

THE SAGE

Cokeville High School

November 2023

State VB Champs!

The blue laminate tiles make a hollow clacking sound as you run across the state court. You can hear the shrill pitch of the referee whistles coming from four courts. The sounds of bouncing volleyballs reverberate in your ears. The bright lights barely reach onto the state floor far below where they hang, but they leave streaks in your vision when you look up. People are cheering all across the giant amphitheater-like gym. It doesn't matter who the fans are or which team they are cheering for, the roars fuel the energy of the games. Teammates exchange secret hand signs and call out to each other all across the courts. Your heart is pounding, your body sweating, adrenaline pumping. This is it. It's game time.

In late October, the volleyball team's position in the regional tournament was decided by a coin flip, because the Panthers and the Little Snake River Rattlers were tied for number one in the conference. Cokeville won the coin toss and went into the 1A Southwest Regional Volleyball Tournament as the number one seed, with the team's biggest rivals, the Little Snake River Rattlers, right behind them. The volleyball team faced the Rattlers again in the championship game. It was a close and exciting game, each team winning sets back and forth, 22-25 (Snake), 25-18 (Panthers), 19-25 (Snake), and 26-24 (Panthers). The final set was to 15, with the Panthers taking it all, 15-12.

After taking the championship title in the 1A Southwest Regional Volleyball tournament, our Cokeville Lady Panthers traveled to Casper to compete in the state championship tournament. The girls started off by facing Guernsey Sunrise, winning easily in three sets, 25-7, 25-13, 25-9.

Friday evening the girls took on the number two seed from the East, the



Southeast Lady Cyclones. The Cyclones were tall and strong, overpowering Cokeville the previous year and knocking the Panthers out of the championship bracket. This year's team took it upon themselves to get revenge, fueled by their need to win. The first set was a battle won by the Panthers, 25-21. The Lady Cyclones took the second set 20-25, following suit to what members of Cokeville's team referred to as "the curse of the second set." The Panthers dominated the third set 25-14, then took the win in the closer fourth set, 25-21.

The win put the Cokeville Lady Panthers in the championship game against none other than the LSRV Rattlers, who had beat Upton to participate in the championship. This would be the fourth time the teams had competed against each other this season. Many of Cokeville's players thought, "here we go again," but were also eager to prove who was the better team.

Saturday afternoon, the Cokeville Lady Panthers prepared for their final game. The girls made good memories sharing a locker room with the Mountain View Buffaloes, who were also competing in the championship game, on the 3A court. The Buffs often played Cokeville, despite not being in the same conference, but Cokeville was challenged and made better by Mountain View's competition. The

teams often cheered for each other in tournaments and, in the locker room at state, shared their pre-game rituals. Tension was high while the players from every court were announced and warm-ups commenced. You could feel the excitement and anticipation from the players. The game kicked off with intensity from both teams. The Rattlers were desperate for revenge for the regional championship, and the Panthers were hungry to win. It was a fight for every ball, but the girls were determined and played their hearts out. Cokeville took the first two sets, 25-21 and 25-20, and the last game was a nail biter, ending 26-24. The seniors shared a special moment when they took the state championship together; the game ended in the one rotation when all six of them were playing on the court.

Jan Moody commented on the team's season in the Star Valley Independent: "They had unity, and you could feel it and see it when they took the court. They knew they could win, and they knew they were dependent upon each other for success." The win made 26 state titles for Lady Panthers volleyball.

Congrats on a successful season and a state championship title, girls!

-Amelia Richardson

Sadie Hawkins



From L-R: Quintan Bird, Kylee King, Ryder Pope, Sarah Clements, Aedan Lyman, Amelia Richardson, Isaac Halls, and Maliyah Thompson.

The Sadie Hawkins Dance is a girl's choice dance that most of us think is strangely named and a random tradition. The idea of a girl's choice dance and the name actually originates from a comic strip in the late 1930's. The "Lil' Abner" comic strips, written by Al Capp, once featured a rich man's daughter, Sadie Hawkins. She was ugly and awkward, to say the least, and was still unmarried at 35. In hopes to get her hitched, the rich man organized a foot race for the bachelors in town. The man that Sadie could catch would have to marry her. The town eventually made the event annual, declaring it "Sadie Hawkins Day," a day where the women take initiative to catch a husband. The first Sadie Hawkins "Lil' Abner" strips were printed in 1937, and the plot device gained unexpected social momentum. More comics about "Sadie Hawkins Day" were released, this time featuring one of Lil Abner's more attractive lady-friends chasing after him. Soon, many colleges were holding dances and other events with the same gender role reversal. *Life* magazine even reported on the new event with a two-page article titled, "On Sadie Hawkins Day, Girls Chase Boys in over 201 Colleges." Because of the story's popularity, Al Capp released a new Sadie Hawkins Day themed strip every November, solidifying

the tradition further. One strip featured a Sadie Hawkins Eve Dance where the women would wear nails on the bottom of their boots so the men would be easier to catch and marry during the next day's race. Students ditched the nail idea for the dance but still wore plaid and boots, essentially dressing up as Lil' Abner's characters, who were from the rural south.

