

Read this!

What's up AHS?!

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## New teacher exploring new territories

By Jerry Ruschmeier  
Staff Writer

Mr. Smith is the new geography and world cultures teacher, replacing Mr. Stifter, who moved to Dean of Students. Smith's first name is Sean. He was born May 18, 1987, attended Esko High School and graduated from St. Johns University. He applied to schools all around and Aitkin was the only school who responded so he took the job.

Smith says his inspiration was mainly just his like of social studies, although he did have his grandfather who inspired him by talking about things that have happened in the world. He also had a social studies teacher who was an inspiration to him. He really started getting into the idea of being a teacher his junior year in high school. After he started

college and began his student teacher program, it really made him realize that this was the job he wanted to do.

Smith said he really likes the small town of Aitkin and as long as the school wants him he doesn't plan on leaving. When asked what he thinks he can offer the students, he said being younger he feels he can have a better understanding and relation to what the students need and expect in a teacher.

Working at Aitkin High School is Mr. Smith's first teaching job. Mr. Smith is also one of Aitkin's new football coaches. He likes spending his free time hunting, fishing, and watching and coaching sports. Also, since college has ended, his friends have all moved around and he enjoys going out and seeing them.



Mr. Smith works with his students in the second floor computer lab.

## Tough lessons can be learned and taught in the sport of hunting

By Tom LaLond  
Staff Writer

Bow hunting becomes apart of you the first time you sit out in the woods and see that first animal. The rush of your adrenaline enriched blood surging through your body and making impossible for you to sit still. Knees weak and chattering together you try with all your might to sit patiently until your prey moves into the kill zone but each second felt as though it was a week. Those few seconds that you have to sit there and watch that animal move into range are the most excruciating seconds of your life. It is all worth it in the end no matter if you harvest the animal or cant do anything more

then watch it slip out of range with the same stealth and majestic movements as when it came into sight. No matter what you become apart of nature whenever you step inside their element.

There can be many exciting and happy celebrations while you are bow hunting but as I have experienced there are many unhappy, unsuccessful, moments that even in the downfall of a plan you can learn many more irreplaceable lessons. My little brother Isaac was 11 when he felt the surge of adrenaline through his body, he was "hunting rabbits" and this was one of his very close set-ups and he was able to draw and release an arrow that looked like it was

well on its way to hit its mark, but it grazed the rabbits rump and like any other hunter he was pumped to see that blood and hair on that arrow he thought that rabbit was his. I however knew that he made a poor shot and I thought I was doing the right thing by telling him not to get excited and that he should feel bad but I realized after my dad had talked to me about it that I was doing the worst most un helpful thing I could have done in that situation. He needed that feel of that rush. In any hobby or activity that your child, friend, or even parent are participating in you have to focus on that positive things and use the negative criticism wisely. Build them up not down.

# Seeking help for those who need it

Estevan Cortinas  
Staff Writer

AADA (Advocates Against Domestic Abuse) is a non-profit organization established in 1981. It is dedicated to victims of domestic abuse and their children. The Advocates offer support to about an average of 30 women and their children a month. Domestic abuse is not ok it is time to seek help for those who need it.

AADA offers support to victims, 24 hour crisis intervention, oversees emergency shelter and transitional housing, and provides emergency cell phones, etc... There are many types of abuse and it affects people of all ages. The people who are mostly affected are young adults like you or me.

We are at greatest risk of emotional problems because of fear and insecurity. Having to carry the burden of the families abuse problems a secret from everyone else. There is a three stage cycle of violence: the honey moon stage, the tension building stage, and the violent. The cycle needs to come to an end and the only way to do that is through education of all the harm that it causes.

AADA helps those in need and try to stop domestic abuse. It is wrong and no one should have to go through the pain and suffering of it. AADA lets you know that there is always another option and that domestic abuse is not ok.



## A taste of Mexico comes to Aitkin's Spanish club

By Tom LaLond  
Staff Writer

With the enormous size of the world its hard to get a feel of every country and it's culture, but with the help of Ms. Boerhave and the Spanish Club, Aitkin High School will get a little taste of Latin-America and everything it offers. There will be many events that the Spanish Club will be putting on this year to give us an inside look, and a better feel for the Latin-American culture.

The official kick-off to the start of the Spanish Club will be the meeting held on Friday, October 23, 2009 in the Spanish room 312. Senora Boerhave noted that the club is open for anyone that wants to join and be a part of something very important, "every meeting

is like a little party we have cookies, drinks, and you get to talk with lots of other people, and learn about another culture," says Senora.

