



Froid Public Schools

# Hawk's Nest

September 2015

Volume 1 Issue 1

Froid, MT 59226

## WELCOMING NEW HIGH SCHOOL STUDENTS



By Paige Robertson

It's a new year in the Froid High School and that means we will be seeing some new faces. This year we are welcoming seven new students to the Froid Junior High and High School.

Jaxon Stangland came from Brockton. His mom, Mrs. Stangland, teaches the third grade here in Froid. Jaxon likes Froid but misses friends and teachers.

From Texas, Cesar Garcia Noguez enjoys the small school, and thinks Froid is better than Texas, and it is not as hot here. He plays football and is thinking on participating in basketball and track.

Mireya Rico is a senior in the Froid High School and comes from a neighboring

town, Grenora ND. Mireya is originally from California, but moved to Grenora in the seventh grade. She has a brother in the sophomore class named Joseph Rico, and a sister named Sara who also attends Froid School.

This year we are welcoming back a former student, Mackenzie Deathman. She is now a freshman; when she moved she was going into her seventh grade year. Mackenzie moved back from Billings because she missed the small school and the rest of her family.

The Froid School would like to happily welcome a foreign exchange student, Momori Nakamura. She comes all the way from Tokyo, Japan and lives with

Melanie and Brad Grainger. Momori misses a little taste of home, especially the rice. She became an exchange student because she wanted to get to know the American culture. Her first introduction to American culture was the vast openness of Montana and the feeling of emptiness. Even though it felt empty to her, she feels acceptance with the students because she knows everyone.

Vanessa Ramirez was not here to be interviewed, but the school welcomes her as well.

The Froid School welcomes all these new students. Hopefully they will have a very successful year, and hope they come to love and enjoy Froid just as much as we do.

## STAFF

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

## INSIDE THE ISSUE

WELCOMING NEW HIGH SCHOOL STUDENTS

NEW ELEMENTARY FACES

NEW STAFF

FOOTBALL SEASON ONCE AGAIN

ON YOUR MARKS, GET SET, CROSS COUNTRY

BUMP, SET, SPIKE TO VICTORY!

HOMECOMING 2015

PLENTYWOOD DROPPING TO 2-C

INTERESTING FACTS

AVOIDING CHILDHOOD HUNGER

CONGRATS MRS. SMITH (DUAL CREDIT MATH)

CROSSWORD PUZZLE

# NEW ELEMENTARY FACES

By Michael Eylander

Froid School is pleased to welcome several new students this year into our community! There are 17 new elementary and kindergarten faces in the halls this year!

Elementary is more than happy to welcome the Graduating Class of 2029! Eight brand new five year-olds are registered as Froid School students. Mrs. Taylor stated, "We've been working on the alphabet, counting from 0 to 5, greater than and less than, and fiction versus nonfiction. We've been busy!"

New students this year, with the exception of the majority of the kindergarten class, have come from far and wide, locally or across the world. Tristan Kister, from the fifth grade class is from Alamogordo, New Mexico. He and his family moved to Froid to be closer to family. He said, "...my favorite thing about Froid has to be that I'm allowed to play football next year!"

Jennifer Garcia-Noguez and her family moved to Froid from Princeton, Texas. That quite a drive. When asked about her new school, Jennifer smiled and stated, "I like it! It's a good school."

More new students have been added to elementary than junior high and high school combined.



# NEW STAFF

By Ryah Young

This school year Froid School hired three teachers. The first grade teacher, Angie Stuart, came from Centerville, Montana. Angie loves the friendliness of Froid, and how welcoming everyone was. While growing up, Angie did not want to become a teacher, but she changed her mind and grew to love teaching. Mrs. Stuart did her schooling at Western Governors. Angie decided to move to Froid for the opportunity of teaching. She moved here because Froid is a small community, and she likes the small communities.

LeeAnn Stangeland, the third grade teacher, came from Brockton, Montana. LeeAnn really likes the staff and students at Froid School. She especially likes how kind everyone is. When LeeAnn was growing up she did not want to be a teacher, but she started subbing and loved being in the school. LeeAnn decided to do her schooling online at Western Governors. When LeeAnn moved to Froid, she brought

two kids with her. Jaxon, who is in the 7<sup>th</sup> grade, and Milo, who is in the 3<sup>rd</sup> grade. When comparing Froid to Brockton, LeeAnn said that they are about the same, but Froid might be a little smaller.

Froid School has also welcomed a student teacher. Michael Reiter is doing his student teaching in the history room with Mrs. Parenteau. Michael is a former student from Froid School. He graduated in 2010. After high school, Michael attended MSU Northern in Havre, Montana. While going to college, Michael worked at Tire Rama. Since Michael was originally from Froid, he was familiar with the area. He absolutely loves the small town environment, and it was an obvious choice to finish in educational learning. He also said that there are great places in the world, but in his mind, he will take Froid.



