

In the News

No School

There will be no school on Monday, Feb. 19 for students and staff in observance of Presidents' Day.

There will also be no school for students on Monday, March 4 due to a teachers' workshop day and parent-teacher conferences.

Blandin Foundation Session with Juniors and Seniors

On Tuesday, Feb. 13, juniors and seniors who choose to participate will take part in a question/answer/discussion session with the Blandin Foundation at Northome School at 8:45 a.m. They will discuss the needs for future planning and how Blandin can help support them and our school.

Winter Homecoming February 20-23

Homecoming week has officially been moved to Tuesday, Feb 20 through Friday, Feb. 23. More information can be found this issue.

Conferences

Parents may meet with teachers on Monday, March 4 for conferences. Elementary teachers will be scheduling appointment times. High school teachers will be available after 1 P.M. If there is a certain teacher parents wish to see, they can schedule a specific time with a teacher, otherwise, it is an open house.

Express Publication Dates

February 22, 2024
 March 11, 2024
 March 27, 2024
 April 1, 2024

Baird, Hallstrom, Waller and Rissanen named January Students of the Month

Junior Jailyn Baird has been named the January Senior High Exemplary Student of the Month. She is the daughter of Damian and Amanda Baird.

Baird volunteers her time for the student council and also works often in the concession stand.

Staff noted that Baird puts forth her best effort in her classes and is also willing to help out her classmates as needed.

"Jailyn volunteers in our classroom during her school day and is inspiring to the fourth grade students," teacher Mrs. Marti Waller said. "She is so patient and embraces the tasks that she is given daily. She shows caring to the students and is an AMAZING role model. Jailyn is able to adapt in the classroom and learns quickly."

"I appreciate that Jailyn is always willing to lend a hand whenever needed," Social studies teacher Mr. Matt Hanson noted. "Being helpful is a great trait to have for life!"

"My study habits are making note cards for classes even if you are not allowed to use them on the test," she said about her study habits. "It's good to review and rewrite but challenging yourself to make it fit on only one note card."

She also uses here time at school to do extra credit or any school work that has to be done.

Also nominated were sophomore Charli Hallstrom, juniors Cloey Buentemeier, Wyatt Forseen, and senior Daylen Mohs.

Kenly Hallstrom was named the January Academic Student of the Month. She is the daughter of Emily Lindley and Kent Hallstrom.

Hallstrom has consistently made the A Honor Roll, earning a few A+ marks in the process. Her current

GPA is 11.267. She has most recently been named the Mustang AAA winner.

"Kenly often goes above and beyond what is expected in class and not because she is seeking reward," English teacher Ms. Juleen Trisko said. "She cares about the quality of her work and doing what is best not only for her, but also for the school community."

Hallstrom keeps busy with volleyball, basketball, brain bee, envirothon, yearbook, and student council.

Also nominated were juniors Jailyn Baird, Cloey Buentemeier, Kaden Elhard, Mariah Hanson, Abby Rosson, and Caden Troy.

Out of the four nominees, eighth grader Brooklyn Waller was selected the January Junior High Exemplary Student of the Month. She is the daughter of Dusty and Marti Waller.

"She usually comes in with a smile and a positive attitude," science teacher Jim Schneider noted. "She is always willing to help out where needed."

Waller said her daily goal is to approach school with an open mind. She added, "Well, we'll say I try."

"Even though I may be bias," Mrs. Waller, who is not only the Grade 4 teacher, but also her mother, "I think Brooklyn is awesome. She helps me in my classroom all the time and is so kind to my students."

She added, "I see her taking her studies seriously and working hard to earn good grades. She is fun to be around and embraces the joy in life. She has a quick wit and a wonderful sense of humor. She often volunteers for activities around the school and embraces



Jailyn Baird



Kenly Hallstrom

(Photo by Lifetouch)



Brooklyn Waller



Davin Rissanen

those things with laughter and joy."

Outside of the classroom, Waller is active in track and field, science club, filling in at the concession stand along with helping out her older sister with all of her activities.

Also nominated were seventh grader Mason Hanson, eighth grader Jordin Barnard, and freshman Ciara Sweat.

Davin Rissanen was selected Rissanen January Junior High Ac-

ademic Student of the Month. He is the son of Jennifer and David Rissanen.

"Davin is a hard-working student," Schneider said. "He does very well at getting work done well and on time --and he has a good sense of humor."

Also nominated were seventh graders Bella Elhard, Rhynn Schackman, Kiya Buentemeier; eighth graders Natalie Albrecht, Merissa Dreher, Brooklyn Waller; and freshman Amy Rowe.

