

Fleetwood Represented by *Guat-Money Productions* at HS Film Competition

Arts/Entertainment

A few months ago, Fleetwood's TV Media class entered into the sixth annual 4500 Digital Video Competition. The students from Fleetwood who took part in the competition were Devin Wenzel, Andy Moran, Dan Milloy, Ryan Milloy, Colton Greiss, and Matt McCammit. These six students came together to form the production company known as "Guat-Money Productions".

The groups had 4500 minutes to write, film, and edit a five-minute film. The groups were only given their genres, props, and character names the day before filming was to start to ensure that no one could begin filming earlier than the contest permitted. Also, if any group was late handing in its film, it was disqualified from the contest entirely.

All the films were judged and nominated for the April 16th award show that was held at the Reading IMAX Theater. Sadly, "Guat-Money Productions" was not nominated for any of the award categories this year. However, they were ranked within the top 25 out of the 60 films entered into the whole contest.

"Guat-Money Productions" created a drama film

for this contest. The film featured Ryan Milloy as a homeless man living out of his car after he lost all of his money while gambling. He had to sell his car and home to get money to enter a high-stakes poker game to which he was mysteriously invited. The award for winning the poker game is a small fortune and hopefully enough to gain back the affection and respect of Milloy's ex-wife.

Even though the boys did not win any awards, they still enjoyed the experience overall.

"My favorite part was putting the whole film together in editing. It was cool seeing our hard work put together into a film," said Devin Wenzel.

"I liked skipping two days of school to film the video. Also, I got to hang out with my bros. It was just bros icing bros," said Andy Moran.

By Alyssa Delp



Miša's Fugue Looking for Financial Kickstart

Arts/Entertainment



By this time, everyone in the Fleetwood Area School District should be well aware of the documentary project in which high school students are currently knee-deep. The majority of the publicity circulating around the film is centered mostly on the plot of the film, the film's gestation, the role of the students, and so on. One thing that has been neglected in all of this coverage is the topic of funding. While the film has thus far been funded by gracious donations from various institutions, Producer Sean Gaston is trying to use a new avenue to help cover the rest of the film's costs—kickstarter.com.

Kickstarter.com describes itself on its site as "the largest fundraising platform for creative projects in the world." The way the site essentially works is as follows: An independent artist pitches an idea for a project through a short write-up about the project, a video, or something of the sort. The artist then sets an amount of money that he or she would like to reach as the goal. In addition, artists set prizes or gifts that they will give to backers who pledge certain amounts of money towards the project. After all of that is done, the artist must wait to see if enough "backers" can pledge money to-

wards their project in a time period of 1-90 days, which is set by the creator of the project. If the artist doesn't reach his or her goal by the day of the deadline, no money is received.

"We are hoping to receive \$10,000 in funding," said Gaston about the new kickstarter.com page for the film, which is now up and running. "We are still ironing out the gifts for the backers, but what we have set right now is that, if you pledge \$25, you will get a DVD of the film. If you pledge \$50, you will get a signed DVD, and if you pledge \$75, you will receive a signed DVD and a poster. We are probably going to expand our range to cover amounts between \$100 and \$1,000."

Even though the project has been solvent so far, help is always welcomed. Even if it's only a dollar or so, everything counts. If the project doesn't receive enough funding to meet its goal, the documentary will receive no money, and Gaston and crew will be sent back to the drawing board. So, spread the word about the page, make a donation—Do something!—and hopefully the world will soon see the hard work that everyone put into this project.

By Derek Petersen

Kate Middleton Becomes Royal Commoner

Profile

On April 29th, 2011, two billion people around the world gathered around their television sets and the sidewalks of Times Square and London to watch as Prince William of Wales and Catherine Elizabeth Middleton said their "I do's." The wedding was held at the famous Westminster Abbey, located in London, England. The day, which had been months in the making, went off without any problems and cost an astounding \$33 million, the most expensive high-security event in the United Kingdom's history.

As the royal family and Kate Middleton made their way to the church, they passed thousands of people who were lined along the streets for days waiting to catch the first glimpse of the families, and, of course, to find out the mystery of Kate's dress designer. Once the royal family had arrived at Westminster Abbey, Kate and her father, Michael Middleton, pulled up in a Rolls-Royce Phantom VI and were immediately greeted by the screaming and cheering of all the citizens around the church.

Seconds after Kate had stepped out of the car, the designer of her "secret" dress was revealed. Sarah Burton of Alexander McQueen was announced as the designer of the modern-day, classic dress. After Kate's long three-minute walk down the aisle, Prince William and Catherine Elizabeth Middleton became Duke and Duchess of Cambridge. After the hour and nine minute wedding ceremony, the Duke and Duchess exited Westminster Abbey and were transported in a gold encrusted carriage to Buckingham palace. As they drove on the procession route to the palace, they



were recorded to have passed 500,000 spectators on the sidewalks straining to see the newlyweds. Along with the spectators, the route was lined with 5,000 police officers all the way from Westminster Abbey to Buckingham Palace.

After they arrived to the palace, they were rushed inside for quick wedding photos with the royal family, and then they proceeded up to the palace's balcony for the famous first kiss scene. As they waved to the citizens, Prince William and Kate quickly shared a peck of a kiss. But the fans were not pleased with the small smooch, so they

chanted for Prince William to kiss her again, and, rightfully so, he did.

The location of the royal couple's honeymoon was never revealed; however, the date of the honeymoon was pushed back so that Prince William could return to work as a Search and Rescue pilot in Wales. It was also reported that their honeymoon was pushed back because of Osama bin Laden's death. On the bright side, the Duke and Duchess of Cambridge are reported to be vacationing in California from July 8th through the 10th during their first foreign trip as a married duo.

"I thought it was like a beautiful fairy-tale," said English teacher Sarah Wilkinson, "I know a lot of people were against it due to how expensive it was and all the bad things happening with the economy. However, I think it was good the world had something positive like this wedding."

By Alyssa Delp

FAHS Students Choose Silence for a Day

Community

On April 15th, 2011, a Day of Silence was voluntarily in effect for students who supported the rights of Lesbian, Gay, Bisexual, and Transgender (LGBT) individuals. As a reporter who was also participating in this event, I can certify the success of the exercise by the extreme difficulty I had both for undertaking interviews and securing audible responses.

Said sophomore Jes Russo, "It was hard to do, but it was powerful."

The Day of Silence (DOS) was a day that was designed to show how individuals respond when they are bullied for being lesbian, gay, bisexual, or even transgender. For these students, life becomes so unbearable that they

even contemplate committing suicide. The lesson of the day was to never bully others because one day you may stop hearing their voices altogether.

Sophomore Katelyn Roberts said, "It felt quieter, and in some cases the message definitely came across."

Some students at FAHS found this event effective while others did not.

Sophomore Kimberly Santiago said, "It was good to see kids our age try to change our view in society, but it was not a good method to use."

Sophomore Melissa Danweber agrees: "Don't be silenced; instead you should speak out. It was a really good idea, but everyone should be

participating in DOS. The idea that only some participated while others didn't made it pointless."

This event was sponsored by GLSEN—The Gay, Lesbian and Straight Education Network. It was a positive educational experience for most, and it was supposed to help improve the atmosphere at school. DOS occurs not only to stop people from bullying LGBT students but to stop bullying straight students as well.

DOS requires that no sound emit from the participants. Since they could not talk, some used white-boards.

Science teacher Erin Follweiler said,

"The whiteboard was just as disruptive as people talking. They should have communicated without the use of whiteboards or mouthing words."

