



PO Box 5227  
Lincoln, NE 68505-0227

## **Welcome to ALA Cornhuskers Girls State 2017....**

Congratulations! Being selected as a delegate to Girls State is one of the highest honors awarded to a high school student. During your week at Girls State, you will have the opportunity to develop a deep understanding of the workings of our government, assume leadership roles, and realize that your actions can make a difference in your community.

Upon arrival at Girls State, you will be directed to your floor, which will serve as your “city” for the week. Cities will be grouped into two “counties”, and these two counties will form our “Girls State”.

Shortly after registration and unpacking, your city will hold its first town meeting. There you will have an opportunity to meet the other citizens on your floor and begin your week of activities.

Girls State offers you a myriad of opportunities to experience government first hand as a citizen, voter, candidate, official, policy maker, and a friend. Take advantage of each and every opportunity and...PARTICIPATE!

Enclosed is a packet of forms which you must complete and return to Girls State by April 28, 2017. Also included is information from the Girls State Nurses, Girls State contact information, the Samsung Scholarship, Girls State Rules, Media Guidelines and Rules, and basic Parliamentary Procedure.

A roster of your floor will be available on the website: [www.cornhuskergirlsstate.com](http://www.cornhuskergirlsstate.com) mid-May. The roster will provide you with your floor number, city name and room number. For protection and privacy no delegate addresses will be posted. Prior to Girls State, there are usually several delegate changes and those changes may not be reflected on the website later in month.

Our desire is that you have a fun and educational week, that you learn much about the workings of our government, and that you leave Girls State with many new friends and happy memories.

Looking forward to an exciting week,

Renee Van Winkle, Chairman  
ALA Cornhusker Girls State



## *WELCOME.....from Cornhusker Girls State Nurses!*

We hope you have a great week while with us! We are available 24/7 to help with your needs or if you just need someone to talk to.

Some of the medications that we have on hand and are able to give you are:

- ♦ Tylenol or Ibuprofen for pain
- ♦ Antihistamine, decongestant, and cough syrup or drops for cold symptoms
- ♦ Pepto Bismol or Tums for upset stomach
- ♦ Milk of Magnesia for constipation
- ♦ Imodium for diarrhea
- ♦ Triple antibiotic ointment for cuts and blisters
- ♦ Ace wraps for sprains or strains
- ♦ Ice packs are also available

Just a reminder of what to bring with you...

...Keep your feet healthy. Bring shoes for walking that will not cause blisters.

...It is always a good idea to pack band-aids or anything else you might use for blisters. We will be doing a lot of walking and even the best shoes can cause blisters.

...Be sure to bring tampons or pads, even if it isn't your time of the month. Sometimes the unexpected happens.

...Bring along any medications you take for cramps. We are only able to give you Tylenol or Ibuprofen.

...Also be sure to pack any medications you may take on an as needed basis, such as for allergies or upset stomach, along with any medications you take daily.

...If you have an ankle or knee brace that you wear sometimes, it would be a good idea to pack it just in case.

...Remember to pack your inhaler...even if you rarely use it.

...Be sure to pack your glasses and contacts along with any solutions you use for them.

We're looking forward to an active and healthy week!

Cornhusker Girls State Medical Staff

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# WELCOME TO CORNHUSKER GIRLS STATE – 2017

## ***ARRIVAL***

### **LOCATION**

- 2017 Cornhusker Girls State will be housed at Sandoz Residence Hall, 820 North 17<sup>th</sup> Street, University of Nebraska-Lincoln city campus. Part of the Abel-Sandoz residence hall complex, it is located at 17<sup>th</sup> (one-way going north) and Vine Streets. Visit <http://maps.unl.edu/> for a campus map.
- Girls State activities will be held in the Abel-Sandoz complex, Nebraska Student Union, Kimball Hall, and other campus facilities or locations as assigned.

### **PARKING FOR ARRIVAL / DROP OFF**

There are a limited number of parking spaces for unloading on the east side of Sandoz Hall. There is also a parking garage behind Sandoz Hall along with other street parking. Girls State staff will be available to direct you to parking.

### **PARKING FOR THE WEEK - CITIZEN**

- Any citizen driving to Girls State must park in the designated UNL parking lot. Your counselor will provide you with a parking permit. Counselors will verify that your car is parked in the appropriate area with the hangtag placed on the rear view mirror. You will not have access to your car during the week. Counselors will secure keys. Unregistered cars will be towed at your expense.
- Parking lots/garages are patrolled by campus security, however, parking on campus is at your own risk. **Girls State is not responsible for any damage to your car.**

### **REGISTRATION**

1. Registration will be held in the lobby of Sandoz Hall from 12:00 noon to 2:00 p.m. on Sunday, June 4, 2017. No late registrations will be allowed as activities will begin immediately.
2. To expedite the registration process, know your floor number. Floor rosters will be posted mid-May on the website – [cornhuskergirlsstate.com](http://cornhuskergirlsstate.com). They will also be available upon your arrival at Girls State.
3. Applications for the Samsung Scholarship will be turned in at this time. No applications can be accepted after the close of registration.
4. You will be issued a voter registration card. Registration will then continue on your floor where you will receive your Girls State handbook, identification badge, and complimentary shirt.

# **SANDOZ RESIDENCE HALL**

## **ROOM ASSIGNMENTS**

- ♦ You will share a room with one or two other citizens assigned randomly. Please respect your roommate(s) and her/their property. Exercise common sense regarding noise and lights. Keep your voice low when it might disturb others. Keep your room and your floor neat and clean. Dispose of trash daily.
- ♦ ***Girls State citizens are not allowed to leave their designated floor between 11:00 p.m. and 6:00 a.m. for any reason including to campaign. It is important that your counselors know where you are at all times. In the event of weather or other emergency, counselors must account for all citizens.***

## **MEALS**

**Please eat lunch on Sunday, June 5, before arriving at Girls State.** The Sunday evening meal will be a pizza party on each floor as part of the get-acquainted town meeting. All other meals are served at the Abel-Sandoz cafeteria. Citizens are expected to eat three meals a day. The last meal will be served Saturday at noon. This is an optional meal for citizens and a meal count will be required by Wednesday.

## **ILLNESS OR INJURY**

Licensed medical staff will be on duty 24 hours a day to assist citizens with any medical situations. **Please read the letter from the Girls State nurses enclosed with this packet (Page 2).** Girls State is strenuous, both physically and emotionally. Report any illness or medical problem to your counselor or other Girls State Staff immediately. Facilities at UNL Student Health Center, as well as Lincoln medical centers, will be available for emergencies. *Citizens are responsible for any fees associated with the use of these facilities.*

If you are injured before your arrival and unable to walk around campus, please bring a doctor's note with you. If at all possible, please notify Girls State prior to arrival.

