

The Bluejay Post



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Cimarron High School

Cimarron, Kansas 67835

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New foreign exchange student masters English language

by Kyle Maddox

Imagine having lived in Kansas for eighteen years, and then suddenly diving into a completely different culture, like going to New York City and living there for a month.

It would be difficult, right? But try to imagine going to a completely different country to live for a few months.

This is what our new foreign exchange student, Caroline Kramer, has to do.

For someone who started learning English in seventh grade, Kramer, has a mastery over the language.

"I speak German, English, and Latin," she said.

Kramer comes to us from the region of Germany called Lower Saxony, which is in the northwest section of the country, where she left behind a very intelligent family.

"My mother is a chemist, my father is an engineer, and my brother goes to school," she said. "My host family in the USA is the Dizmangs."

Kramer left behind many other things in Germany.

"I miss my friends the most," she said.

The United States and Germany are very different when it comes to the mindset of their citizens, according to Kramer.

"The German people are very strict:

they are usually punctual, not every one, but most are not so funny as well," said Kramer.

The German school system is also very different.

"In Germany, we have 13 years to go to school; we have a different rate to learn. It's slower than the USA, but harder, and we have more time to do it," she said. "We have twelve classes, and everybody has to take every class."

German schools still sponsor sports, though.

"The Germans play a lot of soccer, and the girls do gymnastics," said Kramer.

One aspect of Germany is not quite so different from the United States.

"The food is about the same. We have a lot of food from the USA," she said, "[but] I had American apple pie, and we don't have that in Germany."

The United States is a country widely mentioned in daily media.



SPRECHEN SIE ENGLISCH? Junior Caroline Kramer is CHS's new foreign exchange student. She comes to CHS from Lower Saxony, in the Northwest part of Germany. "In Germany, we hear very much from the United States from the television and the radio, and, therefore, I want to see how it really is," said Kramer. (Maddox photo)

"In Germany, we hear very much from the United States from the television and the radio, and, therefore, I want to see how it really is," said Kramer.

Kramer has high hopes for her experi-

ence in the USA.

"I want to become more self-confident," said Kramer, "and of course, I want to learn more English."

Sadie Hawkins dance to return to CHS

By Nicole Marshall

The Sadie Hawkins dance has returned, thanks to StuCo and its student council president-elect, Spence Byer.

The Sadie Hawkins dance was set because there was room for another dance on the calendar to make an even number of dances.

"Our only solid date was January 31," Byer said. "Mr. Brown agreed that a Sadie Hawkins dance was a good idea."

Sadie Hawkins dance began in Al Capp's Lil' Abner comic strip. There was a day in November when women could chase bachelors around the town in hopes of catching one to get married. In the tale,

Sadie Hawkins was "the homeliest gal in all them hills," and the day in November was her favorite and the town bachelors' most dreaded. As the comic became more popular, a holiday inspired by the single Sadie was born.

Getting the Sadie Hawkins dance approved at CHS this year was rather

simple.

"It took about two seconds, the usual reaction time. But it took longer to see if StuCo would sponsor it," Byer said.

Chaperones volunteered.

"Ms. Hendrix and Mr. Brown agreed to chaperone our dance," Byer said.

Valentine's Day made manly

The guys' manual for purchasing the perfect romantic gift

By J.M. Kliewer

Marriages end, people die, and puppies don't stay cute forever.

Hallmark be praised, though; Valentine's Day is coming up, so no need to fear. "Love" is on the way.

Hopelessly romantic gestures have been making women swoon for hundreds of years, whether it be Marc Antony and Cleopatra or Tom Cruise and Katie Holmes. However, men, if you don't want to die, or even worse, go on *Oprah* for your love, there might be a few alternatives.

Valentine's Day helps all of us throw away any manly pride that we stored up in the previous 364 days, and it takes us from football watching lumps of testosterone to modern-day Casanovas.

So males, how can we retain our dignity for these soulful 24 hours?

Well, as fruitless as these attempts may seem to be, here are "Kliewer's Rules to a Moderately Enjoyable Valentine's Day," so we can keep our women, but without putting out any real romantic effort:

Rule 1: This Valentine's Day don't listen to John Lennon or Paul McCartney, and go ahead, let money buy you love.

A nice bottle of perfume or maybe an expensive pair of shoes always does the trick. And if reading women's minds doesn't come as easily as it did to Mel Gibson, then grab a churro and watch all of the other young mall rats shop for their

loves.

No more foot massages or candlelit dinners for you, Mr. Manly Man. Just sit back, put your feet up, and enjoy the holiday special, "A Very Smurfy Valentine's Day."

Rule 2: Flowers are lame.

Isn't there anything better out there to shell out fifty dollars on? I mean the kid next door only charges fifteen for a good lawn mowing. Talk about economical!

