



Faculty Band?
For more info check out
pages 2 and 3

Missed Hulk
Volleyball?
For stats and scores
see page 7



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The Bluejay Post

CIMARRON HIGH SCHOOL CIMARRON, KANSAS 67835 DECEMBER 2009 VOL. 7, NO. 3

World traveler teaches at Cimarron, America

by Kyle Maddox

“Travel is fatal to prejudice, bigotry, and narrow-mindedness,” said famous author Mark Twain. One local traveler, Jennifer Hendrix, has killed those traits in herself through extensive travel.

Though you may not find her footprints in places like Chile, Peru, and Guatemala, you will find the footprints of those places on her personality and mind.

Hendrix grew up in Golden, Colorado, and went to college in Texas.

“I went to school in Austin at Saint Edwards University, a very small school, and majored in biochemistry,” said Hendrix. “For grad school, I was interested in social justice and my faith, and I searched for a school that could offer opportunities helping people. Notre Dame had such a program, so I went there.”

Role models influenced Hendrix to travel.

“I’ve always admired people who were open minded and interested in self-discovery, and those role models of mine are people who have traveled a lot,” she said.

For someone so young, Hendrix has traveled the world over.

“All over South America, including Chile, Argentina, Brazil, Uruguay, Paraguay, Ecuador, Bolivia, and Peru,” said Hendrix, “along with parts of Central America, namely Guatemala and Honduras. I’ve also been to parts of Eastern Europe.”

Every country has something about it to love.

“I find something to love in every place I go to,” she said. “There hasn’t been a single country that I’ve been to that I wouldn’t go back to.”

Learning the language of a nation is an important aspect of travel, and Hendrix has overcome that hurdle.

“I’d like to learn all the languages where I go, but I’m terrible at it,” she said. “I’m always petrified I’ll make a mistake and look bad. When I was Chile, someone asked me if I was a mute because I said so little. But when you know the language, it’s a whole different experience.”

Getting around another country can be difficult, and Hendrix has utilized a variety

of modes of travel.

“I use all modes of transportation, planes, cars, trains, and rickety old buses in the middle of nowhere stuffed full of Bolivians,” said Hendrix. “When I get there, I like to say with my friends, if I can, but most of the time I stay in hotels or rented rooms.”

Though close in proximity, even neighboring countries may be completely different from one another.

“Every place is crazy different, from gender issues to dress to how children are treated,” said Hendrix. “The perspective on different issues changes the most.”

Despite strong differences, people are fundamentally the same.

“The human condition is the same everywhere,” she said. “Everyone’s different, and that’s what people tend to focus on, but we all have the same dreams, hopes for the future, it’s all the same.”

Some things about traveling can be utterly frightening, even to someone as well-traveled as Hendrix.

“When I left to live in Chile, it was the darkest and scariest time of my life,” said Hendrix. “I had no way to communicate. I didn’t know anyone. I was alone. It was all extremely lonely. There’s no way to relate to other people there. It also changed a lot of my core ideals – who I was, what being an American truly meant, what success actually is.”

Hendrix doesn’t like to bring an itinerary when she travels.

“I like to act like I live there,” she said. “Most of the places I stay have kitchens so I cook the food that I buy at the local markets. I like to go to bookstores and buy books, but I really love to people watch. I never have a set agenda.”

Hendrix is uncertain where she will go next.

“I’d like to go to Asia and Africa at some time,” said Hendrix, “I try to leave the country once every two years, but I don’t have any concrete plans.”

Hendrix easily recommends traveling to anyone and everyone.

“Everyone should travel. Young people especially, and most of them have the opportunity when they go to college to study abroad,

which they should do,” she said. “They should travel to places that frighten them, so they can overcome that fear. Traveling is difficult, but the rewards are worth it.”



HAPPY MEMORIES! Science teacher and world traveler Jennifer Hendrix waxes nostalgic in her discussion of her visits to South America. Hendrix has visited many countries all over the world. “All over South America, including Chile, Argentina, Brazil, Uruguay, Paraguay, Ecuador, Bolivia, and Peru,” said Hendrix, “along with parts of Central America, namely Guatemala and Honduras. I’ve also been to parts of Eastern Europe.” (Maddox photo)

Coming to a school near you:

State Scholars’ Bowl to be held at CHS in 2010

by Kyle Maddox

After much deliberation, it was decided that 3A State Scholars’ Bowl should be held at Cimarron High School on Saturday, February 13, 2010.

David Ediger, activities director at CHS, was a major influence behind the decision.

“We have to fill out a form saying what events we are willing to host, and the state decides,” said Ediger. “We have a reputation of hosting very good events, which is why we were chosen.”

State isn’t the first big Scholars’ Bowl event that has been hosted at CHS.

“We’ve done Regionals two years, and asked to host it another time,” said Ediger. “[Regionals] have always gone smoothly, so I’m optimistic about State.”

There are some challenges involved in

hosting State this far west.

