

Mulvane
High
School

Cat Tracks

november 13, 2009

volume 14 issue 4

mulvane, kansas

Cross Country
photos

Tattoos

How to: make a
pumpkin trifle

simple
school lunches

student pets

next issue: the holidays!

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cover: Three-time state champion cross country team receives their trophy in Wamego.

Lifitin' like a big shot



Alicia Riley set eight world records at the Unequipped Nationals in Oklahoma City, OK on October 17th. These records include bench pressing, squat, dead lift, and overall totals in pure and high school divisions. This leaves one to wonder why Alicia started to pump iron.

"Well, I hated games, so eighth grade year I took weights instead of gym and loved lifting, then continued to do it," she explained

WOW! Now that's commitment. Aside from lifting weights, Alicia is involved in theatre. She is

story by: lacey arehart

the assistant stage manager for this year's musical *Beauty and the Beast*, and she also volunteered with the MRC theatre group this summer.

Alicia said the coolest thing (aside from setting eight world records) that happened to her while she was at the meet was "I got to meet Henry Thomason and

Henry is a TRUE beast. He has never done drugs and he can squat 1003 pounds."

Holy moly, that's a lot of iron to pump. But weight lifting is not all about getting as strong as you can as fast as you can. "It truly is a lot of how your mind is set. Yeah, you have to have the muscles and strength but your mindset is a big thing," she added.

If you keep your head in the game and your mind on your goal, you can do anything.

The sound of music?

by: nathan strack

Wait, stop right there. Before you lecture me about how you hate a particular band, think about it. Why do you hate that band? Is it because of their fan base? Because they're too "mainstream"?

What kind of nonsense is that? Isn't the entire point of music it's sound?

Or maybe whether or not you enjoy listening to the *sound* it?

It doesn't matter who listens to it, or what other people say about it. It's about what sounds good to you. What it means to you.

Call me crazy, but I think it's downright dumb to deprive yourself of music you might enjoy just because some doofus you don't like is wearing that band's shirt, or because some nincompoop in a magazine bad-mouthed that band. Who cares?

Don't let other people push you around! Listen to what you want to listen to!

what is your favorite thanksgiving food?

