

# The *Scratchin'* Post

Volume 19, Issue 1    Northwestern School District    221 3rd St. Mellette, SD 57461    October 2015

## School Improvements:

A new roof over our heads and air-conditioning in our classrooms make for a safe and comfortable learning environment

by: Addison Sparling

This 2015 summer happened to be a busy one for the Northwestern school. ProTech from Watertown, S.D., completed the new roof for the school. It took them roughly two-and-a-half days to complete. They removed 55 tons of rock that served as a ballast for the old roof, but the new cover for the roof does not require any ballast. Other updates to the school included air conditioning in all the high school and middle school classrooms.

"I believe that air conditioning was a quality of life improvement for the students and teachers to better their classrooms," superintendent Mr. Ryan Bruns said.

The elementary classrooms also received a fresh coat of paint for this school year. Along with the updates came the normal maintenance, such as waxing the floors and other deep cleaning. A huge thanks goes out to Bill Clemens and Rachel Ortmeier for their summer maintenance along with the Josie Clemens, Zec Clemens, Amanda Morgan and Nancy Taylor.

"There was a lot of painting to be done, so I offered my help to Rachel and Mr. Bruns since I was not doing too much else this summer. Plus I love to clean and paint," elementary librarian Nancy Taylor said.



Photo by Mr. Ryan Bruns

ProTech of Watertown makes improvements to the roof.

## Math and science departments receive Monsanto grant

by: Addison Sparling

Northwestern School has been selected as a Monsanto American's Farmers Grow Rural Education grant winner. The grant consisted of \$10,000

for the math and science programs. Thanks to Mrs. Denise Clemens who prepared our winning application, and to all the farmers who nominated us.

"The science program was

able to get new equipment with this grant and go above and beyond what their normal budget would be," business manager Mrs. Lisa Frericks said.

Technology Integration to Enhance Out-of-Classroom STEM Activities is for all students in grades K-12.

Clemens completed an application on the need, use, lesson plans, logistics and expenses,

and had nominations by local farmers. A huge thank you also goes out to the 126 farmers who sent in nominations. The grant purchased Vernier portable lab probes to measure a variety of parameters such as pH levels, temperature, motion and velocity.

"My vision is to use equipment in all grade levels in out of classroom setup in the gym, on the playground, around the James River, Scatterwood and other bodies of water or field studies," Clemens said.

Photo by Kate Finley

Mrs. Denise Clemens, accompanied by the students of Northwestern, accepts the Monsanto grant.



**Student of the Month:  
Nolan Peterson**



by: Sadie Vander Wal

Senior Nolan Peterson received the September student of the month. Nolan is the son of Kim Peterson and Cheryl Olson. He has four siblings: Amanda, Steph, Nathan and Calli. Nolan's activities include baseball, football, basketball, serving as president of the Future Business Leaders of America Northwestern chapter, Fellowship of Christian Athletes and spring play. In his free time, he enjoys hunting, fishing and golfing. His favorite class is personal finance. His future plans include attending South Dakota State University and majoring in agronomy.

"Nolan deserves this award because of his leadership and involvement in multiple activities. He is very willing to try new things and has a positive attitude about everything he does," Mrs. Jolinda Finley said.

His favorite quote is "Winning isn't everything but wanting to is," from Vince Lombardi, and his favorite athlete is Doug Flutie.

Nolan spends his open block in the screen print room making T-shirts.

"Nolan is helpful, finishes his assignments on time and presents excellent leadership skills in FBLA. Not only is he an FBLA officer, but he also works in the screen print room and has an excellent work ethic with every task given to him. He is an excellent role model, and other kids really look up to him," Mrs. Anne Frericks said.

# Northwestern greets six new students this year

by: Tyrae Circle Bear

The Northwestern School District welcomed fourth-graders Serenity Keifer and Dustin Dirksen, sixth-grader Savannah Keifer, eighth-grader Eleanor Tonga, sophomore Dawnelle Blackmoon and senior Brady Zens this year.

Serenity Keifer lived in Pipestone, Minn., before coming to Northwestern. She enjoys reading, adrawing, playing with her friends and computer key-boarding.

"We got to do art--it's kind of fun. Math, I don't like. It's really funny to play with my friends when we play Marco Polo, and I like it when they got me and my sister together to take a picture for the newspaper," Serenity Keifer said.

Dirksen decided to come to NW due to the fact that he lives in Conde, S.D. He enjoys computer class and being on his farm.

"School is fun, I like reading a lot, I like it here," Dirksen said.

Savannah Keifer, like her sister Serenity, lived in Pipestone, Minn. She likes to ride her horses and spend time with her friends.

"It is fun, exciting, I made new friends," Savannah Keifer said.

Tonga came from Salt Lake City, Utah. She likes to think that she is funny and a little weird.

"I like it a lot, the people are really friendly. Not really shady, it's going good," Tonga said.

Black Moon originally lived in Eagle Butte, S.D. She believes that she is creative and has a unique personality.

"I think this school is all right, also great and helpful, and I am proud to be the school's mascot and be at all the games," Black Moon said.

Changing schools can be challenging, but these students bring their own unique skills, talents and personality to the Wildcat community and have already started to find their niche here.



Photo by Tyrae Circle Bear

Sophomore Dawnelle Black Moon, senior Brady Zens, eighth-grader Eleanor Tonga, fourth-grader Serenity Keifer, sixth-grader Savannah Keifer and fourth-grader Dustin Dirksen started school at Northwestern in August.

**Bullock, LLC**  
**Plumbing - HVAC - Electrical**  
**Kody Bullock**  
 bullockph@gmail.com  
 16774 US Hwy 281 — Ashton, SD 57424  
 605-472-1907 — 605-450-1118

Wildcat Spirit!  
 0000 0000 0000 0000  
 01/17  
 WILDCAT FAN  
**VISA**  
 Show your school spirit with an AB&T Spirit Card!  
**American BANK & TRUST**  
 HOMETOWN PEOPLE  
 Hometown Spirit!  
 4 Main Street | Mellette, SD | 605-887-3471  
 AmericanBankTrust.net  
 Member FDIC

**DUNCAN FAMILY Daycare**  
 Amy Duncan  
 605-887-3581

**Mack's AUTO BODY**  
 "Where quality reflects on you!"  
**PAT SOMMERS**  
 Owner/Manager  
 803 3rd Ave. SE Phone: 605-225-0480  
 Aberdeen, SD 57401 Fax: 605-226-3467  
 macksauto2@nvc.net

**CENEX** Farmer's Union Oil Co.  
 1002 S. Main Street  
 Chelsea, South Dakota  
**Stop in for your farming needs!**  
 Fertilizer, Chemical  
 Custom Spraying  
 Custom Spreading  
 Tires, Batteries  
 Hardware  
 Petroleum Product

**ABERDEEN AWARDS**  
 Jan E. Jensen  
 janj@nvc.net  
 Super City Mall (hallway north of Ken's grocery)  
 Toll Free: 1-877-225-3732

# Four new teachers bring energy and enthusiasm to their classrooms

Photos and story by Sadie Vander Wal



**Name:** Mrs. Megan Clemensen  
**College:** Northern State University  
**Teaching Assignment:** First grade  
**Family:** Married to Northwestern graduate Logan Clemensen (2010)  
**Hometown:** Watertown, S.D.  
**Q: Why did you go into teaching?**

**A:** "I like to be with kids and for them to 'get' something. It has always been what I wanted to do."  
**Q: What has been your most interesting experience so far?**

