



Panther Weekly Bulletin

Breakfast Menu

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Pancake and Sausage on a Stick Syrup Scrambled Eggs Hard Boiled Egg	Biscuit Sausage Gravy Over Hard Fried Egg	Yogurt Parfait Granola Hard Boiled Egg	Wheat Toast Scrambled Eggs Bacon	NO SCHOOL

Lunch Menu

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Hamburger Bun Cheese Sweet Potato Fries	Crispitos Cheese Sauce Churro Bites Peas	Teriyaki Chicken Brown Rice Roasted Broccoli	Pulled Pork Bun Macaroni & Cheese Corn	NO SCHOOL

Happening this week at PHS

Monday, February 2nd- February is CTE Month! CTE is Career and Technical Education, which includes classroom experiences in Family and Consumer Sciences, Agriculture, Business, Industrial Technology and more.

Boys Basketball ECNC Tournament @ Mead, 6:30 pm. Bus leaves at 4:30 pm. See attached bracket.

Tuesday, February 3rd- FFA Pancake Feed/Member Auction @ PHS East Commons, 5:30 pm.

Girl Basketball ECNC Tournament @ Weeping Water 6:00 pm. Bus leaves at 4:30 pm. See attached bracket.

Wednesday, February 4th- FCS Legislative Day at the Capitol.

ASVAB Testing 9:00 am.

Broadcasting Meeting 3:10 pm in West Gym (those interested please attend the meeting). See attached flyer.

Thursday, February 5th- JH Girls Basketball vs. Johnson County Central @ Cook Middle School 4:30 pm. Bus leaves at 2:30 pm.

Boys Basketball ECNC Tournament, TBD, Away.

Friday, February 6th- No school for PHS, Staff work day. Elementary will have school.

Boys Varsity Wrestling ECNC Tournament @ PHS West Gym vs. multiple schools, 10:00 am. Streamed on PHS HUDL.

Girls Varsity Wrestling District Tournament @ Weeping Water, 2:00 pm. Bus leaves at 10:45 am. Streamed on WW HUDL.

Speech Meet.

Girls Basketball ECNC Tournament, TBA, Away.

Saturday, February 7th- Girls/Boys Basketball ECNC Tournament Finals TBA

JH Girls Basketball Tournament @ Conestoga, 8:00 am. Bus leaves at 6:15 am.

Girls Varsity Wrestling District Tournament @ Weeping Water 9:30 am. Bus leaves at 6:15 am. Streamed on WW HUDL.

UPCOMING EVENTS

Monday, February 9th– JH Girls Basketball @ Freeman 4:00 pm.

FCCLA Week!

Tuesday, February 10th– Girls/Boys JV/Varsity Basketball @ Fairbury.

Girls JV 4:30 pm. Boys JV 4:30 pm. Girls Varsity 5:45 pm. Boys Varsity 7:15 pm.

Wednesday, February 11th– Early Dismissal at 1:00 pm.

Parent Teacher Conferences 2:00– 8:00 pm.

FCCLA Teacher Dinner at Parent Teacher Conferences.

Thursday, February 12th– No School.

Parent Teacher Conferences from 8:00 am– 12:00 pm. Staff work day 12:00– 4:00 pm.

JH Girls Basketball vs. Lincoln Christian @ PHS, 4:00 pm.

Girls/Boys JV/Varsity Basketball @ Nebraska City. Girls JV 4:30 pm. Boys JV 4:30 pm. Girls Varsity 5:45 pm. Boys Varsity 7:15 pm.

Friday, February 13th– No School.

Boys Varsity Wrestling District Tournament TBA (Away).

Saturday, February 14th– Boys Varsity Wrestling District Tournament TBA (Away).

Speech Meet.

GO PANTHERS!

Bennet Elementary - District OR-1

(402) 782-3535 50 Dogwood St, Bennet, NE 68317 ostrander.mel@districtor1.net



Newsletter - Jan 30th, 2026

Arrival: 7:50-8:20

Dismissal: 3:20

Early Dismissal Days: 1:00

Principal's Update

Kindergarten Roundup

Please mark your calendars for Kindergarten Round Up 2026 on Friday, May 1st! If you have an upcoming Kindergarten student, please call the office and provide information about your child so we can prepare for their attendance.

Preschool Enrollment

If you are interested in the Little Panther Preschool program for next year, please take a moment to complete this [Google Form](#) to add your child's name to the enrollment waitlist for the 2026–2027 school year. Submitting this form helps us better understand family interest as we plan class sizes, staffing, and program needs for the upcoming year. Completing the form does not guarantee enrollment, but it is an important first step in our planning process. Thank you for your interest in Little Panther Preschool, we appreciate your time and look forward to connecting with you as plans for next year take shape.

