

In the News

No School

There will be no school from Friday, Dec. 22 through Monday, Jan. 1, in observance of Christmas break. Classes will resume on Tuesday, Jan. 2.

School will be closed again on Monday, Jan. 15 in observance of Martin Luther King Junior Day.

Semester Ends

Quarter Two, First Semester ends on Friday, Jan. 19. All work for the semester should be completed by that date.

Character Challenge

A character challenge event will be held all day at Northome High School on Thursday, Jan. 25 for grades 7-12. For more information, contact Principal MacKenzie Lehn.

All-School Celebration

An all-school celebration will take place on Jan. 26 at 1:30 p.m. in the commons.

Cold/Flu Season Warning

Please, keep your child home if they're sick and be sure to call the attendance line to let the school know. "Or else." - Nikki Adegun, 218-897-5275, Ext. 128.

E-Learning Days

With winter weather approaching, please take time to review your E Learning Day plans. A copy of those plans can be found on Page 10 of this edition.

Express Publication Dates

January 18, 2023
 February 2, 2024
 February 22, 2024

Buentemeier, Humble, Lindley and Rosson November Students of the Month

By Mariah Hanson
The Mustang Express

The November Students of the Month are Morgan Humble, Josee Lindley, Lily Rosson, Kiya Buentemeier.

Junior Morgan Humble was named the Senior High Academic Student of the Month. Morgan is the grand-daughter of Christine Humble.

In addition to her school work, Morgan participates in brain bee, softball, band, choir, and knowledge bowl.

"Not only does Morgan continue to put out top quality grades," Mr. Matt Hanson, history teacher, said, "she also is a very helpful classmate."

Morgan's goals this year are "to be on the A Honor Roll every quarter, and to pass my college classes." Morgans quote is "no risk, no story." Also nominated for the Senior High Academic was Kenly Hallstrom, Caden Troy, Kierra Waller and Kaden Elhard.

Sophomore Josee Lindley was named the Senior High Exemplary Student of the Month. She has already made the A Honor Roll this past first quarter.

Josee Lindley is the daughter of Chad Lindley and Danci Lindley. Last month, Josee was the Senior High Academic Student of the Month.

Josee participates in volleyball, student council, German club, knowledge bowl, and band.

Art teacher, Mr. Joe Furueth said that "Josee always does her best work on whatever project she undertakes!"

"Josee is a conscientious learner," English teacher, Ms. Juleen Trisko said. "Her classmates often rely on her lead (and her pen supply) when completing assignments. She

always strives to do her best and help others to also do their best."

Josee's said that she lives by the motto "Northome School is rad." She shows her pride through her participation and kindness to others throughout the day.

Also nominated for the Senior High Academic Award was Ali Hosely, Jailyn Baird, Cloey Buentemeier, Dakota Dietrich, Taylor Fraikes, Morgan Humble, Abby Rosson, Kenly Hallstrom, and Daylen Mohs.

Freshman Lily Rosson was named Junior High Academic Student of the Month. Lily is the daughter of Jaime and Eric Skoe.

"Lily shows us every day what dedication looks like," Mr. Matt Hanson said, "In addition to her stellar class work, I see her in the gym every morning working on her basketball skills. It's not easy to balance both, but she does it quite well."

After school, Lily participates in basketball, volleyball, track, student council, band, and German Club. Lately, she has been putting a lot of work into the planning of the 2023 Winter Formal.

Her goals for this year is to get through freshman year with good grades. So, far, she has done well, and was named to the A Honor Roll first quarter.

Lily's advice to other students is to "be confident."

Also nominated for Junior High Academic was Brooklyn Waller, Bella Elhard, Soren Hanson, and Bridon Mendiola.

Seventh grader Kiya Buentemeier was nominated Junior High Exemplary Student of the Month. Kiya is the daughter of Cayla and Shane Buentemeier.

Kiya participates in volleyball, basketball, softball, and band. She



Morgan Humble



Josee Lindley

(Photo by Nikki Adegun)



Lily Rosson



Kiya Buentemeier

(Photos by Nikki Adegun)

is also active in student council.

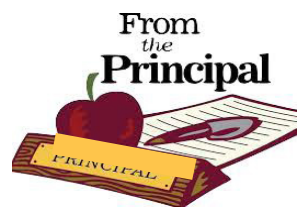
Kiya's goals for this year is to get good grades. She uses her class time well so that she can keep on top of her studies.