**A:** "The first day was eye-opening and not what I expected it to be."  
**Q: What drew you to Northwestern?**

**A:** "It is close, a good community, and I live nearby."  
**Q: What are your classroom goals for your students?**

**A:** "I would like them to find their strengths in reading, writing, adding and subtracting."



**Name:** Miss Rachel Krogman  
**College:** Northern State University  
**Teaching Assignment:** Middle school special education; sixth-grade literature and math  
**Family:** Two older brothers and one younger sister  
**Hometown:** Elkton, S.D.  
**Q: Why did you go into teaching?**

**A:** "My whole family are teachers. I like the school setting and wanted to be a part of that."  
**Q: What has been your most interesting experience so far?**

**A:** "Detention has been interesting because I get to interact with them."  
**Q: What drew you to Northwestern?**

**A:** "It's a small community similar to what I grew up in, and it is close to Aberdeen."  
**Q: What are your classroom goals for your students?**

**A:** "I want them to do well, master what they are working on, and be successful in that."



**Name:** Miss Brenna Rausch  
**College:** Northern State University  
**Teaching Assignment:** K-12 vocal  
**Family:** Youngest of three siblings  
**Hometown:** Big Stone City, S.D.  
**Q: Why did you go into teaching?**

**A:** "I realized that I enjoyed kids, and I really enjoy music. I really love what I do."  
**Q: What has been your most interesting experience so far?**

**A:** "College doesn't prepare you for the little things, like how to start school or class."  
**Q: What are your classroom goals for your students?**

**A:** "I want students to have an appreciation for music, to see it as more than notes on a page and be more enlightened about it."



**Name:** Mrs. Jennifer Hahler  
**College:** Dakota State University  
**Teaching Assignment:** Pre-School  
**Family:** Married to Northwestern graduate Adam Hahler (1999) and has three children, Dylan, fourth grade, Aiden, kindergarten, and Brailee, age two.  
**Hometown:** Hitchcock, S.D.  
**Q: Why did you go into teaching?**

**A:** "I love to be around kids and hope to influence them in their life."  
**Q: What has been your most interesting experience so far?**

**A:** "It would be teaching at the colony where I taught grades kindergarten through fourth grade."  
**Q: What drew you to Northwestern?**

**A:** "I live in the school district, and this is where my kids go to school."  
**Q: What are your classroom goals for your students?**

**A:** "I want them to be able to get to kindergarten and through their school years."

**We're growing with you.**  
*Our Family Business Serving Yours for Over 30 Years*

**ProAg SUPPLY Inc.**  
 Sales • Delivery • Service

• Fertilizer • Seed  
 • Tanks • Sprayers

E Hwy 12 Aberdeen  
 ProAgSupply.com • 225-9221

**Peterson Meats**  
**Owner: David Peterson**  
 23 Main Street  
 Mellette, SD 57461  
 (605) 887-3411

**The Sport Spot Bar & Grill**  
*"Where the grill's always on"*  
 887-3516  
 Bill & Dar Kraus  
 Owners

**Stahl Insurance Agency**  
 For all your insurance needs  
 Don Stahl • Doug Stahl  
 P.O. Box 22 Mellette, SD 57461  
 (605) 887-3604

**JAMES VALLEY TELECOMMUNICATIONS**  
 keeping you in touch

**"James Valley keeps our family connected."**

jamesvalley.com

**Country Repair & Manufacturing**  
*For all your repair and metal fabrication needs*

Brad Fischbach  
 Owner  
 bfam@nvc.net

605-887-3530 Business  
 605-887-3541 Fax  
 38878 150th St  
 Mellette, SD 57461

# News Briefs

## Presidential Fitness Award Recipients

*Presidential Award*  
 Ella Boekelheide  
 Ashley Haven  
 Jessica Boekelheide

### National Award

Carson Ewalt  
 Josie Sparling  
 Brenna Storly  
 Rennan Bruns  
 Jack Hansen  
 Josh Thorson  
 Nathan Melius  
 Dawson Ward  
 Tanner Ewalt  
 Preston Martin  
 Fehi Faonelua  
 Ella Haven  
 Ethan Boekelheide  
 Chase Neiber  
 Sam Groft  
 Justin Haven  
 Maddie Williams

## Advertising

Advertise with us!

\$100 for 1 business card size  
 \$200 for 2 business card sizes  
 \$300 for 2 business card sizes

Your advertisement will appear in school yearbook, newspapers, athletic programs, and the scoreboard at home events.

Support the Northwestern Wildcats and Northwestern Journalism by contacting Isaac Groft (Business Manager) at 475-7527 or IG3013@k12.sd.us if you or anyone you know would like to advertise with us. Checks can be made payable to Northwestern Journalism.

# Students partake in dual-credit courses

by: Sadie Vander Wal

Northwestern students take advantage of dual-credit courses once again for the 2015-2016 school year, and as a result, unlock great opportunities for their college education.

"It helps to get a jump start on college while also getting high school credit. It challenges you and tests your limit," senior Rachael Boekelheide said.

According to the South Dakota Department of Education, juniors and seniors in high school have the ability to take college courses at public universities and some private schools for the discounted rate of \$40 per credit hour instead of the \$100-\$350 per credit hour college students pay in South Dakota. Based on the courses taken, students accumulate credits toward high school graduation and a college degree by doing college-level course work.

"It's helpful to get classes out of the way," senior Rachel Rausch said.

Unlike students in college city schools, students at Northwestern take their dual-credit courses online instead of in a college classroom. Because the classes are online, students who have time in their schedule have the ability to fit these courses into a time that works best for them. Because of this opportunity, students have the chance to take a wider variety of courses than those offered inside of the building, which allows some to focus on subjects geared towards their future careers and tests students who crave a more challenging class in their semester.

"Classes offered include 100 to 200 level classes, which is equivalent to freshman and sophomore college courses," guidance counselor Mrs. Kari Brenner said.

A few of the college credit courses taken by students at Northwestern include Introductory Spanish I, U.S. History I, college algebra and general psychology. A total of fifteen juniors and seniors currently take a wide variety of dual-credit courses this year.

"I think they are beneficial in a couple different ways. First off, the cost is quite a bit of savings of \$40 compared to the college rate. We are giving them a chance to get started on their college careers and get into their field of study quicker. It allows students to pick up more elective courses for their

high school graduation. I think it is beneficial because it gives high school students an idea of what some college courses are going to be like and forces them to maybe change their study habits," high school principal Mr. Rich Osborn said.

For small-school students, the opportunities online are endless.

"Because of our rural area, this is a great opportunity for our students to have the same opportunities that bigger schools have. It's a great opportunity to get a head start on the game," Brenner said.



Photo by Sadie Vander Wal

Senior Cameron Bohl works on her dual-credit course, Lake Area Technical Institute's psychology class, during a study hall.

Your comfort is our specialty!

## CLIMATE CONTROL

- Geothermal Systems
- Air Conditioners
- Humidifiers
- Fireplaces
- Ice Melt
- Swimming Pool Heat Pumps
- Furnaces
- Heat Pumps
- Air Filtration
- Fire Pits
- Dust Control

Call today to receive  
 \$50.00 off Service or  
 \$200.00 off New Equipment!  
 Does not apply to service fee or mileage  
 Offer expires June 15, 2016

Join us on Social Media

1910 130th St NW  
 Aberdeen, SD 57401  
 Office: (605) 225-9822  
 www.climatecontrolprofessionals.com

We have something for everyone!

## CherryBerry

self-serve yogurt bar

Contact us about:

- Catering
- Fundraising
- Social Events

519 6th Ave. SE, Aberdeen, SD 262-0204

## Mycogen SEEDS

ARVIN TAYLOR  
 37762 153RD ST  
 NORTHVILLE, SD, 57461  
 PHONE: (605) 887-3343  
 CELL: 228-3168

# STYLES

## ANGUS INC.

Proud supporter of Northwestern Area Athletics!!  
 GO NORTHWESTERN GO!!!

