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# The Bluejay Post

CIMARRON HIGH SCHOOL

CIMARRON, KANSAS 67835

MARCH 2010

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## Cooking for an army: cooks describe daily routine

by Spence Byer

Awake at 6:00 a.m. to cover a variety of jobs, from laying food out to cooking breakfast for an army, without a doubt our school cooks are hard workers. They are faced daily with the task of cooking for the entire student body, and then some.

"It's easier to cook in bulk than it is for one," said cook Becky Grasser, "because you have basic recipes to follow for hundreds of people."

Cooking for the student body is not an easy task either.

"When kids say, 'Eww, that's nasty,' or 'Eww, it's burnt,' it really makes me think. We are trying to get good food to you, but when kids say things like that it's..." said Grasser.

In the kitchen, wielding the spoons and cutting knives, other than Grasser, are Haidee Marin and Tinesha Toothaker.

"We each have our jobs to start the day," said Toothaker. "One of us will start to cook breakfast, while the others start to get ready for lunch."

The lunches covered throughout the month get different responses from their

"customers." Grasser believes that a favorite of the students is chicken strips.

"My least favorite thing to cook are those chicken strips, because they are raw when they get here, so we have to cook them at least an hour," said Grasser, "but I like them too, because I know the kids like them."

Since it's wintertime, dishes like chicken noodle soup and chili are hits with the students.

"I like cooking the chicken and noodle soup because most people like it," said Grasser. "When we cook [chicken noodles], we have to cook around 30 pounds of chicken and 45 pounds of noodles."

Each course has a considerable amount of work to be done, and handling 300 meals with only three ladies is hard to accomplish.

"The way we make chili is spread out," said Grasser. "Three days before we cook the chili, we get the beef, which comes in ten-pound chubs. We have stock pots to brown the hamburger, with 15 pounds in each pot. After that we mix chili seasoning, two cans of beans per pot, diced tomatoes, onions, and water."

Although the cooks do not have to prepare each main dish from scratch, it does not keep the kids from enjoying meals.

"Our hamburger patties come pre-cooked in sleeves, and we cook them at 150 degrees to warm them up. Then they are stored in pans with holes that are in water to keep them moist," said Grasser.

With hamburgers come other condiments and a bun.

"Our buns are homemade. We make



**EAT UP!** Cooks Diane Exum, Shirley Davis, and Charee Roberts finish for the day. "We are good friends," said cook Tinesha Toothaker. In addition to working together, the cooks also get together on their own time. (Byer photo)

the dough, use a dough cutter, bake them and then cut the buns in half," said Grasser. "Our lettuce comes pre-sliced, but it takes around 30 minutes for us to slice the tomatoes and onions up."

The three women are around each

other from early morning to mid-afternoon; however, they are get along great after days of being around each other.

"We are good friends," said Toothaker. "We go out quite a bit."

## NHS annual trip to Denver

by Spence Byer

From March 18 to 21, the NHS club will be at Denver for their annual trip. There will be 16 students going, most paid for by fundraisers like magazine and clothing sales.

"The trip is a rewarding educational experience for NHS students," said Sponsor Melody Johnson.

The trip is filled with many exciting events for students.

"We plan go skiing at the Loveland Ski Resort for a whole day. The students will get to experience a live Broadway performance at the Denver Performing Arts Center. They will be seeing *Mary Poppins*," said Johnson, "They will also attend a Denver Nuggets' game."

The trip is not only fun, but also a learning experience.

"The student will get to visit the Federal Mint in Denver and the Olympic Training Center in Colorado Springs," Johnson said.

NHS members will be doing a service project in Denver as well.

"The students will be doing a service project while on their trip. They will be visiting two homeless shelter soup kitchens in Denver on Friday," said Johnson. "While visiting the homeless shelters, they will be serving lunch and visiting with less fortunate people from 10:30 a.m. to 1:30 p.m."



**ORDER UP!** Cooks Diane Exum and Shirley Davis serve fish sandwiches to students. "We get here around 6:30 in the morning to start cooking," said Cook Becky Grasser. Exum and Davis are part of a three-person crew that switches back and forth from the grade school. (Byer photo)

Music: More than meets the ear

# Music lifts not only spirit, but body as well

by Kyle Maddox

Uplifting melodies, deep dirges, and tender love songs, though all different from the other, are the same in many ways.

Each can spark a memory. That memory may be completely unrelated to what the message, emotion, or melody of the song conveys. A favorite happy song might remind us of a friend who has passed on, or a sad song might remind us of a good time at the park.

