



Doghouse Insider

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Winter Activities

By Taylor Murray

Don't let the cold stop you and your family from going outside and getting in some exercise.

Dress properly by covering your body, especially your hands, feet, and ears. Playing outside in the snow has many benefits; for example, uneven snow helps improve your balance. You can burn calories under all the clothing you are wearing. Below are three winter activities and the amount of calories you can burn based on a 150 pound person.

1) Sledding is an aerobic workout that you can do in the winter. Sledding requires you to use muscles when steering while going down the hill; also walking up and down the

hill is the biggest workout. It really helps with your leg muscles. If you are on a decent sized hill and go at it for approximately 30 minutes, you will burn about 240 calories.

2) Ice Skating is a family fun activity that can help you get some exercise. Depending on how long you ice skate determines how many calories you will burn. However, a 150 pound person can burn around 250 calories in 30 minutes by rounding the skating rink at a decent speed.

3) Snowshoeing is a fun way to spend time with your family, but also burns about 270 calories in 30 minutes. Snowshoeing will strengthen your leg muscles and get your heart pumping.



Courtesy of Chetek Alert

School Survival Guide

By Rylee Trazcyk

School is stressful; we all know that. Here are some words of wisdom from some of our most successful seniors at Chetek-Weyerhaeuser High School. These words of wisdom are all put together to be our “School Survival Guide”, here to help you make your high school experience as fun and enjoyable as possible.

Ben Hanson and Kaylee Garland were both asked to give advice to Chetek-Weyerhaeuser students for our “School Survival Guide”. Ben and Kaylee are both very successful seniors, which is why they were chosen to give some advice for underclassmen who might be in need their words of wisdom.



Courtesy of Melissa Myers

Ben managed to overcome one of his most difficult challenges: Advanced Math. He got through his class with flying colors while going through firefighter training and getting his pilot's license. His way of getting through this tough patch was doing homework/studying in the morning to keep everything fresh in your brain and not giving up.

Kaylee also hit a bump in the road and is currently facing one of her biggest challenges: Calculus. She is currently working on getting through it, but she tries hard and takes it day by day.

“High school in general is a balanc-

ing act, you just need to enjoy the process,” stated

Ben. He would personally recommend Lisa Ippolite to be the go-to teacher. Ben said, “Trust me, you will appreciate her your senior year.” Kaylee Garland also recommended Lisa Ippolite. Kaylee stated, “She has all



Courtesy of Ian Santiago

the answers.” Kaylee and Ben both agreed that having personal relationships with teachers is very beneficial to your high school education. Kaylee says teachers can be used as a very good resource for any questions you may have; Ben agreed.

Ben and Kaylee both agreed that extracurricular activities are very important for their high school education. Sports for them, helped build relationships and keep them involved with the school. It also helped show commitment and responsibility. Community involvement is also very important to them because it gets their name out there and that helps with college applications and interviews.

Kaylee had one last piece of advice for anyone who is willing to take it, “It's only awkward if you make it awkward”.

Hopefully Kaylee and Ben's insight will offer guidance for those still working through high school. If you have any wisdom to share, please contact Mr. Rykal at mrykal@cwasd.k12.wi.us.

Student Spotlight: Clay Steiner

By Peyton Hetke

This week I had the opportunity to talk to Clay Steiner about his acceptance to Berklee. I started out right away by asking him why Berklee stood out from the other colleges. His response, "Their contemporary approach to music and the opportunity to network with professionals." As most of you know, Clay is unquestionably talented. His artwork is frequently hanging up around the school, and he continues to serenade individuals with his voice, and his saxophone. That being said, I desired to know how he got to where he is and what motivated him. He stated, "Having an aunt that is a music teacher really inspired me at a young age. Since then, my private instructor, friends, and family have been very influential."

His motivation helped him get into a



difficult school. Berklee is not just a traditional college where you submit an application and provide additional information. You first submit an application; then you are invited to a fifteen minute long audition and live interview. Their class size is about twelve and only thirty-five percent of applicants are admitted. Clay chose to do his audition in Chicago versus auditioning through a video. Clay is determined, and there is no doubt that he will go far. I was curious to see

where he wants to take his future and asked him where he wanted to be in ten years. He responded by saying, "I don't know, hopefully making it big somewhere. Ideally, just playing music is enough." He hasn't even graduated and he is reaching lifetime goals. Chetek-Weyerhaeuser is fortunate to have an accomplished individual like him.

