S P O R T

Boys'basketball team never gives up

Elmira Varsity boy's basketball played their last game of the year just a few weeks ago, ending their season with a 7-15 record.

"Even though we didn't dominate, it was a lot of fun. We worked for every-

thing we achieved and nothing came easy, but the team never gave up even when times were tough," said Bo Highburger, sr. Though the season was a difficult one, the team enjoyed the season.

"It was a fun season and I love playing the game. Doing it with your best friends really makes it fun even if you lose," said Garrett Bryant, sr. Their victories were exciting, too.

"The highlight of our season was beating LaPine by one point," Said Highburger. "That was also the first time our three suspended seniors could come back."

JV showed a considerable amount of promise, holding an 18-4 record.

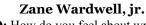
-By Tucker Barnes

THE MONTH ATHLETES 0 F



Sara Kesling, sr. Q: How do you feel about basketball? A: I love basketball.

Q: How long have you been playing? A: 9 years



Q: How do you feel about wrestling?

A: It is the most physically demanding sport there is.

Q: How long have you been wrestling? A: 11 years

Q: Did you have and goals set for yourself? And what were they? A: To make podium.

O: How does it feel to be athlete of the month? A: Great and much appreciated.

Q: Did you have any goals set for vourself? And what were they? A: I want to make it to Gill with my team this year.

Q: How does it feel to be athlete of the month? A: It feels pretty good.



Seniors Bo Highburger, Ashlea Bowden, and Kelsey Shaw sign letters of intent to their future colleges. Highburger and Shaw will be attending Western Oregon University to play foothall and volleyball, respectively, and both will be involved in track and field. Bowden signs for Chimeketa Community College, and will be playing volleyball. Witnessing the signings were Jason Haddy, Sarah Schilling, Brad Bellingham, the parents and many friends of the athletes. All athletes received athletic scholarships that will be renewable throughout their years at their schools.

-By Tucker Barnes



From front to back: seniors Bo High-T. Barnes/The Falconer burger, Ashlea Bowden, and Kelsey Shaw sign letters of intent to their colleges of choice.

Who Knows You Best?

Jennessa Slaven, jr., wants to know who knows her best, her friend Daisy Marshall, jr., or her friend Shelby Husske, jr.



Reese Peanut Butter Cups

Pink

What is your favorite candy?

Lumineers

artist?

What is your Who is your

favorite color? favorite band/





Reese Peanut

Imagine Dragons, Mum ford & Sons. & Switchfoot

Reese Cups +1pt Blue





Foreign food so much 'cooler' than our food



Three years ago, I spent a month in Northern Ireland, and the year after that, I went to Italy for two

weeks. I could talk for hours and hours and pages and pages about the crazy stuff that happened there, but I'm super hungry right now, so I'm going to talk about the food.

So in Northern Ireland, in the town of Newcastle, there was this café. I think it's called Café Maud. and it served Nutella ice cream. It was the most perfect, perfect ice cream I've ever had. I'm not sure how it's made, but it was basically vanilla ice cream (but ten times better than any ice cream in America!) swirled together with Nutella that tastes like it's made from the tears of angels. If you try it, it will turn you off from any other ice cream ever. I ate it every day for a week.

Ireland also had these bags of specialty flavored chips, like in America, only these actually did taste like what they were supposed to taste like. I tried Shrimp Cocktail, Smoky Bacon (which was yummy!), and Roast Chicken. They were very impressive.

In Italy, everything was amazing. When I went there I decided I was going to try authentic Italian gelato, authentic Italian pizza, an authentic Italian cappuccino, and authentic Italian spaghetti. And for the most part, they were all super delicious.

