

Shepherd's Staff



How Is Mental Health Prioritized at G.S.?

By: Claire G.

Inside this issue:

Corona Virus	3
Pick-Up/Drop-Off Procedure	4
Title Teacher	5
Program Director	6
New Teacher	7
Charger Basketball	7-8

Special points of interest:

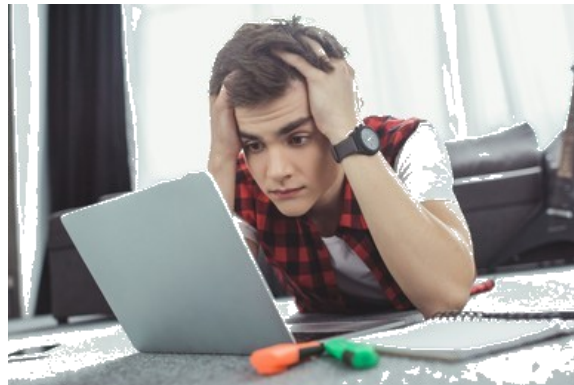
- Moral Values
- Student Sleep Hygiene
- Social Media Effects
- Teepee Wars
- *Shepherd Staff Writers*

Mental health has become more of an issue in our society, especially with technology and the access to social media. Many teenagers and young adults have been fighting mental battles and not knowing whether or not to open up about their feelings. Some students and teachers from Good Shepherd were interviewed to see what they think about mental health and what could be done to help this matter.

What goes on in people's minds may not be what you were expecting. A lot of people go through mental illnesses such as anxiety, depression, eating disorders, etc. People with a mental illness usually try to hide their feelings from others. Alyssa, an eighth grader says, "I struggle with not knowing how to deal with my anxiety. I also struggle with being a perfectionist and trying to live up to other's standards." Mrs. Hasamear, a junior high teacher states, "I've had bad anxiety since my childhood." She says she's sought help from a counselor but that her anxiety is always going to be "a thorn in her side." However, she has learned healthy strategies to deal with it. Others who were interviewed also claimed to have struggled with some sort of mental illness either in

the past or present.

Because the problem of mental health is becoming more relevant, students and a teacher were asked their opinions on mental health and how it is being handled at Good Shepherd. Gavin, an eighth grader, says mental health often



goes unnoticed and that it "corrupts our world." He thinks that the teachers and faculty at Good Shepherd treat the students "in a way that benefits mental health." Kylie, who is also in eighth grade, states, "One's mental health is really, really important." She says, "We should all strive to take care of ourselves and check in on others every once and a while." Kylie believes that Good Shepherd is not taking care of our mental health. She says we need to allow students to take a mental health day and that we get loaded with an overwhelming amount of homework compared to public schools. Mrs. Hasamear believes that having weekly study

halls will benefit students and teachers. She says "The workload along with balancing athletics, social activities, and church can be difficult to handle." She believes we should be embracing mental health days.

The same people were also interviewed and asked what they liked about Good Shepherd and how the school handles mental health. Mrs. Hasamear says, "I think spiritual health plays an important role in our mental health. Hearing God's word along with praying and serving others even when we feel broken is important to a person's mental health." Alyssa similarly states that a Lutheran school that has a Bible class is extremely beneficial to one's mental health. "The teachers and pastors can help us with a Christian point of view."

What causes people to have mental illnesses such as anxiety, depression, eating disorders, traumas, etc.? Gavin says, "Not having access to prevent them (mental illnesses)." Kylie thinks that trying to live up to others' standards causes teenagers to develop such feelings. She says, "You may feel like everyone around you is judging you for how you look, for trying too hard, or not trying enough. It puts people in a bad mental state." Alyssa states that school

“Society is taking mental health more seriously, but of course, there is always room for improvement.”

—Alyssa B. (8th grade student)

Mental Health (continued)

can play into a student's mental health. She says conditions at home also may impact certain students. The way the world is with LGBTQ+ could also confuse an individual, as the world's views are so contradicting to the Bible's views. “Society is taking mental health more seriously, but of course, there is always room for improvement.”

