

## NHS hosts 5k

By Riley Roskens

MACCRAY National Honor Society hosted a 5k on May 4, 2024 at Hawk Creek Country Club in Raymond, Minnesota. This is the second year hosting the 5k in person. The 1st year they held it virtually because of Covid-19.

NHS held the 5k to raise money and support a local charity. This organization is called Your Wings Of Hope. Early registration included a T-shirt.

At the end of this 5k, the money and support will all go to the Your Wings Of Hope. This money donated to the foundation will help Mental Health and Suicide Prevention. This is the main reason that the National Honor Society of MACCRAY is hosting this 5k.

"We want to support the charity of Your Wings Of Hope and make as much money as possible," said Ms. Lewandowski MACCRAY English teacher, and NHS advisor. "This is a great foundation to give support and money to. This is why we chose it."



NHS members helped run the event including Mackenna Burnett and Ella Kienitz on the golf cart, Tyler Nett on the golf cart, and Erika Pieper, Greta Meyer, and Adrienne Pankratz in front of the ambulance.



## Don't forget to recycle!

Recycling is an important contribution anyone can make to help save the environment. MACCRAY is doing its part to help reduce the amount of waste sent to landfills by recycling cans, glass, plastic, and paper. This effort is led by Edith Tensen, who makes sure the recycling is collected each week. Edith said this about recycling at MACCRAY: "This year there are several groups taking turns collecting- Students Council, National Honor Society, YES!, Special- ED, and Letterwinners among them. There are some weeks it takes over a class period to collect the recycling! With that in mind, we're asking for your help. On Fridays (or the last day of the week). Could you please take time during your advisory to go through your blue and green container? This would be a way for all students to actively participate and continue to be educated about our recycling program."

## Respect your school - Stop the vandalism

By **Ella Kienitz**

MACCRAY High School and Middle School have been having issues with vandalism in the locker rooms causing students to adjust their daily routine.



Ella Kienitz

Because of this, the school is facing conflict with providing students access to the girls and boys locker rooms throughout the school day.

Throughout the 2023-24 school year MACCRAY has been faced with issues regarding the locker rooms in the high school and middle school. The students and staff have dealt with stealing personal possessions, as well as vandalism to personal property and school property.

I think that it is disheartening to destroy others' property. Especially with the brand new school that we have, people should be treating it with respect.

MACCRAY Senior Garrett Struxness states, "I think it is immature. As a class, we have been good at holding people accountable and I would say our class is good about that kind of thing, but it's the younger kids that lack the morals that we have. Don't be stupid. That's what it comes down to at the end of the day."

Due to the behavior happening within the locker rooms, MACCRAY staff started locking the locker rooms during class periods and enforcing every student to have a lock on their locker. MACCRAY teachers Cole Christopher and Trent Carlson handed out locks with individual codes to each student, therefore there is no excuse to not have a lock.

Senior Daniel Roelofs gives his opinion on the locks in the locker room. Daniel states, "I think that it is a good idea because it can protect everybody's possessions."

Overall, I believe that vandalism to MACCRAY property is inexcusable.

There should be punishment for anyone who decides to vandalize within the school. These acts of nonsense are affecting students and staff making them adjust their daily schedule. Students were not able to change their clothes for phy ed classes for a few weeks, which limited their ability to participate.

Garrett states, "It makes it harder to do stuff. Obviously, I'm not going to get all sweaty and not change, so it limits what I can do. It is really inconvenient at the end of the day." This created a lot of frustration throughout the school to students, as well as, the MACCRAY staff.

Finally, Daniel Roelofs expresses his opinions on students owning up to their own actions. Daniel says, "I think that it is the right thing to do, own up to your own actions. People will trust you more if you do that. If you accidentally did something wrong or purposefully did something wrong, it is important that you own up to it, and it's the right thing to do."

## Stayin' Alive

By **Daniel Roelofs**

I guarantee that the song, "Stayin' Alive", has just started playing in your head after reading the title.

But, it's not just a fun song. In fact, it can help you



Daniel Roelofs

perform Cardiopulmonary Resuscitation, otherwise known as CPR. The song isn't the reason why I think it's important. I think it's crucial to know because you can save lives.

