

The T-Bird Times



4-H THIRD ANNUAL CELEBRATION

Amber Kologi

The Mahnomens County 4-H Club has organized a **FREE** "Project Day" event for the community on March 30th at 9am-1pm at Mahnomens Elementary. The event is packed with engaging activities for all ages.

Kindergarten-2nd graders must attend with a parent or adult.

This will be the third annual Project Day and usually about forty children arrive every year. 4-H Leader Sean Benson says "with the event being free this year, we are hoping for more [children]!"

The activities include string and nail art, "all about me" poster, pet toy, squishy circuits, map it out with art, cupcake decorating, creative creations, and fish tales. All activities will be accompanied by 4-H members.

"This event is to get kids started on projects that they could potentially take to the fair. Also, it shows kids and families that aren't enrolled in 4-H some of the different programs that we offer" states Benson. The Club also kindly received a grant from the Minnesota 4-H Helping Hands that made this event free.

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SAVE THE DATE:

March 30th: 4-H Fun Day

April 1&2: JH Golf & Track

April 12th & 13th: Takeover



**MCA's are coming
up ☺**

**Rest, hydrate, eat
healthy!**

Did you know???

This year's yearbook

GLOWS IN THE DARK!

Only 41 left: \$45



PROMMING AT WHS

Asking a “date” for prom can be “nerve racking,” as we come up on Waubun’s May 11th prom party!

Seniors and Juniors are ramping up for May 11th’s prom and that includes “promposalling.” There are many ways a person can ask another to prom - perhaps a donut bouquet or a cute little sign referring to a movie, or a book. Finding out what one’s interests can help you decide how to ask him/her. One usually would want to ask another to prom a few months before the event. That way they have time to prepare, such as matching their dresses and tuxedos together (if preferred). “The first thing that came to mind was: how am I going to ask them?” said Haley Skramstad, a Senior at Waubun High. Some things that may come to mind when one thinks of prom is dresses, suits, dancing, fancy, and

maybe fairy tale, but it’s a “nerve racking experience.”

Some other ideas for example, are surprising the other person with a puzzle, or a poster, but don’t worry about the perfect date; “just go with someone you’re comfortable with!”

This year, two seniors at Waubun decided to go to prom together when one had asked the other with donuts; upon the donuts questioning “Prom?”. At another venue, a girl stood on top of a table at a Speech Meet with a poster, yelling “Will you go to prom with me?!” when the boy came into the commons. Waubun’s 2019 prom would not be possible without the help of the class of 2020, who have been planning this event for a while. Images from xlt.com



SPEECH SUBSECTION THUNDERBIRD VICTORIES

Thunderbird Speechers travelled to DGF on March 26th to take home three medals: 3rd place in Humor is Mackenzie Lampton, 4th place in Discussion is Malachai Russel, and Evander Brown takes the 3rd place in Creative expression. Alternates for Sections at Fosston Friday April 5th include Nathan Nelson, Ayva Sampson, and Lilly Dayton. Any Speech competitors to earn 1st-4th place at the Section Tournament will advance to the State Competition in Wayzata April 11th and 12th to compete against the best speakers in Minnesota.



MARK YOUR CALENDARS! THE VIKINGS ARE TAKING OVER!

Arianna Anderson

Winning \$10,000 was only the tip of the iceberg when it came to winning Football Community Of the Year. The communities are also awarded many other events on the 12-13th of April. Friday (12th), from 9am-12pm KFAN Radio Broadcasts at Bear's Sports Bar in Waubun. Silent Auction and Breakfast available. Following that from 7pm-12am at Bear's players and cheerleaders will autograph. Food and a WHS teacher's live band add to the excitement.



Saturday (13th), there's a youth football clinic at Mahnomen with a community festival which includes player and cheerleader appearances and autographs, silent auction, kids games, food, and more. "Thank you Innovative Office Solutions, you gave us just one more reason to be proud of not only our communities but our kids!" says community member Tina Starkey.

Last fall the Mahnomen and Waubun communities came together to win the Vikings Community of the Year hosted by Innovative Office Solutions. With posting all over social media #MWThunderbirds, #MNFootballCommunity, and having Vikings reps travel to Waubun during community night. It was decided that MW had won community of the year. "[I'm] so proud of our whole community for working together to make this happen" says one of our community event organizers. Football Captains Parker Syverson, Jon Starkey, Izaiah Asher, and Treston Spalla were handed the \$10,000 on the Vikings Field by Innovative Office in December.

ILLNESSES BOUNDING AT WOWE

Savanna Gonzales-Charette

There has been up to 7.3 million reported cases of influenza since October says CNBC news, and the schools on the White Earth Reservation have been hit hard. When surveyed, the 7th grade class had four people with the flu, five with strep throat, and fifteen with a common cold. A survey of twenty 8th graders revealed that most have had either strep or the flu.

