

THE FALCONER

Volume 52 Issue 2

24936 Fir Grove Ln., Elmira, OR 97437

Nov. 24, 2015

PROTECTING STUDENTS
FROM AN INTRUDER
IS TOP PRIORITY

P. 6

IS LOVE MORE THAN
AN EMOTION?

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DRUG TESTING BEGINS
WITH WINTER SPORTS

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CONGRATULATIONS

The junior and senior Powderpuff teams for putting on a good show, and soccer and cross-country for making our post-season! – **Best**

My students who have been working hard and creating interesting pieces of art. – **Marquess**

Good luck to everyone going out for winter sports! ¡Feliz día de gracias a todos! – **Snider**

Congrats to Alex Olsen, Jasmine Garcia, Sabrina Botello, Taylor Talaga, and Celeste Ossowski for “kicking butt” in English class! – **Hart**

The girls’ soccer team and the four seniors. It was a wonderful season! – **Lee**

The Boys’ Varsity XC Team who qualified for state the second year in a row and the Boys’ JV who had a perfect team score at districts to take first place. – **Bellingham**

Andrea Griffin for actually understanding proofs. – **Cooper**

My TA’s for continuously grading papers J - **Hunt**

All of the fall sports athletes for their dedication and hard work – **Carpenter**

Fall Sports for representing EHS well – **Schilling**

The Elmira staff. We are awesome! – **Monegan**

What to join the radio club? Meetings will be Thursday mornings. – **Burgess**

The guitar class for rocking their November recital! - **Kappeler**

Cover photo by Daniel Phillips

October students of the month	September Students of the month
9 th - Ashlyn Foote	9 th - Manny Masengill
10 th - Celeste Ossowski	10 th - Michael Huber
11 th - Tanner Adank	11 th - Annika Faris
12 th - Celeste Dax	12 th - Alex Olsen
Falcon- Josie Hedenstrom	Falcon- Finn King

Find the turkey!

If you are the first to show Jeanie May the Turkey, you get your picture with the Falcon featured in the next issue!



Ask the Staff

What do you think of Thanksgiving traditions?

Jessica Coone

Editor in Chief: I love Thanksgiving traditions! It’s the one time of the year I get to see almost everyone in my family.

Katriel Connors

Managing Editor: I feel like Thanksgiving is just an obstacle in the way of Christmas.

Desirea Collins

Managing Editor: I like Thanksgiving even if there aren’t traditions... I just like food.

Jesse Sagen

Photo Editor: Penguins

Kayla Pelroy

Ad Manager: I think Thanksgiving traditions are nice.

Kyla Esselburn

Reporter/Photographer: I like Thanksgiving traditions because who doesn’t like food?

Andy Watts

Reporter/Photographer: I think they’re incredibly odd.

Cooper Barnes

Reporter: Being strongly encouraged to watch football and eat?

What’s not to love?

Fiona Carlin

Reporter/Photographer: Traditions are for other families; my family blasts the stereo loud on Thanksgiving.

Daniel Phillips

Reporter/Photographer: Polka dot...

Nikki Smith

Reporter/Cartoonist: I don’t really know, I’ve never been one to follow tradition.

Andrea Griffin

Reporter/Cartoonist: I think it’s good for families to have tradition, an “always” to look forward to. It’s also cool to see how different traditions can be.

Michael Huber

Reporter: They are great because it brings family together, to have a good feast.

Jeanie May

Adviser: Family traditions are marvelous.

Megan Temple

Student Teacher: I always feel super excited!



N. Smith/The Falconer

Congratulations to Hunter Skinner for finding the pumpkin in the previous issue!

Editorial Policy

Editorials are the official opinions of *The Falconer*. Opinions and letters are the personal viewpoints of the writers and do not necessarily reflect the opinions of the paper. All content decisions are made by student co-editors-in-chief, and the content of *The Falconer* in no way reflects the official policy of Elmira High School. Letters to the editors are welcomed; however, they must be signed and screened by the editorial board.

What would you do?

You wake up on an itchy mattress in the back of an old El Camino, having no memory of how you got there. You try to go back to sleep, but just as you drift away, a man approaches and pulls you from the car. He is clad entirely in chainmail, excepting a pair of bright red Nike Airs. He introduces himself as Sir Not Appearing In This Film and tells you there isn't much time to waste.

He explains that an evil dictator is heading your way, leading an army of vicious and adorable red pandas. You try to explain to him that red pandas aren't real, but he'll have none of it.

He grabs your arm and begins to run, loudly exclaiming, "Adventure awaits," "The hunt's afoot," and other loud clichés.

As you approach an old parking complex, you are confronted by a patrol of red pandas. They are real! As you begin to question every life decision you ever made, considering how foolish you were not to believe your "allegedly" unstable friend who, by the way, told you so, Sir Not Appearing In This Film pushes you toward the crowd of adorable menaces, making his getaway in exchange for your life.

Betrayed! You now face them alone, being taken into their ranks to be judged by the Great Panda.

As they haul you into a wagon, you manage to lift a knife from one of their pockets and cut the ropes with which they have bound you. They place you in



a wagon in the back of the patrol, where nobody will see you escape. You hop out, only to realize that you are lost in a forest filled with tiny gremlins with bad attitudes and unnaturally deep, evil British accents. You can brave the forest or face the judgment of the Great Panda. What would you do?