With research done, the website Polaris states that some mental illnesses can be caused by biological factors such as genetics, brain injury, infections/diseases, prenatal damage (damage done to an unborn baby), or substance abuse. There are also many environmental factors that may cause an individual to develop

a mental illness. Some of these include trauma, bullying, demands from school/work, unstable home environment, unsafe living conditions, weight problems, a car accident, social or cultural expectations, or feelings of inadequacy.

As an individual's mental health is especially important, taking a mental health day can give students a break and a chance to rest. Mrs. Hasamear says mental health days are “...absolutely necessary. Especially when someone is overwhelmed and won't be productive at school or work. Taking a day to rest and get your head cleared is essential.” However, Gavin claims it is “pointless to take a mental health day” because students

already have time after school, at recess, days off school for holidays, and some time during class when your homework is completed to take mental breaks.

With all being said, mental health problems are a serious issue and affect many people, even when an individual may seem perfectly fine. Mental illnesses can also be caused by many different reasons. If you are mentally struggling, you should try talking to someone who is willing to listen. Remember to pray and look out for others because you never know what they may be going through.

Are Moral Values Being Instilled into the Lives of G.S. Students?

By: Kylie B.

A question that every parent should ask is whether they believe moral values are being taught at the school they are sending their children. The faculty members at Good Shepherd believe that moral values are being instilled here, and this is just one of the many reasons why parents should send their children to Good Shepherd.

Mrs.

Italiano is not only a teacher at Good Shepherd, but she is also a mother of three students. When asked if she thought that students were doing acts of kindness for other students around the school, she stated,

“Yeah, I think even just the littlest things. Students will help others in any way they

values. “Oh, I definitely do, it's just whether the Jr. high students buy into them ... it's a process,” Mr. Mayhew stated. He, the principal of the school, believes that most students who are being sent to Good Shepherd are not only being taught these values, but also he thinks that these values are going to make them stand out and



Kindergarten and Jr. High Students Tying Blankets for Mosaic Pregnancy Center

can. Just by telling others ‘Good morning’ causes others to want to be just as friendly.”

People such as parents and other faculty members also believe that the students are being prepared for high school by being taught these

be different in high school. Mrs. Hasamear states, “The values instilled at Good Shepherd should help our graduates stand out in high school. Being kind and respectful isn't the norm in every school setting. Hopefully, our students will

Moral Values (continued)

demonstrate these values when they interact with their peers or when they speak to their teachers in high school. It's sad, but this behavior is almost seen as radical in today's society, so I do believe our alumni will stand out in high school."

When asked if Good Shepherd has any school programs that help instill respect and kindness throughout the school, Mr. Mayhew stated, "It all comes down to our religion class; it inspires us and tells us that we need to always strive to be more like Jesus."

Mrs. Italiano said, "Peer tutoring (because) it shows that they (students) can help too, and the tutors and students look forward to instilling their values in others (by

teaching and modeling them to their peers."

After being asked how they, as faculty members, could help the students who go here better understand these values and live them out in their lives, Mrs. Hites, the school's administrative assistant, responded by saying, "It is really all about modeling; older students, peers, teachers, and family members all are hopefully modeling (moral values) to the people around them, helping them understand that this is what is expected for you, as a person, too."

Overall, the students, faculty, and parents/guardians believe that moral values such as kindness, respect, and patience are being taught and

instilled at Good Shepherd.

This is why parents/guardians are taking their kids here. They believe that the school is not only teaching them about Jesus and all the other normal classes, but also these values are being instilled in the students. They are being taught how to be respectful and kind humans, not just how to be good students. This will help them in their lives now and in the future.

How Has the Corona Virus Affected Good Shepherd? By: Natalia B.

"It makes it harder to teach the kids. The younger kids struggle to form words because they can't see your mouth moving."

—Mrs. Nobbe

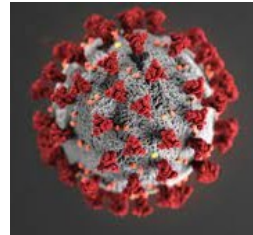
The Corona Virus has affected not only Good Shepherd, but everyone else in the world, too. There are many precautions that your school is taking to keep their families safe. What are those precautions?

At Good Shepherd Lutheran School, there are many precautions taken to ensure students stay healthy. One of those precautions is the mandatory daily self-screening. In this self-screening, parents will enter their child's temperature, name, and grade. They also have to complete questions about Covid symptoms. This helps the school to track any Covid outbreaks.

