

## Introducing the MASC Candidates for the '13-'14 Executive Committee!

### FOR PRESIDENT:

- ☐ Steve Kinney
- ☐ Natalia Velenchenko
- ☐ Brittanie Watson

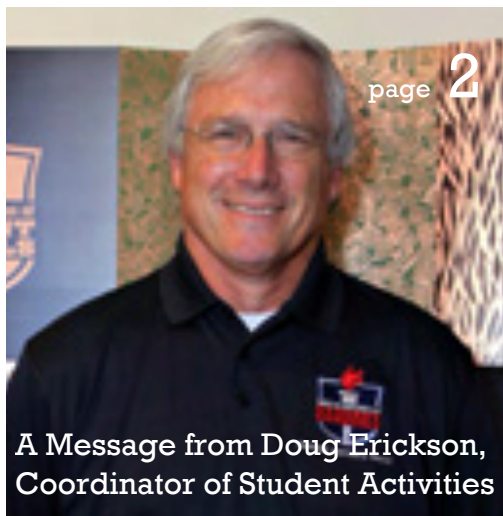
### FOR VICE PRESIDENT:

- ☐ Tiffany Haas
- ☐ Kelsey Lappegaard
- ☐ Danielle Schoen
- ☐ Zach Wright

### FOR SECRETARY:

- ☐ Ella Trio

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A Message from Doug Erickson,  
Coordinator of Student Activities

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## Medical Amnesty



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## Introducing the MAHS Candidates for the '13-'14 Executive Committee!

### FOR PRESIDENT:

- ☐ Caty Karwand
- ☐ Becca Young

### FOR SECRETARY:

- ☐ Christine Ko

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## Upcoming Dates

- Apr 6-8** State Convention at Medford High School and Owatonna High School
- Apr 12** Deadline for NASC registration
- May 15** Deadline for Middle-Level Conference registration
- May 22** Middle-Level Conference
- Jun 20-24** 2013 NASC National Conference in Las Vegas, NV
- Aug 4** Summer Leadership Academy (Registration starts at 4pm)

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Introducing... the 2013  
MASC/MAHS State Convention:  
“Lights, Camera, Lead!”  
Special Edition Newsletter

# A Message From Doug Erickson, MASC Coordinator of Student Activities



Welcome to the 2013  
MASC/MAHS State Convention!

This weekend is the culmination of the two executive board's year of planning. They worked both independently and together. They travelled to Oklahoma City to attend a national convention. When they returned the executive board learned that Ann Postlewaite, Minnesota's Executive Director, had taken a job as the Coordinator of Student Leadership for the National Association of Secondary School Principals (NASSP) in Reston, Virginia. In September, I was appointed as the Coordinator of Student Activities, and East Ridge High School decided to host the state convention in 2014. Four new convention coordinators from Owatonna and Medford joined the executive committee when their schools became the 2013 host school for the state convention. Since September, the MASC and MAHS have focused their efforts on

producing "Lights, Action, Leadership."

I am excited to part of this great team effort. The executive boards, the convention coordinators, their advisors, the staff at the MASSP office want this to be a memorable leadership experience for you and your school. You will hear two nationally recognized speakers—Keith Hawkins and Yahya Bakker. You will participate in the first ever state food packing event as a final event of our service project. You will attend roundtables that will enhance your councils and chapters back home. You will have intense but respectful discussions during the Hot Topic sessions. You will dance. You will be hypnotized. And you will be tired. Finally, you will elect the 2013-2014 executive committees. Choose wisely. They will have a hard act to follow.

This was my first year as the Coordinator of Student Activities. It exceeded all my expectations. My mistakes were generally covered by the staff at the MASSP. Not surprisingly, the students and advisors I worked with were the highlights of the year.

Finally, thank you to Ali, Molly,

Sophie, Rakin, Sammie, Claire, Megan, Sara, T.K., Jack, Sue B. Trish, Joy, Sue I., Andy, Shannon, Missy, Jerome, Julie, all the division presidents and the office staff—Renee, Patti, and Scott.

Have a great conference.

