Every April I ask, “Where did the school year go?” Obviously, most students wanted the school year to go by quicker (maybe some teachers and parents also). I hope that everyone’s experience this school year has been one that is positive and rewarding. With the great weather this spring, please remind students that the end of school is the last day of school; not spring fever days.

I wish to acknowledge and thank all staff members for their respective roles in the February Reading Month and Wildfire Activity Week. My brief observations illustrated to me the high degree of cooperation and organization that is necessary by everyone to make these two events successful. And, the greater majority of our students’ behavior was exceptional with just a few, very few, minor discipline bumps. Thank you students!!

Teacher Appreciation Week is May 2-6. Please take the time to express your sincere thanks to all staff members (teaching and non-teaching) as it takes everyone to smoothly run a school. No one person can run a school; it takes everyone. Thank you Mott/Regent Staff for the work that you do in your respective roles as we prepare our children for their future.

Professional development is an on-going task. Our staff participates in professional development activities that are hosted by the Roughrider Education Services Program, which is a regional consortium to assist schools with in-service needs that would be difficult to fund on an individual basis. However, there are times when schools provide local professional development activities to meet their specific needs. This spring elementary teachers received training on the “Step Up To Writing” program which will be implemented next fall. These are just two examples of professional development activities that are provided to assist staff in implementing programs and/or curriculums. During this summer, numerous staff members will be enrolling in professional development activities and college classes. In sum, professional development is an on-going, year round practice.

Best wishes to all farmers/ranchers on a safe spring planting season. Hope the old saying of “April showers bring May flowers” holds true as moisture is lacking in most of the state.

Best wishes for an enjoyable spring.
Mr. ElRoy Burkle, Supt.
Mott/Regent Public School District # 1
FROM THE PRINCIPAL’S OFFICE
Mrs. Deb Bohn
(Deb.Bohn@k12.nd.us)

Happy spring!

Thank you to everyone who supported the Reading Month quilt raffle. The raffle was a great success and brought in $1038 to be used in both libraries. Thank you once again to Gary and Tia Honeyman and family for all the donations to Reading Month. The students from Head Start through Grade 12 loved the blankets, backpacks, and pillowcases.

April is National Child Abuse Prevention Month. Please read the 12 Alternatives to Lashing out at Your Child from the Prevention Information Resource Center.

Midterms will be mailed the week of April 18th. If you have any questions about your child’s grades, please contact the teacher.

NDSA (Smarter Balance) testing for grades 3-8 and 11 has started and will continue for the next two weeks. Results will be shared with parents when the school receives them.

NWEA testing will also take place during the months of April and May. Results will be included in your child’s report card at the end of the year.

Please join us for Grandparents’ Day on Thursday, April 7th, at 1:15 in the high school gym. Also please join us for the K-6 Spring Concert on April 7th at 7:00 PM in the gym.

Enjoy the beautiful weather!

KINDERGARTEN
Teacher: Mrs. Mary Roll
(Mary.Roll@k12.nd.us)

Spring is in the air! The Kindergartners are seeing signs of spring all around with grass sprouts, tree buds, farmers in the fields, and warmer temperatures!

March brought about many learning activities. We finished learning all 26 letters of the alphabet and had a blast printing them on our desk in shaving cream!

In letter knowledge for April we will discover “The H Brothers” (th, sh, ch, wh).

In language skills we have learned that sentences have naming words (nouns) and action words (verbs) in them. In reading we have finished reading our decodable readers #6-10 and celebrated with a hot cocoa party! Our next goal is to read books #11-15. If successful, we have the opportunity to visit one of the local parks and read our books outside at the park! Yahoo, school outside!

We were blessed to have a famous illustrator visit our school, Floyd Cooper. He inspired us to follow our dreams and never give up! That is how he became so great at creating pictures from a brown canvas and an eraser! We also say thank you to Dickinson State University and Mrs. Bridget Greff for organizing the Discovery Dome to be at our school. The Kindergartners learned a lot from Big Bird about the Night Time Sky. We also studied the letter Xx and had the opportunity to visit the Mott/Regent High School Music classroom. Thanks for sharing what a XYLOPHONE looks and sounds like!

