

MAHS/MASC Newsletter

By Sydney Busch and Kayla Kahl

April 2015

Welcome!

Welcome to the last newsletter Kayla and I will be writing! This year has flown by and it is now time for the 2014/2015 exec board to bid farewell as we move on to new adventures past high school. We have had an incredible year serving MAHS/MASC and it is with great difficulty that we part with our positions. However, we know that the gifted students filling our offices for the upcoming year will work diligently, inspire others, and encourage Minnesota to continued growth. Good luck to the candidates running this weekend. We hope that everyone has a blast at State Convention as they learn about leadership, create new friendships, and help to solve problems in our communities. Goodbye and Good luck!

-Sydney Busch (MAHS Vice President)

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MAHS Candidates

Running for President



Kalley Anderson

My passion for volunteer work had led me to run for MAHS President. As an NHS member and enthusiast, I love to serve, which led me to achieve the Hundred Honor Club my first year. Currently, I am the committee chair of fundraising to support our programs including the blood drive and induction. A proud NHS moment for me was leading Tackle Cancer, benefiting the Randy Shaver Cancer Foundation. This summer I will fundraise for a friend who has spinal muscular atrophy.

Outside of NHS, I am a spokesperson for Becker's robotics team, a tutor, a basketball player, and a volleyball captain. With my interest in technology, I have given Ted talks for Apple concerning our one-to-one i-Pad program and helped teachers integrate i-Pads into class curriculum. Recently, I co-presented on biology and technology at St. Cloud State University for professors and graduate students. By becoming MAHS President, I desire to impact NHS programs and help others make a positive influence.



Derek Frank

Derek Frank, a junior from Chisago Lakes High School currently serves as Vice-President for his local chapter of NHS. He will serve as President next year. Derek is a varsity soccer player and has competed at the state level for two years in swimming. In addition to athletics, Derek is active on his school's student council and is a member of the knowledge bowl team. His hobbies include traveling, reading, and rock climbing, and he spends as much time as possible out on the lake in the summer. Derek spent his spring break last year in Costa Rica on

a service trip, during which he helped build a retaining wall for a local school. Derek is a proud member of NHS, and is running for MAHS President.



JJ Heflin

My name is JJ Heflin and I am running for the MAHS State President.

Besides being a member of the NHS, I am a member of Student Council, Link Crew, and P.E.A.C.E. (8th grade orientation), all which support my goal of engaging as many students as possible into a large school.

I am a member of the Drumline playing quad-toms, and am an active member of my Alpine Ski Team. My passion outside of school is rowing, and I helped launch a 501(c)(3) non-profit community rowing club.

I am extremely interested in government and politics, and had the great opportunity to attend a political conference of the Ways and Means National Committee Fundraiser in Utah, meeting with both congressmen and lobbyists. This June I will be attending the U.S. Military Academy at West Point's Summer Leadership Experience, and will also represent my school at American Legion's Boy's State.

I really appreciate your vote, and hope to serve you as MAHS President!



Andrew Knutson

My name is Andrew Knewton. I am a junior at Maple River High School in Mapleton. My time on student council, in NHS, and as class president has shown me how much I enjoy playing a leadership role in my community. I am hardworking, dedicated, and at the top of my class. I have learned good speaking skills from Mock Trial, and I have a good work ethic from Cross country and Track. I find it important that leaders bring a fresh look to their programs, and I will do just that.

Running for Secretary



Michelle Lensing

I am currently a junior at Orono. I've been very involved in my school throughout my three years of high school with student council and National Honor Society. I have attended twelve leadership meetings and conferences. I also am on the Teen Leadership Board for a nonprofit organization that helps those in need. I believe that I have the needed characteristics and qualities to succeed as MAHS Secretary. I am organized and detail-oriented, which will allow me to take great notes during meetings and always know what has to be done. I enjoy being social and talking to new people, and this will make it very easy to share my ideas as well as to hear everyone else's ideas. Because I am extremely driven, I will always make sure to work hard accomplishing our goals. I'm excited to have the opportunity to represent MAHS and contribute to our executive board.

