

**THE**

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# Saydelphic

IN THIS ISSUE:

**Music and Art**

Winter Sports • School Lunch

**AND MORE**



***The Saydel Music Department consists of both band and choir. They've been very busy in the fall and have a lot more planned for the spring!***

# ***Review OF The Old And In With The New***

by Josh Green

## **Band**

The Saydel High School band is directed by Mr. Eric Layden. The band is finished with marching band season and is moving into concert band. Marching band season is in the summer and fall and concert band season is in the winter and spring.

Mr. Layden said marching band went "Very well and smooth." During the season the band won back the Grand Champion title. Mr. Layden especially liked how close and hard working the band was. Next year he hopes to improve the marching band by having more people. Mr. Layden sees a great future in, "...continuing on our tradition of excellence."

After marching band the band shifted its focus to concert band. Mr. Layden says, "[Concert band is] a different side of band [and students will] work into the music a lot more." They had a winter concert with the choir on December 7. Students have also started jazz band. Jazz band consists of a smaller group of students that play holiday music and jazz music. Jazz band has multiple contests from December through February. Students in band will start working this winter on perfecting their music for solo and small group contest. The music will be "as challenging as it can be while still making them sound good."

## **Choir**

The Saydel High School choir has had two concerts so far this year, a fall concert and winter concert. The fall concert went "Quite well," according to Mr. Michael Puffett the choir director. When asked how the choir this year is different from last year's choir he said, "There seems to be a greater determination toward improving their skills and singing. There is also a greater unity while working toward common goals." There are many people new to choir this year. "They [new to choir]

are doing well, their energy toward improving is evident on a daily basis." Mr. Puffett says they could work more on "basic counting skills, music vocab, and breath management for better tone and sustained singing."

Mr. Puffett also organizes the high school's musical each year. This year the musical was *Standardized Testing*. "There were many positive comments received about this year's musical. Audience members seemed to enjoy the smaller cast that focused primarily on solo singing of more contemporary sounding songs." To make such a great show, must there be many challenges? "Yes," says Mr. Puffett, "The primary challenge is convincing the cast that there is an entirely other level of performance which can be achieved; however, that is only possible if lines and songs are memorized as scheduled."

What is next for the choir? "After the winter concert our focus will shift to preparing our music for State Large Group Contest." According to Mr. Puffett the best way to prepare yourself for State Large Group Contest is to "learn your music early, and have fun with your performance."





## Mrs. Delagardelle and the Art Program

by Maxine Embry

Saydel's art program is run by the art teacher Mrs. Lindsay Delagardelle. This is her first year at Saydel, and so far many students like her and enjoy her being their teacher. Currently Saydel has six art classes, all of which Mrs. Delagardelle teaches. For those students interested in art, they must take Introduction to Art before taking other art classes which are Painting I and II, Drawing, Studio Lab, and Pottery. Mrs. Delagardelle takes her work seriously, but she loves having fun with her students.

So far this year, every class has made many creative projects. Some of the major ones were the character project in Intro to Art, which students had to illustrate a character then make it out of clay. In Painting I they made monochromatic paintings; in Painting II they created a social change painting; in Drawing they composed basic drawings.

In the future, Mrs. Delagardelle plans to keep the art program the same, just with different projects; however, in the next few years, she plans to get a new class in place. She feels that it will teach her students more skills and help them with their technology skills. She also feels that the students will have more fun, and might get more students involved in the art program.

Even though many people think that art programs don't receive much funding, the arts are very supported here at Saydel. "I think the art program is very well funded, the supplies I need are here," said Mrs. Delagardelle. When asked about what would happen if the funding was cut or decreased, Mrs. Delagardelle stated, "I would obviously be super sad. I would be out of a job and I think the hardest part would be you wouldn't have art." She also said in the near future, one to two years, she is going to try and get graphic design incorporated with the art program. She said it would help students gain more skills for the real world, since now this world is more technology-based. If she ever got a grant for Saydel's art program, she'd love to get a Mac lab for the students.

If you are more into sports than art, consider signing up for one of the art classes as an elective. For instance, a football player could choose to draw or sculpt a football. Mrs. Delagardelle feels also that art and sports are pretty equal: in both a student is able to express themselves. So, if you ever thought about joining art, do it. If you give it a chance, you will be able to do whatever you set your mind to, even if you aren't that artistic.



