

D. West eXpress

HOME OF THE MUSTANGS
 Doniphan West High School
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3/17 DVL BB SELECTION 6:00
 3/22 FORENSICS J HEIGHTS 4:00
 /30 SPORT BANQUET 6:45
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 Doniphan West High School

Volume 7 Issue 3

March 15, 2011

Good bye sugar high, Hello calorie low

Payton Leach

Imagine this: you're walking to go to the vending machine because your mouth is watering for a caramel and chocolate filled Snickers, but to your surprise you find yourself stuck with a Nutri-Grain bar. Bye-bye 500 calories, hello 150.

According to Kansas PreK-12 Wellness Policy Guidelines, schools are limiting calories in vending machines and trying to make the food in the vending machines healthier for students.

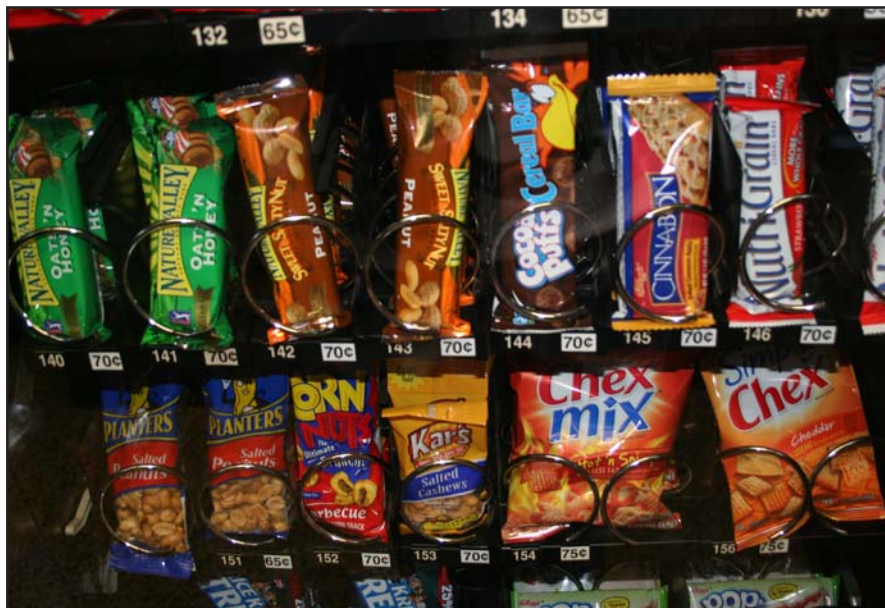
The rules are being changed in many schools and it isn't just DWHS that is changing the requirements in its vending machines.

Vended foods must be 200 calories or less, milk must be 360 calories or less, and soy and rice beverages must have less than 35% of weight from sugar. What this means is no more Snickers, Beef Jerky, Doritos, 3 Musketeers, Cookies, or Cupcakes.

Now dropping from the vending machines are Whole Grain Pop-tarts, Chex Mix, Baked Lays, Salted Cashews, Salted Peanuts, Sun Chips, Cinnabons, and Nutri-Grain bars.

"I disagree on the changes. I don't understand why they still sell potato chips but not drinks anymore," junior Katrina Miller said.

My feelings on the changes of the vending machines are neutral. I agree because I know that it's changing for a good reason and that is so we can stay healthy. Students are



Replacing Snickers, 3 Musketeers, and Paydays are the Oat bars, healthy peanuts, and Nutri Grain Bars all under 200 calories.

still allowed to go to Casey's during lunch break so it just gives kids the opportunity to buy the goods that they can't get from the vending machines anymore.

"The changes in the vending machines make me feel fat and like the school is trying to give me hints that I'm getting bigger," freshman Narissa Elrod said.

There are a lot of advantages to the changes and some may think that there are a lot of disadvantages, but on the bright side it's just helping people make healthier choices.



Seniors Taylor Martin and Emily French, both students of sign language, sign to each other for practice.

New DWHS trend: talking in sign language

Ravan Kentzler

Ever heard of talking with your hands? Well, the American Sign Language class takes it to a whole new level. Taking place in the IDL room, the 10 students in ASL learn from teacher Terry Hostin at the Kansas School for the Deaf.

Beginning out the year in ASL, the class started out by learning the basic alphabet and then got into some of the basic signs. The class literally gets hands on learning in the sign language. They learn from a textbook and also from Hostin by doing various activities and games.

The interesting thing about sign language is in each country of the world, each form of sign language is a different language, just like English is different from other languages.

The class also got the chance to interact with two deaf students from KSD who came to DWHS and ate lunch with them. The class got to know their stories and how they became deaf.

Sometime in the spring, the ASL class plans to go to KSD to meet with other deaf students and interact with them which will help the students get more practice for their signing.

ASL is an interesting class and gives students the opportunity to talk to the deaf and also gives them the chance to learn what it's like to communicate as a deaf person would everyday.

College paths helped by advice, visits, planning

BreAnne Caudle

Kansas State, Washburn, Highland, Mid-America, Northwest, Citadel and many other colleges are being considered by the Class of 2011 as their time to choose is upon them.

There are many things to consider when choosing a path after high school that fits. A big thing to keep in mind is if the school a person chooses was for them or because that is where friends will be attending. Everyone wants to know someone where they go, but if that is the only reason for choosing that school, rethinking the options may be

a good idea.

"When choosing a college to attend, choose one that's right for you. Don't go because you know other people that are going there. You'll make new friends no matter where you go, so it's best to branch out on your own," said Maggie Gilmore, class of 2010, who attends Kansas State.