Another precaution Good Shepherd has put in place is the student mask requirement. Even though some people believe that masks don't help, Good Shepherd still choose masks as an extra precaution. Finally, Good Shepherd tries to keep students social distanced as much as possible in the classroom and in the halls.

Some teachers interviewed said they do believe that without a mask, vaccinated children can be infected. Mrs. Nobbe said, "Yes. However, it is proven

that masks don't affect them." In contrast to that, Mrs. Robinson said, "Masks can protect from cold and flu." According to the CDC (Centers for Disease Control and



Protection), "Most people who get COVID-19 are unvaccinated. However, since vaccines are not 100% effective at preventing infection, some people who are fully vaccinated will still get COVID-19."

When interviewed, few teachers said that they have seen an academic change as a result of the pandemic. Mr. Mayhew said, "It is harder with technology." Mrs. Hasamear said, "It was harder when the pandemic started, but it's normal now." Most of the teachers had different opinions. When a student was interviewed, he said, "It seems easier doing things online." As you can see, there is

some diversity; however, most people believe that it is easier now than it was before.

You've heard about how COVID is more difficult for you, but have you ever wondered what it was like for your teachers? When Mrs. Nobbe was interviewed, she said, "It makes it harder to teach the kids. The younger kids struggle to form words because they can't see your mouth moving. The children also need social interaction because they are so young." Mrs. Hasamear said, "Masks can cause difficulties; sometimes it's hard to breathe or hard to hear. It's also a lot more work to make every lesson digital." The teachers have to make sure that their students at home and at school have everything they need.

Now you know how Covid has impacted your school. Not only does it affect you, but it also affects your teachers. The adults at your school put in so much work to help you stay safe. How can you help your teachers?

Opinions on the Drop-Off/Pick-Up Procedure

By: Andrew B.

Good Shepherd Lutheran School has made many changes since the pandemic to keep our students and faculty safe. One of those changes was the drop-off and pick-up procedure. It is very important because it is safe, quick, and efficient. In the process, it keeps the students safe. It is so much safer because at 3:15 at the end of the day all the students would rush out and kids could be run over or it was very difficult for them to find their parents. But, the school has found a successful routine that is safe for the students and the teachers against traffic.

After researching, it has been proven that almost everyone believes that this procedure is safe and efficient. Not only that, but it is also quick. The Good Shepherd 5th grade teacher, Mr. Krueger says: "Our procedure is very effective and safe. There is much less risk of an accident during pick-up/drop-off. This system also provides much more security in terms of allowing people in the building before and after school."

This seems to be the common opinion by many. Such as Gavin R., an eighth grader, and Ryan B., a third grader. Gavin R. says, "It is quick for the parents and kids." This seems to be the common theme. Ryan B. says, "It is very efficient because Mrs. Italiano and Mr. Mayhew do a good job." This is a very good point because if they did not do their job

right, this drop-off/pick-up procedure would not function properly.

Nolan R., an eighth grader, has a very different view of this procedure. He says, "It is inefficient; it takes too long." This is an incredibly unpopular opinion because almost everyone during research said the procedure was great.



Morning Drop-Off Procedure

The next question was if we should stay in our rooms during dismissal. Here is what they had to say. Mr. Krueger says, "In a smaller school ... possibly ... the travel distance for some students would make the process much slower". This is a very logical answer. Most students downstairs would have a tough time getting upstairs in time. Gavin R. believes, "Yes and no, because it's quicker outside, but it would be quieter in the classroom." He believes the same thing Mr. Krueger believes, but he also thinks it wouldn't be all that bad because it would be quieter. Ryan B., a younger student, says, "It

would take too long for the younger grades to get upstairs." This is very easy to understand coming from a younger student downstairs. For older students, this may be a proper idea, but for the younger students, it is clear that it would take way too long to make it upstairs in time. But, for eighth grader Nolan R. it may not be such a bad idea. Here is what Nolan had to say, "I would like that (staying in the classrooms during dismissal) because it would be more quiet." All together, it seems this would not be a great idea to many, but some may like it just because of how quiet it may be.

