

Have Faith Within Sees New Success

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# the Tiger Times

## Nutrition of School Lunches May Face Less Regulation from Gov't

Politics

Do you enjoy the current lunches the school provides, even if some are not the healthiest possible choices?

Because of a new bill from Congress, your school lunch choices aren't going to be getting any healthier anytime soon.

The new bill, which was released 14 November, would decrease the limitations on serving potatoes in the lunch line. It would also allow pizza sauce to be counted as a vegetable. Many people consider this similar to the Reagan administration's attempt to classify ketchup as a vegetable to cut costs 30 years ago.

Meals served by schools that are supported by the federal government must contain a certain amount of vegetables, explaining some of the attempts to classify these foods as vegetables by Congress.

These proposals are based on recommendations made in 2009 by the Institute of Medicine. The proposal was made by Agriculture Secretary Tom Vilsack with the intention of cutting down childhood obesity.

This recent bill could become a big concern for health officials. Experts believe that unhealthy school lunches are the main cause for childhood obesity, and they're probably right. Obesity rates in recent years have more than doubled for infants aged two to five, and they have more than tripled for adolescents aged twelve to nineteen.

These restrictions would also unravel recent efforts by the U.S. Department of Agriculture (USDA) to make school lunches healthier. The USDA was hoping to raise standards for school lunches, which included restrictions on sodium. They also wanted to boost the use of whole grains and limit the use of potatoes at the lunch line.

Like it or not, the bill creating these school lunch changes will come into effect. Despite many efforts by the Obama administration and the USDA to make healthier school lunches, it looks like efforts will be in vain.

By Dan Norton

## Willow Creek Mentoring Program Proves Beneficial For Students School-wide

Academics

At Fleetwood Area High School, students are taking steps to ensure future generations develop the skills they need to be successful in a school environment. Willow Creek Elementary School and FAHS have joined together to form a mentoring program uniting kindergarten students with high school students.

Willow Creek's involvement in the mentoring program began right after its opening three years ago, and it has been in effect ever since. Colleen Berger, a kindergarten teacher at Willow Creek, decided to get her own class involved when the school opened.

"I wanted to get involved because of the many benefits that come with the program. These students seem to have a desire and are willing to make a commitment to be positive role models," Berger said.

The program involves mainly eleventh and twelfth grade students from the high school. They focus on improving language arts skills such as letter recognition, sounds, rhyming, blending, and eventually reading, as well as some math skills such as counting and adding.

"I think the mentoring program is wonderful for both my students and the high

school students," Berger said. "My kindergarten students love to see their mentors, and the high school students get a taste of what it would be like to work with five- and six-year-olds and the challenges that come with that. I believe it gives both age groups self-confidence."

Senior Margariete Malenda is one of the student leaders of the mentoring program this year. She has been involved with the program since her freshman year, when she began to see teaching as a potential career path.

"There is a great group of mentors this year, they are very enthusiastic. They show potential to be leaders for next year's program," said Malenda. "The program changes every year due to the number of elementary students and the cooperation of the mentors and teacher."

The mentoring program provides the kindergarten students with extra help by having an older student with whom to communicate. The benefits are immeasurable for both Berger's kindergarten class and the participating students of FAHS.

By Kelly Stumpf

## Prom Themes Beginning to Form within Committee

Recreation

Prom is always a memorable tradition highlighting the end of the school year as well as the end of public school for seniors. It is a night that will stay with them for the rest of their lives. With every prom, high expectations arise from the student body for this momentous high school occasion.

Last year the Inn at Reading hosted Fleetwood's junior/senior prom. It was planned, organized, and paid for by the junior class. The theme "Asian Escape" gave the students the feeling of a good old-fashioned Oriental time.

This year, the class of 2013 has set very high standards for planning of the prom. According to the senior class officers, it is almost time for them to start working. They started developing themes just this past month.

From that point until the night of the prom, the prom committee will be busy at work.

