

# FEAR FACTOR

# FEAR FACTOR 2007



By: Jessica Eastburn, Junior

After hours of eating and dancing Arnold juniors and seniors and their dates met at the community center for Fear Factor 2007. Breaking into teams everyone had to face fears, everything from singing in front of people to sticking your hands in a huge container of grossness! By the end of the night, most of the adults were ready for bed, but the excitement of the night still lingered through the room and teens.

The first game the kids played was the "Great Race", a tag-team competition between the teams. First they had to run across a balance beam to a huge bucket full of everything from sardines to onions to water. After digging through the bucket to find marbles, they secured them in plastic bottles, next contestants put on stilts and walked over to a "closet" full of dresses and vests. They then jump roped three times and were spun around 7 times. They then shot a 3-pointer and ran through hurdles. After the hur-

dles the contestants got to choose between a variety of appetizing foods. After the ate their delicious treats, they tagged the next team mate.



Above: Jessica Eastburn, junior and Brittany Gunther, senior sumo wrestle at After Prom 2007.

Below: Philip Connell, senior is taking down and out by Josh Snyder, senior.



The teams separated and went to different games,

including a favorite, sumo wrestling. Other games included "scary" spoons, American Idol, and bikini volleyball.

"Sumo wrestling was really cool," said Kenzie Ferguson, "Except for when Vanessa took Patty Schwarz out!"

Then it was time for everyone's favorite part of after prom, the prizes.

Senior's names were drawn first and they received prizes including laundry detergent, cold and flu kits, towels, tool kits, and chamber bucks. Junior's received similar items, that weren't as big.

"My favorite part of after prom was watching Duell Arensdorf go through the obstacle course," said Dave Halstead, junior.

The juniors and seniors would like to thank the sponsors for everything they did for After Prom 2007. The juniors are already looking forward to next year.

# Transitioning to College: Preparing Your Child and Yourself

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By Deb England, LMHP

Well, it is that time of the year when school counselors are pushing scholarship applications, colleges are sending out acceptance letters, and seniors are getting ready to leave the nest. This is a difficult time for everyone, as the transition is new to the child, and some may or may not actually be ready to leave, although they usually will claim loudly that they are. And it may be new to parents also.

So what can you as a parent do to prepare your child? Usually January is the time when the financial aid centers begin to look at their monies for next year, so it is important to get your tax return filed as soon as possible. The educational Planning Centers are available for consultation but even they need the figures to guide you.

School counselors are handing out scholarship applications to seniors; as a parent, ask your child about this. When I was teaching, on more than one occasion, the counselor handed the apps out in my class, and at a ballgame. I would hear the parent complaining about lack of applications. Guess what? The senior had left my classroom and had thrown the application in the trash, then told the parent the counselor never gave them anything! So check with the counselor and the child often, as these apps have deadlines!

When my daughter was a senior, after the first year, we set aside 2 hours each Sunday to work on the applications. We made lists of references and she asked them; she wrote her bio essays, typed applications, and had "sticky notes" all over, so we knew which ones still needed work and which ones had early deadlines. This is really a good way to spend time with your child, if you can let them direct the time rather than pushing them to do this! And it can help keep you organized and the child involved. It is the child who should be doing the work, so don't let your senior guilt you into this part. But extra money will help your finances, too.

You also need to assess what skills your child may need while on his/her own, and then teach them to brush up on the ones they have let you do for them. Do they know how to do their own laundry, clean, all and make appointments, take care of their cars, and of course balance a checkbook?

The financial piece gets many students in trouble that first year. Too much freedom, too much opportunity, and very little monitoring and accountability all lead to mega-debt on credit cards and kids buying things they can't afford. So spend some time with your child discussing credit cards vs. debit cards, checkbook vs. debit cards, checkbook vs. cash, what is necessity, what is only a wish, what is needed immediately, what can wait. Talk about cash flow, expenses they will need to budget for, how much money you will be giving (if any!) to them, how much they will be expected to contribute, do they need a job, will they live in a dorm or apartment, etc.

If you haven't yet, schedule a visit at several colleges and accompany your senior! Sure they won't want to go with you, but they sometimes don't know which questions to ask, as they will be more concerned with social aspects rather than financial. And this is a huge investment, so make sure the child heads to the right post-high school facility.

And how do you prepare your child for the emotional separation? You begin by preparing yourself first. This is a natural progression; children leave home and begin to become independent. That was the goal when they first began crawling; a large part of your job has been to prepare them to become good citizens, to accept their role as adults.