-By Cooper Barnes

Key Club serves turkey feast for Thanksgiving

Dinner anyone? Key Club will serve and prepare a turkey dinner Nov. 25, the day before Thanksgiving. Veneta Elementary hosts the event targeted towards the "needy and elderly, because we know it

means a lot to them," said Dennis Pronto, Mid Lane Cares board chairman and Kiwanis adviser.

Key Club is a service and Leadership Club for high school students, headed by Kiwanis International, a global

organization of volunteers. Doncella Marquess, art teacher, is the Key Club adviser.

Elmira's Key Club will be helping to serve and prepare for Wednesday's event.

"It's one of my favorite events," said Brad Renfro, Key Club president, sr. According to Renfro, it's a great chance to give back to the community, converse and have a good time.

Pronto and Rosie Melton, co-Kiwanis adviser, ordered eight turkeys,

eight trays of dressing, and six trays of potatoes for Wednesday's dinner.

"A majority of the food comes from FOOD For Lane County, and Kiwanis picks up the tab for what's left," said Pronto.

The food is prepared and cooked at FOOD for Lane County. Key Club picks it up Monday, and heats it up Wednesday morning at the high school before bringing it to the elementary.

Everyone is invited.

-By Andrea Griffin

Buck Pelroy
Janet Pelroy



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Fall Press Day focuses on local reporting

Fall Press Day, an event dedicated to helping young, high school journalism students, occurred on Sat., Oct. 24, 2015, at the Erb Memorial Union on the University of Oregon Campus.

Students participating in this event were open to attend various workshops offered to extend their journalism knowledge and to compete in photography or writing. The photography contests available allowed students either to email their photo submission or to take photos on a given theme at the University campus.

The on-site writing contests included feature and news writing; participants were required to write a story of either feature or news about the first key note speaker's lecture about the faultlines in journalism and a journalistic way to tell a story based on those faultlines.

Martin G. Reynolds, senior editor of the *Oakland Tribune*, encouraged students to report on their communities.

"Community based reporting is going unreported," said Reynolds. Since people can be

stereotypical, many of the community stories go untold due to journalists not wanting to deal with reports dealing with stereotypes.

Not everyone can call himself or herself a journalist. "Just because you have a smart-phone and can take pictures does not make you a journalist," said Reynolds as he explained that journalists have to be willing to find and follow the sources needed for their story and

be able to work hard at getting all of the needed information, and more, for their story.

The second key note speaker, Brent Walth, U of O faculty member, spoke about how journalists can become better at their jobs. "It is an honor to have people trust you with their stories," said Walth.

He explained how journalists can handle interviews and

write stories better and make sure all of the information is correct.

"For those of you who want to be great journalists, don't take the easy way out." said Walth.

-By Jessica Coone



Photo by Daniel Phillips/ *The Falconer*
(front) Daniel Phillips, (middle, left to right) Anna Marshal, Kayla Pelroy, Jessica Coone, Jesse Sagen, Katriel Connors, Andrea Griffin, (back, left to right) Cooper Barnes, Jeanie May, and Austyn Bechtol.



FALCON ATTACKS

Beau Admire

Q: What is your favorite kind of soup?

A: Chicken noodle.

Q: What is your favorite color?

A: Purple and gold, #Falcons.

Q: What do you like to do in your free time?

A: Eat food.

Q: What is your favorite school subject?

A: German.

Q: What's your dream vacation?

A: Xavier's School For Mutants.



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Congratulations to World Lit. Herot Heroism Essay winners. Students nominated a character from one of the four stories read in the "Making Heroes" unit as a recipient for a heroism award. Three judges ranked the persuasive essays and winners received gifts.



Jeanie May awards Adam Kaiser for his essay.

1st place- Jessica Coone

2nd place- Trey Reece

3rd place-Devinne Langan

Honorable mention to Adam

Kaiser, Simiron Kaur, and

Erik Stinson.

Citizen initiative leads to proposed policing district; Hwy 126 one of top illegal drug highways on West Coast

On Oct. 12, the city council met to hear a proposal for a new policing district in the Fern Ridge area. The brainchild of a citizen initiative, the proposed district will include 24 hour coverage of Veneta, Crow, Noti, Walton, Elmira, and Alvadore, school campus coverage, and an assigned criminal prosecutor for the area.

“The citizen proponents of the Fern Ridge Community Policing District have done an amazing amount of work and research on this proposal,” said Veneta Mayor Sandy Larson. “The Veneta City Council has had two work sessions to study it, which potentially could be very positive for city residents and as well as those outside the city who are included in the proposed district.”

According to the Lane

County Sheriff’s Office (LCSO), highway 126 is one of the largest illegal drug highways on the west coast. Drugs like heroin and methamphetamine from Mexico come into port in Florence and are transported inland along the highway. Many of these drugs, which are bound for larger cities and the interstate system, find buyers in the Fern Ridge area. Because of such heavy drug trafficking, Veneta has a high crime rate and a massive drug problem.

To combat the drug problem, the city of Veneta is considering a contract with LCSO. The contract will require the recruitment of additional deputies, who will work locally to monitor the city 24 hours a day, seven days a week.

However, as there is no

criminal prosecutor for the area, many offenders spend one night in jail and escape conviction. The LCSO will be assigning a holding cell specifically to arrests made in Veneta and the surrounding area. In addition, the district will be assigned a criminal prosecutor to ensure that felons are convicted.