Congratulations to our winners of the Keep North Dakota Clean Coloring Contest. Super coloring by: Quinn Messmer, 1st; Nathan Rafferty, 2nd; and Charlotte Solley, 3rd. Great coloring to all
and remember to keep our great state of North Dakota clean.

In math we are learning about three-dimensional shapes! Our last two chapters take us into measuring and data graphs. We will revisit other math skills learned earlier this year before our NWEA MAP TEST. Please review adding, subtracting, and larger number 11-30 with your child at home. Our NWEA MAP tests are scheduled for April 18th and 25th. Please make sure your child has a good night’s sleep and breakfast the two days of testing.

Thursday, April 7th, is Grandparents’ Day starting at 1:15 and the Spring Concert is at 7:00 p.m. Tuesday, April 19th, the 2016-17 Kindergarten students will be visiting our classroom in the morning. April 18th and 25th are NWEA TEST dates for Kindergarten. Wednesday, May 18th, at 2:00 is Kindergarten Graduation.

Happy April birthdays to: Jaxson Ream (April 1), Brayden Wiesinger (April 5), Lyncoln Thomas (April 11) and Cassie Kindt (April 21).

Happy spring everyone! We have been enjoying the warm weather and listening to the birds that have returned.

We would like to thank those who helped to bring author/illustrator Floyd Cooper, the Discovery Dome, and Ag in the Classroom speakers to our school. We really enjoyed all of the presentations.

Congratulations to the Keep North Dakota Clean Poster Contest first grade class winners. First place was earned by Kara Roll, Madeline Gonzalez took second, and Iaunica Jordan took third place. Kara’s poster was sent on to state competition. Good luck Kara and great work everyone!

During the last month the students have been given an individual opportunity to read to the Kindergarten class. It has been an enjoyable experience for all. Thank you to Mrs. Roll and the Kindergarten class.

The students have been working with three-dimensional shapes in math, and will soon be drawing two-dimensional using the three-dimensional shape. In science we have been experimenting with magnets. Present and past tense verbs have been the subjects in English, and in reading, we are almost halfway through the fifth and final book. As always, practice, practice, practice oral reading and spelling words every evening. Another great activity every night would be practice on www.ixl.com for increasing their math skills.

We are excited to have Grandparents’ Day on April 7th at 1:45 in the gym. We have been busy singing and dancing for our Spring Concert on Thursday, April 7th, at 7:00 p.m. Please check out the Music News of this month’s newsletter for info on the concert.

NWEA testing will be later in the month for the first grade students. I will send a note with that information as the time nears.

Enjoy each day.

Happy April birthdays to: Jaxson Ream (April 1), Brayden Wiesinger (April 5), Lyncoln Thomas (April 11) and Cassie Kindt (April 21).

and remember to keep our great state of North Dakota clean.

In math we are learning about three-dimensional shapes! Our last two chapters take us into measuring and data graphs. We will revisit other math skills learned earlier this year before our NWEA MAP TEST. Please review adding, subtracting, and larger number 11-30 with your child at home. Our NWEA MAP tests are scheduled for April 18th and 25th. Please make sure your child has a good night’s sleep and breakfast the two days of testing.

Thursday, April 7th, is Grandparents’ Day starting at 1:15 and the Spring Concert is at 7:00 p.m. Tuesday, April 19th, the 2016-17 Kindergarten students will be visiting our classroom in the morning. April 18th and 25th are NWEA TEST dates for Kindergarten. Wednesday, May 18th, at 2:00 is Kindergarten Graduation.

Happy April birthdays to: Jaxson Ream (April 1), Brayden Wiesinger (April 5), Lyncoln Thomas (April 11) and Cassie Kindt (April 21).