Petr Janta, a cognitive neuroscientist at the University of California, has been studying the connection between music and the brain. His experiment was simple. Test subjects' brain activity was monitored while popular music from their childhood was played.

"What seems to happen is that a piece of familiar music serves as a soundtrack for a mental movie that starts playing in our head," said Janata in an interview with Livescience.com. "It calls back memories of a particular person or place, and you might all of a sudden see that person's face in your mind's eye."

Music can also have other serious effects on the brain.

Laurel Trainor, director of the Institute for Music and the Mind at McMaster University in West Hamilton, Ontario, believes learning how to play music changes the way the brain works.

"We therefore hypothesize that musical training (but not necessarily passive listening to music) affects attention and memory, which provides a mechanism whereby musical training might lead to better learning across a number of domains," Trainor said in an interview with Livescience.com.

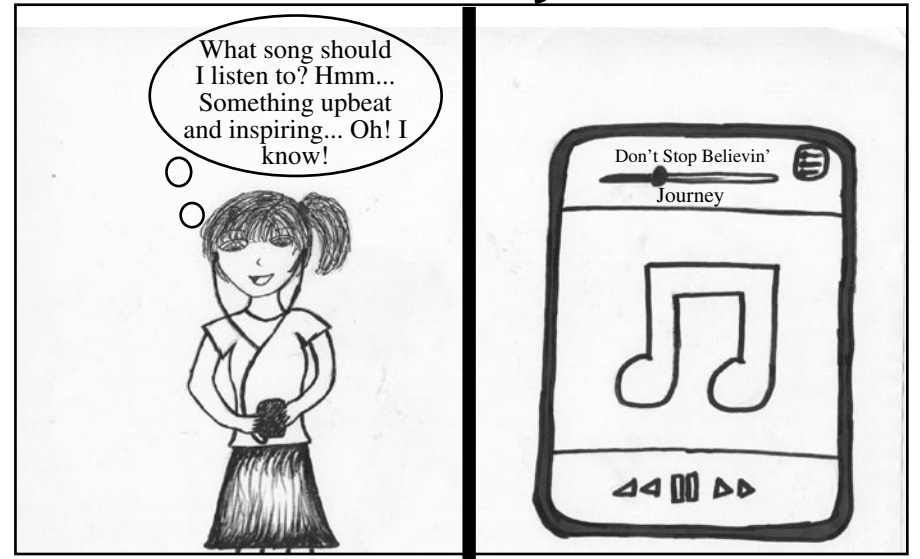
Music can also aid the body.

An experiment was conducted in the Tel Aviv Medical Centre in Tel Aviv, Israel, in which premature babies were exposed to thirty minutes of Mozart. It appeared to calm the infants down, thus expending fewer calories and allowing the babies to grow faster, which is exactly what premature infants need.

"It's not exactly clear how the music is affecting them, but it makes them calmer and less likely to be agitated," said researcher Dror Mandel, a lecturer at Tel Aviv University in an interview with Livescience.com.

It's obvious our brains react strongly to music. A song can mean more to us than just the face value of the music itself, from melody to meaning. Learning how to play music can make us much more intelligent in later years. Music can even help us grow stronger from a young age.

So remember the next time you rock out, it's good for you.



Manly men!

## Beards have quickly lost popularity in the world

by Kyle Maddox

Man, the true, distilled essence of which would be not unlike the lumberjack: rugged, tough, and ready for anything nature can throw at him.

He's got a beard that looks like a beaver attacked him then suddenly attached itself to his face. Beards are the measure by which the manliness of a man is measured. Big muscles are fine, but without a big, burly, manly beard, man is not man; man is boy.

Beards have been an iconic measure of manliness in American society since the Europeans arrived in the New World all those years ago. It wasn't until the Doughboys returned home from WWI, clean-shaven so that gas masks could seal on their faces, did beards fall out of popularity. Unsurprisingly, the Gillette Safety Razor Company popularized the clean-shaven look for the average man.

For decades, and up into the '60s, it wasn't popular at all to wear any sort of beard. Only after the Vietnam War did beards really become popular for the average man again, with pop icons like The

Beatles showing off such popular styles for a while. In the 1980s, the beard trend slowed down. But in today's society, the goatee and Van Dyke (a goatee and a moustache) are most popular.

