



How to Handle Your Stress

By Jillian Iyatunguk

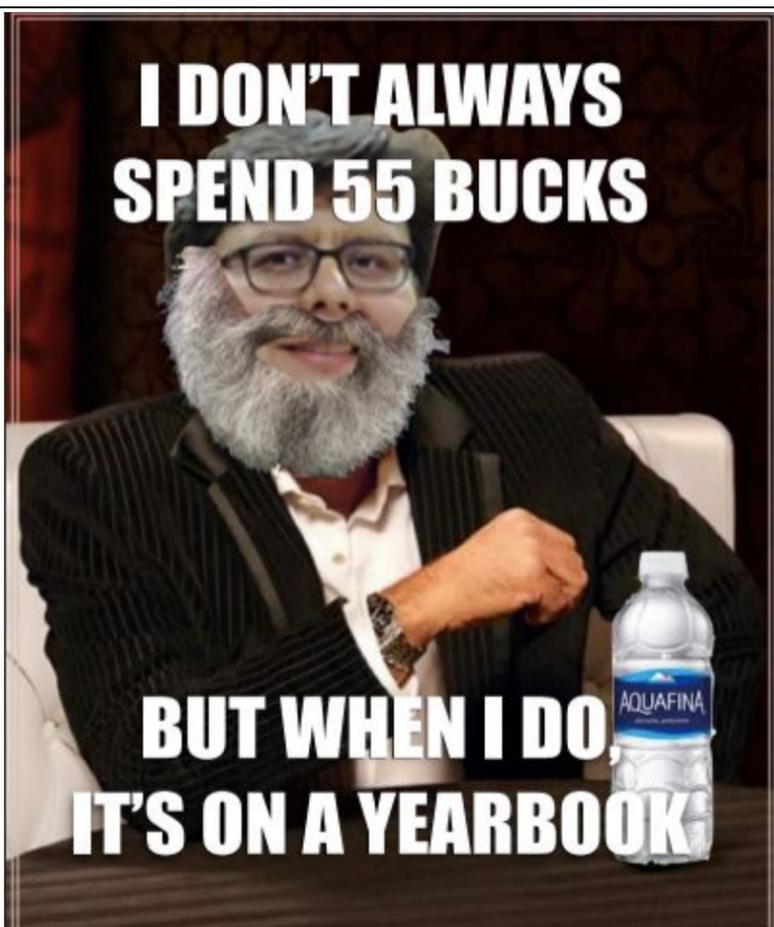
Has work, school, family, friends, a significant other, or just life, in general, been stressing you out?

Well, if any of these apply to you, it sounds like you need some time to yourself. It's good to be selfish once in a while. Mute out everything that has been nagging on you like an annoying fly in the room. Treat yourself. I'll give you some ideas to just relax or do whatever that'll make you happy.

1. For some reason, whenever I'm stressed I like to bake. It calms my mind down. Would you rather be thinking about all the homework you have to do or about how much sugar you're putting in your brownies? Yeah...same. But it doesn't really matter in the end because you'll be doing your homework after making brownies, right? Okay, good.
2. Cleaning is also my favorite go to when I'm stressed. Instead of taking out your anger on someone, you can be straightening up the living room and aggressively fluff up the pillows. Great stress-reliever.
3. Music. Hey, what else can I say? Ask your friends to ride around with you and blast music while driving down Front Street with your windows down. Pedestrians can sing along too. It brightens up the mood. Or just drive around alone and have the same sad song on replay. However you choose to listen to your music doesn't matter to me. Whatever floats your boat.
4. Be a little kid again and whip out your old crayons because coloring is a coping skill, Sweetie.
5. Just got paid? Splurge and buy ice cream, popcorn, or you can eat the sweet treat you made and watch your favorite movie! Or buy a new outfit, shoes, or whatever you want.
6. Take a nap. Revive yourself. A short 20-minute power nap helps A LOT. Have a lot of time on your hands? Well, take a 4-hour nap.
7. Wear a poppin' outfit. Feel good about yourself. Just dress really nice one day and strut down the hallway.
8. My mom has always said to me everytime I'm sad, "Aww you can cry, Jill." That used to always make me mad because she was talking to me like a baby but then I'd laugh and my mood would brighten up. **BUT** I once said that to a co-worker so they could cheer up and they took it literally and started crying. I stood there awkwardly not knowing what to do. He felt better though. Sometimes you just need to let it out and cry.