Northome High School Academic Honor Roll

A Honor Roll

Grade 7

Buentemeier, Kiya
Elhard, Bella
Hanson, Soren
Rissanen, Davin
Schackman, Rhynn

Grade 8

Albrecht, Natalie
Dreher, Merissa
Hanson, Isabella
Waller, Brooklyn

Grade 9

Dietrich, Penelope
Hallstrom, Lexi
Rosebear, Kendra
Rosson, Lilianna
Rowe, Amy

Grade 10

Hallstrom, Charlize
Lindley, Joselyn

Grade 11

Humble, Morgan
Rosson, Abigail
Troy, Caden

B Honor Roll

Grade 7

Brown, Steven
Hanson, Mason
Henning, Corey
Mendiola, Bridon
Nguyen, Roman
Schmidt, Karlisle

Grade 8

Barnard, Jordin
Bender, Bradley
Forseen, Addie
Heide, Payton
Rosebear, Adrienne
Rowe, Emma

Grade 9

Dreher, Kelsey
Forseen, Kyssan

Grade 10

Guler, Roy
Lindley, Jayden
Mendiola, Coluii
Naughton, Chevie
Romney, Morgan
Theobald, Piper

Grade 10

Barnard, Riley
Butcher, Kyra
Crowson, Anaka
French, Javon
Pollard, Soren

Grade 11

Baird, Jaily
Buentemeier, Cloey
Dreher, Jeffrey
Elhard, Kaden
Hanson, Mariah

Grade 12

Hallstrom, Kenly
Holcomb, Geneva
Mohs, Daylen
Waller, Kierra

Thank you to Libby Wickum, Jennifer Ungerecht and Paula Lowe for taking all those pictures at the basketball games. The year-book is well supplied thanks to you.

--Kenly Hallstrom
Senior

•••

Thanks to Northome Grocery for donating to the chemistry class lab. The ice cream was tasty!

--Jim Schneider
Teacher

•••

To the Mustang JV and varsity basketball for cleaning all the bleachers, especially to Tyler Moyer for staying longer than anyone.

To Mrs Lundin staying after school and proctoring me while I took my statistics test so I could go on the knowledge bowl meet during school.

Halo Awards

Also to Mrs. Bolhious for helping me with my Statistics.
--Kierra Waller
Senior

•••



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The Mustang Express is published every other Friday during the school year by ISD #363, Northome School. Postage paid at Northome, Minn.

Deadlines

The deadline for most news in the Express is noon

on the Friday the week before publication. Exceptions are obituaries and reports on weekend events

Letters

Letters to the editor and other opinion articles are welcomed. Letters must be signed and include address and phone number for verification of authenticity. We reserve the right to edit lengthy letters.

Express Staff

Juleen TriskoAdvisor
Cloey Buentemeier.Writer/Photographer
Mariah Hanson.Writer/Photographer
Caden TroyWriter/Photographer



Because it is 2024 Winter Homecoming, the staff of the Mustang Express offers its readers the following quiz based on information from old newspapers and year-books. How well can you do? The answers are listed upside down at the end of the article, but a true Mustang has P.R.I.D.E. and never cheats!

1. In which year did these students serve as the winter homecoming royalty? Mitikie Steuven, Maggie Dreher, Jack Jobert and Micah Lievsay?

- A. 2010
- B. 2015
- C. 2020
- D. 2024

2. Which of following staff members never received a homecoming crown?

- A. Ms. Amber Halverson
- B. Mrs. Marti Waller
- C. Mr. Corey White
- D. Mr. Jim Schneider

3. Which homecoming had the coronation that almost wasn't because of severe weather? School was cancelled and coronation was postponed to the following week when Oliver Frenzel and Anna Cornish were crowned.

- A. 1985
- B. 1996
- C. 2001
- D. 2006
- E. 2009

4. Last year's Winter Homecoming king was

- A. Corey Kuhlman
- B. Andrew Fahey
- C. Karl Kallio
- D. Cooper Romney
- E. Dakota Oustad

5. Last year's Winter Homecoming queen was

- A. Paige Johnson
- B. Raeya Crowson
- C. Willow Pollard
- D. Zion Forseen
- E. Juliet Kingbid

Match the staff member with his/her high school mascot.

