

HOOFBEAT

2016-2017

October 4, 2016

Homecoming 2016—Recap



Photo by Heldwin Brito

Homecoming: The Aftermath

By: Fatima Hernandez

Spirit week, also known as homecoming week for non-high school students, was yet another memorable time of the school year. With hallway decorating, float building, and class spirit, The Class of 2017 took the spirit stick for the second time in their four years at FMHS! The week of homecoming kicked off with none other than Monday Powder-Puff Football, with the freshmen playing the juniors, and sophomores against the seniors. Freshmen beat the Juniors, then the Seniors beat the sophomores. This led to the final round with Seniors defeating the Freshmen to claim the championship!



Heldwin Brito photo

Tuesday was the busiest day of them all. Boys soccer started at 4pm and ended at 5pm. The varsity soccer boys took a tough loss against Silver Creek with the score of 3-1. Volleyball started at 4:30 and ended at 6:30pm with a sweep of ; followed by Rough n Tough Volleyball with the seniors taking the win but falling against the staff!

Wednesday was the Community Carnival starting at 5pm. There was a car smash followed by the annual bon-

fire. The usual games and foods were enjoyed by all at the carnival. What a great time for the town to come together!

The weekend started off with C team football game going against the Spartans on Thursday evening! Friday was the day everyone had been waiting for, from showing class colors and having Mustang Spirit to the Homecoming game and everything in between! Varsity football took the win against Berthoud with a score of 39-0, and our Homecoming Queen and King being crowned! The fabulous homecoming/spirit week ended with the Hollywood “Red Carpet Affair” dance which was held in the lower-commons of our house.

Hollywood

“A red carpet affair”



King Brady Henderson and Queen Kortnery Hale Photo by Heldwin Brito



Photo by Heldwin Brito

Dress Up Days- Recap

By: Fatima Hernandez

Spirit Week is a crazy week; crazy games, crazy outfits and lots of school spirit! Everyone who attends FMHS knows the meaning of crazy thanks to this amazing week! We all know that someone who goes ALL out for Homecoming Week.

Monday started off with Disney vs. Marvel. Minnie Mouse and Captain America as well as princesses and Dalmatians were spotted throughout the halls of FMHS.

Tuesday was USA Day; time to show your patriotism with those red, blue, and white colors. There is no better way of representing your country than dressing up like the flag! USA!

Wednesday allowed students to take a step back in time or a look into their future. Seniors and Sophomores looked back to a simpler time dressing as Babies while Juniors and Freshmen dressed as Oldies, sounds a little crazy... right? That's because it was! The many onesies, diapers, binkies, and stuffed animals won against the canes, grey hair, and slippers!

Thursday was none other than Cowboys and Cowgirls, yee-haw! How fun with the many boots, belts, plaid shirts, and that Old Western look!

Class colors were everywhere on Friday. Freshmen showed their pride with maroon shirts and hair. Sophomores proudly sported grey shirts. With white shirts, Juniors stood out in the halls. In stark contrast, Seniors provided a solid black out! No better way to represent Mustang Pride than with school colors.

Saturday was the day to put on your black suit and show your moves on the dance floor with that special someone in black high heels and red lipstick!

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Under Pressure

By: Trystan Bohling

This is the start of a new school year. We all know what that means; homework, tests, and drama. Some people thrive in these situations, but for others the pressure can prove too much. This pressure leads to stress.



safetysupplywarehouse.com photo

Most of us know that stress is usually a bad thing, especially in school and at this age. There are two types of stress which can affect teens; distress and eustress. Distress is defined by Merriam-Webster as pain or suffering affecting the body, a bodily part, or the mind while eustress is defined as a positive form of stress having a beneficial effect on health, motivation, performance, and emotional well-being. So, sometimes stress can be a good thing, but not always.

Distress, not eustress, is what most high school students face with homework almost everyday and then turning it in the next day to keep a good grade. With this minimal delay between assignments we have little to no time to unwind from the continuous line of work. According to webmd.com this type of stress can lead to severer symptoms. Some of these symptoms are headaches, upset stomach, elevated blood pressure, chest pain, and sleeping problems. Some of these symptoms can be a serious problem in a school setting. They can reduce the amount of focus students can give in a classroom. Some students, after a certain point, will just give up and shut down.

