

# MTS PRESS

student

Volume 1 Issue 1 - Feb. 2008

A publication created for and by the students of Minnesota Transition Schools

## WE'VE GOT YOU COVERED

Mr. Prescott, Ms. Staples and the journalism students at MTS would like to welcome you to the first issue of the *MTS Student Press*. We invite you to read our newspaper and find out more about your school and other topics of interest that are important to the students of MTS. This

newspaper is created by MTS students, and all of the articles are chosen by them.

"This is a great way for students to not only learn about the journalism field, but it also helps to inform students about events and issues that may affect them," said Prescott.

Staples added, "A student newspaper is a great way for the faculty to promote events, and give recognition to student achievements."

Some of the articles that will be in the newspaper are: faculty/staff profiles, student athletics, JROTC news, Comm Arts news, Tech Site news, Jeremy's counselor corner, entertainment news, and other local news topics. We are your school news team, and we are dedicated to keeping an objective standpoint on issues that may affect you. If you have a comment or any work that you would like to submit to this newspaper, please talk to Mr. Prescott or Ms. Staples. We would like to thank you for choosing to read our publication, and we hope that you enjoy it.



MTS journalism class pictured from left to right; Marlon Batres, Ms. Staples, Janell Coleman, Quintella Howell, Latanya Wood, Kendrick Miller, Tanina Woods, Adea Tramble, Shanarius Lee, Teena Sinkfield, Darrand Miller, Jasmine Simmons and Mr. Prescott.

## Upper Midwest JROTC Challenge

by Sarah Staples

The JROTC leadership cadets are always ready to develop their leadership skills and work as a member of a team. Recently, select JROTC students participated in the "Upper Midwest JROTC Challenge." The goal that Sergeant Jones had for his students was "to receive a trophy in every event." His students received fourth-place in all of the following: marksmanship, drill team, color guard, and orienteering. Sergeant Jones was pleased that the JROTC received so many trophies. However, he said that the students also "need to continue to improve their skill to achieve first-place."

The JROTC Leadership Academy promotes these competitions, because they align with the JROTC leadership program goals at MTS. Some of the goals the

program promotes are: leadership roles, active citizenship, becoming effective communicators, increasing physical fitness, living a drug-free lifestyle, strengthening self-motivation, working as a team member and graduating from high school. The competitions help the students to work as members of a team, develop their leadership skills, and strengthen their self-motivation. The JROTC leadership students received fourth-place overall in the "Upper Midwest Challenge." When James Morris was asked about the competition, he said, "Everybody did their best." If you haven't attended one of these competitions, I encourage you to go out and support your fellow classmates. These events are always free and open to the public.



Pictured left to right; Symone Randle, Francisco Macias, James Morris, Tyler Porter, Matt Long, Loua Jones and Meslah Gelatu



Pictured left to right; Francisco Macias, Mandella Peruza, Joanna Macias, Meslah Gelatu, Richard Bland, Dustin Barnes, Trent Hasskamp and Brenton Martin

# Getting to Know Mr. Nestingen (“Mr. N”)

by Janell Coleman & Latanya Wood



*Student Press: Do you have a girlfriend?*

Mr. Nestingen: No

*Student press: Why do you ride your bike when it's 20 below zero?*

Mr. Nestingen: It's warmer than walking, it's cheaper than driving a car, and I built a sweet bike just for the winter.

*Student Press: What is your favorite reality show?*

Mr. Nestingen: I rarely watch television, and when I do, I usually watch sports.

*Student Press: What is the most embarrassing thing that has happened to you?*

Mr. Nestingen: When I was in the third grade I gave a special girl a Valentine's Day card, and she read it in front off the whole class!

*Student Press: Do you have any brothers or sisters?*

Mr. Nestingen: Yes. I have a younger brother who is 19 years old, and his name is Per.

*Student Press: Why are you a vegetarian?*

Mr. Nestingen: Because it is more economical and environmentally friendly. Every time you bite into a piece of meat, you are eating 10 times the amount of food that is in your mouth. You are eating the animal itself, and all the food it ate to grow.

*Student Press: What is your favorite music artist/band?*

Mr. Nestingen: I love Common. If I could flow like anyone, I would want to flow like Common.

*Student Press: What do you do on Saturday nights?*

Mr. Nestingen: Whatever the hell I want! No, just kidding. I usually meet friends Downtown or in Uptown.

*Student Press: What is your favorite movie?*

Mr. Nestingen: I have many favorite movies, which include *Million Dollar Baby*, and all of the movies in the *Bourne* trilogy.

*Student Press: Who do you like better Homer Simpson or Peter Griffin?*

Mr. Nestingen: Peter Griffin.

