

# 090 Deference

respect and esteem due a superior or an elder

## Sled Tracks

After track practice is canceled, **Coach Witkowski** comes up with another idea, sledding. The newly fallen snow made it perfect for **Asha Stephens, Sarah Nunnally, and Grace Beck - 23** to crowd together on one sled to enjoy the weather. For other athletes in the group like **Kennedy Cowles - 21, Avery Linton - 23, Maren Harding - 22, Lydia Crookston - 24, and Sophie Renner - 23**, it was some of their first times sledding in years. "It was really fun to get outside and see some people that I would not normally see," **Linda Douglas - 24** explained. Practice may have been canceled, but that didn't stop the team from hanging out and getting to grow closer.



Kennedy Cowles - 21  
Jessie Beck - 21



Gianna Gagliano - 24



Sarah Welsch - 24



## Kicking Together

**Building Bonds.** One popular travel soccer tournament for club soccer athletes is the Presidents' Day Tournament that occurs annually each February. Playing in the tournament, **Mia Kelso** and **Kenna Hughes - 24** flew to Phoenix, Arizona with other girls on their team. Even with all of the safety precautions of navigating through airports, Kenna expressed "I feel like COVID has brought us all closer as a team because really we are all in this together. And I think that because of having to quarantine, it feels easier to connect with your team."



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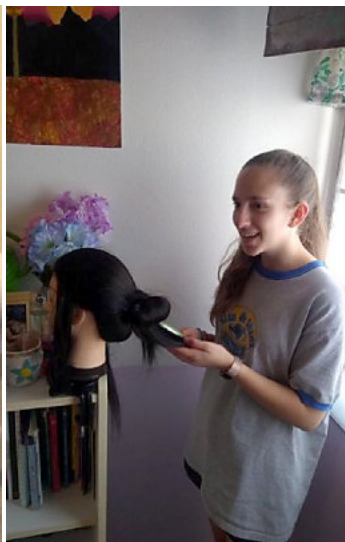
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**Now Presenting.** The third quarter public speaking class is given the task of writing a speech on something they are interested in. Accustomed to speaking in front of large crowds due to his band, **John Stegner - 21** did not find giving a speech in front of the class very nerve-racking. In contrast, **Teia Pelletier - 22** felt that although she did well on her speech about non-bake cookies, she was "still a little nervous and could have practiced more." In order to keep herself from getting nervous, **Valyn Highley - 24** had "been working on controlling my nerves about speeches since a debate class I took last year. This time I tried noticing when symptoms of nerves came over me like fast breathing and butterflies in my stomach. I just took a deep breath and a moment to relax." After giving his speech on lacrosse, **Connor Scarboro - 24** debated over whether or not he likes speaking in front of people. He explained, "I would say that I don't mind giving speeches, but I would rather not because of how stressful it can be sometimes."

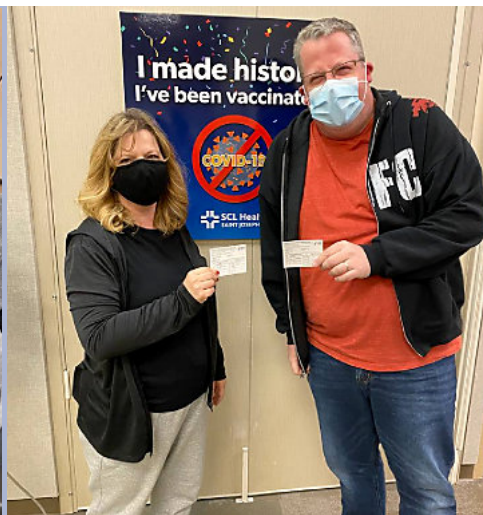


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## Vaccination Station



A main focus this school year has been managing COVID and working to keep everyone safe. Thankfully, things started to look up as vaccines were developed and became available for teachers. **Mrs. Garcia** happily noted that she felt no harmful side effects from the first vaccine dose. **Mrs. Thimsen** and **Mr. Ketcham** happened to bump into each other at their vaccination site. Smiling through getting his second dose, **Mr. Kirkley** said that he "had minimal side effects other than being very tired and hungry the next day." On the other hand, **Ms. McKinney** mentioned, "I felt sick for two days after, and it was difficult to get back to feeling good, but I am so thankful that I was given the opportunity because I feel so much safer."

Feb. 15  
Feb. 28