Bob Styles  
 h887-3281  
 c290-3324  
 blstyles@nvc.net

Chris Styles  
 h887-3657  
 c887-7000  
 cestyles@nvc.net

www.stylesangus.com

We engrave most anything.  
 EVEN YOUR ITEMS

605-225-0220  
 Aberdeen, S.D.

We engrave what others can't, or won't.

## Laser & Rotary Engraving

# Engraving

# FBLA takes on Chicago at Nationals

by: Addison Sparling

Northwestern's Future Business Leaders of America chapter students who qualified at the state conference last April had the chance to travel to Chicago, Ill., to attend the national conference from June 28 to July 3, 2015.

Attendees included former seniors Corbin Smith, Julia Sparling, Hans Leonhardt, Christine Morgan and Blake Toennies, current seniors Kaylee Hoellein, Kate Finley, Codi Sparling, Rachel Boekelheide, Darianne Frericks, Elizabeth Heidenreich and Isaac Groft, junior Derek Boekelheide and sophomores Megan Heidenreich, Jaidyn Kramp, Sadie Vander Wal and Peyton Groft.

Mrs. Anne Frericks, FBLA adviser, and Mrs. Jolinda Finley chaperoned the trip.

Northwestern's FBLA chapter members had quite the adventure in Chicago. They arrived on Sunday after a long day's journey on a bus. On Monday, the chapter members woke up and met in the hotel lobby at 8:30 A.M. to go on a gangster tour and take a trip to the SkyDeck. After their day of adventures, some of the members had to get back to the hotel for their contests. On Tuesday, more members presented and completed other tasks. They also had workshops and booths to go to during the day for those

who did not have to present. On Wednesday, finals were upon the group. If they did well on their presentations and tasks they had to complete, they moved onto finals. For those who did not make it to finals, their day was spent going to Six Flags and Hurricane Harbor. Thursday brought even more adventures. The members of the chapter had the choice to go on a trolley tour of Chicago and then a river/lake cruise. Thursday night consisted of the closing ceremonies. This was when the awards were handed out to place winners. The Northwestern FBLA chapter had TWO people place this year: Boekelheide, who got fifth in Business Math and Vander Wal, who got eighth in Introduction to Business Communications. The next morning at 5:30, the buses arrived and were ready to be loaded.

Throughout the many years FBLA has been at Northwestern School, a total of five people have placed at nationals: Jodi Fischbach, Maggie Clemensen, Halle Seive(2014), and now, Derek Boekelheide and Sadie Vander Wal. This is the first year Northwestern FBLA has had back-to-back national placing and also the first year two people placed at the same conference.

"I was not expecting to place or go on stage. It was a lot of

fun getting to see the city of Chicago and getting to stay downtown around all the skyscrapers," Boekelheid said.

"It was an enriching experience that I will never forget! I did not expect to win anything because my category was so large, but I am glad that our school had the chance to represent South Dakota so well in placings," Vander Wal said.

This upcoming year will be the 18th year Frericks has been the Northwestern FBLA chapter leader as well as her 18th year teaching. She previously taught and lead FBLA at Redfield for seven years. Frericks does so much for the chapter, whether its putting up with the members, taking them to state and nationals, or making sure everyone gets their tests and presentations done and submitted on time. This year's Chicago trip was her third year going for the National FBLA Conference.

"I think it went well considering there was a total of 20 people, it is the most I have ever taken to nationals.



Sophomore Sadie Vander Wal and junior Derek Boekelheide celebrate placing in their divisions at National FBLA.

Overall the trip was good and very fun," Frericks said.

Photos by Mrs. Anne Frericks

The Northwestern qualifiers for National FBLA include then-seniors Blake Toennies, Hans Leonhardt, Corbin Smith, Christine Morgan and Julia Sparling, seniors Kate Finley, Rachael Boekelheide, Darianne Frericks, Elizabeth Heidenreich, Kaylee Hoellein, Codi Sparling and Isaac Groft, junior Derek Boekelheide, and sophomores Megan Heidenreich, Sadie Vander Wal, Peyton Groft and Jaidyn Kramp.



# Bovine project 'Moo'ves on to Pittsburgh

by; Peyton Groft

Sophomore Sadie Vander Wal advanced to the International Science Fair in Pittsburg, Penn., last May due to her outstanding performances at local fairs.

After placing first at the school's science fair and Northern State University's regional fair, Vander Wal became a finalist with the opportunity to fly out to Pittsburg for the International Science Fair (ISEF). Gladly accepting, the sophomore and science teacher Mrs. Denise Clemens departed on May 10 to partake in a life-changing experience.

In past years, Clemens has taken more than 15 outstanding young researchers to ISEF.

"Every year is unique with the students involved. To be able to compete at the

International Fair is such an honor and experience for our students, and Sadie did an amazing job representing Northwestern and South Dakota!" Clemens said.

The International fair differs greatly from our local fair here at Northwestern.

"There were a wider variety of categories, students from other countries, different languages being spoken, and overall extremely different. The exhibit hall was huge, and there were 1,700 finalists at the fair," Vander Wal said. She also added, "I presented for nine hours in front of twelve different judges and also explained my project to the public."

Vander Wal tested the viability of bovine semen. The purpose of her research project was to find out what the best temperature of thawing water for bovine units of semen to

be exposed to be considered viable is after then exposed to a constant room temperature. In her findings, Vander Wal discovered that the practical thawing water temperature for keeping bovine semen viable is 40 degrees Fahrenheit, which is much lower than the ideal temperature to ensure the fertilization of an egg (95 degrees Fahrenheit).

ISEF had a big impact on Vander Wal and her future research. The sophomore hopes to influence the agricultural world with her studies.

Both Clemens and Vander Wal made wonderful memories at this year's fair.

"I really enjoy getting to see all of the amazing research projects that high school students are doing and to see the students from Northwestern being exposed to a whole new experience," Clemens said.

Vander Wal believes that her success came from multiple sources.

"I could not have gotten to that point without a supportive school or Mrs. Clemens," Vander Wal said.

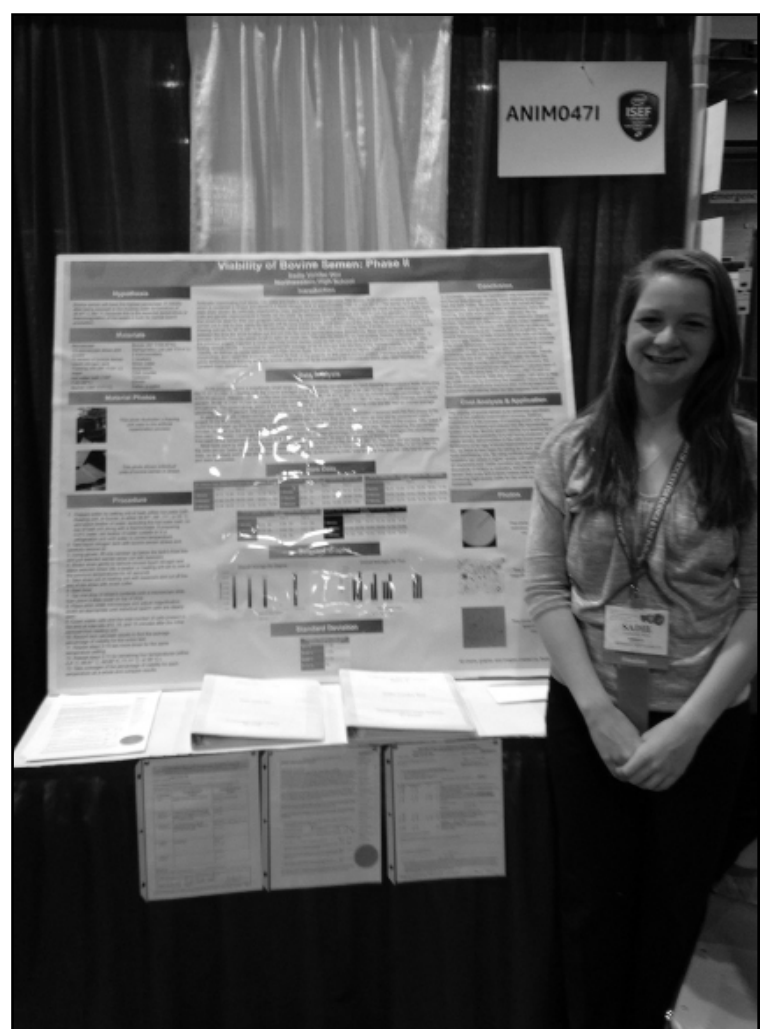


Photo by Mrs. Denise Clemens

Sophomore Sadie Vander Wal shows off her research project while waiting to present at the International Science Fair.



