



# HOOFBEAT

2016-2017

September 21, 2016



<https://openclipart.org> photo

## Homecoming 2016

*Hollywood*

*“A red carpet affair”*



<https://openclipart.org>



### Dress Up Days!

**Monday** –Disney vs Marvel

**Tuesday** - USA Day

**Wednesdays-**

Babies seniors, sophomores vs  
Oldies Juniors, freshmen

**Thursday**– cowboys vs cowgirls

**Friday** –class colors

Freshmen-maroon  
Sophomores-grey  
Juniors-white  
Seniors-black



### Homecoming court

#### **Girls**

Kinsey Brashears  
Kourtney Hale  
Hallie Wickham  
Cora Rhode

#### **Boys**

Jay Armstrong  
Brady Henderson  
Austin Breidenbac  
Dominic Garcia



### Homecoming events

**Monday** Powder Puff tournament  
@ Legion 7pm \$3

**Tuesday** girls volleyball @ FMHS  
C-team 4:40 JV 5:30 Varsity 6:30  
Rough-n-tough following

**Wednesday** Homecoming Carnival  
@ Legion 5-8 bonfire 8-9 \$3

**Thursday** C-team football @Legion 4:30

**Friday** Homecoming football game  
@ Legion 7:00

**Saturday** Homecoming Dance  
@FMHS 8-11pm \$10

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**Welcome Back**  
By: Trystan Bohling



Well, it has been a fun <https://pixabay.com> photo  
summer for most of us!

Sadly, all great things must come to an end at some point. For students, the new school year can signify an ending or a beginning, depending on how you look at it. For all Sophomores, Juniors, and Seniors, we welcome you with open arms! As for all new Freshmen, we wish you a happy FMHS experience. Keep in mind, life is what you make of it. The same applies with school.

# School Spirit!

By: Fatima Hernandez

It's that time of the year! When the summer comes to an end and school and fall come begin. Autumn in the state of Colorado is a very beautiful time of year, the brown and yellow piles of leaves, the dark haunted houses along with the pumpkin pie at the Thanksgiving Dinner;. But, everyone knows what the meaning of fall is when you're in the small town of ole Fort Morgan. What is the definition of fall in this small town? Friday Night Lights.

For the High School students, fall sports, homecoming, parades, carnivals, and the many, many pep rally's . It all happens during the homecoming spirit week where you get to show your school spirit. Although, in Fort Morgan High School there is a bit of competition to deal with and it is between all of the classes.

There is always a problem with classes and people not wanting to participate! So I'm going to give some advice and encourage the students to get involved!

For the freshman:

- It's your first year! Get out there and enjoy it!
- Don't be "2 cool 4 school"
- No one is going to make fun of you!
- Every other class is in it to win it! You should too!
- Get involved! Ask around about things you don't know
- If you don't participate, other classes will look down on you especially SENIORS
- Represent your class!

For sophomores and juniors, it's very sweet and simple

- Stay involved!
- You know how things work around FMHS!
- Strive to win and beat everyone else!
- Show the freshman how to do it

For the seniors:

- This is YOUR year!
- Don't let your school spirit die your senior year!
- You've been through a lot, don't give up now!
- Win them over with that school spirit!
- Show them who runs the house!



<http://www.mrhowd.comphoto>

COMMUNITY MESSAGE BOARD				
FMHS SPORTS 9/19--30/16				
(home games indicated in bold type)				
DATE	SPORT	OPP	HOME/AWAY	TIME
9/19/16	Golf	Regionals	Away	9:00 a
	Football (JV)	Holy Family	Away	4:00p
<b>9/20/16</b>	<b>B Soccer (V)</b>	<b>Silver Creek</b>	<b>Home</b>	<b>4:00p</b>
	<b>Volleyball (C)</b>	<b>Skyview</b>	"	<b>4:30p</b>
	<b>Volleyball (JV)</b>	"	"	<b>5:30p</b>
	<b>Soccer (JV)</b>	<b>Silver Creek</b>	"	<b>5:30p</b>
	<b>Volleyball (V)</b>	<b>Skyview</b>	"	<b>6:30p</b>
9/21/16	Gymnastics	Broomfield	Away	5:30p
9/22/16	Volleyball (C)	Elizabeth	Away	4:00p
	B Soccer (V)	Estes Park	"	4:00p
	<b>Football (C)</b>	<b>Berthoud</b>	<b>Home</b>	<b>4:30p</b>
	Volleyball (JV)	Elizabeth	"	5:00p
	B Soccer (JV)	"	"	5:30p
	Gymnastics	Standley Lake	"	5:30p
	Volleyball (V)	Elizabeth	"	6:00p
9/23/16	Cross Country	Columbine	Away	3:00p
	<b>Football (V)</b>	<b>Berthoud</b>	<b>Home</b>	<b>7:00p</b>
9/24/16	Gymnastics	Overland	Away	10:00a
9/26/16	Golf	State	Away	tba
	Football (JV)	Berthoud	Away	4:00p
<b>9/27/16</b>	<b>B Soccer (V)</b>	<b>Arvada</b>	<b>Home</b>	<b>4:00p</b>
	<b>B Soccer (JV)</b>	"	"	<b>5:30p</b>
9/29/16	Football (C)	Mead	Away	4:00p
	Soccer (V)	Conifer	Away	4:30p
	Soccer (JV)	"	"	6:30p
	Volleyball (C)	Alameda	Away	4:30p
	Volleyball (JV)	"	"	5:30p
	Volleyball (V)	"	"	6:30p
9/30/16	Cross Country	Thornton	Away	3:30p
	Football (V)	Mead	Away	7:00p
*****				
9/19-23/16 National Gear Up Week				
*****				
9/24/16	Homecoming Dance	Commons	8-11pm	\$10.00
*****				
9/26/16	Picture Retakes			
*****				
10/1/16	Speech & Debate	Regis Invite	5:45am—4:00pm	
*****				

