

THE WARRIOR ECHO

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WAHOO HIGH SCHOOL

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She's The Mann! English Teacher's Patience Pays Off

After three years of living in Wahoo, teaching in the community becomes a reality for Mrs Mann.

Mrs. Mann previously taught at Elkhorn High school, but has taken over Mr. Ross' duties. Mrs. Mann teaches English 9 and English 11. She also coached Middle School Volleyball.

What brought you to Wahoo? My family and I have lived in Wahoo for about three years now. We first came to Wahoo because my husband had received a job. We loved the community.

Do you have any children? Yes! I have two daughters.

Where did you grow up? I grew up in McCook, Neb. I loved it there.

Do you have a favorite book? "To Kill A Mockingbird" by Harper Lee and "The Help" by Katherine Stockett.

Do you have a favorite movie? I have tons. I'll narrow it down to three. *Hoosiers*, *Caddyshack* and *The Notebook*.

Any favorite quotes? "Nothing will work unless you do." Maya Angelou

What are you most looking forward to this year at WHS? Well, because my job used to be outside of Wahoo, I hadn't had the chance to really know the community of Wahoo. Now that I am here I hope to experience that.

What interesting facts about yourself would you like to share? I come from a long line of teachers. Both of my parents were teachers, along with my grandfather.

Where did you earn your Teaching Degree? I earned my teaching degree at UNL and my Masters at Peru State.

Right: Mrs. Mann's family. Her daughters Lillie (3rd grade) and Maddie (6th grade) and husband Brandon.



Super Sam Sellke: Sophomore Extrodinaire

My favorite 5

Sam Sellke, a sophomore at WHS, hasn't always lived in Wahoo, but has deep roots in the area. She has 13 relatives (siblings and cousins) who are currently attending, or have attended, Wahoo Public Schools.



Movies. Sam loves movies; three of her favorites are Ladder 49, The Notebook, and RENT.



Babysitting. Sam loves to babysit. Most of the time she babysits her cousins, Parker and Cooper.

Socks. "Socks are the greatest things ever. I absolutely love them." Sam likes her socks colorful and bright.

Food. "I eat a lot of food!" She loves most kinds of food, but no meat for her!



Music. "Music is my life," said Sellke. "I am constantly listening to some kind of music." Three of her favorite artists are Lil Wayne, Never Shout Never and Hey Monday.



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Cooking With Kreifels: New FCS Teacher Ready to Heat Up the Kitchen at WHS



An Oklahoma fan? Really? Mrs. Kreifels and her husband Cody enjoy the 2009 KU vs. Oklahoma game.

When did you first begin teaching? 2007

What job other than teaching have you really enjoyed?

I worked at summer camp called Windermere at the Lake of the Ozarks. I got to live with 60 other youth and spend time boating, tubing, hiking around central Missouri.

Where did you grow up? Lockwood, Missouri, in the southwest area of the state.

Where did you earn your teaching degree? Northwest Missouri State University (Go Bearcats!!) in Maryville, Mis.

Where did you earn your masters degree? I will graduate with my Masters in Secondary Administration in August 2011 also from Northwest Missouri State.

What is your favorite thing about teaching/education? Why? My favorite thing is really the students and getting to know them. Students are the whole reason why I'm in teaching and they keep every day exciting and challenging.

What is your favorite movie? ANYTHING (except scary ones)! I'm a movie person and never miss an opportunity to go see one. My favorites are historical fiction like *Pride and Prejudice* and action such as *Ironman* and *Batman: The Dark Knight*.

What interesting fact would you like to share? While it may not be safe to admit this--I am not a Nebraska Cornhusker fan but rather an Oklahoma Sooners fan. No, I won't be converted and yes, I know that this means that everyone will probably hate me!

Tell us about your family. I've been married for three years to my husband Cody. We have a cockapoo who is named Hurley after the Duke basketball player Bobby Hurley from the 1990s.

Several of our teachers commute from other towns/cities. Where do you live/how long is your commute? Fremont, Neb. 25 minutes

What is your most important goal for your first year at WHS? To get to know the students and what they are most interested in. Since I teach FACS, I can really use that information to make what the students learn in the classroom meaningful to them and make it something that will help them in the future.



New faces. New spaces. New science teacher Mrs. Kempkes keeps students on their toes.



