

D-West EXPRESS

Home of The Mustangs

Volume 6 Issue 3

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April 16, 2010

Fabulous five are two-wheel teens

One fearless female rides with the guys

■ Mackenzie Cunningham

What has two wheels, a motor, and a rider to go with? A motorcycle does! Four male students that are licensed to drive motorcycles are Joey Scholz, senior; Jake Simmons, senior; Josh VanLaar, junior; and Ben Petrik, sophomore. This sets them apart from most because they ride on two wheels and can feel the wind through their hair, well unless they have a helmet on their head.

Motorcycle riding is not just for the men, though: Shayln Fritch, senior, is the only girl in the D-West High School that rides a motorcycle. She rides around town and has even ridden her bike to Manhattan, Kan.

These students were not able to just jump on a bike and go. To get a class M, motorcycle, license students had to take a written test and drive a motorcycle through a course. The students interviewed only have their driver's license besides their motorcycle license. There are licenses for all types of transportation

vehicles: boats, semi trucks, jet skis, and many more.

Students decided to get their licenses for many reasons. "I could go on road trips with my dad and spend more time with him," Fritch said.

VanLaar was also inspired by his dad. "My dad always used to ride bikes, and I thought it would be cool to ride one like him," VanLaar said.

These teens not only being fired up with a license in hand to ride must need to also abide by some simple laws. "The laws are same as a regular vehicle; and in Kansas if you are over

18 you don't need to wear a helmet," said Simmons.

VanLaar said, "In some states helmets have to be worn; however, in some they do not."

"The speed limit is another law to abide by," Scholz said.

Besides following the laws there are many other things that worry these teens; they needed to look at the risks involved with riding a motorcycle. "If you wreck with another car you have no protection," VanLaar said.

Since Fritch is 18 she doesn't



Senior Shayln Fritch sports a black leather jacket and a DOT-approved helmet when she sets out on her 650 BMW motorcycle.

Jacob Simmons, senior, enjoys the mild Spring weather as he cruises around Highland on his Honda 650xr Enduro.



have to wear a helmet, but she does. She owns a pair of boots, a leather jacket, gloves and a helmet. "The possibility of getting in a bad wreck with only sturdy clothing and a helmet for protection," is a fear that Fritch has.

Besides other vehicles animals, are another thing to look out for, "Cats running in front of me, that's how I broke my arm," Petrik said.

A motorcycle falling apart is another worry if something goes wrong like, "The front wheel coming off," Scholz said; or "The wheel bearing locking up," Simmons said.

Despite the risks; benefits are riding a bike legally include play time, cheaper fuel, increased fuel mileage, and saving gas.

When the weather warms up Fritch will be riding her

650BMW, Scholz will be riding his dad's Harley, Simmons his Honda 650xr Enduro, VanLaar on his Honda, and Petrik on his Kawasaki Ninja Crotch Rocket. These teens drive their car more, but all enjoy riding their bikes.

They said they would not start a biker gang, but Simmons said, "The Highland Brawlers," would be a good motorcycle gang name.

ALMOST DONE Seniors Demonstrate their Knowledge

■ Malia Sisk



Summing up her Demonstration of Knowledge, Taylor Carwell teaches the Art 3-4 class how to create three-dimensional drawings with colored pencils. "It was a new experience because I have never used a medium like that before," junior Emily French said.



Working on her Demonstration of Knowledge, Brianna Cluck trains a dog named Shiloh for her Senior Project. "No one knows what kind of breed Shiloh is, and she is hard to train because she is very hyper," Cluck said.



Job shadowing different KQ2 reporters for a part of her Demonstration of Knowledge, Cheyenne Davis learns how the news is put on TV and what the reporters and anchors do during the day. "I had an awesome experience going out with the reporters to shoot news segments for the KQ2 news," Davis said.



Putting together a Jazz Band for his Demonstration of Knowledge, Matthew Henry learns about the Jazz culture while getting good feedback from his audience. "My Jazz Band concert went really well, and the audience thought it was well performed," Henry said.

There's no place like home



Top: Sophomores Aaron Halling and Keshana Cook, and senior Matthew Henry prepare diligently for their upcoming college performance in "The Wiz."

Left: Sophomore Keshana Cook takes the spotlight during her solo "As Soon As I Get Home," while surrounded by crows, played by HCC students.

Lights, Camera, No Action Musical Postponed

■ Katherine Rush

Put away the scripts until September; "The No-Frills Review" has been postponed. With the delay of scripts, the school's spring musical, which was to be April 27, 28, 29 will not be performed.

"Next fall will work significantly better for this production because the students are less busy during that semester, we will have more time to devote to rehearsals, and we won't be so under-the-gun to put the show together," co-director Harry Hamblin said.

After the scripts arrived and tryouts were conducted, there were less than three weeks left to get everything prepared. Directors Hamblin and Stan Thornton decided it would be too nip-and-tuck to try and get the production cranked out.

"I'm disappointed because I know all the seniors wanted to do a final production, but the cast and crew didn't have time to put one on," Thornton said.

There was no time for actors learn the songs, blocking, lines, and not to mention the set had to be constructed. Those involved with the musical would be stressed out about getting everything done on time.

