

**BACK TO SCHOOL**

**2021-2022**

Special Section

# PARADIGM GYM

**Presents**

# Back to Gymnastics

**50% OFF  
REGISTRATION  
FEE**

BRING CUT-OUT OF THIS  
COUPON TO REDEEM THIS  
OFFER

AVAILABLE FOR GYMNASTICS  
AND FITNESS MEMBERS  
Ruston Daily Leader

## For Kids

### Recreational Classes

GIRLS REC GYMNASTICS  
BOYS REC GYMNASTICS  
PARENT & ME  
PRESCHOOL  
MARTIAL ARTS  
DANCE  
BIRTHDAY PARTIES

**Come join our Family!**

## For Adults

### Fitness Classes

FIT 360  
BODY PUMP  
BODY COMBAT  
SILVER & FIT  
YOGA FLOW  
ZUMBA  
SPIN  
OPEN GYM/PARKOUR

**Check out our website for all prices and class schedules**

**ParadigmGym.net**  
**ParadigmGym@gmail.com (318)202-2122**



# Another year, another set of COVID rules

## Masks required per governor’s order, effective immediately

By Caleb Daniel  
caleb@rustonleader.com

As Lincoln Parish students gear up to head back to school once more, it’ll be the third academic year to include measures aimed at mitigating the risk of COVID-19.

This time around the rules in the public school district’s “Ready to Achieve Plan” weren’t as strict in some areas as they were last fall, but a new mandate from Gov. John Bel Edwards had other plans.

School facilities themselves will still be handled much the same way, with high-traffic and high-touch areas cleaned at least twice a day and an isolation area designated to hold students who become ill at school until they can be picked up.

Contact tracing among positive cases of the virus, employed to help determine where the spread is occurring, will also be similar to last year.

The biggest difference in the original plan was mask-wearing, which the school district was going to recommend, but not require, for unvaccinated students in grades 3-12 while indoors.

But as the Delta variant of COVID-19 continued to spread at a rapid pace across the state, Gov. Edwards

reinstated the mask mandate that he had lifted in April.

The new mandate went into effect on Aug. 4 and will remain until at least Sept. 1. It requires all residents age 5 or older to wear a face covering over the nose and mouth when inside any building that isn’t a private residence, with a handful of circumstances that count as exceptions.

“There’s not a lot of choice in that for us,” Superintendent Ricky Durrett said soon after the announcement. “We did it last year, and we know we can do it again.”

Before the mandate, Durrett said the district hoped most students would wear a mask, but that it was a decision “that should be made in the home.”

Last school year Lincoln Parish required masks down to third grade, so the new mandate extends to younger children this time.

“Kindergarten and up will be required (to wear masks),” Durrett said. “We certainly encourage parents to start practicing with them at home. We’ll work with

them and do what we can to follow the governor’s order.”

In the early months of 2021, mandating masks in the fall seemed

like it may not even be on the table. The advent and wide availability of the COVID-19 vaccine had driven new case numbers in Louisiana and Lincoln Parish down to a fraction of their 2020 counterparts.

But since the newer Delta variant of the respiratory virus arrived in the summer, cases and hospitalizations have climbed once again in what authorities have

called a “fourth surge.”

Exceptions for the mandate include individuals with a medical condition that prevents mask wearing,

Last year the definition of a “close contact” who would have to go into quarantine was anyone who was within 6 feet of a positive COVID-19 case for at least 15 minutes.

That’s still the case now, but only for unvaccinated, unmasked students and employees.

Those who qualify as a close contact will have to go into quarantine for 10 days, unless they receive a negative test result on or after day five, in which case they can return on day eight since exposure.

When students do miss school, teachers will be able to continue using the virtual teaching methods that were advanced during the early days of the pandemic — when schools were shut down for in-person instruction — in order to continue reaching those kids and avoid letting those days go to waste entirely.

The fully virtual school program that was offered last school year will no longer be available, however. Students who qualify for homebound service

will still receive them as before the pandemic.

Durrett said he does not anticipate that classrooms will have to be adjusted for spacing much more than normal.

