

Read this!

What's up AHS?!

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Mr. Stifter: Familiar face, new position



Mr. Stifter seems at home in his office.

By Tom LaLond
Staff Writer

Calm, no surprises, and old school, school day are some words that can be used to explain the start of the 2009-2010 school year, according to Dean of Students/Activities Director Mr. Stifter. The new Dean enjoys the days “when students are students and teachers can teach.” It makes everything run a lot smoother.

When the job first opened up at the end of last year, Mr. Stifter applied right away and was given the job, but he hasn’t always wanted this position. Fellow teachers and family started telling him that he should try for the position if it ever became available, he on the other hand wanted no part of it until about three years ago when he started working on his Administrative license. The position did eventually open up after Mr. Carlson denied a chance at a second year. Mr. Stifter enjoys his new position a lot because “every day is different,” and with being the Dean of Students and Activities Director, he is always busy and likes the added responsibility of the job. He also likes the ability to change, and to have more of a say in the school and the things that affect the school.

Stifter continued on page 7

BPA getting fired up to start off a whole new year

By Quinn Cummings
Staff Writer

Most of us have heard of BPA, but do we really know what it’s all about? BPA stands for Business Professionals of America, and is an organization that works on strengthening the skills involved with business related careers, and exposes students to many different business type career fields.

In order to be involved in BPA, students that are interested fill out an appli-

cation stating reasons that they’d be useful to the group, then the leaders of the group go through them and select the appropriate applications. People may think: How can you compete in business? To find this out I had spoken to Mr. Scruton, the organizer and leader of the BPA group in Aitkin. He said its more than just competing in business, students are asked to select four out of 60 categories to work on and eventually present individually. These categories in-

clude everything from accounting to interviewing skills, and students are required to practice their skill for at least two hours a week so they can be ready for the regional competition in Grand Rapids. BPA takes a lot of individual prep and self discipline to accomplish what’s needed to make the team strong. It’s a very worth while experience that could come in useful in your near future.

Give blood and save a life

By: Shelby Kokesh
Staff writer

Save a life, donate blood! Shelby Kokesh is setting up an American Red Cross blood drive for the students of Aitkin High School to participate in. The drive will be held Nov. 18 from 8:00 a.m. – 1:45 p.m. in the old gym. In order to participate, donors must be at least 16 years of age. After donating a gallon of blood, donors are given a pin in appreciation for participating. Snacks are provided to help donors get their blood sugar going to make some more blood.

In order to give blood, students will need to register themselves with Shelby, if students are 16 they will need a parent signature. A photo ID will also be needed.

Before donating blood it is suggested to get a good night's sleep, eat a good breakfast, drink lots of healthy liquids (no tea, coffee, or any caffeinated beverages), eat iron rich foods, and avoid eating any fatty foods. It is helpful to wear shirts that can be raised above the elbow and to show any veins that have been used in the past.



Cindy, the face of AHS

"To make the best of things."

By Jerry Ruschmeier

Staff Writer

Cynthia Ann Christensen, or Cindy as most of us know her, is a bit more than everyone sees. Cindy was born July 20, 1956 in Aitkin hospital. She lived her first four years in the cities and then she moved back and lived in the Glen area. After graduating from Aitkin, Cindy went to Brainerd Beauty College Cosmetology School. During high school she worked as a sales person at a record TV shop; since then she has worked as a chef, waitress, beautician, and is now working as one of AHS' paraprofessionals.

Cindy is the oldest child of four; she has one sister and three brothers. She has two kids of her own, Jamie and Matt. Jamie is 23, lives in Iowa and is going to be married in June. Matt is 20 and is now in his second year of college.

In her free time Cindy likes to read, take care of her 10 horses, and visit with her family and friends. Cindy also enjoys working around kids, spending time in the mountains, and following wrestling. Cindy said one of the scariest things she had done is ride the rides at Disney World; "I figured if the kids could do it, I should be able to," she said.