"I feel relieved that we aren't doing it. We didn't have enough time to get ready for opening night. I'm disappointed, but I feel like I would be more prepared for it in the fall," junior Caleb Lackey said.

Tryouts were held March 29. Seven students received scripts, but two of students decided to not go on with the musical due to what they felt was ill content.

Easin' on down the road, students to perform "The Wiz"

■ Emily French

Sophomores Keshana Cook and Aaron Halling, and senior Matthew Henry are definitely not in Kansas anymore.

These three students are living the dream in the cast of the Highland Community College production "The Wiz." "The Wiz" is a retelling of the original story line from 1939's "The Wizard of Oz."

Cook started her acting career in fourth grade in Children's Theatre at HCC and has grown into doing high school shows and community theatre at HCC.

"I love 'The Wiz,' so when I heard about it, I was very excited to audition. It's a fun show," Cook said.

Cook was in the community show "Rent" in August 2009. Cook enjoys both the singing and acting aspect of the shows, but prefers the singing.

Cook was cast as Dorothy in "The

Wiz," which has the same plot line for Dorothy as the original in "The Wizard of Oz." Her character gets thrown out of her real home and put into a place far, far from home, where she meets some pretty lost characters as well: the brainless scarecrow, the heartless tin man, and the cowardly lion.

"The best experience of this show is being able to do what I love to do. Plus, this is a really fun, spirited cast," Cook said

Senior Matthew Henry was cast as a pit singer, background singer, and dancer.

"I loved 'The Wizard of Oz,' and I love the feeling of performing on stage," Henry said.

Henry has also been doing shows all throughout high school. Like Cook, Henry prefers singing over acting, but loves being on stage and performing just the same.

"I love the professional feeling of it all. It makes me feel more mature,"

Henry said.

Sophomore Aaron Halling is also cast in the production, taking on multiple roles of a flying monkey, a crown, and Winkie.

"A bunch of people asked me to go out for it. They actually asked my sister to ask me to go out for it," Halling said.

In "The Wiz," Halling prefers the acting aspect. However, when he performed in the summer show "Rent," he preferred the singing.

"The best experience about all this is meeting new people. I get to make new friends who are in college," Halling said.

Rehearsals for these talented, young students began on March 1. The musical consists of jazzy dance numbers, and inspiring, soulful lyrics provided by the characters and pit singers.

With almost a good month of practice under their belts, the performances are inevitably approaching. The show nights will be on April 22 and 23 at 7:30 p.m. and April 24 at 3 p.m. at Culberston Auditorium.

DID YOU KNOW? WORLD & NATIONAL NEWS

■ Narda Cahue

1. Google is leaving China- China is using it to track down dissenters and Google is not supportive of this practice. (Donna Parish)

2. "Newsweek" March 15, 2010 issue said that the way to solve America's educational problem is to fire bad teachers-"What really makes a difference, what matters more than the class size or the textbook, the teaching method or the technology, or even the curriculum, is the quality of the teacher."

3. Several states are discussing taxing soda pop- Not because obesity but because they need money. (Television)

4. "The current generation of children in America may have shorter life expectancies than their parents."-"The New York Time"March 17,2010 by Pam Belluck

5. Obama Signs Health-Care Bill, Changes the Story of His Presidency. - "Newsweek" by Katie Connolly

6. U.S. birthrate has gone down 3.4% in 2009 from 2008 birthrate.- "Newsweek" March 22, 2010.

7. Cell biologist bet public health professor S. Jay Olshansky that the first person who will live to be 150 was born



by 2000; the wager is \$500 million dollars. They expect to leave it to their heir that is if they aren't alive. "Time"Feb. 22, 2010.

8. Top ten high paying careers in America: 1. Surgeon 2. Anesthesiologist 3. Orthodontist 4. Obstetricians & Gynecologist 5. Oral & Maxillofacial Surgeons 6. Internists 7. Prosthodontists 8. Physicians & Surgeons 9. Family & General Practitioner 10. Chief Executives (www.myplan.com/careers).

9. Latest invention: Ipad from Apple works. This new Ipad is a touch screen that you can watch TV, read books, and it's a computer too.- "The New York Times" March 31, 2010 by David Carr.

10. Ford Agrees to Sell Volvo to a Fast-Rising Chinese Company -"New York Times" by Keith Bradsher.

FAST FIVE

■ Taryn Gibson

Five random facts you probably don't know



The most common name in the world is Muhammad



Coca Cola was originally green



$111,111,111 \times 111,111,111 = 12,345,678,987,654,321$



It's illegal to have a snowball fight in Topeka, Kansas.



Super Mario's original name was Jumpman.



Recent DW grads share insight on HCC

■ Narda Cahue

Seventeen DWHS seniors have indicated they are planning to attend Highland Community College next year, but they may not know what to expect.

Recent graduates Bethani Zeit and Jackie Lysaght have shared some of their insight on their first year of college at Highland Community College. They have said that high school and college are different but not so much as everyone thinks.

"It's very similar to high school," Lysaght said.

College students have many freedoms, and one of those freedoms is being on their own and being able to do what they please. This can be a very good privilege unless they don't make the best of it. One of the reasons it can be good is because they don't have someone telling them what to do constantly.

