

THE FALCONER

Volume 54 Issue 3

24936 Fir Grove Lane, Elmira, Oregon 97487

Dec. 14, 2017

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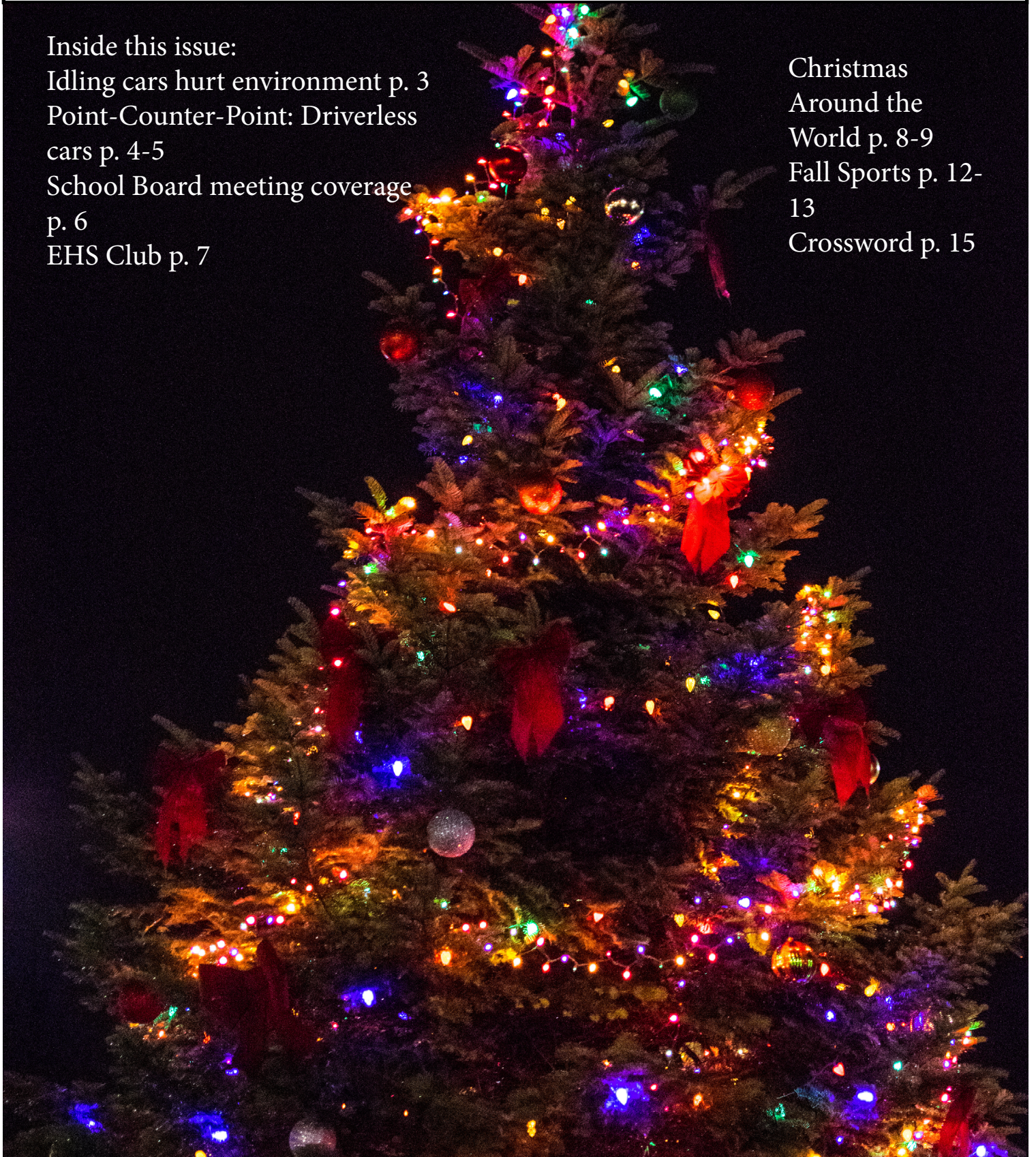
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Editorial Policy

The Falconer is a monthly news magazine production. All opinions and letters are the personal viewpoints of the writers and do not necessarily reflect the opinions of the administration. All content decisions are made by the editors, who are students on staff, and the advisor. The content within the paper in no way reflects the official policy of Elmira High School. Letters to the editor are welcomed; however, they must be signed and screened by the editorial board.

Letters to the editor can be submitted to Mr. Burgess or by email to sburgess@fernridge.k12.or.us

Student of the Month: October



Freshman
Laura Nelson



Sophomore
Austin Taylor

Justen Sagen

Destiny Rupert

Junior
Continues on Pg. 10



Senior
Ryan Olson

Millie Carpenter
Davis Kilmer
Riley Chambers
Annie Carpenter

Falcon(s) of the Month

EHS Staff accolades and announcements

Tammy Boren: A BIG Thank You to Curtus Lang and Denum Hanson for being my “go-to guys” 1st period in the office. They continually restock all the paper in the copy room, put the flag up every morning, and change our school reader board, as well as answer phones and run errands. Next year I will be at a loss without them!

Jon Guldager: I just returned from a Lane ESD meeting today and during the meeting with the Lane County Schools present, one of our kiddos was celebrated. (Phillip) Talon Search, a senior, went through the process of applying for an apprenticeship as an electrician and with the work of the Elevate Lane County people received an invitation with Reynolds Electric. He’s been through his orientation with them and he will be the first student through Elevate Lane County to begin an apprenticeship in this type of field. I had them come out to present to our juniors and seniors during homeroom and he was one of a few that followed through the whole process. It was neat to hear them brag about one of ours.

Mrs. Kappeler: 1) Congratulations band and choir students on your first big concert of the year! 2) Thanks to Cindy Buchanan, Lauren Moore, Kelby Alloway, Sarah Stout, Tessa Bamer, and John Nelson for putting in extra time and effort to organize themselves into a Christmas caroling group for the Veneta Tree Lighting Ceremony!

Mr. Burgess: For always being willing to help in class; Naiya Coleman, you’re the bomb!

Doncella Marquess: I would like to acknowledge Key Club for all the hard work they have been doing this month. They have been raising money for Doernbecher Children’s Hospital, served meals at the Community Thanksgiving dinner, packed boxes for Operation Christmas Child, and helped at the city tree lighting event.

Can you find The Falcon in this issue?



Find the falcon hidden within the paper! If you find the Falcon, put your name on a piece of paper and give it to Mr. Burgess! You will be entered into a drawing for a Coffee Cart gift certificate. Good luck, it will be harder this time.

Congratulations to Dahlin Allen!
For finding the Falcon in the last issue.

The falcon was hidden on page five in the key club group photo on a painting.

Cover Photo Caption Contest

Come up with your own caption for the cover photo of *The Falconer* and submit them to Mr. Burgess, a member of the Falconer staff, or in the Falconer box in the Library, and we will publish our favorites in the next issue. All captions must be appropriate in order to be published.

Second Place:
“Can you pass me that? My arms too short.”- Victor Benson

Third Place:
“Dino nuggets? Good thing I’m a carnivore.”- Josiah Lorenz

First Place, and winner of a coffee cart drink:
“Excuse me, this meat is Rawr”- Anna Marshall



Idling Cars in our Idle Lives do not Benefit Anyone

By Ethan Frolov, Photo by Ian Connors

On occasion, when I happen to leave school 10 or 15 minutes early, I have the opportunity to see all the parents lining up in the school driveway waiting to pick up their kids. Those occasions, where I must weave between the lengths of cars full of parents to get to my own, are ones I’ve come to dread.

Now, believe it or not, this isn’t just complaining about the lack of parking in our lot (which we have plenty of, people just don’t like walking); rather, it’s the fact that I see people arrive at the school up to half an hour early to wait for their child. This would be perfectly fine if not for the fact that they leave their cars running to blast the heat (or AC, depending on the season).

