




the MUSTANGER

$$E=MC^2$$



SCIENCE FAIR

Ashley Public School Local Science Fair is the Evening of Tuesday February 13. It will be open to the public starting at 7 pm and will conclude about 8:30.

A Look Ahead

- Feb. 5-9: National Counselor Week
- Feb. 7: Math Counts in Ashley 9:30
- Feb. 8-12: GBB Districts
- Feb. 13: Science Fair 7:00
- Feb. 15-17: State Wrestling
- Feb. 21: County Spelling Bee in Wishek



"The science fair is tomorrow, and I need to build a model of a nuclear power plant. Can you help me?"



The great thing in this world is not so much where you stand, as in what direction you are moving.

~ Oliver Wendell Holmes

A decorative banner with a parchment-like texture and rolled-up ends. The words "Honor Roll" are written in a large, elegant, black cursive font across the center of the banner.

Honor Roll

3.0-3.49 Average

Darrell Eddins-8
Gracie Hoffman-8
Baxter Sand-8
Noah Gilstad-9
Jacey Lippert-9
Nelson Meidinger-9
Kebba Beach-10
Thea Entzie-12

4.00 Average

Christopher Pfeifle-7
James Schumacher-7
Zach St. Aubin-7
Hunter Gallagher-9
Nicole Schmidt-9
Emily St. Aubin-9
Faith Dockter-10
Caitlin Molter-10
India Bender-11
Bryce Goettle-11
Tanner Kempf-11
Collin Martz-11
Riley Molter-11
Abby Peterson-11
Tiffany Engelhart-12
Rachel Rueb-12
Katie Schmidt-12
Addie Schnabel-12

3.5-3.99 Average

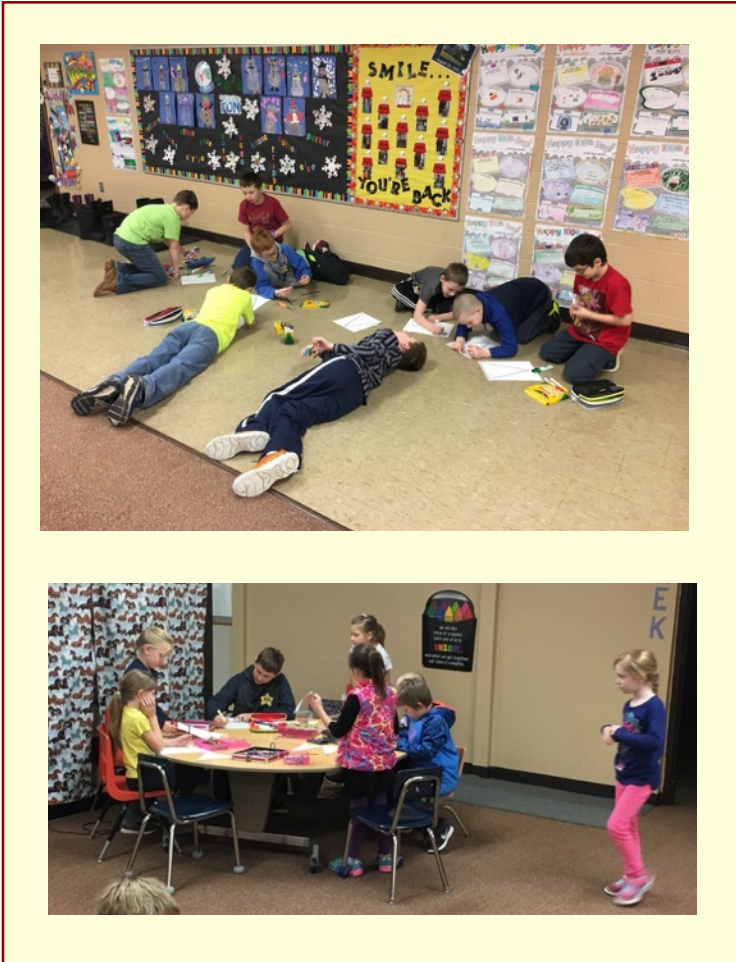
Keeda Beach-7
Marshall Lindgren-7
Kathryn Schneider-7
Damian Bender-8
Dani Gilstad-8
Katrina Gojkovich-8
Colton Martz-8
Jackson Meidinger-8
Blake Meyer-8
Hannah Schauer-8
Trey Haugom-9
Alexis Kempf-9
Nathan Schauer-9
Christina Kloster-10
Grant Schneider-10
Kylee Thiery-10
Abby Croker-11
Jacob Entzie-11
Sara Melom-11
Andreas Neu-11
Nick Paulsrud-11

A stylized logo with the words "Well Done!" in a bubbly, 3D font. "Well" is in red with a white outline, and "Done!" is in yellow with a white outline. The exclamation point is also yellow with a white outline.