kristy ebersole--turkey

lacey arehart--cranberry sause

kc ayala--mashed potatoes and GRAVY

mercedes bird--sweet potatoes and stuffing

madison cox--sweet potatoes

rylee dulaney--lots and lots of biscuits

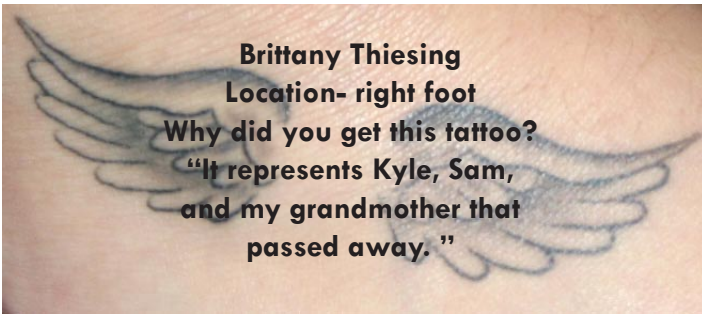
joshua hansen-- mashed potatoes

morgan leclair-- turkey

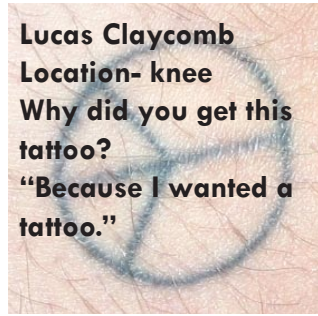
nathan strack--mashed potatoes

jamie thomas-- stuffing

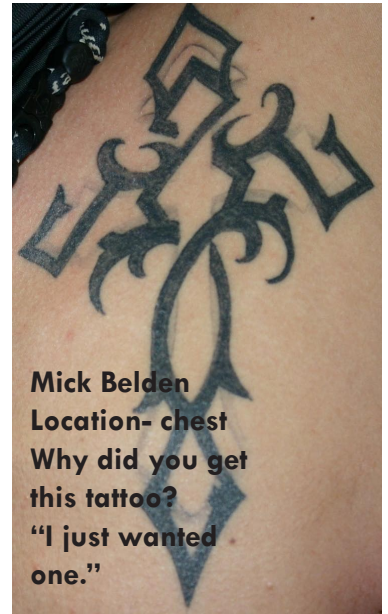
All views expressed in the opinion section are those of the writer. These views do not reflect those of the Mulvane school district or the *Cat Tracks* staff. Letters to the editor are accepted and printed on a space available basis. All letters must be typed and double-spaced. The *Cat Tracks* staff reserves the right to edit all letters for length and content.



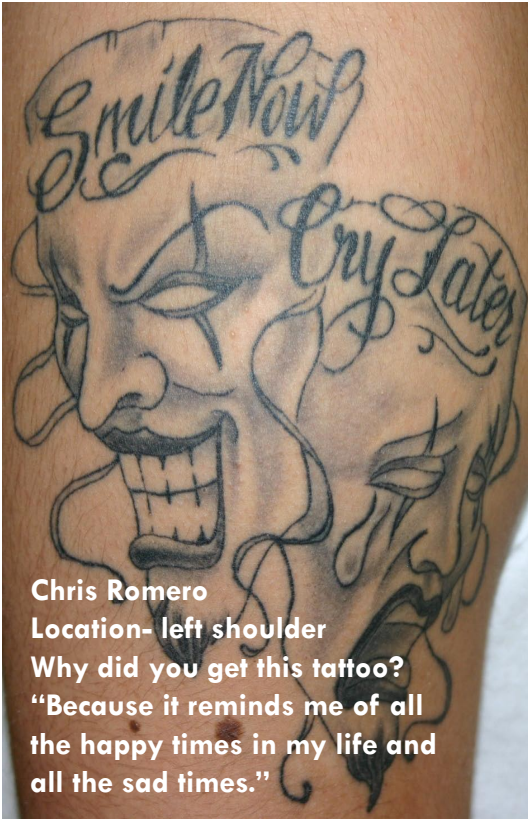
Brittany Thiesing
Location- right foot
Why did you get this tattoo?
"It represents Kyle, Sam, and my grandmother that passed away."



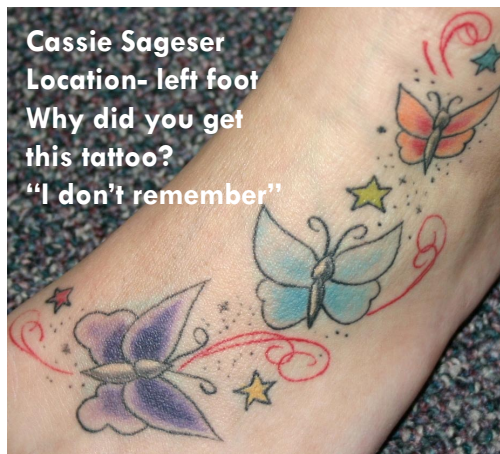
Lucas Claycomb
Location- knee
Why did you get this tattoo?
"Because I wanted a tattoo."



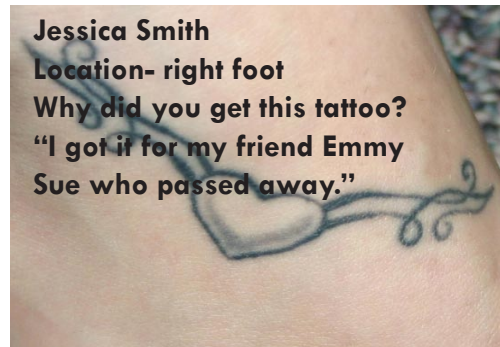
Mick Belden
Location- chest
Why did you get this tattoo?
"I just wanted one."



