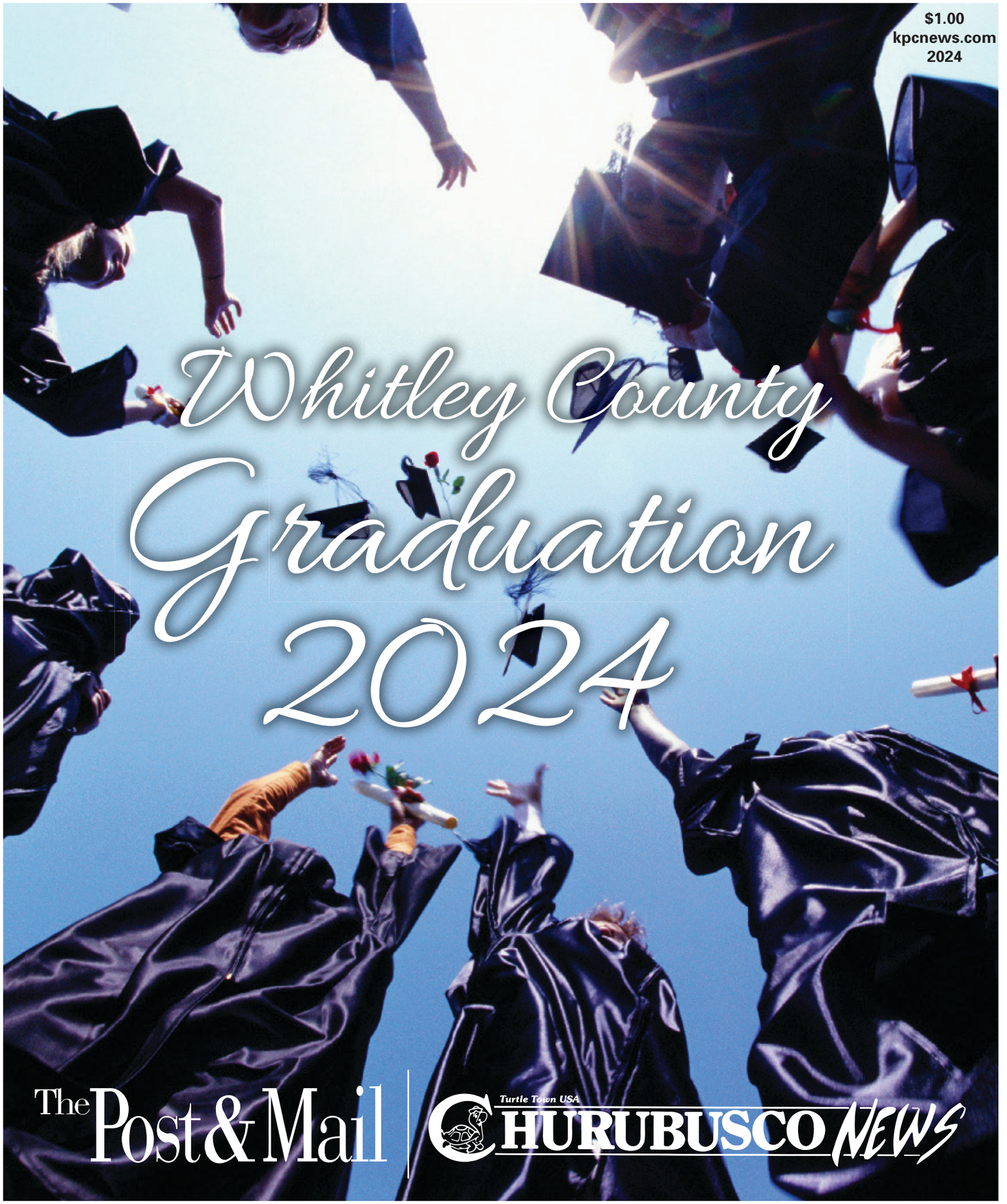

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Crafting the Perfect Graduation Announcement

BY GREEN SHOOT MEDIA

While many of the events surrounding graduation are steeped in tradition, there are plenty of ways to express your creative style. One of these ways comes in your graduation announcement.

Graduating from high school or college is a significant achievement, marking the culmination of years of hard work, dedication and personal growth.

Sharing this milestone with loved ones is part of the celebration, and one way to do so is by sending out graduation announcements.

These announcements typically serve as a formal announcement of your achievement and provide an opportunity to express gratitude, share future plans and invite others to join in the celebration. You can choose to go with traditional, formal formats or make your own creative, casual graduation announcement.

Jostens assures graduates there are no rules on how these work.

Choose a Design

The first step in preparing graduation announcements is selecting a design that reflects your personality and style. Whether you prefer classic elegance, modern simplicity or bold creativity, there are countless options to choose from, including traditional paper cards, digital designs and customizable templates. Consider factors such as color scheme, typography and layout to create a design that resonates with you and captures the spirit of your graduation.

When crafting your graduation announcements, be sure to include essential details such as your full name, graduation date, degree or diploma earned, and the name of your school or university. You may also want to include additional information, such as honors or awards received, future plans or aspirations, and a personal message of thanks or reflection.

Personalize your graduation announcements with a heartfelt message that reflects your journey and expresses gratitude to those who have supported you. Whether it's a simple thank you to family and friends, a quote that has inspired you, or a personal reflection on your educational experience, adding a personal touch to your announcements can make them more meaningful and memorable.