I can see the reasoning for it, of course; it’s starting to get chilly out, fall didn’t start too long ago, and you don’t want to end up as a human snowman. However, I can guarantee that the negatives outweigh the positives. On average, idling wastes between 1/5 to 7/10 of a gallon per hour, but this varies pretty widely between cars. Diesel trucks, for example, will burn a full gallon for every hour of idling.



Many people believe that frequent restarts will wear down on your cars ignition and battery, but this is no longer so drastic a case. The added wear costs about \$10 per year, but depending on your idling habits, the cost of fuel will be about \$70 to \$650 a year.

Idling isn’t just a detriment to your wallet; it’s a detriment to your health as well. When you leave your car on to warm yourself up, exhaust is still spilling

out the tailpipe. When you’re driving you wouldn’t normally be inhaling the exhaust your car produces, but since you’re sitting in the same place the fumes will leak in through the vents, causing you to inhale the CO2 directly. Serious illnesses have been well documented that can originate from CO2 inhalation, such as heart disease, asthma, chronic bronchitis, and cancer, and putting yourself in this easily avoid-

able situation will greatly increase your risk bracket for these diseases. Plus, your car warms up much faster when it’s actually moving than at a standstill.

Perhaps the most important reason behind simply turning your car off while waiting for your child is to protect the Earth we live on. For every ten minutes your car is off you’ll prevent about one pound of carbon dioxide from being released into the air, and idling for over 10 seconds uses more fuel and produces more CO2 emissions than restarting your engine. Global warming is a very real phenomenon that we can’t go about ignoring forever. So if you have any respect at all for the planet you live on, or the country you reside in, or the community you take part in, or even the people just a few feet away from you, please turn your car off while waiting for any length of time.

Urge those who idle in their car to stop, turn it off, and perhaps allocate their time a little better; the result will only be a benefit to everyone.

Give us your opinion by submitted it to Mr. Burgess or by e-mail: sburgess@fernridge.k12.or.us

What Makes a Good Teacher? Strong interactions, relationships with students

By Kyla Esselburn

I believe what makes a good teacher is how they interact with their class. Teachers have been in the news lately, on many issues including sex scandals with students and their reactions with the LGBT community. Although none of that is going on in Elmira, it seems to be a big issue in the country.

Many people believe that what makes a teacher is how the test scores come out. Sometimes federal funding comes from

whether or not a students can pass this test. One test that affects Elmira High School funding could be the Smarter Balance Test. A teacher can be a good teacher, but a student might not test well. Also, the school puts too much pressure on their students to pass the test. That pressure causes the students to mentally break, which then causes them to do poorly on the test. This ultimately makes the school district think that the teacher is

failing at their job. How much homework a teacher gives is another way that people judge a teacher. This is not fair to teachers, in my opinion.

What makes a good teacher is how they handle a class. They adapt to the students needs for learning. When a student feels comfortable enough to ask a question in class, a teacher is doing their job well and the student is learning. If a student can remember the information

they learned three years ago, the teacher has also succeeded at their job.

How do you know students are learning and appreciating the lesson?

It does not depend on test scores, or how much homework is given out. What makes a good teacher is how well they are loved by the student body.

Give us your opinion by submitting it to Mr. Burgess or by e-mail: sburgess@fernridge.k12.or.us

Harvey Weinstein: producer of sexual harassment allegations

By Leonardo Griffin

These past several months have seen a significant spike in reports of sexual assault directed at celebrities and other powerful figures. This trend started, or was at least solidified, by rape accusations against Bill Cosby. The first lawsuit of which was filed in 2005 and settled for an unknown amount of money.

In 2014, the comedian Hannibal Buress made a reference to the 2005 lawsuit against Cosby. This brought back the topic and several more women came forward claiming that they were also raped.

During this time Netflix and other companies shelved projects and stopped reruns of some of Cosby's shows. A former employee of NBC told *The New York Daily* that he paid off several women on Cosby's behalf, but Cosby called his story, "pure speculation". Cosby's criminal trial officially began in June 2017, and ended with a mistrial just twelve days after it started.

On Oct. 5, 2017 a story was published by *The New York*

Times, in it were details of many sexual harassment allegations against Weinstein that had come forward over the past several decades. In response to this, the Weinstein Company, a film studio founded by Harvey Weinstein, announced that they would launch an investigation into the claims. Weinstein was fired from his company on Oct., 8.

Two days later on Oct. 10, several more allegations were made three of which involved rape. During the following week, the Academy of Motion Picture Arts and Sciences expelled Weinstein by majority vote. More women came forward accusing Weinstein of sexual harassment and rape in the following month, and The Weinstein Company severed ties with him by buying the rights to *Paddington 2*.

More influential people have been accused besides Weinstein including former President Bush; Peabody award winning journalist, Charlie Rose; other politician, and more to come.

Driving society further, now with less driving

By Ethan Frolov

Land transportation has long been seen as a way to view our progress as a human race, moving from walking, to horses, to carriages, to steam powered engines, and now to combustion engines. The next step? Driverless cars. Driverless cars started to come closer and closer to reality, and farther and farther away from a science fiction depiction. Even now we have things like the Google Maps car that drives around the world and films its surroundings for Google Street View use.

We're not at the point where this technology can be used for commercial means in the general public, but it is right around the corner. The implications for this technology are vast, but many people are too focused on the short term ramifications rather than the long term benefits; a chore that must be muddled through before the disbelievers get smacked upside the head with reality.

In the past, when books were first being made on a commercial scale and easily accessible, many parents told their children to get their head out of a book and get back to work. Fast forward a couple years and now we have parents tell their children to get their face off a computer and put their head in a book. Now with the possibility of self-driving cars, these 'parents' are all jockeying for a position to tell you why it's a bad idea.

A large argument that arises from this debacle is "What's going to happen to the truck drivers, the ones that transport our everything?" Yes, in the oncoming rush of self-driving cars, the industry of trucking and the position of 'truck driver' will likely perish. Along with that, those little truck stops will lose some business and the cab driver will cease to exist. Is that a bad thing? On the surface, maybe, but looking past the idea of these drivers losing their jobs we see a future where shipping is more seamless, quicker (you don't have to give the computer a break do you?), and easier to manage.

On the more ethical side of

this, it's not as if that field was the only option for these drivers to work in, as the trucking, cab driving, and any other vehicle handling industries have only been around for a relatively brief time. Say self-driving cars was canceled, no more self-driving cars for anyone. All so that these truck drivers can continue their dangerous, degrading, low paying, and physically demanding jobs. Say then the next iPhone is canceled because the last one was so good, and they weren't going to change much anyways. Say we decide not to reach a peace agreement for the war we're in, because war is simply too good a source of revenue for combat suppliers. Wouldn't want to put them out of business, would you? Now you see where this is going.

The same argument holds when it comes to the possibility of hacking someone's car so it drives off a cliff. Yes, that possibility exists. Hopefully there are reliable enough security protocols before these cars are released on the open market. But, when online banking came around, (something that revolutionized ease of access to personal bank accounts) was that halted because we thought someone might hack into an account? Take a step back. Why did we have banks if someone could just walk in with a gun and steal someone's hard earned money?

With every change, there is resistance, simply because people are afraid of change. If we hide in our shells and shout at something that scares us till it goes away, things start to stagnate. Progress and change, is what makes the world go 'round. Accepting those things may just help. Not to say something shouldn't be looked at with a critical eye; self-driving cars won't be around for awhile due to reasons stated by Andrea Griffin, jr., and self-driving cars are truly not above human error. Not yet at least. But when they are, I'll be first in line to get one, and I'm taking a nap as it drives me home.