School Counseling Advisory Program

As a part of the school counseling program, we would like to start a community-based advisory council. The purpose of the school counseling advisory council is to provide feedback on program goals, review program results, make recommendations, and advocate for the school counseling program. This council would meet two times a year (once in the fall and once in the spring) and we would look to have 2-year terms (4 meetings total). This is a positive experience and a way for families to learn about our school counseling program and provide additional insight, perspectives, and ideas that can continue to move the program forward in an innovative way. If you are interested, please reach out to Mr. Lahmon at lahmon.aus@districtor1.net. There are no guarantees you will be selected this first time as we are looking for a diverse group representative of our community and all grade levels, while maintaining an appropriate amount of individuals to drive meeting efficiency and effectiveness.

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Attendance Notification Information

Nebraska state law requires schools to send attendance notification letters when a student reaches 5, 10, 15, and 20 total days absent during the school year. The purpose of these letters is to keep families informed of their student's current attendance total and to support regular school attendance. Our goal is to help all students remain below 20 total absences, as students who reach 20 or more days absent are considered chronically absent by the State of Nebraska. We understand that there may be extenuating circumstances that contribute to student absences, and these letters are not meant to be punitive. Rather, they serve as a notification and an opportunity to communicate, provide support, and work together to promote student success.

Bennet Boosters School Directory

The Bennet Boosters have compiled a [school directory](#) for families that wish to utilize this. This survey was sent out prior to the year and includes information for students and families that filled out the questionnaire.

Special Education Parent Survey

The Nebraska Department of Education is inviting parents of students who are age 3-21 and currently receiving special education services to take part in a parent survey for District OR-1. This survey is confidential and will be used to facilitate improving services for students with disabilities. This survey link is open until April 27, 2026. If you have questions please contact Linde Walter at walter.lin@districtor1.net. Thank you for your time.

[Parent Survey Link District OR1](#)

Car Lane Dismissal Process

To keep our dismissal line safe, smooth, and efficient, please follow the expectations below:

- Continue pulling all the way forward until you reach the front cone or the staff member directing traffic.
- If there is a gap in the car line, please keep moving up. This helps us load more students at the same time and prevents the line from backing up onto the street.



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- Only stop directly in front of where your child is waiting **if there is no gap in the lane**. Otherwise, continue pulling forward and your child will walk up to meet you.
- Students will be directed to walk forward to your vehicle, which allows us to load multiple cars simultaneously.
- Once your child is safely in the vehicle, please signal and exit the lane carefully.

Thank you for helping us keep dismissal running safely and efficiently for all families.

Winter Weather Clothing

Now that we are in the middle of the winter season, please help your child come to school prepared for the day's temperatures. Students go outside for recess as long as the weather allows, so be sure they have appropriate jackets, hats, and gloves when needed. Guidance for jackets and recess wear as well as indoor recess can be found below. We strongly recommend labeling your child's jackets and coats with their name. This helps ensure that their items are returned to them instead of sitting unclaimed in the lost and found. Our lost and found is located by the entryway. Please take a moment to visit the lost and found if your child is missing any items.

Bus Changes

Due to limited bus drivers and seating, we are unable to support students riding to a friend's house. Students can be bused home according to their regular route, and we are unable to provide transportation to other locations. We will continue to have daily shuttles from the elementary school and high school. Thank you for understanding.

Dismissal Changes

Coordinating the dismissal plans for 350 students each day is extremely challenging and time consuming for the office staff. If you have a change request, we ask that these are communicated to the office by 2:00 each day. Ideally, the transportation plan is consistent day to day. We understand that some days a change is needed. However, receiving these requests within an hour of dismissal is a challenge for ensuring timely communication to staff to ensure these students get to where they need to go. Please assist in helping make this process smooth and effective.

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Arrival Procedures

Students in the Rec Program may be dropped off starting at 7:00. All other students should arrive no earlier than 7:50 unless they are riding the bus or attending the Rec Program. The front doors will open at 7:50, and staff will begin monitoring the drop-off line at that time. Students dropped off before 7:50 will be unsupervised and the doors will be locked. Breakfast will be served from 7:50 to 8:20 daily. During arrival, students will gather in the Bennet Commons until 8:20 and then be escorted to classrooms. The school day starts at 8:20, and the tardy bell rings at 8:25.

If you are dropping a student off to ride the morning bus shuttles to PHS and have elementary students with them, we cannot provide supervision for students prior to 7:30. Please have students wait in the car until this time as the buses do not arrive until 7:30.

Parent Drop Off and Pickup Procedures

A few reminders that I would like to share to help everyone get in and out quickly:

- Please have students enter and exit your vehicle on the passenger side of your vehicle. The drop off lane is extremely effective and the safety of your student is our top priority. By doing this, we can ensure that students are not in zones of traffic and are not in harm's way.
- If you are using the parent drop/pick up lanes, please stay in your vehicles. If you would like to park and walk up, please utilize the parking spaces in the interior of the parent pickup/dropoff lane.
- In the afternoon **only**, Kindergarten parents may utilize the bus drop off lane for pickup for Kindergarten students and older siblings. Grades 1-5 will continue to use the primary pickup/dropoff lane. Teachers have now been assigned zones to help aid in the location of your students to help you get in and out quickly.