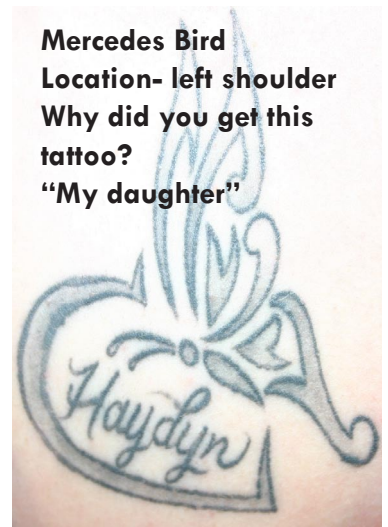
Chris Romero
Location- left shoulder
Why did you get this tattoo?
"Because it reminds me of all the happy times in my life and all the sad times."



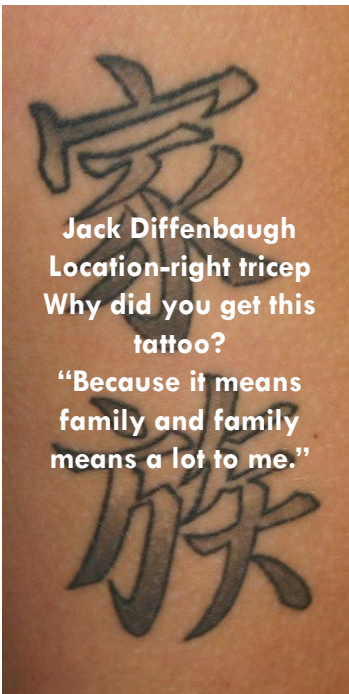
Cassie Sageser
Location- left foot
Why did you get this tattoo?
"I don't remember"



Jessica Smith
Location- right foot
Why did you get this tattoo?
"I got it for my friend Emmy Sue who passed away."



Mercedes Bird
Location- left shoulder
Why did you get this tattoo?
"My daughter"



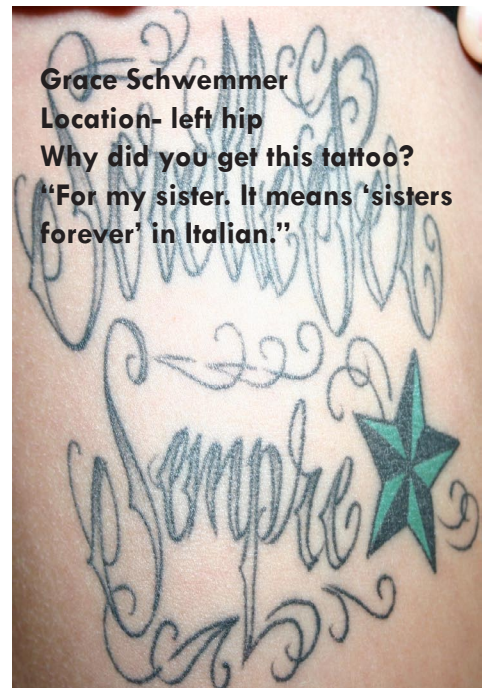
Jack Diffenbaugh
Location-right tricep
Why did you get this tattoo?
"Because it means family and family means a lot to me."

LET ME SEE YOUR INK!

Students with tattoos
By Lacey Arehart



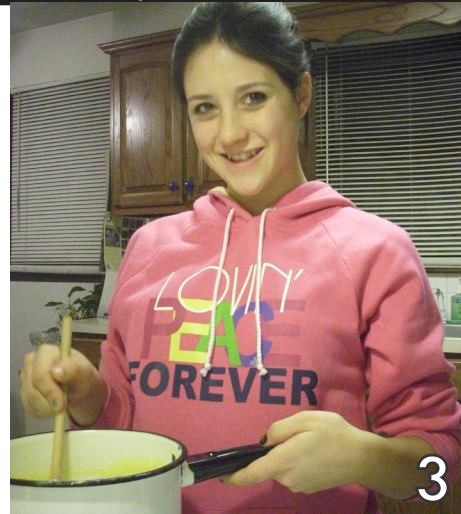
Cameron Berry
Location-back. Why did you get this tattoo?
"Cuz I was bored."



