



Junior Blues News



December 2023

| | |
|--------------------------------|----|
| Principal's Letter | 1 |
| Counseling Office | 2 |
| Academic Assistance | 3 |
| Sources of Strength | 4 |
| STUCO - Adopt A Family | 5 |
| Fall Highlights | 6 |
| AFJROTC Fundraiser | 13 |
| Career and Technical Education | 14 |
| -WRHS Bank | 17 |
| -Common Grounds | 19 |
| -The Shack | 20 |
| Chimes Yearbook | 22 |
| -Senior Portraits | 23 |
| -Senior Salutes | 24 |
| Media Center | 26 |
| PTO Blues Backers | 31 |
| School Calendar | 37 |

Featured Story

Fall Sports and Activities



Washburn Rural High School provides a progressive environment of world-class academics, athletics, and activities to foster all students' desires to learn and achieve through open discussion and self-discovery. As educators in pursuit of student success, we continually enhance our skills and knowledge so we may offer the most relevant, effective curriculum in order to achieve our vision.

Produced by: WRHS Business Communications
Sponsor: Brian McFall

From the Desk of Our Principal



Season's Greetings!

I hope this newsletter finds you well and anticipating the upcoming holiday season! As you know, the first semester of the school year will end on December 20, 2023. In an effort to help students navigate an admittedly difficult time of year, we have historically held finals over the course of four days. By doing so, students have no more than two final-examinations to prepare for on any given day. This also allows us to expand the time available for final-examination make-up to include some time during the regular school day.

As you know, part of our Vision Statement as a school states that we want “all students to have a voice.” Consequently, we frequently ask student opinions about our schedule and other matters of importance. We do understand that what may have worked last year or the year before, may not work today or in the future. Last May we gave our students the opportunity to voice their preference related to the final examination schedule. Approximately 69% of the respondents desired to keep the 4-day schedule in effect. As long as we have the cooperation of students and parents in understanding that these are full school days and attendance is expected, our staff will continue to be sensitive to this preference. In the event that we have large numbers of students being excused for the portions of the day where final exams are not being administered, we may reevaluate and return to a 3-day final exam schedule. A description of the exam schedule follows for your convenience.

| Friday, 12/15 | Monday, 12/18 | Tuesday, 12/19 | Wednesday, 12/20 |
|---|---|--|---|
| 7-7:50 Zero period final (if applicable) 7:55-8:28 1 st period 8:33-9:06 2 nd period 9:11-9:44 3 rd period 9:49-10:20 4 th period 10:25-10:58 6 th period 11:03-11:35 7 th period 11:40-1:10 5 th period & lunch 1:17-3:02 3rd period final | 7:55-9:40 1st period final 9:45-10:45 2 nd period (final prep) 10:50-11:50 7 th period (final prep) 11:55-1:12 5 th period & lunch 1:17-3:02 6th period final | 7:55-9:40 2nd period final 9:45-10:42 3 rd period & finals make-up 1, 3, 6 10:47-11:47 4 th period (final prep) 11:52-1:12 5 th period (final prep & lunch) 1:17-3:02 7th period final | 7:55-9:40 4th period final 9:45-10:42 1 st period & finals make-up 2, 4, 7 10:47-11:47 Advisory 11:52-1:12 5 th period & lunch 1:17-3:02 5th period final |

A study session designed for the purpose of helping our students prepare for their final examinations will be offered again this year! Faculty members representing most of the core content areas (Math, Science, and English) and several teachers in elective areas will be available to help your child prepare during this time. The study session will be held in the Washburn Rural High School Cafeteria, and pizza will be provided for both students and teachers. **Finals Study Night** will be on Wednesday, December 13, 2023 from 6:00-8:00 pm. We strongly encourage you to help your child take advantage of this very important opportunity!

Winter break for students is December 21, 2023 through January 3, 2024. The second semester will begin on January 4, 2024. On behalf of the staff at WRHS, I would like to wish all of our extended Junior Blue Family, a relaxing and memorable holiday break!

Best,

Ed Raines, Principal
 rainedw@usd437.net

◆ WRHS Counseling Office

[Counseling Website](#)

Twitter Updates: [@wrhsgo](#)

Crisis Hotline: 785-232-5005

Schedule Changes

Since November 1, counselors have been working to fill gaps and adjust second semester schedules. Please understand that all schedules are tentative and therefore, students should view their schedule on Campus Portal the first day of second semester. Students who have scheduling issues should contact their school counselor before finals week. Please note that counselors are not available during winter break. Once second semester begins, schedule changes are only approved for levels or being misplaced in a class (eg. English 10 to Honors English 10).

FAFSA

The Free Application for Federal Student Aid (FAFSA) will open in December. College-bound seniors and their families are encouraged to complete the FAFSA. This awards federal grants, low-interest loans, and work study. The [counseling website](#) has several resources available to support families in submitting their FAFSA. In addition, Washburn University will be hosting FAFSA completion nights. Every college has a different FAFSA priority date. The [Senior Letter](#) includes the KBOR college deadlines. Speak to your college's financial aid office for additional information.

Scholarships

Seniors and families should explore the [scholarship website](#) for school, local, and national scholarships. These [Fastweb](#) application tips can be helpful.

20 Study Strategies for Finals Week

As students prepare for finals week, these tips may be useful as they plan their study time. Students are encouraged to start early and feel confident that their hard work this semester will help them find success! <https://www.fastweb.com/student-life/articles/the-20-study-tips-for-finals>

ACT Preparation

Over 300 juniors will take the ACT on February 27. Students are encouraged to spend time over the winter break preparing for the test. Free resources are available at www.act.org.

What College and Scholarship Committees Look for in High School Applicants

This [publication](#) was created in 2020 and is based on surveys from colleges and universities. While the testing information has changed at most colleges, this can serve as a useful guide as our WRHS students prepare to be competitive applicants.

Washburn Tech Programs

Many WRHS junior and senior students attend Washburn Institute of Technology during high school. Families are encouraged to explore these opportunities. A representative visits WRHS every two weeks. To date, over 100 students have met with him to discuss opportunities. The information [HERE](#) reviews the steps to enroll and programs available.

Free Academic Assistance

AFTER SCHOOL LABS

Library

- **English**
- **Math**
- **Science**
- **Social Studies**

Room E554

- **AF-JROTC**

Tuesdays & Thursdays 3:05-4:15pm

Need a ride home?

