

THE TRADITION TIMES

Potter-Dix High School

THE EXCITEMENT OF OUR TINY TOWN

Duckpin Bowling: Duckpin Bowling... Duckpin... bowling?? Nope, never heard of it!! Well lucky for you, you yourself can become a duckpin pro, like many others have, right here in Potter Nebraska. Duckpin bowling has been a big competition during Potter Days every year, supporting and raising funds for teams, for example the speech team, and the school.



It's located above the local Flea Market and antique shop!The walk up the stairs will give you an insight on its history for every step has a date worth remembering. While you and your buddies or gal pals are historically duckpin bowling you can listen to all your favorite throwbacks on their jukebox. Listening to all the top hits from Alan Jackson, to AC DC, and even Celine Dion. Enjoy the history and old antiques that just take you back to the good old days.

Melodrama: Welcome to the Potter Legion Hall, where many melodramas have brought endless laughter. Every year the melodrama performed by devoted actors and actresses bring people from all around. At every Potter Days and Carbowl you will always find a melodrama just calling your name. This years Melodrama had a great cast and it was a great performance! With every scene you can see the creativity, time and effort put into it. You could see the hard work and devotion that all of them gave truly paid off. Me myself being both the audience and also the cast, all around it's a time to enjoy. Every performance is just overflowing with laughter and entertainment. The funds that are raised in every performance go towards the remodeling and refinishing of the Legion Hall. To keep the history alive in every melodrama performed, it requires you. Your laughs, your friends and family that you bring, and of course spreading the word, "Hey, did you see the Melodrama in Potter? Oh man, it still has me rolling!!" Come down to the next Carbowl or Potter Days and you yourself can experience the magic of the melodrama.

See The Excitement
of our tiny town page 2



THE EXCITEMENT OF OUR TINY TOWN

Mini Bull Riding: Our mini bull riding has finally come back. For our little rodeo is more than just an arena with lots of devoted cowboys doing the thing they love. Our arena is another show of our love to our town. The 2019 Potter Mini Bull riding didn't even feel so mini, with a great announcer and great audience, our small town of Potter came to life. The arena that they all were competing on was a huge contribution from our town. A lot of funds were raised and many donations .

were given to build a new arena. It has been put to wonderful use and it is well maintained and taken good care of. The best part is, it just shows how hard our town is willing to work when we see something we want. We all put in our own and worked hard together, which in all cases is one of the most important things. The heart of so many people really shows, and whoever takes the time to look on our small town can see we have something special. We do not go unnoticed, when each and every one of us contribute a little of our own. We as a town look for the future and learn from our past, looking for the new and keeping hold of our history

FEELING DOWN? YOU'RE NOT ALONE.

Tuesday Sept. 10, is suicide prevention day. Many people today experience suicidal thoughts but never seek help. As someone who has been personally affected by suicide I would like to say you are not alone. According to PBS the suicide rate of teens and young adults has been at it's highest since 2000, In 2017 suicide was 47 percent higher in people aged 15-19 then it was 17 years prior. According to To Write Love on Her Arms website there is a suicide every 40 seconds and 25 other attempts. Approximately 800,000 people die from suicide each year. Stress for the average high school student is on a rise as well. With all the social, academic, and physical challenges we face on a daily, it can break the best of us. Many people go through their lives feeling alone in their pain, you're not alone. You matter, it may feel like you are drowning in your own thoughts and no matter how loud you scream no one can hear you, but that's not true. There are people who do care about you, whether you know it or not, it could be that teacher that you say good morning too, the neighbor that waves at you while you leave for school, or the family member that you only see on holidays. They do exist, and they are here to listen. If you ever have these thoughts you can call or text the national suicide hotline at 1-800-273-8255 or talk online at <https://twloha.com/find-help/>. Someone cares, and that someone is me.

SOCIAL MEDIA BAD..? NO WAY.

