

HOOFBEAT

2015-2016

February 4, 2016

65th Win For Coach Unrein

By Jordyn Rivera

The Fort Morgan boys basketball team didn't have quite that good of a start to kick off the season. They currently have a 9-6 record overall. 4 of their 6 losses happened within their first 5 games of the season.

Things flipped around for the mustangs after their win against Fort Morgan's rival team, Brush. After their huge 30 pt. win at Brush the Mustangs went on a 5 game winning streak. The mustangs took their first loss at home to Sterling, but bounced back from that the next day to give head coach Chad Unrein his 64th win while being with the program. That 64th win was big for Unrein, tying for the most wins with Ron Dill. The following week the mustangs got a huge win against Elizabeth, 63-34, it also gave Unrein his 65th win, giving him the most wins as a coach in the Fort Morgan basketball program.



fortmorganbasketball.com image

Overall the Mustangs have already made a memorable season for Coach Unrein. As of right now the mustangs are on the road to a league title, being 7-0 so far. Good luck with the rest of the season boys!

INK Club Writing Contest

INK Club is hosting it's annual writing contest. All students are eligible to submit writing or artwork in four categories: short stories, poetry, artwork, cover design. The winners will receive \$25 Amazon gift cards.

Submissions should must be turned in to Mr. Johnston in room 205 no later March 16.

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COMMUNITY MESSAGE BOARD

FMHS SPORTS 2/4/16-2/12/16 (home games indicated in bold type)				
DATE	SPORT	OPP	HOME/AWAY	TIME
2/4/16	Wrestling (V)	Sydney	Away	4:30pm
2/5/16	G/B Basketball (JV) Ft. Lupton		Home	4:00pm
	G Basketball (V)	"	"	5:30pm
	B Basketball (C)	"	"	5:30pm
	B Basketball (V)	"	"	7pm
	G Basketball (C)	"	"	7pm
	Wrestling (JV/V)	MC Dual/Brush	Away	5:30pm
1/23/16	Wrestling (JV)	Brighton	Away	8:30am
	G Basketball (C)	Platte Valley	Home	2:00pm
	G Basketball (JV)	"	"	3:30pm
	G Basketball (V)	"	"	5:00pm
	B Basketball (C)	"	Away	2:00pm
	B Basketball (JV)	"	"	3:30pm
1/26/16	G Basketball (V)	"	"	5:00pm,
	G Basketball (C)	Englewood	Home	4:00pm
	G Basketball (JV)	"	"	5:30pm
	G Basketball (V)	"	"	7:00pm
	B Basketball (C)	"	Away	4:00pm
	B Basketball (JC)	"	"	5:30pm
B Basketball (V)	"	"	7:00pm	

1/29-30/16	FMHS Forensics Team to State	Heritage H.S.		
1/30/16	FMHS Forensics Team to NFL District Congress, Longmont HS			

2/6/16	Knowledge Bowl to Alameda			
2/8/16	Knowledge Bowl to Regionals @ Weld Central			

1/31-3/16/16	INK Writing Contest	See Mr. Johnston		

2/2/16	FBLA District Competition			

2/1-12/16	STUCO Military Care Package Drive			

Expect an Early Spring

On February 2 while we in Ft. Morgan were shoveling out from the overnight snowstorm a crowd gathered at Gobbler's Knob in Punxsutawney, PA. A large groundhog known as Punxsutawney Phil was coaxed out of his warm tree trunk cage. The morning was overcast which meant that Phil did not see his shadow. The crowd cheered as he tried to return to his home. According to NPR the Groundhog Club emcee proclaimed, "There is no shadow to be cast! An early spring is my forecast!" According to tradition, this means that we can expect early spring like weather. Let's hope Phil speaks for the west as much as the east United States.



Usatoday.com image

Bullying Still an Issue in U.S. Schools

By Jena Parker



www.drdebraines.com image

School bullying isn't just a big kid picking on a smaller kid and shoving them in the locker anymore; its many different things such as verbal harassment, threats, physical harassment, cyber bullying and emotional threats. According to stopbullying.gov the definition of school bullying is unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time.

Both kids who are bullied and who bully others may have serious, lasting problems. Some of the symptoms of bullying include suffering from changed eating and sleeping patterns, mental illnesses such as anxiety, depression or Post-Traumatic Stress Disorder. Ultimately many people who are bullied have suicidal thoughts or succeed in committing suicide. Suicide is the second leading cause of death for ages 10-24 according to 9news.com. Colorado ranks 9th in the US in teen suicides, 9news.com further stated. Education.com explains that bystanders are affected by bullying they witness. Bystanders struggle from increased mental illnesses, drug abuse and missed school.

