



Hawk's Nest

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CARVING INTO THE PUMPKIN

By Coltin Danielson

Halloween, since its beginning, has always been celebrated on the night of October 31st. The word "Halloween" is a shortening of "All Hallows." Of course the traditional activities are trick-or-treating, bonfires, parties, visiting haunted houses, and carving pumpkins, but there is an actual meaning to this holiday.

The holiday started in the ancient Celtic festival known as Samhain, pronounced "sah-win." The festival was a celebration of the end of the harvest season celebrated by the Gaelic culture. The Gaelic culture believed October 31st marked the boundaries between the world of the living and the dead. They thought the dead would come back to haunt and cause sickness and damage to the remaining crops.

Bonfires were

made because the light attracted insects which attracted bats to the area. Costumes were worn to mimic the evil spirits. The holiday



has become popular in other places such as the United Kingdom, Ireland, Canada, some parts of Europe, and of course the United States. Ohio, Iowa, and Massachusetts refer to the night as Beggars Night.

The *jack-o'-lantern* has been around for many years and there has been many thoughts

on exactly how it came about. The term *jack-o'-lantern* was first applied to people rather than pumpkins. It meant a man with a lantern. Later it was referred to as mysterious lights over swamps. The cause of the light was from gases from decomposing plants being ignited by electricity or heat. People would tell stories about the lights which usually revolved around a man named Jack.

Jack would convince the devil to do a series of tricks over his life span. After his death, God would not allow him into heaven and the devil rejected him. Jack was given a single piece of coal from the devil to light his way through the night. Jack put the coal in a carved out pumpkin. These types of stories were the start of the *jack-o'-lantern* and helped Halloween become what it is today.

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- Coltin Danielson
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SPORTS AND YOUR FEET

By Paige Robertson

Athlete's foot or tinea pedis is a rash on the foot that is caused by fungus that grows on or in the top layer of skin. Athlete's foot is the most common fungal skin infection, and anyone can get it. Athlete's foot is given this particular name because usually athletes get it.

To identify athlete's foot, one can look for certain symptoms. Some symptoms are peeling, cracking, redness, itching, and burning. One will notice these symptoms appear between the toes, and near the toes.

Transmission of athlete's

foot can be very easy. Athlete's foot is usually transmitted through the floors of locker rooms, and swimming pool decks. It can spread to one's hands if he or she itches the infected area. The scratching provides an opening in the skin where the fungus can grow.

Treating athlete's foot is very easy. Usually athlete's foot can be treated at home with nonprescription antifungals. In some cases, it is so severe that prescriptions are given by doctors. Some prescriptions are put directly on the skin and others are taken by mouth.

Very simple steps can be taken to prevent athlete's foot. Wearing

shoes or flip flops while walking around pools, gyms, showers, and locker rooms can prevent one from picking up athlete's foot. The fungus may be on the floor. Keeping feet dry is important because fungus thrives in warm moist areas. Wearing shoes that breathe can also prevent fungus from growing.

Most athletes may contract athlete's foot because of their sweaty feet and moist shoes. It is very easy for athlete's foot to be treated, but it is also very easy to transmit. Taking simple measures can really help your busy feet in the long run.

THINK PINK

By Anistyn Young

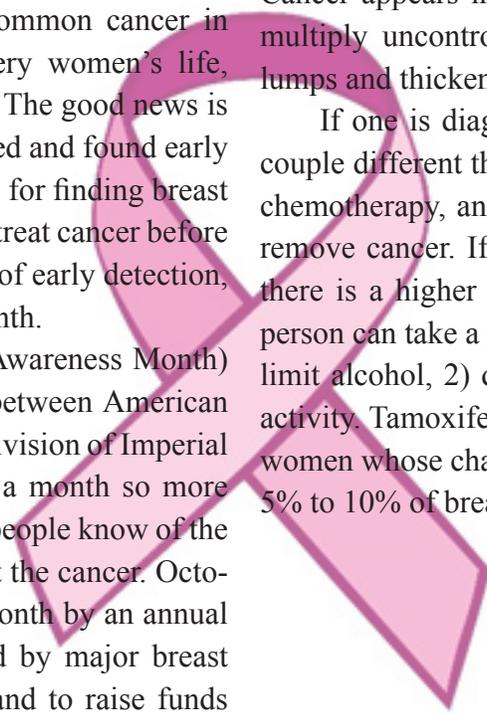
Breast cancer is the second most common cancer in women, and at some point in every woman's life, they have a possibility of getting cancer. The good news is women can survive breast cancer if treated and found early enough. A mammogram, a screening test for finding breast cancer, can help find the cancer and help treat cancer before it spreads. To emphasize the importance of early detection, October is Breast Cancer Awareness Month.

