



The CHS PRESS

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Tuesday February 3, 2026

Senior Spotlight: Aiden

By Staff Reporter: has made the biggest impact on him. His Clara Remacle Michael favorite quote is, “If Niehaus was born in you're good at some-Sioux Falls, South thing, never do it for Dakota. He is the son free.” - Heath Ledger. of James and April Aiden's hobbies in- and has a sister, Ava. clude welding, fabri- His plans for the fu- cating, and forging. ture are to become a He is involved in welder and fabricator Skills USA. His fa- and start his own vorite food is sea- business. Aiden's food, and his favorite dream job is to be a restaurant is Red Rig Welder and trav- Lobster. Aiden's fa- el. When asked how vorite season is win- prepared are you for ter. When asked what your future, he re- he would miss the sponded, “I am very most, he said, “I will prepared for my fu- miss being in the ture.” His favorite shop with my high school class is friends.” The advice shop. Aiden's family he has for underclass- men is, "Don't waste time, and enjoy the time you have.”



One-Act Play is State Bound

By Staff Reporter: Emma Carter Canistota High School's One-Act Play team recently brought their production of Selfie to the stage. After practicing hard, the group performed for both the middle school and high school students. The group then performed for the community on Sunday. On Monday, January 2nd, the group headed over to Madison to compete at the region competition. At the region level in the play received individual acting awards. only two schools will move onto state. The Canistota performance ended up tying with another school for the first time in history, resulting in the team making it to state. A total of three schools from the region will now get to attend state! The production highlights the hard work, dedication, and all the talent of Canistota School's student performers. Many of the students



Pictured Above Back Row L to R: Emma Carter, Michelle Seitz, Alina Bertleson, Emma Kerrigan, Lily Montgomery, Amelia Remacle, Matthew Weber, Adrian DeHaan, Josh Popkes Jr., and Caleb Schroder Front Row L to R: Ellia Hjermstead, Clara Bertleson, Lola Conn, Abigail Keller, Taya Bunger, Clara Remacle, and Ashlyn Hjermstead. Not Pictured: Roo Acheson

5 Second Rule: Yay or Nay?

By Staff Co-Editor Ellie Becker: Do you believe in the 5 second rule? A common myth that has been around for most CHS students childhoods this is a concept that has been unfortunately practiced by many. The 5 second rule is an idea that whenever food is dropped on the floor is is “safe” to eat if you pick it up in under 5 seconds. It sounds like it would be okay right? Wrong. It turns out that bacteria is way stronger than some might think. For example carpet has a significantly more amount of germs than hard wood floors. Also softer foods like watermelon pick up germs easier than say a cracker. Overall this common rule is not necessarily science based but more of a opinion. Most of-ten times after using the 5 second rule nothing happens but are you willing to risk it? What do you think, throw it away or let the 5 second time start?

Mark Your Calendar Feb 2

Region 2 Instrumental Solo & Ensemble Contest 8:00 - 4:15
5th/6th Grader GBB vs. Hanson @ 4:00 PM (away)
5th Grade BBB vs. Hanson @ 4:45 PM (away)
6th Grade BBB vs. Hanson @ 5:30 PM (away)

Feb 3

C-team BBB vs. Viborg-Hurley @ 4:00 PM (Home)
JV BBB vs. Viborg-Hurley @ 4:00 PM (Home)
JV GBB vs. Viborg-Hurley @ 4:00 PM (Home)
V BBB vs. Viborg-Hurley @ 6:00 PM (Home)
V GBB vs. Viborg-Hurley @ 7:30 PM (Home)

