

Staff and students exhibit heroism for a day at blood drive

by: Peyton Groft

Students, staff and community members lined up in the auxiliary gym on Tuesday, Nov. 17 from 9 a.m. to 2:15 p.m. to participate in a blood

drive held by the Northwestern Future Business Leaders of America.

To participate, one must meet the height, weight and

age requirements as well as have an acceptable blood type and be in good health. First, each donor will be asked question regarding his or her health

and history and then seated to begin the donation process if cleared. After 8-10 minutes of sitting in a comfortable chair with a needle in his or her arm,

each participant will have supplied approximately one pint of blood. Then, after the extraction of blood, each donator waits about 10-15 minutes to cool off. Finally, the participant leaves the site and resumes his or her normal daily activities.

A total of 44 people partook in the blood drive, which includes 39 scheduled donors and five walk-ins. Roughly 47 pints of viable blood were extracted in total, including 36 pints from single-donors and eleven pints from double-donors.

Five students and community members donating for the first time contributed to the 47 pints of blood collected.

Anyone able to donate blood should take the opportunity to do so, as each transfusion can save the life of anyone around the world.

The Northwestern FBLA's next blood drive is scheduled for Thursday, March 17 starting at 8:30 a.m.



Photo by Kendra Bohlen

Senior Kirstin Borge attempts to hold back her fear of needles in order to support a greater cause.

Students honor veterans at program

by: Sadie Vander Wal

Northwestern hosted a Veterans Day program at the school on Wednesday, Nov. 11 at 9:30 a.m. Student body president and senior Cody Leforge welcomed the students and community members in attendance.

To start off the program, the Brentford Junior American Legion Auxiliary members posted the colors while senior Darienne Frericks played the snare drum. A brass quintet consisting of senior Isaac Groft, junior Derek Boekelheide, sophomores Tyler Braun and Sadie Vander Wal and freshman Gavin Bohl performed the national anthem. Seventh-grader Samantha Rush read a poem titled "On Veteran's Day" by Ralph Bruzzichesi.

Seventh-grader Zachariah Mzala recited another poem called "This Soldier" by Angela Goodwin. The second grade class sang "For the Good of the Many" under the direction of Miss Brenna Rausch.

Guest speaker South Dakota National Guard Staff Sergeant Mr. Todd Fuerst gave the keynote speech for the program in which he stressed the importance of Veterans Day. All veterans in attendance stood as the audience applauded them for their service to this country. A moment of silence followed, and the colors were retired.

While some schools were not in session today because of the holiday, Northwestern students had class all day with the exception of the program. Through the program,

students, staff and community members had the chance to honor veterans and learn more about the importance of the holiday.

"I think that making students aware of the sacrifices that veterans made through the program is more meaningful than having a day off from school," principal Mr. Rich Osborn said.



Photo by Kate Finley

National Guard Staff Sergeant Mr. Todd Fuerst recites the keynote speech during this year's Veterans Day program.

**Student of the Month:
Derek Boekelheide**



by: Sadie Vander Wal

Junior Derek Boekelheide received student of the month for November. Boekelheide is the son of Chad and Kris Boekelheide, and he has three younger sisters: Hailey, Jessica and Ella.

Boekelheide's activities include Fellowship of Christian Athletes, Future Business Leaders of America, youth group, band, basketball, robotics, cross country and track. He enjoys fishing in his free time. His favorite class is business.

Boekelheide's future plan is to attend a four-year college.

"Derek is a good student who always gets his work done and participates in class. He is also a good role model for underclassmen," Mrs. Amanda Fa'onelua said.

Derek's most embarrassing moment would be two years ago when he was trying to light the heater in his ice shack while ice fishing. It blew up in his face and singed off some of his hair.

Boekelheide's favorite athlete is Galen Rupp. His favorite quote is "To give anything less than your best is to sacrifice the gift" by Steve Prefontaine.

Robotics team advances to regions in Fargo

by: Peyton Groft

With a fourth-place finish overall at the local level, the Northwestern robotics team advanced to the region competition in Fargo, N.D., on Dec. 4-5.

"I enjoy robotics, and I hope everyone considers joining it. There is a job for everyone, and you get to meet a lot of new people," sophomore Evy Peterson said.

Boosting Engineering, Science, and Technology (BEST) concen-

trates on inspiring students to pursue careers in engineering, science and technology through participation in a sports-like, science- and engineering-based robotics competition.

"It's really fun, and I strongly encourage people to go out for robotics. It builds communication skills and time management, and that's why I like it," senior Codi Sparling said.

Before the local competition, it

was "crunch time" for the robotics team, as the team only had a few weeks to prepare. As time ran out, the team focused on the exhibit portion of the competition, which proved one of the most outstanding features of the team's presentation.

"I like making the exhibit because it takes creativity, and a lot of compliments were received at the competition," sophomore Megan Heidenreich said.

The robotics team will now prepare for the regional level, which involves competition from other states, in a hope to break through and enter the national level for the first time in the four years BEST robotics has been established.

"We are really excited to be able to compete at this level with teams from other states," robotics adviser Mrs. Denise Clemens said.



Photo by Kate Finley

The Northwestern robotics team poses for a photo. Back row: sophomore Daniel Tonga and juniors Derek Boekelheide and Christopher Johnson. Middle row: freshmen Brandon Ashalintubbi, Seth Wood and Moira Duncan, junior Josie Clemens and sophomores Evy Peterson, Megan Heidenreich, Sadie Vander Wal and Peyton Groft. Front row: seniors Codi Sparling, Trey Bierman, Nolan Peterson, Cody Lefforge and Kendra Bohlen.

