

# The Redbird BUZZ

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By Thomas Bishop, junior

APS- Ned Pelster, Jamie Jacobsen, Brittany Gunther, Chelsea Beshaler, Vanessa Harvey, and Rebekah Magill, all previous students of APS gave the junior and senior class pointers for college.

The returning students gave advice on finances, what classes to take, how to choose what college to go to, where to live, and many other things.

On financial advice, the theme was to start early. Students were advised to start saving money early, that every little bit helps.

“Do your scholarships early, I’m kicking myself over not doing that, free money is free money,” said Ned Pelster senior of UNL.

“I’d say the tuition estimates are pretty accurate on that for the actual school, but anything you want to do for fun, it costs money,” said Ned Pelster

Students were advised to get as much financial aid, and do as many scholarships as possible but not to let money rule their college choice..

“Don’t totally let financial aid rule where you go. I mean if you want to go to a certain school take a look at it. Definitely know what your options are and don’t close off your options simply because this school gives you more financial aid,” said Jamie Jacobsen, senior of UNL.

Buying books online, at websites such as amazon.com, barnesandnoble.com, and many others, can save money.

As for classes, students are advised to take more classes than they think they will want, so that they can drop a class they don’t like.

“You’re going to have lots of professors the probably can’t speak English, I’m not joking. You’re paying enough money that I’d just get out of it and find someone you can understand,” said Pelster.

“There are lots of tutors, don’t be afraid to go ask a dumb question,” said Britney Gunther, freshmen at Wesleyan.

As for moving to a new place and adjusting to college life, the students said that the transition was much easier than anticipated.

“I was really scared when I went to college because I was the only one going to Wesleyan that I knew, but once you get there it’s completely fine, everyone else is in the same boat, so if you’re worried about that don’t be,” said Chelsea Beshaler, sophomore at Wesleyan.

“They do a lot of orientation the first week at Wesleyan. The first

“Oh and bring a good futon,” said Vanessa Harvey, freshmen at Wesleyan.



L to R: Ned Pelster, Jaime Jacobsen, Brittany Gunther, Chelsea Beshaler, Vanessa Harvey, and Rebekah Magill

week before classes you get split up into small groups and do community service, leadership building and other ice breaker,” said Britney Gunther

“Go out of your way to be friendly and meet people because you’ll be surprised as to how many people you can meet,” said Ned Pelster.

When asked about advice for sophomores and freshmen Rebekah Magill, said, “Just have college on your mind, you can never start too early.”

# The Faces Behind the Pens

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**Jessica Eastburn-**

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**Freshman**

**Rachelle Preston-**

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**Sarah Magill-**

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**Freshman**

By: Sarah Magill, Freshman

Have you ever put your word out to an audience that expects nothing but perfection when it comes to the news? Have you ever been expected to tell someone hardcore facts without your (most likely correct) opinion? Maybe you have, but then did you publish that information to an estimated amount of 600 readers?

The journalism class is a class that does all that and more. There are nine students in the class. Out of the nine that are in the class this year, only three have been in journalism previously.

There is a lack of experience, but it is without a doubt that all the students have learned a lot about writing this year.

Topics are chosen and assigned, an outline is created for that article, interviews are completed, rough drafts are written, edited, peer edits, final edits, designing the layout, editing layouts, and the task of putting all these articles together into a newsletter. The outline to a month of writing sounds simple, but a lot of hard work goes into the process.

With all the time and effort that goes into editing the newsletter, shockingly, it isn't a surprise to find that this small class of students still puts out newsletters with large amounts of errors. We apologize for all we teenagers are deficient in; we are still learning.

"My favorite part about journalism is writing my column and I also really love designing layout because it helps me express my inner Michelangelo," said Alexis Schwarz, junior.