In some places, beards are quite unpopular. In the United Kingdom, the Beard Liberation Front was created to defend men with beards against discrimination in the workplace. Another place where beards are unpopular is American politics. No President has worn facial hair since William Howard Taft in 1909-13.

One place where facial hair is quite popular is religious iconography. In popular depictions, Noah, Moses, and even Jesus himself sport beards. In fact, the Bible has something to say about beards: "The beard must not be plucked. 'You will not deface the figure of your beard.'" (Leviticus 19:27)

So it seems that popular or unpopular, beards have historically been the sign of manliness. From times immemorial to the Information Age, men, true men, have proudly faced the world with beards on their faces and fire in their hearts.

### The Bluejay Post 2009-2010

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Cimarron, KS 67835  
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### Unlock the Memories



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Contact any yearbook member or  
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Sales end **March 10!**  
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### 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.

### 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.

## CHS artists do well at WKSAA

by Britnie Jenkins

The Western Kansas Scholastic Art Awards feature artwork from 31 Western Kansas counties. The Stauth Memorial Museum in Montezuma displayed the artwork until February 21.

Many CHS students' art is featured in the art show.

Junior high Gold Key winners are as follows: Zuri Armenta, seventh grade; Diana Arreola, eighth grade; and Janee Osborn, eighth grade.

Junior high Merit winners are as follows: Morgan Ediger, seventh grade; Jordan Beck, eighth grade; Azucena Casas, eighth grade; Aubri Krosschell, eighth grade; Janee Osborn, eighth grade; and Alexandro Rascon, eighth grade.

Top awards went to American Vision winner Josaiiah Kremeier, junior, and Gold Key winners LaRay Heady, senior; and Lyndi Stokes, sophomore.

These pieces will travel to Washington,

D.C., for the national art contest.

High school Silver Key winners are as follows: Karla Cisneros, freshman.

High school Merit winners are as follows: Laura Claro, senior; LaRay Heady, senior; Britnie Jenkins, senior; Kelsey Stucky, senior; and Charles Shaughnessy, junior.

"I think the students did very well," said art teacher Steve Giebler. "The competition was from all over western Kansas, and the Cimarron students should be proud of their artwork."



**COCK-A-DOODLE-DO!** "Lovely Rooster," drawn by Freshman Karla Cisneros, earned a Silver Key at the Western Kansas Scholastic Art Awards last month. (Jenkins photo)

## Freshman project combines English, Science

by Tess Trahern

The freshman class has created poems using material they have learned in their English I class and their Earth and Space Science class. This is a project on which English teacher Paula Thompson and Science teacher Jennifer Hendrix have collaborated.

"For me, this is the best project. I learn what students think about topics," said Hendrix. "When they are forced to write about it, I learn a lot about what I taught them. When they can write a poem about something, it means they understand it."

This is these teachers' fifth year using this project in their lesson plans. They apply their poetry writing skills to science

topics.

"This year the project is about stellar evolution and parts of the solar system," said Thompson. "They have to create poems that follow certain formats."

Thompson felt that students in her class would have trouble picking topics. She and Hendrix also had the idea to work on something together.

"It started with just having the students write poems, but one day when I was talking to Hendrix, she said, 'What if?' She wanted to do the project with her unit," said Thompson.

This project can be a great opportunity for students to use what they learn in one class and apply it to another, but there are

some problems.

"I feel like the students think that everything they learn is separate. Skills go between content areas," said Hendrix. "I think our students have trouble thinking outside the box sometimes."

Some students have other reservations.

"I don't like this project because I have to type," said Freshman Hunter Exam.

Others like the chance to work with computers.

"I like this project because I like to work with technology," said freshman Chance Harrell. "My favorite part is working on the computer."

## Spanish I students participate in cultural craft

by Tess Trahern

Every year, Spanish teacher Norma Pando's Spanish I class makes a craft called God's Eye, or *Ojo De Dios*. The project is used to get students involved in cultural projects.

"I chose to use this in the classroom because it gives students hands-on, cultural awareness of the Huichol Indians," said Pando.

This craft project consists of yarn wrapped around dowels. It originated in Mexico with the Huichol Indians. Fathers would start them after their children were born, and colors were added for every year

of their lives. It was a tradition.

"I learned how to make these by myself," said Pando. "I learned through just looking at them and trial and error."

Pando has been using the God's Eyes in her lessons for a number of years.