Happy spring everyone! We have been enjoying the warm weather and listening to the birds that have returned.

We would like to thank those who helped to bring author/illustrator Floyd Cooper, the Discovery Dome, and Ag in the Classroom speakers to our school. We really enjoyed all of the presentations.

Congratulations to the Keep North Dakota Clean Poster Contest first grade class winners. First place was earned by Kara Roll, Madeline Gonzalez took second, and Iaunica Jordan took third place. Kara’s poster was sent on to state competition. Good luck Kara and great work everyone!

During the last month the students have been given an individual opportunity to read to the Kindergarten class. It has been an enjoyable experience for all. Thank you to Mrs. Roll and the Kindergarten class.

The students have been working with three-dimensional shapes in math, and will soon be drawing two-dimensional using the three-dimensional shape. In science we have been experimenting with magnets. Present and past tense verbs have been the subjects in English, and in reading, we are almost halfway through the fifth and final book. As always, practice, practice, practice oral reading and spelling words every evening. Another great activity every night would be practice on www.ixl.com for increasing their math skills.

We are excited to have Grandparents’ Day on April 7th at 1:45 in the gym. We have been busy singing and dancing for our Spring Concert on Thursday, April 7th, at 7:00 p.m. Please check out the Music News of this month’s newsletter for info on the concert.

NWEA testing will be later in the month for the first grade students. I will send a note with that information as the time nears.

Enjoy each day.
We followed the Iditarod closely in March following the mushers and their routes every day. It was exciting to see where each student’s musher was on each particular day. It tied in so nicely with February’s Reading Month theme on the Iditarod. We were especially thrilled to learn that we had the top “Iditaread” reader from the school in our very own classroom. Congratulations to Carter Brown who earned a Kindle Fire for all the effort he put into reading.

We finished up our handwriting contest last month and are pleased to announce the top three hand writers from our class. All of the second graders worked very hard to produce their best handwriting samples, but we could only pick the top three to recognize. Alliison Grist won third place honors, Alexia Schadle was our second place winner, and first place was Ruby Nasset. Ruby’s handwriting sample was sent on and will be in competition with other second graders from across the state. We’d like to wish Ruby the best of luck in this competition!

We continue to keep busy learning in our classroom. Some of the topics currently being covered include measurement, past tense verbs, prefixes and suffixes, map and globe skills, as well as learning about the water cycle along with weather.

This month we have one birthday to celebrate. Happy birthday to Pierson Frieze who celebrates his birthday on April 3rd. Another celebration we have this month is Grandparents’ Day and our Spring Concert on Thursday, April 7th. We hope to see everyone there!

Happy Easter and spring! Hopefully the weather continues to stay nice. 😊

In social studies we just finished doing research on an invention and making Prezi that we presented to each other. They turned out really great!

We are continuing to work on our geometry unit in math. We have been learning about angles and different polygons.

We have state testing the next two weeks. NWEA and AIMSweb will be completed before the end of the year. Please make sure your son/daughter is getting plenty of sleep on the days that we will be testing. I have sent home a testing schedule so you are aware of the testing days.

The weather has been different almost every morning, so please make sure you are still sending jackets and hats in case it is cold that day.

We went to the Good Samaritan Center and had a lot of fun doing crosswords, word searches, and reading with the residents. 😊

Happy birthday to Andrew Glover on April 11th and Jorja Messmer on April 16th.

Remember to keep reading at home. 😊

If anyone has any questions or concerns, please feel free to email me at any time: jennifer.greff@k12.nd.us
FOURTH GRADE
Teacher: Mrs. Amanda Ebner
(Amanda.Ebner1@k12.nd.us)

The fourth grade was happy to learn that they won a pizza party for having the most people donate at the blood drive. We had our party on Thursday, March 24th -- a nice way to end the week before Easter break. We would like to thank United Blood Services for the pizza and the school for donating drinks for the party.

We are now learning about decimals and how they relate to fractions and money. Please continue to practice those multiplication and division facts at home with your child.

