

Bison work on their bodies

weight training for conditioning. It is a great way to have fun and stay healthy.

Coaches are now setting the standard for students trying to get in shape. Coach Walker, Smart, Holly, and Minor have all been spending time getting healthier. They agree that having better exercising and eating habits is easier in the off season, but Coach Schoenbachler says he stays fit just by stretching and lifting with his classes. Seeing other teachers and coaches get in shape can be a great example for players and students.

No matter what their motive for getting fit might be, once they start, students seem to have fun and enjoy the results. According to Coach Holly, "Exercising and eating healthier increases energy and makes you mentally sharper."



Health Fair

that may be helpful: Suicide threats, as in, "I'd be better off dead," or "I'm going to kill myself." Previous suicide attempts, or final arrangements, this may consist of a person giving away prized possessions, writing out funeral plans, or visiting friends. Depression, this may be anger, sudden increase/decrease in appetite, sudden changes in appearance, or dwindling academic performance. If these go on for more than three weeks, the best thing to do is ask, and then get help. Suicide is preventable. For help or more information, visit <http://www.jasonfoundation.com>.

Ms. Jetton

have around, and she is a great teacher," said sophomore Kyle Anderson.

Aside from lending a helping hand whenever possible Ms. Jetton also treats her students as if they were adults, she treats them with respect.

"She treats us more as an equal, she doesn't talk down to us," said senior Josh Clark.

"I respect my students because they are people and everyone deserves respect, so I definitely don't like it when students think they can disrespect me or just do whatever they want. I try to respect my students' but I am still a teacher so I have rules and sometimes people think they can take advantage of me because I'm laidback."

Ms. Jetton also makes learning math more interesting. She always makes sure that if there is bookwork, there is also artwork; if there is hard test, kickball is sure to follow. It is hard for students to concentrate for an hour and a half and she realizes that. "My favorite thing about Ton-Qui-Qui is that no matter what the circumstances are, she will always help you, whether you are in her class or not. She is the best teacher in the world!" said fellow Bison Kristy Biggs.

Station Camp's "Rudy"

past season, the whole student section starting chanting his name so that the coaches would put him in. Evans said that he did hear the students but he didn't think that it made a difference in his play.

Evans life at home is different from most. Both of his parents are hearing impaired. "People get deaf and hard of hearing mixed up," said Evans, "they are hard of hearing." His parents use hearing aids and can hear him when they are on but Evans did say sometimes if they don't want to hear him then they just turn their aids off. His parents support him playing football.

"He has to be persistent and keep pushing himself to get better," said Schoenbachler. "I think he is very determined," said Coach Shaun Hollinsworth, "and he is always there." Coach Schoenbachler said he isn't sure where all of the hard work and determination comes from, "It must come from within."

Put me in Mike I'm ready to coach

a reason." Words and actions are two totally different things, one can say they aren't going to walk out on a team and then when they do it leaves some heartbroken and some even want to blame parents, other girls on the team, but the only ones to blame are the ones that let the corruption take over, everybody. "It's disappointing when a coach leaves because we get so close to them during the season," said Walker.

It wasn't a secret that there were problems behind the scenes but the only thing that the softball team can do now is think about right now and right now, elite travel softball coach, Ken Crook has taken the difficult job of softball coach at Station Camp and the team is off and rolling. Crook is known for always having a competitive travel team and plans on having the same type of team in the Lady Bison. So far this season the Lady Bison are off to their best start. As of March 24, the team has a 5-1-1 record.

In order to make this season the best, the team has to think in the present not the past even though it is hard to do, especially with the loss of Walker, who tore her ACL playing church league basketball during the off-season. Walker led the team in almost every category last season and also was the first softball player from Station Camp to sign a Division I scholarship when she decided to play at Lipscomb University in Nashville.

For more information on the softball team go to www.bisonsoftball.com

Food for thought

the Apple Walnut Grilled Chicken Salad. It came with Grilled Chicken, apples, walnuts, dried cranberries on the peak of a gorgeous bed of mixed greens. It also comes with delectable fat free raspberry vinaigrette dressing that does not weigh down the salad. Once again, I felt like I ate a complete meal, and not "pure air" like most health foods can do. The salad and a drink can also be purchased for under \$10!

With Spring Break just around the corner, there are plenty of options to get the beach body you have always wanted. Do not be afraid to really look at the menu and see the healthy choices that you can order. Have a wonderful and safe Spring Break!

Miss Bison Cancelled

Some people may feel that the pageant has been a little risqué; some may think that it's perfectly fine. "I don't ever like to see men dressed up as women," said Christi Gilliland, Spanish teacher. "I think it's a good school spirit thing. Last year's was a bit more than necessary."

Coach Smart did have one last thing to say, "If I went to far and offended anyone, I'm sorry. No one has formally complained about it to me, so it's hard to address something I have no knowledge of. Ms. Bison raised two or three thousand dollars to help with student costs, and they gladly used it to off set those costs. The majority of the students came to see me. If they don't like what I did I'd gladly take the money to help with DECA."