Acclaimed English teacher Zachary Houpp agreed with Follweiler, saying, "I think their cause is admirable, and their approach isn't the kind of reprehensible shock campaign for which PETA is famous. I just wish they would have chosen a method that would not disrupt learning as much."

Many bystanders failed to understand the meaning of this event, which was to let others feel the pain that LGBT individuals experience.

By Carol Zheng

Book Recommendation: "The City of Bones," by Cassandra Clare

Review

Shadowhunters, demons, vampires, warlocks, silent brothers, mundanes, fairies, and the forsaken are only the beginning of this atypical story. The City of Bones by Cassandra Clare is an impeccable story about the terror that lurks right in front of our eyes.

In the world that is hidden from mundanes, everything is order and survival. You are either a Shadowhunter, a filthy Downworlder, or a ravenous Demon. Shadowhunters, with their unique ability to see the demons and write strange markings on themselves to give them extraordinary powers, protect the mundanes and their world from the flesh-eating demons that attack our world every day. The Shadowhunters are like the royal family; Downworlders are the peasants. Downworlders are everyone who is not a Shadowhunter. There is a rivalry between these two families, but they both have one common enemy, and that is the Demons. The Demons are soldiers from Hell whose life goal is to obey their masters and kill whatever lies in their way. In this world, nobody is safe.



Clary Fray is a young, red-headed, freckled 15-going-on-16 year-old girl who is nothing more than a regular, rebellious teenager. On her night out, she and her best friend Simon head to a teen club where Clary notices some unusual occurrences. Three teenagers with weapons and strange markings all over their arms walk into the club and follow a blue-haired boy into a supply room. What's weird about these kids is that Clary is the only one who can see them. Clary follows the teens into the room, but what she doesn't know is that her curiosity causes her life to turn upside-down permanently. The teenagers trap the blue-haired hostage and end up killing him right in front of Clary's eyes. The three teens notice Clary and are stupefied that she can see them. Jace, Isabel, and Alec are the teens that Clary has found, and they are about to absorb Clary as one of their own. Jace is a know-it-all, smart-mouthed, lazy, attractive teen who seems to take an interest in Clary but has no idea why. Alec is Isabel's brother, and he is the one with the common sense in the group, but he is holding a big secret. Isabel is the typical teen who loves going out to parties and dressing up, but, when she is on the battlefield, she is one of the best Shadowhunters there is.

Clary goes out that night to see Jace again at a coffee shop. After having a weird talk with Jace, Clary gets a startling phone call from her mother telling Clary not to go home and to find somewhere safe. Clary runs home to find her mother missing, and the only person she can turn to is Luke, her mother's best friend, but Luke wants nothing to do with her. Jace finds Clary and takes her into the Institute, where all the craziness starts to unfold. Clary

finds out she is a Shadowhunter, but her mother hid it from her all these years. More and more secrets come out at the Institute, including a bit of a love-hate romance with Jace and Clary.

The plot in the story is so perfectly conceived and developed that it grows even more addicting after each page. Nothing in this book is boring or unsatisfactory, and this is not the only book in the series! There are two more books in the series called City of Ashes and The City of Glass, and the newest addition to the series just arrived on April 5th, entitled City of Fallen Angels.

By Emily Delong

"Asking Alexandria" Album a Worthy Successor

Review

The new Asking Alexandria album "Reckless and Relentless" was released on April 5th, 2011. This CD is the follow-up to their amazing album "Stand Up and Scream," which certainly held true to their aggressive sound. Their new work definitely takes a lyrically dark approach. —Not that it's a bad thing, but you can point out anger more easily in this album.

Different additions to this album include additional synth breaks, interludes, and layers of screaming. The first act of the CD has a slower tone, which welcomes the listener into the album. It has more of a rock 'n roll vibe without feeling like heavy metal. The song "Dedication" separates the first act and the second act of the album; this track serves as a prelude to the song "Someone, Somewhere."

The second half of the CD is more reminiscent of the band's older material; it is



heavier, and there are more breakdowns. The best songs on the CD are "Breathless" and "Reckless and Relentless" because the vocals are seamlessly intertwined with the lyrics. The song "Morte et Dabo" is probably the heaviest song on the album. The band opened with this number at recent concerts, and it is a frightening beginning with disturbing lyrics and an ominous tone.

As someone who has been avidly awaiting this release, I'm not disappointed. Asking Alexandria has always been a favorite of mine, and they will remain so for the foreseeable future. If you don't enjoy violence or heavy screaming, this album probably isn't for you. But if you enjoyed Asking's previous album, then you won't have a problem with their newest offering at all. Asking Alexandria is good at what they do, and fans hope to see more from them soon.

By Madison Rice

Tornados Stir Up Trouble

Weather



On April 29th, 2011, the deadliest tornado outbreak in nearly forty years took place in the southern region of the United States. Almost 300 people from six different states were killed by these deadly tornadoes.

Out of all six states, Alabama was by far the deadliest, tallying 210 deaths. The next day, President Barack Obama signed a disaster declaration to help the residents of Alabama clean up the debris and trash covering the state. The declaration also states that whoever is in search of financial aid will be able to receive it.

The reason for such a high death toll was the lack of Doppler radar at the time, leaving residents only 24 minutes to brace themselves for the storm.

"They said the storm was in Tuscaloosa and it would be here in 15 minutes. Before I knew it, it was here," said Jerry Stewart, a retired firefighter.

Meteorologists explained that the only way many of the people could have possibly survived these tornadoes was to be underground or in a storm shelter, which almost all of the residents did not have available. One family in Virginia managed to survive the storms by huddling in a tanning bed until it was over.

Throughout the night, over 170 tornadoes were reported between the six states. Over one million people in Alabama had no electricity or power, and around 2,000 National Guard troops have been sent to help clean up the mess and search for people who may still be missing.

By Chad Dymek

2011 FAHS Prom Goes East

School

The end of the year is approaching faster than students have expected. As teenagers wait for more information on the event, they are able to begin shopping for all the necessities required by the annual junior/senior prom. The theme for this year's prom is Asian Escape. At \$40.00, the tickets, thought to be expensive, are actually only \$5.00 more than a ticket for last year's celebration.

The Inn at Reading will be decorated in the colors red, black, and gold. The school, even in the midst of the state's ongoing budget crises, is doing everything it can to make this year's prom better than its predecessors, with more decorations than ever. Some of the centerpieces have types of flowers that are grown only in Asia. The prom committee even plans on having slide shows of many famous locations in Asia to make the evening more peaceful.

Prom committee meetings have occurred every Thursday and Friday, and the frequent topic of conversation was how to make this year's prom more fun than the last as well as something to remember. Discussions traveled from food to decorations, and students are trying their best to make this prom unbelievable.

The food that the committee has planned for May 21st is a choice of chicken or ravioli. There are many deserts that will be available as well. Food will be ordered in advance and ready for the night.

Many students have already signed up for the prom. The Inn at Reading is also able to provide enough space for an even bigger dance floor than last year's prom.

With prom committee meetings dwindling to one session a week, the students are starting to get more organized with what they want to prepare for the prom. Soon they will earn their well-deserved credit when they receive the compliments of their peers at the 2011 FAHS prom.

By Brittney Stuffle

Sanders' Thumb Earns Two Thumbs Up

Profile

Elementary school days are filled with fun, especially around the holidays when art projects and parties fill up the class time. Thanksgiving was one of those special holidays, and we can all remember the ever-popular hand print turkey art project—tracing your hand with paint to create that beautiful work of art that Mom would treasure.