**Sign-Up in the Main Office for Transportation
Before or during lunch**

SOURCES OF STRENGTH

Research has shown that long-term relational support is very effective in preventing young adults from becoming suicidal or acting on suicidal feelings and impulses. It is essential for adults working with students and young adults to develop caring relationships with them, especially those who report low levels of trust toward adults or have few connections to supportive adult relationships. As we move into this campaign, the students will reflect on whom they feel their trusted adult is in the building. Then they will make a custom trusted adult button to give to that person, to demonstrate their importance and value in the student's life, and that the adult is somebody to whom they and other students can turn when they have a problem.

Follow Us @WRHS_Sources



WHAT HELPS US CAMPAIGN

This campaign focuses on people's personal stories of what strengths help them when dealing with the big three emotions - anger, anxiety/worry, and depression or feeling sad or down. Everyone struggles with at least one of these emotions. This campaign is about identifying which emotions you wrestle with the most and which strengths help you through it.

As we moved into 1st semester, students posted on our social media about what has helped them get through difficult times. Students also worked together to create positive quotes to put on the bathroom mirrors. Students came up with ways to make a difference, such as a Spotify playlist with feel-good tunes.



TRUSTED ADULT CAMPAIGN



Research has shown that long-term relational support is very effective in preventing young adults from becoming suicidal or acting on suicidal feelings and impulses. Students made a custom trusted adult button to give to a person in the school, to demonstrate their importance and value in the student's life. Providing this button and a note stating how they have positively impacted them, showed that the adult is somebody to whom they and other students can turn when they have a problem.

WRHS STUCO PRESENTS

Adopt A Family

HELP US BRING SOME HOLIDAY
CHEER TO WRHS FAMILIES THIS
HOLIDAY SEASON!



[HTTPS://RURALSPIRIT.SQUARE.SITE/RURAL-HOLIDAYS](https://ruralspirit.square.site/rural-holidays)

Scan our personalized
QR code to give a
monetary donate towards
the program and make a
family's holiday season
merry & bright!

Donations
accepted through
December 20th.



◆ Fall Sport and Activity Highlights

Choir has had a booming semester full of opportunities. Ambience, the all treble group, took a trip out to Kansas City in October to sing at the Renaissance Fair and perform at the UMKC "Cantate" Choral Festival. This Generation has had a host of opportunities as well, performing with area choirs at White Concert Hall, touring the community, and preparing for their annual Candlelight Concert on December 16th.

The WRHS Chorale has a big performance schedule ahead of them. The group will sing at the Kauffman Center on Dec. 18th with Spire Chamber Ensemble in their performance of the Messiah. Alongside this huge performance, Chorale is preparing for their program at the Kansas Music Educators Association in February. The group has also performed at the WRHS homecoming game and Veterans Day Ceremony.

The WRHS Trebles will sing with the Kansas Ballet and Topeka Symphony in the annual production of The Nutcracker on Dec. 16th and 17th at TPAC. They also celebrated their combined tenor/bass choir for their performance of "Tell My Father" at the WRHS veterans day ceremony.

Finally, the Winter Choir Concert will be held on Dec. 5th at 6:00pm and 7:30pm. They are so lucky to have a wealth of opportunity in the program!



Congratulations to Courtney Nottingham and Ben Holcomb! Their programs have been selected for a featured performance at the Kansas Music Educators Association annual conference in Wichita at the end of February. To be considered for selection, the Chamber Orchestra and WRHS Chorale had to submit an audition tape and compete against some of the best programs in the State of Kansas for recognition. Congratulations to them on this significant achievement. Additionally, both programs, along with the WRHS Band, are currently fundraising for a trip to California in March.



◆ Fall Sport and Activity Highlights

The Marching Band performed at the Olathe North Invitational Festival on October 7th and placed 8th in the preliminary competition and 11th in the finals. They received a Superior rating at the Central States Marching Festival at Kansas State University. The band capped off their season with a performance at the Kansas Bandmasters Association Marching Band Championship hosted at Kansas University and they placed 12th overall. For the Northeast Kansas Music Educators Association All-District Honor Band, they claimed 31 spots between the concert band and jazz band plus 3 alternates. Those students are now eligible to audition for the All-State Honor Band.



The debate program is off to a strong start this season! They have had dozens of students earn medals at tournaments across the state, including top 3 finishes at Topeka High, Blue Valley Southwest, Olathe Northwest, and elimination round competition in Oklahoma, Iowa, Illinois, and Texas. They have also qualified to the Tournament of Champions for the 6th year in a row, and the 7th time in WRHS school's history. Congrats to Kavinayashri Chidambaranathan/Aditi Nimishakavi (pictured top right, below) on that accomplishment. Currently, the program is one of the top 10 schools in the nation in terms of our school strength according to the National Speech and Debate Association, which is a measurement of both student membership and team success. Congrats to Mr. Ellis and Mr. Duff on a fantastic start!



The Math Club competed at Emporia State University. The Algebra Team placed 5th and the Escape Room Team placed 2nd. Individually on the geometry test Shri Chidambaranathan placed 9th and Sam Byrne placed 22nd. On the algebra test, Blaine McVey placed 6th and Sam Byrne placed 16th. Congratulations to the contestants and their sponsor, Mr. McVey.



◆ Fall Sport and Activity Highlights

AFJROTC has been very busy volunteering in the local community. To date, they have already volunteered more than 600 hours performing color guards for WRHS sports teams, Ducks Unlimited, VFW, and the WRHS Alumni Dinner. Additionally, they provided servers as well as a setup and tear down crew for the annual VFW Hand Up Stand Up Motorcycle Ride to support the local VA hospital. The Unit has also supported the elementary schools by volunteering at Jay Shidler and Wanamaker fall festivals this month. The marksmanship season is in full swing and the young cadets have made strides every week. Col. Daniels believes that they will surprise some of their competitors before the year is over. Finally, the unit flew on a refueling mission with the 190th Air Refueling Wing. Forty-eight cadets were able to fly the training mission to refuel 3 B-52 bomber aircraft!



The Student Council had a successful homecoming week which included spirit days, trivia, a door decoration contest, royalty voting, parade, tailgate, and the dance. Around 140 different classes participated in the trivia over the week, they had 20 classes submit a door for the contest, 25 different groups participated in the parade, they sold around 400 hamburger meals at the tailgate, and they had around 1,100 students in attendance for the Dance. They loved seeing all the support and involvement from the students and staff! They also held a Trunk or Treat on Monday, Oct. 30 from 5:30 to 6:30! Thanks to Mrs. Barber, Ms. Luse, and all of the student representatives for the difference that they make in the life of WRHS!



Mrs. Schmitz and KAY Club members got together and made over 150 monster bookmarks to donate to District elementary schools.

