful Elephant will sometimes go its own way.

This concept is also the premise of [Switch: How to Change Things When Change Is Hard](#), another very valuable book by Dan and Chip Heath. Haidt and the Heaths make a rational, convincing case that it doesn't really matter how much my Rider thinks it's wiser to let reason dominate feelings; it's just not always going to be that way. The answer: learn how to work with the Elephant. I'll talk more about this next time.

This is Michael Josephson reminding you that character counts.



School and Community Events

P-T Conferences Approaching

P-T Conferences February 7th for Elementary and High School

Early Dismissal at 1:10 on the 7th

Conference Time Slips Sent Home Today

This is just a reminder that Winter Parent-Teacher Conferences have been set for Tuesday, February 7th, from 2:00-8:00 p.m.

You should receive a note from your child's classroom teacher today with the time for your conference. If you did not get one, or the time selected will not work, please contact the school immediately and we will try to work out a time for you.



School will dismiss at 1:10 on Tuesday, February 7th, for P-T Conferences at the Elementary and at the High School. Please make sure that you have daycare arrangements made for that day. **The After School Rec**

Program WILL be operating until 5:30 that day.

Family Community Education Entries Due

This is just a reminder that entries for the Family Community Education Poster and Essay Contests are due by Tuesday, January 31st. This contest is for students in grades 3 – 5. If your child is interested in completing an entry, it needs to be handed in by Tuesday. Information on the contest was sent home earlier this month. The categories are as follows:

- Third Grade: 12" X18" poster on "Reducing Energy Use."
- Fourth Grade: An essay of 50 or more words on "Citizenship."
- Fifth Grade: An essay of 200 to 250 words on "My Favorite Nebraska Produced Foods."

'Dinosaurs and Disasters' Feb. 4 at Morrill Hall

The University of Nebraska State Museum and the University of Nebraska-Lincoln Department of Earth and Atmospheric Sciences will host the eighth-annual



dinosaurs & disasters!

A Fun Family Day with Scientists

Morrill Hall • Sat., February 4 • 9:30 am-4:30 pm

"Dinosaurs and Disasters" family fun day from 9:30 a.m. to 4:30 p.m. Feb. 4, at Morrill Hall, south of 14th and Vine streets on the UNL City Campus.

"Dinosaurs and Disasters" provides a day of discovery and hands-on activities throughout the museum with more than 20 stations staffed by UNL scientists, and graduate and undergraduate students. This year's theme is droughts and floods. Interactive activities will help visitors better understand planet Earth by exploring flooding and drought throughout time. Sometimes we have too much water; sometimes we don't have enough. Learn about streams, flood control, tornadoes, fossils, dinosaurs, diatoms and more. Bring a rock or fossil for a scientist to identify. Also, bring canned food items for the American Association of Petroleum Geologists Student Chapter's Canned Food Drive. The food will be donated to a local shelter.

This event is made possible through the support of US Bank. Regular museum admission charged. Parking is free in front of the museum.

Mueller Planetarium will debut the new National Geographic full dome show "Forces of Nature," which showcases the science behind natural disasters like volcanoes, earthquakes, and tornadoes (40-minute running time). Show times are 11 a.m., noon, and 1, 2 and 3 p.m.

Established in 1871, the University of Nebraska State Museum is the state's premier museum of natural history. Hours are 9:30 a.m. to 4:30 p.m. Monday-Wednesday and Friday-Saturday; 9:30 a.m.-8 p.m. Thursdays; and 1:30-4:30 p.m. Sundays. Admission is \$5 for adults (19 and over), \$3 for children (5-18 years, 4 and under are free), and \$10 for families (up to two adults and children). UNL staff, faculty and students are admitted free with valid NU ID. There is an additional charge for planetarium shows. Planetarium tickets are sold at the museum's front gate the day of the show. Parking is free in front of the museum. For more information, visit www.museum.unl.edu. For more

information on Mueller Planetarium, visit www.spacelaser.com.

Kindergarten Round-Up Date Set

Kindergarten Round-Up for the 2012-2013 School Year will be held in two sessions on **Friday, April 20th**. If you have a youngster that will be starting school next fall or know of someone with an eligible student, please contact the school. We need to record names, phone numbers and addresses, so we may send out future information to all families that need to know.

Palmyra Cheer Camp Well Attended

The Palmyra Cheer Camp was a great success as over 40 future cheerleaders attended the day camp and basketball games that evening. Thanks to the Palmyra Cheerleaders and Jane Powell for hosting the cheer camp again this year.



Bennet Elementary girls, along with help from the Palmyra Cheerleaders, performed a cheer for the audience during halftime of the Boys Basketball game last Friday.



Present and Future Cheerleaders got together for a group photo last Saturday at the Boys Basketball Game. -Thanks to Jackie Bremer for the photographs