Left to right: Mrs. Kempkes' family, Samatha (11), Olivia (13), Jenna (8), and William (6) with foreign exchange students Katsutka and Shintaro.



When did you first begin teaching (the year)? I began teaching in October 2009, at Lincoln Southwest.

What was your favorite job? (Growing up/in college?) My favorite job during my undergrad was a math tutor.

Where did you grow up? I grew up in Ridgecrest, California.

Where did you earn your teaching degree? I earned my undergrad degree from California Lutheran University.

Where did you earn your masters degree? I earned my NE teaching certificate, and Masters Degree from UNL.

What is your favorite thing about teaching/education? Why? I love watching students learn. It is awesome when they realize that they understand a difficult concept.

What is your favorite book? I love *The Wheel of Time* series by Robert Jordan and Brandon Sanderson.

What interesting fact would you like to share? None of my siblings were born in the same state.

Tell us about your family. I am married and together we have 4 wonderful children, 3 girls and 1 boy.

Where do you live/how long is your commute? I live in Lincoln, and I my morning drive is about 35-40 minutes.

What is your most important goal for your first year at WHS? To become part of the Wahoo High School Community.



Region V Serves Wahoo

By Anna Hornung

Reduce. Reuse. Recycle. Helping the environment seems to be the "in" thing right now and being eco-friendly is something people of all ages, backgrounds, and life-styles can do.

Wahoo Public Schools does its best to be eco-friendly by participating in a recycling program through Region V. In Wahoo, a recycling facility gives people with disabilities the opportunity to explore job opportunities. And, because of its popularity, one of the most up and coming careers is in the recycling industry.

Those white plastic bins located in classrooms? Those are not for trash! The bins are to be used for recyclable paper: newspapers, magazines and copy paper or "prime paper". Cardboard, a paper product abundant at the high school, is also recycled, but does not go in the white bins.

Multiple steps have to be followed in order for the recycling process to run smoothly. Everyone plays an important role.

First, every Thursday, the Transitions classroom at WHS collects the recycling bins from each classroom district-wide. After collection, students put the contents at the front of each building where Region V picks up later that afternoon.

"The transitions students learn about helping the environment and community through this program," said Abbie Huenink, Transitions Specialist. "They are able to interact with other

people while learning."

WPS isn't the only school in our area that participates in the recycling program. Region V also picks up recycling at Yutan, Mead, Neumann, Cedar Bluffs and Raymond Central schools.

"We appreciate our schools recycling 'prime paper,'" said Suzanne Nelson, Vocational Service Center's Coordinator at Region V. "Prime paper is white office paper and is the best paper for recycling. It brings top dollar."

"We appreciate our schools recycling 'prime paper.'"

~Suzanne Nelson

Second, Region V picks up the recycled materials and takes them to the Vocational Services Center where the employees sort the paper into different bins according to the type of paper it is. After the sorting is completed, the paper goes into a smasher where it is compressed into bales.

Third a semi comes to Region V and picks up the bales. A full semi load is 44 bales and each bale weighs approximately 1,200 pounds. It usually takes about six weeks for Region V employees to collect that much paper!

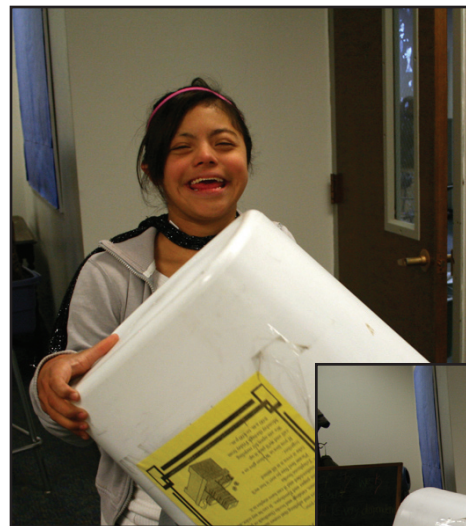
Finally, the semi takes the bales to the paper mill where it is processed to make other things such as toilet paper and napkins.

"I recycle paper here at school," said junior Kristal Lindgren.

This is the first step to reducing waste that goes to the landfills and is as easy and close as that white plastic bin in your classroom. Join in the recycling effort! Throw that paper in the bins and put your milk bottles in the recycling tub instead of the trash!



