

Maverick onthly

Vol. 3 Issue 5 February 1, 2013

710 South Main

Greensburg, KS



TWEETS OF THE WEEKS: Going to the play tonight to watch my bestie. :) @Charity Danae32 #breakaleg
- R. Grasz, jr. (@RemingtonAlexis) photo by R. Schmidt

more
inside



kchsmelodies

Friends, family members, choir and band students gathered for KCHS' annual winter concert. **PAGE 2**



spiritweek

KCHS students put on their wackiest wardrobes to support and get pumped for the big game. **PAGE 6**



homecoming

Votes were counted and crowns were polished before announcing KCHS' royalty. **PAGE 8**

centerstage



"I thought the play went awesome. I really enjoyed the play and how it turned out." *K. McMurry, Drama, Forensics and English teacher*



"I thought the play went really well. I was proud to be a part of drama." *D. Ramos, so.*



"I loved my character Jaquela, and I wish I could be her in another life. My favorite part of my character was that she was different from everyone else." *L. Hinshaw, jr.*



"I enjoyed my last year of drama and have alot of great memories." *C. McVey, sr.*

ALL OF YOU are suspects . . . On Friday, Jan. 18, the Kiowa County drama students performed their play "Employee's Must Wash Hands...Before Murder."

The play is about a low-end fast food restaurant that isn't very clean. They have a surprise visit from the health inspector and her intern. Everyone is rushing to get everything together which means switching the meat out, cleaning and looking like they know what they are doing. When the inspector arrives and she looks in the meat freezer she finds the manager dead. Now besides finding out what is wrong with the Burgatorium they are trying to find out who murdered Torok the manager. With a few surprise characters spread out during the play they finally find out that the murderer is . . .

During the play there were two videos shown for the employees to learn about
continued on pg. 5

become a master of disguise

- howto:**

1

Study the master of disguises that came before you. Know that you will never be as good as them.
- 2**

Get some amazingly cool glasses. They will make you feel awesome.
- 3**

Get some clothes that fit the character you are trying to be. If you don't, you fail at being a master of disguise.
- 4**

Make sure your voice fits what you are portraying. Otherwise, the master of disguise will hunt you down and fix it for you.
- 5**

Know when to retire. Things can get very dangerous if it becomes a habit.



by Jackie Whitten

ON THE EVENING of Jan. 7, the Kiowa County high school band and choir held their winter concert at 7:00 p.m. The choir sang Sanctus, Winter and Walk in Jerusalem. The ladies in the choir sang Flying Free, and the select choir sang Veni Spiritus Sancte. Sanctus and Veni Spiritus Sancte were both sung in Latin. The song Walk in Jerusalem was a folk song that slaves sang while working in the fields.

After the choir, the band played Pirates of the Caribbean, My Heart Will Go On, Theme from James Bond and Music from the Hunger Games.

"I thought the choir did a great job on Monday night," stated Mrs. Kim Stewart, choir teacher. "I couldn't have been happier with their performance. I always enjoy hearing them sing Walk in Jerusalem. My goal is for every student to be a stronger singer and musician each semester they participate. It's exciting to see students improving and reaching that goal. It's been fun to see the select choir come together and find our identity as an ensemble. Each small group has very different strengths and weaknesses. This group is great at picking up on harmonies and listening to each other for good vocal blending. They are working together better than they did at the beginning of the year and I am excited to see how they will improve over the second semester. Overall, I thought it was a great concert. I am very proud of all the students."

"I thought our best piece was James Bond," stated Mr. Tim Rogers. "The band's favorite was My Heart Will Go on. I'm very proud of my students for a great performance."

by a concerned student

NUTRITION BREAK, MEANT for stuffing our faces with healthy snacks or just talking with friends, but I'm starting to wonder if we haven't added a detour into PDA academy.

Think about it, you walk down the hallway and you see a couple snuggled on the couches just a little too close for comfort. I know, I know, it's high school and some of you think we should be allowed to portray our relationships how we want, but hey, hold up a second. There are many different ways to do so and it doesn't have to involve all hands, all the time. Guys, leave a note in her locker, hold her hand, or maybe just wait until after school. I'm pretty sure it's not going to kill you to wait a few hours. If it does, you must really have some issues.

