

Weekend

EHS students spend spare time relaxing and working

lee rathbun

Sitting through class on Friday, most students aren't focused on the subject at hand. Instead, they are thinking about the plans for that night, what to do tomorrow or whether or not to get up for church on Sunday. As students, we all look forward to the weekend as our time away from the day-to-day drag of high school.

If one really thinks about it, almost anything can happen in that short two-day period of no school. The weekend is full of opportunity.

"I really don't have any restrictions during the weekend. I have lots of opportunities during the weekend to do things I couldn't do during the week," sophomore Nikki Hatfield said.

To make sure their kids aren't completely out of control, many parents enforce a curfew on their sons or daughters. Often students complain about their curfew since the weekend is supposed to be a time of freedom from set schedules.

"I really don't like my curfew.

I get grounded for breaking it, which is often," freshman Frankie Kline said.

In high school, students learn to manage their time and make plans for the future. Making plans is also essential to having a great weekend. For many, plans are made way in advance for an upcoming weekend.

"As soon as one weekend ends, I make plans for the next one," junior Chris Seiler said.

The weekend officially begins when the last bell rings on Friday, but even though school is out, some don't get to leave.

The majority of football and basketball games occur on Friday nights, making some students put off plans until Saturday.

"Friday nights are game nights and I don't really leave the school, so for me the weekend doesn't start till Saturday," Seiler said.

Activities often take place on weekends, games on Friday nights, a forensics tournament on Saturday or possibly a church meeting on Sunday

night.

"I spend a lot of time with the cheerleaders. We have a wrestling tournament almost every Saturday. They take up a lot of my day," Kline said.

Saturday is obviously the most important day of the weekend - a full 24 hours to do as one wishes.

"My Saturday plans vary depending on the week. There's sometimes where my day is

to church on Sundays.

"Sundays are the only time I get to spend with my family. I go to church and relax afterwards," Seiler said.

Much like Saturdays, the option to sleep in or hang out with friends is still available on Sunday.

"Sunday mornings I always sleep in, then just chill. I try not to think about school until I arrive at the school on Monday

“ You should make the most of your weekend. Anything can happen, so be spontaneous - Kelsey Kempke

uneventful and I sleep in. Other times, I make the best of it by hanging out with friends, listening to the band (Crescents Edge), watching movies or taking road trips," senior Kelsey Kempke said.

"I love sleeping, I always try to nap in the afternoon. The day-time is boring, so I don't go out until the night," junior Shelby Urban said.

Even though many students intend to spend time with friends, those with jobs may have to sacrifice a little. The extra cash in hand can buy comfort, but it can't buy a great time with friends and nobody wants to work when they could be relaxing.

"My work dictates what I can do on the weekend. On Saturday my whole family works, so it creates a hectic atmosphere around my house," Seiler said.

For the most part, the weekend is all about having a good time, a chance to spend time with friends.

"My typical Saturday consists of spending time with friends throughout the whole day," Hatfield said.

Sunday is the original day of rest. Growing up in rural Kansas, many students still go

morning," freshman Bailey Bunch said.

The one constant in many students' life is family. The weekend provides a time not only for friends, but also a time to spend with family.

"With both my brothers in college now, I don't get to see them as much. I try go to Kansas Wesleyan every weekend if I can, to see them," freshman Evan Schade said.

As the weekend winds down on Sunday night, students start to think of school again. What homework assignments are due? Is it a red or black day? Where's my bookbag? Students know they're going back to the daily schedules filled with teachers' lectures and textbooks.

"Sunday night I start thinking of school again. I think about what classes I have tomorrow and get my stuff organized. I do some homework if I have a lot," Kline said.

Not all weekends may be exciting or eventful, but the weekend is a time away from school that should be enjoyed to the fullest.

"You should make the most of your weekend," Kempke said. "Anything can happen, so be spontaneous."



Making a raise, freshman Evan Schade plays Texas Hold 'Em with freshman Ryan Parks and juniors Lucas Munoz and James Winston. The group meets with several other friends once a month to play in Parks' garage.

