

D. West eXpress

HOME OF THE MUSTANGS
 Doniphan West High School
 402 East Main
 Highland, KS 66035
 www.doniphanwest.org

3/17 DVL BB SELECTION 6:00
 3/22 FORENSICS J. HEIGHTS 4:00
 /30 SPORT BANQUET 6:45
 WWW.DONIPHANWEST.ORG

Doniphan West High School

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Hearts are Wild: Prom 2011

BreAnne Caudle

When thinking of Las Vegas, you may think of casinos and show girls, but as of Saturday, April 9 everyone around DWHS thinks of a successful prom with beautiful girls in stunning gowns and handsome men in well-fitting tuxedos.

The theme of the night was "Hearts are Wild" with the commons and gym decorated with a Viva Las Vegas theme with cards, slot machines, columns, and a roulette wheel fountain decorated with card suits.

Before the walk in, the juniors gathered at the Meadowlark Inn and the seniors got together at the home of Tony and Lanna French for outdoor group pictures of classes and friends.

After pictures, Highland Main Street was flooded with newly-shined sports cars, SUVs, and big pickup trucks ready to arrive in style at the "red carpet" promenade down the high school sidewalk.

The weather turned out sunny and warm with a little breeze for the 4:30 walk-in for family, friends, and community members to see the array of dress styles and tux colors along with introductions to clear up any confusion of names. Soon after, parents and friends took a quick look at the neatly decorated gym before the dinner and dance.

After social hour the promgoers joined in the commons for a meal of pulled pork, twice baked potatoes, green beans, and a roll, followed by an ice cream bar with various toppings for dessert.

When the meal was finished, the juniors, seniors, and a few adult guests entered the gym to enjoy a night with friends dancing, chatting, and chocolate fountain snacks. The dance floor was very busy and loud with music by Minute Man Music.

After enjoying a few hours dancing everyone quickly changed and loaded the buses for after prom at Belt Bowl in St. Joseph. At Belt Bowl everyone got to enjoy cosmic bowling, pizza, sandwiches, cookies, prizes, and gift card drawings for the juniors and seniors.

At 3 a.m. they loaded the buses again for a breakfast at iHop before heading home to conclude the 2011 Doniphan West "Hearts are Wild" Junior-Senior Prom.



Seniors strike a crazy pose after sitting still for several minutes during a "formal" class picture before the prom meal begins.



The juniors take a class photo.

Q **PROM**
♥ **dress colors**

<i>7 blue</i>	<i>7 pink</i>
<i>6 black</i>	<i>5 printed</i>
<i>5 white</i>	<i>3 coral</i>
<i>2 purple</i>	<i>2 green</i>
<i>1 brown</i>	<i>1 red</i>
<i>1 silver</i>	<i>1 camo</i>



Above left: A group of guys including Nick Johson, Marc Ellis, and Josh Van Laar work up a sweat while dancing at prom.
 Above: Meghan Green, Ravin Walls, Paige Ellis, and Narda Cahue group dance.
 Right: Ashley Courtin, Ashlie Witham, and Taryn Gibson partciate in Sir Mix-A-Lot's "Jump on it."



SENIOR Project



Far left: Tanner Veach teaches archery to a middle school boys' P.E. class. Middle: Alaine Caudle's final products from teaching an Art class about Light Painting. Top Right: Ashley Courtin demonstrates to the softball team a massage technique on Taryn Gibson during her Demonstration of Knowledge.

The end is near, seniors can relax for rest of year

■ Mackenzie Cunningham

One thing that screams senior year is Senior Project. Most people only hear about the demonstration of knowledge, which is one criteria for completing the project successfully; however, there are two papers to write, a time journal to fill out, a portfolio to complete, monthly mentor meetings, and all the little preparation in between.

Another thing to keep in mind is the papers are 1500 words minimum, with a graphic that includes a caption, and eight sources of legitimate information.

In addition to Senior Project are scholarships, homework from other classes, sports, jobs, prom, senior pictures, and college visits; senior year becomes overloaded!

An array of Project topics have been chosen this year: Landon Allen: Web Design; Travis Arnold: Music Video Production; Keaton Blevins: History of John Deere; Robyn Boos: Scoliosis; Dillan Colborn: Outdoor Survival Skills; Ashley Courtin: Massage Therapy; Katie Crandall: Story Writing; Mackenzie Cunningham: Depth of Field in Photography; Marshall Diveley: Video Game Design; Emily French: Event Planning with an Emphasis on

Wedding Planning; Taryn Gibson: Chiropractic Healthcare; Michael Hurd: Welding; Nick Johnson: Farm Field Operations; Rachel Keller: Veterinary Technician; Gary Koelliker: Storm Chasing; Caleb Lackey: Music Composition; Hannah Lackey: Registered Nursing; Pediatrics; Ethan Larson: Terracing; Taylor Martin: Veterinary Technician; Valerie Neibling; Learning Styles of Children; Lorie Peuker: Shaken Baby Syndrome; Katherine Rush: Floral Design; Stephanie Scales: Redesigning the States; Steven Simmons: CRP Land Conservation; Josh Van Laar: Stability Operations; Tanner Veach: Archery; Cody Winchester: Diesel Mechanics; and Ashlie Witham: Neonatal and Perinatal Healthcare.

