

# D. West



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

# eXpress

Volume 7 Issue 2

December 21, 2010

## Don't fret about holiday debt Use your time without spending a dime

■ Mackenzie Cunningham

The holiday season is officially here; now it's time to spread Christmas cheer. With little money in the bank and lots of gifts to buy, here is a fun list of homemade presents to try. No need to wait for Santa and his big bag of toys; there will be plenty of gifts to go around for all good girls and boys.

Gift baskets filled with cookies, candy canes, sweets, and more—maybe even a gift card to someone's favorite store. Hand crafted headbands with ribbons, flowers, and bows; a tie blanket to warm up your fingers and toes. Fun ornaments to decorate the evergreen tree. Christmas cookies, fudge, peanut butter balls, chocolate dipped foods and cupcakes are also gift ideas from me. Homemade candles of all sorts of aromas and smells. Personalized Santa hats with jingling bells. Homemade snow globes to shake. Decorative items like pillows and jars to make. Coupon books filled with IOUs and chores. Handmade Candy Bouquets—not one from the stores.

Many creative ideas can keep Christmas exciting without having to spend a person's whole life savings. The meaning of Christmas is sometimes lost



Giving a decorated Santa hat with holiday ornaments and some delectable chocolates makes for some easy-on-the-wallet presents for all to enjoy.

within all of the gift shopping frenzy. Homemade gifts show someone that they are worth more than money to others. Spending time on a gift shows people that their gift was special because it took thought and effort. There are always people around the world that do not have enough money to "give" their families a real Christmas by going out and buying all the latest toys, clothes, and

appliances.

It is always enjoyable to receive a gift. Would it matter if it cost a hundred dollars or just one? Candy canes, ornaments, ribbons, paint to put on clothes, glitter glue for decorations, and so many gifts can be cheap and simple. This isn't saying that people aren't worth a million dollars; it's just money shouldn't be everything, especially on the holidays.

## Santa, we've been good

Dear Santa,

Christmas is almost here and the holiday fever is spreading quickly. Finals have begun, which means school is almost out for the semester and everyone is more than ready!

There are 126 students here at D. West and due to sports practices and studying, I have a feeling not many students have had time to write to you yet this year, so I am writing on behalf of the student body.

"I think everyone has been good this year and if Santa visits their house then they should get something off their list," principal Chris Lackey said.



But the real question is: What do the students want for Christmas? A good idea for the seniors is stuff like furniture, cooking utensils, organizers, clothes, shoes, and other things associated with leaving for college, but the freshmen disagree. They seem to have their eyes on iPods and iPod accessories. The sophomore boys seem to be in agreement that video games would be a good gift for them.

The girls seem to all have clothes, perfume, and jewelry on their lists. Some popular styles for girls are moccasins, scarves, cover ups, and boots. Places you could stop at for these clothing items are Buckle, American Eagle, Wal-Mart, and Maurice's. Most girls are big fans of perfume and body mists from Victoria Secret, Bath and Body Works, Dillard's and American Eagle.

It's hunting season and quite a few boys here are dedicated to the sport. A few good stores to stop at for hunting gifts include Cabelas and Bass Pro Shops. St. Joe Boot, Orscheins, and Vanderbilt's are other places to get farm clothing and other equipment.

For those boys that aren't into hunting, American Eagle and Aeropostale are good shops for clothes and cologne for them.

Derek Gibson, sophomore, has his eyes on something entirely different. "A Polly Pocket Dream House would be great. I'm just hoping they still make them," Gibson said.

Movies and CD's are a good, inexpensive gifts rather than the more expensive iPads, stereos, and cell phones that range anywhere from \$50-\$300.

Some new movies that are very popular are "Grown Ups," "Twilight Saga: Eclipse," and "A-Team." Some new popular CD's are Rascal Flatts, "Nothing Like This," the Glee Christmas Soundtrack, and Taylor Swift, "Speak Now."

Popular cell phones this year have been iPhones, Blackberries, and various Samsung models. There are many different stereo brands, but a few popular ones are Sony and Panasonic.