NBCAM (National Breast Cancer Awareness Month) was founded in 1985 as a partnership between American Cancer Society and the pharmaceutical division of Imperial Chemical Industries. Breast cancer has a month so more people grow aware of the disease. Most people know of the cancer but forget to have a plan to detect the cancer. October became Breast Cancer Awareness Month by an annual international health campaign organized by major breast cancer charities to increase awareness and to raise funds for research.

Breast cancer is the leading cause of death of women

between ages of 34-54. Men can also get breast cancer. Cancer appears in the body when cells grow rapidly and multiply uncontrollably. Symptoms of breast cancer are lumps and thickening in the breast tissue.

If one is diagnosed with breast cancer, one can do a couple different things to help remove the cancer. Surgery, chemotherapy, and radio therapy are all different ways to remove cancer. If the cancer is found in the early stages, there is a higher chance of the cancer being removed. A person can take a personal fight against breast cancer by 1) limit alcohol, 2) don't smoke, 3) weight loss, 4) physical activity. Tamoxifen and raloxifene are two medications for women whose chance of breast cancer is increasing. About 5% to 10% of breast cancer can be heredity.



FALLING BACK!

By Bailey Christoffersen

The concept of Daylight Savings Time has been around for thousands of years. It was first noticed being practiced by many ancient civilizations that would adjust their daily schedule according to the sun. However, the practice of Daylight Savings Time as we know it has only been in use for roughly 100 years. Daylight Savings Time, or DST, has been practiced in Europe as early as 1916 in Germany.

DST was introduced to the United States in 1918. A bill was signed by President Woodrow Wilson. The idea of bringing this concept to America was to support the war effort of World War I. Nonetheless, this first attempt at instilling DST in America only lasted a few months before it was repealed due to lack of participation. It wasn't until 1942 when Franklin D. Roosevelt inaugurated a year round DST.

From 1945 to 1966 there was widespread confusion throughout the United States because many trains, buses, and broadcasting industries were given the choice of when and if they would observe

DST. This confusion came to an end with the Uniform Time Act of 1966 which stated that DST would fall back an hour on the last Sunday of April and fall forward on the last Sunday of October.

Today Daylight Savings Time is used in



over seventy countries around the world. Every country observes this concept differently, however. In America today, courtesy of the Energy Policy Act of 2005, DST begins on the second Sunday in March and ends on the first Sunday in November. Daylight Savings is used everywhere in America with the exceptions of Hawaii and Arizona.

RED RIBBON WEEK

By Coltin Danielson

Red Ribbon Week has been around since 1988. It began after a Drug Enforcement Administration agent named Enrique “Kiki” Camarena was under cover investigating a drug cartel and was captured and tortured to death by the drug cartel in Mexico. Kiki was only 37 at the time. Shortly after Kiki’s death, Congressman Duncan Hunter, and Kiki’s high school friend, Henry Lozano, created the “Camarena Clubs” in Kiki’s hometown in Calexico, California.

Hundreds of club members pledged to be drug free for life in honor of Kiki. The first Red Ribbon Week celebration was at La Mirada and Norwalk, California in 1988 making Red Ribbon Week the oldest and largest drug prevention program.

This was coordinated by the National Family Partnership.

Mr. Taylor and student counsel, is in charge of Red Ribbon Week at Froid Public High School and have been in charge of giving out prizes and setting up signs throughout the school. They also helped set up dress up days for Red Ribbon Week: Monday’s Pajama Day – A Good Night’s Sleep Brings Good Decisions; Tuesday’s Halloween Day - We Wear Costumes and Scare Drugs Away; Wednesday’s Design a T-shirt Day - Redhawks are Drug Free! Go Redhawks!; Thursday’s Black and White Day - Redhawks Are Old School “Say No To Drugs”; and Friday’s Shades Day - Redhawks are to Cool for Drugs.

Red Ribbon Week runs through October 23rd to the 31st of October. This week is celebrated by business, schools, and many communities. More than 80 million people participate in the week long events each year. Red Ribbon Week helps educated individuals about the effects of drugs. By wearing a red ribbon it symbolizes zero tolerates for alcohol, drugs, tobacco, and helps people honor the man behind Red Ribbon Week, Enrique “Kiki” Camarena.