Thursday is recycling day at WHS! From top: Christopher Wesely helps paraprofessional Esther Jonas empty the recycling bin in D-T's room. Christopher Wesely, Daisy Rojas and Ms. Huenink fill one of the big grey waste bins. Thomas Bettendorf, Brian Zimola, and Ms. Huenink are hard at work. Daisy Rojas is happy to help the recycling efforts at WHS.



Impacting the Environment

By Paige Otte

Recycling is the practice of sorting and collecting waste material for new use. People all around us recycle. There are many items you can recycle: aluminum, paper, plastic, cardboard, tires, and carpet, and the list goes on.

According to the Environmental Protection Agency, "Recycling protects and expands U.S. manufacturing jobs and increases U.S. competitiveness." Recycling not only helps with the environment, it also saves you money.

"My family recycles pop cans. I think it's environmentally friendly, but won't solve the problem of the green house effect," said senior Ali Norris.

Recycling is important for many reasons. It also saves energy. Using florescent light bulbs is just one way to save energy. Another way is to turn lights off when leave a room. Also, when you aren't using a cell phone or iPod charger or small appliance, unplug them. As we become aware of the ways to recycle, we can

start to make contributions to our society.

"Recycling is important because it helps the environment," said senior Cameron Nadrchal.

At Wahoo High School, we utilize the plastic bins located in each classroom and we recycle our milk cartons at lunch.

"Each classroom in the district has a recycling tub where students and staff are encouraged to recycle paper instead of putting it in the trash," said Abbie Huenink, Transitions specialist. There are designated tubs in the teacher's lounge for aluminum cans and plastic bottles, too.

"I recycle my old worksheets from school," said sophomore Morgan Talbert.

There are also places around town that collect materials for recycling.

If you want to recycle in a more fun and creative way, you can enter the all ages recycling art contest held by the elementary school.

Everyone can recycle. As we make these changes to our lives, we are making a lasting difference on the environment. We can change the world one step at a time.

Steps to an Eco-Friendly Life!

By: Payten Foster

Carbon Footprint. We've all heard that term before, but how many of us actually know what it means? Do you know your carbon footprint and how your carbon footprint affects you and the environment?

Carbon footprint is the amount of carbon dioxide emitted into the air caused by one's daily activities and routines within a given time frame. Your carbon footprint can tell you if your daily routines are keeping the environment clean and beautiful, or it can show you that you need to reduce your carbon footprint in order to improve your lifestyle not only for today, but also for the future.

It is important to be aware of your environment and the influence you have on it, but it's hard to know how you can improve your life when you don't know how or what you should change. There are many ways in which we can improve our carbon footprints.

As you make choices in your transportation, you may want to think about walking or riding your bike to school or work. You can keep your car serviced and up to date to get better gas mileage. Carpooling with a friend helps reduce harmful emissions, too.

"I try to recycle as much as possible," said Mr. Shannon. "I pick up trash when ever I see it on the ground and I try to keep

my vehicles up to date to get better gas mileage."

There are lots of ways to reduce your carbon footprint.

"I try to limit my use of plastic bottles by refilling water bottles," said Mrs. Reece. "I also use the cloth reusable bags whenever I'm shopping."

In addition to using refillable water bottles and reusable grocery bags, you can use florescent light bulbs, or unplug electronics when they are not in use.

"I buy sustainable and efficient products for my home, including recycled products."

~Diane Reece

"I buy sustainable and efficient products for my home, including recycled products," Reece added. According to Sustainable Environment, an online source that specializes in providing carbon footprint information, sustainable products are products that protect the environment during its lifespan.

You don't have to do all of these things all at once. The EPA recommends that you pick a few you want to do, make a goal, and get your family involved. It's easier to make changes in your life when you make smaller more attainable goals and have a support system.

Who knows? You may even enjoy the new activities that you incorporate. Besides, life is what you make it, so make it a better place to live, now and for generations to come!

