



Best of the Best, Again

It's not often you can say that you are the best of the best, but two Arnold students can definitely say that.

"I have never even heard of this award, honestly, so this is extra exciting because we thought we had already reached the highest we were going to. To find out about this made it even more special," said Landyn Cole, senior.

On Thursday, March 25, 2021, almost a week after state speech, two Arnold speakers were honored as the "Best of the Best." Landyn Cole, senior, and Reagan Cool, junior, were honored as the best duet in the state.

"Not just the best in Class-D2 – which they won last week – but the best duet of all 6 classes!" said Amanda Badgley, speech coach.

The judges at state speech took the ratings sheets and comments from each speech, in each class, to determine the overall best speech winner from classes A, B, C1, C2, D1, and D2.

"Winning a state championship is super exciting, and getting our ballots at the end of the day made it even better. We received all 1st placings from all five of the judges we performed for. Our final



Pictured above is Landyn Cole, and Reagan Cool when they received their Class D2 State Championship Duet speech medals.

three judges gave us all firsts, which is practically unheard of, so we were thrilled with those results,” said Reagan Cool.

The girls will be going to Lincoln sometime in April to record their speech and it will be aired on NET. “After working on this speech for two years, and perfecting it, knowing that coaches can use this video we will make as an example of a great duet in the future is a big honor,” Cole.

According to Jeff Stauss, Assistant Director of NSAA, NET’s studio in Lincoln is closed to outside groups because of COVID-19. The NSAA has worked with NET for an alternative to the traditional Best of the Best production, which will include recorded performances and interviews.

“Especially with Covid re-

strictions, we didn’t get to perform in front of as many people, including family and friends. With this video being created and aired on NET, more people will get to see it. Even people we don’t know,” said Cole. NET will begin reaching out individually to each school the week of Monday, April 5th to provide more details and to set up times for interviews/coordination of performances.

“We were so disappointed at the end of speech season last year, but it all worked out the way it was supposed to. We were able to perfect the piece and take it all the way to the top,” said Cool.

The coach, speech students, and others who have helped the girls perfect their speech, are all thrilled to know that Cole and Cool put Arnold on the map for a second

time, after such a crazy two seasons due to Covid.

“Who knew last March at this time, when the Speech season slammed to a close due to Covid closure, that this would happen for them,” said Badgley. “I am so glad they decided to continue to work on their speech that they started last year.”

NSAA ruled that it was legal to continue working the speeches that were started last year. This ruling helped the girls get started more quickly in January after an extended play production season which ended with a state championship. These girls can proudly wear two state championship medals! Again, not many people can say that either...

Some Green Thumbs

By: Lance Jones, APS Sophomore

The Ag Bio students started to grow vegetables for sale at the end of March. The vegetables will be ready in late April or early May for purchase. They will have a sale day, where people can claim the vegetables from the online posts. All the proceeds go back into expanding the science program.

They will also be selling soap, and a few houseplants. Veg- gies will include many varieties of tomatoes, peppers, and a few other surprises.

During these last few months of school the Ag Bio stu- dents have been working very hard tending to the plants. They have done a lot of repotting and replant- ing and the plants are looking great.



Pictured above are the Aloe Vera plants.



Pictured above are some of the Spider Plants.



Pictured above is Colbi SMith in the backroom of the Science room with all of the house plants.

The Lineup of event champions that will be performing as a part of NET’s Speech “Best of the Best”

- Duet – Reagan Cool & Landyn Cole - Arnold
- Entertainment – Rowdy Hegge - Crofton
- Extemporaneous – Milo Newman - Gering
- Informative – Reyana Teg- meier - Pawnee City
- Oral Interpretation of Drama – Bennet Sievers, Reece Morten, Parker Hopping, Carsen Hopping, Isaac Bruning - Hartington-Newcastle
- Humorous Prose – Ellie Hig- gins - Nebraska City
- Poetry – Cainan Lovan - Mc- Cool Junction
- Serious Prose –Elijah Bullie - Bellevue East
- Persuasive –Taya Schmaderer - Stuart
- Program Oral Interpretation –Pranay Mathur - Millard North

Graduation Ceremony

It’s that time of year again! Time to send our seniors off into the next chapter of their lives. Please come join the 2021 graduating class at in the gym.



2:00 p.m.
May 15th, 2021



Community Cleanup Day April 19th Grades 7-12

Backup Date
26th

Quiz Bowlers have a Sucessful Year

By: Lance Jones, APS Sophomore

On Wednesday, February 24, the high school quiz bowl headed down to Broken Bow at 9:00 a.m. The Arnold quiz bowl team brought 2 teams of 6 students to compete. Both teams ended up going with a record of 1-2 in the double elimination bracket. However the kids had fun, and competed well the matches were very close.

One week went by and On Monday, March 1, the high school quiz bowl headed to Halsey at 7:30 a.m. for the MNAC meet. They ended up going into sudden death in both of their first matches, however they lost them both. The Bobcats went 1-3 on the day. But enjoyed the beautiful day at Halsey nonetheless.

On Tuesday March 23, the high school quiz bowl team headed to the Stapleton quiz bowl meet at 5:30 p.m. They went 3-1 on the day, and ended the year on a good note.

The Junior High quiz bowl also had success in their meets. In broken bow they went for a record of 4-2 placing 3rd. At the MNAC meet in Halsey they went for a record of 5-2 and placed 4th.



Pictured above is the Junior High quiz bowl team from (L-R) at Broken Bow. Eli Rogers, Riata Remund, Ella Cool, Hayden Meyers, Anna Tullis, Jade Bierman, EvaLynn Wonch, Piper Strasburg, Walter Bierman, A.J. Starr, Ethan Furne, Josie Lehmkuhler, and Crew Witthuhn.



Pictured above is the Junior High quiz bowl team from (L-R) at Broken Bow; Sam Cool, Rio Remund, Colbi Smith, Clay Witthuhn, Alex Shown, Gracy Neth, Colby Streit, Silas Cool, Brendan Streit, Drew Vickers, Cooper Atkins, and Lance Jones.

LADY BOBCATS 2020-21 SEASON RECAP



Kevin Neth Photography

3rd Place Shelton Invite

State Qualifiers:
Logan Peterson
Rio Remund

Girls State:
Lila Bloomer-5th Place in the
170 lb. weight class

Record Breakers:
Career Takedowns:
Logan Peterson: 214, 2017-21
Career Escapes
Logan Peterson: 99, 2017-21
Career Match Points
Logan Peterson: 853, 2017-21
Career Pins (Tied)
Carson Mason: 70, 2017-21



SLB WRESTLING 2020-21 SEASON RECAP



SOUTH LOUP BOYS 2020-21 SEASON RECAP



Final Record

18-5

C2-2 District Runners-up
MNAC Runners-up
Maxwell Tournament Champions

After an outstanding season, the Bobcats potential for next season is evident.

Returning varsity starters and contributing players will be Megan Donegan, Mya Weverka, Ava Pandorf, Taylor Ross, and Bryn Schwarz.

The amount of young talent on this team looks to provide the Lady Bobcats with a bright future.