What is needed in these situations are relief and relaxation or we crack. So remember, if you are under pressure just ask for help and tell your teachers what's going on so they can help you.

Three Facts About Cupcakes

By Jonathan Stone



yourcupofcake.com photo

The first event in the Lunch Games on Monday September 19th, 2016 was none other than a cupcake eating contest! This meant that FMHS was celebrating National Chocolate Cupcake Day about a month early. The actual celebration is October 18th. While we are on the subject of cupcakes, here are 3 fun facts about our favorite treat!

#3 Cupcake Inventor

While there is not a definitive creator of the cupcake, the cupcake came to light in a recipe notation titled, "A Cake To Be Baked In Small Cups." This was written in a book called "American Cookery" by Amelia Simms.

#2 How Cupcakes are Made

Cupcakes were said to have been invented around 1796, long before muffin tins were available. To replace these, cupcakes were made in individual pottery cups or molds.

#1 Days of Cupcakes

Since cupcakes are a culinary breakthrough, it is only appropriate that they would have their own day named after them. December 15th is known as National Cupcake Day. Interestingly enough, only the chocolate flavored cupcake has it's own separate holiday, which is on October 18th.

2016 HOMECOMING COURT

by Nancy Balderrama Alonso

As it is tradition every year in most high schools, we celebrate homecoming. For students, it's a week to show school spirit and pride to be attending their school. For those who have graduated, its a week to walk down memory lane and remember their high school days. From the week of games and activities to the wacky dress-up days, it narrows down to the intense homecoming football game and prestige choice of the homecoming court.

The Fort Morgan High School staff nominated eight of its best students, four men and four women, as the 2016 homecoming court. Every single individual has high academic achievements and standards and were seen as role models for their peers. The student body voted to determine who would be king and queen.

This years 2016 homecoming queen crown went to Kortney Hale, daughter of Robyn & Nathan Krehmeyer and Eric & Anna Hale. Kortney has a 4.05 GPA and is a member of National Honor Society. In addition to her high academic achievement she is a member of Spirit Club, FMHS Ambassadors, and is Vice President of the our FBLA chapter. Kortney's involvement is not limited to the high school. She is president of HOSA and an Ambassador for Morgan Community College. She has received several academic awards for her involvement in FBLA and NJC Math and Science competitions. She has been on the honor roll every semester and was on MCC's President's List her junior year. She plans on attending University of Colorado Boulder and majoring in pre-medicine.

Our lucky homecoming king is Brady Henderson, son of Kim and Dave Henderson. He has been active in golf for four years. He has been named to First Team All Conference, Conference Championship and was a two-time state qualifier. Brady is also an active member and officer of FBLA, qualifying for state three times in several events. He plans to go to University of Colorado at Colorado Springs and major in Business and Management. Congratulations to the Fort Morgan High School 2016 Homecoming Court!


YEARBOOK DEADLINES

Senior Pictures Due November 1, 2016

Baby Ads Due November 15, 2016

Buy a Book for \$50 by October 31, 2016

After October 31, 2016 cost is \$55


virtualreference.wikispaces.com photo

Three Ways Meditation Can Help Your Life

By Jonathan Stone

Meditation has been practiced in many different cultures around the world. From martial artists to shaolin monks, meditation has a calming and beneficial effect on the mind and body. Although some may say meditation is just sitting down and breathing, there is so much more to it than that. Meditation can change your life in these 3 ways!

#3 It takes little time

You don't need to be sitting down for 5 hours wondering about the meaning of life. Sometimes dedicating 10 to 20 minutes of meditation can calm the mind and prepare you for any situation that lies ahead.

#2 You can do it anytime, anywhere



Travelblog.com photo

You also don't need to sit under a waterfall to correctly meditate. Meditating can take place anywhere, anytime. You can do it sitting on your bed, your floor, or even walking around contemplating your various situations.

