

Here is the BECON from Friday.

Guests: There were two young men from West High who presented their speeches. Cohen Allen and Luke Winchell and his parents.

Announcements:

The all exchange club social will be April 28th at Helligans. This will be a fund raiser for the Family Tree Center, so come see the silent auction items.

District Convention is April 25 - 26 Helena.

The BEC \$2,500 scholarship is for those who excel in academics, leadership and reaching goals. Whoever wins this scholarship goes on to the district for \$1,500 and then whoever wins district goes on for a chance at a \$15,000 national scholarship.

Luke's speech was about how important community services is to his life. He is in National Honor Society, helps in various non-profits, his church and spent 60 hospital hours volunteering at Rocky Vista Medical School. Volunteering has allowed him to meet and connect with many interesting people. He's found it exciting and fun with many memories. He has built confidence in himself and become a more well-rounded person, through these experiences. He wants to start with being an EMT, he wants to go to college at MSU-Bozeman and study cellular biology, all while volunteering in his church and at the hospital. Ultimately, he wants to go on to medical school to become a cardiologist. Luke is not only in National Honor Society, but he's involved in HOSA and in Medical Careers Program via the Career Center.

Cohen's topic was the number one issue facing teens and he believes it's mental health issues. If one only focuses on the negative you'll never find solutions to the problem. He's interested in finding solutions through positivity. The old saying that happiness revolves around success, he believes should be happiness drives success. He believes you'll never be happier than you are grateful, so if you focus on your blessings in all of the little things each day, that will lead to happiness and drive you to do the things you want to do. Cohen is Captain of the cross-country team. One time at a meet someone asked him "what are you worried about?" By doing that he started focusing on the negative. He changed that to "what are you most excited about?" He was named the most influential captain. Gratitude creates happiness, he says. So, find three things each day that you're grateful for and you'll avoid depression and thrive. Cohen is not only on the cross-country team, but he's in Key

Club, National Honor Society and Track (sprinting and pole vault). He will either start at a community college or go to BYU in Idaho Falls.