



LESS HOMEWORK

By Bailey Christoffersen

At approximately 8:30 a.m., kids begin school across the country and attend classes until roughly 3:30 to 4 o'clock. Afterwards, many students find themselves doing homework for two to three hours a night. This results taking away precious family time, adding stress to students' lives, and in some cases is leading to sleep deprivation. For years upon years, it has been socially accepted that homework solidifies and encourages learning and various other life skills, but recent studies tend to prove otherwise.

Over the years, there are various ongoing studies concerning whether or not homework actually helps students learn. These studies have all shown no correlation between homework and elementary students what so ever. At the high school level there is a small connection between homework and test grades, but it is so small that it is hardly notable. A man named Dr. Timothy Keith, who specializes in analytics, has done a great deal of research on this topic and did find a solid correlation between homework and learning, but added more variables a decade later has and received the same results as many of the more recent studies.

In another study done by Adam Maltese, an expert in education, what the students and teachers are doing wasn't

the main focus. The study relied on two main datasets: the National Education Longitudinal Study and the Education Longitudinal Study. Thousands of students across the nation were asked one simple question, "How much time do you spend on homework." When the amount of time spent on homework was compared to test results, something very interesting can be observed.

Maltese's study showed that one or two hours of homework would get students two or three more points on a standardized test in the areas of math and science. So in all reality, is the stress, family struggles, and sleep deprivation all worth the two or three possible points that a student may or may not get worth it? During this study Maltese also looked at not only test scores, but a student's overall work in that class, and yet there is still little to no ties between homework and what a student knows.

Despite what has been accepted by teachers as the normal way kids learn through repetitive diligent practice known as homework, more and more studies come along to disprove it actually helps kids learn. There is little to no correlation on elementary and high school students' test scores and homework.

STAFF

Bailey

- Christoffersen
- Coltin Danielson
- Michael Eylander
- Destiny Long
- Paige Robertson
- Anistyn Young
- Ryah Young

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HOW TO DESTROY A \$13 BILLION DOLLAR INDUSTRY

By Bailey Christoffersen

When most men get up in the morning, their day usually starts out with some shaving cream and a razor.

Although it seem like such a small trivial little thing, that little razor is part of a \$13 billion dollar industry. In 2012 a machete-wielding pitchman and a man in a bear suit appeared on a TV commercial advertising the Dollar Shave Club. Big name razor companies, such as Gillette and Shick, just

turned their eye to such a crude idea, with good reason, they already service 75% of the men who shave. The other 25% is spread out between companies such as Bic, Dorco, Merkur, and Suvorna.



Three years later, the Dollar Shave Club founder Michael Dubin, has been slowly chipping away some of those customers from Gillette. Dubin found a way to deliver better value, better service, and a better shave for a much cheaper price. The Dollar Shave Club offers three different packages of razors. The cheapest starts at one dollar, and the most expensive is the high price of nine dollars. In just three years, the Dollar Shave Club has grown to be worth the value of \$615 million. Although the Dollar Shave Club is still growing, it is nothing compared to Gillette's estimated \$7.9 billion dollars in sales. Within just a few short years,

Michael Dubin has stolen millions of customers from the big name razor companies just by offering better blades for a cheaper, more sensible price.

THE RED CUP

By Destiny Long

Our world as a whole has been changing and evolving for centuries, and this growth has never ceased. Humans have developed together and are becoming more and more considerate of one another, whether it be not wanting to offend another persons' religions or political beliefs. A social need for unity is becoming another hot topic, seen as the mentality of "We are all equal" has been expanded to all walks of life. Commercial businesses and entrepreneurships are trying to appease this new approach on life by making their products neutral, whether it be gender, race, religion, political affiliations, etc.

Starbucks is no exception to this movement because this company is very much in the public eye. It is an international establishment and has to keep up with public demands. A new way that Starbucks has been expressing neutrality is through the new simple red cup, figuring it was modest enough to show some Christmas spirit but not seem to be in boisterous favor towards the Christian religion over any other belief that may walk through the door and order a venti latte. This has caused quite the strife among most Christians. One man was so outraged that he went into a Starbucks establishment and when asked his name, he said "Merry Christmas".

He began a "challenge" to other Christians to also say the same, thus making the statement that Starbucks is then forced

to put "Merry Christmas" on their cups. Dunkin' Donuts is also entering The Great Holiday Cup Controversy of 2015 by continuing their minimalist design of a small, festive wreath design out skirting the word "Joy" in the center. Dunkin's vice president Scott Hudler stated that his holiday cups were not a jab at Starbucks' red cup design. Political correctness may be going too far this time.