Lysaght said freedom is one of the best things about college life. "I can do whatever I want, whenever I want," she said.

College students have several distractions, from friends to Facebook and others.

"Being able to do whatever I want," is one thing that is often a distraction to Zeit. A reason for this privilege being bad is because some students don't do anything that they are supposed to do since they don't have to.

When it comes to classes, college students have more choice in what time and on what days they attend class. Even though they may not have classes all day, classes can be very long.

High school students have

less choice. They are given a schedule and they may not get the classes they wanted to take. Classes are all day and students may have 30 or more hours a week of school.

"Classes that I'm in are very hard, but some aren't," Lysaght said about her classes.

College classes are different from high school for several reasons. Classes are not mandatory and professors don't hassle them if they don't have their homework done. Finals are much harder than tests in high school. College students also have to study for three or more hours to pass a test.

In high school students are not as responsible for knowing what it takes to graduate and college students are. College students must be more responsible for themselves and their future.

Activities also differ from high school to college. Students in college have intramurals.

"We played mud volleyball and flag football and it's so much fun," Lysaght said.

High school students also have activities such as FFA, STUCO, pep club, and sports.

"I have volleyball, pep club, FFA, and STUCO. I'm in all and they're fun. They are things I like to do," sophomore Emma-Leigh Herrs said.

Some college students go from doing everything in high school to doing nothing in college.

"I miss sports a lot. I went from doing everything to doing almost nothing," Lysaght said about the biggest difference in college.

Avoid 'getting down' on dances

■ Narda Cahue

There have been four dances this year and some dances were better attended than others. It seems that the same groups of people attend all these dances while other students don't, or there are the people that come to the dances but never dance.

What could make these dances more entertaining and have more participation? "It would be a lot better if there was a theme, it would be more interesting. Then I might come if the dance seems fun," sophomore Autumn Royer said.

An example of a theme includes having students dress up in different time eras. Such as the 80's or 50's.

Freshman Maggie Johnson is one of the students that thinks school dances aren't lame, but she did give ideas to improve them.

"I think school dances are fun," she said. She feels that if more people came to the dances they would be more fun and enjoyable. Also, that if there was a cool theme they would probably attract more people.

For those people that don't like to or don't know how to



Freshmen Ravan Kentzler, Maggie Johnson, Laura Rush, BreAnne Caudle, Abby Fee, and Emily Frankin. In the back are sophomore Chris Peuker and senior Chris Beagle. Students dance the cupid shuffle at St Pats dance.

dance, it's not all about the dancing. Most people who like dances like coming for the same reasons, to hang out with friends and have a good time.

"I come to hang out with my friends and have a good time," Johnson said. "If more people came to dances to hang out with friends, we would have a lot more people here."

"I dance baby!" said Johnson about what she does at the dance. When noticing that the only people who really dance are the girls, Johnson said, "Yeah it does make a

How To...

■ Taryn Gibson & Emily French


How to... Steer clear of danger zones crawling with germs.


Have you ever wondered where all the creepy crawling germs lie within the school? Right under your nose! We, being the How To... girls, conducted a detective research to see just exactly where the germs are located.


How did we do it?


We first boiled and sanitized petri dishes filled with gelatin. Then we risked our lives to collect the bacteria using Q-tips. The Q-tips were rubbed onto the gelatin to let the bacteria transfer. Finally, we waited for the reaction of bacteria growth for up to two weeks.


In order from the most grotesque to the most sanitary:





1

Water Fountain


2

Toilet


3

Student Hand


4

Office Handle

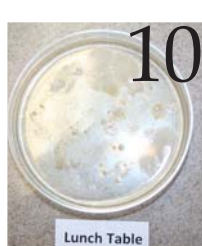
5

Mr. Thornton's Computer

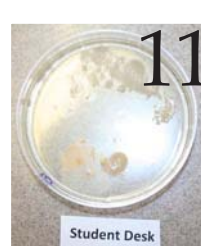
6

Weights

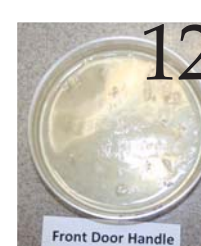
7

Front Door Buzzer Button

8

Vending Machine Buttons

9

Sink

10

Lunch Table

11

Student Desk

12

Front Door Handle

BALDERDASH

■ Taryn Gibson

Students were given a weird word that they did not know the definition to nor had they ever heard it before, and they were asked to use it in a sentence.

Word: Pogonotrophy

Definition: To grow a beard

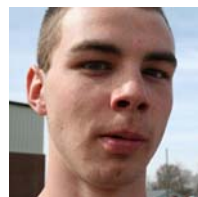
“I think I lost my *pogonotrophy* at the post office.”

Maggie Johnson
- Freshman



“I fished for the *pogonotrophy* in the lake.”

Benjamin Petrik
- Sophomore



“I went to Brazil and I found a tribe of *pogonotrophy*.”

Katie Crandall
- Junior



“I like to put *pogonotrophy* on my sandwich.”

Brett Dunlap
- Senior



Express Yourself

Landon Allen

What is your best excuse for not getting your homework done?



Jordan Cluck

"I've got better stuff to do."



Dusty Saunders

"A hamper got in my locker and ate my assignment."