Grace Schwemmer
Location- left hip
Why did you get this tattoo?
"For my sister. It means 'sisters forever' in Italian."



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3



3



2

How To Make a Pumpkin Trifle

by: kc ayala

1. Get the ingredients: two 14-oz. gingerbread mix packages, one 5.1-oz. box of cook and serve vanilla pudding mix, one 30-oz. can pumpkin pie filling, ½ cup packed brown sugar, 1/3 teaspoon ground cinnamon, one container whipped cream, ½ cup crumbled gingersnaps. Also get a pretty, large clear bowl.

2. Bake the gingerbread according to the baking instructions on the box and cool completely.

3. Make the pudding according to the packaged directions. After the pudding is done, stir in the pumpkin pie filling, brown sugar, and cinnamon.

4. Crumble one batch of the gingerbread into the bottom of the pretty bowl.

5. Pour about half of the pudding mixture over the gingerbread, then a layer of whipped cream, followed by the second batch of gingerbread and the rest of the pudding.

6. Finish with dollops of whipped cream and finally crumble the gingersnaps over the top.

7. Refrigerate overnight and serve chilled.

*Cat Tracks staff says this is really good!



4



5



6

FCCLA members help drive run smoothly

by: mercedes bird

The FCCLA Blood Drive took place on Wednesday, October 21, 2009.

A whopping 77 people signed up to give blood, but only 57 people actually were able to donate. Of those 57, only one was a teacher. And there were 25 FCCLA members that signed up to work.

It took a lot to prepare for the blood drive. First they had to make the sign up sheet for people.

Then they had to make a volunteer sheet for the FCCLA members to work as escorts, runners and

workers at the cantina. Also, there were signs that had to be made to put up around the school for advertising purposes.





The FCCLA members helped set up the gym for the Red Cross workers. The volunteers to give blood got water bottles first hour with a card with their name and appointment times on them.

There was also the job of bringing in food for the cantina. Last but not least, they had to help take down the equipment and load the truck.



Jessical Smith and Alanna Sigars (top left), Julie Braingardt (top right) Anyse Raaf (bottom) photos by Jamie Thomas

The *Pop Culture* Grid

by: madison cox	Craziest thing I've ever eaten	___ is completely UNDER-rated	If I were a WWE wrestler, I'd call myself...	Catch phrase I'm so over	I really think I'm obsessed with...
 Hannah Coffey (9)	Duck 	Maria Egger	Hurricane Hannah	"Epic Fail"	Food
 Dalton Green (10)	Dinosaur-shaped chicken nuggets	Dinosaur-shaped chicken nuggets	Dinosaur Chicken Nugget Man!!	Well this dinosaur-shaped chicken nugget thing is getting pretty old...	Probably dinosaur-shaped chicken nuggets
Madison Iverson (11)	Cat food, when I was five	Life	Cyclone	"I do what I want"	The song "Still Fly Freestyle"
 Landon Jackson (12)	A concoction of crispitos, cottage cheese, and honey mustard	My teeth	LANDIVANATOR	"Story of my life"	Sweats and a theatre shirt

Who knows Josh better?

feature by: mercedes bird

	Question	Josh	Mrs. Simonis		Kalina	
1	Favorite Movie?	<i>Pathfinder</i>	<i>Gladiator</i>	0	<i>The one movie.. with the people.. ya know?</i>	0
2	Favorite basketball team?	KU	Doesn't seem interested in it	0	KU- if not it should be :)	1
3	Favorite food?	Pizza	Pizza	1	McDonalds	0
4	Favorit holiday?	Christmas	Christmas	1	Christmas!	1
5	Dream job?	Being a cartoonist	Computer Aided Drawer	0	Cartoonist	1
6	Dream car?	Porsche	Mitsubishi Eclipse	0	A fast, masculine, expensive car	.5
7	Favorite school subject?	Weights	Weightlifting	1	Weightlifting	1
8	Favorite video game?	Call of Duty 5	Halo	0	Halo 3	0
9	You could be any animal, which would you be?	Dog	Wolf	.5	The exotic bird from UP	0
10	Place you want to visit most?	Japan	Never spoken of one	0	Germany	0
	Total			3.5		4.5