“It’s important to understand that this proposal is citizen driven,” said Larson. “The city plans to hold informational town hall meetings as well as a public hearing in order to gauge the support of our residents for the proposal.”

The proposal is expected to be completed by the May 2016 election. If the measure passes, the district can be fully functional within six to 12 months of its creation.

-By Cooper Barnes

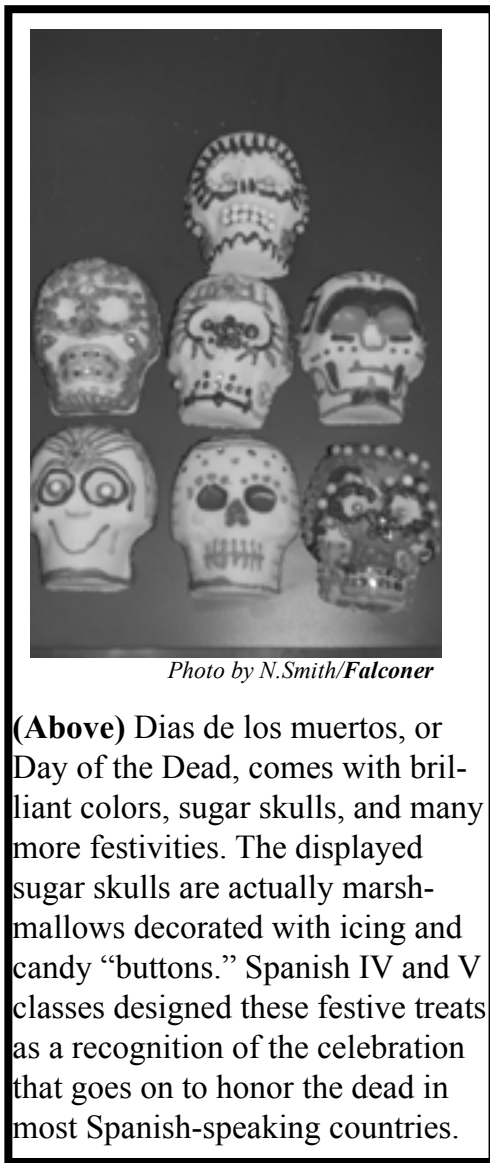


Photo by N.Smith/Falconer

(Above) Dias de los muertos, or Day of the Dead, comes with brilliant colors, sugar skulls, and many more festivities. The displayed sugar skulls are actually marshmallows decorated with icing and candy “buttons.” Spanish IV and V classes designed these festive treats as a recognition of the celebration that goes on to honor the dead in most Spanish-speaking countries.

Take a day off, recharge the ‘soul,’ enjoy the moment

Whether it’s a rainy day or a holiday, there are plenty of things to do on a day off. Activities can be simple and bold or complex and daring. Skydiving, Netflix binge watching, or simply hanging out with friends can be a few of many activities to do while on a “vacation.” Rather than spending time on the internet or sitting all day long...do something that is fun and enjoyable.

“It’s fun to do nothing but I enjoy spending time with family hiking, camping...”

said Shannon Hart, language arts teacher.

Like Hart said, even the simple things can be fun. Hiking and camping can provide a sense of peace or tranquility with the outside world, while spending time with family can provide bonding opportunities.

“I visit my granddaughter, I love to run still, train for marathons. I really love to garden now. Spending time with family is fun as well,” said Bob Bruce, retired math teacher of FRMS.

The most important thing is to enjoy the time off. Never do anything that is upsetting. Of course, going outside of one’s comfort zone can also be fun, whether it be skydiving or trying to learn something new.

A book jockey? Perhaps like Hart? A fun thing to do on a day off for Hart is to relax with a good book. Finally, finish that book that has been shoved aside for more important things.

Road trips may be fun as well: music, junk

food, photos, and many unforgettable memories. The possibilities for what can happen while on a road trip are endless.

“The most fun I’ve had on my day off was this summer; we took five road trips: To San Francisco, Wallowa Lake, to the coast, to an Idaho lake and a Washington lake,” said Bruce.

On a day off do something that is entertaining and satisfying. Fulfill the need for spending some days off wisely.

-By Desirea Collins

ALICE training incorporates safety measures

If the day should come that students hear, "Lockdown, this is not a drill!" shouts Gary Carpenter, school principal, students would immediately barricade the doors and turn out the lights. With books, staplers, and backpacks ready to be thrown, students quietly wait for the news

to tell them the intruder has been eliminated.

The ALICE training is a national program put in place to give people more options when faced with an intruder instead of only turning out the lights and waiting for an all-clear call. The program was created by

Greg and Lisa Crane, an officer and an elementary school principal, who thought that the original plan of 'lock the door, turn off the lights, and sit until it's over' was a formula for disaster.

Teachers were issued a safety training class on August 26, and the students had a lockdown drill on Oct 7.

"It surprised me at first, what happened at Roseburg, so it made sense we had to do a new training," said Kevin Cochran, soph.

G. Crane considered that the numbers of the school shootings were so high because the targets were too easy. Anyone who hears "lockdown" and turns off the lights and locks the door and sits and waits to hear "OK" makes it too easy for the shooters to kill or injure more people.

An argument exists over angering the shooter more by fighting back or students and teachers fighting back

could help as an element of surprise.