But this project was a bit confusing for little Samantha Sanders because her turkey looked different from the rest. For some reason, he had a short neck and small head, but Sam just put the ever-familiar "Samantha Sanders smile" on her face and concluded that her turkey was special—just like her—and her mother would still love it.

Now a junior, Sanders has the same positive outlook on her undersized thumb.

"It's a special part of me. It makes me special," commented Sanders.

Although she is uncertain why she has this unique quality, she has learned to live with the many challenges and funny moments the thumb presents her.

"Texting is sometimes difficult, especially when I get my nails done," said Sanders.

Despite some disparaging remarks from her peers, Sanders has her supporters.

"I'll be having a bad day, and then, all

of a sudden, I'll see Sam's little thumb, and it will make everything better," said senior Kaley Kinck.

Colten Greiss finds the little thumb "super cute," and Alyssa Sell simply says, "It speaks for itself."

"A lot of people make fun of me for it, but I just shrug it off and say, 'Hey, I like giraffes,'" said Sanders.

Her friends, coaches, and teammates find "the thumb" to be a topic of discussion quite frequently. In fact, girls' soccer coach Mike Boyer often teases Sam about it by saying that athletes must have a thumb of at least four inches to participate in the sport. Despite this specious requirement, Sanders remains a member of the soccer team, and all of her teammates enjoy the laughs both Sanders and her unique thumb bring to the team.

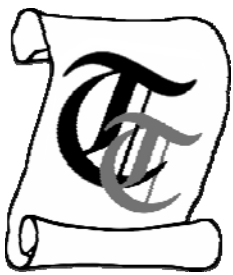
"We win games for the thumb," added Sanders.

There is no denying that Samantha Sanders is a unique individual with an even more unique thumb. Nonetheless, Sam lives with a positive attitude and even, at points, enjoys the attention her thumb gets.

"Hey, not everything in life is perfect," concluded Sanders.



By Elizabeth Bergman



Four Students Raped at Kutztown University

Cops & Courts

Berks County police along with Kutztown University officials are investigating two alleged rapes as well as two alleged attempts of sexual assault that occurred between March 26th and April 10th on the campus of Kutztown University.

The first rape supposedly occurred March 26th between 9:30 p.m. and 3:30 a.m. This incident was not reported until April 10th, when a second female victim came forward claiming she was raped on April 10th at approximately 4:00 a.m. The female says she was raped outdoors on a grass-covered quad, referred to by Kutztown University students as the D.M.Z.

The first sexual assault took place on March 28th between 7:30 and 8:30 p.m. at Deatrick Hall. The second occurred on April 10th between 3:30 and 4:30 a.m. at Dixon Hall. All incidents were reported to Kutztown University public safety and police services. Faculty and students

were notified of each of the incidents through e-mail as well as via the crime alert section of the KU website.

“This can be a good example to the seniors getting ready to head off to college,” said FAHS senior Kaley Kinek. “It can be really dangerous to go out alone, especially late

at night. You never know what can happen.”

In each case, the female victim was able to name her male attacker. Although police have investigated and questioned the alleged attackers, no arrests or charges have been made. KU officials say that alcohol played a role in the attacks.

“These are some pretty scary events because Kutztown University is so close to us and because no charges were issued yet. Hopefully, things get straightened out and the student body can end the school year on a good note,” commented FAHS student Angela Heydt.

By Elizabeth Bergman

Mikitka Swims His Voluntary Pay Way To Nationals Freeze Approved

Sports

Making it to states is a tremendous achievement in itself. Not only did Senior Jeff Mikitka make it to states, but he also medaled. Jeff finished 4th in the 100 meter Butterfly stroke. This stroke was new to Jeff this year, and he had put all his effort into perfecting it. Jeff has been swimming for 7 years and started because his sister wanted him to swim with her. He has been to states every year he attended Fleetwood Area High School. In previous years, Jeff has never placed high enough in the races at states to receive a medal.

Since he placed in the top five of the event, Jeff was invited to the National Competition, which was held in Florida. He left for Florida on April 3rd and returned on April



10th. Only Jeff's parents were allowed to accompany him to Florida, but they flew down on another airplane to avoid disturbing his preparation.

Jeff's parents were mainly in attendance for moral support and did not really interact with him at all. Jeff competed against other students from all across the country.

“I competed in the 100 meter free, the 500 meter free, the 100 meter butterfly, and the 200 meter butterfly,” said Mikitka.

Jeff finished best in the 100 meter butterfly. After the competition was completed, Jeff and the other swimmers were able to lay down and relax on the beach.

By Curtis Ryan

Finances

It's no secret that Fleetwood's students are less than excited about the upcoming school year. In fact, the only individuals even less excited may be the teachers.

The 2011-2012 school year is looking fairly grim as a result of the abundance of cuts for programs, sports, and clubs due to Governor Corbett's tentative state budget. The unfortunate fact that some teachers are losing approximately \$15,000 as a result of the pay freeze is looming over the heads of the staff. But is all this potential misery justified?

According to Fleetwood Education Association Union president Joann DeCesar, “A pay freeze occurs when salaries are exactly the same next year or in future years as they are in this current year. Although a pay freeze can help to solve immediate financial concerns, it won't correct underlying or long-term problems.”

For those unaware of the potential budget shortfall for the upcoming school year, current projections place the Fleetwood Area School District approximately \$1,900,000 below

last year's funding. A pay freeze amongst all faculty would account for about \$800,000, which accounts for around 40% of the deficit for the 2011-2012 school year. A pay freeze can be offered by the employees of a company or organization to help keep said company or organization afloat.

“Sometimes the freeze is voluntary on the part of an employees trying to save a company or public programs, and other times it may be mandated by the employer, public or private. The terms of voluntary pay freezes are worked out through the cooperation of both parties involved,” said DeCesar.

All in all, a pay freeze is an unfortunate, but most likely necessary, solution to the larger-than-life shortfall faced at Fleetwood. At the May 10th school board meeting, the proposal offered by the teacher's union was approved by the Fleetwood School Board and will go into effect for the 2011-2012 school year.

By Derek Evanosky



FAHS Welcomes Four-Legged Friend

Profile

Look but don't touch—that is the biggest tidbit of advice freshman Kayln Hess can stress about any seeing-eye dog, including hers. Mila, a 10-month old golden lab, is currently in training at Fleetwood Area High School. Although she started training at 6 months, she was not allowed to be in the school environment until she turned 10-months-old.

Although many people may think training a seeing-eye dog is harder than training a normal dog, Hess stated, “It's as hard to train her as any normal dog. She has to be trained in stricter ways. For example, she is not allowed to have any table food. The hardest part is giving them away after

their training is over.”

Hess thinks that Mila is doing an amazing job. Many people can strongly agree with Hess about Mila's behavior.

Sophomore Kim Santiago said, “I think that the dog is very well-behaved and that Kayln is doing a great job training her because she doesn't jump up on anyone.”

Hess says, if



you want to get involved in training a dog of your own, “You must be responsible, and, if you are, then you should do it because it's rewarding and fun, but it is serious. When her vest is on, she knows it's work time, but I have a chew toy that is limited in noise,” says Hess proudly.

Mila gradu-

ated her training with Hess on April 26th, and Hess says solemnly, “I will see her one more time during Walk”—where the dogs show off their skills to others. “Other than that, I will lose contact with her.”

With a smile, Hess concludes, “She's a people dog. I think she'll be good because she loves to work.”

Hess will want to train other dogs like Mila in the future. But please remember: if you see a vest on a dog, do not touch it—it is focused on doing its job.

