



MUSTANG EXPRESS 2.0

Rock Creek Junior/Senior High School

February 2011

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Rock Creek Hosts Thai Foreign Exchange Student

This year, Rock Creek is honored to be hosting a foreign exchange student from Thailand. Miss *Apichaya Leesakul*, or better known as *Fang*, is a junior this year. She is living with the Eshelman family from St. George.

Fang says that the most difficult change from her home of Bangkok, Thailand to Kansas would be the clashes of culture and getting used to the differences in customs and traditions. She misses the beaches and the warm weather of Thailand, the snow and cold has been a new experience and not one she has particularly enjoyed.

Coming to America was not an easy decision, but *Fang* wanted to expand her experiences and try new and different things. So far during her stay in the U.S., *Fang* has visited Kansas City, Wichita, St. Louis and our state capital in Topeka. She has plans to visit Iowa with her host family. She will also be traveling to California over Spring Break with her AFS Chapter, where they will go to Disneyland, Sea World, California Adventure and the San Diego Zoo.

Fang will also have the opportunity to travel to the East Coast this summer and take in the sights of Washington D.C., Boston, New York City, and Philadelphia. This is a trip she is very excited about and looking forward to.

Some of *Fang's* favorite experiences about America include living with her host sisters, since she only has brothers back in Thailand. She also has found a love for Chipotle, something that she will miss when she returns to Thailand.

Fang has four months left in America and will have many more opportunities to expand her horizons and make the most of her experience in the United States.



Business Professionals of America

Lane Frazier and *Caitlin Leiker* represented Rock Creek at the 2011 State Leadership Conference in Wichita February 17-29. *Lane* is the State Vice-President and had numerous responsibilities with the conference in addition to the events he chose for competition. A highlight of the conference was for *Lane* to be named a Kansas State Merit Scholar. *Lane* competed in and placed fourth in Extemporaneous Speech and fifth in Individual Economic Research Project. *Caitlin Leiker* competed in Basic Office Systems & Procedures and Fundamental Word Processing Skills.

Calendar

Date	Event	Time
2/23	No School Rock Creek Mid-East League Band and Choir	TBD
2/24	KMEA Conference HS Basketball @ Rossville	TBD 4:45 p.m.
2/25	No School PK-12, In-Service 7-12	
2/25-2/26	HS Wrestling State @ Hays	TBD
2/28-3/5	HSBasketball Sub State	TBD
3/2	Lawrence JH Band Festival	TBD
3/4	ACT Registration Deadline for April 9	
3/7	JH Band/Choir Concert	7:30 p.m.
3/8	Parent/Teacher Conferences 7-12	4:00 p.m.
3/9-3/12	HSBasketball State @ Hutchinson	TBD
3/15	HS Band/Choir Concert	7:30 p.m.

Date	Event	Time
3/17	HS Track, JH Track, HS Baseball, HS Softball Sports Pictures	2:45 p.m.
3/18	No School PK-11, Senior Exit Projects	TBD
3/21-25	Spring Break	
3/28	JH & HS Cheer Clinic	6:00 p.m.
3/29	HS Softball/Baseball @ Osage City JH Cheer Clinic	4:30 p.m. 6:00 p.m.
3/30	HS Cheer Clinic	6:00 p.m.
3/31	HS Varsity/JV Track @ Silver Lake HS Softball @ Wamego HSJV Baseball Marysville JH Cheer Tryouts	3:00 p.m. 4:30 p.m. 4:30 p.m. 6:00 p.m.

Blood & Plasma

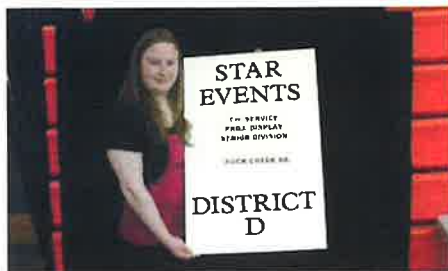
by Trevor Clark

Everybody's worst fears, when it comes to donating blood or plasma, are needles. Now I can completely understand why you could be hesitant about donating because of the needles. It's a natural human instinct to avoid having objects pierce your body after all. But just remember, millions of people have done it before you, and they are just fine, so it cannot be that bad. Plus you should feel proud about the fact that you save three lives every time you donate!

When I realized I had a universal blood type I felt compelled to help, I could give to any blood type. The first time I donated was when I was 16, and I donated here at the school in 2008. It wasn't all that bad because I was around all my friends, and they made me feel confident that I was going to be just fine.

Another thing that you could do to help the world is donate plasma, but you have to be 18 or older. If you don't already know what plasma is, it is the liquid in your blood. Sounds funny right? I'll break it down for you. Blood is composed of two main categories, red blood cells (it makes your blood look red) and plasma (the actual liquid). The color of plasma is amber yellow, and how bright it is just depends on you. It is different for everyone (like your blood type). The reason why plasma is needed is to use it in the research of producing new medicines.

If you ever feel that you want to donate, but are not sure about how to get started, or have any questions concerning needles, just come find me and I'll be happy to explain everything.



