



Purpose - Passion - Pride

Tiger Tales

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Food Drive for St. John Food Bank

By ADANELLI GONZALES

The Stuco food drive this year was from December 2nd-6th. This food drive had the whole school participate in bringing in food to the school for a week with the competition being to gather the most food for your class. Then, at the end of the week, Stuco counted how much food each class brought. The class with the most food received a prize for the whole class.

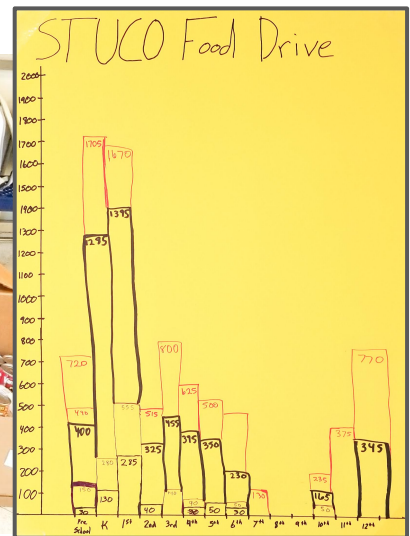
Certain foods are worth certain points with some being 5 points and others 10 points. The 5 point foods were green beans, corn, peas, diced tomatoes, pinto beans (bag), peaches, pears, macaroni noodles, hamburger helper, saltine crackers, jello package, cereal, cake mix, instant potatoes, manwich, ravioli, spaghetti o's, tuna, chicken noodle soup, and tomato soup. The 10 point foods included spaghetti sauce, pork and beans, peanut butter, mac and cheese, a bag of flour, a bag of sugar, a jug of

laundry soap, and a package of spaghetti noodles.

The whole purpose of the Stuco food drive was to give food to the food bank for families of St. John that don't have enough food in their homes or can't afford food. The food bank serves those in need with no income requirement levels and the possibility to receive assistance every other month. The packages total around \$150 worth of food, laundry supplies, and a gift card to White's or Dollar General for perishable items like milk.

The St. John food bank is located at the Methodist Church on 807 E 1st Ave in St. John. Its hours of operation are by appointment only through Kenny Clark who can be reached at 620-549-3343.

And, finally, the class that won the root beer floats from grades pre-K to 6th was the Kindergarten and the class that won 7-12th was the Seniors.



Pre-K through 12th grade food bank collection total boxes ready to deliver to Kenny Clark, St. John food bank organizer.

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Cross-Curricular Project

By AVA SMITH

The 7th graders are almost completed with a cross-curricular collaborative research project. This project is connected with three different classes. In Mr. Bauer's history class, students picked a Kansas history topic. Then, Mrs. McAlister's English class students researched their topics. First, students went to the Kansas room at the Ida Long Goodman library for sources. Second, students made source cards and note cards. After all that, students wrote a two and a half page MLA cited paper on their topic. The last class is Mrs. Behnke's art class. In this class, students created an artifact that related to their topic. Around Kansas Day in January, students present the artifacts and their researched information in speech format to the third and fourth graders in the library basement.



Left to right: 7th graders Evelyn Lopez and Veronica Bohley-Miller show their almost-completed projects.

Farm-fresh Food in School Lunchroom

By ADDISON KILLMAN

Did you know that local farmers and businesses help feed hungry students lunch and breakfast? As a matter of fact, all the hamburger the school receives is homegrown and it's freshly butchered. It is a better quality of food and the school saves money by getting fresh homegrown food. It all started when people decided they wanted to provide students with a higher quality of beef for the school lunches. The idea came from Kansas Farm Bureau's Living magazine where an article described a similar program that had been successful for the Ashland school district.

Rural Hudson farmers and ranchers, Tyler and Leah Alpers, organized and started the Farm-to-School program in the district. Having fresh food on the menu is a lot of work. For burgers, it takes about five cows a year to cover lunches for the district's 250 students. The administrative and kitchen staff were willing to take on the challenge.

Food service director Sondra Davis and other cafeteria staff have been putting extra effort in to prepare the ground beef and to communicate with Alpers in order to coordinate the meat supply. Part of the coordination includes that each time a beef is butchered for USD 350, it has to be personally witnessed and inspected by a USDA

(United States Department of Agriculture) agent and signed off that it was completed properly so that school cooks can serve it to students. Due to these strict regulations, the process can only occur at approved butchers, like Ellinwood Packing Plant. If farmers miss the appointment, they have to find another USDA approved butcher, potentially resulting in delays or changes in the school's menu.

In addition to farmers providing meat, other local businesses donate. The Stafford County Flour Mill donates flour to the school district. Also, Devore Farms donates watermelons.

Superintendent Meyer has been very supportive since the very beginning of this program. Part of his ideas include the importance of community involvement. School administration have shared the materials with several other districts and answered questions to try to help them start their own programs. The school also wanted to use the farm to school program to educate students about where their food comes from.