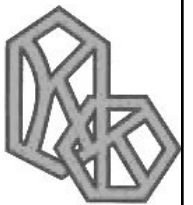
"I've been using them with high school students for five years and for another five years before that with grade school students," said Pando. "I would have the grade school students make them with popsicle sticks. They usually take about three to four days for a student to finish."

## Org. Bytes



The Bluejay Post staff will compete at the Regional Kansas Scholastic Press Association contest at Fort Hays State University on February 25. Good luck, staff!

KAY Club raised a total of \$1,987.70 for Pennies for Patients. Congratulations to the sophomore class who raised the most money out of the four classes. KAY Club will be having another fundraiser, but this time they will be sharing Shamrocks for the Muscular Dystrophy Association.



FCCLA District Officer Elections were held on January 27 at Ness City.

Ashley Harrell earned the position of Vice President of STAR events. Cimarron also hosted the District F STAR events on February 10. They had 10 members who participated in the events.

Congratulations to Samantha McPhail, Cassandra Ortiz, Juan Ramirez, Abel Medina, Owen Waters, and Kylie Rempel for representing Cimarron at the Southwest Kansas Music Academy's 6th Grade Honor Band. The director was Dr. Burrack from Kansas State University.



## Car Creepin'



Last month's car:  
Chloe Day  
Last month's winner:  
Cherokee Thomas

If you have a guess, bring it to Mrs. Hewes room (125). If it's correct, you'll win a prize!

Twins take over:

# Unusual number of twins grace halls of CHS

by Kyle Maddox

Many people wander through life feeling empty, seeking their "other half." However, two in every 178 people do not have to find their other half—because they have a twin.

Being a twin fosters a more intimate relationship that others can't always understand.

Three sets of twins attend Cimarron High School: Whitney and Britney Boersma, Tyler and Taylor Siek, and Katie and Kourtney Herkelman.

Twinship provides that other half who is always there to spend time with.

"You always have someone to talk to," said Whitney Boersma, "and they're always on your side. You have fun together, no matter



what."

Twins, like all siblings, share an inexplicable bond of kinship.

"If you're going through hard stuff, you always have someone to support you," said Britney Boersma.

It can seem, at times, that twins have an almost eerie level of unspoken communication between them.

"We can sometimes finish each other's sentences," said Katie Herkelman. "Sometimes we're in different places but thinking the same things."

The bond that grows from being so close to someone throughout life is powerful.

"I think of [Tyler] as one of my best friends," said Taylor Siek.

The bond between twins, coupled with the unspoken communication, can lead to

surprising benefits between the two.

"Sometimes, if I don't understand something, [Taylor] can explain it better to me," said Tyler Siek. "We sometimes have the same songs stuck in our head."

Not every aspect of twinship is so easy, though.

"People stare at us all the time because we look the same," said Britney Boersma. "It gets annoying."

Also, a somewhat annoying aspect of twinship is dealing with two sets of friends.

"If one of us gets invited somewhere, [the hosts] feel like they have to invite both of us, like we're package deal," said Taylor Siek.

Because twins are two different people, yet can sometimes act alike, people often lump them together as a single unit.

"Well, we do have different personalities.



If they really don't know us, they will call us the twins," said Britney Boersma. "If we're hanging out with some friends, they always treat us as a unit, but they should also know that we're two different people."

Like all siblings, when the lines of communication between twins break down, things can get difficult.

"When you're mad at each other, it takes a lot of time to go back to being friendly with each other," said Katie Herkelman.

Being so close to someone for so long can fundamentally alter who you are.

"If I didn't have Katie, I wouldn't be the same person at all," said Kourtney Herkelman.

Some twins plan to stay together for as long as possible.

"I think we'll stay together. I've always thought that we'll be together until we get married," said Whitney Boersma.

Other twins think separation after high school might be a good idea.

"I think we plan on splitting ways for a while," said Kourtney Herkelman. "We're going to different colleges."

Still others don't know what the future will hold.

"We haven't really talked about it," said Tyler Siek. "It'll be interesting to see. We might go to school together, but I don't know."

More twins will soon roam the halls of CHS. Ten sets, from first to eighth grade are quickly approaching alumni status at CHS.

Prom:

# One date, one night, countless memories

by James Rittenhouse

As prom season looms closer, students are scrambling for the proper attire, including a dress, shoes, tuxedo, and, of course, the date.

For men, we see prom as a formal dance that we attend. Honestly, if it were a guy's choice, the monkey suit would not be necessary.

But for women, prom is seen as a time when they get to dress up and become a princess for a night. The preparation for prom starts early.