Music: David Bowie and Today

By Mickie Guenette



Morethings.com

Music has changed a lot since our generation's parents were listening to their own "up and coming" musicians. In light of the recent death of "all-genre" musician David Bowie, it may be interesting to reflect on how much the music of then and now has changed, and how it may have stayed the same.

During the period when Bowie was new (70's) on stage, "theatrics" were pretty prominent. Large amounts of stage makeup, outrageous hair, and an attitude that just screamed "Notice me!" were the norm. The attitude of musicians wanting to be noticed hasn't really changed all that much, but it's typically not done with towering mullets and clashing attire. (Unless you're Lady Gaga.)

The type of music our generation listens to nowadays is also rather different from the music our parents may have

Continued on next page

Music Continued

listened to when they were around our age. First, genres have evolved. There's now more of a blend of several music styles as opposed to one singular style being expected. Today there are a multitude of subgenres that can appeal to any person in any mood. Music genres have also been added (Dubstep, Slouch Rock,) and styles of music have also been expanded from initial genres such as CDM (Country Dance Music). There's even a rather humorous genre related to the Harry Potter series called "Wizard Wrock."

In addition, most music nowadays can also be done via electronic devices, so there's quite a few artists who may just be one singular vocalist and a program. That's not to say no one plays their own music anymore, but since there's been so many advancements, there's other opportunities to mix and blend your music along with what you play yourself.

So, the music of today is full of diversity and opportunities to express yourself. Just keep listening.

7 Brainpower Foods

By Ann Blomberg

Eating well is good for your mental health as well as your physical health. The brain requires nutrients just like every other part of the body. But which foods are essential for keeping the brain in good function?

1. Whole Grains

When you eat whole grains, glucose is released into your bloodstream. This keeps you mentally alert throughout the day. Brown cereals, pasta, wheat bran, and granary bread are all great examples.

2. Oily Fish

Oily fish contains the most effective omega 3 fats such as EPA and DHA. These essential fatty acids cannot be readily made by our bodies, so it is important to get them through our food sources. Some fish that fall into this category include salmon, trout, sardines, herring, and mackerel.

3. Blueberries

Studies at the Tufts University show that the consumption of blueberries may help in preventing or improving short term

memory loss.

4. Tomatoes

Evidence shows an antioxidant found in tomatoes called lycopene helps protect the brain from development of dementia.

5. Pumpkin Seeds

A great way to enhance memory and thinking skills is by eating just a handful of pumpkin seeds a day. This is all you need to get the recommended daily amount of zinc.

6. Broccoli

Containing significant amounts of vitamin K, broccoli enhances cognitive function and improves brainpower.

7. Nuts

Nuts are a wonderful source of vitamin E. Research suggests that intake of this vitamin may help prevent cognitive decline, especially in the elderly. Other sources of vitamin E include asparagus, olives, eggs, brown rice, and leafy green veggies.

We all want to live long, healthy lives. By incorporating these superfoods into our diet, we can increase our chances of doing just that.

Easy Breakfast Recipes

By Mya Monnier and Alex Watson

We have all been in a time crunch before school. Whether it has been from oversleeping, lack of time, or even just procrastination. Well, you don't have to worry about that any longer. Now with these quick and easy breakfast recipes, it is much easier to eat before school.

Chocolate-Blueberry Shake

Blend together 1 packet of chocolate breakfast powder (like Carnation Breakfast Essentials), 1 ½ cups milk of choice, and 1 cup frozen blueberries. Optional: Add a scoop of protein powder for improved muscle recovery.



Courtesy of Pinterest

Omelette in a Mug

Toss your favorite breakfast meat (or skip it if you're vegetarian), salsa, eggs, and cheese in a mug, microwave for 2 minutes, and season to taste. If you use meat make sure it is fully cooked and



Courtesy of Pinterest

thawed out.

2 minute French toast

You will need:

1 or 2 pieces of any type of bread

Butter

One egg

3 tbsp. milk

First, cut the bread into cubes and put it in a cup. You can either rub the butter on the bread or melt it. In a separate cup, mix together the milk and half of an egg if you are making one cup. If you want, you can sprinkle cinnamon or add vanilla to it. After you mix it together, you pour the mixture in the cup with the bread. Microwave for 1 minute 20 seconds, or until the mixture is not runny. At the end you can add syrup if you want.



