Goodbye sugar high, hello calorie low

BreAnne Caudle

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

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

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

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

Missouri Western student and class of 2010 graduate Malaia Siask said, "I like Mo. West because the campus is fairly small and the class sizes are small enough to get to know everyone and your professors."

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

Some people are okay with only coming home a few times a year, such as Kansas State. "I've only been back to Doniphan County three times and only one was voluntary. If I had a choice, I wouldn't ever go back."

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

"It takes me an hour and a half to get home. I think it’s perfect. It’s far enough away, but I can also go home for a weekend without thinking the drive was too long," said Alesha Miller, class of 2010 who attends Kansas State.

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

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

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

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

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

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

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

see “College” page 3

D. West Express Staff

The content of this student publication does not necessarily represent the views of the school board, the administration, the faculty adviser, or the entire newspaper staff, but has been written and determined by staff members.

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BreAnne Caudle, Emily Franken.

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www.doniphanwest.org
**Arnold sports high maintenance Honda**

He loves the speed, handling, looks

**Blacknie Susannah**

Two weeks before Christmas the parking lot had some new treads on its gravel. The treads belong to senior, Travis Arnold’s new car; a rare, sporty, blue 1997 Honda Prélude SH (Super- Handling). A car like this is rare to find; however, Arnold’s new wheels are ready to drive home to love.

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

The soft, pink dolphin and the happy yellow bee are waiting on a shelf for Christmas and I love it!” according to the article "Pillow Pet Plush Toys," the creator of the pillow pet is a mother of two from San Diego, California who has made thousands of little kids happy. She was tired of her kids leaving their stuffed animals all around their bedrooms and the house. So she determined she was making a stuffed toy which was also a meaningful item.

According to the article "Pillow Pet Plush Toys," she later came up with the concept that became the best selling product of 2009 and 2010. For Christmas of 2009 all the stores were sold out. Because of this, she ended up making a millionaire industry and pillow pets are being sold nationally.

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

For Christmas of 2009 all the stars of the article "Pillow Pet Plush Toys" received pillow pets as a gift and they were determined they were making millions of dollars, according to the article "Pillow Pet Plush Toys." They have been very successful ever since.

**Photos earn recognition at Kansas Scholastic Press Association contest**

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

**Honorable Mention - Student Life ~ Katherine Rush**

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

The results are as follows: A. Wiltham, 2nd place Academic Photo; L. Allen 3rd place Advertisement; G. Soper, HM advertising; Michelle Johnson HM Cartoons; R. Kerstid, HM Editorial Cartoon; M. Cunningham and Michelle Johnson, HM Editorial Writing; Witham, HM Feature Writing; E. French, HM Headlines, E. Frankins-A. Pickman, HM Infographics; J. Pickman, HM News Writing; Kassady Blevins, 3rd Newspaper Design; B. Cauley, HM Newspaper Design; M. Ellis, 3rd Newspaper Sports Writing; T. Gibson, 1st place Photo Illustration; S. Scales, 1st Sports Photo; K. Rush, HM Student Life Photo; M. Ellis, 3rd Yearbook Layout; N. Blevins, 3rd Place Academic Photo; H. Lackey, 1st place Yearbook Sports Writing; T. Gibson, 3rd place Yearbook Sports Writing.

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

Spring Play Performance

**Name of play:**

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

**Yearbook**

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

April 15, 16, @ 7 p.m.
April 17 @ 2 p.m.
Ten years of excellence for coach, spirit squad

Ten years of excellence for coach, spirit squad

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

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

She became involved with the cheer program by becoming a junior high cheer coach, and the next year a cheer coach at the high school for Highland. When DWHS formed there was a huge interest in cheerleading, over 40 girls trying out. Because of the interest a new addition was added to the spirit squad: the dance team. The girls worked hard and it has now become a new addition to our squads," Twombly said.

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

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

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

Another part of preparation that Twombly focuses on is the costumes the girls will perform in. She sometimes asks for the squad for ideas. Many times, it will just hit me driving down the road or while I'm cleaning house." Consequently the spirit squad doesn't have a lot of budget to work with, so the costumes consist of inexpensive items to purchase themselves, what the girls all ready have, or a creative mom with a good idea.

When the moves, song, and costume all fit together the girls are ready to perform. "Normally, it isn't when they are ready enough. "The final test is adding facial expressions when they are ready enough. "The girls worked hard and it has now become a new addition to our squads," Twombly said.

Tennis, football, soccer, volleyball, and basketball are just a few sports in which there is also a cheer team that only accompanies certain events. "Twombly focuses on is the costumes the girls will perform in. She sometimes asks for the squad for ideas. Many times, it will just hit me driving down the road or while I'm cleaning house." Consequently the spirit squad doesn't have a lot of budget to work with, so the costumes consist of inexpensive items to purchase themselves, what the girls all ready have, or a creative mom with a good idea.