**KIM S. PETERSON**  
SALES REPRESENTATIVE FOR  
PIONEER BRAND PRODUCTS

PETERSON SEEDS  
15345 383 AVE.  
P.O. BOX 87  
NORTHVILLE, SD 57465

OFFICE: (605) 997-3528  
RESIDENCE: (605) 887-3424  
CELLULAR: (605) 380-3483

# Tagging way before it was cool at the South Dakota State Fair



*Courtesy Photo*  
Seventh-graders Jace Haven and Jackson Mielke show an illustrated presentation.



*Courtesy Photo*  
Fifth-grader Jayden Mielke and seventh-grader Joclyn Haven present their illustrated presentation.



*Courtesy Photo*  
Seventh-grader Hailee Stuck models her selected outfit at the state Fashion Revue.



*Courtesy Photo*  
Senior Madison Styles shows off her heifer at the state fair.



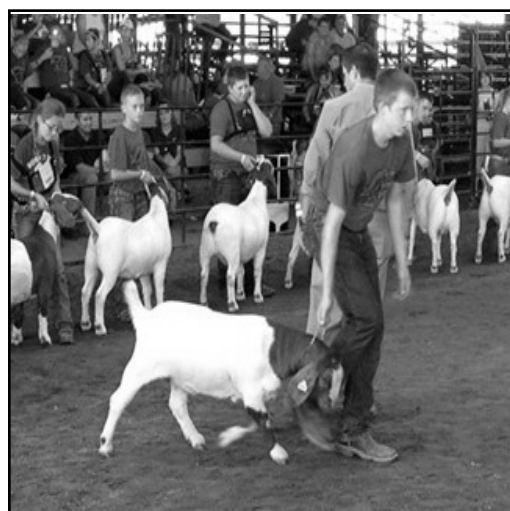
*Courtesy Photo*  
Sophomore Sadie Vander Wal takes a picture with her red Angus steer, who won Grand Champion Red Angus Steer in 4-H and Junior shows.



*Courtesy Photo*  
Seventh-grader Mitchell Vander Wal pets his red Angus heifer, who won Reserve Champion in an open class.



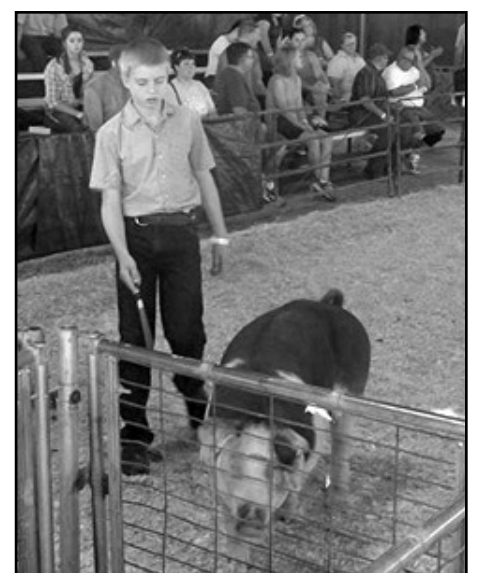
*Courtesy Photo*  
Seventh-grader Jace Haven boasts his many awards.



*Courtesy Photo*  
Freshman Jarret Haven shows his goat at the fair.



*Courtesy Photo*  
Seventh-grader Kiarra Stuck wears her choice of clothing for the state Fashion Revue.



*Courtesy Photo*  
Sixth-grader Justin Haven presents his pig to the judges.

# In the Hallway....

## In the Elementary...

Would you rather.... live in a pool of marshmallows or in a pool of M&Ms?

by: Peyton Groft



"M&Ms, because I won't get sticky," fourth-grader RikkaLyn Wiman-Gisi said.



"Marshmallows, because they are squishy and good," third-grader Payton Grandpre said.



"M&Ms, because they taste better," third-grader Dallas Stoltenberg said.



"Marshmallows, because they are more yummier and gushier," kindergartner William Clemens said.



"M&Ms, because I love M&Ms," fourth-grader Serenity Keifer said.

## In the Middle School...

Would you rather.... only be able to whisper or only be able to shout?

by: Peyton Groft



"Shout, because people could hear me better," sixth-grader Jessica Boekelheide said.



"Whisper, because I need to be quiet in school," seventh-grader Joe Groft said.



"Whisper, because my throat would get sore," eighth-grader Tristan Dvorak said.



"Shout, because people could hear me," sixth-grader Meadow Remily said.



"Whisper, because teachers won't yell at you," sixth-grader Teryn Sparling said.

## In the High School...

Would you rather.... get out of school early for heat or have air conditioning in the classrooms?

by: Addison Sparling



"I would rather have air conditioning in the classrooms, so we do not have to go longer at the end of school," sophomore Evy Peterson said.



"Air conditioning in the classrooms because I would rather be cold and stay in school then be hot and have more work to do," senior Elizabeth Heidenreich said.



"Air conditioning in the class rooms because it helps us to get homework done more efficiently," senior Abby Fischbach said.



"I would rather have air conditioning in the class rooms, because I would rather sit in class and endure the cold then get out for heat and go home to the same warm temperature," junior Josie Clemens said.



"Air conditioning because when the kids know they are getting out early for heat, they do not pay attention in class," Mrs. Jolinda Finley said.

80s  
1980s  
The

by: Peyton Groft

With a theme of "The 1980s," the Northwestern Wildcats celebrated homecoming week, starting on Monday, Sept. 21. The entire school showed its spirit through dress-up days, fun activities and much more.

On Monday, the whole school strut in with their best pair of pajamas. The freshmen, though, partook in Buddy Day, an event where the seniors take total control over the freshmen. In the afternoon, the student council put on a triple-elimination dodgeball tournament. Winners of the high school dodgeball tournament include sophomore Peyton Groft, juniors Andrew Lefforge, Derek Boekelheide, Josie Clemens and Darby Duncan and senior Isaac Groft. That night at coronation, the cross country, cheer, dance, football and volleyball teams introduced themselves. Homecoming royalty included senior girls Abby Fischbach, Madison Styles and Cameron Bohl and senior boys Logan Schentzel, Nolan Peterson, and Isaac Groft. Due to the absence of last year's king and queen, seniors Codi Sparling and Trevor Bohl crowned this year's king and queen, Peterson and Styles. To end the day, after the burning of the N, the high school girls took part in the Powder Puff football game. The team of senior captains Nolan Peterson, Logan Schentzel and Cody Lefforge won.

On Tuesday, the elementary dressed up as their favorite sport or athlete or wore a crazy hat. The middle school and high school dressed as a character of their favorite '80s movie. That night, the Wildcats' volleyball team hosted the

Roncalli Cavaliers, sweeping all three sets.