MASC Candidates

Running for President

Jocelyn Cruz

Hello my name is Jocelyn Cruz and I have participated in Student Council since seventh grade. While being in these types of organizations I have held many positions such as Public Relations chair, Hennepin Division President, and City Wide Student Government President. I am also an active member in my community, I enjoy donating blood when I am eligible and participate in the Corcoran Neighborhood Organization. Part of my down time is devoted to sports, I take pleasure in playing soccer, softball, and volleyball. I have learned many skills from my involvement in these extra hobbies such as team building, competitiveness, and the importance of good sportsmanship.



Brooke Chesley

I am a sophomore at Marshall Senior High School located in Marshall Minnesota. I have been involved In Student Council for 6 years and I hold positions at both the local and divisional levels. I have recently been elected to join the Board of Directors at the local YMCA. I love working with children and hope to one day be a pediatric oncologist. I first joined student council in 5th grade and have been passionate about it ever since. I am highly involved in my school and other activities but the ones I would like to highlight are figure skating, speech, and student council. Figure skating has been a part of my life since I was 3, I chose speech because I love to act and speak to large groups, and Student council has been a big part of my life because I love all the work with the community and school to benefit everyone as a whole.

I have many leadership qualities: I'm organized, listen to everyone's ideas before coming to a decision, and I stay involved in numerous activities. What is different about me however, is due to my experience in student council I have learned the different ways to hold a high position and also act on your position for the benefit of everyone instead of just being "all talk". As president of MASC I will give every division a chance to be heard and find new ways to improve student life on and off campus.



Gopi Ramanathan

My name is Gopi Ramanathan, and I am a junior at Sartell High School. I have been in Student Council for seven wonderful years; filled with many great experiences. This past summer, I had the privilege to attend the NASC Convention in Orlando; meeting many people from around the US and bonding with our Minnesota delegation. I have also been to many State gatherings, such as last year's State Convention, the Summer Leadership Academy, and the Leadership Forum. In Central Division, I served as the Delegate-At-Large this past year and was recently elected President. Outside of Student Council, I am involved in NHS, Soccer, and Knowledge Bowl; and I volunteer with Big Brothers Big Sisters and Catholic Charities of St. Cloud. If elected, my goals

will be to increase participation in MASC, communicate more with our councils, speak up for our peers, and make a greater impact in our communities.

Running for Vice-President



Kelsey Christensen

My name is Kelsey Christensen and I am a junior at Sauk Rapids-Rice High School. I have been a part of the Student Council since 7th grade. Last summer, I was fortunate to have the opportunity of attending NASC convention in Orlando, Florida. It was an awesome experience and it was there that I was able to meet wonderful people and where I found a new interest in making my mark in our Student Council. I am the Secretary of our Central Division executive board, and was recently re-elected to that position for the 15-16 school year. At school I am involved in NHS, DECA, Big Brothers Big Sisters and I am the captain for the gymnastics team. With my experience on the Central Division board, I have discovered my passion for

being involved and taking ideas and turning them into action. I hope to do the same on the MASC board, and will promise to do so, should I be elected! Can't wait to meet you all in Becker!



Wes Heal

Let me share a little bit about myself! Recently, Plymouth Magazine has awarded me with being one of this year's Prep Elite Features, an award that is given to those with overall good character and who are hard workers. I think I represent these characteristics perfectly. In terms of volunteering, I have received two presidential volunteer awards for volunteering through YES. This year, I was inducted into NHS and Link Leader through my school for Freshman. I have also served as a PEACE Leader, a organization for incoming freshman. You might ask, "What else can he do?" Many know me as "Lord Farquard" in the Drumline as I play the Quads in the band. I like to really think of myself as the mascot of Wayzata Marching Band; I pump up and rally the band members to the best of my ability. Athletically, I have been on varsity Cross Country, Nordic, and track teams since my freshman year.



