

# THE HOOF PRINT

ROCK CREEK HIGH SCHOOL - 9355 FLUSH RD. - ST. GEORGE, KAN. - 785-494-8591

OCTOBER 2010 - VOLUME 3 - ISSUE 1

## NEWS BRIEFS

By MASON SWENSON

### Softball sponsors Duck Soup

On Oct. 9, the softball team sponsored the Duck Soup tournament, a fund-raiser to help get new supplies for the team.

Softball coach Jeri Brummett said what makes Duck Soup so successful is the different rules every inning. For example, the first inning the players have to bat with a wooden bat with four outs. Also, the players bat left handed, draw for positions or run around the bases backwards.

### Honor society inducts new students

National Honor Society inducted seven new students into the group on Sept. 29.

Seniors Luke Commerford and Macy Umscheid, junior Katie Hodges and sophomores Crystal Chitwood, Dylan Meyer, Jacob Miller and Shannon Oakley were those inducted into the club, which is based on scholarship, service, leadership and character. With the induction, the group now has grown to 16 members.

### Team joins fight against cancer

On Sept. 28, the volleyball team had its second Dig Pink Night. Dig Pink is a fund-raiser to help end breast cancer.

To show Rock Creek's support for the fight against breast cancer, students and spectators dressed in pink. The players also participated by wearing pink ribbons, pink shoe laces and pink "Dig Pink" warm-up shirts.

"[Breast cancer] is important thing to become aware of because it is life-changing," senior Shelby Adams said.

### Parade, crowning end Spirit Week

This year, Fall Homecoming fell on Sept. 24, with the Homecoming football game against St. Marys that evening.

During the week, students dressed up for Spirit Week. The Spirit days this year were Twin Day, Hick Day, Nerd Day, Camo Day and Black and White Day.

The candidates for Homecoming were seniors Shelby Adams, Ashley Altenhofen, Skyler Beam, Mandi Blenn, Travis Briggs, Brady Quinn, Colten Smith and Macy Umscheid. During halftime of the football game, the fall royalty was announced as Umscheid and Smith. After the Homecoming game, the dance followed.

### Spanish students travel over summer

On June 25 to July 2, 12 Spanish students took a trip to Costa Rica. Students who attended were 2010 graduates Nolan Fike and Spencer Klocke, seniors Shelby Adams, Mandi Blenn, Katie Good, Rachel Lewman, Chelsea Renner and Michael Wilson and juniors Kiley Brown, Bailey Elliott, Ashley McDaris and Logan Miner.

They stayed with a family who spoke only Spanish, so the students could sharpen their Spanish skills, and they also went zip-lining through the rain forest.

"It [zip-lining] was one of the most exciting things that we did," Spanish teacher Sara Miller said.

### Juniors raise money for Prom

Juniors were divided into five teams to see who can raise the most amount of money for Prom by selling magazines.

The winner of this year's competition was the team Rotten Sandwiches Found in Old Lunchboxes, whose leader was junior Logan Miner. Overall, the class sold \$9,000, of which they get 40 percent back.

## State nutrition guidelines change

By ZAC SAUERESSIG

On May 12, 2010, the Kansas State Board of Education passed a policy, requiring that all schools must meet standards for nutritional content in food and beverages.

The newly passed policy states that all schools in Kansas must meet the "advanced" requirements policy by Aug. 1, 2010, or the schools will not be provided free or reduced lunches by the state. They must also meet the "exemplary" requirements by Aug. 1, 2011.

The advanced requirements are set standards that say that the content of vended foods cannot exceed the nutritional guidelines and that vended beverages cannot exceed half of the nutritional guidelines. For example, if the policy says that nothing can be more than 100 calories for food, the beverages cannot be more than 50 calories. However, water, milk, sport drinks and most juices will be allowed in the vending machines and can only be sold at certain parts of the day.

The exemplary requirements are much stricter. They say that the only beverages that can be sold are water, low-fat or skim milk, sports drinks and 100 percent juices. This same policy was presented to the state senate, but the senate took no action.

Lauren Overkamp, a sophomore, disagreed with this. She thought that they should have more P.E. classes or encourage sports to students.

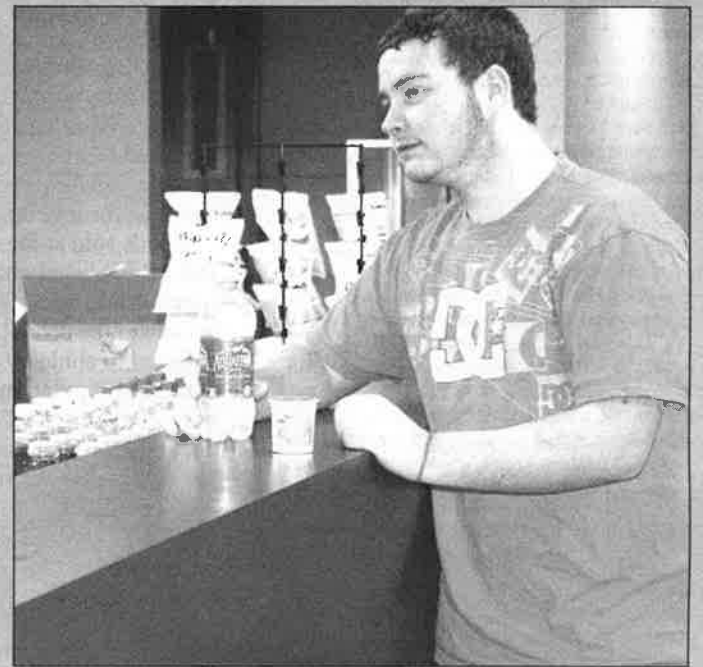
Rock Creek has definitely taken action. Rock Creek has not only done the advanced guidelines, they also have done the exemplary guidelines, too. They have removed the soda machines from the hall and the teachers' lounge, changed a la carte so it meets the guidelines and changed the food in the vending machines.

