

In the News

Holiday Concert

The Northome School K-12 Holiday Music Concert is slated for Thursday, Dec. 14, at 6:30 p.m. in the large gym.

No School

Thanksgiving break will be Thursday, Nov. 23 and Friday, Nov. 24. School will resume again on Monday, Nov. 27.

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

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

Blood Drive

The National Honor Society is sponsoring a Memorial Blood Drive on Wednesday, Dec. 6 at Northome High School. For more information, contact NHS advisor Ms. Libby Wickum.

Winter Formal Dec. 16

"Dancing in a Winter Wonderland" is the theme for the 2023 Winter Formal Dance hosted by the Northome High School Student Council on Saturday, Dec. 16 in the Northome School big gym. More details will be printed when final plans are set.

Winter Sports

Mustang basketball has begun. The first girls home game is on Friday, Dec. 8 versus Blackduck at Kelliher. The boys' first home game is also Friday, Dec. 8 against Bigfork in Northome.

Express Publication Dates

December 20, 2023
 January 18, 2023
 February 2, 2024

**Elhard, Hallstom, Holcomb and Lindley
 October Students of the Month**

By Cloey Buentemeier
The Mustang Express

The October Students of the Month are Josee Lindley, Lexi Hallstrom, Geneva Holcomb, Bella Elhard.

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

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

Josee's goals for the school year are "get on the A honor roll, and get all A's in all the quarters."

Science teacher Mr. Jim Schneider said, "Josee is always prepared for class. She has developed great skills to learn the class material."

Freshman Lexi Hallstrom was the Junior High Academic Student of the month. Lexi's parents are Emily Lindley and Kent Hallstrom.

Lexi said her favorite class is "science because its interesting and I enjoy hearing all of the unique questions that my classmates have for Mr. Schneider and always getting a good laugh."

Schneider said that Lexi "works very hard in class. She comes prepared puts in the time to always turn in quality work."

Social studies teacher Mr. Matt Hanson said " Lexi continues to see a high bar for excellence in the classroom - she does amazing work every time."

"I really appreciate the fact that Lexi keeps on top of her work,

even when she is absent," English teacher Ms. Juleen Trisko said. "She is active in sports, but she is never behind in her work because she has to leave for a game."

Senior Geneva Holcomb was the Senior High Exemplary Student of the Month. Geneva is the daughter of Bob and Krystal Holcomb.

Geneva plans to attend NDSU (North Dakota State University) to get her bachelor's degree in secondary education in social studies/history.

One of Geneva's goals for school is "try to get a 4.0 GPA or a GPA close to it, and will graduate."

Hanson said, "I really appreciate how Geneva makes it a point to say good morning to me at least five times a day!"

"Geneva always comes to class with a smile and a friendly greeting," said Trisko. "She helps set a positive tone for the rest of the class period."

Seventh grader Bella Elhard was the Junior High Exemplary Student of the Month. Bella is the daughter of Sam Elhard and Chelsey Pink.

Bella said her favorite class is science because "there is the most work and to me the hardest work"

Schneider said that Bella "works hard in class and is very organized. She does a great job being an active learner. Bella is always willing to help her classmates when they need help."

Bella participates in volleyball, basketball, and softball.



Bella Elhard



Josee Lindley

(Photo by Nikkie Adegun)



Geneva Holcomb



Lexi "Boo" Hallstrom

The Senior High Academic nominees this month were Kenly Hallstrom, Geneva Holcomb, Abby Rosson, Kierra Waller, Morgan Humble, Kaden Elhard, and Jailyn Baird.

The Junior High Academic nominees this month were Lily Rosson, Bella Elhard, Kiya Buentemeier, Soren Hanson, Rhynn Schackman, and Brooklyn Waller.

The Senior High Exemplary

nominees this month were Anaka Crowson, Javon French, Josee Lindley, Kaanan Foreseen, and Mariah Hanson.

The Junior High Exemplary nominee of this month was Lexi Hallstrom, Payton Heide, Davin Rissanen, Morgan Romney, Rhynn Schackman, Brooklyn Waller and Ava Szydel.

Reminder for use of cars for school activities as more students drive to school

With students acquiring their driver's licenses for the first time, it is a good idea to review some of the district's expectations for Mustang student drivers.

Students traveling by car to school-spon-

sored events during the school day or on activity trips must have either a teacher or a school-approved adult driving each car used.

The school has an obligation to provide approved transportation to the participants of

school activities. When such transportation is provided, students are expected to use it.

For more information about vehicles on campus, please refer to the 2023-2024 Northome School handbook.

