

Stressed Out!

Dear Amanda,

I have a really hard time dealing with certain people. No matter how hard I try, they just get to me! What should I do?

*Sincerely,
Seriously Annoyed*

*Dear
Amanda*

By: Amanda
Winfield, Junior



Dear Annoyed,

There are many ways that you can deal with annoying people, or just the normal stress of high school.

First you can go and talk to some of the people who annoy you. If they are doing something that bothers you, tell them what it is, because chances are you are not the only one annoyed by what they are doing. They may not even know what they are doing is annoying. Talk to them about. It may save them from further embarrassment.

At times it seems like you just need to get away from it all, so talk to a teacher, see if you can go to a quiet room, or a quiet corner. Throw in some headphones, turn on your favorite music, and just tune out the world for a little while. It's amazing how much better you feel after jamming out to your favorite music.

Sometimes, being annoyed can come from stress that you have either at home, or in school. There are many ways that you can overcome the day-to-day stress that almost everyone has. Take a walk with your dog, or if you don't have one, go for a walk by yourself, without your cell phone.

Make sure that you have a hobby that you can dedicate yourself to. If you're interested in scrap-booking go out and take a bunch of pictures and start working!

Or try something new, like collecting something. Or just hang out with some of your friends, that will listen to you and let you spill your guts to them. There are many possibilities to what you can do to relieve stress without going over the deep end. *Sincerely Amanda*

15 Ways to Relieve Stress For Students

1. Get up fifteen minutes earlier in the morning. The inevitable morning mishaps will be less stressful.
2. Don't rely on your memory. Write down when homework is due, test are scheduled, or when library books are due, etc.
3. Procrastination is stressful. Whatever you want to do tomorrow, do today; whatever you want to do today, do it now.
4. Allow 15 minutes of extra time to get to appointments. Plan to arrive at school 10 minutes before classes start.
5. Eliminate (or restrict) the amount of caffeine in your diet.
6. Pollyanna-Power! For every one thing that goes wrong, there are probably 10, 50 or 100 blessings.
7. Unplug your phone. Want to take a long bath, meditate, sleep, or read without interruption? Drum up the courage to temporarily disconnect.
8. Wear earplugs. If you need to find quiet at home, pop in some earplugs.
9. Get enough sleep. If necessary, use an alarm clock to remind you to go to bed.
10. Every day, do something you really enjoy.
11. Eliminate destructive self-talk: "I'm too old to..," "I'm too fat to...," "I can't do this.." I'm no good at.." etc.
12. Allow yourself time - everyday - for privacy, quiet, and introspection.
13. Don't forget to take a lunch break. Try to get away from your desk or work area in body and mind, even if it's just for 15 or 20 minutes.
14. Forget about counting to 10. Count to 1,000 before doing something or saying anything that could make matters worse.
15. Have an optimistic view of the world. Believe that most people are doing the best they can. (This information is sited from

Talent v. Teamwork

"Individuals play the game, teams beat the odds."
SEAL team saying.

They say that hard work beats talent when talent doesn't work hard. But what if that talent works hard, they just can't be talented together?

Being a team does not necessarily mean being friends with someone off the field or out of the gym, it means that when you enter those doors or walk onto that field, you forget everything else and leave it all out there.

If we concentrate on being good to each other in the gym, it could help us with friendships outside of the gym.

Talent or teamwork?
During my past four years at Arnold I have seen teams play that shouldn't have won a game the entire season, but came out victorious over and over again because of their will to win, and their TEAMWORK.

Teamwork doesn't always mean winning either. Being a team means having fun, working together, and leaving it all on the court, the minute you walk away. If the time comes when you play hard, leave it all out there, and still come up



Burning Thoughts By: Jessica Eastburn, Senior

short, we shouldn't hang our heads. We should realize that being number two can still be just as satisfying.

The easiest thing to do after a loss is turn the blame on someone else. "Well they didn't hit well" or "She didn't shoot at all tonight" those people who complain about everyone else, they should realize:

"You can't take all the credit, without taking some of the blame. Everyone on the team contributes in some way to all wins and to all losses. That is why they call it a team."

Going back to hard work and leaving it all on the court, that means never giving up. Teams have come back from huge deficits and won because of teamwork and the will to win. If you're not willing to look past the mistakes you have made, keep your head up, and stay positive, you might as well not be playing.

A part of staying positive is playing with a TEAM that works together

and doesn't get mad at someone for a mistake.

