

EAGLE TIMES

RESPECT

RESPONSIBILITY

ENGAGEMENT

INTEGRITY

VOLUME 3. ISSUE 5



CONTENTS

FEATURE

PAGE 1, 2 & 3

STUDENT LIFE

PAGES 4, 5, 6,
7, 8, 9, 10 & 11

SPORTS

PAGES 12 & 13

PHOTO GALLERY

PAGES 14 & 15

ADS

PAGES 16 & 17

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We Are The Champions, Again

By Erin Taylor



For the second year in a row, the debate team has claimed the 3-2-1A state debate championship as its own. This is the first time the debate program has achieved back-to-back state championships in the program's history.

The 4-speaker team consisted of Caleb Kampsen and Josh Schroeder, representing the negative team, and Nathan Cunningham and Luke Fangman, representing the affirmative team. These four seniors were juniors when they won the championship in 2013. The alternates this year were Junior Keegan Weber and Sophomore Darin Martin. Competing in the two-speaker debate tournament were Sophomore Sydney Monteith and Junior Lucas Schroeder.

Seniors Kampsen, J. Schroeder, Cunningham, and Fangman ended the season by taking first place at regionals for the second year in a row, followed by their performance at the 4-speaker state championship tournament. The two-day tournament was held at Fort Scott Community College on Jan. 24 and 25.

"State debate was an exciting opportunity to showcase the work we did throughout the season and was the culmination of our efforts over our four years of debate," J. Schroeder said.

There are two different forms of debate: two-speaker and four-speaker. Two-speaker consists of a team of two who debate either the affirmative or the negative, depending on the round. Four speaker-debate consists of two teams made up of two people each, one team debating the affirmative side and the other debating the negative side of a chosen resolution. This year's resolution was: "Resolved: The United States federal government should substantially increase its economic engagement toward Cuba, Mexico or Venezuela."

All rounds are taken into consideration when finalizing scores. Winners are based solely on a win/loss record; there are no finals rounds. The boys

became two-time state champions after a 13-1 win/loss record.

"We've had a lot of success this season, but I think the success that the school cares about the most is the fact that we won our second state championship. This is a first time in Silver Lake history, which is a really neat legacy to leave the program and our school with. I hope that our efforts draw more of a focus to the program," Kampsen said.

Michelle Taylor, first year head coach and Silver Lake alumna, has now experienced winning a state championship for the second time in her coaching career. The first time was in 2013 as an assistant coach to Gail Naylor.

"After winning state last year, I entered the season really excited to see what they could accomplish this year. I have been with these kids since they were freshmen, and I have never seen a squad work as hard as this year's did. It was extremely gratifying to see them achieve this very momentous goal," Taylor shared.

This year Kyle Klucas became Taylor's assistant coach and together they successfully produced another state champion team. Klucas, a Silver Lake alumnus, debates at Kansas State University.

"Kyle definitely wins 'Assistant Coach of the Year.' Not only did he travel with us and support us throughout the season, but he also cut a ton of updates and was extremely helpful in strategizing before rounds. Without him, we would not have had the success we did," Taylor said.

She said that the season seemed to be a success for the team as a whole, but an especially memorable one for herself and the senior boys.

"Overall, the win is a little bittersweet for me because it means that the senior's debate careers are over. I will miss them tremendously. However, they have left a great legacy to be continued. The goal is nine championships in a row....we have seven to go," Taylor said.

Photos provided by Head Coach Michelle Taylor

FIT OR BUST

Female high school students make change to carry on with healthy, fit lifestyle



Tyler Billings

By Kayce Warren

As an eighth-grader, Tyler Billings wanted to find confidence in herself again. She set out to do that by losing weight, trying to find peace with her body.

When she lost 40 pounds, she found that peace. She said her starting weight was about 160 pounds.

Billings, now a sophomore, shared her weight loss experience.

"I started to lose weight for myself. I wanted to love myself, and I was tired of hating myself," she said.

Billings knew she had to change in order to make that happen.

As far as motivators, Billings said she only had a few.

"I made the change on my own because I wanted to accept myself instead of feeling negatively," she said.

Before her weight loss, she said she used to eat unhealthy and barely exercised. Although she is enjoying her healthy lifestyle, she said that you shouldn't overprioritize being healthy.

"Don't be consumed with being a health nut and enjoy some Oreos. I prefer those over celery," Billings said.