Some even say that the new training program should be only for teachers, stating that the idea of students and the teacher acting all at once to take down the intruder is an expectation set too high.

"I think that for certain grades it isn't a good idea because they're so small. No, I can't see a bunch of first graders taking down a guy who is 6'7" and built like Mr. Monegan," said Tyler Smith, sr.

Teachers who experienced ALICE training had various insights to the program.

"I thought it was a little bit of a waste of time, but it is good to be prepared", said James Monegan. Finally, one staff member praised the program.

"I think the program makes students feel more empowered," said Stacy Cornelius.

-By Fiona Carlin



Love may be more than an emotion

Love may be an emotion, but it also involves a mixture of neurochemicals, phenylethylamine, norepinephrine and dopamine.

So what makes teenagers gain that neurochemical mixture? What makes people feel butterflies and electricity rush through their body at a simple touch? Taylor Hunter-Rogers, soph. and Jeremiah Cross, jr. talk about how they feel about love.

"What do you think of love?"

Hunter-Rogers: "I don't know what it is."

Cross: "That is a really vague question."

"How do you know you experience love?"

Hunter-Rogers: "Not a smooth thing to go through but you work it out."

Cross: "You find someone that makes everything seem right."

"How loosely do you use the word love?"

Hunter-Rogers: "Not very."

Cross: "Not loose at all."

"When did you tell each other that you were in love?"

Hunter-Rogers: "After a month and a half he told me that he loved me. It took us three months to kiss and I had to kiss him first."

Cross: "A month and a half after we started dating."

"When you guys fight, what makes you get back together?"

Hunter-Rogers: "Inside I am still

angry, but then I look at all of the good things that have happened and I don't want it to go away."

Cross: "Love, okay, no, no, no, ready for this deep heart felt answer, it's like straight out of a movie... It's like out of a movie... It's like... You can't stay away from that person even when you argue, that's the person that makes you want to get out of bed in the morning."

Both Hunter-Rogers and Cross say that they love each other. Both feel in love. Is it just chemicals or could those chemicals make them feel? Do they actually feel love?

Some scientists say that love is only a chemical reaction. Norepinephrine is also called noradrenaline that makes your heart race. Dopamine makes people talkative or even excitable it is the pleasure part of the brain. Phenylethylamine acts like a releasing agent for dopamine and norepinephrine. The release of them all makes the dizzy effects of romantic love.

Now those three are only for the "sparks" at first. Soon it becomes only two: oxytocin and serotonin. Oxytocin is the intimacy that people experience. Serotonin is the chemical that helps fight off sadness and depression. When serotonin isn't there, then it is all sad feelings. Serotonin is what makes a person happy.

-By Nikki Smith

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Elmira begins drug testing for winter sports

Sutherlin, Junction City, and Cottage Grove High Schools have already started drug testing athletes; Elmira will soon join their ranks. Sweethome High school is also looking into it. Drug testing will begin with testing winter sports athletes.

Winter sports athletes will soon be tested. Last fall, parents wanted Elmira to check into implementing drug testing for athletes. In response to the parent request, students and parents were polled with a majority of parents agreeing to drug testing: 72 percent yes, and 27 percent no.

Other interested parties were polled with results as follows: Leadership students: 16 yes, and 3 no, EHS staff: 26 yes, and 2 no, Booster Club: supports drug testing. Coaches: 11 yes, and 4 no, SITE

council: supports drug testing. Ultimately, it was the school board's decision to implement drug testing.

As of Tues., Nov. 3, five adults (three students and two parents) will draw from two hats. One hat will hold teams, the other will hold days. Testing will always occur after school. Student athletes will be tested once before each season, and a random sample will be tested for the second time during the season.

Student athletes are not allowed to possess or use drugs and alcohol. They sign a contract accepting these rules and the consequences for breaking them. There is a three step violation for failing a drug test. The first time a player fails a test, they will miss the amount of games for two weeks. The

second time a player fails a test, they will miss the number of games for six weeks. The third time a player fails a drug test, they will miss a year.

“Hopefully our students are not using illegal substances and won't have to change anything,” said Brands, vice principal and athletic director.

A ten panel test kit will be used. The drugs being tested are: cocaine, methadone, opiates, marijuana, amphetamines, methamphetamines, benzodiazepines, barbiturates, oxycodone, and propoxyphene. Alcohol and steroids will not be tested because it would cost too much.

Drug testing costs are dependent on the number of students who want to come out for sports. I-Cup 10-Panel Test costs \$5.75 individually,

so having 350 tests for a year would cost the school around \$2,000 dollars.

“For this year, it's probably gonna be somewhere around \$1700,” said Brands.

“I do think this [drug testing] is a good idea because, I think it's easier for kids to say no to peer pressure,” said Brands. Gary Carpenter, principal, agrees that it gives kids another reason to say no.

“I'd like to trust that my athletes in the past have been making those decisions [not to do drugs] anyway, and it won't have an effect on this season,” said Ken Best, girls' basketball coach and Math teacher. If it deters one person from doing drugs, because they're aware of the consequences, then he thinks drug testing is a good thing.

-By Andrea Griffin and Kayla Pelroy

Radio Club offers real-life opportunities

Jon Guldager, government, economics, law studies and weight lifting teacher, and Stu Burgess, history and psychology teacher, have started a new radio club for the high school. Both of these history teachers have been in contact with the local Fern Ridge radio station to create a the club.

