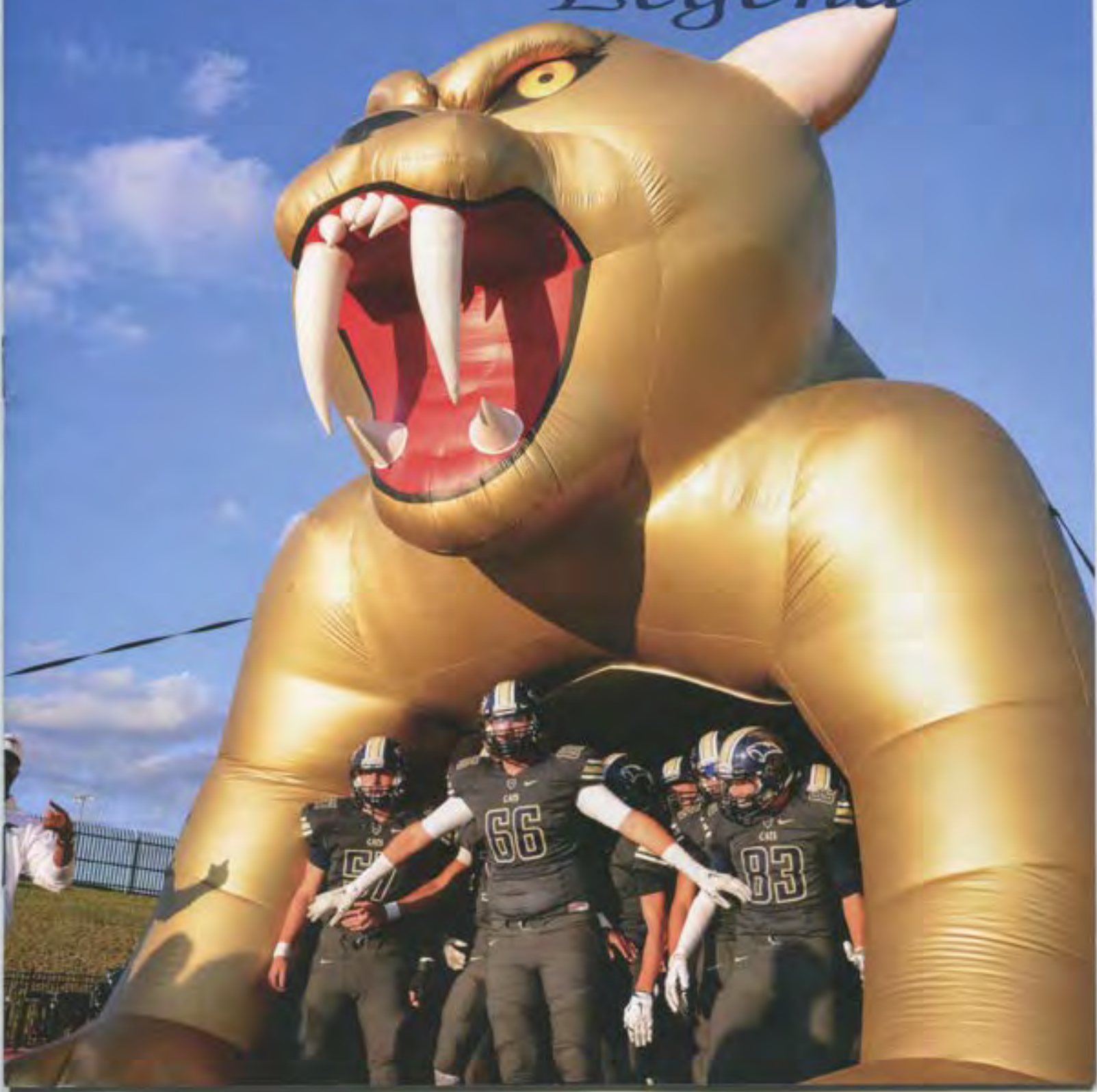


Fall 2015 Volume 8 Issue 1

*The*  
**SABERCAT**  
*Legend*





Maddie Pitt

# Win-Win Week

The Oklahoma Secondary School Activities Association (OSSAA) sponsors a state-wide Win-Win Week. It is a fundraising opportunity for schools to raise money for cancer research. The OSSAA has made it a friendly competition and a trophy is awarded to the school that raises the most money.

