

# The Arnold Sentinel

“Serving the South Loup River Valley”

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CUSTER COUNTY, ARNOLD, NEBRASKA 69120

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## Self Defense



Sean Carson instructs Jennifer Barraza on how to fend off Dayne Kulp in the school's wrestling room as part of a defense class for the seniors. (Fallon Gibson photo)

## Senior Class Learns the Basics

The Arnold senior girls and one senior boy took part in a self defense class last Wednesday afternoon, taught by Sean and Cheryl Carson. For 2 1/2 hours, the young adults received information and hands-on training on how to be aware of their surroundings and protect themselves.

APS Guidance Counselor Ashley Nansel contacted the Carsons a year ago and asked if they would do a session just for the senior girls, with the knowledge that the couple had been involved in putting on a woman's-only self

defense class a year or two before.

“It was Ashley’s desire to make sure the girls had some basic knowledge and tips on how to protect themselves better before heading off into the world after graduation. We agree the world can be a very dangerous place, and even the slightest bit of defense knowledge is better than none. Ashley approached me again this year, and we were happy to take time to do it again,” said Cheryl.

The areas covered during the class follow:

Awareness of your surroundings: Parking lots at work, shopping and even at home. Park where it’s well lit. If there are strange vehicles parked next to your vehicle or along the area you’re intending to walk, avoid that area. Walk in pairs. Let someone know where you’re going and when you’re arriving, as well as how you’re getting there. Don’t be looking at your cell phone when walking anywhere. Put it away until you arrive at your destination. Look up and observe your surroundings. Use pepper spray and other

handheld self defense tools. If you go to social gatherings, never accept beverages from others and always have a lid on your beverage and keep it in your possession at all times. Stay away from situations that seem to be a bad idea and pay attention to your gut feelings. What to do if you’re alone in the middle of nowhere at night, and how to avoid fake traffic stops. Also covered was social networking safety.

Safe Form: The students were taught the safe way to strike with your hands and feet, as well as the best way to stand and move to avoid injuring yourself, but deliver firm defense.

Defense Tactics: Yelling aggressively to draw attention,

striking, kicking, pressure points, ground fighting and attack from behind.

In order to leave the session, the students had to pass a mock attack with what they had just been introduced to.

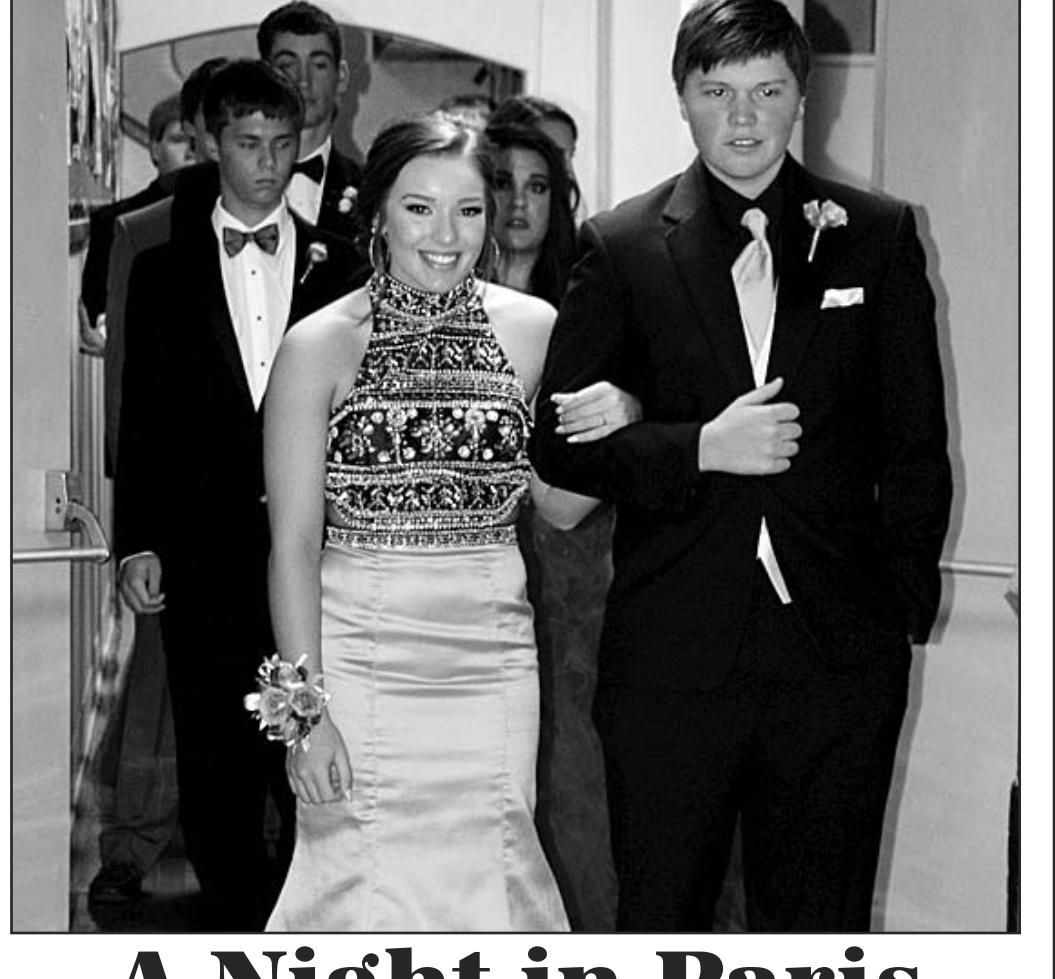
“The class isn’t meant for the students to learn things in order to pick fights, purposely inflict injury on someone for fun, or assert aggression on anyone for any reason other than self defense,” said Cheryl. “The time spent is meant for them to learn some techniques and build confidence in themselves so they know they have an ability to defend themselves if needed.