Mr. Mayhew, the schools principal and the one who designed this procedure, was interviewed and here is what he had to say in summary. He said that we had to do it this way because we had to keep everybody separate due to COVID, and on arrival, it allowed us to use a check in system, where the student before school would put their temperature, if they had a cough or a headache, or if they were in contact with someone who had COVID. It helped the school minimize the close contact with everyone. The dismissal is done mostly the same, but there were many safety changes. Everyone is just in a line rather than people parking and getting out where someone could get hit by a car when somebody is pulling out.

This just goes to show that the new drop-off and pick-up procedure is incredibly more efficient and safe for G.S. students.

"It is very efficient because Mrs. Italiano and Mr. Mayhew do a good job."

—Ryan B. (3rd grade student)

Sleep Schedule for Students

By: Benji B.

Good Shepherd Lutheran School has students who are coming into school lackadaisical and not ready to perform because they are tired. This is a huge problem because children are staying up too late with extracurricular activities, so they are sleep-deprived and will not do well in school. This article will be beneficial to the students of this school because they will learn how to get better sleep and be focused in the morning.

Jeremy, an 8th grade student, answered some questions about his sleep schedule. Jeremy finds that nine hours of sleep is enough. However, he mentioned he has soccer games at ten o'clock, so he gets home, takes a shower, and goes to sleep, which interferes with his sleep schedule. He also mentioned that on the weekends, he doesn't have a set sleeping time. He stated, "I go to sleep when I feel like it." Overall, he has a decent

sleep schedule, except on the weekends.

Mr. Rincker, a teacher at Good Shepherd Lutheran School, answered questions about his sleep schedule. He said, "I usually go to sleep at 9 o'clock every night." He also says that he wakes up at 5:30 every morning to go to school. He followed up with what he does every morning after he wakes up to go to school and he said this, "I wake up and have a cup of coffee with my wife. I eat breakfast and watch the news." His sleep schedule is pretty much normal, but he wakes up super early to go to school.

Alex R., a seventh grade student at Good Shepherd, had this to say about what he does for a sleep schedule, "I usually go to bed at like 10:30, but sometimes I go whenever I want." Then, he said, "I get about 6 to

7 hours of sleep a night." This is the most surprising sleep schedule out of all the interviews. This is an example of sleep deprivation since children should be getting 9-12 hours of sleep a night.

According to sleep expert, Natasha Bates, Pediatric Psychiatric Nurse Practitioner, "We all need to be aware of sleep hygiene. Sleep hygiene refers to what we do to help us get to sleep and stay asleep." The following are rules she recommends: "First off, children need at least nine hours of sleep every night. You should go to bed and wake up at the same time each day. At night you should not eat or drink after 8 pm. This is to prevent having to wake up to go to the restroom in the middle of the night. The stomach will feel like it is burning when you eat late. Children or adults should not look at any elec-



Sleep Schedule (continued)

tronics thirty minutes before bed. Sleep is important because not enough sleep will cause major mood swings, anxiety, and etc..."

In conclusion, sleep hygiene is very important to the human body. It helps our brains and bodies to feel less sluggish and perform well for school. Without sleep it can cause drastic things that can build up over time if you don't take care of it. Our lives can have a much better outcome with sleep because it gives your body and brain time to recoup. Sleep is very important to all of us as humans to exceed.



Who's That?!

By: Alyssa B.

Poof! A new staff member suddenly appeared! Some students might recognize her because she has been a substitute teacher several times before. That person happens to be Mrs. Rachel Cross. She has decided to leave her job as a stay-at-home mom and join the school in its effort to continue bringing the Christ-centered education that has been promised for nearly 40 years.

No one can deny that COVID has greatly impacted the world. Good Shepherd has seen its effects on some students. Mrs. Italiano, the school's resource teacher, had her hands full; she was unable to give the students the help and attention they needed and deserved. Therefore, it was necessary to hire another staff member in order to keep these students from falling further behind. For the past eighteen to twenty four months, Good Shepherd had been searching for the ideal candidate. Mrs. Cross—who, according to Mr. Mayhew, had been in their sights for other positions in the past—happened to be the perfect fit. The principal described her as a "caring and dedicated" person, which was exactly the kind of person the school was looking for.

