

# The Scratchin' Post

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## Former South-Dakota all-star runner motivates students

by: Peyton Groft

The Northwestern student body and teachers received a wonderful treat on Monday, Oct. 5, when Steve Heidenreich, a former South Dakota runner visited the school to give a pep-talk about using the traits and characteristics that great Olympic athletes use in their pursuit of a gold medal toward other areas, such as academics, debate, dance, other sports and anywhere a person wishes to be successful.

"I've been working with Coach Kris Boekelheide since this summer for the cross country team, and she wanted me to come here to speak to her team, but I also suggested that the message is more for the student body," Heidenreich said.

Heidenreich's message had to come from somewhere, though. Showing promise from a very young age, as Heidenreich grew up, his love and determination for running continued to rise. The young athlete attended Watertown High School before accepting a scholarship to run at Indiana University. During his career at Indiana University, Heidenreich obtained a personal record of 3:38.8 minutes for 1,500 meters, which equalizes a 3:55 minute mile. He even quali-

fied for the 1976 Olympics. Heidenreich continued to run faster and harder, until March 16, 1976.

The college runner went out for a late-night run one night, when suddenly, a car hit him from behind, knocking him to the ground, unconscious. Heidenreich suffered a huge blow to his right skull, making him lose most of his memory. He started his life completely over, first learning how to walk, talk and eventually learning to read, write and run.

After Heidenreich's accident, he made a remarkable recovery back to running. Heidenreich qualified for the 1980s Olympics, although did not run due to injury. Since he knew that he should let others experience his journey, Heidenreich wrote a book, with the help of Dave Dorr, called *Running Back* and also travels the country, sharing his experiences and life-lessons with students, teachers, and basically anyone who chooses to listen.

"My message would be that if you want to be great at something – one of the best in the world – then what you have to do is set your goals high and visualize the perfect practice, the perfect race, or the



Photo by Kate Finley

perfect speech. Then, you have to be dedicated, persistent and willing to do the hard work," Heidenreich said.

After visiting Northwestern, Heidenreich also stopped in to motivate the students at Northern State University. Heidenreich attended cross country practice for the Wild-

cats on Monday and Tuesday as well as the Lake Region Conference meet at Ipswich, too.

"Steve Heidenreich was very inspirational and wants you to work hard. It was nice having a loud cheerer at the cross country meet!" Madalyn Groft said.

**Steve Heidenreich gives a speech to the students of Northwestern about working hard, setting high goals and envisioning the perfect performance.**

## Northwestern named Jostens 2015 National Yearbook Program of Excellence

by: Peyton Groft

Jostens, the leading producer of yearbooks and student-created content, recently announced that Northwestern's yearbook program has been named a 2015 Jostens' National Yearbook Program of Excel-

lence. The National Yearbook Program of Excellence recognizes engaging yearbooks that reflect a broad representation of the student body while helping students develop 21st century skills such as commu-

nication, collaboration, and information and communication technologies (ICT) literacy.

The Northwestern award winning yearbook program is led by seniors Kate Finley and Rachel Rausch and assisted by Cameron Bohl and Isaac Groft under the direction of Mrs. Nora Groft, Northwestern yearbook adviser.

Photo by Nora Groft

**The yearbook staff, comprised of sophomore Addison Sparling, seniors Kate Finley and Isaac Groft, sophomore Tyrae Circle Bear, senior Rachel Rausch, sophomores Sadie Vander Wal and Peyton Groft and senior Cameron Bohl accept the Jostens Yearbook Program of Excellence award.**

"I am so very proud at the amount of quality of work our very small staff can do," Groft said.

Jostens' National Yearbook Program of Excellence Awards are presented twice a year, in spring and in fall for yearbook delivered during the school year. The Award was presented to the Northwestern yearbook program for achieving the defined criteria in each of three following categories: creating an inclusive yearbook, generating school engagement, and successfully managing the yearbook creation process.

"Yearbooks connect students' hearts and minds to the school story, school year experiences, and the community to memorialize moments

that matter. Jostens is proud to recognize yearbook staffs and advisers who create engaging yearbooks that tell the story of their school communities," said Murad Velani, chief operating officer, Jostens. "We understand that a great yearbook program does not just happen, and we are dedicated to helping schools, yearbook advisers and students to strengthen their programs by providing state of the art tools, resources and best practices that support the development and creation of award-winning yearbooks."

The Northwestern yearbook program received a plaque to display in the yearbook area and a banner to display in the school so the entire school community will be aware of the outstanding achievement.





Student of the Month:  
Abigail Fischbach



by: Peyton Groft  
Senior Abigail Fischbach received the October Student of the Month. Abigail is the daughter of Brian and Shelley Fischbach and has two siblings: Caitlyn and Quintin. Abigail's activities include volleyball, track and softball, and her hobbies include hunting, fishing, going to movies and hanging out with friends. Her favorite class is physiology. Her future plans include attending SDSU for Dietetics or Southeast Tech for Diagnostic Medical Sonography. Abigail believes that her most embarrassing moment would be trying to jump from the stage with a full plate of food after morning volleyball practice. Her food got stuck under the mat, and she face planted with her food flying everywhere. Her favorite quote is "If you believe in yourself and have dedication and pride and never quit, you will be a winner. The price of victory is high, but so are the rewards," by Paul Bryant, and her favorite athlete is Keri Walsh-Jennings because she is an amazing beach volleyball player and never gives up. Congratulations to Abigail on being Student of the Month!