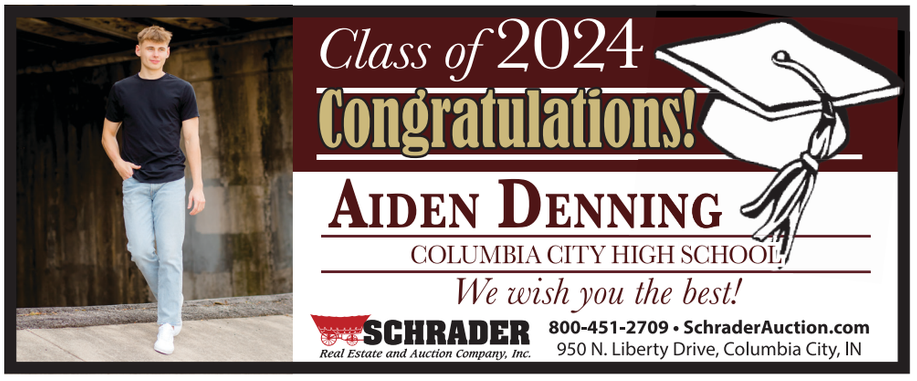
Distributing Announcements

Decide how you want to distribute your graduation announcements, whether it's through traditional mail, email, social media or a combination of these methods. Consider the preferences of your intended recipients and choose the method that is most convenient and accessible for them.

If you're sending physical cards, be sure to include postage and allow plenty of time for delivery.

Give yourself plenty of time to prepare and send out your graduation announcements, ideally several weeks before your graduation date. This will ensure that your announcements arrive promptly and give recipients ample time to mark their calendars and make arrangements to celebrate with you.

Preparing graduation announcements is an opportunity to celebrate your achievements, express gratitude, and share the joy of this milestone with loved ones.





