

Oneida Nation High School



THUNDERHAWK TIMES

RUNNING CROSS COUNTRY – Sustaining the Run

By Lohátiyo Metoxen

Cross country is often described as “an individual and team sport run in open air across terrain.”

At ONHS, team spirit amongst the seven runners is combined with individual motivation.

Team spirit is shown by joking around. Yes, each runner competes independently, but the team supports each other.

A cross country course is three miles long. Crossing creeks, going up and down hills, and running unpredictable hot or cold weather.

To make it from Point A, the start of the race, to Point B, the end of the race, takes physical strength and endurance. But what about the mental aspect?

Starting the race out, you are usually thinking “I’ve got this. I am the best runner here.”

As the race gets underway and the challenge becomes real, you are thinking “Bro, this race sucks.”

By 1.5 miles, your body is starting to hurt, and your mind is not so great.

Teammates tell each other to “keep running.” Now comes the hard part, another mile-and-a-half to go.

Finally, the finish line is getting near. You’re not sure if you can keep going. You’ve pushed yourself as hard as you could. You tell yourself, “We can stop at McDonald’s after this is.”

Then, you push yourself a little harder and it is over.

When it’s all said and done, in this writer’s estimation, 80% of cross country is individual effort. But the other important 20% is a matter of teamwork.

INVESTING!

By Seagram Stevens

It’s not a topic most high school students would think about.

But they should! Investing is a great way to make money over time.

It’s important, even to teenagers, because it teaches patience and financial responsibility.

In Journalism Class this semester, we are going to be working with our two teachers,

Jeff Martens and Denis Gullickson, to compete in a Stock Market competition with an organization, Capital Hills Challenge. Watch for more on that in these pages.

Finally, here’s a little fact that might catch your attention and make you realize the importance of investing: one cent compounded daily at a 100% interest rate for 30 days would equal \$5,368,709.12.

MONEY

By Corderrell McIntyre

Money is a wild concept if you think about it. Making money seems to be a goal for most people.

According to one online source, “Money has become an integral part of our lives, serving as a medium of exchange, store of value, and unit of account. It facilitates the smooth functioning of economics worldwide, enabling individuals and businesses to conduct transactions and meet their financial needs.”

To summarize, money is an important part of our personal and public economy.



Photos courtesy by Cindy Thomas

First Day of Oneida Nation Schools, Monday, August 28, 2023. The afternoon was a run-through of daily classes, and the morning was set aside for Team Building activities. Here the ONHS Freshman and Sophomores, challenge each other in the proverbial tug of war.