



the
Rocket Press

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STRESSED?

How to balance school, work and life

Inside this issue:

- High school hires full-time sub
- District recognizes two primary school students
- Fall Homecoming King and Queen crowned

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Motivational speaker Damon Parker spoke to the high school on October 28.

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ROCKET LIFE



Kai Kirchoff-Jones tries to stiff arm a Circle defender.



The student section theme for Senior Night was black out.

STAFF

REPORTERS

DANIELLE
MCPHERSON

JOCELYN DAVIS

KAITLIN
MCILRATH

EMME MCNAUL

AVA MILLS

The Rocket Press is the official news magazine of Rose Hill High School that is published four to six times a year. The Rocket Press is a student publication, written and produced by students. Opinions expressed in The Rocket Press are of the writers and do not necessarily reflect the opinions of the USD 394 Board of Education, the administration, the faculty or the adviser.

Gunter hired to be full-time high school sub

by ava mills, reporter

Jill Gunter is a new full time sub at Rose Hill High School and she said she has loved being a full time sub so far.

“Taking on the role as full time sub has been a lot of fun,” Gunter said.

Gunter said she loves working with the students and staff, and everyone is very smart and talented.

“The students and staff at RHHS are wonderful to work with,” Gunter said. “I enjoy getting to know you all. The staff is very helpful and supportive. I’m grateful to work alongside such a strong team. The students have an impressive variety of skills, talents and personalities. What an incredible group of individuals! It’s an honor to work with you each day.”

Gunter said she loves hard work all the students put in, and seeing how confident they are is the best.

“My favorite part of my job is seeing students take pride and ownership in their work,” Gunter said. “Whether it’s in a class, sport, or extracurricular activity; watching them find joy and confidence in their work is hands down the best.”

According to Gunter a challenging part of her job is having to give kids consequences and being disrupted but, she said it hasn't been an everyday problem.

“The most challenging part of my job is when class has to be interrupted to deal with a discipline problem,” Gunter said. “Thankfully, it hasn’t been a common occurrence.”

Parker speaks on mental health to high school

by jocelyn davis, reporter

On October 29, 2025 Damon Parker spoke about mental health to Rose Hill High School.

Parker was first a teacher before becoming a speaker. When presenting to students, he noticed that there is a knowledge gap between kids.

“They could know how to do chemistry but not know how to change a tire,” said Parker.

After seeing this Parker decided to set aside time every Friday to teach a real world skill. This kept going and eventually it turned into Parker being a stage speaking.

“I never really wanted to be a speaker, it was just one of those weird things that happens,” said Parker.

Once speaking Parker started up the Jones Project in honor of Josh Jones who died by suicide.

That is the reason he speaks on mental health, but he takes a different angle than most speakers.

Parker was once a wrestling coach, who won a state title. He has accomplished everything on a coach’s “goal-list” but that didn’t stop depression from hitting him.

This helps many people connect with Parker and listen to what he’s saying.

Parker said the best and worst part of his job is when kids come up and talk to him after his presentation.

“They are the ones having a really hard time with something in their life but connected with something that he said which is amazing that they talk to me,” said Parker.

Although it is amazing those kids have someone to talk to Parker explained the hardest part is walking away when the conversation is done.

Even with these challenges Parker still powers through, because he loves his job.

Parker emphasizes that he will go anywhere, it doesn’t matter if there are nine kids in the audience or 2,000.

“Every kid matters,” said Parker.

Ice cream machine a huge hit at concessions

by kaitlin mcilrath, reporter

Rose Hill High School has an intriguing new reason to stop by the concession stand. A new ice cream machine has been added, offering the Rockets a fun treat to look forward to on game days.

Superintendent Chuck Lambert had the idea to install an ice cream machine in the concession stand for all the Rocket fans to enjoy. His original idea came from when he attended a summer baseball game as a kid. The baseball game took place in a small town that was selling ice cream in their concession stand.

“That idea stayed with me for some odd reason,” said Lambert.