Feb 4

DWU 6th Grade Honor Band

Feb 5

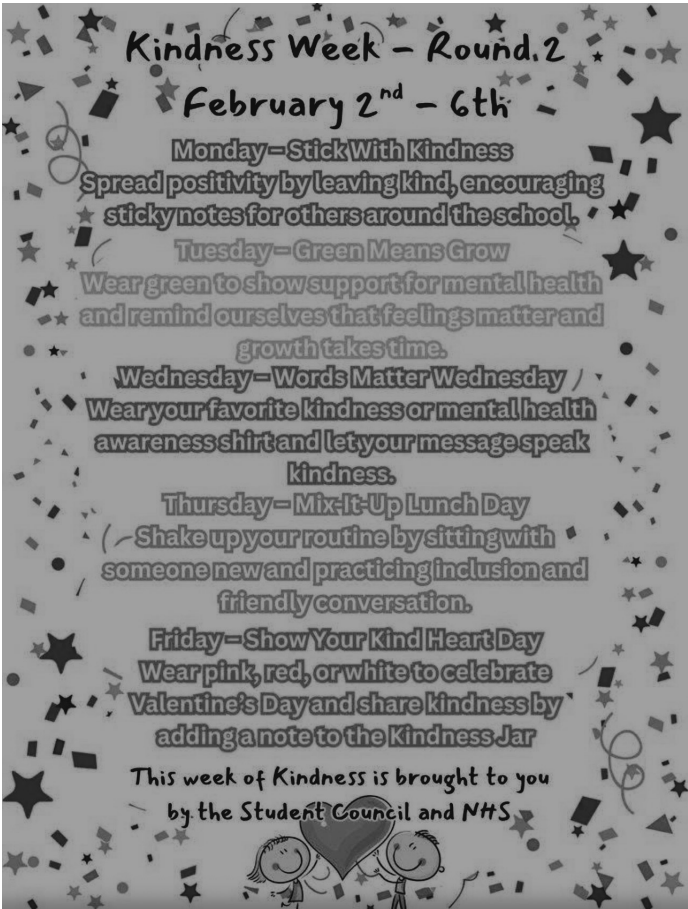
Boys and Girls Wrestling-Canistota Tri @ 4:00 PM

Feb 6

JV GBB vs. S.F. Lutheran @ 4:00 PM (away)
JV BBB vs. S.F. Lutheran @ 5:15 PM (away)
V GBB vs. S.F. Lutheran @ 6:30 PM (away)
JV BBB vs. S.F. Lutheran @ 7:45 PM (away)

Feb 7

5th/6th Grader BBB Hanson Tourney @ 8:00 AM (away)
5th/6th Grader GBB vs. MCM (Montrose) @ 10:00 AM (away)
State one Act Play @ 6:45 PM (in Montrose)



CHS Musicians Excel to All-State



Pictured: Middle School All-State Band participants: Clara Bertelson, Harper Broehm, and Milly Sarmiento-Lagunes. High School All-State Band participant, Hadassah Church.

Little Hawks Cheerleaders Bring Energy!

By Staff Co-Editor: Ellie Becker

On Friday, January 30th, 40 young Canistota kids participated in the Hawks Cheer camp during the home double header basketball game. The young performers spent the week preparing and practicing for the halftime performance, where they danced to the song Dancing in the Dark by Rianna. The older JV and Varsity cheer squad were very encouraging and positive role models to these aspiring cheerleaders. Pictured above you can see all the smiling faces decked out in Hawks gear! What a great Canistota tradition to have and look forward too. Congratulations to everyone who participated what an amazing performance!



The CHS PRESS Staff

The CHS PRESS staff includes Co-Editors: Ellie Becker and Malachi Weber. Staff Reporters Miles Belt-Hanson, Ty Jacobsen, , Ellia Hjermstad, Clara Remacle, Emma Carter, Roo Acheson, Ambur Haag, Alina Bertleson, Lilli Schenkel, Lola Conn, Abigail Keller, Amelia Remacle, and Robert Knochenmus; Advisor: April Marquardt. The opinions expressed in The CHS PRESS editorials do not necessarily reflect the Canistota School District views. The CHS Press is a student-run newspaper, providing staff members the opportunity to practice ethics and responsible journalism practices and activities.