- 6. Bombers
- 7. Hatchets
- 8. Mallards
- 9. Mercs
- 10. Mustangs
- 11. Main Streeters

- A. Frau Fahey
- B. Mr. Hanson
- C. Mrs. Waller
- D. Mr. Schneider
- E. Ms. Trisko-Schneider
- F. Mrs. Wickum



1=C; 2=D; 3=B; 4=A; 5=C; 6=B; 7=A; 8=F; 9=D; 10=C; 11=E

Editorial Policy and Guidelines of The Mustang Express

The school press is governed by the same basic legal rights and responsibilities as the professional press. High school journalists have the right guaranteed in the First Amendment to free expression, insofar as published items may not contain libel or obscenity, invade the privacy of individuals, incite or violate the laws of copyright.

Stated generally, the goals of student publications at Northome High School are to inform, entertain, interpret and provide a sounding board for ideas and opinions of students and faculty of NHS.

In addition, it is understood that publications are primarily designed to serve as a laboratory experience for students interested in learning the techniques of sound journalistic practice. While staff members are expected to strive for professional quality, we recognize that they are engaged in an educational venture, and as such, room for trial and error must be allowed.

While the advisor may provide suggestions about content, the final responsibility rests with the advisor, students and administration.

Stelher Human Services has CTSS office at Northome School

Breanna O’loughlin provides therapeutic services and support

By Cloey Buentemeier
The Mustang Express

Breanna O’loughlin is now a part of the Mustang Family. Northome School now as a CTSS (Children’s Therapeutic Services And Support)

“I decided to become a CTSS worker because of my passion for working with children and to make a positive impact in their lives by providing assistance and support,” said O’loughlin

CTSS (Children’s Therapeutic Services and Supports) is through Stellher Human Services based out of Bemidji. The services that are offered are mental health skills and/or therapy provided in the school setting.

Children who qualify for school-based services are identified

by social workers, teachers, or parents with the aim of improving their emotional and behavioral functioning.

She has a degree in Social Work with a minor in Leadership and another minor in Substance and Abuse Addiction.

“I chose to work at Northome School because I love the town,” O’loughlin said. “I used to come here with my family, hang out at our shack, and work at the Shining Light Cafe and absolutely fell in love with the town and the people here.”

O’loughlin loves to go camping and hunting. She also likes to hang out with friends and family.

She will be looking forward to “close connections with the stu-



dents, families and the community.”

Her goals are to “understand everyone’s unique stories and make a positive impact in the lives of the children I’ll be working with,” said O’loughlin

Science Fair coming soon(?)

By Jim Schneider
Science teacher

Albert Einstein said in his theory of relativity “that time is relative—in other words, the rate at which time passes depends on your frame of reference.” (American Museum of Natural History)

So, lets apply this loosely to the upcoming science fair. Every year, the Northome Science Fair occurs in early May each year, which is four months away. Sounds like a long way off. That would be one frame

of reference.

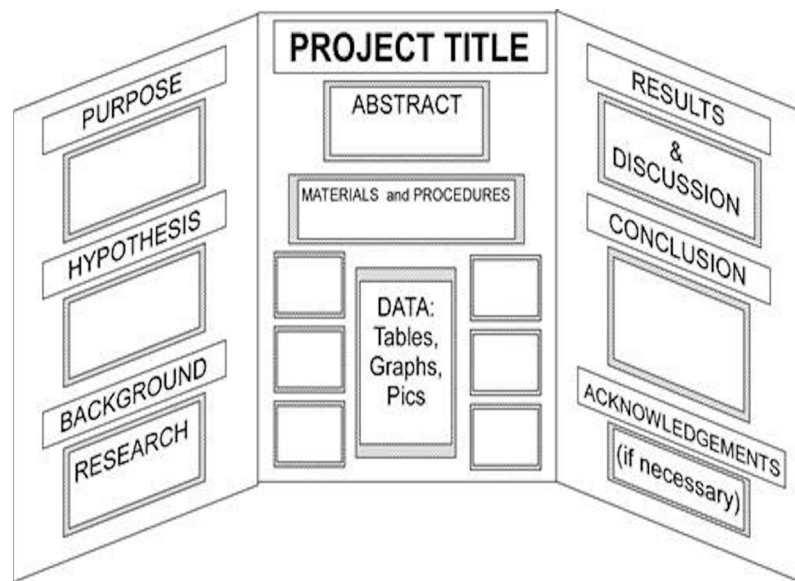
For the students that need to come up with a plan, run a controlled experiment, repeat if necessary, write up the results, put together a tri-fold board with a presentation, that same four months suddenly seems much shorter. They have a very different frame of reference.

All that being said, it is time for all students in grades 7 - 9 to be talking with parents about what their science projects will look like. I know some kids are already un-

derway and that is great. The vast majority, however, are just entering the beginning stages.