So here they are and here you are! The last semester of their lives in the public school system... how have they done? How have you done? This might be a good time to test them: give them greater responsibilities to check their maturity level; give them a little more freedom and see how they handle it. And make sure they know that

privileges/freedoms are in direct proportion to how they handle extra responsibility. If they are still struggling with responsibility now, you may need to be a little more direct in that area. And if they are struggling with being responsible, you may need to consequence more. A mishap or consequence at this age will surely be less costly than one made when they are out on their own, supposedly adults. The price of mistakes goes up drastically when children become adults; so let them make some small ones now, suffer the consequences, and hopefully learn valuable lessons.

Check their values; where is the moral compass of your child? How do they feel about certain issues? Sure they may assure you that they will never drink and drive, but what role modeling have they had? What is their past experience? It is not too late to discuss this with your child. They may have already decided that you know nothing (typically teens don't engage in this argument. You will get smarter as they get older.) But they still need to hear your opinions. Not a lecture, though, as they will certainly not listen to that.

Kids who have had an attachment issues in their past will have a more difficult time separating, and even children who are securely attached struggle during this 3<sup>rd</sup> separation stage. Reassure them as much as you can, prepare pictures to send with them, along with personal items that reinforce their security. It may be better to send a favorite quilt than purchase a new comforter, as the child will be reassured each time he/she crawls into bed. However know that whatever you send may never be seen again, or may never be clean again!

Enjoy the last few months and try to plan so not everything is due at the same time. With graduation approaching, write out a time-line so you don't get stressed, as your child will be stressed enough! Relax with your child, make family time available, and work on your view of your child as an adult.

# AHS Students Deal With Separation Anxiety

By: Alexis Schwarz, Sophomore

At the beginning of the school year every high school student at APS received their very own laptop. The students received backpacks that are specially made for laptops. They tow them around everywhere they go. The student and the laptop are inseparable for the two semesters they are in school.

Its time to prepare to have a little bit of separation anxiety because over the summer, the high school students at APS will suddenly be “computerless”... yes, “computerless.”

Over the summer, Mrs. Nicole Badgley, the tech coordinator, will completely wipe the student computers out including movies, music, and all documents. In order to save all the work that you want kept for next school year, you need to sync all of your important documents before you hand in the laptop in for the summer.

Once the kids leave the school for the break, the computers will be updated with newer programs and make sure that all of the computers are in working condition; although minor lines in the screens will not be replaced.

This year was the first year that all the 9-12 students had their own computers. “I tried not to set big goals for this year because I didn’t want to push people to the point of being uncomfortable. Now that we have gone a year, next year’s goals are going to be bigger and better,” said Badgley.

At the end of the year there is going to be a survey given to all of the high school students asking questions about the laptop program. Badgley will then analyze the data and hopefully find out what areas the students need to work on to fulfill the students needs.

Goals have already started being set like trying to extend and improve writing skills. Also, they are trying to move to a natural integration so that technology is natural and not a second thought.

- Leave your name on the laptop
- Synch home directory
- Burn your music to a CD
- Delete any files you don’t need anymore
- File-export all of your bookmarks



# Spring Ahead and Fall Back

By: Amanda Winfield, Sophomore

This year daylight savings came earlier, almost a month before last year. On March 11<sup>th</sup> to be exact. Last year daylights saving didn’t occur until April 2, so why the big change?

The American government thought that by changing time to an earlier date, they would be creating a more fuel-efficient way of life. People wouldn’t have to turn on their lights until later in the night because there would be more light in the day.

“We still have to turn on our lights in the morning, so its not really helping,” said Ricky Schwitzer, senior.

Many students are still having a hard time adjusting to the time change.

“I don’t get enough sleep, and it’s hard to adjust to the time change,” said Shavonne Weinman, junior.

“I used to drive in the light when I came to school, but now I’m driving in the dark. There’s a lot of deer out, so it makes driving a challenge,” said Mrs. Nelson. “It’s just easier to stick to one time, instead of constantly changing.”

Another reason Arnold students and faculty have been having problems with the time change is all the computer’s clocks had to be changed because they could not adjust to the times themselves. About a week before, spring break, Mrs. Badgley and Mr. Jageler had to pull all of the laptops to change the time and do software updates.

“Because we weren’t sure if the server would update the laptops, we took all of the high school laptops and updated two programs, and it was easy to do this,” stated Mrs. Badgley.