Mrs. Cross claims that the transition into her new job has been quite easy. This was mainly due to the fact that she knew her way around and was familiar with the staff and students. "I was excited when I found out I would be working with her," said Mrs. Italiano, who was able to help her get into the groove of things. As some may know, Mrs. Italiano and Mrs. Cross were friends before they began working together. Their friendship has blossomed since they met at church about six years ago; approximately three years ago, they even became neighbors. Now, as cowork-

ers, they share teaching materials, ideas, and a classroom.

She says that she is fond of the subjects she assists students with and everything about the job. "I was drawn to Good Shepherd because of its environment," she said. She went on to say how much she loved

By working with small groups of students, or even individually, the students can receive the help he/she requires. One student even mentioned, "She's (Mrs. Cross is) nice". Working in said small groups is enjoyable for Mrs. Cross.

Inspired by the experience she had with kids, she wanted to become a teacher. Originally from Yankton, South Dakota, she earned a degree in elementary school education that focused on special education from Concordia University, Nebraska, which is located in Seward, Nebraska. During that time, she also became a certified Lutheran teacher. Mrs. Cross taught in Eureka and Wentzville, Missouri, both for only a few years at a time. She then moved to the area in 2006. Later on, she felt compelled to become a stay-at-home mom. She now has three little girls. Vivian is in third grade, and Annalynne is in first. Both of them attend Good Shepherd. She also has another daughter, Alison, who at age three, does not yet attend, but she will be starting preschool in the New Year.

From an overview of her personal life, to the basics of her position, Mrs. Cross's presence is no longer a mystery.



Mrs. Cross and Her Family

the fact that it was a Lutheran school with compassionate Christian families that made her feel welcome.

According to the fourth graders who were interviewed, Mrs. Cross guides students through packets to help them in Math or Reading/Spelling. She usually meets with them once or twice a week. Some students even see both Mrs. Italiano and Mrs. Cross.

Title teachers typically work with students who have fallen behind slightly in Reading or Math.

Mrs. Cross said, "I was drawn to Good Shepherd because of its environment."

The Effects of Social Media

By: Sierrah K.

Research shows that 90% of teens ages 13-17 are affected by social media (American Academy of Child and Adolescent Psychiatry). Social media has been causing problems in teens for the past several years. This is a topic that people should be somewhat concerned about because it affects mental health and sleep. Sleep and mental health are some of the most important things. Additionally, everyday people get bullied online, or they stay up too late and never get to sleep. Social media is definitely negatively affecting the health of teens today.

When people use social media, they are usually on it for a long period of time. That gives them plenty of time to get cyberbullied. Cyberbullying is a serious thing because it affects people's mental health. However, social media might not always be a bad thing; if people are responsible and do and say kind things, no one will have to feel bad. "It is good and bad because some stuff really makes students think that they aren't good enough, but there are also people that promote good images, and good self images," explained Mr. Betts, the sixth grade teacher at Good Shepherd.

One of the most known things about social media is that people lose sleep because they can't shut it off. Sleep is one of the most important things a person's body needs. If a person doesn't get sleep, that affects his/her mental and physical health. Research states that 1 in 5 teens wake up in the middle of the

night to check and post stuff on social media (Science Daily). Grace P., a seventh grader at Good Shepherd, agrees that social media is a main factor in tired teens, saying, "Yes, they stay up on their social media



instead of falling asleep."

Social media can be fun when people talk to one another and comment on each other's posts, but when someone starts getting bullied, it becomes a problem. Social media has been found to play a factor in depression, loneliness, anxiety, self harm, and even suicide. Beth Italiano, the resource teacher at Good Shepherd says, "Yes, there are a lot of things that aren't true, but people still believe them, and when people spread lies, it creates a negative impact." This is very accurate, as people believe stuff that people say about them, even though it isn't true. Then, bad things end up happening.

A big problem with social media is that people care too much about what people think. Eighty-one percent of teens say that social media makes them feel better about them-

selves and more connected to people around them (Prew Research Center). "They care about what people think of them instead of what they think of themselves," said Kaitlyn P., a seventh grade student at Good Shepherd. Social media also becomes a problem when people start hanging out with their friends online instead of in person. Grace P. says that should change. "They can hang out with their friends instead of using social media," she said.