-- Doug



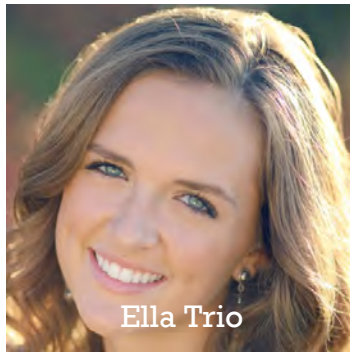
Brittanie Watson



Natalia Velechenko



Steve Kinney



Ella Trio

## Candidates for the 2013-2014 MASC Executive Committee

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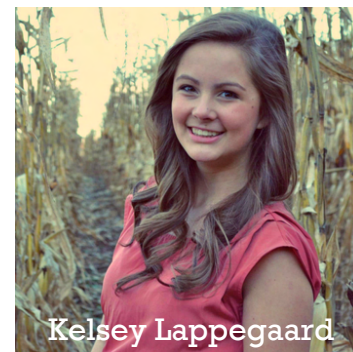
# Introducing the MASC Candidates for the 2013-2014 Executive Committee!

This year, we have a ton of fantastic candidates for President, Vice President, and Secretary! Find out who they are in the bios (on the following page) written by the candidates themselves. Good luck to everyone! ☺

(continued on next page)



Tiffany Haas



Kelsey Lappegard



Danielle Schoen

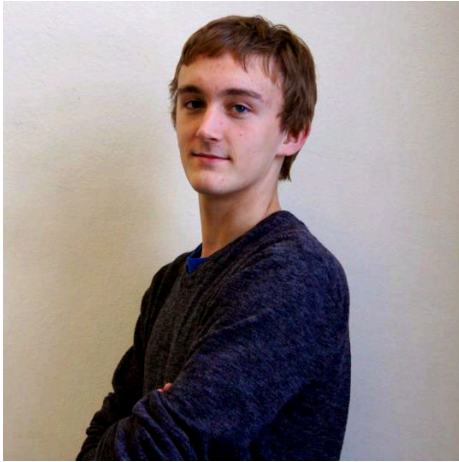


Zach Wright



# Candidates for MASC President

## Steve Kinney



As a junior at Minneapolis Washburn High School, Steve enjoys waking up and seeing a diverse and energetic city.

Steve first joined his middle school's student council in 6th grade and has continued to represent his fellow students ever since. He loves flying and wants to go into either commercial aviation or politics after he graduates. He is an active and skilled member of the Minneapolis Sailing team as his fall and spring sports and enjoys doing sound for his Washburn's musicals. Steve has extensive experience in student council. He is not only the president of his school student government but is also the vice president of Minneapolis Citywide Student Government, and was recently elected as the research coordinator for Hennepin Division Student Council.

Steve has an identical twin brother and two dogs at home

in south Minneapolis. His family has a cabin just outside of Webster, Wisconsin that he enjoys visiting when he can on the weekends.

Steve has attended over ten student council conferences ranging from state to nationals. The passion Steve has for student government shines through every part of his involvement at Washburn. The experiences he has gone through over the past 6 years have prepared him for almost anything that can arise and he can't wait to help MASC to have one of its most successful years yet!

## Natalia Velenchenko



My name is Natalia Velenchenko, and I'm a junior at Buffalo High School. I'm an organized, driven, and extremely involved leader in both my school and my community. At Buffalo High School I participate in multiple activities and organizations.

I'm the secretary of Student Council, an executive member of Students Stepping Up, and a co-captain of the varsity volleyball team. I'm also a member of NHS and the Impact Leader team at my school. As an Impact Leader I work with incoming freshmen each year to prepare them for their future at the high school. I volunteer for Feed My Starving Children, the Wellstead of Rogers assisted living home, the Salvation Army, Buffalo's food shelf, and Hanover Elementary School.

As a member of Student Council, I share qualities with most people in student leadership: I'm organized, I share my ideas, and I'm able to balance multiple activities. In the five years that I've been on Student Council, I've also learned what separates a good leader from a great one. Though I'm always enthusiastic about sharing my ideas with the group that I'm involved with, I've learned that it's equally important to be flexible and listen to everyone else's ideas before coming to a final conclusion. As President of MASC I would not only contribute my experienced leadership qualities, outgoing personality, and creative ideas to the executive board, but listen to others' ideas as well so that the best decisions can be made.

(Brittanie Watson on next page)

## Brittanie Watson



Hi, my name is Brittanie Watson, and I'm from Detroit Lakes, Minnesota. I am running for the Minnesota Association of Student Council State President. My campaign slogan is "Its leadership, my dear Watson." Currently, I am the vice president of our Student Council at the Detroit Lakes High School. Last year, I attended the National Student Council Convention in Oklahoma as well as the state convention.