Well Done!



As an elementary group, we had a goal to collect 100 nonperishable food items for the food pantry on the 100th day of school. We collected more than 100! Way to GO!!



STUDENT OF THE
MONTH

Congratulations



Congratulations to Faith Dockter, daughter of Jason and Kelly daughter, for being selected January's Student of the Month. Faith is seen as a positive role model and leader for her peers and younger students. Faith strives to always work towards her best potential in the classroom and activities she is involved in. Faith is an active athlete and participates in student organizations. A person can often times find Faith willingly and patiently helping others out when needed. Congratulations on a job well done, Faith!

Missoula Children's Theatre



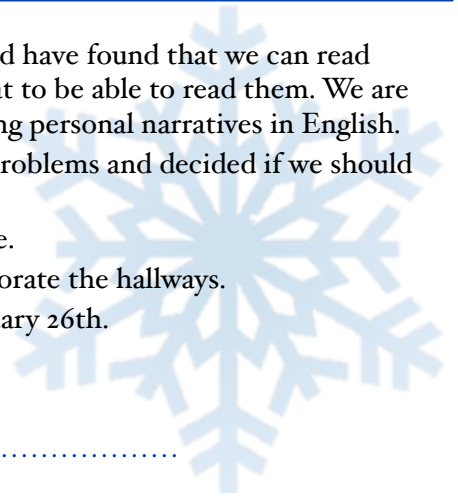
Save the Date

April 30-May 5, 2018

In May our Ashley students and MCT will be presenting "Treasure Island". MCT is such a wonderful experience for our students. This year will be our seventh year with MCT. Over the years MCT has always been funded with grants and donations. MCT is a wonderful experience for all of our students involved. If anyone would like to make a donation to MCT please contact Jessica Schmidt 701-288-3257 or Teresa Dockter 701-288-3456, so we can continue to have MCT come to Ashley School. Thank you to everyone who has helped make MCT such a huge success in Ashley!



We are working hard on reading books and have found that we can read some of the books in the library! It is great to be able to read them. We are busy writing complete sentences and telling personal narratives in English. In Math we have been working on story problems and decided if we should add or subtract to get the answer. The weather has been the topic in Science. Penguins and snowmen that we made decorate the hallways. We enjoyed the 100 day of school on January 26th.

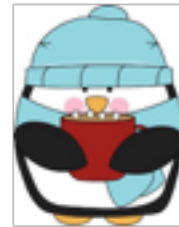


3rd GRADE

Snow
 No swimming
 We make snowballs
 Me playing in the snow
 Everybody wears gloves
 Not hot
 By Bryan Mann



We have a snowball fights
 I like coldness
 Not warm
 Throwing snowballs
 Everyone gets cold
 Really cold
 By Jaden Lear



Snow is fun
 Not warm
 On the big hills we sled
 Winter is my favorite time of year
 Many days with snow
 Everyone playing with snow
 No one is nice and warm
 By Haley Kase

Sledding
 Not hot
 Outside playing in the snow
 We play dodgeball with snowballs
 Me watching TV
 At my grandma's house
 Not swimming
 By Brendan Jenner

Sledding is fun
Not warm
Outside being cold
We are skating
Me drinking hot chocolate
Acting like a snowman
Not summer

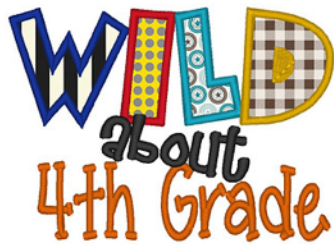
By Lydia Wolf



Snow
Not that h
Only cold
Winter fun
Many days are cold
At school
Nothing is green
By Megan Monson