"We had to come up with a theme, get the decorations, book entertainment, reserve a venue, and decorate the venue," Senior Alyssa C. Delp said.

"There is obviously a lot of work to be done in order for things to go smoothly,"

Molly Flannery said. "The decorating took forever, so my advice would be to get everything planned way ahead of time."

The junior class is planning to host the prom at Stokesay Castle, one of Read

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ing's iconic locations.

"It's a beautiful venue, and I'm really excited to [have prom] there," Alyssa Delp said.

"[The juniors] better not mess this up," Dan Milloy said,

Seniors hope the event lives up to the hype because of the evening's importance. There is a lot of pressure on the juniors to provide an entertaining time.

Social studies teacher Dina Heffner, one of the junior class advisors, is planning to start a prom committee in early January. They will be meetings every Thursday after school starting on 5 January in Heffner's room. Their first plan of action is to get a student-developed themes and go from there. All juniors and seniors are invited to attend.

By Devin Wenzel

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# Impromptu Game *Quickhands* Quickly Gaining Popularity at Fleetwood High

Recreation

Coordination, Quickness, and Hands: these 3 components are what you need to be successful in the game of all games, Quickhands.

Some say it's been around since the years of the Cavemen. Other say they made it up this year.

Ryan Cortazzo, senior at Fleetwood, says differently.

"It started during baseball, 9th grade year, with some baseball guys. It derived from the baseball drill called quickhands."

Everyone has played a different version and might not even know it. Some might call it a lot of different things. The game is played with anything, usually a tennis ball or a full water bottle not yet opened. The purpose of the game is to not let the

ball or water bottle fall to the ground. There really is no winning or losing in this game. Just find some guys or girls, find something to use as the projectile, and make sure you have hands. Most people play with whatever they can find.

"I play in Devin [Wenzel's] basement, with Danny [Lopez] throwing gum at Devin and him catching it right before it hits the ground," Senior Matt McCammitt said.

The best way to play is to find something you can throw and, if someone walks by and they aren't looking at you, yell "hands!" or "quickhands!" and see if they indeed have quick hands.

Devin Wenzel said he plays with "anything [he] can find--worth less than \$1000, but more than \$10."

Participants could literally play this anywhere they would like. It's a game with no rules, no restrictions, except for the fact that you can't let it hit the ground. It's a great way to make friends.

"I met my holiday ball date by playing quick hands," Ryan Steward said.

One of Fleetwood's natural players, Edwin Enriquez, said the weirdest place he ever played was "in his friend Jake Yost's room, with a full Propel bottle."

This is a game that's been around for a while, and with a bottle or a ball, you too can play it. It's simple. Just be creative, and don't drop it.

By Danny Lopez

# Wenzel Signs Letter of Intent for Cincinnati

Sports

On November 11<sup>th</sup>, FAHS senior Devin Wenzel signed his national letter of intent to continue his education and play collegiate baseball for the University of Cincinnati Bearcats. He signed the letter in front of family, friends, and coaches in the Fleetwood High School Library.

Both of Wenzel's parents and some of his coaches made speeches congratulating Devin and praising his work ethic. Wenzel's mom promised to not cry but could not hold back tears of joy watching her son achieve his goal.

Coach Roland Green said, "Seeing my players, like Devin, achieve their goals is my favorite part of coaching."

Devin then made a speech thanking everyone and saying Fleetwood baseball is the

most important thing to him. After he read his speech, he signed on the dotted line, officially saying that he would become a student athlete for the University of Cincinnati and proceeded to put on his black Cincinnati baseball hat, showing that he chose to be a Bearcat. He hopes to play shortstop for the team, which plays in the Big East conference. He expects to start as a freshman and make a big impact on the team.

"It was a big relief to finally sign my letter of intent. I was happy with the outcome at the signing because I was able to celebrate it with friends and family. I was very nervous before my speech, I didn't want to mess it up. I was very happy with my decision after making my official visit in September. The campus, players, and coaches influenced my decision to choose Cincinnati," Wenzel said.