“There aren’t any hotels in Cimarron, so we’re going to have to tell the schools that are coming that they have to stay in Dodge,” said Ediger.

Hosting State isn’t only good for the school, however.

“The community benefits from it too,” said Ediger. “Parents from other towns see how nice of a school we are, how good of a community, and maybe at another time, when they consider moving, they might pick Cimarron for those reasons.”

Jennifer Hendrix, Scholars’ Bowl coach at CHS, is honored at the prospect.

“It’s so good for not only our school, but the other schools that attend,” said Hendrix. “People need to see what Western Kansas is like, and this is just such a chance.”

FACE OFF: Consumption consuming Christmas

Eight hundred dollars is about how much the average adult spends, overall, on Christmas gifts. Eight dollars is about how much it would cost to feed a family of five in a third world country for a week.

According to the *New York Times* article "One Country's Table Scraps, Another Country's Meal," Americans waste approximately 27% of the food that is fit for consumption. "[In 1997], the Department of Agriculture estimated that two years before, 96.4 billion pounds of the 356 billion pounds of edible food in the United States was never eaten," says the article. "Fresh produce, milk, grain products and sweeteners made up two-thirds of the waste. An update is underway."

The phrase "One man's trash, another man's treasure" begins to make sense when we consider the fact that approximately 30,000 people starve to death every day.

When it comes to Christmas time in America, a great many of us think of shiny wrapping paper, pretty bows, and baubles that are interesting for about a half-hour after we receive them.

When it comes to Christmas time in parts of Africa, the Middle East, and even on the streets of Home Town, America, 30,000 people starve to death because they haven't eaten in about three weeks. And a great many of us, myself included, use the phrase "starving" to describe the time right before lunch.

Editorial Board:

Although our editorials are written by individual board members, the thoughts and ideas conveyed are that of *The Bluejay Post* editorial board. Members of the Editorial Board are Kyle Maddox, Spence Byer, and Shelby Pulkrabek.

Approximately every three seconds, someone dies of hunger around the world. Eighty-five percent of those people who have starved to death are children, from infants to teenagers. Had we been born in a third-world country, instead of the Land of Plenty, the chances of us living past the age of five are approximately 66%. That's one in every three five-year-olds dying in most underdeveloped countries from hunger alone.

By the time you read this, Thanksgiving will have come and gone, and on that day alone, another thirty thousand lives will have been lost to extreme hunger, a state most of us have never experienced.

But those people are far away; there's nothing we can do to help them, right?

Wrong. American children also starve in Home Town, USA, and there is something we can do. Charities are everywhere with open hands, but are often met with tight fists. The Salvation Army, Heifer International, and even the KAY Club at CHS all try to collect food to save those lives.

In fact, our KAY Club is taking perishable food donations to take to the food bank today. Contact Jackie Jantz, KAY Club sponsor, for more information.

In the original spirit of Christmas, the ultimate generosity of Christ, please find it in your hearts to pass along some of our good fortune – save a life.



Opinion by
Kyle Maddox

"No one gets the real meaning behind Christmas anymore..." These words or ones similar to them can be heard by many a person at the "most wonderful time of the year." Is Christmas really just about the presents one receives? Is it no longer about the gift of Christ? Is it no longer about giving gifts to others?

Around Christmas time I love the thought of getting gifts; I seriously dig it. I usually go through internet sites and see what cool music equipment is out there.

Is this materialistic of me, or is this just common human nature?

I think it's common nature, but not a problem, however, because I don't drool over the image of gifts running through my mind and let the thoughts of shiny objects affect my everyday ambitions.

At Christmas time we see people ringing bells outside Wal-Mart, saying, "Give the good gift of life, sir." How come all these people come out at Christmas to ask for "donations" and not during the other times of the year?

Because Christmas is a time of giving, which makes everyone more apt to give or donate to a cause. Our nation is under the hoax of "Consumer Christmas," the hoax being the image of greed, as painted by charities and such, the image of, "no one gets the real meaning behind Christmas anymore...."



Opinion by
Spence Byer

The ACT: feared by upperclassmen everywhere, or at least upperclassmen west of the Mississippi



Opinion
by James
Rittenhouse

Every year millions of high school juniors and seniors prepare to take the American College Test (ACT). This test is loved by admissions offices, but hated by students who have to take it. The test can be somewhat intimidating to first-time takers. After all, the registration form alone is a process that can take up a good hour of your day.

"It took me about 30 minutes to an hour to fill out the registration form," senior Callie Fisher said.

After the registration is finished, students anxiously await the day of the test itself. The test can stress out even the best of students. Many nights are sleepless, the study hours endless, and the coffee intake extreme. Some students, like Alyssa Dale,

senior, say that the stress is unneeded.

"After you take the test you realize you shouldn't have stressed on it as much," Dale said. "It tests over the material you already know."

Dale is also determined to earn a high score. Even though she has taken the ACT once, she plans on taking it again. Having taken it once already, she has a good feel for the test and is confident about taking it the second time around. "I plan on taking the test again," Dale said, "because I wanted to get over a 30."

