

16021 18<sup>th</sup> St. SE, Hunter, ND 58048

Phone: 701-874-2322

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Website: [www.northerncassschool.org](http://www.northerncassschool.org)

Twitter: #NCSD97

Dr. Cory Steiner- Superintendent  
Crysta Schenck- Elementary Principal  
Doug Margerum- Secondary Principal  
Bryce Laxdal- Activities Director  
Sam Johnson- Dean of Learners  
Paige Carlson- Business Manager

## UPCOMING EVENTS

March 6-7- Boys Basketball Regional Tournament

March 7- ACT for Juniors and PreACT for Sophomores

March 11- Destination Imagination Tournament

March 13- Board of Education Meeting (5:30PM)

March 14- Parent/Educator Conferences in person (4PM)  
- Regional Academic Olympics (6:30PM)

March 15- Senior Spring Seminar (10:15-11:00AM)

March 16-18- Varsity Boys Basketball State  
Tournament (Bismarck, ND)

March 16-20- SPRING BREAK NO SCHOOL

March 23-25 Musical for Levels 5-8

March 26-April 2- Close Up

March 27- Gearing up for Kindergarten (6-7:15PM)

March 28- ND State Acalympics Competition (Bismarck)

## JAGUAR ATHLETICS

<https://www.northerncassschool.org/page/athletics-home>

Varsity games will be  
broadcast on:

**YOUR LIVE EVENT.COM**

## Northern Cass Educators of the Year



### TEACHER of the YEAR- Don Hollister-

Secondary English Educator, is our Teacher of the Year. As another educator noted, Don is a renaissance man! In addition to teaching English and Composition courses, Mr. Hollister coaches track and speech, leads our Poetry Out Loud program, is a substitute bus driver, and if that is not enough, is also an EMT and a back up to Nurse Pam. He leads by example and sets the standard for all around him, from learners to peers.

**Support Staff of the Year- Patty Peterson** is our evening and event custodian - though she usually starts her "evening" with us before lunch most days and can be found at nearly every event. Beloved by learners and staff alike, Patty has been named Support Staff of the Year.

**Specialist of the Year- Darin Eller-** Director of Technology who keeps everything running. From the office to learning centers to the Help Desk, Mr. Eller is the guru who makes all of our technology (and the track team) run-and he does it with patience and humor. He is our Specialist of the Year.

**-Mary Howatt**

## Dr. Steiner

At Northern Cass, we believe every learner can change the world; therefore, we will provide a world class education. To be able to do this, we follow our Collective Commitments which guide the daily behavior of educators. These commitments are ‘what’ we do at Northern Cass.

- ‘We are dedicated and passionate about relationships, teaching & learning, self-reflection, acknowledging greatness, and service to the Northern Cass community.’
- ‘We are driven toward continuous improvement.’

Our Northern Cass values are we will commit to purposefully build trust, develop authentic relationships, and engage in innovative practices which will empower learners to be choice ready.

## Full-Service Community Schools Update

We are continuing the work towards creating a community wellness center. We recently met with Essentia and have agreed to further that partnership and that announcement will be coming soon. We have completed our community meeting and will hold our final task force meeting next week. At that meeting, we will identify some of the next steps including, but not limited to, developing a non-profit organization, creating additional partnerships, and beginning a fundraising campaign (**note: this project will not be a bond referendum and will only be funded through a capital campaign**). The next month will be very exciting as we believe significant progress will be made to begin making the vision a reality.

## Reflection

Over the past few weeks, I have attended multiple extracurricular events. We have a talented group of learners at our school. We also have a significant amount of talent with the coaches/advisors leading our programs. The product ‘created’ never ceases to amaze. However, ‘how we paint the picture’ is a story that deserves to be told. As we prepare to end our winter season of activities, I felt it’s important to discuss a key observation from these events.

Throughout the course of our winter programs (and I’m not just writing about athletics although that will be the frame), I learned the journey is more important than the destination. I’ll let you in on a little secret. No one has ever won a championship by buying their ticket at the door. You earn it by sustaining effort, demonstrating resilience, and learning from failure. Here is another secret. Not winning a championship does not mean a season was lost and/or unsuccessful. A successful season (or performance) is about the people and not about the final result. How we act when we lose...when we fail says as much if not more about who we are than how we act when we win. With losing comes opportunity...opportunity to learn...but more importantly, the opportunity to grow.