The exercise that helped her was running.

"I find it very stress relieving, and it also works and tones all places of your body," she stated.

Billings expressed her opinion on her lack of confidence.

"I struggled with self-worth. I think that all teenagers do because no one can look in

a mirror and like everything about himself or herself. It was frustrating for me because when I would get on the scale and see I gained two pounds, I would be disappointed with myself," she said.

She shared her feelings about her weight. "Now my weight constantly moves in both directions, so it's not the end of the world. I am still going to enjoy my Oreos," Billings shared.

Now her goal is to reach between 110 and 115 pounds. She said even if she doesn't reach that goal, she will be more than happy with how she is now.

"I am definitely more confident, and I feel comfortable in my own skin. I've never felt like that before," she said.

Billings shared her thoughts on other's weight.

"For you to feel confident, you have to learn to love yourself, and the number that pops up on the scale doesn't make you feel that way," Billings said.

Billings' current weight is 120 pounds. Regardless of how much weight she lost, she said she realized it wasn't the number on the scale that brought her happiness, but it was finding inner peace.

"The scale doesn't define your worth. It can tell you a number, but it doesn't tell you all the beautiful things about you. Your weight won't make you love yourself.

"You have to learn to love yourself and be at peace with yourself," Billings explained.

Summer Root

By Haley Warbritton

Looking in the mirror and feeling disgusted with herself is one of the reasons Freshman Summer Root began her journey to a healthier life.

First inspired to lose weight by her low self-esteem, Root took control of her life and began the journey toward a healthier

and a better self.

At a starting weight of 173 pounds, Root began to change her uncontrollable eating habits to eating healthy and exercising daily.

Taking out a majority of junk food and adding more whole grains, lean meats, vegetables, and fruits, (*"Root" cont., page 4*)



Gabby Gifford, Tyler Billings, and Summer Root have recently experienced significant weight loss, and they each chose one word to describe their journey. Gifford's word was "confident," Billings's word was "peaceful," and Root's word was powerful.

Gabby Gifford

By Abby Brockmann

Sophomore Gabby Gifford will stop at nothing to achieve her health and fitness goals.

Gifford started working toward her goal her freshman year and is still striving for it every day. She started at 245 pounds and has lost over 70 pounds with her hard work and

determination.

Gifford said she could not lose the weight on her own and needed motivation along the way. Her mom and brother were just a few of the major motivators during her weight loss journey. (*"Gifford" cont., pg 5*)

Weight Loss in Teens

About **46 percent** of high school students were trying to lose weight.

About **29.2 percent** of high school students described themselves as slightly or very overweight.

Only **15.2 percent** were actually considered overweight.

Before a 30 day weight loss survey, **12.2 percent** fasted for more than 24 hours, **5.1 percent** took diet pills, and **4.3 percent** either vomited or took laxatives.

Statistics from the National Youth Risk Behavior Survey, 2011



Root (cont.)

Root began her journey to rebuild her self-esteem and boost her confidence.

She said losing the weight seemed like an impossible task, but with the support of her sister, achieving her goal didn't seem so unreachable.

"My sister Kaitlyn encouraged me every day to work harder and to go the extra mile. She continues to be my best workout partner," she said.

Root said she overcame both emotional and physical struggles during the process. Self-confidence was a big struggle for her, along with dealing with asthma.

Root doesn't intend to lose any more weight but wants to continue what she calls "her addiction" of liv-

ing a healthy lifestyle.

After reaching one of her goals, Root shared her feelings toward helping others to achieve their fitness goals.

"I feel so much better, so I think if someone wanted to be healthy and wanted to lose weight and become fit, that they deserve to do that. I'd help anybody to help achieve their goals as well," she said.

One year and 59 pounds later, Root shared her feelings of accomplishment she experienced after her weight loss.

"I've achieved so much so far, so I want to keep bettering myself and challenging myself to do better," she said.

"I feel so much better, so I think if someone wanted to be healthy and wanted to lose weight and become fit, that they deserve to do that. I'd help anybody to help achieve their goals as well," she said.

Photos and layout by Abby Brockmann, Haley Warbritton, and Kayce Warren

Gifford (cont.)

Motivation comes in all shapes and sizes, and Gifford used her past experiences to keep her living a healthy lifestyle.