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Students perform at All-State Chorus

by Addison Sparling

Four Northwestern choir students attended All-State chorus in Rapid City Oct. 30-31. The members included junior Darby Duncan and seniors Allison Braun, Madison Styles and Cory Walter.

"It was an enjoyable experience. I was honored to be able to sing with so many talented peers. It was also great to meet so many new people," Braun said.

In the quartet, Styles sang soprano, Duncan sang alto, Braun sang tenor and Walter sang bass. In order to make it to all-state, each chorus student had to audition. All-State chorus consists of talented high school students all over the state of South Dakota. The all-state members from surrounding schools also sang the national anthem for the District 2B volleyball championship on Nov. 6.

"It was a memorable experience being able to sing in a choir with over 1,000 students from all over South Dakota. Our director made the long rehearsals so much fun," Styles said.



Photo by Erica Styles

Senior soprano Madison Styles, senior bass Cory Walter, junior alto Darby Duncan and senior tenor Allison Braun enjoy the day of singing.



Photo by Erica Styles

Senior soprano Madison Styles sings during the concert.

Oral Interp members advance to regional competition

by: Peyton Groft

Due to an excellent performance at the district level, the Northwestern oral interp team will advance six competitors to the regional competition.

A total of nine Wildcats performed on Wednesday, Nov. 4 in Aberdeen at districts, including freshmen Seth Wood in the poetry category and Zachary Toennies in the humorous category, sophomores Sadie Vander Wal and Megan Heidenreich performing a duet and senior Kate Finley in the serious category. Seniors Darienne Frericks, Allison Braun, Andrea Rausch, Kate Finley and Codi Sparling also participated in reader's theater, performing a piece they wrote themselves.

Finley and the reader's theater group advanced to the region competition on Tuesday, Nov. 17 in Webster with a hope and drive to continue to advance to the state competition in Sturgis on Friday, Dec. 4.

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News Briefs

Sixth-Grade MathCounts

Congratulations to the following students for placing at the MathCounts competition at Roncalli on Nov. 4: Zeke Duncan (second place in eighth-grade), Chrissy Stoltenberg (sixth place in eighth-grade) and Mitchell VanderWal (sixth place in seventh grade).



Courtesy Photo
Seventh-grader Mitchell VanderWal (top right) celebrates his sixth-place finish.



Courtesy Photo
Eighth-graders Chrissy Stoltenberg (top right) and Zeke Duncan (bottom middle) celebrate their sixth-place and second-place finishes, respectively.

NSU Art Competition

Seniors Kate Finley, Allison Braun and Andrea Rausch attended the NSU Art Competition on Tuesday, Nov. 3 in Aberdeen.

Scrubs Camp

Sophomores Megan Heidenreich, Jaidyn Kramp, Addison Sparling, Evy Peterson and Darien Watson attended the Scrubs Camp in late October in Watertown for an outlook on a nursing future.

Braun and Grandpre crowned Northwestern Snow Queens

by: Sadie Vander Wal

The 2015 Plains Lions Club Snow Queen Festival, held on Saturday, Nov. 7 at Northwestern School, showcased outstanding talent and participants.

Competing in the junior snow queen division, participants consisted of freshmen Moira Duncan, Caitlyn Fischbach and Riley Grandpre. Senior snow queen candidates included seniors Kirstin Borge, Allison Braun, Kate Finley, Darienne Frericks, Elizabeth Heidenreich and Codi Sparling. In the senior talent division, junior Darby Duncan and senior Madison Styles competed for the title.

During the day, the snow queen participants rehearsed for the night's show, interviewed with the judges, ate food and had fun while spending their day with former Northwestern queens Jr. Miss Northwestern 2015 sophomore Tyrae Circle Bear and Miss Northwestern 2015 Northwestern graduate Christine Morgan.

The show began at 7 p.m. with introductions given by the Lions Club and each of the candidates. Circle Bear and Morgan received introductions and took their places on the stage. For entertainment, sophomores Megan Heidenreich and Sadie Vander Wal performed a humorous oral interpretation duet called, "This Speech Contest Has Been Canceled." Next, the junior snow queen candidates walked the stage while Master of Ceremonies Mr. Kody Bullock read about their hobbies, activities and awards. The senior candidates followed.

To start off the senior talent division, Duncan performed

a vocal solo called "The Lost and Found," and was accompanied by Northwestern graduate Jeanna Duncan on the piano and eighth-grader Ezekiel Duncan on rhythm. Styles concluded the talent portion with a vocal solo debuted by Adele called "Hello." With the help of Frosty, the kindergarten class' princes and princesses all received introductions and provided entertainment through their performances of a selection of songs under the direction of Mrs. Marissa Harms.

After Circle Bear's farewell, Frosty crowned Grandpre as the 2016 Jr. Miss Northwestern.

"Snow queen isn't just about dresses and pretty faces; it's about being able to communicate with

people and having good leadership skills," Grandpre said.

Next, Morgan unmasked Frosty, former Northwestern kindergarten teacher Mrs. Vicki Mitchell. Morgan gave her farewell speech and helped Mitchell crown the new senior snow queen. After what the judges called "a very tough decision for both divisions," Braun received 2016 Miss Northwestern, and Styles won the talent division. Borge received first-runner up.