Happy 2018! Things we have been doing the first month of the New Year are:

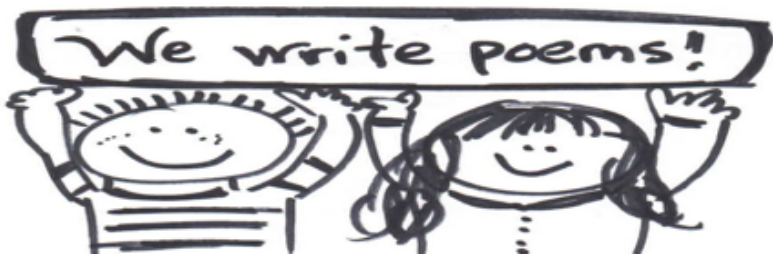
1. Learning about the Chinese New Year.
2. Making Chinese Lanterns.
3. Doing LONG LONG division.
4. Getting ready for our Invention Convention. More information and pictures next month!
5. Doing our first state reports on the Northeast states.
6. Enjoying working on our Penguin projects. We each took a different species and did research along with an Art project. These will be up in our hallway soon!



HAPPY NEW YEAR FROM GRADE 4!!!

“Aim for success, not perfection. Never give up your right to be wrong, because then you will lose the ability to learn new things and move forward with your life. Remember that fear always lurks behind perfectionism.”

~ David M. Burns



Young American Poetry Digest 2018 writing contest

Poems can be written by a student of any age from Pre-K through Grade 12.

All types of poetry forms are welcome! The "haiku" form is highlighted in this writing contest.

- Please submit your poem to Mrs. Bender by March 13, 2018. She will submit them to the Young Poets.
 - o Name
 - o Grade
 - o Age
- Please write your poem in less than 80 words.
- Please have your poem typed.

The overall quality of the poem is determined by the following criteria:

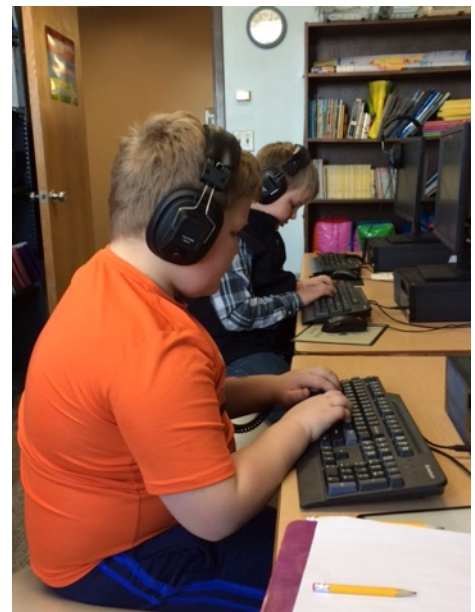
- Creativity
- Age-appropriate language
- Sensory/figurative images
- Structure
- Poetic techniques

Many of our students have received the honor of having their poem published within this book each year. It is an honor to have their poems published in a book with other children across the nation, and to have the book on our library shelf!



Working hard at

**A
P
S**



FUTURE BUSINESS LEADERS OF AMERICA



Throughout January...

Throughout January, FBLA held a professional dress day, has prepared for State FBLA, and received another award from the State Officer Team and State Advisor. On January 31st, seven 9th and 10th grade FBLA students will be attending Valley City State University's Emerging Leadership Conference – good luck to these ladies! We will post the results on our Facebook page.



Congratulations to the following:

- ★ Faith Dockter – BAA Future Level
- ★ Christina Kloster – BAA Future Level
- ★ Caitlin Molter – BAA Future Level
- ★ Ms. Sara Sathre – December's Advisor of the Month



February 6 - officer meeting

February 7 - Professional Dress Day/chpt mtg

February 19 – state projects due

February 26 – BAA Verification due for 10-12 gr
(requirements to attend State Leadership Conf.)

March 25-27 - State Leadership Conference



MUSTANG WRESTLING PIN CLUB

Whether you are a longtime fan or just beginning your journey into the wonderful world of wrestling, we invite you to join in the fun and support a **Mustang Wrestler!** Just pick a wrestler and at the end of the season make a donation (suggested \$1.00) for each time your wrestler pins his opponent throughout the season. Official stats will be used to determine the amount of pins. In March of 2018 the Wrestling Booster Club will calculate the suggested amount due and send you a statement.