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CHURUBUSCO


Blessing, Keaton


Boersema, Ella


Brown, Luke

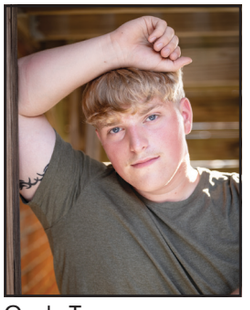

Buchhop, Reise



Carpenter, James


Casselman, Faith


Cohee, Joshua


Cook, Tyson


Crick, Gage


Dafforn, Samantha


DeBolt, Jorja


Dickinson, Isaiah


Dreibelbis, Elizabeth


Dunham, Jayden


Earle, Logan


Eby, Alyssa

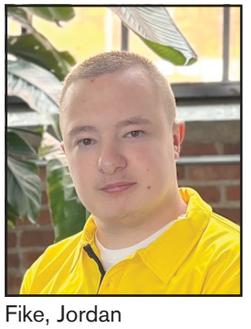

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Emenhiser, Joshua


Eminger, Joey


Fair, Paige


Faulkenberg, Ava

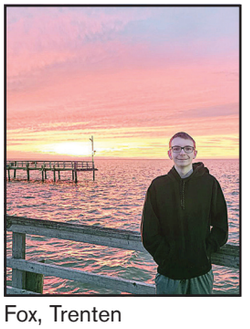

Fike, Jordan



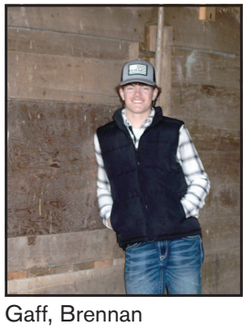
Fisher, Charlie


Fleetwood, Jackson


Ford, Abigail


Fox, Trenten


Gaerte, Aaron


Gaff, Brennan


Galvan, Xander


Geary, Amy

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George, Aryssa


Gordon, Ahna


Griebel, Xavier


Grim, Emma



Hamilton, Kaitlyn


Harden, Natalie

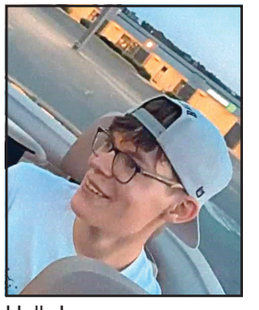

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Hogle, Jacob


Holler, Christopher

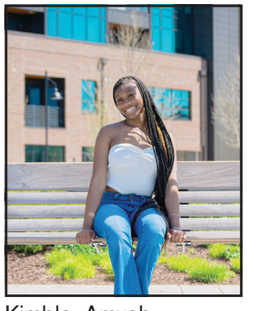

Holzinger, Logan


Huelsenbeck, Gavin


Hull, Jace


Hurley, Madison


Jacks, Mason


Kimble, Amyah


King, Madison

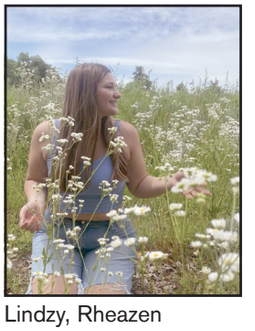

Kirchner, Cayden


Koepp, Arianna


Langston, Aaliyah


Lehman, Alaina


Lehman, Madison


Lindzy, Rheazen


Luke, Emma


Martin, Hadlee


McConnell, James


Meeks, Rylee


Meza, Janeth


Minthorn, Greta


Mullins, Bailee


Noe, Isabella

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Noland, Hunter


Ott, Warner


Overdeer, Samuel


Palmer, Evan


Peer, Jada


Peterson, Evan


Powell, Allissa


Price, Luke


Przemielewski, Sydnee


Quinn, Jorja


Ray, Tavin



Reuter, Tyler


Rinker, Weston

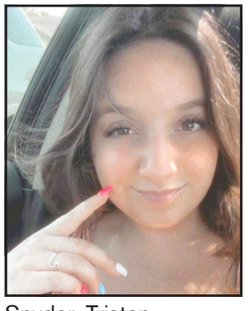

Schaefer, Mallory


Scherer, Grant


Schott, Nicholas


Sezginer, Ilayda


Smith, Ethan

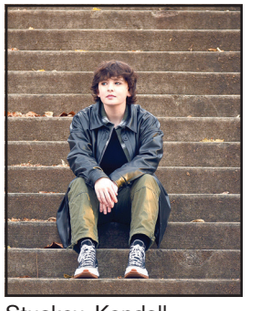

Snyder, Tristan


Sobasky, McKenna

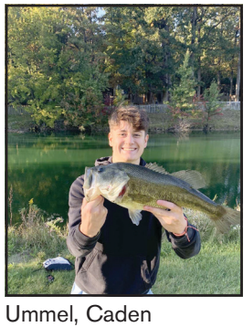

Stephens, Rosey


Stone, Lindsay


Stoppenhagen, Shealyn


Stuckey, Kendall


Taylor, Austin (Joey)


Ummel, Caden


Vachon, Kendrick


VanHouten, Carter


Vernon, Tessa


Voigt, Joseph

CHURUBUSCO


White, Ayden


Wiedelman, Kaylei


Wiggs, Lillian


Wymer, Molly


Young, Nicholas

Not pictured:
Dominic Ianucilli,
Jenna Medina,
Chase Vandewalker

Dressing up for Graduation

BY GREEN SHOOT MEDIA

Caps and gowns are iconic symbols of graduation ceremonies, representing academic achievement, tradition and the transition from student to graduate.

From their origins in medieval academia to modern-day celebrations, caps and gowns have remained an integral part of graduation attire, steeped in symbolism and tradition.

Origin and Symbolism

The tradition of wearing caps and gowns dates back to medieval Europe, where scholars and clergy donned academic robes as a symbol of their status and learning.

These early robes were practical garments designed to keep scholars warm in unheated buildings, with hoods serving as makeshift head coverings. Over time, academic dress became more standardized, with distinct styles and colors representing different degrees, disciplines and institutions.

Today, caps and gowns are worn by graduates at high school, college and university graduation ceremonies around the world. The cap, or mortarboard, symbolizes the culmination of academic achievement, while the gown represents scholarly tradition and dignity.

How to Wear Them

Wearing caps and gowns correctly is an important part of graduation etiquette. Here's how to do it according to Jostens:

Cap: Place the mortarboard squarely on your head, with the front point centered and the tassel hanging to the right side. The cap should sit flat and level, not tilted or cocked to one side. Men should take the caps off during the school song and the National Anthem.

Gown: Put on the gown with the zipper or buttons at the front. The sleeves should hang down naturally, with the hem of the gown falling to mid-calf length. If the gown has a hood, drape it over your shoulders with the velvet trim facing outward. Traditionally, garments worn under the gowns include dark trousers with dress shirts or lightweight dresses or blouses and skirts that do not hang below the gowns. Some people wear a detachable white collar. Flowers and jewelry should not be worn on the gown.

Tassel: At many graduation ceremonies, the tassel starts on the right side of the cap and is moved to the left side after receiving your diploma. Some schools have specific instructions for when to turn the tassel, so be sure to follow any guidance provided by your institution.

Sometimes caps and gowns are accessorized with stoles or honor cords depending on the school's traditions.

Mortarboard Decoration

In recent years, there has been a growing trend of decorating mortarboards with creative designs, personal messages, and symbols representing graduates' interests and achievements. This tradition of personalizing mortarboards has its roots in individual expression and celebration.

A professor from the University of Nevada, Las Vegas, Sheila Bock, researches mortarboards. She said the earliest examples she found of people decorating mortarboards were in the 1960s as protests against the Vietnam War.

Graduates use a variety of materials and techniques to decorate their mortarboards, including paint, glitter, rhinestones, fabric and decals. Common motifs include graduation caps, diplomas, school mascots, quotes and symbols representing future aspirations or hobbies. Decorating mortarboards has become a fun and creative way for graduates to express their personalities and commemorate their academic journey.





6 tips for planning a graduation party

BY METRO CREATIVE CONNECTION

Graduation season is a festive time of year. Each year, graduating students close a notable chapter in their lives. But as one chapter closes, another opens.

Many families commemorate graduation with a celebration. Planning a graduation party requires some work, but the efforts can be well worth it in the end. Here are six tips for planning a graduation party.

1. Start early with planning

Graduation season is a busy time of year. Many notable events take place in spring. In addition to graduation, Mother's Day, weddings, communions, make up many people's spring social schedule. Each of these special events will be competing in a relatively small window of time for the same vendors and services in various communities. Set a date for the graduation party as soon as possible so that all other components of planning can fall into line. Also, it would be wise to send out invitations well in advance so guests can plan ahead and make it to the festivities.

2. Set a budget

Graduation season can stretch families' budgets. Graduation caps and gowns, travel, gifts, and special occasion attire will need to be to purchased. It is important to budget accordingly if you plan to throw a party. Budget will dictate whether yours is a large affair or something more intimate. Realistically assess what you can afford before you make any promises.