Most students do not like these rules, including senior Chase Minihan, who said, "I think we should be able to choose what we should be able to have."

However, junior Josh Lohse said, "It doesn't really affect me much because I never used a la carte."

While most do not like the rules, all of them noticed a dramatic change in a la carte attendance and vending machine attendance.

Pam Holaday, the Food Services Director said, "There was a



During lunch, junior Patrick Arrow selects some of the healthier options, like bottled water and yogurt, being provided at lunches. Because of the state-mandated lunch policy, Rock Creek has had to change choices included in lunches, on the a la carte line and in vending machines. PHOTO BY AMANDA GROSS

major decrease at the beginning of the school year, and there has been a rise in hot lunch attendance, too."

The main problem with limiting vending machine use is that most of the schools across Kansas benefit from these machines for funding, and with the state budget cuts, schools will be hurting this year.

At Rock Creek, school clubs, such as Student Council and FCCLA, benefit from these machines, but the school principal Dennis Post said, "Yes, this will hurt them a little, but they have been very resourceful and have found good ways to deal with it."

## School uses ZAP idea to prevent failing grades

By BEN PETERSON

So you did not get your homework done? Become fearful, for you will be ZAP'ed. The new ZAP program in the high school has become widely known throughout the student body.

The ZAP program was initiated last year for the junior high during the second semester. It was so successful, that it has been implemented for the high school.

ZAP is the acronym for "Zeros Aren't Permitted," meaning that any work that results in a zero because it was not turned in or was incomplete will not be accepted, and the student has to do the assignment during advisors.

During advisor periods, generally students will finish or redo the work they were ZAP'ed for in a program called HELPS, the acronym for "High Expectations Lead to Performing Students." For this year, during nine weeks of school, there have been more than 1,100 ZAP cards issued for both junior high and high school. The purpose of this program is to help students get their work done and to avoid failing grades due to having zeros.

Title I teacher Jeremy Lehning, who helped start ZAP, said, "The program is exposing students to more information that may be used on tests."

The ZAP program was begun by principal Dennis Post and Lehning, who came across the idea during their trip for the Blue Ribbon Award last year. Post met a principal from California who has a similar policy implemented.

While Lehning and Post find the program to be beneficial, some students are not the fondest of the program.

Junior Trevor Sutton said, "The ZAP card policy is forcing us to learn when Mr. Post says he can't force us."

However, on a different view, sophomore Breanna Stillwagon said, "I think they make people try harder."

From a teacher's perspective, science teacher Jeri Brummett said, "I think it's sad that there has to be ZAP to get students to do their work."

## Royal blue added as accent color

By KATIE HODGES

After winning the National Blue Ribbon School Award and raising school spirit last year, Rock Creek High School became a school with an accent of royal blue this year.

Even though some students and teachers may disagree or even complain with the new accent color, asst. principal and athletic director Scott Harshbarger is in favor of this new change.

Harshbarger was impressed with the positive responses he noticed on the Breast Care Awareness Night, which was hosted during one of the league basketball games last winter. Students and fans wore pink to support the event, not just the usual black and white. After further consideration, he took this new idea to some faculty and students, and they liked the idea of adding some color to the school's layout. He said it came at good timing; the school had just won the National Blue Ribbon Award.

Adding royal blue not only interested some of the teachers, but some students are also thrilled for the new change.

"It's adding some color to our school," sophomore Lauren [Leupold] Conrow said. "We don't look so plain and dull."

The blue accent is not only being added to the school, but it added a bit of disagreement from

parts of the student body. Some students are simply disappointed that they had no say on the change.

Junior Karl Thompson said, "Students should have had the right to vote. It would be the democratic thing to do."

Other students and some teachers are displeased of the color: royal blue. There are a few already containing blue in their school colors, such as St. Marys, Riley County and Wabaunsee.

"I liked the colors black, white and silver," media specialist LouAnn Fike said. "No other team had silver as their accent color, it's unique to us."

Rock Creek is only adding blue in as an accent color; the school's colors are still black, white and silver.