Driverless Cars, their potential for disaster, drastic effect on society

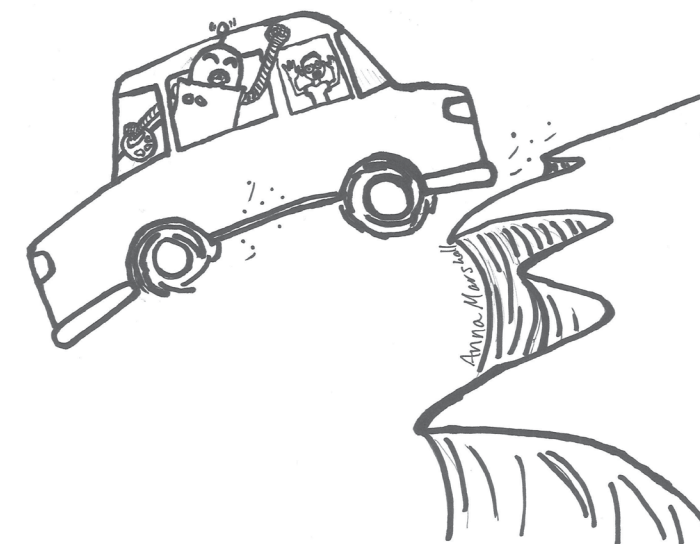
By Andrea Griffin

Driverless cars are real, they are here, and they are about to have a huge impact on our society. It will most likely have the biggest impact of any technology invented since the invention of the car itself. For this reason, it is important that we consider ALL of the effects the implementation of driverless cars will have on our society and our economy. More jobs than those of the truck drivers and taxi drivers will be lost, and our very concept of what a vehicle is will change. Driverless cars may be equipped to replace a driver, but they are not equipped to replace the instincts or decision making powers a human possesses. The world might be saved from a few drunk and careless drivers, but it is about to be introduced to a new array of foes.

In the next ten years, 20-50 million jobs will vanish due to automation, and people with jobs unrelated to the transportation business will lose money due to driverless cars, either directly or indirectly. This means that while the car companies and companies like Google develop fatter wallets and continue to gain unforeseen influence over our lives, smaller businesses of all varieties will have less foot traffic and therefore less business. This is because there are entire industries that are built around cars. Businesses thrive off of truckers and roadtrippers stopping to eat in their dinners, or take a shower and buy some snacks at their rest stops. The entire travel industry will change shape as cars become faster, more comfortable, and people will be less likely to stop and stay in hotels, or do any window shopping. Have you ever stopped somewhere, gone into a store you've never heard of, and wanted to buy things you didn't even know you wanted? Businesses thrive on this, Capitalism thrives on this. Not only will driverless cars take the place of the driver, but they could begin to take the shape of many other jobs as well.

What happens when you no longer need to sit still in a car because you'll distract the driver and you don't even need a seat for the driver? Our very concept of what a car is will change. Cars can become specialized for what you want; hotel cars can be used for a road trip, office cars when you want to have a meeting on your way to wherever, and delivery cars that cook a pizza on the way to your house. We will become even more dependent on technology, and even more jobs and businesses will suffer. Not to mention, is a computer really worth trusting?

As drivers, we are faced with choices all the time, and there are lots of situations on which we rely on our problem solving skills to carry us through safely. Cars are not equipped to make the same decisions, one rainy downpour is enough to throw their sensors out of whack at their current state of development, and as weather conditions become more extreme, that is a serious problem to consider. There are also much more controversial decisions

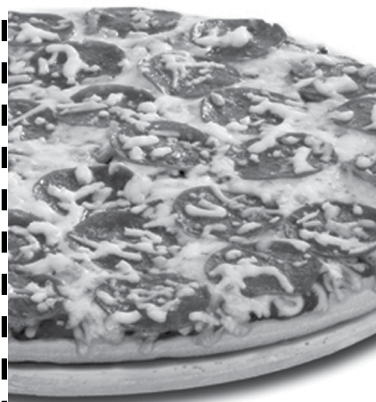


that a driverless car may be faced with. For example, imagine that a driverless car is headed towards a bunch of pedestrians and the only way to save those pedestrians to swerve off the road into a concrete wall which will kill the passengers in the car. What is the car supposed to do? Maybe try and do the most good and kill the one passenger versus that five pedestrians right? How would you like to buy a car that is programmed to sacrifice you and your family for a bunch of strangers? And once someone is killed who is responsible for their death? Questions like these are likely to keep car companies busy in court for awhile. Let's say we do create a car that is programmed to make decisions we are all comfortable with and is very trustworthy. What happens when someone with evil intentions wants to hack into your car and cause you to collide with another car? Or someone decides to program a car to mow down a crowd full of people. It is also possible that someone may hack into your car's mic system and listen in

on private conversations. We need to make sure that there are security procedures put in place protect against hackers, terrorists and the theft of personal information. As Ethan Frolov, sr., has failed to acknowledge, hacking is still a major issue. In 2016, 1,093 data breaches were recorded and 36.6 million records were exposed in the US. In terms of loss, cyber crimes have the highest annual cost for the financial services industry in the US.

Overall the idea of driverless cars might sound great at first, and it is said they will make things safer and save money and time for everyone. However, driverless cars are not immune from error or corruption, and will have a huge effect on the economy. Do the benefits really outweigh the risk? And it is true that cars are inherently dangerous, but are we really ready to hand out lives over to a machine, who isn't equipped with the same instincts for regard for human life as we are?

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Monthly board meetings offer opportunities to voice concerns

By Ian Connors

It is normal, maybe even expected, for high schoolers and their parents to have questions about, or problems with, any number of things in and around the school. Unfortunately, the odds that these issues will remain unaddressed and your questions will stay unanswered are seemingly quite high. This, however, is not on account of any inherent flaws in the school system, or in the accepted systems of accountability that ensure staff throughout the district are held to a satisfactory standard of operation. It is not due to the fact that the voices crying for change go unheard, but rather that they never existed in the first place.

The monthly school board meetings are public events that are astoundingly under-attended. Last month's meeting, held on Nov. 20, saw but 5 people in attendance. This could be due to the fact that the current board members are so on top of their game that they are running a flawless system. As believable as this is, it is likely not the case. Parents and students alike simply need to know of these valuable monthly opportunities to have their questions answered and their worries brought to light.

A prime example of this was seen in the concerned parent of a student attending Fern Ridge Middle School (FRMS.) They came into the meeting perplexed by the sudden nature

of a schedule change that Fern Ridge Middle School is currently undergoing. After only a couple minutes of discussion, the parent was able to leave with their questions answered. The middle school is adopting a seven period schedule that is nearly identical to that of Elmira High School (EHS.)

"The main that it allows is teachers to have preps throughout the day. The schedule they had been on [put teachers'] prep all right before school, and teachers didn't like that," said Carpenter, superintendent of the Fern Ridge School District.

The members of the school board will be more than happy to answer questions and take note of flaws in any of the systems over which they have jurisdiction. The voices of parents and students carry equal weight at the meetings, but they will carry no weight if no one attends.

The board meeting covered a wide variety of issues including that of the school's trade programs, West Lane Tech's (WLT) progress as a school, proposed construction along Territorial Hwy, and the election of the new board member.

The school board is very pleased with David Johnson's, teacher at Elmira, progress with the development of the school's automotive, welding, and carpentry programs. They see huge value in giving students opportunities to learn skills

that will help them in a wide variety of job situations. More opportunities to keep an eye out for in the future include potential for the reinstatement of a local Driver's Ed program and the possibility of internships at local businesses.

Many have viewed WLT, the local charter school, as a "dropout prevention program," but Ron Osibov, director of WLT, is looking to change that.

"The adoption of a new 'two by six' schedule has resulted in 28% higher passing rates over a 6 week period," said Osibov. This is very promising to the process of changing WLT's reputation from that of a dropout prevention program to an alternative option for students struggling in conventional schooling.

The Safe Schools grant provides our school district with the money to improve the general safety of students both at school and on the way to school. "I plan to propose two possible projects," said Carpenter. One involves a second crosswalk closer to Elmira Elementary School (EES) so that students don't have to walk all the way down to the one near the district office. The other proposal involves installing a new path as a continuation of the sidewalk that ends at EES, cutting through that fielded area and ending up adjacent to the baseball shed. This eliminates a dangerous walk along either Warthen Rd. or Fir Grove Ln.,

both of which have narrow shoulders and no sidewalks.

There were six applicants for the open position on the school board and the vote in the end favored that of Barbara Graham-Adams.