We hope you have a very safe trip around the world and excite millions of children. Are the reindeer ready to travel? We hope they are rested up and in shape enough to fly all around the world. We will all have cookies waiting for you. What is your favorite kind? Thanks Santa!

Love,  
BreAnne Caudle

## Musical cast delivers 'No Frills' thrills



Above: "The No Frills Review" cast performs an airplane scene in which Abbi Ellis is confused about the order of a music concert as Narissa Elrod explains "The Who's on first. . .The Doors close. . ."

The show featured both humorous and serious skits and choreographed songs. The cast featured a talented mix of upperclassmen and newcomers, who each added a special zest—whether it be through singing, onstage antics, dramatic acting, hilarious facial expressions, or well-timed delivery of difficult dialogue. The show was presented on Dec. 2, 3, and 4 at the HCC Culbertson Auditorium under the direction of Stanley Thornton and Harry Hamblin.



The cast: first row: Marshall Diveley, Stephanie Scales, Katie Crandall, Caleb Lackey. Second row: Kim Elliott, Aisha Diveley, Narissa Elrod, Abbi Ellis, Keshana Cook, Amber Smith, Terri Simmons, Aaron Halling.

## Top five gifts to end 2010

1. Apple iPad, iPod
2. Favorite clothing and accessories: moccasins, skinny jeans, boots, scarves, perfume, cologne
3. Cell phones and accessories
4. Money
5. iTunes gift cards



## You can't see him. . . or can you?

Chelsea Miller

John Cena, professional wrestler, actor, and rapper, had a lot at stake Oct. 3, 2010 when he challenged Wade Barrett to a match at Hell in a Cell. Cena's plan had been to win the match and take Wade Barrett and the rest of Nexus out, but when Husky Harris and Michael McGillicutty interfered Cena lost.

Nexus is a professional wrestling staple in the professional wrestling promotion, World Wrestling Entertainment, that is currently competing on its Raw brand.

Due to arrangements made previously, Cena was forced to join Nexus and the RAW General Manager ordered him to follow orders from Barrett, or else he would be fired from the WWE. Cena said, "At Hell in a Cell I made a deal. I took a risk."

At Bragging Rights, Cena and fellow Nexus member David Otunga took the glory when they defeated "Dashing" Cody Rhodes and Drew McIntyre in the Tag Team Championship Match. However, Cena and Otunga lost their title later when Barrett literally made Otunga lie down in the middle of the ring, so that fellow Nexus members, Heath Slater and Justin Gabriel, could have the win.

Leader of Nexus, Wade Barrett, continually threatened to have Cena fired if he didn't follow orders. Barrett told Cena if he raised his hand in victory at Survivor

Series 2010, then Cena would be freed from the Nexus, but if he raised Orton's hand in victory Cena would be fired from the WWE on the spot.

Cena, however, refused to lose his integrity while he was special guest referee in the match for the WWE Title between Barrett and Randy Orton. Cena being the referee was supposed to insure that Barrett won the title, but Cena called it down the middle and raised Orton's hand in victory, allowing Orton to keep his title.

Dylan Wood, junior said, "If it was a fair fight he shouldn't have been fired, and they need to quit whining about it and let him back in."

Although Barrett didn't fire Cena right then and there, Cena made it clear he would leave, but not without putting up a fight first. Cena left the ring and gave some of his fans hugs before leaving the stadium. Over the past couple of weeks on Monday night RAW, Cena has made his presence known; slowly, but surely Cena has been attacking every single member of the Nexus, and he plans to take them all out before all is said and done. "It's open season on the Nexus," said John Cena.



One of John Cena's name brand hats with his famous catch phrase, "You can't see me."

Cena being fired from the WWE is very controversial because most fans love Cena and they come to Raw to see him. No one, especially the fans, want to see Cena gone from wrestling for good because they may quit watching WWE for good too. Many people have come to the agreement that WWE will never be the same without Cena there.