The ACT tests over science, English, math, and reading. Depending on one's strengths and weaknesses, any part of the test can be a real challenge.

"I thought the science part was the hardest because it was a test that was made up of graphs," senior Katelyn Ridenour said.

"There wasn't really any way to study them and they were hard to read."

With that being said, students cram and struggle to find a way to prepare for the test. When in reality, preparation starts freshman year.

"The best way to prepare is to take the correct college prep classes in high school, such as Geometry, Algebra I, or Algebra II, because it's hard to take the ACT if you have never been exposed to the questions it asks," guidance counselor Karrie Millershaski said.

Letter Policy

The Bluejay Post welcomes letters from readers. We do, however, reserve the right to edit letters for purposes of clarity and space, and we regret that we cannot publish unsigned letters.

"Consumer Christmas" is a hoax created by every "association for the greater good."

I am not trying to give the impression that charities are a bad thing. Certainly not, the Bible tells us to help our brothers when in need and to think of others above ourselves, so charities are a great way of helping people without forcing the extra expenditure upon them as taxes do with welfare and such.

The problem I have is the obligation put on by charities at a time of year when most families are spending more anyway.

Have you ever noticed how phone calls from charities normally exist only around Christmas? Families are being attacked at a vulnerable time financially. Charities say things like, "Help someone in need rather than have a materialistic present for your loved ones. The greater gift is in giving."

I love the thought of getting gifts, but on Christmas morning, or both Christmas and Christmas Eve, in my case, the greatest gift we get is not what we unwrap from others under the tree, which definitely is not a punishment at all.

The greatest gift we can get on Christmas is the sight of others getting joy from the gifts we give them.

we can't get this warm, tingly feeling by giving to a charity because you cannot see firsthand what we have helped out with. We don't actually even know if our money is really going to the cause or not!

The Bluejay Post 2009-2010

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Cimarron High School

Cimarron, KS 67835

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Teachers got talent? USD 102 teachers to show off musical talents

by **Shelby Dawn**

A group of teachers have formed a band that will perform at the 7-12 concert on December 17 in the CHS auditorium. The band will be directed by Jamie Minneman.

"I thought it would be a fun and good way for my students to see that playing their instruments is forever," said Minneman.

They will rehearse November 22,

December 16, and December 17 in the band room.

"I first sent out a feeler e-mail in October to see if there would be any interest," said Minneman. "The response was overwhelming."

Can we expect to see future performances from the teachers?

"Who knows," said Minneman, "maybe Broadway?"



ON MY COUNT: Band director Jamie Minneman conducts rehearsal for the USD 102 faculty band. Minneman has high hopes for the group. "You didn't sound as bad as I was afraid you might," she told them. (Courtesy photo)



Participating Teachers



Flute: Glenda Davis, Katrina Baker, Amber Harrell, Judy Salem, Stevie Coles, Melinda Bryant

French Horn: Lynn Unruh

Percussion: Jackie Jantz, David Edigar

Clarinet: Amie Schilling

Trumpets: Emily Feldt, Julie Kroschell, Rebecca Koehn

Violins: Jennifer Hendrix, Kelli Buehler

Alto Sax: Marla Etling, Kari Burkhardt, Kathy Hornung

Trombones: Scott Ridenour, Bill Brown

Guitars: Josh Littlejohn, Michael Stucki

Tenor Sax: Doug Minneman

Tubas: Paula Thompson, Wes Johnson

NHS group attends leadership conference in Hugoton

by **Britnie Jenkins**

To be inducted into the National Honor Society, one must abide by the four core values: character, leadership, service, and scholarship. Some members currently in the Cimarron Chapter of NHS attended a National Honor Society conference in Hugoton, Wednesday November 18.

Members who attended are: Britnie Jenkins (president), Spence Byer (vice-president), Eva Giebler (secretary), Nate Baublits (treasurer), Britney Boersma, Whitney Boersma, Miranda Burns, Kate Lock, and Jenessa Smith.

"The students went to small workshops that cover the four core values of NHS," said Melody Johnson, sponsor. "They listened to Miss Kansas, Becki Ronen, and a few of the students will be participating in Tom's Shoes."

Tom's Shoes is an organization that helps

needy children get shoes. For every pair of shoes purchases, Tom's Shoes will send a pair of shoes to the children with no shoes to call their own.

Johnson has high hopes for the NHS students attending the conference.

"I hope they bring back new ideas, help students have ideas for student projects, and improve their leadership skills," she said.

The Cimarron NHS group has never done something like this before.

"There are only so many of these conferences in the state," Johnson said.

"This is the first time the Cimarron chapter has gone to one of these. I wanted to go so we could see what other National Honor Societies do at their schools."



GOT LEADERSHIP? Juniors Eva Giebler and Miranda Burns discuss leadership questions at the NHS conference in Hugoton. (Jenkins photo)

K-2 graders to perform Christmas Concert

by **Tess Trahern**

This holiday season will be all about the joy of singing. This year, kindergarten through second grade will be participating in a musical on December 3 at 7:00 p.m. It will take place at the high school auditorium. Kim Eaton and Lynn Unruh are grade school music teachers.