Upcoming Events

- Feb 10- Bennet Boosters Meeting- 7:00
- Feb 11- 1:00 Dismissal- Parent Teacher Conferences
- Feb 11- Valentine's Day Parties
- Feb 12- No School- PT Conferences/ Teacher PD
- Feb 13-16- No School

PowerSchool

Please check PowerSchool to view grades, missing assignments, and lunch balances. If you need to set up your account, please call Melissa in the office.

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District Calendar

[25-26 District Calendar](#)

Transportation

If you have any questions regarding busing, please contact Cathy Fick at 402-540-2879.

● Panther Paw Winners ●



SAFE
RESPECTFUL
RESPONSIBLE

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School Counseling PROGRAM

Grief Strategies

99 Coping Strategies

Use the document on the next page to make lists of coping strategies you can use as a family or each make your own list. You can use different colored highlighters and take 5-10 minutes a day to practice the selected strategies and discuss using them when feeling sad, angry, overwhelmed, etc.

Both/And Mindset

Grief is not an "either/or" emotion. We do not have to either be grieving or be happy.

Rather, a "both/and" mindset can be helpful. We can grieve and remember the positive, happy memories.

We tell all students often that we can feel more than one emotion at a time.

Strategy/Skill to reinforce at home

Thought Reframing

Shifting mindsets from negative, overwhelming thoughts to positive memories, slowly helping the grief process proceed forward.

This is not forcing happiness or eliminating the sadness, anger, etc., but rather an important part of the grief process.

Community and Online Resources

- 1) Mourning Hope Grief Center - Lincoln - Info on talking to your student about grief
<https://www.mourninghope.org/services/resources/helpingchild.html>
- 2) Safe Pastures - Bennet - Kate was so kind and reached out to offer support for our students and families
<https://safepasturesne.org/programs/>
- 3) Books (physical books or youtube read alouds - you can google youtube and the title of the book)
The Goodbye Book - Todd Parr
Wherever You Are, My Love Will Find You - Nancy Tillman
The Invisible String - Patrice Karst
- 4) Coalition to Support Grieving Students - Please see the following pages with information on processing funerals with your students.



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99 Coping Skills

1. Exercise
2. Put on fake tattoos
3. Write (poetry, stories, journal)
4. Scribble/doodle on paper
5. Be with other people
6. Watch a favorite TV show
7. Hydrate
8. Go see a movie
9. Do a word-search or crossword
10. Do schoolwork
11. Play a musical instrument
12. Paint your nails, do your make-up or hair
13. Sing
14. Study the sky
15. Punch a pillow
16. Cover yourself with Band-Aids where you want to cut
17. Let yourself cry
18. Take a nap (only if you are tired)
19. Take a hot shower or relaxing bath
20. Play with a pet
21. Go shopping
22. Clean something
23. Knit or sew
24. Read a good book
25. Listen to music
26. Try some aromatherapy (candle, lotion, room spray)
27. Meditate
28. Go somewhere very public
29. Bake cookies
30. Create a vision board
31. Paint or draw
32. Rip paper into itty bitty pieces
33. Shoot hoops, kick a ball
34. Make a card
35. Plan your dream room (colors/furniture)
36. Hug a pillow or stuffed animal
37. Hyper-focus on something like a rock, hand, etc.
38. Dance
39. Make hot chocolate, a milkshake or a smoothie
40. Play with modeling clay or Play-Doh
41. Build a pillow fort
42. Go for a nice long drive
43. Complete something you've been putting off
44. Draw on yourself with a marker
45. Take up a new hobby
46. Look up recipes, cook a meal
47. Go outside for 15 minutes
48. Create or build something
49. Pray
50. Make a list of blessings in your life
51. Read something faith-affirming
52. Go to a friend's house
53. Jump on a trampoline
54. Watch an old, happy movie
55. Contact your therapist or a hotline (Boys Town National Hotline: 800-448-3000)
56. Talk to someone close to you
57. Ride a bicycle
58. Feed the ducks, birds or squirrels
59. Color
60. Memorize a poem, play or song
61. Stretch
62. Search for ridiculous things on the internet
63. "Shop" online (without buying anything)
64. Color coordinate your wardrobe
65. Watch fish
66. Make a playlist of your favorite songs
67. Play the "15 Minute Game" (Avoid something for 15 minutes, when time is up start again)
68. Plan your wedding/prom/other event
69. Plant some seeds
70. Hunt for your perfect home or car online
71. Try to make as many words out of your full name as possible
72. Sort through/edit your pictures
73. Play with a balloon
74. Give yourself a facial
75. Play with a favorite childhood toy
76. Start collecting something
77. Play a video/computer game
78. Clean up trash at your local park
79. Look at yourlifeyourvoice.org
80. Text or call a friend
81. Write yourself an "I love you because..." letter
82. Look up new words and use them
83. Rearrange furniture
84. Write a letter to someone that you may never send
85. Smile at five people
86. Play with your little brother/sister/niece/nephew
87. Go for a walk (with or without a friend)
88. Put a puzzle together
89. Clean your room/closet
90. Try to do handstands, cartwheels or backbends
91. Practice yoga
92. Teach your pet a new trick
93. Learn a new language
94. Move EVERYTHING in your room to a new spot
95. Get together with friends to play frisbee, soccer or basketball
96. Hug a friend or family member
97. Search online for new songs/artists
98. Make a list of goals for the week/month/year/5 years
99. Perform a random act of kindness