School isn't meant for the rest of us to have to stare at you in the hallway as you go all PDA on us. It's just extremely awkward to watch, not to mention how the teachers must feel. Oh yes, it's not just me that feels like this. You can pretty much ask anybody. They'd never come straight out and tell you, but you know that they are

- wouldyourather**

Would you rather: be a toy in "Toy Story," or be a bug in "A Bug's Life?"

"I would rather be a toy in "Toy Story" and I would be Rex the dinosaur. I don't like dinosaurs but Rex is cool." *S. Cervantes, fr.*

"I would rather be a bug in "A Bug's Life," and I'd be a bug that could fly." *T. Brozek, jr.*
- Would you rather: save the world but no one knows it was you or save the world and die as a hero in the process?**

"I would rather save the world and no one knows it was me. Why? Because I said so." *R. Ardery, sr.*

"I would rather save the world but no one knows it was me because I don't like being in the spotlight." *S. Erwin, sr.*
- Would you rather: live without electronics or friends?**

"I'd rather live without electronics because life is no fun without friends to laugh at." *T. Boyles, jr.*

"I would rather live without electronics because I love my friends, and I love being with them." *Je. Williams, so.*

by Miranda Kimble

peskypda

definitely thinking it when they see you trying to sneak around behind faculty's backs.

Recently I have seen a certain girl, we will call her "Jane," and her boyfriend, and we'll call him "Troy." This couple likes to cuddle in the hallways, but cuddling is taken just a little too far when Troy is laying, facedown, in Jane's lap. Dontcha think?

That's just one example of the countless views of PDA in our hallways, and maybe I'm just a little skittish to see public displays of all this lovey-dovey stuff, but honestly, what is the point of it? Is it needed? No. Is it wanted? No. So if you are guilty of PDA, do us all a favor and get past it. Stop, that is really all you need to do. Just stop.



LEFT: Two high school students nonchalantly walk through the halls holding hands. An anonymous student addresses some problems associated with public display of affection while in school.
photo by A. Wheeler

by Heidee Prosser

wom.bball



ABOVE: During the JV tournament, freshman Jansen Miller fights for the ball in their game against Pawnee Heights. *photo by H. Prosser*

RIGHT ABOVE: Senior Halie Headrick works to get around the defender from Minneola during the varsity game on January fourth. *photo by R. Schmidt*

THE FIRST GAME after Christmas Break was a home game against Minneola on January 4. The game finished close, 31-30, Mavericks winning their first game of the new year. Throughout the game, sr. Halie Headrick scored the most points, 13, and jr. Heather Melton was the lead rebounder with seven.

On Saturday, Jan. 5, Kiowa County held a JV tournament. The Lady Mavs' first game was against Fowler. They finished successfully with a winning score of 49-32. They faced Pawnee Heights next and finished triumphantly with a final score of 41-22.

The following Tuesday the Mavericks travelled to Central Plains and faced the Oilers. At the beginning of the second half the Mavs were behind 18-31 and were unable to catch up in the last half. The game ended 37-55, Central Plains taking the win.

RIGHT MIDDLE: Sophomore Hannah Brown goes up for a three during their game against Pawnee Heights in the JV tournament. *photo by H. Prosser*

RIGHT BELOW: During their game against Minneola, senior Chelsea Oberle and junior Katelynn Gamble set up a half-court trap. *photo by R. Schmidt*

On Friday, Jan. 11, the Mavericks faced Kinsley in the homecoming match. Although the first quarter finished with Kinsley ahead, 8-14, Mavericks took the lead and outscored them the last three quarters winning the game 40-33. Headrick scored the most points, 11, and Melton had the most offensive and defensive rebounds with a total of 12.

Headrick stated that her favorite high school basketball memory was, "going to Applebee's during the week of the SPIAA Tournment [my freshman year] with Kohlman and VandenHoek. Mr. V. and the seniors got lost coming home because they wouldn't wait on a train at Wright."