Exemplary Junior High nominees were Davin Rissanen, Brooklyn Waller, Juju Forseen, Jayden Lindley, Chevie Naughton, Kendra Rosebear, and Lily Rosson.

Moen November Golden Apple

The Golden Apple winner for the month of November is teacher Mrs. Jenny Moen. Moen is a fantastic teacher and is doing a great job with her new role of being a middle school English teacher, along with working in the elementary. She takes on other roles at school and works hard to ensure that each and every student feels safe and happy. Moen is a great person to lean on and helps with whatever she can!





Knowledge is Power! Where will it take you?

**A Message from
Ms. MacKenzie Lehn**

The countdown to the holidays is on!

This is always an exciting and busy time of year that many of us look forward to! During the month of December, we will be focusing on showing generosity, gratitude and kindness to those around us.

Staff will be watching for students displaying different actions of kindness, gratitude and generosity within our school day. Students will be working to earn snowballs to fill our snow globe of PRIDE. When our snow globes are full of acts of kindness, gratitude and generosity, we will celebrate together by having a Lumberjack Day (hopefully we have some snow for our lumberjacks to play in).

Lumberjack day will include a bonfire, smores, hot chocolate, human curling, sledding, smooshing, log roll, outdoor obstacles courses and more. Lots and lots of fun to send us off for Christmas break.

Do you have a favorite Christmas book?

During the month of December, teachers have been sharing different Christmas books with our elementary students. When the opportunity arose, I knew exactly what book I

wanted to share.

When I was in second grade, my teacher, Mrs. Seyring read our class a Christmas book that has always stayed in my heart. The book is *PEEF the Christmas Bear*.

After reading the book in class, I was so excited to share about it with my family and hope that I would get my very own copy of the book. Little did I know that there were actual PEEF Bears that you could buy.

I was fortunate enough that I got both the book and bear! I still have both and I am so excited that I had the opportunity to share this book with our Mustangs.

Family Traditions

What traditions does your family have? Are there new traditions that you plan to create that will last a lifetime? I am looking forward to hearing all about the holiday celebrations and traditions our Mustang families share together. I encourage you to consider which activities, decorations and traditions hold special meaning for you and your family.

“At the heart of every tradition, is a meaningful experience.”

Let’s Talk About Flip It Friday!
Every Friday this month we are going to be having Flip it Friday

at lunch. Kindergarten and fourth grade students started this off for us at the end of last month and now it is time for everyone else to join.

We are challenging all students to sit with different people than they normally do at lunch on Fridays in order to meet new people and learn new things about them. Those that participate will be entered into a drawing for prizes!

PBIS

The theme for PBIS this month is gratitude. Showing gratitude means that you recognize and are appreciative of the people and things in your life. Oftentimes we take for granted all of the good things we have in our lives. Many times we are looking for something big and special in order to show gratitude.

However, it is important that we recognize and show gratitude for things like our health, shelter, food, family and friends. These are all things that can change in an instant so it is critical that we take time to appreciate them and show our gratitude. During the month of December, students will have the opportunity to write

Thank You notes to those that make a difference in their lives.

Halo Awards

If you would like to recognize someone for a good deed, you can send a “Halo” message to The Mustang Express and have it printed in the next issue. Notes can be sent to jtrisko@northome.k12.mn.us.

I would like to give a shout out to **Teresa Weidenborn** for taking over my classes during my maternity leave and doing a fantastic job. She has made it possible for me to spend much needed time with my new baby Dawson and allow myself to heal.
--LeAnn Bolhuis
Teacher

• • •

Thank you from the sixth grade class to **Mr. Eddie Fisher** for donating minnows throughout the year to feed our fish. They wouldn’t stay afloat without you!
• • •

Thank you to **Ms. MacKenzie Lehn, Ms. Stephanie Skaret, Mrs. Jenny Moen, Ms. Taylor Sears, Ms. Gracie Arhart, Mrs. Kim Lindner, Cloey Buentemeier, Geneva Halcomb, Abby Rosson, Mr. Jim Schneider and the Advanced Biology class** for playing the part of the “idiots” for the English 9 “How to Build a Lego Creature For Dummies”

assignment. You inspired the students to write better, concise directions.