Every event that the club will do this year will help raise awareness for the Latin culture, such as Hispanic Heritage month, Day of the Dead, and Mothers Day. Cinco de Mayo is one of the most famous Hispanic celebrations, and Spanish Club will put on a great dinner that night. All the food that will be served will be from a South American country like salad from Chile, and other meals from Honduras, and Mexico. The group will take a trip to El Tequila in Brainerd, also three piñatas will be given away, along with a \$300 scholarship for a student that plans



The Spanish Club getting ready to celebrate Day of the Dead

on continuing their Hispanic learning through college. There will be an altar competition for the two Spanish classes and the

one with the best one will get to go with their class to Dairy Queen, compliments of Senora Boerhave.

## Seniors should get dibs on sports captains

Shelby Kokesh  
Staff Writer

On all Sports teams there are captains, usually they are seniors on varsity. Have you ever wondered how coaches pick them? Is it by leadership, or by popularity or if they are their favorite?

I think that only seniors should be captains unless there is only one senior. Its their senior year and its their time to shine, a junior, a sophomore or even a freshmen will

have their time to shine when they are seniors.

Some say that a athlete that isn't a senior works harder or has a better attitude deserves to get a captain spot, yes maybe, but if they are that good they will stick with the sport and their senior year they can be a captain. Someone who works hard, has a great attitude, treats people with respect, and can take the role of leadership deserves the captain spot.



Andrew Welshons and Sam Johnson, two of Aitkin's captains in action.

## School activities need more student planning to happen

By Josh Belisle  
Staff Writer

Aitkin High School; not many things happen at our school, occasionally we will get a school concert or maybe a football game. All throughout the year we get pep fests but some ask the question, are we not getting as many pep fests as we should be? Mr. Stifter, Dean of Students, says it is up to the student council to plan and coordinate these pep fests. He also says

that he likes them if the student body will participate appropriately, so if you want to have a pep fest just ask a student council member.

Many student as well ask why do we have the food/candy vending machines if they are going to be off all day? The reason many schools do not allow vending machines is because of how many calories and how much fat are actually in the snacks. Some parents don't want their kids to eat

unhealthy so the school chose to shut them down. I asked Mr. Stifter how he felt about the vending machines and how they are shut down and he says if he had the choice on whether or not to turn them on during lunch he would turn them on only if they had some healthy food or sandwiches. I guess I can't really say much but if you want to have some Doritos, Tostitos, munchies, or candy go buy them from a gas station before school.

### Opinion Poll

If you could change anything in our school, what would it be? why?



**Chelsea Paulson**

Dress Code: She would like to wear some of her favorite tank tops and spaghetti strap dresses.



**Heidi Klingelhofer**

Being able to go to the lockers: it's not enough time to get our things after lunch and before fifth hour.

**Brittany Hannah**

The time we start: She thinks we should start later so then people get to school on time.



# The Grand Buffet, Taste of Greatness

By: Estevan Cortinas  
Staff Writer

The Grand Buffet in Grand Rapids, Minnesota is something to be really talking about because it makes you want to explore your taste buds delicious side. The Grand Buffets is a Chinese restaurant where you can have as much as you like and pay a cheap price. It gives your stomach the best fill and will have it thanking you for one of the best meals it has ever had. If you are looking for a good meal then don't go to the grand buffet, because it's not good, it is great. The buffet brings a little bit of China to your mouth which will send sensations through your entire body.

This restaurant is very realistic and seems like you are actually in china. The people that work there are very polite and get things done quickly. Their food has a variety and ranges from a world wide variety of foods . stretching from china to America, but is mostly Chinese. When you go there you are in a very friendly environment but make sure you are fast when you go for seconds because if you leave a plate they will grab it for you.

This place is great so my final verdict is two thumbs up. Next time you go to Grand Rapids make sure to stop by the Grand Buffet because no matter what ethnicity you are, you will always get a taste of greatness.



# Aitkin High should consider fielding a soccer team

By Gabriela Maqueda  
Staff Writer

Last year there were many students that enjoyed playing soccer after their lunch, which was 45 minutes long and students had time to go to the gym. Lunch time was the time to have fun and play soccer. I have had this idea since 7<sup>th</sup> grade; we should really have a soccer team! I know that there would be a lot of students that would join the soccer team, last year there were about ten students willing to join along with most of the foreign exchange students.