Our Sadie Hawkins dance didn't involve purposeful toe stomping or a 'cowboy hats and plaid' dress code, but it was still a good time. Instead of ripped jeans and boots, students wore casual clothes and matching t-shirts with their dates. Participants did follow the gender role reversal that the dance is based around, by the girls treating the boys to a day date before the evening dance. Group dates did activities such as bowling and attending a football game, returning to enjoy an "Under the Sea" themed dance. The room was decorated with sea creatures and some fun jellyfish paper lanterns. The changing lights coming from the DJ table helped make the atmosphere energetic. EJ Pauni played familiar dance tunes that had many of the students out and jumping around. It was a fun night!

—Amelia Richardson

Thanksgiving

Thanksgiving is a holiday celebrated in the United States. Thanksgiving is usually spent with family and friends. You can play games and have contests with some goofing around the house. You get to eat and probably gain five hundred pounds by pounding pie, potatoes, gravy, and meat. The reason Thanksgiving is celebrated is because of the Pilgrims that came to the U.S. They wanted to celebrate their blessings and harvest of the past year, because they had fled from England to America so they could live freely. The Pilgrims in Plymouth made friends with the Wampanoag Native Americans, and they both gathered for a feast. This feast was called Thanksgiving and is now the holiday we celebrate. It is celebrated on the third Thursday of November every year.

Some foods that are common at Thanksgiving dinners include turkey, potatoes, stuffing, rolls, gravy, green bean casserole, corn, yams, cranberry sauce, and other items. The desserts for Thanksgiving are usually an assortment of pies. There are apple pies, key lime pies, pumpkin pies, banana cream pies, coconut cream pies, lemon meringue pies, cherry pies, chocolate pies, and many more pies. Thanksgiving is a time for friends and family to come together to feast on delicious food. Thanksgiving is a time to give thanks to those you love and cherish, hence the reason it is called Thanksgiving.

—Kacen Milsted





Physics Class Visits ExxonMobil Plant

On the 16th of November, our school's physics class had the opportunity to take a field trip to the ExxonMobil plant near LaBarge. This trip was made possible by the Exxon employee Todd Plowman, the father of Drake Plowman. Exxon's amazing staff helped us learn about what Exxon is and how it operates.

Todd Plowman and other Exxon engineers first gave us a presentation about what goes on at Exxon, and then they helped lead a tour all over the plant. After a great barbeque lunch, the engineers showed us control panels where we got to meet the actual people who run them, and they showed us the machinery that helps accomplish what they do there. The Exxon employees allowed a lot of questions and were very open to talk about whatever it was we wanted to know.

Exxon is unique, because not only does the company pull its gas out of the ground on its own, it also processes the gasses on site. It is important to note that Exxon does not pull out gas like the kind that you would put in your car. Exxon has a cavity full of gas under LaBarge that they pull from. This includes many different kinds of gasses, like nitrogen (7%), helium (.6%), carbon dioxide (65%), hydrogen sulfide (5%), and methane (21%).

The gasses all have different levels of value, with some being useful and some being harmful. The gasses Exxon makes a profit from is the rare helium (the

majority of the money) and methane. Helium is used in all kinds of things, like rockets, computers, and MRI machines. Methane is mostly used to help heat homes.

Some gasses are very harmful. Carbon dioxide (CO_2) is a harmful greenhouse gas that exacerbates climate change. Exxon has found many creative ways to use carbon dioxide. They sell some of it to other fossil fuel companies, which use it to help extract their natural gas. The CO_2 they can't use will be injected back into the ground. One of the biggest problems they deal with is H_2S , or hydrogen sulfide. This gas is extremely dangerous and can cause rapid death even at very low levels. While they used to use this gas to produce sulfur, that project has been shut down, and all H_2S is now inserted back into the ground. This was not because of death, something that has not happened since a worker fell off scaffolding in the early stages of construction. Rather, it was simply due to the inability to profit from sulfur.