Cena may be "fired" from Raw, but he still lives on in the hearts of all his fans and RAW will forever be CeNation. Trevor Kaufman, freshman, said, "I think it was wrong because Nexus is the worst part of WWE and John Cena is what the fans come for."

John Cena was recently reinstated on WWE by Nexus leader Wade Barrett.

## Kick your cold to the curb

Brielle Clary

Cover your mouth! Do you need a tissue? Drink lots of fluids. You look awful!

Tired of hearing these same words over and over again because you're sick? Well, here are some tips from the "Glamour" magazine article "5 Weird Ways to Beat a Cold."

The first one is to walk fast. Research shows that walking fast will put that cold to rest by increasing your immunity. But you'll get worse if you run, because if you run then you'll overexert yourself.

The second is, don't blow. When you blow your nose, it can increase the amount of mucus and boogies into your sinuses, which could cause infection. Um, yecch. Instead, take decongestants or blow one nostril at a time.

The third is to take a sauna. Research has shown that the warm, moist air gives your body the same treatment as drinking lots of fluids.



Your cold will soon be booted out the door and living homeless on the street.

Number four would be drinking a hot fruit drink. You wouldn't think drinking a hot cup of apple and black currant juice would relieve you of those nasty symptoms of colds, but the sniffing, coughing, sore throat, and runny nose could soon be gone. Still, scientists and researchers are still trying to find if drinking a hot fruit is as effective.

Last but not least, number

five. Munching on some red bell peppers has shown to reduce the strength and intensity of cold and flu symptoms. Other such foods would include yogurt, tumeric, garlic, oregano, green tea, and pumpkins.

Since I'm feeling nice and sympathetic for all you sick people, I'm going to give you a bonus tip. Snoozing, as shown in research, helps three times as much to not get a cold, but it would need to occur at least seven hours a day.

## Hot winter styles

Kassiday Blevins & Payton Leach



Ear Flap Hats



Accessories



Scarves



Over the shoulder purses



Dresses with leggings



CAMOUFLAGE



Furry Jackets



BOOTS

### 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.

#### Reporters and Photographers:

senior: Mackenzie Cunningham, junior: Chelsea Miller; sophomores: Kassiday Blevins, BreAnne Caudle, Emily Franken, Ravan Kentzler, Gabby Speer; freshmen: Brielle Clary, Kyleigh Edie, Payton Leach

#### Adviser: Marla Taylor

The D. West Express is published by the Journalism I class of Doniphan West High School, P.O. Box 308, Highland, KS 66035. www.doniphanwest.org

Happy Holidays



## Drivers must take precautions to avoid slipping, sliding down slick, snowy roads

Emily Franken

Oh boy, it's that time of season to scrape windows and slip, slide and spin down the roads again! Heavy snow, icy roads, and sleet are many of the things that come with winter.

Before getting in a car to go anywhere, people must take proper precautions. Ice scraper, small shovel, small broom, first aid kit, tool kit, medications if necessary, blankets, jumper cables, salt to put on the road, are handy tools to fight the bitter cold and snow in case of an emergency or slippery situation.

"I usually have a blanket, flashlight and gloves on hand," sophomore Kendall Shrimpton said.

Another good thing for drivers to do before winter comes is to winterize their vehicle. Here are some tips to do to winterize a car: check battery, wipers, and fluid, thermostat, breaks, ignition system, antifreeze, exhaust system, lights, and oil level, heater and defroster.

Drivers must make sure everything is operational to keep them safe throughout the cold weather season.

"I winterize my car by myself before winter," sophomore Jerney Clark said.

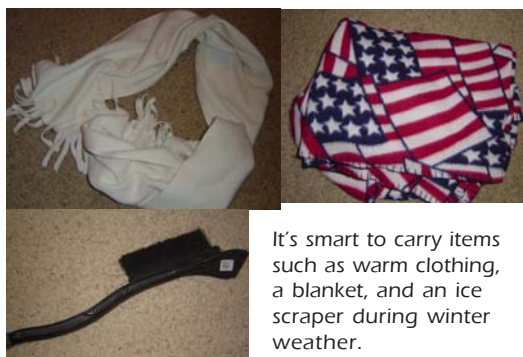
According to the article "How Do Most People Die," when driving on icy roads some people don't even think before they make a

mistake, or get in a wreck and then be scarred for life.