Soccer is the most popular sport in the world, besides America. Not only is it the most popular, but it's fun and it keeps you in shape. If there was a soccer team, many students at AHS could

benefit. They could play in a sport that interests them and would result in more physical activity among teen. Making soccer a fall sport would add more mixing of genders into a sport. As of now, the only sport AHS that mixes genders is track and field. Having a soccer team would benefit the students, as they work together as a team with both boys and girls.

If we would ever get a soccer team in our school, everybody would benefit from it, and it would be another choice for students. It would keep the students busy and out of trouble. I certainly suggest the authorities in our school to consider the possibility of including soccer as a fall sport.



# Gobbler Duo Battle at State

By Tom LaLond

Staff Writer

Cindy Walz may be known by some as just another coach for Aitkin High School. But for the players she coaches, she is a bit of a magician. Ten years ago when she took on head coaching the varsity tennis team, the team hadn't won a match. With all her hard work and dedication she has put into the squad, she is starting to see the girls give it back. During the last two seasons the team has had just three losses, and this season finished with a final record of 16-3, making a pretty good show.

Walz says that the past seasons have been great with many positive things for the team: They have depth, hard working girls, and everybody contributing. The toughest part of the season for this year was their hard fought battle against Virginia. Cindy's most memorable moments this season was being runner-up for Section 7A, and also crushing Pequot Lakes, after they were talking smack all season about how they were going to kill our girls.

The girls "just stepped up to the plate," this season, said coach Walz. Nicole Beneke was one of the girls that really stepped up this season. Nicole worked hard all summer improving her game enough to go from playing No. 3 singles to playing No. 1 singles. Allie Carlson has been a



Kaitlyn Davies and Allie Carlson played in the state tournament Thursday.

dominating force the past four seasons she has been playing on varsity, collecting a total of 92 wins, but with her ace doubles partner gone she needed someone who could fill those shoes and Kaitlyn Davies was that girl. Kaitlyn worked hard all summer like all the other girls and wanted a chance at the state tournament, so she teamed up with Allie and they were dominate with a record of 27-5. Because of all their hard work, those girls headed to the state tournament in Minneapolis on Thurs-

day.

"The coaches enjoyed this season immensely," said Walz. The girls were all dedicated, hard workers, and a lot of team bonding went on this season. The squad will miss its four stellar seniors, Nicole Beneke, Elizabeth Mattson, Hannah Spicer, and Allie Carlson, but next season looks just as promising as this season was. They will have a lot of depth, and many of the same hard working girls will be returning.

## Aitkin Volleyball has a rough yet solid season



By Quinn Cummings  
Staff Writer

The Aitkin Gobblers volleyball year is winding down, with their last regular season game been played on Friday the 23<sup>rd</sup>. Even though they lost to Onamia, their pride still remained on the court. The girls started, and ended sections on Wednesday the 28<sup>th</sup> against Esko.

The strong Esko team is ranked first in the sections, and Aitkin is ranked last. When the girls were on the court they played and left it all out on the floor but it was still too much for our Gobblers while Esko pulled away and defeated

the Gobblers, you could tell the girls really love the game with how they were laughing and just having fun playing.

The Gobblers finished the regular season with a record of 2-11, even though its not the most impressive record doesn't mean that they didn't play their hearts out. "Its been a little rocky this season," says Alyssa Haugly, but there is always the following year for improvement of the underclassmen. As we say goodbye to the seniors on the team next year holds a new opportunity for the Gobbler Girls to go out and dominate!

# Welshons is the quarterback who can

By Estevan Cortinas  
Staff Writer

Andrew Welshons is the Aitkin Gobbler Quarterback and athlete of the week. Welshons has always played quarterback but might have a change of position when he continues this sport into college. Welshons said, "I plan on pursuing this sport into college but not as a quarterback, but as a running back." As a quarterback he shows us mostly his speed and his strength because he does not have much of a throwing arm. He gets the respect he deserves as a team leader and captain and will always get on your case if you are not doing something right. Andrew never eats before a game because he does not want to throw up. With

nerves before the game he waits for his adrenaline to kick in and then he is like a crunch wrap supreme, good to go.

Andrew considers himself a vocal type of person and stands out from others on the team. Coach Scott Miller said, "He understands the game and is very intelligent and the hardest hitter for a high school student I've ever seen." I asked Coach Miller why he didn't play Andrew as a running back and he said, "Because of his leadership, he seemed to be the perfect fit." Off the field he is just another student. Andrew said, "I live my life one day at a time, I don't even know what I'm doing tomorrow." Keep on doing what you are doing and congratulations, Andrew Welshons.