The club offers a great opportunity for students to go on air with live local radio and broadcast to the local area of Fern Ridge. Already this year Burgess and Guldager with the help of senior Jonathan Phillips did a live broadcast at the Oct. 16 football game. During the game they performed a live broadcast, announcing the game with detail and commentary.

“A great opportunity for the school to connect with the community,” said Guldager. Radio is a strong way to spread the word and share news to all who listen to the local station.

New and more advanced ways to broadcast over the air without staff having to sit behind the desk at the radio station will be offered to club members.

Radio Club is affiliated with the new radio station, KOCF, located inside the fire department where daily music is broadcasted.

Funded by the Oregon Country Fair, KOCF broadcasts all day long, every



D. Phillips/The Falconer

Stu Burgess and Jon Guldager broadcast live from the stands during the Oct 16 football game against Sweethome.

week, with new sounds to sweep the local area.

According to the KOCF website, “The mission of KOCF-Fern Ridge Radio is to enhance the educational purpose and outreach of the Oregon Country Fair through partnerships and broadcasting relevant to the local community.”

Fern Ridge radio is in the process of doing a pledge drive to raise funds for the volunteers to pay for the expenses to run

the radio.

KOCF plays on 92.5FM and is heard in the local area; the station offers students an opportunity to learn about radio broadcasting.

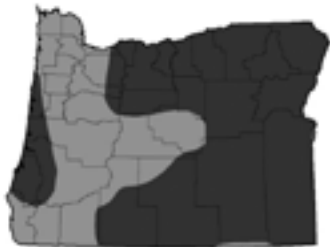
The Fern Ridge radio station has a working website with daily updates to show what will be playing throughout the week, Visit <http://www.kocf.org/> to find radio update needs.

-By Daniel Phillips

Effects of drought apparent in Oregon; California is not alone

Local weather has been extremely abnormal and caused major drought. According to Kari Strenfel with Weather Underground, the abnormally hot and dry weather didn't help Oregon.

September 15, 2015



The light area shows low to moderate drought
The dark area shows extreme drought

The changing weather affected the crops throughout Willamette Valley and made them more susceptible to pests and disease. The dry weather also strongly affects fire danger and local farming in the state.

In Oregon alone approximately 576,901 acres burned by large forest fires and only 849 of the fires were caused by humans. Only 1,093 of

the fires were caused by lightning, and firefighting costs were in excess of \$211,041,902, destroying thousands of homes and acres of land.

“The abnormal weather that comes to mind for Oregon is the heat. Lots of heat waves this past summer. Yes, the heat and the drought are consistent with what we should expect under a warming climate,” said Strenfel.

According to the U.S. drought monitor, 67 percent of Oregon is under extreme drought, including the Willamette Valley. The water that is in Oregon is expected to return within the next few months. A strengthening El Nino in the Pacific will likely bring water back in to Oregon.

This should bring high precipitation for high elevation areas of the West Coast, and significant rainfall over areas under drought conditions may allow for increased flooding as well as landslides and mudslides due to the dry soil inability to soak up the heavy rainfall.

There are likely to be increased Pacific storms with more precipitation on the West Coast. Depending on storm systems, Pacific storms will bring snow to the Cascades. It is still hard to say how far out of

the drought Oregon will get (See Infographic.). Increasing storm will bring expected precipitation to the northwest; however, will still be uncertainty about the effect of these storms on Oregon.

-By Daniel Phillips

Car of the Month

Scott Sanders and Chance Hatch



Q:What make and model is your truck?

Hatch: I got it by myself.

A: Sanders: 1967 Ford F100
Hatch: 1964 Chevy C10

Q:How long did it take for you to get it?

Q:How long have you had your truck?

A:Sanders: It was my dad's for a long time.

Hatch: It took me a month and a half to get the money.

A:Sanders: 4 months
Hatch: 3 months

Q:What's your favorite part about your truck?

Q:Did you get it by yourself or did you have help?

A:Sanders: It's from the 60's and I love the body style.

A:Sanders: It was handed down to me.

Hatch: That it's from the 60's.

-By Fiona Carlin

Bird's Eye View: Do you think peer pressure can be positive, negative or both, and why?



Dean Valdez, fr
“Peer pressure? Both. You can peer pressure someone to do their homework, or to do something bad, like drugs.”



Travis Sweet, jr
“Both. Your friends can be doing stupid things and want you to join them or they can want you to join key club.”



Whitney Fox, sr
“I think it can be both because people can encourage you to do bad things and good things.”



Riya Tapio, soph
“More negative I think. Although it can be positive, 89 percent of the time when people think of peer pressure, they think of alcohol and drugs and other bad things.”