The next week on Tuesday Jan. 15, the Mavericks travelled to Ingalls to face the Bulldogs. The Mavs finished the first half ahead, 24-19, but the Bulldogs

continued on pg. 7



by Maddie Cannon



ABOVE: Spastic Child (junior Emily Sarber) throws a fit in the middle of the Burgatorium because her mom (sophomore Denisse Ramos) won't let her get a kids meal so she can get the toy that's inside.

BELOW: Samantha (senior Charity Schmidt) convinces the manager Torok (junior Shad Butler) to get the new girl Ashley (junior Patty Torres) to hide the rats so she doesn't have to.

centerstage continued from pg. 1

the history of the Burgatorium and food safety. The Media Center allowed Larsh to film the skits that were needed for the videos. Larsh used their equipment and studio to edit and put together all the videos that were shown during the play.

After Larsh thanked everyone who came to watch the play McVey came out with a bouquet of orange roses for Mrs. Kim McMurry, Drama teacher and director of the play. McVey gave a speech about how McMurry has put up with him for three years and how he will miss her after he graduates.

Oh, by the way the murderer was Squirmy the Musical Tapeworm!

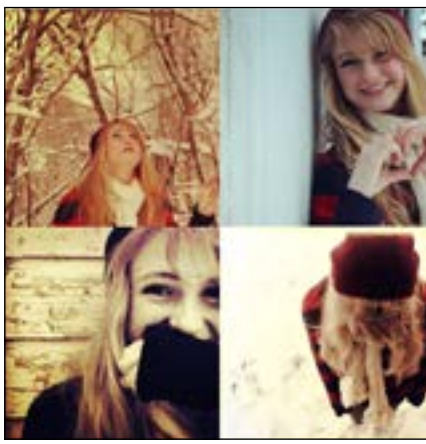
The cast included Charity Schmidt (Samantha the Counter Girl), Patty Torres (Ashley the New Girl), Shad Butler (Torok the Manager and Mama Higginbotham), Cody McVey (Steve the Fry Master), Lexi Behee (Celia the Assistant Fry Master), Lakin Titus (Debbie the Counter Girl), Aaric Kipp (Scabby the Janitor), John Colclazier (the Announcer, Defense Attorney, and J. Tyler), Miranda Kimble (Squirmy the Musical Tapeworm), Denisse Ramos (Mother and Fairy of Copyright Infringement), Emily Sarber (Spastic Child), Kadie Larsh (Heath Inspector Jenkins), Lillian Hinshaw (Health Inspector's Intern and girl) and Maddie Cannon (Birdie).

winter getaways

topthree

- 1 Triple Creek Ranch – Darby, Montana – Rocky Mountain retreat featuring private log cabins
- 2 St. Regis Deer Valley – Park City, Utah – Luxurious and family centered ski resort
- 3 Teton Lodge – Jackson Hole, Wyoming – Mountain lodge and spa

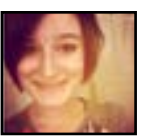
by Skylar Odle



47 likes: "#winter-wonderlandphotoshoot2012 @nrstewie" M. Kendall, fr. (@mjkend)



26 likes: "They love each other..." C. VandenHoek, jr. (@corbmiester)



23 likes: "Photo from my winter photoshoot yesterday (: #snowflake" K. Kendall, sr. (kaelie_ann)

TWEETS OF THE WEEKS: Quote of the day; Mom - "what's an Instagram?" #sillymom - C. Oberle, sr. (@ChelseaOberle)

spiritweek

by Rachel Schmidt



LEFT: Junior Lillian Hinshaw and senior Erica Bertram make use of plaid shirts, glasses and side braids to become twins. *photo by S. Odle*



LEFT: Juniors Patty Torres and Lexi Behee transform into twins by wearing their "Black Out" shirts from the 2012 football season that were sold by the Kiowa County EMS. *photo by S. Odle*



LEFT: Sophomores Jasmine and Jessie Williams take advantage of the fact that they are actually twins in real life and dress alike for twin day. *photo by S. Odle*



LEFT: The freshman class shows off their school spirit by sporting the color green on Color Wars day. *photo by K. Stevens*



