Bjorge, Oen named Homecoming queen and king

By Lindsey Grass
Staff Writer

Another Homecoming week has come and gone at Grand Forks Central. Announcement of the homecoming royalty was held off until Friday’s pep rally. Baylee Bjorge and Spencer Oen were announced as Queen and King with Queen attendants being Rachel Cox, Jasmine Ludwig and Jess Longtin, and the King attendants being Chancler Devier, Cody Mathson, and Dylan Foley.

On being named Queen, Bailee said “I was very excited. I want to thank about my friends who voted for me. It made me feel like I have a lot of friends.”

“I was pretty surprised and excited I was glad that our school chose me to represent the senior class,” said King Spencer on winning his title. “It was an honor and I became absolutely mad with power.”

The week kicked off with the Bonfire Pep Rally down on the Greenway. The Homecoming Court nominees were introduced among other things that went on, including a new bonfire tradition, the “Minute to Win It” Challenge. This challenge took a captain from each sports team, gave them each a stack of cups and one minute to stack in a pyramid and back into a single stack. Madi Remer won it for the girls swimming team.

“The Homecoming Royalty did a very nice job all week of representing GFC well,” said activities director, Tony Bina. “They handled themselves with pride, responsibility, and respect of all the students that voted them as the 2014 Homecoming Court. They were a very classy group and it was great working with them all week!”

The rest of the week went along smoothly with themes and sports events happening everyday. Monday was Pajama Day, Tuesday was Clash Day, Wednesday was Western Day, Thursday was USA Pride Day, Friday was GFC Spirit Day.

The Homecoming Pep Rally was held on Friday afternoon. Along with the introduction of the royalty, Central inducted a new group into their Distinguished Alumni. This tradition began last year, and the 2014 class included cartoonist Stuart McDonald, a 1949 graduate, whose nephew appeared on his behalf during the rally.

Dr. Casey Ryan, a 1967 graduate and physician and 1980 graduate Peter Lindgren, chief operating officer for Otter Products spoke, and Wes Rydell, chief executive officer for Rydell Auto Center was represented by his wife, Vivian.

The conclusion of the week was the semi-formal Homecoming Dance on Saturday night. Roughly 440 students were in attendance at the dance. 337 students bought tickets during the week at lunch and 107 bought tickets at the dance. Mr. Bina commented that the dance went very well and all students in attendance seemed to enjoy it.

Student Council played a big part in making Homecoming happen so smoothly, especially only three weeks into school. The Student Council Body was responsible for nominations and voting, button raids, selecting spirit themes, sign making, set up for the Pep Rally and Dance, finding chaperones for dances, creating a song list for the DJ, and plenty of other miscellaneous things that went into the Homecoming week.

Student Council Secretary, SaNoah LaRocque, had final comments saying, “The week ended up being a success and I was glad to see so many people participate this year. Huge thanks to everyone involved!”
Advice from seniors to freshmen

By Lindsey Grass
Staff Writer

There are many new faces around our school, including close to 300 freshmen. Being a freshman in high school is not an easy thing. Seniors have been there and know what it’s like, so here are some tips from various seniors at our school to the newcomers to GFC.

- Do something out of your comfort zone while in high school. Join sports just to try it. Join anything that looks interesting.
- Don’t hug your significant other in the halls. It’s really uncomfortable. Also, don’t stand in the middle of the hall being loud and obnoxious.
- Try to respect all enforced rules...even the ones that seem pointless or stupid.
- Respect your teachers; they control your future.
- Don’t show up to dances after drinking. They breathalyze at the door.
- Definitely be involved because you meet so many people and find things you like that you might didn’t. It’s so cliché, but you kind of “find yourself” a little in high school. And also make good choices because I still remember a lot of people as their freshman label.
- Don’t worry about the petty things; they will work out and if they don’t you will realize that they no longer matter.
- Learn that if you don’t care what people say or think about you that you’ll be so much happier and content with life!
- Don’t let others opinions define you. Also, recognize who the negative people are in your life and don’t waste your time making an effort to please them because it’s not worth it.
- Care about your grades, but don’t be pretentious about taking one more AP class than the next person.
- Cliché, but get involved in whatever you can - sports aren’t the only extracurricular, there are some of us who can’t catch a ball so try a lot of things because it’s better to find out what you don’t like and quit it than to regret sitting at home doing nothing.
- SPIRIT DAYS ARE NOT LAME. DRESS UP.
- Cut your hair. Mullets are out.
- Walk on the right side of the stairs; it is the unwritten rule.
- Remember to put deodorant on EVERY MORNING. It’s an issue.
- Hockey talk all the time isn’t as cool as you think it is.
- Do not clog the hallways, doorways, or staircases. I understand that your friends group might be pretty big but standing around with 15 people just turns into a screaming contest to talk and also leaves no room for anyone else to walk. Share the school and be respectful.

Explore the extra-curriculars
There’s something for everyone at GFC

By Gracie Dahlen
Staff Writer

“There’s noting to do!” At GFC, there are plenty of opportunities to enhance your experience here. Although some seem to slip through the cracks, not all popular or well-known extra-curriculars are for everyone, there are many the hidden gems of the extracurricular world. Ask almost any upper classman and they will tell you to get involved in extra-curriculars.

Along with having loads of sports teams, there are five choirs, five bands, orchestra, and drum line. They are the musical heart of Central.

There are also academic clubs for those of us who may not be super musical or sporty, my kind of club, because I’m neither. DECA and FBLA are two clubs that are for the business-minded student. They are both meant to help students learn more business and marketing.