Each year, we take learners on a journey. It may be to a state meet, a culminating activity for a class, or a competition for learners with special needs. I can't be clear enough; the final result is not what a majority of people remember. They remember how you got there; they remember the journey. Take a minute and reflect on the last vacation you took. What do you remember most vividly? Is your only memory that of pulling in the garage at the end of the trip? I hope not. Most likely, you will remember specific days, minutes, and seconds of the actual trip. You remember seeing the snow-capped mountains in the distance, the look on the face of your child when they first saw Mickey Mouse, or the sunset on the ocean. These are not end products; they are merely stops on the journey.

My challenge as we prepare for spring (hopefully) is to take time and realize the journey is what we need to be about in our lives and at Northern Cass. We must celebrate the victories, learn from the losses, and treat people well. In my life, through all the mistakes, this is what I have learned. I'm not sure why it took me nearly 50 years to learn this. I'm not sure all my decisions were worth the pain I have created or the losses I have endured but I know life is not as hard as I have made it. I learned valuable lessons this winter from people who played an instrument, shot a basketball, wrestled for the first time, competed in an academic competition, and built a robot. I need to keep learning from these people and must always remember the future may always be uncertain, but we should all take time to honor the journey.





**Eva Walker-** I attend the MSUM School Psychology Graduate Program. Last year, I was a long-term substitute teacher for English learners at the Middle and High school level. This year I have been subbing in a variety of different grades, settings, and schools in the Fargo district. My husband Aaron is a coach and PE teacher at Fargo North. My hobbies include watching movies, travel planning, and trying different Pinterest craft projects and recipes.

Eva will be a school psychologist practicum student with Mrs. How until the first of May.



**Lexi King-** I graduated high school from Northern Cass and then graduated from UND with my master's in occupational therapy. I have a graduate certificate in Autism, am certified in Sensory Integration, am Astronaut trained, and am SOS feeding therapy trained. My husband (Noah) and I live in Hunter with our two kids, LyNette (4) and Loy (1). My hobbies include reading, spending time in the barn with our horse, and going to the lake in the summer.

## CONGRATULATIONS



*Benjamin Klemen*

**NORTH DAKOTA  
ACADEMIC ALL-STATE  
SILVER TEAM**

The North Dakota Association of Secondary School Principals is excited to announce that the 2023 North Dakota Academic All-State Teams have been selected. We are proud to announce Benjamin Klemen, a Senior at Northern Cass High School, has qualified for the Silver Team. Two hundred two high school seniors were nominated by their school principal and competed for statewide honor in both Class A and B divisions. Student selection is based on grade-point averages, ACT or SAT scores, extracurricular activities, community involvement, and leadership qualities.

Gold, Silver, and Bronze Team members will be awarded a certificate of merit by the North Dakota Association of Secondary School Principals. In addition, WDAY and Forum Communications will present a medallion to each team member during a televised "Parade of Academic Champions" at the Class A Basketball Tournament in Fargo on Friday, March 10, 2023, and the Class B Boys Basketball Tournament in Bismarck on Friday, March 17, 2023.





The Northern Cass Poetry Out Loud Recitation Competition wrapped up on January 31st. Students in grades 9-12 compete first at the classroom level, reciting one poem from the Poetry Out Loud website. This year, eleven students moved on to the school final, where the students recited two poems. Maleah P won the competition and represented Northern Cass at the POL state competition on February 27th in Bismarck, where she placed 4th. Northern Cass has taken part in this national competition since 2008. Our school boasts several state podium finishers and two North Dakota Poetry Out Loud State Champions: Zach Howatt and Kylie Howatt.



On February 27, 2023, Maleah P. placed 4<sup>th</sup> at State Poetry Out Loud.



**Congratulations Sam W. and Micayla C. for qualifying for the Cass County Spelling Bee.**

**Micayla and 12 others moved on from the written round of spelling to the verbal round and became one of the top 9 spellers in the county.**





# NORTHERN CASS WRESTLING



## REGIONALS

### Girls:

135 - Kaia L. - Medical Forfeit  
145 - MaKenna B. - 2nd Place \*State Qualifier\*

### Boys:

113 - Gavin G. - 5th place  
126 - Trevor L. - 6th place  
138 - Reed V. - 6th place  
145 - Carter W. - 4th place \*State Qualifier\*  
152 - Anders H. - 6th place  
160 - Luke W. - DNP  
170 - Luke M. - 6th place  
182 - Will T. - 3rd place \*State Qualifier\*  
220 - Gauge N. - 4th place. \*State Qualifier\*

WRESTLERS HAVE MANY  
OPPONENTS, BUT THEIR  
TOUGHEST OPPONENT WILL  
ALWAYS BE THEMSELVES.