Good reasons to recycle

1. Recycling is good for our economy
2. Creates jobs
3. Reduces wastes
4. Good for the environment
5. Saves energy
6. Preserves landfill space
7. Helps prevent global warming
8. Reduces water pollution
9. Protects our wildlife
10. Creates new demands

Top 10 recycling cities

1. Portland, Oregon
2. San Francisco, California
3. Boston, Massachusetts
4. Oakland, California
5. Eugene, Oregon
6. Cambridge, Massachusetts
7. Berkeley, California
8. Seattle Washington
9. Chicago, Illinois
10. Austin, Texas

Top items to recycle

1. Computers
2. Batteries
3. Televisions
4. Paint
5. Aluminum cans
6. Used motor oil
7. CFLS-compact florescent lamps
8. Glass
9. Florescent lamps
10. Chirstmas trees

The Perfect Storm

by Jessica Barry



2010 Volleyball Team

The Warrior volleyball team brewed up “the perfect storm” in 2010.

The netters worked hard this year and their record shows it. This storm was right on track to hit Grand Island in November, but a loss to Bishop Neumann in round 2 of sub-districts caused the Warriors to fall just short of going to State. As disappointing that was to the girls, they have nothing to hang their heads about. They end their season with a 26-6 record.

“Practices were great,” said co-head coach Ann Egr. “The chemistry brought to our practices showed in the games; therefore, we had a stronger and more successful season.”

It also helps that the seniors are great leaders who have lots of experience. Kayla Bennett, Emily Brodahl, Mahala Egr, Kylie Krecklow and

Liane White helped focus the team when it was most important.

“Everyone was focused and working hard. We gave 100 percent every day,” said Kayla Bennett. “It helped that we only lost one girl from last year because our chemistry and game ability got better the longer we played together.”

The Warriors were also the 2010 runner up in the Capitol Conference Tournament in Bennington.

“I had a really good feeling about this season,” said Emily Brodahl. “I liked the chemistry on the team this year. We all got along and it helped us play.”

“Everyone worked really well together,” said Liane White. “I think that’s what helped us get so far this year.”

Warriors end season after 2nd round of state playoffs with a 9-2 record Success on the gridiron

by Emily Brodahl



2010 Football Team

The lights go on on the grassy stage, shining down to light up the field. In brilliant hues of blue and gold, a skillfully made “W” claims this stage owned by the Warriors.

On Sep. 3, the Warriors headed out to Auburn for their season opener. The Warriors came out strong scoring 21 points in the first quarter while holding their opponent scoreless. The trend would continue throughout the game as the Warriors added another 24 points to their total while keeping Auburn from scoring at all. The Warriors left Auburn, flying high after a 45-0 victory to start their season.

One week later the Warriors traveled to Syracuse. The Warriors once again got off to a great start as they scored 30 points in the first half, while their opponent again had nothing to show on the board. They were able to obtain their second shut-out of the season defeating the Rockets 36-0.

Finally, the Warriors were able to bring an opponent to their house when Raymond Central came on Sep. 17 for the homecoming game. The Warriors pulled off their third straight shut-out of the season with a score of 76-0.

The Warriors hosted the Falcons from D.C. West on Sep. 24. In what looked to be another shut-out, the Warriors held the Falcons scoreless for three quarters while racking up 49 points. But, in the fourth quarter the Falcons scored 14 points on the Warriors, ending their three-game streak of shut-outs. The Warriors still played well and finished the game with a win, 57-14.

The very next week the boys traveled to Omaha to face Roncalli. The Warriors started strong again scoring 21 points in both the first and second quarters. After a scoreless third quarter, the Warriors tacked on another 14 points to end the game 56-13, putting their record at 5-0.

On Oct. 8, the Warriors faced the Platteview Trojans on their home turf. Platteview proved to be a tough team, outscoring the Warriors in the first half, but a strong showing in the third quarter put the Warriors up 28-24. The Trojans answered back though, and handed the Warriors their first loss of the season, 28-38.

The Warriors were able to bounce back from their loss the next week when they faced long-time foe, Bishop Neumann. The first quarter, as well as most of the second, against their cross-town rival was scoreless. Nearing the end of the second

quarter, each team added 3 points with field goals, but right before half, the Warriors were able to pull ahead with their first touchdown of the night.

The third quarter began with Neumann tying up the score, 10-10, but the Warriors answered back with two more touchdowns putting them up 24-10. The only score in the fourth quarter was from Neumann. The onside kick attempt by Neumann failed, which sealed the Warriors’ victory. The Warriors defeated the Cavaliers 24-17. This was the Warriors’ first victory over the Cavaliers since 1995.