Lambert bought the machine from Amazon where he also purchases the ice cream mixture. The machine itself was \$2,700. To date the district has sold exactly 2,000 cups of ice cream at five dollars a piece.

The only challenge Lambert has faced is the extensive process of cleaning the machine each night.

“(Handing out ice cream) has given me a chance to meet a lot of new people at the concessions,” said Lambert.

Every home game that takes place at the District Stadium, Lambert is there to show his dedication by handing out ice cream. The plan is to start selling the ice cream during the indoor winter sports as well. Not only is Lambert thrilled with this new opportunity, but it’s been a new talking point for the fans as well.

“As far as school goals, one of our goals is for people to have fun and enjoy being at our school. I think this definitely does that,” said Lambert.

There are many benefits that will come with having this new machine but the big one is the profit that will be brought into Rose Hill School’s.

“Life is stressful enough, if this brings a smile to someone then it is well worth it,” said Lambert.

Middle school presents unique opportunity

by jocelyn davis, reporter

Three years ago Rose Hill Middle School hired Colton Tucker to teach a class which helped many students learn about how to manage a business.

Before Tucker was a teacher he worked in marketing for six years, which gave him a well-rounded picture of what it takes to successfully run a business.

This background has helped get the middle school business up and running, with the help of the workers of course, all of which are eighth graders.

Since most of their orders are online they can reach more customers than they would if it was just a school wide sales.

Their “bread and butter” as Tucker said, is apparel, but they also sell other things such as coasters and mouse pads.

Many people might ask where the idea for this business came from, as it is a very unique thing for a school to have.

“I wanted to teach the kids the ins and outs of how to run a business,” said Tucker.

His main goal is to help kids to understand how businesses work. It is a hard thing for many kids to wrap their heads around, so they just have to do it hands on.

“(His students) love to help with real orders and deal with real customers,” Tucker said,

Many of the kids have even voiced that, over the summer, they are going to start their own business because they now know how to run one.

This has been a very successful business and learning opportunity for many kids because this is what Tucker is passionate about.

“The success is in the learning that we’re doing,” said Tucker.

Funds raised for two primary school students

by danielle mcpherson, reporter

On Friday, October 10th the Rose Hill School District held a fundraiser for two students in the elementary school who are battling cancer. All the school faculty, students, and even the opposing team supported those two students at the football game.

“RHPS has been doing all we can to support both Casen & Adaline. Aleesa Meek wanted to acknowledge them and their strength at the October football game. (Rose Hill Athletic Director) Collin Mangus approved and offered different options of ways we could also support them during the game,” said Emily Noe, Rose Hill Primary Principal. “Collin had students & the opposing team wear black and gold to support them as well as a 50/50 raffle.”

At the football game there were announcements being made about the students and how to participate in the raffle. And before kick off the band played pep music while Casen and Adaline ran out and stood next to a sign that the cheerleaders had made.

“There was an announcement read overhead while the band played and both Casen & Adaline ran out leading the RH football team,” Noe said.

The money that came from the raffle went to the winner and then got split evenly between the two families. They each got \$1000 which will help with medical expenses, and making sure that the families can care for their child without the burden of bills.

“The 50/50 raffle brought in \$4,000 - the winner Jarrod Page got \$2000 and we split the profits and each family received \$1000 to go towards medical expenses,” said Noe.

The Primary School wears hats every Wednesday to show support and let Casen and Adaline know that they’re not alone. The hats also raised \$300 which was split between the families to help with expenses.

“We wear hats each Wednesday to show our support and bring in \$300 and each family receives \$150. We are proud to support two of our very own Rockets and to rally behind them each and every day,” said Noe.



Every school in the Rose Hill School District has the goal to challenge students but also care for them and let each student rise to their full potential.

“I want our school to be a place where students are not only challenged academically, but also cared for emotionally and socially, fostering a true sense of belonging and joy in learning,” Noe said. “We can create a learning environment where everyone works together to support student growth and well-being.”