Alaine Caudle

"My pet chinchilla ate it."



Joey Scholz

"I'm usually too tired."

Movie 'Alice in Wonderland' comes across as strange, different

Narda Cahue

The 2010 "Alice in Wonderland" directed by Tim Burton hit the box office in March and was number one, grossing at \$116.3 million for the first weekend. Starring Mia Wasikowska as Alice, Johnny Depp as the Mad Hatter, Helena Bonham Carter as the Red Queen, and Anne Hathaway as the White Queen, they did a great job capturing the funny parts of this movie.

The movie starts out with Alice being proposed to because her father has just died and she and her mother have financial problems. While she is being proposed to, she sees the little White Rabbit ticking at his watch and signals her to follow. She follows and she finds herself falling through that hole once again, like she did when she was a child.

Alice finds herself in Wonderland only she doesn't know she has been there before. When she gets there everyone thinks the rabbit brought the wrong Alice. They are all upset because the Alice they thought was here was supposed to save them from the Red Queen. The Red Queen has stolen the crown from her sister and has murdered her father.

As she tries to explain that she isn't the Alice they want she finds herself being the same Alice from long ago, only she didn't remember because she always thought it was a nightmare. She has to do some soul searching to find the brave Alice from long ago. After she finds her inner self she saves the Mad Hatter. Later she decides to save them from the Red Queen, slays the Jabberwocky and puts an end to the Red Queen's reign of terror.

Wonderful parts of this movie were the makeup and costumes. I'm rather curious on how they managed to make the Red Queen's head so big. The plot line could have been a little better. To me nothing really happened until the end of the movie and I was sort of bored. They could have made more interesting things happen throughout the movie instead of just at the end of the movie.

This movie left the audience thinking of the theme. People can realize that they make their own destiny; people don't make it for them. Johnny Depp did a wonderful job. I found him funny and amusing. I found it hilarious that the Red Queen wanted to chop off everybody's head when they did something wrong. The ending was funny when the Mad Hatter danced a strange dance but it was very amusing to me. I was rather disappointed when I went to see it in 3D nothing was that different. Things didn't pop out or amuse me as they should.

I recommend this movie for people that like strange and different movies and for those that have seen the old "Alice in Wonderland." If you don't like strange and different you will be disappointed and bored.



What's Hot & What's Not



THE OSCARS

Track Starting

Not even two months left



of school!!!!

Spring: in like a lion, and out like a lamb!!



Seniors studying

"Alice in Wonderland"

Easter break

3D Movies

St. Paddy's Day dance short, but sweet

Watching the Big 12 during lunch

Bad sanitation in the school

State Assessments, ACT's, hard tests in general

Senior Project CRAMMING

Muddy parking lot

No job = no

No full week of Spring Break like every other school in America gets!

Prom date and outfit searching

No soap or paper towels in bathrooms

Disagreements between juniors and seniors about Prom



Performing a scene from chapter 11 "Who Stole the Hearts?" from "Alice in Wonderland," are seniors Miranda Godfrey as the Mad Hatter, Amanda Pickman as the Queen of Hearts, and Lindsay Libel as the King of Hearts.

Seniors read, study 'Alice' book, movie

The new "Alice in Wonderland" movie has caused quite a stir for the senior English class. They have been studying an "Alice in Wonderland" unit and have even had the privilege of seeing the new movie "Alice in Wonderland" at the Hiawatha theater.

The seniors have been studying the book "Alice in Wonderland" and analyzing it by chapter. They have also performed small parts of some of the chapters.

Some of the students chose to make visuals like posters to illustrate the different chapters. Lisa Scholz and Mariah Cunningham chose to illustrate their chapter with a pop-up of the characters.

Additionally, the seniors are analyzing fun plays on words and are writing a paper over those unique words and visuals in the movie and book.

"The butterflies in the movie look like bread and butter, and the caterpillars look like cats," Kayla Schmitz said.

"Alice in Wonderland" is a very imaginative movie, and the senior English class has gotten a taste of what a dream world really is like.

"The study of the book was fun," said Lisa Scholz. "I liked going to see the movie too."

Nicholas 'Sparks' another tear jerker

■ Taylor Martin

Have you ever loved someone by first sight? Did you think you could spend your whole life with just this one person?

From Nicholas Sparks, the author of "The Notebook" and other popular novels, director Marty Bowen introduces "Dear John," a great novel turned into a romantic drama movie.

John Tyree, the main character in the movie was a rebel during his childhood years and was not able to connect well with his father. So, he drops out of school, experiences real life, and decides to enlist in the army.

While on his leave at home John ends up meeting a girl named Savannah. They end up falling for each other before John has to go back.

During John's leave, both he and Savannah sent letters back and forth, and their love for each other went on as did their lives.

When the 9/11 attack on America hit, and seeing the Twin Towers collapse, John felt he needed to re-enlist, and by then Savannah's letters were changing. John felt everything was falling apart. The last letter Savannah wrote broke John's heart. Back home a terrible situation happened to his father.

To build the set for "Dear John," the cost ended up being \$25 million. Making "Avatar's" box office number two, "Dear John" pushed its way to the number one box office spot, making \$32.4 billion, just in its opening weekend.