Allie Palmer

Hi, I'm Allie Palmer and currently a junior at Buffalo High School. I am a passionate person, whether that's it's running, learning, nannying, writing for the school newspaper, volunteering in NHS, or leading in student council! I really enjoy meeting new people and being inspired by them, which I get at leadership conferences. I have been involved in student council for 4 years, and especially involved our RAVE week, which stands for Respect And Value Everyone (attend our round table to find out more about this!). I would be very honored to be next year's VP. Leading is something that comes naturally to me, and I love it as I'm sure most of you do.

I am a people's person who is very driven. I highly value character and integrity, all of which are necessary for this position. Though we live in MinneSNOWta, summer is my favorite season. I love to wakeboard and go boating with my family and friends. So, of all the fish in the sea, I hope you vote AP for VP!



Maddie Thiesen

Hi everyone! My name is Maddie Theisen. I am a junior at Prior Lake High School. Student council is a huge part of my life and this year I had the opportunity to serve as vice president for our student council. I am also the class president of my grade and am currently planning the 2016 prom with the other class officers. I play on the JV tennis team and I am an active member of my church. In my free time I enjoy most being with my friends, hanging out with my grandma (she's cool), shopping, and going on adventures! I am running for vice president and couldn't be more excited! If I have the chance next year to be a part of this state exec board I promise to do my very best and put my full focus into our student

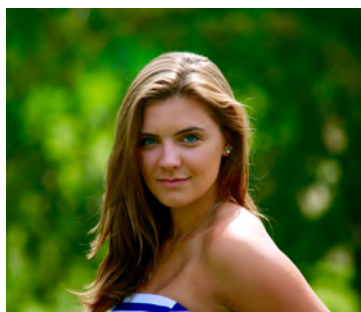
councils. I can't wait to meet everyone so don't be shy and come say hi!

Running for Secretary



Grace McClintock

Hello! I am a junior at Owatonna High School in Southeastern Minnesota. I am involved in many extra-curriculars including theatre, orchestra, link crew, working at Starbucks and, of course, student council. With the little free time I have, I enjoy playing cello, piano, and ukulele. I also love reading, drinking coffee, going out with friends and on occasion binge watching Netflix. But really though, I spend a lot of my time on student council. It's a passion of mine and I know I would be a great MASC secretary. These conventions are something I always look forward to. We get to meet new people and make connections that will last a lifetime. This is something I hope to continue and make better while I'm on the executive board. We are all amazing leaders and being able to come together to share our gifts is vital and a lot of fun.



Katy Pearson

Hi MASC! My name is Katy Pearson and I am super excited to be running for your Secretary this year! I have been in Student Council since freshman year where I started as a "senator" on Orono High School's Student Senate. My sophomore year I was on our Executive Board as the Secretary to Public Relations, Communications, and the Secretary. And this year, my junior year, I was on our Exec. Board as our actual Secretary. As you can tell...I have had a lot of experience as a secretary...haha. This year I also served on the Hennepin Division Executive Board as Division Liaison. I attended the NASC National

Convention in Orlando last June, and I have attended around a dozen additional conferences in my career on student council. I hope to bring my experience, passion, and sense of humor to MASC and make this year a blast! Thank you!



Cianna Schott

Hi, I am Cianna Schott. I am a junior representing Chisago Lakes High School. As far as activities go, I am a dancer on the High School Varsity Dance Team; I have been dancing studio dance for 13 years; I dabble in tennis; I am in link crew, NHS, and I have been a member of student council since my freshmen year. This year I was on the executive board, serving in the role of public relations. I love all that student council is about and the positive impact it has had on our school. I have participated in nine student council conferences, including Nationals 2014. Through these conferences, I have made many new friendships and learned a lot about myself. I consider myself very detailed and organized, and would love to be able to represent Minnesota as the 2015-2016 State Secretary.

Congratulations to Trisha Bemboom!



