

stress relievers

Art and P.E. are two classes that seem to have nothing in common. But here at Ashley High School, students look at these classes and rank both in the same league. "Art and P.E. classes are good hours to relax. You can let your frustrations flow out of your fingers through a paint brush or lose yourself in a power play," com-

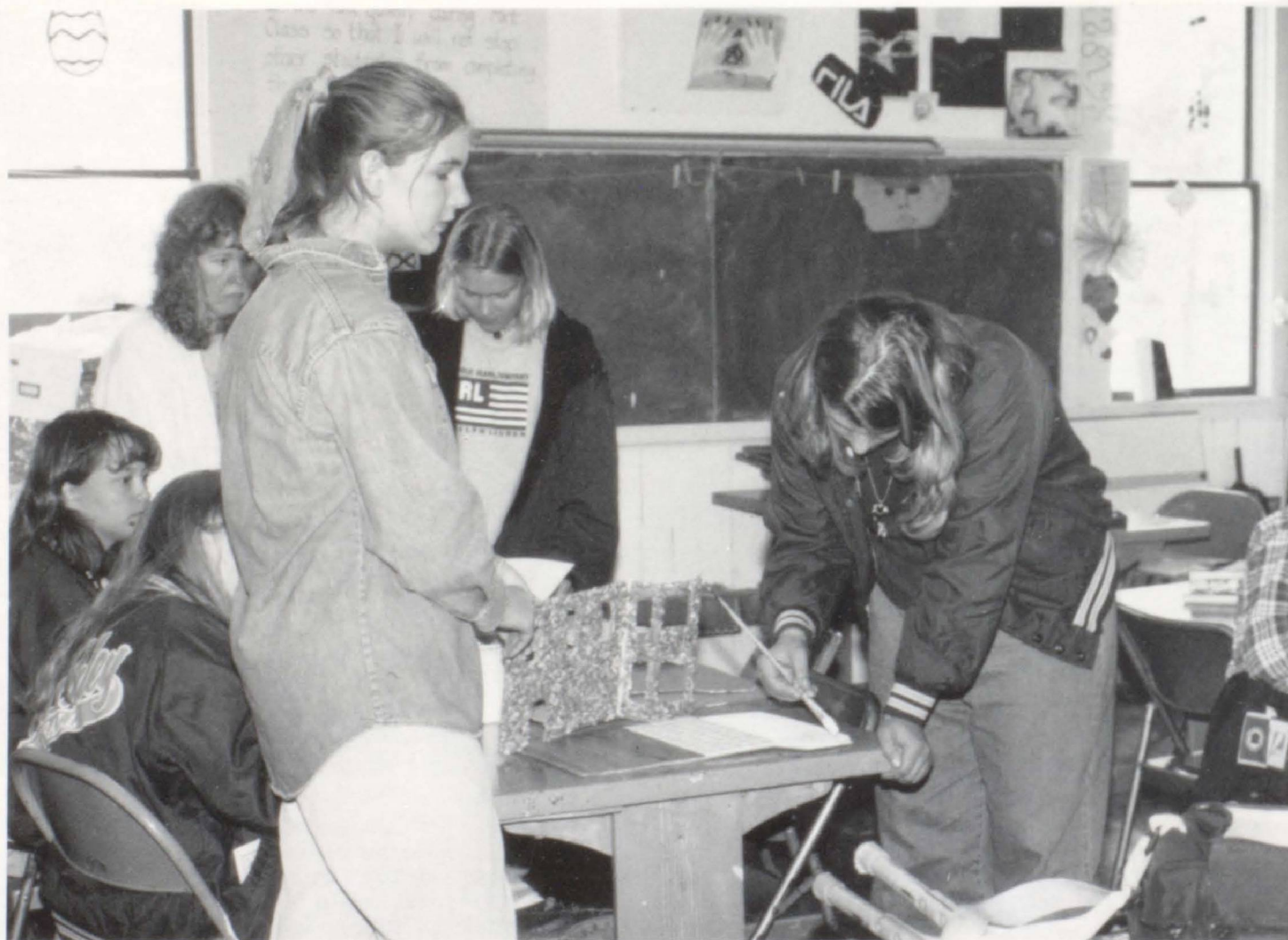
mented Dennis Milledge.

Students have the opportunity to take a variety of classes in these fields. This was the first year Advanced Physical Education was offered to the sophomores, the juniors, and the seniors. Brian Krueger remembered, "Advanced P.E. gave us the chance to lift weights and let our anger out

in a good way."

There are seven art classes offered and the students can take a P.E. class every year they are in school. This just shows you are able to mix work and pleasure, and come out with less stress and more happy people.

Kristen Fabus



K.Fabus