The writing can get stressful, but it's always worthwhile to see what the

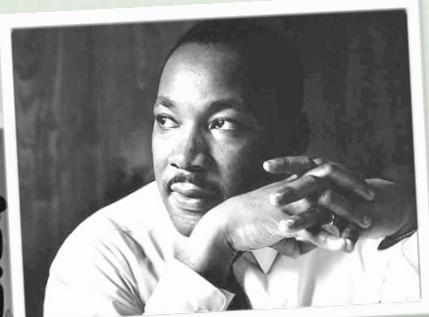
class has accomplished. A big thank you is in order for the class's picky sponsor, Mrs. Nicole Badgley and editor, Jessica Eastburn, senior that sort through all the chaos of our articles.



# Dreams Really Do Come True



AP PHOTO/FILE



## Martin Luther King Jr.

Jan. 15, 1929- April 4, 1968

By: Alexis Schwarz, Junior

Throughout our nation's history, things have constantly changed. Good changes between the country and its people that live within it. Things that have happened that may not have been best for the people, either way America has changed, molded, and remolded itself year after year. These changes are undeniable, and so are the people that worked to have these changes take place. People like Martin Luther King Jr. who risked his life, day after day, to make a change in American life so it could be better for all.

Imagine yourself back at August 28, 1963. You're standing with thousands of people lined all the way back from the Lincoln Monument. You came here to listen to Martin Luther King Jr. give a speech on freedom and equality. You suddenly stop whispering with your neighbor as you hear a voice boom from the crowd... "I have a dream..."

*"I have a dream that one day this nation will rise up and live out the true meaning of its creed: We hold these truths to be self-evident: that all men are created equal."* How far has that dream come? Today, if you were to turn on

the TV you would see that the two front-runners for the democratic party are a woman, and a "black man". I would say that the nation is, in fact, living out the true meaning of

*"With this faith we will be able to transform the jangling discords of our nation into a beautiful symphony of brotherhood."*

its creed. Has equality come so far that you can be walking down the street and without pulling out the constitution for proof, you can physically see that everyone is equal, and prejudices have dissolved? Or is it not so self-evident?

*"I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character."*

If Martin Luther King Jr. was alive today, I think that he would have been impressed that the statement above finally became true. Walking down the hallways in a school, he would be blown away. Caucasians,

African American, Hispanic, Asian, all of these different kinds of color and heritage getting along and living together everyday. He would walk outside and hear laughter on the playground. Not only whites swinging together, but a mix of many. No colors seen, no skin judged; pure laughter and enjoyment... That dream came true.

*"This is our hope. This is the faith that we travel with. With this faith we will be able to hew out of the mountain of despair a stone of hope. With this faith we will be able to transform the jangling discords of our nation into a beautiful symphony of brotherhood. With this faith we will be able to work together... to struggle together, to go to jail together, to stand up for freedom together, knowing that we will be free one day."*

Are we free from prejudice? For the most part I think so, but there is always room for improvement. I think that if Martin Luther King Jr. came back today and looked at the general public, he might be greatly impressed. Maybe if he looked closer he would see room for improvement. But most of his dreams were met. Thanks to the help of his movement, we are all free today.

# Parents Try, Why Can't We?

To all of those who read my column last month, you will be shocked with my new statement. However, before you think I have changed my ways, listen closely. I am still saying parents could not hack it out in high school or in daily teen lives.

Teens your parents are trying. Parents can be out of line, in your face and just out of control. They can get annoying, by all means. They can tick you off to the point where you would just rather not take a long car trip with them, or be seen public with them. But think about it this way, you do not want them to embarrass you in front of your friends, and they do not want you to embarrass them by saying, "Mom, sit down," or "Dad, do NOT dance like that."

On that note, my father, I can see him sitting at his house, or maybe at work on a break reading this and laughing, or maybe he looks around, and slowly throws it away. My dad may be the biggest goof I know. My dad seems not to be embarrassed by anything. My dad will dance like a crazy person in public, or sing at really high pitches just to make my

*"Dad, do  
NOT dance  
like that!"*

sister and I giggle.