# Counselor Corner

by Jeremy Miller



• Attention SENIORS: Graduation is fast approaching! Sign up for a meeting to see how close you are to completing the requirements towards graduation.

• MTS runs a six-week summer school program. This is a great way to catch up on missing credits or to get ahead.

• What is your G.P.A. (grade point average)? G.P.A. is one of the most important factors in getting accepted into college and receiving scholarship money.

• If you're missing credits, a great way to make them up is to make them in Independent Study after school. If you are interested and at least 16 years old, see me for a referral to get signed up.

• **Something to think about:** According to CNN.com, high school dropouts earned an average annual income of \$19,169. College graduates earned an average of \$51,554. Those with graduate degrees had an average salary of \$78,093.

## Go To Bed!

by Quintella Howell

**D**o you fall asleep in class? If you do, you could have sleep deprivation. There are many reasons why people stay awake at night. However, there are many reasons why you should go to bed. What I have found in my research is that many students at MTS are suffering from the physiological effects of sleep deprivation.

Sleep deprivation is common in the United States and many other countries. The National Sleep Foundation did a survey and found out that “one in four US high school students admit to falling asleep in class at least once a week.” The students at MTS are also falling asleep in class. The physiological effects that students are experiencing are many.

Symptoms of sleep deprivation include blurred vision, memory loss, weight gain or loss, irritability and much more. Students admitted to leaving school early,



or skipping school completely due to lack of sleep. I have also heard that many students use drugs before school to “keep them focused.” There are many reasons why students stay awake at night.

Students stay awake at night because they have a lot of responsibilities. Some students have children, play sports, or have to work late at night. Some students stay awake because of their involvement in gangs. School age children should get between 8.5 and 9.25 hours of sleep.

Sleep is not an option, it's something the body needs to stay healthy. Sleep is something that everybody needs for their minds and bodies to function normally. So, go to bed!

# Boy's Basketball Team Finishes Strong

by Darrand Miller

As the 2007-08 boy's basketball season nears its end, it's time to review some of the highlights of this year's team. The coaches for the boy's basketball team are John Sherman, Jeremy Miller, Jerry Noreen and Cory Clark. The talented starting lineup includes Kavaarian Williams, who is currently ranked second in the state in assists. Playing guard with Williams is Virgil Baker, who is currently ranked eighth statewide in steals and seventh in assists as well. Another guard, Jeron Jackson is ranked fifth in steals statewide. Brothers' Kevin and Kyle Noreen are also part of the starting lineup. Kevin towers over his opponents by standing a monstrous 6'8" and is leading Minnesota in scoring, and he is also in the top five statewide for his rebounding skills. Impressively enough, his scoring ability has ranked him sixteenth in the nation. These skills must run in the family, because Kyle was ranked second statewide in steals, and fourth in assists. Besides the starting five, the Wolves also have great role players who can come off the bench and contribute during crucial moments in the game.

I recently sat down with assistant coach, Jeremy Miller, for an interview regarding this year's squad:

*Student Press: How has the team done so far this season?*

Miller: The team has done well, they are currently 18-4 and are ranked 11th in the state. I would say they are among some of the best teams that MTS has ever had.

*Student Press: How is this year's team different from years past?*

Miller: This year's team has the capability to be a better defensive team, and they are very unselfish players.

*Student Press: How have the close games affected the team chemistry?*

Miller: The close games have brought the team together. They play better as a team during the close games, so it's good to have games like that to improve the team chemistry.

*Student Press: What are some of the highlights of the season thus far?*

Miller: The win at CHOF was a hard fought game, and we had to come from behind to win.

With only four games left in the regular season, the Wolves are hoping to make a run for state. They are very confident and excited as they look forward to the playoffs. Kavaarian Williams said, "The best thing about this season has been the support of the fans." So let's get out there and support our 2007-08 MTS Wolves as they look to finish strong!



Virgil Baker battles for a rebound as Jeron Jackson and Kyle Noreen look on.

# Lady Wolves Show Improvement

by Adea Tramble

The MTS girl's basketball team has overcome a variety of challenges this season, and is continuing to move in the right direction. The Lady Wolves have had a lot of challenges because they lost many of the team members from last year. Although most teams have a team leader, Cody Miller says, "We really don't have one specific team leader. My high school girls have all been leaders because we have a couple of middle school girls on the team. The high school girls have really tried to help the younger players develop more as players and as individuals."

One member of the team, Hancia Randle, said, "This is my first year playing, and so far I like it!" The girls basketball team has won one out of two of their last three games. The team has improved a lot by learning how to play as a team, and learning how to work together. Overcoming the season's challenges has brought the team together, and given them a foundation to build on. Cody Miller added, "The team's attitude has gotten a lot better since the beginning of the year. We started the year taking losses pretty bad, but it was my goal to get them to win and lose with class. The girls had to realize that losing is a part of life and that stinks, but life does go on."