Students gain knowledge at  
NSU Business Symposium

by: Sadie Vander Wal

Northwestern sophomores, juniors and seniors listened to a vast variety of speakers when they attended Northern State University's Fourth Annual Business Symposium on Oct. 6. "The symposium made me more knowledgeable of the agricultural industry, and I learned more about some areas that I was not as aware of," senior Allison Braun said. Held in Krikac Auditorium on the Northern campus, approximately 300 high school students and teachers attended the all-day symposium titled "Cultivating Opportunities in a Growing World." This year's symposium consisted of business and ag-related speakers. To start off the morning, South Dakota Secretary of Agriculture Lucas Lentsch gave the keynote speech in which he encouraged students to find a career where

they love what they do. Next on the agenda, Dr. Kristi Bockorny, instructor of management at Northern, discussed the do's and don't's of a job interview with the help of two of her students. Following that presentation, a panel of professionals in the agriculture industry allowed the students to ask them questions in which they give an insight into the agriculture industry. After a break for lunch, a panel of business professionals discussed the role of internships in the college and career world, along with a presentation about an entrepreneurship idea contest. To conclude the day, the afternoon keynote speaker grabbed the audience's attention by relating his personal life story to students' future careers and life goals. "I think there was a good variety of speakers there for our students. Last year the sympo-

sium mainly consisted of business speakers, while this year the speakers were more in the ag-business career fields. Every year is a little bit different, and overall I think the variety is great," Mrs. Anne Frericks, business teacher, said.

The students in grades 10 to 12 pose for a photo at this year's business symposium held at NSU.

Photo by Kate Finley



Photo by Kate Finley

Seniors Cody Lefforge, Nolan Peterson, Madison Styles and Chance Sale listen to the tour guide during their field trip.

Physiology class  
travels to Avera

by: Addison Sparling

The physiology class took a trip to the Radiology Department at Avera St Luke's to tour with manager Tony Kallas. The radiology department introduces the students to radioisotopes, nuclear medicines and the machines that use radiation to read images from the body. This field trip expressed great opportunities for the students to explore new fields and find

if they want to take a career in any of the branches they look at. The physiology class makes this trip every year. "I like this field trip for many reasons. Also Radiology, MRI, X-Rays and CT Scanning are modalities that we all seem to have to go through at some point in our lives," science teacher Denise Clemens said.

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# Middle school musicians show off talents at festival

by Sadie Vander Wal

Middle school band and choir students from area schools travelled to Northwestern on Oct. 13 to rehearse arrangements for a concert held later in the evening.

Students in grades six through eight from Aberdeen Christian, Aberdeen Rocalli, Doland, Edmunds Central, Eureka, Gettysburg, Hoven, Ipswich, Langford, Leola, Northwestern, Redfield, Warner and Wolsey-Wessington participated in the festival. After practicing for seven hours under the direction of guest directors, students performed a concert for the public at 7 p.m. that evening.

Directing the choir, Mr. Kent Knudson came from Brandon, S.D. He teaches 7-12 Vocal and Theater at West Lyon CSD in Inwood, Iowa. Knudson taught 9-12 band and 7-12 Vocal at Northwestern before accepting his current position at West Lyon.

Conducting the band, Mr. Jason Rygg, who lives in Sioux Falls, S.D., serves as the first Director of Bands at George McGovern Middle School. Previously, Rygg had directed a variety of school bands in South and North Dakota. Rygg also plays in numerous orchestras and bands and has also

guest conducted and taught at a variety of camps, festivals and concerts.

The festival chorus, under the direction of Knudson and accompanied by Mrs. Camille Fischer, sang the selections of “Celebrate and Sing,” “Et In Terra Pax,” “Soldier,” “Why We Sing” and “Praise His Holy Name.”

For their selections, the festival band played the pieces of

“Free and Easy,” “Land of the Brave,” “The Phantom of the Opera,” “Knights of Destiny” and “Hogan’s Heroes March.”

At the conclusion of the concert, the band and chorus combined to perform “God Bless America.”

“I think this year was the best music festival we’ve ever had,” Mrs. Wendy Thorson said.

Many Northwestern students have participated in the festival

in the past and have gained irreplaceable experiences from the event. Not only does the festival strengthen students’ musicianship skills, but they also connect with students their age from area schools through their common interest in music.

“There were too many people, but I made good friends,” eighth-grader Talley Sparling said.



Photo by Sadie Vander Wal

The band section of the Middle School Music Festival entertains the choir and spectators while Mr. Jason Rygg directs.



Photo by Sadie Vander Wal

The middle school choir performs one of their songs during the concert.