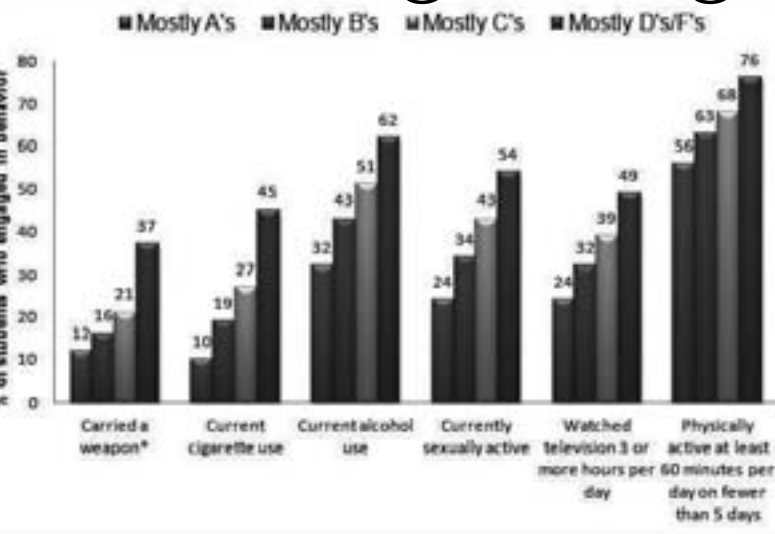
Health problems growing in teens

Health problems in America are growing, especially in teens and youth. Some health problems include mental health, obesity, steroid and drug abuse, smoking, and alcohol.

Mental health problems are around all the time, but a few health problems really heard about are the severe cases. Family problems can affect mental health. Bullying or emotional problems are different. Mental health can lead into other health problems such as, anxiety, mood, psychotic, personality, eating, developmental, behavioral, addictions, obsessive-compulsive and related disorders. These can lead to serious problems and even death.

Obesity is becoming a leading problem in America that leads to death. The rate of teenage obesity is 18 percent in American's teens. Some problems with teen obesity are Blount disease, arthritis, slipped capital femoral epiphyses, asthma, sleep apnea, high blood pressure, high cholesterol, gallstones, fatty liver, pseudo tumor cerebri, polycystic ovary syndrome, insulin resistance and diabetes, and depression.

There are ways to fix obesity problems such as healthy eating and exercise. Healthy eating means don't skip breakfast, do more juicing to get more vegetables, and try only to eat



-courtesy of cdc.gov

the calories for the body needs.

"Yes, breakfast makes me feel more focused in school," said Celeste Osowski, tenth grade.

Juicing can be a popular alternate to eating vegetables- drink them instead.

"In my vegetable juice base, I use carrots, celery, and apple with a variety of other flavors. My favorite things to put in the juices are beats, ginger, asparagus, and radishes. For flavoring I use a slice of lime and cayenne pepper," said Kenneth Best, math teacher.

"To exercise do fun activities with

friends. Find a way to just go for a walk or ride bikes with friends. The way I stay fit is I teach PE for a living, coach track and soccer, play basketball for two hours, and I eat healthy every now and then," Robert Lee, pe teacher, said.

Steroid and drug abuse is growing. About five percent of teens in America are taking steroids and 27.4 percent of teens do drugs in high school. The effects of drugs are life threatening. Some effects of drugs are interfering with the brain by damaging connections and interfering with neurotransmitters, causing

trouble with memory, and learning new things. Of course, the ultimate problem is dying from drug abuse.

Advertising in the media plants stereotypical images of teens- thin, thinner, and thinnest. When looking through a magazine the person will see all the skinny models and some teenage brains want to be that. This plants an idea in the brain that won't be as good as them. This affects the mental health. The media also might point out a new diet, that actually is probably bad for the body but people do it any ways. Commercials also make the consumer want supplements or fast food. These are not healthy for the body.

Smoking has died down but is still out there. Smoking is in seven percent in teens still that live in America. Smoking cause's lung cancer and this can cause death. Smoking isn't just bad for the body; it's bad for the pockets. Smoking can make spend way more than you want.

These health problems are bad. Staying away from them and making sure that exercising and eating right is part of a daily rigidize is important. I got my sources from www.betterhealth.vic.gov, teenmentalhealth.org, kidshealth.org, www.drugabuse.gov, and www.addiction-center.com.

-By Kyla Esselburn

Teachers, students compare childhood movies

Everyone has been there – looking back at their lives and talking about each other's childhood. Some people would talk about when they grow up, wanting to become astronauts, presidents and firefighters without the knowledge of what they would need to do to have such careers. Now, what used to be our parents' and teachers' childhoods are back in style.

Putting that into thought, teachers and students must have different childhood memories, especially when it comes to movies and T.V. shows, because of the generation gap

Kenneth Best, Algebra 2, pre-calculus, math lab and Algebra 1B, remembered his childhood movies: Q: What was your favorite movie from childhood?

A: Peter Pan.

Q: Why was it your favorite movie?

A: Because I was three years old, I didn't know any better, and it showed kids flying.

Q: What was your least favorite

movie from childhood?

A: I hated the Nightmare on Elm Street movies.

Q: Why was it your least favorite movie?

A: As a six year old, I could see that the people older than me made dumb decisions.

Q: What movie from your childhood would you suggest that kids watch today?

A: The Journey of Natty Gann, a really young John Cusack and a really great relationship between a man and his dog-it is also a tale of survival.

Q: How has childhood movies influenced you?

A: Movies from my childhood allowed me to experience things different from my own life, and it helped me form empathy for the world.

Julie Becker, jr., also has opinions about her childhood movies.

Q: What was your favorite movie from childhood?

A: I think it was Lilo and Stitch.

Q: Why was it your favorite movie?

A: Because Stitch was cute and fluffy, and as a kid, I liked Stitch.

Q: What was your least favorite movie?

A: I wasn't a big fan of The Hunchback of Notre Dame.

Q: Why was it your least favorite movie?

A: As a kid, I found it kind of scary.