"She was also the only [applicant] that ran last time. She'd shown interest in being a school board member earlier than the others," said Carpenter. Adams was also chosen for her merit as a member of the community, having created for a number of years a "Fern Ridge Education Foundation" with the purpose of providing teachers with funds to do things like purchase books and enhance the Elmira's existing vo tech programs.

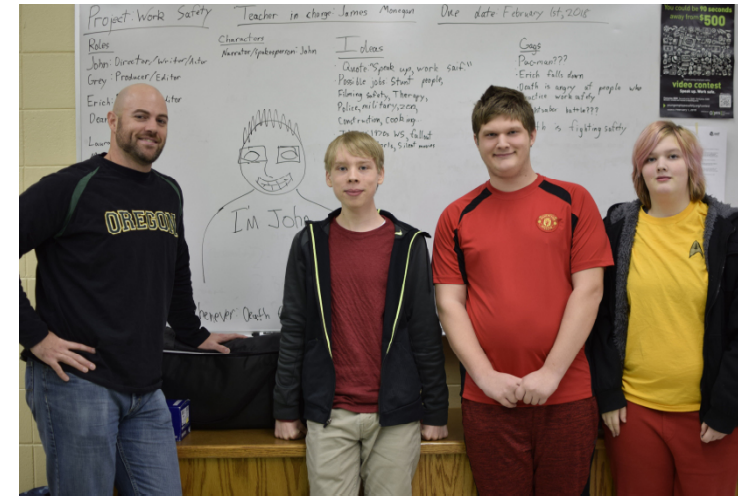
Much valuable information regarding many important topics throughout the school district is disclosed throughout each of the monthly meetings. The system by which the school is run is actually very transparent and all students and parents should be encouraged to take the time to attend so as to be active members of the local school politics and the community.

Falcon Fun Fact: **DUCKWORTH HIGH SCHOOL**

The original name of Elmira, Oregon was Duckworth.

Film Club seeks out new members, works on projects that could bring in funds for club and school

By John Nelson



Every new club needs new members to grow and succeed, and Film Club is no exception. Last year, Film Club had a wealth of people who were passionate about the club and had creative idea. However, the majority of them were seniors, and now Film Club has only five student members left. Film Club is directed by John Nelson, jr., and James Monegan, science

and Math teacher at EHS, is the advisor.

The club meets on Wednesdays, Thursdays and Fridays during lunch in Monegan's classroom, Room 19.

The club is in desperate need of new writers, producers, and actors/extras. The club's writers and producers come to the majority of meetings, and they organize, brainstorm, and direct videos. Right now the club has only one writer, so anyone interested in writing scripts would be welcomed. The actors and extras don't need to come to any meetings unless needed for practicing scenes or for filming. Depending on which role you choose, producers and writers will be expected to come to the majority of meetings, and actors and extras will be recorded for any future work.

For those who are interested, the current projects the club is focusing on are work safety, and remodeling our school's Home - Ec Room.

The work safety video is a project presented by the SAIF Corporation. Every high school film club participates in to win 500 dollars for their school and 500 dollars for their club. The video is a minute and a half long and demonstrates what not to do in a safe work environment.

The other video was requested by Scott Shannon, Health teacher at EHS. Shannon asked if the club could make a video about how EHS's Home Ec Room is old and needs to be remodeled. The video is going to be shown to a famous celebrity chef, Bobby Flay, and if he likes the video, Bobby will remodel Elmira's Home Ec Room.

Honor Society donates blood, helps homeless, raises funds

By Ethan Frolov

This year the National Honor Society (NHS) has decided to take charge and blaze ahead with a number of projects.

The switch from Forest Cooper, math teacher at EHS, as overseer to Krin Hunt, math teacher at EHS as well, proved to be a difficult one. The club had to endeavor to find ways to organize and create ideas with little experience to go on.

With a new, eager batch of juniors this year ready to bring their ideas to the table, alongside the existing experience the seniors and Mrs. Hunt now hold, NHS projects are now moving along quite readily.

The current officers in the society are Millie Carpenter, sr., as President, Kyla Esselburn, sr., as Vice President, Riley Chambers, jr., as Treasurer, and Rowdy Ramirez, jr., as Secretary.

The NHS's current task is the Adopt-a-Family program, where each teacher in Elmira High is assigned a child who is in need of gifts during the holiday. These teachers then ask their second period classes to bring in gifts for their assigned child. These children are chosen for the Adopt-a-Family program because they

would not get to experience the gift giving holiday normally due to monetary reasons, something which is simply not in the spirit of the season.

Some previous projects NHS has endeavored upon includes the Homeless Care Packages, where the class gathered various victuals and materials to help the homeless in various ways; handing the packages out during the Thanksgiving dinner at the United Methodist Church a group of NHS members helped run.

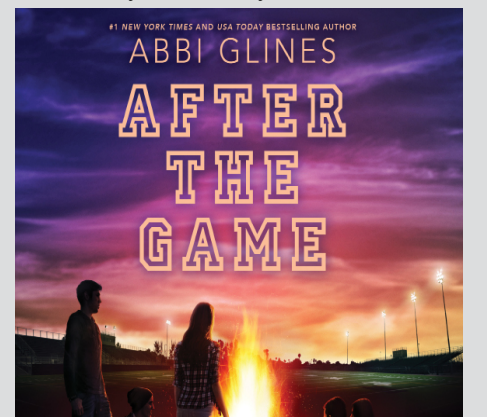
Another is the organization of the blood drive, which involved having the Lane Blood Works come to EHS, along with the class hanging up posters in order to advertise for the event.

The NHS has more events lined up in the future, and as of writing this right now, they are handing out Candy Cane Grams to send to whomever you wish around school for just one dollar. You'll be able to write a personal message and have a candy cane delivered. Be ready for the National Honor Society, they'll have some fun events in due time.

"After the Game" a tale of romance

by Linda Cline

After the Game by author Abbi Glines, is a new book in the Elmira High School Library. It is a story of a young woman who has to raise her daughter in the same town she left two years ago in order to take care of her grandmother. Past mistakes and romance are the key aspects of the story. This is a good book to read if you just want to kill some time. This book is an easy read and can relate to many people. If you enjoyed yourself while reading this book, Abbi Glines has wrote many others for you to savor.



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Christmas Around the World

By Riley Chambers

All images courtesy of Google Images



The German Christmas Markets sparkle in the winter evening darkness.



Christmas in Australia is spent in the sun with shorts and a T-shirt on.



Enough said.

Did you know?

Many companions accompany Saint Nicholas on his journey in Europe. One such character, known as Knecht Ruprecht, is a man servant/devil-like figure, who is prominent in Germany.

All around the world, people are celebrating Dec. 25, in many different ways. From Santa Claus to Christmas markets, Posada's to beach parties, the winter holidays are full of celebration.

In Germany, the days leading up to Christmas Day are a very important time. The famous Christmas markets fill the streets in the winter time for a chance to buy delicious German foods and decorations, get into the Christmas spirit, and greet one another. The Christmas markets were started in 1384 in Bautzen, Germany, and have returned each winter, including this year. Along with Christmas markets, Germans focus on the Advent, starting on Dec. 3 and ending on Dec. 24. On Dec. 24, gifts are exchanged and brought to children by either the "Christ Kind", a young girl who has 'christ-like qualities,' or "der Weihnachtsmann," Father Christmas/ Santa Claus. The Christmas tree is a big part of German Christmas. The tree is decorated in secret by the mother and father, and is traditionally brought into the house on Christmas Eve. Frohe Weihnachten!

In Mexico, the nativity scene is a major centerpiece. The nativity scene, or 'nacimiento,' is usually more important than the tree. The nacimientos are popular and often super large; most of them are life sized! From Dec. 16 to Christmas Eve, children take part in Posadas, which is Spanish for inn or lodging. There are nine Posadas during the Christmas season, and they celebrate the time in the religious Christmas story in which Mary and Joseph looked for a place to stay. During each Posada, the children form a procession around the streets and sing a song at each house they go to, being told to go away until eventually let in to have a party and play games. Depending on the parts of Mexico, children expect presents either from Santa Claus

on Dec. 24, or from the Three Kings on Jan. 6. Feliz Navidad!