Every year, the MACCRAY senior class has a chance to be trained in CPR, and this year, the senior class got to have the full experience. First, the CPR trainers explained the basics of CPR.

The MACCRAY seniors learned all about CPR and how it can be used on almost anyone, at any time, and at any place, if they are in need. This is where the importance of the training comes in. If a lot of people know how to perform CPR, then there is a greater chance of the person surviving.

Of course, the song, "Stayin' Alive", ironic as it is, is the song that could be in your head while performing CPR and can actually be helpful because the rhythm of the song is approximately the same speed you should be performing CPR. This is one of the main reasons why I believe that CPR is crucial to know, especially at a young age.

One major fact that the senior class learned is that every minute, a person has a 10 percent less likelihood of surviving if they are in need of CPR.

This means that if someone is left alone for about ten minutes and they require CPR, the less likely that the person will be saved. CPR must be used to act quickly in order to save someone's life. But, you have to stay calm because you could possibly compress too fast if you do not stay calm.

I think that this is why everyone should know how to perform this method, or at the very least, know the basics of it. Even if you don't know a lot about it, I still think that it's important to have the basic understanding because you can save someone's life. Now that I know how to execute CPR, I feel that I can help someone stay alive.

## Opinion: Senior Privileges

By **Quinton Hauck**

MACCRAY has offered a Senior Privileges program for many years. This year looks a little different than others.



Quinton Hauck

With a morning advisory, seniors who have earned privileges can skip advisory and come to school by first period. Also, seniors can leave for lunch.

Some seniors would say that there was not enough time to go out and eat, so I asked fellow seniors if they thought lunch was long enough for those of us with privileges.

"No, I do not, there is not enough time for me. I go to Tayte's house every day because I do not have enough time to go to my house because I don't live in town," Alex Dirksen said.

There are only a couple of places in town to eat. Subway, Cenex, the cafe, and the Off-Center Tavern. That doesn't give seniors time to go home, and they might get sick of eating the same thing. Because of this, a lot of seniors stay at the school to eat, missing out on an opportunity to take advantage of the privileges they've earned.

Carter Matthews says, "I wish we could have more time for lunch."

In all, the seniors, including myself, would enjoy having a longer time to go out and eat. Even if we can sleep in the 10 extra minutes.



Pictured above: Rorie Bristle, Mia Post, Sam Hultgren, and Mel Dubon Valladares. Below, Haven Osterfeld, Eva Swenson, and Sam Hultgren.



## 9th-graders have 'Big Ideas'

By **Alexis Gates**

Big Ideas is a mobile learning lab that offers a unique approach to CTE curriculum through engaging VR experiences. The lab is typically used for middle and high school students but can be attended by anyone.

This year, MACCRAY Middle School Counselor Drew Anderson organized for the Big Ideas Lab to come to MACCRAY. Ninth-grade students were able to get experience cutting boards, driving excavators, and welding through a VR experience.

Partners of Big Ideas include Ziegler CAT, Willaert Construction, and Tree Trust.

"The program is a fun way to incorporate trade experiences in the school setting, promoting all skilled trades for all people," Drew said.

Drew Anderson worked hard to receive a grant for Big Ideas and introduce it to students at MACCRAY, who really enjoyed a break from the regular classroom to get experience with unique jobs.



## A traveling MACCRAY Band

In fulfillment of a grant requirement, and simply to bring music to appreciative audiences, Mr. Gronseth has taken the eighth-grade band to play at three different senior facilities in the area. In May the band was able to travel to the Clara City Care Center, the Veterans Home in Montevideo, and the Bethesda Northpointe in New London. The grant is from the Peter Marsh Foundation. They offer \$1000.00 grants to middle school music programs. Above, the eighth-graders had another great day bringing music to a very appreciative audience at the Montevideo Veterans Home.

## MACCRAY Band is growing

**By Alex Dirksen**

MACCRAY has always had a good number in the band program, but in the coming years, it is hopefully becoming bigger. With there being 10 seniors graduating there are going to be some big spots to fill. By saying that though the 6th grade band has shown up and currently has 50 kids in their band.

Band Director Joel Gronseth believes getting creative with the schedule has helped increased numbers in the band.

"Now that we are in a Middle School schedule, all of them take either band or choir, whereas back when they were split, it was a pull-out thing. So I think that has been part of it and when a bunch of them do it, they bring friends along," Gronseth said.

