

The Hope Lutheran
Patriot

GIVE US THIS DAY
OUR DAILY ...
CANDY BAR?

Why chocolate is good for you.



The future site of Hope LHS



February 2018
Hope Lutheran High School
Winona, MN
hopelhs.weebly.com



Located in the



Restored Blessings is a Christian thrift store. All profits go towards the building up of God's Kingdom by supporting St. Martins Lutheran School and Hope Lutheran High School.

Come browse the aisles to find a special treasure! Restored Blessings has a large assortment of clothing, household items, books, furniture, and much more.

The shelves are forever changing as new items are put out daily.

Restored Blessings accepts donations during any working hours.

It's easy to drop off your gently used items for a good cause!

When you stop by, be sure to say hello to the volunteer workers!

Hours

Tuesday through Friday 9:00 a.m. to 5:30 p.m.

Saturday 9:00 a.m. to 1:00 p.m.

Contents

2 From the Editor

This new endeavor

Contributors

Meet the staff

3 Hearts and Flowers

That February holiday

4 Trends

This one can be deadly

Art

It's awesome!

Recipe

Dilly-dilly!

5 Health food

Surprise!

One-act

How to kiss a girl

6 Jokes

Senior Spotlight

Josie O'Laughlin

7 Fashion

Definitely do not wear or do this!

More jokes

8 On the farm

*What it takes to be a dairy farmer,
and what is milk anyway?*

9 Building plans

The what, where, and when

10 Soup

Its what's for dinner



**Valentine's
Day**



From the Editor



Publishing a monthly school newspaper is difficult. By the time a story is covered, written, and published, the news isn't new anymore. The number of successful oldpapers is zero.

That's why, starting with this issue of the newly-named Hope Lutheran Patriot, the format of our school's publication is changing to that of a magazine.

All the contributors to this edition are members of the 9th and 10th grade English class. We invite any and all members of the Hope community—students, teachers, parents, and other supporters to join our staff of contributors. If you have any educational information, want to voice an opinion, give a (hopefully positive) response to something you've read here, or in other ways would like to contribute to future issues, e-mail your words to the editor at finkelarry@gmail.com.

While we cannot promise that all material will be published, we invite your participation in this new endeavor.

In the meantime, we hope you enjoy the articles, jokes, opinions, recipes, and more in this issue.

Mr. Finkle



The average lifespan of a downy woodpecker is 12 years.

Are not two sparrows sold for a penny? And not one of them will fall to the ground apart from your Father.

Matthew 10:29

The Hope Lutheran Patriot

Published monthly by Hope Lutheran High School
Winona, Minnesota

CONTRIBUTORS



Janet Bangs



Emma Borgschatz



Abby Foss



Kayla Foss



Jacob James



Amerie Moen



Taylor Mueller



Dalton Russeau



Maria Sandcork



Matthew Starks

Musings on Valentine's Day



The next holiday that is coming up is Valentine's Day. In my opinion, Valentine's Day is a waste of time if you have no one. I think they should make a holiday for all the single people who do not have boyfriends or girlfriends.

Some people cry on Valentine Day because their less intelligent boyfriend or girlfriend broke up with them the day before Valentine's Day. Never break up with your boyfriend or girlfriend before Valentine's Day.

Amerie Moen

Have you ever wondered what February 14th means to people? Well, February is the month of love and happiness with the person you love, but it can also be the month of heartbreak and sadness.

February is also the month of the most break-ups. Every February the number of heartbreaks get greater and the number of couples staying together decreases.

There are a number of reasons why people break up on this holiday of love, but I am going to name the biggest one. (Please note this is for women and men.)

The big reason they have fallen out of love with you is because they are very unhappy with the relationship. If the guy or girl says, "It's not you, it's me," or they argue over every little thing on the earth, chances are the relationship is in trouble. If this happens all the time, just know all couples fight and argue, so don't feel like you're the only ones. Here's some advice that may help you:

Let him or her go out with their friends and be guys or girls. We all have minds of our own, and if we truly love someone we will let them have friends besides you. It's not cheating.

In other words, trust each other. If you can't trust each other, don't bother being in a relationship. You have to trust them, but you also have to learn to love yourself before you love them. Trust, love, and honesty make the relationship.