"To get ready for Big East competition, I will work out and play in a men's league. My advice for other athletes making their decision on a school is that it should be somewhere that fits you and your family's preference," Wenzel said.

Devin's signing event is just the start of what he hopes to be a very productive college career. He is very excited to become a student athlete at The University of Cincinnati and cannot wait to enroll there. Devin hopes to have a good season with the Fleetwood Tigers before moving on to the Bearcats.

By Ryan Steward

# *Have Faith Within* Thrives in Metalcore Genre

Arts/Entertainment

With sweet breakdowns, amazing vocals, and spectacular stomping action on stage from their bassist, Have Faith Within



is quickly becoming one of the youngest and meanest in the metalcore genre in Berks County and the surrounding area.

With Nick Drey (Bass) and Fleetwood's own Mitch Munoz (Drums), Zach Williams (Guitar), Colin Jensen (Vocals), and Logan Fox (Guitar), the group originally formed over the summer of 2009 but didn't become a strongly rehearsed group until August of 2010.

Have Faith Within is a Christian metalcore band that is in no way short of talent, including Jensen's lyrics.

"My favorite thing about

writing would be that I can put my personal view and feelings into the songs," Jensen said.

Logan Fox, the band's newest member, was welcomed warmly and put in a position to both play and write some intricate pieces on guitar. Munoz's unique and heavy drum styling, along with Nick and Zach performing some of the greatest stutter pieces, make their music a refreshing take in comparison to the local scene.

The band members in general are influenced by bands such as August Burns Red, For Today, After the Burial, This or the Apocalypse, The Devil Wears Prada, and Texas in July.

By Ryan Steward

Although the vocals and breakdowns may be some of the most brutal things created to date, every member of Have Faith Within is a great guy with a great message.

"Follow your dreams and be the person you want to be," Munoz said.

With plans to record in the near future, the band hopes to continue writing and performing even after high school. You can find them on Facebook, where they have music and keep fans updated on upcoming shows.

By Colin Underwood

Take Care Gets Mixed Reviews Months After Release

Review

On 15 November, one of the most popular rappers in music today, Drake--a.k.a. Aubrey Drake Graham--released his second studio album. The highly anticipated album is titled *Take Care*, and it was produced by Young Money Entertainment and Cash Money Records. *Take Care* opened at number one on the US Billboard 200 chart, selling 631,000 copies in its first week on the market.

The album includes three singles that all achieved a high amount of success on the charts, but the track "Headlines" received the most success, certifying gold by selling around 500,000 copies in the United States alone.

"Drake's album *Take Care* is better than his last album *Thank Me Later*. The best song on the album *Take Care* is 'Lord Knows.' I give the album four stars out of five," junior Micah Storms said.

"*Take Care* is not only Drake's best album, but it's the best album I have heard all year. The song 'The Motto' is my favorite song on the album; it is amazing. I give it a grade of four stars out of five; it is just an all-around good album. I think I will be listening to this album for a long time. It's great!" junior Anthony Parzanese said.

"I didn't like the album at all. It wasn't his best. I really don't have a favorite song from *Take Care*. I give it a grade of one star out of five. He can do much better," junior Sam Cabrera said.

I give it three stars out of five. The album has a good mix of songs. The lyrics in the songs clearly come right from his life, make sense, and flow very well; almost every song is a hit. "Undergrounds Kings" and "The Motto" are two tracks that are fast-moving songs and get your blood pumping. The album also has slower songs with great lyrics, such as the title track, which he sings with Rihanna.

This album is at the top of the iTunes chart, and I believe it will stay there for some time, since it is one of the best albums of the year. *Take Care* features a deeper side of "Drizzy," with powerful meanings behind his words unlike his previous albums.

## Tax Jump Expected in Fleetwood

Community

Residents of Fleetwood Borough may have something new to dread next year in the form of an 83% tax increase, an idea the Borough Council decided to advertise on Monday, 14 November.