Senior Averie Nurmi has been a band member

since elementary school and is now a TA for Mr. Gronseth. She believes music is an important part of life.

"Music is a learning experience that everyone should be involved in. It being available to sixth grade allows them to get experience before going into high school. It is the foundation for the rest of their lives," Averie said.

The future is looking bright for the band program if they all stay out.

"I always want every kid to play all the way through until they graduate, but I also know that that's not always realistic because not everyone is going to," Gronseth said, though he is hopeful that the majority will stick with it.

It's always a good thing to have a large band, but it can also be challenging to have that many students

in one room at a time. "It can be very challenging, especially in the very beginning when you are starting all eight different instruments and they are all starting at the same time. The first couple weeks are pretty much complete chaos. They have done really well. It takes a lot of patience on their part because they have to be able to sit and not be disruptive when I am trying to work with different sections."

Senior Tayte Nokleby was a TA for Gronseth first semester, and having two experienced seniors help in a sixth-grade classroom of 50 is a relief for the teacher.

"Tayte was a godsend in the beginning because trumpet valves stick, but they have been getting better where Averie does not actually have to do as much with it. It is super helpful to just have someone with

some experience that can help them with that," Gronseth said.

Averie has enjoyed being a TA this semester, but there are some challenges for her, too. "One of the most complicated things I have had to help with is fixing 'broken' trumpets. As a trumpet player myself, I know the hardships that go into first-year music. When your trumpet valves get stuck, you think it is the end of the world. Later, you realize that a valve getting stuck is the least of your worries. Oiling valves, figuring out parts of trumpets that were out of position, and doing errands for him were the hardest parts. Nothing about it was truly hard," Averie said.

Even if it is a hard time controlling them right now hopefully it will work out in the end and the band will be successful in the coming years.

## Averie Nurmi earns prestigious Sousa Award in band

Senior Averie Nurmi is humbled to be this year's recipient of the prestigious Sousa Award. Since there are a variety of seniors in band this year who are worthy of receiving this award, according to Averie, she feels extremely happy to have earned the award named after John Philip Sousa, known as the "American March King" for his composing and conducting of American military marches.

It's tradition at MACCRAY that a deserving senior receives the award at the final band concert of the year. Members of the High School Concert Band are tasked with voting for one of their peers who is a senior and dedicated to the art of music. Other requirements include regular performances at concerts, pep band, community performances, solo ensembles, competitions, and whatever else the band is involved in.

Averie fits these requirements as she has been a band member since elementary school, playing the trumpet and dedicating her extra time throughout the years to go above and beyond the expectations of receiving an "A" in the course.

She first participated in the solo ensemble competition in 8th grade and continued to do so throughout her high school music career. At this year's solo competition, Averie earned a Superior rating for her performance on her trumpet.

Averie has truly enjoyed her time in the MACCRAY Band, stating that playing for the community and playing with the members of the band has been one of her favorite parts, but it's also the challenge of learning new music that she loves.

"When you go to band you have to focus on the music and everything else fades away," Averie said. She also believes that being part of the school band has helped her to learn skills beyond music including teamwork, dedication, and responsibility.

The camaraderie of being part of band is another aspect that kept Averie interested. "You get to be part of something special. If you are not in a sport or other activities, band can be that space for you."

Averie knows that her love for band and dedication to the art can also be attributed to director Joel Gronseth.

"I really appreciate his work that he puts into our band program because ours is so small, but he always encourages us to do better, and even if we do get challenging pieces, he spends a lot of his time personally to help us get better," Averie said of Mr. Gronseth.

She also credits Mr. Gronseth for dedicating much of his time with the younger bands to help build the program and hopefully secure a group that continues with band throughout their high school days.



## MACCRAY Band performs well at competitions

By Juan Del Bosque

Mr. Gronseth is the MACCRAY High School Band teacher who recently had band competitions on March 11 and April 6.

On March 11, the entire band competed in the large group competition with an amazing score of 34 from one judge and two 33s from the other two judges.

Now a couple of the band and choir students opted to do a solo Ensemble contest. Those students were Travis Wassink (euphonium), Averie Nurmi (voice), Tre Lee (voice), Averie Nurmi (trumpet), London Hoffer (clarinet), Molly Loe (voice), London Hoffer (voice) and Henley Johnson (bass clarinet).