Lets not forget how the bullies themselves are affected. Bullies often are abusive when they become older because of the actions of their youth. School bullies may also suffer mental illnesses.

If someone is being bullied they can overcome it by seeking help and going to therapy. If you see bullying it is very important to report it for the safety of the victim. Speak with school counselors or administrators to report suspected bullying. If you are concerned about becoming a target by the bully there are sites such as Safe2Tell (1-877-542-7233 or <http://safe2tell.org>) provide an anonymous way to help someone in trouble because of bullying.

State Forensics Success and on to National Qualifying

Three members of the *Forensics Team* competed at the CHSAA State Festival Tournament January 29 and 30. Juniors Jay Armstrong, Heather Hoffman and Aubrey Wells competed in Impromptu Speaking, Creative Storytelling, Original Oratory, One on One Value Debate and Lincoln Douglas Debate at Heritage High School in Littleton.

State Champion Jay's stories were extremely creative, impressing the judges to a near perfect day placing first and with maximum points on almost every ballot. He beat out a field of 35 to finish in first place. It was very exciting to have a first year competitor win a State Championship! Aubrey finished in fifth place on One on One Value debate with an undefeated record in her first three rounds, losing to the state champion in the quarterfinals round. Heather finished 13th place, only two points behind a 11th place tie, with her two wins. The tournament began with 33 in this event. Jay also finished 18th of 44 in Impromptu Speaking.

While Jay, Heather and Aubrey compete for state honors, teammate Tristan Reyez, also a junior, competed at Longmont High School trying to qualify for the National Forensic League National Student Congress. Unfortunately, he didn't place in the top two to make it to nationals, but is fired up for next year.

Next up: competing March 4 and 5 at Greeley Central for a chance to compete at the National Tournament in Salt Lake City June 13-17. Our students will compete in Oratory and Lincoln Douglas Debate, hoping to place first or second for a chance to travel to nationals.



National Forensic League image

FBLA Headed to District Competition

FBLA will be competing in their District Competition on February 4 at NJC in Sterling. The District consists of the schools on I-70 from Burlington to Flagler up to Yuma, Lonestar, and over to us. There are approximately 300 students competing for spots in the state competition April 14-16 in Vail. The top 3 in speaking/project events and the top 4 in test only events qualify for state

The Fort Morgan High School club will be well represented by 40 students in 15 speaking/project events and six test events. Speaking/project events include digital video production, publication design, website design, securities and investments, website design, graphic design, computer game and simulation programming, sports and entertainment management, public service announcement, social media campaign, intro to parliamentary procedure, impromptu, partners with business public speaking and intro to business communication. The six test events include personal finance, computer problem solving, business calculations, economics, business communications, and healthcare administration.

Good luck to Lupita Alvarez, Kimberly Alvarez, Amy Anderson, Riley Bauman, Kaleb Bell, Amabel Bernabe, Kinsey Brashears, Colton Carpenter, Kayla Covelli, Briana Frisbie, Nathanael Gertner, Makayla Godin, Edith Gonzalez, Dylan Gray, Nathan Harman, Bria Harris, Kacie Hasting, Brady Henderson, Destiny Herrera, Heather Hoffman, Ali Keller, Haley Lewis, Daniel Luna, Dylan McBride, Toby McBride, Megan Mechling, Melanie Monroe, Breann Parks, Genevieve Pelton, George Perea, Jonathon Pope, Savannah Reagan, Cora Rhode, Frank Rosales, Andrew Schoemaker, Conner Shaver, Hallee Shaver, Kelsey Shaver, Bobby Tolson and Alix Young.



www.fblamarketplace.com image

Knowledge to Compete at Regionals

The *Knowledge Bowl Team* is continuing it's over four year nearly undefeated reign as they approach their State Championship Competition. Regionals will be held at Cardinal Academy in Keenesburg on February 8. The team who will be competing, under the guidance of Mr. Jay Broda, is made up of Tristan Reyez, Jay Armstrong, Adrianna Miller, Chad Morrison. Remaining members of the team include Conner Shaver, Gavin Schauerman, J.J. DelCampo, Dawson Frick and Simon Graff. Heather Hoffman is the team manager



milin.net image

The competition is includes questions from all areas of academia. At the end of the Regional competition the top two teams in their class (4A for Fort Morgan) or top two teams in each league go to State. This year the State competition will be held at CSU March 14-15. The top three teams in each class get scholarships to CSU. The top three teams in each class will then advance to National Academic Bowl. The top three teams in the state competition, regardless of class, move on to National Knowledge Bowl.