Q: What movie from your childhood would you suggest that kids watch today?

A: Tarzan, he is like an outcast but learns to adapt to his surroundings.

Q: How has childhood movies influenced you?

A: I watched a lot of Disney, and I still do, so it helps me feel free and happy. It keeps my inner child alive.

Although Becker and Best have different likes and dislikes in childhood movies, they both share one thing: movies were a part of their pasts.

-By Michael Huber

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Entertainment prevalence increases during fall

Weather is colder, the days are shorter, and the amount of entertainment increases. Popular shows such as *Supernatural* and *Doctor Who* all come out with new seasons during the fall and popular movie series such as *The Hobbit*, *The Hunger Games*, and *Divergent* all come out during the fall.

Fall is usually associated with its assortment of dark and warm colors that appeal to the eye and is often used in entertainment.

"I like the fall because of Halloween, the leaves change color, the weather gets colder, and wearing black is more acceptable," said Cassidy Johnson, jr., who recommends watching *American Horror Story* and *Sherlock* because of their content that reminds her of fall.



Another popular movie, despite its association with Christmas is commonly watched during fall, is *The Nightmare Before Christmas*.

"It's always been a family tradition to watch it while the weather gets colder," said Manny Massengill, fr., who never ceases to watch movies and has an obsession with Netflix.

The fall weather also goes hand in hand with being inside and staying warm while watching television.

"There's nothing better than binge watching "stuff" when it's cold and you can be snuggly," said Kaylee Wolgamott, sr., who loves fall because of its cold weather and the starting point of more entertainment to be released. Wolgamott recommends watching *Steven Universe* and *Bob's Burgers*.

-By Andy Watts

Athlete of the Month Shane Orme



Q: What sports do you play?

A: Soccer, cross country, and track.

Q: What are your favorite sports and why?

A: Cross country is my favorite sport because of B. Bellingham and the running family, and I love all of the courses we run, as well as all of our weird traditions we have.

Q: How long have you been playing said sport?

A: 3 years

Q: Will you play sports in college?

A: possibly

Q: Why do you play sports?

A: To compete and spend time with my friends.

Students select electives in accordance with interests

Electives are popular with high school students because electives may be taken to find out what profession best fits the students' interests. Some electives, however, don't necessarily help someone in life. In fact, some electives are just for fun or used as fillers in a schedule.

Are the electives at Elmira High as fulfilling as they need to be to prepare students for the real world?

Electives can be used as English credits, fine arts credits, or just elective credits. Some electives are used as "fillers," or classes inserted into a schedule for the sake of fun, while others are actually used to pursue a profession.

Many questions arise about electives and one of them asks if the said elective is something that can be turned into a profession.

"No, I have never had a poet come out of this class, but then again, you never know," said Shannon Hart, poetry teacher. Hart also said that he doubts that anyone will take poetry and turn it in to a career.

Simple electives like poetry or leisure sports are both activities in which students won't pursue as an actual profession.

"I think that less than one-percent of students will choose this as a career," said Robert Lee, leisure sports teacher.

Electives such as 3D programming or psychology can be turned into a profes-

sion. "Gamers" can use 3D programming in a profession while psychology, obviously, can be for psychologists.

So even though most electives may be fun, there are a few that can be used in professions.

-By Desirea Collins



Cafeteria strives to please students' tastes



Dear Freddy,
Why are girls so crazy on their periods?
Sincerely,
Curious

Dear Curious,
I'll ignore the sexist question and explain that men also have a monthly cycle.

Studies show that when ladies cycle, they produce a hormone that is also found in shark's glands. This hormone causes severe mood swings, breakouts, and extreme cravings. When folks say 'shark week', there is legitimate a reason.

Ladies only produce this hormone when they're cycling. A question for you, Curious; did you know that lads also have periods? According to Paul Aitken's research, the idea that men experience a monthly cycle isn't new.

Seventeenth century Italian physician Santorio Sanctorius did tests on the male body and found that there is a monthly two pound body weight cycle.

There is also a dramatic hormonal imbalance. Men's testosterone, for instance, varies and goes up and down four or five times an hour.

Sincerely,
Freddy

Why are there limited food choices at school? How do high school students get enough to eat? Food service director Violet Lambert and kitchen manager Gayle Spaid are the ones to make the menu and help feed the students of Elmira. Chartwells Food Company must follow federal government guidelines to do so.

"We try very, very hard to put out food they like and within the guidelines," said Spaid. One of the kitchen's biggest problems is feeding the students what they like while making sure the food is healthy.

The regulations that are in place limit what can be served in the kitchen and what is served from the snack bar. Both the portion sizes and the amount of ingredients are strongly regulated, and recipes for each meal are adjusted regularly.

The recipe for each meal is taken from a web site called webtrition; this website lists all the meals the school serves. The website helps Lambert prepare the next lunch menu so students can have good, healthy meals.

Only foods that are actually made on site are the healthy foods like the salads, special season meals, and other new meals being served.

"My goal is to try new salads between all the schools," said Lambert. The new healthy items that are

being served on the line have started to be a big hit, and a lot of students are beginning to enjoy the new options that were not there before.

However, the items are still not enough to keep people happy. Trial and error is how new lunch items are brought out. The lunch items are just ideas from the cooks but the students rarely speak up and tell the cooks what they actually want. The cooks want students to bring up new ideas for the lunch menu.