◆ Fall Sport and Activity Highlights

Congrats to Coach Johnston, Coach Rose, and the athletes! They are the Centennial League Champs as well as Regional Champs! Results: State - 5th place, Varsity City Meet - 1st place, JV City Meet - 1st place, Varsity League - 1st place, JV League - 1st place, Varsity Regional - 1st place, Olathe South - 1st place

All City: Gabby Martinez, Claire Ireland, Carolina Alvarez-Chedzoy, Mena DiMarzio, Isabelle Haggard, Emerie Catlin
All Centennial League: Gabby Martinez, Claire Ireland, Emerie Catlin, Isabelle Haggard, Carolina Alvarez-Chedzoy, Mena DiMarzio

“The season was of great success. The girls up and down the line up felt successful, and gained confidence throughout the season. They pushed each other day in and day out throughout. I'm super proud of what they accomplished, and look forward to building on the future.” - Coach Johnston



The Girls Golf Team traveled to Emporia to compete in the KSHSAA State Tournament at Emporia Municipal Golf Course. The girls qualified for State after taking 3rd in a Regional that consisted of several of the State's top teams. They've enjoyed numerous successes this season with runner-up finishes at City & League as well as placing near the top of several other high-quality tournaments. The team recently concluded their season with a 4th place finish in the 6A State Championship. The ladies competed hard making the cut for Day 2 and moved up the leaderboard on the final round en route to a final four finish. Seniors: Raegan Peteresen and Olivia Smith, juniors: Reece Randall, Natalie Peterson, and Colbey Stead and Freshmen: Kaliyn Petersen represented the team at the State Championship held at Emporia Golf Course.



◆ Fall Sport and Activity Highlights

The boys soccer team had an incredible season with a final record of 19-2-0. The only losses were to Elgin HS (Illinois) in a national tournament and in the Class 6A semifinals against SM West. The boys won the Centennial League for the 29th year in a row! They went 5-0 in the league and outscored opponents 22-1. The team also won the Regional championship for the 23rd time in school history. They went to the class 6A Final Four for the 16th time in school history, and took 3rd place, beating Dodge City 2-1 in the final game of the season.



This season, the team scored 74 goals, gave up 16 goals, and had 11 shoutouts. Out of the 105 schools that

play soccer in Kansas, only one (Maize South - 20 games won) won more games than they did this fall. Washburn Rural is one of only four teams in school history to win 19 games in a season (2002, 2009, 2021, and 2023). Devon Rutschmann, senior, led the team with 24 goals and 13 assists. He finished his high school career with 49 goals (3rd most in school history) and 39 assists (2nd most in school history). 1st team all Centennial League includes: Devon Rutschmann, Griffin Heinen, Cohen Nimz, Ryder Nikkel, and Dylan Willingham. 2nd team all Centennial League includes: Draden Chooncharoen, Brandon Hamilton, Hayden Shriver, and Dylan Willingham. Honorable mention all Centennial League includes Liam Morrison. Congratulations to these players for making the Class 6A All-State Soccer Teams - 1st Team: Devon Rutschmann, 2nd Team: Griffin Heinen, Ethan Uhlig, and Honorable Mention: Cohen Nimz, Hayden Shriver, and Dylan Willingham!



The Volleyball team has enjoyed another successful season posting a 26-10 record and a #1 seed in the West bracket going into Sub-State. They finished with a 29-12 record, won the Centennial league for the 3rd year in a row, and qualified for state for the 7th year in a row.

◆ Fall Sport and Activity Highlights

The Boys and Girls Cross Country teams recently finished out their seasons. The cross country teams brought home several championships this year. Both the Boys and Girls won City Titles and the Girls brought home a Centennial League title with Junior Payton Fink winning the individual title. The boys finished in 3rd place in the League race. The Boys team took 5th at Regional with Connor Olsen and Brooks Kehoe qualifying as individuals for the state cross country meet. The Girls team won the regional meet, qualifying the entire team to state where they went on to take 4th place. Payton Fink was the individual runner up at the state meet.



The 2023 Washburn Rural football team finished their season with a record of 11-1, reaching the Sub-State round of the KSHSAA playoffs for the first time since 1989. The Junior Blues finished the regular season with a perfect mark of 8-0 and were undefeated in Centennial League play, giving them their second Centennial League championship in three years. In their playoff run, they also won Regional and Sectional championships.



◆ Fall Sport and Activity Highlights

Coach McKaig and the Cheer Team were excited to host the Rural Spirit Showcase. 800 athletes showcased their competitive cheer and dance routines at WRHS on November 4 as part of the Rural Showcase. The event was open to the public and admission was \$5 or 5 canned food items (which are donated to Harvester's). The event annually attracts about 4,000 spectators. They competed at The Stormont Vail Event Center hoping to continue their success as the only team to hold a top two position in the State for Class 6A for 5 years straight! All 3 of their prelim performances hit, their crowd leading and fight song were the highest score of the entire competition all day! They made it into finals, being one of the top 6 teams, ready to perform one last time. Although they finished 5th, they put their best routines out on the mat and they could not be more proud. They LOVED all of the support from the WRHS community who came to cheer them on!



Coach Tiller, Coach Hunter, and the Dance Team attended Rural Spirit Showcase, hosted by the WRHS Cheer Team on November 4. Their high energy hip hop and gameday state routines both received 1 ratings! The team was then statebound on November 17, and competed at The Stormont Vail Event Center, hoping to continue their success of holding a top two position in Kansas Dance Team state history. The team put their best routines out on the floor, but sadly did not make the top 6 taken to finals. The dancers can hold their heads high knowing they performed with all they had and left absolutely everything on the floor. They still have half of a season left to continue growing and performing.



1ST ANNUAL

WASHBURN RURAL HS MATTRESS FUNDRAISER

EVERY PURCHASE
BENEFITS THE AFJROTC
PROGRAM!



BIG SAVINGS
FINANCING AVAILABLE



Adjustable Base



Luxury Pillows



Mattress Protector

- ✓ All sizes available
- ✓ 25+ styles on display
- ✓ Brand new with full factory warranties
- ✓ Delivery available
- ✓ All forms of payment accepted
- ✓ **Financing Available**



SAT. DEC 9

10AM-5PM

@THE HIGH SCHOOL

BENEFITS THE AFJROTC PROGRAM!



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For more info: Check us out on Facebook @fundraisingkc

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SLEEP BETTER KNOWING YOU MADE A DIFFERENCE

YOU HAVE BEEN PERSONALLY REFERRED BY: _____

BENEFITS WASHBURN RURAL AFJROTC

◆ Career and Technical Education

The month of November was a busy month for our CTE classes across all 15 pathways. Students attended conventions, competitions, field trips, and were able to listen to industry leaders in the classroom through speaker presentations.