We celebrate with Trisha Bemboom, as she was named Minnesota's State High School Student Council Advisor of the Year! I've worked with Bemboom all four years of my involvement in student council, and I can confidently say the award is well deserved. She is dedicated and supportive as an advisor and puts in extra time and effort with everything she does. Our council is very fortunate to have not only an outstanding advisor but an incredible role model as well. She inspires us to never give up on our goals and continue to work for them until they are met. As Minnesota's winner, Bemboom is

eligible for the Warren E Shull National Advisor of the Year. She has also been named Region 4 Warren E Shull Advisor of the Year representing the states of Minnesota, Wisconsin, North and South Dakota, Wyoming, and Michigan and will be one of eight Finalists on stage in Albuquerque, New Mexico this June where the National Advisor of the Year is named. Congratulations Trisha, and thank you for being such a positive role model and influence in my life.

A Note from Doug

Final thoughts on a great MAHS/MASC year:

Every year I share the same thoughts that this year's seniors are experiencing-where did the year go? I think one of the best indicators of a successful year is the speed by which it passes. It seems like yesterday that I was walking through Disney village with the Minnesota national delegation. I do not remember as fondly walking off the Harry Potter ride. "Doug, it really isn't that bad." It was. The record numbers at the Summer Leadership Workshop in Sauk Rapids/Rice, the success of the Arrowwood conference, the division meetings, the executive board meetings planning this convention, everything is rushing to a great conclusion. For the seniors attending your last convention, I want to thank you for your support over the past four years. Your leadership is essential to the success of MAHS/MASC. To the underclassmen, continue leading. Make it your goal to reach out to those students in your surrounding schools who do not even know these opportunities exist. To the advisors, I am one of you. I know the sacrifices you make with your families and friends to give us your most precious commodity-time.

A few business notes: National Honor Societies were informed this spring that their dues were going to be increased from \$85 to \$385. The national office said the additional money would be used for scholarships and online training opportunities. For some chapters this will not be a difficult burden and they will continue their membership. Other chapters have expressed a

great deal of concern. As a response to this concern, MAHS will develop a MHS pin, certificate, and MHS card available to MAHS members. The MAHS dues are \$60. I called over 10 college admission counselors-public and private-in state and out of state-and asked the same question. "Would it make any difference in your decisions if a student was a member of MHS or NHS?" The answer of 100% of the colleges interviewed was it would not make a difference if the qualifications to be a member of the MHS were defined. The MAHS advisors at this conference will define those qualifications. I have already heard from a significant number of advisors and principals who will exercise this option.

We currently have 40 student council members signed up for the June 23-29 NASC conference in Albuquerque, New Mexico. We have ten open spots for the bus ride (yes, a great bonding experience.) We have to have our final registrations in by April 15th – two days after this conference. We have information available and many national conference attendees at this conference. When you talk to them, they will tell you it was the highlight of their student council career. See me if you want additional information. Your advisor does not need to attend with you.

Finally, I would like to express my sincere appreciation to this year's executive board- Andrew, Paige, Kayla, Sydney, Natalie, Meghan, Sydney, Emma, and Amie formed a cohesive leadership group that accomplished great goals while creating incredible memories-some that I will never know. Whether at Nationals or the six-state Region IV meeting in October, they represented Minnesota well. I will modestly say, "Minnesota is a pretty big deal on the national stage." I know that each one of them is just at the beginning of their leadership journey. I expect to see them accomplish great things in the future.

Have a great conference,

Doug Erickson

MAHS/MASC Coordinator of Student Activities



Farewells from the Exec Board

Andrew Quirk – MASC President

This year was incredibly fun and a period of amazing growth for MASC and MAHS. The success we have seen can be attributed to the hard work of the advisers at schools throughout the state, with a special thanks to the state advisers. It was inspiring, also, to see students from diverse backgrounds, schools, and cultures come together to improve our schools and world. The year started off strong with large turnouts to the NASC national conference as well as the Summer Leadership conference. Both opportunities illuminated leadership skills and personal ideas that were able to spark the creation of new opportunities for students in Minnesota. The Arrowwood Conference gave us our first chance to meet the impressive division presidents and introduce topics like the state service project. Division meetings throughout the year provided a basis for grassroots involvement for numerous students and were a unique place for idea sharing. At the end, we feel confident in saying that MASC and MAHS have changed our lives, and we hope we have left a legacy for future presidents. The service project has been emphasized more than ever and we hope that success will continue for this important function of our organization.