All received superior ratings! Mr. Gronseth said a special shout-out goes to Henley who received a near-perfect 39 out of 40.

Mr. Gronseth said, "These students spent a considerable amount of time in the last weeks/months learning their music and placed themselves in the nerve-racking situation of having to play individually (or in a small group). Through the process, they undoubtedly improved their musical skills."



## D.A.R.E. graduation

By Emersen Tatge

D.A.R.E. an organization that teaches kids that drugs are bad. This is a police officer-led series of classroom lessons that teaches children in 5th grade how to resist peer pressure and live productive drug- and violence-free lives. In April, the MACCRAY fifth-grade class graduated from the D.A.R.E. program, vowing to remain drug free and violence free.



## Pop tab collection!

MACCRAY Elementary had a competition for collecting pop tabs during the month of March. They collected 193.6 POUNDS of pop tabs that will be delivered to the Ronald McDonald House Charities! The top collectors were Ms. Johnson's 3rd grade, Mrs. Torkelson's 1st grade, Ms. Pauling's PreK, Ms. Blanchette's 5th grade, and Mrs. VanDenEinde's 5th grade! Ms. Johnson's class is pictured with all the pop tabs collected. Their collection efforts will help provide a home away from home to keep families together during a child's serious illness or injury. Thank you to all who helped with this!

## Read-a-thon Party!

Mrs. Hilbrands' preschool class won a rootbeer float, pajama day, movie party for collecting the most cash donations during the Read-a-Thon. The preschool class is back row from left, Aubrielle Gruenhagen, Ryder Updike, Ella Grimm, Joe Donner, Kason Sunderland, Boyd Pauling, Martha Westbrook, and Abigail Vogel. Front row, Grace Meyer, Griffin Block, Nora Burdorf, Myah Peterson, Rosie Visser, Lucas Koenen, Charlotte Kveene, and Jaron Aeikens.



## Figure skating popular among MACCRAY students

By Christopher Sanchez

Figure skating isn't a sport offered at MACCRAY, but several of MACCRAY's own participate in the Diamond Edge program in Willmar

Mackenna Burnett is a senior at MACCRAY and has been skating since she was 8 years old. She has been coaching for six of those years.

"I think my biggest achievement is passing all the levels that are provided at Willmar and passing half the levels in other places. I have also landed an axel, Lutz jump, and flying camel, Mackenna said.

Mackenna's goal is to be able to land a double jump. She has been inspired to skate by her mom and Olympic medalist.

"My inspiration would have to be Mirai Nagasu. She is a bronze medalist and I have personally met her and I believe she is one of the sweetest persons I've ever met," Mackenna said. "My mom got me into ice skating and when she first mentioned the idea I was against it but we went to an open skate and I fell in love with it and have been doing it ever since."

Mackenna inspired her ninth grade sister, Maggie, to skate as well. Others at MACCRAY who skate include elementary students Grace K. Bella, Beckett, and Dashiell Condon, Emma and Harrison Fosso and Avery Van Eps.

## Spelling Bee Queen



## Avery VanEps accomplishments on ice

By Alexis Gates

Since MACCRAY does not provide ice skating, Avery has had to travel a distance for practices and competitions to Willmar, St. Cloud, Brainerd, Fergus Falls, and Alexandria. Avery said she has been skating for about six years.

Avery wins three awards for each competition she competes in, plus two more after each season. The harder spins are one of Avery's biggest challenges this season, according to her.

Along with stretching, Avery engages in off-ice exercises. She works on this by doing gymnastics when she's not skating.

Ice skating is a lot of fun, according to Avery, so anyone who wants to give it a try shouldn't be afraid—though there are challenges along the way. The rewards come from your hard work and the friends you make from other schools.

By Aubrey Berghorst

Kennedy Shamla is an 8th grader here at MACCRAY and has participated in the spelling bee the past 4 years. Kennedy was the champion speller again this year. Kennedy works hard to be successful in the spelling bee while also being naturally gifted.

"The spelling bee interested me because it was something that I was confident in, and that I had a chance to go far in."