"I want to keep being active, and before I couldn't be as active. (The weight) just slowed me down," she explained.

There were many troubles Gifford had to face, but her major issue was overcoming the temptation to eat unhealthy foods that she used to enjoy.

Before she lost the weight, Gifford had many bad habits and weaknesses she had to break, including getting seconds and thirds on food. Now, she said she realizes that this habit was unhealthy and has committed to breaking it.

Along with cutting out seconds and thirds on food, Gifford has also made changes to her diet. When she and her family go out to eat, she said she substitutes foods she would have eaten before, for something healthier.

"Instead of getting fried chicken or mashed potatoes, I would get a side salad or something healthy," Gifford said.

Eating healthy is only half the battle during Gifford's weight loss journey.

"I took my workouts way more serious. I started volleyball, and our first two weeks of conditioning were really hard.

"I got into strength and conditioning, and I just took my workouts more serious and that helped a lot," she explained.

In terms of exercise, sit-ups and pushups were the hardest for Gifford. However, she said they got her into the best shape and helped her in volleyball as well.

Gifford started losing weight during her freshman year of volleyball season and is still working toward her goal of living a healthy lifestyle.

She said she looks at herself much differently now that she has committed to being healthy.

"Then I was definitely worn down and didn't have much self-esteem and self confidence. Now, I feel a lot better because I can be active, and I just feel a lot happier now that I'm in shape," Gifford stated.

After she has worked this hard, Gifford said she feels that she would like to continue living a healthy lifestyle.

"I would just keep doing track and staying in shape with strength and conditioning and sports and get involved with every sport I can," she explained.

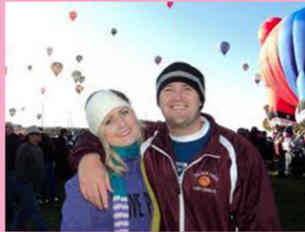


Before



After

ALL YOU NEED IS LOVE



“When I proposed, I recreated her favorite date. Part of that date was looking at Christmas lights. At the end of the night, we stopped by my aunt’s house, and as we were walking in, a sign lit up with Christmas lights and said, ‘Will you marry me?’ Then inside waiting was our family and friends.”

-Tyler Stewart, 7-12 Inter-Related Classroom, Head High School Girls’ Basketball Coach

“Harry is my husband, and we met in a college class. We each had some roommates from the same town so we would get together for social time. After dating six months, Harry proposed to me on a starry night on the cliffs of Lake Wilson. We have been together for 33 years. The best thing about him is that he lets me be me and loves me unconditionally.”

-Mary LaMar, District Librarian/Media Specialist, Book Club Sponsor



“Noah and I met at Country Stampede in Manhattan in the summer of ‘08. Our first date was the Fourth of July. It was amazing. We were married six months later. Noah and I have been together for five years. The best thing about him is that he knows how and when to make me laugh. One of my favorite memories I have of us is our honeymoon trip to Puerto Rico.”

-Lacy Schreck, 7-12 Inter-Related Classroom

“My favorite memory of Tina and I is the trip we took to Boston for our 20th anniversary. We have been together for 23 years and my favorite thing about her is her kind heart.”

-Warren Bledsoe, Athletic Director, Online Learning Coordinator



“Deeann is a great mom who supports me and lets me do my thing during basketball season and the summer. My favorite memory was walking out of the doctor’s office after finding out we were going to have twins. A close second was our honeymoon in Hawaii. The best Valentine’s Day gift I have received was when she went with me to a K-State basketball game.”

-Linndy Frieden, Social Studies, Head High School Boys’ Basketball Coach

“I walked out of the National Board Certification test center, and Jason was standing by my car with a video camera. He gave me a clue to our first destination of the day. The whole day was a scavenger hunt that took us to walking trails, restaurants, etc., and at each location was a game and a new clue. He videotaped the whole scavenger hunt. Our last destination was Rees Fruit Farm. It was getting dark by then, and I was searching in apple trees for my final clue. Jason said, ‘Why don’t you turn around?’ And when I did, he was down on one knee and he said, ‘You better tape me this time.’ He proposed, I said yes, and then he took me to a particular tree where he had carved his initials and part of mine. After we got married, we went back to that tree and added the ‘M’ for my new last name.”

-Jamie Manhart, Journalism Teacher



Been together: Since January 11, 2013

What are your plans for this Valentine’s Day?