"I've had a lot of the cold symptoms, but haven't got the flu because I got the vaccine," said Science Teacher David Pettit. There are many ways to prevent getting the flu:

1. Get a flu shot
2. ALWAYS wash your hands, especially before you eat
3. Eat and maintain a healthy diet. A strong immune system is hard to get to!
4. Don't share things with people who are sick
5. Stay home if you have flu symptoms so you get proper rest and stop virus spreading

The flu is not the only bug after humans this year. Strep is also attacking bodies. The symptoms between the flu and strep throat can be confusingly similar with fever, sore throat, chills, aches, and fatigue. Here are some ways one can tell the difference:

1. Strep tends to come with bad sore, redness on the throat, and even white patches/spots on the roof of the mouth and/or near the tonsils
2. Strep sometimes is always accompanied by swollen glands and often a rash
3. Vomiting and diarrhea are usually a flu symptom rather than strep

Students and staff alike are encouraged to stay home and get well if these symptoms occur.

LHOTKA, STANLEY PLANNING POWWOW

Savannah Gonzales-Charette

Powwow season is starting again kicking off with a powwow here at Waubun High School, Friday, April 26th. Indian Education Teacher Megan Lhotka and Student

Success Coordinator

Loreen Stanley originated the idea during the fall. "Our Indian Ed department wants our students to come together and celebrate our culture" says Lhotka.

The powwow will be for grades 5-12 and any family and community members. Invites will be sent to local schools such as, COLA, Mahnomen, Naytahwaush Charter School grades 5&6, and Detroit Lakes.

Registration will start at 1:45 in the commons for dancers to get their numbers. There will be a contest for Princess and Brave. Opening song starts at 2:15 and travelling song is at 5:30.

"Powwow is about coming together," says Lhotka. "Listening to the drum, showing our talents as Native people embracing the culture."

APRIL FOOL'S DAY: A PRANKSTER PARADISE

Amber Kologi

Even though the history of April Fools is a mystery, we still celebrate this holiday annually. We take it as a tradition to pull pranks on anyone around, but usually our close loved ones. The most common jokes are putting a rubber band on the sink nozzle, attaching tape or paper to the bottom of the computer mouse, drawing a spider on the toilet paper roll, or switching the cream of an oreo (or donut if one wishes to adopt Educator Cassie Hansana's style) to toothpaste.

Some of Waubun's students have stories about pranking adventures. Junior Savanna Charette-Gonzales (victim of prank) says her "brother[s] put soap on the floor at the bottom of the stairs so that...[her] and ...[her] other siblings would slip after running down [the] stairs." Senior prankster Morgan Blough's story is "my brother had to use the bathroom so I put super glue on the toilet [seat]." Freshman Arianna Anderson (victim) was pranked by her cousin. "He switched the salt and the sugar around so when I made cupcakes they were all salty." There are even reports of tabasco sauce mixed in with the ketchup!

Theoretically according to Snopes.com and other sources "April Fools' Day began in the 1500s when the Gregorian calendar took over from the Julian [calendar]. Those who forgot the change and attempted to celebrate New Year's (previously celebrated on the 1st of April) on the wrong date were teased as April fools." This can be compared to our daylight savings time predicament. Those who forget the change - jokes on them!

Postscript- For those who would like to perform a prank in school on April 1st, here is a message from Principal Martinez: "Don't do it, we have cameras everywhere [and] we will make sure you receive the right consequences for your actions."



Get FUNNY with food this April Fool's Day: food injections, food in disguise, and food coloring!
Images from skeller.com

11 Ways to Boost Self Confidence

Having confidence can make a person feel happy and have higher self esteem. Having confidence means "that you believe in yourself and others" says Guidance Counselor Kari Swoboda. "The more confidence you have the better you are able to perform in your everyday activities, and believe it or not you are happier." Here are a few ways you can boost your confidence.

1. Set a small goal, then reach to achieve it: It could be as small as getting all your homework in on time, or as big as hitting a homerun in baseball. Each goal you set for yourself is getting you one step closer to higher confidence.
2. Visualize yourself as you want to be: Think in your head you achieving your goal and the steps you have to take to reach it.
3. Affirm yourself: Change how you view yourself. Constantly feeling miserable about yourself will not get you more self esteem. Start with telling yourself that today is going to be a great day every morning, and you will start HAVING great days.
4. Do one thing that scares you every day: Step out of your comfort zone. Join a sport, find a new hobby, make a new friend. Face your fears head-on.
5. Question your inner critic: The more you think poorly about yourself the more you will believe it. For example, if you take a test and you get 97/100; Think about the 97 right, not the 3 wrong.
6. Come to reality with your problems: Some problems right now might seem like a big deal, but in a year most problems you're having right now won't even cross your mind. Brush off minor problems by doing something about it. This can make you feel a lot better and relieved.
7. Help someone else: Helping others can make you feel good about yourself and make the person you're helping feel good as well.
8. Care for yourself: Cut your hair, buy a new outfit, start eating healthier. A healthy routine equals a healthy mindset.
9. Shift to an equality mentality: "Wanting to be someone else is a waste of the person you are." -Marilyn Monroe. Don't try to be someone you're not, stop seeing others as better or more important than you. Start seeing yourself and your peers on the same level. Everybody is equal that is what having an equality mentality is.
10. Act Positive: Try this: wherever you are, if you're walking the halls of Waubun School or just sitting at home, try to compliment at least two people around you. Help raise other people's confidence along with your own.
11. Be grateful: Be grateful you have a home, food, clothes, and even a school to go to because right now in Venezuela, half of the country has no power or water. Being grateful for things most people take for granted is a great way your self image can improve.

