



Smoke Signals

Enter to learn. Leave to serve.

Drama Club Auditions

The Drama Club will be presenting the musical "LITTLE WOMEN" in November. Auditions are on Wednesday, September 4. You will need to sign up for a time in the office and get an audition form. Please sign up by lunch on September 3. If you are interested in helping in the sound room or on the stage, there are forms in the office for you to fill out and return. You do not need to come to auditions.

Chromebook Concerns

College Credit Plus Students, as well as all high school students - If you have a concern with a filter that is in place on the Chromebook, you must see me. Do NOT go directly to Mr. Marchal. All concerns with the one to one Chromebook program need to follow the chain of command, which in this case is to tell your teacher about your concern. If you don't have a teacher for your concern, please come directly to me.

Students Interested In Working The Polls

Any senior interested in working the polls this election day, Tuesday, November 5, must see Mrs. Laux by the end of the day this Friday. You must be at least 17 years old, a high school senior, a resident of mercer county and in good standing with the school. This is a paid position and you must also be available to attend a training session. Again, please see Mrs. Laux by Friday.

Club Picture Day

Club Picture Day for the High School will be on October 15th. Please mark your calendars as this will be a day full of distractions. If you club wants to wear their shirts and they are in, go for it!

Labor Day Monday

School will not be in session this coming Monday due to the Labor Day holiday.

Bowling Sign Ups

Any boys or girls interested in going out for the bowling team this season, there is a sign up sheet in the office. Anyone on the High School team who signs up for Major League will NOT have to pay a fee to bowl for the High School Team. If interested there will be a Parents meeting on Tues. Sept 3rd in the commons area at 6pm. Major League Bowling begins Sept. 7th and will run 8 weeks. \$10.00 per week. The League will finish on October 26th and the High School Team Practice begins the first week of November. There are sign up sheets for Major League at the office as well as at Pla Mor Lanes. Talk to Rick at Pla Mor Lanes or Coach Schlater if interested in either Major League or High School Bowling.

Potential Class Officer Candidates

Any student that is interested in being a class officer should pick up a form in the high school office and return it to their class adviser by today.

Boys Basketball Meeting

Boys Basketball Players, you will have a meeting on Tuesday, September 3rd at Lunch to discuss Fall Workouts/Sign up for Hoops. See Coach Rosenbeck if you cannot attend.

MAV Youth Mentoring Program

If you are interested in being a friend to an area elementary school student, you may be interested in MAV Youth Mentoring Program, formerly known as Big Brothers/Big Sisters. More information on this program is found on the bulletin board outside the office and applications are available in the office.

Student Council Representatives For '19-'20 Year

Congratulations to the 2019-2020 Student Council Representatives:

Seniors - Brook Speck, Jessica Langenkamp, Jackson Heath and Zach Heitkamp

Juniors - Ella Delzeith, Miranda Siefiring, Katie Kunkler and Olivia Post

Sophomores - Rachel Speck, Camryn Ahlers, Mark Knapke and Eli Schmit

Freshmen - Leah Heitkamp, Mara Muhlenkamp, Joscie Evers and Nolan Fullenkamp

Mrs. Rindler would like to meet with you alltoday during lunch. If you cannot attend the meeting, please see her as soon as possible as arrangements need to be made for Homecoming.

Seniors To Be Missing Class Time

Seniors will be out on September 20th from 9:45-end of the school day. They will be attending the 2nd annual Inspire Career Concert at Edison Community College in Piqua, Ohio.



St. Henry HS Birthdays This Week

- (8/26) -
- (8/27) - Jacob Imel, Maria Gallegos
- (8/28) - Mrs. Huelsman
- (8/29) - Dominic Otting
- (8/30) - Bailey Schmitz
- (8/31) -
- (8/25) -

Today's Menu

- Chicken Tender Wrap
- Baked Beans
- Romaine Lettuce
- Applesauce
- Milk
- Alt - Ham Sandwich

J.O.D

Hey Deb,
What vegetables to librarians like?

Quiet peas.

We've Reached Peak Wellness. Most of It Is Nonsense. (Part 2)

Social: It's Not All About Productivity; Relationships Matter, Too

The roots of a redwood tree only run six to twelve feet deep. Instead of growing downward, they grow out, extending hundreds of feet laterally and wrapping themselves around the roots of other trees. When rough weather comes, it's the network of closely intertwined roots that allows the trees to stand strong. We are the same.

In 2010, researchers from Brigham Young University completed a comprehensive study that followed more than 300,000 people for an average of 7.5 years and learned that the mortality risks associated with loneliness exceeded those associated with obesity and physical inactivity and were comparable to the risks of smoking. More recent research shows that digital connections can be beneficial in certain circumstances (e.g., to stay in touch with geographically distant friends and family), but they cannot replace in-person ones and the value of physical presence and touch.