Southmoore High School participated in Win-Win Week Sept. 28 - Oct. 2. Each day a dress-up theme was announced. Students were encouraged to bring their spare change to donate to the cause. Some teachers participated in embarrassing or gross dares in order to show their appreciation for the students' involvement. The sports teams collected money at their Win-Win games.

Students, faculty and staff were able to honor loved ones affected by cancer by purchasing shashes which would have their loved ones name written on it. These shashes would be worn during half-time of the football game by the Southmoore Band students.

### Sock it to Cancer!

The Leadership class shows off their cozy socks to raise awareness for Cancer.



Photo by Valerie Standridge



### Pink out Cancer!

The football managers wear pink for the Pink Out football game!

### Black Out Cancer!

The Leadership Class wears all black in support of Black Out Day.



### Put Cancer to Rest!

Students lounge around in their PJs for the last day of Win-Win Week.



## Teacher Dares!



Mr. Campbell had to eat an oreo dipped in milk out of a student's toes!



Ms. Ness had to wash her hair with syrup!

McKenna Lindsay

# Moore's Multi-Million Dollar Bond

Starting next year, the Moore School District will face a plethora of upgrades to its schools. From elementary schools to high schools, there will be new construction projects ranging from new gymnasiums to new auditoriums to, perhaps most importantly, tornado safety shelters. On October 13, the community of Moore voted to accept the Moore School District 2015 Bond Issue.

\$204 million will go to improvements for each school, benefits that will affect schools in various ways. Another \$5 million dollars will go district transportation advancements to aid the rapidly expanding Moore district. While the main purpose of this 2015 bond is to get tornado shelters into every school that is not all that will be added to the schools. How will this bond affect Southmoore High School?

The new renovations for Southmoore will include:

- + A new lecture center
- + The addition of a storm shelter
- + A cheer and pom practice facility
- + Upgrades to the baseball locker room
- + Improvements to the softball locker room
- +The addition of soccer locker rooms for both girls and boys teams
- + A weight room
- + Technological advancements
- + New instructional materials



**MOORE PUBLIC SCHOOLS  
2015 BOND ISSUE**

**TUESDAY, OCTOBER 13  
\$209 MILLION**



### Put a Lid on Cancer!

Teachers and students show off their favorite hats for Hat Day.

Photo by David C. Burton



McKenna Lindsay

# SaberCat King Pageant

The annual SaberCat King Pageant is a popular and entertaining event at Southmoore High School. The event is coordinated by the Southmoore Pom Squad as a fundraiser for Nationals.

This year's SaberCat King Pageant kicked off with all contestants and the pom girls doing a dance routine to "Whip Into Shape." Then all contestants introduced themselves before the show began. The SaberCat boys involved in the pageant this year were:

Freshmans: Tanor Kidd, Maxwell Gilbert, and Marshall Mack

Sophomores: Doug Collins, Lincoln Lehw, and Jared Sebrant

Juniors: Ty Blaine, Clinton Wallin, Evan Todd, and Trieu Phung

Seniors: Aaron Spencer, Khyle Easterwood, Chandler Goodman, Tinsley Payne, and Parker Lagrange.

The first section of the night was the sportswear section. All contestant had to model an outfit for a particular sport of their choosing. Outfits ranged from tennis clothes and golf clothes to ballet tutus and pom uniforms.

The second competition was the talent section. Many contestants performed dance routines, or "attempted" dance routines. Other talents included variously successful singing or lipsyncing.

The intermission passed quickly with a fantastic performance by the pom squad. Upon the continuation of the show commenced the formal wear and interview portion of the show. The questions were both random and amusing; the contestants answered with differing degrees of seriousness.

The finale of the show was the announcement of the award winners which were as follows.