Student Council is another activity that you can be involved in at GFC. SaNoah LaRocque said, “Student council is a great way to get involved and to meet people from different grades.” Student council is responsible for organizing dances and other student activities.

The medical careers program is also available to students. Medical Careers helps students who’d like to be medical professionals one day or those who are curious, learn about the medical field and how equipment used.

The next group of activities is my personal favorite, Forensics. Speech, Debate, and Student Congress all make up this category. These activities involve a lot of speaking. Debate and Student Congress are more serious events, but Speech has so many options, you can be serious, silly, or both.

There are also quite a few academic clubs such as the High School Challenge, Quiz Bowl, Science Bowl, and Math Club.

GFC also has a Drama Club. This club is responsible for producing the school plays and musicals, although they are also a social club. They have several “get togethers” where they eat pizza, play games, and get to know each other.

The newspaper, yearbook, Tech Club, JROTC, Foreign Language Clubs, FCA, and Spirit Club are also part of the extra-curriculars offered here.

So, look around and find an extracurricular that is perfect for you.

The Centralian

Journalism II students: Gracie Dahlen, Lindsey Grass, Ren Kiley, Sarah McCloud, and Katie Sullivan

Journalism I students: Karly Ackley, Jace Carey, Jesus Flores, Megan Hanson, Tyler Harlow, Kelsey Haydon, Belle Lacombe, SaNoah LaRocque, Alex Lawrence, T.J. Maitland, Mikayla Martin, Brianna Moncada, Ava Niemeyer, Emily O’Halloran, Sami Passa, Alexis Salazar, Jamil Suleiman, and Kendalynn Thompson

Adviser: Mr. Matt Berglund

Mission Statement
“At Grand Forks Central will build character, provide opportunities and strive for excellence. Our official school newspaper, the Centralian, incorporates these virtues to provide a fair, honest, accurate, and comprehensive account of events and issues.”

Editorial Policy
The Centralian, founded in 1923, is the student newspaper of Grand Forks Central High School, acting as a public forum for student views. Opinion columns are the personal viewpoints of the individual writers and do not necessarily reflect the opinion of the Centralian. The content of the Centralian does not represent the policies, beliefs, or opinions of the Grand Forks Central administration. However, content is subject to prior review by the administration who ultimately decides what is published.

Have an opinion of your own or a response to something happening at school or published in the Centralian?

Letters to the editor are welcome but must be written by current students and signed. (Anonymous letters will not be considered for publication.) Letters to the editor can be sent to the Centralian adviser, Mr. Matt Berglund through Google Docs.
Ebola virus from West Africa spreads to isolated cases in United States, causes fear and anxiety

By Sanoah LaRocque
Staff Writer

According to the World Health Organization (WHO) website, the Ebola virus originated in fruit bats. Through interaction with other animals, the fruit bats gave the virus to a multitude of animals, including those regularly consumed in humans’ diets. The Ebola virus is spread through human-to-human transmission with any body fluid or surface containing contaminated bodily fluid. The bodies of those who’ve passed away from the Ebola virus remain contagious even in their death. For this reason, it’s common for the health care workers treating victims of Ebola virus and the mourners at the funerals of Ebola patients to contract this deadly disease.

The Ebola virus has an incubation period of 2-21 days. This means that if a person contracts the virus, symptoms will appear sometime during 2-21 days after contamination. If infected, a person will have a sudden onset of fever, fatigue, muscle pain, headache and a sore throat. As the condition worsens, symptoms will develop into vomiting, diarrhea, rash and both internal and external bleeding.

Awareness of the Ebola virus is the key to successfully controlling outbreaks. The World Health Organization suggests reducing contact with wildlife but wearing gloves and completely cooking meat before consumption. The WHO also suggests that people wear gloves and masks while around those Ebola patients to contract this deadly disease.

First impressions from freshmen

By Brianna Moncada
Staff Writer

We all remember our first day of high school as we started a new chapter in our lives. Our minds were probably filled with many different emotions as we went up those stairs and walked through the doors for the very first time as officially being a high schooler. A new school, new people, and a new beginning.

“I was nervous that I was gonna get lost, it’s so much bigger than my past schools”, said Janee Harris.

Ben Haas added, “I felt great, I loved it honestly.”

When asked what they dislike about Central, many students said they didn’t like the stairs, following with all of the homework. “I don’t like all the homework we get, I spend a lot of time on homework most nights after a long day after school”, said Sydney Purpur.

Although, many students had much longer responses to their likes vs. dislikes. “There isn’t much that I dislike, my first impression was really good, everyone really nice, I really like the teachers and class choices”, said Jenna Lee.

“I like that we can leave for lunch unlike in middle school, I wish we had a little bit more time though”, said Branson Delorme.

“There’s a lot of stairs but I think it’s a great school”, said Jace Carey. “For my overall impression, I think Central is a great school with great teachers.

The best part of my freshman year so far has been meeting new people and experiencing new things”, Alexis Salazar said.

“I thought upperclassmen can be bossy, they walk extremely slow especially in the lunch line”, said Kelsey Haydon.
Several new staff members arrive at Central

Kayla Kimber
By Alexandra Lawrence
Staff Writer

Central has many new teachers this year including Ms. Kayla Kimber. Kimber attended St. Mary’s Central High School in her hometown of Bismarck and she went to UND. Kimber taught at Phoenix Elementary, South Middle School and Valley Middle School. This year is her fourth year teaching. Here, at Central, Kimber is teaching a few Tutorial Classes and assisting with some Sophomore English classes.

Kimber’s first impression of Central was, “Central is a great school. There have been so many helpful students, teachers, and principals. The building is so well taken care of and the students treat their school well.”