TIPPING OFF TO ANOTHER SEASON

By Bailey Christoffersen

On Thursday, October 15th, the junior high began yet another season of basketball. Led by returning Coach Lance Brekke, the boy's team has a total of thirteen boys out for this season, which includes sixth graders. Out of these thirteen players, five of the boys are from Froid. These five consist of Colt Miller, Jaxon Stangeland, Bode Miller, Bret Stentoft, and Javonne Nesbit. Colt's goal for the season is, "to make it to the final four, at least."

The boys are looking forward to a successful season. Coach Lance Brekke said, "Our goals for this year are to develop a more thorough understanding of basketball and to improve from week to week. My coaching philosophy for this age group is to push more fundamentals and to try to develop game concepts and strategies through controlled situations. I am always looking for new drills or ideas on how to develop this understanding, so each year is going to be altered a little bit."

Last Thursday the girl's team also began practice. Being led by Coach Andy Dethman, the girl's team had a total of eight players go out for basketball this year. Three of the girls are from

Froid. These three are Sidney Labatte, Sydney Dethman, and Delani Kintyhtt. "I'd like to win the Final Four," said Sidney Labatte. Both teams will have their first game on October 23 in Medicine Lake at 4:30 p.m. and 5:30 p.m.



SCHEDULE

Day	Date	Opponent	Site	Time
Thursday	Oct. 8	Practice Begins	Medicine Lake	4 p.m.
Friday	Oct. 23	Fairview	Lake	4:30 & 5:30 p.m.
Saturday	Oct. 24	Bainville	Bainville	9 & 10 a.m.
Tuesday	Oct. 27	Culbertson	Froid	4:30 & 5:30 p.m.
Friday	Nov. 6	Savage	Savage	4:30 & 5:30 p.m.
Saturday	Nov. 7	MonDak	Lake	9 & 10 a.m.
Friday	Nov. 13	Brockton	Froid	4:30 & 5:30 a.m.
Saturday	Nov. 14	Circle	Circle	10 & 11 a.m.
Friday	Nov. 20	Richey/Lambert	Lake	4 & 5 p.m.
Saturday	Nov. 21	Fairview	Fairview	10 & 11 a.m.
Friday	Dec. 4	Bainville	Froid	4:30 & 5:30 p.m.
Saturday	Dec. 5	Culbertson	Culbertson	10 & 11 a.m.
Saturday	Dec. 12	Savage	Froid	9 & 10 a.m.
Monday	Dec. 14	JH Girls North Tourney	Froid	4 p.m.
Monday	Dec. 14	JH Boys North Tourney	Lake	4 p.m.
Saturday	Dec. 19	Final Four Tourney	Fairview	TBA



SPEECH AND DRAMA STARTING UP

By Michael Eylander

This is the season for the Speech and Drama team to begin practicing. This year, Froid has four students participating in this interesting program with Mr. Cook as the advisor. Veronica Orcutt, Lexis Kintyhtt, Cassy Kintyhtt, Kellie Smith, Whitney Warner, Chris

Balikian, and Sapphire Baxter all began practicing on Monday, October 5th for their first meet. Cassandra Kintyhtt stated, "I participate in Speech and Drama because I just like entertaining people you know? It's really fun to do." As we witnessed last year, Cassandra is very talented

at Speech and Drama. She did a piece where she imitated a patient in a mental institution having a therapy session with her doctor and she was called "Crazy Chloe". We hope to see the same amount of enthusiasm that Cassy had for her skit, from the new members for their skits.

- November 15 Miles City
- November 22 Glasgow
- December 6 Wolf Point
- December 13 TBA
- December 22 Baker
- January 10 Malta
- January 17 Huntley
- January 23-24 Divisionals @ Plentywood
- January 30-31 State @ Ennis



BPA TRIP

By Anistyn Young

On Sunday, 11, five students traveled to Fairmont Hot Springs for a BPA leadership conference. The students that attended were Haley Labatte, Nicholas Eylander, Brock Damon, Cassandra Kintyhtt, and Veronica Orcutt. Four schools shared transportation to Fairmont.

After an 18 hour bus ride, students attended workshops on general BPA knowledge, the Torch Program, and BPA care. The Torch Program is a way to gain leadership services, corporation, friendship, knowledge, patriotism, and all together faith, hope, and love. BPA Care is a program for service awards in community service and a way to earn special awards throughout the season. Mrs. Wineinger stated that it was a fun trip and that it was very informative for both students

and advisors.