An especially unique senior project this year is Alaine Caudle's Light Painting.

"I saw it on the Internet and thought it looked cool, so I tried it," Caudle said.

For her demonstration of knowledge, Caudle taught a class and made a book that included the light paintings that she did.

Senior project has been beneficial to Caudle because she has learned about time management and has improved her writing skills. She said she has "expanded her horizons."

Senior Project is meant to

prepare seniors for the real world. Seniors may gripe and complain up until Senior Project Day; however, it's not all that bad.

Elmer Schmitz, Agriculture teacher, said Senior Project is good because "it keeps students focused throughout most of the year."

Along with keeping the seniors focused and hardworking all year long, "It's a great work experience," French said.

Witham said, "It's a very big challenge, but when flipping through my portfolio I feel accomplished knowing what I have done."

Senior Project is also meant to help teach students 21st century skills such as reading critically, writing persuasively, using visual information effectively, evaluating information critically and competently, being a self-directed learner who can identify and react to changing conditions, using others to help get a job done, and using technology effectively to help get a job done.

"I love getting to put in hours of my day for something helpful in my future," Koelliker said.

Senior Project may be painfully difficult and time consuming, but it prepares students for the real world.

Japanese shaken after huge earthquake, tsunami

■ Ravan Kentzler

Tragedy struck in Japan on the morning of Friday March 11, 2011. Japan suffered a 9.0 magnitude earthquake and a massive tsunami that left thousands of people homeless, dead, or missing.

The earthquake hit Japan early in the morning and hit off the coast of Honshu, Japan. The massive quake hit Tokyo hard, setting buildings on fire and collapsing homes and offices. This is the worst earthquake that has hit Japan in over 100 years. The earthquake caused a tsunami that swept six miles into the mainland of Japan according to "The Week: the Best of the U.S. and International Media."

Although most of the damage was in Japan, the U.S.

also suffered. There are hundreds of thousands Japanese families in the United States that have relatives in Japan. There were also tsunami warnings on parts of the west coast and Hawaii.

"The videos of the damage were really hard to watch," junior Keshana Cook said of the tsunami hitting Japan.

"I was shocked and I was sad because there are a lot of people without homes and many that have lost family," sophomore Amber Smith said about watching the news and following the Japan crisis.

Along with this earthquake that has left the country in ruins, a nuclear meltdown is surfacing in Japan. Emergency workers were forced to evacuate from the Japanese nuclear plant Fukushima Daiichi as the

radiation levels soared. The plant was hit by a tsunami after the earthquake hit.

This wasn't the first earthquake Japan has had in recent weeks according to www.uib.no. On March 9, 2011, there was a foreshock that measured 7.2 on the Richter scale and three others that were above 6. There have also been many aftershocks. On March 18, 2011, it was reported that there have been 315 aftershocks in Japan and many of the aftershocks have had a magnitude of 5 or higher.

According to latino.foxnews.com as of March 21, 2011, there are 8,649 deaths, 12,877 missing, and 2,928 injured people in Japan. More efforts are being made to restore Japan and help the Japanese people get through this awful tragedy.



Members of this year's forensics team: bottom: Narissa Elrod, Keshana Cook, Katie Crandall, Abbi Ellis. Second: Caleb Lackey, Kim Elliott, Katherine Rush.

Forensics team prepares for State competition in May

■ Payton Leach

Thanks to television programs such as "CSI" or "Law and Order" people think of crime scenes, DNA matches, or blood when they hear the term forensics. When students from DWHS hear forensics, they think drama, acting, competition, and meeting tons of new people. They think of a forensic team.

On May 7 freshmen Narissa Elrod, Abbi Ellis, and Kimberly Elliott and seniors Katie Crandall and Caleb Lackey will compete in State Forensics.

When they qualified at a tournament, Narissa Elrod and Kimberly Elliot got 2nd place in Improvised Duet Acting, Katie Crandall got 1st in Humorous Solo Acting, Abbi Ellis and Narissa Elrod got 2nd place in Improvised Duet Acting, and Caleb Lackey and Narissa Elrod got 1st place in Improvised Duet Acting.

"When I made it to State I felt amazing! I couldn't even believe it," Elrod said.

Many people may think it's easy to go and act in front of judges, but it can also be very stressful and take a lot of getting used to. Participation includes practice, preparation, and hard work.

According to www.forensicscompeting.com people competing in forensics always have an open mind and be able to act, speak, and perform in front of several people at a time. Most of all they need be proud of what you do because if performers aren't confident then the judges will eat them up.

They are judged over creativity, memorization of lines, how they are using props, and how good they are at acting. "It can be really scary when the judges are just staring at you as you act," freshman Kimberly Elliott said.

For the DWHS team, forensics meets are more than competition. They also play ninja, ships and sailors, and they just hang out with people from other schools.

"People are really nice and sweet so it makes it really easy to interact with them. Some people talk to walls," Ellis said.

DWHS Greenhouse plant sale!