TEEN STRESS LEVELS ON THE RISE

By: Michael Todd Eylander

A new national survey from the Washington, D.C. based American Psychological Association (APA) suggests that student stress levels are rising. Teens all over the United States have felt negative effects caused by schooling that affect many aspects of their lives “...hard numbers tell us kids are more anxious and depressed than they’ve ever been,” stated Michael Bradley, a psychologist of Pennsylvania.

By definition, stress is classified as either “eustress” or “distress”. Eustress is defined as, “...beneficial stress...”. While distress is defined as, “...extreme anxiety, sorrow, or pain.”

Stress can be experienced by anyone, over anything. Typically students feel stress from multiple sources: school, jobs, sports, social lives, lack of sleep, and family obligations. However, the biggest stressor of students aged 13-19 is school.

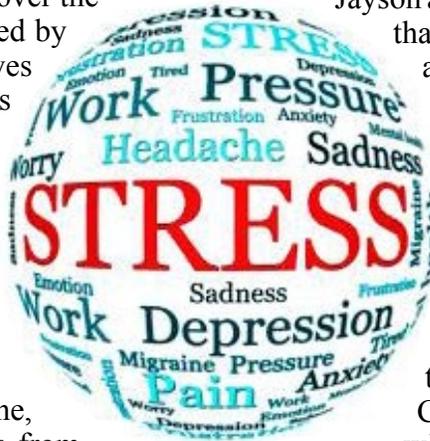
“More than a quarter [of students nationwide] (27%)

say they experience “extreme stress” during the school year, vs. 13% in the summer. And 34% expect stress to increase in the coming year,” Sharon Jayson, a former USA Today reporter stated in an article on teen coping methods.

Jayson also said, “The report [see line one] warns that teens are at risk of a variety of physical and emotional ills and potentially shorter lifespans than their elders if they don’t act to ‘reverse their current trajectory of chronic illness, poor health and shorter lifespans.’”

Many unhealthy habits such as not sleeping, caffeine drugs, and smoking can potentially be acquired by these students as negative coping methods to deal with the excessive stress levels.

Coping methods are strategies to help deal with and resolve stress and anxiety related issues, but they may not always be positive. Avoiding negative coping mechanisms such as self-blame, self-mutilation, denial, violent behavior and drugs or alcohol is crucial. Positive coping methods include venting,



WHAT ARE YOU THANKFUL FOR?

By Ryah Young

November is the month to give thanks for things that are meaningful to you. Froid Students expressed what was important to them.

- Keilee Williams: Orange hair clip, Tweety Bird, friend Jake
- Jake Nordlund: Life, Food, and his bubbles.
- Rylan Young: Parents, his Siblings, especially his favorite, Ryah, clothes, and his friend Haven.
- Lilly Johnson: Food, school
- Joey Wise: Family, freedom, right to be here
- Jaeleigh Davidson: Freedom, people that went to war
- Courtney Hofman: Family, food, pets, house, clothes, Ryah and Morgan
- Dylan Martin: Family, being able to go to a wonderful school, entert
- Max Engelke: Family, cat getting rid of mice, grandparents
- Chantelle Strandlund: Life, that it’s the midterm of second quarter already
- Paige Robertson: Family, friends, and Jacob
- Anistyn Young: The ability to go to school, play sports, Taryn, and share a room with Ryah
- Destiny Long: Books
- Mrs. Parenteau: Smiling government students ready to learn, especially Ryah, wonderful family, nieces and nephews, husband, and kids
- Mrs. Weiniger: Brooke



TEST YOUR KNOWLEDGE OF NOVEMBER!

By Coltin Danielson

1. What two states became the 39th and 40th states of the union on November 2, 1889?
2. What state became the 41st state of the union of November 8th 1889?
3. What special holiday is on November 11th?
4. November 2nd is the only date that two presidents were born on the same date. What two presidents are they?
5. What date was President Lincoln's Gettysburg Address given?
6. What date was the American author Mark Twain born?
7. What date was President John F. Kennedy assassinated?
8. What is the birthstone of November?
9. What date does Daylight Saving end?
10. 10. What year did the Macy's Day Parade start?

Answer Key

- 1). North and South Dakota
- 2). Montana
- 3). Veterans Day
- 4). Warren Harding (born 1865) and James Polk (1795).
- 5). November 19th, 1863
- 6). November 30th, 1835
- 7). November 22nd, 1963
- 8). Topaz
- 9). November 1st
- 10). 1924



OUT OF THE RED

By Destiny Long

The holidays are slowly approaching upon us, and with them comes holiday shopping. Black Friday and Cyber Monday are the two biggest days in US history for gift shopping because of all of the amazing sales and opportunities for new items. The term “Black Friday” actually originated in the 1960s to kick off holiday shopping at mainly large brand name places such as Walmart or Maurice’s. “Black” means that the store annual sales and profit rise from being “in the red” to back into the black, meaning that the profit outweighs the costs.