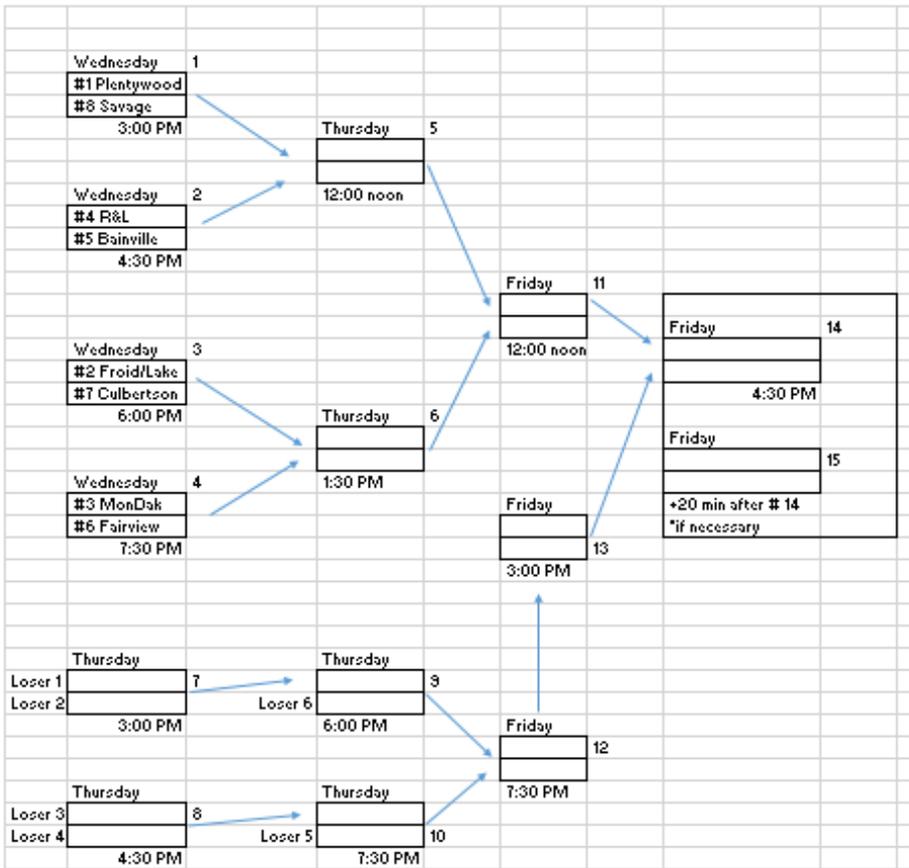
Veronica Orcutt, a junior, attended the conferences. She liked playing the games to help break the ice with other kids and had fun at the pool party. Veronica said that she saw a lot of kids from Speech and Drama and also kids from schools that she didn't know.

BPA competes against other schools that are in the same region as us. Some of the different topics that are offered in BPA, can help with the future. There is a category on interview skills. The interview skills will help future

job opportunities. Other categories will help with students and their choice of career. The conferences can help students gain points to help get them to national BPA without having to compete.



VOLLEYBALL TOURNAMENT



Districts Ticket Prices

- \$6/day for adults
- \$4/day for students

Volleyball District Dates

- October 28-Friday through October 30
- Volleyball Districts- at the Sidney high school in Sidney Mt.

PIZZA, PIZZA, PIZZA!

By Destiny Long

While many may not be aware, October is officially known as National Pizza Month. This holiday of sorts was first celebrated by Gerry Durnell in 1984. Durnell was the owner of a small pizza parlor in Santa Claus, Indiana, and founder of *Pizza Today* magazine. His first issue of *Pizza Today* was published in, conveniently, October and has flourished ever since.

The origin of pizza can be traced back to Naples, Italy at the first-known parlor, Antica Pizzeria, in 1738. This delicious food we know today had formerly been simply crust and sauce baked in a stone oven. It was, however, revolutionized by the addition of tomatoes, basil, and white mozzarella cheese, meant to represent the colors of the Italian flag. The name for this wonderful creation is margarita pizza, which is still enjoyed by many today. Unbeknownst, a majority of original pizza lovers were World War II soldiers returning home from war, bringing their hunger for pizza with them.

This delicious time of year has not only taken notice of in America but in Canada as well and some South American countries, such as Brazil. There are so many pizzerias in Brazil that an individual could eat pizza three times a day for the rest of their life and still never have eaten at every single pizza-offering restaurant. It has been noted that there are over 61,269 pizzerias in the United

States with Dominos, Papa Johns, and Pizza Hut being the largest pizza monopolies. Dominos delivery drivers are estimated to log in over four million miles of driving on Super Bowl Sunday this year.