Tomatoes	Saturday, April 16 7 a.m.-11 a.m.
bedding plants	Thursday, April 21 8 a.m.-3:30 p.m.
hanging baskets	Saturday, April 23 7 a.m.-11 a.m.
geranium pots	Saturday, April 30 7 a.m.-11 a.m.
geranium containers	

MUSTANG

COUNTDOWN

Days Left

17:24

Seniors
Everyone Else



From The Great Plains to The Green Mountains

Van Laar plans to leave Kansas for the Corps of Cadets



Mackenzie Cunningham

different skills a person gains throughout their experience.

Van Laar has grown up in an Army home and moved from state to state. He is now going to start his own life in the military by leaving for Norwich University; his military college of choice to study Criminal Justice. Because of the criminal justice interest, Van Laar's civilian job could be a police officer.

He chose this University because of the "great ROTC (Corp of Cadets)." Norwich accepts Army, Navy, Marine, and Air Force members wanting to be officers in their branch of choice as well as, other civilian students not interested in the military.

Norwich is located in the Green Mountains of Vermont. According to the quick facts from the Norwich website it's "20 minutes from the capital, 3 hours from the largest city in Vermont, and 3 hours from Montreal and Boston, two of North America's most cultured cities."

In order to attend this University, it costs around \$40,000 a year. However, Van Laar will be attending because of a full ride

scholarship. He has flown to Norwich University two times, and he will be making a third trip in April.

"I achieved the National ROTC Scholarship; a full tuition, merit Scholar award that also pays for room and board," Van Laar said.

To receive the scholarship, Van Laar had to apply and go through an interview process.

Van Laar is excited for the extra-curricular activities that he will get to do when he goes to school 1,193 miles away. He will get to do rock climbing and "cool training." However, he is least excited for the physical training (P.T.) The standards he must meet for his physical training are 42 pushups, 53 sit-ups, and a 15: 54 mile run as well as height and weight management.

Going to a military school means the rules are stricter, more financial aid, and military training in school. Along with the classes needed for his Criminal Justice Major, Van Laar will also have to meet the requirements of the Cadet Corps. He must complete 3 years or 6 semesters of ROTC courses. If a cadet is seeking commission he/ she must complete

a fourth year.

In order to be an officer in the United States Army it is required to obtain a college degree; furthermore, the point of going to a military college is to enroll in ROTC. Van Laar will not have to attend a boot-camp. Van Laar said, "Officers get trained during college with ROTC, so it takes the place of basic training. Plus, if I graduate ROTC, I will become an officer."

After college Van Laar hopes to be stationed at Fort Stewart, Georgia. "It's close to the beach," Van Laar said.

For now, Van Laar will spend his time preparing for his college days working out more to become more physically fit.

Norwich University

- Norwich was the first private military college.
 - Approximately 80 clubs to join!
 - Over \$50 million in scholarships, grants, and loans is available
- * from Norwich University website

Seniors: 2011

What will you miss the most about high school?

Valerie Neibling, "Participating in extracurricular activities"
 Ashlie Witham, "My friends and family"
 Emily French, "Quality friend time and the Halloween parade"
 Caleb Lackey, "Playing the anthem on the guitar"

Favorite Memory?

Josh VanLaar, "Osokie basketball game and this year's National Convention"
 Ashley Courtin, "Becoming friends with the Highland crowd!"
 Taryn Gibson, "Playing house at the tree in grade school"
 Alaine Caudle, "Too many to remember"
 Emily French, "Watching us change throughout the years..We've grown so close together we're like sardines"

Memory is a way of holding onto the things you love, the things you are, the things you never want to lose.
 From the television show The Wonder Years

Hair do's and don'ts

Hair problems are sometimes difficult to solve. Cosmetology majors Hailee Shelton and Kayla Keller inform us of what we may or may not know.

Drug store hair products contain metallic dyes and can suck the pigment out of hair. Salon products won't do this.

Split ends are caused when hair dries out at the ends. Trimming them off will get rid of them.

When drying hair don't rub, pat.

Pool water does turn hair green!

Hair closest to the roots don't need as much attention.

Bleaching and heat damage the hair. That's why there are specialized shampoos for different types of hair.

If hair is oily, wash with apple cider vinegar.

Getting creative with art



Michelle Johnson's acrylic on canvas "Papa's flowers" received blue at GFWC contest.



Rachel Rush's "Floral" on the left received red at contest.

Rachel Keller's untitled acrylic on canvas painting hangs in the hallway across from the art room.





Express Yourself

If you could eat only one food for the rest of your life, what would it be?



"Steak."
Derrick Hughes, 10



"My grandparents' hot tamales."
Ruby Rhodd, 10



"Salad. I'd be able to add different things to it, so it wouldn't be the same exact meal every day."
Keshana Cook, 11



"Ruffles, they have ridges."
Aaron Halling, 11

Get in shape & have fun too? The options are endless

Emily Franken

Have you ever thought that exercising could be fun? The article "Exercising Without Even Knowing It" says about 90% of the time people are exercising and they don't even know it, such as washing your car or doing yard work.

There are so many ways to get in shape that are fun and easy to do if you think about it. The article "Exercise Tips" says just always be moving, don't sit around all day and eat potato chips. Instead, you can jump rope or hula hoop during commercials of your favorite show.

