

The T-Bird Times



TEEN OVERCOMING ADDICTION

Does treatment for substance abuse really work? For one 8th grade WHS student it did. This anonymous student went from using marijuana and alcohol on a regular basis to a nine-month and counting sober stretch. The number one reason he stays sober is his family. "Try and realize you have a problem" he advises. "And tell yourself that the only right action is to find help."

At treatment, this student reportedly attended "group" for around 4 hours every weekday. He states it "was therapeutic for the past, future, and present. The main thing you'll hear is, 'one day at a time.'" Approximately **50%** of teens have misused drugs at least once in their life, and people who began using addictive substances before age 15 are nearly **7 times likelier** to develop a substance problem (ProjectKnow).

This problem is not unknown to WHS students. In many reported cases both locally and nationally, it could start off with trying marijuana, alcohol, or LSD, and turn into being addicted to cocaine, prescription pills, or heroin.

What most teens do not consider are the long term side effects that interfere with brain development and loss of relationships, which increases risk of accidents, homicides, and suicides.

According to our anonymous 8th grader and most other sources, getting help is the key. For immediate help, contact a counselor here or contact addiction hotlines for over-the-phone help:
 -United Way 2-1-1 Minnesota: 800-543-7709
 -National Drug Abuse Hotline: 651-431-2460
 -Delphi Health Group: (888)-408-6424

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WHAT'S HATCHING IN KINDERGARTEN?!

Savanna Gonzales-Charette

For seven years the elementary has been incubating baby chickens. This year's kindergarten class is extremely excited for the eggs to hatch on the 29th. "They're babies and they're fluffy" says one student.

The class started watching the eggs on April 9th. The eggs only take 21 days to hatch. Three days before they hatch the class will watch them extensively. **It takes 8 hours for the eggs to fully hatch.** The class gets to spend a few days with the chicks before they are brought to the farm. Kindergarten Teacher Cecilia Brininger showed the technique they use to see if there is present air sacs, called "candling." Candling is done in the bathroom because it is dark, using a special light that makes the egg glow.

"It's good for the kids to learn about these things; they love it" says Brininger. They have names already picked out such as, **"Sir Poops A Lot, Tweety, Hoppy."** She reports that they will probably change their names once they see the personality of the chicks.



PROM COMMITTEE PREPS FOR GOLDEN AGE

Being on the Prom Committee is more complicated than choosing a theme. Juniors Noah Paul, Jordan Johnson, Logan Stech, and Steffl report they have met with the whole Committee to make decisions nearly every homeroom since Christmas Break. They report that it feels right to help make recommendations and choices for a Prom they will be attending.

Prom 2019's Committee shares changes to this year's event as well as insight on what it is like to "plan" prom.

Normally, Grand March is located on a catwalk in the center of the commons; **this year, couples journey down the Hollywood Golden Age staircase on the South side of the commons and wrap around.** Audience chairs will face the stairs for a full view.

"The kids liked the red carpet idea" says Junior Advisor/Band Teacher Sarah Bauck, a decision that was made by a combo of advisors and Prom Committee Juniors.

"We took the Hollywood theme and decided to make it the Golden Age [1920's-1930's]" rather than just Hollywood, states Junior Class President Jonah Steffl.

When considering why they joined the Prom Committee, Paul states "We didn't want the girls taking over." "We wanted to look for ways to make it better [than previous years]" adds Steffl.

Johnson advises future Prom Committees to "Start early, plan early." Paul adds "Don't spend all your money on Prom; we learned that from the [this year's] Seniors."

Prom is a privilege. In order to attend Prom, students must be "real" Juniors or Seniors, have less than 14 unexcused absences for the year, be present at school the day before Prom, and spend zero time in ISS or OSS the week preceding Prom. Additionally, Juniors who worked at least three shifts of concessions do not have to pay admission for Prom.



*"We wanted to look for ways to make it [Prom] better."
- Junior President
Jonah Steffl*

**Enjoy a SHORT STACK
for a TALL Cause!**

**Sunday, April 28th. 10:00am to 1:00pm
Waubun Community Center**

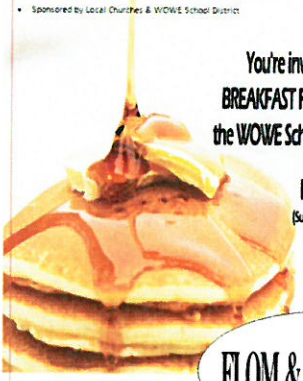
Sponsored by Local Churches & WOVE School District

You're invited to a **PANCAKE
BREAKFAST FUNDRAISER** to support
the **WOVE Schools Backpack Program.**

Free Will Offering
(Suggested offering: \$7/Adult & \$4/Children)

FOOD 4 KIDS

FLOM & AREA LIONS



Fundraising for Food!

