

THE TROJOURNAL

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Junior Aubre Nisbeth dances with the children who participated in the 2005 SES Dance Clinic held by the Sparklers. The Sparklers performed their dances on Feb. 15 at halftime of both basketball games against Minneapolis. (Photo by Sadie Myers)

Around The Halls

Should students get time off for good assessments?



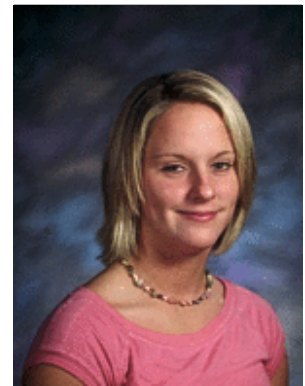
Ozzy Smith, fr.
 "It's cool. Next year we will get out of school three days early."



Ryan Unruh, soph.
 "I think it is good, but what about the students who have good grades but don't do well on the tests? What do they get?"



Ashley Burdette, jr.
 "Some things are good, like you get out three days early; and some are bad, like if you don't do well, you have three more days of work."



Dani Weese, sr.
 "I think it's trash because we didn't get to get out early!"

Editor's Note: Freshmen and seniors are not taking state assessments and so will not have the same opportunity for achievement and reward.

Schools shouldn't bribe for scores

By Jessica Conway

Five dollars for an A, three dollars for a B; rewards for hard work and good results are not new, but bribes to get those results are! Recently, SES students have been offered a reward for doing well on their Kansas assessments, but it's not just your average ice cream party; it's time off of school!

If students get an "advanced" or "exemplary" rating on any assessment – math, reading, social science or science — they will be awarded three days off of school, and if their whole class meets the standard of excellence, they will have a large class activity in the fall.

Not only is this unreasonable but it's excessive. Not that three days off of school wouldn't be fantastic for just about anyone, but the idea that rewards, such as this, are required to get satisfactory or better scores is outrageous. The idea that administrators and teachers are under enough pressure to succeed that they will resort to bribery to get the required scores out of students.

This pressure is coming from the No Child Left Behind Act (NCLB) proposed by President Bush and adopted by

Congress in his last term. The expectations of this plan are to have all students performing at the "proficient" level by 2014 and making adequate yearly progress (AYP) with the requirements increasing dramatically each year until then.

This is not such a bad goal to have, if you live in a perfect world, but the fact is we don't. Pushing our students to achieve their very best is an attribute that fits well at Southeast of Saline, but the reality of life is that not everyone works at the same level. For some students, school comes very easily and for some students it doesn't. Trying to simplify education enough that all students are performing on the same level is both preposterous and dangerous. If we are to continue along this plan, we will be inhibiting those students that are ready to move forward at a faster pace and rushing those students that are not.

In a public setting, people will always be different and will always function at different levels. There is no way to avoid this and no way to change it. Therefore, we must simply accept it, allowing those students that move faster (See "NCLB..." on page 3.)



Southeast of Saline

THE TROJOURNAL

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Letters should be 300 words or less and must be signed. Editors reserve the right to edit for punctuation, spelling and usage.

Student unable to live without modern conveniences

By Chelsea Thorne

My mother was recently married, so we are trying to sell the house that she and I live in. On Superbowl Sunday, my mom decided to re-caulk the *entire* bathtub. That meant that we would have to take baths instead of showers. This made me realize how much I rely on modern convenience. These are the top ten conveniences I would *absolutely not* be able to live without.



10. *Shower heads.* Bathtubs are small and cramped. Add in the task of shampooing long hair and you get an hour of frustration trying to get the shampoo/conditioner out of your hair! Plus, the water turns that nasty gray color, and you think, "Oh, my gosh! Am I really that dirty or is it the soap!?" I don't even want to get into attempting to shave.

9. *Pre-packaged soap.* If you have ever made homemade soap before, or ever been around lye, you will know what I am talking about. The smell is awful; it is extremely hot, not to mention dangerous, and knowing what goes into the soap makes you cringe. Dove smells much better, and it even has moisturizer in it!

8. *Remote controls.* I will admit it; when it comes to watching television, I am lazy. If I don't know where the remote is, I won't watch TV. Having to surf through the channels by pressing the button on the TV is painstakingly slow. If you want to get to MTV, you have to hit the button 36 times. With a remote, you just have to hit the three and the six. Boom! You are there. You can watch the new "Usher" video without missing most of it.

7. *Washing machines.* With all the clothes I have, I wouldn't want to haul all of them down to the river and wash them. I change clothes two to three times a day; so in just a couple days, I have my laundry basket full and overflowing. It is much easier to just toss them in the machine and let it do all

the work for you.

6. *GPS.* I could not give directions if my life depended on it. I always end up telling people to go the opposite way. With GPS, you don't have to worry about me telling you how to get somewhere. The computer does it for you. It is foolproof.

5. *Sanitation workers.* These people work with garbage, human waste, roadkill, and other nasty stuff. This may sound like a strange convenience, but I can't imagine life without them.

4. *Dishwashers.* I HATE doing dishes. It is disgusting and feeling the wet food is just gross. I don't like touching wet, dirty dishes, but the thought of washing them by hand is enough to make me gag. That is what I hate about foods classes; you have to wash the dishes by hand. I would rather let a machine do the dirty work for me, literally.

3. *Snooze buttons.* I haven't heard of a farmer ever saying that when their rooster crows in the morning, they can hit it on top of the head and it will wake them up again in nine minutes. I hit the snooze button five or six times a morning! I don't think my rooster would like me very much. Analog clocks don't have snooze buttons either. They ring in the morning, and they can also cause you to wet your pants because they are so loud!

2. *Credit cards.* Who ever invented the VISA, I thank you. I love being able to go to the sale at The Buckle. Buying clothes and then paying for them later is absolutely wonderful! I wish I would have thought of inventing credit cards; I would be filthy rich!

1. *Men.* Guys are wonderful! They can fix cars, do yard work, protect you from your creepy neighbor (who, ironically, is probably also a man), buy you flowers, and some can even cook! They also provide you hours of entertainment if you watch them play Grand Theft Auto all day. Seeing them interact with each other is hilarious!