"Kindergarten will be singing the regular Christmas songs," said Eaton, "but the first and second graders will be doing a musical. They will be performing *The Littlest Christmas Tree*."

The children are excited about the upcoming event.


They have been practicing hard.

"We started practicing a few songs in September, practiced all of October and now November," said Eaton.

Unruh is combining her morning kindergartners with Eaton's afternoon children. After the kindergarten performance, the first and second graders will perform their musical. The program should last approximately twenty minutes.

"There are around seventy kindergarten students and 92 first and second graders performing," said Eaton.

Org. Bytes

 Congratulations to **Ellen Waters**, freshman, and **Jessica Ast**, eighth grader, for auditioning and being chosen to participate in a very select state choir. Congratulations to **Ashtynn Burns**, eighth grader, who was chosen as an alternate.

K a n s a s
Don't Spoil
It Calendar
Contest
Results:
Brittnee
Pingsterhaus
won first in the eighth grade division and **Britnie Jenkins** won honorable mention in the 12th grade division.



 Congratulations to **Jamie Minneman** for being named **Outstanding Middle Level Teacher** by the **Southwest Kansas Music Educators' Association**. She was presented with a plaque at the **Middle School-Junior High Honor Band and Choir concert** on Saturday, November 7.

Car Creepin'



If you know whose car this is, come to Mrs. Hewes' room (125)! The first one to guess correctly wins a prize!

Last issue's car: **Lindsay Wehkamp**
Last issue's winner: **No One!**

CHS senior follows dreams from horseback to Wyoming

by Spence Byer

Imagine a job that ranges from rounding up cattle to sticking your arm completely up a cow's rear. A job where variety is never longed for, because the job IS variety.



HOW DID MY ARM GET HERE? Senior MacKenzie Batman artificially inseminates a heifer at Garden City Feed Yard. Batman has been working there since early August. "I love my job," she said. (Courtesy photo)

Senior MacKenzie Batman has wanted to be a veterinary doctor her entire life, and her dream is coming true as she works at Garden City Feedyard, south of Garden. She started there early in August.

"I love my job," said Batman. "If I am not working around the feeder, I am with the manager's wife. She's a vet, and we go to different feed yards and to the humane society."

Batman's main job is not vet-assistant though; she is part of something new to Kansas. She helps load cattle

to export to Russia.

"The feeder I am working at is the first feeder ever to export cattle to Russia," said Batman.

At a job like this Batman, gets to hear some interesting stories and can give a first-hand account to many extreme adventures.

"On our first export with the Holstein cattle, if they died or anything on the boat, they would toss them into the water for the sharks," said Batman. "Eighteen died."

It is pretty cool to be a part of a major exporting deal.

"I have no idea why Russia is getting the cattle now. All I know is they're for reproduction," said Batman.

Batman can follow the cattle all the way until they leave the country if she wants to.

"It's an experience since we've had these export cattle," said Batman. "I make one phone call to USDA reps in Texas, and I can follow the cattle we export whenever I want. They will pay for my airfare, and I can come back whenever the cattle land. I could have toured the boat."

In other aspects of her job, Batman sometimes has tasks we normally wouldn't get at a fast food restaurant, such as conducting preg-checks and artificially inseminating cattle.

"When we preg-check, we use an ultrasound. It's got a probe where it goes into the machine," said Batman. "It's pretty interesting."

Batman plans to follow her life-long plans to be a vet; it will take her a total of six years.

"I plan on working at Garden City Feedyard until the middle of August and then head to Torrington, Wyoming, to start school the first of September," said Batman. "I'll be studying pre-vet up there for two years and then hopefully



ON THE WAY TO WORK: Senior MacKenzie Batman gets ready to leave for work. Batman works at Garden City Feeders to gain experience in the veterinary field. "The idea I like most about being a vet is the challenge and diversity for helping animals," said Batman. (Byer photo)

transfer to Colorado State University."

Batman hopes to help animals in every way she can.

"The idea I like most about being a vet is the challenge and diversity of caring for and helping animals," she said.

Retiring to new career

Speech/English teacher prepares to make way into motherhood



FINISHING TOUCH: English/Speech/Forensics teacher Rebecca Koehn is in her final month of teaching at CHS. She will retire at Christmas and have a baby in February. "You never know where life will take you," she said. (Marshall photo)

by Nicole Marshall

A baby's laugh is a way mother's can feel at ease. Speech teacher, Rebecca Koehn is planning on taking on the mother role in February.

"I'm going on a sabbatical," Koehn said. "I'm having a baby and I want to raise my children and possibly come back after they are in school."

Koehn will be finishing the semester, making December 16 her final day. She will be staying home to raise her children and work on her Masters degree. She will be missed but the district has hired a replacement.