"Dear John" was a great movie, but I felt as though they left a lot of major details out that were in the book. The ending made me mad, although I'm not going to say why. I looked over to where my brother was sitting, and I was sure I saw a tear and, of course, I was right there with him.

"Dear John" is a movie that makes people want to cry because it is happy and sad all at the same time. I enjoyed the movie, and so did my brother.

A romantic memory shared between John and Savannah before John has to go back is that "No matter where you are in the world, the moon is never bigger than your thumb."

Thumbs Up or Thumbs Down? You decide

"I thought it was a good movie, even though it is a chick flick."

Ben Petrik, sophomore

"It was a good movie, and I cried quite a bit. I thought the ending was dumb."

Maggie Gilmore, senior

"I thought it was good, but I don't think I'd see it again. I almost cried...not."

Korey Martin, senior

"I thought the movie was sad, because I've personally been through a lot of it."

Courtney Langley, senior

D. West Express Staff

The content of this student publication does not necessarily represent the views of the school board, the administration, the faculty adviser, or the entire newspaper staff, but has been selected and determined by staff members.

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www.doniphanwest.org



Non-simple Prom stirs up dilemma for students

The story of Prom told by the victims themselves

■ Emily French, Taryn Gibson, and Katherine Rush

For centuries, people have defined *promenade* as "a march of guests into a ballroom constituting the opening of a formal ball."

If only it were that simple. How dictionary.com should define prom is "a stressful, prolonged pain in one's side that results in small disagreements between juniors and seniors, but in the end, worth it."

Preparing for prom is a stressful time for juniors. Juniors are trying to appease the seniors while not breaking the bank. Juniors are trying to give the seniors a good prom, but this is made more difficult when seniors express disapproval of decisions made.

"It's very stressful because there is a lot of work to be done. I think it's hard for any junior; it's hard to do because we [seniors] have a big class and there's a lot to pay for. But since the beginning, this is what juniors have done; we had to do it last year, and now it's their turn," senior Lindsay Libel said.

"Seniors had their chance to throw their own prom; now it's the juniors' turn. The juniors are doing their best," junior class sponsor Jim Howard said.

Prom is supposed to be a fun time, but many pressures and concerns arise from the decisions needing to be made. At times, the juniors feel paranoid about their decisions because of some of the negative feedback they receive from the seniors. However, this is common; seniors should have some worries for the juniors in making sure they are throwing the perfect prom.

There is also a push on juniors and seniors to find dates, or find the "right" dress or tux, and even the issue of transportation.

"I went to David's Bridal and I loved the first dress I tried on, but I didn't want to buy it just yet in case I found something better at a different store. I didn't end up buying anything else, so three days later I called David's Bridal, and the dress was gone. So I ended up ordering online

from the David's Bridal in Springfield," junior Hannah Lackey said.

Dress, tux, accessory, and vehicle shopping can all be very fun, yet crazy things to hunt down.

Seniors and outfits aren't the only dilemmas the juniors have to face though. Even within the junior class there are disagreements and quarrels. Students have different opinions about what the theme should be, what the menu should be, and even what the after prom shirt should look like.

"I feel more pressure from our class than the seniors, but I do want to make it good for the seniors," junior class president Rachel Keller said.

"Juniors have to do what's best for the whole and not just the few. Everybody should be as a family and support each other as a whole," senior class sponsor Kertis Keehn said.

There are many steps involved when it comes to planning prom. The junior class has to decide on a theme that will please everybody. Sometimes the color will affect what theme the class picks.

To make decisions easier students can be assigned to committees. The class also needs to decide if there are any extra decorations they would like to add.

The more fund raising that is done, the more classes can spend on decorations for prom. Keeping within the budget is very important as well. Over or under spending can be a real issue; juniors can't spend more than their budget allows, but they also have to make an effort and bring out the big guns.

"I was by myself with it [budget]. I didn't have any help to save money. I feel bad because we did spend a lot of money, and now our class will have little left," Keller said.

Even with all of the trouble, stress, and hardships, the junior class always pulls through and gives the seniors a pretty fantastic evening.

The Junior-Senior Prom will be on April 24, 2010 beginning with the promenade around 6 p.m.

Marshall

Taekwondo a calming form of self defense teaches mental preparation

DOUBLE GUARDING BLOCK



ARTS



SIDE KICK

KNIFE HAND



■ Malia Sisk

If junior Marshall Diveley ever has to defend himself from an attacker, he will be ready to unleash a round house kick or maybe even a hammer fist. He works on these killer fighting moves every Friday for two hours at the Hiawatha Armory. More than just learning Taekwondo moves, Diveley feels that this martial art helps with life skills also.

"Taekwondo keeps me calm and helps me think about things in a more organized manner," Diveley said. According to the website "What is Taekwondo,"

Taekwondo originated from the Korean culture and history. The martial art was used as a "self-defense in the absence of weapons." Today, Taekwondo is practiced by many different people and is used to teach self-defense in various ways.

"With Taekwondo I feel that I can protect myself from most adversaries," Diveley said.

Choosing Taekwondo was an easy choice for Diveley. He has been involved in the marital art for about two and a half years now and feels it has helped him in many ways.

"I chose Taekwondo because I needed a physical activity to do, and I don't really like sports that much," said Diveley.