3. Plan easy food options

Food is not the focal point of a graduation party like it is during a wedding reception. Therefore, hosts have more leeway with the menu when planning a graduation party. Choose finger foods and others that can be grabbed and eaten on the go, as people will want to mingle and have time to congratulate the graduate.

4. Choose the right venue

Budget may dictate the type of venue. Having a graduation party at home can work, provided you have the space. If your graduate has requested a theme, then the party location can align with that theme. For example, a luau theme may work best around a pool or at the beach. If you will be hiring entertainment, make sure there is enough space and electrical hookups for equipment as well. Give neighbors a heads-up if you'll be hosting at home.

5. Consider an open-house event

Various graduation parties may be going on at the same time, particularly on weekends. Consider an open time frame for guests to drop by and then leave when they desire. This makes it easy for the graduate's friends to stop by when they can, rather than having a fixed schedule for the party.

6. Personalize decorations

Set the party apart with some personalized decorations that fit the theme. This can include using school colors, photography, the graduate's name, or specific quotes or interests of the graduate on banners and more. Personalized decorations also mean that the grad can save something to serve as a memento of this exciting time in his or her life.

Graduation season is on the horizon, and it's best to start thinking about parties as soon as possible.



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Adams, Ava


Adams, Malek


Aikey, Janoah


Akey, Elizabeth


Anderson, Brayden


Andreoletti, Chiara


Anthony, Ayla


Arnold, Sariah


Ash, Samuel


Augustus, Vivian


Baker, Molly


Banks, Bethany


Barton, Landon


Bartz, Mackenzie


Baughman, Brodie


Baxter, Megan


Beard, Jordan


Bechtold, Samuel


Belloni, Riccardo


Berger, Caden


Bergman, Caden


Berlin, Nicholas


Biberstein, Josie


Bilderback, Clementine


Bloom, Carter


Bock, Alayna


Bolinger, Katelin


Borries, Brody


Brady, Molly


Braun, Andrew

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Brenneke, Noah


Brown Karmen


Buckles, Brady


Bunn, Alexzander


Butler, Cole


Byall, Austin


Byall, Zachary


Callahan, Caitlyn


Calloway, Victoria


Cassidy, Dale


Chacon, Jada


Chopson, Lila


Clark, Coleman


Cook, Madilyn


Copeland, Chloe


Cordova, Kylei


Cox, Cyle


Coyle, Kaleb


Craft, Bronson


Crance, Keagan


Crawford, Maylee


Crosson, Tyler


Curtis, Adyson


Curtis, Joshua


Davies, Emily


Davis, Kaylee


Deisler, Codee


Denning, Aiden


Derbeck, Zavier


Dickmeyer, Gavin

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Dooley, Kora


Duncan, Carson


Eberly, Samuel


Elliott, Andrew


English, Jarrett


English, Jayden


Eubank, Tyler


Evans, Caylee


Ferguson, Kelan

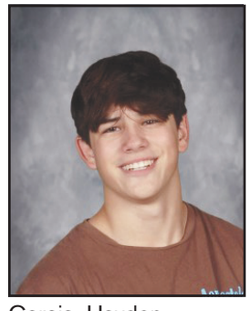

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Forrester, Jadyn


Fraunfelder, Brooklyn


Frey, Faith


Frey, Vanessa


Garcia, Hayden


Gavin, Garrison


Gavin, Hayden


Getts, James


Gienger, Madylin


Gilbert, Emma


Gilbert, Jackson


Gladd, Lily


Good, Logan


Grant, Mercy


Green, Connor


Green, Hannah


Hamby, Joshua


Hardy, Kaitlyn


Hartman, Braden


Haselby, Bethany

COLUMBIA CITY


Hearld, Andrea


Hedges, Brooklyn


Henderson, Brooke


Henry, Wyatt


Hershman, Caleb


Hickey, Kennedy


Hill, Kennedy


Hilton, Clinton


Himes, Ryker


Hoag, Kameron


Holtzman, Michael


Hoskins, Makenzie


Hosler, Tanner


Houser, Alina


Howell, Izabelle


Hull, Weston


Hungerford, Colten


Huntley, Braxton


Huston, Alexander


Hyden, Addison


Hyndman, Mary


Jackson, William


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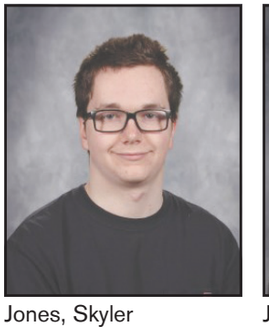

Johnson, Emma


Johnson, Lindsay


Jones, Brandon


Jones, Jaden


Jones, Morgan


Jones, Skyler


Jordan, Pauleen

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Kakudo, Mako


Kauffman, Cayden


Keiser, Kaelyn


Kidd, Karsyn


Kiesling Weber, Paul


Kilander, Logan


King, Camaia


Kline, Carter


Knefelkamp, Colton



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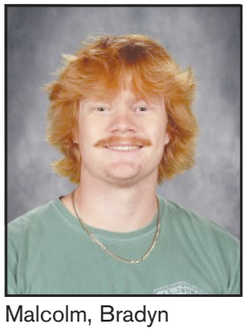

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Longenbaugh, Jensyn


Lortie, Ashdon


Lowder, Maven


Lundy, Makenna


Malcolm, Bradyn


Maldonado Colon, Kevin


Martinez, Ian


McDevitt, Noah


McKinzie, Xaiden


McNew, Brooklyn


Meyer, Brody


Michaels, Julisa


Michaud, Kaylee


Mikesell, Jacob

COLUMBIA CITY


Mikesell, Jacob


Miller, Jackson


Miller, Lorin


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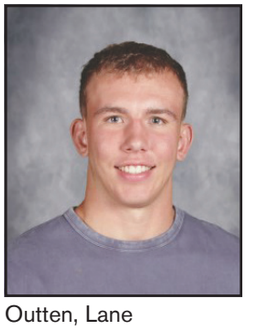