Another key thing is class sizes. Do you want to attend a class where the teacher knows your name or attend class in a lecture hall with at least 100 other students?

Missouri Western student and class of 2010 graduate Malia Sisk said, "I like Mo. West because the campus is fairly

small and the class sizes are small enough to get to know everyone and your professor."

Try to pick a college that has a good reputation for the field you are planning to go into. Being happy with the decision made is one of the most important things also be sure you can get the degree you want in good time.

Some people are okay with only coming home a few times a year, such as K-Stater Geoffrey Hargis, class of 2010 who said, "I've only been back to Doniphan County three times and only one was voluntary. If I had a choice, I wouldn't ever go back."

On the other hand, some people want to be home at least once a month. Being able to come home may be a big factor in the decision made. Be sure to consider how far you are willing to move away from home before making a final decision.

"It takes me an hour and a half to get home. I think it's perfect. It's far enough away, but I can also go home for a weekend without thinking the drive was too long," said Alesha Miller, class of 2009, who attends Baker University.

There are a few things needed to look into when considering a college. Most people will probably want a car when they are away, so make sure they are allowed. Another question would be if you can live in an apartment, on or off campus, or if you are to live in the on-campus dormitories.

"I live in the Zeta Tau Alpha sorority house and it takes me about five minutes to walk to any building on campus," Miller said.

Before choosing a college, apply to any college that you want to consider. Consider everything just to see what's out there.

"I applied to about six or seven colleges and decided that this was my best bet in the end," said Lindsay Libel, 2010 graduate that now attends Graceland University.

Wait to see where you are accepted, then discuss scholarships they will give you and their financial aid programs, anyone and everyone are eligible to apply for scholarships of their choice.

Although money is always an object when choosing a college, there are many ways to help. There are many scholarships that everyone can apply for. There are specific scholarships for the major you are going to go into, as well as ones from high school accomplishments. Even if you aren't an honor roll student, still apply for many different scholarships.

For high school students it is never too early to start considering different options. Even from when we are a little kid, we had dreams about where we wanted to go

see "College" page 3



Senior Mackenzie Cunningham illustrates stressing over choosing a college and everything that comes with it, even with all the magazines and books counselor Karen Autem has to offer.

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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"It's a Pillow" it's a pet", It's a Pillow Pet"

Emily Franken

"It's a pillow", it's a pet," it's a Pillow Pet". These cuddly, softly stuffed, and easily carried pets are little favorite stuffed animal pets for kids, even teenagers.

People from age three to teens are fans of these amazing pets. They are extremely versatile; these unique creatures are the stuffed animal version of Transformers.

When parents first look at them it just looks like a regular stuffed animal, but it's actually a pillow too. There are a variety of pillow pets: the comfy panda, Zip Pity Zebra, Playful Penguin, Magical Unicorn, Krissy Koala, Silly Monkey, Ms. Ladybug and many more.

"I got my pillow pet (Eeyore) in Walt Disney and I absolutely love it even though it's a little kid pillow," sophomore Aisha Diveley said.

They come in two different dimensions, 18" large and 11"



The soft, pink dolphin and the happy yellow bee are waiting on a shelf at East Hills Shopping Center for someone to come along and take them home to love. Anxious for a new home is a friendly red ladybug.

small, and they usually sell for \$20.

"I got my pillow pet for Christmas and I love it!" freshman Madison Smith said.

The creator of the pillow pets is a mother of two from San Diego, California who has made thousands of little kids happy. She was tired of her kids leaving their stuffed

animals all around their bedrooms and the house. So she was determined she was making a stuffed toy which was also a meaningful item.

According to the article "Pillow Pet Plush Toys," she later came up with the concept that became the best selling product of 2009 and 2010.

For Christmas of 2009 all the

stores were sold out. Because of this, she ended up making a millionaire industry and pillow pets are being sold nationally.

In addition there are complementary items being sold like blankets, backpacks, slippers, and also books. They are high quality, super soft and chenille.



Juniors Jessica Pickman and Michelle Johnson water and fertilize the plants in the ag greenhouse in preparation for the FFA plant sales.

Horticulture class helps prepare for nice, green spring

Rachel Rush

During these long snowy winter months, most people aren't thinking about flowers, but for the horticulture students, flowers seem to be the only thing on their minds. Everything from making cuttings, potting plants, watering, and identifying plants is being done in preparation for plant sales and FFA Super Day in the spring.

Earlier this year, the horticulture students were given the task of growing plants from cuttings. They did this by cutting the ends off of mature plants and planting the ends into their own pots. Many of the newly blooming plants in the greenhouse come from cuttings.

In addition to planting cuttings, horticulture students have been potting foliage and flowers that were ordered by the horticulture teacher, Elmer Schmitz. Potting plants involves transferring plants from smaller containers into larger ones with fresh soil.

"The green house is quickly greening up!" Schmitz said.

One of the most important jobs of the horticulture class is watering. "It's messy but the outcome is worth it," junior Tyler Diveley said.

With plants and flowers already thriving, the horticulture students are starting seeing the beautiful results of hard work with the blooming of bright red geraniums and hanging baskets filled with a variety of colorful flowers.

Although working in the greenhouse has been a top priority for the horticulture class this semester, they have also been hard at work getting ready for the spring Super Day. Super Day is a day when FFA students put their knowledge into good use. They take tests to compete with students from schools in surrounding areas.

For the horticulture class, part of their test will include plant identification. "It takes a long time to memorize all the different plants, but it's fun to be able to name them off when I see them in nature....makes me feel smart," junior Michelle Johnson said.

