



Since school lunch has been outsourced to OPAA, a food management service, students eating school lunch at both the high school and junior high has doubled. On the first day alone, student numbers spiked from 281 to 438. This is a result of three things: more options, healthier choices, and better quality food. Compared to last year's á la cart and one hot lunch choice, OPAA! offers two or three main meals plus a fresh fruit and veggie bar. The meals can range from chicken and waffles to spaghetti and meatballs. The bar typically offers six vegetable options, four fresh fruit options, and a salad.

from our POV

<i>"a wide variety of food choices"</i> -senior Sarah Klunder		<i>"an upgrade from last year"</i> -sophomore Brandon Finke	
<i>"more healthy options"</i> -senior Alan Jackson		<i>"I love it"</i> -freshman Emma Pettit	

Freshmen Jaclyn Murr & Delilah McCormick enjoy their new, healthy lunch. [] Seniors Isabelle Johannsen & Megan Sigmund admire the salad bar. [] Seniors Jayden Engel, Christian Seres, & Carter Haddeman get their lunch. [] Sophomores Brianna Lenton & Grace Swanson enjoy a chicken party.



Round & Round

For the last two years, high school P.E. teacher Sean Leonard sees that the high school participates in a state-wide Walk-A-Thon. This event promotes physical well being by simply encouraging people to get up and get moving. During one class period, the entire high school goes out to the track. Each person walks four laps around the track, equalling one mile per person. That means, in total, Hudson High School walked over 800 miles supporting healthy lifestyles. [] Freshman Emma Pettit's pink tennis lead the way. [] Freshmen Madison Michael, Marissa Mayer, Chase Brackelsby, Tate Entriken, Jacob Taylor, Braydon Brinker, & Zariah Strong; sophomores Brianna Lenton, Anna Staebell, Jake Geisler, Jessica Carolan, Brandon Finke, Dillon Haddeman, Dylan Danielson, & Cole Shephard; juniors Sara Klunder, Naomi Henderson, & Drew Stanfield; along with senior Alan Jackson take their first lap around the track. [] Freshman Aiden Zoak makes strides down the track in his colorful kicks.



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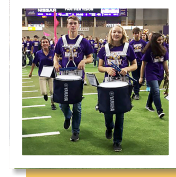


The Fifth Quarter

Hansen's Dairy has created a new tradition for 6th-8th graders: The Fifth Quarter. After every home football game, the Hansens host a fun night for all, with dodgeball, card games, pizza, and more.

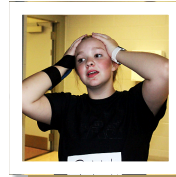
6th grader Blake Schatz throws a dodgeball at her fellow classmates and opponents. [] 8th graders Macy Roberts & Anna Haskovec play Uno. [] Susan Entriken, mother of freshman Tate and senior Becca Entriken, along with Jay Hansen, owner of Hansen's Dairy, talk about their faith.

Sophomores Kylee Saltee & Jessica Carolan stand in ready position before their game. At the game, all of the players wore pink t-shirts during warm ups to show support for cancer patients and their families. The shirts read "Dig pink Pirate volleyball." Every girl on the team, including the coaches, wore a shirt to show their support in the fight against cancer.



Juniors Alex Reynolds & Alexis Schanes walk off the field after performing at the UNI Dome. Nearly 800 high school students joined the Panther Marching band of 315 members to perform songs at halftime, including "Believer" by Imagine Dragons, "Holiday" by Green Day, & the "Panther Fight Song."

Seniors Margan Kegehn, Travis Carolan, & Alec Staebell debate with Maddie Grams & Whitney Galbraith in advanced biology. These advanced science students argued whether a virus should be considered alive or not. One side of the debate considered a virus to be a nonliving thing. The other side believed that it was living.



Freshman Ashlynn Reynolds frets before her audition for Hudson's first dance team. Each girl came dressed in all black, receiving a number upon her arrival. All 15 girls who tried out made it on the team. The team plans to prepare for their first performance, a holiday number, for a varsity boys basketball halftime in December.

Junior Trey Germain; senior Stephanie Prather; sophomores Carter Swope & Ashlynn Kahr; freshman Kami Koelling; junior Klare Kapf; sophomore Ben Kelly; freshman Tate Entriken; & sophomore Jessica Regenwether smile together outside the Ed Thomas Leadership Academy. There Germain was recognized by his Hudson peers as a positive leader.