Conditioning...stepping it up

kara svaty

Students have been talking about how the conditioning class has changed second semester. Conditioning teacher Ken Windholz decided he wanted to change the attitude and work effort in the class. He said he didn't like what he was seeing from the students' effort or the results of the class.

"I first took a look at myself. There had to be something I was doing or wasn't doing that created this problem," Windholz said.

If students miss a workout, lack effort or have behavior or attitude problems, Windholz has created what is called dawn patrol. It is a workout session on Wednesday mornings from 6:30-7:30 am. The workout they do during this time is

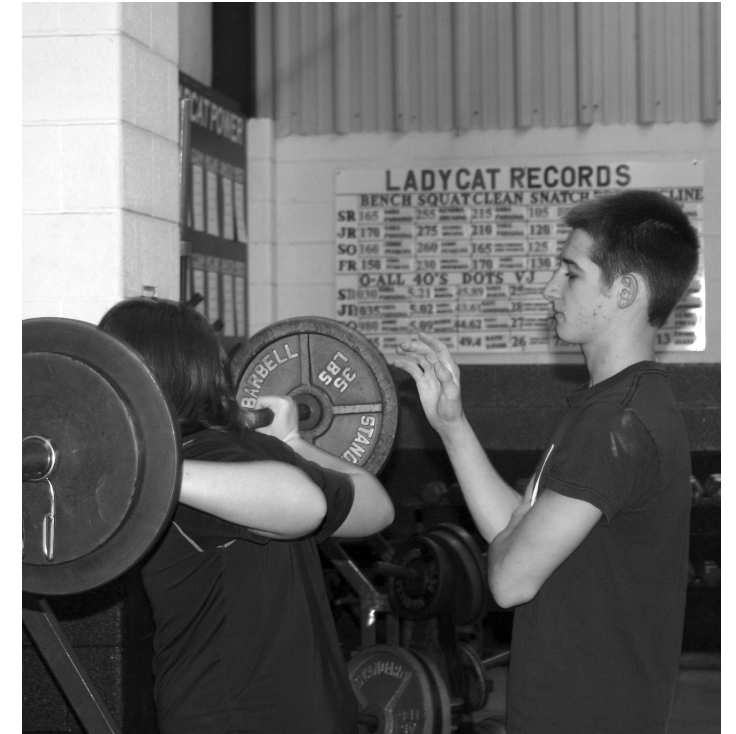
similar to the one they missed, only with a few changes.

"During dawn patrol, I did the beginning agilities, then the cone drills and stair jumps and push-ups and sit-ups. I hated getting up, but I know I'm in better shape now," junior Haley Keener said.

"There have been a few students that have had to come in for dawn patrol for different reasons-one was late and one didn't dress out and another one didn't finish their workout," Windholz said.

There are three different workouts: A, B and C. All of them have core lifts, core drills, running, footwork, arms, hips and hamstring workouts, just in different drills.

They don't do the same workout all week. They usually end up doing A and B one



Watching carefully, sophomore Levi Schneider spots freshman Aaron Kearney on the squat lift. The new workouts include traditional lifts and several new exercises. Students are pushed to work harder than in the past this semester.

“ They are working hard, which is something to be proud of. - Ken Windholz



Working out in Ken Windholz's conditioning class, freshmen Carver Moon and Michael Harr pass a medicine ball to work their upper arms. This workout and several others, are new to the class this semester. If a student misses a workout, they must attend dawn patrol on Wednesday morning.

week, then the next week they do C and start all over again.

One of the workouts uses a medicine ball which is something that hasn't really been used in conditioning in the recent years.

"The kids complain some about being sore and tired, but that only means they are working hard, which is something to be proud of," Windholz said.

"I like the fact that I am getting in better shape, but it's just not as fun," sophomore

Cyleigh Schultz said.

Sophomore Weston Wilson and freshman Alex Cunningham agree that the change in the class will definitely help get them in shape, but it just isn't as relaxed or easy as in the past.

There are just over 80 students in conditioning with most all of them involved in sports.

The new workouts may be harder and criticized by students but if they stick to it, results will come.