The Best Talent award went to Parker Lagrange for his skillful snare drum routine.

Evan Todd was certainly a favorite of the crowd and his fellow contestants as he won both the award for the Most "Changed" SaberCat, which was awarded to the contestant who raised the most money, and Mr. Congeniality.

The audience voted Tinsley Payne as the Audience Favorite award winner.

The award for the Highest Weighted GPA among the contestants went to Chandler Goodman.

The top five contestants were:

Aaron Spencer as fourth runner up;

Tinsley Payne as third runner up;

Jared Sebrant as the second runner up;

Evan Todd as the first runner up;

And the 2015 SaberCat King title went to Parker Lagrange.





Noah Cornell

# Lady Sabercats' Stunning Softball Season



Southmoore is home to one of the best softball programs in the state and they put that title to the test once again this year in the OSSAA State Softball Tournament. But first let's reflect on the season that got them to the State Semis.

They started the year strong with a 32-2 record winning the district title for the third year in a row and earning a top seed in the Regional Tournament. They quickly disposed of US Grant in the first round with a score of 18-0. They then skated by Putnam City North in the finals advancing to state with the 17-2 win.

They would go on to face Broken Arrow in the first round of the state tournament. Broken Arrow was last year's state runner up falling short to Mustang in the finals. The Cats held off Broken Arrow, but not in regulation. The Cats needed to go to 9 innings to pull out the win 7-4.

After holding Broken Arrow they went on to face district opponent Choctaw in the Semi-Finals. The Cats were down 1-0 until a solid hit by Lindsey Stoeckel in the fourth brought in a run to make the game tied 1-1. After that Choctaw went on to score 5 unanswered runs making the final 6-1.

The Lady Sabercats are still a young, hungry team with a roster that is loaded with talent at every position. Don't be surprised if they go on to win the state title next year.



Noah Cornell

# Injury Prevention

Ask any athlete and they'll tell you they've been injured at some point in their season. Be it a sprained ankle or a broken bone, every single athlete isn't 100% throughout the season. How do we prevent things like these from happening? Injury prevention is how. For years parents, athletes, and coaches alike have tried their own methods. Some of these include rest, stretching, and ice. Although these are great methods and still work to this day, there are new, better ways to prevent injury.

Many of the new methods are common sense. Things such as: take a day off if you are feeling pain; making sure you are wearing the right equipment; etc. Working out and conditioning your muscles during the season is very beneficial to the growth and development of your muscles. Also, by working out you increase flexibility in your muscles which helps you avoid pulling a muscle or cramping.

The two biggest things you can do is use the right technique in your sport, such as not leading with the helmet in football, or not throwing sidearm in baseball. Using the right technique can eliminate a lot of injury in any sport.

Hydration is another big component in staying injury free. There are many side effects of dehydration such as, cramping, heat related illnesses, etc.

Different sports require different methods of prevention and treatment. In football a smart injury prevention is tackling with the head up and not leading or spearing with the crown of your helmet. Baseball's biggest prevention is watching pitch count for pitchers and communicating about arm strength with your coaches. Remaining injury free in basketball comes from hydration and fitness, since in basketball you're constantly running you need to be conditioned and in shape.

Sport	Most Common Injury	Prevention Method
Football	ACL/PCL Tears	Strengthening joint / Warm-Ups
Baseball	Shoulder / Elbow Tendonitis	Limits on pitch counts and rest
Basketball	Ankle / Knee Sprains	Wearing ankle/knee braces. Strength training
Soccer	ACL Tears or other major knee injuries	Strengthening joint / Warm-Ups
Track	Runner's Knee	Rest / Ice
Wrestling	Cauliflower Ear	Wearing head gear.



McKenna Lindsay

# Welcome Our New SaberCat Staff

Southmoore High School welcomes 18 new teachers. These new staff members teach everything from English I to Zoology. SHS also welcomes new coaches and assistant coaches this year. Get to know a few of our new Southmoore SaberCats.