## 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](http://virtualreference.wikispaces.com) photo

## Seniors

By Nancy Balderrama Alonso

“It’s your senior year. “How does it feel to be a senior. “What are your plans for this year.” “Your senior year is the best year of high school.” As a freshmen you’re told to enjoy high school because it goes by fast. Yet no one really notices until it’s too late and you’re walking through the doors not as a scared freshman but as a senior. Now high school is ending and every day that goes by takes you closer to graduation and adult decisions. You then begin to realize that high school does go by fast and then regret not being involved with that one activity you really wanted to do. Or going to the games because you worked or kept saying “I’ll do it next year.” As a freshmen you believe you’ll have a lifetime to do what you’d enjoy in school, but senior year you realize that high school ends and it ends fast.

Senior year is the year when everyone is eager to get done with school. The year when you realize that you have gone through 12 years of schooling to walk across a stage and get a piece of paper congratulating you. As a senior you are looked up too by freshman you’re their example. So it’s normal to be asked a billion questions that you don’t really know the how to answer. So, what do seniors really think about this being their last year in school and do they really feel that it’s their year. FMHS seniors were asked a couple questions just so everyone else knows what FMHS seniors are thinking and feeling.

How bad is your senioritis? FMHS seniors have either a terrible case of senioritis or are not caring enough to do all the work

Tahais Guerrero’s biggest fear as a freshman was finding a ride home without being annoying whereas now she is having others ask her for rides.

Eric Martinez shares that since he was a Freshman lunch regulations have become crazy strict.

What do you wish you had done during high school that you didn’t get to? All FMHS seniors we asked wish they would have gotten more involved whether it was clubs or sports. They just wish they would have been more involved with the school.

Miriam Grandillo’s biggest regret during high school is dating boys. “Do your work!” Edwin Pablo advises future high school students. Faith Shaver is dreaming of big plans to attend school in Florida after graduation.

When asked what’s the most important lesson learned during high school Joe Rodriguez answered “That everything is temporary and you’re goanna miss it.”

Have you enjoyed high school?

We asked Eric Martinez how it feels being a senior? Eric’s response was “It feels relieving.”

The seniors have many things going through their heads, but they are/will make the last year of high school the most memorable and fun.

Enjoy your senior year, class of 2017!

## School Spirit and Fall Sports

Good luck Mustangs!!



Photos by Heldwin Brito



## Bushido In Everyday Life I: Justice

By Jonathan Stone



fightingarts.com photo

Bushido is defined as a set of morals developed by the Japanese samurai. This was developed during a very different era, dating back all the way to 1185 and seemingly ending at 1868. The era was known as the age of the samurai.

Even though today’s society has seemingly abandoned the way of the sword, the set of morals made by these samurai still hold true today. These morals can be seen in

many situations, from everyday people who hold chivalrous virtues, to martial artists, even to respectable leaders in the world. The Bushido code holds eight virtues of the samurai, today we will start with the first virtue, justice.

Justice, or rectitude, meaning righteousness, is the strongest virtue of Bushido. Justice, or morality has a place in today’s world. Terry Bryan of the fighting arts blog does a great job explaining just what rectitude is. If you want to pursue pure relationships or a successful business, morality and doing the right thing is very important.