#1 Gain insight

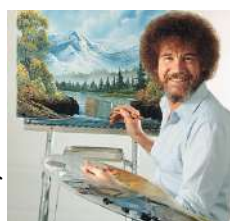
Whether you are a stressed writer meeting a deadline or a martial artist angry over a loss in a sparring match, you are only human. These emotions come naturally, and like a waterfall, sometimes rush too quickly. Taking the time to meditate will help you calm down and gain insight to what you did, so you can improve and become better next time.

Artistic Abilities

By: Trystan Bohling

Art can be a very fun and enjoyable activity for anyone to enjoy. But not everyone has the same tastes, as there is a large variety of art. Not only that, but not everyone is good at art either.

One art style I specialize in is the art of making knives by working with metal and sculpture. I make great pieces considering I have no formal training, and yet, I can not draw for the life of me.



<https://www.flickr.com/> photo

Some people are really, really, *really* good at one form of art and yet can't do any of the others. The reason why someone can draw or sculpt is because of three little things according to Natalie Wolchover in her Live Science article *Why Are Some People Better at Drawing than Others?* One is the way people perceive reality. The second is how well a person remembers the visual information that they see. The third is the element and nature of the subject that is chosen.

Art is not restricted to just clay and paper, but to anything that requires imagination and creativity such as dancing, music, animation, Photoshop, etc. So, really anything that you can think of can be turned into art.

So if you don't seem to have a talent for drawing or painting, check out ceramics, photography, various forms of music, dancing or acting as well as working with fabric, woods or metals. Challenge yourself to find your creative spirit. You could be the Bob Ross of the future.

COMMUNITY MESSAGE BOARD

FMHS SPORTS AND ACTIVITIES 10/3-14/16

(home games indicated in bold type)

DATE	SPORT	OPP	HOME/AWAY	TIME
10/3/16	Football (JV)	Mead	Home	4:30p
10/4/16	Soccer (V)	Weld Central	Home	4:00p
	Volleyball (C)	Arvada	Away	4:30p
	Volleyball (JV)	"	"	5:30p
	Volleyball (V)	"	"	6:30p
10/5/16	Gymnastics	Broomfield	Away	5:45p
10/6/16	Cross Country	Sidney, NE	Away	3:00p
	Football (C)	Centaurus	Home	4:00p
	Soccer (JV)	Skyview	"	4:30p
	Volleyball (C)	Conifer	Home	4:00p
	Volleyball (JV)	"	"	5:30p
	Volleyball (V)	"	"	6:30p
	Soccer (V)	Skyview	Away	6:30p
10/7/16	Football (V)	Centaurus	Home	7:00p
10/8/16	Volleyball (C)	Greeley Central	Away	4:30p
	Volleyball (JV)	"	"	5:30p
	Volleyball (V)	"	"	6:30p
10/10/16	Football (JV)	"	"	4:30p
10/11/16	Soccer (JV)	Alameda	Home	4:30p
	Volleyball ©	Englewood	Away	4:30p
	Volleyball (JV)	"	"	5:30p
	Soccer (V)	Alameda	Home	5:30p
	Volleyball (V)	Englewood	Away	6:30p
10/13/16	Cross Country	League	Away	3:00p
	Football (C)	Silver Creek	Away	4:00p
	Soccer (JV)	Englewood	"	4:30p
	Volleyball (C)	Weld Central	Home	4:30p
	Volleyball (JV)	"	"	5:30p
	Volleyball (V)	"	"	6:30p
	Soccer (V)	Englewood	Away	6:30p
10/14/16	Football (V)	Silver Creek	Away	7:00p

10/7/16 **Military Appreciation Night @ Football game** 7:00p


10/8/16 Forensics Longmont Away 8:00a


10/11/16 Music Parent meeting Auditorium 5:30p

10/11/16 Forensics Parent meeting Commons 6:00p

10/15/16 Forensics Novice Home @ FMMS 8:00a

Did you know that October is:

Breast Cancer Awareness month? 

 Domestic Violence Awareness month?

National Cyber Security Awareness month? 

You can find us online at

http://www.edline.net/pages/Fort_Morgan_High_School