**NURSES NOTE:** *Because of the amount of walking and number of blisters treated by the nurses each year, comfortable walking shoes may not mean flip-flops. They suggest tennis shoes for walking with extra shoes in a light bag/light back pack to change into upon arrival at your destination.*

- ✓ **Enclosed with this packet is a medical form (gray). The form must be completed (front and back) and returned to Girls State by April 28, 2017.**

## **CELL PHONE USAGE**

You may have your cell phone with you, but use of cell phones is limited to break times. Cell phones must be turned off during assemblies, meetings, and other activities. **Girls State is not responsible for damaged, lost or stolen cell phones.**

## VISITORS

Girls State citizens have organized activities all day and evening, with very little free time. Visitors are discouraged for this reason. If a family member needs to visit you, please contact Girls State in advance to arrange a time to meet. No visitors are allowed above the first floor.

## **DRESS CODE**

### PROPER ATTIRE

Girls State is a leadership program. The dress code is designed to maintain the standing and integrity of the program, and serves as a reminder to citizens of their role as leaders.

1. Extremely short skirts are NOT acceptable.
2. Short tops are NOT acceptable. Your mid-drift must be covered.
3. Strapless or single strap tops and dresses are NOT permissible, unless worn at all times with a jacket or sweater.
4. No logo t-shirts. Exception No. 1 is the Girls State t-shirt. Exception No. 2 is a school logo shirt for the National Guard tour ONLY.
5. Girls State t-shirts ARE allowed for wear during sessions with appropriate bottoms (skirts, dress pants, capris).
6. NO blue jeans and NO gym/athletic short are allowed during session.
7. Blue jeans, shorts, sweats and any t-shirt may be worn AFTER sessions on your floor.
8. Leggings are allowed but may only be worn with an appropriate length skirt or long top. Girls State t-shirts are NOT an appropriate top for leggings.

### DRESS CODE CRITERIA

**Business Attire:** Dresses, suits, coordinated attire.

**Business Casual Attire:** Dresses, skirts, blouses, long tops, dress pants, capris. Dresses and skirts must be of appropriate length. No strapless or single strap dresses or tops, unless worn at all times with a jacket or sweater.

**Appropriate Top:** Blouses, long tops, Girls State t-shirts. No strapless or single straps unless worn with a jacket or sweater.

**Appropriate Bottoms:** Dress pants or capris. Nice khakis are allowed. Skirts of an appropriate length. *No blue jeans or leggings.*

**Jeans:** No tears, holes, or rips please.

**Comfortable Shoes:** Shoes that are comfortable for walking, and walking, and walking. We can't stress this enough. Flip flops may be comfortable to you, but after considerable walking they do cause blisters. If this happens on the first or second day the rest of the week will be spent trying to cover and heal them. We suggest bringing tennis shoes with a different pair of shoes carried in a light bag/light back pack to change into at your destination.

***Please adhere to the dress code. If you are dressed inappropriately you will be asked to change.***

## **DAILY SCHEDULE OF SUGGESTED ATTIRE**

### **SUNDAY**

- Arrival and Registration – Casual. Citizens will be given time to change for afternoon activities.
- Afternoon in-Dorm Activities – Appropriate tops, appropriate bottoms.
- Opening Assembly – Business casual, appropriate tops, appropriate bottoms.

### **MONDAY**

- State Capitol Tour – Assigned GS t-shirt, appropriate bottoms, comfortable walking shoes.
- Girls State Session – Business casual, any GS t-shirt, appropriate tops, appropriate bottoms.
- Joint Session with Boys State – Any appropriate top, dress pants or capris. *NO SKIRTS or DRESSES.*

### **TUESDAY**

- Girls State Session – Business casual, any GS t-shirt, appropriate tops, appropriate bottoms.
- Group Photo – *Assigned* GS t-shirt, skirts, dress pants, capris (preferably black, but not required).

### **WEDNESDAY**

- Girls State Session – Business casual, any GS t-shirt, appropriate tops, appropriate bottoms.
- Joint Session with Boys State – Any color GS t-shirt (required), dress pants or capris. *NO SKIRTS or DRESSES.*

### **THURSDAY**

- Girls State Session – Business Casual, appropriate tops, appropriate bottoms.
- Capitol and Office Visits – Business, business casual.
- National Guard Tour – Jeans and logo shirt (GS or school only), or any other appropriate top.

### **FRIDAY**

- Court, Legislative, and GS Session – Business casual, appropriate tops, appropriate bottoms.
- Joint Session with Boys State – Any appropriate top, and dress pants or capris. *NO SKIRTS or DRESSES.*

### **SATURDAY**

- Graduation – Suits, dresses, coordinated attire.



# **GIRLS STATE STORE**

## **STORE**

The Girls State Store is open Sunday – Friday. Items available include:

- Short sleeve t-shirts - \$12
- Long sleeve t-shirts - \$15
- crew neck sweatshirts - \$20
- tote bags - \$8
- water bottles - \$5
- a new design gray t-shirt – \$12

Stop in to see what our friendly staff has in store for daily surprises! Cost of merchandise ranges from \$5 to \$25. Cash is the preferred method of payment. Personal checks are also accepted. **Credit/Debit cards are NOT accepted, but there is an ATM located in the Abel-Sandoz lobby.**

## **MAIL SERVICE**

The Girls State Store serves as the GS Post Office. They receive outgoing mail, incoming mail, package deliveries, and phone messages. It takes a few days for mail to reach Lincoln and go through UNL delivery. Family and friends should send mail no later than Wednesday. The address is:

*YOUR NAME*  
Cornhusker Girls State  
UNL Sandoz Residence Hall  
820 North 17<sup>th</sup> Street  
Lincoln, NE 68508

## **YOU WILL NEED CASH FOR...**

- A \$10 picture fee will be collected during your first town meeting on Sunday afternoon.
- Cash (or checks) for purchases you choose to make in the Girls State Store.
- Cash or Credit/Debit cards are accepted in the UNL convenience store, located in the Abel-Sandoz Commons area, for snacks or drinks.

*NOTE: There is also a small gift shop at the Capitol (only if time allows). Cash or Credit/Debit cards are accepted.*

**DO NOT BRING VALUABLES TO GIRLS STATE – Such as jewelry and computers. There is no internet access for citizens. Girls State is not responsible for damaged, lost, or stolen items.**

# **PURPOSE AND PREPARATION**

## **PURPOSE**

*The American Legion Auxiliary Girl State program teaches young women responsible citizenship grounded in ethics, the principles of our nation's founders, and respect for God and Country. It is an educational program of government instruction and civic leadership.*

Girls State is a learning experience for everyone regardless of your prior background in government and politics. There is room for a wide variety of skill and knowledge levels and you will be able to participate fully in the program.

## **PREPARATION – Inform yourself**

- The secret to a successful week at Girls State is preparing yourself. Current issues play an important role in determining party platforms, writing bills and debating issues. Read your local newspaper or news websites to become informed about current state issues, as well as national and international affairs.
- Learn about the duties and responsibilities of the elected and appointed government officials. This will help you decide which office you are interested in. Become familiar with the political party platform and convention process.
- Review the information included in this packet regarding basic parliamentary procedure because it is used throughout the week.