Final Record

8-12

Maxwell Tournament Champions

The South Loup squad only looks to improve in coming seasons.

Returning varsity starters and contributing players will be Owen Stallbaumer, Lance Jones, Colbi Smith, Trey Connell, and Cache Gradcey.

The whole team looks to improve and the Bobcats will definitely be fun to watch in the future.

“Oh, the Places You’ll Go” Read Across America Presentation

By: Halie Recoy, APS Sophomore
On Tuesday, March 2 Arnold had guest speaker, David Sea, pre-formed “Oh, The Places You’ll Go” to celebrate Nebraska’s birthday and Read Across America. The Nebraska Humanities Program and the Nebraska Cultural Endowment sponsored this presentation.



The kids watching Sea as he teaches them how to sing “Shady Grave”.

Sea is very talented and performed with 13 different instruments. He started off the performance by playing the yak horn and then he switched to the Native American flute. Sea also played the banjo and sang about how the Nebraska Territory started in 1854. He then switched to the penny whistle and the harmonica, to which he sang about how life was after the Civil War.

Sea switched and played many instruments that the kids had never heard of including: the dulcimer, the saw, the fife, the bugle, and the mandolin. The kids really enjoyed watching Sea play the guitar, the ukulele, and the spoons.

Sea talked to the kids about what Nebraska’s insect was, which is the honeybee, then he sang a song about honeybees. He did this with many other Nebraska related things including: Nebraska’s state rock, the prairie agate, Nebraska’s state drink, milk,

and Nebraska’s state mineral, blue agate.

The kids had so much fun learning the song “Shady Grave” and getting to know many amazing facts about Nebraska.



“Wehnes Set To Be New History Teacher”

By: Talli Martin, APS Sophomore
You know the saying, “All good things must come to an end.” As you all know, Mr. Rick Peterson is retiring after many years, from being the 7-12th history teacher here at APS. He was an amazing teacher, but his great class, will not come to an end. Luckily for him, someone experienced in the department is taking over his spot. His name is Jason Wehnes, and you all may know him, as he lives just outside Arnold, on the River Road, between Callaway and Arnold.

He is currently teaching over at Stapleton. Everyday he drives through Arnold, but doesn’t stop, as he has to drive another 20 miles. It’ll be nice giving his car a little break, and saving some gas money! At Stapleton, he not only taught, but also engaged in many other activities. He was the head wrestling coach for a while, where he even got the opportunity to coach a state champion wrestler! Stapleton saw his love for sports, and later made him the head athletic director for the school.

Jason is wedded to his wife Amanda, who works for the Red Cross. Him and Amanda can be seen participating in community activities around Arnold. Arnold schools will be lucky to have Mr. Wehnes, as he will be a huge asset to not only the school, but also the community. Wehnes is a younger teacher, who knows how to teach history in today’s society. He is very tech savvy, and knows his ropes around teaching.

So, when he comes next school year, lets make sure to give him a big warm welcome from Arnold Public Schools, and the community of Arnold.



Pictured above is Jason Wehnes.

D.A.R.E. Graduation April 7th 3 p.m.



| 2020/2021 ACT TEST DATES | | |
|---|--|---|
| DEC Test-12 Early Nov 6 Late Nov 20 | FEB Test-6 Early Jan 8 Late Jan 15 | |
| APR Test-17 Early March 12 Late March 26 | JUN Test-12 Early Nov 7 Late Nov 21 | JUL Test-12 Early Nov 18 Late Nov 25 |

Links to School Calendars:

- The Activity Calendar: <https://www.midnebraskaactivitiesconference.org/public/genie/1009/school/1359/>
- The Lunch Calendar: <https://www.arnoldpublicschools.org/lunch-calendar>
- On the announcements tab, scroll to the bottom

“SLB Track is Finally Back in Session”

Track Schedule

March 20th- UNK Track
Indoor @Kearney
March 27th- St Pat's Invite @
Hershey
March 30th- Hi-Line Invite @
Elwood
April 9th- South Loup Invite
@Arnold
April 16th- Burwell Invite @
Burwell
April 24th- Hershey Invite@
Hershey
May 1- MNAC Invite@
Arnold



Front Row L to R: Megan Donegan, Abby Stallbaumer, Taylor Ross, Mya Weverka, Jadeyn Bubak, Kacee Dvorak, Landyn Cole, Heidi Donegan, Irelyn Rosfeld, and Faith Bierman. 2nd Row: Reagan Cool, Ava Pandorf, Lauryn Johnson, Josie Reiff, Charli Vickers, Delaynie Laible, Tahnna Nokes, and Talli Martin. 3rd Row: Halie Recoy, Isabella Stallbaumer, Anna Starr, Grace Bierman, Bryn Schwarz, Devin Peterson, Gracie Neth, and Harmony Borah. 4th Row: Silas Cool, Jake Halstead, Brett Halstead, Drew Vickers, Cooper Atkins, Cache Gracy, and Lance Jones. 5th Row: Johnathon Lamphere, Rio Remund, Trey Connell, Pedro Florez, Logan Recoy, and Brady Bestly. Not pictured is Kaden Paulson, Alex Shown, and Sam Cool.

By: Talli Martin, APS Sophomore

It is officially that time of year again! It's time to get out your spikes, spend most of your weekends at track meets, and in some cases run until you die! This season is going to be very special, as our South Loup Bobcat track team didn't get to showcase their skills last season. Due to the Coronavirus, the athletes only got to have a little less than two weeks of practice, and didn't get the chance to participate in any track meets. This was very heartbreaking for the team, coaches, and especially for the seniors, who didn't get to finish out their senior year of track.

But, this year we are looking forward to a great season! There will be some restrictions at track meets, but the athletes, coaches, and spectators will just be grateful to be out on the track again. This year there will be some new faces, as new freshman come in to the picture this year, but overall we have a very talented group. This group has a lot of potential in store for this season. After having last season off, the athletes expect a lot out of themselves, and the coaches even see the prospective of some athletes breaking new records, and making it all the way to state.

This year, there are 40 athletes going out for SLB track. The girl's team consists of 26 people, and the boy's team has 14 people. The coaches will stay the same as the past years. Mike Weverka is the head girl's coach, and the head boy's coach is Rick Peterson. Some other coaches that are helping are: Lane Chesley, Andy

Schwarz, and Nicole Recoy.

The girl's team has lots of numbers coming in this year.

Freshman: Tahnna Nokes, Delaynie Laible, Charli Vickers, Josie Reiff, Gracie Neth, Harmony Borah, Bryn Schwarz, and Grace Bierman.

Sophomores: Taylor Ross, Abby Stallbaumer, Ava Pandorf, Lauryn Johnson, Talli Martin, Halie Recoy, Anna Starr, and Devin Peterson.

Juniors: Faith Bierman, Irelyn Rosfeld, Heidi Donegan, Megan Donegan, Mya Weverka, Reagan Cool, and Izabella Stallbaumer.

Finally, the senior girls are: Jadeyn Bubak, Kacee Dvorak, and Landyn Cole. These three girls, along with the junior girls have done very well in past years, and the coaches are excited to see what they do this year.