YOUR Life YOUR Voice
www.yourlifeyourvoice.org



Austin Lahmon | School Counselor | lahmon.aus@districtor1.net

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Western Otoe County Food Pantry

Located at Beautiful Savior Lutheran Church

955 C Street, Palmyra, Nebraska

Enter at the dedicated north entrance

*Neighbors Serving Neighbors:
Many Hands Lighten the Load*

- Confidential help when you need it
- Select your own items
- Private visits by appointment only
- No Paperwork

Supported locally by the Bennet Community Church,
Palmyra community churches (Catholic, Lutheran,
Presbyterian), and Douglas Catholic church.

For more information or an appointment contact:

All seasons:

Brooke Hay	402/992-0130
Diana Poskochil	402/580-1234
Molly Hall	402/560-2229
Melissa Carpenter	402/817-3958

Times other than winter:

Sheila Lienau	402/499-3865
Charlie Lienau	402/429-8918

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Weather Protocols



**NO RECESS WHEN IT
"FEELS LIKE" 15 OR BELOW,
OR ANY PRECIPITATION**



**60 OR BELOW: NEED LONG
SLEEVES OR JACKET**



**50 OR BELOW: NEED
JACKET OR COAT**



**40 OR BELOW: NEED COAT,
HAT & GLOVES**



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Palmyra Memorial Library

Monthly

Storytime with Denise
3rd Sundays 2:30pm at
Library

Jan 18, Feb 15, Mar 15...



Stories
Craft
and Snacks

**Follow us on Facebook to see more
information**

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Palmyra Memorial Library

Upcoming community programs

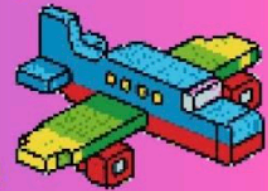
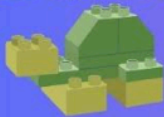
Storytime with Denise

3rd Sundays 2:30pm Library



LEGO Display

Sunday Feb 1st 2-6 in the Church



Escape Room

*group experience fundraiser

Feb and March. Need to register for preplanned time slots more information.



Follow us on Facebook to see more information



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LEGO display

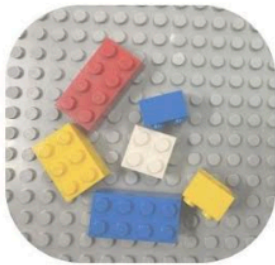
Hosted by the Palmyra Memorial

Library at the former Methodist church

Built kits on display

by 4 local LEGO families

These are look only displays



Guess the number of LEGOs in the jar?

Raffle: first guess is free for attending
each additional guess is \$1 each

We will have hands on brick building stations
to fulfill your building needs.



Sunday Feb 1st 3-6



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Standard Response Protocol

Bennet Elementary's adoption of the Standard Response Protocol (SRP) provides a standardized approach to managing various events, both threatening and non-threatening, that may happen in or around our school.

These protocols provide actions for the following situations:

- Hold (stay in classrooms due to a non-threatening event)
- Secure (danger is outside the school)
- Lockdown (danger is inside the school)
- Evacuate (leave the school building, often referred to as fire drill)
- Shelter (tornado or severe weather)

IN AN EMERGENCY TAKE ACTION



HOLD! In your room or area. Clear the halls.

STUDENTS

Clear the hallways and remain in room or area until the "All Clear" is announced
Do business as usual

ADULTS

Close and lock the door
Account for students and adults
Do business as usual



SECURE! Get inside. Lock outside doors.

STUDENTS

Return to inside of building
Do business as usual

TEACHERS

Bring everyone indoors
Lock outside doors
Increase situational awareness
Do business as usual
Take attendance



LOCKDOWN! Locks, lights, out of sight.