"I start looking for dresses starting in January," senior Issa Garcia said.

Searching for the perfect prom dress isn't even the tip of the iceberg. With a dress come the shoes, the jewelry and a

good tan.

As a guy, all we have to do is rent a tuxedo and get a corsage, no tan needed.

## 'Prom is a good excuse to get all dolled up'

Since our school supplies a dinner for prom, we don't even have to worry about the bill at a nice restaurant.

The day of prom is completely different for girls than it is for guys.

Guys put on their tux and wait until it's time to go pick dates up for the evening. For women so much more happens on that day.

"On the day of prom I go and get my hair done, put on my make-up and make sure everything is how it is supposed to be," senior Katelyn Ridenour said.

The price range for prom is also different. For a boy prom costs roughly around a hundred dollars; for girls it's a different story. It's all in the outfits.

"Combined, I spend about four hundred dollars or more," Garcia said.

Prom is a night that guys see as another formal dance, but for a girl prom holds a special importance.

"Prom is a big deal for me because it's a good excuse to get all dolled up and it's one of the best memories of high school," Garcia said.



Learning by doing:

## Beery finds ways to keep science interesting for all

by Britnie Jenkins

An old Chinese proverb states, “Tell me and I’ll forget; show me and I may remember; involve me and I’ll understand.”

Nobody proves this point better than physics teacher Dan Beery.

Although he’s lived in Southwest Kansas for many years, Beery hasn’t always lived in Kansas.

“I grew up in Ohio,” said Beery. “It was a small town about the size of Cimarron.”

Beery attended LeTourneau College in Longview, Texas, with a completely different career in mind.

“I was studying engineering,” he said. “I found out that it wasn’t going to work for me. I then transferred to Sterling College in Kansas, where I got my teaching degree.”

Once at Sterling, Beery decided to major in biology.

“I got interested in biology, and I thought it would be fun to explain to students,” said Beery.

He almost gave up on becoming a teacher, however.

“I student taught at Hutchinson Junior High,” said Beery. “It almost discouraged me from being a teacher. The classes were too big, and the students were hard to handle. It was not a good experience.”

He was fortunate, however, to be hired at another school soon after completing college.

“I was hired at Ingalls right after graduating,” Beery said.

Beery has been teaching there ever

since.

“I have been teaching at Ingalls for 40 years,” he said.

For years ago, he semi-retired and cut back his teaching load.

“I retired from full time and started teaching just chemistry and physics to juniors and seniors in the morning at Ingalls,” said Beery. “At this time Cimarron needed a physics teacher, and they asked me if I could do it. I wasn’t busy, so I agreed.”

Beery has no qualms about teaching at two schools.

“I enjoy teaching upper-level science classes,” he said. “I like both sets of students, and I like driving over. It’s a nice break and I enjoy the differences.”

When comparing the two physics and chemistry, Beery has a favorite.

“I like chemistry better because of the labs,” he said, “but I also like physics because of its concepts.”

Sometimes there are complications, and labs don’t always go perfectly.

“Once at Ingalls we were doing a distillation lab,” Beery said. “Some alcohol had spilled, and alcohol burns with an almost invisible flame. It was really hard to see the flames, but the students could feel it. I had to use a fire extinguisher to put the flame out.”

Beery gets most of his lab ideas from a variety of sources.

“I use old lab textbooks and the internet for lab ideas,” he said, “but about every four or five years I attend science teacher conventions and pick up new lab



**PHYSICS OR MAGIC?** Dan Beery, physics teacher, explains how force and displacement relates to work. Beery has been teaching science for forty years, but has been teaching at CHS for only four years. “It’s easier for students to see a concept rather than just to read about it,” said Beery. (Jenkins photo)

ideas. It’s my best source for labs and demonstrations.”

He uses his demonstrations to help his students understand the material.

“It’s easier for students to see a concept rather than just to read about it,” said Beery. “There is a greater comprehension that way.”

Teaching science can be quite difficult.

“The hardest thing about teaching science is making sure you repeat items

enough for the students to understand,” Beery said. “You can’t go over the material really quickly. It’s hard sometimes for me to remember to slow down and make sure the students understand.”

Being a teacher is a rewarding experience for Beery.

“My favorite part of teaching is to have a student ask a question and then to see the immediate comprehension and their face light up,” he said.

### FCCLA STAR events

## CHS members participate in competition, prepare for state

by Nicole Marshall

The FCCLA club is breaking out and shining with STAR events.