To drive the roads safely, people should decrease speed, allow at more than usual space behind the vehicle ahead, use low gears, don't pass snow plows, and be especially careful on bridges.

For some people, snow is the best part of winter; on the other hand, it is not so fun on the road, especially when there is a blizzard.

According to the article "Blizzard Travel Tips," don't drive in blizzards! Other safety measures for when driving in heavy snow include checking traction periodically by tapping the brakes and making sure the exhaust pipes are clear so they won't freeze.



It's smart to carry items such as warm clothing, a blanket, and an ice scraper during winter weather.

## How to lose a guy. . . in 15 days

Payton Leach and Kassidy Blevins

Have you ever had an annoying boyfriend or wondered why your relationship didn't work out as planned? These might be the steps you can use or they used to get rid of you:

**Day 1-** Be clingy! Never leave them alone and show him you're the only one for him.

**Day 2-** Color coordinate your clothing so you'll never lose each other in a big crowd.

**Day 3-** Buy t-shirts with each other's faces on them so everyone knows you're in a serious relationship and you're committed!

**Day 4-** Feel free to throw a temper tantrum if he doesn't respond to your text messages in less than 12 seconds. How do you know what he's doing?

**Day 5-** Plan your wedding, make a wedding date, honeymoon, and create a family scrapbook of what you think your kids will look like.

**Day 6-** Go out to eat with your man and yell "My boyfriend thinks I'm fat," and then begin crying.

**Day 7-** Ignore all calls from him and then text him and tell him you're hanging out with his friends and can't talk.

**Day 8-** Harass his friends.

**Day 9-** When you do answer his calls act boring and maybe even pretend you fell asleep on them.

**Day 10-** Have another guy answer your phone.

**Day 11-** Act like a total jerk all day trying to start a fight out of anything and everything.

**Day 12-** Complain to him that they aren't paying enough attention to you and your needs.

**Day 13-** Be as selfish as possible.

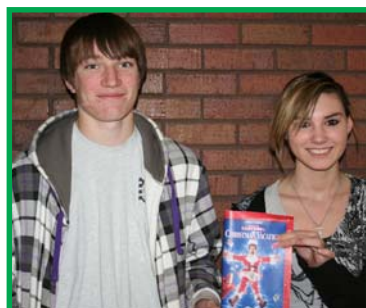
**Day 14-** Treat them like they have no common sense and everything he says is dumb.

**Day 15-** Wait for the breakup call! :)

## Favorite Holiday Movies

Kyrieh Edie

### Christmas Vacation



"I liked the part when the cat was chewing on the lights under the chair."  
-Allen Dorrell, freshman

"I liked the part where Clark finally got the house to light up."  
-Jessica Wood, freshman

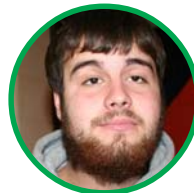


### A Christmas Story



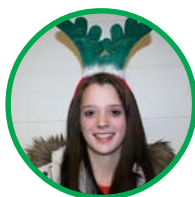
"My favorite part was when he got bubble wrapped."  
-Derrick Hughes, sophomore

"I liked when he got his Red Ryder and about shot his eye out."  
-Kyle Alfrey, junior



"I thought it was funny when the kid got his tongue stuck to the pole."  
-Narissa Elrod, freshman

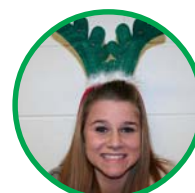
### How the Grinch Stole Christmas



"I liked the part when he said, 'One man's trash, is another man's treasure.'"