“The highlight of our season for me would have to be the Neumann game when we beat them 24-17,” said senior Josh Discher. “I was really happy about how we played.”

On Oct. 21, the Warriors hosted the Ashland Bluejays for their final regular season game. The game proved to be a battle as each team took turns putting scores on the board. The Warriors held on to deliver the Bluejays’ first loss of the season with a score of 17-14.

After a great regular season, the Warriors earned a spot in the state playoffs.

“We felt very good about what we’ve accomplished this season,” said head coach Chad Fox. “However, we still have goals we need to meet to make this season complete.”

The Warriors’ first round of playoffs match-up was against the Arlington Eagles on Oct. 28. The Warriors scored a whopping 31 points in the second half and won their first round game 45-0.

The Warriors traveled to Lincoln Lutheran on Nov. 3 for the second round of the playoffs. At the end of the four-quarter battle, the Warriors came out victorious with a 49-15 win.

“I’m really looking forward to playing Norfolk Catholic next round,” said senior Christian Hohl.

The Warriors hosted the Knights on Nov. 9. The two teams battled back and forth in the first half, and when they both descended to their locker rooms during half-time, the Warriors were leading 21-17. The second half also proved to be a battle, but in the end the Warriors fell a little short losing an exciting game 21-35.

“I thought it was a tremendous season,” said coach Steve Shannon. “There was outstanding senior leadership, and a lot of experience which lead to a great season.”

Lifters of the Quarter

These students have exhibited outstanding effort and attitude during the first quarter while exercising in the weight room. Their continual efforts demonstrate positive leadership and character to their peers.



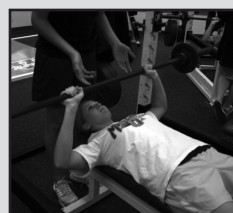
Kirk Lindstrom



Mattie Murren



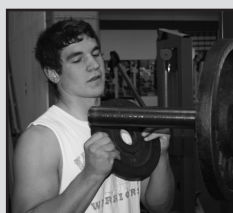
Sadie Murren



Tschida Johnson



Sean Lindgren



Christian Hohl

A Glance at Girls Golf

by Angel Janousek



2010 Girls Golf Team

“Forget your opponents; always play against par” —Sam Snead. The 2010 Wahoo girls golf team members Emma Harris, Nicole Pearson, Katie Welsh, and Rosie Welsh played well against par this year.

The girls kicked off their season at the Hilltop Country Club on Aug. 19. Wahoo won the duel against Schuyler. It was a great way to kick off this year’s season.

Each team member had her own goals for this year’s season.

“We reached all of our goals this year,” said Emma Harris. “My goal was reached by placing at state.” ~continued column 4

Born to Run...

by Mahala Egr



all the way to Kearney!



2010 Cross Country Team

On your mark! Get set! Go! And with the bang of the starting gun, the cross country season was off!

The team competed in meets at Schuyler, Columbus Scotus, Lincoln Lutheran, and hosted the annual Wahoo Invite.

The Schuyler meet proved to be successful for both teams. The girls finished in first place with everyone placing and the boys came in a respectable third.

On each race day, the harriers are each given a race plan. Coach Curran strongly believes in the importance of consistency.

“To excel in cross country, you must be consistent,” said Coach Curran. “Each mile should be run at a specific pace or you will blow your race.”

Consistency paid off this season at the Capitol Conference meet, hosted in Syracuse. The girls’ team placed second with three Warriors placing in the top ten. Junior Michaela Curran placed first, senior Erin Walker finished third, and freshman

Ronnie Brust finished ninth. Sophomore Zach Gropp finished in ninth place for the boys.

“The season went great,” said senior co-captain Erin Walker after the regular season. “Our team as a whole performed spectacularly.” Walker looked forward to districts and added, “I think our whole team can qualify for state.”

And qualify they did. The girls’ team finished third at the district meet in Ft. Calhoun with Curran placing first and Walker fourth. The times the girls’ team posted qualified the entire team for State. Gropp finished 15th, qualifying for state for the boys.

On Oct. 15, the teams competed for the last time this year at the State meet in Kearney. The girls’ team placed sixth overall with Curran leading the pack with a fourth-place finish.