# Students Earn Nursing Qualifications

by Ben Prescott

The MTS students listed below recently passed their Nursing Assistant class and earned Nursing Assistant qualifications. According to Nursing Program coordinator, Remi Huyen, this is a big accomplishment. Huyen added, "The nursing students couldn't have done it without the support and encouragement that everyone at MTS has provided. These wonderful individuals are on their way as prospective nurses, and that is something that we should all be proud of."

Jerrida Brookins	DeEric Hurn
Jelisa Burns	Janaya Jackson
Lakisha Cosey	Matika Johnson
Kamille Cunningham	Jessica Jones
Shanna Curry	Stephanie Mayhew-Saulter
Davina Frazier	Charna Smith
Katrisa Frazier	Teena Sinkfield



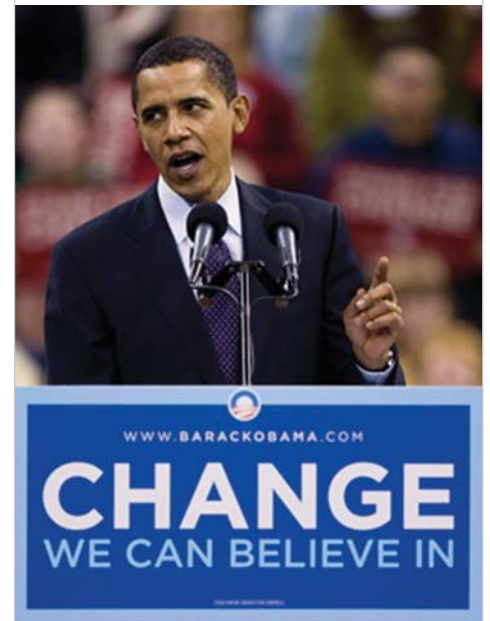
# Youth Vote For Obama, Yes We Can!

by Marlon Batres

On February 5th, 2008, a record number of people showed up to caucus all around Minnesota. The results showed that Barack Obama won Minnesota by 67% compared to Hillary Clinton's 33%. I was lucky enough to be an election judge for my precinct. The caucus was held at a neighborhood community center, which expected attendance to be around 175-250 people. This election is one of the most important in the last decade. I believe young people made the difference by getting out and voting. The final vote count was Barack Obama 292, and Hillary Clinton 91. I was amazed that roughly 400 people voted at our caucus. It's clear that the people of America want to see change. I encourage the young people who have not exercised their right to vote, to take advantage of this

opportunity. The youth of America can make a difference in our country, and now is the time to do it. Based on my personal experience at the caucus, and the research I have done, I noticed that Barack Obama has obtained over 75% of the youth vote across America.

The Presidential Election of 2008 is going to make a difference in our country. This election gives the youth of America a chance to exercise the right to vote and make a difference. If you are not registered to vote or have never voted, I encourage you to do it. Your vote and voice can make a difference in this country. The youth of America have already made a difference in the caucus. It is time to make a difference in the Presidential Election of 2008. You can make a difference. Yes you can!



## Would you vote for Obama, and why?



"Yes I would vote for him, because I feel that he would bring politics back to the people. He inspires young people to make a difference."

– "Mr. N." –



"Yes, I would vote for Obama because I think that the world is ready for a black President and because I feel he will take action."

– Renne White –



"Yes I would vote for Barak, because it's time for an african-american president. Plus he's cool man!"

– Hassib Farooq –

## READER POLL

*Do you think MTS students should have an "open lunch"?*

- A: Yes, every student should have an open lunch
- B: Yes, but only the students who are getting a GPA of 3.0 or higher
- C: No, it will cause to many problems

To participate in the reader poll tear out the dotted box, check your answer and submit it to Ms. Staples (room 401) or Mr. Prescott (room 204). Results will be published in the next issue.

## Attendance Affects Graduation

by Teena Sinkfield

If you are planning on graduating at the end of your senior year, you need to remember that your daily attendance can have a major affect on graduation. Jeremy Miller, Tech Site Counselor, says, "If you are not coming to school over 50% of the time, then you will not receive credit for the classes that you are taking." For seniors, this means that you will have to complete a certain amount of hours to get the credits that you need to graduate. Miller added, "You need to be here if you're going to get your work done. If you're not here, then you're not learning." Miller advises students to attend school regularly, because it is the only way to stay on track and obtain the credits all students need to graduate.

Coming to school has benefits, and everybody wants to graduate.

**"If you are not coming to school over 50% of the time, then you will not recieve credit..."**

So, the next time you are thinking about skipping school, you might as well think about how it would feel to not graduate. Graduating high school can be as simple as just attending your classes and staying on track.