

SENIOR SPOTLIGHT



New Salem/Almont Holsteins

Name: Clayton Heins

Family: mom Tami; dad Tony; Brothers Chris, Derrek, Taylor and AJ; sister Jaci; brother in law Preston; sister in laws Karly and Kylee; nephews Taten, Collin, Brooks, Brody, Ryker and Karson; nieces Saylyn, Natalie, Hannah, Davey, Finley

Do you have any nicknames? Cmoney or Clay-dawg

What is your favorite class? Gym or weight training

Who is your favorite teacher? Mr. Kringstad, Mr Floberg, Mr. VanderWal, Mr. Feiring, Ms. Kunz, Ms. Austin, Ms. Rusk

Favorite social media app? Instagram

What is your favorite tv show? SpongeBob

Who is your favorite musician? Hardy

Favorite food? steak

Least favorite school food? Soup & sandwiches

How do you stay informed on current events? If I get a text message

Least favorite chore to help with at home? Putting hay in the pickup

Favorite midnight snack? Pretzels, gushers, fruit snacks

What is your favorite holiday? Why? Christmas because it's the only holiday I spend with the whole family

What are your plans after high school? Maybe go to Wahpeton for something agriculture

What are your pet peeves? People being loud while doing an assignment

Who is your role model and why? My mom because she's always looking out for me and asks what kind of food I want.

If you could choose a super power, what would it be and why? Just running really fast to get away from an angry cow.

If you could meet one person from history, who would it be? I would want to meet any musician I like

What would you do if you won the lottery? Buy some cows

What is your dream job? Ranch hand

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NSA Speech Team preparing for end of season competition

By Richard Mendoza
mcnjreporter@gspublishing.net



photo | Richard Mendoza

THE 2025-2026 New Salem-Almont Speech Team. From left to right - Connor VanIwaarden, Bentley Quissell, Shelby Kalvoda, Matthew Franciere.

them," Muth said. Over the coming days, the team will spend time reviewing judges' ballots they've received throughout the season and fine tuning their skills and performances while attempting to avoid over practicing.

"We're trying to practice and stay on top of it, but also not over practice [to] where it just sounds scripted," Kalvoda said.

"You can only practice a piece so much... You want it to remain fresh and fun and exciting for them and not just be something that they are so sick of doing," Muth added. "We just need to go through the judges' ballots that we've received throughout the season and try to find all the nitpicky things that different judges have said [and] see if there's an overall pattern."

A member of the speech program since her freshman year, Kalvoda, now in the waning months of her senior year, said she was "disappointed" in the lack of numbers on the team but added the team has done well during meets.

With her and Quissell qualifying for state, Kalvoda stated she feels added pressure to perform well in hopes that other students not involved in speech take notice of the achievements reached by the small team this season.

For Quissell, the lower numbers on the team

haven't necessarily bothered him too much in season.

"When you get down to it, unless you're doing a duo event, speech is very individualistic and our team's still doing well with it [set up] like that," Quissell said. "Even if we don't do our best, I still feel fulfilled. If I wasn't having fun, I wouldn't be doing [this]. I really enjoy [speech] and I appreciate the happiness I get out of it."

According to Muth; Quissell, VanIwaarden, and Kalvoda will be broadening their horizons as they perform in either a new category or a different piece at the last regular season meet.

"Shelby's going to try radio broadcasting, and Bentley is going to try an entertain speech at this particular meet. Connor does dramatic interpretation and he's going to try serious prose at this meet."

As the seasons end approaches, Muth says her students aren't feeling the pressure of performing but rather pressure in trying to recruit students to join the program.

"They just do their best no matter what," she said. "I don't think [the low numbers] puts any pressure on them as far as their performance, but it has put a lot of pressure on them as they are really wanting to recruit heavily to try to help build the team back up to where we used to have it."

All LOCAL. All THE TIME.

New Salem- Almont Public Schools

Monday, March 30

Breakfast: Waffle Sticks, Cereal, Fruit, Juice, Milk
Lunch: Chicken Tenders, Nachos, Fruit, Veggies, Milk
Dress-up Day: Olympic Ring - Wear your Class Ring Color
Jr. High Track at Bowman at 1:00 p.m. - Bus Leaves at 10:00 a.m.