Well, I guess I have no chance of winning; let alone actually getting on to Survivor! Call me lazy, and call me spoiled, I don't care. I would rather die than to live without these things.

•NCLB puts stress on schools

(Continued from page 2)

to be a little bored for a short time in class, and those who move slower to come in for extra help when they need it. There is no perfect way to get students and teachers to do their best, but Bush's plan to generalize the students within a public school system is not the answer.

The school system should not be under so much pressure to get all students performing at the same level that they must resort to bribery. Students need to step up to the plate and apply their very best effort simply out of self-pride and respect, but if their best effort is at the "basic" level, then they should be accepted for what they are able to give, not punished, for being different.

The No Child Left Behind Act needs to be repealed, or amended, to produce more reasonable results. One hundred percent of students will never work at

the "proficient" level; it's just not a reasonable expectation. Our world is filled with people of many different levels in many different fields; its part of what makes us unique as people. Our flaws are just as important as our strengths if our government does not wise up to this within the next couple of years, then SES may have some problems.

While bribery is still not the best solution, it may become necessary to keep us off probation as a school. In such a case, the plan that SES has adopted is not a bad one, but it is a bit extreme. Three days of school is a lot to miss, especially when you have semester tests and projects to complete. This plan should be revised to something less extreme, but still enticing, such as a monetary gift or extra credit for the grade given in class.

Editor's note: For more information on the new program, see AYP on page 14.

Tell your boyfriend how you feel about drug use

Say it to Sam

By Samantha Elsasser

Dear Sam,

I was over at my boyfriend's house the other day, and he told me to help him look for a permission slip for school. When I looked in his top desk drawer, I found a bag with marijuana in it. I confronted him about it, and he said that he had been smoking marijuana for over a year and that it wasn't hurting him in any way. How can I tell him that doing drugs is dangerous for him?

Concerned Girlfriend



Dear concerned girlfriend,
I would tell him how you feel about drugs in general. Also, you two might consider going to counseling together so he can tell that you are being supportive of him and showing him that you care. If he has been smoking weed for over a year, why haven't you smelled it or even noticed how he acts different?

If it gets too bad and he starts to be gone for long periods of time, tell his parents and let them start to deal with it. I want you to tell him that if he doesn't stop, he can watch you leave his life forever. If you think he loves you enough to stop, then he is a true boyfriend.

Sam

Dear Sam,

My cousin's boyfriend's ex-girlfriend

just had a baby boy and they don't know if it is his or not. How can I help my cousin to feel better and to overcome this problem without getting her overly depressed?

Just wanting to help

Dear "just wanting to help",

Things like this are tough. They always are. First, make sure she knows that you are there for her no matter what. It sounds like your cousin's boyfriend needs to get things figured out. Tell your cousin to talk to her boyfriend about the situation. Your cousin needs to be straightforward about the fact that she needs to know if he's involved with his ex's baby or not. But most of all, you just need to be there for her. Remember, sometimes the best listener is one that is just there. If you don't know what to say, it's ok. As long as you're there for her to talk to that is all that matters.

Sam

Student offers advice to fight media temptations

By Kelsey Colby

Style tips, diet pills, and even makeover shows. Society seems to know it all these days. Commercials on TV, magazines, and style makeover shows, like "The Swan" are shaping who people are today. They tell you how to dress and how to talk. Heck, what don't they tell you? So many young people are taking it to heart and are using them as "life guidelines" to live by, even if it means faking your personality.

I will admit I love reading magazines, watching TV, and makeover shows. I probably even have a stack of 20 "Teen People" magazines stashed under my bed. I love them and I read them constantly.

Now that I think about it, I really don't know why. I think that all the celebrity news and the style tips just kind of draw me in. One thing is true, though. As much as I hate to admit it, the media has an effect on me too. I always like to read the articles in magazines that talk about "what's hot" and "what's not." I'm always reading them and thinking, "Hmm, I wish I had that hair, and I



wish that my nose was like that."

A lot of young people now are getting caught in that little pity party trap and some take it too far. Take being skinny for instance. Many girls are pushed to be skinny and, therefore, become anorexic. Also a lot of teens might change the way they think and talk just so people will think they're cool, even if they're not being themselves.

Many teenagers are changing who they are because of what society tells them they should be. They become unconfident and let the media dictate their "life guidelines." Celebrities and TV shows seem to have it all. They show pictures of models that are flawless, and a lot of young people are very affected by this every day. It makes it hard for us teens to keep our morals and to keep our own unique personality. It influences people to become something they're not.

A lot of magazines that I read tell people even what style of jeans look best on their body type. Although, I will say those tips can sometimes come in handy, but what I mean by this is that you shouldn't let the media be your personality. Even if the source tells you that "bootleg" jeans look the best on you, it doesn't mean that's the only style of jeans that you can wear. If you like flared jeans, then wear them.

I realize that I'm not the most perfect

person in the world, and yes, being a sophomore in high school, I'm pressured every day to be someone I'm not. There are points in my life when I fall into that trap and, let me tell you, it doesn't make life any easier. I know from experience that faking your personality and faking who you are actually in the long run becomes more work than you expect.

People start to notice your "two faced" personality after a while. People get fed up with you, and before you know it, you can't really go back to who you are because you faked it for so long. The pressure is always going to be there; it's just whether or not you're going to stand up for who you are and what you believe in. Don't change yourself for someone else. You're not being true to yourself, and you're also not being fair to the people you're around.

Kids are so influenced and pressured to be someone they're not. They're constantly being told through magazines, media, and even their own friends to change who they are. One thing I say is, "Take a stand, grow a backbone and be yourself." It's easier, it causes less stress, and in the long run you'll be a healthier, happier person. Who knows: Maybe your style could be the "in" thing. So go out there and let your true self shine.

Florke reflects on return of soldier dad

By John Henry

Richelle Florke has recently been reunited with her father, Brian Florke who has returned from duty in Iraq.

He was deployed in Iraq with the National Guard on Jan. 22, 2004 and spent approximately 380 days as a transportation officer. His main duties were to ship supplies around the city and transport people and supplies back and forth between the airport and the palace.