N: This Valentine’s Day we are going to cook.

What is the best thing about your girlfriend?

N: The best thing about my girlfriend is that she likes to cook.

Do you have any cute nicknames for each other?

C: We call each other “Princess” because he’s spoiled, and I’m sassy.

What is your favorite memory of the two of you?

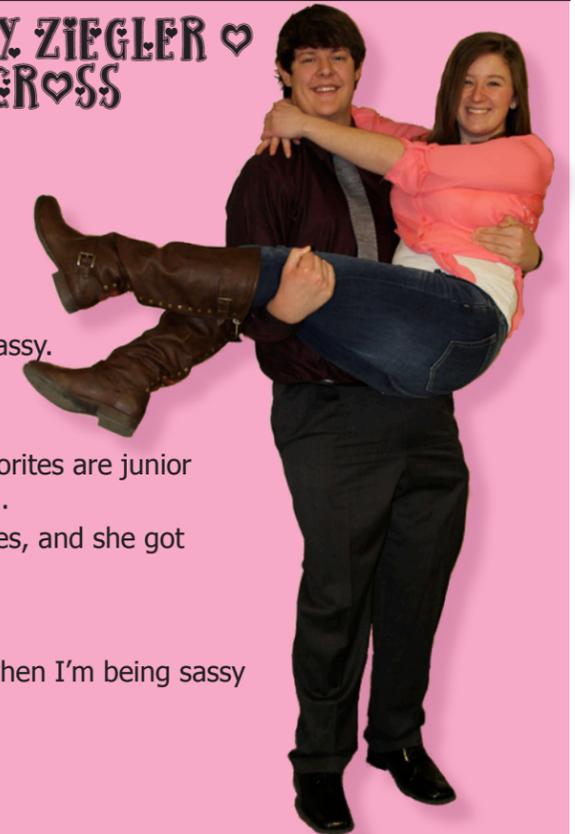
C: I don’t think I have one favorite memory, but some of my favorites are junior prom, our trip to Nicaragua, and carving pumpkins for Halloween.

N: One of my favorite memories was when we were at the movies, and she got scared and screamed out loud.

What do you like most about your significant other?

C: He knows how to make me laugh. He also puts up with me when I’m being sassy or in a bad mood and makes me snap out of it.

CARNEY ZIEGLER ♥
NOAH GROSS



KATELYN ZEILINGER ♥ ETHAN SOUDEK

Been together: Since September 29th, 2013

What do you like most about your significant other?

K: His humor and his adorableness
E: Her compatibility, her smile, her beauty, pretty much everything about her

What is your favorite memory of the two of you?

K: My first kiss with him

What is the best date you have been on with this person?

E: We went to see a scary movie, then to dinner, and then we watched our favorite show “Ghost Adventures.”

How did you meet?

K: We started talking in algebra, and he kept asking for my number.

Do you have nicknames for each other?

K: He is my Kee Kee.



KENNEDY HAMILTON ♥ TATE SCHENKEL

Been together: Since October 15, 2011

How did you meet?

K: I met Tate in third-grade, and I did not like him at all. He was so mean to me, and I didn’t understand why.

What is your favorite memory of the two of you?

K: My favorite memory with Tate was when we went to Florida. I had a blast spending time with him, and I’m glad we are such great friends.

T: The laughs we have shared

How did you start dating?

K: In order for me to allow Tate to date me, I made him ask my dad for permission. After he got his permission, he asked me out.

T: I went to her house and talked to her parents.

What is the best date you have been on with this person?

T: When we went to the state fair together.



KRISS, CROSS CROWNED WINTER ROYALTY

Tradition revived after five-year absence

By Kelsey Johnson

After an absence of five years, King and Queen of Courts was brought back into the winter season.

Cyndi Circle, one of three Student Council sponsors, stated StuCo's reason for bringing this tradition back to the courts.

"We felt our winter sports and activities were missing out on the opportunity to recognize more of our senior class, especially since there isn't a prom king and queen selected anymore.

"This year just opened up an opportunity to poll the student body and everyone felt it was time to bring back the Winter Royalty. We also tried doing the ceremony after the game, which seemed to go well," Circle said.

Kolton Kirkwood, sophomore, agreed with Circle about bringing the Winter Royalty tradition back.