Arnold sports high maintenance Honda

He loves the speed, handling, looks

Mackenzie Cunningham

Two weeks before Christmas the parking lot had some new treads on its gravel. The treads belong to senior, Travis Arnold's new car; a rare, sporty, blue 1997 Honda Prélude SH (Super- Handling). A car like this is rare to find; however, Arnold came across the Prélude by searching *Craigslist* ads from "Mighty Auto Sales in KC." Arnold can now drive his own car instead of his dad's Dodge Durango.

Fearing the amount of miles on the car, the goods outweighed the bad and he chose to purchase the car. "It's fast, has awesome handling, interior is nice, and the exterior looks cool," Arnold said.

Although the car is sporty, Arnold has had a crash course in maintaining a sports car. He has had the opportunity to cruise more than 500 miles with his brand new wheels. After purchasing his car, Arnold found out the hard way that some of the engine parts were damaged because the previous owners did not change the oil as needed; as the stress of winter rolled around causing the parts to break.

The car was taken to Arnold's cousin in Omaha, Neb. who is a master mechanic for Honda, and has plans to get the parts needed off of a junk Prélude.

"If you buy a Prélude, you have to check the oil every week because they burn more oil than other cars. These types of

cars have high performance engines, so keeping the oil in them is crucial." He said.

When he gets his new car back Omaha, Arnold has future plans of putting a new shift knob on since the old knob is a little too bland for his taste. When he gets the money, he also plans to replace the sound system and headlights. Until then, Arnold's Prélude will continue to add style to our gravel parking lot.



Arnold gets ready to drive his new wheels out of the parking lot after his long school day.

Photos earn recognition at Kansas Scholastic Press Association contest



1st place - Sports
Stephanie Scales



2nd place - Academics
Ashlie Witham



Honorable Mention - Student Life ~ Katherine Rush

Seventeen Doniphan West journalism students qualified for the KSPA state journalism contest with their efforts at the 1A/2A regional contest on Feb. 24 at Manhattan.

The results are as follows: A. Witham, 2nd place Academics Photo; L. Allen 3rd place Advertising; G. Speer, HM advertising; Michelle Johnson HM Cutlines; R. Kentzler, HM Editorial Cartoon; M. Cunningham and Michelle Johnson, HM Editorial Writing; Witham, HM Feature Writing; E. French, HM Headlines; E. Franken & J. Pickman, HM Infographics; J. Pickman, HM News Writing; Kassiday Blevins, 3rd Newspaper Design; B. Caudle, HM Newspaper Design; M. Ellis, 3rd Newspaper Sports Writing; T. Gibson, 1st place Photo Illustration; S. Scales, 1st Sports Photo; K. Rush, HM Student Life Photo; M. Ellis, 3rd Yearbook Layout; N. Boos, HM Yearbook Layout; H. Lackey, 1st place Yearbook Sports Writing; T. Gibson, 3rd place Yearbook Sports Writing.

The state journalism contest will be at the University of Kansas on May 7.

Spring Play Performance

Name of play:

YEARBOOK

"A positive play about the humor, determination and caring that exists in every school."

April 15, 16, @ 7 p.m.
& April 17 @ 2 p.m.



Top: Sophomore Alexis Simmons and freshman Narissa Elrod practice for the "Walk it Out" dance.
Far left: Kelly Twombly works with the dancers to make sure the ladies are "ready enough."
Middle: Senior Ashlie Witham shows her facial expression during the "Walk it Out" performance.
Above: The dance team practices after school to perfect their dance to Janet Jackson's "Feedback."
Bottom Left: Seniors Taryn Gibson, Hannah Lackey, Ashlie Witham, and Emily French along with the rest of the dancers show their smiles after the "Fire Burnin'" dance during football season.
Bottom Right: Sophomore BreAnn Caudle flies in the stunt as sophomores Maggie Johnson and Aisha Diveley, and senior Hannah Lackey hold her up during the Troy basketball game.

Ten years of excellence for coach, spirit squad

Mackenzie Cunningham

It's Friday night and it's time for the half time performance. How can one tell? Well, all the little kids and community members race find a spot to sit, and on special occasion the lights shut off, as everybody waits for the spirit squad to start the show. The two minute performance ends with the crowd going wild.

The coach who brings all the 18 to 21 performers together is Kelly Twombly, who has been a coach for about 10 years now. What is interesting enough is Twombly has not had formal dance training; she was a junior high cheerleader, a Classy Lassie at Highland Community College, and a Classy Cat at Kansas State University. Everything she teaches the young women is what she has learned throughout her years.

She became involved with the cheer program by becoming a junior high cheer coach, and the next year a cheer coach at the high school for Highland. When DWHS formed there was a huge interest in cheerleading,

over 40 girls trying out. Because of the interest a new addition was added to the spirit squad: the dance team.

"The girls worked hard and it has now become a new addition to our squads," Twombly said.

The girls learn different choreography throughout the year for dances and diddies; however, Twombly can't take all the credit for the moves. She incorporates team members, alumni, and other resources for ideas to work with. There is also a camp in the summer for squad to learn prepared dances that are changed to fit the group. Throughout the whole year sophomore Emily Franken said, "Walk it Out' is my favorite dance."

Songs also have notable words that give ideas for dance moves and props. The props can be anything from cowboy hats to glow sticks.

As for the dances, the song dictates the style of choreography for the girls to learn. Along with the song, time determines the level of difficulty of the moves, the ability to incorporate all girls into one dance, and what the crowd will enjoy.