The article "Change Your Life Hacks" explains 10 ways to get in shape the fun way. Get a group of friends and sign up for Zumba dancing, tap dancing, jazz dancing, ballroom dancing, tennis/squash tournaments, cricket/football/basketball club memberships, or kick box aerobics.

You can also plant a garden, walk your dog, do yoga, or do Pilates, which is a system of physical conditioning involving low impact exercises and stretches, performed on specialized equipment.

A recent survey of 130 DWHS students showed that nearly 50% likes to lift weights and do ab workouts.

"During my free time I like to dance," senior Emily French said.

Ideas for fun exercises are endless. Get a couple of friends after school or on a Saturday and play fun Wii games like Just Dance, Wii fit, and Wii Fit Plus. Play Freeze tag or run relay races. Twirl a hula hoop or weighted hula hoop (it will cut about 3 in. off your waist). Play volleyball, three on three basketball, kickball, and swimming. Jump a rope for 3 minutes, and that works magic.

"I like to do yoga and Zumba with my friends after school," freshman Kim Elliott said.

The article "Health, Fitness, Exercise" reports that Professionals say at least 30 minutes of exercising a day are needed to keep a healthy weight.



Left: Senior Tanner Veach jumps for fun during Strength and Speed class.



Right: Junior Brook Fee gives hula hoops a whirl for great exercising fun.

WHAT'S HOT & What's NOT

Kyleigh Edie and Mackenzie Cunningham

Animal Print



Sun Dresses



Shorts



Duct Tape Bracelets

Fishing



Brisk

Easter Candy!!!!



Flip Flops

Pot Holes



High-Waters don't pass for Capris

Winter Coats



SNOW!!

Sitting inside on a warm sunny day

Crocs



Spinach

Old Christmas Decorations



Cold Temperatures in the School



Mrs. Smith's and Mrs. Martin's 5th grader at DWES wonder if you know what they know.

1. **How many bones are in your body?**
2. **How many skeletal muscles in your body?**
3. **What does the suffix -ible mean?**
4. **When did Christopher Columbus discover America?**
5. **In science, what is a "black box"?**
6. **What is the mean of 108, 200, 409, 910, and 1208?**
7. **How long did Thomas Edison's first working light bulb burn?**
8. **What does the math term GCF stand for?**
9. **What is the largest skeletal muscle in your body?**
10. **What does a wheel turn on?**

answers:

1. 206
2. 640
3. capable of doing
4. 1492
5. a system that you probably never know how it works
6. 567
7. 13 hours
8. greatest common factor
9. gluteus maximus
10. axle



It's time to start the summer job search

■ Jessica Pickman

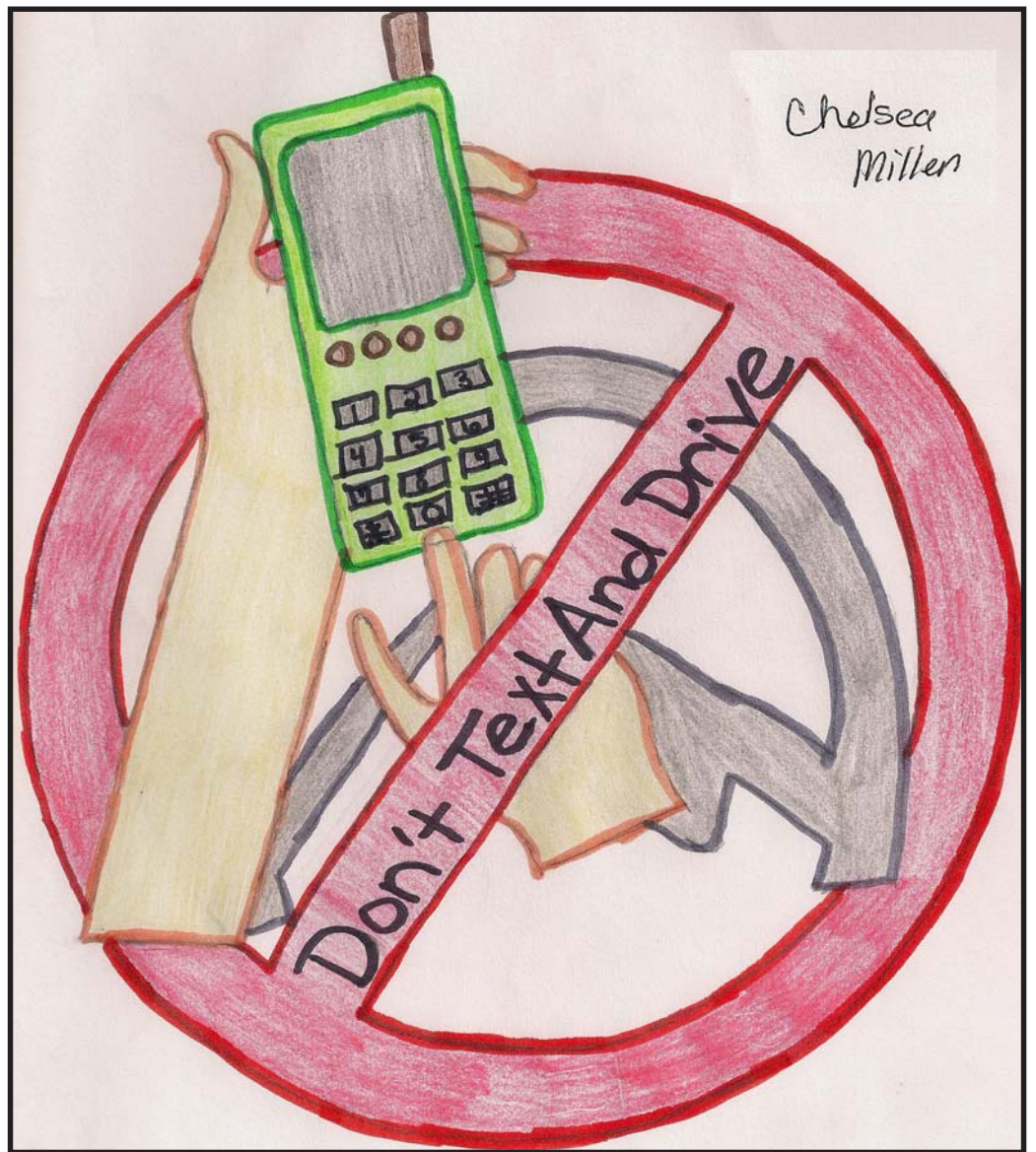
Are you looking for a summer job? If you are then you better start now: call or visit businesses, check newspaper ads, or even ask parents who want to keep their kids out of daycare.