## **PREPARATION – Exams**

1. **Current Events Quiz** – Multiple Choice. This quiz will cover both national and state events as well as contemporary affairs. Information for quiz questions will come from The North Platte Telegraph, Norfolk Daily News, and the Omaha World Herald newspapers. Also (NPR) Nebraska Public Radio and Nebraska Public Television.
2. **Government Exam** - Information for this exam can be found in the latest edition of the **Nebraska Blue Book**. This is available in your local school library, public library, OR online at [www.nebraska.gov](http://www.nebraska.gov).

## **PREPARATION – Orientation meeting**

- ❖ You will be invited to attend an orientation meeting in the American Legion Auxiliary District where your sponsoring Unit is located. Additional information about Girls State will be provided by Girls State staff and former Girls State citizens. At this meeting you will meet other delegates, hear tips on campaigning, and get ideas on what to bring with you. Your parents/guardians are encouraged to attend with you. This is a great place to get questions answered. Attending an orientation is highly recommended but not mandatory.
- ❖ You may also attend an orientation in another District. Reasons may be (a) conflict with the date or (b) distance. An orientation in another District may actually be closer in distance to where you live. If this works better for you, please have your sponsoring Unit notify both Districts of this change.

## **PREPARATION – Orientation meeting schedule**

<b>DISTRICT</b>	<b>DATE</b>	<b>TIME</b>	<b>LOCATION</b>
5	April 2	2:00 pm	Hershey High School
6	April 2	1:00 pm	Centura High School
8	April 9	2:00 pm	Valley Post #58
12	April 9	2:00 pm	Utica Auditorium
1	April 23	1:00 pm	Valentine Post #90
2	April 23	2:00 pm	Neligh Post #172
3	April 23	1:30 pm	Emerson/Hubbard High School
7	April 23	2:00 pm	Columbus Post #84
9	April 23	2:00 pm	Evangelical Free Church, McCook
10	April 23	3:00 pm	Campbell Post #169
11	April 23	2:00 pm	Wilber Post #101
13	April 30	2:00 pm	Auburn Post #23
4	May 7	1:00 pm	Gering Post #36
Lincoln	May 7	2:00 pm	Lancaster County Extension Education Center

If you have questions about the orientations please contact Ashlyn Wilkes at 308-353-6053 or [ashlynmg@gmail.com](mailto:ashlynmg@gmail.com) – OR – Nicole Vance at 712-490-0702 or [zieg130@yahoo.com](mailto:zieg130@yahoo.com).

## ***ACTIVITIES***

Girls State offers several fun, more relaxed activities during the week. Girl State Band, Chorus, Media/Newspaper, and Service Learning /Places of Interest will be held simultaneously on Monday, Tuesday, and Wednesday. You may participate in only one activity.

- ✓ **Enclosed with this packet is an Activity choice form (lavender). The form must be completed with your choice (following all instructions) and returned to Girls State by April 28, 2017.**

## ***POLITICAL PARTIES***

### **NATIONALIST / FEDERALIST PARTY**

You will be assigned to either the Nationalist or Federalist Party at registration. You will actively participate in party conventions.

- ✚ Each party will develop a party platform. Plan several planks for your party's platform. What would you like to see happen in the State of Nebraska? These ideas can be the beginning of a platform for your party.
- ✚ You should also come with ideas for bills you would like to see passed by the mock Legislature.

## ***ELECTED OFFICE***

Each citizen is required to run for a City, County, or State elected office. Prior to arrival, think about which office you might be interested in. Focus on two or three elective positions. After arriving at Girls State you can then make a decision which position you will file and campaign for.

### **FILING FOR OFFICE**

Shortly after arriving, you will be required to file for the elective office of your choice. Filing for office declares your intent to seek that office. Select from the following list of elective offices:

#### **State Elective Positions:**

- 1 – Governor
- 1 – Lieutenant Governor
- 1 – Secretary of State
- 1 – State Treasurer
- 1 – State Auditor
- 1 – State Attorney General
- 5 – Public Service Commissioner

#### **County Elective Positions: 2017 Counties – Davis and Albers**

- 2 – County Assessor....1 per county
- 2 – County Attorney....1 per county
- 2 – County Clerk....1 per county
- 6 – County Commissioners....3 per county
- 2 – County Engineer....1 per county
- 2 – County Sheriff....1 per county
- 2 – County Treasurer....1 per county
- 2 – Clerk of the District Court....1 per county
- 2 – County Public Defender
- 2 – Register of Deeds....1 per county
- 8 – \*Board of Regents....4 per county
- 8 – \*State Board of Education....4 per county

\*Board of Regents and State Board of Education are normally elected by District in the State of Nebraska. At Girls State they are elected by County.

#### **City Elective Positions: 2017 Cities – Cleveland, Harrison, McKinley, Roosevelt, Taft, Wilson, Harding, Coolidge.**

- 8 – Mayor....1 per city
- 40 – City Council....5 per city
- 32 – City School Board....4 per city
- 49 – \*\*State Senators....6 per city (City of Coolidge will have 7)

\*\*State Senators are normally elected by District in the State of Nebraska. At Girls State they are elected by city during city elections.

# CAMPAIGNING

## CAMPAIGN PRE-PLANNING

Campaigning allows other citizens (1) to know your name, (2) the office you are running for, and (3) the reasons you are running for that office. You may make posters and handouts with your name on them, and/or give speeches to get attention. You may also have other citizens assist and support you with your campaign.

- Begin developing your campaign ideas now. Have your election platform and slogan ready prior to arriving. Your own ideas and abilities are always the best.
- County and State offices will participate in whistle stop campaigns. Simple costumes will be allowed for this part of the campaign process.
- You have limited time to prepare campaign materials so keep your ideas simple. Catchy slogans and name recognition is the key.
- Orientation meetings in April and May are a great source of campaign information and examples of campaign materials.

## CAMPAIGN RULES AND GUIDELINES

1. **No citizen should campaign for a Girls State office by letter, social media, or other means before the Girls State session begins.** Any delegate who disregards this rule will not be permitted to attend. Any known incident should be reported immediately to the Girls State Office.
2. **No campaigning is allowed until after you have officially filed for office at Girls State.** Posters or other campaign materials are not to be displayed or circulated prior to filing for office. **For Social Media campaigning please follow guidelines on Page 22.**
3. Bring your supplies for making campaign posters with you to Girls State. No campaign materials can be purchased or ordered through the Girls State Store or the Abel-Sandoz convenience store.
4. **All campaign materials prepared prior to arriving at Girls State are not allowed.** This is the policy so each citizen has equal opportunity.
5. No preprinted, computer generated, or copied campaign materials are permitted. No photographs are allowed on campaign materials.
6. Plan your campaign materials according to the office you are seeking. If you run for:
  - A. State office, you will campaign on all eight floors.
  - B. County office, you will campaign on the four floors in your county.
  - C. City office, you campaign on your floor only.

**NOTE:** *There will be approximately 50 citizens per floor.*

7. Campaign materials must be hung with approved UNL materials only. Tape and other approved materials will be available on each floor. Remove your campaign signs following your election out of courtesy to those candidates who are still campaigning.
8. Girls State Staff will remove and discard any inappropriate campaign materials.

