

The SCRATCHIN' POST

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Students Participate in Cyber Safety Assembly

by: Haley Grandpre

The Cyber Safety assembly on Sept. 26 gave some new input on bullying. This assembly was made to inform students, teachers, and parents about the danger of cyber bullying. Byron Utter and Terry Stulken were the two speakers at the assembly.

"I think that this may help with the problems in our school, and they were very fun to listen to," sixth-grader Gavin Bohl said.

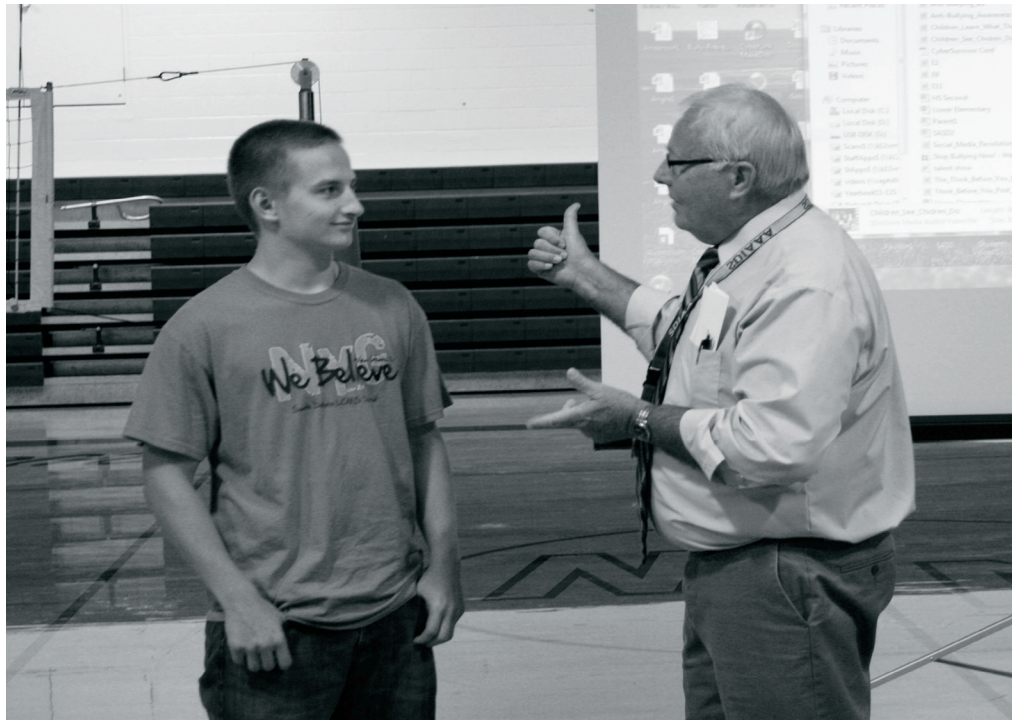
They talked about the issues schools are having with people bullying other people.

"It is not right, and it should not be allowed," Stulken said. "If we tell people about how dangerous these things are we have a better chance of stopping it."

The two speakers made everyone think about how wrong it is to bully, not just face-to-face, but also over texting or other electronic devices. Volunteers, such as junior Jacob Heidenreich and senior Ashley Clemens, were taken from the crowd and used as examples to better explain

certain bullying aspects.

They also had an assembly for the teachers and parents. It gave all the teachers something to think about on what happens in school. Also, it gave the parents things to be aware of, which they may not have known about. Over all, this assembly has helped inform many people about the dangers of cyber bullying.



Junior Jacob Heidenreich volunteers for an activity.

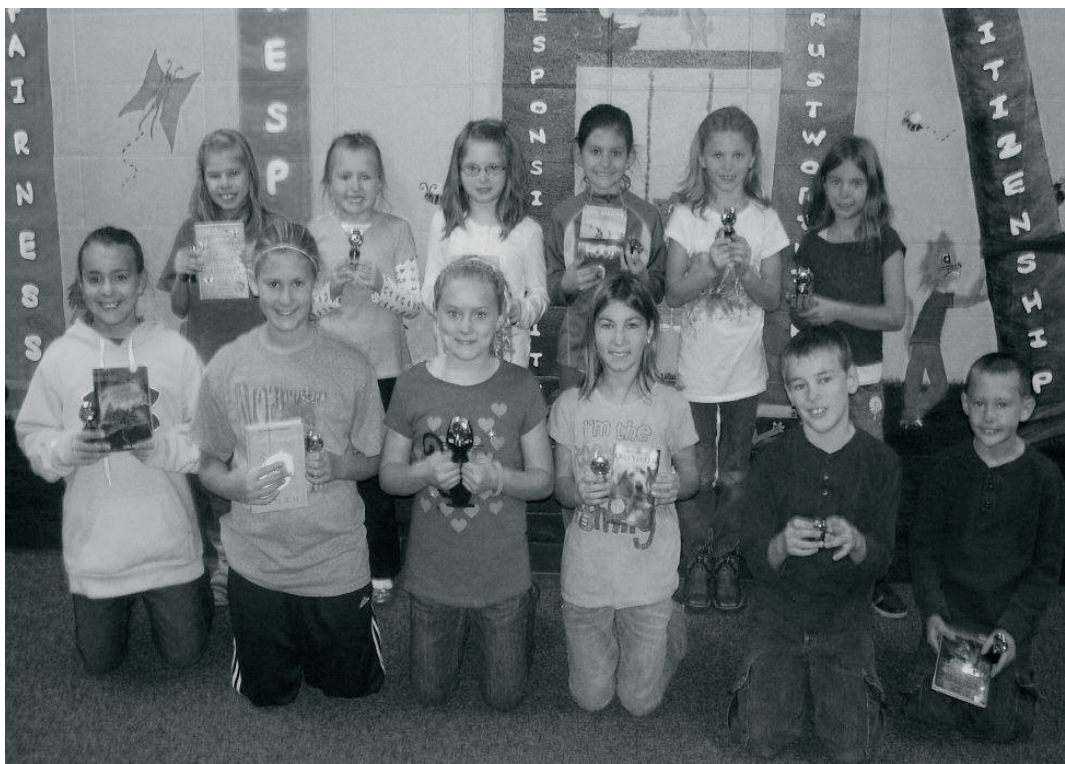
Elementary Students Win Reading Contest

by: Maddie Hahler

A reading contest held in the elementary from Sept. 17 to Oct. 12 allowed students to participate in this contest with others from second to fifth grade. The students were divided into eight teams by the computer; their grades varied on each team. Each team was named a color and each team member's Accelerated Reader (AR) points were added together.