It's easier than getting out of a double chicken wing
and more fun than a takedown in the last two seconds of the third period!

Circle the wrestler or wrestlers of your choice (you can choose more than one)

Grade

Darrin VanGorkom	12
Riley Molter	11
Lane Wolf	11
Jullian Peterson	11
Lewis Goehring	10
Jake Herr	10
Mark Jochim	10
Grant Schneider	10
Hunter Wolf	10
Tristan Fahlsing	9
Jonathan Shockley	9
Lucien Peterson	9
Nathan Schauer	9
Alex Schmitz	9
Ashton Peterson	8
Baxter Sand	8
Matthew Wolf	8
Charlie Herr	7
Marshall Lindgren	7
James Schumacher	7
Herman Kauk III	7

Name & address of Sponsor: _____

Phone: _____

Please mail or e-mail form to:

Nathan Wolf 8830 33rd Ave SE Wishek, ND 58495 or nwolf@bektel.com

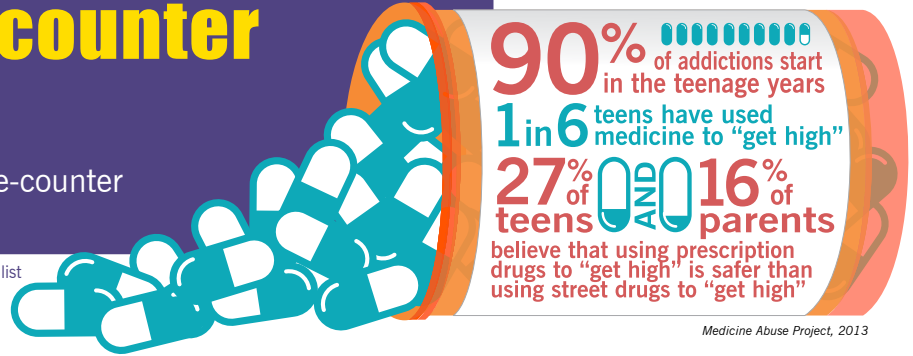
Or drop off at, Zeeland Public School, Wishek Public School, or Ashley Public School.

THANK YOU FOR YOUR SUPPORT OF THE SOUTH BORDER MUSTANG WRESTLERS

Adolescent Prescription and Over-the-counter Drug Abuse

The Truth About Abusing Over-the-counter and Prescription Medications

Meagan Scott, Ph.D., Assistant Professor/4-H Youth Development Specialist
 Chloe Krinke, NDSU Center for 4-H Graduate Assistant



Medicine Abuse Project, 2013



After marijuana and alcohol, prescription and over-the-counter (OTC) drugs are the **most commonly abused** substances by Americans 14 and older.

What is Prescription/OTC Drug Abuse?

- * Taking a prescription/OTC drug not prescribed to you
- * Taking it in a way other than prescribed (larger dose)
- * Taking it for another purpose than prescribed (to "get high")
- * Mixing a prescription/OTC drug with other drugs (alcohol)

Myth: Taking an extra pill from my prescription or giving one to my friend is not harmful because a doctor prescribed it.

Fact: Taking drugs that are not prescribed or taking them in any way other than a doctor directs can be dangerous.

Using another person's medication or sharing your medication is against the law. – N.D. Century Code 19-03. 1-23.



Myth: Prescription and OTC drugs are safer than illegal drugs.

Fact: Prescription and OTC drugs can be **more addictive and dangerous** than illegal drugs. Users are at risk for adverse health effects and overdose. **Legal does not mean safe.**

-
- * Missing medications
 - * Continually "losing" prescriptions
 - * Negative performance at school or work
 - * Changes in hobbies or interests
 - * Visits to internet sites with information on how to get and abuse prescription/OTC drugs to "get high"
 - * Disrupted sleeping/eating patterns
 - * Changes in friends
 - * Changes in appearance and hygiene
 - * Withdrawal from family and friends
 - * Excessive mood swings (irritability)

Why Do Youth Abuse?