Even though some people might not care for art, many others do enjoy art. There are a lot of students in the art program that love being able to be hands-on and express themselves. Freshman Cheyenne Weir enjoys art because she's good at it, and she has fun. It's her favorite class of the day, and she can't wait to get to it. Sophomore Tyler Lane's favorite project was the clay project [right]; he was able to build his own little character and show what he can do. Tyler also enjoys art because he says he is "beast" at it. Freshman Stormie Summers really enjoys art because she is able to creatively mess around and have fun. She is able to be herself while making her artwork. Freshman Jacob Kuehl said his favorite project was the positive and negative sketch at the beginning of the year in Intro to Art. He said it was really cool and really fun.



# One Team One Dream

Experienced Players Rule the Court

by Melanie Gustafson

The hard work starts to pay off when the Saydel Girls Basketball team kicked off their season at home against South Hamilton sweeping in a victory 59-34. Ranked 14 in the state at the start of the season for class 3A, the Lady Eagles wish to improve from last year with the same teammates they have been playing with for years. "Now that we are older and have more experience, I believe this season will be successful," says senior point guard, Brooklyn Allgood. Brooklyn's goal for this year is to make it to state, and she hopes to attain this goal by practicing just as hard as they will play. When it comes to practices, some of the things that are most beneficial to these hard-working girls are running, being able to communicate, and practicing at a fast pace so it prepares them for real game situations.



Above: Senior Brooklyn Allgood shoots two free throws during the South Hamilton game.



Left: Senior Gabbie Richards boxes out her opponent.

Right: Seniors lead a cheer during a timeout.

One of the advantages to having a bigger crowd is that it pumps up the team by having cheering teammates, friends and family while also getting into the opponent's head. There are many games still to take place, so come support your hard-working Saydel Girls Basketball team as they pursue their dream to reach state.



# Nothin' But Net

by Courtney Hill

The 2014-2015 Saydel Boys Basketball season is now underway! The boys opened up at home on Tuesday, December 2, with a game against Roland Story. Unfortunately, they were not able to pull off the win, with a final score of 30-61. They also took on Gilbert at home that Friday, again struggling to get a win in the books.

The following week they travelled to Nevada High School and North Polk High School. The North Polk game was a close finish. The boys were neck and neck throughout the whole game, but lost within the last couple seconds. "We played hard but we just couldn't follow through with our shots, which is why we got beat," explains senior Brandon Hill.

The boys then took on Ankeny Christian. They started off the game by taking an early lead and continued it throughout the rest of the game. The final score was 59-49, giving the Eagles their first win of the season. "All together we stepped up our defense and got a lot of stops, and we stepped up our offense and made our shots," said Hill. The boys continued their win streak at Colfax-Mingo, leading the whole game.

The Eagles are back in action tomorrow night at PCM High School. If you get the chance, make the trip to come support the boys!



**Above: Junior Kole Walker dribbles around his opponent.**

**Far left: Senior Clayton Sommers drives to the hoop.**

**Left: Senior Casey Roberts boxes out in order to get the rebound.**

Junior Oscar Ruiz is about to pin his opponent.



# With Expectations Set High, Wrestlers Hope to Stay on Top

by Taylor Newell

Although it's Mr. Michael Dennis' first year being head coach of the Saydel wrestling team, he still holds the same hopes and expectations as the previous coach, for Dennis was one of the assistant coaches last season. This year's coaching staff consists of six coaches, including hired and volunteer coaches, all of which have state and/or college wrestling experience. Dennis was a part of the 2013-14 wrestling team, who came out on top as conference champs with three wrestlers making it to state and two of them placing in the top eight. One of the wrestling managers, junior Hannah Van Houten said, "There's always room to keep improving."

With Dennis' help, the wrestlers have a big goal that they are all trying to reach together. As freshman Trevor Sprague put it, "At Wells Fargo we plan to be on the mats instead of being in the stands." Dennis mentioned that this goal was set at the end of last year's season. The team plans to work hard all season and improve more and more every day and reach their goal to be returning conference champions. "Every day we have to keep improving and keep a positive mentality," Trevor said.