It is a proven fact that when a human body hits the age of 30, the brain begins to shrink. Many people just do not notice the effects for years. So what I think is that when the brain starts shrinking, they start to think they are old, so they try to act younger. And when they try to say something funny that they hear their teens say, it comes out really wrong. Its kind of like the Ozzy Osbourne effect.

So here is my point. (Yes, I do have a reason for this madness!) My dad may be the biggest goof I know, but he tries hard. Think about it this way, besides the daily things that



mothers or fathers do (laundry, meals, dishes, etc.) your parents try very hard. They try to make jokes when you are disappointed, or they try to make it to your basketball game, or One Act Play when they have a busy schedule, because they know it you will be disappointed not to have your number one fan there.

When my dad got sick, I thought what would I do if I could not hear him laugh like a little girl when something really cracks him up, or what would I do if I could not see him show us how to "burnout" on gravel with your feet. What would I do if I could not giggle when he sees Jell-O and freaks because he is afraid that there is a monster in it that makes the Jell-O jiggle. And the best, what would I do if could not laugh at him when he runs. But here is the best thing, all those times that I laugh at my dad, I am laughing with him, not at him. Cut your parents some slack.

Again, I still do not think that parents could be put in our shoes and manage through one day. I do, however, think maybe sometimes we need to cut them some slack.



My dad is a goof, that is all there is to it. I am not saying that your completely wrong to argue with your parents once in awhile, but next time you see them dancing crazily, do not tell them to sit down right away. Relax, because they are doing that for you, just to see you smile.



# Sleep: A New Factor In Obesity

By: Rachelle Preston,  
Freshman

APS-The American public thinks exercise is the key to being fit. But are there other ways to stay in shape?

Research from Northwestern University shows that sleep may have a direct effect on weight issues. The federal government says that one in five Americans are overweight or are in serious risk of becoming overweight. But is sleep really a factor in weight?

In recent years, researchers have found that getting too little sleep at any age disrupts metabolism. This will not only put a person at risk for gaining weight but also for insulin resistance, diabetes and heart disease.

Research shows that an extra hour of sleep in young children lowered the chances of being over weight from 36 % to 30 %. In older children it lowered the risk from 34 % to 30 %. (The researchers looked at a group ages 3 to 12 years old, and then did the follow up 5 years later when the

**"So something as simple as earlier bedtimes, later wake times and later school start times to help children sleep more at night could offer a relatively low-cost strategy to reduce the childhood obesity epidemic."**

## Keeping Tabs on TAD

By: Dana Gibson, Sophomore

APS-This year, Arnold's Teens Against Drugs (TAD) program has done several exciting activities, and the members plan to do several more. The TAD program is committed to keeping today's youth drug and alcohol free.

Since last year, TAD has been collecting pop can tabs for the Ronald McDonald House charity. The charity provides temporary housing for families whose children are seriously ill and in the hospital. Eventually, TAD would like to join the One Million Club, which will require collecting 1 million tabs.

This is an ongoing project, and to accomplish the goal of 1 million tabs, TAD will need help from the entire school and the community. To donate your tabs to the cause, send them with your elementary student, bring them to a TAD member, Mrs. Nelson, the TAD sponsor, or to the office, and they'll take care of it from there.

Other activites included Youth Congress "it was my favorite activity," said sophomore, Jonathan Magill. Youth Congress is a yearly event in Kearney. Schools from all over came together for great food, fun games, and the support to resist drugs and alcohol.

"The jr. high mini-lock in was my favorite activity last year," replied sophomore, Cole Jacobson. Sure to make Cole happy, the mini-lock in is coming up. Previous years' events included movies, great food, dances, and Polish Kickball. This year's date is set for Friday, March 14.

Other events for TAD include locker decorations for prom and red ribbon week. The designs for the locker decorations are in the works. For red ribbon week, a nationwide event, TAD will be tying red ribbons on car antennas as a reminder not to drink and drive, among other activities.