"My team won with 190 points. I guess I contributed quite a bit," third-grader Megan Nash said; she had 37.5 AR points.

The Brown team won this competition with 190.7 points. Followed by the Red team with 127.6 points and the Purple team with 118.5 points. Joclyn Haven, Jayden Mielke, Megan Nash, Sawyer Styles, Ella Haven, Kyanne Anglin, Hailey Boekelheide, Chrissy Stoltenburg, Sydney Schell, Hannah Schentzel, Cody Rausch, and



The winning team, the Brown team, hold up their well-deserved prizes.

Kyle Peterson were the students on the Brown team. Boekelheide received the most points overall her team mates and other students.

"Lots of people have been telling me that I read a lot. I was also top reader last year! It's pretty cool being the highest," Boekelheide said.

Added altogether, the teams totaled 923.3 AR points. This year, every student participating in the

competition passed at least one test. The teachers are very proud of the students' skills, especially this early in the year.

"Megan Nash is a bookworm. Reading comes so natural to her! She reads all the time and has the most points in the class," third-grade teacher Mrs. Marilyn Battey said.

MathCounts Students Begin Competing

by: Jordan Peterson

The middle school MathCounts team had its first competition of the year on Wednesday, Oct. 10. The team members who competed included seventh-graders Christian Warcken, Matt Metzinger, Darien Watson, Addison Sparling, Tyler Braun and Sadie Vander Wal.

"It was fun, especially a fun ride there. The problems were hard, though," Watson said.

This team competed in Groton. Unfortunately, they did not receive any awards at this competition. Every Wednesday morning, the students who participate join at 8 a.m. to practice and prepare for their competitions. The team has been coached by the math teacher, Mrs. Amanda Fa'onelua.

Any students are welcome to join MathCounts. Students who want to go to competitions must take a test beforehand, and the top scores are chosen to compete.

At the next competition Oct. 17 in Warner, sixth-grader Moira Duncan received sixth place.

Fourth-graders trip to NSU

by: Jordan Peterson

Northwestern's fourth-grade class participated in Northern State University's Water Fest. The class traveled by bus to Aberdeen's Barnett Center on Northern's campus. NSU holds its water fest every year for fourth graders in the area. The students really seemed to enjoy it.

"It was awesome! We made our own little landfills out of candy. We saw a model of a flood and learned that trees and rocks help keep land in place during a flood. We also

talked about 4H and how to join it. Then we learned about pollution," fourth-grader Hailie Stuck said.

The instructors had great ways of teaching the youth. The fourth-graders were even allowed to take home their candy landfills. The students enjoyed the visit to NSU.

"It was fun. My favorite part was building landfills, and we got to do activities about transportation and how we pollute," fourth-grader Seth Heidenreich said.

Students Attend Camp to Learn about Construction

by: Shay Clemensen

This year, the students in the construction class went up to Aberdeen for the annual construction camp at the Brown County Fairgrounds in the expo building. The students learned more about the plans of building a structure. They had backhoes, bobcats and cultivators for them to learn the basics on how to drive them.

"It was pretty special to learn about all the equipment," junior

Bryce Roe commented.

There was also an obstacle course. In this course the students had to push a wheelbarrow full of water, hammer nails and other construction-like activities.

"It was special," junior Bryce Roe commented.

Several colleges showed their construction programs. This year they had a challenge for the students to run a backhoe.

"It was fun and cool," junior Jesse Lutter said.

Elementary Students Watch Tap Dancing Performance

by: Sophie Kranhold

Students from Northwestern kindergarten through fifth grades went with Mr. Chris Osborn to the Aberdeen Civic Theater Sept. 28 to watch a tap dance with students from Ipswich, Aberdeen Christian, Aberdeen Public, and South Dakota School for the Blind and Visually Impaired.

Tap Dance is a style of dance that developed in the United States in the 19th century. In tap dance, performers wear shoes which have been equipped with metal plates. As the dancer moves, the plates click against the dance floor, creating characteristics tapping sounds. Tappers can create a variety of percussive rhythms with their feet by tapping, sliding, and clicking the metal plates.

Seven students aged 16-19 years showed the children a fifty minute show. The students come from all different states in the United States. A girl was from New York City, a

boy from Ohio. Another guy came from Indiana. In this show, the performer showed different dances with different music, special shoes equipped with metal taps and different dresses. On Saturday night, the same group showed a complete performance two hours long.

"They even danced when they were introducing themselves! It was really interesting," third-grader Teryn Sparling said.

The students enthusiastically watched and enjoyed this performance. They found that the show was interesting and inspiring. Some students are practicing tap dancing and they would always go back to such a show.



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Students participate in Oral Interp

by: Cara Spielman

Oral interp has its first contest Oct. 22 at Northwestern. Michelle Stuck is in charge of the high school oral interp. Juniors Maddie Hahler and Luther Johnson, freshman Allison Braun, senior Calli Peterson, and sophomores Halle Sieve and Blake Toennies all participate in high school oral interp.

The six of them are in the readers' theatre, and they are doing a poetry piece this year.

"Oral interp is a great experience. It's been difficult trying to be more comfortable in front of people for me, but I've come a long way," junior Maddie Hahler said.

Hahler is doing a dramatic piece for her solo, and Johnson is doing a humorous piece for his solo.