Everyone is stressed out once in a while and my #1 advice for you is to sit down and talk to someone about it.

It's always a good idea to tell someone what's going on so they can help you.



Look for upcoming ads to purchase your 2018-2019 Yearbook!



You know the drill, ask Jill.

You can ask Jill anything. Relationship advice, trip planning, adulting, or how not to be a jerk. Whatever the question, she has a solution.

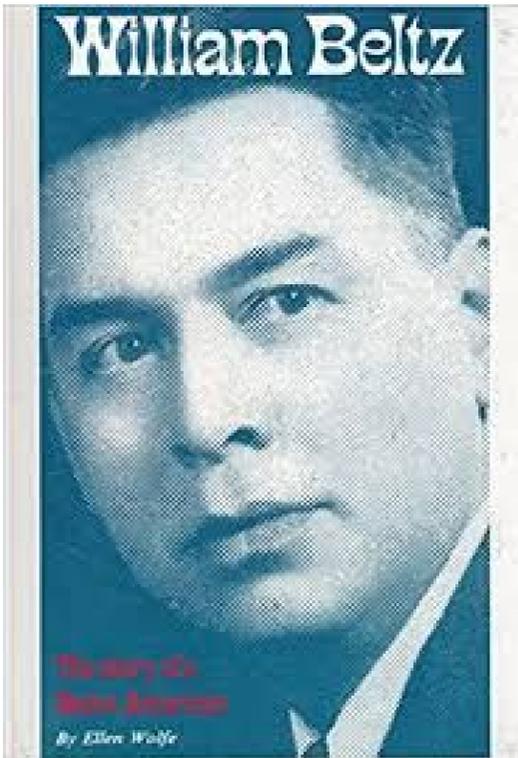
Email her at jiyatunguk1@nomeschools.org

WILLIAM BELTZ

The Story of a Native American

By EJ Rochon

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The First President of the Alaska State Senate

In 1948, William Beltz ran for the territorial house of representatives. He was respected in every village he set foot in because of his honesty, and his deep concern for their territory. He was a man of great courage. The drive for statehood officially began in the 1949 legislature. Because Alaska was not a state, the governor of the territory wasn't elected by the people. Instead, he was appointed by the president of the United States. William Beltz was appointed and in his political run, he became the first president of the Alaska State Senate. Today, Will Beltz is still remembered as one of Alaska's great leaders.

BIRTHDATE/PLACE: 04/17/1912; Haycock, Alaska

EDUCATION: High School: Home Study Course, Diploma Technical/Vocational: Carpenter
Apprenticeships: Nome, Fairbanks, Unalakleet

SPOUSE: Arne Louise Bulkeley

CHILDREN: George E., Carolyn Lee, Wanda Fay, Mark Albert, William, Katherine, Axel

DEATH: November 21, 1960

2019 NOME SUBWAY SHOWDOWN



THURSDAY 1/3

2:00 PM Grace vs Petersburg (GIRLS)

3:30 PM Grace vs Petersburg (BOYS)

6:00 PM **Nome** vs Unalakleet (GIRLS)

7:30 PM **Nome** vs Unalakleet (BOYS)

Activity Bus from Beltz to town after the last game

FRIDAY 1/4

2:00 PM Unalakleet vs Grace (BOYS)

3:30 PM Unalakleet vs Grace (GIRLS)

6:00 PM **Nome** vs Petersburg (BOYS)

7:30 PM **Nome** vs Petersburg (GIRLS)

Activity Bus from Beltz to Town after the last game

SATURDAY 1/6

11:00 AM SKILLS COMPETITION

1:00 PM Petersburg vs Unalakleet (GIRLS)

2:30 PM Petersburg vs Unalakleet (BOYS)

5:00 PM **Nome** vs Grace (GIRLS)

6:30 PM **Nome** vs Grace (BOYS)

Activity Bus from Beltz to Town after awards ceremony

Sugar & Spice Steamed Pudding

By: Jessica Joe

Ingredients

- 2 cups of flour
- 1 ½ teaspoon of baking powder
- 1 teaspoon of ground ginger
- 1 teaspoon of ground cinnamon
- ½ teaspoon of ground nutmeg
- ½ teaspoon salt
- ½ cup of butter, softened
- 1 cup of sugar
- 2 eggs
- 1 ¼ cups of milk
- 2 ½ cups diced mixed candied fruits
- 1 cup powdered sugar icing