Janet Bangs

Each year people exchange cards and Valentines with each other on February 14th. The main things to give are flowers, candy, and heart shaped foods.

But this year go bigger! Get the person you adore a very special gift. Get them a diamond, a new boat, or even a vacation to Florida (unless you live in Florida).

Valentine's day is a special day for many people, and just another day for others. So make it a good day. Do something special for the person that doesn't like Valentine's day. Now go make it a day to remember.

Jake James

Valentine's Day is the day when you can get your love a gift to show how much you appreciate them and love them. Men tend to get women chocolate, flowers, and take them out to dinner. Women might make their love a home cooked meal.

Men tend to spend more money on Valentine's Day than women. Candy hearts are made with little love messages on them. The colors vary from orange, blue, and green to, purple, yellow, and pink.

You can also send cards to family and friends on Valentines Day. If you like someone, Valentine's Day is the day to tell them and express your feelings.

People love to joke about being shot by cupid. Cupid is a baby with a diaper that "goes" around shooting people to help them find love. Valentine's Day is a time for you and your love.

Enjoy the holiday! I do.

Kayla Foss

Tide Pods

Over the years people have done some stupid things to get attention. When most people think of trends they think of the cinnamon challenge, the ice bucket challenge, the manikin, the planking challenge, just to name a few.

The one thing that tops all of these challenges is the Tide Pod challenge. To do this challenge you have to eat a Tide Pod. A Tide Pod is ball of laundry soap to be used in your washing machine to help your clothes get clean.

They are not meant to be eaten. I highly recommend you do not do this challenge. Some people do this just for Internet fame; some people have died from eating these toxic Tide Pods.

I try to comprehend why these people are doing this, but my brain cannot fathom the thinking processes of these Tide Pod eaters.

Dalton Russeau



Awesome art



Art helps you to move your hand and to focus images of a picture in your brain. These images can be good or sad.

When you draw a good image, you may realize that art is your thing. A lot of people like to draw cartoons and other things like pets or people, buildings, and more.

You can use pencils, markers, or anything you can draw with on paper. Art is amazing when images come to your brain.

Taylor Mueller

Recipes

Pickle Rolls are delicious and it only takes three ingredients in three easy steps. The combination of ham, cream cheese, and dill pickles makes a magnificent and enticing flavor. It's so simple that you won't believe it tastes so good. No mixing or measuring required.

1. Spread cream cheese onto thinly sliced ham.
2. Place dill pickle onto the cream cheese.
3. Roll ham around the pickle.

Enjoy!

Maria Sandcork





Sweet benefits

Dark chocolate is the third healthiest food in the world. It contains a high content of antioxidants that can help keep your body healthy.

It protects from disease-causing free radicals, unbalanced compounds that are created by cellular processes in the body. Antioxidants are the compounds that are believed to neutralize free radicals and help protect the body from damage. Antioxidants include vitamins, minerals, and phytochemical-plant compounds.

Dark chocolate helps prevent cancer. Some doctors actually believe that it helps to stop cancer. Flavanols found in dark chocolate actually have a positive effect on heart health.

Dark chocolate also can help make blood platelets less sticky and able to clot, which can reduce the risk of blood clots and strokes. It is also good for overall cholesterol.

Abby Foss from <https://draxe.com/benefits-of-dark-chocolate/>

School Play

by
Jake James

Hope Lutheran High School is putting on a spring play, *How to Kiss a Girl*, by Wade Bradford on Friday, March 16, at 7:00 p.m. and Saturday, March 17, at 1:00 p.m.

This crazy comedy is about Ken Beardsley, a nerdy but sweet teenage boy who wants to kiss his date, but is extremely nervous. The advice he gets from the voices in his cell phone only makes things worse.

Will he meet his goal? Come and see!

Cast:

Jake James.....Ken
Kashlynn Stockstill.....Minerva
Lindsey Littlefield.....Cowgirl
Emma Hanson.....Modern Girl
Emma Borgschatz.....Ken's Mom
Josie O'Laughlin.....Disco Gal and Southern Belle
Josiah Sandcork.....Mr. Gently
Dalton Russeau.....Pirate
Mr. Finke.....Stephanie's Dad
Emily Klemp.....Stephanie
Laura Ellinghuysen.....Puritan Woman
Maria Sandcork.....Jessica



Jokes

Me: "Do you think it's strange to talk to yourself?"