Benjamin Franklin, was the first person to start the idea of time change. However, the idea didn’t take hold in the U.S. until 134 years later when Congress passed the legislation known as an act to preserve daylight and provide standard time for the United States on March 19, 1918. (Information gathered from [www.foxnews.com](http://www.foxnews.com))



The laptops have had a very positive impact on the students learning at Arnold High School. Without them, the students would be have limits on their educational resources; with the computers, the sky is the limit.

# Arnold To Tee Off the Season

By: Alexis Schwarz, Sophomore

The Arnold High School golf team teed off to practice on March 5. With golf balls and clubs in their hand, they set off to tackle those nine holes in front of them... okay, maybe not all nine wholes, but the practice green at least.

With a total of seven people out for the team, and coaches, Bub Croghan and Lee Eastburn everyone is excited for the season to get underway.

"I think golf is really fun. It is a way to pass the time constructively and I will be able to do it for the rest of my life," said Kelsey Hauser, sophomore.

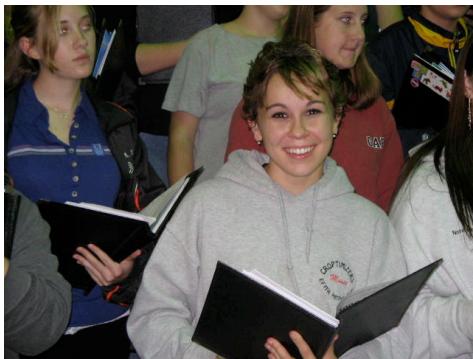


## Doane Voice Choir

By: Katie Vincent, Sophomore

Rebekah Magill got the chance to go Doane College in Crete for a balance voice choir with equal amounts of men and women, on January 14, 2007. There were about 20 students in each part and about 160 students altogether from all over the state. The students stayed in the dorms and ate the food that was provided to them by the college.

"It provides students from our school the opportunity to be with other students from all over the state to sing in a larger choir setting than a small school can provide. It contains mostly seniors, juniors and a few sophomores," explained Mrs. Bailey, music teacher. "I wasn't sure what it was but I was excited to try it," said Rebekah.



## Choosing a Computer For a College Student: Questions Everyone Should Ask

By: Nicole Badgley

Q: Do you want a desktop computer or a laptop?

A: The student needs to consider the environment they will be living in. Will they be taking their laptop to every class, or will it be left in their dorm or apartment most of time. Theft occurs on every campus so students need to be careful.

Q: Will you use the security features on your laptop: login passwords that you use regularly, or a fingerprint login? Will you have a place to lock up the laptop in your dorm room?

A: If the answer is no, then you might want to keep in mind that a desktop computer is harder to steal.

Q: What will you want the computer to do?

A: No matter whether you pick a laptop or a desktop, you will need to thinking about what you will the laptop primarily for. Will you be working with a lot of pictures? Movies? Music? Or will you be using it more traditionally for documents, Internet access, spreadsheets, etc. You answer will determine how large the hard drive will need to be on the computer. As you know, movies, pictures and music take up a huge amount of hard drive space.

Q: What operating system will you need to do your college homework?

A: Both Window and Apple make nice computers, but as you purchase you will have to take into account what the college uses. I would contact the Department of your chose field of study and ask what the professors use.

Q: What software will I be required to use in my chosen field of study? Are those software programs cross platform or only made for Windows or Apple systems?

A: If the answer is cross platform then you can choose the system you are most comfortable with. Keep in mind both systems come with software already loaded on them. This usually includes some form of pictures, and movies, and document programs. This does NOT mean you will get Microsoft Office, or other brand name software. You will have to pay for that as an add-in. Often you will find that is you purchase the software from the computer company, it is more expensive. If you go out on the Internet, you can often find it cheaper from different vendors.

Q: How much money do I have to spend?

A: If the computer is a gift, the giver might consider giving money to the student to buy the computer so they can make many of these decisions. That way the student can also decide how much money they can afford to add to the purchasing budget.

A: I would suggest that get the most current operating system and the best processor. Because computers are obsolete before you get them out of the box, you don't want to be obsolete before you even order them.

A: I would also add as much hard drive size for files (pictures, movies, documents, web pages, etc.). Students tend to fill their hard drives playing and downloading games, music to listen to, movies, homework projects they don't want to delete, and much more.

A: If you have the funds, you might consider a 3-year warranty on the hardware. That way if you hard drive breaks down you can afford to get it fixed. Keep in mind that if you drop it, or if you spill your soda on it, etc. it will not be covered by warranty.