“Our class sizes aren’t that big anyway, so spacing won’t be too different from normal,” he said. “It won’t be 6 feet, but it’ll be a good 3 feet in most cases.”

Employees will not be required to get the COVID vaccine, officials said the local school board wouldn’t have the power to enact on its own.

They estimate that by the time school starts, some 60-65% of the district’s employees will be vaccinated. That’s much higher than the total vaccination rate in Lincoln Parish, which stands at just a little over 30%.

For now, only essential visitors will be allowed on school campuses, such as professionals performing observations, interventions or mental health consultations, but officials said they hope that can change soon.

The current guidelines are not final, and the school system will continue to monitor recommendations from the state and federal governments while shaping its own plans for the 2021-22 academic year.





**BECOME  
A PART  
OF THIS**



**LOUISIANA TECH  
UNIVERSITY**

Apply today at [latech.edu/apply](https://latech.edu/apply)

<p><b>SAFEST COLLEGE IN LOUISIANA</b></p> <p>SAFESTREETS</p>	<p><b>#2 PUBLIC UNIVERSITIES IN LOUISIANA</b></p> <p>U.S. NEWS &amp; WORLD REPORT</p>	<p><b>TOP UNIVERSITY IN LOUISIANA FOR STUDENT ENGAGEMENT</b></p> <p>WALL STREET JOURNAL/TIMES HIGHER EDUCATION</p>
<p><b>ONE OF LOUISIANA'S BEST EDUCATIONAL VALUES</b></p> <p>FORBES</p>	<p><b>MILITARY FRIENDLY SCHOOL – 8 YEARS STRAIGHT</b></p> <p>VICTORY MEDIA</p>	<p><b>QUICKEST TIME TO DEGREE COMPLETION IN LOUISIANA</b></p>

**PROVIDING THE BEST PEDIATRIC CARE IN OUR AREA**



**Dr. Marlene F. Daher**



**Dr. David W. McGehee**



**Dr. Candace F. Moak**



**Dr. Tonya K. Slusher**


- 4 Board Certified Pediatricians certified by the American Board of Pediatrics.
- Share common treatment patterns and philosophies.
- Your child will always see a doctor every visit.
- Diagnosis & treatment of acute and chronic conditions.
- Annual wellness check-ups, vaccinations and sports physicals.

**Always Caring...  
...Always Convenient**



**Green Clinic  
Pediatrics**

For more information visit us online at [green-clinic.com](https://green-clinic.com) or call us at (318) 255-3690





# The Global Pandemic: Chapter 1

Every year, our 5,500 plus students sit in history classes across Lincoln Parish learning about the triumphs and tragedies that have happened in our world since the beginning of time. Everything from the fall of the Roman Empire to the American Revolution, our students are submerged daily into the history of the world. It is strange to think our students sat in these classes last year wearing their masks while staying 6 feet apart and how they themselves will someday be mentioned in future history classes.

“The Global Pandemic... Chapter 3... Social Distancing” will be read throughout the world as those future students reflect on the triumphs and tragedies that we as a population are facing this very day.

I can remember my time in the Lincoln Parish School system sitting in class waiting for the lunch bell to ring, wondering if Paul Revere’s horse got tired from the “midnight ride.” I wonder what those future students will learn from the history we are currently making, possibly taking



Sutherland

tests on which vaccines were provided, or how many relatives were let into a hospital at a time.

Better yet, I wonder what the final chapter will be about, and how/when the world will return to normal (whatever that “new normal” may be).

The students currently enrolled in Lincoln Parish will certainly have a story to tell. They have endured everything from a tornado, a global pandemic, Hurricane Laura, and who can forget the snowpocalypse (what was that about??).

However, not only will those students have a story, but our teachers and staff will have a novel to write as well! “Chapter 6... How to Keep a Third Grader’s Mask On.” The Lincoln Parish teachers,

bus drivers, cafeteria employees, janitors, para professionals, maintenance, substitutes teachers, and administration has provided the rotor to navigate the ship of education through this pandemic. THANK YOU to all of these employees.