Northome High School Quarter 1 Honor Roll

A Honor Roll

Grade 7

Kiya Buentemeier
Bella Elhard
Soren Hanson
Bridon Mendiola
Davin Rissanen
Rhynn Schackman

Grade 8

Natalie Albrecht
Merissa Dreher
Isabella Hanson
Adrienne Rosebear
Brooklyn Waller

Grade 9

Penelope Dieterich
Lexi Hallstrom
Kendra Rosebear
Lilianna Rosson
Amy Rowe

Grade 10

Anaka Crowson
Charlize Hallstrom
Joselyn Lindley
Soren Pollard

Grade 11

Jailyn Baird
Kaden Elhard
Mariah Hanson
Morgan Humble
Abigail Rosson
Caden Troy

Grade 12

Kenly Hallstrom
Geneva Holcomb
Kierra Waller

B Honor Roll

Grade 7

Mason Hanson
Corey Henning
Jethro Lindner
Roman Nguyen
Karlisle Schmidt
Ava Szydel

Grade 8

Jordin Barnard
Isabella Barrieau
Addie Forseen
Wesley Hartman
Payton Heide
Emma Rowe

Grade 9

Jaycee Baird
Kelsey Dreher
Kyssan Forseen
Jayden Lindley
Coluii Colt Mendiola
Chevie Naughton
Morgan Romney
Gunner Schue
Piper Theobald
Ella Warren

Grade 10

Riley Barnard
Kyra Butcher
Javon French
Ali Hosley
Wyatt Schackman

Grade 11

Joy Adegun
Cloey Buentemeier
Dakota Dietrich
Jeffrey Dreher
Kanaan Forseen

Grade 12

Daylen Mohs

I would love to thank **Marti Waller** for being so supportive and helpful to me this my first year as the K-3rd Grade Americorps Math Tutor. Any question I have or concern, she is always making time to answer my question or direct me in the right direction. In her busy schedule she has never made me feel like she doesn't have time for me or whatever my question is, it's not important enough. She is an amazing mentor and teacher; I hope anyone in a first-year position like me is lucky enough to have someone like Marti to help them through.

You're amazing in all you do, thank you, Marti.

--Belita Lom
K-3rd Grade Americorps
Math Tutor

• • •

A halo goes out to **Paula Lowe** for purchasing reading tools for the kindergarten classroom. We appreciate you recognizing a need and helping us out!

--Amber Bender
Teacher

• • •

The staff of Northome School would like to thank the Dahlgren-Ettestad American Legion, Post 499 for the apples distributed in celebration of Education Week

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We celebrate public education and honor ALL affiliated with Northome School. We pay special tribute to everyone: from parents and guardians, to the bus driv-

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.

ers, teachers, students, paraprofessionals and other specialized professionals; the health care and cafeteria workers, custodians, volunteers, administrative staff and so many others... who go that extra mile for the bright future of our children. Take time to reflect upon ALL of your many accomplishments!

Thank you for your continuous extra efforts to improve the educational opportunities, in and out of the classroom, in rural northern Minnesota! We notice, and we are indeed grateful for your educational and community care!

--Respectfully,
Dahlgren-Ettestad American Legion Auxiliary, Unit 499
Ann N. Siats, Education Chairman

• • •

Thank you to Mr. Schneider and Mr. Hanson for always giving me good quotes for my stories.

--Cloey Buentemeier
Junior

• • •

Thank you to the **students and staff of Northome School**. I am so very thankful, incredibly grateful and unbelievably blessed by the

oh-so beautiful patriotic wreath presented to me upon the completion of the *America's White Table* (by Margot Theis Raven-Illustrated by Mike Benny) K-6 Read Alouds! It was indeed my pleasure! Your thoughtfulness and appreciation will forever be cherished.

The Dahlgren-Ettestad American Legion, Post 499 and the Dahlgren-Ettestad American Legion Auxiliary, Unit 499, extend a heartfelt thank you to the students and staff for your warm welcome and salute to our Veterans during your Veterans Day Celebration on November 3, 2023.

We pay special tribute to Superintendent **Jeremy Tammi** and Principal **MacKenzie Lehn** for always including us each year to plan for this special occasion.

Northome School always roll out the red, white and blue carpet in grand style for our veterans, and this year was no exception! There simply are no words that can truly express our sincere gratitude for your care...

Respectfully,
--Dahlgren-Ettestad American Legion, Post 499: Dan Siats, Commander

Weather Announcements

Should Northome School experience a late start or close due to the weather (or other circumstances), notice will be sent out via the JMC Alert System, the school website, and the school Facebook page. Be sure your correct information is on file at the school.