--Juleen Trisko
Teacher

• • •

A huge shout out to **Miss Lindsey** as we call her in first grade. She is an amazing professional who helps wherever and whenever needed in our classroom. We couldn’t do it without you Lindsey. Your patience and care are very much appreciated.

Mrs. Shaughnessy and the first graders
--Gayle Shaughnessy
teacher

• • •

Thank you to **Ms. Lehn, Nikki Adegun, Colleen Elhard, and Lizzie Adegun** for helping the music students prepare for the concert when so many were out sick. Like they always say, the show must go on.

--Kenly Hallstrom
Senior



P.O. Box 465, Northome, MN 56661
Phone: 218-897-5275, ext 128
Fax 218-897-5280
Email address:
jtrisko@northome.k12.mn.us

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

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.

Pete the Cat Comes to Kindergarten

By Juleen Trisko
The Mustang Express

"Pete the Cat has been one of my favorite children's book characters since I was a student teacher," said Mrs. Amber Bender, Northome School kindergarten teacher, "Each year I do my best to share as many Pete the Cat books as I can with the kindergarten classes."

She has 20 of the books but is sure there are more out there she has yet to purchase. In the series, Pete seems to find a bit of trouble whenever he goes on one of his adventures. Does Pete ever worry about this? Goodness, no! He keeps walking along and singing his song.

Pete's owner, FACS teacher Mrs. Libby Wickum, has known about Bender's love of the series for a while now.

"Ironically," Bender said, "over the summer Wickum had adopted a cat named Pete. The cat has grown to have a very 'groovy' demeanor and Ms. Wickum approached me with the idea of having him visit the kindergartners as the book character."

When Peter learned about Bender's obsession with the book series, he thought she sounded like a really groovy lady tht I wanted to meet for myself."

Pete made his visit on Wednesday, Nov. 22.

"The energy was high in our room; from the students and myself," Bender said. "We

were so excited!"

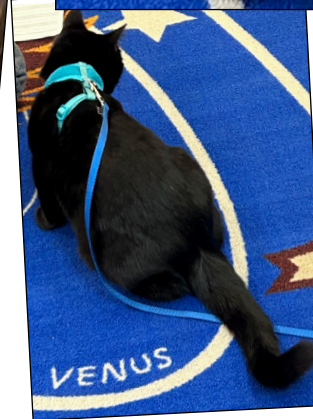
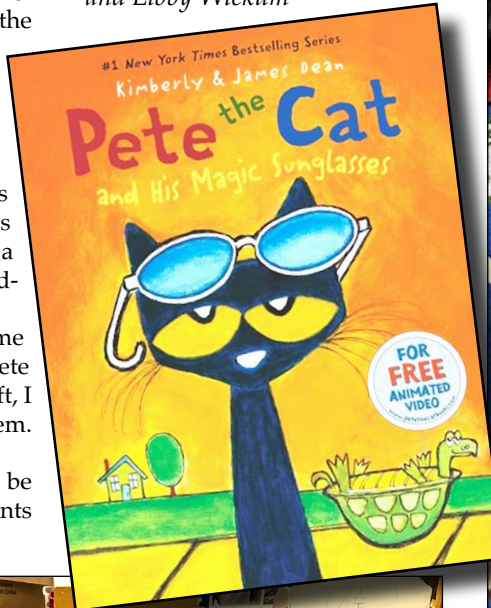
Pete was humbled by his reception. "I was flattered that all the kindergartners were so excited that I was coming to visit," he said. "One of them even made me my own cat-ears hat, so I got to wear one just like they did!"

His message to the students was simple. He told the students that the *Pete the Cat* books are a fun way to get excited about reading.

"It was so much fun for me to meet the kindergartners," Pete later told his person. "Before I left, I got lots of hugs and pets from them. That made me really happy!"

Pete said that he would be happy to visit again if the students read another *Pete the Cat* books.

Photos by Cloey Buentemeier and Libby Wickum



Fourth graders write Santa Workshop Employment Application Letters

Mrs. Marti Waller's fourth grade students imagined life working at the North Pole as part of a writing assignment. Each student was asked to write letter of application for employment to staff at the North Pole. They were tasked to think about what skills they had that could be used. The class has been really focusing on what can they do for others instead of what they will get for Christmas.