"Oral interp is like unleashing your inner butterfly and being someone different. Also, we get to make lots of stupid jokes," sophomore Halle Sieve said.

The high school oral interp students have individual practices every week, along with their readers' theatre practice.

"It's always a fun time in practice, we tend to goof off, but somehow we always do well with our parts," sophomore Blake Toennies said.

Good luck to all the people who will be entering the contest!



Students are Involved in Festival

The middle school festival was a huge hit! Many parents, siblings and even grandparents came out to support the band students. The guest conductors were Ms. Helen Mogen for band, and Dr. Timothy Woods for chorus. The band and chorus grouped together to sing or play "God Bless America" by Berlin/Edmondson.

The festival chorus selections included: "Sing a Jubilant Song" by Dave and Jean Perry, "And This Shall Be for Music" by Lightfoot, "This Is a Celebration!" by Estes, "Johnny Has Gone for a Soldier" by Arr. By Robison, "Didn't My Lord Deliver Daniel" by Emerson and "Shine on me" by Dilworth.

The band selection was also a huge success! The band played 5 pieces: "Liturgical Fanfare" by Robert W. Smith, "Gypsy Dance" by David Holsinger,

"Convergence" by Larry Clark, "Plaza de Toros" by Mark Williams, and "Aladdin" by Arr. By Michael Sweeney.

Many schools and directors participated. Aberdeen Christian with their directors Charity Ost & Tabitha Dawkins, along with Aberdeen Roncalli with Kim Carda, Camille Fischer and Heather Nelson, and Bowdle with Rhonda Strouckel. Judy Mayer from Doland, Bernita Flannery from Edmunds Central, Joshua Reed from Faulkton, Elizabeth Bengs from Hoven, Becky Nierman and Michelle Leonhardt from Ipswich, Kelly Wieser from Langford, Doug Duncan and Wendy Thorson from Northwestern, Cherie Lunstrum from Redfield, Sharon Schwan from Warner, and Richard Heinz and Lorena Blom from Wolsey- Wessington participated also.



Middle school festival band students diligently practice their music.

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High School Students Attend Business Symposium At NSU

by: *Julia Sparling*

All high school students sophomores to seniors attended the first Business Symposium at Northern State University on Monday, Oct. 1. All students were to be at the school and ready to leave at 7:50 a.m. There were many interesting speakers at the symposium.

At about 8:30 a.m. the first speaker, Michael Oster, spoke to students about his own experiences and what it takes to build and maintain a positive attitude. After that a woman named Kelly Comstock talked about job interviews and what to expect. Comstock also explained what not to do and what employers look for in applications. Comstock works as a Human Resource Manager for Wyndham Hotel Group's Hotel Operations Center in Aberdeen, S.D., where she sees more than 500 applications a year.

"I thought it was a very good message from all of the speakers that day," junior Nathan Palmer said.

The next speaker was Don Krause. Krause is a credit counselor with Lutheran Social Services in Aberdeen and spoke about how to manage money and different costs that are often hidden when opening an account. Kelly Weaver is the Regional Director of the Small Business Development Center in Aberdeen she spoke to students about the BIG Idea Competition and leadership as well. Dr. Willard Broucek was the next speaker who spoke to students about different programs that are available at NSU and the benefits of some of them.

"I'm glad Mr. Sauerwein thought of this. I had a great time listening to the speakers," sophomore Corbin Smith said.

The last motivational speaker, the favorite of many students, was Cory

Geffre. Geffre is the founder of Teen Success University and was very inspirational. He spoke to the students about different topics such as making goals, and he used some

interesting examples such as a mini-van with butterfly doors.

Overall, this was a great way for students to see the opportunity in business.



High school students line up for lunch at the business symposium.

Students Fight the Cold to March in Gypsy Day Parade

by: *Haley Grandpre*

The Gypsy Day Parade on Saturday, Oct. 6 at 9 a.m. prove to be cold. The band along with several other high school bands marched in the parade. Seventh to 12th grades

participated in marching band this year. Even though it was cold, the band stuck it out and marched. Band members lined up on the corner of 8th Street and Lincoln and waited out their turn in the cold.

"It was a lot of fun, and we ac-

complished what we wanted by playing the whole way," director Doug Duncan said.

Despite the cold weather, the marching band brought back silver for their great performance in the parade. This year, they played the song "Funky Town" and added in some interesting moves while they

marched.

Gypsy Day Parade did not stop on account of the cold, so neither did the bands. The band performed to their best of their ability even in the freezing chilly temperature.

"It was extremely cold. Blake Toennies had hand warmers, so we all wanted to be his friend," junior Maddie Hahler said.

Highlights from the School Board Meeting:

□ HATS is considering an alternative energy class for next year.

□ The house built by HATS will be taking bids before the house is built, the same as they did last year. If you are interested in submitting a bid please call Hub Area Technical School.

□ The Dakota Step test results for Northwestern can be viewed on our website at: <http://northwestern.k12.sd.us/AboutNW/StateRpts.html>. Or you may go to the Department of Education's website at: <http://doe.sd.gov/reportcard/index.aspx>.

□ Parent-Teacher conferences will be held October 19th. All parents are welcome to attend. The elementary teachers will be sending home conference time's with the students this week.

□ The Veteran's Day Program is tentatively scheduled for November 12th at 9:30 a.m.

□ The Book Fair is scheduled from 2:00 – 4:00 on October 17th & 18th and also October 19th during conferences.

□ The elementary Halloween parties are scheduled for October 31st from 2:00 – 3:30.

□ The 4th & 5th grade boys will be participating in a flag football game at 5:15 before the varsity football game this Friday, October 12th at Ipswich.

□ Thank you to everyone who participates in the RED CARD program at Target. We received a donation for over \$1,000 from this program.

□ Thank you to the Warner-Stratford and Plains Lions Club for the donation from the cross-country bowl.

□ Congratulations to Student of the Month, Alyssa Steward.

□ Congratulations to American Volleyball Coaches Assoc/Max Preps player of the week, Ashley Clemens.