We will be starting our big block of spring testing beginning with NDSA on March 30th. Please try to avoid any absences and make sure your son or daughter gets a good night’s sleep during this time.

On April 5th we will dismiss at 1:30 for staff professional development. The Spring Concert will be Thursday, April 7th, at 7 p.m. April 14th we will have a presentation by Miss North Dakota. Math Meet is on April 29th.

Feel free to e-mail me at any time: Amanda.Ebner1@k12.nd.us

FIFTH GRADE
Teacher: Mrs. Krista Olson
(Krista.Olson1@k12.nd.us)

Happy April!

In reading we’ve been learning about non-fiction genres, theme, point of view, and other story devices authors use in their writing. We have also been reviewing the eight parts of speech and looking at them more in depth. Reading groups are reading a new novel this month and seem to really be enjoying them.

We are just about ready to wrap up Chapter 10: Convert Units of Measure and we will finish the Go Math series with Geometry and Volume. Students are doing well with the measurement units. They can be practicing conversions at home.

For social studies we are talking about the Underground Railroad, President Lincoln, and the Civil War. In science, we have been studying electricity and energy. We’ve talking about attitude, responsibility, and test taking strategies in health. Students have also set their own goals for testing that is coming up.

On March 15th our class traveled to Dickinson State University to participate in Marketplace for Kids, which is open to students in grades 3-8. Students were placed into groups of six and each group attended different hands-on learning activities throughout the day. Some of the topics the classes talked about were electricity, how to make remote controls using Makey-Makeys, bridge building, power plants, team building and communication, how to manage money and make good life choices, and farm management. Students really enjoyed their day and learned a lot through this experience. We also had the only group of fifth graders that completed the Power Plant Puzzle that day. CONGRATULATIONS to Drew Eikamp and Jack Manolovits on your teamwork and accomplishment. Also a HUGE thank you to Becky Eikamp and Joleen Kautzman for chaperoning and making this trip possible.

The elementary Spring Concert and Grandparents’ Day is Thursday, April 7th. April 5th we have early dismissal at 1:30 for a teacher inservice. Math Meet will be held on Friday, April 29th, starting at 12:00 in the Mott/Regent High School Gym.

Celebrating birthdays this month are Drew Elkamp and Gaven Sydnes both on April 29th.

If anyone has any questions or concerns, please feel free to email me at any time: Krista.Olson1@k12.nd.us.
I hope everyone enjoyed their long Easter weekend.

Our class received a letter from an elementary school in Montana inviting us to participate in the Great American Mail Race. They sent us information about their school and community and a blank questionnaire for us to fill out and return to them. We then mailed out the same type of letter and questionnaire to one school in each state. We are very curious to see how many responses we will receive. They looked up the schools in the states they chose, wrote letters, edited them, and filled out questionnaires. It was a fun way to practice spelling, grammar, and writing skills.

In language arts we’ve worked hard to polish grammar and writing skills. The students have worked on editing, revising, and text analysis.

Our class enjoyed learning about bees during the Ag in the Classroom presentation. They learned about the types of bees and the job each performs in the hive. The presenter also displayed bee boxes. Each student received honey samples.

Author/illustrator Floyd Cooper visited our school to share his background and amazing artistic ability. The students enjoyed seeing the beautiful artwork and had the chance to ask questions. Several students were invited to scribble on large sheets of paper and Mr. Cooper turned the scribbles into drawings of familiar characters. They were impressed!

February was Reading Month and the students enjoyed a variety of activities including the "Iditaread". The students were divided into teams to compete in our version of the Iditarod. For each page they read, they were credited for one mile on the trail. Each team had a sled on the wall and it was moved along the course as the pages were recorded. The winning team had lunch with Mrs. Bohn.

Family Night was a great success. Families enjoyed supper, Bingo, and craft activities. Thanks to Mrs. Southerland for setting up the craft stations!