"It also helps me notice the little things in life that people often take for granted."

Hammer fist and jumping

front snap kick are just a few Taekwondo moves that are practiced in a lesson. Learning the moves for Taekwondo was fairly simple for Diveley. He learned the basic Taekwondo moves in a couple of weeks and has caught onto some of the advanced moves pretty well. The round house kick is one of Diveley's favorite moves because it's fairly easy to do. He also enjoys sparring in Taekwondo which consists of fighting with another opponent.

Even though Diveley has learned many Taekwondo moves, he still feels the moves can be tricky and take awhile to catch onto.

"It takes time to learn the moves," Diveley said. "Patience is important."

Clothing for Taekwondo is nothing too extravagant. The apparel consists of a white robe, a colored belt, and no shoes. Diveley has worked his way up to an orange belt with two stripes, which is the third step up from a total of six different steps. Diveley plans to stick with Taekwondo as long as he can.

"I will be involved in Taekwondo class as long as there is one close enough for me to go to," Diveley said.

Competing isn't a major factor yet for Diveley, but he has been involved in a few competitions for Taekwondo. He has placed first and second a few times and recently competed on March 20th in Sabetha.

Although Diveley has never had to use Taekwondo on

someone, he feels that he will always be prepared just in case.

"Taekwondo helps you to be more prepared, so if you are attacked you will be able to deal with it," he said.

In all, Diveley believes Taekwondo is

helping him in various ways. Whether it's fighting, preparing, or learning, he feels more confident with some Taekwondo background.

Diveley encourages other students to try Taekwondo and not be afraid to try something new.

"The martial art helps increase stamina and mental preparation for whatever could come next," Diveley said.

THE POP CULTURE QUIZ

■ Taryn Gibson

Students in the mix	I own a...	Phrase I'm known for	Favorite vending machine item	Most used acronym	Something Most people don't know about you	Favorite restaurant
 Lindsay Libel -Senior	Grand Prix	"Hey pretty lady!"	Hostess Cupcakes	OMG	I don't like shaving my armpits	Ernies
 Josh Van Laar -Junior	Durango	"I do what I want"	Vanilla Oreos	LOL	I'm a black belt	Lopez
 Kendra Lysaght -Sophomore	Cougar	"like"	Skittles	IDK	I can put both feet behind my head	El Magueys
 Jordan Sellers -Freshman	No car	"I don't know"	Skittles	LOL	My middle name is Matthew	Cheddars

% of HS Boys who can... Tie one on



Caleb Lackey



Cameron Twombly



Chris Beagle



Travis Arnold

KEY = 10 People = 10 People





Left: Cody Shiftlet models what looks like a correctly tied tie, but don't let looks deceive you.



Above: Stan Thornton requires a mirror to refresh his memory on the correct way to tie a tie.

RealTunes checking account cashes out free music

■ Landon Allen

What's better than a free checking account? How about a checking account that pays you?! A REALTunes checking account puts together a person's passion for music and a free, no minimum balance account.

This is how REALTunes works: the criterion for each month is that cardholders make 12 transactions on their MasterCard (which is received in the mail), enroll and receive electronic bank statements (via email), and access online banking (all they have to do is login one time).

"If you're going to have a checking account you might as well have one that you get something out of," Jim Howard said.

Another great thing about starting a REALTunes Checking account is that it's free to start and only

requires a \$50 minimum deposit. People who start this type of account can receive ATM refunds when the criterion is met.

The best part of the REALTunes account are the free iTunes songs that people receive. When they meet the criteria each month the bank credits their account \$5 to go towards the purchase of five free iTunes songs.

On top of the great five free songs per month is that when they sign up for the REALTunes account people automatically receive 10 free songs just for registering.

"I think it's a great idea. With having a brother that's a part time professional DJ, I will have to tell him about it," Howard said.

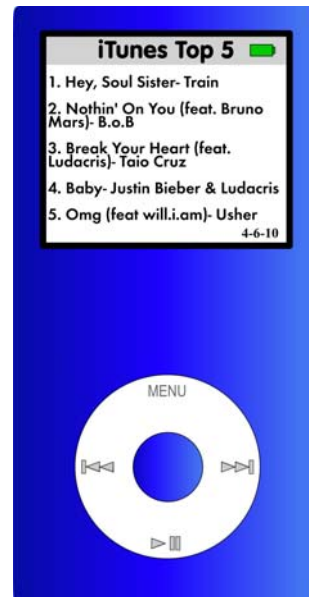
This checking account is great for teenagers or students that want a free easy-to-use checking account with rewards for using their bank card.

Get in tune with iTunes

■ Katherine Rush

iTunes allows buyers to purchase anything from television shows to games, Buyers can also buy movies, podcasts, or their favorite album.

1. Sherlock Holmes
2. The Blind Side
3. Alvin and the Chipmunks the Squeakquel
4. Bad Lieutenant: Port of Call New Orleans
5. The Twilight Saga: New Moon
6. 2012
7. The Hangover
8. Zombieland
9. Brothers
10. The Hurt Locker



source: www.apple.com

Let the music take control, express yourself

■ Malia Sisk

Whether music is soothing the soul, jazzing up a boring time, or unleashing one's emotional side, its sounds and rhythms find a way into the minds of all human beings.