# SUPERMAN AIN'T GOT NOTHING ON YOU

BY: ALEXIS SCHWARZ, SOPHOMORE

I am an average person. I live my day-to-day life rather regularly; a few surprises here and there, but for the most part I am pretty normal. I have no super powers, and no book will be written about me... But I do not wish for these things. I do not crave fame and glory nor do I want either of them. All I want is to be known as a person who would have done anything for the people that she loved.

What makes a hero? Is it someone that has supernatural powers like Spiderman who took on characteristics of a spider? Are they doctors who's job it is to heal the sick and make people better? Are heroes the people that stood up for what they believed in even if the majority didn't agree with them like Dr. Martin Luther King Jr.? Or can a hero simply be a normal person that would go to extraordinary lengths and unthinkable sacrifices to make sure that their loved ones are safe?

What do I mean by extraordinary lengths and unthinkable sacrifices? Well if you love someone, I don't need to explain this to you because you already know. You have already had that feeling way down deep inside you, even further down than your heart, that symbolizes unconditional love. A love so powerful that it knows no boundaries...

There have been accounts of average mothers lifting cars above their heads to get their trapped child out underneath the tire. Fathers have jumped in front of bullets without a second thought to save their son or daughter's life... Impossible? No, extraordinary...

Some people would argue that there is no possible way that an average built woman could possibly move a thousand pound car. Or it was a freak accident that the father jumped in front of the bullet as fast as a reflex. I'll let you in on a little secret... Love isn't always physical. Love can't be measured by a weight lifting contest or a scale that measures value. Love can't be described in hours on a clock or words on a page. Love is shown by actions... Miracles. Love is something unpredictable. It takes never ceasing to be amazed... Accepting the fact that average people can turn into real life heroes in the blink of an eye...

The risk involved in loving someone is dangerous. But the risk involved in not loving anyone is even more deadly. When I was younger both my parents said that they couldn't survive without me. As a little girl I thought this was crazy. But now as I

mature, I understand. When you love, you give pieces of yourself to those people that matter so much to you. If you were to lose any one of them, you would lose a little bit of yourself also.

Love is the strongest power in the world. If there were to be a cartoon hero and he/she had love as its superpower... Superman and Spiderman would be out of there... There is not a cartoon character that has love as its number one superpower. Fortunately there are people, like myself, that have realized that loving can make you stronger than any manmade tool could ever come close to... Remember, Superman has nothing on you.

I am a hero. Just because I would stop breathing just so that my loved one could have one more breath. I would give up my voice for the rest of my life if that meant I could hear the people that I love around me talk forever.

But so are you. You have sacrificed so other people that you have cared about could have that one step ahead. You are a hero because you aren't afraid to admit that if someone you loved died, a little bit of you would go along with them.

Do you measure strength by how many miles you run or how many pounds you can bench press? Yes. But you can also measure strength and power by being married to your wife of fifty years. You can measure strength by getting up every morning to help your kids get ready for school or staying up late at night to rock them to sleep. You can measure strength by just saying 'I love you.'

Who are heroes? Me. You. Them. A hero can simply be a normal person that would go to extraordinary lengths and unthinkable sacrifices to make sure that their loved ones are safe without a second thought. A hero is a person that is willing to drop everything to free up their arms just so that they can lift someone else up. Maybe a hero can not be described in words... Maybe a hero can only be classified by their actions, because until the time comes to step up, they may just be normal people in a crowd of thousands just like you and me. We are all heroes...

## Reflexions



A Look at Life Through Me.  
Written By: Alexis Schwarz, Sophomore

## "Love

can't be measured by a weight lifting contest or a scale that measures value. Love can't be described in hours on a clock or words on a page. Love is shown by actions... Miracles. Love is something unpredictable. It takes never ceasing to be amazed... Accepting the fact that average people can turn into real life heroes in the blink of an eye..."

# ***I Hope You Dance***

By:Lyndsay Linegar, Freshman

If your driving in your car and your favorite song comes on the radio do you want to just get up and dance or sing as loud as you can to the music?

Have you ever felt like an old toy in a toy box that no one plays with anymore? When I was younger there were a lot of people that I wanted to be like. Now that I am older I understand that I don't care what other people think about me. Not as much at least. Just don't be anyone but yourself.

There is a song by Aly and AJ that I listen to all the time. It's called "No One". Don't want to be no one but me.

Some songs answer the questions I have for life and what is going to happen next to me, or if anything will. Music actually helps you concentrate on your work, unless it is the head banging music or rap. Nice slow music helps me.