Now for the 16 boys on the boy's track team.

Freshman: Brady Bestly, Logan Recoy, Pedro Florez, Trey Connell, and Rio Remund.

Sophomores: Silas Cool, Lance Jones, Johnathon Lamphere, Cache Gracy and Kaden Paulson

Juniors: Jake Halstead.

Seniors: Cooper Atkins, Drew Vickers, and Brett Halstead, Alex Shown, and Sam Cool

Let's wish the athlete's good luck, as their first meet is coming up on March 20th. Also, let's pray that the athletes along with the coaches are able to finish out the season!

Lady Bobcats are C2 District Runner-Up

By: Halie Recoy, APS Sophomore

WOOD RIVER—On Friday, February 26 the Lady Bobcats ended their season with a loss to the Wood River Eagles. The Bobcats worked hard but sadly fell short with an ending score was 43-62.

The leading 3-point shooters for the Bobcats were Megan Donegan and Ava Pandorf both with 2 3-point shots.

The Lady Cats really worked hard to limit the Eagles points in the first quarter and did a great job. Pandorf ended the quarter with a 3-point shot but the Bobcats were trailing with a score of 5-14.

Pandorf had the top amount of 2-point shots for the night, with a total of 4 2-point shots made.

The Bobcats leading free throw shooter for the night was Jadeyn Bubak with a total of 6 free throws made.

The Lady Bobcats kept the Eagles within range during the second quarter and worked hard to stop them from scoring. Bubak shot and made two of her free throws at the end of this quarter totaling up the score to 16-27, with the Eagles still ahead.

Landyn Cole had the top amount of rebounds for the Bobcats



The Lady Bobcats posing with their Runner-Up plaque after playing against the Wood River Eagles.

with a total of 6 rebounds; 4 being defensive and 2 being offensive rebounds.

Coming out of half time the Lady Cats really hustled up and down the court but the Wood River Eagles pulled farther ahead with a score of 22-49. During this quarter Bubak shot and made two more of her 6 free throws.

The leading amount of assists were by Cole with a total of 3 assists for the night. Close behind her was Pandorf with a total of 2 assists.

Bubak and Donegan both had the top amount of steals; being 2 steals each for the night against the Eagles.

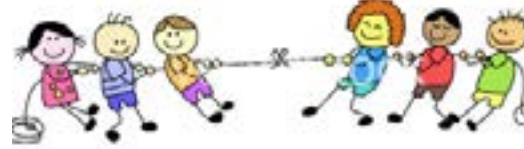
Finally during the fourth quarter Cole had shot and made her two free throws but the Eagles had really pulled ahead and the JV got some playing time. Lauryn Johnson ended the game with a 3-point shot but the Bobcats sadly lost with a score of 43-62.

This concludes the Lady Bobcats 2020-2021 season. The Bobcats finished with Maxwell Holiday Tournament Champions, MNAC Runner-Up, and Class C2 District Runner-Up.

Elementary Field Day

May 14th
Grades K-6

Organized by: NHS and NJHS



The Spartans Send the Bobcats Home

By: Lance Jones, APS Sophomore

BURWELL--On Tuesday February 22, the Bobcats played the Ansley Litchfield Spartans at 7:45 p.m. for the chance to move onto the sub-district finals.

The Bobcats ended up falling to the Spartans 65-46.

In the 1st Quarter the Bobcats controlled their pace and took the shots they wanted. They played solid defense but couldn't get all of their shots to fall. The Spartans got a little more offense going, and took a slight lead to win the 1st Quarter 12-7.

In the 2nd Quarter the Spartans put some pressure on the Bobcats and got some steals. However the Bobcats recovered, and stopped the ball so the Spartans had to score 5-on-5. Still the Spartans attacked the rim, and managed

to get the ball through the hole. On the Bobcats end, the shots wouldn't fall and the Spartans capitalized on it by grabbing the majority of the rebounds. The Spartans extended their lead to 31-21 going into half-time.

In the 3rd Quarter the game started to flow, and both teams started scoring. Drew Vickers slashed through the defense made a layup, got fouled, and made the three point play. However the Spartans also drove hard to the rim, and they either got their points from the shot or made them shooting free throws. The Bobcats got sped up trying to close the gap, but they began to turn the ball over. With some turnovers, and the Spartans free throws the Spartans again extended their lead to 51-33.

In the 4th Quarter the Bobcats matched the Spartans scor-

ing but they couldn't close the gap. Both teams kept on playing but the Spartans emerged victorious, and took the 65-46 win to move on.

Cache Gracey led with 15 points, and Vickers followed with 12 points. The rebounds were spread out evenly on the team; still the Spartans had 30 rebounds to the Bobcats 19. The Spartans also had 10 steals to the Bobcats 4. And the Bobcats had 16 turnovers, to the Spartans 11. Both teams shot the same percentage from the floor, but the difference in the game were the rebounds and steals that led to easy points on the Spartans end.

Coach Cole mentioned, "This was a crazy year of basketball, the season went by in a flash. We had a great year, and I'm looking forward to next year with this young team."



Pictured above is the South Loup Boys warming up to take on the Ansley Litchfield Spartans.



Previous Newsletters

- Link to the school newsletter: <http://www.arnoldpublicschools.org/journalism>
- Links to newsletters prior to the 2015-2016 school year: <https://sites.google.com/a/esu10.org/mrs-badgley/schoolnewsletters>
- Links to historical and alumni newsletters: <https://sites.google.com/a/esu10.org/mrs-badgley/alumninewsletters>

Please give us your feedback by contacting Nicole Badgley at nicole.badgley@arnoldpublicschools.org.

School Calendar Link and App for your Phone

We have a new address for the school calendar. You can see all of our sporting events and school activities by going to: <https://www.midnebraskaactivitiesconference.org/public/genie/1009/school/1359>

If you are intersted in having the calendar on your phones, simply search for the rSchool app in the Google Store or in the Apple store and download the app with the blue ball cap titled "Activity Scheduler."



Senior Spotlight Taylar Doggett



What do you see yourself doing in five years?

"In five years, I see myself finishing school and student teaching."

"If you could give underclassmen one piece of advice, what would it be?"

"If I could give underclassmen one piece of advice it would be to cherish every moment of high school. It will be four of the best years of your life and it will be gone before you know it, so have fun and cherish it."

What is your funniest memory from school?

"My favorite memory in high school is spending time with all of my friends; especially going on drives over lunch."

Who was your favorite teacher throughout school and why?

"My favorite teacher through school was definitely either Mrs. Moninger or Mr. Schwarz. Mrs. Moninger had the best personality and was so fun to have class with. Mr. Schwarz was easy going, blunt, and always got straight to the point with lessons. This year Mr.

Kennedy and Ms. Berglund have had a huge impact on my senior year. They are both great teachers coming in that have a very fun, but educational way of teaching."

What will you miss most as you begin your new chapter?

"The thing that I will miss the most is knowing everyone and the small town aspect of life."

Describe senior year in three words.

"Conquer From Within"

What is your most awkward memory from when you were young?

