

PASSAMARI

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Junior Caden Theis dressed as a circus clown to help with his game at the Carnival on March 3. For more pictures, see page 5.

Down at the Carnival

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Jorien VerHow- Senior

On Thursday, March 3, the Sheridan Close Up program hosted a carnival in the Sheridan High School gymnasium. The carnival was full of games for people of all ages including a cakewalk, balloon pop, bingo, bottle toss, fishing, ping pong toss, corn hole, bean bag toss, pick a duck, dice roll, frog leap, spin the wheel, and even face painting. The games were all 1-3 tickets, and participants were able to purchase their tickets as they walked in the door. There was also a concession stand where people could find walking tacos, hot dogs, and other tasty treats. According to the organizers of the event, the turnout exceeded their expectations. "We did a lot better than we thought we would; we just needed more time [to plan]," said junior Caden Theis, a Close Up member. Cassidy McCoy, one of the main organizers of the event, reflected on the carnival and said, "I think our booths went really well, but we definitely needed more prizes which we will do next time." Although some of the booths were for younger kids, there were still quite a few high school students who participated in the carnival. "I thought it was really cool that so many parents brought their kids to support the Close Up; it was very fun," said sophomore Emily LaYacona, who attended the event

Carnival continued on page 3

Recess in Schools

Jorien VerHow - Senior

Fred Rogers once said, "Play is often talked about as if it were a relief from learning. But for children, play is serious learning. Play is really the work of childhood." Recess allows students to be creative and give students a break from learning throughout the day. Also, recess allows students to have independence and engage in physical activity. Even though recess has been proven to be important to development, it is taken away from students for many reasons. One example includes 7-year-old Scott, who had ADHD and couldn't go to recess because he spoke in class without raising his hand. Or, one girl, Rachel, lost two days of recess because she didn't have enough points on her behavior chart (Dendy). Although taking away recess is the easiest punishment for a student, it is a crucial part of a student's day because students need physical activity, it helps students develop essential life skills, and it helps with concentration in the classroom. First, recess is vital because it provides a time for students to get physical activity throughout the day ("Should Teachers"). Some people say that physical education class (P.E.) is the same as recess, in which the students get physical activity. Although this is true, "it's critical that children have a time to play on their own - free from adult parameters" ("Recess"). Students are able to develop their imaginations through their play at recess. They are allowed to be creative and decide what they want to do with their time ("Recess"). Further, the U.S. Department of Health and Human Services recommends that students engage in 60 minutes of moderate to vigorous physical activity in order for students to stay healthy. Recess gives students guaranteed time during the day to get the recommended amount of exercise ("Should Teachers"). Additionally, physical activity helps avoid childhood obesity. A study in 2017 showed that fewer than one in three children are getting enough daily exercise. When children are not getting enough exercise, they can have issues with obesity; obesity causes other issues, including heart disease and diabetes ("Should Teachers"). Overall, recess is important because students have the time during the day to get physical activity and use their imaginations at recess. Recess also teaches students essential skills needed in their life, including social and emotional skills. When students are able to play during recess, it teaches them communication skills. Some of these include negotiation, cooperation, problem-solving, sharing, and coping skills ("Ten"). Additionally, recess gives students the ability to take a break from one cognitive lesson to another. Giving the students the ability to refocus after one lesson helps them better understand their next cognitive lesson ("Murray"). Not only does recess help now, but in the future, these students are most likely going to get a job that requires certain teamwork skills. If they aren't able to work on a team, they will probably have to leave that job. Having recess now

helps students learn the skills to be valuable on a team.

Although recess does take some time out of the day, it is necessary time needed for student's to be able to do better in the classroom ("Recess"). According to "The State of Play," in a 2009 study, about two thirds of principals reported that they have taken away recess from students. A leading researcher, Olga Jarrett said, "It's the kids who have trouble concentrating that need recess more than anybody else" ("Recess"). Students with Attention Deficit Hyperactivity Disorder (ADHD) have a hard time focusing on in general. When students are given recess, they are less fidgety, and more focused on the tasks at hand. Recess allows students to get their energy out before class - instead of during. So, students with ADHD have more of a struggle to concentrate and it makes it worse if they don't have recess ("Should"). One of the most important parts of a student's day is being able to concentrate, recess helps students achieve that. Although it is easier to take away recess than find alternative ways to punish students, students should be able to have recess, no matter the circumstances. Students are able to get a good amount of physical activity throughout the day during recess. Recess also helps students excel in the classroom and it teaches them necessary skills for life. Some alternative ways of discipline are to have students practice good behavior, require students to come up with answers to what happened, assign reflection tasks outside of recess time, or try a peer to peer approach ("How To").