By Melanie Lehman

Science Olympiad Seniors Owe Returns to States, Thanks to Parents, Teachers, Friends

Academics

Every year, the FAHS Science Olympiad team seems to succeed at the competitions. The team recently won 1st place at the County level and 3rd place at the Regional level, gaining them a place at states. Participants from Fleetwood won several medals at the latest competition, which was held at Kutztown University on March 9th, 2011.

Senior Mary Fullington and sophomore Aaron Nelson won first place in the Anatomy event.

“Regionals was awesome, and I am so pumped for states,” said Nelson.

In Dynamic Planets, Patrick Tobias, and Brad Pafchek received first place for the event. Dan Zebrine, Matt Barletta, and Noah Moore obtained second place for Experimental Design.

Said Tobias, “I thought we could have done better at Regionals, and we could make up for it at states.”

With a first place, Dan Zebrine and Matt Barletta won the Forensics event. Meghana Patil and Mary Fullington achieved second place in Microbe Mission. In Ornithology, Elizabeth Ickes and Eric Houghton attained fourth place. Jes Russo, Mary Fullington, and Meghana Patil

won third place in Protein Modeling. Greg Ratzel received first in Towers, and Noah Moore with Eric Houghton obtained fourth place in Wind Power.

Overall, the students from Fleetwood High did a fantastic job at the competition for the Central Eastern Region.

Said Houghton, “I’m very happy with making it to states. Our team put a lot of time into it, and it paid off. I am a little disappointed in our third place finish at regionals, but hopefully we can redeem ourselves a bit when we compete at states. For the two events I won medals in, they came as a bit of a surprise, but we put a good amount of studying into them. I am really glad that it paid off.”

This year, the state competition will be held on April 29th at Juniata College. Fleetwood will be competing against 35 schools from all over the state in approximately 23 events. The goal for states is to finish in the top ten.

Science teacher and coach Todd Driesbach said, “This year’s team had an experienced senior group with very strong underclassmen classes, and this helped balance out the team.”

By Carol Zheng

Biannual FAHS Blood Drive A Boon for Many

Health/Medicine

On Wednesday May 4th, from 7:15 a.m. to 5:00 p.m., the Fleetwood Area High School hosted a district-wide blood drive in the high school auditorium. The blood that was taken went to the blood supplier Miller Keystone, and each unit donated has the potential to save three lives.

Giving blood can have many beneficial components to it; it is able to help people who were in car accidents, people who have anemia, cancer patients, premature babies, and dozens of other individuals in dire situations where blood is needed for survival. In order to give blood, you must have your photo ID as well as parent permission if you are under the age of eighteen. It is important to drink plenty of water the night before and on the day you’re giving blood. Donors should also be sure to

always eat a good breakfast. Participants cannot have had any tattoos or piercings within the last year.

“Giving blood is definitely worth while. You never know when someone will need it,” says FAHS school nurse Bonnie Fansler.

“I feel that whoever received my blood will live a long, happy life. I also enjoyed the cookies that were at the blood drive!” says English teacher Zachary Houpp.

Giving blood could help save hundreds of lives, some of which may be a family member or close friend, and the process is simple. Hopefully, Fleetwood went above and beyond their goal of one hundred donors.

By Kaitlynn Stott

Opinion/Editorial

As the 2010-2011 school year dwindles to its final days, it is a natural time for reflection—reflection upon our faults and failures, achievements and accomplishments, and any forthcoming improvements that may be necessary in our lives. However, for the senior class of Fleetwood, these reflections cover more than just this past year; they cover the students’ overall careers at Fleetwood. These reflections embody each student as a whole, and they concern everything that he or she has learned during the first eighteen years of his or her life. As the end of the school year approaches, it is time to celebrate these seniors and all their accomplishments, the biggest of which is taking the next step in life beyond high school.

Yet, these seniors did not make it this far alone. This is a chance for the senior class to thank everyone who has helped to raise them and who has made them the people they are today.

Parents. Without parents, none of us would be here. There are pieces of them in all of us. They have raised us since we were born, and they have had the utmost impact on who we have become. Parents are teachers, but they assume the task of teaching the harder lessons that exceed a classroom’s walls. I have been fortunate enough to have more than just two people filling the parental role in my life. While I know I have not been the most obedient child—and I’m sure that many of our parents would say the same about each of us—I am so thankful for all of the sacrifices that they have made for me in my life. In that regard, I know that I speak for all seniors.

Teachers. These are the people who spend eight hours a day with us for ten months out of the year teaching us anything they can that will help us succeed academically. Whether you like them or not, they are always there and ready to help impart their knowledge upon us so that we may use it for the remainder of our lives. Teachers will always last in our memories; they have been an incalculable influence in our lives.

Friends. They are our peers, people to whom we are as close as if they were members of your own families. These are where the majority of our memories will lay—“Remember when so and so did this? Good times!” Friends are the people whom we have chosen to be in our lives

as we have grown up. While many of us are going our separate ways, some of us are still attempting to continue our growth together. Friends are the foundation for the next step in all of our lives as we meet new people along whatever path we have chosen for our futures. However, there is nothing quite like the friends with whom you have grown up because you will never forget them.

Graduation is on June 13th, 2011. It will be a time during which we celebrate our accomplishments together while looking forward to the future. Yet graduation is only the first of many more giant steps in all of our lives. These roots that we have grown in Fleetwood are in all of us and will show themselves wherever we go in the future. For the Class of 2011, step one is complete. It is time to leave our alma mater, and show the world the amazing young people that Fleetwood has produced.

Good luck to all Seniors, and thank you to everyone who has helped us along the way!

By Cale Ahearn



Quill and Scroll Members Inducted

Academics

On Thursday April 28th, 2011, in conjunction with the National Art Honor Society Awards, the journalism department held the annual Quill and Scroll induction ceremony. All parts of the department—The Tiger Times, The Tiger Tale, Tiger TV, and Artifact—were represented. Fleetwood has been a member of the society since 1937, but this fact had long been forgotten by the journalism advisors until last year when yearbook advisor Ms. Sara Shelton researched the school’s enrollment in the society and applied for membership. The society returned a letter saying that the school has been a member for a very long time.

In order to be inducted into the society, advisors must recommend students, and the students must be in the top third of their graduating class. Besides the requirements set by the national organization, each advisor may

set requirements of his or her own. Tiger Times advisor Zachary Houpp only recommended one student this year, partly because of the requirements he set.

“My reporters need to be enrolled in the newspaper for two consecutive years and demonstrate leadership among their peers,” said Houpp.

Along with the 10 new members being inducted this year, 5 returning members were present for the ceremony. Brieann Murray, Cale Ahearn, Curtis Ryan, Amanda Oswald, and Meghana Patil were honored for a second year. Ahearn represented the newspaper, Patil and Oswald represented Artifact, Murray represented the yearbook, and Ryan represented both the newspaper and the yearbook.

Of all the new members this year,

Tiger TV was the most represented, inducting five new members. After the names of the inductees were announced and they either received their pin for being a new member or their cord for being a senior member, the students were greeted by FAHS principal Michael DeAntonio, who was waiting to give the honorees a handshake.

Each advisor gave individual awards to the most deserving students from each publication. Artifact advisor Diane Chisdak awarded the Artifact Editor’s Award to Oswald and Patil. Ryan Milloy was Tiger TV advisor Sean Gaston’s choice for the Tiger’s Paw award, which is a framed certificate that bears the recipient’s name. Houpp bestowed upon both Ahearn and Ryan The Tiger Times Newspaper Recognition Award, a certificate with their respective names on it.

