

# LWHS TIMES

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ONCE A MUSTANG, ALWAYS A MUSTANG

December 16, 2019

## Little Wound student gets sworn into the Army

Enola Running Hawk

On December 5, Aliana Gay, Senrio was sworn into the Army in Sioux Falls. She has committed to eight years of service starting out in active duty.

Ms. Gay leaves May 26th for basic training. Just a week after graduation.

Those who wish to join the military must take the ASVAB exam and score at least 31. Ms. Gay obtained a 46 on this prestigious test.

Ms. Gay says, "I want to experience something new, pay for college, and it's an opportunity to get off the reservation."

"My main goal for the Army right now is to be the best possible version of myself that I can be," Ms. Gay continues to say.

She wants to succeed physically, mentally, and spiritually.

Additionally, she wishes to be the best daughter, sister, friend, and, most importantly, a role model for younger generations.



"My main goal for the Army is to be the best possible version of myself." —Aliana Gay

By stepping up and being a role model, she hopes to inspire and motivate at least one to do better in life.

Ms. Gay wants to show others that anything can be possible even if things seem impossible. Her military occupation specialty (MOS) is 91D (Delta) which is a tactical occupation specialist.

Congratulations Aliana and good luck on the next chapter of your life.

### Upcoming Events: Hailey Kills Back

Dec. 16—K-12 Picture Day

Dec. 18—Walkers only! LNI: Girls Basketball @ 6 p.m. Boys Basketball @ 1:30 p.m.

Dec. 19—Christmas Break!

Check out page 3 for more Mustang News!

### SEE REVERSE SIDE FOR MORE MUSTANG NEWS!

Poem of the Week, Counselor's Corner, Chrispiracy, Should school start at 10 a.m.?, The Importance of Sleep, and Ask Angie!



# Poem of the Week

## Drugs control my life Louis Winters

So don't try to convince me  
that I can be sober  
Because at the end of the day  
I can't do this.  
And I'm not going to lie to  
myself by saying  
I will prosper and succeed  
So I will remind myself  
That I am a selfish terrible  
person  
And nothing you tell me will  
make me believe  
I deserve a good life  
Because no matter what  
I will always be addicted  
And I wonder if  
Things will get better  
Because when I look in the  
mirror, I will always think  
Can I recover  
Can I recover  
Because when I look in the mirror,  
I will always think  
Things will get better  
And I wonder if  
I will always be addicted  
Because no matter what  
I will prosper and succeed  
So I will remind myself  
That I am a selfish terrible person  
And nothing you tell me will make  
me believe  
That I am a selfish terrible person  
So I will remind myself  
I will prosper and succeed  
And I'm not going to lie to myself  
by saying  
I can't do this  
Because at the end of the day  
I can be sober  
So don't try to convince me that  
Drugs control my life

# Counselor's Corner Angelina Rojas

Dec. 5 Little Wound High School students visited South Dakota School of Mines & Technology. A variety of students attended, as it was a very fun and knowledgeable experience. When we arrived, our group was astonishingly welcomed by James Rankin, President of the college. We then found our guides and began the tour. SD Mines is profoundly known for its STEM Academics. Plenty of hands-on learning opportunities are available on campus. An average class size is 23 students, they are very prideful in having a face to face education between



student and professor. It is also known for being the number one engineering school in the country for return on investment, according to College Factual.

Announcement:  
Don't forget Tuesday, Dec. 17 students will be taking the accuplacer test for OLC admission!

## Chrispiracy: Peace Out

Well people it's time for me to say adios to being a writer for the school newspaper. It was nice writing the stories. Got good feedback from the class is alright also pretty fun at points. So anyone looking to take the class just get your work done and laugh at Hinkle's totally funny jokes.

## Chris Cuny



### Should school start at 10 a.m.? Nicollette Takes War Bonnett and Taylor Sierra

When school starts at 8 a.m., many people believe that students are capable of getting enough sleep. However, this is not the case. According to the CDC, the reason why teenagers are not getting enough sleep is because of poor academic performances, health risks such as sleep deprivation, and drinking alcohol. The American Academy of Pediatrics recommends that both middle and high schools should start at 8:30 a.m. or ever later to gibve students the time to sleep more and get ready.

Continued on page 3!

### The Importance of Sleep Laticia White Woman

Sleep is important because it can help protect your mental and physical health. While you are sleeping your body is working to support healthy brain function and regenerate energy for when you wake up. Getting seven or eight hours of sleep is beneficial for adults. Getting any more or less can put you at risk for serious conditions such as: diabetes, heart disease, and in extreme cases death. Teenagers need around eight to ten hours of sleep each night to fuction best. Teens need more sleep because..  
Continued on page 3!

### Ask Angie: How to prepare for the ACT Angelina Rojas

You might be bad at taking test and there is no judgement in that, not many people are good at taking tests. Personally I use to have troubles myself, for example I would worry about being able to answer all the questions in timed test. Although I was afraid of failing I used some strategies that my teachers would recommend to me, and they worked. Here are some tips and tricks that could help:

- Be prepared
- Always arrive early and take a moment to relax.

