



BLUE JAY CORNER

Senior 2017



James Barnhart



Middle Name: Lee
Teacher who had the biggest effect on you: Jim Skillen
Describe your senior year in three words: Went by fast
Favorite year of high school: Senior year
Favorite Movie: *The Good, the Bad, and the Ugly*
Best Memory: Cruising around with my friends
Advice to Underclassmen: You always have to think ahead
Plans after high school: Custom Harvesting
 By Ashley Christian

Senior 2017



Courtney LaHue



Middle Name: Jill
Favorite movie: *Insidious 3*
Favorite color: Blue
Who is your hero and why: My grandpa LaHue because he never knew a stranger, always helped people, and was always supportive of me and my brother.
Who has given you the best advice and what was it: Phil Vogler- There are two types of people in the world. There are winners and there are losers. Choose the one you want to be.
Describe your senior year in three words: Memorable, fast, determined
Advice to Underclassmen: Take the time to figure out who you are.
Plans after high school: Attend Missouri State University.
 By Riley Vogler

Who am I?

By Darius Skillen

1. I am a junior. I'm the secretary, treasurer, and co-chair of committees for FCCLA. During the basketball game in Stewartville, I dislocated my shoulder and tore my labrum. Who am I?



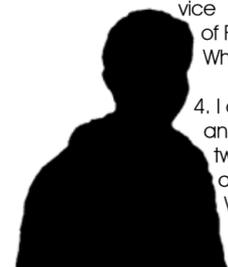
2. I run cross country, play basketball, play golf, and have a shoe addiction. I am a freshman and am 5'8" tall. Who am I?



3. I am a senior. My star event went to state this year and received a gold. I work at Cherished Cherubs Daycare. I am the vice president of FBLA. Who am I?



4. I am a sophomore. I work at Subway, and I'm in the high school choir. I have two preschool-aged brothers. I'm also on the Agronomy team. Who am I?



1. Adrien Fitzler 2. Ethan Bumbrough 3. Erika Dietze 4. Arden Miller



Dallas Moore



Middle Name: Michael
Who has given you the best advice and what was it? My mom, and to never give up.
Favorite teacher: Mr. Gebhards
Favorite movie? *Split*
What is one thing you'll never forget about Rock Port? The teachers
Something most people don't know about you? I enjoy long walks.
Most memorable time in high school? Sophomore year
What was your toughest challenge in high school? Science classes
How have you changed since freshman year? I have more facial hair.
Advice to Underclassmen: Try hard in everything.
Plans after high school: Attend school in Nevada, Mo., for welding.
 By Erika Dietze

Upcoming events

- April 6**
 - Kindergarten Screening
 - JH Track @ Tarkio
 - Golf @ Sidney
 - HS Track @ Stanberry
- April 7**
 - Kindergarten Screening
 - 6th grade field trip
 - JH Track @ Warrior Relays
- April 10**
 - Golf @ Tarkio
 - JH Track @ Squaw Creek
- April 11**
 - Early Dismissal
 - Blue Jay Relays @ 1 pm
 - County Government Day
- April 12**
 - 6th grade shadow day
- April 13**
 - Famous Missourian Wax Museum
 - JH Track @ Stanberry Relays
 - Mid-Quarter
- April 14**
 - No School - Spring Break

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First Rock Port Health and Wellness Expo

By Riley Vogler

On March 20, the Rock Port administration held its first health and wellness expo. This expo focused on the overall well being of the students in the school and how they can help improve their health. The presentation was split into three main groups: physical health, mental health, and building strong relationships. The guest speakers were Phil Vogler, Kari Meyerkorth, Wendy Hays, Cathy Davis, and Chris Shimmel.

The night began with a combination of videos made by two Rock Port students and one teacher. The videos shared their personal testimonies and how they achieved their goals being both happy and healthy during hard times in their adolescent years. Afterwards Phil Vogler and Kari Meyerkorth spoke about physical health.

demonstrating determination and Perseverance commitment to complete a task.

They spoke about the three main points of weight loss and proper physical health, which are diet, cardio, and resistance training. They included high calorie burning exercises that you can do at home with little equipment. They also shared the importance of accountability and setting realistic goals to help you reach your ideal body weight.

The mental health branch was presented by Wendy Hays. She spoke about the symptoms and warning signs of depression and anxiety. Teen depression and anxiety is growing at a rapid pace. Then she listed coping mechanisms and ways Rock Port students can help their peers manage their anxiety. Cathy Davis shared her personal experience with mental illness that runs in her family.

The final part of the expo was led by Pastor Chris Shimmel. Chris spoke about having good relationships with others. He presented many keys to building solid friendships. Some of these keys include maintaining

boundaries and picking friends who hold you accountable. He also told parents who attended the expo to "lose their parent goggles." This means that parents should quit treating their children as if they are perfect and teach them discipline when they make mistakes.

Overall the event was a success. Although the attendance wasn't high, the few students who did go retained important information that they can carry with them for the rest of their lives.

"The wisdom, material, and strategies shared were powerful and definitely information of which we all need to be aware. We are so blessed to have such invaluable resources in our school and community who are willing to offer their time and expertise to our students and their parents. I am grateful for those who attended the event, and I look forward to an opportunity to share this information again in the future," Mrs. Kermerling said.

DEFEND THEIR EYES

One-third of all sports-related eye injuries each year are suffered by children.

In fact, sports are the leading cause of eye injuries in children under 16. Defend yourself and your children against eye injury:

- Wear protective eyewear when you participate in sports and insist your children do the same
- Ask your child's school or athletic club to adopt a policy requiring protective eyewear.

ASK US ABOUT PROTECTIVE EYEWEAR FOR SPORTS

VISION SOURCE

Lifetime Vision Center

Drs. Darren Wright & Russell Crotty



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BLUE JAY Corner Student newspaper of Rock Port R-II Schools | 600 S. Nebraska Street | Rock Port, Mo. 64482
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