Adding blue as an accent is a positive change, according to Harshbarger, to make the school look livelier and to supply a new color that can be accented onto uniform designs and school T-shirts. Already this year, new wall mats in the gym have been added, and the football team and girls basketball team will be wearing new uniforms that have blue added onto the jerseys.

Harshbarger said, "Blue symbolizes hard work, and that we're not afraid to get down and get bruised."

# OPINIONS

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## IN REVIEW

### BY AMANDA GROSS **BOOK**

"How do we escape the labyrinth?" and "Where do we find the Great Perhaps?" In the novel, "Looking for Alaska," Miles Halter ("Pudge") figures out these life-changing questions.

Pudge moves into a boarding school in search of the Great Perhaps and falls in love with a girl named Alaska Young. She is everything he had been looking for: fun, amazing, beautiful, crazy and something he has never seen before. Alaska always talked about getting out of the labyrinth and getting away from the suffering. One night, Alaska dies in a car accident by hitting a cop car head on. No one knows if it was an accident or suicide, until one idea pops into Pudge's head, and he and his friend, The Connell, come to a conclusion about their friend's death.

This book is the greatest book I have ever read. I thought it was romantic and suspenseful, exciting and upsetting; it is filled with love and sorrow. By the end, you will really feel as though Alaska was a dear friend. Even though this book has adult content, I really enjoyed reading it.

### BY AMANDA GROSS **CD**

"Windows down, pedal to the sneakers, turn up the volume, blow out the speakers, best clothes on, goin' down on fire, turn the lights off, turn the music higher..." "We are Young"

After their album "Want," 3Oh!3 created their new jam-able and exciting CD, "Streets of Gold." This new album pushed Nat Motte and Sean Foreman to expand their abilities away from techno to the rock-related song, "I Know How to Say" to the pop song "My First Kiss." Their song, "We are Young," describes how it is good to live your life while you still can, and their song, "Streets of Gold," is the cover of their new CD and talks about how to live in the moment and to be confident with yourself.

"The biggest difference from last album was that, going in, we knew people would actually hear this one," vocalist Motte said in an interview by Jason Lipshutz on [www.billboard.com](http://www.billboard.com). The boys enjoyed making their new CD and coming up with their lyrics. I really enjoyed listening to this rocking, popping, R&B, techno CD.

### BY CODY LIMING **GAME**

Music blaring, the sound of thunder echoing throughout the Kansas Expocentre, hundreds of crazy fans screaming, all eyes focused on center ice. The game is about to begin.

Those are the sights and sounds right before the puck is dropped at a Topeka RoadRunners hockey game.

I had tickets directly behind the team benches and only paid \$14.50 per ticket. It was well worth it, considering the guys sitting directly behind the opposing team taunted, yelled and hammered away at their buckets, creating the "thunder" all game. They disrupted their team as much as they could, but the RoadRunners eventually fell to the Texas Tornado, their hated rivals, 2-0.

As far as prices, you could buy a \$10 ticket and sit close to the ice. If you have a group of 10 or more, tickets are just \$8 a piece, so get all your friends together and watch a game because chances are, you will watch them steamroll their opponents. An evening to a RoadRunners game with your friends is certainly an experience that will be fun, as well as exhilarating.

### BY CODY LIMING **RESTAURANT**

The smell of savory BBQ, patrons indulging in their food and friendly staff roaming the room assisting customers. This is what comes to mind when I think of Cox Bros. BBQ located in Manhattan.

Cox Bros. has a menu for any budget. You could get any one of nine sandwiches, with the most expensive one being \$6.99. The ordering system is Panera-style, where you order at the counter, and you do not have a waiter, but there are employees who walk around and ask if you need a refill. While there enjoying my meal, the owner of the place walked around and asked everyone how their meal was going, which you rarely ever see.

I had the Big Memphis, a beef brisket, pulled pork and smoked turkey stacked sandwich with a side of smokehouse beans. The two put together is a mind-blowing combination, but I also recommend the Pulled Pork Platter with some of their KC Sweet Jazz Sauce, which adds a perfect touch. Needless to say, I was extremely pleased with my experience.

## STAFF EDITORIAL

### New school lunch changes unnecessarily remove options

The Kansas State Board of Education's change as to what and when food and beverage items can be sold by the schools of this state was a well-meaning attempt that has failed to accomplish what they intended for it to do.

Foods sold at the school can only be 100 calories, and only water, low-fat milk, sports drinks and 100-percent juices can be sold at the school. The school is not

required to abide by these new regulations; but it is necessary if they wish to continue to get funding for the free and reduced lunches that are offered.

We believe that the school should be concerned with the health of the students who eat their meals almost every single day.

However, such wide-sweeping changes to the system are not necessary. Schools need to cut back the selling of these products, not stop entirely. They should also provide information as to why they believe it is necessary to reduce people's intake of these products, so that students can make better decisions about their diets on and off the school grounds.

We also think that the decision should fall into the hands of the school districts to decide what they should feed to their students. Different schools can have different views, as well as different needs,

that have to be taken into account.