"The most awkward memory from when I was young would be my fashion."

Where do you plan to go to college? Do you know what major you want to pursue?

"I plan to go to Norfolk in the fall of 2021. I want to major in Ag Education."



Senior Spotlight

JayLynn Stienike

What do you see yourself doing in five years?
“Owning my own home, starting my family, and being married.”

If you could give underclassmen one piece of advice, what would it be?
“Just because you’re a freshman doesn’t mean you can slack off.”

What is your funniest memory from school?
“When my friend accidentally stuck her foot in the toilet.”

Who was your favorite teacher throughout school and why?
“Nicole Mowry”

What will you miss most as you begin your new chapter?
“My friends and the people that were close to me.”

Describe senior year in three words.
“T’was Freaking Awesome”

What is your most awkward memory from when you were young?
“When my pants ripped in the middle of the school day.”

Where do you plan to go to college? Do you know what major you want to pursue?
“I plan on earning my CNA.”



Senior Spotlight ~ Alex Streit



What do you see yourself doing in five years?
“I see myself working.”

If you could give underclassmen one piece of advice, what would it be?
“I would say ‘always walk don’t run.’”

What is your funniest memory from school?
“My funniest memory was getting Homecoming King.”

Who was your favorite teacher throughout school and why?
“My favorite teacher is Ms. Brown because she likes teaching me.”

What will you miss most as you begin your new chapter?
“My classmates.”

Describe senior year in three words.
“Work, Hard, Fun”

What is your most awkward memory from when you were young?
“My most awkward moment memory was being at school for the first time.”

Where do you plan to go to college? Do you know what major you want to pursue?
“My work plans are to come back to school and continue learning work skills.”

A Dime and Quarter at a Time

Over the span of 4 months Alex Mills worked hard to have good behavior and earn a special reward. Each day in class he was checked every 5 minutes to see if he was completing his assignments, staying on task, and behaving. For each category he made a dime, and quarters at a time. On average he made 10-13 dollars a day, and in the end made it to his \$ 500 goal.

Alex’s reward for his good behavior was a day with the local state patrolman Jeff Boston. Jeff Boston has been a state patrolman for 33 years. Obviously Boston’s jurisdiction is anywhere in Nebraska, but he mainly covers from east to west, Hyannis all the way to the Custer county line, and North and South from the South Dakota border to the Kansas border. This one of the largest trooper areas in the

state, that consists of 27 counties. 25 to 26 patrolmen are responsible for the area about 1 per county.

Jeff Boston said, “I get to drive fast and eat donuts, it perfect but I can’t have white powdered donuts because it gets on my uniform. He says you have to know your donuts to be a state patrolman.”

Overall, Alex had a well-deserved day hanging out with Jeff, asking him questions, and riding in his squad car. He even got to show his class.

Mrs. Brown said, “Alex worked really hard for this over these past couple of months, the goal is to keep up his good behavior.”



Pictured above is Alex Mills, and Jeff Boston next to his squad car.



Pictured above is Jeff Boston, and Alex Mills.



Pictured above from (L-R) is the 8th grade class. Aj Starr, Ethan Furne, Jamie Tickle, Riata Remund, Danah Baldwin, Taylor Hanna-Miles, Anna Tullis, Ivy Tullis, Ella Cool, Jeff Boston, and Dolores Deponchal.



Golf is Teeing off for the Season

By: Halie Recoy, APS Sophomore

The 2021 golf season is off to a good start with 3 returning golfers and 6 new team members. The returning golfers and letter winners include seniors: Jesse Connell and Eli Taylor, and junior Colbi Smith.

Smith returns as a past State Qualifier; Smith qualified as a freshman for his 2018-2019 season and placed 15th.

“Jesse Connell, Eli Taylor, and Colbi Smith really bring back our experience and will help the team a lot this year,” said head coach, Jared Rush.

New team members include sophomores: Grant Hrupek, Eli Eggelston, Matthew Mannon, and freshmen: Dawson Doggett, Dylan Handley, and James Thompson.

“We have lots of young kids. Not having Golf last year because of Covid really hurt us. Our sophomores are like freshman because they missed that year of experience, so we really have 6 new golfers. Coach Gene



Back Row: Matthew Mannon, Eli Eggelston, Eli Taylor, Colbi Smith, Jesse Connell. Front Row: James Thompson, Dylan Handley, Dawson Doggett, Grant Hrupek, and student-manager Jamie Tickle.

Schneringer and I are looking forward to see how our young players develop and how our experienced players lead by example,” stated Rush.

Head Coach Rush has been coaching golf for the last 11 years. This will be Coach Schneringer’s first year

as a paid assistant, but he has volunteered his help and knowledge for the last 3 or 4 years.

“Schneringer has played and has been giving lessons for years. He is a great resource for our kids to improve in golf,” said Rush.

Scholastic Art Awards

By: Halie Recoy, APS Sophomore

Cecilia Wonch did an outstanding job with her artwork and won 3 Golden Keys, 7 Silver Keys, and got 2 Honorable Mentions in the Scholastic Art Show.

| | | |
|-------------------------|--|----------------------------|
| Gold Keys | | |
| The Toddlers | | (Digital Art) |
| | | |
| A Blizzard’s Night | | (Digital Art) |
| | | |
| Unnatural: The City | | (Comic Art) |
| | | |
| Silver Keys | | |
| The Girl and Her Dragon | | (Art Portfolio) |
| | | |
| Life With Horses | | (Art Portfolio) |
| | | |
| The Perfect Day | | (Digital Art) |
| | | |
| Golden Morning | | (Drawing and Illustration) |
| | | |
| Unnatural Trailer | | (Film and Animation) |
| | | |
| Winter in the Sandhills | | (Painting) |
| | | |
| Down to the Dismal | | (Painting) |



“The Toddlers”
(Digital Art)



“A Blizzard’s Night”
(Digital Night)



“Unnatural: The City”
(Comic Art)

Honorable Mentions

| | |
|---------------|----------------------------|
| Fire’s Warmth | (Digital Art) |
| | |
| Rustic Horse | (Drawing and Illustration) |

Jake’s Horses and Harleys

Reading Adventure

Earn 12 Points of AR
in one calendar month
and you will earn
a Personal Pan Pizza
or Salad Bar



PowerSchool App Available

- In the App Store if you search for the Powerschool app, you will find a quick and easy way to access your student’s grades with your mobile phone.
- Simply download the free app. It will ask you for your District Code (a 4 digit code) immediately. The code for Arnold Public School is: **SNPX**
 - Then you can use your regular username and password from last year. If you are unable to remember your password, then please contact Heather at the school office by phone 308-848-2226.

APS Speech

APS Places 4th@MNAC

Saturday February 20th your Arnold speech team competed at the annual MNAC speech competition @Callaway.

Senior, Landyn Cole and Junior, Reagan Cool ran the show. They placed 1st in duet.

Freshman, Rio Remund placed 2nd place in extemporaneous.

Freshman, Gracie Neth wasn't far behind receiving 3rd place in poetry, and freshman, Delaney Rogers sat at 4th in entertainment.