- ✓ Feel good or "get high"
- ✓ Relieve or stop pain
- ✓ Help with school work
- ✓ Reduce appetite
- ✓ Experiment
- ✓ Relax/reduce stress
- ✓ Escape reality
- ✓ Fall asleep or stay awake
- ✓ Feel accepted by others
- ✓ Feed an addiction



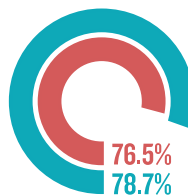
Most youth who abuse prescription drugs get them for free from a **friend or relative**, sometimes without the person's knowledge.

Early substance abuse is associated with a greater likelihood of developing a **substance use disorder later in life.**



59.7%

Widely Available: In North Dakota, the number of controlled substance prescriptions dispensed increased **59.7 percent** between 2008 (935,201) and 2015 (1,493,847).



MORE THAN **THREE QUARTERS** OF ND ADULTS BELIEVE **PRESCRIPTION DRUG USE AMONG BOTH YOUTH (76.5%) AND ADULTS (78.7%) IS A PROBLEM IN THEIR COMMUNITY.**

ND Prevention Resource & Media Center, 2017



2018 – 2019 School Immunization Requirements

Vaccine Type	Number of Required Doses		
	Kindergarten-6 th grade	Grades 7-10	Grades 11-12
DTaP/DTP/DT/Tdap/Td*	5	5	5
Hepatitis B	3	3	3
IPV/OPV [†]	4	4	4
MMR	2	2	2
Varicella (Chickenpox)	2	2	1
Meningococcal [¶]	0	1	2
Tdap [⊖]	0	1	1

* One dose of DTaP (pediatric diphtheria, tetanus, and acellular pertussis) vaccine must have been given on or after the fourth birthday. Only four doses are necessary if the fourth dose was administered on or after the fourth birthday. Three doses of Tdap (adolescent/adult tetanus, diphtheria, and acellular pertussis)/Td are required for children ages seven or older who were not previously vaccinated. Tdap should be used as the first dose followed by two doses of Td for children age seven or older not previously vaccinated.

† For polio vaccination, in all-IPV or all-OPV schedule: one dose must have been given on or after the fourth birthday. The final dose in the series should be administered on or after the fourth birthday and at least six months after the previous dose. If four doses are administered prior to age four, a fifth dose should be administered on or after age four. Only three doses of IPV are required if the third dose is given on or after the fourth birthday. Children born before August 2005 only need four doses separated by at least four weeks. These children do not need a dose after the age of four.

¶ One dose of meningococcal conjugate vaccine (MCV4) must have been given on or after the tenth birthday. The second dose of MCV4 must be given on or after the sixteenth birthday. If the first dose of MCV4 is given after the sixteenth birthday, then only one dose of MCV4 is required for eleventh and twelfth grade.

⊖ One dose of Tdap must have been given on or after the seventh birthday.

Exemptions

Students may be exempt from immunization requirements for the following reasons:

- **Medical Exemption:** Requires a certificate signed by a licensed physician stating that the physical condition of the child is such that immunization would endanger the life or health of the child.
- **Personal Belief or Religious Belief Exemption:** Requires a certificate signed by the parent or guardian whose sincerely held philosophical, moral or religious belief is opposed to such immunization.
- **History of Disease Exemption:** Requires a certificate signed by a physician stating that the child has a reliable history of disease. History of disease exemptions may only be claimed for hepatitis B, varicella, measles, mumps, or rubella.

Exclusion

All children need to be up-to-date according to the school immunization requirements or have claimed an exemption by **October 1st** of each school year or they must be excluded from school. Children enrolling in school after October 1st have 30 days to be up-to-date or claim an exemption or they must be excluded from school.



We're Cookin' Now!

Julie Garden-Robinson, Ph.D., R.D., L.R.D., Food and Nutrition Specialist

Kim Bushaw, M.S., Family Science Specialist

Carrie Johnson, Ph.D., Financial Management Specialist

This year, we are taking your family from The Family Table in the dining room to the kitchen. We will talk about helping kids gain lifelong cooking skills while connecting with parents and other family members. As kids help prepare food, they also may gain an appreciation of those who care for them by preparing food.