## **1. Charlene Ashley:**

Southmoore's newest Zoology and Environmental Science teacher is Charlene Ashley. She previously taught at Moore West Jr. High, where she taught eighth grade for 12 years. She went to school in Oklahoma City at Southeast High School. She received her Bachelor's degree from OU, and her Master's degree from the University of Texas

Arlington. Ms. Ashley has 2 kids that graduated from Southmoore (1 is now an OU student and the other is an OU graduate) and another that "might" be at Southmoore right now.

## **2. Jennifer Blevins:**

Jennifer Blevins teaches AP Government and American Studies. She previously taught at Highland East Junior High, imparting knowledge of the pre-Civil War era. Ms. Blevins attended Monett High School in Monett, MO and the fabulous University of Oklahoma. Boomer! She has taught for a total of 14 years.

## **3. Heather Bradbury:**

Heather Bradbury is a teacher of 2D Studio Art I. She previously taught at Buchanan Elementary School in Oklahoma City. Ms. Bradbury went to Southeast High School and graduated from Oklahoma Panhandle State University. She has taught for nine years.

## **4. Kevin Farr:**

Kevin Farr teaches Personal Financial Literacy. He was previously in Durant where he taught Journalism, Creative Writing and helped with Yearbook and Media Production classes. He went to Durant High School and graduated from Southeastern Oklahoma State University. Mr. Farr has taught full-time for two years, but served in other school capacities including public relations and media specialist for several years, including hosting a school district television show. He is also a baseball coach and has been coaching for 25 years.

## **5. Makayla Mattingly:**

Teaching Introduction to Publications and English III is Makayla Mattingly. Before coming to Southmoore she worked for Norman Public Schools at Alcott Middle School where she taught Yearbook and eighth grade Language Arts. Ms. Mattingly went to Elgin High School and the University of Oklahoma. This will be her fifth year teaching. She did graphic design for several years in between teaching.

## **6. Eliamar Ness:**

Eliamar Ness is a teacher of art, both 3D I & 3D II. Ms. Ness went to high school in Midwest City and graduated college from University of Central Oklahoma. This is her first year teaching.

## **7. Jacob Pennington:**

Jacob Pennington teaches Oklahoma History, World History and Physical Education. He is also an assistant football coach. He was at Moore West Jr. High last year, where he taught Eastern Hemisphere World Geography and Weightlifting, he was also the head football coach. Mr. Pennington graduated from Westmoore High School in



2001 and Southern Nazarene University in 2006. This is the start of his ninth year of teaching.

## **8. Tosha Powell:**

This is Tosha Powell's first year to teach Newspaper, Yearbook, Photojournalism and Intro to Photography. Last year she taught 3rd grade at Winding Creek Elementary. Before teaching, Ms. Powell was an editor for the Angus Journal in Saint Joseph, Mo and a project manager at Tate Publishing in Mustang. She attended Amber-Pocasset High School in Amber, Okla., and received her Bachelor's degree in Agricultural Communication from Oklahoma State University.

## **9. Kit Stephenson:**

Returning to Southmoore to teach English I is Kit Stephenson. He was at Southmoore in 2014 when he taught English I and IV. He's also been at Crooked Oak High School in southeastern Oklahoma City, where he taught all four levels of high school English at some point, as well as an English Language Learners class. Mr. Stephenson graduated high school in 2003 from Weatherford High School in western Oklahoma and earned his Bachelor's degree from Mid-America Christian University in OKC and his Masters of Science and Arts degree from Belhaven University in Jackson, MS. This is his sixth year in the classroom.

## **10. Matthew Vaughan:**

Matthew Vaughan teaches English II and English III. He spent two years teaching English and Leadership for Mustang High School. He graduated in 2005 from Westmoore High School in which he says, "Don't judge me...SHS wasn't even an option at the time." After some time off, Mr. Vaughan graduated in 2013 from Mid-America Christian University with a degree in English Literature and Cultural Studies with a minor in Biblical Studies. This is his third year teaching and he is very happy to be back home in Moore.