Dear Santa, I want a job

I could taste test the hot cocoa. I can take care of Reindeer. I could make you experiment. I could check the list. I am really jolly. I could make Mrs. Clause pumpkin spice latte. I could make you a jelly doughnut. I am creative. I could make you orange juice. Also what is Xmas? I could cook for you, I could wrap presents. I could see who is naughty or nice. I could gather the reindeer. I could get the sleigh ready. I want this job because Christmas is important to me. (P.S. is Jack Frost real?)

Sincerely, [Signature]

Dear Santa, I would like a job at the North Pole and here are some choices. (I have 3)

1. Reindeer
I would like to take care of the reindeer because I really like animals and I want to know more about them. I also wanna try know the reindeer by name and who is who. Also I will give the reindeer water and food if needed. I can also prepare the reindeer for if you are go to give kids there presents for Christmas.

Cook
I chose cooking because I can cook for you/Santa, Mrs. Clause, elfs, and the reindeer as well. I could also make dishes to celebrate our hard work. I can also make special food sometimes for fun.

Gifts
I would like to make presents for children because I am happy when kids are happy when kids get there gifts. It is also nice to learn and make presents for people. I also make gifts for special occasions.

Sincerely, Daylene Mendiolan

RYAN

Dear Santa I would want to take care of your reindeer because I take care of horses, dogs, cats, cows, chickens, goats, pigs, bulls, ferrets. So would you hire me for taking responsibility of the reindeer because I sincerely love animals.

Dear Santa,

Arthur Brown

I would really like a job with you loading presents. I have practice carrying lots of grocery bags for my grandma. I would like to be a cookie tester. If the cookie is hard I will throw it. I don't like chocolate chip cookies.

Can I please feed your reindeer? I would be good at this because I never forget to feed my dog.

My teacher thinks I'm a really hard worker.

Sincerely,

Dear Santa,

I would like this job at the North Pole because I absolutely positively love Christmas, reindeer, and you. I would also make sure Dasher, Dancer, Prancer, Vixen, Comet, Cupid, Donner, Blitzen, and Rudolph were ok. And I would stop the Grinch every year. I would also be a back up elf for every job. In conclusion I would be very happy with this job.

Sincerely, Simon To Welch

Dear Elf,

I want to apply for a job at the North Pole. I want help with the cookies. I love to taste testing cookies. My mom makes caramel arrows which are my favorite. Another reason I would like this job with you is because Christmas is the best in my opinion. I also love hot chocolate.


Sincerely, Connor.

Dear Santa,

You might be wondering what this note is for... well that's because I want a job at the North Pole. I will take any job I can. I just want employment. Anything taking care of the reindeer, helping the elves or how 'bout collecting the Christmas lists' from the children of the world. All the candy canes, chocolates, cookies, and hot chocolate I could taste test them for you! And I really, really could help take care of all the animals. I could help make food for the feasts! I could check the naughty and nice list for you. I could also learn how to play the violin. I'd honestly just be really happy to get hired at the North Pole. But concluding this letter I'd really just would like to get a job. Oh and also...

Merry Christmas!

Sincerely,
Aiden
(aka your soon to be helper.)


Dear  Santa

I want to work for you to help you, Mrs. Claus and the reindeer. I can help Mrs. Claus make cookies. I can help you check the naughty list and remind you to check it twice. I can feed the reindeer. I can fix the sleigh when it breaks down. I will make you happy to help you. So can you hire me?

Sincerely,
Trapper

Dear Santa, I am applying for a job with you. I would like to help you read maps. I really like geography. I want to see the world. I like maps. I have a job and see the world. I am really little and would fit in your sleigh. I love to try new things and could help. Please hire me! I can also do the presents because kids joy when they get what they wished for. I could help other elves if they do something wrong. Also I can make presents to you, Mrs. Claus, Santa.

Sincerely, Jon Leach. please give me a chance!

Dear Santa, if you  were to hire me and if I could pick I would pick to decorate cookies. The reason I chose decorating cookies because I've done it before when I was in second or first grade. I loved it I did it until there was not anymore cookies to decorate. But if that does not work out I will pick decorating the north pole. In conclusion I will pick that for my job.