**The Mom:
Mrs. Simonis**



The Girlfriend: Kalina Bartlett



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INSTANT GRATIFICATION!

feature by: nathan strack

DISCLAIMER!

Our school food has recently been suffering due to the apparent budget cuts, as everyone knows. Is it anyone's fault directly? No, not really. So don't blame the cooks or teachers!

On another note, if you're searching for some sack-lunch alternatives, you've picked up the right edition of "Cat Tracks." (Not that any of the other issues wouldn't have this article...) I've picked up a few microwavable meals from the gargantuan Dillon's Marketplace, that you can prepare at the school during lunch. Below, I've detailed their effectiveness in satisfying my picky taste in food.

Campbell's Chunky Chicken-Noodle Soup



Overall taste: Largely bland, for the most part. Though it doesn't taste bad, it just lacks seasoning. The soup is indeed chunky, and contains large bits of vegetables, sparse chicken and a few squiggly noodles. It may fill you up if you eat it, but you may be pining for more flavor.

Preparation: Very easy. Remove the plastic top, peel off the metal lid and

replace the plastic cap. Microwave on high for a minute and forty-five seconds and you're all done.

Price: about \$1.50.

Well? I wouldn't recommend it.

Nissin Teriyaki Beef Chow Mein



Overall taste: Very good! The noodles have a glorious texture and a good flavor. (Mostly due to the add-in sauce that's very tasty.) The rest of the meal is comprised of tiny bits of vegetables which have virtually no flavor.

Preparation: Mildly easy. Remove part of the paper top, add in water and veggies. Microwave, then stir in sauce. Let thicken for about thirty seconds, and then try not to burn your mouth as you devour it.

Price: about \$1.00.

Well? I recommend it! It's very similar to just plain 'ol take-out, and you can make it in the microwave!

Easy Mac

Overall taste: Pretty good! I don't really know how you can go wrong with macaroni 'n cheese. It's



cheesy, and ... pasta-y? If it tastes bad, it's probably your fault for cooking it wrong.

Preparation: Easy. Add water, microwave for awhile. Add cheese and stir.

Price: around 75 cents, depending on where you buy it.

Well? How can you go wrong? It's mac 'n cheese, c'mon.

Hormel Microwave Chili (with beans)



Overall taste: You aren't going to believe me, but, this instant chili is VERY good. There are nice chunks of beef and some beans, (because eating chili without beans is like buying a gun with no bullets!) and it's not too spicy.

Preparation: Supremely easy. Remove the metal lid, stir, microwave for two minutes and you're good! (Just be sure to stir it...)

Price: \$2.15.

Well? I highly recommend

this. Very tasty, in my opinion.

Hungry-Man Country Fried Beef Patties

Overall taste: I would



not eat a "Hungry-Man Dinner" on a regular basis. However, for being prepared in a microwave, it was acceptable. It contained a lot of salt, and if not eaten right away, it gets mega soggy. The green beans were good. The potatoes were still frozen. The brownie, however, was absolutely terrible.

Preparation: Complicated, at best. Remove plastic from tray over brownie, and poke holes in the plastic covering the rest of the food. Microwave on high for four minutes. Remove, stir potatoes (Which still end up frozen any ways), and scrape out the brownie. Then, microwave on high for two more minutes. Time consuming. I speculate that if cooked in the oven, the food may taste better.

Price: \$2.75.

Well? I wouldn't recommend it! However, you do get a genuine POUND of food. You definitely wouldn't be hungry afterwards.