STAR stands for Students Taking Action for Recognition.

Members of the program recently put together STAR events to take themselves to state.

District president Callie Losey took a different approach than most of her peers as she prepared her event.

“I’m doing a job interview,” Losey said. “I have created a specific portfolio for a job that I would like to pursue. The job I’m going to have an actual interview for is legal assistant. I have filled out an actual application and gone through with an interview.”

Losey chose an interview, whereas seniors Saige Martinez, Crystal Pena,

and Jenessa Smith decided to create informational posters.

Pena and Smith designed a poster for awareness about recycling and community service.

“We gathered a lot of information from the Internet, such as pictures and statistics,” Pena said.

For each STAR event, there is separate onset of guidelines.

“Different events have different criteria,” Smith said.

Martinez decided to do a poster as well, but his topic was over the Hulk Volleyball Tournament, which was put on by FCCLA in 2009.

“The Hulk tournament was organized to help raise money for the Children’s Miracle Network,” Martinez said.

Losey’s interview approach caused

her criteria to be more lengthy than some.

“I have a certain number of pages,” she said. “I have certain information. It’s mainly the basic job interview criteria.”

The criterion for the poster is simple: there had to be a poster with facts and photos, and the speeches each had certain time lengths.

Martinez’s speech about Hulk volleyball had to last within a ten-minute time frame. Pena’s speech was longer.

“Our speech had to be at least fifteen minutes in length,” she said.

State competition will be held in April.



**PERFECTION:** Senior Saige Martinez cuts out pieces of paper for his project. His poster qualified him for state competition. (Courtesy photo)

## Wake up! Athletes deem morning practice 'tiring', Coaches 'necessity'

### ATHLETES:



"I like morning practices, unless it's football. I like morning wrestling practices because they are short, quick, and you have the afternoon off."

-Senior Wrestler John Shaughnessy

"It's hard to get out of bed to wake up and go run; other than that, it's fine. It is kind of nice, because then you can go home right after school."

-Senior Basketball Player Katelyn Ridenour



"Waking up in the morning is terrible because you're tired the rest of the day."

-Sophomore Basketball Player Joey Franzitta

"It's not fun, but it gets the work done!"

-Sophomore Basketball Player Emily Payne



### COACHES:



"I like morning practices, because they kind of break up the monotony from the regular routine, and it gives students the opportunities to get help from teachers. Our morning practices are not quite as sharp; it takes a while to get the players awake and focused."

-Men's Basketball Coach Doug Minneman

"Morning practices are not ideal, but sometimes a necessity. When we have after school activity at home, or when a coach is gone, we have to have it. I am not a morning person. Our practices in the morning are sometimes good and sometimes bad; it just depends on what the girls did the day before."

-Women's Basketball Coach David Ediger



"I don't mind getting up early in the mornings. I like them because I like to have more time with my family that way. It's good for kids to have an afternoon off too. Morning practice is good too because usually if you start off the day with exercise, you are supposed to be more awake."

-Wrestling Coach Lance Walker

"I think it's nice to be able to do it, because at the end of the day they have flexibility to do other things. It's not as good of quality as afternoon. Kids need sleep; early mornings is not favorable for young people, especially with all the activities they are in."

-Men's Basketball Coach John Mowry



## Sports Highlights

### Mens' Basketball

Lakin- L 68-49  
Sublette L 39-49  
Leoti L 37-45  
Scott City L 30-67  
Holcomb L 60-33

### Womens' Basketball

Lakin W 49-40  
Sublette W 53-31  
Leoti W 53-30  
Scott City L 40-46  
Holcomb L 65-46

### Wrestling-League

140-Coulter Croft-2nd  
145-Brady Barrett-3rd  
152-Charles Shaughnessy-3rd  
160-John Shaughnessy-1st  
171-Jordan Osborn-4th  
189-Austin Flores-3rd  
215-Tyler White-1st  
285-Zach Fields-2nd



**DEFENSE!** Seniors Ryan Bryant, Charles Blattner, and Saige Martinez play defense against Lakin during basketball game on February 5. The Bluejays went on to lose the game, 68-49. (Courtesy photo)

## One coach's dedication has successful outcome

by Lyndi Stokes

Wrestling coach Lance Walker has wrestled since he was five, wrestled throughout high school and in college, and is now coaching for his thirteenth year. Dedication like that is rarely seen.

"I wrestled in high school and for four years in college," said Walker. "It is why I got into education."