I do remember though, a strange happenstance at this adorable secret restaurant in Rome. So apparently, European sodas are made with a different kind of sugar (real sugar, I think. Not corn syrup.) So for lunch, my friend ordered a Fanta, and when she got it, she took a drink and decided the flavor was off. So she asked the waiter if something was wrong with it, and he took a sip and was like "You're right, I'll get you a different one." So he came out with a second can of Fanta, tasted it for her, and said "This one's much better!" But when she drank it, she said it tasted, to her, exactly the same as before. We still don't know if there really was anything wrong with the first can.

The sweet Italian lady we stayed with decided to cook the best of Italian cuisine for us the whole time, which included tiramisu. Like, the best tiramisu in history. She made it twice for us, and we devoured it in seconds. (Even though she made it with a bit more alcohol than comes in American tiramisu. A lot more alcohol. Which we didn't realize until the pan was all gone.) And when we had to drive from our town of Barletta back to Rome to fly home, which was a five-ish hour drive, and we had to leave at two in the morning, she made us a pan of tiramisu to eat on the way. As breakfast. It was wonderful.

And also, neither country has peanut butter. We brought peanut butter and jelly along to Italy because we didn't think the family would cook for us so much, and by the end of the two weeks there, we gave it to them as a gift. They were really excited, too. Like, "So we just spread this on our bread? Cool!" And in Northern Ireland, at their huge supermarkets that sell everything under the sun, there was no peanut butter, even in the "American food" section. Not like I'm addicted to peanut butter and HAD to have it over there, or anything, but it was a little surprising. 'Cause it's a staple in America.

So writing this column has only made me twenty times hungrier, and it's still only third period. That wasn't all that smart. But my point is, European food is basically infinitely better than American food.

-By Cheyenne Cox

Sport respect granted narrowly; all athletes strive for acceptance



When I was growing up, the "popular" kids were always the ones doing a lot of sports. Throughout middle school and

now into high school, that still rings true. When we were younger, soccer was just as acceptable as volleyball and the kids who did track in middle school weren't as "cool" as those who played softball and baseball. Between fifth grade and ninth grade, somewhere in there, a drastic change happened. Football players rule the hallways and every guy that doesn't toss a ball around and wear white football pants isn't susceptible to being accepted into any social realm of worth. These seem to be the only athletes who receive respect or recognition. Cross country compared to soccer or volleyball is not as popular because not as many people do it. And I admit; it is boring to watch someone run for 20 minutes and then only get to actually see them for about three minutes. It isn't the most exciting sport in the world. But we still practice and we still put in a large amount of effort.

Track athletes, runners in particular, know how much work it is to practice running distance or sprinting. There are plenty of sports and all athletes

Ask Freddy

What do I do if a teacher always accuses me of talking in class, but it's the annoying kid behind me? If I keep getting in trouble I might get a referral!

• From, Wrongly Accused

•Dear Wrongly Accused,

Talk to the teacher after class. See if you can get a new seat! That would solve everything, unless he or she thinks you're a ventriloquist. But for the most part, that takes care of it. If you can't switch, then whenever the person tries to talk, just turn around and ask them in a loud demanding voice to please stop ... or raise your hand and do the slightly more mature option, and just ask the teacher to do something about it; maybe they'll be resigned to sit in the corner alone to dwell on their wrongdoing. Any of the above should work. Good luck!

From, Freddy the Falcon

practice hard. We all deserve to be respected and not mocked.

"Running isn't a sport;" a comment that was thrown at me a few times throughout high school. Right. Tell me more about how Steve Prefontaine wasn't an athlete.

Another angle I want to take with my argument is how exhausting sports are and how the kids who don't do them have no room to sit around and complain.

I have always believed that grades come before sports and that is absolutely true. But

sports offer that extra kick, the unique quality that makes a person interesting. Those who don't do sports often play it off and act as though it is easy getting home at 11 at night and having three hours of homework. It is not easy. Those of us who participate in sports know how difficult and exhausting sports can be. I know we sign up for them. We do, so technically we are asking for this. But for those of you who aren't involved, shut up with all of your "You choose to do it" stuff. We don't want to hear it and honestly all you are doing is making yourself look lazy and uninvolved.