# FOOTBALL SEASON ONCE AGAIN

By Coltin Danielson

“Mondak Thunder will be the biggest rival this year. A win would be a huge confidence booster for the team,”  
-Jacob Abar, Starting Wide Receiver

Coach Maczka announced, “Our main goal is to get better every game and to play the game the right way and also making the playoffs is a goal for every year.” “We have 4 captains: Taurean Baxter, Chantz Hove, J.D. Stratton, and Jared Tufton that can help guide this 13 player team in the right direction.”

Taurean Baxter tore his achilles tendon during a drill practice, and Jacob Abar suffered a broken finger in their last game vs. the Mondak Thunder.

This football team has suffered a couple setbacks, but still refuses to give up. “With much hard work and accepting Jacob and Taurean as part of the team still will help us become one big unit while staying positive,” Nicholas Strandlund freshman running back, receiver, and safety said.

Jacob Abar still believes that this young team can become a very big threat in 6 man football in the years to come. “We are still a young team adapting to the new 6 man rules, but we are learning a lot along the way.” This year’s team has lost their first three matchups against Jordan, Mondak, and Savage. They still have a few more games to help turn it around.

Playoffs including the state championship are decided by how the teams are seeded. The top seeded teams will have home field advantage throughout the playoffs. The playoffs are single elimination. In order to make playoffs, the team will have to win at least 3 games. The Redhawks will come up against some tough competition with the Terry Terriers. They could knock off some wins with the Ekalaka Bulldogs, Richey/Lambert Fusion, and Alexander Comets. The playoffs for high school football are October 31st through November 14th followed by the state championship on November 21st.

# ON YOUR MARKS, GET SET, CROSS COUNTRY

By Destiny Long

It has been many years since Froid and/or Medicine Lake have hosted a cross country team, and students were more than happy to go the distance...literally. With over thirty five graduating classes after Froid Public School stopped this sport, Mr. Duane Larsen, Activities Director, and Mr. Aaron Webster, now head coach, decided to kick it off again. This team is a co-op with Lake and has four high school and six elementary students thus far.

Tawnee Robertson, sophomore, was very eager to run. She said that she “has been waiting to do it for a while” and is striving to bring her competition time down to at least twenty-two minutes or less. “I love all of the swimming we do! Sometimes, I like the ab and core workouts we do, but the swimming has been the most fun,” she said.

“Running allows me to clear my mind,” said fellow runner, Bailey Christoffersen, senior. He feels that he can make it to state, with it being “an honor to make it to state in any sport, really.” Both runners would

love to see other generations pick up on the sport and keep it going.

Aaron Webster, acting as a cross country coach for the very first time, is excited to see the year progress. Webster says that he took the position because he always had fun while helping Mr. Ken Taylor, Froid School principal, in the previous years with track and field. “I’m really hoping to see all of the athletes get better, faster, and stronger. I can’t wait to see what other sports are going to be like for them after all of the conditioning.” Since this is the sport’s opening year, “of course there have been a couple bumps, but it’ll only go up from here!”

For those that may not know, cross country involves long-distance running, with the total race distance a smidge over three miles. Boys’ state cross country time for qualification is under thirty minutes and girls’ running time is under thirty five. The nearest upcoming meet is in Sidney on September 19, with course walk-thru at 9am and the first race at 10. We hope to see you there.



# BUMP, SET, SPIKE TO VICTORY!

By Anistyn Young

High school volleyball has started up again for the Lady Hawks, and the girls are expecting a victorious season. Senior, Ryah Young, is returning back to the court after tearing her ACL last season on the first game. The girls have started off the season with a bang already going 3-0 in the first weekend. The girls attended an invitational in Culbertson and made it to the semi-finals but lost a close one to the Bainville Bulldogs.

Ryah has set some goals for the season. Her goals are to work as a team, get out of districts, and also get some hardware. Ryah states that she likes her coaches because they are willing to help her fellow teammates, they know their team's volleyball tactics, and they are also easy to get along with. Ryah believes that there will be a lot of tough competition this season.

Assistant coach, Aaron Rudnegan, says that he enjoys coaching the Red Hawks. He states, "It's been a fairly seamless step learning this volleyball program." Out of this season he is expecting teamwork for all of the players and expects each player to push themselves to full capacity each game. Even though he has made a goal to make it to divisionals, he also wants to attend the state volleyball tournament in Bozeman. His main goal is to make it to state.