This increase is for a proposed 2012 budget that will total over \$1.9 million.

The tax, if it makes it farther than the advertising phase, will raise the property tax rate \$2.5 million, including a \$1 million fire tax. According to the council, the hike is necessary because of a \$33,600 budget increase due to raised salaries, insurance, and utilities expenses.

Some council members are saying this budget is required to keep the same level of service expected by residents of Fleetwood and that this increase will be well in line with rates of similar-sized boroughs in the region.

In an article for the Reading Eagle, Councilman Peter R. Merkel spoke openly about the tax increase.

"I pay more for cable TV than I do for borough taxes, and what do you get for your borough taxes? A [heck] of a lot," Merkel said.

Not all council members are in favor of this drastic increase. Councilwoman Tammy L. Gore said she would not have a problem advertising the budget but is opposed to the budget itself.

By Leif Greiss

## Heffner and Students Begin FAHS's First Economic Challenge

School

Economic Challenge is something that has never been a part of FAHS before this year. As with most new clubs, not many are involved or even know about it. Dina Heffner, Economics teacher at FAHS, started the club to help both seniors taking Economics and those who are just fans of the topic.

"Economic Challenge is a national competition in which high school seniors answer questions to show their knowledge of economic-related topics," Heffner said.

"I just wanted to do it for fun," Senior Caleb Tanner, 1 of only 3 members of Economic Challenge, said.

The competitions are usually held in Lancaster, PA, sometime in March. In the first part of the challenge, Rounds I-III, individual students take a series of 20-minute tests consisting of fifteen five-option multiple choice questions.

The content covered in Rounds I through III is as follows: Round I – Microeconomics, Round II – Macroeconom-

ics, and Round III – International Economics and Current Events.

In the second part of the Challenge, Round IV, students are divided up into teams of 4. In this round, students work together to answer another set of fifteen questions.

"Any senior enrolled in a college prep. Economic class may be in the group, and practices are Tuesdays after school," Heffner, the one and only advisor of the Economic Challenge team, said.

"We meet weekly to work as a team to go over new concepts. Mrs. Heffner goes over them, but most of the time we are by ourselves," Matt Qualio, another member of the Economic Challenge, said.

It's something new to this school, and it's a good way to help seniors with economics. Any seniors interested in joining should go to Heffner's Room #8 to sign up now.

By Daniel Lopez

## Online Piracy Bill Passed

Politics

A new bill introduced on 26 October 2011 has recently been passed. Though the bill was still open to changes, it took effect on 15 December.

The SOPA Bill (Stop Online Piracy Act) will expand the ability of law enforcement and copyright holders to fight online trafficking and counterfeit goods as well as infringement. Infringement is a breach or infraction, as of law, right, obligation, violation, or transgression.

This bill would also make unauthorized streaming of copyrighted material a felony with a minimum of a five-year jail sentence. Many people complain that this bill will cripple the Internet and will counter the first amendment right to free speech.

"I really do not think this bill will work out because people can always find a way around things," Fleetwood sophomore Brandon Readinger said. "I think this bill is great and all, but I don't think people will obey it."

This bill has already been implemented in 16 other countries and with success, but Americans do not like this bill for the sheer fact that they perceive its influence will reduce their right of free speech.

By Jacob Lash

## Defense Issues Insanity Plea for Notorious Norwegian Murderer

News

The twenty-second of July, 2011, is a date that will live on in infamy forever as the date Anders Behring Breivik bombed the government buildings in Oslo, Norway, and proceeded to go to the island of Utaya and began to indiscriminately shoot members of a camp run by Norway's Worker's Youth League, killing 76 people, most of whom were teens.

Originally, Breivik was to face a possible 20 years in jail, the maximum possible sentence in Norway, but the prosecution was forced to change the charges brought against him to insanity. According to the court-

appointed psychologist, Breivik is a Paranoid Schizophrenic. This means he chooses his actions based on his perceptions of a fictional universe only he experiences.