In France, the yule log is a popular tradition. It is carried into the house on Christmas Eve, and burned all throughout the night. Food and drink are left near by just in case Mary and baby Jesus come during the night. Father Christmas, or Père Noël, brings presents for the children that same night. The traditional French Christmas dinner includes roast turkey, oysters, foie gras, lobster, venison, and various cheeses. A yule log cake is eaten for dessert, and in some parts of France 13 different desserts are served! Joyeux Noël!

In Australia, since Christmas is near the end of the summer holiday, barbecues, beach parties, and bushfires are common. Christmas trees and wreaths festoon houses. But another common decoration is the 'Christmas Bush,' a native Australian tree with cream colored flowers and small green leaves. During Christmas, there are huge pageants in each state and capital.

Happy Christmas!

In Sweden, one of the biggest celebrations around Christmas is St. Lucia Day on Dec. 13. It originated from the monks who first brought Christianity to Sweden, and used to be a pagan festival of lights. A little girl in a white dress with a red sash and a wreath of candles upon her head portrays St. Lucia. Christmas Eve is very important, as it is the time in which the main meal is eaten. It is called a 'julbord,' and it is a buffet eaten at lunchtime. Presents are normally exchanged on Christmas Eve, instead of on Christmas morning. On Christmas morning, people often go to church. The Christmas season ends on Jan. 13 on 'Tjugondag Knut', and all of the leftover sweets and cookies are eaten that day. God Jul!

Did you know?

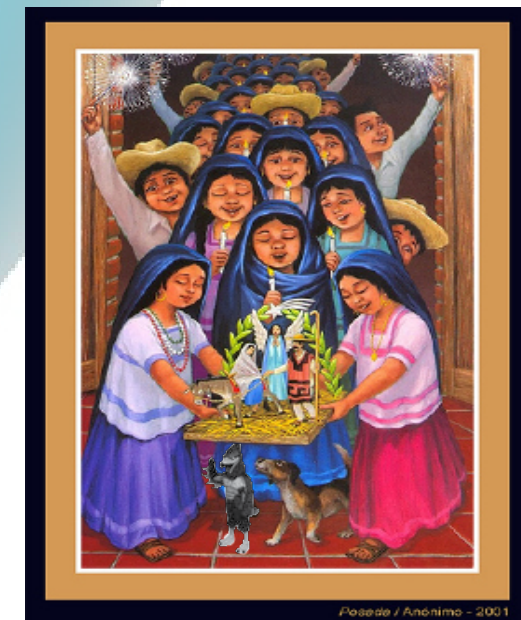
The Gävle, Sweden, Yule Goat that stands in the middle of the town is constantly burning down from vandals. the tradition started in 1966, and has survived through Christmas only 12 times!



The Yule Log is a traditional dessert in France for after the Christmas dinner.



Because most families have a straw goat up in their house to guard the Christmas tree, the city of Gävle, Swden builds a 43 ft. tall one every year at the start of Advent.



Posadas originated in colonial Mexico, and have since then become a widely celebrated tradition throughout Latin America. The Augustian Friars of San Agustin de Acolman, near Mexico City, have been said to celebrate the first Posada.

Students of the month answer questions about school, hobbies, accomplishments, and what?!?

The Falconer wanted to know more about the November Students of the Month. Here is what we found out:



Laura Nelson
Freshman



Austin Taylor
Sophomore



Justen Sagen
Junior



Destiny Ruppert
Junior



Ryan Olson
Senior

Q: How does it feel to be student of the month?

Laura: "I've never been student of the month so great!"
Austin: "Feels good. I didn't expect, it to say the least."
Justin: "It's cool!"
Destiny: "Feels great."
Ryan: "I feel a very appreciative and a little surprised but I'm glad. Thank you to my voters."

Q: What's your favorite class?

Laura: "3D modeling, art, and

English."

Austin: "Math Lab."

Justin: "Astronomy"

Destiny: "Math."

Ryan: "Sci-fi with [Mr.] Hart"

Q: Who's your favorite teacher?

Laura: "Mr. Burgess."

Austin: "Mr. Best."

Justin: "Mrs. Kappeler"

Destiny: "Shannon, because he's my coach."

Ryan: "I can't say. I don't want to hurt my other teacher's feelings."

Q: What do you do for fun out of school?

Laura: "I like to daydream."

Austin: "Play video games."

Justin: "Go to the gym or hang-out with friends."

Destiny: "I wrestle."

Ryan: "I hang out with my puppy Otis, and I do homework."

Q: If you could be any vegetable what would you be?

Laura: "Potato."

Q: How would you react if you

saw alien?

Austin: "Flee, probably."

Q: What weird food combination do you enjoy?

Destiny: "Nacho cheese Doritos and mint chocolate chip ice cream."

Justin: "Chicken and Waffles"

Q: You're on death row what would your last meal be?

Ryan: "A hot fudge sundae from Dairy Queen"

Foreign Exchange Student Spotlight:
Ouwen Ye

By Emma Maingot,
Photo by Mackenzie Defoyd



minute lunch break and must eat at school. He had a different schedule every day and his classes were less 'fun' than at Elmira.

Ye thinks it's great that students at Elmira have the opportunity to choose some more recreation subjects. At Elmira he is taking Food and Nutrition, English 2, Choir, Algebra, Us history, Health and Biology.

"I like Elmira and the people I met here," said Ye. "You are all really good guys and I try to be a member of you."

In China, Ye plays soccer with his school's soccer team. At Elmira, Ye played soccer and is now playing basketball. Ye has been to the Oregon Coast, and really liked it there.

The biggest differences between America and China are definitely the holidays. In China, Ye doesn't celebrate Christmas, nor Halloween. He is experiencing both for the very first time.

His favorite American Foods are definitely burgers. He also really likes burritos, tacos and cheetos.

Ouwen Ye, soph., is from Wenzhou, a city located at the southeast of Zhejiang province, in China. Ye lives in one of Wenzhou's many skyscrapers. The city holds a population of 3 million. His school is called Wenzhou No. 2 Middle School and has 2000 students. In China, Ye's father has to drive him to school every day. The school days at Wenzhou are longer than here, his first period starts at 7:30am and he gets out at 5pm. School at Elmira seems to be harder, he has a lot of homework to do every night. His classes were 45min long with a 15 minute break between each class. In China the students have a 50

Interview with Falcons of the Month



Riley Chambers, Annie Carpenter, Millie Carpenter, Davis Kilmer

In an anomaly, EHS staff recently selected a group of students as the Falcon of the Month for their philanthropic campus activities.

We wanted to know more about what makes the Fantastic Four tick by giving them some questions they weren't ready for.

Q: You were given an elephant what would you do with it?

Annie: "Teach it how to skateboard and then ride it while it rides the skateboard. Go to Costco and buy a bunch of peanuts."

Riley: "I would fill it's trunk with confetti so when it sneezes it shoots out confetti. I would ride it to school every day but I would treat her right don't worry"

Millie: "We would have so

much fun! Show it the beach, we would start a business, dress up on Halloween and work with schools."

Davis: "I would train it to take me to school and to walk back home by itself. Then I would teach it to clean my living room and of course have fun."

Q: You're on death row, what would your last meal be?

Annie: "Taco salad and a bag of spicy sweet chili Doritos"

Riley: "Tofu stir fry with rice."

Millie: "A bite of everything I've ever eaten."

Davis: "The antidote."

Teacher Feature: Ms. Saint Hillaire

Story by Linda Cline, Photo by Ian Connors



Saint Hillaire asking students questions during a game of musical chairs.

Teachers. What are they exactly? Let's take a moment to think about that. When it really comes down to it, they are more than just a living textbook with a paper brain. They

are people with feelings and families, with hobbies, truths, and mysteries to unfold, just like the rest of us. Let's take another moment to appreciate all the work they do to help us

learn. With this month's teacher Ms. Saint here for a minute.