On Wednesday, the elementary wore neon or big hair, while the middle school and high school threw back the '80s fashion. The cross country team participated in the Faulkton Invitational in the evening.

On Thursday, the elementary dressed in camouflage, and the middle school and high school students mimicked their favorite '80s music. At the end of the school day, all middle school and high school students of each grade built their float that they would ride in the parade to be judged for best float. That night, the Warner Monarchs defeated the Wildcats in a three-set sweep.

On Friday, the entire school showed their school spirit by decking out in all green and gold. In the morning, the high school boys competed in a Power Buff volleyball tournament. Senior Abby Fischbach's team won. Afterward, the prep rally began. For lunch, the middle and high school students as well as the members of the community had the opportunity of attending the pork feed. At 1 p.m., the parade commenced. The football team fell to the Faulkton Trojans with a score of 6-36 that night. Sophomore Isaac Bauer ran in for a touchdown from a handoff by senior Nolan Peterson. A dance

followed the  
On Saturday  
band parti  
sy Days, re  
award.



Photo by P

The candidates for homecoming royalty include first-grade princess Regan Bruns, seniors Cameron Bohl, Abby Fischbach, Homecoming queen Madison Styles, Homecoming king Nolan Peterson, Logan Schentzel, Isaac Groft, and first-grade prince Steven Harmon.



Photos by Kate Finley

e game.  
day morning, the  
participated in Gyp-  
receiving a silver



Sophomore Addison Sparling and senior Madison Styles attempt to eliminate the competition during the dodgeball tournament.

The freshman class celebrates Buddy Day by wearing the crazy costumes that their assigned seniors put together.

The third-grade class happily commemorates Pajama Day.

The senior volleyball players and their moms perform in a skit during Coronation. Shown in the picture are Kaylee Hoellein, Madison Styles, Kendra Bohlen, Kirstin Borge and Abby Fischbach.

Seniors Kaylee Hoellein, Hope Bowar, Kendra Bohlen and Andrea Rausch show their school spirit on Spirit Day.

Seniors Codi Sparling and Rachael Boekelheide dress up for camo day while cheering on the Wildcats volleyball team as they take on the Warner Monarchs.

The elementary shows its school spirit by doing the wave during the pep rally.

Seventh-graders Hannah Schentzel, Sydney Schell and Kiarra Stuck dress up as The Three Amigos for '80s Movie Day.

The marching band shows off their new uniforms while marching in Friday's parade.

The senior class celebrates '80s Fad Day by dressing in what they think the people of the '80s dressed in.

Freshman Gavin Bohl serves up an ace during the Power Buff volleyball game on Friday morning.

The sophomore float, with a theme of "Trojan-Busters," resembles the van used during the movie *Ghostbusters*.



Photo by Kate Finley

As part of tradition, the student council took part in the Burning of the N again this year. Students, parents and community members gazed in awe as the N went up in flames for another year.



Peyton Groft  
Abby  
aac Groft

# Football Parking Spots: Get in the Spirit

### Staff editorial

In the past at Northwestern, everyone, space allowing, could park around the football field to enjoy the Friday night lights at no cost besides the gate admission. To try something new for the 2015 football season, the school has decided to place a price on the football field parking spots. Parking spots around the field now cost \$25 for the season or \$10 per game.

The parking spots started off as a lottery drawing. All people who paid the fee had their names thrown into a drawing. If a certain name was selected first, that person had the chance to pick the first spot. Not very many people took this opportunity, and many spots remained empty for the first

three home games of the season when compared to the amount of parked cars from previous years when parking cost nothing.

Many reasons back the decision behind the paid parking spots. One reason behind it was to keep vehicles from parking out on the field for weeks at a time, which became a hassle not only for the cross country runners who practiced around the field, but also for the schools in mowing and liability issues if the cars were to be damaged while parked.

Money raised from the spots will pay for the food at the spring athletic banquet in order to keep the cost down and will also give the school the opportunity to have more creativity in our team spirit, such as new bleacher banners.

Much controversy has surrounded this topic, and as a result, many people that normally park did not this year. However, many positives can come out of the change. Guaranteed the same spot for the entire season, parents and other spectators not only have a front row seat of the action, but based on the drawing, can have their choice of spot as well. In past seasons, anyone who wanted a specific spot alongside the field had to park their vehicle early in the morning and leave it there until the game. Because most

players' parents could not always park before work or had to use their vehicle all day, they never had a guaranteed spot to watch their children unless their child had parked it Friday morning before school. Something had to change with this situation as it inconvenienced many who wished for their own spot at the football game.

Trying something new at Northwestern does not mean that the change will forever stay that way. A variety of other schools do the same thing but may have a different spin on it. Miller High School has the same idea. They have one annual fee for their spots, and each paid person has a different spot for each game. There are many other schools that do this same thing and think nothing of it when they travel to other schools for games. When Faulkton played at our homecoming game, many Faulkton parents had no problem paying the \$10 fee for the one game if they wanted a spot, which ultimately benefits our school and students.

Paying for parking spots results as a new concept for Northwestern. However, the method to selling the spots and how people select their spot can be changed. The school accepts suggestions and ideas people have to better the system.

Considering the downsized number of cars around the field, this first year of paid spots may not have been successful at first, but we must also look at this year's game

schedule. Three of our four home games were played early in the season when the weather remained warm and not many needed to sit in a warm vehicle in order to not freeze outside. Next year's game schedule will change. Our games will be flipped, and the first two games of the season will be played away. Most home games will be later in the season when the weather forces people to bundle up in warm clothing and sit in their vehicles surrounding the field. Keeping that in mind, more people will want to buy spots next year because of the colder, later season games that will be played on the home field.

This year the "lottery" started a little late, and this could be a reason for why few purchased spots this year. Hopefully by next year, people will know about the spots and how the lottery drawing works so more people will be in the first round of the "lottery."

With one game left in the season, hopefully more people will take advantage of the single-game parking fee and support our football players as they take on the home field for the last time this year. Go Wildcats!

## Top 10 Homework Distractors

by: Sadie Vander Wal

10. Computer
9. Video Games
8. Music
7. Food
6. Friends
5. Outdoors
4. Daydreaming
3. TV/Netflix
2. Social Media
1. Cell Phone

**Mellette Travel Plaza**



Deli      Showers  
 Groceries      Gas/Diesel  
 Pizza      Video Lottery

38620 SD Hwy 20  
 Mellette, SD 57461  
 (605) 887-3364 Fax: (605) 887-3368



## MUSTANG SEEDS

**Northville Location**  
 15410 373rd Ave  
 Northville, SD 57465  
[www.mustangseeds.com](http://www.mustangseeds.com)  
 Madison, SD 57042  
 Toll Free: 1-800-952-3234

Joel Vetter  
 District Sales Manager  
 Cell: (605) 380-9411 • [joelvetter@mustangseeds.com](mailto:joelvetter@mustangseeds.com)

*"Our goal is to save you time, money, and confusion...with a personal but professional touch!"*



4 Main Street  
 Mellette, SD 57461  
 (605) 887-3900  
 Amy Heim  
 Kevin Spurling  
 Angela Johnson

## American Trust Insurance

mellette@americantrustins.net

### Vander Wal Livestock

Jeff, Beth, Sadie & Mitchell

Brentford, SD

**Come to Chelsea!**

Main Street Chelsea, South Dakota

Join us Friday or Saturday nights for **Prime Rib!**




Phone: (605) 887-3788

**SLUDGE'S SEED & SPRAYING, LLC**

38598 165th St - PO Box 305 Ashton SD 57424

PIONEER SEEDS \* CHEMICALS \* GROUND & AERIAL APPLICATION



Shawn R. Frericks  
Sales Representative

605-472-3100 Tel  
605-460-0734 Cell  
605-472-3101 Fax  
605-472-3754 Res  
[srfrericks@sludges.com](mailto:srfrericks@sludges.com)



## Wheat GROWERS

Connecting Solutions

Proudly Supports our

### NORTHWESTERN WILDCATS!

# Competition cheer and dance teams fly toward the top



*Photo by Beth Vander Wal*

The cheer team ends their routine during the Aberdeen competition. The picture includes senior Codi Sparling, seventh-grader Hailee Stuck, junior Alexandra Johnson, sophomore Sadie Vander Wal, senior Rachael Boekelheide, sophomore Megan Heidenreich, seventh-grader Joclyn Haven and seniors Darienne Frericks and Elizabeth Heidenreich.

by: Addison Sparling

This year's competition cheer and dance teams work really hard to compete. The hardworking and dedicated athletes have early morning practices at 6:20 a.m. Holly Morgan, who graduated from Northwestern High School in 1999 and cheered in her high school career, coaches the

team along with Alyssa Serfling, who graduated from Northwestern High school in 2011. Serfling cheered in both high school and college at Black Hills State University.

