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Uniontown USD 235 - Uniontown, KS 66779

September 2009



Photo by Megan

Guitar Class: Junior Dakota (front, left) helps junior Anthony (center) place his fingers on the correct strings to make a cord. Fourteen boys and one girl signed up for the first hour class taught by the new high

school music teacher, Andrea Dinkel (center, top, facing camera). The group will work on learning how to play both the guitar and piano during the elective class.

SYATP

Submitted by
 Deanne Bloesser

(See You at the Pole) is a student-initiated and student-led movement that began in Texas in 1990 with a single church youth group. It grew to more than three million by 1998 and is now a worldwide, yearly event sponsored locally by the Uniontown High School Fellowship of Christian Athletes. It is a time to pray for our school, community, nation, and world.

Everyone in our school and community is invited to join the FCA students around the flag pole in front of the UHS on Wednesday, September 23, at 7 a.m.

In case of inclement weather, we will meet under the flags in the UHS commons area. SYATP.

Two picked as All American cheerleaders

Submitted by Jennifer Tourtillot

This summer while attending a cheer camp held by the National Cheerleading Association, two of Uniontown's high school cheerleaders were chosen for ALL AMERICAN Cheerleader. Those two girls are Ashley (senior) and Lauren (freshman). The two cheerleaders (along with their coaches, Jennifer Tourtillot and Julie Weyer) will be heading to New York on November 21 through November 27.

The girls will be performing at the Macy's Thanksgiving Parade. While in New York the girls and coaches will be attending a Broadway show, going on a Big Apple City Tour, watching the Rockettes, go to the Empire State Building, the David Letterman Show, the Today Show, and many other exciting events. The four of them have been doing a lot of fundraising to get to New York. They appreciate all of the local businesses and individuals who have sponsored them and made donations to help them get there.

Breakfast Menus

Milk and Juice
 Served With Each Breakfast

- Tuesday, September 1**
Poptart, Sausage Link
- Wednesday, September 2**
Biscuits and Gravy
- Thursday, September 3**
Gogurt, Cookies
- Friday, September 4**
Breakfast Pizza
- Monday, September 7**
No School, Labor Day
- Tuesday, September 8**
Pancake on a Stick
- Wednesday, September 9**
Biscuits and Gravy
- Thursday, September 10**
Scrambled Eggs, Sausage Links
- Friday, September 11**
Breakfast Pizza
- Monday, September 14**
Cereal, Cookie
- Tuesday, September 15**
Donuts, String Cheese
- Wednesday, September 16**
Biscuits and Gravy
- Thursday, September 17**
Poptarts, Sausage Links
- Friday, September 18**
Breakfast Pizza
- Monday, September 21**
Cereal, Cookies
- Tuesday, September 22**
Long Johns
- Wednesday, September 23**
Biscuits and Gravy
- Thursday, September 24**
Waffle Sticks, Sausage Links
- Friday, September 25**
Breakfast Pizza
- Monday, September 26**
Cereal, Cookies
- Tuesday, September 29**
Poptarts, String Cheese
- Wednesday, September 30**
Biscuits and Gravy

Counselor's Corner

Submitted by Jeanne Camac

Sophomores will be taking the PLAN test on Oct. 6. The test takes approximately 3 1/2 hours. This is similar to an ACT test. It has an interest inventory that will benefit your child. This is free to all sophomores.

The PSAT will be on October 14.

The 12th graders and some 11th graders will be taking the ASVAB test on Sept. 11. The test takes approximately 3 hours. The results give your child information on possible career jobs. It also aides the military in placing students in jobs if they choose the military as a career.

Potential National Honor Society members were notified Mon., Aug. 24. Their applications are due to Jeanne Camac on Wed., Aug. 26. They will be notified of their acceptance or non-acceptance in the society on Mon., Aug. 31. There will be an induction ceremony on Thurs., Sept. 3, at 7 p.m. in the UHS Commons. We ask the parents to bring a dessert.

ACT test dates are fastly approaching. There is a test on Sat., Oct. 24. This date conflicts with our substate volleyball tournament. Other students can take the test on this date. You need to register by September 18 to avoid a late charge. They encourage you to register on line at www.actstudent.org.

College representatives are calling and scheduling times to visit UHS seniors. These times and dates are posted in the senior hallway. Encourage your child to check the board outside the high school office for dates and times.

The junior class will be selling Krispy Kreme doughnuts for two weeks beginning Tues., Aug. 25, until Fri., Sept. 4. The money and orders will be due on Sept. 4. Delivery will be Mon., September 7. We will have extras at the Old Settlers Day.

National Honor Society will be selling candles and jewelry charms (from our local artist, Amy Labbe) from Oct. 19 to Oct. 30.

Uniontown High School Volleyball Team Wins \$3,000 Midwest Dairy Council Grant to Support Athletes' Nutritional Recovery

NEWS RELEASE

Uniontown has been recognized for refueling their volleyball team with chocolate milk. Uniontown recieved the Recover with Chocolate Milk Grant totaling \$3000. Athletic Director Jim Mason prepared the grant with the help of teachers Chris Woods, Alicia Jackson, and Lois Wright.

The grant program, funded by the Midway Dairy Counsel, was launched this year to promote better nutrition in high school athletes by encouraging the consuption of a 16 ounces of chocolate milk within one-half hour after practice, workouts and competions.

The high school volleyball team will be provided choclote milk following each practice session and game. Grant money will be used to purchase milk and coolers as well as shirts and posters promoting the recover with chocolate milk program.

New research indicates that chocolate milk can help the body refuel and recover after a workout. Chocolate milk is a great tasting, inexpensive sports drink that provides a powerful package of nine essential nutrients which help build strong bones and strengthen muscles. In addition, it's 90% water, making it a nutrient-packed thirst quencher. A study of

young adult athletes found that chocolate milk was almost twice as effective as commercial sports drinks in refuelng tired muscles. Researchers believe the unique combination of protein and carbohydrates in chocolate milk helped supply the athletes with necessary nutrients for recovery; protein for muscle repair and carbohydrates for replenishing energy stores.

"High school athletes need to have a recovery beverage within half an hour after strenuous practice and competions. Chocolate milk is a perfect solution for locker rooms and esppecially those long bus rides home," said Stephanie Cundith, MS, RD,LD, Nutrition Communications Program Manager for Midwest Dairy Counsel.

Twenty eight high schools in nine states (Akansas, Illinois, Iowa, Kansas, Minnesota, Missouri, North Dakota, South Dakota, and eastern Oklahoma) recieved Recover with Chocolate Milk grants. The winners included both male and female athlets representing football, basketball, baseball, softball, cross country, and golf teams.

For more information about chocolate milk recovery, please go to www.midwestdairy.com.

UJHS Fish Fry Dinner

before and during the Jayhawk-Linn game on **Friday, September 18 5:30 p.m. to 7:30 p.m.** South End of Football Field

KAY members will be selling tickets before the game, or tickets can be purchased the night of the fish fry.

Dinner for \$5.00 includes:

- Fish
- French Fries
- Coleslaw
- Bottle of Water
- Cookies

Proceeds go to UJHS KAY Club
In case of bad weather, dinner will be moved to WBE Cafeteria.

Visit us at the
29th Annual
Uniontown
FFA

**Labor Day
BBQ**

**BBQ Pork dinner
with all the trimings
for \$6.00**