So if you have not heard from your kid(s) about this yet, I encourage you to reach out and have a conversation about their project.

It is never too soon to get started Learning and enjoyment (and maybe some frustrations) await. Time will pass no matter what frame of reference you have.



Hallstrom to represent Mustangs at AAA banquet

By Juleen Trisko
The Mustang Express

Senior Kenly Hallstrom has been named a local recipient of the Minnesota State High School League AAA Award. She will represent the Mustangs at a banquet Feb 7 where they find out subsection and section winners.

The Triple Award, honors high school seniors throughout the state who have a 3.0 or higher-grade point average and who participate in League-sponsored athletic and fine arts activities.

To be eligible for the Academics, Arts, and Athletics Award a student must be a high school senior at the time of nomination, have a cumulative GPA of 3.0 or higher at the time of nomination, participate in at least one League-sponsored athletic program and one arts/activity program, comply with the MSHSL’s Student Code of Conduct.

Hallstrom is active in volleyball, basketball, choir, band, yearbook and library science.

Each school can submit two finalists to their administrative region secretary by the deadline date specified by the region committee. Schools may nominate one senior boy and one senior girl for this award.

Triple ‘A’ Award recipients are selected through a multi-level pro-



cess involving member schools of the League, the League’s administrative regions, and a special committee of educators, business leaders, and members from the fine arts and athletic communities.

Hallstrom is invited to a recognition banquet in February and League officials will announce the four statewide Triple ‘A’ Award winners at that time.

All 32 finalists will also participate in an on-court ceremony during the Class AA championship game of the Boys Basketball State Tournament. The statewide award winners—a girl and a boy from Class A and Class AA schools—will also receive a four-year \$1,000 scholarship.

Thayer Breaks Record for Career points

By Kenly Hallstrom
The Mustang Express

On Friday, Jan. 26, sophomore Kate Thayer, broke the Lady Mustangs basketball record for career points in Chisholm. Kate ended the night with 1584 career points, which broke the previous record of 1,568 set by Kelly Heck.

Just last year, Thayer had hit 1,000 points as a freshman. “This has for sure always been a goal of mine ever since scoring my 1,000 points,” Thayer said. “My next goal is to break the all time scoring record for boys and girls.”

Coach Kevin Waldo passed on

the message from all three coaches stating, “As Mustang coaches we are very proud of Kate for passing the scoring record. Her ability to reach that mark comes from the endless hours of hard work and dedication that she puts into the sport of basketball. This record would not have been reached without the many great teammates Kate has had along the way! Congrats Kate, let’s keep pushing forward and showing everyone what Mustang basketball is!”

For Thayer being only a sophomore in high school, we can anticipate for more history to be made.



Sisters Donna Thayer, Lauren, Kate and Ella Thayer in Chisholm (Photo by Mary Thayer)

How did you meet?

Students investigate how staff started their relationships

Why this story?

Why did I interview people at Northome School about how they met?

First of all, I feel that everybody looks up to someone they know, for their example of a good loving relationship. For example, I look up to my grandparents relationship. They would do anything for each other.

Some people look up to how their parents or uncles and aunts are in love and would do anything for each other.

Remember, though, they didn't always start out that good. Sometimes you have to realize that even though you have fights, you can get through them. My grandparents had fights, every relationship has them at some point. It's all about how you react to them, how you approach the fights that determines if your relationship will last.

I look up to these couples' love for each other because I know they fought, and apologized and moved past the disagreement. They have bettered themselves for each other. They are now just growing old in love with each other.

I feel that a loving relationship makes us happy. As humans we all need a little bit of love in our life. Some may say, "Eeew no." Some may say that it's just dumb because you can't get that anymore.

But I think you can and that is why I enlisted the help of my classmate to conduct these interviews. Deep down everybody finds happiness in love, maybe not other

people's, but at least with you. You will find love at some point in your life. Maybe you already have love. Make sure to show the people you love that you care about them, and you love them. Love is important.

Cloey Buentemeier and I interviewed these people because we



feel that they have genuine love for each other. The way they talk about each other, the smiles that appear on their faces when you say their name. It inspires us. It makes us happy to hear that other people have their someone, they have been together for so long, and find happiness in each other.

These are only some of the people we interviewed, there are many others that have great stories that we would have loved to share, but this is just a sample of a few.

Nikki and Ade Adegun

Northome secretary Nikki is married to Ade Adegun. They met each other when she was 26 and he was 30. It all started when Nikki was living in Minnesota and Ade was living in Washington D.C.