The way Exxon processes the gasses they pull out of the ground is fairly complicated; however, the main idea is to separate the gasses from each other using Selexol, a solvent that can capture different kinds of gasses. After the gasses are separated, they use a liquefaction process, which involves cooling the gas a lot. They have to cool helium to less than

-400 degrees Fahrenheit! They do this because, as a liquid, it is easier to transport on their trucks, and it is a much more efficient and economical way to store it.

Exxon is also bridging the gap between natural gasses and renewable energy by proving that natural gas can be clean. Exxon acknowledges that climate change is a real issue that is in some way caused by human interference. But rather than do nothing and try to make money while they can, Exxon has a carbon capture program that will help them meet their goal of being carbon neutral as a plant by 2030, and being carbon neutral as a company by 2050. These efforts are certainly felt by the country. Just one well that stores carbon could help reduce more greenhouse gas emissions than the entire electric vehicle industry does at the moment. Carbon capture is the process of capturing the unwanted carbon dioxide (a byproduct of the extraction process at Exxon) and storing it deep in the ground rather than in the atmosphere, where it can be very harmful.

All in all, this trip to Exxon was very interesting and memorable. We had the opportunity to learn all about how their process works, what they actually do at Exxon, their extensive safety measures, and how they are helping create a greener future.

-Evan Dietz

New Wrestling Season

Our wrestling coach, Marty Linford has retired after 22 years, and our assistant coach of 27 years, Darren Moody has as well. These incredible individuals have done great things for the Cokeville wrestling program. Marty has coached seven team state champions and 44 individual state champions, he was recognized seven times as coach of the year, and he was also nominated three times for national coach of the year—and won that title once. Linford will be inducted into the Wyoming Activities Association Coaches Hall of Fame this year. And as for Darren Moody, his great and very positive ways will be missed, along with the way he would wrestle with his athletes on the mat, teaching them everything they needed to know. He was a role model on and off the mat. Moody has also been recognized as assistant coach of the year by the Wyoming High School Coaches Association. Both men were and still are great wrestling coaches and will be missed in the sport and in the Cokeville wrestling program.

We will have new coaches this year, Sullivan Teichert and Ammon Teichert. Sullivan has helped out in the past with the wrestling team, but Ammon is new to the coaching program. Either way, they are both state champion wrestlers, with Sullivan winning state in 2006 at 112 lbs and in 2009 at 140 lbs, along with Ammon winning state in 2019 at 152 lbs. With these two coaching us, we will have great opportunities this year in wrestling. As a team, if we work hard, we have a chance to win state, because we have a lot of incoming freshmen and a returning state champ. Our schedule is challenging this year, like always, but we have good odds of winning.

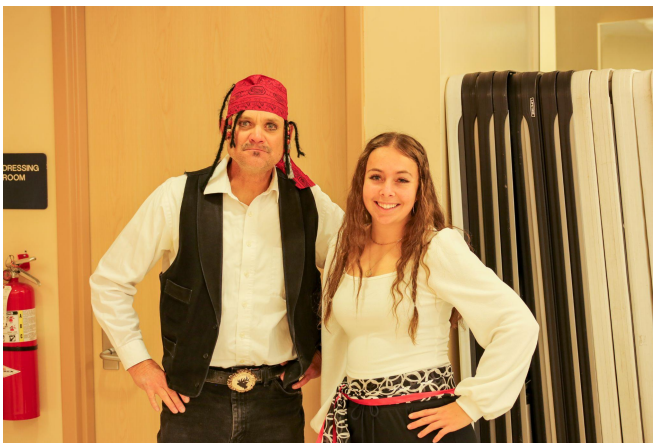
—Clay Teichert



Mr. Dietz recognizes Mr. Linford and Mr. Moody for their service to our wrestling team.



The seventh grade class poses with their favorite TA, Savannah Bell.



Mr. Linford and Bryli Groll both dressed up as pirates for Halloween.



Mrs. Pauni's realistic-looking makeup helped her win a prize on Monster Monday.

Halloween Week

Halloween week started off strong with the dress-up day being Monster Monday. Monday was one of the better days of the week, with almost everyone dressing up. The winners for the dress-up day were George (Garrett Fleming), Kynleigh Davis, and Mrs. Pauni: They all had great outfits and deserved to win. The rest of Monday went by as usual.

