



# Announcements

# LOST & FOUND

If you have lost any items, please visit the office to claim them.

# TUTORS AVAILABLE

Every Wednesday, NHS tutors will be staying after school from 1:30-3:00 to help any students who need it. Mrs. McQueen will be checking in with students who will benefit from extra time working on academics. Please see Mrs. McQueen if you have any questions.

A representative from Lincoln Land Community College will be here today during lunch.

# EARLY ARRIVAL

If you get to the North Mac High School before 7:30 you better dress warm. We open our doors at 7:30 and we don't let anyone in before that time.

Reminder: Back Packs are to remain in your locker during the day day, unless you have been provided permission otherwise. Hats need to remain in lockers as well.

# SPORTS

Please vote for Zane Hogan for Sj-R Athlete of the Week. Let's show our support by voting on Sj-R website.

# VOLLEYBALL

Tuesday Night Recap: Volleyball fell to Athens (25-19, & 25-16) in the IHSA Regionals last night. Great Season Ladies!



# FOOTBALL

Playoff football will be this Saturday at 2:00 against Fairfield. Please come out and support our Panthers! Admissions are \$5, and no passes are accepted.



# CROSS COUNTRY

On Saturday, Olivia Thoroman runs in the Cross Country Sectionals in Elmwood. Good luck Olivia.





# SCHOLARSHIPS

Seniors – several scholarships are now available outside of Mrs. McQueen's office. Remember scholarships are free money! If you have not completed your FAFSA yet, please do so, it is a graduation requirement. See Mrs. McQueen if you need any help.

There will be a representative from Illinois College, and he will be here on Thursday at lunch.

# RED RIBBON WEEK FACTS

The anti-drug programs were initiated by the first lady of the US at that time, it was Nancy Reagan. A proclamation was delivered before her by the club members in 1986. Most students acknowledge they start taking drugs to deal with anxiety. This, in turn, actually increases anxiety in youth and leads to worse habits. During the COVID pandemic, teen drug overdoses rates increased by 19%. More high schoolers smoke marijuana than cigarettes. 21.3% of seniors have smoked weed in the last 30 days. 79.5% of seniors say it's easy to get weed. 35.3% of high schoolers have drunk alcohol in the past month.