Kennedy practices first by studying these words. Then when she knew them herself, she would have her parents quiz her in their free time or randomly throughout the day. It's great to see she has a support system that encourages her passion for the spelling bee.

"One word I find hard to spell is 'paralle', I just forget where the two L's."

Being that Kennedy is still so young and already doing boss things, I hope she continues her passion and improves more and more every year. Who knows maybe next school year she'll spell 'paralle' without ever having to think about it!

## MACCRAY's Gymnast

Mia Post is the lone gymnast representing MACCRAY. She has been doing gymnastics since she was in second grade, and she wanted to continue it competitively even though MACCRAY does not have a gymnastics program. For the past two years, Mia has been a member of the Benson-KMS area gymnastics team so that she can continue to be involved in the sport competitively. Mia loves all that is involved with the sport, especially the friendships she has made while on the Benson-KMS team. It takes a lot of effort to be involved in a sport that MACCRAY doesn't offer, so her dedication is important. Mia, who is a freshman at MACCRAY, plans on continuing with gymnastics throughout high school, putting in the miles and the hours to continue her passion.

## The young bull rider

By Jordan Warne

Have you ever wondered what other sports your classmates are doing outside of school? There are many students at MACCRAY High School who are involved in a large variety of sports outside of school. One of the more unique sports that most don't think about is bull riding.

Blaine Carroll, a ninth-grade student at MACCRAY, is one of these few students daring enough to compete in this sport. Blaine has been bull riding in many different rodeos since he was just 8 years old.

Blaine enjoys rodeo because he says it's pretty fun, and he gets to meet lots of different people.

Bull riding is known for being one of the most dangerous sports in the world. Bulls can get very aggressive and extremely dangerous. This, however, does not seem to faze Blaine. He says that his favorite thing about bull riding is the adrenaline he feels when riding. He also says that it is all a mental game that you just have to get over to ride bulls.

Bull riding is a very interesting sport and, if you're interested in seeing it in person, it would be cool to see Blaine compete sometime.

## Pushin' P gives students real-life business experience

By Sebastian Cisneros

MACCRAY's famous Pushin' P Cart is back and better than ever. Pushin' P is a small business that was created when Mrs. Pieper decided she wanted to teach students some real-life skills.

"It started because I wanted students to learn how to run a small business to learn some real-life skills," she said. It has been a very thriving business with many students getting very excited to get snacks.

"It gives students in other classes opportunities to get snacks if they are hungry before and after lunch or for sports after school. It also gives students the opportunity to learn cash count and inventory," Mrs. Pieper said.

Some challenges come from what period the business class is scheduled. This year the class is held fifth hour, which is right

before lunch. This means the cart might interrupt classes, but Mrs. Pieper has been good about communicating with teachers to see when it's ok for her students to stop by with the cart.

Pushin' P has been a very thriving business and will continue to grow even bigger in the upcoming years, and the business is going better than Mrs. Pieper even imagined it would.

"I didn't know how far it would go at the start but in these past few years I was super excited to see it thrive and succeed and now am very excited for the up and coming years," Pieper said.

An added bonus to the success of the business is that the profits from sales go into a scholarship fund. Each year, Mrs. Pieper awards a scholarship to a senior going into business, which is all possible because of the many who support the Pushin' P Cart.



Senior Emersen Tatge gives a convincing sales pitch for products on the Pushin' P cart.

## MACCRAY WC-CEO students

MACCRAY CEO students and Ryan Luft, their teacher, invited all to the innovative and creative West Central CEO Class of 2024 Spring Trade Show, held May 13, at the Renville Community Center. Those who attended were able to see the incredible showcase of entrepreneurial talent and ingenuity. High school students from KMS, RCW, MACCRAY, and CMCS participated in this year's CEO class. The students created a diverse array of innovative products, unique services, and other business ideas that were on display at their year-end trade show. According to the invite, "the West Central CEO program is more than just a class; it's a dynamic collaboration between local businesses and ambitious students, empowering the next generation of entrepreneurs. MACCRAY Seniors who were in the class and had their businesses on display included Kori Bristle, Sawyer Janssen, Garrett Struxness, and Isaac Post.