Summer jobs are a good way to earn money and have fun at the same time. For some popular summer jobs such as working at a fast food place, lifeguarding, and a grocery store you must be 16, while others like babysitting, lawn mowing, and farm help have no age requirement.

Working summer jobs comes with many pros and cons. Pros of summer jobs would be it gives you something to do throughout the summer. You could possibly get to work with your friends. The money you earn could be put in a fund or used for extra spending money. Having a summer job also looks good on future resumes; it shows that you are a responsible person. The job could also be educational if you work somewhere that interests you. Helping on a farm could help later on in for those who want to be farmer, or working in a grocery store could help with business management. Working any job teaches lessons that will help you in the future. Some responsibilities would be getting to work on time, learning to work with others, time management and working under a supervisor.

One con of summer jobs would be it takes away from free time. You also wouldn't get to sleep in! Summer jobs also interfere with camps and sport activities. Having a job and playing on sports teams takes a lot of time and makes a busy schedule. One last con of having a summer job is it takes away from family vacations.

School is coming to an end and now is the perfect time to apply for a job. Summer jobs are a great way to earn extra money. Although there are some disadvantages of having a summer job, the pros always seem to outweigh the cons.



Don't Be Another Statistic

■ Chelsea Miller

Crash! Boom! Crunch! Aaaaah! What happened? What was that? That was the sound of one your best friends wrecking because he or she was texting and driving on their way to hang out with friends.

Accidents happen all the time and we all know that, but there is often more to most accidents that we don't understand or realize. Often accidents happen because drivers are distracted doing something else, especially when teens are behind the wheel.

According to SADD (Students Against Destructive Decisions) and a Liberty Mutual Insurance Group, instant and text messaging while driving leads the list as the biggest distraction while driving.

States are taking action to outlaw texting while driving. There are a total of 38 states with laws against texting and driving. According to www.drivinglaws.org, on May 24, 2010 the Kansas Texting Bill was signed into law by Governor Parkinson. The ban on text messaging went into effect on January 1, 2011 the fine for violating this law is \$60.

The Kansas Highway Patrol says that drivers are prohibited from using a wireless device to write, send, or read written communication while operating a motor vehicle on a public road or highway. This includes text messages, instant messages, and e-mails. However, exemptions do exist such as a vehicle stopped off of the regularly travelled portion of the roadway; to read emergency, traffic, or weather alerts; and reporting current or ongoing illegal activity to law enforcement. To view the full list of exemptions on the new texting law, visit www.kansashighwaypatrol.org.

If a text is so important it can't wait until you are safely parked and the engine is off, then should you really be behind the wheel? I

know that no one wants to hear the statistics, laws, and potential deaths behind texting and driving, but this might be the only way to save lives. No parent should have to carry the grief of losing a child early in life, and they should never have to carry the guilt that comes with their child taking someone else's life.

Statistics on <http://protector.com> show that 5,800 people died from distracted driving related accidents in 2010 alone. According to www.coloradolaw.net, in 2008 five unsuspecting friends, all of whom had just graduated from high school, were on the way to their parents' vacation house when they

ran into a tractor trailer. All five girls were pronounced dead at the scene. The cause of the accident: text messaging.

Taylor Hemness of www.kltv.com

5,800 PEOPLE DIED FROM DISTRACTED DRIVING RELATED ACCIDENTS IN 2010 ALONE

reported that in March of this year a teenage girl, Lillian Propes, lost her life in a fatal car crash. Leah Propes, her mother, had this to say, "Lillian was driving home from work and was texting while driving. There was no other car involved, Lillian was not under the influence of anything in her system, but the crash happened simply because she took her eyes off of the road to see a text and answer a text."

A recent survey at DWHS shows that 27 of 55 students surveyed admit to texting while driving and 28 of 55 say they don't text and drive because it is stupid and dangerous.