She was living in Minneapolis running group homes. She was on

the work-ship team at her church. One of her group homes had several Nigerian employees who were also musicians. They invited her to a special service at their African church.

Ade, who was living in D.C. at the time, had been invited to come play at this special event. Since they had mutual friends at the event, they ended up meeting.

Nikki was impressed by Ade's incredible mastery of the bass and his musical knowledge, something they both share a love of. He asked for her email address and they quickly decided that was dumb and exchanged phone numbers.

On his next visit to Minnesota,

they had their first official date at Minnehaha Falls. He continued to make reasons to visit Minnesota, and she visited him in D.C.

Hundreds of hours of phone calls later, he eventually proposed. He packed his car and headed for Minnesota. They got married on New Year's Day.

Nikki's advice to others was "Don't force things. They were so far away and still found each other. Don't feel you're limited.

Amber and Pete Bender

Kindergarten teacher Ms. Amber (Halverson) Bender is married to Pete Bender. They knew each other from Northome School but didn't date until after they had both graduated.

In 2007, he went off to the army. After she graduated in 2010,

she went to Bemidji State University where she acquired her elementary education degree.

Pete was starting a new chapter in his life at the time and the ladies of Northome were determined to find Amber a match. The stars (or peer pressure) aligned and Amber sent Pete a friend request on Facebook. After Pete accepted, Amber sent him a message and invited him on a date. He accepted on the insistence that he was the one who did the inviting.

When they started this adventure, she was 24 and he was 28. He wanted to take her to Lazy Jacks for their first date. She wanted McDonald's though, so she could have chicken nuggets. They ended up compromising and settled on Applebees.

Arguing about a first date



when Trisko was coming out. She had just completed her interview and had been offered the job.

The superintendent at the time said, "This is our new English teacher; tell her about the town." He had only been there for a few hours, because he was also new.

He could tell she had been crying. His first thought was "Why is she crying?"

He later learned that she was worried about being so far from home. "The towns kept getting smaller and smaller and farther and farther apart," she later explained to him. She was worried that she'd become an old school-marm living alone with her cats.

After that incident, he thought about her all weekend. He couldn't get her off his mind.

Once school started, the students kept trying to get the two of them together. They would give Mr. Schneider reports on where Ms. Trisko was in the building. When Trisko asked why they wanted to get the two of them together so badly, junior Paul Teufer said, "You're a woman, he's a man; it's a small town."

For their first date they went to Bemidji and went to a movie, *Silence of the Lambs*. On weekends, they watched Vikings games, and then the relationship grew from there. By spring, they were engaged.

His advice is that compromise is key. Approach problems, and just everything in life as a team.



seems like a bad omen, but Amber really wanted to paint the picture of her true self.

"He needed to know that I am and always have been a decision maker," she said. "We don't have time for indecisiveness and because he had children, I really wanted him to know what kind of person he was getting to know. There was no fake-ness about it."

Amber noted that she has no business giving advice. "Each day we are learning how to grow together. We make mistakes together and we fix them together."

She also mentioned that educating herself on love languages has been helpful when trying to get along with Pete.

Jim Schneider and Juleen Trisko-Schneider

Science teacher, Mr. Jim Schneider is married to English Juleen Trisko-Schneider. In fact, they met at Northome School when they were both first-year teachers. He was 23, she was "22" (as she has been ever since she turned 22).

He recalls the first time he saw her. He was walking to the office,

"When you find the person you want to be with, you will feel like you can completely be yourself," she said.

"That person helps you grow and become who you want without making you feel constricted or like you have to be someone else."

Anastasia Molnar and Derek Grieger

Social students/health teacher Ms. Anastasia Molnar is married to Derek Grieger. They met at a country music concert. Anastasia was there with some friends one of whom had gone to high school with Derek. Her friend ran into Derek and then introduced them.

She said when she first met him she didn't think much of it. "At the time I wasn't looking for a relationship," she said.

They shared contact information and started dating a few weeks later. She was 24 and he was 27.

Their first date was horseback riding on the 4th of July.



Do you believe in love at first sight

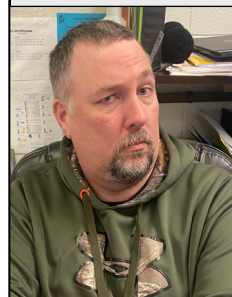
Frau Sara Fahey German

Yes I do believe that some people can fall in love at first sight. I know of people who have seen someone and have that connection right away. But for me I have to get to know them because they can have good looks but a bad personality.