Coach Walker was a graduate of Manhattan High School. He was not only a wrestler, but also participated in other sports.

"I went out for football and track for two years," he said

Walker got involved in wrestling when he was five and his neighbor invited him to attend a practice, which he thought was karate.

Wrestling was new him, but after he started, Walker stuck with it and decided to keep going.

"I like the individuality, how it's

all on you, and you don't have to rely on others," said Walker.

Walker obviously had a talent for the sport. He placed third three years in a row at state.

Because of such devotion and experience, Walker's coaching skills earned him the KOCA Coach of the Year award.

Also, in the past Walker has had 20 state qualifiers. Last year was the most he has had in one year, which was four.

People who have seen Walker during a wrestling match or practice realize that he stays calm and doesn't yell, which may be an important strategy for coaches to get their team to respect them and do well.

"I guess I'm just calm on the outside, but I'm not on the inside," said Walker. "Maybe it is just my personality."

Walker has the asset every coach needs to be successful. His personality gets his team to respect him and work hard.



**STAYING CALM:** Coach Lance Walker patiently and calmly coaches as one of his CHS wrestler competes. He has been coaching for thirteen years. "I like the individuality, how it's all on you, and you don't have to rely on others," said Walker. (Yearbook photo)

## Wrestlers do well at regional meet, qualify for state contest

**OFF TO STATE:**

Senior John Shaughnessy, sophomore Coulter Croft, and freshman Brady Barrett are state qualifiers. Shaughnessy and Croft both placed second at regionals and Barrett placed third. (Courtesy photo)



were John Shaughnessy,

by Lyndi Stokes

Cimarron wrestlers traveled to Hoisington Friday and Saturday, February 19 and 20, for Regional wrestling to compete for state. The wrestlers

Charles Shaughnessy, Tyler White, Aiden Shaughnessy, Brady Barrett, Jordan Osborn, Josh Meis, and Zach Fields.

After wrestling all day, senior John Shaughnessy and South Gray's sophomore Coulter Croft, who's coached by Cimarron coach Lance Walker, made it to state. Shaughnessy and Croft both were to compete Saturday for first and second. Tyler White was injured on Friday and no longer could compete.

"I feel bad for Tyler," said Walker. "I think he would have qualified."

On Saturday, Freshman Brady Barrett

won his next two matches to earn his way to state, placing third. Osborn, Meis, Fields Aiden Shaughnessy, and Charles Shaughnessy all competed but did not qualify for state. After waiting all day to compete in the championship Shaughnessy and Croft both placed second.

"I was impressed with Brady," said Walker. "It was the surprise of the weekend."

Shaughnessy, Croft, and Barrett will compete February 26 and 27 at State at Fort Hays State University.

## Sports injuries in professional world not funny-- but some think they're hilarious

by Nicole Marshall

Today in the world that we live in, especially in the United States, human beings thrive on sports. Others, the couch potatoes, as some are referred to, don't really enjoy sports...until someone gets hurt.

Whenever sports are on television, most people bypass others for their favorites. For example, when sitting at home and they're sports channel surfing, many people will skip basketball at half time and a baseball game between innings.

But if they stumble upon a horrific crash during a NASCAR race, they'll instantly

stop and watch to see if anyone gets hurt.

Now, sports mongrels shouldn't be worried that their sports are being bashed. Unfortunately, sports don't grab the interests of people unless injuries are in the near future.

Take hockey for instance. Hockey isn't a calm sport, for one. When watching a hockey match, spectators will more than likely get to see a fight. If not, there will be smashing into the glass or a competitor nearly getting his face slashed by an opponent's skate.

Most injuries that take place are caused by player contact. Otherwise, it varies depending on the sport and utensils

used.

Sports don't exactly have to be enjoyable. For instance, the Super Bowl every year is sometimes intense or very dull. If a severe injury takes place, then people who "celebrate" watching the sport might actually become interested.

Though sports can be competitive beyond belief, they can also be very dangerous; so tune in, kick back, and watch someone get injured.

It's not the size of the dog in the fight, but the size of the fight in the dog. -Archie Griffen, two-time Heisman winner.



## Principal's perspective

### *Yearning & the Sacred Trust*

Counting the current year, I've been an administrator for ten years. While four of those years have been at Cimarron, I also spent six years at the Dodge City High School.

When I was the Associate Principal at Dodge City, a co-worker (and friend) of mine asked, "Mr. Brown, do you miss teaching?" To this question, I responded, "Mr. Mapel, I yearn for teaching." I actually crave the classroom and being with the students at the 'moment' they are learning.