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Carnival from page 1

with some friends. The Carnival helped raise money for students participating in the CLOSE-Up program, who will go to Washington, D.C. from May 1st through the 7th. Although the carnival hasn't been going for several years, "the junior class plans to do it next year as seniors, and then maybe when they leave CLOSE-Up will take it back over," said April Wuelfing, director of the CLOSE-Up program.



Close Up wouldn't be possible without the help of the Mrs. Wuelfing and parents volunteering their time to help raise money. Mary Gilman, Mrs. Wuelfing, Mrs. Anderson, and Carmin Hill helped with concessions.

Set to Take on D.C.

Kaymbreigh Schwartz - Senior

From May 1st through the 6th, both the juniors and seniors are taking a trip to Washington D.C. through the Close Up program. Due to Covid, the seniors were unable to go last year; the Close Up program provides students the chance to tour Washington D.C and learn about all of the historic events and museums. People from many different schools from all over the country go. In fact, students get a chance to room with kids from other schools, so they get to have a social experience outside of Sheridan, Montana. Students completed fundraising in many different ways throughout the last couple of years for this specific trip; for example, they worked concessions, did raffles, sold donuts and pasties, among a few other events. Brooke Grow shares her thoughts on the upcoming trip: "It shouldn't be too bad, but it will be a different experience compared to normal." Joe Gilman a senior, when asked about how he feels about going this year instead of last year added, "It kind of made senior year harder, but I'm glad that we still get the opportunity to go." Mrs. Wuelfing, the history teacher at Sheridan, discussed some of the places on the itinerary: "The Washington Monument, the White House, Capitol building, we meet with our senators and our house of representative, Holocaust museum... Lincoln monument, and the Mall area, in addition, we have a week learning about peers and things about our nation." This is a great learning experience for kids all across America.

FFA Prepares for State

Kaiden Batzler - Senior

The Sheridan High Ag building had no room to spare as our FFA chapter hosted this year's Districts CDEs. Community and alumni members volunteered their time to help out with the competitions. "Unfortunately the weather delayed the competition a little bit, but we had a lot of good helpers so we got it moving," said Advisor Rodney Braaten. Schools from our district competed in Mechanics, Farm Business Management (FBM), and Agronomy to earn a spot at the State Convention. In order to qualify, teams have to be in the top half of all the teams in the district. Here is a list of all the teams going to state this year:

- Mechanics: Beaverhead, Big Timber, Belgrade, Ruby Valley, Gardiner, Twin Bridges, Braodwater, Shields Valley
- Farm Business Management: Belgrade, Big Timber, Ruby Valley, Gardiner, Twin Bridges, Wheatland
- Agronomy: Belgrade, Gardiner, Shield Valley, Beaverhead, Big Timber, Twin Bridges, Park City

The Ruby Valley FFA also hosted an open house on Thursday, March 10th, to recognize members who received degree pins. Members had to meet the qualifications for the corresponding degree, and if they did, they were announced during the open house. The Vice President, Noah Caldwell, was in charge of a group activity that took place before the Green Hand ceremony. About the event, he said, "There weren't that many people there, so we had the crowd participate in the game as well." The State Convention will be held in Bozeman this year and takes place at the end of March. Three teams from the Ruby Valley chapter qualified for state:

- Mechanics (Kole, Kaiden, Noah, Koy)
- Farm Business Management (Faith, Jori, Clairra, Abby)
- Livestock (Brooke, Kaiden, Myckena, Natalie)

"I think we have a good shot this year at placing in mechanics," said senior Kole Hill, who has a role on the mechanic's team. Congratulations to all of the teams that made it, and good luck at state!



District CDEs resulted in a large turnout of attendees including students and volunteers. Sophomore Koy competed in the electric portion.