Another part of preparation that Twombly focuses on is the costumes the girls will perform in. She sometimes asks the squad for ideas. Twombly said, "Many times, it will just hit me driving down the road or while I'm cleaning house."

Consequently the spirit squad doesn't have a lot of budget to work with, so the costumes consist of inexpensive items to purchase themselves, what the girls all ready have, or a creative mom with a good idea.

When the moves, song, and costume all fit together the girls are ready to perform. "Normally, it isn't when they are ready enough. "The final test is adding facial expressions and having a good time with the performance."

Some high schools, but not ours, have competition squads for cheer and dance. They could be a lot of fun as well as a lot of work, time, and money. The young women have so much going on all ready; competition squads may not be coming to this high school. As for our spirit squad, they will continue to dance, cheer, and please the crowd.

1 team' from my bucket list."

Seniors are allowed three excused days to visit different colleges of their choice, and juniors are also given two excused days. This is a privilege that is given, but whether or not students take up this opportunity is their own decision.

"Go tour the campus! Most of all make sure you actually are in love with the school," Libel said.

Taking this opportunity to tour campuses and meet with administrations could really affect a final decision.

"College" from page 1

to college. Come junior year of high school, you need to really start narrowing down. During second semester of junior year is a very good time to start narrowing down the options and getting serious. Don't wait too long, come your senior year it could begin to be too late!

Being the school counselor, Karen Autem has seen the small, common mistakes, but she has also seen the big, major ones. "The biggest mistakes I see

are seniors (and juniors) not taking advantage of their college visit days," she said.

In addition to getting Autem's help, talk to friends who have recently graduated. Talking to someone that has been through everything you are going through may give you the best advice of anyone.

Hargis's advice is, "Get away from home [the county]. I've met so many new people and had tons of new experiences and opportunities. I've now checked off Rush basketball court after beating a no.

35 things to do before you die

Kassiday Blevins

Need to add a little fun to your life? Try some of these:

- 1) Donate to a charity
- 2) Laugh until you cry
- 3) Watch a series of movies for 24 hours
- 4) Introduce yourself to a stranger with a different name and personality
- 5) Go skydiving
- 6) Learn to surf
- 7) Give money to a homeless person
- 8) Go parasailing
- 9) Swim with dolphins
- 10) Send a message in a bottle
- 11) Learn to ballroom dance
- 12) Kiss underneath a waterfall
- 13) Kiss underneath the Eiffel Tower
- 14) Sleep under the stars (no tent)
- 15) Test drive an expensive car
- 16) Kiss in the rain/snow
- 17) Adopt a star
- 18) Attend Super Bowl
- 19) Crowd surf at a rock concert
- 20) Write a song
- 21) Say "I Love You" and mean it
- 22) Donate blood
- 23) Test drive an airplane
- 24) Take a friend to church
- 25) Go white water rafting
- 26) Travel around the world



- 27) Ride in a hot air balloon
- 28) Run a marathon
- 29) Learn to play chess
- 30) Feed penguins
- 31) Go deep sea fishing
- 32) See a beach sunset
- 33) Learn a foreign language
- 34) Travel to exotic places
- 35) Swim with sharks



Express

Yourself

Kyleigh Edie

If you were a Pro Wrestler, what would your name be?



"Big Daddy"

Landon Allen, 12



"Big Bertha"

Nick Schneider, 11



"Mr. Fantastic"

Taylor Sullivan, 9

Recycling--a must to save the world

Just one person's efforts make a difference

Rachel Rush

Did you know that plastic bags and other plastic garbage thrown into the ocean kill as many as 1,000,000 sea creatures every year, according to the article "Recycling Benefits: The Many Reason Why."

A lot of people don't realize that recycling plays such a huge role in the welfare of our environment and wildlife both now and in the future. The consequences of not recycling are enormously devastating for everyone.

There are many simple and easy ways to recycle at home and around the community. Everyone can make a difference. If we want our world to be clean and our resources abundant for generations to come, we must recycle.

There are countless positive effects of recycling; for instance, it can save massive amounts of money. "Recycling Benefits" reports that New York City leaders realized that a redesigned, well-organized recycling system could actually save the city \$20 million.

Recycling also saves energy. For example, the article "Why Everyone Should Recycle" claims that recycling one pound of steel can save enough energy to run a 60-watt bulb for one whole day. Additionally, recycling increases the amount of oxygen producing and pollution reducing trees. For each ton of paper recycled, 17 trees are saved.

Recycling also generates jobs. About 1.1 million United States jobs are created thanks to recycling. It is extremely important that people realize just how vital recycling is to the well being of the environment and even importantly humanity.

The consequences of not recycling are extremely severe. If we don't begin doing our part in recycling, we will soon be surrounded by our own filthy waste. In the article "The Effects of Not Recycling," it says "The amount of trash that the United States produces has tripled in the past 50 years. At that rate, we will be producing nearly a billion tons of trash a year by 2060."

It is completely unnecessary for the United States population to produce such large quantities of garbage. Also, by not recycling we are polluting our air. When factories produce plastic, metal, and paper products, toxins are released into the atmosphere causing our air to become contaminated. According to "Why Everyone Should Recycle" if we were to recycle those materials, it would cut back tremendously on the amount of pollution being dumped into our atmosphere. Our world is quickly deteriorating and if we don't take action now, not only will we see the terrible results of pollution, but so will future generations.

