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Tip o' the HAT



Trysta Thumb is the daughter of Elvis and Tara Thumb. She has four siblings – Shantel, Shayla, Alyssa and Cambree. Her favorite subjects are history and physical education. She participates in basketball, track and field, choir, Sources of Strength, student council, SADD and is a member of the National Honor Society. Trysta enjoys spending time outside, gardening, art and spending time with family and friends. Her most memorable experience from school is when she helped pie Sara Myhre, Elliott Belquist and Tyler Cook in the face at a pep rally. Her future plans are to attend Lake Region State College and Valley City State University to major in elementary education.

Keaton Cudworth is the son of Robert and Amy Cudworth. He has three sisters – Mya, Logan and Dylan. His favorite subjects are math and science. He participates in baseball, football, golf and Sources of Strength. He is also a member of the National Honor Society. Keaton was named to the Academic All State Silver team and has been on the A Honor Roll throughout high school. He was also elected Vice President and President of the National Honor Society. Outside of school he enjoys fishing, hunting, hanging out with friends and sports. His most memorable experience from school is when he was named to the Academic All State Silver team. After graduation, Keaton plans to attend the University of North Dakota to major in pre-med biology.





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Engels, Steele named free throw champs

Two New Rockford-Sheyenne girls were named free throw champions after competing at the Knights of Columbus State Free Throw Championship in Bismarck on Saturday, March 23. Kalleigh Engels, daughter of Jake and Jackie Engels, shot 19-of-25 free throws to become a back-to-back champion, as she was named a champion in the 9-year-old girls' division in 2023. Leah Steele, daughter of Travis and Amy Steele, shot 15-for-25 at the free throw line to become a state champion in the 9-year-old girls' division. Congratulations girls!




At left: Kalleigh Engels (left) and Leah Steele (right) were named free throw champs on Saturday, March 23. Courtesy photo.




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