



GOBBLER GOSSIP



School lunch
menu changes
Page 2

Oct. 5, 2012
Vol 6, Issue 1

Volleyball team is
on a roll
Page 5

Dean and Nataly crowned

Homecoming week wraps up as Aitkin battles with Marshall

Megan Welshons
Staff Writer

Aitkin's Homecoming Week was October 1-5. The week before, all of the King and Queen Candidates had dress up days to win over our votes. (Monday PJ day, Tuesday Favorite Teacher, Wednesday Celebrity couple, Thursday Favorite TV Show Character, Friday School Spirit). Also, they had to serve us lunch in their very colorful outfits. They all put up a good fight and campaigned hard, but in the end Dean Lynn and Nataly Milbradt were named Homecoming King and Queen. The King and Queen will be riding in the parade on Friday as well as at half time of the football game.

Then after the big crowning we had our new annual Iron Man Volleyball between the Junior and Senior Boys. The boys' skills were entertaining to watch and the coaches tried hard to teach them some skills but the seniors were victorious over the juniors 3-2 in the games. Maybe next year juniors! Also, with some more senior and junior fun, for the girls this time, the annual Powderpuff football game. It was a cold night under the lights of the field but the girls still fought until the end. The Class of 2013 came out and won the second year in a row being the second class in history winning both years. The seniors pulled a



Megan Welshons (above photo), Mitchell Fontaine, Sabrien Anliker, Drew Burke, and Nataly Milbradt celebrate their homecoming win against the juniors. Milbradt (below photo) and Dean Lynn were crowned king and queen.

trick play for the beginning of the game getting the first touchdown. Kalley Duggan ran the ball for the juniors only touchdown. Over all it was a good game for both teams.

Homecoming Week is full of things for students to do. We had National Walk to School Day on Wednesday, where student athletes, king and queen, and people from all of town walk kids and themselves to school. We also had many people join in on the dress-up days. (Monday PJ day, Tuesday Twin Day, Wednesday Favorite State Day, Thursday Stoplight Day, and Friday School Spirit Day). The volleyball girls won on Tuesday over the Isle Huskies in a 3-1 and played against the Rush City Tigers on Thursday in a conference match-up (results were unavailable at press time). As well the homecoming football game against the Duluth Marshall Hilltoppers is tonight. Come out to cheer on your Gobbler Boys! Also the homecoming parade is today during 7th hour, come out and bring your school spirit!





Big Changes, Smaller Portions

Casey Mindrum Staff Writer

Ah, the beginning of the school year. Coming back most kids are excited about seeing all their friends, being in fun classes, and the delicious lunch accompanied by Vic's famous cookies. Well, not this year any-ways.

After the Healthy, Hunger-Free Kids Act, a whole new set of guidelines was created and sent out to schools across the nation. When asked what he thought was wrong with the school lunches Alex Bobenmoyer replied: "I think they definitely need to give us more food, but fewer vegetables. The only vegetable we should get is corn, because anything green is gross unless it has green frosting on it. And the wheat bread has got to go because that's just gross."

All joking aside, the guidelines include decreasing the amount of starchy vegetables, trans fat, and sodium in meals and increasing things such as fruits, vegetables, and whole grain. Their hopes are to establish a calorie minimum and maximum for certain age groups. For example, right now schools are allowed to serve milk of any fat content and will be soon required to give out only unflavored 1% or fat free milk. There will also need to be leafy green vegetables at least once a week as well as an orange vegetable, some sort of beans, and a little bit of a starchy vegetable so kids can get a wide variety of vegetables every week. The lunch room staff has been trying their hardest to implement all of the requirements little by little while maintaining happy and healthy students. The director of nutrition policy for the Center of Science in the public, Margo

Wootan says that "Cleaning up the "school nutrition environment" would make a big difference to kids' diets- and teach them good eating habits that could affect them the rest of their lives."

In a letter Vic goes on to say: "It was also asked that food service make one meal a month from scratch, in Sept we made 20. I really feel that the government should make menu's the same throughout the entire

one cup of milk a day. Other schools like Pequot and Brainerd are already in route to complying with the new set of rules. For example where we would normally have mini corn dogs and mac n' cheese with calif. blend vegetables, peas, bananas, and apple crisp a school like Pequot has mac n' cheese with fresh broccoli, green beans, and fruit. Though our lunch menus have already complied with all correct milks, fruits, vegetables, whole

people may argue that to get an entire healthy student body some kids may need more food than others. Take athletes for example, one might say they need more food for lunch to stay active and not get tired during practices. An active athlete may need over 3000 calories a day to stay healthy, but they can't eat it all in one meal. Students/athletes are expected, by the USDA, to have a min of 4-5 meals a day. Those meals entail they have a breakfast, a snack,

lunch, a snack, and then dinner. The USDA (and others) believes if a student/athlete eats more for lunch that it will affect their ability to do well or have a good practice.