"I am excited to represent Northwestern at the state snow queen contest. I'm looking forward to meeting new people and enjoying this great opportunity," Braun said.



Photo by Sadie Vander Wal

The winners of this year's snow queen competition include Mrs. Vicki Mitchell as Frosty, senior Kirstin Borge receiving first-runner up, senior Allison Braun receiving 2016 Miss Northwestern, freshman Riley Grandpre receiving 2016 Jr. Miss Northwestern and senior Madison Styles receiving first place in the talent division.

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2015 Northwestern Area School District High School Honor Roll First Quarter

Names appear alphabetically

Freshmen: **Straight A:** Moira Duncan; **A:** Caitlyn Fischbach, Jarret Haven, Caleb Schentzel; **B:** Gavin Bohl, Riley Grandpre, Zachary Toennies, Seth Wood.

Sophomores: **Straight A:** Peyton Groft, Megan Heidenreich, Jaidyn Kramp, Addison Sparling, Sadie Vander Wal; **B:** Austin Peterson, Evy Peterson, Daniel Tonga, Darien Watson.

Juniors: **Straight A:** Derek Boekelheide, Josie Clemens; **A:** Darby Duncan; **B:** Kyler Johnson.

Seniors: **Straight A:** Rachael Boekelheide, Kirstin Borge, Allison Braun, Elizabeth Heidenreich, Kaylee Hoellein, Andrea Rausch, Rachel Rausch, Madison Styles; **A:** Cameron Bohl, Kate Finley, Darienne Frericks; **B:** Ethan Bauer, Trey Bierman, Trevor Bohl, Kendra Bohlen, Hope Bowar, Abby Fischbach, Isaac Groft, Cody Lefforge, Nolan Peterson, Chance Sale, Logan Schentzel, Codi Sparling, Cory Walter.

2015 Northwestern Area School District Middle School Honor Roll First Trimester

Names appear alphabetically

Sixth-Grade: **Straight A:** Jessica Boekelheide, Samuel Groft, Megan Nash; **A:** Teryn Sparling, Sawyer Styles; **B:** Emma Grandpre, Haiden Grandpre, Justin Haven, Landen Melius, Logan Rausch, Meadow Remily, Mackenzie Stoltenberg, Brandon Toennies, Christopher Toennies, Maddie Williams.

Seventh-Grade: **Straight A:** Hayden Bohl, Bailey Heim, Hannah Schentzel, Mitchell Vander Wal; **A:** Alexis Rahm; **B:** Jace Haven, Joclyn Haven, Seth Heidenreich, Jackson Mielke, Kyle Peterson, Cody Rausch, Sydney Schell, Hunter Schipke, Hailie Stuck, Kiarra Stuck, Ethan Walter.

Eighth-Grade: **Straight A:** Hailey Boekelheide, Cassidy Frericks, Madalyn Groft, Christine Stoltenberg, Miranda Thorson, Danielle Watson, Tya Weideman; **A:** Ezekiel Duncan, Talley Sparling, Eleanor Tonga; **B:** Zechariah Clemens, Tristan Dvorak, Kaitlyn Lefforge, Dalton Peterson, Danille Seymour.

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Wildcats finish season w

by: Isaac Groft

The Northwestern volleyball team finished the season with a 29-4 record, the most wins the team has had since 2011.

To wrap up the regular season, the Wildcats defeated the Leola/Frederick Titans and the Hitchcock-Tulare Patriots in three sets each. The Wildcats then entered the District 2B Tournament as the No. 1 seed, receiving a bye the first round. The team made short work of Langford in the semifinals with

scores of 25-2, 25-5 and 25-9.

Northwestern fell to Warner in the District 2B Championship match in three sets, 18-25, 22-25, 22-25, on Nov. 6. Senior Kirstin Borge led the team in serving with two aces. Freshman phenoms Riley Grandpre and Caitlyn Fischbach led attacking with 12 and 10 kills, respectively. Junior Darby Duncan set 30 assists. Sophomore libero Peyton Groft had 26 digs.

Over the course of the season, Groft led the team in serving percentage (98%), digs (401), serve receive passing percentage (76%) and serve receive passing level (1.80). Groft is now No. 2 all-time for digs in a season and serving percentage in a season and No. 4 in serve receive passing percentage in a season. Duncan led the team in kill efficiency (35%) and assists (715). Fischbach led the team in blocks (52). Junior Josie Clem-

ens led the team in kills (313), and sophomore Addison Sparling led the team in aces (69).

"I am really happy with how the season turned out, and I hope to make it state next year!" P. Groft said.

Borge and senior Madison Styles received Academic All-State.

Clemens and Sparling received Second Team All-Conference while Groft and Duncan received First Team

All-Conference. Duncan also received conference MVP.

Groft and Duncan were selected for the *Aberdeen American News* All-Area Team.