We took a trip on the Titanic when the Discovery Dome came to our school. The Dome is an inflatable structure that allows the audience to experience a 3-D adventure by projecting the movie onto the walls and ceiling. The students look forward to the Dome every year.

In health we finished a unit on basic first aid and moved on to Community and Consumer Health. We focused on time and money management skills, shopping and entertainment addictions, finding valid health information, and advertising/media influences on young people. As usual, we had great discussions and debates. The students have really learned how to present their opinions and give evidence to support their ideas.

North Dakota State Assessments begin the week of March 28.

CONGRATULATIONS!

Mia Gonzalez has qualified for the state level of the National Geographic Bee.

Parent evaluation forms for schoolwide parent involvement will be sent out to the parents in April. Parents, please take the time to fill out the forms and return them to the school by April 29th. The results of the evaluations will be discussed at the review meeting to be held on Wednesday, May 11th, at 3:30 p.m. Your thoughts and comments are important to the schoolwide program.

The following two websites are from the Department of Public Instruction:

Get Ready to Read - This website offers online games to help parents engage their child in
Working with pre-teens and teenagers has been a joy for me my entire teaching career. These fine young citizens are so full of life and open to what life has to offer. However, all of them, as well as all of us adults, come to a point where we second guess ourselves and where we are headed. The key to success and staying on track during that confusing moment is to look inside one’s self and be true to one’s self. Sometimes one of the hardest things to do is to believe in yourself. Too often young people second guess themselves and go along with their peers instead of standing strong in what they believe is best. It is our job as teachers and parents to guide young people in believing they are each beautiful unique individuals that can accomplish anything that they truly believe in.

The poem “Believing in You” by Catherine Pulsifer offers wonderful advice to young people (and all of us) how to continue to believe in one’s self even when doubts arise.

**Believing in You**  
By Catherine Pulsifer, ©1997

Never stop believing in yourself.  
When others doubt, don’t you.  
Do what you love to do,  
No one knows better than you.

Life is too short to live others’ dreams  
Follow your own dream  
Push yourself to reach your goals  
And live the life you once dreamed.

Trust your instincts.  
Be true to yourself.  
You know what is right for you.  
Never give up or give in.

Forget the words “I don’t know how”.  
You can learn,  
You can research,  
You can do.

Your mind is powerful.  
When you believe you can.  
You will find a way  
You won’t waste a day.

Persist and persevere  
Do not fear  
Because if you believe in you  
You will find dreams can come true.

May all your dreams turn into goals,  
Believe in yourself.  
And remember, all of life is a choice.  
The decision is up to you.

**Believe in Yourself,  
Dare To Be  
Whatever You Want To Be!**

“On the Trail -- Cowboys in Concert” is the theme of the elementary Spring Concert which will be held in the Mott/Regent school gym on Thursday, April 7th, at 7:00 p.m.

Appropriate attire is western-style. It can be as simple as jeans, a plain T-shirt, and a bandanna or as you imagine a cowboy or cowgirl would dress. (Make sure garments also comply with School Policy manual.) Students will be dancing, so consider safe, low-heeled footwear.

Our opening song uses cowboy hats as props. If you have brimmed straw, plastic, or felt cowboy hats that students could borrow, please label your hat and send them to school soon so they may be used for rehearsals. Your help is much appreciated! (They will be returned as long as they are labeled.)

Students should meet in their classrooms no earlier than 6:50. Earlier arrivals should remain
in the care of parents/guardians until that time. Grades 5-6 band students should prepare their instruments in the high school band room, warm-up, and be seated in band places. Students are released after the concert according to their classroom procedures.

April 7th is also Grandparents’ Day. Music classes plan to have special music and dances for the afternoon program.