**Makenna B. 3<sup>rd</sup> place at State Wrestling**



CONGRATULATIONS TO THE FIRST NORTHERN CASS HIGH SCHOOL WRESTLING TEAM ON A GREAT SEASON. A SPECIAL THANKS TO COACH GABE DAVIDSON FOR ALL THE EFFORT HE PUTS INTO GUIDING OUR JAGUAR WRESTLING TEAMS.





Congratulations to the Northern Cass Jaguars Girls Basketball Team on your Region 1 runner-up finish. Halle C. was also named the Region 1 Senior Athlete of the Year. Halle C., Haidyn C., and Josie J. were all also named to the Region 1 Team.

*Josie*



JAGUAR BASKETBALL

80

SINGLE  
SEASON  
BLOCKS  
RECORD



PLAYER  
OF THE  
WEEK

JAN. 30 - FEB. 5

HALLE CROCKETT  
NORTH DAKOTA

BROKE HER OWN SCHOOL RECORD FOR  
THE 2ND TIME THIS YEAR SCORING 52  
POINTS IN A SINGLE GAME. ONLY A FEW  
DAYS AFTER REACHING A CAREER  
2000 POINTS.

TUNE IN NEXT WEEK

[PREPGIRLSHOOPS.COM/PLAYER-OF-THE-WEEK-VOTING](http://PREPGIRLSHOOPS.COM/PLAYER-OF-THE-WEEK-VOTING)





**Feeding kids. Feeding spirits. Empowering communities.**

Every year, millions of children die from preventable causes such as pneumonia, diarrhea, malaria and undernutrition. Hunger is still causing nearly half of deaths in children under 5 years old. From this data, we estimate at least 6,200 children die each day from causes related to undernutrition. This is heartbreaking.

Feed My Starving Children (FMSC) believes hope starts with food. As a Christian nonprofit, FMSC is dedicated to seeing every child whole in body and spirit. FMSC works with food distribution partners that stay with communities for the long haul, empowering them to move from relief to development.

FMSC meals are developed by food science and nutrition professionals to supplement nutritional needs and reduce problems with malnutrition. Nutrition allows children to grow, thrive and develop to their full potential.

*Feb 1, 2023, Northern Cass Juniors, and Seniors went to the Scheels Arena to package meals for FMSC...*



718 Boxes, 216 kids fed per box, 424 kids fed for a year.



## Northern Cass Agricultural Education Learners attended two events the Little International/NDSU Agricultural Education Society's Competition at NDSU.

February 10th. Learners included:

Small Animal Care Team -Hannah A. (Silver), Lilly B., Cailyn B., Marshall S. (All three receiving Bronze), and Nicholas A. - Bronze Team Overall

Environment and Natural Resources Team - Hannah A., Cailyn B., and Marshall S. - Bronze Team

Agricultural Sales - Karl S. and Nathan S.

Livestock Evaluation - Jennaya V. (Bronze), Piper G. (Bronze), Jameaka Y. (Team 1 - Bronze)

Jaden B. (Bronze), Luke M., and Cayne E. (Team 2 - Silver)

