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- 9/21...Progress Reports go home today!!!**
- 9/24.....Adopt-a-Highway (jr./ sr.)**
- 9/29-30.....NO SCHOOL! MACS Teachers Convention**
- 10/5..Elementary band recruitment concert. 2:45– 3:30.**
- 10/7.....6 weeks tests (7-12)**
- 10/8..JCS 6TH ANNUAL FALL FESTIVAL!!!**
- 10/12..Progress Reports go home (4-12)**

Honor Students

K– Hailey Green

1st/2nd– Olivia Ohman, Caylee Colosky, Luke Smith, and Nathaniel Karpovich

3rd/4th– Sarah Crooks, Kimberly Mruzek, Lecretia Hudson, and Brandon Banks

5th/6th– Makayla Yeomans, Shawn Lossing, Mark Gibbs, Heidi Cooper

Do Teens Get Enough Sleep?

By: Rebekah Loomis

Sleep is a definite must for teens, but unfortunately, since school started, we can't seem to get enough of it. Same goes for most teens all over the world, but it's not our fault our bodies tell us to go to sleep later and wake up later. We obviously don't realize how sleep benefits us. Without enough sleep, we can limit our ability to learn, and not getting enough sleep can even cause us to forget important information. Lack of sleep can also lead to aggressive or inappropriate behavior like getting mad at our friends or being impatient with our teachers or family members. If we don't get a good night's rest, we aren't only hurting ourselves; we're hurting the people around us, too.

With enough sleep, we will be less likely to get sick, we can increase our brainpower and our mood, and we can think more clearly and do better in school and at work. Teens on average get about seven hours of sleep every night. We might wonder how much sleep is "enough." Teenagers need at least nine hours of sleep every night. Whether we get that many hours of sleep is our decision, but do we really want to be grumpy every day and have a mean attitude toward our friends? I know I don't! I usually don't get that many hours of sleep, and I regret it every morning before school. So DO teens get enough sleep? I say, no, they don't.

Sports Corner

9/23- Bridgeport game (H)
 Jr. soccer 4:00 Jr.VB 4:00
 V. Soccer 5:15 V.VB 5:15
 Soccer concessions: Linda Smith, Hazel Schlosser
 Soccer Gate: Laurie Lossing
 VB Concessions: Gina Green
 VB Gates: Shirley Mays
 9/27- Calvary (A)
 Drivers: Dave Smith, Gary Libka
 Chaperones: Lori Smith, Elaine Swadling
 Bus leaves: 2:15 p.m. Returns: 9:10 p.m.
 10/4 (H) Community
 10/7 (H) Lakecrest

Sports Pictures!!

Rummel Studio will be taking sports pictures on October 4. Watch for more information to come home.

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"Where the beginning of wisdom is taught first."

FALL FESTIVAL

Students, are you getting sponsors for the Baked-Goods Auction??? Don't wait till the last minute! There are some great prizes to win! Also, fill out the form to enter the auction and turn in to your teacher or the school office.

Parents, if you can donate something to the silent auction, please have it here the Friday, October 7th.

BOSCO STICKS

The Senior Class will be selling Bosco sticks each Tuesday. Cost is \$1.00 per bosco stick and 25 cents for sauce.

BOX TOPS

WE ARE COLLECTING BOX TOPS AGAIN!

CONTEST DEADLINES: ARE: OCT. 28, JAN. 11, MARCH 16, & MAY 18.

Elementary Band

The Elementary Band Recruitment Concert will be on Oct. 5 instead of Sept. 28. The high school band will be showing the elementary students the different instruments. Any 5th or 6th grader interested in playing an instrument may have lessons during school. Mrs. Machelle Riggs will be the elementary band teacher.

Many of you have heard of the passing of Mrs. Thelma Wells, a dear friend who was loved by many in the Juniata family. Visitation and funeral arrangements are as follows: Visitation at Avram Funeral Home in Mayville on Wednesday 2p.m.- 8p.m. Visitation in Mayville on Thursday, 10 a.m. -11 a.m.; Funeral at Mills Memorial at 11 a.m.

Candy Wrapper & Chip Brigade

We are now also collecting chip bags and candy wrappers. We accept : Lays, Doritos, Tostitos, Cheetos, Fritos, Sun Chips, Baked, Cracker Jack, Munchos, Munchies, Ruffles, Funyuns, Reese's, Snickers, Butterfingers, Milky Ways, M&Ms, etc.



Student Spotlight

NORMA JANE DEGROAT



Proud Parents' names?.....Jane + Jerry Degroat
 When is your birthday?.....July 12th
 What are you afraid of?.....Caverly+ Gabe/bears
 What would we find under your bed?....Medals, money, small children (ha ha!), blankets, and plastic bags.
 Favorite color?.....light green
 What church do you attend?.....Living Waters Chapel; Caro
 How many siblings do you have?5 sisters, and 5 brothers.
 If you could have 50 lbs of anything, except money, what would you want?.....Gold
 Favorite food?.....Mac & Cheese
 Who influences you most of all?.....my parents
 What couldn't you live without?.....God