SENIOR SPOTLIGHT Zachary Howard

By Madison Younger

Our senior spotlight this week is Zach Howard. Zach is the son of Shonda Howard and grandson of Janet and Frankie Howard. In his spare time, he enjoys hanging out with friends. After high school Zach plans to become a successful welder. His advice to underclassmen is "If you only do what you can, you will never be more than you are now." The thing Zach will miss most about high school are his teachers. His favorite move is Blazing Saddles. If he had to pick a favorite artist it would be Trippie Redd. The senior class wants to wish Zach good luck in his future endeavors!

Lifetime Sports Practice Lacrosse

By: Bailey Moore

Lacrosse was founded in 1663 by the Indians. Zalma's sophomore class is learning to play lacrosse in their lifetime sports class with Coach Ford. Lacrosse started out with only a few rules such as no out of bounds, no touching the ball with your hands, and game time was sunup to sundown. Now, lacrosse has more rules such as the game is split into 2 halves and 4 quarters taht are 12 minutes long. Only the goalie can use their hands, and they have boundaries now, but there are many more rules. One of our sophomores, Tracie VanGennip says, "It's just a unit in our P.E. class. After a week of playing, we were assigned a two page paper over the history, rules, and equipment of lacrosse."

Zalma Welcomes School Resource Officer

By Cody Robertson

Lt. Mike Henson from the Bollinger County Sheriff's Department. Lt. Henson has been assigned to be Zalma's community resource officer. Lt. Henson has always stayed in Southeast Missouri, Henson is from Bloomfield, MO. He graduated from Bloomfield High School in 1992. From there Lt. Henson pursued a career in the medical field until 2009, when he decided to sacrifice his weekends for the police academy. Lt. Henson has served the people of Bollinger county ever since. Now Lt. Henson is serving our school and our community to protect and enforce laws.