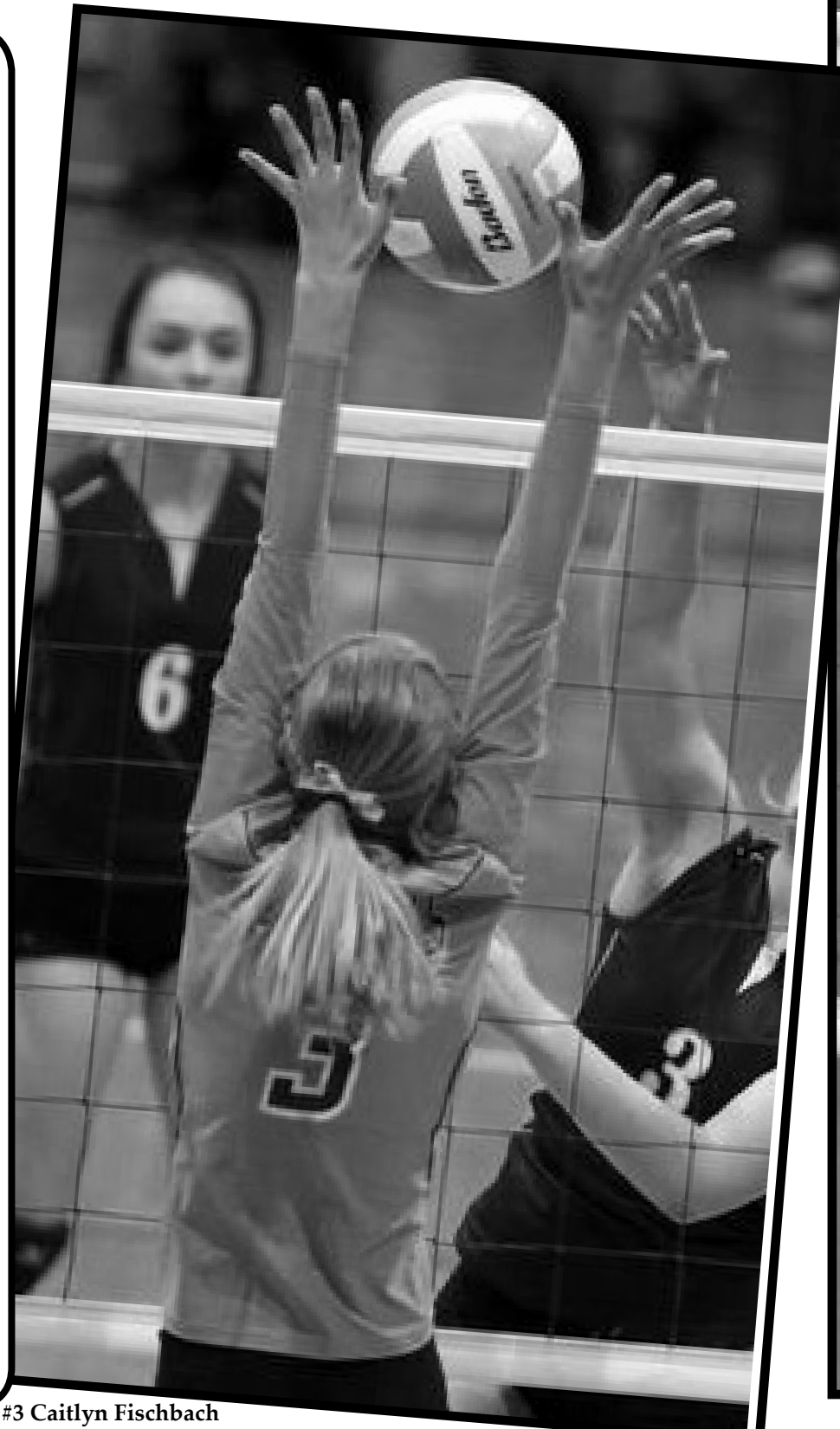
Groft received first-team all-state, and Duncan received second-team all-state.

The Wildcats graduate five seniors: Borge, Kendra Bohlen, Abigail Fischbach, Kaylee Hoellein and Styles.

"I'm very proud of our team's work ethic," Coach Groft said.

Scoreboard

Opponent:	Scores:
Sisseton	(25-14) (25-11) (25-21)
Wolsey-Wessington	(25-10) (25-12) (25-10)
McCook Central	(25-15) (25-15)
Arlington	(26-24) (25-10)
Wagner	(25-11) (25-22)
Parkston	(25-12) (25-18)
Langford Area	(25-3) (25-11) (25-9)
Warner	(25-23) (19-25) (21-25) (28-26) (8-15)
Miller	(25-9) (25-9) (25-15)
Ipswich	(25-7) (25-15) (25-18)
Vermillion	(25-15) (25-12)
Platte-Geddes	(25-19) (25-13)
Avon	(25-13) (25-13)
Parker	(25-22) (29-27)
St. Thomas More	(25-21) (25-13)
Bon Homme	(25-22) (25-11)
Aberdeen Roncalli	(25-11) (25-10) (25-2)
Warner	(17-25) (22-25) (14-25)
Redfield/Doland	(25-19) (25-15) (21-25) (26-28) (12-15)
Webster Area	(25-10) (25-8) (25-10)
Faulkton Area	(25-17) (25-12) (25-13)
Miller	(25-10) (25-15)
Waverly-South Shore	(25-11) (25-21)
Groton Area	(25-9) (25-4)
Belle Fourche	(25-14) (25-13)
Redfield/Doland	(25-11) (25-20)
Potter County	(25-8) (25-15) (20-25) (25-11)
Milbank Area	(25-16) (25-13) (25-14)
Groton Area	(25-11) (25-23) (25-8)
Leola/Frederick	(25-17) (25-14) (25-18)
Hitchcock-Tulare	(25-9) (25-8) (25-7)
Langford Area	(25-2) (25-5) (25-9)
Warner	(18-25) (25-22) (25-22)



#3 Caitlyn Fischbach



#5 Riley Grandpre



#4 Addison Sparling



ith 29-4 record



#5 Riley Grandpre

2015 Seniors



Senior defensive specialist Kirstin Borge played her best match of the season during the district championship, digging up everything that came to her in the back row and serving up two aces.