While USD 350's food service program is more efficient than most in Kansas, it is not self-sufficient. The St. John program has been running for 3 years now with plans for it to continue long into the future.



Comic Book Club Trip to Wichita

By ARLENA MILLER

On November 9th, 2019, the comic book club took a field trip to visit the Prairie Dog and Wizard Asylum comic book stores in Wichita. The club makes this trip two to three times a year as it gives the students the opportunity to see and purchase new comics or game cards such as *Magic the Gathering*. The students can also purchase collectable figurines, statues, t-shirts with comic characters on them, and posters they normally don't see in Stafford County. This also gives the club members a day to hang out with their friends and to have fun. They might share some interests with other members, including talking about the comics they enjoy! While on the trip, the club had the opportunity to eat at Spangles, a restaurant new to some. "I think that the comic book club will share their ideas with one another and share their interests with each other," said Jorja Blakeslee, one of the members in the comic book club.

Mark Bryant has sponsored the comic book club since 2014. He started it when he realized some kids were interested in comics, gaming, anime, and other interests that weren't really available around here. So, he started the club to help kids show their geekiness and have the opportunity to make some great friends. Bryant stated, "My interest in the comic book club industry has always been about the art and stories. A few friends and I even produced our own comic in 1994 called 'Leroy's Ark.' It was a funny animal comic and we sold it at San Diego Comi-Con." During the same year, he worked for the largest comic book store in southern California, Mile High Comics, where he learned everything there was to know about being product manager and then store manager. It was at Mile High Comics where he learned everything there was to know about customer service and running a retail store.

"Besides working at the school, it was the best job I ever had!" said Mr. Bryant.

This year's club officers are Neveah Haney, president; Jon Lyon, vice-president; Riley McCandless, secretary; America Fernandez, treasurer; Clayton Huston, club recruiter; and Destiny Talbot, social media. The club will travel next to see a movie in Great Bend, *The Rise of Skywalker*, over Christmas break.



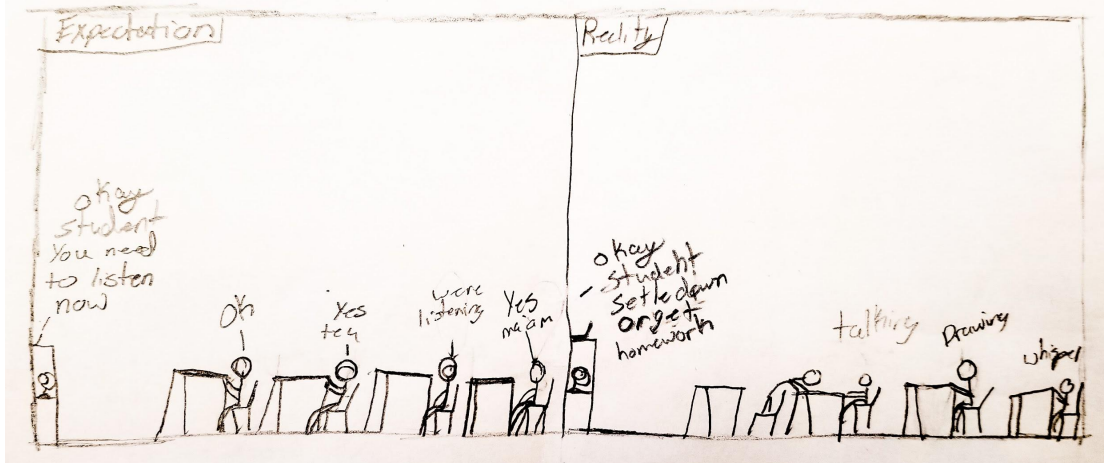
Above: Comic book club members enjoying a game at the comic book store.

Below: So many comics in one place!



School Dayz

By AUDI WEAVER



Christmas Around the Square

By ARLENA MILLER

For the third year, St. John will host a Christmas Around the Square from 4-7PM on Sunday, December 8. Start the evening with the Fireman's Auxiliary Soup Supper in the Shell building before enjoying the rest of the activities. Then, admire and vote for your favorite tree in the tree decorating contest in the square. Activities available in the old Dillons building include a picture booth with Santa; kids arts and crafts; cookies and hot chocolate with marshmallows, provided by the Rebekah's; Christmas caroling; vendor's market; cookie shop with St. John Apostle Catholic Church Women's Group; and write letters to Veterans with the high school SHOW program. In addition, there is a Joy Raffle you could enter and win prizes! The best part of the entire event occurs at 6:15PM when they light up the Christmas tree, donated by Delp Christmas Tree Farm, and the rest of the square. After lighting up the square, they make closing announcements to finish the evening.



Photo from the Facebook page, Around the Square - St. John, Kansas.

Have a question or need advice? Ask the Tiger by emailing mcalisterj@usd350.com and labeling it **Ask the Tiger**.