“It was no first place, but I was really happy to end the season in the top seven at state,” said Curran. “Maybe next year I can stay healthy and get back to Kearney.”

Walker placed tenth turning in a time that

Finished it!

by Kayla Bennett



2010 Class C-1 State Champions

The Warrior softball team has gone to state the last three years and hadn’t quite come out with what they wanted—a State Championship—but with a lot of teamwork and heart, they finished the year number ONE.

“The girls displayed a lot of hard work, determination and teamwork,” said Coach Christen.

October 13 wasn’t any ordinary day. It was the first day of the state tournament. The team knocked off opponents left and right and defeated the Ashland-Greenwood Blue Jays in the championship game with a blowout score of 12-4.

Nothing stopped the Warriors from getting the gold this year. Not a broken hand from senior

Mattie Murren, nor a torn ACL from senior Morgan Hancock.

“The leadership of the seniors was outstanding,” said Christen. “They were very focused and were a big part of the team. These girls knew how to get everyone on the same page to win.”

The Warriors ended the season with a record of 26-2. They are also Capitol Conference Runners Up and District Champions. The Warriors only two losses came from Class B #2 Bennington Badgers.

“Winning districts two years in a row and being the Class C-1 State Champions was the greatest feeling ever!” said senior Paige Otte.



golf continued

Pearson and Harris both qualified and competed at state this year held at the Quail Run Golf Course in Columbus. Harris placed 7th and Pearson finished with a 109.

Harris said that her best competition was at Crete. She placed first and shot 20 strokes better than the previous two years. In fact, her scoring average was 84.8 per 18 holes this year, which places her 2nd behind Wahoo golfer Krista Hrdlicka. Not only was it a great season for Harris, but also for all four girls.

The tiny, but fierce, team this year bonded through laughter, hard practices, and good after-game eats. The hard practices this year indeed had paid off.

“Golf is a skill you can use throughout your whole life,” said Rosie Welsh. “We did pretty well this season. We tried our hardest in practice and managed to have tons of fun along the way.”

Congratulations to this year’s girl’s golf team! Go Warriors!

would end up being a personal best for her.

“I just really wanted to medal this year,” Walker said. “I knew if I kept my pace and kept sight of Michaela, I would have a shot.”

Before the first race of the season, the harriers trained hard over the summer. They were expected to run on their own, setting mileage goals, and keeping track in a log.

“We set goals with Coach Curran in May and try to log our mileage all summer,” said junior Anna Hornung. “Even if we don’t meet our goals all the time, it helps keep us conditioned for the fall season.”

Cross country isn’t all work and no play. Both the girls and boys teams attended a two-week clinic in July organized by Coach Curran. Along with inspirational speakers, the team could be found bowling, having water fights, running fire fly relays, and competing in a scavenger hunt and Ultimate Frisbee.

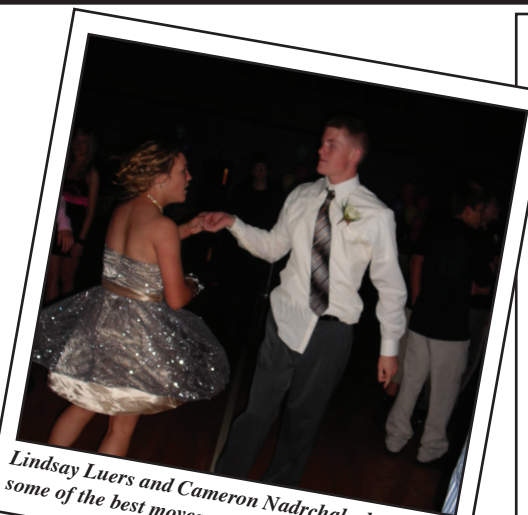
“They are all friends and truly care about each other, not only from a running aspect,” said Coach Curran.



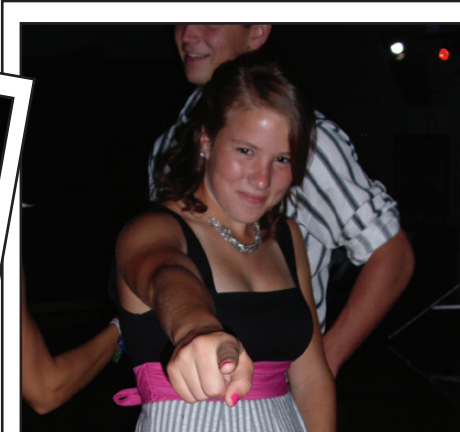
Cole Barry & Michaela Lanik dance the night away.