When he was not working with supplies, he was working in the palace.

"He would try to phone me at least every three days, and my mom got to talk to him about every other day," said Richelle.

She explained how it was difficult

for her and her mom to adjust to the change when he left. She was given many more responsibilities. She said that she quickly had cleaning responsibilities bestowed upon her.

He returned on Feb. 6, 2005.

"He avoids talking about the fighting and killing. It brings back bad memories," said Richelle, "but he does often tell the good stories of the war, the happy ones."

Richelle said that he is still emotional and has trouble talking about his experiences, but she said that if you would ask him, he would say that it was good for him.

"He hasn't changed in the way he treats me," said Richelle, "but he reacts

to everything he sees and hears. He is still kind of jumpy."

She also said that her dad is stricter than when he left. She says that she knows he is just trying to protect her.

"Fighting wasn't his main job," said Richelle, "but he did it when he had to."

She said that she occasionally sees him get the "shakes," which he never had before he went. He also has to go in for some checkups on his breathing and for a back/neck injury that he received when he was in Iraq.

"It's great to have him home," says Richelle. "Things are slowly getting back to normal, and I am glad he can't go back."

Seim follows father's footsteps as record-breaker

By Amanda Harding

Recently, Chantay Seim was named the MVP at the Southeast of Saline tournament and was also part of the all-tournament team. Not only was she named the MVP of the tournament, but she has also broken three SES longstanding records – most points, most assists, and most steals.

She holds the record for most points in her career with 1,230, breaking the record of 1,120 held by Jill Killen in 1981-85.

Seim also has the most assists in her career with 358, breaking the record of 319 held by Kendra Garst in 1987-91.

Garst also held the other record that Seim broke. This record was for most steals in a career, and Seim got 357, shattering Garst's record of 272 set in 1987-91.

Seim said she always wanted to break a record just like her dad, Larry Seim, did in high school. Larry Seim has held the record for most points in a season, 493, since 1978.

Chantay and Larry now both hold records, and Chantay's younger sister Shayla would also like to have her name on the record board.

"Chantay deserves every single record and award she achieved through all the hard work and commitment she gave.

Those records will be really hard to beat by anyone, but it would be pretty cool if I could beat them," Shayla Seim said.

Although Chantay wanted to break a record, she didn't

expect to until she found out she was close. When she heard that, she knew it was something she had to do.

"It feels great to have one of my dreams come true, and after all my hard work through basketball, it feels pretty good to have my name on that wall," Seim said.

She's not sure what she is going to do in college, but she plans on attending one.

"I plan on going to college, but I'm still waiting and trying to decide what college fits me best with my academics and athletics," Seim said.

Coach Wayne Sager said he is also very proud of Seim's success and her work ethic.

"I think it's a well deserved honor. It exemplifies the hard work and dedication that she has had over the last four years. I'm very happy to put her name up on the record board," he said.



Senior Chantay Seim and her parents, Larry and Sandi, were recognized on Feb. 22 at Senior Recognition Night. Larry Seim still holds the record for the most points in a season at Southeast of Saline, and Chantay Seim has recently broken records for most total points, most assists, and most steals. (Photo by Sadie Myers)

Self esteem: Are you happy with

Normal teen tries to identify with anorexics

By Sadie Myers

Friday February 18

11:00 PM

Dear Diary,

I'm anorexic... for a day. Yes, I'm afraid that's right. For 24 hours I am going to starve myself for Journalism class. I guess I don't have the same mindset as an anorexic because I don't think I'm fat. But for one day I'm going to try to think like I am.



Saturday 9:00 AM

Dear Diary,

It's time for breakfast – or not! That's ok though, I usually miss breakfast on Saturday's. It won't hurt to miss one meal. I haven't eaten

since last night at dinner. I'm not hungry yet. We'll see how I feel at lunch.

1:00 PM

Dear Diary,

I went to the JV tournament today at 11. Today is Elissa's birthday! She brought cupcakes to the game and offered me one. I couldn't believe I turned down a moist, sweet, chocolate cupcake. It was really tempting, but it kind of felt good to turn the cupcake down. I was in a mind game with a cupcake and I won. It felt like I was in control of my life for a while. Not only did I turn down a cupcake, I turned down lunch also. After the tournament, dad asked if I wanted to go to Sonic.

"I'm anorexic," I said.

"Ok fine with me," Dad said carelessly.

We went home and I had to pass by the fridge on my way upstairs. I didn't even look towards it because I knew there would be a flashing sign by the fridge saying "Open Me!" It was hard, but I didn't open it.

7:00 PM

Dear Diary,

Compared to the power I felt for skipping lunch, I am really weak and my breath stinks from not eating. Chelsie and I went to The City, and I practiced for dance team at six. We are performing at nine. I am so weak and exhausted from dancing. I feel sick and very tired. Looking on the bright side, we are going to Bogey's! My day as an anorexic will end at one of my favorite hamburger joints. Yeah!

11:00 PM

Dear Diary,

My tummy is now full, and I am ready for bed. That's a really good feeling! The Dance Team girls and I ate at Bogey's. I never imagined a shake from Bogey's could taste so scrumptious!! My shake gave me enough oomph to dance at The City and I wasn't as weak as before. Now, my day as an anorexic is officially over, and tomorrow I am going to eat all day!

SES statistics compare with national: Girls self-esteem results low

By Shannon Wilson

Nationally, surveys and research show that the self esteem of girls drops around age 11-14. Girls' academic performance typically drops, they become concerned about their appearance and weight, and they become generally more self-conscious. Some develop eating disorders and others may become more apt to engage in sexual activity. To see how Southeast of Saline compared with the national finding, the Trojournal issued a survey directed toward girls, questioning their self image and how it affects them.

The survey focused on weight, self consciousness, the effect of media, and the relationship between esteem and sexual activity.

Weight

In the weight category, our survey showed that about half of the girls at SES were comfortable with their current weight. When asked if they were happy with their weight, 50 percent of the girls surveyed answered that they were comfortable.

Sixty percent of Southeast females have thought that they were fat in the past year, as opposed to the 40 percent who have not.