Tuesday was Halloween. Halloween is a spooky and fun holiday celebrated on October 31st every year. People dress up in costumes, go trick-or-treating, and decorate their homes with Jack-o'-lanterns and other eerie decorations. This was true at the school too, with everyone dressed up in their best costumes. Some honorable mentions were Mr. Linford and Bryli, with both of them being pirates, and also Clay Teichert in his race car driver costume. The winners for this day were Justin Moyes as a cowboy with his banana gun, Rachel Thomas as Post Malone, and Mr. Moody as the Hulk. This day there was also an assembly in the main commons. During the assembly, a student from every class and one teacher all had to pick one condiment, one liquid, and one solid to make into a drink. This was a good activity, other than the fact that there were no good items, so everyone was disgusted with their concoctions. The highlight of the activity was George throwing up his drink in front of everyone.

On Wednesday there were not as many people dressed up, with the dress-up day being pink for the ending of breast cancer awareness month. The winners of the day were Myles, Ainslie, and Mr. Barnes, all respectively covering themselves in pink head to toe.

Then Thursday was sports team dress-up, with the winners being Kag (Kashton Walker), Briquelle Peck, and Mr. Thomas, all dressing in the best sports attire they could find. That day there was an assembly where each class and a group of teachers competed to see who could wrap the best mummy. This was not nearly as entertaining as the first assembly but was still better than school.

The overall winners for the Halloween week dress up were the 7th grade class, and the absolute loser class was the juniors for the second time this year. It was a fun and eventful week.

—Dash Nate



Jethro Awtrey: The All-State Champion with a Winning Sense of Humor

In the realm of high school athletics, few individuals possess the exceptional talent, dedication, and try exhibited by Jethro Awtrey. Jethro has emerged as a formidable force both on the football field and on the wrestling mat. Winning All State and the All Conference title in football, and competing in the 160-lb weight category in wrestling, Jethro's unwavering commitment to sports is surpassed only by his joyful and humorous personality that brings a smile to those around him.

Jethro's athletic journey began at an early age when he discovered his passion for sports during recess, aspiring to be the best kid on the team. With a strong physique, natural agility, and a lot of determination, there was no doubt that he was destined for greatness. Since joining the Cokeville High School football team, Jethro has impressed both teammates and opponents alike with his exceptional skills on the field.

His crowning achievement came this last season when he secured the All-State title in football by helping lead the Panthers to the playoffs. Demonstrating remarkable strength as a defensive end and offensive tackle, with a knack for making crucial plays, Jethro's contributions proved instrumental in

making it as far as we did.

Jethro's abilities extend beyond the football field, as he also excels in wrestling. Competing in the 160–150 weight range, Jethro showcases not only his physical but also his strategic thinking. His relentless drive to surpass his own limits has propelled him to overcome opponents, earning him a reputation as one of the better wrestlers in his weight class.

Beyond his athletic prowess, Jethro's magnetic personality and contagious sense of humor make him a beloved figure in Cokeville High School. Whether he is cracking jokes in the warmup lines during practice or lightening the mood before an important match for his teammates, Jethro's witty remarks can turn any stressful situation into a light-hearted affair.

Described by his friends as the "class clown," Jethro has an extraordinary ability to bring people together through laughter. His comedic timing, coupled with a quick wit, never fails to lighten the mood and create a positive environment. Jethro's lighthearted ways never fail to make his friends laugh.

Despite his humorous nature, Jethro's comedic ways do not compromise his dedication to his sports. He

the importance of a balance between fun and focus, keeping the team motivated even in challenging times. His ability to inspire others through laughter makes him a valuable asset both on and off the field.

Jethro's athletic achievements and magnetic personality have the power to create a lasting impact that transcends sports. His ability to bring joy and laughter to those around him serves as a reminder that success is not solely measured by wins and losses but by the positive experiences and relationships formed along the way.

Jethro Awtrey has solidified his place as a remarkable athlete, winning the All-State title in football and excelling in wrestling at Cokeville High School. His infectious sense of humor mirrors his unwavering dedication and tenacity in sports. Jethro's ability to lighten the mood and bring joy to others has undoubtedly left a mark on his teammates and peers. Jethro's unique combination of talent, determination, and laughter serves as a reminder that being a student-athlete encompasses both athletic excellence and the ability to bring joy to those around you.

–Clay Teichert

Brandon Mull School Visit

Earlier this month, we had the great opportunity to hear from the author Brandon Mull. Brandon Mull is a renowned American author who has written several popular children's and young adult books. He is best known for his "Fablehaven" series, which has been a New York Times bestseller and has been translated into several languages. Mull's books are known for their imaginative and magical worlds, relatable characters, and exciting adventures. He has won several awards for his writing, including the Whitney Award and the Utah Book Award. Mull is also a popular speaker and has visited schools and libraries across the United States to inspire young readers to explore their creativity and imagination. When asked how he writes his books, he said, "It's a little bit of everything, but first I find something interesting to write about. I'll come up with some parts of the story, then connect the scenes with details later." This style of writing is what the great author uses.