"The last time King and Queen occurred, all the current high schoolers were in grade school. I had heard some great stories about how much fun it was, but I never experienced it until this year. One day, I will be able to tell others that I was a part of the StuCo that brought it back," he added.

On Friday, Jan. 10, the King and Queen of Courts were chosen after the basketball game against Rock Creek. The candidates were Kallie Fischer and Johnathan Dallman, Kelsey Kriss and Isaac Pridey, and Logan Bledsoe and Noah Cross.

Cross and Kriss received the honor of being the Winter Royalty's King and Queen of Courts. The candidates were able to celebrate by attending a dance on Saturday.

Kelsey Kriss, Logan Bledsoe, and Kallie Fischer receive roses and a royalty pin after the crowning ceremony. (Photo by Carney Ziegler)



Seniors Rachel Hook, Brooke Neff, Austin Tripp, Derrick Holmes, Kyler Tibbits, and Jakob Ridder show off their hats. (Photo by Carney Ziegler)



(Left) Candidates Kallie Fischer and Johnathan Dallman participate in fun games during the pep rally. (Photo by Carney Ziegler) (Right) Sophomore Jesse Renfro dances with Desirae Clark, his date to the Winter Royalty dance.



(Photo by Kelsey Johnson) (Bottom) The Winter Royalty candidates pose for pictures after the varsity boys' basketball game against Rock Creek. (Photo by Carney Ziegler)



Noah Cross and Kelsey Kriss are all smiles after receiving King and Queen of Courts after the game against Rock Creek. (Photo by Carney Ziegler)

DO YOU BELIEVE IT WAS A GOOD IDEA TO BRING BACK KING AND QUEEN OF COURTS?



"Yes, I think it was a good idea to bring back the King and Queen of Courts because it made the middle of the season more exciting."

Junior Josey Morgan



"Yes, I believe it was a great idea! King and Queen of Courts can give a more unpredictable and voter-friendly experience to students where more seniors have a shot at the spotlight."

Senior Luke Fangman



"I think King and Queen of Courts was a good idea because it gives more students an opportunity to be recognized instead of just for Homecoming."

Sophomore Kenzie Kriss

#SilverLakeSelfies

Worldwide sensation of “selfies” has struck local students

By Kelsey Priddy and Madison Wegner

The “selfie” has quickly become a popular hit in social media. “Selfies” have been uploaded to many apps such as Facebook, Snapchat, Twitter, and Instagram.

A “selfie” is a picture taken by someone of themselves. According to Huffington Post website, hashtag selfie has been used the most in North America and Australia.

Taking pictures of yourself was difficult until 2010 when the iPhone 4 provided a front-facing camera.

“It’s easier to take pictures of myself because I can see what I look like while taking the picture,” Carlie Thompson, sophomore, said.

Since the end of 2012 to the present, there have been millions of “selfies” uploaded onto social media networks.

On Instagram, Huffington Post stated, the #selfie has been used over 34,924,648 million times. There are approximately 150 million users and 16 billion photos on Instagram.

When people post “selfies,” they are often concerned with how they look. To improve their skin complexion, blemishes, and brightness of their teeth, different apps have evolved such as Facetune.

While many people post “selfies,” some get annoyed by them.

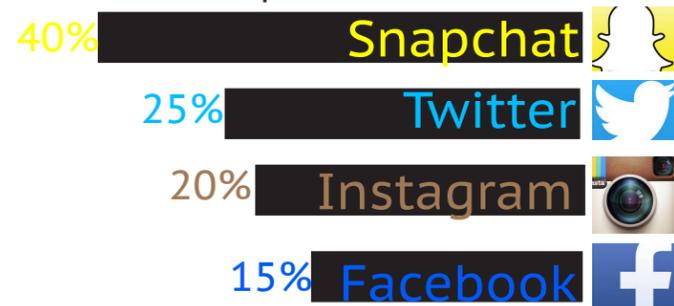
“The most annoying thing about ‘selfies’ to me is when people upload too many,” Kaleb Chockley, senior, said.

Not only do people around Silver Lake take “selfies,” but celebrities do as well. Miley Cyrus has 121 “selfies” posted to Twitter, and Kylie Jenner has posted over 451 “selfies” to Instagram since she first made her account.

From taking pictures on a digital camera to using a cellular device with a front-facing camera, people have changed the world of photography.