"I feel very hopeful for this season. We have new members this year who seem very promising and incredibly tal-

ented seniors who are amazing leaders to keep us all in line," sophomore Megan Heidenreich said.

"I love this cheer season so far because we have a couple new girls, and I think they are doing really well! I am really excited about this cheer year," senior Codi Sparling said.

Northwestern's cheer and dance team had a competition on Aug. 29, in Aberdeen. The cheer team received 11th place out of 15, with a score of 149 out of 300. The dance team had a hip hop score of 160, jazz had a score of 150, and pom had a score of 180,

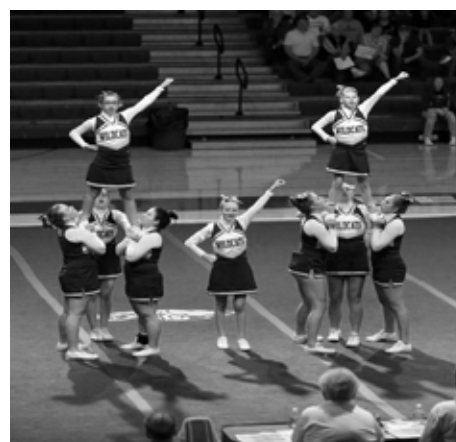
all of which were out of 300 possible points.

Another competition in Redfield brought the Wildcat cheer team first in small group tumbling division, and second overall, the dance team received first in all three dance routines and pulled out first overall.



*Photo by Beth Vander Wal*

The Wildcats perform their jazz routine.



*Photo by Beth Vander Wal*

Fliers Hailee Stuck and Joclyn Haven are thrown into the air during one of the cheer team's stunts.



*Photo by Beth Vander Wal*

Northwestern's cheer team celebrates after a competition.



*Photo by Beth Vander Wal*

The team proudly shows off its pom routine.



*Photo by Beth Vander Wal*

During a hip hop routine, the Wildcats show off their amazing moves.



Photo by Heather Jordan

**Junior Derek Boekelheide races past an opponent.**



Photo by Heather Jordan  
**Seventh-grader Jace Haven sets the pace.**



Photo by Heather Jordan

**Seventh-grader Kiarra Stuck rounds the final turn.**



Photo by Heather Jordan  
**Freshman Jarret Haven attempts to pass an opponent.**



Photo by Heather Jordan

**Sophomore Peyton Groft overtakes an opponent.**



Photo by Heather Jordan  
**Eighth-grader Miranda Thorson runs strong.**



Photo by Heather Jordan  
**Eighth-graders Hailey Boekelheide and Madalyn Groft race as a team.**



Photo by Heather Jordan

**Junior Josie Clemens stretches the gap between herself and her opponent.**

# Cross country runners sprint to victory

by Sadie Vander Wal

Since the start of their practice season on Aug. 17, the Northwestern cross country team has worked tirelessly to enhance their skills, which has paid off so far in their first meets of the season. Practicing every morning at 7 a.m., the varsity runners have prepared themselves for their many meets of the season.

Competing this season for the boys varsity team include seniors Isaac Groft and Logan Schentzel, junior Derek Boekelheide, freshmen Jarret Haven and Caleb Schentzel and eighth-grader Zec Clemens. These cross country runners have proved their abilities in multiple meets. Competing against other B, A and sometimes AA schools, the boys' times have improved, and with a full varsity team this year, will stand as tough competition to other schools throughout their season. With more boys on the varsity team this year, the boys have stepped up to challenges and have shown the many strengths of Northwestern's cross country program at all of the meets they have attended. They also have overcome challenges such as balancing two sports practices in one day, along with the strenuous activity that multiple sports has put on their bodies. Everyone but Boekelheide plays football in addition to cross country.

"We have more boys running varsity this season than ever before. They are good at pushing each other at workouts and races. The majority of both girls and boys varsity runners are duel sport athletes. They have to be mentally and physically strong to compete in two sports in the same season," coach Kris Boekelheide said.

At the Redfield Pheasants invite on Sept. 3, Boekelheide finished in first with a time of 17:21.25, L. Schentzel came in 11th place with a time of 18:55.48, Haven placed 17th with a time of 19:26.02, C. Schentzel placed 25th with a time of 20:20.96, Z. Clemens placed 26th with a time of 20:21.73 and I. Groft placed 27th with a time of 20:22.44.

In the Aberdeen meet on Sept. 10, Boekelheide placed 11th with a time of 18:12.72. L. Schentzel finished 23rd with a time of 19:29.61. Haven placed 24th with a time of 19:47.86. Z. Clemens placed 26th with a time of 20:02.47. I. Groft placed 30th with a time of 20:44.13. C. Schentzel placed 31st with a time of 20:56.55.

Attending the Webster meet on Sept. 14, Boekelheide placed first with a time of 18:08.84. L. Schentzel placed fifth with a time of 19:25.29. Haven placed eighth with a time of 19:48.71. C. Schentzel placed 30th with a time of 21:30.42. I. Groft placed 34th with a time of 21:45.13.

At the Huron meet on Sept. 19, Boekelheide placed 30th with a time of 18:09.14. L. Schentzel placed 45th with a time of 18:52.92. Haven placed 58th with a time of 19:08.86. Z. Clemens placed 72nd with a time of 20:07.09. I. Groft placed 82nd with a time of 20:50.75.

"We have really improved from past seasons. We have enough guys that we can be competitive for team score," Boekelheide said.

Across the state, the distance for varsity girls cross country has changed from a four kilometer to a five kilometer race. Despite this, Northwestern's varsity girls team has a great start to their season already with a team consisting of junior Josie Clemens, sophomore Peyton Groft and eighth-grader Miranda Thorson. Because all three girls play volleyball, they not only have cross country practice early in the morning, but also have volleyball practice after school and still manage to find time to participate in other school activities and finish their homework on time. On the day of a few different cross country meets, the girls have come straight from running cross country in one town to throw on their volleyball jersey and play on the court at another school. The girls' team has also downsized in numbers due to injuries to junior Darby Duncan and eighth-grader Tya Weideman. Nevertheless, the team continues to overcome all obstacles that come in their way in order to represent Northwestern well at all meets.

"The varsity girls team has had to work harder this year because they lost two runners to injuries. With their race moving from a 4K to a 5K this year, I feel they have adjusted well. They are strong runners and have handled the challenge," coach Boekelheide said.

At the Roe Granger Cross Country Twilight in Aberdeen on Sept. 4, J. Clemens placed 12th with a time of 17:44.00, Thorson placed 14th with a time of 17:51.00 and P. Groft placed 18th with a time of 18:14.00.