She said the most challenging things for her was “Figuring out all things Central,” such as “how thing work, customs/traditions,” and “where things are located.”

Kimber’s inspiration for being a teacher came from the fact that she’s “always loved kids and spent much of my time babysitting.” Kimber decided to go into Elementary Education. In college she worked with children and adults with special needs.

“I really enjoyed my time with them and decided that is what I wanted to do as a job.” Kimber said.

Summer Quamme
By Megan Hanson
Staff Writer

One of the new teachers at Central is Summer Quamme. Mrs. Quamme was born and raised, in Grand Forks, and attended Central in High school. She teaches three periods of Tutorials, and helps out in Algebra and Global Ed classes. The most challenging thing for her so far is getting used to the stairs.

After graduating from UND Mrs. Quamme taught at West Fargo High School for eleven years. “The students and staff at GFC have an unmatched pride in this school.” Quamme said. “You will not find this kind of class, history, or tradition in any other high school in North Dakota. It is one of the reasons I wanted to come back to Grand Forks. I want my own children to go to this school.”

She became a teacher to make a difference and to work with a variety of people.

Brandon Vandervort
By Alexis Salazar
Staff Writer

Mr. Brandon Vandervort is teaching three sections of tutorial classes. He is also teaching with Mr. Graves in Global Ed, and Introduction to Algebra with Mr. Schumacher. Brandon Vandervort is from Virginia, MN, and attended Virginia High School. He went to Mesabi Range College and University of North Dakota.

This is not the first time Mr. Vandervort has taught. He’s taught for 12 years, in Grand Forks Public Schools. He has taught at Valley Middle School, Lake Agassiz Elementary, Phoenix Elementary, and now here at Central.

Mr. Vandervort wanted to start teaching because his elementary teachers inspired him and he enjoyed helping people. Brandon Vandervort said, “Teaching seemed like a good fit for me.”

Most people don’t know that Mr. Brandon Vandervort has been to Wolf Ridge Environmental Learning Center three times with middle school students from Grand Forks.

Mr. Vandervort’s first impression of GFC was “I’ve noticed right away how the teachers here connect well with and have high expectations of the students.” Although teachers have high expectations, the students he said have a good understanding on what they have to do for that specific teacher, and what his/her expectations are. The most challenging thing for Mr. Vandervort this year is finding his way around the building and getting to know people. “I couldn’t be more pleased to be joining the staff at GFC. Have a great first quarter everyone!” said Mr. Vandervort.

Amy Beauchman
By Karly Ackley
Staff Writer

One of the new faces around school is proud Central graduate Amy Beauchman.

“My first impression of Central was as a student,” Beauchman said. “I was excited and nervous to be here. I lived in the Red River district but my family loved the proud tradition of Central and as a result, my brothers and I attended GFC.”

She has two young children who will also attend GFC someday.

Amy was born and raised right here in Grand Forks. She has been teaching in the Grand Forks School district for the past twenty years.

“My degree is in Elementary Education and this is my first year teaching high school. I love it!”

This semester she is teaching three classes at Central and two at Red River. She is teaching Life Skills, Child Guidance, and Early Childhood, although she has done things including working with special needs students, teaching reading, and lots of subbing in the past.

She has known she wanted to be a teacher since an early age. Several educators within her family have always emphasized the importance of education.

One thing you might not know about our new teacher is that her family has always owned the Red Pepper. She started working there at a young age and considers the experience extremely valuable and hopes to bring the experience to the students in her classrooms.

“I am so proud to be teaching here and I look forward to coming here everyday.”

Peggy Coll
By Jesus Flores
Staff Writer

“Central is a brilliant and a supportive school,” said new security guard Peggy Coll. Originally from Yuma, Arizona Coll went to Park University and is the newest addition to the Central security squad. Coming off as an intimidating, tough as nails kind of gal, Ms. Coll is actually a softy. When asked to reveal something most people wouldn’t know about her, Coll responded, “I am a lot more sensitive than I seem.”

Ms. Coll’s first impression of Central, “big and scary, but it was surprisingly easy to navigate and staff students were very welcoming.”

Thus far Coll isn’t having too hard of a time. “Dressing warm and in professional attire has been very challenging.”

Though Ms. Coll didn’t have much to say, she did end by saying “Coming here was the best choice I have made all year!”
New staff continued--

Denetre Anderson
By Brianna Moncada
Staff Writer

In room 202, you can meet the new 10th grade English teacher, Ms. Denetre Anderson! She grew up in Moorhead, Minnesota and attended Moorhead High School, NDSU, and MSUM. She previously taught at Sheyenne and West Fargo, but she seems to be adapting to Central very well.

“Staff and students are genuinely nice and helpful, it’s so much fun to go to work everyday in such an old building that looks as good as it does,” Anderson said.

“I would love to be that teacher someone remembers later in their life for always challenging and pushing them to be the best they could be.” Anderson also likes the fact that she gets to read everyday, as she says, “it’s a pretty cool job”.

When asked what the most challenging thing was, Anderson replied, “I’m still driving back and forth everyday from Fargo, I have to get up very early.”

An interesting fact you may not know about her is she’s a terrible cook. “Honestly, I have burnt macaroni and cheese multiple times”.

Doug Archer
By Emily O’Halloran
Staff Writer

Go down to the basement to Room 24 and you’ll meet the new 10th grade health teacher, Doug Archer. A former graduate from Jefferson High School in Conception Junction in northwest Missouri and UND where he played basketball. This is his very first teaching job.

“I wanted to become a teacher so I could help students learn, grow, and succeed just like my teachers helped me when I was in high school,” said Archer.