Senior, Cecilia Wonch placed 7th in entertainment.

At the end of the day, the team finished 4th overall. The underclassmen just keep getting better as the season progresses, and the upperclassman's experience is helping them excel at their meets.

Best of The West Treats Three Competitors Well.

Wednesday, February 24th, your Cardinal speech team competed in the Best of the West Speech Meet. The meet was virtual, but the three students who competed, did well.

Landyn Cole and Reagan Cool yet again placed in duet, getting 2nd place. This is a great accomplishment, especially when they are respectively placing within top the 2 top two places at each meet.

Freshman, Delaney Rogers also joined the two ladies. Her speech a entertainment speech. Rogers received 15th place.

The girls learned many lessons at this meet, and this season is different than last year, as some of the meets are virtual. But, the team is adapting well to the changes.

Voice Of The Plains Speech Meet

Saturday, February 27th, the APS speech team travelled to Holdrege. There they competed in the Voice of the Plains Speech Tournament. It was a tough meet, but the team managed. At this meet, they learned many valuable lessons, and competed against some tough teams. But, this only made them better in the end.

Landyn Cole and Reagan Cool competed in varsity duet. Yet again, they placed 2nd place.

Freshman, Delaney Rogers gave her Varsity speech in entertainment. Rogers placed 9th place, and even got a superior ribbon.

Freshman, Gracie Neth and Rio Remund were right behind Delaney.

Rio Remund gave his varsity speech in extemporaneous. He got 10th place.

Gracie Neth gave a varsity speech over poetry, and got 11th place.

Overall, it was a great day for some speech!

Cool & Cole Place 1st@ Districts

Monday, March 8th, the Arnold speech team competed at district speech, which was held in Maywood. This competition was very important, as it would decide if the competitor's season would end or extend one more match at state speech. Luckily, the team's season isn't looking to end.

Senior, Landyn Cole and junior, Reagan Cool's hard work paid off at this meet, and they won with their stellar duet.

Freshman, Delaney Rogers received 2nd place in entertainment.

Freshman, Rio Remund tied for 2nd place in extemporaneous.

Gracie Neth, another freshman, also competed at districts, but didn't make it to state.

Lets wish lots of good luck to these competitors at state! Also, to all the other people that competed this season, you had a great season, and your coach along with your teammates are super proud of you.

Cool and Cole Win State

By: Talli Martin, APS Sophomore

Friday, March 26th, four of your Arnold Speech team members got the honor of competing at state speech. These four students, worked super hard this season, and their hard work paid off in the end at state.

Senior, Landyn Cole, and Junior, Reagan Cool did exceptional in their duet. They ended up winning state. It was a great last speech for Landyn Cole, and a season the two ladies will remember forever.

The freshmen, Delaney Rogers and Rio Remund were newcomers, but didn't let the inexperience get to them.

Remund got 15th place, and Rogers got 11th place. They competed effortlessly at state, but didn't place. This experience will only help them in the upcoming years.

Other members of the 2021 speech team consisted of freshmen, Gracie Neth, and Samantha Wonch. Also, senior,

Cecilia Wonch was apart of the team. These teammates competed hard, and were good supporters.

This season each and every one of these kids worked hard. They took it upon their individual selves to improve throughout the whole season, and made sure to put in the time on all of their speeches. All of them grew throughout the season, and their growth was just incredible.

To all the coaches that helped, you did a tremendous job. Head coach, Amanda Badgley, put in lots of time for her team, and taught the kids many things. It was her first year, but she did an amazing job. Also, to all of the speech parents, and helpers that helped throughout the season, the team could've done it without you.

The team will miss seniors, Cecilia Wonch, and Landyn Cole. They were great role models for their younger teammates, and showed them the ropes of the sport. As for the rest of the team, the future holds great things for them. This whole team is a great bunch of kids, who are not only good at speech, but are great people. As you all know, all good things must come to an end eventually, and this team ended things on a great note!



Shown here is Senior, Landyn Cole, and junior, Reagan Cool showing off their 1st place medals they won at state in duet.

Break the Rule Day

When: March 10th

The National Honor Society is hosting a break the rule day. K-12th can bring money in to break different rules. The rules will be released soon, and if you have any questions you can contact Debby Moninger or any members of the National Honor Society.



Superintendent and High School Principal

Joel Morgan
Elementary Principal and Curriculum Coordinator

Chanc McIntosh
Editor-in-Chief

Nicole Badgley

The opinions and ideas expressed in the articles are solely those of the reporters. The articles don't necessarily reflect the opinions and ideas of Arnold Public Schools. Each article is edited by both students and their teachers prior to publication. Mistakes may appear, as students are learning. With this being a student created newsletter, mistakes become teachable moments.

No advertising, other than school sponsored activities, may appear. Opinion pieces, future news items, comments, and suggestions may be submitted to nicole.badgley@arnoldpublicschools.org.

The newsletter is sent to all families and boxholders of District 89. If you, or someone you know, would like to receive the newsletter, please contact the school office at 308-848-2226 to add your name to the mailing list. You may also download the newsletter from the school website: <http://arnoldpublicschools.org>



Activity Calendar App

Arnold Public Schools is using a new activities application to manage all of our sporting events and school activities. If you would like access to the most updated information, you can download the rSchool App. In the Google Store and in the Apple store search for “rSchool” and you should see an app called “Activity Scheduler” with a blue hat as its icon. (See image to the right.)

- It is simple and easy to use.
1. When you first open it you have to do a simple set up.
 2. Simply search for Arnold Public Schools and you will find us. T
 3. hen this week’s activities will show.
 4. You can also choose the dates you want to see for future

events.
This is a replacement for the links that feed into your iCal calendars



on iPhones and in to your Google calendars. This will be more efficient and up-to-the-minute with changes.
You can also use the following link on computers or on internet browsers on your phone to see the school calendars: <https://www.midnebraskaactivitiesconference.org/public/genie/1009/>

Box Tops Is Changing



Vader Sniffs out the 6th Grade

On March 24, 2021, Sergeant Barrett Gibbons, K-9 Handler, came to the 6th grade DARE class to demonstrate how the Custer County Sherriff’s office searches locations for hidden drugs. The two-year-old German Shepard named Vader, searched Mr. Phelps’ classroom for two hidden “drug toys.” Each toy did not have the drug in it, but it did hold the smell of marijuana and cocaine.

As the dog entered the room, he instantly sniffed and recognized the area where the sheriff

had placed his bag for his speech to the 6th graders. The dog knew that his bag had samples of drugs for speech-giving purposes. He then began to concentrate on the bags and items in front of a cupboard. When the dog sat down and faced the cupboard, which is a signal to search an area the dog can’t get to the smell. Gibbons knew to look in the cupboard and search. After the dog was rewarded for finding the first toy, he then got to work smelling the rest of the

room. In just a few minutes, even while distracted by the students in the room, Vader found the second toy hidden in a box in the corner. At the end the students discovered more about Vader. He is almost 2.5 years old and has been with Sergeant Gibbons since November of 2020. He lives with Gibbons’ family and is their only pet. Gibbons explained the Vader was not trained for any “biting” duty, so he is safe to pet, and for his own children to play with



Josie Lehmkuhler was first and most daring student to pet Vader after he found both of the hidden “drug toys.”