At the beginning of the year, junior Jana Cool made wallet-sized pledge cards for each student to sign. Witness Tamara Nelson, TAD sponsor, signed the pledges. Also, for Homecoming Week, TAD put together locker decorations to resist drugs on Homecoming Night.

**Teens Against Drugs Meetings**  
are held in the HS English room over lunch hour and the dates are as follows:

January 29  
February 19  
March 18  
April 22

children were 8 to 17 years old.) The caregivers or children of the children kept time diaries in which they recorded their daily activities, including bedtime, time asleep and wake time over the course of a weekday and weekend.

The researchers found some bad sleep patterns in the children's lives. By age 7, kids were sleeping less than 10 hours on a weekday. By age 14, it fell to 8.5 hours and 16% of ages 13 through 18 were getting less than 7 hours of sleep a night.

The Northwestern University researchers also found that overweight adults and teens tend to have more sleep problems, and are less likely to

eat right and exercise.

For those who pull all nighters at work or are on double shifts, think about this: inadequate sleep can cause a surge in the hunger hormone ghrelin, which explains when you get the munchies at night.

"So something as simple as earlier bedtimes, later wake times, and later school start times to help children sleep more at night could offer a relatively low-cost strategy to reduce the childhood obesity epidemic," according to a Northwestern research.

# Program Provides Aid For Future

By: Sarah Magill, Freshman

AHS- Did you ever wish you knew more about financial aid when you went to college? With the Success Through Education program, this knowledge has become easily accessible for AHS seniors.

“The Success Through Education program offers a youth-based approach that directly serves youth and assists them in accessing post-secondary education,” said Alma Wiggins, Youth Specialist for AHS.

To be involved in the program the seniors must express an interest in education beyond high school. They must participate in meetings at their high school and be involved in discussion with the education specialist.

“I have learned a lot of new things that will benefit me for college from going to meetings. A good example is the FAFSA; before I had no idea what the FAFSA was about,” said Kimberly Urbanovsky, senior.

Wiggins started coming to AHS in October and will come every month until April or May, whenever the class doesn’t need her anymore. When she comes she stays for an hour speaking to the seniors.

The topics that Wiggins covers involves completing the FAFSA (Free Application for Federal Student Aid), how to budget, applying for grants, loans, scholarships, and work study.

Seniors and senior’s parents are encouraged to come and learn as much as they can if that senior is interested in going to college.

# After-Prom Party Successful With Your Help

By: Sarah Magill, Freshman

February 14, 2008 will be bringing with it the third annual Plunge For Prom fundraiser.

The Plunge is a benefit for the after-prom party. The AHS students chose 10 to 12 people from the community they would like to see jump in the extremely cold water.

“I love going to watch the plunge! The people who jump always dress up really crazy and it’s worth standing in the cold just to see them go into the freezing water,” said Dayna Larreau, freshman.

After someone is chosen, that person states a quota of the amount of money that it will take to get them to plunge; sort of like a bounty on a wanted poster. All the donations go to the after-prom party.

“They do something similar to the Plunge in North Platte, where they jump in the river. I always thought it was a fun idea and I wanted to be apart of it, but I had to work. So, since I couldn’t go to the event, I decided to bring it to Arnold,” said Mr. Swingle, chairman of the Plunge.

The Plunge is very much a community project. If you would like to donate, you will find buckets in the school office and around town.

# Students Petition for Relief From Dangerous Lunch-hour Driving

By Junior Political Analyst, T.B. Howard

Many teenagers reported that they would be relieved from dangerous and stressful driving if a closed campus were instituted. The hectic driving and stress of congested streets has caused several students, whom a closed campus would benefit the most, to petition for the board to establish a closed campus.

Students cite the abundance of car accidents as evidence of the dangers of lunch hour driving. Incidents such as Kalen Prentice's tragic accident when she drove into a parked truck, after being frightened by a spider, give credibility to the student's case. Despite the anxiety and fear, no other incidents have been reported.