Arianna Anderson

Local churches partner with the Flom & Area Lions and WOVE school district on Sunday, April 28th from 10:00am-1:00pm to support local school's backpack program with a pancake feed. This is the 2nd annual fundraiser.

"**[They] are legendary for their pancakes**" says MARSS Coordinator Dejah Anderson, who runs the backpack program with Guidance Counselor Kari Swoboda and Principals Eric Martinez and Laurie Johnson. "The backpack program fills the weekend gap for chronically hungry kids" says Anderson "by providing nutritious kid-friendly food." As of now there are three students and four staff signed up to volunteer for the pancake benefit. 8th grade student volunteer Eric Beaupre is volunteering because "I like to help my community and be generous." He says "It's also a way to meet new people."

As of next year Waubun's Senior Seminar class will require a number of hours of volunteering from their students. It is not a requirement to graduate, but it is a requirement to pass Senior Seminar. The number of hours students need to volunteer is to be determined.



ZIMA, WORMS ON STUDENT CHILD DEVELOPMENT TRIPS

WHS Child Development students observed k-2nd grade Ogema students starting April 16th and 17th to gain first hand primary experience with child development.

Child Development Class has been sending students to Ogema for this experience for at least ten years according to FACS Teacher Gina Worms. "Long ago, they brought kids into the high school and called it 'preschool day'" states Worms. When the schedule switched to include block days, there was enough time to travel to Ogema for observations instead.

"They really like it [...] when the kids are so excited to see them and yell their name" adds Worms.

Freshman Jordyn Zima is placed in 1st Grade Teacher Monica Peterson's room. **"Kids can be really honest - they really have no filter" she states. "A lot of them can't stay on task and aren't good at memorizing - they like to say random stuff."** This is comparable to the facts they study in the WHS Child Development classroom before venturing out to Ogema observations. Zima states that she can see the "patterns" they have studied in class as she observes actual children. She witnesses their patience levels and behaviors and says it is "definitely a benefit."

Child Development students such as Zima head to practice spelling words, check homework, play flashcards, read, craft, and get to know students in various classrooms which Worms says compliments what they learn in class: a child's physical, social, emotional, moral, and intellectual being.

A DAY IN THE LIFE OF A LUNCH LADY: HARD WORK

Cooks at WHS serve over 300 people twice a day, fill out ample paperwork, clean continuously, and record data - requiring them to be attentive and able to work at a fast pace. Commonly misunderstood by students, Cooks Kristi Walz and JoAnn Doty are constantly working as soon as they enter the kitchen to the moment they turn the key to leave due to the various tasks.

Because of budget constraints and nutrition guidelines, Walz states "We try to make as many home-made options as we can. That's just healthier for the kids, but we have to make due with some of the premade options too - there are only two of us in the kitchen" so it is not realistic.

Q & A with Walz and Doty:

Why do you serve the food you do?

"We need to make sure all our meals are 'reimbursable meals.'" That's why it is required that students to take ½ a cup of fruit or veggie each day. If students don't take that ½ cup, it is not classified as reimbursable, and the school can get penalized for that. "We offer sandwiches as a second choice because if we serve something like pizza, that has a high chance for expensive waste when kids don't choose it. We want waste prevention." Offering carrots, broccoli, cauliflower, and salad/dressing as options is much better than offering just pears - because what if a kid doesn't like pears? There is not enough space to do a full salad bar; we only have one line unlike most other schools.

What would you say to kids who think your job is easy/you are lazy?

Kids haven't been cook workers at a school, so they might not understand that it's way more than serving easy foods. Some days are easier with meals - "hot dog day is an easy day" but that gives the cooks time to bleach trays, deep clean the freezer, organize the office, catch up on records and paperwork, plan menus, and research new options for meals. These jobs all need to get done. There is no "down time." Continuous paper work includes menu creation and revision, temperature logs, food orders for all separate trucks, tracking production records (twice a day).

What happens if you are lacking on paperwork or not following guidelines?

If students aren't taking reimbursable meals with the appropriate foods or if we don't serve them, the school has to pay the state back. If our paperwork is lacking in any way, we risk the state coming in for a thorough evaluation which is never a pleasant experience.

What is your favorite part of your job?

"Hearing the kids say 'This is my favorite meal.' and seeing them excited and happy about the food." The cooks are aware that not every meal can make everyone happy. But they try to give the students enough options to get full. "I would never serve a food without trying it and make sure it tastes good first."



Jumping, throwing, running: Track

Amber Kologi

At the mid-season mark, Thunderbird Track has been hurtling towards their Personal Record (PR) goals and individual growth with two track meets down (Concordia and Bemidji). According to coaches almost half the team is new and includes “athletes of all different shapes and sizes.” When they compete, they strive to make a new PR. “There is no greater satisfaction as a Track and Field coach as when an athlete tells me, ‘Coach, I got my PR today’” states Boys Coach Ed Snetsinger.