LEFT: Sporting an attitude, the sophomores pose for a class picture on Color Wars day. *photo by K. Stevens*



LEFT: Part of the junior class smile for the camera on Color War day while wearing many different shades of blue. The class won the pizza party at the end of the week by participating more than any of the other grades. *photo by K. Stevens*



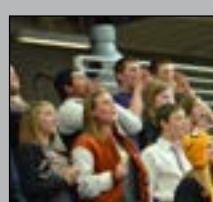
LEFT: Science teacher Mrs. Sherri Schnobelen shoes off her spurs on -ER day. Schnobelen was a horseback rider for the day. *photo by M. Cannon*



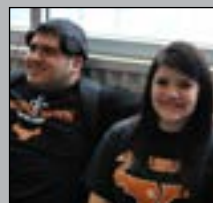
LEFT: Senior Damien Odle dresses up as a soldier for -ER day. The uniform belongs to Odle's uncle. *photo by M. Cannon*



LEFT: Sophomore Nick Mull shows off his skills as a football player on -ER day by wearing his junior high football uniform from South Central (Coldwater). *photo by M. Cannon*



LEFT: A group of freshmen yell the class cheer during the pep rally on Friday afternoon during homecoming week. The students and teachers were able to participate in several games throughout the pep rally. *photo by R. Schmidt*



LEFT: Junior Mariah Charlton smiles for the camera while senior Paco Torres laughs at something in the hallway. Charlton is wearing the original Maverick Nation t-shirt and Torres wears the newest version of the shirt. *photo by M. Kimble*



LEFT: Freshman Tatum McKinney pumps up the crowd during a time out of the homecoming game against the Kinsley Coyotes. *photo by R. Schmidt*

TWEETS OF THE WEEKS: JUNIORS WON SPIRIT WEEK EVERYBODY MARK IT ON YOUR CALENDARS AS THE ONLY TIME IN HISTORY OUR CLASS HAS EVER DONE... Like anything - L. Hinshaw, jr. (@lilwriter)

women'sb-ball continued from pg. 4

by Heidee Prosser



ABOVE: Senior Angela Liggett goes up for a layup against the Kinsley defender during the varsity game on January 11th. *photo by J. Moore*

outscored the Mavs in the last two quarters and took the win 31-45.

The Lady Maverick's first game of the League Tournament, held in Dodge City, was against the Bucklin Aces. The Mavs finished the first quarter ahead 9-7, but by the end of the half Bucklin had taken the lead 20-21. Unable to outscore the Aces in the last two quarters, the Mavericks took the loss 49-39.

Their last game of the tournament was against Hodgeman County. The Mavs outscored the Longhorns in every quarter and finished the game with a victorious score of 63-38. From the game, juniors Melton and Riann Heft had the most points, Melton with 15 and Heft with 12. On the defensive side, jr. Katelynn Gamble had the most rebounds, six, and jr. Dena Liggett had the most steals with a total of eight.

Commenting on the team's improvements throughout the tournament, Head Coach Staci Derstein stated, "Overall, I think that our team has improved confidence on the court in their abilities. I feel we understand what we need to do to compete with the better teams in the league and that we are capable of winning the close game." Looking on to see what the team could still work on, she stated, "We still need to improve our shooting and our post play needs to become more consistent."

diagnosis:senioritis

favorite high school memory

by Jessica Moore



"My favorite high school memory was my freshman year, when the senior girls and I were Christmas caroling in front of Coach Perez's house. It wasn't even Christmas!" *K. Larsh, sr.*



"My favorite high school memory was when we built a huge snowman in Mr. Kern's shop class my freshman year." *T. McKinney, sr.*



"The best memories have come from all of the road trips I've taken with my best friends!" *R. Schmidt, sr.*



"My favorite high school memory was going to the Hoodie Allen Concert with Keenan and David." *K. Watson, sr.*

TWEETS OF THE WEEKS: I feel like there's something I didn't do for school.. oh yeah. all my homework. whoops. #senioritis - M. Morton, sr. (@markala_morton)

forensicsclass

by Miranda Kimble

FORENSICS SEASON IS upon us once again! All involved are frantically trying to find their piece, write their speech or practice for draw events.