Debra Helen Joanne Saint. Hillaire, science teacher at EHS, is fifty seven years old. Wow that's a long name it must've been hard to write as a kid.

One of her many hobbies is doing home improvement projects. Currently, she is renovating her bathroom to build a storage safe room, in case of an earthquake.

Saint has a cat named Tosh, and a twenty year old son named Henrick.

She has travelled to many parts of the world including Thailand and China. "It was amazing," she says, recalling her travels.

Her favorite food is sushi, a staple food of some of the places she has visited.

"I like all sports, wait, I don't

like violent ones like boxing and [rugby]," said Saint.

She has met some pretty interesting people, including Sam Elliot, an American actor, who she met at the super market.

In high school she had A's and B's throughout. When asked about her college career she said "I went to Vermont Tech, Lane Community, Saint Barbara, Montana State University....."

The last but not least questions were what stupid things has she done, and what would she change about her life? She explained, that mistakes are natural everyone makes mistakes, even her. Just don't make the same mistake twice. You just got to do your best, and don't blame yourself. "

She finished by saying she wouldn't change anything or else she wouldn't be here.

Elmira graduate competes at NAIA National Cross Country Championships for NCU

By Andrea Griffin, Photos by Ian Connors



Paul Ossowski, jr., cheering on his former teammate.



Carson Bain, EHS graduate, racing to the finish line at his first NAIA Championship race



Members of the Elmira Cross Country Team supporting their former teammate, Carson Bain, after his race

Carson Bain, a former team captain and varsity cross country runner for the Elmira Falcons, is now a varsity runner for the cross country team at Northwest Christian University.

On Nov. 20, the NCU men's cross country team competed in the NAIA National Cross Country Championships in Fort Vancouver, WA. The team finished 18th overall with Carson Bain as their seventh runner finishing 287th with a time of 28:19.

Tom and Kristin Boldon, Elmira cross country and track coaches, took a small group of cross country runners up to the meet to cheer on their former teammate and to experience the competitive college running atmosphere.

Both coaches and athletes expressed concerns about the course which consisted of several loops, inclines and tight turns through the Fort Vancouver grounds. "That was a tough course; little bit of an incline there, four times," said Tom Boldon.

"[Competing in the NAIA Championships] was good experience, it wasn't my best race, but I'm just happy I have the experience now," said Bain. "It was a fun race, it was really tough, nowhere close to my [personal

record of 26:34], but I mean, I ran hard and that's all I can really ask for."

Bain admitted that he was hurting a lot during the race.

"[Training with NCU versus Elmira means] a lot more miles, basically double what I was doing in highschool per week," said Bain.

The NCU team races about once every two weeks, which also means they get to travel, although the championships were their first trip out of state.

Bain admits that balancing academics with athletics can be difficult, especially with the classes he's taking now. "I have chemistry and that's a pretty tough class," said Bain.

Bain enjoys NCU, "I like the small atmosphere," said Bain. He will also be doing track for NCU.

"It's worth it," said Bain, in regards to the college athlete experience.

The Elmira athletes appreciated being able to visit with Bain as well as get a sense of what college running is like. Many of the athletes felt inspired and were surprised that in general, the athletes weren't as intimidating as they has imagined. "Its inspiring to watch the [college athletes] warm-up because you realize that they are just like you and me," said Kristin Boldon.

Boys Soccer

Vs.	Win/ Loss	Score
Newport	L	2-4
Creswell	Canceled	---
Douglas	W	3-1
Sweet Home	T	1-1
Cottage Grove	L	1-5
JCHS	W	2-0
Sisters	L	0-1
Sutherlin	W	3-0
Sweet Home	T	0-0
Cottage Grove	L	0-1
JCHS	W	2-0
Sisters	T	1-1
Sutherlin	W	2-0
Newport	L	5-1

Volleyball

L 0-3 North Bend
L 1-3 Douglas
L 0-3 Siuslaw
L 0-2 Seaside
L 0-3 Sweet Home
L 0-3 Cottage Grove
L 0-3 Junction City
W 2-0 Willamette JV
W 2-0 Toledo
L 0-3 Sisters
L 0-3 Sutherlin
W 2-0 Madras
L 0-2 Sheridan
L 0-3 Sweet Home
L 0-3 Cottage Grove
L 0-3 Junction City
L 0-3 Sisters
L 0-3 Sutherlin

Girls Soccer

L 1-2 Newport
L 2-3 North Bend
W 6-1 Douglas
W 2-1 Sweet Home
W 3-0 Cottage Grove
L 0-2 Junction City
W 2-1 Sister
W 2-0 Sutherlin
L 0-1 Creswell
L 2-4 Sweet Home
L 0-3 Cottage Grove
L 0-3 Junction City
W 2-1 Sisters
T 1-1 Sutherlin
L 1-9 Valley Catholic

Boys Soccer Finishes Above expectations

By Logan Duquette

The Elmira Falcons Boys Soccer Team ended their season with a record of five wins, five ties, and three losses, and finished third in the Sky-Em League.

The Falcon's final loss came from Newport in a play-in game, a game where the winner would proceed to the playoffs. Newport is a tough opponent, and after beating Elmira they made their way through the 4A playoff bracket and became the 4A State Champions.

Ethan Frolov, sr., describes the season as, "Overall a good one, and our new coach was good."

"We started not knowing where the team was going to end up, and by the end we finished third in league," said Riley Chambers, jr.

Highlights from the players this season were "Tying Sisters and, holding Cottage Grove to only one goal at Cottage Grove," said Riley Chambers., on the highlights this season.

Players also enjoyed "Kyle Johnson, the boy's JV coach knock jokes, and bus rides with the team before and after games.

The Boy's Varsity Soccer Team



finished with a lot of awards: Ethan Frolov, Denum Hanson, sr., and Justice Storey, sr., were all League Honorable Mention, Kellen Smith, sr., and Paul Ossowski, jr., were Second Team All League. Riley Chambers and Keegan Cook, jr., were First Team All League. The Varsity Coach Ryan Chambers also won Coach of The Year for the Sky-Em League.

Elmira has eight graduating

seniors from their team, and five juniors that should return as seniors next year. "The team will do just fine, even with a relatively younger team," said Riley Chambers.

Next year Elmira's league will be different. Sisters will not be in our league, and Marist and Marshfield will join our league. However, even with teams leaving and new teams coming in, Riley Chambers is, "Excited and ready."

Elmira's OHSET saddling up for a new season

By Andrea Griffin

Last year, Elmira's OHSET (Oregon High School Equestrian Team) team had low turnout for members and no experienced coach of their own so they joined up with Willamette's team.

The team did well under Shawna Scroggins, the team's head coach and a member of the women's rodeo drill team, and MaryJo Clark, the team manager.

Last year, the drill team had seven riders, and made it to state where they finished in eighth place, and

In Hand Obstacle Relay (IHOR). Two of Elmira's riders, Victoria Griswold, grad., and Clarissa Sanders, soph., made it to state in pole bending.

There are three meets before state where competitors have a chance to earn scores and points or place in the top three in order to qualify for the State meet: Each event is run a little differently in terms of qualifying, depending on the type of event. The meets are the second week of Feb., Mar., and April The meets last three

days, Friday through Sunday.

The team will begin practicing once a week starting in Dec. for three hours at a time.

This year, Elmira will have two returning riders, Hannah Clark, sr., and Sanders. In OHSET, there are several events that fall under three categories, timed events, performance events and team events. "You learn a lot and make a lot of friends," said Clark. Want to join? Talk to Mr. Brands in the office today!



Photo Snap Shot of the Month
Photo Credits for both photos: Kim Lillie



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10:30am Worship Service

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Roller Coast Football Season ends with Eyes on the Future

by Anne Carpenter



Above: Nate La Coe turns on the burners. Below right: Alex Head gets the sack. Photos by Ian Connors

Our Varsity football team for the 2017 season consisted of 39 players: 14 seniors, 11 juniors, nine sophomores, and five freshman.