His first impression of GFC was how friendly both staff and students were, and the positive and fun environment it is to work here. So far, the most challenging part of teaching for him is learning students’ names. When asked if he had any advice for this year’s students’, he responded with “Push yourself in everything that you do, because you never know the greatness you can achieve with challenging yourself.”

Mr. Archer’s hobbies include his love for basketball and other sports, being active and going outside during the warm summer months, and watching movies when it’s cold and snowing outside. Something that you may not know about him is his high school graduating class only had 10 people in it.
And the answer to the most common question Mr. Archer is asked is “6 foot 8”.

Jennifer Jones
By Kendalynn Thompson
Staff Writer

There is a lot of new teachers in the school and among them is Jennifer Jones, a English teacher from Selma, California.

Jones attended Selma High School, and went to California State University, and National University. This is her second year teaching, her first teaching jobs were at Herbert Hoover High School in Fresno, California.

When asked her first impression on GFC, Jones said, “My first impression was Wow! It is a great school and everyone is so nice!” She wanted to be a teacher because she enjoys helping others. It is the most rewarding thing to see students learn and grow. She also sees it as an opportunity to assist our future leaders.

When asked what was the most challenging part so far, Jones said, comically, “The most challenging part has been figuring out and purchasing clothing that we will need for winter.”

Jones played the oboe for ten years and also participated in California State Honor Band for three years in high school. She received a full scholarship to California State University playing in their Presidents Quintet. She has three teenagers, Christian, Robert, and Hannah.

John Stempinski
By Mikayla Martain
Staff Writer

One of the new teachers this year is John Stempinski. He is from Grand Forks and attended Central High School, “The only one to go to,” and graduated from the University of North Dakota.

Mr. Stempinski began teaching Tech Ed. to grades 6 and 9-12 at May-Port-C-G schools in Mayville. Last year was his first year in the Grand Forks Public Schools as a full time sixth and seventh grade tech ed teacher at Valley Middle School. This year, Stempinski teaches Intro to Graphic Arts and Intro to Power here at Central during the first half of the day, and is at Valley in the afternoons.

His first impression of Central, Stempinski said, was the history and tradition. “It doesn’t matter if you are a freshman, a senior, or a 10 year alumni. Everyone understands and feels the history and tradition of this great school.”

The most challenging thing so far has been working with the two age groups. There is a difference between middle school and high school, especially when it comes to responsibility and overall maturity, but Stempinski said the groups are both very fun and challenging. When asked why he wanted to be a teacher, he said it was because he looked up to the instructors who taught him. Stempinski said he hopes he’ll have the same impact on his students.

Most people will learn quickly that Stempinski is a huge Packer fan, but won’t know he is otherwise a Chicago fan. He likes the Blackhawks, Bulls, and Cubs, though is usually “pretty quiet about the Cubs.” Mr. Stempinski would like to thank everyone at Central for being so open, welcoming, and helpful.

Krystal Johnson
By Tyler Harlow
Staff Writer

We have a new global education teacher, her name is Ms. Krystal Johnson. She was born in Grand Forks, North Dakota, although she lived in Colorado for her school years. She went to Dakota Ridge High School in Littleton, CO. She attended UND for college, and this is Ms. Johnson’s first teaching job. She also is the North Dakota studies at South Middle School.

Ms. Johnson’s first impressions of Central were “I love the history and how it is promoted throughout the school. The staff is great to work with and very welcoming. The students are friendly and great to have in class.” Ms. Johnson wanted to be a teacher to express her enthusiasm for history onto others.

Something you probably don’t know about Ms. Johnson is that she drives semi during Sugar Beet season. She also wired the electrical in her house just by reading and researching what to do.

“I have never felt like I’m where I’m supposed to be until I came to GFC. I have done college required observations at a lot of schools and never made the connection I have at GFC, both with my students and my colleagues and for that I think everyone that’s apart of GFC,” said Ms. Johnson.

Trevor Lennon
By T.J. Maitland
Staff Writer

There are a number of new teachers added to the Central staff, and one of them is Mr. Trevor Lennon. His hometown is here in Grand Forks, ND. He graduated from Central High School in 2009. He attended college at University of Mary in Bismarck, ND where he majored in Business Administration and Business Education.

Mr. Lennon previously taught at Bismarck High School before moving to Central to teach. Even when he was attending school at GFC, he wanted to become a teacher one day, because the teachers at Central inspired him to want to help and teach students.

You can find Mr. Lennon in Room 107. He is currently teaching Microsoft Word, Microsoft PowerPoint, Microsoft Excel, Computer Applications, Multimedia, Business law, and Webpage Design. Since Mr. Lennon went to Central High school for 4 years, he feels like he is back home again. He finds it challenging to stay organized and coming up with five different lessons every day.

Something you may not know about Mr. Lennon is that he is currently living with his fiancé’s parents in her old bedroom. His fiancé, also a Central graduate, lives in Bismarck.

Another thing you may not know about Mr. Lennon is that him and his brother were consecutive Homecoming Kings. His brother in 2007 and him in 2008.

It’s been a great start to the school year for Mr. Lennon and he is looking forward to the rest of it.
Otter CEO/Central grad Lindgren speaks to marketing class

By Sarah McCloud
Staff Writer

“Step into opportunity, do your best. People respect that.” That was one piece of advice Peter Lindgren offered marketing students at Grand Forks Central on September 19.

A member of this year’s class of Distinguished Alumni, Lindgren is chief operating officer of Otter Products and a 1980 graduate of Central. He spoke to the students on leadership, experience and specifically careers in marketing and business.