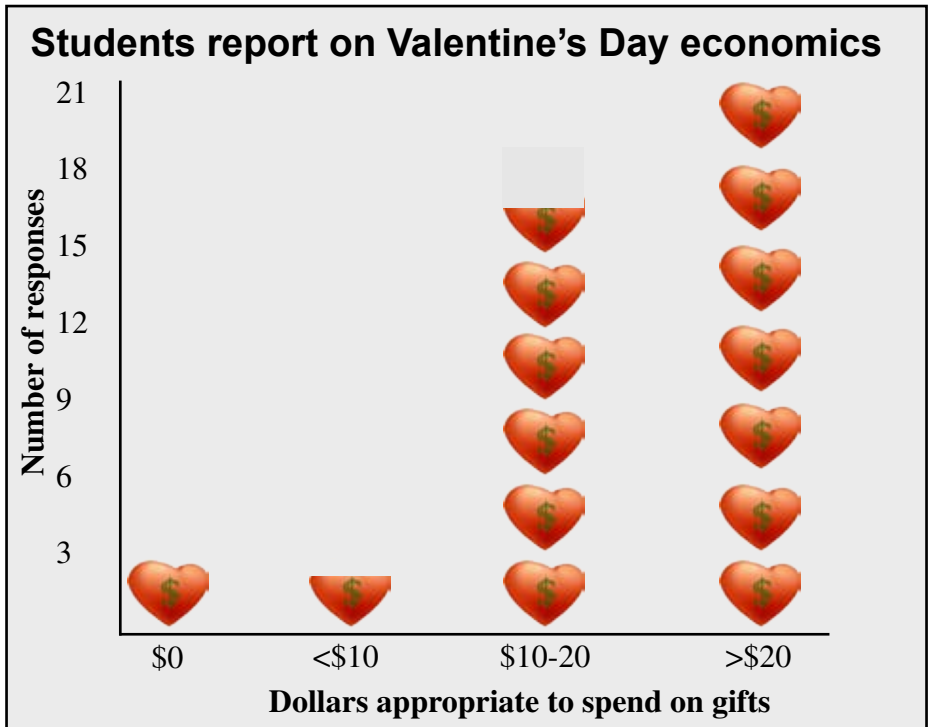
Rule 3: How about a date YOU will enjoy?

Since when did dates have to be outrageously feminine and boring? How about instead of an expensive meal at some snooty French bistro, we settle for some good seats at a hockey game, or perhaps a quiet night at home watching *Gilligan's Island* reruns?

Rule 4: Gift cards are golden!

Men, let's admit it. We don't know what our lady wants, we don't have the faintest clue where to look for what she wants, and altogether, if she wants it that badly, then it's probably going to be really expensive.

So instead of the sweet and romantic gesture of spending hours upon hours at a packed mall full of whiny little kids, how about you cut your time tenfold, grab a Sears gift card, and hope she spends it on a present for you. That's what I call killing two birds with one stone, fellas.



So this holiday season, after the jetlag of Christmas leaves us all out of the giving spirit, and Dick Vitale's sports casting is just too thrilling to take your attention off of for a present shopping venture, use "Kliewer's Rules to a Moderately Enjoyable Valentine's Day."



Protect your toes, put on shoes: Consider hazards of open-toed shoes in winter

By Kaitlin Unruh

In the heart of winter when the wind grows cold and everyone starts bundling up, we would think that our toes would be included. In a way, our toes may be kept warm, by socks, but many students have continued to wear sandals during these cold months.

In the midst of this wintry weather, an increasing epidemic where students are disregarding the safety of their feet for fashionable socks, trudging through wind, snow, and extreme cold in nothing more than a thin layer of fabric may cause a myriad of orthopedic problems.

It is a little known fact that our feet shrink slightly in the winter due to cold weather. So exposing feet to more cold cannot possibly be good for that main form of transportation located at the ends of our lower extremities. Not only might we begin to have shrinking feet, but frost-bite is also a large concern.

Health isn't the only reason we have to cover up our toesies. Walking around with socks and sandals on also looks cheesy.

Honestly, students who do might get jumped in a dark alley because they look like an easy target, someone, who, due to not having proper winter shoes on, would

be susceptible to a more appropriately clad enemy.

Out of concern for ourselves, we must cover up our toes, not only with socks, but also with a shoe of some sort, thereby keeping our feet healthy and avoiding an ambush in a dark alley in the middle of

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.

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Dual directors dictate drama during 2009 season

by Kyle Maddox

Forensics is a difficult activity for its participants, called Forensicators. But with a good, steady hand to lead them, performers can usually do quite well at meets. This year, Cimarron High School has two such leaders, Lynne Hewes and Rebecca Koehn.

Koehn had handled the program for three years, but when she was hired, she was not certified as a speech teacher.

"Basically, we had to split up [the program] because I'm not certified to teach speech, and the state would not OK my waiver to teach any longer," said Koehn.

Certification is a long and difficult process that involves many hours of classes.

"When I was looking into it, the colleges require thirty hours," said, Koehn, "and that's only for an endorsement. That's just too long."

Teaching isn't the only aspect to the Forensics program, however.