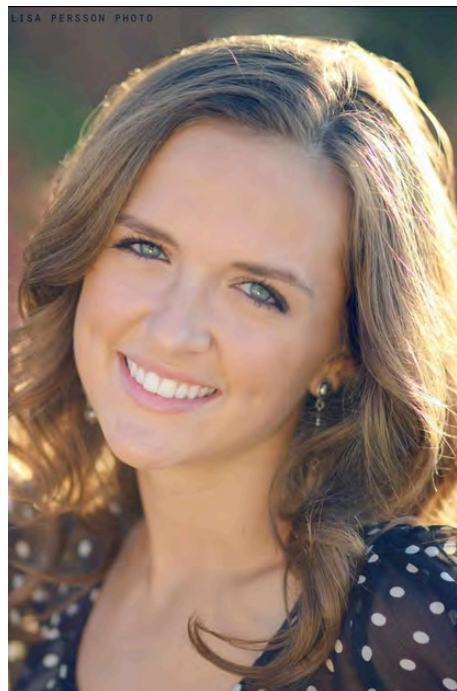
I believe that I have many qualities and ideas that I can bring to the state student council that may also benefit other student councils around the state. Some of my qualities include leadership skills, hard working, trustworthy, honest, friendly, and many more. Besides student council, I am involved in Girl Scouts, choir (church choir and youth group), piano lessons, and the school-to-work program at our school.

My goals for this year and next include: raising the number of

student council members that attend the state and national convention and any other leadership conventions throughout the year, to persuade more student councils to get involved with our state council, and to encourage kids that are not in student council to participate in leadership activities and find their inside leadership abilities. I believe that everyone in the world has leadership abilities. They just need the chance and opportunity to find it in themselves.

We will have a primary on Sunday for President and for Vice President. After the primary, each position will have two candidates, and delegate votes for one of those two candidates at the banquet on Sunday night. Each school gets three voting delegates (*not including Division Presidents or the Executive Committee*), and each voting delegate chooses whom he/she votes for.

## Candidate for MASC Secretary

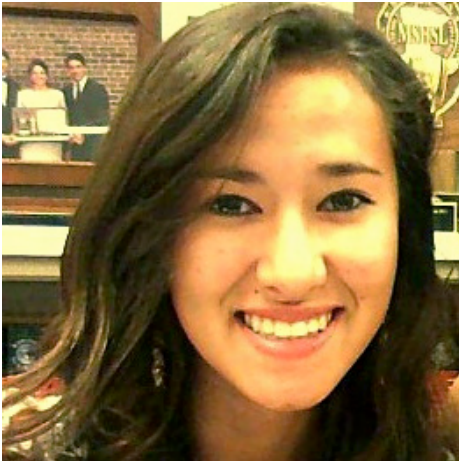


My name is Ella Trio, from Orono High School, and I am running for secretary this year at the State Convention. I have been involved in student government at my school for three years and am very passionate about the organization. I am also a part of the Tennis and Golf teams, Math team, Youth in Government, Chinese Club, and many other organizations and clubs at Orono. I am very excited to expand my involvement in the MASC, and am looking forward to a great convention this year!



# Candidates for MASC Vice President

## Tiffany Haas



“Well-behaved women seldom make history.” As a candidate for MASC Vice-President, I am ready to step outside the box and do what it takes to become your next VP. My name is Tiffany Haas, and I am a sophomore at Wayzata High School. At Wayzata, I work tirelessly for Student Council, chairing committees for both Homecoming Week and our new event Survivor Week. Thanks to hard work and dedication, I was able to be elected as the sole executive board officer representing my class of over 800 students. In addition to Student Council, I am a member of the debate team, Club YES (volunteering), JSA, and I hold a leadership position in Wayzata’s String Orchestra. As a sophomore in multiple AP classes, I consider myself very motivated and hardworking.

As Vice-President of MASC, I would bring my motivation, leadership and dedication to the table and I hope to unite student council representatives around the state. With MASC events, I will expend all my effort to ensure their success. It is also a personal goal of mine to meet as many student council representatives from around the state as possible to create vital friendships and connections. I hope I am able to win your vote this coming election. Remember, you’re at a loss if you don’t vote Haas!