It's not that one mistake that lost the game for the team, it was the 24 previous ones made by every member of the team.

Like I said, it takes the entire team, not only the people on the court or field, to win or lose a game. By keeping positive and shaking off mistakes you can make up for them and come up victorious.

From now on when I see those teams chanting "we're number 1," I am going to be listening for those other teams to say "we're number 2!" proudly. Losing with dignity and maturity makes you a winner every time. But that is so much easier said than done.

This is something we all need to remember: "When a team outgrows individual performance and learns team confidence, excellence becomes a reality."- Joe Paterno.



Dear Patrons,

In last month's newsletter I detailed the specifics of our 2007-2008 budget. That article generated some discussion and questions from a number of people regarding the amount of the budget and the number of students being served by those expenditures.

Our tax request of \$1,574,470 represents the local cost of education for our 151 students. That is indeed a significant investment by the property owners of this district. The ironic thing is that our budget would not be much different even if we had an additional 100 students. We would not need any more staff than what we currently have and our facility could easily accommodate the extra students.

Another factor in the total equation is the amount of state aid we receive. Because the state aid formula relies heavily on the number of students in a district our state aid has dwindled as our student population has declined. Fortunately, the new state aid formula has a provision that is supposed to prevent a school's needs from being reduced by the loss of enrollment numbers. We hope this will result in an increase in state aid and prevent future losses in that aid. If our state aid is stabilized we will have a better chance to prevent significant increases in our tax requests.

We all want an excellent school for our students and that is what we have. Maintaining that excellence while facing the financial challenges of the future is a task that we accept. Your support, input, and interest are invaluable in this process and by working together we can continue to have a quality school.

Sincerely,

Robert W. Brown
Superintendent
Arnold Public School

Book Fair Back In Arnold

The Arnold High School library and Mrs. Lanham will be hosting the annual book fair November 13 through 15. The book fair will run all day Tuesday and Wednesday and family night will be held from 6:30 P.M. until 8:00 P.M. Thursday. Students, parents, and grandparents are all welcome to attend the book fair.

More information will be sent home with students in the near future. Mrs. Lanham hopes to see everyone there!

NHS TO HOST AN- NUAL FOOD DRIVE

Food Drive Starts
October 29

Starting October 29, the school under the direction of the National Honors Society will be conducting the annual food drive. Students in K-12 will be bringing nonperishable food items. The food collected in this will go to the Arnold Food Pantry.

How Thanksgiving Really Started

By: Chase Schwarz, Freshman

The pilgrims that sailed to America in 1620, nearly all died the winter they got here. Forty-Six out of the 102 pilgrims that came to America died that winter. But the next winter went so well that they decided to have a feast along with 91 Indians that had helped the remaining pilgrims survive that year. It is said that the pilgrims would've died without the help of the natives.

The feast was more of a traditional English harvest festival than a true "Thanksgiving." The feast lasted four days. The governor sent four men "fouling" after ducks and geese, but nobody knows for certain that they ate wild turkey during the feast, because the term turkey was used for any sort of wild fowl.

Sorry to say it, but there wasn't any pumpkin pie that we cherish so much, but they did have boiled pumpkin. They barely had any flour so there was no bread or pastries of any kind at the feast. They did have a type of fried bread from their corn crop. There was no milk, cider, potatoes, or butter.

The Thanksgiving feast was not repeated the following year. In 1623, during a severe drought, the pilgrims gathered in a prayer service, praying for rain. When a long, steady rain followed the very next day, Governor Bradford proclaimed another day of Thanksgiving. They again invited their Indian friends to come together with them for a feast.

The next Thanksgiving celebration probably did not include the Indians, because this Thanksgiving celebration was partly celebrated because of the colonist's recent victory over the "heathen natives." So not all Thanksgivings are as good as they are "cooked" up to be. On June in 1941 Thanksgiving was proclaimed a legal holiday.

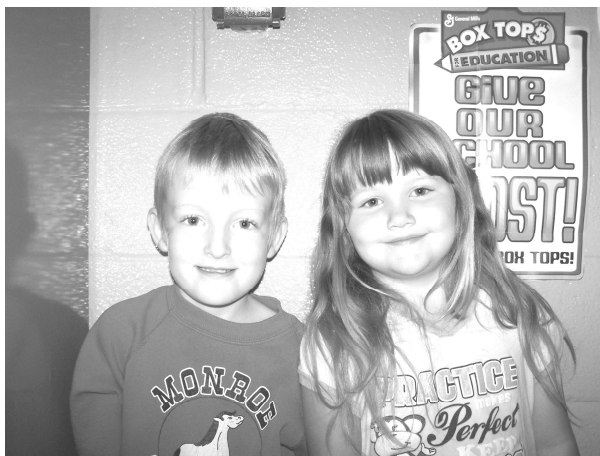
No matter where Thanksgiving is taking place the reason is always still the same, to give thanks for all we have.