"What happened to Kalen could happen to anyone with an irrational fear of spiders," said Megan Streweler.

One student had this to say, "Having a closed campus would definitely relieve me of the stress of driving. I mean I like have to choose where to go. Mighty Mart, The Cardinal Inn, we could call ahead and go to Suzie's or Jim's. And then we have to choose what to eat!"

Students give little attention to the protests from the school board that they would no longer be able to go to the bank.

"Since we couldn't spend our money at Mighty Mart or the Cardinal Inn anyway, what do we need money for?" said Jana Cool refuting the school board's argument.

Students say little to the protests of the board that they would miss the freedom and relaxation the ability to leave school grounds provides.

"Besides I've always enjoyed the security and regularity of an institutional life style," said Casey Edelman, junior.

Some students speak out in concern for the environment. Rising gas prices and a warming planet was the impetus for several students to make the petition for the environment's sake. The leader of this movement being DJ Andre, the president of the local Green Earth chapter

"Besides it's outlandish to spend so much on gas, I mean my parents aren't that well off, and the ozone, we should all drive hybrid cars, I mean COME ON PEOPLE!" said DJ Andre, senior.

## Ketchup Is My Weakness

by: Chase Schwarz, Freshman

I can't live without ketchup. My whole life revolves around ketchup, I put ketchup on my macaroni, potatoes, pancakes, and dinner rolls. I have loved ketchup with a passion ever since my taste buds developed.

When I was little, my dad used to catch me all the time in the ketchup. Sitting by the refrigerator drinking it out of the bottle. The saying I hear the most of is "Do you want a little bit of cheeseburger with that ketchup." Instead of the dressings and condiments being secondary choices, ketchup is my main course when it comes to food.

The weird thing about ketchup is that it is made of tomatoes and I almost puke whenever anybody utters the word "tomato." And yet, I can still drink gallons of ketchup a day and not think twice about it.

So tomato is not my type of food, but what the tomato represents... the red, smooth, thick, scrumptious taste of ketchup overflowing from my cheeseburger is what I live for. And if they ever have a ketchup drinking

competition instead of a pie eating competition, I am so going to win that.

My dad and I always joke around how we are going to invent a machine that a hose just comes out of the wall and you flip a lever and the ketchup just makes a continuous flow through the hose onto your plate and your plate is covered with ketchup. Then you put your food on and you have cheeseburger soup, or mashed potato soup, or my personal flavor, ketchup flavored ice cream.

So most people do not appreciate the full satisfaction that a bottle of ketchup brings to a person's life. Especially adults because an internet website shows that adults do not show their taste buds any love. The site says that kids use 50% more ketchup than adults. So next time you see a mayonnaise tub, a mustard bottle, or a ketchup bottle, please promise me you will choose ketchup because your taste buds need some

love too. So go with ketchup and your taste buds will love you forever!





## College Fair Coming To Parent-Teacher Conferences

A college fair with several colleges from the surrounding area will be at Parent-Teacher Conferences for students and their parents to visit with recruiters and get more information about those schools. The schools were chosen by the students and invited by the counseling office. The colleges will be there from 2-6 p.m. on February 7, 2008.

## Sing Around Nebraska

Congratulations to Claire Beishaler, Brooke Blowers, Trevor Halstead, Joshua Jacobsen, Haley Reed and Bailey Mach for being chosen for Sing Around Nebraska scheduled for February 23rd in Hershey.

## Doane College Vocal Festival

Congratulations to Kimberly Urbanovsky for being chosen to participate in the Doane Vocal Festival on January 13 and 14, 2008.

## UNK Honor Choir

Congratulations to David Halstead and Kimberly Urbanovsky for being chosen for the UNK Honor Festival Choir on January 28th, 2008.