## Danielle Schoen



My name is Danielle Schoen, and I am a Junior at Sauk Rapids-Rice High School. I’m involved in Student Council, NHS, and DECA. I’m also captain of the varsity soccer team and also junior class president. I’m an active

member in my community and I love helping others. Student Council is my passion and I love voicing my opinions and listening to others to make change and create a positive climate in our building. Some other fun facts about me are I love shopping and hanging out with my friends! Besides my parents I have two siblings and a wiener dog named Max. My goals are to attend college and have a job profession in the medical field.

## Zach Wright



Fellow Stud Co members, my name is Zach Wright and I am running to be the next Vice-President of our state student council. I am currently a junior at Prior Lake High School, and I am very dedicated to everything I do. Like everyone else here, I am very involved in student council, but I am also a member of NHS and captain of

both the Cross Country Ski and Ultimate Frisbee teams. A few fun facts about me are: I was born in Baltimore, Maryland (Go Ravens), my "male" hamster once had babies on April Fool's Day, my middle name is Boyd, and I have a pretty big obsession for shoes! I also really enjoy meeting new people so if you see me anytime throughout the conference don't be afraid to say "hi!" Finally, I probably have one of the best last names to use for campaign slogans so don't forget to Vote The Wright Way!

**Kelsey Lappegard**



My name is Kelsey Lappegard, and I am currently a junior at Red Wing High School. I have been a student council officer since sixth grade, along with other activities, such as tennis, musicals, National Honor Society, and Youth in Government. After attending the state conference last year, I was astounded and inspired by the students commitment and their ideas, and looked up to the executive board and all that they had accomplished. I am an organized and enthusiastic leader, and am thrilled to be running for your 2014 MASC Vice-President.

Sophie Zhou

**+ Follow us on Twitter!**  
**@MNMASCMAHS**

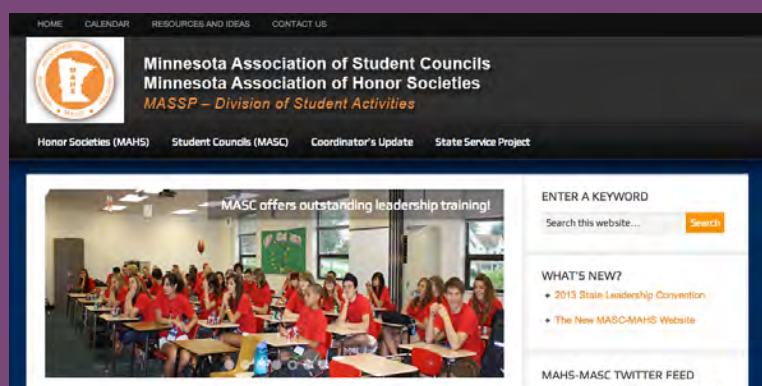
Get updates on conferences, inspiring quotes, and tips to improve your student council!

**Find us on Facebook! +**  
**www.facebook.com/  
mnstudentcouncils**

Use our Facebook page to connect, network, and idea share at any time!

**Check out our website!**  
**www.masc-mahs.org**

Find everything you need... information about conferences, registration dates, forms, newsletters, and more!





Caty Karwand



Becca Young



Christine Ko

## Candidates for the 2013-2014 MAHS Executive Committee

### FOR PRESIDENT:

- ☐ Caty Karwand
- ☐ Becca Young

### FOR SECRETARY:

- ☐ Christine Ko



Welcoming...

# The '13-'14 MAHS Candidates!

Please give a warm welcome to the candidates for the 2013-2014 MAHS Executive Committee! There are two candidates for President and none for Vice President, so the runner-up becomes Vice President!



(continued on next page)



## Caty Karwand



Hi, my name is Caitlin Karwand, but everyone calls me Caty (pronounced like Katie, not Catty)!!!!!! I could go on and on about all the activities I am involved in from sports to fine arts, but that's all boring chit chat. Instead I thought I'd share what kind of person I am.

Throughout my life I've never been a true follower, although when the time calls for it I will step aside and let someone else lead. Being a leader means a lot to me and I take it very seriously, but I also like to twist a lot of fun into whatever activity is being done.

The three biggest traits I have that people notice is: I'm rather stubborn when I believe in something and will not back down until I'm proven wrong. I try my hardest to always be confident in all situations and lastly I am always happy. I love to smile and have a good time, even when others aren't having.