Lambert said that the kitchen staff is very happy to hear new ideas as well as

listen to new simple recipes to serve. Lambert recommends that there should be a student advisory council from the student body about the lunch menu to help build monthly lunch menus. The limited staff who works in the kitchen has a lot of duties and routines that are done on a daily basis.

"The special meals are very labor intensive and take more time than normal. The kitchen staff enjoys cooking the special meals, as long as the students eat the food that is served," said Lambert.

-By Daniel Phillips

Top Ten Thanksgiving Foods

1. Turkey
2. Mashed Potatoes
3. Gravy
4. Pumpkin Pie
5. Stuffing
6. Corn Pudding
7. Corn Bread
8. Shrimp
9. Cranberry Sauce
10. Holiday cookies

-By Kyla Esselburn





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DON'T FORGET TO EAT YOUR BEETS.


 **Sagittarius (Nov. 22 – Dec. 21)** - Did you know that one stick of lead for a mechanical pencil is long enough to draw a straight line for one mile? Don't believe me? Better go down to your local convenience store and get to writing on the road.

 **Capricorn (Dec. 22 – Jan. 19)** - How to achieve your lifelong goal of happiness: eat everything that sounds even remotely like your zodiac sign. Things like candy corn, popcorn, corn, or even an apricot. Just stuff your face and happiness will soon wiggle its way into your life for a permanent stay.

 **Aquarius (Jan 20. – Feb. 18)** - I bet you get this a lot, but honestly, just go to an aquarium for your first date. Forget a romantic night out or watching a movie. Just throw it into the trash where that cliché stuff belongs. Go to an aquarium and admire all the sea life.


 **Pisces (Feb. 19 – Mar. 20)** - Having trouble in your love life? Find an Aquarius. Let them take you to an aquarium, they are professionals of it after all. And you are indeed a fish. Go out and have fun with your fellow Aquarius!


 **Aries (Mar. 21 – Apr. 19)** - You're craving an adventure, but you don't know how to achieve that dream. Sit back, relax, and let it all happen. You can't really force an adventure. You'll over think it, you'll over analyze it, and before you know it, your dream isn't a possibility. Let things happen naturally.


 **Taurus (Apr. 20 – May 20)** - The changing of seasons is catching your attention; you're an Earth lover after all. But not taking care of the Earth comes with great consequences! Don't litter and


always throw your wrappers away! Even if it's something small, it will make a big impact. Be determined

beets. If you don't, you'll turn green. Just take a look at the Hulk.

 **Leo (July 23 – Aug. 22)** - I know it's in your nature to take control of everything, but man, you've got to just tone it down a little. Just remember; you are not actually a lion and you should stop acting like one.

 **Virgo (Aug.23 – Sep. 22)** - When things get you down, always remember that the Flash is on your side. He is very trust worthy, reliable, and will always be truthful. However, don't forget that truthfulness isn't always kind.


 **Libra (Sep. 23 – Oct. 22)** - being well balanced is nice in neutral and balanced situations. Although, when situations turn to extremes on the deep end or on the bright side, you might run into some complications. But hey, that's all right! Just take it easy and take things one step a time.


 **Scorpio (Oct. 23 – Nov. 21)** - Have you noticed a strange disturbance in your balance? Have you been tripping over things lately? I have recently been informed that your argument with your fellow Libra friend has caused them to tip the balance. Good luck.

- By Andy Watts



to take care of your home!

 **Gemini (May 20 – June 20)** - Don't let your slides slip. I know it doesn't seem like a big deal to that one homework or to skip the reading for Friday. However, it does matter! Be ahead of the crowd! Do the homework for next Friday, pay more attention in class, and do your homework before it is due.

 **Cancer (June 21 – July 22)** - Don't forget to eat your

Things Heard in the Halls

Just put radioactive cocaine in your eye and have a liquid spider bite it.

IF YOU OWN A 2DS, YOU'RE A SCRUB.

Avoid clichés like the plague. The plague is a cliché.

It shall be an amalgamation of every dog I've ever owned, except my golden retriever, who was a supervillain.

THEY AREN'T LIKE CHILDREN. THESE BLACK HOLES WON'T KICK YOU IN THE CROTCH.

He looks like a thumb.

I WILL TAKE THESE INFORMATION AND PUT THEM IN MY LEARN BRAIN.

Cook's Corner



Easy Pumpkin Pie Recipe

Ingredients:

1st layer:
 4 oz. softened cream cheese (to soften, microwave on high for 15-20 seconds)
 1 tbsp. milk or half and half
 1 tbsp. sugar
 1 ½ cups thawed whipped topping
 1 graham cracker pie crust
 2nd layer:
 1 cup milk or half and half
 2 packages vanilla flavored

JELL-O pudding
 1 can pumpkin (16 oz.)
 1 tsp. ground cinnamon
 ½ tsp. ground ginger
 ¼ tsp. ground cloves

Directions:

For the first layer of the pie, mix the cream cheese, milk, and sugar in a large bowl until smooth. Gently stir in the whipped topping; spread mixture on bottom of crust.

For the second layer, pour the one cup of milk into the bowl. Add the pudding mix, and stir until well blended. Mixture should be thick.

Stir in the pumpkin and spices and mix well. Spread over the first layer and refrigerate for at least 3 hours. Garnish if desired. Recipe makes about 8 servings.