Mr. Tyrone Moen Grade 6 Teacher

No, they fall in lust at first sight. I think that when you see someone for the first time that you are attracted to them and oftentimes you see something that interests you and is to your type but real love takes more than just vision it is much deeper than that and takes time to develop.



Ms. MacKenzie Lehn Principal

No because you have to get to know their personality and their character traits before making that decision.



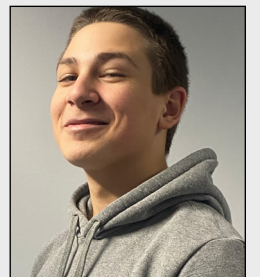
Mr. Joe Furseth Art teacher

Yes, but it doesn't necessarily mean you love that person forever. I do believe that love is something you have to continually work at.



John Holm Freshman

I don't believe in love at first sight because you can't love somebody right away unless you're a psychopath.



Kenly Hallstrom Senior

I do not believe in love at first sight because they might be good looking and make you feel some type of way but it's just an illusion and it's lust. They can actually turn out to be a terrible person on the inside.



LOOK WHO'S TALKING

Students weigh in on controversial topics

Voting age should be lowered to 16

By Kelsey Dreher

If you're 16 and have a job, you are paying taxes whether or not you know it. Taxes come out of your paycheck whether you like it or not, and you don't get to have a say in where that money goes. Laws are made about us, but we can't get a say about them with our votes.

I think the voting age should be lowered to 16 because teens already have some adult rights, laws are being made about us and we pay taxes.

By the age of 16, most teens have several of the same privileges as adults.

Some of the privileges that

most teens have are babysitting and taking care of another kid. That's a big responsibility. Driving places, filling up gas. Getting school work done and having good grades for college or for sports are just liking having to get work done for your job in life. 16 year olds can work full time like many adults.

Voting is one of the most important duties and rights that everybody enjoys. It is the way each person can choose the leaders that will make decisions on their behalf. However, lots of people are denied this privilege simply because of their age. I believe that 16-year-olds should have the right to vote. It would enable them to have a say in

issues that affect their lives directly.

At 16 years old, many teenagers already have some adult responsibilities, such as driving, paying taxes, and even working full-time jobs. But still they are not given the same rights as adults when it comes to voting. This is unfair and denies them the opportunity to have a say in decisions that will impact their future. By lowering the voting age, we can ensure that every citizen is given an equal opportunity to participate in the process.

Lowering the voting age to 16 would increase voting numbers. Many young people feel ignored with that process, and as a result, they choose not to vote. By giving

them the right to vote at 16 they can get a sense of responsibility and encourage them to participate in the process. This would not only benefit young people, but it would also benefit the whole world by increasing the number of people who are engaged in the government process.

Another benefit of lowering the voting age is that it would engage young people to become more aware and informed. By being able to vote at 16, young people would have to educate themselves on the issues and policies that affect their lives. This would lead to a more informed and engaged electorate, which would be better for every-

one.

Finally, lowering the voting age would help to ensure that the voices of young people are heard. Many of the decisions that are made by politicians today have a direct impact on the lives of young people, yet they have no say in these decisions. By giving 16-year-olds the right to vote, we can ensure that their voices are heard and that their opinions are taken into account.

In conclusion, lowering the voting age to 16 would have many benefits for society as a whole. It would enable young people to have a say in decisions that affect. It is time to give 16-year-olds the right to vote for what they want.

Ineligibility Grade Check Dates For The 2023–2024 School Year:

Third Quarter: Regain quarter eligibility on Friday, Feb 9 and mid-quarter grade check on Friday, Feb. 23

Fourth Quarter: Regain quarter eligibility on Friday, April 19 and mid-quarter grade check on Friday, April 26

Wearing ear buds has many academic advantages for students

By Isaiah Saice
Grade 9

Many students ask if they can listen to music while they study. Most teachers today will allow students to if they have ear buds. Allowing students to wear headphones while working in class can have several benefits. For this reason, I suggest all teachers allow students to listen to music while studying in class.

Firstly, it can help students to focus better on their work by blocking out distracting noises in the environment, such as conversations or other class activities. This can be very helpful for students who struggle with attention. Also, wearing headphones can provide a sense of privacy and personal space for students, which can be useful in a crowded or noisy classroom. This can help students to feel more comfortable and relaxed while working, which can then lead to better learning outcomes.