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"College" from page 1 to college. Come junior year of high school, you need to really start narrowing down. During second semester of junior year is a very good time to start narrowing down the options and getting serious. Don't wait too long, come your senior year it could begin to be too late!

Being the school counselor, Karen Auten has seen the small, common mistakes, but she has also seen the big, major ones. "The biggest mistakes I see are seniors (and juniors) not taking advantage of their college visit days," she said.

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

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

I took "from my bucket list."

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

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

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

35 things to do before you die

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

1) Donate to a charity
2) Laugh until you cry
3) Watch a series of movies for 24 hours
4) Introduce yourself to a stranger with a different name and personality
5) Go skydiving
6) Learn to surf
7) Give money to a homeless person
8) Go parasailing
9) Swim with dolphins
10) Send a message in a bottle
11) Learn to ballroom dance
12) Kiss underneath a waterfall
13) Kiss underneath the Eiffel Tower
14) Sleep under the stars (no tent)
15) Test drive an expensive car
16) Kiss in the rain/snow
17) Adopt a star
18) Attend Super Bowl
19) Crow surf at a rock concert
20) Write a song
21) Say "I Love You" and mean it
22) Donate blood
23) Test drive an airplane
24) Take a friend to church
25) Go white water rafting
26) Travel around the world
27) Ride in a hot air balloon
28) Run a marathon
29) Learn to play chess
30) Feed penguins
31) Go deep sea fishing
32) See a beach sunset
33) Learn a foreign language
34) Travel to exotic places
35) Swim with sharks
Recycling--a must to save the world
Just one person's efforts make a difference

Rachel Rush

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

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

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

There are countless positive effects of recycling; for instance, it can save massive amounts of money. "Recycling Benefits" reports that New York City leaders realized that a redesigned, well-organized recycling system could actually save the city $20 million. Recycling also saves energy. For example, the article "Why Everyone Should Recycle" claims that recycling one pound of steel can save enough energy to run a 60-watt bulb for one whole day. Additionally, recycling increases the amount of oxygen producing and pollution reducing trees. For each ton of paper recycled, 17 trees are saved.

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

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

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

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

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

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

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

March 15, 2011 D-West Express

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

A scrap metal recycling bin at school.
Hey “Pretty Little Liars”!

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

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

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

As the plot thickens the girls begin to wonder if there was someone that Ali told all their secrets to so not only would she have dirt on them, but so would someone else. Not only does “A” have dirt on them from the past, but it seems like he/she is watching their every move in the present. They begin to wonder if Alison is still alive when an eerie message is sent to all their phones from her. She? Whether the secret is Alison or someone else, viewers will have to watch the rest of the drama unfold.

“Pretty Little Liars” is an immediate hit with ABC Family’s audience, getting the network the highest ratings for a series it has ever had.

Chelsea Miller

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

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

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

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

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

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

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

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

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

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

~ Ashlie Witham, 12

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

~ Joshi Van Laar, 12

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

~ Landon Allen, 12

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

~ Emily French, 12

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

~ Nick Johnson, 12

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

~ Alaine Caudle, 12

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

~ Maggie Johnson, 10

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

Xoxo -A

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D-Week Express

March 20, 2011

Opinion

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Chelsea Miller

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Gabby Speer

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Landon Allen. Acting bored in the background are junior Tyler Diveley, sophomore Maggie Johnson, senior Emily French, seniors Travis Arnold and Landon Allen. Acting bored in the background are junior Tyler Diveley, sophomore Jordan Sellers, and senior Josh Van Laar.
When I was in high school . . .
What these teachers had to say

Mr. Martin
Mrs. Lock
Mr. Heurtas
Mrs. Parish

What did you want to be back then?
An athlete
Physician assistant
Architect
Rock musician
Teacher

Ever throw a party?
No
Too afraid to get caught
Tons!
Yes, but they were small

What did you wear?
Jeans, T-shirt, Letter jacket, Tennis shoes
Clothes from Buckle, they were in style then too
Don’t remember
Skirts, hose, and flats

My friends and I did . . .
for fun.
Sports, camping, fishing, water ski
Played sports
Played pool
School events, 4-H activities

I got in trouble when...
Camped out on school grounds
I was an angel
No real trouble
Backed into my dad’s car

People thought I was...
Competitive
Spirited
Shy and loyal
Responsible and studious

You would be surprised that I...
Received a few technicals in basketball
President of Biology Club
I am not as serious as I may appear
I still had a great time in H.S. in spite of my answers

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

Allen Dorrell
Megan Fox

Elizabeth Courtin
Luke Bryan

Austin Richters
Hayden Panettiere

Abby Fee
Ryan Scheckler

Kyle Alfrey
Paris Hilton

Veronica Dickson
Orlando Bloom

Nick Johnson
That Chick on the New Milk Poster

Katie Crandall
Kurt from Glee

Random Fact of the Day

The “sixth sick sheik’s sixth sheep’s sick” is said to be the toughest tongue twister in the English language.