## ***APPOINTIVE OFFICE***

If you are not elected to office, don't be disappointed. You will receive an appointed position. The appointive positions are just as important as the elected positions and government could not function without them.

In real State government, appointments are made by the Governor. At Cornhusker Girls State, the Advisory Board makes all appointments. In most cases, the appointment fits the level of the office run for.

- ✓ **Enclosed with this packet is an Appointive Office selection form (blue). Section 1 is appointive office selection. Section 2 is Military family information, and Section 3 is the t-shirt size for the complimentary Girls State t-shirt. **All three sections of this form must be completed and returned to Girls State by April 28, 2017.****

## ***INAUGURATION AND OFFICE VISITS***

**INAUGURATION:** On Thursday afternoon Girls State Citizens and staff will walk to the State Capitol for the inauguration ceremony of the Girls State Governor.

**OFFICE VISITS:** Following Inauguration, citizens will be dismissed, in a designated order, to visit the office that corresponds to their elected or appointed position. Most office locations include:

- a) City of Lincoln Office building
- b) Lancaster County Office building
- c) State Capitol building
- d) State Office building

Girls State staff and/or personnel from the various Departments will escort citizens to their respective offices. Transportation will be provided to offices located beyond walking distance of the Capitol.

## ***GRADUATION***

Girls State graduation will be held on Saturday, June 10, at 9:00 a.m., at Kimball Recital Hall. It is located on the UNL city campus at 12<sup>th</sup> and R Streets. Diplomas, pins, and awards will be presented. Bills introduced and passed by the Girls State Legislature will be reported.

- ❖ **Parents and friends are invited to attend the graduation ceremonies. Seating is limited and guests will be admitted on a first-come basis. When the hall has reached seating capacity, anyone waiting to enter will be asked to remain outside or in the lobby as directed by Kimball Hall and UNL staff.**

# DEPARTURE

## CHECK-OUT:

- Girls State officially ends following Graduation at Kimball Hall. Check-out at Sandoz Hall begins at approximately 11:30 am. Your counselor will provide check-out instructions. **All Girls State citizens must be checked out and gone from campus by 2:00 pm.**
- Citizens must return home in the same manner in which they arrived. If your parents brought you to Girls State on Sunday, we will expect them to pick you up on Saturday. If you will be returning home with someone else, Girls State officials must be notified **by your parent/guardian** and a permission slip **from your parent/guardian** provided. If you rode the bus and your parents will be picking you up, please notify the person in your area/district arranging the bus transportation. Do this **prior to leaving for Girls State**, so the area/district and the drivers are aware.

## **SPECIAL OPPORTUNITIES FOR CITIZENS**

**GIRLS NATION**.....Girls Nation is a continuation of your Girls State experience, but with concentration on national government. In order to attend this unique Federal government session, you must first attend Girls State. During the Girls State session, two Girls Nation Senators will be selected to represent Nebraska. The selection is made by fellow delegates and staff.

- Girls Nation delegates must be knowledgeable about national and international affairs, able to prepare and present a bill, and be experienced in using parliamentary procedure. The process also includes an interview.
- The Girls Nation program is funded by the national organization of the American Legion Auxiliary with support from each participating state. Little or no expense is required of the selected participants or their families.
- The 2017 session of Girls Nation will be held July 22 – 29, 2017 in Washington, DC. Citizens are asked to confirm their availability on these dates before deciding to run/apply for Girls Nation.
- Information about Girls Nation will be provided during Girls State week. You may also go to [alaforveterans.org/ALA-Girls-Nation](http://alaforveterans.org/ALA-Girls-Nation) for additional information.

**SAMSUNG SCHOLARSHIP**.....Information in this packet outlines the qualifications and instructions for this scholarship (*page 21*). Read the information carefully. All citizens will not be eligible to apply. If you meet the eligibility requirements, fill out the online application form and submit, then print. **NOTE: A copy of the submitted application must be brought with you to Girls State in a manila envelope, with your name and floor number on the outside, and turned in at the time of registration.** Late applications cannot be accepted.

Scholarships will be judged during Girls State and the final selection to be submitted to National will be announced during Girls State Graduation. If the state applicant winner is not a National Scholarship winner, she will receive a \$1,250 scholarship.

## **SPECIAL ISSUES**

**ACT TESTING**.....Please read the Girls State Rules (Page 19, Rule 1) addressing this issue.

## ***PACKING CHECK-LIST***

**When packing for Girls State, keep in mind that you may need to walk a block or more to the residence hall when arriving or departing from Girls State. Please also refer to the nurse's letter (*included in this packet*) for their suggested items to bring to Girls State.**

- \$10.00 Delegate fee
- Samsung Scholarship (*if applying*)
- All** information sent to you from Girls State
- Band instrument (*if in band*)
- Clothing for the week (*see dress code, pages 8 & 9*)
- Raingear or umbrella
- Light jacket
- Blanket (*sheets and pillow with case are provided*)
- Towels, washcloths
- Shower caddy or something to carry items to the shower
- Shower shoes/flip flops
- Plastic drinking glass
- Toiletries/soap/ feminine hygiene items (*shower items must be plastic – no glass please*)
- Hair dryer/straightener/curling iron
- Cameras + extra batteries
- Cell phone + charger
- Alarm clock
- Notebook paper/pencils/pens/highlighters
- Campaign materials (*adhere to rules, page 13*) – Poster paper, markers, scissors, glue, etc.

**NOTE:** This list is not intended to specify the only things to bring, but is a list of necessary items you will need. If you forget an item, like toothpaste, shampoo, etc., it may be purchased at the UNL convenience store.

**NOTE:** Cornhusker Girls State and/or the University of Nebraska will not be responsible for any articles lost, stolen or broken.



# ***GIRLS STATE TENTATIVE SCHEDULE***

***(Order and day of events are subject to change)***

SUNDAY	<ul style="list-style-type: none"><li>• Registration</li><li>• Get-acquainted Town Meeting</li><li>• Activity organizational meetings</li><li>• Filing for City Offices</li><li>• Opening Assembly</li></ul>
MONDAY	<ul style="list-style-type: none"><li>• City Elections</li><li>• Primary filing for State and County Offices</li><li>• State Capitol Tour</li><li>• Current Events Quiz</li><li>• Nationalist and Federalist Party Meetings</li><li>• Joint Session with Boys State</li><li>• Whistle Stop Campaigns</li></ul>
TUESDAY	<ul style="list-style-type: none"><li>• Primary Elections</li><li>• School Board Meeting</li><li>• State Party Conventions</li><li>• Presentation of Party Platforms</li><li>• Pictures</li><li>• Gubernatorial Candidate Debate</li><li>• Rapid Fire Whistle Stop Campaign</li></ul>
WEDNESDAY	<ul style="list-style-type: none"><li>• Rapid-Fire Whistle Stop Campaigns</li><li>• General Election</li><li>• Government Exam</li><li>• Joint Session with Boys State</li><li>• Address by the Governor, State of Nebraska</li></ul>
THURSDAY	<ul style="list-style-type: none"><li>• Nomination of Girl Nation Senators</li><li>• Opening of Girls State Legislature</li><li>• District Court and Supreme Court Sessions</li><li>• Discussion Groups</li><li>• Inauguration at State Capitol</li><li>• Office Visits</li><li>• Legislature and Supreme Court in Session</li><li>• Tour of National Guard Facility</li></ul>
FRIDAY	<ul style="list-style-type: none"><li>• Court and Legislative Sessions</li><li>• State of the City Addresses</li><li>• Reports by Elected State Officials</li><li>• Presentation of Awards</li><li>• Joint Session with Boys State</li></ul>
SATURDAY	<ul style="list-style-type: none"><li>• Graduation</li><li>• Check-out</li></ul>