Additionally, listening to music or white noise through headphones can help students control their moods, emotions, and capability which can, in turn, improve their academic performance. For example, listening to calming music or sounds can help to reduce stress and anxiety, while listening to upbeat music can boost energy and motivation. "Listening to music while working also activates the left and right brain at the

same time and the activation of both sides can maximize learning and improve memory," said Dr. Masha Godkin, a professor in the Department of Marriage and Family Sciences at National University in California.

Furthermore, headphones can be an effective tool for promoting independent learning. By using headphones, students can work at their own pace and in their own way, without being disturbed by their peers. This can be especially beneficial for students who learn best when they can work independently.

Overall, allowing students to wear headphones while working in class can be a very simple and effective way to support their academic success. It can block out any distractions and noises, help students control their moods and calm them down or energize them, maximize learning, improve memory, improve their independent learning skills, and provide a sense of privacy.

Sources

Bethbf. (2017, March 29). Can music help you study and focus?. National University. <https://www.nu.edu/blog/can-music-help-you-study-and-focus/#:~:text=%E2%80%9CMusic%20activates%20both%20the%20left,improve%20memory%2C%E2%80%9D%20says%20Dr.>

POSITION OPEN

SOUTH KOOCHICHING/RAINY RIVER ISD 363
NORTHOME SCHOOL

Trap Team Coach

Northome School is now accepting applications for a Trap Team Coach for the 2023-24 school year. If interested in applying for this position, please send an application to:

Ms. MacKenzie Lehn, Principal
South Koochiching Rainy River ISD 363
Northome School
PO Box 465
Northome, MN 56661

E-mail: mlehn@northome.k12.mn.us
Phone: (218) 897-5275 ext. 155

Applications will be accepted until position is filled. ISD 363 is an EOE.

Breakfast Logic: Breakfast is a good thing!

When students need to take achievement tests, schools strongly urge them to eat breakfast first on testing days.

Why? Because we know that when students eat breakfast, they perform better and are better able to concentrate. Yet on “normal” days, many students fail to eat breakfast; they’re too busy, too tired, or just don’t know what to eat.

Let’s help students to perform better every day, by making sure they eat a healthy breakfast at home or at school.

All proceeds benefit the special education department.

Valentine's day

FOR SALE FEBRUARY
8, 9, 12, 13

DELIVERY FEBRUARY 14



\$3.00 each or 2 for \$5.00



Carnations- \$3.00 each
Candy Grams- \$3.00 each
Keychain Animal- \$2.00 each

Sales will take place during lunches. Community members can contact Mrs. Fontana if they wish to order.
mfontana@northome.k12.mn.us

WOULD YOU RATHER

Have bright red skin?

OR...

have a heartbeat loud enough for everyone to hear?



Gunner Schue
Freshman

“Bright red skin because you can always cover your skin.”

Josee Lindley
Sophomore

“A loud heartbeat because I wouldn’t want to look like Cloey when she plays volleyball.”



Lily Rosson
Freshman

“Bright red skin because if you had a loud heartbeat when you’re nervous, everyone could tell, and that would be awkward.”



Dakota Dietrich
Junior

“A heart beat because I would rather annoy everyone around me than just get bad looks.”



Mariah Hanson
Junior

“Red skin, because then I can look like the Kool-Aid man..”



Bella Elhard
Eighth grade

“Bright red skin because the heart-beat would be annoying.”



Compiled by
Cloey Buentemeier, Junior

Winter Homecoming 24

Play it loud, Mustangs.



Monday 2/19/24	No School
Tuesday 2/20/24	80s Music Dress up Day 9:45 A.M. Coronation (Will be livestreamed on Facebook)
Wednesday 2/21/24	Disco Party Dress up Day 10:30 A.M. Lip Sync Battle in the Big Gym
Thursday 2/22/24	Dress as your past self (be sure to carry a picture for proof!) Music Trivia throughout the day!
Friday 2/23/24	Spirit Day 1:15 P.M. Pepfest in Big Gym Dance after the Double-Header game in Northome.

Winter Homecoming

Waxing Wade's widespread influence at Northome School

**By Jeremy Tammi
Superintendent**

It is with a great deal of sadness that I am informing you of the death of one of our beloved staff members, Mr. Wade Waldo. Wade unexpectedly passed away late Sunday morning, Jan. 25.

Wade worked as an afternoon/evening custodian at the Northome School, and he was a trap coach at the Kelliher School. Wade was an influential member of the community and was loved and respected by all that knew him.

Although Wade's job title was "Custodian," he was much more than that. Wade was a respected colleague and friend to many of us and he realized the personal relationships that he built were the most important aspects of his job.