Dance the Night Away

Faith Larsen- Senior

On March 19th, Sheridan, Twin Bridges, and Lima held a joint prom at the fairgrounds in Twin Bridges. The grand march started at 7:00 PM, dancing followed at 8:00 PM, and there were many students in attendance. Senior Katherine Tucker stated, "It was fun. 10/10 I would definitely go again." The night consisted of dancing, musical chairs, and limbo. Additionally, there was a dance competition: a student from Twin Bridges was declared the winner. Juniors Caden Theis and Kassidy McCoy won Prom Prince and Princess, while seniors Kaiden Batzler and Faith Larsen won Prom King and Queen. AJ Lewis and Pattyn Wuelfing, two first-graders at Sheridan Elementary, helped crown royalty following the Grand March. Junior Myckena Wood, who was on the prom planning committee, thought it was successful and fun. "It went better than I thought. It didn't take too long to set up and it was fun. I'm glad it turned out the way it did." There were treats and drinks at the dance provided by the juniors. The table was filled with cookies, cheese, crackers, fruit, and an assortment of drinks. The table seemed to be a success with all the prom-goers, seeing as there was little left by the end of the night. The dance ended at 11:00 PM and many people enjoyed this year's prom. "I'm sad it was my last prom but at least I had a good time," said senior Brooke Grow.



Molly Gilman, Myckena Wood, and Glynn Wood



Charlie Barnosky



Trey Schrank and Brooke Barnosky



Tymber Selby and Ryllie Meyer



Kaiden Batzler, Faith Larsen, Caden Theis, Kassidy McCoy, AJ Lewis, and Pattyn Wuelfing



LaTesa and Natalie Schrank were in charge of bingo.



Claira Haag leads the face painting activity.



Noah Caldwell



Kassidy McCoy handles the money for the event.



Kids of all ages enjoyed the carnival.



Hazalin Maddison, Jaida Tutsch, and Addison head to the snack bar.

Seniors Throw Cornhole Tournament

Jenna Nate- Senior

On March 25, the senior class hosted a cornhole tournament to raise money for graduation, which will take place on May 29th. Eight teams competed for prizes including camping gear, gift cards, and hydro flasks. Seniors Kaiden and Kole took first place, while Troy Batzler and Kurt Larsen took second; Kyler and Jake took third with Mr. Johnson and Mr. Stout following close behind with fourth place. The seniors would like to thank all of the businesses for their generous contributions and the participants for supporting the senior class. Kaiden would like to invite everyone: "If anybody wants to bet money and play us in cornhole. You know where to find us..." Stay tuned for updates on their senior trip and other future senior happenings.



Kurt Larsen, Troy Batzler, Kole Hill, and Kaiden Batzler



Jorien VerHow and Jenna Nate



Tymber Selby



Jake Dvorak



Kole Hill



Mr. Anthony Johnson and Mr. Rod Stout

Panther Track Starts

Simah Anson - Senior

The 2022 high school track season is up and running with Becky Larsen as the head coach assisted by Mike Wetherbee. Practice started on Monday, the 14th of March with 14 members, and the first meet is scheduled for April 2 in Frenchtown. Districts for the 2022 season are scheduled to be held on May 14th, at the Gallatin High School; Divisionals will be held in Frenchtown on May 20th through 21st and State will be held in Great Falls on May 27th through 28th. This will be the first year with our new coaches Becky Larsen and Mike Wetherbee. Becky Larsen has been in charge of practices and helping the throwers while Mike Wetherbee specializes in helping the runners. Eric Van Houten is also volunteering to help coach the pole vaulters as he has in the past. First-year pole vaulter Kassidy McCoy says "My goal is to place this year." Senior Joe Gilman commented, "As someone who hasn't done track until my senior year of high school, I am looking forward to competing mostly in the mile." There are six seniors, three juniors, two sophomores, and two freshmen on the high school track team this year. Sophomore Louella Vougli says, "I have been running more often to prepare for the season and I am looking forward to our first meet."

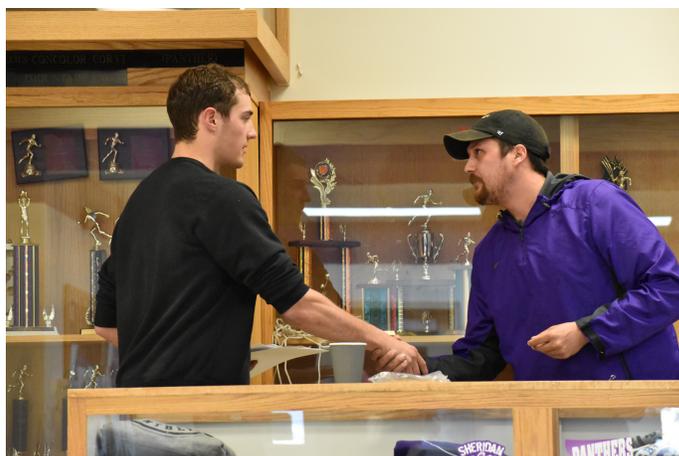
Anson Places 1st at Montana Open



Simah Anson attended the Montana Open on March 26-27 in Billings, MT. Anson competed in the 18 and under category. While her category didn't have as many wrestlers, the Open itself had more than 2400 participants. Way to go, Simah!