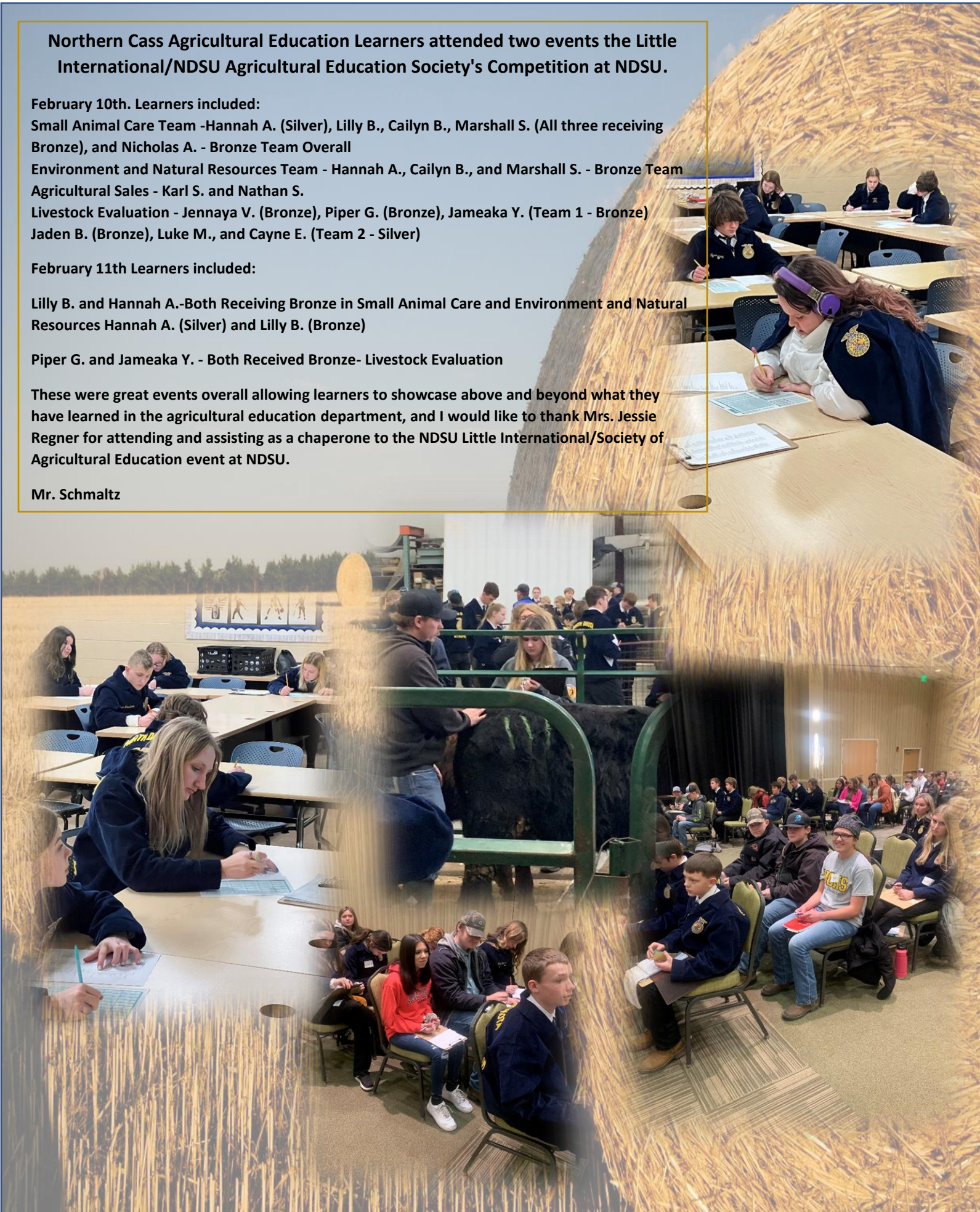
February 11th Learners included:

Lilly B. and Hannah A.-Both Receiving Bronze in Small Animal Care and Environment and Natural Resources Hannah A. (Silver) and Lilly B. (Bronze)

Piper G. and Jameaka Y. - Both Received Bronze- Livestock Evaluation

These were great events overall allowing learners to showcase above and beyond what they have learned in the agricultural education department, and I would like to thank Mrs. Jessie Regner for attending and assisting as a chaperone to the NDSU Little International/Society of Agricultural Education event at NDSU.

Mr. Schmaltz







From personal experience, I know how stressful preparing for college can be. I hope to help incoming seniors navigate through the pre-college process by laying out some steps that may be helpful in preparing for your future.

## **1 Take your ACT or SAT testing seriously.**

Even if they are long, boring tests, they will help you in the future, especially relating to college. A few hours taking a test can end up getting you thousands in free money to put towards college.

## **2 Take as many Dual-Credit or AP classes as you can.**

Most classes you will have to take eventually and Northern Cass is amazing with covering most of the class cost. A multi-hundred dollar class in college can be less than \$50 at NC; not to mention you get to learn from educators you know care about you doing well rather than professors that may not remember your name.

## **3 Look into colleges while keeping your interests in mind.**

Don't look into colleges based on where your friends are going, research colleges based off of your topic(s) of interest.