To me, teaching is a 'sacred trust' between two entities: the class of individuals and the teacher. One the one hand, we have a young adult or child who is willing to almost blindly accept what another person is sharing with them.

On the other side of the desk, we have an individual who is opening their hearts to become vulnerable for the sake of the other. A teacher is to learning as a guide is to the journey.

Recently, due to a set of circumstances, I've been honored to be back in the classroom on Thursday evenings. Even though all of my students have graduated (except two) from high school, they still present many of the same traits as younger students.

They are driven. They know that this class is vital to them in their careers. They are so energetic. Even though class doesn't officially start until 7:00 a.m., almost all of them show up at 6:00 p.m. to receive tutoring.

But, most of all, they are wonderful. I simply enjoy being with them. They work, they laugh, the question, they ... learn. They are 'active' in their pursuits. And, most of them are holding full time employment while taking classes. In short, they are one of the 'graces' that I've been blessed to enjoy in life.

So, I do yearn to teach and ... for now, I've been blessed to teach. My prayer is that I impart knowledge to these 'graces' in a manner worthy of proper teaching. My prayer is to 'rise up' and fulfill the sacred trust between teacher and student.

Lastly, praises ... praises to those who have dedicated their very lives to the art of teaching. Just the fact that we are productive citizens of these United States proves that you were worthy of your calling.

--Mr. Brown  
CHS Principal

## Students of the Month February 2010

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



"**Jackie Byer** takes her work seriously, works hard, is friendly to everyone, and helps her classmates when they struggle with concepts she has mastered."

--Mr. Rickers

"**Alex Neuschafer** has strong leadership skills.

He's involved in many activities and knows how to organize his time."

--Mrs. Minneman



"**Miranda Burns** is a leader in the vocal room! She is always willing, well prepared, and able to share her talents. She also auditioned and was selected for KMEA State Honor Choir."

--Mrs. Unruh

## Counselor's Corner

What do the following incidents have in common?

- Junior high students cast votes on the internet for the biggest "loser" in school.

- A boy is angry at his girlfriend so he posts inappropriate photos of her on the internet to get back at her.

- A group of students posts mean comments on Facebook about a fellow classmate.

All of these incidents are examples of cyberbullying.

Cyberbullying is a new and fast growing form of bullying. It involves sending messages or photographs through the computer or cell phone. This form of bullying is so easy because a person does not have to say it to the actual victim. It is so much easier to say something mean or hateful to a computer screen instead of an actual person. Once a message is sent, it is almost impossible to erase or take back.

Cyberbullying can take many forms such as cruel jokes, threats, exclusion from groups, inappropriate pictures, namecalling or harrasment.

We all enjoy new technology, but with it comes the need for us to teach responsibility. We would never send our child out to cross the street without talking to them about the rules and watching them from the front door as they crossed the street for the first time. So why do we so easily give our children cell phones and computers without teaching them the rules?

**Source: The ABC's of Bullying Prevention** by Kenneth Shore

--Mrs. Millershaski  
CHS Counselor

### *Thinking Outside the Box*

## Lying makes the world go 'round



**Opinion**  
by James Rittenhouse

times-painful truth.

Everybody lies, and if you say you never have then you're lying.

Politicians lie all the time. How many times have we heard candidates promise something we all know they cannot follow through with. Our parents lie to us: they tell us when we are little about an imaginary bunny that drops eggs everywhere on Easter, which is totally ridiculous because rabbits don't lay eggs; they tell us a stork is the reason we are on this earth. So if our parents can lie, why can't we?

Lies... we all tell them, sometimes to our teachers, most of the time to our parents. What's wrong with a little white lie? It doesn't hurt anyone, and it saves people from the some-

What is a lie besides a simple stretching of the truth? If one is to tell one's parent that he went to the basketball courts to hang out with friends and just happened to have his girlfriend meet him there too, is that a lie?

Think about it.

Why does the human race have an urge to lie? Is it to save others from the truth? To stay out of trouble? Or is it for the simple fact that a lie can help us further ourselves?

We are trained from the time we can talk never to tell a lie, but sometimes a lie is the only way out of a disaster. If the average teenage high school student didn't lie every once in a while, half of students age thirteen to eighteen would be in a correction facility.

Now that we have all of that established; everything you've read above is a lie. Honesty is truly the best policy. Nobody likes to be lied to, so don't do it.