## FFA competes at state

FFA Advisor Ben Johnson is proud of the accomplishments and hard work put in by FFA members. Johnson said, "Congratulations to all of the students who qualified and competed at State FFA this year! These students worked hard to make it this far and I am very proud of their accomplishments. Many of these students are also in sports, so they had to come in at all times of the day to be able to get practices in. Early morning practices, to practices that sometimes went close to 10 p.m. in the evening. And at times giving up their 'free' days to come in and prepare.

The skills that they develop through these events often lead to career choices and building of leadership skills that will benefit them throughout their lives.

Also a shout out to Callie Jaenisch for receiving her State Degree during the State Convention and for being reelected to a Region Office." The following students competed at state in their respective areas: Soils-Alex Dirksen, Coleton Schelski, Dan Jaenish, Anna Janssen; Fish and Wildlife-Brooklyn Alle, Kaden Ahrenholz, Ethan Schleski, Ryder Niemeyer; Crops-Evan Petersen, Logan Dirksen, Elias Hultgren; Companion Animals- Kennedy Shamla, Sam Andol, Ava DeLong; Floriculture-Elizabeth Johnson, Rachel Seehusen, Leah Hardebeck, Regan Aker; Parli-Elizabeth Johnson, Rachel Seehusen, Anna Janssen, Callie Jaenisch, Sydney Geise, Molly Loe; Dairy Handling-Emerson Tatge; Livestock- Cooper Klinghagen, Cameron Tebben, Ellie Bosch, Keeley Jaenisch; Delegates-Austen Olson, Gideon Johnson, Lilyanne Pauling.



## 2180 Foundation

The MACCRAY 2180 Foundation recently held an auction and burger dinner fundraiser to help support academics, athletics, activities, and more at MACCRAY. All the money raised during the fundraisers goes for grants to teachers, advisors, and coaches to enhance the learning of MACCRAY students. In the spring granting cycle, the 2180 Foundation granted \$10,550 worth of grants to help support students at MACCRAY. Servers at the burger fundraiser were student helpers including: Ali Neville, Addison Kasella, Maddix Shamla, and Cam Kern.

## Buddies comes back to MACCRAY

**By Hugo Vargas Garcia**  
Buddies has had a very huge impact at MACCRAY High School. It has helped a lot of middle school kids talk to someone new and meet new people. Jennifer Plagge, the high school social worker, said "The Buddies program was created to connect our upperclassmen, our 10th, 11th, and 12th graders, with our middle school students focusing primarily on 6th, 7th and 8th grade."

The Buddies program has benefited from the new one-campus building because the older kids can create meaningful connections with the younger kids. They get to do all types of fun activities, for example, they get to shoot hoops in the gym or play board games. The middle school students really benefit from having a big buddy, but upperclassmen who serve as a big buddy get a lot out of

the experience too. Senior Matthew Wadsworth said being a big buddy helps little kids talk to someone new. Matthew also likes that he gets to spend time with someone new and be a positive role model for younger kids. Matthew said he likes to take his buddy to the gym and shoot hoops. Matthew offers advice to anybody who might join the Buddies program

in the future, "Just be nice to your buddy. A lot of buddies are different so you have to adjust to the way that they act, and just be nice to them." So next time you see a middle schooler walk around the high school area make sure you say hi to them and just be nice to them.

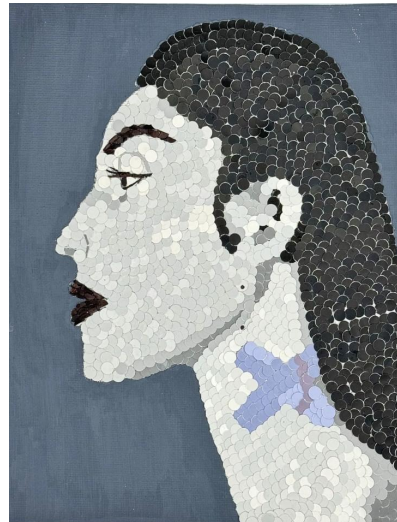
## MSHSL Visual Arts Competition Results



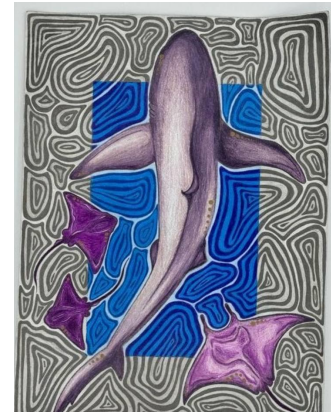
*Daniel Roelofs  
Traversing Tiger  
Excellent*