Winter Sports Awards

Name	Award
Audrey Smail	Most Improved
Brooke Grow	Panther Pride
Faith Larsen	MVP, 2nd Team All-Conference
Trey Schrank	Rookie of the Year
Cade Cathey	Offensive MVP, 2nd Team All-Conference
Zak McCormack	Mr. Panther Award
Kaiden Batzler	Defensive MVP, 1st Team All-Conference, 1st Team All-State



Along with his other awards, Kaiden Batzler also participated in the 2022 All-Star Game earlier this month.



Faith Larsen was able to participate in the 2022 All-Star game earlier this month.

Lane Wuelfing

Q. What is your favorite memory from high school?

"I don't have one favorite memory from high school; I would have to say all four years of my high school experience would all be one good memory for me. I've had way too much fun with all of my classmates and made too many memories just to pick one favorite one when all of them are special to me."

A.

Q. What was your favorite extracurricular activity you were involved in?

"My favorite extracurricular activity was basketball my junior year."

A.



Q. What are your plans after high school?

"Apprentice at a welding company in Bozeman Montana." A.

Q. Is there anything you wish you would have done differently?

"Took the time to enjoy every day." A.



Caitlyn Galiger



Finding Your Niche ***A-Z***

Rachel Zielinski - Senior

I'd like to start out by saying that if you have a hobby, you're an inspiration to me. For years I've tried everything in the book, trying to find my thing. The thing that I can enjoy and can do in my downtime. If you're anything like me, you might be in the same boat. Whether you've already tried every hobby you could think of, never tried one, or you're just looking for something new, here's a list A-Z of some hobbies you may not have thought of or tried before:

- | | | | |
|-------------------------------|-------------------------------------|--------------------------------|---|
| <i>A</i> Antiquing | <i>H</i> Hacky Sack | <i>O</i> Origami | <i>V</i> Volunteering |
| <i>B</i> Bird Watching | <i>I</i> Investing | <i>P</i> Pottery | <i>W</i> Woodworking |
| <i>C</i> Crocheting | <i>J</i> Jewelry Making | <i>Q</i> Quilting | <i>X</i> Xiangqi (Chinese Chess) |
| <i>D</i> Disc Golf | <i>K</i> Kayaking | <i>R</i> Rock Balancing | <i>Y</i> Yoga |
| <i>E</i> Embroidery | <i>L</i> Learning a Language | <i>S</i> Scrapbooking | <i>Z</i> Zumba |
| <i>F</i> Fencing | <i>M</i> Meditation | <i>T</i> Tennis | |
| <i>G</i> Glass Blowing | <i>N</i> Novel Writing | <i>U</i> Ukulele | |



Book Review

Katherine Tucker- Senior



The Beekeeper's Promise
 Fiona Valpy
 Historical Fiction, War, Historical
 Goodreads- 4.29 Stars
 Me- 5 Stars

the reader) are focused on learning about what happened to Eliane. Eliane's story focuses more on quiet heroics that end up making a huge difference, it is seen as a grand story from the past, while Abi's story, viewed through Abi's eyes, is seen more as simply someone's messed-up but "normal", daily life. While this story is not the genre I usually read, I really enjoyed it. It took me a little while to truly get into it, but once I reached about a third of the way through the book, I was hooked. This story has a lot more contained in it than it initially seems. It deals with some incredibly heavy topics in a very knowledgeable and delicate manner. I would 100% recommend this story, especially to people who enjoy an in-depth examination of how the healing process works, or to people who enjoy historical fiction. It is a very, very good book.

The Beekeeper's Promise, by Fiona Valpy, is a historical fiction novel recommended to me by my mom. Centering around the Chateau Bellevue in France, the story explores two different timelines, along with two different women's stories. The first timeline focuses on Eliane, who is living in the area in 1938 when the Nazis are occupying parts of France. The second focuses on Abi, who is in the French countryside for a yoga retreat in 2017, attempting to heal from past trauma that goes mostly unexplained until towards the end of the book. The story explores the unsettlement in the region and the people when they were occupied by the Nazis, as well as exploring how personal wounds and trauma can be healed. The point of view of the book alternates between Eliane and Abi, with Abi's point of view being in first person, and Eliane's point of view is in third person, making it similar to a frame story. Abi ends up working at Chateau Bellevue and is told Eliane's story while on the job. Mild spoiler warning, Abi is recovering from an abusive marriage, and the theme of finding healing and reclaiming a sense of self is explored throughout both timelines, first through Abi trying to heal the damage done to her, and secondly through Eliane and the people in that timeline trying to keep their sense of self while being oppressed and broken by the Nazis. Eliane's family is involved in the local French resistance against the Nazis, so the story includes an element of quiet espionage. One of the things I loved about this book was the theme of quiet but firm resistance against an oppressive force, whether it be a person or an entire army. Eliane's story is the main focus through most of the book, as the people the story is being told to (both Abi and