Head coach, Kiah Smith, had plenty to say on how she feels this season

will go. She is expecting to expand the knowledge of volleyball to the girls. "It's more than just getting the ball over the net. Every position possesses a special technique that I hope to teach every girl on the team," Coach Smith says. She has high hopes for the season because she says that she has a great group of girls that share the same passions for the sport that she loves. "We have the talent to make it very far, so I'm excited to see what this year brings to us," she states. Coach Smith says she loves coaching the Redhawks because she has a great group of girls who are willing and wanting to learn the sport at a higher level than just high school.

This season the girls had high hopes for having a junior varsity team, but when the first day of practice rolled by and only eleven girls had gone out, the girls were disappointed with the low number of girls. Coach Smith went in front of the Co-Op board to ask for eighth graders to be pulled up to junior varsity. Four eighth graders were pulled up to play, and the girls were satisfied to have a JV team. Coach Smith says that having the eighth graders will help improve the volleyball athletic program tremendously! Having a JV team also will help practices because the team will now be able to do drills that they couldn't do last season due to lack of players. The girls are looking forward to a great season.



# HOMECOMING 2015

By Ryah Young

Last weekend the Redhawks had their homecoming games. Friday night the Redhawks hosted the Fairview Warriors. The junior varsity had an intense game. The girls won the first two matches with the Warriors taking the next two matches. The fifth match was close, but the Redhawks pulled out the win.

The highlight of the evening was the varsity game. The girls really wanted to beat Fairview. "Fairview has been a great team in the past and beating them would be a great accomplishment," said Paige Robertson the Redhawks setter. The girls came ready to play and beat the Fairview Warriors in three matches. The Redhawks rocked the gym.

Saturday was the football boys turn to do work. Savage Warriors traveled up to

Medicine Lake to take on the Redhawks. The junior high team played at 10:30. The boys played tough but came short and ended up losing 18-6. The varsity boys were up next to play. Jacob Abar and Jordan Anderson had one goal going into the game and that was to score. Jacob and Jordan both achieved their goals, and they both ended up scoring. The boys fought hard but lost 70-14.

September 18 the volleyball girls will travel to Plentywood to take on the Wildcats with games beginning at 4:00 p.m. September 19 the girls will travel to Savage to take on the Warriors while the football boys will travel to Chinook with games beginning at 2:00 p.m.



# PLENTYWOOD DROPPING TO 2-C

By Coltin Danielson

For over 40 years, the Plentywood Wildcats were class B in extracurricular activities. “They have potential to match up well against 2-C teams this year,” Ryah Young volleyball and basketball starter for the Redhawks said.

Bailey Christoffersen, senior of Froid High School said, “Dropping to 2-C will take time for Plentywood to adjust. Not all teams have competed against them, and it will be interesting to see how other teams play against them as well.”

The Montana High School Association (MHS) made the

decision to drop Plentywood High School down to class C because their enrollment had dropped below 120 students for three straight years. MHS decided the best fit for Plentywood was to go to the district 2-C because the district was close and was an easier fit for an additional team.

The addition to the district also adds to a larger crowd at 2-C tournaments. With an already packed gymnasium and a stacked district this only adds to highly competitive sports. Adding Plentywood to the district tournament brackets will make and even 10 teams. Four teams in volleyball and five teams in basketball will advance to the

divisional tournament.

The district tournament will consist of the Culbertson Cowboys, Mondak Thunder, Richey/Lambert Fusion, Savage Warriors, Brockton Warriors, Circle Wildcats, Fairview Warriors, Plentywood Wildcats, Bainville Bulldogs, and the Froid/Medicine Lake Redhawks. This will leave only 3 spots for 6 teams in the 3-C district to fill.



## INTERESTING FACTS

By Anistyn Young



Ancient Egyptians shaved off their eyebrows to mourn the death of their cats.

A lion’s roar can be heard from five miles away.



On average, there are 333 squares of toilet paper on a roll.

The average person falls asleep in seven minutes.



Because of the Earth’s rotation, an object can be thrown farther if it is thrown west.

The average person spends six months of their life sitting at red lights.



Women manage the money and pay bills in 75% of all American households.

The pop you hear when you crack your knuckles is actually a bubble of gas burning.

You burn more calories sleeping than watching television.



Larry Lewis ran the 100-yard dash in 17.8 seconds in 1969, setting a new world’s record for runners in the 100-years-or-older class. He was 101



One-third of all cancers are sun related.

# AVOIDING CHILDHOOD HUNGER

By Bailey Christoffersen

America is viewed to many as a land of opportunity, so why are nearly 15.8 million kids going hungry? Although this number may seem high, it is very realistic as of 2013. While kids spend only part of their day in school, there is a program put in place that can give these kids up to two meals a day. Such a program is called the Free and Reduced-Priced School Meals. This is just one way the federal government is attempting to assist the issue of child hunger.