After discussing concepts of marketing, such as how to create a brand and how to appeal to the consumer, two things he considered most essential to the profession, Lindgren addressed the many different jobs there are within marketing corporations, and said that energetic and creative people, people who like to “visualize things and bring them to life” might be drawn to marketing as a career.

“Marketing... says, “I’m listening to the voice of the consumer, I’m listening to the voice of the customer, I’m listening to the voice of our competitors.”... all that information is funneling into me,” said Lindgren, comparing marketing to other similar careers, such as engineering.

He listed four leadership skills that he finds essential in leading a company and succeeding in general. The most important skill, Lindgren said, is resilience, persevering through failure.

“If you don’t have a lot of challenges, you’re not doing it right,” Lindgren said.

Along with hard work, he emphasized acting with integrity, having the courage to do what is right, as well as the importance of gaining perspective through experience.

“You have to do what’s right... being successful in life isn’t fulfilling if you don’t do it the right way,” Lindgren said, before concluding with what he declared the hardest things, having the courage to succeed and to act on your ideas and opinions.

Otter Products manufactures Otterbox and LifeProof cell phone cases. Kurt Richardson inspired by his wife Nancy’s “water box” invention, waterproof phone cases, founded it in 2006. Now, Lindgren said, it has the largest share of the phone case market in the United States.

With the recent release of the iPhone 6 and 6 Plus, Lindgren outlined the process his company goes through in order to produce cases specific to certain phones and create demand for their product. Otterbox worked with Apple a year before the release of the iPhone 6, he used this scenario to illustrate another obscure job within many companies, internet researchers who search for information leaks related to products online.

Lindgren closed by further speaking about the trials and potential that lead students to their careers.

“You’re not going to figure it out at sixteen or seventeen or eighteen,” Lindgren said.

During his speech at the Distinguished Alumni induction ceremony, Lindgren told the school about his own career past, which led him to marketing and executive business based on a chance suggestion from a teacher, illustrating that while there are plenty of skills that lead to success, anything can happen.

Other Grand Forks Central Alumni inducted this year were businessman Wes Rydell, editorial cartoonist Stuart McDonald and Dr. Casey Ryan, president of Altru Health in Grand Forks.

Cases, cartoons, cardiacs, and cars

New group of GFC distinguished alumni excell in various occupations

Mr. Peter Lindgren:

Peter Lindgren, a 1980 graduate of Grand Forks Central, went on to attend Colorado College located in Colorado Springs, Colorado receiving his Bachelor of Arts in Business Economics. Mr. Lindgren has spent the majority of his professional career working in the electronics manufacturing services, starting out as a sales coordinator, working in middle management, and finally ascending into the role of corporate executive leadership. Peter Lindgren has served as the Executive Vice President of Global Operations and a Senior Vice President of Growth and Emerging Markets for Celestica Corporation, an electronics manufacturing services company that employs over 30,000 people operating in over 27 locations throughout Europe, Asia, and North/Latin America.

Mr. Lindgren is currently the President and Chief Operating Officer of Otter Products LLC, recognized by Forbes as one of America’s most promising companies. Otter Products manufactures Otterbox and LifeProof smart-phone and tablet cases, nationally recognized as the number one case brand in North America for smart-phone protection.

Mr. Stuart McDonald

Stuart McDonald, a 1949 graduate of Grand Forks Central High School, attended the University of North Dakota for two years before joining the United States Air Force in 1951. Following his service, McDonald returned home to Grand Forks and became Vice President of McDonald Clothing Company. A recipient of the Jaycees Outstanding Young Man Award, McDonald was involved in a number of community clubs and organizations including the GF Chamber of Commerce and the Sertoma Club.

In 1967, Mr. McDonald was elected to the North Dakota House of Representatives, serving the citizens of Grand Forks at the state level until 1971. Stuart McDonald is perhaps most recognized for his work in the Sunday editions of the Grand Forks Herald, becoming the North Dakota’s only regularly published editorial cartoonist. Mr. McDonald has received three George Washington Honor Medals from the Freedom Foundation at Valley Forge for his cartoon drawings.

Mr. Casey Ryan

Casey Ryan graduated from Grand Forks Central in 1987 and earned a Bachelors Degree in Biology from Colorado College located in Colorado Springs, Colorado. Dr. Ryan went on to earn his Medical Doctorate from the University of Colorado School of Medicine, completing his residency in internal medicine at the Mayo Graduate School of Medicine located in Rochester, Minnesota. Dr. Ryan has received numerous awards over his lifetime for his work as a physician and professor at the University of North Dakota Medical School including the prestigious Sioux Award.

Dr. Ryan has served as practicing physician in endocrinology and internal medicine in the city of Grand Forks since 1979, and had held the position of Assistant Dean for the University of North Dakota Medical School from 1991 – 1997. Dr. Ryan most recently served as the President of Altru Health System.

Mr. Wes Rydell

Wes Rydell a 1959 graduate of Grand Forks Central is the current Dealer Principal at the Rydell Auto Center and is also Chief Executive Officer of the Rydell Company, an automotive dealership holding company formed in 1994. Mr. Rydell purchased his first car dealership from his father, Leonard Rydell, in 1976. From this original store, Wes Rydell has grown the company into the largest automobile dealership in North Dakota, with over 70 stores located in 14 states.