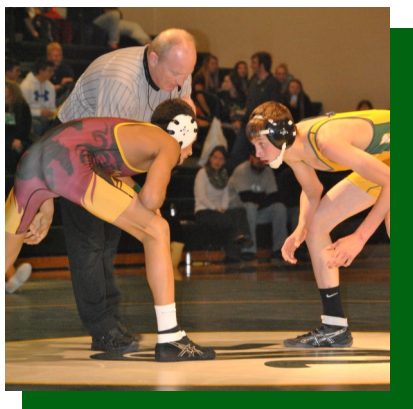
Not only is the team working together and working hard to reach the team goal, most of them have set high personal goals for themselves as individuals. When wrestlers have personal goals, it forces them to push themselves harder and help achieve the team goal.

Being a wrestler takes responsibility. Wrestlers have to watch their weight and know when and how to cut weight in order to be eligible to wrestle in meets and tournaments. The coaches have been really impressed with how well the wrestlers are watching their weight. If a wrestler needs to cut to get under a certain weight, they know how to cut and how much they need to lose. "The wrestlers are doing a great job so far on managing weight, nutrition, and hydration," says Dennis.

Dennis believes in his wrestlers and has high expectations for them. "I know that we will be on the hunt to win a conference dual championship along with a tournament title. I expect us to make it back to the regional duals," Dennis states.

Before the boys get off the bus on away meets, he has a talk with them getting them in the mentality that they're going to win their match and they are going to go beat their opponent. With the help of Dennis, as well as the other coaches, the wrestlers are set up to have a successful 2014-15 season ahead of them.

Freshman Klayton Keller pins his opponent.



Junior Cory Harden faces his opponent.

106	Klayton Keller Nico Garcia
113	Trey Moen
120	Cory Harden Chase McClure Jackson Dopheide
126	Devon Van Houten
132	Oscar Ruiz Bryce Camp
138	Austin Moen
145	Marshall Anderson Kyu Shineflew
152	Grant Sherman
160	Dylan Coffin
170	Trevor Sprague Raul Valdez
195	Hunter Jesse
220	Sean Miller

“It’s hard to be humble when you can jump, stunt, and tumble.”

## Saydel Winter Cheerleading 2014

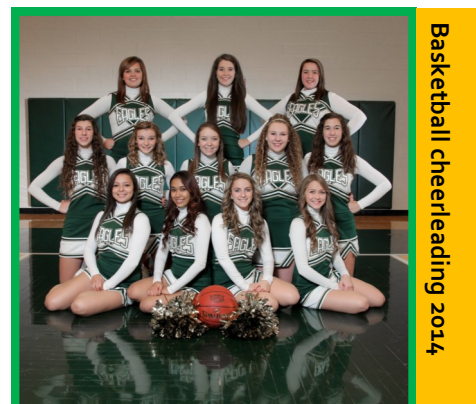
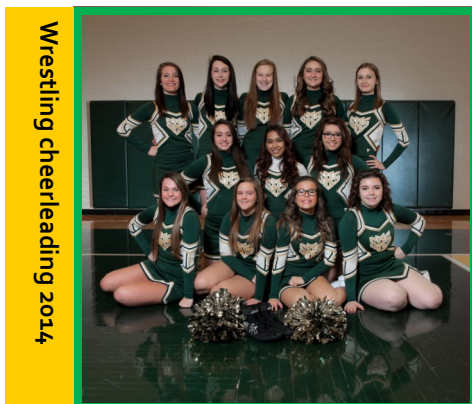
by Alexandria Hill

On the court and on the mat, Saydel winter cheerleaders are showing their school spirit. The cheerleaders spend a majority of their weekdays after school practicing cheers, jumps, and stunts. There are two different cheer squads during winter cheerleading, one for wrestling and one for basketball. Each squad learns more than twenty different cheers. Each squad also cheers on our Saydel Eagle basketball players and wrestlers at more than twenty basketball games and wrestling meets.

Captain of the wrestling cheer squad, senior Mackenzie Miklus, said, “I think this season is going to go really well for both wrestling and basketball, all of the girls are getting along and they are working extremely hard to make sure they have all of their cheers learned.” She also said that a lot of improvements have been made since last year. Almost all of the cheerleaders know all of their cheers and they’re in tip-top shape for the upcoming wrestling meets and basketball games! “I love cheering, and I especially love my cheer squad! They make long practices and 6 am tournaments well worth it!” said Mackenzie.