If school is in session and buses are sent home early and/or after school activities are canceled, notice will be sent out via the JMC Alert System.



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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

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.

Mustangs Football Talent Recognized

Brambrink, Cloud and Elhard singled out

By Jim Schneider
The Mustang Express

Now that the fall sports are wrapping up their seasons, several Mustang athletes have been recognized for their efforts this season.

The football team played its first season without its co-op with Littlefork-Big Falls. The team had a solid year finishing sixth in the standings with a 4 - 4 record.

The Mustangs had three players selected to the 9 Player North Sub-District North All District Team: juniors Kaden Elhard, and Gabe Brambrink, and senior Destin Cloud.

Elhard was rewarded for his efforts as a running back despite missing half of the season due to a severe ankle sprain. Elhard said, "I really worked hard this summer to get ready and it paid off."

Coach Dan Alto declared, "All three of these young men are very

deserving of this honor. They were a huge part of bringing Mustang football back. We will miss what Destin brings to the Mustang football team. Kaden and Gabe should help continue and build upon the progress we made this year as they head into their senior year."

Two more players were selected to the 9 Player North Sub-District North Voted Honorable Mention Team: juniors Kasey Clark and Billy Jack Schoenborn. Coach Alto stated, "I am really happy for these two, as they worked hard all season and got better each week. I am excited to see what next year will bring for them."

The Mustangs also were able to nominate two other players for the 9 Player North Sub-District Team Selected Honorable Mention Team: seniors Cash Johnson and Andrew Dreher. Coach Alto had praise for these two athletes also.



Junior Kaden Elhard
(Photo by Libby Wickum)

"These two seniors were our unsung heroes this year," he said. "They did everything we asked them to do and the season wouldn't have been the same without them. We will miss them next year."

Older students may donate at upcoming blood drive Wednesday, Dec. 6

A 16-year-old student who has an interest in donating whole blood (or double red cells/platelets/plasma using automated technology) at the upcoming blood drive can with parental permission.

State law requires written parental consent for donors aged 16. Please complete the parental consent form. After a donor reaches the age of 17, parental consent is no longer required.

Donating blood is safe and convenient when a person is in good health, 17 years or older—16 with written parental consent (form at MBC.ORG), weigh at least 110 pounds, be free of antibiotics for 24 hours, unless taken for preventative reasons, be symptom-free for at least 72 hours following a cold or flu.

Blood donation is a safe procedure using single-use, sterile supplies.

Teens, especially young females, often have low iron stores.

Repeat blood donation may further lower iron reserves, so replacement of iron by a supplement such as multivitamins with iron is recommended.

Reactions like fainting and bruising occur, but are not frequent. More serious reactions and injuries, including brief convulsions, nerve or artery injury from the needle, are rare.

For blood drawn with automated technology, side effects may include blood loss, microbubble formation, and tingling of the lips.

Blood is tested for a variety of infections that can be transmitted by transfusion. These include HIV (the AIDS virus), viral hepatitis and others. Positive test results will cause the student's name to be entered into a registry of excluded donors and the student will be notified of positive test results with medical significance and may be contacted for follow-up testing.

In addition, from time to time blood is tested using research tests

being developed for blood donor screening. All information and test results are confidential unless reporting is required by law.

A portion of the drawn blood, not needed for transfusion, may be used for research or education. Research may include finding normal ranges for blood contents or educating laboratory students. Neither the student nor the parent will be reimbursed and may not have access to results of any research using the blood.

Research results, age, race and/or gender may be shared with the research sponsor in a coded fashion that does not reveal a person's identity.

Memorial Blood Centers support and encourage students' decisions to donate blood. He or she is showing civic responsibility, maturity, and a sense of community pride by donating blood.

Questions can be directed to a Donor Suitability Specialist at 1-844-213-5219.



Kiani Donnell, Kenly Hallstrom, Joy Adegun, Geneva Holcomb, Angela Leach and Cotton Fineday stand in front of director Melanie Hanson.

Mustang soloists do well at contest

By Juleen Trisko
Indian Ed Coordinator

Six Mustang Music students from Northome School and Kelliher School competed

Earning a superior rating was senior Kenly Hallstrom who sang "Oh, No!"

Senior Geneva Holcomb earned an excellent rating for her rendition of "The Sky Boat Song."

All three were accompanied by Mustang choir teacher Mrs. Melanie Hanson on the piano.

"It was a fun trip," Holcomb said. "I got to see one of my friends who went on the Germany trip who was from Blackduck."

Junior Joy Adegun also earned an excellent rating for "Caro Mio Ben"

"I was a little nervous because

it was just me but also confident," Adegun said about the competition. "After all, I was doing a song Lizzy [her older sister] did in her solo."