National FFA Convention 2023



The National FFA Convention & Expo is all about growing the next generation of leaders. No matter where you are in FFA, you'll find inspiration and direction to become a leader and influencer, ready to make an impact. During this event, find out who you are, who you want to become and how you can change how the world grows. Six students along with their sponsor, Melissa Criner had the opportunity to attend the convention in Indianapolis, November 1-4.

Along with attending the convention/expo, students also toured Purdue College. There students meet with college professors and students to learn more about their greenhouses and college degrees.

WRHS Business Department features four alumni speakers

Early in November the Business Department invited four Entrepreneurs to speak to the Business classes during 1st through 4th hour. The presentations covered how and why they started a Business of their own, the ups and downs of owning a business, and how they plan to expand their companies. The four Entrepreneurs were: Morgan Holloman (Barrett 2008) Owner of [several businesses](#) in Alma, KS; Kate Moody (2018) and Samantha Hill (Moody 2013) Owner of [H&H Designs](#) and Caitlyn Halsey (2017) Founder of [Dialogue Coffee House](#).



Kate Moody, Samantha Hill, Caitlyn Halsey, Morgan Holloman

K-State Biosecurity Research Institute

Students in Mr. Steinert's sciences class and BioMedical Research Workplace Experience Lab were granted a tour and presentations by several KSU Professors in the following areas: Overview of the BRI facility structure and BSL-3 operations, and highlights of research and education programs taking place at the BRI (Dr. Steve Higgs); Biotechnology is an exciting tool to improve livestock production! – Gene editing to produce desired traits (Dr. Maci Mueller); Molecular microbiology is the modern basis to ensure global food safety and public health...but how does it work? (Dr. Valentina Trinetta); Biomedical Engineering at K-State: how chemical engineers are working to develop nanoscale biomaterials for broad applications in healthcare, manufacturing, and many other areas critical to our lives (Dr. Won Min Park); Food Science is bioscience in every meal...cool things going on in food quality, safety, defense and food product innovation (Dr. Randall Phebus); and Biomedical Science as a foundational element of modern veterinary medicine, and an overview of K-State's one-year master's degree program in biomedical science (Dr. Matthew Basel)

◆ Career and Technical Education

"I found the cloning presentation really interesting. At the time I was writing a research paper on the negative side effects of human cloning and the information that the professor was telling us about lined up with what I had been researching. I thought it was neat to be able to really understand what she was talking about and being able to tie it into topics going on outside of science class. The professors were upbeat and passionate about their work and it was refreshing to see how their lives panned out. I learned quite a lot about different science fields and what goes on inside those fields" - Ava Fowler



Dr. Randall Phebus

KSU Computer Competition



WRHS had seven teams in the K-State Competition. Four teams competed in the beginner division and three teams in the advanced division. Teams are given an algorithm to solve in a short period of time. Teams are awarded points based on how quickly and accurately they solve the problem. WRHS had two teams place in the top ten in the beginner division and in the advanced we had a 12th & 14th place out of 38 teams. Additionally, students get to see K-State's campus, tour the engineering building, and experience lunch in the student union.

KSU Women in Business Summit

On November 13, twelve Washburn Rural High students went to the K-State Women in Business Career Summit. The keynote speakers were Kristine Davis who is a spacesuit engineer for NASA and Jeannette Hernandez-Prenger the founder and CEO of ECCO Select. They also heard from current K-State business students on their experiences and advice on college. Junior Emerie Catlin stated "I loved getting to hear from current students and their business majors. It was also nice hearing from successful women who said that they were not 100% sure on their major going into college and even switched it."

A highlight of the event was Senior Molly Diddle winning a \$1,000 scholarship to K-State. She was one of 10 students to receive this award. Molly stated, "The Women in Business Summit was a very interesting and fun event, and it was enlightening to hear advice and experiences from women in the career field I plan on joining. It helped me understand the education and career options I could pursue after high school, and I was lucky enough to get a financial boost with a scholarship to the KSU College of Business!"



◆ Career and Technical Education

Featured Career Cluster Pathway

Architecture & Construction (CTE Career Cluster)

Mission: To prepare students with the knowledge and skills necessary for continued education and, ultimately, a successful career in architecture, construction, and skilled mechanical trades occupations.

The Architecture & Construction Pathways of Study enable students:

- To obtain necessary skills through high quality classroom, laboratory, and field instruction
- To earn professional certifications required for employment
- To transition to postsecondary level institutions for additional education opportunities



Our Residential Carpentry Class is working with Midwest Homes to build a house. The floor plan was designed and modified by our students.

One of this year's wood working projects created by Garret Florea.



CTE Opportunities

Virtual Health Care Career Day - February 1, 2024 - 9 a.m. to 12:30 p.m. The Kansas Hospital Associations will be sponsoring this virtual event again this year on February 1, 2024 from 9 a.m. to 12:30 p.m. For more information and to register, check out this [DOCUMENT](#).

Career Preparation

Career Technical Education (CTE) is a valuable enhancement to traditional classroom learning. It allows students to gain knowledge and hands-on experience about specific career pathways. With an emphasis on helping students be prepared to be successful in high-wage, high-demand careers. Pathways are designed to move along a continuum of career awareness, career exploration, and career readiness. WRHS offers fifteen Career Pathways. Learn more at wrhs.net/cte
Please contact Teresa Golden at Goldeter@usd437.net

WRHS GARDEN SHED



This shed was built by Washburn Rural High School students in the Construction & Design Class.

Property Features:

- 10' x 12' with 8' walls
- 8" O.C. textured smart siding
- Floor system treated material
- Double door 60" x 80"
- Weather wood architecture shingle

Price:
\$3400

Delivery:
\$400
plus \$1 per mile
Shawnee County

To purchase or questions contact:
Teresa Golden goldeter@usd437.net

◆ Career and Technical Education



Sponsored by Silver Lake Bank

On November 2nd WRHS Bank students and their sponsor Brian McFall attended the Personal Finance Symposium at Washburn University. The day focused on five areas: Earning, Employment and Income, Budgeting, Savings, Credit and Debt, and lastly Consumer Project.

The first session was all about Earning, Employment, and Income - healthy personal finances require planning and management. John Imming, VP of Wealth Management at Advisors Excel, led this session. Students learned that healthy personal finances require planning and managing. Students also begin to analyze the financial implications of their educational and career choices as a basis for understanding the relationship between earnings and personal finance. Students also explored how their decisions can affect other people they have relationships with and practice using healthy behaviors to discuss shared financial decisions.

The second session focused on Budgeting - the importance of building and maintaining a monthly budget. Dr. David Sollars, Dean - Washburn University School of Business, led this lesson. Students investigated the importance of budgeting and how to plan for staying within a budget.