## Oral Interp team prepares for districts


by: Tyrae Circle Bear

The Northwestern School oral interp team has been getting ready for districts. They wrote their own readers’ theatre called “Inside Apps.” The team includes nine total students, including freshmen Zach Toennies and Seth Wood, sophomores Megan Heidenreich and Sadie Vander Wal and seniors Allison Braun, Kate Finley, Darienne Frericks, Andrea Rausch and Codi Sparling.

“We have been practicing quite a bit this year,” Frericks said.

The oral interp readers’ theatre team anticipates their showcase at districts.

“I am looking forward to a good showing at districts because we have a lot of experience,” drama club adviser Mrs. Jolinda Finley said.



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# Cell phones: help or hindrance to our youth?

Staff editorial

Cell phones stand as a topic of discussion in our society. Many people, students included, will proudly admit that they cannot live without their cell phone. Texting and social media replace talking for many people; however, the big question has many answers: Is cell phone usage by teens a problem?

According to a national survey from CTIA and Harris Interactive, nearly half of U.S. teens say their social life would end or be worsened without their cell phone. Four out of five teens in the U.S. carry a wireless device with them as well. As stated by the Mobile Youth Report: 81 percent of youth under 25 sleep with their phone next to them on the bed. 74 percent reach for their smartphones immediately after waking up. 97 percent of teens & 91 percent of 20 year olds regularly use smartphones in the bathroom to check messages.

These statistics prove that many teens use their phones on a daily, hourly and by the minute basis. The first iPhone came out in January of 2007, and this shows that the major

social media and texting age has only existed for less than ten years. The evolution of the smart phone has been shaped by the majority of its users: teenagers. Teenagers have little to no recollection of what life was like without cell phones while their parents do. Pre-teens and elementary age students do not remember living without some form of touch screen or technology within their reach. Children as young as two years old know how to turn on electronics and even play games. What does this say about our society? Are these children smarter because they know how to run phones? Will they have the ability to communicate without one as they grow older? Many of these questions are avoided by people in order to hide from the fact that technology is now the foundation of communication across the world. Parents must decide if they will allow their children to learn about technology at a young age or hold them away from it until they can understand the benefits and downsides to technology.

When teenagers enter the work force within the next couple of years, they may stand at a disadvantage to the

generations before them in being prepared to work. They may have an advantage because of their knowledge of technology, but they could lack the communication skills that older generations possessed. Older generations learned how to communicate at a young age because cell phones did not exist or were not common in many households. Without a phone, people must talk to one another face to face, while today's teens choose not to have personal contact when communicating and instead use their phone. This presents itself as a serious disadvantage in the career world that is ahead of today's teenagers.

A stratified sample of Northwestern middle and high school students were surveyed to find how many have a cell phone, at what age they got a cell phone, the reason behind the decision to get a phone, who pays for the phone and for what the cell phone is used for. The majority of students surveyed own a smart phone of some form. Very few students surveyed did not have a cell phone at all. Most surveyed middle school students got their first phone from the ages of six to thirteen,

while older students did not get a phone until they were twelve, thirteen, or fourteen years old. Some students pay for their phone and phone bill, but the majority have their parents pay for it. When asked what they used their phone for, most students said that they talk to friends or use social media and apps, while very few said it was for emergencies only.

Cell phones will most likely not disappear from society anytime soon; however, in order enhance our communication skills and erase the negative effects of cell phones, we must allow ourselves time away from our phones. While the long-distance communication that cell phones allow can stand as a positive aspect, time away from a cell phone can allow for personal growth and communication with others, enhance our speaking skills and allow us to explore the world around us without our heads bent toward a screen.



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# Cross country teams finish t

by: Sadie Vander Wal

Competing at the state competition on Oct. 24 in Sioux Falls, the varsity boys and girls cross country teams made a fantastic finish to their season with the boys taking third and the girls taking sixth overall. Marking the first year Northwestern has brought a full boys varsity team to state, the boys brought home a plaque for their third place finish. Junior Derek Boekelheide and Senior Logan Schentzel placed in the top ten. The girls also represented Northwestern well in Sioux Falls with their sixth place finish. Junior Josie Clemens placed sixth individually.

At the state meet, D. Boekelheide took sixth place with a time of 17:40.25. L. Schentzel placed eighth with a time of 17:48.56. Freshman Jarret Haven placed 46th with a time of 19:00.85. Eighth-grader Zech Clemens placed 54th with a time of 19:07.24. Freshman Caleb Schentzel placed 85th with a time of 19:46.02. The boys team averaged a time of 18:09.89.

"I didn't expect to do that well, but I just ran and hoped for the best," L. Schentzel said.

In the girls race, J. Clemens made a finish in sixth place with a time of 20:04.39. Eighth-grader Miranda Thorson finished 28th with a time of 21:27.26. Seventh-grader Kiarra Stuck placed 63rd with a time of 22:23.43. Eighth-grader Hailey Boekelheide placed 86th with a time of 23:17.00. Sophomore Peyton Groft placed 97th with a time of 24:25.51. The girls team averaged a time of 21:18.36.

"I can't believe that I got sixth place from where I started at in the season. It's unbelievable," J. Clemens said.