Local music box

by: rylee dulaney

People often ask me when A Curfew For Katie's next shows are. I normally say I forgot, because I probably did. So, to avoid this conflict, I rounded up all of them in the Wichita-area and put them in this article. Plus, this is better than spamvertising. Show times and door prices will be known as the dates grow closer.

A Curfew For Katie's upcoming shows:

November 14th @ The Donut Whole
w/ Rylee Dulaney, Dear Skeptic

November 15th @ The Cabaret in Old Town
w/ Behind the Solution

December 12th @ The Blank Page
other acts not confirmed as of now.

December 20th @ North Rock Theaters
w/ Abandon Kansas, polarOPPOSITEbear, The Lost Colors, Dear Skeptic, others.
also, introducing a new yet to be named band featuring...
(Matt, Rylee, and Jeremy of A Curfew For Katie with Ryan Dame and Austin Honea from the group formerly known as Yesterday's Hero)

note: I don't want this to be an ACFK-only article. If you are a part of a local band who is playing shows, or want me to promote a local band in the Wichita-area, write in the group and the upcoming local shows to Room 513 or myself and I will make sure to add the given group's shows to this local music panel.

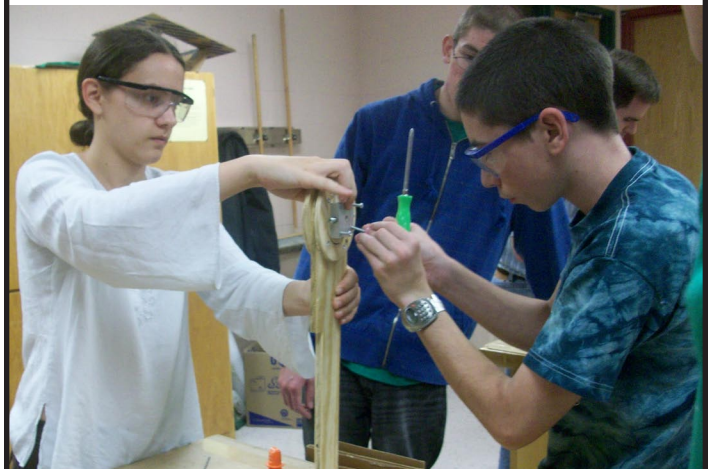
**Bring your troubling questions for
"Dear Andi" to room 513.
P.S. That's Ms. Ebersole's room**

Robotics in action



left: Clayton Batman works on one of the robot's wheels.

below: Cierra Erbert and Matthew Foster work together on a piece.



right: Jon Walker and Cihan Ak work with an engineer mentor.

below: Dustin Miller, Kylea Standrich, Clayton Batman and Cordell Erbert watch while Alex Temple controls the robot.



App of the month

by: jamie thomas

Photoshop.com Mobile Adobe Systems Incorporated

\$0.00...Yes...FREE!



Photoshop.com Mobile for your iPhone lets you quickly and easily edit and share your photos with simple gestures directly on your iPhone. Photoshop.com Mobile is like having your entire photo library in your pocket without wasting your phone's valuable storage space.

Photoshop.com Mobile is your iPhone companion to Photoshop.com, your online photo sharing, editing and hosting resource. Create a free Photoshop.com account to upload and store 2GB of photos online.

For those of you in to photography, this is a must-have!

New Moon coming soon

by: madison cox

In the "Twilight" saga, "New Moon", when Bella Swan (*Kristen Stewart*) is abruptly torn from her love, Edward Cullen, (*Robert Pattinson*) she, in her depression, creates a deep friendship with Jacob Black (*Taylor Lautner*) making her interest in werewolves grow. (*Also starring Dakota Fanning*)



Midnight Showing (November 20th):

Warren @ 12:05 a.m.
Derby Plaza @ 12:01 a.m.

Call and reserve your tickets at all Warrens or Derby Plaza Theatre. You can also order them through movietickets.com

HURRY! TICKETS ARE SELLING OUT!!