Those are just my main

personality traits that I have. Some people may not like them, but it's what makes me me. I am who I am and it's not going to change for anyone.

## Becca Young



Becca Young is a junior at Orono High School. She has been a member of student senate since ninth grade. She became a member of the National Honor Society this year. Becca is passionate about the well-being of her community. She shares her love of learning by participating in tutoring programs at her school, and she has enjoyed learning about contemporary issues as a member of the debate team, of which she is co-captain for next year. Music is important to Becca. She is an active participant of Tri-M, her school's music honor society. She sings with the Orono Concert Choir and has participated in several honor choirs including the All-State Choir. Becca also enjoys sports and plays on Orono's varsity tennis team. She has been working towards her black belt in karate and

anticipates receiving it in April.

## Christine Ko



Christine Ko, 16, is a current junior at Wayzata High School. She is involved in the Wayzata Leadership Academy, the volunteer program, Club Y.E.S., and the Chamber, Symphony, and Pit Orchestra at her school. She is also the first violinist in the Wayzata High School Quintet. Outside of school, Christine spends the majority of her time volunteering as a Study Buddy at Kimberly Lane Elementary School, an assistant teacher at the Minnesota Daegun Korean School, and a junior volunteer at North Memorial Hospital. She additionally teaches three to six year olds how to read and write at her part-time job at Kumon Math and Reading Center. Christine also loves to play the violin and is a member of the Minnesota All State Orchestra. In her spare time, she loves to read, to take pictures, to spend time with her family and friends, and to eat her favorite dessert, Strawberry Häagen-Dazs Ice Cream.



# 2013 NASC National Conference

The 2013 NASC Conference will be held at Sunrise Mountain High School in Las Vegas, Nevada. The conference will be held from Saturday, June 22<sup>nd</sup> to Monday, June 24<sup>th</sup>, although the Minnesota delegation will be traveling starting on Thursday, June 20<sup>th</sup> for some pre-conference bonding.

Flight Information: We will be traveling on Sun Country Airlines from the Hubert Humphrey Terminal. We will meet at the airport at 2pm on June 20<sup>th</sup>. Our flight is SY105 departing at 4:05pm arriving in Las Vegas at 5:20pm. There will be 35 spots reserved until April 12<sup>th</sup>. We will return the late evening of Tuesday, June 24<sup>th</sup>. We will leave after the closing general session of the NASC conference. Our flight is SY106 at 6:10pm arriving at Hubert Humphrey (Terminal #2) at 11:07pm. Doug has negotiated two free bags per person. That is 100 pounds of free luggage!

Hotel Information: The Minnesota delegation will be staying at the Hilton Grand Vacations Club for four nights. This is the largest non-gaming hotel on the Las Vegas strip. Students will be studying four to a room. All rooms are considered suites.

Pre-Conference Activities: On Thursday and Friday, the Minnesota delegation will be enjoying many of the family friendly activities within walking distance of the hotel. Minnesota advisors will be in direct supervision of all the pre-convention activities.

Conference: Starting on Saturday, June 22<sup>nd</sup>, students and advisors will be attending the NASC National Conference where they will participate in general sessions with nationally known keynote speakers, attend small group workshops, and network with student leaders from around the country. All of the NASC National Conference will take place at Sunrise Mountain High School in Las Vegas. Phil Boyte and Amy Gallimore are the two featured speakers. More information can be found at <http://www.nasconference.org/>.

Registration and Costs: The Minnesota delegation is open to students who will be in grades 9-12 in the fall of 2013. The registration form must be filled out online at <http://nasconference.org>. All sections must be filled out completely by the advisor and student in one sitting. Please be specific in the areas of allergies and special dietary needs.

The early bird registration (\$1045) is due by **April 12<sup>th</sup> at 3pm**. This package price includes air transportation, ground transportation, hotel (four night stay), conference registration, t-shirts, and trading items. This rate does not include meals for our touring days (6/20 and 6/21) and lunch and dinner on the day we are traveling home (6/24). Each student receives three t-shirts for the conference and trading items. The t-shirts are to be worn by the delegates during the NASC National Conference. A \$450 deposit per person by April 12<sup>th</sup> will hold your space, and full payment is due Friday, June 1<sup>st</sup>. Checks should be made payable to MASC (Minnesota Association of Student Councils).