"Focus on how to be social, not on how to do social" (Jay Baer). This quote is saying that people shouldn't focus on how to talk to people over social media but talk to them in person or even over the phone. It is easy when someone asks you where you are and you post something on social media but when you call them, it is even better.

Social media can be a fun and good thing when it's used wisely, but when people abuse it and bully people, it's not fun and can negatively impact a person's health. Ninety-percent of teens are affected by social media. Cyberbullying is a key factor in people's mental health. Being able to shut off your social media is a problem, causing people to be tired all the time. Lots of teens say that social media makes them feel more connected to everything; however, people need to focus on hanging out with people in real life and not just on social media. How much time do you spend on social media? Is it having a negative impact on your health?

New Program Director

By: Nolan R.

This story is about the new Development Director, Nancy Stallard. This article will tell you what she does. It will also tell about the process of hiring her.

Nancy Stallard was just hired this year, so you might want to know what she does. Good Shepherd had been looking to hire a new Development Director in the past. This year, they finally made the decision to go for it.

Mrs. Hites said, "The time seemed right for the school to hire one for this year." Mr. Mayhew said, "The board the last few years was looking to hire a Development Director. They found out about Mrs. Stallard because she asked for the job." After looking at her credentials and interviewing her, the school board decided to hire her.

A development director position is beneficial to the Good Shepherd in many ways. Mrs. Hites, office administrative assistant, said, "The school relies on

donations for programs and scholar-



Nancy Stallard, Program Director

ships; it is very helpful to have someone dedicated to that mission!" Mr. Mayhew said, "I think it is getting our name out to the community and families and alumnus." Clearly, her job is beneficial to the school.

Mrs. Stallard also explained how she does her job. She said, "I have a variety of tasks to do. One is to take pictures and put them up on the Facebook page and website, and then I also shoot, edit, and produce videos. Both the pictures and the videos help tell the story of what God is doing at this amazing school and how hard the students all work and how dedicated the teachers are."

Later in the interview, she also said, "When other people hear about the great things at Good Shepherd, it motivates them to either volunteer their time or to donate money to help our school."

Mrs. Stallard does a lot for our school. Good Shepherd is grateful for her service and pleased the mission of Good Shepherd is being communicated to more people in our community.

"The school relies on donations for programs and scholarships; it is very helpful to have someone dedicated to that mission!"

—Mrs. Hites

Everything You Need to Know About Ms. Gain By: Brindy R.

Ms. Gain is truly a wonderful addition to our school's staff. She is from the Chicago area and just graduated from Concordia University in Wisconsin. Her parents are both teachers and at first she thought she never wanted to be a teacher herself, but quickly changed her mind after tutoring students while she was in high school and realized how rewarding teaching can be. Ms. Gain said that she really wanted a job around the St. Louis area at a Lutheran school. A friend of hers told her about Good Shepherd and how they needed a new teacher. She applied and clearly got the job.

Ms. Gain was already prepared to teach during a pandemic. She was a student teacher while Covid-19 procedures were being used and learned how to quickly arrange plans for students who are online, how to maintain social distance, and wear masks in the classroom. Therefore, she can really be on top of things starting out here at Good Shepherd.

She is great with her

students and you can tell she really feels for them and what they are going through, especially with all the



Ms. Anna Gain

Covid changes and how they have to stay spaced out because of all the new procedures.

Even though teaching 3rd grade can be tough and overwhelming at times, she says that she keeps a good mind set and remains prayerful. Ms. Gain also said that she loves it

when she is teaching and the student understands what they are learning and she can see a light bulb turn on over their head. She also enjoys sharing the Word of God daily with all her students.

Lola and Tinley from Ms. Gain's 3rd grade class said that she is great with helping them with homework. She's fun and she gives them little talk breaks from time to time.

Mrs. Pritchard says that it is really rewarding getting to share tips and tricks with a new teacher. She also likes the ideas Ms. Gain's has through a new set of eyes from someone who is fresh out of college. Mrs. Pritchard is a 3rd grade teacher at Good Shepherd and has been teaching here for 18 years. She attended Concordia Chicago and gets to see through Ms. Gain what they teach now.