Courtesy of Pinterest

Compliment Corner

We wish to recognize the following members of our CW Community for their outstanding behaviors!

Mr. Killoren: For always having a warm and positive attitude, for no matter what's going on he always greets you with a smile. -Anonymous

Maddy Morris and Jasmyn Collins: For their wonderful performance of the National Anthem. -Mrs. Moon

Sarah Chuchwar: For team encouragement in Cross Country. -Anonymous

Madeline Peters: For always being upbeat and cheery. -Anonymous

Izak Reeves: For how well you are getting along with others. -Anonymous

Restaurant Reviews

By Peyton Hetke

Red's Eating and Drinking Establishment

I ate at Red's over the weekend and was, overall, notably satisfied. Their motto is "Great service, Great food, Great time", which is accurate. Red's has a lively and inviting atmosphere. The dining area was refined, unique, clean, and decorated charmingly. Although Red's was packed with people, we were seated quickly. The waitress was amiable and took our orders rather quickly. This restaurant is laid-back and filled with locals. The food took a little longer than average due to the sizable amount of people present. The food was basic fried food, wings and burgers, with a breakfast menu. The type of food was appropriate with the bar atmosphere. My wing basket arrived with good presentation, perfect temperature, and exceptional taste. No one eating with me had any complaints about their food. I conclude that Red's is a good place to eat, and it will not disappoint.

Gilligan's

My first impression of Gilligan's is that they are ideally profitable, being that there was an immense amount of people. Gilligan's is a sanitary, modern, and colorful establishment which can be seen as a great attraction. Service was unquestionably slow as a result of an abundance of customers; however, the waitresses did a good job of managing it. The food was outstanding and without any flaws. Based on texture, flavor, and appearance, the food was greatly pleasing. The restaurant is impressive. Judged by the quality of

food and setting, Gilligan's can plausibly be a favorite of everyone. On the other hand, they should look into expanding in order to improve their service. If you are looking to have an outstanding meal, and are willing to be patient, I suggest you take a look at Gilligan's.

Mary's Café

If you are looking for great service, outstanding breakfast, and companionable locals, Mary's Cafe is the place to go. This restaurant has an incomparable welcoming feeling. Mary's has a rustic sense to the bar, but polished and comfortable experience in the dining area. The waitresses go out of their way to have extra conversation and meet all of your needs. Cafe's generally take longer to serve your food for the reason that there are fewer employees than other restaurants. Locals are most often content seeing that it gives you time to socialize, or have a couple cups of coffee. I had biscuits and gravy, which was very good, and the proportions were more than fair for the price. Mary's is overall striking. The cafe is the place to go if you want an inviting, old fashioned feel, and home-style cooking. I would highly recommend dining at Mary's Cafe.



Courtesy of gilliganschetek.com

Staff Spotlight: Ms. Etten

By Jessica Breezee

What are teachers like outside of school? Have you ever wondered what they do or how they live? For example, Ms. Etten- I bet we all think we know a lot about her because she is a very open person. But do we really know the real her?

Ms. Etten is a really fun, outgoing, positive person. She described herself as being open to a fault, and she likes to share some personal information. She said that she is a very positive person, she is always willing to help, and she is always pushing for the best. She also claimed to be very talkative. She loves to talk, and if you need someone to talk to, she is definitely a great person to come to. Her greatest fear would be being forced to wash dishes at a restaurant. Ms. Etten has a part time job along with the one here at the school. She works at R Bar, and hopes they will never make her do the dishes. She also mentioned to me that they always joke with her about it.

Teachers have a life outside of school too, though I know that as students we don't really think about what teachers are doing for fun. Other than grading homework, scoring tests, or making lesson plans, teachers actually have a life. Ms. Etten is a thrift shopper, and her favorite thing to do is to go shopping at Goodwill and Savers. She claims that she hasn't bought more than 10 outfits new (never worn) in eight years. She gets all of her clothes from Goodwill or Savers.