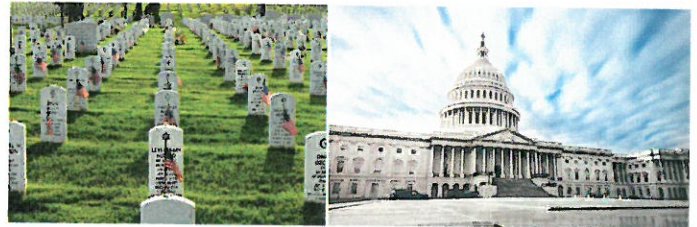
Track is for everyone but specializes in running, jumping, and throwing events; it is for anyone who wants to be “healthier, in better physical and mental shape, you improve through the course of the season, and it certainly betters you in all other athletics you may be involved with” says Girls Coach Scott Thomas. The jumping events have been the most popular this year for track. **Because of the numerous boys completing in the long, triple, and high jump, Coach Snetsinger hopes for high success.**

For girls, jumping has also been a great success along with throwing according to Coach Thomas. Upcoming meets include subsections (May 23), sections (June 1), and state meets. Athlete Sunshine Englund competes in shotput and discus and has a PR of 28.1. She “enjoy[s] the people in it and the competitiveness of the sport.”

Close-Up calendar: May 5th takeoff

Amber Kologi

On May 5th the Close-Up group will be leaving for a five day trip to Washington DC’s, **Arlington National Cemetery, 7 famous memorials, Smithsonian Museum, Capitol Hill, Supreme Court** and the largest library in the world to explore government process and history. The students have been working hard and fundraising for 2 years to meet the deadline of \$1,950. They have done many fundraisers such as selling pizzas, made meals for basketball games, sold tumblers, ran the school store, put on dances, and selling chocolate candy bars.



The Close Up program serves as an opportunity for high school students to “inform, inspire, and empower young people to exercise the rights and accept the responsibilities of citizens in a democracy” (mission statement of Closeup.org). Junior Nathan Nelson is part of the group “because it would be a fun and new experience” and on top of his list for new experiences he is looking forward to Lincoln Memorial.

Indian Education Department on the gas pedal: “Unity for all”

Smudging, Seven Grandfather Teachings Awards, hallway Ojibwe terms, and a 1st Annual Powwow at WHS show the deliberate efforts of the WOVE Indian Education Department this school year.

The overall goal of these efforts is “Unity for all” according to Student Success Coordinator Loreen Stanley and Cultural Arts Teacher Megan Lhotka.

“Anybody can smudge or go to a Powwow” states Stanley. In fact, nearly all 5-8 teachers report that their entire classes are attending the event. High school participation is not as inclusive, but numbers are still high for attendance.

Advice from Nijii

Dear Nijii,

There's this teacher. **I can NOT stand him.** Every time I ask a question, he gets all smart-mouthed with me and it's embarrassing. What do I do?

Sincerely,

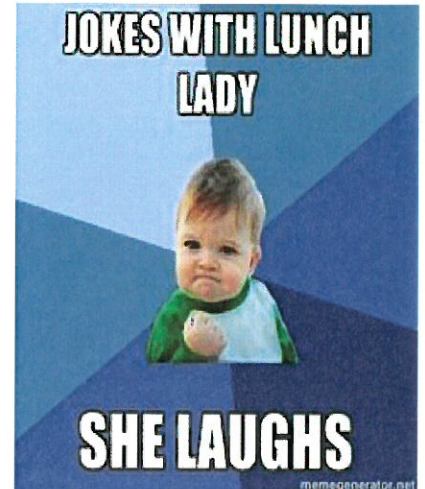
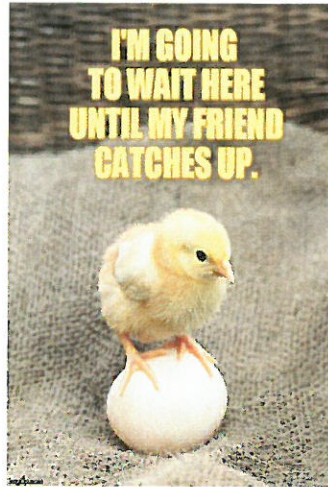
My face is on fire

Dear Face on Fire,

A candy bar goes a long way sometimes. If you aren't into bribing, a letter could do the trick. You don't even have to put your name on it – and you could type it so your teacher doesn't know who it's from. Write the letter explaining that you notice how the teacher snaps at some students and how it stifles the learning process. Be logical – and even a little emotional if you want. Some people aren't good listeners, but all teachers are legit readers. Write it in a way that will convince your teacher rather than offend him. Candy bar. Sincere note. Check it out.

Good luck,

Nijii



How to draw a flying bird:

