



A public forum for students of the Fleetwood Area School District

The Tiger Times

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The Tiger Times
803 North Richmond Street
Fleetwood, PA 19522
(610)-944-7656, ext. #2111

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Fleetwood Hosts First Overnight Mini-THON

School

On 10 February, Student council hosted its first overnight miniTHON. This comes after nearly eight months of planning the event.

Senior Emma Davies coordinated meetings once a week from the beginning of the school year in order to plan a successful fundraiser.

"Everyone worked very hard to make sure we could reach our goal by the end of the year," Davies said.

Some activities students could enjoy over the course of twelve hours were a D.J., Video Games, Four Square, Scooter Soccer, Crazy Kickball, and Bounce Castles. Students were also provided with two meals and snacks throughout the night.

The goal set by student council to raise for the Four Diamonds was \$8000. This is \$3000 more than their goal for the first miniTHON in 2015.

"I believe, if we really put our minds to it and get the student body involved, we will meet our goal easily," senior Erin Bogacki said.

Along with the actual miniTHON event, Student Council has multiple differ-



ent fundraisers planned to involve the community and meet the \$8000 dollars needed by 1 June. Some of the fundraisers include a miniTHON volleyball tournament, Zoup

Night, Panera Night, Chipotle Night, and the Mr. Fleetwood Pageant.

By Abigail Flannery

Largest Orca in Captivity Passes Away in Unnatural Habitat

Obituary

On 6 January 2017, Tilikum, the notorious SeaWorld orca, passed away. In 1983, Tilikum was kidnapped from his pod near Iceland when he was just two years old. He was the largest orca in captivity, measuring approximately 22.5 feet and weighing about 12,500 pounds.

Tilikum is just one of the many orcas that have been confined to tanks that are in size equivalent to bathtubs for these enormous sea giants.

In the wild, orcas can swim up to one hundred miles a day. They spend less than 20% of their time at the surface of the ocean, as they can dive to depths as deep as one thousand feet. SeaWorld's deepest tank reaches only forty feet.

Tilikum was also not the only orca that was torn from the wild. In 1965, Shamu the orca witnessed her mother being harpooned and killed by marine "cowboy" Ted Griffin, just before Shamu's capture. Many captive orcas were taken from the wild where they once thrived.

To avoid the discovery of their murder, four orcas had their stomachs slit open for rocks to fill them, had anchors tied to their tails, and then were sunk to the bottom of the ocean.

Tilikum was responsible for three human deaths while he was alive. The three casualties were Keltie Byrne, Daniel P. Dukes, and Dawn Brancheau. Cases of orcas killing humans in the wild has never been reported.

Tilikum spent two years in the wild and thirty-three years in captivity. During that time, Tilikum suffered from lung infections, fractured teeth (something that most orcas in captivity have, as well as collapsed dorsal fins.), Tilikum had also suffered from injuries related to being attacked by other whales while crammed in his tank.

Fighting is not unusual in captivity, nor in the wild. However, in the wild, the submissive can just swim away. In captivity, the whales are so close together that, usually, the fights escalate.

In 1989, an orca named Kandu had broken her jaw and her artery was severed when she attacked another orca. She bled out as her calf swam circles around her.

Another case is Nakai. In 2012, Nakai had his entire chin torn off when he took part in a fight with another whale.

The gnawing of the inside of the tank is not uncommon. In fact, almost all orcas in captivity have worn down, if not fractured, teeth. From boredom and stress, these creatures will grind their jaw, chew on the inside of their tanks, and gnaw on the steel gates that separate them from other whales.

A common practice is to drill holes into the orcas teeth. This procedure has continuous risk for infection for the rest of their lives.

"Based on the evidence, I would say that holding orcas captive is not the best idea. If it is possible to create a suitable confinement

for these animals, I feel that I would support it. However, if it is affecting the animal's well being, as it is now with the orcas, then that is not right," junior Dylan Claytor said.

To reduce the risk of infection, trainers perform a pulpotomy. This procedure involves no anesthetic for reasons that are unknown. Also, even if the whales do not need this practice, they receive the drilling and flushing routinely.

The average lifespan for orcas in the wild is estimated to be fifty to one-hundred years. The average lifespan for an orca in captivity, however, is twenty-nine years. The average age of death for orcas in captivity is thirteen years.

"The whales are conditioned to 'accept' the noise, heat, vibration, and obvious pain associated with drilling vertically through the tooth column and into the fleshy pulp below. Success is measured by blood spilling out of the hole, in which case it's apparent the bore is complete," a former SeaWorld trainer said in *Theorcanwordpress.com*.

Tilikum had this procedure conducted upon him three times a day, as do many other orcas to this day.

"I support the idea of helping to rehabilitate and care for animals that have been harmed; however, I do believe in releasing them back into the wild," science teacher science teacher Mrs. Stephanie Skelly said.

By Morgan Althouse



Penn State Loses Rose Bowl

Sports

Penn State Nittany Lions, #5, and Southern California Trojans, #9, fought tremendously for the title of college football champions. With a USC win, they were titled Rose Bowl champions of 2017.

On 2 January 2017, the University of Southern California gave Penn State a run for their money with a 52-49 win. It all start-

again with a 79-yard touchdown run, giving Penn State the boost they needed.

Not much further into the quarter, PSU scored another touchdown, increasing their lead by 7 points, leaving USC at 27 and PSU at 42.

Soon enough, Southern California realized they needed to come back as they con-

tinued to score the points they needed to win this game. They seemed to get back on track with a 10-play, 65-yard drive. A 13-yard touchdown pass to JuJu Smith-Schuster pulled them back in the game with a score of 42-35, with Penn State still in the lead.

Without backing down, Penn State scored yet another touchdown with a 7-yard TD pass to Saquon Barkley. The third quarter was defi-

nately in their favor; by the end of it, the score was a miraculous 49-35.

During the fourth quarter kick-off from USC, a Penn State player fumbled the ball, but PSU was given back the ball after it was determined a player on the ground gained possession.

Just a few minutes into fourth quarter, Trojan player Ronald Jones throws a 3-yard touchdown pass to JuJu Smith-Schuster, increasing their score to a whopping 49-42. Penn State was still in the lead.

In a tied ball game with a minute-and-fifty seconds left, Deonta Burnett scored once again. With Southern California in possession of the ball, the team decided to kick a field goal to earn those extra three points they needed to win.

The final score was 52-49 USC.

By Anna Koehle

NHS Welcomes New Inductees

School

On 23 February, the Fleetwood Area High School chapter of National Honor Society held its annual induction ceremony.

Each year, juniors and seniors are honored with induction. Students with a 92% grade average are invited to apply. They are accepted on criteria including academics, community, volunteering, sports, music, etc., according to the Fleetwood Area High School's website.

Applications are reviewed by an NHS committee of six teachers at the high school. In addition to the general standards, applicants are chosen based on the four main principles of National Honor Society: scholarship, leadership, service, and character.

Upon being recognized as members, students are required to complete five

hours of community/volunteer service and maintain the academic standards that are required for acceptance.

Having National Honor Society on one's resume is also good to display when applying for colleges and scholarships. National Honor Society was founded in 1921 in Pittsburgh. The National Honor Society website lists "creating enthusiasm for scholarship, stimulating a desire to render service, promoting leadership, and developing character" as the four main purposes for the organization.

Sam Greiss is the student president of the Fleetwood NHS chapter, Aubree Kilp is the treasurer, and Kyle Keirstead is the secretary.

By Benjamin Schittler

Do It Yourself: Lava Lamps

How-To

In the late 1960s, the lava lamp came to symbolize all things counterculture and psychedelic. The lamp was invented by Edward Craven Walker, a British accountant, who died at age 82.

Today we celebrate the 50th anniversary of the lava lamp. If you don't know how the lamps work, here is a quick scientific explanation.

The exact recipe is a proprietary secret, but a key ingredient is the solvent carbon tetrachloride, which adds weight to the otherwise buoyant wax. The heat source at the bottom of the lamp (light bulb) liquefies the waxy blob. As it expands, its density decreases, and it rises to the top, where it cools, congeals, and begins to sink back down.

Making your own lamp isn't as complicated as the one first invented. Here's why. In this craft, it isn't an actual lava lamp, but it is one that works just as well as the first, with no light or heat source needed. It won't last as long, but you can always reuse or remake it. In this activity, you will only need five key ingredients. They will be listed below as well as the instructions. Many par-

ents have rated this craft 4.5/5 stars due to the easy clean-up process and the time it takes to make the craft. This quick and easy experiment can be done with at-home products, which makes it all the better.

The supplies you will need are as listed:

- Water
- Oil
- Food Coloring
- A water bottle
- Alka-Seltzer Tablets

Fill the bottle about half way or a little more with oil and the rest of the way with water, leaving about an inch free at the top. Add several drops of food coloring, then break an Alka-Seltzer tablet into three or four pieces. Drop a piece of your choice into the bottle. As soon as the tablet hits the layer of water, it will start to fizz, and the colored water will erupt! Note that the bubbles will stop as soon as the tablet disintegrates, but they will start up again as soon as you add another tablet. If the oil becomes cloudy with tiny bubbles, just let it settle until they go away.

By Rayanna Celmer

German Club Makes Gingerbread Houses

School

The German club took part in Gingerbread house making for the recent holiday season. This event took place on 21 December 2016.

One may not be aware of the history of gingerbread houses. The edible mock houses one sees today originated in Germany due to the popular tale, *Hansel and Gretel*.

However, gingerbread being shaped into other forms dates back to monks doing so in Franconia. The popularization of gingerbread houses stems from the Grimm's 1812 fairy tale, *Hansel and Gretel*.

Ever since the publication of the children's book, gingerbread house construction has become a tradition for many. According to *Food Network*, one should do a multitude of steps. One should cream butter, brown sugar, cinnamon, molasses, baking soda, cloves, and, of course, ginger.

After then blending in water and flour, chill for approximately thirty minutes. When done with the mixing, preheat the oven to 375 degrees fahrenheit.

Then, cut out paper patterns to fit the gingerbread template. Cut out pieces to make up the walls of the house, the base, the roof line, and any other ad ons one feels the need to add.

Once completed with the paper patterns, roll out the gingerbread dough onto a pan. Place the paper patterns onto the dough and cut around them with a knife.

Bake the newly cut out dough patterns at about 375 degrees for fifteen minutes or until the dough feels firm.

After the dough is out of the oven, let the gingerbread cool. Once cool, use royal icing to decorate the gingerbread. Make houses, doors, and/or any other decorations one deems fit.

Finally, glue the house together using the leftover icing.

By Morgan Althouse





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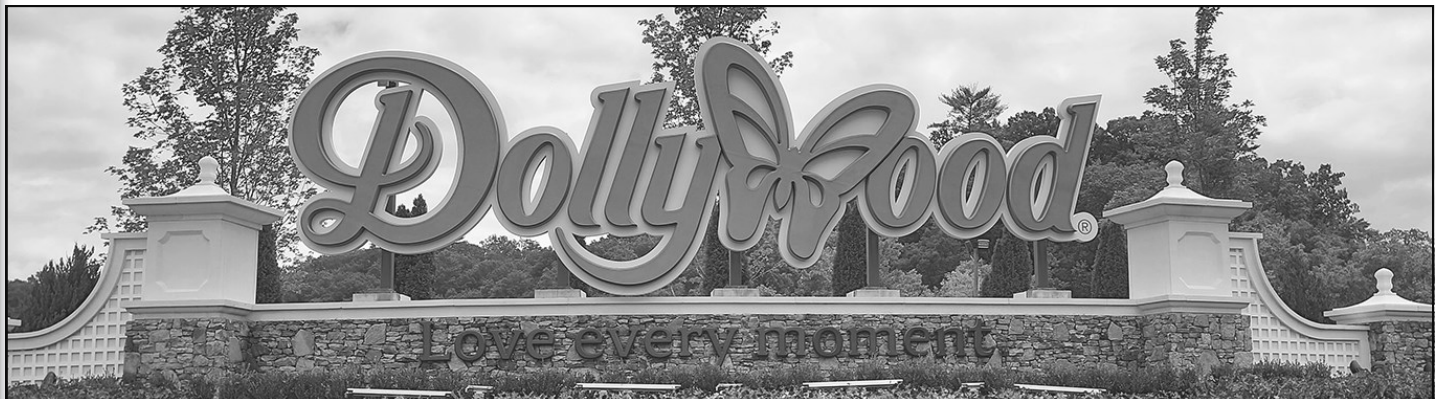
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Fleetwood Music Department Plans for trip to Tennessee, Dollywood

School



On April 6-9, the Fleetwood Area High School music department will be departing for Pigeon Forge, Tennessee, for their annual department trip. Students all across the department have been fundraising for several months to help pay for their travel and lodging fees.

"I'm not very good at fundraising, but I received a fair amount of money through the fundraisers we did", freshman chorus member Katie Fanrak said.

There are many things students

will get to enjoy during their time down south, such as various tourist attractions and competitions with their ensembles.

"I'm looking forward to enjoying my friends' performances and getting to have fun at Dollywood," sophomore Cassidy Veas said.

For many students, this will be their first trip with the department.

"I really don't know what to expect, but I'm very excited about the trip," freshman Avery Millisock said.

The trip to Pittsburgh, PA, during the 2015-16 school year received positive feedback from the majority of students who attended, and this year's trip is sure to do the same.

"I enjoyed a lot about Pittsburgh last year and can't wait for my senior music trip to begin," senior Emma Davies said.

By Abigail Flannery

Annual Art Event Inspires, Inspired by Many Young Artists

School



On 25 February, 2017, the Fleetwood Art Department hosted the annual Art Event.

Students of all grades from a variety of art classes held their own creation stations for local children to come take part in fundraising for the department.

"To prepare for the art event, we had to line up each station and collect necessary materials. Prices had to be set for each stand, and the students responsible for the area set up their station.

Vendors were also contacted, and performances were based on student sign-

up," junior Aubrey Laity said. Their hard work certainly paid off.

"Art event was so fun! It was neat to work together with peers to provide a fun event for the community," junior Maya Evans said.

Some stations that kids could enjoy included Spin Art, Snow Globe Making, Bubble Art, and Rock Painting. Rebecca Duca won the award for best station with her snow globe making table.

Many older students from the school attended in support of the department as well.

"My favorite part of the event was seeing all of my artsy friends being around the things that they have a passion for," junior Sebastian Kukiella said.

Those who attended appreciated the work that art students put forth to make the day possible.

"The art event offered a unique environment that felt welcoming to all. Many of the art students put so much time into this event, and it definitely paid off. I had a great time," senior Emma Davies said.

By Abigail Flannery



FAHS Tennis Recruiting New Members

School

As the upcoming boys' tennis season quickly approaches, many members are looking ahead with great optimism. Players include freshmen Josh Kopysienski, Zach Haas, Vincent Rud- derow, and Aaron Poper; sophomores Nicholas Miller and Nico Touch; juniors Austin Brown and Shawn Bessey; and seniors Kyle Keirstead, Adam Cook, Harry Zheng, Max Pavlick, Jeremy Heist, Cole Strange, and Zachary Shucraft.

"I think we'll perform pretty similar- ly. We're hoping for Berks playoffs as well as district playoffs," head coach Mr. Joshua Werstler said.

Winning Berks and district playoffs have always been in their sights; they have made it to both in the past.

"I played in the Berks playoffs as a junior," senior Kyle Keirstead said. "I think we have a very strong lineup this year led by some experienced seniors that will do very well. As an individual, I am looking forward to improving on my record from last year, and I believe it will be a good season."

"I really have confidence in me grow- ing as a player, but I'm not sure if I will play in the future," sophomore Nico Touch said. "I really hope to reach our goal of performing in playoffs. Once--or if--we get in, we usually have trouble, and we always run into a few private schools who have pretty good players. We nor- mally expand on the postseason as well," Werstler said.

Brian Gessi is also stepping up once again as assistant coach for the 2017 season.

By Anna Koehle

Keep Your Hair Healthy with a Few Simple Steps

How-To

Hair is what makes everyone different. It defines you. Do you take care of it?

There are many ways to make sure that your hair is happy and healthy. Many people believe that hair should be washed once a day, but it is rec- ommended that hair is washed two to three times a week. The oils that you naturally produce help to keep your scalp from being dry.

When washing your hair daily, the chemicals strip away the oils that you need and shampoo can't provide.

A tip that people overlook is that shampoo is meant for the scalp and not the ends of your hair. Conditioner is meant for the ends and not the scalp. Shampoo acts as a drying agent, so, if you scrub the ends of your hair with it, you run the risk of drying your hair out more quickly than usual.

Overwashing colored hair can also cause your hair to become dry and start cracking. It is said that using too hot of water to wash hair can cause tangles, and that poses the risk of breakage.

Dry shampoo is an option to help soak up some of the extra oil as well. Using clean brushes and running them through hair twice a day will also help.

The most common step to help pro- tect hair is to avoid heat which is a well known risk. Some people cannot completely avoid the use of heat, so another alternative is to purchase a protectant spray before applying heat. Note that it won't completely protect from total breakage, but it will eliminate it as much as possible

By Rayanna Celmer

March Student of The Month

School

The senior students of the month nominees for the month of March are Tyler Manmiller and Katelyn Schoener, who have both been recog- nized for excellence in their school and community.

Katelyn Schoener is the daughter of Scott and Michele Schoener and the sister of Bradley and Alexis Schoener. Throughout her high school career, Schoener has dedicated much of her time to extracurricular activities. She's been a part of girls' basketball,



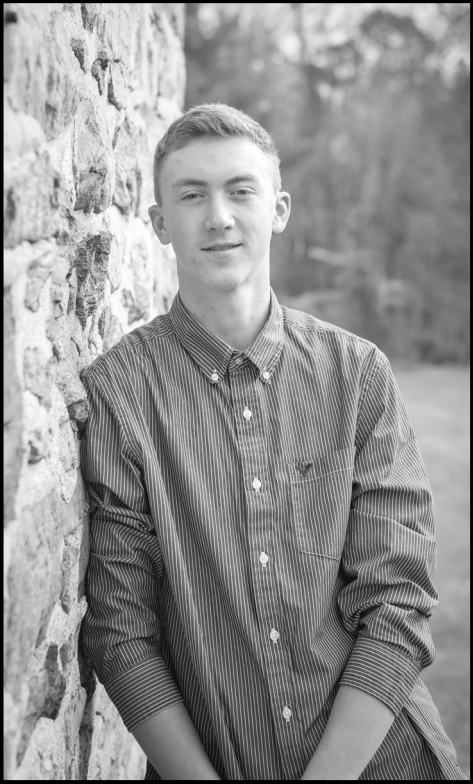
girls' soccer, and track and field ever since her freshmen year. Schoener also dedicates her time to FBLA, student council, Relay for Life, and National Honor Society.

What Schoener believes has earned her the Student of the Month position is her excel- lent work ethic and her leadership in and out of the classroom. Katelyn strives to help everyone. Schoener's plans after high school are to attend Alvernia University to obtain her doctorate in physical therapy. She will also be playing soccer there.

Tyler Manmiller is the son of John and Ann Manmiller. Manmiller is the president of orchestra, is involved in the pit orchestra for the play, and plays baseball as well. His role models are both of his grandfathers, Lefty Oswald and Larry Manmiller, for all of the advice they've given him and for showing him to never give up on anything. Tyler's plans after high school in- clude attending Alvernia University to major in criminal justice.

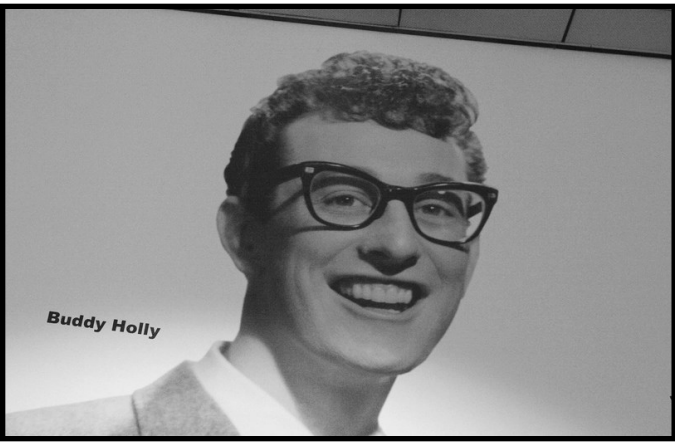
What Manmiller believes has earned him the Student of the Month position is his willingness to help any friend or teacher in need, whenever they ask. Also, he puts in solid work ethic in everything in which he takes part.

By Anna Koehle



Buddy Holly Presentation Entertains Students

School



The group was booked at the Apollo Thea- tre in Harlem, New York. The band performed "Peggy Sue" on the Ed Sullivan show.

Buddy was the first to put together a three piece band. This band consisted of, Jerry Allison, Buddy Holly, and Joe B. Mauldin.

In early 1958, Buddy asked Maria Elena Holly to be his wife. He asked for her hand on their first date. They were married in Buddy's hometown of

Lubbock two months later.

The last song Buddy ever recorded was in 1959 and was titled "It Doesn't Matter Anymore." On the Winter Dance Party tour, buddy's tour bus kept breaking down. Having endured the frigid temperatures for too long, he chartered a flight to their next tour stop.

Minutes after the flight took off, the plane crashed and killed everyone onboard. Hol- ly, Ritchie Valens, and Jiles Perry "J.P." Richard- son, Jr., more commonly known as The Big Bopper, were killed, along with the pilot. Buddy Holly was twenty-two when he was killed. Ritchie valens was seventeen, and the Big Bop- per was twenty-eight.

Even though Holly passed away, his influence did not. In 1964, Keith Richards cov- ered the Buddy Holly song, "Not Fade Away." In a Rolling Stones interview, famous singer Bruce Springsteen said, "I play Buddy Holly every night before I go on; that keeps me hon- est".

John Fogerty inaugurated Buddy Holly into the Rock and Roll Hall of Fame the first year it opened.

In Lubbock, The Buddy Holly Hall of Performing Arts has been announced for immi- nent construction.

By Morgan Althouse

How Too Much TV Can Af- fect You're Brain.

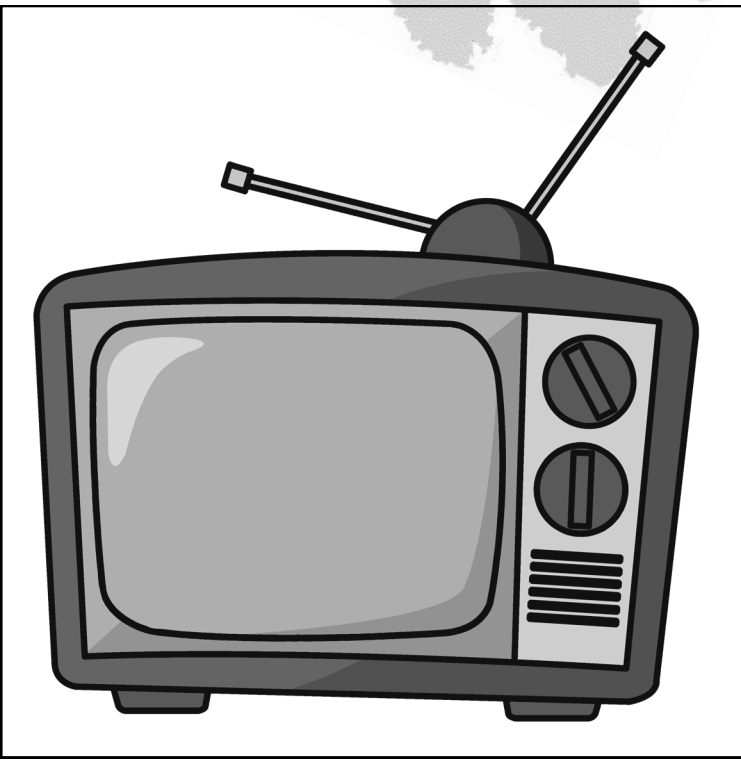
Entertainment

Studies show that the amount of TV time per day can affect the way you live. According to livescience.com, people who watch a lot of television and don't exercise much at all may begin to see the effects of their unhealthy living habits on their brains as early as their midlife.

"Being physically active at any time in your life is good for your brain," study author Tina D. Hoang of the Northern Califor- nia Institute for Research and Education at the Veterans Affairs Medical Center in San Francis- co said.

Not only does staying parked in front of the TV for hours affect your brain, but it could also increase the risk of dying from a blood clot in the lungs, a new study in Japan finds.

A pulmonary embolism is a blood clot in the lung that can be caused by sitting in front of the TV for five hours or more. Research shows that people who watch television longer than five hours every day are affected, rather than people who watch two-and-a-half or less. These pulmonary embolisms can be deadly. According to APS Foundation of America, over 600,000 people have a pulmonary embolism each year, and more than 60,000 of them die. To reduce the chances of blood clots and to get blood flowing, stand up after an hour or so,



stretch, and walk around. You could also sit, tense, and relax your leg muscles for five minutes.

MRI scans prove that kids who spend more time in front of the television have greater amounts of grey in front of the frontopolar cortex, the area in front of the frontal lobe. The increase of TV watching has been linked with lower verbal intelligence, says authors from Tohoku University in the city of Sendai. These authors suggested that this grey matter could be compared to body weight and says these brain areas need to be pruned during childhood in order to be operated officially later in their life.

By Anna Koehle

76ers Make Line-up Changes

Sports

The Philadelphia 76ers’ “process” is slowly falling apart as the season continues forward. This “process” first started when the seven-foot center Joel Embiid was drafted third overall by the Sixers.

Sam Hinkie was the General Manager for the Philadelphia 76ers when Joel Embiid and other Sixers players were drafted. He was the man who started “The Process” and is the main reason it exists.

Joel Embiid was a star at the University of Kansas. When he was drafted by the Sixers, he created a memo, saying “Trust the Process.”

Embiid was injured and was out his first couple years due to injury, but his first year back was this NBA season, and he was in contention for the Rookie of the Year Award, basically winning the award by a long shot, even though he was on minute restriction and hardly ever played back to-back-to-back games because he would sit out to rest.

All the other players on the team started playing much better, and the team started winning games. Ersan Ilyasova was a valuable addition to the team, as he would spread out the floor nicely. Robert Covington was a solid role player who did what he needed to do and was making other players better.

T.J. McConnell was a great fit in the system as the starting point guard, and his

passion for the game and love for the city made it easier for Philadelphia fans to love him.

Right after the All-Star weekend ended, things started going downhill for Philadelphia. First, Ben Simmons, who was scheduled to make his debut after the All-Star weekend, was ruled out for the rest of the season.

Then, Joel Embiid, who has been sitting to heal his knee from a minor injury, was ruled out for the rest of the season as well.

The Sixers then went on and traded away Ersan Ilyasova and Nerlens Noel, who are both two key contributors. With trading both of these players away, the team was hoping to find someone or something big out of one of the trades but didn’t seem to get much out of either of them.

The Sixers hope to finish this season strong and find some good luck in the draft, securing a high pick, and also getting the Lakers’ pick if it is out of the top three.

Two new rookies could really help the team for next season. This year’s draft is a very strong draft and looks to put many talented guards into the league, which could really help the Sixers if they find the right players.

By McKenab Rapposelli

Spicy Potato Curry Offers a Vegan Kick

How To

A spicy vegan potato curry dish is an easy-to-make meal. This recipe can suit just about any occasion.

To make this dish, one must have the appropriate ingredients. To start off, have five peeled and cubed potatoes ready. If one chooses to do so, more potatoes can be added.

After the dicing of the potatoes, add three tablespoons of vegetable oil. Also, dice up one brown or yellow onion, and add three minced garlic cloves.

After the garlic cloves, add two teaspoons of salt and pepper, five teaspoons of curry powder, four teaspoons of garam masala, and two-and-a-half teaspoons of ground cumin.

Two teaspoons of cayenne pepper should also be added. Peel one ginger root and have it minced. If ginger roots are not available, you can replace it with extra onions. Add one can of diced tomatoes. If you so desire, chopping up tomatoes is also recommended.

One-and-a-half cans of coconut milk is also required. Garbanzo beans, as well as peas, can be added.

Once all the ingredients are ready to be prepared, place the potatoes in a pot of salted water for about fifteen minutes. After the potatoes are tender, allow them to dry for

five minutes.

Roast vegetable oil in a medium-to-large sized skillet over high heat. Add garlic and onions and stir until the onions have turned a clearish color and are soft. This should take less than ten minutes.

Once the onions are ready, add the garam masala, salt, cayenne pepper, cumin, and ginger. After these ingredients have been added, let them cook for about five minutes.

Once those have simmered, add in the potatoes, peas, tomatoes, and garbanzo beans. Then, pour in the coconut milk and let the mix cook for about fifteen minutes before serving.

By Morgan Althouse

Egyptian Koshary a Unique Culinary Treat

How To

Egyptian koshary consists of many different ingredients. First, you start with the base, which is the white rice. Some people like to make the rice with lentils. Another part of the base is the pasta. The pasta plays a big role in the dish. It is usually cooked al dente. Next, you add the chickpeas and the tomato sauce, flavoured with plenty of garlic, cumin, a dash of vinegar, and chilli powder. Next is the “dakka,” which is a punchy combination of raw minced garlic, vinegar, spices, and chilli; this is essential to the koshary experience. Finally, you add the fried onions on top of

the dish as a type of delicious garnish.

FOR THE FRIED ONIONS

- Vegetable oil
- 4 brown onions, sliced into half rings
- 1 tsp. Salt

FOR THE KOSHARY BASE

- 270g brown lentils, soaked overnight
- 500g white rice washed 3 times & drained well
- 800ml water
- 1.5 tsp salt

FOR THE TOMATO SAUCE

- 5 cloves garlic, minced
- 600g tomato paste (salsa in Arabic)
- 1L water
- 1 tsp. ground cumin
- 1 tsp. ground coriander
- 1 tsp. chilli powder, optional
- 1 tbsp. sugar
- salt & pepper to taste
- 3 tbsp. white vinegar

FOR THE DAKKA

- 3 cloves garlic, minced
- 1 tsp. ground cumin

- 1 tsp. ground coriander
- ½ tsp. chilli powder
- ½ tsp. salt
- 3 tbsp. white vinegar
- ¼ cup water
- a squeeze of lemon juice

TO SERVE:

- 1 packet ditalini pasta, cooked according to packet instructions
- 1 can of cooked chickpeas, rinsed and drained

By Mina Isaac

Our 2016 Season

Spring Show

Greater Tuna

Directed By Jeff Jones
March 3, 4, 5, & 6

Spring Junior Production

Big Bad Musical

Director position open
June

Summer Musical

THE PRODUCERS

Directed By Tara Sands
July 21, 22, & 23

Fall Show

Love, Sex, & The I.R.S.

Directed by Brian Miller
October 21, 22, 23, 28, 29 & 30

Junior Holiday Show

I Hate Christmas

Director: TBA
December

Talent Contest

August

Spaghetti & Song

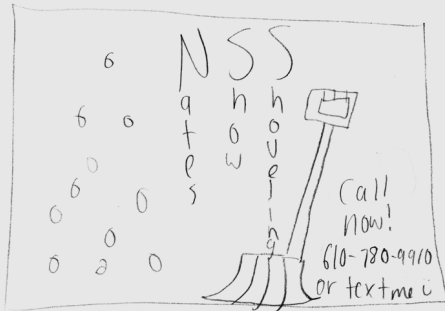
Directed By
Jeannette DeAngelo
September 30 & Oct 1



P.O. Box 12
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DIY: Stress Balls

DIY: No-Sew T-shirt Bag

How-To

Stress is a big part of today's society, and not one person will ever be completely "stress free." There are many ways to relieve it, and one of the well known ways is stress balls. Many stress toys can be found at local stores. Even businesses hand them out with company labels on them to promote their businesses. Human hands have many nerves in them, all of which are connected to your brain. When you squeeze the ball, the nerves in your hand get stimulated, thereby stimulating parts of your brain and triggering the release of endorphins, which combat stress, improve mood, and fight pain. Playing with a stress ball and squeezing it can help you take your mind off of whatever's bothering you, letting your mind relax for a few minutes.

There are a couple of ways to use the stress ball for exercising the wrist, hand, and finger muscles. To improve wrist strength, you can squeeze for a count of three and release and repeat that at least 10 times. To improve finger strength, you can pinch the ball between your thumb and each finger one at a time. As a hand strengthening exercise, you can twist the stress ball in both hands. Alternate



the direction of twisting to get the full benefit.

You can also make your own stress ball that is softer than foam, and might even be cheaper than purchasing one. Here's how (if you can't find one for free)!

Mix a cup of water with two cups of cornstarch. Stir the mixture until goopy. You should feel resistance when stirring quickly and no resistance when stirring slowly. This is as a result of the fact that the oobleck mixture is a non-newtonian fluid and turns solid when pressure or force is applied. Pour the oobleck mixture into a water bottle. Attach the opening of a balloon to the top of the water bottle. Flip over and squeeze the contents into the balloon until full. Taking care not to let any air bubbles get into the balloon, take the balloon off and tie it in a knot. Take another balloon and cut the end off. Wrap this over the filled balloon to cover up the knot. Overlap it with tape to make it stronger.

By Rayanna Celmer

How-To

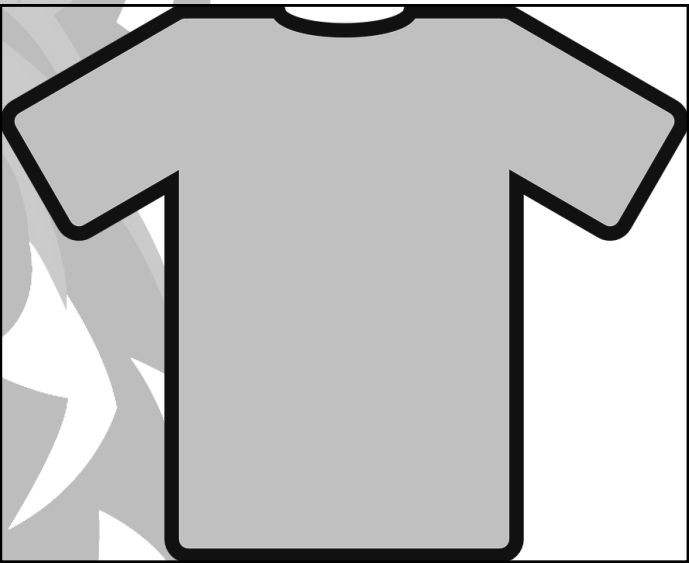
If you are not the most crafty person or have a tough time with needles and thread, then keep reading. A way to make a stylish, cost-efficient bag without having to sew anything has been found.

It has been trending on the DIY scale for a while. Many people enjoy this quick, ten-minute craft and find it very useful as well. Women often use them as diaper bags or bags for the beach. It is a quick grab-and-go bag. It's light, and the soft cotton material won't bother your neck and shoulders, which is a frequent complaint among many handbags. Here is how you can make your own:

The first step is to grab any shirt you would like, old or new, and cut the sleeves off of it. You can fold the shirt in half to make it easier to cut both sleeves off at the seams to make an even cut if you have thin material. If the material used is thick, it is recommended that it is cut one sleeve at a time.

Next, you must cut the seams around the neckhole. You can use a bowl to make the cut a bit bigger than the normal sized hole. This will be the opening, or top, of the bag.

After cutting the neck hole, you



have to decide how large you want the body of the bag to be. It will work easier if you turn the shirt inside out. That way you can mark the specific line you would like to cut.

Once the line is cut, you will have to cut the front and back material of the shirt in vertical sections about an inch apart. After those are cut, you should be able to tie them together. You can double knot the slits for more support.

You then flip the bag inside out again, and you have your completed product!

For added accessories, you can (and should) bedazzle it with gemstones, or you can cut the sleeves and tie them in a knot as well for a smaller strap.

By Rayanna Celmer

Random Cheese

If you only had one day to live, what would you do?

"Play Xbox and hang out with girlfriends," senior Ben Schuker said.



"Spend the whole day with the family," math teacher Mr. Matthew Farr said.

"Sleep," senior Kirsten Werst said.



"Figure out the craziest way to die and do it," senior Sydney Lobb said.



"Steal a private jet and travel the world," senior Lexi Nowotarski said.



"Go to Six Flags and ride those [crazy] rollercoasters until I die," junior Ruben Gomez said.



By Mina Isaac

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How To Make Broccoli Cheddar Soup from Panera at Home

How-To



Panera is a very popular place to eat at any time of day. The homemade bread bowls and soups are some of the most popular menu options (next to the mac-and-cheese, of course). The fresh bread and fresh soup will warm you up on a cold winter night. Luckily, you can make it at home instead of buying it at the restaurant itself! Here's how...

Ingredients:

- 6 tablespoons unsalted butter
- 1 small onion, chopped
- 1/4 cup all-purpose flour
- 2 cups half-and-half
- 3 cups low-sodium chicken broth
- 2 bay leaves
- 1/4 teaspoon freshly grated nutmeg
- Kosher salt and freshly ground pepper
- 4 7 -inch sourdough bread boules (round loaves)
- 4 cups broccoli florets (about 1 head)

- 1 large carrot, diced
- 2 1/2 cups (about 8 ounces) grated sharp white and yellow cheddar cheese, plus more for garnish

Directions

Melt the butter in a large Dutch oven or pot over medium heat. Add the onion and cook until tender, about 5 minutes. Whisk in the flour and cook until golden, 3 to 4 minutes; then gradually whisk in the half-and-half until smooth. Add the chicken broth, bay leaves, and nutmeg; then season with salt and pepper and bring to a simmer. Reduce the heat to medium-low and cook, uncovered, until thickened, about 20 minutes. Meanwhile, prepare the bread bowls: Using a sharp knife, cut a circle into the top of each loaf, leaving a 1-inch border all around. Remove the bread top; then hollow out the middle with a fork or your fingers, leaving a thick bread shell. Add the broccoli and carrots to the broth mixture and simmer until tender, about 20 minutes. Discard the bay leaves. Puree the soup in batches in a blender until smooth; you'll still have flecks of carrot and broccoli. Return to the pot. (Or, puree the soup in the pot with an immersion blender.) Add the cheese to the soup and whisk over medium heat until melted. Add up to 3/4 cup water if the soup is too thick. Ladle into the bread bowls, and garnish with cheese.

By Rayanna Celmer

New Student Teachers Bring New Ideas Into Classrooms

School

Fleetwood Area School District is hosting several Kutztown University student teachers, and starting this academic year, the student teaching program started running for a full college semester.

“Yes, I do enjoy coming to teach at Fleetwood because it has a very inviting environment,” Mrs. Sarah Wilkinson’s student teacher Miss Milione said. “The students and staff have made my experience thus far very memorable, and I am learning a lot. Although I would have enjoyed my time anywhere because of my love for teaching, I am glad I chose Fleetwood because the students here motivate me to be better every day.”

“I love it! I’m still friends with all three of the student teachers that came through Fleetwood that I had, and Miss M. will be my fourth,” Wilkinson said. “I love getting fresh new ideas from them because they are always creative and motivated.” There are many requirements one needs to be a student teacher. A student who wants to be a student teacher must have a 3.0 grade point average, must finish all of their

classes, and must take the PAPAS/PRAXIS standardized tests.

Also, students must have passed background checks and clearances. They must complete PSSA training, must have completed a mandated reporter program, and must attend a student teaching orientation.

Securing a job after student teaching can be very easy, or it can be very difficult, often depending on one’s discipline. Certain subjects are harder to move into than others. Social studies, in particular, is a very difficult subject to find employment.

For many student teachers, the experience can be very nerve racking to stand in front a bunch of students, try to teach, have the kids pay attention, and not goof off in class. Kids are still supposed to treat the student teacher as obediently and professionally as their real teacher because they deserve the same amount of respect as any other teacher does.

By McKenah Rapposelli

Two Arrested in Berks County for Drug Trafficking

Cops & Courts

In August of 2016, the BCDTF (Berks County Drug Task Force) initiated a drug investigation into a heroin trafficking organization within Berks County. After numerous complaints were placed, undercover and controlled heroin was purchased, and information from confidential sources was received, police knew they had to do something.

During this investigation, detectives found that the organization was distributing large amounts of heroin to many mid-level drug dealers. The BCDTF believes that the organization was being led by two suspects who had multiple addresses in the city of Reading, P.A. These individuals were identified as Luis Francisco Acosta-Reyes and Roberto Rodriguez-Jimenez.

Two of the residencies the police had uncovered were 445 Mulberry Street

and 905 Greenwich Street, Reading, P.A. They were found at 445 Mulberry Street, and police searched both apartments when to discover \$1 million worth of heroin, \$38000 of Fentanyl, and a semi-automatic handgun.

Acosta-Reyes and Rodriguez-Jimenez were transported to the Berks County Sheriff’s Department Central Processing Center for processing and arrangement. The two men were arraigned by District Judge Ann Young, and bail was set for \$1 million on each suspect.

“I don’t understand why people sell or do drugs in the first place, there’s really no point in any of it,” sophomore Addison Procak said.

By Anna Koehle

Golf Team Recruits Players to Hit the Links

School

As the winter sports come to a close, the fall sports begin to make their way into the interests of many students. With that in mind, there is one fall sport many overlook and don’t think sign up for. The golf team may be in the process of being ignored by the larger student body, and they need new enthusiastic athletes to join.

Over half of the team this year is graduating, and many spots will be open for anyone willing to join. There are many reasons why the golf team will be a rewarding experience. The season is relatively short, and past members were interested in the cool jerseys given to them.

“You get to play free golf,” team coach Mr. Matthew Kellet said. “You get to be outside every day, working on your skills. You can get outside and have a good time with your friends, and it’s a good thing to help

represent our school.”

“If you have the slightest interest in the sport, I recommend signing up,” past member Nick Tomko said. To sign up for this activity, look for sign-up sheets soon for fall sports.

By Ana Tomko





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Book Club Seeking Readers

School



English teacher Mrs. Sarah Wilkinson holds Book Club in her classroom once every month. She assigns a book for the students to read, and they have one month to finish the book.

Once the book is finished and it is the date that she assigns the meeting on, all the students come to her room that day and discuss what the book was about. While they are in the meeting, kids bring in food for all the other students to eat and for everyone to enjoy their time.

Wilkinson does not pick the books for each year. At the end of one year, she will have the kids bring in their own books. If the kids like the books,

then they suggest the books to Wilkinson, and if they don't like it, they tell her it isn't a good book.

Not only is it an exciting club to attend, but it also will look good for colleges.

If a student goes to book club, the college will like to see that this student will do clubs out of school and are very active with school activities.

A lot of colleges like to see kids being active out of school and not just having good grades and working hard in the classroom.

This club can be fun and could also be helpful at the same time, and Wilkinson and student teacher Mrs. Milione would love it if people would come out and join them once a month for a good read.

By McKenah Rapposelli

Where Is the Borderline Between Animal Rights and Animal Abuse?

Opinion

Over 56 billion farm animals are killed each year for food. Fish and other sea animals' death toll is so great that the only measurement justifiable is tons.

More than 100 million animals, including dogs, cats, monkeys, birds, rats, mice, fish, pigs, rabbits, guinea pigs, hamsters, and frogs are killed each year for laboratory testing. Moreover, more than 20,000 animals die in the entertainment business each year.

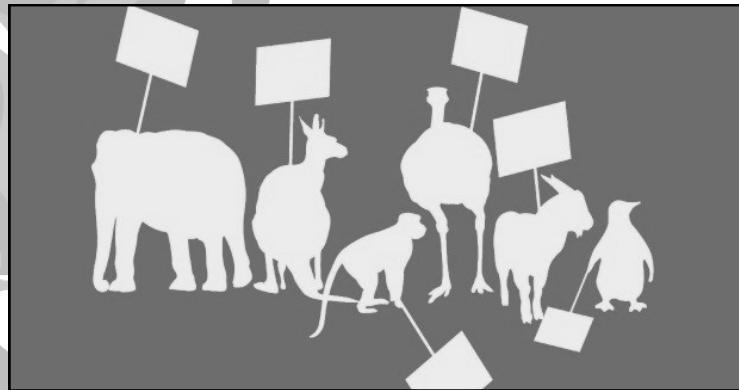
Animals have little to no rights. Allegedly, animals that lack capacity for free moral judgement have no rights. Though species such as chimpanzees are very intelligent and show self recognition, harmful tests are still performed on them, and some are still used for entertainment.

Laws state that slaughterhouses must have humane ways of killing the livestock. However, countless reports and evidence clearly show and state how the animals are actually being treated.

Many animals are tortured inadvertently before being killed. They would never know what freedom would feel like. Most will never see the light of day. Cows are among the many animals that are often times hung upside down and cut in various places. This is all conducted on them while they are still alive.

Slaughterhouses are not the only form of violating animals' natural rights.

Many entertainment businesses force animals to do things, and they are punished if they do not obey. Chimpanzees, elephants, dogs, cats, horses, birds, monkeys, tigers, lions, and a plethora of other breeds of animals are subjected



to the cruel ways of the entertainment business.

Organizations such as People For The Ethical Treatment Of Animals (PETA) advertise some of the horrors animals face. Organizations such as these provide a way for information to be disseminated to the public to make change. "I think that animals are subjected to harm because they don't have a voice. If they could speak, I'm certain that the world would look at animals in a very different way," sophomore Kyle Agostinelli said.

The intelligence of animals is also something that is rarely taken into consideration. Animals such as chickens are known to have communication skills relating to that of some primates. However, even though these intelligent creatures are now proven to be relatively smart and have complex bonding patterns, 17,000 of them are slaughtered per minute.

"Scientists at the University of Cambridge have found that the creatures have the brainpower to equal rodents, monkeys and, in some tests, even humans," Scientific American said.

By Morgan Althouse

Random Cheese

What are you going to (or did you) miss most about high school?

"Soccer," senior Sydney Lobb said.



"The lack of true responsibility," math teacher Mr. Matthew Farr said.



"I'll miss my friends and high school sports," senior Lexi Nowotarski said.



"I'll miss my friends," senior Katie Jones said.



"Doing adult things for the first time," English teacher Ms. Debra Mahnken



"I will miss my teachers and seeing my sister everyday," senior Megan Majewski said.

By Mina Isaac

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