*Regan Aker  
Woodland Fairytale  
Superior  
Best in Show*



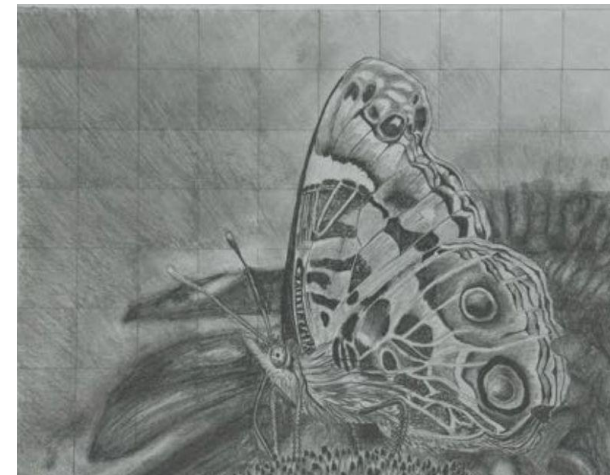
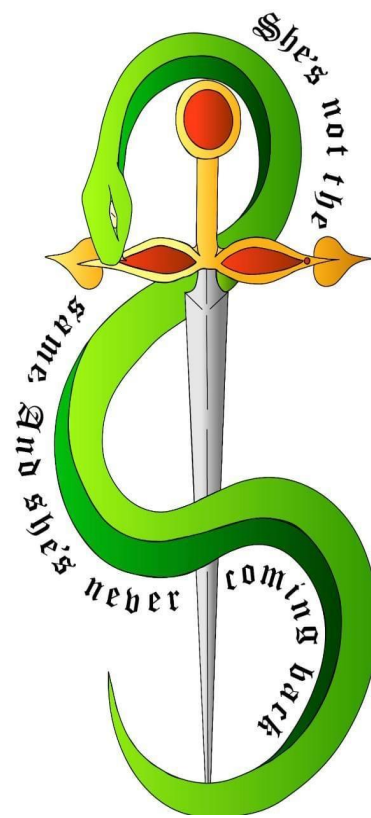
*Abel Mares-Ciriaco  
Gray Vampire  
Excellent*



*Regan Aker  
King of the Deep Unknown  
Excellent*



*Cadence Rosendahl  
I Want to see the Floating Lights  
Superior*



*Jack Miller  
Majestic Moth  
Excellent*

*MJ Stokes  
Change Isn't Supposed to be Bad  
Superior*

## 5TH GRADERS ENJOYED THEIR ANNUAL FORMAL DINNER NHS HELPS SERVE



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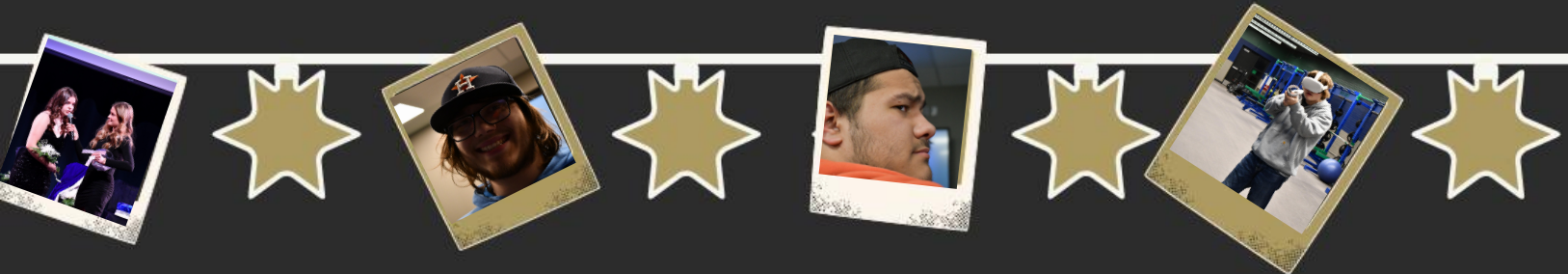


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