Natalie Larkin – MASC Vice President

My experience on the exec board has been so incredible. I'm so grateful for the opportunity to work with such smart, determined people and cannot explain the positive impact this has had on my life. Through the exec board I have been able to bring back so many new ideas to better my school's student council. Next year I plan on attending Wake Forest University in North Carolina. A special shout out to Doug Erickson for putting in so much time with our board, thanks for all that you do.

Kayla Kahl – MASC Secretary

This year has been unbelievable! I've made so many crazy memories and new friendships over the last couple of months that it's hard to believe it's all coming to an end. Those memories and friendships will remain with me next year as I take on college. As of right now, I'm planning on attending the University of Saint Thomas in the cities. I know that the leadership and communication skills I've learned through my experience on the exec board will aid me throughout my experiences in college. I want to thank Doug and the rest of the board for making my senior year just a little more spectacular!

Paige Frank – MAHS President

When I was elected as MAHS President I had only a vague idea as to just what I was getting myself into. I knew I would learn how to run meetings and play a role in organizing the state convention but I didn't know just how much I would learn from the people I worked with. Each of the students on our executive board have amazed and inspired me. I want to thank all of them, for sharing their stories, for setting outrageous goals, and for motivating me to work just as hard as they do. I am proud of what we managed to accomplish in our year together and wish all of them the best next year. I also owe Doug more than I could ever repay. Before I was elected, I knew Doug only through a few emails and what I had seen of him at conventions. Now though, I am acutely aware of just how much time and effort he puts into MASC and MAHS. As a member of both organizations, I truly appreciate his influence. The success of MAHS, MASC, and the state convention owe much to Doug Erickson. Finally, I would like to thank my adviser, Ms. Koeppel for her work with our local NHS chapter. Its success and influence as well as her support are what initially inspired me to run for office.

As for my future plans, I am still uncertain as to where I will end up next year. Right now I plan to major in bio-medical engineering and am deciding between a couple different schools.

Having begun with lofty goals, I am proud to look back at all MAHS and MASC accomplished this year. So many schools jumped at the chance to make a difference through the state service project and participation in conventions continues to increase. I can't wait to see everyone at the State Convention and bring a good year to a great close!

Sydney Busch – MAHS Vice President

As my time serving as vice-president for MAHS is wrapping up, I have reflected back on the past year. It has been a whirlwind of new people, jam-packed meetings, and fun overnight conferences. I want to thank all of the wonderful people I have met this year, from my fellow officers, to division presidents, to state representatives from the Midwest. You have taught me great things.

I also want to thank my adviser Missie Olson for encouraging me to run for this position. She dedicates a huge amount of time to our NHS chapter and has inspired many of her students. I would not be where I am today without her care and support. She is always willing to help with homework, find a volunteer opportunity, listen about a bad day, or give life advice.

Planning State Convention was a larger task than I think anyone could have imagined. Our chapter has worked hard to host this convention and we hope you enjoy it! The Convention is a bittersweet mix of goodbyes and new beginnings. I am proud of what the MAHS/MASC Exec Board has accomplished this year and the growth we have made in Student Councils and National Honor Societies. I hope that this growth continues in the future, and that the new exec board will have as an incredible experience as I did.

Meghan Swanson – MAHS Secretary

This year has been an incredible experience and I couldn't be luckier to have had the opportunity. At each meeting, the other executive board members and I have worked hard to improve student council and NHS organizations better for the other students in Minnesota. Working alongside exceptional leaders and students has inspired me to strive to be the best leader I can be within my own school! The only thing I would change about the experience would be to make it longer. I am truly going to miss the exec board so much.

As our time on the board is coming to a close, we'll end with the state conference. Organizing the event has been months and months in the making and I'm anticipating it to be pretty awesome and impactful!

Upcoming Events

- Summer Leadership Workshop August 2-3, 2015
- Fall Leadership Conference November 1-2, 2015
(site to be announced)