Of the girls surveyed, 78 percent pay attention to what they eat either sometimes or always and 60 percent skip meals

to lose weight. Nine of the 60 said they always pay attention. Twenty-two percent said they never pay attention to what they eat and 40 percent have never skipped meals.

Forty-one percent of Southeast girls who returned surveys have considered an eating disorder. Fifteen percent have considered bulimia, 15 percent have considered anorexia and 11 percent have thought about both.

Self Consciousness

Statistics show that a majority of Southeast of Saline girls consider themselves self-conscious. Only 22 percent said they were definitely comfortable with the way they looked, whereas 70 percent said they were sometimes comfortable and eight percent said they were never comfortable.

Many Southeast of Saline girls surveyed said that they were more self-conscious around boys than girls, but 67 percent said they were self-conscious around both boys and girls.

The girls were asked to name the part of their body that they are most self-conscious about. Most replied that they were most uncomfortable with their stomach or their legs. Some others replied that they were highly self-conscious about their face, feet, posterior or skin.

Media

Most Southeast of Saline girls surveyed (63 percent) said that they did not compare their bodies to media figures. Of the 37 percent of the girls that said they did compare their bodies with a media figure's body, 90 percent also said that they were self-conscious and 72 percent have thought that they were fat in the past year.

Self Esteem and Sex

Although research suggest that girls with higher self esteem are less likely to be involved in sexual activity at a young age, the girls surveyed disagreed. Seventy-eight percent said that they believed that girls with higher self esteem were not less likely to be involved in sexual activity, while 11 percent said that there was a connection and 11 percent said that they weren't sure.

A study cited in the Indiana University journal "Medicine" showed that "girls with high self-esteem were three times more likely to delay intercourse than girls with low self-esteem." (Conversely, boys with high self-esteem were less likely to delay sex.)

One girl surveyed disagreed with the "Medicine" article, saying, "No (high self-esteem girls are not less likely to delay intercourse) because if they have higher self esteem, they will try to look for the boys."

Self-esteem problems found in appearance statistics

By Chelsie Green

In our American Society today, statistics show that most girls are seldom satisfied with their bodies. There is always that little thing about their bodies that they are self-conscious about. Self-esteem has not only dropped in teens the past years, but the age of girls with self esteem problems has gotten incredibly lower also.

"The average age for self-esteem issues has dropped to age 8 compared to 10 years ago when the average age was 12," states Sarah Smith on www.findarticles.com. Self-esteem problems are not only based on weight but many factors. Studies show that lack of self esteem can be a real threat to the mind and body.

Weight

One self-esteem factor is weight. An article in "Seventeen" magazine indicates that 81 percent of girls think they are obese and only 16 percent are really overweight. The U.S.'s ideal figure has turned from embracing curves to wanting to be stick thin.

"Women's magazines have ten and one-half times more ads and articles promoting weight loss than men's magazines do, and over three-quarters of the covers of women's magazines include at least one message about how to change a woman's bodily appearance—by diet, exercise or cosmetic surgery," stated an on-line article by Media

Awareness Network.

In order to be accepted, many girls would do anything to be smaller, including abuse their bodies. The last resort that some girls have turned to are eating disorders. The two most common are bulimia and anorexia.

"Research suggests that about one percent (1%) of female adolescents have anorexia. That means that about one out of every one hundred young women between ten and twenty are starving themselves, sometimes to death," surveys from www.anred.com state. Being bulimic and anorexic steal the proper nutrients that are needed for the body making it hard for people to go through with daily activities that were once an easy task. Bulimia also is very dangerous in the aspect that the acid that results in bulimia eats away at the gums and back of the teeth.

Media

Though weight is a big issue with self esteem, it is just one facet of the general category of physical appearance.

If there is a set image of your weight, clothes, and appearance, who sets this image? The media affects the way girls think they should look. In a poll on the media awareness network, it states 70 percent of the editorial content in teen magazines focuses on beauty and fashion, and only 12 percent talks about school or careers. Many girls strive to

look like model figures. Many media stars have plastic surgery to enhance their appearance.

In trying to reach their goal of looking like superstars, teenage girls can seriously damage their self-esteem. That is because this goal that they have will not be reached without serious damage to their body, or special plastic surgery, making their goals almost impossible to reach.

As the writers for the Media Awareness Network state, "Researchers generating a computer model of a woman with Barbie-doll proportions, for example, found that her back would be too weak to support the weight of her upper body, and her body would be too narrow to contain more than half a liver and a few centimeters of bowel. A real woman built that way would suffer from chronic diarrhea and eventually die from malnutrition."