Thanksgiving, Not Just a Time For Family

Taylor Joyce

1. "On Thanksgiving I'm going to Grandma's house. I play and eat lots of food."
2. "I am thankful for my dad, my mom and my sister, because my dad play with me a lot with my four-wheelers, and my new blue four-wheelers."
3. "Thanksgiving is for eating and opening presents for Christmas."
4. "The pilgrims ate Turkey and Corn at the first Thanksgiving."



By: Rachelle Preston, Freshman

(He will also tell you all about his Halloween costume and his new blue four-wheeler if you ask.)

Laykin Watkins

1. "On Thanksgiving I'm going to my Grandma's house. And sometimes I jump on the trampoline."
2. "I'm thankful for my mom because when I fall down she has a bandaid."
3. "Thanksgiving is for eating lots of food."

"Spaghetti is what the pilgrims ate at the first Thanksgiving."

EducationQuest Foundation

Special Bulletin

Important information for Nebraska guidance counselors...

October 2007

Have you signed up for *Guidance Counselor Training*?

The annual EducationQuest/NeASFAA *Guidance Counselor Training* will begin in late October at locations across the state. If you haven't signed up, you may still do so via online registration at www.educationquest.org/07regmain.asp. Guidance Counselor Training is scheduled as follows:

Hastings	Monday, October 29	Hastings College	Alumni Center, Ringland Room
North Platte ...	Tuesday, October 30	Mid-Plains Community College	North Campus (Vo-Tech), Room 201
Lincoln	Wednesday, October 31	Union College	Ortner Center
Chadron	Thursday, November 1	Chadron State College	Student Center
Omaha	Thursday, November 1	Bellevue University	Hitchcock Humanities Building, Room 202
Wayne	Wednesday, November 14	Wayne State College	Student Services Building, Frey Conference Suite

The training will provide information about financial aid, the Nebraska P-16 Initiative, dual credit enrollment, LB 239: In-state tuition for undocumented students, and the latest happenings at EducationQuest including the *KnowHow2GONebraska* campaign, our new Financial Aid Video and FAFSA Tutorial, and our revised website.

Invite students, parents to Financial Aid Program

To help promote upcoming Financial Aid Programs in your area, we are providing postcard invitations in a PDF format at www.educationquest.org/pdfs/fap.pdf that you can fill out, save, print and distribute to students and parents. You simply:

- Save the file to your hard drive.
- Open the file in Adobe Reader. If you don't have Adobe Reader, [click here](#) to install.
- Fill out the date, time, and location for each card.
- Save the file, and print.

Find a list of scheduled EducationQuest financial aid programs at www.educationquest.org/calendar.asp.

Paper FAFSA *not* available to schools for 2008-09

For 2008-2009, paper FAFSAs will *not* be available for schools to order via FSAPubs. However, schools will be able to print a FAFSA from a PDF file. Expect a "kit" in mid-November from the Department of Education with more details.

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Students may obtain a paper FAFSA by calling the Federal Student Aid Information Center (FSAIC) toll-free at 1-800-4-FED-AID (1-800-433-3243). Students may request up to three copies of the paper application and should receive their FAFSAs in three to seven business days.

The Department of Education encourages students to complete the FAFSA online at www.fafsa.ed.gov.

For more details, visit: www.ifap.ed.gov/eannouncements/attachments/0913FAFSAFOTW0809Attach.doc.

Mark your calendars for *Countdown to College Call-In Show*

The 9th annual *Countdown to College* Live Call-In Show will air on NET **Tuesday, December 11** at 7 p.m. Central Time. Watch for more details!

For more information about EducationQuest programs and services, contact the office nearest you:

Kearney - Jodi Vanden Berge
308-234-6310 or 800-666-3721

Lincoln - Les Monroe
402-475-5222 or 800-303-3745

Omaha - Joan Jurek
402-391-4033 or 888-357-6300

www.educationquest.org

EducationQuest Foundation is a private, nonprofit organization with a mission to improve access to higher education in Nebraska.