At the region meet on Oct. 14, the varsity girls and boys both came away with runner-up titles to qualify for state. D. Boekelheide placed fifth with a time of 18:17.90. L. Schentzel placed sixth with a time of 18:17.34. Haven placed 13th with a time of 18:47.18. Z. Clemens placed 15th with a time of 18:47.99. C. Schentzel placed 26th with a time of 20:39.11.

On the girls side, all five runners placed in the top 20. J. Clemens placed first with a time of 20:09.74. Thorson

placed fifth with a time of 21:32.87. Stuck placed 12th with a time of 22:47.84. P. Groft placed 16th with a time of 23:04.78. H. Boekelheide placed 19th with a time of 23:17.37.

Other meets from the end of the season include the following:

Both the varsity girls and boys participated in the Faulkton meet on Wednesday, Sept. 24.

D. Boekelheide placed second with a time of 17:20. L. Schentzel placed tenth with a time of 18:33. Haven placed 14th with a time of 18:55. C. Schentzel placed 23rd with a time of 19:50. Z. Clemens placed 24th with a time of 19:51. I. Groft placed 27th with a time of 19:58.

In the varsity girls' division, J. Clemens placed fifth with a time of 20:19. Thorson placed tenth with a time of 20:43. P. Groft placed 21st with a time of 22:14.

Varsity runners also ran in Miller on Sept. 28. In the boys' division, D. Boekelheide placed second with a time of 18:16.66. L. Schentzel placed fourth with a time of 18:42.30. Haven placed 16th with a time of 19:40.14. C. Schentzel placed 26th with a time of 22:03.51.

In the girls' division, J. Clemens placed ninth with a time of 21:53.92. Thorson placed 14th with a time of 22:45.51. P. Groft placed 24th with a time of 24:30.87.

At the Lake Region Conference meet on Oct. 7 in Ipswich, the boys team won the first place team title, while the girls took their own respective runner-up title.

D. Boekelheide placed first with a time of 17:20. L. Schentzel placed second with a time of 17:28. Z. Clemens placed eighth with a time of 18:07. Haven placed ninth with a time of 18:08.

J. Clemens placed third with a time of 21:06. Thorson placed fourth with a time of 21:36. Seventh-grader Kiarra Stuck placed seventh with a time of 22:32. P. Groft placed tenth with a time of 23:13. Eighth-grader Hailey Boekelheide placed 12th with a time of 23:35.

Congratulations to the cross country teams on a phenomenal season!



Photo by Kris Boekelheide

The cross country team poses for a photo after practicing in rainy conditions on the state meet course. freshman Caleb Schentzel, senior Logan Schentzel, junior Derek Boekelheide and freshman Jarret Haven. eighth-grader Miranda Thorson, junior Josie Clemens, sophomore Peyton Groft and eighth-grader Hailey Boekelheide.



Photo by Nora Groft  
Seventh-grader Kiarra Stuck (77) runs with the pack at the state meet in Sioux Falls.



Photo by Peyton Groft

Junior Derek Boekelheide and senior Logan Schentzel race to the finish at the region meet.



# third and sixth at state meet



Back row: eighth-grader Zechariah Clemens, even. Front row: seventh-grader Kiarra Stuck, Hailey Boekelheide.



Photo by Peyton Groft  
Eighth-grader Zechariah Clemens runs at the region meet.



Photo by Nora Groft  
Junior Josie Clemens (75) finishes sixth at the state meet.



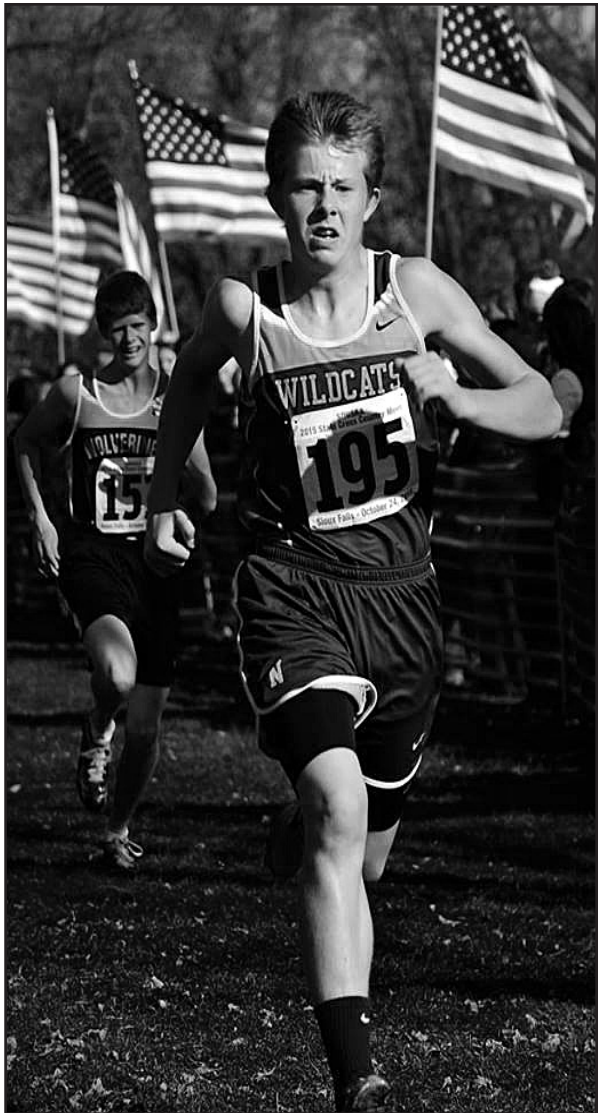
Photo by Isaac Groft  
Eighth-grader Miranda Thorson paces herself at the region meet in Webster.