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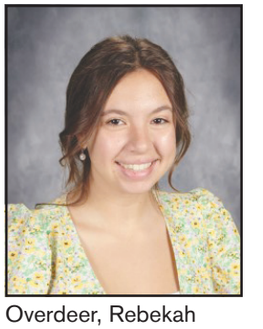

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Osselaer, Nicholas


Outten, Lane


Overdeer, Rebekah


Parke, Vincent


Patrick, Ethan


Patterson, Lillane


Pavirani, Ilaria


Payne, Cohen


Payne, Robert


Pecorelli, Arianna


Pletcher, Noah


Poling, Caden


Porter, Kyle


Potter, Jordan


Prater, Matthew

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Pratt, Raegan


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Rice, Lance


Richmond, Lillian


Ridge, Marcus


Ridley, Brayden


Roach, Ayden


Robbins, Hailey

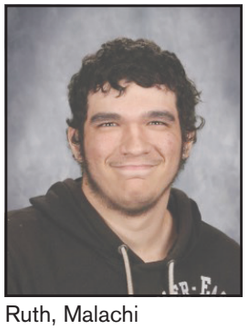

Robinson, Taelor


Rongos, Alexander


Rose, Jacob


Rouch, Lauren


Rush, William


Ruth, Malachi


Sanderson, Mackenzie


Sattison, Kaleb


Schichner, Olivia


Schmit, Allyson


Schmoekel, Malina


Schroeder, Brady


Schuman, Ian


Scott, Reed


Severit, Elizabeth


Sheets, Kyndra


Shumpert, Shayla


Simmons, McKenna


Skinner, Alexander


Smolek, Abigail


Smyth, Owen

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Snyder, Kasey


Solliday, Hailey


South, Jessica


Sparks, Ashley


Sparks, Tyler


Spencer, Keegan


Sroufe, Cayden


Stahl, Ian


Steele, Markus


Stender, Marta


Stidham, Taylor


Story, Avery


Summers, William


Sutton, Atsa Bi Yaazh


Taylor, Breanna


Taylor, Lindsay


Tenney, Owen


Thompson, Paul


Timm, Landon


Timms, Eden


Titus, Justin


Tonkel, Tessa


Ulrey, Emma


Urban, Landon


VanHouten, Jada


Vasquez, Rodney


Venable, Avery


Villard, Anais


Wagner, Ayla


Ward, Ava

COLUMBIA CITY


Watkins, Cadence


Weber, Devon


Wells, Mekyah


White, Sydney


Wilcoxson, Lauren


Wilson, Reagan


Wilson, Taileaha


Wireman, Serenity


Wissler, Ciera


Yager, Joel


Young, Caleb


Zayas Oliveras, Yan


Zecca, Derrick


Zent, Kamryn


Zorger, Christopher



How to plan a fulfilling gap year

BY METRO CREATIVE CONNECTION

Many high school students tend to enjoy a few months of summer vacation after they graduate, and then embark on new adventures at college or trade school. Graduating college seniors follow a similar path of joining the workforce or beginning post-graduate work after earning their degrees. But such paths are not the only ones available to students. Some students may want to consider a gap year.

A gap year is a break from academia to pursue other interests or even experiential learning, according to Forbes. It's more than just a time to relax, and can prove especially helpful to self-development and discovery. If time and budget allows, taking a gap year can be a worthwhile and productive endeavor. Here are a few ideas and benefits relating to gap years.

• **Hone skills:** Some see a gap year as a chance to goof off or lounge around. Instead, this break provides an opportunity to sample the workforce and gain experience. Individuals can seek opportunities that will be relevant to the careers they intend to pursue in the future. A future certified public accountant, for example, may want to spend tax season working with an accounting firm to learn the ropes.

• **Learn a language:** Students may think a gap year is the perfect opportunity to become more proficient in a foreign language or two. Bilingualism can be a key advantage in one's job search and future career. Traveling to a country where a studied language is spoken and learning it while immersed in the culture can be a particularly effective means to acquiring language skills.

• **Engage in a passion project:** There are many projects that may be put on hold because of lack of time or resources while in school. A gap year can be the ideal time to write more or explore an innovative new business idea.

• **Perform service work:** A gap year can be an opportunity to engage in social change or to help a cause. Certain people may want to travel to underprivileged areas on humanitarian missions or teach English to students overseas. These are experiences that will promote personal growth and help boost a résumé when it comes time to find a job.

• **Improve academic performance:** A study by Colorado College's Gap Year Research Consortium reported that those who participate in gap years exceeded their predicted GPAs by roughly 0.15 points. A gap year may help a person become a better student.

• **Land an internship:**

SEE **GAP YEAR,** Page **A17**

Post-Graduation Anxiety

BY GREEN SHOOT MEDIA

Graduating from high school or college is a significant milestone, but it can also be a time of uncertainty and anxiety about what lies ahead.

The transition from student life to the real world can bring a range of emotions, from excitement and anticipation to fear and self-doubt. Navigating post-graduation anxiety requires resilience, self-awareness and proactive coping strategies to manage stress and uncertainty effectively.