Saturday nights have been labeled as the most popular evening for pizza in North America. Every single American has been recorded to eat an average of 45 slices of pizza per year, that being about 100 acres of the appealing delicacy, or 350 slices per second. Also, the largest pizza ever made was at Norwood Hypermarket in South Africa. It was an estimated 122 feet, 8 inches across, weighed 26,883 pounds, contained 3,968 pounds of cheese, and 1,984 pounds of sauce. Impressive! Take advantage National Pizza Month and support our local pizzerias in our surrounding areas.



FIRE PREVENTION

By: Michael Eylander

In Northeastern Montana, fires are very frequent and extremely dangerous. From grass fires to structure fires, 105 degree heat to 4 feet of snow on the ground, fires occur year round. October is national fire prevention month, the theme this year is "Ready, Get Set, Go!". People must acknowledge the threat that fires place in our community, they must take personal responsibility to make their homes fire-ready.

The most important fire-ready necessity is functioning smoke alarms. The National Fire Prevention Association (NFPA) states, "Smoke alarms save lives. If there is a fire in your home, smoke spreads fast and you need smoke alarms to give you time to get out. In fact, having a working smoke alarm cuts the chances of dying in a reported fire in half!" When it comes to smoke alarms, location is key. The NFPA also states, "...install smoke alarms in every bedroom, outside each separate sleeping area, and on every level of your home, including the basement. Larger homes may need more alarms."

Ready; Being fire-ready doesn't necessarily mean fire-proof, but it could still save loved ones and precious belongings. Many ranches and farms protect their land by creating fire-breaks on the outskirts of the property they are trying to protect. A fire-break is a strip or two of land that has been plowed up so that it is just dirt, as dirt is not flammable; and although it won't extinguish a fire, most of the time it will stop a fire in its tracks.

Being fire-ready also includes clearing dry or dead brush away from homes, and assembling emergency supplies in case the need to evacuate arises. Emergency fire evacuation supplies should include the following as well as anything else the preparer deems necessary: Water; at least one gallon, per person, per day

- Ready to eat foods and fluids
- Respirator masks for every member of the household
- Hand crank radio and/or a NOAA weather radio
- First Aid kit
- Flashlight

Get set; Situational awareness is the most important factor of being prepared in case of a fire. In order to call 911 to report a fire, the caller should know the exact location. Once reported, the dispatcher will state that it has already been reported, or that the fire department will be dispatched.

Go; If, God forbid, the need to evacuate arises, the members of the household must be ready to leave the majority of their belongings home. Without a plan for evacuating, the process could be chaotic and overwhelming. Plans should cover the following points:

- Plan places where the family will meet, for example, a neighbor, a specific tree or other landmark, etc.
- Leave early enough to avoid being trapped.
- Bring the emergency supply kit.
- Keep a full tank of gas if evacuation seems likely.

Children, in the event of a fire, listen to your parents and follow every direction they give you. Parents, create a fire plan with your family. Fire is a dangerous and destructive force, but planning what to do in the event of one with your family can save both lives and property.



ALL HALLOWS EVE

By Destiny Long

Every year, the gracious ladies of the Froid community put together various fundraisers and fun events for the children in the area. GIA, or Gals in Action, is full of mothers, grandmothers, and daughters alike that raise funds for the

youngsters to do things together like the annual Swim Bus and Easter egg hunt. One of their biggest fundraisers will be this Saturday actually, the annual Christmas Bazaar. They also raise money through donations and the Community Garage Sale.

These lovely

women will soon be putting together the latest affair of children's activities, the Halloween snack stop. It will be held in the Froid Community Center on October 31 from 4-7 PM. There will be hot chocolate, bologna finger sandwiches, and donuts for all those little trick-or-

treaters out there. It'll be a chance for the kiddos to stop and rest for a moment, get a little something warm in their tummy, and continue on into the night. Children don't have to be in costume, and family or friends from other towns are more than welcome to join.

WORD SEARCH

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

AUTUMN	BATS	BLACK
BLOOD	CANDY	CORN
COSTUMES	CREEPY	DEVIL
FALL	GHOST	HALLOWEEN
HAUNTED	HOUSE	OCTOBER
ORANGE	PUMPKIN	RYAH
SCARY	SKELETONS	SPIDER

SPOOKY TRICK-OR-TREAT

