

WOLVES' TALE

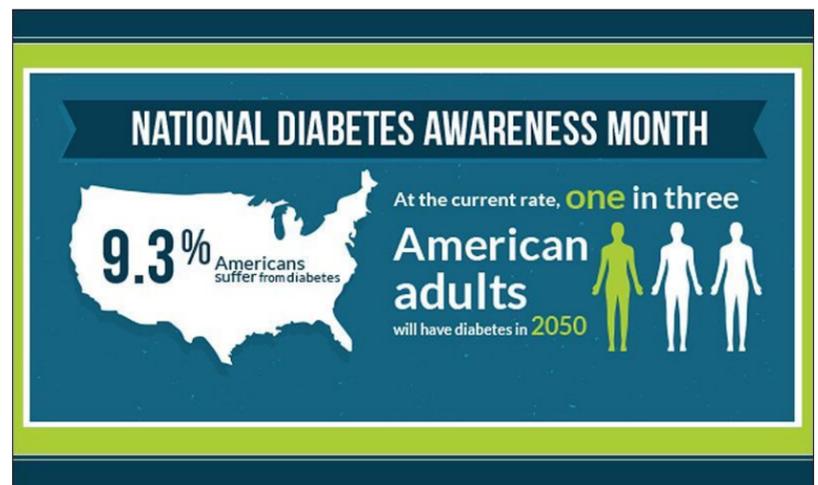
FEATURED THIS WEEK: SENIOR SPOTLIGHT, VETERANS DAY, DIABETES AWARENESS, MOVIE REVIEW, AND QUESTION OF THE WEEK



Senior Spotlight: Emilee Wittrock

Emilee Grace Wittrock, daughter of Randy and Stephanie Wittrock, sister of Landon Wittrock, was born in the Lakes Regional Healthcare Hospital in Spirit Lake on November 16, 2002. Some of her friends and family like to refer to her as Em. She has attended Harris-Lake Park since preschool. For classes this semester, she is taking animal science, PE, introductory business, personal finance, choir, and government. One of the activities she participates in is football cheerleading. For three years Emilee has worked part-time at Fareway Grocery. Her most awaited date is graduation. Her best memory at H-LP was the trip to Des Moines and also going to Valley Fair.

Emilee will miss being with her friends the most after high school. In the future, she plans on going to school for Elementary Education and in ten years she sees herself teaching. Her favorite food is pasta. Her two favorite colors are turquoise and grey. Her favorite class is choir. She loves dogs and her favorite musician is Luke Combs. Emilee's advice to underclassmen is to "enjoy every moment of high school."



Diabetes Awareness

By Akasha Hallman

November is National Diabetes Month. This month, the color to wear to represent diabetes is blue.

There are different types of diabetes. Type one diabetes is an insulin dependent diabetes and often begins during childhood. Type two diabetes is a non-insulin diabetes and usually occurs in adulthood with obesity being a key factor. The third type is gestational diabetes which is caused by pregnancy.

Diabetes is a group of diseases that affect how your body uses blood sugar, also known as glucose. Blood sugar is the main source of energy which comes from the food you eat. Insulin, a hormone made by the pancreas, helps glucose from food get in your cells to be used for energy. Sometimes the body does not make enough insulin, or any at all, or it doesn't use insulin well. The glucose then stays in your body and it doesn't reach your cells. Over time, having too much glucose in your blood can lead to health problems. Diabetes has no cure, but there are ways to manage your diabetes and stay healthy.

There are seven recommended steps to reduce the likelihood of getting diabetes; cut sugar and refined carbs from your diet, work out regularly, drink water as your main beverage, lose weight if you're overweight or obese, if you smoke, quit smoking, follow a very-low carb diet, and watch your portion sizes. There are other ways to avoid diabetes, but those are the main things.

Some random facts about diabetes are; you can have diabetes or pre-diabetes and not know it, diabetes is not caused just by eating too much sugar, diabetes is the 7th leading cause of death in the United States. Type two diabetes accounts for approximately 90-95% of all diagnosed cases of diabetes, and type 1 diabetes only accounts for approximately 5-10%.

<https://www.niddk.nih.gov/health-information/diabetes/overview/>



Veterans Day

By Ruger Kelly

Veterans Day is a holiday for honoring veterans and all who have served. It is normally held at eleven AM because World War I ended on the eleventh hour of the eleventh month of the eleventh day in 1918. This day was originally called Armistice Day as it signaled the end of the war.

The holiday originated on November 11th, 1919, the first anniversary of World War I. November 11th did not become a national holiday until the year 1938. In 1954, President Dwight D. Eisenhower officially changed the name of the holiday from Armistice Day to Veterans Day.

Many of the American flags around the world are hung at half mast to honor all of the soldiers that have served. Often, a period of silence is held for two minutes at 11:00 AM.

Here are some facts about the veteran population of the United States:

- 18.2 million living veterans served during at least one war as of 2018.
- 9 percent of veterans are women.
- 7 million veterans served during the Vietnam War.
- 3 million veterans have served in support of the War on Terrorism.
- Of the 16 million Americans who served during World War II, about 325,000 were still alive as of 2020.
- 2 million veterans served during the Korean War.
- As of 2019, the top three states with the highest percentage of Veterans were Virginia, Wyoming, and Alaska.



<https://www.history.com/topics/holidays/veterans-day-facts>



Book Review: Five Feet Apart

By Payton Reimers

In this drama/ romance novel star cast, Stella, (Haley Lu Richardson), Will, (Cole Sprouse), and Poe, (Moises Arias). Stella and Will have cystic fibrosis, a genetically inherited disease that affects the lungs and a person's ability to breathe over time. Stella Grant, is a cystic fibrosis patient who uses social media to cope with her illness and tries to live a normal life. Their favorite nurse Barbara, (Kimberly Hebert Gregory), cares for each patient everyday.

Stella continues her medical routine and she knows what to bring for comfort; her stuffed panda, the laptop for vlog updates, and the pictures from her bedroom wall. Stella knows her best choice would be a lung transplant, but it may only work for five years. As a CF patient, the best case scenario is always just to last long enough for better treatment to be invented.

After an awkward couple days of talking in the hospital, Stella and Will form a relationship. But, because of their disease, CF patients have to stay at least five feet from each other. As the story continues, their relationship grows.

Overall, I really liked the book. There are many sad and/or emotional parts in this story. The interesting thing is that CF is a real thing.

I recommend this book for 13+. It is 13+ because of the affectionate scenes. The one thing that really “clicked” for me is the sacrifice Will takes. This was a very good book and I’ve enjoyed reading it multiple times. There are no boring parts in this book.



Question of the Week

By Brooke Nicks

As many of you may know, it is an election year. With all of the craziness of the election, I decided to ask the H-LP students, “If you could choose one teacher to be president, who would you choose?” This is what the students said.

Devin U. - Mr. Jacobsma

Caleb N. - Mr. Jacobsma

Chayce F. - Mrs. Roberts

Callee S. - Mr. Jacobsma

Javen B. - Mr. Jacobsma

Kelly L. - Mr. Jacobsma

Emma N. - Mrs. Devries

Payton R. - Ms. Noska

Travis L. - Mr. Gunderson

Natasha B. - Mrs. Christensen

Colton V. - Mr. Jacobsma

Addison H. - Mr. Jacobsma

Kaylee M. - Mrs. Devries

Emma S. - Mr. Sohn