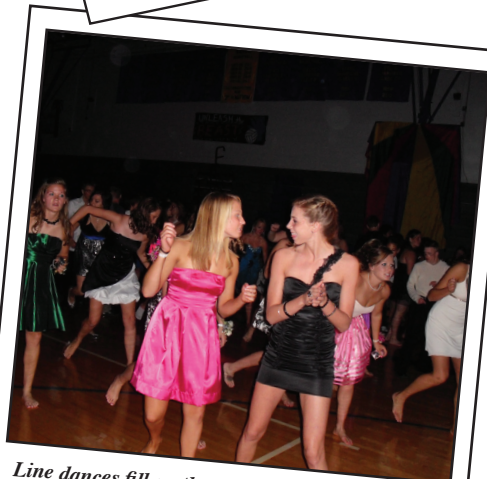
(L to R): Michaela Curran, Anna Hornung, Katelyn O'Brien, Sadie Murren, Sydney Hancock, Emma Harris, Nicole Pearson.



Lindsay Luers and Cameron Nadrchal show some of the best moves on the dance floor.



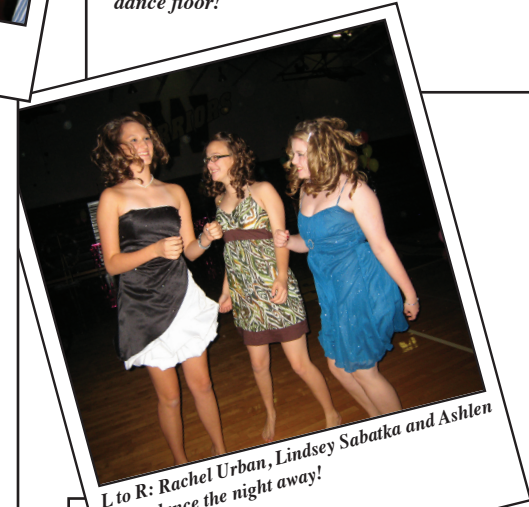
Tierney Gensler wants YOU to get out on the dance floor!



Line dances fill up the dance floor quickly. Laura Barry and Shauna Tweety are all smiles as they slide across the dance floor.



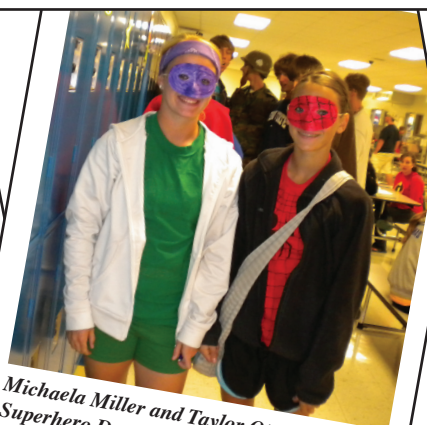
2010 Homecoming Court (L to R): 2009 Queen Carrie Nabity, Mahala Egr, Michaela Lanik, Mattie Murren, Morgan Hancock, Chloe Davidson, Kylie Krecklow, & 2010 Queen, Emily Brodahl. King Michael Kersten, Justin Lewandowski, Trenton Raymond, Colter Mattson, Josh Proctor, Christian Hohl, Lucas McAtee & 2009 King Derek Virgl. Crown Bearers: Autumn Iverson & Zach Fox.



L to R: Rachel Urban, Lindsey Sabatka and Ashlen Groff dance the night away!



Jonathan Abbott and Caroline Hohl take a break to slow dance.



Michaela Miller and Taylor Otte on Superhero Day.



Seniors Chloe Davidson and Erin Walker pose for a picture.



2010 Homcoming Queen Emily Brodahl and 2010 Homecoming King Michael Kersten.



Emma Harris saving the world from bad condiments.



Freshman Nathan Redding and Matthew Spicka on Color Day. How cheesy!



Udderly ridiculous! Jasmine Wood the farmgirl and her cow Jackie Brazda had fun on Halloween Day.



Sumo-wrestlers Mattie Murren and Morgan Hancock prepare for their match.