Courtesy Photo  
Freshman Caleb Schentzel (196) sprints to the finish as he holds off an opponent at the state meet.



Photo by Nora Groft  
Sophomore Peyton Groft (76) and eighth-grader Hailey Boekelheide (74) run side-by-side during the state meet.



Courtesy Photo  
Freshman Jarret Haven (195) finishes strong at the state meet as he holds off another racer.



# Volleyball team preps for districts



Courtesy Photo

Freshman Riley Grandpre blocks #6 Mallory Testerman during a match in Warner.

by: Isaac Groft

The Northwestern volleyball team continued its winning ways, going 26-3 into the end of October.

The Wildcats won the Redfield Tournament championship by beating the host team and avenging a five-set loss to the Pheasants just 12 days earlier. The team defeated Miller, Waverly/South Shore, Groton and Belle Fourche en route to the finals. Four Wildcats landed on the all-tournament team: juniors Josie Clemens and Darby Duncan (MVP) and sophomores Addison Sparling and Peyton Groft.

With key wins over Webster, Faulkton, Potter County and Groton, the Wildcats gave Coach Nora Groft her 400th career win Oct. 20 in Groton during the Volley for the Cure event. The Wildcats have raised \$18,661.01 for breast cancer research and education since the event’s inception in 2008.

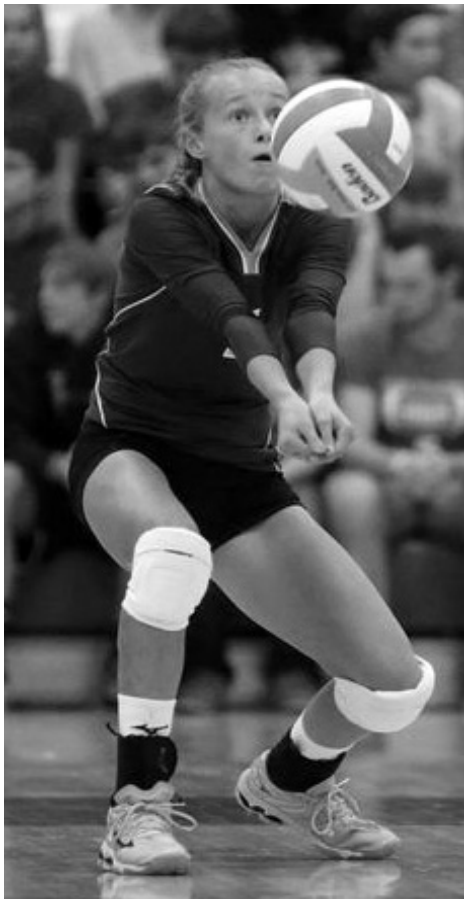
Groft, now 400-63 in 14 years as head coach, feels her team can be a contender come November.

“We have improved so much since August. These girls are just so coachable, and they want to be successful, not for themselves but for their teammates. They understand and appreciate their roles and know how important their contributions are to the team effort. They really care about one another and want to help each other do well,” Groft said.

A true team effort, five different Wildcats lead the team in statistical categories. Sophomore libero Peyton Groft leads the team in serving percentage (98%), digs (347), serve receive passing percentage (77%) and serve receive passing level (1.80). Freshman middle blocker Caitlyn Fischbach leads the team in blocks (48), while sophomore outside hitter Addison Sparling leads the team in aces (64). Junior Josie Clemens leads the team in kills (280), and junior Darby Duncan leads the team in assists (602) and kill efficiency (35%).

“We’ve been doing really well. We have been playing as a team, and it is fun to be part of that action!” Clemens said.

The Wildcats will compete in the District 2B Tournament Nov. 5-6 at the Aberdeen Civic Arena.



Courtesy Photo

Sophomore Peyton Groft passes a ball on serve receive.



Photo by Kate Finley

Freshman Caitlyn Fischbach sets up a big block at the net.



Photo by Kate Finley

Junior Darby Duncan sets up a ball to the outside during the Volley for a Cure match in Groton.



Photo by Kate Finley

Eighth-grader Tya Weidemann passes up a ball on defense.



Photo by Kate Finley

Eighth-grader Madalyn Groft serves up an ace.