His favorite book he has written was the Fablehaven books. The Fablehaven series is a captivating and magical journey through a world filled with mythical creatures and ancient secrets. The series follows the adventures of siblings Kendra and Seth Sorenson as they discover a hidden sanctuary for magical creatures called Fablehaven. As they explore this new world, they encounter a host of magical creatures, both good and evil, and must work to protect Fablehaven from those who seek to destroy it. Mull's writing brings this world to life with vivid descriptions and relatable characters, making it easy for readers to become fully immersed in the

story. The series has been praised for its imaginative world-building and captivating storytelling. It has become a beloved classic among fans of fantasy and adventure books. When asked why it's his favorite, he said, "The story came together the way I envisioned, and hearing people talk about my book positively is a dream come true."

During the assembly, Mull showed us lots of his books and a trailer for his new book, *The Candy Shop War: Carnival Quest*. *Carnival Quest* is the latest addition to Brandon Mull's "The Candy Shop War" series. In this book, Mull takes readers on a thrilling adventure filled with magic, mystery, and danger. The story follows the four young friends, Nate, Summer, Trevor, and Pigeon, as they return to the magical candy shop for another adventure. This time, the candy shop owner, Mrs. White, sends them on a quest to a carnival to retrieve a magical item that has been stolen. Along the way, they must solve puzzles, face dangerous challenges, and outsmart their enemies to complete the quest. The book is filled with twists and turns, keeping readers on the edge of their seats until the very end. Mull's imaginative storytelling, relatable characters, and magical world-building make *Carnival Quest* "an exciting and enjoyable read for fans of fantasy and adventure books."

Brandon Mull's visit to our school was a very neat experience: We learned some cool things about Brandon Mull and had the opportunity to get our favorite books signed. Thank you to Brandon Mull for visiting our school!

–Dash Nate



Teacher Spotlight: Mr. Tims

Mr. Tims teaches most of the science classes at our school, ranging from grades 8–12. Mr. Tims, who has worked at Cokeville High School for eight years, makes his science classes fun and interactive through group and individual projects.

In high school, Mr. Tims was a very involved student who participated and led a wide range of activities. He attended Mountain View High School, was on the football team, wrestling team, and track team, and was also a mathlete. He also served as the president of a few clubs at his school, including YCW (youth crime watch) and SHARC (students helping achieve responsible choices). He founded a club called the Presidents Club, which gave all members the title of president to assist with scholarships.

After high school, Mr. Tims attended Dixie State College (now known as Utah Tech), where he earned his associates degree. He then went to Utah State to earn his bachelor's degree, the degree you need to become a teacher. Interestingly, Mr. Tims did not start going to college to become a teacher—at first, he studied to become an accountant; however, he later decided that accounting simply was not for him. The profession that really stood out to him was teaching. He loves being around students and helping them learn. After a brief period of considering elementary education, he eventually landed on a degree to teach high school classes. The rest is history.

Although Tims did not start his career teaching at CHS, “it was always the goal.” Tims wanted to make it to Cokeville, because he wanted somewhere that was close to his family. He also said he loved the atmosphere and the four-day week that Cokeville has. Tims actually started teaching at Lusk, where he kept checking the jobs in Cokeville until the right one opened up. Tims jumped at the opportunity to come teach at CHS, his dream job.

Just like Mr. Tims was in high school, he is also very involved as a



teacher. Mr. Tims is coaching some kind of sport for almost the entire school year. In the fall, he coaches junior high football. In the winter, Tims coaches junior high wrestling. For the spring season, Mr. Tims is the high school track and field coach. Mr. Tims says that he enjoys all of his coaching opportunities, and he doesn't have a favorite.

Some fun facts about Mr. Tims include that he once jumped off a 100-foot cliff, and that his summer job is cleaning houses with his wife. He also recently helped to set up a field trip for his physics class to go to the ExxonMobil plant close to LaBarge.

Mr. Tims is such an important part of this school. He is such a fun teacher to be around, he makes learning science an enjoyable experience for all of his students, and he brings that same energy and passion to his coaching. Hopefully, through this article you were able to learn more about Mr. Tims, his history before Cokeville, and some of the many things he does for this school.

–Evan Dietz