Upon first entry to the room, Vader searched the area where Gibbons had put his bag earlier during his presentation to the class.



Vader search higher places near the stashed items. If Vader can’t reach the stash he will sit and look up at the spot the officer is supposed to search.

| Academic All-State Winners | | Honorable Mention |
|-----------------------------|----------------------------|--|
| Boys Basketball | Wrestling | Lincoln Journal Star |
| Sam Cool Lance Jones | Clay Witthuhn | Drew Vickers Trey Connell |
| Girls Basketbal | Speech | Landyn Cole Megan Donnegan Ava Pandorf |
| Jayden Bubak Landyn Cole | Landyn Cole Reagan Cool | |



Annual Blood Drive



On Monday March 15, the Arnold high school seniors held a Blood Drive at the community center.

The seniors volunteered to hold the blood drive, but they may also receive scholarships for their work. The Redcross Resources or Student Blood Program Leaders

hands out scholarships throughout the year.

From early in the morning to mid afternoon people came in to donate blood.

The tables were busy all day because 48/49 of the timeslots were filled. Altogether there were 9 first time blood donors, but two of them

were not able to donate because of low iron levels. Furthermore there were 9 walk-ins to really keep the blood moving.

It was a very successful day, and a lot of blood was donated for a very good cause.



Pictured above is Chance Macintosh a first time donor.



Pictured above is Jesse Connell a first time donor.



Pictured above is Johnathon Lamphear a first time donor.

Spring Music Concert

6-12
May 3rd @ 7:00 p.m.

K-5
April 26th @ 7:00 a.m.

Elementary Awards

May 19th
@ 10 a.m.



From the Superintendent's Desk

As we head into our last two months of the school, it certainly feels like the year has flown by and I expect the remainder of the year will go just as fast. Just as I know others are, I am grateful for being able to keep the school open, activities going, and the support along the way. With spring events coming I encourage you get out and catch a track meet, golf meet, spring concert, and other events open to the public along the way. Please look for our weekly posts on activities as there may be additions and changes along the way. It will certainly be busy!

As this is our last newsletter for the school year, I want to take the time to thank Mr. Peterson for his years of service here at APS. We will be forever grateful for your contributions in bettering our school.

To our seniors, I wish you all the best in your future endeavors. I hope you find value in your time here and Arnold and I look forward to seeing all your future accomplishments. As they move on, we will welcome a new kindergarten class, a new class to our junior high, and a new freshman class to the high school. Transitions to the next steps in life can be both scary and exciting, but we love to embrace the opportunities for new experiences and to better ourselves everyday here at APS.

I feel like I am always saying thank you for your support, but I truly am grateful to everyone. This last year has proven that despite differing opinions at times, we all have the same end goal of ensuring our students succeed and our community thrives. That is what makes us great and it truly is #TheArnoldWay!!



Coke Cap Collection

You can help out the school by collecting your Coke product bottle caps and numbers on the inside of Coke product boxes.

We accept caps and cardboard cutouts from the products you get from convenience stores, the grocery stores, vending machines, at ball games, and other places that may all have the promotional codes on them.

Coca-cola committed itself to supporting education by enabling schools to collect donated points and then redeem them for a variety of school rewards including playground equipment, supplies, classroom materials, cameras, sound equipment, and more.

You can send your Coke caps (and other coke products) to the school office and they will redeem them. For more information you can go to the <https://www.mycokerewards.com/schools>. Thank you for your support.



From the Elementary Principal's Desk

Spring is upon us, the weather is changing and the days are now getting longer. It is still important to make sure students are getting a good night sleep and showing up to school daily. Many events are about to take place including but not limited to, Track Meets, Proms, Field Trips, Spring Concert, Awards Ceremony, and State Assessments. Our 3rd through 8th grade students will be taking the NSCAS assessment during April. Kindergarten through Juniors will take the NWEA MAP assessment in the first part of May. Being well rested, and eating a good breakfast will help our students be prepared to do their very best and handle this busy schedule that is now upon us.

We are very proud of students here at Arnold and here are some highlights that have happened recently.

Highlights

- Freshman PE students covered a unit about bowling and were able to use the Bowling Alley.
- The book fair was held and had a great turnout. Those profits are used to purchase books for the school library.
- 3rd Grade Science class is learning about fossils.

- 1st Grade class is learning how to add double-digit numbers.
- Kindergarten class is learning how to count by 5's.
- JH Quiz Bowl finished 4th at MNAC.
- The HS construction class is working on a framing project in the shop.
- Upper Elementary PE classes are learning how to play badminton.
- 4th Grade has been learning about Nebraska and celebrated Nebraska's 154th birthday on March 1st.
- Students have been developing a Holocaust timeline in the Cafeteria. Three different teachers have classes developing and working on this timeline.
- The Speech Team had 4 State Qualifiers. Delaney Rogers, Reagan Cool, Landyn Cole, and Rio Remund.
- 9 HS Art Students submitted 16 works of art in the North Platte High School area art show. Many pieces received awards.
- The HS welding class is building a 20 by 10 livestock loafing shed. This was sold on a silent auction; anyone interested was to call the school.
- The National Honor Society is planning and helping with the Elementary Field Day, which will be held in May.

To recognize our students we award the Superintendent and Prin-



icipal parking spot to a student for a week. In the month of March, Silas Cool, Kylee Lehmkuhler, Drew Vickers, and Rio Remund were recognized and had a reserved parking spot for a week. We are very proud of our students here at Arnold. They display great leadership qualities and come to school daily with a great attitude to learn and take on new challenges to meet the ever-changing demands of society.

Renaissance Home Connect

Watch Your Child's Progress in AR and see their testing scores for STAR, Sign Up Now



Dear Parents,

Your student uses Accelerated Reader, also known as Renaissance Place, at school. This program has a new feature called Renaissance Home connect, which the student and the parent can access outside of class with an Internet connection. Renaissance Home Connect is fun and easy to use. It allows the teacher, the parent, and the student to share information about your student's progress in Accelerated Reader.

Be watching for a letter to come home on the first day of school with instructions of how to login and how to use the program. You can also set up automatic emails when your student takes tests over books or takes the STAR test.

Please contact me if you have any questions. Nicole Badgley.



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The NEW and improved Box Tops mobile app uses state-of-the-art technology to scan your store receipt, find participating products and instantly add Box Tops to our school's earnings online.

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SCAN YOUR RECEIPT

Use the app to snap a photo of your receipt within 14 days of purchase.



EARN CASH FOR OUR SCHOOL

Box Tops earnings are identified and automatically updated at BTFC.com.

You do not need to clip or send Box Tops labels to school.



BOX TOPS CLIPS ON PACKAGES

Traditional Box Tops clips are being phased out of production but may continue to be found on many products throughout the store as packages transition to the new Box Tops labels. You can still clip these and send them to school. Please make sure each clip has a valid expiration date.