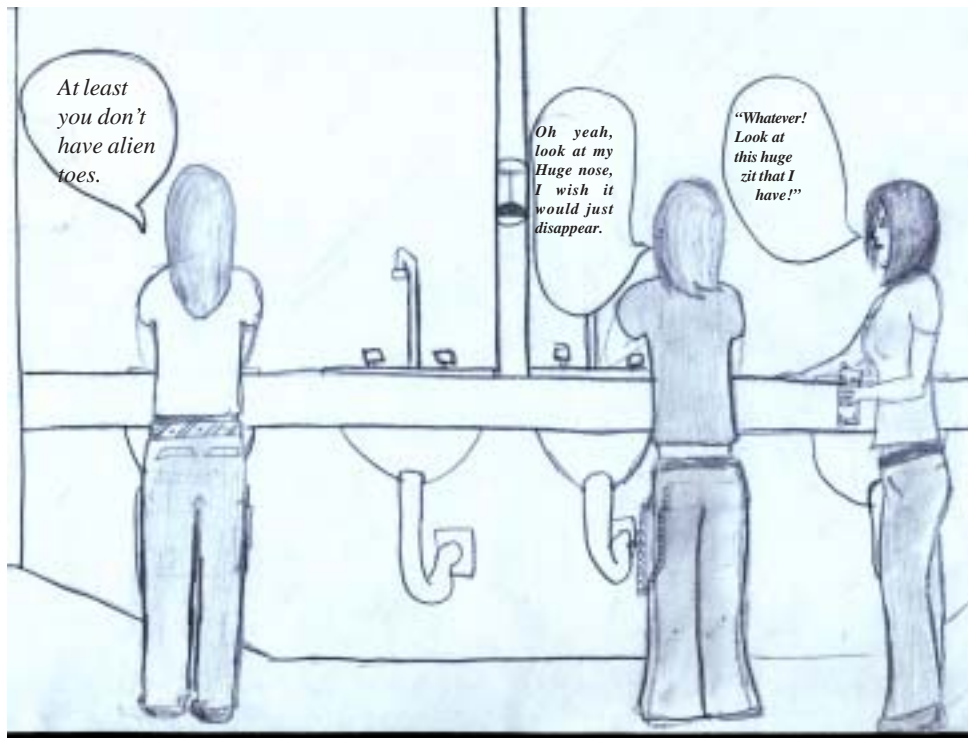
Activities

Another factor in self-esteem could be how active a girl is. At www.Familytlc/girl_sports_teen.html.com, survey results show that girls that are inactive are more likely to have low self-esteem. This is may be due to the fact that girls find something that they are good at, instead of basing their life on their looks. Girls involved in sports are said to accept their bodies better because they know their body helps in certain sports aspects.

As Marissa K. Lingen from www.lessontutor.com said, "If she only has the opportunity to do things for which she has no particular gift, she will see herself as a mediocrity, a nobody. If she does have a gift, but nobody outside the family recognizes it, she may not give herself credit for doing something important."

Dr. Susan Fisher, Namshire High School counselor, agreed by saying girls need to stop focusing on their bodies and more on their strengths.

"Though self-esteem is an increasing issue, there is a way to stop it. If media would be embraced because of their personalities instead of their appearance, then there wouldn't be a stereotype of a girl's body. The more strengths girls can find in themselves, the less self conscious they will feel. One day hopefully everyone will be accepted as their own person," she said.



SES sends seven to State KSPA Competition

By Chelsea Thorne

The less pressure you feel, the more likely you are to succeed. That was journalism teacher Gary McClure's observation when he found out that four out of seven SES freshmen placed in the regional KSPA, Kanas State Press Association, contest in Manhattan on Feb. 17.

Thirteen Trojournal and Yearbook staff members went to K-State University for the annual regional KSPA contest. They competed with other 3A/4A school students in a variety of journalism and yearbook categories.

Four out of the seven freshmen and three upperclassmen Trojournal and Yearbook staff members that attended qualified for state by placing first, second, third, or honorable mention.

They are freshman Chelsie Green, Editorial Cartoon-second place; freshman John

Henry, Editorial Cartoon-first place; Sadie Myers, Newspaper Photography - first place and Newspaper Editing-Honorable Mention; and freshman Chelsea Thorne, Editorial Writing-second place.

Freshmen Henry and Green made SES history as the first students to qualify for the state competition in the Editorial Cartoon category.

Other qualifying students were sophomore Skylar Nosker, Newspaper Sports Writing-third place; sophomore Klint Spiller, News Writing-Honorable Mention; and senior Chantay Seim, Newspaper Photography-second place.

These seven students earned the privilege of competing at the State competition on Saturday, May 7 in Lawrence.

Many students thought that the contest was going to be all work and no play, but even Spiller, who competed all morning

without a break said the contest was fun.

"Brian Dow and I got to see about 16 Darren Sproles look-alikes and overall, even though I had two events to compete in, I had a lot of fun," Spiller said.

Others found the time before or after events enjoyable. After they completed their events, they could tour the K-State's Student Union, visit the K-State store, and get on the internet on the computer stations.

After the contest was over, bus driver Judy Hall and Yearbook advisor Melinda Smith took the participants to the Manhattan mall to eat lunch and shop.

Other students who participated in the Regional KSPA contest were Amanda Harding, Brent Sweany, Shannon Wilson, John Christie, Brian Dow, Kim Rousseau, Kylee Anderson, Jessica Conway, Lisa Lawson, and Ashley Turnbull.

FCCLA teams sweep District G Competition

By Kelsey Colby

FCCLA Advisor Juanelle Garretson was certainly pleased with the results of the Wednesday, Feb. 16 District G competition.

"I think it was one of our best performances yet, just because of all the good scores," said Chapter Advisor Juanelle Garretson.

All 18 FCCLA members who traveled to Newton to show off their work at the District G STAR (Students Taking Action with Recognition) Events Competition won their events.

All participants received a gold award except for the Culinary Arts group who got a silver, and all SES participants will have the opportunity to compete at State held April 3-8.

"The standards at State are high, and we'll have to fine-tune our projects to get the top gold, but I believe all of them can perform well," said Garretson.

Shayla Seim, Sara Andres, Elissa Stein, Shannon Wilson, and Sadie Myers made up the Jr. Par-Law team.

SES raised \$3160 for 1st place
Ashley Petitjean participated in the Sr. Illustrated Talk

South 885. for 2nd
RanDee Platt was in Job Interview.

The group that was 225. for Chapter Showcase Manual was Miranda Everhart, Ryan Unruh, and Britanni Butler.

It was on January 29th. We had
Linsey Bolte, Kelsey Colby, and Meaghan Ryan made up the group for Sr. Chapter Showcase Display.

"Southeast gets a lot of recognition at District. We normally have a lot more students participating in the STAR Events than any other school in our district, and we have more members participating this year than we ever have," said Garretson.

Alex Earles is also getting recognition for this year's State Officer Selection meeting on March 7. Earles is running to be a State Officer for FCCLA. He also partici-

pated in the STAR Events by giving a speech to the voting delegates. In order to run for a state office, Earles will have to do a written exam, complete two 15-minute interviews, and perform a speech. He will be e-mailed the results on March 8.

"I feel that the kids worked hard, and they deserve to go to State. I'm proud of their commitment as well. Southeast has a young group of leaders," said Garretson.



The FCCLA Freshman Par-law team takes a moment for a team cheer at the District G Competition Feb. 16. All teams qualified for state. (Photo courtesy of Mrs. Juanelle Garretson)

Sixteen students consider learning profession away from SES

By Brent Sweany

On Feb. 2, sixteen students left school and headed out to Salina Area Vo-Tech. Students looked at many different occupations involved in Vo-Tech and learned about the many different majors Vo-Tech offers.

