



The Sequoyah Times

The Impact of the 2013 Flu Outbreak

By Rylan Bunch

School closures due to the flu outbreak have been common this year. Of course, students hope for snow days and a few extra days out of school, but few want to be absent due to illness. There are three types of influenza that are more prevalent this year. H3N2 is the most dominant strand of the flu that people have had during this season's outbreak. It is not considered to be at the epidemic point yet, but serious enough that the CDC is using every media venue to spread the word about the importance of getting vaccinated.

The vaccine that is being administered to fight this year's strand of the flu contains the three most common strands of influenza that is circulating. This year's vaccine is about 60% effective. According to Stephanie Bunch, who is studying to become a nurse practitioner, "the vaccine is definitely not perfect, but it is the best means to fight against a widespread outbreak of the flu."

Since the only defense against the flu is to develop the most effective vaccine and deliver it to as many people as possible, there was a nation-wide public education effort to encourage everyone to get vaccinated. Mark Bighorse, a first responder, said, "Cherokee Nation EMTs (continued on page 2)

Two Sign to Play Football

By Tyler Chaffin

On Wednesday, February 6, two Sequoyah Indian football players signed to pursue their dreams of playing college ball.

Tanner Sheets, defensive end, signed to play with the Northeastern State University Riverhawks.

Mvhayv Locust, offensive line, signed with the University of Central Oklahoma.

They both are excited to be playing at the next level. They will see each other on the field again; only this time they will be rivals.

We are excited to see what they do in their careers and we expect big things out of both of them.

So when you see them, congratulate them and wish them luck.

Save the Date!

Parent/Teacher
Conferences

Feb. 14 from 4 – 7 pm

Feb 15 from 8 am - noon

Indoor Track

Feb. 16

Basketball Districts

February 15 & 16

President's Day School
No School

February 18 - No School

8th Grade Day

February 20



Flu Outbreak (Continued)

participated in an effort to educate the public about the benefits of getting the vaccine." Stephanie and Mark both believe that schools should offer the flu vaccine to students, faculty and staff; however, they thought that it would be difficult to make it mandatory. Here at Sequoyah, students and faculty and staff were offered the opportunity to get vaccinated.



Gifted and Talented Information

By Tanner Sheets

Gifted and talented activities now take place on several different days according to Mrs. Kim Livingston, GT Coordinator. The following activities take place on Tuesdays from 3:30 - 5 pm: Chorus with Mr. David Smith, Journalism with Mrs. Theresa Smith and 4-H with Mrs. Brenda Jimenez. Art and Digital Photography take place on Wednesdays with Mrs. Brandi Adair and Mrs. Shelly Walker. The remainder of the GT activities take place on Thursdays from 3:30 - 5 pm, which include: Chess with Mrs. Elvina Thompson, Guitar with Mr. Doug Bryan, Creative Writing with Ms. Heather Williams, Drum Group with Ms. Tonya Soap and Mr. Pat Oyebi, Academic Team with Ms. Becca Brant, Drama with Mrs. Amanda Ray, Band/Drum line with Mr. Sam Morris, and lastly, Robotics with Ms. Debra Nelson and Mr. Jacob Tanner.

The Sequoyah Times Staff:

Co-Editors:

Rylan Bunch
Nicole Mangels

Staff:

Tyler Chaffin
Kyle Helsley

Staff continued:

Lauren Henson
Mariah Hooper
Tanner Sheets
Nicole Shell
Shana Turner

PROM

By Nicole Shell

Sequoyah High School Prom 2013 will be held April 26 at the Tahlequah Armory Municipal Center. Mrs. Arnall, Mrs. Black, Ms. Yandell and the prom committee have been working hard on the details of the Prom. The theme has not been released yet, but the top three options are: A Night in Vegas, Masquerade Ball or Neon Lights.

Scholarships

By Tyler Chaffin

With college tuition on the rise, many seniors wonder how they will pay for college. Mrs. Augusta Smith has a College Prep class that is unique to only Sequoyah. She helps students search and apply for scholarships. Mrs. Smith says that hard work is what it takes to get scholarships.

One scholarship that a lot of Sequoyah students apply for is the Gates Millennium Scholarship. This year 29 students applied for Gates. Applying for Gates is a long, hard process, you have to write eight essays. You also must ask someone to be your Nominator and someone to be your Recommender and they have to write about you. But, if you get Gates you get your college tuition paid and you have five years to get your Bachelors Degree and depending on the degree you choose for your Masters, they may possible pay for it.



Powerlifting

By Kyle Helsley

Powerlifting season is here. At powerlifting meets, each lifter tries to lift the highest weight possible in bench press, dead lift and back squat. The judges take the lifter's totals and add them together, and the highest total wins.

This year the Indians expect great things to happen. "We only lost two seniors last year, and we have high expectations this year. We could possibly be contending for the state title," Coach Brad Jones said.

The Indians opened up their powerlifting season at the Muskogee Civic Center on February 1. The Indians came in 2nd as a team and Jordan Colburn, Greyden Elrod and Grant Neugin were Champions.

The Indians do not have another meet until



Sequoyah Schools "Think Pink" Event

By Rylan Bunch

During the month of February, Sequoyah Schools will participate in the national breast cancer awareness campaign. The school's basketball teams will participate in the campaign by hosting their annual "Think Pink" game.