Senior right-side hitter Kaylee Hoellein played outstanding defense and picked up many tips in addition to hitting 65 kills on the season.

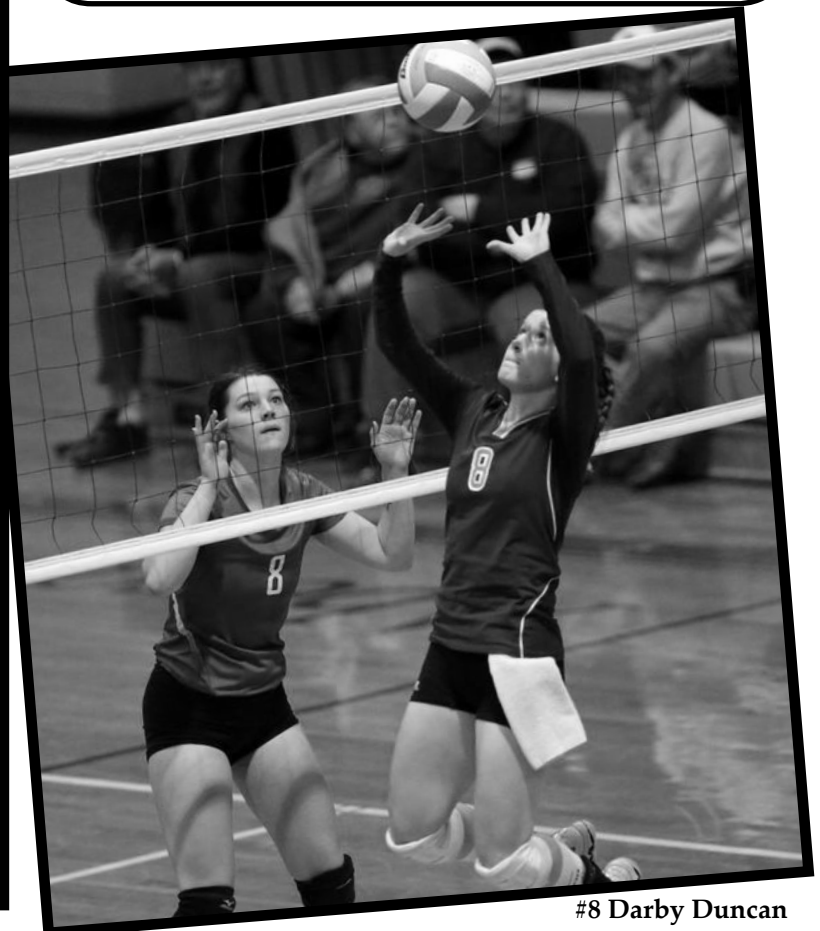


Senior middle hitter Abby Fischbach attacks the ball on the outside. Her positive attitude and leadership both on and off the court set the example for the younger players.

Senior defensive-specialist Madison Styles passes the ball to the setter. She played tough defense to help prepare her team for equally tough competition.



Senior serving specialist Kendra Bohlen serves up one of four aces at home against Webster. Bohlen brought a good attitude and work ethic to the team effort.



#8 Darby Duncan

#5 Riley Grandpre



#3 Caitlyn Fischbach



#6 Josie Clemens



Girls' Basketball Preview:

Wildcats go "Back to the Future" to hire new coach



by: Isaac Groft

The Northwestern high school girls' basketball team will feature a different coaching staff than last season, as head coach Jason Sparling announced his resignation after three seasons with the team Nov. 9.

Mrs. Denise Clemens, former head and current assistant coach, quickly stepped back into the head coaching role. Clemens served as head coach from 2000 to 2005 after spending two years as an assistant coach, compiling a 57-48 coaching record. Clemens has been a steady face in the girls' basketball program, serving as a junior high coach and/or assistant coach for many years. Former Northern State University stand-out basketball player Rachel Krogman has taken the assistant coaching job.

"I'm really excited to experience a new year with a new coach. It will be a good learning experience because I won't have that father-daughter feedback," sophomore Addison Sparling said.

To begin the year, the Wildcats will be taking on Aberdeen Roncalli at home on Dec. 8. The team will also be at home for its next two games on Dec. 10 against Aberdeen Christian and against Warner on Dec. 17.

"We are really looking forward to starting this year and getting to work. We have a great group of girls who I know are going to work hard all the time," Coach Clemens said.

Returning players for the Wildcats include seniors Codi Sparling, Kirstin Borge, Kendra Bohlen and Madison Styles, juniors Darby Duncan and Josie Clemens, sophomores Peyton Groft, Addison Sparling, Evy Peterson, Darien Watson and Tyrae Circle Bear and freshmen Riley Grandpre, Caitlyn Fischbach and Moira Duncan.

The Wildcats graduated four seniors last season.

"This year should be a very good experience for all of us. It will be interesting to see how we adapt to not having the seniors that we did have," junior Josie Clemens said.

The Wildcats will be looking forward to having a great year of basketball with a new coach and all new players in a different atmosphere.