This school year is off to a great start with the addition of Ms. Gain. Her students and Good Shepherd staff are thankful that God placed her here at our school.

2021-2022 Lady Chargers By: Ava I.

The 2021-2022 Good Shepherd Lady Chargers have many expectations this basketball season, and they have been preparing almost daily to make this year successful.

This year's Good Shepherd Lady Chargers basketball team is made up of seven players. There are two 8th graders, Ava I. and Sierrah K., and five 7th graders, Grace P., Emily K., Kaitlyn Pe., Kaitlyn Pi., and Ava G. The coaches are Terry Kreher and Aaron Kober.

Head coach Terry Kreher said, "My overall goal this year is to take this team to state." Emily K. said, "I would love to go to state again, especially with this team. This would definitely be my overall goal."

Beth I., parent of Ava I., is very excited to watch the games this season. Beth said, "I enjoy watching basketball and have been watching it for most of my life. I really enjoy getting to watch my daughter play. I played basketball for

8 years and am so excited my daughter loves the game like I do."

Coach Terry Kreher had a lot to say about this season, "I love watching basketball and seeing these

shooting. I have been playing for 3 years." Grace P. said, "I enjoy basketball because I play on a great team and have good teammates. The season is going good so

far. I want to work hard in practice. My main goal is to be a good teammate. I have been playing basketball for 3 years." The Chargers basketball season has just begun, and they have so many goals that they have already accomplished, but they are ready for the second half of the season!



Lady Chargers A-Team

girls be able to play. I love to be able to interact and teach these young ladies. My goal for us is to be better at the end of the season than we were at the beginning of the season."

Emily K. said, "I have good friends, and I want to stay active. This season is new and different. I need to work on ball handling and

Head coach, Terry Kreher said, "My overall goal this year is to take this team to state."

Chargers for Life, Chargers for Christ!

By: Gavin R.

Basketball is an interesting sport that is widespread throughout the world and our country. It is a simple sport, but it is also a very complex sport at the same time. This article contains information about boys basketball at our school, what it is like, and what is thought of it. This article also tells you about the sport, and it could possibly interest you in playing it. If you want to learn more about basketball, become a Charger, and learn more about what it is like at Good Shepherd, this is the article for you!

Boys basketball at Good Shepherd is an exciting sport, offered to grades 2-8. There are teams A-D that consist of certain players depending on grade and skill. Practice is typically 1 hour and 30 minutes long and helps to improve all players individually and as a team. Many players on the team use basketball as a tool to help them stay physically active and healthy. They all see it as a fun and energy-consuming sport, and also a team sport where you always have to get along and work together.

Players say that the sport also helps them learn teamwork and leadership skills, all while giving them something to do. All players on our team have varying amounts of experience

able the sport is. Another reason is that he dislikes some of the changes to the rules that are being made at the lower level. Still, he says that the sport of basketball can be incredibly rewarding.

Being a part of the Charger basketball program at Good Shepherd is a fun and different experience. The sport is loved by many and used as a tool to help the players in life. They use it as a way to stay active, a way to build teamwork, and a way to strengthen leadership skills. The Chargers are experienced, and have built an amazing team. Even though they may not be the most skilled, our team is united and strong.

“The players see (basketball) as a fun and energy-consuming sport, and also a team sport where you always have to get along a work together.”



Chargers A-Team

in the game, and see this as both good and bad. The coach, Robert Mayhew, likes the sport for many of the same reasons as the players. He is very experienced, and believes that basketball helps to teach skill-development. Coach Mayhew states that basketball can be frustrating. One of the reasons it can be frustrating is how unpredict-



Teepee Wars

By: Lizzie J.

Around the middle of October 2021 at 11:30 p.m., two unpredictable eighth grade boys, Benji B. and Jeremy M., were having a sleepover, so they decided to go around with toilet paper to start annoyances in their own school. The first victim of the two boys was Claire G., fellow eighth grade student at Good Shepherd, who was with her mother and older brother at the time of the assault.