Icing Ingredients and Directions

- 1 cup of powdered sugar
- 4 - 5 teaspoons of milk



1. In a small bowl combine 1 cup powdered sugar and enough milk to make a drizzling consistency.

Makes: 12 servings, Prep: 30 mins, Let Cool: 40 mins

Cook: 1 hr for 45 mins at 325°F

Directions

1. Grease and flour a 2-½ quart heatproof bowl; set aside. In a small bowl stir 1-¾ cups of flour, the baking powder, ginger, cinnamon, nutmeg, and salt; set aside.
2. In a large bowl beat butter with large spoon or rubber spatula on medium to high 30 seconds. Beat in sugar until combined. Add eggs, one at a time, beating on low after each. Alternately add flour and milk. Add 2 cups of candies and the remaining ¾ flour, stir. Pour into a prepared bowl, cover with a greased foil.
3. Place the bowl in a Dutch oven or covered pan; add water 1 inch up sides of the bowl. Cover, bring water to boiling and reduce to simmer. Steam 1-¾ to 2 hours or until a wooden skewer inserted in center comes out clean. Check the water level every 30 minutes or so and add boiling water as needed.
4. Carefully remove bowl from Dutch oven; remove foil. Let stand for 10 minutes; unmold onto a serving plate and cool for 30 minutes. Drizzle with Powdered Sugar Icing and top with remaining candied fruit and peels. Serve warm or at room temperature.
5. IF you don't have a rack to fit inside your Dutch oven, place a few canning lid rings in the bottom, then stand the bowl on top of them. Makes 12 servings.

DONATE CANNED FOOD

1 CAN = 1 RAFFLE TICKET

CANNED FOOD DONATIONS WELCOME

DIRECT ANY QUESTIONS TOWARDS MS. HARLOW

ENTER TO WIN A TASTY TREAT

RAFFLE WILL BE HELD DECEMBER 20th

**** FOOD ** PROVIDED!**

NBHS American Pop Culture Class Presents

Reel Injun: Exposing the Truth of Native Stereotypes in the Media

Thursday Dec. 13th 6-8pm at Northwest Campus Education Center Grand Hall

A FILM SCREENING AND COMMUNITY DISCUSSION OF THE DOCUMENTARY REEL INJUN: ON THE TRAIL OF THE HOLLYWOOD INDIAN.

UNIVERSITY OF ALASKA FAIRBANKS NORTHWEST CAMPUS

KAWERAK, INC. Our People & Tribes are Thriving

Poster Design: Rebecca Seppilu

Issues at Nome-Beltz

By: Devan Otton

I had lots of responses to issues at Nome-Beltz and I would like to thank the people who answered them because I'm going to talk about the main complaints to the school board meeting. **I copy and pasted what people said and a lot of people have typos! Learn how to English, people!** The top six complaints are listed below:

- **Bathrooms** - "They smell stink, gross, not clean, drugs in the bathrooms and people doing bad things in the bathroom. Also, people want air fresheners in the bathrooms." "Girls bathrooms are never cleaned. Wads of tissue from last year still on the ceiling and around the sinks never cleaned!!!! They are gross." "Girls wiping blood on the stalls."
- ” **Grades and Attendance** - "The lack of care for grades and attendance from students attending Nome-Beltz" "The school can be seen as "bad". Come to school every day and get good grades, people!
- **Heating** - Lots of people said the school is cold and we shouldn't have to wear lots of layers to stay warm. Other people said it's warm in some rooms and cold in other rooms. "Heating throughout school."
- ” **Food** - People said they don't get enough to eat and the lunches just taste gross. To those who complained: keep in mind that the lunches are free and the cooks are trying their best! #lovethecooks "Lunch is like barf tbh sorry not sorry." "The lunches are really small if you don't like salad." To add in, at Mt. Edgecumbe you get unlimited food during breakfast, lunch and dinner. How come we don't get that here?
- **The Hood Rule** - Personally, I find the hoodie rule very dumb. We're allowed wear a hat, but we can't wear hoods? That makes no sense at all. "The No Hoodie Rule, has got to be,,,,, the dumbest rule I have ever heard in my ENTIRE LIFE!! I MEAN< LOOK AT THEM!!!! THEY ARE SO CUTE!!!!WHEN WE SCRUNCH THEM UP< WE LOOK LIKE LITTLE ELVES IT'S ADORABLE AND YOU CAN'T JUST TAKE THAT FROM USSSSSSSSSS?????"
- ” **Electives** - "Electives that are offered here are superrrrrrrr limited. art class? drawing? painting? nope, don't have those. Culinary? we literally have a room dedicated to cooking/baking and nobody uses it. cmon now. More language classes? all we have is Spanish. Yoga? that class left with Dinsmore. more variety, in general."