Are you into social media? Well most everyone is into social media. The social platforms most people use are Facebook, Instagram, and Twitter. These platforms have competition. Some researchers such as Jim Waterson, a Media editor, thought that social media should be considered a disease. The worst social media are Facebook, Instagram, and Twitter. There are also disorders for gaming. What is a gaming disorder? It is WHO suggests an individual should have shown significant impairment in personal, family, social, educational, or work lives due to playing video games for at least 12 months. Some benefits are that it improved access to information on public health. However, the members of parliament(MPs) want a 0.5% levy on social media networks' profits to fund research, educational initiatives and establish clearer guidance for the public. There are concerns about the impact of social media on mental health of children of all ages. Social media is making people want to take their own life because of cyberbullies. Poor behaviors that teens and children using social media experience are loss of sleep, due to bullying, mental health and grooming issues. Companies will share usernames so it will help researchers find the positive and negative effects social media has on teens and children. Researchers say that the rules on social media should be clearer and easier to understand. Some researchers say that people under 18 should have to be watched when they are on social media. There should be little kid social media that parents can monitor what their kids are doing whenever they want. The social media that has caused the most stress are Facebook and Instagram. Instead of using social media less when stressed with social media they switch to different social media sites. When people are stressed with social media that is how they become addicted to social media and technology. Looking at news feed and other things can cause stress.

THIS MONTH'S WEATHER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
94°/61°	97°/53°	82°/58°	87°/57°	96°/55°	83°/57°	87°/56°
76°/53°	85°/52°	83°/56°	83°/55°	75°/47°	76°/49°	80°/51°
81°/51°	81°/51°	81°/50°	80°/50°	79°/49°	81°/53°	81°/50°
76°/45°	70°/44°	69°/47°	72°/47°	74°/43°	68°/43°	68°/46°
71°/46°	76°/48°					

GOT A STORY IDEA?

Got an idea or suggestion for the newspaper, fill out a form in the office then put it in the box.

ENTERTAINMENT

"She Rocks"

The High Plains Art Council will be putting on "She Rocks", a tribute to female artists from the 60s-80s, featuring Tara Vaughan at The Sidney Performing Arts Center in The Sidney High School. The show starts at 7:00p.m., door prices are \$7 for 60 and up, \$13 for adults and \$5 for students.

The Sidney theater is now playing:

- Goodboys - 7:00 and 9:00
- IT: Chapter 2 - 7:30

Upcoming or newly released albums for September:

- KoRn - The Nothing
- Wednesday 13 - Necrophaze
- Zac Brown Band - The Owl
- The Highwomen - The Highwomen
- Post Malone - Hollywood's Bleeding
- Melanie Martinez - K-12