Junk of the Month

feature by: jamie thomas

Name: Jessy Wilson

Make: Jeep Model: Wrangler

Year: 1999 Paint color: White

Price: \$3,300

Favorite thing about your car: "I've always wanted a Jeep Wrangler so my grandpa just bought one for me!"

Least favorite thing about your car: "The plastic window, I hate it!"

Broken things on your car: "The back window was busted out, the hard top is cracked, it's dented up everywhere, it's missing the knob for the heater, the tops seal is bad, steering wheel is off, and it doesn't like going into second gear."

Random facts about your car: "When you go over 50 MPH you can't hear anything but the wind, it's annoying."

Favorite memory associated with your car: "Working on it with Tela this summer."



The cost of participation

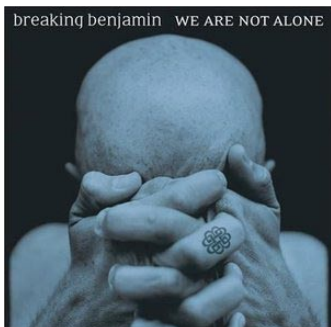
feature by: rylee dulaney

Mulvane High School offers many competitive activities to students with a variety of well-trained coaches. Whether it be basketball, golf, football, or debate, all require much of a person such as, skill, ambition, determination, hard work, discipline, and... money. Some more than others, but there is always at least some kind of fee when it comes to being in a sport or competitive activity.

Many can tell you that it pays off to play... in a sport. Fear not, there are many more puns that could be made of this; a financial footrace, a touchdown of taxation, sporting your cents, slam dunk into savings, field goal of finances, a hole-in-one-dollar bills, cross-country cash coasters, a strikeout of spending, a topicality of legal tender, a grand slam of green, running your wallet to run a hoop (...that's Croquet).

Before you join your given sport, let me give you some numbers before you go breaking your Benjamins.

The look of agony from irresponsibly breaking your Benjamins.

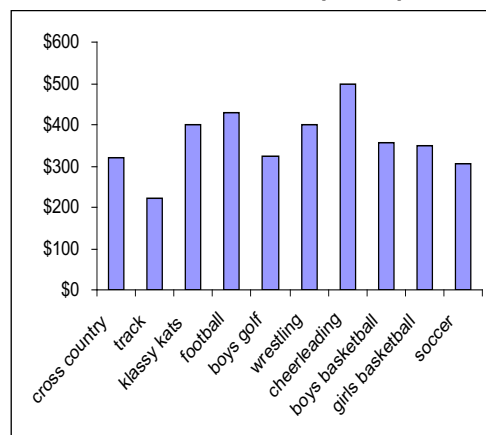


Information from the coaches that responded to my beckoning call of data in time to meet my deadline was used.

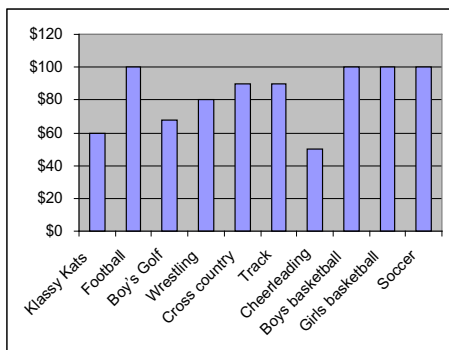
I asked for the costs of many different things such as warm-ups and summer camps, but, since many sports had one and not the other, I made graph of the one thing that all sports

scrapbooking, t-shirts, clinics, gold cards, booths, tournaments, and haunted houses, profits from these fundraisers can reach into the thousands of dollars, but when divided

Estimated total cost of participation



Average cost of shoes



have: shoes.

Also note, even though all sports require uniforms, the school pays for that cost for all sports except golf, bowling, cheerleading and klassy kats.

Sports are also expensive for teachers, not necessarily in costs, but, in time away from their lives outside of school and their families. Most coaches average around 20+ hours a week coaching, with 30+ hours depending on game schedules.