## **CONTACT INFORMATION**

***Girls State staff members arrive at Girls State on Saturday, June 3, 2017. If you have questions or need to contact Girls State on Saturday, please call Renee or Roxanne using the cell phone contact numbers.***

✚ Renee Van Winkle  
ALA Cornhusker Girls State Chairman  
Home (308) 336-3202  
Cell (308) 750-3591  
[momrenee@hotmail.com](mailto:momrenee@hotmail.com)

✚ Roxanne Hiatt  
ALA Cornhusker Girls State Secretary  
Cell (402) 405-9505  
[roxanne.m.hiatt@gmail.com](mailto:roxanne.m.hiatt@gmail.com)

✚ CGS WEBSITE: [www.cornhuskersgirlsstate.com](http://www.cornhuskersgirlsstate.com)

✚ “Like” us on Facebook at Cornhusker Girls State and Alumni

### **ORIENTATION INFORMATION AND ASSISTANCE:**

✚ Ashlyn Wilkes - 1<sup>st</sup> Vice Chairman  
Cell (308) 353-6053  
[ashlynmg@gmail.com](mailto:ashlynmg@gmail.com)

✚ Nicole Vance – 2<sup>nd</sup> Vice Chairman  
Home (402) 241-8589  
Cell (712) 490-0702  
[zieg130@yahoo.com](mailto:zieg130@yahoo.com)

### **Questions and comments may also be directed to:**

✚ American Legion Auxiliary  
(402) 466-1808  
[neaux@windstream.net](mailto:neaux@windstream.net)

✚ ALA WEBSITE: [www.nebraskalegionaux.net](http://www.nebraskalegionaux.net)

## ALA CORNHUSKER GIRLS STATE RULES

The American Legion Auxiliary is responsible for all activities during Girls State. We take our responsibility very serious. These rules are for the protection and safety of all Girls State citizens. Any Girls State citizen who knowingly violates any rules, policies, or displays inappropriate conduct, will be dismissed. A letter outlining the reason(s) for dismissal will be sent to her parents, her sponsoring or contributing organization, and school.

### Girls State Rules:

1. Girls State citizens must arrive at Girls State between 12:00 noon and 2:00 p.m. on Sunday, June 4, 2017 and will be dismissed following graduation on Saturday morning June 10, 2017.

Any Girls State citizen who leaves Girls State for any reason before the conclusion of graduation, will not be considered a Girls State graduate, will not receive a graduation diploma and pin, and will not be considered alumnae of Girls State. This includes dismissal for ACT Testing.

Because the State of Nebraska is offering free testing to all High School Junior students in April, there will be no dismissal for testing on Saturday, June 10, 2017. Although our program is similar to Boys State and runs simultaneously, our program rules are not necessarily the same. No early dismissal for ACT testing has always been the policy of the American Legion Auxiliary Girls State program.

If a citizen leaves Girls State for any reason, the high school and sponsoring and/or contributing organizations will be notified and may request a reimbursement of all or a portion of the enrollment fee from the Girls State Citizen.

Non-graduates may NOT include Girls State on her resume' or applications for college admission, scholarships, or employment.

2. Girls State citizens must wear their identification badge at all times.
3. The Girls State dress code will be enforced at all times. Citizens are reminded that they will be functioning in the role of professional young women during the week. If a citizen is dressed inappropriately, she will be asked to change.

Each delegate will receive one complimentary Girls State T-shirt, which will be worn with appropriate bottoms at designated sessions and activities. Additional shirts will be available for purchase at the Girls State Store.

Casual clothes (shorts, sweats, jeans, etc.) may be worn at designated time and after the last session of the day.

Citizens may want to bring a special outfit for Inauguration and Graduation.

4. Citizens cannot make any campaign materials prior to their arrival at Girls State or prior to filing for office. Citizens cannot use pre-printed materials, photographs, or copies of photographs of themselves in their campaign materials.
5. Citizens who drive themselves to Girls State will be issued a UNL parking permit and required to turn in their keys to their counselor for the duration of the week.
6. Girls State citizens are not permitted on the first floor of the Residence Hall during the scheduled nightly town meetings. Citizens must wear their identification badge when on the first floor. **Citizens are not permitted on the first floor after 11:00 p.m.**
7. Visitors are discouraged. If there becomes an instance where you need to visit with a family member, please contact the Girls State officials in advance to arrange a time to meet. No visitors are allowed above the first floor of the Residence Hall.
8. Citizens must report any signs of illness or injury to their Senior Counselor or other staff member immediately.
9. Girls State mornings start at 6:00 a.m. Lights out by 11:00 p.m.

**Not only must each Girls State citizen follow the Rules of Girls State, she must also follow the policies of the University of Nebraska-Lincoln.**

1. Do not overload the elevators or hold the elevator doors open. Repairs to the elevators will be charged to those individuals in the elevator at the time. Cameras are used to monitor each elevator.
2. Windows must remain closed at all times. Blinds must be closed at night when citizens are in their rooms with the lights on.
3. Keep your door LOCKED at all times. This is especially important when you leave your room for sessions.
4. Do not leave your purse or personal items (backpack, camera, etc.) unattended.
5. Girls State and the University of Nebraska-Lincoln will not be responsible for lost or stolen items.
6. Do not litter.
7. The University of Nebraska is an alcohol/drug free and smoke free campus.
8. The University of Nebraska prohibits the possession of dangerous weapons – concealed or unconcealed – on University property or in personal vehicles when on University property.



## THE AMERICAN LEGION.....SAMSUNG SCHOLARSHIP

Contact: Virginia Nelsen, Education Director – [dvnelsen@hotmail.com](mailto:dvnelsen@hotmail.com)

Samsung Scholarships will be awarded to students who have participated in Boys and Girls State programs in 2017. The Samsung American Legion Scholarship Fund, beginning with the 2017 award year, a new award structure will be in effect: 10 Scholars (2 from each region) will be awarded **\$10,000 each** and 10 Runners-Up (2 from each region) will be awarded **\$5,000 each**. Cornhusker Girls State will select one scholarship application to be forwarded on to the National competition. Scholarships will be judged during Girls State and announced during Girls State Graduation Ceremony. If the state applicant winner is not a National Scholarship winner, she will receive a \$1,250 scholarship

To qualify for the scholarship, you must participate in and complete the 2017 session of Cornhusker Girls State, and be a direct descendant (i.e. child, grandchild, great-grandchild, etc.) of a U.S. wartime veteran, or have a parent/grandparent currently on active duty. If you are applying for the scholarship under a parent/grandparent on active duty, check the war period corresponding to the Persian Gulf War – August 2, 1990 – Until Cessation of Hostilities. This includes Operation Enduring Freedom and Operation Iraqi Freedom. Veterans do not have to have served, or currently serve, ‘in combat’ for dependents to be eligible for the scholarship. The veteran must have served honorably during one of the designated periods of war.