Mr. Rydell has served on the General Motors President’s Dealer Advisory Council, and was President of Chevrolet’s National Dealer Council. In 1997 he was awarded the North Dakota Business Innovator of the Year by the University of North Dakota Center for Innovation, and in 2005 was given the highest honor awarded by the University of North Dakota Alumni Association, receiving the prestigious Sioux Award.
Overall, the guys have a lot to be proud of this year,” said DuBois. “Though it didn’t go the way we would like, I am still proud of the team,” said Hartrick Tarr. Going undefeated for seven games, things started to fall into place. “This was a great season for the GFC boy’s soccer team,” said coach George DuBois. “Once beat Fargo North, Fargo Davies, and Red River.”

Soccer squad had great season
By Ren Kiley
Staff Writer

The GFC boys’ soccer team just finished another great season. They made it to state, as well as beat Fargo North, Fargo Davies, and Red River. “This was a great season for the GFC boy’s soccer team,” said coach George DuBois. “Once at State, the guys accomplished something that no other Central team has done before, win the opening game. This was particularly impressive as it came against the number one seeded at State, the guys accomplished something that no other Central team has done before, win.”

Girls’ golf struggles to fill line-up, but individuals make strides
By Tyler Harlow
Staff Writer

This year Central’s girls golf came short to make state. One problem the team struggled with this year was number of golfers. “One thing we need to add is more players,” said Jordan Reiter. The team this year was Reiter, Taiylor Ellingson, Frankie Good, and Lexie Mitchell. The coach was Eric Sanders. This year is Sanders’s second year coaching at Central. “This year we were able to improve on our putting and chipping,” said Ellingson and Reiter.

“Each player improved differently through the year,” said Coach Sanders. “Jordan was able to keep her score consistent and she was a much better player at the end of the season. Frankie became a leader for the team, and she found out even on a bad day it can have a positive outcome. Taiylor was very determined and competitive. She was able to influence others and fuel them to get better,” said Coach Sanders. Something that is unique to golf is that it is an individual sport but also a team sport. A value to a team can be overlooked according to Sanders. The team would love to have more players next year.

Tennis team places third at state
By Gracie Dahlen
Staff Writer

The boys of GFC’s tennis team have just finished a fantastic season; in fact, it was the best season Boys’ Tennis has had since 2002. Not only did they place second at the West Fargo Tournament and at EDC, but they also finished third at state. Their regular season record was 7-1, and their overall record was 11-3. They also had four All State players: Kyle Folson, Andrew Thompson, Andrew Manske, and Christian Wedin.

“We had the highest finish in Central’s history,” said Coach Max Weisser. “We qualified more individuals for the state tournament than any other team in the state.” He also added that one of the highlights of the season for him was beating West Fargo 5-4 during the regular season, and taking second place at the West Fargo Invitational. Coach Weisser also won Coach of the Year.

“It was a great year,” said Matthew Picklo, “better than any other year I’ve ever played.” He also said that all the coaches were great, including lefty coach Nick Graves, who was new to the team this year. “Our team was so deep,” Picklo said, “We had ten solid players, more than any other team.” Picklo and Christian Wedin also ended Red River’s 256 consecutive winning streak, 6-2.

Kyle Folson said, “We had 2 All EDC players, and 4 All State players.” Folson and his teammate, Andrew Thompson took second at state. “We greatly improved our doubles play,” Folson said. “Our whole team was pretty even and the guys on the bottom rarely lost.” He concluded by saying, “We didn’t have a superstar, we just had a group of talented, hard working guys, who showed up to play every-day.” Kyle Folson was also nominated for Senior Athlete of the Year.

Dallas Chambers said that one of his highlights was seeing the team’s improvement over the course of the season, and that each week their doubles continued to improve. Matthew Picklo also agreed that their doubles improved saying, “We didn’t drop a doubles match until the tournament, when we played South for third, and even then we were 3-1 so it didn’t matter.”

Overall, Boys’ Tennis has been GFC’s best performing sport thus far, and while we the team will be losing several seniors. We look forward to seeing how the team will do next year. Picklo said, “We had a great season, and I’ll miss the camaraderie and school pride next year.”

Swimmers look to peak at state as Remer contends for diving title
By Sarah McCloud
Staff Writer

The girls’ swimming and diving team has met this year with a young team and a challenging season, said Madi Remer, a diver. Remer and coach Bryan Walls both remarked on the growth of the team. “Our numbers have improved this year. Hopefully we can continue that growth,” Walls said.

“We have a lot of up-and-coming athletes. Lexi Lundgren (a freshman at East Grand Forks Senior High) is competitive… and Abbie Hoffman, Natalie Simon, Corrine Dahlquist are also having great seasons,” Remer said. “A lot of athletes are middle-schoolers and underclassmen. It’s been a challenge to harness that energy and use it to our advantage as a team.”

The team’s final home meet will take place on Tuesday, October 21, and the team’s end-of-season goals have been set. Remer said that the team aim’s to invite this year (an event teams in the state attended) with state in November, where they placed in the top five. “Our goal is to place as many girls in finals at state. We (already) have 8 girls qualified for the state meet,” Walls said. “We were 5th last year so we would like to improve upon that. The girls have been working very hard.”
A run for the finish line
Cross Country girls shot for a state title while boys hope for high placers

By Ava Niemeier
Staff Writer

The cross country team is having another great season this year. The girls’ team is undefeated in North Dakota. At the EDC meet they defended their first place title from last year, and the boys’ team placed fourth. Six girls finished in the top 20, earning all-conference honors. The boys’ team had four with all-conference honors.

“The girls defending their EDC title was exciting and placing 6 girls in the top 15 was a lot of fun!” aid Coach Sean Allan. Karly Ackley has turned in a top 15 was a lot of fun!” aid Coach Sean Allan.