It normally falls anywhere from

the 23rd to the 29th of November after Thanksgiving, giving people a little while to prepare and save money. Black Friday is so popular because retailers drop their prices on almost everything in their stores. Most stores open up between 5 and 6 AM with hordes of people waiting outside the doors to be the first in and get the best deals.

There are always numerous doorbusters and loss leaders (prices so low that they may not even make a profit), but these deals are mainly only available in the actual stores because Cyber Monday is the following Monday after Black Friday in which retailers have amazing deals

available online to order. Some may prefer Cyber Monday due to it being an alternative to the morning chill, the customers will always know if the item is out of stock, and it’s easier to find replacements for the same item wanted if it’s out of stock somewhere else.



NATIVE AMERICAN HERITAGE MONTH

By Michael Eyelander

President George H. Bush started a tradition on August 3, 1990 when he declared November as National Indian Heritage Month. The Bill read in part that, “...the President has authorized and requested to call upon Federal, State and local Governments, groups and organizations and the people of the United States to observe such month with appropriate programs, ceremonies and activities”.

The Bill’s words aim to provide information on heritage, culture, traditions, dances, and concepts of life to non-Native American people.

Businesses, agencies, schools, etc. across America are encouraged to provide educational programs in regards to Native American history, contemporary issues, and overall education to their employees for general knowledge and awareness.



SPRAINED ANKLES

By Ryah Young

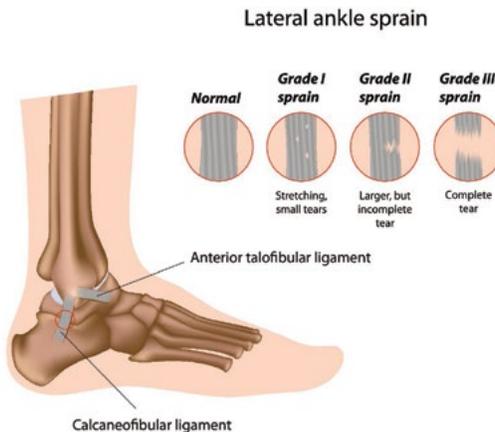
Sprained ankles are very common injuries. Around 25,000 people sprain their ankle every day. A sprained ankle is when one or more of the ligaments on the outer side of the ankle is stretched or torn. Not getting proper help can cause long term affects. Normally the ankle will be rolled inward or outward.

It is more common to sprain ones ankle when the person's toes are on the ground and the heel is up. When ones foot is in this position the ligaments have a lot of tension on them. Even landing on an uneven surface can cause one to sprain an ankle.

It is very important to treat ones sprained ankle. The common guidelines people follow is R.I.C.E. R.I.C.E.

stands for rest, ice, compression, and elevate. Rest for the first one to two days, ice the ankle for 20 minutes at a time for 2 days. It also helps to wear a brace but not too tight and keep the ankle above the heart as much as one can.

There are three types of sprains. There is grade one, two, and three. Grade one has mild pain with a little bit of swelling. There is some joint instability and troubles with running or jumping. Grade two has more swelling with some bruising. There is moderate pain and troubles with walking. The third and final grade is the third grade. With a third grade sprain there is severe swelling and pain. Little to none movement with the joint. Walking can also be very hard and painful.



SKIP!

By Micheal Eyelandr

Last Thursday, Skip the Magician came to our school to perform a short 45 minute magic show. He involved the audience and props of his own. Mireya Rico, a senior, was among the volunteers. From the

looks of the pictures, she had a blast! Among Skip's props, was a rabbit. Skip pulled it out of his magic box! Upon his leaving, Skip challenged the students to blow up a noodle balloon, a very strong and thin balloon. Very few students were able to complete the challenge.



HONOR ROLL



High Honors

- Bailey Christoffersen
- Destiny Long
- Momori Nakamura
- Paige Robertson
- Karrington Kjos
- Morgan Mason
- Mackenzie Dethman
- Lexis Kintyhtt
- Hunter Krogedal
- Cassidy Kjos
- Sydney Labatte
- Chloe Taylor
- Sydney Dethman

Honors

- Michael Eylander
- Mireya Gardner
- Ryah Young
- Coltin Danielson
- Veronica Orcutt
- Chantelle Strandlund
- Anistyn Young
- Nick Eylander
- Laiken Sundheim
- Jason Eylander
- DeLani Kintyhtt
- Colt Miller

MAKING THE CUT

By Anistyn Young

On November 16, 2015 at four o'clock in the little gym, seven girls total from Medicine Lake and Froid, tried out for the traveling cheer team. The girls that made the cut are Destiny Long, Chantelle Strandlund, Chelsey Hilyard, Karrington Kjos, and Morgan Garret. The other two girls that tried out for the traveling team were Aeryn Bates and Mireya Rico. All seven cheerleaders will cheer at home games.