When completing the veteran’s information section, you will be asked to **upload** “Proof of Service” documentation for the veteran of whom you are a direct descendent. Documentation may include, but is not limited to, copies of Department of Defense documents, Department of the Army documents, Department of the Navy documents, Department of the Air Force documents, Department of Veterans Affairs documents (federal or state), and American Legion documents. Information and help locating these documents is given in detail in the application. The application is on The American Legion website [www.legion.org](http://www.legion.org). Look under Programs and then Scholarships in the drop down box. In the left side column choose Samsung American Legion Scholarship. Read and scroll down to Application and click on Use the online application. From here you must register a username and password to access the application. **The application must be completed and submitted online.** Scholarships will also be judged and given points for grammar: complete sentences, syntax, appropriate and correct punctuation. Other judging points will include presentation: depth of topic, exploration, and writer’s engagement with the reader.

There is no printing off a blank copy. You can save the application in stages and check it as you go. If you are unsure how to proceed, please contact Education Director Virginia Nelsen.

NOTE: Once submitted online, **please print and bring a copy to Cornhusker Girls State registration on Sunday, June 4, 2017**. Place your application copy in a manila envelope with **your name** and **floor number** on the outside of the envelope. Only copies of completed applications submitted online will be accepted.

# **SOCIAL MEDIA GUIDELINES & CAMPAIGNING RULES**



## **CORNHUSKER GIRLS STATE 2017**

### **Social Media Guidelines**

- 1. Using your devices during Girls State is a privilege, not a right. You are expected to be on your best and most respectful behavior while you are in official sessions, town hall meetings, breakout sessions, and joint sessions with Cornhusker Boys State.**
- 2. When posting on social media, during and about Cornhusker Girls State, keep in mind these things:**
  - a. Everyone can see what you post. Keep your language hashtags and other tags appropriate.**
  - b. You are an example of your school and your local American Legion Auxiliary Unit. Make the women who sent you here proud!**
  - c. Do not post anything you would not want your grandparents to see.**
  - d. No disparaging comments or photos about other citizens will be tolerated.**
- 3. Media staff will give you the official hashtags for Cornhusker Girls State 2017. No other hashtags are to be used when posting about Girls State.**
- 4. Phones, tablets, or other devices, with the exception of dedicated cameras, are not allowed during any session including joint sessions with Boys State.**
- 5. Cornhuskers Boys State is a different, but adjacent program to Cornhusker Girls State. With all interactions with Boys State you will keep in mind the Girls State expectations and guidelines for social media use.**

## **Social Media Campaigning**

- 1. Candidates may not campaign before arriving at Cornhusker Girls State.**
- 2. Candidates may not campaign before filing for office.**
- 3. There will be an approved social forum for campaigning. Any social media campaigning done outside of the approved forum will be disqualified.**
- 4. Social Media campaign rules will be reviewed at opening session on Sunday evening.**

**Kari Kolts, Media Director**  
**[karinkolts@gmail.com](mailto:karinkolts@gmail.com)**

# CORNHUSKER GIRLS STATE PARLIAMENTARY PROCEDURE GUIDELINES

## MAKING A MOTION

### A. Purpose of a Motion

Motions are the main means to get things done using parliamentary procedure. Informal discussion helps develop opinions, but to get action, a motion must be:

1. Introduced.
2. Seconded by another member.
3. Restated by the Chair.

### B. Procedure for Making a Motion

1. Member rises, addresses the Chair, and waits for recognition by the Chair before proceeding.  
*“Madame Chairperson.”*
2. The Chair recognizes the member. *“The Chair recognizes (name/title).”*
3. Member states her proposal. *“Madame Chairperson, I move that...”*

**NOTE: The member should state the motion clearly and simply, and give a written copy of the motion to the Secretary. Forms for filing motions are available during party conventions and from the Pages during Legislative Sessions.**

4. The Chair calls for a second. *“Is there a second for the motion?”*
5. Member seconds the motion. *“I second the motion.”*
6. **If no second** for the motion, Chair states: *“The motion is lost for want of a second.”*
7. **If seconded**, Chair re-states the motion. *“It has been moved and seconded that...”*
8. Discussion and Amendments.
9. Vote.

## DEBATING A MOTION

### A. Rules of Debate

1. No member can speak without recognition from the Chair.
2. The original mover of the motion has the right to speak first.
3. The Chair should alternate speakers, pro/con, if possible.
4. No member shall speak a second time until those who wish to speak a first time are given the opportunity.

### B. Terminating the Debate/Voting.

1. The Chair can terminate the debate. *“Is the membership ready to act on the question/motion?”*

**NOTE: The Chair cannot proceed until she feels the question has been debated adequately, unless she is working with a time constraint. If there seems to be opposition to taking a vote, the Chair may call for a voice vote to see if the membership would like to move to the question at hand.**

2. A member may move to close the debate. *“I move the previous question.”*

**NOTE: This motion, if recognized by the Chair, cannot be debated and must be voted on immediately. It requires a 2/3 vote.**

3. Chair calls for a vote to move the question. *“All in favor of bringing the motion to a vote, say ‘aye’, all opposed say ‘nay’.”*
4. Chair brings the main motion to a vote. *“All in favor of the motion to (restate the motion) say ‘aye’; all opposed say ‘nay’.”*
5. The Chair calls the outcome of the vote. *“The ‘ayes’ have it, the motion is carried” or “The ‘nays’ have it, the motion is defeated.”*

**NOTE: Most votes at Girls State will be viva voce (voice vote), in the interest of saving time. The Chair has the ultimate decision in which side wins the vote, however, a member may (after the Chair has announced the result, but before she pounds the gavel) call “Division”. If the Chair entertains the request for Division, votes must be counted by hand. This is a rather time-consuming process.**



## AMENDING A MOTION

### A. TYPES OF AMENDMENTS

#### 1. Amendment by Addition (insertion).

**Example of Motion:** *“I move that Cornhusker Girls State send Senators to Girls Nation to represent Nebraska.”*

The procedure to amend this motion would be:

**Proposer:** “I move to amend the motion by *inserting* the word **two** before the word **Senators**.”

**Presiding Officer (after hearing a second):** “It has been moved and seconded to amend the motion by *inserting* the word **two** before the word **Senators**.”

**Presiding Officer:** “Is there any discussion on the amendment?” (*When appropriate, calls for a vote*). “Is there any discussion on the amendment as amended?”