Jones, Mohr crowned king and queen

by emme mcnaul, reporter

The 2025 fall homecoming king and queen were seniors Leven Jones and Bridget Mohr.

Jones said he was nervous before the announcement, but was excited after he heard his name.

“It feels pretty dang cool, I even did a little happy jump when I won,” Jones said. “I was nervous but also pretty excited about it.”

According to Jones, he didn’t think he would win because of the other two candidates - Braxton Frazier and Ethan Helget.

“I was pretty surprised I won, the other two candidates were pretty cool so I didn't know what the outcome was going to be,” said Jones.

Mohr said the satisfaction of winning was more about how others view her.

“It felt so good to know that my classmates and peers voted for me,” Mohr said. “It is just such a good feeling.”

More so than just winning, Mohr was surprised she was even nominated, considering she has not been a Rocket for very long.

“I was definitely shocked when I found out that I was a candidate because I just moved here last year,” Mohr said.



Never Ending

High school students deal with busy lives

by danielle mcpherson, reporter

High School students can sometimes find it difficult to balance their lives, especially when they are involved in multiple activities.

Rose Hill High School senior Josie Palmer is involved in Student Council, National Honors Society, and plays girls basketball. She works as a referee at the YMCA and CLIX Photography all while taking college and high school classes. She loves doing all these things and has learned many valuable lessons from them.

“I wouldn't change anything,” Palmer said. “Even though it can be hard sometimes, it's very rewarding to be involved. It's taught me a lot of responsibility.”

To balance this many activities Palmer has a strict schedule and calendar that she checks to ensure that everything is getting done.

“I have to be very organized and follow a strict schedule to be able to accomplish everything,” Palmer said. “I keep a to-do list and a calendar that I check constantly.”

Addison Potter, a junior at Rose Hill High School, plays soccer, and is involved in Student Council and band. When she's not in school she works at Crumbl and helps with community service with her youth group. She doesn't get drug down by her work because she does it right when it's given to her.

“I don't plan anything out in advance, I just do what I'm handed when it gets handed to me,” Potter said.

This many activities and happenings might stress some people out but Potter thrives in this particular environment.

“I wouldn't change my schedule to make it any lighter because I thrive off the chaos,” said Potter.

Ethan Helget, a Senior at Rose Hill High School, plays soccer, basketball, and baseball. He is involved in Student Council while also working a job doing landscaping. Helget also has an unorthodox approach to handling his work load, by just showing up and doing it.

“I just show up and do my work, nothing special, and I wouldn't change anything,” Helget said.

An editorial from Kaitlin McIlrath...

Some days I feel like I have it all together. Other days, I'm just trying to remember what day it is. Finding balance in my life has been a constant work in progress as my junior year unfolds.

As President of Green Club, Secretary of KAY (Kansas Association for Youth) Club, STUCO representative, NHS (National Honors Society) member, a member of the dance team and Shift Lead at Dutch Bros, finding balance can feel impossible sometimes.

Being a high school student is stressful enough but the past couple months have really been a learning experience for me.

My extracurriculars involve a lot of volunteer hours, so to keep track of all these events I write them in my planner. Each club or activity has their very own highlighted color so they don't get mixed up. I've found this has been very beneficial to staying organized and making sure I don't miss any events.

As my high school years started to fly by, I really saw who my real friends were. It may sound cliché but the people you surround yourself with, influences your future in a huge way. The people you want by your side are the ones that support you, not tear you down.

I started to really focus on if I liked the person I was when I hung around certain people. I then found my small circle of friends that cared about me and supported every achievement I made. This was a big turning point in my life because having a strong support system is crucial for your mental health.

It's easy to get stressed out when you're involved in so many activities, this is why your mental health is so important. Sometimes you are so busy that you forget to take care of yourself. Making time to do things for you is very important. Whether it's reading a book or taking a break and getting that extra ten minutes of sleep, it all matters, even the little things.

If you put your energy into the right things, you won't be so tired.



ROCKET LIFE



A group of freshmen worked at HumanKind Ministries for Community Service Day.