The third session was all about savings. A healthy savings plan is necessary for life, especially emergencies. Clint Patty, JD, Managing Partner at Clayton Wealth Partners, presented this lesson. Students analyzed the role that saving plays in their personal finances. They explored how having a healthy savings plan is necessary in all phases of life but is especially critical for big-ticket items and emergencies.

The fourth session's focus was on Credit and Debt - identifying wise and poor uses of credit and the risks of debt can help you. Justin Gordon, Portfolio Manager at Capitol Federal, led this session. Students analyzed the importance of good credit and the outcomes of wise and poor use of credit.

The last session was on Consumer Protection - learn about financial threats and how to protect yourself. Katy Nelson, CEO of the Topeka Area Building Association, led us through this topic. Students explored consumer protection basics, including financial literacy, avoiding scams, managing their money, using credit and loans carefully, and protecting their personal information.

“It was a great opportunity to hear and learn more about personal finance from experienced and successful executives within the business field.” -Dylan Dodge, Senior. “Hearing the experiences and advice from the speakers made me more interested in pursuing a career within business.” - Qays Abu-Hijleh, Senior

◆ Career and Technical Education



Sponsored by Silver Lake Bank

On November 10th, WRHS Bank and DECA members hosted Andrew Crim, Personal Wellness Coach at Advisors Excel. He spoke to Ms. Reno's Accounting 1 students as well as Mr. McFall's Business Management and Banking and Finance students.

The focus of his presentation was on Budgeting - Cash Flow. Some of the highlights from the morning were: pay yourself first, avoid bad debt, live within your means - spend less than you earn, and 50/30/20. 50 percent of your budget goes to needs, 30 percent goes to wants, and 20 percent goes to savings.

In regards to saving, the first thing to do is create a \$1,000 Emergency fund - this should cover about 90% of emergencies that may come up. Next, pay all bad debt off - high interest consumer debt. After those two have been achieved you next need to focus on boosting emergency savings to cover 3 months of expenses. Once all of these are met then you can focus on investing, having your money work for you. Andrew said to focus on 15% savings and 5% donations and giving back to others.

The end of his presentation Andrew focused on advice for high school students. The first thing he spoke on was the spotlight effect - people are judging you a lot less than you think! Next he focused on trying everything, helping other people, and asking more questions - you don't have to do all the talking when meeting people or networking - try asking more questions and speak less than 30% of the time.

"Andrew's speech on cash flow opened my eyes to the importance of tracking cash flow and my personal interest in the field of financial advising." - Dylan Dodge, Senior

"I think Andrew's speech really helped the other students realize that creating positive cash flow is a lot less complicated than it seems." - Jack Muir, Senior.



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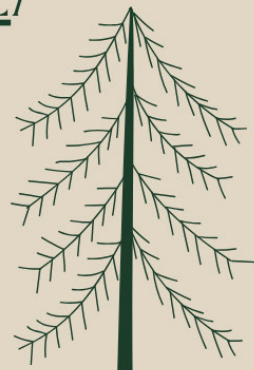
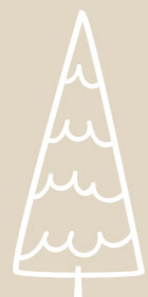
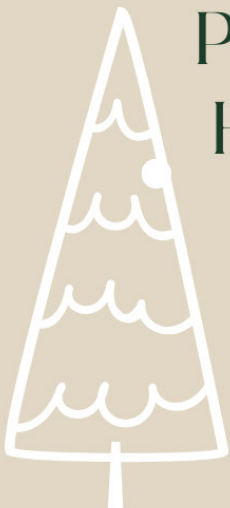


The Perfect
CHRISTMAS GIFT



OR A GIFT CARD

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2024 WRHS YEARBOOK

Name: _____

Grade: 9 10 11 12

Yearbook Prices: \$55.00

\$75 for available extra copies at 2025 enrollment

Name to appear on the cover (optional): \$5.00

Total \$ _____

Make checks payable to WRHS YEARBOOK

Check # _____

Paid Date _____

**Mail Order form & Payment to: WRHS Yearbook
5900 SW 61st Street, Topeka, KS 66619**

OR ORDER ONLINE!

**www.yearbookordercenter.com
school code: 33333**

SENIOR PORTRAITS

Senior Portrait Specifications for Yearbook

The WRHS Yearbook staff encourages every senior to submit a senior portrait for the "People Section" of the yearbook. Portraits are due on/before the **first Friday in December**.

OPTION #1: Inter-State Studios

Inter-State is the school's portrait photographer. During enrollment & on retake dates seniors may take a senior portrait at no charge to the student. The yearbook staff will have access to these images.

OPTION #2: Select Your Photographer & Submit Your Image

Seniors complete this option on their own.

All images are sent electronically.

Please send the ORIGINAL (uncropped) file in JPEG format.

Email Subject: Student's first & last name.

Send your portrait file to:

wrhsporraits@usd437.net

(Important: send Senior Salute images in a separate email to wrhssalutes@usd437.net)

While most major photography studios in the area already have these specifications, please have your photographer send a digital file that matches the following:

- Head-and-shoulders shots are preferred.
- Attire must follow school handbook.
- Plain backgrounds preferred.
- No studio imprint (I.D.)/watermark on portrait.
- Photos must be vertical (or they will be cropped to fit a vertical space).

- *Special note to photographers:*

Digital images must be 300 dpi. They can be submitted on CD or emailed to us at:

wrhsporraits@usd437.net

Please note: We will post a list of seniors who HAVE turned in portraits after the deadline. The list will be posted outside the Counseling Office and announcements will be made. **Seniors are responsible** for checking the list to make sure portraits have been delivered and received by the yearbook staff.

We cannot be responsible if we do not receive your photo.

If you have any questions, please don't hesitate to contact the WRHS Journalism Department at 339-4252.

Don't forget the December Deadline! (first Friday)
Questions? Call WRHS Journalism 339-4252 or email: **wrhsporraits@usd437.net**

WRHS Yearbook

Senior Salutes

It's Your Child's Senior Year!

Here's your opportunity to purchase senior salute space in the yearbook.

Senior salutes are spaces for parents, grandparents and friends to congratulate, honor and recognize their senior with photo(s) and text.

Salute sizes range from 1/8 of a page to a full page and are available in color or black & white. Custom designs can be submitted (as a JPEG), or you may choose from one of the prepared layouts on the attached pages.

To order a salute: (1) detach and fill out the form below.

(2) gather your pictures.

*Do not cut photos.