Movie Making, Quilt Design, Spiders, Theatre, Unicameral Youth Conference, and Web Design and Animation. For more information:

<http://bigredcamps.unl.edu/index.html>

## Better Business Bureau Scholarship Opportunity

(December 19, 2007) The Better Business Bureau, Inc., serving Nebraska, South Dakota and southwest Iowa, today announced that it is now taking applications for the Scott Mecham BBB Student of Integrity Award scholarships worth \$2,000. Three scholarships will be awarded to students who reside in the geographic area served by the BBB. These scholarships were established to honor the memory of Mr. Mecham who served as the BBB president from 1991 until January 2006.

"All high schools located in the BBB's service area are invited to identify "Students of Integrity" from the class of 2008 or 2009," said Jim Hegarty, president and chief executive officer of the BBB. "Unlike many other scholarships, grades and ethnicity are not major components of choosing the Student of Integrity Award winners. This award recognizes students' understanding of ethics and demonstrated commitment to honesty and accountability inside and outside of the classroom."

Independent panels of judges from the academic and business communities in Omaha, Lincoln, and Sioux Falls will select the scholarship recipients. Scholarship applicants must be nomi-

nated by their high school teachers, principals or guidance counselors. The application materials, including an essay and letters of recommendation, must be sent to a BBB office by February 15, 2007. The scholarship recipients will be announced in April and recognized at one of the BBB's Business Integrity Award luncheons in September.

The Better Business Bureau, Inc. has been serving the region for more than 70 years and is one of over 150 BBB's across the U.S. and Canada. Today, the Better Business Bureau has a membership of more than 6,500 companies in Nebraska, South Dakota and southwest Iowa. The BBB is a private and nonprofit organization which is dedicated to promoting trust between businesses and consumers. The BBB believes that communities, committed to ethical business practices, coupled with an educated and informed public, are the keys to fairness and honesty in the marketplace. As a matter of policy, the Better Business Bureau does not endorse any product, service or company. For more information, please visit [www.bbbnebraska.org](http://www.bbbnebraska.org), [www.bbbsouthdakota.org](http://www.bbbsouthdakota.org) or [www.bbb.org](http://www.bbb.org).

## Arnold Education Association Scholarship Deadline Approaching

Any junior or senior in college, majoring in education, may apply for the Arnold Education Association Scholarship worth \$250. The application and two letters of recommendation (one from someone in education and one from a person outside of the school) are due March 28, 2008. To get a copy of the application please contact the AEA through Teresa Caudle at [tcaudle@esu10.org](mailto:tcaudle@esu10.org).



# Something Fishy is in the Fourth Grade

By: Steven Johnson, Freshman

APS-Mrs. Crow, the fourth grade teacher, and her students have been doing many projects, but their latest one has to do with fish. Mrs. Crow talked to the Game and Parks commission and the class rented some equipment from them. They got booklets of common Nebraska fish, their parts, and also a fish model.

They learned of habitats of fish, the different freshwater fish, the fish that are common in lakes and ponds, fish that are in rivers, types of food that fish eat, and the food chain. Another thing that the class learned for about two weeks, was about safety and told them about fishing before they went out to the Arnold State Park.

“By the end of the project a lot of the students were able to identify various fish easily,” said Mrs. Crow.

To be able to rent the equipment from the Game and Parks Commission, Mrs. Crow had to be a qualified fishing instructor, or she had to take a three hour class about the equipment.

“I was surprised because their equipment was in good shape even though it’s shipped all around the state,” said Mrs. Crow.

Picture

One thing that disappointed Mrs. Crow was that they didn’t get the jars that show the different stages of a fish’s life.

Mrs. Crow learned of this project at a science convention in Fremont, Nebraska. The class even got to talk to the man who is in charge of stocking the rainbow trout in the lake. He said that he stocks over 800 rainbow trout each year, and that you need to catch them by July or even before that or else it will get to hot and they will die.

Some of the standards that were met were the ones about life science, technology, and some on form and function.

Mrs. Crow hopes to use this project in the future years to come.