Two Hearts that Beat as One

There’s always one guy waiting to take the last piece of your heart. Whose got the last piece of your heart?

4 girls look for best eyes
5 girls like tall guys
12 girls like kindness
9 girls like honesty

22 girls like a good personality in a guy
11 girls like a guy to be sweet
25 girls like a good sense of humor in a guy
15 girls want a guy to be cute

15 guys like a girl to have a good personality
15 guys like a girl to have a good personality
2 guys say no cheating
7 boys like girls that are pretty
5 guys like girls that are outgoing

You know you’re in love when you can’t fall asleep because reality is finally better than your dreams -- Dr. Seuss
Have you ever thought about why people try to lose weight? Is it to become healthier? Is it to become thinner? Or is it to make weight? That’s right for some DWHS athletes.

Throughout the December thru February season, most of the wrestlers had to be conscious to maintain their weight at a certain number in order to participate in a certain weight class. Wrestlers might lose weight so they can be in an easier bracket or if someone from their team is in the same weight class, they need to move to a different class.

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

The three state qualifier sophomores Gabby Speer and juniors Aaron Halling and Austin Veach all carefully managed their weight during this season. Speer especially worked on maintaining her weight in preparation for sub-state. If she didn’t make her weight class of 130 pounds, she would not have been able to compete at all.

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

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

Aaron Halling said that he dieted so he was able to stay in the 152 pound weight class. “In the morning, I’d have a cup of coffee with sugar,” he said. “Then I ate the school lunch without seconds. In the evening I’d have ½ to one gallon of apple juice.”

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

The coaches encourage an athlete to drop or gain weight; some more than most, depending if that wrestler is trying to lose or gain weight. If a wrestler is in need of gaining or losing weight, a coach basically highly encourages him or her to drop or put on the pounds.

Coach Swendson said he and coach Frank Speer advised the wrestlers on ways to lose weight. Among these are to avoid junk food and pop, to eat six very small meals a day, and to start their diet early in the year so they don’t have to lose a lot of weight at once. He also added that the athletes are not to skip meals or lose by dehydration.

Sophomore Gabby Speer checks out her post-season weight.
Out of the many high school wrestlers in the state of Kansas, 56 of them are female wrestlers. Two of those girls walk the halls of Doniphan West High School, freshman, Elyane Clevenger and sophomore, Gabby Speer. Some people may find it awkward that girls would be on the mat in spandex performing Headlocks, Honeymooners, Ramikarana, and Japanese Wizards on guys of their male counterparts, but to Speer it's part of her everyday life.

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

Clevenger, who has been wrestling for almost a year, is one of the 19 freshmen girls wrestling in the state of Kansas. Speer has been wrestling for 11 years. "I started wrestling because my dad and I got into it by watching it on TV and so when I came to D-West, I thought it would be sweet to be a girl wrestler," Clevenger said.

Since the girls wrestle, they have to drastically watch their diet, in order to keep a low weight class. Speer explained that keeping a lower weight class is easier, because the guys in the lighter classes are usually younger and not as strong as the ones in heavier classes. "Sometimes you have to go on diets, sometimes you have to starve a little, but not bumping up your weight is worth it," Clevenger said.

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

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

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

Bringing a team member allows trust among each other even it's between guys and girls. "It's just normal I don't find it awkward because I have been doing it for so long," said Tristan. Clevenger feels mutual. "Sometimes, they can do weird moves," said Clevenger. "I'm used to wrestling around with guys, so it might be weirder for them."

Some people might think these girls would feel stereotyped as female wrestlers and the girls have different opinions. "Some guys say that girl wrestlers are big and unattractive, when in reality, some of us aren't," said Clevenger. "I don't feel stereotyped, because I do other things that girls don't, like cheerleading, but wrestling is still a big part of my life," Speer said.

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

Sophomore Gabby Speer was the only girl wrestler competing in the 1A, 2A, and 3A division on February 25-26 and she went 0-2. "It was a great experience and I hope to go back in my upcoming years as a wrestler in high school," said Speer.

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

Fearless females take it to the mats

Payton Leach, BreAnne Caudle, and Kasiday Blevins

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