The power of music is vast. Music can relax the mind and heal the soul. Freeing the mind of troubles, music can send the mind into an emotional warp of different feelings. The outcome of music brings the mind, body, and soul into a new dimension letting one's emotion run free.

First off, music affects the minds of humans in a variety of ways. When people hear their favorite tunes or crank up the radio, the mind changes its emotions instantly. The value of music sends signals to the brain creating a different emotion for everyone.

Another factor of emotions in music is the way people view different types of genres of music. According to the "Emotion Connection" website, tone, rhythm, lyrics, and even catchiness play a role in how different genres affect people in different ways.

For instance, pop can make one feel free and upbeat, and it's often the type of music played at parties and attracts younger audiences.

"When I listen to pop music I feel energized, and it makes me want to dance," senior Lindsay Libel said. "I really like to listen to the pop song 'Tik Tok' by Ke\$ha when I feel the need to dance."

On the other hand, rock music can unleash the expressive side of people and is more hardcore. People often listen to rock music when they are angry or trying

"I enjoy listening to rock music when I work out because it gets me fired up and motivated to exercise. 'Dead Man Walking' is my favorite rock song to work out to."

Carl Swendson

to relieve stress.

"I enjoy listening to rock music when I work out because it gets me fired up and motivated to exercise," Carl Swendson, math teacher, said. "'Dead Man Walking' is my favorite rock song to work out to."

Secondly, music impacts how people are entertained. Sitting in a movie theater, one can feel a variety of emotions. The lights begin to dim, people become silent, and a blaring sound for the movie's introduction starts to play. People immediately become quiet and the movie begins.

During the movie, a spooky scene comes on with frightening music adding tension to everyone around. People begin to feel the apprehension building inside and are excited to see what happens next. Music can foreshadow what people are feeling in different scenes of movies.

"Most of the emotions in movies come from music," senior Matthew Henry said. "The music in movies stirs up different emotions like in the movie 'Paranormal Activity' when the scary scenes are getting ready to play frightening music comes on that produces different emotions."

Music can also evoke people's memories in life. The "Emotion Connection" website also stated, "If a person experiences an emotional response while listening to music, hearing that piece of music again can cause them to remember the event and feel that same emotion."

"Every time I hear the song 'Benny and the Jets' it reminds me of the fun times I had while cruising with my friends," senior Maggie Gilmore said.

Lastly, people's moods are affected by different kinds of music. If people feel depressed and need some cheering up, they might play a certain piece of music that brightens up their day or reminds them of an enjoyable time.

"When I feel stressed I like to listen to heavy metal music to help me relax," junior Caleb Lackey said. "My favorite heavy metal band is Queens of the Stone Age."

For many people, music is the key to escaping from reality or remembering the good times in life. Emotional experiences are hidden in the sounds of music, producing different feelings for people.

Never underestimate the power music can have on the spiritual being of humans. Emotions can overflow the mind, body, and soul when a particular song comes on.

So, turn up that volume and break away from reality and let the music take over all emotions.

Sports Spotlight Boos joins track team

Mackenzie Cunningham

We see this junior girl in the hallways with her long brown hair, standing at 5'6"; but who could it be? The one, the only, it is Robyn Boos.

This will be Boos's first year out for high school track. "I couldn't do it my sophomore year and couldn't finish it my freshman year," she said.

Throughout high school Boos has also been involved with basketball and FFA. When Boos isn't focused on schoolwork or sports, "I like to play with my nephew, Grant, and hang out with Ben," Boos said.