An Abductee's Guide For Survival in Space: Part II

Cody Underwood - Senior

I manage to claw my way back to reality and immediately wish I hadn't. The pain in my head makes the worst migraine I've ever had seem like an itch by comparison. I can't see anything, and I can't move any of my limbs, but weirdly enough, I feel no fear over this fact.

"Welcome to the medbay of the starship Knifepoint," a new, slightly feminine voice says, "I gave you a sedative to help with any discomfort you may be feeling. It also suppresses the emotional centers of your brain in an attempt to keep you calm." That explains the lack of anxiety. Neat. I might have to see about getting more of this stuff during my next existential crisis. "It doesn't seem to be doing anything for the pain in my head."

"I apologize for that. Ra'Atamm can be a bit of a brute sometimes, but he gets his job done." Ra'Atamm. Weird name. He must be the weird wolf-chimptaur that abducted me.

"Why can't I see anything?"

"What do you mean?" the voice asks, "Can humans not see in the ultraviolet spectrum?"

"No. We can't. We can only see in the visible spectrum."

"What wavelengths of light are considered to be your 'visible spectrum?'"

"Above infra-red but below ultraviolet. I'm not sure if that's helpful, but it's all the information I've got." I hear what sounds an awful lot like notes being scribbled on a piece of paper and the voice muttering to itself. I only catch a few words.

"Point four...point seven...micrometers...known as visible spectrum." The scribbling stops and the voice pauses for a moment. I hear what seems to be plastic tapping on concrete, footsteps of this particular creature, maybe? "Okay, Human, allow me to test this." I hear several quiet beeps that seem to be buttons being pressed. Suddenly the room lights up dimly and I catch my first glimpse of the creature that has been speaking to me. It resembles a semi-solid jellyfish resting on a platform of robotic legs that seem to be constructed from some kind of gray plastic. The creature itself has several large, pinkish orbs attached to what seems to be the front of its body. Eyes, maybe? The creature takes several spider-like steps toward me and stops in front of me before speaking again.

"Can you see, Human? I have adjusted the light frequencies in this room to accommodate your...limited, visible range."

"Yeah, I can see. It's pretty dim though."

"I am aware. I have left the lights on low power for the time being until your eyes have adjusted. A common side effect of the sedative in your system is sensitivity to light, especially after the rather rude way that Ra'Atamm decided to collect you." the creature pauses for a moment and shifts on its robotic feet. Is it...nervous? "My name is Valeeran Al'Drankali, but you

may address me as Val or Doctor Drankali, whichever makes you more comfortable. What is your name, Human?"

"My full name is Paxton Cook, but most people call me Pax."

"Thank you for sharing your name with me, Paxton Cook. Exchanging names is a sign of great trust on my homeworld."

"Thank you for speaking English." I respond. I know it's a weak response, but my addled and drugged-up brain can't come up with anything much better at the moment.

"Oh, I'm not speaking English," Val replies, "You are merely hearing English due to the translation chip implanted in your brain." I have a chip in my brain? When did this happen? I am suddenly aware of a small pinprick of pain at the base of my skull, just above the nape of my neck. I try to raise an arm to prod at it, and I do manage to raise my arm until it's about vertical, though it's a struggle. As soon as I try to bring it closer, it suddenly buckles and I essentially slap myself in the face.

I hear a high-pitched squeaking noise coming from Val and it takes me a moment to realize that the creature is laughing at me.

"Perhaps you should try to avoid major exertion until the sedative wears off. Your motor skills are nowhere near ready to be utilized."

