

listen to YOUR HEART

NAHS creates cards and posters to advertise the Valentines they are selling to show people that the holiday isn't just for couples.

national Art Honor Society made "friendly-times" in preparation for Valentine's Day during an optional meeting on Wednesday, Feb. 6. Members of the club cut Valentines out of red and pink paper with different patterned scissors.

The honor society came up with the idea during a meeting while trying to find craft projects to do for Valentine's Day.

"We were talking about what we should do for Valentine's Day and I brought up the idea based on the fact that I'm having a friendly-times gift exchange with friends later this month and we just thought it'd be a fun thing to do," Delaney Wares '20 said.

Friendly-times were primarily made to give people a chance to show affection for their friends.

"I think we decided to do this because a lot of people see this as a couple's holiday, but it could just be like loving your best friends and stuff like that," Abbey Lehn '20 said.

Members of NAHS worked together to create the Valentines themselves and posters to advertise them.

"We're just using the traditional Valentine look, but also since we're all pretty artistic, we are all adding our own little creative spin on it," Noelle Mason '19 said.

Artists used drawings and puns to make the Valentines interesting and unique to everyone that received one.

"I might do something with bubbly letters just to make it more friendly than romantic. Romantic is more calligraphy and pointy writing while bubbly is more friendly," Trinity Benware '20 said.

The friendly-times were sold for \$0.25 during Advisement the following Monday and Wednesday.

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1. LOVE IN THE AIR: Participant and member of National Art Honor Society, Delaney Wares '20 cuts, draws and pastes hearts to create friendly Valentines for students around the school. The NAHS artists voluntarily got together to create Valentine's Day crafts to make students feel happy and excited about Valentine's Day. "The purpose was to shift the focus of Valentine's Day from romantic couples to friends, [and] make it more sensible," Wares said. **2. CUTTING IT OUT:** Joined by other artists, Noelle Mason '19 prepares to make Valentines for NAHS. The club worked after school in order to finish the Valentines and bounced ideas off of each other along the way. "Everyone's kind of doing a different thing to mass produce as many Valentines as possible," Mason said.

3. ENJOY THE MOMENT: Smiling through her laughter, Trinity Benware '20, makes what they call "friendly-times" in the art room on Feb. 6. Benware and other NAHS members, chose to make posters and Valentines to share with their friends and brighten the days of their fellow students. "I think it'll make people's day, like when you go to Advisements and give people little treats and stuff, they get really excited, so with Valentines it's more so because it's with the season," Benware '20 said. **4. IN THE NAME OF LOVE:** Eagerly waiting to give them to the school, Abbey Lehn '20, writes a message on a Valentine. Lehn used this event as an opportunity to cover the rest of her volunteer hours for the year. "This was optional, but we have to have three events for the year and I just thought this was a good event because we get to make something that friends can share and just have a hand in making people happy," Lehn '20 said.

the future is in **your hands**

Members of Medical Club study medical terms and prepare to take on a career in the medical field.

What is Medical Club all about?

"We provide kids with hospital tours, volunteer opportunities related to the medical field and provide them [students] with info on opportunities to increase their knowledge. All of these activities allow them to narrow their options on what in the medical field they want to do."

Daniyaal Syed

What makes this club different from others?

"We focus on helping others while learning. Every person in Medical Club cares about what we do and are passionate about what happens within Medical Club."

Emma Stienzel



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Photo by: Samantha Haygood



Photo by: Samantha Haygood

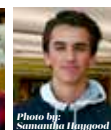


Photo by: Samantha Haygood

the SCREEN RAGE

Student's thoughts on screen time and its effect on their lives.

"It affects sleep because screens emit blue light, [the] same as the sun. Sunlight tells you to stay awake, so when you're on your phone before you sleep, it makes you stay awake," Sydney North '19 said.

"I think screen time has a strong affect on people because it changes a person. Sometimes you'll look down at your phone and then you look up and it's 3:00 a.m.," Riley Lookadoo '21 said.

"Screen time can be positive and negative. It can help us meet new people and stay connected with others, but too much of it can affect our work ethic, friends and family," Aidan Scott '20 said.

"Too much screen time makes kids unaware of what's going on people are too involved on their phones and computers while they could be enjoying what's going," Jacob Berk '22 said.



Elodia Spaulding '20, member of Speech and Debate, performs Dramatic Interpretation, debates in both Public Forum Debate and Lincoln-Douglas Debate. She competes in rooms full of other competitors and is critiqued by a judge. "With dramatic interpretation everyone is supportive and all the students all equally nervous, so we are all fairly nice to each other," Spaulding said.



Nina Woodman '19 participates in an event called International Extemporaneous Speaking where she writes a different speech, every round, on just about any topic. "The most exciting part is definitely the thrill of speaking in front of people. Especially with my event, not knowing what I'll be speaking about and having the time pressure of quickly writing and memorizing can be pretty scary, which makes it really exciting and even more rewarding when you do well," Woodman '19 said.



Isabella Oldenburg '19, member of Speech and Debate, is an orator, which means she presents a ten minute persuasive speech to an audience. "Speech and debate provides constant practice with public speaking and practice does not make perfect by any means, but it is definitely less nerve-wracking the 37th time than the first," Oldenburg said.

just SPEECHY
Speech and Debate members expand on what the club is like, and what events they participate in.

Also pictured: David Wagner '19, Elizabeth Riedel '22, Abigail Tenney '19.