Shelton did not just invite those who were nominated to the ceremony. She encouraged all of her students in the yearbook to attend because she wanted to recognize everyone for his or her hard work all year. All of the students received personalized paperweights bearing a quote from Henry David Thoreau and with their names and graduating years inscribed. Shelton also awarded Rebecca Himmelreich and Brieann Murray with the Yearbook Award, which was to commemorate their hard work not only this year but every year they have been involved. The award came with the paperweight and a \$100 savings bond. After the ceremony was over, all of the guests and honorees were invited to stay after for a light snack that was arranged by FAHS secretary Arlene Bonanni.

By Curtis Ryan

Fashion Sense Needs Serious Common Sense

Opinion/Editorial

"I have a dream."
"The only thing we have to fear is fear itself."

"Ask not what your country can do for you, but what you can do for your country?"

What do these famous quotes all have in common?

They were all given by influential figures in suits.

Let's face it—attire can entirely influence a statement. Throughout history, the most famous quotes ever uttered are said by people wearing an outfit that reflects the statement. Moreover, a powerful statement made by an individual in a pair of shorts that read "Juicy" completely loses all credibility and makes the listeners question if the speaker is only speaking satirically.

There's a reason president Barack Obama doesn't stand up in front of thousands of people and deliver moving speeches in a t-shirt and ripped jeans. Talking about the devastation in Haiti or the recently devastated

Japan requires a certain sophistication. Obviously, someone who wears a tuxedo or a suit is not automatically going to be a genius. Speaking politically incorrect while wearing a suit and hat doesn't make anyone sound smart. However, the listeners may be more inclined to hear what the speaker has to say as a direct result of his or her sense of fashion. This philosophy is true in the opposite situation. If one is doing stand up comedy for a Comedy Central event, it is unlikely that that person would be wearing a tuxedo.

At the end of the day, fashion alters what someone says to a large degree. If one wishes to be taken seriously in a mature conversation, that particular individual should try to wear something that makes him or her look smarter.

Who seems like the more reliable source for an interview: someone wearing a polo and khakis, or someone wearing ripped jeans and a Calvin and Hobbes t-shirt?

By Derek Evanovsky

Barry Bonds Found Guilty

Sports

After a two and a half week trial, Hall of Fame potential Barry Bonds was found guilty on one count of obstruction of justice. Bonds was accused of one count of obstruction of justice and three charges for perjury.

The court was held two miles away from AT&T Park, which is where Bonds has spent most of his professional career playing baseball. Wednesday, April 10th, around 2: 30 p.m., Bonds was convicted. It was an 11-1 vote for convicting Bonds on the injection count. He was charged for denying that he knowingly took steroids or human growth hormones and also lying for his personal trainer by claiming that he had never injected him with any of the substances.

Immediately after Bonds was con-

victed, his lawyers started working on a challenge to the jury's verdict. A U.S. attorney said that she would figure out if a retrial was possible and necessary, so this might not be

the end of Bonds' time in court. A new hearing has been scheduled for May 20th of 2011 to try to meet Bonds' lawyers' requests for some sort of challenge to the verdict that has already been reached.

Barry Bonds holds the record for the most home runs and also

holds many other records in Baseball. He was undoubtedly going to be a legend in the Hall of Fame, but, after being convicted of steroid use, he will now face an uphill battle to even contend for making it into the Hall of Fame.

By Chad Dymeck



Is Your iPhone© Stalking You?

Science/Technology

Do you have an iPhone? Do you have a 3-G iPad? Did you know these devices actually track your locations by storing data?

Weeks ago, this problem was brought to the public's attention by two researchers who were studying the latest version of Apple's mobile operating system. The tracking file is hidden, so, if you have an iPhone and did not see it, you are not the only one. The iPhone acquires your location via nearby cellular towers and Wi-Fi areas. This file also records timestamps. Thus, a phone's timestamps and location can be sought and found by anyone who takes or steals the phone.

Pete Warden, a researcher who uncovered the iPhone location tracker, said, "Apple has made it possible for almost anybody—a jealous spouse, a private detective—with access to your phone or computer to get detailed information about where you've been."

Fortunately, Warden and his co-worker searched for other manufacturers that may have done this with their phones and found none. The location tracker does not even shut off if the phone's GPS is off; it still proceeds to record locations, timestamps, etc.

In the "Terms and Conditions" information for iTunes to synchronize with iPhones, iPads, and iPods, a paragraph does provide information about location-based



services. The paragraph reads, "Apple and our partners and licensees may collect, use, and share precise location data, including the real-time geographic location of your Apple computer or device. This location data is collected anonymously in a form that does not personally identify you and is used

by Apple and our partners and licensees to provide and improve location-based products and services. For example, we may share geographic location with application providers when you opt in to their location services."

What this means is that the data recorded on your phone is transferred to your computer when you synch your phone to your computer.

Apple did respond to this outbreak when it was first publicized in the media: "The iPhone is not logging your location. Rather it is maintaining a database of Wi-Fi hotspots and cell towers around your current location."

The purpose of this feature seems to help Apple improve service areas by seeing the coordinates of its users.

Apple spokespersons also added, "This is a bug that we uncovered and plan to fix shortly."

Apple has released a new iOS download to fix the bug for Verizon iPhone users. This update is expected to decrease the location cache, prevent backing up via iTunes, and remove the cache when location services are off.

By Desirae Leshner

Students Prepare Summer Plans

Recreation

Only 20 days left!

Many students are excited that school has almost ended, and everybody is making plans about what to do over summer vacation.

For example, Ethan Martinez is planning to spend his summer on romantic picnics while Sara Kilgore plans to be as annoying as possible even though she claims it doesn't take much effort.

All these ideas sound like very entertaining plans, but what does everyone else have in store?

Mike Laity plans on visiting New York. Kayla Robinson plans to visit many amusement parks, yet Angie Heydt wishes to go on just one vacation.

Everyone enjoys going on vacation and visiting amusement parks, but is this the extent of creativity we can expect from Fleetwood students?

No! Amber Himic will be having fun in the sun at the beach. Connor Davis is going to play it safe and stay at home, playing Xbox or probably driving. Kevin Morgan and Kyle Flannery plan to spend all summer sleeping; let's hope they get up to use the bathroom!

There are many people who will be traveling this summer. For example, Josias Piri is visiting Las Vegas this summer. Tanisha Rodriguez will be vacationing in the Dominican Republic.

Aaron Kulaga is going to eat until he is a few pants sizes larger, and Rashad Housseal is going to throw lots of parties.

Have a safe and happy summer, Tigers!

By Erica Ebner

FAHS FBLA Finds Success at States

School

On April 3rd-6th, 2011, Fleetwood's very own Future Business Leaders of America (FBLA) club attended the state competition for business leadership.

Kayln Hess won second place for community service hours. Overall, she accrued 960 hours.

Hess said of her accomplishment, "I didn't even know I could get an award. I didn't have to try hard. I raised Mila, a seeing-eye dog. That is at least 16 hours a day."

Demi Rissmiller and Brandon Green won third place in the Partnership with Business Project.

Said Rissmiller, "I put a lot of work into the project, and to not have gotten first or second is completely heartbreaking. Also, I would have enjoyed a trip to Orlando for nationals."

Elizabeth Rothenberger and

Dominick Scatamacchia both won fourth place for their community service project with Friend Inc., a non-profit organization in Kutztown.

They raised money and food by filling holiday food boxes, hosting a school hat day, offering a Christmas cheer day, and implementing a raffle at the holiday craft show. All in all, \$328.92 was donated to Friend Inc.

Scatamacchia concluded, "I enjoyed working with Beth Rothenberger on the project, and, although we did not make

it to nationals, we were proud to make it this far. We placed fourth out of twenty, which is really good."