Some of the more fun and memorable things Cindy has done was to take her grandmother and her grandmother's sisters to Norway in 1991. She has been to Mexico twice and has gone on three long motorcycle trips. Last but not least was going to the state wrestling matches to watch Matt, twice. When asked what her perspective on life was, Cindy said, "To make the best of things."



Mad Scientist = Awesome Teacher

By Estevan Cortinas
Staff Writer

Walking into room 313 you will see some what of a mad scientist but also a teacher that cares for her students. Deb Smith (Mrs. Smith) has been teaching at Aitkin for only five years but has connected and shown great care for her students. Most students come into Science or Chemistry at the beginning of the year not knowing what to expect from this teacher but one thing they can expect is that there will be plenty of new experiences, especially with such an adventurous teacher.

Mrs. Smith is originally from South Minneapolis and graduated from the University of Minnesota-Duluth with a Bachelor degree for Science and Chemistry in 1996. After college she moved to Japan for three years. She then moved back to the United States and became a Chemist. She has had two other teaching jobs prior to

Aitkin: one at Duluth Community Ed and the other at St. Scholastica. Mrs. Smith got a job at Aitkin in 2005 making it the only small town she has ever lived in.

Mrs. Smith said, "I teach life lessons to my students and give hope to those who live in a bad life cycle."

But she also offers more than just that. Mrs. Smith also offers a Chicago Trip for her past and present chemistry students. She raises money every year by selling water and treats to students. As a teacher Mrs. Smith said, "My classes help students get to know themselves and make learning easy and fun."

Her favorite lab is the molar volume of a gas and the one she has the most fun with is blowing up a can. Mrs. Smith said "I love teenagers and if I could describe myself as an element it would be oxygen because I can be very reactive and sometimes negative but everybody needs



Mrs. Smith the Mad Scientist
me."

Mrs. Smith says so far she enjoys being here but most of all she loves her Chemistry classes so Aitkin can expect her for many more years to come.

New Janitor for AHS has a unique background to share

By Gabriela Maqueda
Staff Writer

Rich Courtemanche is one of our new custodians at Aitkin High School. He enjoys his job but sometimes he may not like it as much. Rich is originally from Rhode Island and has lived in many parts of the country, he has lived in Niger, Africa. He worked there for the government as a Forester.

Not only he is a custodian in our school but he has many other educational backgrounds such as bachelor's Science degree, Master Science in wetland and he is also working on a similar degree involving science. He has also worked as a custodian in one of the banks in Aitkin, a church and

the court house.

Most of the times when you see Rich in the hallways he is usually smiling and saying hello to people. He seems happy all the time. He said, "I love my job, it's a stress free-job." The worst thing about his job is the "disgusting spitting on the floors," gum on the floor and the trash cans. The best thing is talking to kids and being around them. Rich is an outdoors person. He enjoys camping, canoeing, and he just started playing the stand up bass. He plays with his family, and all of his kids and his wife play an instrument. He also loves cooking. He said, "the spicier the better." The best thing he likes to cook is ethnic foods.



Rich Courtemanche the new Janitor

Mike is a very happy custodian who loves his job, cooking, and being around kids, so when you see him in the hallways say "hi" if he doesn't say hi first.

Where do you see yourself in 10 years?



Alexis Brush: "Probably working in my own home with a couple of kids."



Brittany Hannah: "I can see my self getting married, going to college and starting a family."



Chelsea Paulson: "In California with a mansion and a surfer dude."



Emily Dinger: "Living in a house in town with a cat."



Jessica Siegford: "Working in a hospital as a technician."



Lena Montano: "Hopefully working for an interior design company."

Online Classes: More fun Than Regular School?

Shelby Kokesh
Staff Writer

Have you ever thought of taking an online class, but didn't know how to go about doing it? Joe White, a student from Aitkin who decided to take online classes said, "It's different from everyday school, it's fast-paced learning."