For those who don't know, the name of this program is quite self-explanatory. "It is a federal program that subsidizes meals at schools for kids who qualify," says Superintendent Felicia Kleven. Families can receive free or reduced pay for school lunches through the U.S. Department of Agriculture (USDA). The qualifications for this are based upon a family's size and income. However, such a program has its disadvantages. Due to using this program, the school is required to follow the lunch guidelines set by the government. In all though, this program proves to be very beneficial.

The qualifications for this program are simple. Any family that has children enrolled in school can apply. Children who are considered homeless, runaway, or migrant qualify for free meals. Children can also qualify based on household income. This information comes from the Free and Reduced Price Meal Application sent out by Froid Public School. Below is a chart for eligibility by income.

Federal Eligibility Income Chart for School Year 2015-16			
Household size	Yearly Income	Monthly Income	Weekly Income
1	21,775	1,815	419
2	29,471	2,456	567
3	37,167	3,098	715
4	44,863	3,739	863
5	52,559	4,380	1,011
6	60,255	5,022	1,159
7	67,951	5,663	1,307
8	75,647	6,304	1,455
Each additional Person:	7,696	642	148

Only one application has to be filled out per household. School lunches cost \$1.50. If families only qualify for reduced lunches they receive a \$.30 reduction in the school lunch price. It is never too late for families to qualify. Those families who don't qualify now can qualify at a later date. If families wish to still apply they may pick up an application in the office at the school.

## CONGRATS MRS. SMITH

By Michael Eylander

Our math teacher, Mrs. Smith, has recently graduated from Montana State University in Bozeman, Montana with her Masters degree in Mathematics. With this and approval from our administration, she decided to offer dual credit classes through Williston State College, but only to students who passed Algebra 2.

Dual credit is when a student can take one class, and gain both high school and college credits. "I plan on offering College Algebra. Second semester will be trigonometry, and depending on ACT scores, Statistics next year," says Mrs. Smith.

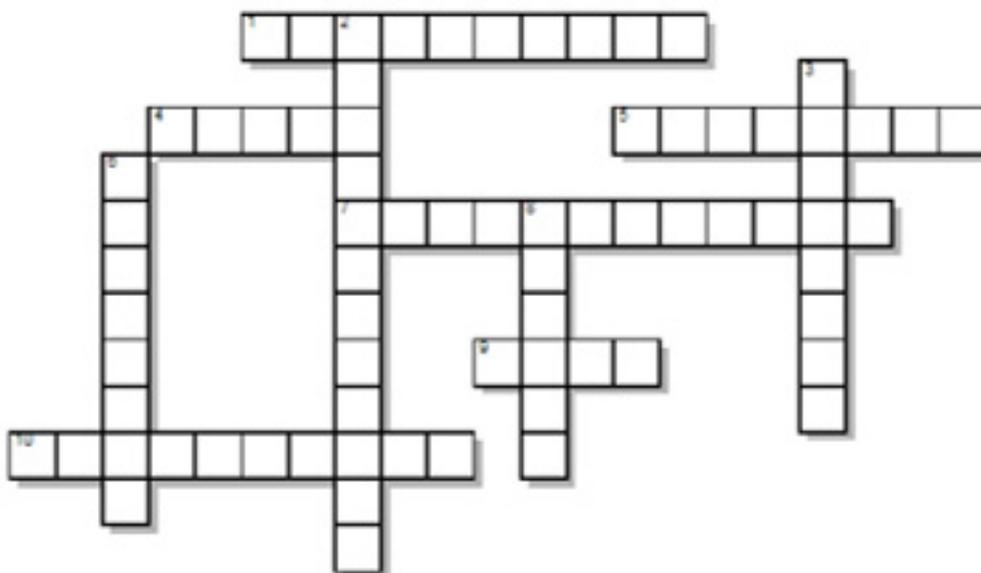
Destiny Long said that she took the dual credit class because she enjoys math and that she hopes she can test out of a few math classes once she gets to college. She also said, "The class will be very beneficial to us all; it helps us all prepare for college, and it shows us different teaching styles that we haven't experienced yet."



# CROSSWORD

## Fall and Sports Begin!

Your puzzle creator: Paige Robertson



### ACROSS

- 1 Bonfire, royalty, and parade.
- 4 Name of our town
- 5 Our team mascot.
- 7 Run 3.1 miles
- 9 Current season
- 10 Bump, set, spike

### DOWN

- 2 Town we are Co-oped with.
- 3 Town we are playing against for homecoming volleyball.
- 6 Tackle, Touchdown
- 8 Town we are playing against for homecoming football.