In another Aberdeen meet on Sept. 10, J. Clemens placed tenth with a time of 16:43.07 and P. Groft placed 24th with a time of 17:50.09.

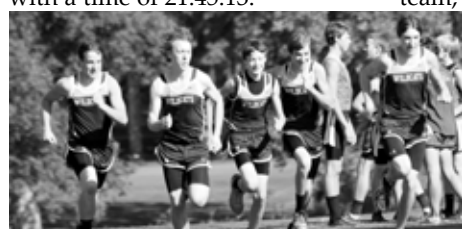
Traveling to Webster on Sept. 14, Thorson placed 11th with a time of 23:00.56, J. Clemens placed 14th with a time of 23:35.61 and P. Groft placed 21st with a time of 24:29.30.

At the Roncalli meet on Sept. 17, J. Clemens finished eighth with a time of 17:22.00. Thorson placed 11th with a time of 18:00.00. P. Groft placed 14th with a time of 18:39.00.

"I think the meets have been going really well. We've been running really strong and as a team," P. Groft said.

Photo by Heather Jordan

**The boys' cross country team happily runs their strides in preparation for the race.**



# Football team tackles a new year

by: Peyton Groft

The Northwestern Wildcats began a new season of football.

Nineteen high school boys make up the Wildcat's roster this year. This proves quite the improvement from the end of last season, where only eleven uninjured athletes were fortunate enough to play.

"Our team is huge, and we can now have an offensive scrimmage versus a defensive scrimmage, and a defensive scrimmage versus an offensive scrimmage. We have depth during the game and can give people rest, which makes it easier on the guys," assistant coach Scott Boone said.

Returning to the Northwestern football team include seniors Nolan Peterson, Logan Schentzel, Isaac Groft, Ethan Bauer, Cody Lefforge, Cory Walter and Trevor Bohl, junior Andrew Lefforge and sophomores Isaac Bauer, Austin Peterson, Tyler Braun and Tucker Bohl. New players for the Wildcats include junior Kyler Johnson, sophomore Daniel Tonga and freshmen Gavin Bohl, Caleb Schentzel, Zachary Toennies and Jarret Haven.

Right out of the gate, the football team suffered a loss to the Langford Lions with a score of 8-43. Freshman Caleb Schentzel scored the first touchdown of the season for the Wildcats off a pass from senior Isaac Groft.

"It felt good (to score the first touchdown), and I was suprised!" C. Schentzel said.

In week two, the Leola/Frederick Titans defeated the Wildcats 0-36.

The Northwestern football team used their bye week to enjoy paintballing at James River Valley Paintball, about ten miles east of Mansfield.

"It was a cool experience. We also went to Pizza Ranch like we do every year the day before the first game," Groft said.

Northwestern fell to the Warner Monarchs during their third game this season with a score of 6-42. I. Bauer made a short run for a touchdown off a handoff from N. Peterson.

As the homecoming festivities came to a close, the Wildcats fell to the Faulkton Trojans 6-36. Bauer and Peterson again connected for the Wildcats' only touchdown of the night.

The Northwestern Wildcats anxiously await the next half of their season. The football team will play at Lower Brule on Oct. 2 at 2 p.m., at Tiospa Zina on Oct. 9 at 7 p.m., at Mellette versus Hitchcock-Tulare on Oct. 16 at 7 p.m. and at Ipswich on Oct. 22 at 7 p.m.



Photo by Kate Finley  
Senior Ethan Bauer runs the ball.



Photo by Peyton Groft  
Senior Isaac Groft throws the ball to a receiver.



Senior Isaac Groft runs the ball as junior Kyler Johnson blocks.



Photo by Kate Finley  
The Northwestern football team takes a timeout to discuss their next move.



Photo by Kate Finley  
The defensive line takes off for the next play.



Photo by Kate Finley  
Sophomore Daniel Tonga tackles the opponent's quarterback.

# Volleyball team starts season strong

by: Isaac Groft

The Northwestern volleyball team started out the beginning of the season strong by winning both the Parkston and Bon Homme tournaments, capping off a 16-2 record. The team's only losses include the two match ups with rival Warner.

"I am very proud of how our little team has played so far this year. We are small and young, but we fight hard," Coach Nora Groft said.

With the graduation of five seniors, the new-look Wildcats feature a much smaller lineup that utilizes a single block and plays two eighth-graders, two freshmen, three sophomores, two juniors and two seniors.

"Riley (Grandpre) and Caitlyn (Fischbach) are doing really well stepping up and blocking for us as just freshmen. It's so awesome they can get their elbows above the net!" sophomore libero Peyton Groft said.

Fischbach and Grandpre have 22 and 20 blocks, respectively.

Groft currently leads the team in serving percentage (98%), aces (34), digs (223), serve receive passing percentage (76%) and passing level (1.81). Junior outside hitter Josie Clemens leads team in kills (150), while junior setter Darby Duncan leads the team in assists (294) and kill efficiency (39%), despite missing three matches due to an ankle injury. During her absence, sophomore Evy Peterson stepped in to set.

"Evy did a fantastic job of coming in to set at the Parkston tourney. That is a very tough thing to do, and our team just rallied around her," N. Groft said. "These girls are just friends who want to help each other succeed."

The Wildcats face more tough competition in October to prepare for post-season play.



Photo by Roxame Beardemphl

Junior Josie Clemens goes up for an attack as freshman Riley Grandpre and sophomore Addison Sparling cover her.



Photo by Amy Duncan  
The Wildcats celebrate winning the Bon Homme Tournament.



Photo by Roxame Beardemphl

Freshman Riley Grandpre celebrates a well-earned point.



Photo by Roxame Beardemphl  
Sophomore Peyton Groft passes a ball off serve receive.



Photo by Roxame Beardemphl  
Junior Darby Duncan sets the ball to freshman Caitlyn Fischbach.

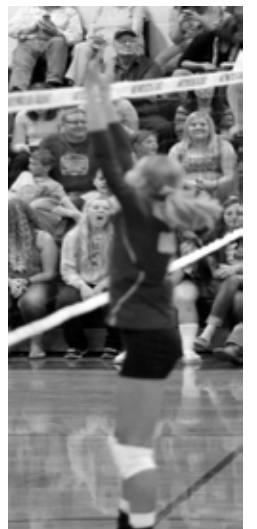


Photo by Roxame Beardemphl  
Freshman Caitlyn Fischbach blocks at the net.



Photo by Roxame Beardemphl  
Seniors Kirstin Borge and Kaylee Hoellein sub in for each other.



Photo by Roxame Beardemphl  
Sophomore Addison Sparling attempts to get a kill.



Photo by Roxame Beardemphl  
Eighth-grader Madalyn Groft serves up an ace.



Photo by Roxame Beardemphl  
Sophomore Evy Peterson waits for the serve.

# Freshman thoughts on their first year of high school

Photos and story by Addison Sparling

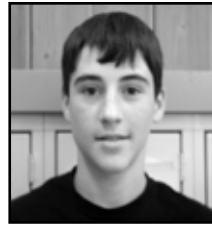
*What is the difference between middle school and high school?*



"The homework we are given is a lot harder," freshman Riley Grandpre said.



"The classes are longer than middle school because of block scheduling," freshman Moira Duncan said.



"My favorite thing about high school is being able to do high school sports," freshman Gavin Bohl said.

"The classes are longer," freshman Caitlyn Fischbach said.



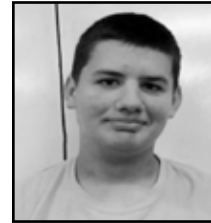
"The difference is that you get more homework," freshman Seth Wood said.



"My favorite thing about being in high school is that I only have four years left," freshman Jarret Haven said.