Good luck, Knowledge Bowl Team!

Student Highlight 6: Cyrus Bockelmann

By: Cheyenne Icenhower

FMHS has a sophomore class with unbelievable talents and a natural sense of unity. These 15 and 16 year old youth show such great potential for the next generation of our fun-sized community. One of our sophomore’s seems to come straight out of a coming-of-age novel. He works at Pizza Hut and is in Knowledge Bowl as well as Chess And Board Game Club. Here is my interview with the one and only, Cyrus Bockelmann.

What are some of your favorite things about our school?

Cyrus: The social aspect and the variety of different people. you get to meet and interact with on a daily basis.

If there was one thing you could improve about Fort Morgan overall, what would it be?

Cyrus: For the school, I’d change just the system in general. It is so test based that no actual learning occurs. As for the town, we need more recreational outlets for teens.

What has been your biggest challenges so far in your high school life?

Cyrus: Personally, it’s either struggling not to correct teachers on their skewed information or finding the motivation to go on a daily basis.

What are some of your aspirations in life for your future?

Cyrus: Honestly, as a high school student, I don’t know what I want in life. I always think I know, but it keeps changing every few months.

If you could go back to the first day of your freshman year, what things would you change?

Cyrus: If I could go back, I wouldn’t change anything. My first day of freshmen year was exciting and I had felt so much motivation to go to school!

Spring Sports Right Around the Corner

By: Jordyn Rivera

Although winter sports are still in action it’s not too early to prepare for Spring sports which are right around the corner. The spring sports that will begin practice towards the end of February are: baseball, girls golf, girls soccer, girls tennis and track & field. All spring sports begin practice on February 29th. Baseball, girls soccer and track & field will have their first scrimmage on Saturday, March 5th. Girls golf & tennis will have their first game on March 3rd. All other spring sports will have their first game of the season on February 10th.

FMHS Catering Heats Up

By: Jordyn Rivera

Ms. Smith’s 6th & 7th hour catering class have multiple events that they’re going to hold this semester. They first cooked for the Mason’s at The Masonic Lodge in Brush. They do this monthly at the Masonic lodge for the Mason’s. Dates for the rest of the semester are March 1st, April 5th and then May 3rd. On February 9th they are holding the CTE dinner in the commons, on February 20th they are holding the Solo and Ensemble Contest Judges Lunch, and on February 25th they are preparing a chili supper for parents before parent/teacher conferences.



Ways To Do Service In Fort Morgan

By: Cheyenne Icenhower

We live in a changing world. The society we live in today is completely different than the one that existed even 10 years ago. The changes have been good and bad. For example, Netflix went from a Blockbuster rip-off to a streaming phenomenon. That’s great! On the other hand, terrorism and school shootings have made security strict and overwhelming in ways we shouldn’t need it to be. Another big change in today’s society is the way we do service. Our lives seem so busy that community service seems almost unheard of. Some of us have given up on today’s society so much that we don’t even think service will help. Others see no reward in doing service. What we don’t seem to realize is the importance of service. In reality, service is personally rewarding and helps the community. It’s simple to do, as well as beneficial to everyone. Here are a few cool ideas to do service in our home town of Fort Morgan:

Plant A Tree

The environment needs help more than anything! In a world where we cut down trees like they are an abundance and the pollution level is incredibly high, why wouldn’t you plant a tree? Planting a tree is an easy and quick way to help out our community, as well as the world.

Start A Mentoring program

The future generations of Fort Morgan always need some sort of mentorship and guidance! Starting any sort of mentoring program can be interesting and exciting. Whether you are helping middle school students with their homework or teaching children simple moral lessons, you will be benefitting the world around you immensely.

Volunteer at The Animal Shelter

Animals need love too! We hear of pets being beaten and abused by countless numbers of owners. Some are even neglected. While animal shelters do their best to care for these once malnourished and abused creatures, they still get lonely. It’s our job as good human beings to provide companionship and love to these deserving pets!

Poetry Out Loud

Annual poetry reading contest. Students memorize and recite poetry from the Poetry Out Loud website. Top three at each school receive prizes. First place goes to state competition.

Rules: All poems must be selected from the Poetry Out Loud print or online anthology. Check poetryoutloud.org. Only versions of poems from the official anthology may be used in the contest.

Poem Criteria: At the state and national finals, students must have 3 poems prepared. One must be 25 lines or fewer, and one must be written before the 20th century. The same poem may be used to meet both criteria, and may be the student’s third poem.