Courtesy Photo

Junior Josie Clemens goes up for a three-pointer at a home basketball game last season.

Boys' Basketball Preview:

High school boys excited to begin a new season on the court



by: Cameron Bohl

This year's boys' basketball team will consist of seniors Nolan Peterson, Cody Lefforge and Logan Schentzel, juniors Andrew Lefforge and Derek Boekelheide, sophomore Dominic Beckwith and freshmen Jarret Haven, Gavin Bohl, Zach Toenies and Caleb Schentzel. Seniors Isaac Groft and Trey Bierman are still recovering from torn ACLs suffered earlier this year. The head coach will be James Groft starting his second season with Northwestern. Assistant coaches will be Nathan Peterson and Bill Clemens.

Returning starters are L. Schentzel, C. Schentzel, Boekelheide and Haven. Some of the team strengths include committed players who worked hard to improve in the off-season, familiarity with the system, and success in the cross country team season, which will help provide confidence and players in good shape for the basketball season.

Tightening up the interior defense to force more outside shots and improving the rebounding rate are goals for improvement.

Focusing on factors the team can control, such as character and team effort, and improving every practice will contribute in the season outlook.

The first game will be away on Tuesday, Dec. 15 against Edmunds Central. The second game will be at home on Tuesday, Dec. 22 against Aberdeen Christian.

Courtesy Photo

Freshman Jarret Haven dribbles around his Miller opponents during a home game last season.



Too many gifts at Christmas?



Staff editorial

December brings the wonderful holiday of Christmas to the world. Colorful lights, Santa Claus, presents and family make up only a small fraction of the joyous holiday.

Giving youngsters whatever they want for Christmas simply because they ask nicely or they put it on their list to Santa does not necessarily mean that they need it. The truth is that today's parents cause detrimental development to their children when children receive whatever they want.

People may love buying toys for their child's present, but studies show that too many toys can have negative effects on children. According to Daily Mail, a University of Missouri and

the University of Illinois at Chicago study has found that parents who buy too many presents for their children can turn them into materialistic adults and cause behavioral issues later in life. The idea of materialistic rewards may have good intentions, but it could end with bad results for a child's future. They may continue to reward themselves with material goods into adulthood, which could create problems. For example, when children who receive an abundant amount presents reach adulthood, they may define their success by their material goods, which could lead to problems such as gambling or financial debt.

When children begin to make their wish lists for Santa, some ask for the next new toy while others wish for a cell phone, iPad, or other electronic device. Most children ask for what they expect Santa to bring them. If they receive anything less, they fail to be happy about the gift they did receive. Some children simply do not understand why they did not get exactly what they wanted, while others express gratitude for whatever they receive. The importance of gratefulness should be taught to children in order for them to fully appreciate any gift they receive. What some children do not realize is how lucky they are to receive Christmas presents every year,

while some are lucky to have food for Christmas dinner. Christmas should be centered around being thankful for family, friends and everything we have, and teaching children to do the same will help change the materialistic Christmas image imprinted on their minds.

As the holidays draw nearer, think about the importance of gifts to your holiday season. Do they really determine your happiness and holiday cheer?

Let's make time with family and friends the cornerstone of our holiday traditions rather than the materialistic focus imposed upon us by the media.

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In the Hallway....

In the Elementary....

What is something that you DO NOT want for Christmas?

by: Peyton Groft



"I don't really like getting pet toys because I already have 12 pet toys!" kindergartner Anneliese Holsing said.



"I don't want a football because I don't like football," fifth-grader Ella Haven said.



"I don't want a horse because they can buck me off, and I'll get hurt," fifth-grader Tanner Ewalt said.



"I don't want a toy mask because Santa might get me the wrong one," kindergartner Victoria Kramp said.



"I don't want a lizard because it would crawl around the house," first-grader Chesnie Heim said.

In the Middle School....

What is your favorite Christmas movie?

by: Peyton Groft



"The *Nightmare Before Christmas* because I like Jack the Skeleton," sixth-grader Haiden Grandpre said.



"Mr. Grinch because it has an evil villain in it," seventh-grader Jackson Weideman said.



"Santa Claus because it's funny," eighth-grader Madalyn Groft said.



"I don't watch really Christmas movies," seventh-grader Kyle Peterson said.



"The *Nightmare Before Christmas* because it's a good movie," seventh-grader Danika Berry said.

In the High School....

What do you want for Christmas?

by: Addison Sparling



"A beats pill because Haley took hers to college, so I do not have one," freshman Riley Grandpre said.



"I want a new record player because I have one now but the speed is not right anymore, so sometimes Johnny Cash sounds R-E-A-L-L-Y S-L-O-W," Mr. Scott Boone said.



"Money so I can redecorate my room," sophomore Evy Peterson said.