Joe thinks that it's more advanced, you learn more, and for him, it's more interesting than school. Some downfalls are that it can be confusing, it's hard not having a

teacher there to help you, there are a lot of writing assignments, and it's easier to procrastinate and put off doing your homework.

To get your assignment you go to a bulletin board and the teacher has it posted there, you do the assignment and when you're done with it you can either post on the board again or email it to the teacher. Students take the online classes for many reasons: Maybe the school doesn't have that particular class, or it's needed for a college credit, and it frees up a lot of time in your

schedule. If students have missed a lot of school because they have been sick, they have the chance to take an online class and not have to fail. If students taking online classes have questions, there is a discussion room, kind of like a chat room, where they can talk to the teacher or other students. Online classes are very helpful for some students and I believe that it is a very good idea to have online classes.

Tennis Duo ends at State

Tom LaLond
Staff Writer

With the changing of the seasons comes the changing of the sport seasons, and with that the athletes that made it to state competed. Allie Carlson and Kaitlyn Davies made it for No. 1 doubles. The duo in the first round, competed against Amber Washington and Katie Rouche who have won state since 7th grade. Our girls took one game from them but still

couldn't pull it out. The second round they took on the duo from Benson, Allie and Kaitlyn must have used up all their game in the first round because in this game according to Allie they were just making too many mistakes and the Benson girls were not. State was great says Allie "it was really fun to watch all the players who have personal tutors." The Turkey mascot came down with the girls

and everybody loved it and wanted their picture taken with it, and every Aitkin supporter wore their shirt with Allie and Kaitlyn's faces on them.

"The season was really good," says Allie Carlson a lot of people crossed Aitkin out because of the seniors that graduated last season were major contributors to the wins they got, but the hard working girls

showed everybody that Aitkin is a force to be reckoned with.

Allie plans on going to school for pre-med, she is still looking for the right school and still deciding whether or not she will play tennis during college, and Kaitlyn still has a year to think about what she will do so no rush for her, but she did say that she doesn't plan on playing tennis for a college.

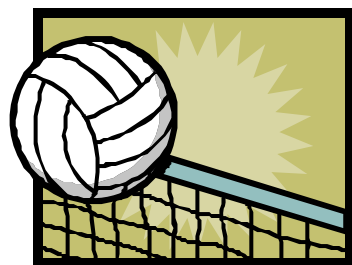
Volleyball puts it away till next year

Quinn Cummings
Staff writer

Our girls fought hard throughout the season with a final record of 2-11 not counting the tourney games they had won. Their first win was against Isle, they won all three games in a row, quickly shutting down

the Huskies. The gobblers second win was also against the Huskies. Unfortunately the last game played for Aitkin was against Esko in the starting of sections, Esko pulled through and went on to play Crosby. Some of Aitkin's strongest players were Shelby Kokesh, Kristy

Hoge and Lena Montano all with countless contributions to the team. When next season rolls around the girls will start out with a new record and will hold their own in the battles to follow.



The Football season comes to an end



Shelby Kokesh
Staff Writer

The Aitkin Football team ended their season against the Pine City Dragons with a record of 2-7. They played a hard game against the Dragons, they let in two touchdowns in the first half. They came back out not letting up, scoring a

touchdown, but then the Dragons struck back and scored another touchdown winning 22-6. The leading scorers on the team this year were, Sam Johnson with six touchdowns, Andrew Wekhons with four, and Cody Fossum with three. Coach Miller says "the hardest team they played this year was

Crosby, and the best game was the first game of the season against Two Harbors, the boys came out with fire in their heart and played to their best ability and came out with a win!" Good Job football boys on a hard season!