Recycling is such an easy and rewarding thing to do. Not only will you feel good about doing it, but you will actually see results. Many people may think that recycling takes too much time and requires a lot of effort. That is completely false. A common excuse for people not to recycle is that their trash company doesn't pick up recycling. That may be true, but there are many easy ways to recycle household items that don't involve trash companies.

Recycling can be as simple as reusing plastic grocery bags or drinking water from the tap instead of from a plastic bottle. It is also believed that one person can't make a difference when it comes to recycling, but in reality one person can make a huge difference. "Why Everyone Should Recycle" reports that an average person in the U.S. produces around 1,600 lbs. of waste each year. If that trash was recycled, we could save around 1,100 lbs. of waste per year--over half a ton per a person.

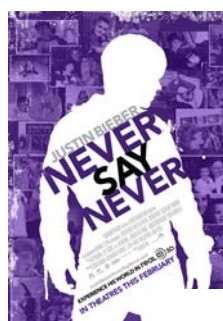
The environment's condition rests in our hands. We must work hard to keep our surroundings clean and keep our natural resources plentiful for future generations.

You need to take action and start doing your part in improving the environment. The simplest of actions such as using scratch paper to write notes or take messages can and will make a difference.

"recycling one pound of steel can save enough energy to run a 60-watt bulb for one whole day"

WHAT'S HOT & What's NOT

Chelsea Miller

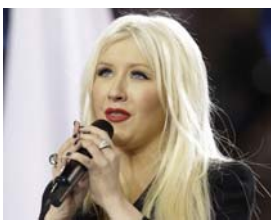


Justin Bieber

Silly Bandz



From Dresses

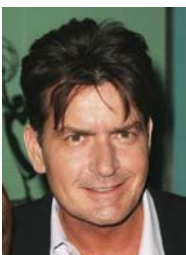


Christina Aguilera 2011 Super Bowl Epic Fail

Snow!!!



Eos Chapstick



Charlie Sheen being in jail and fired from Two and a Half Men

Flowerly Headbands



Borders closing down because of the economy



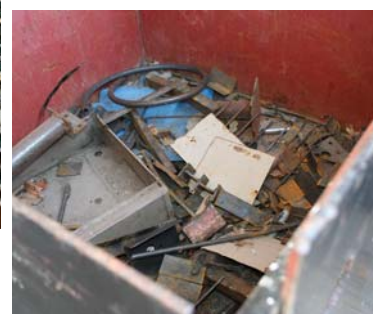
March Madness



For a recycling effort, freshman James Walls removes Christmas lights from the metal they are wrapped around in Ag Fabrications Class.



Piled up boxes of paper collected by the Ag class to recycle.



A scrap metal recycling bin at school.



“Two can keep a secret, if one of them is dead”

■ Chelsea Miller

Hey “Pretty Little Liars”, It’s time to get the low-down on “Pretty Little Liars” at DWHS, delving deep into the lives of Spencer Hastings, Hanna Marin, Emily Fields, and Aria Montgomery of the hit ABC show.

After their best frenemy Alison DiLaurentis mysteriously disappears, the girls’ friendship falls apart completely. That is until one year later, when Alison’s body is found in the confines of her own backyard. Soon afterwards they all begin getting mysterious and sometimes threatening messages from someone they only know as “A”. They come together as friends once again to find out exactly who “A” is and what he/she wants from them, only to find out that “A” knows all their dirty little secrets. Secrets that they all thought only Alison knew, but “A” couldn’t be Alison because Alison is dead...or is she?

Whether the girls’ secrets are as bad as shoplifting or stealing an older sister’s boyfriend, these girls have a lot to hide from the people of Rosewood.

As the plot thickens the girls begin to wonder if there was someone that Ali told all their secrets to so not only would she have dirt on them, but so would someone else. Not only does “A” have dirt on them from the past, but it seems like he/she is watching their every move in the present. They begin to wonder if Alison is still alive when an eerie message is sent to all their phones that says “A isn’t for Anonymous, it’s for Alison. -A.”

The show continues as the messages become more and more frequent, the girls become closer to each other, and closer to discovering who “A” really is.

According to the article, “Pretty Little Liars’ sets a new ratings record for winter premiere,” by Matt Carter on Jan. 3, 2011, the ratings for the show brought in a series record of 4.2 million viewers. Shockingly, the ratings for “Liars” that Monday night were higher than any show on NBC, and they nearly equaled a rerun of “House” on Fox.

If these ratings are any indication to the world of how popular the show is, then I think it means you and your friends should definitely turn on ABC Family every Monday at 7 p.m. to watch the rest of the drama unfold.

Ratings also indicate that any girls’ age group would enjoy watching this show, especially with their friends or family. When the show first premiered in the summer of 2010 it was an immediate hit with ABC Family’s audience, getting the network the highest ratings for a series it has ever had.

Xoxo -A-



DiCaprio’s thriller action movie ‘Inception’ goes inside the mind, keeps viewers thinking

■ Gabby Speer

A thriller with action, suspense, that feeling of what’s going to happen next these are some of the feelings you might get when watching the movie “Inception.”

Cobb, played Leonardo DiCaprio, is a very skilled extractor; he goes into people’s sub-conscious trying to steal information from them when they are asleep. His job is highly illegal and dangerous, and usually he doesn’t get caught. That is until Saito, one of the men who he tried to extract

information from, catches him and offers him a deal.

Cobb must insert an idea into someone’s mind which will then cause them to make different decisions in the real world: Inception. If he can do this he will finally get to quit running and go home to his family.