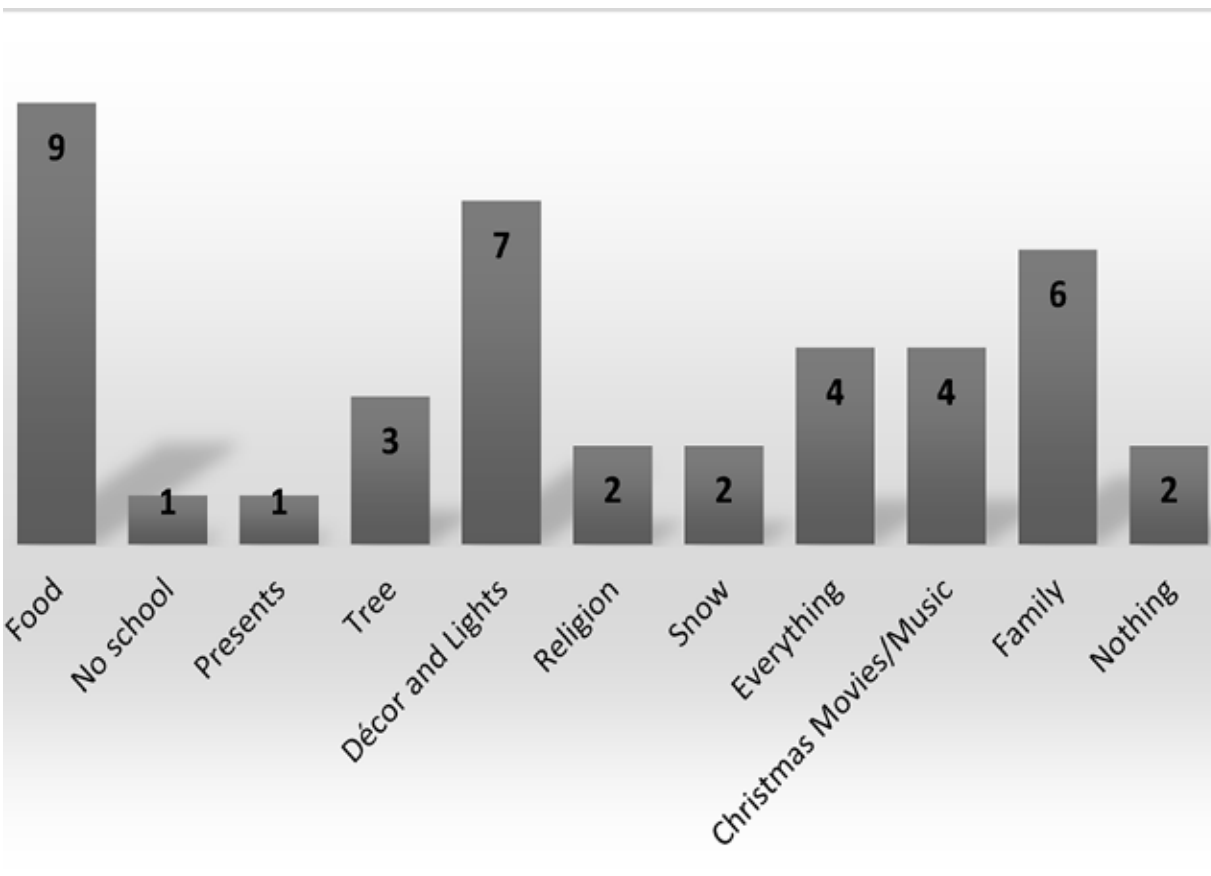


"A new bow so I can shoot a big buck," senior Cody Lefforge said.



"Christmas is not about what I am getting; it is about what I was given," Mrs. Jennifer Schell said.

What aspect of Christmas do the students of Northwestern love the most?



Forty-one high school students were surveyed.

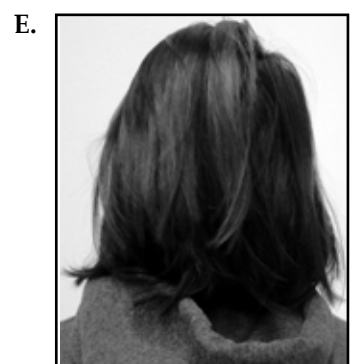
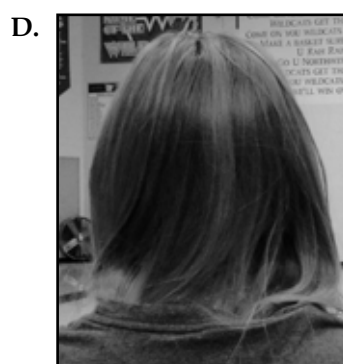
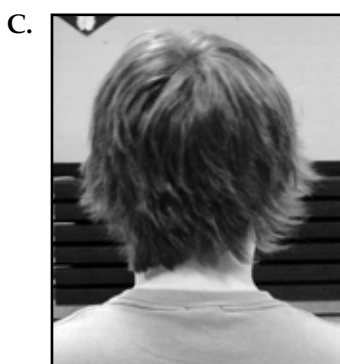
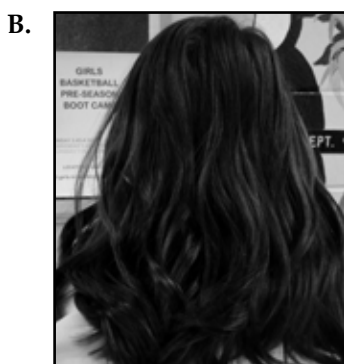
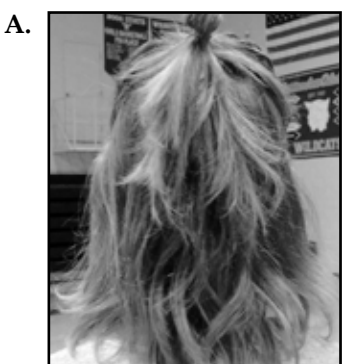
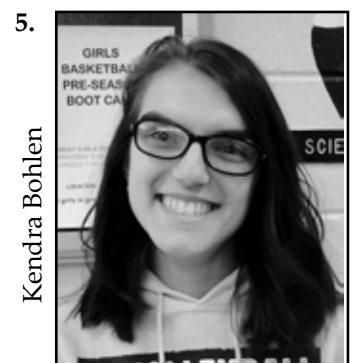
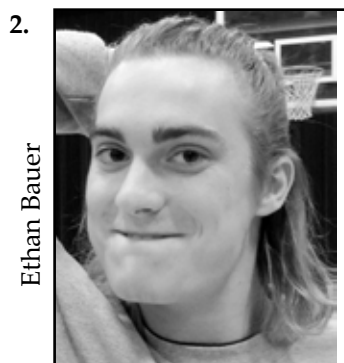
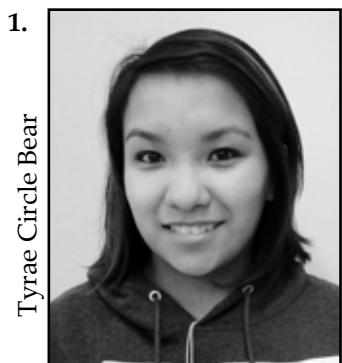
Top 10 white elephant gifts at the FBLA Christmas party