Sincerely,
Jaxon

Dear Santa, I have been very good this year. I would like you to hire me to be a cook, to bake cookies and make hot chocolate. I have baked with my mom and I really enjoy it. I would decorate the cookies beautiful, because I am very good at drawing and would do sleighs, stars, gingerbread men, candy canes, bells, reindeer, and mistletoe. I could also decorate the tree and wrap the presents. I have wrapped tons of presents for birthdays and Christmas. Also my favorite holiday is Christmas. In conclusion this is why you HAVE to hire me to get this job.

Sincerely, Alliyah

Dear Santa

I would like to have a job feeding your reindeer. I know the reindeer get hungry. I know how to feed animals.

I would like to help you load up the presents. I am strong and could help load them into the sleigh.

I would also like to help Mrs. Claus. I am a great helper. I can help her make hot chocolate and deliver the hot chocolate to the elves, Mrs. Waller and Santa.

Please let me know what you think?

Sincerely:
Reed

Dear Santa ^{sincerely}
Jacob ^{hehning}

I would like to be an elf on the shelf to tell you who's naughty or nice. I would help you with the sleigh and the reindeer. I could make candy for kids.

I like having to cook. I could help decorate the big tree in the north pole.

I like the snow and playing with others. I love having to do work. I like flying and trying new things and helping others. I don't fall when I have to go through snow.

Kindergartners send Santa their wish lists


Dear Santa,

CAN I PLEASE HAVE
a LAP TOP and a
XBOX and a
SPEAKER

SANTAS WUTER YOU
WANT

THANK YOU

Will




©2023 Clipart Graphics

Dear Santa,

Will you please
bring me
MAGIC MIXES?

Adaline




©2023 Clipart Graphics

Dear Santa,

CAN I PLEASE
HAVE A FOUN
AND SOME

THANK YOU
I LOVE YOU
RYLEE




©2023 Clipart Graphics

Dear Santa,

CAN I PLEASE
HAVE A L E S
SKATEBOARD
AND A FOUN

OLIVER




©2023 Clipart Graphics

Dear Santa,

CAN I PLEASE HAVE
A MODERN SICL?
THANK YOU


Kade



©2023 Clipart Graphics

Dear Santa,

CAN I PLEASE HAVE
A WOLF GUN?
NAIISHA



©2023 Clipart Graphics

Christmas decorating is snatching attention from Thanksgiving

By Soren Pollard
Sophomore

Every year Christmas, decorations are taking over stores before Thanksgiving. If you go to Hobby Lobby right after Halloween, there are Christmas decorations being put up, and sold.

Because Christmas is so commercialized, we have started to forget about Thanksgiving, and what the holiday is really about. Some people jump from Halloween and right into Christmas, but they forget about Thanksgiving and its importance.

Thanksgiving is all about giving thanks, unlike Christmas which has just turned into getting gifts and not remembering Jesus Christ. I think this for many reasons. The official dates of Christmas are ignored, it's overly commercialized, and it takes attention away from Thanksgiving.

The Christmas season is not anywhere near November, but people still decorate in November. Advent, the time to prepare for the coming of Christ, is from the Dec. 3 to the Dec. 24. Advent is very important to prepare for the birth of Christ, to think about the reason for the season. The 12 days of Christmas are from Dec. 25 to Jan. 6, which marks the time between the birth of Christ and the coming of the three wise men.

So because of these dates, Christmas decorations should not be put up before Dec. 3 and taken down on the Jan 6. I personally think that you shouldn't be able to put up any decorations before December even starts.

Christmas is being over commercialized more and more. Stores like Hobby Lobby, Marshalls, and Homegoods start selling and dec-

orating for Christmas in early November. I have seen decorations for Christmas as early as October. Christmas ads usually start in November because businesses get as much as half of their annual sales just in the Christmas season.

Thanksgiving is overlooked by Christmas, and is forgotten because Christmas makes money for retailers. Yet Thanksgiving is a very important holiday.

Thanksgiving is a time to eat special food and hang out with your friends and family, and give thanks to one another.


In my family we eat special foods like green bean casserole, and turkey while talking about everything that's going on.

There is also a lot less stress around the Thanksgiving holiday than the Christmas holiday because all you really have to do is cook and give thanks, unlike Christmas which is all about buying and getting gifts now.

In conclusion, I think that Christmas decorations should be put up the weekend after Thanksgiving to make sure it's not forgotten. My reasoning for this is first, the Christmas season is not in November so there shouldn't be decorations up until the season starts. Second, the Christmas season is being over commercialized by putting up and selling Christmas decorations way too early, along with playing Christmas music. And third, it takes away from the amazing holiday of Thanksgiving, by focusing on getting and giving gifts, and not giving thanks.