Benji B., the mastermind behind this vandalism, said, "We had teeped people because it was the season to do it, and Jeremy and I were getting trash talked by the girls in our class." As deranged as this story already is, Benji and Jeremy did not end their shenanigans here. They decided to go on to their teacher's house, Mrs. Melissa Hasamear. Now this teacher is calmer than any other they have met; they understood how calm she was. Her response to this prank was, "Initially I felt violated, but then, when I found out I wasn't the only victim, I actually felt kind of special, even loved by my rambunctious students. I figured I must be important to them because they were thinking about me over the weekend."

But funny as it is, Mrs. Hasamear's step-son just happened to take down the toilet paper before she even saw the mess that had been made. This is what she thought about it, "I was relieved because it had rained that night, and I thought my step-son was very thoughtful to clean it all up by himself. I just wish he took a picture. Oh, and I also kind of regret that I didn't let my dog outside to guard the house!"

After the initial devastation was over, people began asking themselves, "What happens now?" Well, as Claire had stated, "My dog was the first to hear the car doors outside my house. My mom got out of bed to investigate the noise, and she gasped as she saw our tree in our front yard covered in toilet paper. I quickly got out of bed and first thought it was one of my brother's friends because none of my friends can drive. My mom, brother, and I were laughing because we thought it was funny!" Because Claire and her family thought the prank to be so funny, she wanted to keep the bit going. Claire also admitted, "I wanted to get revenge because I've never

teeped someone before, and I thought it would be funny to do so. I mainly did it because it was funny." The humor is what led her to retaliate against the boys who committed this silly act, "Brindy and I both convinced my mom to drive us to Benji's house. We dressed in all black with hoods and brought four rolls of toilet paper. We quickly threw the toilet paper over his tree and around his Halloween blow up, trying to dodge his Ring doorbell and not be noticed by the people inside (his lights were on). We quickly ran to the getaway car and drove off."

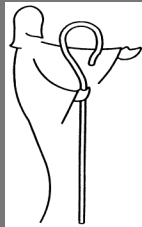
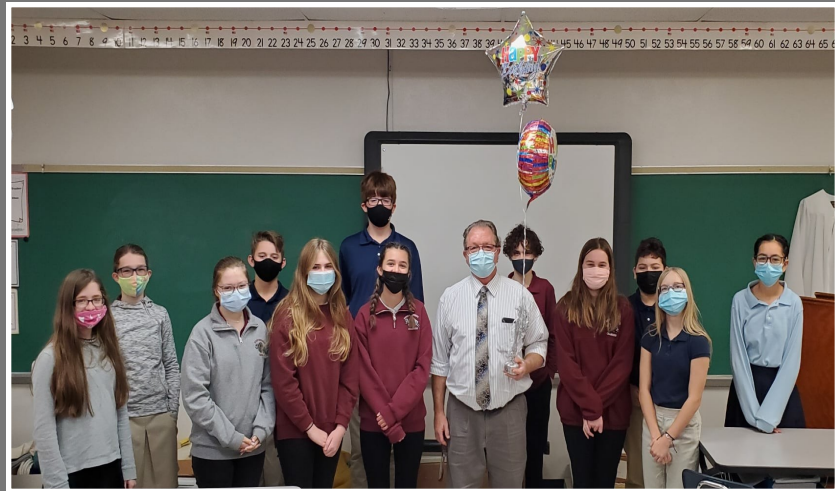
Now, since Claire had not been the only victim of the two boys, would Mrs. Hasamear retaliate? "No, I don't have the energy to get revenge, and toilet paper is too precious to waste," admitted Mrs. Hasamear.

This topic is important to students and teachers, because this story here shows how good student-teacher relationships should be. Not only should students have respect for their teacher, but the teachers should also understand that their students are still young, wild, and unpredictable.



Claire G.'s Tree After the "Vandalism"

The *Shepherd's Staff* Writers Good Shepherd Lutheran School Eighth Grade



About *Shepherd's Staff* Writers

This edition of *Shepherd's Staff* was written, edited and published by Good Shepherd Lutheran School's Journalism 101 class, which is composed of seventh and eighth grade students. The newspaper is a culminating project of this semester-long course. During this class, students analyzed many local and national news articles. They learned the key components of a news story, the importance of a good lead, and the value of citizen interviews.

Students were involved in every step of producing and publishing this newspaper. In addition to writing the stories, they also determined the newspaper layout and the arrangement of the articles.