

Night Hawk track & field has new head coach



APPROXIMATELY SIXTY-FOUR track and field participants show up for the season's first practice. | ACR PHOTO Ronda Fink

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An x-ray technologist by morning and track and field coach by afternoon Sarah Patteson, Night Hawk head coach, is starting the track and field season with plyometrics which are specific exercises focusing on certain muscles, throwing and running.

She is assisted by previous track and field head coach Zeta Drolc, Ty Lachoweitzer and Esmeralda Midrigal, both from Scranton. Sarah expressed she is excited to have Zeta to help as Zeta knows the kids and sprinting. Sarah has long distance running experience from college but sprinting is much different and that is where Zeta's expertise will come in to play. Sarah said this way the sprinters will

have a good example to follow. The 64 participants began practice on Monday, March 2. Coach Patteson will have sprinters, throwers, jumpers, long distance runners; javelin, shotput and discus throwers.

When asked why she decided to be a coach, Sarah stated, "I am from a small town about the size of Hettinger in Kansas and I know how hard it is to get coaches. Also, some of the kids asked her to do it." Sarah came to Hettinger from Kansas through Kentucky - in other words she is a travelling radiology x-ray tech and her last job was in Kentucky. One of her previous co-workers came to Hettinger to work for West River Health Services and begged her to come along and she is glad she did.

Sarah's plans are to begin the season with getting in shape, which will include weight room time and, as the season

progresses, race strategy will be the focus. With the experience she has Sarah stated "You have to get in

SEE TRACK | PAGE 7



TRACK AND FIELD ASSISTANT COACHES Ty Lachoweitzer, Zeta Drolc and Esmeralda Madrigal. | ACR PHOTO Ronda Fink

Rough Rider 4-H Club spreads Valentine cheer and Bingo

submitted by

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Head, Heart, Hands, Health - the 4 H's that our East Adams Rough Rider 4-H group trusts in were on full display this month when the club visited the Five Counties Nursing Home in Lemmon. They helped them with their regularly scheduled Bingo. This is, of course, something they take very seriously!

While prizes were won and numbers were called, the true reward was the connection shared among generations. Residents



ANNA L. OF EAST ADAMS ROUGH RIDERS 4-H CLUB calling Bingo at Five Counties Nursing Home. | Submitted Photo

SEE ROUGH RIDERS | PAGE 5

Hettinger Public School met in regular session

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The board of Hettinger Public School met in regular session on Wednesday, Feb 25 with board members Allison Clausen, Lanae Kristy, Jordan Christman, Ben Laufer and Patrick Kilzer present along with superintendent/secondary principal Darin Seamands, executive secretary Kira Henderson, business manager Jeremy Fordahl. Also present were Jody Larson, athletic director Jon Kohler, school counselor Krista Olson, Sara Skogen, Casey Tuhy, Carrie Ranum and Ronda Fink, ACR.

Chairman Kilzer called the meeting to order followed by everyone reciting the Pledge of Allegiance.

No one offered any comments during the public comment period.

The January 21 minutes were approved as written. The February 11 Special meeting minutes were approved with an amendment of listing the businesses and two bids received for new flooring. The bidders were Rushmore Flooring for \$13,433.00 and C & C Flooring for \$11,367.00. The lower bid had been accepted in the previous meeting. This flooring is part of a project to refurbish the AV room. The seats will also be replaced with seating which provides a writing surface.

After reviewing the list of bills to be paid and with no discussion, Board members approved to pay the bills.

The financial report was reviewed. Discussion was to inform the board the school year is about two-thirds over and they have used about 52 percent of the budget.

Miscellaneous business began with the superintendent/secondary principal's report from Mr. Darin Seamands. The main topic of this report was the number of days of school and hours for the 2026-27 school year. Mr. Seamands asked for another professional development day in the spring taking the number of days from 153 to 152 student contact days. The state requirement for the number of hours of class time is 1,050 with HPS providing 1,134.4 hours.

Mr. Seamands informed the board the benefit of flex days no longer is considered a benefit for recruiting teachers due to so many districts having similar schedules. He also reminded the board of the purpose of the flex day when it was created nine years ago. Part of the purpose was to give teachers time to work in their rooms and to create lesson plans without having to work weekends as they previously had to.

The discussion turned to scheduling a board retreat. Thoughts of a board retreat have been in the dialogue for a long time but have not come to fruition. Mr. Seamands informed the group some of the purpose for a retreat is to discuss how the group is going to govern, plan how to communicate with the public, financial forecasting, etc. The board agreed the date just needs to be set and they will all work with it. No date was stated at this time.

The Wellness Committee is working on implementing a vending machine for more healthy choices of snacks. The project has a goal of raising \$8,000.00 for just the machine. As of this date they have raised \$3,000 from the Jaycees, \$1,000 from the City of Hettinger and have approached the banks for participation.

Mr. Dave Erickson was not available for the elementary principal's report.

Mr. Kohler, Night Hawk athletic director, informed the board that track has begun with approximately 64 participants - 25 junior high, 22 high school from Hettinger with 17 from Scranton consisting of 10 junior high and 6 high school. Also, boy's golf will

SEE SCHOOL BOARD | PAGE 5