## **4 Visit as many college campuses as possible.**

If you decide on a college without visiting and end up not liking the layout or surrounding area, you'd have to put up with it or transfer.

## **5 Meet with your High School Counselor.**

They are more than willing to help you and want you to make the best decision possible. They are well versed in helping learners on their pathway to college and will lead you in the right direction. Mackenzie Tadych is Northern Cass's College and Career Counselor.

## **6 Fill out your FAFSA.**







Free Application for Federal Student Aid, as soon as possible. This gives you an estimate of how much you'd have to cover out of pocket or through scholarships.

## **7 Scholarships, Scholarships, Scholarships.**

Scholarships are literally applications for free money to put towards college. They're an amazing way to pay for college instead of having to take out loans and end up in debt you'll have to pay off. Mrs. Tadych has put together a very helpful website with listings of all the scholarships she has access to with their steps and due dates.

▪ <https://sites.google.com/northerncassschool.com/scholarship-opportunities/home>



TRADITIONAL EDUCATION	VS	PERSONALIZED, COMPETENCY-BASED LEARNING
Learning happens inside a traditional classroom, little to no accommodation of student interests or learning needs.	 SCHOOL CULTURE	Students have an equitable range of learning experiences at school, online and in the community. Schools foster a sense of belonging, embrace growth mindset and the importance of relationships for meaningful, relevant learning experiences.
Every classroom has one teacher who designs and delivers instructional curriculum with very little differentiation.	 INSTRUCTION	Educators work collaboratively with community partners and students to develop a unique learning plan for each student based on interests, learning needs and real-time data. Individual learning pathways accommodate student interests and learning needs.
Assessments at set times to evaluate and classify students. One opportunity to take the summative assessment at the end of the year.	 ASSESSMENT SYSTEM	A comprehensive assessment system is an essential part of the learning system. Formative assessments guide daily instruction. Students partner with their teachers to decide when and how to show what they've learned, and they have multiple chances to demonstrate mastery.
Students are expected to master grade level college- and career-ready standards.	 COLLEGE AND CAREER READINESS	Students are expected to master competencies aligned to college- and career-ready standards with clear, transferable learning objectives.
Students advance at educator's pace regardless of mastery or needing additional time.	 LEARNING PACE	Students access customized supports both in-school and out-of-school to ensure they get what they need, when they need it.
Grades are norm-referenced, reflect course standards and are typically based on weighted quarters and a final exam.	 GRADING POLICIES	Grades reflect the degree of mastery of competencies. If students do not earn course credit, records indicate competencies that need to be re-learned instead of the entire course.

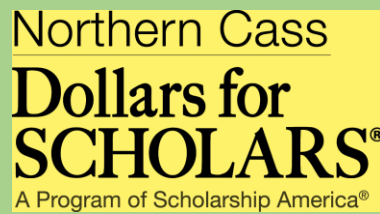
Northern Cass Dollars for Scholars would like to thank the following for supporting our “Buck A POINT” Fundraiser.

Te				TS
Girls	12/1/22	Bank North	Tri-State	78
Girls	12/19/22	Line-X	LLM	78
Boys	12/20/22	Bank North/Shelly & Craig Evenson	Tri-State	72
Girls	12/22/22	Dakota Heritage Bank	Hillsboro/Central Valley	83
Boys	12/22/22	Dakota Heritage Bank//Matt & Kate Leichtenberg	Hillsboro/Central Valley	52
Girls	12/29/22	Brian & Jessica Rust/Northland Enterprises/Mike & Jodi Crockett	Thompson	75
Girls	1/3/23	Bushel & A Peck Photography/Will's Tree Service/Hunter C & I/ Jeremy & Randi Johnson	Grafton	81
Boys	1/3/23	Matt & Kate Leichtenberg/Will's Tree Service/Hunter C & I/ Curt & Stacie Weible/Jeremy & Randi Johnson	Grafton	47
Girls	1/9/23	Lockhart Elevator/D.C. & Marie Lucas	Sargent County	86
Boys	1/17/23	Line-X/Shelly & Craig Evenson	Sargent County	53
Boys	1/23/23	Wischer Aviation	D/V/E	57
Girls	1/24/23	Valley Plains Equipment/Hunter Grain	Maple River	74
Boys	1/30/23	Lockhart Elevator/Curt & Stacie Weible/Chris & Crysta Schenck	Midway/Minto	58
Girls	1/31/23	Hunter Insurance/Wischer Aviation/Chris & Crysta Schenck	Lisbon	85
Boys	2/7/23	Cameron & Amanda Wolf	Lisbon	43
Girls	2/9/23	IP Insurance Agency/Agri Valley Insurance/ Triebwasser Appraisal Service/Right Way Ag	Oak Grove	75
Girls	2/11/23	Little Steps Learning Center/Eide Bailly/Right Way Ag/ Greg & Ruth Hall	Cavalier	75
Boys	2/11/23	Hunter Grain/Right Way Ag/Greg & Ruth Hall	Cavalier	65
Boys	2/20/23	Hunter Insurance/Valley Plains Equipment/ Matt & Kate Leichtenberg	Maple River	55
Boys	2/24/23	IP Insurance Agency/Agri Valley Insurance/ Matt & Kate Leichtenberg/ Right Way Ag	Oak Grove	54