It is only a matter of time before those future history books are printed and filled with the stories we are currently living. I believe that those books will have their tragedies, but they will also have many chapters discussing the triumphs of our time.

Students will one day read chapters on how our communities bonded over Zoom meetings and virtual classes or how church services and concerts were attended from living rooms and kitchen tables. May our students, faculty, community, and society continue to work towards the final chapter, and may it be a good one.

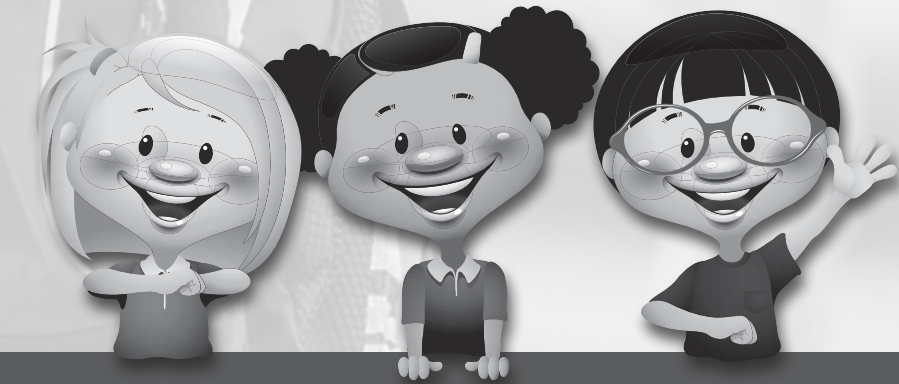
*Brandon Sutherland is communications coordinator for the Lincoln Parish School District. Contact him at [brandon.sutherland@lincolnschools.org](mailto:brandon.sutherland@lincolnschools.org).*



“A Quality Education for a Quality Life”

The Lincoln Parish School Board would like to thank all of our teachers, staff and the community for all of the support given last year.

**We look forward to a new safe and happy school year.**



# Free tutoring and resources for all Louisiana residents

The State of Louisiana offers free online tutoring as well as academic and career resources through its [homeworkla.org](http://homeworkla.org) website.

According to its explanation online, Homework Louisiana offers free online tutoring and academic resources from [tutor.com](http://tutor.com) for Louisiana residents. Kindergarten students through adult learners can get help in math, science, social studies or English from a live tutor.

The service includes one-on-one, real-time assistance.

All services can be accessed from a Louisiana public library, from a home computer or from a mobile device at [www.homeworkla.org](http://www.homeworkla.org).

Once you find the website, you will see choices for help in tutoring or test preparation.

Click on the prompt, “Get Started,” and it will take you to [tutor.com](http://tutor.com). Live one-to-one help will be available from 2 p.m. until midnight.