Some sports require no fundraising where as some others do fundraising ranging from open houses, calendars, posters, cookbooks, car washes, candles, Red Wheel,

among the team, really doesn't add up to much per participant.

Fundraisers can help with total expenses, which are broken down in the chart at the top.

There are lots of things you could buy with \$200 - \$500. You could invest that money in the bank for college, or for future spending. You could spend it on a very, very nice dinner, movie, and gift for your significant other or loved ones.

You could buy a new videogame console and maybe a couple games for it. Maybe a laptop for the remainder of your high school studies to last you until college.

You could buy anywhere between 8-20 authentic Barack Obama Chia Pets, or 6-17

Mega Shark Slip-N-Slides to water them. Hail to the Commander in Ch-ch-ch-chief!

Undoubtedly, these numbers are not cheap, especially in today's job and stock market. Despite the economy's recent barrel-rolling in the previous months, and the massive amount of fun you could have from having a slippery water-temple for our president, many will tell you that the feeling of victory, accomplishment, teamwork and life-long memories is worth the dollars spent. And you're more likely to find those in sports than tangible items.



People and their pets

feature by: josh hansen

Valerie Johnson



What is your pet's name?
Blackjack (goat)
How long have you owned this pet? five years
Approximately how much money do you spend on this pet monthly? \$20 for 2 bales of hay
Do you have any unusual stories? He is a fainting goat so when you scare him he falls over.

Any other random things/stories? He has been temporarily painted orange for Halloween.

Meagan Wiles

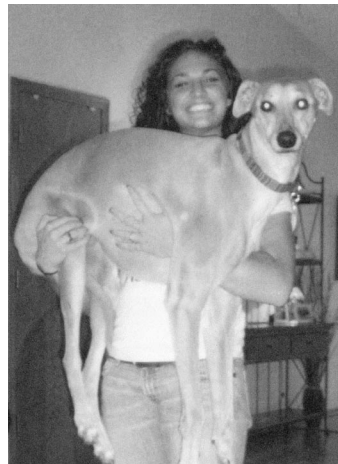
What is your pet's name? Piglet (dog)
How long have you owned this pet? about five years
Approximately how much money do you spend on this pet monthly? About \$53



Do you have any unusual stories? She went outside one day to chase off three coyotes and almost got killed by them.
Any other random things/stories? she likes to lick the heads of bald guys and the inside of people's noses.

Kendra Reusser

What is your pet's name?
Jetta Reusser (dog)
How long have you owned this pet? three and a half years
Approximately how much money do you spend on this pet monthly? \$34-food, \$10-toys, my love-priceless
Do you have any unusual stories? She got loose on Rock Road once, ran around the field by Country Walk for a while, then came back home.
Any other random things/stories? She sleeps with me, loves to cuddle, she'll trip you so you'll notice her when you walk by.



Allison DeMeyer

What is your pet's name?
Tiger (salamander)
How long have you owned this pet? three years
Approximately how much money do you spend on this pet monthly? \$10
Do you have any unusual stories? He likes to roll around in a gerbil ball and always gets lost.
Any other random things/stories? Once, my mom let him out and forgot about him. When we found him he had crawled into my room into a rolled up poster.

Congratulations to
Nathan Leslie
for making the
South Central
Kansas MEA
District Choir!



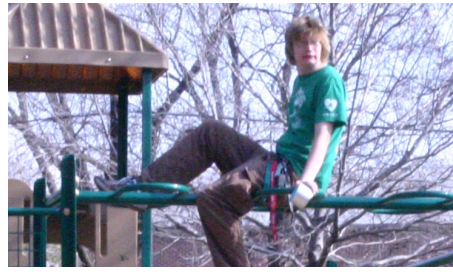
photo by rylee dulaney

Members of the MHS debate team at Campus on Tuesday, Nov. 10.

Maeghan Thompson and Nathan Strack took 9th, and Patrick Randolph and Rylee Dulaney finished in 1st place.

SENIOR SERVICE DAY





NHS @ the Kansas Food Bank