Athletes of the Week

Dedication that will go the Distance

Gobbler's Nyberg a force to be reckoned with

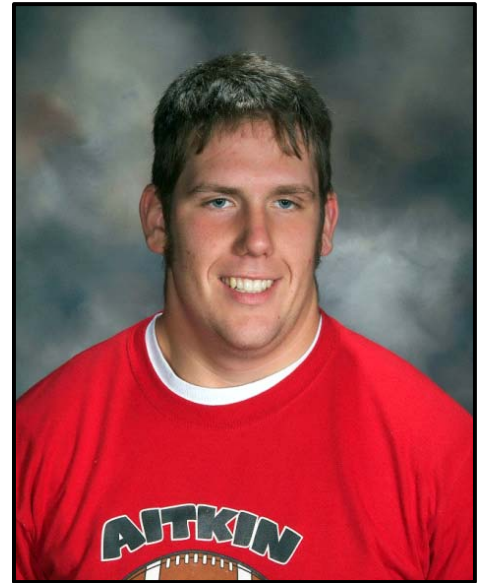
By Estevan Cortinas
Staff Writer

Blocking, tackling, and a whole bunch of dedication makes up Andy Nyberg and this weeks athlete of the week. Andy has proven to the team on so many occasions that he deserves all the respect as one of the captains on the team. Nyberg is as Sam Johnson said, "Extremely dedicated to the weight room and football in any way shape or form." This quote is very true since Andy is one of the biggest and strongest kids on the team. Andy uses his size to push over the competition but had to put out a lot of effort in the weight room to get where he is today.

Andy started off playing football at a young age as he said, "My dad played a big part in me getting started but I was mostly self-motivated." Nyberg has had the same number since ninth grade and will be

graduating this year with that number. He hopes that he will be going to play football at the University of North Dakota but is still undetermined and then one day in the NFL. Andy's favorite player is Dwight Freeney even though he is a tackle on both sides of the ball and plans on staying there for the rest of the time he is playing football because he loves the position and can hit somebody on every play.

Andy loves to work hard all the time and is always focused on game day. Always stopping at Subway right before a game and getting a foot long Buffalo Chicken sub with his teammates. His funniest memory is Sam Gravel having bathroom problems on the field and his favorite was when he was playing with his brother and his brother was calling out cadence while there was a train passing by and he can still remember hearing his brother perfect. Well



Andy Nyberg Offensive and Defensive tackle for the Aitkin

many more memories to you Andy and congratulations on Athlete of the Week.



Allie Carlson Aitkin tennis player

Carlson kills the competition

By Brian Johnson
Staff Writer

Allie Carlson started playing tennis in the fifth grade going to after school tennis. In the seventh, eighth, and ninth grades she played singles. At the end of the ninth grade year she started playing doubles and liked it more than singles.

Allie has 92 career wins, has lettered four times, has went to state twice in doubles, and won all conference in the 10th, 11th and 12th grades, all while maintaining a 3.9 GPA.

She likes to play tennis because you can play it all your life and she thinks



its fun. Before a match she likes to listen to her I-pod and eat snickers and sour gummy worms.

Every Cent Counts

Spencer Nutting
Staff writer

When you get to be a senior in high school and you have civics with Mr. Miller you have to do a community service project. There are many things you can do for this project. Collin Burke did a volleyball tournament to raise money for the end of the year fund for the local Lightning hockey team. All the kids involved in the after school activity had a lot of fun too, this was very suc-

cessful and should be helpful to the community.

Another school related fundraiser going on is the penny wars. This is a good way to get everyone involved in raising money. All you need is a little extra change that you can find laying around any where. These mid-year fund raisers really make a difference in helping the school and the kids in the school stay happy and raise awareness about getting younger generations involved in charity this holiday season.



United States currency equal to one cent.

One Act parts announced today

By Casey Edwards
Staff writer

Most of you heard about the One Act play auditions held on Monday, November 9, but how many of you actually know what the play is about? I talked to Mrs. Real, director of the play, to find out some more in-depth details.

This year's play is called "Killing Bill." It is a bit of a farce on Shakespeare's tragedy, "King Lear." Mrs. Real says she chose this play because it made her laugh when she read it, and because it has a lot of the elements that judges look for.