"Mr. Brown has interviewed a few people," Koehn said. "They offered a contract to a person who lives in Garden City."

Koehn has been teaching at Cimarron High for five years exactly. Though she is retiring, she has plans for before and after

her pregnancy.

"I'm planning on getting my Masters in Library Science and taking care of my baby," said Koehn.

Preparing for the baby has already begun. Koehn and her husband have prepared the baby's room in their home.

"We painted the nursery, purchased furniture, and borrowed a crib," Koehn said.

Though Koehn will miss her students, she will not miss one thing about her teaching days.

"Grading papers is what I'll miss the least," said Koehn.

Teaching is a possible career after Koehn's children reach school age but she's open to anything new.

"You never know where life will take you," she said.



Mission to Bolivia

Local family spends two years in foreign country

by Tess Trahern

Most teenagers would be extremely displeased with having to pack up and move across the world to a place with unfamiliar customs. One girl wasn't. She was even happy about it and ended up learning more about life.

Sophomore Talley Friesen is that girl.

In 2006, the Friesen family packed up and left Cimarron to go to a completely different country: Bolivia.

At the time they left, Talley Friesen's father, Bob, had been a P.E. teacher at CHS, and her mother had taught grade school.

"God told us to do something else and become missionaries," said Talley Friesen. "So we just did it."

The Friesens lived in Santa Cruz for two years. They joined in on the customs, learned some of the language, and made friends. They enjoyed many activities while staying there.

"We went to an orphanage and played games with the children," said Talley Friesen. "We went to the movies because they were very cheap. Of course, we also spent plenty of time with friends."

The Friesen parents took on teaching jobs again, but this time it was for the mission.

"Both my parents taught at the missionary school," said Talley Friesen, "and my mom taught children at an

orphanage for a year."

There were many things to get used to. The differences between two countries can often be overwhelming, but the Friesen family adjusted well.

"It was hard adjusting at first, but you just kind of got used to it," said Talley Friesen. "The food was very different and we took taxis and buses everywhere. There were also a lot of street people, mostly little kids, and there were outside markets."

The family liked living there very much, but Friesen did feel homesick from time to time. Finally, a day came when her family knew it was the right time to come back to Cimarron.

"My family prayed and prayed about it," she said. "Then one night my dad looked on the Internet and found an opening for a social studies teacher right here in Cimarron. We pretty much knew that God wanted us back here."

Talley Friesen misses Santa Cruz from time to time and feels that it has impacted her life deeply and helped enlighten her.



HELPING OUT: Sophomore Talley Friesen hugs a friend in Bolivia. She spent two years in Santa Cruz and her family helped out at an orphanage. "People's life in Bolivia is so different from ours," said Friesen. (Courtesy photo)

"I learned that a little hard work will help you succeed," she said. "The people's life in Bolivia is so much different than ours. It's harder. They had to steal food just to survive. They also support their families. We could all learn from that."

Bernardina Hernandez: balancing work, school, marriage

by Tess Trahern

Bernardina Hernandez Ajualip has been married for half a year now and she finds herself juggling work, school, and married life. She has little free time and is always busy with something going on in her life. She cooks and cleans on top of getting her homework done each day.

"I usually have an hour or and hour and a half of homework to get done," said Ajualip. "I cook too. I clean the kitchen, the bedroom, the living room. I pretty much clean the whole house."

Ajualip doesn't have much free time, but she makes the most of it when she does by spending time with her husband whenever possible.

"I usually don't even have three hours of free time during the week," said Ajualip. "When I do have spare time, we go out. We go to church or the park, something small. I try to spend time with my husband."

Dealing with all of this responsibility can wear a person down. Ajualip knows this better than most people.

"I'm somewhat stressed, but mostly I'm just tired," said Ajualip. "I don't sleep much and I get sick a lot. I try

to avoid being overwhelmed though."

Ajualip's typical schedule starts with waking up, getting ready for school, and getting to school by 7:30. After school, she goes to work at the Ingalls Café until 8:35. Ajualip then goes home at 9:30 where she picks up the house and starts cooking. At 11:00 she goes to bed, but then wakes up at midnight to eat supper with her husband when he gets home from work. She goes back to bed between 3:00 and 4:00 in the morning.

"My husband helps me out," said Ajualip, "and sometimes I get advice from my mother, but I figure things out for myself usually."

Ajualip's teachers worry about her. They are concerned about her well being but they believe in her.

"She's in yearbook class, so I see her everyday," said yearbook teacher, Lynne Hewes. "I worry about the level of stress placed on her, but she always tells me she can deal with it. It's her senior year."

Career and Community Connections Teacher Paula Wehkamp is another concerned teacher.

"Bernardina is a mature young lady who strives for perfection," she said. "It's been difficult for her, but I feel she will be a better person for it."

Ajualip may have a lot on her plate, but she is optimistic and has no regrets whatsoever about the life she leads.