Adegun prepared by warming up my voice and ensuring she could reach the high pitches in my solo.

"I felt pretty good about the solo that I did because usually I have nervous vocals and it messes up my voice but on Wednesday I had a good output on my solo," she said. "Then I finished it with a coffee which made me a really happy person."

"I really enjoyed seeing students from both schools gather like old friends. I am so proud of them all. It takes so much courage to sing alone for a judge."

Music students go to Chanhassen

Once again, the annual band and choir trip to Chanhassen Dinner Theatre did not disappoint! This year the group saw "Jersey Boys" on their whirlwind day trip. Reports are that the ride was long, the food was excellent and the show was phenomenal. Thanks to everyone who helped make it happen!



Northome School honors vets

By Juleen Trisko
The Mustang Express

Northome School's K-12 grades participated in a special Veteran's Day Program on Friday, Nov. 3 in the school's large gym.

Students sang and the band played patriot tunes. Margaret McKnead from Quilts of Valor honored Jim Pautzke and Don Lukenbill with specially-made quilts.

Essay contest winners read their opinions on America and patriotism. Jennifer Warren presented fourth grade teacher Mrs. Marti Waller with the VFW Teacher of the Year Award.

Dahlgren-Ettestad American Legion Auxiliary, Unit 499 Education Chair-

man Ann Siats helped students set "America's White Table," a presentation based on the book with the same name by Margot Theis Raven. The group then donated a copy of the book to the Northome School Library.

The Commander of the American Legion Dan Siats and Comander of the VFW Glenn Schuman presented a POW/MIA flag to the students and staff of Northome School. In recognition and sincere appreciation of the school's continuous support and care for the veterans of the United States of America. Accepting them on behalf of the school were Superintendent Jeremy Tammi and Principal MacKenzie Lehn.



America's White Table

The table is round – to show our everlasting concern.

The cloth is white – symbolizing the purity of their motives when answering the call to serve.

The single red rose reminds us of the lives of these Americans...and their loved ones and friends who keep the faith, while seeking answers.

The yellow ribbon symbolizes our continued uncertainty, hope for their return and determination to account for them.

A slice of lemon reminds us of their bitter fate, captured or missing in a foreign land.

A pinch of salt symbolizes the tears of our missing and their families.

The lighted candle reflects our hope for their return.

The Bible represents the strength gained through faith to sustain us and those lost from our country, founded as one Nation under God.

The glass is inverted – to symbolize their inability to share a toast.

The chairs are / chair is empty – they are missing



Don Lukenbill and Jim Pautzke accept quilts from Margaret McKnead.



Superintendent Jeremy Tammi and Principal MacKenzie Lehn accept a donation from the Dahlgren-Ettestad American Legion. (Photos by Juleen Trisko)

What does patriotism mean to me?

Each year, the American Legion Auxiliary sponsors and Americanism essay contest for students in grades 3-12. Grade levels are divided into six classes.

Senior Kenly Hallstrom was a senior high winner and Ava Szydel was a middle school winner. Szydel's essay also won at the district level, moving her on to the state level competition.

**By Ava Szydel
Grade 7**

Patriotism means so many things to me. Patriotism is respecting our government and our military and supporting how they protect our country. You can show patriotism by doing the Pledge of Allegiance every morning, by cele-

brating the 4th of July, and by cleaning up the earth.

You can show patriotism by standing for and saying the Pledge of Allegiance every morning and not by disrespecting the flag. What does doing the pledge mean? It means to make a promise to the flag of the United States of America and making a promise to our country.

When you Celebrate the 4th of July you are celebrating the passage of the Declaration of Independence by the Continental Congress on July 4, 1776. You can celebrate the 4th of July by having a barbecue and setting off fireworks and by spending time with family and friends.

Something my family does is on Earth Day

we go around our neighborhood and clean up garbage. Something anyone can do is recycle as well as pick up garbage or you can Adopt a Highway. When you do that it becomes your responsibility to clean it up. Another way you can show respect to the Earth is to make sure you leave a campground cleaner than you found it.

So in conclusion, patriotism can be shown in so many ways. Honoring our flag and government, celebrating patriotic holidays, and keeping the earth clean are just a few of the ways I choose to show patriotism. I think it is important to show patriotism to honor the military who fought to give us our freedom.