STUDENTS

Move away from sight
Maintain silence
Do not open the door

ADULTS

Recover students from hallway if possible
Lock the classroom door
Turn out the lights
Move away from sight
Maintain silence
Do not open the door
Prepare to evade or defend



EVACUATE! (A location may be specified)

STUDENTS

Leave stuff behind if required to
If possible, bring your phone
Follow instructions

ADULTS

Lead students to Evacuation location
Account for students and adults
Notify if missing, extra or injured students or adults



SHELTER! Hazard and safety strategy.

STUDENTS

Use appropriate safety strategy for the hazard

Hazard

Tornado
Hazmat
Earthquake
Tsunami

Safety Strategy

Evacuate to shelter area
Seal the room
Drop, cover and hold
Get to high ground

ADULTS

Lead safety strategy
Account for students and adults
Notify if missing, extra or injured students or adults

Applications Fees

Applications can be obtained from any American Legion Post in Nebraska or downloaded from www.nebraskalegion.net. Click on Programs and then Boys State.

All applications, along with the required \$425.00 application fee, must be submitted to Cornhusker Boys' State Program Director by March 15, 2025.

Transportation Fee

Because of the distance from Lincoln, some Districts in western Nebraska require Boys' State delegates to use mandatory transportation provided by a contract carrier. This cost will vary and applies to delegates residing in Districts 1, 4, 5 and 9. More information can be obtained from those District Commanders.

Registration Fee

The required registration fee is \$25.00. This fee is paid by the Boys' State delegate, or parents, at the time of registration on Sunday, June 1. Checks are made payable to Cornhusker Boys State.

Refunds

Refunds for cancellation will only be given to the sponsoring individual or organization if Department is notified prior to May 1, 2025.

After May 1, no refunds will be given. If a boy does not attend Boys' State and no written prior notice was given to the sponsoring individual or organization, the sponsoring entity can ask the parents for reimbursement.

Instructions to Boys

A packet of instructions is sent to each boy explaining the rules and regulations of Boys' State. Additionally, these instructions let each boy know what he needs to bring with him for the week. Several forms are included in the packet. These forms must be filled out completely and returned to Department Headquarters by May 1.

Instructions to Boys (Continued)

Boys will report to the University of Nebraska - Lincoln campus on Sunday, June 1st at 12:00 p.m. for registration. Exact location will be included in the instruction packets. Late arrivals and early departures are seldom approved. The Program Director is the only individual that can approve these requests. Exemptions for funerals and illness are typically granted but family vacations, sports camps, ACT/SAT exams, and such are not valid reasons for late arrival or early departures. Boys need to plan accordingly.

Once the program is in session, any boy who is unable to follow the rules and regulations will be immediately dismissed.

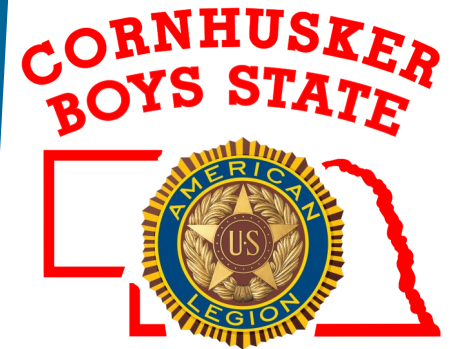
Boys that do not attend the full week will not graduate nor receive their Boys' State pin and graduation certificate.

Boys' Nation

At the end of Cornhusker Boys' State, two delegates are chosen to represent Nebraska at the American Legion Boys' Nation program in Washington D.C. During Boys' Nation, you will create and debate laws, visit the US Capitol, meet the Nebraska Senators, and visit other historic places. Although not guaranteed, most delegates have had the opportunity to visit the White House and meet the President of the United States. Only 98 young men get to attend each year. To be eligible you must be a legal US citizen, possess legal residency, or have visitor status.

**Cornhusker Boys' State
Program Director Dave Salak
150 NW 40th St, Unit A
Lincoln, NE 68528
402-464-6338
dsalak@nebraskalegion.net
www.cornhuskerboysstate.org**

85th Annual Session June 1 - 7, 2025



Informational Brochure

**Sponsored by
The American Legion
Department of Nebraska**

The American Legion Cornhusker Boys' State

History and Purpose

Boys' State began in Illinois in 1935 and was later adopted nationally by The American Legion. Since becoming a national program, the Department of Nebraska has been proud to offer young boys throughout the state an opportunity to attend Cornhusker Boys' State at the University of Nebraska campus in Lincoln.

The purpose of the program is to educate youth in the duties, privileges, rights, and responsibilities of American citizenship. This is accomplished through the creation of an imaginary 51st state which is then governed by the citizens of Boys' State.

Throughout the course of the week-long program, Boys' State citizens organize their own city, county, and state governments and choose their own elected officials through the election process. They introduce and argue their own bills in a legislature, and justice is administered by law enforcement agencies and the courts.

Non-Partisan

The program is non-partisan and is not military in any sense. The political parties in Boys' State are the "Federalists" and the "Nationalists."