The school holds the event to promote breast cancer awareness and to help raise money to be donated to the breast cancer support group at Hasting's Hospital. According to Tera Shows, event coordinator, all the funds raised by the student organizations help, locally, with those fighting and surviving cancer. Mrs. Shows said, "It is a tremendous privilege to acknowledge those women that have defeated this terrible disease as they are in inspiration to everyone."



Wrestling Season

By Lauren Henson & Nicole Mangels

The wrestling team's first tournament took place at Pawhuska. Damon Davidson and Ty West both placed sixth in their respective weight classes during the tournament, and Robert "Bobo" Smith placed fourth.

Smith said that his season started off slow but is going well. "Everyone is working hard but have to get mentally tough." When interviewed, Robert's record was 5-3.

This is Ty West's first year wrestling and he says it is going pretty well. He hopes to make it to state and Ty says that when everybody makes it to state it will be a successful season. When interviewed, Ty's record was 5-5.

The next tournament they attended was the Maverick Conference, which took place in Stilwell. All Sequoyah wrestlers came up a match short of placing.

"William Tiger has yet to wrestle in a tournament but we're excited to see how he's going to do," says Coach Brad Jones when asked about the team as a whole.

The team is looking forward to Regionals, which will be held at Berryhill on February 15 & 16. Coach Jones says, "A lot of the guys are coming along, and we are expecting to take everyone to the state tournament."

Things You Probably Don't Know About Ms. Debra Nelson

By Rylan Bunch

Ms. Nelson was the valedictorian of her Peavine Elementary School class. She graduated from Stilwell High School and then attended NSU and earned her teaching degree in math. Ms. Nelson also earned her Masters Degree in School Counseling from NSU. Sewing is something she enjoys doing and she taught her daughters this skill. She also played independent softball until just a few years ago.

Baseball Season

By Kyle Helsley

In just a few short weeks the Indians will open their 2013 baseball season. Their first game will be at the beginning of March. "I am excited for this season," Coach Tanner said. "We only lost a few seniors last year, and we have some good experience coming back." The Indians have high expectations this year. Their goal is to make it out of Regionals and into the State Tournament. "We need good senior leadership. If our team pulls together this year we will be successful." said Coach Tanner.

In It To Win It

By Mariah Hooper

The Lady Indians basketball team did an awesome job against Keys Lady Cougars, pulling off the 76-38 win. Coach Larry Shade and assistant, Cassie Moore worked hard coaching the Lady Indians to the victory. Coach Shade challenged the girls to, "Step-up and play four quarters of hard and rough basketball." The Lady Indians shooting is fairly good with 57 percent from the floor, from the 3-point range and from the free-throw line.

The Sequoyah Indians did an amazing job also against Keys, pulling out a stunning win. Coach Jay Herrin and assistants Jeff Turtle and Jon Minor coached the Indians to their exciting victory. The Indians pushed the ball up the floor to get layups and threes that helped the Indians win against Keys. They executed very well on defense and offense.

We Are The Champions

By Mariah Hooper

The Sequoyah Indians and Lady Indians basketball teams went to win the Jerry Quinn Basketball Tournament in Jay, Oklahoma and win they did.

The Lady Indians advanced to the finals by defeating Owasso JV in the first round of the tournament and then beating Jay Lady Bulldogs in the semi-finals. The final game was against Kansas and the Lady Indians beat the Lady Comets and took the tournament. Audrey Ballou made the All-Tournament team and MVP of the tournament went to Courtney Jones.

The Indians defeated Life Christian Academy and the Jay Bulldogs to make it into the finals. They also faced Kansas in the finals. They defeated the Comets with Ryan Helsley scoring 33 points and Caisen Green scoring 12 points to lead the Indians to victory. Caisen Green made the All-Tournament team and MVP of the tournament went to Ryan Helsley.

To sum it all up, the Sequoyah teams are ready for any challenges they may face on their journey to the State Tournament.

8th Grade Day

By Shana Turner

For the past few years, Sequoyah has invited area 8th graders to come and tour the campus, also known as the "Annual 8th Grade Day." This year Sequoyah's National Honor Society members will be helping Mrs. Tera Shows, coordinator, with the event. This year there will be two sessions. The morning session is from 9 – 11:15 am and the afternoon session is from noon – 2:15 pm. The event will consist of a tour of the campus, presentations explaining what Sequoyah Schools is about and what will be available to them. Students wanting to attend must pre-register.

National Honor Society

By Nicole Mangels

The National Honor Society Induction Ceremony is coming up on March 12. The Induction Ceremony will be school-wide and mandatory. There were over 100 students at our school that qualified to apply for NHS. Forty applicants went through the application process and were chosen to be members in NHS. Jeremy Marshall, a Sequoyah Alumni, will be the guest speaker for the event. He currently lives and works in Washington D.C.

The National Honor Society has been involved in many different volunteer projects throughout the year. NHS students have volunteered at the Humane Society, Grace Living Center, gone Angel Tree Shopping for Cherokee Nation, are Reading Buddies for the Cherokee Nation Head Start, and a large group are involved in the Junior/Freshman Mentorship Program.

HOPE Club Sponsoring Polar Plunge Event

The Polar Bear Plunge is a unique opportunity for individuals, organizations and businesses to support Special Olympic athletes by jumping into frigid Oklahoma waters. The HOPE Club is sponsoring a contest. If you want to see someone have to jump into the river on Saturday, February 23 you need to bring pennies and put them in that person's container by the end of the day on February 14.