Mark Blauser came on the At the Hill podcast to talk about the fall play.

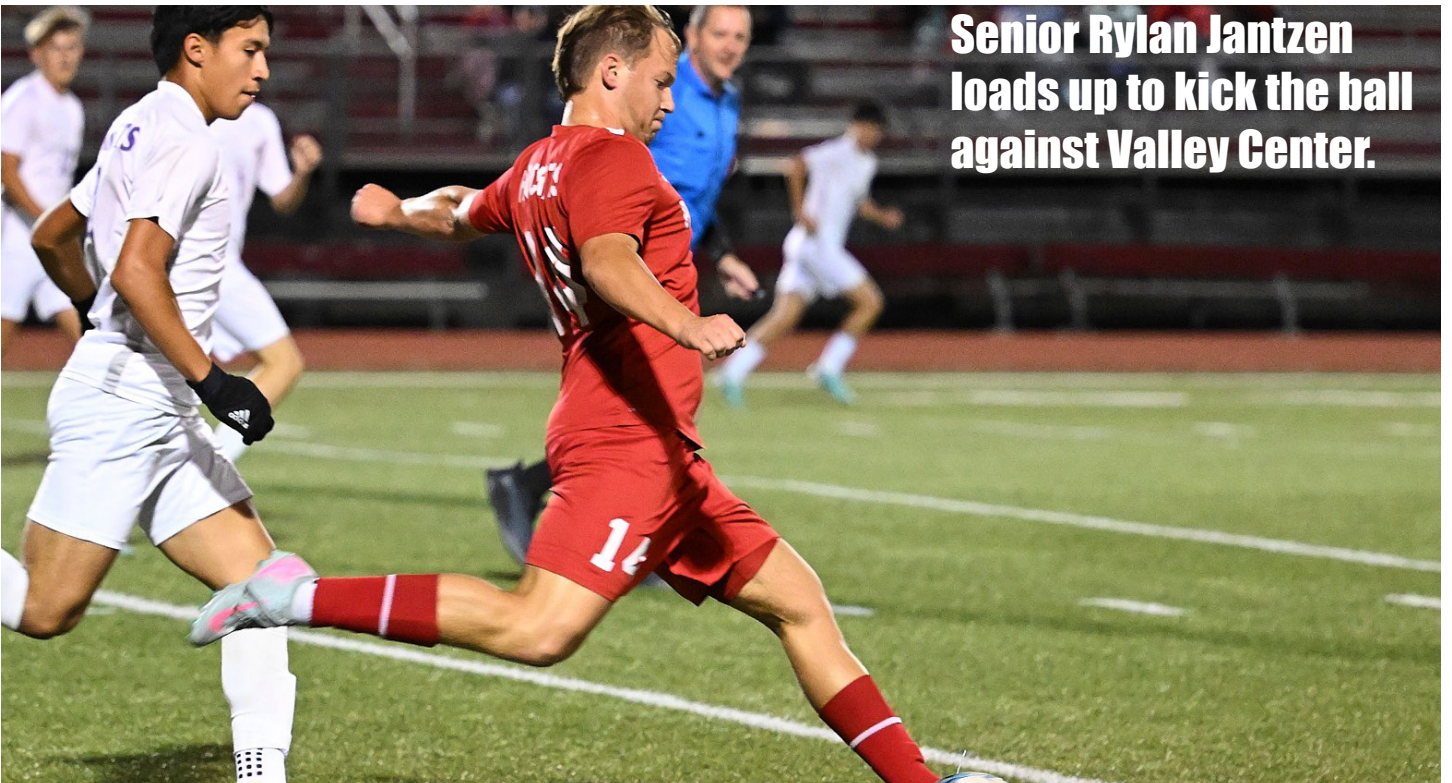


The seniors celebrated their victory at the annual Powder Puff tournament.

ROCKET LIFE



The girls cross country team finished third at regionals and qualified for the state meet.



Senior Rylan Jantzen loads up to kick the ball against Valley Center.

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