Although to some people it may seem like a lot of big changes they are all meant to help everyone in the long run. A set of guidelines were created with the intentions of creating a happier and healthier life for many people. Aitkin is just yet another school trying to make the appropriate changes along the

path to making this country a healthier one.



Vic and the lunch crew.

United States or look at individual schools, their menus, exercise programs, and education programs, not just what you eat without all the exercise and education or it won't be successful. Good eating habits start at home; start them early as toddlers to teach them good nutrition habits. We at school are expected to do our part and parents and kids also need to do theirs."

When compared to lunch menus from last year, one can clearly notice there has not been a significant change. The final changes for the lunch menu are required to be in place next year. For the 'new' lunches stricter guidelines are implemented. Students will be allowed 2oz. of meat/meat alternate (cheese) and 2oz. of grains a day for a maximum accompanied by

grains, and less protein there are more changes to come like less desserts, less breads, the correct (lower) amount of calories, fats, and sodium. So although some students may not like the lunches the way they are now, they are sure to change even more for the benefit of gaining a healthier student body.

Unfortunately some



One of AHS new and improved meals, turkey chowmein. First time for AHS.



Dacia Does Good!

Mitchell Fontaine
Whatever Editor

Dacia Sjolund is this week's Person of the Week. When asked how she felt about being chosen, her first response was that she felt "A little bit surprised, I guess". Matt Collins, another student passing by at the time commented, "I'm not, I believed in you the whole time".

Dacia is a well-rounded student, on the varsity volleyball team, in National Honor Society, and a class officer. In addition, she is the Senior Editor of the yearbook, a Homecoming candidate, and most importantly, she is an awesome, nice, funny person. She believes that a good stu-

dent should "Know how to have fun in school and enjoy it, but also know when it's time to be serious and get down to work."

After high school, Dacia plans to go into Environment Development Animation, and ideally work for Pixar Studios. When asked why animation, she replied, "My two favorite things in the world (besides pizza) are movies and art, and animation works with both".

She has secretly always been a child at heart with a love for Disney; however, she would like to work at Pixar because, while Disney is great, it's not a very pleasant place to work.

If Dacia is unable to work for Pixar, she wants to get into video game animation because she loves video games. Dacia plans on attending the University Of Wisconsin - Stout because they



have a really good animation program and a good relationship with Disney.

When I asked Dacia who/what her inspiration is, and she said, "You know, there are several teachers here in school that I look up to and respect for their work ethic". My final question was if she had any advice for younger students with aspirations of greatness. Dacia responded, "I would tell them that at certain times you can't win 'em all, and that they need to learn to prioritize everything they're doing." Pretty solid advice I'd say. If you see Dacia, be sure to congratulate her on being Person of the Week!

A Warbird to a Gobbler

Jenny Siegford
Staff Writer

Every new school year in Aitkin High School there are changes, new rules, technology, students, and staff. One of the new teachers this year is Ms. Heller. Heller is from Wokee, South Dakota and attended Wessington High School. She was very involved in her school. She played volleyball, basketball, track, band, choir, forensics, cheerleading, theater, and student council.

After graduating in 2007, Heller went to college at Minnesota State University in Moorhead. Heller says, "I went to college in Minnesota because I love the great state of Minnesota and even though

I am from South Dakota, Minnesota has always felt like home to me." Heller had many English teacher rolemodels growing up. The passionate, hardworking teacher Mrs. Fauth was a woman that Ms. Heller looked up to and inspired her to pursue a career in education as well.

After college Heller moved to Aitkin, Minnesota because she accepted a teaching position. She loves the small town, students, and staff at AHS. She says, "They are all a great group of people to work with." But the one thing she would like to see for our school would be more technology in the classrooms.

The one and most important thing Heller does is try to help her students do the best they can possibly do.

Heller says, "When a student is assigned a task she does the

work also." "By doing that," she says, "I am indirectly encouraging them to do their best work." We are all excited to have Ms. Heller in our district!