*Do not submit wallet-sized senior pictures: (these often have a texture on them which makes them difficult to scan) please contact your photographer and have senior salute portraits emailed to:

wrhssalutes@usd437.net

(3) Based on your layout selection, write the appropriate amount of text you'd like to appear in the salute space. (Please limit any quoted text to 4 lines or 10% of original material. No song lyrics will be printed.)

Two Ways to Send: (Option 1): Mail these items to WRHS Journalism Department, Attention: Senior Salutes, 5900 SW 61st Street, Topeka, KS 66619. **If you'd like the pictures returned, simply include a self-addressed and stamped envelope, and we'll send your photos when the salute is complete.**

(Option 2): If all of your content (photos & text) is digital, email content + order form to wrhssalutes@usd437.net

*Photos MUST be high resolution scans: 300 dpi - if not, mail original images.

Payments must be mailed or delivered to WRHS prior to the deadline.

Hurry, space is limited!

Salutes and/or payments submitted after the deadline may not be published.

Salute deadline: first Friday in December

Yearbook Salute Order Form

Purchase Information - (Salutes will not be printed until payment is received.)

Buyer's Name: _____

Senior's Name: _____

Phone Number: _____ (in case we have questions)

Buyer's E-mail: _____

(so we can send you a salute proof when completed.)

Payment Type: Cash or Check # _____ (to WRHS Yearbook)

Salute Size & Color

(check size & circle layout letter - sample layouts included)

Black & White Salute Space

___ 1/8 Page \$50 Layout: A B C D (circle)

___ 1/4 Page \$100 Layout: E F

___ Half Page \$200 Layout: G H I J

___ Full Page \$300 Layout: K L

Color Salute Space

___ 1/8 Page \$100 Layout: A B C D (circle)

___ 1/4 Page \$200 Layout: E F

___ Half Page \$300 Layout: G H I J

___ Full Page \$400 Layout: K L

**Salute Deadline:
first Friday in Dec.**

Questions? Please call 339.4252
or email: wrhssalutes@usd437.net

Thank You

for supporting the

2024 Yearbook

GOLD LEVEL SUPPORTERS:

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Midwest Coating, Inc.

Pepe Miranda Team, Genesis LLC, Realtors

Plato's Closet

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The Dance Factory

Ultimate Bounce

BLUE LEVEL SUPPORTERS:

Brad Noller - American Family Insurance

Birthright of Topeka, Inc.

Cassidy Orthodontics

Community Insurance Solutions, LLC

Kansas Chamber

Keystone Mental Health

KFMC Health Improvement Partners

McElroy's, Inc.

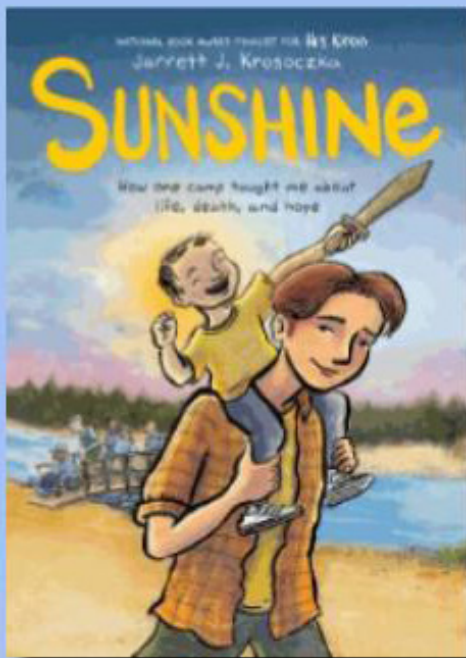
Platinum Realty, Patrick Anderson

Pinapple Dream

Smith Law Firm

Torgeson Trenching

Mrs. Finney's Monthly YA Book Recommendation December 2023

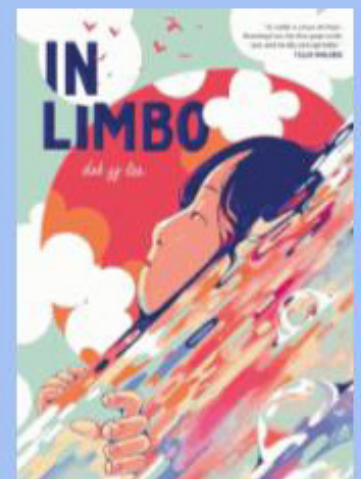
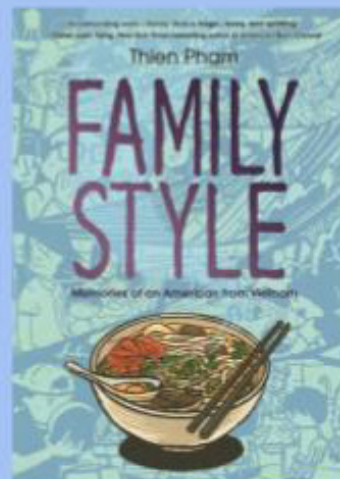
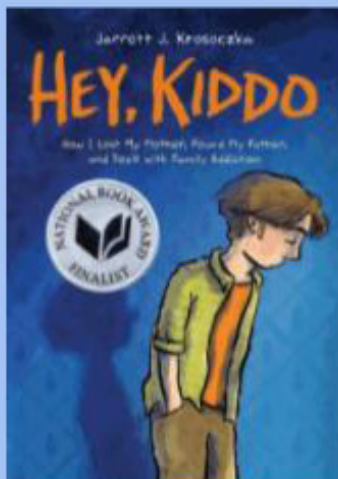


Sunshine

By Jarrett J. Krosoczka
B KRO

New from the author of one of our favorite Graphic Memoirs, *Hey, Kiddo*, comes *Sunshine*, a continuation of Jarrett's story. Continued with Jarrett's illustrations and graphic novel style, we learn about Jarrett's time in High School volunteering at Camp Sunshine, a camp designed to be an escape for seriously ill children and their families. While working for Camp Sunshine, Jarrett learns about compassion, joy, and builds lifelong connections.

Similar Titles Include:



FOOD TRUCK NIGHT

To benefit AW Libraries' Visiting Author Fund,
& in coordination with the 2023 STEAM Carnival.

Thursday, December 7th
5:00-7:00 PM



Take a break from cooking dinner and help us raise money for the Auburn-Washburn District Libraries' Visiting Author Fund!

Where: Washburn Rural High School Circle Drive

- North side of building by the main entrance
- Guest parking in student lot

Trucks: Tod's BBQ
The Burger Bus



Consumer Health Complete can help you better understand key topics across the health and wellness spectrum — from mainstream medicine to complementary, holistic and integrated medicine. Using the database is easy. Search results are organized by source type, so you'll quickly find the information you need in the format you want.