So, please, keep your holiday decorations up during the true season of Christmas.

Dear Santa,
 Can you please
 bring me a pig
 and a unicorn?
 Thank you




Rhem

Dear Santa,
 Stan ta can you
 get the brak
 sled and a
 toy snak
 and a
 fendo swin



THANKS
 YOU ARE
 THE BEST
 BEAR

Dear Santa,
 Can I please
 have a lantern
 gene and
 a fish?
 Can I have
 a fillet?



Thank you

Levi yhd

Performance art part of new state science curriculum

By Cloey Buentemeier
The Mustang Express

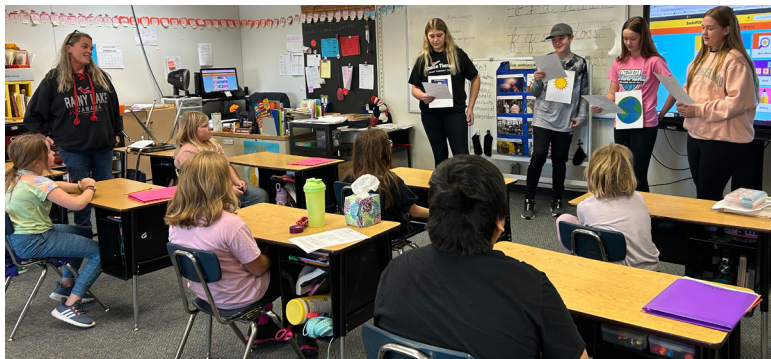
"I learned about how greenhouse gases work," seventh grader Soren Hanson said about the skit he and his classmate performed. "It helped me a lot on my test."

The seventh graders had a project in Life Science class for their new state standards that teacher Mr. Jim Schneider is implementing.

They went to the elementary students and pretend the ways on how the greenhouse gasses work.

Rhynn Schackman said "I learned that presenting to the younger classes can be difficult but fun at the same time."

Mr. Schneider said "Overall, they were quite excited about it. They all agreed to perform for two classes instead of the required one class."



Kiya Buentemeier, Davin Rissasen, Bella Elhard and Rhynn Schackman present a skit about green house gases to Ms. Miranda Olson's third grade class. (Photo by Cloey Buentemeier)

When I was going to each class to take pictures of them for this project I think they all did a great job.

Also Kiya Buentemeier jumped into doing four groups due to missing people even though she didn't know what the other group

was doing but she was willing to help where it was needed.

Mr. Schneider said, "The teachers liked it. I am not sure the kids knew quite what to make of it. They watched and were quite receptive to our performances."

Safe Return to In-Person Learning 2023-2024

With the increase of illness and Covid cases, it is important to review ISD #363's Safe Return to Learning / Covid Policy which follows.

The South Koochiching-Rainy River School District will continue our efforts to maintain a healthy and safe learning environment for our students, educators, and other staff for the 2023-2024 school year by continuing to follow MDE, MDH and CDC requirements.

These standards include following the steps below:

1. Health Screening - All students and staff are asked to conduct a daily self-screening and stay home if necessary. This is considered a good general health practice.

2. All students and staff should stay home if they are sick until at least 24 hours after their fever* (temperature of 100 degrees Fahrenheit or 37.8 degrees Celsius or higher) is gone. Temperature should be measured without the use of fever-reducing medicines that contains ibuprofen or acetaminophen).

3. Quarantine--Following direction from the Minnesota Department of Health (MDH) and the Centers of Disease Control (CDC), South Koochiching-Rainy River ISD

#363 has modified our guidelines regarding 5-day isolation and quarantine for COVID-19. The following guidelines are now in operation within the SKRR School District.

South Koochiching-Rainy River will require a 5-day isolation for a positive Covid-19 case. After the 5 day period, students and employees returning to school must not have symptoms (coughing, fever, tiredness, body aches etc...).

The Minnesota Department of Health and the Center for Disease Control are now recommending that instead of quarantining if you are considered a "Household

Exposure to a positive COVID-19 case, that students and staff will be permitted to come to school if they wear a mask for 5 consecutive days and are not exhibiting any symptoms (fever, cough, tiredness, body aches etc...). Household exposures that choose NOT to wear a mask for five consecutive days will not be allowed to attend school.