Advice from the Tiger



Do You Drink Enough Water?

By MELEA HEARN

How much water do you drink a day? If you drink half a gallon of water or more, then good for you because you should drink that much or more every day. The health benefits of drinking that much water include that it lubricates your joints, forms saliva and mucus, flushes body waste, helps maintain blood pressure, and helps clear your airway.

In addition, drinking water helps to calm anxiety. Many people don't drink enough water which can make stressful situations worse because your body's already dehydrated before you go into panic/explode mode which leads to even more dehydration as your fight or flight response pulls water from elsewhere in your body to fuel the panic and anxiety. Also, the physical act of drinking a glass of water can help to calm you down in addition to hydrating you.

So, should you drink more water? Yes, because water has so many health benefits so be sure to drink two liters every day. Also, the school gave each student a water bottle at the beginning of the year--so use it!

December Birthdays

- | | |
|----------------------|------------------------|
| 1 Mattison C | 28 Nevaeh H, Braxton Y |
| 4 Erin C | |
| 10 Damian R | |
| 15 Nerissa L | |
| 22 Austin K, Faith W | |
| 26 Morgan G | |
| 27 Heidi F | |



Wrestling Power at St. John

By MORGAN GUNTER

The second high school wrestling season started on November 18th, 2019. The junior high will start in February and will go until March. The expectations for Coach Hall's wrestlers include, "working extremely hard to set themselves up for a state medal." As far as numbers, Hall currently has eight high school wrestlers, and twenty-five to thirty junior high wrestlers throughout the three schools of St. John, Stafford, and Fairfield. St. John wrestlers include Conner Murphy, Mason Gunter, and Caden McCandless.

Coach Robert Hall has been coaching wrestling for a total of eighteen years; two of those eighteen at Stafford JH/HS. Hall coaches Junior High and High School, both girls and boys wrestling. Coach Hall said, "I have been in and around wrestling my whole life. I love the sport and try to get back to it by coaching." Asking Coach Hall what wrestling is all about, he stated, "Wrestling is the toughest sport available to youth competitors, it is both physical and mental. It is so competitors are trying to outmaneuver each other. It is almost like mental art."

First, how practices are organized. Boys and girls practice in the same room at Stafford High School from 4:00-6:30 pm, but boys only wrestle boys and girls only wrestle girls. Coach Hall admitted, "Now, as far as what we do at practice, that is a secret. Haha! We work really hard to be state contenders."

Second, tournaments. Wrestling matches are important opportunities for wrestlers to translate the skills they have learned in their practices into a competition with others. Tournaments start in December and continue through March all over the state. Wrestlers will compete in a weight class, meaning they wrestle competitors only in their weight or pretty close to that weight, although they might not be the same age. In order to determine which class a competitor is in, they have to "weigh-in" to make sure that the athlete is still within the limits of his or her weight class. If athletes are over the allowed weight, they cannot compete in the competition.

Within the tournament are the matches. A match is made up of time periods set by the host school. Before the start of the match, both wrestlers stand in the match circle, on their feet, facing each other in a neutral position. Both athletes put on colored ankle bands to help the official score and identify athletes. The official flips a colored disc and the wrestler with the matching color gets the choice on how to start the second match, meaning that the wrestler with the choice of the second period has four options. First, they can choose to defer the choice to their opponent so they can make the choice they want for third period. Second, they can

choose to start in the neutral standing position for both wrestlers. Third, they can choose to start down so that they can escape or get a reversal. Finally, they can choose to start in the top position so they can work to get the fall. The match is over if one wrestler achieves a pin or fall. Matches are also stopped if one wrestler gets ahead of the other by a certain amount of points or technical fall. Disqualifications for misconduct, stalling, or other violations of the rules for that tournament will also stop matches.

Next, scoring, which depends on the starting position for each of the periods. The wrestlers try and score points for takedowns, reversals, escapes, and near falls to control their opponents or turn them over and pin their shoulders for a fall. Also, just like in other sports, wrestling has time-outs, but only for injury, no strategic or match-stoppage time-outs are allowed.

There is also a different kind of tournament called a dual meet which are competitions between two teams. Each team enters one wrestler per weight class and he or she wrestles an opponent in that weight class from the opposing team. Team scoring is included at dual meets, and the winning wrestler is awarded three to six additional points depending on the nature of the win. Individual points are totaled, and the team with the most points wins the dual competition.

Asking Hall what his favorite about coaching wrestling, he stated, "... seeing a kid work really hard and witnessing their reactions and excitement when it all pays off."



Left to right, 2019 St. John high school wrestlers: Conner Murphy, SO; Caden McCandless, FR; and Mason Gunter, FR. McCandless and Gunter competed in their first tournament of the season last night, one of the matches resulting in McCandless' black eye.

Comic Book Club Trip to Wichita



Comic book club members enjoying the trip to Wichita. Photos courtesy of Mark Bryant.

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