If you would enjoy being a part of the cheer squad, new cheerleaders are always welcome, and no one gets turned away. All of the cheerleaders are extremely helpful and do their best to make sure everyone feels comfortable. It’s also really fun, and an easy way to get involved. “All it takes to be a cheerleader is a good attitude, school spirit, and the desire to have fun,” said Mackenzie Miklus.

Cheerleading is a great extracurricular activity to get involved in, especially if you have a lot of school spirit. It’s a really good way to make new friends and learn new things outside of school. Not only is cheerleading extremely fun, but it is also a good way to support your wrestlers and basketball players during the winter season. It is nice for them to constantly have someone cheering them on. Cheerleading is a very positive experience.



# HEALTHY KIDS ACT

## *How is it affecting your daily lunch, and how does the lunch staff feel about it?*

by Alyssa Cordova

As you may have noticed, lunches are getting smaller and students definitely do not have as large of a variety of foods to choose from when going through the lunch line. This is all due to the Healthy Kids Act which was made by First Lady Michelle Obama. The law first came into affect in 2010. The focal point of the law was to improve child nutrition, end childhood obesity, and promote more physical activity. This enforced new fundings for school lunches and set policies for USDA's (United States Department of Agriculture) core child nutrition programs. The federal spending totaled \$10.1 billion for the National School Lunch Program. Just in the 2012-13 school year, 21.5 million students received free or reduced lunch prices, and a majority of the money for this program comes from the tax payers.

Members of the lunch staff at the high school and Cornell shared their opinions about all the changes that have been made to lunches, but also their jobs and budgets. Both of the ladies that were interviewed said that they do like the new lunches, but it did take awhile to get used to. One of the biggest changes was bringing in all of the new fruits and vegetables. One of the downfalls is getting fresh fruits and vegetables in the winter because they are no longer in season. They do all that they can to still make lunch the best. Cheryl Porter (head cook at Cornell) said, "All you have to do is throw in some spices and a little bit of love. If you follow those steps, your lunch will be the best." Another change is to portion out all of the sauces that we get to watch for our sodium intake.

Like all new changes that come along, it takes a lot to get used to. The lunch staff is still trying to bring in many ways to make lunch good and still follow the guidelines. Of course with healthier foods, things get a little more expensive. The Saydel lunch program does get an extra \$.06 per meal reimbursement from the government. Another major change that has been made is with the snack a la carte – the items that you can pay extra for such as juice boxes, water, chips and fruit snacks. Before any of that is allowed to go on the shelf, it has to be run through a nutrition calculator. As a part of the lunch staff you do choose the items that you order but they do have to go through the director of food services – Amy A'Hearn. Once the lunch staff gets the food they have a variety of spices that they can add to get the best result with students and staff, of course as you do this you must taste the food as you go; not too little and not too much. Each school gets their own leeway with what they do to the food and are free to do whatever as long as it still follows the guidelines and the staff considers the students' taste.

All of the schools in the district have the same goal of providing more homemade foods like the mac n' cheese, meatloaf, spaghetti, cavatelli, and chili. These items are shown to be more popular so they are trying to find more items they can bring in as homemade. All of the staff does eat the lunch everyday to see if it really is good for us and how they can improve. The lunch staff does all that they can to make our lunch the best. The lunch staff is always looking for suggestions and would love to hear from students about how they feel towards the lunch and breakfast items.



# Get it Straight

## Advice from Straight "A" Students

by Lexi Harper

# H

ave you wondered about different ways to get good grades? Have you ever asked how you can get them? Do you get nervous on tests? Have you always wondered different ways to help you with taking a test? Even if you are getting good grades, with the advice below you could get even better grades.

What advice can you give to those who are struggling to get good grades? The most obvious answer would be to ask for help from a teacher and/or a fellow student, but sometimes that doesn't always help when you need it the most. Paying attention in class would be another obvious answer, but what if you can't pay attention in class, or it is still hard to understand? Then maybe if the two separate pieces of advice don't work separately then you could always try to do a combination of them together, like paying attention and asking questions during and after class.

Multitasking can sometimes be super difficult. Take for example a student who is in a sport, has a job, but still wants to do well in school; how could he or she possibly balance all of those? Try making an agenda of your week so you know how much time you have for everything, school-related and personal, so that way you never forget something or don't have enough time for it. If you try that and it still doesn't work you can always try something else. When asked the question of how she balances school and work this answer was given by Makenzie Pearson, Junior, "For work I take certain days off so I can have time for homework." If that doesn't work you can always try doing homework on break at work or even on the bus

on your way to away games.

