

# East Edition

East Junior High School Wis. Rapids, WI ~ 422-6100

Kathi Stebbins Hintz, Principal

March 2009

Scott Tower Associate Principal

**Eastacular...** On Friday, March 13, East Junior High School will be sponsoring the third annual *Eastacular* event! This event includes a school dance and open gym for East Junior High students. *Eastacular* begins at 5:00 p.m. and ends at 8:00 p.m. There will be food, door prizes, a DJ, open gym, basketball tournaments, ping pong tournaments, and a dunk tank. Students will need to stay until the end of the event, unless a parent comes in and signs them out. Also, please note that only East students may attend *Eastacular*. THANKS to our very own Leadership Council for planning *Eastacular*, and to the many East staff and parents that will be present to chaperone the event.

**Detective Dean Berres...** of the Wood County Sheriff's Department spoke to East parents about internet safety on Tuesday, March 10. Detective Berres will be speaking to all 7th grade students about this topic on Wednesday, March 18 from 9:00 am to 10:30 am at McMillan Library. The program will help students understand the responsibilities and risks involved in using the internet. Our 8th and 9th graders have heard this same presentation from Detective Berres in prior years. If you do not wish to have your 7th grader attend this presentation, please contact the office. THANKS to Detective Berres and the Sheriff's department for sharing this important information with us!

**The East Parent Group...** will have their next meeting on Monday, March 23 at 6:30pm. Please consider attending the meeting. THANKS to the parent group for sponsoring a successful Movie Night last month, and the parent information night with Detective Berres this month. On March 25 & March 26 the parent group will be sponsoring a fundraiser for East Junior High. For every large one-topping pizza and breadstick ordered from Dominoes, East will receive \$3.00. Coupons will be sent home with students soon.

**The 9th grade Formal...** will be held at the Ridges on Friday, May 29. This dance is for 9th graders who attend East Junior High. Any parents interested in helping with the formal should contact Troy Schimek at 422-6250. More information will follow in future newsletters.

**Summer School...** is available for current 9th graders from June 22—July 30 and is held at Lincoln High School. Summer School for current 7th & 8th graders will be held at West Junior High School from June 15—July 2. Information and registration will be sent to students who failed core classes at the end of first semester. If you do not receive a packet but would like more information on Summer School, contact the Guidance Office at 422-6110.

**Yearbook orders...** have been placed. Only students who have paid for their yearbook will receive one at the end of the school year. Sometimes the printing company will overrun a few books. We will sell those books at the end of the year for \$25.00 each if there are any extra! We will not know if there are any extra until the last day of school. There is no waiting list. If you have questions about your yearbook bill, please contact the company directly as none of the money or billing is done through the school. The contact number is 1-866-282-1516. To see if you have paid your bill, visit [josten-yearbooks.com](http://josten-yearbooks.com).

Working together with home and community, we are dedicated to providing the best education for every student, enabling each to be a thoughtful, responsible contributor to a changing world.

**You Are Invited . . . .**  
**Building Community through a Family and Town Supper.**

Participate in a free supper organized around food and table discussions. RSVP early, the program is limited to the first 150 respondents! Topics will include:

- Underage drinking and prescription drug misuse
- Tips on what parents can do to help prevent prescription drug abuse
- Ways to start communication with your child about these tough topics

This event is geared toward families with children ages 10 and up. A panel of experts and an inspirational local speaker will be present to share experiences and answer questions.

Date: 03/26/09

Time: 5:30 - 7:30 p.m.

Location: YMCA Camp Alexander  
Lester Lodge

RSVP BY MARCH 20<sup>TH</sup> TO HEATHER LISITZA

- 422-6382

[Heather.Lisitza@wrps.org](mailto:Heather.Lisitza@wrps.org)

**REWARDS PROGRAM**

BY

***CARTRIDGE WORLD* of Wisconsin Rapids**

Raise money while you save the environment with *Cartridge World's* Recycle Rewards Program! *Cartridge World* is a local business that supplies ink and toner cartridges for printers, fax and copier machines for both business and home use. East is collecting empty ink and laser cartridges. Drop your used cartridges off at East or you can take your empty cartridges to *Cartridge World* and have them refilled. *Cartridge World* is willing to donate 5% of all sales generated by our school back to us. Just mention you are from East Junior High School to the store associate. *Cartridge World* is located in the Rapids Plaza in front of Wal-Mart on 8th Street. Thanks for your support!