### Ask Angie Continued

- Listen attentively to last minute instructions given by the instructor
- Read the test directions very carefully and watch for details.
- Plan how you will use the allotted time.
- Look for cues.
- Answer all the questions that are easy for you.

# LWHS student gets sworn into the Army

## Mary Kate Martinez

Mr. Snethen has took four Little Wound students to state in Yankton South Dakota: Asa Steele, Christopher Cuny, Taelin Clifford and Antonio Rojas. Snethen was not nervous, but instead excited for state. He was hoping to get, one to foru superiors. It was Taelin Clifford and Asa Steele's first year oral interpretation. They both had joined mid season and have proven themselves worthy to be on the team. It was Antonio Rojas' second year going to state, but Mr. Snethen claimed that Antonio messed around last year; however, this year Snethen thought his performance was his best he had seen this year. Snethen believes that Christopher would had gotten superior because he has been to state before in readers theater. Unfortunately, none of the four individuals placed at state.

"Taelin Clifford was nervous during his performance and you could tell," says Mr. Snethen. Two judges had given Mr. Clifford fairly good scores, but one judge

gave him an unvery fair score, says Mr. snethen. He also states that Asa Steele got 3 good scores and thought he deserved a superior.

Mr. Snethen has always wanted one of his competitors to perform Chief Seattle's speech at state. Taelin Clifford did just that and for this Mr. Snethen is happy.

"Christopher took stage fright," claims Mr. Snethen, "He was doing his intro before he went on" Cuny had gotten a lot of laughs and reactions from his piece, 'Marijuana logues'.

Snethen was proud of them all. It was not a disappointment to Snethen, it was all interesting. "I'm glad that they are part of the team, I enjoyed spending time with them and I also enjoyed sharing my life with you all and continue on taking chances and risks that can be successful," Mr. Snethen concludes.

# The Importance of Sleep Continued

## Laticia White Woman

Teens need more sleep because because their brains are growing and need a lot of rest time.

Sleep reduces stress and anxiety and improves memory. Sleep can also lower your blood pressure and it puts you in a better mood.

If you are having trouble falling asleep at night, try exercising 30 minutes a day or taking a bath or shower (make sure it's warm or hot).

# Movie Review and Should school start at 19 a.m. continued

## **Soul Surfer (2011 Film) Review By: Cheyenne Whiting**

Teenager Bethany Hamilton surfs every night and day. One day while surfing, Bethany was laying on her board with arm dangling to the side. Suddenly a shark appeared and bit her arm off where she lost a lot. This movie tells the story of a young woman's recovery from a tragic injury. It is an inspirational tale of heart break and courage. Overall, I rate this a 10/10

## **Nicollette Takes War Bonnett and Taylor Sierra**

### **Should school start at 10 a.m.? Continued...**

If school started at 10 a.m., it can reduce the amount of time students are left alone because of working parents. Additionally, it will lower health risks related to lack of sleep. Plus, it will lower the dependence on caffeine. However, starting school at 10 a.m. will consequentlly cause school to end later. If this happens, then students will not have enough time for homework at the end of day. Which could cause students to stay up late.

So the question remains, should school start at 10 a.m.

# LWHS is gearing up for basketball season

Antonio Rojas, Deryck Two Bulls, and Martin One Horn

It's that time of year again where we get together and watch our mighty Mustangs take the court. This year's girls varsity team is seed seventh at the Lakota National Invitational (LNI). The coaches are Sadie In The Woods, Head Coach, Heather Hinkle, Assistant/JV Coach, and Shonna Hunter, Assistant/Freshmen Coach. The coaching staff all agree that the girls have potential to make it to state this year. In The Woods says, "I think we will be a strong unexpected contender for the championship. They have what it takes to step up to the plate." "State is not my ultimate goal though," In The Woods continues, "I want them to get

good grades and be safe. I want them happy and to know, win or lose, I'm proud and support them." In The Woods follows Duke's Coach Mike Krzyzewski's philosophy which is "not to set the final title as your goal because only one team can win it." "You should set many goals you can accomplish because that feeling is good for the mind, body, and soul," In The Woods says. This will be In The Woods' first year as head coach and there is a lot of talent in her team. "Fans can expect to see a lot of heart, great teamwork, and leadership," In The Woods concludes.

On the other hand, varsity boys are seeded fifth overall for LNI. The coaches are Rob Mendoza, Head Coach, Richard Big Boy, Assistant/JV coach, and Eddy Rooks, Assistant/Freshmen coach. Mendoza says, "I just want to play four games and learn. Win or lose. But, hopefully win the whole thing." Mendoza has been coaching basketball for 20 years. "The team is inexperienced, but dangerous," Mendoza says. There are bigger teams at LNI so it'll be a challenge, but that does not mean to count the boys out just yet. Mustang country is looking forward to a great season of basketball!