-Ravin Walls, senior

"Same as Ravin."  
-Alyssa Halvorsen, sophomore



- Top 10 iTunes Christmas Songs**  
12/9/10 Ravan Kentzler
1. Baby, It's Cold Outside (Glee Cast Version) - Glee Cast
  2. Last Christmas (Glee Cast Version) - Glee Cast
  3. All I Want for Christmas is You - Mariah Carey
  4. The Chipmunk Song (Christmas Don't Be Late) - The Chipmunks
  5. Christmas / Sarajevo 12/24 (Instrumental) - Trans-Siberian Orchestra
  6. O Holy Night (Glee Cast Version) - Glee Cast
  7. Jingle Bells - Frank Sinatra
  8. Frosty the Snowman - Ella Fitzgerald
  9. Little Saint Nick (Single Version) - The Beach Boys
  10. O Holy Night - Nat King Cole





Gabby Speer

Christmas is the time of the year to be with your family, open presents, enjoy the smell of smoke rolling off the fire, and eat your favorite foods. Everyone likes to eat ham, turkey, stuffing, mashed potatoes, green bean casserole, but the best part is eating those sweet treats. Everyone loves the sweet taste of chocolate, pie, or even just a simple sugar cookie. Here are 8 simple holiday favorites.

**Puppy Chow**- I like puppy chow because it reminds me of a simpler time when ginger bread men roamed free and the candy cane forests were lucious and full.~Austin Ricklefs

**Cherry Pie**- I love cherry pie! I love how it taste right out of the oven! I can make it all by myslf so I can have it whenever.~Allen Dorrell

**Pumpkin Pie**- I like it alot. It's my favorite holiday dessert. I love how it tastes.~Rusty Krantz

**French Silk Chocolate Pie**- This is absolutely the most delicious pie ever. I also like the name of it too.- Cody Winchester

**Sugar cookies** - Christmas cookies are my favorite holiday treat. They are fun to decorate, and I like to steal frosting while no one is looking.~Clarissa Billups

**Cheesecake**- This is definitely my favorite holiday treat. I love the rich and sweet taste.~Brielle Clary

**Chocolate covered pretzels**- I love chocolate and pretzels together. It's the most amazing thing in the world.~Autumn Royer

**White Chocolate dipped pretzels**- I have lots of favorites, but I absolutely love these. They are so good.~Ashley Courtin



What are you going to do for fun over the break?

"I want to go sledding and go on a date with a pretty lady (just kidding)."  
- Aaron Johnson, sophomore

"I'm going to make cookies."  
- Allysen Owens, freshman

"I'm hoping to go hunting."  
- Travis Arnold, senior

"I'm going to go to Krug Park to see the lights."  
- Laura Rush, sophomore

"I will be spending time with my family on New Years."  
- Narda Cahue, junior

"I plan on SNOWBOARDING AT SNOW CREEK."  
- Terri Simmons, junior

"I'm going to sit in Iowa with my family."  
- Meghan Larson, freshman

"I just want to open presents and spend time with my mom."  
- Katrina Miller, junior

"I'm going to spend time with my grandkids and the rest of my family."  
- Sue Cluck, cook

"I plan on going hunting."  
- Tanner Veach, senior

"I'm planning on going to Nebraska to spend time with my 5 cousins."  
- Narissa Elrod, freshman

"I will be sleeping in past 5 in the morning."  
- Linda Blanton, cook

## Spontaneous Seasonal Snapshots



During a P.E. field trip to the College Basketball Experience at the Sprint Center, juniors Nick Schneider and Kyle Alfrey pose as basketball stars.



Top Right: Freshman Abbi Ellis goes for a basket during the first game of the season against Wathena.



During their "Stools" scene for the "No Frills Revue," senior Caleb Lackey, accompanied by freshmen Kimberly Elliott and Narissa Elrod, shows that a simple stool can become many things, including a car.

Gabby Speer, sophomore, throws a headlock on her St. Mary's opponent at the Mission Valley tournament on Dec. 4.



Derek Gibson, sophomore, and Josh Van Laar, senior, jump up to get pumped up during the announcement of the starting line-up for the game against Wathena.