These changes not only affect the students, but also the school district. By not making available some of the more popular food and drink items, the school loses a steady source of income; money that could have been used to fund improvements around the school. Students will still purchase those items that are removed from schools, but the school

will not be profiting. Also, FCCLA, which operates one of the vending machines, will specifically feel the effect of this new policy and have less money to do their activities.

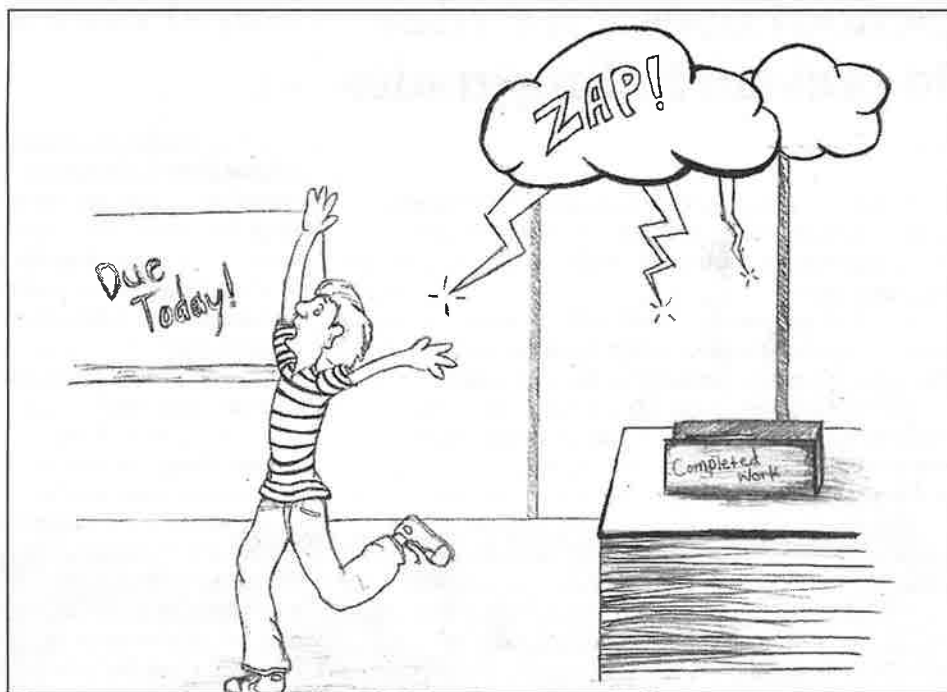
Also, Rock Creek is even ahead of where the state set the bar. The schools were given one year to adjust, and

Rock Creek, from the very first day, has met all of the most advanced standards. Rock Creek High School has even met the requirements for middle school students since there is a junior high in the building.

The state should not just yank away the foods and drinks. Some students at this school are allowed to vote and get a driver's license, and yet, they are not allowed to decide what is right for them to eat. Changes should be made that strive to teach the students about the positive effects of a healthy diet, as well as the negative effects of eating only junk food.

The state should not just yank away the foods and drinks. Some students at this school are allowed to vote and get a driver's license, and yet, they are not allowed to decide what is right for them to eat.

## EDITORIAL CARTOON BY ANTHONY DULTMEIER



## YOUR PRINT BY MICHAEL PARKER

"I think it is an interesting choice, and it is funny because we are a Blue Ribbon School."



LUKE GOODENOW  
SENIOR

"I don't like it. I think we were just fine as black and white."



KILEY BROWN  
JUNIOR

"I don't mind the change because it makes our school colors 'pop' more."



SHELDON ROGGE  
SOPHOMORE

"It is OK, but I liked our old ones better because it was the way it has always been."



BROOKE MINIHAN  
FRESHMAN

"I was not in favor of the change. It really should have been a student-made decision."



JEREMY LEHNING  
FACULTY/STAFF

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Student or faculty member deaths during the coverage period will be covered with a short obituary and a mug shot photo if available.

If errors are negligently made, corrections will appear in the next issue.

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Letters to the editor must also meet the same guidelines as editorial content, must be 150 words or less and must be signed. Baseless accusations, libelous statements, insults and unsigned letters will not be considered for publication. The staff reserves the right to edit or omit letters. Letters should be taken to Room 112 or mailed to the addresses below.

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## WHAT DO YOU THINK OF USING BLUE THE NEW SCHOOL ACCENT COLOR?



# To cheat... or not to cheat?

In high school relationships, students face an issue that can be a serious problem or just a misunderstanding

By ANTHONY DULTMEIER & BRANDON HYDE

Katie and John have been dating for five months and are the ideal couple. Everyone sees them in the halls and at the games, always holding hands and laughing. Everything seems perfect, until the Monday after a big party. Then, as usual, everyone is talking about John and Katie. . . and also Stephanie. Katie found out from Facebook, and her friends, that John was at the party making out with Stephanie in front of everyone. All she can think about is why did John do this?

### How is cheating defined?

Couples rely on trust and security, but it is hard to trust or feel secure if someone has cheated in the relationship. With any serious relationship, cheating and being faithful are in both of the people's hands. It is up to both people to respect the other and stay faithful, but also to define cheating and set restrictions. This way, it is clear on what is, and is not, allowed outside of the relationship.