Joe Rudderrow and Kiley Petro both earned a National Business Achievement award. There are four different levels that

can be earned: Future, Business, Leader, and America. Rudderrow and Petro both won the award for the Future Level. This award recognizes students nationwide for successfully completing the given tasks to expand on leadership skills while emphasizing education. The tasks focus on basic business skills, an introduction to community service, and FBLA involvement at the local level.

The FAHS FBLA team received sixth place for community service hours. To achieve this, members can complete service hours through chapter activities or on their own. Fleetwood's chapter had twenty-six members submit hours; in all, they accumulated 1,733 total hours.

By Desirae Leshner



Bringing Back Picasso

Arts/Entertainment



Pablo Picasso is a name everyone knows. One does not even have to be involved with art at all, and yet he or she can probably name a few of Picasso's pieces. From his cubism to his surrealism, he's a world-known artist who continues to be praised.

He was born on October 25th of 1881 in Málaga, Spain, to Don José Ruiz y Blasco and María Picasso y López. Pablo was a Spanish painter and a sculptor and lived most of his adult life in France. From an early age, he demonstrated a passionate skill for drawing. His father gave him formal artistic training in figure drawing and oil painting.

In 1900, Picasso made his first trip to Paris, during which he met his Parisian friend, Max Jacob, a poet and journalist who taught Pablo the language. In turn, they shared an apartment and worked at opposite hours. Jacob would work during the day,

and Picasso worked during the night. It was a time of severe poverty for both men.

In the beginning of the 20th century, Picasso shuffled his residence between Barcelona and Paris. He met a Bohemian artist, Fernande.

Olivier, who became his mistress, appears in many of his Rose period paintings. After claiming some fame and fortune, he left Olivier for Eva Gouel and declared his love for her in many of his cubist pieces. He was devastated by her early and unfortunate death by illness at age 30 in 1915.

Many of his paintings, drawings and sculptures were inspired by his affairs, his marriages, and World War II. He remained in Paris as Nazi's occupied it, and his artistic style did not appeal to them, so he did not exhibit during this time. Picasso also took up

writing as another outlet, and, in the span of twenty-four years, he wrote over three hundred poems.

Over the course of his many years and many relationships, including two marriages and several mistresses between and during, Picasso had four children and acquired a large home in southern France.

April 8th of 1973, he and his second wife, Jacqueline Roque, were entertaining friends for dinner. His last words were, "Drink to me, drink to my health—you know I can't drink anymore." Devastated after his death, Jacqueline took her own life in 1986 at the age of 60 by gunshot.

Picasso's work is still admired and listed as some of the most expensive artwork beside that of Van Gogh, Warhol, and Pollock.

By Morgan Adams

Cleanliness Next to Studiousness

Opinion/Editorial

The most germ-riddled places in the world are schools. In Fleetwood, for example, there are nearly one thousand people coughing, sneezing, and touching surfaces that can be used to transmit disease to any number of students and staff each day. Every day a number of students are absent because they have contracted a virus or illness that disables them from learning and being able to go through a normal school day. With all these ailments crippling everything with a pulse, every precaution must be taken. This includes washing hands after using the facilities. Yet, this commonplace act actually isn't so common.

One of The Tiger Times' news reporters, Vice President Matt Voyer, was recently using the facilities in the high school. While in the bathroom, an unnamed senior proceeded to finish his business and leave the facilities without washing his hands.

When asked about this situation, the student replied, "Yeah, I do that all the time. I don't see the point in washing hands."

While this senior feels as if germs are not a big deal, many of his peers and superiors disagree.

In an informal poll of Fleetwood students and staff, it was ascertained that one in every four people does not wash his or her hands after using the school's bathrooms.

"I don't understand why people wouldn't wash their hands," stated senior Megan Fella.

However, this practice can be fairly

common in extreme circumstances. One senior commented that the soap in the school's bathrooms easily dries the skin.

Nevertheless, based on the condition in which many classmates leave the toilets after usage, one wonders if this excuse is sufficient to avoid proper hand washing. Overall, the feeling throughout the high school is that many need to improve personal hygiene, and maintaining a germ-free environment is imperative.



So, if you are reading this article in the bathroom right now, wash your hands when you are done! And leave this edition of The Tiger Times for the next occupant...

By Cale Ahearn

Random Cheese

What is *your* favorite holiday, and with whom would *you* spend it?



Kyle Flannery '14

"My favorite holiday is Christmas, I like this holiday because I get to spend it with my mother's and father's sides."



Mrs. Follweiler

"My favorite holiday is Christmas, I'd spend it with my family, because I like to see the kids get excited about what they get on Christmas morning."



Jeremy Horst '11

"I think my favorite holiday is Christmas. I would definitely spend it with my family because they are very important to me."



Sarah Kilgore '13

"My favorite holiday is New Years, I would spend it with Morgan Freeman, because I want him to tell me a good speech and tell me bedtime stories that night."

By Erica Ebner

Herbivorous Habits a Proven Plus

Health/Medicine

In recent years, the vegetarian lifestyle has become more and more popular among Americans. However, these eating habits seem to be considered more of a way of life than a diet. The word “vegetarian” is more of a blanket term that covers all different groups of people who do not eat meat, poultry, fish, or seafood. The other main classification of vegetarian-like people is “vegans.” Vegans have the strictest eating habits. They do not consume any animal products or animal byproducts. Some vegans go as far as to not wear any clothing made from animals. Besides vegetarians and vegans, there are four sub-categories of herbivorous eaters. One group is semi-vegetarians, who consume dairy products, eggs, chicken, and fish, but do not consume other animal flesh. The second group is the largest group: ovo-lacto-vegetarians, who do not consume meat, poultry, fish, and seafood, but do consume eggs and milk. Another category of vegetarians is ovo-vegetarians; they would be vegans if they did not

consume eggs. The last category of vegetarians is lacto-vegetarians, who would be vegan if they did not drink milk. These are the most well know types of vegetarians, but being a vegetarian is not limited to just these six groups. The vegetarian lifestyle can be altered to a person’s own needs. Eating vegetarian is very beneficial to one’s health. Scientific research has shown that being vegetarian is consistently associated with lower blood cholesterol levels, lower blood pressure, less obesity, and, consequently, less heart disease, stroke, diabetes, cancer, and mortality. For people who are questioning the nutritional health of eating no meat or animal byproducts and having a lack of protein in their diet, there are no worries. Vegetarians can eat beans and grains, which are excellent sources of protein. There are many kinds of beans to eat, such as soy, kidney, lima, pinto, cranberry, navy, Great Northern, garbanzo, and black-eyed peas. Tofu, or soy bean curd, is a favorite among vegetarians. This can be used in dips and

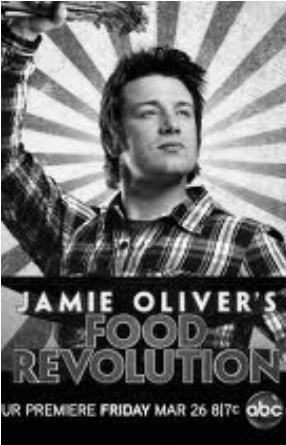
spreads or served with pasta or stir-fried vegetables. Sophomore Melissa Danweber said, “I was a vegetarian for a couple of months, and it was really good. Although it was challenging, the food was really good and healthy.” A study published by the World Cancer Research Fund showed that a human’s risk of cancer can be considerably lowered by choosing a predominantly plant-based diet. Also, the Karolinska Institute in Sweden, as well as Loma Linda University and the School of Public Health in Loma Linda, California, conducted a survey that discovered that vegetarians are more likely to survive from cardiovascular diseases. Obviously, being a vegetarian has some real health benefits. The vegetarian lifestyle is becoming very popular among Americans and many other nationalities. Considering the positive health benefits, becoming a vegetarian could be a great idea for anyone.