**MARK YOUR CALENDAR**

April 7

_K-6 Spring Concert_

**ART**

Teacher: Mrs. Ruth Southerland
(Ruth.Southerland@k12.nd.us)

This year we have been fortunate enough to obtain clay from Mrs. Robin Reynolds in Hebron, ND. Students in grades K-6 have been excited to have the opportunity to work with CLAY over the past few weeks in art. From turtles to pinch pots, to fish and animals, and everything in between - students enjoyed getting their hands dirty in order to sculpt and form ideas. It has been a lot of fun 😊 Now all of our creations are in the process of drying out so that they can be fired. The DSU Ceramics Department has graciously agreed to fire our clay pieces for us. When the bisque, or hardened clay, pieces return in a couple of weeks, students will have the chance to decorate their ceramic artwork with paint or glaze. Be on the lookout for a display of our clay creations in the near future.

**READING MONTH RAFFLE**

Top Ticket Sellers

First Place -- Brayden Smith (170 tickets)
Second Place -- Emily Manolovits (120 tickets)
Third Place -- Hunter Smith (90 tickets)

Congratulations!

**WINNERS of the**

“Cuddle Up and Read” Quilts donated by Gary and Tia Honeyman family

Sweet Treats -- Anita Schultz, Elgin
Dr. Seuss -- Emmett Mosbrucker, Hettinger
Bugs -- Virgil Smith, Mott
Berenstain Bears -- Diane Mortenson, Dickinson
Farm Animals -- MaryJane Mayer, Mott

Wildfire Quilt
Kat Messmer
DONATIONS NEEDED

We are in need of gloves. Any donations would be appreciated.

Please check for any extra gloves your child may have brought home from the school’s emergency supply and return them to the elementary office.

Birthday Greetings

Happy birthday wishes to:

Jaxson Ream -- April 1
Pierson Frieze -- April 3
Brayden Wiesinger -- April 5
Mrs. Kelsey Dobitz -- April 8
Andrew Glover -- April 11
Lyncoln Thomas -- April 11
Jorja Messmer -- April 16
Cassandra Kindt -- April 21
Andrew Eikamp -- April 29
Gaven Sydnes -- April 29
Mrs. Becky Qualls -- April 30

Notes and Reminders

April 5 -- Early Dismissal  1:30 PM
April 7 -- Grandparents’ Day 1:15-3:15 PM
April 7 -- K-6 Spring Concert
MRHS gym   7:00 PM
April 11 -- School Board Meeting
Regent Senior Center
April 12 -- Elementary Volleyball 4:00
@New England
April 14 -- Gr. 5 & 6 Parent Meeting for
Changing Program 6:30 PM
April 14 -- Elementary Volleyball 4:00
vs. Grant County @Armory
April 14 -- Miss North Dakota Presentation
April 18 -- Midterm
April 18-22 -- Ronald McDonald Dental
Care Mobile
April 19 -- Elementary Volleyball 4:00
@Taylor
April 25 -- Elementary Volleyball 4:00
vs. New England @Armory
April 26 -- Kindergarten visits Good
Samaritan Center
April 26 -- Elementary Volleyball 4:00
@Elgin
April 28 -- Gr. 6 Eco Ed @Indian Creek
April 28 -- Elementary Volleyball 4:00
vs. Richardton-Taylor @Armory
April 29 -- Math Meet for Gr. 4-8  12:00
May 6 -- Next newsletter issued
May 11 -- Title 1 Review Meeting 3:30 PM
Elementary Conference Room
May 18 -- Kindergarten Graduation
MRHS gym  2:00 PM
Please keep saving your Box Tops for Education and send them to school at any time with your child.

Save your pop tabs and donate them to the Ronald McDonald house collection box in the elementary hallway.

Cash Wise Foods
Labels for Learning

Please send just the points section of your receipt to school:

School Website:
http://mott.nd.schoolwebpages.com
Dear Parent/Guardian:

Does your child need dental care? The Ronald McDonald Care Mobile will be in your school or community soon providing dental preventive and treatment services.

Your child is eligible for these services if:

- He/she is age 0 through 21.

- He/she does not have a regular dentist.