The funniest response - "People think they can ball. They can't."

Easy Chocolate-Almond Croissants

By: Jessica Joe



Ingredients

- ½ 8 ounce can almond paste, cut into small pieces (or use persipan or 1 ¾ cups of slivered almonds)
- ¼ cup of whipped cream
- 4 ounces of dark chocolate
- 1 8 ounce package refrigerated crescent rolls
- 1 egg, lightly beaten
- 1 tablespoon of water
- ¼ cup sliced almonds
- 1 tablespoon of powdered sugar

Directions

1. Preheat oven to 350 degrees F. Lightly grease a baking sheet; set aside. For filling, in a medium bowl mix almond paste and 1 tablespoon of the cream. Stir until smooth, then add the remaining cream, 1 tablespoon at a time until it's stirred smoothly. Then add in the chocolate.
2. Unroll the dough then separate into eight triangles, don't fold, add the filling and spread on the ends of the dough. Roll the dough from the wide end of each triangle. Place down on the baking sheet point side downwards.
3. In a small bowl add egg and the water mix. Then sprinkle in almonds and put in dough triangles.
" Bake for 14-17 minutes or till golden brown, allow to cool and add powdered sugar. Serve while warm.

Big Girls Don't Cry

By Amber Gray

If you want to survive and thrive in this world, you need to have thick skin. Believe it or not, you aren't perfect, nor is any person on this good Earth. You're going to be criticized *at least* once in your life, whether that be in sports, job performance, or just being a human being. Criticism is the honest feedback and suggestions from your superior or peers given to you for improvement. Having the ability to positively accept constructive feedback on whatever it may be, is one of the most important life skills one can develop. If you're prone to take criticism to heart, follow these simple six steps on how to become a big girl (or boy)..

☞ **Open yo ears and L-I-S-T-E-N**

- Allow whoever is giving you constructive criticism to fully explain their comments and thoughts. Without interrupting, listen to every single detail they share with you. They are taking time out of their life to help better your performance. Take a walk in their shoes and see things from their point of view; their understanding is probably much different from yours.

☞ **Control your emotions**

- Stay calm. Under the eyes of judgement, everyone is different with how they react. Some become incredibly defensive and lash out and there are others who bawl their eyes out. Understand that the reason they're giving you feedback is so you can take steps to improve yourself. Hold your tongue and swallow the tears, young dreamers. Your critic isn't saying these things to hurt your feelings, they genuinely want you to improve.

☞ **Analyze the information**

- Avoid creating an unnecessary argument with your critic. Ask questions. Ask for clarification. Never take things lying down. ALWAYS QUESTION THE MAN.

☞ **Don't make excuses or blame others**

- Own up to your mistakes! Admit that you're wrong!!!!!!!!!!!! <RX FDQEHZURQJ VRP HWP HM!!!!!!!!!!!!!!! Accept that you done goofed, laugh it off, and turn it into a learning experience. You are your own dang person; it is time to be independent and admit that the fault belongs to no one but yourself. Do not let petty pride hold you back from learning from and owning up to your mistakes.

☞ **Say thanks**

- Catch your critics off guard with a gentle smile and genuine thanks. If you can't make it genuine, fake it. Remember that criticism is not a personal attack, but a method to improve who you are and what you're doing. Rise above!

☞ **Find the positivity and LEARN**

- The glass is *always* half full, folks. Finding positivity in criticism takes time and practice. It's human nature to want to defend yourself against mistakes you made. Yet, screwing up and making mistakes is *also* human nature. Please, for the love of God, don't take *all* things to heart. You're in high school/adulthood. The time of ignorance is over. Critics are not out to get you, but in fact, *want* you to succeed in life.

Ms. Albertson's English III students

created some funny memes to express the ridiculousness of the play, *The Crucible* by Arthur Miller.