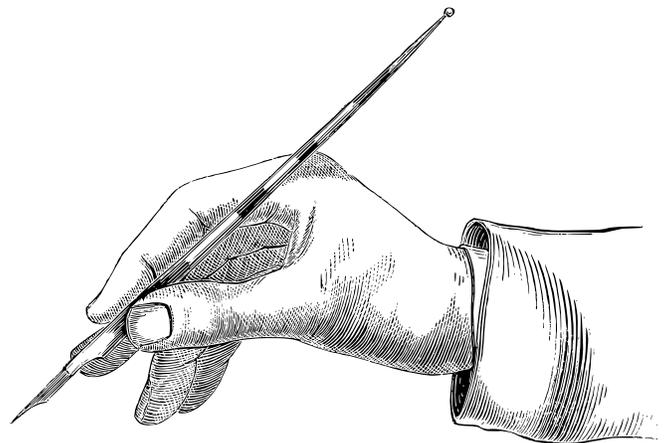
"Yep," I reply, "I kinda realized that."

"If you would like, I can remove the sedative at once, but I must warn you, the experience can be a bit...uncomfortable." I consider this for a moment and make up my mind.

"Do it." I want to be able to move and think properly, so I need this sedative out of my system.

"Okay, but you must not complain about any discomfort from this point forward." Val presses a few buttons on the console in front of her, and a loud buzz resonates throughout the room. All at once, my entire body explodes in pain, and I feel as though I've been run over a few times. The pain in my head triples, which I didn't think was possible. I am vaguely conscious of the fact that I'm screaming, but I suddenly pass out again.

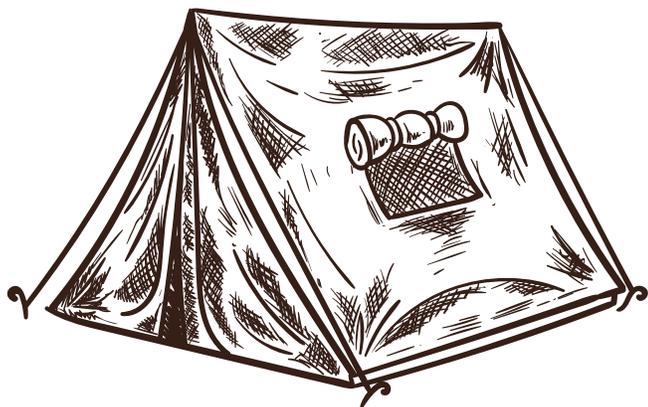
To be continued...



Home Away From Home

Noah Caldwell- Senior

Camping is right around the corner and you know what that means: time to get your tent or camper out and fill the fridge or cooler with food. Recreational camping can be traced all the way back to 1853 when Thomas Hiram Holding was traveling with a company of 300 across the prairies of the United States in a wagon train, covering about 1,200 miles which at the time was a lot of traveling. In 1908, when Holding was older, he wrote a book called *The Camper's Handbook*. Because of Holding's fondness for the pastime, we now have the recreation for ourselves. Here are a couple of tips from a camping veteran. First, you need to get some meals together while you are out. I suggest elk sausage because it can be cooked over a fire fairly easily. If you don't have elk sausage, polish sausage will work as well. Along with good food, you should get a group of your friends together and get out and explore! You should always have a couple of people who know exactly where you are camping. That way, if there is an instance where you and your friends are in a bind, you won't be stuck in the woods with no food, and rescue can find you easier. Make sure to take pictures to remember your time and you can send them in and maybe you'll be highlighted in the paper. Overall, stay safe, and until next time.



Ukraine Fights On

Kole Hill- Senior

In October of 2021, Russia started to move troops and equipment on the border of Russia and Ukraine. By December, more than 100,000 troops were on the border of Ukraine. Russia asked the United States to stop the further expansion of NATO. The U.S. said to Russia that they are not going to do that and if Russia did decide to invade, the U.S. would place sanctions that would ruin Russia's economy. On February 24, 2022, Russia launched a full-scale invasion of Ukraine. This war has been going on for about three weeks now and has totaled over 600 deaths. Ukraine is still fighting strong and is led by

Volodymyr Zelenskyy. Thousands of Ukrainians have fled to bordering NATO Countries in hopes of finding safety. Ukraine isn't a part of NATO, so countries don't have to help them but most countries have sent supplies to Ukraine to help them fight off the Russians. There are currently 30 countries in NATO, and two of them border Ukraine. The U.S. sent troops to these bordering countries just in case Putin decides to move on to other countries. The sanctions on Russia have also created an economic crisis in Russia. This war will cause tension between Russia and other surrounding countries. If Putin decides to invade other NATO countries or decides to join forces with China and invade then it will turn into another world war.