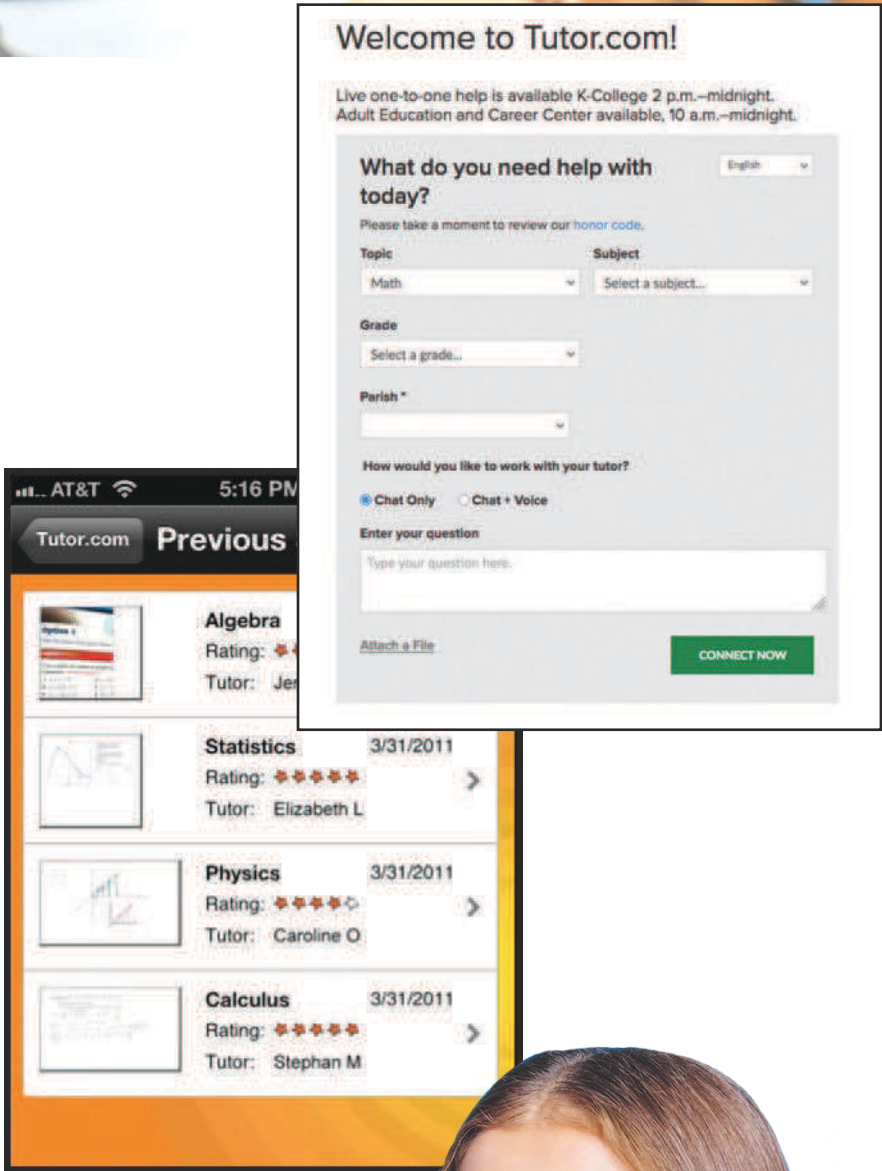
There are specific paths students will have to take, explaining what topic, subject, grade and even what parish.

Tutor.com To Go also has an app for iPad, iPhone and iPod Touch, as well as Android devices.

The SkillsCenter Resource Library can lead a student to help with study resources, depending on grade, subject and topic.

Test prep resources are also available. For instance a student can download resources to help with preparation for the Louisiana Educational Assessment Program standardized test. That particular resource, if you click the link leads you to the Louisiana Department of Education “Louisiana Believes” website for materials.

For questions pertaining to Tutor.com, visit <http://www.state.lib.la.us/ask-a-librarian> and fill out the submit question form.





### LINCOLN PARISH SCHOOL CALENDAR

**AUGUST 2021**

19

First Day for first through 12th grade students

19-20

Pre-K and Kindergarten testing

23

Pre-K and Kindergarten boys only

24

Pre-K and Kindergarten girls only

25

Pre-K and Kindergarten boys and girls

**SEPTEMBER 2021**

6

Labor Day (closed)

**OCTOBER 2021**

8

Staff Development Day (no students)

11-15

Fall Break (closed)

22

End of First Nine Weeks

**NOVEMBER 2021**

22-26

Thanksgiving Break (closed)

**DECEMBER 2021**

20-31

Christmas and New Year’s Break (closed)

**JANUARY 2022**

3

Staff Development Day (no students)

14

End of Second Nine Weeks

17

Martin Luther King, Jr., Day (closed)

**FEBRUARY 2022**

21

Presidents Day (closed)

**MARCH 2022**

11

Staff Development Day (no students)

14-18

Spring Break (closed)

25

End of Third Nine Weeks

**APRIL 2022**

15-18

Easter Break (closed)

**MAY 2022**

27

Last Day for students and teachers (full day)