"They asked Mrs. Hewes to teach because she's certified, and I said that I would continue to coach and continue to do any out-of-class things," she said.

Koehn hopes to someday return to teaching Forensics.

"This next year there might be a possibility that I will come back because [the state] came up with a test, and if I pass that, I'll be certified," she said.

Hewes is up to the challenge of teaching the class this year.

"I had forgotten how stressful the job was in the eight years I have not taught it. It's like you have to prepare for nine separate classes in one hour [the different events]," she said, "but I had also forgotten how much fun it is."

Both Koehn and Hewes are happy to have each other to help with the day-to-day workings of the program.

"It's really nice to have someone like Mrs. Koehn to bounce ideas off of. It really helps," said Hewes.

However, Hewes and Koehn are not the only people affected by the transition.

"I think it's better because we can get two opinions on how pieces ought to be performed instead of just one," said



LIGHTS, CAMERA... ACTION! Junior Bianca Garcia practices her piece for Drama Director Rebecca Koehn. The first forensics meet is on January 31 at Satanta. (Maddox photo)

Gretchen Bailey, three-year Forensics veteran.

Forensics is a tough activity, but everyone has high hopes about the tag-team teachers.

"My goal is to keep people as enthusiastic about Forensics as they have been in past years," said Hewes, "and to encourage a good variety of new people to try and to enjoy it."

Music teachers, students to attend KMEA convention

By Kaitlin Unruh

CHS students will be attending the Kansas Music Educators Association (KMEA) convention on February 26-28.

Having auditioned and been accepted into the State High School Honor Choir, Senior David Fisher, Junior Tyler Royle, and Sophomore Miranda Burns will go to Wichita for three days of rehearsal and end the weekend with a concert on Saturday evening.

"Auditions were held at the beginning of last semester," said Lynn Unruh, CHS vocal director. "The auditions are very difficult."

The State High School Honor Choir isn't the only choir that vocalists have to audition to be a part of. The State Middle Level Choir is for students in grades six through nine.

Students attending the Middle Level Choir are Freshmen Tyler Seik, and Tiffany Becker and Seventh Grader Seth Paukner.

Unlike the Middle Level and State High School choir, all other choirs audition as a group.

"The KMEA convention is for teachers really," Unruh said, "to help teach us

how to teach music better."

There are many booths set up at the convention for music scores, instruments, and other utensils for a music department. Also offered are many classes throughout the weekend over sight reading, intonation, and so on.

Miss School Spirit/Mr. Bluejay to be announced on Friday, February 13, during Leoti game

By Nicole Marshall

The basketball season is coming close to an end before state, which means Miss School Spirit is right around the corner. The candidates have been decided, and February 13 is the date.

This year's Mr. Bluejay nominees are Seniors Joel Baublits, Cory Gleason, Jared Nichols, Jordan Toothaker and junior Matthew Wehkamp. Miss School Spirit candidates are Seniors Michaela Herron and Lindsay Underwood, juniors Janelyn Reimer, Katelyn Ridenour, and Kelsey Stucky.

Candidates are decided after the junior class chooses three girls and three boys, and the seniors do the same. There is then

However, choir isn't the only department attending the music convention. Jamie Minnieman, CHS band instructor, and Kim Eaton, grade school choir teacher, will also be attending.

There is also an audition Honor Band and Orchestra who are featured in the same concert as the Honor Choir, wrapping up

a committee of five people who are made up of four faculty members and the Athletic Director.

The committee picks two other junior girls and boys, as well as two senior girls and boys. This makes the total number five candidates.

"The student body votes for Miss School Spirit and Mr. Bluejay," said cheerleading sponsor Terri Payne.

To become a candidate is an easy task if as student is involved in the following activities: StuCo, cheerleading, class officer, boys' football, girls' tennis, girls' volleyball, girls' cross country, boys' cross country, boys' and girls' basketball, wrestling, boys' tennis, boys' and girls' track, and boys' and girls' golf.

Organizational Bytes

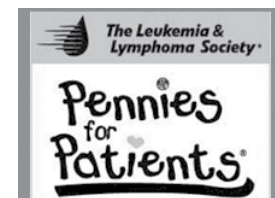
The Cimarron Spelling Bee has been rescheduled for **February 6, at 10 a.m. in the Cimarron H.S. Auditorium.**

The original date of January 22 was moved back to give students and teachers more time to work on the spelling material.

The **Gray County Spelling Bee** will be held at the **Cimarron H.S. Auditorium**



On January 23, 24, and 25 the **CHS Band** took nine students to the **K-State Concert Band Clinic.** Students participating were **Matt Baublits, Joel Baublits, Megan Mahurin, Bekah Harman, Abby Thompson, Joey Franzitta, Spence Byer, Maria Sauzameda,** and



KAY Club is sponsoring a **class competition** taking place at Cimarron High School. Small

white boxes can be found in the English classes, one for freshman, sophomores, juniors, and seniors. The collection is for the **Leukemia and Lymphoma Society.** Classes have a goal of \$300. For more information go to www.schoolandyouth.org.