At our February meeting, two students representing the University of Minnesota gave us a presentation on Medical Amnesty and asked for our support. At the convention, delegates will vote to decide whether or not MASC-MAHS as an organization supports Medical Amnesty.

# Medical Amnesty For Minnesota

Medical amnesty legislation gives minors an incentive to make the right choice in a bad situation. This change in the law will grant immunity from underage alcohol consumption and possession prosecution to minors who seek help, as well as the persons receiving the attention. To receive immunity, minors must give their name, stay at the scene, and cooperate with authorities. Immunity from other crimes besides alcohol consumption and possession would not be granted. The policy is one of public safety and has the potential to save lives.

Studies show that more than 10% of students are unlikely to call for medical attention when a person is unresponsive due to alcohol. There should be no hesitation in making a life-saving call. Medical amnesty helps to ensure this hesitation is reduced.

A study conducted by the University of Minnesota's Boynton Health Service found 37% of people age 20 participate in high risk drinking. The potential for medical emergency is high. Efficient and timely medical attention is a necessity. We cannot risk the safety of our young people by enacting legal barriers to medical attention.

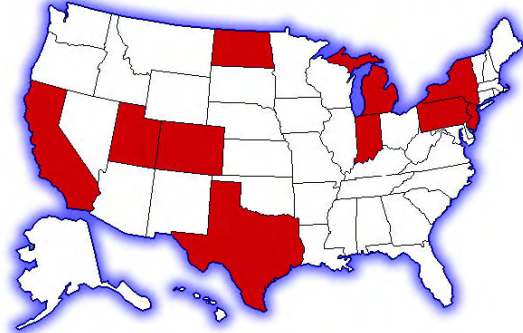
Enacted in 10 states already, the policy has seen success in regards to preventing unnecessary complications from alcohol consumption. A study conducted at Cornell University showed that after just two years of medical amnesty being in place, calls to EMTs increased by 22% and students citing fear of facing legal consequences was reduced by 61%.

With successful precedent and positive results, medical amnesty in Minnesota is a common sense change that will ensure the call is made and lives are saved.

*Studies show that more than 10% of students are unlikely to call for medical attention when a person is unresponsive due to alcohol.*



States with a Medical Amnesty Law



Medical Amnesty for Minnesota

February 25

Studies show that more than 10% of students are unlikely to call for medical attention when a person is unresponsive due to alcohol. There should be no hesitation in making a life-saving call. Sign the petition to support medical amnesty: <http://msa.umn.edu/medicalamnesty/>



*Taken from the "Medical Amnesty for Minnesota" Facebook page.*



# Some Closing Thoughts...



As cliché as this may sound, it feels like the 2012 State Convention was just yesterday. It's insane to think in under a week, a new board will be elected to run our organizations. I am truly blessed to have had the charming experiences with not only our fantastic MAHS and MASC board members, but also the variety of charming young leaders in not only Minnesota, but also leaders from other states. A deep thank you to all who contributed to our state service project, and your eagerness at the variety of leadership activities offered this past year. We've raised a substantial amount of funds as a state towards global and domestic hunger relief, as well as educational opportunity expansion. These values will be presented at our state convention. I hope the collaboration between our two organizations continue to contribute towards overcoming greater causes, and continue to enforce the values of leadership. Thank you.

– Rakin



Hey guys! I'm not going to deny that I'm not ready for summer, but I have to admit, I can't believe how fast this year has gone by. I remember being so excited last April when I was elected, but now this amazing experience is almost over! A shout-out (MINNESOTA HOLLA!) to those who went the NASC Conference last June for being the craziest, loudest, and best state at the conference; to Doug and the advisors for being so supportive and patient with all of us on the Executive Committee; and of course, to Ali, Sammie, Molly, Rakin, and Clare for being wonderful planners, leaders, but most of all, friends and role models who never fail to amaze me. And to everyone, I wish you the best of luck in all your future endeavors, whether you are heading off 500 miles away to college on the other side of the nation or finishing high school with a bang in the great state of Minnesota. We must never forget the role in which we play in our schools, communities, and society. Even though we are "only" students, we can truly make a difference if we act on our character, lead by example, and "dream more, do more, and be more." Do great things, my friends, and live long and prosper.

Best wishes, Sophie