"I hope you never lose your since of wonder. You get your fill to eat but always keep that hunger. May you never take one single breathe for granted. God forbid love ever leaves you empty-handed. I hope you still feel small when you stand beside the ocean. If ever one door closes I hope one more opens. Promise that you'll give faith a fighting chance. And if you get the choice to sit it out or dance. I hope you dance. I hope you never fear those mountains in the distance. Never settle for the path of least resistance. Living might be taking chances but there worth taking. Loving might be a mistake but its worth making. Don't let some helping heart leave you bitter. If you come close to selling out re-

consider. Give the heavens above more than just a passing glance." This song is called "I Hope You Dance" by "Lee Ann Womack". "I don't usually listen to country but I make an exception for this song."

Sometimes I like going into my room turning on this song and start crying. It makes me remember all the bad things that have happened in my life. But then I start thinking about all the good things that have happened. When I was little we would have the radio on in the car, we would be on our way home from North Platte or anywhere, and a slow song would come on and I would start crying, not so anyone could notice, one time my mom asked me if I was crying and I said no. I didn't want her to know that I was crying over a song. But now I've told my mom about that she said I should have told her. I love music so much. It sure does get me through some hard times

There are so many songs you should or shouldn't listen to but "No One" and "I Hope You Dance" are two you should listen too.



Dear Patrons,

At the Nebraska Rural Community Schools Spring Conference our principal, Mr. Harvey, was recognized as NRCA's outstanding principal. That recognition was well deserved and was a most appropriate tribute to his twenty two years as principal of our school.

It was my pleasure to be one of a number of people that nominated Mike for the award. I have worked with Mr. Harvey for seven years and have seen first hand his selfless commitment to the school and the students it serves. This commitment has remained constant throughout his tenure at the Arnold Public School and has resulted in a high quality school with high achieving students.

Mr. Harvey's leadership in the areas of curriculum and instructional improvement has been outstanding. Our school's success with its recent One to One Computer Initiative was a prime example of Mr. Harvey's instructional leadership. He has embraced technology and has encouraged his staff to challenge themselves and their students to be the best they can be. Our past two years' ACT composite scores of 24.2 are indeed indicative of the education climate Mr. Harvey has fostered.

Mr. Harvey has a strong interpersonal relationship with the students of our school. The students recognize this and relate to him accordingly. They see him as a friend and mentor that they trust and believe in.

Having an educational leader like Mr. Harvey has benefited everyone at our school. We congratulate him on this prestigious award and all that it represents.

Sincerely,

Robert W. Brown  
Superintendent  
Arnold Public School

## Boys State Meeting

By: Katie Vincent, Sophomore

The junior boys that met with the American Legion members at the Legion Hall were; Jake Gilland, DJ Andre, Dustin Strasburg, and Dave Halstead.

The boys explained what legislative issue they are interested in, such as: ground water or the smoking ban. They are judged upon their appearance, knowledge, government, and their interest in the legislative issues.

"I thought that the questions I was asked weren't very hard," said Dustin Strasburg. The legion members will send you to the back room and then bring one of the boys out in front of the legend members, who judged the junior boys one by one to ask some questions about

why they would like to attend boys state, and what political office they would like to be a part of.

"I did a little speech thing for Vanessa Harvey. I was informed on what they do by Ricky Schweizer," Dustin added.

The legion members asked the junior boys about cornhusker state, on June third through the ninth. When one of the junior boys get picked, they go to UNL to answer more questions by the legislators, government, and business leaders from Lincoln.



## ARNOLD PUBLIC SCHOOL - 2006-2007 3rd QUARTER - HONOR ROLL

### SEVENTH GRADE

Haley Jacobson 1-A, 5-B's

### EIGHTH GRADE

Cassandra King 1-A, 5-B's

Dayna Larreau 1-A, 5-B's

Sarah Magill 5-A's, 1-B

### NINTH GRADE

Jonathan Magill 5-A's, 2-B's

### TENTH GRADE

Derrick Bowers 5-A's, 2-B's

Jana Cool 7-A's

Natasha Dodge 7-A's

### ELEVENTH GRADE

D.J. Andre 4-A's, 3-B's

Jake Gilland 5-A's, 1-B

Kari Kenner 3-A's, 3-B's

Dustin Strasburg 3-A's, 3-B's

### TWELFTH GRADE

Brittany Gunther 8-A's

Denisa Larreau 6-A's

Rebecca Magill 7-A's



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