Students were Amanda Baker, Dustin Bowles, Nick McKenna, Clint Koffman, Andrew Shaw, Josh Houchin, Brian Dow, Nic Chapel, Megan Luthi, Kyle Moyer, Andy Weber, Cassie McDowell, Kurtis Moyer, and Keshia Thomas.

Ag students celebrate FFA

By Brent Sweany

National FFA week began on Monday, Feb. 21, and ended Friday, Feb. 25.

Students, FFA members, and faculty/ staff of the school participated in many different events and activities to support the National FFA Association. Some activities were a week long, like the FFA promotional posters at local agricultural businesses, table centerpieces during lunch, Food for America presentations for the Elementary, local radio spots, and an article in the Salina Journal.

Hannah Zerbe, senior, did the radio spot and wrote the article for the Salina Journal. There were also activities on each day of the week during FFA week.

Monday, Feb. 21 was FFA Spirit Day. Members who wore their FFA shirt received a prize during seminar.

On Tuesday, there was a community raffle. FFA members gave away tickets during the basketball game for free drawings at half time.

Wednesday, FFA members hosted a faculty breakfast from 7:45 a.m. - 8:15 a.m.

Thursday, FFA members planned an educational activity about ice cream during seminar for any high school student that was interested.

Friday, FFA members received a treat during lunch to celebrate a successful week.

FFA also held daily FFA trivia in the teacher workroom. The Faculty/ Staff member that got the most questions right received a \$20 gift certificate to a local restaurant.

"FFA week was a big success." FFA advisor, Mrs. Disberger said, "Activities were enjoyed by members, patrons, and staff."

Jay Bartlett, senior, did not take the trip, but he currently attends Salina Area Vo-Tech and is doing well. Bartlett attends for very practical reasons.

"I just went (to Vo-Tech) because it was closer," he said. Bartlett takes automotive classes at Vo-Tech.

"It has just been a hobby of mine, I like to do it," Bartlett said about his automotive interests.

Bartlett encourages younger students who want to go to Vo-Tech to give

it a try.

"It would be a good idea." He said.

Bartlett says he did pretty well at school work even before Vo-Tech, but he still needs the same amount of credits to graduate.

"Mostly English and business math will help me in Auto Tech, but some science will probably help to. You are always studying and learning more about your job," Bartlett said.



Britten O'Banan and Caleb Feist relax as they wait for their performances. Both boys were at the Smoky Valley Forensics Tournament Jan. 29. (Photo by Sadie Myers)



Le Calendrier de Trojans*



FFA



MARCH

3 – Officer Meeting

5 – Ice Skating

7 - State Degrees- Selection of District Officers, Proficiencies

17 – Chapter Meeting



21 – Leader Lab Conference, McPherson



30 – Livestock/Agriculture Management

The Boys Next Door School Play

March 11, 12 7:30 pm

Congratulations!!!

SES BB/BS collected \$3,165, while South collected \$800 and Sacred Heart collected \$350

Chantay Seim was honored as one of eight Wendy’s Heisman state finalists for scholarship and athleticism.

Shelly Hillyard was selected by the faculty for the Daughters of the American Revolution award.

Christina Tillman has been accepted to the Air Force academy in Colorado Springs.



GOLF TOURNAMENT



Saturday, April 23rd, Salina Municipal Course, Cost \$45 per person includes green fees, cart, lunch and prizes 9 am shotgun start. Get your group of 4 together and sign up! You have a better chance of winning a prize if you are on a mixed or women’s team. If you do business with some who might consider donating a prize or sponsoring a team, please contact Cindy Mueller at 785-536-4266.



Happy Birthday Mr. King!

Mr. King’s Birthday was Thursday, Feb. 24.

Mr. King is now 25 years old!



***Translation: The Trojan Calendar**

NHL, unable to reach a compromise, cancels season

By Skylar Nosker

Two days after Valentine's Day, the National Hockey League was anything but loving to their fans as they cancelled the 2004-2005 season.



The owners and the Player's Association began disputing over labor issues just a few weeks after the Tampa Bay Lightning surprised everyone with their first Stanley Cup victory last season.

Commissioner Gary Bettman set a deadline for the two sides to come to an agreement over salary issues by 11 a.m. Wednesday, Feb. 16. If they did not come to an agreement, then the season would be over.

About a week before the deadline on the 16th, talks were accumulating to the point that, two days before the deadline, they were to enact a salary cap. However, they couldn't agree on the cap amount.

The night before the deadline, Commissioner Bettman came up with a last-minute proposal to try to save the season. The letter said:

"I know, as do you, that the 'deal' we can make will only get worse for the players if we cancel the season — whatever damage we have suffered to date will pale in comparison to the damage from a cancelled season, and we will certainly not be able to afford what is presently on the table. Accordingly, I am making one final effort to reach out to make a deal that will let us play this season."

"We are increasing our offer of yesterday by increasing the maximum individual team cap to \$44.7 million (\$42.5 million in salary and \$2.2 million in benefits). This offer is not an invitation to begin negotiations—it's too late for that."

"This is our last offer to make a

deal that's fair to the players and one that the clubs (hopefully) can afford. We have no more flexibility, and there is no time for further negotiations."

"If this offer is acceptable, please let me know by 11:00 a.m. tomorrow in advance of my scheduled press conference. Hopefully, the press conference will not be necessary."

The executive director of the Player's Association, Robert Goodenow, responded by saying the Union will agree to the terms if the maximum individual team cap is 49 million, not including the 2.2 million in benefits, and to allow teams to go 10-percent over the salary cap only twice during the six-year span. His offer would have raised the cap to \$53.9 million at a tax rate of 150 percent.

This response automatically sent commissioner Bettman straight to his press conference that he was regretting the whole time.

But the season was cancelled.

So, after exactly five months of argument, the lockout dismantled the 120

game season, but the players still feel they haven't lost this battle. They are trying everything they can to save this season. However, there's still no agreement on the salary cap and the possibilities of saving the season.

This lockout serves no upside as it is just further crippling an already-crippled sport in the United States. It is too bad that the owners and the Player's Association cannot come to a reasonable agreement, and the Stanley Cup will not have a home for the first time since 1919 when a flu epidemic caused the League to cancel the finals.