Ms. Heller with excited Students



Parking Lots: For Cars or Trash?

Michelle Alvarez

Staff Writer

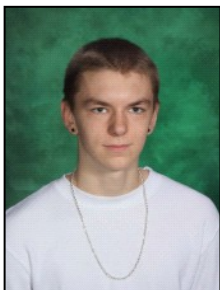
It's come to the attention of our teachers and students that our parking lots are becoming dirtier day by day. Did you know that 230 million tons of trash is made by the United States a year and 4.6 pounds of garbage is made per person each day. It seems that our students are dumping their garbage as soon as they get out of their cars, even though 2 out of the 3 parking lots have garbage cans nearby. As I went out there to see what I would find for the first time I came across tons of MacDonald bags, two cans of silly string, plastic bottles & plastic bags. Have these new drivers forgotten how to walk 10 feet to dispose of their garbage? It's not like we're asking you to start a clean the world campaign, we just ask that you

get rid of your own garbage. I can't say I'm the most energetic person in the morning so I understand that maybe dumping your stuff on the ground is easier but how can you stand to walk past it every day?

I've only walked by it a few times myself and I always feel repulsed by the amount of filth laying everywhere. What happened to taking care of our things? The parking lots are for our own benefit we shouldn't treat it like a dump. I say we do something about it now before it gets even worse. So next time you think to take the easy way and throw your garbage on the ground, rethink and walk 10 feet. The parking lot is for our use and it's our duty to keep it clean.



What do you think should be done about the lit-



Jesse Brassard

"Put garbage cans at the end of each corner in the parking lot."

Mr. Lindgren

"Classes would have highway pick up and everyone would get a chance to go out and do it. "



Anthony Ashton

"If there is littering in the parking lot the seniors should have to clean it up, its our parking lot but we should also get garbage cans."



Mrs. Bill

"Have people volunteer to help the school be cleaner . There would be more pressure to keep it clean because the groups wouldn't want to clean them up. "



Chris Washington

"Give the kids a hour of detention if they get caught and then they go out and clean it up for their time. "



Volleyball Girls Making A Comeback

Stephanie Hargrove
Staff Writer

We Gobblers have a solid volleyball team that has proven to be Gobbler Machines, and that takes patience and a handful of courage. Coach Michaletz has been a great help in describing his team as the most fun team that he knows. He informed me that every goal that they had planned for the year has been up and beyond what he expected; they have made him a proud coach!

There have been some mean kills from the players this

year. Coach Michaletz's daughter, Mikayla Michaletz, has dropped 89 kills this year and is still making her way to the top. The whole team has impressive attitude and ranking of their scores.

They are masters in knowing how to stay loose and enjoy how well they are playing at the same time. They constantly battle back and show their aggressive side! All though, the thing they need to work on most this year is passing. The ball usually seems to get to our two amazing setters Kassie Kokesh and Chelsea Coombs. Together

they have earned 267 sets ready to be struck down. It's always a troublesome move to get down but soon these girls will have it wrapped around their fingers.

Coach Michaletz said the best thing about his team is that they never give up, they always get their heads back in the game and do their best all the way until the end. Not just one person but the entire team has made so much progress this year. Give it up for the Varsity Volleyball girls!



Melissa Paulson goes up for a hit against East Central

Football Updates

Anthony Ashton
Staff Writer

Aitkin Varsity football currently stands with a record of 1-4. When asked what he thought the record should be at the end of the year, Peter Zasmeta, who is one of the captains of the football team, answered with, "I hope that we end the year with 4-4."

The playoffs are a really big goal for them this year and the team hopes to get there. High school football players, find themselves with high self-esteem when it comes to their game day. They are confident and ready to react to anything that comes their way.



Zasmeta and Bender ready to play

According to Peter, Aitkin is currently 5th out of 6th in the standings, but thinks that they will be around 3 or 4 by the end of the year. They have had many tackles and plays that have stood out, but Brian Wold and Lyle Nyberg are at the top of the list when it comes to tackling.

Peter Zasmeta is Aitkin's highest ranking player to have the most rushing yards, even though they have other good players. The team believes that once they are up against Duluth Marshall for homecoming they are going to have great team spirit and raid them. "Hopefully it's a cold calm night, that's when we play our best," says Peter.