□ Next regular meeting of the board is scheduled for Monday, November 12 at 10:15 a.m. or after the Veterans Day Program.

□ The minutes of these proceedings will be published in their entirety in the Aberdeen American News during the week of October 15, 2012.

Meet the Cheerleaders...



*Maddie Hahler
Junior - Flyer/Front*



*Kristie Bade
Junior - Base*



*Kalen Frericks
Junior - Back*



*Christine Morgan
Sophomore - Base*



*Darienne Frericks
Freshman - Base*



*Cody Sparling
Freshman - Base*



*Rachael Boekelheide
Freshman - Base/Back*



*Elizabeth Heidenreich
Freshman - Flyer*

Cheerleaders Show Improvement Throughout the Season

by: Haley Grandpre & Hannah Palmer

The competition cheer team consists of eight high school students, including juniors Kalen Frericks, Maddie Hahler and Kristie Bade, sophomore Christine Morgan and freshmen Elizabeth Heidenreich, Darienne Frericks, Codi Sparling and Rachael Boekelheide. The cheer coach is Holly Morgan.

"I am looking forward to not being a freshman and stunting with Kristie Bade!" Morgan said.

The team has had many practices to get ready for the year, starting July 30.

They practice every morning bright and early.

The cheerleaders always have fun and work hard despite the early hour.

This year, they have improved their stunts by making them more difficult.

On Sept. 17, the girls placed

third in Warner at their first meet. Also, the team gave the whole school a preview of what was to come in the upcoming year at the pep rally on Sept. 14 during homecoming week.

"Waking up in the mornings to go to early practice really sucks, but I always look forward to stunting with Christine Morgan!" Bade said.

They placed fourth at the next meet held at home Sept. 24.

At Redfield on Oct. 1, the cheerleaders placed fourth again.

The cheerleaders were very excited to place third at the Faulkton meet on Oct. 8.

The Cheer team's last meet was at Lake Preston on Oct. 15, where they placed second.

At the state competition held Friday, Oct. 19 in Watertown, the competition cheer squad placed sixth in Class B.

They appreciate all the support this year!



Wildcat Volleyball Continues to Pound the Competition

by: Cara Spielman

Northwestern Dominates Redfield/Doland:

Northwestern defeated Redfield/Doland in three sets, 25-20, 25-23, 25-18 on Sept. 25. Northwestern served 70 of 77 with 10 aces. Senior Kelsey Hoellein served 19 out of 19 with three aces. NW attacked 117 of 137 with 41 aces. Senior Ashley Clemens attacked 47 out of 52 with 21 kills. NW set 132 of 132 with 39 assists. Junior Jeanna Duncan 123 out of 123 with 38 assists. Sophomore Kennedy Sparling led the team's 57 digs with 18. Duncan led the team's eight with three.

Junior Varsity defeated Redfield in two sets, 25-23, 25-21

Northwestern Dominates against Webster:

Northwestern dominated against Webster in three sets, 25-13, 25-12, 25-8 on Oct. 2. Northwestern served 68 of 74 with eight aces. Junior Jeanna Duncan served 25 out of 26 with three aces. NW attacked 81 of 91 with 34 kills. Sophomore Jordon Peterson attacked 14 out of 15 with nine kills. NW set 74 of 74 with 27 assists. Duncan set 64 out of 64 with 24 assists. Senior Ashley Clemens led the team's 40 digs with 13. Clemens led the team's blocking with two solo and two assists with three solo and six assists.

Junior Varsity won against Webster in two sets, 25-15, 25-16.

Northwestern falls to Warner:

Northwestern fell to Warner in three sets, 11-25, 19-25, 15-25 on Sept 20. Northwestern served 44 of 49 with four aces. Senior Ashley Clemens served 11 out of 12 with two aces. NW attacked 81 of 93 with 17 kills. Clemens attacked 30 out of 31 with seven kills. NW set 90

out of 90 with 16 assists. Junior Jeanna Duncan set 70 out of 70 with 11 assists. Sophomore Kennedy Sparling led the team's 43 digs with 12. Duncan led the team's 11 blocks with four assisted.

Junior Varsity was defeated in two sets, 9-25, 14-25.

Northwestern Defeats Ipswich:

Northwestern defeated Ipswich in three sets, 25-17, 25-9, 25-12 on Sept. 13. Northwestern served 67 of 74 with 12 aces. Sophomore Christine Morgan served 16 out of 17 with six aces. NW attacked 60 of 66 with 36 kills. Senior Ashley Clemens attacked 26 out of 28 with 15 kills. NW set 55 of 55 with 28 assists. Junior Jeanna Duncan set 52 out of 52 with 27 assists. Sophomore Kennedy Sparling led the team's 33 digs with nine. NW blocked with two assisted and one solo. Senior Ashley Clemens blocked with one solo and one assist.

Junior Varsity defeated Ipswich in two sets, 25-14, 25-17.

Northwestern Defeats Leola-Frederick:

Northwestern defeated Leola-Frederick in three sets, 25-3, 25-9, 25-11 on Sept. 22. Northwestern served 70 of 71 with 16 aces. Sophomore Kennedy Sparling served eight out of eight with six aces. NW attacked 52 of 62 with 27 kills. Senior Ashley Clemens attacked 17 out of 19 with 11 kills. NW set 59 of 59 with 26 assists. Junior Jeanna Duncan set 45 out of 45 with 22 assists. Duncan led the team's 27 digs with eight. NW blocked with two solo and four assists. Clemens had one solo and two assists.

Junior Varsity won.



Northwestern loses to Ipswich/Edmunds Central

by: Shay Clemensen
Ipswich/Edmunds

Central defeated the Northwestern Wildcats on the night of Oct. 13. The score of the game came out to be 64-40. Northwestern played a tough game in the last half.

"We did not execute in the first half. We did a great job on fighting back the last half of the game. We were given multiple opportunities to win,"

senior Landon Fischbach commented.

