



Hawk's Nest

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A Day to Remember



By Destiny Long

During the 1950s and '60s, public execution, persecution, and mistreatment plagued the ethnicities present in the United States that didn't have the same color of skin as those Caucasian Americans. In light of such abuse, one man above many chose to make a stand against segregation and racism. Every American has heard of the famed Martin Luther King, Jr. and some portion of the legacy he has left behind.

Martin Luther Jr. was born into a Christian family and his father was Martin Luther King, Sr. and his mother Alberta Williams King. Martin Luther Sr. was the second generation pastor at Ebenezer Baptist Church, with young Dr. King following in his father's footsteps. Such a bright and loving upbringing caused Martin Jr. to naturally see the best in people. He could not and simply would not accept a fate that would hurt millions of individuals simply because of their heredity and ancestry.

Over the course of his 13 year campaign, he aided all nationalities being

oppressed in gaining genuine progress towards racial equality. Dr. King was among the era's most influential individuals as an advocate of nonviolence protests, sit-ins, and boycotts. Being a present body in the Civil Rights Act, Voting Rights Act, and Fair Housing Act meant the world to all those people backing Dr. King's motives. They were among some of the most important moments and movements that made steps in the right direction.

Martin Jr.'s life was horrifically and heart-wrenchingly cut short when James Earl Ray, a small-time criminal and racist, carried out an assassination against the civil rights leader on April 4, 1968. Dr. King was only 39, leaving a wife and two children to survive him. Martin Jr.'s life was, however, not ended in vain; he is forever immortalized in the civil advancements he accomplished by sticking behind the cause he dedicated his life to.

Wanting to celebrate such a revolutionary mind, a bill proposed by Representative of Indiana Katie Hall was passed by Ronald Reagan in 1983 that made the first Martin Luther King Jr. Day January 20, 1986. Since then, the third Monday of January has been dedicated to Martin Luther Jr. This is a national holiday, and although no one closes up shop in observance, most schools reserve a day full of learning about civil rights in elementary classes. Martin Luther King Jr. is truly immortalized for the deeds he has done. His teachings and wisdom are still present today as more humanitarians fight for other civil rights, such as gay marriage and gender equality.

STAFF

Coltin Danielson
Destiny Long
Paige Robertson
Anistyn Young
Ryah Young

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Daily Horoscope for the Daily Driver

By Paige Robertson
Aries: Worst driver!

Leo: One second they're fine, the next you are wondering how they managed to hit a tree in the middle of the road.

Sagittarius: ALWAYS the passenger because no one trusts their driving.

Taurus: Failed Driver's Ed. 3 times.

Virgo: Too nervous, actively tries to not drive off the road.

Capricorn: Best driver (usually).

Gemini: Texts and drives.

Libra: Goes ham on the aux cord.

Aquarius: *goes through 4 cars in a year*

Cancer: Afraid to drive.

Scorpio: OH MY GOSH A DEER!

Pisces: Never concentrates on the road...you should be worried family.



By Ryah Young

Seasonal Depression

Seasonal affective disorder (SAD) is a type of depression that occurs in the changing of the seasons. "It's hard for those that don't have it to appreciate and fully understand what those with SAD go through," stated Tracie Smith.

"I have SAD" said Mr. Taylor. He said he appears to be grumpier in the winter.

Most people have symptoms that start showing in the fall and will continue onto the winter months. Some symptoms for SAD are loss of energy, depression, suicidal thoughts or feelings, and weight gain. To cure SAD, people may try light therapy, psychotherapy, and medications. Doctors also may recommend people increase their activity level. Some people may not realize that others have SAD and act more harshly towards them. Three out of four people that suffer from SAD are women. Also, 60-90% of those that are diagnosed with SAD are women in their teens or young adults.



Basketball Protective Equipment

By Paige Robertson

Every time an athlete steps out on the basketball court, there is a risk of injury. Today, there is equipment to protect athletes in action, so players may perform more safely and confidently.

In basketball there is no specific protective equipment, although most players choose to wear defensive gear, or are required by a doctor to wear things such as knee braces. For people that have a broken nose, one may choose to wear a face mask. Most teenagers who have braces may wear mouth guards to protect their brackets and teeth. Other equipment may include, ankle braces, knee pads, arm sleeves, and goggles.

"Goggles give me the protection I need to prevent further injury," says senior Bailey Christoffersen forward for the Froid/Lake Redhawks. Christoffersen needs

goggles during basketball due to a previous injury that detached his eyeball from the retina. His goggles are vital during the heat of the game as they let him play more comfortably and without fear of total detachment.

An athlete can buy equipment just about anywhere. To find protective equipment, one can look anywhere from sports stores, to Amazon. Be sure to purchase gear that fit your needs or wants.



