

National Guard provides gym fun

Having a Ball

By Maggie Rechkemmer

Crossfit, a rock wall, night vision gear, obstacle courses and body balls--The National Guard came to gym class on Sept. 18, and they brought fun with them.

Students loved the body balls, because they could go inside of them for protection and take people down without feeling pain. Some kids that didn't want to participate and just chose to cheer on their classmates, but almost everyone wanted to try them out. With the body balls, students played a game where you protected one person on your team and took the other team out.

Senior **Gretchen Oelrich**

**"It was a nice way to draw students' attention to the service."
-Gretchen Oelrich '14**

said, "It was a nice way to draw students' attention to the service. Everyone participated and got into it." The National Guard mainly does this to visit schools and recruit students. Having them come gives students the opportunity to ask questions about possibly joining The National Guard someday.

Gym teacher, **Joe Peters** said, "Having them come is a good change of pace for PE class." National Guard members interacted with students and enjoyed the time they could with them. Mount Vernon High School seemed to love having the men and women that serve our country here at our school.

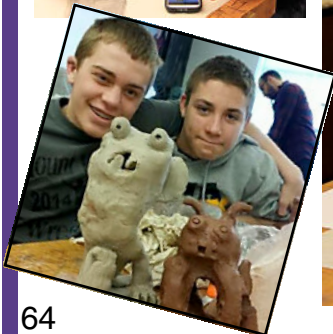


BALLS OF FUN

Senior Cassidy Steines stands in one of the body balls that The National Guard brought on Sept. 18. The class played a fun game with them.

In the gym & on the canvas

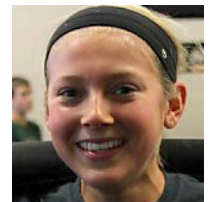
Below Left: Senior Nick Bowen sketches a picture in an Art and Science of the Human Body class on Dec. 3. **Far Below Left:** Freshmen Tony Garcia and Justin Light smile in front of their gargoyles they made in ceramics class on March 3. **Below Right:** Senior Gabby Kolker and art teacher Ely Sotillo look at designs he created for the musical "Aida" on Aug. 29.



Anatomy in Art

By Maggie Rechkemmer

Faith Anton has been drawing for as long as she can remember, so taking an art class this year was something she couldn't pass up. Faith is interested in learning about the human body, so when she found out that they were going to be doing a unit on drawing the human body she was very excited.



Faith Anton

The whole point of the project was to end up with a self portrait fifty years from now. She said, "That was pretty hard, because who wants to draw and imagine themselves fifty years from now!" They used circles to draw the whole body. Faith said that this helped the class with proportion and where all the different joints are located in the body. Once they drew the body they were able to go through and add more detail such as eyes, a mouth, and ears to their masterpiece. Faith really enjoyed this project, because it combined two things she loves to do!



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1. Sophomore Josi Vandersall creates a daffodil with pastels in an art class on Aug. 30.
2. In an intense game of wrestling room dodgeball, sophomore Jacob Hansen gets ready to throw a ball on Feb. 28 in PE class.
3. Savanna Ritchie, Jazmine Alexander Elizabeth Wade, Jacob Light and Cole Wilkins work on drawing flowers that were on their table with pastels in a Beginning Drawing class on Aug. 30.
4. Junior Claudia Riedesel carefully paints a pot she made in a ceramics class on Aug. 30.



Far Above: Seniors Charlie Babcock, Josh Cannon, and junior Luke Muller pose for a picture while standing in the body balls during The National Guard visit on Sept. 18. **Above Left:** Sophomore Jensen Arnold focuses on painting a pot he made in a ceramics class on Aug. 30. **Above Right:** Senior Kyley Kirby flips through her drawings she created on Dec. 16 in an Art and Science of the Human Body class.

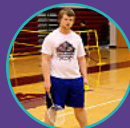
Favorite PE activity?



"Badminton and basketball."
- Brevin Lewis '14



"Volleyball. Even though I'm not the best at it I still love to play."
- Shaunna Palmer '16



"Birdie. It's my life passion to destroy anyone in a game of badminton."
- Keegan Lamparek '15



"Wrestling room dodgeball can be fun!"
- Katelyn Baumler '15