Topics Include:

- Addiction
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Content Includes:

- More than 450 journals and magazines with complete articles on thousands of health topics related to children, teens, men, women and seniors
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- More than 300 animations with audio narration
- Consumer health pamphlets and leaflets (from CDC, FDA, NIH and others)

Access: <https://bit.ly/3REC1hK>
Tutorial: https://youtu.be/NYmd4HqGe_s
Ask your librarian for details.
Text 4 Help: 785-260-0015
email: washburnrural@gmail.com



Connect with us @wrhslib for:

- technology support
- homework help
- reading recommendations
- area job openings
- school activities and more



Text 4 Help: 785-260-0015
Marcy Sandberg sandbmar@usd437.net
Victoria Finney finnevic@usd437.net



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A SYMPTOM MEDIA COLLECTION



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Nursing and Mental Health in Video: A Symptom Media Collection

A nurse's responsibility extends beyond addressing just physical ailments. Nurses now must understand, assess and manage mental health issues that often present themselves alongside physical conditions. Prepare your students to do that with our EXCLUSIVE new collection, *Nursing and Mental Health in Video*.

Nursing and Mental Health in Video

features over 220 videos of the most common mental health disorders nurses may encounter – whether in a primary care setting, emergency room, medical, psychiatric or other.

These essential visual examples will prepare nurses to better assess, diagnose, and manage mental health issues in patients. Faculty can easily integrate these 2-22 minute long videos within lectures, discussion groups, tests, and distance learning programs. *Nursing and Mental Health in Video* supports the existing curriculum at all levels – undergraduate, graduate, and professional.



20 Patient “Cases” Available

Highlights Include:

- A patient experiencing an acute psychiatric episode in an emergency room setting.
- An adolescent exhibiting depression and feelings of suicide.
- A patient showing signs of panic disorder and OCD.
- A nurse conducting a mental status exam on a patient with Alzheimer's Dementia.
- A patient experiencing paranoia triggered from not taking medication for Bipolar Disorder.
- Interventions by a nurse to redirect a domestic argument between a patient and his partner.

Included within each “Case” are additional patient scenarios demonstrating important skills such as limit setting, diffusing of anger, patient negotiations, phrasing of questions, and use of assessments.

To further enhance the learning process, many of the “Cases” include:

- **Director's Cut** – features moment-by-moment analysis of the case provided by a psychiatric mental health nurse.
- **Key Takeaways** – includes a psychiatric mental health nurse's opinion on what is most important in the video.
- **Future Treatment Options** – includes recommendations on next steps in providing patient treatment.

Access: <https://bit.ly/3xI740R>
Ask your librarian for details.
Text 4 Help: 785-260-0015
email: washburnrural@gmail.com



Connect with us @wrhslib for:

- technology support
- homework help
- reading recommendations
- area job openings
- school activities and more



Text 4 Help: 785-260-0015
Marcy Sandberg sandbmar@usd437.net
Victoria Finney finnevic@usd437.net



A Friendly Reminder

Time.

It is part of every story. It is the unseen focus of many days. And, though it is a constant, it can seem more unpredictable than the weather. How is it that minutes and hours can feel unbearably long while weeks and years can be gone in a flash?

But here we are. Already deep into another school year and whether we like it or not the holidays are just around the corner. Oh yes, we may circle the wagons a bit in the cold of winter, but the bustle of spring will whisk by with summer in pursuit and we will be left wondering where the time went.

Whether you are new to WaRu or are clinging to the last few months with a child on campus we urge you to slow down. Look around. High school is fleeting, make it impactful. Find a way to engage, take the time – make the time. We are a dynamic family with room to grow, and ideas to expand, and by coming together we can open the door to a realm of possibilities yet to be imagined. But it takes an investment of time.

Plan now and know. Budget your time so that when high school is over and your student is grown and gone you don't look back into the mist of time to see only a grey blur but a vibrant picture in which you played a part in making some aspect of the high school experience better for your child and possibly the whole WaRu family. Know that we are trying to do the same. We are the Blues Backers, busy and exhausted but still working behind the scenes. We've got their backs and each other's too.

Time. Going, going, going... please don't wait until it's gone.



PTO Blues Backers December 2023

WHO WE ARE

Blues Backers is the parent-teacher organization (PTO) at Washburn Rural High School. Our purpose is to work closely with the administration at the school to support the students as well as show appreciation for the hard work of the teachers and staff. This is accomplished through volunteer time and financial support in various ways.

Blues Backers are responsible for organizing and executing a number of events and activities:

- Organizing & Hosting post-prom each year
- Fulfilling funding requests from extra-curricular activities (sports, clubs, activities)
- Providing concessions at events
- Providing hospitality lounge at school-hosted events
- Student achievement recognition
- Hosting teacher appreciation events
- Volunteering at school dances/events

FUNDRAISING

We want to help your organization fundraise! Please check with your organization's school or parent representative to see what dates are still available to work concession stands this fall. Working concession stands are a great way for students to use real world skills and support their club or sport all while making money for their organization.

JOIN THE WRHS PTO/BLUES BACKERS



Deanna Hutsen, President,
Deanna.hutsen@gmail.com

Ronda Kozlowski, Vice President,
rondakoz@gmail.com

<https://usd437.net/schools/wrhs/pto/>



PTO Blues Backers December 2023

**FOLLOW US ON
FACEBOOK!**



@WRHSBluesBackers

WE LOVE DONATIONS!

We continue to accept donations throughout the year for each year's post prom event.

WELCOME NEW MEMBERS!

Kathleen Williams
Lyn Lemke
Marcy Warren-Sandberg
Kimberly Svaty

GET INVOLVED!

We would love your help!!!

- Help with concessions, staff appreciation, and post-prom
- Fill board positions: Shadow a current board member and see if the position could be right for you.
- Attend PTO Meetings: We are always seeking new ideas!

Post-prom and concession stands cannot run without more help! Please strongly consider helping your board members out!

Meetings are held the 2nd Wednesday of each month. You are welcome to bring friends!

**NEXT MEETING:
WEDNESDAY, DECEMBER 13**

In the WRHS Library



PTO Blues Backers December 2023

THANK YOU MEMBERS FOR YOUR SUPPORT!!!