Please join us at **The Family Table: We're cooking now!**

Eat

This month's recipe features canned black beans, black-eyed peas and several other vegetables. Invite kids to help open the cans and drain/rinse the contents, measure ingredients and prepare vegetables. Depending on your children's age and skill level, they also might be able to chop the vegetables with your help.

Draining and rinsing canned beans can remove as much as 40 percent of the sodium from the beans.



Video:

How to Use a Can Opener

Opening cans can be challenging for kids. This video (<https://tinyurl.com/canopening>) from Kansas State University shows how to open a can.

Food Safety Tip: When storing canned goods, arrange them in order of "first in, first out" from the front to the back of your cupboard. That way, you will use the "oldest" food first. According to the U.S. Department of Agriculture, canned beans last up to five years in your cupboard, while canned tomatoes (and other acidic foods) last up to one year.



Southwest Bean Dip

- ½ c. olive oil
- 2 Tbsp. sugar
- ⅓ c. white wine vinegar
- 1 tsp. chili powder
- 1 lb. Roma tomatoes, diced
- 1 (15-ounce) can black-eyed peas*
- 1 (15-ounce) can black beans*
- 2 c. frozen corn
- 1 red onion, diced
- ½ c. green bell pepper, diced
- ½ c. red bell pepper, diced
- 1 c. cilantro, chopped

* Drain and rinse beans. Set aside. In a large bowl, whisk together the olive oil, sugar, white wine vinegar and chili powder. Add tomatoes, black-eyed peas, beans, corn, red onion and bell peppers. Stir to combine. Stir in cilantro. Cover and chill at least one hour or overnight to blend flavors. Serve chilled or at room temperature with whole-grain chips or crackers.

Makes 16 servings. Each serving has 140 calories, 8 grams (g) fat, 4 g protein, 16 g carbohydrate, 4 g fiber and 50 milligrams sodium.

Connect

Boost Kids' Confidence in the Kitchen

Some of us procrastinate when faced with those tasks we don't really know how to do very well. That's especially true with those tasks we know we should know how to do (think computers or mending).

Did you know that kids also resist doing a task if they are not confident in their skills? As parents or other caring adults, we can:

1. Start by teaching the skills of each chore until the "student" understands how to do that particular task.
2. Next, work together. Share and enjoy meaningful work and pleasant conversation.
3. Eventually, when you feel the child has a good grasp on the task, move to more of an encouraging supervisor role, setting the expectations, reviewing when needed and timing the projects.
4. And, of course, thank your children for their time and effort.

We all want our kids to be confident in their abilities and to help with daily chores such as food preparation and cleanup and other household work.



Savor (the Savings)

Saving money is typically one of the top New Year's resolutions. Coming up with more money is hard, but finding ways to cut costs and put extra money away can be a great way to meet your new savings goals. The average American household spends about 13 percent of its budget on food. Shopping smart is a great way to cut food costs.

- Plan your meals around what you already have on hand and sales at the grocery store. Don't forget to plan for snacks, too.
- Write everything you need down and make a shopping list. Stick to your list when you're at the store.
- Comparison shop while sticking to your list and be ready to substitute if needed. Generic and store brands are typically less expensive than name-brand goods.
- Buy in bulk when you can to save money in the long run. Only buy items in bulk that you will use before that item spoils.
- Try to only go shopping once a week (or less). This saves on impulse buys as well as travel expenses.
- Don't go shopping when hungry; you will be more likely to grab something that isn't on your list if you are very hungry.