- He/she has not seen a dentist in the past two years for regular treatment, unless there are special circumstances. This does not include treatment received on the Ronald McDonald Care Mobile or at the Indian Health Service (IHS) clinic. We will see children previously seen on the Care Mobile as time permits.

- There is no cost to the family. Medicaid and insurance will be billed if your child is covered.

If you have questions about your child’s eligibility, please call the Ronald McDonald Care Mobile office at 701.258.8551.

If you would like your child to participate, please complete and sign Form A and Form B and return them to your child’s teacher or the site coordinator. Forms are available in either school office.

Ronald McDonald Care Mobile Staff

Revised 10/2014
The Monsanto Fund works to substantially and meaningfully improve the lives of people around the world. As the philanthropic arm of Monsanto, they’re focused on one goal – strengthening both farming communities and the communities where we live and work. The problems are common, but the solutions are as varied as the many regions where we give.

America’s Farmers Grow Communities was the first of the programs, launching in 2010, to engage farmers to enter to win a $2,500 donation for their favorite community nonprofit organization. One winner is selected in each of 1,324 eligible counties in 40 states, supporting a wide variety of organizations such as 4-H, FFA, schools, fire departments and other civic groups. The Monsanto Fund grants $3.3 million to nonprofit community organizations through this program each year.

Justin and Becky Eikamp were chosen from Adams County and chose Mott/Regent School to receive the $2,500 donation.
Fifth Grade attended Marketplace for Kids, which is open to students in grades 3-8. Students were placed into groups of six and each group attended different hands-on learning activities throughout the day.
Family Fun on the Iditarod Run

Parent/Family Night provides literacy and math activities to strengthen the skills of students through the power of family interaction.
NATIONAL AG DAY

The Hettinger County Extension Office sponsored a program on “What’s All The Buzz About?” to Mott/Regent students.
Children’s book author and illustrator Floyd Cooper visited Mott/Regent Elementary. He conveyed to the audience how one can come to realize their dreams through diligence, perseverance, hard work, and not giving up.
12 Alternatives to Lashing out at Your Child

When the big and little problems of your everyday life pile up to the point where you feel like lashing out, don’t take it out on your kids. Try any or all of these simple alternatives.

1. Stop in your tracks. Step back. Sit down.
2. Take five deep breaths. Inhale and exhale slowly.
4. Phone a friend or a relative.
7. Do some sit-ups.
8. Pick up a pencil and write down your thoughts.
9. Take a hot bath. Or a cold shower.
10. Lie down on the floor or just put your feet up.
11. Listen to the radio or your favorite music.
12. For more information call the PIRC 24-hour Helpline at 1-800-342-7472 from anywhere in New York State, 24 hours a day, confidential, in English and Spanish.
Spring Fling

Every word listed is contained within the group of letters below. Words can be found in a straight line horizontally, vertically, or diagonally. They may be read either forward or backward. The leftover letters spell a saying about spring.

APRIL  SEAPRETSAERIS
BASKET  DTSLSNSRSSSSSD
BLOSSOMS  NIHMEPOPLDUOOU
BUDS  IKWEOBIILENEEB
BUNNY  WGRGISDLSAREF
DAFFODILS  RGANNOSHUASLS
DAFFODILS  SPBRIIOITOHR
EASTER  SIIUDNWNWLSAN
EGGS  EGADEEBOEBSLT
FLOWERS  LCDMADONRMALE
GARDENING  BYFLWLCSIAGREK
GRASS  ROMRAWEYNWGRS
GREEN  AEGNITSENGBRA
GREEN  MYYNUBSGGESMB
GROWING  LIRPAHCRAMU
GROWING  PUDDLE  SUNSHINE
KITE  RAINBOW  TULIPS
KITE  ROBIN  UMBRELLA
MARBLES  SEEDS  WARM
MARBLES  SPLASH  WINDS
MARCH  SEEDS  WINDS
MAY  SPLASH  WINDS
NESTING  SPLASH  WINDS

Leftover letters: ____________________________