Their two pre-season games were big wins, with final scores of 50-0 and 32-7.

The third game of the year was canceled due to smoke. This combined with injuries seemed to send the season into a tailspin. Starting quarterback Rowdy Ramirez broke his finger. That turned the direction of the offense over to freshman Coby Herbert. "Whole bunch of pressure. I was shaking the whole day before the game." Said Herbert. "I

was fine after first half. And, I know the experience will help next year."

After two losses the team bounced back with a win over Sutherlin before ending the year with three losses. The final two games being shut-outs.

The team ended the season 5th in league. The Falcons made it to the play-in round of the state play-offs

on a wild card draw. The team traveled to Banks for what ended up being their last game of the season.

The Banks game was delayed for 90 minutes due to a lack of officials. The games was going to be rescheduled or a forfeit, when suddenly officials arrived. The distraction did not help team focus and upset many fans that had already headed back home.

Next year the league will change as Marshfield and Marist join the Sky-Em. As EHS is the second smallest school in the 4A, Coach Peeler an Athletic Director Brian Brands are investigating the option of going independent next year.

"This season was a roller coaster for our players. We played well at times, but had some major injuries that hurt us as well. It was nice to make a play-in game to experience the play-off and get an extra week of practice. The future of Falcon Football is bright." - Coach Peeler

W 50-0 Siuslaw
W 32-7 Newport
Canceled Creswell
L 18-41 Cottage Grove
L 0-20 Junction City
W 34-8 Sutherlin
L 7-28 Sisters
L 0-14 Sweet Home
L 0-40 Banks

Elmira Falcons Varsity Football Awards 2017

- MVP- **Vince Delamater, sr.**
- Most Improved Player **Logan Gaskill, sr., and Gavin Blalack, sr.**
- Most Inspirational- **Davis Kilmer, sr.**
- Offensive Player of the Year **Rowdy Ramirez, jr.**
- Defensive player of the year **Ryan Olson, sr., and Nate Lecoe, sr.**
- Outstanding Lineman- **Eli Jones, sr.**
- Outstanding Back- **Brady Nagel, jr.**
- Falcon Award- **Dalton Stadlbauer and Bryce Sawyer**

2017 Sky-Em All-League Honors

- OFFENSE
- Vince Delamater: Honorable Mention – Center
- Eli Jones: Honorable Mention – Tackle
- Brady Nagel: Second Team – Running Back
- Nate LeCoe: Honorable Mention – Running Back
- DEFENSE
- Eli Jones: First Team – Lineman
- Cedars Marshall: Honorable Mention – Lineman
- Nate LeCoe: Second Team – Outside Linebacker
- Beau Admire: Honorable Mention – Inside Linebacker
- Brady Nagel: Honorable Mention – Defensive Back



Christmas

By Riley Chambers

Christmas is coming, it's Practically here.

Find Thanksgiving and Before the New Year.

Rows of trees lined up, Into the cars, ropes tied

Round trees in knots.

Shopping for loved ones until it's almost too late,

Then wrap up, presents just in time, for the big date.

My town builds up a festive atmosphere;

Arrays of lights, events, and preparations help spread the cheer.

Soon Christmas will arrive, bringing smiles from ear to ear.

Throwback to most viewed Youtube videos in Internet history

By Mr. Burgess

Top 5 most viewed videos (all time) on YouTube

Rank	Video	Artist	View in billions	Uploaded
1.	"Despacito"	Luis Fonsi f. Daddy Yankee	4.38	11/2/17
2.	"See You Again"	Wiz Khalifa f. Charlie Puth	3.23	4/6/15
3.	"Gangnam Style"	Psy	3.00	7/15/12
4.	"Sorry"	Justin Bieber	2.83	10/22/15
5.	"Uptown Funk"	Mark Ronson f. Bruno Mars	2.77	11/19/14

Top 5 2007 YouTube Videos

1.	"The Gummy Bear Song"	icanrockyourworld	1.14	10/9/07
2.	"Charlie Bit My Finger"		0.86	5/22/07
3.	"Numb"	Linkin Park	0.71	3/4/07
4.	"What I've Done"		0.32	4/3/07
5.	"Je m'appelle Funny Bear"	icanrockyourworld	0.31	10/15/07
			Combined views (2007)	3.34

MTV (Music Television) Top Five videos of 1997

- "I'll Be Missing You" Puff Daddy
- "Mo Money Mo Problems" Puff Daddy & Notorious B.I.G.
- "You Were Meant For Me." Jewel
- "Men In Black" Will Smith
- "One Headlight" Wallflowers

MTV Top Five videos of 1987

- "With or Without You" U2
- "Livin' on a Prayer" Bon Jovi
- "Land of Confusion" Genesis
- "Big Time" Peter Gabriel
- "Here I Go Again" Whitesnake



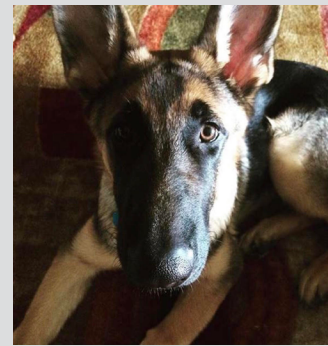
Number of Fall Sport Athletes at EHS 2017:
 98 Boys 9 boys doing more than 1 sport
 59 Girls 2 girls doing more than 1 sport
 Total: 157

Graphics courtesy of Google images and Mtv.

Pet of the Month:

Sherlock Hickman

Photo and story by Elva Zhao



Q: What's your name?

A: "Tierra Hickman."

Q: What is your pet's name?

A: "Sherlock Hickman."

Q: What kind of pet is it?

A: "He is a German shepherd, I don't know if he's a mix or not."

Q: How would you describe your pet in one word?

A: "Destroyer."

Q: When is your pet's birthday?

A: "I don't remember, but we will celebrate every July."

Q: What is your pet's favorite store?

A: "Costco!"

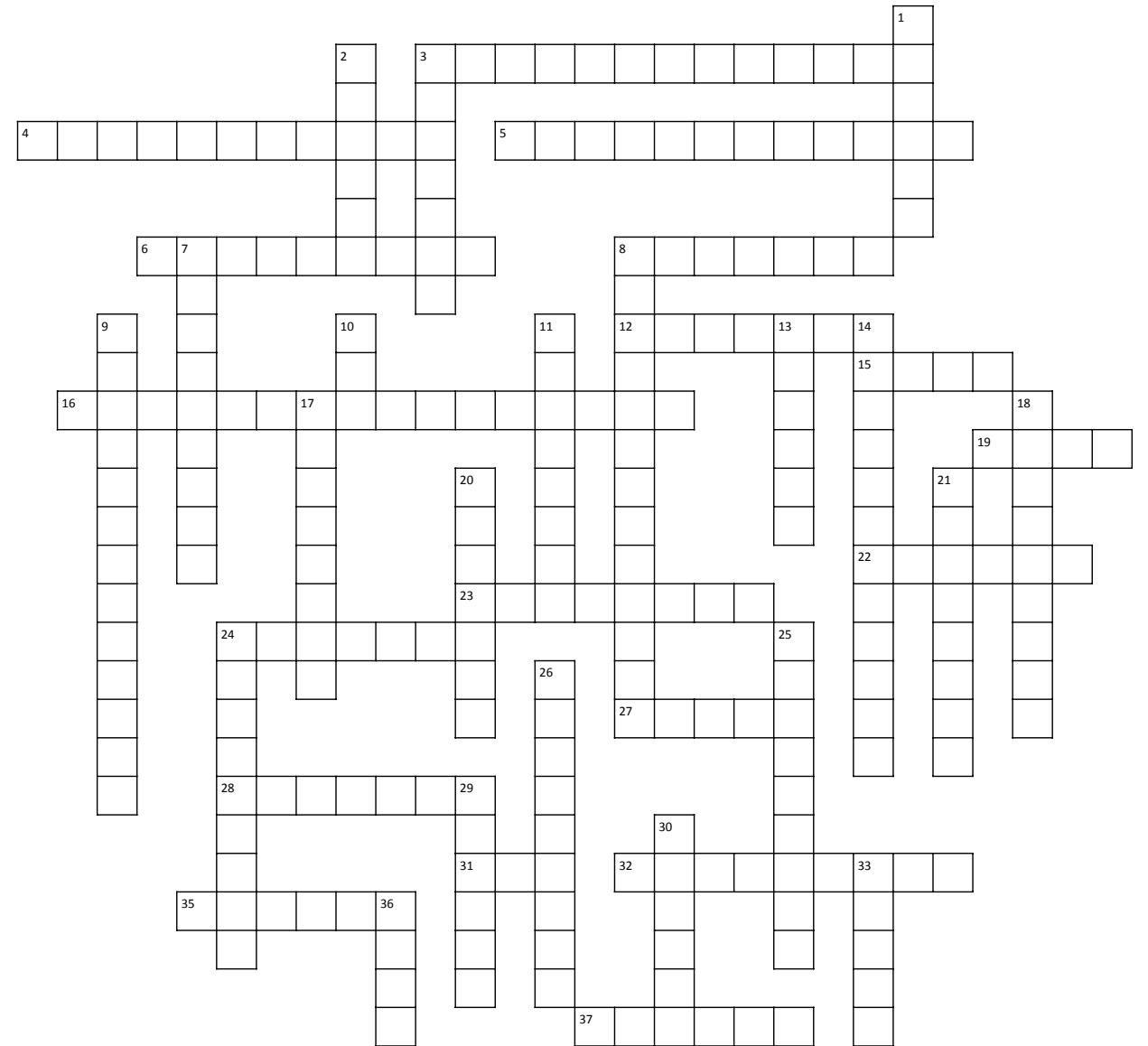
Q: What is your pet's favorite outfit?