Junior Jake Heidenreich had an outstanding rushing game with 273 yards and four touchdowns.

"Well, if we take away our bad first quarter, we would have won that game. We need to learn to execute better. Our second half was very good," Heidenreich said.



Northwestern Defeats Aberdeen Christian:

Northwestern defeated Aberdeen Christian in three sets, 25-2, 25-4, 25-4 on Oct. 8. NW served 70 of 73 with 27 aces. Sophomore Christine Morgan served 37 out of 38 with 13 aces. NW attacked 39 of 43 with 27 kills. Senior Ashley Clemens attacked 22 out of 22 with 15 kills. NW set 37 of 37 with 23 assists. Junior Jeanna Duncan set 34 out of 34 with 23 assists. Morgan led the team's 10 digs with four. Clemens and Sophomore Julia Sparling both blocked with one.

Northwestern Defeats Chester:

Northwestern defeated Chester in four sets, 20-25, 32-30, 25-18, 25-20 on Oct. 6. NW served 85 of 98 with nine aces. Junior Jeanna Duncan served 20 out of 20 with two aces. NW attacked 150 of 174 with 45 kills. Senior Ashley Clemens attacked 53 out of 64 with 18 kills. NW set 151 of 151 with 35 assists. Duncan set 123 out of 123 with 39 assists. Senior Kelsey Hoellein led the team's 94 digs with 21. NW blocked with two solo and 16 assists. Sophomore Jordon Peterson blocked with two solo and four assists.

Northwestern Defeats Faulkton:

Northwestern defeated Faulkton in three sets, 25-8, 25-15, 25-13 on Oct. 4. NW served 62 of 73 with 14 aces. Junior Jeanna Duncan served 14 out of 15 with five aces. NW attacked 69 of 77 with 37 kills. Senior Ashley Clemens attacked 26 out of 29 with 13 kills. NW set 71 of 72 with 37 assists. Duncan set 59 out of 59 with 29 assists. Duncan led the team's 38 digs with 10. Both Clemens and sophomore Jordon Peterson had one assist.

Volley for the Cure was held on Oct. 4 during the volleyball match against Faulkton. For the Volley for the Cure, several activities were held, such as nail painting, face painting, dessert raffles, bracelets, other door prizes and pink

colored popcorn balls, along with other food and beverages. The team raised a grand total of \$1,538.31 for the South Dakota Affiliate of the Susan G. Komen Foundation.

Northwestern Defeats Groton:

Northwestern defeated Groton in three sets, 25-12, 25-15, 25-13 on Oct. 16. NW served 73 of 76 with 12 aces. Sophomore Christine Morgan served 23 out of 24 with five aces. NW attacked 71 of 80 with 34 kills. Senior Ashley Clemens attacked 25 out of 26 with 10 kills. NW set 80 of 80 with 31 assists. Junior Jeanna Duncan set 73 out of 73 with 29 assists. Sophomore Kenned Sparling led the team's 39 digs with 10. Sparling and Clemens both had block out of two.

Northwestern Defeats Milbank:

Northwestern defeated Milbank in three set, 25-22, 25-17, 25-7 on Oct. 13. NW served 67 of 73 with 14 aces. Senior Kelsey Hoellein served 17 out of 18 with four aces. NW attacked 86 of 98 with 36 kills. Senior Ashley Clemens attacked 26 out of 29 with 15 kills. NW set 98 of 98 with 35 assists. Junior Jeanna Duncan set 84 out of 84 with 33 assists. Hoellein led the team's 57 digs with 15. Clemens and Duncan both had one block.

Northwestern Dominates against Potter County:

Northwestern dominated against Potter County in three sets, 25-9, 25-22, 25-7 on Oct. 11. NW served 65 of 71 with nine aces. Senior Ashley Clemens served 16 out of 16 with three aces. NW attacked 70 of 79 with 31 kills. Sophomore Jordon Peterson attacked 28 out of 34 with 13 kills. NW set 72 of 72 with 24 assists. Junior Jeanna Duncan set 65 out of 65 with 23 assists. Clemens and Sophomore Christine Morgan had 10 digs out of 33. Junior Paige Metzinger led the team's one solo and six assists with one solo and two assists.



Northwestern falls short to Wolsey-Wessington

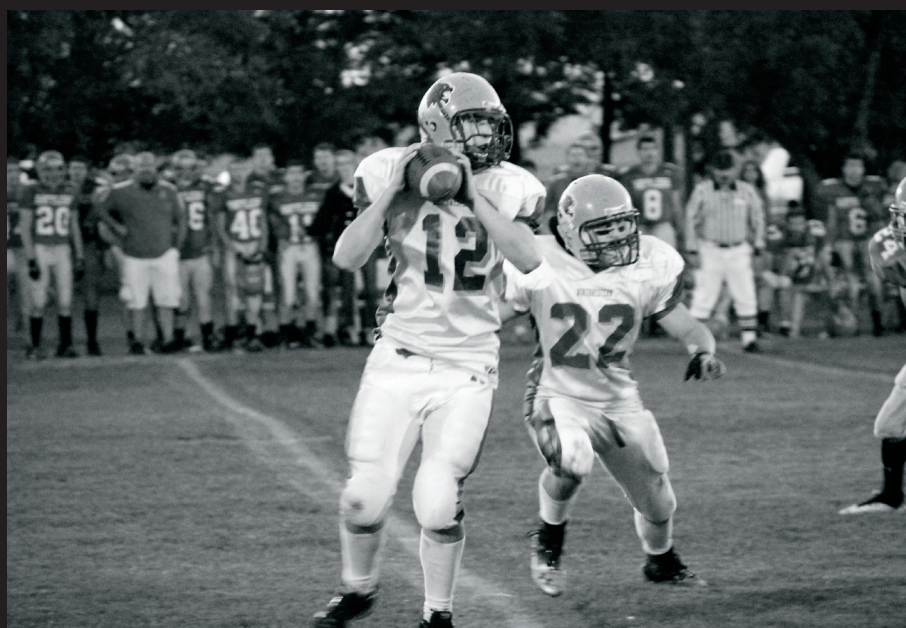
by: *Shay Clemensen*

Wolsey-Wessington beat Northwestern on the night of Oct. 18. The Wildcats put up 14 points compared to Wolsey's 54 points.