BUSY AS A BEE! Senior Bernardina Hernandez Ajualip spends her time balancing work, marriage, and school. "I usually don't even have three hours of free time during the week," said Ajualip. (Courtesy photo)

Season begins:

Wrestling team ready to take down competition

by James Rittenhouse

As winter sports begin, wrestling goes into full stride. With two returning seniors and three returning state qualifiers, the wrestling team looks to be a force within the Hi-Plains League.

"We have a good chance to have three, four, or even five league champs this year," wrestling coach Lance Walker said. "As a team it's a little bit harder to judge because we have empty weight classes all the way up to 135."

With those empty weight classes a lot of pressure falls on incoming freshmen to pull their own weight on the team and learn the ins and outs of high school wrestling.

"I hope to get a spot on varsity and qualify for state in my freshman year," Brady Barrett said.

Even though the team has an abundance of freshmen resources, they rely on their returning state qualifiers. John Shaughnessy, senior; Tyler White, junior; and Colter Croft of South Grey all return to the team, hoping to improve their records from last year.

"Last year I went to state; this year I hope to not only go, but medal,"

Shaughnessy said.

The league and regional meets aren't the only meets that wrestlers have their sites on.

"We are going to Hoxby this year, I'm pretty stoked about that one because we get to see our competition," junior Chris Lacy said, "and the cheerleaders aren't bad either."

Wrestling is a rarity, in that wrestlers compete as an individual and at the same time help their team. Cimarron has been able to hold its own at the league tournament in the past few years. Last year was no exception, and the team expects for that success to continue.

"The team did really well last year, and we want to build on that," Shaughnessy said.

PINNED! Junior Jordan Osborne pins Sophomore Wyatt Stanley at wrestling practice. Wrestling season kicked off in mid-November. "We have a good chance to have three, four, or even five league champs this year," said wrestling coach Lance Walker. (Courtesy photo)

**Basketball season approaches on calendar, confidence rises**

by Spence Byer

Gridiron play is over. It's time for basketball for CHS men. Coach Doug Minneman is confident that this year's team will have a successful season.

"We should have more success than the years in the past," said Minneman.

The men's team is young, but senior leadership will play a major role in the

season. The team consists of 28 players, and a whopping 11 of them are freshmen.

"We'll count on seniors to lead us," said Minneman, "and underclassmen to step up."

In the past years senior leadership has been far and few, from as little as two seniors on the team. That's not the case for the 2009-2010 squad.

"We have five seniors this year," said Minneman, "we will expect them to lead us."

In the past few years CHS has struggled in league play due to a very tough league.

"Southwestern Heights, Hugoton, Scott City, and Holcomb will all be tough games," said Minneman. "Holcomb always puts out a very good team."

In spite of the competition, however, Minneman has high hopes for the season. Minneman has a number of goals. The main one is having success in league play.

"We want to finish in the top three in the league by overall record," he said.

CHS men's season kicks off on December 4 at Meade.

Fundraising Frenzy: Community willing to buy outrageous goods from clubs

Fundraisers rank among the most **Opinion** excruciating afflictions by **Spence Byer** teenagers undergo. While being forced to sell fruit for band recently, I caught myself thinking deeply about fundraisers.

Let's face it. Fundraisers are a complete pain. Organization members in high school are forced to sell things for fundraisers; otherwise, they are required to cough up money they do not have.

Selling things door-to-door hurts my pride because I have to ask people to buy something highly overpriced when I know they can get it much cheaper at White's.

The biggest problem about fundraisers is there are way too many. Every time you turn around, someone

is hitting you up to buy something from band, or FFA, or NHS, or choir. The list is endless.

One predicament teens get caught in on fundraisers is that they have to raise several hundred dollars by a certain date; otherwise, they have to pay their own money to go on the club trip. The option not to go on the trip is acceptable, but when you are the only person who opts out, you look bad. Most high school students can't afford just to write a \$600 check and be on their merry way. This predicament causes them to swallow their pride and go out and knock on some doors.

For example, I feel completely terrible for the cheerleaders; they have to sell 100 items of very expensive food

items! This is an impossible task, and all cheerleaders are also involved with other clubs so they are bound to have to sell more useless junk, such as novelty tees and over-priced trinkets, throughout the year.

Selling bad merchandise is not the answer.

I respect Coach Doug Minneman greatly for the way the football team raised funds. The football team has done several odd major jobs to raise money such jobs as laying turf, and roofing houses.

I would much rather do hard physical labor than sell magazines door-to-door.

The burden of selling merchandise is not going to go away. Generations of school children have been hitting up

people for ages. The customers, though, are always be willing to buy, not because the product is good, but out of the greatness of their hearts.

I am fortunate enough to live in a small town where community members are more than happy to support local groups and buy from high school students. Our community is filled with gracious, caring people, whom I respect immensely.

Living in a small town has taught me how to be generous and think of the big picture when buying things. At a time of budget cuts and terrible economy, clubs should sell worth-while items to people, don't waste their money and time with useless junk.

Lady Jays basketball ready for the jump

by Lyndi Stokes

With a long season ahead of them, the CHS basketball girls are starting early and working hard to get into shape and individually perfect their skills.