Reporting positive cases, quarantine and isolation:

- South Koochiching-Rainy River will ask students and/or staff with confirmed cases of COVID-19 to quarantine or isolate for 5 days

from the positive test date if asymptomatic, or from the day of first symptom.

- Please notify health service at your students' school if symptoms or positive tests for COVID-19 occur. School will NOT conduct contact tracing initially unless circumstances require.

- Individuals who have tested positive for COVID-19 will be required to stay home for a minimum of five (5) days from the time symptoms started and/or the time they tested positive for COVID-19. They may not return to school until after that time and symptoms must be improving.

- Students in quarantine or isolation will be able to utilize remote learning. If they are able, all students must complete required work or assignments.

Please contact the building principal or school nurse with questions.

All of these expectations are subject to change as MDH and the CDC may revise their protocol throughout the year, or extra safety precautions need to be implemented due to a school or community outbreak of Covid-19.



L-R Back Row: Tiffany Berg and Millie, Rosemarie Schwantes and Shotzy, Handler Barb and Norm, Kerry and Bob White with Sydni. Front Row: Megan Comfort and Jinx, and Libby Wickum and Sadie. (Photo submitted)

NHS teacher and Corgi graduate from therapy dog training

By Tracy Parthun
Therapy Dog Course Instructor

You may have read recently about the many ways companion animals are brightening the lives and improving the well-being of nursing home residents, hospital patients and children in treatment centers, among others.

I would like to introduce the following graduates from the Paul Bunyan Dog Training Association sponsored Therapy Dog Training:

Tiffany Berg and Millie; Megan

Comfort and Jinx and Norm; Rosemarie Schwantes and Shotzy; Kerry White and Sydni; Libby Wickum and Sadie.

They have recently completed training based on Standards of Practice through Animal-Assisted Activities and Therapy Dog Team Training Course materials.

Their dogs have passed basic health screening, a Therapy Dog Skills and Aptitude Test, and some will be certified as AKC Canine Good Citizens (CGC).



Sadie meets a few NHS students (Photo by Libby Wickum)

Chamoski and Allen new Mustang boys basketball coaches

By Kaanan Forseen
Mustang Basketball Player

This year the Northome/Kelliher boys basketball have both a new junior varsity coach and a new varsity coach.

The Northome/Kelliher Boys Varsity coach's name is Charlie Charnoski. Charlie, a 1998 Red Lake graduate, didn't go to college but instead decided to stay home and work.

Charlie has four kids who inspired him to be a high school basketball coach, Charlie's four kids are named Albert, Zac, Anika and Zurayan.

Charlie's goal for the boys is to take the team as far as he can. "It's up to the players to make it there," he said.

"Follow your dream and never give up because you never know how close you are to making it," he said.

Charlie doesn't mind coaching the boys; he wants to stay as long as he can and push the team to be better.

Charlie believes that the team's weaknesses are the team's hustling its defensive, offensive and in-



James Allen



Charlie Charnoski

bound plays. He believes that the team's advantages are that the boys are a good team and they are good at talking to each other.

The new junior varsity coach is James Allen, a 2021 Red Lake graduate.

James played basketball for Red Lake high school and for Red Lake Nation College. James has played basketball his whole life, from second grade until he went to college.

His high school coach, Roger White, made an impact on his life and taught him a lot about life

and the challenges that came along with it, and he wants to do the same with the Mustang boys.

James' two main goals for the team this season are to make it to state for the first time and improve the players skills over the year. James thinks the team's biggest weaknesses are that the players give up too easily and are not in shape just yet. On the flip side, they have height and young players who try to be better.

James reminds his team, "Hard work will always beat talent."

E Learning Day Plan

With winter weather approaching, there may be days that the physical school building is closed yet class will continue in the form of E learning. The following describes the expectations for these days.

Elementary Students

- Students are expected to login with their teachers and follow the designated schedule developed by their teachers
- Attendance will be taken by classroom teachers
- Elementary instruction will be a combination of live instruction(through Google Meet)and independent work (through Google Classroom or See Saw)

High School Students

- All students are required to log into Google Classroom/Google Meets for every class,beginning with homeroom at 8:30am.
- Attendance will be taken every hour just as it is during a typical day
- Cameras are required to be turned on unless a student has permission from administration to have it off.
- Students are required to participate in both the live and independent instruction
- If students do not check into each class,they will be marked unexcused and will be expected to make up the work within two schooldays

WOULD YOU RATHER

receive 20 small presents

OR...