Junior Nik Wood said, "It was a rough game. The weather did not cooperate. It was heart-breaking to lose our last game, but all we can do now is look forward to improving for next season."

The Wildcats lose four seniors: Landon Fischbach, Evan Finley, Jake Groft and Silas Franco.

The athletes had a tough season and are just looking to improve for next season. This was the last game for the Wildcat season the team ended up 0-8, the first time in Northwestern history where the team has gone without a win.



Cross Country Team Continues to Dominate

by: Julia Sparling

Over the past month, the cross country team has run in four meets. The Faulkton CC Meet on Wednesday, Sept. 19 included all the runners from Northwestern. Freshmen Logan Schentzel and Isaac Groft ran in the boys' varsity. L. Schentzel placed 35th and had a time of 22:05. I. Groft placed 39th and had a time of 22:17. Seventh-grader Peyton Groft, and eighth-graders Josie Clemens, and Darby Duncan ran in the girls' varsity. P. Groft placed sixth with a time of 18:40, Clemens placed eighth with a time of 18:52, and D. Duncan placed 19th with a time of 20:07. Eighth-grader Derek Boekelheide and sixth-grader Caleb Schentzel ran in the boys' junior high. Boekelheide placed first with a time of 11:47, and C. Schentzel placed 20th with a time of 13:10. Also sixth-grader Moira Duncan ran in the girls' junior high race. M. Duncan placed 18th with a time of 18:15.

The Hoven Cross Country Meet was on Saturday, Sept. 22. Seventh-grader Peyton Groft, eighth-graders Josie Clemens, and Darby Duncan ran in the girls' varsity race. P. Groft placed 1st with a time of 15:31, Clemens placed 2nd with a time of 15:50, and D. Duncan placed 6th with a time of 16:58. The Northwestern girls varsity won the Hoven CC Meet. This was their first team win of the season. Also the boys' varsity ran that day too. Eighth-grader Derek Boekelheide finished 11th with a time of 20:28, freshman Isaac Groft finished 14th with a time of 21:17, and freshman Logan Schentzel finished 16th with a time of 23:35. The boys' varsity placed third as a team. The boys and

girls junior high also ran that day. Caleb Schentzel placed second, and Moira Duncan placed 11th.

The Lake Region Conference Meet was in Ipswich was on Wednesday, Oct. 3. Seventh-grader Peyton Groft, eighth-graders Josie Clemens, and Darby Duncan ran in the girls' varsity meet. P. Groft placed fourth with a time of 17:22, Clemens placed sixth with a time of 18:46, and D. Duncan placed seventh with a time of 19:00. The girls placed second as a team. Also eighth-grader Derek Boekelheide, freshmen Isaac Groft, and Logan Schentzel ran in the boys' varsity race. Boekelheide placed 14th with a time of 21:18, I. Groft placed 16th with 21:26, and L. Schentzel placed 18th with a time of 22:30. They placed fourth as a team. The boys and girls junior high also ran. Sixth-grader Caleb Schentzel placed fourth with a time of 8:27 and sixth-grader Moira Duncan placed seventh with a time of 10:45.

The region Cross Country meet was in Webster on Wednesday, Oct. 10. The varsity teams both ran. Seventh-grader Peyton Groft, and eighth-graders Josie Clemens and Darby Duncan ran in the girls' varsity. The top 20 advance to the state meet. P. Groft placed third with a time of 16:45.9, Clemens placed fifth with a time of 17:03.8, and Duncan placed eighth with a time of 17:28.4. The girls placed second in the team points. They also took the top 20 runners from the boys' varsity. Eighth-grader Derek Boekelheide finished 33rd with a time of 20:55.6, freshman Isaac Groft finished 37th with a time of 21:20.6, and freshman Logan Schentzel finished 38th with time of 21:30.4.

This year's state meet is in Huron on Oct. 20.

Meet the Cross Country Team...



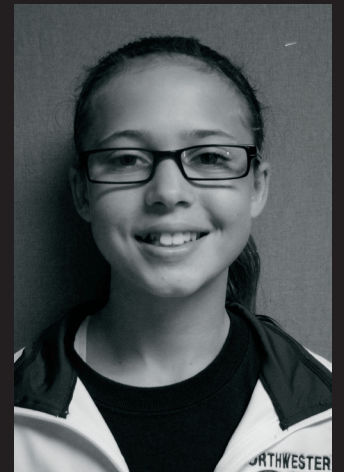
Isaac Groft
Freshman



Logan Schentzel
Freshman



Derek Boekelheide
Eighth-grader



Josie Clemens
Eighth-grader



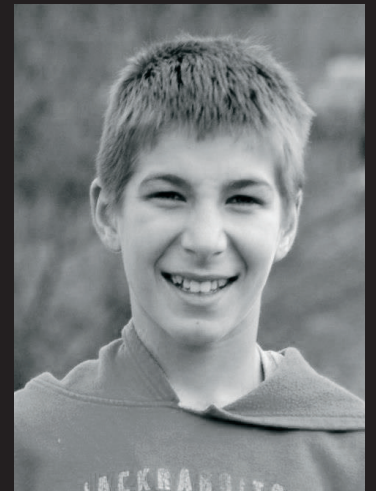
Peyton Groft
Seventh-grader



Darby Duncan
Eighth-grader



Moira Duncan
Sixth-grader



Caleb Schentzel
Sixth-grader

Pro

by: Maddie Hahler

Our lunch requirements are really not as outrageous as many students believe. In comparison to last year, the meat area may seem a bit lacking, but I think the fruit and vegetables this year are really great! Last year's salad has almost no nutritional value; this year they have mixed spinach into it, giving it a little more nutrition.