The History of St. Patrick's Day

Madeline Lindroth - Senior

Everybody knows about St. Patrick's Day: the day full of green, superstition, and especially leprechauns. But many people do not know the history of this popular holiday. People of Irish descent have celebrated this holiday for over one thousand years to honor the death of the great St. Patrick who died in the fifth century. It is celebrated every year on the seventeenth of March, which falls during the Christian celebration of Lent. During Lent, meat is traditionally not to be consumed. However, this is typically waved off for the celebration of St. Patrick where it is popular to drink beer and eat the traditional Irish meal of bacon and cabbage. When Saint Patrick was only sixteen years old, he was kidnapped and kept as a slave. After he escaped, he brought the religion of Christianity to his people; he was also known to explain the Holy Trinity by using the shamrock and its three leaves. This is why many people believe the three-leaf clover to be lucky. The shamrock is actually the reason the color green is heavily associated with the holiday, but the original color to celebrate Saint Patrick was in fact a light shade of blue. In modern times, it is popular to wear green to celebrate this holiday. This is thought to make you invisible from leprechauns, and save you from being pinched by them. The cities of New York, Philadelphia, Chicago, and Boston have some of the biggest St. Patrick's Day celebrations to date. So whether you are celebrating in one of these major cities, or just in your hometown, make sure to wear green and shine remembrance on the true meaning of the holiday.



Women's History & Notable Women

Caitlyn Galiger- Senior

Women's History Month is a celebration of the contributions women have made to the United States. It also recognizes the achievements women have made throughout history. For a long time, women weren't allowed to vote, own land, have a voice, wear what they wanted, or work certain jobs. Women's suffrage was a big thing for decades. On August 18, 1920, women's right to vote was ratified through the addition of the 19th Amendment to the US Constitution. During this fight, there was a "Cult of True Womanhood." They believed that "The only 'true' woman was a pious, submissive wife and mother concerned exclusively with home and family", but not all people believed that (History). Despite the pushback from these types of radical groups, in 1910, Idaho and Utah gave women the right to vote. Clara Barton, Susan B. Anthony, Jane Adams, and Maya Angelou are just a few out of the many notable women in history. Clara Barton was known as the "Angel of the Battlefield." She nursed and supplied soldiers during the Civil War in 1861. Additionally, she founded the Red Cross and with that, reconnected more than 20,000 soldiers with their families. On May 21, 1881, the Red Cross became nationwide and she proceeded to serve for 23 years until she retired. Susan B. Anthony was considered one of America's primary women's rights activists. In 1892, She was elected the President of the National Woman's Suffrage Association. She pushed women's right to vote and got the 19th Amendment ratified. Jane Adams was a feminist and American social worker. She was the second woman ever to receive the Nobel Peace Prize in 1931. She was also the first woman to ever receive an Honorary degree from Yale University. And finally, she studied feminist philosophy. Much later, Maya Angelou was a civil



Clara Barton

rights activist who died in 2014. She wrote about her own experiences with sexual assault and rape to spread awareness. In 2010, she was honored with the Medal of Freedom by Barack Obama. And finally, she studied feminist philosophy. Women's history month celebrates these women that have paved the way for women today.