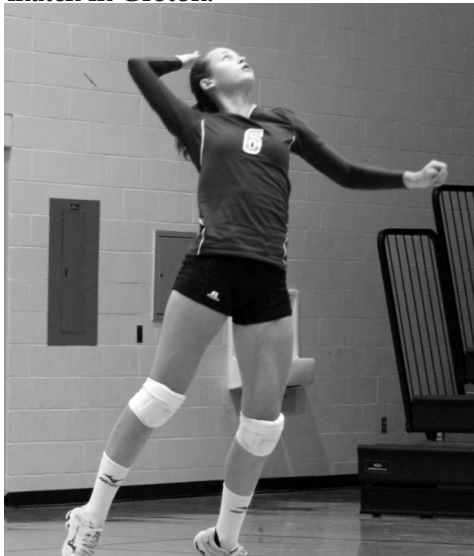


Photo by Kate Finley

Junior Josie Clemens serves up an ace during the Volley for a Cure match.



Photo by Kate Finley

Senior Kirstin Borge serves a ball at the Volley for a Cure match in Groton.



Photo by Roxanne Beardemphl

Sophomore Evy Peterson lines up at the net.

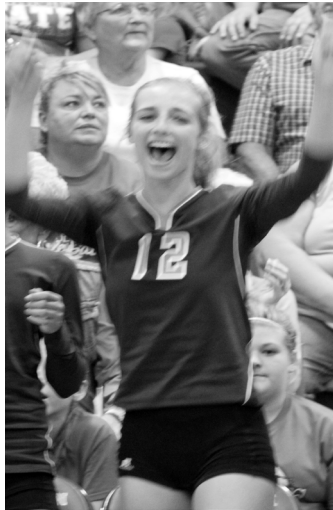


Photo by Kate Finley

Senior Kaylee Hoellein cheers after her team scores a point against Warner.

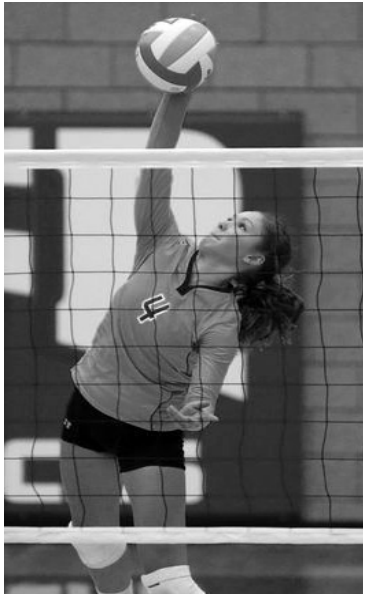


Photo by Roxanne Beardemphl

Sophomore Addison Sparling attacks at the net.



# Football season comes to a close for the Wildcats

by: Peyton Groft

The Wildcats end this year's season with a 0-8 record, missing playoffs. Injuries degraded the Wildcats' football team again this year.

Freshman Jarret Haven did not play one game in the beginning of the season because he needed stitches below his knee after getting spiked. Four players obtained season-ending injuries during the last half of the season. Senior Isaac Groft tore his ACL and meniscus, freshman Gavin Bohl fractured his wrist, sophomore Daniel Tonga broke his wrist and senior Cory Walter broke his foot. Freshman Caleb Schentzel also sat out for one game due to an injury to his back.

"My injury could have been much worse, but I am grateful to still have an arm," sophomore Daniel Tonga said.

Lower Brule defeated the Wildcats with a score of 12-53 on Oct. 2 at Lower Brule.

Northwestern fell to Tiospa Zina at Agency Village on Oct. 9 with a score of 14-42.

On Oct. 16, the Wildcats suffered a loss at the final home game of the season to Hitchcock-Tulare with a score of 0-42.

In the final game of the season, Ipswich/Edmunds Central defeated the Northwestern football team in Ipswich on Oct. 22 with a score of score.

Northwestern looks forward to another season of Wildcat football next year.

"Next year, hopefully, we will get better and start winning," freshman Jarret Haven said.



Photo by Terrance Ketterling

**Wildcat Football Team.** Top row: head coach Jordan Russell, seniors Cody Lefforge, Isaac Groft, Trevor Bohl, Logan Schentzel, Cory Walter, Ethan Bauer, Nolan Peterson and assistant coach Scott Boone. Middle row: assistant coach Nathan Peterson, sophomores Austin Peterson and Daniel Tonga, juniors Kyler Johnson and Andrew Lefforge, sophomore Tucker Bohl and assistant coach Ben Buisker. Front row: freshmen Jonathon Harmon, Gavin Bohl, Jarret Haven, Caleb Schentzel, Zachary Toennies and sophomore Tyler Braun.

# Competition cheer and dance teams fly toward the top

by: Addison Sparling

This year's competition cheer and dance team worked extremely hard this season. The dedicated athletes had early morning practices beginning at 6:20 a.m. Holly Morgan, who graduated from Northwestern High School in 1999 and cheered in her high school career, coaches the team along with Alyssa Serfling, who graduated from Northwestern High school in 2011. Serfling cheered in both high school and college at Black Hills State University. This year's cheer and dance teams have a total of four seniors: Elizabeth Heidenreich, Codi Sparling, Rachael Boekelheide and Darienne Frericks. Other members of the team include junior Alexandria Johnson, sophomores Sadie Vander

Wal and Megan Heidenreich and seventh-graders Hailie Stuck and Joclyn Haven.