Me: "No."

THEOLOGICAL LOGIC

Jesus can walk on water. Well, I can walk on cucumbers. Since cucumbers are 98% water, I am 98% Jesus.

Maria Sandcork

WHAT'S THE BEST THING
ABOUT SWITZERLAND?

I DON'T KNOW, BUT THE
FLAG IS A BIG PLUS.

Knock knock.

Who's there?

An extraterrestrial.

Extraterrestrial who?

What – how many extra-terrestrials do you know?

Knock, knock.

Who's there?

No-one.

No-one who?

(Remain silent)

Dalton Rousseau

Senior Spotlight

Josie O'Laughlin

What is the origin/nationality of "O'Laughlin"? **Irish**

What are your plans after high school? **Secondary Ed.**

English Lit. at Concordia Nebraska

What's your favorite kind of music? **Various**

Who/What's your favorite teacher/subject? **Literature**

What's your secret talent? **I don't have one**

If you could be any animal in the whole world, what

animal would you be and why? **Lion, because a lion**

is the top dog

Pretend I've been blind my whole life and describe the

color purple to me. **It has an air of authority**

Who is better? Batman or Superman? **Batman**

Cat Woman or Black Widow? **Black Widow**

Iron Man or Captain America? **Captain America**

Liam Hemsworth or Chris Hemsworth? **Chris**

Nick Jonas or Joe Jonas? **Nick**



Fashion tips

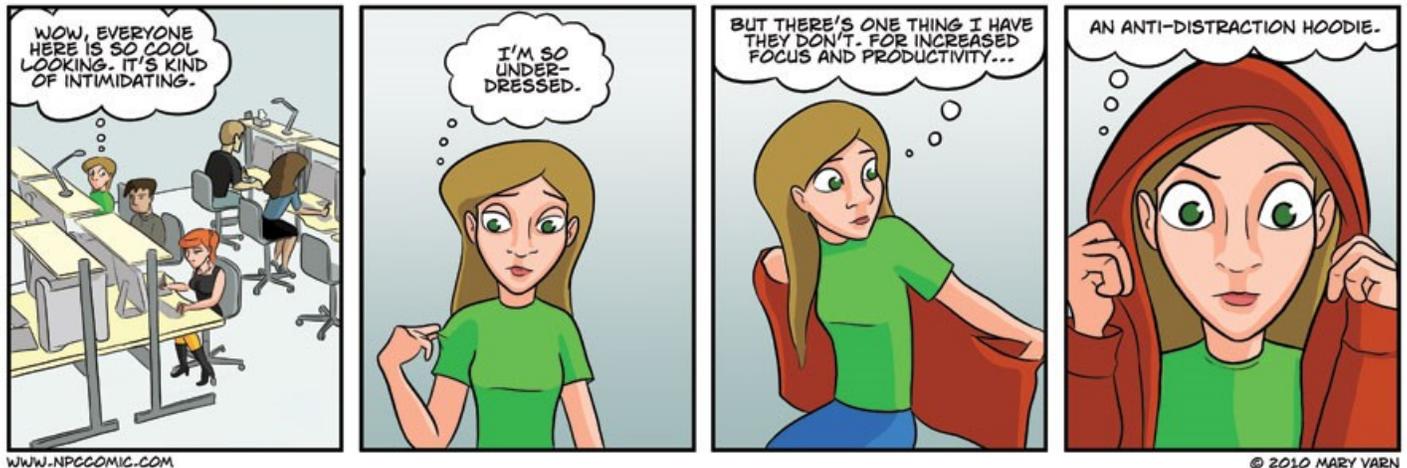
The first fashion tip is to never wear a groutfit. A groutfit (the term comes from a fusion of the words gray and outfit) is when you wear all grey. In my opinion, groutfits are extremely ugly and they make all the fashion people really mad.



My second fashion tip is to only wear a toe ring when you are wearing sandals, not when you are wearing high heels because you can barely see the ring and plus it is very painful.

My third fashion tip is to never look underdressed except when you are not doing anything important. Then you can dress down a little bit.