The definition of cheating is in the opinion of both parties in the relationship. Some simply believe cheating is anything verbal or physical that would not be said in front of their boyfriend or girlfriend. Others do not define flirting as cheating; physical contact has to be made before it will be called cheating. This can lead to all sorts of confusion and drama.

A perfect example of this is junior Bailey Elliott.

"Yes, in eighth grade," Elliott said, when asked if she had been cheated on and why. "Because I wasn't there, and he

claims he was playing spin the bottle."

Was this just a game, or "cheating"? Establishing limits and rules helps save couples from these situations.

### Why do people cheat?

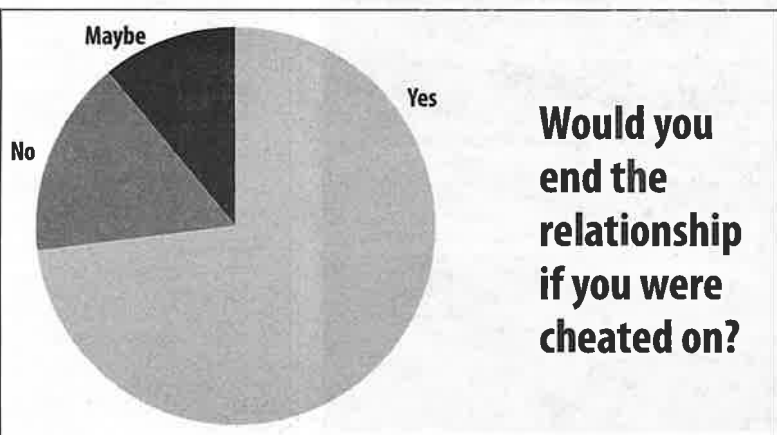
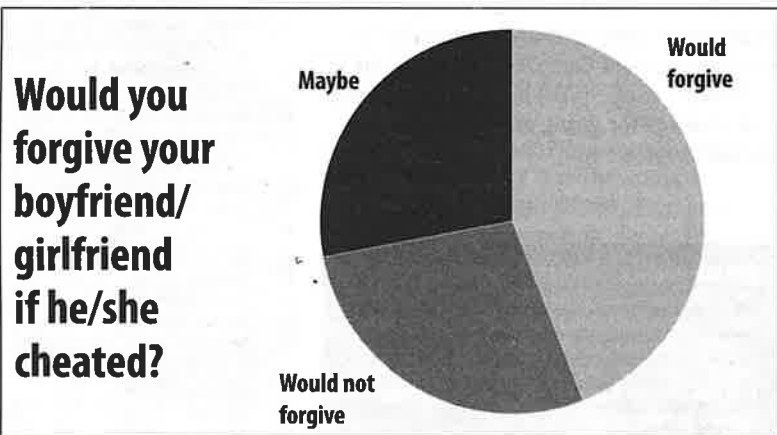
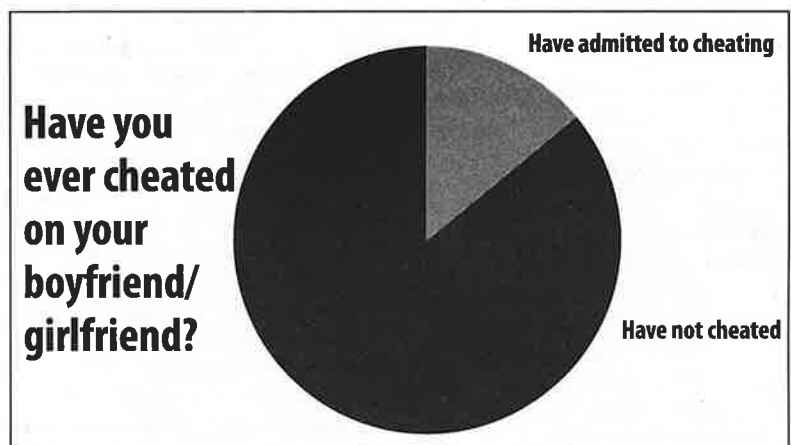
Experts agree that there are two types of cheating: physical and emotional. Physical cheating is basically determined by touch and anything else that falls between the boundaries of kissing and beyond. Emotional cheating is the more complex side of it; it refers to the stress, damage or low self-esteem because of the emotional trauma caused by the cheater.

Many wonder, why would anybody cheat? According to the magazine *Marie Claire*, there are nine different reasons people may cheat. She lists them as boredom, dependence on the relationship, confusion, allowance, nurturing, revenge, confirmation of attractiveness, the thrill and misconception on what cheating is.

So what does that all mean? Boredom could be in the physical or in the emotional state of the relationship. For example, one person just lost the spark and goes on to a new person for entertainment.

Dependence is the most complicated form of cheating. It is almost like being stuck in the relationship. The cheating partner has grown "used" to their boyfriend or girlfriend and is scared of leaving the stability of the relationship, of being alone or of life without that other person even though they are cheating on them with one or more other partners.