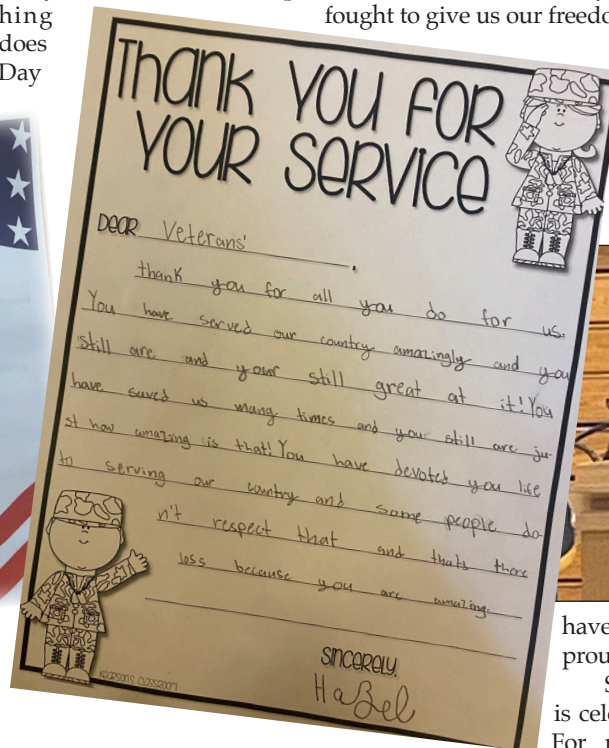
**By Kenly Hallstrom
Senior**

What is patriotism? In the Merriam-Wester Dictionary, the definition reads, "love for or devotion to one's country." Many people view patriotism as something we have to do to show respect for the advantages offered by living in the country where we were born and raised. However, for me, it means so much more. For me, patriotism is honoring our flag, supporting our active or inactive duty soldiers, and celebrating our country. There are many ways to do these things and I am going to go into depth about how I do them.

Showing patriotism is taking care of and honoring our flag. We should always treat our flag with respect. The United States Flag Code states, "The flag represent a living country and is itself considered a living thing." This means that if it is wrong to disrespect a person, then we shouldn't disrespect our flag. The flag is a living symbol of the progress our country makes. There are certain ways to show respect toward our flag. For example, we should make sure it doesn't touch the ground, isn't torn or tattered, and is illuminated if flying at night. Another example would be to stand for our National Anthem and the ledge of Allegiance. The Pledge of Allegiance to the Flag, as well as the National Anthem, should be ren-

dered by standing at attention facing the flag with the right hand over the heart. Patriotism, for me, is the chills that run up my spine when someone is singing our anthem with pride and emotion.

Showing patriotism is supporting our soldiers. It also means supporting their friends and family waiting for them to get back from their deployment. Patriotism, for me, is the tears and prayers shed for our military. It is also the going away, or welcoming, parties that we throw. And for those that don't come back, it's the respect that is shown for them. It's from patriotism that we derive our gratitude. These soldiers served their nation, and we thank them for that. In mourning their loss, in going to their funeral, we too are patriots. On Memorial Day, we can lay down flowers and member those who



VFW Commander Glenn Schuman stands with four award winning students. Left to right, Kenly Hallstrom and Ava Szydel winners of American Legion Auxiliary Americanism Essay Contest" and Kiya Buentemeier and Bella Elhard winners of the VFW "Patriots Pen Essay." Below, Dakota Dietrich delivers a message, Jennifer Ungerecht congratulations Marti Waller, the Teacher of the Year.



have us something to be proud of- freedom.

Showing patriotism is celebrating our country. For me, celebrating our country involves parades,



barbecues, fireworks carnivals, concerts, sports, family reunions, and music. July 4 reminds us we're not meant to be divided. It's a day to show pride. What can't we show this amount of pride for our country every day? Despite all the things that have happened in our country, I am still proud to be an American.

So, what is patriotism to me? It means going above and beyond. To me, it's showing emotion and wearing our hearts on our sleeves. Patriotism is motivating the people around you to be proud Americans. To be a proud American, you never give up on your country. Despite all the bad things that happen to us, we never lose faith.



Elementary winners of the Americanism coloring contest.

Dress codes appropriate in some cases, like the Senate

By Caden Troy
Op-Ed

As we just observed the day of dress-up and costuming just, Halloween, let's talk for a about dress codes, hmm? What, you're not as excited as I am?! Don't worry; this isn't a lecture about our school's dress code—which is pretty standard and forgiving. Rather, it's a deeper dive into: why they exist, what purpose they serve, and do they actually affect anything?

Talk about dress codes comes and goes, but most recently it has been brought up in the U.S. Senate, where both parties unanimously passed the first official dress code that the senate floor has seen since its creation (Treisman, 2023).

Interestingly enough, this occurred just days after the "unofficial" dress code was dropped, begging the question: What about maintaining a dress code was so important that they had to create one?