THIS MONTH'S LUNCHES

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	No School - Labor Day	Breakfast: Oatmeal, Cereal, Yogurt, Fruit, Juice, Milk Lunch: Calzones, Carrot & Celery Sticks, Salad Bar, Cookie, Milk	Breakfast: Sausage & Egg on a Biscuit, Cereal, Yogurt, Fruit, Juice, Milk Lunch: Goulash, Dinner Roll, Corn, Salad Bar, Milk	Breakfast: Bacon, Eggs, Hash Browns, Cereal, Yogurt, Fruit, Juice, Milk Lunch: Meal in a Bowl, Fruit, Salad Bar, Milk	Breakfast: Apple Breadsticks, Cereal, Yogurt, Fruit, Juice, Milk Lunch: Chicken Taquitos, Rice, Refried Beans, Salad Bar, Milk Football with Crawford @ 7:00 P.M.	
	Breakfast: Biscuits & Gravy, Cereal, Yogurt, Fruit, Juice, Milk Lunch: Spaghetti, Breadstick, Peas, Salad Bar, Milk	10 Breakfast: Peanut Butter & Jelly Sandwich, Cereal, Yogurt, Fruit, Juice, Milk Lunch: Cherry Blossom Chicken, Asian Rice, Egg Roll, Salad Bar, Milk Tax Request Hearing @ 7:00 P.M., Budget Hearing @ 7:15 P.M., & Regular Board Meeting @ 7:20 P.M.	11 Breakfast: Breakfast Casserole, Cereal, Yogurt, Fruit, Juice, Milk Lunch: Nacho Bar, Salad Bar, Milk Junior High Volleyball (1:00 P.M.) & Football (2:00 P.M.) with Banner County	12 Breakfast: Coffee Cake, Cereal, Yogurt, Fruit, Juice, Milk Lunch: Hot Turkey, Mashed Potatoes & Gravy, Mixed Vegetables, Salad Bar, Milk Volleyball Triangular @ Home (Kimball & Mitchell) @ 5:00 P.M.	13 Breakfast: Egg & Cheese Sandwich, Cereal, Yogurt, Fruit, Juice, Milk Lunch: Hot Dog, Baked Beans, Chips, Salad Bar, Milk Football @ Sioux County @ 2:00 P.M.	14 Volleyball Quad @ Bridgeport @ 9:00 A.M.
	Breakfast: Breakfast Pizza, Cereal, Yogurt, Fruit, Juice, Milk Lunch: Pizza, Carrots & Celery Sticks, Salad Bar, Milk JV Football with Wallace @ 4:00 P.M.	17 Breakfast: Pancakes, Cereal, Yogurt, Fruit, Juice, Milk Lunch: Chicken strips, Scalloped Potatoes, Vegetable, Salad Bar, Milk	18 Breakfast: Sausage & Eggs, Cereal, Yogurt, Fruit, Juice, Milk Lunch: Deli Sandwich, Coleslaw, Chips, Dessert, Salad Bar, Milk Junior High Volleyball (1:00 P.M.) & Football (2:00 P.M.) with Creek Valley	19 Breakfast: Donuts, Cereal, Yogurt, Fruit, Juice, Milk Lunch: Swedish Meatballs with Noodles, Vegetable, Salad Bar, Milk Dismiss @ 12:30 P.M. for Parent Teacher Conferences (1:00-6:30 P.M.) @ Potter	20 Breakfast: Breakfast Burrito, Cereal, Yogurt, Fruit, Juice, Milk Lunch: Breaded Chicken Sandwich, Siderwinder Fries, Vegetable, Salad Bar, Milk	21
	Breakfast: Breakfast Slider, Cereal, Yogurt, Fruit, Juice, Milk Lunch: Taco Bar, Refried Beans, Rice, Applesauce, Salad Bar, Milk	24 Breakfast: Breakfast Sandwich, Cereal, Yogurt, Fruit, Juice, Milk Lunch: Pulled Pork Sandwich, Baked Beans, Chips, Salad Bar, Milk Volleyball @ Paxton @ 4:00 P.M. MST	25 Breakfast: Pancake on a Stick, Cereal, Yogurt, Fruit, Juice, Milk Lunch: Fried Chicken, Mashed Potatoes & Gravy, Vegetable, Biscuit, Salad Bar, Milk Junior High Volleyball(1:00 P.M.) & Football (2:00 P.M.) @ Minutara	26 Breakfast: Scones, Cereal, Yogurt, Fruit, Juice, Milk Lunch: Hot Beef Sandwich, Mashed Potatoes & Gravy, Vegetable, Dessert, Salad Bar, Milk School Pictures @ Potter (will be after the Dix site is finished)	27 Breakfast: Mini Breakfast Pizzas, Cereal, Yogurt, Fruit, Juice, Milk Lunch: Hot Ham & Cheese Sandwich, Tater Tots, Vegetable, Salad Bar, Milk Volleyball (4:30 P.M.) & Football (7:00 P.M.) with Hyannis	28 Potter-Dix Volleyball Invite @ 9:00 A.M.
	Breakfast: Bagels with Cream Cheese, Pop Tarts, Cereal, Yogurt, Fruit, Juice, Milk Lunch: Hamburger, Hash Brown Casserole, Vegetable, Salad Bar, Milk					