



Contributed

The Pequot Lakes speech team includes: front row from left, Emma Hines, Ryan Fritz, Alex Prather, Steve Maschhoff, Olivia Armstrong and Emma Johnson; middle row, Avery Larson, Tabitha Kibwaa, Veronica Broskovetz, Zoe Huber, Madeleine Hoag and Teagan Johnson; back row, Sonja Palmer, Emma Wolf, Hunter Johnson and Tyler Hushagen.

# Pequot Lakes speech team takes second at subsections

PEQUOT LAKES — The Pequot Lakes High School speech team finished second at the Subsection 6A Tournament on Saturday, April 2.

Placing for the Patriots and advancing to Sections were:

- Discussion: Veronica Broskovetz, first; Hunter Johnson, second; Tyler Hushagen,

- fourth; Alex Prather, fifth.
- Drama: Tabitha Kibwaa, first.
- Extemporaneous reading: Zoe Huber, third; Sonja Palmer, fourth; Madeleine Hoag, fifth.
- Extemporaneous speaking: Steve Maschhoff, first; Alexis Shaw, second; Ryan Fritz, third.

- Great speeches: Emma Johnson, second.
- Informative: Avery Larson, second;
- Poetry: Olivia Armstrong, fourth; Emma Hines, fifth.
- Prose: Emma Wolf, fourth.

Additionally, Angie Klein was named subsection coach of the year.

# 4 PR-B speech team members advance to section finals

PINE RIVER — The Pine River-Backus High School speech team has collected awards and accolades throughout the 2022 season with four members qualifying at the April 2 subsection meet in Menahga for the section finals.

Randall Yost, Cody Deplazes, Zack McAllister and Olivia Anderson will compete at the section meet April 9 in Perham.

At the Pequot Lakes competition Jan. 15, Yost took third in storytelling and fifth with Deplazes in the duo category. Anderson and Allaura Mandelbaum were awarded ribbons of excellence.

At the Feb. 12 meet at Staples-Motley, Mandelbaum took second in prose with Yost taking third in storytelling. Deplazes and Yost took fifth in duo. Ribbons of excellence were given to Emma Pflugshaupt, McAllister and Anderson.

At Little Falls on Feb. 19, Deplazes and Yost took fifth in duo and Yost placed fifth in storytelling. Mandelbaum earned a ribbon of excellence.

Yost and Deplazes took first Feb. 26 in Bemidji in duo, and Yost placed first in storytelling. Pflugshaupt received a ribbon of excellence.

March 5 in Walker,



Contributed / Jennifer Anderson

Pine River-Backus High School speech team members include: from left and back to front, Cody Deplazes, Randall Yost, Zack McAllister, Emma Pflugshaupt, Olivia Anderson and Allaura Mandelbaum.

Deplazes and Yost took first in duo. Yost received second in storytelling and Mandelbaum took first in prose. McAllister placed fourth in storytelling.

March 12 in Perham, the Yost/Deplazes duo placed third. Deplazes took first in drama, Mandelbaum took sixth in prose and Yost was

first in storytelling.

Yost and Deplazes took first place in Blackduck on March 26 in duo, and Yost was first in storytelling.

At Melrose on March 26, Yost was first in storytelling. He and Deplazes took seventh in duo, and Deplazes placed fifth in drama.

# District embarks on Patriots health initiative

**Pequot Lakes**

The Pequot Lakes School District created and implement-ed a Health & Wellness Committee at the start of 2019, and kicked off the program with a professional development day for all staff during the Presidents Day school break.

Other events were planned to be held each year and continue to this day.

The focal point of the Patriot health and wellness initiative centers on opportunities for employees to improve their health and well-being, empower staff with health education and lifestyle skills that enable them to achieve their best possible mental and physical health, positively affect employee morale and job satisfaction, optimize performance and productivity, and provide valued and tangible benefits.

Professional development opportunities focus on overall well-being: mind, body and spirit; and offer resources available in our community to foster living healthy lifestyles.

The focus on health and wellness is for all employees. Albeit more of a behind the scenes program, the committee feels strongly that the best opportunities for the students, families and community members we serve is to first take



**HEIDI HAGEN**  
Patriot Perspective

care of our employees through outreach in a safe, health-conscious and collaborative work environment.

We believe our district is on the verge of something good that has the potential to be

great with the support of community partners: The Patriot Foundation, Crow Wing Energized, Sourcewell, and Resource Training & Solutions.

On behalf of the Pequot Lakes School District Health & Wellness Committee, thank you to these community partners and to our staff for making a commitment to the health and well-being of our community.

We look forward to ongoing efforts and contributions from

the Patriot Health & Wellness Committee and expect the program to evolve and thrive, and create a legacy that can be felt throughout Pequot Lakes and the surrounding communities.

Heidi Hagen is the Pequot Lakes School District business manager and member of the district's Health & Wellness Committee.

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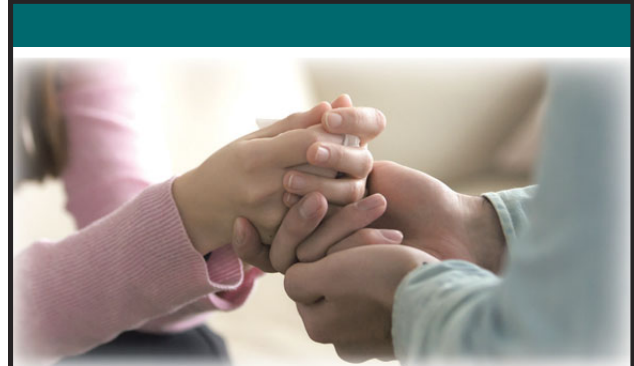
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