Activities

Morning and afternoon sessions are set aside for educational and government training. Afterwards, boys have the opportunity to participate in either band, chorus, newsletter staff, or sporting activities.

Special Lectures

Highly respected public servants and community leaders present lectures on subjects pertinent to the program. Evening sessions with motivational speakers are also held throughout the week.

Camp Staff

Counselors and chaperones of the Cornhusker Boys' State program are well-trained and experienced leaders. They are American Legion members and/or past Boys' State delegates and have also passed background checks.

Health and Medical

During registration and check-in, medical staff review each boy's medical forms for accuracy before they are admitted. Every care will be taken to avoid accidents and illnesses, but Boys' State will not be responsible or held liable for injuries or sickness if they occur.

Eligibility and Selection

Any boy who has been a member of the junior class for the 2024-2025 year and attends a Nebraska school, or is home-schooled, is eligible for Boys' State.

A letter has been sent to every high school principal in the state to request they explain the Boys' State program to all eligible boys and secure a list of those who are interested. Traits to be considered when recommending a student include scholastic performance, leadership qualities, and citizenship.

Every sponsoring American Legion Post should ask the principal for the list of interested boys and then make its selection.

The Cornhusker Boys' State Board has the right to accept or reject any application. No publicity about a student's selection should be made until official notification is received from the Program Director, which is usually by April 1.

Endorsement vs Sponsorship

Every boy must be endorsed by a local American Legion Post. Other individuals and businesses, besides a Post, can sponsor the registration fee but the application must be endorsed by a Post. There is no limit to the number of boys that each Post can endorse and/or sponsor.

Applications are due to Cornhusker Boys' State Program Director by March 15, 2025

The American Legion Junior Law Cadet Program

Who:

Each year, 2 girl and 2 boy high school juniors from each of the Nebraska American Legion's 14 districts are chosen to participate in the Junior Law Cadet Program.

When:

Boys- June 23-24, 2025

Girls- June 25-26, 2025

Where:

Participants will stay at the Nebraska State Patrol Training Academy in Grand Island.

What You Do:

Explore and experience the various aspects of law enforcement such as firearms training and emergency vehicle operations. Learn the latest in law enforcement technology, tactical medicine, and K-9 handling. If you are considering a career in law enforcement, the Junior Law Cadet Program is for you! It will offer you an opportunity to gain valuable experience in a paramilitary setting, complete with making beds and cleaning.

How to Become a Junior Law Cadet:

Fillable application forms are available at <http://www.nebraskalegion.net/Programs/JRLaw.html>. The form must be signed by your local Legion Post. You may also contact the American Legion Programs Director, Eric Martin at his e-mail address: emartin@nebraskalegion.net. His office number is (402) 464-6338.

Junior Law Cadet participants will be selected by competitive evaluation based on interest, citizenship, evidence of self-discipline, and the ability to share their knowledge with others. Completed applications and an endorsement from your school principal or superintendent must be submitted to your local Post Commander by March 1, 2025.

Your local Post Commander will select a male and female applicant from each school and forward their selections to Department Headquarters for review. All eligible applicants will be notified, by mail of the location, date, and time of their District selection interview.

Costs:

Each cadet chosen will be sponsored by the local American Legion Post/District, which will cover the costs. Cost per cadet is \$100, which covers insurance, food, T-shirts, caps, classroom materials and administrative expenses. The Nebraska State Patrol provides training, counselors, facilities and equipment as a public service.

Basic Requirements To Become A Junior Law Cadet:

1. High School Junior in good health and able to participate in physical activities.
2. Must possess a positive attitude and display respect for law enforcement.
3. Good grooming, average or above scholastic record, and be able to share the knowledge gained through the program with others.
4. Must possess a valid operator's license or learner's permit.
5. Must reside in the State of Nebraska.
6. Must have attended an accredited Nebraska High School or home school equivalent for the 2024-2025 school year.

Other Activities and Areas of Learning:

- Drone
- Aviation Support
- Gangs
- SWAT



The American Legion Junior Law Cadet Program provides young adults the chance to:

- Drive a State Patrol car.
- Learn to fire a service weapon under expert guidance.



- Interact with law enforcement officers and other young adults while learning the different roles agencies play in the criminal justice system, both here in Nebraska and across the United States.
- Study drug enforcement, proper methods of patrolling, K-9 handling, gangs and many issues facing law enforcement today.



- Have fun while working as a team, carrying out responsibilities, and achieving individual goals in a para-military setting.



*The American
Legion
2025 Junior
Law Cadet
Program*



Interested in Broadcasting?

Wed, February 4th

3:10 PM

West Gym

Come check it all out and see
how broadcasting works!

All 7th-11th graders welcome!