WebMD reports that post-graduation distress is common. Libby O'Brien, a licensed professional counselor said, "The first thing to understand is that you're not alone. Feeling anxiety, depression or some degree of 'stuckness' and discomfort after graduating is normal. It's a change, and change can be very challenging to negotiate. You don't necessarily know what comes next."

Acknowledge Your Feelings

The first step in managing post-graduation anxiety is to acknowledge and accept your feelings. It's normal to feel anxious or overwhelmed about the future, especially when facing uncertainty and change. Allow yourself to experience these emotions without judgment, and recognize that it's okay to feel scared or uncertain about what comes next.

Set realistic expectations for yourself during the transition from graduation to the next phase of your life. Avoid comparing your journey to others' or putting undue pressure on yourself to have everything figured out right away. Understand that it's OK to take time to explore your options, make mistakes and learn from experiences along the way.

Self-Care

While there may be many unknowns about the future, focus on what you can control in the present moment. Set small, achievable goals for yourself, such as updating your resume, networking with professionals in your field or researching job or educational opportunities. Taking proactive steps toward your goals can help you regain a sense of agency and empowerment.

Taking care of your physical, emotional and mental well-being is crucial during times of transition and uncertainty. Make self-care a priority by getting enough sleep, eating healthily, exercising regularly and engaging in activities that bring you joy and relaxation. Practice mindfulness, meditation or deep breathing exercises to help calm your mind and reduce stress.

Tennessee Tech advises its graduates to invest in something they are passionate about or to start a new hobby outside their comfort zone. It's a way, they say, to re-energize and regain focus, especially if those were things that you were too busy to do while in college.

Seek Support

Don't hesitate to reach out for support from friends, family members, mentors or mental health professionals if you're struggling with post-graduation anxiety. Talking openly about your feelings and concerns can provide validation, perspective, and practical advice for navigating this challenging time. Surround yourself with people who uplift and encourage you, and don't be afraid to lean on others for support when needed.

Embrace Uncertainty

Instead of viewing uncertainty as a barrier or source of anxiety, try to re-frame it as an opportunity for growth, exploration and self-discovery. Embrace the unknown as a chance to try new things, learn from experiences and expand your horizons. Remember that setbacks and challenges are a natural part of the journey and can lead to unexpected opportunities and insights.

GAP YEAR

FROM PAGE A16

Some companies may want to extend internship offerings beyond the standard semester. Many professionals land their jobs through networking, so taking time away from school to participate in a lengthy internship can make for a smoother entry into that company should one want to work with them in the future.

Taking a gap year may not be the traditional route for students, but the benefits of time away from formal learning can be profound.



Congratulations 2024 Grads!

We're proud to wish the Class of 2024 much success for tomorrow and beyond.

Churubusco Family Dentistry, L.L.C.
Dr. Richard Zollinger
Dr. Dionne Hladin
Dr. Emily Johnson
& Staff

Best Wishes!

Traditions and Modern Practices

BY GREEN SHOOT MEDIA

High school graduation ceremonies are steeped in tradition and symbolism, serving as a rite of passage for students transitioning from one phase of their lives to the next.

Over the years, these ceremonies have evolved significantly, reflecting changes in society, education and cultural norms.





History

The origins of high school graduation ceremonies can be traced to medieval universities, where students were awarded degrees in formal ceremonies known as commencements. These early ceremonies often included processions, academic regalia, and the conferral of degrees by university officials.

Over time, these traditions were adopted by secondary schools. In the U.S., graduation ceremonies in the 1900s included events for the graduating seniors, according to Jostens. These included senior plays, banquets, picnics or sometimes even outdoor hikes and backpacking trips.

"Pomp and Circumstance," the most commonly played processional, was written for the coronation of King Edward VII of Great Britain, according to History.com. In 1905, Yale bestowed an honorary degree on the song's composer and played it for the graduation, a practice that was picked up by other schools.

Etiquette

Graduation ceremonies are formal events. Students are expected to dress appropriately, typically wearing caps and gowns in school colors. Guests should dress tastefully and refrain from disruptive behavior during the ceremony.

It is customary for attendees to arrive early, silence cell phones and remain seated. Applause and cheering are encouraged at appropriate times, such as when graduates receive their diplomas, but excessive noise should be avoided out of respect for others and the proceedings.

Some schools limit the number of guests each graduate can have at the ceremony. Jostens recommends inviting one person from each wing of the family or coming up with a creative solution such as drawing names.

Components

While specific elements of graduation ceremonies vary from school to school, several common components include:

1. Processional. The ceremony begins with a formal procession of graduates, faculty and school officials entering the venue to the accompaniment of music.

2. Welcome address. A school administrator or faculty member delivers a welcome address, greeting attendees and setting the tone for the ceremony.

3. Student speakers. Graduation ceremonies often feature speeches by student representatives, such as class valedictorians or student council members, reflecting on their experiences and offering words of inspiration to their peers.

4. Presentation of diplomas. Graduates are individually called to the stage to receive their diplomas or certificates, often accompanied by handshakes or congratulatory remarks from school officials.

5. Commencement address. A keynote speaker, typically a distinguished guest or prominent community member, delivers a commencement address, offering words of wisdom and encouragement to the graduating class.

6. Turning of the tassel. At the conclusion of the ceremony, graduates participate in the symbolic turning of the tassel on their mortarboard hats, signifying their transition from students to alumni.

7. Recessional. The ceremony concludes with a formal recessional, as attendees exit the venue to the accompaniment of music.