	Stealing a meme about "The Crucible"		
	Making a meme about "The Crucible"		
	Making a meta meme about making a meme about "The Crucible"		
	Making an even more meta meme because you acknowledged that you were being meta		
	Not doing the assignment		

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By: Jillian Iyatunguk
 If you like drinking cold soda
 And getting caught in the rain
 If you're not into mushrooms
 If you have half-a-brain
 If you like taking rides at midnight
 All over the place
 I'm the lady you looked for
 Write to me and escape



Take out a personal ad, even if you're nobody's poet, and The Nanook News might just publish it!

School Laptop Restrictions

By Dawson Evans

There are many reasons why we shouldn't be as web-locked as we are. Of the reasons, the most obvious one is that websites get blocked because it has a phrase or word that is restricted for no reason, this is a problem because it makes simple tasks like finding information for assignments or essays much harder. When websites are blocked it leads the students to consult a teacher about unblocking the website, but most of the time that is too much work so the students brush it off and lose possibly a great source. I can understand blocking sites like Youtube, gaming sites, Netflix, and social media, however, blocking specific phrases is just absurd. Blocking the sites might have been used to encourage people to focus more on their grades but I've heard that it hasn't impacted anything. If someone isn't going to use their time wisely how would putting up more restrictions motivate them? If the goal is to restrict people because they aren't focusing on school which is resulting in their bad grades, shouldn't the restrictions be based on people's grades?

Fill this out! <https://goo.gl/forms/JFKGKHpILOjRdBbd2>

If Our Staff Had Theme Songs

By Kelly Lyon (and others)

Ms. Harlow: I Don't Care by Fall Out Boy, Thank You Next by Ariana Grande, or Jesus Take the Wheel by Carrie Underwood.

Ms. Tatro: Baby Shark Song, Techno Chicken Song, Take on Me by A-Ha, or We Like to Party by Vengaboys.

Ms. Smith: Rap God by Eminem, Any Michael Jackson Song, or Sunshine, Lollipops and Rainbows.

Ms. Liben: Bill Nye The Science Guy Song.

Mr. Johnson: Hoedown Throwdown by Miley Cyrus.

Ms. Caroline: Sweet Caroline, BAH BAH BAH by Neil Diamond.

Mr. Shreve: America F Yeah by Team America World Police.

Mr. Hoyt: Johnny Ringo by Crown the Empire, or THE KAHOOT SONG.

Dr. Huseman: Elevator Music...

Ms. Albertson: Burn it to the Ground by Nickelback, People are Strange by The Doors, or I Fall Apart by Post Malone.

Mr. Berkeley: Darth Vader Theme Song.

Mr. Nylund: Don't Stop Me Now by Queen.

Mr. Callahan: Basketball by Kurtis Blow (Cause he only likes Basketball).

Mr. Heinrich: Despacito by Luis Fonsi.

Mr. Kreifel: Blue Christmas by Elvis.

Mrs. Huseman: 9 to 5 by Dolly Parton.

Mr. Huseman: The Real Slim Shady by Eminem.

Mr. Brown: All My Ex's Live in Texas by George Strait.

Mr. Ward: I'm gonna be (500 miles) by The Proclaimers.

Ms. Shield: Let it Go from Frozen.

Wasey: Flawless by Beyonce.

Ms. Phyllis: Electric Pow Wow by A Tribe Called Red.

Mr. Dowell: Jaws Theme Song.

Mrs. Merchant: Working for the Weekend by Loverboy.

Mrs. Perrigo: Good Vibrations by The Beach Boys.

Ms. Peters: Girls Just Wanna Have Fun by Cyndi Lauper.

Horoscopes z

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It is better that this happened sooner than later, Aquarius. Once the week is over, all will be as it once was. Hang in there. Compatible Friend: Gemini

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The simple things are what matter the most, Pisces. It would be a shame to not realize this and put yourself through unneeded stress. Compatible Friend: Gemini

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Don't let personal beliefs change how you respond to the matters at hand. Remember that everyone deserves respect, no matter what. Compatible Friend: Leo

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Balance your inner and outer lives, Taurus. That is the only way you will reach your goals. Look forward to a mystery encounter. Compatible Friend: Virgo

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Gemini, always be aware of your actions. Someone is watching you and you want to make a good impression. Compatible Friend: Libra

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Oh, Cancer, you did it again. You need to find the balance in what you are doing! Don't get carried away by things that don't matter. Compatible Friend: Virgo

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Leo, take advantage of what is given to you and don't be afraid to explore. Amazing things are heading your way, get ready. Compatible Friend: Scorpio