Destiny Long, a former cheerleader from last year, is looking forward to getting to work with the girls and just going out on the floor and having fun. She would like to see the girls improve on working together and communication. Destiny stated that "If we can communicate better, we'll be able to work together better and be closer to each other." Her favorite part of cheerleading is the way the little girls look at them, Destiny quotes "They look at us like superheroes."

THANKSGIVING POEM

By Laiken Sundheim

Thanksgiving is the day we give feast
 So we may feed the beast
 November is the time for sweater weather
 It's the time of year when it gets cold
 It its snows or rains we stick together
 When mom brings out the ham and turkey
 Our bellies are getting perky
 Time for dessert we settle for pie
 I get ready to untie my tie
 As my motivation falls like the leaves
 I get tired and tired
 And pull up my sleeves
 As this day comes to an end
 I find my bed
 And rest my head

DIABETES

By Paige Robertson

November is American Diabetes Month, and the newspaper staff has taken a special interest in it. There are two types of diabetes; type 1 and type 2. Type 2 is the most common type while only five percent of people who have diabetes have type 1.

Type 1 diabetes usually develops in children or young adults. In this type of diabetes, insulin is not produced. Insulin is a hormone that the body uses to get glucose, or sugar, from the bloodstream to the body's cells. This hormone is secreted from the pancreas.

To treat type 1 diabetes, people need to take insulin every day. This is a lifelong treatment. Twenty different insulins are sold across the U.S. Depending on the person, the doctor will choose which type to prescribe. Insulin is usually given by a shot. It can be injected into the upper arm, the thigh, or in the abdomen. Insulin injected into a person's abdomen shows the best results and works faster than any other body part. Insulin can also be delivered through a pump. It keeps blood sugar levels normal between meals and overnight. A small catheter is placed underneath the skin, and the insulin is delivered that way. Not only does insulin help manage type 1 diabetes but so does eating healthy and exercising regularly.

Jacob Abar was diagnosed with type 1 diabetes when he was thirteen years old. "Living with diabetes is very stressful because I have to keep up with shots and manage it 24/7," stated sixteen year old Abar. He uses insulin pens and injects himself from two to five times a day, depending on his glucose levels.

Unlike type 1 diabetes, type 2 diabetes resists the effects of insulin or the pancreas does not produce enough insulin to keep glucose levels normal. Type 2 diabetes is also more common in adults than in children, but it is gradually affecting more and more children due to childhood obesity.

Type 2 diabetes can be managed by eating well, maintaining a healthy weight, and exercising. One may also

need to take medications or do insulin therapy. Although there is no cure, managing type two diabetes can reverse it. Bariatric surgery (surgery that is done to the stomach or the intestines to induce weight loss) can also reverse type 2 diabetes.

Many people are diagnosed with diabetes, and it takes a lot to manage it. Managing it can lessen the symptoms of diabetes, and it may even reverse type 2 diabetes.



unite for diabetes



TEEN STRESS... CONT. FROM PAGE 3

relaxation, moderate physical activity, and sleeping.

Kristen Race, Ph. D., from Steamboat Springs, Colorado, says, "If you look at teen suicide statistics, stress is one of the things that leads to suicide attempts. It's incredibly important to have downtime."

A survey I administered among the 9-12 grade Froid High School students suggests that 60 percent of the students in Froid feel extreme stress levels during the school year, 36 percent feel medium stress during the school year, and four percent feel low stress during the school year. However, the same study revealed that during the summer months, 72 percent of students feel lowstress levels, 20 percent feel medium stress levels, and eight percent feel extremely stressed.

"I think students today stress so much because there's a lot more distractions than what we had when we were in school. They don't know how to prioritize...I think this is funny, because especially for the seniors going into college, you're going to go to college for the first year, then you'll figure out what real stress is," Ken Taylor, Interim Superintendent of Froid Public School and Counselor, proclaimed. While Taylor's opinion seems to lack sympathy and appears as accusation towards the students, he elaborated and continued with, "A big thing is the cell phones...it's almost as though the entire generation is attached to their cell phones and that's how they communicate and run their lives. So you have constant interaction and constant communication; how are you supposed to concentrate? While these differences seem small, they make a huge differences from one generation to the next." While Taylor may seem to have a point, another study done by the American Psychological Association declared American teenagers as the most-stressed generation, a title formerly belonging to late Generation X and early Millennials, which are 60s-early 80s, and 80s- early 00s respectively.