FAFSA

By Ryah Young

Free Application for Federal Student Aid (FAFSA) is to tell families how much they will have to pay towards college. FAFSA is for anybody attending college. FAFSA applications normally takes about an hour to fill out. The application can be filled out on the FAFSA website or fill it out on paper and mail it. When filling out the application, the process goes much smoother if one has all the information to answer all the questions. The documents needed are the most recent income tax return, current bank statement, current investment records, records of any untaxed income, driver's license, Social Security Number, and if one is not a U.S. citizen: their alien registration card.

FAFSA requires information from five different categories. Information about the student, the student's dependency status, the parents, student finances, and a list of schools who will receive the results of the FAFSA.

To receive the largest amount of aid, one should submit the application as soon as possible after the first of each year. Majority of the colleges do a first-come, first-served basis. The federal deadline for FAFSA is June 30th. Although, the state deadlines are normally earlier than the end of June.

FAFSA[®]
Free Application for Federal Student Aid

Advanced Physical Education

By Coltin Danielson

This semester Advanced Physical Education is offered to the junior and senior classes by Mr. Reiter. A total of seven students have gone out. One boy, Bailey Christofferson, and six girls, Paige Robertson, Ryah Young, Anistyn Young, Destiny Long, Chantelle Strandlund, and Momori Nakamura. The students are doing basic weight lifting such as, arms, legs, and abs. "It's a fun class, and the kids love it. I got to do it in junior high, and it is really nice to be able see them improvements after about the first two weeks, so I'm hoping the kids see it as well," said Mr. Reiter.

Bailey added, "It's really nice to be able to lift weights during school rather than trying to find time out of my busy schedule." Fridays are life skills day such as tying knots on ropes. "You never know when you will be chased by zombies, and you need a rope to climb up," Bailey mentioned. He also added his favorite day of P.E. is leg day. Mr. Reiter is hoping that next year he will be able to have the opportunity to teach the class the whole school year rather than one semester. This class runs through Monday until Friday during seventh period.



Boys Team Struggles

By Ryah Young

As the 2015-16 basketball season starts, the boys haven't started the season off as they hoped. "I've never seen a team so offensively challenged," said boys' basketball coach, Michael O'Toole. December 19 the boys played Fairview. The team had a lot to do to prepare for this game. Going into this game, the boys knew it was going to be tough. One thing they had to focus on was the



Hardy boys. Even though the game didn't go as planned, the boys hustled and never gave up. for the next time the team plays Fairview.

"I think we are a better team, we just didn't run our offense the way we would have liked to," said point guard, Coltin Danielson.

Overall, the boys thought the game was very physical and rough. "The refs allowed the game to be physical," said senior forward, Bailey Christoffersen.

One thing the boys struggled with was getting back to play defense. Scoring more points is on the agenda

Basketball Scores

Girls

- Dec. 18 | Froid/Lake vs. Mondak | 54-68
- Dec. 19 | Froid/Lake vs. Fairview | 60-31
- Dec. 22 | Froid/Lake vs. Culbertson | 58-33
- Jan. 2 | Froid/Lake vs. Bainville | 46-20
- Jan. 8 | Froid/Lake vs. Brockton | 62-18
- Jan. 9 | Froid/Lake vs. Plentywood | 45-60
- Jan. 12 | Froid/Lake vs. Poplar | 69-30
- Jan. 15 | Froid/Lake vs. Circle | 55-53
- Jan. 16 | Froid/Lake vs. Richey/Lambert | 48-42

Boys

- Dec. 18 | Froid/Lake vs. Mondak | 22-54
- Dec. 19 | Froid/Lake vs. Fairview | 22-57
- Dec. 22 | Froid/Lake vs. Culbertson | 52-60
- Jan. 2 | Froid/Lake vs. Bainville | 53-70
- Jan. 8 | Froid/Lake vs. Brockton | 39-67
- Jan. 9 | Froid/Lake vs. Plentywood | 44-65
- Jan. 12 | Froid/Lake vs. Poplar | 59-78
- Jan. 15 | Froid/Lake vs. Circle | 59-51
- Jan. 16 | Froid/Lake vs. Richey/Lambert | 37-58



MIREYA RICO GARDNER

	FAVORITE	LEAST FAVORITE
Food	Prime Rib	Sauerkraut and polish dogs
Movie	Lone Survivor	Jurassic World
Song	Confident by Demi Lovato	Friday by Rebecca Black
Color	Emerald green	Yellow
Memory	Going to the beach with my family	
Store	Ross	None!
College you want	University of Montana 2nd Choice: Somewhere in Washington	



Winter Word Find

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

- | | | |
|---------|----------|--------------|
| COATS | COLD | FROST |
| GLOVES | HATS | HOTCHOCOLATE |
| ICICLES | MITTENS | SCARF |
| SKATING | SLEDDING | SNOW |