27

End of Fourth Nine Weeks

### Cedar Creek School Calendar

**AUGUST 2021**

19

First Day for Students

**SEPTEMBER 2021**

6

Labor Day Holiday

**OCTOBER 2021**

11-12

Columbus Day & Fall Break

**NOVEMBER 2021**

22-26

Thanksgiving Holiday

**DECEMBER 2021**

15-17

Midterm Exams (half days)

20-31

Christmas Holiday

**JANUARY 2022**

3

Staff Development Day

**4**

Students Return

**17**

Martin Luther King, Jr., Day

**FEBRUARY 2022**

18

Grandparents Day (half day)

21-22

Winter Break Holiday

**MARCH 2022**

14-18

Spring Break

**APRIL 2022**

15-18

Easter Break

**MAY 2022**

23-25

Final Exams (half days)

25

Last Day for Students

### A.E. Phillips School Calendar

**AUGUST 2021**

19

First Day for Students

**SEPTEMBER 2021**

6

Labor Day Holiday

**OCTOBER 2021**

8

Staff Development Day

11-15

Fall Break

**NOVEMBER 2021**

22-26

Thanksgiving Holiday

**DECEMBER 2021**

20-31

Christmas Holiday

**JANUARY 2022**

3

Staff Development Day

**17**

Martin Luther King, Jr., Day

**FEBRUARY 2022**

21

Presidents’ Day

**MARCH 2022**

11

Staff Development Day

14-18

Spring Break

**APRIL 2022**

15-18

Easter Break

**MAY 2022**

27

Last Day for Students

# Spark scientific discovery at home

Science influences many aspects of daily life in countless ways. It also helps shape the development of life skills from an early age. As children learn to communicate, think critically, make predictions and form opinions based on their observations, they are developing science skills that will last a lifetime.

Through its “Wonder of Science” initiative celebrating bringing innovation to kitchen tables for 100 years, Wonder Bread is helping to support ongoing scientific learning for students across America. In partnership with AdoptAClassroom.org and Emily Calandrelli, an American science communicator, MIT engineer and co-executive producer and host of “Emily’s Wonder Lab” on Netflix, the bread manufacturer is donating \$100,000 to provide U.S. middle and high schools with supplies and equipment for science education and presenting an online series of science experiments for students.

Allowing children to put those science-based skills to the test at home can be both simple and fun. Whether you head outside to identify clouds and species of animals or work on crafts indoors, there are plenty of everyday learning scenarios that allow parents to get hands-on with their children’s education.

**Bake Together**

Baking can be a fun (and tasty) way to introduce scientific experimentation by following a recipe to see how the ingredients react together – or with too much or too little of a certain ingredient – and testing the end

product against the desired results. As recipes are mixed, heated and cooled, baking introduces a variety of chemical reactions, including water evaporation, caramelization, browning and more.

**Conduct Experiments with Everyday Supplies**

Special tools and equipment aren’t necessary for discovering and fostering a love of science or conducting your own experiments. By using household items you may already have on hand and following a few simple instructions from Calandrelli, you can create your own homemade rockets or inflate a balloon.

“Getting kids excited about science and interested in how it affects our lives every day is the best part of what I do,” Calandrelli said. “Joining Wonder Bread to spread that message of wonder not just through my show but directly into classrooms is a fantastic opportunity. I can’t wait to share my love of science.”

**Start a Garden**

One of the best ways to introduce children to a variety of plant species and the process through which they grow is to grow your own garden. Start by letting the kids pick some plants or vegetables that germinate and produce a crop quickly such as carrots or petunias then choose a location to plant. Test and prepare the soil then plant your seeds and water as needed.

*Visit [wonderbread.com](http://wonderbread.com) for more information.*

### Balloon on a bottle

*Courtesy of Emily Calandrelli on behalf of Wonder Bread*

- 2 tbsp dry yeast
- 1 tbsp sugar
- 2-3 tbsp lukewarm water
- 1 large mouth, glass pint bottle
- 1 party balloon

- In cup, stir yeast, sugar and water. Using funnel, pour mixture into bottle. Add more water as needed to push mixture through bottleneck.
- Quickly stretch balloon over mouth of bottle.
- Observe bubbles in yeast mixture and watch balloon inflate. Inflation can take 10-30 minutes.