In their book *The Lonely American: Drifting Apart in the 21st Century*, Harvard psychiatry professors Jacqueline Olds and Richard Schwartz write that an increased focus on "productivity" and the "cult of busyness" is crowding out time for developing meaningful relationships. This may be especially true among millennials. A recent poll from the market research company YouGov found that 30 percent of millennials say they feel lonely and 22 percent said they have zero friends. This is hugely problematic, and a trend we all, together, must work to reverse.

Cognitive: Follow Your Interests, Do Deep-Focused Work

"Find your passion" is one of the most popular self-help phrases, but it's quite misleading and sometimes even harmful. Researchers call this a fit mindset of passion, or the belief that you'll find an activity or pursuit about which you are immediately passionate from the get-go. Although over 75 percent of people hold this mindset, it rarely leads to lasting passion. People with fit mindsets tend to overemphasize their initial feelings, search for perfection, and quit when the going gets tough. Better than a fit mindset is a development mindset, in which you understand that passion takes time to emerge, thus lowering the bar for further engagement in something from "this is perfect" to "this is interesting." Studies show that those who have development mindsets are more likely to end up with sustainable and energizing passions.

And when you are working on something, regardless of what it is, eliminate distractions so you can give it your full attention. An app called Track Your Happiness has allowed thousands of people to report their feelings in real time. The main finding: the more present and fully engaged you are with what's in front of you, the happier you'll be. It's amazing how much just one or two blocks of undistracted work per day can do to improve your mood.

Spiritual: Cultivate Purpose, Be Open to Awe

Organized religion is on the decline in America, especially for younger people. The 2018 American Family Survey, conducted by *Deseret News* in Utah, found that "for millennials and GenXers, the most common religion is no religion at all." This may not be problematic in itself, but for centuries, religion served as a driving purpose for many people.

When nothing fills this vacuum, the effect can be a negative one. A [study](#) published earlier this year in *JAMA Network Open* found that people without a strong life purpose—defined as a sense of feeling rooted in your life and taking actions toward meaningful goals—were more than twice as likely to die between the years of the study (2006 to 2010) compared with people who had one, even after controlling for things like gender, race, wealth, and education level.

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The Week Ahead

(8/30) Friday –

- Varsity Football Home vs Covington @7:00pm

(8/31) Saturday –

- Cross Country at Greenville @8:00am
- Boys Golf at Versailles @8:30am
- JV Volleyball at Coldwater @9:00am
- JV Football Home vs Covington @10:00am
- Freshman Volleyball at Wapakoneta @10:00am
- Varsity Volleyball Invite Home @10:00am

(9/1) Sunday –

(Continued From Left)

Speaking to NPR, Celeste Leigh Pearce, one of the authors of the study, said, "I approached this [study] with a very skeptical eye, [but] I just find it so convincing that I'm developing a whole research program around it." Alan Rozanski, a cardiology professor at the Icahn School of Medicine at Mount Sinai, in New York City, says that purpose is "the deepest driver of well-being there is."

Though purpose need not be based on organized religion, cultivating a cohesive sense of direction, core values, and connection with something beyond yourself is important. For some this takes the form of going to church, synagogue, mosque, or sangha. For others it's about feeling connected to evolution, being a part of nature. (Of course, these two don't need to be exclusive.) The work of Dacher Keltner, a professor of psychology at the University of California at Berkeley, has shown time and time again that experiencing awe—watching a beautiful sunset, listening to moving music, witnessing a master at their craft—leads to self-transcendence and feelings of spiritual connection.

Environmental: Care for Your Space

Our surroundings shape us in so many ways. Yet we're rarely intentional about them.

On a micro level, think about your acute environment daily. Is your phone always on? Are you constantly being interrupted by notifications? Are you in a space conducive to the goal you want to accomplish? Do you keep lots of junk food in the house? Do you surround yourself with junk content? The goal is to design your environment to support the behaviors you desire.

On a macro level, ask yourself these questions: Do I live in a place that feels unlivable? Does my commute totally suck my soul? I'm aware that I've got a lot of privilege to suggest moving geographically, but the kind of move I'm suggesting is one *away* from crazily expensive, competitive, and congested cities. I can't tell you how many people I know who feel "trapped" in big cities like New York or San Francisco. Move! There are plenty of places with lower costs of living, more access to nature, and good jobs. And wherever you are, take care of the planet. If we don't, everything else in this article will eventually be moot.

This is what you need if you really want to be well. You have to cut out the crap and focus on the basics. This stuff is simple—and though it's not always easy, it's not always so hard either.

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<https://www.outsideonline.com/2399826/wellness-industry-lies-what-really-works>

Football Ticket Costs and Fall Sports

Football tickets are on sale in the high school office for our home game Friday night. Adult \$6.00 and Student \$4.00. All tickets are \$7.00 at the gate. Good luck to all fall athletes, band members, cheerleaders and folks doing stuff this weekend.