Do you have good grades but you don't know how to maintain them? Carlos Varela, Junior, had an interesting thing to say when asked how he had good grades and how he maintained them. "I just do what I'm supposed to do", was his response. Makenzie Pearson had some advice when asked the same questions. She stated, "Just show up to class, and do what you are supposed to do, it makes it easier on everyone."

Some people get nervous for tests; others remain cool as a cucumber. If you do get nervous, some advice for you to try and help you for your next test so you aren't as tense. You should try to study the night before and then go over the material right before the test so that way you can remember what you learned. If there is a study guide that you can use on the test, make sure you fill it out and ask for a key so you can check your answers. When asked about tests Carlos Varela had this to say, "Sometimes I get nervous it just depends on the test. The advice I would give is always pay attention in class before the test, study, and just try your best on the test."

So there you have it, advice on how to maintain grades, how to get good grades, how to not get as nervous on tests, and how to manage a busy schedule to have time for homework and studying. Now the decision is yours, you can either take the advice or try some or you can continue on your way if you think you are just fine. Just remember that no matter what; just try your best whether it is just on homework, on a little quiz or a big test.



# What's Bullying To You?

by November Fetters

As you walk through the halls you see it, but you don't say anything. In fact you might be laughing with them. One thing you may not know is that you're motivating the bully, and making the person getting bullied suffer through their everyday life. According to [pacerbullying.com](http://pacerbullying.com), everyday somebody is getting bullied, whether it's because of the way they dress, talk, or maybe it's their style that's different. The truth is we can't entirely stop bullying, but we can try to prevent it. In order to help, start with yourself: don't talk about people, don't laugh at people for who they are, and stop bullying completely.

"Bullying is unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is usually repeated," stated [stopbullying.gov](http://stopbullying.gov). According to [dosomething.gov](http://dosomething.gov), over 2.3 million students are victims of bullying.

"I was bullied a lot until I learned to speak up and now I actually have a lot of new and old friends," quoted Joey from New Jersey from [stopbullying.gov](http://stopbullying.gov). Many people have experiences similar to Joey's, but don't know how to face the bully. Guidance counselor Ms. Shannon Larson advised, "Do not engage the bully, talk to an adult about it, and never reply to the bully."

What is Saydel's school policy regarding bullying? As stated in the school handbook, "Harassment and bullying of students and employees are against federal, state, and local policy and are not tolerated by the board. If after an investigation, a student is found to be in violation of this policy, the student will be disciplined by appropriate measures, which may include suspension or expulsion. If after an investigation an employee is found to be in violation of this policy, the employer will be disciplined by appropriate measures which may include termination. If after an investigation a school volunteer is found to be in violation of this policy, the volunteer will be subject to appropriate measures, which may include exclusion from school grounds."

When you bully a person, it makes them feel unimportant. You can help contribute by not bullying, becoming friends with people that are friendless, and standing up for the person getting bullied.

# A Simple Click of a Button Can Change Anyone's Life!

by Josee Adams

If you are into photography, or want to know how to get into it or improve your skills, then keep reading! There are so many different ways to get started and getting into it isn't that hard. All you need is a camera, an open mind, time, and money (can be helpful). Once you have all of that, you're ready to go. When ready to take pictures, experiment with different things, like effects, angles, and lenses.

The skills needed are an open mind to new things, drive, and passion. Hannah Van Houten, the photo editor for yearbook and newspaper, says she has gained a lot from taking pictures. Starting out Hannah went to a photography camp. She says, "I really got into taking photos after that summer." After eighth grade year, Hannah got a really nice camera and she now takes senior photos.



Hannah's photo



Josee's photos

## Tips

- Experiment.
- Use different effects/ lenses.
- Keep trying to get the shot you want. (Practice makes perfect!)
- Get up close.
- Have fun with it!

# THE M.A.P.

## TEST IT OUT

by Jasmine Vandermark

### TIPS

1. Take short breaks during the test to avoid test fatigue.
2. Read all the directions carefully so you understand it better.
3. If you don't know the answer, make an "educated" guess.
4. Read all answer options and use process of elimination to help answer question correctly.
5. Take your time; there's no time limit.

The M.A.P. testing at Saydel is a pretty big deal. Freshman, sophomores, and juniors take these tests twice a year on reading, math, and science. They use these tests to track the progress of students separately and our school as a whole by comparing our scores to other schools, and our own scores from the years before.