Allan. “The girls defending their EDC title was exciting and placing 6 girls in the top 15 was a lot of fun!” aid Coach Sean Allan. Karly Ackley has turned in a top 15 was a lot of fun!” aid Coach Sean Allan.

But both the girls and boys want more. “We have come a long way but the girls aren’t satisfied,” said Nate ‘they have a healthy drive to continue to grow.’

About the girls’ team he said, “The girls are looking forward to challenging Bismarck, Bismarck Century, and Davies for the state title in two weeks,” said Allan. “The goal for the boys is to shoot for 5th at the state meet. They have a great chance to achieve that. It is really tight between the 5th place team and about 8th place. Just a few points will separate those places.”

Knights show passion and drive in every set

By Jace Carey
Staff Writer

The season didn’t turn out as well as everybody hoped, but it was still an exciting season for the Central Knights volleyball team. They are currently 3-23 and have 5 games left in the season.

Their three wins were against Dickinson, Minot and Wahpeton. Kaytlin Frisch told us that, “one of the more memorable games of the season was when we were at Wahpeton the whole team put in the perfect effort.” The whole team agreed that was their #1 highlight.

Coach Nate Martell said, “Our match against EGF was also an amazing night for us. We went 5 sets and battled all night long. I was incredibly proud of how our girls fought in that match.” He told us that one of the male students “fell” on the floor after EGF defeated Central. This was the perfect way to represent how the entire team felt after the match.

“Our girls walked out of the gym after that match feeling very good about what they’d accomplished” said Coach Martell. Overall the team agrees that they’ve grown up a lot and have improved since the start of the season. Their defense was their biggest improvement.

“We have come a long way but the girls aren’t satisfied,’ said Nate ‘they have a healthy drive to continue to grow.”

Gridders hope to win Cushman Classic

By Jamil Suleiman
Staff Writer

The varsity football team has been having a challenging season so far. They now stand at 8th place in the EDC, and quarterback Kaleb Binstock is impressed with their performance this deep into the season “Even though we aren’t having the season we expected, everyone still comes out and supports and that really is a moral booster for our team”.

As for improvement Binstock noted an improvement in the teams mental game “We have limited mental mistakes and I hope that will help us improve our record”.

Coach Bill Lorenz also commented, “Each week our players have been coming to practice with a good attitude and work ethic. They’re practicing hard and getting better as time goes on”.

After an early season win over Dickinson. The team is looking for its first conference win. The Knights play Red River in the Cushman Classic on October 24th, “It should be an exciting end to our season,” coach Lorenz said.
Major league baseball playoffs in full swing, predictions for the World Series title

By Jace Carey
Staff Writer

It all started on September 30th with the American League Wild Card game. The Oakland A’s and the Kansas City Royals had a hard fought battle but in the end the Royals were on top. Looking at the teams some people would’ve thought the A’s would’ve won the game (including me) and for the most of the game, that’s what it looked like.

After 4 hours and 45 minutes of baseball and about 1 hour of free baseball, the Royals came out on top, winning the game 9-8 in the twelfth inning and giving them a seed in the ALDS against the number one seed, the Los Angeles Angels.

The next night was the National League Wild Card game. It was less stressful and less fun to watch unless you’re really into pitching. The San Francisco Giants blew out the Pittsburg Pirates 8-0 to win the game.

The Giants ace, Madison Bumgarner, pitched a complete game only allowing four singles. Some more history was made that night when the Giant’s shortstop, Brandon Crawford, hit a grand slam in the fourth inning to gain the lead. This was the first grand slam ever to be hit by a shortstop in a major league playoff game.

“You know, it’s obviously cool to do something like that,” Crawford said when asked about being the first shortstop to hit a postseason slam, “but you can’t hit a grand slam without the guys in front of you getting on base. So it’s kind of a team thing in that sense and I’m just glad it helped us get a win. That’s what matters, in the end.”

The Giants went off to face the Washington Nationals in the NLDS series. The Giants went ahead and won game one of the series and yet again, broke another record in game two.

The game went on for eighteen innings, but that only tied for the most amount of innings in a playoff game. The record they did break was the longest playoff game, time wise, in MLB history. Other then playing a game that is the same amount of innings as two games, it went on for a crazy six hours and twenty-three minutes.

Brandon Belt broke the 1-1 tie in the eighteenth by getting his only hit of the night, a solo shot to right. Not getting on base for your first six at bats doesn’t matter when you end up hitting the game winning home run.

“That was one of the best games I’ve ever been a part of,” Giants catcher Buster Posey said. If I could I would ask how sore he felt the next morning after kneeling down for the entire eighteen innings.

The Orioles and Royals both swept their ALDS opponents in fashion and they went on to face each other in the American League Championship Series. The Royals ended up sweeping the Orioles too, breaking a record for eight consecutive playoff games won.

The Cardinals and the Giants both won their series 3-1 and went on to face each other for the National League Championship. The Giants ended up beating the Cardinals 3-1 in the series and are going on the face the Royals in the World Series.

Making it to the World Series three out of five years is an amazing milestone for the team. The first game of the series will be played on October 20th.

For the World Series, it’s hard to pick. The Giants have the pitching staff and the Royals have the speed, and both have great offenses. But speed won’t matter if you can’t even get on base.

I predict that San Francisco will go on to win the series and win their third title in five years. The Royals just don’t have the experience that the Giants do since the team has been out of the playoffs since 1985. The Giants pitching will shut down the Royals offense, which then in turn won’t let them use their speed to gain extra bases and score some extra runs.

