

February 9, 2023



Knights' News

Announcements

February 13th Conferences 4:00 – 7:30 pm

Pie Meeting - 6:00 pm

School Board Meeting – 6:30 pm

February 15th Early dismissal 12:45

Conferences 1:30 – 7:30 pm

Winter Formal Dance @ Climax 7th – 12th grade 8:30 – 11:30

Feb. 16th & 19th No School

February 29th -Mar 2nd State Robotics Tournament

March 8th Early Dismissal 12:45

REMINDER!!



BUY YOUR YEARBOOK!!

\$40 for everyone, and \$35 for Seniors! Pay on JMC or money to the office!



2023

-2024



Articles

The Negative Effects of Energy Drinks

Laressa Laurie Grade 12

Many people use energy drinks as a short-term solution for energy, whether the person did not get enough sleep or just needed a boost of energy for a couple hours. People drink energy without thinking about the effects of it. There are so many different negative effects to energy drinks. In 2011, 1,499 adolescents aged 12 to 17 years went to the emergency room for an energy drink related emergency. Energy drinks can cause heart complications. Some of these complications include irregular heartbeats and even heart failure. People drink this because they can't sleep. However, drinking it is probably the reason that they can't. Energy drinks are known to cause insomnia. Drinking this can enhance the feeling of anxiety. These symptoms are just a few, so next time you feel like drinking an energy drink, try thinking about how it can affect you.

Tree Frogs

Bailey Hartje Grade 12

Tree frogs come in a variety of shapes, sizes, and colors. Some tree frogs can camouflage like a chameleon, while others have striking hues that range from subtle blues and greens to bright oranges and reds. Tree frogs are carnivores and feed on various bugs and insects, such as ants, flies, crickets, moths. Tree frogs live on every continent except Antarctica, but they are most diverse in the tropics of the western hemisphere. About 30 species live in the United States, and over 600 species live in South and Central America.

History of Valentine's Day

Elizabeth Norheim Grade 11

Valentine's Day started way back in the 14th century, when Pope Gelasius I forbade the celebration of Lupercalia, the festival that celebrated the coming of spring, included fertility rites and the pairing off of women with men by lottery. They then renamed the holiday "Valentine's Day" after Saint Valentine, who was a catholic

priest in Rome in the 3rd century. Valentine would marry soldiers in secret, from the strict laws that Christians had to follow at the time. Eventually though Valentines was found out and went to jail and later be executed. It's also legend that Valentine had cured the blindness from his jailor's daughter, who he had a quarrel with. Though before he was executed on February 14th, he had sent a letter to the blind girl that was signed 'from your Valentine'.

Highlander Cow

Aubrey Ana Fredrick Grade 9

Highland cows originate from Scotland, they are a rustic breed of cow. They are known for their fluffy shaggy coat, how long their horns can get, and their high butter content and the quality of their meat.

Highland cows weigh about 1800 pounds full grown, but heifers can weigh 1100, and they live till they are 15-22 years old with their diet being flowers, grass, leaves, and shrubs. They are also endangered/at risk with only 25,000. Highland cows live all throughout the world.

Sports update

Junior High boys won on Tuesday 2/6 as they beat Red Lake Falls by 38-30. They lost to EGF last night.

Boys' basketball played Fertile on 2/5 with Varsity losing 40-74 and JV losing 40-60

Girls' basketball played Fertile on 2/6 with Varsity winning 56-36 and JV losing 23-44

Girls' basketball played Fosston 2/8 with Varsity losing 34-51 and JV winning 35-32

Weekly Poll 21

What's your favorite sport?

Angel-Football

Micah-soccer

Asher-Basketball



What's your favorite genre of music?

18 responses