February teacher appreciation dinner to be held

By Kaitlin Unruh

This year's Teacher Appreciation/ Valentine's Day dinner will be held at the Nazarene church on February 16 at 6:00 in p.m.

Steaks prepared by ladies at the Nazarene church will be served to the whole staff.

Gathering the whole armada of teachers from both the high school and grade school, the annual dinner is a rare opportunity to show educators they are valued and give appreciation for all their hard work.

Creative community services

New student art teacher at Cimarron

By Britnie Jenkins

One of the required graduation credits for CHS students is one full credit of fine arts. For the musically talented, this means taking either vocal or band. Those students whose talents lie somewhere besides music, however, such as in the arts department, came back from Christmas break with a surprise.

Katie Hendrix, a current student of Kansas State University, has come to Cimarron to student teach.

"I am working towards a bachelor's in art education," said Hendrix, "and I will only be here until the beginning of May."

Even though Hendrix grew up in Golden, Colorado, she has family ties in Southwestern Kansas. These ties include her older sister, science teacher Jennifer Hendrix and her uncle, math teacher Denis Hornung.

"Most of my family lives around this area," she said. "I also wanted to come back to Southwest Kansas because I thought it would be good experience to get out of Manhattan and teach in a smaller school setting."

Several college students attend college, not knowing what their major will be, but Hendrix went into college knowing exactly what her plans were.

"I love art," she said. "It's my

passion. It helped me to grow as a person, and I hoped that by teaching art, I could help other people to be able to grow as persons, too. So I went into college wanting to be in art education."

In art, there are many medias, or different materials, used to create a masterpiece.

"My favorite art media," said Hendrix, "probably would be drawing or painting. [In my free time] I like to draw, using charcoal or pencil, agriculture-inspired animals like cows or horses."

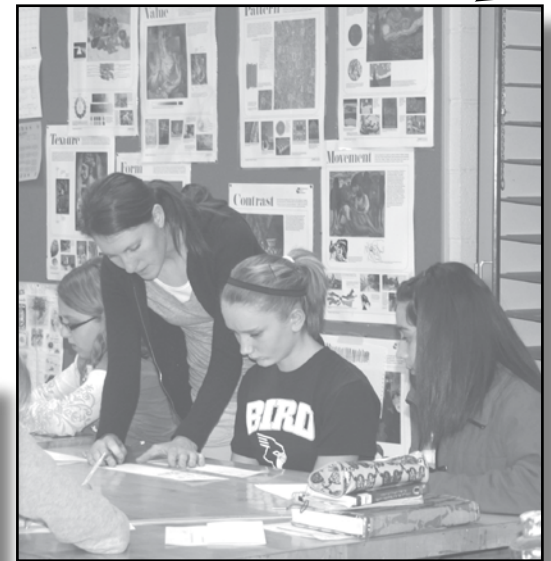
While Hendrix is in Cimarron, she has the opportunity to teach elementary art, junior high art, and high school art classes.

"I like teaching junior high art

best," she said. "High school art comes in second."

After being at KSU for four years, she finds that the tone of small town life is much different.

"I miss the excitement of the college atmosphere that Manhattan has," said Hendrix. "But I love Cimarron because everyone is so friendly."



Ready, Set: Draw!

1. New student art teacher, Katie Hendrix, gives Junior Kailin Blackburn advice on Blackburn's pastel deer. (Jenkins photo)
2. CHS's student art teacher, Katie Hendrix, writes down what the class worked on throughout the day. (Jenkins photo)
3. Katie Hendrix, new student art teacher at CHS, sculpts a wire chicken along with art teacher Steve Giebler's second hour art class. (Jenkins photo)
4. Brittnee Pingsterhaus and Jessica Garcia watch carefully as student art teacher Katie Hendrix instructs her in the art of perspective. (Jenkins photo)

WKSAA art show results

G
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Sharon Garcia, junior, pencil
Issa Garcia, junior, scratch art
Deidre Lopez, sophomore, sculpture

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Ross Addison, senior, pencil
Tatiana Chandler, sophomore, pastel
Michaela Herron, senior, pencil/colored pencil
Lindsay Underwood, senior, ink drawing
Cody Thomas, eighth grade, printmaking

M
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T

Ross Addison, senior, colored pencil
Matt Baublits, senior, tempera painting
Lindsay Fields, senior, tempera painting
Marlene Rivera, senior, ceramic sculpture
Blake VanBuskirk, senior, pencil drawing
Issa Garcia, junior, pencil drawing

Marco Ortiz, junior, ceramic sculpture
Marco Ortiz, junior, ceramic sculpture
Tyler Peterson, junior, ceramic sculpture
Janelyn Reimer, junior, pencil
Kelsey Stucky, junior, ceramic sculpture
Tiana Schneider, sophomore, ink drawing
Austin Flores, eighth grade, pencil
Eric Rodriguez, eighth grade, pencil

Crystal Wade, eighth grade, printmaking
Ember Fink, seventh grade, printmaking
Jessica Garcia, seventh grade, printmaking

contribute to everyday life

Savior in scrubs saves students from sickness

By Kyle Maddox

Be it a crying wail or a stifled whimper, noise can usually be heard coming from the Gray County Health Department, where Rayna Maddox administers life-saving vaccines, supplies government aid to those in need and despair, and plans emergency procedures, among many, many other things.