Mrs. Dia Fenton, master teacher for two years and Saydel employee for nine, says, "M.A.P. testing as a K-12 system is very beneficial to show people the growth of their children." M.A.P scores keep getting better and better. Just last year both math and reading increased in the advanced categories. There have been goals set for each grade in reading and math; math should go up by 10% for freshman, 6% for sophomores, and 5% for juniors. In reading it should increase by 6% for freshmen, 5% for sophomores, and 4% for juniors. Mrs. Fenton believes the scores are rising "because the teachers are being more forceful and the students are putting forth their best efforts."

Still teachers are trying to improve M.A.P scores by aligning their curriculums better and looking for a better way to take the test. Most of the school M.A.P goals focus on reading and math. Mrs. Fenton says the spring testing will most likely be in March before Spring Break.

### MAP GOALS

← This chart presents the goals that have been set for the reading and math scores on the test. Each grade has a different goal.

Class Of 2018 Freshmen			
Reading		Math	
Advanced	Increase by 10%	Advanced	Increase by 10%
Not Proficient	Decrease by 8%	Not Proficient	Decrease by 8%
Class of 2017 Sophomores			
Reading		Math	
Advanced	Increase by 6%	Advanced	Increase by 5%
Not Proficient	Decrease by 6%	Not Proficient	Decrease by 3%
Class of 2016 Juniors			
Reading		Math	
Advanced	Increase by 5%	Advanced	Increase by 4%
Not Proficient	Decrease by 5%	Not Proficient	Decrease by 5%

# New Kids in Town

## What do they think?

By Abbie Primrose

Have you ever wondered what the new kids think of Saydel, or what is going through their minds when you see them walking down the hallway, or what they like to do outside of school? Taylor Dhabolt ,a transfer student from Southeast Polk High School, shared her thoughts about Saydel.

Taylor answered some questions about her experience at Saydel ,and shared views about the school. She stated, "It's different than Southeast Polk but a good different. The scholastics are better and the people are way nicer."

Taylor also said that she liked many things about Saydel. When asked about her favorite teacher, she said, "Mr. Alons, of course! I love his class because he is funny and makes learning fun." Taylor also said her favorite subject is "Choir because I love to sing, but I don't like singing in front of people."

Taylor explained when and why she came to Saydel. Taylor stated, "My parents wanted me to have a better pace and learn at my speed, and Saydel gives me the help I need." When asked what she felt about Saydel students, she said, "They are nice and they accept me." Aside from being in classes, Taylor participates as a wrestling cheerleader. After she was asked when she came to Saydel she said, "I came the beginning of the school year and it's been great so far. I love all of the friends that I've made, I like most of the teachers, and I look forward to coming to school every day. "

Since students have been working on goals in academic support, when asked what goals she had for the rest of high school, Taylor stated, "I want to get good grades so I can go to college, but other than that I don't know." So now if you ever wondered what new students think about Saydel, Taylor Dhabolt has given her input. If you ever need someone to talk to or if you want to learn more about her, just find her and ask!

# Following the Signs

The Journey of Getting a New Student

by Kaitlin Conklin

What do you do when you get a student who you can't communicate with? How do you communicate with him?

During the month of October, Saydel got a new student, Luis Castaneda, with whom we could not communicate. Luis is deaf, and did not know American Sign Language. In order to help Luis, the school used several strategies. Mrs. Sonius, along with members of the student body, put different colored arrows and signs by the classrooms to help Luis get around the school. While Luis was at Saydel, Mrs. Sonius and her internee, Alexis Kuehl, taught him sign language. They decided what to teach him based on what he needed to know and learn. Flash cards, books, and videos were a few tools they used to help him learn.

Mrs. Sonius, Alexis, and Luis all improved their knowledge of sign language. Everyone that worked with Luis, learned a lot of words. Their goals for Luis are for him to be able to speak with his family and friends, get into general education classes, and learn as much as he can.

This whole process had a huge effect on the school, especially during the first two weeks he was here. Mrs. Sonius stated, "The building came together to try to help him acclimate and everybody was interested in communicating with him, helping him learn both sign language and how to read. Even though things have changed, if Luis returns, we will have the same amount of enthusiasm."



The flash cards that hung in Mrs. Sonius' room were designed to help Luis.