.

-By Grieta King

P



Do You have a problem? Drop off your letters to Freddy in the Letters to the Editor box in the library!

Present day technology gives people better chance of survival

It is by far better to live in the present than it would be to live in the past. Amelia may think that because there were "cool people" back then that the past is better, but she must be missing the main aspects of why present day is amazing. Back in the day, how many cures for diseases were known? However, now in the present, new medications are always being invented to treat those with deadly diseases. Today,

new technology is introduced. New technology opens doors to people's futures and saves lives of many, whether it be children, men, women, or the celebrities that may have lived in the past if the medication was available.

When many sick and wounded people struggled to survive, who and what could have helped them? Sure, doctors tried to heal the sick, but with what? They used herbs that they thought would help heal the patients but never did. Many died due to the



plague in 1347. Doctors even tried burning herbs to "clean the contaminated air." Another theory thought to clear people of the plague was to wear "lucky charms." Some tortured themselves because they thought that the plague was a punishment from God. Even scent was thought to ail the plague, so the people with the plague would carry around things with a nice smell, like poppies and other sweet-smelling flowers. If the past had continued and future technology was never invented, then the disease would have continued to spread and many more people would have died.

Present day, boys and men still hold the doors open for women, and they are polite. Those creepy stalkers, kidnappers, and murderers did exist back in the past. There just wasn't as much technology to prove who committed the crime, and there wasn't a very large source to gather information from, such as television. That makes many unaware that the past was dangerous just like the present is.

If there was more of a source for information back then, then those unaware of the stalking and murdering type would have been more protective of their children. If more technology had been invented then some of the deceased children may have lived...Just something to think about Amelia.

Imagine, a life without knowledge on diseases. Everyone would have a greater risk of death, and the human society might even have come to extinction due to a contagious disease spreading around the world without a cure.

-By Jessica Coone

now

Past events prepare us for

The past is so much better than the future. Think about it. Old people always start their sentences with "back in my day".... And old people are awesome. Therefore, that statement must be awesome, for the sake of my argument. The past had Abraham Lincoln, Jesus, young Charlie Sheen, Jack the Ripper and numerous other historical figures. actors, and persons much more exciting and/or practical than Lady Gaga or President Obama, present figures who don't always measure up. The bubonic plague is still around, as well as numerous other diseases. Technology was safer and people didn't have to worry about getting cancer from microwaving a Hot Pocket. Men had more class and had more respect for women, and channeled their primal sexual 10 Falconer

urges in more mature, cooler ways.

Antibiotics can adapt to and resist certain vaccines, and then viruses can create defenses and resist death and mutate into terrifying super viruses and kill everyone. Also, medicines and procedures back then weren't as controversial. People weren't always arguing about the ethics of test tube babies. I'm not too educated about this topic, but back then life was about survival of the fittest, and I just want you to look at our general populace now and decide for yourself which method was better.

Technology was safer. There were no super-fast cars to create endings like Paul Walker's, and there were some awesome phones with curly long cords, and sundials to tell time. Wi-Fi wasn't a staple in every household seeing as there were no devices needing it, therefore no cranky diva girls complaining about a lack of internet. In a book of Stephen King's called *Cell*, he talks about how radiowaves from cellphones and radios turn people into flesh-eating zombies. Considering how advanced we are in technology now, who's to say that couldn't happen? Just something to ponder, Jessica.

Guys looked pretty spiffy back then, and were a lot more polite. They acted like gentlemen and were like, "Whoa, let's hold open this door because it's the nice thing to do," and they didn't throw around words like "love" and "commitment" like they mean nothing. They also weren't always sagging their pants and were classier when being led astray by their awkward sexual urges. If they were unsure about how they felt, they could hire an escort instead of playing head games and leading on women when they had no intention of

when they had no intention of actually going in any forward direction. Promiscuity was more heavily punished and frowned upon so there weren't as many 16 and Pregnant scenarios and there was just more all-around modesty. There have been books written about it that are still read in schools, such as *The Scarlet Letter*.