Don't be the person that texts and drives at the same time. If the text can't wait and you're by yourself, then pull over; if you have a passenger with you, ask him or her to answer the text for you; or just turn your phone off or put it on silent for once. Think before you act. You could save a life.

You might be from D. West if...

■ BreAnne Caudle and Kassiday Blevins



Over 1/2 of the school is involved in FFA

The most stressful part of the year is cheer and dance tryouts



Your closet is full of orange and blue

Your least favorite part of Senior Year is Senior Project



The only good thing about Wednesday is M_TV



Hokey Pokey's (overalls) are an everyday sight





“QUOTE UNQUOTE”

■ Payton Leach

Senior Hannah Lackey dissects a chicken in Anatomy class.



“The chicken smelled really bad and the skin kept slipping through my fingers because it was so slimy.”

“Fear the Beard, son.”



Luke Rush, freshman, imitates K-State basketball player Jacob Pullen during advisory.

“She didn’t know what was coming at her.”



Sophomore BreAnne Caudle gets the second out at Royal Valley by tagging the runner trying to steal second base.

“My milk brings all the cookies to the bowl.”



Scotti Twombly, freshman, concentrates as she pours the milk to make her pancakes for FACS class.



Freshman Taylor Sullivan tries out the new dumbbells during his gym class.

“They feel much lighter for some reason.”

Tattoos at DWHS
Why are they significant?

■ Chelsea Miller

“I love tattoos and believe in God 100% and found this sweet cross design and decided to get it tattooed on me.”
senior Tanner Veach.



“It’s not significant. I wish I didn’t have it now.”
junior
Ravin Walls

“It calms me down and means something of what I like.”
junior
Chris Peuker.



“It helps me express things to who I am and the memory of the tattoo,”
junior
Brook Fee.

COME SEE....

YEARBOOK

... a play with positive messages about high school

■ Kyleigh Edie

Pretend it’s August, the yearbook just came out, and everyone is so excited and rushing to grab their copy and flip through the pages and reminisce about the school year.

That is the same feeling you will have seeing the hour-long play called “YEARBOOK” performed by the Art and Drama students.

“I chose the play because it is something the student body and community would enjoy,” director Stanley Thornton said.

When many people think of teenagers they think of all the negative things. But when you see “Yearbook,” it will have both the cast and audience thriving on its positive messages about teens.

Sophomore Kylee Keehn agrees the play has a positive message. “Even though people are different in clubs or act different doesn’t mean they are not like other people. In the play, the characters learn not to judge one another.”

“I believe the play is sending a message to all high school students to be active in high school and do things

that will be memorable,” said Katie Crandall, senior. “Also to the older generations to remember all the things they loved about high school, and to the younger generation: everything to look forward to.”

Why would you want to see this play? you may ask yourself. Well, there are many reasons such as the positive message, the comedy, seeing your fellow classmates perform, and inexpensive entertainment.

“Everyone should go see it, even if you’re just there to support your friends. Who knows, you could actually get something besides laughs out of this one,” Crandall said.

Senior and Script Manager Katherine Rush said, “Students work hard to put on the play, and other students should support them.”

“It’s something that people of all ages can enjoy,” Thornton said.

Some of the favorite scenes of the cast include “Jock Block,” “Just for the Halibut,” “Drama Club,” and “Chess Club.”

Admission is only \$3 for adults and \$2 for students. So please come out and support your fellow students on April 15, 16 at 7 p.m. and April 17 at 2 p.m. at the high school.

“Everyone should go see it, even if you’re just there to support your friends. Who knows, you could actually get something besides laughs out of this one.”

~Katie Crandall



The play cast and crew for “YEARBOOK.” left to right, front to back: Katie Crandall, (kneeling)Morgan Prager, Caleb Lackey, Travis Arnold, Kylee Keehn, Katherine Rush, Kim Elliot, (standing) Terri Simmons, Alaine Caudle, Abbi Ellis, Nick Johnson, Amber Smith, Austin Ricklefs, Josh Van Laar, (arms raised) Madison Smith, and Macee Scott.



Pickman back to sports after broken elbow

■ Marc Ellis

Most everyone probably remembers the day hearing junior Jessica Pickman breaking her medial epicondyle, which is her elbow if the science term confuses you. To be honest, it confused me.

Jessica was in a volleyball game August 31 versus Atchison County when she dove for the ball while colliding with junior Rachel Rush. "I was thinking oh my gosh, I just broke her arm," Rush said.

Then that was it, she was going to be out for quite a while. It didn't help that she was in an arm brace and was not able to do anything for six weeks.

The injury happened early in the volleyball season, which put her out for the rest of volleyball and all of the basketball season. "I really hated not being able to play with the girls," Pickman said.

Still, she sat and cheered for her team during each of the seasons. Even though she was hurt, she made it to every practice and went to every game to help the team in any way. She was just like another athlete sitting on the bench.

Then, good news came on March 1 when she got released was able to start playing sports again. She had been rehabbing her elbow mostly all through the basketball season, and she got her elbow good enough to be able to get back to sports.

Pickman plans to ease back into sports this summer by playing summer league volleyball and basketball.