According to reports, Breivik had convinced himself he was the future regent of Norway, a master of life and death, and "Europe's most per-



fect knight since WWII".

However, to receive the insanity status under which he is currently classified, it takes more than being unhinged. According to studies about him, he also feels no empathy for his victims and shows no restraint when he is asked to either demonstrate or explain how he committed the

acts.

Breivik is a supporter of a varying number of questionable ideologies that include cultural conservatism, ultranationalism, Islamophobia, antifeminism, and paramilitary organizations such as the Scorpions.

If the charges are proven in a court of law, he will spend an indefinite amount of time in what will most likely be a government-sanctioned sanatorium.

By Leif Greiss

## Social Networking Websites Alleged to Encourage Bullying in Students

School

Facebook is acknowledged by most as the most popular social networking site trending now. From twelve-year-old children to their very own grandparents, almost everyone has a Facebook account.

From the "Poking" of peers and family to starting a lengthy argument consisting of 200 comments, with its countless time-wasting options, Facebook has clearly become the king of procrastination for many students.

Unfortunately, not all is well in cyberspace. One common result of very popular social networking sites is cyber bullying, which can turn tragic, as evidenced in the media. Teen deaths and suicides have increased over the past few years partly be-

cause of teenagers not thinking that simply talking about another individual via the Internet makes an impact on someone. Fleetwood Area High School even falls victim to some of its own cyber bullying incidents.

"I don't know why someone would fight where everyone can see it," FAHS art teacher Diane Chisdak said.

Countless fights on Facebook start over simple and ridiculous things. It may not seem it, but one little comment can easily escalate to the point of no return and draw the attention of hundreds.

"It's important to keep kids from a small town entertained," Savannah Cameron, '12, said.

Many of the people on Facebook

choose to just sit back and watch the fight build, occasionally "liking" comments, Others like to join in to voice their own opinions. It is a public site after all, something people seem to forget.

What is posted on Facebook is open to the public, allowing every single person on one's friends list to interpret it as he or she wishes. The New York State senate has even been fighting to bring cyber bullying laws into effect, expanding the crime of manslaughter in the second degree to include "bullycide." Nonetheless, simple arguments can get ugly if the person being harassed decides to take action.

"I've been in quite a few [cyber] tussles myself, but they are all pointless,"

Senior Molly Flannery said.

"Please, if you are involved in some sort of verbal battle, do us all a favor and think before you comment on a post, picture, etc.," Edwin Enriquez said. "Although we all at one point have participated in an argument via Facebook, what is the simplest solution? Delete them! Chances are, no one cares what you are fighting about. If all else fails, the least you can do is to say something smart and not embarrass yourself for everyone to laugh at."

By Andy Moran



## Ugly Sweater Contest Names Palacz Winner

*School news*

A renaissance of sorts has occurred in recent years--a rebirth of wool and fleece, cardigans, and pullovers. To the dismay of many, Christmas sweaters have emerged as a new holiday trend. Yet this time, something is different: the wearers of these sweaters are happy to acknowledge their apparel is ugly.

These sweaters, varying in degrees of tackiness, have for many years been embraced by the elderly to display their Christmas cheer. The trend even falls to some middle-aged adults, who sport their reindeer threads to the absolute horror of their teenage children.

"I don't care for them, they're pretty terrible," said sophomore Tyler Angstadt.

Though the strong infatuation with Christmas sweaters, seen most heavily in the nineties, has seemingly died off, a new purpose has called them back into the spotlight.

Holding ugly sweater parties has become commonplace amongst both young adults and adults. Those who choose to

attend are likely to find themselves sifting through racks of clothing at thrift stores such as The Salvation Army and Goodwill in search of the most glaring Christmas eye-sores money can buy.

Designs range from a simple Christmas tree or two to galloping reindeer and jolly old Saint Nick himself. Harshly contrasting colors and laughably awkward designs abound, raising questions of who in the right mind would even pay a dime for such apparel. But that's the point: a worthy sweater is one that goes against all rules of fashion and self-respect.