One last note; There were also crazy huge dinosaurs that roamed around eating and rambunctiously prancing about the earth, living life as they pleased. So there Jessica!

-By Amelia Warren March 17, 2014

New café joins West Lane Center

Taste, a new corner café at the West Lane Center, opened in December, around Christmas time. Taste is open from 10a.m.-8p.m. and classical and jazz music plays from 6-8p.m. on Fridays.

our mochas and hot chocolates are made with Euphoria chocolate and we use Umpgua milk. All of our ingredients are local." "We are hoping to develop

some better salads by the sum-



Taste readies itself for the beginning of its day. J. Coone/The Falconer

Dishes served at Taste include sandwiches, hot and fresh soups, pastries, espressos, and wine. Deanna Brandt was into wine and worked at a winerv as a server when she was younger. When the opportunity arrived, she opened the café. The wine offered is bought locally from wineries.

"My friend Sandra Winn does all of my baking. I call her my Czarina," said Brandt. "All of

mer, and we are going to have a mystery dinner. For example, who shot the wine maker?" said Sandra Winn. "On St. Patrick's Day we are going to serve corn beef, cabbage, soda bread, and several Irish beers. Our hours may change as our business grows." Taste is welcomed to our community and will provide a unique business to the West Lane Center.

-By Jessica Coone

ladybug Magnets

Materials:

- •Small, round pebbles
- •Red, white, and black paint
- •Thin paintbrushes
- •Small magnets (magnet strips)
- •Glue (hot glue or super glue)

Directions

First, find some small, rounded pebbles and clean them. Let them dry before you start painting. Next, paint the pebbles entirely red and let dry. Paint a few black dots on

the "back" of your ladybug (be careful that the dots don't collide), and let dry. Paint two white dots on the "head" of your ladybug and let dry. On each of the white dots, paint a small black dot. Once the paint is dry the magnets can be applied. Add a dab of glue to the bottom of the ladybug and place the magnets on top of the glue. Let dry and then your ladybug magnet is complete!



Fern Ridge Library TEEN EVENTS



Mar. 25 – 1:00 p.m. to 2:00 pm Duct Tape Wallets – Must sign up beforehand

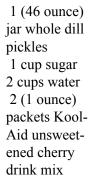
Mar. 27 – 1:00 p.m. Teen movie: *Catching Fire* with snacks and movie activities

Mar. 28 - 6:30 p.m. Movie Night: Frozen

Cook's Corner: Koolickles



Ingredients:



Directions:

1) Drain and discard the juice from the pickle jar. Remove the pickles from the jar and cut each one in half lengthwise. Return the pickles to the jar and set aside.

2) In a large measuring cup, combine the sugar, water and Kool-Aid. Mix until the sugar has completely dissolved. Pour enough of the liquid into the pickle jar to cover the pickles. Discard any excess. 3) Cover the jar and refrigerate at least 24 hours.

Yield: 8-10 servings Prep time 24 hours 5 minutes Cook time: 0 minutes



CLUB ON MONDAY'S 7:03-8:26 PM ELMIRA HIGH SCHOOL **CAFETERIA**



Pisces: Every little thing is going to be all right



Pisces (Feb.20-Mar.20): Every little thing is going to be all right. Don't worry about a thing!

You stress way too much! Yes, you really do. I see great wealth in your future: money and love, but you must be more forgiving and just relax.

Aries (Mar.21-April 20): Hold the door open for someone once in a while just not for too long, because you don't want to get the chills. Get lots of sleep, and dress warm, so you don't get a cold! And if you do get a cold, use toilet paper to wipe your nose; you wouldn't want to use the nice Kleenex Tissues.