Mrs. Real is posting the cast today, but when asked who got the leading parts she said "It's more of an ensemble

piece, more of a play within a play." This means that there are more than just two leads.

This is Mrs. Real's first One Act competition piece she has directed. Besides that she has designed and acted in many plays, and used to direct them for a class she had. She said that while putting on a play is a lot of work, it is definitely worth it, and "the feeling you get on stage is like nothing else in the world."

The sub-section competition is held here in our very own school on January, 23, and the section competition is held in Marshall on January 30. Mrs. Real hopes and believes that the One Act will do very well in competition this year, as do we. Good luck, One Act!



Stifter/ Continued from page 1

Sports are a big part of any high school and one thing that Mr. Stifter hopes he can greatly improve about the sports at Aitkin, is getting more students to be involved and participate in extracurricular activities. It's not just getting them involved, it's also about keeping them in the sports and motivated to continue working, said Mr. Stifter. In the learning part about school, the part that nobody enjoys, Mr. Stifter wants to

have everyday go routinely and have everyone in place at all times.

There are some things that Mr. Stifter doesn't enjoy about being the Activities Director; such as running the concession stand, which isn't just selling things at games, it's getting all the drinks and food in the stand and making sure there are people there to work at it. Also, the building uses forms that he has to fill out when somebody

needs to use the school, this is probably his least favorite, mainly because he can't be out keeping our school safe and "supervising". With all joking aside it seems as though Mr. Stifter is a good fit for our Dean of Students and a helpful Activities Director, he has been able to solve most of the issues that have come up with little disturbance for the rest of the school.

Interesting and weird facts

1. If you yelled for 8 years, 7 months and 6 days, you would have produced enough sound energy to heat one cup of coffee.
2. An ostrich's eye is bigger than it's brain.
3. The liquid inside young coconuts can be used as substitute for blood plasma.
4. Donkeys kill more people annually than plane crashes.
5. American Airlines saved \$40,000 in 1987 by eliminating 1 olive from each salad served in first-class.
6. Michael Jordan makes more money from Nike annually than all of the Nike factory workers in Malaysia combined.
7. In 10 minutes, a hurricane releases more energy than all of the world's nuclear weapons combined.

LUNCH MENU

MON, NOV. 16

LONGJOHN
CEREAL
MILK & JUICE

SHREDDED TURKEY
BAKED POTATO
GREEN BEANS
FRUIT

TUES, NOV. 17

MUFFIN
CEREAL
MILK & JUICE

MEATBALL SUB
TATOR TOTS
NOODLE SALAD
PEAS
COOKIE

MON, NOV. 23

FRENCH TOAST
OR CEREAL
SAUSAGE
MILK & JUICE

TACO
TRIMMINGS
CORN
FRUIT
FUNNEL CAKE

WED, NOV. 18

BREAKFAST PIZZA
OR CEREAL
MILK & JUICE

CHICKEN DUMPLING
SOUP / CHOICE
SAND.
VEG / DIP
PEARS
APPLE CRISP

TUE, NOV. 24

MUFFIN
CEREAL
MILK & JUICE

CHICKEN NUGGETS
MASHED POTATOES
CORN
DINNER ROLL

THUR, NOV. 19

EGG BISCUIT OR
CEREAL & YOGURT
MILK & JUICE

TURKEY GRAVY
MASHED POTATOES
CORN
DRESSING
DINNER ROLL
ELEM CONFERENCES

WED, NOV. 25

SAUSAGE POCKET
CEREAL
MILK & JUICE

PIZZA
CALIF. BLEND
FRUIT
CARMEL APPLE
END 1ST TRIMESTER

FRI, NOV. 20

SAUSAGE POCKET
CEREAL
MILK & JUICE

SLOPPY JOE
TATOR TRIES
GREEN BEANS
FRUIT
WACKY CAKE