Athlete of The Week: Lyle Nyberg

Chris Carlberg
Staff Writer

Male Athlete of the week, Lyle Nyberg, has had two phenomenal games in the past couple weeks against Crosby and Eveleth. Lyle plays two positions, outside linebacker and tight-end on the football team. When I asked Lyle what his key to becoming an accom-

plished athlete is, he simply replied, listening to coaching.

What will bring Aitkin victory against the Duluth Hilltoppers this Friday? Will brute strength, speed, or smarts bring Aitkin victory? In Lyle's opinion, Aitkin football has a lot of talent and with a little better team work, Aitkin will have

a very competitive football team.

Team mates, Peter Zasmeta and Ben Peterson, had the following to say about Lyle: Peter: "Lyle has adapted well to his two new positions and has become a team leader on the field." Ben: "Lyle works hard in practice and Listens to coaching." Great job Lyle and keep up the good work.



Lyle Nyberg

Girls Tennis:

A Seniorless Year

Michelle Alvarez
Staff writer

Does age matter when it comes to team work? The 2012 Aitkin Girls Tennis team doesn't think so. Not having the best record this year, winning only 6 games out of 16.

The girls may not have the highest scores but as far as support of each other and team work goes, they have more than enough.

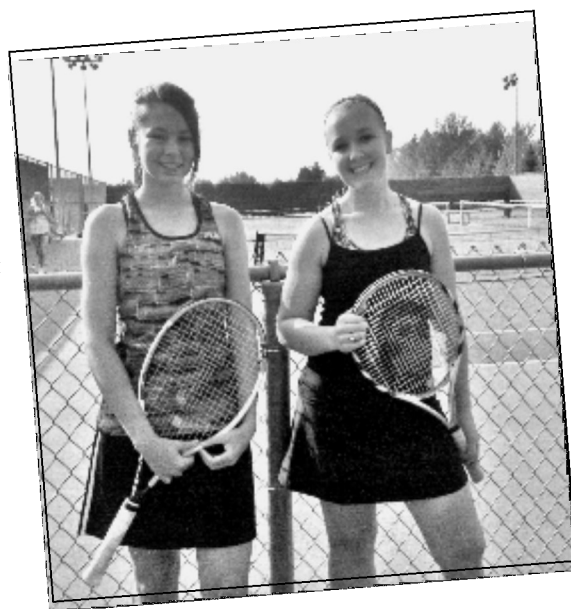
The JV team has been progressing as the season goes on, they enjoy what they do and try their best to improve when needed. To the whole team it has been year of learning, with a team of no seniors most of their players have

little or no varsity experience.

They even have a player on the JH (Junior High) roster. Even though they haven't amassed many wins, they've come a long way and improved immensely. While speaking to Amy Chalich, a Varsity player and Lyndsey Benson a JV player we went over who they look up to this year. Chalich spoke of her good friend Elise Courtemanche "I personally look up to my good friend Elise. She always has such a positive attitude regardless if the match is in her favor. She always tries her hardest and puts in the effort to improve her game. If only all of us could be like that."

While Lyndsey spoke of the William sisters who are seven-time Grand Slam winners. When asked

on their advice for younger players hoping to become better and join the team they both agreed that you need to persevere because tennis isn't an easy sport, listen to the coaches, learn from every mistake and try not to let your anger get the best of you. The girls worked together this last weekend and participated in a serve-athon to buy a ball machine. Their scores may not be high and maybe they won't win any medals but where it really counts in team work and friendship the Aitkin tennis team is already winning.



(left to right): Lyndsey Benson and Amy Chalich enjoying a sunny day of practice.



2012 Grouse Hunting

Brad Nelson
Staff Writer

Do you think its worth your time hunting grouse in the woods this year? Personally I don't think it's worth my time hunting grouse this year. My opinion is that the grouse population is down a quite a bit, but some of my other friends are seeing the birds and having success.

I think the grouse population is down a lot and mostly affecting it is predators. I have heard a few years ago that turkeys compete with grouse by eating their eggs. After I heard that I believed it because the past few years the population has been down for grouse and there's been a high population of turkeys. Besides that with the winters we have had it was good for them but also bad for hiding reasons.

I asked Chris Carlberg and Jack Bunting on how they thought the population was and Chris thought it



Brad Nelson's grouse Photo taken by Brad Nelson

was high and Jack thought it was down. They both think that predators have a large effect on the population. They also thought that with such a mild winter it would have been easy to find the

food but not easy to hide themselves. Chris has seen more birds than he thought he would and Jack has seen the amount that he figured he would see.