If you didn't already know, Ms. Etten loves to travel. She has been to a lot of places. If she had to narrow it down, she would say her favorite trip was to Jamaica, because they had good food and nice weather. She said she enjoyed laying on the beach and watching the waves roll in, and having some young guy

climb up a tree and getting her a coconut and opening it for her.

If she could pick any career besides teaching, she would open up a traveling business and do traveling tours for people, simply because she has a passion for adventure and traveling.

Ms. Etten loves to read, and she stated that her favorite book was the most recent one she read. This novel is written by Gillian Flynn, and is called *Dark Places*.

She feels that success is defined as someone that finishes the day knowing you're exactly where you are supposed to be.

Ms. Etten only has one brother, who is three years older than her. Her favorite restaurant is pretty local; it's located in Chippewa Falls, called Duncan Creek. She states that it is quite spendy, but she still finds their foods very good. She has two big pet peeves: one of which is people who are late- she is a stickler on tardies. She also hates it when food is ready to be eaten but there is no one there to eat it. Yes, this may not be a common pet peeve, but she loves food, so it seems to suit her well.

I found that Ms. Etten is very different from other teachers. She has a unique side that many of you didn't know about! She is one of my favorite teachers and is easy to talk to. I know that I can come to her with any problem and she will help me. This is why I personally chose her as the Staff Spotlight.



Opinion Section

Preface by Mr. Rykal

In the following Opinion section of the Doghouse Insider, there are two articles: one focusing on perceived negativity and the other on a positive perspective here at CWHS. I want to preface these articles by clearly stating, these are opinion pieces editorializing on feelings as they are viewed by the reporters writing them. You may find you agree with one more than the other, or you may find a little truth to both. We here at the Doghouse Insider hope you read with open minds and take the stories for their intended goal. That goal: Begin a discussion. We are hoping to engage students and staff in discussions of these opinions. It is with great consideration that these articles were included in this publication. The whole staff agreed on the inclusion of these articles, understanding the responsibility and ramifications.

As for me, the publisher, I feel there are important words in both articles. We are a community of diverse perspectives. In a high school full of Bulldogs, Lead Dogs, Top Dogs, Smart Dogs, and Hot Dogs, I'm probably better labeled a Salty Dog. Being such, I feel the need to reprimand myself for falling more in one category than the other. I feel it is important to hear these points of view in order to correct my own behaviors.

Seth's Opinion Piece on Positivity

By Seth Lindgren

Negativity has infiltrated the ranks of Chetek-Weyerhaeuser High School. One can see it no matter where they go in the building. From the band room to the lockers of the cheery little Freshie's, there is no escape from the feeling that pervades every nook and cranny. It has reportedly been a slow and steady crawl downwards from the positivity of generations past. But what would we know of that? All we know is the feeling of condemnation, the dread of having to face another day of school, another miserable day of acting. Don't think that's just the students. It's the teachers also.

Our sister paper, the CW Torch, was recently hit with nearly every complaint in the book by an anonymous member of the Chetek-Weyerhaeuser staff. With no hint of positivity, this pillar of our community laid into the paper with a vengeance that could only have been spawned by personal vindictiveness. There will be accusations of using this article in our school paper as a platform for personal attack; perhaps there's some validity to that. Any-

ways, let's get to the "opinion" part of this this opinion piece- get some freaking positivity!

How easy it is for a person to sit back and judge from the pedestal of self-righteousness and pride they've built for themselves. That doesn't just go for staff- that's for everyone who comes through the doors of CW. Students, teachers, janitorial staff, secretarial staff, and everyone else- you're no better than the person next to you. Teachers, going into student-loan debt for a decade of your life does not make you an unapproachable deity who grants miserly requests for assistance if they so wish. You gave your time and money as a sacrifice to help the next generation. With that vision, strive to be there for the kids who rely on you, because you are who we depend on. Students, getting an allowance of Jordan's and Nike sweatshirts doesn't give you the qualifications to act like everyone is your servant, including the teachers. Teachers are here out of their goodwill; they don't owe you a thing. You aren't nearly cool enough to act like you do. A dose of humility is needed desperately.

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The fact of the matter is, we are forced to be here. Legally, I'm not leaving for another 128 days. But you know what makes that even worse? The feeling of walking into the school and having this negative atmosphere weigh down on the shoulders of every person who walks the halls. So let's join together and

make this place a bit more cheerful. Make it a place where, at the very least, it's not physically painful to get up and go to. At best, let's make it a place of learning and creativity, where students and teacher cooperate for mutual learning and respect. Let's make Chetek-Weyerhaeuser High School the place to be, not the place to leave.