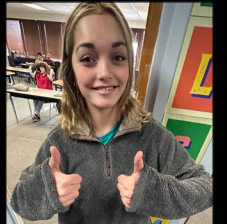
one big gift?



Taylor Fraikes
Junior

"Twenty tiny ones because you might get something good, in the big one you can get something bad."

Charli Hallstrom
Sophomore



"Twenty small ones because I like unwrapping them."



Kelsey Dreher
Freshman

"Small ones because they could be expensive ones."

Landon Heide
Freshman



"One big one because there is no fun in having a bunch."



Merissa Dreher
8th grade

"One big because it might have something good."

Mason Hanson
7th grade



"Twenty small ones because I don't know."

Compiled by Cloey Buentemeier
Junior

MISADVENTURES WITH MARIAH

Our own Charlie Brown Christmas tree

By Mariah Hanson
The Mustang Express

When I was very young, every year around this time, my sister, Bella, my brother, Dalton, my parents and I drove on an old logging trail that led into the woods to pick out a good tree for Christmas decoration.

As we slowly steered the bumpy trail, my family judged which tree was good enough for our home. It has just always been a family tradition to pick out the tree together.

This one particular year, we were all excited, but Dalton was even more excited because he got to cut down the tree this time. We brought a little hatchet just for him.

We stopped where there was a clearing surrounded by several good Christmas trees. While my sister and I were talking and shivering with my mom and dad, my brother was off somewhere out in the woods in search of the perfect tree.

When Dalton came back saying he cut down a 40 foot tree, we all started laughing. We did not believe that such a little hatchet and such a little boy cut down a 40-foot tree.

We walked back out into the woods to find that Dalton was not exaggerating. He did cut down a 40-foot tree, and it was obviously too tall to fit into our house.

My dad asked my brother why he cut down this tree since it was way too tall.



Dalton explained that it was because he wanted the top. None of us knew why he wanted the top of it; it looked awful. But it was the year that he got to choose, so we were stuck with it.

Dalton proudly cut the top off the tree, and we carried it home. It was truly our Charlie Brown tree. Its thin, scraggly branches barely covered its thin wooden stem. When we put the Christmas ornaments on, there were more decorations than tree. And just like in A Charlie Brown Christmas, the branches sagged under the weight of the decorations.

To this day we still make fun of Dalton and his Charlie Brown tree. We also don't let him pick any more trees.

But out of all the times we chose the "perfect" tree, we never came close to this memorable pine. This story serves as a reminder to me that no matter what our Christmas tree looked like, we did it as a family, and we spent that time with each other. I love picking a tree from the woods more than I do when we buy one because we did it as a family, we all had a choice in it, and we all had quality time. It created good memories and good stories.

School Breakfast Facts

A great breakfast program is offered at school everyday!

Here are some fun facts about school breakfast:

- It's easy! Instead of running around in the morning trying to make sure your children eat a healthy meal, let us do the work. They can get a great breakfast at school, and there will be no dishes

for you to wash!

- It's affordable! If qualified, your child may be able to get breakfast at a reduced price or for free. If your child already eats a free or reduced price lunch, they automatically qualify for a free or reduced price breakfast.

- It's tasty! Schools now have

more variety to choose from when deciding what to offer your children for breakfast. Request a menu so you can view what your child may be eating at school.

- It's good for the brain! Research suggests that not having breakfast can affect children's intellectual performance (CDC).



SENIOR PROFILE

2024



Daylen Mohs

Senior Quote: "I finished my 12-year sentence." - Daylen Mohs

Nicknames: Dale.

Years at this school: since preschool.

Person(s) who helped you through the years: My mom and dad and Ms. Fontana.

BFF: Trey and Jd.

Hobbies: I enjoy hunting, fishing, driving in the tractor.

Activities: basketball, trap.

Most challenging task as a senior so far this year: Getting my pictures taken and coming to school every day.

Favorite teacher or class: Mr. Hanson and shop.

Favorite school memory: getting into trouble with JD.

Advice to underclassmen: Work hard; play hard.

Future plans: going to be a hunting guide.