A: "Pumpkin suit."

Q: If you had a million dollars to spend on your pet how would you spend it?

A: "I would buy him treats and blanket with Sherlock Holmes on it."

Crossword of the Month: Christmas Spirit



Down

- A snowman with a song
- Formed by dripping water that's cold
- They were sagacious, a trio and gave great gifts
- Never not (0,128,0)
- A(n) (answer to 7 down) with (answer to 13 down) and (answer to 26 down)
- Religious figure with a reputation of generosity
- One of the gifts given by the answer to (3 down)
- A sort of sphere often used to launch devastating offensives
- Photon emitters often seen on trees and houses
- A "piping hot" beverage best enjoyed with marshmallows
- The video game company behind the Diablo series

- Where every direction is south
- Thought to bring about disaster not quite two decades ago
- A prime example of how materialism has come to dominate the holiday season
- Hung on the mantelpiece with care
- Maybe this will help you land a smooch, but probably not
- Hung decorations
- A snazzy way to dash through the snow
- When water molecules have become locked into a crystalline structure it has
- If this is represented by degrees, you have dyslexia
- One of the gifts given by the answer to (3 down)
- A prime example of how ma-

- materialism has come to dominate the holiday season
- Hung on the mantelpiece with care
- Maybe this'll help you land a smooch, but probably not
- Hung decorations
- A snazzy way to dash through the snow
- When water molecules have become locked into a crystalline structure it has
- If this is represented by degrees, you have dyslexia
- One of the gifts given by the answer to (3 down)

Across

- Used to mask the identity of the answer to (21 down)
- Red flowers often touted as being highly poisonous

- One of the gifts given by the answer to (3 down)
- Manger location
- A tight squeeze for someone special
- Has a suspiciously red schnoz
- A terribly annoying snowman
- Featured in a famous Grimm Brother's fairy tale
- Christmas
- Nativity scene
- Christmas, archaic
- McDuck
- They do that one guy's bidding
- Punishes naughty children
- Came from a rib
- Hard, fruity, nutty
- Sometimes alcoholic Christmas beverage
- Thin strips of sparkly stuff

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2 Chicken Strips
1/3 lb Jo Jo's
1 Small Drink

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Ho-Ho-Scopes: Christmas edition



By Ian Connors and Ethan Frolov

Aries: (March 21-April 19)
Often times the holiday season is full of merriment, peppermint, jolliment, and all other sort of ments with you friends and family. But this doesn't have to be the case! Instead of bothering with all those responsibilities you can just claim a terminable, transmittable sickness or two and your home free to cry alone in your room for following this ridiculous horoscope man I'm really running out of ideas, how do people do this, this is my first one even oh man I'm so screwed. Merry Christmas.

Taurus: (April 20-May 20)
You might be traveling this holiday season whether to visit relatives, or to get away from them. One way or another, please, if you drive a Ford Explorer or Taurus, leave it at home. I'm sick of slamming on the brakes for you inconsiderate copwannabes while I'm driving 43 through a school zone with my knee trying to make pancakes on the hot plate I have plugged into my car's cigarette lighter.

Gemini: (May 21-June 20)
Santa loves to give out presents to good boys and girls every year, as is well known. But did you know there is an evil Santa who only caters to the Geminis out there? He gifts chunks of coal and corrupting, annoying, and very dangerous toys parents

won't allow. His punishments to the good boys and girls are socks and underwear.

Cancer: (June 21-July 22)
Next time you ask someone what's wrong and they respond with "nothing," then it's probably actually nothing and should therefore be ignored. On the off-chance that it isn't nothing, this person is probably not swoll and should therefore be ignored anyways.

Leo: (July 23-August 22)
Miracles happen all the time during this season, whether it be Zuzu's petals or guiding a sleigh, you really never know what's going to happen next. Some real life miracles include the writing of the wonderful book War and Peace, the painting of the Mona Lisa, and quite an amazing rendition of the Titanic sinking, where Jack simply won't let go.

Virgo: (August 23-September 22)
Someone very close to you will start debating over religious concepts. More specifically a church. Even more specifically the Church of Scientology. Disown this person. They are a lost cause. Trying to talk sense into them is a Mission Impossible.

Libra: (September 23-October 22)
Money may be running low at this time of year

when the capitalist fueled materialism is at its peak, but fret not, for what comes around goes around. Sometimes the going around part needs a little bit of a helping hand. This helping hand may come as an anonymous donation, a friendly stranger, your church's generosity, or a well planned and executed bank robbery, whichever it may be, you'll make it through the holiday season, I promise.

Scorpio: (October 23-November 21)
Christmas time is for roasting chestnuts, cutting up paper snowflakes, and talking to your family. But as Scorpios tend to be a confused lot, Christmas time is for talking to chestnuts, roasting paper snowflakes, and cutting up your family.

Sagittarius: (November 22-December 21)
Sometimes emotions just get in the way. But hopefully your emotions, maybe in the form of tears, won't get in your whey... protein powder. Because you're going to be a bodybuilder, you need that extra protein kick to grow super big big and strong. An added benefit of being swoll, besides the chicks (obviously) is that your newfound physical strength will translate directly to your emotional strength so you won't have to deal with these trivial emotions.

Capricorn: (December 22-January 19)
The age of Santa has finally come to an end in the U.S., as America's lust for power and innate greed has summoned forth Krampus from the swirling under-dark where humans dare not go to, and punishes the foolish humans for misbehaving. Half goat, half demon, pure evil; Krampus feeds on our fears and sucks out our souls like Dementors, only Krampus isn't just fiction. Guess what else is half goat?

Aquarius: (January 20 to February 18)
That friend you invited over may not be available, but they won't say so. They'll just not show up. Instead of being sad, go pump some iron and up that protein intake. 1 gram per pound of bodyweight? What are we, amateurs? A bare minimum of one side of beef must be consumed on the daily to get those sick gainz. Once you're ripped go visit that friend. X gon' give it to ya (you know the rest.)

Pieces: (February 19 to March 20)
This holiday season would be the perfect opportunity to give away all your old, unwanted, early 2000s rock music to the next generation in your family. Who wouldn't want to hear the sweet sounds of Papa Roach fill the family living room: 🎵🎵🎵🎵 Cut my life into Pieces, this is my last resort 🎵🎵🎵