Maddox was born in Belpre, Kansas, and moved to Cimarron in 1985. She majored in science and biology and minored in chemistry at the University of Emporia and holds a nursing degree from Dodge City Community College. She lives with her husband, Martin, her three children, Aaron, 20, Kyle, 16, and Jason, 14, her mother, Darline, and grandmother, Pauline.

Aside from her 50-60 hour workweek, Maddox also has a few hobbies.

"I like to read, watch the Dallas Cowboys play, work in my flower garden, and support my children's activities," she said.

Maddox is a family-orientated per-

son.

"At times it can be difficult to juggle such a demanding job and my family, but my family has always come first," she said.

A Nurse Administrator of a county health department has many responsibilities.

"As the administrator, I am responsible for the overall operation of the health department," Maddox said. "We provide services for the citizens of Gray County, including health screenings, immunizations, the Women, Infants and Children (WIC) nutrition program, public health emergency preparedness, and many more."

There are both easy and difficult aspects to Maddox's job.

"[Easiest:] Working with the staff at the health department. They are compassionate, caring people, and we all work together well as a team," she said. "[Hardest:] Trying to find health care and other resources for people in need."

A health department does not offer

the same services that as a doctor's office.

"The kind of health services we provide are different than that of a doctor," Maddox said. "A doctor takes 'sick' people and makes them well. We strive to improve the health of the entire community."

The motto of the health department is "Prevent, Promote, Protect."

"We try to 'prevent' injury by educating people about the use of seatbelts and the like. We 'promote' eating fruits and vegetables for better nutrition. We 'protect' people by immunizing them with shots," she said.

It seems it is hard to avoid the attack of a crashing economy.

"The Health Department is within the infrastructure of local county government.



HEALING HANDS: Nurse Administrator Rayna Maddox checks the pulse of a patient. Maddox works at the Gray County Health Department. (Maddox photo)

This means that the majority of our funding comes from local tax dollars. However, we also receive state and federal grant money. As the Feds tighten their purse strings, some of our funds will be cut also," Maddox said.

Health Awareness program begins with FCCLA group

By Nicole Marshall

FCCLA has begun a new project for a Star event. The club has started a Health Program for students as well as faculty to help get everyone into a healthier lifestyle.

The event is a program national FCCLA called Student Body.

"I have a class that has many FCCLA members who are turning this into a chapter project," FACS teacher Paula Wehkamp said.

The program takes place every Thursday morning at 7:30 a.m. Everyone is encouraged to join, students as well as adults. Wehkamp is hoping to enlighten students and adults into total wellness.

In the first meeting, the class had a stress-relief session, as well as finding out the calorie count in their bodies. The class also tests body mass index and every three weeks each club member finds out what their total body fat is.

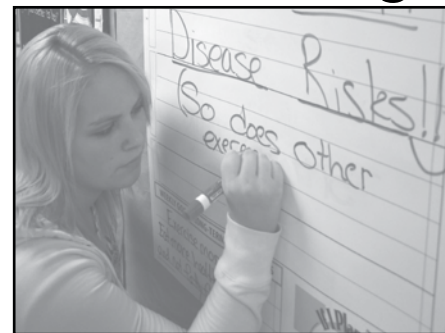
"We weigh ourselves when we check

our body fat," FCCLA president Megan Mahurin said.

The club has gotten the school involved by telling how many calories are in the everyday lunch. On Thursday, January



1



"I wanted to turn it into a Star project and my Nutrition and Wellness class came up with how to do it," Wehkamp said.

FCCLA is trying to organize an outside-of-school exercising program as a group. The club is looking into ways to get people more active in school.

The program began the beginning of second semester; however, the group is planning on making it permanent.

"We're hoping that it will last throughout the school year and start back up next semester," Wehkamp said.

CHS gets healthy:

1. FCCLA advisor, Paula Wehkamp checks out the chart to see how much calories are in a particular food. FCCLA is using this as one of their Star projects. (Yearbook photo)

2. Sierra Lucke, sophomore, writes on the dry erase board to show the risks of diseases. Lucke is a member of FCCLA. (Yearbook photo)

22, the total amount of calories for the lunch meal was 819; the total fat was 23 grams. On Friday, January 23, the total calories were 665; the total grams of fat were 22.8 grams.

The Nutrition and Wellness class was held in the gym, and the buzz of the conversation was to do something fun besides weights.

"The whole class got to talking, and we all came up with the idea to start in class about monitoring health," said Mahurin.

Wehkamp was enthusiastic of the idea.