2026 ECNC BOYS BASKETBALL TOURNAMENT

TBD Sites will be at Designated Highest Seed

Seeding

- 1 Freeman
- 2 Auburn
- 3 Mead
- 4 JCC
- 5 Elmwood-Murdock
- 6 Palmyra
- 7 Falls City
- 8 Weeping Water



1 Freeman
Game #5 Site: Freeman Time: 6:00 PM Monday Feb 2
8 Weeping Water
4 Johnson County Centr
Game #6 Site: Johnson County Central Time: 6:00 PM Monday Feb 2
5 Elmwood Murdock
3 Mead
Game #7 Site: Mead Time: 6:30 PM Monday Feb 2
6 Palmyra
2 Auburn
Game #8 Site: Auburn Time: 6 PM Monday Feb 2
7 Falls City

Game #13
Site: TBD
Time: 6:00 PM
Thursday Feb 5

Game #22
Site: Mead
Time: 7:00 PM
Saturday Feb 7

Game #20
Site: Mead
Time: 1:00 PM
Saturday Feb 7

3rd Place

Champion

Game #15
Site: TBD
Time: 5:30 PM
Thursday Feb 5

Game #19
Site: Mead
Time: 1:00 PM
Saturday Feb 7

5th Place

Game #16
Site: TBD
Time: 7:00 PM
Thursday Feb 5

2026 ECNC GIRLS BASKETBALL TOURNAMENT

TBD Sites will be at Designated Highest Seed

Seeding

- 1 Elmwood-Murdock
- 2 Freeman
- 3 JCC
- 4 Weeping Water
- 5 Palmyra
- 6 Auburn
- 7 Mead
- 8 Falls City



1 Elmwood Murdock

Game #1
Site: Murdock
Time: 6:00 PM
Tuesday Feb 3

8 Falls City

Game #9
Site: TBD
Time: 7:30 PM
Friday Feb 6

4 Weeping Water

Game #2
Site: Weeping Water
Time: 6:00 PM
Tuesday Feb 3

5 Palmyra

Game #21
Site: Mead
Time: 5:30 PM
Saturday Feb 7

3 Johnson County Central

Game #3
Site: Johnson County Central
Time: 6:00 PM
Tuesday Feb 3

6 Auburn

Game #10
Site: TBD
Time: 6:00 PM.
Friday Feb 6

2 Freeman

Game #4
Site: Freeman
Time: 6:00 PM
Tuesday Feb 3

7 Mead

Game #18
Site: Mead
Time: 3:00 PM
Saturday Feb 7

3rd Place

Champion

Game #11
Site: TBD
Time: 7:00 PM
Friday Feb 6

Game #17
Site: Mead
Time: 3:00 PM
Saturday Feb 7

5th Place

Game #12
Site: TBD
Time: 5:30 PM
Friday Feb 6

AMERICAN LEGION

AUXILIARY Girls State



SCAN
ME



www.ALAforVeterans.org/ALA-Girls-State-Locations

American Legion Auxiliary departments (states) across the country proudly host ALA Girls State, an amazing week of learning focused on responsible citizenship, leadership, and the mission of the ALA. Girls State Leaders ensure the program's nonpartisan governmental, patriotic, and civic objectives are carried out through interactive learning. Though the week is filled with many learning opportunities, there is always time for fun and the formation of long-term friendships.

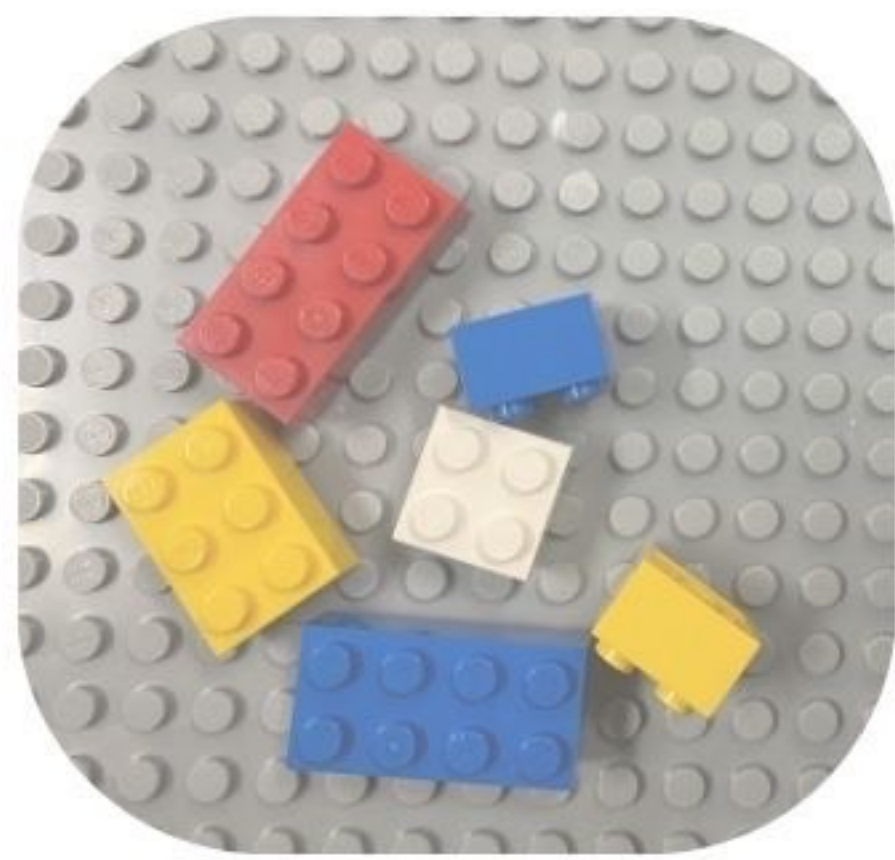
ALA Girls State is a program to learn about the political process through actively running a mock government. The participants are assigned to mock counties and cities and are assigned either the "Federalist Party" or "Nationalist Party." Throughout the program, participants elect officials for all levels of state government.