"I'm exciting and yet nervous about playing sports again. I don't want to reinjure my elbow, so I'm going to wear some some type of brace or pad on it."

"I look forward to getting in shape again," she said.



ACL surgery requires 4 incisions. The photo to the left shows the aftermath a few days after surgery. The incision on the right measures 2-3 inches long.

Blevins shares ACL injury experience

■ Kassiday Blevins

In the past two basketball seasons four female DWHS athletes have suffered injuries to their Anterior Cruciate Ligament (ACL). Last year senior Ashlie Witham and recent graduate Brianna Cluck tore theirs, and this year senior Alaine Caudle and I tore ours.

February 18 is the day I tore mine. I was going up for a rebound (I did get the rebound), but I landed wrong and my knee gave out on me. It was one of the most painful things in my life! At first it was thought to just be a sprain of the MCL, another main ligament in the knee.

A few days after the injury I visited Jody Franken, an athletic trainer. He recommended that since it was still swollen and I had limited movement, that I have a MRI. The results showed that I had torn my ACL.

The ACL is one of the four main ligaments in the knee. It is key for stability and keeps the knee from moving excessively. It is a cruciate ligament because it crosses diagonally with the PCL, another main ligament in the knee. (see picture)

According to "Knee injuries plaguing young female athletes" females are four to eight times more likely to tear their ACL. ACL tears are more common in females than males because our hips are wide so it puts pressure on our knees. Most tears occur when pivoting or landing from a jump. This

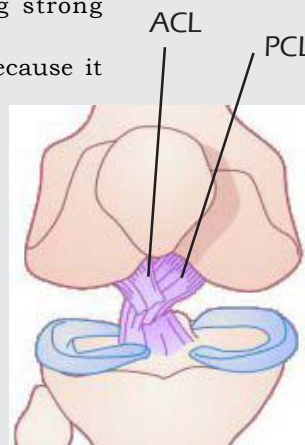
injury is preventable by having strong quads and hamstrings.

My tear is very uncommon because it didn't tear away from the bone like it normally does; mine just ruptured or literally tore in half. This is so uncommon Dr. Brett Miller has only seen it seven times in his career.

ACL tears are common in my family. Five people on my dad's side have had a knee injury. My grandma Sharelle Blevins, aunt Shelly Cluck, uncle Dennis Blevins, cousin Bryson Cluck, and cousin Brianna Cluck have all torn an ACL. My uncle Dennis tore his the same way I did.

These injuries are hard to bounce back from because of the long rehab process. The process takes at least seven months from injury date. First, I have to get range of motion back since my knee was immobile for two weeks. Then, I will be able to build the strength back up in my quads and hamstrings. I plan on doing most of my rehab at the Wellness Center, mainly by riding the bike. I won't be able to get full strength back yet; that will take one to three years.

Looking ahead in the future I can't play volleyball in the fall, but my goal is to be back for basketball.







Example of criss-cross pattern of the ACL and PCL.



Almost a month after surgery the incisions are almost completely healed.

Pop Quiz

SENIORS in the mix	Ideal graduation gift?	all-time favorite class?	In 10 years I will...	On senior trip I hope...	If I had one more year of high school, I'd...	Your classmates will most remember about you?	Favorite school lunch?	Any regrets about the last 4 years?
 HANNAH LACKEY	flat screen TV or a luggage set full of K-State apparel	IHT. Mrs. Winchester & her candy are my favorite!	hopefully be working as a pediatric nurse somewhere, married	we have a good 'ole time!	shoot myself	I hope it's something good but who knows, I tend to sing a lot	I'm not sure but the tenderloins are pretty good	I wish I would have gotten out of my comfort zone a little more.
 STEVEN SIMMONS	a car	Art	I'm not sure	to have fun	get involved in more things.	how awesome I am!	tenderloins	no
 ALAINE CAUDLE	money, duh!	Computer Apps II I loved making music videos	be old. :(to have an amazing time!	fail every class just to see what it's like.	my hair. . . just kidding. My JOKES!	taco salad Fo Sho!	I didn't spend enough time with my awesome friends.
 CODY WINCHESTER	diploma, no more school	Ag Mechanics	be a millionaire... hopefully	to survive	probably die	my laugh	country fried steak	nope



Coach Natalie Dixon meets with the players out on the pitching mound trying to relieve some frustration and calm the pitcher down.



Junior Dusty Saunders winds up and gets ready to throw his pitch to the batter.

History in the Making: softball & baseball begin

■ Gabby Speer

Starting off the spring sports season the students had the choice of softball, baseball, or track, or they could even go out for both. There were 36 students who signed up for the first year of softball or baseball. There was a lot of work put in, in a very short amount of time.

Athletic director Jim Howard was in charge of finding equipment, getting all the uniforms, and also setting up the schedule. He had to call almost anyone and everyone to find teams that had open dates so that's the reason some of the games are so far away. Next year, though, he will start scheduling earlier and hopefully we will have games that are closer.

Uniforms and equipment are costly and, of course, there was a certain budget set. The softball and baseball teams each had \$3000 to spend on equipment, so about \$1500 for equipment and the other half for uniforms. Also, seeing that some of the games are a long ways away, the boys and girls may take one bus to some of the games.