Anna Jilka, left, is the FCCLA District D Secretary for 2011-2012. She received first place for her Chapter Service Project and will compete at the state level.

Senior High FCCLA News

Members of the senior high FCCLA chapter attended the District D STAR (Students Taking Action for Recognition) Events at Centralia High School on February 21, 2011.

The day started out with the opening ceremony lead by the District D Officers including *Anna Jilka* as Vice-President of STAR Events. Chapter members attending were *Chelsea Ebert*, *Jackie Gonzalez*, *Chelsea Renner*, and *Annette Trieb*.

Annette Trieb assisted *Joyce Berg* and student teacher *Brittany Kramer* as the student judge for the Creed contest and Focus On Children Event. *Chelsea Ebert*, *Jackie Gonzalez*, and *Chelsea Renner* completed in the Illustrated Talk Event with their presentation titled Facebook: Friend or Foe. The members gave their presentation to three Rock Creek classes during an advisory period on the dangers of posting information about themselves on Facebook. Most of the students were unaware that once something is posted it becomes the property of Facebook, also that once something is put on the internet it cannot be recalled. They received second place at the district level.

Anna Jilka entered the Chapter Service Project Event to discuss the dresses being made for children in Africa. The chapter would like to thank all of the individuals who donated new or gently used pillowcases to make the dresses. *Anna* received first place and will advance onto the state competition which will be held in Wichita on April 4, 2011.

District D held officer elections at Centralia on February 16, 2011. *Anna Jilka* was elected at the District Secretary for the 2011-2012 school year.

Chelsea Ebert, *Jackie Gonzalez*, and *Chelsea Renner*, right, placed second in the Focus on Children event with their "Facebook: Friend or Foe" presentation.



Counselor's Notes

Deadline:	Description:
	Seniors and senior parents are reminded about filing deadlines for the 2011-12 Free Application for Federal Student Aid (FAFSA) forms. Students and parents can obtain personal identification numbers (PIN) online at www.pin.ed.gov . FAF forms can be filed online at www.fafsa.gov . See Mr. Sullivan with questions.
	Grade 10-11 students may participate in the Kansas Future Teacher Academy at Emporia State University, June 12-16, 2011. Participants will attend a variety of leadership/self improvement workshops, interact with college instructors, attend social events, and enjoy on campus residence halls. See Mr. Sullivan or visit www.emporia.edu/jones/kfta/application.pdf .
	Grade 9-11 students interested in summer foreign exchange programs should see Mr. Sullivan regarding program options and qualifications needed. Scholarships are available.
	Juniors interested in military academies may participate in a summer seminar at U.S. Air Force Academy in Colorado Springs. This is a 5-day program encompassing cadet life and academic/athletic opportunities. Visit www.academyadmissions.com/#Page/Summer_Seminar for information.
	Juniors interested in criminal justice/law enforcement careers may attend the Cadet Law Enforcement Academy in Salina, Kansas, June 12-17, 2011. See Mr. Sullivan for program details and registration.
	Seniors planning to attend a technical/community college may complete the Kansas Vocational Education Scholarship Exam . Each award is \$500. See Mr. Sullivan or visit www.kansasregents.org .
	Female students ages 14-18 (as of 2/1/11) are eligible to participate in the 2010 Miss Kansas Teen USA Pageant . Cash prizes and scholarships available. See Mr. Sullivan for registration forms or visit www.misskansasusa.com .
	Grade 7-12 students are eligible to participate in the 2011 Art & Writing Awards competition. For more information visit www.artandwriting.org
	Senior boys attending Emporia State may apply for the Balanced Man Scholarship – \$250-\$500. Mr. Sullivan has more information and applications.
	Junior boys interested in participating in the 2011 American Legion Boys State program June 5-11, 2011 at KSU should contact Mr. Sullivan.
	High school students considering broadcasting careers may want to participate in the Manhattan Broadcasting Mentoring Programs . Participants complete a half-day job shadowing experience at the Manhattan Broadcasting studios exploring news, sports casting, commercial production, deejay, talk show hosting, promotions and marketing careers. See Mr. Sullivan if interested.
2/23/11	Students in grades 7-12 are eligible to participate in the 2010 Images of Aging photo contest. Prizes range in value from \$100-\$300. See me for program information/entry forms or visit www2.kumc.edu/coa
3/1/11 3/28/11	Seniors residing in the Blue Valley Tele-Communications service area may apply for the 2011 BVTC Local (3/28/11) and/or Foundation for Rural Service National Scholarships (3/1/11) . See Mr. Sullivan or visit www.bluevalley.net/node/91 . Values range from \$250-\$2,500.
3/4/11	2011 Sammy Scholarships (\$7,500) – show academic achievement. Apply at www.bodybymilk.com .
3/5	Grade 9-11 females planning to pursue engineering studies may attend the Weekend of Engineering Camp at the University of Kansas on March 5 and 6. For registration details see Mr. Sullivan or visit www.engr.ku.edu/prospective/undergraduates/swe_weekend/ .
3/9/11	Seniors with a minimum 3.0 cumulative GPA who are planning to attend KSU, KU, Emporia, Pittsburg State, Fort Hays State, Wichita State, or Washburn University may apply for the 2011 Robert J. Dole Public Service Scholarship (\$1,000). Apply at www.sms.scholarshipamerica.org/senatordolepublicservice .
3/11/11	Seniors with a minimum 3.25 GPA and 22 ACT score may apply for the 2011 KACRAO Scholarships . Four \$250 scholarships will be presented to deserving students. See Mr. Sullivan for applications or visit www.kacrao.org
3/11/11	Pete & Dorothy Ebert Memorial Scholarship (\$250) is intended for FFA and/or 4-H members who have shown livestock at county, state, or national events. See Mr. Sullivan.
3/11/11	Gus Hildebrand Memorial Scholarship (\$250) is for students planning to enroll in culinary arts or food science programs. School involvement and financial need are considered. Mr. Sullivan has applications.
3/11/11	Wamego City Hospital Scholarship (\$500) is intended for students planning to pursue studies in a health science field. See Mr. Sullivan for applications.
3/15/11	Seniors pursuing health related degree/certificate programs may apply for the 2011 Medical Professions Scholarship (\$500), offered via the Wamego Hospital Foundation. See Mr. Sullivan for applications/more information.
3/15/11	Grade 7-12 students may apply for the 2011 Kohl's Cares Scholarships (\$1,000-\$10,000). Primary award considerations are community contributions and volunteer experience. Visit www.kohlskids.com for details.
3/18/11	Juniors residing in the Blue Valley Tele-Communications service area may apply to attend the 17 th annual FRS Youth Tour in Washington, D.C. The four-day/all-expenses-paid trip, allows participants to explore our nation's capital and its attractions June 4-8, 2011. See Mr. Sullivan for registration information.
3/18/11	Seniors who may pursue studies in marketing, public relations, or telecommunications may apply for the 2011 Primo Scholarships . Three awards at \$500 each will be presented. See Mr. Sullivan for applications.
3/25/11	Seniors planning to attend KSU, MATC, or Manhattan Christian College may apply for the 2011 Leadership Manhattan Scholarship (\$500). See Mr. Sullivan for applications.
4/1/11	Seniors with a minimum 3.0 GPA and whose parents are active duty or retired military are eligible for the 2011 Adrian & Corena Swanier Scholarships (\$1,000). See Mr. Sullivan for more information and applications.
4/5/11	Seniors pursuing studies in journalism, political science, or communications may apply for the 2011 KCC/EOA Scholarships (\$500). See Mr. Sullivan.
5/13/11	Grades 7-12 are eligible to participate in a "Do A Good Deed" Essay Competition , sponsored by Dr. Roger Stevens, Dentistry by Design PA. Winner is awarded a new laptop. See Mr. Sullivan or visit www.DentistManhattanKS.com .
5/27/11	Seniors may apply for the B. Davis Scholarships – \$1,000. Apply at www.studentawardsearch.com/scholarships.htm .