"There is more homework, and the classes are different," freshman Talin Sorenson said.

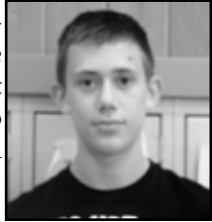


"The classes are longer than middle school 40-minute classes," freshman Brandon Ashalintubbi said.



"My favorite thing about high school is shop because you get to create and build things," freshman Jonathan Harmon said.

"There are longer classes, more homework and not as much time to do it," freshman Zach Toennies said.



*What is your favorite thing about high school?*

"Football is my favorite thing about high school because it is my favorite sport," freshman Caleb Schentzel said.



"My favorite thing about high school is either lunch because you can sit down with your buddies, or shop because you work with wood and make stuff," freshman Sean Shepherd said.



## Senior advice to the freshmen

Photos and story by Sadie Vander Wal

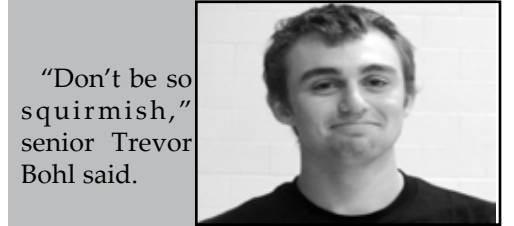


"Get all your assignments done on time and don't be late for class," senior Darienne Frericks said.

"Get your homework done and don't care what people think of you," senior Andrea Rausch said.



"Don't be snobs and listen to the older kids," senior Ethan Bauer said.



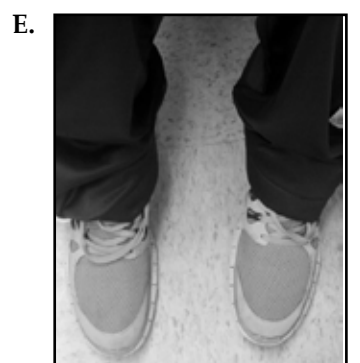
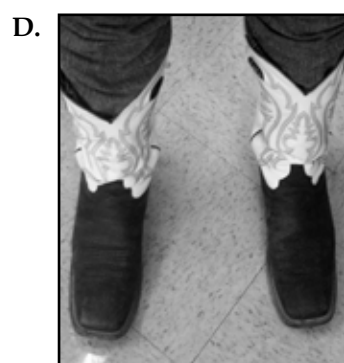
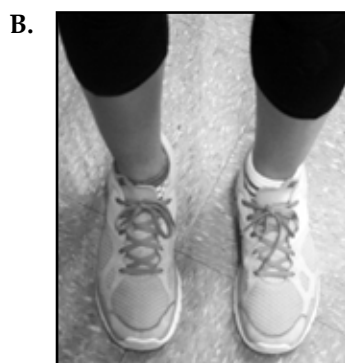
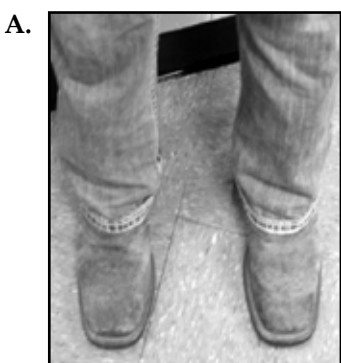
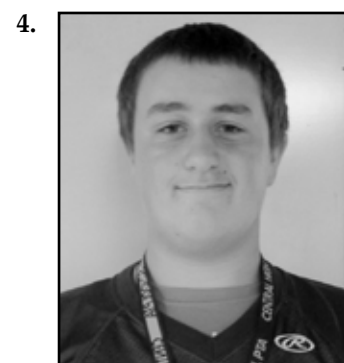
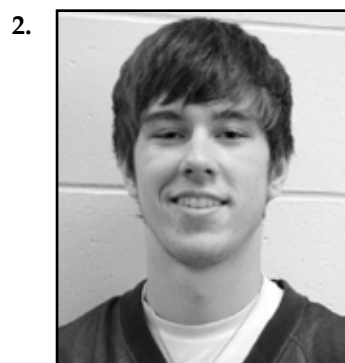
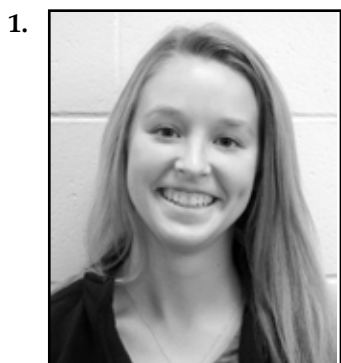
"Don't be so squirmish," senior Trevor Bohl said.



"Don't be annoying," senior Trey Bierman said.

## Trends: Can you match the person with the correct feet?

Photo and story by Addison Sparling



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

# Fantastic 4

## Addi's Apps

**Guardly**  
Alert. Connect. Stay safe.

Guardly is a safety app for any smart phone device. Guardly is used by students both in high school and college, inside and outside of school. A student can instantly be in contact with friends and/or family in an emergency while using Guardly. In just a few seconds, users can dial for help or send out an alert to notify their contacts or authorities that they are in danger. Students can also send pictures to contacts and authorities even in a non-threatening situation. This safety app is free with a \$1.99 monthly subscription or \$19.99 yearly subscription. Guardly is good for first or second-year college students and anyone who lives on their own in a big city. They can keep in contact with people and feel safe. This app is a very good safety app and has very many positives for the little cost a person would have to pay.



## Tyrae's Techniques

"Every letter can be different."

People and their graffiti letters differ in how they draw them. Take for example, Brandon Ashalintubbi and his unique way of drawing the word "Ice Mountain." People may draw the letters with swirls or boxed or all fancy like. Many graffiti fonts are used in the world for their techniques. People express their feelings in their artwork and in their style in different ways.



## Sadie Says



As the State Fair sadly came to a close Labor Day weekend, 4-Hers reflect on their memorable year to remember what they have learned from their experiences that 4-H has given them.

As found on the official 4-H website, "4-H is the nation's largest positive youth development and youth mentoring organization, empowering six million young people in the U.S."

4-H youth learn at a young age how to perform tasks with confidence, dedicate their time, learn how to respond to daily challenges, and work hard in order to achieve their goals while learning skills that they will use for their entire life. With the help of dedicated adults, 4-Hers cultivate their leadership skills in numerous activities derived from 4-H while still giving back to the community, enhancing their ability to communicate with others, and continuing to grow to their full potential.

Whether 4-Hers involve themselves in creating static exhibits, judging, showing livestock and other small animals, shooting sports, serving on committees, giving public presentations, or simply performing community service work for their club, involved youth love what they do and do it with a purpose. Such youth carry these skills with them in their daily lives, which benefits the lives of those around them.

As the 4-H year starts anew every October, now presents a great opportunity to join the organization that continues to give back to the community. The only eligibility required to join 4-H is that youth must be between ages eight to eighteen as of January 1, 2016. For more information on how to join 4-H, go to [www.igrow.org](http://www.igrow.org).

## Peyton's Power Hour 500 Core Workout

- 5 superman
- 50 double crunches
- 5 superman
- 50 side crunches (25 each side)
- 5 superman
- 50 leg raises
- 5 superman
- 50 sec. plank
- 5 superman
- 50 crunches
- 5 superman
- 50 bicycles (slowly, 25 each side)
- 5 superman
- 50 toe touches
- 5 superman
- 50 reverse crunches
- 5 superman
- 50 Russian twists (25 each side)
- 5 superman

This workout takes about 20-25 minutes. If this seems too overwhelming, you can drop the numbers (4 superman, 40 double crunches; etc.)

Visit [peytonpowerhour.wordpress.com](http://peytonpowerhour.wordpress.com) to comment or brag about your experience with this workout!