Amerie Moen



More Jokes

Why is a bad joke like a bad pencil? *Because it has no point*

What do you get when you have a cat that eats lemons? *A sour puss*

Why do hamburgers fly south for the winter? *So they don't freeze their buns*

Where would you learn to make ice cream? *Sundae school*

What do you do if your dog chews a dictionary? *Take the words out of his mouth*

What do you call a thieving alligator? *A crocodile*

Kayla Foss

What did the sleepy Australian bear say at the job interview?

"I believe I am koala-fied for this position."

Matt Starks 7

Dairy Farmer Q&A

How many hours a week do you work? A dairy farmer is on call 24 hours a day, seven days a week, 365 days a year, but a typical work day is from 5am-8pm.

What is your favorite thing about being a dairy farmer?

Being able to see first-hand the results of my labor and working closely with family.

How do you deal with people who have questions about how you take care of your animals? I always try to answer people openly and honestly and explain why we do it the way we do.

What kind of skills do you need to be a dairy farmer? You have to work well with cattle, have an eye for detail, know about dairy nutrition, be a business person, be a good steward, be patient, and be able to put your livelihood in God's hands.

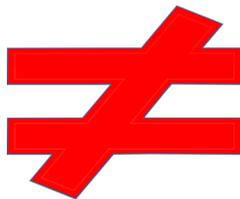
What is a big concern right now in the dairy industry? The industry going into the fourth year with milk prices at or below the cost of production, and in general, a disconnect between people and their food.

Watch out for the imposter in the dairy aisle!

You may not know this, but there is an imposter in the dairy aisle of your grocery store. It is called almond milk, but is it really milk?

To know the answer to that question you must know the definition of milk. Milk is a whitish liquid containing proteins, fats, lactose, and various vitamins and minerals that is produced by the mammary glands of all mature female mammals after they have given birth. Milk serves as nourishment for their young. The milk of cows, goats, or other animals is also used as food by humans.

Notice that milk must come from a mammal. An almond is not a mammal, so almond milk should really be called almond juice.



Emma Borgschatz

Exciting plans

Last summer the voters' assembly of St. Martin's Lutheran Church decided to pursue replacing their aging current school building with a new facility that would include space for an early childhood center, Pre-K through 8th grade classrooms, space for Hope Lutheran High School, a double gymnasium, and an expanded fellowship hall. The anticipated timeline of the building plan is as follows:

- February 2018 INFORMATION STAGE
- April 2018 INSPIRATION STAGE
- May 2018 GIFT DEDICATION/FIRST FRUITS
- Summer 2018 GROUNDBREAKING
- Summer 2019 MOVE INTO NEW BUILDING
- Fall/Winter 2019/2020 REMOVE OLD SCHOOL BUILDING
BUILD GYMNASIUM AND FELLOWSHIP HALL



Photography of artist's renderings: Janet Bangs

*Soups to
soothe the
soul on
these cold
winter
nights.*

Broccoli Cheese Soup

Ingredients:

- ½ cup of shredded carrots
- 1 medium sized onion- diced
- 2 cups of chopped potatoes
- 1 head of fresh broccoli or 1 bag of frozen broccoli
- 3 cups of chicken broth
- 6 tablespoons butter
- 1 teaspoon of salt
- 3 cups of milk
- 3 cups of grated cheddar
- 9 tablespoons of flour



Directions:

Simmer vegetables in the chicken broth until tender. Make white sauce with the butter, flour, and milk. Stir cheese into white sauce until completely melted. Slowly add cheese sauce to vegetables and broth. Salt and pepper to taste and heat through.

Homestyle Chicken Noodle Soup

Ingredients:

- 2 cloves of garlic
- ½ of a celery stalk
- 10 baby carrots
- 1 boneless chicken breast
- 2/3 tablespoon of olive oil
- ½ cup of chopped onion
- ½ teaspoon of pepper
- 2 1/2 cups of chicken broth
- 1 cup of water
- 2 ounces of dry pasta
- 1 tablespoon of parsley
- ½ teaspoon dried dill



Directions:

Heat olive oil in skillet on medium heat. Sauté garlic, onion, celery, and carrots for 3 to 4 minutes until onions are transparent. Add pepper, chicken, broth, and water. Bring to boil, lower heat, and simmer for 5 minutes. Add pasta, bring to boil, then simmer for 10 more minutes.

Emma Borgschatz