by: Sadie Vander Wal

10. Old magazines
9. Toilet paper
8. Used toys
7. Old clothes
6. Jewelry
5. Candy
4. iTunes gift card
3. 12-pack of Gatorade
2. Blue body suit
1. 9 oz. bag of Sour Patch Kids

Trends: Can you match the person with the correct hairstyle?

Photos and story by Addison Sparling



Answers: 1E, 2A, 3D, 4C, 5B

Fantastic 4

Addi's Apps



Apps exist for everything in today's world. Have you ever seen *Gossip Girl*? In it, one person sends out gossip-filled messages to an entire school about rumor-filled and exaggerated things.

Even though this is a fiction-filled TV show, it is coming to life. There is now an App called Gossip. Anyone can make an account and write random things about anyone or anything. This app may be fun and entertaining to see jokes and funny pictures. However, like in *Gossip Girl*, nobody liked the rumors and images being released about their personal lives. Therefore, this could end up being an enjoyable app, or it could end up hurting people and their reputations.



Tyrae's Techniques

Some people use painting as a technique and have different ways of expressing their techniques. For example, senior Allison Braun is painting on a window that turned out amazing. Some people use oil pastels, painting with oil, charcoal, chalk, water paints, crayons, drawing pencils etc. I happen to be really good at oil pastels and I draw many different things with it. I usually draw names. You should take in consider that people have different ways in expressing their techniques.



Sadie Says

The highly controversial "Antibiotic-free Subway" has sparked much discussion over the Internet and through media in the past weeks. When hearing about this topic, not many people know the origin of it and how it even affects consumers. In late October, Subway announced that it would only serve meat raised without antibiotics in 2016. According to a Subway, "We're always working to make our products even better." Many believe Subway follows suit of other chains that made the switch due to activist pressure. In a news release, Subway said, "Today's consumer is ever more mindful of what they are eating, and we've been making changes to address what they are looking for," according to BEEF Magazine Daily. This debate proves scary for the agricultural industry. Because of more people looking for healthier food choices in recent years, more and more food chains label their food as being "drug-free" in order to entice that market of consumers. Due to a misinformed public, people do not realize that antibiotics exist in beef production. Antibiotics treat disease in sick animals. When businesses fail to buy meat from producers who treat their animals, producers may have to conform in order to sell their product. If producers were to stop treating their animal, they would fail at their jobs because their animals would not necessarily receive the proper care. According to BEEF magazine, conventional meat does not contain antibiotics because of withdrawal times and protocols. Producers abide by this, and when they treat their animals, it ensures that their health remains at a high standard to ensure a high-quality product in their meat.

This debate may not go away anytime soon. As members of an agricultural community, we must strive to help inform the public of the truth about this issue and about the uses and benefits of antibiotics in livestock.

Peyton's Power Hour

100 Arm Workout

- 1 burpee
- 10 pushups
- 1 burpee
- 10 pushup jacks@
- 1 burpee
- 10 jumping pushups#
- 1 burpee
- 10 diamond pushups\$
- 1 burpee
- 10 hand-release pushups%
- 1 burpee
- 10 walking pushups^
- 1 burpee
- 10 wide-arm pushups*
- 1 burpee
- 10 finger pushups<
- 1 burpee
- 10 decline pushups~
- 1 burpee

This workout will take 10-20 minutes to complete. If you still have questions regarding the types of pushups, post a comment on www.peytonspowerhour.wordpress.com or search on the Internet.

@ Do a regular pushup, then jump your feet out, and then bring them back to the starting position like a jumping jack.

Do a regular pushup and then push off with your feet and your hands (you will be floating in the air).

\$ Put your hands in the shape of a diamond and then do a pushup (this is difficult at first).

% Do a regular pushup and then lift your hands off the ground. Finally, press your hands back to the ground and push off for another rep.

^ Start standing up. Then, slowly inch down and walk yourself out to do a regular pushup. Finally, walk yourself back to the starting position.

*Place your arms slightly wider than your regular pushup.

< Get in pushup position, but instead of putting your entire hand on the ground, only place your fingers on the ground.

~ Place your feet on something higher than the ground, such as a chair or couch (higher means harder) and perform a pushup.