Confusion is an "everyone makes mistakes" type of reason. Professionals explain this as life stress, where an



individual becomes so overwhelmed they don't think their actions through, and therefore, make the mistake of cheating on their partner.

When referring to allowance, the meaning is that the one being cheated on forgives and forgives until the cheater realizes that they will not have consequences for their infidelity. The person is "allowing" the cheater to cheat.

Nurturing means cheating with someone who has a different quality than the person in the relationship. The cheater seeks satisfaction the partner can't offer.

Another reason was revenge. When someone does something hurtful or cruel, the first thought in mind comes as revenge. Cheating is a harmful impact in this difficult revenge battle. Many use cheating to lash out and hurt their partner as payback for some offense they committed in the relationship.

Another reason is if someone feels unattractive they may feel that a lot of attention in a sexual way means they are good looking. These people need the attention to find self-worth or be reassured of their appearance. Senior Tevin Matthews went through this.

"The guy I was dating liked the other guy because he was really good looking," Matthews said. "I was angry; it happened on my birthday."

Some people are known to cheat just for the thrill of the hunt. They seem to think it is fun to do, or something that makes their life a little more cinematic. People like this cheat with multiple partners and cheat on every person they date.

The last one is that one side does not

think it is cheating. To one person, what they are doing may be allowed, while the other person finds it to be outside the limits of a relationship.

### How do students feel about cheating?

In a survey at Rock Creek, 97 students were asked four basic questions: "Have you ever cheated on your partner?" "Have you ever been cheated on?" "Do you think being cheated on is reason enough to end a relationship?" and "Would you forgive a cheating boyfriend or girlfriend?"

When the answers came in, they were surprising. 14 percent admitted to cheating on their partner; 86 percent said they had not. When it comes to being cheated on, however, 44 percent said that their partner had cheated on them, while 51 percent said they had not. Five percent of students were unsure on their partner's loyalty. 73 percent of the people interviewed claimed they would end a relationship if they knew that their partner was unfaithful; 16 percent said they would not; only 11 percent said maybe it would be cause for a break-up. Forgiveness is harder to come by at Rock Creek; 43 percent of students said they would not forgive a cheating person, while only 28 percent would forgive the other person, and 28 percent said maybe they would forgive.

No one can control the person they are dating. There is no way to ensure that the person will stay faithful. To save some heartache and a lot of drama, a simple conversation will go far.

As science teacher Kellie Milner said, "Don't let them care just when they want. They need to care all the time, or none at all."

# SPORTS

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## Cross country team enters end of season

By JUSTIN WARD

Rock Creek cross country has some very good athletes who have made great strides.

For the girls, this has been tremendous year. They won their first ever team title at the Wabauunsee Invitational Sept. 25. They also placed third at the Mission Valley Invitational.

The top girls performers have been freshman Morgan Schwinn and senior Chelsea Ebert, who both placed during the season. Schwinn placed fifth at Wabauunsee, 29<sup>th</sup> at Mission Valley, 19<sup>th</sup> at Onaga and 42<sup>nd</sup> at Riley County.

Ebert was at Wabauunsee when she placed sixth, ninth at Mission Valley, 13<sup>th</sup> at Onaga and 40<sup>th</sup> at Riley County.

"Cross country is a real sport," Schwinn said. "It takes a lot of endurance and practice."

According to head coach Jeremy Lehning, the boys team has also improved more than any other team he has coached.

"Each week, we have been getting better and better and could possibly have a shot at a top-three finish at regionals, which could qualify us for state," Lehning said. "It is going to take a tremendous effort from runners one to seven to make this happen."

The boys have two third place finishes on the season at Mission Valley and Wabauunsee. The boys have gotten tremendous production out of the top three runners and are looking for the number four to seven runners to make the difference in the upcoming meets.

As for the boys best performers, freshman Ryan Schneider got fifth at Mission Valley, 41<sup>st</sup> at Wamego, eighth at Onaga, seventh at Wabauunsee, 20<sup>th</sup> at Council Grove, 33<sup>rd</sup> at Riley County and second at league. Sophomore Clayton Frakes got seventh place at Mission Valley, 12<sup>th</sup> place at Onaga, 42<sup>nd</sup> at Wamego and eighth at Wabauunsee. Junior Michael Parker got 11<sup>th</sup> place at Wabauunsee, 21<sup>st</sup> at Mission Valley, eighth place at Onaga, 42<sup>nd</sup> at Wamego and 37<sup>th</sup> at Riley County.

The team competed at regionals Oct. 23, for which results were not available at press time. There, they can earn a chance to go to state Oct. 30 at Wamego as a team, or they will be able to send individuals.

"This team has competed week in and week out," Lehning said. "They have continued to work hard, and it has paid off."

## Football continues in district play

By JACOB MILHAM

The Mustang football team has certainly had a good start this season. Winning the first four of their seven games as of press time, the Mustangs have already guaranteed a better season than last year, when the team finished 3-7.

