THE FROGS AUDITIONS

Drama: Auditions for the CHS Spring Comedy Production of THE FROGS: A MODERN ADAPTATION was March 3, 2020 3:20-5:30PM AND today, March 4, 2020 3:20-5:30PM. All auditions are in the auditorium. Sign up outside of the auditorium for one of the audition dates. See Mr. Mead for more information.

GSA MEETING

GSA, The Gay, Straight Alliance will meet today, March 4th after school in room 131. All are welcome.

STUDENT DEMOCRATS

Student democrats will meet after school in room 127 on today, March 4th to discuss the Super Tuesday results and volunteer opportunities for the upcoming election.

DANCE TEAM MEETING

"All students and parents of students interested in trying out for the 2020-2021 Central High Dance Team need to attend an informational meeting on Thursday, March 5 at 4:00 in the Gym Lobby. See Coach Beitel with questions."

WORK WITH MICROSOFT IN BOSTON

Channel your inner innovator in Boston as you work with Microsoft to create real-world solutions around automation and artificial intelligence. To learn more about this trip meet in room 339 after school on Friday March 6.

ENVIRONMENTAL CLUB MEETING

Environmental club is meeting after school this today, March 4 in room 341. All are welcome!
**BOYS STATE BASKETBALL T-SHIRT**

Any student or faculty member who want to purchase a Boys State Basketball T-Shirt please come to rooms 118 or 233 for an order form. Forms with money must be turned in by the end of the school day Friday, March 6th. T-Shirts will be available for pickup on Wednesday, March 11th. The state tournament starts on Thursday, March 12th in Lincoln. See Coach Landstrom or Coach Pham with questions. Go Eagles!

**LANDSTROM**

**Commencement Speaker Tryouts:**

Attention, Seniors: Would you like to leave a lasting impression on the Class of 2020? This year’s commencement speaker tryouts will be held on Tuesday, April 21st. Please see Ms. Baldridge or Mr. Mickeliunas to receive the criteria to become this year’s commencement speaker. Baldridge and Mickeliunas

**BALDRIDGE/MICKELIUNAS**

**COLLEGE VISITS**

The following College Rep's will be here @ Central:

- Univ. of N. Iowa   Thurs. Mar 5 @ 8:45 in the Ct. Yard
- Briar Cliff Univ.   Mon. Mar 16 @ 10:15 in the Ct. Yard

*Sign up in your NAVIANCE account for a pass to meet with one of these College Reps.*

**CARLSON**

**GIRL UP**

Good morning central eagles! Girl Up is hosting the Period Project Drive this week and next week! Our goal for this drive to break stigma surrounding feminine hygiene. We are accepting tampons, pads, and other menstrual products. All donations will benefit the Women’s Center for Advancement. The drop-off locations are in room 139 and 149. Look for the colorful boxes!

**McVAY**

**ENERGY CONSERVATION TIME**

March is the month of saving electricity! According to *The Culture Landscape* by James Rubenstein, North America uses the most energy per person out of all the world’s regions. Although North America contains only 1/20 of the world’s population, it consumes 1/4 of the world’s energy! To avoid using more than you need, turn off lights when you leave the room,
unplug electronics when they’re charged, and take advantage of natural light whenever you can!

BRITT

The **Nineteen-Day Fast** is a nineteen-day period of the year during which members of the Baha’i faith adhere to a sunrise-to-sunset fast. The fasting began on Sunday, March 1st and will continue until Thursday, March 19th. Along with **obligatory prayer**, it is one of the greatest obligations of a Bahá’í, and its chief purpose is spiritual: to reinvigorate the soul and bring the person closer to God. The fast was instituted by the **Báb**, and accepted by **Bahá’u’lláh**, the founder of the Bahá’í Faith, who stated the rules of the fast in the Baha’i scripture, **The Book of Laws**. The nineteen days of fasting occur immediately before the beginning of the **Bahá’í New Year**, on the **vernal equinox** (March 19).

The Bahá’í fast resembles **fasting** practices of several other religions. **Lent** is a period of fasting for Christians, **Yom Kippur** and many other holidays for Jews, and the **fast of Ramadan** is practiced by Muslims.

The fast is obligatory for members of the Baha’I tradition over the age of 15. They are to abstain from food, water, smoking etc. during daylight hours for the entire 19 days. Some exceptions are made - children under 15 and elderly over 70, pregnant and nursing women and those traveling great distances.

There are several students at Central who are members of the Baha’i faith, please honor them and their beliefs during this time of fasting.