The Northwestern meet was held in Mellette, Sept. 28. Our home dance team received first place in dance and second place in cheer.

Starting off October, the Northwestern cheer and dance team attended the Faulkton meet. The cheer team received third place and the dance team achieved second.

The Northwestern team competed a total of four times in the state competition. They did very well for being such a small team and competing in a state Class A competition as a Class B school. The Wildcats competed in Hip Hop and received fourth place with a score of 204.5, Jazz and were awarded third place with a

score of 203.5, pom which was the team's best, even receiving second, with a score of 214.5, and finally Grand Champion Dance placing fifth with a score of 207.5.

"I am extremely proud of how we performed, and we definitely gave every single performance everything we had!" Vander Wal said.



Photo by South Dakota Public Broadcasting

The Wildcats jump into a pose during their pom routine at the state competition.



Photo by South Dakota Public Broadcasting

The dance team performs its jazz routine at the state competition in Brandon.



Photo by South Dakota Public Broadcasting

The cheer team ends its routine at the state competition.



Photo by South Dakota Public Broadcasting

The Wildcats end their pom routine in Brandon at the state competition.



# In the Hallway....

## In the Elementary....

What is your best Emoji face?

by: Peyton Groft



"Troll face," third-grader Pheonix Bloomhall said.



"Crazy face," second-grader Molly Van Hatten said.



"Smiley face," third-grader Aaron Blachford said.



"Weirdo face," second-grader Ella Boekelheide said.



"Devil face," third-grader Mia Yockey said.

## In the Middle School....

If you could be any Emoji, what would you be and why?

by: Peyton Groft



"Puke face, because it's throwing up!" eighth-grader Jerrin Wiman said.



"Candy, because who doesn't love candy!" sixth-grader Christopher Toennies said.



"Smiley face with tears, because I use that one the most," eighth-grader Danielle Watson said.



"Poop, because it's hilarious," sixth-grader Kade Stahl said.



"Smiley face, because it's happy," eighth-grader Dalton Peterson said.

## In the High School....

If you could be any Emoji, what would you be and why?

by: Addison Sparling



"I would be this smiley emoji because I am always smiling," senior Nolan Peterson said.



"I would be the sick one with the mask so I could stay home from school," sophomore Dawson Smith said.



"I would be the turtle emoji because I love turtles," junior Josie Clemens said.



"I would be the one with the shades because it makes me feel cool," sophomore Tucker Bohl said.

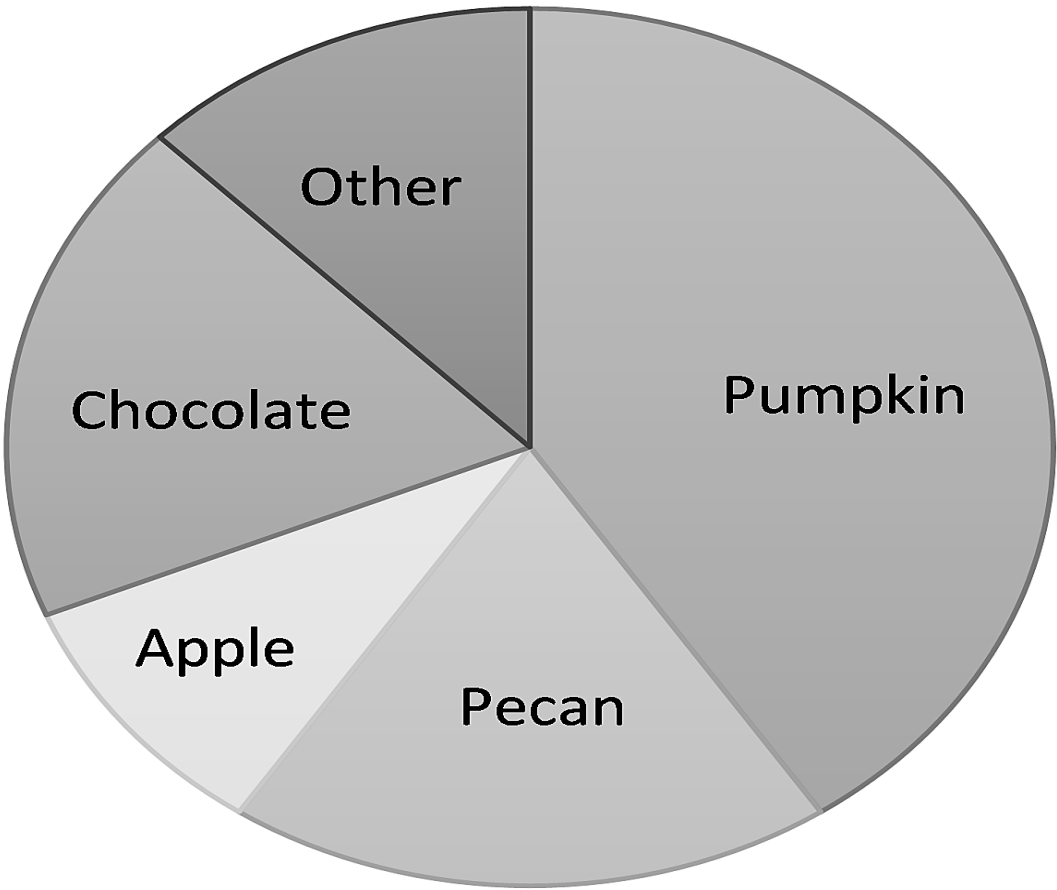


"I do not know what emoji I would be because I use many different ones. I use the balloon one, the guy with the glasses, the purple smiling one with the devil horns, and when I am butchering chickens, I will throw the chicken emoji in there," Mr. Scoot Boone said.