## Hoge Serves up Good Sportsmanship

By Brian Johnson  
Staff Writer

"Kristy Hoge is dedicated and always makes the team feel good," said Abby Nelson, right hitter on the Aitkin volley ball team. Kristy plays left and right hitter for the team. She has 89/108 successful serves, 22 aces, 58 digs, 25 kills, 5 block assists and 4 set assists for the 2009 season.

Before a game Kristy likes to head to Subway and get a six inch chicken bacon ranch. What she likes about volleyball the most is "Just

bein' with my girls. The beginning of the season is always rough but we end up being like a big family in the end."

The volley ball players all had something good to say about Kristy. "She doesn't just let balls or our team's attitude drop, and scares the other team with her wicked serves," says Nelson. Kristy says she gets pumped up when the team does cheers in the locker room like "the gobbler beat". Kristy is an awesome player and always goes into a game with a good attitude.

## Gobbler Football team fights hard but falls

Spencer Nutting  
Staff Writer

A hard season finally came to an end for the Gobbler football team. With a record of 2-7, the Gobbler football team has had a hard fought season but there still are the players that stood out from the rest this season such as Andrew Welshons, Sam Johnson, and Andy Nyberg.

Andrew Welshons lead the Gobblers throwing long passes or running it up the middle himself. He was a big part of the defense as a key linebacker too. Sam Johnson was an animal once again as the starting halfback for the offense, up the middle, around the edge

or even through the air; it was hard to stop this Gobbler star. Sam also stood out on defense as a linebacker. Andy Nyberg, captain, was offense and defensive tackle and always plays 100 percent, practice or game. A good role model with a great attitude for the younger kids on the team, Nyberg isn't done with his football career yet.

It seemed the team could move the ball well and defend well but luck was never on their side. We can learn from our mistakes and come out with a fresh start next season.



## Flicka, great for horse lovers

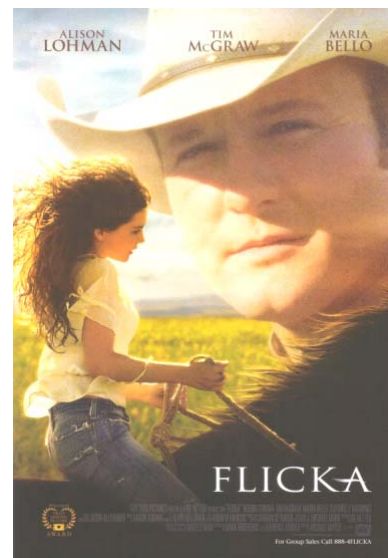
By Desirrae Merrell  
Staff Writer

The number one movie I have seen was the movie *Flicka*. The acting was great, the setting was good, and the movie reminded me a little about dreams. Some main characters are; Tim McGraw (Dad), Marla Bello (mom), Alison Lohman (Katy-Daughter) and Ryan Kwanten (Howard-Brother). The title of the movie comes from Katy naming a horse Flicka.

*Flicka* is about Katy who wants the family's ranch, but there is only one problem: her dad won't give it to her. One night she goes out and finds a wild mustang. She does everything to convince her dad into letting her keep it, but he refuses.

Before he gets rid of the mustang, he tells her not to even think about the horse, but in the middle of the night, she goes out and she starts training the horse. At the end, Katy enters in a wild horse race so she can pick Flicka and win her. Finally, her dad stops and thinks and realizes that Katy's brother Howard doesn't want the ranch, and lets Katy have it.

The main plot in this movie is that Katy claims a wild horse as her own, trying to prove to her father that some day she will be able to run the family's ranch. I think that people should watch it if they are interested in horse stories. If you don't like horses at all, then you shouldn't watch it or