Most Popular Place to Upload “Selfies”:



Results based on survey presented to students during seminar.

Decoding “Selfies”:



“I take the perfect ‘selfie’ by taking a shower and doing my makeup and hair when I’m bored. THAT is how you take the PERFECT ‘selfie.’”

-Jordan Yoder, sophomore



“I like to make funny faces or because I think I look cute that day.”

-Lexi Gifford, sophomore



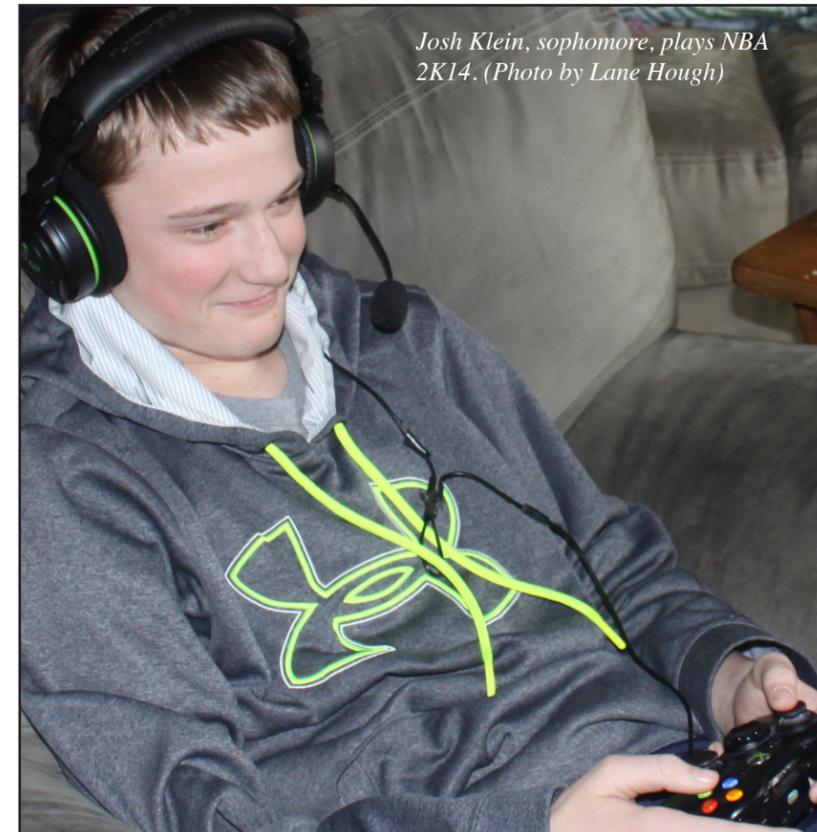
“My favorite place to put ‘selfies’ is on Instagram because I like the filters they provide on the app.”

-Torey Burkhardt, freshman



“I only take ‘selfies’ when I am Snapchatting people. I don’t normally put them on any social media.”

-Brianna Womack, sophomore (with Kayla Fellers, junior)



Josh Klein, sophomore, plays NBA 2K14. (Photo by Lane Hough)



Katelyn Zeilinger
Q: What games are your favorite and why?
A: “Call of Duty Black Ops.” It’s the only game that I have that is fun to play with people.



Blake Hallacy
Q: Why do you play video games?
A: To take up free time



Blake Matzke
Q: What games are your favorite and why?
A: “Grand Theft Auto V” because you get to roam and do whatever you like.



Kolton Kirkwood
Q: What games are your favorite to play and why?
A: “NCAA 13” because we are already set at the QB, RB positions at school, so I show my skills on Xbox.

Video games become new improved board games

By Lane Hough

Video games. Parents blame them for their kids skipping chores and school, and government officials blame them for mass murders.

Katelyn Zeilinger, sophomore, explained why she plays video games.

“I play video games because I like to play with people and meet new friends,” she said.

How many people “waste” their money on video games per year? According to Newzoo Games Market Report, 183,500,000 people spend money on video games per year. The total amount of money spent per year by Americans is \$25.3 billion.

Joshua Klein, sopho-

more, said how much money he spends per year on video games.

“I spend about \$60 a year on videogames on one game,” he said.