This year's team is more ready than ever with their early preparation. They have begun preseason conditioning, which includes running and lifting weights, and have been getting together on their own time to work on their skills as a team. Not only that, but new ideas and new coaching also come into play.

"This year we plan to prepare for the season starting with a fun night to build team unity," said head basketball coach David Ediger. "We are also getting ready for the beginning, such as at practices starting to look at who we have and watching film of our first opponent."

After a long week of conditioning, the team took a break and had a fun night where they all got together to spend time. They ate dinner together, played games, and overall had a good time with one another to come together as a team.

"I think this year's team will be quicker since we are shorter and don't have the height like last year," said sophomore Avery Burns.

With many new strategies in mind, the team is hoping to be successful this year. They will try new things offensively and defensively. Coaches will begin evaluating where everyone is individually and working on weaknesses as well as

strengths.

"Our goal for this year is to improve individually and as a team and to do the very best we can," said Ediger.

With many seniors gone and few upperclassmen, the girls may find the competition a little tougher this year, but they do believe that being a little faster, more experienced, and having more of a family atmosphere can help them work well together and become a stronger team.

"I think last year there was lots of controversy between one another, and this year we will get along better and actually play as a team," said Burns.

Not only are there new ideas for this year's basketball season, but there is also new coaching. Last season Josh Littlejohn was the "C" team basketball coach, and Kelli Buehler was the Junior Varsity coach.

At the end of the season, Coach Buehler decided she would no longer be coaching Junior Varsity. This year Coach Littlejohn moved up and became coach for the Junior Varsity. After a long search for a new "C" team coach, one was finally found. High School graduate of 2007 Kristin Riney has become the new "C" team coach.

"We are excited to have Kristen work with us and bring a female perspective with our girls. She knows a lot of our systems so I don't have to train her and it makes the transition easier," said Ediger.



NICE AND EASY: Freshmen Brandi Fairbank and Kate Flores work on their hand-eye coordination and fundamental skills during their first week of basketball practice, which started the November 16. "Our goal for this year is to improve individually and as a team and to do the very best we can," said Coach David Ediger. (Courtesy photo)

The girls feel that with that their head start in preparation and everyone getting along and acting as a team, they have a good chance of a successful season.

"This year we will be a little faster, more experienced, and hopefully have more of a family atmosphere," said Ediger.

Managers matter

Thompson enjoys serving team

by Lyndi Stokes

As we all know, coaches can't get everything done by themselves because of the time limit, so someone has to help them out. That's where the managers come into play.

"I became a manager because it looks really good on scholarships and they really needed the help," said sophomore Abby Thompson.

Most people enjoy being manager, especially if they aren't involved in sports at the time, because it keeps them active and involved with their peers.

"I enjoy the bond with the older girls on the team," said Thompson. "We became really good friends."

As we see managers at practices, we may wonder what they actually do. Sometimes it seems their work is laid back and fun, but most of the time it's busy and stressful.

"I was in charge of water bottles and took stats at the beginning of the season and at every game. I also did any little errand

the girls or coaches needed me to do," said Thompson.

Getting to spend time with their peers and going to the games is only part of the benefit managers receive. They are considered part of the team and treated like a member also.

"I enjoyed being manager because the sense of family with the whole team. You become close to the team and the bond between you is hard to break. The team makes you feel like you were a definite member," Thompson said.



Sophomore Abby Thompson, team manager



SPIKE IT: Senior Charles Blattner slams the ball over the net for his team's score. Blattner, who went out for football during his high school career, enjoyed the opportunity to try a new sport. (Yearbook photo)

Incredibles:

Hulk Volleyball a 'hit'

FCCLA recently hosted "Hulk Volleyball" as a fundraiser for National Children's Miracle Network.



STOP THE POINT: Senior Eric Flores is hands up to stop his opponents from getting a score. Flores volunteered his time to help FCCLA raise money for charity at Hulk Volleyball night. (Yearbook photo)

Principal's Perspective

Depression and Bedtimes

According to the National Institute of Health (NIH), a recent study has discovered that "...teens whose parents let them stay up after midnight on weeknights have a much higher chance of being depressed or suicidal than teens whose parents enforce an earlier bedtime."

In addition, the NIH study of 15,659 teens learned that "...middle- and high-school students whose parents don't require them to be in bed before midnight on school nights are 42% more likely to be depressed than teens whose parents require a 10 p.m. or earlier bedtime. And, teens who are allowed to stay up late are 30% more likely to have had suicidal thoughts in the past year."

Furthermore, "...the NIH survey found that kids whose parents called for a 9-10 p.m. bedtime said they were in bed, on average by 10:04 p.m. They slept for 8 hours and 10 minutes on average, compared with 7 1/2 hours for kids allowed to stay up past midnight."

Even though the findings of this research seem rather straightforward, it has sparked a debate between different educators and other interested parties. For

example, some point out that it has not been established (proven) that the 'later bedtime curfew' causes depression and suicidal thoughts.