Jr. Blue Level

Allison Malmstrom
Amanda Kiefer
Amber and Brad Miller
Anne Wilson
April Holman
Arif/Adeela Chaudhry
Ashley Manrose
Blake and Joan Sutton
Brad and Lori Rupp
Brad Noller
 American Family Insurance
Brett & Cherie Garrett
Brett and Amy Bauer
Brian & Megan Hall
Brooke Bowditch
Casey Frisby
Chad and Kim Redwkwr
Charlie and Misty Nimz
Chris & Nancy Alvarez
Chedzoy
Christopher Atteberry
Christopher Holman
Christy Classi
Cory & Nicole Huey
David and Catherine St John
Debbie Thompson
Dustin and Carrie Hawks
Ed and Carmen Raines
Erik and Chelsea Blankenship
Erin Appuhn
Jacqueline Lightcap
Jamie & Mary Gingrich

Jamie Olsen
Jeanne Winter
 Furniture Mall of Kansas
Jen Vandevelde
Jenna Benson
Jennifer Dodge
Jennifer Grogan
Jennifer Heim
Jennifer Kuhlmann
Jennifer Spencer
Jerrod & Katie Ansley
John and Cheryl Tuckwin
John Hoytal
Katarina Carlson
Kathleen Williams
Kevin and Tamara Maxwell
Kim Lanterman
Kimberly Svaty
Liz Klausman
Lt Col Ron Daniels
 WRHS AFJROTC
Lyn Lemke
Mark Leenerts
 Integrity Roofing
Mary Lawhon
Matt and Jeanette Spurgin
Matt and Jenn Harader
Melanie Buckhalter
Melissa Briggs
Mindy Ladd
Morgan Padgett
Noelle A. Resch

Rachel Ebert
Rob and Nuay Winter
Robert and Angie Haggard
Robin & Steve Wolgast
Sara Mcilvain
Steve and Lora Durst
Susan Poling
Tara Mays
Terry Martinez
Thad and Megan Halstead
Travis & Sarah Jepson



PTO Blues Backers December 2023

THANK YOU MEMBERS FOR YOUR SUPPORT!!!

Blue Level

Andie VanDonge
Bella Salon & Day Spa
Anya Leonard
Betsy Tryhus
Charity King
Christina Nelson
Dirk and Amy Christian
Emily & Jeff Ragsdale
Jacqueline Hill-Barton
Jamie Garcia
Jamie Lira
Jenny Cornelius Hylton
Jessica Matteson
Jessica Miller
Kellie Wanamaker
Kerstin and Kevin Smith
LiveFree
Kristin Shorb
Leslie Carr
Lindsey DeShazer
Mandy Stubblefield
Marcy Steflik
Megan Kirby
Melissa Aeschliman
Nikki Meier
Randy & Megan Stookey
Sarah Sharp
Sarah Turner
Stephanie Stevenson

Tiffany M Watkins
Tim and Karah Hight
Troy and Jennifer Findley
Y'Sondra Dixon
Essentia Salon & Spa

White Level

Amanda Wilson
Crystal Heble
Dana Soph
Deanna Hutsen
Eric Dorzweiler
Jason and Karen Thompson
Jennifer Owen
Joy Marie Galliard
Kristi Bruce
Lori Reelfs
Mike Gilliland
Raven Rachal
Ronda and Eric Kozlowski
Royce Overbey Jr
Sandra Tuffley
Sarah Hammel
Sierra Becerra
Tecumsia Steed
Marcy Warren-Sandberg



PTO Blues Backers December 2023

2023-2024 PTO CONTACT INFORMATION

PRESIDENT:

Deanna Hutsen deanna.hutsen@gmail.com

VICE PRESIDENT:

Ronda Kozlowski rondakoz@gmail.com

SECRETARY:

Carrie Stead steadcar@usd437.net

TREASURER:

Erin Appuhn washburnruralhspto@gmail.com

ASSISTANT TREASURER:

Jen VandeVelde vandy4012@gmail.com

ACTIVITIES/ATHLETICS:

Charlie Nimz nimzcha@usd437.net

CONCESSIONS FALL CHAIR:

Deanna Hutsen deanna.hutsen@gmail.com

CONCESSIONS WINTER CHAIR:

TBA

CONCESSIONS SPRING CHAIR:

TBA

CONCESSIONS PURCHASING:

Deanna Hutsen deanna.hutsen@gmail.com

CONCESSIONS DRINKS:

Deanna Hutsen deanna.hutsen@gmail.com

CONCESSIONS FINANCE:

Jen VandeVelde vandy4012@gmail.com

CONCESSIONS SCHEDULING:

Deanna Hutsen deanna.hutsen@gmail.com

HOSPITALITY:

Charity King charityklux@yahoo.com

POST PROM:

Ronda Kozlowski rondakoz@gmail.com

PRINT/SOCIAL MEDIA:

Shanna Simpson shannabanana0519@gmail.com

MEMBERSHIP CHAIR:

Ronda Kozlowski rondakoz@gmail.com

STAFF APPRECIATION:

Charity King charityklux@yahoo.com

◆ December Student Calendar

Friday, December 1

Girls Varsity Basketball Tournament @ Hays HS
Girls Wrestling @ Burlington Tournament
Boys Wrestling @ Burlington Duals

Saturday, December 2

Girls Varsity Basketball Tournament @ Hays HS
Girls Wrestling @ Leavenworth Challenger

Sunday, December 3

4:00pm Santa Visit

Monday, December 4

NTHS Induction Ceremony
Board of Education

Tuesday, December 5

Boys Varsity Basketball Tournament @ Shawnee Mission East

Wednesday, December 6

Early Release - 90 minutes
Boys Swim at Hayden Invite
NHS Induction

Thursday, December 7

2023-24 Club Day
Coding Carnival
Boys Varsity Basketball Tournament @ Shawnee Mission East
Girls Wrestling @ Chanute Dual
Orchestra Concert

Friday, December 8

Jazz Band Tour
Boys Wrestling at Council Bluffs Wrestling Classic
Girls Wrestling @ Council Bluffs Wrestling Classic
Boys Varsity Basketball Tournament @ Shawnee Mission East

Saturday, December 9

ACT Test (not at WRHS)
AF JROTC - Mattress Sale
WR Chess Tournament
Girls Wrestling @ Council Bluffs Wrestling Classic
Boys Wrestling @ Council Bluffs Wrestling Classic

Monday, December 11

Boys/Girls 9th/JV Basketball vs Junction City

Tuesday, December 12

Frostbite Fest
Renaissance Celebration
Boys/Girls Basketball @ SMNW
PTO Meeting

Wednesday, December 13

Student Council Meeting
Finals Study Night

Thursday, December 14

Boys Wrestling @ Kansas City Stampede
Boys/Girls 9th/JV Basketball @ Manhattan

Saturday, December 16

Girls Wrestling @ ACCHS Invite
Girls Wrestling @ Basehor Invite
B&G Varsity vs. Kapaun
TG Candlelight Concert

Monday, December 18

Board of Education

Wednesday, December 20

End of 2nd Quarter

Thursday, December 21 - Tuesday, January 2

NO SCHOOL - Winter Break



HAPPY HOLIDAYS!