By far the most popular game is “Grand Theft Auto V.” According to Guinness World Records.com, the game broke a total of six world records: Best-selling action-adventure videogame in 24 hours; best selling video game in 24 hours; fastest entertainment property to gross \$1 billion; fastest video game to gross \$1 billion; highest grossing video game in 24 hours; highest revenue generated by an entertainment product in 24 hours; and most viewed trailer for an action-adventure videogame.

In the first 24 hours of its release, it sold 11 million units and made \$815.7 million, reaching \$1 billion in just three

days.

Bradley York, sophomore, explained why he plays Grand Theft Auto V.

“Grand Theft Auto V” is definitely one of my favorite games. I love how you can customize your car and your character,” he said.

Ever since Microsoft released the Xbox on Nov. 22 last year, it has owned the market against Sony’s PS3. That’s not the same any more. Xbox has come out with a new console, the Xbox ONE, in late November of last year. Microsoft claims it sold a total of 908,000 consoles in December.

Sophomore James Martin got the new Xbox ONE.

“I like the graphics. They added some cool new features that’s about it,” he said.

Sony also came out with a new console late November of last year, the PS4. Sony claims

that they sold over 1 million consoles in the first 24 hours. In the end Sony won this battle of the consoles in 2013, selling 4.2 million to Microsoft’s 3 million.



Bradley York, sophomore, plays his Xbox 360. (Photo by Lane Hough)

Lady Eagles dominate Tonganoxie tournament

By Dalton Byrne



The team takes a celebratory photo after winning the championship game. The girls defeated Chanute 46-28 to claim the title. "The success my team and I had in the tourney is that we finally were able to work as a team. We didn't really work as a team until... the championship game." Lexi Gifford, sophomore, said. (Photo by Carney Ziegler)

Starting on Tuesday, Jan. 21, the Lady Eagles dominated the Tonganoxie tournament. Head Coach Tyler Stewart said he felt the girls used defense to go undefeated in the tournament.

"We took a step-up with our defense intensity. Our ability to be proactive and communicate gave other teams problems on the offensive end," Stewart said.

Kelsey Kriss, senior, explained how it felt to win the tournament going undefeated.

"It felt really good because we proved to ourselves we could do it. We put in a lot of hard work and, in the end, it all panned out the way we wanted it to. We really became a whole team in the tournament, all working together to achieve our goal," Kriss explained.

Lexi Gifford, sophomore, described what winning the tournament inspired her to do.

"The inspiration I have to say that the tournament brought me is to never give up when you are losing, and even when you are ahead, don't let up," Gifford said.

Stewart explained what new goals he has set for the girls.

"We need to continue to be more consistent with our playing throughout the end of our season. If we can continue to build on the mid-season tournament then we will have a chance to come out of our sub-state and obtain our goal of a state championship," he said.

Linndy Frieden, boys' head coach, commented on how the boys are recovering from their losses that same week.

"I think after the Nemaha Valley tournament, we have gone through some challenges, but I feel our team is coming together and we hope to be playing our best in February," Frieden said.

Madison Wegner, sophomore; Taylor White, sophomore; and Ashlyn Lane, senior, accept their individual honors. (See stats box for more information) (Photo by Carney Ziegler)



STATS

Girls

Silver Lake vs Atchison (W) 67-45

Silver Lake vs Tonganoxie (W) 55-47

Silver Lake vs Chanute (W) 46-28

All Tournament Team-

Madison Wegner

Most inspirational - Taylor White

Tournament MVP - Ashlyn Lane



Trenton Smith, senior, goes up for the lay-up, while D.J. Redmon, senior, waits for the rebound during the Nemaha Valley tournament. (Photo by Carney Ziegler)



Ryan Matzke, junior, shoots a jump shot over the Jackson Heights defense to make the basket. The boys played in the Nemaha tournament the same week the girls played in Tonganoxie. (Photo by Kennedy Hamilton)



Brendan Vega, senior, takes a jump shot over his Marysville defender to make the shot for two points. (Photo by Kennedy Hamilton)



Left, Taylor White, sophomore, dribbles down the court past her defenders to make her way to the basket. Below, Ashlyn Lane, senior, dodges two opponents to drive in for the lay-up. (Photos by Carney Ziegler)



Madison Wegner, sophomore, blocks her defender in order to dribble into the lane. "I was proud of myself for making all-tournament team because all of the hard work I put in paid off, but I was a little surprised because I think there are a lot of girls on our team that play hard, too," Wegner shared. (Photo by Carney Ziegler)