By Justin Bruno

Food Revolution Unnecessary, Says Woodall School

Bringing up the topic of school lunches makes some people cringe. Many students really don’t even give school lunches a chance, mainly because they would say that the lunches served are not exactly healthy. But nowadays Americans are confronted with the harsh accusations of Jamie Oliver’s television program “The Food Revolution.” The whole show is based around Oliver traveling to different school cafeterias and inspecting what it is they serve. In more cases than not, Oliver then tries to reform the whole school lunch program. So, if Mr. Oliver were to look over Fleetwood’s school lunch for a day, would he approve of the options provided? Food service supervisor Jeffrey Woodall says that, while what Oliver is doing with his show is good for a lot of schools’ lunches, Fleetwood’s food service is not in need of such a radical overhaul. Woodall states, “At Fleetwood, we do follow the nutritional guidelines set by the state and the federal government. We do not serve anything in our meals that are deep-fried, contain trans-saturated fats, or added sugar. Even our a la

carte items are reduced fat and reduced sugar.” When considering these healthier meals Oliver is ing for a schools, of all of nutritious foods cheap. the time, ing ier for more than the healthy So, Oliver’s are nice ory, are they economically plausible? Woodall remarked that not every school would be able to accommodate Oliver’s recommendations simply because it is very costly to supply the kind of food that he is suggesting. that suggest lot of the cost these tional isn’t Most of supply-health-choices lunch is costly less options. while ideas in the-



“As anyone who goes to a grocery store knows, it is more expensive to purchase fresh fruits and vegetables as well as whole grain products. As we continue to add more fresh products, the cost of serving a lunch will go up. Jamie is working on an ideal which may not be successful in all schools everywhere,” says Woodall. While many would love to see all of the recommendations Oliver is making on his television show become a reality at Fleetwood, the fact is that many of his ideas are nice in theory but both unrealistic financially and unnecessary legally. When one considers that Fleetwood’s school lunches are as healthy as the government says they must be, no revolution can be forthcoming. So get used to the way things are now because Jamie Oliver won’t be showing up any time soon. And even if he does, he might find that his first priority is changing Harrisburg’s regulations rather than individually modifying Fleetwood’s menu.

By Derek Petersen

What Does Your Favorite Color Say about You?

Humor

The following colors each fit with different personality types. One color may represent you, but, more than likely, you can be described by many colors. Many students wear their favorite colors a lot, so, to have fun, plan a day to wear the color that best describes you. If you are a very social person around your friends but quiet in school, the most common color you might wear is purple. You are very mysterious around people who don’t know you very well. You are also a person who likes to get to know someone else before he or she has the chance to know you. If you are a person who likes purple, you are also observant of your surroundings. A person who likes blue is someone who is very athletic. You are sports crazy and always wear a sports jersey. You either have played or are playing a sport or sports. You also like to go to school sporting events to cheer on all your friends. You are a good supporter.

When your friends are upset or mad, you always listen and give them advice. If you like the color green, it is likely that you are very creative. You like the season spring and all the colors that are in the flowers and trees. You hate the winter because there isn’t much color. A person who likes the color green can also be known to have good grades in school. They spend a lot of their time on school work and extra-curricular activities. Yellow is a color that describes a person who is creative and bright. You are always found smiling. Many people know you through the smile you have. You are also a person who loves the summer. You wear a lot of bright colors to get noticed in the halls. You want to stand out from other people rather fade into the background. When it comes to other people’s opinions about you, you don’t care what they say because you’re happy the way you are. Orange represents a person who is

always energetic. You are always loud in school and always in trouble with teachers. When it comes to events or activities to support your friends, you are always cheering them on with your loud voice. You make sure everyone can hear you. If you have a certain view on a topic, you fight for what you think is right. You are not quite known as rebellious, but sometimes you find yourself stubborn. Red is a color that indicates someone who is emotional. Your friends know that, if something bad happens, they need to be there for you. You are a person who gets easily angered or upset, and, when you’re happy, you seem exceedingly calm. You are known to have good school spirit. You’re always excited for spirit week and are recognized for being very loud at pep rallies. You are not a very good listener, so you seem to get in a lot of trouble, but in the end, you learn your lesson.

By Brittney Stuffle

“Prevention” Magazine Names Six Food Myths

Health/Medicine

In a society obsessed with dieting tips and weight loss tricks, it is not hard to stumble across a few that are absolutely ridiculous, but, even in myths, there are often lies with some hidden truths. Prevention Magazine recently released six of the most common food myths—or myths that are “mostly” false—and also included the tiny aspects of truth that can be found within them. Myth number one was that drinking water helps weight loss. Drinking water does not directly help one achieve weight loss, but it may help you eat less. Virginia Polytechnic Institute and State University conducted a study in which they followed a group of adults on low-calorie diets for twelve weeks. Results revealed that those who consumed two cups of water before meals lost an average of four-and-a-half more pounds than those who did not. Drinking water instead of soda or juices can cut out two hundred calories a meal and, ultimately, around twenty pounds a year. Another common myth especially familiar in the teen world is that greasy foods such as French fries cause acne. According to the American Academy of Dermatology, foods alone do not contribute to acne problems; however, excess oil on the skin from touching greasy food can cause acne and make existing acne worse. Dr. Chris Kroodsma, a dermatologist in Illinois, said, “Dead skin cells, oil, makeup, sunscreen, and other materials blocking pores cause acne pimples.” Jumping on the list at number three is the myth that white flour is bleached with dangerous chemicals. The truth is, white flour is bleached, but the chemicals present no danger to consumers. The process strips away essential nutrients such as fiber, magnesium, and Vitamin E, but this does not make white flour dangerous. False food tip number four is that eating carrots will make you see better. Although carrots contain Vitamin A, a nutrient that helps keep eyes healthy, consuming carrots will not actually improve vision. Rounding out the bottom of the list are myths number five and six. Myth number five is that eating late at night packs on the pounds. Although celebrity Oprah Winfrey claims much of her success with weight loss comes from following this rule, the truth is that calories are calories no matter what time of day they are put into the body. Jacquelyn Rudis said, “This myth has been around for years, and although some people could swear that their late-night eating habits do make them gain weight, recent research has shown that your body does not process food differently at different times of the day.” People are more prone to overeat at night when emotions are high, boredom sets in, or the time set aside for watching television is accompanied by snacking. In turn, consuming too many calories will cause weight gain no matter what. The time of day has no noticeable impact. Lastly, myth number six is that sugar causes diabetes. Consumption of sugar is not a direct cause of diabetes, but sugar can be a contributing factor to weight gain. Weight gain and obesity increase an individual’s risk of developing type II diabetes. Although each of these six myths holds a bit of truth, it is important to understand which part is true. It may be vital to your health to separate the fact from the fiction so that you can enjoy a healthy lifestyle every day!

By Elizabeth Bergman

Cinco de Mayo Celebrates Mexican History

History

Almost everyone has heard of the Mexican holiday Cinco de Mayo, but how many people actually know what the day is commemorating? The name of the holiday translates, simply, to the fifth of May. On that day in 1862, the Mexican militia celebrated a victory over the French army at the Battle of Puebla. The city of Puebla is 100 miles east of Mexico City.