So after reading about what the population is like for grouse this year do you really think it's worth your time to go look for a few birds? Maybe you know something that I don't but

2012 Duck Hunting and Regs.

Brian Wold
Staff Writer

Its duck hunting season in Aitkin MN, and everyone is excited for it. In Aitkin County there are a bunch of swamps and small duck ponds, which are prime spots to slay some ducks. The first season goes through Sep 22-30 it closes until the 6th of October and

goes to Nov 25th. The bag limit for ducks is 6 birds of any combination of 4 mallard, 3 wood duck, 2 pintail, and 2 redheads. The duck population is down a little bit from last year, but it is still not a bad year so it's not enough to notice. When hunting waterfowl you must have state waterfowl stamp, federal duck stamp, and a small game license. The recom-

mended shot size for shooting duck is 2 shot, because it's not too small so that it won't kill it, and it is not too big that you will miss, the shot size is the size of bb's in the cartridge. I want to wish all of my fellow hunters good luck this season in there duck hunting adventures.



Self-Expression or Self-Destruction?

Tattoos and body piercings are becoming more widely accepted. But are they a smart decision?

By Krysta Haugly
News Editor

There are many ways people can express themselves. One way that is on the rise is tattoos and piercings. The very first tattoos known are tribal tattoos. Each tattoo would have a different meaning or story behind it. Sometimes they were to show bravery or strength, or even their status or rank. Throughout the years, the reasoning as to why people get their tattoos has slightly changed. Most people get

their tattoo for a personal reason. Sometimes people get a tattoo because the design meant something special to them, to show emotion, as a tribute, in memory of something or someone or because they are passionate about it.

With today's teenagers it has now become somewhat of an act of rebellion. Some will get a tattoo to go against their parents' wishes or to appear dangerous. As of July 1, 2010 in the state of Minnesota it is illegal for someone to get a tattoo under the

age of 18 even with a parent or guardian's consent. According to Tanika Dolan in a Star Tribune article, a reason the bill was passed is that the legislators and some tattoo artists believe tattooing is considered an adult activity.

The laws on piercings were also changed. For a minor in Minnesota, certain body art such as scarification, suspension, subdermal implantation, microdermal or tongue bifurcation are illegal. The most common piercing is the

piercing of the earlobe. Other common piercings include the septum, tongue, bellybutton, nose or eyebrow. Gauging piercings is also another common trend. Body art has become more and more popular, in fact about one in five adults have a tattoo and about half of adults have at least one piercing.

Whether it's tattoos or piercings, you are most likely to see at least one throughout the day.

The House At The End Of The Street: Thrilling, Intense, Scary

By Kayla Ellis
Staff Writer

The house at the end of the street is the horror- thriller movie that just came out in theaters on September 21, 2012. The film was mainly filmed in Ottawa, Ontario, Canada in July 2010 and was scheduled to be released in April 2012 but was moved to a September 2012 release date.

Jennifer Lawrence (from the Hunger Games) is an independent -minded, fearless, whip - smart high-schooler. Following her parents' divorce, Elissa (Jennifer Lawrence) moves from Chicago to a small town in Pennsylvania. Sarah (Elisabeth Shue), a hospital worker, was looking to find the house of their dreams in a small, upscale, rural town. When startling and unexplainable events begin to happen, they learn the town is in the shadows of a chilling secret. A few years

earlier in the house next door a girl killed her parents in their beds and disappeared leaving her brother Ryan there.

Against Sarah's wishes, Elissa begins a relationship with Ryan (Max Thieriot). The closer they get the deeper they are all pulled into a mystery more dangerous than they have ever imagined. Weaver (Gil Bellows) a local police officer appears to be Ryan's only supporter. Ryan was sent away from home to take care of a sickly aunt and didn't return home until after the murders. Elissa and Sarah moved out of their rented house, and Elissa stares at a tree where Ryan once told her he learned the lesson that people hold multiple layers of secrets.

The end of the movie reveals the solution to the mystery that is sure to surprise viewers and catch them off-guard.

Rating: **** (4-of-5 asterisks)

Whose Tat Is That?

Whose tat is that? In each issue of Gobbler Gossip, we will post a picture of a mystery staff member's tattoo. Your job is to guess whose it is, and the answer will be revealed in the following issue. Good luck!