Before we get to answering that, it's probably best to cover why dress codes are enforced at all. At

schools like ours, dress codes are fairly basic and simply encourage students to not be a distraction with their clothing. Often, such codes unfairly target female clothing. It's a lot less of a problem than it was back then (1900s), but it still sometimes comes up as an issue today.

However, the dress code enforced on the senate floor isn't to prevent distraction, at least, not entirely. It's more along the lines of a workplace dress code: think law firms, office attire, the term "business casual..."

A lot of companies, especially in big cities, will impose some sort of dress code for their employees to follow, and failure to do so will likely get the worker fired or at the very least, reprimanded. But why do these businesses even bother implementing that?

It's mostly to maintain the company's figure. It turns out that despite how we're taught as kids to "never judge a book by its cover," we still judge incessantly. If we talked to a representative of some company, chances are that they'll leave

a better first impression if they're suited up and formal than if they're in sweatpants and a T-shirt.

In this sense, clothing does matter—even if it's a bit stupid! Dressing according to the company dress code also *allegedly* helps boost confidence and gain respect from co-workers (Kalish, 2020).

Back to answering that question: "What about a dress code was so important that they had to create one?" The answer is now clear: to scorn Senator Fetterman.

Jokes aside, it turns out, it's simply for their image. As the angry senators put it, "The world watches us on that floor, and we must protect the sanctity of that place at all costs." (Treisman, 2023).

If every senator was dressed in nightgowns, robes and pajamas, we'd think that they're all inept at their job and lazy (as if they weren't already).

Clothing, unfortunately, leaves a big impression on people; so, as it stands, always make sure you dress for success!

STUDENTS CAN SHOP FOR FORMAL WEAR FROM DECEMBER 4TH UNTIL THE 15TH.



Formal Dress Drive

STUDENT COUNCIL IS IN SEARCH OF NEW OR GENTLY USED FORMAL DRESS WEAR (DRESSES, PANTS, SHOES, TIES, SHIRTS).

YOU MAY DONATE IT OR PRICE IT AND EARN YOURSELF SOME MONEY (A 20% COMMISSION WILL BE TAKEN).

**ACCEPTING DONATIONS IN MRS. FONTANA'S ROOM FROM NOW UNTIL DECEMBER 1ST.

Youth United CONTEST

SENIORS:

Tell us how we can better serve people in our region. Share your ideas for a chance at \$10,000 in scholarship funds!



Who High school seniors attending schools in UWNEMN's service area are invited!
CHERRY SCHOOL • CHISHOLM HIGH SCHOOL • EAST RANGE ACADEMY OF TECHNOLOGY AND SCIENCE
ELY MEMORIAL HIGH SCHOOL • FLOODWOOD SCHOOL • HIBBING HIGH SCHOOL
INTERNATIONAL FALLS HIGH SCHOOL • LAKE OF THE WOODS SCHOOL • LITTLEFORK-BIG FALLS SCHOOL
MESABI EAST HIGH SCHOOL • MOUNTAIN IRON-BUHL HIGH SCHOOL • NASHWAUK-KEEWATIN HIGH SCHOOL
NORTHEAST RANGE SCHOOL • NORTH HOME SCHOOL • NORTH WOODS SCHOOL
NORTHLAND LEARNING CENTER • ROCK RIDGE HIGH SCHOOL • SOUTH RIDGE SCHOOL
VERMILION COUNTRY SCHOOL • HOME SCHOOL STUDENTS WITH PROOF OF RESIDENCE

How Submit an essay (750 words or less) OR video (5 minutes or less) on UWNEMN's website that answers the following questions:
1. What do you see as the biggest need or challenge in your community?
2. What are your thoughts on how United Way of Northeastern Minnesota or other groups like United Way could meet that need or address that challenge?



Visit: unitedwaynemn.org/youth-united or scan to submit online!

When This contest begins November 1, 2023. Submissions are due January 5, 2024. Winners will be announced March 2024.

Win \$10,000 in scholarships will be awarded to be used for expenses related to four year college, two year college, or the trades. Minimum scholarship will be \$1,000.

United Way of Northeastern MN



608 East Drive • Chisholm MN 55719
218-254-3329 • info@unitedwaynemn.org

unitedwaynemn.org



NHS Student Council Presents

DANCING

in a

WINTER WONDERLAND

Saturday, December 16
From 8 p.m. - 12 a.m.
@ Northome High School
\$10/person or \$15/couple

Please sign you and your guest up in the office by Wednesday, December 13.