ALA Girls State is a program for rising high school seniors. Candidates should be keenly interested in government, current events, and show strong leadership abilities.

Looking for more information on your ALA Girls State Program? Scan the QR code to get started!

LEGO display

**Hosted by the Palmyra Memorial
Library at the former Methodist church
Built kits on display**



**by 4 local LEGO families
These are look only displays**



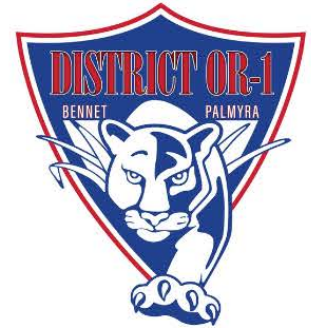
**Guess the number of LEGOs in the jar?
Raffle: first guess is free for attending
each additional guess is \$1 each**

**We will have hands on brick building stations
to fulfill your building needs.**



Sunday Feb 1st 3-6

THE MATTRESS FUNDRAISER



**EVERY PURCHASE
BENEFITS THE
PALMYRA BAND**



 **SUN., MARCH 8**
 **10AM - 4PM**
 **PALMYRA HIGH SCHOOL
EAST COMMONS - ENTER
THROUGH NORTH DOORS**

- ✓ All sizes available, including custom
- ✓ 25+ mattresses on display, all comfort levels
- ✓ Brand New with 1 to 20 year warranties
- ✓ Delivery and Shipping Available
- ✓ Cash, Check, Credit Card Accepted
- ✓ **Financing Available**

FOR EARLY INQUIRIES ON FINANCING, PLEASE CALL/EMAIL CFS OMAHA

712-249-5551 OR AUSTINKESTERSON@CFSBEDS.COM



Adjustable
Bases



Sheet
Sets



Protectors



Luxury
Pillows

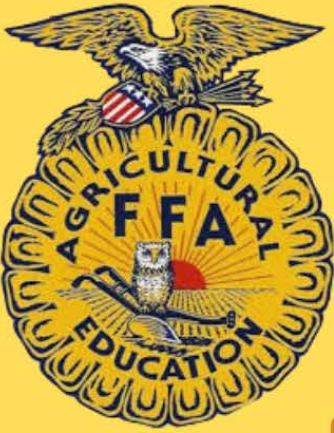
Scan For:



Facebook Event
Details!

**FREE THRESHOLD
DELIVERY WITH PURCHASE
OF ANY MATTRESS**
(SET UP DELIVERY AVAILABLE AT
ADDITIONAL COST)

You've been personally referred by: _____



FFA

PANCAKE FEED/MEMBER AUCTION

FEBRUARY 3RD @ 6:00 PM



MEMBER AUCTION · STARTS 7:00PM

LOCATED IN THE NORTH COMMONS
\$5 PER TICKET (3YRS AND YOUNGER FREE)

JOIN OUR FUNDRAISER



at

Monday, February 16th | 4:00PM - 8:00PM

Raising Cane's 5810 S. 58th St, Lincoln, NE

Mention the fundraiser at the Restaurant or apply code **RCFUND96** to online or app orders at checkout and Cane's will **donate 15% of Net Sales*** to:

**Palmyra High School
Junior Class Prom**



Raising Funds with Raising Cane's

➤ Learn more about how we can support you at CanesAndCommunity.com

Minimum donation amount will be 15% of the Net Sales* donated directly to your organization. Not valid on kiosk orders. *Net Sales* means the purchase price of food and beverages sold during the event to customers who (i) mention your organization when ordering in person or (ii) use the code RCFUND96 when ordering online or in the Raising Cane's app. The purchase price excludes special or limited time offers, discounts, returns, and taxes. Net Sales does not include gift cards and retail merchandise purchases.

Cane's
Cane's
Cane's

f i t d RaisingCanes