Tuesday, March 31

Breakfast: Egg, Toast, Cereal, Fruit, Juice, Milk
Lunch: Meatballs, Mashed Potatoes, Fruit, Veggies, Milk, Bun
Dress up Day: Rep Your Country Colors!
Varsity Track at Bowman at 1:00 p.m. - Bus Leaves at 10:00 a.m.
Speech Meet at South Heart - TBA
5/6 - Girls Volleyball at Grant County at 5:00 p.m. - Bus Leaves at 3:30 p.m.
NSA vs. Glen Ullin/Hebron at 5:00 p.m. and Grant County at 5:45 p.m.

Wednesday, April 1

Breakfast: Donut, Yogurt, Cereal, Fruit, Juice, Milk
Lunch: Farmer's Casserole, Peanut Butter & Jelly Sandwich, Fruit, Veggies, Milk
Jr High Combined Music Concert at Hazen at 1:30 p.m. - Bus Leaves at 10:00 a.m.

Thursday, April 2

Breakfast: Sausage, Toast, Cereal, Fruit, Juice, Milk
Lunch: Subs, Scalloped Potatoes, Fruit, Veggies, Milk

Friday, April 3

NO SCHOOL - HAPPY EASTER
MEALS SUBJECT TO CHANGE WITHOUTH NOTICE

Mandan Public Schools

Monday, March 30

Elementary Breakfast- chocolate chip muffin top, cereal, cinnamon toast, fruit, juice, milk
Elementary Lunch- crisposito, mac n' cheese, baby carrots, red pepper strips, fruit, Un-crustable, string cheese
Middle/High School Breakfast- banana split boat, Dutch waffle, oatmeal, cereal, toast, benefit bar, juice, fruit, milk
Middle/High School Lunch- popcorn chicken and breadstick, BBQ pork sliders, corn, pizza, salad, sub sandwich
Boys and Girls Track Meet at Starion Sports Complex
Varsity Baseball vs Bismarck Century at home
JV softball at Bismarck Century
Soccer at Bismarck St. Mary's

Tuesday, March 31

Elementary Breakfast- bagel bites, cereal, oatmeal, cinnamon toast, fruit, juice, milk
Elementary Lunch- sweet and sour chicken, fried rice, corn, broccoli, fruit, fortune cookie, deli roll-ups, cubed cheese, Cheez-its
Middle/High School Breakfast- frittata wrap, long john, oatmeal, cereal, toast, benefit bar, juice, fruit, milk
Middle/High School Lunch- chicken and waffles, cheesy breadsticks, peas, hamburger fries, salad, sub sandwich
JV Softball at Wilton
Varsity Softball at Bismarck Century

Wednesday, April 1

Elementary Breakfast- Mc-Brave biscuit, cereal, cinnamon toast, fruit, juice, milk
Elementary Lunch- chicken strips, tator tots, cucumber slices, fruit, rice Krispie treat, chicken ranch wrap
Middle/High School Breakfast- McBrave biscuit, pancakes, oatmeal, cereal, toast, benefit bar, juice, fruit, milk
Middle/High School Lunch- chili and cinnamon roll, corn dog, green beans, pizza, salad, sub sandwich

Thursday, April 2

Elementary Breakfast- long john, cereal, oatmeal, cinnamon toast, fruit, juice, milk
Elementary Lunch- traveling taco, pintos with pizzazz, celery sticks, churro, pizza, fruit
Middle/High School Breakfast- bagel bites, long john, oatmeal, cereal, toast, benefit bar, juice, fruit, milk
Middle/High School Lunch- crispositos, traveling taco, potato wedges, cherbet, hamburger, salad, sub sandwich
Softball vs Legacy High School at home, 4:00 p.m.
JV Baseball vs Bismarck at home, 4:30 p.m.
Varsity Baseball at Bismarck High School, 4:30 p.m.
Girls Soccer vs Bismarck High School at home, JV at 5:30 p.m. Varsity at 7:30 p.m.

Friday, April 3

No School

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