I interviewed Dr. Nancy Brown. Ph. D., of Palo Alto Medical Foundation in Palo Alto, California, Brown stated, "I think the reason your generation [approximate ages 13-25] experiences more stress is because the bar of success has gone up a huge amount... We were ready for adulthood when we turned 18. We were cooking and taking care of ourselves before we even left the house. Most of us weren't even expected to go to college to get an education; a lot of us went straight to work. Your generation is not ready for adulthood because your bar has been set so high...You have to get a four year degree, all the research says so...At least one-fourth of incoming freshman [Fall 2016 students] are going to have to take a quarter to a

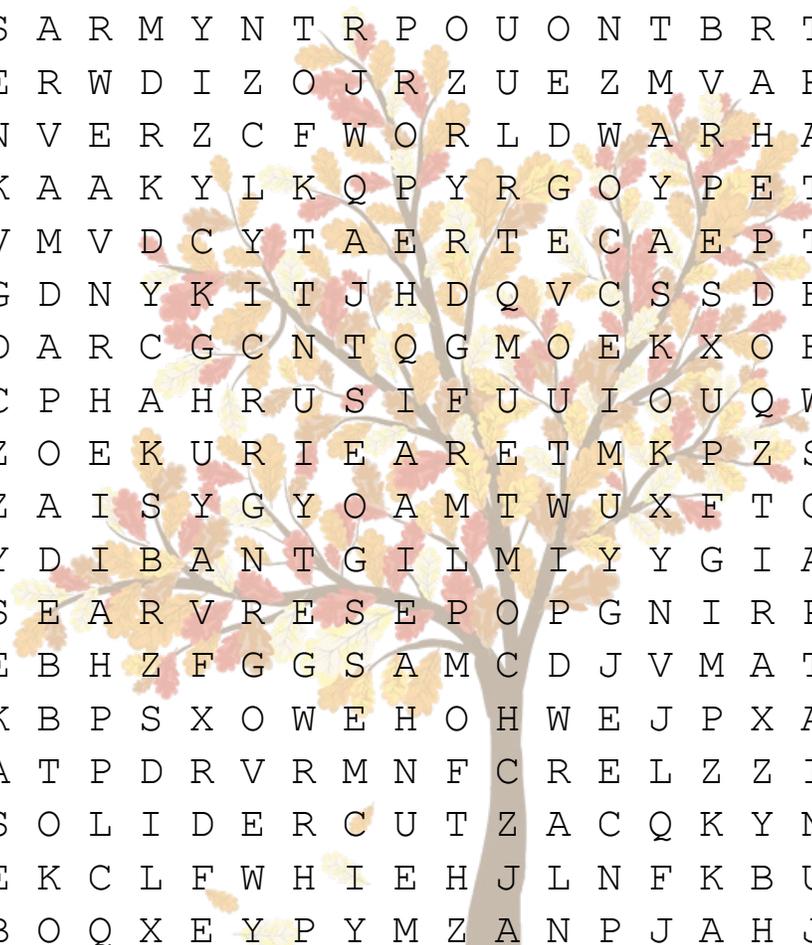
semester off due to a stress or anxiety related issue." However, even with the rising stress levels to put the young adults down, Dr. Brown admitted, "Every generation has been smarter and healthier than the previous, and I think you guys will be no exception. Every generation has its troubles; yours is stress and anxiety; ours was drugs and sex. We got through it and so will you. I have a lot of faith that your generation will make decisions that will benefit all of us."

The American Psychological Association has stated that a healthy level of stress is about a 3.9 on a 10 point scale. American teens vastly exceed this number with an startling 5.8. American adults weigh-in at 5.1. It should be alarming and almost terrifying that student stress levels are similar and exceeding to that of an adult. Norman B. Anderson, Ph. D, APA CEO and Executive Vice President stated, "In order to break this cycle of stress and unhealthy behaviors as a nation, we need to provide teens with better support and health education at school and home, at the community level and in their interactions with healthcare professionals."

One interesting and controversial form of reducing stress in students is a policy being practiced in several parts of the world and nation already: Ban homework. Some say banning homework is a useless practice and will make grades suffer. Others however, have stated that reducing homework, making it count for only a small percentage of grades or yes, even banning it altogether has efficiently reduced stress levels and increased student morale. Examples of such practices include a policy passed in 2011 by the Los Angeles Unified School District passed a policy in which homework could not account for more than 20 percent of students' grades. If presented and implemented, this system of reducing workload, decreasing the weight of homework on a student's grade, or even banning homework entirely could efficiently reduce stress.