The first game was against Wamego on Sept. 3. With senior quarterback Skyler Beam leading the way with two touchdown passes and junior Logan Miner gaining almost 300 total yards, Rock Creek won 33-6. Next, Rock Creek played Chapman on Sept. 10. The Mustangs had some trouble in the first half, but eventually pulled away, winning 31-18.

On Sept. 17, the Mustangs opened their Mid-East League season, playing the Wabauunsee Chargers. Rock Creek pulled away with no trouble, winning 51-20. Sept. 24 was the Homecoming game, where Rock Creek faced league opponent, St. Marys. Rock Creek trampled over the Bears, winning with a score of 47-24.

On Oct. 1, the Mustangs faced off against the state-ranked Silver Lake Eagles. Rock Creek failed even to get on the board, falling to the Eagles 20-0.

"We played hard and battled," asst. coach Joe Wilson said. "At times, we were outmanned, but overall, we played well."



On Aug. 27, the football team scrimmages on its home field. The Mustangs opened the season with four wins, but have since dropped three games. They will take on Nemaha Valley Oct. 22 and Riley County Oct. 28 in district play. PHOTO BY MICHAEL PARKER

On Oct. 10, Rock Creek played against the Rossville Bulldogs, losing 20-7.

"We didn't play perfect, but we grew from it," senior Luke Commerford said.

Oct. 15, the Mustangs lost against the Marysville Bulldogs in the first district game of the season, 25-21. Rock Creek will face off against Nemaha Valley, who has a record of 2-5, on Oct. 22. And, on Oct. 28, Rock Creek will play against Riley County in Rock Creek's last district game. Against Riley County, Rock Creek will have their hands full, with Riley being 5-2.

## Volleyball prepares for sub-state

By MEAGAN SMITH

As of Oct. 22, the record for the Rock Creek volleyball team was 1-14, which is, according to head coach Terry Schmitz, "not as good as I think we are capable of."

"We have a tough league and have to be ready every night," Schmitz said.

During the season, the game that stood out to junior Katie Hodges, a varsity volleyball player, was the St. Marys game on Sept. 21, where the team won both matches to get the only win for the season.

In recent action, on Oct. 12, Rock Creek played Rossville at the Mustangs home court. The scores from first match in the Rossville game were 25-15 and 27-25, and then in the second match, scores were 25-22 and 25-16, as the Mustangs lost both matches that evening.

"[We] played hard and learned a lot that night," senior Shelby Adams said.

Oct. 12 was also senior night, which allows the team to honor the senior members. This year, three seniors, Adams, Rachel Lewman and Chelsea Renner, were on the squad.

"It went really well," Renner said. "It was well-organized. There weren't any complications or confusions."

In addition, Adams said that senior night reminded her that she will miss seeing her favorite girls at practice.

The three seniors were key players and leaders on the team this year, Hodges and junior Bailey Elliott both said.

"They are fun to be around, they are really good players and they get along well with everyone," Elliott said.

The seniors will need to lead the team, especially as sub-state play starts Oct. 23 at Silver Lake. The Mustangs faced Osage City in the first round of play; results were not available at the press deadline.

"[We] are in one of the lower seeds," Schmitz said. "It is going to be a challenge for us, but we hope to knock someone off."

If the Mustangs win the sub-state tournament, they will compete at the 3A state tournament Oct. 29 in Salina, Kan.

Hodges said, "[We] hope to go to state. The chances for going are very slim, but we still hope we go."

## SCOREBOARD By Staff

	RC	OPPONENT
<b>VARSITY FOOTBALL</b>		
Wamego (09/03)	33	6
Chapman (09/10)	31	18
Wabauunsee (09/17)	51	20
St. Marys (09/24)	47	24
Silver Lake (10/01)	0	20
Rossville (10/08)	7	20
Marysville (10/15)	21	25

	RC	OPPONENT
<b>JUNIOR VARSITY FOOTBALL</b>		
Wamego (09/07)	14	20
Chapman (09/13)	16	0
Wabauunsee (09/20)	24	28
St. Marys (09/28)	20	26
Silver Lake (10/04)	14	50
Marysville (10/14)	32	26

	RC	OPPONENT
<b>VARSITY VOLLEYBALL</b>		
Osage City (08/28)	0	2
Royal Valley (08/31)	0	2
Wamego (08/31)	1	2
Marysville (09/02)	2	1
Riley County (09/09)	0	2
Osage City (09/09)	0	2
Marysville (09/11)	0	2
McCool Junction, NE (09/18)	0	2
St. Marys (09/21)	0	2
Valley Heights (09/25)	1	2
Riley County (09/25)	0	2
Riley County (09/25)	1	2
Silver Lake (09/28)	0	2
Wabauunsee (10/05)	0	2
Wabauunsee (10/05)	0	2
Rossville (10/12)	0	2
Riley County (10/19)	1	2