**PLEASE DON'T HANG UP!!!**  
**NORTHERN CASS PATRONS**  
**when your phone rings on Sunday, March 12th after 6:30 pm**

**We are very excited to announce that the Burgum Foundation will be matching your donation this year. For every dollar that you donate, it will DOUBLE!!!!**

Northern Cass School seniors' class of 2023 will be making calls to all the patrons in our school district on the evening of March 12<sup>th</sup>. All money raised will stay in our area and go towards scholarships for our 2023 graduates and an endowment fund, which is a permanent fund whose interest will be used to provide scholarships to qualifying seniors each year.



If, for some reason, you are not contacted and wish to donate, please forward your donation to:

**Northern Cass Dollars for Scholars**

**PO Box 268**

**Hunter, ND 58048**

**For electronic giving please go to [Northerncassschool.org](http://Northerncassschool.org) – click on activities- Dollars for Scholars – and the “Donate Now” link.**





# NDSU GROUP COUNSELORS

Hannah & Linsey will be leading several counseling groups this spring to complete their group practicum hours and engage some of our learners in the small group process to strengthen their social emotional skills or provide a safe space to learn more about themselves.

## Hannah

Hannah grew up in Maplewood, MN and has a degree in Human Development and Family Science. She is earning her master's degree at NDSU for school counseling. She is currently a graduate assistant at the NDSU Office of Admissions and has worked as a childcare teacher and supervisor too. In her spare time, Hannah loves to read, do puzzles, and listen to music.



## Linsey

Linsey grew up in Cooperstown, ND and holds a degree in Mass Communications from NDSU. She is also working on her master's degree in school counseling. Linsey works as a project manager within the Publications Services Dept at NDSU. She has also worked with a magazine publisher in Grand Forks and at the Hotel Donaldson. Linsey has even worked at Disney World! She enjoys thrifting, antiquing, traveling, and spending time at the lake.



## NURSES' CORNER: RECOMMENDATIONS FOR SAFE BACKPACK USE

Increasing numbers of children are developing pain in their back, neck, and shoulder area or having headaches, which may be precipitated by the increased use of backpacks. The physical problems often arise because students are choosing poorly constructed backpacks, wearing them improperly and carry more than the recommended weight for their body size.

### Safe backpack use

- Match the size of the backpack to the size of the student; making sure it is not too long or short.
- Chose a lightweight style that has two wide padded shoulders, waist strap and padded back.
- Use both shoulder straps.
- Bend at the knees and use your legs to lift the backpack one shoulder strap at a time.
- Tighten the straps so that the backpack is close to the body.
- Distribute the weight of objects evenly within the backpack, and do not carry more than 15% of body weight.
- Utilize all compartments and pack the heaviest objects close to the back with the center of gravity near the pelvis.
- Lighten the load whenever possible.

For further information please contact your school nurse.