If you don't know what forensics is, it's a series of nine individual events that include acting, interpreting and delivering a speech. There are individual awards as well as team awards so it's very similar to a track meet. Also, forensics is the only activity where you can talk to a wall and no one will judge you.

The team's first meet is Saturday, Feb 2 in Kinsley at 8 in the morning. There are a total of seven meets in February alone, two of which are the Kiowa County invitationals so the team has a busy month ahead of them.

"With it being my first year, I was nervous and slightly uncomfortable but I have slowly gotten used to it once I figured out how to express myself differently than I normally do in other classes. For my first meet on Friday the novices, like me, go to explore and figure out the system. The second meet I am competing in prose which is where I pretty much just read to the judges a script. I am most excited to compete and make lasting memories with fellow classmates," said senior Lakin Titus.

etcetera

1

The most money ever paid for a cow in an auction was \$1.3 million.

2

Elephants are the only mammals that can't jump and also the only ones with four knees.

3

Canadian researchers have found that Einstein's brain was 15% wider than normal brains

4

William Shakespeare invented hundreds of sayings that we use every day including All's well that ends well, good riddance, in a pickle, wild goose chase and much, much more.

5

Giraffes, on average, only sleep 2 hours a day and can go without water longer than a camel.

homecoming



photo by H. Prosser

by Addi Price

ON FRIDAY, JANUARY 11, KCHS held their winter homecoming. The candidates were seniors Angela Liggett, Chelsea Oberle, Chloe Enfield, Damien Odle, Keenan Behee and Caleb Davis. The flower girl was kindergardener Hannah Greenleaf and the crown bearer was kindergardener Marco Toner.

The candidates were asked a series of questions to answer about themselves, like their favorite food and advice to underclassmen. The junior class was responsible for writing the script and reading it at the ceremony. Students involved in STUCO were responsible for setting up the ceremony and helping the little kids with where to go. The student body voted for who they wanted to win at the beginning of the school day. The ballots were collected and tallied.

The ceremony was held during half time of the varsity boy's game. The candidates walked onto the court while the script is read. This homecoming King and Queen were announced Keenan Behee and Chelsea Oberle. Oberle was given flowers and a crown in honor of winning. Even though Oberle won, the other ladies also received flowers for being a part of the ceremony.

After the varsity men's game, the students gathered in the recreational gym where the sophomores hosted the homecoming dance. Beverages and snacks were served as the students danced the night away. The dance started around ten and ended at midnight. During the dance, the students that graduated two years ago showed up and spent some time with old friends. The dance was defiantly one of the better dances of the year.