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February 2018 Menu

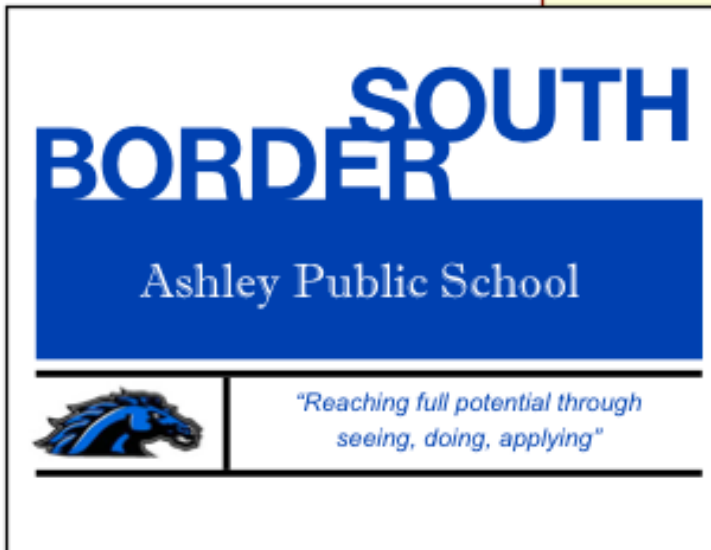
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Quesadillas Vegetable Fruit ----- Cereal Belvita wafers Fruit Juice Milk	2 Chef Salad Breadstick Fruit ----- Cereal Toast Fruit Juice Milk	3
4	5 Chicken Chow Mein Rice Vegetable Fruit ----- Cereal Bacon Fruit Juice Milk	6 Shredded Beef Vegetable Fruit ----- Cereal Potato Bake Fruit Juice Milk	7 Spaghetti Meat Sauce Vegetable Fruit ----- Cereal Yogurt Fruit Juice Milk	8 Popcorn Chicken Seasoned Noodles Fruit ----- Cereal Cheese Omelet Fruit Juice Milk	9 Meatballs/Gravy Noodles Vegetable Fruit ----- Cereal Banana Bread Fruit Juice Milk	10
11	12 Chicken/Rice Casserole Vegetable Fruit ----- Cereal Waffles Fruit Juice Milk	13 French Dip Vegetable Fruit ----- Cereal Breakfast Taco Fruit Juice Milk	14 Chili Soup (Meatless available) Breadstick Fruit ----- Cereal Smoothies Fruit Juice Milk	15 Crispitos Vegetable Fruit ----- Cereal Donuts Fruit Juice Milk	16 No School	17
18	19 Chicken/Beef Fajitas Vegetable Fruit ----- Cereal Toast Fruit Juice Milk	20 Hotdogs Vegetable Fruit ----- Cereal Fritter Fruit Juice Milk	21 Creamed Chicken Over Rice Vegetable Fruit ----- Cereal Breakfast Biscuit Fruit Juice Milk	22 Hamburger Vegetable Fruit ----- Cereal Pancake wrap Fruit Juice Milk	23 Pizza Vegetable Fruit ----- Cereal French Toast Fruit Juice Milk	24
25	26 Tacos Vegetable Fruit ----- Cereal Breakfast Cookie Fruit Juice Milk	27 Pork Rib Sandwich Vegetable Fruit ----- Cereal Scrambled eggs Fruit Juice Milk	28 Chicken Nuggets Noodle Soup Vegetable Fruit ----- Cereal PB&J Round Fruit Juice Milk			

February 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 BBB @ Medina-6pm JHBBB @ Medina-4	2 GBB-Lamoure @ Wishek-6pm JHBBB @ Napoleon- 4:30	3 BBB @ Roscoe-6pm WR-Region Duals @ Napoleon
4	5 JHBBB @ Zealand-4:30	6 BBB @ Zealand-6pm JHBBB @ Tappen-4:30	7 School Board Meeting-7pm Mathcounts @ Ashley-9:30 Progress reports	8 Dist GBB @ HMB	9 Dist GBB @ HMB	10 WR-Region Individuals @ Kindred
11	12 Dist GBB @ HMB	13 Science Fair @ Ashley	14 	15 BBB-Lamoure @ Wishek-6pm State	16 No School WR	17 BBB @ Kulm-4:30 JHBBB @ Kulm-2&3 @ Fargo
18	19 Reg GBB @ Jamestown	20 Reg GBB @ Jamestown	21 McIntosh County Spelling Bee @ Wishek 9:30	22 Reg GBB @ Jamestown	23 Dist BBB @ Wishek	24 Dist BBB @ Wishek
25	26 Dist BBB @ Wishek	27	28			

School Board



Members:

- Lyle Fey - President
- Ross Litsey - Director
- Kevin Nitschke - Director
- Trisha Schneider - Director
- Gwyn Schumacher - Director

703 West Main Street ● Ashley, ND 58413

(701) 288-3456

FAX: (701) 288-3457