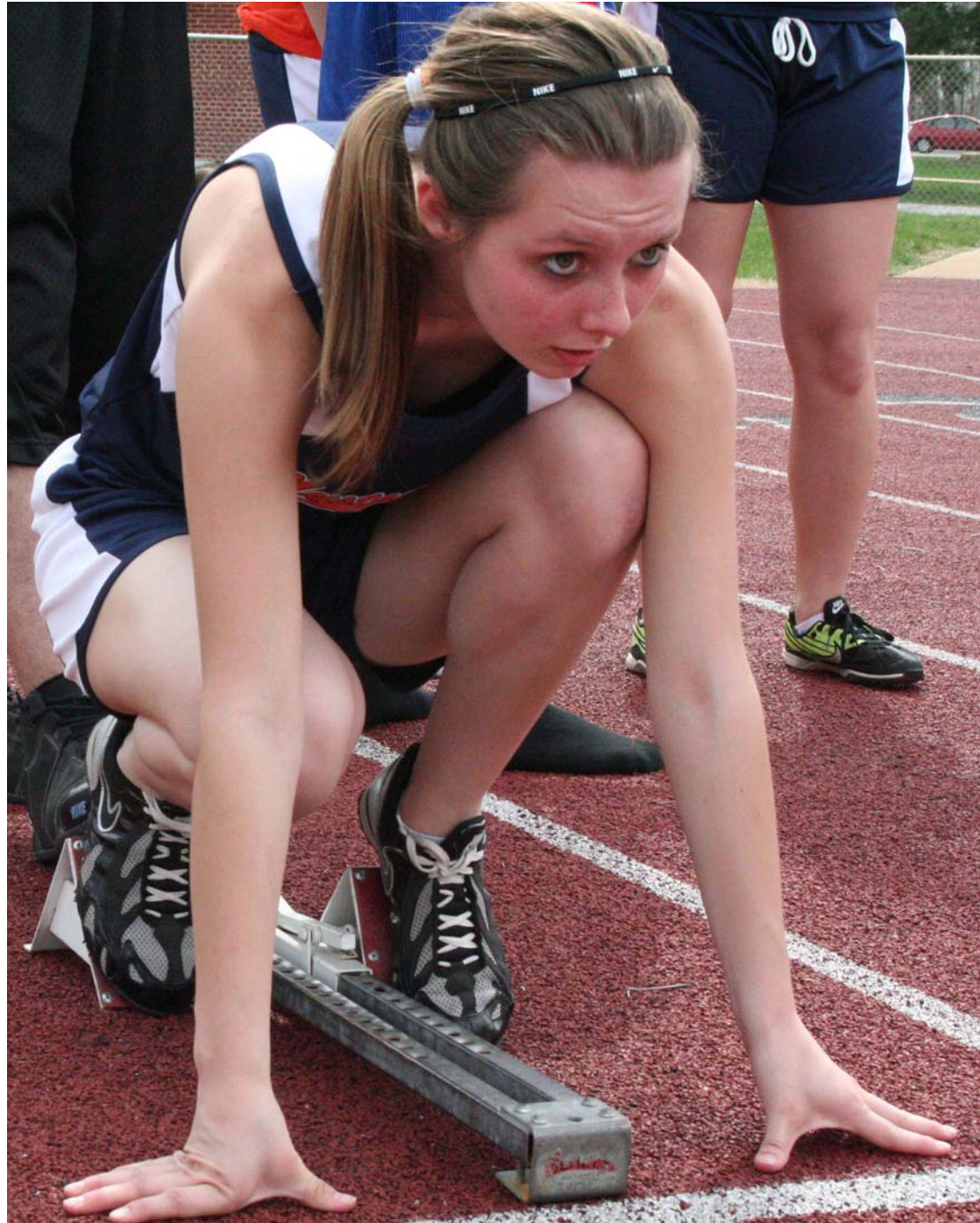
Boos's goals for the rest of the school year are to be a part of the 2010-2011 FFA chapter officer team, get good grades, and finish the year in the top half of her class. Her goals for this year's track season are to place in her events.

Her events will be the 100m hurdles and the 100m dash. "I would like to do the 200m dash and the 4x 200m relay," Boos said.

Boos eats fruit, gets plenty of sleep, and listens to music to get pumped up for track meets.

She plans to continue this sport in the future, but as for now her performance premiered on April 1, 2010 at the Elwood track meet. There Boos received 5th in the 200m and 2nd in the 100m hurdles. This was the first time that she had ever competed in a race with hurdles.

At the next track meet at ACCHS, her time of 18.27 in the hurdles set the new school record.



Robyn Boos sets her blocks at the Elwood Relays before her 100m hurdles. She looks ahead to see her destination and prepares for the "On your mark, get set, Go!"

Looking ahead in sports



Track and field

Mackenzie Cunningham

April 16	Rock Creek A	3:00 p.m.
April 20	DW Relays H	NOON
April 29	Don. Meet TBA	3:00 p.m.
May 6	Irish Relay St Joe	3:00 p.m.
May 7	Sabetha A	4:00 p.m.
May 13	DVL TBA	3:00 p.m.
May 21	Regional TBA	TBA
May 28-29	State @ Wichita	TBA

Track results ACCCHS

- Pole Vault**
Mollie Tharp - 1st
Maggie Gilmore - 4th
- Discus**
Lisa Scholz - 2nd
Gabby Speer - 5th
- Shot Put**
Lisa Scholz - 3rd
Gabby Speer - 5th
- Javelin**
Chris Beagle - 2nd
Lisa Scholz - 4th
Gabby Speer - 7th
- Long Jump**
Kassiday Blevins - 6th
- 100 Hurdles**
Robyn Boos - 4th 18:27
- New School Record
- 110 Hurdles**
Geoffrey Hargis - 4th
- 4 x 100**
Gabby Speer, Hannah Lackey, Nikki Boos, Jessica Pickman - 7th
- 300 Hurdles**
Clarissa Billups - 6th
Aisha Diveley - 7th
Geoffrey Hargis - 4th
- 800m**
Marc Ellis - 5th
- 4 x 400**
Emily Franken, Hannah Lackey, Michelle Johnson, Clarissa Billups - 5th

Clearing the high jump bar at ACCCHS is senior Corey Martin.



Above: Freshman Maddi Libel gets started in the 100 meter hurdle race at ACCCHS.



Sophomore Ben Petrik and freshman Jordan Sellers set the 4x100 relay exchange into motion at the ACCCHS meet on Tuesday, April 13.



Junior Keaton Blevins competes in the long jump at the ACCCHS meet.



Senior Maggie Gilmore clears her first attempt at the pole vault at the Elwood Relays where she earned fourth place.



Freshman Kassiday Blevins makes a high jump attempt at the Elwood relays. She earned fourth place, clearing 4'8".