Rylee's Opinion Piece on Positivity

By Rylee Traczyk

The definition of positivity is "The quality or state of being positive." I walk into the Chetek-Weyerhaeuser High School every morning aiming to make anyone or everyone feel good about themselves. I personally have had a great experience with the students, staff, including the janitors, at CW. From Mr. K giving compliments to friends laughing and telling stories, I witness and take part in great things every day.

As a little freshie, yes, I walked down the hallways afraid to look in the wrong direction and make eye contact with an upper classmen. I was afraid to say things when I had upperclassmen or anyone I didn't know in my class who gave me a negative outlook on school and made me not want to come.

We have come so far from that. Now we have seniors and freshman sitting together at lunch; we have sophomores and juniors walking the halls together. Under and upperclassmen are socializing with one another; those are positive feelings towards people. In my opinion, I think students have a negative outlook about classes and having to get up early, not a negativity towards the people in our school. I'm not afraid to come here. I don't wake up and think, "Ew, school"; I think "Yes, I get to see my friends today! Yes, I get to have

another awesome class with my teachers today!" One group of positive students can expand to make a whole team, a whole grade, or even a whole school positive.

I have and have had some AMAZING relationships with teachers; I know that I could go to any teacher or staff member and feel comfortable having a one-on-one conversation. I think Chetek-Weyerhaeuser has some amazing people on staff. We have people who are great to talk to about anything you might be needing at the time. We, as students, are very lucky to have such a caring and involved staff selection. Teachers are like my parents at school: I learn things from them and I know they will always be there to help with any problem I might be having.

I don't believe our school is full of negativity. It is what you make it. Students, if you feel that our school has a negative vibe, then surround yourself with positive influences. Teachers, if you think that you have a negative attitude towards your students, make it clear that you don't. Remember why you became a teacher and all the great people who got you where you are today. Be the person who someone remembers for their positive attitude. What you decide to do with your high school experience is your choice completely, but I've decided to make my experience here at Chetek-Weyerhaeuser a good one.

Your opinions also matter. If you would like to respond to either or both articles, please email me at mrykal@cwasd.k12.wi.us.

Helpful Hints

ACT Test Tips

By Jessica Breezee

The ACT is coming up very quickly and I know that many Juniors are worried and stressed about it. The ACT isn't as bad as everyone makes it sound; you just need to pace yourself through it and you will do fine. The ACT is a tool to help you get into college; it is not life or death. But you should still try your hardest. I would suggest start studying now, before you know it you will be in your chair reading the directions to the test.

Only the answers matter, the multiple choice question are graded by a machine not a human. The machine doesn't care what thoughts you put into the answers; it only cares about if the answer is correct and if the oval is correctly filled out. On the multiple choice portion you should pace yourself and do the elimination game, cross out the ones that don't make sense. If you can't figure it out move on and come back to it. Do all of the easy questions first, you can always go back and look at you answers. The ACT is a lot of questions to answer in a three hour time peri-

od. As you take the test you will feel pressured, try not to rush and calm yourself down. I would recommend taking as many practice tests you can. My personal experience helped me realize that those tests do come in very handy.

Preparation is the key to success for the ACT. It can be hard to motivate yourself to study, but trust me, it is so worth your time. If you are one who doesn't like to study or doesn't set away time for studying; you should make a study schedule. You should study at least once a week for a month or two before the test.

On test day you will need:

Number Two pencils

A calculator.

A watch.

A snack, to keep up that energy

DIY Charging Station

By Alex Beers

Do you ever get sick of tangled and cluttered cords in your room? You have so many different devices but no way to organize the cords. Luckily, I have a fun and easy DIY charging station to help with all those cords.

You will need: a shoe box, a power strip, and decorations for your box (optional).

First, start by putting the decorations on your box. Wrapping paper or construction paper will work best. Next, cut a hole in the end of the box for the cord of the power strip. Then cut 5, 1 inch holes on the front of the box, or as many as you would like. Lastly, you can label

each hole for each charger it belongs to.

Once you are finished with this, you can place your chargers in the box and have a neat, clutter free area for your cords.