# NORTH DAKOTA DESTINATION IMAGINATION TOURNAMENT EXPERIENCE

**SATURDAY, MARCH 11, 2023 8:00-4:00**

**@ 602, 602 2nd St N, Casselton, ND**



## THE SPROUTS

8:15 Compliance Check  
8:45 Prep  
9:00 Perform Team Challenge  
9:30 Instant Challenge



## THE JAGUARS

9:45 Prep  
10:00 Perform Team Challenge  
10:30 Instant Challenge



## LET'S COME BACK TO THAT

10:45 Prep  
11:00 Perform Team Challenge  
11:30 Instant Challenge



## CONCESSIONS

Available throughout the day.  
11:45 Team Lunch Break



## THE CEILING TILES

12:45 Prep  
1:00 Perform Team Challenge  
1:30 Instant Challenge



## 3 GIRLS 1 BOY

1:45 Prep  
2:00 Perform Challenge  
2:30 Instant Challenge



3:15 Recognition Celebration

# LET'S CELEBRATE

The North Dakota DI Tournament Experience is designed to complete the creative process by sharing solutions, being evaluated, and celebrating what the teams have created. Each team has completed a different challenge, so there will be even more variety throughout the day.

Plan to attend the full day, watch each team perform, and celebrate their solutions. This team support also creates additional learning experiences for learners as they see different ways to solve a challenge.

## INSTANT CHALLENGE

Each team will complete an Instant Challenge. They will check in at IC immediately after their performance interviews. IC is confidential; teams complete them without an audience.



## FAMILY ACTIVITIES

Between Team Challenge performances, there will be activities to do while each team does their IC. From the Creation Showcase to classic DI "Ductapia," there will be hands on opportunities for creativity, teamwork, and fun for all ages!



Northern Cass School  
proudly presents...

DISNEY and CAMERON MACKINTOSH's

# MARY POPPINS JR.

Thursday March 23rd @ 7:00pm  
Friday March 24th @ 7:00pm  
Saturday March 25th  
4:00pm & 7:00pm  
Northern Cass School Auditorium

Tickets available - Scan the QR code or online at  
<https://www.ticketor.com/northerncassmusical>







# NORTHERN CASS S. T. E. A. M. CAMP

**3 DAYS OF FUN  
FOR LEARNERS ENTERING  
GRADES 1-8 FALL 2023**

Register for 1, 2, or all 3 Days!



**NATURE  
TUESDAY,  
JUNE 6**

**ENGINEERING  
WEDNESDAY,  
JUNE 7**

**OCEAN  
THURSDAY,  
JUNE 8**

## **Need To Knows**

- ✓ \$40/Day or \$110 for all 3 Days
- ✓ Bussing from Several Locations
- ✓ Bring Own Lunch/Snacks Provided
- ✓ Guest Speaker or Creator Each Day
- ✓ 9:00AM - 3:00PM

## **Northern Cass School**

16021 18th St SE; Hunter ND

## **Registration Link**



*Registration  
Closes May 1st*

**MORE INFORMATION 701-874-2322 [ashley.krinke@northerncassschool.com](mailto:ashley.krinke@northerncassschool.com)**



NORTH DAKOTA

**ARMY  
NATIONAL  
GUARD**



**MAY 2<sup>ND</sup>, 2023 8:30AM-3:30PM**

# CAREER DAY

**NORTHERN CASS HIGH SCHOOL**

THIS CAREER DAY WITH THE NORTH DAKOTA ARMY NATIONAL GUARD OFFERS INSIGHTS INTO DIVERSE VOCATIONAL FIELDS, MAKING IT AN EXCELLENT OPPORTUNITY TO CHOOSE A FIELD OF STUDY FOR COLLEGE. HANDS-ON PRESENTATIONS WILL ALLOW STUDENTS TO EXPERIENCE THE EQUIPMENT AND TRAINING UTILIZED BY MEMBERS OF THE ARMY NATIONAL GUARD DURING THEIR MISSIONS. PARTICIPANTS WILL ALSO RECEIVE INFORMATION ON EDUCATIONAL REQUIREMENTS, CAREER ADVANCEMENT, AND DAY-TO-DAY RESPONSIBILITIES.



**@NDARMYGUARDRECRUITING**



**@NDARNGRECRUITING**



**@NDARNGRECRUIT**

**SPECIAL GUEST SPEAKER:  
CSM ERIC BINSTOCK**

STATE COMMAND SERGEANT MAJOR  
NORTH DAKOTA NATIONAL GUARD



NORTH DAKOTA STATE UNIVERSITY  
ENGLISH DEPARTMENT

# 2023 Teen Creative Writing Camps

All students entering grades 7-12 may participate, regardless of skill level. Graduated seniors are welcome as well. Daily sessions include fiction, poetry, creative nonfiction, fantasy, screenwriting, song writing, cartooning, and Zine making.