#### 2. Amendment by Deletion (striking out).

**Proposer:** “I move to amend the motion by deleting the words **to represent Nebraska**.”

**Presiding Officer (after hearing a second):** “It has been moved and seconded to amend the motion by *deleting* the words **to represent Nebraska** from the main motion. The motion, if amended, would read: **that Cornhusker Girls State send Senators to Girls Nation**. Is there any discussion on the amendment?”

#### 3. Amendment by Striking Out and Inserting.

**Proposer:** “I move to amend the motion by *striking out* the word **Senators** and *inserting* in its place the words **its Executive Committee**.”

**Presiding Officer (after hearing a second):** “It has been moved and seconded to amend the motion by *striking out* the word **Senators** and *inserting* the words **its Executive Committee** in its place. The motion, if amended, would read: **that Cornhusker Girls State send the Executive Committee to Girls Nation**. Is there any discussion on the amendment?”

#### 4. Amendment by Substitution.

**Proposer:** “I move to amend the motion by *substituting* for it the following motion: **I move that Cornhusker Girls State send two Senators to Girls Nation in order to represent the issues presented at the Girls State session in Nebraska**.”

**Presiding Officer (after hearing a second):** “It has been moved and seconded to *substitute* the motion at hand with the motion: **that Cornhusker Girls State send two Senators to Girls Nation in order to represent the issues presented at the Girls State session in Nebraska**. Is there any discussion on the amendment?”

### B. PROCEDURE FOR MOTION TO AMEND

1. Member rises and addresses the Chair. *“Madame Chairperson.”*
2. Chair recognizes member. *“The Chair recognizes (name/title).”*
3. Member states motion to amend. *“I move to amend the main motion by (inserting) (adding) (striking out and inserting) (substituting)...”*

**NOTE: See specific examples of how to word amendments. All amendments should be stated clearly and written out for the Secretary on the forms available.**

4. Member seconds the motion to amend. “I second the motion.”
5. Chair restates the amendment and motion as amended. *“It has been moved and seconded to amend the motion by... The motion, if amended, would read...”*
6. Chair calls for discussion on the amendment. *“Is there any discussion on the amendment?”*

**NOTE: At this time, the decorum for debate is followed. Amendments may be amended at this time, but no amendment may be amended to a third degree. Keep in mind, though, that “amendments to an amendment” are very time-consuming and should be avoided if possible.**

7. Chair or member terminates the debate on the amendment.
  - a. CHAIR: *“Is the membership prepared to vote on the amendment?”*
  - b. MEMBER: *“I move the previous question.”*
8. Chair puts the amendment to a vote. *“All those in favor of the amendment to (state change) say ‘aye’; all those opposed say ‘nay’.”*

CITIZENS MUST COMPLETE AND RETURN THE FOLLOWING FORMS WHICH ARE ATTACHED

**FORM 1. PARENT/GUARDIAN CONSENT AND MEDICAL FORM**

Medical information must be on file at Girls State in case of illness or the need for emergency treatment. The signature of a parent/guardian is mandatory on the Medical Consent portion of the form. If your form is returned to Girls State without the appropriate signature, it will be returned to you and will delay your entrance into Girls State.

**FORM 2. ACTIVITY SELECTION FORM**

A description of the Girls State activities is included on the form. Please follow instructions for completing the form.

**FORM 3. APPOINTIVE OFFICE –MILITARY FAMILY INFORMATION – T-SHIRT SIZE**

**SECTION 1.** Office Appointment. **Please enter first AND last name at top.** Read the information on the form and follow instructions for completing.

**SECTION 2:** Military family information. **Please enter first AND last name at top.** Designate whether or not you have an immediate family member **CURRENTLY** serving in the military. Immediate family member is defined as *grandparent, parent, brother, sister*.

**SECTION 3:** T-shirt size. Provide your t-shirt size for your complimentary shirt.

**FORMS MUST RETURNED BY April 28, 2017 to:**

ALA CORNHUSKER GIRLS STATE  
PO BOX 5227  
Lincoln NE 68505-0227

All forms may be returned in the same envelope. Make certain sufficient postage is affixed. **Do NOT include this** (bright yellow) **information sheet with your forms to reduce postage costs.**

Forms are also available on the Girls State website at [www.cornhuskergirlsstate.com](http://www.cornhuskergirlsstate.com)

**Please verify the information on the mailing label on your packet envelope.** Is your name and address correct? If there is an error, please note the information that needs to be corrected on one of the forms.

Return this form **no later than April 28, 2017** to the address on the cover page of these forms.

## ALA CORNHUSKER GIRLS STATE CONSENT FOR MEDICAL TREATMENT

\_\_\_\_\_, age \_\_\_\_\_, will be  
(Print full name of minor)

Attending ALA Cornhusker Girls State on the University of Nebraska-Lincoln campus on June 4 – 10, 2017, and I, \_\_\_\_\_ grant permission to the medical  
(Print Full Name of Parent or Guardian)

staff of Cornhusker Girls State to act on my behalf for said minor in granting permission for evaluation and/or treatment of minor medical problems.

**I UNDERSTAND THAT SHOULD A MAJOR MEDICAL PROBLEM ARISE, AN ATTEMPT WILL BE MADE TO NOTIFY ME BY TELEPHONE. IN THE EVENT THAT I CANNOT BE REACHED, I HEREBY GIVE MY CONSENT TO SUCH MEDICAL TREATMENT AS DEEMED NECESSARY, INCLUDING X-RAY EXAMINATIONS AND ANESTHESIA, TO BE RENDERED TO THE ABOVE NAMED MINOR, BY A LICENSED PHYSICIAN OR PHYSICIANS. I UNDERSTAND THAT CHARGES FOR SERVICES ARE THE RESPONSIBILITY OF THE PATIENT AND/OR PARENT/GUARDIAN.**

**I HEREBY CERTIFY THAT I HAVE READ AND FULLY UNDERSTAND THIS AUTHORIZATION.**

\_\_\_\_\_  
(Signature of parent or guardian) (Date Signed)

TELEPHONE: Home: \_\_\_\_\_ Work: \_\_\_\_\_ Cell: \_\_\_\_\_

**INSURANCE INFORMATION:**

Name of Insurance Company: \_\_\_\_\_

Name of Policy Holder: \_\_\_\_\_

Policy/Identification Number(s): \_\_\_\_\_

The medical information you are providing will only be seen by the office and medical staff of Cornhusker Girls State. It will not be shared with anyone. We use this information to help care for your daughter while she is here with us. It helps us to know if there are issues we need to watch for.