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THE ALL-NEW BOX TOPS IS HERE! DOWNLOAD THE APP:



Create Your Own App:

School Websites Can Download To Your Phone

Use the School and SLB Site Without a Web Browser

What is a progressive web app? Why do I need one? How will this help me?

These are all questions that were asked when we figured out that the school's web site and the South Loup sports web sites now have a progressive web app.

A progressive web app “turns a web site into an app on your phone, and allows the user to have all the capabilities of the web site in this one spot.”

This means that the calendar on the web site, and the individual sports calendars will be on your phone.

One of the best benefits is that the calendar and the web site are supposed to function even when you are offline or in weak service.

Progressive Web apps are “designed so they are capable, reliable, and installable.”

The progressive web (PWA) has been completed for the Arnold Public Schools web site as well as the South Loup sports web site. (You will need to create a PWA for each.) It's very simple to install on your phone.

“This will make the website easily accessible from mobile devices and also allow them to view the site offline. (They will have needed to visit the site and pages once before it's accessible offline),” said Kristi Dvorak, web developer

“Once installed, the app will download every page that you visit so if you want to see something offline you will have to visit it online first.”

Here are some directions for those of you who are new to Progressive Web Apps. share with anyone who needs it.

For Chrome on Android

1) Visit the site.

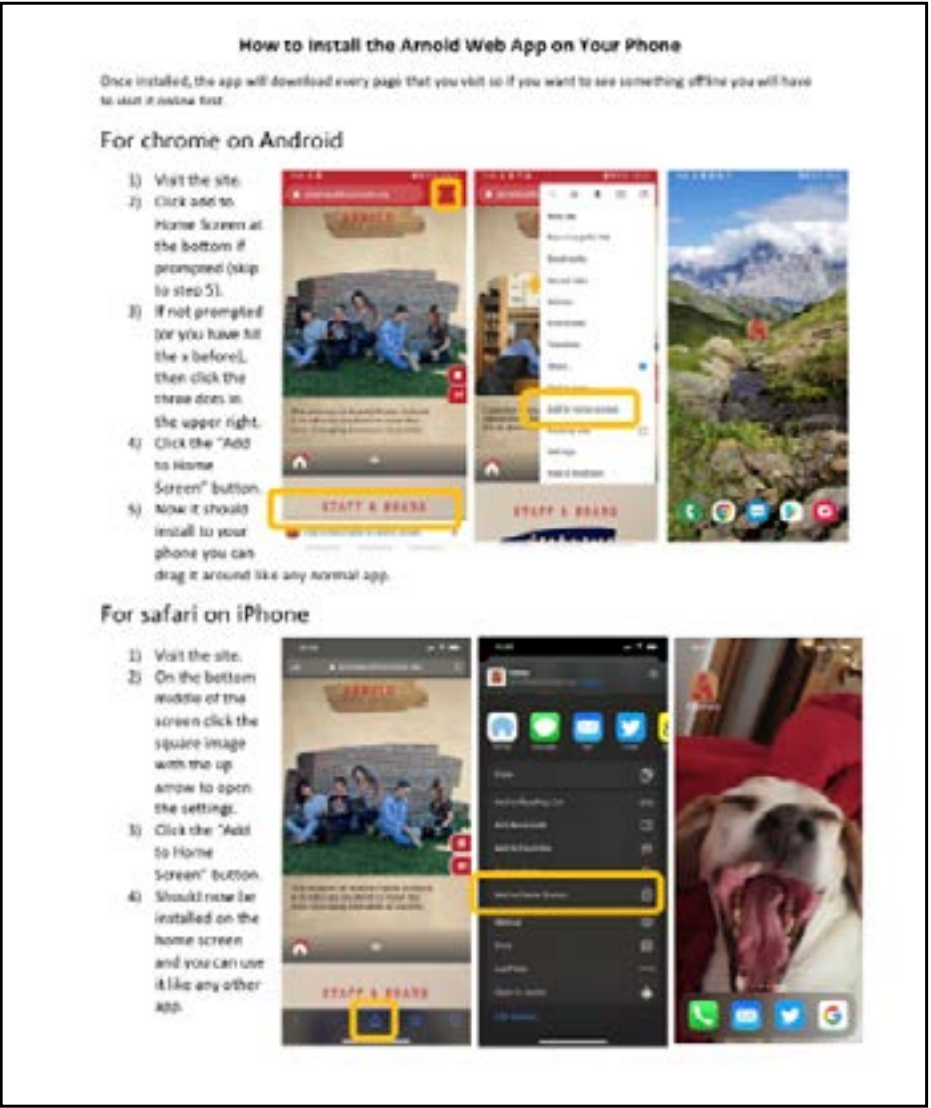
- 2) Click add to Home Screen at the bottom if prompted (skip to step 5).
- 3) If not prompted (or you have hit the x before), then click the three dots in the upper right.
- 4) Click the “Add to Home Screen” button.
- 5) Now it should install to your phone you can drag it around like any normal app.

For Safari on iPhone

- 1) Visit the site.
- 2) On the bottom middle of the screen click the square

- image with the up arrow to open the settings.
- 3) Click the “Add to Home Screen” button.
 - 4) Should now be installed on the home screen and you can use it like any other app.

Aren't you glad I didn't define a progressive web as “a type of application software delivered through the web, built using common web technologies including HTML, CSS and JavaScript. It is intended to work on any platform that uses a standards-compliant browser”?



EducationQuest Foundation

College Planning Bulletin

A monthly college planning guide for Nebraska high school students

April 2021

Juniors...attend this webinar to stay on track to college! Join our free “College Planning for Juniors” webinar to learn about the admissions process, campus visits, college costs, types of financial aid, and how to find scholarships. Pick the date that works best for you and register today!

Tuesday, March 23, 6:00-7:00 p.m. CT
Thursday, March 25, 10:30-11:30 a.m. CT
Tuesday, April 6, 7:00-8:00 p.m. CT
Thursday, April 8, 2:00-3:00 p.m. CT

Spanish Programs

Wednesday, March 24, 10:30-11:30 a.m. CT
Wednesday, March 24, 6:00-7:00 p.m. CT

Seniors...It's decision time! Here's how to make your final college decision.

Compare your college acceptance letters, financial aid award notifications, and campus visit notes. List the pros and cons of each school using the following criteria:

Location – Is the college too close? If you come home every weekend, you won't experience true campus life. Is the college too far away? If so, you may not make it home as often as you'd like.

Cost – Can your family afford the school? What can you expect for financial aid beyond your freshman year? Did you receive renewable scholarships? How much in student and parent loans will be needed to cover expenses?

Academic program – Which college offers the degree program that best fits your career interests? What happens if you change majors? Does the college offer other degree programs that interest you?

Student life – Does the school offer activities you will enjoy? If you plan to live on campus, do you like the housing arrangements? Will you have an opportunity to work on or near campus?

Make your final decision by May 1 and then notify the colleges you're rejecting so they can offer your spot, and financial aid, to another student.

April “To Do” List

Seniors

- ___ Continue applying for scholarships.
- ___ Make your final college decision.
- ___ Start purchasing dorm essentials.
- ___ Start looking for a summer job.