FROM THE JOURNALISM STAFF

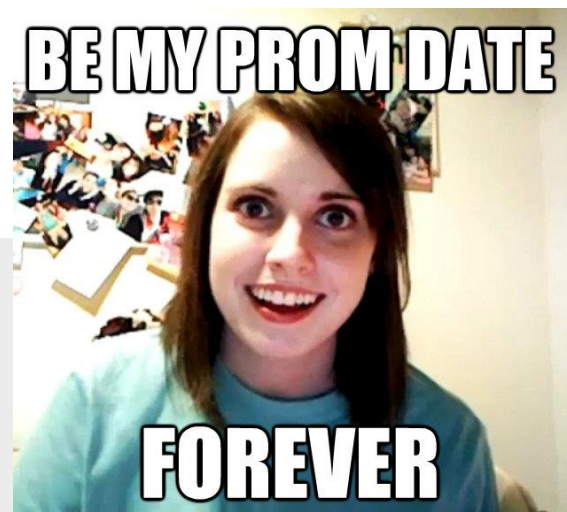
ADVICE

Dear Niiiii,
I have no idea what I want to do after high school. What do I do?
Sincerely, Clueless

Dear Clueless,
There are so many people in this same position. Going to a community college to do generals might steer you into something that you enjoy and give you a sense of direction. If that is not an option, give yourself a little time by getting a job and saving up for when you DO know what you want to do. During that time, you can research and ask around. Ask the people close to you what they think you would be good at - they might just enlighten you. Whatever you do, don't just sit around; the easy way is not the best way to figure out what to do with your life.

Dear Niiiii,
How do I get a hot girlfriend?
For real, a super single dude

Dear single,
If you drop the "hot" part, finding a life-long partner is going to be a lot easier. If you are shallow enough only to date extremely attractive ladies, you cut out a large percentage of the girls who may have other important attributes such as a kind heart, a humorous personality, a good ear for listening or a knack for using common sense. Think of your end game. If you eventually want a family, perhaps broadening your scope is the best move; you don't want to miss out on Miss Right just because she is not smoking hot.

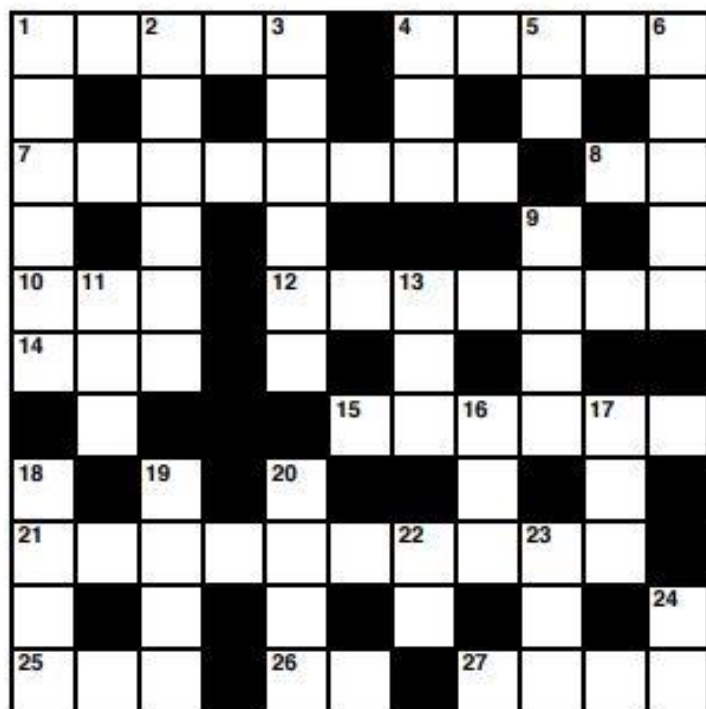




April Fools Day

CROSSWORD

Can you solve this crossword to celebrate April Fools Day?



Across Clues

- 1 Gags
- 4 A joke should make you _____
- 7 Something you didn't expect
- 8 Name for a printer
- 10 Beatles old record label
- 12 _____, but nice!
- 14 I smell a _____!
- 15 Popular band, _____ the People
- 21 Day well-known for pranks (2 words)
- 25 You don't want _____ on your face
- 26 Hey!
- 27 Comedian _____ Sandler

Down Clues

- 1 This person used to make jokes for kings
- 2 Funny frog's name
- 3 Season when the flowers all come out
- 4 _____ Lonely Boys
- 5 "Move on _____!"
- 6 Over the moon
- 9 Talk online
- 11 _____ and Ruby, the rabbits
- 13 Spaceship run by aliens
- 16 Title for Elton John
- 17 Grab a Big Mac
- 18 You play it
- 19 No one wants to be one (boring person)
- 20 Have fun
- 22 Trendy
- 23 Jokes can stop people being _____
- 24 Morning show time

Find clues & more crosswords
at www.kidzworld.com



Crossword by Myles Mellor