3 ways to combat the seasonal blues

By Kyssan “JuJu” Forseen
Freshman

I don't get the winter blues. It's probably because I do stuff to keep active. I'll tell you some of them so you can beat the blues, too. I like to get outside and do stuff just to keep active. Get happy out there and find something you know. Think about something you like and try to change it or combine some stuff to just keep you entertained. HAVE FUN! That's how you beat the blues.

First, I get outside and do activities. I like to hunt, so I hunt and I clean my guns and sight them in so that's something I like to do outside. I don't just do one thing outside. Sometimes I go for walks in the woods and explore and just find stuff to do. Another thing I do

is ride my four-wheeler and dirt bike on the trails and on the road (if you ride on the road be safe). It's something to do. In the winter I ride a snowmobile and build forts in the snow. Getting outside helps so much.

Second, stay active!!! All the things I said above are active; it keeps me entertained and occupied. If you can't get outside, get active inside. Get a job and work your butt off and make some money. You can have some spending money and do something with it so you can have fun. Another thing you can do is work out, you can be fit and if you do sports you can train. All these will help you with that.

I know that it gets dark earlier now, but use that as a positive.

Learn to enjoy the dark. You can watch movies, watch the stars, invite some friends over to play ghosts in the graveyard or hide-and-seek. It will be fun and it is dark and you can keep active in the day by doing the other things I said earlier. You can have a bonfire with your friends and just have a good time.

If you want to beat the blues, follow my advice and enjoy it. Work with what you got. Just remember to get outside, stay active and do night-time activities. It can cure the blues, find new things you like, do things you like to do, and you can also get fit in the process. It will help you in the long run. Now go outside and get happy. Thank you for reading this.

W.D.N.A.M.I.

We Don't Need Any More Initialism

By Caden Troy
Op-Ed

Let me tell you: Studying for my Intro to Criminal Justice class is agonizing; it seems like it'd be nigh impossible for anyone with ADD. Let me go over some brief notes and summaries from the homeland security section:

The DHS's US-VISIT program, along with the WHTI, bolster border security.

NIMS, the NRF, and the NRP provide means to respond to emergencies and disasters.

RISS is extremely valuable for intelligence-sharing and spans across the MAGLOCLEN, MOCIC, NESPIN, RMIN, ROCIC, and the WSIN.

The DHS NECP was developed by the OEC to serve as a strategic communications plan.

Yes, these notes might be helpful if you know what the ini-

tialisms mean—and thankfully they are explained, if only briefly—but one cannot deny that it's extremely messy. You'll read something like: "Whereas NIMS and NRF outline how to handle disasters, the National Response Plan (NRP) defines the federal government's role in responding to domestic emergencies." and, at least for me, I'm stunned. What did I just read? Trust me, this isn't the worst of it.

The USA PATRIOT Act and the USA FREEDOM Act are both violent offenders of unneeded initialism. Both stand for and Uniting and Strengthening America by Providing Appropriate Tools Required to Intercept and Obstruct Terrorism, and Uniting and Strengthening America by Fulfilling Rights and Ensuring Effective Discipline over Monitoring respectively. Any sane being would recognize

this as unnecessary clutter. The best part is that both of these acronyms are discussed on the same page!

So, what can be done here? And what is it that really bothers me?

I think the main thing that frustrates me is the sheer excess of initialism and acronyms. I really don't think a single page should have ten different abbreviations to keep track of.

To me, the best option is simply to separate what's needed from what's not; separating the wheat from the chaff. Eliminate any unneeded abbreviations, especially those that show up only once. With that settled, don't even abbreviate that much! Nothing's worse than reading a page while also deciphering some obscure code because of all the abbreviations.

WOULD YOU RATHER

Be responsible for butchering and preparing the Thanksgiving turkey?

Keep the turkey as a pet in your house for a year?



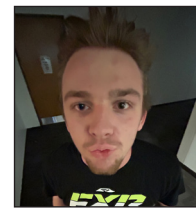
Geneva Holcomb
Senior

"Butchering the turkey, because living turkeys scare me."

Jailyn Baird
Junior



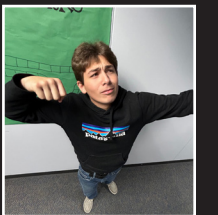
"Butchering it because I know how to cook a turkey."



Jeffrey Dreher
Junior

"Butcher it because I wanna eat it because I want some juicy turkey."

John Holms
Freshman



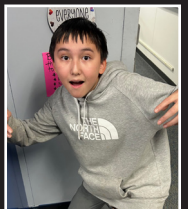
"Butcher it because I don't wanna take care of a turkey thats stupid."