Susan B. Anthony

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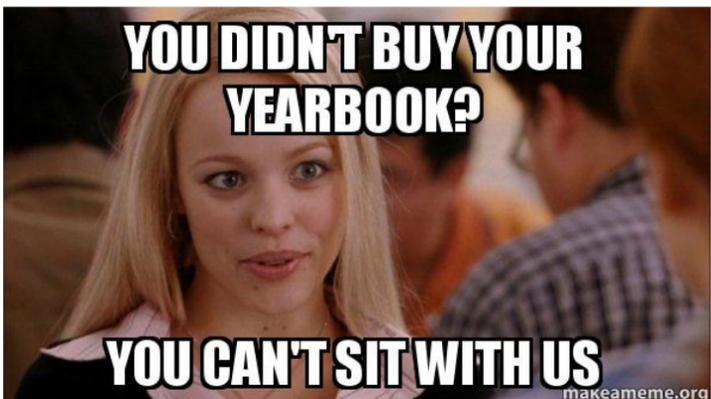
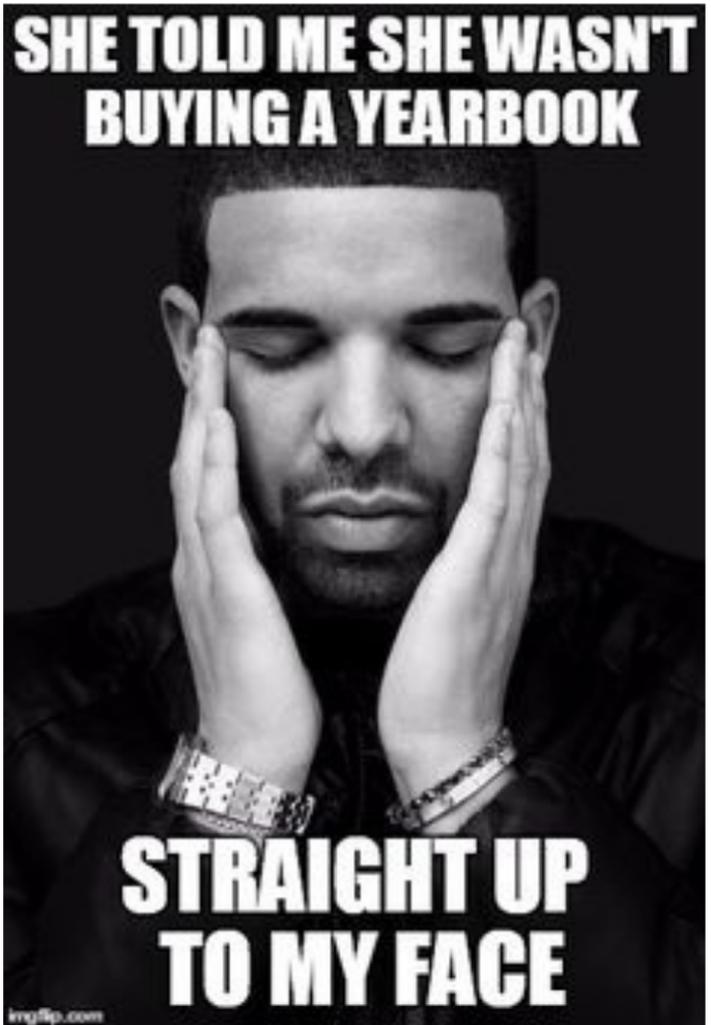
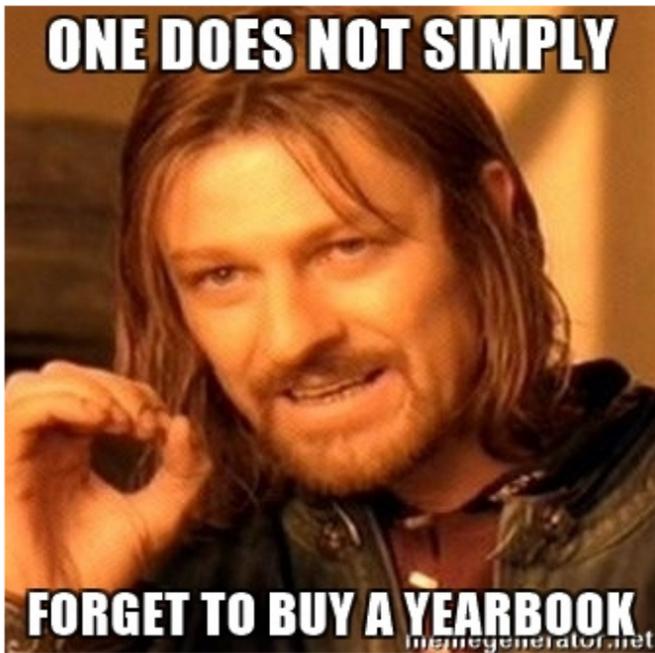
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April



<u>Sun</u>	<u>Mon</u>	<u>Tues</u>	<u>Wed</u>	<u>Thu</u>	<u>Fri</u>	<u>Sat</u>
					 1	HS Track @ Frenchtown 2
3	4	Track @ Corvallis 5	Oula & Yoga Adult Ed 6:30 6	Senior Trip 7	Senior Trip 8	Senior Trip 9
Senior Trip 10	11	Board Meeting @ 7:00 12	Oula & Yoga Adult Ed 6:30 13	MS Track @ Livingston 14	Easter Break Good Friday 15	Easter Break 16
 17	Easter Break 18	19	Oula & Yoga Adult Ed 6:30 20	HS District Music Festival @ Deerlodge 21	HS District Music Festival @ Deerlodge 22	HS District Music Festival @ Deerlodge HS Track @ Bozeman Gallatin 23
24	MS Track @ Dillon 25	26	Oula & Yoga Adult Ed 6:30 27	Midterm 4 28	MS Track @ Manhattan Christian 29	CLOSE-Up to DC HS Track @ Harlowton 30