SES scholars bowl team competes at State

By Klint Spiller

The Southeast of Saline scholars' bowl team ran into a buzz saw in the first round of State competition on Feb. 12 at Rossville High School and things went downhill from there.

The team was disappointed to go 0-5 in State competition and miss the playoffs, but they were pleased to get there in the first place.

"We ran into some very good competition. The first team (Maranatha Academy) we encountered was not only last years State champion but turned out to be this years as well," Coach Bob Sauber said.

The State team consisted of seniors Andrew Gies, Alex Mutschler, Scott Sauber, Andrew Simmons, and junior Robert Graham.

Finishing with a record of 7-2 at their Regional competition at Hillsboro, the team earned a second place plaque and quali-

fied to compete at State.

"The first round (at Regionals) was really close, but after that we did pretty well," Gies said.

Leading scorers for the season included Robert Graham (1380 points), Andrew Gies (800 points), Alex Mutschler (730 points), Scott Sauber (525 points), and Andrew Simmons (435 points). The freshman-sophomore team was lead by Brian Dow (1140 points), Klint Spiller (835 points), Ozzie Smith (685 points), John Christie (455 points) and Brent Sweany (330 points).

Ending the season with a 56-35 total record, team members remain pleased with their season.

"We had a great year. I was very proud of both the varsity and the freshman/sophomore teams," Bob Sauber said.

Lady Trojans stay on top in post-season

By Amanda Harding

The Southeast of Saline ladies fought to stay alive in postseason play against Northern Heights Monday, and it was not a let-down for them. The Trojans won the game 64-53, outscoring Northern Heights by 11 points in the second half.

Though the outcome looked good, the game was not a cakewalk. The Trojans ended the first quarter down by five points but by halftime they were tied 26-26. The win advanced the ladies' record to 12-8 overall. They were 8-4 in league play.

Brooke Kent led the Trojans with 22 points, 4-6 free throws, and two three-pointers.

Chantay Seim was the second leading

scorer with 14 points and her sister Shayla had 12. She helped ice the game, making ten out of 11 free throws. The rest of the team's free throw production was woeful as the ladies scored only 22 out 41 free throws in the game.

Coach Wayne Sager had strong feelings about the way the ladies stepped up to the challenge at an away game.

"I thought we came out a little slow but reacted very well. I thought the girls played very well, and I feel good that we were able to go on the road and got a win."

The Trojans will continue sub-state play tomorrow as they take on 19-0 Riley County, the top-ranked team in 3A at SES.



Senior Erica Stein dribbles down the court looking for an open teammate at the SES home game against Sacred Heart Tuesday, Feb. 22. The girls lost with a score of 53-64. (Photo by Sadie Myers)

Sports Box

Boys' Basketball

| | | |
|------------------------------------|-------------------------|-----|
| Dec. 3 Centre | 56-34 | W |
| Dec. 6-11 Blue & Gold Classic 4th | | |
| Solomon | 45- | |
| 43 | W | |
| Minneapolis | 37-45 | L |
| Sacred Heart | 41-61 | L |
| Dec. 14 Ellsworth | 39- | |
| 51 | L | |
| Dec. 19 @ Beloit | 61- | |
| 66 | L | |
| Jan. 7 @ Minneapolis | 47-66 | L |
| Jan. 11 Russell | 63-30 | W |
| Jan. 14 Belleville | 83-71 | W |
| Jan. 20-22 Salina Inv. Tourny. 4th | | |
| Sacred Heart | 59-40 | W |
| Abilene | 49-50 | L |
| Smokey Valley | 40-47 | L |
| Jan. 25 @ Sacred Heart | 51- | |
| 37 | W | |
| Feb. 1 @ Russell | 53-31 | W |
| Feb. 4 Chapman | 40-39 | W |
| Feb. 11 Beloit | 55-36 | W |
| Feb. 15 | Minneapolis | 58- |
| 78 | L | |
| Feb. 18 | @ Belleville | 65- |
| 50 | W | |
| Feb. 22 | Sacred Heart (Sr. Rec.) | 64- |
| 40 | W | |
| Feb. 24 | @ Ellsworth | 57- |
| 50 | W | |

Upcoming Games:

For wrestling scores, see page 13.

Trojan boys start substate

By Skylar Nosker

Last Tuesday, after being recognized before the game, seniors Ian Hughes, Garrett Mugler, Jeremy Plymell and Lukas Spare played their last home game here at Southeast when they took on the Sacred Heart Knights, pounding the Knights 64-40.

All the seniors made big contributions. Mugler and Plymell both had a big defensive night, dominating the play in the paint. Hughes had recovered enough after his game-stopping concussion at the Belleville game to start, and Spare made the last basket, nailing a three to finish his last home game on a high note.

This was the last of four meetings between the two rivals, and coming into the game Southeast led the series 2-1.

The Trojans put together a great defensive effort, not letting the Knights have anything, and when they did score, the Tro-

jans answered right back on the offensive end.

Last Thursday night, the Trojans played the Ellsworth Bearcats in a make-up game that was schedule earlier this month, but snow caused the teams to re-schedule.

The game was tight at the half as the Trojans led by two, 27-25. The game opened up a little at the end of the third when the Trojans went up by seven. Come fourth quarter, the Trojans were able to nail seven of their last 12 from the charity stripe to secure the seven-point win over the Bearcats, 57-50.

Southeast is now 12-8 overall, with an 8-4 record in league play. They took on Beloit last night to begin Sub-State, but the game results were too late for publication.

Spaeny, Cox qualify for State

By Klint Spiller

Though Southeast returned all of their varsity wrestlers but one from last year, they only had two people that returned to State competition compared to the five wrestlers that were sent last year.

Seniors Adam Spaeny (125 lb), making his third State appearance, and Coy Cox (140 lb), earning his fourth State appearance, qualified for State at their Regional competition in Beloit on Feb. 18-19.

At their Regional competition, Spaeny pinned Jason Calhoun of Phillipsburg, and Cox lost to Jase Merry of Minneapolis 8-4 in the consolation finals, earning third and fourth place respectively. However, the wrestlers weren't very happy about their performance.