Flicka Poster

## Have you ever heard of The Bear Jew?

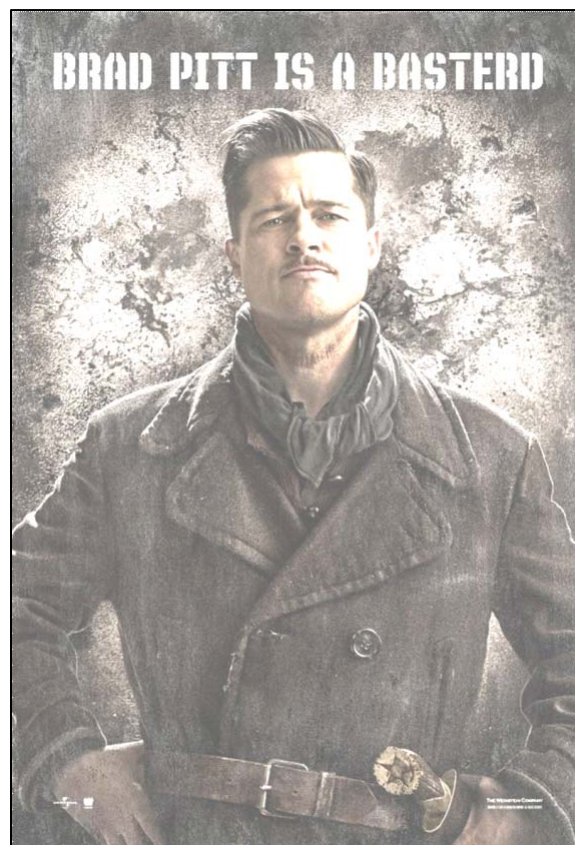
By Brian Johnson  
Staff Writer

*Inglourious Basterds*: a movie I'd watch over and over. The movie begins in 1941 when Colonel Hans Landa of the SS (aka "The Jew Hunter") is investigating a house suspected of hiding Jews. He is successful in his investigation and kills all of the Jewish Dreyfus family except for teenage Shosanna whom he lets escape.

We are then introduced to Lt. Aldo Raine (aka Aldo the Apache (Brad Pitt)) and his team of "Basterds," some of which include Staff Sgt. Donny Donowitz (aka The Bear Jew), PFC Smithson Utivich (aka The Little Man) and Hugo Stiglitz (a psychopathic ex-Nazi who murdered 13 SS Gestapo majors before joining the "Basterds"). The "Basterds" parachuted into France prior to the Normandy invasion to kill as many Germans of the Third Reich as possible. They savagely kill and scalp their victims but they always let one go to tell the story after carving a swastika on his forehead so he'll always be known as a Nazi after the war.

We then go back to Shosanna four years after she escaped. She now runs and owns her own cinema under a new identity. She soon finds out that a Nazi propaganda film will be shown at her theater which many Nazi officers, including Hitler, will be attending. She decides that that night she will burn down the cinema with all the Nazi's locked inside to get revenge for her family. The "Basterds" also hear of this showing and plan to blow up the theater that night also.

I think *Inglourious Basterds* is a great movie. Brad Pitt and all the actors do a great job of playing their characters. The clothes they wear look historically accurate also. Of course the actual story isn't true but I think if World War II actually went down that way I think it would have ripped pretty hard. If anyone wants to see a funny movie that's action packed then they should go see *Inglourious Basterds*.



Inglourious basterds poster

# Up the Funds for the Upper Room

By Casey Edwards  
Staff Writer

On Friday, Nov. 6, a benefit concert will be held in the high school auditorium. The doors open at 5:00, and the cost is \$6.

The concert is being held to raise money for the Upper Room, a youth center in Brainerd. The Upper Room is currently in a financial struggle to stay open, so all proceeds from the concert will be donated to that facility.

Seniors Emilee White and Lena Montano have put a lot of hard work and planning into this concert for their community service project in Mr. Miller's Civics class. When asked what she had to say about the concert, Emilee said "This concert is going to be super fun to put on and also to watch. We have light shows during the bands' performances, and also a special something at the end – you'll have to be there to see!"

Anyone and everyone is more than welcome to attend and support the Upper Room and have an awesome time!"

The bands playing in the concert include Dead on the Dance floor, For the Lifeless, Brother's Loyalty, Bleeding Skyline, and IDK Virginia, with Aitkin's very own band, Picnic on the Pyre headlining. This is sure to be a fun concert, and all proceeds go to a great cause. So come to the high school auditorium on Nov. 6 to help up the funds for the Upper Room!



## Vic's Viddles

### First week in November

2nd	3rd	4th	5th	6th
SAUSAGE GRAVY	EGG BISCUIT OR	SAUSAGE POCKET	MUFFIN	BISMARCK
BISCUIT	CEREAL & YOGURT	CEREAL	CEREAL	CEREAL
OR CEREAL	MILK & JUICE	MILK & JUICE	MILK & JUICE	MILK & JUICE
MILK & JUICE	-----	-----	-----	-----
-----	CORN DOG	CHILI	CHICKEN PATTY	PIZZA
HONEY BBQ BITES	MAC & CHEESE	BREADSTICK	TATOR TRIES	CORN
MASHED POTATOES	PEAS	VEG / DIP	GREEN BEANS	FRESH FRUIT
COLE SLAW	MANDARIN ORANGES	BANANA	FRUIT	SHERBET
DINNER ROLL	APPLE CRISP	COOKIE		