Meal Prep Tips for Graduates

BY GREEN SHOOT MEDIA

For graduates who are leaving home and won't have a meal plan at college, suddenly having to feed yourself can seem like an overwhelming task.

Mastering the art of simple meal prep can help you maintain a healthy lifestyle on a budget.

With a little planning and creativity, you can whip up delicious and nutritious meals that will fuel your body and mind without breaking the bank.

Planning

When it comes to meal preparation, simplicity is key. Focus on recipes that require minimal ingredients and preparation time, such as one-pot meals, sheet pan dinners and easy stir-fries. Opt for versatile ingredients that can be used in multiple dishes, such as rice, pasta, beans and vegetables, to maximize efficiency and minimize waste.

Take some time each week to plan your meals and create a shopping list based on your menu. This will help you stay organized, save time at the grocery store and ensure that you have all the ingredients you need on hand when it's time to cook. Consider batch cooking and meal prepping on weekends to save time during the week and have healthy meals ready to go when you need them.

Keep staple ingredients on hand, such as canned beans, diced tomatoes, whole grains, olive oil, herbs and spices and condiments like soy sauce and vinegar. These pantry essentials can form the basis of a wide variety of meals and add flavor and nutrition to your dishes.

Meal Choices and Techniques

Batch cooking is a time-saving technique that involves preparing large quantities of food at once and portioning it out for future meals. Cook a big batch of grains, protein and vegetables at the beginning of the week and mix and match them to create different meals. Soups, stews, casseroles and grain bowls are all excellent candidates for batch cooking and can be customized to suit your tastes and dietary preferences.

Seek out simple and nutritious recipes that are easy to prepare, budget-friendly and packed with flavor and nutrients to keep you feeling satisfied and energized throughout your day.

Overnight Oats

Food Network recommends overnight oats as a staple for college students and it provides this recipe.

Ingredients

- 1/3 to 1/2 cup of milk (any kind will do)
- 1/3 to 1/2 cup of old-fashioned rolled oats
- 1/3 to 1/2 cup yogurt, optional
- 1 teaspoon chia seeds
- 1/2 mashed banana
- Optional ingredients: fruit, nuts, nut butter, seeds, protein powder, granola, coconut, spices, citrus zest and vanilla extract.

Directions

1. Add the desired amount of milk, oats, yogurt, chia seeds and banana to a jar or container and stir. Refrigerate overnight or for at least 5 hours.
2. Add additional liquid until you achieve your desired consistency. Top with optional ingredients.

The mixture will keep up to two days or four days if you don't add the banana.