"We got too cocky and didn't wrestle well," Cox said. "We made some stupid mistakes."

Competing at Fort Hays State University on Feb. 26-27, the two wrestlers both lost their first match, moving themselves to the losers' side of the bracket. Spaeny lost to Jordan Stewart of Fredonia 9-3, and Cox lost to Luke Pfannenstiel of Norton 13-8.

In the second round, Spaeny lost again 1-0 to David Barth of Oberlin Decatur Community, eliminating himself from State competition.

"I hurt my ribs again at Regionals, and they were bothering me in my second match at State," Spaeny said. "I couldn't catch a



Junior Brady Srna is caught off guard as he fights to keep the ball at the SES-Beloit game Friday, Feb. 11. SES beat out the Beloit Trojans with a score of 55-36. (Photo by Sadie Myers)

second wind through the second and third periods and ended up losing."

Cox won his match, pinning Kody Livengood of Sabetha in the second period, and advanced to the second day of competition.

"I was pretty happy I won. I wish I would have kept on winning, though," Cox said. "I wrestled a lot smarter than my first match."

Cox ended his State performance after his third match where he faced Jordan Gienger of St. Francis and lost 10-2.

After placing fifth last year, Cox was disappointed to not place this year but remained optimistic.

"I was kind of disappointed I didn't place again. I wrestled three very good kids," Cox said. "I wrestled my hardest each time for six minutes, and I just ended up on the bottom end."

As a team, Southeast ended the year with a 10-5 dual record and many top individual performances at tournaments. Though they may have not ended the season as they would have liked and wished their dual record was better, many were pleased with the team's performance throughout the season.

"I felt that everyone gave a 100 percent in every match during tournaments," Spaeny said. "We weren't a very good dual team this year, but we were a pretty good tournament team."

Sports Box

Continued from page 12

Sub-State

State

Record 12-8

Girls' Basketball

| | | |
|---|-------|---|
| Dec. 3 Centre | 75-34 | W |
| Dec. 6-11 Blue & Gold Classic 2nd Solomon | 69-19 | W |
| Minneapolis | 52-36 | W |
| Sacred Heart | 40-51 | L |
| Dec. 14 Ellsworth | 55-45 | W |
| Dec. 19 @ Beloit | 46-64 | L |
| Jan. 7 @ Minneapolis | 49-44 | W |
| Jan. 11 Russell | 63-48 | W |
| Jan. 14 Belleville | 36-47 | L |
| Jan. 18 @ Sacred Heart | 35- | L |

53 L

SES Invitational Trny.

AYP forces schools to adopt new programs

By Jessica Conway

"I like to think of it as a motivational program," said Principal Monte Couchman when asked about the newly installed assessment program here at SES.

All eighth-graders, sophomores, and juniors are expected to take the state assessments given each year to judge how well students are doing within their classes, but this year they will receive rewards for doing well.

Students that receive an advanced or exemplary score on any of their tests will be given three days out of school, May 18, 19, and 20. Couchman said that this does not excuse them from semester tests or projects. Along with this, every student will also receive a grade in class for the assessment, and classes that receive the state Standard of Excellence award will have a whole-class activity in the fall.

Couchman said that these installments in the SES assessment program have stemmed from the No Child Left Behind Act proposed by President Bush during his last term.

"I'm always a bit reluctant to put a program like this into effect. You want kids to be self-motivated, but I recognize that not

Southeast is at capacity

Dr. Bob Goodwin says that limiting enrollment is the likely option

By Klint Spiller

The Southeast of Saline Board of Education convened on Feb. 7 to discuss facility matters, but the focus of the meeting seemed to be on the growing classroom sizes.

At enrollment every year, classes are filled with in-district students and the remaining room is given to out-of-district students. Each class is allowed to have around 23 students, but this year, a large number of people moved into the district in the middle of the year, sky-rocketing the number of students per class, Superintendent Bob Goodwin said.

Currently, Southeast contains 143 out-of-district students out of the 685 total students enrolled, and 28 students have moved into the district since the beginning of the school year. This has caused some elementary classes, like the two fifth grade classes, to contain as many as 25 to 26 in a classroom.

"I think it requires more work on the teacher's part to insure everyone understands the lesson," Elementary Principal Sharlene Ramsey said. "It's a challenge to individualize your instructions in a larger classroom."

The Board discussed options and was not in favor of expanding the number of classrooms in the school.

Southeast is known for being a smaller school, and this is the main reason why many are in favor of the limiting of enrollment. According to Superintendent Dr. Bob Goodwin, it is the likely path that the Board will take.

"It really won't be much different than in the past," Goodwin said. "We just had such an increase of students after the school year started."

For four years, Southeast enrollment has been on the decline. In response to this, Southeast, like other schools in the area, opened its doors to students from out of the district and invited them to attend. Now, the building is at capacity.

Goodwin says that the number of out-of-district students might be affected if more families move into the district.

"It just depends on who shows up next year," Goodwin said.

everyone is like that and we've got enough pressure that we're looking at motivational programs," Couchman said. "These tests have so much impact on schools that you can't afford to see students do badly."

The pressure Couchman is talking about is the stipulation of the plan that requires SES to meet Adequate Yearly Progress (AYP) each year, advancing until 2014, at which point all students are expected to be at the proficient level.

Couchman said that this level is a difficult one to meet.

"We're (SES) probably in as good a position as we can be at this time, but the level is getting higher. Those numbers are increasing dramatically each year. At some point, we will be missing the AYP," he said. "We've got about three years at this point, but we, along with about every other high school, are trying to head off the problem before it gets here."

Couchman also said that if this program doesn't get them there, a new program will be developed.

"I don't think (the motivational program) will hurt anything. If I hear other options, we're open to ideas, but there will always be something," he said.



Ashley Houchin, Holly Henry, and Bryson Flax take a moment at Bowl for Kids Sake, Jan. 29, to pose with their littles. SES took first place in the competition, raising \$3,160 and defeating South, who took second with \$885, and Sacred Heart, who took third with \$425. Twenty-seven SES members participated. (Photo courtesy of Mrs. Judy White)