# What type of Thanksgiving pie do the students of Northwestern love the most?

by Addison Sparling



Thirty-two high school students were chosen at random.

## Top 10 Snacks Between Classes

by: Sadie Vander Wal

10. Water
9. Other
8. Fruit snacks/Fruit Roll-Ups
7. Crackers
6. Pop Tarts
5. Gum
4. Granola Bar
3. Air
2. Candy
1. Cosmic Brownies

Can you find the five Thanksgiving words hidden in the crossword puzzle?

T X S J H T C P S U  
I U R E Y R V H D T  
P C R A N B E R R Y  
I Z I K O Z B I O X  
E N L W E W Q L L Y  
K G Q D P Y K L L G  
S T U F F I N G N O

Answers: turkey, cranberry, pie, stuffing, roll

# Trends: Can you match the person with the inside of the locker?

Photos and story by Addison Sparling

1.

2.

3.

4.

5.

A.

B.

C.

D.

E.

Answers: 1D, 2A, 3E, 4C, 5B



# Fantastic4

## Addi's Apps



Children nowadays always happen to be on or around a laptop, iPhone or iPad, watching movies or playing games. What if they were learning at the same time? Curious World is a learning app for children. It individualizes the child's needs and makes learning fun. Curious World offers a world of educational videos, games, and books tied to an early learning curriculum. A parent who creates an account for their child can monitor their progress. Each activity the user will be given connects to the eight key learning points and produces scores for the parents. Users can get the first month of curious world free to see how it works and explore its positive aspects.



## Tyrae's Techniques

### "Getting Creative"

A quick look in the hallways around shows plain, boring lockers with no name tags or designs. Everyone should create their very own design and make it theirs. The creation of one's work and ideas are his or her own techniques. For example, I like the color purple, and I love butterflies-even though they are sometimes scary to me. Many different types of designs can make it fit to your liking.



## Sadie Says

Agriculture stands as a primary foundation for South Dakota. Just like winter, spring, summer and fall, harvest season never fails to arrive in South Dakota. Without harvest, many people would go without certain foods often taken for granted. Because we live in an agricultural community, our awareness and thankfulness for our food comes naturally; we know exactly from where the majority of our food comes. Other people do not have this same privilege, and as a community, we can help educate others of the importance of agriculture.

Being South Dakota's #1 industry, agriculture tends to play a prominent role in many peoples' lives in our community. Farming and ranching not only stands as a job but as a passion and way of life. In addition to generating 20 percent of our state's economic activity, production agriculture and its value-added industries employ over 122,000 South Dakotans according to the South Dakota Department of Agriculture. Constantly changing and affecting millions of people's lives, the agriculture world depends on farmers and ranchers.

The people of South Dakota take pride in producing food for the world. If the world did not have farmers, there would be no food. Without food, no one would survive. Pursuing a career in this industry can prove to be a daunting goal, but statistics only support the fact that the younger generation must fill the spots as the older generation of farmers begin to retire. By creating interest in today's youth about the agriculture world and developing their skills in leadership, South Dakota's youth will be more informed about the agriculture world in which they live.

An appreciation for agriculture develops in many South Dakota residents at a young age, whether derived from growing up on a farm, living in a rural community, or simply being informed of agriculture news. The importance of agriculture to South Dakota will never die.

## Peyton's Power Hour

A Workout Inspired by  
Kris Boekelheide...

Level 1	Level 2	Level 3
10 Burpees	20 Burpees	30 Burpees
25 Squats	50 Squats	75 Squats
10 Push-ups	20 Push-ups	30 Push-ups
25 Hitch-kicks	50 Hitch-kicks	75 Hitch-kicks
25 Sit-ups	50 Sit-ups	75 Sit-ups
10 Bench Dips	20 Bench Dips	30 Bench Dips
1 Sprint up and back (eliminate if not in a gym)	2 Sprints up and back (eliminate if not in a gym)	3 Sprints up and back (eliminate if not in a gym)
2 x 30 sec. Plank	4 x 30 sec. Plank	2 x 1 min. Plank

This workout takes about 7-10 minutes per level, depending on how many breaks you need. You may choose whichever level you can handle, or if you are not sure, do Level 1 and repeat as necessary.

Visit [peytonspowerhour.wordpress.com](http://peytonspowerhour.wordpress.com) to comment or brag about your experience with this workout!