Juniors

- ___ Attend a College Planning for Juniors webinar.
- ___ Register by April 8 for the May 8 SAT.
- ___ Register by May 7 for the June 12 ACT.
- ___ Start looking for scholarships.

For free help with college planning, contact EducationQuest Foundation:

| Omaha | Lincoln | Kearney | Scotts-bluff |
|--------------|--------------|--------------|------------------------|
| 402-391-4033 | 402-475-5222 | 308-234-6310 | 308-708-7199 |
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Your Journey to College Begins with Us

Mr. Peterson's Lasting Legacy

In the classroom and on the field...

By: Jadeyn Bubak, APS Senior

Since the year of 1982, Mr. Rick Peterson has been teaching in Arnold Public Schools' classrooms. His years of service have left a lasting impact on the social science department and every student who stepped foot into his classroom.

After attending high school in Missouri Valley, Iowa, Mr. Peterson headed to Nebraska to attend Midland University in Fremont. There he earned his Bachelor of Social Science and Physical Education.

Arnold Public Schools is the first and only place Mr. Peterson ever held a teaching job. Even when he was offered jobs in the '90s, he never even applied for them.

In his first few years here, he continued his education through the University of Nebraska at Kearney to get his Master of Educational Administration.

When Mr. Peterson first came to Arnold, he thought he didn't know anything, and he was sure everyone noticed. But, when he talked to older staff in recent years, they told them they never suspected a thing.

In his teaching job, Mr. Peterson was always very adaptable and progressive. He always provided his student with the best textbooks and materials to give them the highest-level education possible.

Mr. Peterson is also known for being extremely devoted. He has spent hours grading papers, giving lectures,



Mr. Peterson was an incredible coach. He was known for listening to what his track athletes wanted and needed and always advocating for everyone to have a positive attitude. His favorite sign held the words, "Attitude is Everything."

and preparing lesson plans.

Reflecting on his time here, Mr. Peterson notes how much curriculum has changed over the years. Education used to be textbooks and libraries, and today there are so many other resources. Many of Mr. Peterson's classes are taught on online sites that hold the textbook and other materials like videos and notes over the chapters.

Over the years, a lot of students have been through Mr. Peterson's classes. Looking back over the years, Mr. Peterson says watching the kids grow and turn into successes, even when people doubted them, will forever be memories he cherishes.

For Mr. Peterson, his greatest memory here is not a singular moment in time he can pinpoint, "The kids, being around the people, and the relationships are always my greatest memory."

Although Mr. Peterson's days were spent in the classroom, you could also find him on the football field, basketball court, and on the track throughout his teaching career. Ironically, the school initially hired Mr. Peterson as the assistant wrestling coach, but he never held that position.

From his very first year, Mr. Peterson was a part of the coaching staff for track, and he will forever hold a legacy in that role. He has coached many students to success and has earned many track meet titles, including Class D boys state title, but those aren't the best moments for him.

He loves the small success stories. Like when he watches dedicated kids work extremely hard and finally see their goals accomplished.

"I'll miss the relationships with the kids. Being able to be more involved with the students, instead of just in the normal classroom setting, is the key thing."

As much as the track program will miss Mr. Peterson and he will miss the track program, he did not think that the paperwork is something he is glad to say goodbye to forever.

With his final quarter coming to a close, Mr. Peterson is looking forward to his exciting retirement plans. He plans to remain in Arnold, but for this summer, he and his wife are hitting the road in their new 5th-wheel trailer and pickup.

Once fall hits, they will return home, and Mr. Peterson plans to work on his new outfitters business, "Kings Hill Outfitters."

In the future, Mr. Peterson and his wife also have big travel plans. They will spend a month on Fishers Island with his daughter and her husband and plan to go to Australia.

As Mr. Peterson embarks on his new journey, the school and students will miss his presence in the classroom and on the field. The Arnold community will be forever grateful for the dedication Mr. Peterson demonstrated in his job through all of these years.

Mental Health Dilemma



"At the root of this **dilemma** is the way we view mental health in this country. Whether an illness affects your heart, your leg or your brain, it's still an illness, and there should be no distinction." -Michelle Obama

Mental health is hugely relevant in today's world, yet as a society, people struggle to discuss it. A lot of the stigma behind mental health comes from people not understanding exactly what it means to suffer from a mental illness.

As awful as the pandemic has been, in a weird way, it has brought to light just how big of an issue mental health has become.

Before I begin, it is important to note that I am not an expert in psychology; this is just information I have gathered through research and my own journey.

My intention is to **raise awareness** towards what I see as a serious concern in our school system. I am not sure that adults, teachers, parents, and some kids understand just how seriously mental health illnesses impact students in our own school.

The number of APS students I know who struggle with mental illness and receive some form of **therapy** is shocking. I don't want people to feel like they have to stay silent about their struggles. Having a mental illness is nothing to be ashamed of, and you are not alone.

It is crucial for us all to remember that you truly never know what is going on in someone else's head. Everyone is fighting his or her own inner battles. Even those that seem like they have it all together may be struggling; they are just good at hiding it.

With all of this said, there is a difference between depression and having normal emotional swings. Sometimes people will just have a bad day. Mental illnesses are more than just a bad day here and there. It is a **constant battle**.

People can't just snap their fingers and feel better. As much as someone may want to feel better and get things

done, everything in their being is telling them they can't.

Depression and anxiety are **ILLNESSES**. Humans' genes or inherited traits, environmental exposures before birth, and biological factors like chemical imbalances in the brain are three common ways people develop mental illnesses.

There can be structural changes in the brain that cause a person to lack attention and impact their mood and emotional regulation.

Having a mental illness is **not a rarity**. In fact, information from the Mayo Clinic states, "about 1 in 5 adults has a mental illness in any given year."

Sharing this information is just the first step in creating change in our school system. This upcoming quarter I plan to take on this issue and propose improvements as part of my final project in my Composition Writing II course.

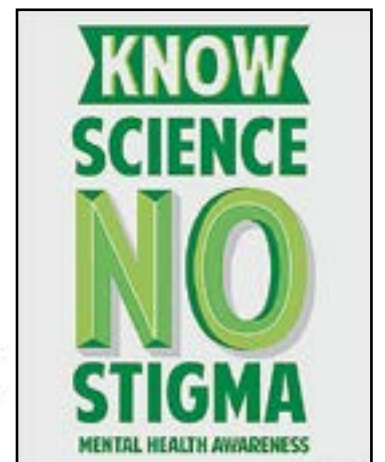
I hope that as Mental Health Awareness Month in May comes around, people find ways to step in and let students know their struggles are **understood** and provide them with resources to improve their mental health.

Next school year, when Suicide Prevention Month comes, I hope people have those hard conversations. The word "suicide" immediately makes people uncomfortable. But we can't run away from those tough topics.

We can't wait until somebody decides to take his or her own life to start talking about mental health. There has to be preventative action **BEFORE** because you can't put a band-

aid on it after it happens-its too late.

"What mental health needs is more sunlight, more candor, and more unashamed conversation." -Glenn Close





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