	RC	OPPONENT
<b>JUNIOR VARSITY VOLLEYBALL</b>		
Royal Valley (08/31)	0	2
Wamego (08/31)	0	2
Marysville (09/02)	2	0
Riley County (09/02)	2	0
Osage City (09/09)	0	2
Mission Valley (09/09)	2	0
St. Marys (09/21)	0	2
St. Marys (09/21)	2	0
Wabauunsee (09/25)	0	2
Wamego (09/25)	1	2
Rossville (09/25)	2	0
Rossville (09/25)	2	0
Wabauunsee (09/25)	1	2
Silver Lake (09/28)	0	2
Silver Lake (09/28)	1	2
Santa Fe Trail (10/02)	2	0
Silver Lake (10/02)	1	2
Jefferson West (10/02)	1	2
Valley Falls (10/02)	2	0
St. Marys (10/02)	2	1
Wabauunsee (10/05)	2	0
Wabauunsee (10/05)	2	0
Royal Valley (10/09)	2	1
Wamego (10/09)	1	2
St. Marys (10/09)	2	1
Nemaha Valley (10/09)	1	2
Wamego (10/09)	2	1
Rossville (10/12)	2	0
Rossville (10/12)	2	1
Riley County (10/19)	2	1
Riley County (10/19)	1	2

	RC	OPPONENT
<b>FRESHMAN VOLLEYBALL</b>		
Royal Valley (08/31)	1	2
Wamego (08/31)	0	2
Marysville (09/02)	0	2
Riley County (09/02)	2	1
Chapman (09/09)	1	2
Clay Center (09/09)	2	1
Junction City (09/09)	2	0
Manhattan (09/16)	0	2
Junction City (09/16)	2	1
Council Grove (09/16)	1	2
Council Grove (09/18)	1	2
Wamego (09/18)	1	2
Marysville (09/18)	0	2
Frankfort (09/18)	2	1
Wamego (09/18)	1	2
St. Marys (09/21)	2	0
St. Marys (09/21)	2	0
Silver Lake (09/23)	0	2
Wabauunsee (09/23)	0	2
Riley County (09/23)	0	2
Silver Lake (09/28)	0	2
Silver Lake (09/28)	0	2
Wabauunsee (10/05)	0	2
Holton JV (10/09)	0	2
Silver Lake JV (10/09)	0	2
Wabauunsee JV (10/09)	0	2
Rossville (10/12)	1	2
Rossville (10/12)	0	2
Riley County (10/19)	1	2
Riley County (10/19)	1	2

	Boys	Girls
<b>CROSS COUNTRY</b>		
Mission Valley (09/02)	3rd	3rd
Wamego (09/11)	8th	6th
Onaga (09/16)	4th	5th
Wabauunsee (09/25)	3rd	1st
Council Grove (09/30)	7th	7th
Riley County (10/09)	10th	7th
MEL (10/14)	3rd	3rd

## ATHLETES OF THE MONTH

By KAELEEN LAIRD

### FRESHMAN RYAN SCHNEIDER

"Ryan has medaled in five of the six meets," coach Jeremy Lehning said. "He has the fastest time in school history, and he has a great chance to qualify for state as only the third person in school history to do that."

Q: What made you choose to run cross country?  
A: "Cross country was really fun last year in eighth grade, and I enjoyed that a lot, so I stuck with it."

Q: What do you like about cross country?  
A: "I like the practices best; they are really fun. Just being with the team at practices makes it a fun time."

Q: What has been your best meet this season?  
A: "My best time was 18:14 at Council Grove, but my best place was fifth at Mission Valley."

Q: What is your biggest goal for the season?  
A: "My goal would be to make the state meet."

Q: Who is your biggest inspiration?  
A: "I would have to say my parents because no matter how I do, they tell me I did well and cheer me on."

### SENIOR SKYLER BEAM (quarterback/safety)

"If I could, I would choose the whole team because the whole team is wonderful," asst. coach Mark Oberkrom said about his Athlete of the Month choice. "If I had to choose one person, it would be Skyler Beam. Skyler is the ideal team player; to him, the team comes first. He is a tremendous leader and very poised, and I wish we had him for 10 more years."

Q: What made you choose to play football?  
A: "I have just played all my life."

Q: Which games have been your best this season?  
A: "We played really well as a team against St. Marys and Wamego."

Q: What are your biggest goals for the season?  
A: "Making the playoffs and winning a lot of our games."

Q: What do you like best about the game?  
A: "Holding field goals for [junior] Kyron Case."

Q: Where do you find your inspiration?  
A: "[Junior] Lane Frazier's mullet."

### SENIOR RACHEL LEWMAN (middle blocker)

"I would choose senior Rachel Lewman, because Rachel is leading the team in blocks with six in October," head coach Terry Schmitz said of his choice for Athlete of the Month in volleyball. "She has [made kills] in four games in October. Rachel is also a senior, and she has really stepped up her play lately."

Q: What made you choose to play volleyball?  
A: "I started playing in sixth grade, so I just continued."

Q: What is your favorite part of the game?  
A: "I enjoy all the parts!"

Q: What has been your best game this season?  
A: "[The best game] was in the Hillsboro Tournament against Pratt."

Q: What is your biggest goal for the season?  
A: "To do well in the sub-state tournament and to have a blast with my team."

CROSS COUNTRY

FOOTBALL

VOLLEYBALL