FARGO SESSION #1: JUNE 26 - JUNE 30  
FARGO SESSION #2: JULY 24-28  
9:00 AM - 4:00 PM

Register at

[https://www.ndsu.edu/english/creative\\_writing\\_camp/](https://www.ndsu.edu/english/creative_writing_camp/)



Fargo In-person cost \$220 - includes snacks, lunch, supplies, and a camp t-shirt  
Virtual cost \$170 - includes all but lunch and snacks

Contact Director Jamee Larson with any questions  
[jamee.larson@ndsu.edu](mailto:jamee.larson@ndsu.edu)



# March

# 2023

\* Whole grain bread, fruit and vegetable available daily

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	27 Maple Waffle Bites, Fruit, Juice, Milk  Meatballs in Gravy w/Noodles Salad Bar, Fresh Fruit, Milk	28 Fruit/Yogurt Parfait, Milk Granola, Fruit, Juice  Sweet n Sour Chicken, Fried Rice, Salad Bar, Fresh Fruit, Milk	1 Egg Bites, French Toast Sticks, Fruit, Juice, Milk  Big Daddy's Pizza, Corn, Salad Bar, Fresh Fruit, Milk	2 Banana Choc Chip Muffin, Fruit, Juice, Milk  Chicken Bacon Ranch Pasta, Peas, Salad Bar, Fresh Fruit, Milk	3 Cini Mini, Fruit, Juice, Milk  Garlic French Bread, Green Beans, Salad Bar Fresh Fruit, Milk	4
5	6 Apple Frudel, Fruit, Juice, Milk  Chicken Strips, Tator Tots, Salad Bar, Fresh Fruit, Milk	7 Cinn Toast Crunch Bar, Fruit, Juice, Milk  Meatloaf, Mashed Potatoes, Salad Bar, Fresh Fruit, Milk	8 Pancakes, Sausage, Fruit, Juice, Milk  Hot Dogs, Baked Beans, Salad Bar, Fresh Fruit, Milk	9 Cinnamon Streusel Muffin, Fruit, Juice, Milk  Slappy Joes, Potato Chips, Salad Bar, Fresh Fruit, Milk	10 Assorted Cereals, Fruit, Juice, Milk  Egg Bake, Waffle Sticks, Salad Bar, Fresh Fruit, Milk	11
12	13 French Toast Bites, Fruit, Juice, Milk  Spaghetti & Meatballs, Salad Bar, Fresh Fruit, Milk	14 Cini Mini, Fruit, Juice, Milk  Chicken Fingers, Mashed Potatoes, Salad Bar, Fr. Fruit, Milk	15 Long John w/Choc Icing, Fruit, Juice, Milk  Walking Tacos, Toppings, Salad Bar, Fresh Fruit, Milk	16 NO SCHOOL	17 NO SCHOOL	18
19	20 NO SCHOOL	21 Pop Tarts, Yogurt, Fruit, Juice, Milk  Corn Dog, French Fries, Salad Bar, Fresh Fruit, Milk	22 Breakfast Pizza, Fruit, Juice, Milk  Pepperoni French Bread, Corn, Salad Bar, Fresh Fruit, Milk	23 Choc Chip Breakfast Bar, Fruit, Juice, Milk  Hamburger, Potato Chip, Salad Bar, Fresh Fruit, Milk	24 Strawberry Bagel, Fruit, Juice, Milk  Fish Sticks, Mashed Potatoes, Salad Bar, Fresh Fruit, Milk	25
26	27 Blueberry Waffle Bites, Fruit, Juice, Milk  Chicken Patty/Bun, Tator Tots, Salad Bar, Fresh Fruit, Milk	28 Cinnamon Bagel, Fruit, Juice, Milk  Fr Toast Sticks, Sausage, Hashbrown, Salad Bar, Fresh Fruit, Milk	29 Bacon, Egg & Cheese Sand, Fruit, Juice, Milk  Chicken Fajita Hotdish, Corn, Salad Bar, Fresh Fruit, Milk	30 Blueberry Muffin, Fruit, Juice, Milk  Lasagna, Breadstick, Salad Bar, Fresh Fruit, Milk	31 Banana Bread, Fruit, Juice, Milk  Stuffed Cheese Sticks, Peas, Salad Bar, Fresh Fruit, Milk	