Sports Updates

Wrestling

Hugoton Results:

Team- 2nd Place

Coulter Croft (130 lbs.): 3rd
Chris Lacy (140 lbs.): 2nd
Tyler Royle (145 lbs.): 1st
Charles Shaughnessy (150 lbs.): 3rd
John Shaughnessy (160 lbs.): 2nd
Tyler White (215 lbs.): 1st
Zach Fields (215 lbs.): 3rd

The **men's basketball team**, after such a great start, fell to 4-6 after going 0-3 in the **league tournament**.

Looking to rebound from these consecutive losses, the boys will once again face the Hugoton Eagles on Friday, and then rematch with the Leoti Indians the next week.

Both games will be at home, and are

Girls' Basket-

The **girls' team** came out of the **league tournament** with only one loss to the first place team, and silver medals all around.

While this may not equal the successes of past years, the **Lady Jays** have been flying high under the leadership of new freshman point guard **Avery Burns**.

The ladies sport a very deep bench and a solid lineup including several able bodied posts and a few quick guards with shots that make opponents tremble.

Upcoming Events

Miss School Spirit is in full swing, and will be held on February 13. After the game, there will be a casual dance.

The Jays will be playing the Leoti Indians in this important game and are hoping for a victory in this annual winter spectacle.

Lady Jays soar; boys struggle

By J.M. Kiewer

Going into the High Plains League tournament, both Cimarron Bluejay basketball teams were optimistic of their chances to take the league title after both squads received three seeds.

For the Lady Jays, this would be just another league title on a shelf with so many others recently.

For the men's basketball team, this was a great opportunity to finally capture a goal that had eluded them for the entire life of the HPL, a league title.

However, this year, the title would elude both teams, and while the Lady Jays fought valiantly with a silver medal and a birth in the championship game, the boys' team had a tough run of things, with an 0-3 tournament.

"It's really disappointing to start the season as good as we have," said senior guard Stephen Austin, "then to lose out of a tournament that we had a chance to win. . . the scores just don't reflect how hard we fought."

After a heartbreakingly close loss to Hugoton, the Bluejays took their team on the road to Garden, but in an overtime battle royale, were ousted by the Satanta Indians.

"Satanta was a tough one," junior center Matt Wehkamp said. "We fought hard on both ends of the floor, but after a few mistakes on the defensive front, we had a hard time answering on the offensive side."

With the Lady Jays cruising beside, destroying their first round opponents, the Leoti Indians, and taking apart rival Holcomb in the second round of the tourney, the Ladies improved to 2-0, as the other three seed (the Bluejay boys) fell to 0-2.

On Saturday, the final games approached, and the feelings in the locker



READY, SET... SHOOT! Freshman Wyatt Slaven waits to rebound the ball after a player of the opposing team shoots a free throw. (Yearbook photo)

rooms were very different.

"It was pretty tense after the Satanta loss," said senior point guard Jordan Toothaker. "Losing in overtime is always hard."

The boys' team fought hard in their final round, but finally were overcome by the solid Leoti boys team.

"Leoti was a good team," Toothaker said. "We played better against them, but we still struggled putting the ball into the hole."

The girls also found trouble as they were pitted against the Southwestern Heights Mustangs. The game was one of

hustle and heart, but the Jays came up short when the final buzzer sounded.

"I'm actually really happy with how we did," senior Alicia Owns said about the girls' second-place finish. "I don't think anyone expected us to do as good as we did."

While the league tournament is important, it is just peanuts compared to the substate tournament on the horizon. Both girls and boys will face tough opponents.

"We just want to focus on the rest of the season now," Austin said. "We can just take one game at a time and work our way back to the top."

Injuries maim wrestling team's record

By Kaitlin Unruh

So far this season CHS's wrestling team has undergone significant losses. Of the 13 athletes on the team, four have acquired injuries.

After a broken rib, a broken color bone, a shoulder injury, and a shoulder surgery, the team's record isn't reflecting the abilities of the individuals on the team.

With teammates missing, the team is unable to fill their weight classes, result-

ing in many forfeited matches, causing a domino effect with the amount of duels the team wins. Despite these minor setbacks, Lance Walker, the wrestling coach, says that his team is quite good.

"We just don't have the numbers out to win duels," Walker said, "but our individual wrestlers are very good. It shows in practice."

Practices consist of zippers, sprints with a variation of crawls in between, and

live wrestling, where teammates wrestle one another.

"From what I see in practice, we have good chances of getting our boys into state," said Walker.

While their teammates practice, those who are injured also attend practices to wrestle and be supportive.

"There's not much chance that our injured wrestlers will be well enough to wrestle by the end of the season," Walker

Mowry returns to coaching after surgery

By Shelby Dawn Pulkrabek

Any athlete or coach knows the strain you put on your body while participating in your sport of choice; and, eventually, your body just wears out. Coach John Mowry learned this first hand. What started out as a simple knee surgery last year almost cost him his life.