How do you practice the pursuit of doing the right thing? The key is realism, Terry Bryan describes realism as, “Intellectual Honesty”, seeing the world for what it is, rather than what you want it to be. This fits very well with justice, being a realist is a trait of a quality leader. Leaders, or people who simply follow the way of justice, will not wait for problems to go away, they must fix it themselves. True warriors must rely on themselves and no one else. This is the art of “gi”, the first moral of the samurai.



## Music - The Healthy Distraction

By: Trystan Bohling

We, as teenagers, have one thing in common; We all listen to music. Whether it's playing in the car or in headphones in a class, music is a constant force that drives our society. The reasons we listen to music, on the other hand, varies. Sometimes it's for leisure, it helps with studies or homework, or it reduces the chances for distractions.



www.sketchport.com

A majority of teachers share a common belief that a student cannot listen to music while working on assignments. The reasoning behind this belief is that it will hinder or prevent the student from working to their full potential. However, factors like mood and environment can make music quite beneficial to have while at work, even, and especially, in a classroom. An article by Gregory Ciotti put it like this; "as art decorates space, so does music decorate time." The article continues to explain that music helps reduce pain, relieve stress, and improve moods.

Music is a huge help when studying in a noisy environment. The way this works, according to Ciotti, is that music coming from earphones drowns out a noisy workplace making it easier to focus on the task at hand. The article goes on to explain that classical music, or music without a lot of lyrics, works best for this.

When suffering injuries, listening to music and alleviating pain go hand in hand! Although the reason for this is not completely clear, Kimberly Sena Moore of *Psychology Today* believes it is linked to the release of dopamine- the "feel good" neurochemical - in the brain. The dopamine distracts from the injury.

Mood is also affected by music. When someone is having a hard day or just feeling down, listen to some upbeat music to cheer right up. Because of the dopamine that is released after hearing a good song, the part of our brain where we receive pleasure or a reward is triggered. That is why when a really catchy song comes on, the initial reaction is to swallow all sense of pride, throw two hands in the air, and belt out the lyrics to a not-so-guilty pleasure.

Music may be considered a distraction in some circles. Science has proven this distraction theory to be true, and there is no arguing with it. However, distraction is not necessarily a bad thing. When a bad day arises, music lifts spirits high. When the family is fighting the night before finals, it can transport a person to a more tranquil state of mind. When that sprained ankle keeps someone in bed, it can make the sick day seem more like playing hooky. In cases like these, music just might be the healthiest



orientacionandujar.es photo

## Diverse Ft. Morgan

By: Trystan Bohling

I come from a town where there is little to no diversity whatsoever. When I moved here and came to school for the first time the amount of different ethnicities was kind of a shock.



publicdomainpictures.net/hledej photo

Diversity in a community and in our schools is a good thing. This exposes everyone within the community to different cultures, languages, personalities, art, music, and unique friends.

I also like that Ft. Morgan is a town of acceptance for the mix of cultures. I hope that someday in the near future there will be more wide spread acceptance. So, do your part guys and make the world a better place not just for you, but for us all.

## Freshmen, Don't Be Shy!

By: Trystan Bohling

The "High School Experience" can be unnerving, especially freshman year. For most of you Freshmen that's totally normal; new school, new teachers, and new environment. But things like this should not keep you from getting involved in things such as sports or clubs.



deviantart.com

You should always try new things, even if you think you may make a fool of yourself. Don't worry about messing up around your peers, there is always room for improvement for everyone. So, never let the fear of rejection or messing up stop you from trying something. You may enjoy it. The only regret will be in not trying. Trust me I regret not taking advantage of opportunities I was given.

GO FRESHMEN!!!!!!!!!!!!

## Hobby Fun

By: Trystan Bohling



flickr.com/photos/wwarby/

At some point in our lives we reach out and try new things. Sometimes, we find something we do well and continue to do it. These activities are called hobbies. The majority of hobbyists are adults or senior citizens,

So, what are the advantages of having a hobby? One of them is that if your hobby involves using your hands such as painting, writing, and crafts you will have long term benefits. A recent study of 3,500 senior citizens with such hobbies were significantly less frail and had less of a cognitive decline compared to those who did not take up such hobbies.

As we get older our lives will be more structured with bills, work, and chores which will get in the way of having fun according to psychiatrist Dr. Stuart Brown at tesh.com. Other studies have proven that as adults, laughing and playing is a way to lower blood pressure, strengthen social bonds, and a good way to get rid of stress.

So if you enjoy doing things that others may find odd such as collecting coins or stamps or making knives, like me, don't stop doing it. And for those of you who don't have a hobby, consider it for your own enjoyment and long term health.

You can find us online at

[http://www.edline.net/pages/Fort\\_Morgan\\_High\\_School](http://www.edline.net/pages/Fort_Morgan_High_School)