Keenan Behee and Chelsea Oberle

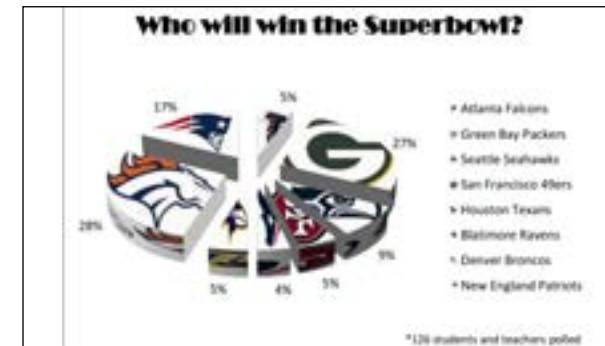


Caleb Davis and Chloe Enfield



Damien Odle and Angela Liggett

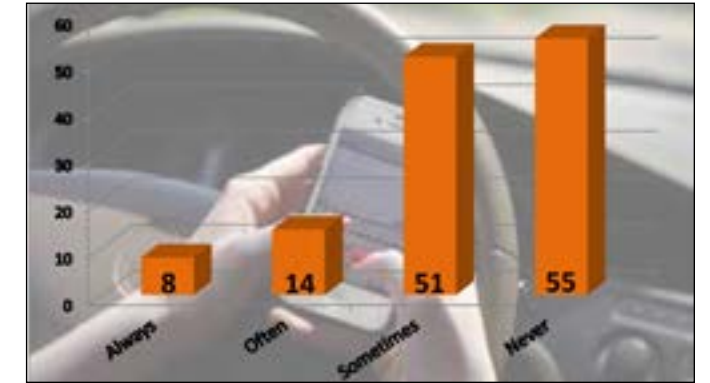
superbowl



by Kayleen Stevens

AFTER POLLING 126 high school students and staff, the majority felt that the Denver Broncos would win the Superbowl with the Green Bay Packers joining them for the big game. Well it's a good thing there was no betting going on, most of us would have come up on the short end. Only 13% picked one of the two teams who would be playing on that final Sunday of the football season. Ironically, no one selected the final two teams to be competing against each other. We'll see after Sunday's game who the winner of the iTunes card will be.

lastlol



128 students and staff members from KCHS were asked if they text while driving. The number of "never" included the freshman class, most of which can't drive yet. The number of "always" was a little surprising, knowing the number of accidents that are caused by texting. We should all be more conscientious of this problem. poll by K. Stevens

WHAT'S UP? WHERE r u? LOL! All are common texts sent out while on the road. The most common thing to do while driving these days is to text. Many teenagers use the excuse 'it's not a big deal' or 'nothing will happen' when told not to text and drive, but in all reality it doesn't matter how "great" of a driver you think you are, if you text and drive you are 23 times more likely to have an accident.

When you text and drive your eyes are off the road for a minimum of five seconds. So if you're traveling down the road at 55 mph you have just driven the length of a football field without looking. On top of that people who text and drive spend up to 10% of their time driving outside their lane. 77% of young drivers are confident that they can text safely while driving and 55% claim it's easy to text and drive. Try convincing the 6,000 dead and over half a million injured people who are in car accidents each year that involve distracted driving. And this number continues to increase as we're introduced to more technology.

It's not just the teenagers and young adults that are in the wrong. In fact, 1 in 5 of drivers of all age confess to talking, texting and even surfing the web on their phone while driving.

Considering how common it is to text and drive it came as quite a surprise to see the majority of students polled say they sometimes or never text while driving.

At the end of the day, no one is immortal and driving is hard enough without the element of texting. Is a simple "LOL" worth risking yours or someone else's life?

by Miranda Kimble

men's b-ball



TWEETS OF THE WEEKS: SPIAA League tourney in Dodge City. Game on at 3! Leggo! - D. Odle, sr. (@DamienOdle) photo by H. Prosser

HEADING INTO THE SPIAA League Tournament held at the United Wireless Arena in Dodge City, the KCHS men's basketball team found themselves seeded fourth with a record of 7 and 4. Being fourth put them in the same bracket as the undefeated Fowler Goldbugs.

Leading up to the league tournament the men began the second part of their season facing the Minneola Wildcats on their home court. As the game progressed it was evident that foul trouble for the Mavericks might have an influence on the outcome of the game.

"The worst part about playing Minneola was getting into foul trouble. I had to watch my hands and we lost a lot of points from their free throws they made," stated senior Damien Odle.

Hoping for the win to begin the season, the boys were upset with the close loss, 49-52. Senior Caleb Davis led the team in scoring with 20 points, followed by Odle with 14.

Next on the schedule for the Mavericks were the Central Plain Oilers. The team traveled to their court for another close contest. Unable to pull out the win, the team came away with their second loss of the second semester, 47-55.

On Friday, Jan. 11, the Mavericks played the Kinsley Coyotes for the homecoming contest. Senior Trevor Tyree commented that even though they dominated the game the team could probably practice harder to

achieve more. The game was really never in question as the Mavericks came out and took control of the game from the beginning, outlasting the Coyotes and handing them a decisive loss, 64-34. Senior Rustin Ardery led the team in scoring coming away with 23 points.

For the final game before league tournament play, the team traveled to Ingalls to take on the Bulldogs. Again, the game was really never in question as the Mavericks came home with a 66-34 win. The junior varsity squad didn't come away as well, losing their game by five points.

Tuesday night, Jan. 20, the tournament began for the Mavericks, facing the Timberwolves of South Central. Although they had previously defeated the Timberwolves the guys still had to work to come away with the win, 46-33, and advance in tournament play.