"I wore out the meniscus in both knees," said Mowry.

The meniscus is the cartilage between two major knee bones.

At first it looked like Mowry was going to bounce back great from the surgery. He was ahead of schedule with rehabilitation and mobility, but the night before his return to work, he noticed something terribly wrong.

"I got a low grade fever and my right knee was hot," said Mowry. "It turned out to be a strep infection, and additional surgery, among many other procedures, occurred."

Being off your feet for so long can put a lot of stress on a person.

"The most difficult part of being out so long was having to rely on others to help me do the smallest things," said Mowry. "I was homebound constantly, with the exception of doctor appointments and physical therapy."

Even after this horrendous experi-



COME ON, TEAM: John Mowry calls directions to his team during a junior high football game. "I enjoy coaching and hope to teach young athletes as coaches have taught me," said Mowry. (Pulkrabek photo)

ence, Mowry was determined to continue coaching.

"I enjoy it and hope to teach young athletes as coaches have taught me," he said. "This year I didn't know I was going to start coaching until right before Christmas, but [Head Boy's basketball coach] Minneman was desperate."

Mowry is thankful to everyone who helped him along his road to recovery.

"I appreciate the care and concern of the school and community," he said. "There are so many great people that helped me and my family. Still to this day I have people ask me about my health and if I need help with anything. Most importantly, my wife and family are the best. They incurred many inconveniences, but were always there for me, without exception, and never complained."

Junior high basketball season coming to close in February

By Nicole Marshall

Basketball season is nearly over, and for the junior high team it has been a successful season. With a record of 9-2, the Junior Jays have been flying high on the court.

"It's be an enjoyable year," said Coach Steve Menely. "The boys have been fun to coach."

As the season was nearing its end, the final game was January 26 versus Lakin. The junior high tournament begins the first week of February.

The Junior Jays have played eleven teams and defeated all but two.

"Sublette was a pretty difficult game," Menely said. "We weren't shooting that great, but we came out of it with a win."

Menely enjoyed coaching the boys, but there is more to it than just being a coach.

"I coached at Pratt before coming to Cimarron," he said. "I like seeing the different variety of talent levels. It shows

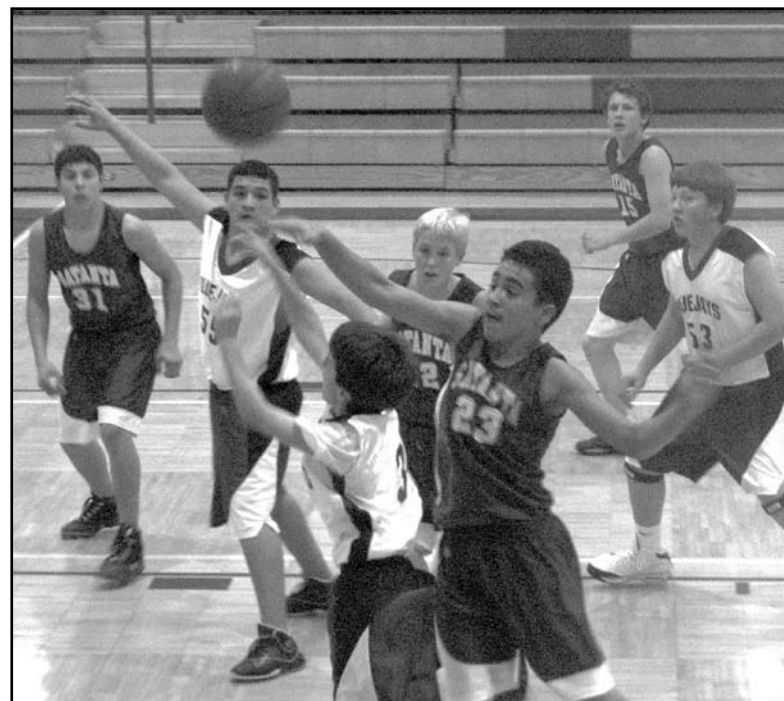
who wants to have potential and carry it on into high school."

Coaching the team is not teaching players what it takes to win. There is a bond that can be made, creating the will to win.

"I am my own worst critic when it comes to losing," Menely said. "It shows what I need to do different at practice to see what we could do different."

The season is nearing an end, and there are thoughts of what can be done different for next year.

"Mainly, we just tweak the plays and adjust to talent levels of our various players," Menely said.



SHOOT AND SCORE: Mitch Chalkley, eighth grader, goes for the shot in spite of interference from a Satanta player. Final score for the game was 60-25. Their coach, Steve Menely, enjoys the team. "It's been an enjoyable year for me," Menely said. (Yearbook photo)

January Student of the Month

Each month the faculty honors students who have exhibited exemplary conduct, helpfulness, and enthusiastic involvement as "Students of the Month."



"Stephen Austin shows a desire to reach personal goals. I watch him continuing to grow and learning to use his talents."

--Mrs. Wehkamp

"Ashley Schlicht is a student in my IHT class. She comes ready to work everyday and is always one of the first to volunteer to do a project."