WHITKO


Akers, Dakota


Anaya, Danya


Anderson, Austin


Arter, Jessica


Barnhart, Kaiden


Bays, Chase


Beer, Caleb


Boggs, Dean


Bradley, Dawson


Bradley, Devyn


Bradley, Treyson


Brandenburg, Audra


Burnworth, Noah


Caldwell, Caitlyn


Ciaccia-Long, Kaden


Clark, Chloe


Clark, Wyatt


Clay, Marissa


Cripe, Isaiah


Cripe, Katelyn


Culp, Evelyn


Deneve, Reid


Draper, Britton


Ehrman, Jacob

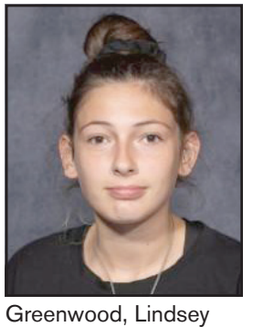

Eloph, Devlin


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Essegian, Samuel

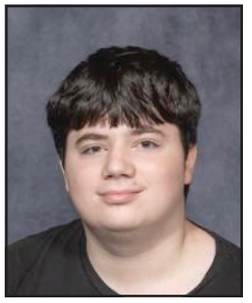

Fancil, Orion


Ferguson, Hadley


Greenwood, Lindsey

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Hamilton, Jasmine


Hardy, Dominick


Heath, Braxtin


Helton, Jared


Hildebrandt, Stormy


Hoffman, Logan


Huber, Ethan


Isabella, Hughes


Hughes, Keilina


Hurd, Kavon


Hurley, Chase


Johnson, Chloe


Keirn, Kylie


King, Katelynn


Kreps, Alayna


Krieg, Kloe

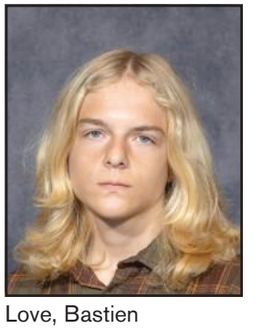

Krull, Kyler


Lime, Laura


Lindzy, Jalyn


Linton Anna


Lopez, Mario


Love, Bastien

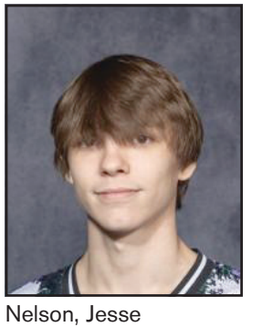

Lung, Dalton

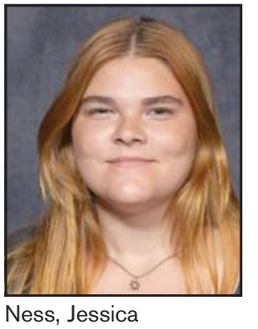

Macias-Nino, Jose


Maroney, Alyssa


Meyer, Ephraim


Minnix, Audra


Nelson, Jesse


Ness, Jessica

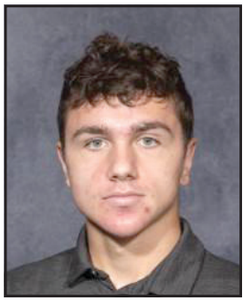

O'Hara, Jordan

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Ocken, Justine


Peconga, Allyson


Perkins, Crayden


Platt, Max


Ridenour, Allie


Ross, Ariel


Rush, Austin


Rush, Dominic


Schey-Kuckuck, Sunny


Schuler, Matthew


Schultz, Zachary


See, Kambryn


Shelton, Brian


Shepherd, Aubrey


Sickafoose, Anna


Sims, Carter


Spriggs. Desire


Sutton, Gavin


Thompson, Timothy


Tucker, Alivia

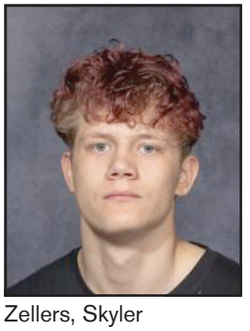

Umanzor, Ana


Wadkins, Anthony


Wall, Brooke


Walls, Caylee


Werner, Finnian


Zellers, Skyler



Get schooled on vocational training

BY METRO CREATIVE CONNECTION

High school graduates or individuals looking to explore continuing education at any age have various options. Among the most popular options is enrolling in a college or university. Studying a trade in a vocational school is another popular option.

What are vocational schools?

Vocational schools are sometimes referred to as career or trade schools. Vocational schools tend to offer certificate programs that are much shorter in duration than traditional college degree programs, and train students for skilled jobs. Vocational programs prepare individuals for careers in electrical work, hairstyling and cosmetology, certified nursing aids, automotive work, and HVAC services, among others.

Cost of attendance

Cost of education is an important factor when choosing a career, and the cost of vocational school is no exception. The College Board says trade school costs between $5,000 and $15,000 on average for a three- to 18-month program. By comparison, the national average for a two-year degree program at public and private colleges can range from $3,621 to $15,333 per year. The cost to attend a four-year college is considerably higher, though it varies widely by institution.

NerdWallet reports that, as of 2021, total student loan debt in the United States exceeded $1.61 trillion. Vocational school can be a much more affordable option than attending college, without the specter of large amounts of debt looming once the training is over.

An obvious job path

Many higher education concentrations are confronting low enrollment, while vocational programs are doing quite well, according to The Hechinger Report, which covers innovation and equality in education. The reason may be that vocational training presents a clear career path, and a more secure way to a solid job. Mechanic and repair trade programs had an enrollment increase of 11.5 percent from spring 2021 to 2022, indicates the National Student Clearinghouse.



METRO CREATIVE CONNECTION

"America is lending money it doesn't have to kids who can't pay it back to train them for jobs that no longer exist," says Mike Rowe, television personality and founder of the Mike Rowe Works Foundation, which offers scholarship money to those who are pursuing the trades. Rowe feels that America has convinced people that the best path for most people is an expensive education. Meanwhile, the Bureau of Labor Statistics indicates there are more than seven million jobs available across the U.S. that do not require a four-year-degree.

Advantages to vocational schools

Trade school students can look forward to some benefits.

- hands-on learning
- more rigid schedule
- efficient time usage
- faster class pace
- small class sizes
- ability for licensure, where needed
- lower costs of attendance compared to other types of schooling
- instructors who are experts in their fields

Vocational schools are an option for students right out of high school or those returning to school later in life. Such schools provide access to millions of rewarding and lucrative jobs that can offer financial security.

Popular majors among modern college students

BY METRO CREATIVE CONNECTION

College students' choice of majors can set them on a path toward rewarding and lucrative careers. Though a career may not be foremost on the minds of students as they graduate high school and inch closer to the start of college, choice of major merits consideration, even among students who have yet to receive their high school diplomas.

Many college students enroll in school as undeclared, while others may pick a major without realizing what it requires and which career path it might set them on. That might explain why it's so common for college students to switch majors. Though data indicating how many students switch majors is somewhat dated, one study from the U.S. Department of Education indicated about one in five students changed their majors at least once while pursuing a bachelor's degree. With that in mind, students may want to consider some popular majors as they try to determine which path to take in college. According to the National Center for Education Statistics, more than half of the 2.1 million bachelor's degrees awarded at United States colleges and universities in the 2020-21 school year were concentrated in six fields of study. In addition, the NCES reports that the following are the six most popular degrees from that academic year.

1. Business: Almost one in five bachelor's degrees awarded in 2020-21 were in the field of business.

2. Health professions: This field accounted for 13 percent of all bachelor's degrees awarded in 2020-21. Common specializations include health sciences, health care administration, nursing, and sports medicine.

3. Social sciences and history: NCES data indicates nearly one in 10 students majored in a social science in 2020-21. This includes specializations such as history, political science and sociology.

4. Engineering: Demand for engineers is expected to rise in the coming decades, and that should bode well for the 126,000 students who earned bachelor's degrees in engineering in 2020-21.

5. Biological and biomedical sciences: Bachelor's degrees awarded in biological and biomedical sciences increased by 46 percent between the 2010-11 and 2020-21 school years.

6. Psychology: NCES data indicates degrees in psychology accounted for 6 percent of all bachelor's degrees awarded in 2020-21.

Choice of major is a significant decision for college students. Students are urged to discuss potential majors with their parents as they seek to lay the foundation for their professional futures.

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