“Inception” takes place in a modern time, but for most of the movie they are inside of people’s dreams. They go into layers of a person’s subconscious, but they cannot go too far deep or it will seem that they spend a life time in eternity.

Five minutes in the real world is an hour in the dream world and for every layer they go down that time multiplies.

“Inception” was nominated for four Golden Globes, was given 9 out of 10 stars, and is rated PG-13 for the violence.

“Inception” was in theaters July 16, 2010 and is now out on DVD.

I would definitely recommend this movie; it’s exciting to watch and makes you think. If you like something that has action, suspense, and also very confusing at times then “Inception” is the movie to watch.

Justin Bieber movie –should viewers say ‘Never’ again?

“I always liked Justin Bieber, but after the movie, I realized how awesome he really is!!

~Ashlie Witham, 12

“It didn’t make me wanna pull my eyes out, but I would not pay to see it again,”

~ Josh Van Laar, 12

“I felt like I lost a part of my manhood, and I wouldn’t watch it again--EVER.”

~ Landon Allen, 12

“I’ve always had the fever, but seeing the movie made my temperature be hospital worthy! I appreciate him so much more now, and I’m convinced that in my future, my last name will change to Bieber.”

~ Emily French, 12

“Bieber can dance, but he’s still a little goofy.”

~ Nick Johnson, 12

“It didn’t make me want to cry, but I am a little jealous of his skill. I probably won’t see it again. . .there were too many screaming girls!”

~ Alaine Caudle, 12

“It was awesome! And I would see it twice a day for the rest of my life and still be in love with him!”

~ Maggie Johnson, 10



Decked out in 3-D glasses and waiting for the Justin Bieber movie “Never Say Never” to begin are sophomore Maggie Johnson, senior Emily French, seniors Travis Arnold and Landon Allen. Acting bored in the background are junior Tyler Diveley, sophomore Jordan Sellers, and senior Josh Van Laar.



When I was in high school. . . What these teachers had to say

Payton Leach and BreAnne Caudle				
Mr. Martin	Mrs. Lock	Mr. Heurtas	Mrs. Parish	
What did you want to be back then?	An athlete	Physicians assistant	Architect, rock musician	Teacher
Ever throw a party?	No	Too afraid to get caught	Tons!	Yes, but they were small
What did you wear?	Jeans, T-shirt, Letter Jacket, Tennis shoes	Clothes from Buckle, they were in style then too	Don't remember	Skirts, hose, and flats
My friends and I did... for fun.	Sports, camping, fishing, water ski	Played sports	Played pool	School events, 4-H activities
I got in trouble when..	Camped out on school grounds	I was an angel	No real trouble	Backed into my dad's car
People thought I was...	Competitive	Spirited	Shy and loyal	Responsible and studious
You would be surprised that I...	Received a few technicals in basketball	President of Biology Club	I am not as serious as I may appear	I still had a great time in H.S. in spite of my answers

Celebrity Valentines

If you had the chance, who would be your Celebrity Valentine?

Kyleigh Edie

Allen Dorrell



Megan Fox

Elizabeth Courtin



Luke Bryan

Austin Ricklefs



Hayden Panettiere

Abby Fee



Ryan Sheckler

Kyle Alfrey



Paris Hilton

Veronica Dickson



Orlando Bloom

Nick Johnson



That Chick on the New Milk Poster

Katie Crandall

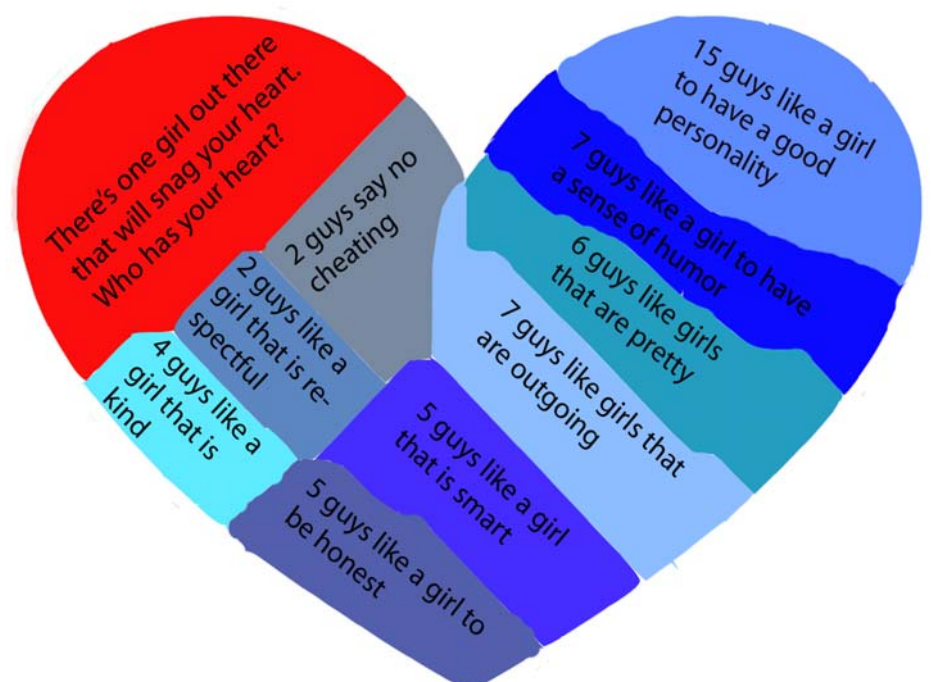


Kurt from Glee

Random Fact of the Day

The "sixth sick sheik's sixth sheep's sick" is said to be the toughest tongue twister in the English language.