Many steps were taken to get this program started and there are still more to be done. The field down at the south campus where the softball girls will be playing their home games needs some work. It needs new lights, the back stop isn't up to KSHAA standards because the distance between home plate and the fences is incorrect, the dirt is too low, and it also needs new bases, not to mention that the grass is growing in the infield and there is not very much in the outfield.

Softball Outlook

Natalie Dixon, head softball coach is very excited to be coaching. "Softball is all about the fundamentals, so starting with the basics is very important," she said.

Most of the girls have played softball before, but most of them said it's been three to five years since they last played.

Coach Dixon enjoys coaching very much; she has coached for three years. She played two years at North Central Missouri College and two years at Central Methodist University. She also played all four years of high school and was on a traveling team in the summer.

Her assistant coach Julie Speer has supported her daughter through softball and is now coaching for the first year.

Dixon expects the players to have a good attitude and work ethic. She wants them to push themselves and their teammates. "I want them to each have goals and works towards them" she said.

Her hope for the season is to get off to a fundamentally good start. "I want to work towards making a strong program."

Practices are tough; the girls do their best and get better every day. Paying attention, listening to their coaches and their own teammates can be very stressful at times.

Brad Dixon comes to help out in practices and games; he seems like just another one of the coaches. He works with the infielders and catchers and helps everyone with batting.

He tells the girls how it is, that they can't be scared of the ball, "It feels better after it stops hurting," Brad says if they seem to be scared of the ball.

Softball is a tough sport; it takes motivation, concentration, and the desire to be on the field. So if that means sacrificing their body to stop a ball, these girls are willing to get down and get dirty.



Baseball Outlook

Frank Speer, head baseball coach, is very excited to be coaching. "I enjoy coaching. It's one of the things I enjoy doing the most," he said.

Most of the boys have played baseball before, but it has been awhile since they have last stepped onto the field. Starting with the basics was what they had to do since their baseball skills were a little rusty.

"I expect the boys do their best. We are a new program and we're not going to win every time," Speer said.

The boys want to have fun, and, of course, it's going to be difficult since they all haven't played for a long time. In fact, for some of the boys it's the first time they have ever played.

The boys practice every day and they find their mistakes and what they need to work on, and they work to get better. Even though they won't win every game they're going to push themselves to get better.

The team is learning with every game they play, and they're working harder and harder to get better. Senior Josh Van Laar said he thinks that the boys enjoy the game; they go out there and have fun, work as team, and sometimes get a little irritated when some of them don't take things seriously.

But they are a team and it takes time to build a strong program.

Baseball and softball are tough sports. Everyone has to work together and push each other on and off the field. They are taking baby steps, but it always takes time to build a strong program. The mistakes from this year will help build the program for next year. To be great at something you have to work hard, and be able to make changes for the better of the team.



On Your Mark, Get Set-- It's Track Time

■ Emily Franken

Runners to your mark Get set, GO! Ten girls and eleven boys are out and the team has a new track coach Nick Fuemmeler."

"Track is an opportunity for every student-athlete to spend three months working to improve their speed, their ability to jump, and or their ability to be explosive," Fuemmeler said.

Fuemmeler has been coaching track for seven years but overall he has been coaching for eleven years. He also is the PE teacher at the elementary and middle school. He enjoys helping kids improve themselves both athletically and in other areas, and coaching track allows him to do that.

"Track is like ten different sports," Fuemmeler said. Every event has technical elements that have to be taught if the athlete is to be successful. As a coaching staff we have to find the balance between teaching and technical elements of all the different events and making sure the athletes are well conditioned.

Track isn't everybody's favorite sport but most people do it to get in shape, do agility and jump higher. Everyday there is a different workout. Some days are really hard and some are not but days before a meet they don't do that much. The workouts are based on a number of things.

"Early in the season they may condition a little harder even if there is a meet a day or two away just because it is necessary to build a foundation and get them in shape. Once that foundation is established they will tend to work harder when they are two or three days away from a meet and then back off quite a bit to rest the legs. "You can push the human body pretty hard, but there are limitations".

Coach Fuemmeler really wants a few kids to qualify for the state track meet. He feels like five or six kids have the potential. One goal he is trying to work toward is getting better every day.

"I've told the team on a couple of different occasions that not every second of every day is going to be fun, but the attitude that you bring in each day will determine whether or not it will be an enjoyable experience. I want us to have fun, but I want each person to try and do all he/ she can to improve themselves each day."

The track team has fewer members this year because the startup of softball and baseball.



The track team. First: Clarissa Billups, Emily Franken, Stephanie Scales, Jessica Neibling, Robyn Boos, Kylee Keehn, Elayne Clevenger, mgr. Nikki Boos. Second: Abbi Ellis, Jordan Sellers, Caleb Lackey, Ian Bollinger, Austin Ricklefs, Jessica Pickman, coach Courtney Abbott. Third: Keaton Blevins, Taylor Sullivan, Marc Ellis, Landon Allen, Derek Gibson, Ben Petrik, Travis Arnold, coach Nick Fuemmeler.

Spring Sports
D-West
Softball 18
Track 20 total
9 girls 11 boys
Baseball 20
BreAnne Caudle