"I do enjoy the fresh watermelon," freshman Wyatt Hahler said.

Numerous students have complained about the smaller portions. I don't think they see how much other food items we are receiving in exchange. We literally have three or more fruit and vegetable options on a daily basis. Many high school boys have disagreed with this by arguing that they need more calories and protein to keep up with their workouts or athletic practices. The cooks offer seconds, and they often take advantage of that, but they continue to claim that it's just not enough. If students really need that much food, pack a lunch. The

cheerleaders have morning practice at 6:30 a.m., and some of them still find the time to pack their lunches.

"My mom actually makes the main thing for me, but I throw in the other selections. So, it's really quick and easy, and tastes great, too," junior Kristie Bade said.

I also am one of those students who eats breakfast in the morning. Last year, they only served "hot breakfast" on Wednesdays, but this year, students have the option of it every day. This is great for students like me, who can't eat cereal every morning. It gets awfully boring.

There are many reasons for the new requirements that students don't exactly understand. This year, we are all given food based on how our calorie intake should be. I think this is a great way to properly feed the students based on nutritional values. Fruits and vegetables are some of my favorite foods and seeing more of them is really great.

Con

by: Haley Grandpre

The new school

lunch requirements are bringing up a huge debate! This is not giving the students enough to eat. This brings problems to schools, like Northwestern, that have big athletes. It is leaving the students hungry. Also students are complaining about how everything is whole wheat. I know things are suppose to be healthy, but the tastes of the lunches are just not appetizing. More students just bring their lunches, or just do not eat at all. Students need to eat and have a great lunch to keep them going during the day. Like people say, breakfast is the most important meal of the day, well, lunch should be important, too.

Many hungry students resort to eating junk food at the MTP to fill their empty bellies in-

stead. This is not good nutrition.

The students are not happy about the restrictions with the school lunches. They feel as they do not get enough to eat and are going throughout the day hungry and with no energy. I feel as if they are trying to make everything so healthy that it ruins the taste of the food.

"I do not get enough to eat, I go through the day hungry and do not eat anything until I get home after football," Corbin Smith said.

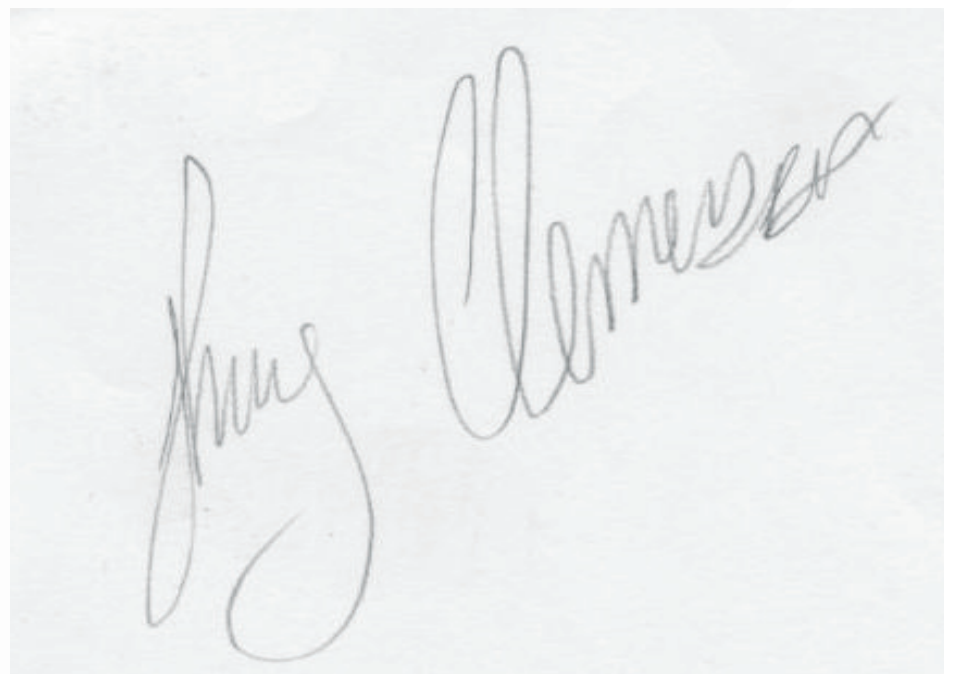
Overall, they need to fix the school lunch requirements. I know that this is the new "state law," but if the state knew what this was going to the students, they might re-consider cutting the school lunches. Many students are unhappy about the lunches and something needs to be done about it.



Shay's Words of Advice to the Freshmen

by: Shay Clemensen

I was taught a very valuable lesson last year by the seniors. In order to have a good time in high school, you must get along with the teachers. If, for example you start out your middle school years a trouble maker, and then when you get to high school, that title sticks with you. Now that you are in high school, teachers might despise you and think that you mess around all the time, so they don't let anything go. If you start of behaving as a child, getting your homework done and not getting in trouble, you are able to get away with more!



"My birthday," sophomore Blake Toennies said.



"Food! And having a family gathering," junior Tyler Carda said.



In The Elementary...



"Being with my family," fifth-grader Talley Sparling said.

"Food," fourth-grader Sydney Schell said.



"Pie and watching football," fifth-grader Chrissy Stoltenberg said.

In The Hallway...

"Not having school," freshman Cameron Bohl said.



"I like the eatin' part," junior Nik Wood said.

"Spending time with family and eating my grandma's food," eighth-grader Darby Duncan said.



"Being with my family," kindergartner Rylen Kramp.



TOP TEN: Things to do during Thanksgiving Break!

10. See Family
9. Sleep
8. Hunt
7. Go on vacation
6. Feast on food
5. Food fight
4. Celebrate Bryce Roe's birthday
3. Build a boat
2. Find a Cure for Cancer
1. Reflect on how much I love 'Merica

Student of the Month



by: Sophie Kranhold

The student of the Month in October is Alyssa Steward. Her parents are Allan and Laura Steward. She has one brother, Ethan.