The FAHS sophomore class held an ugly sweater event of their own, but one of a very different type--a competition of sorts. The guidelines were simple: there were jars placed in the cafeteria during lunches labeled with the names of potential victims: teachers Mr. Driesbach, Mr. Palacz, Mrs. Heffner, Mrs. Sahaydak, Mr. Walter, Ms. Nagle, and Mrs. Ackerman.

Students placed money, cash, or

coins in the jar belonging to the teacher they would most like to see donning a suitably hideous Christmas sweater. The first round of the competition began on 19 December and ended on 16 December, after which the totals were counted and the top three money-getters determined. The top three then competed starting the following Monday through Wednesday, 21 December.

Once the money was carefully counted, a single winner was chosen. The unfortunate victor of the competition was designated a sweater to be worn the following day during school.

"I think it'll be a good way to raise money and have a little fun," sophomore class historian Daquan Brown said.

History teacher Sue Nagle and representatives of the sophomore class hoped to see the fundraiser achieve great success in addition to bringing about a few holiday laughs.

*By Bradley Arndt*

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## Cool Math 4 Kids Entertains, Instructs

*Science/Technology*

There are hundreds of laptops and computers throughout the school. From the library to computer labs to the net-books in our high school English classrooms, Fleetwood Area High School is filled with technology. Students at Fleetwood have access to technology all the time. Whether they are researching or trying to pass the time of a study hall period, the school's Internet is always in use.

The IT department has rightfully set restrictions that limit the websites students can access. Every student at Fleetwood Area High School is well aware of the "Access Denied" alerts when trying to log on to a gaming website. Students'

hearts fill with fury every time the black screen with red lettering pops up. Despite the lack of access to gaming websites, Cool Math 4 Kids is always there to save the day and put a smile on students' faces. Seen as a haven to most students, this website is a place to get some entertaining relief from the wears of a long and stressful school day. Just making the digits one through six follow the mouse around on the home page is amusing enough, but the site offers over a 100 games to puzzle you.

When there is no homework to be done, most students can be found trying to defeat the various levels of *Sugar Sugar* or

*Papa's Pizzeria*. Students used to play *Line Rider*, *Frogger*, and *Tower Defense*, but too many scholars were logging on to play. The sites were soon shut down by the school. Those websites just do not have the same pizzazz for which the school's population is looking. Cool Math 4 Kids keeps it clean and fun. However, the reason it never goes away is the educational opportunities it provides.

"It trains my brain. It's better than just reading," senior Joe Mateo said.

The site did go away for a brief period of time, but too many hearts were broken. Outraged students were not able

to play their favorite games, which includes Parking Mania and B-Cubed. Luckily for students, the site was unblocked, and there was much rejoicing.

"I play anytime I'm at a computer in school," senior Joel Snyder said.

Cool Math 4 Kids can never go away. It plays too big a role in the education of Fleetwood students. Some students say that the best way to study for the SATs is to play Cool Math 4 Kids games. It teaches kids lessons like fractions, addition, and problem solving.

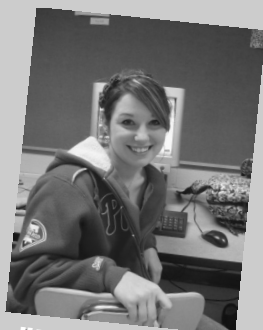
*By Devin Wenzel*

## Random Cheese

*By Kelly Stumpf*

With a new year comes new experiences and a chance to improve some aspect of yourself.

### What is your new year's resolution?



"I want to get more in shape."  
Casey Heffelfinger ('12)



"To walk."  
Skylar Luckenbill ('12)



"To be nicer to people."  
Kathy Jean-Paul ('12)



"To become a better football player for college."  
Darian Feick ('12)



"To not have one because they are ineffective and no one ever follows through with them."  
Seth Knauer ('12)