The following are memories and comments the staff and students have shared about Wade.

• • •

He never really cared how much I would talk his ear off with the most random stuff when I would ride the activity bus.

--Geneva Holcomb, senior

• • •

Wade worked down in elementary school for many years. I so enjoyed talking to him each night about many things. I would ask him to fix something in my room and it was always done the same night. We had many discussions with each other about hunting, fishing and Trap Shooting. He was a great friend, and co-worker. He will be so missed by many people. I for one will miss his smile, and kind heart. There are too few people in the world with the wonderful qualities that Wade had. Fly high Wade! -- Kim Lindner

• • •

Wade was a man I looked up to and respected on so many levels. He had a genuine heart

and genuine smile. He always reminded me to smile, laugh and enjoy the small moments. I am truly grateful for all of the hunting, fishing and friendship memories. Wade was one of a kind that can never be replaced. I am so grateful to have had him in my life. -- MacKenzie Lehn

• • •

Wade liked to joke. One time Wade tried to prank me by saying I had to stay longer at work because Wyatt didn't show up but he didn't know that I had seen Wyatt show up to the school.

Another time Wade found me while I was cleaning and said that the basketball team needed my help setting up the scoreboard. I had done it before. He said that they asked him but he obviously didn't know how to run it because it was not in his job description.

So Wade walked down to the gym with me and stood with me as I helped set up the clock part. Dan Alto, Mustang athletic director, then asked if I knew how to run the shot clock which was not in my job description. Dan assured me and Wade that it was fine because Dusty (my dad) knows what he's doing and has read the rules. Wade just looked at each other knowing "he definitely has not." We had a good laugh about it when we left the gym.

He was also a kind man. I am still thankful for his help. Wade helped me, especially when he fixed my flat tire all by himself.

--Kierra Waller, senior

• • •

I always appreciated how no matter what he was doing, Wade made time to check out whatever issue I had, big or small. He always did it with a smile or laugh. I will very much miss that positivity that he gave each and every time I saw or interacted with him.

---Jim Schneider, teacher

• • •

I always remember that during seventh hour Wade would come into the classroom, and we would always say hi and chat. He was always so nice, and a good person to talk to. Same with when he would drive kids home from school. He would always make us laugh, and smile.

--Mariah Hanson, junior



Recalling the story of being stuck in the school elevator

**By Juleen Trisko
English teacher**

News that the elevator will soon be operational again immediately brought back memories of Wade for me. For the Nov. 16, 2022 issue of the *Mustang Express*, writer Zion Forseen interviewed Wade about his experience being trapped in the school elevator. He had described his ordeal to her during an activity-run.

I loved the story because one, it was funny, and two, it reaffirmed my fear of riding alone in the school elevator.

Wade told Zion that as he was cleaning one night his duties required a ride in the elevator from the first floor up to the third floor. All was normal until the elevator tried to go past the third floor! He described to her how the elevator tried to continue going up and how it started to sway, creek, and bounce all around.

Wade admitted that he began to freak out a little as he pushed the "Emergency Alarm Push Button." By this time of day, he was the only one

left in the building, having just said good night to the part-time student workers.

"I couldn't understand the lady," Wade said about the voice that came from the speaker in the elevator. "I think she was foreign."

The voice asked him to "wait for the next representative." Wade joked, "I expected it to come back and say, 'This is a very important message. Your car warranty is about to expire.'"

He decided it would be quicker to try his cellphone and call Andrew Fahey and Karl Kallio, the student workers who had just completed their shifts and were about to leave the parking lot.

Luckily, he caught them before they had left the building for the night. Otherwise, Wade could have spent the weekend trapped alone -- just like in the movies.

When they came to his rescue, they asked him what they should do. Waldo told Andrew to go get a crowbar from the maintenance of-

fice. There was no crowbar. So Fahey grabbed a screwdriver and another metal bar he found. Kallio told Zion he was mainly there for moral support. Using these tools, Fahey and Kallio tried to pry open the elevator doors on the third floor. Meanwhile, Wade was still bouncing inside.

"I was beginning to feel a bit nauseated," Wade told Zion.

When this didn't work, Waldo told the boys to go to the elevator room on the elementary floor and shut the elevator off and then turn it back on again.

This did not work.

Upstairs, the doors were still closed. Fahey sent Kallio back down to try it again. This time it worked. The doors opened just enough for Wade to slip his fingers between and pry the doors open.

He then made "Out of Order" signs which he put on the elevator doors on all three floors. He had spent nearly a half hour being jostled inside and made sure no one else would.