--Mrs. Payne



"Austin Flores has a great attitude and is fun to have in class. He knows when to listen and when to speak up. He's very responsible."

--Mrs. Koehn

The Principal's Perspective

Athletics in Our High School Curriculum

Recently, I read an article in the *High School Today* Magazine that really caught my attention. According to the authors (Robert Kanaby and Jim Tenopir), the line between 'high school' athletics and 'college/professional' athletics is becoming quite blurred.

For example, the philosophical underpinnings of the college and professional athletic programs can best be summarized by a couple of quotes. As George Orwell put it, "Serious sport has nothing to do with fair play. It is bound up with hatred, jealousy, boastfulness, disregard for all rules, and sadistic pleasure in witnessing violence. In other words, it is a war without the shooting." This same approach to athletics can be summarized in the popular slogan of "Winning isn't everything. It's the only thing."

Sadly, we are in a day where many of the high school athletic programs are taking these same approaches that are so prevalent in the college and professional athletic programs. However, I agree with the authors when they state that high school athletic programs should be the vehicles by which we teach the "...two most basic principles of citizenship ... [which are] respect for oneself and respect for others."

The authors continue with this line of thinking by adding, "Winning is important. However, [they] propose that winning at the high school level should be a pleasant outcome to fulfilling the true purpose of sports in school, which is to serve the complete educational needs of those who choose to participate."

"The preeminent purpose of sports and activities ... is to harness the discipline, desire, and commitment that come from striving to achieve those goals and then channeling

those traits into overcoming the challenges of everyday life. We must instill a sense of determination to do things the right way; not to cheat, lie, deceive, taunt, or flaunt our abilities or successes over others but to respect them and ourselves through our actions."

"One of our best opportunities to build students' character and to teach them ethics, morality and citizenship can be through high school athletic and activity programs. This does not deny, or diminish, the value of the classroom. The skills of citizenship and good character can and should be taught in class. But the actual practice of these skills cannot be just a hopeful byproduct of classroom interaction."

For example, "... its one thing to hear in the classroom that self-restraint is a virtue, but it is another thing to practice that restraint when you know that a couple shots of anabolic steroids might help you make the football team. And while racial tolerance is preached in the classroom, it is practiced when, during a hotly contested basketball game, your chin meets an elbow ... of another color."

Even though there were other points that the authors emphasized in this article, I thought these first comments were particularly valuable.

After reading the article, my concerns are two-fold: a) we cannot lose sight of the value of the athletic program in our schools and b) as budgets become tighter across the state, we cannot afford to simply 'cut' our extracurricular activities .. sports, music, forensics, clubs, and the like.

Generally, it is in these settings that the issues surrounding 'social maturity' are best taught.

Resource: "The Role of Athletics in Our High School Curriculum." *High School Today*, January 2009.

Mr. Brown, CHS Principal

Counselor's Corner

I get asked all kinds of questions each day, but one of the most frequently asked is how to be successful in school.

My answer is usually the same: always turn in your homework and come prepared for class.

It looks like a simple task, but it seems that in today's world it is not enough. I began to look for more solutions or ideas to help students succeed in school. While reading a booklet entitled "How to Get Good Grades," I found several suggestions; however, one really caught my attention.

Step number four discussed that to get good grades, you must be actively involved each day.

Here are just a few ways to accomplish this: be in school everyday on time, try to sit in the front row, come prepared by bring needed materials and homework, participate fully in class, treat others with respect and courtesy and lastly, take responsibility for your grades and behavior.

I know that this list was talking about how to be successful in school, but I believe that this could also be the list on how to be successful in life.

Like always, I have several dates for you:

February 7	ACT Exam
February 16	No School
February 27	Registration Deadline for April ACT
March 9-10	Parent Teacher Conferences
March 23	A-team Banquet

I will leave you with this quote: "The tragedy of life doesn't lie in not reaching your goal. The tragedy lies in having no goal to reach."---*Benjamin Mays*

Mrs. Millershaski, CHS Counselor

February Birthdays

1 Jackie Byer	12 Jacey Williams
1 JaLena Lentz	14 Chelsea Rae Dupree
1 Megan Mahurin	14 Sierra Lucke
2 Callie Fisher	16 Gretta Giebler
2 Sharon Garcia	16 Wyatt Richardson
2 Joshua Meis	16 Taylor Siek
5 Mario Barraza	16 Tyler Siek
5 Alix Dupree	17 Shannon Deaver
5 Kaitlynn Lentz	19 Garrett Davis
7 Whitney Hoban	21 Allyson LeRock
8 Callie Losey	24 Bluelake Pritchett
9 Joseph Riley	24 Ellen Waters
10 Nathan Baublits	25 Victoria Edmonson
10 Elizabeth Sharp	26 Hanna Burl
11 Emily Payne	26 Kaitlyn Rempel
11 Michael Stefan	
12 Jessica Ast	
12 Bailey Shafer	