The Rock Spotlight



Canton-Galva Tournament

Rock Creek, 1st Place

All-Tournament Team:

Travis Briggs
Skyler Beam
Dillon Johnston

REGIONAL SCHOLARS' BOWL

Rock Creek Team

2nd Place

Mandi Blenn, Lane Frazier, Kyle Nelson,
Ben Peterson, Elke Thompson, Karl Thompson

Sabetha Forensics

Rock Creek, 1st Place

Trey Basa, 6th in Prose

Crystal Chitwood, 5th in Oration

Jacob Miller, 1st in Prose and Poetry

Skylar Myers, 1st in Humorous Solo Acting and 3rd in Poetry

Sara Nider, 1st in Dramatic Solo Acting

Eric Willard, 2nd in Prose and Poetry

Hanover Forensics

Rock Creek, 2nd Place

Chance Maginness, 4th in Extemporaneous

Dylan Meyer, 1st in Extemporaneous and Oration

Skylar Myers, Jackson Meyers, 5th in IDA

Skylar Myers, 2nd in Humorous Solo Acting

Shannon Oakley, 2nd in Informative

Dani Rakowitz, 1st in Informative, 3rd in Extemporaneous

Royal Valley Forensics

Rock Creek, 9th Place

Crystal Chitwood, 3rd in Oration

Jacob Miller, 3rd in Humorous Solo Acting

Paige Nickell, 3rd in Informative

Hanna Ruder, 3rd in Poetry

Hanna Ruder, Jacob Miller, 1st in Duet Acting

Topeka Capital Area Player of the Week

Lizz Herrs

KMAN Athlete of the Week

Marc Reiss

Onaga Wrestling Duals

Rock Creek Team

1st Place

Regional Wrestling

Rock Creek Team

4th Place

State Qualifiers

Marc Reiss at 112

Shane Schaaake at 130

Trevor Sutton at 171

Luke Goodenow at 189

Josh Rieck at Heavyweight

Bluestem Electric Cooperative Scholarship Winners

Mandi Blenn, Chelsea Ebert,
Katie Good, and Macy Umscheid

Governor's Scholar Award Program

Washburn University

Travis Briggs

Honors Kansas Seniors' Academic Excellence