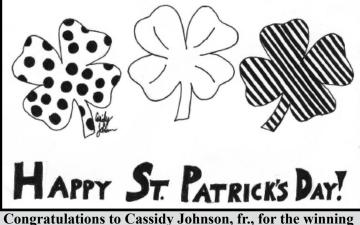
Taurus (April 21-May 20): Have you been down in the dumps from the rainy weather? It's going to be summer soon, so look forward to that! Just imagine soaking in the warm sun, swimming at the pool, and not going to school and doing work. I'm ready to get toned! ...and sit on the couch and eat food.



Gemini (May 21-June 20): Go to the library and read a nice book. It's relaxing, and

it's like a whole other world. A movie night is also in your future. You stress too much—relax! Make time for you. When life is hectic, sit down, and do some deep breaths—in and out, in and out, in and out. Cancer (Jun. 21—Jul. 22): Practice your super intimidating threats, because those are useful in just about any situation. Except for when they get you trapped in an

Virgo (Aug. 23—Sep. 22): First things first: don't be friends with Geminis. They stole your raspberry hats. And



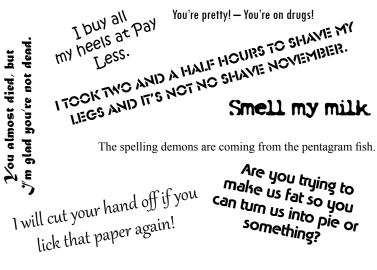
Congratulations to Cassidy Johnson, fr., for the winning drawing in the St. Patrick's Day cartoon contest!

abandoned hotel with a couple psychos, but hey, what are the chances of that happening? And ladies, be terrifying, and sassy, and clever; you may have to step on toes and cut off heads to achieve your dreams, but it will probably, almost definitely, be worth it.

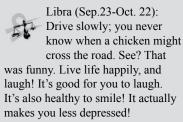
Leo (Jul. 23—Aug. 22): Leo! Hey! You kinda have an awesome zodiac sign, all fierce

and King of Pride Rock and stuff. But don't let it get to your head. I mean that. Vanity never won anyone any fried chicken. Which is what you stunning Leos will have in abundance by the end of this month. Abundance. Be careful what you wish for.

Things Heard in the Halls



Helvetica is your font of choice for absolutely everything. Take care of your new pet fish, or they might die in the frozen water. Miniature horses are your spirit animals, so cherish them y'all!



Scorpio (Oct.23-Nov.21): "We'll never be royal," but that doesn't matter; be happy with you and your accomplishments. Go get a big pizza and pig out in your room! Watch a movie, throw those feet up and relax! You've done enough this week; just be lazy today.

Sagittarius (Nov. 22—Dec. 21):

Cejvtkikpgs47sfjwfjsfh8934efdsf (All you

dazzling Sagittariuses understand the code, so you know what your super important and life-changing horoscope says, right? Good.) Just kidding. If you want a serious horoscope: life is like expired sour cream. It just generally stinks. But always think positive!



Whatever's bothering you, just LET IT GOOO! And remember to be wary of those charming, handsome, adorably awkward, mysteriously rich strangers who save your life; chances are they're really horrible lying monsters who will terrorize your sister and lock you in a small room to freeze to death. Jerkfaces. They deserve no mercy.

Aquarius (Jan. 21—Feb. 19): Your hair looks better down, love. And don't be afraid to whip out your happy face; you never know when that would completely make a person's day. Also, brunettes totally cannot be trusted, at all. And if you are a brunette, well, just don't trust yourself and you'll be okay.

-By Cheyenne Cox and Tyler Miller

Τορ 10 Fo	ods to eat
after wres	tling season
10. Burritos	5. Chicken
9. Goldfish	Fajitas
Crackers	4. Olive
8. Beef Jerky	Garden
7. Poppyseed	Breadsticks
Muffins	3. Cake
6. Pizza	2. Pop Tarts
Pockets	1. Nutella
	March 17, 2014