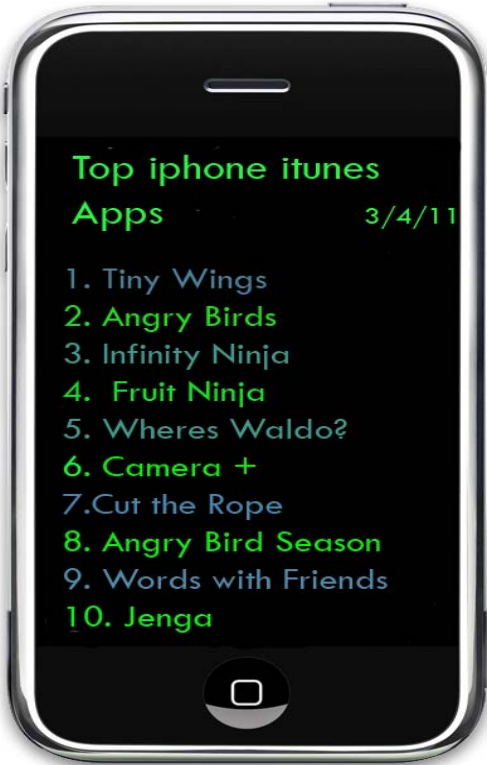
Two Hearts that Beat as One



You know you're in love when you can't fall asleep because reality is finally better than your dreams --Dr. Seuss



iphone apps provide information, entertainment



Emily Franken

my favorite app is. . .

Doodle Jump

~ Ruby Rhodd, 10



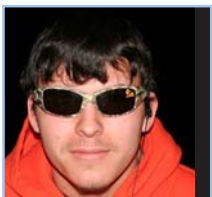
Tap Tap Revolution

~ Terri Simmons, 11



Deer Hunter

~ Skylar Crossland, 11



Talking Tom Cat

~ Trevor Fee, 9



Who Knows Best...

Brooke Gault & Cassidy Dinius

What Austin thinks...

1. Family Guy
2. fishing
3. Ice Cream
4. Smart

Austin's real answers:

1. Two and a Half Men
2. Hunting, fishing
3. pizza
4. smart

What Tanner thinks...

1. anything hunting
2. hunting
3. pizza
4. a lot of humor

Tanner's real answers:

1. Two and a Half Men
2. hunting
3. crab legs
4. I'm pretty nice :)

What Brielle thinks...

1. The Wiggles
2. Black ops
3. Pizza
4. funny

Brielle's real answers:

1. Jersey Shore
2. writing
3. oranges
4. honest

What Judah thinks...

1. Teen Mom
2. Sewing
3. Raisins
4. Kindness

Judah's real answers:

1. Jersey Shore
2. PS3
3. El Maguey's
4. humor

What Meghan thinks...

1. America's Funniest Home Videos
2. Cutting Wood
3. Pepperoni Pizza
4. Honesty

Meghan's real answers:

1. The Notebook
2. Reading
3. Chinese
4. Trustworthiness

What Ethan thinks...

1. American Idol
2. Texting
3. Ice Cream
4. Dumb

Ethan's real answers:

1. 1000 Ways to Die
2. Hunting
3. Pizza
4. Rockin' Body

What Liz thinks...

1. Nip/Tuck
2. Be with friends
3. Subway
4. Funny

Liz's real answers:

1. Spongebob
2. Be with friends
3. Pop-Tarts
4. Funny

What Ashley thinks...

1. Spongebob
2. Talk on phone
3. Smoothies
4. Laugh at dumb stuff..literally

Ashley's real answers:

1. Nip/Tuck
2. Shopping..When I have money
3. Pasta
4. Sarcasm :) I like to joke

Questions Asked

1. Favorite TV show?
2. Favorite Hobby?
3. Favorite food?
4. Best personality trait?

Wrestlers closely monitor diets, scales

Nikki Boos & staff

Have you ever thought about why people try to lose weight? Is it to become healthier? Is it to become thinner? Or is it to make weight? That's right for some DWHS athletes.

Throughout the December thru February season, most of the wrestlers had to be conscious to maintain their weight at a certain number in order to participate in a certain weight class.

Wrestlers might lose weight so they can be in an easier bracket or if someone from their team is in the same weight class, they need to move to a different class.

Coach Carl Swendson said, "If two wrestlers have equal technique and stamina, the wrestler that is stronger usually wins."

The three state qualifiers sophomore Gabby Speer and juniors Aaron Halling and Austin Veach all carefully managed their weight during this season.

Speer especially worked on maintaining her weight in preparation for sub-state. If she didn't make her weight class of 130 pounds, she would not have been able to compete at all.

Throughout the season Speer said her diet consisted mostly of yogurt and green beans. "I couldn't wait until the season was over to eat mashed potatoes,"

she said.

According to state guidelines, the maximum amount that wrestlers can lose is up to 8 percent of their alpha weight, which is based on a weigh in at the start of the season. If a wrestler wants to lose more than that, he or she must have a doctor's note.

Aaron Halling said that he dieted so he was able to stay in the 152 pound weight class. "In the morning, I'd have a cup of coffee with sugar," he said. "Then I ate the school lunch without seconds. In the evening I'd have 1/2 to one gallon of apple juice."

Since the season ended, Halling said he has been eating all kinds of food. "Anything I can see."

The coaches encourage an athlete to drop or gain weight; some more than most, depending on the pounds.

Coach Swendson said he and coach Frank Speer advised the wrestlers on ways to lose weight. Among these are to avoid junk food and pop, to eat six very small meals a day, and to start their diet early in the year so they don't have to lose a lot of weight at once.