Facing the number one seeded Goldbugs in the semi-final game, although they played hard, the Mavericks found themselves heading to the consolation game on Saturday, losing 33-54.

Determined to come away with a plaque for their efforts, the Mavericks faced the Bluejays of Ashland in the final night of tournament play. Another close game for the team meant a continual effort had to be put out by all members of the team, whether they were starters or coming off the bench. With a good team effort, winning 49-43, the team brought home the third place plaque to display in the school's trophy case.

by Jessica Moore

friendtest

Questions				
	Fav. hobby?	Pet peeve?	Dream job?	Fav. song?
Hannah's answers for LaTosha	Eating	People cussing	Vet	The Ballad of the Mona Lisa by Panic at the Disco
LaTosha's answers for Hannah	Playing basketball	When I say "OMG!"	Oncologist	Something by George Strait

FOR BEING FRIENDS since these two girls were little, they really did not know all that much about each other. Except for both girls getting each other's dream job right, they both did pretty bad. While Hannah knew two things about LaTosha, LaTosha only got one question right out of the five that were asked. What do you think, best friend material?

by Audrey Wheeler

dreadfuldiets

DIETS. I THINK everyone expects the melodramatic dun dun duunnnn after the unspoken word. They're terrible! They don't work. A person shouldn't be expected to suddenly change all of their eating habits willy nilly. It doesn't work like that. Most of the time diets malnourish what the body really wants and needs.

But people still want change, they want to start eating and looking healthier. That's what I wanted. I just knew that I didn't want to go about it by going on a strict and backbreaking diet because I wouldn't be able to sustain it. In about a week I would probably get fed up of eating salads and would go back to my normal and well-treaded routine of pigging out on potato chips. But I still wanted change, I just didn't know where to start.

Change came about a few weeks ago when I made a life choice to finally start eating healthier. I was getting tired of feeling sick and guilty after eating so much sugar and junk food throughout the day and never knowing what I was eating or, in fact, not even caring what's inside the stuff I ate. Sure, I had a sweet sugar buzz and was filled with dopamine for about a millisecond after eating sweets, but those feelings weren't worth the hours afterward of feeling sick.

I call this change a life plan, instead of a diet, and I'm never going back. This change isn't temporary; it's sustainable. I try to tell myself "Hey! You know what! You could have that ding dong but do you really want it?" The answer is no. That's the difference between a life plan and a diet. I tell myself I can, but I don't want it instead of I can't, like a diet says.

So, I am basically eating whole foods, anything that God made. For example, God made apples and bananas, not donuts and high fructose corn syrup. Those were made

in a factory using synthetic chemicals that weren't made to be digested. I started looking at what I was eating; at nutrition facts. I was shocked at the ingredients that I had no idea of what they were. I mean what is thiamin mononitrate or rivo flavin (took these from ingredients on a Cheez-It box)? Not ingredients that I want to be in my body, I can tell ya that!

I started researching what some ingredients really were and now I pretty much don't eat anything that I have to look at the nutrition label to figure out what it is. Apples and organic rice are pretty much straight forward with no nutrition label or list of ingredients needed.

After making this life change I feel amazing, and I'm eating great! I'm not starving myself or having to pull out my hair because I have cravings that I just can't satisfy. My nails are stronger, my skin is healthier, and I've lost eight pounds so far (not that I'm doing it to lose weight, but it's a nice plus).

I encourage everyone to start looking at what they're eating. Try my "diet" for a while; see how you feel after a week. I think you would be surprised about how sustaining and life giving eating the foods that God made can really be.



LEFT: A whole foods "diet," or life plan as I like to call it, is where it's at. Like the poster says, choose REAL food!! Eat knowing that it matters what goes into the body. I've chosen to change my habitual ways and start eating right for once. *courtesy photo*

photoops

by Audrey Wheeler



photo by J. Moore



photo by M. Kimble



photo by R. Schmidt



photo by S. Odle



photo by M. Kimble



photo by H. Prosser



photo by R. Schmidt



photo by R. Schmidt

maverickmonthly

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