## **11. Galen Wolfe:**

Galen Wolfe teaches Psychology. He has taught for a total of 31 years in multiple schools around Oklahoma including Mustang, Newcastle and Bridge Creek. Mr. Wolfe was a student at Wheat Ridge High School in Colorado and attended Tabor College in Kansas.

Gina Pham

# Southmoore's New Principal



A new head principal has arrived at Southmoore High School this year. Danny Reed is the former head principal at Moore West Junior High as well as a former principal at Brink Junior High. Mr. Reed has been in the Moore Public Schools District for seven years and previously taught Science and Spanish. When asked what changes he plans to make to Southmoore High School, Mr. Reed said, "I don't have any new plans for Southmoore at the moment. For now I plan to learn more about Southmoore and build up Southmoore's current traditions and strengths."

Mr. Reed's presence has been greatly welcomed at Southmoore.



Senior Brandi Santoro said, "I think having a new principal at Southmoore is great and I hope he will bring many good changes to Southmoore."



Gina Pham

# SaberCat's Lend a Helping Hand

At Southmoore different organizations do a variety of projects to give back to the community. Past school-wide events such as Safe Trick-or-Treat Night gave younger kids an opportunity to collect candy in the safety of Southmoore High School. School-wide projects such as Win-Win Week help bring students together for multiple causes. Smaller groups, such as FCCLA, compete in events that promote awareness for better interpersonal relationships and social disorders, for example depression and anorexia nervosa, BPA is group that goes to the animal shelter to help train animals. NHS picks up trash after every ACT held at Southmoore. Many groups also go to the Regional Food Bank to prepare and help pack food to be delivered. DECA does an annual blood drive where students can donate blood.



An upcoming school-wide event this semester includes Holiday Surprises. This is

held through first hour where classes bring food and gifts for families in need.



Other fundraisers include the crafts fair held at Southmoore. Groups with any homemade items to sell are welcome to set up a booth. Also, at the craft fair are small shops from around the metro offering discounts and raffles on select items. Shops wanting to set up a booth at the craft fair are required to pay a fee to PTSA. This craft fair benefits PTSA and gives opportunities for the community to buy unique homemade items at a reasonable price.

Many groups also participate in fundraisers selling a variety of items to raise money. Money raised from these fundraisers provide funding for groups to do activities and give the groups the ability to rent buses or vans, provide snacks, or other materials needed throughout the year. Fundraisers also give students a chance to interact with the people around them, as well as teaches students to become more responsible through handling money and delivering orders to customers.

McKenna Lindsay

# A New Spin on Bully Prevention

On Friday, October 23rd Southmoore High School was honored host to the ASA High School Tour. ASA Entertainment has been traveling the nation for 16 years in order to spread the message of anti-smoking and bullying prevention. ASA draws attention to these issues with spectacular performances by the top skateboarding and BMX professionals. The ASA hosts this tour as part of their "No Place For Hate" bullying prevention campaign.

For more information about the ASA High School Tour or to learn more about how to handle bullying, visit their website: [www.asahighschooltour.com](http://www.asahighschooltour.com) or follow them on twitter at @ASAactionsports.



Photo Credits to [www.asahighschooltour.com](http://www.asahighschooltour.com)



# MEMBERSHIP DRIVE

Join PTSA for only \$5! Each month PTSA will have a prize drawing for members only. October's lucky winner will receive free entry to the October 30 football game and a free bag of kettle corn. You can purchase your membership in the front office. Please email Heather Young at [hly555wis@yahoo.com](mailto:hly555wis@yahoo.com) with any questions you may have.

# LEAVE YOUR MARK



Forever be a part of SaberCat history by purchasing your own painted SaberCat head. Your legacy head will include your name and year of graduation. Saber heads can be purchased in room M102 with Mrs. Hill for \$25. Please see Mrs. Hill or Heather Young ([hly555wis@yahoo.com](mailto:hly555wis@yahoo.com)) with any questions you may have.

# SABERCAT LEGEND STAFF



Noah Cornell, sports editor; Gina Pham, copy editor; Tosha Powell, advisor; Maddie Pitt, photo editor; and McKenna Lindsay, senior editor