

KERNEL BULLETIN

Mitchell High School • 920 N. Capital • Mitchell, SD 57301 • (605) 995-3034 • mitchell.k12.sd.us

Come watch MHS spring play, *The Babbling Brooks*

The MHS Spring Play will be *The Babbling Brooks*, a 1950's family comedy.

The play is about the Brooks family. Mr. Brooks is away on business while Mrs. Brooks'

incessant gossip gets her into trouble with the neighbors and the local sheriff, who happens to be dating the eldest Brooks college age daughter. Mrs. Brooks high school daughter is running a neighborhood newspaper, getting most of the information from the electronic bug she placed in the living room.



That bug picks up a conversation of a couple of women renting a room from the Brooks who seem to be planning a murder. When an unidentified body turns up

under mysterious conditions, things take a turn for the worse.

Come and see how romance, mystery, intrigue and murder(?) turn out with *The Babbling Brooks* on April 28th and 29th at 7:30 p.m. in the Mitchell High School Auditorium. All seats are general admission, \$5 for adults and \$3 for students.

After Prom Party now accepting donations

The After Prom Committee is now accepting donations for this year's After Prom Party.

The After Prom Party is a safe and fun alternative for junior and senior students and their prom dates after the prom dance, itself, is concluded. This event is entirely funded by donations received from the Mitchell community and from student ticket sales.

Money collected from student ticket sales is used to offset the cost of the gift each participant receives for attending the After Prom Party. All remaining funds necessary to provide prizes, food, beverages and entertainment for the students are collected as donations from the Mitchell community.

Any parents, businesses or other individuals interested in making a contribution to this worthy cause can contact Sheila Bruscher at 996-0349 or Lisa Neugebauer at 996-2754.

Dates to remember...

March 28 and April 4
ACT prep classes, 6:30-9:30 p.m.

April 2
Empty Bowl Event at MHS cafeteria, 11 a.m. - 1 p.m.

April 9
Prom

April 9
ACT at MHS

April 12, 13, 14
Dakota STEP Test for all juniors

April 14
National Honor Society at MHS, 6 p.m.

April 18
Rotary Banquet at DWU

April 22-25
No School - Easter Break

May 2
Jostens at MHS delivering graduation caps and gowns, 11 a.m. - 1 p.m.

May 11
District Employee Recognition at DWU, 6:30 p.m.

May 12
MHS Awards Program in MHS Auditorium, 10 a.m.

May 15
Baccalaureate at DWU, 7:30 p.m.

May 17
MHS Senior Awards Night at DWU, 7 p.m.

May 22
Graduation at Corn Palace, 2 p.m.

May 24
End of Semester (weather permitting)

Christina Siemsen named MHS Teacher of the Year

Congratulations to Mrs. Christina Siemsen for being selected as the MHS Teacher of the Year (TOY). The TOY award is given each year to recognize the contributions of teachers. Each of the five public schools in Mitchell has chosen a teacher to represent their building. A district committee will choose one of

these five people to be the Mitchell Teacher of the Year.

The announcement will be made at the District Employee Recognition Banquet which is held May 11, 6:30 PM at the DWU Sherman Center. If you are interested in attending this banquet, please contact any one of the school's to purchase a ticket.

April 2's Empty Bowl Event a reminder of world hunger

"Empty Bowls" is a nationally recognized charity project that raises money for local food banks. On April 2, from 11 a.m. - 1 p.m, MHS Crafts classes will create stoneware bowls to serve a simple meal of soup and bread prepared by the ProStart cooking classes.

Participants will enjoy the meal



and keep their bowl as a reminder of the problem of world hunger.

We are looking for artists who might be interested in donating bowls or coming in to make a bowl as a guest for this event.

If you are interested, you may contact Marica Shannon at marica.shannon@k12.sd.us or call the school at 995-3034. Donations for a silent auction are also being accepted.

Teen Food and Fitness: *Cutting out soda*

As I heard more about childhood obesity, I got worried about how much soda my daughter Sophie was drinking. I asked the school nurse about ways to cut down, and she gave me some good ideas.

First, she suggested that I explain to Sophie why I don't want her drinking soda. I showed her how much sugar is in each can of soda – 10 teaspoons! I also explained that soda doesn't have any vitamins or mineral that will help her grow strong.

The nurse also said we could simply make soda less available – if we don't keep it in the house, Sophie won't be able to drink it. I'm trying to have her drink mostly water or fat-free mike now. But to help her get used to the change, I've been giving her seltzer water mixed with juice –

that way she still has the "bubbles" she was used to.

Healthier Options

Want to make healthier versions of your family's favorite foods? Try substituting more nutritious ingredients when possible. Examples: canola oil instead of vegetable oil; egg whites or egg substitutes in place of eggs; applesauce instead of butter or margarine in baking (2/3 cup applesauce = 1 cup of butter).

Did you know?

Although they're high in fat, nuts are good for the heart. Along with warding off the bad type of cholesterol, nuts contain fiber and vitamin E. But you can have too much of a good thing. Keep serving sizes to 1/5 ounces a day (about a handful), since the calories can add up fast.

School Board Meetings

5 p.m. at MTI North

March 28

April 11 & 25

May 9 & 23

ATTENTION, ATTENTION 2011 GRADUATING SENIORS...

Calling for Your Baby Pictures

Please get them turned into Mrs. Fowkes by no later than **April 15**. It is important to honor the deadline as we try to put together this wonderful graduation gift!



DWU to host Senior Awards Night May 17

MHS's Senior Awards Night is to be held on the evening of Tuesday, **May 17**, 7 p.m. at Dakota Wesleyan University's Sherman Center. This is a night where our 2011 graduating seniors get to shine!! A variety of awards and scholarships will be presented including the Mitchell Community Scholarship.

All in attendance will view the *premiere* of this year's 2011 Senior DVD. Please mark your calendars and plan to attend. We would love to have you!