FALL WORD FIND



S C J Z A V E L N H W E S Z D F S M E C
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 H F F D V Y A N H X F A W E V N V L W Y

AIRFORCE

ARMY

BABYRUTH

CANDYCORN

CAPTAIN

COASTGUARD

COURAGE

EUROPE

HERSHEY

LICORICE

MARINE

MILITARY

NAVY

PEACETREATY

RINGPOP

SARGENT

SKITTLES

SNICKERS

SOLIDER

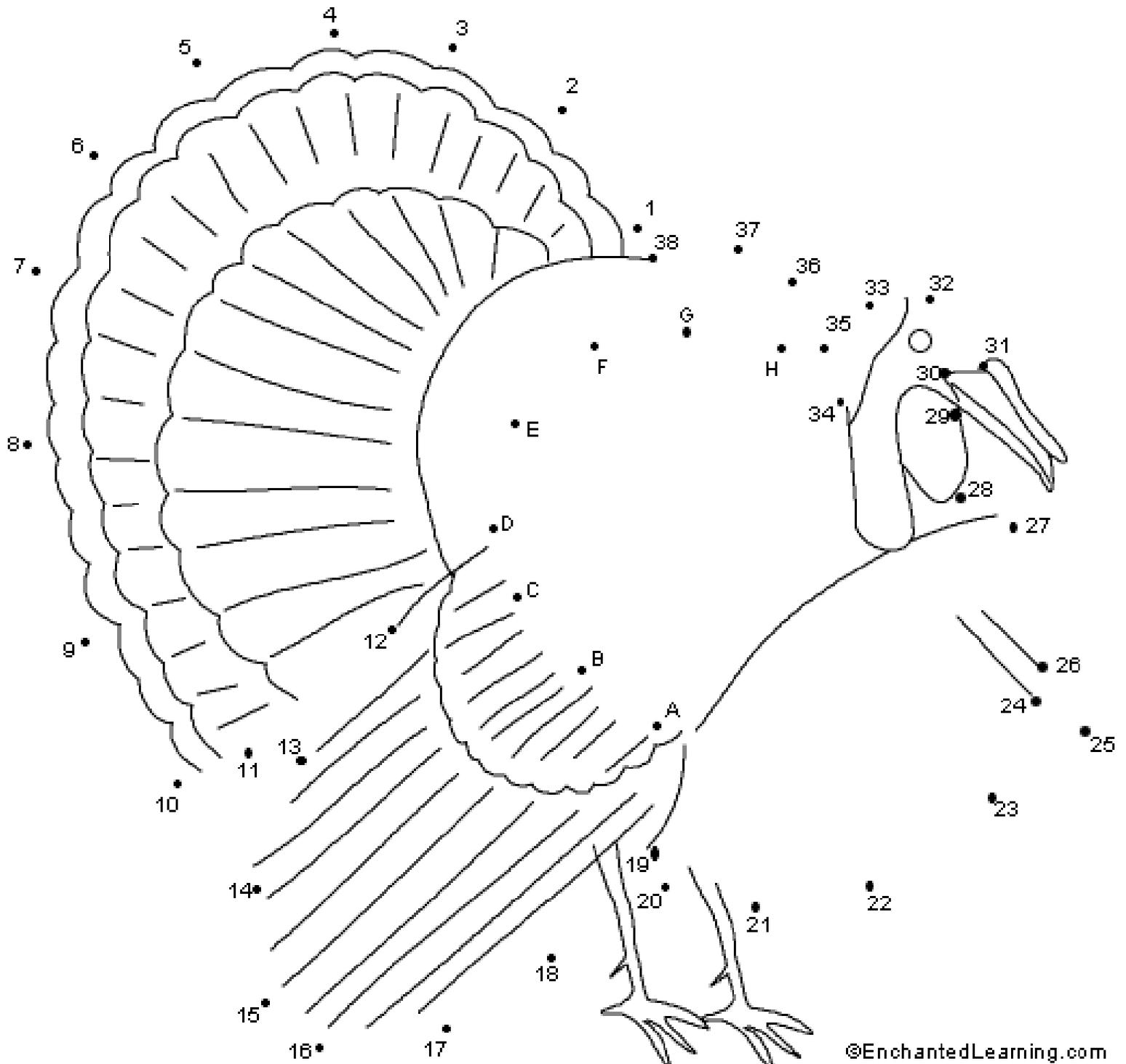
SOURPATCHKIDS

SWEETTARTS

TWIZZLER

WORLDWAR

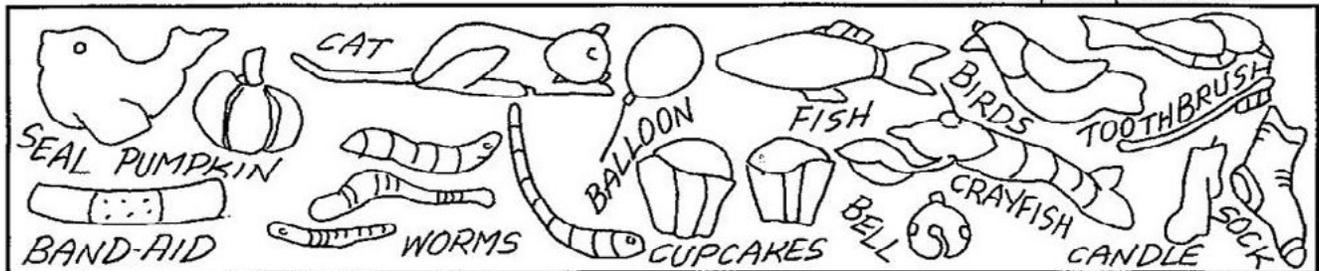
CONNECT THE DOTS



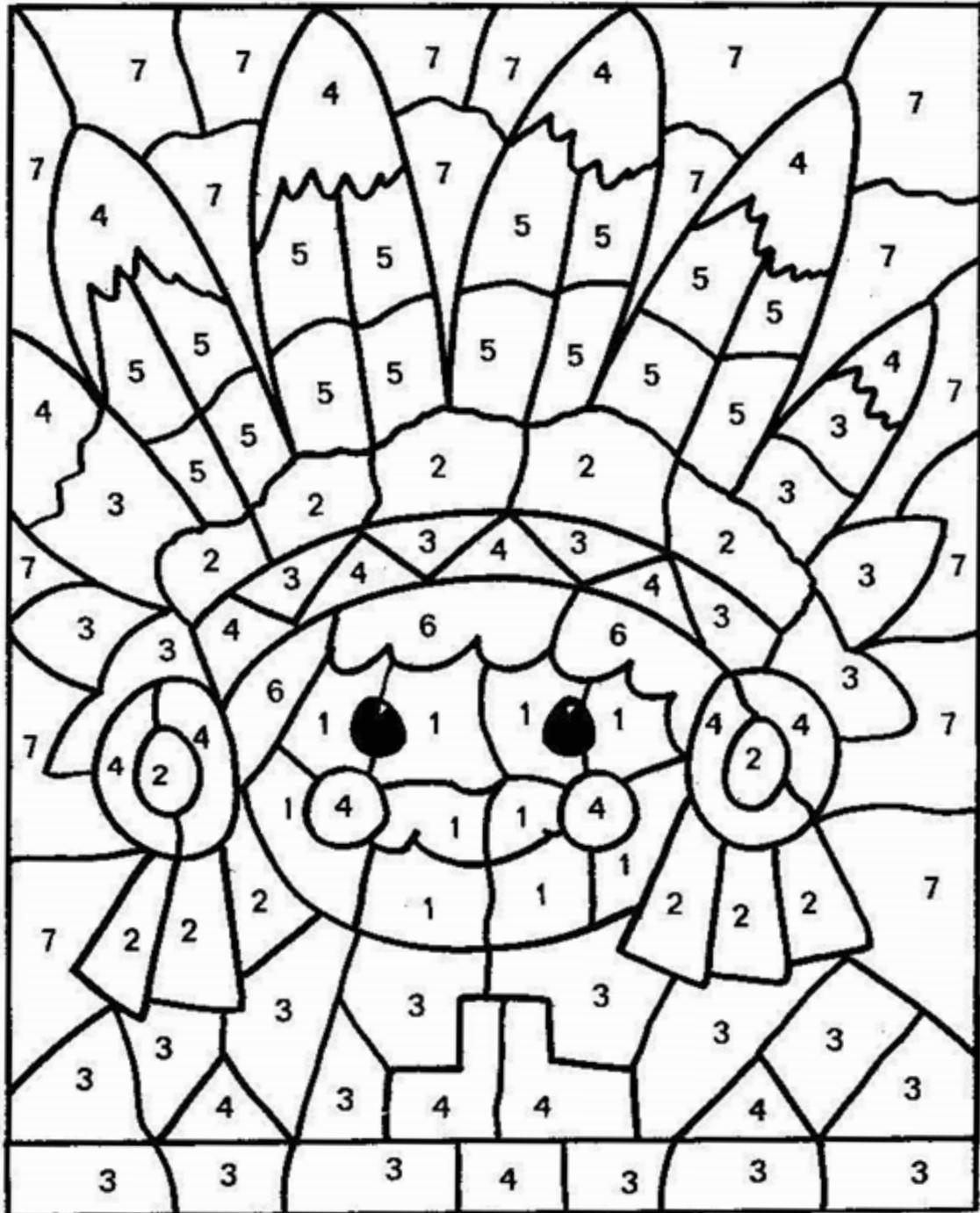
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COLOR BY NUMBER