Steward's activities include dance, youth group, Future Business Leaders of America, the Fellowship of Christian Athletes, band, chorus, 4-H and art. Her hobbies are playing piano and guitar, sing, dancing, taking pictures and art. Her favorite classes are art, band and chorus.

After high school, Steward wants to go to college for four years, get married and have children.

A Christian singer Britt Nicole inspires Alyssa.

Steward has two favorite quotes.

"To watch us dance is to hear our hearts speak" – Unknown

"God can do anything, you know- for more than you could ever imagine or request or guess in your wildest dreams!"- Ephesians 320, The Message

The most embarrassing moment in Steward's life was when her friends made business cards with her name, number, email and picture on them. Fellow classmate, Jacob Heidenreich continued to hand the cards out to guys at the track meets.

*Congratulations to the
All-state Chorus students!*

Soprano- Alyssa Steward

Alto- Kalen Frericks

Bass- Tyler Carda

Tenor- Landon Fischbach

*Alternates- Skylar Sorenson,
Madison Styles and Rachel Rausch*

November Horoscopes



Scorpio - Oct. 23 - Nov. 21

Regenerate your self-awareness with relaxation and alone time. Keep loved ones close toward the end of the month... you will need their support.



Sagittarius - Nov. 22 - Dec. 21

Focus on goals. Your reputation as a visionary brings stress but also has its rewards. Keep yourself interested in your work by involving a friend.



Capricorn - Dec. 22 - Jan. 19

Stop worrying about the different outcomes and go with your gut instinct. Your controlling nature could cause problems with colleagues.



Aquarius - Jan. 20 - Feb. 18

Emotional turbulence will cause stress. Turn to your friends, they will help you through this rough patch. Don't let yourself run out of steam.



Pisces - Feb. 19 - Mar. 20

A vigorous schedule will keep your mind occupied. Expect last minute changes by planning ahead. Relationships with the opposite sex will blossom toward mid month.



Aries - Mar. 21 - Apr. 19

A chance encounter leaves you having a long talk with a potential romantic interest. Keep your friends close... keep you enemies closer.



Taurus - Apr. 20 - May 20

Research is key. Absorb info and deal with it later. Attach yourself to groups that share your ideals. You can only get so far on your own.



Gemini - May 21 - June 20

You may have some inner turmoil that needs your attention. Get to know yourself a little bit better and find an easy solution to the problem.



Cancer - June 21 - July 22

Friends look to you for guidance. Your pioneering personality and charisma will help everyone find the right path. Stay calm when tempers flare.



Leo - July 23 - Aug. 22

Engagements to display your talents will arise. Don't be too rigid with your routine. Slow down and take time to enjoy the fruits of your labor.



Virgo - Aug. 23- Sept. 22

Expect much deserved praise for your efforts. Respond to negative feedback with patience. This criticism will help take you to the next level.



Libra - Sept. 23 - Oct. 22

As you reach important milestones, don't forget to keep looking toward the future. Don't be afraid to ask for help. Family members offer great financial advice.

Dodge Charger



By: Shay Clemensen

The new Dodge Charger was a legendary muscle car from the 1960s. The Charger had a rough spot from 1971 to the new style Charger, which came out in 2005. This new Charger has four doors, which angered some of the Charger fans, but luckily, the charger has a brother, the Challenger that has two doors. This new Charger does not compete with the new Camaro and Mustang; it is in its own class. The Charger comes with one option size V6 and two options for the V8. The V6 pushes out 292 horsepower. The R/T V8 Hemi pushes out 370 horsepower, and the SRT-8 has 470 horsepower. The Charger definitely has one feature that no other muscle car would ever, or should ever have for my opinion, which is all-wheel drive. The AWD makes the Charger seem more like a family Sedan than a sports car. A muscle car should have rear-wheel drive on because it gives the driver the ability to become a good driver. It is a challenge to drive in the winter. At least the AWD is not standard on it. They do have RWD as their standard. In my opinion, the Charger is way overpriced. Dodge overpriced the Charger by at least \$3,000. The high-end SRT has a starting price of \$46,000 which the Mustang GT and Camaro SS both compete with, and they start at around \$34,000.

The Hunger Games

By: Hannah Palmer

The Hunger Games was a huge success in theaters! The Hunger Games kept movie-goers on the edge of their seats! This thrilling adventure included Jennifer Lawrence as Katniss Everdeen, Josh Hutcherson as Peeta Mellark, Willow Shields as Primrose Everdeen and Liam Hemsworth as Gale Hawthorne. Those were the main actors in this suspenseful flick. The main idea of this movie is for two children ages ranging from 12 to 18 to be chosen from a district and fight other children for the capital to watch. This meant that the children were fighting for their lives just to bring honor to their district. Katniss otherwise known as "the girl on fire" seeks adventure in this thrilling but romantic tale. At the beginning of the movie, Katniss finds herself a "good luck pin." This pin she found at a little shack in the middle of town. The pin was shaped like a mocking jay with a circle around it. The mocking jay symbol signifies rebellion and hope around the districts. If you would like to see a movie with excitement, but also a bit of a hopeless romantic, I suggest the Hunger Games!



By: Jordan Peterson

The popular singing group Train has been an ideal group to listen to. Their newest hit "50 Ways to Say Goodbye" has been at the top of the charts. Some of their other popular songs are "Hey Soul Sister," "Calling All Angels," "If It's Love," "Meet Virginia," "Marry Me," "Drive By," "When I Look To The Sky," "Save Me San Francisco" and the best of all "Drops of Jupiter." The names of the band members are Patrick Monahan, Scott Underwood, Jimmy Stafford, Rob Hotchkiss and Charlie Colin. Train also has an extensive history of awards. Their achievements include Top Artists of the Year Chart in 2010 and 2011; Billboard 200 Albums of the Year Chart in 2001, 2002, 2003, and 2011; Billboard Hot 100 Songs of the Year Chart in 2000, 2001, 2003.



Train