Unfortunately, in the limited amount of time we have,

they are only taught some basics, but you never know – that might be enough to help them out of a bad situation in the future. Above all, it is stressed to avoid putting yourself in a situation which could become dangerous if at all possible, but not every situation is avoidable. If you find yourself in a bad situation, do everything you can to escape alive, seek help and report what has happened.”

Cheryl said the students were receptive to the learning process, the level of activity required of them and did very well.

“We had a great time teaching them, and encouraged them to go out and enroll in other classes when the opportunity is there,” she said.



## A Night in Paris

With others waiting their turn, Madison Reed and her date, Kayden Licking, promenade through the hall of Arnold Schools during Saturday’s Junior/Senior Prom. Sixty Arnold and Callaway juniors and seniors and their dates enjoyed the theme An Evening in Paris in the school’s decorated gymnasium. After an evening of dining and dancing, the kids had fun at the after-prom party that followed at the Arnold Community Center. Times for everything were pushed back this year due to an impending spring snowstorm. (Leta Connell photo)

## Bubak Places in Congressional Art Competition

Washington, D.C. - Congressman Adrian Smith (R-NE) announced the Third District’s winning artists of the 2017 Congressional Art Competition.

Leighton Bubak, a sophomore at Arnold Public Schools, placed second with his photograph titled “River’s Glass.” This is the second year that Leighton placed in the art competition with his photography.

Smith worked with the Nebraska Art Teachers Association to coordinate the competition. The first place artwork will be displayed in the U.S. Capitol in Washington, D.C. Smith will display the runner-ups in his Washington, D.C., Grand Island and Scottsbluff offices.

“Congratulations to all of the young artists from across the Third District who shared their talents in this competition, as well as the teachers who have cultivated their creativity,” Smith said. “I am excited to share the winners’ work with visitors to the U.S. Capitol and my offices in Washington, D.C., and Nebraska.”

Other winners were:

First Place: “Sophie” by Charles Johnson of Grant-Perkins County Schools. Charles’s work will be displayed in the U.S. Capitol for one year.

Third Place: “Geometric Sweetness” by Brooke Jorgenson of Shickley Public Schools. Brooke’s work will be displayed in Smith’s Grand Island office.

Fourth Place: “Native Lands” by Kelli Sisco of Creek Valley High School. Her work will be displayed in Smith’s Scottsbluff office.

**Baccalaureate/Senior Night Scheduled**

Graduation for the Arnold seniors is scheduled for Saturday, May 13. Leading up to commencement will be baccalaureate on Sunday, May 7 at the Baptist Church starting at 7:00 p.m., and honors/senior night on Monday, May 8, at 7:00 p.m.

**Walk For Life Is Sunday, May 7 1:30 p.m.**



## Kids Will Raise Money for D.C. Trip Saturday

Ten students from Arnold Public Schools will be raising money for their four-day trip to Washington, D.C., scheduled for the end of May. This Saturday, May 6, the students will make pizzas at Suzy’s Pizza from 11:00 a.m. to 4:00 p.m., and owner Keane Lohmiller will donate 50 percent of the funds back to the students’ cost of the trip. Sponsor Rick Peterson said Keane made this very generous offer two years ago, and the students had a great time making pizza. The pizzas can be ready if you call in early, or stop by and wait while they make a pizza. Students who are scheduled to take the trip—which includes touring the capital with the tour group “World Strides”—are (back, l-r) Grant Jones, Jarret Buchholz, Cole Gracey, Shaylee Jones, Jasmine Nelson, Cooper Taylor; (front, l-r) Logan Coleman, Matthew Corbin, Tatum Cool and Toni Oberg. (Courtesy photo)