Date: February 23 @ 3:30 in library
See Ms. Gondrez or your English teacher with questions or for more information.

It's Never Been A Better Time To Get A PC

By Jonathan Stone

Have you ever wondered what it's like to play the latest games like Fallout 4 on a smooth 60 frames per second? That's what a decent budget PC can play on. If you're not a fan of video games, then you can still get a netbook for business and basic entertainment. The year 2016 is a great year for computers. So, put down that new Smartphone and let's add 5 reasons you NEED that PC!

There is a diverse range of prices for computers. From beefy gaming computers like the Origin EON-15X that cost around \$700 to \$1200 to the low end netbook that gives you your basic Netflix and YouTube for under \$300. There is a whole world of computers you can sink your teeth into. (Hopefully not literally!)

There is also a huge set of shapes and sizes for whatever your tech needs are. This is proven time and time again from technological advances like the revolutionary I-Pad and new phones such as Samsung and the I-Phone. These don't just apply to phones and tablets, however! Mini computers that meet your needs like the Sapphire Edge VS8 to literal pack of gum sized Intel Computer Sticks, the sizes of these Desktops is ever growing.

Now to the meat of what makes these Desktops great. You can build your terminal from the ground up! You only need a few key components to have a great PC, the benefit to building these instead of buying them will ensure you get the most bang out of your buck! Building a computer will be the best investment you could ever make. It's not only fun to build, but the end product can last a lot longer than the store bought computers. It will also be the only PC of it's kind, because you made it!

A store bought computer is good to provide for your basic needs. However, if you want one that can meet that and so much more, you can simply build one! The ever growing world of technology is a fast lane, so it's good to not lose speed.



www.power-cy.com image

Time To Rethink Studying and Test Scores

By Trystan Bohling

Most people think that a lot of homework is a good thing showing that they have a great education. The website Intelligence for Life states that recent research shows that kids who study a lot actually do not do well on standardized tests. The Stanford study found that high school students who are loaded with homework often suffer from poor mental and physical health. They don't exercise or sleep enough because they are studying. This overload of homework has a negative impact on learning. Duke University school psychologist Dr. Harris Cooper stated that middle school students stop absorbing information after about 90 minutes and high school students stop learning significantly after 2 hours. To reduce the weight of homework on student learning he recommends that student not be given more than 10 minutes of homework per grade.

Schools are now reevaluating their homework policies after reading the research. Dr. Cooper recommends that homework count for no more than 10% of student grades. Teachers should also be aware of the amount of homework they assign as well. According to research most teacher underestimate the amount of time it takes their students to finish an assignment by 50%. so when teachers say it will take 30 minutes to finish it may take about an hour.



dork-diaries.wikia.com image

Top Five Mobile Game Apps

By Jonathan Stone

Phones are really a miracle of technology, you have a lot to do in one tiny package, from doing office work, to texts and snapchat, and then there are times you just want to kill a few minutes out of your day. Here are my top 5 picks for time wasting game apps.

#5 Pixel Dungeon

Pixel Dungeon is a dungeon crawler where you travel through, well, a dungeon! It has multiple levels where you have to fight, search, and crawl your way out of one dungeon to the next in the 8-bit time killer.



www.indiedb.com image

#4 Crossy Road



<http://www.androidcentral.com> image

Once upon a time there was only the chicken that crossed the road, now there are various animals crossing it in this hilarious game! A game reminiscent of the classic Frogger, you must tap your way to get as far as you can across the road without being hit by a car, UFO, or whatever else comes your way!

#3 Clash of Clans

Of course one of the most well known mobile games would be on this list! Clash of Clans is a very good game in which you build your empire, so to speak, and clash with other players. Loads of fun and definitely a good way to kill time, this game deserves the middle spot.



www.techpluswhiz.com image

#2 Fruit Ninja



www.apklevel.com image

Nearing the second to last game on this list is Fruit Ninja. Fruit Ninja is a game where you play a fruit slashing ninja and rack up as many points as you can before that timer runs out! With many weapon upgrades and various ways to play, this game won't get old for a while.

#1 Minecraft

Hardcore PC gamers will faint at the word Minecraft, an open world sandbox game now available on Mobile is the only game you would have to pay to get on this list. Punch down trees, defy gravity, craft the best armor, the possibilities are endless in this game!



www.thetoyshop.com image

ATTENTION SENIORS

CHECK THE COUNSELING OFFICE FOR UPCOMING DEADLINES