### Effervescent tablet rocket

*Courtesy of Emily Calandrelli on behalf of Wonder Bread*

- Film canister
- Water
- 1/2 effervescent antacid tablet
- Plate
- Watch or timer

- In film canister, add water until it’s one-quarter full.
- Add half effervescing antacid tablet to film canister and quickly snap on lid.
- Place film canister rocket on plate on ground, lid down. Stand back and use watch or timer to count down until launch.





# The wheels on the bus

By **Jessieca Carr**  
jessieca@rustonleader.com

With school right around the corner, many parents are thinking about transportation for their children. This may be a student’s first time riding the school bus or their last year. No matter what, bus safety is a high priority to make the ride as safe as possible.

School bus safety starts at the bus stop before the students board the bus. According to the National Highway Traffic Safety Administration, par-

ents should try to have students at the bus stop at least five minutes early and visit the bus stop before the first day of school to acquaint them with where to stand. Parents should also tell students to stand at least six feet away (three giant steps) from the stop and remind them that it is not a playground.

When the day arrives for students to catch the bus, parents should remind them to wait until the bus comes to a complete stop, the doors are fully open, and the driver says that the student

can board. Students should also hold the handrail while boarding the bus to make sure they don’t fall. The NHTSA recommends that students should not walk behind the bus, and if the student must cross the street, parents should tell them to walk on the sidewalk or along the side of the street to a place at least 10 feet (five giant steps) in front of the bus before crossing.

In addition to basic bus riding safety, parents must consider COVID precautions. Riding a school bus

has proven to be more of a task with the virus still taking its toll. Lincoln Parish School Board Transportation Coordinator Rik Cason said that Lincoln Parish buses will follow the governor’s mask mandate in addition to the plan that LPSB has released.

“Masks will be required for all students, K-12, on the bus,” said Cason. “We are going to follow the governor’s mandate.”

Cason stated that drivers will wear masks and have disposable paper masks for students who want

or need them. Buses will operate under the rules of Phase Three, and there will be no seating restrictions that were imposed the previous year. At the beginning of the pandemic, in 2020, students were required to sit only with people who came from the same home and skip a seat in between.

“Buses will operate at 75% this year,” said Cason.

Cason said that there will be precautions taken in cleaning the buses. Buses will be cleaned in between routes and will con-

tinue to offer hand sanitizer for students who want it. He also said that drivers may have Clorox wipes on the bus for students who want to use them.

LPSB also wants parents to remember that their student will ride their regular school bus assignment, not their summer bus assignment.

“We had to combine buses for the summer,” Cason said. “Now that school is back in, we will go back to regular bus numbers. We don’t want kids getting lost looking for their summer bus number.”



The family is dedicated to education and committed to excellence.



**CEDAR CREEK**  
SCHOOL

318.255.7707

[www.cedarcreekschool.org](http://www.cedarcreekschool.org)

[cougars@cedarcreekschool.org](mailto:cougars@cedarcreekschool.org)

2400 Cedar Creek Drive, Ruston, LA 71270

Cedar Creek School practices an open, non-discriminatory admission policy.



## DON'T SWEAT IT.

Whatever it takes...  
in school, in business,  
in life, we're here for you.

WHAT'S NEXT FOR YOU?



**CENTURY  
NEXT  
BANK**

*Your bank. Your community. Your family.*

505 North Vienna St. Ruston, LA 71270	2109 Farmville Hwy. Ruston, LA 71270	2450 Tower Drive Monroe, LA 71201	1701 North 7th St. West Monroe, LA 71291
--	---	--------------------------------------	---



Member  
FDIC

1.866.454.9228 [cnext.bank](http://cnext.bank)





# LINCOLN

## PREPARATORY SCHOOL

WELCOME BACK,  
STUDENTS!  
HAVE A GREAT YEAR!

7616 US Hwy 80  
Grambling, LA 71245  
318-242-8788  
[www.lincolnprep.school](http://www.lincolnprep.school)

FIND US ON

