The Arnold Sentinel

"Serving the South Loup River Valley"

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Arnold Students Unplug for Learning

School seeks to reduce distractions with new cell phone policy

update to students and be turned in.

many students are utito connect to the internet with their personal hotspots. They are using their cell phones to play video games, listen to music and social media entertainment instead of focusing on their academics. I have tried to give the students the privilege of using their cell phones during passing periods, but unfortunately, they have proved that they are unable to stay off their phones during classroom time," Ms. Goodenow said in her post through Schoology.

out that there is a disturbing number of middle and

On Monday, March 3, ing at least one or more and are enacting cell-Arnold Principal Alison classes - something she phone policies on their Goodenow posted a group truly believes cell phones own. For those schools are a big part of. She said that haven't, state govparents in Grades 7-11 that she is confident that ernments are getting inthat all cell phones would Arnold School will see a volved. On the same day change in student perfor- as the post went out to "Throughout this school mance and behavior by Arnold students, LB140 year, I have found that not having access to their phones during the school require Nebraska school lizing their cell phones day. Seniors, however, boards to adopt polihave earned the privilege of keeping their cell phones during the day, with the expectation of turning the cellphones al by Nebraska senators into the classroom teacher as they enter each class. If parents need to get a hold of their student, they can contact the to all electronic comschool office. On the academic side, students who are struggling with their grades will work with their homeroom teacher.

Nation is Seeing Growing Push for Cellphone Bans

School administrators The principal pointed and teachers across the nation are agreeing that cell phones are a distrachigh school students fail- tion kids just don't need

- a proposal that would cies regarding student use of cellphones before the 2025-26 school year gained first round approvby a vote of 44-0. An Education Committee amendment to the bill clarifies that the bill would apply munication devices, not just cellphones, and that school districts rather than individual teachers may permit device use for education purposes. With this bill, Nebraska is joining a growing number of states considering laws or policies restricting the devices; some states

See Unplug for Learning, page 2.



Seventh graders Carlee Smith and Jose Melendez, Jr. place their cell phones in pouches in their homeroom at the beginning of the school day last Thursday. The new school policy of grades 7-11 turning in their cell phones for the entire school day went into effect on March 3.

- APS photo

AVFD Presents Yearly Awards



Receiving awards at the Arnold Fire Department's Annual Awards Night and Banquet were: (I-r) Cassy DeLosh, runner-up EMT of the Year; Robbi Smith, runner-up Fireman of the Year; and Tammy Weinman, EMT of the Year. Not pictured is Andrew Tickle, who was named Fireman of the Year. - Courtesy photo

day February 28

Mike Bailey, parameded to other area departthey would say about the tend the awards banquet. Arnold Fire Department. the foundation that was set a long time ago. One family.

Robbi Smith read a speech drew was unable to attend ment members. due to being out of town for a funeral.

Robbi "Years of Service" pins to ther. We always appreci-Cassy DeLosh for 10 years ate retired members joinof service and to Tammy ing us for the night.

The Arnold Volunteer Weinman for 25 years of Fire Department held service. Tammy looked their Annual Awards back over her 25 years on Night and Banquet with the department and talk-24 in attendance. It was ed about the highlights held at the Legion on Fri- and memories of those vears

Lee Eastburn was given ic from Ansley, was the a plaque for his retirespeaker for the night. He ment and 42 years of serhad mentioned that for vice to the department. his speech he had talk- Brock Dailey also retired and had 21 years of serments and asked what vice but was unable to at-

EMT of the Year was One person said that Ar- awarded to Tammy Weinnold continues to build on man and runner-up EMT of the Year was awarded to Cassy DeLosh. Fireman word kept coming to the of the Year was awardforefront was the word ed to Andrew Tickle and runner-up Fireman of the Year was awarded to Robfrom Andrew bi Smith. These awards Tickle, Fire Chief. An- are voted on by depart-

> Retired member in attendance was Mike Gunther presented the and his wife Barb Gun-

Safranek Providing **Massage Therapy at A-Z Ventures**

has started her own massage therapy business in the A-Z Ventures building in Arnold. A 2016 graduate of Arnold High, she received her schooling from Myotherapy Institute in Lincoln, becoming licensed in August of 2020. She said massage therapy wasn't her first choice when going to college.

"I found myself not really knowing what to do, so with the help of family and friends, I decided on massage therapy," she said. "My parents always told me that a trade never really goes out of business, and we always need more people doing them. I also liked giving massag- a passion for massage

that helped my decision as well."

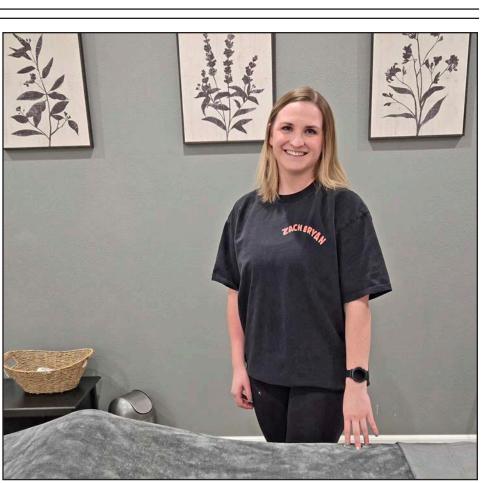
Olivia worked in Gretna, can greatly use," she said. Nebraska, for three years, and another year in Lincoln before moving back

"I was raised in Arnold and my husband is from Merna, so long term, we always saw ourselves moving back home. It was God's timing that my husband was able to secure a great job in Broken Bow, while we were expecting our first kid, and it was an easy choice. I decided to go into business because even though I am a full-time mom, I still have

Olivia (Furne) Safranek es when I was younger, so therapy. I know how much the area needs more therapists and how it is a prac-After becoming licensed, tice that many back here Olivia likes to say that she didn't choose the A-Z building, it chose her. April Tickle, who owns the building with husband Andrew, and who is a licensed massage therapist, reached out to her when the couple moved back about possibly working in the building.

"I was solely focused on being a mom, but as time went on, I found myself wanting to get back into it. April and I met, and it was an easy choice. I

> See Massage Therapy, Page 2.



Olivia Safranek is now providing massage therapy services in the A-Z Ventures building in Arnold. - Debbie Connelly photo