Addie Forseen
8th grade

"Keep it as a pet because then next year I can eat it when it is big and fat."

Roman Nguyen
7th grade



"Keep it as a pet because butchering seems like too much work."

Compiled by Mariah Hanson
Junior

Gently-used formal wear needed

Student council is looking for gently-used formal wear. Items can be brought in to Ms. Fontana's room through Friday, Dec. 1.

Students can donate these items, or price them and make a few bucks! See Ms. Fontana for more information.

School Breakfast - Good for kids and good for parents

For parents with busy schedules, it can be hard to make sure that kids are eating a healthy breakfast before they go to school in the morning.

Sometimes children aren't hungry right after waking up, and it's hard to find food they like to eat that is also healthy. Also, some kids re-

fuse breakfast at home but are hungry when they arrive at school. Fortunately, we have a great breakfast program for all students, and it's available at school every day.

If morning meals are difficult for your family, let the School Breakfast Program help you out!

Looking for support?

The Koochiching Family Collaborative is a county wide collaboration that offers skills training for students in Koochiching County schools at no cost to parents. Northland Counseling services are now available to students via tele-therapy for four hours on Wednesdays. If you think your child could benefit from CTSS (Children's Therapeutic Services and Supports) or skill work, please contact Ms. Lehn to get the paperwork.



The night I was left to die and other examples of brotherly love

By Mariah Hanson
The Mustang Express

One dark, chilly night as my family and I were sitting in the living room watching TV, my mom came from the kitchen holding a bucket. She told me that I had to bring the bucket out to the compost pile.

Now I was only seven, I didn't want to go alone so I made my older brother, Dalton who was nine come with me. He was my older brother; it was his job to look out for his little sister. However, he was mad about it, and it took a lot of sweet coaxing for him to come with me. Well, actually, our mom made him.

He and I set out of the house to walk to the compost pile by the garden. I had the pail; Dalton had a flashlight. Our garden was really big. The compost pile was across the garden and about 100 yards away from the house.

When he and I were about half way there, we heard a snap of a branch. It sounded as if a big beast heard us walking and was thinking about dinner and we were the meal

Dalton shined his flashlight towards the woods to find a pair of

eyes shining back at him – at least that's what he told me.

He tripped me to the ground and bolted off; he just left me to die, to get eaten by whatever was in the woods. All kinds of thoughts were racing through my mind; should I cry? Should I run? Should I get up and yell to scare off whatever it was? Or should I run up to

pening by telling us to both shut up and tell her what was going on, I explained what happened.

My dad was mad but took both Dalton and me outside and walked with us to the spot where he could investigate. We didn't know if it was a bear or a coyote or a big foot.

A stick snapped in the woods, my brother and I stopped sudden-

It sounded as if a big beast heard us walking and was thinking about dinner and we were the meal!

my brother and punch him?

I sat in the wet grass crying. I got up and ran with him. I didn't know what I was running from all I knew was that I heard a crack and Dalton started running.

We got back inside the house, our mom and dad still sitting on the couch watching Tv. They looked at us funny.

When mom realized that I was crying, she asked me why. Dalton and I were both yelling and trying to explain what was going on. It took a little bit but my mom finally got her answer on what was hap-

ly and looked at each other.

"What was that?!"

A deer ran out of the woods and onto the road.

Dad turned to us and gave us a disappointed look. It was just a deer.

Dalton pushed me over so I would get eaten first, only for us to discover our terrorist was a deer. I always thought that big brothers were supposed to protect their little sisters, instead he sacrificed me. I'm just glad that we can both laugh at all our childhood stories, both bad and good.



SENIOR PROFILE

2024



Kenly Anne Hallstrom

Senior Quote: "I do not and will not fear tomorrow because I feel as though today has been enough." - Zach Bryan

Nicknames: K-Dawg, Kendally, Ken K, Ken, Karen.

Years at this school: I joined halfway through second grade, so I've been here about 10 years..

Person(s) who helped you through the years: Kierra Waller.

Thoughts on your class: We are small and quiet.
Hobbies: I enjoy hunting, fishing, reading, baking, cooking, and working at Shining Light Cafe.

Activities: student council, band, choir, science club, Envirothon, knowledge bowl, volleyball, basketball, and trap shooting.

Most challenging task as a senior so far this year: Figuring out what I want to do with my life is so far the hardest part.

Favorite teacher or class: Mrs. Plotts was my favorite teacher but now Mrs. Trisko is my favorite. My favorite class is English..

Favorite school memory: playing prison ball with the class of 2023.

Advice to underclassmen: Be respectful to your elders, please.

Future plans: study to be an ultrasound technician.