These critics claim that the "...lack of sleep" is actually a symptom of an unloving or uncaring home environment and that [this] is the cause of the depression." In addition, others argue that ... even if parents were to set earlier bedtimes ... it is entirely possible that the students would 'suffer' in other ways because the 'earlier' bedtimes would interfere with the student's studying time.

One educator states, "...there's this crazy thing going on that says kids need to juggle six or seven subjects, two or three activities, usually a sport for two or three hours per day, homework from one to four hours per day, in addition to being tied up with commuting and attending classes for eight or nine hours of the day. That leaves out eating, dressing, [sleep time], and family time."

But, countering these comments are others who claim that it is just common sense that students need adequate sleep. One person states, "Sleep deprivation has been used for years as a form of torture because of its negative impact on humans."

So, where does this leave us? Should we make sure that our teens are 'in bed' by 9 or 10 p.m.? I really don't know if there is any agreement on this particular question.

However, I did like the comment offered by one contributor when he stated, "Parents who are involved make their kids follow rules. One of these rules is 'bedtime.'

Kids to have parents that are involved in their lives and make them have a bedtime are less likely to be depressed because they are less likely to be neglected.

Kids who are paid attention to and have a good relationship with their parents are less likely to [suffer depression and suicidal thoughts.]"

--Material taken from USA Today

--Mr. Brown, CHS Principal

Counselor's Corner

Recently I attended the annual financial aid conference in Hays. Each year, I debate on if I should go or if it is going to be the same old information. I am so glad that I decided to go. There have been many exciting changes to the financial aid form, better known as the FAFSA form. For example, the form is not as lengthy and they are working on simplifying the questions. At the conference they also introduced the **FAFSA4caster**. This web program will estimate how much you will receive in financial aid.

I have sent materials home with your senior, but if you would like more information, please contact me.

Here are some more important tips to help make the process easier for you:

1. The definition of financial aid is "money from a source other than the family to assist with the cost of attending college." It can come in the form of grants, loans, scholarships, and employment on campus. Remember grants and scholarships you do not pay back, but loans you do pay back.

2. Please make sure you are on **FAFSAed.gov** website when you are filling out the application. This site is FREE, others will charge you a fee!

3. Sign up early for your PIN number. Both the parent and student will need their own PIN number for the application.

4. When completing the FAFSA form you will need the following information:

Social Security numbers

2009 Income Tax forms

Current bank statements, mortgage information, business and farm records.

I know that this process can be overwhelming and confusing. To help answer your questions, we will have a financial aid meeting at the school on January 7 at 7:00 p.m.

You will receive a letter closer to the date.

Again, my door is always open and please stop by or call if you have any questions or concerns.

--Mrs. Millershaski, CHS Counselor

Students of the Month November



"Charise Friesen, seventh grade, is always pleasant and ready to work. Her willingness to help others is what sets her apart from her peers. She is always happy and has a smile on her face." --Mrs. Thompson

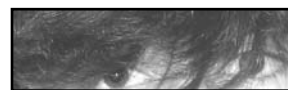
"Chris Lacy, junior, is succeeding wonderfully in my Chemistry classroom. He is always eager to answer questions, of which he is usually correct. He is also very polite and volunteers to help out in any way." --Mrs. Johnson



"Maria Sauzamede, senior, is so respectful and polite. She puts forth a great amount of effort in everything that she does and is always willing to help and encourage others." --Mrs. Minneman

Thinking Outside the Box

Christmas and why it's destroying America



Opinion
by James Rittenhouse

family, helping out at your local charity and, overall, spending quality time with loved ones.

News flash: that's all changed in the past few decades. At one time loved ones gave gifts and didn't expect anything in return. Now, if a little kid doesn't get what he wants, he throws a tantrum right in the middle of Christmas.

But we can't blame the children; I mean it's not their fault they grew up in a commercialized wasteland. We can't even watch our favorite late night sitcom without a department store advertising a "huge holiday blow out sale!"

Kids running around asking an imaginary old man for a countless number of gifts, stores taking advantage of brain-

It's Christmas time again, that time to be nice to the people you can't stand.

Christmas has been changing since the beginning of time. At one point Christmas was supposed to be a time of giving to friends and

washed parents, and all that annoying Christmas music playing throughout malls everywhere are all things that have turned Christmas from a family bonding time to a exploitation of the American dollar.

I'm not saying I don't enjoy gifts; I like getting my fair share of presents on Christmas night.

But I just think that spending time with the family on Christmas is enough of a gift. Instead of asking what I'm getting on that fateful night, I am more interested on what my family will do to bond.

Maybe it's just me, but I'd rather sit around and eat pie all night than watch people unwrap presents, but, then again, I'm a man who loves his pie.

I guess the point I'm trying to get across is that instead of turning into a mindless shopping drone this holiday season, try thinking of a way to better your relationship with your family.

After all, what's better than chilling out with the family and eating some pie?