**Dates To Remember**

**March 10**—Parent Presentation on Internet Safety 6:30 pm

**March 12**—East Choir Concert 7:30 pm PAC

**March 13**—Eastacular Dance EJJ

**March 23**—Parent Meeting

**March 25 & 26**—Dominoes Pizza Day for EJJ

**March 26**—Building Community Family Dinner 5:00 pm

**March 27**—Professional Day No School

**March 30—April 3**—Spring Break No School

## SMARxT DISPOSAL

### GET RID OF TEMPTATION AND PROMOTE A HEALTHY ENVIRONMENT

What does a drug dealer look like? Most of us picture the seedy-looking middle-age thug with sunken eyes and heavy facial hair who lurks in dark alleys and feels no remorse for destroying innocent young lives. But the face of the local drug dealer has changed in recent years. Now, you may see the sweet face of 11-year-old Jimmy who lives down the street. More disturbing, you may even see yourself.

Instead of sneaking out to meet the neighborhood drug dealer, today's teens are taking a few short steps to their parents', grandparents' or friends' medicine cabinets or to their friend's locker at school to get high. As more adults turn to prescription drugs to solve life's problems, and more children are being treated with stimulants like Ritalin and Adderall, it has become a relatively simple task for teens to find, steal, or purchase prescription drugs.

These drugs can be dangerous, addictive, and potentially lethal when taken in large doses or in combination with other drugs or alcohol. The last thing a parent wants to do is make it easy for teens to abuse prescription drugs. Unfortunately, throwing away prescriptions isn't enough. A curious teen is not above rifling through the trash to find their next high. ***Please take advantage of this opportunity to quickly, anonymously and safely dispose of your prescription and over-the-counter medications!***

The Inner Wisconsin Coalition for Youth and area youth, in partnership with local police departments, is sponsoring a prescription and over-the-counter medication "round-up". The purpose of this round-up is to promote safe disposal of these products and to assist in decreasing prescription drug misuse especially among our teen and young adult population.

**WHEN:** 03.21.09

**Drive-thrus at all locations!**

**WHERE:** Lincoln High School (10 a.m. – 2 p.m.)  
Nekoosa High School (10 a.m. – 2 p.m.)  
Auburndale Fire Department (8 a.m. – 12:00 p.m.)  
Pittsville Fire Department (8 a.m. – 12:00 p.m.)

**BRING:** Expired or unused prescription / over the counter medications. If possible please keep them in the original containers. Feel free to cross out individual names on the label, but keep the name of the drug legible.



**The current federal guidelines for proper disposal of prescription medications are as follows:**

**Take advantage of community pharmaceutical take-back programs** that allow the public to bring unused drugs to a central location for proper disposal.

- **Remove drugs from original container.** By removing unwanted, unused, or expired medicine from its original container, you are ensuring that medicine will not fall in the wrong hands. Orange prescription bottles are easily recognizable and can be stolen from garbage cans and landfills.
- **Mix drugs with an undesirable substance and throw in garbage.** Guidelines suggest mixing medications with items like used coffee grinds or cat litter and placing them in a sealed bag, empty can, or jar. Throw container in trash can. This extra step can prevent accidental overdose by children and pets and also possible drug theft.
- **Do not flush old prescription drugs down the toilet.** Unless otherwise stated on the label or in the drug information pamphlet given to you by your pharmacist, do not flush unwanted prescription medication down the toilet. The Environmental Protection Agency (EPA) is currently researching how prescription drugs affect U.S. waterways.

### **WHY SHOULD I CARE?**

Leaving unused medications around can lead to unnecessary temptation for your teen. By disposing of old medications, you make it that much harder for your children to become the new face of the neighborhood drug dealer.

Possible poisoning from accidental ingesting; particularly among young children and pets if medication is thrown in the trash.

Drugs that are flushed down the toilet **MAY** pass through sewage treatment plants and septic tanks. These substances are released into waterways with the waste water which can lead to adjacent soil and ground water. Similarly septic tank systems may release the pharmaceuticals directly into the soil and eventually into the groundwater.