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People don't always do exactly what you want them to do, Virgo. Don't let this get to your head. That is the only thing you control. Compatible Friend: Capricorn

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The times may be busy, Libra, take it one thing at a time. No one is rushing you except for yourself. Breath in and out. Compatible Friend: Capricorn

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Your time is valuable, Scorpio. Don't let others waste it with meaningless talk. Now isn't the time to rely on niceness. Compatible Friend: Aquarius

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Sagittarius, now is the time to be organized. It may seem like a nuisance, but it proves to be worth it in the end. Declutter. Compatible Friend: Pisces

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Capricorn, it is easy to be critical of others, but remember that not everyone shares your skin made of nails. Niceness saves the day. Compatible Friend: Aries

Song Dedications

By Courtney Merchant

<p>7SRK 8LI ; E] - %Q ✖ &] ' LEVIM 4YXLx 8S) ZI V] SRI MRLI VQLSSR * \SQ %RSR] QSYVx x 8S . SI VTL . SI x 7SRK 8SQ S+LSYP%l : 1] (I QSRVx * \SQ %RSR] QSYVx x 8S ' LI I Vx 7SRK -XV8VQ] x %VMX 692 (1 ' x * \SQ %' LI I VP EHI Vx x 8S &SX &S] WERH+MNV&EVO XFEPPX EQV 7SRK 4YQT 9T 8LI . EQx %VMX 8I GLRSXSRIx * \SQ %4I WSR; LS &I MZI WR=SYx x 8S %XYQRx 7SRK 8LEXVQ] &I VV* VMRHx &] 8SQ S: ERVx * \SQ =E FI VVMRHx x 8S) ZI V] SRI JSQ XL XS XL +VEH x 7SRK -KRV x %VMX / %FER; EPO V JI EX . YVMx &I KER 7I YRKVMx * \SQ %RSR] QSYVx x 8S 8EXSx 7SRK 8I GLRS' LMO Rx %VMX 9RORS] Rx * \SQ x</p>	<p>8S %MMSR/ ✖ 7SRK 0SSOYT GLMhx &] 0EYV R(EMIP ✖ * \SQ %RSR] QSYVx x 7SRK 8LI 0E^] 7SRKx &]) XLER+I SVKI ✖ * \SQ ' LVMSTLI Vx x 8S 8LI 2ERSSO2I [Vx 7SRK ; NVH&I RI EXL Q] ; NVKx %VMX &I X 1 MHP Vx * \SQ 7X TLERM &S] I R &I GEYV XLMx RI [VLEWFI I R XLI [NVHFI RI EXL Q] x [NVKVERH-Q VEHXLMVMXLI FEVx NVVERQI RXx x 8S (E] RSRx 7SRK EP E] WSRQ] QNVHx &]) FZM4V VP] x * \SQ %RSR] QSYVx x 8S ' LI I VP EHI Vx 7SRK 1 M+I RX x &] . &EPZVx * \SQ =SYV' LI I V* VMRH. ELMEx x 7SRK 8LI 2YGEQ V7TI GEGYFEVx 8S I ZI V] FERHVMHI Rx * \SQ %RSR] QSYVx x 8S .. 1 EVFP ✖ 7SRK 8LI (I ZIV, I RX(S] R8S+I SVKx &] 8LI ' LEVIM (ERVIV&ERhx * \SQ) . x</p>	<p>8S 1 EFSV] x 7SRK ' VE^] 8VENRx &] 3^^] 3VFSYRI x * \SQ 1 ECE] FE x x 8S 7EVEL ; EHI 3 SL' LNVx &] 8LI * M 7XEMVX TVx * \SQ 7MVEx x 8S 7EVEL ; EHI ✖ 7SRK) YTL SVx &] &87x * \SQ 1 EG x x 8S 7X ZI R3UYVYQx 7SRK 0SZI 1 I 0M =SY(Sx &]) M +SYPMx * \SQ 1 SRVEx x 8S %RHM [, EJRI Vx 7SRK -8SYGL 1] WEx %VMX (NVV] Vx * \SQ %RHM [, EJRI Vx x 8S 1 W7QMLx 7SRK &YFFP 8SI Vx &] . EGO. SLRVSRx * \SQ) . x x 8S .. x 7SRK 7EHx &] < \ X RVEGRx * \SQ %RSR] QSYVx</p>
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