The Battle of Puebla occurred at a very chaotic and violent time in Mexico's history. The country had gained its independence from Spain in September of 1821. The struggle was bloody and difficult. Conflicts such as the Mexican-American War and the Mexican Civil War had ruined Mexico's national economy. Mexico owed a large debt to several European countries, including France, which was using this debt to establish ownership in Mexico so that the nation could expand its empire. Finally, under the leadership of General Ignacio Zaragoza Seguín, the Mexican army was unexpectedly victorious.

The holiday is primarily celebrated

in the Mexican state of Puebla. Celebrating Cinco de Mayo has become increasingly popular in parts of America with higher Mexican populations. In these areas, there are celebrations of Mexican culture, food, and music. Many cities in the U.S. have parades and concerts in the week leading up to the fifth of May.

Said FAHS sophomore Brittney Frymoyer, "Cinco de Mayo is a good way to celebrate the beliefs of other ethnic groups."

This holiday is a symbol of Mexican pride and unity and includes great festivities. It is also a celebration of the courage that the Mexicans demonstrated when facing the French army. The Mexican army of only 4,000 soldiers went up against the 8,000-man French army. The Battle of Puebla is also significant because it was the last time a European power invaded the Americas. So, on the fifth of May, get together with friends and family for a fiesta.

By Justin Bruno

Houp #3 Expected at FASD

Profile

Murmurs around the school regarding Mr. Houp and his possible offspring...are true! Mr. and Mrs. Zachary Houp are expecting a bundle of joy this coming October 12th. Mama Houp—first grade Fleetwood teacher Jennifer Houp—is ecstatic about her pregnancy.

"I'm so excited! Hearing the heartbeat of the baby has been one of the most amazing things I've ever experienced," said the expectant mother.

Grandma Robertson, Mr. Houp's elderly mother, doesn't have a gender preference. However, she does have some lessons she plans to pass on to baby Houp if it is a boy.

"If it is a boy, I can teach him all I know about fishing and football... like I did my son," said a sarcastic Grandma Robertson.

As for Grandma Bykowski—Mrs. Houp's mother—she plans on acting as the stereotypical "spoil my grand-baby to death" grandmother.

"Of course I will spoil my grand-child because that is a grandmother's most important job. I have already started buying

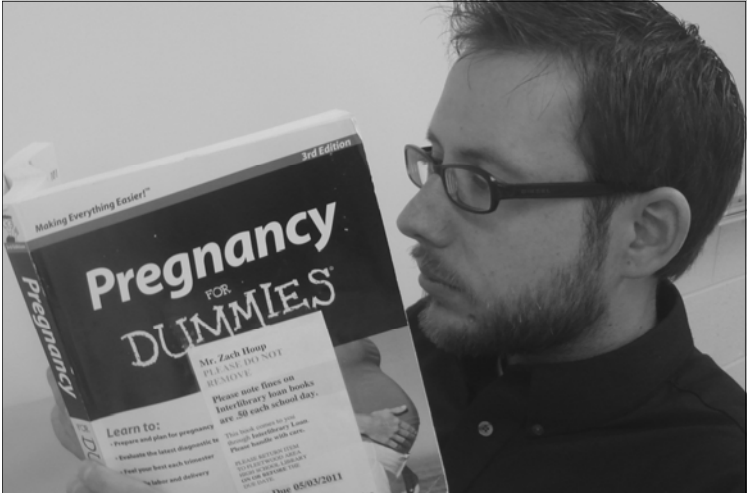
things for little Baby Houp," said Grandi, as she prefers to be known.

As for Papa Houp himself, he is already doing everything humanly possible in preparation for this baby. Mr. Houp and his wife have already started building the nursery with furniture from IKEA®. He is also undertaking many other preparations, including learning how to knit, learning Italian (so that he can create a bilingual household), taking birthing and parenting classes, registering at Babies-R-Us®, and taking

photography classes in order to document all of his child's moments.

"I'm so excited for the birth of my child," said Houp, "I plan on raising my child to share all of my best qualities."

By Abyssa Delp



Scotland a Unique Vacation Alternative

Travel

When people go on vacations, they usually visit somewhere tropical, with nicer weather than any place close to home. Some go east rather than south; some go west, but usually never north. There are many places in the world that aren't considered vacation hot-spots. How about somewhere that is still an island but doesn't have palm trees or white beaches? Why not green fields with a side of incessant rain?

The Highlands, Lowlands, and Islands of Scotland are generally mountainous with some of the highest elevations of the whole British Isles. Scotland has over 790 islands, which are divided into four main groups: Shetland, Orkney, Inner Hebrides, and Outer Hebrides. In addition,

numerous freshwater bodies including Loch Lomond and Loch Ness are located in Scotland.

The climate is temperate and oceanic, and weather tends to be very changeable. The country is warmed by the Atlantic and has mild winters with cool, wet summers.

The wildlife is typical for northwest Europe, and most of the larger mammals were hunted to extinction, including the Lynx, Brown Bear, Wolf, Elk, and Walrus. The Golden Eagle is a national icon, and there are important populations of seals and a significant variety of seabirds.

The economy is similar to that of other western countries, open and mixed.

The country has been dominated by heavy industry such as shipbuilding in Glasgow, coal mining, and steel industries.

The Scottish education system has always differed from the rest of the UK with an emphasis on studying abroad. Since Sparta in classical Greece, Scotland was one of the first countries to implement a system of public education.

Sixty-seven percent of the Scottish population is Christian, 2% is other, and 28% practices no religion at all. Since 1689, Scotland has had a Presbyterian system, which refers to many Christian churches adhering to the Calvinist theological tradition within Protestantism.

Scottish music is a significant

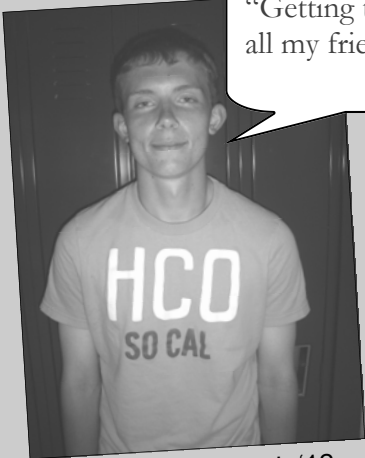
component of the nation's culture. A famous tradition is the Great Highland Bagpipe, along with the clàrsach (harp), fiddle, and accordion. Their national literature includes texts written in English, Scottish Gaelic, Scottish, French, and Latin.

The government is a Devolved Government within a Constitutional monarchy. The monarch is Elizabeth II, the First Minister (Head of Scottish Government) Alex Salmond, and the Prime Minister of the United Kingdom David Cameron. Based on the 2010 census, the population is 5,222,100.

By Morgan Adams

Random Cheese

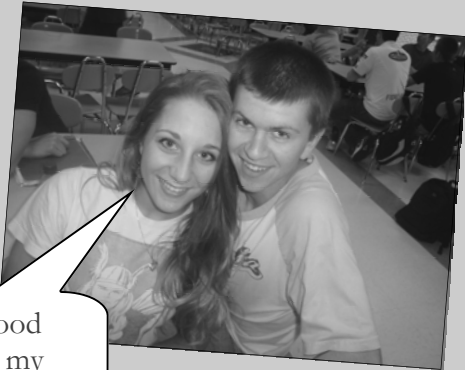
What is your favorite part of prom?



Ryan Hollenbach '12

"Getting to be with all my friends."

"Having a good time with all my friends."



Kaylie Vrabel '11

Seeing everyone dressed up."



Nikki Capitle '11
Karley Eberhart '11

"Getting dressed up and looking pretty for the night."



Brian Erb '12

"I don't like prom."

By Madison Rice