**Past Illnesses (✓)**

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> Measles        | <input type="checkbox"/> Tetanus       | <input type="checkbox"/> Tuberculosis                 |
| <input type="checkbox"/> Mumps          | <input type="checkbox"/> Mononucleosis | <input type="checkbox"/> Hepatitis, If Yes, Type ____ |
| <input type="checkbox"/> Chicken Pox    | <input type="checkbox"/> Strep Throat  | <input type="checkbox"/> Organ Transplant             |
| <input type="checkbox"/> Whooping Cough | <input type="checkbox"/> Pneumonia     | <input type="checkbox"/> Heat Exhaustion              |

**Present State of Health (✓)**

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Diabetes      | <input type="checkbox"/> Ulcers             | <input type="checkbox"/> Ear/Nose/Throat Problems |
| <input type="checkbox"/> Epilepsy      | <input type="checkbox"/> Heart Condition    | <input type="checkbox"/> Appendicitis             |
| <input type="checkbox"/> Asthma        | <input type="checkbox"/> Vision Impairment  | <input type="checkbox"/> Urinary Tract Infections |
| <input type="checkbox"/> Drug problems | <input type="checkbox"/> Hearing impairment | <input type="checkbox"/> Bleeding Issues          |



<b>HEAD</b>	<b>✓ YES</b>	<b>✓ NO</b>
Do you have headaches? What helps?		
Do you suffer from dizziness?		
Do you have any sinus problems?		
Do you suffer from a seizure disorder? Do you take any medication for this?		
Do you wear contacts or glasses?		
Do you have hearing problems?		
Have you had a head injury in the past?		
Do you have any Ear/Nose/Throat problems?		
<b>CHEST</b>		
Do you have asthma? How is it controlled?		
Do you have shortness of breath?		
Do you have any heart conditions such as murmur, high or low blood pressure, palpitations, or chest pain?		
<b>ABDOMEN</b>		
Do you have occasional diarrhea?		
Do you have occasional constipation?		
Do you have occasional nausea or vomiting?		
Do you have heartburn or indigestion?		
Do you have any food intolerances or allergies?		
<b>MUSCULOSKELETAL</b>		
Do you have any knee issues?                      Past surgeries?		
Do you have any ankle issues?                      Past surgeries?		
Do you have joint pain?		
Do you have back pain?		
Do you wear any braces or prosthesis?		
<b>FEMALE</b>		
Do you have menstrual cramps?                      What helps?		
Have you ever had a urinary tract infection?		
<b>MENTAL/EMOTIONAL</b>		
Do you suffer from anxiety?		
Do you have sleep problems?		
Do you have panic attacks?		
Are you depressed?		
Are there any recent mood changes we should know about?		
Do you have Autism, Asperger's Syndrome, ADHA or other issues we should know about?		

**Current medications, dosage, frequency, & storage** \_\_\_\_\_  
 \_\_\_\_\_

**Allergies (include food, drug, or environmental)** \_\_\_\_\_  
 \_\_\_\_\_

**DATE OF LAST TETANUS VACINATION** \_\_\_\_\_

Return this form **no later than April 28, 2017** to the address on the cover page of these forms.

## ALA GIRLS STATE ACTIVITY SELECTION FORM

NAME (*first and last*): \_\_\_\_\_

Girls State Band, Chorus, Media/Newspaper, and Service Learning/Places of Interest will be held simultaneously so you may participate in only one activity. The only activity that is limited is Media/Newspaper. It is limited to 25 and will be assigned on qualifications. All others will have enough room so you will get your first choice. An organizational meeting for each activity will be held Sunday afternoon. Activities will be held Monday – Wednesday in the afternoon.

**Boys State and Girls State Band:** Practices are held each afternoon Sunday – Wednesday. The band will perform in concert on Wednesday evening during the joint session. Bring small band instruments. Drums and baritones/tubas will be provided. If band is your choice you will receive another form from Girls State for the Band Director for purposes of organization. Please return immediately upon receipt.

**Boys State and Girls State Chorus:** Practices are held each afternoon Sunday – Wednesday. The Chorus will perform in concert on Wednesday evening during the joint session.

**Media/Newspaper:** Citizens will work on a blog, on the slide show, do press releases, along with other media duties. Please only select media if you have/had some experience in one of these areas. Media staff has limited this activity to 25 participants. Participants will be selected based their qualifications. **Please list any relevant experience in yearbook, newspaper, or media broadcast on the back of this sheet.** If this activity is your first choice, place a **1** by Media/Newspaper. Place a **2** by your second choice in the event the Media/Newspaper has reached capacity.

**Service Learning/Places of Interest:** These two activities are combined for 2017. Citizens have the opportunity to participate in several different volunteer projects on site, in the Lincoln community, and take a tour of Memorial Stadium Monday – Wednesday. Time spent volunteering can be used to meet volunteer hours needed for high school graduation.

### PLEASE SELECT YOUR ACTIVITY CHOICE

\_\_\_\_\_ Boys State and Girls State Band

Instrument: \_\_\_\_\_

\_\_\_\_\_ Boys State and Girls State Chorus

\_\_\_\_\_ Service Learning/Places of Interest

- Do you play the piano?  
Must be able to play National Anthem, God Bless America and America. These are played during the Opening and Closing Ceremonies

\_\_\_\_\_ Media/Newspaper (*Place a 1 on this line for first choice and a 2 by your second choice*)

Return this form **no later than April 28, 2017** to the address on the cover page of these forms.

## **SECTION 1: APPOINTIVE OFFICE SELECTION**

**NAME (first AND last):** \_\_\_\_\_

Although each Girls State citizen is required to run for an elected office, it is not possible for every citizen to be elected. Don't be disappointed. You will receive an appointed position. The appointive positions are just as important as the elected positions.

On this form, please indicate your Group of Interest for an appointed position. Make your 1<sup>st</sup> and 2<sup>nd</sup> choice selections from the Groups listed below. To assist you with this decision, the Departments in each Group are listed. Every effort will be made to appoint you to a Department in your selected Group.

**DO NOT select Departments. Select the group only. Several positions will be appointed to each Department in each Group.**

**GROUP A** - Offices of Governor, Secretary of State, Treasurer, Auditor, Legislature, Administrative Services

**GROUP B** - Court System, Attorney General

**GROUP C** - Departments of Aeronautics, Corrections, Fire Marshal, Military, Parole Board, State Patrol, Veterans' Affairs

**GROUP D** - Departments of Agriculture, Economic Development, Environmental Quality, Game & Parks, Natural Resources, Roads

**GROUP E** - Departments of Education, Health & Human Services, Library Commission, Historical Society

**GROUP F** - Departments of Banking & Finance, Labor, Motor Vehicles, Revenue, Public Service Commission, Real Estate

**1<sup>st</sup> Choice:**    **GROUP** \_\_\_\_\_                      **2<sup>nd</sup> Choice:**    **GROUP** \_\_\_\_\_

## **SECTION 2: MILITARY FAMILY INFORMATION**

Do you have an **immediate** family member (*parent, grandparent, brother, sister*) **CURRENTLY** serving in the Military? (✓)      YES \_\_\_\_\_ NO \_\_\_\_\_

If yes, Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

## **SECTION 3: T-SHIRT ORDER FORM**

**NAME (first AND last):** \_\_\_\_\_

One complimentary Girls State T-shirt will be provided. Please indicate your size. (✓)

**S** \_\_\_\_\_                      **M** \_\_\_\_\_                      **L** \_\_\_\_\_                      **XL** \_\_\_\_\_                      **XXL** \_\_\_\_\_