He also added that the athletes are not to skip meals or lose by dehydration.

"I couldn't wait until the season was over to eat mashed potatoes."

Gabby Speer, sophomore



Sophomore Gabby Speer checks out her post-season weight.



Triple Threat: Pin 'em 2 Win 'em

Payton Leach, BreAnne Caudle, and Kassiday Blevins

Of the DWHS state qualifiers, junior Austin Veach made it farthest in his bracket by going 2-2. In the photo below Veach gets ready to start the second round of his second match at the state tournament. He defeated his opponent.



Aaron Halling, junior, went 0-2 at the state wrestling tournament. In the photo above Halling sprawls after his opponent tries to shoot on him.

Sophomore Gabby Speer was the only girl wrestler competing in the 1A, 2A, and 3A division on February 25-26 and she went 0-2.

"It was a great experience and I hope to go back in my upcoming years as a wrestler in high school," said Speer.

In the photo below Speer tries to keep her opponent from rolling while trying to pin him but time runs out.



Fearless females take it to the mats

Kyleigh Edie

Out of the many high school wrestlers in the state of Kansas, 56 of them are female wrestlers. Two of those girls walk the halls of Doniphan West High School, freshman, Elayne Clevenger and sophomore, Gabby Speer.

Some people may find it awkward that girls would be on the mat in spandex performing Headlocks, Honeymooners, Kamikazes, and Japanese Wizards on their male opponents, but to Speer its part of her everyday life.

"I started wrestling when I was five. Mainly because Tristan, my brother, and all my cousins did it, so I wanted to try, and it's something I can share with my dad," Speer said.

Clevenger, who has been wrestling for almost a year, is one of the 19 freshmen girls wrestling in the state of Kansas as opposed to Speer, who is one of the 14 sophomore girls wrestling in the state of Kansas. Speer has been wrestling for 11 years.

"I started wrestling because my dad and I got into it by watching it on TV and so when I came to D-West, I thought it would be sweet to be a girl wrestler" Clevenger said.

Since the girls wrestle, they have to drastically watch their diet, in order to keep a low weight class. Speer explained that keeping a lower weight class is easier, because the guys in the lighter classes are usually younger and not as strong as the ones in heavier classes.

"Sometimes you have to go on diets, sometimes you have to starve a little, but not bumping up your weight is worth it," Clevenger said.

"I pretty much watch everything I eat," Speer said. "Some days you go hungry because you have to make weight. But in the end it's worth it. Because when you win all those matches, you make finals."

The seven guys on the team seem to accept the girls just like one of the guys. "The boys might as well be my brothers, but since my dad is the coach, he is a little harder on me," said Speer.

"My Michigan coach would tell them to go easy on me, but it's different here, I'm treated the same," said Clevenger. In Kansas girls and boys wrestle against one another. They are not separate competitions. The only different treatment is that the girls have separate weigh-ins.

Being a team member allows trust among each other even it's between guys and girls. "It's just normal I don't find it awkward because I have been doing it for so long," said Speer.

Clevenger feels mutual. "Sometimes, they can do weird moves," said Clevenger. "I'm used to wrestling around with guys, so it might be weirder for them."

Some people might think these girls would feel stereotyped as female wrestlers and the girls have different opinions. "Some guys say that girl wrestlers are big and unattractive, when in reality, some of us aren't," said Clevenger.

"I don't feel stereotyped, because I do other things that girls do, like cheerleading, but wrestling is still a big part of my life," Speer said.

Both girls agree that the advantage of being a female wrestler is that they are way more flexible, but the disadvantage is that the guys are a lot stronger. But practice makes perfect and these girls won't let disadvantages get in the way of their success.

Coming up in Sports



Baseball

Monday, March 28 at Royal Valley
 Wednesday, March 30 at Oskaloosa
 Friday, April 1 at Turner
 Tuesday, April 5 at Atchison
 Friday, April 8 at Clay Center

Softball



Monday, March 28 at Royal Valley
 Wednesday, March 30 at Oskaloosa
 Thursday, April 7 at Wathena
 Friday, April 8 at Clay Center



Track & Field

Tuesday, March 29 at Falls City (jv)
 Friday, April 1 at Elwood
 Tuesday, April 5 Irish Relays (fr)
 Friday, April 8 at McLouth

Coaches in the mix	Favorite Sport in high school	Greatest Sports Accomplishment	One of the greatest obstacles you had to overcome	Did you have any injuries?	What was the hardest about your sport?	What led you to coaching? Why do you do it?
Matt Ellis	Basketball	Legends of the Knights- 1 of top 30 players in the 75 year history	My own self confidence	No, I was very lucky	The mental preparation was very challenging	I love the game! I want everyone to have the experience I had
Bailey Lanter	Basketball	Junior and senior year went to the state basketball tournament. I was named All-state team both years	My dad was the coach so dealing with his criticism was tough	High ankle sprain two days before state my junior year!	Everyone needed to know their role or job on the team	I love athletics. There is alot to learn from being part of a team!
Carl Swendson	Football	We beat Sabetha one of the top ranked teams in the state	When I was a junior we only had one senior on the team	I broke my ankle	The 4-5 hour practices	I like helping athletes realize their full potential
Troy Hoffman	Basketball	Our team record was 72-6 in 3 years	My lack of speed and quickness	My ankle. I only played 3 games my senior year!	I had to come ready to work each day. There were others wanting my spot	I love helping students in an athletic environment!