1-brown 2-yellow 3-orange 4-red
5-white 6-black 7-blue

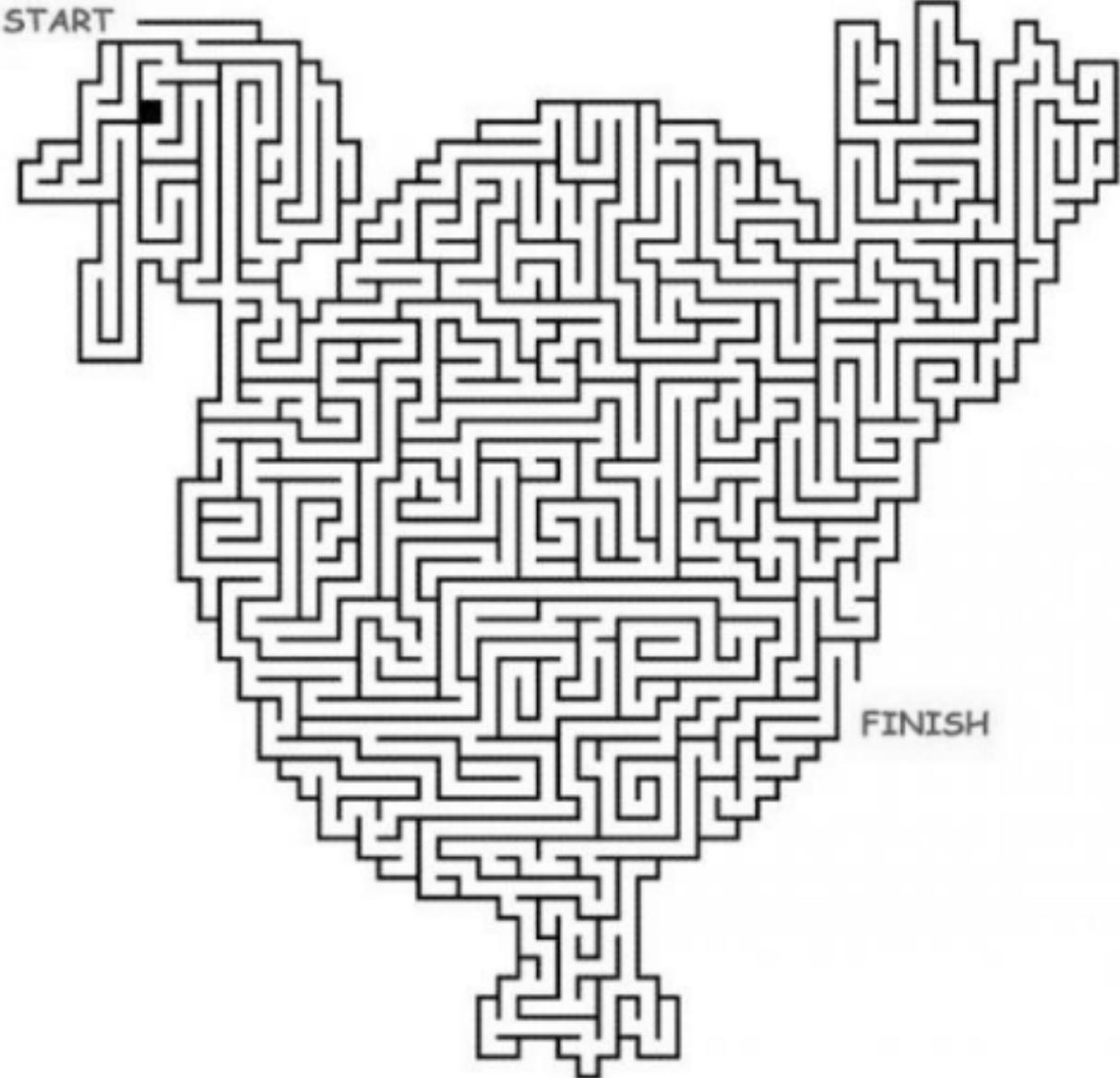
SUDOKU

Fill in the grid with digits in such a manner that every row, every column and every 3x3 box accommodates the digits 1-9, without repeating any.

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6	8	1	9	7	4	5	2	3
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3	2	6	5	8	7	9	1	4
7	9	5	1	4	2	3	8	6
8	1	4	3	9	6	2	5	7

TURKEY MAZE



CONTESTANT WINNERS!



1ST PLACE- JOEY WISE

2ND PLACE- ELLA TAYLOR

3RD PLACE-MAKAYLEE ELVSAAS