With all the stars on the Giants offense there’s no doubt that the Giants will be able to score runs and get on base against the Royals. The team is full of power and anybody can hit in a clutch situation.
Fans of *Maze Runner* book puzzled by new film’s interpretation

By Ren Kiley
Staff Writer

It seems all too often that when movies are based on books, there is almost no correlation between the book and the film portrayal. As many of you know, one of the latest novels added to the club of movies is *The Maze Runner*. In this article, I will evaluate the closeness of the book and movie. Warning: Spoiler alert! Read ahead at your own risk!

*Maze Runner* is a story about a boy named Thomas who is sent to the Glade, a place surrounded by a dangerous maze. When Thomas arrives, he is confused and missing the majority of his memories. While in the Glade he must figure out who his friends are and survive the griefers, vicious monsters made of metal and biological substances that live in the maze. Then just days later, the first ever girl, Teresa, shows up and everything is thrown into chaos.

She, too, lacks her memories, and contains secrets that could change everything for everyone in the Glade. I admit that I am one of those people, who cannot see a movie without reading the book first, and it is my biggest pet peeve when a movie is not enough like the book. I am well aware that the directors interpretation is likely different from mine, but is it that hard to keep the facts consistent and correct?

One of the main things that bothered me was that the movie was not in chronological order. Many of the scenes skipped around. The movie was also missing many things. For example, Teresa and Thomas were not telepathic in the movie, which I have been told is a key part in one of the later books. They also left out introducing Ben in the hospital area. Instead, he was only introduced when he attacked Thomas in the graveyard.

Many scenes were changed, as well. For example, when Teresa woke up after she arrived at the Glade, she was found throwing items at the Gladers from atop a lookout tower, unlike in the book, where I think she woke up and wanted to talk to Thomas.

Random little differences that probably don’t matter were the weather and the wall. On the wall, the Glader’s names were carved into it and crossed out when they died. That was not in the book, but I found it interesting. They also changed how Thomas remembers his name. Instead of just remembering it when he wakes up, he apparently remembers it after getting hit by a character named Gally in a fight, which I don’t remember being in the book either. The glade is also a very climate controlled area. It is not supposed to rain there, yet it did anyway in the movie.

Just because there were some things I did not appreciate with the movie, does not mean there wasn’t anything I did like. I was impressed with the whole design of the maze. It was very intricate and portrayed the challenge of figuring it out very well. I also really liked the design of the griefers, which was an almost spider-like metal-fleshy alien monster thing. It was almost more scary than what I imagined when I read it. I would not want to come face to face with one.

Despite my complaints, I am actually able to separate the inconsistencies from the quality of the movie. Overall, the movie itself was really good. It had a lot of good actors and effects. I enjoyed watching it and would recommend both the book and the movie.

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*Left Behind* leaves a lot to be desired

By Megan Hanson
Staff Writer

I can only truthfully describe the new Nicholas Cage movie, *Left Behind*, as a cross between God’s Not Dead, and Non-Stop. I admit that I didn’t go into the movie theaters expecting to see a masterpiece, but come on. There were at three times where I had to choke down laughter, and this wasn’t a comedy...Or at least I don’t think it was.

The storyline is about the end of the world after all Christians vanish and those left behind are forced to survive in a new apocalyptic world. Thus an action, sci-fi, thriller is born.

On paper, this movie looks like it could be really interesting with the right execution. But once again the action genre has failed me. I’ll add this to my list of nonsensical action movies along with Transformers and Ice Spiders. Over and over again, the characters come within inches of death. I understand that it’s called science fiction for a reason but there comes a point in a movie where you’ve crossed the line. Things stop making sense a lot of the time and viewers don’t care because they got to see a building explode.

This movie did have its upsides. I’d like to applaud the acting and casting. The child actors were mediocre but what’s new? One thing that really bothered me was all of the unresolved secondary plot lines. I’ll never find out why Melvin Weir was so bitter about life.

I’d give *Left Behind* one out of five stars. But I did enjoy myself while seeing it, even if it was for all of the wrong reasons.
Where have horror movies gone?
By Katie Sullivan
Staff Writer

Why did Hollywood give up on Halloween this year? Since it is October you would think that horror movies are the main focal since everybody likes to get scared occasionally. But over the years it seems that horror is dying out. People just don’t seem as interested as they used to be. There is highlight movies this month of course such as Annabelle, the upcoming release of Ouija, and Jessabelle, but if you think that the upcoming horror movies aren’t enough then you should head on back into the vault and watch some classics.

The thing that some of you may not know though is that way way back in the day our parents, and possibly grandparents were introduced to the awfully cheesy comedy every Saturday night by their local, or even maybe national horror host. Horror hosts are not only about their comedy, but it’s probably so awful because they work so hard to learn about the horror movies that they bring to you on those weekends when you are out with the flu or don’t have anything to do. Some horror hosts that you might be familiar with are Elvira, Vampira, Zacherley, Mr. Lobo, or the current popular host Svengoolie.

They usually play classic horror movies or some just play low budget horror movies. They highlight the facts about how the movie on how it was created, the tricks that they use in the movies, and other things that you may not know or just might find interesting. Some also do their own little skits, such as singing songs or recreating scenes from the movies in a humorous manner. Some make their grand entrances onto the show by coming out of a coffin, or being “shocked to life”. Some have signature things they do in their show, like Svengoolie is always getting rubber chickens thrown at him.

So if you’re sick of the modern movies where the only time you’re really scared is because something is jumping out at you, then try some classic horror where it gets under your skin. I get not all old horror is scary, but a lot of it is worth watching, and you can find lots on Netflix. Also maybe turn your channel to MeTv at 9 and checkout Svengoolie on a Saturday night.